

Fit, Fun and Fabulous

Food

Healthy Meals Your Body Will Love

DR. KATHLEEN A. HARTFORD

**Fit, Fun and Fabulous Food:
Healthy Meals Your Body Will Love**

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By Kathleen A. Hartford, DC

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This cookbook was written by and is dedicated to Ms. Melody Pierce. She has been the rock upon which the Key To Vital Living Program has been built. Melody asked that we do this work because she knows firsthand the struggles of wanting to lose weight and the challenges diabetes adds to that weight struggle. To date Melody has lost 84 pounds and continues to lose as a shining example in our office and my life.

I have been blessed with this knowledge and have lived this lifestyle for many years but for those of you who have been searching please know we are here to educate, empower and support you on your journey toward reclaiming your health. Let's get back into the kitchen, let's return to cooking real food, let's cook that real food with love and gratitude for its availability and for the life it nourishes. Let's start having fun in the old-fashioned way with good friends, good food and good times together!

God bless and go well,
Dr. Kathleen A. Hartford

BREAKFAST



THE CREAMSICLE SMOOTHIE

2 scoops low-fat frozen yogurt

$\frac{2}{3}$ cup orange juice

2–4 orange slices

Ice cubes

Add all ingredients in blender; blend on high until smooth.

FRUIT SMOOTHIE

1 banana

½ apple, sliced

4 peaches organic, rinsed

2 splashes soy or rice milk, low-fat or non-fat

1 splash orange juice

1–2 scoops vanilla protein powder

Ice

Add all ingredients in blender with ice; blend until smooth.

STRAWBERRY PINEAPPLE SMOOTHIE

1 medium banana

½ cup pineapple juice

A handful organic strawberries, rinsed

¼ cup orange juice

Ice

Add all ingredients in the blender including the ice; blend on high until smooth.

APPLE PIE PRE-WORKOUT SMOOTHIE

½ cup cold, cooked oatmeal

½ apple, cut into large chunks

½ teaspoon cinnamon

1 scoop vanilla protein powder

1–2 packets stevia, depending on sweetness desired

⅔ cup cold water

Add all the ingredients into the blender in this order: apple chunks, oatmeal, protein powder, cinnamon and stevia.

Pour water in last. Blend until smooth.

FAST SCALLION PANCAKES

Salt and freshly ground black pepper

4 bunches scallions or spring onions, about 1 pound

1 egg

1 teaspoon soy sauce

½ cup whole wheat flour

Peanut, canola or olive oil as needed

Bring medium pot of salted water to boil while trimming scallions. Roughly chop 3 bunches; mince fourth.

Add larger portion of scallions to water; cook about 5 minutes, or until tender. Drain, reserving about ½ cup of cooking liquid. Puree cooked scallions in blender, adding just enough of cooking liquid to allow machine to do its work.

Mix puree with egg and soy; gently stir in flour until blended. Add pepper to taste, then reserved minced scallions. Film non-stick or well-seasoned skillet with oil; turn heat to medium-high. Drop batter into pan by the tablespoon or quarter cup; cook about 2 minutes to a side, or until lightly browned. If necessary, pancakes can be kept warm in 200°F oven for about 30 minutes.

GRANOLA

¼ cup almonds, soaked, raw

¼ cup sunflower seeds, soaked, raw

¼ cup walnuts, soaked, raw

¼ teaspoon cinnamon, ground

½ cup fruit (apples, peaches, bananas), grated or sliced

½ cup almond, soy or rice milk

Place almonds, sunflower seeds, walnuts and cinnamon in food processor. Blend with the 's' blade until coarsely chopped.

When ready to serve, place in small bowls and add fruit and almond milk (or hemp milk).

Will keep for up to 2 days in sealed container (glass is best).

ITALIAN EGG DISH

Extra-virgin olive oil

1 small yellow onion, thinly sliced

8 cherry tomatoes, quartered

4 small zucchini, sliced ¼-inch thick

6 eggs

¼ cup sharp Romano cheese

Salt and pepper

Lightly coat bottom of large skillet with oil and place over medium heat. Add onions and sweat for 3 to 4 minutes.

Add tomatoes; turn heat to high, and cook until tomatoes start to break down, another 2 to 3 minutes. Add zucchini; lower heat to medium, and cook until soft, another 7 to 10 minutes.

Beat eggs with cheese and a little salt and pepper; add to pan. Cook like scrambled eggs. Serve immediately with a crusty loaf of Italian bread.

QUINOA EGG BAKE WITH THYME AND GARLIC

- 1 teaspoon butter
- ½ cup uncooked quinoa
- 8 eggs
- 1¼ cups milk
- 1 tablespoon chopped garlic
- 1 teaspoon chopped thyme
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 cups packed baby spinach, roughly chopped
- 1 cup finely shredded Romano or Parmesan cheese

Preheat oven to 350°F. Grease 8-inch x 8-inch glass or metal baking dish with butter; set aside.

Put quinoa into fine mesh strainer and rinse under cold running water until water runs clear; drain well.

In large bowl, whisk together eggs, milk, garlic, thyme, salt, pepper and quinoa. Stir in spinach; pour mixture into prepared dish. Cover tightly with foil; jiggle dish gently from side to side so quinoa settles on bottom in an even layer. Bake until just set, about 45 minutes. Remove foil and sprinkle top evenly with cheese. Return to oven and bake, uncovered, until golden brown and crisp, 10 to 15 minutes more. Set aside to cool briefly; slice and serve.

SWEET BREAKFAST TABOULI

- 1 cup dried sweet cherries (or other dried fruit)
- 2 tablespoons dried mint flakes
- 2 cups boiling water
- 1 cup bulgur (ALA) from Hard Red Wheat
- 4 tablespoons fresh lemon juice
- 4 tablespoons honey

In small casserole with tight-fitting lid, mix cherries and mint.

In small saucepan, bring water to boil and add bulgur.

Return to a boil; dump into cherry mixture and tightly cover.

Let stand to steam for 10 minutes. Chill for later use, or use warm.

In small cup, stir together lemon and honey. Drizzle over bulgur; fluff to mix.

HIGH PROTEIN PANCAKES

1 ½ scoops protein powder

¼ cup egg whites

¼ cup quick cooking oats

Pinch of salt

¼ teaspoon cinnamon

1 cup frozen berries, if fresh not available

Heat fruit to make syrup replacement in microwave.

Set aside.

Mix first 5 ingredients; will be very thick and pasty. Heat medium sauté pan over medium heat, spray with cooking spray; when hot, form 2 pancakes. Spread batter quickly to thin.

Serve hot with warm fruit.



SOUPS & SALADS

WESTERN STYLE VEGETABLE SOUP

Olive oil spray

1 cup onion, chopped

1 clove garlic, minced

1 red bell pepper, chopped

½ yellow bell pepper, chopped

1 cup corn kernels

½ tablespoon ground cumin

½ tablespoon ground coriander

1 14½-ounce can diced tomatoes with mild green chiles, undrained

1 14½-ounce can diced tomatoes with jalapeño peppers, undrained

1 14½-ounce can diced tomatoes, undrained

1 15½-ounce can black beans, undrained

⅛ cup fresh cilantro, minced

Dutch oven

Spray stock pot with cooking spray. Sauté onion, garlic, red and yellow peppers and corn kernels until softened and lightly browned, about 10 minutes.

Add cumin and coriander to pan and sauté for 1 minute.

Add tomatoes and black beans. Cook over low heat for 15 minutes.

Add cilantro before serving.

MUSHROOM BARLEY SOUP

- 1 ounce dried shiitake mushrooms
*(or other dried mushrooms such as porcini, morels
or chanterelles if desired)*
- 1 cup boiling hot water if using dried mushrooms
- 6 garlic cloves, finely chopped
- ¼ cup olive oil
- 3 medium onions, finely chopped
- 2 pounds white mushrooms, thinly sliced
- 1 tablespoon soy sauce
- ½ cup medium-dry sherry
- 5 cups chicken broth
- 5 cups water
- 1 cup pearl barley
- 8 carrots, sliced diagonally, ½-inch thick
- ½ teaspoon dried thyme, crumbled
- ½ teaspoon dried rosemary, crumbled
- ⅓ cup minced fresh parsley leaves

In small bowl soak dried mushrooms (if using) in boiling water 20 minutes; transfer to cutting board, reserving liquid. Discard shiitake stems (if using); thinly slice. Strain reserved liquid through fine sieve lined with dampened paper towel into small bowl.

In heavy kettle (5-quart) cook garlic in oil over moderate heat, stirring, until golden. Add onions; cook, stirring, until pale golden. Add white mushrooms, dried mushrooms (if using), and soy sauce; sauté over moderately high heat, stirring, until liquid mushrooms give off is evaporated. Add sherry; boil until evaporated.

Add broth, water, strained mushroom-soaking liquid, barley, carrots and dried herbs to mushroom mixture; simmer, covered, 1 hour.

Season soup with salt and pepper. Soup may be prepared up to this point 4 days ahead (cool uncovered before chilling covered).

Just before serving, stir in parsley.

BLACK BEAN AND VEGETABLE SOUP

2 cups chopped onion
1 cup chopped carrot
 $\frac{3}{4}$ cup chopped celery
4 cloves garlic, minced
2 teaspoons ground cumin
2 teaspoons dried basil
1 teaspoon dried oregano
1 teaspoon chili powder
2 whole bay leaves
2 whole chipotle chiles canned in adobo, minced
2 cups water
45 ounces canned black beans (3 15-ounce cans)
29 ounces canned vegetable broth (2 14.5-ounce cans)
28 ounces canned plum tomatoes, diced

Heat large Dutch oven coated with cooking spray over medium-high heat. Add onion, carrot, celery and garlic; sauté 8 minutes or until onion and carrot are tender. Stir in chiles, cumin, basil, oregano, chili powder and bay leaves; cook 1 minute, stirring constantly. Stir in water, beans, broth and tomatoes; bring to a boil. Partially cover, reduce heat, simmer 2 hours, stirring occasionally.

Remove from heat; discard bay leaves. Place 3 cups of soup mixture in blender. Let stand 5 minutes, process until smooth (or use immersion blender). Return pureed mixture to pan; stirring to combine.

Ladle $1\frac{1}{4}$ cups soup into each of 8 bowls. Top each serving with 1 tablespoon yogurt or sour cream and $1\frac{1}{2}$ teaspoons cilantro. Serve with lime wedges.

SMASHED POTATO SOUP

3½ cups potatoes, cubed
½ cup chopped yellow and/or red sweet peppers
½ teaspoon garlic
½ teaspoon ground black pepper
4½ cups vegetable broth
½ cup whipping cream, half and half or light cream
½ cup green onions, thinly sliced
1 cup cheddar cheese

In a 4- to 6-quart slow cooker, combine potatoes, sweet pepper, garlic and black pepper. Pour broth over all.

Cover; cook on low heat for 8 to 10 hours or on high heat setting for 4 to 5 hours in crock pot.

Mash potatoes slightly with potato masher. Stir in whipping cream, cheddar cheese and ½ cup green onions. If desired, garnish each bowl with additional sliced green onions.

LENTIL STEW WITH CORN DUMPLINGS

3 tablespoons olive oil
1 medium onion, finely chopped
3 medium carrots, peeled, cut into 1-inch chunks
2 stalks celery, cut into ½-inch chunks
1 clove garlic, finely chopped
1 pound lentils, rinsed, drained
2 tablespoons tomato paste
2 cups water
3 cups broth
½ cup dry red wine
½ teaspoon ground cumin
½ teaspoon dried oregano
¾ cup wheat flour
¼ cup yellow cornmeal
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon unsalted butter, chilled
⅓ cup non-fat milk
1 large egg
½ cup corn kernels, fresh or frozen and defrosted
2 tablespoons chopped parsley
Salt
Freshly ground pepper

Heat oil in large saucepan. Cook onions, carrots, celery and garlic, covered, over medium heat for 6 minutes until the vegetables are softened. Stir in lentils, tomato paste, water, broth, wine, cumin and oregano; simmer over low heat, covered, for 30 minutes, stirring often, until lentils are tender.

Sift flour, cornmeal, baking powder and salt into a medium-sized bowl. Using pastry blender or fork, cut butter into dry ingredients until butter is the size of small peas. In measuring cup, lightly beat milk with egg and pour into flour mixture. Add corn kernels and parsley; stir until just combined. Drop dough, a tablespoon at a time, into simmering lentil stew. Cover and cook for 10 minutes until dumplings are done and lentils are tender. Season stew with salt and pepper (do not add salt until this time or lentils may get tough). If soup is too thick add more broth.

THREE BEAN SOUP

- 1 onion, chopped
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1 teaspoon oregano
- 6 ounces salsa
- 1 can kidney beans, drained, rinsed
- 1 can pinto beans, drained, rinsed
- 1 can black beans, drained, rinsed
- 1 can corn (optional)

Sauté onion and garlic in oil. Add remaining ingredients. Simmer until hot. Serve over brown rice.

EGGPLANT VEGETABLE SOUP

- 1 pound eggplant, cut into 3 ½-inch sticks
- 2 tablespoons Kosher salt
- 4 tablespoons extra-virgin olive oil
- 1 large red or yellow bell pepper, cut into 1-inch squares
- 3 or 4 cloves of garlic, minced
- 3 tablespoons tomato paste
- 1 15-ounce can garbanzo beans, not drained
- 1 15-ounce can of diced tomatoes, with liquid
- Black pepper to taste
- 3 tablespoons chopped fresh parsley

Place eggplant in large colander set in sink; sprinkle with salt. Allow draining for 1 hour. Rinse well; pat dry.

In large skillet, heat 3 tablespoons olive oil over medium heat. Add eggplant; stir well to evenly coat each piece. Cook, stirring to brown evenly, about 10 minutes. Add onion, bell pepper stirring occasionally until lightly brown, about 10 minutes. Add garlic for last 30 seconds, stirring so not to burn. Stir in tomato paste, garbanzo beans with liquid, canned tomatoes. Bring to boil, reduce heat; add eggplant and parsley. Simmer for 20 minutes.

