

Cooking for the Health of It



*Healthy Recipes from
Cooking Classes at
The Harold Leever Regional
Cancer Center*

Karen Sabbath, MS, RD, CSO

Special thanks to:

The Leever Cancer Center for allowing me to host these classes

The enthusiastic participants who come to watch me cook and sample all the goodies

Kert Sabbath, who never tires of being my taste tester, food critic and biggest fan

The volunteers who help serve the food to the hungry guests

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ENJOY!!!!

INTRODUCTION

Just over 10 years ago, The Harold Leever Regional Cancer Center in Waterbury, CT, opened its doors, and the rest is history. We are a state of the art Cancer Center, offering the most up to date treatments for our patients.

Once we were settled in, I decided to try doing a cooking demonstration for National Nutrition Month. It was not complicated....a smoothie bar, set up in the lobby. But what surprised me was the response of our patient population. People came and stayed and were "hungry" for more...both in terms of food AND information. We began trying some cooking classes, and they grew in popularity and size. Held three times a year (spring, summer and fall), we typically have 50-60 people sign up, with waiting lists numbering 10-20 people.

Cancer survivors are often looking for ways to change their lifestyle to be healthier, and exercise and nutrition are great places to begin. Yet, many people are overwhelmed by the flood of confusing information available to them. My goal was to present accurate, understandable information, great tasting food and lots of fun for everyone who came to the classes.

I am a firm believer that healthy foods *can* be delicious, and that healthy and delicious foods can be simple to make. I also believe that if a person can watch someone cook, see how easily things can be prepared, and can then SAMPLE the foods, they will be much more likely to try new recipes at home.

All of the foods we prepare are plant-based, and many are completely vegetarian. They meet the nutrition standards endorsed by the American Cancer Society and American Institute for Cancer Research (AICR).

I have been amazed and heartened at the wonderful response of participants in these classes, and the enthusiasm they generate. I feel incredibly grateful to be a part of such a dynamic and supportive community of survivors and their families.

I hope you enjoy looking through past menus, and all of the recipes (over 100 of them) made throughout the years.

Karen Sabbath, MS, RD, CSO

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I. APPETIZERS



A. ARUGULA AND EDAMAME CROSTINI

Serves 8-10 as an appetizer

INGREDIENTS:

¾ lb frozen, shelled edamame (~2 cups)
¼ cup plus 1 TBSP extra virgin olive oil, plus 1 TBSP extra for drizzling
1 ½ cups packed baby arugula, divided in half
¼ c. grated Parmigiano-Reggiano
¼ tsp. grated lemon zest
4+ tsp. fresh lemon juice
1 garlic clove
¼ tsp kosher salt
1 multigrain baguette

DIRECTIONS:

- 1) Preheat oven to 350 with rack in the middle. Slice baguette into 1/3 inch slices and place on baking pan. Brush with 1 TBSP olive oil. Bake until pale golden and crisp, 8-10 minutes. Remove from oven and allow to cool.
- 2) Add edamame to food processor and pulse until coarsely chopped. Transfer ½ of mixture to large bowl.
- 3) To remaining edamame in food processor, add oil, ½ of arugula, cheese, lemon zest, lemon juice, ¼ tsp salt and pepper to taste.
- 4) Puree until smooth.
- 5) Add pureed edamame to bowl. Coarsely chop remaining arugula and gently fold into edamame mixture. Adjust seasonings to taste.
- 6) Spoon bean mixture onto baguette toasts. Optional: drizzle with olive oil and garnish with fresh mint.

Adapted from www.epicurious.com

B. EDAMAME HUMMUS WITH SPICED PITA CHIPS

Serves 12 as an appetizer

INGREDIENTS:

2 cups shelled Edamame, cooked according to package directions

1 cup silken tofu, drained excess fluid (you can substitute “lite” silken tofu)

½ teaspoon salt

3 cloves garlic

¼ cup olive oil

1/3 cup lemon juice, plus more to taste

1 ½ teaspoons ground cumin, plus more for garnish

DIRECTIONS:

- 1) Set 1 tablespoon edamame aside for a garnish.
- 2) Place the rest of the Edamame, tofu, salt, garlic, oil, lemon juice and 1 ½ teaspoons cumin the bowl of a food processor and process until very smooth, about 2 minutes.
- 3) Season with additional salt, pepper, and lemon juice, if desired.
- 4) Remove to serving bowl and garnish with reserved edamame and cumin.

C. SPICED PITA CHIPS

Serves 6-12 as an appetizer with Edamame Hummus

INGREDIENTS:

1 tablespoons olive oil

1 teaspoon ground cumin

½ teaspoon ground coriander

¼ (or less) cayenne pepper

½ tsp garlic powder

¼ tsp (or less) ground black pepper

¼ tsp salt

2 whole wheat pitas, cut into 1/8's (may substitute white if whole wheat not available)

DIRECTIONS:

Preheat oven to 350

Combine olive oil and all spices in a large bowl. Add pita wedges and toss to coat.

Spread in 1 layer on a baking sheet and bake about 15 minutes, tossing once or until pita is brown and crisp.

Cool completely before serving

Serve with Edamame Hummus.

Adapted from Elie Krieger, www.foodnetwork.com

D. GUACAMOLE DE FRUTAS

Yield: 1 ½ cups (8 appetizer servings)

INGREDIENTS:

- 2 TBSP finely diced sweet onion, like Vidalia
- 1 TSP finely diced seeded jalapeño pepper
- Juice from 1 lime
- ¼- ½ TSP Kosher salt
- 3 TBSP finely diced peeled Granny Smith apple
- 3 TBSP finely diced peeled Asian pear
- 2 TBSP dried cranberries
- 1 TBSP thinly sliced basil, preferably Thai
- 2 ripe Haas avocados
- 3 TBSP fresh pomegranate seeds.

DIRECTIONS:

1. In a nonreactive mixing bowl, combine onion, jalapeño, lime juice and a pinch salt. Mix well, and add the apple, pear, cranberries and basil. Mix again.

2. Cut the avocados in half, scoop out the pulp and mash it with the ingredients in the bowl. Adjust salt to taste. Transfer to a serving bowl and top with pomegranate seeds. If desired, serve with warm corn tortillas or chips.

Adapted from Julian Medina, Toloache, Manhattan

E. GUACAMOLE WITH A TWIST

Serves 8-10 as an appetizer

INGREDIENTS:

1 cup frozen peas, defrosted
2 large ripe avocados, peeled and seeded
1/3 cup scallions, minced
1/4 cup bottled salsa
Juice of 1 lime
1/2-1 teaspoon hot sauce
1/2 teaspoon cumin
1/4 cup or more, fresh cilantro
2 garlic cloves
Baked Tortilla Chips* (see recipe below)

DIRECTIONS:

Combine all ingredients (except chips) in a blender or food processor and pulse until just combined
Serve with tortilla chips.

*To make homemade tortilla chips, slice white or whole wheat flour tortillas (99% fat free) into sixths. Toss in a large bowl with olive oil, chili powder, garlic powder and cumin. Place on a large jelly roll pan and bake at 400 for about 10 minutes. Chips are done when they start to get golden brown. Do not let them burn. Allow to cool on a cooling rack. Chips will get crisp as they cool.

Adapted from www.cookinglight.com

F. PESTO FRAISE BASILIC
(STRAWBERRY BASIL PESTO)

Makes about ½ cup (the recipe can be easily doubled or tripled)

INGREDIENTS:

1/3 c. freshly grated Parmesan
1/3 c. blanched almonds, lightly toasted
½ cup fresh basil leaves
5 strawberries, hulled
2 tsp. extra virgin olive oil
Salt, freshly ground pepper to taste

DIRECTIONS:

- 1) Combine the Parmesan, almonds and basil in a food processor and process in short pulses until the mixture forms a paste
- 2) Add the strawberries and olive oil, then season with salt and pepper and process until smooth
- 3) Taste and adjust seasoning as needed
- 4) Transfer into a jar or container, close tightly and refrigerate. Use within a few days.

Use in sandwiches, on canapés and crostini, or even toss with pasta.

Adapted from Chocolate & Zucchini (<http://chocolateandzucchini.com>)

G. “POIS”CAMOLE (OR PEACAMOLE)

Serves 4-6 as an appetizer

INGREDIENTS:

2 c. plus 1 TBSP frozen green peas, defrosted or fresh peas steams for 14 minutes
1 small bunch of cilantro, coarsely chopped, approx ½ c.
2 TBSP whole almond butter
1 clove garlic
1 dash Tabasco
½ tsp Kosher salt (you may need more if the almond butter is unsalted)
Black pepper to taste

DIRECTIONS

- 1) Place all ingredients except salt and pepper into food processor and process until smooth. If the mixture is too thick for the blade, add a little bit of water, a tsp. at a time, until soft enough to mix
- 2) Add salt, 1/8 tsp at a time to taste. Add pepper to taste
- 3) Serve with multigrain crackers, chips or pita crisps.

Can be made a day ahead and kept in the fridge in an airtight container for 2-3 days.

Adapted from www.chocolateandzucchini.com

H. TARTINE OF GOAT CHEESE AND FRUIT

INGREDIENTS:

Goat Cheese

Greek yogurt

1 baguette

Sliced fresh strawberries and/or figs

Balsamic vinegar

DIRECTIONS:

Combine 4:1 ratio of goat cheese to plain Greek yogurt

(Example: ¼ c. goat cheese, 1 TBSP plain Greek yogurt; increase quantities as needed)

Cut a fresh baguette into ¼” slices.

Spread with a thin layer of goat cheese mixture

Top with a slice of fresh fig or 1-2 slices of strawberry

Just before serving, top with a drop of balsamic vinegar.

You can substitute and type of fruit; try fresh apricot or apricot preserves

Adapted from “Around My French Table” by Dorie Greenspan

II. SOUPS



A. CANTALOUPE SOUP

Serves 4-6

INGREDIENTS:

3 c. tightly packed sliced cantaloupe (1 large or 2 small)

3 lemons, juiced

1 c. sparkling cider (non-alcoholic)

2-3 tsp. sugar, optional

1 small cucumber, diced

Kosher Salt

Freshly ground pepper

DIRECTIONS:

- 1) Peel cantaloupes, cut in half and discard the seeds. Scoop out the flesh in small segments, until you have 3 cups
- 2) Place cantaloupe in blender and add lemon juice and cider.
- 3) Puree and add sugar if necessary.
- 4) Pour soup into medium bowl and chill for at least 6 hours or overnight.
- 5) Season the diced cucumber with salt and pepper and set aside.

When ready to serve, pour soup into bowls, and add some cucumber to each one

Adapted from www.foodnetwork.com

B. SILKY CAULIFLOWER SOUP

Makes approx. 6 cups, Serves 6-8

INGREDIENTS:

1 head cauliflower
2 TBSP EVOO (extra virgin olive oil)
1 small onion, chopped
2 cloves garlic, minced
1 quart chicken stock (you can use low sodium and add salt at the end)
½ c. grated parmesan
Salt and pepper to taste
Chopped chives for garnish

DIRECTIONS:

- 1) Remove leaves and thick core from the cauliflower, coarsely chop and reserve
- 2) Heat the oil in a large saucepan or soup pot over medium heat and add onion and garlic. Cook until softened, but now browned, about 5 minutes
- 3) Add the cauliflower and stock and bring to a boil. Reduce heat to simmer, cover and cook until the cauliflower is soft and falling apart, about 15 minutes
- 4) Remove from heat and puree, using an immersion blender, or puree in small batches in a blender to return it to the pot
- 5) Add parmesan and stir until smooth.
- 6) Season to taste with salt and black pepper.
- 7) Keep warm until ready to serve; garnish with chopped chives if desired.

Adapted from www.smittenkitchen.com, www.foodnetwork.com

C. "CREAM" OF BROCCOLI SOUP

Serves 4

1 1/2 TBSP of canola oil
1 onion, chopped
1 small carrot, peeled and chopped
1/2 celery stalk, chopped
3/4 tsp dried thyme
1 pound broccoli florets
3 cups of fat-free low-sodium chicken broth
1 tsp lemon juice
1/2 cup fat-free milk
3/4 tsp salt
1/4 tsp pepper

1. In a large saucepan over medium heat, heat the oil. Add the onion, carrot, celery, and thyme; cook, stirring occasionally, until the vegetables are softened, about 5 minutes. Add the broccoli and broth. Increase the heat to high and bring to a boil; reduce heat to medium-low, cover and simmer until the broccoli is tender, 25 minutes. Remove from the heat and add the lemon juice. Let cool 10 minutes.

2. Transfer to a blender in batches and puree. (Or, use an immersion blender which is what I do). Return the soup to the saucepan over medium heat. Add the milk, salt and pepper; cook, stirring occasionally, until hot, 4-5 minutes.

Adapted from Weight Watchers "Cream of Broccoli Soup"

D. CURRIED SQUASH AND APPLE SOUP

Makes 8 servings (serving size: 1 cup)

INGREDIENTS:

3 cups fat-free, less-sodium chicken broth

2 cups chopped onion (1 large)

2 tsp. bottled minced garlic

1 ½ tsp grated fresh ginger or 1 tsp ground ginger

¼ tsp salt or more to taste

1 tsp. curry powder

½ tsp ground coriander

2 lbs (approx. 3 cups) cubed, peeled butternut squash (frozen chunks will work also)

2 medium apples, cored, peeled and diced (approx. 2 cups)

DIRECTIONS:

Combine all ingredients in soup pot. Bring to a boil. Simmer 45-60 minutes or until soft.

Transfer mixture in 2 batches to a blender and puree until silky smooth. Serve hot.

Keeps in refrigerator for up to 4 days and up to 4 months in the freezer.

Adapted from Cooking Light, March 2006

E. CURRIED ZUCCHINI SOUP

Serves: 6-8

INGREDIENTS:

1 TBSP olive oil
1 cup chopped yellow onions
1 tsp. minced garlic
2 tsp. curry powder
1/2 tsp. salt
Pinch cayenne pepper (optional)
2 lbs zucchini, trimmed and sliced
3 1/2 c. chicken or vegetable stock
1/2 c. low fat milk or unflavored soy milk
Chopped cilantro, garnish
Toasted pita triangles as an accompaniment

DIRECTIONS:

- 1) In a large pot, heat the oil over medium-high heat.
- 2) Add onions and garlic and cook, stirring, until soft, about 3 minutes.
- 3) Add curry powder, salt, and cayenne, if you are using it, and cook until fragrant, about 30 seconds.
- 4) Add the zucchini, reduce heat to medium, and cook, stirring occasionally, until soft, about 5-6 minutes.
- 5) Add the stock and bring to a boil. Reduce heat and simmer until the zucchini is very tender, about 20 minutes.
- 6) Remove from heat, With a hand-held immersion blender, puree the soup. Return to medium heat and stir in the milk. Simmer for 3 minutes, and adjust the seasoning to taste.

