

Two Sisters' Recipe Collection

These recipes have all been passed along to us from family and friends or gathered from our favorite websites and books. Most of these recipes have been adapted from their original versions to suit our tastes, so feel free to do the same with the versions we have chosen to share in this book. One thing to keep in mind is that we try to keep a lot of our food preparation on the healthy side as much as possible, so you'll notice that a lot of these recipes call for things like whole wheat flour, olive oil, coconut oil, honey, etc. We tend to use wheat flour, cold-pressed extra virgin olive oil, cage-free eggs, hormone-free meat, reduced fat sour cream and cheeses, and organic ingredients when available. High quality ingredients make for a great meal and help us to lead a healthier lifestyle.

Thank you to everyone who has shared their recipes with us over the years. We hope you enjoy.

-Jessica and Sarah Ryder (December 2005)

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Breakfast Foods

Mixed Berry Couscous

- 1 cup uncooked couscous
- 2 cups unsweetened apple and black currant juice
- 1 cinnamon stick
- 2 cups raspberries
- 1 2/3 cups blueberries
- 1 2/3 cups strawberries, hulled and halved
- 2 teaspoons lime zest, plus extra to serve
- 1 tablespoon finely shredded mint
- 7 oz low-fat yogurt (I prefer to use Stonyfield Farms Banilla)
- 2 tablespoons honey (optional)

Place the couscous in a bowl. Pour the apple and black currant juice into a small saucepan and add the cinnamon stick. Bring to a boil, then remove from the heat and pour over the couscous. Cover with plastic wrap and leave to stand for 5 minutes, or until the liquid has been absorbed. Remove the cinnamon stick. Refrigerate.

When cool, separate the couscous grains with a fork, add the berries, lime zest and mint, and gently fold through. Spoon the mixture into 4 bowls. Top with a large dollop of yogurt, a small sprig of mint, and drizzle with honey if desired.

Note: This is also very tasty with any kind of chopped nuts mixed in. Also, other flavors may be used, such as orange juice and dried fruits or fresh mango, peach, pear and apple.

Fiber Rich Muffins w/ Apple, Pears & Peaches

1 cup Hodgson Mills Multi-Grain Hot Cereal w/ Milled Flaxseed and Soy
1/2 cup white or whole wheat flour
1/2 cup rolled oats
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup sugar or honey
3/4 cup apples, peeled and chopped
1/3 cup pears, chopped – canned makes muffins more moist
1/3 cups peaches, diced – canned makes muffins more moist
1/2 cup milk – skim, rice or soy is great
2 eggs (or 4 egg whites)
1/4 cup olive or coconut oil
1 teaspoon vanilla
1/2 cup pecans, chopped
* for even more texture or flavor you can add 1/2 cup shredded carrots

Preheat oven to 400F. Line or grease 12 muffin cups. Blend together dry ingredients. Add remaining ingredients and mix until blended. Batter will be thick; spoon into muffin cups. Bake 20-22 minutes or until golden brown.

Ham, Corn & Polenta Muffins

Makes 12

$\frac{3}{4}$ cup polenta
1 tablespoon sugar
1 $\frac{2}{3}$ cups white flour
1 tablespoon baking powder
2 tablespoons olive oil
1 egg, lightly beaten
1 $\frac{1}{4}$ cups skim milk
1 (4 $\frac{1}{2}$ oz) can creamed corn
4 scallions, thinly sliced
5 $\frac{1}{2}$ oz low-fat shaved ham, chopped
1 $\frac{3}{4}$ oz low-fat cheddar cheese, grated

Preheat oven to 400F. Sift the polenta, sugar, flour and baking powder into a bowl. Place the oil, egg and skim milk in a separate bowl, mix together well and pour into the dry ingredients.

Add the creamed corn, scallions, ham and cheese, and stir together with a large metal spoon until just combined. Do not overmix; the mixture should still be lumpy. Spoon the mixture into 12 lined muffin cups and bake for 20 minutes, or until the muffins are risen and golden brown. Leave in the tin to cool for 5 minutes before turning out onto a wire rack to cool.

Muesli

2 cups rolled oats
1 cup rye flakes
½ cup seedless raisins
½ cup sunflower seeds
½ cup dried dates
½ cup raw walnuts
½ cup raw almonds
¼ cup pepitas (raw pumpkin seeds)
¼ teaspoon nutmeg
¼ teaspoon cinnamon

Combine all ingredients and store in refrigerator. Have ¼ cup for breakfast with milk (eat as you would cereal).

Mushroom and Spinach Frittata

drizzle of olive oil
1 red onion, thinly sliced
1 ¾ oz low-fat bacon, thinly sliced (optional)
3 cloves garlic, minced
3 ¼ oz mushrooms, thinly sliced (portobellas are best)
2 mini zucchini, diced
1 handful baby spinach leaves
4 eggs
½ cup skim milk
½ cup grated low-fat cheddar cheese
2 tablespoons shredded Parmesan
2 tablespoons basil, thinly shredded

Drizzle oil in skillet, heat, add onion, bacon and garlic and stir-fry for 4 minutes or until soft. Add the mushrooms and zucchini and stir-fry for 3 minutes, or until the mushrooms are cooked and any liquid has evaporated. Stir in the spinach and cook until just wilted. Cool.

Whisk together the eggs and milk in a large bowl, stir in the cheeses, basil and cooled vegetable mixture.

