

TRUE FOODS MARKET

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Healthy Recipes



www.TrueFoodsMarket.com

Breads



Parmesan Rosemary Bread

- 1 1/2 cups bread flour
- 1 1/2 cups whole wheat flour
- 2 teaspoons sea salt
- 1 tablespoon sucanat
- 1 package instant yeast
- 1 1/3 cups warm water
- 3 tablespoons olive oil, divided
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons grated parmesan cheese

In a large bowl, stir together the flours and sea salt. Make a well in the center of the flour mixture. Sprinkle the sucanat and yeast into the well. Carefully pour the water into the well. Let stand until the yeast begins to act, about 5 minutes. Pour 2 tablespoons of the oil into the well. With a wooden spoon, stir the mixture in the center of the bowl. Gradually widen the circle of stirring to take in all of the flour at the sides of the well. Turn out on a floured surface and knead just until smooth. Keep the dough soft. Pour 1/2 teaspoon oil into a clean bowl. Place dough in the bowl, turning once to oil the top. Cover and let rise until doubled, 30 to 45 minutes. Punch the dough down. Use 1 teaspoon of the oil to coat a baking sheet and place the dough on the baking sheet. Gently press the dough out to about 1/2-inch thickness. Pour remaining oil over the top. Use the handle end of a wooden spoon to dimple the dough at 1 1/2-inch intervals. Sprinkle with rosemary and parmesan. Place in a cold oven on the center shelf. Place a flat pan of hot water on the shelf below the bread. Let rise until doubled, 20 to 25 minutes. Turn the oven on to 375 degrees. Bake the bread for 20 to 25 minutes or until browned on top. Remove from the pan and cool slightly on a wire rack before serving.

Makes 8 servings

Cream Scones with Chocolate or Carob Chips

2 cups flour
1/4 cup sucanat, plus sucanat for sprinkling
2 1/2 teaspoons baking powder
1/2 teaspoon sea salt
3 to 4 ounces semisweet chocolate chips or carob chips
1 1/4 cups heavy cream
1 tablespoon milk or cream for brushing the tops

Position a rack in the center of the oven and preheat to 425 degrees. Line baking sheet with a double layer of parchment paper. In a large bowl, whisk flour, sucanat, baking powder and sea salt together thoroughly. Stir in chocolate or carob chips. Make a well in the center and pour the cream into it. Use a rubber spatula to push the dry ingredients from the sides of the bowl into the well, cutting and turning the mixture just until the dry ingredients are almost entirely moistened and the dough looks rough and shaggy. Gather the dough into a lump and knead it gently against the side of the bowl five or more times, pressing in the loose pieces, until the dough just holds together (it should not be smooth) and the sides of the bowl are fairly clean. On a lightly floured board, pat the dough into an 8-inch round about 3/4-inch thick. Cut into 12 wedges. Place them at least 1 inch apart on the lined baking sheet. Brush the tops with milk or cream and sprinkle lightly with sucanat. Bake until the tops are golden brown, 12 to 15 minutes. Let cool on a rack, and serve warm or at room temperature.

Makes 12 scones

Harvest Spelt Bread **Gluten-Free******

1/2 cup warm water
2 packages dry active yeast
1 cup warm low-fat milk (or substitute)
2 tablespoons melted canola margarine
1/2 cup maple syrup
1 egg, beaten
3 cups whole-grain spelt flour
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1/2 teaspoon sea salt
1 can pumpkin
3 cups Vitaspelt white spelt flour

Place the water in a 1-quart bowl and sprinkle with yeast. Stir once or twice and set aside for 5 to 10 minutes. Combine milk, margarine, syrup and egg in a 2-quart bowl. Set aside. Combine grain flour, spices and sea salt in a 3-quart bowl. Stir in the yeast mixture, the mix mixture, and the pumpkin; mix thoroughly. Add white flour, a little at a time, until a dough is formed. Turn the dough onto a lightly floured board and knead for 3 or 4 minutes, or until the dough is slightly elastic. Cover with a clean kitchen towel and let rise on the board in a warm place for an hour or two, until the dough has doubled in

size. Punch down the dough and divide it in half. Shape each half into a loaf, either round or oblong, and cover. Let the loaves rise in a warm place for another one or two hours, or until doubled in size. Preheat oven to 350 degrees and lightly coat a 17 x 11-inch baking sheet with nonstick cooking spray. Place the loaves on the baking sheet, spacing them about 3 inches apart, and bake for 45 minutes, or until the loaves sound hollow when tapped. Allow the loaves to cool on the sheet for 10 minutes, then transfer to a wire rack to cool completely before slicing and serving.

Makes two 1 1/2 pound loaves

[Recipe from www.purityfoods.com](http://www.purityfoods.com)

Sweet Potato Biscuits

1 1/2 cups whole wheat flour
2 teaspoons baking powder
1/2 teaspoon sea salt
1/2 cup cold shortening
1 cup milk
1 1/2 cups mashed cooked sweet potatoes

Combine flour, baking powder and sea salt in a medium bowl; cut in shortening until mixture resembles coarse meal. Combine milk and sweet potatoes. Add to flour mixture and stir quickly. Turn dough out on a lightly floured surface and knead lightly. Roll to 1/2-inch thickness and cut with a floured biscuit cutter. Place biscuits on ungreased baking sheet and bake at 425 for 12 to 15 minutes.

Makes 12 servings

Homemade Whole Wheat Tortillas

1/3 cup whole wheat flour
1 1/3 cups whole wheat bread flour
2 tablespoons plus 2 teaspoons vegetable shortening
2 teaspoons sea salt
1/2 cup boiling water
Whole wheat flour for rolling

In a large bowl, stir together 1 cup whole wheat flour, whole wheat flour and sea salt. Rub in the shortening by hand until the mixture is the texture of oatmeal. Make a well in the center, and pour in the boiling water. Mix with a fork until all of the water is evenly incorporated. Sprinkle with a bit of additional flour and knead until the dough does not stick to your fingers. The dough should be smooth. Form dough into portions the size of golf balls, about two ounces each. Place them on a tray and cover with a cloth. Let stand for at least one hour, or up to eight hours. Heat a griddle or large frying pan over high heat. On a lightly floured surface, roll out a tortilla to your preferred thinness. Fry one at a time. Place on the griddle for about 10 seconds; as soon as you see a bubble on top, flip

the tortilla over. Let it cook for about 30 seconds, then flip and cook the other side for another 30 seconds. Repeat until all of the dough has been cooked. Tortillas can be refrigerated or frozen.

Applesauce Bread

1 egg
3/4 cup agave nectar
1/2 cup oil
1 cup applesauce
1/4 cup sour cream
1 1/2 cups whole wheat flour
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 cup raisins

Preheat oven to 350 degrees. Grease and flour loaf pan. Beat together egg, agave nectar and oil. Blend in applesauce and sour cream. Mix in flour, baking soda, baking powder and cinnamon. Stir in raisins. Pour batter into prepared pan. Bake until toothpick inserted in center comes out clean. Cool before serving.

Makes 1 loaf

Four-Grain Bread

1 package active dry yeast
1 cup buttermilk, warmed to 110 degrees
2 tablespoons honey
2 tablespoons safflower oil
1/2 cup whole wheat bread flour
2 cups unbleached white flour
1/4 cup rye flour
1/2 cup masa
1/4 cup rolled oats
1/2 teaspoon sea salt

Pour yeast into a small bowl and stir in buttermilk, honey and oil. Cover with plastic wrap and let stand until it swells and bubbles, about 10 minutes. Meanwhile, in a large bowl, combine flours, masa, oats and sea salt. When yeast mixture is ready, pour it into flour mixture and use a large rubber spatula to combine. When it gets too sticky, begin to use your hands to combine and gradually work the dough into a ball. Knead for 10 minutes. Set dough in an oiled bowl and turn so its surface is lightly covered with oil. Cover the bowl with plastic wrap and allow dough to rise until doubled in size, 30 to 45 minutes. Oil a loaf pan. Punch dough down; form into a loaf and place in loaf pan. Let dough rise again for about 30 minutes. Preheat oven to 350 degrees. Spray the top of the

dough with water, then bake for 30 to 40 minutes. Remove bread from pan and set directly on oven rack. Spray again with water and continue to bake until done, about another 5 minutes.

Makes 1 loaf

Orange Yogurt Bread

1/2 cup butter

1 1/2 cups sucanat

2 eggs

1 1/2 cups whole wheat flour

1 1/2 teaspoons baking powder

1/2 teaspoon sea salt

1/2 cup orange juice

1 tablespoon grated orange peel

1 cup plain yogurt

Preheat oven to 350 degrees. Grease and flour a loaf pan. In a large mixing bowl, cream butter and sucanat until fluffy. Add eggs; beat well. In a separate bowl, stir together flour, baking powder and sea salt. In a small bowl, combine orange juice, orange peel and yogurt. Add dry ingredients to creamed mixture alternately with yogurt mixture. Pour batter into prepared pan. Bake for 55 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 10 minutes; remove from pan and cool on wire rack.

Makes 1 loaf

Corn Bread

1 cup self-rising cornmeal

1 cup unbleached whole wheat flour

1/2 cup sucanat

1 cup half and half

1 large egg, lightly beaten

5 1/2 tablespoons unsalted butter, melted

Preheat oven to 400 degrees. Grease an 8-inch square baking pan or cast-iron skillet with butter. Combine cornmeal, flour and sucanat in a bowl, whisking to blend. Add half and half and egg; stir until just blended. Stir in melted butter and scrape into prepared pan. Bake for about 15 minutes, or until toothpick inserted in center comes out clean. Let cool for 10 minutes.