Can be reheated. To serve, add chopped fresh cilantro and serve with toasted pitas.

Adapted from www.foodnetwork.com

F. FENNEL PEAR SOUP

Serves 8

INGREDIENTS:

3 bulbs of fresh fennel, halved, cores removed, and sliced
2 medium onions, peeled and sliced
4 medium pears, peeled, cored and diced
3 TBSP olive oil
Salt and pepper
2 bay leaves
1 cup sparkling apple cider
5 cups water

DIRECTIONS:

- 1) Heat olive oil in a large pot or Dutch oven. Add fennel and onions. Season with salt and pepper, cover and let cook for 10 minutes, lifting the lid and stirring every few minutes, until the fennel and onions are cooked through.
- 2) Add the pear pieces and cook for another 10 minutes, until they are soft and tender
- 3) Pour in cider and water, add the bay leaves, then cover and let cook until the liquid comes to a boil. Reduce heat and let cook over low heat with the lid ajar for 5-10 minutes.
- 4) Pluck out the bay leaves, then blend the soup. If using a stand blender, let the soup cool down until it's lukewarm before blending, or use an immersion blender.

Adapted from www.davidlebovitz.com

G. GAZPACHO

Serves 4-6

INGREDIENTS:

1 hothouse or English Cucumber, halved and seeded, but not peeled
2 red bell peppers, cored and seeded
4 plum tomatoes
1 red onion
3 garlic cloves
23 ounces tomato juice (3 cups)
¼ cup extra virgin olive oil
2-1 ½ tsp salt, to taste
½ - 1 teaspoon pepper, to taste

DIRECTIONS:

- 1) Roughly chop the cucumbers, bell peppers, tomatoes and red onion into 1 inch cubes. Put each vegetable separately into food processor fitted with steel blade, and pulse until very well chopped, but not completely pureed.
- 2) After each vegetable is processed, combine in a large bowl and add garlic, tomato juice, vinegar, olive oil, salt and pepper.
- 3) Mix well, and chill before serving. The longer the gazpacho sits, the more the flavors will develop.

Adapted from Ina Garten, The Barefoot Contessa Cookbook
As seen on Television Food Network

H. LETTUCE AND PEA SOUP

Serves 6-8

INGREDIENTS:

- 1 bag of 3 romaine hearts or 2 bags of pre-cut romaine
- 1 medium onion, chopped
- 1 TBSP butter
- 1 TBSP olive oil
- 1 large clove of garlic, finely chopped
- 1 16-oz bag frozen peas, defrosted
- 4 c. reduced sodium chicken broth (if you use regular broth, cut down on salt)
- 3/4 tsp Kosher salt, or to taste
- 1/8 tsp. black pepper
- 1 TBSP herbes de Provence
- 1/4 c. low fat milk

DIRECTIONS:

- 1) Wash lettuce well. If using hearts of romaine, coarsely chop into bite-sized pieces, using the light and dark green parts only. Save the white hearts for another use. You should have a good 8+ cups
- 2) Cook onion in butter and olive oil in a heavy 4 quart pot, over moderate heat, stirring occasionally, until softened; about 5 minutes. Add garlic and cook another minute. Add lettuce and cook, stirring, until wilted, about 2 minutes.
- 3) Add peas, broth, salt and pepper and simmer uncovered, for 10 minutes
- 4) Add Herbes de Provence and milk, and puree in blender or use an immersion blender.
- 5) Adjust seasonings to taste

I. RED LENTIL SOUP WITH LEMON

Serves 6

INGREDIENTS:

3 TBSP olive oil; more for drizzling
1 large onion, chopped
2 garlic cloves, minced
1 TBSP tomato paste
1 tsp. cumin
½ tsp. Kosher salt
¼ tsp. ground black pepper
¼ tsp. ground chili powder
1 quart chicken or vegetable broth
1 c. red lentils
1 large carrot, peeled and diced
Juice of 1 lemon
½ c. chopped cilantro

DIRECTIONS:

- 1) In a large pot, heat oil over high heat until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes
- 2) Stir in tomato paste, cumin, salt, black pepper and chili powder and sauté for 2 minutes longer
- 3) Add broth, 2 c. water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary
- 4) Using an immersion blender (or regular blender or food processor), puree half the soup, and return it to the pot if using blender/food processor). Soup should be chunky
- 5) Before serving, stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted with chili powder if desired.

Adapted from www.nytimes.com/2008/01/01/dining

J. SQUASH BISQUE WITH CURRIED POPCORN

Serves 4-6

INGREDIENTS FOR SOUP:

1 TBSP butter
1 TBSP curry powder
¼ tsp. cumin
1/8 tsp. garlic powder
Pinch of cinnamon
Pinch of cayenne (optional)
1 quart low sodium chick broth or vegetable broth
Salt to taste
2/3 cup oatmeal (old-fashioned rolled oats)
2 packages (12-oz each) frozen, cooked winter squash
¼- ½ cup chopped cilantro
Grated zest of 1 lime

INGREDIENTS FOR CURRIED POPCORN:

4 cups salted popped popcorn
2 TBSP olive oil
2 tsp. curry
½ tsp. ground cumin
½ tsp ground fennel

DIRECTIONS:

- 1) Melt butter over medium heat in heavy 6 quart soup pot.
- 2) When butter is melting, stir in the curry powder, cumin, garlic, cinnamon and cayenne (if using). Toast spices for about 30 seconds.
- 3) Add broth and salt to taste. Stir in the oats. Place frozen blocks of squash on the top.
- 4) Cover and bring to a boil over high heat.
- 5) Reduce heat slightly, cover and continue cooking over medium heat until the oats are either very soft or partially dissolved, about 5-10 more minutes.
- 6) While soup is cooking, prepare the popcorn.
- 7) Place popcorn in a large bowl.
- 8) Heat up olive oil in a small heavy-bottomed saucepan over medium heat.
- 9) While oil is heating, stir in curry powder, cumin and fennel. Cook 1 minute, stirring frequently.
- 10) Drizzle seasoned oil over popcorn while stirring. Toss to coat kernels evenly.
- 11) When soup is done, stir in cilantro and lime zest, and add salt if needed.
- 12) Ladle soup into bowls and garnish each serving with about 1/3 cup popcorn, and additional cilantro if desired.

Adapted from “Whole Grains for the Busy People” by Lorna Sass, Clarkson Potter Publishers, 2009

K. WATERMELON GAZPACHO

Serves 6-8

INGREDIENTS:

3 c. chopped seedless watermelon
3 c. pureed seedless watermelon
3/4 c. chopped red onion
1 c. diced red tomato
1 c. finely diced cucumber, seeded and peeled
6 TBSP chopped fresh chives (you can substitute finely chopped scallions)
1/4 cup rice vinegar
1 c. OJ
3 TBSP vegetable oil (canola)
1 tsp Kosher salt or more to taste (I usually start with 1/2 tsp and add as needed)
1 TBSP sugar

DIRECTIONS:

Combine all ingredients! Chill well before serving.

L. ZUCCHINI SOUP

Serves 6 as a first course

INGREDIENTS:

1 TBSP canola or olive oil
1 tsp. minced garlic
1 c. chopped yellow onions
2 lbs zucchini (4 medium or 3 large), trimmed and chopped
2 tsp. curry powder
3 ½ cups chicken broth or vegetable broth
½ c. low fat milk
Chopped, fresh cilantro for garnish
Toasted pita triangles as an accompaniment

DIRECTIONS:

- 1) In a medium pot, heat the oil over medium-high heat.
- 2) Add the onions and garlic and cook, stirring until soft, about 3 minutes.
- 3) Add the curry powder and salt and cook until fragrant, about 30 seconds
- 4) Add the zucchini, reduce heat to medium and cook, stirring occasionally, until soft, 5-6 minutes
- 5) Add stock and bring to a boil. Reduce heat to simmer until the zucchini is very tender, about 20 minutes.
- 6) Remove from heat. With a hand held immersion blender, or in batches in a food processor, puree the soup. Return to medium heat and stir in the milk. Simmer for 3 minutes. Adjust the seasoning to taste.
- 7) Serve warm or chilled
- 8) Before serving, stir in chopped fresh cilantro and serve with pappadums or toasted pitas.

Adapted from www.foodnetwork.com “Curried Zucchini Soup”

III. SALADS and GRAINS



A. BALSAMIC VINAIGRETTE

Serves 4

INGREDIENTS:

1 garlic clove, sliced in half

1 teaspoon Dijon mustard

1 TBSP balsamic vinegar

Splash soy sauce

Salt and freshly ground pepper to taste

3 TBSP olive oil

DIRECTIONS:

- 1) Rub inside of a wooden salad bowl with the garlic. Discard or save for another time.
- 2) Put the mustard in the bowl and vigorously whisk in the balsamic vinegar and soy sauce for about 10 seconds or until creamy looking
- 3) Season with salt and pepper to taste.
- 4) Drizzle in olive oil as slowly as possible and whisk while adding to allow it to emulsify.
- 5) Place the salad greens on top of the dressing and toss just before ready to serve.

Adapted from www.foodnetwork.com, “Café Green Salad” Melissa D’Arabian

B. BLACK FORBIDDEN RICE SALAD

Serves 8-10

INGREDIENTS:

Rice:

- 3 ½ cups water
- 2 cups black forbidden rice (other whole grain rice can be substitutes)
- 1 1 ½ inch piece of fresh ginger, peeled and finely chopped
- ½ tsp kosher salt
- 1 TBSP canola oil
- 2 ½ cups (8 oz) snap peas, trimmed and cut into 1-inch pieces
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1 cup shelled edamame
- 2 peaches, OR 1 mango, OR 1 peach, ½ mango cut into bite-sized chunks

Dressing:

- ¼ cup seasoned rice vinegar
- ¼ cup canola oil
- 2-3 TBSP honey
- 2 TBSP soy sauce

DIRECTIONS:

Rice:

- 1) In medium saucepan, bring water, rice, ginger and salt to a boil over medium heat.
- 2) Reduce heat to simmer, cover the pot, and cook until rice is tender, about 30 minutes
- 3) Remove from heat and set aside for 5 minutes.
- 4) Fluff with fork and place in large serving bowl. Allow it to cool to room temperature.
- 5) In large non-stick pan, heat oil over medium high heat. Add snap peas and cook, stirring frequently until slightly soft, about 2 minutes. Allow to cool slightly, and add to rice.
- 6) Add peppers, edamame and cut up fruit to rice and mix well.

Dressing:

- 1) In a medium bowl, whisk together the vinegar, oil, honey and soy sauce until smooth

To Assemble:

- 1) Pour the dressing over the rice mixture and toss well
- 2) Adjust salt to taste

Serve cold or at room temperature

Adapted from www.foodnetwork.com, Giada De Laurentiis

C. BROCCOLI SALAD

Makes 12 servings (serving size: about 1 cup)

INGREDIENTS:

Salad:

6 cups small broccoli florets (about 1 ½ lbs)
2 cups seedless red and/or green grapes, halved
1 ½ cups chopped celery
½ cup dried cranberries
½ cup chopped walnuts
½ cup chopped red onion

Dressing:

½ cup light mayonnaise
½ cup plain fat-free yogurt
4 TBSP sugar or equivalent Splenda or combination, more to taste
5 TBSP white or red wine vinegar

DIRECTIONS:

- 1) Combine salad ingredients in large bowl.
- 2) Combine dressing ingredients in small bowl and stir well with a whisk or spoon until smooth.
- 3) Pour dressing over broccoli mixture and toss well.
- 4) Chill for at least 1 hour.

Adapted from Cooking Light, June 2002

D. BUTTER LETTUCE SALAD WITH POMEGRANATE SEEDS AND HAZELNUTS

Serves 8

INGREDIENTS:

CITRUS DRESSING

1/4 cup Champagne vinegar or white wine vinegar
1/4 cup fresh orange juice
1 1/2 tsp. fresh lemon juice
1 tsp. fresh lime juice
1 tsp. finely grated lemon peel
1 tsp finely grated lime peel
1 tsp finely grated orange peel
1/4-1/3 c. olive oil

SALAD:

1 large head of butter lettuce, coarsely torn
4-6 cups of mesclun greens
1 Granny Smith apple, quartered, cored and thinly sliced
1 cup fresh pomegranate seeds
2/3 c. hazelnuts, toasted and husked*
1/2 cup golden raisins

DIRECTIONS:

CITRUS DRESSING:

Combine all ingredients except oil in a small bowl.
Gradually whisk in oil. Season to taste with salt and pepper

SALAD:

Mix all ingredients in a very large bowl. Toss with enough dressing to coat.

*To toast and husk hazelnuts:

Preheat oven to 350 degrees.

Place hazelnuts in a baking pan in one layer.

Place pan in middle of oven 10 to 15 minutes, or until lightly colored and skins are blistered.

Wrap nuts in a kitchen towel and let steam 1 minute. Rub nuts in towel to remove loose skins (don't worry about skins that don't come off) and cool completely

Adapted from <http://www.epicurious.com>, :Escarole and Butter Lettuce Salad with Pomegranate Seeds and Hazelnuts.

E. ROASTED DELICATA SQUASH SALAD WITH APPLE CIDER VINAIGRETTE

Serves 6-8

INGREDIENTS:

- 1 (1 1/2 lb delicata squash, 3/4 inch diced), or equivalent butternut squash, diced and peeled;
about 6+ cups total
- 1/4 tsp salt
- Good olive oil
- 1/2 cup chopped walnuts, toasted
- 1/4 cup dried cranberries
- 8 cups arugula, spinach or mesclun greens
- 1/4 c. apple cider
- 2 TBSP cider vinegar
- 2 TBSP minced shallots
- 2 tsp. Dijon mustard
- 1/2 c. Olive oil
- 1/2 tsp salt (or to taste)
- 1/8 tsp ground pepper
- 3/4 c. freshly grated Parmesan (optional)

DIRECTIONS:

- 1) Preheat oven to 400
- 2) Place the cut up squash on a greased roasting or jelly roll pan. Add 1-2 TBSP olive oil, 1/4 tsp. salt and pepper to taste.
- 3) Roast for 30 minutes, turning once, until tender.
- 4) Remove from oven and let stand at room temperature
- 5) Once squash is removed from oven, place walnuts on a jelly roll pan and bake at 400 for about 5 minutes, until fragrant but not burned
- 6) To make the dressing, place cider in a small bowl. Whisk in cider vinegar, mustard, shallots, olive oil, salt and pepper.
- 7) To assemble: Place salad greens in a large salad bowl. Add the roasted squash, dried cranberries, squash and walnuts. Spoon just enough vinaigrette over the salad to moisten and toss well.

