



***Revitalize in Vermont***

*October 13<sup>th</sup> – 16<sup>th</sup>, 2011*

*with Chef Melissa Petitto and Yoga Instructor Erica Mather*

Complete Menu Recipes

## THURSDAY

### GROUND CHICKEN, ESCAROLE, AND FETA STUFFED PEPPERS

#### INGREDIENTS:

YIELD: 6 SERVINGS

|               |   |
|---------------|---|
| 3 each        | bell peppers- orange, red or yellow     |
| 1 Tablespoon  | olive oil                               |
| 1 medium      | sweet onion, diced                      |
| 2 stalks      | celery, diced                           |
| 2 medium      | carrots, peeled and diced               |
| 2 each        | garlic cloves                           |
| 1 ½ teaspoons | <i>Modern Day Masala</i>                |
| ½ Teaspoon    | dried thyme                             |
| 1 pound       | ground chicken*                         |
| ½ cup         | tomato puree                            |
| ½ cup         | chicken broth*                          |
| 2 cups        | escarole, washed and chopped            |
| ½ cup         | cooked quinoa *                         |
| ¼ cup         | golden raisins                          |
| ¼ cup         | toasted pine nuts                       |
| ½ teaspoon    | sea salt                                |
|               | freshly ground black pepper             |
| 1/3 cup       | sheep's milk feta, crumbled and divided |

#### METHOD OF PREPARATION:

1. Preheat oven to 400 degrees.
2. Wash bell peppers and cut in half through the stem. Remove seeds and white membrane. Place cleaned halves in a 9x11 Pyrex baking dish.
3. In a large nonstick sauté pan, heat olive oil over medium heat. Add diced onions, celery and carrots; sauté for 5 minutes or until tender and translucent. Add garlic and stir for 30 seconds.
4. Add in *Modern Day Masala* and dried thyme, stir for 30 more seconds or until fragrant.
5. Add ground lamb to vegetables and stir occasionally for 5 to 7 minutes, breaking up lamb as it cooks.
6. Add in tomato puree and chicken broth, cook for 5 minutes longer stirring occasionally.
7. Add in chopped escarole and stir until wilted; about 2 minutes.
8. Season with salt and pepper.
9. Stir in cooked quinoa, raisins, pine nuts, and half of crumbled feta.
10. Stuff peppers with the lamb filling and top with remaining crumbled feta.
11. Transfer Pyrex dish to the preheated oven and cook uncovered for 30 minutes or until peppers are tender and stuffing is bubbly and slightly browned. Enjoy!

\*The ground chicken can be substituted with ground turkey, ground beef, ground lamb or soy crumbles

\*The chicken broth can be substituted with vegetable broth or water

\*Quinoa is simple to prepare, the proportions are two to one. To make ½ cup cooked, combine ½ liquid (I prefer chicken or vegetable broth) to ¼ cup dry quinoa. Bring to a boil, reduce heat, cover and simmer for 20 minutes.

|                   |          |
|-------------------|----------|
| Calories          | 340      |
| Calories From Fat | 180      |
| Total Fat         | 20 grams |
| Saturated Fat     | 8 grams  |
| Sodium            | 510mg    |
| Protein           | 23 grams |

## BUTTERNUT SQUASH, POMEGRANATE, AND PINE NUT SALAD WITH SHAVED PARMESAN

### INGREDIENTS:

**YIELD: 4 SERVINGS**

|              |                           |
|--------------|---------------------------|
| 2 cups       | ½” cubed butternut squash |
|              | Olive Oil Spray           |
|              | sea salt and pepper       |
| ¼ cup        | roasted salted pepitas    |
| ½ cup        | pomegranate seeds         |
| ¼ cup        | shaved parmesan           |
| 4 cups       | mixed baby greens         |
| 1 Tablespoon | balsamic vinegar          |
| 1 Tablespoon | Extra-Virgin Olive Oil    |

### METHOD OF PREPARATION:

1. Preheat oven to 400 degrees.
2. Toss butternut squash and olive oil. Season with salt and pepper. Place on a baking sheet and bake for 25 minutes or until tender. Cool.
3. In a large salad bowl, add greens, pomegranate seeds, pepitas, cooled cooked squash. Toss with vinegar and olive oil. Top with shaved parmesan.

|                          |                 |
|--------------------------|-----------------|
| <b>Calories</b>          | <b>180</b>      |
| <b>Calories from Fat</b> | <b>100</b>      |
| <b>Total Fat</b>         | <b>12 grams</b> |
| <b>Saturated Fat</b>     | <b>2 grams</b>  |
| <b>Sodium</b>            | <b>115mg</b>    |
| <b>Protein</b>           | <b>6 grams</b>  |

## QUINOA CHOCOLATE CHUNK COOKIES

### INGREDIENTS:

**YIELD: 24 COOKIES**

|        |  |
|--------|--|
| 1 cup  | quinoa flour                               |
| ½ cup  | almond flour                               |
| ½ cup  | chickpea flour                             |
| 1 tsp  | baking soda                                |
| ½ tsp  | salt                                       |
| 1 cup  | Olive oil spread, such as EarthBalance     |
| 1 cup  | packed light brown sugar                   |
| ½ cup  | sugar                                      |
| 1 each | egg  |
| 1 T    | vanilla extract                            |
| 8 oz   | good quality semi-sweet chocolate, chunked |

