

# *The Superfoods Cookbook*

*Presented by the 2009 H&B Wellness Committee*



*Happy Holidays from your H&B Wellness Committee!*

*We are so proud of the commitment you have made for your mental and physical well-being throughout the year. We hope you have found the resource board both informative and tasty!*

*We've compiled the best recipes from the year's superfoods that were posted on the resource board. When we could, we gave nutritional information on each recipe and what superfood they represent. We hope this cookbook will provide you with some great recipes this winter and beyond.*

*Remember... live well, eat well, be well.*

*April, Jett, Lisa, Lori and Victoria*

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Food is so primal, so essential a part of our lives, often the mere sharing of recipes with strangers turns them into good friends. That's why I love this community. ~Jasmine Heiler

# Breakfast

*Breakfast is the most important meal of the day! Here's why:*

- *Improves Concentration and Focus*
- *Weight Control*
- *Better absorption of vital nutrients*
- *Helps boost energy levels*
- *Sustainable Strength and Endurance*
- *May help lower cholesterol levels*
- *Promotes a Positive Mental Attitude*
- *Blood Glucose Management for everyone not just Diabetics*

Never work before breakfast; if you have to work before breakfast, eat your breakfast first.  
~Josh Billings

## *Almond Crunch Granola*

1 cup slivered almonds, toasted  
1 cup flaked coconut  
½ cup honey  
2 ½ cups rolled oats  
¾ tsp. cinnamon  
¼ cup almond or vegetable oil



Combine toasted almonds with oats, coconut and cinnamon. Blend honey with oil and drizzle over almond-oat mixture, tossing to coat. Bake in oven at 350 degrees for 30 minutes, stirring occasionally. Remove from oven, loosen with spatula, cool.

Calories: 242

Fat: 13g      Saturated: 2.9g      Monounsaturated: 7.1g      Polyunsaturated: 2.5g

Carbs: 28g

Protein 5g

Cholesterol: 0mg

Fiber: 4g

Calcium: 39mg

Magnesium: 58mg

Sodium: 54mg

Potassium: 167mg

Vitamin E: 4.8mg

## *Almond - Strawberry Muffins*

2 cups sifted cake flour or all-purpose flour  
¼ cup whole wheat flour  
3 tsps. baking powder  
½ tsp. salt  
1 tsp. grated lemon zest  
1 ½ diced fresh strawberries  
¾ cup skim milk  
4 T canola oil, or 4 T unsalted butter, melted  
1/3 cup honey  
2 large egg whites, lightly beaten  
2 T chopped blanched almonds



Preheat oven to 400 F. Lightly grease 12 regular-sized muffin cups with nonstick spray.

In a large bowl, mix the flour, whole wheat flour, baking powder, salt and lemon zest. Fold in the diced strawberries. In a small bowl, beat the milk, oil (or butter), honey and egg whites together. Stir the liquid ingredients into the dry just until blended, about 20 strokes.

Spoon the batter in the muffin cups, dividing the batter evenly. Sprinkle the tops of the muffins with nuts. Lightly press nuts into the batter. Bake for 20 to 25 minutes or until muffins are lightly browned and an inserted skewer comes out clean. Cool 1 minute then remove from pan to continue cooling.

Per muffin:  
Calories: 158  
Fat: 5g  
Fiber: 1g

## *Lemon-Raspberry Muffins*

1 lemon  
½ cup sugar  
1 cup nonfat buttermilk  
1/3 cup canola oil  
1 large egg  
1 tsp. vanilla  
1 cup all-purpose flour  
1 cup whole wheat flour  
2 tsps. baking powder  
1 tsp. baking soda  
¼ tsp. salt  
1 ½ cup fresh or frozen (not thawed) raspberries



Preheat oven to 400 F. Lightly grease 12 regular-sized muffin cups with nonstick spray.

Use a vegetable peeler to remove zest from lemon in long strips. Combine zest and sugar in a food processor; pulse until zest is finely chopped into sugar. Add buttermilk, egg, and vanilla. Pulse until blended.

Combine flours, baking powder, baking soda and salt in a large bowl. Add buttermilk mixture and fold until almost blended. Gently fold in raspberries. Divide batter into baking cups.

Bake muffins until edges and tops are golden, about 20 to 25 minutes. Let cool 1 minute before removing to wire rack.

Per muffin:

Calories: 185

Fat: 7g

Cholesterol: 18mg

Carbs: 27g

Protein: 4g

Fiber: 2g

Sodium: 245g

Potassium: 42mg

## *Bursting Blueberry Pancakes*

1 cup of flour  
2/3 cup whole wheat flour  
1 ½ tsp. baking powder  
¾ tsp. salt  
1 2/3 cup non-fat milk  
1 T canola oil  
1 large egg  
1 cup blueberries



Combine dry ingredients, set aside.

In small bowl, whisk milk, egg and oil together.

Pour milk mixture into flour mixture and stir together until the dry ingredients are moistened. Fold in the blueberries.

Heat a non-stick skillet, coated with cooking spray, over medium-high heat. Pour about ¼ cup of batter per pancake into hot skillet and cook until small bubbles form around the edges. Flip pancake with a spatula, cook on other side til lightly browned.

Per serving:

Calories: 297

## Berry Almond Crumble Oatmeal

### Topping:

½ cup Quaker Oats (quick or old fashioned, uncooked)

¼ cup sliced almonds

1/3 cup firmly packed brown sugar

½ tsp. ground cinnamon



### Oatmeal:

3 cups fat-free milk or lowfat soy drink

1 ½ tsp. ground cinnamon

¼ tsp. salt (optional)

2 cups Quakers Oats (quick or old fashioned, uncooked)

1 cup frozen (do not thaw) or canned (drained blueberries)

For topping, combine oats and almonds in medium skillet. Cook over med-low heat 4 to 6 minutes, stirring occasionally, until both are lightly browned. Cool completely. In small bowl, combine brown sugar and cinnamon. Add oat mixture, mix well.

For oatmeal, bring milk, cinnamon and salt to a boil in medium saucepan; stir in oats. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats, stirring occasionally. Gently stir in blueberries. Continue cooking, until blueberries are heated through and most of the liquid is absorbed, about 1 minute.

Spoon oatmeal into five cereal bowls. Sprinkle topping over oatmeal.

Calories: 370

Calories from fat: 60

Total fat: 7g

Saturated fat: 0g

Cholesterol less than 5mg

Sodium 90mg

Total Carbs: 68g

Dietary fiber: 6g

Protein: 13g

## Zucchini-Oatmeal Muffins

1/2 cup plus 1 tablespoon rolled oats  
 1/4 cup pecan halves  
 1 1/2 cups all-purpose flour  
 1 cup whole-wheat pastry flour  
 1 1/2 cups sugar  
 1 tablespoon baking powder  
 1 1/2 teaspoons ground cinnamon  
 1 teaspoon salt  
 2 large eggs  
 3 large egg whites  
 1/2 cup apple butter  
 1/4 cup canola oil  
 2 cups grated zucchini (about 1 medium)



Preheat oven to 375°F. Coat 16 muffin cups with cooking spray or line them with paper liners.

Spread rolled oats and pecans on separate areas of a baking sheet and bake until lightly toasted, 5 to 10 minutes. Let cool. Chop the pecans.