Adapted from 2008, Barefoot Contessa Back to Basics

F. CAESAR SALAD WITH A TWIST

Serves 8

INGREDIENTS:

Romaine hearts, 6 large, cut into bite-sized pieces

Dressing:

- 1 15 oz. can white beans (cannellini)
- 2 TBSP anchovy paste
- 4 TBSP lemon juice
- 2 garlic cloves, minced (about 2 tsp)
- ¼ cup parmesan cheese, grated
- ¼- ½ cup olive oil, extra virgin (EVOO)
- ¼ c. cold water
- ¼ - ½ tsp ground black pepper

Croutons:

1 baguette multigrain or whole grain bread

DIRECTIONS:

- 1) Place greens in a large salad bowl

Dressing:

- 2) Drain 1 can white beans and rinse well.
- 3) Place in food processor or blender and add ½ cup water. Puree until smooth.
- 4) Reserve 1 cup puree for the recipe (save remainder for a future use)
- 5) Combine white bean puree, lemon juice, anchovy paste, minced garlic, Parmesan, EVOO, cold water as needed, and ground black pepper. You can add a bit of Dijon mustard if you like.

Croutons:

- 1) Slice bread into 1 inch square or smaller cubes
- 2) Lightly brush with olive oil
- 3) Bake at 350 for 20 minutes
- 4) Cool before adding to salad

To Assemble and Serve:

Place greens in bowl, add croutons and dressing and ENJOY!!!!!!

Adapted from “Healthy Kitchens, Healthy Lives” 2010

G. CORN, TOMATO AND EDAMAME SALAD WITH CILANTRO DRESSING

Makes 6 servings

INGREDIENTS:

3 cups cooked corn kernels (fresh or frozen; avoid canned)
1/3-1/2 cup red onion, finely chopped
1/2 cup shelled Edamame
3 medium tomatoes, halved, seeded and chopped
1/4 cup olive oil
1/4 cup (or more) chopped fresh cilantro
1/4 cup (or more) chopped fresh mint
2 TBSP white wine vinegar
1 TBSP fresh lime juice
2 TSP packed brown sugar
1 garlic clove
Salt and pepper to taste

DIRECTIONS:

- 1) Combine corn, onion, edamame and tomatoes in a large bowl.
- 2) In a blender or food processor, combine olive oil, cilantro, mint, vinegar, lime juice, brown sugar, garlic and salt and pepper.
- 3) Just before serving, pour dressing over corn mixture and toss.

H. COUSCOUS WITH PUMPKIN SEEDS AND DRIED FRUITS

Serves: 8+

INGREDIENTS:

2 c. of assorted dried fruits (raisins, dried cranberries, apricots) plumped in 2 cups of hot water for several hours
2 c. whole wheat couscous (you can substitute bulgur or quinoa)
1 c. water
1 c. fresh orange juice
2 TBSP Olive Oil
Zest of 1 orange
1 tsp. cinnamon
1 tsp ground ginger
1/2 tsp. cumin
1 tsp. salt
1 cup roasted pumpkin seeds*
1/2 c. green peas**
Flat leaf parsley and/or mint, chopped (as much as you want!)

Dressing:

1/2 c. olive oil
Juice of 1 lemon
Juice of 1 orange
Salt/Pepper to taste

DIRECTIONS:

- 1) Place the dried fruits in a bowl and cover with hot water. Set aside to plump.
- 2) Place the couscous in a large heat resistant bowl
- 3) In a small pot, combine water, orange juice, olive oil, orange zest, spices and salt and bring to a boil.
- 4) Pour boiling liquid over couscous, mix once, and cover tightly with foil. Let it sit for 10 minutes and fluff with a fork.
- 5) Drain dried fruits. Chop apricots into small pieces and add to couscous, along with the roasted squash and roasted pumpkin seeds. Adjust seasonings and add parsley and mint.
- 6) Combine dressing ingredients and toss with couscous.
- 7) Serve at cold, or at room temperature.

*If you want to make your own spiced, roasted pumpkin seeds, try the following:

Place 1 cup of raw pumpkin seeds in a large bowl and toss with 2 tsp. canola oil, 1/4 -1/2 tsp kosher salt, several dashes each of cinnamon, cumin and ground ginger. Spread on a baking sheet and bake at 350 for 10-15 minutes or until golden.

**Note: If you want extra protein, you can substitute edamame for the green peas, or add chick peas or other legume.

Adapted from Mediterranean Fresh, by Joyce Goldstein

I. FATTOUSH

Serves 6-8

INGREDIENTS:

Salad:

- 3 large or 6 small whole wheat pita bread
- 2 1/2 -3 c. diced tomatoes (3 medium or 1 pt cherry tomatoes)
- 2 1/2 - 3 c. diced cucumber or 1 large English cucumber, diced
- 1/2 c. finely diced red onion (optional)
- 6 scallions, chopped
- 1 c. chopped, fresh flat-leaf parsley
- 1/2 c. thinly sliced fresh mint
- 10+ cups romaine (combo of romaine hearts, cut 1 inch wide and/or baby romaine)

Citrus Dressing:

- 2/3 c. olive oil
- 1/2 c. Freshly squeezed lemon juice
- 2 tsp. ground sumac (optional)
- Kosher or sea salt and freshly ground black pepper to taste

DIRECTIONS:

- 1) For dressing: Whisk together all ingredients and set aside
- 2) Heat oven to 350. Open the pita breads and place on a baking sheet, and bake until they are golden and dried out, about 15 minutes. When cool, break into large bite-sized pieces
- 3) In a large salad bowl, combine lettuce, tomatoes, cucumbers, onion, scallions, parsley and mint.
- 4) When ready to serve, add the pita pieces to the salad ingredients and toss with dressing.
- 5) Serve immediately

J. HERBED BULGUR LENTIL PILAF WITH GREENS

Serves 6

INGREDIENTS:

½ c. green lentils
1 cup bulgur, uncooked
4 cups low sodium chicken broth
1 TBSP plus 2 tsp olive oil
1 small red onion, finely diced (1 cup)
1 red pepper, seeded and finely diced
6 TBSP chopped fresh flat leaf parsley
4 TBSP chopped fresh basil
4 TBSP chopped chives or scallions
Zest from 1 lemon
Juice from 1 lemon
½ tsp salt (use less if chicken broth is NOT low sodium)
¼ tsp pepper
4 cups packed baby spinach, arugula or combination

DIRECTIONS:

- 1) Place lentils and 2 c. broth in a small saucepan and bring to a boil. Boil 5 minutes, then reduce to a simmer and cook until lentils are tender and most liquid is absorbed, about 30 minutes. Drain remaining liquid.
- 2) While lentils are cooking, place bulgur and remaining 2 c. broth in another small sauce pan and bring to a boil. Reduce heat and simmer until most liquid is absorbed and bulgur is tender, about 13-15 minutes. Remove from heat and fluff with a fork.
- 3) Combine lentils and bulgur in a large bowl.
- 4) Heat 2 tsp olive oil in a skillet over medium heat. Add onions and cook, stirring, until tender, about 5 minutes. Add peppers and cook until peppers are tender, about 5 more minutes. Remove from heat and add to bulgur-lentil mixture.
- 5) Stir in parsley, basil, chives or scallions, salt and pepper, lemon zest, lemon juice and remaining 1 TBSP olive oil.
- 6) Wash and coarsely chop spinach and/or arugula and add to bulgur mixture. Toss well.
- 7) Adjust seasonings to taste.
- 8) Can be served warm or cold.

Adapted from www.foodnetwork.com, Ellie Krieger

K. INDIAN CHOPPED MIXED SALAD (KACHOOMBAR SALAD)

Serves 8

INGREDIENTS:

2 large tomatoes, chopped (can substitute 1 pint grape/cherry tomatoes halved)

1 large cucumber (preferable English), seeded and chopped

½ medium red onion, finely chopped

1 jalapeno pepper (cored and seeded if you prefer a milder flavor), finely diced

½ c. chopped fresh cilantro leaves

2 oranges, segmented and chopped

½ c. chopped pineapple (optional)

1 tsp toasted cumin

½ tsp chaat masala (Indian spice mixture)

¼ tsp kosher salt

¼ tsp ground pepper

Juice of 1 lime

DIRECTIONS:

Toss all the ingredients together in a large bowl. Taste for seasoning, adding more salt, pepper or lime juice as needed.

Adapted from “Indian Chopped Salad”, American Masala, Suvir Saran, 2007

L. MASSAGED KALE SALAD

Serves 4

INGREDIENTS:

1 bunch kale, stalks removed and discarded, leaves thinly sliced

Juice of 1 lemon

1/4 c. extra virgin olive oil

2 tsp. honey

Freshly ground pepper

1 mango, diced small (about 1 cup)

Small handful toasted pepitas (pumpkin seeds), about 2 heaping tablespoons

DIRECTIONS:

- 1) In a large serving bowl, add the chopped kale, half the lemon juice, a drizzle of olive oil and a little Kosher salt. Massage until the kale starts to soften and wilt, about 2-3 minutes. Set aside while you make the dressing.
- 2) In a small bowl, whisk the remaining lemon juice with the honey and lots of freshly ground pepper. Stream in the 1/4 cup olive oil while whisking until a dressing forms.
- 3) Pour the dressing over the kale and add the mangoes and pepitas.
- 4) Toss and serve.

Adapted from www.foodnetwork.com (Aarti Sequeira, 2010)

M. MEDITERRANEAN PILAF WITH PUMPKIN SEEDS

Serves 12

INGREDIENTS:

2 packets Kashi 7 Whole Grain Pilaf
1 cup roasted pumpkin seeds
2 cloves garlic, minced
6 TBSP extra virgin olive oil
3 TBSP balsamic vinegar
½ tsp lemon zest
¼ tsp crushed red chili flakes (or more, to taste)
1 tsp. salt
2 bunches fresh basil, coarsely chopped
Fresh ground pepper to taste
1 red pepper, diced
1 yellow pepper, diced

DIRECTIONS:

- 1) Cook Kashi Pilaf according to directions on package (2 cups water for 1 cup pilaf; boil water first, add pilaf, simmer for 25+ minutes; cooking time varies from 30-45 minutes)
- 2) In a small mixing bowl, whisk together the garlic, olive oil, balsamic vinegar, lemon zest, chili flakes, salt, basil, and pepper. Set aside.
- 3) In a large mixing bowl, combine cooked Kashi Pilaf, pumpkin seeds, bell peppers and dressing. Mix well and serve. Can be made ahead and refrigerated. Bring to room temperature before serving.

Adapted from www.kashi.com/recipe

N. MOROCCAN INSPIRED QUINOA SALAD WITH CHERRIES

Serves 8

INGREDIENTS:

1 cup quinoa, rinsed well
2 cups chicken broth
1 TBSP powdered ginger
1 TSP turmeric
½ TSP cinnamon
¼ TSP cumin
2 garlic cloves, minced
2 TBSP olive oil
½ TSP coarse salt
1 red pepper cut into a small dice
1 cucumber cut into a small dice (if you use an English cucumber, you don't have to peel it)
1 large carrot, diced
1 cup snap peas, sliced thin
1 can chick peas, rinsed and drained
¾ cup dried tart cherries OR 1 cup bing cherries, sliced in half
¾ cup cilantro, chopped
Grated rind from 1 lemon
½ c. toasted almonds (optional)
Juice from 2 lemons (about 1/3+ c.)
1 TSBP olive oil
½ TSP salt

DIRECTIONS:

- 1) In a medium pot, combine broth, spices, garlic and oil. Bring to a boil and use a whisk to make sure all the spices are dissolved.
- 2) Add the quinoa, bring to a boil, then simmer, covered for 12-15 minutes until all the water has been absorbed. Remove from heat, and fluff with a spoon. Allow to cool slightly.
- 3) In a large mixing bowl, combine pepper, carrot, snap peas, chick peas, cherries, cilantro and lemon rind.
- 4) Add cooled quinoa
- 5) Combine lemon juice and 1 TBSP olive oil in small bowl and mix with whisk until blended.
- 6) Add dressing to vegetables and grains. Adjust salt as needed
Optional: Top with toasted almonds. Serve cool or at room temperature

Adapted from "Around My French Table" by Dorie Greenspan

O. MOROCCAN ROASTED SQUASH AND SPELT OR WHEAT BERRY SALAD

Serves 8

INGREDIENTS:

- 1 butternut squash, about 2 1/2 lb, halved, seeded and cut into bite-sized pieces
- 1 TBSP ras-el-hanout (Moroccan Spice blend; recipe below)
- 2 c. wheat berries or spelt
- 2 medium shallots, peeled and finely minced
- 1 bunch cilantro or combination of cilantro, parsley, tarragon, roughly chopped
- 20 walnuts, toasted and chopped (optional), Olive oil, Salt and ground pepper

DIRECTIONS:

- 1) Cook wheat berries or spelt according to package directions, adding the chopped shallots to the cooking water. It can take 90 minutes!!! If kernels taste done, and there is some water remaining, placed cooked grains in a colander to drain excess water (Can be made day before)
- 2) Preheat oven to 425. Drizzle olive oil on a sheet pan and spread the cubed squash on it. Sprinkle with ras-el-hanout* and some Kosher or sea salt. Roast for 30-40 minutes, until squash is tender and golden in places, stirring halfway through. Let cool to room temperature.
- 4) In a large bowl, combine spelt or wheat berries, and roasted squash with the herbs, optional walnuts and freshly ground pepper. Stir carefully to avoid squashing the squash (ha ha). Taste, then adjust seasonings
- 5) Serve immediately, or cover and refrigerate until ready to serve.

