



# Healthy Cooking



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# Breakfast



## Breakfast Recipes

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# Smoothie

## Blueberry Smoothie

### Ingredients

- 1 cup frozen blueberries
- 1 banana
- 2 cups packed, fresh spinach
- 1 cup fat-free milk (or milk of choice)
- 1 tsp. honey

### Directions

Put all ingredients in the blender.

Blend until smooth, about 1 to 2 minutes. Stop to scrape down the sides of the blender if necessary.

Pour into 2 glasses and serve.

# Oats



## Yummy Overnight Oats

### Ingredients

- 1/2 cup oats
- 1/2 cup almond milk (or milk of choice)

### Optional Add-ins (see suggestions below):

- fruit or nut toppings
- sweeteners
- nutrient boosters

### Directions

#### Basic Directions:

Put oats in a jar that has a lid.

Pour milk of choice on top of oats.

Refrigerate overnight then enjoy for breakfast! *A real time-saver in the morning: breakfast is already made!*

### Add-ins

Overnight oats can be customized in any way you choose. The basic recipe consists of oats and milk refrigerated overnight, but how you flavor your oats and what you mix in is up to you. Find some ideas below, but feel free to create your own recipe!

#### Toppings

- bananas, berries, raisins or other fruit
- chopped pecans or walnuts
- cinnamon

#### Sweeteners

- honey, maple syrup, or brown sugar

#### Nutrient Boosters

- chia or flax seeds
- coconut oil, or nut butters
- protein powder
- yogurt



**Kid Friendly**

## Kid-Friendly Funny Faces

### Ingredients

- 1 slice of bread, toasted
- 1 Tbsp. peanut butter\* or chocolate hazelnut spread
- various toppings to form faces:
  - banana slices
  - strawberry slices
  - raisins or craisins
  - kiwi slices
  - chocolate chips

### Directions

Toast the bread in a toaster.

When toast has reached desired crispness, place toast on a plate and spread an even layer of peanut butter\* on top.

Use slices of fruit, raisins, chocolate chips, etc., to form faces on toast.

\*If there is a peanut allergy present, please use alternative allergy-friendly spreads such as sunbutter, cashew butter, almond butter, hazelnut cocoa spread, cream cheese, fruit jams or jellies, and etc., to avoid allergic reaction.



# Power Toast

## Avocado Power Toast

### Ingredients

- 1 slice of bread, toasted
- 1/2 ripe avocado
- 1 egg
- salsa, or pico de gallo
- cheese of choice, i.e., cheddar, queso fresco, feta, or goat cheese
- salt, pepper, or seasonings to taste

### Directions

Toast the bread in a toaster.

Prepare the egg.\* Either fried or scrambled, depending upon your preference and cooking abilities. Cook the egg until all whites are solid.

Slice the avocado. Place slices on the toast, or mash and spread.

Top avocado with cooked egg.\*

Top with cheese, salsa or pico de gallo, and season to taste.

\*Consuming raw or undercooked eggs may increase your risk of foodborne illness.



# Herbal Tea

## Cleansing Herbal Tea

This tea has so many health benefits. If you're feeling a little "under the weather," this tea can boost your immunity and get you back on your feet in no time. Lemon is high in vitamin C and alkalizing, ginger is a natural anti-viral and anti-bacterial agent (as well as honey). This tea helps digestion, and the pH level of this drink naturally alkalizes acidity in the body. Because of this tea's aid to digestion and liver cleansing properties, it's a great tea to start your day. Pour yourself a cup and drink to your health!

### Ingredients

- hot water
- 1/4 lemon (store remaining lemon in the refrigerator in an air-tight container for future use)
- 1 to 2 thin slices ginger root
- 1 tsp. honey

### Directions

Boil water in your chosen method.

Pour hot water into a mug or teacup and add honey.

Squeeze lemon juice into cup. If desired, put the lemon rind into the tea.

Put ginger slices into the tea.

Allow to steep 3 to 4 minutes. Drink when tea has reached desired temperature.

