


COMMUNITY RECIPES

BESTHEALTH FAVORITES

First Edition



besthealthSM
WAKE FOREST BAPTIST HEALTH

In partnership with  MEDCOST[®]

BestHealthSM is the wellness program of Wake Forest Baptist Health. We strive to raise awareness of health and wellness initiatives in our communities.

We are excited to bring you this fun collection of easy-to-follow recipes, which can be part of a well-balanced food plan. Any alterations made during preparation are at the discretion of the preparer and are not included in the nutritional analysis provided, nor supported by the BestHealth team.

For more information about health and wellness, visit WakeHealth.edu/BestHealth.



BREAKFAST



Almond-Honey Granola *(Chef Betty Morton)*

Number of Servings: About 24 cups

Ingredients:

- 3 cups old-fashioned oats, uncooked
- ½ cup honey
- ¼ cup vegetable oil
- 1½ teaspoons vanilla extract
- 1 cup whole natural almonds, coarsely chopped
- ½ cup toasted wheat germ
- ½ cup dried apricots, cut into thin strips
- 1 cup dried tart cherries
- ½ cup golden and/or dark raisins

Instructions:

1. Preheat oven to 350 degrees. Place oats in two 15 ½ x 10 ½-inch jelly-roll pans. Bake oats 15 minutes or until lightly toasted, stirring twice.
2. In large bowl, stir together honey, oil and vanilla. Add toasted oats, almonds and wheat germ. Stir to coat well.
3. Spread oat mixture evenly in same jelly-roll pans. Bake until dark golden brown, 15 to 20 minutes, stirring every 5 minutes. Cool in pans on wire racks. Transfer to large bowl and stir in dried fruit. Store at room temperature in tightly covered container up to 1 month.



Spiced Apple Muffins *(Chef Betty Morton)*

Number of Servings: About 24

Ingredients:

2 cups all-purpose flour	¼ teaspoon ground nutmeg
1 cup granola without raisins	2 eggs
⅔ cup sugar	⅔ cup unsweetened apple juice or
1 teaspoon baking powder	½ cup orange juice
¼ teaspoon salt	¼ cup canola oil
½ teaspoon ground cinnamon	1½ cups grated peeled apples

Instructions:

1. Preheat oven to 400 degrees. Place 24 mini foil baking cups on a rimmed cookie sheet; set aside.
2. In a large bowl, combine the first seven ingredients.
3. In another bowl, whisk the eggs, apple juice and oil until well blended. Stir into dry ingredients just until moistened. Fold in apples.
4. Fill mini foil baking cups three-fourths full.
5. Bake 15 to 20 minutes or until a toothpick inserted near the center comes out clean. Place cookie sheet on a wire rack to cook. Serve warm, if desired.



Zucchini-Banana Muffins *(Chef Betty Morton)*

Number of Servings: About 24

Ingredients:

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|---------------------------------------|--|
| 2 cups flour | ¼ cup canola oil |
| 2½ teaspoons baking powder | ½ cup fat-free sour cream |
| ½ teaspoon salt | 1 teaspoon vanilla extract |
| 1 teaspoon ground cinnamon (optional) | 1 cup mashed ripe banana (about 3 bananas) |
| 2 eggs | 1 cup grated zucchini, squeezed dry |
| ⅓ cup granulated sugar | |
| ¼ cup packed brown sugar | ½ cup chopped nuts (optional) |

Instructions:

1. Preheat oven to 325 degrees.
2. Combine dry ingredients and set aside.
3. Whisk eggs, sugars, oil, sour cream and vanilla until well blended. Stir in banana, zucchini and nuts.
4. Stir in dry ingredients just until moistened.
5. Spoon into well-greased or paper-lined muffin tins.
6. Bake for about 25 minutes.



Peach-Mango Smoothie *(Chef Betty Morton)*

Number of Servings: About 2 to 3

Ingredients:

- 1 cup frozen sliced peaches
- 1 cup frozen mango pieces (such as Dole®)
- 1 cup apple or orange juice
- ½ teaspoon ground cinnamon or ginger

Instructions:

Place all ingredients in a blender; process 2 minutes or until smooth. Serve immediately.