P. *RAS EL HANOUT SPICE BLEND

(can also be purchased already made up)

INGREDIENTS:

Makes about 3 1/2 TBSP

- 3 tsp. ground ginger
- 1/2 tsp. turmeric
- 2 tsp. ground cardamon
- 2 tsp. ground mace
- 1 tsp. cinnamon
- 1 tsp. allspice
- 1 tsp. ground coriander
- 1 tsp. ground nutmeg
- 1/4 tsp. ground pepper
- 1/4 tsp. ground fennel
- 1/4 tsp ground cloves

Combine all of the spices in a small bowl. Transfer to glass jar and store in a dark, dry place.
Adapted from www.chocolateandzucchini.com "Roasted Squash and Einkorn Wheat Salad"

Q. QUINOA SALAD WITH APPLES, WALNUTS AND DRIED CRANBERRIES

Serves 6 as main course, 10-12 as side dish

INGREDIENTS:

- 1-1/2 cups quinoa, preferably red
- 2 TBSP extra-virgin olive oil
- 1 large red onion, quartered lengthwise and thinly sliced crosswise
- 6 TBSP balsamic vinegar
- 5-6 cups baby spinach or arugula, coarsely chopped
- 3 medium celery stalks, thinly sliced
- 1 large, crisp apple (such as Fuji or Pink Lady), cored and cut into small dice
- 1 cup toasted walnuts, coarsely chopped
- 1 cup chopped fennel
- 3/4 cup dried cranberries
- 3 TBSP sherry vinegar or Orange Muscat Champagne vinegar (Trader Joe's)
- Salt and freshly ground pepper to taste

DIRECTIONS:

- 1) Rinse quinoa with water; drain and transfer to a 3 quart pot
- 2) Add 2 1/2 cups water, 1/2 tsp coarse salt and bring to a boil over medium-high heat
- 3) Cover, reduce heat and simmer for 15-17 minutes until all the water is absorbed
- 4) Remove from heat and allow it to rest.
- 5) Heat 1 TBSP olive oil in 12-inch non-stick frying pan. Add onion and pinch of salt, until tender and brown, about 6-8 minutes
- 6) Add celery and fennel and cook briefly, 2-3 minutes.
- 7) Add 2 TBSP balsamic vinegar and saute until vinegar cooks away; remove from heat
- 8) In a large bowl, mix the quinoa, onion mixture, spinach, apple, walnuts and dried cranberries.
- 9) Add sherry or orange vinegar and remaining 4 TBSP balsamic vinegar.

Can be served hot or cold.

Adapted from www.finecooking.com, "Quinoa Salad with Apples, Walnuts, Dried Cranberries and Gouda"

R. QUINOA WITH BLACK BEANS, CORN AND EDAMAME

Serves 6-8

INGREDIENTS:

Quinoa:

1 ½ cups quinoa, rinsed
2 c. low sodium chicken broth
½ tsp. Kosher salt
Zest of one large lemon

Dressing:

¼ c. grapeseed oil
3 TBSP agave nectar
2 TBSP fresh lime juice (from about 2 large limes)
1 TBSP cider vinegar
1 TBSP ground cumin
1 tsp kosher salt
½ tsp black pepper

Salad:

1 c. fresh corn (cooked) or frozen corn
1 c. shelled edamame (or any 2 c. combination of corn and edamame)
1 15-oz can black beans, rinsed and drained
¼ c. fresh, chopped cilantro
Kosher salt and black pepper to taste

DIRECTIONS:

- 1) In a 2 quart saucepan, bring quinoa, chicken broth, salt and lemon zest to a boil over medium high heat.
- 2) Reduced heat, cover and simmer until liquid has been absorbed and the quinoa is tender, about 20 minutes.
- 3) Remove pan from heat and allow to rest for 10 minutes. Allow quinoa to cool
- 4) For the dressing: In a small bowl, whisk together the grapeseed oil, agave nectar, lime juice, vinegar, cumin, salt and pepper until smooth
- 5) In a serving bowl, combine the corn, black beans, cilantro and cooled quinoa.
- 6) Add the dressing and toss until coated
- 7) Season with salt and pepper.

Adapted from “Quinoa with Black Beans and Hominy”, Giada DeLaurentis,
www.foodnetwork.com

S. ROASTED ROOT VEGETABLES AND FARRO SALAD

Yield: 6-8 servings

INGREDIENTS:

1 ½ cups wheat berries or farro
1 bay leaf
2 lbs or more assorted root vegetables, peeled and cut into thumbnail-sized cubes
(eg carrots, rutabagas, butternut squash, celery root, parsnips, salsify)
1 large red onion, peeled and diced
1 c. sliced shitake mushrooms (optional)
¼ c. (more or less to taste) plus 2 TBSP olive oil
10 sprigs of thyme
Salt and pepper
½ cup dried cranberries or cherries, coarsely chopped

DIRECTIONS:

- 1) Preheat oven to 425
- 2) Bring 2 quarts of salted water to boil, then add wheat berries and bay leaf. Cook until tender, but still chewy (40-60 minutes)
- 3) While wheat berries are cooking, toss the diced vegetables, mushrooms (if using) and onion with 2 TBSP olive oil, thyme, salt and pepper.
- 4) Roast the vegetables in the bottom third of the oven, stirring once midway during baking, for 20-40 minutes or until cooked through and browned on the outside.
- 5) Drain cooked wheat berries, plucking out the bay leaf.
- 6) Transfer wheat berries to a bowl and mix in remaining olive oil and the dried fruits
- 7) Stir in root vegetables, and salt/pepper/olive oil to taste.
- 8) Serve warm or at room temperature

Storage: Can be made up to 3 days in advance, and refrigerated. Let come to room temperature before serving.

Possible additions:

Toasted and chopped nuts
Diced, dried apricots in place of the cherries or cranberries
Cubes of feta or bleu cheese crumbled on the top
Fresh lemon juice and/or zest
Sautéed mushrooms with the roasted vegetables
Wilted greens, cooked with garlic, coarsely chopped
A generous handful of arugula or flat-leaf parsley, coarsely chopped

Adapted from www.davidlebovitz.com

T. SALMON SALAD

Makes about 1 cup

INGREDIENTS:

1 (7 ½ oz.) can Pink Salmon, boneless, skinless, wild

1 TBSP chopped scallions or onions

Mayonnaise to taste

Chopped celery to taste

DIRECTIONS:

- 1) Drain the salmon in a strainer and remove any bones.
- 2) Place salmon in a small bowl, and use a fork to break it up.
- 3) Add chopped onions or scallions, celery and mayonnaise.
- 4) Mix well and taste.
- 5) Serve with whole grain crackers or use in a sandwich or salad.

U. SALMON TARTINE (Salmon Salad on Bread)

Serves 4-6

INGREDIENTS:

2 6 oz. cans pink salmon (boneless, skinless, wild), drained
2 TBSP pine nuts, toasted
1 hard boiled egg, cooled and chopped
¼ cup pitted Kalamata, nicoise or picholine olives, chopped
1 tomato, diced
½ cup canned white beans, drained and rinsed
1 stalk celery, chopped
2 TBSP minced red onion
¼ cup loosely packed fresh parsley, coarsely chopped

Dressing:

1 tsp. Dijon mustard
4 TBSP freshly squeezed lemon juice
½ tsp sugar
4 TBSP olive oil

Crusty French bread, sliced ½ inch thick, toasted

Optional: Brush with melted butter or olive oil before toasting

DIRECTIONS:

- 1) In a bowl, combine the salmon, pine nuts, egg, olives, tomato, white beans, celery, red onion and parsley.
- 2) In a small bowl, whisk together the mustard, sugar and lemon juice. Slowly whisk in the oil until a smooth emulsion forms.
- 3) Pour the vinaigrette over the salmon mixture and toss gently to coat.

Serving Suggestions:

Serve on toasted slices of French bread
Use as a sandwich filling
Heap a portion on a green salad

Adapted from “Almost Meatless” by Joy Manning and Tara Mataraza Desmond

V. SOUTHWESTERN COLESLAW

Serves 12 people, 1 cup each

INGREDIENTS:

1 small or ½ medium jicama, sliced into thin strips (about 3 cups)
¼ head red cabbage, thinly sliced (about 5 cups) or 1 bag preshredded red cabbage
1 small red onion, thinly sliced (about 1 cup)
1 bunch cilantro, chopped
¼ cup lowfat mayonnaise
½ cup lowfat or fat free buttermilk
Juice of 2 limes
1 TBSP honey or to taste
Salt and pepper

DIRECTIONS:

- 1) In a large bowl, toss together the jicama, cabbage, onion and cilantro.
- 2) In a small bowl, whisk together the mayonnaise, buttermilk, lime juice, honey, salt and pepper.
- 3) Pour dressing over the vegetables, toss to combine and allow to sit for at least 20-30 minutes.
- 4) Adjust seasoning as needed.

Adapted from www.foodnetwork.com/food/cda/recipe (Ellie Krieger, RD)

W. SPINACH QUINOA SALAD WITH CHERRIES AND ALMONDS

Serves 6-8 as main dish, 8-10 as side dish

INGREDIENTS:

¼ cup sliced almonds
1 ½ cups quinoa, rinsed well and drained
2 cups spinach leaves
2 cups fresh cherries, pitted and halved, or 1 cup dried cherries, chopped
(dried cranberries can be substituted)
1 cucumber, peeled, seeded and cut into 1/3 inch dice (about 1 ½ cups)
1 15-oz can chick peas, rinsed and drained
1 small red onion, finely chopped
1 cup plain yogurt
5 TBSP olive oil
½ cup fresh lemon juice
3-4 cloves garlic, minced

DIRECTIONS:

1. Preheat oven to 350. Spread almonds on baking sheet and toast 7-10 minutes, shaking pan occasionally, or until gold brown. Cool.
2. Bring 3 cups salted water to boil. Stir in quinoa. Reduce heat to medium low, cover and simmer 15-20 minutes, or until all liquid has been absorbed.
3. Remove from heat and cool, covered, in pot.
4. Chop spinach into slivers.
5. Toss together cooled quinoa, almonds, spinach, cherries, cucumber, chickpeas and red onion in a large serving bowl.
6. Whisk together yogurt, olive oil, lemon juice and garlic in small bowl
7. Pour over salad and toss to coat.
8. Season to taste with salt and pepper.
9. Chill well before serving.

Adapted from Vegetarian Times Issue: July 1, 2006 p. 75

<http://www.vegetarian times.com/recipes/9903>

X. SQUASH AND CHICK PEA SALAD WITH TAHINI DRESSING

Serves 6-8

INGREDIENTS:

For Salad:

1 medium to large butternut squash, peeled, seeded and cut into 1" pieces

1 medium garlic clove, minced or pressed

2 TBSP olive oil

Salt

1 15-ounce can chickpeas, drained and rinsed (1½ cups)

½ small-medium red onion, finely chopped

½ c. chopped parsley, cilantro or combination

For Tahini Dressing:

1 medium clove garlic, finely minced with a pinch of salt

Juice from 3 lemons (approx. ¼ + cup)

3 TBSP well-stirred tahini

2 TBSP water

2 TBSP olive oil

DIRECTIONS:

- 1) Preheat oven to 425 degrees.
- 2) In large bowl, combine squash, garlic, olive oil and a few pinches of salt. Toss until evenly coated
- 3) Roast on greased baking sheet for 25 minutes or until soft
- 4) Remove from oven, and cool.
- 5) Meanwhile, make dressing by whisking together garlic and lemon juice in a small bowl. Add tahini and whisk to blend. Add water and olive oil, whisk well and taste for seasoning. You may need to add more water to thin it out.
- 6) To assemble: Combine roasted squash, chick peas, onion, cilantro/parsley in mixing bowl. Add tahini dressing and if you like, reserve some for the side.
- 7) Serve and enjoy warm or at room temperature

Adapted from <http://smittenkitchen.com/2009/01/warm-butternut-squash-and-chickpea-salad>

Y. TABOULI SALAD

Makes 8-10 servings

INGREDIENTS:

2 boxes of Near East Tabouli mix

2 tablespoons olive oil

Juice of one large fresh lemon

Salt & pepper to taste

Chopped tomatoes (I put in almost a box of grape tomatoes)

One diced cucumber

4 scallions, chopped

½ cup chopped fresh parsley

3 TBSP chopped fresh mint

DIRECTIONS:

- 1) Add 2 cups boiling water to Tabouli mix and stir.
- 2) Refrigerate a half hour, until water is absorbed.
- 3) Add the remaining ingredients and refrigerate

Optional additions:

Feta cheese (at serving time), olives &/or chickpeas

Z. CHOPPED WALDORF SALAD WITH DIJON MAPLE VINAIGRETTE

Serves 6

INGREDIENTS:

Dressing:

- 2 TBSP lemon juice (about 1 lemons)
- 2 TBSP. maple syrup
- 2 TBSP. Dijon mustard (I prefer Country Dijon)
- 2 TBSP grape seed oil (you can substitute olive oil)

Salad:

- 1 c. chopped celery (about 2-3 stalks) Note: If you don't use fennel, double the celery
- 1 fennel bulb cored and chopped
- ½ c. chopped red onion
- ¼ c. chopped fresh mint
- ¼ c. Craisins
- ¼ c. chopped walnuts and/or toasted and crushed hazelnuts
- 2 large, crisp apples, peeled, cored and diced

DIRECTIONS

- 1) Mix all dressing ingredients together with whisk.
- 2) Add all of salad ingredients, except for apples in a medium sized bowl
- 3) Add dressing to vegetables
- 4) Add peeled and diced apples to vegetables with the dressing. The lemon juice in the dressing will prevent the apples from turning brown.

Note: Dressing can easily be doubled (1/4 c. of each ingredient) with the remainder to be reserved for another use.

Adapted from Shredded Apple Salad, Nudel Restaurant, Lenox, MA

AA. WHEAT BERRY AND BARLEY SALAD WITH SMOKED MOZZARELLA

Serves 8 as a main dish, 10-12 as a side dish

INGREDIENTS:

1 cup wheat berries
1 cup pearl barley
1 small red onion, chopped fine
2 garlic cloves, minced
½ tsp salt
½ cup balsamic vinegar
¼ cup extra virgin olive oil
2 scallions, chopped fine (white and green portion)
1 ½ cups cooked or frozen corn
½ pound smoked mozzarella cheese, diced fine
1 pint (or more) cherry or grape tomatoes, halved
½ cup chopped fresh chives
½ cup chopped fresh parsley
Salt and pepper to taste

DIRECTIONS:

- 1) Fill a large pot with water, add salt and bring to a boil.
- 2) Stir in wheat berries and cook at a slow boil for 30 minutes.
- 3) Stir in barley and continue cooking at a slow boil for 40-45 minutes until grains are tender
- 4) While grains are cooking, combine onion, garlic, oil and vinegar in a large bowl.
- 5) Drain the grains well, and add to the onion mixture. Toss well and cool.
- 6) When cool, add scallions, corn, mozzarella, tomatoes, chives, parsley, salt and pepper. Refrigerate.
- 7) Best made a day ahead to allow the flavors to develop. Bring to room temperature before serving.