Recipe makes one cup of tea. Adapt recipe for more servings if desired. For variety, add ingredients to your favorite cup of hot green tea for an antioxidant boost.



# Salads

## **Salad Recipes**

[Grilled Chicken and Spinach Salad](#)

[Southwest Salad Power Bowl](#)

[Steak Salad with Creamy Ranch](#)

[Spinach and Grilled Shrimp Salad](#)

[Pesto Pasta Salad](#)



# Grilled Chicken



## Grilled Chicken and Spinach Salad

### Ingredients

- 1 lb. chicken breasts or tenders, boneless, skinless
- 1 tsp. chili powder
- 1/2 tsp. salt
- cooking spray
- 1 & 1/2 cups diced pineapple
- 1/2 cup cilantro, chopped
- 1 oz. orange juice
- 2/3 oz. apple juice or cider
- 1 clove garlic
- 1 Tbsp. olive oil, extra virgin
- 2/3 cup red bell pepper
- 1/2 cup red onion
- 8 cups spinach
- 1/2 tsp. cayenne pepper
- pomegranate seeds (optional)

### Directions

Heat a grill pan over medium-high heat. Place chicken between 2 sheets of plastic wrap and pound to an even thickness using a meat mallet or small heavy skillet. Sprinkle both sides of chicken evenly with chili powder and salt. Lightly coat chicken with cooking spray. Add chicken to pan cook for 3 minutes on each side or until done. Remove from pan and set aside.

Combine half of pineapple (cubed about 1 inch), chopped cilantro, orange juice, cider, and garlic in a blender and process until smooth. With blender on, gradually add olive oil until blended.

Combine remaining pineapple, thinly sliced red bell pepper, onion and spinach in a large bowl. Drizzle with 3/4 cup dressing, and toss gently to coat. Divide salad evenly among 4 plates. Cut chicken across the grain into thin slices and divide chicken evenly over salads. Drizzle salads evenly with remaining 1/4 cup dressing, and top with pomegranate seeds if desired.



## Power Bowl

### Southwest Salad Power Bowl

#### Ingredients

- 1 cup prepared black beans
- 1 cup cooked brown rice
- 1 cup sweet corn kernels, canned and drained
- 1 cup tomatoes, chopped
- 1 cup bell peppers, assorted colors
- 1/4 cup green onion or scallions (includes tops and bulb)
- 3 slices red onion, chopped
- 1/4 cup cilantro, chopped
- 3 tsp. lime juice
- 1 jalapeño pepper, seeds removed, finely chopped
- pinch of salt (to taste)
- pinch of ground pepper (to taste)
- 1/2 tsp. chili powder
- optional toppings: avocado, sour cream, or guacamole

#### Directions

Combine all ingredients in a large bowl, stirring well.

Cover and chill at least 1 hour before serving.

Top each serving with avocado slices, guacamole, or sour cream, according to preference.

# Steak Salad



## Steak Salad with Creamy Ranch

### Ingredients

- 1 lb. beef, lean top sirloin
  - 1 small bell pepper
  - 4 slices of French bread
  - 1 clove garlic
  - 2 cups tomatoes, cherry or grape
  - 1 cucumber, sliced or chopped
  - 1/2 red onion
  - 1 bag salad, spring mix
  - low fat ranch dressing
- Steak Seasoning:**
- 1 tsp. garlic powder
  - 1 tsp. brown sugar, packed
  - 1/2 tsp. salt
  - 1/4 tsp. black pepper

### Directions

Heat a nonstick grill pan over medium-high heat.

Preheat broiler.

To prepare steak, combine seasonings and rub over both sides of the steak. Coat grill pan with cooking spray. Cook steak 4 minutes on each side, or until desired degree of doneness is reached. Remove from pan, let stand 5 minutes. Cut steak diagonally across grain into thin slices.

While steak stands, prepare salad. Place bread slices on baking sheet. Broil 2 minutes on each side until lightly browned. Rub cut sides of garlic halves over bread slices. Cut bread into 3/4" cubes. Combine bread cubes, tomatoes, cucumber, onion, and lettuce in a large bowl. Add dressing, toss gently to coat. Divide salad evenly among 4 plates and top with steak.