Stir together all-purpose and whole-wheat flours, sugar, baking powder, cinnamon, salt, 1/2 cup toasted oats and pecans in a large bowl. Whisk together eggs, egg whites, apple butter and oil in a medium bowl. Stir in zucchini. Stir the wet ingredients into the dry ingredients until moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full. Sprinkle remaining oats over tops.

Bake until the tops are golden and spring back when lightly pressed, 20 to 25 minutes. Makes 16 muffins.

Per serving: 231 calories; 6 g fat (1 g sat, 3 g mono); 26 mg cholesterol;  
 41 g carbohydrate; 4 g protein;  
 2 g fiber; 271 mg sodium; 102 mg potassium.  
 3 Carbohydrate Servings

# Salads



Salads are usually served at the beginning of a meal, but a salad can also make a healthy, low-calorie meal all by itself. When you use lots of fruits and vegetables, they can also be loaded with vitamins and antioxidants. The key to keeping salads interesting is to change the ingredients each time you make one. Don't just think of the simple garden salad, but imagine adding fruits, nuts, and lean meats to your salad to make a great low-calorie, highly nutritious meal.

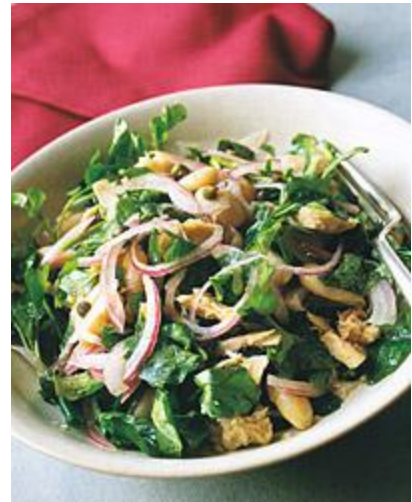
Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie.

~Astrid Alauda

*Live well. Eat well. Be well.*

## *White Bean Tuna Salad*

2 (6-ounce) cans dark meat tuna, packed in olive oil  
2 (15-ounce) cans cannellini white beans, drained and rinsed  
1/3 cup small capers, nonpareil in brine, drained and rinsed  
6 tablespoons red wine vinegar  
Sea salt and fresh ground black pepper  
1 medium red onion, thinly sliced  
1 1/2 cups cherry tomatoes  
2 cups fresh arugula  
6 fresh basil leaves



In a large bowl, add the tuna, reserving the olive oil in a separate small bowl. Break tuna into bite-size pieces with a large fork. Add the beans and capers. Into the bowl of olive oil, add the red wine vinegar. You should have 1 part vinegar to 2 parts oil - add more extra-virgin olive oil if necessary.

Season with salt and pepper. Pour dressing on the tuna, bean and caper mixture and allow the flavors to infuse while slicing the vegetables. Add the onion and tomatoes to tuna mixture and toss gently.

Place the arugula on large decorative platter and top with tuna mixture. Tear fresh basil leaves over the top and serve immediately.

## *Asparagus Avocado Medley*

1 pound fresh asparagus, trimmed and cut into 1 1/2 inch pieces  
8 fresh mushrooms, sliced  
1 large ripe avocado, peeled and cubed  
1 medium zucchini, diced  
1 large tomato, seeded and chopped  
1 medium red onion, sliced  
2 tablespoons lemon juice  
2 tablespoons olive or canola oil  
1 tablespoon balsamic vinegar  
1 teaspoon Dijon mustard  
1 garlic clove, minced  
1/2 teaspoon dried basil  
1/2 teaspoon dried thyme  
1/4 teaspoon salt  
1/4 teaspoon pepper



Place asparagus and 2 tablespoons water in a microwave-safe dish. Cover and microwave on high for 3-6 minutes or until crisp-tender, stirring once; drain and cool.

In a large bowl, combine the asparagus, mushrooms, avocado, zucchini, tomato and onion; toss gently. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss gently to coat. Cover and refrigerate until serving.

## *Roasted Beet and Orange Salad*

Whole beets, 1 medium beet per person  
 Oranges, 1/2 orange per person  
 Basil leaves, as needed for the salad base  
 Sunflower sprouts  
 Oil for roasting the beets  
 Orange Basil Vinaigrette (see recipe below), or use your favorite vinaigrette salad dressing



Take the beets and clean under running water. Pat dry and rub a little vegetable oil on the outside. Place in a preheated 350 degree oven and bake for 45 minutes to an hour, or until tender when pressed. For larger beets, the baking time may be longer and for smaller varieties, the time may be shorter. Check every 15 minutes during the roasting. Remove from oven and cool.

Segment the oranges and set aside. Wash the fresh basil leaves and sunflower sprouts and pat dry.

Peel the beets and place on cutting board. With a knife cut the beet into sixths, almost cutting through to the bottom but not quite. Beet will still be attached at the bottom.

Place the cut beet on a plate, and gently spread open to an open flower shape. Arrange the on the orange segments, basil leaves and sunflower sprouts over the top and around the cut beet. Using a spoon, drizzle some of the dressing over the top. By doing this, the beet will bleed a little bit and the vinaigrette will turn a nice pink color on the plate.

## *Orange Basil Vinaigrette Ingredients*

1 c canola oil  
 Juice of 1 orange  
 1/4 c white wine vinegar  
 3/4 tsp salt, or as needed to taste  
 1/4 tsp black pepper  
 1 tsp chopped fresh basil leaves

Squeeze the orange for the juice into a bowl. Add in the oil, white wine vinegar, salt, pepper, and basil leaves. Whisk to combine. Use to pour over the beet and orange salad.

## *Chicken & Blueberry Pasta Salad*

1 pound boneless, skinless chicken breast, trimmed of fat  
 8 ounces whole-wheat fusilli or radiatore  
 3 tablespoons extra-virgin olive oil  
 1 large shallot, thinly sliced  
 A cup reduced-sodium chicken broth  
 A cup crumbled feta cheese  
 3 tablespoons lime juice  
 1 cup fresh blueberries  
 1 tablespoon chopped fresh thyme  
 1 teaspoon freshly grated lime zest  
 1/4 teaspoon salt



Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.

Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl.

Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.

Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined.

### **Tips**

Add everything except the blueberries and dressing to the pasta salad. Cover and refrigerate pasta salad, blueberries and dressing separately for up to 1 day. Toss together just before serving.

Per serving: 315 calories; 11 g fat (3 g sat, 6 g mono); 49 mg cholesterol; 33 g carbohydrate; 23 g protein; 5 g fiber; 238 mg sodium; 207 mg potassium.

Nutrition bonus: Selenium (60% daily value), Fiber (20% dv).

## *Strawberry and Spinach Salad*

1/2 teaspoon toasted sesame seeds  
6 cups fresh spinach leaves, torn  
2 cups fresh strawberries, rinsed, dried, hulled  
1/4 cup salad oil  
2 tablespoons red wine vinegar  
1 1/2 tablespoons sugar  
1/2 teaspoon dried dill weed  
1/8 teaspoon onion powder  
1/8 teaspoon garlic powder  
1/8 teaspoon dry mustard



In a large bowl, toss spinach with sesame seeds. Prepare strawberries, cutting large ones in half. Add strawberries to salad. Cover and refrigerate.