Take a non-stick frying pan with a diameter of 7-8 inches and spray with olive oil. Pour in the mixture and smooth the surface. Cook over a low heat for 10-13 minutes, or until mostly set. Take care not to burn the base.

Preheat a broiler. Place the pan under the broiler and cook for 3-5 minutes, or until firm and lightly browned on top. Serve warm or cold, cut into slices.

Protein Blintz

2 eggs

1/3 cup cottage cheese

1/4 cup fruit of choice (fresh or frozen berries work well; if frozen, defrost to room temperature)

Beat eggs and pour into small non-stick frying pan heated over medium heat, as if for an omelet. When the edges begin to firm up, push them towards the center so that the runny stuff in the middle puddles out and cooks. After doing this once or twice, spoon cottage cheese and fruit of choice on top. Allow the eggs to set fully. The bottom of the omelet should be golden brown (turn it up with a spatula to check). You can either roll up the omelet into a cylinder like a blintz, or simply slide it off the pan and fold it in half like an omelet. If this isn't sweet enough, try beating some vanilla, cinnamon and or/soy milk into the eggs beforehand.

Protein Pancakes

2-3 beaten eggs
1 cup cottage cheese (I prefer 2% organic cottage cheese)
1 banana
1-3 teaspoons honey
½ teaspoon vanilla
sprinkle of cinnamon, nutmeg and/or allspice to taste
1 cup oats
¼ cup walnut or pecans (optional)

Put all ingredients into the blender in the order in which they appear above. So grab your blender, eggs in first, then start the blender. As it's blending, pour in the cottage cheese, then the banana, then whatever sweeteners you'd like to use, then the oatmeal (and nuts if you're using them) last. Once this is blended well, cook as you would pancakes, in a nonstick pan over medium heat. I prefer to use my electric griddle with some coconut oil drizzled atop for the pancakes to cook on. They are good plain, with fruit, or with syrup (even better with peanut butter and syrup).

Apps

Artichoke Dip

2 cans artichoke hearts
1 cup grated Parmesan/Romano cheese
2 cloves garlic
Dash of garlic powder
Dash of black pepper
1 cup mayonnaise (Hellmann's reduced fat works great)
8 oz shredded mozzarella

Drain and chop artichokes. Combine all ingredients and put in a small casserole/baking dish. Bake (can be microwaved as well) for 30 minutes at 350F, uncovered.

Sprinkle with paprika when it comes out of the oven. Serve warm with crackers.

Butternut Bisque

1 tablespoon olive oil
1 tablespoon butter
1 small onion, diced
 $\frac{3}{4}$ cup of carrots, diced
4 cups butternut squash, peeled and cubed
3 cups vegetable or chicken stock
salt, black pepper, white pepper, nutmeg and allspice to taste
 $\frac{3}{4}$ cup of heavy cream or half&half

1. Heat oil and melt butter in large saucepan over medium heat. Stir in the onion and cook until tender.
2. Put carrots, squash and stock into the pot and season to taste. Bring to a boil, reduce heat, and simmer until vegetables are tender.
3. In a blender or food processor, puree the soup mixture until smooth. Return pureed squash to saucepan and stir in the cream. Add more seasoning to taste. Heat through, but do not boil.
4. Serve warm with a dollop of sour cream and a dash of nutmeg.

Creamy Cheddar Spread

8 oz grated Cabot extra sharp cheddar cheese
¼ cup sour cream (reduced fat or fat-free works well)
2 tablespoons butter
2 tablespoons white wine or apple juice
pinch of nutmeg
pinch of ground red pepper

Combine all ingredients until smooth. Serve with crackers and/or slices of apple or pear.

Cran-Apple Raspberry Chutney

Makes 6 cups

- 1 pound fresh cranberries, finely chopped
- 2 tart green apples, peeled, cored, and finely chopped
- 1 cup sugar
- ½ cup apricot preserves
- 1 (10 oz) package frozen raspberries, thawed and drained well
- 1 teaspoon lemon juice
- ½ teaspoon chopped fresh mint

Place the cranberries, apples, sugar, apricot preserves, raspberries, and lemon juice in a medium mixing bowl. Blend well and chill. Fold in the mint and serve.

Garden-Fresh Bruschetta

1 ½ large tomatoes, seeded, diced
½ small onion, diced
2 tablespoons chopped fresh basil
2 tablespoons capers
2 garlic cloves, minced
2 tablespoons olive oil
1 loaf French bread cut into ½-inch slices
½ cup freshly grated Parmesan cheese

In a medium bowl, combine tomatoes, onion, basil, capers and garlic; mix well. Add oil; mix gently. Cover; refrigerate 1 to 2 hours.

Heat broiler. Place bread slices on baking sheet; broil 1 to 2 minutes or until light brown. Turn over. Spread each slice with 2 teaspoons tomato mixture; top with ½ to 1 teaspoon cheese. Broil an additional 1 to 2 minutes or until cheese is melted.

Guacamole

2 ripe avocados; peeled, pitted and mashed
½ red onion, diced
1 large tomato, diced (on the vine tastes best)
juice from 1 fresh lime
1-2 cloves of garlic, minced
¼ cup coarsely chopped fresh cilantro
black pepper and salt to taste

Combine all ingredients in medium bowl. Serve immediately or refrigerate until serving (place one of the avocado pits in the bowl to help keep it fresh if you're not serving right away). Serve with blue corn tortilla chips.