### METHOD OF PREPARATION:

1. Preheat oven to 350 degrees.
2. Combine flour, baking soda and salt. Set aside
3. Cream butter and sugars together. Add egg and vanilla; mix well.
4. Add dry ingredients to wet, stirring with a wooden spoon. Add chocolate chunks.
5. Spoon heaping tablespoons onto a cookie sheet 2 inches apart. Bake 15 minutes and cool on a wired rack.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>190</b>       |
| <b>Calories From Fat</b> | <b>90</b>        |
| <b>Total Fat</b>         | <b>10 grams</b>  |
| <b>Saturated Fat</b>     | <b>3.5 grams</b> |
| <b>Sodium</b>            | <b>150mg</b>     |
| <b>Protein</b>           | <b>2 grams</b>   |

## **FRIDAY**

### **HOMEMADE GRANOLA**

#### **INGREDIENTS:**

**YIELD: 24 – ½ CUP SERVINGS**

|         |  |
|---------|--|
| 6 cups  | old fashioned rolled oats              |
| 3 cups  | oat bran                               |
| ¼ cup   | shelled pumpkin seeds                  |
| ¼ cup   | shelled sunflower seeds                |
| 1 cup   | honey                                  |
| 1 each  | vanilla bean, split in half lengthwise |
| 3 cups  | unsweetened apple juice                |
| 1/3 cup | chopped dried apricots                 |
| 1/3 cup | golden raisins                         |
| 1/3 cup | dried cherries                         |
| 1/3 cup | chopped dates                          |
| 1/3 cup | dried blueberries                      |

#### **METHOD OF PREPARATION:**

1. Preheat oven to 400degrees. Spread out the rolled oats and oat bran evenly on 2 baking sheets. Toast in the oven for 5 to 8 minutes or until golden.
2. On another baking sheet, spread out the pumpkin and sunflower seeds and toast for 5 minutes or until lightly browned.
3. Scrape the seeds from the vanilla bean pod and combine with the honey in a small saucepan. (The remaining pod can be put to another use such as flavoring vanilla sugar) Simmer the honey and vanilla seeds over low heat to flavor the honey, 5 to 7 minutes.
4. In a medium saucepan, combine the apple juice and dried fruits. Simmer until softened, about 5 minutes, and drain the fruit.
5. In a large bowl, combine the oat mixture, seeds, and fruit mixture. Stir in the warm honey, and stir to coat as evenly as possible.
6. Spread the mixture evenly on 2 baking sheets. Bake 10 to 15mintues or until golden brown, stirring every 2 minutes to prevent burning.
7. Cool the granola completely. Can be stored in a airtight container for up to 1 month.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>230</b>       |
| <b>Calories From Fat</b> | <b>40</b>        |
| <b>Total Fat</b>         | <b>4 grams</b>   |
| <b>Saturated Fat</b>     | <b>0.5 grams</b> |
| <b>Sodium</b>            | <b>15mg</b>      |
| <b>Protein</b>           | <b>6 grams</b>   |

### **BEET, APPLE, AND GOAT CHEESE TART**

#### **INGREDIENTS:**

**YIELD: 8 SERVINGS**

|            |  |
|------------|--|
| 1 sheet    | frozen puff pastry, thawed   |
| 1 teaspoon | Extra Virgin olive oil   |
| 1 each     | Honeycrisp apple, cored and thinly sliced                            |
| 4 each     | baby beets, (candy striped, red or golden), peeled and thinly sliced |
| ¾ cup      | crumbled goat cheese   |
| ½ teaspoon | fresh thyme leaves   |
| 1 teaspoon | local honey  |
| ¼ teaspoon | sea salt   |
|            | freshly cracked black pepper   |

#### **METHOD OF PREPARATION:**

1. Preheat oven to 400 degrees.
2. Spray a baking sheet with cooking spray. Lay thawed puff pastry sheet on baking sheet and drizzle with olive oil.
3. Arrange apple slices and beet slices on puff pastry. Top with crumbled goat cheese and thyme. Drizzle with honey and season with salt and pepper.
4. Transfer baking sheet to oven and bake until pastry is golden brown and slightly puffed, 15 minutes. Serve warm or at room temperature.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>70</b>        |
| <b>Calories From Fat</b> | <b>30</b>        |
| <b>Total Fat</b>         | <b>3.5 grams</b> |
| <b>Saturated Fat</b>     | <b>1.5 grams</b> |
| <b>Sodium</b>            | <b>125mg</b>     |
| <b>Protein</b>           | <b>2 grams</b>   |

## BABY SPINACH SALAD WITH ROASTED TOMATOES, ASPARAGUS, CRISPY PROSCUITTO AND SHAVED PARMESAN

### INGREDIENTS:

**YIELD: 6 SERVINGS**

|        |                                  |
|--------|----------------------------------|
| 5 each | Roma tomatoes, halved lengthwise |
| 1 #    | asparagus, trimmed               |
|        | Olive oil spray                  |
| 2 T    | balsamic vinegar                 |
|        | sea salt and pepper              |
| ¼ #    | sliced prosciutto                |
| ½ cup  | shaved parmesan                  |
| 8 oz   | baby spinach                     |
| 2 T    | brown sugar                      |
| 4 T    | basil leaves, chiffonade         |
| 3 T    | balsamic vinegar                 |
| 4 T    | EVOO                             |
|        | sea salt and pepper              |

