

Two Sisters' Recipe Collection

Volume Two

Thank you once again to all of our wonderful friends and family who have shared their recipes and food knowledge with us over the years. We are excited to present our second recipe collection, which contains not only original recipes, but many that we discovered and borrowed from several sources, including friends, family, our favorite television cooking show hosts, many online resources (thanks to Google searches) and books. Our love of food and craving for variety have inspired us to attempt to be creative in the kitchen, which generally means that we chuck in or remove ingredients on a whim until we've tailored a dish to our tastes. The ingredients we use tend to be fresh, locally grown, naturally raised, hormone free, and/or organic, especially when it comes to certain fruits and veggies, meats and dairy products. We believe that purchasing top quality ingredients will provide a more healthy and flavorful meal. On that note, we fully understand that organic vs. conventional products can be tough on the wallet, which is why we have provided, on the following page, some information and helpful hints to assist in making those choices. For further info, please refer to <http://www.whfoods.com>.

-Jessica and Sarah Ryder (December 2006)

Organic Foods

Organically grown food is your best way of reducing exposure to toxins used in conventional agricultural practices. These toxins include not only pesticides, many of which have been federally classified as potential cancer-causing agents, but also heavy metals such as lead and mercury, and solvents like benzene and toluene. Minimizing exposure to these toxins is of major benefit to your health. In addition to significantly lessening your exposure to these health-robbing substances, organically grown foods have been shown to contain substantially higher levels of nutrients such as protein, vitamin C and many minerals.

The national organic program rules prohibit the use of conventional pesticides, petroleum- or sewage-sludge-based fertilizers, bioengineering or ionizing radiation and synthetic substances. Foods certified as organic must be produced using growing methods that minimize soil erosion and that maintain or enhance the fertility of the soil. Organic farms need to prove that these materials have not been used for at least three years. Organic meat, poultry, eggs and dairy products come from animals that are given no antibiotics or growth hormones, must be fed organic feed and have access to the outdoors. Before a product can be labeled "organic," an inspector visits the farm where the food is produced to make sure the farm meets USDA standards.

Only foods certified as at least 95 percent organic - that is, produced without most pesticides, toxic fertilizers, growth hormones and antibiotics - are allowed to carry the official "USDA organic" seal.

Following are two lists that are great tools to help you make the best choices to avoid pesticide residue when you purchase conventionally (not organic) grown produce from the market.

The Dirty Dozen
12 **Most Contaminated** Fruits and Vegetables

	pesticide load
Peaches	100 (highest)
Apples	89
Sweet Bell peppers	86
Celery	85
Nectarines	84
Strawberries	82
Cherries	75
Pears	65
Grapes (imported)	65
Spinach	60
Lettuce	59
Potatoes	58

12 **Least Contaminated** Fruits and Vegetables

Onions	1
Avocados	1
Sweet Corn	2
Pineapples	7
Mango	9
Asparagus	11
Sweet Peas	11
Kiwi	14
Bananas	16
Cabbage	17
Broccoli	18
Papaya	21

Breakfast / Breads	6
Apricot-Pecan Muffins.....	6
Blueberry French Toast Bake	7
Broccoli and Cheese Crustless Quiche	8
Chocolate, Chocolate Chip Muffins	9
Irish Brown Bread.....	10
Irish Soda Bread (Healthier Version)	11
Lemon Poppy Sunburst Bread	12
Peanut Butter and Jelly Muffins	13
Perfect Oatmeal.....	14
Pumpkin Bread.....	15
Apps / Salads.....	16
Black Bean Avocado Cottage Cheese Dip.....	16
Chicken with Pine Nuts Salad.....	17
Couscous Salad w/ Chickpeas, Dates & Cinnamon.....	18
Cumin and Coriander Chickpea Salad	19
Greek Dip.....	20
Quinoa Salad.....	21
Roquefort Pear Salad	22
Main / Side Dishes	23
Apple Gouda Chicken Quesadillas	23
Apple-Stuffed Chicken Breast	24
Baked Havarti Chicken.....	25
Black Bean Lasagna Rolls	26
Black Rice.....	27
Braised Red Cabbage.....	28
Butternut Squash Soup with Roasted Red Pepper Puree	29
Calypso Rice and Beans.....	30
Cashew Chicken.....	31
Cavatappi with White Beans and Onions	32
Cheesy Broccoli Pockets.....	33
Chicken Marsala Florentine.....	34
Chicken Piccata.....	35
Chicken Pot Pie.....	36
Citrus Shrimp.....	37
Cold Sesame Noodles	38
Dal Makhani (Indian lentil dish).....	39
Dungeness Crab w/ Lemon Chive Butter & White Rice	40
Fried Rice.....	41
Garden Vegetable Pasta	42
Gingered Red Cabbage	43
Grilled Polenta with Pesto and Tomato	44
Harira (Moroccan Chickpea Soup)	45
Herb Stuffed Tomatoes.....	46
Lemon-Basil Vegetables and Noodles.....	47

Mexican Turkey Stuffed Shells	48
Middle Eastern Rice with Black Beans and Chickpeas	49
Oven-fried Chicken.....	50
Seared Scallops with Orange-Basil Sauce	51
Ricotta Stuffed Zucchini.....	52
Roasted Butternut and Feta Risotto	53
Sea Scallop and Red Grape Stackers	54
Zucchini Pie	55
Desserts	56
Banana Gratins.....	56
Banana Pudding	57
Frozen Tiramisu	58
Indian-Style Cheesecake.....	59
Indian Rice pudding.....	60
Italian Apple Torte.....	61
Sweet Nectarine Cream.....	62
Tiramisu Cheesecake	63
Cocktails	64
Hot Spiced Wine	64
Mango Sours	65
Perfect Margaritas.....	66
Pomegranate Refresher	67
Pumpkin Martinis.....	68

Breakfast / Breads

Apricot-Pecan Muffins

INGREDIENTS:

1 cup boiling water
1 ½ cups dried apricots, chopped
2 cups unbleached all-purpose flour
1 cup whole wheat flour
1 cup honey
1 tablespoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 cup chopped pecans
1 cup orange juice
2 large eggs, beaten *or* ½ cup egg substitute
¼ cup almond oil *or* canola oil

DIRECTIONS:

1. Preheat oven to 375. Line two 12-cup muffin tins with baking liners or spray with non-stick spray.
2. Pour boiling water over chopped apricots and set aside to soften. Once soft, remove from water.
3. Sift flours, baking powder, baking soda and salt into a bowl. Add pecans. Stir juice, eggs, oil and honey into softened apricots. Add to dry ingredients and mix just enough to moisten. Fill muffin cups 2/3 full.
4. Bake 20-25 minutes or until beginning to brown. Remove from oven & serve hot.

Blueberry French Toast Bake

INGREDIENTS:

1 loaf French bread cubed into 1 inch pieces
8 oz. cream cheese
1 cup fresh blueberries
10 eggs
1 ½ cups half and half
1/3 cup real maple syrup
½ cup melted butter

DIRECTIONS:

1. Preheat oven to 350.
2. Place half of the bread cubes in a 9x13 baking dish. Scatter with pieces or spoonfuls of cream cheese & then sprinkle with blueberries. Cover with the remaining bread.
3. In a large bowl, combine all eggs, half & half, syrup, and melted butter and mix well. Pour this mixture over the bread cubes in the baking dish. Chill overnight (the recipe tastes best when the bread has had about 24 hours to soak up the egg mixture).
4. Bake for 40-50 minutes and serve with syrup on the side.

*Note: substitute any type of bakery rolls or croissants, sweet bread, etc. for the French bread.

*Healthy tip: try Neufchatel in lieu of cream cheese, a fat free/cholesterol free egg substitute, low fat or fat free creamer substitute instead of half & half, and a low fat margarine product instead of butter.

Broccoli and Cheese Crustless Quiche

INGREDIENTS:

2 teaspoons olive oil
½ cup thinly sliced onion
1 clove garlic, minced
5 cups broccoli florets
1¼ cups 1% milk
1 cup shredded reduced fat Swiss cheese
2 teaspoons Dijon mustard
4 large egg whites, lightly beaten
2 large eggs, lightly beaten
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1/5 teaspoon nutmeg
1 tablespoon grated fresh Parmesan cheese

DIRECTIONS:

1. Preheat oven to 350. Spray a 9-inch pie pan with cooking spray.
2. Heat oil in a large skillet over a medium-high heat. Add onion and garlic and cook, stirring often, 1 ½ minutes. Add broccoli and cook, stirring often, 1 minute. Spread mixture in pie pan.
3. Combine milk, cheese, mustard, egg whites, eggs, salt, pepper, and nutmeg in large bowl. Pour over broccoli mixture; sprinkle with Parmesan cheese.
4. Bake 40 minutes or until top is golden and knife inserted in center comes out clean. Let stand 5 minutes before serving.