AFRICAN VEGETABLE STOUP

- 1 1/3 tablespoons butter
- 2/3 large onion, chopped (1 cup)
- 1/3 cup chopped fresh parsley
- 1 1/3 cloves garlic, finely chopped
- 2/3 teaspoon ground cinnamon
- 1/3 teaspoon ground turmeric
- 1/3 teaspoon pepper
- 1/8 teaspoon ground ginger
- 1/3 cup water
- 1/3 medium carrot, sliced (1 cup)
- 1/3 cup dried lentils, sorted, rinsed (4 ounces)
- 2 large sweet potatoes
- 2/3 can whole tomatoes, undrained
- 1/2 teaspoon salt
- 2/3 package frozen green peas (10-ounce)
- 2/3 package frozen sliced green beans (9-ounce)
- 2 sprigs mint, chopped
- 1/2 cup plain, fat-free yogurt

Melt butter in Dutch oven over medium heat. Cook onion, parsley, garlic, cinnamon, turmeric, pepper and ginger in butter; stir occasionally until onion is tender. Stir in water, carrots and lentils. Heat to boiling; reduce heat. Cover; simmer 25 minutes.

Stir in rice, tomatoes and salt, breaking up tomatoes. Heat to boiling; reduce heat. Cover; simmer 20 minutes.

Stir in peas, green beans and mint. Heat to boiling; reduce heat. Cover; simmer about 5 minutes or until peas and beans are tender. Serve with yogurt.

MEDITERRANEAN FRUIT SALAD

- ¼ cup + 3 tablespoons EVOO
- 2 cloves garlic, minced
- 1 pound box Israeli Couscous (Large Pearl)
- 3 cups chicken stock
- 2 lemons, juiced
- 1 lemon, zested
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 cup chopped fresh basil leaves
- ½ cup chopped fresh mint leaves
- ¼ cup dried cranberries
- ¼ cup raisins
- ½ cup slivered almonds, toasted

In medium saucepan, warm 3 tablespoons olive oil over medium heat. Add garlic and cook for 1 minute. Add couscous and cook until toasted and lightly browned, stirring often, about 5 minutes. Carefully add stock and juice of 1 lemon; bring to boil. Reduce heat; simmer, covered, until couscous is tender, but still firm to the bite, stirring occasionally, 8 to 10 minutes. Drain couscous if necessary.

In large bowl, toss cooked couscous with remaining olive oil, lemon juice, zest, salt and pepper; let cool.

Once couscous is room temperature, add fresh herbs, dried cranberries, raisins and almonds. Toss to combine and serve.

MIXED GREENS AND ROASTED PEAR SALAD

- 3 pears, peeled, halved and cored
- Olive oil
- 1 small head red leaf or bib lettuce, washed and dried
- 1 bunch arugula, large stems removed, washed and dried
- ½ small red onion, thinly sliced
- 4 ounces goat cheese or blue cheese, crumbled
- ⅓ cup chopped, toasted walnuts
- Pear vinaigrette
 - ½ roasted pear
 - ¼ cup olive oil
 - ¼ cup apple or pear juice
 - 2 tablespoons red wine, sherry or apple cider vinegar (or apple cider)
 - 1 teaspoon fresh lemon juice
- Salt and pepper to taste

Mix first 7 ingredients then mix the rest of ingredients and pour over salad. To roast pear put in oven for 25 minutes or until soft.

SPINACH AND CITRUS SALAD

2 small ripe avocados, peeled, sliced
1 large orange, peeled, pith removed, chopped
4 cups baby spinach leaves, coarsely chopped
½ small red onion, thinly sliced
½ cup toasted walnuts

Dressing

6-8 tablespoons grapefruit juice
¼ cup extra-virgin olive oil
1 tablespoon fresh oregano leaves
Sea salt and ground pepper to taste

Toss salad ingredients together in serving bowl. Whisk dressing ingredients; pour over salad. Toss to coat and serve.

THAI GREEN BEAN SALAD

- 1 pound green beans, sliced if too long
- 2 small Thai chilies, seeded, chopped
- 1 teaspoon honey
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- 2 tablespoons fish sauce (or soy sauce)
- 7 ounces canned coconut milk
- 5 tablespoons shallots finely minced
- 2 tablespoons roasted peanuts, crushed
- 2 tablespoons coconut, toasted, shredded

Blanch green beans in large pot of boiling water for 3 minutes; drain and plunge immediately into cold water. Drain thoroughly; set aside.

Put chilies, honey, lime juice, zest, fish sauce and coconut milk into bowl; mix well.

Tossed blanched beans and shallots with mixture, garnish with peanuts and coconut.

BEET, YOGURT, GARLIC AND DILL SALAD

This pink beet tzatziki is an ideal side dish to serve with grilled lamb, chicken or fish. As an alternative to the traditional pita bread, I prefer to spread it on toasted whole wheat or multi-grain bread, rubbed with a cut clove of garlic.

Makes about 3 cups

4–5 large cooked, peeled beets, diced

(If you like, add chopped, cooked beet stems and greens to diced beets)

1 cup chopped flat-leaf parsley

½ cup dill, chopped

3 cups thick yogurt

2–3 garlic cloves, minced, to taste

1–2 jalapeños, finely chopped

2–3 tablespoons fresh lemon juice, to taste

Salt and freshly ground black pepper, to taste

Sumac to sprinkle (optional)

Borage flowers, for garnish (optional)

In bowl, combine beets (and greens, if using) with parsley, dill, yogurt, garlic, jalapeños and lemon juice, stirring well. Add salt and taste. Adjust seasoning with more salt, lemon and black pepper. Cover and refrigerate for at least 3 hours or overnight.

Spread on toasts and serve as an appetizer.

COUSCOUS SALAD

1 box couscous

1 box cherry tomatoes, sliced in half

2 cucumbers, chopped

Walnuts

Raisins

Cook box of couscous according to directions. Let cool.

Chop cucumbers, tomatoes, walnuts and raisins (handful of each).

Mix chopped ingredients with cooled couscous. Cover with strawberry or berry vinaigrette.

FRUIT AND FENNEL SALAD WITH VANILLA VINAIGRETTE

- ¼ cup honey
- 2 tablespoons white wine vinegar
- 2 teaspoons onion, grated
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- 2 teaspoons pure vanilla extract
- ½ cup vegetable oil
- 1 whole golden delicious apple, peeled, thinly sliced
- ½ cup raisins
- 2 whole fennel bulbs, trimmed, halved, thinly sliced
- 1 head loose-leaf lettuce leaves, red variety for color,
washed torn
- ⅛ teaspoon poppy seeds (optional)

In blender, combine first 6 ingredients until smooth. On high, slowly drizzle in oil. Chill thoroughly. In large bowl combine apple, fennel and lettuce. When ready to serve, toss dressing with salad; sprinkle with poppy seeds.

GREEN BEAN AND EDAMAME SALAD

- 1 pound green beans, trimmed and blanched
- 2 cups edamame, shelled and cooked
- 1 cup black beans
- 1 cup cannellini beans
- 2 scallions, thinly sliced
- 1 red pepper, thinly sliced
- 3 tablespoons peanut oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- Sprinkle of red pepper flakes, to taste
- 1 tablespoon brown sugar
- 2 teaspoons grated ginger

In large bowl combine green beans, edamame, black beans, cannellini beans, scallions and red pepper. Set aside.

In small bowl whisk peanut oil, rice wine vinegar, soy sauce, sesame oil, red pepper flakes, brown sugar and ginger. Add to green bean mixture and toss to coat.

MANGO MELON SALAD WITH VANILLA BEAN VINAIGRETTE

Vinaigrette

3 tablespoons lime juice

7 tablespoons olive oil

1 teaspoon LorAnn Madagascar Vanilla Bean Paste

Salad

1 cup large-diced cantaloupe

1 cup large-diced mango

1 cup large-diced Asian pear

¼ cup red onion, thinly sliced

Combine vinaigrette ingredients in small bowl and whisk together. Season with salt and pepper.

In large bowl, combine salad ingredients; toss with vinaigrette and serve immediately.

Serves 4

MIA'S SALAD

2½ cups water, vegetable stock or chicken stock
1 tablespoon butter
1 teaspoon sea salt, divided
1 cup wild rice (black, ½-inch long)
¼ cup lemon juice
¼ cup olive oil
1 clove garlic, minced
½ cup fennel bulb (core removed), chopped
½ red or yellow bell pepper, diced
½ cup red cabbage, chopped
½ cup Italian parsley, diced
2 cups dark, leafy greens (6 to 7 leaves chard, kale or collards), very finely chopped
Salt and lemon to taste
Pecorino or Gorgonzola cheese for garnish (optional)

Bring water to boil. Add butter, ½ teaspoon salt and rice. Bring to boil again, cover, lower heat and simmer for an hour. Make sure all water is absorbed by tipping pan to one side to check for pooled liquid.

Combine lemon juice, olive oil, garlic and remaining ½ teaspoon salt in large serving bowl. Add fennel, bell pepper, cabbage, parsley and greens; toss thoroughly.

Once rice is fully cooked, cool until it ceases steaming but is still warm; place it on top of the dressed vegetables. When rice cools to room temperature, toss it with the vegetables. Taste the salad and adjust the seasonings; some extra salt and/or lemon may be required. Garnish with cheese, if desired.

QUINOA SALAD WITH CRANBERRIES, GREEN BEANS AND WALNUTS

Serves 8 as a side dish, 6 main dish serving

1 cup quinoa

2 cups water

¼ teaspoon salt

¼ cup walnuts, chopped

¾ cup dried cranberries

1 cup steamed or blanched green beans, cut into
1-inch pieces

¼ cup green onions, chopped (optional)

1–2 cloves garlic, to taste, minced

¼ cup balsamic vinegar

2 tablespoons EVOO

Rinse and drain quinoa 2–3 times. Bring water, salt and quinoa to boil, reduce to simmer, cover; let simmer for 15–20 minutes. Uncover, remove from heat and let cool. Mix vinegar, oil and garlic together. Toss all salad ingredients together, add dressing and mix well. Refrigerate for at least 30 minutes before serving.

*Chefs notes: I toasted my walnuts, added EVOO to the pan and toasted, not rinsed, my quinoa before cooking, used my steamer insert over the quinoa the last 5 minutes of cooking to steam my green beans crisp-tender and added a pinch more salt to the finished salad. I think everything above is mandatory for maximum flavor, but use what you like. :-). It may serve 6 as a main dish, but not in our house! I'm serving it with grilled lemon-garlic chicken breasts that I added a tablespoon of Costco's sweet mesquite seasoning into the marinade.

WATERMELON, FETA AND OLIVE SALAD

3/8 cup red onion
3/8 cup lime juice
4 cups watermelon
9 ounces feta cheese
1 1/2 cups fresh parsley leaves
4 tablespoons fresh mint, chopped
3 tablespoons extra-virgin olive oil
4 1/2 ounces pitted black olives, chopped
Black pepper

Peel onion; cut into very fine half moons; put in small bowl to steep with lime juice to bring out transparent pinkness in onions and diminish rasp.

Remove rinds and seeds from watermelon; cut into 1-inch triangles. Cut feta into similar-sized pieces; put both in wide shallow bowl.

Tear off sprigs of parsley to use like a salad leaf, rather than a garnish; add to salad bowl along with chopped mint.

Tip puce onions, along with pink juices, over salad in bowl; add oil and olives, using hands to gently toss salad. Add good grinding of black pepper.

24-HOUR TEX-MEX SALAD

- 6 cups torn iceberg lettuce
- 1 15-ounce can black or pinto beans or black-eyed peas
- 3 medium tomatoes seeded, chopped
- 1 10-ounce package whole kernel corn
- 1 cup chopped red, green and/or yellow bell peppers
- 1 cup diced cooked chicken breast (optional)
- 1 cup peeled, shredded carrots
- ¼ cup green onions, thinly sliced
- 6 ounces light cheddar cheese
- ¾ cup mayonnaise
- 8 ounces fat-free yogurt
- 1½ teaspoons chili powder
- 2 tablespoons snipped fresh cilantro or parsley

Place 3 cups of lettuce in the bottom of a 3-quart bowl.

Layer remaining ingredients in the following order: black beans, tomatoes, frozen corn, pepper, carrots, remaining lettuce, chicken, green onions and cheese.

Dressing: in small bowl stir together mayonnaise, yogurt and chili powder, spoon over top of salad to ends of the bowl; cover salad and put in refrigerator for 6 to 24 hours.

CUCUMBER HERB VINAIGRETTE

- 1 small cucumber seeded, peeled, chopped
- ¼ cup extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 2 tablespoons chives, chopped
- 2 tablespoons parsley, chopped
- 1 tablespoon plain, non-fat yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon horseradish
- 1 teaspoon stevia
- ½ teaspoon salt

Puree all ingredients in food processor or blender until smooth.



MAIN DISHES

CUBAN STYLE BLACK BEANS AND RICE

4 cups water
1½ cups dry black beans, rinsed, drained
2 14-ounce cans vegetarian broth
1 cup onion, chopped
2 bay leaves
1 jalapeño chile pepper, seeded, finely minced
4 cloves garlic
2 teaspoons ground cumin
2 teaspoons lime peel, finely shredded
¾ teaspoon salt
¼ teaspoon ground pepper
Brown rice (make amount to serve at least 4)

Meal Garnishes

Snipped cilantro
Chopped tomatoes
Chopped onion

In large saucepan, combine 4 cups water and beans. Bring to boil. Reduce heat. Simmer uncovered for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.

After beans have sat 1 hour, place in 3½- to 4-quart slow cooker. Add broth, 1 cup onion and bay leaves. Add jalapeño pepper, garlic, cumin, lime peel, salt and pepper.