### METHOD OF PREPARATION:

1. Preheat oven to 400 degrees.
2. On a baking sheet, arrange tomatoes cut side up and drizzle with olive oil, balsamic, salt and pepper. Bake for 30 minutes. Cool.
3. On a baking sheet, arrange asparagus and drizzle with olive oil, balsamic, salt and pepper. Bake or 12-15 minutes depending on the thickness of the asparagus. Cool.
4. On a baking sheet, arrange prosciutto in a single layer. Bake 15 minutes. Cool.
5. In a small bowl, combine brown sugar, basil, and vinegar. Whisk in olive oil and season with salt and pepper.
6. On a large platter, place baby spinach. Arrange tomatoes and asparagus on top of spinach. Break up prosciutto into bite size pieces. Arrange prosciutto on top. Arrange parmesan on top and drizzle with dressing.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>230</b>       |
| <b>Calories From Fat</b> | <b>100</b>       |
| <b>Total Fat</b>         | <b>12 grams</b>  |
| <b>Saturated Fat</b>     | <b>2.5 grams</b> |
| <b>Sodium</b>            | <b>910mg</b>     |
| <b>Protein</b>           | <b>12 grams</b>  |

## BABAGANOUSH

### INGREDIENTS:

**YIELD: 12 SERVINGS**

|               |                                |
|---------------|--------------------------------|
| 6 each        | garlic cloves                  |
| 2 each        | large Italian eggplant         |
| 1 teaspoon    | sea salt                       |
| 1 Tablespoon  | ground cumin                   |
| 1/3 cup       | well stirred tahini            |
| 3 tablespoons | fresh lemon juice, or to taste |
| ¼ cup         | parsley leaves                 |

### METHOD OF PREPARATION:

1. Preheat oven to 400 degrees.
1. Pierce eggplant, wrap in foil and place on a baking sheet.
2. Wrap garlic cloves in foil and place on same baking sheet.
3. Transfer baking sheet to oven and roast for 35 minutes, unwrap and allow to cool for 20 minutes.
4. Scoop out the flesh of the roasted eggplant and add to the bowl of a food processor. Add roasted garlic, sea salt, cumin, tahini, lemon juice, and parsley. Pulse until well combined.
5. Transfer to a serving bowl and serve warm or room temperature.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>60</b>        |
| <b>Calories From Fat</b> | <b>35</b>        |
| <b>Total Fat</b>         | <b>4 grams</b>   |
| <b>Saturated Fat</b>     | <b>0.5 grams</b> |
| <b>Sodium</b>            | <b>170mg</b>     |
| <b>Protein</b>           | <b>2 grams</b>   |

## QUINOA TABOULI

### INGREDIENTS:

**YIELD: 8 SERVINGS**

|               |                                     |
|---------------|-------------------------------------|
| 3 each        | bunches parsley                     |
| 1 cup         | quinoa, red or white                |
| 2 cups        | vegetable broth or water            |
| 3 each        | bunches parsley, washed and chopped |
| ¼ cup         | fresh mint, washed and chopped      |
| 4 each        | scallions, washed and chopped       |
| 2 each        | large tomatoes, diced               |
| 1 ½ teaspoons | sea salt                            |
| ¼ teaspoon    | fresh ground pepper                 |
| 1/3 cup       | fresh squeezed lemon juice          |
| ¼ cup         | Extra-Virgin olive oil              |
| 2 tablespoons | crumbled feta                       |

### METHOD OF PREPARATION:

1. Place the quinoa and liquid of your choice in a medium saucepan, bring to a boil. Cover and reduce heat to low and simmer for 20 minutes. Allow to cool in a large bowl.
2. Add the chopped parsley, mint, scallions, tomatoes, salt, pepper, lemon juice, olive oil, and crumbled feta to the cooled quinoa. Toss well and check seasonings.
3. Serve room temperature.

## HOMEMADE WHOLE WHEAT PITA BREAD

### INGREDIENTS:

**YIELD: 8 LARGE PITAS**

|               |                                  |
|---------------|----------------------------------|
| 2 ¼ cups      | whole wheat or spelt bread flour |
| 1 cup         | unbleached flour                 |
| 1 ½ teaspoons | sea salt                         |
| 1 ½ teaspoons | instant yeast                    |
| 1 ¼ cups      | warm water                       |
| 2 Tablespoons | olive oil                        |

### METHOD OF PREPARATION:

1. Combine all the ingredients in a stand mixer and mix together. This may be done by hand too.
2. Knead by mixer 5 minutes or by hand 8 minutes, until you have a soft dough that is tacky to the touch.
3. Cover the bowl tightly with plastic wrap and let rise until doubled in size, 1 to 1 ½ hours.
4. Heat oven to 500 degrees.
5. Turn dough out to lightly floured board, cut in half and place one half under a dampened towel. Divide the other half into four equal portions, shaping each into a ball and placing under the towel. Repeat with the remaining half of dough.
6. Let rest 5 minutes. Place a baking/cooling rack directly on the oven rack.
7. Use a rolling pin to roll each ball one at a time into a circle about 6 inches in diameter and ¼ inch thick on a lightly floured surface. Repeat with one or two more rolls.
8. Place the rolled pitas directly on the baking rack in the oven. Set timer for 4 minutes, check for browning and puffing, and remove or continue cooking for up to 1 more minute if needed .
9. While the first pitas are cooking, prepare the next batch.
10. When removing the pitas from the oven, stack them together in a kitchen towel to keep them from crisping as they cool. Immediately add the next batch of dough to the rack in the oven, repeating process until all the dough has been cooked.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>200</b>       |
| <b>Calories From Fat</b> | <b>40</b>        |
| <b>Total Fat</b>         | <b>4.5 grams</b> |
| <b>Saturated Fat</b>     | <b>0.5 grams</b> |
| <b>Sodium</b>            | <b>360mg</b>     |
| <b>Protein</b>           | <b>7 grams</b>   |

