

# College Students Chat

Coming Soon – What you should know about proper diet and healthy food choices, especially during your first year of college. Many new students suffer with weight gain during that first year away from Mom's healthy cooking.

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## Fillet of Sole en Papillote

### Ingredients

- Parchment paper
- Fish fillets, 2-6oz. per packet
- Littleneck clams, 2 or 3 per packet
- Carrot
- Zucchini
- Unsalted butter
- White wine
- Capers
- Lemons
- Kosher salt, White pepper
- Canola oil

### Tools

- Parchment paper
- Sheet tray
- Pastry brush
- Mandoline

- Oven mitts

## Instructions

### Parchment Diagram

1. To create your parchment paper packet: cut parchment into heart shapes large enough to enclose two 6 oz. fillets.
  2. Brush inside of packet lightly with melted butter.
  3. Season both sides of fish fillets with kosher salt and white pepper.
  4. On mandoline, cut carrot and zucchini into julienne shape. Place carrot and zucchini in packet; season with salt and pepper and add a tablespoon of butter. Place seasoned fillets on bed of vegetables. Add butter, white wine, lemon, capers, and littleneck clams.
  5. Seal pouch by folding the parchment paper over and sealing the sides tightly. Brush outside of packets with canola oil to prevent the paper from burning.
  6. Place packets on sheet tray and bake in 350 degree oven until paper starts to brown. Be careful when opening packet as it may be steaming hot. Enjoy!
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## Events - Coming Soon

**Check back in the future for upcoming events.**

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## Tip of the Month - 1/10/2015

Looking for a quick cutter?



The plastic cap from a nonstick spray can is a perfect substitute for a 2 1/2-inch cookie cutter. The edge is sharp enough to cleanly cut through the cookie dough. With just a slight squeeze of the lid, the dough easily releases from the cap.

Send me some of your clever kitchen tips. Please include your name and e-mail address and you could win a \$50 Visa gift certificate if I select your tip.

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## Wild Mushrooms en Papillote



## Ingredients

- 1 stick unsalted butter, melted
- 1 pound mixed fresh wild mushrooms, trimmed and torn into bite-sized pieces
- 2 tablespoons finely chopped chives
- 2 tablespoons finely chopped parsley
- 1 tablespoon finely chopped tarragon
- 1 tablespoon minced shallot
- 1 teaspoon minced garlic

## Tools

- Parchment paper
- Sheet tray

## Instructions

1. Preheat oven to 450 degrees with the rack in the middle.
2. Lightly brush the parchment paper on the inside with

melted butter

3. Toss mushrooms, with herbs, garlic, shallot, 1/2 teaspoon salt and 1/4 teaspoon of pepper in a large bowl, then toss with remaining butter and place in packet.
4. Fold parchment to enclose mushrooms. Brush outside of packets with canola oil to prevent burning. Bake packets on a sheet tray for 20 minutes. Be careful when opening packets as they will be steaming hot. Enjoy!

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## An Apple A Day!

Apples are a low-calorie, high-fiber food that are a great snack on their own or great in sweet and savory dishes. The most popular ones are Lady, Jonathan, Winesap, Rome, Red Delicious, Golden Delicious, Granny Smith, and Braeburn. These are all high in antioxidants and nutrients.

Guess what? The organic Pendragon apple lowers cholesterol and inflammation in the body and is deemed the healthiest apple. The second runner up is Golden Delicious.

Be sure to wash all your fruit well and don't be afraid to eat the peel!



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# Try Something New or Different!

As busy as we all are, we seem to find ourselves in the supermarket often. Next time you are at the supermarket, look around in the produce section. Pick a vegetable that you've never tried or one that you haven't had in a while. Try roasting it in the oven with some olive oil, salt, and pepper. Roasting vegetables intensifies their flavors. Try something new or different!