# Grilled Shrimp

## Spinach and Grilled Shrimp Salad

### Ingredients

- 2 Tbsp. rice wine vinegar
- 1 oz. orange juice
- 1 & 1/2 Tbsp. extra virgin olive oil
- 1 Tbsp. honey
- 3 tsp. soy sauce
- 1/2 tsp. ginger root, peeled and grated
- 1/2 tsp. salt
- 2/3 Tbsp. extra virgin olive oil
- 1 tsp. ginger root, peeled and grated
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 cloves garlic, minced
- 2 lbs. shrimp
- cooking spray
- 8 cups raw spinach
- 2 cups mushrooms, thinly sliced
- 3/4 cup red onion, thinly sliced

### Directions

Prepare grill.

To prepare dressing, combine vinegar, orange juice, honey, soy sauce, grated, peeled ginger, and salt in a large bowl. Stir well with whisk. Set aside.

To prepare shrimp, combine 2 teaspoons olive oil and ginger, cumin, salt, pepper, minced garlic and shrimp, peeled and deveined, in a large bowl. Toss well. Thread about 5 shrimp onto each of 6 (8-inch) skewers. Place skewers on a grill rack coated with cooking spray. Grill 3 minutes or until done.

To prepare salad, add spinach, thinly sliced mushrooms, and thinly, vertically sliced onion to vinegar mixture. Toss gently to coat. Serve with shrimp skewers.



# Pesto Pasta

## Pesto Pasta Salad

### Ingredients

- 2 cups pasta of choice
- 1 jar of pesto
- 1 cup cherry tomatoes
- 1/4 cup parmesan cheese, grated
- 1/2 Tbsp. fresh basil

### Directions

Cook pasta according to package directions, omitting salt and fat. Drain.

In a large bowl, combine pasta, pesto, and tomatoes. Gently toss to coat. Serve hot, or refrigerate for 1 hour and serve chilled. Top with grated parmesan and fresh basil.

Optional: Top with grilled chicken or shrimp if desired.



# Sides

## Side Recipes

[Sautéed Brussels Sprouts with Pecans](#)

[Cilantro Chipotle Rice](#)

[Easy Guacamole](#)

[Asparagus with Balsamic Tomatoes](#)

[Vegetable Risotto](#)



# Brussels Sprouts

## Sautéed Brussels Sprouts with Pecans

### Ingredients

- 2/3 Tbsp. butter without salt
- 1 cup onions, chopped
- 4 cloves garlic, minced or thinly sliced
- 7 cups Brussels sprouts
- 1/2 cup chicken broth, 99% fat free
- 1 & 1/2 Tbsp. sugar
- 1/2 tsp. salt
- 1 & 1/2 oz. pecans, dry roasted, no salt added, chopped

### Directions

Melt butter in a large nonstick skillet over medium-high heat.

Add onion and thinly sliced garlic, sauté 4 minutes or until lightly browned. Stir in thinly sliced Brussels sprouts, sauté 2 minutes.

Add broth and sugar. Cook 5 minutes or until liquid almost evaporates, stirring frequently. Stir in salt.

Sprinkle with chopped pecans.

Tip: slicing the sprouts cuts down on their cooking time.



**Cilantro Rice**

## Cilantro Chipotle Rice

### Ingredients

- 1/4 cup cilantro, chopped
- 2 small bags of microwavable steam-fresh brown rice
- 1/2 cup salsa (or more based on preference)

### Directions

Heat rice according to package directions.

Transfer rice to a medium bowl. Stir in salsa and cilantro.

Serve immediately.





# Guacamole

## Easy Guacamole

The food processor makes quick work of this basic dip that's rich in heart-healthy monounsaturated fats. We like the heat from leaving the seeds in the jalapeño, but you can seed the pepper for a milder guacamole.

### Ingredients

- 1 whole avocado
- 1/4 cup cilantro leaves
- 2 slices red onion
- 3 tsp. lime juice
- 1 clove garlic
- 1/2 tomato
- 1/2 jalapeño pepper

### Directions

Place red onion, lime juice, garlic, and jalapeño in a food processor. Pulse 5 times or until finely chopped.

