



# Recipes from **SMART's Kitchen Table**



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## Introduction

“Recipes from SMART’s Kitchen Table” is truly a labor of love from the women and staff of SMART. Our original “kitchen table” organically evolved as part of SMART University, starting in 1998, when cooking classes were either held in the East Harlem kitchen of Susan Rodriguez or as hot plate demonstrations in front of the class at different venues throughout the city. The goal remains the same to this day: To address the needs of women living with HIV/AIDS. Nutrition is a vital component in improving the health and wellbeing for everyone, but it is particularly important for people living with chronic illness. The women who founded SMART knew that learning to cook with healthy and nutritious food would improve their quality of life and was a key ingredient in their fight to stay alive.

As SMART grew, we were able to create a unique model incorporating the skills and information learned from our lead dietitian, Rosa Donohue, who led our early SMART University cooking classes and developed it into The Friedman SMART Body Nutrition Program, a hands-on cooking class addressing specific nutritional information through specialized menus. However, being able to afford and find the food we were learning to use was difficult where the women lived in New York City. To start addressing this issue, SMART provides the women with fresh produce and specific food items at the end of each class to make the recipes for their families. Additionally, fieldtrips to farmers’ and specialty food markets enhanced the learning process of purchasing nutritious and healthy food. The response was overwhelmingly positive. The majority of our women are the main providers for their families. We have seen firsthand that women are essential to changing the eating habits of a community.

Since 1998, SMART has worked with hundreds of women, and we saw the ripple effect as they taught others the information learned at SMART. A group of core leaders emerged, and SMART saw an opportunity to share our knowledge with a larger audience. With the financial support of the Robert Wood Johnson Foundation Community Health Leader Award, we chose to create “Recipes from SMART’s Kitchen Table” for everyone to be able to make the nutritious and delicious food we get the pleasure to eat every week.

“Recipes from SMART’s Kitchen Table” are full of nutritious ingredients with a focus on sharing new ways to prepare traditional dishes and introducing new foods that everyone will enjoy. We had criterion when choosing the recipes to include in this cookbook: Does it taste good. Each recipe was meticulously tested and tasted by the women for your enjoyment. All the recipes, in appropriate portions, have health benefits and are appropriate for people with restricted diets for diabetes, high blood pressure, and other health issues. Check out our resource section for great online sites for more information on nutrition, access to fresh produce in New York City, and food safety.

From everyone involved in the creation of this cookbook, we hope you enjoy making these delicious dishes as much as we enjoyed creating them. We want this cookbook to be as interactive as possible. Please send us any comments or questions to [sclare@smartuniversity.org](mailto:sclare@smartuniversity.org).

## Acknowledgements

We would like to express our gratitude and appreciation for the support of the Robert Wood Johnson Foundation Community Health Leader Award. “Recipes from SMART’s Kitchen Table” would not have been possible without you.

SMART would like to acknowledge the dedication and effort from all the amazing women who worked on this cookbook. Without their desire to feed the world healthy and delicious food, this book would not have been possible. They are wonderful testaments to how knowledge can empower people to change themselves and the world!

We cannot forget our knowledgeable dietitians. Thank you for sharing your time, energy and expertise! Also, thank you to everyone who helped us taste test these recipes and hone in on the most delicious recipes to include in this cookbook.

Thank you to The Friedman Foundation whose support for our SMART Body program and belief in our vision in 2004-2005 helped us create what we are today.

Finally, thank you to all of our supporters, and especially our long-time supporters, such as the MAC AIDS Fund and Broadway Cares/Equity Fights AIDS. If it were not for your ongoing support, SMART would not be operating today in order to create this cookbook along with all of our innovative and meaningful work.

To learn more about SMART and our programs please visit our website at: [www.smartuniversity.org](http://www.smartuniversity.org)

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# Soups



# Minestrone Soup

## Ingredients

1 tablespoon olive oil	1 chicken sausage or turkey sausage
1/2 cup onions	1/2 cup celery
1 cup carrots	1/2 cup cabbage
1/2 cup zucchini	1/2 cup spinach
1/2 cup mushrooms	3 cloves of garlic
1 (12 or 15 ounce) can crushed tomatoes	2 small cans chicken broth
1 small can white beans or any beans	2 teaspoons oregano
1 small can chickpeas	2 cups water

Salt, pepper, hot pepper flakes and Italian seasoning to taste

Grated Parmesan cheese (optional)

## Directions

1. Cut sausage into small chunks. Brown sausage in pan with olive oil. Drain and transfer sausage to a large stockpot.
2. Chop onions, carrots, zucchini, mushrooms and celery into small pieces and mince garlic.
3. Add remaining ingredients except salt, pepper, and other seasonings. Simmer on low heat for approximately 1 hour. Just before serving, add seasonings (salt, pepper, hot pepper flakes and Italian season) and, if desired, sprinkle Parmesan cheese.

## Tip

- You will need a big pot; this will make 10-12 cups of soup.

## Substitution

- Use 1/2 chicken breast diced instead of chicken sausage or turkey sausage

# Winter Squash Soup

## Ingredients

- 1 small box frozen cooked butternut squash (defrosted)
- 1 finely chopped onion
- 3 cloves garlic
- 3 cups soy milk
- 2 tablespoons ginger
- 1/8 tablespoon salt and a pinch of grated nutmeg
- 1 tablespoon olive oil

## Directions

1. Sauté onion and garlic in olive oil in a stockpot over medium heat for 2 minutes. Add grated ginger and stir well for 1 minute.
2. Add defrosted squash to pot and stir for 2-3 minutes. Gradually add milk, stirring until smooth. Add more or less milk (or broth) depending on how thick you want the soup to be.
3. Add salt and nutmeg.
4. Reduce heat to low and simmer for 5 minutes, stirring occasionally to prevent sticking at the bottom of pot.

## Tip

- This recipe makes a small amount of soup; make more in separate batches if needed.

## Substitution

- Instead of soy milk you can use low-fat milk, or half chicken or vegetable broth and half milk.

# Creamy Spinach Soup

## Ingredients

1/2 pound fresh spinach or one small box of frozen chopped spinach (defrosted)

1 small onion

3 cloves garlic

Pinch of nutmeg powder and 1/4 tablespoon salt

3 cups soy milk

1/2 cup tofu mashed or 1 small cooked potato

3 tablespoons grated cheddar cheese

1 tablespoon olive oil

## Directions

1. Finely chop onion and sauté onion and garlic in stockpot with the olive oil over medium heat for 3 minutes, add spinach, salt and nutmeg. Stir for 3 minutes.
2. Turn off heat. Add milk and tofu or potato, stir until well mixed.
3. Pour into blender, 1 to 2 cups at a time, and process each batch for 2 minutes. Return to stove and simmer soup for 5 minutes until well heated. Stir to prevent sticking. Add more milk or broth if too thick. Sprinkle with grated cheese, stir and serve.

## Substitution

- Instead of soy milk you can use low-fat milk, or half chicken or vegetable broth and half milk.
- You can use goat or sheep cheese if you are intolerant to cow's dairy products.

# Brown Lentil Stew

## Ingredients

1 cup dried brown lentils	3 cups water
1 (8 ounce) can diced tomatoes	1 medium sized red onion
1 teaspoon ginger	1 teaspoon garlic
1/4 cup fresh cilantro leaves	3/4 teaspoon turmeric powder
3/4 teaspoon chili powder	3/4 teaspoon cumin seeds
1 teaspoon coriander powder	1 teaspoon garam masala
1 tablespoon olive oil	Salt to taste

## Directions

1. Combine 3 cups of water, lentils, salt, and turmeric powder in a heavy medium sauce pan. Bring to a boil. Reduce heat, cover and simmer until lentils are tender.
2. Chop the ginger and garlic. Heat oil in a separate non-stick pan over medium heat. Add cumin seeds, ginger, garlic and onions to the pan. Sauté until tender and light golden brown in color.
3. Add tomatoes, red chili powder, coriander powder, and garam masala to the sautéed onions. Let it cook for another few minutes.
4. Mix sautéed onion-tomato mixture into the cooked lentils. Add chopped cilantro and let the soup simmer on low heat for 10-15 minutes to allow the flavors to blend together.

## Tip

- Garam masala is a blend of ground spices that is available at most spice shops or markets.

# Salads, Dressings, & Sauces



# Orzo, Tomato & Baby Spinach Salad

## with Marjoram Vinaigrette

### Ingredients

1/2 pound orzo	2 tablespoons fresh lemon juice
3 teaspoons marjoram	2 teaspoons Dijon mustard
1/2 teaspoon lemon zest	1/4 cup olive oil
1/4 cup ricotta salata cheese	2 green onions
1/2 cup pitted, quartered Kalamata olives	2 cups baby spinach leaves
12 ounces cherry tomatoes	Salt & pepper to taste

### Directions

1. Cook orzo in a pot of boiling water until tender but still firm, stirring occasionally. Drain. Rinse under cold water until cool and then drain again. Transfer orzo to a large bowl.
2. Finely chop fresh marjoram and whisk lemon juice, marjoram, mustard, and lemon zest in small bowl. Add in the olive oil. Set aside 2 tablespoons of vinaigrette in a separate bowl.
3. Add remaining vinaigrette, diced cubes of cheese, thinly sliced onions, and olives to orzo; toss to coat. Season to taste with salt and pepper. Cover and let stand ½ hour to allow flavors to develop.
4. Toss tomatoes and baby spinach leaves with reserved 2 tablespoons of vinaigrette and season with salt and pepper. Mix tomatoes and spinach leaves into orzo and serve.