Spinach and Artichoke Stuffed Portobellos

Portobellos:

2 teaspoons olive oil, a drizzle
5 medium Portobello mushroom caps (you can use a 6oz package of the baby ones)
salt and black pepper
2 tablespoons balsamic vinegar

Stuffing

1 tablespoon olive oil, 1 turn of the pan
3 cloves garlic, chopped
1 small onion, chopped
1 pound fresh spinach, coarsely chopped
1 (15 oz) can artichoke hearts in water, drained well, chopped
1 red bell pepper (fresh, roasted and jarred, or freshly roasted – whichever you prefer)
salt and black pepper
4 to 6 sprigs fresh thyme, chopped, about 2 tablespoons
3 slices Italian bread, toasted and chopped into small cubes
½ cup chicken or vegetable stock
¼ cup grated Parmesan cheese

Preheat oven to 375F

Heat a large non-stick skillet over medium high heat. Add a drizzle of oil and the Portobello caps. Season caps with salt and pepper, to taste, and cook 3 minutes on each side. Add balsamic to the pan allow to cook away as it coats the caps. Transfer balsamic glazed caps to a cookie sheet. Return pan to stove and add oil, garlic, and onion. Sauté onions and garlic 3 minutes, add spinach to the pan and let it wilt. Add artichoke hearts and peppers to the spinach and season veggies with salt, pepper and thyme. Add chopped toast and dampen stuffing with chicken or vegetable stock. Combine stuffing and sprinkle in a little grated cheese. Top each mushroom with the filling. Set mushrooms in oven for 5 minutes to set the filling. Cut the mushrooms and transfer to a serving dish.

Tortilla Espanola (Spanish Tortilla)

4 potatoes
1 onion
4 eggs
½ cup olive oil
salt

Peel potatoes and onion and slice into small chunks
Heat oil in a skillet on medium heat
Layer potatoes, onions, salt; repeat
Keep oil on low to boil the potatoes, not fry
Strain over a bowl to keep the oil and let cool
Beat eggs with salt in a medium bowl
Put potato/onion mixture in eggs and let sit for 20 minutes
Put 3 tablespoons of the saved oil into the skillet and heat to medium high
Put egg/potato mixture in skillet and press flat
Don't stir, just cook for 2-3 minutes until it sets
Take a plate or platter bigger than the pan, flip tortilla onto the plate and slide back into the pan to cook for another 2-3 minutes.
When finished, flip the tortilla onto the plate/platter and serve warm or cold.

Entrees

Apricot & Shitake Mushroom Stuffing

Dairy-free; Serves 10-12

1 large onion
4 stalks celery, sliced
½ pound shitake mushrooms, chopped
olive oil
1 (12 oz) package whole wheat dinner rolls, cubed and dried
1 pound breakfast sausage, cooked and crumbled
1 (8 oz) package cornbread dressing mix
4 oz dried apricots, chopped
1 cup chopped walnuts
1 tablespoon poultry seasoning
1 teaspoon dried sage
5 cups poultry stock
1 teaspoon black pepper
sea salt, to taste

Combine first three ingredients in casserole. Toss with enough oil to moisten vegetables. Roast 15 minutes at 450F. Add remaining ingredients in large bowl and mix well. Pour into large oiled casserole and bake, covered, 45 minutes at 350F.

Beef and Irish Stout Stew

2 pounds lean beef stew meat
3 tablespoons olive oil, divided
2 tablespoons flour
ground black pepper to taste
1 pinch cayenne pepper
1 pinch ground white pepper
2 large onions, chopped
2-3 cloves garlic, crushed
4 tablespoons tomato paste
2 ½ cups Irish stout beer (e.g., Guinness)
2 cups chopped carrot
1 cup sliced mushrooms
4 stalks chopped celery
2 sweet potatoes, chopped
½ large turnip, chopped
1 spring fresh thyme
1 tablespoon fresh chopped parsley

Toss the beef cubes with 1 tablespoon olive oil. In a separate bowl, stir together the flour, salt, and black, white and cayenne pepper. Dredge the beef in this to coat.

Heat the remaining oil in a skillet or Dutch oven over medium-high heat. Add the beef and brown on all sides. Add the onions and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.

Pour ½ cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the thyme and the rest of the veggies, with the exception of the mushrooms. Cover, reduce heat to low, and simmer for about 2 hours, stirring occasionally. Add mushrooms about 10 minutes before serving. Taste and adjust seasoning before serving. Garnish with parsley.

Tastes great served over mashed potatoes or by itself.

Blackened Yellowfin Tuna Steak w/ Black Beans & Cilantro Salsa

Cilantro-Lime Salsa

2 medium tomatoes, diced
1 green pepper, diced
½ red onion, diced
½ bunch cilantro, finely minced
juice of 1 fresh lime
1/3 cup chopped black olives

Black Beans

2 (15 oz) cans black beans, rinsed and drained
2 tablespoons jalapeno, diced
1 tablespoon ground cumin

Tuna Steaks

2 yellowfin tuna steaks
½ cup blackened seasoning

If you can't find blackened seasoning in the store, you can make it yourself with a recipe similar to the following...

