

# Gluten-Free Recipes

Many of these recipes are also vegetarian and/or dairy-free or can be dairy-free by changing the choice of milk used.

## BREAKFAST

### Yogurt Berry Crunch – (Serves 1, 240 calories)

6 oz. nonfat plain Greek yogurt or low fat plain regular yogurt  
½ cup mixed berries (reserve a few for garnish)  
2 Tbsp. sliced almonds or chopped walnuts  
2 cup raw uncooked oats, certified GF

Spoon yogurt into a bowl and gently mix in berries, then oats. Top with nuts and a few reserved berries. Serve immediately.

Variation: **Peach Melba Yogurt Crunch** : Use ¼ cup raspberries and ½ ripe peach or nectarine instead of mixed berries.

### Nutty Oats – (Serves 3, approximately ¾ cup each, 200 calories)

Steel cut oats are less processed than regular oats and hence need longer cooking. You may wish to soak the oats overnight in almond or soy milk or nonfat milk. That will shorten the usual cooking time down to about 10 minutes. You might also try cooking overnight in a Crockpot on low heat. The nuts can be prepared ahead of time and the fruit diced. Or, you may use whole oats (not the minute oats) that will cook in 5 minutes.

Steel cut oats have a different texture and are somewhat healthier due to less processing! Try this first on a weekend.

2 cups water or milk (1 cup if using regular oats)  
½ cup steel cut oats, or 1 cup 5 minute oats, certified GF  
Pinch of salt  
2 Tbsp slivered or sliced almonds  
2 Tbsp. pumpkin seeds  
2 Tbsp. sunflower seeds  
2 Tbsp. raisins  
6 Tbsp. chopped dried unsweetened apricots, apples, or cherries OR fresh blueberries  
Cinnamon for garnish  
1 tsp. agave nectar (optional)  
Nonfat or low fat milk, or unsweetened soy milk or almond milk (optional), or plain yogurt

Bring water to a boil and slowly stir in steel cut oats and salt. When mixture begins to thicken, reduce heat and simmer for about 20 minutes (or 5 minutes if using regular oats), stirring occasionally, until desired consistency. If you have soaked the oats overnight, it will only take about 10 minutes to cook. While oats are cooking, heat a heavy cast iron skillet over low heat and add almonds and seeds. Cook very slowly for about 5-7 minutes, until nuts and seeds are gently toasted. Remove from heat and reserve. Chop dried fruit and reserve.

When oats are cooked to desired consistency, serve topped with 2 Tbsp. mixed nuts and seeds and 2-3 Tbsp. fruit (dried or fresh). Sprinkle with cinnamon and add milk and or agave if desired. Leftover fruit, nuts and even oatmeal can be saved for another morning if you double the recipe. Be sure to refrigerate the oatmeal in an airtight container.

### Baked Spinach and Cheese Omelet - (Serves 8, 1 piece each, 185 calories)

A good brunch recipe!

8 eggs, beaten  
1 cup part-skim ricotta  
½ cup 1% or non fat milk  
½ tsp dried basil  
¼ tsp each salt and pepper

1 10-oz. package frozen spinach, thawed and squeezed dry  
1 cup chopped plum tomatoes  
1 cup shredded part-skim mozzarella  
½ cup thin sliced scallion

Preheat oven to 325 degrees. Combine eggs and ricotta in a large bowl. Stir in milk, and seasonings. Fold in spinach, tomato, mozzarella, scallion, and turkey-ham. Spread evenly in a greased baking dish (2-3 qt.).  
Bake for 30-35 minutes or until a knife inserted near the center comes out clean. Allow to stand for 10-15 minutes.

## **APPETIZERS**

### **Deviled Eggs** - (Serves 6 - 2 egg halves per serving, 90 calories)

This is a guilt-free way to eat deviled eggs..... and a perfect food to bring to a potluck! Roasted tomato or pepper hummus is a yummy substitute for mayonnaise in this recipe.

6 large eggs  
3-4 Tbsp hummus (plain, roasted tomato, or roasted pepper)  
Paprika for garnish

Place 6 large eggs in enough cold water to cover completely, and bring to a rolling boil over high heat. Reduce heat to a simmer and cook, uncovered, for an additional 2 minutes. Remove from heat and cover for 10 minutes. Drain hot water and add cold water to chill so yolks stay bright yellow. Remove shells from eggs and halve lengthwise with a knife. Carefully remove the yolks and place in a medium bowl. Mash yolks with a fork and add your choice of hummus. Very carefully spoon mixture back into the egg white halves. Garnish with a light sprinkling of paprika (optional).

### **Marinated Vegetables** - (Serves 10-12, approximately 1 cup each, 40 calories)

Another good Pot Luck offering!

**Marinade:**            1/2 cup cold-pressed, extra virgin olive oil  
                              1/4 cup balsamic vinegar (any vinegar is fine)  
                              1 tsp. each: dried oregano and basil OR 2 Tbsp. chopped fresh  
                              2 cloves garlic, slivered  
                              1/2 tsp. kosher or sea salt

15-oz. can artichoke hearts in water, cut in halves or quarters  
15-oz. can hearts of palm, cut into 1/4-inch slices  
15-oz. can pitted black olives  
1/2 lb. mushrooms, cleaned and quartered

Mix marinade ingredients in a jar. Mix veggies in a bowl and pour marinade over. Marinate 4-8 hours in the refrigerator, tossing frequently. Serve with toothpicks. (Leftover marinade should be used as salad dressing).