# Mesclun Salad with Lemon Vinaigrette

## Ingredients

16 asparagus spears  
1 pack of Mesclun green salad  
1/4 cup olive oil  
3/4 teaspoon minced garlic  
3/4 teaspoon thyme  
3/4 teaspoon kosher salt  
2 teaspoons fresh lemon juice  
1/4 teaspoon black pepper

## Directions

1. Blanche asparagus: Steam asparagus until tender and shock them by dunking them in ice water. Remove them from the water and set aside.
2. Mince the garlic and combine it with the olive oil, thyme, lemon juice, and kosher salt in a small bowl to make dressing. Whisk the ingredients together.
3. Place rinsed Mesclun greens in a large bowl.
4. Toss greens with salad dressing, place salad in asparagus log squares and serve.

# Ginger-Miso Dressing

## Ingredients

2 teaspoons miso

1/4 cup rice wine vinegar

2 tablespoon ginger

1 clove garlic

1/4 cup canola oil

1/4 cup water

## Directions

1. Mince ginger and garlic.
2. Whisk miso, vinegar, ginger, garlic, oil and water together in a small bowl.

## Tip

- The Ginger-Miso Dressing can be used as a sauce for fish or chicken as well as for salads.

# Orange Honey Mustard Dressing

## Ingredients

- 4 tablespoons orange juice
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon honey
- 3 teaspoons Dijon mustard
- 1/8 teaspoon of ground pepper

## Directions

1. Whisk orange juice, lime juice, oil, honey, mustard and pepper together in a small bowl.

## Tip

- Serve dressing over a green salad or over steamed vegetables.

# Midwest Chicken Salad

## Ingredients

12 ounce boneless chicken breast	3/8 cup olive oil
3 tablespoons white vinegar	3 tablespoons lime juice
1 ¼ teaspoons chili powder	1 head romaine lettuce
1 ½ tablespoons Dijon mustard	3/8 teaspoon ground pepper
1 15 ounce can of black beans	1 (8 ounce) can of whole kernel corn
1/2 red bell pepper	1/2 avocado

\*\*fresh salsa (see recipe below)

## Directions

1. Wash chicken breasts and pat dry. Then cut into 1/2 inch to 3/4 inch strips.
2. Peel avocado and cut into small pieces.
3. Prepare marinade for the chicken by combining the olive oil, vinegar, lime juice, chili powder, mustard, avocado, and ground pepper in a small bowl.
4. Put chicken into a medium bowl, and pour 2/3 of the marinade over the chicken. Set aside the marinated chicken for 10 – 15 minutes.
5. Cook chicken in a non-stick pan over medium heat for about 5 minutes on one side, then 10 – 15 on the other side, depending on thickness.
6. Chop red bell pepper into thin strips, rinsed and drain the can of black beans and drain the can of corn.
7. Mix the chicken together with corn, red bell peppers, and remaining 1/3 marinade.
8. Line platter with romaine lettuce, arrange salad with chicken mixture, beans and avocado.
9. Pour \*\*fresh salsa (See following recipe) over the salad immediately before serving.

## **\*\*Fresh Salsa**

### **Ingredients**

- 2 cups tomatoes
- 3 scallion stalks
- 1 cup yellow, orange, and red bell peppers
- 2 tablespoons fresh cilantro
- 2 tablespoons lemon juice
- 1 medium jalapeño pepper

### **Directions**

1. Dice tomatoes and bell peppers.
2. Mince scallions and cilantro.
3. Remove the seeds from the jalapeño and chop into small pieces.
4. Mix all ingredients in a medium bowl.
5. Cover and chill.

### **Optional**

- Put half of mixture in blender. When blended together, add mixture to the remaining half and stir together.

# Karen's Herbal Savory Dressing

## Ingredients

- 1 ½ tablespoons fresh rosemary
- 1 tablespoon garlic
- 2 tablespoons fresh cilantro
- 1 tablespoon fresh thyme
- 1 small or medium jalapeño pepper
- 1 cup olive oil
- 2 cups red wine vinegar
- 1/2 cup balsamic vinegar
- 1/2 teaspoon salt

## Directions

1. Mince the rosemary, garlic, cilantro, thyme and jalapeño.
2. Mix all of the remaining ingredients in a small bowl.
3. Add the rosemary, garlic, cilantro, thyme and jalapeño into the bowl with the mixed ingredients.
4. Stir together well.

## Tip

- If you do not have access to fresh rosemary or thyme then you can use the dried versions.

# Crunchy Tuna Salad

## Ingredients

2 (6 ounce) cans of tuna; well drained	Whole wheat bread or pita bread
2 tablespoons celery	1 tablespoon carrot
2 tablespoons red onion	1 tablespoon fresh cilantro or parsley
1 tablespoon olive oil	1/4 cup tomatoes
Cayenne pepper to taste	juice of one lime

## Directions

1. Chop celery into small pieces, grate carrots, dice tomatoes and mince the red onion and cilantro.
2. Combine all ingredients in a medium size bowl and stir together.
3. Spread the tuna salad on thin slices of whole wheat bread or toasted pita bread.

## Substitution

- You can replace the tuna with cooked or canned chicken.

# Spinach Salad

## Ingredients

- 1/2 pound turkey or vegetarian bacon
- 2 bags baby spinach
- 1/2 cup balsamic vinegar
- 2/3 cup olive oil
- 1 tablespoon brown sugar
- 3 tablespoons of honey
- 1 cup pecans or walnuts
- 4 nectarines (see substitution if you cannot find nectarines)

## Directions

1. Cook bacon until crisp and break the bacon into crumbles.
2. Rinse and dry the spinach. Chop spinach into medium size pieces. Put in a large bowl and add the crumbled bacon.
3. Dressing: Mix the balsamic vinegar, olive oil, brown sugar and honey together in a small bowl.
4. Add nuts to the salad and pour the balsamic dressing over top. Toss the salad to coat evenly.
5. Peel the nectarine and halve the sections. Place them on top of the salad.

## Substitution

- If nectarines are not in season you can replace them with mandarin oranges.

# Alicia's Citrus Dressing

## Ingredients

- 1 cup olive oil
- 1/2 cup freshly squeezed orange juice
- 1/4 cup honey or pineapple preserves
- 2 teaspoons of mustard

## Directions

1. Squeeze oranges while removing any seeds and pulp until you have 1/2 cup of fresh juice.
2. Whisk the orange juice, oil, preserves and mustard in a small bowl. Make sure that the dressing is mixed well.

## Tip

- This dressing can be used with a Spinach Salad (page 19) or another salad of your choice.

# Pear Vinaigrette

## Ingredients

- 1 pear
- 3 tablespoons pear vinegar
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1 pinch salt

## Directions

1. Peel and grate the pear.
2. Place grated pear in a small pot and add the pear vinegar, olive oil, honey and salt. Cook over medium heat for 10 – 15 minutes.
3. Strain the vinaigrette.
4. Set dressing to the side until it is cooled before adding to a salad.

## Tip

- The pear vinaigrette is excellent as a replacement for the balsamic vinaigrette in the Spinach Salad Recipe on page 19.

# Fresh Garden Salad

## Ingredients

- 1 head romaine lettuce
- 1/2 head escarole
- 2 cups orange slices
- 3 cups pineapple slices (canned or fresh)
- 2 cups seedless grapes
- 1 cup carrots

## Directions

1. Wash all ingredients with water and dry.
2. Cut up romaine and escarole.
3. Cut oranges, pineapples and grapes into half-circle shapes.
4. Shred carrots finely.
5. Combine all ingredients together in a large bowl.

## Tip

- Dress this salad with any of the vinaigrettes in this section.

# Fruit & Quinoa with Lime Cumin Vinaigrette

## Fruit & Quinoa Ingredients

1 cup of raw quinoa	2 cups water
2 tablespoons fresh cilantro or chives	1 yellow bell pepper
5 tablespoons golden currants or raisins	1/4 cup of toasted pine nuts or pecans
Salt to taste	

## Lime Cumin Vinaigrette Ingredients

1 garlic clove	Zest of 2 limes
3 tablespoons chopped scallions or shallots	1/2 jalapeño
1/2 teaspoon cumin	1/2 teaspoon coriander
1/4 teaspoon dry mustard	1/3 cup olive oil
Salt to taste	

## Directions

1. To prepare the Lime Cumin Vinaigrette: Mince the seeded jalapeño and chop the garlic and scallions or shallots. Whisk the chopped garlic, lime, scallions, jalapeño, cumin, coriander, mustard, oil and salt together in a small bowl and set to the side.
2. Then cook the quinoa. While bringing 2 cups of water to boil in a medium size pot. Rinse the quinoa in cold running water and then add the quinoa to the boiling water, lower heat, cover pot and simmer until liquid is absorbed for approximately 12-15 minutes. Let stand for 5 minutes once cooked. Fluff with fork.
3. While quinoa is cooking, dice the yellow bell pepper and chop the chives or cilantro.
4. After quinoa is cooled, add the golden currants or raisins and season with salt to taste.
5. Just before serving toss quinoa and fruit with the prepared vinaigrette. Finish with toasted nuts, pepper and cilantro.