Combine dressing ingredients in a screw-top jar or shaker; shake well then refrigerate to chill. Pour chilled dressing over strawberry and spinach salad mixture in bowl and toss gently to distribute well.

## *Banana Kiwi Salad*

2 tablespoons lime juice  
1 tablespoon canola oil  
1 tablespoon minced shallot  
2 teaspoons rice vinegar  
1 teaspoon honey  
1/4 teaspoon salt  
Pinch of cayenne pepper, or to taste  
4 kiwis, peeled and diced  
2 firm ripe bananas, cut diagonally into 1/2-inch-thick slices  
1/2 cup diced red bell pepper  
2 tablespoons thinly sliced fresh mint  
2 tablespoons chopped cashews, toasted



Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl. Add kiwis, bananas, bell pepper and mint; toss to coat. Serve sprinkled with cashews.

### **Nutrition**

**Per serving** : 170 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 0 mg Cholesterol; 30 g

# Soups



Since ancient times, man has discovered that boiling meat and vegetables in water cause their nutrients to be released into the water.

Drinking this liquid, the body can then absorb and assimilate these nutrients quickly without having to digest and break down the meat and vegetables. An ideal way to obtain loads of nutrients minus the calories

The earliest nation to drink soup is Ancient Greece.

Worries go down better with soup. ~Jewish Proverb

*Live well. Eat well. Be well.*

## Roasted Tomato and Red Chili Soup

2 tablespoons olive oil  
 1 yellow onion, sliced  
 2 red Anaheim chiles, 1 roasted  
 1 (16-ounce) can San Marzano tomatoes  
 3 cloves garlic, chopped  
 1/4 cup chopped cilantro leaves  
 2 teaspoons salt  
 1 lime, juiced  
 Fat-free sour cream  
 Quesadilla Crouton, recipe follows



the delicious life

Heat the oil in a medium pot over medium-high heat and add the onions. Cut 1 chile pepper in half, lengthwise and remove the seeds and veins. Chop the chile and add to the onions; sauté until golden brown. Add the tomatoes, garlic, cilantro and salt and bring to a boil. Reduce the heat and simmer for 10 minutes.

Transfer the chile mixture to a blender and puree until smooth.\* Return the puree to the pot. Seed and chop the roasted chile and add to the soup along with the lime juice. Ladle soup into bowls. Then lay a Quesadilla Crouton in the soup and top with a dollop of sour cream.

\*When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Quesadilla Crouton:

4 flour tortillas  
 1 cup shredded Jack/Cheddar cheese mix  
 1 teaspoon ground cumin

Lay 2 tortillas on a working surface. Divide the cheese between the tortillas. Sprinkle the cumin among the tortillas. Top each with the remaining 2 tortillas. Place on grill and cook until golden brown on the outside and the cheese starts to melt.

## *1-2-3 Vegetable Chili*

- 1 (28 ounce) can tomatoes, undrained
- 1 (16 ounce) jar TACO BELL HOME ORIGINALS Thick 'N Chunky Salsa
- 1 (15 ounce) can black beans, rinsed, drained
- 1 (10 ounce) package frozen whole kernel corn
- 1 cup halved zucchini slices 1 teaspoon chili powder
- 1 (8 ounce) package KRAFT 2% Milk Shredded Reduced Fat Mild Cheddar Cheese



Mix tomatoes, salsa, beans, corn, zucchini and chili powder in saucepan Bring to boil on medium-high heat.

Reduce heat to low; simmer 10 minutes.

Sprinkle 2 tablespoons cheese onto bottom of each serving bowl; top with chili. Sprinkle each with additional 2 tablespoons cheese.

## Quinoa Vegetable Soup

"Peppers, onions, cabbage, tomatoes, and chicken stock are simmered with quinoa in this delicious, traditional Peruvian soup. There are a lot of ingredients, but it is worth the work!"

1 tablespoon vegetable oil  
2/3 cup quinoa  
1 carrot, diced  
1 stalk celery, diced  
1/2 onion, finely chopped  
1/2 green bell pepper, seeded and chopped  
2 cloves garlic, crushed  
2 (15 ounce) cans chicken broth  
3 1/2 cups water  
2 large tomatoes, finely chopped  
1/4 head cabbage, chopped  
salt and pepper to taste  
1/4 cup chopped fresh parsley, for garnish



Heat the vegetable oil in a large pot on medium-high heat. Stir in the quinoa, carrot, celery, onion, bell pepper, and garlic. Cook for a few minutes, until lightly browned, stirring frequently.

Pour in the chicken broth, water, tomatoes, and cabbage. Increase heat to high and bring to a boil. Reduce heat to medium and simmer until the quinoa and vegetables are tender, about 10 minutes. Season to taste with salt and pepper. Garnish with parsley before servings.

## *Tortellini & Zucchini Soup*

2 tablespoons extra-virgin olive oil  
 2 large carrots, finely chopped  
 1 large onion, diced  
 2 tablespoons minced garlic  
 1 teaspoon chopped fresh rosemary  
 2 14-ounce cans vegetable broth  
 2 medium zucchini, diced  
 9 ounces (about 2 cups) fresh or frozen  
     tortellini, preferably spinach-&-cheese  
 4 plum tomatoes, diced  
 2 tablespoons red-wine vinegar



Heat oil in a Dutch oven over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and just beginning to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, until fragrant, about 1 minute.

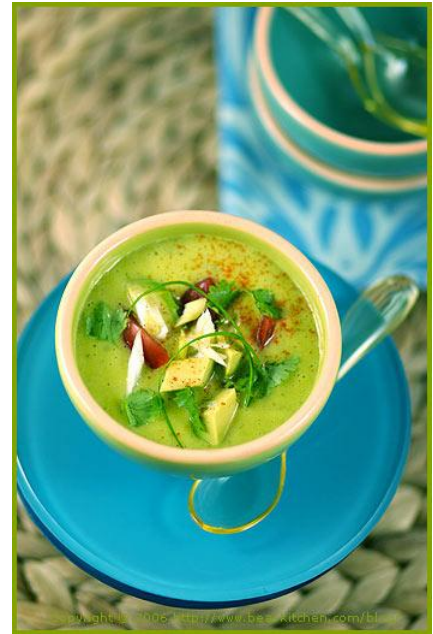
Stir in broth and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes. Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.

### Nutrition Information

Per serving: 203 calories; 8 g fat (2 g sat, 4 g mono); 10 mg cholesterol; 28 g carbohydrate; 7 g protein; 4 g fiber; 386 mg sodium; 400 mg potassium.  
 Nutrition bonus: Vitamin A (80% daily value), Vitamin C (35% dv).  
 2 carbohydrate servings

## *Edamame-Avocado Soup*

1 1/2 pounds frozen shelled edamame (green soybeans)  
 2 cups fat-free, less-sodium chicken broth, divided  
 1/4 cup chopped shallots  
 2 peeled avocados, cut into quarters  
 4 cups water  
 3 tablespoons lemon juice  
 1 teaspoon salt  
 1/4 teaspoon white pepper  
 Chopped fresh parsley (optional)  
 Lemon wedges (optional)



Place edamame in a large saucepan. Cover with water to 2 inches above beans; bring to a boil and cook 10 minutes or until soft. Drain; set aside.

