

Clean Simple Delicious

SYNERGY RECIPES

COLLECTED BY
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**This book is dedicated to my family, friends, and clients.
It is my joy in life to nurture those I love with food that fuels,
heals, and brings happiness.**

Chapter:

Breakfast, Brunch and Breads

Walnut Blueberry Bread

Serves: 10

**1 ripe, mashed banana
3/4 cup ground flaxseed
2 egg whites
1/3 cup honey or agave nectar
1 cup low fat buttermilk
1 teaspoon baking soda
1/2 teaspoon sea salt
3/4 cup whole wheat flour
3/4 cup spelt flour
1 teaspoon orange rind
1 cup blueberries
1/2 cup unsalted, raw walnuts chopped**



Preheat oven to 375°. Spray a non-stick loaf pan with cooking spray. In a large bowl stir together banana, flaxseed, eggs, agave and buttermilk. In a separate bowl mix all dry ingredients and orange rind. Combine dry ingredients into the banana mixture. Gently fold in berries and nuts. Pour into loaf pan and bake 45 min.



Healthy Morning Muffins

Serves: 12

**1/2 cup soy flour
1/2 cup spelt flour
1/2 cup whole wheat flour
3/4 cup wheat germ
1 tablespoon baking powder
1 teaspoon baking soda
5 1/2 tablespoons golden raisins
3 tablespoons fructose
1 1/2 cups buttermilk
1 egg
1 tablespoon vanilla extract**



Preheat oven to 350°. Lightly spray a 12 muffin pan with non-stick cooking spray. Combine flours, wheat germ, baking powder and baking soda in a large bowl. Add the raisins and mix again.

In a separate bowl, combine buttermilk, egg, and vanilla. Mix well and add to the dry ingredients. Mix until moist.

Fill muffin pan and bake for 20 min.

Store tightly covered in refrigerat



Breakfast Porridge

Serves: 4

**1/2 cup oats
1/2 cup quinoa
1/2 cup amaranth
3 cups water
dash cinnamon
dash nutmeg
1/4 cup raisins
1/4 cup walnuts
1/4 cup flaked coconut**



Put first four ingredients in a pot and bring to a boil, cook for 20 min. Add the rest of the ingredients, stir together well and let sit for 5 min before serving.



Classic Omelette

Yield: 1

**1/4 to 1/3 cup filling
1 teaspoon butter (or 2t if sauteeing filling)
2 eggs
1 tablespoon milk or water
salt
herbs (optional)**



First, prepare the filling. A basic rule of thumb is that you need one quarter to one third cup of filling for every two eggs. If you are using a filling that needs to be cooked such as apples, mushrooms, onions, peppers, leeks; quickly saute in a small frying pan with 1 teaspoon of the butter.

If you are making a cheese omelette, either slice the cheese thinly or grate it finely and put aside. Crack the eggs into a small mixing bowl. Stir gently with a fork until well-beaten. Add the milk or water, salt and pepper, and any herbs, and set aside.

Heat a 6- to 8-inch omelette pan over high heat until very hot (approximately 30 seconds). Add the butter, making sure it coats the bottom of the pan. As soon as the butter stops bubbling and sizzling (and before it starts to brown), slowly pour in the egg mixture. Tilt the pan to spread the egg mixture evenly. Let eggs firm up a little, and after about ten seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan. Continue to cook for another minute or so until the egg mixture holds together. While the middle is still a little runny, add the filling. Put in sauteed

vegetables or fruit first, near the center, then sprinkle any cheese on top. Tilt the pan to one side and use the spatula to fold approximately one third of the omelette over the middle. Shake the pan gently to slide the omelette to the edge of the pan. Holding the pan above the serving plate, tip it so the omelette rolls off, folding itself onto the plate. The two edges will be tucked underneath.



Amazing Granola

Serves: 10

**1/2 pound Rolled oats
1/2 pound Sliced almonds
1/4 pound sunflower seed
1/4 pound shelled pumpkin seed
2 1/2 ounces hazelnuts
2 1/2 ounces sesame seeds
1/2 cup honey
4 tablespoons vegetable oil
2 tablespoons brown sugar
1/3 teaspoon orange extract
1/3 teaspoon almond extract
1/3 teaspoon vanilla extract
2 teaspoons cinnamon**



Mix all dry ingredients in large bowl. Bring all the liquid ingredients to a boil, then mix with the dry. Mix for 2-3 minutes, until well combined. Spread out on a lightly oiled sheet pan and bake at 300; until brown. Immediately remove from pans after browned and finish cooling on separate trays.



Low-Fat Honey Crepes

Serves: 6

Yield: 12 crepes

2 cups nonfat milk
1 cup all-purpose flour
4 egg whites
1 egg
1 tablespoon honey
1 tablespoon vegetable oil
1/8 teaspoon salt



1. Combine all ingredients in a blender or food processor blend until smooth.
2. Rub an 8-inch nonstick skillet with oiled paper towel or spray lightly with nonstick cooking spray heat over medium-high heat.
3. Spoon 3 to 4 Tablespoons crepe batter into skillet, tilting and rotating skillet to cover evenly with batter.
4. Cook until edges begin to brown. Turn crepe over and cook until lightly browned. Remove crepe to plate to cool. Repeat process with remaining batter.
5. Crepes may be refrigerated 3 days or frozen up to 1 month in an airtight container.



Squash pull-apart dinner rolls

Yield: 24 rolls

**1.5 cups warm milk
2 1/4 teaspoons dry yeast
2 tablespoons sugar
1 tablespoon salt
1 egg lightly beaten
3/4 cup pureed squash or canned pumpkin
5 tablespoons vegetable shortening
4-5 cups flour
2 tablespoons olive oil
2 teaspoons poppy seeds or sesame seeds**



1. In a large bowl, combine milk with yeast, sugar, and salt. Let stand 5 min, then add egg and beat well to combine.
2. Add squash and shortening, mash with a fork until shortening is in small pieces. Add 1.5C flour and mix well with a wooden spoon. Gradually mix in more flour by the cupful until dough collects around spoon and pulls away from sides of the bowl.
3. Transfer to a lightly floured surface and knead 2 minutes. Put dough in a greased bowl, cover with a towel. Let rise in a warm place until doubled in size, 1-1.5 hrs.
4. Preheat oven to 400; and butter a large baking sheet. Punch down dough, turn out on a floured work surface and knead until dough is smooth and supple, about 7 min. Cut dough into 4 balls, cut each ball into 6 pieces
5. Roll each piece into a round and arrange rounds on baking sheet so they are barely touching. Drizzle with the olive oil and sprinkle with poppy seeds, cover with plastic wrap and let rise 30 min.
6. Bake until golden brown, about 20 min. Let cool, pull apart, and serve!



Cottage Cheese Pancakes

Serves: 6
Yield: 12 pancakes

**1.25 cups whole wheat flour
1 teaspoon baking powder
2 tablespoons honey
1 teaspoon cinnamon
1/4 teaspoon salt
8 egg whites
1 cup fat free cottage cheese
1 cup plain yogurt**



- 1. Combine the first 5 ingredients in a medium bowl. Make a well in the center.**
- 2. Combine eggs, cottage cheese, and yogurt in a small bowl. Pour into well. Stir until moist.**
- 3. Heat a nonstick pan or griddle or prep a skillet with cooking spray. With medium high heat use 1/4C of batter for each pancake. Cook until light brown on both sides. Keep in a warm oven until serving!**
- 4. Serve with fruit.**



Chapter:

Drinks and Smoothies

Creamy Date Shake

Serves: 2

4 Medjool dates
1 cup milk low fat, soy or coconut
5 ice cubes
4 ounces tofu silken (1/2c)
1/2 teaspoon vanilla extract
1/4 teaspoon orange extract optional



1. In a blender, combine dates and milk at low speed until dates are completely broken up.
2. Add remaining ingredients and process at high speed until the mixture is smooth, with bits of the dates visible. Pour into iced glasses.



Chamomile-Pomegranate Tea

Serves: 4
Prep: 5 min Yield: 32 oz

4 chamomile tea bags
3 cups boiling water
1 cup pomegranate juice
**1/3 cup Stevia or SPLENDA™ No Calorie Sweetener,
Granulated**
mint leaves for garnish



Place tea bags in a large heat-proof measuring cup or pitcher; pour boiling water over tea bags. Steep 1 hour, or until cooled to room temperature. Remove and discard tea bags.

Add pomegranate juice and Stevia or SPLENDA™ Packets, stirring until sweetener dissolves. Serve over ice; garnish with mint sprigs.



Green Smoothie

Yield: 1 serving

**1 cup orange juice
1/2 cup water
1 cup blueberries
1 banana
1-2 cup chopped kale**



Add the ingredients to a blender, blend, serve and enjoy :)



Homemade Ginger Ale

Serves: 4

Ginger Water

1 cup peeled, finely chopped ginger root

2 cups water

Simple Syrup

1 cup sugar

1 cup water

club soda

lime juice

lime wedges



1 Bring 2 cups of water to a boil in a saucepan. Add ginger. Reduce heat to medium low and let ginger sit in the simmering water for 5 minutes. Remove from heat and let sit for 20 minutes. Strain liquid through a fine mesh strainer. Discard ginger pieces.

2 In a separate saucepan, make the Simple Syrup by dissolving 1 cup granulated sugar into 1 cup of boiling water. Set aside.

3 Make individual (tall) glasses of ginger ale by mixing 1/2 cup of ginger water with 1/3 cup of Simple Syrup and 1/2 cup of club soda. Add a few drops of fresh lime juice and a lime wedge to each glass.



Canyon Ranch Cocktail

**sparkling water like San Pellegrino
angostura bitters
fresh lime or lemon juice**



1. Fill your glass with sparkling water
2. Add a couple of dashes of the bitters, or enough to make the drink a pretty pink color.
3. Add lime or lemon juice to taste, if desired.



Easy Green Cocktail

**8 ounces water
1 scoop whey protein powder
1 scoop green food powder
Stevia
dash cinnamon**

Mix it all in a blender!