Chocolate, Chocolate Chip Muffins

INGREDIENTS:

1½ cups flour
¾ cup sugar
¼ cup cocoa
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
¼ cup butter (room temperature)
2 eggs
⅔ cup nonfat vanilla yogurt
⅔ cup skim milk
½ teaspoon vanilla
½ cup dark chocolate chips

DIRECTIONS:

1. Preheat oven to 400.
2. In a medium bowl combine flour, cocoa, baking powder, baking soda and salt. In a large bowl cream sugar and butter and add eggs one at a time. Next add the vanilla, then the yogurt & milk. Slowly add the dry mixture to the wet until all is incorporated. Add in chips.
3. Either use papers to line the muffin tins or spray them with a non-stick cooking spray. Fill the tins about ⅔ and bake for 15 to 20 minutes.

*Healthy tip: this recipe can be made without the butter and without the eggs. The consistency will be more sponge-like than cake-like.

Irish Brown Bread

INGREDIENTS:

2 cups whole wheat flour
2 cups all purpose flour, plus additional for kneading
½ cup toasted wheat germ
2 teaspoons salt
2 teaspoons sugar
1 teaspoon baking soda
½ teaspoon cream of tartar
1 stick unsalted butter cut into ½ inch cubes
2 cups well-shaken buttermilk

DIRECTIONS:

1. Put oven rack in middle position and preheat oven to 400. Butter a 9"x2" round cake pan.
2. Whisk together flours, wheat germ, salt, sugar, baking soda and cream of tartar in a large bowl until combined well. Blend in butter with a pastry blender or your fingertips until mixture resembles coarse meal. Make a well in the center and add buttermilk, stirring until a dough forms. Gently knead on a floured surface, adding just enough more flour to keep the dough from sticking, until smooth, about 3 minutes.
3. Transfer dough to cake pan and flatten it to fill the pan. With a sharp knife cut an X, ½ inch deep, across the top of the dough, 5 inches long. Bake until loaf is lightly browned and sounds hollow when bottom is tapped, 30-40 minutes. Cool pan on a rack for 10 minutes, then turn the loaf out onto the rack and cool, right-side up, about an hour.

NOTE: Bread can be served the day that it is made, but it slices more easily if kept, wrapped in plastic wrap, at room temperature for a day. Left over bread will keep at room temp for about 4 days.

Irish Soda Bread (Healthier Version)

INGREDIENTS:

2 cups whole wheat flour
2 cups white flour
2 teaspoons baking powder
1 egg at room temperature
1½ cups low fat buttermilk
½ cup honey
1 teaspoon baking soda
1 cup golden raisins
2 tablespoon olive oil

DIRECTIONS:

1. Preheat oven to 375.
2. Mix together flours, salt, baking soda and baking powder. Add raisins and stir. Add egg, oil and honey and stir. Gradually add buttermilk until you have a firm, but not stiff, dough (it will be very sticky to the touch).
3. Put on a lightly floured board and knead for about 2 minutes (until dough becomes smooth). Flatten dough and put in a well-greased 9-inch round cake pan. Cut a cross on the top of the loaf, in the center, with a sharp knife.
4. Bake for 40-50 minutes.

Lemon Poppy Sunburst Bread

INGREDIENTS:

1 tablespoon baking powder
1/2 cup chopped sunflower seeds
1/2 cup golden raisins
1/2 cup plain soy milk
1/2 teaspoon salt
1/3 cup sunflower oil
2 cups flour
2 tablespoons flax seeds
2 tablespoons poppy seeds
3 tablespoons tahini
1/4 cup honey
juice & peel of one lemon

DIRECTIONS:

1. Preheat oven to 350. Grease and flour a loaf pan.
2. In a blender, grind the flax seeds to a fine powder. Add 1/3 cup water and blend until frothy. Set aside.
3. In a large bowl combine oil, tahini, and honey. Mix until well blended. In a medium bowl mix together flour, baking powder and salt. Add this to the wet mixture, beating until smooth. Mix in soy milk, lemon juice and peel. Fold in sunflower seeds and raisins. Pour batter into the loaf pan.
4. Sprinkle poppy seeds evenly over the top. Bake for 50-60 minutes (and then toothpick test it). Cool in the pan for 10 minutes, then completely on a cooling rack before attempting to slice.

Peanut Butter and Jelly Muffins

INGREDIENTS:

½ cup peanut butter
½ cup jelly
2 cups flour
1 tablespoon baking powder
1 cup milk
2 eggs
½ cup sugar
1 teaspoon salt

DIRECTIONS:

1. Preheat the oven to 400 degrees.
2. In a medium bowl combine flour & baking powder.
3. In a large bowl combine peanut butter, milk, eggs, sugar and salt.
4. Slowly add the dry ingredients to the wet.
5. Either line your muffin tins with paper cups or spray them with a non-stick cooking spray. Fill each tin about 1/3 of the way with peanut butter mixture, add about one tablespoon of jelly on top of the PB mixture, fill another 1/3 of the way with more peanut butter mixture.
6. Bake for 15 to 20 minutes.

Perfect Oatmeal

INGREDIENTS:

2 ¼ cups water
dash of salt
1 cup regular rolled oats
½ teaspoon cinnamon
½ cup raisins
¼ cup chopped walnuts

DIRECTIONS:

1. Put the water in a small saucepan and add the salt, bring to a boil.
2. Once it's boiling, turn it down to low and add the oats and cook, stirring, until the water is just absorbed (about 5 minutes).
3. Add cinnamon, raisins and walnuts; cover the pan & turn off the heat.
4. Let it sit for 5 minutes. Serve drizzled with honey and milk (of any variety).

Serves 2

Pumpkin Bread

INGREDIENTS:

1¹/₄ cups white flour
1/2 cup wheat flour
1 1/2 cups pure maple syrup
1 teaspoon baking soda
3/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 cup coconut oil
1/3 cup water
2 eggs
1 cup pumpkin
1/2 cup walnuts, chopped
1/2 cup raisins

DIRECTIONS:

1. Preheat oven to 350. Spray bottom only of a loaf pan with cooking spray.
2. In a large mixing bowl blend maple syrup, coconut oil, water, eggs and pumpkin. In a medium mixing bowl combine flours, baking soda, salt, cinnamon and nutmeg. Slowly add the dry mixture to the wet, combining thoroughly. Fold in walnuts and raisins.
3. Bake for 60 minutes or until a toothpick comes out clean. Cool in the pan for 20 minutes, then transfer to a cooling rack for another 20. Slice and eat, warm or cool, with or without cream cheese spread over a slice.

Apps / Salads

Black Bean Avocado Cottage Cheese Dip

INGREDIENTS:

32 oz low-fat cottage cheese
1 can black beans
1 avocado, peeled and diced
1 jar salsa
1 can mexi corn
2 tomatoes, diced
fresh cilantro
1 bag blue corn tortilla chips

DIRECTIONS:

1. Mix all and serve with blue corn tortilla chips.

Chicken with Pine Nuts Salad

INGREDIENTS:

4 chicken breast fillets
2 red peppers
10 tablespoons olive oil
1/3 cup dry white wine
3 celery hearts with leaves, finely sliced
2 tablespoons pine nuts, toasted
2 tablespoons capers
juice of half a lemon
finely diced tomato to serve
snipped fresh chives to serve
crusty bread to serve
extra greens if desired

DIRECTIONS:

1. Preheat oven to 400. Place chicken in a roasting pan, drizzle over 4 tablespoons olive oil. Season well. Roast for 25 minutes. Add the white wine to the chicken, then roast for another 5 minutes until golden and tender. Thinly slice the chicken and leave to cool in the pan juices.
2. Place the peppers in the oven to roast for 20 minutes. Remove from oven. Place in a plastic bag and leave to cool. Skin, deseed, then finely slice the flesh. If you don't want to roast the red peppers yourself, feel free to substitute with store-bought roasted red peppers in the jar.
3. In a large bowl, mix 4 tablespoons olive oil with the remaining ingredients. Add the chicken and pan juices, strips of pepper, and toss well. Adjust the seasoning to taste.
4. Divide the salad between 6 serving plates. Dress each plate with a little diced tomato and snipped fresh chives. Drizzle a little of the remaining oil around each salad and serve immediately with crusty bread to mop up the juices. I like to put this all on top of an extra bed of greens, preferably baby spinach.

Couscous Salad w/ Chickpeas, Dates & Cinnamon

INGREDIENTS:

3 green onions
1 tablespoon olive oil
1 (14.5 oz) can chicken broth
1 teaspoon ground cinnamon
½ teaspoon black pepper
¼ teaspoon ground red pepper
1 cup couscous, uncooked
3 tablespoons white wine vinegar
¾ teaspoon salt, divided
6 tablespoons olive oil
1 (19 oz) can chickpeas, rinsed and drained
2 cups shredded carrots
1 cup dates, pitted and roughly chopped
¼ cup pine nuts, toasted
2 tablespoons chopped fresh cilantro

DIRECTIONS:

1. Finely dice white end of onions. Slice green parts of onions and reserve for salad. Gently cook white onion pieces in olive oil 5-7 minutes in a medium saucepan. Stir in chicken broth, cinnamon, ¼ teaspoon black pepper and red pepper. Bring to a boil; add couscous. Cover and remove pan from heat. Let stand 5 minutes.
2. Whisk together vinegar, ½ teaspoon salt and olive oil in a small bowl.
3. Fluff couscous with a fork; put in a large bowl. Toss in sliced green onions, chickpeas, carrots, dates, pine nuts, remaining salt and pepper; add vinaigrette and toss again. Serve right away or chill. Garnish with cilantro.