### **Walnut Spread** (yields 2.5 cups, approximately ¼ cup each, 164 calories)

15-oz. (450 ml) can garbanzo beans  
1 cup chopped walnuts  
1 cup lightly packed fresh basil leaves  
1/4 cup cold-pressed, extra virgin olive oil  
2 Tbsp. lemon juice  
1/4 tsp. kosher or sea salt  
1/4 tsp. pepper

Drain beans, reserving liquid. In food processor, combine 1/4 cup reserved liquid with remaining ingredients. Cover and process, scraping down sides and adding liquid as needed to make a smooth mixture. Serve with raw baby carrots, cucumber sticks, and fresh string beans (or any vegetable you like).

### **Popcorn Kale** - (Serves 4, approximately 2 cups each, 63 calories)

1 bunch kale  
1 - 1 ½ tbsp olive oil

Fold the kale leaves in half along the stem and use a sharp knife to trim off the stem part. Then cut or tear into 2-3 inch pieces. Toss leaf pieces with a 1-2 Tbsp (depending on the amount of kale you are using) of olive oil (depending on the amount of kale you are using), mixing well to coat all the leaf pieces. Put on a cookie sheet and roast at 375 degrees for 5-7min. Gently turn the pieces over and bake for another 5-10 min. > being careful not to burn, but being sure they crisp up. Sprinkle lightly with sea salt and enjoy. The pieces should come out crunchy, so leave them in the oven a little longer if needed.

## **SOUP**

### **Cauliflower Leek Soup** – (Serves 8, approximately ¾ cup each, 84 calories)

2 large leeks (about 1 ½ lbs)  
2 Tbsp coconut or olive oil  
1 large head cauliflower, divided into large florets  
3 cups broth, chicken or vegetable stock, or water  
1 cup (8 oz.) plain non-fat Greek style yogurt (gives a creamier taste with the extra calories)  
Salt and pepper to taste

Cut the leeks in half, lengthwise, and cut each half into ½ inch thick slices. Rinse well to remove any dirt stuck between the layers. Melt oil in a soup pot, and cook leeks over medium heat, stirring frequently until softened, but now browned. Add cauliflower and broth, stock or water, and bring to a boil. (Using broth or stock gives it a richer flavor. You may not need to use salt so taste carefully before adding salt) Lower heat to a simmer and cook until cauliflower is very soft. Remove from heat and allow to cool slightly. Using a blender or food processor, puree about ½ the soup in batches, and return to soup pot. Stir in yogurt and mix well to combine. Season to taste with salt and pepper; reheat and serve. If you like a completely pureed soup, you may blend the entire pot, but it is nice to have some lumpier consistency.

### **Roasted Winter Squash and Apple Soup** (Serves 6, approximately 1 ¼ cups each, 148 calories)

This soup has a rich flavor and is unbelievably delicious, but preparing the butternut squash is a tedious task. For a holiday meal, make this recipe if it is the only dish you have to prepare. It is well-worth it the extra time.

1 large butternut squash, about 2-3 lbs, peeled, seeded, and cut into 1-2 inch pieces  
1 large onion, peeled and cut into 6-8 large chunks  
3 garlic cloves, peeled  
2 tart apples, peeled, quartered, and cored  
2 Tbsp olive oil  
Mild chili powder  
4 cups vegetable or chicken broth

Preheat oven to 400 degrees. In a large roasting pan, combine the squash, apple, onion, garlic, and oil. Season with salt to taste and sprinkle with chili powder to taste. The more chili powder, the more "bite." Roast for 45 minutes, stirring every 10-15 minutes, until veggies are tender and lightly browned. In a food processor, combine half of the roasted veggies with 2 cups broth and puree until smooth. Repeat with the remaining veggies and heat over medium heat in a saucepan, stirring occasionally. Add more broth as needed if soup is too thick. Add more salt and chili powder if needed for more bite.

### **Lentil Soup** - (Serves 8, about ¾ cup each, 130 calories)

2 cloves garlic, minced  
1 medium onion, chopped  
2 large carrots, sliced or chopped  
2 stalks celery, chopped  
1 ½ cups red and/or green lentils, well rinsed  
2 quarts water or broth  
Pinch thyme or any herbs of your choice

Salt to taste

Combine first 6 ingredients and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes. Puree half of the soup in the blender if you prefer a pureed soup.

**Split Pea Soup** - (Serves 16, about ½ cup each, 135 calories)

3 cups dry split peas, well rinsed  
2 quarts water  
1 tsp. salt  
1 bay leaf  
½ - 1 tsp. dry mustard  
2 onions, chopped fine  
4 cloves garlic, minced  
3 stalks celery, chopped  
2 medium carrots, sliced  
Salt and pepper to taste  
3 Tbsp. apple-cider vinegar or rice vinegar

Combine peas, water, salt, bay leaf, and mustard in 6-quart pot. Bring to boil, reduce heat and simmer, partially covered for about 20 minutes. Add vegetables and simmer for another 40 minutes, stirring occasionally. Add more water as needed. Add salt, pepper, and vinegar to taste.

**Curried Yellow Split Pea Soup** – (Serves 10, approximately ½ cup each, 180 calories)

2 cups yellow split peas  
2 Tbsp olive oil  
1 large onion, chopped  
1 tsp garlic powder  
1 Tbsp curry powder  
½ tsp turmeric  
1 tsp garlic powder  
2 stalks celery with leaves  
4 medium carrots cut into quarters  
2 tsp salt and a few grindings of pepper  
½ cup plain yogurt for garnish (optional)

Put peas in a large bowl and pour hot water over them to cover by 2 inches. Allow to sit for about 1 hour. Meanwhile, heat olive oil in a large saucepan, and sauté onion over medium heat for about 5 minutes. Add the curry and turmeric and stir for 1 minute. Then stir in garlic powder. Drain peas and add to the saucepan, along with celery and carrots, and 8 cups of vegetable broth or water. Bring to a boil and lower heat to simmer for about 1 hour, until all veggies are tender and peas begin to fall apart. Puree soup in blender in small batches, until smooth. Add salt and pepper and adjust seasoning as needed. You might wish to add more curry powder. Serve while hot with an optional spoonful of plain yogurt.