## FETA CUCUMBER MINT TAZIKI

### INGREDIENTS:

**YIELD: 12 SERVINGS**

|               |  |
|---------------|--|
| 16 ounces     | nonfat Greek yogurt                          |
| 1 each        | English cucumber, washed and roughly chopped |
| ½ cup         | mint leaves                                  |
| 1 each        | garlic clove                                 |
| ¼ cup         | Sheep's milk feta                            |
| 1 teaspoon    | lemon zest                                   |
| 2 Tablespoons | lemon juice                                  |
| 1 teaspoon    | Extra Virgin olive oil                       |
| ¼ teaspoon    | sea salt                                     |
|               | freshly cracked black pepper                 |

### METHOD OF PREPARATION:

1. In a food processor, combine chopped cucumber, mint leaves, garlic, feta, lemon zest, lemon zest, salt and pepper. Pulse until roughly chopped.
2. In a medium bowl, combine yogurt and cucumber mixture. Add olive oil and stir to combine.
3. Refrigerate until needed.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>35</b>        |
| <b>Calories From Fat</b> | <b>10</b>        |
| <b>Total Fat</b>         | <b>1 gram</b>    |
| <b>Saturated Fat</b>     | <b>0.5 grams</b> |
| <b>Sodium</b>            | <b>115mg</b>     |
| <b>Protein</b>           | <b>4 grams</b>   |

## LEMON HUMMUS WITH PINENUTS

### INGREDIENTS:

**YIELD: 16 SERVINGS**

|                  |   |
|------------------|---|
| 2 each           | garlic cloves   |
| 1 teaspoon       | sea salt  |
| 1 Tablespoon     | ground cumin  |
| 1 Tablespoon     | ground coriander  |
| 1 (16-ounce) can | chick-peas, drained   |
| 1/3 cup          | well stirred tahini   |
| 1 each           | lemon, zested   |
| 3 tablespoons    | fresh lemon juice, or to taste                                    |
| ¼ cup            | Extra-Virgin olive oil, or to taste, plus 2 tablespoons set aside |
| ¼ cup            | water, plus extra, if needed                                      |
| 1 teaspoon       | paprika   |
| 1 Tablespoon     | pine nuts, lightly toasted  |

Crispy Pita Chips, as an accompaniment

### METHOD OF PREPARATION:

1. In a food processor, add the chickpeas, garlic, salt, cumin, coriander, tahini, and lemon juice. Slowly add the ½ cup oil and ¼ cup water. Scrape down the sides until the hummus is smooth. You may add more water if necessary for desired consistency.
2. Transfer the hummus to a serving bowl. Drizzle with the 2 Tablespoons reserved olive oil, toasted pine nuts and paprika. Serve with pita chips.

|                          |                |
|--------------------------|----------------|
| <b>Calories</b>          | <b>90</b>      |
| <b>Calories From Fat</b> | <b>60</b>      |
| <b>Total Fat</b>         | <b>7 grams</b> |
| <b>Saturated Fat</b>     | <b>1 gram</b>  |
| <b>Sodium</b>            | <b>190mg</b>   |
| <b>Protein</b>           | <b>2 grams</b> |

## FALAFEL WITH GARLIC TAHINI SAUCE

### INGREDIENTS:

**YIELD: 4 SERVINGS**

|                   |   |
|-------------------|---|
| 2 each            | whole wheat pita bread rounds , cut in half and wrapped in foil |
| 1 (15-ounce) can  | chickpeas, drained and rinsed                                   |
| 2 each            | garlic cloves, crushed  |
| 1/4 cup           | sweet onion, diced  |
| 1/2 cup           | parsley leaves  |
| 1/2 teaspoon      | sea salt  |
| 1 1/2 teaspoons   | ground cumin  |
| 1/2 teaspoon      | crushed red pepper flakes                                       |
| 1/2 teaspoon      | dried mint  |
| 1 tablespoon      | tahini  |
| 1 teaspoon        | fresh lemon juice   |
| 1 teaspoon        | baking powder   |
| 3 1/2 tablespoons | all-purpose flour   |
| 2 cups            | vegetable oil   |
|                   |   |
| 3 teaspoons       | tahini  |
| 1/2 teaspoon      | minced garlic   |
| 2 tablespoons     | honey   |
| 2 tablespoons     | water   |
| 1 teaspoon        | soy sauce   |
| 1 teaspoon        | lemon juice   |
| 1 tablespoon      | parsley leaves, chopped   |
| 1 tablespoon      | mint leaves, chopped  |
|                   |   |
| 1 large           | Tomato, sliced  |
| 1 head            | Romaine Lettuce, washed and leaves separated                    |
| 1/2 cup           | cucumber, sliced  |

### METHOD OF PREPARATION:

1. Preheat the oven to 200 degrees F. Place the foil wrapped bread in the oven.
2. Put the chickpeas, garlic, onion, parsley, salt, cumin, red pepper flakes, mint, tahini and lemon juice into the bowl of a food processor and pulse until it forms a rough paste. Add the baking powder and flour and pulse until well combined.
3. Pour the oil into a skillet and place over medium high-heat for 2 to 3 minutes. Carefully drop falafel batter into the hot oil by the heaping tablespoonful, in batches. Fry until golden, about 1 1/2 to 2 minutes. Flip and repeat on the other side. Remove to a paper towel lined dish. Repeat with the remaining falafel. Keep warm in a low oven until ready to serve.
4. To make the sauce, put the tahini, garlic, honey, water, soy sauce and lemon juice into a bowl and whisk until smooth. Stir in the chopped parsley, mint and salt and refrigerate until ready to use. Bring back to room temperature before serving.
5. To serve, place 4 drained falafel inside half a pita. Stuff with sliced tomato, romaine lettuce, sliced cucumber and drizzle with tahini sauce.