Adapted from www.epicurious.com

BB. WHEATBERRY ARUGULA AND GINGERBREAD CROUTON SALAD

Serves 8

INGREDIENTS

2 cups cooked wheat berries or other whole grain of your choice (1 c. uncooked)
1 bunch scallions (5-6), whites and some green, thinly sliced
4 carrots, peeled and diced
1 cucumber, diced
4 small tomatoes, diced
2 cups of cubed gingerbread (1/2 inch cubes)
2 TBSP fig and ginger jam
4 TBSP olive oil
2 TBSP balsamic vinegar
1 TBSP Dijon mustard
Juice of 1 big lemon
1 bag (about 8-10 cups) arugula, washed and drained

DIRECTIONS:

- 1) Cook wheat berries according to package directions (Whole Foods also carries frozen, cooked wheat berries and other whole grains)
- 2) Drain and set aside to cool
- 3) Make gingerbread croutons by toasting the prepared cubes in a 350 degree oven for 20 minutes. Set aside to cool.
- 3) In the meantime, chop scallions, carrots, cucumber and tomatoes
- 4) Make the dressing by combining jam, oil, vinegar, Dijon mustard and lemon
- 5) Combine the cooled wheat berries, chopped vegetables, vinaigrette, arugula and croutons in a large bowl and toss to coat.
- 6) Cover with plastic wrap and let it sit for several hours to allow the flavors to develop. Serve at room temperature or even slightly warm.

Adapted from Salade de Sarrasin au Pain d'Epice, www.chocolateandzucchini.com

CC. WILD RICE SALAD

Serves 8-10

INGREDIENTS:

- 1 cup long grain white rice (brown rice can be substituted, but must be cooked separately due a longer cooking time)
- 1 cup wild rice
- 4 cups chicken broth
- 4 stalks celery, sliced
- 8 green onions, sliced
- 2 cups thawed frozen peas
- 1/2 cup pine nuts
- 3/4 cup dried cranberries
- Salt and pepper
- 1/4 cup olive oil
- 2 Tbsp red wine vinegar
- 1 teaspoon sugar
- 2 Tbsp dark sesame oil

DIRECTIONS:

- 1) Put the chicken broth in a medium sized pot. Add the rice and wild rice, bring to a boil, reduce heat to low, cover. Let cook for 40 minutes. Remove from heat and cool completely.
- 2) Heat a small skillet on medium high heat. Add the pine nuts. Cook, stirring frequently, until lightly toasted. Remove from pan and cool. You can also purchase toasted pine nuts.
- 3) Whisk together olive oil, red wine vinegar, sugar and sesame oil.
- 4) In a large bowl, gently mix together the cooled cooked rice, chopped celery, green onions, peas, dried cranberries, pine nuts and dressing. Add salt and pepper to taste, if needed.
- 5) Chill completely before serving.

Adapted from www.simplyrecipes.com

IV. MAIN COURSES



A. ASIAN CHICKEN BREAST SEVEN COLOR SALAD

Makes 3-5 servings

INGREDIENTS:

Salad:

4 boneless, skinless, chicken breasts, marinated in teriyaki sauce, grilled and refrigerated

You can substitute precooked and sliced grilled chicken breast strips

1 pear, peeled and cubed	2 scallions, chopped
10 red grapes	10 cherry tomatoes
1 small can mandarin oranges, drained	1 cup broccoli florets
1 yellow pepper, sliced thin	1 package mesclun salad greens
2 carrots, sliced thin	½ avocado, cubed
1 package baby spinach	

Dressing:

3 TBSP rice vinegar

3 TBSP lite soy sauce

1 tsp sugar

¼ tsp powdered ginger

½ tsp sesame oil

(You can substitute a low calorie Asian-type dressing)

DIRECTIONS:

- 1) Slice grilled chicken breasts into strips and place in large salad bowl with other ingredients.
- 2) In small bowl, whisk together dressing ingredients.
- 3) Pour over salad, serve.

Adapted from www.edietstar.com

B. ASPARAGUS PESTO WITH PASTA

Serves 4-6

INGREDIENTS:

- 1 large bunch asparagus spears, trimmed of tough ends and halved crosswise
- 3 large handfuls baby spinach leaves
- 2 cloves garlic, peeled
- 1 cup freshly grated parmesan cheese, plus more for topping
- 1 cup pine nuts
- ¼ cup extra virgin olive oil (EVOO), plus more for topping
- Juice of ½ lemon
- ½ tsp. fine grain salt
- 8 oz. dried pasta or 12 oz. fresh pasta (try mixing spinach and whole wheat for color)

DIRECTIONS:

- 1) You will need 2 pots of boiling water (one for pasta, one for asparagus)
- 2) While water is heating, put pine nuts in a single layer in a large skillet. Heat on medium heat, stirring occasionally until fragrant and lightly browned. Remove from pan and set aside. You will need ¾ cup for sauce, and ¼ cup left whole
- 3) Salt asparagus water, and drop spears into pan. Cook for 2-3 minutes until spears are bright green and barely tender. Drain under cool water to stop the cooking.
- 4) Cut the tips off the asparagus and set several aside to use for garnish.
- 5) Add the asparagus, spinach, garlic, parmesan and ¾ cup pine nuts to a food processor. Puree and with the motor running, drizzle in the ¼ cup olive oil until a paste forms. If it is too thick, add some of the pasta water to thin it out.
- 6) Add the lemon juice and salt to taste.
- 7) Cook the pasta according to directions on the package in salted boiling water until tender. Drain and toss immediately with 1 cup of the asparagus pesto.
- 8) Serve sprinkled with the remaining ¼ cup toasted pine nuts, a dusting of parmesan and a light drizzle of EVOO.

Adapted from www.simplyrecipes.com “Asparagus Pesto with Pasta”

C. FRENCH TOAST SOUFFLE

Serves 12-16

INGREDIENTS:

10 cups (1-inch) cubed sturdy white bread or challah (egg bread) (about 16 slices)

1 (8-oz) block 1/3 less fat cream cheese, softened

8 large eggs, or 1 cup egg substitute and 4 eggs

1 ½ cups low fat milk

2/3 cup low fat milk or whole milk

½ cup maple syrup

½ tsp. vanilla extract

Cinnamon to taste (1/4+ tsp)

2 TBSP powdered sugar

¾ cup maple syrup

DIRECTIONS:

- 1) Place bread cubes in a 13 x 9 inch baking dish coated with cooking spray.
- 2) Beat cream cheese at medium speed of a mixer until smooth.
- 3) Add eggs, one at a time, mixing well after each addition.
- 4) Add low fat milk followed by either the whole milk or remainder of low fat milk, ½ cup maple syrup, vanilla and cinnamon and mix until smooth.
- 5) Pour cream cheese mixture over bread, cover and refrigerate overnight.
- 6) Preheat oven to 375. Remove bread from refrigerator, let stand for 30 minutes.
- 7) Bake at 375 for 50 minutes or until set.
- 8) Sprinkle with powdered sugar and serve with maple syrup.

Adapted from www.cookinglight.com “French Toast Souffle”

D. ROASTED SALMON WITH PUMPKIN SEED CHIMICHURRI

Serves 4

INGREDIENTS:

1 lb. salmon, divided into 4 fillets, or left whole
1 TBSP olive oil
Salt and pepper, to taste

Chimichurri

1 cup roasted pumpkin seeds
2 whole garlic cloves
2 cups fresh flat leaf parsley, coarsely chopped
½ cup chopped chives or scallions (just the green part)
½ cup red wine vinegar (or less to taste)
½ tsp. cumin
2 TBSP olive oil
3 TBSP water
Salt and pepper to taste

DIRECTIONS:

- 1) In a food processor, add pumpkin seeds, garlic, parsley, chives or scallions, cumin, water and vinegar. Pulse to combine.
- 2) While running the processor, drizzle in the oil. Season with salt and pepper to taste. Can be made ahead.
- 3) Preheat oven to 400.
- 4) Place salmon on a greased baking pan. Season with olive oil, salt and pepper.
- 5) Bake uncovered for 10-12 minutes until desired doneness.

Serve the room temperature chimichurri with the warm salmon.

E. QUE"SOY"DILLAS

Serves 2-4

INGREDIENTS:

¼ cup shredded soy cheese (can be found in health food section of supermarket)

¼ cup shredded pepperjack cheese

1 chili and bean soy patty (Veggi-Burger brand) or other veggie burger

2 flour tortillas, soft taco size

Salsa and/or sour cream (optional)

DIRECTIONS:

- 1) Cook soy patty in microwave according to package directions. Crumble into small pieces
- 2) Spread soy cheese on tortilla, leaving ½ inch border around the outside.
- 3) Add crumbled soy patty, top with pepperjack cheese.
- 4) Cover with second tortilla.
- 5) Place on preheated George Forman grill for approximately 5 minutes, or place in heated frying pan, turning over after 3-5 minutes or until browned..
- 6) Cut into halves, quarters or eighths
- 7) Serve with salsa and/or sour cream if desired.

F. SOY CHILI

Makes 8 servings

Prep Time 50 minutes

INGREDIENTS

2 TBSP canola oil	1 large bell pepper, green or red, diced
1 medium onion, diced	2 cloves garlic
1 ½ teaspoons chili powder	28 oz. can crushed tomatoes
1 teaspoon cumin	1 cup water
1/4 tsp (or to taste) cayenne pepper	2 15-oz cans kidney beans, drained, rinsed
1 tsp paprika	1 cup edamame (green soy beans)
12 oz. soy crumbles (approx. 3 cps)	1 cup corn kernels
2 TBSP low sodium soy sauce	

DIRECTIONS:

- 1) Heat oil in large frying pan over medium heat.
- 2) Add onion, chili powder, cumin, cayenne and paprika. Continue cooking until onion is translucent, stirring occasionally.
- 3) Add soy protein crumbles and soy sauce and continue to sauté for about 2 minutes.
- 4) Add remaining ingredients and stir well to combine. Keep pan on medium heat until chili begins to boil. Reduce heat to low and simmer 25 minutes.
- 5) Stir occasionally to prevent from sticking.

G. SOY TACO PIE

Serves 6-8 people

INGREDIENTS:

1 bag Morningstar Farms Soy Grillers or equivalent crumbled soy protein
1 jar Picante Sauce
1 medium onion, diced
1 TBSP olive or canola oil
1 cup drained, canned corn or frozen, defrosted corn
Taco seasoning to taste
1 8 oz. package shredded, reduced fat mild cheddar cheese
3 fat-free tortillas, fajita size

DIRECTIONS:

- 1) Saute onion and oil in frying pan over medium heat until soft, about 5 minutes.
- 2) Add entire bag of Grillers.
- 3) Cook until thoroughly defrosted.
- 4) Add corn and picante sauce.
- 5) Add taco seasoning to taste.
- 6) Remove from heat.
- 7) Coat bottom and sides of a round baking dish (like a soufflé dish) with non-stick cooking spray.
- 8) Layer tortilla, then 1/3 of soy mixture, and 1/3 cheese.
- 9) Repeat 2 more times ending with cheese.
- 10) Bake at 350 for 40-45 minutes until heated through.
- 11) Serve with cornbread and green salad

H. SQUASH SOUFFLE

Serves 6

INGREDIENTS:

1 package frozen squash, defrosted
½ cup sugar
½ cup flour
Pinch salt, nutmeg and cinnamon
3 eggs, very well beaten, or ¾ cup Eggbeaters
2 cups milk (I use 1%)

DIRECTIONS:

- 1) Beat all ingredients together until very well blended
- 2) Pour into soufflé dish sprayed with non-stick spray
- 3) Bake at 350 for 1 hour plus; soufflé is done when a knife inserted into the center comes out clean.

Can be made ahead and reheated.

I. TURKEY TACO PIE

Serves 6-8 people

INGREDIENTS:

1+ pound package ground turkey breast
1 jar Picante Sauce (I use Pace brand)
1 medium onion, diced
½-1 c. diced green, red, yellow peppers (or just one color if you want)
1 TBSP olive or canola oil
1 cup drained, canned corn or frozen, defrosted corn
Taco seasoning to taste
Optional: 1 finely chopped chili in adobo sauce
1 8 oz. package shredded, reduced fat mild cheddar cheese
3 fat-free tortillas, fajita size

DIRECTIONS:

- 1) Saute onion and peppers in oil in frying pan over medium heat until soft, about 5 minutes.
- 2) Add ground turkey. Cook until meat is thoroughly cooked.
- 3) Add corn and picante sauce and cook until warm.
- 4) Add taco seasoning to taste.
- 5) Remove from heat.
- 6) Coat bottom and sides of a round baking dish (like a soufflé dish) with non-stick cooking spray.
- 7) Layer tortilla, then 1/3 of turkey mixture, and 1/3 cheese.
- 8) Repeat 2 more times ending with cheese.
- 9) Bake at 350 for 40-45 minutes until heated through.
- 10) Serve with cornbread and green salad.

J. VEGETABLE MOO SHU

Serves 4

INGREDIENTS:

4 eggs, beaten or 1 block firm tofu, cut into small cubes (or both)
2 tsp toasted sesame oil
2 cloves garlic, minced
2 TBSP minced fresh ginger
1 bag rainbow salad, broccoli slaw or other shredded vegetables
2 cups fresh bean sprouts
1 bunch chopped scallions, divided in half
¼ cup soy sauce (low sodium)
¼ cup seasoned rice vinegar
1 TBSP Hoisin Sauce
Whole wheat tortillas, warmed

DIRECTIONS:

- 1) If using egg: heat 1 tsp sesame oil in large pan. Pour in eggs and scramble until cooked. Remove from pan and wipe pan out. Chop up big pieces of egg. Set aside.
- 2) If using tofu: Cook tofu in either canola or sesame oil for about 5 minutes per side, until it looks brown and toasty. Remove from pan and set aside.
- 3) Saute ginger and garlic in 1 tsp. sesame oil. When fragrant, add rainbow salad, bean sprouts, soy sauce, vinegar and half the scallions.
- 4) Cook until reduced, about 5-10 minutes.
- 5) Add egg and/or tofu, hoisin sauce and the remaining scallions and keep warm. You may add extra bean sprouts to add some crunch.
- 6) Serve with warm tortillas, with extra hoisin sauce on the side

K. VEGETARIAN CHILI

Serves 4-6 for a main course

INGREDIENTS:

2 cups onions, chopped
2 garlic cloves, minced
½ cup water
1 TBSP cumin
1TBSP coriander
1 cup Mexican style salsa
2 peppers, one red, one green, both chopped
2 15 oz. cans black beans, rinsed and drained
28 oz. can diced, peeled tomatoes
11 oz. package frozen corn
Salt/pepper/cilantro to taste

DIRECTIONS:

- 1) In a large pot, cook onions and garlic in water until soft, about 5 minutes.
- 2) Add spices, and stir on high for 1 minute.
- 3) Stir in salsa and peppers, and simmer for 5 minutes.
- 4) Add black beans and tomatoes, simmer 10 minutes.
- 5) Add corn and cook 10 minutes.
- 6) Add remaining ingredients to taste.