**Manhattan Clam Chowder** - (Serves 4, approximately 1 ½ cups each, 246 calories)

2 -6 oz. cans chopped clams (no added sugar), drained; juice reserve juice  
1 Tbsp. olive oil  
1 large onion, diced  
2 medium new potatoes (red or yellow)  
3 stalks celery, diced  
2 medium carrots, diced  
1 small green pepper, diced  
1 -16 oz. cans plum tomatoes, drained  
1½ tsp thyme  
1/8 tsp curry powder

Drain and reserve clam juice. Sauté onion in oil until softened. Add remaining ingredients, including clam juice but not the clams. Add some extra water if needed to cover. Simmer, covered, 30 minutes. Remove from heat, add clams and let stand covered, away from heat for 2 minutes. Serve immediately.

### **Barley Minestrone Soup** - (Serves 6, approximately 1½ cups each, 165 calories)

1 Tbsp. cold-pressed, extra virgin olive oil  
3 carrots, sliced or diced  
1 medium or large onion, chopped  
2 stalks celery, diced  
2 cloves garlic, minced  
6 cups vegetable or chicken stock OR 6 cups water and 6 tsp. powdered bouillon  
1 bay leaf  
28-oz. (825 ml) can tomatoes with juice  
1/3 cup brown rice  
16-oz. (475 ml) can kidney beans, undrained  
1 lb. fresh green beans, cut into 1-inch pieces OR a 10-oz. (300 ml) package frozen cut green beans

In a 6-quart ( 6 liter) pot, sauté onion, celery, carrot, and garlic in olive oil until browned. Add stock, tomatoes, barley, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes, stirring occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

### **SALAD**

#### **Mustard Vinaigrette Dressing** - (serving size=2 Tbsp., 90 calories)

1/4 cup balsamic vinegar or lemon juice  
1/4 cup water  
1 tsp. Dijon mustard  
Herbs (oregano, basil, parsley, tarragon, or any herb of choice) to taste  
Kosher or sea salt to taste  
Freshly ground pepper to taste  
1 clove garlic, minced  
1/3 cup cold-pressed, extra virgin olive oil  
1/3 cup flaxseed oil

Measure all ingredients (except oils) into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in refrigerator. Mixture will harden while refrigerated. Remove and allow to soften 5-10 minutes before using.

#### **Black Bean Salad** - (serves 10, approximately ¾ cup each, 132 calories)

2 (15-oz.) (450 ml) cans organic black beans, drained  
1-2 cups cherry tomatoes cut in half if too large  
1 red or yellow bell pepper, diced  
1/2 cup red onion, diced  
1 Tbsp. cold-pressed, extra virgin olive oil  
1 Tbsp. balsamic vinegar  
1-2 tsp. ground cumin seeds  
½ avocado, sliced for garnish

Mix all ingredients (except avocado) together in a bowl and chill for several hours. Garnish with avocado slices before serving.

#### **Quinoa Salad** - (Serves 10, approximately 1 cup each)

1 1/2 cups quinoa, rinsed several times  
3 cups water or veggie or chicken broth  
1 cup fresh or frozen peas (baby peas are best, just defrosted)  
¼ - ½ cup chopped red onion

1 red pepper, chopped  
1 cup cherry tomatoes  
½ cup chopped black olives (optional )  
½ lb cubed mozzarella (optional, although delicious, if not allergic to dairy)  
¼ - ½ cup olive oil  
2-3 Tbsp. balsamic vinegar or lemon juice  
1 or 2 crushed garlic cloves  
2-4 Tbsp. fresh dill, chopped or 1 Tbsp. dried  
2 Tbsp. chopped fresh parsley or basil  
any leftover veggie is fine to add - be creative (broccoli, asparagus, green beans etc)

Quinoa will taste bitter if not well rinsed.

Bring 3 cups water or chicken or veggie broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to large bowl and allow to cool with a small amount of olive oil stirred in to prevent sticking. While cooling, mix together remaining oil, vinegar or lemon juice, dill and garlic in a small bowl. Add to quinoa with remaining ingredients when cool and toss well. Chill before serving.

### **Festive Salad** - (Serves 8, approximately 1 cup greens and 1 cup vegetables, 137 calories )

½ cup chopped walnuts  
6 Tbsp. balsamic vinegar  
1 tsp toasted sesame oil  
1 ripe avocado, pitted, peeled, and cut into ½ inch chunks  
6 cups romaine and mixed greens, torn into bite-sized pieces  
2 cups diced ripe tomatoes or cherry tomatoes, halved  
1 cup thin sliced red onion  
1 yellow bell pepper, diced  
1/3 cup sliced black olives  
½ lb nonfat feta cheese  
½ cup basil leaves, chopped

In a heavy skillet, over medium heat, stir walnuts frequently until slightly browned, about 3 minutes. Pour into a large bowl and add vinegar and oils. Add remaining ingredients, stir well and add salt and pepper to taste.

### **Roasted Beet and Onion Salad** – (Serves 6, approximately ¾ cup each, 66 calories)

6 medium beets  
2 medium yellow onions, halved, NOT peeled  
2 ½ Tbsp balsamic vinegar  
1 ½ Tbsp. olive oil  
1 Tbsp. fresh dill or 1 tsp dried  
¼ tsp. salt and pepper to taste  
2 Tbsp freshly minced parsley, or 1 tsp. dried

Preheat oven to 350 degrees. Wash and trim beets and wrap in aluminum foil, 3 per package. Wrap onions separately in foil. Place on a baking sheet and roast about 1 ½ hours or until both are tender when pierced with a knife. While vegetables are cooking, in a small jar, combine oil, vinegar, dill, salt and pepper. Shake well and set aside. Allow beets and onions to cool; remove peels. Slice beets and onions thinly into a serving bowl. Shake dressing again before pouring over vegetables. Garnish with parsley. Allow to sit and marinate at room temperature for 30-60 minutes.

