

Healthy Horizons Cookbook

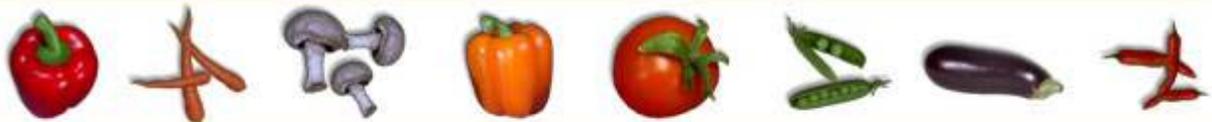


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Low Carb Recipes

Almost Mashed Potatoes (LOW CARB)

Ingredients:

1 bag frozen cauliflower
4 ounces cream cheese
1/2 cup sharp cheddar cheese
2 teaspoon garlic
Salt and pepper

Directions:

Cook cauliflower as usual until just tender and drain. Run through food processor, blender, or mash by hand with a masher. Mash in the other remaining ingredients. Salt and pepper to your liking and serve as you would mashed potatoes.

Want a different flavor? Replace 1/2 cup sharp cheddar cheese with a different cheese like feta, or mozzarella ... or 1/4 cup of your favorite low carb salad dressing, such as blue cheese!

Artichoke Stuffed Chicken (LOW CARB)

Ingredients:

8 ounces cream cheese (0 carbs)
1 cup mayonnaise (0 carbs)
1 cup sour cream (0 carbs)
1 cup parmesan cheese (0 carbs)
1 8.5 ounce can artichoke hearts sliced into small pieces (6 carbs)
Several pieces of celery, chopped

Directions:

Mix the above together in a medium bowl. This will be our filling.

You'll also need 4 to 6 average sized chicken breasts depending on how many people you are serving. Pound chicken breasts flat – about ¼ inch thick.

Spread the artichoke filling on top of the flattened chicken. Roll up and secure in place with a toothpick or skewer and put into baking dish. After all rolls are in place, sprinkle with parmesan cheese. Bake for 375 degrees F for 45 minutes until chicken juices run clear.

You will have likely left over filling; you can add this on top of the chicken or serve on the side at dinner time.

Feta Grill Patties (LOW CARB)

Ingredients:

1 pound ground chicken or turkey
6 ounces crumbled feta
2 tablespoons ground oregano
1/4 teaspoon salt
1/4 teaspoon garlic powder

Directions:

These are great on the outdoor grill, but equally good on an indoor grill or under the broiler. Mix all ingredients well and form into 4 - 6 individual patties. Grill or broil for about 5 to 7 minutes each side. The feta cheese gives these a particularly wonderful and unique flavor. If you're using an indoor grill you might need to spray it with a bit of nonstick spray because they tend to stick a little.

Lunchtime Wraps (LOW CARB)

Ingredients:

1 Low carb, whole wheat tortilla
3 tablespoons Apple Butter
2 slices turkey breast deli meat
***or leftover turkey or chicken breast from dinner chopped up
1/3 apple cored and thinly sliced
1 thin sliced provolone cheese
1/2 cup lettuce shredded
1 thin slice of onion

Directions:

Spread apple butter on the tortilla. Layer the rest of the ingredients on top of this and to one side. Roll and slice diagonally. Better than what you might find at the local sub shop.

Mock Potato Salad (LOW CARB)

Who says you can't enjoy potato salad on your low carb diet? This recipe has 3 or less carbs per serving and is super easy to make!

Ingredients:

1 medium size head of cauliflower (broken into small florets)
1/2 cup mayonnaise
2 tablespoons lemon juice
1/2 teaspoon dried mustard
3 green onions
1 finely chopped jalapeno pepper or 2 tablespoons chopped green bell pepper (optional)
Salt and pepper
2 packet sugar substitute (optional)

Directions:

Cook cauliflower in boiling water until tender (about 10 minutes) Drain and rinse as usual.

In a large bowl and mix together mayo, lemon juice, mustard and sugar subst. if you're using one.

Add your veggies to the mixture (cauliflower, green onions, and peppers) and toss until well coated. Salt and pepper to your liking. Chill until ready to serve.

No-Bun Burger Casserole (LOW CARB)

Ingredients:

2 1/2 lbs Ground chuck or lean ground beef
16 ozs Cheddar or american cheese, shredded
1/2 lb Bacon, cooked crispy

- 1 Large tomato, chopped
- 1 Large onion, chopped
- 2 Large dill pickles, chopped

Directions:

Brown ground beef and onion in large skillet or Dutch oven, drain as usual and return to pan. Layer on half of cheese, stir into mixture to get melting, stir in tomato, then top with rest of cheese and crumbled bacon. Cover and simmer to let cheese melt. Serve with pickles or cucumbers on the side, and a salad. This also goes great with a mock potato salad and is the perfect complement to your low carb cookout.

Raw Candy (LOW CARB)

Ingredients:

- 1 cup raisins
- 1 cup walnuts
- 1 tablespoon vegetable oil
- 1 cup almonds, chopped/crushed

Directions:

Blend together raisins and walnuts in food processor or blender. Coat your hands with oil (or spray them with nonstick spray) and roll mixture into individual balls (like forming a peanut butter cookie!) Roll each ball in crushed almond. Cover and store in the refrigerator. Makes a great sweet treat without loading up on calories. Who says you can't have candy when you diet ; -)

Shepherd's Pie (LOW CARB)

Ingredients:

- 1 pound ground beef or turkey
- 1/2 onion, chopped
- 1 10 ounce package of frozen cauliflower
- 2 tablespoons heavy cream
- 4 ounces cheddar cheese, shredded



salt and pepper

Directions:

Brown ground meat and onion as usual, drain. Spread meat and onion in the bottom of pie dish evenly. Cook cauliflower according to package directions, drain. Whip together cauliflower, 2 tbsp heavy cream, and cream cheese as if whipping mashed potatoes. Season with salt and pepper to your liking (or any other seasonings you might like) Spread whipped cauliflower over the meat layer in the dish. Sprinkle with cheddar cheese across the top. Bake at 350 degrees F for 15 - 20 minutes until cheese is melted and bubbling.

Spinach Quiche (LOW CARB)

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
5 eggs, beaten
3 cups shredded Muenster cheese
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Directions:

Heat oil in skillet. Saute onions in oil until softened. Stir in spinach, cooking until leaves are very wilted. In a medium mixing bowl mix together eggs, cheese, salt and pepper to your liking. Stir in the spinach and onion and pour into a greased pie pan or casserole dish. Bake at 350 degrees F 30-40 minutes, until eggs are set and top is lightly browned. Keep an eye on the dish the last ten minutes of the cooking. The eggs can burn pretty easily. You may need to adjust your temperature a bit as well, if your oven tends to be overly hot you might end up with a burnt outer edge and a mushy not set center.

Tuna with Lemon Pepper (LOW CARB)

Ingredients:

4 tuna steaks (3/4 to 1-inch thick, about 6 ounces each)
Zest and juice of one (1) lemon**

2 teaspoons dried thyme leaves
1/2 to 1 teaspoons coarsely ground black pepper
1/4 teaspoon salt
1 to 2 teaspoons extra-virgin olive oil
Extra-virgin olive oil

1 1/2 teaspoons grated lime zest and 2 tablespoons freshly squeezed lime juice in place of the lemon.

Directions:

In a small bowl mix together lemon zest, thyme, pepper and salt to your liking. Lightly rub both sides of the tuna steaks with olive oil and rub the seasoning mix on the tuna steaks. Heat a bit more oil in in skillet and then add tuna steaks. Cook each side of tuna steak for about 1 minute over medium heat. Pour lemon juice over the steaks when ready to serve.

Low GI (Glycemic Index) Recipes

Balsamic Mushroom & Chicken (LOW GI)

Ingredients:

4 boneless, skinless chicken breast halves
No-stick cooking spray
8 ounces white mushrooms, quartered
2 garlic cloves, minced
1/2 cup reduced sodium chicken broth
2 1/2 tablespoons balsamic vinegar
1/4 teaspoon dried thyme, crushed
1/8 teaspoon ground black pepper
Parsley (optional, for garnish)

Directions:

Heat skillet and spritz with cooking spray. Saute garlic and mushroom. Add and cook chicken over medium heat until no longer pink. Add chicken broth, thyme, pepper and vinegar. Simmer for 15 - 20 minutes.

Blueberry Bran Muffins (LOW GI)

Ingredients:

2 cups oat bran
1/4 cup sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 cup nonfat or low-fat vanilla yogurt
1/2 cup orange juice
1/2 cup fat-free egg substitute
2 tablespoons canola or walnut oil
3/4 cup fresh or frozen (unthawed) blueberries

Directions:

In a large bowl mix together oat bran, sugar, baking powder, and baking soda. In another bowl combine yogurt, orange juice, egg substitute and oil. Add yogurt mixture to the oat mixture and stir until they are well blended. Next, add in the berries. Spritz muffin tin with nonstick spray. Fill cups approximately 3/4 full. Bake at 350 degrees F for 15 minutes or until toothpick/fork stuck in the center comes out clean.

Leftovers keep nicely in the fridge or freezer! You can easily substitute raspberries for blueberries for a different muffin.

Chickpea Salad (LOW GI)

(chickpeas = garbanzo beans)

Ingredients:

1 can of chickpeas - drained.
5 green onions (scallions)
1 whole fresh tomato
1 large sprig of parsley
Lemon juice of about half a lemon
Olive Oil

Directions:

Drain a can of chick peas and pour into a small salad bowl. Chop up the parsley, tomato, and green onions to add to chickpeas in the bowl. Squeeze lemon juice over everything and douse with oil. Toss until well coated. For added flavor add some fresh herbs from your herb garden.

Chili Chicken Stir Fry (LOW GI)

Ingredients:

1/3 cup oyster sauce
1/3 cup sweet chili sauce
500g fresh thick rice noodles (see note)
2 tablespoons peanut oil
4 to 6 chicken breast fillets, trimmed, thinly sliced
2 bunches asparagus, trimmed, cut into 5cm lengths
1 long red chili, seeded, thinly sliced lengthways
2 garlic cloves, finely chopped
1 teaspoon sesame oil
1 bunch baby bok choy, trimmed, leaves and stems separated, thinly sliced

Directions:

Combine oyster chili sauce. Cook noodles as usual. Rinse, drain, and set aside. Heat some of the peanut oil in wok or skillet. Stir fry chicken until cooked through. Add more peanut oil to wok, along with sesame oil. Toss in garlic, asparagus, and red chili. Stir fry for 2 - 3 minutes. Add noodles, sauces and bok choy and continue to stir fry until leaves wilt.

In some places rice noodles aren't always easy to find. It depends on what kind of store you have near you. You may need to substitute those. You can use ramen noodles or thin pasta noodles. It won't be quite the same, but it still tasty.

Loaf Pudding (LOW GI)

Ingredients:

1 tablespoon of raisins
1 tablespoon rum (optional)
4 slices oat bran and honey bread
2 tablespoons hazelnut spread
2 eggs, lightly beaten

1/2 teaspoon ground cinnamon
1/2 cup caster sugar
1 cup low-fat milk
1 tablespoon custard powder

Directions:

Spread the hazelnut spread thickly over 2 slices of the bread. Scatter with raisins. Make sandwiches by adding the remaining bread. Cut each sandwich into quarters and stand upright in square casserole dish. Whisk eggs with cinnamon, sugar, and milk. Pour the mixture over bread trying to distribute evenly. Let stand so bread absorbs the mixture.

Place the casserole dish into a larger casserole or baking pan.

Add hot water into the larger baking pan until about half way up the sides of casserole. This helps to prevent burning of the edges similar to how a double boiler works for melting chocolate. Bake at 400 degrees F for 40 minutes until custard is set.

Pea Soup (LOW GI)

Did you know that peas lower the GI of a dish!?

Ingredients:

1/2 ounce unsalted butter
2 leeks, chopped, washed and well drained
1 teaspoon chopped fresh thyme leaves
1 garlic clove, finely chopped
1 1/2 pints chicken or vegetable stock
10 ounces shelled or frozen peas
1 round lettuce, washed and chopped up
1 tablespoon finely chopped mint
Ground black pepper

Directions:

Melt the butter in a saucepan. Cook leeks with thyme and garlic on low heat. Cook until soft but not yet brown. Add the stock and bring to a boil. Add peas and lettuce and continue cooking until the peas are tender. Be careful not to overcook them or they'll end up mushy. Stir in the mint and add black pepper to your liking. Serve with croutons for added flavor.

Raspberry Chicken Skillet (LOW GI)

Ingredients:

4 boneless, skinless chicken breasts
1 teaspoon dried thyme (or substitute 1 tbsp fresh thyme)
1 tablespoon extra virgin olive oil
1 medium red onion, diced
8 oz raspberry fruit spread (no sugar added)
1/3 cup balsamic vinegar
salt and pepper

Directions:

Season chicken with thyme and salt. Heat oil in skillet. Saute onion. Add chicken to skillet and cook until chicken is no longer pink. Remove chicken and set aside on a plate. Add fruit spread, balsamic vinegar, and pepper to oil and onion in skillet. Cook until spread is melted and sauce thickens. Pour over chicken and serve. Garnish with fresh berries and parsley for added presentation.

Rosemary Sweet Potatoes (LOW GI)

Ingredients:

5 cups 1/4-inch thick peeled sweet potato slices
1 teaspoon dried rosemary
1 1/2 teaspoon crushed garlic
1/4 teaspoon salt
1 tablespoon extra-virgin olive oil

Directions:

Sprinkle potato slices with rosemary. Add garlic, salt to your liking, and oil. Toss slices in oil and seasoning. Spread evenly in a baking dish. Cover with lid or foil, and bake at 400 degrees F for 25- 30 minutes. Remove covering and turn potatoes over. Bake another 5 - 10 minutes uncovered or until potatoes are tender and top is a nice golden brown color.