Pomegranate-Berry Smoothie *(Chef Betty Morton)*

Number of Servings: About 4

Ingredients:

- 1 cup pomegranate juice
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup low-fat or nonfat vanilla Greek yogurt

Instructions:

1. Pour pomegranate juice into blender, then add remaining ingredients.
2. Pulse until blended and smooth.
3. Serve immediately.

TIP: Substitute another kind of juice if you do not have pomegranate juice on hand, for instance grape or apple. Try different flavors of yogurt to add a different twist.

BEVERAGES



Raspberry Lemonade *(Chef Irvin Williams)*

Number of Servings: About 4

Ingredients:

4 cups freshly squeezed lemon juice

3 cups sugar

1 bag frozen raspberries

Ice cubes, for serving

Instructions:

1. Pour the lemon juice into a pitcher.
2. Mix together the sugar with 3 cups water and stir to dissolve to make a syrup. Add the syrup to the lemon juice and top it up with 8 cups water.
3. Taste to make sure it is sweet enough for you, then add the raspberries. Mix the lemonade together and let chill in the refrigerator. Keep in mind the raspberries are tart, so be sure to sweeten to your liking.
4. Fill mason jars with ice cubes and top with the lemonade.



Peach Iced Tea *(Chef Irvin Williams)*

Number of servings: About 10

Ingredients:

Simple Syrup

- 1 cup water
- 1 cup organic cane sugar
- 2 ripe peaches, thinly sliced,
plus more for serving

Tea

- 2-3 tablespoons loose-leaf
black tea (or 3–4 tea bags),
depending on how strong you
prefer it
- 8 cups filtered water

Instructions:

1. In a small saucepan, bring water, sugar and peaches to a boil. Then lower heat and use a wooden spoon to stir and crush the peaches to infuse the flavor.
2. Once the sugar is dissolved, cover, remove from heat and let steep for 25–30 minutes.
3. Meanwhile, brew the tea using either a large pot or a tea maker.
NOTE: Use less tea if you prefer it weaker or more tea if you prefer it stronger, and try not to let it steep longer than 4 to 5 minutes, otherwise it can become bitter.
4. Once brewed, remove tea bags or strain out loose-leaf tea and transfer to a pitcher. Refrigerate to cool.
5. Once your simple syrup is ready, pour into a bottle or container over a fine mesh strainer to strain out peaches. Reserve the peaches for later use, such as over oatmeal.
6. To serve, either set out simple syrup or add as much to the tea as you like, or add all the simple syrup to the tea and stir. Serve tea over ice; garnish with freshly sliced peaches.

SOUPS & SALADS



Original California Fresh Gazpacho *(Chef Betty Morton)*

Number of Servings: About 6

Ingredients:

- ½ cup red onion, roughly chopped
- 1 garlic clove
- 2 medium cucumbers, peeled and roughly chopped
- 3 medium tomatoes, roughly chopped
- 1 medium green bell pepper, roughly chopped
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon olive oil
- 2 tablespoons rice vinegar
- ⅛ teaspoon hot sauce (such as Texas Pete®)
- ⅛ teaspoon black pepper
- 1½ cups low-sodium tomato juice

Instructions:

1. Puree onion and garlic in food processor using steel blade attachment and transfer to a large bowl.
2. Puree each vegetable individually in food processor. Keep texture slightly chunky. Transfer each to the large bowl.
3. Add remaining ingredients, stir and serve.