Add avocado and cilantro (reserve some cilantro for garnish if desired), and process until smooth.

Sprinkle with cilantro and serve with tortilla chips or crudités.



# Asparagus

## Asparagus with Balsamic Tomatoes

### Ingredients

- 2 cups asparagus
- 2/3 Tbsp. extra virgin olive oil
- 1 & 1/2 cups cherry or grape tomatoes, halved
- 1 tsp. minced garlic
- 2 Tbsp. balsamic vinegar
- 1/4 tsp. salt
- 1 & 1/2 oz. goat cheese
- 1/2 tsp. black pepper

### Directions

Cook asparagus in boiling water 2 minutes or until crisp-tender. Drain.

Heat olive oil in a large skillet over medium-high heat. Add halved tomatoes and minced garlic. Cook 5 minutes.

Stir in vinegar. Cook 3 minutes. Stir in salt.

Arrange asparagus on a platter top with tomato mixture. Sprinkle with crumbled cheese and pepper.

# Risotto

## Vegetable Risotto

### Ingredients

- 4 tsp. olive oil
- 1 & 1/2 cups long grain white rice
- 1 clove garlic
- 1 cup chicken broth
- 10 strips bell sweet peppers (red or yellow)
- 3/4 cup vegetable juice cocktail, canned
- 6 Tbsp. fresh basil
- 1/4 tsp. black pepper, ground
- 1 cup peas, frozen
- 1/2 cup green onions or scallions (include tops and bulbs)
- 3 oz. parmesan cheese, grated

### Directions

Mince the garlic. Dice red or yellow peppers. Chop the basil, parsley and scallions. Grate the parmesan cheese.

In a medium saucepan over medium-high heat, warm the oil. Add the rice and garlic and sauté for a minute or so.

Add the chicken broth, bell peppers, juice, basil and black pepper. Bring to a boil. Reduce heat to low, cover and simmer for 10 minutes.

Stir in the peas and scallions and cook until the rice is tender and the liquid is absorbed, about 15 more minutes.

Add 3/4 cup grated parmesan and stir to combine. Transfer the risotto to a serving dish, sprinkle with remaining parmesan and garnish with the chopped parsley.

A close-up photograph of a teal-colored ceramic bowl filled with a smooth, vibrant orange soup. The soup is garnished with a small pile of fresh microgreens, including green and purple leaves and thin white stems. The bowl sits on a light-colored wooden surface, and a silver spoon is partially visible in the upper left corner.

# Entrées

## Entrée Recipes

[Beef and Vegetable Kebabs](#)

[Soba Noodles with Citrus Vinaigrette](#)

[Seared Scallops with Cauliflower Purée](#)

[Grilled Pork Chops with Rhubarb Chutney](#)

[Roast Chicken with Balsamic Bell Peppers](#)

# Kebabs

## Beef and Vegetable Kebabs

### Ingredients

- 1 lb. beef, top sirloin
- 1 large yellow sweet bell pepper
- 8 small mushrooms
- 4 Tbsp. onions, young green tops only
- 8 cherry or grape tomatoes
- 1 tsp. kosher salt
- 1/2 tsp. dried thyme
- 1/4 tsp. ground black pepper
- cooking spray
- 1 Tbsp. vegetable oil