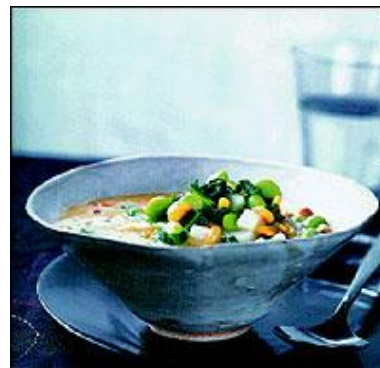
Place half of edamame, 1/2 cup broth, and shallots in a blender or food processor; process until smooth. Pour puréed shallot mixture into a large bowl. Combine the remaining edamame, 3/4 cup broth, and avocados in blender or food processor; process until smooth. Add puréed avocado mixture to puréed shallot mixture; stir to combine. Add 3/4 cup broth, water, juice, salt, and pepper to puréed mixture; stir well with a whisk. Cover and chill. Serve with parsley and lemon wedges, if desired.

**Yield: 9 servings (serving size: 1 cup)**

CALORIES 182 (49% from fat); FAT 9.9g (sat 1.1g,mono 5.3g,poly 3.4g); IRON 2.2mg; CHOLESTEROL 0.0mg; CALCIUM 58mg; CARBOHYDRATE 13.8g; SODIUM 396mg; PROTEIN 9.8g; FIBER 6.3g

## Sweet Corn and Vegetable Chowder

About 24 fresh ears corn, shucked  
 1 Yukon Gold potato  
 1/4 teaspoon pure vanilla extract  
 2 pounds fresh or frozen edamame (green soy), fava, or lima beans (about 1 cup shelled)  
 1 to 2 tablespoons water  
 Salt and freshly ground pepper to taste  
 1/2 cup shredded spinach, sorrel, or arugula  
 1 tablespoon julienned lemon zest  
 1 tablespoon fresh lemon juice



Preheat oven to 450°F. Place 2 ears of corn directly on the oven rack and roast, turning occasionally, until golden brown, 20 to 25 minutes. Remove from oven and let cool. When cool, cut the roasted corn kernels off the cob. You should have about 1 1/2 cups.

Meanwhile, cook potato in salted boiling water until tender in the center when pierced, 20 to 25 minutes. Drain and let cool to the touch, slip off the skin and cut the potato into 1/4-inch dice.

With a large, sharp knife, cut the kernels off the remaining ears of corn. Run the kernels through a vegetable juicer. You should have about 4 cups of juice. Combine the corn juice and vanilla bean (or vanilla) in a medium, non-reactive saucepan. Bring to a simmer over medium-low heat, stirring constantly so liquid doesn't curdle. The natural starch in the juice will thicken it to the consistency of a sauce. If the soup is too thick, thin it with a little water or lemon juice. Remove from heat.

Fish out the vanilla bean (if using) and, with the tip of a small knife, scrape the seeds from the bean into the soup; discard the pod. Blend the soup in a blender at medium speed for a silky-smooth consistency. Return soup to the pot.

Put the roasted corn kernels, beans, and potato in a medium sauté pan or skillet with the water. Bring to a simmer over a medium heat and season with salt and pepper. Simmer for a few minutes until the vegetables are hot. Pour off the water and add the vegetables to the soup. Stir in the shredded spinach or other greens, the lemon zest, lemon juice, salt, and pepper.

Note: If the corn juice curdles during cooking, don't worry. Beat the curdled liquid with an electric mixer set on medium speed until smooth before you add the rest of the vegetables.

Per serving: 305 calories, 10 g protein, 70 g carbohydrate, 3 g fat, 0.5g saturated fat, 0 mg cholesterol, 19 g fiber, 53 mg sodium. Calories from fat: 8%.

# *Main Courses*

One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.

~Luciano Pavarotti

*Live well. Eat well. Be well.*

## *Roasted Wild Salmon with Tomatoes, Basil, and Capers, Parmesan-Crusted Cauliflower, and Rice*

Cooking spray

6 wild salmon fillets

Salt

Freshly ground black pepper

2 tablespoons lemon and herb seasoning

4 cups cauliflower florets

3 tablespoons grated parmesan cheese

1 cup chopped Roma (plum) tomatoes

1/4 cup slivered basil leaves

2 tablespoons drained capers

4 cups instant brown rice, cooked according to package directions



Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.

Season salmon with salt and pepper. Brush lemon and herb seasoning all over both sides of salmon.

Place salmon on prepared baking sheet. Arrange cauliflower on another baking sheet, spray with cooking spray and sprinkle with Parmesan. Roast 15 minutes, until fish is fork tender and cauliflower is golden brown and tender.

In a medium bowl, combine tomatoes, basil and capers. Season, to taste, with salt and pepper.

Serve 4 of the salmon fillets with tomato mixture spooned over top. Serve half of the rice and all of the cauliflower with this meal. Reserve extra salmon fillets and extra rice for other meals.

## Cranberry & Herb Turkey Burgers

1/4 cup plus 2 tablespoons whole-wheat couscous  
 1/2 cup boiling water  
 2 tablespoons extra-virgin olive oil  
 1 small onion, finely chopped  
 1 stalk celery, minced  
 1 tablespoon chopped fresh thyme  
 1 1/2 teaspoons chopped fresh sage 1/2 teaspoon salt  
 1/2 teaspoon freshly ground pepper  
 1/4 cup dried cranberries, finely chopped  
 1 pound 93%-lean ground turkey



Place couscous in a large bowl. Pour in boiling water, stir and set aside until the water is absorbed, about 5 minutes. If grilling the burgers, preheat grill to medium-high.

Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring, for 1 minute. Add celery; cook, stirring, until softened, about 3 minutes. Add thyme, sage, salt and pepper; cook until fragrant, about 20 seconds more. Transfer the mixture to the bowl with the couscous, add cranberries and stir to combine. Let cool for 5 minutes. Add turkey and stir until combined; do not over mix. Form the mixture into 6 patties.

To cook on the stovetop: Coat a large nonstick skillet, preferably cast-iron, with cooking spray and set over medium-high heat for 2 minutes. Add the patties, reduce heat to medium, and cook for 4 minutes. Turn and cook on the other side for 2 minutes. Cover and continue to cook until lightly browned but still juicy (the juices should run clear, not pink), about 4 minutes more. (An instant-read thermometer inserted in the center should read 165° F.) To grill: Oil the grill rack (see Tip) and grill the burgers for 5 to 6 minutes per side, flipping gently to avoid breaking them. Serve immediately.

### Tips

To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

### Nutrition Information

Per serving: 217 calories; 10 g fat (2 g sat, 4 g mono); 43 mg cholesterol; 17 g carbohydrate; 17 g protein; 2 g fiber; 256 mg sodium

## Savory Meat Loaf

Just like mom's, but better for you, thanks to ground turkey and reduced-fat dairy and egg products,

prep time: 20 min

start to finish: 1 hr 35 min makes: 6 servings

- 1 1/2 lb ground turkey breast
- 1 cup fat-free (skim) milk
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chopped fresh or 1/4 teaspoon dried sage leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/4 teaspoon pepper
- 1 garlic clove, finely chopped, or 1/8 teaspoon garlic powder
- 1/4 cup fat-free egg product
- 3 slices bread, torn into small pieces
- 1 small onion, chopped (1/4 cup)
- 1/2 cup ketchup, chili sauce or barbecue sauce



Heat oven to 350°F. In large bowl, mix all ingredients except ketchup. Spread mixture in ungreased 8x4- or 9x5-inch loaf pan, or shape into 9x5-inch loaf in ungreased 13x9-inch pan. Spread ketchup over top.