# Cucumber Salad

## Ingredients

- 1 teaspoon lime juice
- 1 ½ teaspoons soy sauce
- 1 ½ seeded cucumber
- 1 red onion thinly sliced
- 3 tablespoons of fresh mint
- 1/2 jalapeño
- 1 tablespoon honey

## Directions

1. Seed and thinly slice cucumbers and jalapeño; mince red onion and fresh mint.
2. Whisk together the lime juice, soy sauce, jalapeños and honey in a small bowl to make the dressing.
3. Place cucumber, onion and mint in a serving bowl and toss with dressing.
4. Chill before serving.

# Pea and Noodle Salad with Spicy Almond Butter

## Ingredients

1/3 cup smooth almond butter	1 ½ tablespoon soy sauce
2 teaspoons fresh lemon juice	1 garlic clove
1/2 teaspoon dried red pepper (optional)	1/4 teaspoon sugar
1/3 cup water	1/4 cup sliced almonds
1/2 pound spaghetti	1 ½ tablespoons fresh ginger
2 cups fresh peas or 1 package of 10 ounces frozen peas (thawed)	
1/3 cup scallions	

## Directions

1. Peel and mince the garlic and ginger and finely chop the scallions.
2. In a blender add the almond butter, soy sauce, garlic, lemon juice, red pepper (optional), ginger, sugar and water. Blend until mixture is smooth.
3. With a spatula remove the almond butter sauce into a small bowl and set aside.
4. Boil water in a large pot and add pasta. Cook until pasta is tender and drain in colander.
5. Run pasta under cold water and drain in colander again.
6. Transfer pasta to a large bowl and add the peas, scallions and almond butter sauce.
7. Toss the salad well to ensure that the pasta is evenly coated with the sauce and season with the almonds.

## Substitution

- You can replace the almond butter with peanut butter.

# Easy Homemade Tomato Sauce

## Ingredients

- 1 large can (24 ounce) crushed tomatoes in tomato puree or sauce
- 1 large can (24 ounce) whole plum tomatoes
- 6-8 cloves garlic
- 2 yellow onions
- 1 carrot
- 1 red or green pepper
- 1/4 teaspoon red pepper flakes
- 1 teaspoon oregano
- 3 tablespoons fresh basil or 1 ½ tablespoons dry basil
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar, 2 bay leaves (optional)

## Directions

1. Finely chop onions. Sauté onions with oil on medium heat in a heavy-duty pot until the onions are translucent.
2. Mince the garlic and chop the pepper and basil.
3. Add half the garlic, peppers, oregano, and basil. Continue cooking for one minute, stirring constantly.
4. Peel and cut carrot into 1/2 inch pieces (or coarsely grate the carrot).
5. Add the tomatoes and carrots to the pot, stir and cook 30-40 minutes on low heat, partially covered in order to let the steam out.
6. Add remaining garlic, peppers, oregano, basil, salt & pepper, bay leaves and balsamic vinegar if using.
7. Simmer for 15 minutes on low heat and season with salt and pepper to taste.

# Ginger Marinade for Baked Fish/Chicken

## Ingredients

2 tablespoons lime juice

1 tablespoon ketchup

1 teaspoon mustard

1 tablespoon honey

1 teaspoon ginger

Salt and pepper to taste

## Directions

1. Mix lime juice, ketchup, mustard, honey, ginger, salt and pepper together in a small bowl.
2. Place marinade over fish or chicken and let sit for at least 15 minutes.
3. Bake in 300° degrees for 12-15 minutes or sauté on top of stove for 5-10 minutes.

# Caribbean Chicken with Pineapple Salad

## Ingredients

1 (8 ounce) can pineapple chunks	1/2 cup lemon juice
1 cup olive oil	1 clove garlic
1 tablespoon honey	1/4 cup diced red onion
2 teaspoons chopped cilantro	3 pounds boneless chicken breast
2 teaspoons lime juice	2 tablespoons Dijon mustard
1/4 teaspoon crushed red pepper flakes	1/4 cup red pepper
3 cups romaine lettuce	1 small jalapeño pepper
Salt and pepper to taste	

## Directions

1. Preheat oven to 350 degrees (F)
2. Whisk together 1/2 cup lemon juice, 2 teaspoon Dijon mustard, 1 cup olive oil, salt and pepper to make marinade.
3. Place chicken in a large Ziploc bag. Save 1 tablespoon of marinade for the salad. Pour rest of marinade over chicken. Cover and refrigerate for 30 minutes.
4. Start making salad: Drain pineapple juice into 1 cup measure. Add vegetable oil, lime juice, minced garlic, red pepper flakes and honey. Mix well and set aside.
5. Remove chicken from marinade and DISCARD THIS MARINADE. Bake chicken in oven for 45 minutes.
6. Finish making salad: Place pineapple in medium sized bowl. Add lettuce, diced red pepper, red onion, jalapeño, cilantro and the 1 tablespoon of reserved marinade. Toss well and season with salt and pepper.
7. When chicken is ready, slice and serve with salad.

# Entrees



# Orange Chicken Pita with Vegetables and Tahini Dressing

## Orange Chicken Ingredients

- 1 tablespoon Italian seasoning
- 2 skinless, boneless chicken breasts
- 2 tomatoes
- 1/2 cup carrots
- 1/4 cup radishes
- 1/2 cup red or yellow bell peppers
- 1/2 cup grated low-fat cheddar cheese
- 1 (16 ounce) can garbanzo beans
- 6 whole wheat pita breads
- 1/2 cup cabbage
- 1 tablespoon pitted Kalamata olives
- 1/2 medium sized cucumber
- 1/2 cup scallions

## Marinade Ingredients

- 1 cup freshly squeezed orange juice
- 1 tablespoon paprika
- 1 teaspoon turmeric
- 1 ½ teaspoons ground cumin

## Tahini Dressing Ingredients

- 1/4 cup tahini
- 1/2 cup low-fat plain yogurt
- 1/2 cup freshly squeezed orange juice
- 1 tablespoon soy sauce
- 1 shallot
- 2 cloves garlic
- 1 tablespoon fresh parsley
- 1 teaspoon fresh chives

## Directions

1. Start with the chicken marinade: Combine the orange juice, paprika, turmeric, and ground cumin together in a small bowl.
2. Place the chicken breasts on a baking pan and pour the marinade over them. Cover and marinate while preparing the rest of the dish.
3. Make the Tahini Dressing next: Chop the shallot, garlic, parsley and chives. Mix the tahini, yogurt, orange juice, soy sauce, shallot, garlic, parsley and chives in a separate bowl and whisk together for at least 1 minute.
4. Create the vegetable filling next: Cut the tomatoes into wedges, shred the cabbage, grate the carrots, and slice the olives and bell peppers.
5. Thinly slice the cucumbers and scallions.
6. Mix the tomatoes, cabbage, carrots, olives, radishes, cucumber, scallions and cheddar cheese with the garbanzo beans and Italian Seasoning.
7. Broil the marinated chicken breasts on the top shelf of the oven for 8-10 minutes on each side, basting with the remaining marinade.
8. When completely cooled, cut chicken into thin slices.
9. Stuff each of the 6 pitas with an equal amount of chicken and vegetable filling and garnish with a spoonful of the Tahini dressing.

# Sesame Chicken Stir-Fry

## Ingredients

1 piece skinless, boneless chicken breast (about 8 ounces)	
2 tablespoons sesame seeds	1 tablespoon flour
1/8 teaspoon salt	2 teaspoons sesame oil
1 tablespoon peanut oil or canola oil	2 garlic cloves
2 teaspoons ginger	1 red onion
1/2 cup fat-free chicken broth	2 tablespoons soy sauce
1 tablespoon cornstarch	6 ounces Shiitake mushrooms
1 bunch asparagus	1/2 cup red bell pepper

## Directions

1. Combine sesame seeds and flour in a shallow dish. Cut the chicken into strips and season chicken pieces with salt.
2. Dredge the chicken strips in the sesame and flour mixture.
3. Mince the garlic and ginger and thinly slice the red bell peppers.
4. Heat 1 teaspoon of sesame oil in a pan over medium-high heat, and add half of the minced garlic and half of the minced ginger.
5. Add the chicken strips and sauté for about 4-6 minutes, turning once, until it browns. Place chicken on a platter.
6. Prepare mushrooms by removing the stems and thinly slicing and cut asparagus spears into 3 inch pieces.
7. Add 1 teaspoon peanut oil to the pan and return to the stovetop. Sauté the mushrooms, in small batches.
8. Add remaining teaspoon of peanut oil, and sauté the remaining minced garlic, ginger, onions, red bell peppers, and asparagus. Sauté for 3 to 4 minutes. Remove vegetables and put over chicken.