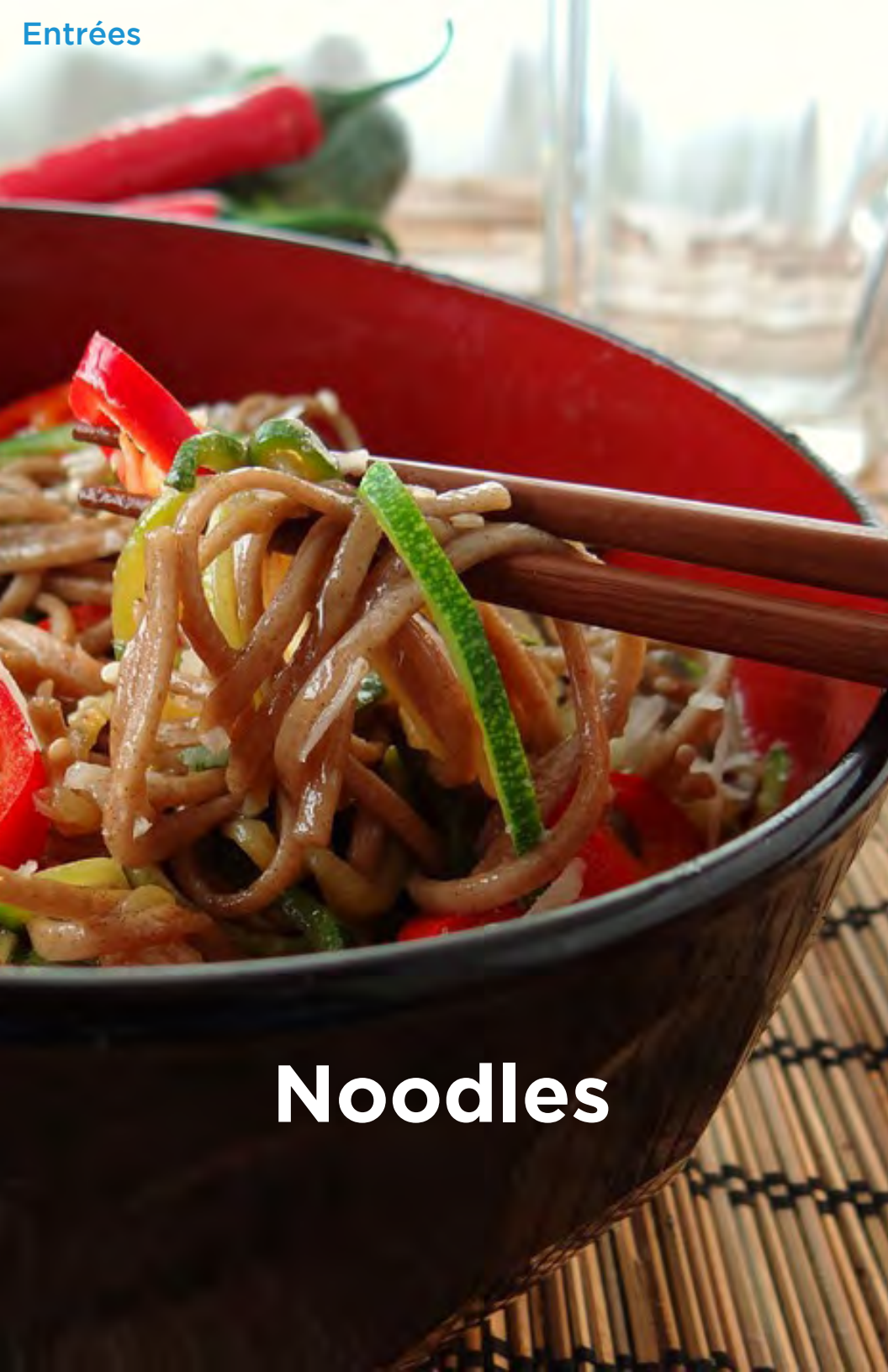
### Directions

Preheat broiler. (alternate option: use the grill)

Divide ingredients evenly among 4, 12-inch skewers. Sprinkle with salt, thyme, and black pepper.

Drizzle kebabs with olive oil. Place on a broiler pan coated with cooking spray (or grill).

Broil (or grill) 10 minutes or until desired degree of doneness, turning once.



# Noodles

## Soba Noodles with Citrus Vinaigrette

### Ingredients

- 8 oz. soba noodles
- 1 lb. shrimp
- 2 cups edamame, frozen and shelled
- 3/4 cup carrots, chopped
- 5 Tbsp. green onion tops
- 1/4 cup cilantro, chopped
- 5 serrano peppers, whole
- 1/2 tsp. salt
- 1/4 tsp. black pepper, ground
- cooking spray
- 1 oz. orange juice
- 1 oz. lime juice
- 3 tsp. soy sauce, reduced sodium
- 1 Tbsp. vegetable oil
- 1 Tbsp. olive oil

### Directions

Cook noodles in boiling water 7 minutes or until almost al dente. Add edamame to pan and cook 1 minute or until thoroughly heated. Drain. Place noodle mixture in a large bowl. Add matchstick-cut carrots, sliced onions, chopped cilantro, and chopped peppers. Toss.