Cover and cook on low heat for 10 to 12 hours on high 4 to 6 hours. Discard bay leaves. Mash beans slightly. Serve beans with hot cooked brown rice and garnish with onion, chopped tomatoes and cilantro.

CURRIED EGG, APPLE AND PECAN SALAD ON NAAN WITH MANGO YOGURT

Salad

8 eggs

1 ½ teaspoons hot curry powder

3 tablespoons plain Greek yogurt

3 tablespoons light mayonnaise

1 tablespoon lemon juice

2 big pinches salt

Black pepper

Pinch of brown mustard seeds (optional)

½ medium apple, chopped

¼ cup pecans, toasted, chopped (or use leftover
glazed pecans)

1 small bunch chives, minced

4 Naan Breads, lightly toasted in oven

4 big lettuce leaves

Mango yogurt

½ cup Greek yogurt

2 tablespoons mango chutney

2 teaspoons lemon juice

Boil eggs by placing in pot covered with cold water by a ½-inch or so. Bring to gentle boil. Turn off heat, cover, and let sit for exactly 8 minutes. Have a big bowl of ice water ready. When eggs are done cooking, place in ice bath for 3 minutes – long enough to stop the cooking.

While eggs are boiling and cooling, combine yogurt, curry powder, mayonnaise, salt, pepper, mustard seeds and lemon juice in large bowl. Stir until mixed thoroughly.

Make the mango yogurt by combining ½ cup Greek yogurt, chutney and lemon juice. Stir to combine and set aside.

Crack and peel each egg; place in medium mixing bowl. Add curried yogurt, onions, apple, pecans and chives. Mash with fork. Don't overdo it; egg mixture should have some texture. Can add a bit more plain yogurt to moisten mixture. Taste and add more salt and lemon juice if needed.

Smear some mango yogurt on the naan bread, top with a lettuce leaf and a scoop of egg salad.

GRILLED ASPARAGUS WRAPS

½ cup couscous
Salt and black pepper
3 tablespoons fresh lemon juice
2 teaspoons lemon zest
2 teaspoons fresh thyme
½ cup real mayonnaise
1 pound medium asparagus spears
½ Vidalia onion, sliced into ½-inch rounds
2 tablespoons olive oil
Grilled flatbread or tortillas
1 small head red oak leaf lettuce

Bring ¾ cup water to boil, add couscous and pinch of salt. Let stand 5 minutes. Fluff with fork. Combine lemon juice, zest, mayonnaise, thyme and couscous. Season to taste with salt and pepper.

Combine asparagus, onion and oil. Grill about 10 minutes until browned.

Spread ¼ cup couscous over flatbread. Place 4 asparagus spears, tips extending over couscous. Place ¼ onions and the same with lettuce. Roll each sandwich tightly and seal with a wooden skewer and cut in half.

I usually use tortillas because I don't always have flatbread – both work fine. A great light lunch or dinner!

CUMIN-SCENTED SWEET POTATO LATKES

2 large sweet potatoes, peeled, shredded in processor
¼ cup onion
½ cup flour
2 teaspoons cumin
2 teaspoons cinnamon
¼ teaspoon cayenne
2 to 3 tablespoons sugar
1 teaspoon salt
½-inch knob fresh ginger
4 eggs, lightly beaten
Vegetable oil

Place sweet potatoes on tea towel; roll to remove excess liquid. Place onion and ginger in food processor and finely chop.

Mix all ingredients but oil.

Spoon ¼ cup mix into pan and flatten with the back of scoop. Fry on non-stick grill with minimal amount of oil or in 12-inch deep non-stick skillet (enough oil to cover bottom by ⅛ inch) over moderate-high heat. Cook until brown, about 3 minutes per side.

Transfer latkes to baking sheet covered in paper towels to drain. Keep warm in oven until served. May be frozen once cooled. Defrost in refrigerator and heat on 350°F until crisp.

JULIENNE OF ZUCCHINI, YELLOW SQUASH AND CARROTS WITH ROSEMARY BUTTER

- 1 large zucchini, julienned
- 2 large carrots, julienned
- 1 large yellow squash, julienned
- 2 tablespoons butter
- 2 tablespoons fresh rosemary, chopped
- Salt and pepper

Steam vegetables in basket or colander over boiling water until just crisp tender. Start carrots first (take longer). In small skillet, melt butter over low heat and add chopped rosemary.

Remove vegetables to large bowl. Toss with rosemary butter and season with salt and freshly ground pepper.

MEXICAN POTATO CAKES

2 cups real mashed potatoes
¼ cup shredded carrots
¼ cup chopped onion
¼ cup green peas
¼ green beans (short cuts)
¼ cup red, green and yellow peppers
2 eggs
½ cup shredded taco cheese blend
4 tablespoons whole wheat flour
Salt and pepper to taste
¾ teaspoon chili powder
⅛ teaspoon ground cumin
2 to 3 tablespoons olive oil

Mash potatoes until just smooth, add flour and mix (potatoes will be a little stiff). Add all ingredients and mix well. Add olive oil to pan when hot. Mixture should look like a pancake. Cook until lightly browned. Serve hot with a garnish of low-fat or non-fat sour cream.

MIXED BEANS WITH TAHINI

2 cups dried, mixed large kidney beans, chickpeas or black-eyed peas, picked over, rinsed
1 cup shelled fresh fava or peas, blanched, rinsed

Dressing:

4 tablespoons tahini
3 tablespoons white wine or water
4 tablespoons freshly squeezed lemon juice
1 teaspoon minced garlic
Salt and freshly ground black pepper
½ cup dill, chopped (or fennel fronds)
¼ cup capers, drained
½ cup flat leaf parsley, coarsely chopped (optional)
Sumac to sprinkle the salad (optional)

Place beans in medium saucepan, add cold water to cover by 2 inches and bring to boil. Cook for 5 minutes; drain. Add fresh water to cover beans; bring to boil, reduce heat to low, cover and simmer for 30 minutes, or until tender. Drain; let cool to room temperature.

(Can use canned cooked beans and chickpeas. Rinse and drain on paper towels.)

In small bowl, whisk together tahini, wine or water, lemon juice and garlic, with salt and pepper to taste.

In serving bowl, combine beans, dill, capers and parsley. Pour dressing over top and toss well. Taste to adjust seasonings, sprinkle with sumac. Serve warm or at room temperature.

MOROCCAN VEGETABLE TAGINE

2 tablespoons olive oil
1 medium onion
3 medium carrots, peeled, cut into 1-inch chunks
2 small turnips, peeled, quartered
1 pound small red potatoes, peeled, cut in half
1 cup vegetable stock
½ cup parsley
¼ cup cilantro
1 tablespoon lemon juice
1 teaspoon paprika
Grated zest of ½ lemon
1 cup green olives, pitted, drained, rinsed
½ teaspoon salt
½ teaspoon pepper

In Dutch oven, heat oil over medium heat. Add onion and cook, stirring occasionally, until golden, 4 to 5 minutes. Add carrots, turnips potatoes and broth. Cover and continue cooking stirring occasionally, until turnips are fairly tender, 15 to 20 minutes

In blender or food processor, combine parsley, cilantro, lemon juice, paprika and ⅓ cup water. Process until fairly smooth.

Add herb mixture to vegetables on stove. Add lemon zest and olives. Reduce heat to simmer. Cover and cook, stirring occasionally, until vegetables are tender, 15 to 20 minutes. Season with salt and pepper to taste.

PHYLLO AND FETA BAKE

1 pound Greek feta cheese, crumbled
3 cups cottage cheese
3 large eggs
1/3 cup fresh dill, chopped
1/4 cup Romano cheese, grated
1/2 teaspoon nutmeg, grated
1/2 teaspoon black pepper
1-pound box phyllo dough
1 1/2 cups (3 sticks) butter
Greek honey, for serving (optional)

Heat oven to 375°F. In food processor, combine feta, cottage cheese, eggs, dill, 2 tablespoons Romano, nutmeg and pepper; pulse to combine (can also use a large bowl and fork). Mixture should be well combined, but still chunky not smooth.

Sprinkle remaining 2 tablespoons Romano into Bundt pan. Drape sheet of phyllo on top. Poke a hole into phyllo where center tube is and push phyllo into pan to line it. Do this with another phyllo sheet, but place it perpendicular to first sheet. Continue adding phyllo sheets in crisscross manner until all sheet are used. Edges of phyllo should hang over edges of pan.

Scrape cheese filling into pan and fold edges of phyllo over filling. Use sharp knife and poke many holes (at least 20) in dough; reaching to the bottom of the pan. Slowly pour melted butter over torte; some butter will seep through holes and some will remain on top of dough.

Place pan on baking sheet; bake for 1 hour 15 minutes or until torte is puffy and golden brown.

Allow torte to cool in pan 1 to 2 hours before inverting and slicing. Serve warm or room temperature, with honey if desired.

TORTILLA PIE

½ tablespoon olive oil
½ cup sweet red pepper, chopped
⅜ cup green pepper, chopped
¼ cup purple onions, chopped
½ 4.5-ounce can green chiles, chopped
1 tablespoon fresh cilantro, minced
½ teaspoon dried oregano
½ teaspoon chili powder
¼ teaspoon ground cumin
1 cup tomato juice, no added salt
1 15-ounce can black beans, drained
1 15-ounce can cannellini beans, drained (or white beans)
½ cup shredded Monterey jack cheese (reduced fat)
½ cup shredded sharp cheddar cheese (reduced fat)
Vegetable cooking spray
3½ 8-inch flour tortillas
Cilantro leaves, whole (optional garnish)

Heat oil in large non-stick skillet over medium heat. Add red pepper and next 7 ingredients; sauté 5 minutes or until tender. Add tomato juice; cook 8 minutes or until reduced to 2½ cups.

Combine black beans and half of tomato juice mixture in a bowl; stir well; set aside. Stir cannellini beans (or white beans) into remaining tomato juice mix; set aside.

Combine cheeses in a bowl; toss well. Line a 9-inch pie plate with aluminum foil, allowing 6 inches of foil to extend over opposite edges of pie plate. Repeat procedure, extending foil over remaining edges of pie plate. Coat foil with cooking spray and place 1 tortilla in bottom of dish. Spread 1 cup cannellini bean mixture over tortilla; sprinkle with $\frac{1}{4}$ cup cheeses. Place 1 tortilla over cheeses, pressing gently. Spread 1 cup black bean mix over tortilla; sprinkle with $\frac{1}{4}$ cup cheeses. Place 1 tortilla over cheeses, pressing gently. Repeat layers, ending with remaining cannellini bean mixture and cheeses.

Bring edges of foil to center; fold to seal. Bake at 325°F for 40 minutes. Remove from oven and let stand, covered, 10 minutes. Remove foil packet from dish; unwrap pie, and slide onto a serving platter using a spatula. Cut into wedges; garnish with cilantro sprigs if desired.

VEGETABLE CASSOULET

- 2 tablespoons olive oil
- 1 pound turkey sausage, boneless chicken, boneless turkey breast or combination
- 1 tablespoon garlic, chopped
- 2 leeks or onions, trimmed, washed, sliced
- 2 carrots, peeled, cut into 1-inch lengths
- 3 celery stalks, cut into ½-inch pieces
- 2 medium zucchinis or 1 small head green cabbage cut into ½-inch pieces
- Salt and freshly ground black pepper
- 4 cups chopped tomatoes, with juice (canned are fine)
- ¼ cup fresh chopped parsley leaves
- 1 tablespoon fresh chopped thyme leaves
- 2 bay leaves
- 4 cups cooked white beans (canned are fine) drained and liquid reserved
- 2 cups stock, dry red wine, bean cooking liquid, or water, add more as needed
- ⅛ teaspoon cayenne pepper, or to taste

Heat olive oil in large saucepan over medium-high heat, add meat, and cook, turning as needed, until meat is deeply browned on all sides, about 10 minutes. Remove from pan and drain off all but 2 tablespoons of fat.

Turn heat to medium and add garlic, leeks or onions, carrots, celery and zucchini or cabbage; sprinkle with salt and pepper and cook until softened, about 5 minutes. Add tomatoes, their liquid, reserved meat, and herbs; bring to boil. Add beans; bring to boil again, stirring occasionally; reduce heat so mixture bubbles gently but continuously. Cook for about 20 minutes, adding liquid when mixture gets thick and vegetables are melting away.

Fish out meat; remove bones and skin as needed. Chop into chunks and return to pot along with cayenne. Cook another minute or two to warm through; taste and adjust seasoning if necessary and serve.

Slow-Cooked Cassoulet: Start with dried beans. After browning meat in Step 1, leave it in pan and add ½ pound dry white beans (it will cook faster if soaked first; and enough water or stock to just cover. Bring to boil, reduce heat and cook, stirring occasionally, for about 1 hour. Meanwhile, in separate pan with another 2 tablespoons oil, cook vegetables as in Step 2. Add to pot of beans along with tomatoes and herbs. Bring to boil; reduce heat to gentle bubble and cook, stirring occasionally, until beans are tender, adding more liquid as necessary to keep moist. This will take anywhere from another 30 to 60 minutes, depending on the age of the dried beans.

POTATO-ZUCCHINI BAKE

2 tablespoons extra-virgin olive oil
1 green bell pepper, diced
2 onions, sliced
2 garlic cloves, diced
1 zucchini, thinly sliced
2 cups tomato sauce
1 tablespoon Bragg's Liquid Aminos (or tamari)
1 teaspoon basil
Dash cayenne pepper
3 potatoes, peeled, sliced, roasted until tender
½ cup non-dairy cheddar cheese
2 tablespoons nutritional yeast

Sauté in oil: peppers, onion, garlic and zucchini until tender. Spread ½ cup of tomato sauce in casserole dish. Add remaining tomato sauce, Bragg's, basil and cayenne to sauté. Layer ½ of potatoes on top of tomato sauce in casserole dish; cover with ½ of "cheese" and ½ of tomato sauté mixture. Layer second ½ of potatoes and remainder of tomato sauté mixture and top with remainder of "cheese." Sprinkle with nutritional yeast. Bake at 350°F degrees for 30 minutes.