Tuscan Dinner (LOW GI)

Ingredients:

2 teaspoon Olive oil
1 1/4 cups chopped zucchini
1/2 cup sliced onion
1/2 cup sliced celery
1/2 cup diced red bell pepper
1 teaspoon Dried oregano
2 garlic cloves minced
1 cup dried tomato
1 (15oz) can cannellini beans or other white beans, rinsed & drained
2 rosemary sprigs
1 cup chopped spinach
1/4 teaspoon Salt
1/8 teaspoon Black pepper
1/2 cup (2 oz) pre-shredded fat-free mozzarella cheese

Directions:

Heat oil in skillet. Add zucchini and next 5 ingredients, sauté 10 min. Stir in tomato, beans, and rosemary, cook 5 min. Add spinach, salt, pepper to zucchini mixture. Cook until spinach wilts. Sprinkle with cheese. Cover & let stand until cheese begins to melt. Discard the rosemary sprigs before serving.

Whole Wheat Apple Pancakes (LOW GI)

Ingredients:

2 large Granny Smith apples, peeled and finely chopped (about 1 1/2 cups)
2 teaspoons lemon juice
1 1/2 cups whole wheat flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1 slightly beaten egg
1 1/2 cups milk
3 tablespoons cooking oil or melted butter
Cooking oil (optional)
Unsweetened applesauce (optional)

Directions:

Combine apples and lemon juice in one bowl. In another bowl mix the flour, sugar, baking powder, cinnamon and salt. In a third bowl beat egg lightly with milk and oil. Add egg mixture to flour mixture and stir. You want the batter to be lumpy so be careful not to over mix. Fold in the apples. Heat griddle or skillet. Drop batter by spoonful and cook pancakes as you usually would. Watch for edges to be set and start to brown, then flip. Serve topped with apple sauce or more apple slices instead of syrup. Try swapping out the apples and using pears instead for a different flavor!

Low Fat Recipes

Blackened Chicken (LOW FAT)

Ingredients:

1 teaspoon paprika
1/4 teaspoon salt
1/2 teaspoon cayenne pepper
1/2 teaspoon ground cumin
1/2 teaspoon dried thyme
1/4 teaspoon ground white pepper
1/4 teaspoon onion powder
4 skinless, boneless chicken breast halves
Vegetable oil

Directions:

Mix together paprika, salt, cayenne, cumin, thyme, pepper and onion powder. Coat chicken with mixture. Heat oil in skillet until very hot. Add chicken seasoned side down, and cook for 1 minute. Turn, and cook 1 minute on other side, this is the "blackening" step. Place chicken on a lightly greased cookie sheet. Bake at 350 degrees F for 10 minutes or until chicken is no longer pink inside and juices are clear. You can also use this rub mixture on pork, turkey, and other meats. It's especially great when grilling.

Carrot Muffins (LOW FAT)

Ingredients:

1 3/4 cup rolled oats
1 cup flour
1/2 cup sugar
1 tablespoon baking powder
1/4 teaspoon nutmeg
2 1/3 cups shredded carrot
2/3 cup fat free milk
2 tablespoons fat free sour cream
1/4 cup egg whites, lightly beaten

Directions:

Line muffin pan with papers or spritz with nonstick spray. In a mixing bowl, combine flour, sugar, oats, baking powder, and nutmeg.

In a separate bowl mix together carrots, milk, sour cream, and egg white. Blend together dry and wet ingredients. Fill each muffin cup a little over half full. Bake at 350 degrees F for 20 minutes.

Chicken Roll Up (LOW FAT)

Ingredients:

8 ounce package nonfat cream cheese, softened
3 tablespoons chopped green onion
1 1/2 cups cooked chicken breast cuts
2 tablespoons nonfat sour cream
1 teaspoon dried dill
4 (10 inch) low-fat flour tortillas
1 1/2 cups fresh spinach
Nonfat ranch salad dressing or salsa

Directions:

Combine the cream cheese, onion, chicken, sour cream and dill. Spread on tortilla. Place spinach leaves on top of the filling layer. Roll tortillas and cover with plastic wrap. Refrigerate at least 1 hour or overnight before serving. Slice into bite size pieces and serve with dip of your choice such as nonfat ranch or salsa.

Easy To-Go Breakfast Bars (LOW FAT)

Ingredients:

1/3 cup oatmeal
1/4 cup low-fat/fat free hot cocoa mix
1 tablespoon peanut butter
cup of coffee
plastic wrap

Directions:

Mix together oatmeal, cocoa mix and peanut butter. Pour coffee and stir in until mixture is well moistened. Spread mixture on a piece of plastic wrap and shape into a bar. Cover with plastic wrap and freeze overnight.

Make several at the beginning of the week and you'll be set all week! Multiply everything by 5 and you'll have plenty of bars for the workweek. These are way better than store bought prepackaged fattening ones!

Eggplant Parmesan (LOW FAT)

Ingredients:

1 eggplant pared and sliced 1/2" thick
1 egg white, lightly beaten with 2 tablespoons water
1/2 cup seasoned Italian bread crumbs
1 cup reduced fat spaghetti sauce
3/4 cup shredded fat free mozzarella cheese
Grated Parmesan cheese for garnish

Directions:

Coat eggplant with egg white and then dust with bread crumbs. Arrange on baking sheet and bake at 350 degrees F for 30 minutes. Flip and bake 10 more minutes until browned. Spread sauce in bottom of a square baking dish.

Arrange half eggplant over sauce. Add half cheese. Repeat layering pattern. Bake 350 degrees F for 30 -40 more minutes. Eggplant should be tender when done. Sprinkle with a small amount of grated parmesan cheese at serving time.

Grilled Lemon-Ginger Chicken (LOW FAT)

Ingredients:

2 tablespoons fresh lemon juice
2 tablespoons lite soy sauce
1/2 cup red raspberry preserves
2 tablespoons fresh ginger root, peeled and grated
1 teaspoon fresh garlic, minced
4 boneless, skinless chicken breast halves
4 lemon wedges (for garnish, optional)

Directions:

In a baking dish blend together lemon juice, soy sauce, preserves, ginger root and garlic. Marinate chicken in this mixture for at least 15 minutes (longer is even better!) Grill the chicken for 7 minutes per side or until no longer pink and juices are clear. Serve garnished with lemon wedges. Marinating before grilling helps keep the chicken from drying out for a tender and juicier result than if you just grilled plain chicken.

Island White Fish (LOW FAT)

Ingredients:

1 medium sweet onion
1 large green bell pepper, sliced
1 large zucchini, sliced
1 clove garlic, pressed
1 - 14 1/2 ounce can diced tomatoes (Italian seasoned)
16 ounces firm mild white fish
Olive oil cooking spray
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
Optional: large green olives sliced in half

Directions:

Slice onion, bell pepper and zucchini and set aside. Mix together pressed garlic with the tomato. Spread the onion, bell pepper and zucchini slices in a baking dish. Spoon half tomato mixture over that, distribute evenly. Top with fish fillets. Spritz fillets with cooking oil and sprinkle with salt and

pepper to your liking. Spoon the other half of tomato mixture over top of that. Cover with foil. Bake at 350 degrees F for 25 - 30 minutes.

Can also be wrapped in layer of foil and cooked on grill or over a campfire.

Orange Glazed Pork Tenderloin (LOW FAT)

Ingredients:

1 pork tenderloin -- (8-ounce)
1/4 teaspoon coarsely ground pepper
1/3 cup orange marmalade
2 tablespoons chopped fresh mint
2 tablespoons low-sodium soy sauce
2 cloves garlic -- minced
Cooking spray
Fresh mint sprigs

Directions:

Trim any fat from tenderloin. Cut into two pieces. Cut a lengthwise slit down each piece, about 2/3 of the way through and then flatten. Spritz tenderloin with cooking spray and then sprinkle tenderloin with ground pepper to your liking. Combine marmalade, fresh mint, soy sauce, and garlic. Place tenderloins in roasting pan and pour marmalade mixture over top and spread out evenly. Bake at 350 degrees F for 35 minutes or until juices run clear. Garnish with mint springs at serving time.

Strawberry Pie (LOW FAT)

Ingredients:

2 cups water
1 package sugar free vanilla pudding
1 package sugar free strawberry jello
4 cups Strawberries
fat free whipped topping (optional)



Directions:

Bring water and pudding mix to boil. Take off stove, add package of jello and stir. Allow to cool. Line a pie plate with sliced strawberries. Pour pudding on top of strawberries. Allow to set in refrigerator for at least one hour until firm or overnight for best result. Top with fat free whipped topping if desired.

Veggie Chili (LOW FAT)

Ingredients:

1 cup onions chopped
1/2 cup bell pepper chopped
1 tablespoon chili powder
1/2 teaspoon salt
1/2 teaspoon cumin
1/4 teaspoon garlic powder
2 cups tomato juice
16 ounces red kidney beans, cooked, drained, rinsed
15 ounces pinto beans, cooked, drained, rinsed
15 ounces great northern beans, cooked, drained, rinsed

Directions:

Prepare dry beans the day before or buy canned beans and drain them. Cook onions and peppers in sauce pot until tender. Stir in seasonings. Add tomato juice. Bring everything to a boil then add beans. Reduce heat and allow to simmer on very low heat 20 minutes or until ready to serve.

This recipe also lends well to crock pot cooking, 3 to 4 hours on high, or 6 to 8 on low. To make in the crock pot simply stir together all the ingredients and set crock pot to desired setting. Come home to a warm inviting chili on a cold fall evening.

Gluten Free Recipes

Black Bean Chili (GF)

Ingredients:

Olive oil for sautéing

1 onion, chopped
2 cloves of garlic, minced
1 can of diced tomatoes
1 can of black beans
1 can of whole kernel corn
2 Tablespoons of chili powder
½ teaspoon of red pepper flakes
Salt and pepper to taste

Directions:

Pour the black beans into a colander and rinse well. Drain. Add the olive oil to a medium saucepan and sauté the garlic and onion until soft. Stir in the beans, corn, chili powder and red pepper flakes. Add salt and pepper to taste. Simmer for 15 minutes on low heat. Serve hot.

Buckwheat Pancakes (GF)

15 cups soymilk
5 cup unsweetened applesauce
2 eggs, or 2 tablespoons Ener-G egg replacer
1 tablespoon agave nectar
1 teaspoon vanilla extract
2 tablespoons grape seed or canola oil
1 cup buckwheat flour
5 cup sorghum flour
2 teaspoons baking powder
1 teaspoon ground cinnamon

In a large mixing bowl, add the milk, applesauce, eggs, agave, vanilla and oil. Beat well. Slowly add both flours, baking powder, and ground cinnamon, stirring well.

Cook in a hot skillet over medium heat until done in the middle and both sides are golden brown.

Carrot Pineapple Muffins (GF)

Yield: 1 dozen

Ingredients:

½ cup of brown rice flour
¼ cup of sorghum flour
¼ cup of teff flour
2 teaspoons of gluten free baking powder
1 teaspoon of ground cinnamon
¼ teaspoon of salt
2 eggs
¼ cup of granulated raw cane sugar
1 Tablespoon of vegetable oil
1 cup of unsweetened crushed pineapple
1 cup of shredded carrots
½ cup chopped walnuts, toasted

Directions:

Preheat oven to 350 degrees. Spread the walnuts onto a baking sheet. Once the stove is preheated, toast the walnuts for 7 minutes stirring once and then set aside.

In a medium sized bowl, blend all three types of flour with the cinnamon, salt and baking powder. In a separate bowl, whisk the eggs, sugar and oil together. Add the pineapple and stir to blend. Fold in the walnuts and the carrots.

Grease the muffin pan with non-stick baking spray or fill with cupcake liners. Fill each one with the muffin mix. Leave a little space at the top for the muffin to rise. Bake 25 to 30 minutes. Place hot muffin pan on a rack and let cool for 5 minutes before turning the muffins out onto a wire rack to finish cooling.

Chocolate Hazelnut Pie (GF)

Ingredients for Pie Crust:

¾ cup of freshly ground hazelnuts
½ cup of sorghum flour
2 Tablespoons of granulated raw cane sugar
¼ teaspoon of salt
2 Tablespoons of softened unsalted butter
¼ cup of water

Directions:

Preheat oven to 325 degrees. In a large bowl combine the flour, sugar, salt and hazelnuts. Mix well and cut in the butter using a pastry blender or two knives. Once it's crumbly, add the water and stir to blend. Shape dough into a ball and then flatten it between two sheets of parchment or wax paper dusted with rice flour. Roll out dough. Remove the top piece of parchment paper and center the pie plate upside down over the crust. With your hand under the bottom sheet of parchment paper for support, flip the pie plate and arrange the crust. Prick the bottom and sides with a fork and bake for 10 minutes or until edges are golden brown. Let cool.

Ingredients for Pie Filling:

12 ounces of extra firm, drained tofu
½ cup of water
1 cup of granulated raw cane sugar
½ cup of unsweetened cocoa powder
2 teaspoons of vanilla

Directions:

In a medium sized bowl, blend the tofu with the water until smooth. Add the sugar, cocoa and vanilla and blend again stopping to scrape sides of bowl or blender. Pour into the cooled pie shell and refrigerate until chilled.

Lasagna (GF)

Ingredients:

12 brown rice lasagna noodles
2 teaspoons of extra virgin olive oil
1 pound of lean ground beef or turkey
1 onion, chopped
1 clove of garlic, minced
1 jar of gluten free spaghetti sauce
1 and ½ cups of mozzarella cheese, shredded
1 and ¼ cups of grated Parmesan cheese
1 Tablespoon of salt
6 to 8 quarts of water

Directions:

Preheat oven to 350 degrees.