Split Pea Soup *(Chef Irvin Williams)*

Number of Servings: About 6 - 8

Ingredients:

6 cups vegetable broth	½ teaspoon dried oregano
1 medium onion, chopped	2 cups dried split peas, rinsed
1 cup carrots, chopped, plus shredded carrot for garnish	Half a large sweet potato, chopped
2 celery ribs, chopped	Bay leaf
1 bell pepper, chopped (optional)	Salt and black pepper, to taste
2 garlic cloves, minced	1 to 2 green onions, sliced
¼ teaspoon smoked paprika	Frozen peas (optional)
½ teaspoon ground chipotle (optional)	

Instructions:

1. Heat large pot over medium-high heat. Add carrots, celery, onion, bell pepper (if using) and enough broth to keep vegetables from drying out.
2. Sauté for 5 to 10 minutes until soft.
3. Add garlic, sauté for 30 seconds until fragrant. Season with spices.
4. Pour in broth, dried split peas, sweet potato and bay leaf. Turn heat down to simmer for about 1 hour, or until ingredients are soft.
5. Cool slightly, then purée half of soup in a blender. Return purée to the pan and mix with rest of soup. Season with salt and pepper to taste. Garnish with shredded carrots, green onions and frozen peas (if using).



Tomato Basil Soup *(Chef Barry Moody)*

Number of Servings: About 6

Ingredients:

1 tablespoon olive oil

1 onion, diced

28 oz. can crushed tomatoes

5 cups vegetable or chicken stock

½ cup loosely packed fresh basil, thinly sliced

Salt and freshly ground black pepper

Instructions:

1. Heat the olive oil in a large stock pot over medium-high heat.
2. Add the onion and cook, stirring often, until softened, about 10 minutes.
3. Add the tomatoes and the stock. Bring to a boil, then reduce to a simmer. Cook until soup is slightly thickened, about 20 minutes.
4. Season to taste with salt and pepper.
5. Stir in the basil.
6. Puree the soup in blender until smooth.
7. Serve immediately or store properly for later use.



Broccoli Soup *(Chef N’Gai Dickerson)*

Number of Servings: About 6

Ingredients:

2 tablespoons butter	3 tablespoons butter
1 onion, chopped	3 tablespoons all-purpose flour
1 stalk celery, chopped	2 cups milk
3 cups chicken broth	ground black pepper to taste
8 cups broccoli florets	

Instructions:

1. Melt 2 tablespoons butter in medium-sized stock pot, and sauté onion and celery until tender. Add broccoli and broth, cover and simmer for 10 minutes.
2. Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use an immersion (stick) blender and puree the soup directly in the cooking pot.
3. In small saucepan, over medium-heat, melt 3 tablespoons butter; stir in flour and add milk. Stir until thick and bubbly, and add to soup. Season with pepper and serve.



Caribbean Sweet Potato Soup *(Chef N’Gai Dickerson)*

Number of Servings: About 6

Ingredients:

2 medium onions, chopped	2 cups cubed, peeled sweet potato
2 teaspoons canola oil	
3 garlic cloves, minced	3 cups chopped fresh kale
2 teaspoons minced fresh gingerroot	1 cup frozen sliced okra
2 teaspoons ground coriander	1 cup coconut milk
1 teaspoon ground turmeric	1 cup canned diced tomatoes, drained
½ teaspoon dried thyme	1 cup canned black-eyed peas, rinsed and drained
¼ teaspoon ground allspice	
5 cups vegetable broth	2 tablespoons lime juice

Instructions:

1. In a Dutch oven, sauté onions in oil until tender. Add the garlic, ginger and spices; cook 1 minute longer.
2. Stir in broth and potato. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Stir in kale and okra. Return to a boil; cover and simmer 10 minutes longer or until potato is tender.
3. Add the coconut milk, tomatoes, peas and lime juice; heat through and serve.



Vegan Chickpea and Noodle Soup

(Chef N'Gai Dickerson) Number of Servings: About 6

Ingredients:

2 carrots, peeled	2 teaspoons tamari
4 celery ribs, sliced	4 whole bay leaves
2 small onion, diced	8 ounces whole wheat pasta,
20 cremini (brown) mushrooms	uncooked
16 cups vegetable broth	30 ounces chickpeas, drained
2 teaspoons yellow miso paste	and rinsed

Instructions:

1. Line a large soup pot with broth, about $\frac{1}{4}$ cup. Add carrots, celery and onion and sauté over high heat until onions are translucent, about 3 minutes. Add mushrooms and more broth, if necessary.
2. Continue to cook over high heat until the mushrooms are soft, about 3 minutes. Add remaining broth, miso, tamari and bay leaves. Cover and bring to a boil.
3. Once boiling, add pasta and reduce heat to medium. Cook for another 6 minutes, or until pasta is al dente (adjust time accordingly). Stir in chickpeas and taste test. Add more miso or salt, if desired. Allow soup to thoroughly heat the chickpeas.
4. Remove bay leaves and serve.