|                          |                 |
|--------------------------|-----------------|
| <b>Calories</b>          | <b>420</b>      |
| <b>Calories From Fat</b> | <b>150</b>      |
| <b>Total Fat</b>         | <b>18 grams</b> |
| <b>Saturated Fat</b>     | <b>2 grams</b>  |
| <b>Sodium</b>            | <b>750mg</b>    |
| <b>Protein</b>           | <b>12 grams</b> |

## GREEK SALAD

### INGREDIENTS:

**YIELD: 8 SERVINGS**

|              |   |
|--------------|---|
| 2 heads      | romaine, washed and chopped               |
| 1 pint       | cherry tomatoes, washed and halved        |
| 8 each       | pepperocinis, drained                     |
| 1 each       | English cucumber, peeled and sliced       |
| 12 each      | Nicoise olives                            |
| 1 small      | red onion, thinly sliced                  |
| 4 oz         | Greek feta, crumbled                      |
| 1 each       | shallot, diced                            |
| ¼ cup        | red wine vinegar                          |
| 1/3 cup      | Extra Virgin olive oil                    |
| 1 tablespoon | chopped oregano                           |
|              | sea salt and freshly cracked black pepper |

### METHOD OF PREPARATION:

1. Arrange all the salad ingredients, romaine through feta, on a serving platter.
1. To make dressing, combine shallot, red wine vinegar and oregano with a whisk. Slowly pour in olive oil and whisk to incorporate. Season with salt and pepper. Pour over salad when ready to serve.

|                          |                 |
|--------------------------|-----------------|
| <b>Calories</b>          | <b>150</b>      |
| <b>Calories From Fat</b> | <b>120</b>      |
| <b>Total Fat</b>         | <b>13 grams</b> |
| <b>Saturated Fat</b>     | <b>3 grams</b>  |
| <b>Sodium</b>            | <b>270mg</b>    |
| <b>Protein</b>           | <b>3 grams</b>  |

## CRISPY PITA CHIPS

### INGREDIENTS:

**YIELD: 16 SERVINGS**

|              |  |
|--------------|--|
| 4 rounds     | whole wheat pita bread, cut into eighths |
| 1 tablespoon | sea salt                                 |
| 1 tablespoon | paprika                                  |
| 1 tablespoon | ground cumin                             |
| ¼ teaspoon   | ground red pepper                        |
| ¼ cup        | olive oil                                |

### METHOD OF PREPARATION:

1. Preheat oven to 400 degrees.
1. In a large bowl, mix all spices and olive oil. Toss the pita bread in spice mixture, coating evenly.
2. Lay the pita wedges out on a baking sheet and bake for 15 minutes or until lightly browned and crispy. Cool and serve.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>80</b>        |
| <b>Calories From Fat</b> | <b>35</b>        |
| <b>Total Fat</b>         | <b>4 grams</b>   |
| <b>Saturated Fat</b>     | <b>0.5 grams</b> |
| <b>Sodium</b>            | <b>450mg</b>     |
| <b>Protein</b>           | <b>2 grams</b>   |

## BAKLAVA

### INGREDIENTS:

**YIELD: 24 PORTIONS**

|               |   |
|---------------|---|
| 1 pound       | almonds, walnuts and pistachios-chopped |
| 1 pound       | phyllo dough                            |
|               | butter spray                            |
| 1/3 cup       | unbleached sugar                        |
| 1 teaspoon    | ground cinnamon                         |
| 1/3 teaspoon  | ground cloves                           |
| 1 cup         | water                                   |
| 1/3 cup       | unbleached sugar                        |
| 1/2 cup       | honey                                   |
| 2 Tablespoons | lemon juice                             |
| 1 each        | cinnamon stick                          |

### METHOD OF PREPARATION:

1. Preheat oven to 350 degrees.
2. Lightly grease a 9x13 baking dish.
3. Thaw the phyllo dough according to manufacturer's directions (this may take overnight). When thawed, roll out the dough and cut the dough in half sheets so the sheets will fit in the pan. Cover with a damp towel to keep it from drying out .
4. Process the nuts until in small, even sized pieces. Combine with sugar, cinnamon and cloves.
5. Place a sheet of phyllo dough into the prepared pan. Spray the sheet with butter spray . Repeat with 7 more half sheets until it is 8 sheets thick, each sheet sprayed with butter spray.
6. Spoon on a thin layer of the nut mixture. Cover with two more sheets of phyllo, spraying each with butter. Continue to repeat the nut mixture and two sprayed sheets of phyllo until the nut mixture is all used up. The top layer should be 8 phyllo sheets thick, each sheet being individually sprayed.
7. Cut into 24 equal sized squares using a sharp knife. Bake at 350 degrees for 30 to 35 minutes or until lightly golden brown and edges appear slightly crisp.
8. While baking, make the syrup. Combine the cinnamon stick, sugar, lemon juice, honey and water in a saucepan. Bring to a boil, then reduce to medium low heat and let simmer for 7 minutes and slightly thickened. Remove the cinnamon stick and allow to cool.
9. Spoon the cooled syrup over the hot baklava and let cool for 1 hour.

