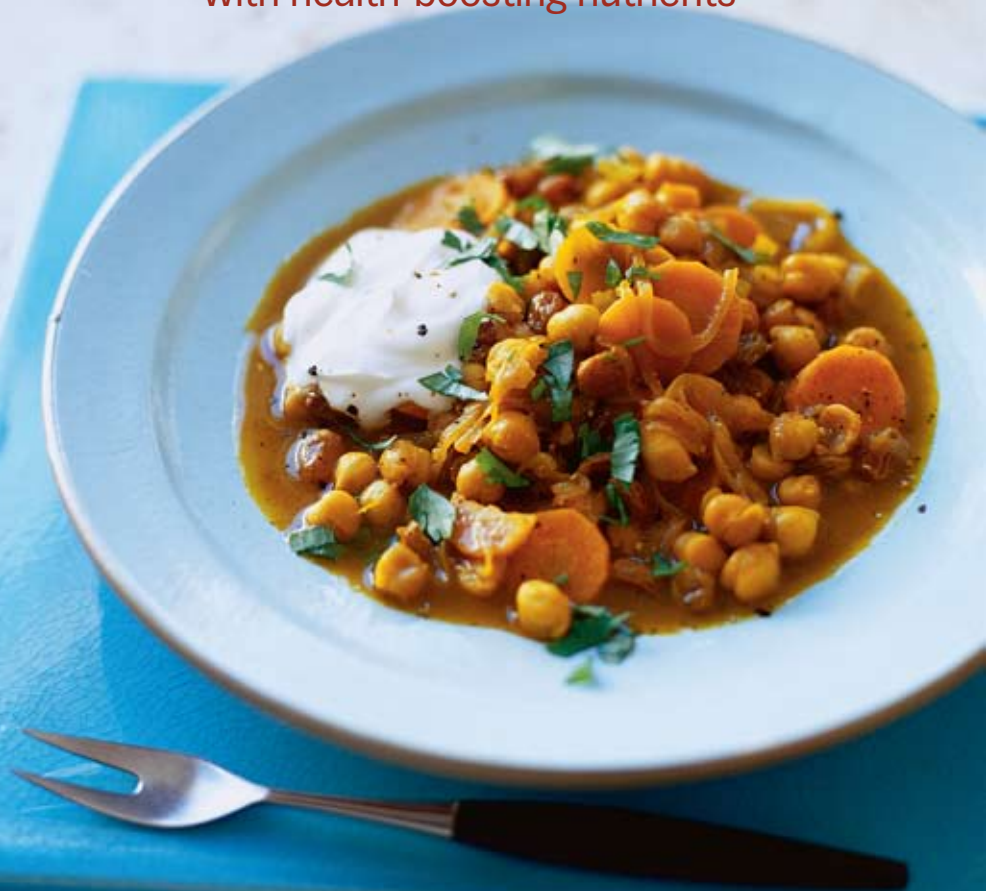


EAT GREEN • LIVE WELL
vegetarian
times

TOP 10 HEALING FOODS

Mouthwatering recipes that are packed
with health-boosting nutrients



TOP 10 HEALING FOODS

Mouthwatering recipes that are packed
with health-boosting nutrients

Nutritious food sometimes gets a bum rap as being bland and boring. No more! Dig into decadent truffles, scrumptious muffins, savory soup, flavor-packed entrées, and more—all made with at least one star ingredient known for its health benefits. These recipes are so delicious, you may forget they're so good for you, too.

| | |
|----------------------------------------------------------------------------|----|
| BLUEBERRIES Blueberry-Hazelnut Muffins | 4 |
| GARLIC Soupe au Pistou | 6 |
| MUSHROOMS Mushroom Ravioli with Green Pea Purée | 8 |
| OATS Buttermilk Oatmeal Pancakes | 10 |
| GINGER Gingery Yukon Gold and Baby Spinach Masala | 12 |
| FLAXSEEDS Super-Flax Whole-Wheat Boule | 14 |
| DARK CHOCOLATE Dark Chocolate Truffles | 16 |
| KALE Fregola with Grilled Peppers, Kale, Squash, and Ricotta Salata | 18 |
| TURMERIC Chickpea Tagine with Cinnamon, Cumin, and Carrots | 20 |
| GREEN TEA Green Tea with Pomegranate Juice | 22 |



blueberries

Blueberry-Hazelnut Muffins

Wild blueberries (fresh, frozen, or dried) outshine other berries when it comes to health-promoting antioxidant activity.



blueberries

Blueberry-Hazelnut Muffins

MAKES 12 MUFFINS

These fiber- and protein-rich treats laced with health-promoting blueberries will keep you going until lunch.