Black Bean Quinoa Salad *(Chef Dianne Blancato)*

Number of Servings: About 4

Ingredients:

½ cup quinoa	¼ teaspoon salt
4 tablespoons lime juice	¼ teaspoon pepper
½ teaspoon salt	⅔ cup roasted red pepper, chopped
½ teaspoon ground cumin	1 small to medium red onion, diced
⅓ cup extra virgin olive oil	⅓ cup cilantro, minced
2 cups cooked black beans	
1 tablespoon red wine vinegar	

Instructions:

1. Bring 2 quarts of water to a boil in a medium pot. Add the quinoa and cook for 14 minutes, without stirring. Remove from heat, drain and cool to room temperature.
2. In a small bowl, whisk together the lime juice, salt and cumin. Slowly whisk in the olive oil.
3. In a large bowl, combine the beans with the vinegar, salt and pepper. Add the roasted pepper, red onion, cilantro and quinoa to the black beans and toss gently to combine. Add the lime dressing and mix together.



Chicken, Black Bean and Rice Salad

(Chef Dianne Blancato) Number of Servings: About 6

Ingredients:

12 oz. skinless, boneless chicken breast	½ teaspoon red pepper flakes
2 teaspoons olive oil	1 cup rice, cooked
¼ cup lime juice	1 (15 oz.) can black beans, rinsed and drained
¼ cup cilantro, minced	1 bunch scallions, sliced
¼ cup red wine vinegar	1 cup green or red bell pepper, diced
2 tablespoons cumin	

Instructions:

1. Place chicken on a baking sheet or broiler pan and broil under high heat 5 to 6 minutes. Turn chicken over and broil for 5 to 6 minutes more, until thermometer registers 165 degrees. Let cool and slice chicken into strips.
2. In a large bowl, combine oil, lime juice, cilantro, vinegar, cumin, pepper flakes, rice, beans, scallions and pepper. Add chicken and stir to combine.

Note: Salad may be eaten immediately, but will taste better if it has time to marinate. You may let it marinate at room temperature for one hour or in the refrigerator for 2 or more hours.



Cucumber Salad *(Chef Dianne Blancato)*

Number of Servings: About 4

Ingredients:

1 lb. seedless cucumbers, thinly sliced

1½ teaspoons sugar

1½ teaspoons kosher salt

2½ tablespoons red wine vinegar

½ small onion, thinly sliced

Instructions:

1. In a medium bowl, toss the cucumber slices with the sugar and salt and let stand for 5 minutes.
2. Stir in the vinegar and onion.
3. Refrigerate for 10 minutes, then serve.

Strawberry-Spinach Salad *(Chef Irvin Williams)*

Number of Servings: About 1

Ingredients:

4 oz. fresh spinach leaves

4 fresh strawberries, sliced

1 tablespoon reduced-fat blue cheese crumbles

1 tablespoon sliced almonds

2 tablespoons light poppy seed dressing (bottled)

Instructions:

Assemble spinach on large plate. Top with the remaining ingredients.



Arugula and Broccoli Salad *(Chef Irvin Williams)*

Number of Servings: About 6

Ingredients:

4 cups broccoli florets

3 cups arugula, torn into bite-sized pieces

¼ cup fresh lemon juice (from about 2 lemons)

2 tablespoons extra-virgin olive oil

½ teaspoon sea salt

Freshly ground black pepper

½ cup raw walnuts

Instructions:

1. Place a steamer insert into a medium pot of water, and bring to a boil. Steam the broccoli until just crisp-tender, which should take about five to eight minutes (note: you could use a rice cooker with a steamer insert).
2. Place about half the broccoli in a large bowl, top with the arugula and the rest of the broccoli so the arugula is between the two layers of steamed broccoli.
3. Pour the lemon juice over the mixture and allow to rest at least 10 minutes. Prior to serving, toss arugula and broccoli with extra-virgin olive oil, salt and pepper, and top with walnuts.