In a large pot, bring water to a rolling boil. Cook lasagna noodles as directed on the package. Drain.

Heat the oil in a large skillet and sauté the garlic and onions. Add the beef or turkey and cook until browned. Drain off the grease. Pour in spaghetti sauce and stir until meat is covered. Reduce heat, cover and simmer for 20 minutes.

In a baking dish, build 4 layers beginning with the meat and sauce. Add 3 noodles, another thin layer of meat and sauce, some mozzarella, and a sprinkle of Parmesan.

Cover with foil and bake for 45 minutes. Remove foil and bake an additional 15 minutes. Remove from the oven and let rest in the pan for 10 minutes before serving. This helps to keep its shape when cut.

Potato Broccoli Soup (GF)

Yield: 6 servings

Ingredients:

2 Tablespoons of grape-seed oil
2 leeks, sliced
4 cups of gluten free vegetable broth
4 cups of water
2 potatoes, peeled and diced
2 cups of fresh or frozen broccoli, chopped
1 teaspoon of salt
¼ teaspoon of pepper

Directions:

Because of their layers, leeks hold a lot of dirt. Be sure to wash them well and then slice.

Heat the oil in a large pot and sauté the leeks until they wilt. Add the vegetable broth and water and bring to a boil. Add salt, pepper, potatoes and broccoli and bring to a boil again. Reduce heat and let the soup simmer for 15 or 20 minutes or until potatoes are soft.

This soup can be served right from the pot or pureed in a blender for a smooth texture.

Strawberry Jam - Gluten & Sugar Free (GF)

Yield: 16 ounces

Ingredients:

2 cups of crushed strawberries, divided
2 teaspoons of Pomona's Universal Pectin
1 and ½ Tablespoons of fresh lemon juice
1 or 2 teaspoons of liquid stevia
2 teaspoons of calcium water

Directions:

In with the pectin is a packet of calcium powder. Dissolve ½ teaspoon of this in ½ cup of water and store in the refrigerator until needed.

Whip ½ cup of strawberries to make ½ cup of juice. Add the pectin to the juice and set aside. In a medium sized saucepan, bring the remaining strawberries to a boil. Remove from the heat and add the pectin and juice. Stir to dissolve. Add the lemon juice and stevia, stir and bring it to a boil again.

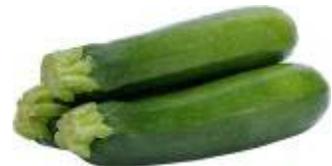
Meanwhile, get the calcium powder from the refrigerator and give it a stir. Remove jam from the heat and stir in the calcium powder. Jam should begin to thicken and will continue to thicken as it cools.

Pour the jam into 2 hot, sterilized 8 ounce canning jars leaving 1/8 inch of space at the top. Seal with hot lids. Let reach room temperature before storing in the refrigerator where it will keep for 2 or 3 weeks. Yield: 4 servings

Stuffed Zucchini (GF)

Ingredients:

2 zucchini squash
1 clove of garlic, minced
¼ cup of gluten free bread or cracker crumbs
1 Tablespoon of chopped parsley
2 teaspoons of extra virgin olive oil



Salt and Pepper to taste

Directions:

Preheat oven to 350 degrees.

Wash and dry the zucchini, cut off the ends and cut in half lengthwise. With a spoon, make a hollow down the center of each slice. Place cut side up in a baking dish or on a cookie sheet. Combine the garlic, oil, crumbs and parsley until blended. Spoon the mixture into the zucchini hollows.

Cover and bake for 30 minutes or until zucchini is soft.

Sweet Potato Bake (GF)

Ingredients:

8 ounces of white baking potato, cubed
8 ounces of sweet potato, cubed
¼ cup of raisins
1 Tablespoon of extra virgin olive oil
1 Tablespoon of unsalted butter, softened
1 teaspoon of dried rosemary
½ teaspoon of ground cinnamon

Directions

Grease a medium sized casserole dish with oil or a non-stick spray. Toss in all the ingredients and stir to coat the potatoes.

Cover and bake for 20 minutes or until potatoes are tender. This dish goes well with grilled chicken or ham slices.

White Bean Dip (GF)

(8 servings)

Ingredients:

2 cups of cooked dried or canned white kidney beans (Canned beans will need to be rinsed and drained before using.)
1 teaspoon each of paprika and ground cumin
½ teaspoon of garlic powder

¼ teaspoon each of salt and black pepper
2 Tablespoons of lemon juice
1 Tablespoon of extra virgin olive oil
1 Tablespoon of tahini

Directions:

Tahini is a paste made from sesame seeds and is found in health food stores. Give it a good stir before adding it to the recipe.

Put all the ingredients in a food processor or blender and pulse. Add water a little bit at a time until the desired consistency is reached. The dip can be stored up to a week in the refrigerator if tightly sealed. Serve with gluten free crackers, chips or fresh vegetables.

Sugar Free Recipes

Apple Chicken (SF)

Ingredients:

3 lb. chicken, cut up
1/2 tsp. salt
1/4 tsp. pepper
1 chicken bouillon cube (or equivalent powder)
1/2 c. water
1/2 c. apple juice
2 c. fresh green beans, sliced French style
1 c. apples, peeled and diced
1 tbsp. flour
1 tsp. ground cinnamon

Directions:

Preheat oven to 450 degrees.

Place chicken in a shallow roasting pan. Sprinkle with salt and pepper. Bake 20 minutes or until brown. Remove from oven and reduce oven temperature to 350 degrees.

Pour off any fat from pan, and then return chicken to it. Bring 1/2 water to a boil and add the bullion. Stir until dissolved.

Pour the flavored water and apple juice over the chicken. Add the green beans. Cover and bake 25 minutes. Add the apples, sprinkle with flour and cinnamon. Cover and bake for 10 minutes longer.

Banana Split Pie (SF)

Ingredients:

- 1 graham cracker crust
- 1 (4 oz.) pkg. sugar-free instant vanilla pudding mix
- 2 c. low-fat milk
- 2 bananas, sliced
- 1 (15 oz.) can crushed pineapple
- 1 c. whipped topping
- 1 tsp. vanilla
- 1/2 c. pecans, chopped

Directions:

Fully drain juice off of pineapple and set aside. In a small bowl, combine the pudding mix and milk. Beat until thickened & transfer to pie crust.

Evenly lay banana slices over the pudding. Distribute pineapple over bananas. Cover with whipped topping and sprinkle with pecans. Chill for 2 hours before serving.

Cheese Lasagna (SF)

Ingredients:

- 8 whole wheat lasagna noodles
- 1 c. chopped onions
- 1 c. sliced mushrooms
- 1/2 c. diced green peppers
- 1 tbsp. parsley flakes
- 1/2 tsp. each basil, oregano, chili powder
- 1 garlic clove, minced
- 1 c. chopped carrots
- 3 c. tomatoes

1/4 tsp. dried rosemary
3 oz. grated romano cheese
1 1/3 c. low-fat cottage cheese
4 tablespoons parmesan cheese
5 oz. part-skim mozzarella cheese

Directions:

Boil lasagna noodles according to package directions. Drain and set aside.

In a skillet over medium heat, saute onions, garlic, mushrooms, carrots, and peppers until soft. Add the tomatoes, parsley, basil, oregano, chili powder, rosemary, and pepper. Mix well and simmer for 20 minutes.

In a bowl, blend together the mozzarella, Romano and cottage cheese. In a 8 x 8 baking dish, starting with the sauce, layer the ingredients - first sauce, then noodles, then cheese.

Repeat until all ingredients are used, ensuring final layer is cheese. Bake at 375 degrees for 30 minutes or until bubbly and hot.

Coleslaw (SF)

Ingredients:

1/2 head cabbage, shredded
1 sm. onion, finely chopped
2 celery stalks, finely chopped
2 carrots, shredded
1 tbsp. mayonnaise
2 pkg. artificial sweetner
1/2 tsp. black pepper
2 tbsp. vinegar
2 tbsp. lemon juice

Directions:

In a medium bowl, mix together the shredded and chopped vegetables. In a separate bowl add the mayonnaise, sweetner, pepper, vinegar, and lemon juice. Mix well .

Pour dressing over the shredded vegetables and refrigerate.

Grilled Turkey Tenderloin (SF)

Ingredients:

1/4 c. low-sodium soy sauce
1/4 c. apple juice
1/8 tsp. black pepper
2 tbsp. crushed onion
1 lb. uncooked turkey tenderloin, 3/4 to 1 inch thick
1/4 c. peanut oil
2 tbsp. lemon juice
1/8 tsp. garlic salt
1/4 tsp. ground ginger

Directions:

In a plastic bag or bowl add the soy sauce, apple juice, pepper, onion, oil, lemon juice, garlic salt and ginger. Mix well.

Place the turkey tenderloin in the bag/bowl, ensuring all sides are coated with marinade. Seal the bag or cover the bowl. Marinate in refrigerator several hours or overnight, turning occasionally.

Grill tenderloins for 6-10 minutes per side or until there is no pink in the center. Do not overcook as the meat will be dry!

Orange Sherbet (SF)

Ingredients:

1 c. orange juice
1 tsp. unflavored gelatin
2 tbsp. lemon juice
1 tbsp. grated orange peel
Non-nutritive sweetener equal to 1/2 cup sugar
1/2 c. nonfat dry milk powder



Directions: Using a small size freezer-safe bowl, add all the ingredients and mix well. Cover and freeze until desired consistency is reached.

Strawberry Mousse (SF)

Ingredients:

2/3 c. sugar-free strawberry preserves (your brand choice)
1/8 tsp. cream of tartar
2 egg whites
1/2 c. whipping cream

Directions:

In a small bowl, add the cream of tartar & egg whites. Beat until stiff. Fold in the strawberry preserves and whipped cream. Chill for 1 hour before serving or freeze for a frozen mousse treat.

Sugarless Fruit & Nut Cake (SF)

Ingredients:

1 c. dates, chopped
1 c. prunes, chopped
1 c. raisins
1 c. cold water
1 stick margarine, melted
2 eggs
1 tsp. baking soda
1/4 tsp. salt
1 c. plain flour
1 c. nuts, chopped (your choice)
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1 tsp. vanilla

Directions:

In a medium sized pan over medium-high heat, add 1 cup of water and boil dates and prunes for 3 minutes.

Remove from heat and add the margarine and raisins. Let cool. Add the flour, soda, salt, eggs, nuts, spices and vanilla to the fruit mixture. Stir to blend. Pour into baking dish that has been sprayed with non-stick cooking

spray or lined with parchment paper. Bake at 350 degrees for 25 to 30 minutes.

Tuna Salad Sandwich (SF)

Ingredients:

1 sm. can water-packed tuna
3 eggs, hard boiled and diced
1 c. shredded mild cheddar cheese
2 tbsp. sweet pickles
2 tbsp. onion
2 tbsp. celery
2 tbsp. olives
1/2 c. light mayonnaise

Directions:

Chop pickles, onion, celery and olives. In a small bowl, mix everything together until well blended.

Serve on bread. For a lighter version, try wrapping tuna mix in a lettuce leaf

Turkey Polish Sausage Stew (SF)

Ingredients:

1 onion, chopped
1/2 lb. turkey polish sausage, cut into pieces
1 qt. chicken stock
1/4 tsp. pepper
1 bay leaf
1/4 tsp. thyme
3 carrots cut in strips
3 celery stalks cut in chunks
1/2 head cabbage cut in chunks
2 tbsp. rice (uncooked)
1 (8 oz.) can low sodium tomato sauce
1 can kidney beans
1 (28 oz.) can whole tomatoes (no salt added)
3 cups water

Directions:

Spray a large saucepan with non-stick spray. Over medium heat, sauté the onion until tender.

Add the remaining ingredients, stir and bring stew to a boil. Reduce heat, cover and simmer for 45 minutes.

Vegetarian Recipes

Apricot Almond Cookies (V)

Ingredients:

½ cup unsalted real butter
½ cup caster sugar
1 tablespoon clear honey
1 cup plain flour, sifted
1 teaspoon baking powder
1 pinch of salt
1 cup oatmeal oats
½ cup chopped apricots

Topping:

2 tablespoons chopped dried apricots
1 cup toasted, chopped almonds

*note: to toast chopped almonds simply place in non-stick pan over high heat for a minute or two, tossing regularly.

Directions:

Preheat the oven to 325F. Lightly grease a cookie baking sheet. Place the butter, honey and sugar in a small saucepan and heat over low heat until the butter melts and sugar dissolves. Remove from heat and set aside.

Place the flour, oats, salt, baking powder, and apricots in a large bowl. Pour the butter mixture into the bowl and mix well to form the dough. Divide the dough into small rounds. Place each round (1/2 inch) on the cookie baking

sheet. Scatter a few apricots and chopped almonds over each cookie, lightly pressing into the dough.

Bake for 15 minutes or until lightly golden. Cool for approximately 5 minutes and transfer to wire rack to cool completely.

Apricot and Plum Crumble (V)

This crumble has a greater amount of fruit and only a small amount of topping. This is a great way to get that extra sweet fix while keep calories low.

Ingredients:

4 plums, stoned and cut into quarters
4 apricots, stoned and cut into quarters
¼ cup brown sugar
½ cup whole oats
¼ cup whole wheat flour
½ teaspoon ground cinnamon
½ teaspoon nutmeg
¼ cup unsalted real butter, soft

Directions:

Preheat oven to 350F. Place the plums and apricots in a non-stick baking dish (or crumble baking dish). Pour over 2 tablespoons of water.

In a separate bowl mix the oats, flour, sugar, spices and butter. Sprinkle this mixture over the fruit. Now sprinkle a little brown sugar over mixture. Place in a hot oven and back for approximately 40 minutes or until fruit is tender.