## SATURDAY

### GRILLED CHEESE SANDWICHES WITH AGED CHEDDAR AND ARUGULA

### INGREDIENTS:

**YIELD: 4 SERVINGS**

|              |                             |
|--------------|-----------------------------|
| 8 slices     | whole grain bread           |
| 4 teaspoons  | whole grain mustard         |
| 8 slices     | aged cheddar                |
| 2 cups       | wild arugula                |
| 1/4 teaspoon | sea salt                    |
|              | freshly ground black pepper |
|              | olive oil spray             |

### METHOD OF PREPARATION:

1. Heat a large griddle over medium heat and spray with olive oil.
1. Make the sandwiches by spreading 1 teaspoon of mustard on each sandwich, 1 slice of cheese, and 1/2 cup arugula. Season each with salt and pepper.
2. Place sandwiches on preheated griddle and grill on each side for 5 minutes or until bread is golden brown and cheese is melted.
3. Serve immediately.

|                          |                 |
|--------------------------|-----------------|
| <b>Calories</b>          | <b>310</b>      |
| <b>Calories From Fat</b> | <b>140</b>      |
| <b>Total Fat</b>         | <b>15 grams</b> |
| <b>Saturated Fat</b>     | <b>6 grams</b>  |
| <b>Sodium</b>            | <b>630mg</b>    |
| <b>Protein</b>           | <b>16 grams</b> |

## ROASTED BUTTERNUT SQUASH - APPLE SOUP

### INGREDIENTS:

**YIELD: 6 SERVINGS**

|               |                                      |
|---------------|--------------------------------------|
| 2 Tablespoons | olive oil – divided                  |
| 3 cups        | butternut squash, peeled and chopped |
| 1 cup         | Honeycrisp apple, cored chopped      |
| ½ teaspoon    | Herb de Provence fleur de sel        |
|               | Freshly cracked black pepper         |
| 1 medium      | onion, diced                         |
| 2 each        | garlic cloves, minced                |
| 1 ½ teaspoons | dried thyme                          |
| 4 cups        | chicken or vegetable broth           |
| 1 cup         | vanilla flavored soy milk            |
| ¼ teaspoon    | sea salt                             |
|               | freshly cracked black pepper         |

### MEHTOD OF PREPARATION:

1. Preheat oven to 400 degrees.
2. In a large bowl, combine chopped butternut squash and apple and toss to coat with 1 Tablespoon olive oil, ½ teaspoon herb de provence sea salt and freshly cracked black pepper.
3. Arrange seasoned squash and apple on a foil lined baking sheet. Bake for 30 minutes or until golden brown and tender.
4. In a Dutch oven, heat remaining olive oil over medium-high heat. Add onion, and sauté until translucent, about 5 minutes.
5. Add garlic and thyme and stir until fragrant, about 1 minute.
6. Add cooked squash and apple. Add chicken broth and bring to a boil. Lower heat and simmer for 15 minutes or until squash and apple begin to fall apart.
7. Transfer to a food processor and process in batches until soup is smooth. Add soy milk and season with salt and pepper.

|                          |                |
|--------------------------|----------------|
| <b>Calories</b>          | <b>130</b>     |
| <b>Calories From Fat</b> | <b>50</b>      |
| <b>Total Fat</b>         | <b>6 grams</b> |
| <b>Saturated Fat</b>     | <b>1 gram</b>  |
| <b>Sodium</b>            | <b>750mg</b>   |
| <b>Protein</b>           | <b>3 grams</b> |

## BUTTER LETTUCE SALAD WITH EGGPLANT CROUTONS & ALMOND BRITTLE

### INGREDIENTS:

**YIELD: 4 SERVINGS**

|              |  |
|--------------|--|
| 1 head       | green Boston lettuce, washed and chopped       |
| 1 head       | red Boston lettuce, washed and chopped         |
| ½ cup        | basil leaves                                   |
| 1 each       | Italian eggplant, washed and cut into 1” cubes |
| 1 teaspoon   | olive oil                                      |
| ¼ teaspoon   | sea salt                                       |
|              | freshly cracked black pepper                   |
| ½ cup        | slivered almonds                               |
| 2 teaspoons  | honey  |
| ¼ teaspoon   | sea salt                                       |
| 1/8 teaspoon | cayenne pepper                                 |
| 1 Tablespoon | Dijon mustard                                  |
| 1 teaspoon   | honey  |
| ¼ cup        | red wine vinegar                               |
| ¼ teaspoon   | sea salt                                       |
|              | freshly cracked black pepper                   |
| 1/3 cup      | Extra Virgin olive oil                         |

## BUTTER LETTUCE SALAD (CONT'D)

### METHOD OF PREPARATION:

1. Preheat oven to 425 degrees.
1. In a large bowl, combine eggplant, olive oil, salt and pepper. Spread onto a foil lined baking sheet and transfer sheet pan to the oven.
2. Bake for 25minutes or until crispy and lightly browned. Allow to cool.
3. While the eggplant croutons are baking, make the almond brittle.
4. In a non-stick sauté pan over medium heat, add almonds, honey, sea salt and cayenne. Allow to caramelize, stirring occasionally, for 5 minutes.
5. Transfer caramelized almonds to a piece of foil and transfer to the freezer for 10 minutes. Once cooled, remove from freezer and break apart.
6. To make the dressing, whisk together the Dijon, honey, red wine vinegar, salt and pepper and then slowly drizzle in the olive oil until combined.
7. To assemble the salad, arrange the lettuce and basil leaves on a platter, top with the eggplant croutons, the almond brittle and drizzle with dressing.

|                          |                 |
|--------------------------|-----------------|
| <b>Calories</b>          | <b>290</b>      |
| <b>Calories From Fat</b> | <b>220</b>      |
| <b>Total Fat</b>         | <b>20 grams</b> |
| <b>Saturated Fat</b>     | <b>3 grams</b>  |
| <b>Sodium</b>            | <b>400mg</b>    |
| <b>Protein</b>           | <b>4 grams</b>  |

