

2016  
Top  
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Recipes



# Gyros Breakfast Burritos

*I love this recipe because the ingredients are super flavorful. The beef, cheese, and yogurt add protein, the spices boost the antioxidants and with all that spinach, even Popeye would pull up a chair!*

## INGREDIENTS

- 1 pound 95% lean ground beef
- 1 onion chopped
- 1 garlic clove, chopped
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon fennel seeds
- 1/4 teaspoon cayenne pepper
- 1 10-ounce package frozen spinach, cooked, drained
- 2 tablespoons raisins
- 9 eggs
- 1/2 cup feta cheese
- 1/2 cup plain yogurt
- 1/4 cup cucumber, finely chopped
- 1 tablespoon fresh mint, chopped
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- 10 whole-wheat tortillas

## DIRECTIONS

1. Make yogurt dressing by combining yogurt, cucumber, olive oil, mint, lemon juice and salt in a medium bowl. Set aside.
2. In a large non-stick skillet, add beef and onion. Cook over medium heat until beef is browned. Stir in garlic, tomato

paste, oregano, basil, salt, cinnamon, fennel seeds and cayenne pepper. Add spinach and raisins. Cook until heated throughout.

3. (At this point, mixture may be refrigerated overnight or frozen for later use. Thaw before using and heat in large non-stick skillet over medium heat.)
4. In a medium bowl, stir eggs with a fork or whisk until well beaten. Pour eggs into beef mixture. Stir and cook until eggs are set about 10 minutes.
5. To make burritos, spoon filling onto tortilla, sprinkle feta cheese over filling then drizzle yogurt sauce over cheese. Fold tortilla around filling.
6. Burritos may be frozen but omit the yogurt sauce. Wrap each burrito in plastic or foil and store in air-tight container. Unwrap and reheat in microwave.



# Apricot Pecan Crisps

*Fruit-flecked, seed-studded, these are the first to go on a cheese plate.*

## INGREDIENTS

- 2 cups flour, all-purpose, whole-wheat, rye, or a combination
- 2 teaspoons baking soda
- 1 teaspoon kosher salt
- black pepper, pinch or more, depending on taste
- 1/4 cup brown sugar
- 2 cups milk
- 2 tablespoons vinegar
- 1/4 cup molasses
- 1 cup chopped dried apricots
- 1/2 cup pecans, chopped
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/4 cup sesame seeds
- 1/4 cup ground flax seed
- 1 tablespoon fresh thyme or 1 teaspoon dried

## DIRECTIONS

1. Heat oven to 350 degrees F. Spray 4 mini-loaf pans with baking spray. Set aside.
2. In small bowl, combine milk and vinegar.
3. In a large mixing bowl, stir together flour, brown sugar, baking soda, salt and pepper.
4. Pour milk and molasses into flour mixture. Add nuts, seeds, thyme, and fruit. Stir gently to mix.
5. Divide batter between pans, filling 3/4 full. Bake for 25-30 minutes, until golden brown and toothpick inserted near center of loaf comes out clean. Remove from oven and set pans on a cooling rack for 10 minutes. Turn the loaves out of pans onto the cooling rack to cool completely.



At this point the loaf may be wrapped tightly and frozen.

If baking crackers on mixing day, before slicing, put loaf in freezer for an hour or two. The firmer the loaf, the easier to slice. However, you don't want to slice a frozen loaf (ouch!). For the "second bake" to crisp the crackers, heat oven to 300 degrees. With a serrated knife, slice thin pieces, approximately 1/8-inch. Place on baking sheet, bake 30 minutes or until dry. The crisps will continue to "crisp" after removal from oven. Cool thoroughly and store in airtight container.

# Walnut Mushroom Lasagna Rolls

*Filled with foods that deliver healthy dividends, this recipe is featured on [Walnuts.org](http://Walnuts.org).*

## INGREDIENTS

- 8 lasagna noodles, cooked as package directs, drained
- 1 26-ounce jar marinara sauce
- 1 16-ounce container ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 egg, beaten
- 2 tablespoons chopped parsley
- 1 cup chopped walnuts, toasted (bake 8-10 minutes at 350 degrees)
- 1 cup cooked mushrooms
- Mushrooms
- 8 ounces sliced mushrooms
- 1 teaspoon butter
- 1 teaspoon olive oil
- 1 garlic clove, smashed
- 1/4 teaspoon salt
- dash red chile flakes

## DIRECTIONS

1. To prepare mushrooms: Melt butter and oil in a large skillet, over medium heat. Add mushrooms, garlic, salt and red chile flakes. Stir occasionally, cooking 10 --12 minutes, until mushrooms are softened and browned. Set aside to cool.
2. Preheat oven to 350.