Serve with a side of natural vanilla ice cream, low-fat natural yogurt or on its own!

Asparagus and Mascarpone Risotto (V)

The mascarpone cheese in this risotto adds an additional creamy taste.

Ingredients:

- 8 ounces of risotto Arborio rice
- 5 ounces frozen peas
- 2 tablespoons olive oil
- 4 spring onions, finely sliced
- 12 asparagus tips
- 5 cups vegetable broth
- 4 ounces chopped mushrooms
- 2 tablespoons mascarpone cheese

Directions:

Heat the oil in a large non-stick pan. Add the spring onions and sauté lightly for approximately 2 minutes. Now add the rice and mix well until the rice is fully coated with the oil. Add the asparagus tips, peas and 1 cup of stock. Mix well. Keep stirring over medium heat until almost all the liquid is absorbed, then add an additional cup of stock. Keep repeating this process until the risotto is tender and cooked through. You may need a little additional stock.

Add the spinach 1 minute before removing from heat. Remove from heat and stir in the mascarpone cheese and serve immediately.

Butternut Squash Coconut Curry (V)

Ingredients:

- 1 small red chilli, seeded and finely sliced
- 4 spring onions, finely sliced
- 2 garlic cloves, peeled and crushed
- 2 teaspoons ground cilantro
- ½ teaspoon cumin
- 1 teaspoon paprika
- 1 tablespoon olive oil
- 1 (14 ounce) can of coconut milk
- 1 medium butternut squash, peeled and diced into small chunks
- 1 red pepper, deseeded and cut into strips
- 1 inch fresh stem ginger, grated

2 tablespoons soy sauce
1 teaspoon brown sugar
1 tablespoon lemon juice
5 cups of vegetable stock

Directions:

Prepare all ingredients.

Place the chillies, spring onions, garlic, lemon juice, soy sauce, sugar, ginger and herbs in a food processor and blend until smooth. Mixture should resemble a thick paste. Set aside.

Place the squash pieces in a large pan and cover with stock. Boil for approximately 25 minutes until the squash is tender.

In a non-stick frying pan add the oil and then the curry paste. Sauté over low heat for approximately 2 minutes, now add the coconut milk and simmer gently for another 4 minutes. Add this mixture to the squash mixture and cook for a further 10 minutes or until sauce is reduced and creamy.

Chili Spaghetti (V)

Ingredients:

8 ounces of cooked spaghetti
1 small chili, seeded and finely sliced
2 spring onions, finely sliced
2 garlic cloves, crushed and peeled
1 tablespoon olive oil
½ cup low-fat plain yogurt
Salt and pepper
1 handful of fresh basil leaves, roughly chopped

Directions:

Cook the spaghetti according to package instructions.

While the spaghetti is cooking, heat the oil in a non-stick frying pan and add the chili and garlic. Sauté over low heat for approximately 2 minute taking care not to burn the garlic. Set aside.

In a bowl add the yogurt, garlic/chilli mixture and spring onions. Mix well and season with salt and pepper if necessary.

Add this mixture to the hot spaghetti and mix well. Serve topped with the fresh, chopped basil.

Couscous and Guacamole Wrap (V)

Ingredients for Couscous:

1 cup dried couscous, cooked according to package instructions
2 tablespoons chopped, fresh parsley
6 spring onions, finely sliced
½ cucumber, finely diced
1 tomato, finely diced
½ red pepper, finely diced
¼ cup extra-virgin olive oil
Juice of one lemon
Salt and black pepper
4 whole wheat tortillas to serve

Ingredients for Guacamole:

1 ripe avocado, peeled and stoned
Juice of ½ lemon
½ red chili, seeded and finely sliced

Directions:

Place the cooked couscous in a bowl and add all couscous ingredients. Mix together well. Chill for 20 minutes.

Meanwhile make the guacamole. Do this immediately before serving or guacamole will brown (although the lemon juice does help prevent this a little). Place the avocado in a bowl and add the lemon juice and chili. Mash with a fork until smooth and season with salt and pepper if desired.

Warm the tortillas in a hot oven for 2 minutes or in a non-stick pan (one minute on each side). Divide the couscous mixture into the tortillas and top with the guacamole. Add a dollop of sour cream or low-fat plain yogurt. Roll up the wrap and enjoy.

Eggplant Mozzarella Rolls (V)

Ingredients:

- 1 large eggplant
- 3 tablespoons olive oil
- 1 ball mozzarella cheese (should make 8 slices)
- 2 plum tomatoes, each cut into 4 slices
- Handful of large basil leaves
- Salt and black pepper

Directions:

Cut the eggplant lengthways into 10 thin slices. Discard the two outside slices. Sprinkle the slices with salt and set aside in a bowl for 20 minutes. Rinse under cold water and pat dry with paper towels.

Preheat a grill to high. Place the eggplant slices in a non-stick pan and brush lightly with olive oil. Place under the hot grill for approximately 8 to 10 minutes until golden. Turn once during grilling. Remove from heat. Now place a slice of mozzarella and tomato in the center of each slice. Top with a few basil leaves, season if necessary, and fold the eggplant slice sides over the center filling. Now cook seam-side down under the grill until the mozzarella begins to bubble. Drizzle with a little olive oil and serve.

Jamaican Black Bean Stew (V)

Ingredients:

- 1 ½ cups dried black beans
- 1 bay leaf
- 2 tablespoons olive oil
- 1 large red onion, thinly sliced
- 1 garlic clove, crushed
- 1 tablespoon molasses
- 2 tablespoons dark brown sugar
- 1 teaspoon dried thyme
- ½ teaspoon dried cumin
- 1 red pepper, seeded and diced
- 1 yellow pepper, seeded and diced
- 4 cups butternut squash, seeded and diced into small cubes
- Salt and black pepper to taste

Directions:

Soak the beans overnight in cold water. Rinse and place beans in a large pan of hot boiling water. Boil on high for 10 minutes. Drain and return to rinsed pan.

Heat the oil in a non-stick frying pan and sauté the onions for approximately 4 minutes. Add the garlic and sauté a further 1 minute. Now add the molasses, sugar, thyme and chili. Cook for a further 1 minute. Set aside.

Return the black beans to the heat and cover with cold water. Bring to a boil and add the butternut squash and 2 tablespoons of vegetable bullion powder. Cook over medium heat for approximately 45 minutes. Add the onion mixture and peppers and cook a further 25 to 30 minutes or until tender.

Season with salt and pepper and serve immediately.

Lemon Black Olive Hummus (V)

Traditional hummus includes tahini which is the paste that binds the hummus together. I've replaced it in this recipe with low-fat yogurt for a reduced-calorie yet still delicious hummus. However, if you prefer replace the yogurt with 2 tablespoons of tahini and follow instructions below.

Ingredients:

2 (14 ounce) cans of chickpeas, drained and rinsed
1 garlic clove, peeled and crushed
1 lemon
4 tablespoons olive oil
1 ounce pitted black olives (and a little extra for serving)
1 teaspoon paprika
1 ounce of low-fat plain yogurt

Directions:

Place all prepared ingredients in a food processor and blend on high to make a thick paste. If the hummus is too thick add a little water or a little more yogurt.

Transfer to a serving bowl and top with a handful of sliced olives and serve with pita triangles, vegetable crudité's or use anyway you'd like!

Tip: Think outside the box when using hummus. It's not only for dipping, it also makes a great vegetarian sandwich filler (add hummus and a few lettuce leaves and slices of tomatoes). It's also a great filler for roasted peppers and delicious mixed with couscous.

Lemon Puy Lentils & poached eggs (V)

Puy lentils originate from France and have a distinct flavor. They're also cook much faster than the standard lentil varieties. You should be able to find puy lentils in your supermarket or specialty gourmet shop.

Ingredients:

- 1 cup dried puy lentils
- 1 bay leaf
- 2 tablespoons olive oil
- 4 spring onions, finely sliced
- 2 large garlic cloves, peeled and crushed
- 1 tablespoon Dijon mustard
- Zest and juice of 1 lemon
- 4 plum tomatoes, finely diced
- 4 tablespoons crème fraiche or sour cream
- A handful of chopped fresh parsley to serve
- 4 poached eggs

Directions:

Place the lentils and bay leaf in a saucepan of hot boiling water. Boil for 10 minutes. Remove from heat and drain. Return to rinsed pan and simmer over low heat for approximately 20 minutes or until tender.

In a separate pan heat the oil and sauté the garlic and spring onions for approximately 1 to 2 minutes. Add the Dijon mustard, lemon zest/rind and juice. Then mix in the tomatoes and seasonings. Sautee on low for a further 2 minutes. Remove mixture to a large bowl and set aside.

Now poach the eggs gently in a saucepan of simmering salted water.

Once the lentils are cooked and the mixture is reduced, turn the heat off and add the sautéed tomato mixture to pan. Mix well to heat mixture through. Discard the bay leaf. Serve into 4 individual bowls topped with one poached egg and a scatter of fresh, chopped parsley.

Hearty Lentil Casserole (V)

Ingredients:

1 large onion, finely sliced
4 medium carrots, grated
3 leeks, sliced
2 garlic cloves, peeled and crushed
1 sweet potato, peeled and cubed into small pieces
1 inch piece of fresh root ginger, grated
1 teaspoon cumin
2 tablespoon olive oil
8 ounces split red lentils
5 cups of hot vegetable stock
Fresh chopped parsley

Directions:

Prepare all the vegetables and set aside. In a large pan of hot water bring the lentils to boil and boil on high for 10 minutes. Drain and returned to rinsed pan. Add the vegetable stock, sweet potato pieces and grated carrots to the pan. Reduce heat and simmer for approximately 40 minutes.

Meanwhile, heat the olive oil in a non-stick frying pan. Saute the onion for approximately 4 minutes. Add the garlic, ginger and cumin and sauté for another minute or so.

Add this mixtures to the lentils about 10 minutes before the lentils are finished cooking through. Garnish with fresh parsley and serve.

Mediterranean Vegetable Bake (V)

Ingredients:

3 red onions, sliced
¼ cup olive oil
2 garlic cloves, peeled and crushed
1 eggplant, sliced
4 zucchinis, sliced
1 red pepper, seeded and cut into quarters
1 mozzarella cheese ball cut into slices
¼ teaspoon oregano
Handful of fresh chopped basil

Directions:

Preheat oven to 350F.

Slice the eggplant, place in a bowl and generously sprinkle with salt. Set aside.

Heat the olive oil in a non-stick frying pan and gently sauté for approximately 5 minutes. Add the garlic and sauté a further 2 minutes. Stir in the oregano and mix through. Set aside.

Place the onion and garlic mixture into a non-stick baking tray (include any oil too). Now rinse the eggplant and pat dry. Arrange the eggplant slices, zucchini, pepper and mozzarella slices over the onion mixture. Alternative for a colourful and interesting dish. Now season with a little pepper if desired and drizzle with a little olive oil. Place in the oven and bake for approximately 1 hour. Serve with fresh chopped basil sprinkled on top.

Mexican Chickpea Wraps (V)

Ingredients for the main filling:

- 1 - 14 ounce can of chickpeas, drained and rinsed
- ½ cup corn kernels, drained and rinsed
- 1 14 ounce can of chopped tomatoes
- ½ teaspoon cumin
- ½ teaspoon paprika
- 1 garlic clove, peeled and crushed
- 1 tablespoon olive oil

Ingredients for the salsa:

- 1 small onion, finely sliced
- 2 tomatoes, finely diced
- 1 handful of chopped fresh cilantro (also known as coriander)
- 2 tablespoons olive oil
- Juice of half a lime
- Salt and pepper

Ingredients for the guacamole:

1 ripe avocado
2 ounces of low-fat plain yogurt
Juice of 1 lime

For serving:

6 corn tortillas

Directions:

Heat 1 tablespoon of oil in a large non-stick pan, add the garlic and sauté for approximately 1 minute. Add the chickpeas, corn, chopped tomatoes, cumin and paprika. Mix well and simmer gently for approximately 10 to 15 minutes.

While that's cooking make the salsa. Place all ingredients in a small bowl and mix well. Season to taste with salt and pepper and place in refrigerator for flavors to absorb.

Note: ** if you like it hot add a few jalapenos or ½ seeded and finely sliced red chilli to the salsa.

Once your chickpea mixture is finished cooking and the salsa is done, make the guacamole (right before serving).

Mix guacamole ingredients in a bowl and crush with fork until light and creamy.

Gently heat the corn tortillas in a hot oven for approximately 1 minute. Divide the chickpea mixture between the tortillas and top each tortilla with a little salsa and guacamole. You can also add a dollop of sour cream or low-fat plain yogurt. Roll up and serve immediately.

Minty Potato Salad (V)

Ingredients:

10 to 15 new potatoes, scrubbed but not peeled
4 ounces feta cheese, crumbled
1 cup natural low-fat yogurt
½ cup fresh mint leaves
1 tablespoon mayonnaise
Salt and black pepper



Directions:

Roughly chop the potatoes and place in a pan of hot boiling water for about 10 to 15 minutes or until tender. Drain and transfer to large bowl. To make the dressing combine the yogurt and mint in a blender and blend on high for a minute or two. Transfer to a small bowl, add the mayonnaise and salt and pepper if using. Mix well.

Pour the yogurt mixture over potatoes and toss together well. Sprinkle the feta cheese over potatoes and serve immediately.

Mixed Bean Salad and Grilled Halloumi Cheese (V)

Halloumi is a Greek cheese that retains its shape when grilled or cooked. It's a delicious addition to vegetarian meals. It's worth to note that Halloumi has a slightly salty taste so use salt sparingly in dishes that include this cheese.