9. In a bowl combine broth, cornstarch, and soy sauce. Pour into a pan over medium heat and stir constantly until mixture thickens. Place over chicken and vegetables.

### **Tip**

- Serve with cooked rice or noodles.

### **Substitution**

- As an alternative use beef, pork, turkey, vegetables, or tofu.
- You can replace sesame oil with canola oil.
- Instead of asparagus you can use broccoli or zucchini.

# Pasta with Basil Pesto

## Ingredients

3 cups basil	2 cups parsley
3 medium tomatoes	black pepper to taste
Salt to taste	3/4 cup of olive oil
1 tablespoon olive oil	1/2 cup of parmesan cheese
5 garlic cloves	1 pound (1 box) pasta

## Pesto Directions

1. Clean basil and parsley by soaking and rinsing in cool water.
2. Chop the basil and parsley; dice the tomatoes; and mince the garlic.
3. Mix together the basil, parsley, garlic, salt, pepper and 1/2 cup of olive oil in a blender, or food processor until coarsely blended.
4. Gradually add 1/4 cup of olive oil to blender until it results in a smooth paste texture. Add 1 teaspoon of olive oil or more, if too thick.
5. Once blended, add remaining 1 tablespoon of olive oil in a sauce pan and add the blended pesto.
6. Allow the pesto to simmer for about 5-6 minutes and then add the tomatoes.
7. Remove the pesto from the heat and let cool while pasta is cooking.

## Pasta Directions

1. Boil water in large pot.
2. Add 1 pound (a box) spaghetti or any pasta.
3. Add a pinch of salt to water for seasoning.
4. Follow cooking instructions from pasta box.
5. Once plated, top pasta with tomato pesto sauce, or mix together before serving.
6. Top off pasta with parmesan cheese.

# Angel Hair Pasta with Fresh Lemon and Parsley

## Ingredients

1 box angel hair pasta	4 tablespoons extra-virgin olive oil
5 tablespoons fresh lemon juice	4 tablespoons Italian parsley
1 lemon and lemon zest	1 tablespoon kosher salt
1 cup parmesan cheese (plus extra for garnish)	Black pepper to taste
1 pinch red pepper flakes for each serving over pasta (optional)	

## Directions

1. Fill a pasta pot with water and add kosher salt and 1 tablespoon of olive oil. When water comes to a boil, add the angel hair pasta to cook according to instructions on package.
2. Take pasta out of the water with tongs while it is firm and place in a separate bowl (remember, the pasta continues to cook after you take it out of the water and you do not want to end up with soggy pasta). Do not throw out the pasta water.
3. In the bowl with the angel hair pasta, add olive oil, lemon, and parsley. Mix gently with tongs. Add 1 cup of the pasta water and mix again.
4. Divide the angel hair pasta between the bowls and season with a generous amount of parmesan cheese over the top of each, about 2 or 3 tablespoons. Crack some fresh pepper and season a small amount of kosher salt and red pepper flakes on top as well.
5. Finish with the lemon zest and serve.

## Tip

- You could also use fresh basil in addition to parsley.
- A little sautéed garlic can also be added.

# Red Bean Curry

## Ingredients

2 cups dry red kidney beans (16 ounce pack), soaked overnight

7 cups of water	3 teaspoons salt
1 large red onion	2 tablespoons ginger
4-5 cloves of garlic	1 (14.5 ounce) can of diced tomatoes
1/2 teaspoon cumin seeds	1/2 teaspoon chili powder
1/2 teaspoon turmeric powder	1 teaspoon garam masala powder
1/4 cup fresh cilantro	2 tablespoon olive oil

1 tablespoon coriander powder or cumin powder

## Directions

1. Pressure cook red kidney beans with 7 cups of water and salt till totally cooked and soft.
2. Chop the onion, ginger, garlic and cilantro.
3. Heat the olive oil in a large and deep pan at medium heat. Add cumin seeds, onion, ginger and garlic. Sauté until the mixture turns light brown in color.
4. Add diced tomatoes, turmeric, coriander powder/cumin powder, chili powder, and garam masala and cook an additional 5-7 minutes.
5. Add the red kidney beans along with the water and stir.
6. Once the beans are mix, add the fresh cilantro.
7. Lower the heat and simmer for 20 minutes.

## Tip

- Serve hot with cumin-scented basmati rice.

# Chicken Milanese with Sweet Red Pepper Sauce

## Chicken Milanese Ingredients

4 pieces boneless, skinless chicken breasts      Sea salt, preferably gray salt  
1 cup \*\*Sweet Red Pepper Sauce (recipe below)      Freshly ground black pepper

## Chicken Coating Ingredients

1 cup dried breadcrumbs      1/4 cup freshly grated Parmesan cheese  
2 tablespoon fresh Italian parsley      1 teaspoon salt  
1 teaspoon black pepper      1 tablespoon olive oil  
1/4 cup unbleached all-purpose flour      1 egg

## Directions

1. Preheat the oven to 350 degrees (F).
2. With a meat mallet, pound the chicken cutlets between sheets of plastic wrap to a thickness of 1/8-inch. Season the cutlets with salt and pepper
3. Mince the Italian parsley.
4. Next make the coating: combine the breadcrumbs, parmesan cheese, Italian parsley, salt and pepper in a small bowl. Stir in the olive oil with a spoon, and then spread the mixture on a dinner plate. Spread the flour on another dinner plate.
5. Lightly beat the egg into a shallow bowl. Dip the cutlets in the flour, coating both sides and shaking off the excess. Then dip in the egg, letting any excess drip back into the bowl.
6. Finally, coat the cutlets on both sides with the seasoned breadcrumbs, pressing them into place. As each cutlet is coated, place it on a tray. Cover the cutlets and refrigerate until you are ready to sauté them.
7. Heat a large skillet over high heat until very hot. Add olive oil when the pan is hot; add as many cutlets as the skillet will hold comfortably, do not crowd the pan. Cook each side until golden brown.

8. Remove cutlets when they are golden brown, allowing any excess oil to drain back into the skillet. Place on a platter. Repeat with any remaining cutlets.
9. When ready to serve, place the platter in oven to finish cooking, for approximately 2-3 minutes.
10. Divide the cutlets among 4 plates, placing them in the center. Spoon a little **\*\*Sweet Red Pepper Sauce** (recipe below) on each side of the cutlets.

## **\*\*Sweet Red Pepper Sauce**

### **Ingredients**

- |   |                             |
|---|-----------------------------|
| 12 large red bell peppers                   | 2 tablespoons olive oil     |
| 4 Serrano chilies                           | 2 cloves garlic             |
| 1 tablespoon red wine vinegar               | freshly ground black pepper |
| 1 tablespoon fresh oregano                  |                             |
| 1 cup tomato puree or 3 tomatoes, fresh     |                             |
| 1 ½ teaspoon sea salt, preferably gray salt |                             |

### **Directions**

1. Preheat the oven to 450 degrees (F).
2. Line a baking sheet with aluminum foil. Place the bell peppers on the foil and brush them lightly with olive oil. Bake, turning every 10 to 15 minutes, until peppers are blistered all over, approximately 30 minutes total.
3. Transfer the peppers to a platter or large bowl and wrap with plastic wrap tightly, so they steam as they cool. Peel and seed the peppers when cooled.
4. While peppers are steaming, heat the 2 tablespoons olive oil in a small skillet over high heat. Remove stems and seeds from the chilies and chop finely.
5. Place chopped chilies in the olive oil. Lower heat to medium, and cook until the chilies are softened, lightly browned, and blistered, about 8 to 10 minutes.
6. Remove the skillet from the heat and let the chilies cool in the oil for several minutes.

7. Add more oil to the skillet, if needed, to make 2 tablespoons. Reheat the oil over medium heat and add the thinly sliced garlic. Cook until lightly browned, about 30 seconds, then add the oregano and sauté briefly, this releases its fragrance. Add the tomato puree (or chop tomatoes and blend in a blender to make tomato puree), and salt, bring to a simmer, and simmer for about 5 minutes to thicken slightly.
8. Combine the red peppers, chilies, and tomato sauce in a blender and puree until smooth. Add the vinegar and the black pepper to taste and puree again. Taste and adjust the seasoning.

### **Tip**

- If you prefer, you can leave sauce chunky.
- You can refrigerate the sauce for up to 5 days.