### **Cucumber Yogurt Salad** – (Serves 4, approximately ¾ cup each, 50 calories)

1 English cucumber, thinly sliced (any type of cucumber is fine, English is a nice variety!)  
½ cup very thinly sliced red onion  
1 clove garlic, minced  
3 Tbsp chopped fresh dill or 3 tsp dried (plus more for garnish)  
Pinch of salt  
1 cup plain non fat yogurt  
2-3 tsp white wine vinegar or white balsamic vinegar  
Freshly ground pepper

In a serving bowl, combine all ingredients except vinegar. Then stir in vinegar and add more salt as needed. Sprinkle pepper to taste and garnish with additional dill.

**Confetti Rice Salad** - (Serves 8-10, approximately  $\frac{3}{4}$  cup each, 180 calories)

1 cup brown rice  
1 can (14 oz.) lite coconut milk  
 $\frac{1}{4}$  tsp salt  
2 Tbsp chopped fresh parsley (or 1 tsp dried)  
2 Tbsp minced fresh dill (or 2 tsp dried)  
 $\frac{1}{2}$  tsp shredded lemon peel  
2 Tbsp lemon juice  
2 Tbsp water  
2 Tbsp olive oil  
1 tsp Dijon mustard  
 $\frac{1}{8}$  tsp pepper  
1 cup finely chopped yellow or green summer squash  
1 cup small broccoli flowerets, raw or **lightly** steamed, if desired  
10 cherry tomatoes, halved  
 $\frac{1}{4}$  cup chopped red or yellow bell pepper  
 $\frac{1}{4}$  cup finely chopped red onion

In a small saucepan, combine  $\frac{1}{2}$  cup water, rice, coconut milk, and salt. Bring to a boil, reduce heat to a simmer, stir with a fork, and cover. Cook for 40 minutes until liquid is absorbed. Do NOT stir again. When liquid is absorbed, rinse under cold water, drain, and set aside. While rice is cooking steam broccoli floweret's, for about 3 minutes, just to soften slightly.

In a large bowl, stir together parsley, dill, lemon peel and juice, 2 Tbsp water, olive oil, mustard, and pepper. Add the rice and remaining ingredients. Mix until well-combined. Cover and chill for at least 4 hours or up to 1 day, occasionally stirring to combine flavors.

**Warm Mushroom Salad** - (Serves 6, approximately  $\frac{1}{2}$  cup each, 60 calories)

1 Tbsp olive oil  
 $\frac{1}{2}$  pound mushrooms, sliced  
3 cloves garlic, minced  
1 tsp each dried basil and marjoram  
1 medium tomato, diced  
3 Tbsp lemon juice  
 $\frac{1}{2}$  cup water  
Pinch of salt  
Dash of fresh ground pepper  
Fresh parsley, cilantro, basil or any herbs of choice for garnish

Heat olive oil in a frying pan over low heat. Add mushrooms and gently sauté for 2-3 minutes. Sprinkle in minced garlic and 1 tsp each of basil and marjoram; toss this mixture for a minute or two until mushrooms are well coated.

Add diced tomato, lemon juice,  $\frac{1}{2}$  cup water, salt and freshly ground pepper; stir together and cook until the tomato softens. Remove from heat and let cool. Garnish with 1 tbsp chopped fresh herbs such as parsley or cilantro

**Tomato, Basil and White-Bean Salad** - (Serves 8, approximately  $1\frac{1}{4}$  cups each)

2 cans (19oz each) cannellini beans, drained and rinsed  
 $\frac{1}{2}$  pound small plum tomatoes, cut into 1 inch pieces  
 $\frac{1}{2}$  cup fresh basil leaves, torn into  $\frac{1}{2}$  inch pieces  
1 teaspoon coarse salt  
Fresh ground pepper  
 $\frac{1}{4}$  cup extra virgin olive oil

3 small garlic cloves, minced  
¼ lb fresh mozzarella or other cheese of choice, cut into small pieces, optional

Combine beans, tomatoes, basil and salt in a bowl, and season with salt and pepper. Add cheese if desired. Heat oil in a skillet over medium heat. Add garlic, and cook, stirring, until fragrant but not browned, 1 ½ to 2 minutes. Pour over bean mixture, and gently toss. Let stand 30 minutes before serving to allow flavors to meld. Salad can be covered and kept at room temperature up to 4 hours.

### **Chicken or Turkey Salad** - (Serves 6, approximately 1 ¼ cups, 315 calories)

3-4 boneless chicken breasts (about 1.5-2 lb.—leftover is fine to use)  
2 cups chicken broth (not needed if using leftovers)  
1 medium yellow bell pepper, diced  
1 pint cherry tomatoes (sliced in half if large)  
1 cup frozen baby peas, thawed  
1 to 1.5 cups hummus (roasted pepper flavor is particularly good)  
3 Tbsp chopped fresh basil or 2 tsp dried basil  
Kosher or sea salt to taste  
Pepper to taste

This is a great way to use leftover chicken or turkey. If not using leftovers, arrange uncooked chicken in a single layer in a shallow ovenproof pan and add broth to cover. Cover pan and bake about 30 minutes at 350° F. Remove from oven and cool in broth to room temperature. Cut diagonally into bite-sized pieces. In a large bowl, combine all ingredients and toss well. Add salt and pepper to taste (may not need salt if hummus is salty). Serve on top of mixed greens.