Cumin and Coriander Chickpea Salad

INGREDIENTS:

1 clove garlic, minced
1/8 teaspoon salt
1/4 cup olive oil
1 tablespoon fresh lemon juice
1 teaspoon white wine vinegar
3/4 teaspoon grated fresh ginger root
1/2 teaspoon ground cumin
1/8 teaspoon ground cayenne pepper
2 (19 ounce) cans garbanzo beans, drained
1 yellow bell pepper, seeded and chopped
1/2 bunch green onions, thinly sliced
1/4 cup finely chopped fresh cilantro

DIRECTIONS:

1. In a bowl, crush together the garlic and salt. To prepare the dressing, mix in olive oil, lemon juice, vinegar, ginger, cumin, and cayenne pepper.
2. In a separate bowl, stir together the garbanzo beans, yellow bell peppers, green onions, and cilantro. Mix in the dressing. Cover, and chill in the refrigerator 8 hours, or overnight. It still tastes good if you eat it right away though.

Greek Dip

INGREDIENTS:

2 (8 oz) containers plain yogurt
1 (8 oz) package cream cheese, softened
1 (8 oz) package feta cheese, drained and crumbled
3 cloves garlic, crushed
salt and pepper to taste
1 English cucumber, peeled and diced
5 roma (plum) tomatoes, seeded and chopped
5 green onions, chopped
1 (4 oz) can sliced black olives
black pepper to taste
1 package whole wheat pita bread rounds, cut into triangles

DIRECTIONS:

1. In a bowl, stir together the yogurt, softened cream cheese, feta cheese, garlic, and salt and pepper to taste; mix until smooth.
2. Spread mixture into a shallow serving or baking dish. Cover and refrigerate for 3 hours, or overnight.
3. To serve, scatter cucumber, tomatoes, green onion and sliced olives on top and season with pepper as desired. Spoon onto pita wedges.

Quinoa Salad

INGREDIENTS:

2 cups cooked quinoa
½ cup chopped radishes
½ cup chopped cucumber
½ cup chopped celery
½ cup chopped onion, preferably red
½ cup chopped fresh parsley
½ cup chopped red bell pepper
1-2 tablespoons olive oil
juice of ½ freshly squeezed lemon.
salt and pepper to taste

DIRECTIONS:

1. To cook the quinoa, put 1 cup rinsed quinoa into a pot with 2 cups boiling water. (You will have some extra quinoa for other dishes.) Reduce heat and simmer for about 15 minutes.
2. When cooled, combine all ingredients together into a big bowl. Mix well.
3. Serve chilled or at room temperature.

Roquefort Pear Salad

INGREDIENTS:

1 package spring mix or whatever greens you prefer
3 pears - peeled, cored and chopped
5 ounces Roquefort cheese, crumbled
1 avocado - peeled, pitted, and diced
½ cup thinly sliced green onions
¼ cup white sugar
½ cup pecans
1/3 cup olive oil
3 tablespoons red wine vinegar
1½ teaspoons white sugar
1½ teaspoons prepared mustard
1 clove garlic, chopped
½ teaspoon salt
fresh ground black pepper to taste

DIRECTIONS:

1. In a skillet over medium heat, stir ¼ cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.
2. For the dressing, blend oil, vinegar, 1 ½ teaspoons sugar, mustard, chopped garlic, salt, and pepper.
3. In a large serving bowl, layer greens, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

Main / Side Dishes

Apple Gouda Chicken Quesadillas

INGREDIENTS:

8 flour tortillas
2 tablespoons olive oil
2 tablespoons Dijon mustard (I used a pinot noir horseradish and it was delightful)
2 green onions, chopped
2 apples, cored and thinly sliced
2 cups shredded Gouda cheese
1 grilled boneless chicken breast, chopped into bite-size pieces (optional)
I prefer to grill the chicken covered in a BBQ marinade

DIRECTIONS:

1. Prepare grill for high heat.
2. Brush oil onto one side of tortilla, and place on a plate with oil side down. Spread about ½ tablespoon mustard on the top side, and top with green onion, apple slices, chicken, and about ½ cup of shredded cheese. Place a second tortilla on top, and brush the top with olive oil. Repeat with remaining ingredients, stacking the quesadillas on the plate.
3. Brush the grilling surface with oil and place the quesadillas carefully on the grill. Grill for about 3 minutes or until the bottom is crisp. Flip, and grill on the other side until crisp. Remove from grill to serving plates and cut into quarters. Serve warm.

NOTE: You may use a skillet or frying pan to cook the quesadillas if you do not have access to a grill. Also, try using different flavored Gouda cheese or different varieties of cheese. Tomato basil Gouda tastes wonderful with this recipe.

Apple-Stuffed Chicken Breast

INGREDIENTS:

2 skinless, boneless chicken breasts
½ cup chopped apple
2 tablespoons shredded cheddar cheese
1 tablespoon seasoned dried bread crumbs

1 tablespoon butter
¼ cup dry white wine
¼ cup water
1 tablespoon water
1 ½ teaspoons cornstarch
1 tablespoon chopped fresh parsley, for garnish

DIRECTIONS:

1. Combine apple, cheese, and bread crumbs. Set aside.
2. Flatten chicken breasts between sheets of waxed paper to ¼ inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.
3. Melt butter in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.
4. Transfer chicken to a serving platter.
5. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

Baked Havarti Chicken

INGREDIENTS:

4 boneless, skinless chicken breast halves
1 (8 ounce) package sliced fresh mushrooms
2 (4 ounce) cans whole green chili peppers, drained, and sliced lengthwise
4 ounces sliced Havarti cheese with dill

Italian dressing (I prefer a good Caesar dressing, then you don't need the Greek seasoning)

Greek seasoning (optional)

1 tablespoon butter

1 tablespoon white cooking wine

1 tablespoon Worcestershire sauce

½ teaspoon garlic salt

salt

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Marinate chicken in dressing and Greek Seasoning, if using, for a minimum of 30 minutes.
3. Place chicken in a 9 x 13 inch baking dish. Sprinkle top with additional Greek seasoning, if desired, and bake in preheated oven for approximately 25 minutes, or until no longer pink in center and juices run clear.
4. Shortly before chicken is done, melt butter in a skillet over medium-high heat until bubbling. Pour in wine, Worcestershire sauce, and garlic salt, and bring to a boil. Stir in mushrooms. Reduce to a simmer, cover, and cook until mushrooms are tender, about 3 to 5 minutes. Adjust seasoning with salt as needed.
5. Remove chicken from the oven. Lay green chili slices on top of each breast, then top each chili with a slice of cheese. Return to the oven until cheese has melted.
6. Remove chicken from the oven, top with mushrooms and their pan juices, and serve.

Black Bean Lasagna Rolls

INGREDIENTS:

8 lasagna noodles, uncooked (I prefer whole wheat)
1 cup shredded reduced-fat Monterey Jack cheese
1 (15 ounce) container part-skim ricotta cheese
1 (4.5 ounce) can chopped green chilies, drained
½ teaspoon chili powder
1/8 teaspoon salt
2 cups canned black beans, drained and rinsed
Cooking spray (an olive oil mister is best)
1 (15.5 ounce) jar salsa
Fresh cilantro sprigs (optional)

DIRECTIONS:

1. Cook lasagna noodles according to package directions, omitting salt and fat; drain well.
2. Combine cheeses and next 3 ingredients, stirring well. I like to stir some cilantro into the cheese mixture. Spread cheese mixture over one side of each noodle. Spoon black beans evenly over cheese mixture. Roll up noodles, jellyroll fashion, beginning at narrow ends.
3. Place lasagna rolls, seam sides down, in a 9x13 baking dish coated with cooking spray. Cover and bake at 350 degrees for 25 minutes or until thoroughly heated.
4. To serve, spoon salsa evenly over rolls and garnish with cilantro sprigs, if desired.

Black Rice

INGREDIENTS:

- $\frac{3}{4}$ cup Chinese black rice (uncooked)
- $1\frac{1}{2}$ cups water
- $\frac{3}{4}$ teaspoon salt
- 2 tablespoons olive oil
- 1 bunch scallions, chopped
- 1 tablespoon peeled, minced fresh ginger
- 1 large sweet potato, peeled & cut into $\frac{1}{2}$ inch cubes

DIRECTIONS:

1. Rinse rice in cold water to rid of excess starches.
2. Bring rice, water & $\frac{1}{2}$ t salt to a boil in a saucepan, then reduce heat to low and cook, covered, until most of the water is absorbed (about 30 minutes). Let the rice stand, uncovered and off of the heat, for 10 minutes.
3. While the rice is cooking, heat oil in a skillet over a moderately high heat and sauté scallions, sweet potato and ginger for about 2 minutes. Reduce heat and salt & pepper to taste, then cook until sweet potato is just tender (about 12 minutes).
4. Add the rice & toss gently to combine.