Ingredients:

1 14 ounce can of mixed beans (in water), drained and rinsed. Alternatively you can combine equal parts of chickpeas, kidney beans, butter beans or any other salad bean of your choice
1 handful of chopped fresh cilantro (also known as coriander)
1 tablespoon olive oil
1 tomato, finely diced
1 small red onion, finely sliced
½ can corn kernels
A little pepper to taste

Directions:

Mix all ingredients well in a large bowl, cover and set in the refrigerator for approximately 20 minutes for the flavors to absorb.

Take a chunk of Halloumi cheese and cut 4 thick slices. Place on a lightly oiled non-stick baking tray and under a hot grill for approximately 2 minutes, turn over and grill on the other side for a further 2 minutes or until cheese is bubbly and golden.

Divide the bean salad between 4 plates and top each plate with a Halloumi cheese slice and serve.

Oriental Green Beans (V)

Ingredients:

3 cups of fine green beans
1 teaspoon sesame oil
1 tablespoon extra-virgin olive oil
2 garlic cloves, peeled and crushed
1 inch piece of fresh root ginger, grated or finely sliced
2 tablespoons soy sauce

Directions:

Steam the beans for approximately 5 minutes until slightly tender.

In a separate pan heat the olive and sesame oils. Add the garlic and sauté over low heat for approximately 1 to 2 minutes taking care not to burn. Mix in the ginger and soy sauce and cook for a further 2 minutes, stirring continuously. Pour the ginger mixture over the green beans and serve immediately.

Pak Choi Stir Fry (V)

Ingredients:

2 tablespoons rapeseed oil
2 carrots, cut into match-stick pieces

½ cup fine green beans
7 ounces of corn, cooked and drained
3 cups of pak choi, cut into thin strips
1 cup of bean sprouts
2 cups of fresh chopped tomatoes (in sauce from can)
2 tablespoons soy sauce

Directions:

Heat the oil in a wok and add the carrots and green beans. Stir fry for about 3 minutes. Add the corn and pack choi and stir fry for a further 2 minutes. Now add the bean sprouts and stir fry for a further 1 minute. Add the tomato sauce and soy sauce and mix well. Reduce heat and cook for approximately 4 minutes, stirring regularly. Serve immediately.

Pear, Walnut and Blue Cheese Salad (V)

Ingredients:

2 ripe pears
1 teaspoon unsalted natural butter
1 teaspoon olive oil
3 cups of mixed lettuce leaves (rocket, watercress and baby spinach)
2 ounces of good-quality blue cheese (Gorgonzola is good)
2 tablespoons roasted walnuts
1 tablespoon lemon juice

Directions:

Core and cut the pears into quarters. Then cut each quarter in half. Now heat the olive oil and butter in a non-stick frying pan and add the pears. Cook for approximately 2 minutes on each side until golden and soft. Season with a little pepper if desired.

In a large bowl place the lettuce leaves and toss with a little lemon juice, roasted walnuts and a little olive oil. Divide the salad between plates and place a couple of pieces of pear on each plate. Now top with a little crumbled blue cheese and serve.

Tip: To roast the walnuts simply place them in a non-stick pan over high heat for approximately 2 minutes. Tossing regularly.

Potato and Red Onion Frittata (V)

Ingredients:

1 red onion, sliced
1 tablespoon olive oil
4 new potatoes, peeled and thinly sliced
6 free-range, organic eggs, lightly beaten
½ cup of feta cheese, crumbled or finely diced
Salt and black pepper

Directions:

Place the potatoes in a sauce pan of boiling water and boil for approximately 4 minutes, drain and set aside.

In a non-stick frying pan add the oil and then the onions. Sauté over low heat for approximately 4 minutes. Add the potato slices and then pour the egg mixture over onion and potatoes. Sprinkle the feta cheese over mixture. Cook over low heat for approximately 4 to 5 minutes. Then place under a hot preheated grill for a further 3 minutes until eggs are set and slightly golden.

Cut into wedges and serve warm or cold with a side salad.

Red Onion and Goats Cheese Pastry (V)

Ingredients:

1 large red onion, thinly sliced
1 tablespoon olive oil
2 teaspoons dried thyme
One 15 ounce package of ready puff pastry
½ cup goat's cheese, cubed
1 egg, lightly beaten
Salt and black pepper

Directions:

Heat the oil in a large non-stick frying pan. Add the onions and sauté over low heat for approximately 5 minutes. Add the thyme, salt and pepper if using and sauté for another 1 to 2 minutes. Remove from heat and set aside to cool.

Preheat the oven to 375F. Unroll the ready pastry and cut it into four rounds. Place the pastry rounds. Flatten the rounds and score a border inside the edge of each round.

Now divide the onion mixture among the four rounds and top with an even amount of goat's cheese. Brush the edges of the pastry with the beaten egg. Bake in a hot oven for approximately 20 minutes. Serve with a green side salad.

Roasted Root Vegetable Soup (V)

Ingredients:

- 1 small butternut squash, peeled and cubed
- 1 large parsnip, peeled and cubed
- 2 carrots, roughly chopped
- 2 leeks, roughly chopped
- 1 red onion, quartered
- 3 bay leaves
- 4 thyme sprigs
- 3 rosemary sprigs
- ¼ cup olive oil
- 5 cups vegetable stock
- Salt and black pepper to taste
- Sour cream or low-fat plain yogurt to serve

Directions:

Preheat the oven to 350F. place the olive oil in a non-stick baking tray and add all the vegetables (including bay leaf, thyme and rosemary). Toss well until vegetables are coated in oil. Spread the vegetables out in a single layer and roast in the hot oven for approximately 50 to 60 minutes, or until tender. Turn vegetables occasionally during roasting.

Remove from oven and discard herbs. Place the remaining vegetables in a large saucepan and pour the stock over the vegetables. Bring to a boil, then reduce heat and simmer for approximately 10 minutes. Remove soup from heat and let cool down slightly. Transfer to food processor and blend on high until smooth and creamy.

Return the soup to the pan and heat through. Season with salt and pepper and serve garnished with a swirl of sour cream or plain yogurt.

Rosemary and Cannelloni Bean Bruschetta (V)

Ingredients:

2/3 cups canned cannelloni beans, drained and rinsed
5 fresh tomatoes, diced into small pieces
3 tablespoons olive oil
2 sun-dried tomatoes, drained and finely chopped
1 garlic clove, peeled and crushed
2 tablespoons chopped fresh rosemary
Salt and pepper
Fresh basil leaves to garnish, chopped
12 slices of sliced Italian bread (ciabatta or alternatively you can use French bread)

Directions:

Heat a little oil on a frying pan and add the sun-dried tomatoes, garlic and rosemary. Sautee over low heat for a minute or two, taking care not to let the garlic burn. Add the tomatoes and beans and cook for a further 2 minutes or until heated through. Season with salt and pepper.

To serve, place the bread slices under a hot grill for 30 seconds to 1 minute on each side (until slightly browned and toasted). Top each slice with a little bit of the bean mixture, drizzle with olive oil and garnish with a few fresh basil leaves.

Spicy Red Lentil and Coconut Soup (V)

Ingredients:

2 red onions, finely sliced
1 small chili, seeded and finely sliced
2 garlic cloves, peeled and crushed
2 tablespoons olive oil
1 bay leaf
1 cup of red lentils, rinsed and drained
1 teaspoon ground cilantro (also known as coriander)
1 teaspoon paprika
4 ounces coconut milk
Juice of 1 lime

3 spring onions, finely sliced
1 cup fresh cilantro
Salt and black pepper to taste

Directions:

Heat the oil in a large pan and add the chili, onion, and bay leaf. Cook for approximately 4 minutes. Add the garlic and cook a further 1 minute. Set aside.

Place the lentils in a large saucepan of boiling water. Boil on high for 10 minutes. Drain and return to rinsed pan. Add the cooked onions, chili, bay leaf, ground cilantro, paprika and coconut milk. Now add 3 $\frac{3}{4}$ cups water and mix well. Bring to a boil, then reduce heat and simmer for approximately 30 to 40 minutes or until the lentils are tender.

Once the lentils are cooked add the lime juice, spring onions and fresh cilantro. Season with salt and pepper if necessary and serve immediately. Garnish with a few spring onions and a swirl of coconut milk if desired.

Spicy Tofu Stir Fry (V)

Ingredients:

1 large mango, peeled, stoned and diced into small cubes
Juice of one lime
 $\frac{1}{2}$ small chili, seeded and finely sliced
2 garlic cloves, peeled and crushed
8 ounces of tofu, cubes
1 small red onion, finely sliced
2 tablespoons sesame oil
4 ounces of kale, finely shredded
3 ounces of cooked noodles

Directions:



Preheat oven to 325F. mix the mango, lime juice, chili and 1 garlic clove in a large baking tray. Add the tofu, mix well and set aside for 30 minutes so that tofu can absorb marinade.

Then place the tofu mixture in the oven for approximately 20 minutes.

While that is baking, heat the oil in a wok and add the onion and sauté for approximately 4 minutes. Add the remaining garlic and sauté another minute and set aside.

In a separate pan cook the noodles according to package instructions, drain and set aside.

Now add the kale to the garlic and onions and stir fry for 1 to 2 minutes. Add the drained noodles to the wok and mix together well with the kale and garlic. Now remove the tofu and vegetables from oven and add to wok. Toss everything together well and serve.

Spinach and Chickpea Stir Fry (V)

Ingredients:

- 2 (14 ounce) cans of chickpeas, drained and rinsed
- 4 ounces baby spinach leaves
- 1 (14 ounce) can of chopped tomatoes
- 1 small red chili, seeded and finely sliced
- 2 garlic cloves, peeled and crushed
- 1 red onion, finely sliced
- 1 teaspoon ground cumin
- 2 tablespoons olive oil

Directions:

Heat the oil in a wok and add the cumin and onions, stir fry for approximately 5 minutes. Add the garlic and chili and stir fry a further 2 minutes. Now add the chickpeas and tomatoes. Reduce the heat and simmer for approximately 10 to 15 minutes. Add the spinach 1 minute before removing from heat and stir through. Serve with rice or noodles.

Spinach and parmesan penne (V)

This dish is very quick and easy to make, yet makes an impressive substantial meal. Try adding a few sliced mushrooms and a little chili for a change too.

Ingredients:

8 ounces of penne pasta
2 cups of baby spinach leaves, rinsed
1 ounce of grated parmesan cheese
2 garlic cloves, peeled and crushed
Juice of one lemon
3 tablespoons extra-virgin olive oil
Handful of pine nuts

Directions:

Cook the penne pasta according to package instructions and drain.

While the pasta is cooking heat 2 tablespoons of olive oil in a non-stick frying pan. Add the garlic and sauté on low for approximately 2 minutes, stirring often and being careful not to burn the garlic. Add the lemon juice and the spinach leaves. Sauté for another 2 minutes until the spinach leaves just wilt. Set aside. Keep warm.

Once the pasta is cooked and drained place in a large bowl. Add the remaining tablespoon of olive oil and season with a little salt and pepper. Toss together with the spinach and garlic mixture and top with the parmesan cheese. Serve sprinkled with a few pine nuts if desired.

Tomato and Garlic Frittata (V)

This is a basic frittata recipe. If you'd like you can also add a little feta cheese and sliced black olives, or maybe you'd prefer to add a little parmesan and baby spinach, or mushrooms and chives. The combinations are endless but sometimes just a quick and basic recipe like this one hits the spot.

Serve with warm whole wheat bread and a side salad for a full meal.

Ingredients:

2 garlic cloves, peeled and crushed
2 tomatoes, diced into small pieces
6 organic free-range eggs
1 tablespoon olive oil

Directions:

Place the olive oil in a hot non-stick frying pan. Gently sauté the garlic for approximately 2 minutes, add the tomato and sauté a further minute. Now add the beaten egg and cook over low heat for approximately 5 minutes. Place the pan under a hot grill until the top of the eggs sets and is lightly golden. Serve hot or cold.

Tropical Fruit with Cinnamon Rum (V)

Ingredients:

2 tablespoons unsalted real butter
1 can of pineapple slices, drained
1 mango, peeled, stoned and cut into small cubes
2 bananas, roughly sliced
2 tablespoons maple syrup
1 teaspoon cinnamon
4 tablespoons dark rum

Directions:

Melt the butter in a large non-stick frying pan. Add the sliced pineapple and cook for approximately 4 minutes over low heat until slightly browned. Turn occasionally while cooking. Add the mango and bananas to the pan and cook a further 1 minute. Turning regularly.

Stir in the maple syrup, cinnamon and rum and cook for approximately 2 more minutes. The sauce should start to thicken. Serve immediately with a little natural vanilla ice cream or low-fat natural yogurt.

Warm Bean and Feta Salad (V)

Ingredients:

2 cups of fine green beans
1 (14 ounce) can of borlotti (or butter) beans, drained and rinsed
1 tablespoon olive oil
2 tablespoons lemon juice
1 teaspoon dried oregano
A handful of fresh chopped parsley
½ cup crumbled feta cheese
1 ounce of pitted sliced black olives

Directions:

Steam the green beans for approximately 5 minutes until slightly tender. Place beans in a large bowl and add the borlotti beans. Mix together well and cover to keep warm.

In a small bowl mix the olive oil, lemon juice and oregano. Pour this mixture over the beans and toss together gently. Add the feta cheese and sliced olives and gently toss. Serve immediately with a side of whole wheat bread.

Zucchini and Ginger Cake (V)

Ingredients:

8 ounces of zucchini, grated
1 inch piece of fresh root ginger, peeled and grated
3 cups plain flour
1 teaspoon baking powder
Pinch of salt
1 teaspoon ground cinnamon
1 tablespoon brown sugar
1 cup caster sugar
3 eggs
4 ounces of melted butter
1 teaspoon vanilla essence
1 tablespoon of ginger stem syrup (if you can't find this add an additional ½ inch piece of grated ginger in place of the syrup)

Directions:

Preheat the oven to 325F.