- 2 teaspoons ground paprika
- 4 teaspoons dried leaf thyme
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 tablespoon granulated sugar
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1 teaspoon ground cayenne pepper, or to your taste
- 1 teaspoon dried leaf oregano
- ¾ teaspoon ground cumin
- ½ teaspoon ground nutmeg

Directions

1. Mix salsa and refrigerate
2. Mix black beans and simmer
3. Dredge steaks liberally with blackened seasoning
4. Cook in hot skillet 3-4 minutes per side
5. Serve tuna on bed of hot black beans
6. Serve with cilantro-lime salsa on top
7. Garnish with blue corn tortilla chips and remaining cilantro

Cheesy Chicken Enchiladas

Makes 4 servings; 2 enchiladas each

2 cups chopped cooked chicken

1 can (10 ³/₄ oz) cream of chicken or cream of mushroom soup

8 flour tortillas

1 can (14 ¹/₂ oz) chili or diced tomatoes, undrained

1 can (14 ¹/₂ oz) black beans, rinsed and drained

1 cup shredded cheese; cheddar, Monterey jack or a Mexican blend works well
fresh cilantro and sour cream (optional)

Preheat oven to 350 degrees

Combine chicken, soup and black beans; spoon evenly down centers of tortillas and roll them up.

Place, seam-sides down, in 13x9-inch baking dish; top with tomatoes and cheese.

Cover with aluminum foil. Bake for 30-35 minutes, removing the foil after 20 minutes.

Serve with a dollop of sour cream and cilantro on top.

Chicken and Sweet Potato Salad

4 plum tomatoes, quartered lengthways
10 ½ oz eggplant, quartered lengthways
6-8 baby portobella mushrooms, cleaned and sliced in half
Drizzle of olive oil
1 pound of sweet potatoes, peeled and cut into ¾ inch slices
1 large red onion, sliced into thin wedges
1 barbecued chicken breast (I pan-sear a breast with a BBQ vinaigrette)
2 tablespoons chopped cilantro
2 -3 tablespoons balsamic vinegar
2 handfuls arugula or spinach

Preheat oven to 400F. Place the tomatoes and eggplant on a large baking sheet, drizzled with a little olive oil and seasoned with salt and pepper. Bake, turning the eggplant halfway through, for 25-30 minutes.

Meanwhile, steam the sweet potato for 15 minutes, or until just tender. Place in a large bowl with tomato and eggplant.

Lightly drizzle a skillet with olive oil and cook the onion over a low heat for 6 minutes, or until golden. Set aside.

Remove any skin or bones from the chicken and discard. Cut the chicken meat into bite-sized chunks and add to the vegetables with the cilantro and 1 tablespoon of balsamic vinegar. Toss gently.

Place the arugula on a plate or platter; then the chicken mixture and top with the onion. Drizzle with the remaining balsamic vinegar to taste. Serve with thick slices of wholegrain bread.

Cottage Cheese Pasta

½ cup cottage cheese
1 cup chopped tomatoes
plenty of chopped fresh basil
½ clove chopped garlic
1 tablespoon olive oil

Mix and heat for a few minutes over medium heat until flavors combine, cheese melts a bit, and garlic becomes fragrant. Toss with cooked pasta and top with grated Parmesan.

Jambalaya

Seasoning

- 2 small whole bay leaves
- 1 teaspoon salt
- 2-4 teaspoons white pepper (depending on how spicy you like it)
- 1 teaspoon garlic powder
- 3 teaspoons cayenne (ground red pepper)
- 3 teaspoons black pepper

Other ingredients

- 1 pound andouille sausage (I substitute turkey kielbasa as a healthier option)
- 1 pound chicken (thighs are recommended, but breasts are the healthier option)
- 1 pound ham
- 1 pound peeled cooked shrimp (optional)
- 4 tablespoons butter or margarine (to prevent sticking)
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup chopped green bell peppers
- 2 teaspoons Tabasco sauce
- 1 (6 oz) can tomato sauce
- 2 cups uncooked rice (I prefer brown rice)
- 3 cups chicken stock

Cookware: Well-seasoned cast iron, cast aluminum, or heavy stainless steel works well with this recipe. A Dutch oven works great.

1. Combine the seasoning mix ingredients in a small bowl and set aside.
2. Melt the butter or margarine over medium high heat. Add the chicken, sausage, ham and shrimp. Brown the meat (about 3 minutes) while stirring frequently.
3. Add the seasoning mix and about ½ of the onions, celery and bell peppers. Sauté until tender (about 5 minutes). Scrape the bottom of the pot well.
4. Stir in the Tabasco and tomato sauce; stir fairly constantly while cooking for about 1 minute. Then add the remainder of the onions, celery and bell peppers, and cook another 1-2 minutes.
5. Add the rice and chicken broth. Mix all ingredients well. Bring to a boil stirring and scraping the bottom of the pot frequently.
6. Reduce heat and simmer covered until rice is tender (about 20 minutes, up to 45 depending on the type of rice used).
7. Remove bay leaves and serve.

Lamb Stew

Lamb stew meat (on the bone)
Parsnips
Carrots
Potatoes
Sweet potatoes
Onions
Garlic
Celery
Butternut squash
Mushrooms
Salt
Pepper
Rosemary
Honey
Dijon mustard
Olive oil
Beef broth
1 beer (of your choice)
Flour

In a small bowl mix together 2 tablespoons honey, 2 tablespoons dijon mustard, 3 cloves of fresh garlic (chopped), and rosemary. Put the frying pan on to a medium heat with some olive oil and add the lamb to the pan. Pour the honey-mustard mixture over the lamb and allow to cook for 5 minutes on each side.