1 cup whole-wheat pastry flour
¾ cup all-purpose flour
1 cup sugar
¼ cup wheat germ
2 tsp. baking powder
2 tsp. lemon zest
Pinch ground nutmeg
¾ cup low-fat sour cream
¼ cup low-fat milk
2 large eggs
2 Tbs. olive oil
1 cup fresh or frozen blueberries (preferably wild)
½ cup chopped blanched or toasted hazelnuts

1. Preheat oven to 350°F. Combine flours, sugar, wheat germ, baking powder, lemon zest, and nutmeg in medium bowl. Whisk together sour cream, milk, and eggs in large bowl. Stir dry mixture into wet mixture. Add oil, and mix to combine. Fold in blueberries and hazelnuts.

2. Line 12-cup muffin pan with paper cups. Scoop 1/2 cup muffin batter into each mold. Bake 25 minutes, or until toothpick inserted in center of one muffin comes out clean. Transfer muffins to wire rack to cool.

PER MUFFIN: 229 CAL, 5 G PROT, 9 G TOTAL FAT (2 G SAT FAT), 34 G CARB, 41 MG CHOL, 21 MG SOD, 3 G FIBER, 17 G SUGARS

garlic

Soupe au Pistou

Allicin, one of garlic's more than 200 healthful compounds, keeps infections at bay and increases immunity to the common cold.



garlic

Soupe au Pistou

SERVES 8 | VEGAN | GLUTEN FREE

Pistou is a fragrant sauce of garlic, basil, and olive oil that's related to Italian pesto. Here, it's stirred into a Provençal soup at the last minute. The heat of the soup releases the flavors of the garlic and basil without cooking them.

SOUP

1/3 cup dried chickpeas, rinsed
 1/3 cup dried pinto beans, rinsed
 1 15-oz. can chopped tomatoes
 1 medium onion, chopped (1 cup)
 1 clove garlic, minced (1 tsp.)
 1 bay leaf
 1 sprig fresh thyme
 3 medium red potatoes, cut into ½-inch chunks (1 cup)
 2 carrots, sliced (1 cup)
 1 cup frozen Italian flat beans
 ¼ cup vermicelli, optional

PISTOU

8 cups fresh basil leaves
 8 cloves garlic, peeled
 ½ cup olive oil

1. To make Soup: Place chickpeas and pinto beans in large pot, and cover with water. Bring to a boil, cover, and cook 10 minutes. Remove from heat, and let stand 30 minutes. Drain beans, and rinse.
2. Return beans to pot; add tomatoes, onion, garlic, bay leaf, thyme, and 5 cups water. Cover, and bring to a boil. Season with pepper, reduce heat to medium-low, cover, and simmer 30 minutes. Add potatoes and carrots, and simmer, covered, 30 minutes. Stir in flat beans, and cook 10 minutes, or until beans are tender. Stir in vermicelli, if desired. Cook 3 minutes more.
3. Meanwhile, make Pistou: Pulse basil and garlic in food processor until finely chopped. Add olive oil, and pulse until combined. Transfer to small bowl.
4. Spoon 2 Tbs. Pistou in bottom of each bowl. Spoon Soup over top.

PER SERVING: 237 CAL, 6 G PROT, 14.5 G TOTAL FAT (2 G SAT FAT), 22 G CARB, 0 MG CHOL, 375 MG SOD, 6 G FIBER, 5 G SUGARS

mushrooms

Mushroom Ravioli with Green Pea Purée

Antioxidant-rich white button mushrooms are rich in dietary fibers, including cholesterol-lowering chitin and immunity-boosting beta-glucan.



mushrooms

Mushroom Ravioli with Green Pea Purée

SERVES 4

Make this easy mushroom-filled ravioli with wonton wrappers. You can even prepare it in advance and freeze it for a fast meal later.