Chapter:

Soups and Salads

Cream of Parsnip Soup

Yield: 8 servings

2 teaspoons unsalted butter
1 cup diced shallot (about 3)
1/4 cup diced onion
3/4 cup white wine
**3 1/2 cups peeled, chopped parsnips
(about 9 small)**
**5 cups chicken stock (see chef's notes,
below)**
3/4 teaspoon white balsamic vinegar
3/4 teaspoon salt
pinch pepper
3/4 cup half-and-half



In wide saucepan over medium-low heat, melt butter. Add shallots and onion and saute, stirring, until translucent, about 4 minutes. Add wine, stir well, and bring to boil. Reduce heat to medium-low and simmer until wine is reduced by half, about 10 minutes. Add parsnips, chicken stock, vinegar, salt, and pepper and bring to boil. Reduce heat and simmer gently, uncovered, until parsnips are completely tender, about 45 minutes. Remove pan from heat and use immersion blender to puree the soup (or cool slightly and puree in batches in standing blender, transferring puree to clean saucepan). Whisk in half-and-half. Set over low heat and reheat until steaming. Serve 3/4 cup portions in soup bowls.

Chef's notes: I recommend making your own chicken stock or using natural brands such as Imagine or Pacific Natural Foods, which tend to be low in sodium and are free of artificial ingredients.

For a pretty garnish, top the soup with chopped parsley and roasted parsnips: Simply peel and cut one large parsnip into thick matchsticks, toss with a small amount of olive oil and **sea salt**, and roast in a preheated oven at 450° until soft and brown, about 20 minutes.

Take care when pureeing hot liquids. If using a standing blender, cool the liquid slightly before pouring it in, and cover the blender's lid with a kitchen towel to avoid burns from escaping steam. If using an immersion blender, submerge the blender in the liquid before turning it on to avoid splatters.



Winter Vegetable and Bean Soup with Pesto

Serves: 4

**2 cups (packed) fresh basil leaves
1/2 cup drained canned diced tomato
3 tablespoons freshly grated Parmesan cheese
2 tablespoons extra-virgin olive oil
3 garlic cloves, peeled
2 large leeks (white and pale green parts only), chopped
2 medium carrots, peeled, diced
1 ounce 6- white-skinned potato, peeled, diced
3 tablespoons water
8 cups canned vegetable broth
1/2 cup orzo (rice-shaped pasta)
6 ounces green beans, trimmed, cut into 1/2-inch pieces
1 ounce 5- can cannellini (white kidney beans), rinsed, drained
1/4 teaspoon dried crushed red pepper
2 tablespoons freshly grated Parmesan cheese**



Preparation For pesto: Puree all ingredients in processor. Season with salt and pepper. (Pesto can be made 1 day ahead. Cover and refrigerate.)

For soup: Combine first 4 ingredients in heavy large pot. Cover and cook over medium-low heat until vegetables are almost tender, stirring occasionally, about 8 minutes. Add broth; bring to boil. Stir in orzo; boil uncovered until orzo is almost tender, stirring often, about 12 minutes. Add green beans; reduce heat and simmer until beans are tender, about 6 minutes. Stir in cannellini and crushed pepper; simmer until heated through, about 3 minutes. Season with salt and pepper. Divide pesto among 4 bowls. Ladle soup over pesto; swirl to blend. Sprinkle with 2 tablespo



Roasted Red Pepper - Tomato Soup

Serves: 10

**3 red bell peppers halved, seeded
3 tablespoons olive oil
1 onion chopped
2 cloves garlic minced
1 (28-ounce) can plum tomato
1 tablespoon Spanish paprika
3 cups chicken broth or
vegetable stock
2 teaspoons lemon juice
plain yogurt or creme fraiche and parsley
for garnish**



Preheat the broiler. Place red peppers cut side down in a baking pan and broil 4-5" from heat until the skins are black and blistered (about 8min) Let cool. Peel the peppers and set aside.

In a 3-4quart pan over med heat add the olive oil and onion, stir often until onion is soft (5 min). Add the garlic and stir another 1-2min. Add the roasted peppers and tomatoes, along with their juices, and the paprika. Bring to a low simmer and cook, stirring occasionally, about 3 min.

In a blender or food processor puree the soup in small batches until smooth. Return the puree to the pan and stir in the broth and lemon juice. Heat it all up, season with s/p to taste.

Serve in cups or bowls garnished with a dollop of creme fraiche or plain yogurt and parsley.



Bibb Lettuce with Shrimp, Asparagus, and Chive Aioli

Yield: 12 salads

**2 cups low fat mayonnaise or Vegenaise
1/4 cup white wine vinegar
1/4 cup chopped fresh chives
2 tablespoons water
2 garlic cloves, minced
2 pounds asparagus, trimmed,
cut into 1 1/2-inch pieces
4 heads of Bibb lettuce, torn into bite-size pieces
(about 2 cups)
1 1/4 pounds cooked bay shrimp
3 cups halved cherry tomatoes**



Preparation Whisk first 5 ingredients in medium bowl. Season dressing with salt and pepper. Cook asparagus in pot of boiling salted water until crisp-tender, about 2 minutes. Drain. Rinse under cold water. Drain well. (Dressing and asparagus can be made 1 day ahead. Cover separately and chill.) Toss lettuce with half of shrimp, half of tomatoes, and half of asparagus in large shallow bowl. Top salad with remaining shrimp, tomatoes, and asparagus. Drizzle salad with dressing and serve.



Cinnamon Pumpkin Bisque

Serves: 4

1 medium onion
1 tablespoon canola oil
1 tablespoon garlic
2 teaspoons cinnamon
2 tablespoons whole wheat flour
5 cups vegetable stock
4 cups cooked pumpkins (canned or fresh)
1/2 cup soy milk
1 sea salt and pepper to taste



1. In a large pot, saute the onion over medium heat until soft. Add the garlic and saute 2 min more. Add cinnamon and flour. Stir until well blended.
 2. Slowly pour the stock over the mixture and stir to combine. Add the pumpkin and bring to a boil. Lower the heat and simmer for 25 min.
 3. Place in a blender in batches and puree until smooth.
 4. Return to the soup pot and stir in the soymilk. Reheat but do not boil! Season to taste with S/P.
- Serve sprinkled with cinnamon.



Quinoa and Edamame salad

Serves: 2

1/4 cup quinoa
1/2 chopped red bell pepper
1/4 cup shelled edamame
1/8 cup diced red onion
1/8 cup dried tart red cherries
White Wine Vinaigrette Dressing
2 tablespoons olive oil
1 teaspoon Dijon style mustard
2 tablespoons white wine vinegar
pinch sugar
sea salt and pepper
2 tablespoons shelled sunflower seeds



Cook quinoa, cool and toss with red pepper, edamame, onion, and dried tart cherries.

For white wine vinaigrette dressing, whisk together olive oil, white wine vinegar, Dijon mustard, and sugar. Add salt and pepper. Mix 2 tbsp dressing (or more to taste) into salad and sprinkle with 2 tbsp shelled sunflower seeds.



Carrot - Apple Coleslaw

Serves: 4

1/4 cup cider vinegar

1 tablespoon Dijon style mustard

1 tablespoon olive oil

1/4 teaspoon sea salt or more to taste

1/4 teaspoon black pepper to taste

**6 cups red,white and/or napa cabbage
shredded**

1 cup shredded carrot

2 Granny Smith apples Granny Smith or your choice

1/4 cup parsley chopped

2 tablespoons raw walnuts chopped



In a medium bowl, whisk together vinegar, mustard, oil, salt, pepper.

In a large salad bowl, combine cabbage, carrots, apples and parsley; toss with dressing to coat. Top with walnuts, if desired. Cover and chill in refrigerator for at least 30 minutes.



Peruvian Quinoa Stew

Serves: 4

**1/2 cup quinoa
1 cup water
2 cups onions chopped
2 cloves garlic minced
2 tablespoons vegetable oil
1 stalk celery chopped
1 carrot chopped
1 green bell pepper cut in 1" pieces
1 cup zucchini cubed
2 cups chopped tomatoes canned or fresh
1 cup vegetable stock
2 teaspoons cumin
1/2 teaspoon chili powder
1 teaspoon coriander
pinch cayenne pepper
1 teaspoon dried oregano
sea salt and pepper
fresh cilantro and grated cheddar to garnish**



Rinse quinoa, cook it covered on med heat about 15 min, until soft. Set aside.

In a soup pot, saute the onions and garlic in the oil for about 5 min on med heat. Add celery and carrots and continue to cook for another 5 min, stirring often. Add the bell pepper, zucchini, tomatoes, and water or stock. Stir in all spices and simmer, covered, for 10-15 min, until the veggies are tender. Stir in the quinoa and add s/p to taste. Top with the optional cilantro and cheese and serve!



Orange and Fennel Salad

Serves: 2

**1 fennel root
2 peeled oranges
1 tablespoon olive oil
1 tablespoon red wine vinegar
sea salt and pepper
2 tablespoons sweetened
cranberries**



-Slice one large fennel bulb in a bowl.

-Slice 2 peeled oranges and put divided sections into bowl.

-Drizzle with 1T olive oil, 1T red wine vinegar, s/p, toss.

-Top with sweetened cranberries.



Minestrone Soup with Quinoa

Yield: 8 cups

2 tablespoons olive oil
2 medium carrots cut into 1/2" dice
1 cup fennel root diced
1 cup red onion diced
2 cloves garlic chopped
2 bay leaves
2 teaspoons fresh thyme
1/4 teaspoon fennel seeds
1.5 cups northern beans or cannellini
2 cups Italian plum tomatoes diced
1/3 cup uncooked quinoa
sea salt and pepper
1 cup fresh spinach cut chiffonade
3 tablespoons fresh basil sliced
2 ounces Parmesan cheese optional



In a large heavy-bottomed pot, heat oil over medium heat. Add carrots, fennel, onion, garlic, bay leaves, thyme, and fennel seeds, and cook, stirring often, until veggies are tender, about 8 min.

Add 6C water, beans, tomatoes, and quinoa. Increase heat to high and bring to a boil. Reduce heat to low and simmer gently for about 20 min, until quinoa is tender.

Remove bay leaves, season with salt and pepper.

Stir in spinach and basil just before serving in warm bowls. Garnish with cheese if desired.



Orange, Jicama and Watercress Salad

**2 fresh limes squeezed
1 teaspoon grated lime rind (zest)
2 teaspoons sea salt
1 teaspoon fresh ground black pepper
1/2 cup olive oil
1/2 small jicama peeled,
cut into 1/4" matchsticks
3 large oranges
3 bunches watercress (8C packed)
3/4 cup raw green shelled pumpkin seed toasted**



In a small bowl, whisk together lime juice, zest, s/p. Gradually whisk in olive oil until mixture emulsifies.

In a medium bowl, toss together jicama and 1/4C viniagrette, reserving the remaining viniagrette. Let marinate.

Using a paring knife and working over large bowl to catch juice, remove peel and white pith from oranges then cut between membranes and remove segments.

In the bowl with the orange juice, add the orange segments, jicama (including viniagrette), and watercress.