### **SIDE DISHES**

#### **Roasted Vegetables** (- serves 8, approximately 1 cup each, 93 calories)

Prepare any combination of the following vegetables:  
1 each red and yellow bell pepper, cut into large chunks  
2 red or yellow onions, peeled and cut into thick wedges  
1 medium eggplant OR 4 baby eggplants, trimmed and cut into chunks  
1 Portobello mushroom, sliced into quarters  
1 fennel bulb, thickly sliced (gives a licorice flavor)  
4-8 large garlic cloves, peeled  
2 Tbsp. cold-pressed, extra virgin olive oil  
Fresh rosemary sprigs  
1/4 tsp. kosher or sea salt  
1/4 tsp. fresh ground pepper (or to taste)

In a single layer, spread your choice of vegetables and fennel in a lightly oiled shallow roasting pan. Arrange garlic cloves among the vegetables, and brush or spray all with olive oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes at 425° (220°C), turning vegetables after 15 minutes. The time may vary for each vegetable, so check oven periodically. Depending on the amount of vegetables used, you may need to use 2 roasting pans. Serve immediately, or allow to cool, serving at room temperature. Leftovers will enhance a salad or side dish.

*Other suggestion: to add a category 2 vegetable, cut up a medium sweet potato or new potato and add to mixture.*

#### **Cauliflower Rice Bake** - (Serves 5, approximately 1¼ cups each, 190 calories)

3 cups fresh or frozen cauliflower  
1 medium onion, chopped  
1-2 garlic cloves, minced  
3 Tbsp olive oil  
1 large tomato, diced, or 1 cup cherry tomatoes, halved  
2 Tbsp. lemon juice  
2 tsp dried basil or 2 Tbsp fresh basil  
1/8 to 1/4 tsp cayenne pepper  
2 cups cooked brown rice

Preheat oven to 350 degrees. Sauté cauliflower and onion in a large skillet over medium heat, stirring frequently, until onion is softened. Add garlic, tomato, lemon juice, basil, and cayenne, and continue to cook, stirring constantly for about 3-4 more minutes. Add rice and mix well. Spoon into an ungreased 2 quart casserole. Cover and bake for 20-25 minutes.

**Sweet Potato Delight** - (Serves 8, approximately  $\frac{3}{4}$  cup each, 112 calories)

You will need a food processor for this recipe

1 large sweet potato or yam, peeled and cut into small pieces  
1 small butternut squash, peeled and cut into small pieces  
1 tsp cinnamon  
 $\frac{1}{2}$  tsp ginger  
 $\frac{1}{4}$  tsp nutmeg + extra for garnish  
 $\frac{1}{4}$  cup lite coconut milk, (add more as needed)  
 $\frac{1}{4}$  cup sliced almonds

Preheat oven to 350 degrees. Steam sweet potato or yam and butternut squash until soft. OR roast both in the oven til soft and peel after they cool some. Blend in a food processor (a blender will not do the job) with cinnamon, ginger, and nutmeg. While processing, slowly add enough milk (nonfat, low fat, soy, or almond) to make the consistency slightly looser than mashed potatoes. Place the mixture in an ovenproof dish (about 1  $\frac{1}{2}$  qt) (you can make ahead of time and store in refrigerator until ready to bake). Sprinkle nutmeg and sliced almonds on top to garnish and bake at 350° for about 15 minutes.

**Roasted New Potatoes** - (Serves 8 small portions, approximately  $\frac{1}{2}$  cup, 100 calories)

8 small-medium new potatoes (Yukon gold, red potatoes, etc)  
1 Tbsp olive oil + extra olive oil to spray  
4-8 garlic cloves, optional  
Rosemary to taste, optional  
Salt and pepper to taste

Preheat oven to 400 degrees. Wash and cut potatoes into chunks. It is not necessary to peel them. Put 1 Tbsp olive oil in a roasting pan, large enough to fit the potatoes without crowding. Add potatoes and toss around in the oil. Distribute garlic cloves and fresh rosemary sprigs if using, and add salt and pepper to taste. Roast for about 45 minutes (or more), depending on how crunchy you like your potatoes. You may also use other spices to create a different flavor. Delicious any way you choose!

**Green Beans Almondine** - (Serves 4, approximately  $\frac{1}{2}$  cup each, 75 calories)

1-10 package of frozen French-style green beans  
1 small onion (diced)  
1 Tbsp olive or coconut oil  
 $\frac{1}{3}$  cup sliced almonds  
Sprinkle of cinnamon for garnish

Steam green beans (about 10-15 minutes, or until softened). While green beans are cooking, in a medium skillet, sauté diced onion in olive or coconut oil. When onion is softened, add about  $\frac{1}{3}$  cup of sliced almonds and continue to sauté until just beginning to brown slightly. Stir in cooked green beans and mix well. Garnish with a sprinkle of cinnamon. Serve immediately or refrigerate until ready to serve; reheat briefly.

**Peas and Mushrooms** - (Serves 4, approximately  $\frac{2}{3}$  cup each, 45 calories)

$\frac{1}{2}$  lb mushrooms, cleaned and sliced  
2 tsp coconut or olive oil  
1 lb package frozen baby peas, defrosted.  
Fresh dill for garnish, optional but yummy

In a heavy skillet, sauté mushrooms til slightly browned, 5-7 minutes. Add defrosted baby peas and stir well to combine. Cook for 2 minutes or til peas are heated through. Serve immediately, garnished with optional dill.