Braised Red Cabbage

INGREDIENTS:

2 tablespoons olive oil
1 Granny Smith apple, peeled, cored, and cubed
1 pint unfiltered apple juice
¼ teaspoon caraway seeds
¼ teaspoon apple cider vinegar
1½ teaspoons salt
freshly ground black pepper
½ head of shredded red cabbage

DIRECTIONS:

1. Heat olive oil in a pan over medium heat. Add the apple to the pan and cook until lightly browned.
2. Increase the heat to high and add the apple juice, apple cider vinegar, caraway seeds, salt, pepper and cabbage. Cover the pan and shake to toss the cabbage to coat.
3. Reduce heat to low and cook for 20 minutes.

Butternut Squash Soup with Roasted Red Pepper Puree

INGREDIENTS:

Soup

2 tablespoons olive oil
2¼ cups chopped onions
4 garlic cloves, minced
1 2½-pound butternut squash, peeled, seeded, cut into 1-inch pieces
1 apple, peeled, cored and cubed
4 or 5 chopped carrots
5½ cups (or more) vegetable broth
1 (16oz) container of sour cream
2-3 teaspoons curry
1 teaspoon cumin
½ teaspoon allspice
1 teaspoon cinnamon
¼ teaspoon dry ginger
¼ teaspoon paprika
1 tablespoon lemon or orange juice
3 teaspoons chopped fresh thyme
1 bay leaf
½ teaspoon grated orange peel

Puree

1 cup coarsely chopped drained roasted red peppers from jar
1 tablespoon extra-virgin olive oil
2 garlic cloves, chopped
¼ teaspoon dried crushed red pepper

DIRECTIONS:

1. Heat oil in heavy large pot over medium-high heat. Add onions; sauté until tender, about 12 minutes. Add garlic; stir 1 minute. Add squash and 5½ cups broth; bring to boil. Reduce heat; cover and simmer until squash is soft, about 40 minutes. Cool slightly.
2. Working in batches, puree soup in blender until smooth. Return puree to pot. (Or use a handheld blender/puree tool if you've got one). Add 1 teaspoon thyme and orange peel. Thin soup with more broth if desired. Simmer 3 minutes. Season with salt and pepper.
3. Make puree - Sauté all ingredients for a few minutes, then blend all ingredients in processor until smooth. Season with salt and pepper
4. Ladle soup into bowls. Swirl 1 tablespoon Roasted Red Pepper Puree into soup in each bowl. Sprinkle with remaining 2 teaspoons thyme and serve.

NOTE: Soup can be made 1 day ahead. Cool slightly. Cover and chill. Re-warm before serving, thinning with more broth if desired.

Calypso Rice and Beans

INGREDIENTS:

1 cup dry black beans

Rice:

1 tablespoon olive oil

1¼ cups chopped onion

1 cup chopped celery

1½ tablespoons minced seeded jalapeño pepper

¾ teaspoon salt

4 cloves garlic, chopped

2 bay leaves

1½ cups uncooked basmati rice

3½ cups water

Remaining ingredients:

½ cup chopped red bell pepper

½ cup chopped yellow bell pepper

¾ teaspoon black pepper

½ teaspoon ground cumin

½ teaspoon ground coriander

2 cups diced pineapple

¼ cup minced fresh cilantro

DIRECTIONS:

1. Sort and wash beans, and place in a medium saucepan. Cover with water to 2 inches above beans; bring to a boil, and cook for 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans and return them to pan. Cover beans with 2 inches of water. Bring beans to a boil over medium-high heat. Reduce heat, and simmer for 1 ½ hours or until tender. Drain beans and set aside.
2. To prepare rice, heat oil in a large nonstick skillet over medium-high heat until hot. Add onion, celery, jalapeño, salt, garlic, and bay leaves; sauté 4 minutes. Add rice; cook 1 minute. Add 3½ cups water; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Add beans; cover, and simmer 12 minutes, stirring occasionally. Discard bay leaves.
3. Stir in the bell peppers, black pepper, cumin, and coriander, and cook 6 minutes. Stir in pineapple and cilantro; cook 2 minutes.

Cashew Chicken

INGREDIENTS:

2 chicken breasts, thawed
1 can sliced water chestnuts, drained
1 cup (or more) chopped broccoli, fresh or frozen
½-1 cup cashews
1 cup chicken broth
1 tablespoon cornstarch
2 tablespoon soy sauce
a clove or two of garlic to taste (I use two large ones but I really love garlic), finely chopped or minced
1/3 teaspoon tarragon
1-2 tablespoons olive oil
1-2 cups cooked brown rice

DIRECTIONS:

1. Start cooking the rice per directions on container.
2. Cut chicken breasts into one-inch cubes. In a large skillet or a wok, stir-fry the chicken cubes in the oil until they're cooked on the outside; drain the excess oil.
3. In the same skillet, combine the broth, cornstarch, soy sauce, tarragon, and garlic. If you sprinkle the cornstarch in a little bit at a time, it won't get clumpy.
4. Put the chicken back in the skillet with the broccoli, water chestnuts and broth mix. Avoid splashing broth mix everywhere by pouring it on last.
5. Cover and simmer on medium low, stirring occasionally, until sauce is thickened and chicken is done. You can throw in the cashews to simmer for the last few minutes, or you can just sprinkle them on your own serving. If you're serving people who don't like cashews or are allergic, the latter method works well and is just as good. The latter method is also better if you're going to have leftovers, since the cashews tend to get soggy if you throw them in the mix.
6. Serve over rice.

Cavatappi with White Beans and Onions

INGREDIENTS:

3 tablespoons olive oil
2 medium onions, halved & sliced thinly, lengthwise
1 clove garlic, finely chopped
2 red bell peppers, cut lengthwise into thin strips
2 teaspoons finely chopped fresh jalapeño
salt
pepper
 $\frac{3}{4}$ cup water
1 pound cavatappi (corkscrew elbow pasta)
1 (16oz) can white beans, rinsed and drained
fresh Parmesan cheese

DIRECTIONS:

1. Start pasta cooking in salted water until al dente.
2. Heat 2 tablespoons of oil in a skillet over a medium heat and sauté onions until golden (about 10 minutes). Add garlic & sauté for another minute. Transfer onions to a bowl.
3. Add 1 tablespoon oil to the skillet and sauté bell peppers and jalapeño with salt & pepper until tender (about 8 minutes). Add onions and $\frac{3}{4}$ cup water and bring to a boil, deglazing the pan, then remove from heat.
4. Reserve $\frac{3}{4}$ cup of water from the pasta, then drain and return to pot. Add peppers & onions, reserved pasta water, beans and some cheese (and fresh parsley if you like) and toss well.
5. Top with a small amount of Parmesan cheese and serve.

Cheesy Broccoli Pockets

INGREDIENTS:

- 1 package (10 oz.) frozen chopped broccoli
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 cup shredded fresh mozzarella cheese
- 1/3 cup grated fresh Parmesan cheese
- 2 jarred roasted red peppers, coarsely chopped
- 1 tablespoon chopped fresh oregano OR 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 package frozen pizza dough, thawed (best for handling at room temperature)
- 2 cups of your favorite marinara sauce (optional)

DIRECTIONS:

1. Preheat oven to 375.
2. Cook broccoli according to package directions; drain well.
3. In a medium skillet, heat oil over low heat. Add garlic; sauté for 2 minutes. Add broccoli; cook, stirring until moisture has evaporated, about 3 minutes. Remove from heat; cool slightly.
4. In a medium bowl, combine broccoli mixture, mozzarella, Parmesan, roasted peppers, oregano, salt and pepper; mix well.
5. On a lightly floured surface, divide dough into pieces (2 for very large servings, 3 or 4 for smaller ones); roll out each piece to form a circle and work the dough over your fists to make it slightly thinner. Spoon an equal amount of broccoli mixture in the center of each circle. Fold dough over filling to form a half circle. Press edges with a fork to seal (any unsealed dough will allow hot, bubbly cheese to leak out and make a mess); prick a few holes in pocket tops.
6. Place pockets on baking sheet (or pizza stone). Bake until golden, about 25 minutes. Serve immediately. A dish of warm sauce on the side to dip into is a nice accompaniment.