Toss well to combine. Add as much extra viniagrette as you'd like or save the reserved portion for another use.

Garnish with toasted pumpkin seeds.



Red Quinoa and Black Bean Salad

Serves: 6

**1 cup uncooked red quinoa
2 cups water
4 teaspoons fresh lime juice or
more to taste
1/4 t ground cumin
1/4 teaspoon ground coriander
1 tablespoon chopped cilantro
2 tablespoons minced scallions
1 (15-ounce) can black beans
2 cups diced tomatoes (or one 24oz can)
1 cup diced red bell pepper
2 teaspoons fresh or canned green chilies minced
sea salt and pepper**



Add red quinoa to 2 cups of water. Cover and simmer about 10-15 minutes, until all the water is absorbed. Set aside to cool. Combine lime juice, cumin, coriander, cilantro, scallions, beans, tomatoes, bell peppers, and chilies. Add cooled quinoa, salt and pepper to taste.



Simple Summer Bean Salad

Serves: 6

**3 cups frozen edamame
2 cups corn kernels
1/3 cup red onion diced
black pepper to taste**



Combine all ingredients in a microwave safe dish and heat on high in microwave for 4-5 min!



Cauliflower Salad

Serves: 8

**1 large cauliflower chopped
5 stalks celery chopped
6-8 green onions chopped
4 hard boiled eggs chopped or sliced
1/4 cup fat-free mayonnaise
2 tablespoons cider vinegar
1 teaspoon mustard
dash celery seeds
sea salt and pepper to taste**



Mix all ingredients in a large bowl and serve chilled.



Chapter:

Sides, Bites and Tapas

MARGHERITA PIZZA WITH ARUGULA

Yield: 8 individual pizza toppings

**1 can (25 oz) crushed plum tomatoes
3/4 cup chopped fresh basil
2 tbsp finely chopped fresh garlic
3 tbsp extra-virgin olive oil
1 1/2 cups grated lowfat romano cheese
1 1/2 cups grated lowfat fontina cheese
6 cups roughly chopped arugula
2 tbsp balsamic vinegar
grilled pizza crust**



To make sauce, combine tomatoes, basil, garlic, and 1 tbsp oil in a medium-sized bowl. Stir well and set aside for up to 1 hour. Mix cheeses together in a bowl. In a separate bowl, combine arugula, remaining 2 tbsp oil, and vinegar. Season with salt and pepper.

Make crust. While second side of each crust is grilling, spread 1/8 cheese mixture over cooked side of each crust; dollop each with 1/3 cup sauce. (Do not spread.) Top with arugula. Rotate 3 to 4 minutes until bottom is golden brown.



Tuscan Beans in Summery Tomato Ragu

Prep: 45 min Yield: 8 servings

**1 pound dried cannellini or great northern beans,
picked over and rinsed**
2 pints grape tomatoes (about 1 pound)
1 small onion, finely chopped
1 celery rib, thinly sliced
3 garlic cloves, minced
2 tablespoons extra-virgin olive oil
2 tablespoons unsalted butter, divided
3 thyme sprigs
1 teaspoon sugar
1/2 cup grated parmigiano-reggiano cheese
accompaniment: crusty bread



Soak beans in water to cover by 2 inches overnight (8 hours) or quick-soak (see cooks note, below), then drain.

Cover beans with water by 2 inches in a 5-to 6-quart pot. Bring to a boil, then reduce heat and briskly simmer, uncovered, stirring occasionally and skimming foam, until beans are very tender, 40 to 50 minutes. Reserve 2 cups cooking water, then drain beans.

Halve 1 cup tomatoes lengthwise and set aside. Pulse remaining tomatoes in a food processor until almost smooth. Preheat oven to 450° with rack in middle.

Cook onion, celery, and garlic in oil and 1 tablespoon butter with 1/4 teaspoon each of salt and pepper in a 12-inch heavy skillet, stirring occasionally, until softened, about 5 minutes. Add tomato puree, thyme, sugar, 3/4 teaspoon salt, and reserved 2 cups bean-cooking water and simmer, stirring occasionally, until liquid is slightly thickened, about 10 minutes. Whisk in remaining tablespoon butter, then stir in beans.

Transfer to a 3-quart shallow baking dish. Sprinkle evenly with cheese, then scatter tomato halves over top. Bake, covered tightly with foil, until liquid is reduced and beans are saucy but not soupy, 25 to 30 minutes. Let stand, covered, 10 minutes before serving (beans will continue to absorb liquid).

Cooks' notes: To quick-soak beans, cover with water by 2 inches in a 5-to 6-quart heavy pot and bring to a boil, then boil 1 minute. Remove from heat and cover, then soak 1 hour. Drain, discarding water. Beans can be cooked 1 day ahead. Cool in liquid, then chill. Or, obviously, you can buy canned beans. Tomato ragu can be made 1 day ahead and chilled. Dish can be assembled (but not baked) 8 hours ahead and chilled.

Spinach Dip

Serves: 4

Prep: 5 min Yield: 4

**1 cup low-fat cottage cheese
1 cup low-fat greek yogurt
1 package onion soup mix
1 can water chestnut chopped and drained
1/4 cup grated carrot
1 (10-ounce) package frozen spinach thawed,
chopped, and drained**



1. In a bowl, mix cottage cheese, yogurt and soup mix. Add water chestnuts, carrots and spinach and stir gently.
2. Refrigerate for about 2 hours before serving.



Toasted Goat Cheese Ravioli

Yield: 24 ravioli

olive oil cooking spray
24 whole wheat wonton wrappers
1/3 cup soft goat cheese (even better with herbs!)
1/4 cup low fat Parmesan cheese grated



Preheat oven to 400°. Coat a baking sheet with cooking spray.

Arrange wonton wrappers on a flat surface. Spoon a small amount (around 1/2t - 3/4t) goat cheese onto each wonton. Dip your fingers in water and wet the edges of the wonton. Fold wonton over, making a triangle and press down the edges to seal.

Transfer the wontons to the baking sheet and spray lightly with cooking spray.
Bake 8-10 min until the wontons are brown and toasted.



Jicama Slaw

Serves: 8

**2 cups shredded jicama
1/3 cup diced onion
1/3 cup shredded carrot
2 tablespoons diced cucumbers
2 teaspoons extra virgin olive oil
1 tablespoon fresh lime juice
1/4 teaspoon caraway seeds
sea salt and pepper to taste
1 teaspoon agave nectar**



1. In a large bowl, thoroughly combine jicama, onion, carrots, and cucumber.
2. In a separate bowl, mix remaining ingredients together, then toss together with vegetables. Chill.



Easy Black Bean Hummus

Serves: 12

**1 (15-ounce) can black beans drained and rinsed
1 (15-ounce) can garbanzo beans drained and rinsed
1/3 cup water
4 tablespoons lemon juice
3 cloves garlic finely minced
1 teaspoon sesame oil
1/4 teaspoon cumin
5 pieces sun dried tomato
sea salt and pepper to taste
parsley dried or fresh to garnish**



Place all ingredients except parsley in a food processor. Process until smooth. Pour into a dish and sprinkle with parsley. Cover and refrigerate for 2 hours. Enjoy with warm pitas or fresh vegetables



Peach, Prosciutto, and Goat-Cheese Pizzas

Prep: 40 minutes Yield: 4 individual pizzas

**1 1/4 packages yeast
1 teaspoon sugar
1 cup warm water 110-115 degrees
2 1/2 cups all-purpose flour
1 teaspoon salt
3 tablespoons extra-virgin olive oil
1 1/2 firm-ripe peaches, cut into thin wedges and halved crosswise
8 very thin prosciutto slices, torn into pieces
3 oz soft mild goat cheese, crumbled
2 teaspoons chopped fresh rosemary
special equipment: a pizza stone**



Make dough and let rise: Stir yeast and sugar into water until dissolved and let stand 5 minutes, or until foamy. Whisk together flour and salt in a bowl and add yeast mixture, stirring until a dough forms. Knead dough on a floured surface 5 minutes. Put in an oiled large bowl and turn to coat. Let rise, covered with plastic wrap, in a warm place until doubled in bulk, about 1 1/2 hours.

While dough is rising, put pizza stone in lowest position of oven to preheat at 450°.

Shape dough: Quarter dough on floured surface and dust with flour. Shape and stretch 2 pieces of dough into 7- by 5-inch ovals (keep remaining dough covered).

Top and bake pizzas: Working quickly, brush ovals with some oil and top each with one fourth of peaches, prosciutto, cheese, and rosemary. Season with salt and pepper. Bake until crisp and golden, 6 to 8 minutes. Shape, top, and bake 2 more pizzas in same manner. Drizzle remaining oil over pizzas.



Asian BBQ Turkey Lettuce Wraps

Serves: 8

**1 pound ground turkey
1/3 cup hoisin sauce
1/2 cup barbecue sauce
1 tablespoon ginger root fresh,
peeled and grated
1 clove garlic minced
1/4 cup pine nuts toasted
1/4 cup scallion diced
2 tablespoons ginger crystallized,
minced
10+ Bibb lettuce leaves**



Over medium heat, crumble turkey into a wok or large skillet and sauté, stirring to break up any clumps. Cook until lightly browned.

Stir in hoisin and barbecue sauces, ginger root and garlic. Cook until hot and well blended. Mix in pine nuts, scallions and crystallized ginger, tossing gently just long enough to heat through and blend well.

To serve, spoon the hot turkey mixture into each lettuce leaf cup and roll tightly to enclose the turkey mixture.



Cinnamon ginger sweet potatoes

Serves: 6

1 cup low sodium chicken broth
1/2 onion diced
1.5 tablespoons fresh ginger minced
4 cloves garlic chopped
6 medium sweet potatoes peeled and cubed
1 teaspoon cinnamon
1 tablespoon honey
sea salt and pepper



1. Heat a large skillet on medium high heat, add 1 tbsp of broth and sauté onions until soft.
2. Add ginger and garlic and mix together with onions.
3. Add sweet potatoes, cinnamon, honey and remaining broth. Stir and let simmer until potatoes are tender (about 15 minutes).
4. Season with salt and pepper. Serve hot.



Chapter:

Vegetables

Warm Asparagus and Mushrooms

**1 pound asparagus spears coarsely chopped
1 tablespoon vegetable broth
4 cups mushrooms thinly sliced
1/2 cup onion chopped
1 tablespoon garlic minced
1/4 cup fresh lemon juice
2/4 tablespoon flaxseed oil**



Prepare the asparagus by discarding the bottom part of the stalk and slicing the rest on a diagonal.