To the crock pot add 1 can low sodium beef broth and all vegetables chopped to your liking. Once the lamb has cooked on each side add that to the crock leaving the meat on the bones (that's where all the flavor is).

Take the frying pan that the lamb was in & put it back on the stove, add half of the beer and deglaze the pan at a medium-high heat. Once the beer is boiling, take the pan over to the crock & add its contents to the stew.

Sprinkle about 2 tablespoons of flour to the stew as a thickener. Allow to cook for 3 hours at a low heat.

Check the vegetables for doneness. If they are as soft as you like them, turn off the heat and remove the lamb. Trim the meat off of the bones, add the meat back to the stew & throw the bones away. At this point, and not before, flavor your stew with salt & pepper. Eat & enjoy!

Nutty Pumpkin Ravioli

Serves 6

Ravioli

1 can (15 oz) pumpkin
1 teaspoon ground nutmeg
¼ cup ground walnuts (toasted), plus extra for garnish
¼ teaspoon salt
¼ teaspoon black pepper
1 package (8oz) wonton wrappers (thawed if frozen)
water for dabbing
2 teaspoons olive oil

Sauce

6 tablespoons butter
1 teaspoon dried sage
pinch of salt
pinch of pepper

1. Place pumpkin in a bowl. Add nutmeg, walnuts, Parmesan cheese, ¼ teaspoon salt, ¼ teaspoon black pepper, and mix well.
2. In the center of a wonton wrapper, place 1 tablespoon of the pumpkin-cheese mixture.
3. Using the tip of your finger, moisten the edges of your wrapper with a dab of water. Place another wrapper on top and press down the edges with your fingertips and the tines of a fork.
4. Place the finished ravioli on a baking sheet lined with saran wrap coated with 1 teaspoon olive oil (to keep the ravioli from sticking).
5. Repeat steps 2-4 until all pumpkin is made into ravioli.
6. Add 1 teaspoon of olive oil to a 6-quart pot of water and bring to a boil.
7. Add the ravioli and cook for 1 minute. Remove from water and place in a bowl.
8. To prep the sauce, melt the butter in a small pan over low heat.
9. Add the sage, salt and pepper.
10. Heat the butter until it turns a light golden brown. Remove from heat. Drizzle immediately over the ravioli. Sprinkle with ground walnuts and Parmesan cheese.

Parmesan Crusted Swordfish

2 swordfish steaks, ~6 oz each
½ cup bread crumbs
½ cup grated Parmesan and Romano cheese
1 teaspoon black pepper
1 teaspoon cayenne pepper
2 teaspoons olive oil
a few leaves of fresh cilantro

1. Preheat oven to 400F.
2. Trim skin from swordfish steaks, if any remains.
3. Mix the bread crumbs, grated cheese, black pepper, cayenne pepper and a little bit of the cilantro. Press swordfish firmly into bread mixture so that it sticks to the fish. Flip and do the same for the other side.
4. Heat oil in skillet until very hot, but before it starts to smoke. Place swordfish in hot oil and cook for 1 to 2 minutes (until crusted side is brown). Turn and cook the other side until golden brown as well.
5. Once both sides have been cooked, remove and place in baking dish and place remaining bread crumbs over top.
6. Bake at 400F for 8 to 10 minutes.
7. Serve with desired sides and garnish with cilantro. (Tastes great served with Parmesan couscous and asparagus).

Pork Chops w/ Burgundy Mushroom Sauce

- 2 cups sliced fresh mushrooms
- 3 tablespoons Dijon mustard
- 4 (4 oz) boneless, center cut pork chops
- ½ cup red wine (Burgundy/Pinot Noir is best, but any red blend will do)
- ½ cup water
- 2 beef bouillon cubes

1. Sautee mushrooms in skillet coated with cooking spray until golden; set aside
2. Spread mustard on each side of pork chop and brown chops on each side
3. Add wine, water and bouillon to skillet
4. Cover and cook 15-20 minutes or until chops are tender
5. Remove chops to serving platter
6. Bring liquid to a boil for 5 minutes and stir in the mushrooms
7. Spoon sauce over chops

Pumpkin Chili Mexicana

2 tablespoons olive oil
½ cup chopped onion
1 cup chopped red bell peppers
2 cloves garlic
1 pound ground turkey
2 (14.5 oz) cans diced tomatoes
1 (15 oz) can pumpkin
1 (15 oz) can tomato sauce
1 (15.25 oz) can kidney beans, rinsed and drained
1 (15.25 oz) can black beans, rinsed and drained
1 (4 oz) can diced green chiles
½ cup taco sauce or picante sauce (optional)
½ cup whole kernel corn
1 tablespoon chili powder
1 teaspoon ground cumin
salt, black pepper, crushed red pepper – season to taste

Heat olive oil in large saucepan over medium-high heat. Add onion, bell pepper, and garlic; cook, stirring frequently, for 5 to 7 minutes or until tender. Add turkey; cook until browned.