RAVIOLI

2 Tbs. olive oil
 ½ small onion, chopped (½ cup)
 1 clove garlic, minced (1 tsp.)
 ½ tsp. chopped fresh thyme
 8 oz. mushrooms, chopped (3 cups)
 2 Tbs. sherry
 24 wonton wrappers

GREEN PEA PURÉE

2 cups frozen peas, thawed
 ¾ cup low-sodium vegetable broth
 2 Tbs. grated Parmesan cheese, divided

1. To make Ravioli filling: Heat oil in skillet over medium-high heat. Add onion; cook 5 to 7 minutes, or until translucent and starting to brown. Add garlic and thyme, and cook 1 minute more. Add mushrooms, and increase heat to high. Sauté 7 minutes, or until liquid evaporates. Add sherry, and cook 1 minute, or until sherry evaporates. Transfer filling to bowl, and cool 20 minutes.

2. Place 1 wonton wrapper on work surface. Brush edges with water. Put 1 tsp. filling in center of wrapper. Fold into triangle, pressing edges to seal. Repeat with remaining wrappers and mushroom mixture. (Ravioli can be frozen on parchment-lined trays and kept in resealable bag in freezer for later use.)

3. To make Green Pea Purée: Blend peas, broth, and 2 Tbs. cheese in blender until smooth. Transfer to saucepan, and warm over medium heat. Season with salt and pepper to taste, and set aside.

4. Bring large pot of salted water to a boil over high heat. Add Ravioli, and cook 2 minutes. Drain. Spoon Pea Purée onto plates. Top with Ravioli and remaining 1 Tbs. cheese.

PER SERVING: 292 CAL, 11 G PROT, 9 G TOTAL FAT (2 G SAT FAT), 42 G CARB, 7 MG CHOL, 637 MG SOD, 5 G FIBER, 6 G SUGARS

oats

Buttermilk Oatmeal Pancakes

A great source of protein, fiber, B vitamins, vitamin E, calcium, and iron, oats lower LDL ("bad") cholesterol levels and improve brain function.



oats

Buttermilk Oatmeal Pancakes

MAKES 12 PANCAKES

The batter for these fluffy buttermilk pancakes contains a generous dose of oatmeal, which makes them both hearty and heart healthy.

2 cups old-fashioned rolled oats

1½ cups fat-free buttermilk

1½ cups fat-free milk

3 large eggs

½ cup unbleached flour

3 Tbs. honey

2 tsp. vanilla extract

2 tsp. ground cinnamon

1½ tsp. baking powder

¼ tsp. salt

Fruit compote, maple syrup, or peanut butter, optional

1. Mix oats with buttermilk and milk in large bowl. Cover, and refrigerate 8 hours, or overnight.

2. Whisk eggs, flour, honey, vanilla extract, cinnamon, baking powder, and salt into oatmeal mixture.

3. Coat skillet or griddle with cooking spray, and set over medium heat. Pour on ⅓ cup batter for each pancake, and spread into 4-inch circle. Cook 3 to 4 minutes, or until bubbles start to appear on surface. Flip pancakes with spatula, and cook 1 to 2 minutes on other side. Stack three hot pancakes on each plate, top with fruit compote, maple syrup, or peanut butter, if using.

PER SERVING: 388 CAL, 18 G PROT, 8 G TOTAL FAT (2 G SAT FAT), 64 G CARB, 162 MG CHOL, 482 MG SOD, 5 G FIBER, 24 G SUGARS

ginger

Gingery Yukon Gold and Baby Spinach Masala

Ginger, a sweet-hot Asian spice with anti-inflammatory properties, relieves pain and nausea, and may thwart cholesterol and cancer.



ginger

Gingery Yukon Gold and Baby Spinach Masala

SERVES 4 | VEGAN | GLUTEN FREE

Yukon gold potatoes require no peeling. The creamy but firm tubers hold up in stews, such as this one, brightened with 2 healthful tablespoons of fresh minced ginger. Serve over steamed rice.

- 1 lb. Yukon Gold potatoes, cut into ½-inch cubes (4 cups)
- 2 Tbs. canola oil
- 1 large yellow onion, thinly sliced
- 3 cloves garlic, minced (1 Tbs.)
- 2 Tbs. minced fresh ginger
- 1 jalapeño chile, finely chopped (1 Tbs.)
- 1 tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. turmeric
- 1 13.5-oz. can light coconut milk
- 1 6-oz. bag baby spinach
- 1½ tsp. garam masala
- 1 Tbs. lime juice
- ¼ cup chopped cilantro

- 1.** Steam potatoes 10 minutes, or until just tender. Set aside.
- 2.** Heat oil in large skillet over medium heat. Add onion, and sauté 8 minutes, or until soft and golden. Add garlic, ginger, and jalapeño, and sauté 1 minute. Stir in coriander, cumin, turmeric, and potatoes. Sauté 1 to 2 minutes. Add ¼ cup water, coconut milk, and salt and pepper to taste. Bring to a simmer. Reduce heat to medium-low, cover, and simmer 5 minutes, or until sauce thickens.
- 3.** Stir in ¼ cup water, spinach, and garam masala. Cook 2 minutes, or until spinach wilts. Stir in lime juice and cilantro.