VEGETABLE AND QUINOA SAUTÉ WITH ORANGE

- 1 cup quinoa
- 2 teaspoons olive oil
- 1 onion, chopped
- 3 carrots, shredded
- 2 gloves garlic, minced
- ½ teaspoon cumin
- 1 cup chickpeas, rinsed well
- ½ cup orange juice
- ¼ cup raisins
- ¼ teaspoon salt
- ⅛ teaspoon cinnamon
- 1 tablespoon cilantro, chopped

Cook quinoa. Meanwhile, heat oil in large skillet over medium heat. Add onion and cook, stirring frequently, until softened, about 5 minutes. Add carrots, garlic and cumin; cook, stirring occasionally, until carrots are wilted, about 2 minutes.

Stir in quinoa, chickpeas, orange juice, raisins, salt and cinnamon; cook covered until juice is absorbed and flavors are blended, about 10 minutes. Stir in cilantro.

ADDICTIVE SWEET POTATO BURRITOS

3 teaspoons vegetable oil
1 onion, chopped
4 garlic cloves, minced
6 cups canned kidney beans, drained
2 cups water
3 tablespoons chili powder
2 teaspoons ground cumin
4 teaspoons prepared mustard
Pinch cayenne pepper, or to taste
3 tablespoons soy sauce
4 cups cooked and mashed
Sweet potatoes
12 (10-inch) flour tortillas, warmed
8 ounces shredded cheddar cheese

Preheat oven to 350°F.

Heat oil in medium skillet; sauté onion and garlic until soft. Stir in beans; mash. Gradually stir in water; heat until warm. Remove from heat. Stir in chili powder, cumin, mustard, cayenne pepper and soy sauce.

Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese. Fold up tortillas burrito style.

Bake 12 minutes; serve.

BROWN RICE PILAF WITH SWEET ONIONS

2 tablespoons butter

1 large, sweet onion, chopped (Vidalia or other sweet onion)

1 cup brown rice

2½ cups seasoned chicken or vegetable broth

1 teaspoon salt

¼ teaspoon pepper

Dash cinnamon

Melt butter in large skillet over medium heat. Sauté onion in butter until tender; begins to turn golden in color. Add rice; sauté, stirring, until onions begin to brown.

Add broth; bring to boil. Stir in salt, pepper and cinnamon. Transfer to covered baking dish or leave in the skillet if it is ovenproof.

Cover; bake at 350° F for 1 hour; until rice is tender.

GREEK CHICKEN WITH CAPERS AND RAISINS IN FETA SAUCE

- 4 4-ounce chicken breasts, skinned and boned/or chicken substitute
- 2 tablespoons all-purpose flour
- 1 teaspoon dried oregano
- 1 tablespoon olive oil
- 1 cup onion, thinly sliced
- 3 cloves garlic, minced
- 1½ cups fat-free, less-sodium chicken broth
- ⅓ cup golden raisins
- 2 tablespoons lemon juice
- 2 tablespoons capers
- ¼ cup (1 ounce) feta cheese, crumbled
- 4 lemon slices

Place chicken breast half between plastic wrap; flatten to ¼-inch thickness using a meat mallet or rolling pin. Combine flour and oregano in a shallow dish; dredge chicken in flour mixture.

Heat oil in large non-stick skillet over medium-high heat. Add chicken; cook 5 minutes per side. Remove chicken from pan; keep warm. Add onion and garlic to pan; sauté 2 minutes. Stir in broth, raisins and lemon juice; cook 3 minutes, scraping pan to loosen browned bits. Return chicken to pan. Cover, reduce heat and simmer 10 minutes or until chicken is done. Remove chicken from pan; keep warm. Add capers and cheese to pan, stirring with whisk; top each chicken breast with ¼ cup sauce and 1 lemon slice.

LENTIL LOAF

1 cup onion, chopped
1 large carrot, chopped
1 celery stalk, chopped
1½ cups cook lentils
1 cup brown rice, cooked
1½ bread crumbs
2 eggs
¼ cup walnuts
¼ teaspoon cumin
¾ cup vegetable broth
1 tablespoon tomato paste
½ cup feta cheese

Sauté vegetables in small amount of butter; stir in lentils, cumin, rice, tomato paste, broth and nuts. Cool. Add eggs, bread crumbs and feta. Place in loaf pan. Cook at 350°F degrees for 45 minutes.

MARKET CHICKEN STEW

- 3 tablespoons olive oil
- 3 stalks celery, chopped into small pieces
- 3 carrots, chopped into bite-sized pieces
- 1½ small onions, chopped
- 42 ounces canned diced tomato, undrained
- 21 ounces low-sodium chicken broth or vegetarian broth
- 1½ tablespoons tomato paste
- 1½ bay leaves
- ¾ teaspoon garlic powder
- 3 large chicken breasts or chicken substitute
- 1½ small zucchinis, chopped
- 1½ small yellow squashes, chopped
- ¾ cup fresh basil, chopped

Heat oil in Dutch oven over medium heat. Add celery, carrots and onions. Sauté until onion is translucent, about 5 minutes. Add tomato paste; cook, stirring, for 1–2 minutes. Season with salt and pepper. Stir in tomatoes with juices, chicken stock, bay leaves and garlic powder. Add chicken breasts, pressing down to submerge.

Bring liquid to simmer. Reduce heat and simmer gently, uncovered, until chicken is almost cooked through; turn with tongs and stir occasionally, about 25 minutes. Using tongs, transfer chicken to bowl; let cool. Discard bay leaves.

Add zucchini and squash to stew; simmer until liquid has reduced into stew consistency, about 10 minutes.

Discard skin and bones from chicken breasts. Chop chicken into bite-sized pieces. Return chicken to stew. Season with pepper. Add fresh basil.

MOJITO CHICKEN

- 4 boneless, skinless chicken breasts or chicken substitute
- 2 tablespoons wheat flour
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons olive oil
- 2 teaspoons minced fresh ginger
- 1 large clove garlic, minced
- ⅛ teaspoon crushed red pepper flakes
- ¼ cup fresh lime juice
- ¼ cup white rum
- 3 tablespoons honey
- Garnish: fresh lime slices and red chili peppers

Pound chicken between two pieces of plastic wrap to even thickness, if necessary. In large zippered plastic bag, combine flour, ground ginger, garlic powder, salt and pepper. Add chicken, one piece at a time, seal bag and shake to coat with flour-spice mixture.

Heat oil in large skillet over medium-high heat. Add chicken and brown on all sides until just cooked through, about 8 to 10 minutes. Transfer chicken to serving plate; keep warm.

Add fresh ginger, garlic and red pepper flakes to skillet; cook, stirring, about 30 seconds. Stir in lime juice, rum and honey; boil 2 minutes or until slightly reduced. Spoon mojito sauce over chicken. Garnish if serving immediately.

CRANBERRY CHICKEN

4 organic, boneless, skinless chicken breasts or
chicken substitute

1 2-ounce bag of frozen organic cranberries

1 envelope of natural French onion dip mix
(Simply Organic is a great brand)

$\frac{3}{4}$ cup fruit sweetened catsup

$\frac{3}{4}$ cup agave nectar

$\frac{1}{4}$ cup water

Sea salt and pepper

Preheat oven to 350°F.

Arrange chicken in single layer in 8x8 pan. Sprinkle with salt and pepper.

Stir together cranberries, soup mix, catsup, agave and water until smooth. Add water if needed to create the consistency of a thin tomato sauce.

Pour over chicken and bake until it reaches correct temperature. Cool, slice chicken breast and fan over rice. Divide sauce and pour over chicken.

ONE-POT CHICKEN AND RICE WITH BROCCOLI AND CHEDDAR

4 6-ounce boneless, skinless chicken breasts halves or
chicken substitute

2 $\frac{2}{3}$ teaspoons vegetable oil

$\frac{2}{3}$ medium onion, finely chopped

2 $\frac{2}{3}$ medium garlic cloves, minced or pressed (about 4
teaspoons)

2 teaspoons minced fresh thyme

1 cup brown or wild rice, rinsed

$\frac{1}{3}$ cup white wine

2 cups low-sodium chicken broth or vegetable broth

8 ounces frozen peas and carrots, thawed

$\frac{1}{3}$ cup grated Parmesan cheese

Pat chicken dry with paper towels, then season with salt
and pepper.

Heat 1 $\frac{1}{2}$ teaspoons oil in large Dutch oven over medium-
high heat until just smoking.

Lay half the chicken in pan and cook until browned on both
sides, 5 to 8 minutes. Transfer to a plate and set aside.

Return pan to heat and repeat with 1 $\frac{1}{2}$ teaspoons more oil
and remaining chicken breasts.

Add remaining oil, onion, garlic, thyme and $\frac{1}{2}$ teaspoon
salt to pot. Cover and cook over medium-low heat, stirring
often, until onion is softened, 8 to 10 minutes.

Stir in rice, increase heat to medium and cook uncovered
until edges of rice turn translucent, about 3 minutes.

Stir in wine and broth and bring to a simmer. Cover, reduce
heat to low and cook for 10 minutes.

Gently lay chicken on top of rice and continue to cook, covered, until chicken is no longer pink in center and thickest part registers 160°F on an instant read thermometer, about 10 to 15 minutes.

Transfer chicken to a plate and tent with foil.

Stir peas and carrots thoroughly into rice; cover and let pot stand off heat until vegetables have warmed through, about 10 minutes.

Stir in cheese and season with pepper.

Serve chicken over a mound of rice.

POLENTA PIZZA

1 box polenta

1 small container sliced mushrooms

1 small onion, chopped

Fresh spinach

Green peppers, chopped

2 garlic cloves

Olive oil

Pizza cheese

Preheat oven to 350°F. Make polenta according to directions on box. Add garlic and cheese. Once polenta is cooked pour into pie pan; smooth out until level and even. Drizzle olive oil over polenta; put into oven for about 10 minutes until top starts to brown. In pan on top of stove put vegetables; sauté until soft. Take polenta crust out of oven; top with vegetables and pizza cheese; bake until cheese is melted.

LENTIL SLOPPY JOES

½ cup dried brown lentils
1½ cups water
½ cup onion, diced
2 teaspoons olive oil
2 teaspoons minced garlic
½ cup ketchup
2 tablespoons maple syrup
1½ teaspoons prepared yellow mustard
1½ teaspoons apple cider vinegar
Pinch ground ginger
Tabasco sauce, salt and pepper to taste
Toasted whole wheat buns, dill pickles, green leaf
lettuce, red onion slices

Sort through lentils, clean and rinse. Add lentils and water to saucepan; cover and cook over medium heat until lentils are tender but not mushy, 30 to 40 minutes. Drain; set aside.

Sauté onion in oil until soft, about 8 minutes. Add garlic; sauté one minute.

Add remaining ingredients (through pepper). Simmer until thickened and darker in color, 8 to 10 minutes. Stir in lentils; simmer to warm through.

Serve on buns with pickles, lettuce and onion.

ROASTED CORN AND BLACK BEAN SALAD

4 cobs corn, kernels cut from cob (or use frozen)
3 tablespoons olive oil
1 cup chopped fresh cilantro
½ cup chopped red onion
2 jalapeño peppers seeded, finely chopped
1 red bell pepper, chopped
2 teaspoons minced garlic
2 cans black beans, drained and rinsed
2 large avocados, peeled and cut in ½-inch pieces
2 large fresh tomatoes, diced

Dressing :

1 tablespoon kosher salt
¾ teaspoon ground cumin
6 tablespoons fresh lime juice
5 tablespoons olive oil
2 tablespoons cider vinegar

Preheat oven to 450°F .

In medium bowl, combine corn and oil, toss to coat. Spread corn in ungreased baking pan. Bake in oven 18 to 22 minutes or until corn begins to turn light golden brown, stirring every 5 to 10 minutes. Cool 10 minutes

Meanwhile prepare dressing. Combine all ingredients in small jar with tight fitting lid and shake well until blended.

In large bowl, combine chopped cilantro, onion, tomatoes, jalapeños, bell pepper, garlic, beans and corn. Mix well. Add dressing and mix again. Add avocados; toss gently to combine.

Serve immediately or refrigerate up to 24 hours. May be served over a bed of red leaf lettuce or as is.

SOUTHWESTERN GRAIN MIX

- ½ cup fresh or frozen corn kernels
- 1 teaspoon extra-virgin olive oil
- 1 cup cooked quinoa
- ½ cup cooked brown or wild rice
- ½ cup canned black beans, rinsed and drained
- ½ cup finely chopped red bell pepper
- ½ cup finely chopped green bell pepper
- ½ cup finely chopped, seeded cucumber
- 2 tablespoons thinly sliced green onion
- 2 tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- 1½ teaspoons finely chopped fresh jalapeño or serrano chile pepper
- 1½ teaspoons chopped fresh cilantro
- Kosher salt
- Freshly ground black pepper

Thaw corn, if frozen. Heat large non-stick skillet over medium-high heat. Add corn and 1 teaspoon oil. Cook and stir about 5 minutes or until browned and toasted. Transfer to large bowl. Add quinoa, rice, black beans, bell peppers, cucumber, green onion, lime juice, 1 tablespoon oil, jalapeño and cilantro. Mix well; season to taste with kosher salt and black pepper.

QUINOA AND CORN WITH SCALLIONS

3 ears corn

2 cups vegetable broth

1 cup quinoa, thoroughly rinsed

Salt and pepper

1 tablespoon butter

½ cup scallions, thinly sliced, include some green

⅓ cup crumbled feta or grated cheddar cheese

Shuck corn, slice off kernels, set aside. Scrape cobs to get milk. Bring stock to boil; add quinoa, corn scrapings and ½ teaspoon salt. Lower heat, cover and simmer for 15 minutes. Turn off heat; let stand for 5 minutes.