Serve in bowls with brown rice, and grated cheese if desired.

V. BAKED GOODS, DESSERTS & SMOOTHIES



A. APPLE MUFFINS

Makes 12-15

INGREDIENTS:

Cooking spray

3/4 cup plus 2 tablespoons packed brown sugar

1/4 cup chopped pecans

1/2 teaspoon ground cinnamon

1 cup all-purpose flour

1 cup whole-wheat pastry flour

1 teaspoon baking soda

1/2 teaspoon salt

1/4 cup canola oil

2 large eggs

1 cup natural applesauce

1 teaspoon vanilla extract

3/4 cup lowfat buttermilk (or 3/4 cup lowfat milk with 1 TBSP lemon juice added)

1 Golden Delicious apple, peeled, cored and cut into 1/4-inch pieces

DIRECTIONS:

- 1) Preheat oven to 400 degrees F. Coat a 12-capacity muffin pan with cooking spray.
- 2) In a small bowl, mix together 2 tablespoons of the brown sugar, the pecans and cinnamon.
- 3) In a medium bowl, whisk together the all-purpose and whole-wheat flour, baking soda and salt.
- 4) In a large bowl, whisk the remaining 3/4 cup sugar and oil until combined. Add the eggs, 1 at a time, whisking well after each addition. Whisk in the applesauce and vanilla.
- 5) Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined.
- 6) Gently stir in the apple chunks.
- 7) Pour the batter into the prepared muffin pan and sprinkle with the pecan mixture. Tap the pan on the counter a few times to remove any air bubbles.
- 8) Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.
- 9) Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

Adapted from Ellie Krieger, 2005, Food Network Television

B. BANANA BLUEBERRY BREAD

Makes 1 8" loaf

INGREDIENTS:

Vegetable-oil cooking spray
2 cup all-purpose flour
1 cup whole wheat flour
3/4 cup sugar
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
2 large ripe or overripe bananas, mashed
1/4 cup skim milk
1 large egg
1 tsp pure vanilla extract
1 cup fresh or frozen blueberries

DIRECTIONS:

- 1) Heat oven to 350°F.
- 2) Coat an 8" loaf pan with cooking spray.
- 3) In a bowl, combine flour, sugar, baking powder, baking soda, and salt; whisk to blend. Make a well in center; set aside.
- 4) In a bowl, combine bananas, milk, egg, and vanilla; fold in blueberries.
- 5) Pour batter into center of dry ingredients; fold together until combined. Do not overmix.
- 6) Pour batter into pan; bake 1 hour or until a toothpick inserted in the center comes out clean.
- 7) Cool in pan on a wire rack for 10 minutes. Remove from pan; cool completely.

Adapted from SELF | May 2005, www.epicurious.com

C. BANANA FLAXSEED BREAD

Makes 16 slices

INGREDIENTS:

- 1 ¼ cups all-purpose flour (you can use combination of white and whole wheat)
- ¾ cup ground flaxseed
- ⅔ cup white sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 eggs
- ¼ cup non-fat milk
- ¼ cup canola oil
- 1 cup mashed bananas (about 3 medium or 2 large)
- ½ teaspoon vanilla
- ⅓ cup chopped walnuts (for extra spice, toss with 1 tsp cinnamon and 2 tsp of the sugar)

DIRECTIONS:

- 1) Preheat oven to 350.
- 2) In large bowl, combine flour, flax, sugar, baking powder, and salt.
- 3) In another bowl, combine mashed bananas, eggs, milk, oil and vanilla. Mix well.
- 4) Mix wet ingredients into dry ingredients just until moistened.
- 5) Fold in chopped walnuts.
- 6) Coat 8 ½ by 4 ½ loaf pan with non-stick spray
- 7) Pour batter into loaf pan. Bake 50-55 minutes or until cake tester inserted in middle comes out clean.
- 8) Let cool in pan on rack for at least 10-15 minutes before unmolding to cool on rack

This recipe was taken from The Amazing Flax Cookbook, by Jane Reinhardt-Martin, RD, LD.

D. BLUEBERRY ALMOND COFFEE CAKE

Makes 12-16 pieces

INGREDIENTS:

1 cup all-purpose flour OR ½ cup white flour, ½ cup whole wheat flour
½ cup sugar
¾ tsp. baking powder
½ tsp. salt
¼ tsp. baking soda
1 cup fresh or frozen blueberries, divided
2/3 cup low fat buttermilk, OR 2/3 cup lowfat milk with 1 TBSP lemon juice added
2 TBSP butter or margarine, melted
1 tsp vanilla extract
1 large egg
Cooking spray
¼ cup sliced almonds
1 TBSP brown sugar
1TBSP white sugar
¼ tsp. ground cinnamon

DIRECTIONS:

- 1) Preheat oven to 350.
- 2) Lightly spoon flour into a dry measuring cup; level with knife.
- 3) Combine first 5 ingredients in a large bowl.
- 4) Add 2/3 cup blueberries and toss well.
- 5) Combine buttermilk, butter, vanilla and egg. Stir well with a whisk.
- 6) Add to flour mixture, stirring just until the flour mixture is moist.
- 7) Spoon batter into 8 or 9 inch square baking pan and top with remaining 1/3 cup blueberries.
- 8) Combine almonds, brown sugar, white sugar and cinnamon in a small dish, and sprinkle over blueberries.
- 9) Bake at 350 for 35 minutes or until wooden toothpick inserted in center comes out clean.

E. BLUEBERRY COFFEE CAKE

Serves 12-16

Note: Recipe can be easily doubled and made in a 9x13 inch baking pan.

INGREDIENTS:

Cooking Spray

1 cup all-purpose flour

1 cup whole wheat flour

1 tsp. baking soda

½ tsp salt

3 TBSP sugar

½ tsp cinnamon

½ cup chopped walnuts

¼ cup quick oats

½ cup brown sugar

2 TBSP butter, at room temperature

2 TBSP canola oil

2 large eggs

1 tsp vanilla extract

1 cup nonfat yogurt

1 cup fresh blueberries, or frozen, thawed and rinsed

DIRECTIONS:

- 1) Preheat oven to 350. Spray an 8-inch square cake pan with cooking spray.
- 2) Whisk together all-purpose flour and whole wheat flour, baking soda and salt.
- 3) In a small bowl, stir together white sugar, cinnamon, walnuts and quick oats
- 4) In large bowl, beat brown sugar, butter and oil until fluffy. Make sure all the lumps are gone!
- 5) Beat in the eggs, one at a time, beating until fully combined. Beat in vanilla and yogurt. Add the flour mixture in 2 batches, stirring until just combined.
- 6) Spread half the batter into prepared pan. Sprinkle half the nut mixture over the batter and top with blueberries, gently pressing them into the batter.
- 7) Spoon the rest of the batter into the pan, smoothing the top. Sprinkle the remaining nut mixture over the cake, pressing gently.
- 8) Bake until a wooden toothpick or cake tester comes out clean, 30-35 minutes
- 9) Let cool on a cooling rack. Cut cake into 2 inch squares

Adapted from Ellie Krieger, 2008, www.foodnetwork.com

F. BREAKFAST SMOOTHIES

Makes 1 large serving

INGREDIENTS:

1 cup milk or soy milk

1 package Carnation Instant Breakfast, vanilla

1 scoop vanilla ice cream or frozen yogurt (optional)

½ banana

½ cup strawberries, cut up

½ cup blueberries, cup up.....or any combination of the fruit

DIRECTIONS:

Combine all ingredients in blender and blend for 30 seconds or until desired consistency.

Variations: Use other flavors of Carnation Instant Breakfast, use different flavors ice cream, or different fruits

G. BRUNCH CAKE

Makes 25 medium-sized pieces

INGREDIENTS:

2 cups whole grain flake cereal (e.g. Kashi 7 Whole Grain Flakes, Total, Wheaties)
2 cups orange Juice
½ cup canola oil
2 eggs
2 large or 3 medium bananas, thinly sliced
3 cups flour
1 ½ cups sugar
1 cup dried cranberries and/or blueberries, if desired
2 teaspoon baking soda
2 teaspoon ground cinnamon
1 teaspoon salt

DIRECTIONS:

- 1) Grease a 9 x 13 inch pan with non-stick spray
- 2) Mix cereal and juice in a large bowl and let stand about 2 minutes or until soft.
- 3) Blend in oil, egg, and bananas well
- 4) Stir in remaining ingredients
- 5) Pour into baking pan
- 6) Bake at 350 for 45-50 minutes or until cake tester comes out clean.

H. CARROT MUFFINS

Makes 15-18 muffins

INGREDIENTS:

3/4 cup whole-wheat pastry flour
1/2 cup all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 cup canola oil
3/4 cup firmly packed light brown sugar
2 large eggs
1/2 cup natural applesauce
1/2 teaspoon vanilla
1 1/2 cups finely shredded carrots (about 2 medium carrots)
1/4 cup plus 2 tablespoons finely chopped walnuts

DIRECTIONS:

- 1) Preheat the oven to 350 degrees F. Line 12 muffin cups with paper liners.
- 2) Sift together the first 6 ingredients.
- 3) In a large bowl, whisk the oil, brown sugar and eggs until well combined.
- 4) Whisk in the applesauce, vanilla and carrots.
- 5) Add the dry ingredients and mix until combined.
- 6) Stir in 1/4 cup of the chopped walnuts.
- 7) Divide the batter between the muffin cups. Bake until a toothpick comes out clean, about 20 minutes.
- 8) Transfer to a wire rack to cool completely.
- 9) Muffins can be dusted with confectioners' sugar when cooled.

Adapted from Ellie Krieger, 2005, www.foodnetwork.com

I. CRANBERRY ALMOND BISCOTTI

Makes 2 ½ dozen

INGREDIENTS:

1 ¼ cup flour
1 cup whole wheat flour
1 cup sugar
1 tsp. baking powder
1 tsp cinnamon
½ tsp nutmeg
2 eggs
2 egg whites
1 TBSP vanilla or almond extract
1 6-oz package dried cranberries
¾ cup sliced almonds

DIRECTIONS:

- 1) Preheat oven to 325.
- 2) Combine dry ingredients in medium mixing bowl.
- 3) In electric mixer, combine eggs, egg whites and almond or vanilla extract.
- 4) Add dry ingredients to egg mixture and beat on medium speed.
- 5) Add dried cranberries and almonds. Mix thoroughly.
- 6) On floured surface, divide batter in half and pat each into a log approx. 14 inches long and 2-3 inches wide.
- 7) Place on cookie sheet and bake for 30 minutes.
- 8) Reduce oven temperature to 300.
- 9) Cut biscotti into ½ inch slices.
- 10) Stand upright on cookie sheet and bake for an additional 20 minutes.
- 11) Let cool and store in a loosely covered container.

Adapted from www.oceanspray.com

J. FRENCH CHOCOLATE BARK

Makes 24+ pieces

Ingredients:

16 oz. good dark chocolate, chopped
½ cup whole roasted, salted almonds
½ cup whole roasted, salted pistachios
1 c. chopped dried apricots
½ c. dried cranberries
Coarse salt, optional

Directions:

- 1) Melt the chocolate in a Pyrex bowl set over a pan of simmering water
- 2) Meanwhile, line a cookie sheet with parchment paper. Using a ruler and pencil, draw a 9 x 10 inch rectangle on the paper
- 3) Turn paper facedown on the baking sheet
- 4) Pour melted chocolate over the paper and spread to form a rectangle using the outline as a guide.
- 5) Sprinkle the nuts and dried fruits over the chocolate
- 6) Allow to cool and harden for at least 4-8 hours until firm.
- 7) Cut the bark into 1 by 2 inch pieces, or break it into any size you wish. Serve at room temperature
- 8) Cut up bark can be refrigerated.

Adapted from “French Chocolate Bark” by Ina Garten
<http://www.foodnetwork.com>

K. FRUIT AND GRAINS CRISP DESSERT

Serves 8 as dessert

INGREDIENTS:

Filling Ingredients:

2 large apples, peeled and diced

4 cups mixed frozen berries (blueberries, blackberries, cherries, strawberries or any combination)

1/3 cup brown sugar

1-2 TBSP apple juice or fruit juice of your choice

½ teaspoon nutmeg

1 teaspoon cinnamon

1 TBSP cornstarch

Topping Ingredients:

2 cups whole oats

2 TBSP canola oil

6 egg whites

2 tsp cinnamon

½ cup brown sugar

DIRECTIONS:

- 1) Preheat oven to 350
- 2) Mix apples and frozen berries together in large bowl, chop larger frozen berries (strawberries and cherries) in half for easier mixing.
- 3) Add remaining filling ingredients to fruit and mix well; set aside
- 4) In a separate bowl, combine topping ingredients. Mix well with the back of a wooden spoon or fingertips.
- 5) Place fruit mixture into a 9x12 inch glass baking dish coated with non-stick spray.
- 6) Press topping mixture lightly over top of fruit.
- 7) Cover with foil and bake in 350 oven for 20 minutes.
- 8) Remove foil and continue baking at 350 for another 15-20 minutes, until top lightly browns.
- 9) Remove and let cool slightly.
- 10) Serve warm with small scoop of vanilla frozen yogurt.

Adapted from www.caring4cancer.com

L. GRANOLA

Yield: About 5-6 cups

DRY INGREDIENTS:

2 ½ cups rolled oats (NOT instant)
1 ½ c. sliced almonds
½ c. chopped walnuts
½ c. hulled raw sunflower seeds
¼ c. sesame seeds
½ cup brown sugar
1 tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. salt

WET INGREDIENTS

½ c. unsweetened applesauce
¼ c. maple syrup
2 TBSP honey
1 TBSP canola oil

DIRECTIONS:

- 1) Set racks in upper and lower thirds of the oven
- 2) Preheat oven to 300 degrees
- 3) In a large bowl, combine all the dry ingredients. Stir to mix well.
- 4) In small bowl, combine all the wet ingredients. Mix well
- 5) Pour the wet ingredients into the dry ones, and stir well.
- 6) Spread mixture evenly on two rimmed baking sheets. Bake 45-60 minutes or until evenly golden brown
- 7) Set a timer to go off every 10-15 minutes while granola bakes, so you can rotate the pans and give granola a stir, which helps it cook evenly.
- 8) When it is ready, remove pans from the oven and stir well. This keeps it from cooling into a hard, solid sheet. Set it aside to cool.
- 9) The finished granola may feel slightly soft when it comes out of the oven, but it will crisp up as it cools.
- 10) Scoop cooled granola into a plastic container, zip lock bag or other airtight container

Note: You can experiment with other types of nuts, add flaxseeds or shredded coconut. If you want to add dried fruit, do it AFTER it is removed from the oven.