Bake uncovered 1 hour to 1 hour 15 minutes or until thermometer inserted in center of loaf reads 165°F.

Let stand 5 minutes; drain. Remove from pan. To serve, cut meat loaf into 6 slices.

### Nutritional Information

1 **Serving:** Calories 240 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 75mg; Sodium 640mg; Total Carbohydrate 15g (Dietary Fiber 0g, Sugars 8g); Protein 28g % **Daily Value\*:** Vitamin A 8%; Vitamin C 4%; Calcium 10%; Iron 10% **Exchanges:** 1/2 Starch; 1/2 Other Carbohydrate; 0 Vegetable; 3 1/2 Very Lean Meat; 1 Fat

## Turkey Burrito

Cooking oil (or spray) - 1 tbsp  
 Ground turkey breast 1 lb  
 Salsa - 1 ½ cup  
 3 tbsp Onion (chopped)  
 1 1/2 cup Green chiles (chopped)  
 Shredded low fat cheese - 1 cup (4oz)  
 Garlic (minced) - 2 cloves  
 Water - 1/2 cup  
 Dried oregano - 2 tsp  
 Ground cumin - 2 tsp  
 Chili powder - 1 1/2 tsp Flour tortillas - 6



### Cooking Instructions

Heat skillet on medium-high heat with cooking oil  
 Add in onion and garlic, and cook until tender (about 3 minutes)  
 Add in ground turkey breast and cook until the turkey is cooked (about 8 - 10 minutes)  
 Stir well to crumble the turkey  
 Add in water, salsa, oregano, cumin, chili powder, and chopped green chilies, and cook for 5 minutes on medium heat  
 Warm the tortillas, and add 2 to 3 tbsp of shredded cheese on each tortilla  
 Add about 1/2 cup of the ground turkey mixture to each tortilla  
 Roll up and serve

### Nutrition Facts

Servings: 6  
 Calories: 329 cal Fat: 11.1g  
 Saturated Fat: 3.3g Monounsaturated Fat: 4.2g  
 Polyunsaturated Fat: 2.1g  
 Protein: 24.2g  
 Carbs: 32.5g  
 Fiber: 4.2g  
 Cholesterol: 63mg

## *Pan Roasted Chicken Breasts Stuffed with Smashed Almond, Mascarpone and Lemon*

4 large boneless chicken breasts free range, skin on  
 1/2 cup of Roasted Almonds with Coriander, Chili and Olive Oil  
 6 large heaped tablespoons of mascarpone cheese  
 Zest and juice of 1 lemon  
 1/4 cup chicken stock  
 1/2 cup Chardonnay  
 Olive oil  
 Sea salt and ground black pepper  
 2 bulbs of fennel  
 1 lb fresh spinach  
 salt and pepper



Blend in a food processor or in a pestle and mortar the roasted almonds until roughly smashed. Then add the tablespoons of mascarpone, lemon zest and juice. Blend and season.

Working from one side of the chicken breast slip your fingers in-between the skin and the flesh, being careful not to completely remove the skin. Push one good spoonful of the almond-mascarpone paste in the gap of each breast then press the skin firmly back, saving any left over paste.

Take a hot non stick pan, drizzle it with a little olive oil and place the breasts skin side down. After a minute when lightly golden turn to seal the other side. (If you don't have a pan with a metal handle transfer to a roasting tray at this point.) Place in the pre-heated oven 425°F for around 10 minutes until cooked.

Meanwhile cut the fennel in half lengthwise, then into thin slices. Throw into a medium hot pan with a little olive oil and seasoning, stir in a couple of tablespoons of water. Cover and leave to cook slowly – about 5 to 10 minutes.

When the chicken is cooked remove to a warm plate and rest for 5 minutes, whilst you move the pan or tray back on the heat and add the glass of wine and stock, allow to cook down to almost nothing, not forgetting to scrape the pan bottom for all its goodness. Finish the sauce by stirring in the rest of the mascarpone and any remaining paste, keep on the heat so it continues to simmer until it coats the back of a spoon. Season to taste.

By this point the fennel should be just cooked season and chuck in the spinach, leave to wilt down. Serve the chicken with the fennel and spinach, drizzle the sauce over and around the chicken. Try with a nice glass of Chardonnay.

# Sides

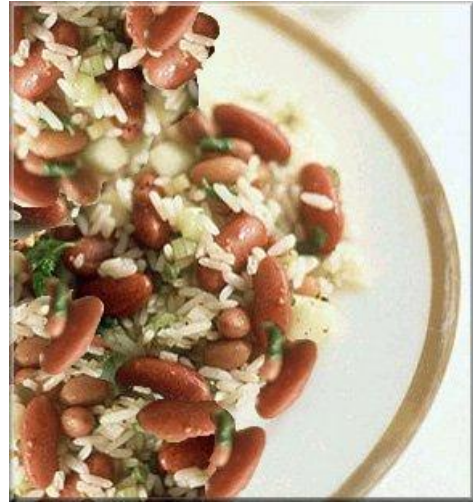


A nickel's worth of goulash beats a five dollar can of vitamins. ~Martin H. Fischer

*Live well. Eat well. Be well.*

## *American Style Red Beans and Rice*

- 1 tablespoon olive oil
- 1 (15 ounce) can kidney beans
- 1 1/2 cups tomato sauce
- 4 1/2 cups water, divided
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 pinch dried thyme salt and pepper to taste
- 5 teaspoons adobo seasoning, divided
- 2 cups uncooked white rice



In a large saucepan combine olive oil, kidney beans, tomato sauce, 1/2 cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat.

Meanwhile, bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes, or until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

## *Pineapple Fried Quinoa*

"Pineapple fried rice meets quinoa in this satisfying dish."

1 cup uncooked quinoa  
2 cups chicken broth 1 cup water  
3 eggs  
1 tablespoon peanut oil  
2 tablespoons chili oil  
5 cloves garlic, pressed or minced  
1 bunch green onions  
3/4 cup diced pineapple  
1 tablespoon chopped fresh cilantro 1/4 cup  
soy sauce  
1/2 teaspoon red pepper flakes. or to taste



Rinse quinoa until water runs clear. Bring the quinoa, chicken broth and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the liquid has been absorbed, about 15 to 20 minutes.

Beat the eggs in a bowl. Heat a skillet over medium heat. Cook and stir eggs until scrambled. Remove eggs from the skillet and set aside. Heat peanut oil and chili oil over medium-low heat. Cook and stir garlic for 2 minutes, then stir in green onions to heat through. Stir in pineapple and cilantro. then add the cooked quinoa. Toss with scrambled eggs, soy sauce, and red pepper flakes until thoroughly heated.