# Orange-Ginger Stir-Fry

## Ingredients

1/4 cup light soy sauce	2 tablespoons rice or cider vinegar
1 tablespoon cornstarch	1 tablespoon canola oil
2 cups small broccoli florets	1/2 cup carrot
3 cups mushrooms	1 tablespoon fresh ginger
2 cups hot cooked brown rice	3 tablespoon slivered almonds or pecans
1 clove garlic	2 green onions
1 red bell pepper	
3/4-pound boneless skinless chicken breasts	
1/2 cup sugar-free orange marmalade or pineapple preserves	

## Directions

1. Combine marmalade or preserve, soy sauce, vinegar and cornstarch in a bowl; stir to dissolve cornstarch and set aside.
2. Cut green onions diagonally into 1 inch pieces, seed and cut bell pepper into 1 inch squares, and thinly slice carrots and mushrooms. Mince the garlic and the ginger for later. Cut chicken into 1/2 inch strips.
3. Heat oil in large skillet over medium-high heat. Do not let it smoke. Add the green onions, bell pepper, broccoli and carrots. Sauté for 6 minutes until crisp and tender. Add mushrooms and sauté 2 more minutes. Remove food from pan and keep warm.
4. Add ginger, garlic and chicken to the hot skillet; stir-fry 4 minutes, until the chicken is no longer pink in the center. You may need to add a little oil to the pan before adding the chicken if it looks too dry.
5. Return vegetables to the pan, stir in marmalade mixture and bring to a boil. Cook 1 minute, until it thickens, stirring constantly. Serve over rice and top with toasted almonds or other nuts.

# Herb Chicken and Butternut Squash Stew

## Ingredients

2 teaspoons olive oil	1 pound bone in, skinless chicken parts
5 pearl onions	1 large carrot
4 garlic cloves	2 bay leaves
1/2 teaspoon rosemary	1/2 teaspoon thyme
2 tablespoons balsamic vinegar	1 ½ cups chicken broth
1 cup frozen green peas	Salt and freshly ground pepper to taste
1 medium to large butternut squash or individual small pumpkins	
2 cups butternut squash	

## Directions

1. Warm olive oil in large non-stick pot for 2-3 minutes and add chicken parts and sauté until they brown on all sides.
2. Peel and halve the pearl onions and dice the butternut squash, carrot and garlic cloves.
3. Add pearl onions, squash, carrots, garlic to pot and sauté until onions are lightly browned.
4. Stir in balsamic vinegar and 1 cup broth, bring to a boil and then simmer over medium-low heat until liquid is reduced by about one third.
5. Stir in thyme, rosemary and bay leaves along with remaining broth. Bring back to simmer.
6. Reduce heat to low, cover and let cook for 20 minutes. Season to taste with salt and pepper.
7. Make a few cuts into the butternut squash or pumpkin before cooking to let steam out. Remove & cut 1 to 1 1/2 inch off. Then scoop out seeds.
8. Spoon stew into squash or pumpkin bowl and place in 350 degrees (F) oven until squash is tender and stew is bubbly, approximately 15 to 30 minutes.

**Tip**

- To save time; you can cook squashes in the microwave for 10 to 12 minutes depending on size
- Serve with steamed brown rice.

# Caribbean Rice

## Ingredients

2-3 teaspoons vegetable oil  
1 small onion  
1/2 cup red bell pepper  
1/2 cup green bell pepper  
2 garlic cloves  
1 can (15-16 ounces) black eyed peas  
1 cup brown rice  
1 tablespoon fresh oregano  
Salt and pepper to taste  
2 cups water, fat free stock or low-sodium chicken stock

## Directions

1. Chop onion, red bell pepper, green bell pepper, and thyme, and mince the garlic cloves.
2. Heat oil in a large pot and sauté onion, green and red bell peppers, and garlic until softened.
3. Add rice, oregano, and the can of drained black-eyed peas to sautéed vegetables. Season with salt and pepper.
4. Bring water to a boil in a separate pot and add boiling water or stock to the rice, vegetables and peas. Reduce heat to low, cover and simmer until all liquid is absorbed and rice is dry, for approximately 35 to 40 minutes.

## Tip

- Use dried herbs if fresh not available.

# Vegetarian Chili

## Ingredients

1 cup tomato sauce	1/2 cup bulgur wheat
1 cup water or vegetable broth	1 onion
2-3 garlic cloves	1 tablespoon olive oil
1 cup celery	1 cup carrots
1 cup green bell pepper	2 cups tomatoes
1 teaspoon cumin	1 teaspoon oregano
1-2 tablespoons chili powder	cayenne pepper to taste
5 cups cooked beans (2 cans red beans, 3 cans pink beans)	

## Directions

1. Combine bulgur wheat with tomato sauce and water or broth. Let stand 5-20 minutes.
2. Chop onion, garlic, celery, carrots, green bell pepper and tomatoes.
3. In a large saucepan sauté onions and garlic in olive oil on medium heat until soft. Add the celery, carrots, peppers, tomatoes, cumin, oregano, chili powder and cayenne pepper, including the bulgur wheat, and cover saucepan.
4. Reduce heat to low and allow mixture to simmer until vegetables are tender and thickened, approximately 30 to 60 minutes. Add water as needed.

## Tip

- Serve with cornbread or whole wheat rolls.

# Asparagus and Carrot Stir Fry

## Ingredients

1 pound asparagus

1 pound carrots

1 tablespoon garlic

Salt and pepper to taste

## Directions

1. Blanche asparagus: place asparagus in pot of boiling water. Once the asparagus is tender remove from water and put immediately into ice water. Remove from water and set to the side.
2. Mince the garlic and finely slice the carrots.
3. Heat oil in a medium pan with garlic.
4. Add asparagus and carrots sauté for 10 minutes.
5. Add salt and pepper to taste.

# Roasted Root Vegetables

## Ingredients

1/2 pound butternut squash

1 pound potatoes

1/2 pound turnips

1 pound beets

2 cups red onion

2 tablespoons olive oil

## Directions

1. Preheat oven to 350 degrees (F).
2. Wash and scrub vegetables and cut them into bite size chunks.
3. Coat vegetables with olive oil and onion.
4. Roast until tender.

## Tip

- Add crushed herbs like rosemary, thyme, oregano, garlic, and red pepper flakes for flavor.

# Baked Salmon with Mango Salsa

## Salsa Ingredients

1/4 cup red peppers	1/8 cup green pepper
1/4 cup red onions	1/2 cup tomatoes
2 fresh mangoes	2 tablespoons fresh lime juice
1/8 cup raspberry vinaigrette	1 tablespoon cilantro

## Baked Salmon Ingredients

1/2 teaspoon mustard	1 teaspoon ginger
1 teaspoon red onion	1 teaspoon honey
2 tablespoons olive oil	2 tablespoons fresh lime juice
3 pounds raw salmon fillet	Salt and ground black pepper to taste
1 tablespoon ketchup or tomato paste	

## Directions

1. Pre-heat oven to 300 degrees (F) and dice the mangoes.
2. Mango Salsa: Combine red and green peppers, tomatoes, onions, mangoes, 2 tablespoons lime juice, raspberry vinaigrette, and cilantro for salsa. Toss to evenly coat.
3. Combine oil and 2 tablespoons lime juice for marinade. Mix until well blended.
4. Pour marinade evenly over salmon. Then, season with salt and pepper.
5. Bake for 12-15 minutes.
6. Garnish with fresh lime wedges and a sprig of cilantro. Serve with the mango salsa.

# Roasted Chicken with Gravy

## Ingredients

1 whole chicken, giblets removed & reserved	pinch kosher salt
1 lemon	2 small carrots
1 tablespoon olive oil	2 tablespoons all-purpose flour
4 sprigs fresh thyme	freshly ground black pepper to taste
1 ½ cups chicken broth	

## Directions

1. Preheat oven to 375 degrees (F) and cut carrots into 2 inch pieces.
2. Season cavity of chicken with salt and pepper. Stuff cavity with lemon, herbs, and half the carrots, onions & celery. Tie the legs together with kitchen twine and fold the wing tips under the back. Place the remaining carrots, onion and celery in the center of a roasting pan just large enough to accommodate the chicken. Brush the entire chicken with the olive oil, season with salt and pepper. Set the chicken breast-side up on the vegetables.
3. Roast chicken for 45 minutes. Increase oven temperature to 425 degrees (F) until an instant-read thermometer in the chicken reads 160 degrees (F), which will be approximately 15 minutes more. Tip the chicken so the juices run into the pan. Transfer chicken to a cutting board and loosely tent with foil while making gravy.
4. Discard vegetables and pour the fat and juices in the pan into a small bowl. Transfer about 2 tablespoons of the fat back into the pan, skim and discard the rest of the fat. Add the roasting juices and chicken broth to the pan. Place the pan directly on the burner over medium-high heat. Scrape up any browned bits on the bottom of the pan with a wooden spoon. Mix the flour with tablespoons of water, to create gravy. Stir into pan with roasting juices and cook for 5 to 10 minutes stirring to prevent lumps from forming. Serve gravy with chicken.