Mix together the eggs and sugar until fluffy. Slowly add the oil, vanilla and ginger syrup. Then mix in zucchini and fresh ginger. Mix together well.

In a separate large bowl sift the baking powder, flour and salt. Add the cinnamon and mix. Stir the butter mixture into the flour mixture and mix well.

Lightly grease a loaf tin and pour in the cake mixture. Sprinkle some brown sugar over the surface. Bake for approximately 45 to 60 minutes or until baked through. You can test this by inserting a butter knife or skewer into the center. If it comes out clean the cake is done.

Leave to cool for approximately 15 minutes then turn onto a wire rack to cool completely.

Other Healthy Recipes

Asparagus Couscous Salad

Ingredients:

- 1 cup frozen green peas
- 12 asparagus spears, cut into 1-inch pieces
- 2 medium carrots, peeled and cut into matchstick-size strips
- 2 ounces snow peas, trimmed and cut diagonally in half
- 1 onion, finely sliced
- 4 cups uncooked Israeli couscous
- 2 tomatoes, diced into small pieces
- 4 tablespoons olive oil
- 2 cups vegetable stock or canned vegetable broth



Place carrots, frozen peas and asparagus in a pan of boiling water and cook for approximately 4 minutes. Drain and set aside.

Heat the olive oil and add the onion and cook for approximately 2 to 4 minutes until tender. Set aside. Cook couscous according to package instructions but replace the indicated amount of water with the same amount of vegetable broth. Once the couscous is ready fluff with a fork and transfer to pan with onions and cooked vegetables.

Add a little soy sauce and a tablespoon of lemon juice. Season with salt and pepper to taste.

Baked Scallops

Ingredients:

2 lbs scallops (about 4 cups)
1 cup dry white wine
6 tbsp unsalted butter
1 medium onion, chopped fine
2 1/2 tbsp flour
1/2 cup fine bread crumbs

Directions

Preheat oven to 400°F

In a skillet over medium heat, saute scallops. Add the wine and a pinch of salt. Bring to a quick boil then reduce heat and cover and simmer for 4 minutes.

Transfer scallops to a 2 quart casserole dish. Pour off and reserve the wine/scallop liquid. Using the same skillet, heat 3 tablespoons of the butter. Add the onions and cook for two minutes.

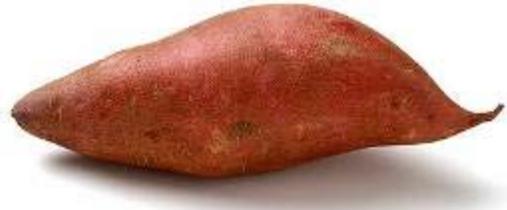
Add the flour and reserved wine/scallop liquid to the butter and onions. Whisk until sauce thickens and is smooth.

Pour sauce over scallops and stir. Evenly distribute bread crumbs over the sauce covered scallops and dot with remaining butter. Bake for 15 minutes or until bubbly and brown.

Carrot and Sweet Potato Soup

Ingredients:

1 tablespoon olive oil
1 onion, finely sliced
8 large carrots, roughly chopped
2 medium sweet potatoes, mashed
2 tablespoons dry cooking wine
6 cups vegetable stock (fresh or homemade)
Large handful of fresh chopped cilantro (also known as coriander)
4 tablespoons crème fraiche (note: Use low fat plain yogurt as an alternative)



In a large pan heat the olive oil and add the onions. Gently sautee for approximately 5 minutes until soft. Add the carrots and mashed sweet potatoes and cook for another 5 minutes (stirring often).

Now add the stock and bring the soup to a boil. Reduce the heat and simmer for approximately 25 to 30 minutes or until carrots are tender and liquid has reduced. Remove from heat and allow to slightly cool.

Place the soup mixture in a food processor or blender and blend on high for approximately 2 minutes (longer if you prefer a smooth soup, a little less if you prefer a chunkier texture).

Place the soup back in the pan and gently heat again. Season with salt and pepper and serve garnished with a little fresh cilantro and a dollop of crème fraiche in each bowl.

Chicken and Broccoli Stir Fry

Ingredients:

2 tablespoons extra-virgin olive oil
2 free-range organic chicken breasts, cut into thin strips
2 garlic cloves, crushed
1 inch piece of fresh root ginger, grated
1 broccoli cut into small florets
6 spring onions, finely sliced
½ cup mushrooms, halved

3 ounces of bean sprouts
3 tablespoons oyster sauce
1 tablespoon soy sauce
4 ounces chicken stock
Juice of ½ lemon

Heat 1 tablespoon of olive oil in a large pan or wok and add the chicken strips. Fry for approximately 5 minutes turning continuously and until cooked through. Remove from pan onto plate and set aside.

Heat the remaining 1 tablespoon of oil in the same pan and add the ginger and garlic. Cook on low heat for approximately 1 minute taking care not to burn the garlic. Add the broccoli, onions and mushrooms and cook for a further 5 minutes. Return the chicken to the pan and add the sprouts, soy and oyster sauced, stock and lemon juice. Cook for a further 1 to 2 minutes. Toss well and serve. Sprinkle with cashew nuts if desired.

Chili Crab Cakes

Ingredients:

8 ounces of crab meat (fresh or canned)
2 spring onions, finely sliced
2 red chillies, deseeded and finely chopped
Grated zest of one lime
4 tablespoons chopped cilantro (also known as coriander)
1 ½ ounces of whole wheat breadcrumbs
1 tablespoon peanut oil
1 tablespoon plain flour
1 lime, cut into wedges for garnish

Place the crabmeat, spring onions, lime zest, coriander and chillies in a bowl. Mix well and add the breadcrumbs, mix again. Form four small patties out of the mixture and place in refrigerator for about 15 minutes.

*Tip: To make homemade breadcrumbs simple place a slice or two of whole wheat bread in a food processor or blender and whiz on high for one minute.

Now, heat ½ tablespoon of oil in a frying pan. Dip the patties in flour to coat thoroughly. Place the patties in the hot oil and fry for about 3 minutes. Now add the rest of the oil to the pan and turn the patties over. Fry for another 3 minutes. Serve immediately, with lime wedges on the side and a sprinkle of cilantro over patties.

Very nice served with a side salad and some warm crusty bread.

Crab Dip

Ingredients:

8 oz fat free/low-fat cream cheese
1/4 cup fat free/low-fat sour cream
1/4 tsp hot sauce
1/4 tsp Old Bay seasoning
1 tsp. garlic powder
Salt and pepper to taste
12 ounces crab meat
1 small onion, thinly sliced
2 tbsp. parsley
2 tsp. lemon juice

Directions:

In a saucepan over medium-low heat, add the cream cheese, sour cream, hot sauce, Old bay, and garlic. Stir well and salt and pepper to taste. Heat until warm, stirring constantly - about 2 to 3 minutes.

Add crab, onion, parsley, and lemon juice. Fold to evenly distribute. Return to heat for 1-2 minutes or until warmed. Serve immediately.

Fruity Ginger Cake

This is more of a tea bread than cake. It's low in sugar and can be served with a little butter or even jam. I'm happy to have it plain with a nice cup of coffee!

Ingredients:

4 ounces dried apricots, finely chopped
4 ounces dried cherries, finely chopped
4 ounces dried prunes, stoned and finely chopped
1 ounce of grated fresh ginger, (alternatively you can use 1 tablespoon dried ginger)
8 ounces whole wheat flour
2 teaspoons baking powder
4 ounces dark brown sugar

1 egg
2 cups of hot fruity tea (make 2 cups of tea using any of the fruity varieties available on the market – a nice orange or berry tea will go nicely)
1 ounce of melted butter

Place the dried fruit in a large bowl, add the hot tea and set aside to soak for at least an hour, ideally 2 hours.

Preheat the oven to 325F and using a little butter lightly grease a loaf tin. Set aside.

Add the remaining ingredients to the soaked fruit and mix through. Spoon into the prepared tin and bake in the oven for approximately 45 to 60 minutes or until baked through. Cool in the tin for 10 minutes then turn onto a wire rack to cool completely. Will keep for up to 3 days stored in an airtight container.

Tip: For a lower fat cake, replace the ounce of butter with an equal ounce of apple sauce.

Garlic Sweet Potato Mash

Sweet potatoes are packed with vitamins and is a great “skin” food. Garlic has strong antioxidant vitamins and gives this mash a rich flavor.

Ingredients:

4 large sweet potatoes, scrubbed, peeled and cubed
3 tablespoons unsalted real butter
3 garlic cloves, peeled and crushed
Salt and black pepper to taste

Place the sweet potatoes in a large pan of salted boiling water. Cook for approximately 15 minutes or until tender. Drain and set aside. Melt the butter in a saucepan and sauté the garlic over low heat for about 1 to 2 minutes. Stir often and don't let the garlic burn as it will taste very bitter.

Now pour the garlic butter over the sweet potatoes, season with salt and pepper and mash until creamy. Serve immediately.

Note: if the mash is too thick, add a little vegetable broth or warm milk to make a creamier texture.

Grilled Salmon with Grape Relish

Ingredients:

4 (6-ounce) salmon fillets
1/2 tsp black pepper
1/4 tsp kosher salt
1 tbsp butter
1/3 cup chopped leek
3 tbsp chopped shallots
1 cup seedless red grapes, quartered
12 olives, pitted and chopped
4 tsp red wine vinegar

Directions:

Preheat grill to medium-high.

Sprinkle fillets with pepper and salt. Grill 12 minutes or until desired doneness is reached - usually about 12-15 minutes.

Grape Relish: In a skillet over medium-high heat, add the butter, leek and shallots. Sauté for 2 minutes. Remove from heat and stir in the vinegar, grapes and olives.

To serve, place a salmon fillet on a plate and top with grape relish.

Healthy Lasagna

Who doesn't love lasagna? The downside of this delicious dish is that all that cheese, meat and cream isn't great for you (or your waistline). This version is totally skinny, yet simply delicious.

Ingredients:

1 teaspoon olive oil
1 onion, finely sliced
2 sticks of celery, finely sliced
1 carrot, grated
4 cloves of garlic, peeled and crushed



1 pound of quality lean ground beef – organic if possible (alternatively you can use organic ground turkey)
1 can of plum tomatoes
½ teaspoon dried oregano
2 zucchinis, thinly sliced lengthways
1 cup of already roasted red peppers (or you can make your own at home)
4 sheets of lasagna (whole wheat if possible)
Salt and pepper to taste

For the cheese sauce

* By using extra mature, strong cheddar you'll need much, much less and still get a full flavor.

8 ounces skimmed milk
3 tablespoons corn flour
1 teaspoon Dijon mustard
8 ounces mature cheddar cheese
Dash of nutmeg

In a large saucepan add the olive oil, onion, celery and carrot and cook over low heat for approximately 4 minutes. Add the garlic and cook a further one minute. Set aside.

In a frying pan fry the meat until completely cooked through. Drain away the oil and add to your large pan of onion and vegetables. Turn up the heat and add the wine, stir continuously until all the wine has been absorbed. Then add the tomatoes and oregano. Season with salt and pepper and simmer for approximately 30 minutes, until the liquid has reduced.

Heat the frying pan again and add the zucchini. Char grill for approximately 2 minutes on each side. Remove from heat and set aside. Do the same thing with the roasted peppers (drain if using jar peppers). Set aside.

Make the cheese sauce by heating up the milk and nutmeg gently over low heat. Mix the corn flour with a little milk in a small bowl and whisk until smooth. Add this mixture to the milk and nutmeg. Whisk continuously over low heat for approximately 20 to 30 minutes until thickened. Then add the mustard and half of the cheese. Add salt and pepper if necessary.

Now put it all together. Take a lasagna dish and start with a layer of meat, then roasted peppers, then more meat, then roasted zucchini, then more meat, finally your four sheets of pasta. Now pour your cheese sauce over

the top and top with the remaining cheese. Bake for approximately 20 to 30 minutes until bubbly. Serve immediately with a side salad.

Lemon and Blueberry Pancakes

Ingredients:

4 ounces whole wheat plain flour
1 teaspoon baking powder
¼ teaspoon baking soda
1 tablespoon brown sugar
Zest of one lemon
4 ounces natural yogurt
2 tablespoons milk
2 medium eggs, lightly beaten
1 tablespoon butter
3 ounces blueberries



Directions:

Place the flour, baking powder and baking soda in a large bowl. Add the sugar and lemon rind. Add the yogurt, milk, melted butter and beaten eggs. Mix everything together well. Gently fold in the blueberries.

Heat a non-stick skillet and drop a couple of tablespoons of mixtures into the pan to form a pancake. Leave until you see small bubbles appear on the pancake and the mixture appears to be set. At this point flip the pancake over and cook approximately one more minute. Remove from heat and keep in a warm place until ready to serve. Repeat with remaining mixture.

Lemon Shrimp Risotto

Risotto is great comfort food. An added plus is that because it's naturally so creamy you don't really need much oil or fat for cooking. You can make a risotto meal out of virtually any ingredients you have on hand. This recipe combines shrimp, lemon and spring onions but you can experiment with fish and mushrooms too. Add a handful of chopped chillies if you like it hot!

Ingredients:

½ onion, finely sliced
1 clove of garlic, crushed

1 cup of risotto rice (known as Arborio rice)
½ cup white wine
5 cups of vegetable stock (homemade or powder form made into 5 cups of broth)
1 handful of spring onions, finely sliced
1 cup cooked, peeled shrimp
1 lemon, you'll need a squeeze and a little bit of lemon zest
Salt and ground pepper to taste.
1 tablespoon olive oil

Directions:

In a saucepan heat one tablespoon of olive oil and lightly fry the onion for approximately two minutes. Add the crush garlic and fry for another minute. Add the rice, turning frequently until coated on all sides. Now add the wine and continue to stir the rice until the wine is absorbed. Reduce the heat to very low and start adding the vegetable stock, one cupful at a time. Wait until each cupful is nearly absorbed before adding the next one. Gently stir continuously.