## *Creamy Baked Pumpkin Risotto*

5 cups low-sodium chicken or vegetable broth  
2 cups arborio rice  
2 cups pumpkin or butternut squash, small dice  
1 1/2 cups canned pumpkin puree (not pumpkin pie filling)  
1/2 medium yellow onion, minced  
1/2 cup finely chopped fresh basil  
1/4 cup finely grated parmesan cheese  
2 tablespoons mascarpone cheese  
2 tablespoons olive oil



Heat oven to 400 degrees F and arrange a rack in the middle.

Combine broth, rice, squash, puree, and onion in a 3-quart baking dish, season with salt and freshly ground black pepper, and stir to evenly combine. Cover tightly with aluminum foil and bake, stirring occasionally, until most the water has been absorbed and rice granules are puffed, about 35 to 30 minutes.

Remove from oven, stir in remaining ingredients, season to taste and serve.

## Summer Squash & White Bean Sauté

1 tablespoon extra-virgin olive oil  
 1 medium onion, halved and sliced  
 2 cloves garlic, minced  
 1 medium zucchini, halved lengthwise and sliced  
 1 medium yellow summer squash, halved lengthwise and sliced  
 1 tablespoon chopped fresh oregano or 1 teaspoon dried  
 1/4 teaspoon salt  
 1/4 teaspoon freshly ground pepper  
 1 15- or 19-ounce can cannellini or great northern beans, rinsed (see Tip)  
 2 medium tomatoes, chopped  
 1 tablespoon red-wine vinegar  
 1/3 cup finely shredded Parmesan cheese



Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until beginning to soften, about 3 minutes. Add zucchini, summer squash, oregano, salt and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until the vegetables are tender-crisp, 3 to 5 minutes.

Stir in beans, tomatoes and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from the heat and stir in Parmesan.

### Tips

Tip: While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (These recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

### Nutrition Information

Per serving: 195 calories; 6 g fat (2 g sat, 4 g mono); 5 mg cholesterol; 25 g carbohydrate; 11 g protein; 8 g fiber; 600 mg sodium; 726 mg potassium.

Nutrition bonus: Vitamin C (50% daily value), Folate & Potassium (21% dv), Calcium, Magnesium & Vitamin A (15% dv).

1 Carbohydrate Serving

## *Linguine with Roasted Summer Vegetables*

1 cup reduced-sodium chicken broth  
 10 large cloves garlic, peeled and cut in half  
 2 tablespoons balsamic vinegar  
 1 pound cherry tomatoes, cut in half  
 1 pound asparagus, trimmed and cut into 2-inch lengths  
 2 small zucchini (8 ounces total), quartered lengthwise and cut into 2-inch pieces  
 1 small summer squash (8 ounces), quartered lengthwise and cut into 2-inch pieces  
 1 large red bell pepper, cored, seeded and cut into chunks  
 8 scallions, white and tender green parts only, cut into 2-inch lengths  
 1 tablespoon extra-virgin olive oil  
 Salt & freshly ground pepper to taste  
 1 pound whole-wheat linguine



Preheat oven to 450°F. Combine stock and garlic in a small saucepan. Bring to a boil, reduce heat to low and simmer, covered, for 15 to 20 minutes, or until garlic is tender.

Place broth, garlic and vinegar in a blender or food processor and puree until smooth. Return to the saucepan and keep warm over low heat.

Meanwhile, combine tomatoes, asparagus, zucchini, summer squash, bell pepper and scallions in a large bowl. Drizzle oil over the top, season with salt and pepper and toss to coat well. Place on a baking sheet and roast, stirring occasionally, for 15 minutes, or until tender.

Meanwhile, cook linguine in a large pot of boiling salted water for 6 to 8 minutes, or until tender but firm. Drain and place in a large serving bowl. Toss with the roasted vegetables and garlic puree. Season with salt and pepper and serve immediately.

### **Nutrition Information**

Per serving: 355 calories; 4 g fat (1 g sat, 2 g mono); 1 mg cholesterol; 70 g carbohydrate; 16 g protein; 14 g fiber; 94 mg sodium; 782 mg potassium.

Nutrition bonus: Vitamin C (107% daily value), Selenium (82% dv), Vitamin A (47% dv), Magnesium (36% dv), Folate (34% dv), Iron (29% dv), Potassium (22% dv), Zinc (18% dv).

## *Garlic and Herb Grilled Sweet Potato Fries*

6 large sweet potatoes  
Salt  
5 tablespoons olive oil  
6 cloves garlic, finely chopped  
2 teaspoons finely chopped fresh thyme leaves  
1/4 teaspoon red chili flakes  
2 tablespoons finely chopped fresh flat-leaf parsley



Place the potatoes in a large pot of cold water, add 2 tablespoons of salt and cook until potatoes are tender, but still firm, about 15 minutes. Drain and let cool slightly.

Heat the grill to high.

While the potatoes are cooling, heat 2 tablespoons of the oil in a small sauté pan on the grates of the grill. Add the garlic, thyme and chili flakes and cook until the garlic is just soft, about 45 seconds. Remove from the heat.

Slice each potato in half lengthwise then slice each half into 3 or 4 wedges, depending on the size. Brush the wedges with the remaining 3 tablespoons of oil and season with salt. Grill until lightly golden brown and just cooked through, about 6 minutes. Remove to a platter and immediately toss with the garlic mixture and chopped parsley.

## *Roasted Root Vegetables*

2 sweet potatoes (about 1 pound), scrubbed and cut into wedges  
1 (1-pound) bag baby carrots  
1 bunch parsnips, peeled and cut into 1-inch pieces  
1/3 cup extra-virgin olive oil  
Kosher salt and freshly ground black pepper



Preheat oven to 425 degrees F and position a rack in the center of the oven.

On a baking sheet, toss the sweet potatoes, carrots, and parsnips with the olive oil and season with the salt and pepper. Roast stirring occasionally, until the vegetables are browned and tender, about 25 to 30 minutes.

Cook's Note: We recommend golden olive oil for its smooth finish and low acidity. The golden color comes from olive pressed at the peak of ripeness. These oils are made in California, southern France and Sicily

## *Almond Jade Stir-Fry*

1 1/2 Tbs. canola oil, divided  
2 cloves garlic, halved  
1/2 cup whole blanched almonds  
8 cups assorted vegetables, thinly sliced  
2 to 3 tsp. minced fresh ginger  
1/3 cup water  
3 Tbs. reduced-sodium soy sauce  
2 Tbs. cornstarch  
Salt and pepper, to taste  
1 tsp. Oriental sesame oil (optional)  
3 cups cooked brown rice



Heat 1 1/2 teaspoons of the oil and the garlic in large nonstick skillet over medium heat. Add almonds; cook and toss about 8 minutes until lightly browned, removing garlic after 4 minutes.

Remove almonds with slotted spoon; set aside. Add the remaining oil to skillet; increase heat to high and add vegetables and ginger. Stir-fry, tossing often, about 5 minutes until crisp-tender. Reduce heat to medium. In small bowl combine water, soy sauce and cornstarch; mix thoroughly. Add soy sauce mixture to skillet; cook and toss about 2 minutes until heated through.

Season with salt and pepper. Mix in sesame oil and almonds. Serve with rice.