Makes 8 servings

Herbed Vegetable Bread

1/2 cup shredded mozzarella cheese

1/2 cup Mexican style corn
1/4 cup grated parmesan cheese
1/4 cup minced fresh parsley
2 garlic cloves, minced
1 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 teaspoon ground cumin
1/4 teaspoon sea salt
1/8 teaspoon crushed red pepper flakes
1 loaf frozen bread dough, thawed
1 tablespoon cornmeal
1 egg, lightly beaten

In a medium bowl, combine mozzarella, corn, parmesan, parsley, garlic and seasonings; set aside. On a lightly floured surface, roll dough into a 16 x 12-inch rectangle. Spread cheese mixture over dough to within 3/4-inch of edges. Roll up, starting with the long side, and pinch seams and ends to seal. Sprinkle a large baking sheet with cornmeal. Place dough seam side down on baking sheet and tuck ends under. Cover and let rise until doubled, about 35 minutes. Brush with egg. Bake at 350 degrees for 35 to 40 minutes or until golden brown. Cool for 20 minutes before slicing.

Makes 8 servings

Appetizers & Snacks



Green Pea and Avocado Guacamole *Vegan, Gluten-Free*****

1 10-ounce bag frozen organic green peas
1/4 large sweet onion, coarsely chopped
1 medium jalapeno pepper, coarsely chopped
2 tablespoons Spectrum organic flax & olive oil
3 tablespoons freshly squeezed lime juice
Sea salt and pepper to taste
1 medium avocado, ripe to the touch
2 tablespoons coarsely chopped cilantro

Place frozen peas into a colander and run under hot tap water, shaking the colander to defrost the peas evenly. Drain and add to a food processor bowl fitted with a metal blade. Add onion, jalapeno pepper, oil, lime juice, sea salt and pepper. Cover and process for about 15 seconds until the peas are minced into tiny pieces, but not smooth. Taste for seasonings. Turn into a serving bowl using a rubber spatula to scrape the sides of the processor bowl. Cut open the avocado, discard the pit, and scoop the flesh into the bowl with the blended peas. Add the cilantro. Using a fork, lightly mash the avocado into small pieces, stirring the mixture together as you work. The mixture will have tiny pieces of peas and avocado throughout. Taste for seasoning.

Makes 2 cups

[Recipe from www.spectrumorganics.com](http://www.spectrumorganics.com)

Tortilla Bites *Low Fat*****

4 8-inch fat-free tortillas (cut into quarters)
1 medium onion, finely diced
1 16-ounce can black beans, drained
1 8-ounce jar chunky salsa
Fat-free sour cream
Chopped fresh cilantro

Preheat oven to 350 degrees. Spray 16 muffin cups with nonstick cooking spray. Fit one tortilla quarter in each muffin cup. Layer the onion, beans and salsa in the prepared muffin cups. Bake for 8 to 10 minutes or until heated through. Garnish with sour cream and cilantro.

Makes 4 servings

White Bean & Artichoke Dip

1 15-ounce can white beans, drained
1 4-ounce jar artichoke hearts
1/4 cup olive oil
1 clove garlic, coarsely chopped
2 anchovies
1 teaspoon dried basil
1/2 teaspoon dried mint
1/2 teaspoon sea salt

Combine all ingredients in a blender or food processor and pulse until smooth. Serve immediately with vegetables, crackers or bread, or refrigerate for up to 24 hours.

Makes 8 servings

Wasabi Stuffed Potatoes *Vegetarian*****

8 small new potatoes
1/2 cup loosely packed parsley, finely chopped
2 tablespoons wasabi-horseradish mayonnaise

Cook potatoes in water to cover by one inch 20 minutes or until tender. Drain, dry on paper towels and refrigerate until cool. Cut a thin slice off wide end of each potato so it can stand upright. Cut each potato in half crosswise. With a small spoon or melon baller, carefully scoop a hollow from both halves of potatoes into a bowl. Add parsley and mayonnaise to bowl and mash to blend. Scrape into a zip-top bag, press out air and seal. Stand potato halves on platter. Snip tip off corner of bag and pipe filling into hollows. Add tops.

Makes 8 servings

Creamy Salmon Dip

8 ounces smoked wild salmon, finely chopped
6 ounces cream cheese
1/4 cup sour cream
2 tablespoons finely chopped parsley
2 tablespoons finely chopped scallions
1 pinch cayenne pepper

Cream all ingredients together with a fork until smooth. Serve immediately with vegetables, crackers or bread, or refrigerate for up to 24 hours.

Lemon Pepper Crab Canapés

8 ounces crabmeat, chopped
1 8-ounce can sliced water chestnuts, drained and chopped
1 small carrot, grated
1 green onion, thinly sliced
1 lemon
1/3 cup mayonnaise
2 teaspoons lemon pepper seasoning
1 cucumber, scored and sliced
1 loaf French bread, cut into 1/4-inch-thick slices
Fresh parsley

Place crabmeat and water chestnuts in a large bowl; add carrot and onion. Zest lemon to obtain 1 tablespoon zest. Juice lemon to obtain 1 tablespoon juice. Add zest and juice to crabmeat and vegetables. Add mayonnaise and seasoning and mix well. Arrange bread slices on serving platter. Top each with a slice of cucumber and a scoop of crab mixture. Garnish with parsley.

Makes 24 canapés

Tropical Fruit Salsa *Fat-Free****

1 cup finely diced peeled papaya
1/2 cup finely diced peeled mango
1/3 cup finely chopped white onion
3 tablespoons chopped fresh cilantro
1 tablespoon fresh orange juice
1 tablespoon fresh lime juice
1/2 teaspoon minced fresh jalapeno
1/2 teaspoon sea salt
Stir together all ingredients and serve with tortilla chips.

Makes 2 cups

Grape Leaves & Brie **Low-Carb**

18 small jarred grape leaves, patted dry
8 ounces Brie, cut into 1-inch cubes
Olive oil

Prepare a fire on the grill. Cut off any grape leaf stems. Lay leaves flat on work surface. Place a piece of cheese on top of each leaf. Fold up from the bottom, then sides, then roll into a tight packet. Brush with olive oil. Grill until the edges of the leaves brown and the cheese softens, 1 or 2 minutes per side. Serve hot off the grill.

Makes 6 servings

Taco Dip

1 package cream cheese, softened
1 can bean dip
1 package taco seasoning mix, divided
2 cups shredded lettuce
2 large tomatoes, chopped
3 cup shredded cheddar cheese
Tortilla chips

In a bowl, combine cream cheese, bean dip and half of the taco seasoning mix; blend well. Spoon into shallow 8-inch serving dish. Top with lettuce tomatoes and cheese. Sprinkle with remaining taco seasoning mix. Serve with tortilla chips

Makes 8 servings

Artichoke Melts

- 6 slices firm bread
- 1 can artichoke hearts, drained and chopped
- 3/4 cup grated parmesan cheese, divided
- 1/4 cup mayonnaise
- 1 garlic clove, pressed

Preheat oven to 350 degrees. Cut crusts from bread and cut each slice of bread into 4 squares. Place squares on a small baking pan. Combine artichoke hearts, 1/2 cup of cheese, mayonnaise and garlic in a small bowl; mix well. Place one scoop of artichoke mixture onto each bread square. Sprinkle with remaining cheese. Bake 25 to 30 minutes or until edges of bread are golden brown.

Makes 24 servings

Soups & Salads



Rice & Shrimp Salad *Low-Fat*****

- 3/4 cup cooked brown rice
- 1 can shrimp
- 1/2 cup frozen peas
- 1/4 cup parsley, chopped
- 1/4 cup green onions, chopped
- 1/4 cup ripe olives, sliced
- 2 tablespoons green bell pepper, chopped
- 2 tablespoons plus 2 teaspoons red wine vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon sea salt
- 1/8 teaspoon tarragon
- 1/8 teaspoon pepper

Drain and rinse shrimp. In a bowl, combine warm rice, shrimp, and all other ingredients. Toss well; cover and chill for 2 hours. Serve cold.

Makes 4 servings

Vegetable Barley Soup *Vegan*****

4 cups vegetable broth
4-inch piece of kombu
2 celery stalks
2 carrots
2 leeks
1/4 cup chopped parsley
2 small bay leaves
1/4 cup uncooked barley
1 clove garlic
1/2 teaspoon dark sesame oil
Shoyu sauce to taste

Bring broth and kombu to a boil in large stock pot. Slice celery, carrots and leeks diagonally. Add celery, carrots, leeks, parsley, bay leaves and uncooked barley to the pot. Mince garlic finely and add to the pot. Add sesame oil and simmer gently for one hour. Check near end of cooking time and add water if too thick. When cooking time is up, remove bay leaves and discard. Remove kombu, slice into small, thin slices and return to the pot. Add shoyu sauce to taste. Garnish with chopped parsley and serve hot.

Makes 4 servings

Recipe from Macro Mellow by Shirley Gallinger and Sherry A. Rogers

California Sunshine Salad *Vegan, Low-Fat*****

Dressing:

2 tablespoons red onion, minced
2 tablespoons Braggs Liquid Aminos
1 tablespoon flax oil or extra virgin olive oil
1/2 teaspoon onion powder
freshly ground pepper

Salad:

4 cups sunflower greens, chopped
2 large tomatoes, chopped
1 cup mixed bean sprouts
1/2 avocado, peeled and diced
1/2 medium zucchini, julienned
1/2 yellow squash, julienned

Mix dressing ingredients together and set aside. Combine all salad ingredients together with dressing and toss well. Serve immediately.