Heat a large skillet over medium-high heat. Sprinkle peeled and deveined medium shrimp with salt and pepper. Coat pan with cooking spray. Add shrimp cook 1 & 1/2 minutes on each side. Add shrimp to noodle mixture.

Combine orange juice and remaining ingredients in a bowl, stirring well with a whisk. Drizzle juice mixture over noodle mixture toss well.



# Scallops

## Seared Scallops with Cauliflower Purée

### Ingredients

- 2 cups cauliflower
- 1 cup sweet potato, cubed
- 1/2 cup chicken broth, canned, low sodium
- 1 cup water
- 1 Tbsp. vegetable oil
- 1 & 1/2 lb. scallops (or substitute clams, lobster, crab, or shrimp)
- 3/4 tsp. salt
- 1/2 tsp. black pepper, ground
- 1 & 1/2 Tbsp. butter, unsalted
- 1/4 cup sweet red bell peppers

### Directions

Bring first 4 ingredients to a boil in a saucepan. Cover, reduce heat, and simmer 6 minutes or until potato is tender. Remove from heat. Let stand, uncovered, 10 minutes.

Heat a large skillet over high heat. Add oil swirl to coat. Pat scallops dry with paper towels and sprinkle with 1/4 teaspoon salt and black pepper. Add scallops to pan and cook 3 minutes on each side or until desired degree of doneness. Remove scallops from pan.

Pour cauliflower mixture into a blender. Add 1/2 teaspoon salt, butter, and red pepper. Remove center piece of blender lid (to allow steam to escape) and secure lid on blender. Place a clean towel over opening in lid (to avoid splatters). Blend until smooth. Serve purée with scallops.

# Pork Chops



## Grilled Pork Chops with Rhubarb Chutney

### Ingredients

- 1 cup sugar
- 4 Tbsp. balsamic vinegar
- 1/4 tsp. coriander seed
- 1 cinnamon stick
- 2 cups rhubarb
- 1/3 cup dried cranberries (craisins)
- 1/3 cup green onions (includes tops and bulbs)
- 1/4 tsp. salt
- 1/4 tsp. cayenne pepper, ground
- 5 Tbsp. currant jelly
- 1 Tbsp. dijon mustard
- 1/2 tsp. salt
- 1/2 tsp. black pepper, ground
- 1/4 tsp. ground cumin
- 1 & 1/2 lbs. pork center loin or chops, bone-in, lean only
- cooking spray
- 1 Tbsp. green onions (tops and bulbs)

### Directions

To prepare chutney, combine first 4 ingredients in a small saucepan. Bring to a boil over medium-high heat. Add rhubarb and the next 4 ingredients (chopped rhubarb (about 1/2 pound) through ground cayenne pepper) reduce heat, and simmer 5 minutes or until rhubarb is tender. Spoon into a bowl cover and chill at least 2 hours. Discard cinnamon stick.

Prepare grill.

To prepare pork (about 1/4 inch thick), combine jelly and mustard in a small bowl set aside.

Combine 1/2 teaspoon salt, black pepper and cumin, and rub evenly over pork. Place pork on a grill rack coated with cooking spray. Grill 4 minutes on each side or until desired degree of doneness, basting occasionally with jelly mixture. Serve pork with chutney and sprinkle with green onions if desired.



# Roast Chicken

## Roast Chicken with Balsamic Bell Peppers

### Ingredients

- 1 & 1/2 tsp. salt
- 3/4 tsp. fennel seed
- 1/2 tsp. ground black pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. dried oregano
- 1 & 1/2 lbs. chicken breast, boneless
- 2 Tbsp. olive oil
- cooking spray
- 2 cups red bell peppers
- 1 large yellow bell pepper
- 8 Tbsp. shallots
- 1 & 1/2 tsp. fresh rosemary
- 1 cup chicken broth, low sodium
- 1 Tbsp. balsamic vinegar

### Directions

Preheat oven to 450 degrees.