# Grilled Fish Tacos

## Ingredients

1 lemon or 2 limes	1 tablespoon chili powder
1 tablespoon paprika	1/2 teaspoon oregano
1/2 teaspoon salt	12 tortillas
1 ½ cups grated cheddar cheese	1 ½ cups **fresh guacamole (see page 50)
3 cups shredded cabbage	1/2 cup **fresh salsa (see page 50)
½ cup low-fat sour cream (or **Mock Sour Cream)	
1 ½ pounds mahi-mahi fillets, halibut or another white fish	

## Directions

1. Squeeze lemon or lime juice over the fish and season with the chili powder, paprika, oregano, and salt on both sides.
2. Broil for 4 minutes on each side for a total of 8 minutes cooking time.
3. Slice the fish into thick strips of about 1 inch each.
4. Wrap the tortillas in aluminum foil and warm in the oven.
5. Fill each tortilla with approximately 1-2 ounces of fish, 1 tablespoon of cheese and guacamole, 1 teaspoon of sour cream (or \*\*Mock Sour Cream), 1/4 cup shredded cabbage and 1 teaspoon of salsa.

## \*\*Mock Sour Cream

1-cup plain yogurt, preferably non-fat	1 tablespoon lime or lemon juice
1/2 small onion, chopped finely	1/2 teaspoon Tabasco sauce
Pinch of chopped dill	

## Directions

Combine ingredients and mix well in small bowl. Refrigerate until use.

## **\*\*Fresh Salsa**

1 cup tomatoes	1/2 cup fresh cilantro
1/4 cup red bell pepper	1/4 cup red onion
1 jalapeño pepper	2 tablespoons lime juice

### **Directions**

1. Chop the tomatoes and cilantro and dice the red bell pepper and red onion. Remove the seeds and mince the jalapeño pepper.
2. Mix all the ingredients together in a medium size bowl and refrigerate until ready to use.

## **\*\*Fresh Guacamole**

1 avocado	1 tablespoon plain yogurt
1 sprig of cilantro	2 small cloves garlic
2 pinches of salt	1 ½ teaspoon lime juice
2 tablespoons minced onion	1 small diced jalapeño

### **Directions**

1. Mash the avocado, salt garlic together.
2. Add the cilantro, yogurt, lime, onion and pepper.
3. Serve immediately.

# Tostada Bar

## Ingredients

1/2 cup black, kidney or pinto beans (soak overnight in 6 cups water and 1 teaspoon baking soda)

2 garlic cloves

1 chopped onion

2 teaspoons dried basil

1/2 cup tomatoes

1 tablespoon ground cumin

1 tablespoon chili powder

1 teaspoon paprika

1 bay leaf

Chili flakes to taste

8 corn tortillas or small flour tortillas

## Toppings

1 cup grated jack cheese

1 head romaine lettuce

1 carrot

1/2 head red cabbage

1/4 cup fresh cilantro

\*\*Black Bean and Mango salsa (See Recipe on page 52)

\*\*Fresh Salsa (See Recipe on page 50)

\*\*Fresh Guacamole (See Recipe on page 50)

## Directions

1. Place the beans, garlic, onion, bay leaf, and dried basil in a large pot. Bring to a boil and cook until soft and easy to mash. When they are ready, remove the bay leaf and drain any water that left. Add chopped tomatoes and mash the bean mixture with the tomatoes. Add the cumin, chili powder paprika, and chili flakes and mash again.
2. Make fresh salsa and guacamole (see page 50) and black bean and mango salsa.

3. Place the tortillas on a baking tray and spread about  $\frac{1}{4}$  cup beans and 1 tablespoon cheese on top. Put on bottom shelf in the oven under the broiler for approximately 2 minutes. Keep warm until ready to serve.

### **\*\*Black Bean and Mango Salsa**

1 can black beans

1 cup tomatoes

1 can corn

1 red onion

1 cup mango

1 tablespoon lime juice

1 teaspoon olive oil

1 tablespoon fresh cilantro

### **Directions**

1. Dice the red onion and chop the tomatoes, mango and cilantro.
2. Combine all ingredients in medium size bowl.

# Seasonal Vegetable Medley:

## Grilled Summer Vegetables

### Vegetable Ingredients

- 1 zucchini
- 2 yellow summer squash
- 1 medium eggplant
- 1 onion
- 1/2 cup portabella mushroom caps

### Olive Oil Seasoning Ingredients

- 1/4 cup olive oil
- 1/4 teaspoon dried thyme
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 cup freshly squeezed lemon juice
- 1/4 teaspoon dried oregano
- 1 tablespoon dried basil
- 1/2 teaspoon crushed fennel seeds
- 1/8 teaspoon coarsely cracked black pepper

### Directions

1. Preheat oven to 375 degrees (F).
2. Chop zucchini, squash, and eggplant lengthwise into 1/2 inch slices. Cut onion into 1/4 inch pieces. Place all the sliced vegetables in a large bowl.
3. In a separate bowl mix oil, oregano, thyme, basil, cayenne pepper, fennel, salt, pepper and lemon juice together. Then coat vegetables with the olive oil seasoning until all vegetables are evenly coated.
4. Using a paper towel, oil a baking sheet with olive oil. Place the vegetables on the baking sheet so that they do not touch. Bake vegetables on the sheet for 20 minutes. Carefully turn them over. Bake for another 15 minutes, until the vegetables are golden brown.

# Oven Crunch - Almond Crusted Tilapia

## Ingredients

4 tilapia filets (6-8 ounces each)  
1 can of coconut milk  
1/2 cup crushed almonds  
1/2 cup panko (Japanese style bread crumbs)  
2 tablespoons whole-wheat flour  
1/4 cup olive oil  
Salt and pepper to taste

## Directions

1. Preheat oven to 450 degrees (F).
2. Place tilapia filets in large bowl, and add the coconut milk until the filets are completely covered. Then set the bowl to the side for approximately 20 minutes.
3. In a separate medium size bowl, mix together the almonds, panko, flour and olive oil and set aside.
4. Place a piece of aluminum foil on a baking sheet, and brush it with oil. Place the tilapia on the foil and season each filet with salt and pepper on each side. Bake for 5 minutes. Remove the baking sheet from the oven and brush the filets with remaining coconut milk.
5. Coat the filets with the dry mixture in the separate bowl, patting the filets to ensure that they are evenly coated. Return the filets to the oven and bake for another 5-10 minutes or until the crusts are golden brown.
6. Let the tilapia cool for 10 minutes before serving.

# Potatoes with Cauliflower

## Ingredients

- 3 potatoes
- 1 cauliflower
- 2 tablespoons olive oil
- 2 tablespoons fresh cilantro
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric
- 1/2 teaspoon red chili powder
- 1 ½ tablespoons ginger
- 3/4 cup water
- 1 teaspoon salt
- 1 teaspoon garam masala

## Directions

1. Chop the ginger and cilantro.
2. Cut the potatoes into wedges and the cauliflower into florets.
3. Heat the olive oil on medium heat in a large skillet. Add cumin seed, turmeric, chili powder, ginger and salt to the skillet and cook for about 30 seconds.
4. Add potatoes and cauliflower to skillet and stir well. Add water.
5. Cover skillet, turn the heat to low and cook for 15-20 minutes, or until cauliflower and potatoes are done cooking.
6. After removing from heat, season with the garam masala and cilantro and stir well.

## Tip

- Serve with rice if desired.

# Szechuan Stir-Fry with Vegetables and Tofu

## Ingredients

3 cloves garlic	1 teaspoon ginger
3 tablespoons soy sauce	1 cup broth or water
1/2 teaspoon sugar	1 teaspoon chili paste (optional)
1 teaspoon peanut oil or canola oil	1/4 cup water
1/2 block of firm tofu	1 tablespoon cornstarch
1 teaspoon sesame seeds (optional)	1 teaspoon scallions (optional)
1 cup vegetables, any combination of the following:	

Onions, mushrooms, carrots, broccoli, green pepper, red pepper, yellow or green zucchini, Bok Choy/green cabbage, snow peas, water chestnuts, scallions, bean sprouts

## Directions

1. Mince the garlic and ginger.
2. Put half the garlic and ginger in a shallow bowl or plate; add 1 tablespoon soy sauce, 1 teaspoon chili paste (optional) and 1 teaspoon oil. Stir ingredients together.
3. Cut tofu into 1 inch cubes and then place cubed tofu in the bowl with the garlic and ginger. Stir or shake gently so tofu is coated with mixture evenly and set aside.
4. Dissolve cornstarch in 1/4 cup of room temperature water.
5. Heat a large sauté pan on medium heat for 1 minute and add 1½ tablespoons oil.
6. Add remaining minced garlic and ginger to the pan, stir for 1 minute.
7. Finely chop your chosen vegetables and add them to the pan.
8. Sauté for 4-5 minutes. Remove the vegetables and place them in a large bowl or platter.
9. Add another tablespoon of oil to the pan, return to medium heat for 1 minute, and then add the tofu chunks gently turning them to sauté on all sides, for approximately 3-4 minutes. Remove the tofu with a spatula and be careful not to break the tofu into pieces and place them with the vegetables.