Melt butter; add scallions and corn kernels. Cook over medium heat until scallions are bright green, about 3 minutes. Toss with quinoa. Season with pepper; serve garnished with crumbled cheese.

SPICY GARDEN CHILE

- 1 tablespoon olive oil
- 1 cup onion, chopped
- 1 green pepper, chopped
- 3 tablespoons jalapeño pepper, minced, seeded
- 2 tablespoons chili powder
- 1 teaspoon oregano
- 1 teaspoon ground cumin
- 2 cups water
- ½ cup uncooked bulgur
- 2 cans, 14.5 ounces diced tomatoes
- 1 can, 10.75 ounces tomato puree
- 1 cup corn fresh or frozen
- 1 16-ounce can white beans
- 1 16-ounce can kidney beans

Sauté onion, pepper, jalapeños, chili powder, oregano and cumin in oil for 3 minutes. Stir in water, bulgur, tomatoes and tomato puree. Bring to boil; reduce heat, simmer 30 minutes. Stir in corn and beans. Cook 5 minutes.

SPINACH MUSHROOM ROLL (VEGETARIAN)

Crust:

- 1 package yeast
- 1 cup warm water
- 2½ cups whole wheat pastry flour
- 2 tablespoons olive oil
- ½ teaspoon sugar (starter for crust)
- 1 teaspoon salt

Filling:

- 1 onion, chopped
- ¼ pound mushrooms, sliced
- ¼ cup red pepper, chopped
- 1 garlic clove, minced
- ½ pound spinach, drained
- ¼ cup shredded Swiss cheese
- Salt and pepper

Crust: dissolve yeast in warm water; add remaining ingredients. Beat vigorously about 20 strokes. Let rest for 5 minutes. Roll into 12"x15" rectangle.

Filling: sauté onion, mushrooms, red pepper and garlic. Stir in spinach, cheese, salt and pepper. Cook until vegetables are tender. Cool. Spread mixture over crust. Starting at short side, roll up dough. Place on ungreased baking sheet. Bake at 375°F for 30 minutes until golden. Let stand for 5 minutes. Cut into 1-inch slices.

STRAWBERRY, GORGONZOLA AND CHIVE BRUSCHETTA

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 12 slices crusty French bread ($\frac{3}{8}$ -inch)
- $\frac{1}{4}$ teaspoon salt
- 6 ounces Gorgonzola cheese, softened
- 4 tablespoons chopped chives
- 2 cups thinly sliced strawberries
- $\frac{1}{8}$ teaspoon freshly ground pepper

Heat broiler. In small bowl, combine oil and vinegar. Lightly brush oil mixture on one side of each slice of bread. Sprinkle lightly with salt. Place on ungreased baking sheet.

Broil 4 to 6 inches from heat 1 to 2 minutes or until browned. Set aside.

In medium bowl, combine cheese and 2 tablespoons of chives. Spread toasted bread with cheese mixture. Arrange strawberries on top. Sprinkle with remaining chives and pepper.

TUSCAN SAUTÉED POLENTA AND BUTTER BEANS

- 4 teaspoons extra-virgin olive oil, divided
- 1 16-ounce tube prepared plain polenta, cut into
½-inch cubes
- 1 garlic clove, minced
- 1 small onion, halved, thinly sliced
- 1 red bell pepper, diced
- ½ teaspoon smoked paprika
- 1 15-ounce can butter beans, rinsed
- 4 cups packed baby spinach
- ¾ cup vegetable broth
- ½ cup shredded Manchego or Monterey Jack cheese
- 2 teaspoons sherry vinegar

Heat 2 teaspoons oil in large non-stick skillet over medium-high heat. Add polenta; cook in single layer, stirring occasionally, until beginning to brown, 8 to 10 minutes. Transfer to plate.

Reduce heat to medium, add remaining 2 teaspoons oil and garlic to pan; cook, stirring, until fragrant, 30 seconds. Add onion and bell pepper; cook, stirring, until just tender, 3 to 5 minutes. Sprinkle with paprika; cook, stirring, 30 seconds. Stir in beans, spinach and broth; cook, stirring, until beans are heated through and spinach is wilted, 2 to 3 minutes. Remove from heat; stir in cheese and vinegar. Serve vegetables over polenta. Sprinkle with paprika, if desired.

NOT MEATLOAF

2 tablespoons olive oil
2 cups mushrooms, finely chopped
1 large carrot, grated
1 medium bell pepper, red or green, finely chopped
1 medium onion, finely chopped
2 bay leaves
1 tablespoon fresh thyme
2 teaspoons crushed garlic

Sauté in oil until wilted and water from vegetables is reduced; add the following; continue simmering until mixture has thickened

½ cup ketchup (sugar-free, organic)
½ cup plain Greek yogurt
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
2 teaspoons salt
½ teaspoon black pepper

Cool mixture; remove bay leaves; transfer to large bowl, add:

1 cup cooked brown rice
1 cup wheat germ
1 cup quick rolled oats
1 cup unsalted, roasted sunflower seeds
3 beaten eggs or egg substitute equivalent

Mix well. Spray 2 4x8 disposable loaf pans; bake at 350°F for 1 hour or bake 30 minutes; cool; wrap to freeze; finish baking once defrosted, for 30 to 35 minutes.

COUSCOUS BURGERS

- 1 box plain couscous
- ½ cup carrots, chopped
- ½ cup peas
- ½ cup green beans
- 1 onion, finely chopped
- 2 eggs
- ¼ cup Italian bread crumbs
- 2 tablespoons olive oil

Make couscous per package directions. Add remaining ingredients; mix together like meat loaf. Form patties. Add olive oil and fry in pan until golden brown then flip over. Towards end of cooking add slice of cheese (optional). Eat over a bed of lettuce, or sliced tomato, onion, etc. or on a whole grain bun.

A vibrant collage of fresh vegetables and fruits. In the foreground, there are several bright red radishes with green leafy tops, a cluster of ripe red strawberries, and a single blueberry. To the right, a large, smooth green apple sits next to a red onion. In the center, a yellow bell pepper is partially visible. The background is filled with more produce, including a large orange bell pepper, a bunch of green leafy herbs, and a red apple. The overall composition is rich in color and texture, representing a variety of healthy food options.

VEGETABLE
SIDE DISHES

BRAISED FENNEL WITH PARMESAN CHEESE

2 fennel bulbs

½ cup low-sodium chicken broth

½ teaspoon kosher salt

½ teaspoon black pepper, freshly ground

¼ cup grated Parmesan cheese

Preheat oven to 350° F.

Wash and trim fennel bulbs; remove stalks and leaves (save for another use). Cut thick slice off of root end. Slice bulb in half. Remove hard inner core from each half; cut into 8 wedges.

Place fennel wedges into 1-quart baking dish. Season with kosher salt and pepper.

Pour chicken broth over fennel wedges. Bake, uncovered for 15 minutes.

Remove from oven; sprinkle with grated cheese. Return to oven; bake another 8 to 12 minutes; until cheese is melted and fennel is soft and tender.

BRUSSEL SPROUT BAKE

2 to 3 cups brussel sprouts, sliced in half

Dash salt and pepper, to taste

3 tablespoons balsamic vinegar

3 tablespoons olive oil

Preheat oven to 375°F.

Whisk together vinegar, salt and pepper in small bowl.

Slowly incorporate olive oil until dressing is formed.

Place brussel sprouts in single layer on baking sheet. Drizzle oil and vinegar over sprouts; gently toss to coat.

Bake for 25 minutes, turning once. Sprouts are done when lightly browned.

BUTTERNUT SQUASH CASSEROLE

1 medium butternut squash, peeled, de-seeded
2 apples
½ cup brown sugar
2 tablespoons butter
1 tablespoon flour
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon nutmeg

Preheat oven to 350°F.

Using food processor, slice squash and apples into thin pieces or chop into small dices. Place squash and apples into baking or casserole dish.

Mash together remaining ingredients with fork until crumbly; sprinkle over apples and squash.

Bake 45 to 55 minutes.

CARROT AND APPLE BAKE

6 large carrots, sliced

4 large apples, peeled, quartered, cored, sliced

¼ cup plus 1 tablespoon all-purpose flour

1 tablespoon brown sugar, packed

½ teaspoon ground nutmeg

1 tablespoon butter

½ cup orange juice

½ teaspoon salt (optional)

Preheat oven to 350°F. Cook carrots in boiling water in large saucepan 5 minutes; drain. Layer carrots and apples in large casserole.

Combine flour, brown sugar and nutmeg in small bowl; sprinkle over top. Dot with butter; pour orange juice over flour mixture. Sprinkle with salt, if desired. Bake 30 minutes or until carrots are tender.

GREEN BEANS AND POTATOES

½ pound fresh green beans

2 large potatoes

5 garlic cloves

4 tablespoons olive oil

Crushed hot pepper, to taste

Sauté garlic in olive oil until slightly browned. Add potatoes, beans and pepper. Cook over medium heat until potatoes are soft and mushy but still in chunks.

LIGHT POTATO SALAD

Dressing:

- ¼ cup seasoned rice vinegar
- 2 tablespoons canola oil
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper

Salad:

- 5 cups red potatoes, cubed (about 2 pounds)
- ½ teaspoon salt
- 1 cup cucumber, chopped, peeled
- ¾ cup grape or cherry tomatoes, sliced
- ¾ cup green bell pepper, chopped
- ½ cup orange bell pepper, chopped
- ¼ cup green onions, chopped
- 1 2¼-ounce can sliced ripe olives, drained

Dressing: combine first 4 ingredients in large bowl; stir with whisk.

Salad: place potatoes and ½ teaspoon salt in medium saucepan. Cover with water to 2 inches above potato; bring to boil. Reduce heat; simmer 8 minutes or until tender; drain.

Add potato to dressing in bowl, tossing gently to coat; let stand 15 minutes. Stir in cucumber and remaining ingredients; toss well. Cover; chill.

SESAME DIJON ASPARAGUS

- 2 tablespoons soy sauce
- 2 teaspoons Dijon mustard
- 2 teaspoons sesame oil
- 2 teaspoons white wine vinegar
- 12–14 asparagus stalks
- 2 tablespoons sesame seeds, toasted

Whisk soy sauce, mustard, sesame oil and vinegar in small bowl.

Steam asparagus until tender, about 5 minutes. Drain excess water. Toss with soy sauce mixture. Sprinkle with sesame seeds.

SPINACH CASSEROLE

1 pound cottage cheese (low-fat no-fat)

3 tablespoons flour

3 eggs

¼ pound cheddar cheese, grated

¼ cup butter, melted

1 10-ounce package spinach

Combine all ingredients. Put into 1½-quart casserole. Bake at 350°F for 1 hour.

SUMMER VEGETABLE MIX

2 eggplants
1 red pepper
1 green pepper
4 zucchini squash
1 onion
2 garlic cloves
½ cup olive oil
Salt and pepper to taste
½ cup green olives
½ cup black olives
1 pound tomatoes, peeled

Peel eggplant; cut into small pieces. Salt and place in strainer for 30 minutes to drain. Wash peppers; slice into thin strips. Wash squash; slice.

Heat oil in large skillet; add onion and garlic; cook until golden. Add eggplant, squash, peppers and tomatoes. Season to taste. Cook 30 minutes. Add olives; cook 10 minutes.

SWEET BEAN BAKE

- 1 28-ounce can vegetarian baked beans
- 1 16-ounce can kidney beans, rinsed, drained
- 1 16-ounce can garbanzo beans (chickpeas), rinsed, drained
- 1 15.2-ounce can corn kernels, drained
- ½ cup pineapple juice
- 2 tablespoons balsamic vinegar
- Pinch of cinnamon

Mix all ingredients in large saucepan. Cook until warm, stirring occasionally. Serve warm or at room temperature.

ASPARAGUS WITH NO-COOK CREAMY MUSTARD SAUCE

½ cup plain fat-free yogurt
2 tablespoons reduced-fat mayonnaise
1 tablespoon Dijon mustard
2 teaspoons lemon juice
½ teaspoon salt
2 cups water
1½ pounds asparagus spears, trimmed
Black pepper to taste

Sauce: whisk mayonnaise, mustard, lemon juice and salt in small bowl until smooth; set aside.

Bring water to boil in 12-inch skillet over high heat. Add asparagus. Return to a boil. Reduce heat; cover tightly; simmer 3 minutes or until just tender-crisp. Drain on paper towels.

Place asparagus on serving platter and spoon sauce over all. Sprinkle with black pepper.



BREADS

APPLE-OAT MUFFINS

2 cups peeled firm apples, small dice (Fuji, McIntosh, Granny Smith, etc.)

1 ½ cups whole wheat pastry flour

1 cup oats

1 ½ teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

½ teaspoon cinnamon

⅔ cup brown sugar

1 cup plain low-fat yogurt

⅓ cup milk

2 tablespoons almond oil (or other healthy baking oil)

1 teaspoon vanilla

1 large egg

Preheat oven to 400° F and spray 12-cup muffin pan with non-stick spray (or line with muffin cups). Place apples on paper towels to drain excess moisture.

Combine flour, oats, baking powder, baking soda, salt and cinnamon in medium bowl. In second bowl, whisk together yogurt, milk, oil, vanilla, egg and brown sugar. Add to dry ingredients and mix just until moistened. Stir in apples.

Divide evenly between 12 muffin cups and bake 20 minutes or until toothpick inserted into center of muffin comes out with just a few crumbs.

Cool in pan 5 minutes, then remove and cool on wire rack.

CINNAMON RHUBARB MUFFINS

To refresh muffins reheat in 350°F oven for 3 to 4 minutes.