APPETIZERS



Maryland Crab Cakes *(Chef Dianne Blancato)*

Number of Servings: 4

Ingredients:

- 1 egg
- ¼ cup mayonnaise
- 1 Tablespoon Dijon mustard
- 1 Tablespoon Old Bay seasoning
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ to ½ cup panko bread crumbs
- 1 lb. jumbo lump or backfin crabmeat

Instructions:

1. Heat broiler, with rack 4 inches from heat. Line a baking sheet with aluminum foil.
2. In a large bowl, combine egg, mayonnaise, mustard, Old Bay, salt and pepper. Add panko bread crumbs and fold in crabmeat. Form into 4 cakes and place on foil-line baking sheet.
3. Broil 6 minutes, flip crab cakes and broil another 6 minutes, or until golden brown.



Greek Meatballs *(Chef Dianne Blancato)*

Number of Servings: 4

Ingredients:

One 3- to 4-inch baguette piece	¾ cup mint leaves, minced
½ cup dry red wine	2 teaspoons dried oregano
½ lb. ground lamb	½ teaspoon salt
½ lb. lean ground beef	½ teaspoon pepper
1 cup onion, finely diced	3 oz. feta
1 egg	

Instructions:

1. Preheat oven to 375 degrees. Tear the bread into bite-size pieces and place in a large mixing bowl. Drizzle wine over the bread and let stand until all the liquid is absorbed.
2. Add the meat, onion, egg, mint, oregano, salt, pepper and feta cheese to the bowl with the bread. Mix with your hands until all the ingredients are combined. Shape into balls. Place on a baking sheet and bake for 30 minutes.



ENTRÉES & SIDES



BBQ Chicken Sliders *(Chef N'Gai Dickerson)*

Number of Servings: About 4 - 6

Ingredients:

½ cup no-salt-added ketchup	½ teaspoon dry mustard
1 tablespoon dark brown sugar	½ teaspoon smoked paprika
1 tablespoon cider vinegar	½ teaspoon ground cumin
1 teaspoon chili powder	⅛ teaspoon ground allspice
½ teaspoon garlic powder	2 cups shredded skinless, boneless rotisserie chicken
½ teaspoon onion powder	breast

Instructions:

1. Combine first 10 ingredients in a small saucepan over medium heat.
2. Bring to a simmer; cook 3 minutes or until slightly thick, stirring occasionally. Add chicken to ketchup mixture and stir to combine. Cook 2 minutes or until chicken is thoroughly heated.
3. Spoon 3 tablespoons chicken mixture on bottom half of each bun; top each with 1 pickle chip (optional) and top half of bun.



Fish Tacos *(Chef Irvin Williams)* Number of Servings: About 6

Ingredients:

Fish

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| 1 pound flaky white fish fillets,
such as haddock, halibut or cod | 2 cloves garlic, smashed |
| 1 lime, zested and juiced | ¼ cup canola or vegetable oil |
| ½ teaspoon pimenton | Kosher salt |

Cabbage

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| ¼ to ½ cup white vinegar | Half a head of savoy cabbage,
shredded |
| 2 tablespoons honey | Kosher salt |
| ¼ cup canola oil | |

Other

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| 8 flour tortillas | 1 jalapeno, minced (optional) |
| 3 scallions, sliced thinly on
the bias | 1 avocado, halved, pitted and
flesh sliced |

Instructions:

Fish

Cut the fish into strips. In a medium bowl, combine the fish with the lime zest and juice, pimento, garlic, oil and salt, to taste. This can be done a day ahead, covered and refrigerated.

Cabbage

In a small bowl, combine the vinegar, honey and oil. Add to the cabbage and toss until well dressed. Season with salt, to taste. If using within a couple of hours, let sit at room temperature. If making ahead, refrigerate until ready to use.