**Quinoa, Mexican Style** - (Serves 6, approximately  $\frac{3}{4}$  cup each, 150 calories)

$\frac{1}{2}$  pound onions, chopped  
1 tsp. minced garlic  
 $\frac{1}{2}$  Tbsp. olive oil  
1 cup quinoa, rinsed twice in cool water  
1 cup chicken stock  
1 cup drained canned Italian plum tomatoes  
1 cup tomato juice from canned tomatoes  
 $\frac{1}{2}$ -1 whole jalapeno or serrano chili, seeded and chopped (optional)  
2 Tbsp. chopped fresh coriander

Sauté the onion and garlic in hot oil in a large heavy-bottom pot. When onions are soft, add quinoa, chicken stock, plum tomatoes, tomato juice, and chili pepper. Bring to boil; reduce heat; cover and cook for about 10 minutes, until quinoa is tender. Sprinkle the coriander over quinoa mixture and serve.

**“I Can’t Believe It’s Not Mashed Potatoes”** - (serves 4, approximately 1 cup each, 75 calories)

1 medium head cauliflower  
1 Tbsp. cold-pressed, extra virgin olive oil  
 $\frac{1}{3}$  cup low fat milk, soy or almond milk  
Kosher or sea salt to taste  
Pepper to taste  
1-2 tsp. garlic powder (optional) OR curry powder and nutmeg (optional)

Cut cauliflower into 4-6 pieces and steam until cooked but not overdone. Place in blender or food processor with remaining ingredients and blend until the consistency of mashed potatoes. Serve immediately and enjoy the unique flavor!

**MAIN DISH**

**Turkey Chili** - (serves 8 approximately  $\frac{1}{4}$  cups each, 345 calories)

2 lb. ground raw turkey  
2 (16-oz.) cans tomatoes (undrained), diced  
2 (15-oz.) cans red kidney beans, drained  
8-oz. can tomato sauce  
1 medium onion, chopped  
 $\frac{1}{4}$  cup dry red wine (optional)  
1 tsp. dried parsley flakes  
 $\frac{3}{4}$  tsp. dried basil, crushed  
 $\frac{3}{4}$  tsp. dried oregano, crushed  
 $\frac{1}{2}$  tsp. black pepper  
 $\frac{1}{2}$  tsp. ground cinnamon  
1 clove garlic, minced  
 $\frac{1}{4}$ - $\frac{1}{2}$  tsp. ground red pepper  
1-2 Tbsp. chili powder  
1 bay leaf

In a 4-quart Dutch oven cook the turkey until it is no longer pink. Drain off fat. Stir in remaining ingredients. Simmer uncovered for 45 minutes, stirring occasionally. Please remove bay leaf before serving.

**Vegetarian option:** Omit turkey and add 2 cups cauliflower pieces; 1 large, diced sweet potato; 1 chopped green bell pepper; 2 chopped carrots;  $\frac{1}{2}$  lb. chopped mushrooms; and 2 cups fresh or frozen cut green beans to the ingredients listed above. Bring mixture to a boil. Simmer uncovered until vegetables are tender, about 30 minutes.)

**Chicken Chili** - (Serves 8, approximately 1 ½ cups each, 345 calories)

1 Tbsp olive oil  
2 large onions, chopped  
1 large green bell pepper, chopped  
3-4 cloves garlic, minced  
1 ½ lbs boneless, skinless chicken breast, cut into cubes or strips  
3 Tbsp chili powder  
1Tbsp ground cumin  
2 tsp ground coriander  
1 (28 oz.) can whole tomatoes, chopped, or 3 cups fresh tomatoes, chopped  
1 (6oz.) can tomato paste  
2 cups chicken broth  
1 cup red wine (or add 1 more cup broth)  
1 bay leaf  
2 cans (15 oz each) garbanzo beans or white cannellini beans, drained  
Chopped green onion and avocado for garnish  
Salt and pepper to taste

In a large Dutch oven, heat oil over medium high heat. Sauté onion and pepper for about 5 minutes. Add garlic and cook for 1 more minute. Then add chicken and stir-cook for about 2 minutes, until slightly browned. Add spices, and cook for 1 minute, stirring. Add tomatoes, broth, wine (if using), and bay leaf. Bring to a boil, lower heat to a simmer and cover. Stir occasionally and cook for about 40 minutes. Add beans and cook uncovered, stirring occasionally for 20 more minutes. Add salt and pepper to taste and adjust spices if not spicy enough. Discard bay leaf and serve with chopped onion and/or avocado as garnish. Make ahead and reheat for a quick meal (you may freeze ½ after cooling)

**Turkey Meatloaf** - (Serves 5, 1/5 of loaf each, 185 calories)

1 lb ground turkey, organic if possible  
1 egg, beaten  
½ to ¾ cup sautéed mushrooms (canned OK, fresh is preferable)  
½ cup shredded carrot  
¼ cup orange juice  
¼ cup certified GF oats  
2 Tbsp dried parsley  
¼ tsp poultry seasoning  
Salt and pepper to taste

Mix all ingredients together in a medium bowl. Pat into a loaf shape in a 9 inch pie plate or other flat dish. If you prefer, you can make 2 smaller loaves and store one in the freezer after baking. Bake at 350 for approximately 35 minutes for 1 loaf. Smaller loaves will take less time. Be careful not to overbake as it will be too dry. (Double recipe to make 2 larger loaves or 4 small. Freeze the extra loaves.)

**Halibut with Broccoli** - (Serves 4, ½ fish fillet each, 236 calories)

2-3 cups small broccoli florets (fresh or frozen)  
¼ cup finely ground almonds (use blender to grind or purchase “almond meal”)  
2 tsp minced fresh tarragon or basil (or 1 tsp dried)  
1-2 Tbsp. olive oil or coconut oil)  
2 halibut fillets, about 8 oz each  
½ cup chicken broth or fish stock  
Fresh or dried basil for garnish  
1/3 cup lemon juice

Steam broccoli until slightly tender, but not too soft. Set aside.  
In a small bowl, mix herbs with ground almonds. Dip each halibut filet into the almond mixture. Heat 1 Tbsp. olive or coconut oil in a large skillet over medium heat, and sauté halibut for about 4 minutes on each side depending on thickness. Transfer to serving dish and cover with foil to keep warm.  
Add ½ cup of broth or stock to skillet and stir in broccoli to reheat. Add lemon juice and season to taste with salt, if needed and pepper. Spoon broccoli with juices on top of halibut filets, garnish with sprinkle of basil and serve immediately.