Add tomatoes with juice, pumpkin, tomato sauce, taco sauce, beans, chiles, corn, chili powder, cumin, salt pepper. Bring to a boil. Reduce heat to low. Cover; cook, stirring occasionally, for 30 minutes.

Seared Scallops w/ Spicy Papaya Salsa

1 small papaya; peeled, seeded and chopped
1 red bell pepper, chopped
½ red onion, chopped
2 tablespoons fresh lime juice
1 tablespoon chopped fresh cilantro
1 teaspoon minced jalapeno peppers
1 teaspoon salt
1 tablespoon olive oil
2 tablespoons flour (both white and wheat work well)
1/8 teaspoon black pepper
1 pound sea scallops

1. In a medium bowl, combine papaya, red pepper, jalapeno, onion, lime juice, cilantro and salt. Set aside.
2. In a large sealable bag, combine flour, black pepper and salt. Add scallops and shake to coat.
3. In a large skillet, heat oil over medium heat. Add scallops; cook and stir until golden.
4. Serve scallops over a bed of arugula or spinach and topped with papaya salsa.

Spiced Fish with Spinach

1 pound spinach, trimmed
¼ cup butter or margarine
2 garlic cloves
3 tablespoons grated fresh ginger root
1 tablespoon cumin seeds
4 cardamoms
1 tablespoon ground coriander
1 teaspoon ground turmeric
2 tablespoons plain yoghurt
salt and pepper
½ pound peeled, cooked shrimp
8 fine white fish fillets, skinned
4 tomatoes, peeled and chopped
1 tablespoon chopped cilantro
lemon wedges to garnish

Wash the spinach, then put the wet leaves in a large saucepan. Cover and cook over high heat, shaking the pan often, for about 5 minutes, or until leaves have shrunk. Drain well, then place the spinach in a soaked clay pot. Melt the butter or margarine in the saucepan. Add the garlic and ginger root, cook for 3 minutes, stirring, then add the cumin, cardamoms, coriander and turmeric and cook for a further 2 minutes. Remove from heat and stir in yoghurt, salt and pepper.

Spread the shrimp out over the spinach. Arrange the fish fillets over the top, then spoon the spice mixture over. Cover the pot and place in the cold oven. Set the oven at 425F. Cook for 40 minutes or until fish is just firm. Top with the tomatoes and sprinkle with the chopped cilantro, then serve garnished with lemon wedges.

Note: If you do not have a clay pot, a simple baking sheet (one with edges is preferable) will do, but I would suggest placing the fish inside aluminum foil before baking. You can also just cook the fish fillets with the spice mixture if you do not want to include the spinach and shrimp.

Squash Casserole

1 ½ pounds of any squash (a mix of summer and zucchini is great, but many others, such as acorn or butternut, are good as well)

1 onion, thinly sliced

1 carrot, grated

1 (10.75 oz) can condensed cream of chicken or mushroom soup

1 (8 oz) container sour cream (fat-free or reduced fat works well)

½ cup butter or margarine

½ cup chicken or vegetable stock

7 ½ ounces herbed dry bread stuffing mix (you can make your own or use a box or bag blend)

1. Preheat oven to 350F
2. Cook squash and onions in boiling salted water until tender. Drain and mash them with ½ cup butter or margarine. Stir in sour cream, grated carrot and cream of chicken or mushroom soup. Set aside.
3. Stir ½ cup chicken or vegetable stock into the stuffing mix. Pour half of the stuffing mix into the bottom of a 9x13 glass baking pan. Pour the squash mixture over the top of the stuffing, and then the rest of the stuffing mix on top of the squash
4. Bake for 30 minutes, until golden brown and bubbly.

Note: A great addition to this would be to stir some sautéed mushrooms into the squash mix and/or stir some toasted walnuts or pecans into the stuffing mix.

Veggie Chili

2 tablespoons olive oil
1 small chopped onion
1 chopped red pepper
2 cloves minced garlic
½ bag of Boca or Morningstar veggie crumbles (optional)
Sometimes I like to add chunks of cooked chicken to make it non-veggie chili
1 large (29 oz) can diced tomatoes (the ones with the mild green chiles are great)
1 large (29 oz) can black beans
1 large (29 oz) can red kidney beans
1 (15 oz) can garbanzo beans
1 bag (16 oz) frozen corn
¼ - ½ cup of your favorite BBQ sauce
¼ cup of your favorite salsa
1 tablespoon chili powder
salt, pepper, crushed red pepper, cumin – any seasoning to taste

In a large pot sauté the onion, red pepper and garlic in olive oil. If you want to add veggie crumbles or chicken, add it now. Add the chili powder and any other spices. Add the salsa and all other ingredients. Cook and serve when hot, or you can put it all together in the crockpot and let it simmer for as long as you like.

White Chicken Chili Soup

1 large can (26 oz) of cream of chicken soup (sometimes a mixture of cream of chicken and cream of mushroom is preferred)
1/2 large can of water
1 (15 oz) can of chicken broth or stock
2 chicken breasts
1/2 chopped onion
1 cup chopped mushrooms
a few stalks of sliced celery
1 (4 oz) can mild green chiles
2 1/2 teaspoons (to taste) of adobe seasoning, or whatever season blend you may prefer
2 1/2 teaspoons ground cumin
2 cans white kidney beans
1 can red kidney beans
1 can black beans
1 can white corn

fresh cilantro, lime juice, sour cream and cheddar cheese to garnish

You can throw everything into the crockpot at once to cook for a couple hours, but I prefer to pan sear the chicken breasts (cut into bite-size chunks) first with the onion, celery, mushrooms and seasoning. Then chuck it all into the crockpot to cook for about 45 minutes. Serve with shredded cheddar cheese on top, a dollop of sour cream, and sprinkled with fresh chopped cilantro and lime.