To cook and assemble:

1. Preheat the oven to 350 degrees. Wrap the tortillas in foil.
2. Put the fish strips on a parchment-lined baking sheet. Put the fish and tortillas in the preheated oven for 8 to 10 minutes.
3. Combine the cabbage, scallion and jalapeno, if using, in a medium bowl.

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4. While the fish is in the oven, taste the cabbage for seasoning and adjust, if needed.
5. Remove the fish and tortillas from the oven. Put some fish in the center of a tortilla, top with a couple of avocado slices and finish with some of the cabbage slaw. Repeat with remaining ingredients and serve.

Chicken Stir-fry *(Chef Irvin Williams)*

Number of Servings: About 6

Ingredients:	1 head broccoli, stems removed
2 tablespoons dark sesame oil, divided	1 dozen mushrooms, sliced
2 garlic cloves, finely minced	3 carrots, peeled and julienned
2 pounds chicken breasts, skinless and boneless	¼ pound green beans, diced
	1 head bok choy, chopped
	2 to 3 tablespoons teriyaki sauce

Instructions:

1. Heat 1 tablespoon sesame oil in a sauté pan over medium heat. Add garlic and stir. Place the chicken in the pan and brown 4 minutes on each side. Remove from pan, slice into strips and set aside.
2. Heat remaining tablespoon of sesame oil in a wok over high heat. Add the vegetables and teriyaki sauce. Stir-fry quickly until the vegetables begin to soften.
3. Add the chicken strips, combine well and continue to cook for 2 to 3 minutes. Serve immediately.



Vegan Vegetable Stir-fry *(Chef Walter Hauser)*

Number of Servings: About 6

Ingredients:

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| 1 to 2 (8-ounce) containers of mushrooms | 8-ounce box of spelt noodles (or your favorite) |
| 1 red bell pepper | 2 tablespoons of sesame oil |
| 1 large white onion (or your favorite) | 2 tablespoons of agave |
| 1 green pepper | 2 limes |
| 2 green onions | 1 teaspoon of ground or fresh ginger |
| Bean sprouts (optional) | Sesame seeds |
| Broccoli (optional) | Grapeseed oil |

Instructions:

1. Boil noodles as specified on box. When al dente, strain and set aside.
2. Heat a medium-sized pan over medium heat and begin to slice your vegetables. Julienne all vegetables except for the green onions. If using broccoli, use the florets. If you are using fresh broccoli, cut into small pieces.
3. Add a teaspoon of grapeseed oil and a teaspoon of sesame oil to pan. Add broccoli. Sauté for 3 to 5 minutes and add the rest of the vegetables.
4. Sauté vegetables. Make sure they still have crunch and not soggy.
5. While vegetables are cooking, make your sauce. In a bowl, put the juice of 2 limes, 2 tablespoons of agave and 2 tablespoons of sesame oil. Add ginger and mix.
6. Once vegetables are cooked, add noodles and sauce and toss together for 5 minutes making sure everything is up to temperature.
7. Add green onions and mix. Serve and top with sesame seeds.

SIDES

Braised Cabbage and Potatoes *(Chef Barry Moody)*

Number of Servings: About 6

Ingredients:

- 2 teaspoons Smart Balance®
- 1 medium green cabbage, diced
- 1 medium red onion, diced
- 2 teaspoons Spice Delight All Purpose Essence
- 2 cups medium diced Yukon Gold potatoes
- ½ cup vegetable stock

Instructions:

1. In a large pot over medium heat, add the first 4 ingredients listed above.
2. Sauté for 10 minutes until vegetables are tender.
3. Add stock and potatoes and simmer for 5 minutes until potatoes are tender.