PER SERVING: 347 CAL, 7 G PROT, 16 G TOTAL FAT (6 G SAT FAT), 45 G CARB, 382 MG SOD, 6 G FIBER, 3 G SUGARS



dark chocolate

Dark Chocolate Truffles

With more antioxidants than red wine or green tea, dark chocolate can improve heart health by reducing blood pressure and cholesterol levels.



dark chocolate

Dark Chocolate Truffles

MAKES 30 TRUFFLES | VEGAN | GLUTEN FREE

Truffles are usually made with heavy cream, but you won't miss it in these decadent dark chocolate confections.

¼ cup walnut, almond, or canola oil

6 oz. high-quality dark chocolate (70% cocoa), finely chopped

½ cup unsweetened cocoa

½ cup chopped nuts

1. Heat 1/3 cup water, oil, and chocolate in bowl in microwave on high 1 minute. Stir; heat 1 minute more, or until chocolate melts. Whisk until smooth. Chill 6 hours, or overnight.

2. Place cocoa and nuts on separate plates. Form chilled chocolate into 3/4-inch balls. Roll truffles in cocoa or chopped nuts. Chill until ready to serve.

PER TRUFFLE: 66 CAL, 1 G PROT, 5 G TOTAL FAT (1 G SAT FAT), 4 G CARB, 0 MG CHOL, 0 MG SOD, 1 G FIBER, 3 G SUGARS

flaxseeds

Super-Flax Whole-Wheat Boule

Flaxseeds may be tiny, but they're packed with big health benefits: digestive comfort, vascular health, and perhaps even cancer deterrence.



flaxseeds

Super-Flax Whole-Wheat Boule

MAKES 16 SLICES | VEGAN

This dense, crusty loaf calls for flaxseeds in three different forms: soaked, ground, and whole (raw) for decorating the top.

- 1 cup plus 1 Tbs. flaxseeds, divided, plus more for sprinkling top of bread
- 2 Tbs. sugar, agave nectar, or honey
- 1 0.75-oz. pkg. active yeast (not rapid-rise)
- 3 cups all-purpose or bread flour
- 1 1/2 cups whole-wheat flour
- 1 1/2 tsp. salt

1. Place 1/2 cup flaxseeds in bowl, and cover with 3 inches water. Let soak overnight.
2. Combine sugar, yeast, and 2 cups warm water in measuring cup. Let stand 5 minutes, or until liquid is cloudy and smells yeasty.
3. Grind remaining 1/2 cup plus 1 Tbs. flaxseeds in coffee grinder. Stir together all-purpose flour, whole-wheat flour, and salt in large bowl. Drain soaked flaxseeds, and stir into flour mixture. Add yeast/water mixture, and stir until smooth dough forms, adding up to 1/4 cup more water, if necessary.
4. Transfer dough to well-floured work surface. Knead 7 to 10 minutes, or until dough is smooth and no longer sticks to your fingers, adding flour as needed. Shape into ball, and place in large bowl coated with oil. Cover, and let rise in warm place 1 to 1-1/2 hours, or until doubled in size. Punch down, reshape into ball, and let rise 1 hour more.
5. Preheat oven to 400°F, and coat large baking sheet with oil or cooking spray. Shape dough into tight ball, and place on prepared baking sheet. Brush dough ball with water, and sprinkle with flaxseeds. Cut a tic-tac-toe crisscross in top of loaf. Bake 45 minutes to an hour, or until loaf is dark brown and sounds hollow when tapped. Cool on wire rack at least 15 minutes before slicing.

PER SLICE: 197 CAL, 7 G PROT, 6 G TOTAL FAT (<1 G SAT FAT), 32 G CARB, 0 MG CHOL, 223 MG SOD, 6 G FIBER, 2 G SUGARS



kale

Fregola with Grilled Peppers, Kale, Squash, and Ricotta Salata

Low in calories and high in nutrients, kale is chock-full of calcium; folate; potassium; fiber; iron; and vitamins A, C, and K.

kale

Fregola with Grilled Peppers, Kale, Squash, and Ricotta Salata

SERVES 6

Fregola is a small pasta from Sardinia with a nutty flavor. You can also substitute rotini or Israeli couscous.