Desserts & Baked Goods

Apple Spice Bread

1/2 cup honey
1/2 cup real maple syrup
3/4 cup water
1/3 cup apple juice
2 tablespoons coconut oil (butter or shortening may be substituted)
1 egg
2 cups whole wheat flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
1 cup cubed fresh apple
1/4 teaspoon nutmeg
1/2 teaspoon ground cloves
1 teaspoon cinnamon

1. Heat oven to 350F.
2. Grease bottom only of 9x5 loaf pan.
3. Combine honey, maple syrup, water, apple juice, oil, and egg and blend well.
4. Add flour, baking powder, salt, baking soda, nutmeg, cloves and cinnamon and stir until the dry ingredients are just moistened.
5. Stir in apple cubes.
6. Pour into the greased loaf pan and bake at 350F for 50-60 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
7. Cool for 10 minutes in the pan, then cool completely on wire rack.
8. Wrap tightly and store in the refrigerator.

Banana Nut Bread/Muffins

¼ cup coconut oil (butter may be used, but coconut oil is the healthy option)
2 eggs
2 cups whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1 cup mashed bananas
½ cup honey
½ cup real maple syrup
1 teaspoon vanilla
1 cup fat-free or reduced fat sour cream
½ cup chopped walnuts
a sprinkle of cinnamon and/or nutmeg

Cream coconut oil/butter, honey, syrup, eggs and vanilla. Add balance of ingredients and mix well. Pour into greased bundt pan, two loaf pans, or 18 muffin cups.

Bake for 35-40 minutes at 350F.

Caramel Flan

- $\frac{3}{4}$ cup white sugar
- 1 (8 oz) package cream cheese, softened
- 5 eggs
- 1 (14 oz) can sweetened condensed milk
- 1 (12 fluid oz) can evaporated milk
- 1 teaspoon vanilla extract

1. Preheat oven to 350F
2. In a small, heavy saucepan over medium-low heat, cook sugar, stirring, until golden. Pour into a 10 inch round baking dish, tilting to coat bottom and sides. Set aside.
3. In a large bowl, beat cream cheese until smooth. Beat in eggs, one at a time, until well incorporated. Beat in condensed and evaporated milk and vanilla until smooth. Pour into caramel coated pan. Line a roasting pan with a damp kitchen towel. Place baking dish on towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.
4. Bake in preheated oven 50 to 60 minutes, until center is just set. Cool one hour on wire rack, then chill in refrigerator 8 hours or overnight. To unmold, run a knife around edges of pan and invert on a rimmed serving platter.

Cheesecake Tartlets

Makes about 24

2 (8 oz) packages cream cheese

2 eggs

Vanilla wafers

½ cup sugar

1 teaspoon vanilla

1 can cherry pie filling or chocolate sauce and 5 or 6 Reese's peanut butter cups

Beat cream cheese, sugar and eggs together; add vanilla and beat again until smooth and fluffy. Place cookie flat side up in a cupcake liner in muffin tins. Spread filling over wafer (one heaping spoonful).

Bake for 12 minutes at 350F. When cool, top with preferred topping. Cherry pie filling is traditional and tasty, but the peanut butter cup cheesecakes have been a hit at parties. Chop up the peanut butter cups and sprinkle those over the cooled tarts. Then drizzle chocolate sauce over each tart. Refrigerate and serve.

Cranberry Walnut Bread

1/2 cup honey
1/2 cup real maple syrup
1 tablespoon grated orange peel
3/4 cup water
1/3 cup orange juice
2 tablespoons coconut oil (butter or shortening may be substituted)
1 egg
2 cups whole wheat flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
1 cup halved fresh cranberries
1 cup chopped walnuts

9. Heat oven to 350F.
10. Grease bottom only of 9x5 loaf pan.
11. Combine honey, maple syrup, orange peel, water, orange juice, oil, and egg and blend well.
12. Add flour, baking powder, salt, and baking soda and stir until the dry ingredients are just moistened.
13. Stir in cranberries and walnuts.
14. Pour into the greased loaf pan and bake at 350F for 50-60 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
15. Cool for 10 minutes in the pan, then cool completely on wire rack.
16. Wrap tightly and store in the refrigerator.

Ginger-Date Pumpkin Bread

2 cups white flour
1 cup granulated sugar
1 tablespoon finely chopped crystallized ginger
2 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon ground nutmeg
¼ teaspoon allspice (optional)
¼ teaspoon salt
1 cup canned pumpkin
½ cup milk
2 eggs
1/3 cup shortening
1 cup coarsely chopped pitted dates
½ cup chopped walnuts (optional)
1 recipe spiced glaze; see below (optional)

1. Grease bundt pan or loaf pans and set aside.
2. In a medium mixing bowl combine 1 cup of the flour, sugar, ginger, baking powder, baking soda, nutmeg, allspice and salt.
3. Add pumpkin, milk, eggs and shortening. Beat with an electric mixer for 2 minutes and slowly add the remaining cup of flour until well-mixed. Stir in the dates, and walnuts if you choose to add them.
4. Spoon the batter into prepared pans. Bake in 350 oven for 35-40 minutes

Spiced Glaze

In a small mixing bowl stir together 1/2 cup sifted powdered sugar, 1/8 teaspoon ground ginger, and 1/8 teaspoon nutmeg. Stir in enough water (2 to 3 teaspoons) to make drizzling consistency.