Steam the asparagus for about 5 min, until it is crisp but tender.

Set aside.

Heat the broth, mushrooms, onions, and garlic in a skillet, cooking until soft.

Add the asparagus and drizzle with lemon juice.

Remove from skillet, to a serving platter and allow to cool.

Drizzle 1/2 to 1T flaxseed oil over each serving at room temperature.



Sauteed Greens

Serves: 4

**1/2 cup thinly sliced onion
1 tablespoon olive oil
1 pound dark leafy greens like swiss chard,
kale,
turnip greens, dandelion greens, collard
greens, etc
sea salt and pepper to taste**



1. In a large sauté pan, sauté onions in olive oil over medium heat until onions begin to turn brown and caramelize, about 5 to 10 minutes.
2. Add dark leafy greens and briefly cook until wilted. Season with salt and pepper and serve. Each serving is 1/2 cup.



Mushroom "Burgers"

Serves: 4

**1.5 cups cubed Portobello mushrooms
3 extra large eggs beaten
1/2 cup oat bran
8 ounces low fat Swiss cheese or Jarlsberg, shredded
1/2 cup chopped parsley plus extra for garnish
sea salt and pepper to taste
3 tablespoons vegetable oil for pan frying**



Combine mushrooms, beaten eggs, oat bran, shredded cheese, parsley, and salt and pepper in large mixing bowl. Shape mixture by hand, pressing ingredients together into burgers.

Heat large skillet over medium heat. When hot, add 2 tablespoons oil, place several burgers at a time in skillet and pan-fry for 3 to 4 minutes, or until golden. Turn over, and pan-fry second side until golden. Remove from heat, and drain on paper towels. Repeat, adding remaining oil, until mixture is gone.

To serve, arrange burgers on plate, and garnish with parsley and cheese, if desired.



Stuffed Tomatoes with Rice and Pecans

Serves: 6

6 large tomatoes
1 cup brown rice
1/2 cup pecans chopped
2 cloves garlic minced
3 cups vegetable stock or chicken stock
3 tablespoons fresh chopped parsley
sea salt and pepper to taste



1. Preheat oven to 450°.
2. Cut off the stem ends of the tomatoes, scoop out and discard the seeds forming large cups. Place cups upside down to drain.
3. Rinse the rice. Bring 3 C water to a boil in a saucepan. Add the rice and cook uncovered for 20 min.
4. Drain the rice in a colander like you would pasta. It will be firm still. Stir the pecans into the rice.
5. Arrange the tomato cups in a baking dish. Sprinkle them with salt and pepper and fill them with the rice mixture.
6. Over the rice, sprinkle the chopped garlic. Pour the stock over the tomatoes moistening the rice thoroughly. Cover and bake for 25-30 min or until rice is tender, basting occasionally.
7. Garnish with chopped parsley and serve.



Stuffed Yellow Bell Peppers

Serves: 4

**4 large yellow bell pepper
2 teaspoons extra virgin olive oil
1/2 cup diced red onion
1 teaspoon minced garlic
1/2 cup diced zucchini
1/2 cup diced fennel
1/2 cup diced summer squash
1/2 cup diced eggplant
1/3 cup finely chopped pine nuts
1/3 cup golden raisins
1 teaspoon sea salt
1/4 teaspoon black pepper
2/3 cup Panko bread crumbs
1 cup marinara sauce**



1. Preheat oven to 375°. Lightly coat a sheet pan with canola oil. Place whole peppers on sheet pan and roast for 15 to 20 minutes or until skin is brown. Transfer from oven and quickly dip in ice cold water. Peel skins, careful not to remove stem. Using a sharp knife, make a slit, starting at the base of the stem, lengthwise down one side. Carefully scoop out seeds and membrane. Set aside.

2. In a large sauté pan, sauté onions and garlic in olive oil until onions are translucent. Add zucchini, fennel, yellow squash and eggplant. Add nuts, raisins, salt and pepper. Transfer to a food processor and chop slightly. Stuff each roasted pepper with 1/2 cup mixture. Lightly spray with olive oil and roll in Panko breadcrumbs. Place back on sheet pan.

3. Increase oven temperature to 400° and bake stuffed peppers for 15 minutes, turning every 5 minutes, until golden brown. Serve with 1/4 cup marinara sauce.



Zucchini-Feta Pancakes

Serves: 4

4 eggs, separated
4 cups coarsely grated zucchini
1 cup crumbled feta cheese **
1/2 cup finely minced scallions
2 teaspoons dried mint leaves or 1T fresh mint leaves
1 sea salt and pepper to taste, I recommend going heavy on the pepper here
5 1/2 tablespoons flour
1 vegetable oil for pan frying
1 sour cream or yogurt for topping



Beat the egg whites until stiff. In a medium bowl, combine zucchini, egg yolks (or not), feta, scallions, seasonings, and flour. Mix well. Fold the egg whites into the zucchini mixture.

Heat some oil in a heavy skillet. When it is very hot, add spoonfuls of batter, fry on both sides until golden and crisp. Serve immediately with topping of sour cream or yogurt.

**You can try substituting goat cheese, or sharp cheddar!



Swiss Chard with Raisins and Almonds

4 servings

1/2 large onion, sliced lengthwise 1/4 inch thick (1 cup)
2 1/2 tablespoons extra-virgin olive oil, divided
1/4 teaspoon spanish smoked paprika
2 pounds swiss chard, center ribs discarded and leaves coarsely chopped
1/2 cup golden raisins
1/2 cup water
1/4 cup coarsely chopped almonds with skins



Cook onion with 1/4 teaspoon salt in 2 tablespoons oil in a 5- to 6-quart heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted, then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt. Cook almonds in remaining 1/2 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes. Sprinkle almonds over chard.



Japanese Stir-fry Vegetables with Edamame

Serves: 2

2 teaspoons canola oil
1/4 cup chopped red onion
1/4 cup thinly sliced red bell pepper
1/4 cup thinly sliced yellow bell pepper
3/4 cup snow pea
1/2 cup broccoli florets
1/4 cup sliced Shiitake mushrooms
1/2 cup shredded Napa cabbage
1/2 cup shelled edamame
1/3 cup Your favorite barbecue sauce
1 cup cooked brown rice



1. Heat wok until hot and add oil. Add vegetables in order they appear and cook for 30 seconds after each addition. Vegetables should be tender, but still a little crisp.
2. Add sauce and toss to coat vegetables. Serve 1 1/2 cups vegetables over 1/2 cup brown rice.



Grilled Vegetable Wraps

Serves: 4

**1 medium red bell pepper
1 medium yellow bell pepper
2 large Portobello mushrooms
1 small eggplant
4 fresh pineapple slices 1/2" rings
1 tablespoon balsamic vinegar
1 tablespoon dry oregano
1 tablespoon dry basil
4 cups chopped Romaine lettuce
4 whole wheat flour tortillas
about 9" in diameter**



1. Preheat grill.
2. Cut bell peppers in quarter remove ends and seeds. Peel eggplant and slice lengthwise. Stem Portobello mushroom.
3. Grill vegetables and pineapple rings until tender. Remove and let cool.
4. Remove any lose skin from the peppers. Julienne vegetables and fruit and toss together in a medium size bowl with vinegar, oregano and basil.
5. Place tortilla onto flat working surface. Spoon 1 cup vegetables and 1 cup romaine lettuce onto each tortilla. Roll tortilla, folding ends in, and cut in half on the diagonal.



Chapter:

Grains, Rice and Pasta

Bulgur Waldorf Salad

Serves: 4

**1 cup prepared bulgur wheat
1 Granny Smith apple cored and chopped
1 tablespoon fresh lemon juice
1 cup celery thinly sliced
1 cup red seedless grape halved
1/2 cup plain Greek yogurt
2 tablespoons fresh mint leaves chopped
3 tablespoons toasted walnuts chopped
black pepper to taste**



1. Place bulgur in a large bowl. Add apple and lemon juice and combine. Add celery, grapes, yogurt and mint, mixing thoroughly. Season with pepper.
2. Cover and refrigerate for at least an hour, if not overnight, to allow flavors to meld. When you are ready to serve, sprinkle with walnuts.



Sweet Potato Gnocchi with Brown Butter and Sage

Yield: 10 to 12 servings

**2 pounds red-skinned sweet potatoes (yams), rinsed, patted dry, pierced all over with fork
1 (12-ounce) container fresh ricotta cheese, drained in sieve 2 hours
2 tablespoons (packed) golden brown sugar
2 teaspoons plus tablespoons salt
1/2 teaspoon freshly ground nutmeg
2 3/4 cups (about) all purpose flour
1 cup (2 sticks) unsalted butter
6 tablespoons chopped fresh sage plus whole leaves for garnish
1 cup finely grated Parmesan cheese about 3oz**



Line large baking sheet with parchment paper. Place sweet potatoes on plate; microwave on high until tender, about 5 minutes per side. Cut in half and cool. Scrape sweet potato flesh into medium bowl and mash; transfer 3 cups to large bowl. Add ricotta cheese; blend well. Add Parmesan cheese, brown sugar, 2 teaspoons salt, and nutmeg; mash to blend. Mix in flour, about 1/2 cup at a time, until soft dough forms. Turn dough out onto floured surface; divide into 6 equal pieces. Rolling between palms and floured work surface, form each piece into 20-inch-long rope (about 1 inch in diameter), sprinkling with flour as needed if sticky. Cut each rope into 20 pieces. Roll each piece over tines of fork to indent. Transfer to baking sheet.

Bring large pot of water to boil; add 2 tablespoons salt and return to boil. Working in batches, boil gnocchi until tender, 5 to 6 minutes. Transfer gnocchi to clean rimmed baking sheet. Cool completely. (Can be made 4 hours ahead. Let stand at room temperature.)

Preheat oven to 300°. Melt butter in heavy large saucepan over medium-high heat. Cook until butter solids are brown and have toasty aroma, swirling pan occasionally, about 5 minutes. Add chopped sage (mixture will bubble up). Turn off heat. Season sage butter generously with salt and pepper. Transfer half of sage butter to large skillet set over medium-high heat. Add half of gnocchi. Sauté until gnocchi are heated through, about 6 minutes. Empty skillet onto rimmed baking sheet; place in oven to keep warm. Repeat with remaining sage butter and gnocchi. Divide gnocchi and sauce among shallow bowls. Garnish with sage leaves.