Makes 4 servings

Recipe from Angel Foods by Cherie Soria

Hearty Chicken Noodle Soup *Gluten-Free*****

3 cups organic chicken stock
1/2 cup chopped celery
2/3 cup diced leftover cooked free-range chicken or one 4- or 6-ounce can organic chicken
1/2 cup diced carrots
1/2 cup uncooked gluten-free noodles (rice noodles work well)
2 tablespoons butter or margarine
2 tablespoons rice flour
Sea salt to taste
1 tablespoon parsley flakes
1/2 cup cream or nondairy substitute (optional)

Simmer chicken stock, celery, chicken, and carrots until vegetables are tender, about 20 minutes. Add noodles and cook until they are done. Melt butter and mix with the flour, adding a small amount of the hot chicken stock. Stir this mixture into the simmering soup. Add sea salt and parsley flakes. Heat the cream if using and add to the soup. The cream lightens the color of the soup. Let cook for a short while. Do not boil after adding the cream.

Makes 6 servings

Recipe from The Gluten-Free Gourmet by Bette Hagman

Four Bean Salad **Vegan, Gluten-Free**

1 can chickpeas
1 can cannellini beans
1 can red beans
1 can black eyed peas
6 tablespoons French dressing
1 large garlic clove, peeled and crushed
4 celery stalks, trimmed and cut into slices 1/4 inch wide
1 medium red onion, peeled and chopped
Sea salt and pepper to taste

Drain all beans in a colander and rinse under cold running water. Drain well. Line a baking sheet with a double layer of paper towels. Spread beans on sheet and shake the tray until beans are dry. Pour dressing into a large bowl. Add beans, garlic, celery, onion, sea salt and pepper and toss well. Cover and chill for 4 hours before serving.

Makes 6 servings

Recipe from Cooking Essentials by Mary Berry and Marlena Spieler

Barley Nut Salad

1 cup uncooked barley
1/3 cup wheat berries
2 2/3 cups spring water
1/2 cup fresh lemon juice
1/3 cup olive oil
1/2 teaspoon sea sea salt
2 stalks celery, chopped
1 carrot, finely chopped
1 medium onion, finely chopped
1/2 cup minced fresh parsley
1/2 cup roasted nuts (almonds, walnuts or hazelnuts)

Wash barley and wheat berries thoroughly. Combine with water in a 2 quart saucepan and bring to a boil. Cover and simmer until all water is absorbed and the grains are tender. Allow to cool while preparing dressing and vegetables. Combine all ingredients and mix thoroughly. Check for seasoning and adjust if needed. Refrigerate for several hours before serving to blend flavors. Serve as is or on a bed of salad greens.

Makes 4 servings

Recipe from Macro Mellow by Shirley Gallinger and Sherry A. Rogers

Roasted Beets, Greens and Goat Cheese Salad

Vinaigrette

2 teaspoons finely chopped shallots
4 teaspoons red wine vinegar
1/4 cup olive oil
Sea salt to taste
Freshly ground black pepper

Place all ingredients in a blender. Blend on high speed to combine. Adjust sea salt and pepper to taste.

Salad

2 medium beets, unpeeled
2 cups red or green leaf lettuce, washed and torn into bite-sized pieces
1/4 cup goat cheese

Preheat oven to 350 degrees. Wrap beets in aluminum foil. Roast in the oven until tender, about 1 hour. Peel the beets when they are cool enough to handle, but still warm. Cut into wedges. Toss beets with half of the vinaigrette. In another bowl, toss greens with remaining vinaigrette. Arrange greens on a serving plate. Place beets on top of greens. Crumble goat cheese and sprinkle over the top of the salad.

Makes 4 servings

Wild Rice and Toasted Pecan Salad *Gluten-Free*****

Dressing

1/2 cup balsamic vinegar
1 tablespoon Dijon mustard
2 navel oranges (for 3/4 cup squeezed juice and 3 tablespoons orange zest)
2 tablespoons honey
1/2 cup extra virgin olive oil

Place all ingredients in a blender and process until mixed.

Salad

4 cups water
1 cup uncooked Lundberg wild rice
1 cup uncooked Lundberg short grain brown rice
1 teaspoon cooking oil
1/2 teaspoon sea salt
2 cups chopped celery
1 cup chopped scallions
1 1/2 cups dried sweetened cranberries
2 cups chopped pecans, toasted
1 cup chopped fresh cilantro

In a large saucepan, put water, wild rice, oil and sea salt, and simmer about 30 minutes. Add brown rice and simmer about 30 minutes longer or until rice is tender. Drain and add chopped celery, scallions, cranberries, pecans and cilantro. Top with dressing; stir and chill.

Makes 6 servings

[Recipe from www.lundberg.com](http://www.lundberg.com)

Sweet Potato Salad

3 pounds sweet potatoes
1/4 cup plus 1 tablespoon vegetable oil, divided
1 tablespoon minced garlic
1 tablespoon soy sauce
1 1/2 tablespoons minced fresh ginger
2 tablespoons rice vinegar
1 tablespoon Dijon mustard
3 green onions, thinly sliced
3/4 cup finely diced celery
1/4 teaspoon sea salt
1/4 teaspoon pepper

Pierce sweet potatoes with fork. Cook in batches in microwave on high for 6 to 8 minutes or until tender. Let cool; peel; cut into 1-inch pieces. Heat 1 tablespoon of oil in small skillet over medium heat. Add garlic, soy sauce and ginger; cook 2 to 3 minutes or until fragrant, stirring constantly. Remove from heat; whisk in vinegar and mustard. Transfer to large bowl. Whisk in remaining oil. Stir in green onions, celery, sea salt and pepper. Add sweet potatoes; stir to coat with dressing. Let stand at room temperature for 30 minutes.

Makes 8 servings

Easy Pea Salad

3 medium carrots
3 cups sucanat snap peas, ends trimmed
1/4 cup thinly sliced shallots or green onions
3 tablespoons snipped fresh cilantro
3 tablespoons white wine vinegar
1 tablespoon olive oil
2 teaspoons sucanat
3/4 teaspoon Dijon mustard
1/2 teaspoon finely shredded lemon peel
Dash sea salt
Fresh chives

Peel carrots. Carefully cut into long, wide ribbons. Place in cold water to crisp; set aside. Cook peas, covered, in a small amount of boiling sea salted water for 3 to 4 minutes or until crisp-tender. Drain, rinse with cold water, and drain again. Drain carrot ribbons. In a large bowl, combine carrot ribbons, peas, shallots and cilantro; set aside. For dressing, combine vinegar, oil, sucanat, mustard, lemon peel and sea salt in a screw-top jar. Cover; shake well. Pour dressing over peas and carrots; toss lightly to coat. Cover and chill for 30 to 60 minutes before serving. Serve with a slotted spoon. Garnish with fresh chives.

Makes 2 servings

Quinoa Waldorf Salad *Vegan*****

1/2 cup quinoa
1/2 cup water
1/2 cup apple juice
1/4 teaspoon cinnamon
1/8 teaspoon ground cloves
1 large Red Delicious apple, cored and chopped
2 teaspoons lemon juice
1/2 cup raisins

1 cup chopped celery

In a medium covered saucepan, bring water, apple juice and spices to a boil. Add quinoa. Return to a boil and cook over low heat for 15 minutes. Remove from heat and cool. When chilled, add apple tossed with lemon juice, raisins and celery.

Makes 4 servings

Recipe from www.inca-foods.com

Homemade Tomato Soup *Vegan, Gluten-Free*****

1 tablespoon olive oil
1 cup coarsely chopped onion
1 tablespoon minced garlic
9 ripe medium tomatoes, coarsely chopped
3/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

Heat oil in a large saucepan over medium-low heat. Add onion and garlic; cook 5 minutes or until onion is translucent. Stir in tomatoes, sea salt and pepper. Bring to a boil, reduce heat to low, cover and simmer, stirring occasionally, 15 minutes or until tomatoes are very soft. When cook enough to handle, transfer mixture to a blender and blend or pulse until soupy but still slightly chunky.

Makes 6 servings

Greek Salad **Vegetarian**

6 small, ripe tomatoes, cut into wedges
1 small cucumber, peeled and sliced 1/4-inch thick
1 small red onion, thinly sliced into rings
3 tablespoons olive oil
1 tablespoon red wine vinegar
2 tablespoons chopped fresh parsley
1/4 teaspoon sea salt
1/4 teaspoon pepper
1 cup drained kalamata olives
4 ounces crumbled feta cheese

In a medium bowl, toss tomato, cucumber, onion, oil and vinegar. Sprinkle with parsley, sea salt and pepper. Toss again. Transfer to individual serving-size bowls and top with olives and feta cheese.

Makes 4 servings

Mock Tuna Salad *Vegetarian*****

1 15-ounce can garbanzo beans
1 stalk celery, finely chopped
1 carrot, grated
1 green onion, finely chopped
2 teaspoons mayonnaise
1 tablespoon sweet relish

Mash the garbanzo beans with a fork, leaving some chunks. Add celery carrot, onion, mayonnaise and relish. Serve on whole wheat bread or pita bread with lettuce and tomatoes.

Makes 4 servings

Corn and Black Bean Salad

5 tablespoons olive oil
2 1/2 cups yellow corn
1 15-ounce can black beans, drained and rinsed
1 6-ounce jar roasted red peppers, drained and finely diced
1 medium jalapeno, finely minced
1/4 cup chopped fresh cilantro
3 tablespoons fresh lime juice
2 tablespoons cider vinegar
1/2 teaspoon sea salt
1/2 teaspoon chili powder
1/4 teaspoon black pepper

Heat 2 tablespoons of oil in a medium skillet over medium-high heat. Add corn and cook, stirring occasionally, until crisp-tender and bright yellow, about 4 minutes. Remove from heat and cool. Mix together corn, beans, red peppers, jalapeno and cilantro. In a small bowl, whisk together lime juice, vinegar, sea salt, chili powder and pepper. Drizzle over vegetables and toss.