### **Mushroom and Spinach Fish Sauté** - (Serves 4, 1 fish filet each, 220 calories)

2 tbsp ground almonds or almond meal  
Salt and pepper to taste  
4 4-oz fish filets (flounder or sole works best)  
2 Tbsp olive oil  
Juice of ½ lemon  
1 bunch scallions, trimmed and sliced  
2 cups sliced mushrooms  
1/3 cup dry white wine  
4 cups fresh spinach leaves, washed, dried, and torn into bite-sized pieces

In a dish, season ground almonds or flour with salt and pepper, and lightly coat fish on both sides. Heat 1 tbsp oil in heavy skillet, and sauté fish for about 2 minutes. Turn fish and sprinkle with lemon juice, cooking for 1 more minute only. Be careful not to overcook. Divide fish among 4 plates. Place remaining Tbsp olive oil in skillet and add mushrooms. Saute over medium-high heat until their juices are released. Add scallions and continue to sauté for another 2-3 minutes. Add the wine, increase heat to high and cook for 1 more minute. Remove pan from heat and add the spinach all at once. Toss it quickly until it wilts. Season as needed with salt and pepper. Divide mixture among the 4 plates. Serve immediately.

If making ahead, place all the fish in a casserole dish and put the veggies on top. Refrigerate until ready to serve. Warm for a few minutes in the oven, being very careful not to overcook while warming.

### **MAIN DISH, VEGETARIAN**

#### **Curried Vegetable Stew** - (Serves 8, approximately 1 ½ cups each, 235 calories)

1 ½ Tbsp coconut or olive oil  
2 medium-large onions, diced  
3 garlic cloves, minced  
6 small Yukon gold or other new potato, washed and diced  
4 medium carrots, scrubbed and sliced  
2 cups water  
2 cups fresh green beans, cut into 1 inch pieces (or 1 10-oz package frozen cut green beans, thawed)  
1 small head cauliflower, broken into bite-sized pieces  
2-3 tsp grated fresh ginger  
1-3 tsp curry (depending on your taste for curry!)  
½ tsp turmeric  
1 15-oz. can lite coconut milk  
1-2 Tbsp red curry paste, optional for those who prefer a zippier taste!  
Salt to taste  
1 ½ cups frozen baby peas, thawed

Sauté onion in oil for 3-4 minutes over medium heat, in a large, heavy soup pot. Add garlic and sauté another minute. Now add potatoes, carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet.

Add the cauliflower, green beans, and spices. Cover and continue simmering gently for about 10-15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken it some. Now stir in the coconut milk and the curry paste if using, being sure that the paste is well mixed in. allow to sit for an hour or more to blend flavors. Just before serving, stir in defrosted baby peas and reheat, adding salt if needed.

#### **Lentil and Sweet Potato Curry** - (Serves 10, 1 cup each, 200 calories)

1 large onion, chopped  
1 clove garlic, minced  
1 tsp olive oil  
1 lb dried lentils, about 2 cups, well rinsed  
2 lbs yams or sweet potatoes, peeled and cut into small pieces

1 ½ Tbsp curry powder (add more if desired)  
1 Tbsp ground cumin  
6 cups vegetarian broth (or chicken)  
Salt and pepper to taste (depends on the amount of salt in the broth)

In a 4 or 6 qt heavy pot over medium heat, heat oil and stir-fry stir onion and garlic until softened, about 5 minutes. Add rinsed lentils, chopped yams, seasonings and broth. Bring to a boil over high heat, reduce heat, cover and simmer for about 30 minutes. Both lentils and yams should be softened but not mushy. Add salt and pepper if needed.

**Vegetable Dal Curry** - (serves 4, approximately 1 cup each, 130 calories)

2 tsp. olive oil  
½ cup chopped onion  
2 tsp. turmeric powder  
½ tsp. coriander powder  
¼ tsp. ground cumin  
2 medium carrots, sliced  
2 cups of cauliflower florets  
2/3 cup red lentils  
1 cup water  
salt to taste

In a large sauté pan or wok, heat 2 tsp olive oil over medium heat. Add onion and spices and sauté until onions are softened, about 5 minutes. Add carrots and cauliflower and stir to coat. Then add lentils and water and bring to a boil. Reduce heat to a simmer and cook for about 40 minutes. Add salt to taste and serve immediately with brown rice.

**Spiced Lentil Casserole** - (Serves 8, approximately 1 cup each, 265 calories)

1 ½ cups lentils, rinsed well  
2 Tbsp. sesame oil  
3 cloves garlic, crushed  
1 stalk celery, chopped  
1 large onion, chopped  
½ tsp. salt  
1 cup shredded, unsweetened coconut  
½ tsp. cinnamon  
½ tsp. powdered ginger  
½ tsp. turmeric  
2 large green apples, washed and diced

Simmer lentils, covered, in 2½ cups water for 30-40 minutes, until tender. While they are cooking, in a wok or heavy skillet, sauté remaining ingredients, except apples, in oil until tender. Add water as necessary. Add apples and cook 10 more minutes covered. Combine with cooked lentils in a casserole dish.