Heat a large skillet over medium-high heat. Combine 1/2 teaspoon salt, fennel seeds, 1/4 teaspoon black pepper, garlic powder, and oregano. Brush chicken with 1 & 1/2 teaspoons oil. Sprinkle spice rub over chicken. Add 1 1/2 teaspoons oil to pan. Add chicken and cook 3 minutes or until browned. Turn chicken over and cook 1 minute. Arrange chicken in an 11 x 7 inch baking dish coated with cooking spray. Bake at 450 degrees for 10 minutes or until done.

Heat remaining olive oil over medium-high heat. Add thinly sliced bell peppers, thinly sliced shallots and chopped rosemary. Saute 3 minutes. Stir in broth, scraping pan to loosen browned bits. Reduce heat and simmer 5 minutes. Increase heat to medium-high. Stir in vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper cook 3 minutes, stirring frequently. Serve bell pepper mixture over chicken.



# Snacks & Desserts

## Snack & Dessert Recipes

Peach and Brie Quesadillas

Traditional Hummus

Bruschetta

Banana Nut Muffins with Oatmeal Streusel

Fresh Cherry Pie

# Popcorn

## Spicy Maple Cashew Popcorn

### Ingredients

- 1 Tbsp. vegetable oil
- 6 cups popcorn, kernels
- 1/4 cup cashews, dry roasted
- 1/3 cup sugar
- 1/3 cup maple syrup
- 1 Tbsp. butter, unsalted
- 1/2 tsp. salt
- 1/4 tsp. cayenne pepper, ground

### Directions

Heat canola oil in a medium heavy saucepan over medium-high heat. While saucepan heats, line a jelly-roll pan with parchment paper. Set prepared pan aside.

Add popcorn to oil in saucepan. Cover and cook 2 minutes or until kernels begin to pop, shaking pan frequently. Continue cooking 2 minutes, shaking pan constantly. When popping slows down, remove pan from heat. Let stand 1 minute or until all popping stops. Stir in cashews.

Combine sugar and remaining ingredients in a small saucepan bring to a boil. Cook 1 minute, stirring constantly. Remove from heat cool 1 minute.

Pour hot syrup mixture over popcorn mixture. Toss well to coat. Immediately spread popcorn mixture onto prepared jelly-roll pan. Cool 3 minutes.

# Hummus

## Traditional Hummus

### Ingredients

- 3 cups chickpeas (garbanzo beans), canned
- 2 cloves garlic
- 1/2 cup water
- 4 Tbsp. tahini (sesame seed butter)
- 3 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 3/4 tsp. salt
- 1/4 tsp. black pepper, ground

### Directions

Place beans and crushed garlic in a food processor, pulse 5 times or until chopped. Add 1/2 cup water and remaining ingredients. Pulse until smooth, scraping down sides as needed.

**Feta-Baked Hummus:** Combine Traditional Hummus, 1/2 cup (2 ounces) crumbled reduced-fat feta cheese, 1/4 cup chopped fresh parsley, and 1/2 teaspoon ground cumin. Transfer mixture to an 8-inch square baking dish coated with cooking spray. Sprinkle with 1/2 cup (2 ounces) crumbled reduced-fat feta cheese. Bake at 400 degrees for 25 minutes or until lightly browned. Garnish with parsley sprigs.

**Spicy Red Pepper Hummus:** Cut 2 red bell peppers in half lengthwise and discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag seal. Let stand 10 minutes. Peel and cut into strips. Combine bell peppers, 2 teaspoons chile paste with garlic (such as sambal oelek), 1/2 teaspoon paprika, and 1/8 teaspoon ground red pepper in a food processor pulse until smooth. Transfer pepper mixture to a serving bowl stir in Traditional Hummus.