Makes 6 servings

Peanut Noodle Salad

12 ounces linguine
3/4 cup peanut sauce
1 bag baby greens

Cook pasta according to package directions. Drain in colander, reserving 1/2 cup cooking liquid. Cool under cold running water, drain and return pasta to pot. Add peanut

sauce and reserved cooking water; toss to coat. Arrange on top of greens. Toss to mix and coat. Garnish with honey roasted peanuts if desired.

Makes 4 servings

Avocado & Mango Salad

Dressing

3 tablespoons passion fruit juice
3 tablespoons minced shallot
4 teaspoons red wine vinegar
1 teaspoon Dijon mustard
3 tablespoons olive oil

Salad

8 cups baby salad greens
1 large ripe mango, halved, pitted, peeled and sliced
2 small avocados, halved, pitted, peeled and sliced

Mix dressing ingredients until well blended. Toss greens with dressing, add mango and avocado and mix well.

Makes 4 servings

Miso Soup *Gluten-Free*****

3 cups water
6 scallions, chopped
6 dried shiitake mushrooms
6 thin slices peeled fresh ginger
1 large carrot, peeled and thinly sliced
2 tablespoons miso
1/2 cup cubed firm tofu

Place water in a large saucepan. Add 3/4 of scallions, mushrooms, ginger and carrot. Bring to a boil over medium-high heat, cover, and reduce heat. Simmer until vegetables are soft. Strain the broth through a fine sieve. Remove the mushrooms and reserve. Discard the remaining vegetables. Return the broth to the saucepan over low heat. Thinly slice the mushrooms and add them to the broth along with the remaining scallions. Stir in the miso and tofu. Serve warm.

Makes 4 servings

Cucumber Salad *Vegan, Low-Fat*****

3 cups cucumber, stripe-peeled and sliced into 1/2 moons, 1/8-inch thick
3/4 cup julienned carrots
1/4 cup julienned sweet red peppers
1 tablespoon toasted, hulled sesame seeds
Toss all ingredients in a bowl with your choice of dressing.

Makes 4 servings

Entrees



Quinoa Stuffed Tomatoes *Vegetarian, Low-Fat*****

4 large tomatoes
Sea salt
4 to 6 scallions, minced
2 garlic cloves, minced
2 tablespoons olive oil
2 tablespoons chopped parsley
2 tablespoons chopped capers
2 tablespoons chopped almonds
3 tablespoons chopped currants or raisins
2 cups cooked quinoa
2 tablespoons freshly grated parmesan cheese

Slice tops off tomatoes. Remove pulp and seeds and discard. Sea salt tomatoes lightly and turn upside down to drain. Set aside. Saute scallions and garlic in olive oil, then stir in parsley, capers, almonds and currants or raisins. Add quinoa and combine thoroughly. Stuff mixture into tomato shells and sprinkle with cheese. Bake 15 minutes at 350 degrees.

Makes 4 servings

Recipe from www.quinoagrains.com

Rice & Veggie Breakfast Burritos *Vegetarian*****

1/4 cup celery, diced
1/2 cup green or red bell peppers, diced
1/2 cup mushrooms, diced
1/2 cup onions, diced
1/2 cup shredded carrots
3 cups cooked short grain brown rice
1 small can sliced ripe olives
8 eggs or egg substitute to equal 8 eggs
1/4 cup milk
2 cups shredded cheddar cheese
1 tablespoon margarine
1/4 teaspoon sea salt
1/4 teaspoon black pepper
6 warm tortillas
Salsa

Heat large skillet over medium-high heat. Add margarine. When margarine bubbles, add vegetables and cook for 5 minutes. In a separate bowl, whisk together eggs, milk, sea salt and pepper. Reduce heat to low and pour eggs over vegetables. Continue stirring and add rice. Heat 2 minutes and then serve immediately spooned into warm tortillas. Top with cheese and salsa.

Makes 6 servings

Nutty Albacore Salad Pitas

1 6-ounce can albacore tuna, drained and flaked
1/2 cup mayonnaise
1/3 cup diced celery
1/4 cup raisins
1/4 cup chopped walnuts, pecans or almonds
1/2 teaspoon dried dill
Sea salt and pepper to taste
2 pieces pita bread, halved
Curly leaf lettuce

Combine tuna, mayonnaise, celery, raisins, nuts and dill in medium bowl. Mix well. Add sea salt and pepper to taste. Line each pita pocket with lettuce. Fill with 1/4 of the tuna mixture.

Makes 4 servings

Tofu Parmigiana *Vegetarian*****

1/2 cup seasoned bread crumbs
5 tablespoons grated parmesan cheese
2 teaspoons dried oregano, divided
Sea salt to taste
Ground black pepper to taste
1 12-ounce package firm tofu
2 tablespoons olive oil
1 8-ounce can tomato sauce
1/2 teaspoon dried basil
1 clove garlic, minced
4 ounces shredded mozzarella cheese

In a small bowl, combine bread crumbs, 2 tablespoons parmesan cheese, 1 teaspoon oregano, sea salt and pepper. Slice tofu into 1/4-inch thick slices and place in a bowl of cold water. One at a time, press tofu slices into crumb mixture, turning to coat all sides. Heat oil in a medium skillet over medium heat. Cook tofu slices until crisp on one side. Drizzle with a bit more olive oil, turn, then brown the other side. Combine tomato sauce, basil, garlic and remaining oregano. Place a thin layer of sauce in an 8-inch square baking pan. Arrange tofu slices in a single layer in the pan. Spoon remaining sauce over tofu. Top with shredded mozzarella and remaining 3 tablespoons of parmesan. Bake at 400 degrees for 20 minutes or until cheese is melted. Serve over your favorite type of pasta.

Makes 4 servings

Veggie Succotash

1 pound small potatoes
1 tablespoon vegetable oil
1/2 stick unsea salted butter
2 cups fresh korn
8 ounces baby pattypan squash, trimmed and quartered
8 ounces frozen baby lima beans, cooked according to package directions and cooled
1/4 cup finely chopped red onion
1/4 cup finely chopped fresh chives

Cover potatoes with cold sea salted water by 1 inch and bring to a boil. Reduce heat and simmer about 20 minutes or until potatoes are tender. Drain and cool, then cut into bite-size pieces. Heat oil and 1 tablespoon butter in cast-iron skillet over high heat until foam subsides, then sauté potatoes with sea salt and pepper to taste, turning once or twice, until nicely crusted, 8 to 10 minutes. Transfer to a serving bowl. Saute corn and squash in

remaining butter over moderately high heat, stirring, until crisp-tender, about 5 minutes. Stir in beans and sauté, stirring, until heated through. Season with sea salt and pepper and add to potatoes with onion and chives, stirring to combine.

Makes 6 servings

Cajun Chicken Jambalaya

6 boneless, skinless free-range chicken breasts

1/2 teaspoon sea salt

3 tablespoons vegetable oil

1 large green pepper, chopped

6 scallions, chopped

1 celery stalk, chopped

1 cup long grain white rice

1 cup medium salsa

1 can chicken broth

Cut chicken into 1-inch chunks. Sprinkle with sea salt. In a large nonstick skillet, heat oil to medium high. Cook chicken 8 minutes or until golden brown. Remove chicken from skillet. In same skillet, cook green pepper, 3/4 of scallions and celery 5 minutes or until pepper is crisp-tender. Add rice to skillet and cook, stirring, 1 minute. Return chicken to skillet. Stir in salsa and broth. Bring to a boil; reduce heat to low, cover and simmer 25 minutes or until rice has absorbed liquid and internal juices of chicken run clear. Remove from heat and allow to stand 5 minutes. Sprinkle with remaining scallions and serve.

Makes 4 servings

Spicy Tempeh with Broccoli *Vegan*****

1 cup water

1/4 cup soy sauce

1 tablespoon szechuan sauce

1 tablespoon cornstarch

1 teaspoon sucanat

1 8-ounce package plain tempeh, cut in 1 1/2 x 1/4-inch slices

5 cups sliced broccoli

1 cup sliced mushrooms

1 cup sliced onion

1 tablespoon soybean oil

2 cups cooked rice

Combine the water, soy sauce, szechuan sauce, cornstarch and sucanat. Mix well to dissolve cornstarch and set aside. Stir-fry the tempeh, broccoli, mushrooms, and onion with oil in a non-stick pan until the broccoli is crisp/tender. Add the liquid and cook 1 minute, stirring constantly until the sauce thickens. Serve over rice.

Makes 4 servings

Recipe from The Healing Power of Soy by Carol Ann Rinzler

Enchilada Casserole

1/2 pound organic ground beef
1 8-ounce can tomato sauce
1/2 cup water
1/2 tablespoon chili powder
1/4 teaspoon ground cumin
1/4 teaspoon sea salt
4 corn or flour tortillas
Vegetable oil
1 cup shredded cheddar cheese
1/4 cup chopped green onions
2 tablespoons diced green peppers
1/2 cup sour cream

Brown beef in medium saucepan. Remove from heat and drain fat. Stir in tomato sauce, water, chili powder, cumin and sea salt. Heat oil in a small saucepan; add tortillas and fry one at a time. Drain on paper towels. In a small baking dish, arrange in layers: tortilla, meat sauce, onions, cheese and green peppers, reserving 1/8 cup cheese for top. Repeat layers until all tortillas are used. Sprinkle reserved cheese on top. Bake uncovered in a preheated 350 degree oven 20 to 25 minutes. Cut into wedges and garnish with sour cream.