Continue cooking like this for approximately 15 to 20 minutes. Add more stock if necessary. Once the rice feels firm but cooked (al dente) stir in the shrimp, spring onions, yogurt and a squeeze of lemon (start with one squeeze and add more if you like it tangy!). Now cook for a further 2 minutes, stirring continuously. Remove from heat and season with salt and pepper to taste. Garnish with a few spring onions and a little bit of lemon zest. and serve immediately.

** Risotto is what slow food is all about. The trick to cooking a good risotto is to take your time and gently stir the rice throughout the cooking process. Take your time and think of it like therapy, without the big bills!

Lobster Salad with Spicy Lemon Dressing

Ingredients for the Dressing:

1/4 cup lemon juice
1 tablespoon plus 2 teaspoons soy sauce
1/2 teaspoon finely grated garlic
1/4 teaspoon chili garlic sauce, passed through a sieve
1/2 teaspoon sea salt
a little freshly ground black pepper
4 tablespoons plus 2 teaspoons grape seed oil

Ingredients for the Salad:

1 fresh lobster
3 oz assorted salad greens
2 cloves garlic, thinly sliced
3 shiitake mushrooms, stems removed
1/4 cucumber, sliced (about 6 slices)
extra virgin olive oil

Directions:

Dressing - Combine the ingredients and stir well. Chill until ready to serve.

Salad - In a sauce pan over medium-high heat, boil lobster for 4 minutes. Immediately submerge lobster in iced water to stop the cooking process.

Once cooled, pick meat from shell. Set aside. In a saute pan over medium heat, using the oil, saute the garlic and mushroom caps for about 3 minutes.

Combine all salad ingredients and serve with dressing drizzled over the top.

Mango Crab Salad with Avocado

Ingredients for Dressing:

1 tbsp extra virgin olive oil
1 mango, peeled, pitted and diced
1/4 cup of water
1 tsp lemon juice
Salt and pepper to taste

Ingredients for Salad:

1 lb of fresh crabmeat
1 1/2 tbsp lime juice
3 tbsp olive oil
1 tbsp cilantro leaves, finely chopped
2 tsp mint leaves, finely chopped
1 tbsp minced shallot

1 mango, peeled, pitted, and diced
1 avocado, pitted, peeled, and diced
Tabasco sauce
Salt and pepper to taste

Directions for Dressing: Add the dressing ingredients to a blender and purée. Chill until ready to serve.

Directions for Salad: Add all salad ingredients except mango and avocado. Mix well. Gently stir in mango and avocado ensuring you do not mush them.

Chill for 1 to 2 hours.

Serve with the sauce either poured over the salad or with the sauce on the side.

Mediterranean Couscous

8 ounces of Mediterranean style vegetables, prepared
Olive oil
Salt and pepper
4 ounces of dry couscous
Approximately 2 ounces of feta cheese
Approximately 2 ounces of pitted, sliced black olives

Place a selection of prepared Mediterranean vegetables such as eggplant, zucchini, red onion, and peppers in a baking tray and top with a little olive oil. You'll need approximately 8 ounces of chopped vegetables.

Preheat oven to 350F. Bake vegetables for approximately 15 to 20 minutes.

Meanwhile cook 4 ounces of couscous according to package instructions – but replace the water with the same amount of vegetable broth for more flavor. Fluff couscous with fork and add 1 tablespoon of olive oil and a little bit of salt and pepper to taste. Mix through.

Serve couscous topped with Mediterranean vegetables and a sprinkle of chopped feta cheese and olives.

Mediterranean Vegetable and Lentil Salad

2 cups of mixed Mediterranean vegetables such as tomatoes, peppers, zucchini and eggplant.
2 teaspoons olive oil
2 teaspoons balsamic vinegar
1 cup green lentils, rinsed well and drained (preferably French puy, or alternatively you can use canned lentils if you're in a hurry)
2 cups vegetable stock (homemade or from powder)
2 tablespoons fresh chopped basil leaves
2 small rounds of goat's cheese or feta cheese
Sea salt and ground pepper to taste

Preheat oven to 350F. Lightly spread a non-stick baking tray with olive oil and add chopped Mediterranean vegetables. Toss with one teaspoon of olive oil and one teaspoon of balsamic vinegar. Sprinkle with salt and roast for approximately 15 to 20 minutes.

While the vegetables are cooking, place the lentils in a large pan of boiling water and cover with stock. Boil for approximately 20 minutes or until the lentils are tender the broth is reduced. If using canned lentils simply drain, and then heat lentils in a pan over low heat.

Place the cooked lentils, roasted vegetables, one teaspoon olive oil and one teaspoon balsamic vinegar in a large bowl. Mix well and season with salt and pepper to taste.

Serve garnished with basil and topped with the goat's or feta cheese.

* * gluten free (vegetable broth must read gluten free or be homemade without gluten – you can easily find gluten free vegetable broth at the health food store)

Healthy Mexican Huevos Ranchero

In Mexico this is often eaten for breakfast but also as a light meal. This is a healthier version which makes a pretty substantial breakfast, lunch or light dinner.

Serves 2

1 small onion (thinly sliced)
2 clove of garlic (pressed or thinly sliced)
1 small red chilli (alternatively a sprinkle of dried chilli flakes will do)
1 can of chopped tomatoes

4 small corn tortillas
4 free-range, organic eggs
Olive oil spray *

* Tip: Save calories by easily making your own olive oil spray. Mix one part olive oil and 3 parts water to a clean spray bottle and use this mixture for cooking instead of pouring the olive oil straight from the bottle.

Spray a non-stick pan with olive oil spray and gently fry the onion for about 2 minutes, add the garlic and chili and fry another minute. Add the tomatoes and lower heat and simmer sauce for approximately 5 minutes.

Add a little water to a separate pan and gently poach each egg for 3 to 4 minutes until set. Poaching takes a little practice at first but it's easy once you get the hang of it. Alternatively, you can use a poaching pan. Once cooked, remove the eggs and set aside.

Heat the tortillas by placing them under a grill or in a hot pan for approximately 30 seconds on each side. Place two tortillas on each plate and top with the eggs and tomato sauce mixture and serve immediately.

** This recipe is dairy free and gluten free (if using gluten-free, pure corn tortillas)

Mexican Turkey Burger Wraps

I love this option compared to the usual beef burger and bun. It's also a lot lower in fat and more fun to eat!

For the Burgers:

1 pound of ground turkey (try to find a good quality organic, free-range turkey if possible)
1 spring onion, finely sliced
1 teaspoon ground cumin
1 teaspoon garlic powder
½ teaspoon smoked paprika
Handful of fresh, finely chopped cilantro (also known as coriander)

Mix this all together in a bowl and shape into small patties. You should get about 8 small patties. Set aside.

For the Salsa:

4 ripe tomatoes, finely chopped and juice reserved
1 small red onion, finely sliced
½ can black-eyed peas, drained and rinsed
½ can corn, drained and rinsed
Juice of 1 lime
Handful of chopped fresh cilantro
½ chili, deseeded and finely sliced (add more if you like it hot!)
1 tablespoon olive oil

Note: If you can't find black-eyed peas, replace with kidney beans or black beans (canned and already cooked).

To Serve:

4 flour tortillas
Shredded lettuce
Low-fat plain yogurt

Instructions:

Mix all salsa ingredients in a bowl and season with a little salt and pepper. Set aside.

Now preheat the grill or grill pan and cook the burgers for approximately 5 minutes on each side.

Heat the flour tortillas, either in a hot pan with no oil or a quick minute in the oven.

To serve, open one tortilla and add two small patties. Top with shredded lettuce, salsa and a dollop of low-fat plain yogurt. Roll into a wrap and serve!

Mixed Bean Salad with Lemon and Cilantro

This salad is very quick and easy to make, yet makes a nice lunch or light dinner. It's packed with fiber.

Ingredients:

1 can of mixed beans, drained

1 tablespoon finely chopped cilantro (also known as coriander)
2 tablespoons lemon juice
Zest of ½ of a lemon
1 tablespoon extra-virgin olive oil
½ small red onion, finely sliced
1 tomato, diced into small pieces
Salt and pepper to taste
2 tablespoons crumbled feta cheese

Mix all ingredients in a large bowl and toss together. Serve sprinkled with feta cheese and whole wheat nutty bread.

Orange Dijon Glazed Salmon

Ingredients:

1/2 cup orange marmalade
1 tbsp Dijon mustard
1/2 tsp garlic powder
1/2 tsp salt
1/4 tsp black pepper
1/8 tsp ground ginger
4 (6-ounce) salmon fillets
Non-stick cooking spray

Directions

Preheat broiler.

In a small bowl, stir together everything except the salmon fillets. Spray a baking sheet with non-stick cooking spray and add the fillets.

Brush half the glaze over fish; broil 6 minutes. Brush fish with remaining glaze and broil for another 2 minutes or until desired doneness has been reached.

Oyster Stew

Ingredients:

1 tbsp olive oil
1 onion, finely chopped

1 clove garlic, minced
1/2 tsp dried marjoram
1/4 tsp celery seeds
1 potato, cubed
2 cups chicken broth
1 (8 oz) clam juice
1 cup frozen corn, thawed (optional)
3/4 lb small shucked oysters, rinsed and drained
1 cup milk
1/3 cup crushed saltine crackers
2 tbsp fresh parsley, finely chopped

Directions

In a saucepan over medium-high heat, heat the oil. Add the onion and garlic and saute until soft - about 2 minutes.

Add the marjoram, celery seed, potatoes, chicken broth, and clam juice. Bring to a boil. Reduce the heat, cover and simmer for 20 minutes, or until the potatoes are tender.

Next, add the corn (if desired) and oysters. Cover and simmer for 6 minutes, or until the oysters are done and edges begin to curl.

Finally, add the milk, parsley and crackers and heat until slightly thickened.

Pancetta and Pine Nut Salad

Ingredients:

6 slices of Pancetta
2 ounces of pine nuts
Large bowl of salad leaves, enough for four (try adding a variety of leaves such as rocket, red, and green leaf)
1 spring onion, finely sliced
olive oil
Juice of half a lemon
Salt

Cut the pancetta into small pieces. Place in a non-stick frying pan and cook over low heat for approximately 2 minutes. Set aside.

Prepare the salad – in a bowl add your salad leaves and toss with 2 tablespoons olive oil, the juice of half a lemon and a little salt. Serve salad onto individual plates and top with pancetta, a few pine nuts and a few spring onion slices and serve.

For additional taste add a little grated parmesan cheese.

Prune and Blueberry Muffins

This combination actually works quite nicely. Prunes are naturally sweet which means you need less sugar. You also don't need to add any butter or oil to the mixture.

Ingredients:

- 10 large, ready to eat prunes (stones removed)
- 3 ounces plain white flour
- 3 ounces plain whole wheat flour
- 2 teaspoons baking powder
- 2 ounces brown sugar
- 1 free-range organic egg, lightly beaten
- 5 ounces skim milk
- 3 ounces of fresh blueberries

Preheat oven to 325F. Make a prune puree by placing the prunes and a little water in a food processor and blending until smooth.

In a large bowl, mix the flours, sugar and baking powder. In a separate bowl mix the prune puree, milk and eggs. Add this mixture to the flour mixture and gently mix. Take care not to over mix.

Gently fold in the blueberries and divide the mixture between the muffin tins. Fill tins 2/3 full. Bake for approximately 20. You'll know the muffins are done when you stick a small knife or toothpick into the center and it comes out clean.

Punchy Black Bean Soup

This soup is dramatic and delicious. The chilli and garlic give it a really strong flavor that's also packed full of goodness. If you find dried beans too time consuming to cook, feel free to use canned beans.

Ingredients:

8 ounces of dried black beans
16 ounces of vegetable stock (homemade or made from dried powder)
4 bay leaves
2 tablespoons cilantro (also known as coriander)
4 tablespoons rapeseed oil
1 red onion, thinly sliced
4 garlic cloves, peeled and crushed
2 red chillies, deseeded and finely sliced
1 (14 oz) can of organic chopped tomatoes

** I can never remember to soak beans overnight but it's not actually necessary. By rinsing the beans in cold water and boiling on high for 10 minutes (without any other ingredients) you'll get the same effect. Another trick to help get rid of the bloating and wind caused by eating beans is to add a small piece of chopped ginger to the water when boiling.

Boil the beans for 10 minutes then drain. Rinse the saucepan to get rid of any remaining residue and return beans to pan. Add the stock and bay leaves. Cover and simmer on low until tender. Warning, this will take approximately 1.5 to 2 hours. Add additional stock if necessary during this process.

Heat the oil in a large frying pan and add the onion and chillies. Cook on low for approximately 4 minutes and add the garlic. Cook for a further one minute. Add the chopped tomatoes to this mixture and stir together. Set aside.

Once the beans are fully cooked, add the tomatoe mixture to the beans and stock. Simmer for 5 minutes and remove from heat. Let cool and strain beans. Discard bay leave and return stock to pan.

Place the beans and vegetables in a food process with a little reserved stock and blend on high for approximately 1 minute until smooth. Place this mixture back in the pan with the reserved stock and mix together. Gently heat through and serve immediately.

Garnish with a few finely chopped spring onions and a dollop of crème fraiche.

Real Mac-n-Cheese

Macaroni and cheese is pure comfort food. Real, homemade macaroni and cheese can actually be delicious and surprisingly good for you. Just take it easy on the cheese and skip the cream.