10. Add the broth or water to the pan and bring the liquids to a simmer. Then add the dissolved cornstarch and stir until it thickens.
11. Add all the vegetables and tofu back into the pan and stir gently until everything is warmed.
12. Transfer the stir-fried Szechuan vegetables to a serving dish. Garnish with sliced scallions and toasted sesame seeds. Serve immediately with rice.

### **Tip**

- If vegetables or tofu start to stick to the pan when sautéing, add some water to the pan, a tablespoon or two will prevent food from burning. Avoid too much water or vegetables will not be crunchy.

# Quick Spinach-Mushroom Quiche

## Ingredients

1 small onion	1 cup mushrooms
4 eggs	1 frozen pie crust
1/2 teaspoon salt	1/4 teaspoon ground pepper
3/4 cup low-fat milk	1 ½ tablespoons olive oil
3/4 cup grated cheddar cheese	
1 small package frozen chopped spinach (10 ounces)	
1/4 teaspoon powder yellow mustard or Dijon mustard	
1/2 teaspoon dry oregano (optional)	

## Directions

1. Pre-heat oven to 400 degrees (F).
2. Thinly slice the onion and mushrooms and defrost frozen spinach, drain any excess water.
3. Heat a large sauté pan on stovetop with oil and sauté onions and mushroom stirring constantly until onions are soft and translucent, approximately 4-5 minutes. Add the spinach to the pan and continue stirring for another 3-4 minutes. Remove ingredients from stovetop and add mustard and half the salt and pepper. Stir mixture well, add 1/2 cup of grated cheese into the spinach and set to the side.
4. In a medium size bowl, beat the eggs, remaining salt and pepper and then add the milk while continuing to beat the mixture.
5. Add 1/4 cup of grated cheese to the bottom of pie crust then add the spinach and vegetables.
6. Pour egg mixture on top of the spinach and spread evenly.
7. Place quiche in oven and bake for 40-45 minutes till firm and crust is golden brown.
8. Let the quiche cool for at least 15 minutes before cutting into slices.

## **Substitutions**

- You can substitute half of the grated cheese with mashed tofu to lower the calories.
- Chopped broccoli can be used instead of spinach.
- You can substitute low-fat milk with soy milk.

# Baked Fish Fillets and Vegetables from the Heart

## Ingredients

1/3 cup vegetable oil	1 cup butter
1/3 cup red bell pepper	1/2 cup ounces fennel bulb
1/33 ounces carrots	1/3 ounces celery
4 lemon slices	salt and pepper to taste
4 cod fillets (6 ounces each)	Aluminum foil

## Directions

1. Cut 4 pieces of foil into a heart-shape that is larger than the fish fillets and preheat the oven to 450 degrees (F).
2. Finely chop the red bell pepper, carrots, fennel bulb and celery.
3. Place the pepper, carrots, fennel bulb and celery in a pan and sauté the vegetables in oil. Then set the vegetables to the side.
4. Arrange some of the vegetables in the center of each of the heart-shaped foils.
5. Place fish fillet and lemon slice on top of vegetables for each of the foil shapes
6. Top each fish fillet with butter.
7. Fold the foil (heart) into half and crimp to seal it.
8. Place the envelope on a sheet pan and bake in oven for 8-10 minutes.

## Tip

- Tilapia or red snapper can be used instead of cod.
- You can use frozen fish fillets.

# Teriyaki Salmon

## Ingredients

1/2 teaspoon garlic

1/2 teaspoon ginger

1/4 cup low sodium soy sauce

2 tablespoons brown sugar

4 salmon fillets (8 ounces each)

## Directions

1. Preheat oven to 350 degrees (F).
2. Mince the garlic and ginger.
3. Combine the garlic, ginger, soy sauce and brown sugar together in a small bowl.
4. Place salmon fillets in container and add the ingredients from the small bowl to the fillets and allow the fish to marinate for 15 minutes.
5. Remove salmon from marinade and place on a greased baking sheet.
6. Place salmon in oven and bake for 30 minutes.

## Tip

- If you have a larger piece of salmon, you can double the amounts of ingredients for the marinade.

# Maple Roasted Brussels Sprouts

## Ingredients

- 1 ½ pounds Brussels sprouts
- 2 teaspoons olive oil
- ¾ teaspoon sea salt
- ¼ teaspoon (or 10 grinds) black pepper
- 2 teaspoons maple syrup

## Directions

1. Preheat the oven to 375 degrees (F).
2. To prepare the Brussels sprouts, remove any yellow or brown outer leaves, cut off the stems, and cut in half.
3. In a large bowl, toss the Brussels sprouts, olive oil, and salt and pepper together. Once all of the sprouts are coated, spread them onto a baking dish or sheet tray to roast and place in the oven.
4. After 15 minutes, stir the Brussels sprouts with a spatula or large spoon to even out the browning. After an additional 15 minutes, stir in the maple syrup.
5. Continue to roast the Brussels sprouts for another additional 15 minutes, or until they are tender when using a fork (about 45 minutes total roasting time).

## Tip

- You may want to line your sheet tray with foil for easy cleanup because the caramelizing process leaves a sticky residue.

# Snacks & Desserts



# Applesauce Fudge Brownies

## Ingredients

1/2 cup unbleached flour

1/2 cup cocoa

1/4 teaspoon salt

2 eggs

1 cup sugar

1/2 cup natural, unsweetened applesauce

1/8 teaspoon cinnamon powder

1 ½ teaspoons vanilla

1/4 cup chopped walnut

(Additional option: 1/4 cup raisins)

## Directions

1. Preheat the oven to 350 degrees (F).
2. Combine flour, cocoa, cinnamon powder and salt in a large bowl.
3. In a separate, smaller bowl, whisk together the eggs, sugar, applesauce, and vanilla.
4. Add egg mixture to flour mixture. Mix gently until blended, but DO NOT over mix.
5. Pour mixture into a greased 8-inch baking pan and add walnuts on top.
6. Place baking pan in oven and cook for 20-25 minutes. Let cool for 30 minutes.

# Pumpkin Pie

## Ingredients

- 1 ½ cups pumpkin puree
- 1 (12 ounce) can evaporated milk or 1 ½ cup plain soymilk
- 2 eggs
- ¾ cup sugar
- 1 tablespoon all-purpose flour
- ¼ teaspoon salt
- 1 ¼ teaspoons vanilla extract
- ¼ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- 1 unbaked, ready-made piecrust (9 inch)

## Directions

1. Preheat the oven to 450 degrees (F).
2. In a large bowl: Combine pumpkin, evaporated milk or soymilk, eggs, sugar, flour, salt, vanilla, ginger, allspice and cinnamon. Pour filling into pie shell.
3. Bake for 20 minutes at 450 degrees (F). Then turn the oven temperature down to 350 degrees (F) and continue baking an additional 40 minutes or until a knife inserted in center comes out clean.
4. Cool completely on a wire rack before serving.

# SMART's Homemade Granola

## Ingredients

3 cups old-fashioned rolled oats (not instant)

3/4 cup sliced or slivered almonds/walnuts (Optional: cashews, walnuts)

1/2 cup raw sunflower seeds

1/2 cup raw pumpkin seeds

1/2 tablespoon wheat germ (optional)

1/2 tablespoon ground cinnamon

1/4 teaspoon salt

2 tablespoons canola oil

1/2 cup pure maple syrup or honey (preferably Grade A Dark Amber)

1 cup dried fruits (cranberries, cherries, apricots, dates, figs, and/or raisins) (optional)

## Directions

1. Preheat oven to 350 degrees (F) and place rack in the center of the oven. Line a baking sheet with parchment paper.
2. In a large bowl combine the rolled oats, nuts, seeds, wheat germ (optional), ground cinnamon, and salt.
3. In a small bowl, stir together the oil, and maple syrup (or honey).
4. Pour this mixture over the dry ingredients and toss together, making sure all the dry ingredients are coated with the liquid.
5. Spread onto the prepared baking sheet and bake for about 20 - 30 minutes or until golden brown, stirring occasionally so the mixture browns evenly. (The browner the granola gets, without burning, the crunchier the granola will be.)
6. Place on a wire rack to cool. You will notice that the granola may still be sticky when it is removed from the oven but it will become crisp and dry as it cools. Make sure to break up any large clumps of granola while the mixture is still warm.
7. Once the granola has completely cooled, store in an airtight container or plastic bag in the refrigerator. It will keep for several weeks.

# Drinks



# Healthy Shake

## Ingredients

1 large banana	2 tablespoons oat bran or wheat germ
1/2 cup peaches, pears or pineapple	2 tablespoons honey
1/2 cup strawberries	2 tablespoons powdered nonfat milk
1 ½ cup skim milk, soy, or low fat milk	1/4 teaspoon lemon juice

## Directions

1. Place all ingredients in a blender and process until smooth.
2. Drink immediately or refrigerate covered.

## Tip

- You may use tofu instead of powdered milk or in addition to it for a richer shake.

