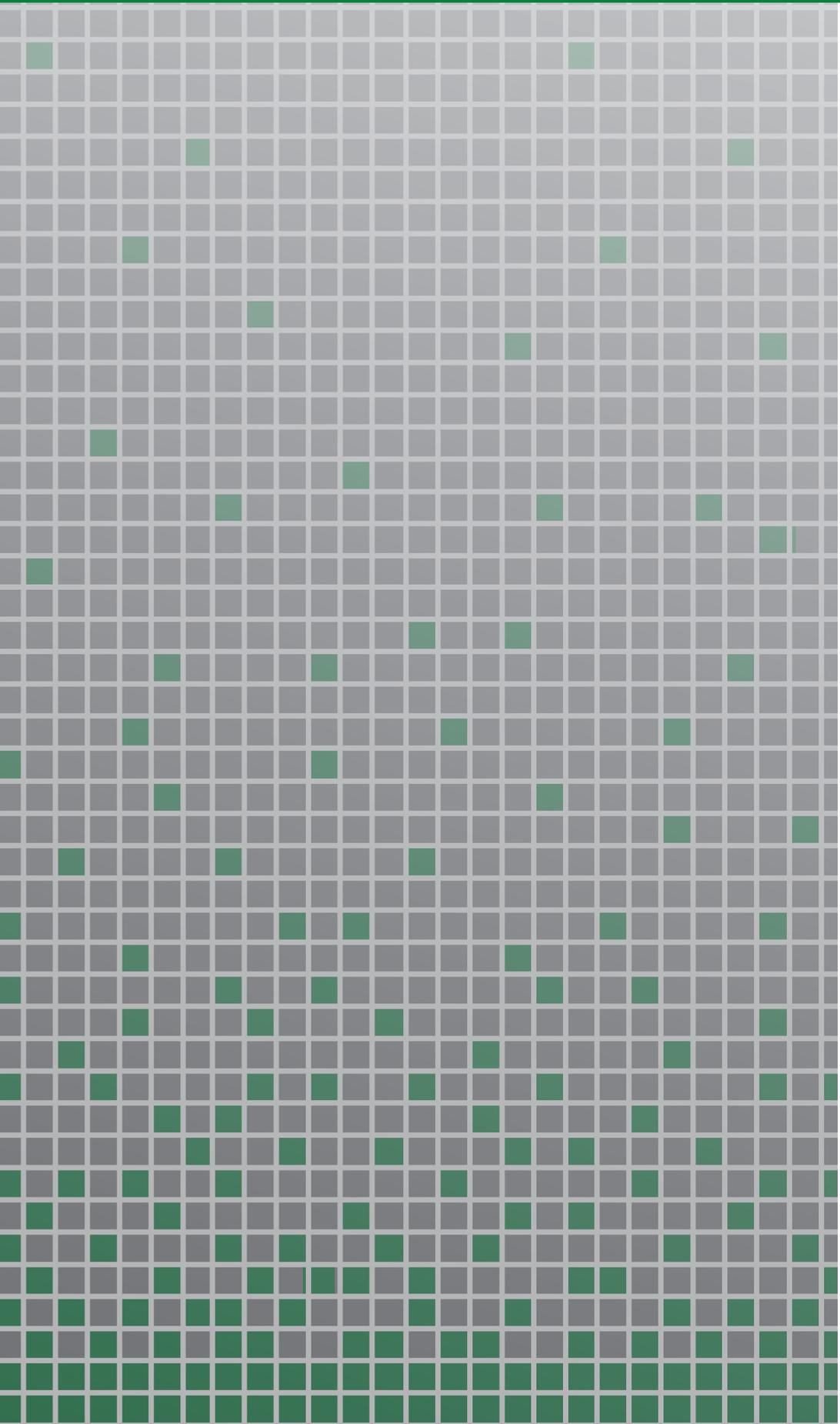




# Chameleon House

THE RESTAURANT

*an adaptable dining environment*



## ■ ■ ■ APPETIZER ■ ■ ■

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### sausage wonton



Succulent spicy sausage married with a deliciously tangy blend of melted cheeses, enveloped in crispy wonton wrappers, the mouth watering mixture is baked (not-fried) until golden-brown and crispy. This recipe, an adaptation of the classic Chinese dumpling, uses less energy to prepare and is easy on the arteries to boot.

## ■ ■ ■ ENTRÉE ■ ■ ■

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### panko salmon



Fresh salmon fillet, coated with crunchy Panko crumbs, then pan-seared to seal in the succulent flavors before being baked until perfectly pink. Crispy, crunchy and golden-colored, the main-course is complemented by zesty lemon-peel rice and hearty buttered green beans.