Adapted from Nigella Lawson's Feast, <http://orangette.blogspot.com/2008/02/consider-it.html>

M. GRANOLA COOKIES

Yield: approx 54 cookies

INGREDIENTS:

1 c. whole wheat pastry flour
½ tsp. baking soda
¼ tsp. baking powder
½ tsp. salt
1 stick (1/2 c) butter, softened
¾ c. brown sugar
1 large egg
½ tsp. vanilla extract
1 ½ c. granola
½ c. dried cranberries
¾ c. semisweet chocolate chips or chopped dark chocolate bar or combination

DIRECTIONS:

- 1) Preheat oven to 350
- 2) In a bowl, mix together flour, baking soda, baking powder and salt
- 3) In electric mixer, cream butter and sugar until light and fluffy.
- 4) Beat in egg, beating until combined well, and add in vanilla
- 5) Add in flour and stir in remaining ingredients (granola, chocolate and craisins)
- 6) Drop dough by spoonfuls (about 1 TBSP or less if you want more cookies), onto greased cookie sheets and bake in batches in the middle of the oven for 12-15 minutes
- 7) Cool cookies on racks.

Adapted from www.epicurious.com

N. LEMON YOGURT CAKE

Serves 10-12

INGREDIENTS:

1 ½ cups all-purpose flour
2 tsp. baking powder
½ tsp. kosher salt
1 c. plain yogurt
1 ⅓ cups sugar, divided
3 eggs
2 tsp. grated lemon zest (2 lemons)
½ tsp. pure vanilla extract
½ c. canola oil
1/3 c. freshly squeezed lemon juice

DIRECTIONS:

- 1) Preheat oven to 350. Grease a 9 x 5 inch loaf pan. Line the bottom with parchment paper. Grease and flour the pan.
- 2) Sift flour, baking powder and salt into a bowl
- 3) In another bowl, whisk together the yogurt, 1 cup of the sugar, eggs, lemon zest and vanilla.
- 4) Slowly whisk the flour mixture into the wet ingredients.
- 5) With a rubber spatula, fold the oil into into the batter, making sure it is all incorporated.
- 6) Pour the batter into the prepared pan and bake for about 50 minutes, or until a cake tester placed in the center comes out clean.
- 7) While the cake is baking, cook the remaining 1/3 c. sugar and the 1/3 c. lemon sugar in a small pan until the sugar dissolves and the mixture is clear. Set aside.
- 8) When the cake is done, allow it to cool in the pan for 10 minutes. Carefully remove from pan, and place it on a cooling rack set over a sheet pan. While the cake is still warm, prick holes in the top with the cake tester, then pour the lemon-sugar mixture over the cake and allow it to soak in. Cool.

Adapted from Lemon Yogurt Cake, Barefoot Contessa, www.foodnetwork.com

O. MORNING GLORY MUFFINS

Makes 12 muffins

INGREDIENTS:

- 1 ½ cups buttermilk (you can substitute regular milk with 1 TBSP lemon juice added)
- 1 cup old fashioned rolled oats
- 2 TBSP butter or margarine
- ½ - ¾ cup brown sugar, depending on degree of sweetness desired
- 1 large egg, lightly beaten
- ½ cup all purpose flour
- 1 cup whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp. ground cinnamon
- 1 cup shredded zucchini or carrots or combination
- ½ cup golden raisins

DIRECTIONS:

- 1) Preheat oven to 400.
- 2) In medium bowl, stir together buttermilk and rolled oats, and set aside for 15 minutes.
- 3) In a large mixing bowl, cream together butter or margarine and brown sugar.
- 4) Beat in the egg.
- 5) Combine flours, baking powder, baking soda and cinnamon in a separate bowl.
- 6) Alternatively, add the oatmeal mixture and the flour mixture to the creamed butter and sugar, and stir until combined.
- 7) Stir in the zucchini and/or raisins.
- 8) Divide batter into muffin tins which have been coated with a non-stick spray, or cupcake papers.
- 9) Bake 20-25 minutes, or until a toothpick comes out clean.

Adapted from www.cookinglight.com

P. MULLED APPLE CIDER WITH ORANGE AND GINGER

Makes 8 cups

INGREDIENTS:

8 c. (1/2 gallon) apple cider

A 3 inch cinnamon stick

10 whole cloves

1 navel orange, peeled and sliced crosswise into 6+ slices

A 2 inch piece of ginger, peeled and cut into 6 slices

DIRECTIONS

- 1) In a large saucepan, combine cider, cloves, orange and ginger
- 2) Simmer the mixture for 20 minutes
- 3) Strain the mixture through a fine sieve into a heat proof pitcher and serve warm.
- 4) Can be made ahead and reheated.

Adapted from www.epicurious.com

Q. OATMEAL COOKIES WITH “A-PEEL”

Makes 4 dozen

INGREDIENTS:

1 cup raisins	3/4 cup whole wheat flour
½ cup of orange juice	¾ cup all-purpose flour
½ cup sugar	½ tsp baking powder
½ cup brown sugar	1 tsp. baking soda
¼ cup butter	½ tsp salt
1 large egg	1 TBSP grated orange rind OR 1 tsp Durkees orange peel
	3 cups regular oats
	1/3 cup chopped walnuts

DIRECTIONS:

- 1) Preheat oven to 375 degrees
- 2) Combine the raisins and the orange juice in a bowl and soak for 10 minutes.
- 3) Beat the sugars and butter with a mixer until light and fluffy.
- 4) Add the egg and beat well.
- 5) Stir in the raisin mixture.
- 6) Combine the flours, baking soda, baking powder, salt and grated orange rind and mix well.
- 7) Add this mixture to the sugar mixture
- 8) Stir in the oats and the nuts.
- 9) Drop by teaspoon on a baking sheet coated with cooking spray.
- 10) Bake approximately 8-10 minutes.
- 11) Cool on a wire rack. ENJOY!

Adapted from www.cookinglight.com

R. OATMEAL MUFFINS

YIELD: 18 muffins

INGREDIENTS:

2 1/3 cups quick-cooking oats
1 cup whole wheat flour
1/2 c. chopped walnuts
1/2 c. brown sugar
1/2 c. sugar
2 tsp. cinnamon
1 1/2 tsp. baking soda
3/4 tsp salt
1 cup buttermilk (or 1 cup milk plus 1 tsp. lemon juice)
1/2 c. canola oil
1 large egg
1 tsp. vanilla extract
1/3 c. boiling water
1 1/2 c. fresh or frozen blueberries

DIRECTIONS:

- 1) Preheat oven to 375.
- 2) Line 18 muffin cups with cupcake papers
- 3) Mix first 8 ingredients (oats through salt) in a large bowl
- 4) Add buttermilk, oil, egg and vanilla; whisk to blend
- 5) Stir in boiling water and let stand for 5 minutes
- 6) Fold in blueberries, and divide batter into prepared muffin cups
- 7) Bake until tester inserted comes out clean, about 20 minutes.
- 8) Cool 10 minutes then place muffins on cooling rack. Serve warm or at room temp

Adapted from www.epicurious.com

S. OATMEAL PEANUT BUTTER BREAKFAST COOKIES

Makes 24 large cookies

INGREDIENTS:

½ cup margarine, butter or combination
½ cup sugar
1 cup brown sugar
1 egg
1 cup natural peanut butter
1 tsp. vanilla extract
1 cup flour (white or whole wheat or combination)
1 tsp. baking soda
3 cups old fashioned rolled oats
½ cup chocolate chips (optional)

DIRECTIONS:

- 1) Preheat oven to 350.
- 2) In mixing bowl, cream butter, sugar and brown sugar.
- 3) Add egg and beat well.
- 4) Add peanut butter and vanilla and mix well.
- 5) Combine flour and baking soda; add to creamed mixture.
- 6) Stir in oatmeal and chocolate chips. Mixture will be stiff.
- 7) Form dough into 1 in. balls.
- 8) Flatten onto cookie sheet, about 2 inches apart.
- 9) Bake for 10-12 minutes or until done.

T. ORANGE OLIVE OIL CAKE

Makes 1 9x5 inch loaf

INGREDIENTS:

2 navel oranges

1 c. sugar

1/2 cup buttermilk, plain Greek-style yogurt (I used Chobani Blood Orange flavored)

3 large eggs

2/3 cup extra virgin olive oil

1 c. all-purpose flour

3/4 cup whole wheat pastry flour

1 1/2 tsp baking powder

1/4 tsp baking soda

1/4 tsp salt

1 quart fresh strawberries, sliced or diced

Segments from 1 orange

1-2 TBSP sugar

Whipped cream, for serving (optional)

DIRECTIONS:

- 1) Preheat oven to 350 degrees.
- 2) Butter a 9-by-5-inch loaf pan or use non-stick spray.
- 3) Grate zest from 2 oranges and place in a bowl with sugar. Using your fingers or a spoon, rub ingredients together until orange zest is evenly distributed in sugar.
- 4) Squeeze 1/4 c. juice from one of the oranges.
- 5) Cut the segments from the remaining orange and set aside
- 6) Add buttermilk or yogurt to juice
- 7) Pour mixture into bowl with sugar and whisk well.
- 8) Whisk in eggs and olive oil.
- 9) In another bowl, whisk together flour, baking powder, baking soda and salt. Gently stir dry ingredients into wet ones. Pour batter into prepared pan.
- 10) Bake cake for 50 to 55 minutes, or until it is golden and a knife inserted into center comes out clean. Cool on a rack for 5 minutes, then unmold and cool to room temperature right-side up. Serve with whipped cream and/or sliced strawberries mixed with sugar

Note: To make buttermilk, add 1 TBSP vinegar or lemon juice to milk, and let it sit for 10+ min.

To remove orange segments: Cut off bottom and top so fruit is exposed and orange can stand upright on a cutting board. Cut away peel and pith, following curve of fruit with your knife. Cut orange segments out of their connective membranes and let them fall into a bowl. Repeat with other orange. Break up or cut segments to about 1/4-inch pieces.

Adapted from www.smittenkitchen.com "Blood Orange Olive Oil Cake"

U. POMEGRANATE, MANGO AND LIME AQUA FRESCA

Yield: 1 ½ gallon

INGREDIENTS:

1 quart pomegranate juice

2 cups mango puree

¼ cup lime juice

½ cup mint leaves

¾ gallon (3 quarts) water

1 ½ quarts (6 cups) ice

DIRECTIONS:

Combine all ingredients and serve ice cold.

Adapted from “Healthy Kitchens, Healthy Lives” 2010

V. PUMPKIN BREAD PUDDING

Serves 16

INGREDIENTS:

2 cups vanilla soy milk
1 15 oz. can of pure pumpkin
1 cup plus 2 TBSP brown sugar
2 large eggs
1 1/2 tsp pumpkin pie spice
1 1/2 tsp ground cinnamon
1 tsp. vanilla
10 cups 1/2 inch cubes of egg bread (challah)
1/2 c. golden raisins
Powdered sugar

DIRECTIONS:

- 1) Preheat oven to 350
- 2) Whisk soy milk, pumpkin, brown sugar, eggs, pumpkin pie spice, cinnamon and vanilla extract in a large bowl to blend.
- 3) Fold in bread cubes
- 4) Stir in golden raisins
- 5) Transfer mixture to a 9 x 12 pyrex dish sprayed with non-stick spray.
- 6) Let stand for 15 minutes
- 7) Bake until tester inserted into center comes out clean, about 40 minutes
- 8) Before serving, sprinkle with powdered sugar

Note: This can also be served with caramel sauce, ice cream or whipped cream

Adapted from www.epicurious.com

W. PUMPKIN FLAX NUT BREAD

Makes 2 loaves

INGREDIENTS:

1 cup canola oil
2 eggs plus egg substitute equivalent to 2 eggs (1/2 cup Eggbeaters)
1 15 oz can pumpkin puree
2/3 cup water
1 cup dried fruit (eg 1/2 cup Craisins, 1/2 cup dried blueberries)
1 cup chopped walnuts
2 cups plus 2 TBSP white flour
1 1/2 cups whole wheat flour
1/4 - 1/2 cup ground flaxseed
2 cups sugar
2 tsp. baking soda
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg

DIRECTIONS:

- 1) Combine oil, water, eggs, pumpkin and stir (or beat using electric beater) well.
- 2) Combine dried fruit, nuts and 2 TBSP flour in a small bag or bowl to coat.
- 3) Combine flour, sugar and remaining ingredients in large mixing bowl
- 4) Add oil/pumpkin mixture to flour mixture
- 5) Add nuts, dried fruits.
- 6) Pour into 2 well greased (with non-stick spray) 9" loaf pans
- 7) Bake at 325 for approx. 1 hour, 10 minutes.

You can make muffins by pouring batter into well greased muffin tins and baking at 350 for 20 minutes.

X. PUMPKIN MAPLE CUSTARDS

Yield: 6 (½ cup) servings

INGREDIENTS:

6 TBSP maple syrup
2 large eggs
3 large egg whites
1/3 cup sugar
1 cup unseasoned canned pumpkin puree
1 tsp ground cinnamon
½ tsp ground nutmeg
½ tsp ground ginger
1/8 tsp. salt
1 tsp vanilla extract
1 cup lowfat (1%) milk or soymilk

DIRECTIONS:

- 1) Preheat oven to 325 degrees. Put a kettle of water on to boil for the water bath.
- 2) Line a roasting pan with a folded kitchen towel.
- 3) Spoon 1 TBSP maple syrup into each of 6 6-oz. (¾ cup) custard cups.
- 4) Whisk eggs, egg whites and sugar in large bowl. Add pumpkin, cinnamon, nutmeg, ginger, salt and vanilla; whisk until smooth and blended.
- 5) Gently whisk in milk.
- 6) Divide pumpkin mixture among prepared custard cups.
- 7) Place custard cups in prepared roasting pan. Pour in enough boiling water to come one quarter of the way up sides of custard cups.
- 8) Place roasting pan in oven.
- 9) Bake uncovered until custards are set, 55-65 minutes. (Centers should not quiver when cups are shaken)
- 10) Transfer custard cups to a rack and let cool.
- 11) Cover and refrigerate until chilled, at least 1 hour.

Serve custards in the cups or as follows: Run a knife around edges of custards. Invert a dessert plate over each custard. Grasping the plate and custard cup firmly, turn over and give custard cup a quick downward shake. The custard should slip onto plate. If it remains in the mold, shake again.