Poached Broccoli Medley *(Chef Barry Moody)*

Number of Servings: About 6

Ingredients:

- 2 teaspoons Smart Balance® or olive oil
- ½ cup sliced button mushrooms
- ¼ cup red onion, diced
- ¼ cup green bell pepper, diced
- 1 quart low-sodium vegetable stock
- 2 tablespoon Spice Delight All Purpose Essence
- 1 teaspoon dried thyme leaves
- 2 cups chopped fresh broccoli

Instructions:

1. In a large stockpot, melt butter substitute (or heat olive oil).
2. Add mushrooms, onion and bell pepper.
3. Sauté over medium heat 4 minutes or until vegetables are tender.
Remove from pan and set aside.
4. Add chicken stock, Spice Delight and thyme to pan; bring to a simmer.
5. Add broccoli and simmer 5 minutes or until broccoli is tender.
Spoon broccoli from pan into a serving bowl. Garnish with reserved mushrooms, onion and bell pepper.



Springtime Asparagus Medley *(Chef Barry Moody)*

Number of Servings: About 4 - 6

- Ingredients:**
1 tablespoon olive oil
½ cup sliced button mushrooms
½ cup diced yellow bell pepper
½ cup diced green bell pepper
¼ cup diced onion
- 1 teaspoon Spice Delight All Purpose Essence
1 bunch fresh asparagus, cut in 1-inch pieces
½ cup vegetable stock
1 cup grape or cherry tomatoes, halved

- Instructions:**
1. In a large skillet, heat oil over medium heat.
 2. Add mushrooms, bell pepper, onion and Spice Delight; stir and sauté 3 minutes.
 3. Stir in asparagus and vegetable stock. Lower heat to a simmer.
 4. Cover and cook about 3 to 5 minutes or until asparagus is done to your desired tenderness. Remove pan from heat.
 5. Stir in grape tomato halves.

Herbal Rice Pilaf *(Chef Barry Moody)*

Number of Servings: About 6

- Ingredients:**
1 teaspoon Smart Balance®
¼ cup red onions, diced
1 teaspoon whole dry thyme
- 1 teaspoon Spice Delight All Purpose Essence
1 cup rice (your favorite)
2 cups low-sodium vegetable stock

- Instructions:**
1. In a medium sauce pan over medium heat, melt Smart Balance.
 2. Sauté onions with spices for 3 minutes.
 3. Add stock and rice and simmer for 25 minutes until rice is tender.

Grilled Squash Medley *(Chef Barry Moody)*

Number of Servings: About 6

Ingredients:

1 tablespoon olive oil

1 summer squash

1 zucchini squash

1 red onion

1 teaspoon Spice Delight All Purpose Essence

½ teaspoon Italian seasoning

¼ cup Garlic Expression salad dressing

½ cup grape tomatoes, sliced in half

1 tablespoon freshly grated Parmesan cheese

Instructions:

1. In a large bowl, add the first 6 ingredients listed above.
2. Mix well so that spices and oil are evenly coated over vegetables.
3. Heat grill to medium high heat and grill vegetables 4 minutes per side.
4. Remove vegetables from grill and chop them into medium chunks.
5. Fold in the remainder of ingredients listed above.



DESSERTS



Midnight Brownies *(Chef Betty Morton)*

Number of Servings: About 12

Ingredients:

1 teaspoon instant espresso-
coffee powder
1 teaspoon hot water
 $\frac{3}{4}$ cups all-purpose flour
 $\frac{1}{2}$ cup unsweetened cocoa
 $\frac{1}{2}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt
16 tablespoons (1 cup) unsalted
butter, cut into small cubes
3 tablespoons sugar
 $\frac{1}{4}$ cup dark corn syrup
 $1\frac{1}{2}$ teaspoons vanilla extract
2 large egg whites, beaten

Instructions:

1. Preheat oven to 350 degrees. Spray 8-inch metal baking pan with nonstick cooking spray. In a cup, dissolve espresso powder in hot water; set aside.
2. In large bowl, with wire whisk, mix flour, cocoa, baking powder and salt.
3. In 2-quart saucepan, melt butter over low heat. Remove saucepan from heat. With same whisk, mix in sugar, corn syrup, vanilla extract, egg whites and espresso mixture until blended. With wooden spoon, stir sugar mixture into flour mixture just until blended (do not overmix).
4. Pour batter into pan. Bake brownies 18 to 22 minutes, until toothpick inserted in center of pan comes out almost clean. Cool brownies in pan on wire rack at least 1 hour. When cool, cut brownies into squares. If brownies are difficult to cut, use knife dipped in hot water and dried.