## ■ ■ ■ DESSERT ■ ■ ■

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### banana split cheesecake



Brilliant yellow bananas are peeled and sliced then combined with lush, golden pineapple wedges. The rich fruit cocktail fills a crunchy graham-cracker crumble crust, then is topped with a delicate spread of whipped cream.

*\* No Chameleon's were used (or harmed) in the making of this meal.*

# ■ ■ APPETIZER ■ ■

## cucumber cups



Roasted red-pepper, freshly minced garlic, and tart lemon juice are combined with chickpeas and pureed into a smooth homemade hummus. The savory spread is spooned into carefully crafted cucumber cups that serve as an elegant, edible serving utensil.

# ■ ■ ENTRÉE ■ ■

## pork pasta toss



Cubed pork steak is pan-seared in biting balsamic vinaigrette and tossed with sautéed onions and freshly minced garlic. Whole-grain pasta, cooked to al-dente perfection, is then added and blended with emerald-green, wilted spinach and juicy-red cherry tomatoes. Topped with a tasty three-cheese blend, the entree is engineered to satisfy both the red-blooded meat-eater and the health fanatic.

# ■ ■ DESSERT ■ ■

## peanut butter bars



Delicately, delectable whipped cream-cheese and peanut-butter filling, is lightly spread inside of a crushed oreo crust. Airily capped with a layer of bitter melted chocolate then drizzled with more creamy peanut-butter, the pie is chilled until firm and served cold. This delicious dessert is adapted from a traditional pie and requires no baking, but it's so scrumptious you'd never guess.

*\* No Chameleon's were used (or harmed) in the making of this meal.*

## Recipes

### Dinner party 1

#### **Sausage won tons:**

Ingredients: 1 package wonton wrappers  
1 lbs sausage  
1 cup shredded Monterey Jack cheese  
1 cup shredded Cheddar cheese  
½ cup chopped black olives, drained  
1 cup Ranch-style salad dressing

Instructions: Preheat oven to 350 degrees F (175 degrees C). Spray a miniature muffin pan with cooking spray. In a medium bowl, mix the sausage, Monterey Jack, Cheddar, black olives and Ranch-style dressing. Fill the baked wonton wrapper cups with the mixture. Bake the filled wonton wrappers 10 to 15 minutes, until the sausage mixture is bubbly and slightly brown. Watch closely so the wonton wrappers do not burn.

#### **Panko Salmon:**

Ingredients: 2/3 cup panko (Japanese dried bread flakes)  
2 tablespoons minced fresh parsley  
1 teaspoon grated lemon zest  
Kosher salt and freshly ground black pepper  
2 tablespoons good olive oil  
4 (6- to 8-ounce) salmon fillets, skin on  
2 tablespoons Dijon mustard  
2 tablespoons vegetable oil  
Lemon wedges, for serving

Instructions: Preheat the oven to 425 degrees. In a small bowl, mix together the panko, parsley, lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside. Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere. Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin. Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon hot or at room temperature with lemon wedges.

#### **Buttered green beans:**

Ingredients: Green Beans  
Salt and pepper

Butter

Instructions: Boil or microwave green beans. Add butter salt and pepper.

### **Lemon, green onions rice:**

Ingredients: Minute rice  
Green onions  
Lemon peel (left over from salmon)

Instructions: After cooking the rice, add a little butter, the chopped green onions and grated lemon peel. Mix.

### **No-bake banana split cheesecake:**

Ingredients: 2 1/2 cups graham cracker crumbs  
3/4 cup melted butter  
4 cups confectioners' sugar  
2 (8 ounce) packages cream cheese  
1 (8 ounce) can crushed pineapple, drained  
3 medium bananas, quartered  
1 (12 ounce) container whipped topping, thawed  
8 maraschino cherries, halved  
1/4 cup chocolate syrup  
1/2 cup pecan halves

Instructions: Blend the melted butter or margarine with the graham crackers and press into the bottom of one 9x12 inch pan. Blend the confectioner's sugar and the cream cheese together until smooth. Spread over the graham cracker crumb layer. Layer the crushed pineapple and the bananas over the cream cheese layer. Then spread the whipped topping over the top. Decorate with maraschino cherry halves. Drizzle chocolate syrup over the top and sprinkle with pecans. Chill for at least 4 hours then serve.

## Dinner party 2

### **Red pepper hummus cucumber cups:**

Ingredients: 2 cups canned chickpeas, drained and rinsed  
1 7-oz. jar roasted red peppers, drained and chopped  
1 clove garlic, chopped  
1/3 cup tahini  
1/4 cup lemon juice (from 1 large lemon) \$  
3 tablespoons olive oil  
1/4 teaspoon ground cumin  
Salt and pepper  
2 English cucumbers

Instructions: Combine chickpeas, red peppers, garlic, tahini, lemon juice, olive oil, cumin, salt, pepper and 1 Tbsp. hot water in food processor and puree until smooth. Taste and adjust seasoning as desired. Cut cucumbers into 1/2 -inch-thick slices and scoop out seeds with a small spoon or melon baller, leaving bottom intact to form a cup. Fill each cup with hummus and serve.