Adapted from Tufts University Health & Nutrition Letter, November 2008

Y. PUMPKIN NUT BREAD

Makes 2 loaves

INGREDIENTS:

- 1 cup canola oil
- 2 eggs plus egg substitute equivalent to 2 eggs (1/2 cup Eggbeaters)
- 1 15 oz can pumpkin puree
- 2/3 cup water
- 1 cup dried fruit (eg ½ cup Craisins, ½ cup dried blueberries)
- 1 cup chopped walnuts
- 2 cups plus 2 TBSP white flour
- 1 ½ cups whole wheat flour
- 2 cups sugar
- 2 tsp. baking soda
- 1 ½ tsp. salt
- 1 tsp. cinnamon
- 1 tsp. nutmeg

DIRECTIONS:

- 1) Combine oil, water, eggs, pumpkin and stir (or beat using electric beater) well.
- 2) Combine dried fruit, nuts and 2 TBSP flour in a small bag or bowl to coat.
- 3) Combine flour, sugar and remaining ingredients in large mixing bowl
- 4) Add oil/pumpkin mixture to flour mixture
- 5) Add nuts, dried fruits.
- 6) Pour into 2 well greased (with non-stick spray) 9" loaf pans
- 7) Bake at 325 for approx. 1 hour, 10 minutes.

You can make muffins by pouring batter into well greased muffin tins and baking at 350 for 20 minutes.

Z. PUMPKIN PIE CAKE

Serves 12-16

INGREDIENTS:

Cooking Spray

1 cup sugar

½ cup packed brown sugar

¼ cup canola oil

½ cup egg substitute

2 large eggs

1 (15 ounce) can unsweetened pumpkin

1 ½ cups all-purpose flour

½ cup whole wheat flour

1 tsp baking powder

1 tsp baking soda

2 tsp pumpkin-pie spice

½ tsp salt

DIRECTIONS:

- 1) Preheat oven to 350.
- 2) Spray a 9 x 12 inch baking pan with non-stick cooking spray
- 3) Combine sugar, brown sugar and oil in a large bowl; beat with mixer at medium speed for 2 minutes until well blended.
- 4) Add egg substitute and eggs, and beat until well blended.
- 5) Add pumpkin and beat until blended.
- 6) In a medium bowl, combine flour, baking powder and soda, pumpkin pie spice and salt.
- 7) Gradually add flour mixture to pumpkin mixture, beating just until blended.
- 8) Spoon batter into prepared pan.
- 9) Bake at 350 for 30 minutes or until a cake tester or toothpick comes out clean.
- 10) Cool on a wire rack.

Optional toppings include: Powdered sugar, whipped cream, cream cheese frosting, ice cream or fruit.

Adapted from www.myrecipes.com, www.cookinglight.com

AA. PUMPKIN PIE

Serves 8

INGREDIENTS:

1 cup ginger snaps

16 oz. can pumpkin

½ cup egg whites

½ cup sugar

2 tsp pumpkin pie spice (1 ¼ tsp cinnamon, ½ tsp ginger, ¼ tsp cloves)

12 oz. can evaporated skim milk.

DIRECTIONS:

- 1) Preheat oven to 350. Grind cookies in food processor.
- 2) Lightly spray 9" pie plate with cooking spray.
- 3) Pat cookie crumbs evenly into bottom of pan.
- 4) Mix the remaining ingredients in a medium sized mixing bowl.
- 5) Pour into prepared crust and bake until knife inserted into center comes out clean, about 45 minutes.
- 6) Store in refrigerator.
- 7) Allow to cool before slicing.

Recipe from www.foodandhealth.com

BB. PUMPKIN SPICE MUFFINS

Makes 12 muffins

INGREDIENTS:

¼ cup canola oil
4 TBSP melted butter
¼ cup brown sugar
¼ cup white sugar
1 cup milk (you can substitute soymilk, lactaid, kefir)
1 cup canned pumpkin
2 large eggs
2 cups flour
½ tsp baking soda
1 tsp cinnamon
1 tsp pumpkin pie spice
¼ tsp salt
Cinnamon/sugar for topping

DIRECTIONS:

- 1) Preheat oven to 350 and either spray a 12-cup muffin tin with spray or line with cupcake papers.
- 2) Mix canola oil, butter, sugars, milk, pumpkin and eggs in a large bowl.
- 3) In a separate bowl, mix all dry ingredients.
- 4) Add dry ingredients to wet ingredients until just moistened. Do not overmix.
- 5) Spoon batter into muffin tin and top with cinnamon sugar.
- 6) Bake for 20 minutes or until golden brown on the top.

CC. RICE PUDDING

Serves 8-10

INGREDIENTS:

4 cups lowfat milk	1 tsp vanilla extract
1 cup brown rice	Pinch nutmeg
2-3 cinnamon sticks	¼ cup nonfat vanilla yogurt
Pinch salt	2 apples, peeled and diced
¼ cup sugar	1 pear, peeled and diced
	Cinnamon for garnish

DIRECTIONS:

- 1) In heavy medium saucepan, bring milk, rice, cinnamon sticks and salt to simmer.
- 2) Reduce heat to low.
- 3) Cover and gently simmer until rice is very tender and milk is almost absorbed, stirring occasionally (about 1 hour).
- 4) Add sugar, vanilla extract and nutmeg and stir to blend over low heat until mixture is very thick (about 15 minutes).
- 5) Remove cinnamon sticks.
- 6) Stir yogurt and $\frac{3}{4}$ fruit into rice pudding. Transfer to a large bowl

DD. SNACKING CHOCOLATE BROWNIE SURPRISE BROWNIES

Makes 30 brownies

INGREDIENTS:

- 1 15 ounce can black beans, rinsed and drained in a colander
- 4 oz. unsweetened chocolate
- 1 TBSP butter
- 6 egg whites
- 2 cups sugar
- 3 TBSP all purpose flour
- 1 TBSP instant coffee granules
- ½ cup chopped walnuts (optional)

DIRECTIONS:

- 1) Preheat oven to 350.
- 2) Spray a 9x13 inch pan with non-stick spray.
- 3) Place the chocolate and butter in a small microwaveable bowl.
- 4) Microwave for 60-90 seconds, stirring every 30 seconds until smooth.
- 5) In food processor or blender, add drained beans and 2 egg whites. Blend or process until smooth.
- 6) In a large bowl, combine the bean puree, sugar, flour, coffee granules, and remaining egg whites.
- 7) With an electric mixer, beat until well combined. Mix in melted chocolate.
- 8) Pour mixture into prepared pan. Sprinkle on nuts of desired.
- 9) Bake 30-35 minutes until the brownies pull away from the sides of the pan.
- 10) Cool completely in the pan before cutting into bars, rows of six by five

EE. SPICED APPLE CAKE

Makes 24 pieces

INGREDIENTS

For the cake:

2 ½ c. whole wheat pastry flour, or 1 ¼ c. whole wheat, 1 ¼ c. white flour

2 tsp. baking soda

1 TBSP pumpkin pie spice

½ tsp. salt

4 medium apples, peeled, seeded and finely chopped

2 eggs

1 ½ c. sugar

½ c. chopped almonds, walnuts or combination

½ c. applesauce (unsweetened)

For the topping:

½ c. brown sugar

2 TBSP confectioner's sugar

¼ tsp. cinnamon (optional)

DIRECTIONS:

- 1) Preheat oven to 350 and coat a 9x13 inch baking pan with non-stick spray
- 2) In a small mixing bowl, combine flour, baking soda, salt and pumpkin pie spice with a whisk. Set aside.
- 3) In a larger mixing bowl, combine sugar, apples, nuts, egg and applesauce.
- 4) Stir the flour mixture in to the apples and stir until combined
- 5) Pour mixture into the greased pan
- 6) In a separate bowl, mix the brown sugar and confectioners sugar with cinnamon (if using)
- 7) Sprinkle brown sugar mixture over cake batter
- 8) Bake 30-35 minutes until cake is browned and cake tester comes out clean.

Recipes can be halved and made in an 8x8 inch pan or 9" round pan.

Adapted from <http://nutritionfor.us/> Eat Skinny Be Skinny Low Fat Apple Cake

FF. SWEET POTATO ZUCCHINI BREAD

Makes 1 loaf

INGREDIENTS:

- 1 c. whole wheat flour
- 1 c. white flour
- 2 tsp. cinnamon
- 1 tsp. baking soda
- 1/4 tsp baking powder
- 1/4 tsp salt
- 1 1/2 c. sugar
- 1/2 c. canola oil
- 1/4 c. applesauce
- 3 large eggs
- 1 tsp. vanilla extract
- 1 1/2 c. grated zucchini
- 1 1/2 c. grated, peeled sweet potato
- 1 c. chopped, toasted walnuts (toast lightly in frying pan for 5-10 minutes)

DIRECTIONS:

- 1) Preheat oven to 350
- 2) Spray 9 x 5 inch loaf pan with non-stick spray
- 3) Blend first 5 ingredients into medium bowl.
- 4) Beat sugar, oil, applesauce, eggs and vanilla in a mixer until well blended
- 5) Mix in zucchini and sweet potato
- 6) Add dry ingredients and mix well
- 7) Add walnuts and mix well
- 8) Transfer batter to prepared pan
- 9) Bake until tester inserted in the center comes out clean, about 1 hour and 10-20 minutes
- 10) Cool read in pan on rack for 15 minutes. Cut around bread to loosen. Turn out onto rack to cool completely

Adapted from www.epicurious.com

GG. WATERMELON LIMEADE

Makes 6 cups

INGREDIENTS:

8 c. chopped seedless watermelon

½ c. freshly squeezed lime juice (4+ limes)

2 TBSP sugar (or more if you want it sweeter)

Mint leaves (optional)

DIRECTIONS:

- 1) Working in batches, puree watermelon in blender with lime juice and sugar until smooth.
- 2) Add more sugar if needed
- 3) Transfer to a pitcher and chill thoroughly before serving.
- 4) Serve over ice
- 5) Garnish with mint if desired

Adapted from www.marthastewart.com/336713/watermelon-limeade

HH. HOMEMADE YOGURT

Yield: 32 oz.

INGREDIENTS:

1 quart 2% milk (you can use 1% or whole)

6 oz. container plain Greek yogurt (with no additives or preservatives)

Six 8-oz Mason jars (or other size glass jar)

DIRECTIONS:

- 1) Place 1 quart of desired milk in a pot and heat over medium heat until it reaches 180-190 degrees. I use a candy thermometer that clips onto the side of the pot
- 2) Remove from heat and transfer to a glass or ceramic bowl.
- 3) Allow to cool to 110-120 degrees
- 4) When cool, add the plain yogurt. Stir well, using a whisk to fully incorporate yogurt.
- 5) Transfer the milk from the bowl into the 8 oz. Mason jars. You can fill them to desired level. (I put about 5-6 oz. in each jar, which yields 6 jars). You can do it any way you would like.
- 6) Place the lids on the jars, and place all six jars in a 9x12 inch pan.
- 7) Place pan in cool oven. Turn on oven light.
- 8) Allow yogurt to “set” for 10-12 hours or overnight with the oven light on.
- 9) Remove yogurt from the oven. It should be solid at this point. Refrigerate and enjoy.

Note: If you would like a thicker yogurt, you can strain some of the water out of the finished product by placing several layers of cheesecloth in a colander or strainer and allow it to drain until desired thickness.

Adapted from www.nytimes.com

VI. CLASS MENUS

"Cooking for the Health of It"



*THE HAROLD LEEVER CANCER CENTER
COOKING CLASS*

A. Menu: "Pack Some Power Onto Your Plate"

Karen Sabbath, MS, RD

OCTOBER 1, 2009

MENU

Cream of Broccoli Soup



Salmon and White Bean Tartine



Wild Rice Salad



Tossed Mesclun Greens and Balsamic Vinaigrette



Pumpkin Pie Cake



The Leever Cancer Center

B. Menu: "Beans and Greens"

JUNE 3RD, 2010



Arugula and Edamame Crostini



Caesar Salad with a Twist



Penne with Chickpeas and Tomatoes



Whole Grain-Soy Bread Pudding



Pomegranate Mango Lime Agua Fresca



*THE HAROLD LEEVER CANCER CENTER COOKING CLASS
NOVEMBER 18, 2010*

*C. Menu: "Secret Ingredient: Squash"
Curried Zucchini Soup*



7 Grain Pilaf with Pumpkin Seeds



*Roasted Butternut Squash and Chickpea Salad with Lemon
Tahini Dressing*



Greens with Delicata Squash and Apple Cider Vinaigrette



Pumpkin Bread Pudding

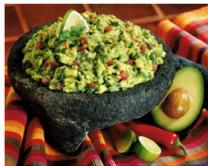


The Harold Leever Cancer Center Cooking Class

*D. Menu: "Celebrate Spring with a
Rainbow of Color on Your Plate"*

April 14, 2011

****Guacamole du Frutas****



****Lettuce and Pea Soup****



****Moroccan Inspired Quinoa Salad with Tart Cherries****



****Massaged Kale Salad with Mango****



****Sweet Potato and Zucchini Cake****



The Harold Leever Cancer Center Cooking Class

E. Menu: "Savory and Sweet: A Fine Summer Treat"

August 25, 2011

Goat Cheese and Fig or Strawberry Tartines with Balsamic Glaze



Watermelon Gazpacho



Forbidden Rice Salad with Snap Peas, Peppers, Edamame and Mangos



Butter Lettuce & Mesclun Salad with Pomegranates, Hazelnuts and Citrus Dressing



French Chocolate Bark with Dried Fruits and Nuts



THE HAROLD LEEVER CANCER CENTER COOKING CLASS
MARCH 8, 2012

F. Menu: "Getting Your Plate in Shape"

****Cauliflower Soup****



****"Pois" camole****



****Wheat berry and Arugula Salad with
Gingerbread Croutons and Fig Ginger
Vinaigrette****



*Chopped Waldorf Salad with Dijon Maple
Vinaigrette*



****Granola Chocolate Cranberry Cookies****



THE HAROLD LEEVER CANCER CENTER COOKING CLASS
JUNE 28, 2012

G. Menu: "Citrus Feels Fine in the Summertime"

******Cantaloupe Soup******



******Quinoa Salad with Black Beans, Corn and Edamame******



******Fattoush******



******Watermelon Limeade******



*****Orange Olive Oil Cake with Oranges & Strawberries*****



The Harold Leever Cancer Center Cooking Class

*H. Menu: "Ushering in the Holidays with
Healthy Comfort Foods"
November 15, 2012*

****Mulled Apple Cider with Orange and Ginger****



****Red Lentil Soup****



**** Spelt Salad with Roasted Moroccan Squash ****



****Herbed Pizza Crackers****



****Spiced Apple Cake****