Test Kitchen Tip:

If desired, sprinkle brownies with $\frac{1}{2}$ cup chopped nuts or shredded coconut just before baking.



Berry Cobbler with Buttermilk Crust

(Chef Betty Morton) Number of servings: 24

Ingredients:

Filling

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|------------------------------|-------------------------------|
| 1 cup granulated sugar | 1¼ cups fresh red raspberries |
| 3 tablespoons cornstarch | 1 cup fresh blueberries |
| 4 cups fresh peaches, peeled | 4 teaspoons fresh lemon juice |

Crust

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|------------------------------|-------------------------------|
| 1⅓ cups all-purpose flour | ⅓ cup low-fat buttermilk |
| ½ teaspoon salt | 1 tablespoon granulated sugar |
| ¼ teaspoon baking soda | |
| 6 tablespoons Smart Balance® | |
| Original, cut into cubes | |

Instructions:

Filling

1. Combine cornstarch and sugar in a saucepan and thoroughly stir together.
2. Add fruit and bring to a simmer over medium heat. Stir constantly until filling has thickened a little. It will thicken more when it bakes.
3. Transfer the filling to the bottom of a glass, metal or ceramic oven-safe, 3-quart baking dish (9 x 13-inch).

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Crust

1. Preheat oven to 350 degrees.
2. In a large bowl, whisk or stir together the flour, salt and baking soda. Add the butter and cut in with a knife or with your hands. The mix should resemble coarse meal. Add the buttermilk and mix with a fork just until the buttermilk is mixed in.
3. With greased hands, knead the dough just a couple of times lightly. Dust a large square of plastic wrap or wax paper with flour and transfer the dough onto it. Press down a little, then sprinkle a little flour on top of the dough. Place another piece of plastic wrap or wax paper on top and press it out with a rolling pin until it is about ¼- to ½-inch thick. Shape the dough to fit the dish. Peel off the top layer of wrap or wax paper and gently pick up the crust. Center it over the filling in the pan and carefully turn the crust onto the filling. Remove the final layer of paper or wrap and sprinkle top of the crust with a tablespoon of sugar.
4. Bake for approximately 30 minutes or until a toothpick inserted into the middle comes out clean.



Honeydew and Blueberry Parfaits (Chef Betty Morton)

Number of Servings: About 4

Ingredients:

- 8 oz. fat-free lemon yogurt
- ¼ cup fat-free sour cream
- 2 cups honeydew melon, diced
- 1 cup fresh blueberries
- 4 mint sprigs

Instructions:

1. In a small bowl, combine yogurt and sour cream.
2. Layer ½ cup honeydew and ¼ cup blueberries in each of four 8-ounce glasses. Top with yogurt mixture. Garnish each with a mint sprig.



Apple-Cranberry Crisp (Chef Betty Morton)

Number of Servings: About 12 to 15

Ingredients:

8 thinly sliced, unpeeled Granny
Smith apples
1 cup fresh cranberries
2 tablespoons freshly squeezed
lemon juice

2 cups rolled oats
 $\frac{3}{4}$ cup whole wheat flour
1½ teaspoons ground cinnamon
 $\frac{1}{2}$ teaspoon freshly ground
nutmeg
 $\frac{1}{2}$ cup cranberry juice
 $\frac{1}{3}$ cup honey
2 tablespoons canola or olive oil

Instructions:

1. Preheat oven to 350 degrees.
2. Coat a 13 x 9 x 2-inch baking dish with nonstick cooking spray. Add the apples, cranberries and lemon juice. Toss to combine. Spread into an even layer.
3. In a large bowl, combine the oats, flour, cinnamon and nutmeg. Sprinkle mixture evenly over fruit. In a bowl, combine juice, honey and oil and drizzle over oat mixture.
4. Bake for 35 to 40 minutes or until the apples are tender.

Test Kitchen Tip:

Serve with fat-free vanilla Greek yogurt or frozen yogurt, if desired.



NOTES

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