Makes 4 servings

Spinach & Herb Orzo *Vegetarian*****

1 teaspoon sea salt
9 ounces dried orzo
7 ounces baby spinach leaves
5 1/2 ounces arugula
1 ounce fresh flatleaf parsley
1 ounce fresh cilantro
4 scallions
2 tablespoons extra virgin olive oil
1 tablespoon garlic flavored olive oil
Pepper
Radicchio or other lettuce leaves (enough to line serving platter)
2 ounces feta cheese
Lemon slices

Bring 2 pans of water to a boil and place 12 ice cubes in a bowl of cold water. Add sea salt and orzo to one pan and return to a boil. Cook 8 to 10 minutes or until pasta is

tender. Meanwhile, remove any tough spinach stems. Rinse leaves thoroughly to remove and grit. Chop arugula, parsley, cilantro and green parts of scallions. Place spinach, arugula, parsley, cilantro and scallions in other pan of boiling water and blanch for 15 seconds. Drain and transfer to iced water to preserve the color. When spinach, herbs and scallions are cool, squeeze out all excess water. Transfer to food processor and process. Add olive oil and garlic oil and process again until well blended. Drain orzo well and stir in spinach mixture. Toss well and adjust seasoning. Line a serving platter with radicchio leaves and pile orzo on top. Sprinkle with feta cheese and garnish with lemon slices. Serve hot or let cool to room temperature.

Makes 4 servings

Recipe from Practical Pasta & Italian, Parragon 2002.

Beef and Mushroom Meatloaf *Low-Carb*****

2 pounds organic lean ground beef
3/4 cup cream of mushroom soup
2/3 cup low-carb bread crumbs
2 eggs
1/4 cup grated parmesan cheese
1 teaspoon herbes de provence
1/4 teaspoon black pepper

Preheat oven to 350 degrees. In a large bowl, combine beef, soup, bread crumbs, eggs, cheese, and seasoning. With a wooden spoon, mix until just blended. Spoon mixture into a 10-inch pie pan and gently press into pan. Bake meatloaf until firm in the center, about 50 to 60 minutes. Let stand 10 minutes before cutting into wedges.

Makes 6 servings

Veggie Chili **Vegan******

1 teaspoon olive oil
1/2 cup chopped onion
1 cup thin sliced green pepper
1/2 teaspoon fresh garlic
1 cup fresh chopped tomatoes
1 can tomato juice
1 1/2 cups frozen corn
3 15-ounce cans beans, undrained (pinto, kidney or black beans work well)
1 tablespoon chili powder
1 1/2 teaspoons cumin
3/4 teaspoon sea salt
1 1/2 teaspoons dried oregano

Saute onion and pepper in olive oil. Add garlic. Add remaining ingredients and simmer 15 to 20 minutes.

Makes 8 servings

Couscous Primavera *Vegetarian*****

1/4 cup organic whole wheat couscous
3/4 cup water
1 cup frozen broccoli, cauliflower & carrot mix, chopped small
1 teaspoon canola oil
2 tablespoons shredded parmesan cheese
Basil, sea salt and pepper to taste

Combine couscous, canola oil and water in microwave-safe bowl. Microwave on high for 3 to 5 minutes, or until liquid is absorbed. Microwave vegetable mixture until hot. Combine couscous with vegetables. Stir in cheese, basil, sea salt and pepper.

Makes 1 serving

Ginger Beef Stir Fry *Low-Carb*****

1/4 cup minced fresh ginger, plus 1 tablespoon finely julienned fresh ginger
1 teaspoon whole wheat flour
1 pound organic lean top sirloin steak, sliced across the grain 1/8-inch thick
1 1/2 tablespoons minced garlic
1 tablespoon bottled ginger lime marinade
1 tablespoon bean paste
1 teaspoon sucanat
2 fresh red Thai or Serrano chiles, seeded and thinly sliced
1/4 cup cilantro

Soak all of the ginger in a small bowl of warm water for 5 minutes. Drain and pat dry. Return the ginger to the bowl and toss with flour. Heat oil in a large nonstick skillet. Add half of the meat in a single layer and cook over high heat until browned on both sides, about 2 minutes. Using a slotted spoon, transfer to a platter. Return the skillet to high heat. Add garlic and cook until fragrant, about 30 seconds. Add the remaining meat in a single layer and cook until browned. Return all of the meat to the skillet. Add marinade, bean paste, sucanat, chiles and ginger; stir-fry for 1 minute. Stir in cilantro, transfer to a bowl and serve.

Makes 4 servings

[Recipe from www.gingerpeople.com](http://www.gingerpeople.com)

Green Pasta Made with Broccoli **Gluten-Free******

1/4 cup cooked broccoli
1/3 cup tapioca flour
1/4 cup potato starch flour

1/3 cup cornstarch
1/2 teaspoon sea salt
1 tablespoon xanthan gum
2 large eggs
1 tablespoon vegetable oil

Pat the broccoli as dry as possible with paper toweling. Puree it in blender. Combine the flours (reserving 1 tablespoon of the potato starch flour), cornstarch, sea salt, and xanthan gum. Stir in the broccoli. Beat eggs and oil together. Add to the flours and work into a firm ball. Add the extra tablespoon of potato starch flour if needed to make the dough dry enough to handle and roll out. Place ball of dough on a cornstarch-dusted board and roll out as thin as possible. Cut the noodles into thin strips. You are now ready to cook these or freeze them for later use.

Suggestions for serving: Boil the noodles in sea salted water until done. Drain, but leave them in the saucepan on stove turned to low. Add 2 tablespoons butter, about 1/4 cup cream, and 3/4 cup grated cheddar cheese. Stir until the cheese melts. Swirl onto an oval platter.

Makes 4 servings

Recipe from The Gluten-Free Gourmet by Bette Hagman

Barley Bake *Vegan, Gluten-Free*****

1/4 cup butter
1 medium onion, diced
1 cup uncooked pearl barley
1/2 cup pine nuts
2 green onions, thinly sliced
1/2 cup sliced fresh mushrooms
1/2 cup chopped fresh parsley
1/4 teaspoon sea salt
1/8 teaspoon pepper
2 cans vegetable broth

Preheat oven to 350 degrees. Melt butter in a skillet over medium-high heat. Stir in onion, barley and pine nuts. Cook and stir until barley is lightly browned. Mix in green onions, mushrooms and parsley. Season with sea salt and pepper. Transfer the mixture to a 2-quart casserole dish, and stir in the vegetable broth. Bake 1 hour and 15 minutes in preheated oven, or until liquid has been absorbed and barley is tender.

Makes 6 servings

Crispy Sesame Chicken *Low-Fat*****

1 1/4 cups cornflake crumbs

1/4 cup sesame seeds
3/4 teaspoon paprika
1/4 teaspoon sea salt
1/4 teaspoon ground ginger
Dash cayenne pepper
1/2 cup plain non-fat yogurt
2 tablespoons honey
8 boneless, skinless free-range chicken breast halves
Cooking spray

Combine first 6 ingredients in a large zip top bag and set aside. Combine yogurt and honey in a shallow dish; stir well. Add chicken to yogurt mixture, turning to coat. Remove chicken and discard mixture. Add chicken to bag; seal bag and shake to coat. Remove chicken from bag and place on baking sheet coated with cooking spray. Bake at 400 degrees for 45 minutes or until done.

Makes 8 servings

Spanish Garlic Shrimp

2 teaspoons olive oil
1 cup onion, chopped
1 cup bell pepper, chopped
1 1/2 cups chicken broth
2 tablespoons minced garlic
2 tablespoons lemon juice
3 tablespoons water mixed with 2 teaspoons flour
1/4 teaspoon paprika
1/4 teaspoon sea salt
1/4 teaspoon pepper
1 1/2 pounds frozen peeled large shrimp, thawed

Heat oil in large nonstick skillet. Add onion and bell pepper; sauté 4 minutes. Stir in remaining ingredients except shrimp, bring to a simmer and cook 2 minutes. Add shrimp and cook until shrimp are finished, stirring often.

Makes 4 servings

Cheesy Cauliflower Casserole *Vegetarian, Gluten-Free*****

1/2 teaspoon sea salt
1 large head cauliflower, cut into small pieces
Cooking spray
1 cup heavy cream
2 ounces cream cheese, cut into small pieces
1 1/2 teaspoons Dijon mustard

1 1/2 cups shredded cheddar cheese

1/4 teaspoon pepper

1/8 teaspoon garlic powder

Preheat oven to 375 degrees. Bring a large pot of water to a boil and season with sea salt.

Spray baking dish with cooking spray. Cook cauliflower in boiling water until crisp-tender, about 5 minutes. Drain well and pat dry. Transfer to baking dish and set aside.

Bring cream to a simmer in a small saucepan and whisk in cream cheese and mustard until smooth. Stir in 1 cup of cheddar cheese, sea salt, pepper and garlic and whisk just until the cheese melts. Remove from heat, pour over cauliflower and stir to combine.

Top with remaining cheese and bake until browned and bubbly, about 15 minutes.

Makes 6 servings

Italian Chickpea Stew *Low-Carb*****

2 teaspoons oil

2 links free-range Italian turkey sausage

1 tablespoon minced garlic

2 chicken broth cubes

2 cans chickpeas, rinsed

1 can diced tomatoes

1 box frozen chopped spinach

1/2 teaspoon dried sage

1/2 teaspoon dried rosemary

1 tablespoon lemon zest

Heat oil in a large nonstick skillet over medium-high heat. Add sausage and cook 3 to 4 minutes, breaking up clumps with a spoon, until meat is no longer pink. Stir in garlic.

Add 2 cups water and broth cubes. Bring to a boil, stirring until cubes have dissolved.

Add remaining ingredients, except lemon peel. Bring to a boil, reduce heat, cover and simmer, stirring occasionally, 8 to 10 minutes or until spinach is hot. Stir in lemon peel and serve.