3. Spoon marinara sauce into 12 x 7-inch baking dish, reserving 1 cup sauce.
4. In medium bowl, stir together ricotta, Parmesan, egg and parsley. Scoop into a gallon-sized plastic bag. Clip off corner of bag.
5. Lay lasagna noodles out flat. Squeeze cheese mixture down center of each lasagna strip. Layer mushrooms over cheese. Sprinkle walnuts over mushrooms. Roll up noodles. Use a gentle touch so cheese doesn't ooze out of noodle. Place seam-side down in baking dish. Top with remaining sauce. Bake 35-45 minutes, until heated through.



## Berry Banana Smoothie

*Repurpose ripe bananas to use in smoothies.  
Peel, then freeze in an airtight container.*

### DIRECTIONS

- 1/2 cup milk
- 1/2 cup plain yogurt
- 1 banana, peeled, frozen or fresh
- 1/2 cup berries, frozen or fresh
- 1/4 cup oats, raw or cooked

### INGREDIENTS

1. Combine all ingredients in blender. Blend until smooth. If too thick, add more milk



## Strawberry Basil Tarts

*These creamy bite-sized sweets are low in added sugar but only you will know! Find these tarts in the freezer case at major grocery stores.*

### INGREDIENTS

- 5 medium strawberries, cut into 1/4 dice
- 2 leaves fresh basil, chopped (about 2 teaspoons)
- 1/8 teaspoon lime zest
- 2 grinds fresh black pepper
- 1/2 cup plain Greek-style yogurt
- 1/4 cup ricotta cheese
- 2 tablespoons powdered sugar
- prebaked mini fillo shells

### DIRECTIONS

1. In a small bowl, combine strawberries, basil, lime zest, and pepper. Set aside.
2. In another small bowl, combine yogurt, ricotta, and powdered sugar. Stir to blend. Refrigerate until ready to assemble tarts.
3. In each shell, spoon a teaspoon or two of yogurt cream. Top with strawberries.
4. The shells absorb moisture so become soggy over time. Best to fill close to serving time. Baking the empty shells will enhance the crispiness. Be sure they cool to room temperature before filling.



# Sweet Potato Nachos

***No chip required!** With all the yummy toppings, pretty sure no one will miss the chips. Another great thing about this recipe...no leftovers. They're good to the last little bean. ;-)*

## INGREDIENTS

- 2 sweet potatoes, sliced 1/4-inch rounds
- 2 teaspoons chile powder
- 1 tablespoon canola oil
- 1 can black beans, drained and rinsed
- 1 10-bag frozen corn
- 1/2 cup cheese, shredded
- 1 avocado, chopped

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. In a large bowl, stir together sweet potatoes with chile powder and oil. Layer potatoes on large baking sheet. Bake for 18-20 minutes until cooked through. A little browning is OK.
3. Place the corn in an oven-proof skillet and roast in over (a the same time you're cooking the potatoes). Roast until some are turning brown, 18-20 minutes.
4. When potatoes are done, top with black beans, corn and cheese. Return to oven until cheese melts. Sprinkle with avocado. Serve.



# Walnut Roasted Vegetable Salad

*This salad is brimming with as much deliciousness as good-for-you ingredients.*

## INGREDIENTS

- 1 butternut squash, peeled, cut into 1/2-inch cubes, approximately 2 cups
- 1 cup green beans
- 1 shallot, thinly sliced
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 cup walnuts, toasted (8-10 minutes at 350 degrees)
- 1/2 apple, cut into 1/2-inch cubes
- 1/4 cup blueberries
- 1/2 cup goat cheese crumbles
- 1/3 cup olive oil, divided
- 1 tablespoon walnut oil
- 1 tablespoon water
- 1/2 lemon, quartered
- 1 teaspoon fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Place butternut squash and green beans on a large baking sheet. Drizzle with 1 teaspoon olive oil. Stir to coat the vegetables and spread out into single layer. Sprinkle with salt and pepper. Roast in oven for 20 minutes, until vegetables are soft and beginning to brown. Remove from oven. Set aside to cool.
3. On a separate baking sheet, drizzle shallots with a few drops olive oil. Spread into an even layer. Add lemon quarters to the baking sheet, separate from shallots. Roast in oven for 10-12 minutes, until shallots are soft and beginning to brown. Remove from oven. Set aside to cool.

Remove 1-2 tablespoons of the shallots to use in the vinaigrette.

4. To prepare the vinaigrette, drop 2 tablespoons shallots, walnut oil, water, roasted lemon quarters, fresh thyme, and 1/4 teaspoon each of salt and pepper in blender. Blend to combine, scrape sides of blender with rubber scraper, With blender running, drizzle in remaining olive oil. Blend for 2 minutes. Scrape sides, blend one minute more.
5. To prepare the salad combine butternut squash, green beans, shallots, beans, walnuts, apple, blueberries in a large bowl. Sprinkle with cheese. Drizzle vinaigrette over salad, stir gently to combine ingredients.