# Peach-Berry Shake

## Ingredients

2 ½ cups frozen peach slices or 1 ½ cups fresh peach slices

1 cup fresh or frozen strawberries

1 cup plain nonfat yogurt

1/4 teaspoon nutmeg

1 tablespoon fresh lime juice (optional)

1 tablespoon quick oats or wheat germ (optional)

## Directions

1. Combine the peaches, strawberries, yogurt, maple syrup or honey, nutmeg and lime juice in the blender or food processor and puree until smooth and creamy.
2. Serve at once or chill until serving.

# Sweet Dreams Tea

## Ingredients

1 chamomile tea bag

1 mint or peppermint tea bag

1/2 teaspoon honey

A few drops of lemon juice

3 cups of water

## Directions

1. Bring water to a boil.
2. Put in tea bags and turn off heat.
3. Let rest, covered, 5 minutes covered.
4. Uncover and add lemon juice and honey.
5. Serve hot or cold. Add ice for an iced tea drink.

## Tip

- Do not use Styrofoam cups to serve any drink containing lemon juice.

# Gingerling

## Ingredients

16 ounces chilled club soda

6 ounces ginger ale, chilled

6 ounces frozen unsweetened white grape juice, thawed

## Directions

1. In a large container, combine the thawed grape juice with the ginger ale and stir gently to mix.
2. Then slowly add the club soda and stir gently to keep it "bubbling."
3. Serve immediately.

# Swizzle Sizzle

## Ingredients

32 ounces chilled club soda

1 (6 ounce) can of frozen cranberry juice or other frozen juice, thawed

## Directions

1. In a big container, combine juice and 6-ounce of the club soda. Stir gentle to mix.
2. Add the rest of the club soda slowly, stirring lightly only enough to blend.
3. Serve immediately.

# Citrus Fizz

## Ingredients

1 cup pineapple juice

1 cup lemonade or: make lime juice from 1/2 lime, 1 teaspoon sugar & 1 cup water

1/2 cup orange juice

3 cups ginger ale

1 cup Club Soda or Seltzer water

Mint leaves to garnish

## Directions

1. Mix juices and chill.
2. Just before serving add ginger ale and soda water. Stir gently to mix and serve, pouring slowly.
3. Garnish with mint.

# Berry Twist

## Ingredients

Small (10 ounce) package of frozen strawberries

1 orange

6 ounces orange flavored seltzer

## Directions

1. Place package of frozen strawberries in the blender.
2. Peel orange with vegetable peeler and save. Squeeze juice over strawberries and blend until smooth.
3. Put 2 tablespoons of the mixture in the bottom of a glass. Slowly add 6 ounces chilled orange flavored seltzer and stir until foamy.
4. Make spirals with the orange peel and garnish each glass.

# Virgin Piña Colada

## Ingredients

1 slice pineapple

1/4 cup pineapple juice

3 tablespoons low-fat coconut milk

1/2 cup plain soymilk or water

3 ice cubes, crushed

## Directions

Put everything in the blender and process for 2 minutes. Serve immediately.

# Peppermint Cooler

## Ingredients

4 cups water

4 peppermint tea bags or 4 teaspoons of dry peppermint leaves

1/4 cup honey

2 tablespoons lemon juice

8-12 ice cubes

1 lemon

## Directions

1. In a 2-quart heatproof pitcher, pour 2 cups freshly boiling water over tea bags.
2. Let steep 6 minutes, remove and discard tea bags.
3. Stir in honey, lemon juice, and 2 cups cold water.
4. Cut lemon instead slices and add ice cubes and lemon slices to the drink.

# A SMART Woman is an Informed Woman

## Be Informed: Online Resources

### Organizations and Websites

#### Nutritional Information

**Choose My Plate** ([www.Choosemyplate.gov](http://www.Choosemyplate.gov)) walks you through what your plate should look like during any given meal, what the different food groups are, why each of them are important, and how not to exclude a food group. Aside from the MyPlate tool that the website offers, it also offers tools for understanding weight management and calories, physical activity, as well as other tools that range from a Body Mass Index (BMI) calculator to a tool about understanding food labels. Useful Downloads: <http://www.choosemyplate.gov/downloads/PlanPurchasePrepare.pdf>, <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>, [http://www.choosemyplate.gov/food-groups/downloads/Sample\\_Menus-2000Cals-DG2010.pdf](http://www.choosemyplate.gov/food-groups/downloads/Sample_Menus-2000Cals-DG2010.pdf)

**Eat Right** ([www.Eatright.org](http://www.Eatright.org)) belongs to the Academy of Nutrition and Dietetics, the largest organization of food and nutrition professionals. Formerly, it was the American Dietetic Association and it offers you the expertise of a Dietitian in the comfort of your own home. The site offers you more insight into food and nutrition topics such as eating out, food shopping, the vegetarian lifestyle, and a number of other topics. Eat Right also takes you through disease management and prevention steps, offers excellent nutrition tips for the whole family, and offers resources in Spanish and Chinese as well.

**Health Tips from the US Department of Health and Human Services** (<http://Health.gov>) offers health information for individuals and families, an introduction to the different initiatives that are in place to help people achieve and maintain health, a list of resources, and a section where they post health news.

**Nutrition** ([www.nutrition.gov](http://www.nutrition.gov)) provides you with access to all online federal government information on nutrition, healthy eating, physical activity, and food safety.

#### Health & Wellbeing

**Health Finder** (<http://Healthfinder.gov>) is an extension of Health.gov and it goes into more detail with subjects such as what to do in case of an emergency. Health Finder points you in the direction of services and information in your area, offers personal health tools including online checkups (not meant to replace your health care provider) and health calculators for body mass index (BMI), calorie intake, target heart rate, pregnancy due date, and much more.

**Super Tracker** ([www.supertracker.usda.gov](http://www.supertracker.usda.gov)) is an online dietary and physical activity assessment tool that provides information of your diet quality, physical activity status, general nutrition, and links to helpful information.

**Food Insight** ([www.foodinsight.org](http://www.foodinsight.org)) offers science-based information on health, food safety, and nutrition.

**Let's Move! Campaign** ([www.letsmove.gov](http://www.letsmove.gov)) is First Lady Michelle Obama's initiative to get everyone, young and old, moving.

### **On-Line Resources to Local Food Sources**

**Local Harvest** ([www.localharvest.org](http://www.localharvest.org)) serves as a compass to point you in the direction of your local farmer's market as well as nearby events that you and your whole family will enjoy.

#### **The U.S. Department of Agriculture (USDA)**

(<http://search.ams.usda.gov/farmersmarkets/Accessible.aspx>) farmers' market directory is designed to provide you with information about U.S. farmers' market locations, directions, operating times, product offerings, and accepted forms of payment.

**Community Markets** (<http://communitymarkets.biz/markets>) connects you directly to local farmers' markets in the NYC area.

#### **God's Love We Deliver Grocery Bag Program**

<https://www.glwd.org/>

#### **Food Bank for NYC Food Program Locator (212.566.7855)**

<http://foodbanknyc.org/>

**My Pyramid** ([www.mypyramid.org/plan.php](http://www.mypyramid.org/plan.php)) tells you the amount of each food group you need daily when you input your age, sex, and amount of physical activity you participate in.

**Fruits and Veggies: More Matters** ([www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)) educates you on choosing the finest fruits and vegetables while saving money.

### **Information on Food Safety and Preparation**

**Food Safety** ([www.foodsafety.gov](http://www.foodsafety.gov)) offers easy to follow steps to safely preparing foods.

**Lake Winds** ([www.lakewinds.com](http://www.lakewinds.com)) offers a detailed yet easy to follow 8 steps of safe food preparation and handling.

#### **The USDA Food Safety and Inspection Service**

([http://www.fsis.usda.gov/Food\\_Safety\\_Education/Check\\_Your\\_Steps/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/Check_Your_Steps/index.asp)) provides you with food safety education as compiled by USDA, FDA, CDC, and the Ad Council to help prevent food poisoning.

The **Centers for Disease Control and Prevention** ([www.cdc.gov](http://www.cdc.gov)) provides expertise, information, and tools that people and communities need to protect their health

### **Places to Shop in New York City**

#### **Whole Foods Market**

Whole foods market seeks out the finest natural and organic foods available. It also offers great tips for fun and healthy eating along with countless nutrition tips.

<http://www.wholefoodsmarket.com/stores/list>

#### **Trader Joe's**

Trader Joe's motto is great food + great prices= value, the well-known store offers great value on everyday prices on all their products.

<http://www.traderjoes.com/stores/index.asp>

#### **Fairway Market**

<http://www.fairwaymarket.com/>

#### **FreshDirect** ([www.freshdirect.com/everydayfood](http://www.freshdirect.com/everydayfood))

Home delivery of peak-season fruit & vegetables, ultra-fresh milk, top-quality meat, chef-prepared meals, heavy cases of beverages and your favorite household and personal care items.

#### **Greenmarket Farmer's Markets**

212.788.7476 or

<http://www.grownyc.org/greenmarket> for locations

The largest and most diverse outdoor urban farmers market network in the country.

Call **311** for more assistance in finding food pantries and soup kitchens near you.

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