Makes 4 servings

Barbecued Tofu *Vegan*****

1 pound firm tofu, frozen and then defrosted

2 large onions, thinly sliced

1 cup barbecue sauce (from Health Food Store)

Squeeze excess water from tofu, then slice across the short end into 1/4-inch slices. Place onions in a baking dish and pour 1/4 cup barbecue sauce over them. Add tofu and remaining barbecue sauce. Allow to marinate in the refrigerator for 30 minutes. Preheat oven to 375 degrees. Bake for 20 to 30 minutes or until the sauce is bubbling hot.

Makes 4 servings

Beef and Rice Casserole

1/2 pound organic ground beef
1/2 cup quick-cooking brown rice
1/2 package frozen peas
1 can tomato soup, diluted
1/2 teaspoon sea salt
Dash pepper
2 tablespoons chopped onion

Brown ground beef with onion. Combine uncooked rice, peas, soup diluted with one can water, and spices. Bake in a preheated 325 degree oven for one hour.

Makes 4 servings

Asian Vegetable Lo Mein

12 ounces whole wheat linguine
2 teaspoons oil
1 1/2 teaspoons minced garlic
1 1/2 teaspoons minced ginger
1 bag frozen stir-fry vegetables, thawed
1 bunch scallions, cut into 1-inch pieces
1/2 cup soy sauce
1/2 cup chopped cashews

Cook pasta according to package directions. Meanwhile, heat oil in a large nonstick skillet. Add garlic and ginger; cook 30 seconds. Add vegetables and scallions; stir-fry 3 minutes or until hot. Drain pasta; toss with vegetables, sauce and nuts.

Makes 4 servings

Mushroom Quiche *Low-Carb*****

2 tablespoons butter
1/2 pound mushrooms, sliced
1/4 cup sliced green onions
1 baked 9-inch pie shell
1 cup shredded Swiss cheese
4 eggs
1 cup half and half
1/4 cup grated parmesan cheese
1/2 teaspoon dry mustard
1/4 teaspoon white pepper

Preheat oven to 375 degrees. Melt butter in a large skillet over medium heat. Add mushrooms and onions; sauté until mushrooms are tender. Arrange mushrooms and onions evenly in pie shell. Sprinkle with Swiss cheese. In a mixing bowl, beat together remaining ingredients until well blended. Pour into pie shell. Bake until a knife inserted near the center comes out clean, about 35 minutes. Let stand 5 minutes before serving.

Makes 6 servings

Garden Paella

1 large onion, chopped
2 tablespoons olive oil
1 1/2 cups uncooked long grain rice
3 garlic cloves, minced
2 1/2 cups vegetable broth
1 1/2 cups sliced carrots
1 1/2 cups frozen cut green beans, thawed
1 medium sweet red pepper, julienned
1 medium zucchini, quartered lengthwise and cut into 1/2-inch slices
1 teaspoon sea salt
1/2 teaspoon dried thyme
1/4 teaspoon ground turmeric
1/8 teaspoon paprika
1 can artichoke hearts, drained and quartered
2 plum tomatoes, seeded and chopped
1 cup frozen peas, thawed
1 cup frozen corn, thawed

In a large nonstick skillet, sauté onion in oil for 2 minutes. Add rice and garlic; sauté 1 minute longer. Add the next 9 ingredients; mix well and bring to a boil. Reduce heat, cover and simmer for 25 to 30 minutes or until liquid is absorbed and rice is tender. Stir in the artichoke hearts, tomatoes, peas and corn; heat through.

Makes 6 servings

Side Dishes



Vegan Baked Beans *Vegan*****

- 1 tablespoon olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 15-ounce can great northern beans
- 1/2 cup crushed tomatoes
- 2 tablespoons maple syrup
- 1 tablespoon soy sauce
- 1 tablespoon mustard

Preheat oven to 350 degrees. Heat oil in a medium sauté pan; sauté onions and garlic. Mix all ingredients together and place in a casserole dish. Cover and bake for 30 minutes.

Makes 4 servings

Baked Vegetable Chips *Vegan*****

- 2 tablespoons oil
- 2 cloves garlic, minced
- 1/2 teaspoon dried dill weed
- 1/8 teaspoon sea salt
- 3 cups peeled root vegetables, cut into 1/4-inch thick slices (sweet potatoes, white potatoes, parsnips and carrots work well)

Preheat oven to 350 degrees. In a large bowl stir together oil, garlic, dill weed and sea salt. Add vegetable slices and toss gently until well coated. Arrange in a single layer on lightly greased baking sheet. Bake for 20 to 25 minutes, or until crisp and light golden brown. Serve warm.

Kale Squash Gratin

- 2 acorn squash, peeled and sliced into 1/4-inch slices
- 2 tablespoons flour
- 2 tablespoons grated parmesan cheese

1 bunch fresh kale
1 medium onion, sliced
1/2 teaspoon sea salt
1/2 teaspoon pepper
1 can evaporated milk
1/2 cup shredded cheddar cheese

Layer half of the squash in a greased 11 x 17-inch baking dish, overlapping the sides. Sprinkle flour and parmesan over squash and arrange kale and onion over top. Top with sea salt, pepper and remaining squash. Pour evaporated milk over top and sprinkle with cheddar cheese. Bake at 400 degrees for 45 minutes or until cheese is hot and bubbly.

Makes 8 servings

Ginger Pea Scallion Pilaf *Vegetarian, Gluten-Free*****

1/3 cup green onion (white part only)
2 1/4 teaspoons fresh ginger, chopped finely
2 tablespoons unsalted butter
1 cup basmati or jasmine rice
2 cups water
1 teaspoon sea salt
1 cup frozen peas, thawed
2 green onions, chopped finely
Black pepper to taste

In a heavy saucepan, cook the white part of the green onion and the ginger in butter over medium-high heat. Stir until ginger is colored lightly. Add rice, stirring for one minute. Stir in water and sea salt. Bring the liquid to a boil, cover and cook over low heat for 18 to 20 minutes, or until the liquid is absorbed. Stir in peas, green onions and pepper to taste. Remove from heat, cover and let stand for 5 minutes before serving.

Makes 4 servings

[Recipe from www.gingerpeople.com](http://www.gingerpeople.com)

Tofu Stuffed Cucumbers *Vegan, Gluten-Free*****

1 pound organic extra firm tofu, drained
2 teaspoons umeboshi paste
2 tablespoons fresh chives, finely chopped
2 tablespoons fresh dill, minced
2 tablespoons organic roasted tahini
2 large cucumbers

Place tofu, umeboshi paste, chives, parsley and tahini in a blender or food processor. Grind to a thick paste, not smooth and creamy. Slice off the ends of the cucumbers.

Leave the skin on, if not waxed. Peel, if waxed. With a melon baller or apple corer, remove the seeds from inside the cucumbers and discard. Stuff each cucumber with the tofu mixture, and slice into 1/2-inch thick rounds. Arrange on a serving platter.

Makes 4 servings

[Recipe from www.edenfoods.com](http://www.edenfoods.com)

Spicy Potato Skins *Vegan, Gluten-Free*****

4 large russet potatoes
1/4 cup olive oil
1 teaspoon sea salt
1/2 teaspoon ground black pepper
1 1/2 teaspoons chili powder
1 1/2 teaspoons curry powder
1 1/2 teaspoons ground coriander seed

Preheat oven to 400 degrees. Bake potatoes for one hour. Remove potatoes from oven, but keep the oven on. Slice potatoes in half lengthwise, and let them cool for 10 minutes. Scoop out most of the potato flesh, leaving about 1/4-inch of flesh against the potato skin (you can save the potato flesh for another use, like mashed potatoes). Cut each potato half crosswise into three pieces. Place the olive oil in a small cup. Dip each potato piece into the oil and place it on a baking sheet. Repeat this with the remaining potato pieces. Combine sea salt and spices and sprinkle the mixture over the potatoes. Bake the potato skins for 15 minutes or until they are crispy and browned. Serve immediately.

Makes 12 servings

Turnips with Dill and Shallots

1 pound turnips, peeled and sliced
1 cup milk
1 egg
1 teaspoon dill weed
1 shallot, minced
1/4 cup grated parmesan cheese

Preheat oven to 350 degrees. Lightly oil a 9-inch pie plate. Arrange turnips in pie plate. In a medium bowl, whisk together milk, egg, dill and shallot, and pour over turnips. Sprinkle with cheese and bake uncovered until golden on top, about 50 minutes.

Makes 4 servings

Baked Asparagus with Parmesan

1 pound asparagus, trimmed
1 teaspoon olive oil
1 tablespoon parmesan cheese
1 1/2 tablespoons fresh bread crumbs

Preheat oven to 450 degrees. In medium baking dish, toss asparagus with oil and arrange in an even layer. Sprinkle with cheese and bread crumbs. Bake for about 15 minutes or until asparagus is tender.

Makes 4 servings

Double Potato Cheese Gratin

1 pound potatoes, peeled and sliced
1 clove garlic, minced
2 cups milk
1/4 teaspoon sea salt
2 tablespoons water
1 teaspoon cornstarch
1/3 cup grated Swiss cheese
1/2 cup bread crumbs
2 tablespoons parmesan cheese

Preheat oven to 350 degrees. In a large saucepan, combine potatoes, garlic, milk and sea salt. Bring to a simmer over medium heat and cook for about 8 minutes or until potatoes are almost tender. Meanwhile, in a cup, blend water and cornstarch until smooth. Stir into simmering potato mixture; cook until liquid thickens slightly. Remove from heat and stir in Swiss cheese. Transfer to small baking dish. Combine bread crumbs and parmesan; sprinkle over potato mixture. Bake until the top is browned and the mixture is bubbly. Let rest for 20 minutes before serving.