Spinach and Wild Rice Casserole

Serves: 12

4 cups cooked wild rice
2 pounds washed spinach
4 eggs
2 bunches green onions
1 teaspoon salt
1 cup sunflower seed
1/2 teaspoon pepper
4 tablespoons chopped parsley
1/2 pound Cheddar cheese grated fine
2 tablespoons sesame seeds
2 tablespoons butter



Beat 4 eggs with salt, pepper, stir into rice. Stir in cheese and parsley.

Tear stems from spinach and chop these tough stems very fine. Fry them lightly with 2 big bunches of green onions chopped fine (including most of the green part).

Tear up or chop coarsely the spinach leaves and stir them into the frying pan to wilt a little. Then stir it all into the rice mix.

Stir in some sunflower seeds. Taste for seasoning. Pack into 1 or 2 greased heavy casseroles.

Top with toasted sesame seeds.

Bake at 350 degrees for 35 minutes, uncovered.



Roasted Portobello and Prosciutto Lasagna

8 servings

3 tablespoons plus 2 teaspoons olive oil
2 1/2 pounds (about 10) portobello mushrooms, stems trimmed
1 cup chopped prosciutto (about 6 ounces)
2/3 cup chopped shallot (about 2 large)
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
4 cups whole milk
4 ounce low-salt chicken broth
1 bay leaf
1/2 cup (1 stick) butter
2/3 cup all purpose flour
2 cups (about 8 ounces) shredded gruyere cheese
1/3 cup grated Parmesan cheese
1/8 teaspoon ground nutmeg
1 pound lasagna noodles
1/2 cup grated Parmesan cheese
2 tablespoons butter, cut into 1-inch pieces



For filling: Preheat oven to 400°. Brush rimmed baking sheet with 1 tablespoon olive oil. Toss mushrooms with 2 tablespoons olive oil in large bowl to coat. Arrange mushrooms, gill side up, in single layer on prepared baking sheet. Sprinkle with salt and pepper. Roast until tender, about 45 minutes. Cool. Cut mushrooms into 1/3-inch-thick slices.

Meanwhile, heat remaining 2 teaspoons oil in medium nonstick skillet over medium heat. Add prosciutto; sauté until browned, about 3 minutes. Add shallots, rosemary, and thyme. Cook until shallots are tender, stirring frequently, about 5 minutes. (Mushrooms and prosciutto-shallot mixture can be made 1 day ahead. Cover separately and chill).

For sauce: Bring milk, broth, and bay leaf to simmer in heavy large saucepan over medium heat. Remove from heat. Let stand 10 minutes; discard bay leaf. Melt butter in heavy medium saucepan over medium-low heat. Whisk in flour; stir 2 minutes. Whisk in hot milk mixture; bring to boil, whisking frequently. Reduce heat to low; simmer 5 minutes, stirring frequently. Remove from heat; stir in Gruyere, Parmesan, and nutmeg. Season to taste with salt and pepper.

For lasagna: Cook noodles in large pot of boiling salted water until almost tender but slightly undercooked (noodles will finish cooking in oven). Drain and rinse with cold water. Drain again; pat dry.

Butter 13x9x2-inch glass baking dish. Spread 1 cup sauce over bottom of prepared dish. Arrange 1/3 of noodles over sauce, overlapping to fit. Spread about 1 2/3 cups sauce over noodles. Arrange

1/2 of mushrooms over sauce. Scatter 1/2 of prosciutto mixture over mushrooms. Arrange 1/2 of remaining noodles over mushrooms, overlapping to fit. Spread 1 2/3 cups sauce over noodles. Arrange remaining mushrooms over sauce, sprinkle with remaining prosciutto, and top with remaining noodles. Spread remaining sauce over noodles, sprinkle Parmesan cheese over, and dot with butter.

(Can be made 1 day ahead. Cover and refrigerate.) Preheat oven to 350°. Bake lasagna until top is golden brown and sauce is bubbling, about 45 minutes (about 1 hour if refrigerated). Let stand 20 to 30 minutes before serving.



"New England" Ravioli (Pasta Dough)

**1.5 cups unbleached flour
1/2 cup semolina
1/4 teaspoon salt
1 egg
water**



Mix dry ingredients with 1 egg and 5-7 T of cold water in mixer until a smooth dough forms. Use this dough in your pasta maker to create long sheets for ravioli or be creative with your own shapes!



Savory Indian Harvest Corn and Wild Rice Cakes

Serves: 4

1 tablespoon olive oil
1 medium onion diced
1 tablespoon chopped garlic
3/4 cup corn kernels
2 tablespoons minced cilantro
2.5 cups cooked wild rice
For Batter:
3 ounces silken tofu
2/3 cup almond or coconut milk
1 egg
1 cup unbleached flour
1/4 cup whole wheat pastry flour
1/4 teaspoon black pepper
1 teaspoon baking powder
olive oil cooking spray



Heat oil in a large skillet over medium high heat. Add the onion and saut  until translucent and lightly brown. Lower the heat to medium and add the garlic and cook 1 more minute. In a medium bowl mix the onion saut  with the corn, cilantro, and wild rice.

Mix all the batter ingredients in a food processor until smooth. Pour the batter mixture into the vegetable mixture and stir well.

Preheat a non-stick griddle or skillet until hot. Place 2 tablespoons of batter on the grill and pat out gently to form a 3 to 4 inch diameter cake. Cook the cakes slowly over medium heat, turning when one side has browned and the top looks dry. Serve with your choice of topping.



White Risotto

Serves: 4

2/3 cup pearl barley
1 tablespoon extra virgin olive oil
1 chopped scallion
2 carrots diced
2 stalks celery diced
2 large leeks white parts diced
1/2 cup chicken stock or veg stock
1/2 cup grated Romano cheese
parsley to garnish



1. Place barley in a saucepan with 1 1/2C water. Bring to a boil, lower heat, and simmer until barley is soft, about 40-50 min. Drain excess water and set barley aside.
 2. In a large skillet heat the EVOO and saute the scallion, carrots, celery, and leeks until tender. Pour the stock over the veggies and cook until liquid is reduced by half.
 3. Stir in the barley to the vegetables and cook until the barley is heated. Stir in the romano cheese.
- Serve garnished with parsley.



Gnocchi alla Romana

Serves: 6

3 cups whole milk
3/4 cup semolina (sometimes labeled "semolina flour"; resembles fine yellow cornmeal)
1 teaspoon salt
1/4 cup plus 2 tablespoons unsalted butter, melted
3 ounces finely grated Parmigiano-Reggiano cheese (3/4 cup)
1 large egg



Whisk together milk, semolina, and 1 teaspoon salt in a 2-quart heavy saucpan and bring to a boil over moderate heat, whisking. Simmer, stirring constantly with a wooden spoon, until very stiff, 5 to 8 minutes. Remove from heat and stir in 2 tablespoons butter and 3/4 cup Parmigiano-Reggiano. Beat in egg. Spread gnocchi mixture 1/2 inch thick on an oiled baking sheet and chill, uncovered, until very firm, about 1 hour.

Preheat oven to 425°. Cut out rounds from gnocchi mixture with a 2-inch round cookie cutter (push scraps into remaining mixture as you go) and arrange, slightly overlapping, in a well-buttered 13- by 9-inch baking dish. Make a small second layer in center of dish with any remaining rounds. Brush gnocchi with remaining 1/4 cup melted butter and sprinkle with remaining 3/4 cup Parmigiano-Reggiano. Bake in middle of oven until gnocchi are beginning to brown, 15 to 20 minutes. Let stand 5 minutes before serving.



Chapter:

Fish and Seafood

Fish Tangine with Tomatoes, Capers, and Cinnamon

Prep: 10 min Cook: 15 min Yield: 6 servings

**3/4 teaspoon ground cumin
1/4 cup extra-virgin olive oil
1 (15-ounce) can stewed tomatoes, chopped
1 1/2 tablespoons drained capers
1/2 teaspoon cinnamon
4 (6-ounce) pieces hake or halibut fillet
(about 1-inch-thick)**



Heat cumin in oil in a 12-inch heavy skillet over medium heat, stirring occasionally, until fragrant, about 1 minute. Stir in tomatoes, capers, cinnamon, and 1/4 teaspoon each of salt and pepper and simmer, uncovered, stirring occasionally, until thickened, about 10 minutes. Pat fish dry and sprinkle with 1/4 teaspoon each of salt and pepper, then add to skillet. Cover and simmer until fish is just cooked through, 7 to 10 minutes.



Moroccan Grilled Salmon

Prep: 10 min Cook: 12 min Yield: 4 servings

**1/2 cup plain yogurt
juice of 1 lemon, plus lemon wedges for garnish
1 tablespoon extra-virgin olive oil, plus more for the grill
2 to 3 cloves garlic, smashed
1 1/2 teaspoons ground coriander
1 1/2 teaspoons ground cumin
kosher salt and freshly ground pepper
4 ounces 6- skinless center-cut salmon fillets
1/4 cup chopped fresh cilantro or parsley, for garnish**



Stir together the yogurt, lemon juice, olive oil, garlic, coriander, cumin, 1/4 teaspoon salt, and pepper to taste in a small bowl. Pour half of the sauce into a large resealable plastic bag; cover and refrigerate the remaining sauce. Add the salmon to the bag and turn to coat with the marinade. Refrigerate for 20 to 30 minutes, turning the bag over once.

Preheat a grill to medium-high. Remove the salmon from the marinade and blot off excess yogurt with paper towels. Lightly oil the grill and add the salmon; cook, turning once, until browned on the outside and opaque in the center, 4 to 6 minutes per side, depending on the thickness. Serve with the reserved yogurt sauce and garnish with the herbs and lemon wedges.



Citrus Shrimp Tapas

Serves: 2

1 pound peeled and deveined shrimp 16-18count

1/2 red bell pepper cut into strips

For Marinade:

1/2 cup lime juice

1/4 cup orange marmalade

1/2 cup fresh cilantro chopped

4 tablespoons olive oil garlic infused oil is great

2 tablespoons soy sauce

1/2 teaspoon red chili pepper flakes

1 teaspoon lime zest



Combine all ingredients in a 1-gallon plastic storage bag. Refrigerate for a minimum of 2 hours. Preheat the broiler. Divide the shrimp between the 2 non-stick tapas pans. Place the pans under the broiler and cook until the shrimp begin to turn pink and crisp - about 3 minutes. Carefully remove the pans from the broiler. Turn the shrimp and return to the broiler for another 2 - 3 minutes. Serve immediately.



Grilled Salmon with Basil and Mint

Serves: 6

**6 (1/4-inch-thick) lemons slices
6 (1/4-inch-thick) limes slices
1/4 cup plus 1.5T extra virgin olive oil
6 pieces (1-inch-thick) salmon (6oz each)
sea salt to taste
1 cup loosely packed fresh basil, thinly sliced
3/4 cup loosely packed fresh mint, thinly sliced**



Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes.

