eat well to live well

Healthy, Dietitian-Approved Recipes for the Defense Community

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Cover Photo: Keith Weller for USDA

breakfast

Start the day right with these easy to make, filling and healthy dishes.

Ricotta Pancakes with Blueberries (4-6 Servings)

Ingredients:

1 ½ cups all-purpose flour

1 tsp. baking powder

1 ½ tsp. kosher salt

3 large eggs, separated

1 ¾ cups plus 2 Tbsp. milk

6 oz. ricotta cheese (1/2 cup plus 2 Tbsp.)

¼ cup sugar

1 Tbsp. pure vanilla extract

Unsalted butter, for the griddle

1 pint fresh blueberries or 2 cups frozen blueberries, thawed

Pure maple syrup, for serving

Photo: John Kernick

Directions:

1. In a small bowl, whisk the flour, baking powder and salt.
2. In a large bowl, whisk the egg yolks with the milk, ricotta, sugar and vanilla.
3. Add the dry ingredients and whisk until the batter is smooth.
4. In a large bowl, use an electric mixer to beat the egg whites at medium speed until frothy. Beat at high speed until soft peaks form. Fold the egg whites into the batter until no streaks remain.
5. Preheat the oven to 225°F.
6. Heat a griddle, then lightly butter it.
7. For each pancake, ladle ¼ cup of the batter onto the griddle; be sure to leave enough space between the pancakes. Cook over medium low heat until the bottoms are golden and the pancakes are just beginning to set, 1 to 2 minutes.
8. Sprinkle each pancake with a few blueberries and press lightly.
9. Flip the pancakes and cook until golden on the bottom and cooked through, about 1 minute longer. Transfer the pancakes to plates and keep them warm in the oven while you make the rest. Serve the pancakes with maple syrup.

Adapted from "Reinventing the Classics, Breakfast: A Wake-Up Call"

breakfast

Smoked Salmon Sandwich (4 Servings)

Ingredients:

8 pieces thin pumpernickel bread

¼ cup whipped cream cheese

8 oz. thinly sliced smoked salmon

½ red onion, thinly sliced

¼ English cucumber, thinly sliced

2 medium ripe tomatoes, cored, seeded, and diced

2 tsp. chopped fresh chives

Salt and freshly ground black pepper to taste

Directions:

1. Toast the bread, then spread 1 ½ tsp. of cream cheese on top of each piece.
2. Put a slice of smoked salmon, a couple of slices of onion, a slice or two of cucumber, and about 1 Tbsp. of chopped tomato on top.
3. Sprinkle with the chives and season with salt and pepper.

Nutritional information per serving:

Calories: 222; Fat: 7g; Saturated Fat: 3g; Protein: 15g; Monounsaturated Fat: 1.5g; Carbohydrates: 24g; Polyunsaturated Fat: 1g; Sodium: 760mg; Cholesterol: 26 mg

Adapted from "The Food You Crave"

breakfast

Breakfast Burritos (2 Servings)

Ingredients:

Vegetable cooking spray

2 egg whites

2 whole wheat tortillas

¼ cup fat-free cheddar cheese, shredded

1 Tbsp. Greek yogurt

¼ cup rinsed canned beans (pinto or black)

Salsa (to taste)

Directions:

1. Spray vegetable cooking spray into a frying pan.
2. Scramble the egg whites in the pan and cook to the desired degree of doneness – mix in yogurt.
3. Place the cooked eggs on the tortillas.
4. Sprinkle the cheese over the eggs.
5. Place the beans over the cheese and eggs.
6. Roll each tortilla into a wrap.
7. Microwave for 30 seconds.
8. Spoon salsa on top.

Nutritional information per serving:

Calories: 282.3; Fat: 3.6g; Saturated Fat: 1.5g; Protein: 23g; Carbohydrates: 50.5g; Sodium: 833.3mg; Dietary Fiber: 6.6g; Cholesterol: 5.9mg; Total Sugars: 0.9g; Protein: 23g

Breakfast Casserole Bites (10-12 Servings)

Ingredients:

2 slices whole-wheat sandwich bread

8 eggs (farmer's market or organic preferred)

½ cup milk, any kind will work

Salt and pepper, to taste

4 oz. sharp cheddar cheese, grated

½ lb. cooked and crumbled breakfast sausage or bacon

- -

12 foil muffin holders

muffin baking pan

Directions:

1. Preheat the oven to 350°F.
2. Distribute 12 foil muffin holders into a muffin baking pan. Do not use paper-lined foil holders.
3. Cut the bread into half-inch squares and evenly distribute them on the bottom of the muffin cups.
4. Thoroughly whisk together the eggs and milk. Add salt and pepper to taste.
5. Evenly distribute the egg mixture into each muffin cup. It's okay if the bread pieces float to the top.
5. Sprinkle an equal amount of both the grated cheese and the crumbled bacon (or sausage) into each muffin cup on top of the egg mixture.
6. Bake at 350°F for 15 minutes or until eggs are set.

appetizers

Small bites, big flavor!

Photo: Campbell's Kitchen

Herbed Goat Cheese and Sun-Dried Tomato Spread

Ingredients:

½ lb. mild soft goat cheese, softened

3 Tbsp. finely chopped sun-dried tomatoes

3 tsp. minced fresh thyme

2 tsp. minced fresh rosemary

1 small shallot, minced

¼ cup extra-virgin olive oil

Directions:

1. Stir all ingredients together until smooth, add salt and pepper to taste.
2. Serve on toast or crackers, or your favorite vegetable.