Chicken Marsala Florentine

INGREDIENTS:

4 boneless, skinless chicken breast halves
¼ cup flour
salt and pepper to taste
1 tablespoon dried oregano
2 tablespoons olive oil
¼ cup butter
3 cups sliced portobello mushrooms
¾ cup sun-dried tomatoes
1 cup fresh spinach
1 cup Marsala wine

DIRECTIONS:

1. Place chicken breasts between 2 pieces of wax paper and pound to ¼ inch thick with a meat mallet. Dust chicken with flour, salt, pepper and oregano.
2. In a skillet, fry chicken in olive oil over medium heat. Cook until done, turning to cook evenly. Set aside and keep warm.
3. In the same pan, melt the butter over medium heat; add mushrooms, sun-dried tomatoes, and Marsala wine. Cook for approximately 10 minutes, stirring occasionally. Mix in spinach and cook for about 2 minutes. Serve over chicken.

Chicken Piccata

INGREDIENTS:

$\frac{3}{4}$ cup flour
 $\frac{1}{2}$ teaspoon paprika
salt and pepper to taste
4 skinless, boneless chicken breast halves, sliced thin
 $\frac{1}{4}$ cup olive oil

4 oz fresh mushrooms, sliced
 $\frac{1}{4}$ cup fresh lemon juice
 $\frac{1}{2}$ cup chicken stock
 $\frac{1}{4}$ cup white wine
1 clove minced garlic
1 (14 oz) can artichoke hearts, drained and quartered
 $\frac{1}{4}$ cup capers
1 fresh tomato, diced
 $\frac{1}{2}$ red onion, sliced

DIRECTIONS:

1. In a shallow bowl, mix together flour, paprika, and salt and pepper. Dredge chicken pieces in the seasoned flour.
2. Heat oil in a large skillet over medium heat, and sauté chicken until light golden brown (about 45 seconds each side). Remove chicken from skillet, and set aside.
3. To skillet, add mushrooms, lemon juice, white wine, onions, capers and chicken stock. Simmer until a smooth, light sauce develops. Season with garlic. Return chicken to the skillet, and simmer until chicken is no longer pink and juices run clear. Stir in artichoke hearts and tomatoes and remove from heat.

Chicken Pot Pie

INGREDIENTS:

2 chicken breasts, cut into bite-size chunks

olive oil

1 potato

1 sweet potato

1 carrot

1-2 stalks celery

1 clove garlic, minced

½ onion, diced

½ cup each of frozen peas, green beans, broccoli, or any other veggie you might like to add
salt, pepper, crushed red pepper, paprika, thyme, marjoram to taste

1 small can chicken broth

1 cup milk

4 tablespoons flour

DIRECTIONS:

1. Sauté your chicken boobs in a little olive oil with some salt & pepper. Set aside.
2. In the same pan, with some more olive oil, sauté a potato (peeled & chunked), sweet potato (peeled & chunked), bite-size chunks of carrot, celery, garlic & onion for 7 to 10 minutes (you're not doing 100% of their cooking in this step).
3. Add some frozen peas, maybe some green beans, and broccoli. Season the whole mixture with salt, pepper, crushed red pepper, paprika (couple of teaspoons), thyme & marjoram (about ½ teaspoon each). Add back your chicken.
4. Preheat oven to 425.
5. Add chicken broth and milk and sprinkle about 2 tablespoons of flour over it & bring to a boil. It may be thin yet so watch it & probably add another 2 tablespoons of flour. I just sprinkle it over the pan lightly & stir it in. While this is thickening, lay one pie crust in the bottom of your pie plate (don't prick any holes).
6. Once the mixture is thick, pour it into the crust, top it with a second crust. Pinch the crusts together real good & make several slits in the top crust. Put the pie plate on top of a baking sheet in case of leakage.
7. Bake for about 25 minutes or until the top crust is golden delicious.

Citrus Shrimp

INGREDIENTS:

2 oranges, zested and juiced
3 limes, zested and juiced
2 tablespoons olive oil
½ teaspoon salt, or to taste
3 cloves garlic
1½ pounds large shrimp, peeled and de-veined

DIRECTIONS:

1. In a blender or food processor, combine the orange juice and zest, lime juice and zest, olive oil, garlic and salt. Be careful with the salt - the shrimp really suck it up! Cover and puree until smooth.
2. Place shrimp in a bowl and pour the citrus marinade over them. Let them marinate for 20 minutes at room temperature.
3. Heat a non-stick skillet over medium-high heat. Sauté the shrimp about 3 minutes per side, in batches if necessary, until opaque. Spoon a little of the marinade in with them for extra flavor while they cook if you like. Good on the grill too, and they're great served over a bed of greens on a summer day.

Cold Sesame Noodles

INGREDIENTS:

1 pound whole wheat thin spaghetti
1/3 cup chopped peanuts, unsalted
1 bunch chopped scallions
1 cucumber, peeled and sliced
cilantro for garnish

1/2 cup unsalted natural peanut butter
1/2 cup sesame tahini
3 tablespoons tamari soy sauce
2 tablespoons dark sesame oil
2 tablespoons hot chili sesame oil
2 tablespoons rice vinegar
1-2 tablespoons honey
1 inch piece of fresh ginger, grated

DIRECTIONS:

1. Cook pasta al dente and drain.
2. Put the peanut butter and tahini in a saucepan and heat slowly until melted. Add soy sauce, oils, vinegar and ginger. Add water in small quantities until you get a smooth paste that is as viscous as honey. Drizzle a couple tablespoons of honey into the mixture.
3. Cool sauce to room temp; pour over noodles and mix thoroughly.
4. Add peanuts and mix again.
5. Garnish with scallions and sliced cucumbers and chill for an hour before serving.

Dal Makhani (Indian lentil dish)

INGREDIENTS:

1 cup dried black lentils
½ cup dried kidney beans
1-2 teaspoons cumin seeds
1 tablespoon chopped garlic
1 tablespoon grated fresh ginger
1 teaspoon garam masala powder
1 tablespoon red chili powder
1 cup finely chopped tomato
1/3 cup finely chopped onion
2 tablespoons butter
1 tablespoon olive oil
½ cup half and half
salt
cilantro (optional garnish)

DIRECTIONS:

1. Wash lentils and beans and let them soak overnight in about 6 cups of water.
2. Boil or pressure-cook the soaked lentils and beans in about 6 cups of water until they're soft.
3. Heat oil and butter in a large sauté pan. Add cumin seeds, let it crackle. Add chopped onions and cook til golden brown in color.
4. Add ginger, garlic and tomatoes. Sauté until tomatoes are well mashed and fat starts to leave the masala (sauce). Add boiled lentils and beans. Correct seasoning to your taste.
5. Add garam masala powder and let simmer on low for about 15 minutes.
6. Add half and half and let simmer for 5 minutes.
7. Serve hot with Naan or Paratha (Indian breads) and/or basmati rice. Garnish with cilantro, if desired.

Dungeness Crab w/ Lemon Chive Butter & White Rice

INGREDIENTS:

5 tablespoons unsalted butter
4 tablespoons fresh lemon juice
1 tablespoon lemon zest
½ teaspoon sea salt
fresh ground black pepper
2 Dungeness crabs, cleaned quartered and cracked
¼ cup chopped fresh chives
3 cups steamed white rice, such as jasmine or basmati

DIRECTIONS:

1. Heat a very large sauté pan over medium-high heat. Add the butter, lemon juice, zest, salt and pepper, swirling the pan to combine.
2. When the butter has just melted, add the crab leg clusters and half of the chives. Use kitchen tongs to stir and move the legs around, coating them with the lemon butter. Cover and cook for 3 minutes. Stir, cover and cook another 2 minutes, or until heated through.
3. Mound the rice on a serving plate. Top with crab legs, discarding any loose pieces of shell you may find. Drizzle on the lemon butter from the pan, sprinkle with remaining chives. Enjoy.

Fried Rice

INGREDIENTS:

2 tablespoons olive oil
2 eggs, beaten
3 cups cold, unsalted, cooked rice
salt
pepper
4 scallions, thinly sliced
1 cup frozen peas, thawed

DIRECTIONS:

1. Heat 1 tablespoon oil in a wok or large skillet over a fairly high heat.
2. Add eggs and cook briefly, stirring once or twice, then transfer to a small bowl.
3. Heat remaining 1 tablespoon oil and add rice, salt & pepper. Stir fry until heated through & just starting to crisp (about 3 minutes).
4. Add scallions & peas and stir fry for one minute.
5. Add egg & stir until just combined.

Garden Vegetable Pasta

INGREDIENTS:

1 package (16 oz) whole wheat spaghetti or your favorite pasta
2 tablespoons olive oil
2 medium carrots, sliced
1 medium onion, diced
2 medium zucchini, cut into 1/2 inch slices
2 garlic cloves, finely chopped
3 medium tomatoes, cut into 1 inch pieces
1/2 cup frozen peas, thawed
1 tablespoon chopped fresh basil leaves
1/2 teaspoon salt
1/4 teaspoon pepper
2/3 cup grated Parmesan cheese

DIRECTIONS:

1. Cook and drain pasta as directed on package.
2. While pasta is cooking, heat oil in 10-inch skillet over medium-high heat. Cook carrots, onion, zucchini and garlic in oil, stirring frequently, until vegetables are crisp-tender.
3. Stir in remaining ingredients except cheese; cook until hot. Serve vegetable mixture over spaghetti. Sprinkle with cheese.