# Bruschetta

## Bruschetta

### Ingredients

- 8 plum or roma tomatoes (alternatively, use 1 can diced tomatoes, no salt added, drained)
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 2-3 tsp balsamic vinegar
- 8 leaves basil, thinly sliced or chopped
- 1 tsp. salt
- 1/4 tsp. black pepper, ground
- 1 baguette French bread, or crusty

### Directions

Preheat oven to 450 degrees.

Blanch and peel the tomatoes. Squeeze out most of the juice and seeds. Finely chop the tomatoes. (alternatively, drain a can of no salt added diced tomatoes)

Place tomatoes in a medium bowl, add garlic, oil, and balsamic vinegar. Stir in the basil, salt and pepper. Add more to taste if needed.

Slice the bread. Place bread on a baking sheet in a single layer and brush with olive oil. Bake (on the top rack of the oven for extra crispness) for 5 to 6 minutes or until lightly browned around the edges.

Scoop tomato mixture on to toasted bread and enjoy.



# Muffins

## Banana Nut Muffins with Oatmeal Streusel

### Ingredients

- 1 & 1/2 cups flour of choice
- 1/2 cups whole wheat flour
- 2/3 cup brown sugar, packed
- 2/3 Tbsp. baking powder
- 1/4 tsp. ground cinnamon
- 1/2 tsp. salt
- 2 medium ripe bananas
- 3/4 cup lowfat milk
- 3 Tbsp. vegetable oil
- 1 tsp. vanilla
- 1 large egg
- 1/4 cup walnuts, chopped
- 1/3 cup instant dry oats
- 1/3 cup flour
- 2 Tbsp. brown sugar, packed
- 2 Tbsp. butter, unsalted
- 1/2 tsp. cinnamon

### Directions

Preheat oven to 375 degrees.

To prepare the muffins, lightly spoon 1 & 1/2 cups all-purpose flour and whole wheat flour into dry measuring cups and level with a knife. Combine flours and next 4 ingredients (through salt) in a large bowl. Make a well in center of mixture. Combine mashed banana and next 4 ingredients (through egg) in a separate bowl and stir well. Add to flour mixture. Stir just until moistened and fold in chopped & toasted walnuts. Place 12 muffin cup liners in muffin cups. Spoon batter into 12 muffin cups.

To prepare streusel, combine oats and remaining ingredients in a small bowl. Blend with a pastry blender or 2 knives until mixture resembles coarse meal. Sprinkle streusel over softened batter. Bake at 375 degrees for 22 minutes or until a wooden pick inserted in center comes out clean.



Pie

## Fresh Cherry Pie

### Ingredients

- 2 Tbsp. tapioca flour
- 6 cups sweet cherries
- 3/4 cup sugar
- 1/4 cup cornstarch
- 1 Tbsp. lemon juice.
- 1/4 tsp. almond extract
- 1/4 tsp. salt
- 10 oz. ready pie crust, refrigerated
- 5 oz. ready pie crust, refrigerated
- cooking spray
- 1 oz. water
- 1 egg white
- 1 oz. sugar, turbinado

### Directions

Place tapioca in a spice or coffee grinder process until finely ground. Combine tapioca, cherries, and next 5 ingredients (through salt) in a large bowl. Toss well. Let cherry mixture stand 30 minutes stir to combine.

Preheat oven to 400 degrees.

Roll 1 (9-inch) dough portion into an 11-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray, allowing dough to extend over edge of plate. Spoon cherry mixture and any remaining liquid into dough. Roll remaining (9-inch) dough portion into a 12-inch circle. Cut dough into 12 (1-inch-wide) strips arrange in a lattice pattern over cherry mixture. Fold edges under crimp.

Combine 2 tablespoons water and egg white in a small bowl. Brush the egg white mixture over dough on top of pie, and sprinkle dough evenly with 2 tablespoons turbinado sugar. Bake at 400 degrees for 20 minutes. Shield edges of piecrust with foil, and bake an additional 40 minutes or until crust is golden brown and filling is thick and bubbly. Cool pie in pan for 45 minutes on a wire rack.