Marbled Pumpkin Cheesecake

1 ½ cups crushed gingersnap cookies
½ cup finely chopped pecans
1/3 cup butter, melted
2 (8 oz) packages cream cheese, softened
¾ cup white sugar, divided
1 teaspoon vanilla extract
3 eggs
1 cups canned pumpkin
¾ teaspoon ground cinnamon
¼ teaspoon ground nutmeg

1. Preheat oven to 350F. In a medium bowl mix together crushed gingersnap cookies, pecans and butter. Press into the bottom and about 1 inch up the sides of a 9-inch springform pan. Bake crust 10 minutes in the preheated oven and set aside to cool.
2. In a medium bowl, mix together the cream cheese, ½ cup of sugar, and vanilla just until smooth. Mix in eggs one at a time, blending well after each. Set aside 1 cup of the mixture. Blend ¼ cup sugar, the pumpkin, cinnamon, and nutmeg into the remaining mixture.
3. Spread the pumpkin flavored batter into the crust, and drop the plain batter by spoonfuls onto the top. Swirl with a knife to create a marbled effect.
4. Bake 55 minutes in the preheated oven, or until filling is set. Run a knife around the edge of the pan. Allow to cool before removing pan rim. Chill for at least 4 hours before serving.

Oatmeal Cookies

3 eggs, beaten
1 cup raisins
1 teaspoon vanilla extract
1 cup butter, softened
1 cup brown sugar
1 cup white sugar
2 ½ cups white flour
1 teaspoon salt
1 teaspoon ground cinnamon
2 teaspoons baking soda
2 cups rolled oats
¾ cup chopped pecans
½ cup semi-sweet chocolate chips

1. In a small bowl combine the eggs, raisins and vanilla. Cover and chill for 1 hour.
2. Preheat oven to 350F
3. In a medium bowl, cream together butter, brown sugar and white sugar. In a separate bowl, combine the flour, salt, cinnamon and baking soda; add to the creamed mixture and stir until all of the dry ingredients are absorbed. Stir in the egg and raisin mixture, then stir in the rolled oats, pecans and chocolate chips. Dough will be stiff. Spoon onto an unprepared cookie sheet.
4. Bake for 10 to 12 minutes in the preheated oven, until the edges are golden. Allow cookies to cool 5 minutes on the baking sheet until removing to a wire rack to cool completely.

Healthy Oatmeal Cookies (otherwise known as “Rocky” cookies)

Mix:

2 cups old fashioned oats (not the quick cooking oats)
1 cup steel cut oats
1 ½ cups whole wheat or oat flour
¾ teaspoon baking soda
¾ teaspoon cinnamon
sprinkle of salt
handful of semi-sweet chocolate chips
handful of raisins, chopped prune or date, or dried cranberries
handful of slivered almonds or chopped walnuts
handful of wheat germ(optional)
handful of flaxseed meal

Mix:

1 egg
¾ cup real maple syrup (honey can be partially or all substituted for this)
¾ cup plain applesauce
¾ cup olive or coconut oil
1 teaspoon vanilla
¾ to 1 cup of canned pumpkin
1 large scoop of peanut or almond butter

Add the wet to the dry ingredients and mix. The batter will be wickered stiff. Scoop the batter with a spoon onto a large baking sheet covered with parchment paper (or you could grease the sheet). Bake at 375 for 15-25 minutes.

Cocktails

Espresso Martini

1 oz espresso

$\frac{3}{4}$ oz vanilla vodka

$\frac{3}{4}$ oz Godiva cappuccino liqueur

$\frac{1}{2}$ oz Kahlua

Mix ingredients in a cocktail shaker with ice. Serve in a chilled martini glass garnished with espresso beans.

Tasty Shots

Carrot Cake – layered shot

1/3 oz Buttershots (butterscotch liqueur)
1/3 oz Bailey's Irish Cream
1/3 oz Goldschlager (cinnamon schnapps)

Pour ingredients into a shot glass in the order they appear above. Once the Buttershots is poured, carefully tilt the glass or pour over the backside of a spoon to layer the Bailey's and then the Goldschlager.

Chocolate Covered Cherry

1/4 oz Kahlua
1/4 oz Amaretto
1/4 oz Crème de cocoa
1/4 oz Grenadine

Combine all ingredients in a shot glass and drink. Tastes just like you're eating a chocolate covered cherry. Very sweet!

White Peach Sangria

1 bottle white wine (Spanish table wine, or you can make it sweeter or more flavorful if you use a bottle of an already flavored wine, such as Wild Vines Peach Chardonnay, or a blend of the two)

3 ounces brandy

2 ounces triple sec

1 cup orange juice

1 cup pineapple juice

3 ounces white peach puree (peel peaches, remove pit and puree in a blender with a small amount of water or wine)

Fresh peaches, oranges, limes and apples; sliced

Place all ingredients into a pitcher in stir. Refrigerate and serve over ice.