Gingered Red Cabbage

INGREDIENTS:

- 2 tablespoons olive oil
- 2 large onions
- 2 large cloves of garlic, finely chopped
- 2 medium sized, semi-tart apples, pared, quartered, cored and diced
- 3 tablespoons finely chopped crystalized ginger
- 1 medium-sized red cabbage (about 1½ pounds), halved, cored and cut into large pieces
- ¼ cup balsalmic vinegar OR red wine vinegar
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 1 cinnamon stick, split lengthwise

DIRECTIONS:

1. Heat 1 tablespoon oil in large skillet over medium-low heat. Add onion; sauté until softened, about 10 minutes.
2. Add garlic; sauté 1 or 2 minutes or until fragrant.
3. Add apple and ginger, cook 5 minutes.
4. Add cabbage, remaining tablespoon oil, vinegar, salt, pepper and cinnamon stick. Cover and cook 20 minutes or until cabbage is tender but not mushy.
5. Discard cinnamon stick and serve.

Grilled Polenta with Pesto and Tomato

Pesto

INGREDIENTS:

3 cups (packed) fresh basil leaves
3 to 4 large cloves garlic
1/3 cup olive oil
1/3 cup Parmesan
1/3 cup pine nuts, lightly toasted
salt & pepper to taste

DIRECTIONS:

1. Place the basil leaves and garlic in a blender or food processor and mince well.
2. Add the nuts, if desired, and continue to blend until the nuts are ground.
3. Drizzle in the olive oil, as you keep the machine running. When you have a smooth paste, transfer to a bowl, and stir in the Parmesan. Season to taste with salt and pepper.
4. To keep longer, you can freeze pesto, minus the Parmesan, in ice cube trays then place in an airtight container in the freezer.

Polenta

INGREDIENTS:

1/2 cup coarsely ground cornmeal
2 cups vegetable broth
1/2 cup water

DIRECTIONS:

1. Combine the cornmeal and liquid in a saucepan. Bring to a simmer and cook, stirring frequently, until very thick, 15-20 minutes.
2. Pour into a 9- x 9-inch baking dish and chill completely. (at least 2 hours)
3. To grill, cut into squares, wedges or circles, brush or spray lightly with olive oil, and cook over medium-hot coals until nicely browned.
4. Spread with pesto and heat lightly.
5. Remove from grill and serve topped with fresh tomato slices or half cherry tomatoes. Add black olives and/or fresh basil if you like.

NOTE: You can either make the polenta yourself or buy it in a pre-packaged log and then grill it. You will likely find it in the produce section of the supermarket.

Harira (Moroccan Chickpea Soup)

INGREDIENTS:

1½ cups dried chickpeas
8 cups water
1 (35-oz) can whole tomatoes, drained
1 large onion, finely chopped
1 small celery rib (including leaves), finely chopped
3 tablespoons unsalted butter
1 teaspoon turmeric
1 teaspoon black pepper
½ teaspoon cinnamon
2/3 cup chopped fresh cilantro
4 cups vegetable broth (preferably organic) or chicken broth
1 cup lentils
2 oz dried capellini, broken into 1-inch pieces, or fine egg noodles (¾ cup)
½ cup chopped fresh parsley

Accompaniment: lemon wedges

DIRECTIONS:

1. Prepare chickpeas: Soak chickpeas in water to cover by 2 inches 8 to 12 hours.
2. Drain chickpeas and rinse well. Transfer to a large saucepan and add 8 cups water. Bring to a boil, then reduce heat and simmer, uncovered, until tender, 1¼ to 1½ hours. Cool chickpeas and drain, reserving cooking liquid. You should have about 2 ½ cups liquid (if not, add more water).
3. Coarsely purée tomatoes in a food processor. Cook onion and celery in butter in a 4-quart heavy pot over moderately low heat, stirring occasionally, until softened. Add turmeric, pepper, and cinnamon and cook, stirring, 3 minutes.
4. Stir in tomato purée, 1/3 cup cilantro, chickpeas with reserved liquid, vegetable broth, and lentils. Bring to a boil, then reduce heat and simmer, uncovered, until lentils are tender, about 35 minutes.
5. Stir in pasta and cook, stirring, until tender, about 3 minutes. Stir in parsley, remaining 1/3 cup cilantro, and salt to taste.

Makes ~6 servings.

Herb Stuffed Tomatoes

INGREDIENTS:

5 beefsteak tomatoes
1 cup chopped flat-leaf parsley leaves
 $\frac{3}{4}$ cup Italian-style bread crumbs
1 cup grated provolone cheese
2 cloves garlic, minced
 $\frac{1}{4}$ teaspoon freshly ground black pepper
2 tablespoons olive oil

DIRECTIONS:

1. Preheat the oven to 375 and spray a baking dish with cooking spray.
2. Cut the tomatoes in half, horizontally. Use a small spoon to gently hollow out the inside of the tomatoes, discarding the seeds and reserving the pulp and being careful not to puncture the outer shell. Chop the reserved pulp and put it in a medium bowl. Add the parsley, bread crumbs, cheese, garlic and pepper and mix gently to combine. Place the tomato halves in a baking dish, and fill with the bread crumb mixture. Drizzle the top of the tomatoes with olive oil.
3. Bake until the tops are browned, about 20 minutes.

Lemon-Basil Vegetables and Noodles

INGREDIENTS:

2 cups chopped broccoli
2 cups chopped cauliflower
1 teaspoon grated lemon peel
1 large onion, chopped
1 cup chicken or vegetable broth
2 cups cooked soba (buckwheat) noodles or vermicelli
2 tablespoons chopped fresh basil leaves
2 tablespoons fresh lemon juice
1 teaspoon olive oil
¼ teaspoon pepper
1 large zucchini, chopped
1 can artichoke hearts

DIRECTIONS:

1. Cook broccoli, cauliflower, onion, lemon peel and ½ cup of the broth in 12-inch skillet over medium heat 7 to 10 minutes, stirring frequently, until cauliflower is crisp-tender.
2. Stir in remaining ½ cup broth and ingredients. Cook about 5 minutes, stirring frequently, until vegetables are tender.

Mexican Turkey Stuffed Shells

INGREDIENTS:

1 pound ground turkey, cooked

½ cup chopped onion

¼ cup fresh cilantro, chopped

1 teaspoon garlic, minced

1 teaspoon dried oregano

½ teaspoon ground cumin

½ teaspoon salt

1 cup non-fat ricotta cheese

18 jumbo pasta shells (I prefer whole wheat)

2 (10 oz) cans enchilada sauce

¼ cup shredded Monterey Jack cheese

DIRECTIONS:

1. In large bowl combine turkey, onions, cilantro, garlic, oregano, cumin and salt. Blend in ricotta. Stuff each uncooked shell with 1 heaping tablespoon of turkey mixture.
2. In 2-quart oblong, glass baking dish, pour one can of enchilada sauce. Arrange shells in baking dish and dot any remaining turkey mixture over shells. Pour remaining can of enchilada sauce over shells and cover tightly with foil. Bake at 375 degrees F. 1 to 1¼ hours or until shells are tender. Sprinkle cheese over top. Re-cover and allow to stand 10 minutes.

Middle Eastern Rice with Black Beans and Chickpeas

INGREDIENTS:

1 tablespoon olive oil
1 clove garlic, minced
1 cup uncooked basmati rice
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon ground cayenne pepper
1 quart chicken stock
1 ½ pounds ground turkey
2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
2 (15 ounce) cans black beans, drained and rinsed
1 bunch chopped fresh cilantro (optional)
1 bunch chopped fresh parsley (optional)
¼ cup pine nuts (optional)
salt to taste
ground black pepper to taste

DIRECTIONS:

1. Heat the olive oil in a large saucepan over medium heat. Stir in garlic, and cook 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir 5 minutes, then pour in chicken stock. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.
2. Place the turkey in a skillet over medium heat, and cook until evenly brown.
3. Gently mix cooked turkey, garbanzo beans, black beans, cilantro, parsley, and pine nuts into the cooked rice. Season with salt and pepper.

Oven-fried Chicken

INGREDIENTS:

2 boneless, skinless chicken breasts
¼ cup flour
½ teaspoon salt
½ teaspoon pepper
2 eggs, beaten
½ cup Italian style bread crumbs
olive oil spray

DIRECTIONS:

1. Preheat oven to 350.
2. Halve the chicken breasts so that you have two small pieces rather than one long one. Coat each piece of chicken in flour. Add salt & pepper to the eggs. Dip the chicken pieces in egg, thoroughly coating. Roll the chicken around in bread crumbs; be sure to coat the chicken all over.
3. Place the chicken on a baking sheet and spray each piece lightly with olive oil on the top side. Bake for 20 minutes. Flip the chicken over and spray what is now the top side and bake for 15 minutes. Serve hot as a meal, bring it room temp for a picnic, or eat it cold the next day as a snack or on top of a salad.