## VEGAN HOT AND SOUR SOUP

### INGREDIENTS:

**YIELD: 4 SERVINGS**

|                       |                                     |
|-----------------------|-------------------------------------|
| 1 ounce               | dried wood ear mushrooms            |
| 4 each                | dried shiitake mushrooms            |
| 12 each               | dried tiger lily buds               |
| 2 cups                | hot water                           |
| ½ cup                 | bamboo shoots                       |
| 3 Tablespoons         | soy sauce                           |
| 5 Tablespoons         | rice vinegar                        |
| ¼ cup                 | cornstarch                          |
| 1 (8 ounce) container | firm tofu, cut into 1/4 inch strips |
| 1 quart               | vegetable broth                     |
| ¼ teaspoon            | crushed red pepper flakes           |
| 1/2 teaspoon          | ground black pepper                 |
| 3/4 teaspoon          | ground white pepper                 |
| 1/2 Tablespoon        | chili oil                           |
| 1/2 Tablespoon        | sesame oil                          |
| 1 each                | green onion, sliced                 |

### METHOD OF PREPARATION:

1. In a small bowl, place wood mushrooms, shiitake mushrooms and lily buds in 1 ½ cups hot water. Soak 20 minutes, until rehydrated. Drain, reserving liquid. Trim stems from the mushrooms and cut into thin strips. Cut the lily buds in half.
2. In a separate bowl, blend the soy sauce, rice vinegar, and 1 tablespoon cornstarch. Place ½ the tofu strips into the mixture.
1. In a medium saucepan, mix the reserved mushroom and lily bud liquid with the vegetable broth. Bring to a boil, and stir in the wood mushrooms, shiitake mushrooms, and lily buds. Reduce heat and simmer 3 to 5 minutes. Season with red pepper, black pepper and white pepper.
2. In a small bowl, mix the remaining cornstarch and remaining water. Stir into the broth mixture until thickened.
3. Mix soy sauce mixture and remaining tofu strips into the saucepan. Return to a boil, and stir in bamboo shoots, chili oil, and sesame oil. Garnish with green onions.

|                          |                |
|--------------------------|----------------|
| <b>Calories</b>          | <b>238</b>     |
| <b>Calories From Fat</b> | <b>175</b>     |
| <b>Total Fat</b>         | <b>8 grams</b> |
| <b>Saturated Fat</b>     | <b>5 grams</b> |
| <b>Sodium</b>            | <b>490mg</b>   |
| <b>Protein</b>           | <b>6 grams</b> |

## CRISPY TOFU, CASHEW AND VEGETABLE STIRFRY

### INGREDIENTS:

**YIELD: 4 SERVINGS**

|               |  |
|---------------|--|
| 2 teaspoons   | sesame oil   |
| 1 package     | x-firm tofu, pressed in between paper towels, cut into 1" cubes (to make this a beef stir-fry refer to *Cook's note) |
| 1 teaspoon    | sesame oil   |
| 1 each        | large sweet onion, sliced thinly   |
| 1 each        | bell pepper, thinly sliced   |
| ½ cup         | carrots, sliced  |
| ½ cup         | shiitake mushrooms, sliced   |
| 1 bunch       | scallions, cut into 2" pieces  |
| 1 cup         | broccoli florets   |
| 1 can         | sliced water chestnuts, drained  |
| 1 can         | bamboo shoots, drained   |
| ¼ cup         | raw cashew pieces  |
| 2 tablespoons | ginger, minced   |
| 2 tablespoons | garlic, minced   |
| 2 tablespoons | dark soy   |
| ½ cup         | vegetable broth  |
| 1 teaspoon    | siracha, or more if you want the dish spicier  |
| 1 teaspoon    | honey  |
| 1 tablespoon  | cornstarch   |
| 2 cups        | cooked brown or white rice   |

### PREPARATION:

1. In a large sauté pan or wok, heat sesame oil until smoking. Add tofu and let it brown. Do not toss too much, but instead let each side brown before trying to flip. Flipping too soon will not achieve the crispiness desired. Allow to brown on all sides, this will take about 10 to 12 minutes.
1. Remove tofu from pan and place in a bowl.
2. In same sauté pan, add 1 teaspoon sesame oil and heat until smoking. Add onion, bell pepper, carrots, mushrooms and scallions. Stir fry 3 to 4 minutes or until vegetables are golden and crisp tender.
3. Add broccoli, water chestnuts, bamboo shoots, and cashews. Stir fry for 2 minutes.
4. While you are stir-frying all the veggies, combine the sauce in a liquid measuring cup. Stir to combine the cornstarch into the liquid.
5. Add the tofu back into the vegetables. Add the sauce and bring to a boil. Once the sauce boils and thickens, its ready! Serve over brown rice.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>360</b>       |
| <b>Calories From Fat</b> | <b>120</b>       |
| <b>Total Fat</b>         | <b>14 grams</b>  |
| <b>Saturated Fat</b>     | <b>1.5 grams</b> |
| <b>Sodium</b>            | <b>340mg</b>     |
| <b>Protein</b>           | <b>17 grams</b>  |

#### \*Cook's Note:

The great thing about a stir fry is that any vegetable can be added in addition to or in place of one of the above ones. Just take note on the cooking time of a vegetable that you add. Sturdier vegetables can be added in the beginning, and ones that you want to retain their crispness should be added second.

To make this a beef stir-fry instead of tofu, substitute the following for the tofu

|              |                           |
|--------------|---------------------------|
| 1 pound      | thinly sliced flank steak |
| 1 Tablespoon | low sodium soy sauce      |
| 1 teaspoon   | minced ginger             |
| 1 teaspoon   | sesame oil                |

\*Combine and marinate for at least 30 minutes. Then follow directions from there.

