



**National Eat Together Week
Lunch Recipes**

BLT Salad

Honey Pork Tenderloin Kabobs

Sweet Autumn Ham Sandwich

Recipes courtesy of Darla Shine, author of Happy Housewives

BLT Salad

12 slices bacon, crisply cooked
4 cups shredded romaine lettuce
16 dried tomato halves, drained if packed in oil, rehydrated if dried
8 ounces fresh mushrooms, thinly sliced
4 tablespoons olive oil
3 tablespoons red wine vinegar
1/8 teaspoon sugar
Salt and pepper, to taste
1/4 cup sliced green onions

Coarsely crumble bacon and set aside. In large bowl, toss together romaine, tomatoes and mushrooms. Whisk together olive oil, vinegar, sugar and seasonings; toss with salad mixture and divide evenly among four dinner plates. Top each salad with some bacon and sliced green onion.

**Who says a BLT has to be a sandwich? This pretty salad is a great lunch or light dinner. Serve with cornbread and a tall glass of ice tea.*

Makes 4 servings.

Nutritional Information per Serving

Calories: 280	Fat: 24g	
Cholesterol: 15mg	Sodium: 320mg	Carbohydrates: 10g
Protein: 9g		

Honey Pork Tenderloin Kabobs

1-1/2 pounds pork tenderloin, cut into 24 one-inch cubes
1/2 cup bourbon*
1/2 cup honey
1/2 cup mustard
1 teaspoon dried tarragon
3-4 sweet potatoes, each cut into 24 one-inch cubes
4 medium ripe unpeeled peaches, pitted and quartered
4 green peppers, each cut into 8 two-inch pieces
8 yellow onion, each cut into 4 two-inch pieces
Olive oil

Mix first four ingredients in a bowl; stir well and set glaze aside. Steam or boil sweet potatoes until crisp-tender. Thread 3 sweet potato cubes, 3 pork cubes, 2 peach quarters, 4 green pepper pieces and 4 onion pieces alternately onto each of eight 10-inch skewers. Brush kabobs with honey glaze mixture. Lightly oil grill. Grill over medium-hot coals 5 minutes on each side or until the internal temperatures reaches 155 degrees F, basting occasionally with glaze.

** Bourbon is optional, can substitute 2 tablespoons cider vinegar*

Makes 4 servings.

Nutritional Information per Serving:

Calories: 640

Fat: 12g

Saturated Fat: 3g

Cholesterol: 110mg

Sodium: 290g

Carbohydrates: 77g

Protein: 42g

Sweet Autumn Ham Sandwich

8 ounces of your favorite deli ham, thinly sliced
1 12-inch loaf French bread, halved lengthwise
3-4 tablespoons extra virgin olive oil
2 ounces cream cheese (4 tablespoons)
8 ounces Munster cheese
1 Granny Smith apple, cored and thinly sliced
1 cup canned cranberry sauce

Preheat oven to 350 degrees F.

Brush cut side of each French bread half with olive oil. Place cut-side down on a cookie sheet and bake for 10 minutes. Remove from oven and cool for 10 minutes.

Spread cream cheese along the bottom half of bread loaf. Layer Munster cheese, ham and apple slices along the bottom half of the loaf. Spread the cranberry sauce along the top half of bread loaf. Close your sandwich.

Slice loaf into 4 sandwiches and wrap in aluminum foil. Serve outside with chilled apple cider.

**Gather in the yard for a crisp autumn luncheon*

Makes 6 servings.

Nutritional Information per Serving:

Calories: 500

Fat: 25g

Saturated Fat: 10g

Cholesterol: 55mg

Sodium: 1190mg

Carbohydrates: 42g

Protein: 21g