Brush both sides of citrus slices with 1/2 tablespoon oil, then brush fish all over with 1 tablespoon oil and season with sea salt and pepper. Grill citrus slices, covered only if using a gas grill, on lightly oiled grill rack, turning over once, until grill marks appear, 2 to 3 minutes total. Transfer citrus slices to a plate, then, if using a gas grill, reduce heat to moderate.

Grill fish, skin sides down, covered only if using a gas grill, until skin is crisp, 3 to 4 minutes. Turn each piece of fish onto 1 side and grill 1 minute. Turn over onto opposite side and grill until fish is just cooked through, 2 to 3 minutes more. Transfer fish to a platter and keep warm, covered loosely with foil.

Heat basil and mint in remaining 1/4 cup oil in a heavy skillet over moderate heat, stirring, until herbs are just wilted, about 1 minute. Serve fish with herbed oil and top with citrus slices.

Cooks' note: If you aren't able to grill outdoors, fish and citrus can be cooked in a ridged grill pan. Cook citrus over high heat, then reduce heat to moderately high and cook fish, skin sides down first, turning once, 7 to 8 minutes total.



Grilled Fish Tacos

Yield: 4 servings

**2 cups chopped white onions, divided
3/4 cup chopped fresh cilantro, divided
1/4 cup olive oil
5 tablespoons fresh lime juice, divided
3 tablespoons fresh orange juice
2 garlic cloves, minced
1 teaspoon dried oregano
(preferably mexican)
1 pound tilapia, striped bass, or sturgeon
fillets
coarse kosher salt
1 cup mayonnaise
1 tablespoon milk
corn tortilla
2 avocados, peeled, pitted, sliced
1/2 small head of cabbage, cored, thinly sliced
salsa
lime**



Stir 1 cup onion, 1/4 cup cilantro, oil, 3 tablespoons lime juice, orange juice, garlic, and oregano in medium bowl. Sprinkle fish with coarse salt and pepper. Spread half of onion mixture over bottom of 11x7x2-inch glass baking dish. Arrange fish atop onion mixture. Spoon remaining onion mixture over fish. Cover and chill 30 minutes. Turn fish; cover and chill 30 minutes longer. Whisk mayonnaise, milk, and remaining 2 tablespoons lime juice in small bowl. Brush grill grate with oil; prepare barbecue (medium-high heat). Grill fish with some marinade still clinging until just opaque in center, 3 to 5 minutes per side. Grill tortillas until slightly charred, about 10 seconds per side. Coarsely chop fish; place on platter. Serve with lime mayonnaise, tortillas, remaining 1 cup chopped onion, remaining 1/2 cup cilantro, avocados, cabbage, Salsa Verde, and lime wedges.



Miso-Glazed Tuna Kebabs

Serves: 4

Prep: 30 min 1 cup white miso

(also called shiro miso)

1/2 cup mirin (japanese sweet rice wine)

1/2 cup sugar

1/4 cup water

1/2 cup mayonnaise

2 pounds tuna steak, cut into 1-inch cubes

Equipment:

8 (12-inch) wooden skewers, soaked in water 30 minutes



Heat miso, mirin, sugar, and water in a small saucepan over medium heat, stirring, until sugar has dissolved. Remove from heat and whisk in mayonnaise, then cool to room temperature.

Put tuna in a sealable bag (or nonreactive shallow dish). Pour marinade over tuna and marinate, chilled, at least 1 hour. Prepare grill for direct-heat cooking over hot charcoal (high heat for gas).

Thread tuna onto skewers, leaving a small space between each piece. Put on a tray. Generously oil grill rack, then grill skewers, turning once, until just pink in center, about 4 minutes total. Let stand 5 minutes.



Lemony Almond Spinach Pesto Pasta with Tuna

Serves: 4

**1/2 pound whole wheat pasta any shape
3 cups tightly packed spinach (3oz)
1/2 cup fresh mint leaves
1 clove garlic minced
1 tablespoon Pecorino Romano cheese, grated
zest and juice of 1 large lemon divided
1 tablespoon olive oil
1/4 cup toasted almonds slivered
1 (6-ounce) can tuna drained
1 yellow bell pepper diced
1 small zucchini diced
1.5 cups cooked cannellini beans
sea salt and pepper to taste**



1. Cook, drain, and rinse pasta. Set aside.
2. In a food processor, combine spinach, mint, garlic, cheese, and lemon zest and pulse to form a chunky paste. Combine the lemon juice and olive oil in a cup. With food processor running, add the juice mixture through the food chute in a slow drizzle until a thick pesto forms. Combine with the pasta in a large bowl.
3. Put almonds in the food processor and pulse until chopped. Add to the pasta.
4. Drain tuna and flake it with a fork. Add it to the pasta along with the bell peppers, zucchini, and beans. Toss to combine and season with salt and pepper.



Nut-Crusted Sole with Citrus Salsa

Serves: 4

juice from citrus salsa

orange juice

**1 1/2 pounds petrale or other sole fillets
(cut in half if very large), rinsed**

1 cup cashews or pecans

**1 cup panko (japanese bread crumbs) or fresh
bread crumbs**

1/2 teaspoon salt

1/2 teaspoon fresh-ground pepper

vegetable oil

**1 large egg, beaten with 1 tablespoon water
citrus salsa**



1. Measure juice from citrus salsa. If needed, add orange juice to make 1/3 cup. Place fillets of sole in a heavy zip-lock plastic bag and pour in juice. Seal bag and chill for 15 minutes.
2. Meanwhile, in a blender or food processor, pulse cashews until finely ground. In a shallow bowl, mix nuts with panko, salt, and pepper.
3. Pour 2 tablespoons oil into a 10- to 12-inch nonstick frying pan over medium-high heat; when hot, lift fillets from juice. Dip each in egg, then in cashew mixture to coat. Working in batches, place fillets in a single layer in pan (do not crowd). Cook until browned on the bottom, about 2 minutes; turn with a wide spatula and cook until other side is browned and fish is opaque but still moist-looking in center (cut to test), about 2 minutes longer. Drain briefly on paper towels; keep warm in a 200 degree oven. Repeat to fry remaining fish, wiping out pan with paper towels and adding 2 tablespoons oil between batches.
4. Transfer fillets to plates and top with citrus salsa; serve at once with remaining salsa alongside.



Soy Ginger-Seared Ahi Tuna

Yield: 2

**3/4 cup dry sherry
2 tablespoons soy sauce
1 tablespoon + 1 teaspoon honey
2 cloves garlic, minced
2 teaspoons fresh lime juice
1 teaspoon asian chili sauce
1 teaspoon peeled and finely chopped ginger
2 ahi tuna steaks (sushi grade)
1 cup cucumber, sliced paper thin lengthwise
and seeds
1/4 red onion, sliced paper thin
1/4 cup seasoned rice vinegar
vegetable oil
2 teaspoons dark sesame oil**



1. Combine the sherry, soy sauce, honey, garlic, lime juice, chili sauce, and ginger in small sauce pan. Put the tuna steaks in a baking dish and pour a quarter cup of the marinade over the steaks. Let stand at room temperature for 30 minutes (or refrigerated for up to two hours).
2. Prepare a medium-hot charcoal fire or preheat a gas grill to medium-high.
3. Remove the tuna steaks from marinade and pat dry. Brush the steaks on both sides with vegetable oil. Grill, turning once, for 3 to 5 minutes on each side. Be careful, as the tuna will get dry if overcooked.
4. Meanwhile, put the remaining marinade in a small saucepan over medium-high heat and cook until reduced to syrupy consistency, about 10-15 minutes. Remove from heat and stir in sesame oil. Serve the tuna steaks with the soy-ginger glaze and top with a heaping portion of the pickled cucumbers.
5. Pickled Cuke Preparation: Put the cukes and red onion in a small bowl. Add the vinegar and toss to coat evenly. Cover with plastic wrap and refrigerate for at least 15 minutes or up to 2 days.



Tuna-Stuffed Red Pepper

Yield: 1

**1 red bell pepper
1 (3 1/2-ounce) can chunk light tuna
drained and flaked
1 small scallion chopped
1/4 cup cooked brown rice
2 tablespoons chopped celery or
water chestnuts
2 teaspoons low sodium soy sauce
1/2 teaspoon fresh grated ginger
2 teaspoons rice vinegar
1/2 teaspoon sesame oil
sea salt**



1. Remove stem from red bell pepper and slice in half, lengthwise. Set aside half for another use.
2. In a small bowl, mix together the tuna, green onion, cooked brown rice and celery or water chestnuts.
3. Add the remaining ingredients and combine. Spoon tuna mixture into the pepper shell and garnish with reserved green onion slices.
4. Serve slices of the red pepper with the tuna filling.



Chapter:

Meat and Poultry

Margarita Steak Fajitas

For the Marinade:

**1/4 cup fresh lime juice
1/4 cup fresh lemon juice
1/4 cup beer or tequila
1 tablespoon sea salt
1 tablespoon chili powder
2 tablespoons minced garlic
2 tablespoons honey
1 tablespoon olive oil**

**1 pound boneless beef top round steak
cut into 1oz strips
1 cup red and yellow bell pepper slices
1 cup sliced onion
4 8" whole wheat flour tortillas
1/2 cup guacamole
1/2 cup salsa
1/2 cup fat free sour cream optional**

1. Combine marinade ingredients in a shallow glass baking dish and mix well.
2. Cover steak strips with marinade, turning to coat evenly. Cover and refrigerate for at least 2 hrs.
3. Prep grill or preheat broiler.
4. Lift strips from marinade and grill or broil 1-2 minutes per side.
5. While steak is grilling, lightly spray a medium saute pan with non-stick spray. Over medium heat saute the bell pepper strips and onions until just tender. Keep warm.
6. Divide cooked steak strips into 4 servings and serve with whole wheat tortilla, 1/4c bell pepper, 1/4c onion, and 2T each: salsa, guacamole, fat free sour cream.