Ingredients:

8 ounces of whole wheat macaroni
1 tablespoon unsalted real butter
1 red onion, finely sliced
1 red pepper, deseeded and diced
1 teaspoon paprika
16 ounces of skim milk
6 ounces of mature cheddar cheese
2 tablespoons corn flour
Salt and black pepper to taste
A handful of finely chopped fresh parsley

Cook the macaroni according to package instructions. Drain and return to pan. In a frying pan melt the butter and add the onion and pepper. Gently cook for approximately 4 minutes. Add this mixture the macaroni along with the paprika.

In a separate pan heat the milk on low. Add a little milk and corn flour to a small bowl and whisk until dissolved. Add this mixture to milk and whisk over low heat until thickened, approximately 5 minutes. Add the cheese and whisk for another 2 minutes until melted. Add this mixture to macaroni and mix well. Heat together gently for 2 minutes, and season with salt and pepper to taste. Garnish with parsley and serve.

Roasted Apples with Blueberries and Oats

Ingredients:

4 large baking apples
1 ounce pecan nuts
2 ounces blueberries
1 ounce oats
2 tablespoons brown sugar
6 tablespoons orange juice

Preheat the oven to 325F. Core and deseed the apples. Using a sharp knife score around the middle of each apple. Don't cut through but just cut around so that the apple doesn't collapse when baking.

Place the pecans, oats, blueberries and sugar in a bowl and mix together. Fill the apples with the mixture and then pour orange juice over the tops. Bake approximately 30 to 40 minutes until the apples are soft and golden.

Roasted Lemon and Cashew Chicken

Chicken and cashews go really nicely together. This dish is really easy to make and tastes wonderful.

Ingredients:

8 organic, free range skinless chicken breasts
1 tablespoon olive oil
12 unpeeled garlic cloves
½ cup cashew nuts
8 ounces chopped broccoli
Zest of one lemon

Preheat the oven to 350F. place the chicken breasts in a non-stick roasting tray. Drizzle the oil over the chicken and add the garlic cloves and cashews. Roast for approximately 25 to 30 minutes.

Meanwhile, steam the broccoli for approximately 5 minutes, then add to chicken. In a separate bowl combine the lemon juice and lemon zest and pour this mixture over the chicken. Return to oven and roast for an additional 5 minutes.

Serve with a side of noodles or rice.

Tip: Additionally, you can add a tablespoon of soy sauce, a little chilli or even a little honey to the chicken.

Sesame Trout and Lemon New Potatoes

Ingredients:

4 trout fillets, skinless
1 tablespoon sesame oil

1 tablespoon soy sauce
Juice of one lime
2 tablespoons sesame seeds
Lime wedges to garnish
16 new potatoes

Preheat the grill. Place oil, soy sauce and lime juice in a bowl and mix together. Set aside.

Scrub the potatoes and slice (don't peel). Place the potato slices in a pan of boiling water and cook for approximately 4 minutes, until slightly tender. Drain and place potatoes in a non-stick baking tray. Drizzle with a little olive oil and sea salt. Place in a hot oven and bake for approximately 15 minutes.

Place the trout fillets on a baking tray and pour the oil mixture over. Grill for approximately 8 minutes. Then sprinkle the sesame seeds over the fillets and grill for another 2 to 4 minutes. Until the seeds are golden and trout is cooked through.

Serve with the potatoes and a green side salad or French green beans.

Shrimp and Pasta with Lemon Cream Sauce

Ingredients:

3/4 cup heavy whipping cream
1/4 cup chicken stock
3 Tbsp lemon juice
Zest of a lemon
3/4 pound angel hair pasta
1 pound raw medium shrimp, peeled and deveined
1/2 cup chopped parsley
1/4 cup chopped chives
1/2 cup parmesan cheese
Salt and black pepper

Directions:

Cook angel hair pasta according to package directions.

In a small pot over medium heat, bring the whipping cream, chicken stock and lemon juice to a simmer. Simmer for 5 minutes.

Add the shrimp to the sauce. Stir and cook for 5 minutes.

Remove from heat and add the parsley, chives, lemon zest and parmesan cheese. Salt and pepper to taste. If the sauce becomes thick, you can add a little water or cream to it. Serve sauce over pasta.

Shrimp and Raisin Couscous

Ingredients:

2 cups of peeled and cooked shrimp
2 medium carrots, peeled and cut into matchstick-size strips
1/2 cup of raisins
3 cups uncooked couscous
1 tablespoons olive oil
2 tablespoons honey
Dash of soy sauce
2 cups vegetable stock
Sesame seeds
Salt and pepper to taste

Heat the oil in a frying pan and add the carrots and shrimp. Cook gently for approximately 4 minutes. Remove from heat and set aside.

Cook couscous according to package instructions but instead of using water as indicated replace the same amount of water with vegetable stock. Once the couscous is ready, fluff with a fork and place in a large bowl. Add the carrots, oil and shrimp to couscous and toss together. Add the raisins, honey, soy sauce and season. Toss together and season with salt and pepper. Sprinkle with sesame seeds and serve.

Shrimp, Zucchini and Leek Risotto

This risotto is virtually fat free. Very comforting on cold winter days.

Ingredients:

2 zucchinis, finely chopped
1 leek, finely chopped
2 garlic cloves, peeled and pressed
1 tablespoon olive oil
1 ½ cups Arborio risotto rice

4 ounces of white wine (alternatively you can use dry cooking wine)
5 cups hot vegetable stock
8 ounces peeled and cooked shrimp
Handful of parsley for garnishing

In a large non-stick pan heat the oil and add the zucchinis, leek and onion. Sautee gently over low heat for approximately 2 to 3 minutes. Add the rice and stir continuously until the rice is completely coated in the oil mixture. Now add the white wine and turn up the heat. Stir continuously until the alcohol evaporates.

Reduce the heat and slowly add the vegetable stock, one cupful at a time. After each addition stir the risotto gently until the stock is nearly evaporated. Continue this process until most of the stock has been added and the rice is tender yet not too soft. Approximately 20 minutes. You may need to add additional stock if necessary.

During the last 5 minutes of cooking, add the shrimp and a cupful of stock. Keep stirring. Season with salt and pepper to taste. The rice should be creamy and al dente. Remove from heat and let stand for about 2 minutes then add the parsley and stir through. Serve immediately.

Spicy Crab Polenta

Polenta is a good alternative to the usual potatoes, rice and pasta. It's readily available in most supermarkets and easy to cook.

Ingredients:

4 cups uncooked polenta
8 ounces of crab meat
2 tablespoon olive oil
1 small onion, finely sliced
1 garlic clove, peeled and pressed
1 can of plum tomatoes (in sauce)
¼ teaspoon oregano
1 red chilli, deseeded and finely sliced
A handful of fresh basil to garnish
Salt and pepper to taste

First prepare all ingredients. Heat two tablespoons olive oil in a frying pan. Add the onion and cook over low heat for approximately 4 to 5 minutes or until soft. Add the garlic, chilli, crab and oregano and cook a further 1 to 2

minutes. Add the tomatoes in sauce and mix through. Gently simmer for approximately 10 minutes.

Meanwhile cook the polenta according to package instructions. Remove from heat and stir through a little olive oil, salt and pepper to taste, cover and set aside.

Time the cooking so that the polenta and crab mixture are ready approximately at the same time. Serve a little polenta in each bowl and top with the crab sauce mixture. Garnish with fresh chopped basil and serve.

Spicy Salmon and Roasted New Potatoes

Salmon is packed with omega-3 fatty acids – you know those “good for you” oils everyone is raving about. The downside to salmon is that farmed salmon can actually contain high amounts of mercury and toxins. For this reason, it’s always best to buy organic, wild salmon. It’s pricey but well worth the money .

This recipe is impressive enough to serve for a dinner party but so easy to make.

Ingredients:

2 salmon fillets, organic, wild salmon if possible.
1 tablespoon brown unrefined sugar
¼ teaspoon dried chilli flakes
2 teaspoons of mustard seeds
1 tablespoon lime juice
½ teaspoon olive oil
Salt and black pepper to taste

Preheat oven to 325F. Scrub and peel the baby new potatoes and cut in half. Place in boiling water and boil for approximately 4 minutes (do not overcook). Drain and place potatoes on a non-stick baking tray. Toss with a little olive oil and sprinkle with salt. Place in hot oven for approximately 30 minutes until tender and browned on top.

Place the chilli flakes, sugar, lime and olive oil in a small bowl and combine. Place the salmon skin-side down in a non-stick baking tray and rub spice mixture fully onto the salmon. Top the salmon with the mustard seeds and

place in oven for approximately 10 to 15 minutes, being careful not to overcook.

Note: Add salmon to oven during the last 15 minutes of the potatoes cooking.

Serve immediately and add a mixed leaf side salad to finish.

Spicy Thai Lobster Soup

Ingredients:

- 2 lobster tails, cooked
- 1 tbsp vegetable oil
- 1 to 1 1/2 tablespoons Asian blend*
- 4 cups fish or chicken broth
- 1 tbsp lime zest
- 1/3 cup uncooked long-grain rice
- 1 cup unsweetened coconut milk
- 6 large mushrooms, sliced
- 2 green onions, chopped
- 1 thai or bird chile, halved
- 1 tbsp fresh cilantro, chopped
- 2 tbsp lime juice

*Asian blend

- 2 tablespoons ground ginger
- 2 tablespoons ground coriander
- 1 tablespoon ground turmeric
- 1 tablespoon ground cumin
- 2 teaspoons coarsely ground pepper
- 1 teaspoon ground cardamom

Mix together and store in air-tight container

Directions:

Remove lobster meat from shell. Slice and set aside.

In a large saucepan over medium heat add oil, Asian blend broth and lime zest. Bring to a boil. Add rice, stir, cover and reduce heat. Simmer 15 to 20 minutes.

Add coconut milk and mushrooms to rice; cook, stirring occasionally, for 5 minutes.

Stir in lobster, onion, chile, and cilantro. Cook for another 3 to 5 minutes or until warm. Remove from heat, and stir in lime juice.

Serve immediately

Spinach and Goat's Cheese Frittata

Ingredients:

6 large organic, free-range eggs
½ cup baby spinach leaves
4 spring onions, finely sliced
6 ounces baby leeks, finely sliced
4 tablespoons milk
Ground nutmeg
4 ounces soft goat's cheese
1 tablespoon olive oil

Preheat the grill to high. Boil the leeks in a pan of hot salted water for approximately 2 minutes. Add the spinach and spring onions for a quick half a minute or so before removing from heat. Drain and rinse with cold water. Set aside.

In a large bowl whisk the eggs and add the milk, nutmeg and a little salt and pepper to taste. Cut the goat's cheese into small cubes and add to egg mixture. Add the spinach, leek and spring onions and mix through.

Heat the oil in a non-stick frying pan and pour the mixture into it. Cool gently for approximately 4 minutes. Then place the pan under a hot grill for another 4 to 5 minutes until the top is firm and golden.

Serve with some crusty brown bread and a side salad.

Sundried Tomato and Black Olive Dip

Low-fat dip that's delicious served with cut veggies or baked pita triangles.

Ingredients:

- 1 cup of sun dried tomatoes
- 1 cup black olives, pitted
- 1 teaspoon capers, drained
- 3 large tomatoes, chopped into small pieces
- 1 tablespoon fresh basil finely chopped (or 1/2 teaspoon dried basil)
- 2 tablespoons white wine vinegar
- 1 garlic clove, peeled and crushed
- 2 tablespoons extra-virgin olive oil
- Ground black pepper to taste.

Place all the ingredients into a blender or food processor and blend for approximately 1 minute. You probably don't need salt as the capers tend to be quite salty but add according to taste. Place mixture in bowl and serve. For a creamier dip add half a cup of plain, low-fat yogurt to mixture and stir.

** gluten free, dairy free.

Tuna Steaks with Mango Salsa

Tuna may contain high levels of mercury so it's best to eat only occasionally. Also choose an organic, wild tuna (not farmed) where possible.

Ingredients:

- 4 good quality tuna steaks
- 1 ripe mango, peeled, stone removed and chopped into small pieces
- Juice of 1 lime
- 2 tablespoons soy sauce
- 1 small red onion, finely chopped
- 1 handful of chopped fresh cilantro (also known as coriander)
- 2 tablespoons olive oil
- 2 finely sliced spring onions

Place the mango pieces, lime juice, soy sauce, onion, cilantro and olive oil in a bowl and mix together. Set aside.

Preheat the grill to high. Season the tuna steaks with salt and pepper and place under the hot grill for approximately 4 minutes on each side.

Serve tuna steaks topped with salsa and garnished with spring onions.

Tip: Serve with either a side of steamed asparagus with a little butter or a light noodle dish.

Tuscan Tuna Salad

Ingredients:

- 2 6-ounce cans chunk light tuna, drained
- 1 15-ounce can great northern beans, rinsed
- 10 cherry tomatoes, quartered
- 4 scallions, trimmed and sliced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Directions:

Combine all the ingredients in a bowl. Stir well and refrigerate until ready to serve. There are many ways to serve this yummy salad. You might try wrapping it in a lettuce leaf, adding it to pita bread or even serving as it with a few crackers

Zesty Orange Chicken

Ingredients:

- 4 skinless, boneless chicken breasts
- 4 ounces orange juice
- Zest of one orange
- 4 orange slices (peel on)
- 2 tablespoons fresh chopped parsley
- 1/2 teaspoon dried oregano
- 1 garlic clove, crushed and peeled
- 1 tablespoons oil

Preheat the oven to 325F. In a large bowl mix the orange juice, orange zest, parsley, oregano and garlic. Add a little salt and pepper if desired.

Place the chicken breasts in a non-stick baking pan and make 3 to 4 slashes on the top of each breast. Pour the marinade over the top and then top each breast with an orange slice.

Cook approximately 20 to 30 minutes or until cooked through. Discard orange slices and serve with a side of wild rice and French green beans.

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