## COCONUT BLACK RICE WITH CILANTRO

### INGREDIENTS:

YIELD: 4 SERVINGS

|            |                       |
|------------|-----------------------|
| 1 cup      | black rice            |
| 1 can      | lite coconut milk     |
| 1 cup      | vegetable stock       |
| 1 teaspoon | cumin                 |
| 1 each     | garlic clove, chopped |
| 1 teaspoon | sea salt              |
| ¼ cup      | chopped cilantro      |

### METHOD OF PREPARATION:

1. Combine rice, coconut milk, vegetable stock, cumin and garlic in a medium saucepan.
1. Bring to a boil, lower heat and simmer for 20 minutes.
2. Turn off heat and allow to sit covered for 5 minutes.
3. Fluff, stir in cilantro and serve.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>220</b>       |
| <b>Calories From Fat</b> | <b>50</b>        |
| <b>Total Fat</b>         | <b>6 grams</b>   |
| <b>Saturated Fat</b>     | <b>3.5 grams</b> |
| <b>Sodium</b>            | <b>760mg</b>     |
| <b>Protein</b>           | <b>6 grams</b>   |

## BOK CHOY WITH GINGER

### INGREDIENTS:

YIELD: 4 SERVINGS

|               |                                    |
|---------------|------------------------------------|
| 1 teaspoon    | sesame oil                         |
| 2 each        | garlic cloves, minced              |
| 1 Tablespoon  | fresh ginger, grated               |
| 8 cups        | baby bok choy, trimmed and cleaned |
| 2 Tablespoons | Bragg's Liquid Aminos              |

### METHOD OF PREPARATION:

1. Heat oil in a large skillet or wok over medium high heat.
2. Add garlic and ginger and cook 1 minute or until fragrant but not browned.
3. Add bok choy and cook 3 to 5 minutes or until greens are wilted and stalks are crisp tender.
4. Season with Bragg's and serve.

|                          |                |
|--------------------------|----------------|
| <b>Calories</b>          | <b>45</b>      |
| <b>Calories From Fat</b> | <b>10</b>      |
| <b>Total Fat</b>         | <b>1 gram</b>  |
| <b>Saturated Fat</b>     | <b>0 grams</b> |
| <b>Sodium</b>            | <b>105mg</b>   |
| <b>Protein</b>           | <b>3 grams</b> |

## **SUNDAY**

### **OATMEAL FLAX FRUIT SMOOTHIE**

#### **INGREDIENTS:**

**YIELD: 4 SERVINGS**

|              |                                   |
|--------------|-----------------------------------|
| 1 cup        | Non-Fat Greek yogurt              |
| 1 cup        | vanilla flavored soy or rice milk |
| ½ cup        | frozen blueberries                |
| 1 cup        | frozen sliced peaches             |
| ¼ cup        | old fashioned oats                |
| 1 tablespoon | honey                             |
| 1 tablespoon | flax oil                          |

#### **METHOD OF PREPARATION:**

1. In a blender, combine all ingredients. Turn blender onto high speed and process until smooth.

|                          |                  |
|--------------------------|------------------|
| <b>Calories</b>          | <b>140</b>       |
| <b>Calories From Fat</b> | <b>40</b>        |
| <b>Total Fat</b>         | <b>4.5 grams</b> |
| <b>Saturated Fat</b>     | <b>0 grams</b>   |
| <b>Sodium</b>            | <b>50mg</b>      |
| <b>Protein</b>           | <b>7 grams</b>   |

### **WHOLE WHEAT PANCAKES WITH APPLE SYRUP**

#### **INGREDIENTS:**

**YIELD: 8 SERVINGS**

|                 |                         |
|-----------------|-------------------------|
| Dry Mix:        |                         |
| 4 cups          | Whole Wheat flour       |
| 1 cup           | Instant nonfat dry milk |
| 1 ½ Tablespoons | baking powder           |
| ½ Tablespoon    | salt                    |
| 1 teaspoon      | sugar                   |
| 1 ½ cups        | regular oatmeal         |
| 1 each          | large egg, beaten       |
| 1 ¼ cups        | almond milk             |
| 1 ½ cups        | pancake mix             |
| 1 Tablespoon    | oil                     |
| 1 Tablespoon    | honey                   |
| ½ cup           | unbleached sugar        |
| 1 Tablespoon    | cornstarch              |
| ¼ teaspoon      | cinnamon                |
| 1 cup           | unfiltered apple juice  |
| 1 teaspoon      | butter                  |

#### **METHOD OF PREPARATION:**

1. In a large bowl, combine all dry ingredients. Whisk together until well combined. Store leftovers in an airtight container.
2. In a separate bowl, combine all wet ingredients. Add to dry mix. Mix until just combined. Pancake batter should be lumpy, not smooth.
3. On a large flat top griddle or sauté pan sprayed with non stick spray, heat over medium heat for 3 minutes.
4. Add ¼ cup of batter and cook until bubbly and browned on the edges, flip and repeat.
5. Keep warm while you make the remainder of pancakes.
6. To make the syrup, combine the sugar, cornstarch and cinnamon.
7. Slowly whisk in the apple juice and cook over medium high heat, stirring constantly until thickened and smooth, about 5 minutes.
8. Remove from heat and stir in butter.

|                          |                |
|--------------------------|----------------|
| <b>Calories</b>          | <b>170</b>     |
| <b>Calories From Fat</b> | <b>35</b>      |
| <b>Total Fat</b>         | <b>4 gram</b>  |
| <b>Saturated Fat</b>     | <b>1 grams</b> |
| <b>Sodium</b>            | <b>290mg</b>   |
| <b>Protein</b>           | <b>5 grams</b> |