Makes 6 servings

Pineapple Glazed Tofu *Vegan*****

2 pounds firm tofu
2 tablespoons olive oil
1 cup barbecue sauce (from Health Food Store)
1/2 cup agave nectar
1/2 teaspoon nutmeg
3/4 teaspoon crushed red chili
3/4 teaspoon thyme

3/4 teaspoon cinnamon
3/4 teaspoon ground ginger
3/4 teaspoon allspice
3/4 teaspoon ground cloves
3/4 teaspoon crushed garlic
3/4 teaspoon finely chopped onions
1 orange, peeled and minced
1 lemon, peeled and minced
1 12-ounce can crushed pineapple

Drain tofu and slice into 1/4-inch-thick slices. Add oil to large skillet and brown both sides of tofu. Allow to cool completely. Add barbecue sauce, agave nectar, nutmeg, chili, thyme, cinnamon, ginger, allspice, cloves, garlic, onion, orange and lemon to tofu in skillet. Cook until caramelized. Top with pineapple and serve.

Makes 8 servings

Garlic Grilled Baby Eggplants

8 baby eggplants
4 teaspoons low sodium soy sauce
2 teaspoons white wine vinegar
1/2 teaspoon black pepper
1 tablespoon sesame oil
4 garlic cloves, minced
2 teaspoons lemon herb seasoning

Place eggplants on a flat cutting surface. With a sharp knife, make parallel lengthwise cuts 1/4-inch apart that run from the tips to within 1 inch of the stem ends. Place in a single layer in a large baking dish or roasting pan; fan out the slices slightly, making sure to keep them attached to the stem. In a small bowl, combine the oil, soy sauce, garlic, vinegar, herb blend and pepper. Brush over eggplants. Let stand for 15 minutes. Flip the pieces and brush with remaining marinade. Let stand 15 to 30 minutes. Prepare an outdoor grill. When the coals are hot, place a mesh grill rack over the top. Add eggplants and grill for 5 minutes. Flip the pieces; grill for 5 to 10 minutes, or until tender.

Makes 8 servings

Fresh Corn Flummery

2 eggs
1 cup cooked amaranth
1 hot pepper, minced
1 tablespoon honey
1/2 teaspoon sea salt
1/8 teaspoon pepper

1/2 teaspoon nutmeg
1 cup milk
2 tablespoons butter
2 cups fresh corn
1/4 cup fresh parsley, chopped

Beat eggs and add remaining ingredients. Pour into buttered baking dish. Place in larger pan and fill halfway with water. Bake at 350 degrees about one hour or until firm. Cool 5 to 10 minutes before serving.

Makes 4 servings

Ginger-Spiked Carrots & Apples *Gluten-Free*****

2 cups carrots, peeled and sliced on the bias
1/3 cup orange juice
3 teaspoons crystallized ginger, finely chopped
2 tablespoons butter
2 medium apples, cored and cut into 1/4-inch-thick slices
Fresh chives, snipped finely

In a covered skillet, cook carrots, orange juice and ginger in hot butter for 5 minutes. Add apples; cover and simmer for 3 minutes or until slightly tender. Top with chives.

Makes 4 servings

[Recipe from www.gingerpeople.com](http://www.gingerpeople.com)

Edamame **Vegan, Gluten-Free******

1 pound fresh green soybeans in the pod, or 1/2 pound shelled beans
Any combination of the following for seasoning: onions, chives, thyme, rosemary, cumin, or curry

Open the pods, push out the beans, and discard the pods. Bring water to a boil in a large saucepan. Add the beans and return to a boil. Simmer and cook 10 to 15 minutes or until tender. Add desired seasonings.

Makes 4 servings

Twice-Baked Squash *Low-Fat*****

3 small buttercup squash
1/3 cup non-fat sour cream
1/2 teaspoon sea salt
1/4 teaspoon nutmeg
6 tablespoons brown sucanat

Heat oven to 425 degrees. Cut squash in half lengthwise; scoop out and discard seeds and fibers. Place squash in ungreased 13 x 9-inch baking dish. Cover tightly with foil. Bake for 30 to 40 minutes or until squash is tender. Cool 10 minutes. Reduce oven temperature to 375 degrees. Scoop out squash, leaving 1/4-inch-thick shell. Place squash in medium bowl. Reserve shells. Add sour cream, sea salt and nutmeg; mix until smooth. Fill each shell with squash mixture. Sprinkle each with 1 tablespoon brown sucanat. Place filled shells back in baking dish. Bake for 15 to 20 minutes or until thoroughly heated.

Makes 6 servings

Green Beans with Grape Tomatoes

2 pounds fresh green beans
6 tablespoons butter
1 pint grape tomatoes, halved
1 tablespoon chopped fresh thyme
2 teaspoons sucanat
1 teaspoon sea salt
1 teaspoon pepper

Cook beans in boiling sea salted water for 8 minutes or until crisp-tender; drain. Plunge beans immediately into ice water to stop the cooking process; drain and set aside. Melt butter in a large skillet over medium heat for 6 to 8 minutes or until butter begins to brown. Add green beans and sauté until tender, about 5 minutes. Stir in tomatoes, thyme, sucanat, sea salt and pepper. Sauté 3 to 5 minutes. Serve immediately.

Makes 8 servings

Spiced Mushrooms with Herbs *Vegan, Gluten-Free*****

2 teaspoons coriander seeds
1 teaspoon whole allspice
5 tablespoons olive oil
1 1/2 pounds mushrooms, stems trimmed flush with caps
1 1/2 tablespoons fresh lemon juice
2 teaspoons chopped fresh oregano
2 teaspoons chopped fresh flat-leaf parsley
2 teaspoons chopped fresh mint
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Finely grind coriander and allspice in an electric coffee/spice grinder or with a mortar and pestle. Heat oil in a heavy skillet over moderately high heat until hot but not smoking, then sauté mushrooms with spices, stirring occasionally, just until tender, 10 to 12

minutes. Stir in lemon juice, 1 teaspoon of each herb, sea salt and pepper. Remove from heat and cool to warm or room temperature. Stir in remaining herbs.

Makes 6 servings

Green Peas with Cheese and Herbs

3 quarts water
1/2 teaspoon sea salt
1 pound fresh or frozen peas
2 tablespoons red wine vinegar
1 tablespoon minced shallot
1 teaspoon sea salt
1/2 teaspoon black pepper
3 tablespoons olive oil
2 teaspoons chopped fresh mint leaves
2 teaspoons chopped fresh parsley leaves
4 ounces Fontina or Swiss cheese, cut into 1/4-inch cubes

In a large covered saucepan over high heat, bring the water and 1/2 teaspoon of sea salt to a boil. Add the peas and cook 1 minute for frozen or 3 minutes for fresh. Remove from heat, drain in a colander and immediately plunge peas into ice cold water to stop the cooking process. Drain and set aside. In a medium mixing bowl, whisk together vinegar, shallot, sea salt and pepper. Slowly drizzle oil while continuing to whisk vinegar mixture. Add peas, mint, parsley and cheese and stir to combine. Cover and refrigerate for 15 to 20 minutes prior to serving.

Makes 6 servings

Tabouleh

1/2 cup bulgur wheat
1/2 cup green onions, finely chopped
1 cup parsley
1/2 cup mint, finely chopped
2 cups tomatoes, coarsely chopped
1/3 cup lemon juice
1/2 teaspoon sea salt
1/4 teaspoon pepper
1/2 tablespoon olive oil

Soak the bulgur in cold water and cover for 10 minutes. Drain and squeeze as dry as possible in a towel or strainer. Add all remaining ingredients except for the oil; combine and let stand for 30 minutes. Stir in the olive oil.

Makes 6 servings

Sautéed Cabbage with Fennel

1 tablespoon olive oil
2 cloves garlic, minced
1 tablespoon fennel seeds
3 scallions, minced
4 cups shredded cabbage
2 tablespoons parmesan cheese

In a large skillet, heat oil over medium-high heat. Add garlic, fennel, scallions and cabbage and sauté until cabbage is cooked through but still crunchy, about 5 minutes. Place cabbage mixture in a large serving bowl, sprinkle with parmesan cheese and serve.

Makes 4 servings

Desserts



Gluten-Free Yellow Cake *Gluten-Free*****

6 tablespoons unsalted butter (room temperature)
1 cup sucanat
2 large eggs, beaten
1 3/4 teaspoons grated lemon peel
1 cup white rice flour
6 tablespoons potato starch
2 tablespoons tapioca flour
1 teaspoon xanthan gum
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/3 teaspoon sea sea salt
3/4 cup buttermilk

1 teaspoon vanilla

Preheat oven to 325 degrees. Coat an 8 x 4 inch nonstick loaf pan with cooking spray. Set aside. Using an electric mixer and a large mixing bowl, cream together the butter and sucanat on medium speed until light and fluffy. Mix in eggs on low speed until blended. Add grated lemon peel. In a medium bowl, sift together the flours, xanthan gum, baking powder, baking soda and sea salt. In another medium bowl, combine buttermilk and vanilla. On low speed, beat the dry ingredients into the butter mixture, alternating with the dry ingredients. Mix just until combined. Spoon the batter into the prepared pan and smooth top. Bake cake for about 50 minutes or until top is golden brown and a cake tester inserted into the center comes out clean. Cool in pan for 5 minutes, then remove from pan and cool on wire rack.