½ cup olive oil, plus more for grilling
 3 cloves garlic, thinly sliced
 3 Tbs. balsamic vinegar
 1½ Tbs. minced fresh oregano
 1 cup fregola pasta
 3 red bell peppers, quartered
 3 yellow squash, cut into cubes
 1 large bunch kale, stems removed
 6 oz. ricotta salata, thinly shaved

1. Heat ½ cup oil with garlic in small skillet over medium heat until garlic is lightly browned. Transfer oil and garlic to bowl. Whisk balsamic vinegar and oregano into garlic oil in bowl.
2. Cook fregola in boiling, salted water 14 minutes. Drain, reserving ¾ cup cooking water. Add fregola and reserved cooking water to garlic mixture.
3. Preheat grill or grill pan to medium. Brush peppers with oil, and grill 5 minutes, turning once. Transfer to cutting board, and slice into ½-inch pieces. Add to fregola in bowl.
4. Brush squash with olive oil, and grill 4 minutes, or until softened, turning once. Transfer squash to cutting board, and cut into 1-inch pieces. Add squash to fregola in bowl.
5. Drizzle kale with oil, and grill 2 minutes, or until wilted and slightly charred. Transfer to cutting board, and coarsely chop. Add to fregola in bowl. Stir in ricotta salata, and season with salt and pepper.

PER SERVING: 377 CAL, 11 G PROT, 23.5 G TOTAL FAT (8 G SAT FAT), 34 G CARB, 30 MG CHOL, 571 MG SOD, 5 G FIBER, 7 G SUGARS

turmeric

Chickpea Tagine with Cinnamon, Cumin, and Carrots

Turmeric, a golden, earthy-flavored Indian spice, delivers strong anti-inflammatory effects along with enhanced digestive health.



turmeric

Chickpea Tagine with Cinnamon, Cumin, and Carrots

SERVES 4 | 30 MINUTES OR FEWER | GLUTEN FREE

Carrots and raisins give this North African stew a slight sweetness. Top it off with a dollop of “sour” Greek-style yogurt to complement the flavors.

- 2 Tbs. olive oil
- 1 small onion, thinly sliced
- 3 cloves garlic, minced (1 Tbs.)
- 2 14.5-oz. cans chickpeas, rinsed and drained
- 3 medium carrots, peeled and sliced into thin rounds
- ¼ cup dried currants
- 1 tsp. ground turmeric
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 2 tsp. honey
- ½ cup plain Greek-style yogurt
- 3 Tbs. finely chopped parsley

1. Heat oil in large skillet over medium heat. Add onion and garlic, and sauté 2 to 3 minutes, or until onion slices are soft. Stir in chickpeas, carrots, currants, spices, honey, and 2 cups water. Cover and simmer 20 to 25 minutes, stirring occasionally. Season with salt and pepper.

2. Divide tagine among 4 bowls. Garnish each serving with dollop of yogurt, and sprinkle with parsley.

PER SERVING: 414 CAL, 14 G PROT, 12.5 G TOTAL FAT (3.5 G SAT FAT), 65 G CARB, 5 MG CHOL, 601 MG SOD, 12 G FIBER, 13 G SUGARS

green tea

Green Tea with Pomegranate Juice

Green tea contains healthful compounds that lessen the risk of cardiovascular disease, stroke, high blood pressure, and certain cancers.



green tea

Green Tea with Pomegranate Juice

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

This health-giving beverage is packed with antioxidants from both green tea and pomegranate juice.

7 green tea bags
3 cups pomegranate juice
½ cup orange juice
2 Tbs. honey
1 medium orange, thinly sliced, optional

1. Bring 6 cups water to a boil in large pot. Remove from heat, add tea bags, cover, and steep 5 minutes.

2. Remove tea bags, and stir in pomegranate juice, orange juice, and honey. Transfer to teapot and serve immediately, pouring into cups with floating orange slices, if using.

PER SERVING: 102 CAL, 1 G PROT, 0 G TOTAL FAT (0 G SAT FAT), 25 G CARBS, 0 MG CHOL, 15 MG SOD, 0 G FIBER, 24 G SUGARS