## Mango Jalapeno Dressing

*Sweet, spicy, tangy dressing to drizzle over grilled chicken and fresh arugula, toss with shredded red cabbage, or use as a marinade. Mangos have natural tenderizing properties, making them a perfect ingredient for marinades.*

### INGREDIENTS

- 1 mango, pitted and scooped from shell
- 1/2 jalapeno, seeds removed, roast if you'd like
- 2 tablespoons red onion, chopped
- 3 tablespoons oil, I used canola
- 2 tablespoons apple cider vinegar
- 1/4 teaspoon coriander or 2 tablespoons fresh cilantro
- pinch of salt

### DIRECTIONS

1. Combine ingredients in blender or food processor. Blend until smooth.



## Watermelon Salsa

*Summery, fresh, sweet and spicy. Top grilled fish or chicken. It's even chip worthy!*

### INSTRUCTIONS

- 2 cups watermelon, small dice
- 1 jalapeño, chopped
- 1/4 cup red onion, finely shopped
- 1/4 cup yellow pepper
- 1/4 cup orange pepper
- 1/4 cup parsley, chopped
- 1 lime, juiced

### DIRECTIONS

1. Combine all ingredients in medium bowl. Toss gently. Serve over grilled fish or chicken. Or serve as a salsa with chips.

Note: You may substitute cilantro for parsley or try other fresh herbs. You can use all orange or red pepper if you don't have a variety on hand.



## Peruvian Quinoa Soup

*This is my version of a quinoa soup I ate in Peru. It was so good I knew I'd make it again and again, The quinoa adds some chewiness and I love all the vegetables!*

### INGREDIENTS

- 1 tablespoon canola oil
- 1 onion, peeled and diced
- 3 stalks celery, diced,
- 2 carrots, diced
- 1 clove garlic, minced
- 1 small jalapeno, minced
- 1 teaspoon dried ground cumin
- 1 teaspoon dried leaf oregano
- 3/4 teaspoon yellow curry
- 1 large yellow potato, diced
- 4 cups low-sodium broth, chicken or vegetable
- 5 cups water
- 1 cup quinoa, rinsed and drained
- 1 zucchini, diced
- 1/2 lime, juiced
- Salt and Pepper

### DIRECTIONS

1. Heat oil in soup pot.
2. Add onion, celery, and carrots, Cook 15 minutes until softened, but not browned.
3. Add garlic and jalapeno, cook 1 minute. Stir in cumin, oregano and curry, cook 1 minute.
4. Add potato, water, broth and quinoa. Bring to a boil, cover, and reduce heat to a simmer. Cook 15-20 minutes until vegetables are just cooked through and quinoa uncurls. Add zucchini and cook 5 minutes.
5. Just before serving, stir in lime juice. Season with salt and pepper.



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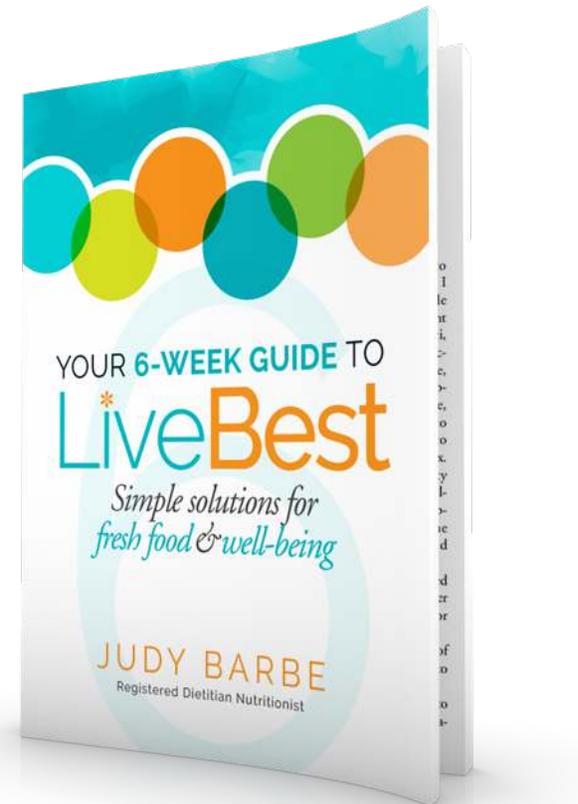
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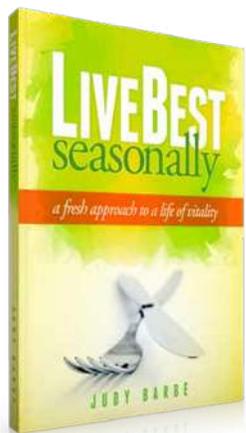
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