### Notes

\*Choose from carrots, broccoli, red and green bell peppers, zucchini, crookneck squash, and green beans

## *Polenta with Braised Broccoli Rabe*

1 tsp. Extra Virgin Olive Oil  
 1 cup polenta (coarse cornmeal)  
 Salt  
 ¼ cup grated Pecorino Romano  
 2 bunches broccoli rabe (1-1/2 pounds), ends trimmed  
 3 tbsp. Extra Virgin Olive Oil  
 2 cloves garlic, thinly sliced  
 Pinch of red pepper flakes  
 Salt and freshly ground black pepper, to taste  
 Pecorino Romano shavings, for garnish (optional)



To make polenta, pour 4 cups water into a large saucepan. Add Pompeian Extra Virgin Olive Oil, polenta and salt. Bring to a boil over medium-high heat, stirring continuously. As polenta thickens, stir more vigorously to avoid lumps. Lower heat and simmer for 30 minutes, stirring frequently. Remove from heat. Stir in Pecorino Romano and additional salt if desired. Pour hot polenta into an ungreased 9" x 4" loaf pan. Cool; then cover and refrigerate until firm (this can be done one day ahead).

Bring a large pot of salted water to a boil. Add broccoli rabe and cook for 5 minutes or until tender. Drain, reserving 1/3 cup cooking liquid; refresh under cold water and drain again. Coarsely chop and set aside.

Preheat oven to 425°. Unmold polenta and cut into 12 slices. Arrange slices on an oiled baking sheet. Heat polenta in the oven for 15 minutes or until golden.

While polenta bakes, heat 3 Tbsp. Extra Virgin Olive Oil in a large skillet over medium heat. Add sliced garlic and cook until golden. Add broccoli rabe, reserved cooking liquid, red pepper flakes and salt and pepper to taste. Simmer briskly, until broccoli is heated through and most of the liquid is evaporated.

To serve, top each slice of polenta with broccoli rabe, drizzle with Pompeian Extra Virgin Olive Oil and garnish with shaved Pecorino Romano, if desired.

**Nutritional Facts** Serv.Size: 1/8 of Prepared Recipe (121g), Serv. Per Container: 8, Amount Per Serving: **Calories** 230, Fat Ca1.150, **Total Fat** 16g (25% DV), Sat. Fat 3.5g (17% DV), *Trans* Fat 0g, **Cholest.** 5mg (2% DV), **Sodium** 230mg (9% DV), **Total Carb.** 5g (5% DV), Fiber 3g (14% DV), Sugars 0g, **Protein** 5g, Vitamin A (45% DV), Vitamin C (30% DV), Calcium (15% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

## *Herbed Corn & Edamame Succotash*

1 1/2 cup frozen or fresh shelled edamame  
1 tablespoon canola oil  
1/2 cup chopped red bell pepper  
1/4 cup chopped onion  
2 cloves garlic, minced  
2 cups corn kernels  
3 tablespoons dry white wine or water  
2 tablespoons rice vinegar  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh basil  
OR  
1 teaspoon dried basil  
1/2 teaspoon salt, or to taste  
Freshly ground pepper to taste



Cook edamame according to package directions, omitting salt (boil for about 4 minutes). Drain well.

Heat oil in a large nonstick skillet over medium heat. Add bell pepper, onion and garlic; cook, stirring frequently; until vegetables start to soften, about 2 minutes.

Stir in corn, wine (or water) and edamame; cook, stirring frequently, for 4 minutes. Remove from the heat. Stir in vinegar, parsley, basil, salt and pepper. Serve immediately.

PER SERVING: 128 CALORIES; 4 G FAT 0 MG CHOLESTEROL; 16 G CARBOHYDRATE; 6 G PROTEIN, 4 G FIBER, 218 MG SODIUM 18 MG SODIUM

## *Eggplant Au Gratin*

1/2 pound eggplant, peeled and cut into 1/4 inch slices  
1 tablespoon olive oil 3/4 cup spaghetti sauce  
3/4 cup shredded part-skim mozzarella cheese  
2 tablespoons shredded Parmesan cheese



Brush both sides of eggplant slices with oil. Place on an ungreased baking sheet. Bake at 400 degrees F for 8 minutes. Turn and bake 7-8 minutes longer or until lightly browned and tender. Cool on a wire rack.

Place one eggplant slice in each of two 10-oz. ramekins coated with nonstick cooking spray. Top each with 2 tablespoons spaghetti sauce and 2 tablespoons mozzarella cheese. Repeat layers twice. Sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees F for 20-25 minutes or until bubbly and cheese is melted.

## Cranberry Couscous

1 tablespoon olive oil, plus more to drizzle  
1 1/2 cups Israeli couscous  
2 cups water (or broth)  
1/4 cup dried cranberries  
1/4 cup dried apricots, chopped  
1/4 cup slivered almonds



In a medium pot, heat the oil on medium heat. Add the couscous and stir continuously for several minutes, until it becomes a toasty brown.

Add broth, watching for splattering as you pour the water (or broth) into the pot. Bring to a boil, cover tightly, and turn the heat down. Simmer for about 10 minutes.

Stir in the cranberries, apricots, and slivered almonds and, if desired, a drizzle of olive oil. Serve hot or cold.

***TD&N Nutrient Analysis (based on 6 servings):*** Calories: 238; Total Fat: 5 g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 3 g; Cholesterol: 0 mg; Sodium: 8 mg; Carbohydrates: 42 g; Fiber: 3 g; Protein: 7 g

## Cranberry Squash

1 tablespoon butter  
1 shallot, very thinly sliced  
1/2 cup orange juice 1/2 cup brown sugar  
3/4 cup dried cranberries  
2 teaspoons cinnamon  
2 acorn squash, halved lengthwise and seeded  
1/4 cup chopped pecans



Preheat oven to 400°F.

In a small saucepan, melt the butter over medium heat. Add the shallot slices and cook for 2 to 3 minutes, until tender. Add the orange juice, brown sugar, and the cranberries and cook for 5 minutes, until most of the liquid has been absorbed. Stir in the cinnamon.

Place the squash halves on a large baking pan or sheet. If necessary, slice part of the bottom off of each half so that it remains upright in the pan. Divide the cranberry mixture among each squash shell.

Bake for about 45 minutes, then sprinkle the pecans evenly over the cranberry mixture. Return to the oven and cook for about 15 minutes more until the flesh of the squash is tender when pierced with a fork.

# *Desserts*



He who distinguishes the true savor of his food can never be a glutton; he who does not cannot be otherwise. ~Henry David Thoreau

*Live well. Eat well. Be well.*

## Oatmeal Chocolate Chip Cookies

2 cups rolled oats (not quick-cooking)  
 1/2 cup all-purpose flour  
 1/2 cup whole-wheat pastry flour  
 1 teaspoon ground cinnamon  
 1/2 teaspoon baking<sup>s</sup> soda  
 1/2 teaspoon salt  
 1/2 cup tahini (see Ingredient note)  
 4 tablespoons cold unsalted butter, cut into pieces  
 2/3 cup granulated sugar or 1/3 cup  
 2/3 cup packed light brown sugar  
 1 large egg  
 1 large e<sup>g</sup> white  
 1 tablespoon vanilla extract  
 1 cup semisweet or bittersweet chocolate chips  
 1/2 cup chopped walnuts



Position racks in the upper and lower thirds of the oven; preheat to 350°F. Line 2 baking sheets with parchment paper.