**Swiss Chard and Lima Beans** - (Serves 4, approximately 1 ½ cups each, 280 calories)

1 head of Swiss chard (~ 4 well-packed cups, more is OK), washed  
3 Tbsp oil  
1 medium onion, diced  
1 10-oz. pkg. frozen lima beans, defrosted slightly (or 2 cups freshly cooked dried limas)  
3-4 cloves garlic, minced  
½ cup fresh dill, or 1 ½ tsp dried  
½ tsp salt  
1/3 cup chicken or veggie broth, or water  
Black pepper to taste  
½ to ¾ cup chopped walnuts or pecans for garnish

Cut the stems of the chard into ½ inch dice and then layer the leaves, roll them up and slice into thin pieces, at ½ inch intervals. Over medium heat, warm 2 Tbsp oil in a large heavy pot or wok. When hot, add onion and stir-fry for a few minutes until softened. Add the lima beans and garlic and stir-fry another few minutes. Then add the Swiss chard stems and stir-fry for 4-5 minutes. Now add the leaves and dill and continue to stir-fry for 3 minutes more. Add salt and 1/3 cup broth or

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water. Bring to a simmer, cover and cook for about 15 minutes. Add freshly ground black pepper to taste and garnish with walnuts or pecans before serving.

## **DESSERT**

### **Frozen Strawberry Soufflé** - (Serves 6, approximately ¾ cup each, 110 calories)

4 cups fresh strawberries, hulled and washed  
½ cup frozen apple juice concentrate, thawed  
3 organic egg whites  
Pinch of salt  
1 ½ cups plain low-fat yogurt

For a fancy presentation, tie a sturdy wax-paper collar around a 1 ½ qt soufflé dish. Otherwise, use a soufflé dish without a collar. Puree berries in food processor with apple juice concentrate until smooth. In a Separate large bowl, beat egg whites and salt to form stiff peaks. With a rubber spatula, gently fold puree into egg whites. Fold yogurt into berry mixture and pour into soufflé dish. Smooth top and freeze for 4 hours. Remove from freezer 10 minutes before serving.

### **Fresh Fruit Compote** – (serves 12, approximately ¾ cup each 125 calories)

**This is a wonderful recipe to use for a casual brunch or healthy dessert.**

3 fresh mangoes or 1 large bag of Trader Joe's frozen mango  
3 kiwi's, sliced  
2 large oranges, sectioned (tangerines may also be used)  
1 pomegranate, seeded  
1 apple, diced  
1 pint fresh berries – optional (do NOT use frozen berries – they will lose their shape)  
½ cup pignolis (pine nuts) or chopped walnuts  
½ cup plain yogurt, optional  
¼ cup orange juice  
Stevia or agave syrup as needed

Cut up mangos or defrost 1 large bag of frozen mangoes and place in a serving bowl. Add sliced kiwi and sectioned oranges. Add pomegranate seeds for beautiful color and powerful antioxidants. If fresh berries are available, stir in gently. You may add any other acceptable fruit of choice. Top with nuts and yogurt, if desired. Gently stir again to mix well. If the taste is too tart, add a sprinkle of *Stevia* or mix in some *Agave* syrup. If not using yogurt, you may wish to add ¼ cup orange juice to help prevent browning of the cut up fruit.

### **Peach/Apricot Frothy** - (serves 8, approximately ¾ cup each, 75 calories)

2 envelopes unflavored gelatin  
2 Tbsp. apple juice concentrate\*\*  
6 Tbsp. water  
7 cups sliced fresh peaches or apricots (or substitute fruit canned in its own juice)  
2 tsp. lemon juice

In small mixing bowl, soften gelatin in apple juice concentrate mixed with 6 Tbsp. water. Put peach or apricot slices in blender and blend until they become liquid. Bring to boil and add to gelatin; stirring until thoroughly dissolved. Stir in lemon juice. Chill until it begins to thicken. Beat on high speed with mixer until fluffy and doubled in volume. Chill again. Mound into 8 sherbet glasses or serve from glass serving bowl.

\*\* While fruit juice is generally not allowed on this program, the amount contained in this recipe is insignificant.)

### **Orange Cream** (serves 4, approximately ¾ cup each, 100 calories)

1 envelope unflavored gelatin

1/2 cup orange juice\*\*  
8 oz. can mandarin oranges, water packed  
2 cups plain yogurt  
1/2 tsp. ground nutmeg or cinnamon

In a small saucepan, stir together gelatin and orange juice and mix until dissolved. Add liquid from mandarin oranges. Cook until gelatin is completely dissolved. Cool mixture, then stir in yogurt and orange segments (reserving a few for garnish), mixing well. Pour cream into four parfait glasses; garnish each glass with the reserved orange segments. Sprinkle with nutmeg or cinnamon and chill for several hours.

\*\* While fruit juice is generally not allowed on this program, the amount contained in this recipe is insignificant.

### **Poached Peaches with Strawberry Sauce** - (serves 4, 2 halves each, 80 calories)

6-oz. (180 ml) can frozen, unsweetened apple juice concentrate, thawed  
1 cup water  
1 Tbsp. lemon peel, finely grated  
1 tsp. vanilla extract  
4 medium ripe peaches OR nectarines (pears could be a winter alternate)  
4 sprigs fresh mint for garnish (optional)  
*Strawberry Sauce* (recipe below)

In a medium saucepan, mix apple juice concentrate, water, lemon peel, and vanilla; bring to boil and reduce heat. Cover and simmer for 10 minutes. Add peaches (or other desired fruit) and poach, partially covered over low heat for 7-8 minutes. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise, and remove pits.

Spoon *Strawberry Sauce* into 4 desert plates, making a little pool. On each plate, arrange 2 peach halves in the center and garnish with mint.

### **Strawberry Sauce** (yields 1.75 cups) ¼ cup each serving, 30 calories

2 cups fresh strawberries, hulled and washed  
1/4 cup orange juice (unsweetened)  
Pinch each of ground cinnamon and nutmeg

Combine all ingredients in a blender or food processor. Process until smooth. Excellent for any poached fruit.