Seared Scallops with Orange-Basil Sauce

INGREDIENTS:

2/3 cup orange juice

1 teaspoon Dijon mustard

1½ teaspoons dried basil

1½ pounds sea scallops

2 tablespoons olive oil

Salt and ground black pepper

1 tablespoon butter

DIRECTIONS:

1. Heat a large skillet over high heat. Mix orange juice, mustard and basil in a glass measuring cup. Coat the scallops with oil and season both sides with salt and pepper. When pan is hot (if using a nonstick skillet, residual oils will send up wisps of smoke), add scallops; cook until golden brown, about 2 to 3 minutes on each side. Divide scallops among 4 dinner plates.
2. Add orange juice mixture to the hot skillet; simmer until reduced by half, 1 to 2 minutes. Stir in butter, pour over scallops and serve.

Ricotta Stuffed Zucchini

INGREDIENTS:

1 very large zucchini or a few smaller ones, halved lengthwise
½ onion, chopped
1 clove garlic, minced
½ bag fresh spinach
1 tablespoon olive oil or butter
6-8 oz ricotta cheese
1 egg
¼ cup grated Parmesan cheese
1/3 cup herb bread crumbs
1 tablespoon chopped fresh parsley
salt, pepper, oregano, basil to taste
a few slices of fresh mozzarella cheese
a few slices of fresh tomatoes

DIRECTIONS:

1. Preheat oven to 350.
2. Trim ends of zucchini halves and scoop out seeds and pulp, leaving about 1/2 inch pulp on skins. In a large saucepan, steam zucchini halves in a vegetable steamer over boiling water for about 5 minutes, until tender but firm. Drain, and immediately plunge into a large bowl filled with enough ice water to cover. Allow to cool completely; drain.
3. Heat olive oil or butter in medium saucepan. Slowly cook and stir onion and garlic until onion is soft. Stir in spinach, and cook about 1 minute, until wilted.
4. Transfer spinach mixture to a medium bowl, and mix in ricotta cheese, eggs, bread crumbs, Parmesan cheese, parsley, salt, basil, oregano and pepper. Stuff zucchini halves with even amounts of the mixture and arrange them in a large baking dish.
5. Bake uncovered in the preheated oven for 20 minutes, until the stuffing is hot and bubbly. Half way through baking, put slices of fresh mozzarella and tomatoes on top of each zucchini piece and finish baking.

NOTE: This would also be good with tomato sauce and/or roasted red peppers and fresh basil on top (added half way through baking in addition to or instead of the mozzarella and tomatoes).

Roasted Butternut and Feta Risotto

INGREDIENTS:

3¼ cups peeled, cubed butternut squash (or pumpkin)
1 tablespoon olive oil
4 cups vegetable or chicken broth
1-2 cloves fresh minced garlic
1 onion, diced
1 cup baby spinach leaves
6 ounces feta cheese, cubed (I prefer an aged French goat feta)
salt and pepper
2 cups Arborio or Risotto rice
¼ cup toasted pine nuts (optional)

DIRECTIONS:

1. Preheat oven to 400. Brush a baking dish with olive oil.
2. Place squash in a steamer over 1 inch boiling water and cover. Cook until tender but still firm. Transfer squash to baking dish and brush with olive oil. Season with salt and pepper and bake in oven until golden brown.
3. Meanwhile, heat olive oil in a saucepan. Cook onion and garlic until tender. Stir in rice and cook for 1 to 2 minutes. Slowly add broth ½ cup at a time, stirring frequently and allowing all the liquid to be absorbed before adding more broth. Continue cooking until the rice is tender to the tooth, and then season with salt and pepper to taste.
4. When the squash is almost done, place feta on baking sheet and bake in oven until the cheese is hot and beginning to melt along the edges (only takes about 2 minutes).
5. Mash ¾ of the squash and stir it into the risotto with the spinach. Toss in the pine nuts, if desired. Scoop the risotto onto serving dish/bowl and top with remaining squash cubes and heated feta.

Sea Scallop and Red Grape Stackers

INGREDIENTS:

1 tablespoon butter
1 pound fresh sea scallops
salt and pepper
½ bag fresh baby spinach
6-8 pieces cracker bread - Kirkland (Costco) brand parmesan cracker bread is good, or any other brand simple cracker bread. Just don't get something too seasoned or else the flavor will take over. A simple black pepper cracker bread from Whole Foods is my favorite.

Grape Sauce:

1 tablespoon butter
½ cup sliced shallots
½ cube beef bouillon
3 tablespoons balsamic vinegar
1 teaspoon lemon juice
2½ cups red seedless grapes
salt and pepper
½ cup cream or half and half
½ teaspoon dried oregano

DIRECTIONS:

1. Heat a large skillet over medium heat; add butter and sea scallops. Sear on both sides until golden brown. Season to taste with salt and pepper. Remove from heat and cover.
2. To prepare grape sauce, in the same pan combine butter, shallots, beef bouillon and grapes. Season to taste with salt and pepper. Cook for 1 minute.
3. Add balsamic vinegar to the grapes and stir to deglaze the pan. Stir in lemon juice, cream and oregano. Reduce heat to low and cook for about 10 minutes or until the sauce thickens.
4. To assemble each serving, place some spinach leaves in the center of a plate. Place 1 piece of cracker bread on top. Place a few scallops on top and then a few spoonfuls of sauce. Repeat with 2 more layers.
5. Pour sauce over and around each stack. Serve immediately.

Zucchini Pie

INGREDIENTS:

1 cup chopped zucchini
1 cup chopped tomato
2/3 cup Bisquick mix
1/2 cup finely chopped onion
1/2 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
1/2 teaspoon salt
1/2 teaspoon dried marjoram or oregano leaves
1/4 teaspoon pepper
1 garlic clove, finely chopped
1/2 cup olive oil
2 eggs or 1/2 cup fat-free, cholesterol-free egg product
3/4 cup skim milk

DIRECTIONS:

1. Heat oven to 400. Grease bottom and sides of pie plate.
2. Sprinkle zucchini, tomato, onion and cheese evenly in pie plate.
3. Stir together remaining ingredients with fork until blended. Pour evenly into pie plate.
4. Bake about 35 minutes or until knife inserted in center comes out clean. Cool at least 10 minutes.

Desserts

Banana Gratins

INGREDIENTS:

2 firm ripe bananas, thinly sliced crosswise
1 cup fat-free sour cream
2 teaspoons vanilla
¼ cup turbinado sugar (like sugar in the raw)
gratin dishes (4 6"x4" or 2 1-1 ½ qt.)

DIRECTIONS:

1. Preheat broiler
2. Divide bananas among gratin dishes. Stir together sour cream and vanilla in a bowl, then spoon over bananas, covering them & smothering the tops. Sprinkle each gratin with 1 tablespoon of sugar.
3. Broil on a baking sheet 3-5 inches from the heat until sugar is melted but not caramelized, about 3 minutes.

Banana Pudding

INGREDIENTS:

2 bags Pepperidge Farm Mini Chessmen cookies
6 to 8 bananas, sliced
2 cups milk
1 box instant French vanilla pudding
1 (8oz) package cream cheese, softened
1 (14oz) can sweetened condensed milk
1 (12oz) container frozen whipped topping thawed,
or equal amount sweetened whipped cream

DIRECTIONS:

1. Line the bottom of a 13x9x2 dish with 1 bag of cookies and layer bananas on top.
2. In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.
3. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth. Fold the whipped topping into the cream cheese mixture.
4. Add the cream cheese mixture to the pudding mixture and stir until well blended.
5. Pour the mixture over the cookies and bananas and cover with the remaining cookies.
6. Refrigerate until ready to serve.

Frozen Tiramisu

INGREDIENTS:

- ½ cup espresso or strong coffee
- 3 tablespoons rum (dark or light)
- 2 (3oz) packages ladyfingers
- ½ gallon coffee ice cream, softened on microwave's defrost setting for 1 minute

- 4 ounces bittersweet chocolate, coarsely grated
- 1 (8oz) container mascarpone cheese
- 3 tablespoons coffee flavored liqueur
- 1 tablespoon sugar
- 1/3 cup half-and-half

DIRECTIONS:

1. Mix coffee and rum. Line a 2-quart metal loaf pan with plastic wrap, leaving an overhang. Use a pastry brush to paint the spiked coffee onto the ladyfingers. Then line the bottom and sides of the pan with ladyfingers, rounded side out.
2. Reserving ½ cup of chocolate for garnish, stir rest of chocolate into ice cream. Turn ice cream into loaf pan, using a rubber spatula to press ice cream evenly into pan. Cover with plastic wrap and freeze for at least 2 hours or up to 5 days.
3. When ready to serve, mix cheese, liqueur and sugar until smooth; whisk in half-and-half to form a thick but pourable sauce. Unmold dessert, using ends of plastic wrap to remove it from pan; peel away wrap. Slice loaf, drizzle with sauce and sprinkle with chocolate.