### **Smart pork pasta toss:**

Ingredients: 1/2 lb. whole wheat spaghetti, uncooked  
1/4 cup Balsamic Vinaigrette Dressing, divided  
1 lb. pork tenderloin, cut into 1-inch pieces  
1 cup chopped red onions  
3 cloves garlic, minced  
1-1/2 cups cherry tomatoes, halved  
1/3 cup fat-free reduced-sodium chicken broth  
6 cups loosely packed baby spinach leaves  
1 cup Shredded Italian\* Three Cheese Blend, divided

Instructions: **COOK** spaghetti as directed on package, omitting salt. Meanwhile, heat 2 Tbsp. dressing in large skillet on medium-high heat. Add meat; cook 5 to 6 min. or until done, stirring occasionally. Remove from skillet; cover to keep warm. **ADD** remaining dressing, onions and garlic to skillet; cook and stir 2 to 3 min. or until onions are crisp-tender. Add tomatoes; cook 1 min. Add broth and meat; stir. Bring to boil, stirring occasionally. **DRAIN** spaghetti. Add to ingredients in skillet with the spinach and 1/2 cup cheese; mix lightly. Top with remaining cheese.

### **Cheesy garlic bread:**

Ingredients: Bread Loaf  
Cheese  
Garlic

Instructions: Cut slices in the loaf fill with cheese and a little garlic powder. Melt cheese in the oven.

### **Fruit bowl:**

Ingredients: 4 Apples

4 11 oz. cans Mandarin oranges, drained  
2 lbs. grapes  
4 med. bananas  
1 pt. strawberries, halved  
½ c. sour cream  
1 Tbsp. honey  
1 Tbsp. orange juice

**Instructions:** Blend together sour cream, honey, and orange juice. Set aside. Peel bananas and slice into bowl. Cover completely with other fruit, cover bowl, and chill. Just before serving, pour dressing over fruit, toss until fruit is well coated and enjoy.

### **Peanut butter cup pie:**

**Ingredients:** 1 pkg. (8 oz.) cream cheese, softened  
½ cup plus 1 Tbsp. creamy peanut butter, divided  
1 cup cold milk  
1 pkg. (3.4 oz.) vanilla flavor instant pudding  
2-1/2 cups thawed whipped topping, divided  
1 OREO Pie Crust (6 oz.)  
3 oz. semi-sweet chocolate

**Instructions:** **BEAT** cream cheese and 1/2 cup peanut butter in medium bowl until well blended. Add milk and dry pudding mix; beat 2 min. Whisk in 1 cup whipped topping; spoon into crust. Refrigerate until ready to use. **MEANWHILE**, microwave remaining whipped topping and chocolate in microwaveable bowl on HIGH 1-1/2 to 2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute. Cool completely. **SPREAD** chocolate mixture over pudding layer in crust. Microwave remaining peanut butter in small microwaveable bowl 30 sec.; stir. Drizzle over pie. Refrigerate 4 hours or until firm.

## Ingredient List

### **Dinner Party 1:**

Wonton wrappers  
Sausage  
Monterey Jack Cheese  
Cheddar cheese  
Black olives  
Ranch dressing  
Panko  
Minced parsley  
Lemon zest  
Black pepper  
Olive oil  
Salmon, skin on  
Dijon mustard  
Vegetable oil  
Green beans  
Salt  
Butter  
Minute rice  
Green onions  
Lemon peel  
Graham cracker crumbs  
Confectioners' sugar  
Cream cheese  
Pineapple  
Bananas  
Whipped Topping  
Maraschino cherries  
Chocolate Syrup  
Pecans

## **Dinner Party 2:**

Canned chickpeas  
Roasted red peppers  
Garlic  
Tahini  
Lemon juice  
Olive oil  
Ground cumin  
Salt  
Pepper  
Cucumbers  
Whole wheat spaghetti  
Balsamic vinaigrette dressing  
Pork tenderloin  
Red onions  
Garlic  
Cherry tomatoes  
Chicken broth  
Spinach leaves  
Shredded Italian three-cheese blend  
Bread loaf  
Apples  
Oranges  
Grapes  
Bananas  
Strawberries  
Sour cream  
Honey  
Orange juice  
Cream cheese  
Peanut butter  
Milk  
Vanilla pudding  
Whipped topping  
OREO pie crust  
Semi-sweet chocolate