Whisk oats, all-purpose flour, whole-wheat flour, cinnamon, baking soda and salt in a medium bowl. Beat tahini and butter in a large bowl with an electric mixer until blended into a paste. Add granulated sugar (or Splenda) and brown sugar; continue beating until well combined-the mixture will still be a little grainy. Beat in egg, then egg white, then vanilla. Stir in the oat mixture with a wooden spoon until just moistened. Stir in chocolate chips and walnuts.

With damp hands, roll 1 tablespoon of the batter into a ball, place it on a prepared baking sheet and flatten it until square but don't let the sides crack. Continue with the remaining batter, spacing the flattened balls 2 inches apart.

Bake the cookies until golden brown; about 16 minutes, switching the pans back to front and top to bottom halfway through. Cool on the pans for 2 minutes, then transfer the cookies to a wire rack to cool completely. Let the pans cool for a few minutes before baking another batch.

Ingredient note: Tahini is a paste made from ground sesame seeds. Look for it in natural-foods stores and some supermarkets.

## *Chewy Chocolate Brownies*

16 whole chocolate graham crackers (8 ounces) (see Ingredient notes)  
2 tablespoons unsweetened cocoa powder  
1/4 teaspoon salt  
2 large eggs  
1 large egg white  
1/3 cup packed light brown sugar or 3 tablespoons  
1/3 cup granulated sugar or 3 tablespoons  
2 teaspoons instant coffee granules  
2 teaspoons vanilla extract  
2/3 cup chopped pitted dates  
1/4 cup semisweet chocolate chips

Preheat oven to 300°F. Coat an 8-by-11 1/2-inch baking dish with cooking spray.

Pulse graham crackers into crumbs in a food processor or place in a large plastic bag and crush with a rolling pin. You should have about 2 cups crumbs. Transfer to a small bowl; add cocoa and salt and mix well.

Combine eggs, egg white, brown sugar (or Splenda) and granulated sugar (or Splenda) in a large bowl. Beat with an electric mixer at high speed until thickened, about 2 minutes. Blend in coffee granules and vanilla. Gently fold in dates, chocolate chips and the reserved crumb mixture. Scrape the batter into the prepared baking dish, spreading evenly.

Bake the brownies until the top springs back when lightly touched, 25 to 30 minutes. Let cool completely in the pan on a wire rack before cutting.

Ingredient notes:

To avoid trans-fatty acids, look for brands of graham crackers that do not contain partially hydrogenated canola oil, such as Mi-Del chocolate snaps or Barbara's Chocolate Go-Go Grahams.

## *Sweet Potato Pie*

1 pound 3 ounces sweet potatoes, peeled and cubed  
1 1/4 cups plain yogurt  
3/4 cup packed, dark brown sugar  
1/2 teaspoon of cinnamon  
1/4 teaspoon of nutmeg  
5 egg yolks  
Salt  
1 (9-inch) deep dish, frozen pie shell  
1 cup chopped pecans, toasted  
1 tablespoon maple syrup  
Special equipment: steamer basket



Put cubed potatoes into steamer basket and place steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes or until the potatoes are fork tender. Mash with potato masher and set aside. Preheat the oven to 350 degrees F.

Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment. Add yogurt, brown sugar, cinnamon, nutmeg, yolks, and salt, to taste, and beat until well combined. Pour this batter into the pie shell and place onto a sheet pan. Sprinkle pecans on top and drizzle with maple syrup.

Bake for 50 to 55 minutes or until the custard reaches 165 to 180 degrees. Remove from oven and cool. Keep refrigerated after cooling.

## *Low Fat Almond Cookies*

1 3/4 c Almonds  
2 Egg whites 1/3 c Honey  
1 T Vegetable oil  
1/4 t Ground nutmeg  
1/4 t Ground cardamom  
1/4 c Fruit preserves, preferably sweetened with juice or honey



In a food processor fitted with metal blade or in a blender, grind together everything except the preserves until a smooth paste forms. Drop teaspoonful of the paste onto a greased or nonstick cookie sheet, or one lined with parchment paper. With a wet spoon, make a depression in the centers of the cookies. Place a small dollop (about 1/2 teaspoon) of fruit preserves in each depression.

Bake in a preheated 350F oven until lightly golden, between 10-15 minutes.

Per cookie: 64 calories, 4g fat, 6g carbohydrates, 0mg cholesterol.

## English Trifle

Fresh fruit and angel food cake lighten this classic. A light custard, made with meringue and fat-free milk, drops the calories by half. Store-bought angel food cake works fine here.

1 small angel food cake, (10 ounces)  
1/3 cup raspberry preserves  
1/3 cup medium-dry sherry  
4 cups fresh fruit, (sliced oranges; halved seedless grapes; hulled, halved strawberries; raspberries; sliced peeled kiwis)  
4 cups Light Custard, (recipe follows)  
1/4 cup toasted slivered almonds  
Additional fresh fruit, for garnish

Cut cake into 2-inch-thick slices and cut slices into 1-by-4-inch strips. Spread preserves over one side of each strip. Arrange half the cake, jam-side up, in the bottom of a 12-cup serving bowl. Sprinkle with half the sherry. Arrange half the fruit over the cake layer and spoon half the custard over the fruit. Repeat with remaining cake, sherry, fruit and custard. Cover and refrigerate for at least 1 hour.

Just before serving, sprinkle almonds over the top and arrange fresh fruit decoratively in the center



## *Kiwi-Lime Ice Pops*

1 1/3 cups water  
2/3 cup sugar  
1 teaspoon finely freshly grated lime zest  
1 teaspoon grated fresh ginger  
1/3 cup lime juice  
1 drop green food coloring, (optional)  
2 kiwis, peeled and very thinly sliced



Pour water into a small saucepan, add sugar, lime zest and ginger. Stir over high heat until the sugar dissolves and the mixture comes to a boil. Remove from the heat and let cool to room temperature.

Strain the syrup through a fine sieve set over a bowl. Stir in lime juice and food coloring, if using.

Line 8 individual frozen-treat molds or small (2-ounce) paper cups with slices of kiwi, pressing them onto the sides so they are close together but not overlapping. Fill each mold or cup with the lime mixture.

Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm. Dip the molds briefly in hot water before unmolding.

## Cranberry Orange Tart

6 puff pastry dough shells  
1/2 cup sugar  
1/2 cup orange juice  
One 12-ounce package of fresh or frozen cranberries  
One 15-ounce can mandarin oranges, drained  
1/3 cup finely chopped walnuts  
Mint, for garnish



Preheat the oven to 400°F.

In a medium saucepan, bring the sugar and orange juice to a boil, stirring until the sugar has dissolved. Add the cranberries and return to a boil. Reduce the heat to low, cover, and simmer until the mixture thickens, about 20 minutes. Remove from the heat and let cool for at least 10 minutes.

In the meantime, place pastry shells top side up on an ungreased baking sheet and bake for 20 to 25 minutes, or until they begin to brown. Remove from the oven and place on a cooling rack.

Using a paring knife, carefully cut the top of each shell and set aside.

Place each shell on a serving plate. Spoon the cranberry mixture into each. Top with several slices of mandarin oranges and sprinkle with chopped walnuts.

Place the shell tops on top of each tart and garnish with mint and any remaining mandarin orange.