[Recipe from www.bobsredmill.com](http://www.bobsredmill.com)

Honey Baked Apples *Low-Fat*****

4 Granny Smith apples
2 tablespoons raisins
1 tablespoon minced crystallized ginger
1 tablespoon butter, cut into 4 pieces
1/4 cup honey

Core apples, cutting to, but not through, the bottom. Peel the top third of each apple. Place apples in an 8-inch square baking dish. Combine raisins and ginger in a small bowl; spoon raisin mixture evenly into the cavity of each apple. Top each apple with one piece of butter; drizzle one tablespoon of honey over each apple. Bake apples uncovered at 350 degrees for 45 minutes or until apples are tender. Baste occasionally with juice from bottom of baking dish. Serve warm.

Makes 4 servings

[Recipe from Cooking Light Cookbook, 1996](#)

Chocolate Mousse Pie **Vegan******

20 ounces tofu
8 ounces dark chocolate
1 teaspoon sucanat
1 teaspoon water
Chocolate cookie pie crust
Raspberries or strawberries for garnish

Melt chocolate in a double boiler until it is as soft as warm butter. Remove from heat and let stand a couple minutes. Puree tofu in food processor, about 2 minutes, frequently scraping down the sides of the mixing bowl. Tofu should be the consistency of warm pudding. Add the water to the sucanat, then mix both into the tofu. Add the softened

chocolate and stir until thoroughly mixed. Pour into pie crust and swirl the top to make soft peaks, like frosting a cake. Garnish with berries. Chill about 1 hour or until set.

Makes 8 servings

Cantaloupe Granita *Fat-Free*****

2 cups coarsely chopped cantaloupe
1/4 cup sucanat, or to taste
1/2 tablespoon fresh lemon juice
1 cup ice cubes

Puree all ingredients in blender until smooth, then pour into a 13 x 9-inch metal pan and freeze until mixture becomes a firm slush, at least 40 minutes. Scrape with a fork and serve in chilled glasses.

Makes 4 servings

Gluten-Free Sour Cream Fudge Cupcakes **Gluten-Free******

1/4 cup unsalted butter
1/2 cup water
1/4 cup cocoa powder or carob powder
1 cup sucanat
1 1/4 cups organic quinoa flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon sea salt
2 eggs, separated
1/2 teaspoon vanilla
1/4 cup sour cream

Preheat oven to 350 degrees. Place butter and water in a saucepan. Bring to a boil, remove from heat and whisk in cocoa powder. Sift together sucanat, quinoa flour, baking powder, baking soda and sea salt. Add the cooled cocoa mixture, egg yolks, vanilla and sour cream and blend well. Beat egg whites until stiff but not dry. Fold into batter. Spoon into muffin tins lined with cupcake liners. Bake for 20 minutes or until cake tester inserted in center comes out clean.

Makes 12 cupcakes

[Recipe from www.bobsredmill.com](http://www.bobsredmill.com)

Oatmeal-Flax Chocolate Chip Cookies **High Fiber******

3/4 cup organic whole wheat flour
1/2 cup organic whole oats

1/4 cup organic ground flaxseed
1 teaspoon baking soda
1/2 teaspoon sea salt
4 ounces soft unsalted butter
1/4 cup margarine
1 cup demerara sugar
1 large egg
1 teaspoon vanilla extract
1 1/2 cups semisweet chocolate chips or carob chips

Preheat oven to 350 degrees. Mix together flour, oats, flaxseed, baking soda and sea salt. In an electric mixer, beat together butter, margarine and demerara for one minute, until the mixture is smooth. Scrape down the sides and add the egg and vanilla, blending well. Blend in a little flour at a time until all the flour mixture is used up. With a sturdy mixing spoon, fold in the chocolate chips until well incorporated. Spray 2 baking sheets with cooking spray and drop 1 tablespoon of batter at a time two inches apart, covering each sheet. Bake for 8 minutes, then swap positions of the sheets and bake another 5 to 7 minutes, until deep golden. Let stand for 5 minutes and transfer cookies to cool on a rack.

Makes 36 cookies

Chocolate Chai Custard

1 ounce unsweetened chocolate, finely chopped
1/2 cup chai tea
1 1/2 cups milk
4 tablespoons sucanat
1/8 teaspoon sea salt
4 eggs

Preheat oven to 325 degrees. Place chopped chocolate and chai tea in a saucepan. Gently heat, stirring until chocolate is melted. Remove from heat and add milk. Set aside. In a medium bowl, beat eggs with a whisk just to break yolks. Whisk in sucanat and sea salt; then gradually whisk in chocolate and milk mixture until fully incorporated. Divide evenly between 4 ramekins and place ramekins on a heavy baking dish with tall sides. Carefully pour warm water into the baking dish until it reaches about 1/2-inch from the top edge of the ramekins. Bake 50 to 60 minutes, or until a toothpick inserted near the edge of the custard comes out clean. Serve warm or chilled with a sprinkle of nutmeg and a dollop of whipped cream.

Makes 4 servings

Icy Watermelon Soup *Fat-Free*****

2 cups watermelon
2 cups orange juice
1 tablespoon frozen orange juice concentrate
Orange peel ribbons and mint sprigs for garnish

Combine watermelon, juice and concentrate in a food processor and process until smooth. Chill mixture for at least an hour. Pour into chilled bowls and garnish with orange peel and mint.

Makes 4 servings

Cocoa Buckwheat Crepes

1/2 cup buckwheat flour
1/2 cup plus 2 tablespoons whole wheat flour
1/4 cup cocoa powder or carob powder
1 cup milk
3/4 cup water
3 large eggs
3 tablespoons vegetable oil, plus oil for cooking crepes
1/2 teaspoon sea salt

Combine all ingredients in blender or food processor and blend until smooth. Transfer to a bowl, cover and refrigerate for at least an hour. Batter should be the consistency of buttermilk when ready to cook (add a tablespoon of water if it's too thick). Heat frying pan over medium heat. Add enough oil to cover the bottom of the pan. Pour 1/3 cup batter into pan, and immediately swirl and tilt the pan to cover the bottom evenly. Cook for about 1 minute, until the surface looks set. Turn it over and cook for another 30 seconds, then flip the crepe out of the pan onto wax paper. Repeat with remaining batter, oiling the pan as necessary. Stack cooked crepes, separating them with wax paper. To serve, drizzle with honey and roll up, or top with vanilla ice cream or crème fraiche.

Makes 12 crepes

Fruity Cheesecake Parfait **Low-Fat******

1 cup light ricotta cheese
8 ounces fat-free cream cheese
1/3 cup sucanat
8 cups fresh or thawed frozen fruit (strawberries, raspberries, blueberries and blackberries work well)
5 ounces sugar-free strawberry fruit spread

1/2 an angel food cake, cut into 1/2-inch cubes

Combine ricotta cheese, cream cheese and sucanat in a medium bowl. Beat until smooth; set aside. Combine fruit and fruit spread. Stir gently. In dessert cups, layer cake cubes and fruit. Top each with two tablespoons cheese mixture.

Makes 16 servings

Cashew Crispy Rice Treats

1/2 cup rice syrup
3/4 cup peanut butter
3/4 cup cashews, toasted and chopped
2 cups crisp rice cereal

Bring syrup to a boil in medium saucepan. Lower heat and simmer for about 2 minutes. Add peanut butter and turn heat to low. Mix thoroughly. Combine cashews and cereal in mixing bowl. Pour peanut butter mixture over cereal mixture and combine. Pour into greased baking dish and allow to cool before cutting into squares.

Makes 10 servings

Pineapple Brule *Low-Fat*****

4 slices peeled fresh pineapple
4 tablespoons demerara sugar
4 scoops sorbet (try mango, lemon or raspberry)

Heat broiler. Line rack with foil. Place pineapple on foil; sprinkle each slice with 1 tablespoon sugar. Broil 4 inches from heat source 2 to 3 minutes until sugar melts and bubbles. Place on serving plates and top with sorbet. Spoon on juices from foil around pineapple.

Makes 4 servings

Raspberry Peach Crumble

1 pint fresh raspberries
3 fresh peaches, pitted and chopped
2 tablespoons lemon juice
1/3 cup sucanat
2 pinches cinnamon
1/2 cup unsalted butter
1/4 cup demerara sugar
1 teaspoon vanilla extract
1 teaspoon sea salt

1 cup rolled oats

Preheat oven to 350 degrees. Lightly grease 6 ramekins. In a bowl, mix raspberries, peaches, lemon juice, sucanat and 1 pinch cinnamon. In a separate bowl, mix oats, butter, demerara, vanilla, sea salt and remaining cinnamon. Fill prepared ramekins with equal amounts of the fruit mixture, and top with equal amounts of the oat mixture. Arrange ramekins on a baking sheet and bake 35 minutes or until crisp and golden brown. Cool 10 minutes before serving.

Makes 6 servings

Sweet Cherry Sorbetto *Fat-Free*****

1/2 cup hot water

1/2 cup sucanat

1/2 cup orange juice

1/2 teaspoon vanilla extract

1/4 teaspoon almond extract

1 bag frozen pitted dark sweet cherries, thawed, juices reserved

Stir first 5 ingredients in medium bowl until sucanat dissolves. Blend cherries and reserved juices in processor until cherries are coarsely chopped. Add sucanat mixture and blend until smooth. Process in ice cream maker; transfer to a container, cover and freeze at least 3 hours.

Makes 6 servings

Spice Bars

1 cup water

1 cup sucanat

1 cup raisins

1/2 cup butter

2 cups flour

1 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon cloves

1/2 cup chopped dates

1/2 cup chopped walnuts

Powdered organic sugar for dusting

In a saucepan, mix first 5 ingredients and bring to a boil; let cool. In a bowl, mix flour, baking soda and spices. Combine cooled raisin mixture with flour mixture. Add dates and walnuts. Spread on a greased 13 x 9-inch cookie sheet and bake in a preheated 350

degree oven for 25 to 30 minutes. Sprinkle with powdered sugar while warm. Makes about 2 dozen

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