Indian-Style Cheesecake

INGREDIENTS:

Crust:

- ½ cup cinnamon graham cracker crumbs
- ½ cup Nilla wafer crumbs
- ¼ cup ground raw cashews or almonds
- 2 tablespoons shredded coconut
- 3 tablespoons melted butter

Cake:

- 3 (8 oz) packages cream cheese
- 8 oz ricotta cheese (whole milk)
- 1 cup sugar
- 3 tablespoons flour
- 4 eggs
- 1 tablespoon vanilla
- 8 oz coconut milk
- 2 tablespoons shredded coconut
- 2 tablespoons ground raw cashews or almonds
- 2-3 tablespoons cardamom;
- 1-2 tablespoons cinnamon

DIRECTIONS:

1. Preheat oven to 400.
2. Put graham crackers, Nilla wafers and nuts into blender to make crumbs. Mix the crumbs with the coconut and butter and press into the bottom of a 9” spring-form pan.
3. Bake crust for 8-10 minutes and set aside. Turn oven down to 300.
4. Mix cream cheese, ricotta cheese, sugar and flour in large bowl.
5. Add the eggs one at a time while mixing.
6. Add in the vanilla, coconut milk, coconut, nuts, cardamom and cinnamon.
7. Pour mixture into crust and bake at 300 for about 1 hour and 10 minutes, or until top is golden brown and center seems solid.
8. Turn oven off and leave cake in oven with door open for at least 10 minutes. Then let the cake cool on the counter for at least an hour or two before chilling. Refrigerate for at least 1-2 hours and serve chilled.

Indian Rice pudding

INGREDIENTS:

3 cups cooked Basmati rice (I cook the rice in milk, whole or skim, instead of water)
3½ cups whole milk
¼ cup heavy cream or half and half
1 (13.5 oz) can coconut milk
¼ cup sugar
1 teaspoon ground cardamom
½ teaspoon cinnamon
1 cup golden raisins
1 cup raw cashew pieces
½ teaspoon vanilla extract

DIRECTIONS:

1. In a large nonstick sauté pan over medium heat, combine the cooked rice and milk. Heat until the mixture begins to boil. Decrease the heat to low and cook at a simmer until the mixture begins to thicken, stirring frequently, approximately 5 minutes.
2. Increase the heat to medium, add the heavy cream, coconut milk, sugar, vanilla, cinnamon and cardamom and continue to cook until the mixture just begins to thicken again, approximately 5 to 10 minutes. Use a whisk to help prevent the cardamom from clumping.
3. Once the mixture just begins to thicken, remove from the heat and stir in the raisins and cashews.
4. Transfer the mixture to individual serving dishes or a glass bowl and place plastic wrap directly on the surface of the pudding. Serve chilled or at room temperature.

Italian Apple Torte

INGREDIENTS:

$\frac{3}{4}$ cup salted butter, softened
 $\frac{1}{4}$ cup golden raisins
 $\frac{1}{2}$ cup Marsala wine
4 med granny smith apples
2 tablespoons lemon juice
3 large eggs
 $\frac{3}{4}$ cup granulated sugar
3 cups flour, sifted
1 tablespoon baking powder
 $\frac{1}{4}$ cup pine nuts, toasted

DIRECTIONS:

1. Preheat oven to 350.
2. Soak raisins in Marsala wine; set aside.
3. Peel and finely slice apples; place in large bowl. Add lemon juice and enough water to cover.
4. In separate large bowl, mix one egg and two egg yolks. Add sugar and butter; mix at medium speed until smooth. Add raisins and wine mixture, flour and baking powder; mix thoroughly.
5. Coat 9" spring form pan with butter. Place dough mixture in pan. Strain apples reserving two tablespoons of the liquid. Toss apples with one tablespoon sugar; place on top of dough mixture pressing lightly. Top torte evenly with pine nuts and two tablespoons of reserved liquid.
6. Place torte on center oven rack. Bake for 45 minutes or until toothpick inserted in center comes out clean. Sides and top of torte should be light brown. Remove and let cool. Serve with a favorite topping if desired.

Sweet Nectarine Cream

INGREDIENTS:

4 nectarines
2 tablespoons butter
¼ cup brown sugar
¼ teaspoon almond extract
ground cinnamon, nutmeg, and/or allspice to taste
1 pint organic vanilla ice cream
fresh mint leaves for garnish

DIRECTIONS:

1. Slice the nectarines, leaving on the peel.
2. Melt the butter in a skillet and sauté the nectarines over medium high heat until tender, approximately 5 minutes.
3. Stir in brown sugar, almond extract, cinnamon, nutmeg, allspice. Cook until sugar dissolves and nectarines are tender.
4. Scoop ice cream out into 4 dishes, top with nectarines and garnish with mint leaves. Serve immediately.

Tiramisu Cheesecake

INGREDIENTS:

- 1 (12oz) package lady fingers
- 4 tablespoons butter, melted
- 4-6 ounces coffee flavored liqueur or espresso
- 3 (8oz) packages cream cheese, softened
- 1 (8oz) container mascarpone cheese
- 1 cup white sugar
- 2 eggs
- 4 tablespoons all-purpose flour
- 1 (1oz) square dark chocolate

DIRECTIONS:

1. Preheat oven to 350 degrees. Place a pan of water on the bottom of oven.
2. Crush the package of ladyfingers to fine crumbs (I usually do this in the blender). Mix the melted butter into the crumbs. Moisten with 2-3 ounces of the coffee liqueur or espresso. Press into an 8 or 9 inch spring-form pan.
3. In a large bowl, mix cream cheese, mascarpone, and sugar until very smooth (the Kitchenaid mixer works well for this). Add 2-3 ounces coffee liqueur or espresso, and mix. Add the eggs and the flour; mix SLOWLY until just smooth. The consistency of the mascarpone can vary. If the cheesecake batter is too thick, add a little cream. Do not over mix at this point. Pour batter into crust.
4. Place pan on middle rack of oven. Bake for 40 to 45 minutes, or until just set. Open oven door and turn off the heat. Leave cake to cool in oven for 20 minutes. Remove from oven and let it finish cooling. Refrigerate for at least 3 hours, or overnight. Shave the chocolate over the top before serving.

Cocktails

Hot Spiced Wine

INGREDIENTS:

2 quarts dry red wine
2 cups apple juice
2 cups orange juice
½ cup honey
2 teaspoons whole cloves
2 (3 inch) cinnamon sticks
2 oranges, thinly sliced
2 limes, thinly sliced

DIRECTIONS:

1. Combine ingredients in a large saucepan. Bring to a boil, stirring constantly, until honey is all mixed in. Reduce heat; simmer for 15 minutes.
2. Strain wine mixture and pour into glasses. Garnish with orange or apple slices if desired.

Mango Sours

INGREDIENTS:

1 cup mango nectar
¾ cup vodka
½ cup fresh lemon juice
3 tablespoons superfine granulated sugar
fresh mango, speared for garnish
cocktail shaker

DIRECTIONS:

1. Shake together nectar, vodka, lemon juice and sugar in cocktail shaker with ice.
2. Pour into serving glasses and garnish with mango spears.

Perfect Margaritas

INGREDIENTS:

1 ½ cups tequila – I would suggest using a decent quality tequila; Cuervo 1800 at the very least
½ cup Grand Marnier – triple sec is a much cheaper substitute, but doesn't taste quite as good
1/3 bottle of beer – use a non-offensive beer (if you use dark beer the flavor will take over)
- I recommend using Blue Moon or a similar wheat ale
1 can frozen lemonade
fresh lemon juice – squeeze 2-3 lemons
fresh lime juice – squeeze 3-4 limes
water or ice to fill up the blender
2 tablespoons honey

DIRECTIONS:

1. Pour ingredients in order as listed into blender, blend well, and serve with salt or sugar rim, if desired, and a lime slice for garnish.

Pomegranate Refresher

INGREDIENTS:

1 part vodka
1 part pomegranate juice
4 parts lemonade
cocktail shaker

DIRECTIONS:

1. Shake together vodka, pomegranate juice and lemonade in cocktail shaker with ice.
2. Strain into lemonade glasses and serve.

Pumpkin Martinis

INGREDIENTS:

Pumpkin Vodka (to be made at least a week ahead of time)

1 750ml bottle of vanilla vodka (use at least Stolli, if not a top-shelf brand)

1 cup canned pumpkin

2 teaspoons each of the following spices:

cinnamon

nutmeg

ginger

allspice

cloves

1 pint Stonyfield Farms organic vanilla chai ice cream

1 cup whole milk

1 tablespoon caramel

DIRECTIONS:

1. First step is to combine the vanilla vodka, canned pumpkin and spices and let sit in the refrigerator for at least a week. Be sure to shake it well when you're ready to use it. If you plan to use it in other unblended drinks you'll probably want to strain it.
2. Combine pumpkin vodka, ice cream, milk and caramel in the blender. Blend until smooth and serve in a chilled martini glass.

NOTE: As an added kick you can also try putting some cinnamon schnapps, such as Goldschlager or Aftershock, or some spiced rum into the mix as well.