Turkey Breast Mushroom Stew

Serves: 8

**1 tablespoon olive oil
1.25 pounds extra lean ground turkey
2 cloves garlic chopped
1 onion chopped
1 large red bell pepper chopped
1/4 teaspoon crushed red pepper flake
3 teaspoons Italian seasoning divided
1/2 teaspoon black pepper
3 (28-ounce) cans Italian tomatoes
1 (15-ounce) can pinto bean
3 strips lean turkey bacon chopped
2 teaspoons hot pepper sauce
1 zucchini sliced
12 ounces fresh mushrooms sliced**



Heat oil in a skillet over medium heat. Cook the turkey until browned, stirring with a spoon to separate and brown evenly. Add the garlic, onion and red pepper. Cook for 3 minutes and add crushed red pepper, 2 tsp Italian seasoning and freshly ground pepper. Cook for 8 minutes, then transfer to a large pot. Add the tomatoes with the liquid, the pinto beans with the liquid, the cooked turkey bacon and the hot sauce. Stir in the zucchini and mushrooms. Bring to a simmer and add 1 tsp Italian seasoning, then reduce to low heat. Cook for 1 hour, stirring occasionally. Serve over brown rice.



You and Me Chicken Pot Pies

4 servings

cooking spray

1 1/4 pounds boneless, skinless chicken breasts, cut into 1/2-inch chunks

1 teaspoon salt

freshly ground black pepper

2 tablespoons olive oil, divided

2 leeks, bottom 4 inches only, washed well and chopped

2 celery stalks, chopped

2 medium potatoes cut into 1/2-inch pieces

1/2 pound green beans, trimmed and chopped into 1/2inch pieces

2 cloves garlic, minced

1 1/2 cups low-fat milk

1/3 cup all-purpose flour

2 cups low-sodium chicken broth

1 cup frozen peas

2 tablespoons chopped fresh parsley leaves

1 tablespoon fresh thyme leaves

3 sheets frozen phyllo dough, thawed

2 tablespoons grated parmesan



Preheat the oven to 350°. Spray 4 individual-sized baking dishes with cooking spray.

Season the chicken with 1/4 teaspoon salt and a few turns of pepper. In a large nonstick skillet, heat 2 teaspoons of the oil over a medium-high heat. Add the chicken to the pan and cook for 5 minutes, turning once. Transfer the chicken to a plate.

Add 2 more teaspoons of the oil, the leeks, and the celery to the pan and cook until vegetables begin to soften, about 3 minutes. Add the potatoes, green beans, garlic, and remaining salt and pepper and cook for 2 more minutes.

Add the milk to the pan. Stir the flour into the chicken broth until dissolved and add to the pan. Cook, stirring, until the mixture comes to a boil. Reduce the heat to medium-low. Cover and simmer, stirring occasionally, for 10 minutes. Stir in the reserved chicken, peas, parsley, and thyme. Spoon the mixture into the prepared baking dishes.

Put the remaining 2 teaspoons olive oil into a small bowl. Unroll the phyllo dough and cut it into quarters. Place a quarter sheet on top of each baking dish and brush with olive oil. Repeat with remaining 3 baking dishes. Tuck the edges of the phyllo into the dish rim. Top each pie with Parmesan.

Place on a baking sheet and bake until the filling is bubbling, about 30 minutes.



North African Meatballs

4 servings

2 tablespoons olive oil
1/2 small onion, diced
2 cloves garlic, chopped
1 lemon, zested
1/2 cup pitted and chopped briny olives
1/2 cup white wine
1/4 cup chicken stock or broth
1 (14-ounce) can crushed or diced tomato
1 teaspoon light brown sugar
1/2 teaspoon dried red pepper flakes
pinch ground cinnamon
salt
1 egg
2 tablespoons tomato paste
3 tablespoons finely chopped fresh cilantro leaves
1 tablespoon minced fresh ginger
1 teaspoon ground cumin
pinch ground cinnamon
3/4 pound ground beef
1/3 cup finely ground rolled oats or fine bread crumbs
salt
3 to 4 tablespoons vegetable oil, for cooking
4 tablespoons chopped fresh parsley leaves
1 cup water
1 cup chicken stock or broth
1 tablespoon olive oil
1/4 cup finely chopped dried dates
1 cup quick-cooking couscous
salt



To make the North African Sauce:

In a large saucepan heat the olive oil over medium heat and saute the onion and garlic until soft but not brown, about 3 minutes. Add the lemon zest and olives and cook for 1 more minute. Add the white wine, deglaze the pan, and let it reduce for a 1 to 2 minutes. Stir in the stock, canned tomatoes, sugar, red pepper flakes, and cinnamon, and simmer to blend flavors, about 7 minutes. Season with salt and pepper, to taste.

To make the Meatballs: In a medium bowl, add the egg and tomato paste and stir until smooth. Add the cilantro, ginger, cumin, and cinnamon and mix until well blended. Stir in the ground beef and

oats, season with salt and pepper, to taste, and combine gently after each addition. Do not overmix. Rolling with your hands, make about 32 meatballs, about 1-inch in diameter.

In a large saute pan, heat 3 tablespoons vegetable oil over medium heat, and brown the meatballs in batches until golden on all sides. Add more oil, as needed. Transfer the meatballs to the pan with the sauce and let simmer for 20 minutes. Sprinkle with fresh parsley and serve over the Couscous with Dried Dates.

Couscous with Dried Dates:

Bring the water, stock, and oil to a boil in a small saucepan over medium heat. Add the dates followed by the couscous. Cover the pan tightly with a lid, remove from the heat, and allow to sit for 5 minutes. Fluff with a fork and season with salt and pepper, to taste.

Transfer to a serving bowl and serve.



Cornish Game Hens with Grape and Pistachio Couscous

3 Cornish hens 2.5lb each, skin removed

2 teaspoons black pepper

2 teaspoons cinnamon

2 teaspoons coriander

2 teaspoons ginger

1 teaspoon sea salt

1/2 teaspoon nutmeg

4 teaspoons olive oil

Grape and Pistachio Couscous:

1 cup low sodium chicken broth

3/4 cup couscous

1 cup red seedless grape halved

3 tablespoons unsalted, roasted pistachio nuts chopped

4 green onions thinly sliced



1. Preheat oven to 450°. Arrange hens, cavity down, on a rimmed baking sheet and set aside.

2. In a small bowl combine cinnamon, coriander, ginger, salt and nutmeg. Set aside 1t spice mixture. Combine remaining spice mixture with oil to make a paste. Rub paste over hens, dividing it evenly. Bake for 30-40min, until thickest part of thigh reads 170°. Loosely cover hens with foil and let rest 10 min.

3. Meanwhile, in a saucepan, bring broth and that 1t of reserved spice mixture to a boil. Stir in couscous, turn off heat and set aside for 5min.

4. Stir grapes, pistachios and green onions into couscous. Serve alongside the hens!



Chicken Chili (slow cooker version)

Serves: 6

**1 (15-ounce) can navy beans
1 (15-ounce) can kidney beans
1 (15-ounce) can black beans
1 onion chopped
3 cloves garlic crushed
1 green bell pepper chopped
1 jalapeño pepper chopped
1 teaspoon cumin
1/4 teaspoon cayenne pepper
5 tablespoons chili powder
4 (15-ounce) cans crushed tomatoes
1 tablespoon tomato paste
2 cups chicken stock
4 chicken breasts cut into 1" cubes
1 cup chopped cilantro
sea salt and pepper to taste**



Mix all of the ingredients except for the cilantro, salt and pepper in the slow cooker. Cover and cook on low for 7 to 8 hrs. Just before serving stir in cilantro, salt and pepper to taste.



Sopa de Albondigas (slow cooker version)

Serves: 4

Soup:

**1 onion chopped
4 cloves garlic chopped
1 teaspoon olive oil
1 (10-ounce) can crushed tomato
1 cup beef broth
1 zucchini cut lengthwise, then chopped
2 carrots chopped
2 roasted green chilies chopped
1/2 teaspoon cumin
1 teaspoon oregano
2 cups water
2 limes (juice of 2 limes)**

Meatballs:

**1 pound lean bison or turkey or ground beef
1 egg
1/2 cup onion finely chopped
1 teaspoon garlic powder
1 teaspoon oregano
1/4 cup bread crumbs
1/4 teaspoon cumin
sea salt and pepper to taste**



To prepare soup, lightly saute the onions and the garlic in the oil. Combine with the remaining ingredients in the slow cooker. Stir and preheat!

Meanwhile, to make the meatballs, combine all ingredients in bowl. Mix together with hands and roll mixture into 10 balls, making about 12-15. Drop each meatball carefully in the soup in the slow cooker. Cover and cook for 6-7 hrs.



Chapter:

Desserts and Treats

Chocolate Almond Meringues

Serves: 6

3 egg whites
1/8 teaspoon cream of tartar
2 tablespoons baking cocoa powder
1/2 cup natural brown sugar
1/4 teaspoon almond extract



1. Preheat oven to 150°F (or lowest oven setting) and place oven rack in top third of oven. Line a cookie sheet with parchment paper.
2. Using a mixer, beat egg whites with cream of tartar until they form stiff peaks. Sift cocoa powder and sugar into the egg white mixture and beat until combined. Stir in almond extract.
3. Place heaping tablespoonfuls of the batter, evenly spaced, onto the lined cookie sheet. Bake for 2 hours, turning the baking sheet halfway through baking time to ensure even drying.
4. Turn off oven and leave meringues to dry for an additional 2 hours or overnight. Serve at room temperature. (Meringues may be frozen for up to 1 month.)



Low-Calorie Oatmeal Cookies

Prep: 20 minutes Yield: 4 dozen

**1/2 cup all-purpose flour
2/3 teaspoon baking powder
4 tablespoons granulated sugar
2/3 cup brown sugar
1 teaspoon cinnamon
1/4 teaspoon salt
1 2/3 oats
1 cup raisins
2/3 c butter or 1/2 c applesauce and
1- 1.5 tsp oil or butter
1 teaspoon vanilla extract
2 beaten egg whites**



1. Preheat oven to 350°.
2. All dry ingredients in one bowl except for oats and raisins. Mix until combined.
3. Add wet ingredients (egg whites, vanilla, butter and/or oil and/or applesauce) and mix until all of the dry ingredients are well-combined with the wet ingredients. Make sure to scrape the bottom of the bowl in case of hiding flour, etc.
4. Drop in teaspoon amounts on a greased or papered baking sheet. Bake at 350° for 10-12 minutes, rotating racks and sheets at the 5 minute mark.
5. Yay! 39 calories per cookie!



Amaranth or Quinoa Pudding

Serves: 8

**2 cups cooked amaranth, quinoa or a combination of the two
1 cup apple juice
1/2 cup raisins
1/2 cup almonds chopped
1.5 teaspoons vanilla extract
cinnamon
zest and juice of 1 large lemon**



Combine ingredients in a large sauce pan, cover and bring to a boil. Reduce heat and simmer for 15 minutes. Pour pudding into individual dessert bowls. Top with a few grapes or strawberries and chill.



