

Grilled Vegetable Salad

A healthy and hearty vegetarian salad



Ingredients:

8 cups of Salad greens, rinsed, cut and spun
16 spears fresh asparagus, trimmed
1 portobello mushroom, stem removed
8 (1/2" thick) slices peeled jicama
4 (1/2" thick) slices eggplant
4 (1/2" thick) slices fennel
4 (1/2" thick) slices sweet or red onion
1/2 red, yellow and/or green pepper, seeded
Vinaigrette of choice
Salt and fresh ground pepper to taste
Grated Parmesan cheese (optional)
Tortilla strips

Directions:

1. Prepare mixed greens and refrigerate in a bowl.
2. Place all the vegetables in a large shallow dish and add enough vinaigrette to coat each one. Season with salt and pepper. Marinate for 30 minutes.
3. Preheat the grill.
4. Grill the vegetables on a grill rack for 8 -12 minutes, turning occasionally. The asparagus will be done first; the root vegetables will take longer.
5. Julienne the grilled vegetables.
6. Toss the greens with vinaigrette and sprinkle with Parmesan cheese.
7. Drizzle a small amount of vinaigrette over the vegetables and arrange on top of the salad.
8. Top with tortilla strips or chips and serve.

Prep Time: 15 minutes

Marinate Time: 30 minutes

Cook Time: 8 - 12 minutes

Yield: 4 - 6 servings

Chicken Breasts with Pears

Use Bosc or Anjou pears



Ingredients:

- 4 boneless skinless chicken breasts
- Salt & freshly ground pepper
- 1 Tablespoon Olive Oil
- 1 Tablespoon butter
- 2 fresh pears, peeled, cored and sliced into 8 wedges each
- 2 Tablespoons orange juice
- 2 Tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 1/4 cup sherry (Benedictine and Cabernet are able substitutes)

Directions:

1. Season the chicken with salt and pepper
2. Heat the olive oil in a 12" sauté pan over medium heat. Add the chicken and sauté for about 8 - 10 minutes or until brown and no longer pink in the center, turning once. Remove to a warmed plate.
3. Melt the butter in the sauté pan and add the pears. Cook for about 2 minutes, stirring frequently.
4. Combine the orange juice, brown sugar, cinnamon and sherry in a bowl. Pour over the pears and cook for 1 minute to thicken the syrup.
5. Return the chicken and any juices to the pan and simmer gently for 1 - 3 minutes to heat through.

Serving suggestion: Serve with rice

Prep Time: 10 minutes Cook Time: 15 minutes Yield: 4 servings

Chocolate Cheesecake Bars

Developed for a Strings Fundraiser, this treat is a combination of two favorite recipes



Ingredients:

- 1/2 cup (1 stick) butter, melted
- 2 cups finely crushed chocolate wafer cookies or chocolate graham crackers
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1 cup finely chopped walnuts
- 24 ounces cream cheese, cut into chunks
- 4 eggs
- 1 1/2 cups sugar
- 1 Tablespoon vanilla extract
- 1/2 cup sour cream
- 6 Tablespoons unsweetened baking cocoa

Directions:

1. Preheat the oven to 350 degrees.
2. Mix the butter, cookie crumbs, sugar, cinnamon, and walnuts in a bowl. Reserve 1 1/2 cups for the topping and press the rest onto the bottom of an ungreased 9 by 13" baking pan.
3. Bake for 12 minutes.
4. Combine the cream cheese, eggs, sugar, vanilla, sour cream and baking cocoa in a food processor. Process until smooth. Pour over the prepared crust. Sprinkle the remaining crumb mixture evenly over the top.
5. Bake for 55 - 60 minutes.
6. Let cool at room temperature and then chill. Cut into squares.

Prep Time: 25 - 30 minutes

Cook Time: 12 minutes for crust, 55-60 minutes for filling

Yield: 35 pieces (1.5"by 1.5")

To purchase the Guild's *Steamboat Seasons* cookbook, email strings@stringsmusicfestival.com