Yields 12 medium muffins

Muffins:

9 ounces (2 cups) whole wheat pastry flour
2½ teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon baking soda
½ teaspoon kosher salt
1 cup sour cream
4 ounces (8 tablespoons) unsalted butter, melted,
cooled slightly
2 large eggs
1 teaspoon pure vanilla extract
1½ cups ¼-inch diced rhubarb (7¼ ounces)

Topping:

3 tablespoons granulated sugar
½ teaspoon ground cinnamon

Position rack in center of oven; heat oven to 400°F. Line 12-cup muffin tin with paper or foil baking cups.

Muffin batter: In large mixing bowl combine flour, sugar, baking powder, cinnamon, baking soda and salt; whisk to blend.

In medium bowl, whisk together sour cream, melted butter, eggs and vanilla until smooth. Lightly stir mixture into dry ingredients with spatula until batter just comes together; do not over mix. Gently stir in diced rhubarb. Batter will be thick.

Divide batter among muffin cups, using back of spoon or small spatula to settle batter into cups. Batter should mound a bit higher than cup tops.

Topping: In small bowl combine sugar and cinnamon; mix well. Sprinkle generous $\frac{1}{2}$ teaspoon cinnamon-sugar mixture over each muffin.

Bake until golden brown, springing back most of the way when gently pressed and pick inserted in center comes out clean, 18 to 22 minutes. Transfer to rack; cool in pan for 5 to 10 minutes.

Carefully lift muffins out of pan, if necessary, loosen with tip of paring knife, let cool somewhat. Serve warm.

CRANBERRY QUINOA MUFFINS

1 dash non-stick spray
2 cups whole wheat flour
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{3}$ cup packed brown sugar
2 tablespoons stevia
 $1\frac{1}{4}$ cups cooked wild rice
 $1\frac{1}{4}$ cups quinoa
 $\frac{2}{3}$ cup dried cranberries
1 cup milk
1 large egg
 $1\frac{1}{2}$ teaspoons vanilla extract
4 tablespoons unsalted butter

Preheat oven to 400°F and lightly spray muffin tin with non-stick spray. Place dry ingredients in bowl. Add cooked grains and thoroughly distribute. Add cranberries.

Measure 1 cup milk into 2-cup measure, add egg and vanilla. Pour into dry ingredients along with butter, stir until just combined without over mixing.

Fill muffin cups; bake 20 to 25 minutes, depending on size of muffin cups. Cool on wire rack. Wait 30 minutes before serving.

WILD RICE AND PECAN MUFFINS

1 ½ cups whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
3 tablespoons brown sugar or stevia
1 egg, lightly beaten
8 ounces plain yogurt
¼ cup light olive oil
½ teaspoon vanilla extract
½ cup cooked wild rice
¼ cup pecans, chopped, toasted

Combine first 6 ingredients. Make a well in center of dry ingredients. Combine egg, vanilla, yogurt, oil; stir until moist. Fold in rice and pecans.

Spoon batter into muffin pans with paper liners. Bake at 400°F for 18 to 20 minutes

Can be frozen for 2 weeks; thaw and warm to room temperature.

WILD RICE SAUTÉ

- 1 cup wild blend rice
- 2 cups chicken, beef or vegetable stock
- 1 tablespoon butter

Rinse rice, add to other ingredients, bring to boil, cover, simmer for 45 minutes. Remove from heat; let stand for 10 minutes.

- ½ cup celery, chopped
- 1 cup mushrooms, sliced
- 1 shallot or small red onion, chopped
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 3 tablespoons teriyaki

Sauté vegetables in oil until soft; add teriyaki; simmer until absorbed; combine with rice.

BROWN RICE PILAF WITH SWEET ONIONS

2 tablespoons butter

1 large sweet onion, chopped

1 cup brown rice

2½ cups seasoned chicken broth or vegetable broth

1 teaspoon salt

¼ teaspoon pepper

Dash cinnamon

Melt butter in large skillet over medium heat. Sauté onion in butter until tender and begins to turn golden in color. Add rice; sauté, stirring, until onions begin to brown.

Add broth; bring to boil. Stir in salt, pepper and cinnamon. Transfer to covered baking dish or leave in skillet if ovenproof.

Cover; bake at 350°F for 1 hour, until rice is tender.

BASIC RISOTTO

3½ cups vegetable or chicken broth, low sodium
3 cups water
4 tablespoons unsalted butter
1 onion, minced
2 cups Arborio rice
1 cup dry white wine
2 ounces Parmesan cheese, grated
Salt and pepper

Bring broth and water to simmer in saucepan, keep warm over low heat. Melt butter in large saucepan (medium heat), add onion, season with salt; cook until lightly browned, approximately 9 minutes. Stir in rice; cook until grain edges begin to turn translucent, approximately 3 minutes. Add wine; cook stirring frequently until absorbed. Add 3 cups of broth/water mixture; bring to simmer. Cook approximately 11 minutes until liquid is absorbed. Continue to add broth ½ cup at a time every few minutes until rice is cooked through but still firm, approximately another 11 minutes. Stir in cheese; season with salt and fresh cracked black pepper.

Variations:

Asparagus Risotto with Lemon and Mint

Clean and trim asparagus; cut on bias into ½-inch pieces. Add to rice at step 4 after 5 minutes of cooking. Stir in 2 tablespoons freshly chopped mint and ½ teaspoon grated lemon zest with Parmesan cheese.

Mushroom

Add ½ ounce dried porcini mushrooms thoroughly rinsed and minced to the onions in step 2.

While rice cooks, in separate pan, melt 2 tablespoons butter; sauté 1 pound cremini mushrooms, cut into small wedges until browned. Add 2 minced garlic cloves and ½ teaspoon fresh thyme. Keep warm; add to rice with cheese.

WHOLE WHEAT PIZZA DOUGH

Makes 12 ounces dough

¾ cup whole wheat flour

¾ cup all-purpose flour

1 package quick-rising yeast (2¼ teaspoons)

¾ teaspoon salt

¼ teaspoon sugar

½ cup hot water, 120 to 130°F

2 teaspoons extra-virgin olive oil

Combine whole wheat flour, all-purpose flour, yeast, salt and sugar in food processor fitted with multi-purpose blade; pulse to mix. Combine hot water and oil in measuring cup. With motor running, gradually pour in enough hot liquid until mixture forms a sticky ball. Dough should be quite soft; if it seems dry, add 1 to 2 tablespoons warm water; if too sticky, add 1 to 2 tablespoons flour. Process until dough forms a ball, then process for 1 minute to knead.

Transfer dough to lightly floured surface. Coat sheet of plastic wrap with cooking spray and place it, sprayed-side down, over dough. Let dough rest for 10 to 20 minutes before rolling.

Place pizza stone or inverted baking sheet on lowest oven rack; preheat oven to 500° F or highest setting. Coat 12½-inch pizza pan with cooking spray and dust with cornmeal.

On lightly floured surface, roll dough into 13-inch circle. Transfer to prepared pan. Turn edges under to make slight rim. Brush rim with 1 teaspoon oil.

Top pizza with favorite toppings.

Place pizza pan on heated pizza stone (or baking sheet);
bake pizza until bottom is crisp and golden, 10 to 14
minutes. Serve immediately.

FOCACCIA – SIMPLE DOUGH FOR FLATBREADS OR LOAVES

- 2 cups lukewarm water (85° to 95° F)
- 2 teaspoons active dry yeast
- 4 cups unbleached bread flour or all-purpose flour
- 2 teaspoons salt
- 2 teaspoons olive oil
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon sea salt

Measure water into large bowl. Sprinkle yeast over water; stir until dissolved. Stir in 2 cups flour and salt; stir briskly until smooth, about 2 minutes. With long wooden spoon stir in remaining 2 cups flour for about 2 minutes longer; until dough pulls away from sides of bowl and flour is incorporated. Dough will be fairly wet and tacky (sticky); when it pulls away from sides of bowl and forms a loose ball, dough has been stirred sufficiently. If it seems too sticky, stir in additional $\frac{1}{4}$ to $\frac{1}{2}$ cup flour

Same day method: Cover bowl with plastic wrap; let dough rise in a warm place until doubled in volume, 30 to 40 minutes.

Proceed with shaping instructions.

Overnight method: Cover bowl; refrigerate overnight. Dough will rise in refrigerator and acquire flavor from slower yeast action. Remove dough 2 hours before shaping; let stand, covered, in a warm place. Dough will rise for a second time. Proceed with shaping instructions.


Shaping into focaccia: Preheat oven to 500° F. Oil one or two non-stick 13x18 baking sheets. Pour dough onto sheets carefully scraping it from sides of bowl with rubber spatula. Brush dough with 2 teaspoons olive oil. Stretch dough into 1-inch-thick oval. Brush loaf with 1 teaspoon olive oil; sprinkle with rosemary and sea salt. To make traditional focaccia indentations, dip fingers into cold water or olive oil and insert straight down into dough.

Baking focaccia: Place pans in oven; reduce oven temperature to 450° F. Bake for 15 to 20 minutes, until focaccia has a nice, golden-brown color mixed with slightly darker brown around indented area. Cool on wire rack. Cut focaccia into wedges or rectangles; serve warm.

CRANBERRY ORANGE BREAD

- 3 cups whole wheat pastry flour
- 1 teaspoon baking soda
- 1 teaspoon double acting baking powder
- 1 teaspoon salt
- 2 eggs
- ½ cup honey or to taste
- ¼ cup melted butter
- ½ cup fresh orange juice
- ¾ cup milk
- 1¼ cup raw cranberries, roughly chopped
- 3 tablespoons orange zest
- ¾ cup chopped pecans or walnuts

Sift flour, baking soda, baking powder and salt. In a mixing bowl, by hand or with a beater, beat the eggs and sugar until well-blended. Stir in melted butter, milk and orange juice. Stir in flour mixture until just moistened, and then fold in cranberries, zest and nuts. (Do not overwork batter.) Butter loaf pan (10" x 4" or 5"). Spread dough in tin. Bake in preheated 350°F oven for about 55 to 60 minutes, or until center of bread springs back when touched lightly or cake tester comes out clean when inserted. (Top may crack.) Let stand in tin for a few minutes before turning out on rack to cool. When thoroughly cooled, wrap in plastic or foil and let sit overnight or at least a day before cutting. Store in refrigerator.



DESSERTS

FLOURLESS CHOCOLATE WALNUT COOKIES

2³/₄ cups walnut halves

3 cups confectioner's sugar

½ cup plus 3 tablespoons Dutch process unsweetened
cocoa

¼ teaspoon salt

4 large egg whites, room temperature

1 tablespoon vanilla extract

Preheat oven to 350°F. Toast walnut halves until golden and fragrant, about 9 minutes. Cool.

Position oven racks in the upper and lower third; lower temperature to 320°F.

Sift sugar, cocoa and salt together; whisk to incorporate. Add walnuts; whisk.

Add egg whites and vanilla; whisk until batter is moistened (do not over beat or it will stiffen).

Spoon batter by tablespoons onto parchment lined sheets. Bake for 14 to 16 minutes until tops are glossy and lightly cracked; shift pans from front to back and top to bottom to ensure even baking. Slide parchment paper and cookies onto wire racks. Cool completely; keep in airtight container up to 3 days.

BURNT ORANGE PANACOTTA

- 1 ½ teaspoons unflavored gelatin
- 2 tablespoons whole milk
- ¼ cup confectioner's sugar
- ⅛ teaspoon salt
- 1 ½ cups heavy cream
- ¼ cup honey
- 2 ½ teaspoons orange zest, fresh, finely grated
- ¼ cup fresh orange juice
- ¾ cup sour cream
- 2 navel oranges
- Chopped pistachios, for garnish
- Special equipment: 6 (½-cup) decorative metal molds

Sprinkle gelatin over milk in small bowl; let stand 1 minute to soften.

Whisk together sugar, honey, salt and 1 cup heavy cream.

Cook granulated sugar in dry, small, heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with fork, until sugar is melted into golden caramel. Stir in 1 ½ teaspoons zest; cook, stirring, until toasted and fragrant, 30 seconds to 1 minute. Stir cream mixture; carefully add to caramel (it will bubble and harden). Cook over moderately low heat, stirring, until caramel is dissolved.

Stir in gelatin mixture and remaining zest.

KEY LIME PIE VEGAN/VEGETARIAN

Crust:

1 cup macadamia nuts
1 cup dried coconut
¼ to ½ cup agave nectar
¼ teaspoon sea salt
Lime zest (optional)
Vanilla bean seeds (optional)

In food processor, process all ingredients until finely ground, should form into ball when pressed. Press into tartlet shells or pie plate. Chill in fridge or freezer.

Filling:

4 avocados peeled, pitted
½ cup lime juice, freshly squeezed
¼ cup lime zest
½ cup agave nectar
1 ½ tablespoons cold pressed coconut oil
½ vanilla bean, scraped, seeds reserved
½ teaspoon salt

Place avocados, lime juice, lime zest, agave nectar, coconut oil, vanilla bean seeds and salt in food processor; process until smooth. Fill chilled tart shells or pie crust with filling. Cover and chill until firm.

Garnish with thin slice of lime or berries.

MEXICAN CHOCOLATE TOFU PUDDING

¼ cup stevia to taste

1 pound silken tofu

8 ounces high-quality bittersweet or semisweet
chocolate, melted

1 teaspoon vanilla extract

1½ teaspoons ground cinnamon

½ teaspoon chili powder, or more to taste

Chocolate shavings (optional)

In small pot, combine sugar with ¾ cup water; bring to boil; cook until stevia is dissolved, stirring occasionally. Cool slightly.

Put all ingredients except for chocolate shavings in blender; purée until completely smooth, stopping machine to scrape down sides if necessary. Divide among 4 to 6 ramekins; chill for at least 30 minutes. Garnish with chocolate shavings before serving.