Classic Tiramisu

8 to 10 servings

**2 cups boiling-hot water
3 tablespoons instant-espresso powder
1/2 cup plus 1 tablespoon sugar, divided
3 tablespoons tia maria (coffee liqueur)
4 large eggs yolks
1/3 cup dry marsala
1 pound mascarpone (2 1/2 cups)
1 cup chilled heavy cream
36 savoiardi (crisp Italian ladyfingers;
from two 7-ounce packages)
unsweetened cocoa**



1. Stir together water, espresso powder, 1 tablespoon sugar, and Tia Maria in a shallow bowl until sugar has dissolved, then cool.
2. Beat egg yolks, Marsala, and remaining 1/2 cup sugar in a metal bowl set over a saucepan of barely simmering water using a whisk or handheld electric mixer until tripled in volume, 5 to 8 minutes. Remove bowl from heat. Beat in mascarpone until just combined. Beat cream in a large bowl until it holds stiff peaks. Fold mascarpone mixture into whipped cream gently but thoroughly.
3. Dipping both sides of each ladyfinger into coffee mixture, line bottom of a 13- by 9- by 3-inch baking pan with 18 ladyfingers in 3 rows, trimming edges to fit if necessary. Spread half of mascarpone filling on top. Dip remaining 18 ladyfingers in coffee and arrange over filling in pan. Spread remaining mascarpone filling on top and dust with cocoa.
4. Chill, covered, at least 6 hours. Let tiramisu stand at room temperature 30 minutes before serving, then dust with more cocoa.

Cooks notes: You can substitute 2 cups freshly brewed espresso for the water and instant-espresso powder. Tiramisu can be chilled up to 2 days.



Spiced Pumpkin Mousse Trifle

Serves: 8

3 cups heavy cream
1 (15-ounce) can pumpkin puree
1 teaspoon pure vanilla extract
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
pinch ground cloves
pinch salt
1 7.5 oz jar marshmallow cream
3 cups chopped gingersnaps, plus crushed gingersnaps for sprinkling
3 tablespoons dark rum or rum extract



1. Using an electric mixer, beat the cream until stiff. Reserve 2 cups whipped cream for serving; refrigerate until ready to serve.
 2. In a large bowl, stir together the pumpkin, vanilla, cinnamon, ginger, cloves and salt. Fold in half of the marshmallow cream, then half of the whipped cream. Repeat with the remaining marshmallow cream and whipped cream until combined.
 3. In a medium bowl, sprinkle the gingersnaps with rum.
 4. Spoon one-third of the pumpkin mousse into a clear glass serving bowl, spreading evenly, and sprinkle half of the cookies on top. Repeat with half of the remaining mousse and the remaining cookies, then top with the final layer of mousse.
- Cover with plastic wrap and refrigerate until ready to serve, at least 1 hour and up to 4 hours. Just before serving, top with the reserved whipped cream and sprinkle with the crushed gingersnaps.



Pumpkin White Chip Macadamia Bars

Yield: 48 bars

**2 cups unbleached flour
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon baking soda
1 cup butter softened
1/2 cup sugar
1/2 cup brown sugar packed
1 cup (15-16 oz) pumpkin puree
1 egg
2 teaspoons vanilla extract
1 (12-ounce) package white chocolate chips, divided
2/3 cup chopped macadamia nut**



Combine flour, cinnamon, cloves, and baking soda in small bowl. Beat butter and sugar in larger mixing bowl until creamy. Beat in pumpkin, egg, and vanilla until blended; gradually beat in flour mixture.

Stir in 1 1/2 cups morsels and nuts. Spread into greased 15 1/2 x 10 1/2 inch jelly roll pan. Bake in preheated 350° oven for 18 - 22 minutes or until wooden pick stuck in center comes out clean. Cool in pan or wire rack.

Place remaining morsels in heavy-duty plastic bag. Microwave on medium-high(70%) power for 45 seconds; knead. Microwave at 10 second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over bars.



Chocolate Ricotta Mousse

Yield: 10 1/4 cup servings

**6 ounces dark chocolate, chopped
1 (15-ounce) container part-skim ricotta cheese
1/4 cup fat-free half and half
1/2 teaspoon vanilla
raspberries or small strawberries (optional)
mint leaves (optional)**



1. Place chopped chocolate in a 2-cup glass measure or small microwave-safe bowl. Microwave, uncovered, on 70% power (medium-high) for 1 minute; stir. Microwave on 70% power for 1 to 2 minutes more, or until chocolate is melted, stirring every 15 seconds.
 2. In a food processor bowl combine cheese, half-and-half, and vanilla. Cover and process until combined. Add melted chocolate while food processor is running. Process until well combined. Spoon into demitasse cups or small bowls.
- Serve immediately, or cover and chill for up to 24 hours. If desired, garnish with fresh berries and mint leaves.



Chocolate, Banana, Date and Tofu Pudding

Serves: 4

1.5 pounds silken or soft tofu
1 cup powdered sugar
1/3 cup unsweetened cocoa
1/4 cup safflower oil
2 tablespoons almond or coconut milk
1/2 cup pitted dates
1 ripe banana
1.5 teaspoons vanilla extract



Place all ingredients in a food processor. Blend until very smooth. Taste for preferences and adjust as needed. Chill one hour before serving if possible to deepen the flavors of the pudding. Sprinkle powder sugar on top if desired



Chapter:

Everything Else

Clean Caesar Salad Dressing

Yield: 4 cups

**2 tablespoons minced anchovies
2 tablespoons minced garlic
1/3 cup Worcestershire sauce
1/4 cup fresh lemon juice
3 tablespoons Dijon style mustard
1/4 teaspoon black pepper
2 cups plain greek yogurt
2/3 cup 2% milk
1 cup grated Parmesan cheese**



Combine anchovies, garlic, Worcestershire sauce, lemon juice and mustard in a blender container. Puree briefly. Pour into medium bowl and add remaining ingredients by hand until ingredients are just combined. Do not over mix!



Balsamic Dijon Dressing

Serves: 12

2 tablespoons minced shallots
1/4 cup Dijon style mustard
1/2 cup balsamic vinegar
1/4 cup white grape juice
1/4 teaspoon basil
1/2 teaspoon oregano
1 teaspoon evaporated cane juice
1/4 cup olive oil



Combine all ingredients in a blender and blend until well mixed.



Jet Fuel Dressing

Serves: 8

**1/2 teaspoon salt
1/2 cup red wine vinegar
1/4 teaspoon black pepper
1 tablespoon sugar
2 cloves garlic minced
2 teaspoons Worcestershire sauce
1 tablespoon Dijon style mustard
1 tablespoon lemon juice
1 cup water**



1. Combine the salt and vinegar and stir until the salt is completely dissolved. Add all the remaining ingredients, except the water, and mix well.
2. Add the water and mix well. Refrigerate in a tightly covered container.

Variations:

Italian style: Add 1T each of fresh oregano, basil, and tarragon, finely chopped, or 1t of each of the same herbs dried.

Asian style: Add 1t curry powder and 1/8t ground ginger

Mexican style: Add 1/2t ground cumin



Clean Chimichurri Sauce

**5 cloves garlic chopped
2 bunches parsley including stems, washed
2 tablespoons oregano or 6 fresh basil leaves
1 small jalapeño pepper seeded and sliced
6 tablespoons olive oil
6 tablespoons cider vinegar
lime juice from one lime
sea salt**



In a food processor, pulse garlic, parsley, oregano and jalapeno until finely chopped.

Remove the blade, add oil and vinegar and lime juice. Gently mix until smooth. Season with salt. Keep refrigerated until ready to use. (Best if used within 24hrs)



Apple Butter

Serves: 16

**2 cups dried unsulphured apples
1 teaspoon ground cinnamon
1/2 teaspoon allspice
1/8 teaspoon cloves
2 cups unsweetened apple juice**



1. Combine all ingredients in a large saucepan and bring to a boil. Reduce heat and simmer, covered, for 20 minutes, stirring occasionally. Remove from heat and cool slightly.
2. Pour into a blender container and process until smooth. Cool to room temperature and refrigerate in tightly covered container.



Squash Filling for Ravioli

2 cups roasted butternut squash cut into 1" cubes, cooled

1 tablespoon milk (I use coconut milk)

1/2 cup freshly grated Parmesan cheese

1/8 teaspoon nutmeg



Blend all ingredients into a consistency resembling mashed potatoes.



Simple Red Pepper Dip

**1 cup roasted red bell pepper chopped
1/3 cup fat free sour cream
2 tablespoons fresh basil chopped
sea salt and pepper to taste**



In a blender, combine roasted bell peppers and sour cream. Puree until smooth. Transfer to a bowl and fold in the basil. Season with salt and pepper.



The Oaks Peanut Sauce

Yield: 5 oz

**2 tablespoons natural unsalted peanut butter
2 teaspoons raw honey
2 teaspoons fresh lemon juice
1 tablespoon rice vinegar
2 teaspoons low sodium soy sauce
pinch red pepper flake
1/4 cup fat free greek yogurt**



In a bowl, whisk all ingredients together except yogurt.
Lightly fold in yogurt.



Fruity Pico de Gallo

Yield: 2 cups

**1 cup peaches diced
1 cup mango diced
1/4 red onion diced
1/4 cup red bell pepper diced
2 tablespoons cilantro minced
1/4 cup lemon juice
1/2 chipotle pepper minced
sea salt**



Combine all ingredients together and heat over medium heat in saucepan until warm.

Spoon over fish or your meat of choice.



Puttanesca Sauce

Yield: 3 cups (enough for 1 pound of pasta)

**1/4 cup extra-virgin olive oil
3 garlic cloves, peeled
6 anchovy fillets
1/4 teaspoon crushed red pepper
1 tablespoon tomato paste
1 (35-ounce) jar italian tomato with their juices,
crushed by hand
pinch of sugar
2 basil sprigs
1/4 cup chopped kalamata olives
1 tablespoon capers, drained
salt**

In a large saucepan, heat the oil. Add the garlic, anchovies and crushed red pepper and cook over moderate heat, stirring occasionally, until golden, about 5 minutes. Add the tomato paste and cook, stirring, for 1 minute. Add the canned tomatoes with their juices. Stir in the sugar, basil, olives and capers. Season with salt and pepper and bring to a boil. Simmer the sauce over low heat, stirring occasionally, until it thickens and is reduced to 3 cups, about 30 minutes. Season again with salt and pepper. Discard the basil sprigs and garlic.