APRICOT BAVARIAN

8 fresh apricots (1 pound)
1½ envelopes plain gelatin
¼ cup water
⅔ cup sugar substitute
2 cups non-fat plain yogurt

Drop apricots into boiling water to cover. Return to boil; simmer 5 minutes or until skins begin to split. Drain; rinse under cold water.

Halve fruit; discard skins and pits.

Puree apricots in blender or food processor; set aside.

Combine gelatin and water in small saucepan; stir over low heat until dissolved.

Mix sweetener, apricot puree and yogurt with wire whisk until smooth; mix in dissolved gelatin. Chill until firm.

SWEET FRUIT KABOBS

- 3 bananas, sliced thick
- 2 Bartlett pears, sliced into thick wedges
- 2 granny smith apples, sliced into thick wedges
- 2 peaches, sliced into thick wedges
- 1 fresh pineapple, cubed

Marinade:

- 1 cup grapefruit juice
- ½ cup honey
- ¾ teaspoon fresh mint, chopped

Combine juice, honey and mint. Marinate fruit for at least 30 minutes. Place fruit on skewer, alternating types. Grill or broil for 6 to 8 minutes. Baste with marinade as needed.

ALMOND APRICOT DELIGHTS

Delights:

1 ½ cups dried apricots, coarsely chopped
2 tablespoons cognac
½ cup almond paste
½ cup powdered sugar
2 teaspoons instant coffee
2 teaspoons cocoa

Coating:

1 teaspoon cocoa, unsweetened

FOOD PROCESSOR/BLENDER:

Combine first 6 ingredients. Puree.

GALLON BAGGIE:

Sift powdered sugar and cocoa together.

Scoop out a dozen spoonfuls of apricot mixture.

Roll into balls.

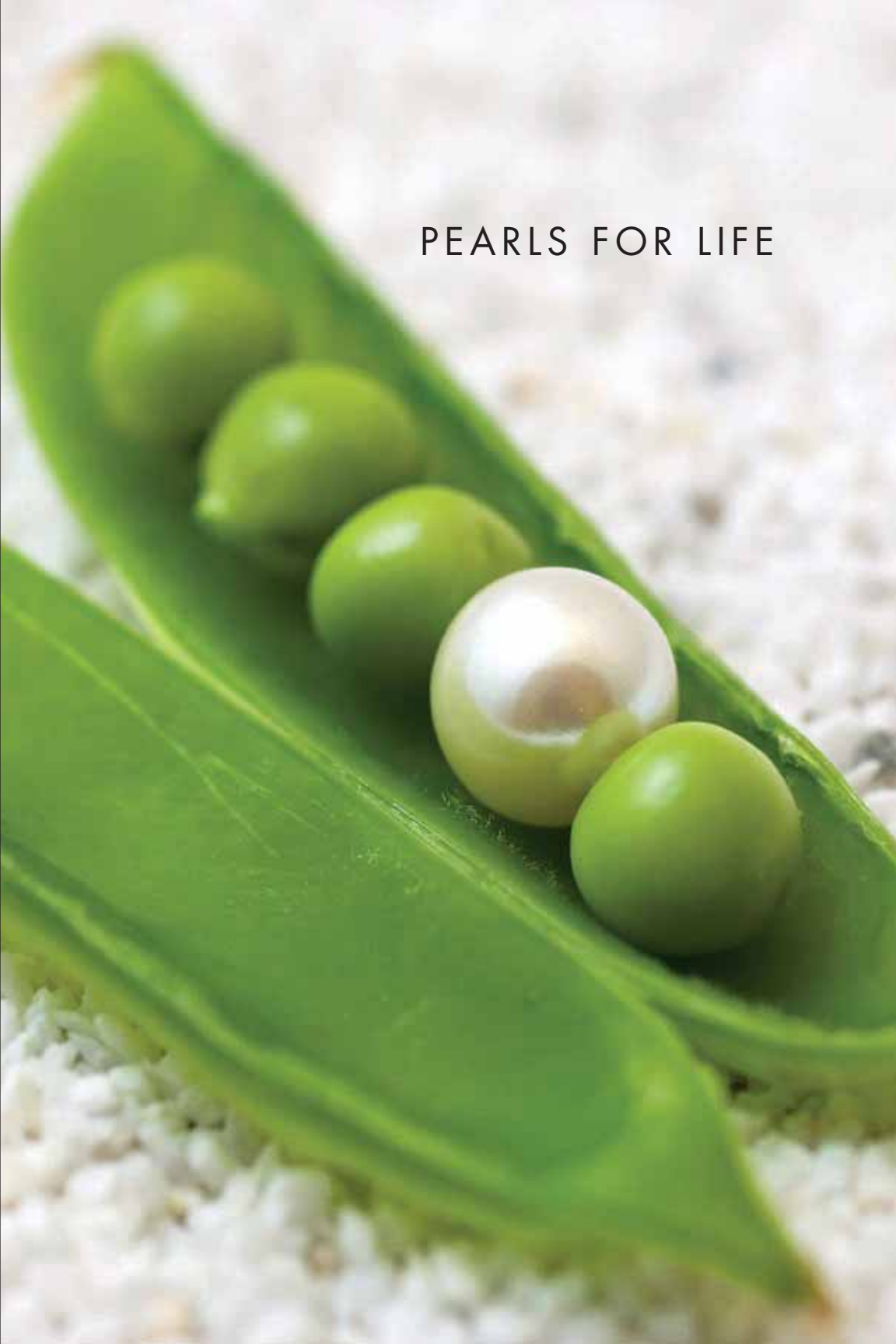
Drop into baggie; shake to cover with sugar-cocoa mixture.

Repeat scooping, rolling and shaking until all balls are formed and coated.

Store in airtight container with leftover sugar mixture to prevent from sticking.

Best kept in freezer.

PEARLS FOR LIFE



Dr. Victor Frank the creator of TBM, Total Body Modification — one of the most effective bio-energetic techniques in the world — says if we correct three things in the human body it will take care of 80% of our health issues. These three things are Hydration, Rib Torque and Sugar Control.

My 23 years of clinical experience has demonstrated that Dr. Frank is absolutely correct! I would like to provide you some basic pearls for your life. These are the things you can change overnight which will have a profound effect on your health and ultimately your life.

The next three sections will cover day-to-day things you can change and provide tips as you navigate the waters of health:

- Why is water important and how much should you drink daily?
- What do I choose when eating out?
- The truth about sweetener.

Enjoy this journey and be light with it, it should be fun and nutritious, continually renewing your energy and your commitment to creating a healthy body composition, which is high in lean muscle and low in fat. Healthy weight loss is fat loss and we must be able to monitor that so we know we are enhancing our health by reversing the biomarkers of aging.

As you begin to follow a healthy lifestyle routine you will find your food tastes better, your mind is clearer, your energy is higher and your pants are looser. Making it worth the initial journey's challenges. So stay with the process and when you need help please join our community at www.keytovitaliving.com. For personal coaching sessions please call 1-800-893-5000.

BEST CHOICES
FOR EATING OUT



BEST CHOICES FOR EATING OUT

When eating out keep your foods as clean as possible. Avoid sauces, creams, heavy salad dressings and fatty meats. It is best to order a clean portion of meat such as a chicken breast with their most nutrient dense vegetable of the day. If they have brown rice or a complex carbohydrate you may have that as well. Desserts can be tricky and are best to avoid. If you have a craving try some fresh fruit or sorbet. It's refreshing!

Proteins: Ask for baked, broiled or grilled chicken, fish or tofu.

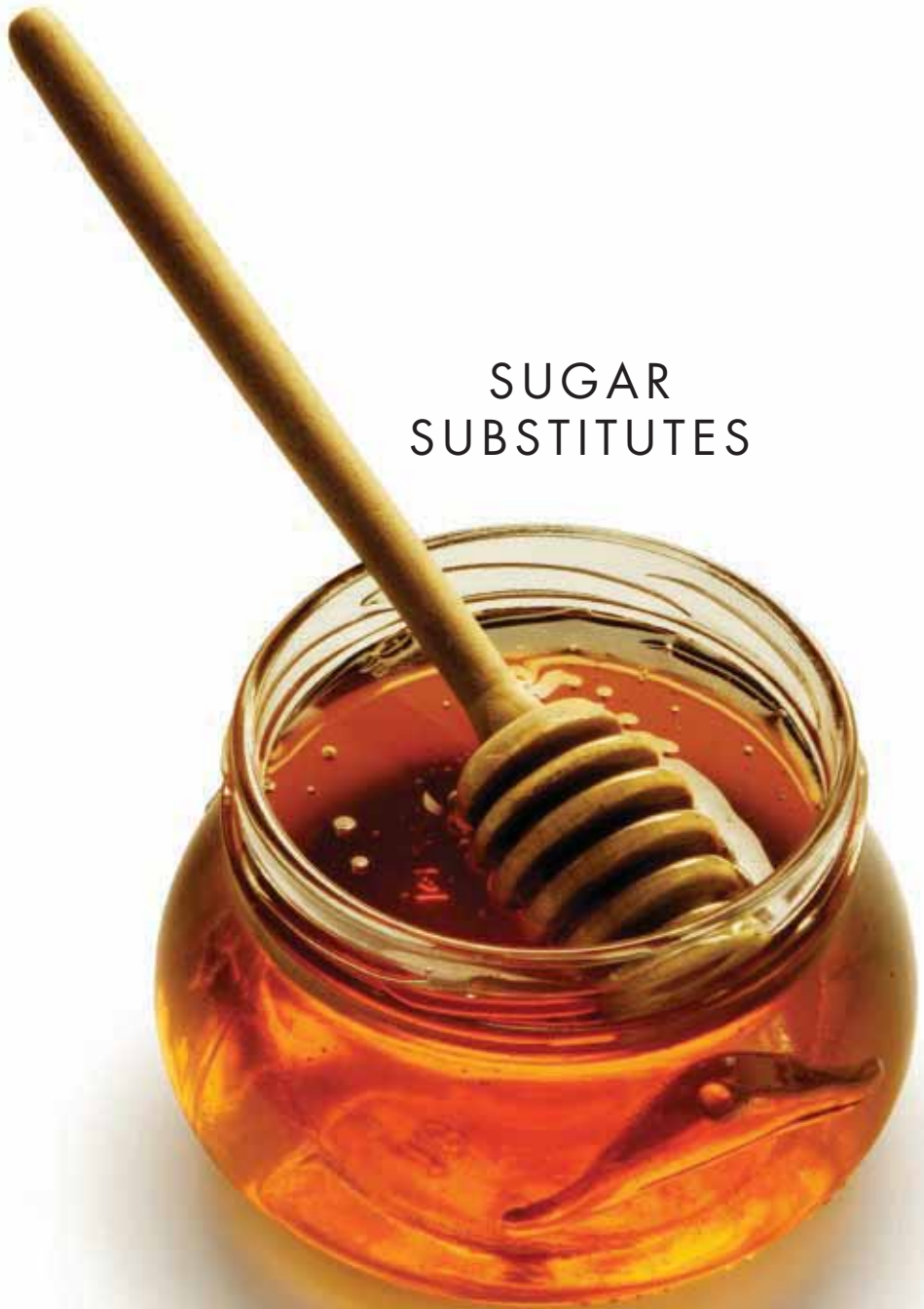
Salad: Have live oil with lemon or herbs, always dip your salad into the dressing, you will use much less and therefore have less calories. Be careful at salad bars they use chemicals to keep things looking fresh.

Soups: Sound like a great idea and they can be if they are a clear broth soup. Avoid the creams and heavy meat bases.

Potato Dishes: Can be filled with hidden fats. If possible order a sweet potato or yam as they have a lower glycemic index than white potatoes. Order the potato baked and combine this with your salad or vegetable of the day. As a vegetarian I can tell you this is a wonderful low calorie nutrient dense meal.

Asian Foods: Generally one of your better choices, Chinese and Japanese restaurants are a great opportunity to try new things such as sea vegetables and tofu. The Maki rolls are also wonderful. As a vegetarian I love the Avocado Maki with Miso soup. You will feel satisfied and light as a feather!

SUGAR
SUBSTITUTES



HEALTHY SWEETENERS ARE NOT 'EQUAL'

SUGAR:

Destabilization of your blood sugar begins a downward spiral toward Metabolic Syndrome or Syndrome X. Metabolic Syndrome leads to weight gain around the mid-section, high blood pressure, high blood sugar, high blood fats, heart disease and diabetes. Our diet today is full of simple carbohydrates and hidden sugars that are destroying our health, and please do not get me started on artificial sweeteners...can you say nerve toxin?

We have summarized for you various sweeteners you can choose:

Honey: The taste and color will vary slightly depending on the type of blossom the bees were pollinating. Honey has the highest sugar concentration of all natural sweeteners in the form of fructose. Raw honey is the best and the honeycomb is a wonderful spread on sprouted toast. Avoid processed honey found in the grocery as it's been heated to high temperatures, this process destroys the natural enzymes, which are so good for you body. Honey also has many medicinal uses.

Fruit Sugar: May be derived from natural sources such as fruits and vegetables. Please avoid any sweetener made from corn syrup.

Sucanat: Made from evaporated cane juice. It is a wonderful sweetener, which unlike white sugar, still has all of the minerals of the sugar cane plant. These minerals help your body to metabolize the sugar, slowing down the glycemic process in your body and preserving your own minerals.

Date Sugar: Ground from dehydrated dates is more of a whole food and is also good for spreads on sprouted bread. It is high in fiber and has a wide range of vitamins and minerals, including iron. Because it is a dehydrated food it will not dissolve in water but will plump up when absorbing the moisture.

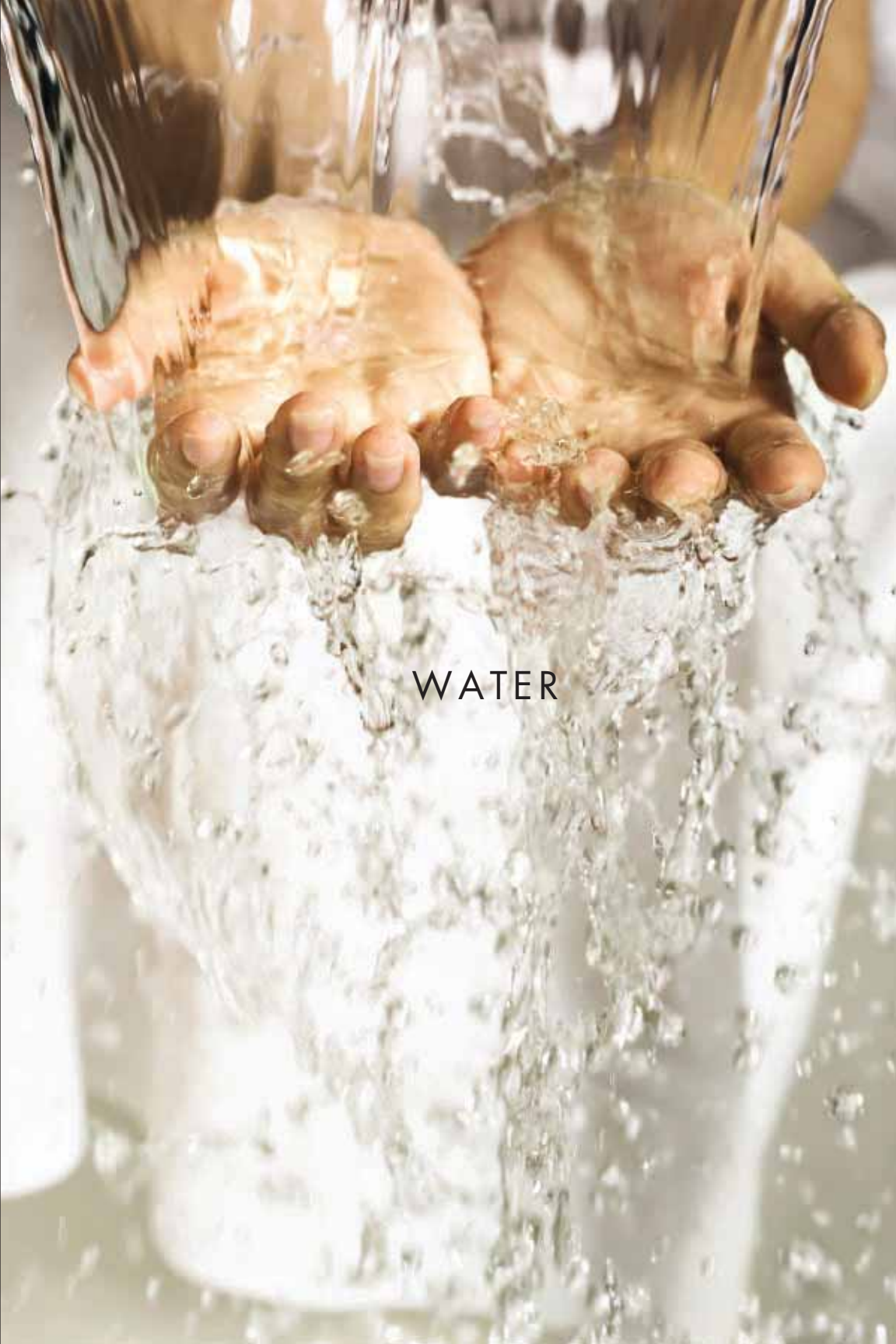
Brown Rice Syrup: Being made of brown rice this sweetener has the lowest glycemic index. It will enter the blood stream much slower than honey and the other syrups. It is not as nutrient dense as date or barley sweeteners but it does contain trace minerals and B-vitamins. It has a more mild flavor than the other sweeteners.

Maple Syrup: Is a wonderful naturally occurring sweetener that literally comes from trees. It takes 40 gallons of Maple sap to make one gallon of maple syrup so it is a bit more expensive but it's a must for whole grain waffles.

Barley Malt: Is similar to brown rice syrup in that it is lighter and less sweet than honey. It is high in complex carbohydrates so it enters the blood stream more slowly, giving it a lower glycemic index like the brown rice syrup. It also has B-vitamins and trace minerals.

Stevia: Is a plant-based sweetener from a wild shrub in various areas of South America. The sugars from the leaf of the plant are 300 times sweeter than white sugar. One teaspoon of stevia equals approximately eight teaspoons of white sugar. It may be used to replace white sugar in baking, tea and cereals. Stevia is used in the *Key To Vital Living* cookbook. Stevia helps to stabilize blood sugar and has been found to reduce cavities in animal studies.

Aspartame: Use it if you have ants, it is great for killing them. Please do not drink diet drinks or use this to sweeten anything. It is an excitotoxin that causes specific brain cells to become excessively excited and has been linked to many neurological diseases. It also interferes with your body's natural ability to regulate food intake and body weight.



WATER

WATER: PURIFIED FREE OF CHEMICALS AND SOFTENERS

Almost two-thirds of your body is water.

- Your blood is 83% water
- Your muscles are 75% water
- Your brain is 74% water
- Your bones are 22% water
- 75% of Americans are chronically dehydrated

Even mild dehydration will:

- Slow down your metabolism as much as 3%
- Lead to loss of energy and fatigue
- Short-term memory loss
- Trouble with basic math
- Difficulty focusing with your eyes
- Can create blood thickening making it harder for your body to circulate it

The benefits of water include:

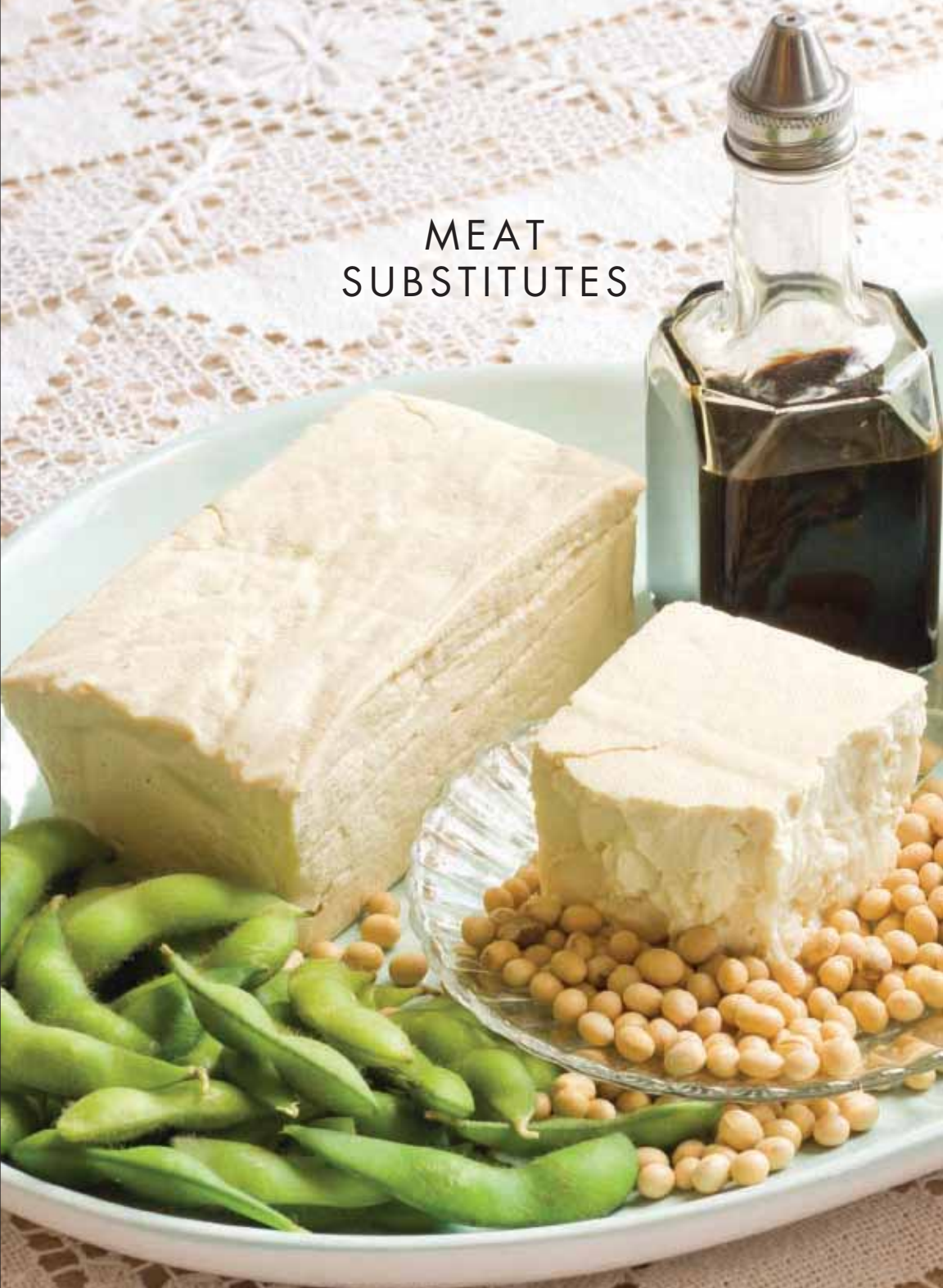
- Decrease risk of colon cancer by 45%
- Decrease risk of breast cancer by 79%
- Decrease risk of bladder cancer by 50%
- Decrease lower back pain by 80% of sufferers
- Reduces headaches and dizziness
- Increased energy
- Increase in body's ability to remove toxins

- Helps one to lose weight and turns off hunger pains at midnight in nearly 100% of dieters, in University of Washington study
- Helps maintain healthy skin
- Helps maintain healthy bowels and supports digestion
- Increases mental and physical performance

So here's the deal if there were a drug that could do all of this for your health it would be malpractice not to prescribe it. Water is necessary for your body to digest and absorb vitamins, minerals and nutrients. It helps to detoxify the liver, kidneys and every cell in your body.

The optimum amount of water consumption is two-thirds ounce per pound of body weight per day. Take your body weight in pounds multiply it by .66 and you have it. 130-pound women times .66 should drink 86 ounces of water/day. The lower limit, but better than nothing, is at least half of your body weight in ounces of water per day.

MEAT
SUBSTITUTES



MEAT SUBSTITUTE

*You may use allowed meats in the KTVL diet.
These are protein suggestions for vegetarian meals.*

Tempeh	Lima beans	Soy yogurt
Seitan	Quinoa	Bulgur
Soybeans	Tofu	Sunflower seeds
Lentils	Bagels	Whole wheat bread
Black beans	Peas	Cashews
Kidney beans	Textured Vegetable Protein (TVP)	Almond butter
Veggie burger	Peanut butter	Brown rice
Chickpeas	Veggie dogs	Spinach
Veggie baked beans	Spaghetti	Broccoli
Pinto beans	Almonds	Potatoes
Black-eyed peas	Soy milk	
Tofu		

It is very easy for a vegan diet to meet the recommendations for protein. Nearly all vegetables, beans, grains, nuts and seeds contain some, and often much, protein. Fruits, sugars, fats and alcohol do not provide much protein, so a diet based only on these foods would have a good chance of being too low in protein. However, not many vegans we know live on bananas, hard candy, margarine and beer only.



KTVL
GROCERIES

SHOPPING LIST/FOOD CHOICES

Proteins

- Chicken
- Chicken broth
- Lamb
- Fish, fresh or canned
- Cod
- Halibut
- Mackerel
- Salmon
- Tuna
- Trout
- Wild game
- Dried beans, all varieties
- Canned, organic beans
- Dried or frozen peas
- Lentils/red or green

Grains

- Rice
- Rice bread
- Rice pancakes
- Rice cakes
- Rice pasta
- Rice milk
- Cream of rice cereal
- Puffed rice cereal or crispy rice
- Tapioca

Grains (continued)

- Amaranth
- Millet
- Teff
- Quinoa
- Buckwheat/kasha
- Potato flour or starch

Vegetables

- Alfalfa sprouts
- Artichoke
- Asparagus
- Avocado
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Daikon radish
- Endive
- Escarpe
- Garlic
- Green or yellow beans
- Greens (mustard, turnip, chard, watercress)
- Jimica

Vegetables (continued)

- Kale
- Kohlrabi
- Leeks
- Lettuce (all types)
- Mung beans
- Okra
- Onion
- Parsnips
- Peas (all types)
- Peppers (all varieties)
- Potatoes (white, red and sweet)
- Radishes
- Rutabaga
- Sea vegetables (seaweed, kelp)
- Spinach
- Squash (green and yellow)
- Summer squash
- Taro
- Tomatoes
- Turnips
- Water chestnuts
- Winter squash (all types)
- Yams

Sweeteners

- Honey
- Brown rice syrup
- Fruit sweetener
- Molasses
- Stevia

Fruits

- Apple and apple butter
- Applesauce unsweetened
- Apricots
- Avocado
- Bananas
- Berries (all types)
- Cherries
- Kiwi
- Lemon
- Mango
- Melon (all varieties)
- Nectarines
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Prunes
- Raisins and other dried fruits (unsweetened)

Nuts, seeds, and oils

- Almond and almond oil
- Canola oil
- Cashews
- Flaxseeds and flaxseed oil
- Hazelnuts
- Olives and olive oil
- Pecans
- Pumpkin oil and seeds
- Safflower oil
- Sesame oil and seeds
- Sunflower oil and seeds
- Walnuts and walnut oil
- Nut butters from above nuts

Spices and condiments

- Anise
- Baking powder
- Baking soda
- Basil
- Bay leaf
- Cardamom
- Celery seed
- Cinnamon
- Coriander
- Cumin
- Dill
- Dry mustard
- Egg substitute
- Fennel
- Garlic
- Ginger
- Oregano
- Parsley
- Rosemary
- Savory
- Tarragon
- Thyme
- Turmeric
- Vinegar