Tip: Make spread 2 days ahead, cover & chill. Bring to room temp before serving!

appetizers

Photo: The Social Chef

Tuna Tartare (4 Servings)

Ingredients:

1 lb. fresh tuna steaks, diced in ¼ inch pieces

1 Tbsp. olive oil

3 Tbsp. sesame oil

1 tsp. soy sauce

½ tsp. chili paste

1 Tbsp. lime juice

½ tsp. salt

½ tsp. ground black pepper

½ tsp. ground coriander

2 Tbsp. finely diced fresh parsley

1 avocado diced in ¼ inch pieces (optional)

Directions:

1. Combine all the ingredients except the tuna and avocado into a mixing bowl and whisk together.
2. Add the diced tuna (and avocado) to the marinade and toss. Ensure that all the tuna (and avocado) is coated evenly.
3. Allow the mixture to sit in the refrigerator for at least 1 hour for the flavors to blend.
4. Scoop 3-4 oz. of mixture into a ramekin or small bowl.
5. Place the ramekin upside down in the center of a serving plate and remove the ramekin.
6. Surround the tuna tartare with sesame wafers or crackers and serve.
7. Repeat until 4 appetizers are completed.

soups

Full, hearty flavors in one meal.

Black Bean & Chipotle Soup (4-6 Servings)

Ingredients:

¼ cup olive oil

2 cups chopped onions

4 garlic cloves, minced or pressed

2 cups peeled and diced carrots

1½ tsp. ground cumin

1 cup chopped celery

1 cup chopped green bell peppers

2, 15-oz. cans black beans, un-drained

½ dried chipotle pepper or 1 canned chipotle pepper in Adobo sauce

2 cups chopped fresh or un-drained canned tomatoes (14 oz. can)

½ to 1 cup orange juice

sour cream or jalapeno cream (optional)

Chopped fresh cilantro (optional)

Directions:

1. Warm the oil in a nonreactive soup pot.
2. Sauté the onions and garlic in the oil for about 10 minutes, stirring frequently, until the onions are translucent.
3. Add the carrots and cumin and cook on medium heat, stirring often, for a few minutes.
4. Add the celery and bell peppers, lower the heat, cover and cook for about 10 minutes.
5. Add the beans, chipotle, tomatoes, orange juice and water, cover and simmer for 20 minutes.
6. If you're not using canned beans, add ½ cup of bean-cooking liquid or additional water.
7. If desired, garnish each serving with a dollop of sour cream or Jalapeno Cream and a sprinkling of cilantro.

Nutritional information per serving:

Calories: 476; Carbohydrates: 69g; Fat: 16g; Protein: 18g; Sodium: 244mg; Sugar: 17g

Photo: Andrew Scrivani for The New York Times

Winter Tomato Soup With Bulgur (4-6 Servings)

Ingredients:

1, 28-oz. can chopped tomatoes in juice

2 Tbsp. extra virgin olive oil

2 medium red onions, finely chopped

2-4 garlic cloves, minced

2 Tbsp. tomato paste

½ tsp. sugar

½ cup coarse (#3) bulgur

5 cups water (more to taste)

Freshly ground pepper and salt to taste

2-4 Tbsp. chopped fresh mint (optional)

2 oz. feta, crumbled (about 1/2 cup)

Directions:

1. Pulse the tomatoes to a coarse puree in a food processor or blender.
2. Heat the olive oil in a heavy soup pot over medium heat and add the onion and a generous pinch of salt. Cook, stirring often, until the onion is very soft but not browned, 8 to 10 minutes.
3. Add the garlic and cook, stirring, until fragrant, 30 seconds to a minute.
4. Add the tomatoes, tomato paste and sugar and bring to a simmer.
5. Cook, stirring often, until the tomatoes have cooked down slightly, about 10 minutes.
6. Add the bulgur, water and salt to taste, bring to a boil. Reduce the heat, cover and simmer 30 to 45 minutes, until the bulgur is soft and the soup thick and fragrant.
7. Add salt and pepper to taste.
8. Ladle the soup into bowls and sprinkle with mint and feta. Drizzle on a little olive oil if desired. Serve hot.

Nutritional information per serving (4 servings):
Calories: 232; Fat: 10g; Saturated fat: 3g; Polyunsaturated fat: 1g; Monounsaturated fat: 6g; Cholesterol: 13mg; Carbohydrates: 32g; Dietary fiber: 9g; Sodium: 516mg (does not include salt to taste); Protein: 7g

Adapted from "The Country Cooking of Greece"

soups

Asparagus and Cauliflower Soup (4 Servings)

Ingredients:

1 Tbsp. olive oil

1 Tbsp. coconut oil

2 small onions, thinly sliced

1 garlic clove, pressed

4 cups asparagus, cut into one inch

4 cups chicken stock

¼ cup organic unsweetened coconut milk

2 Tbsp. butter

1 head cauliflower, steamed

Salt and pepper to taste

Directions:

1. In a medium saucepan, heat olive and coconut oil over medium heat.
2. Add onion, garlic, and asparagus and sauté until soft.
3. Add chicken stock and bring to a boil. Lower heat and simmer for 15–20 minutes.
4. Add coconut milk and butter. Boil for 2 minutes and remove from heat.
5. Separately, dice and steam cauliflower
6. In a food processor, puree the entire mixture. Add ¾ of the steamed cauliflower and puree again.
7. Return to pan, warming and stirring the mixture.
8. Add the remaining cauliflower. Stir the soup, on low heat, until warm and serve.

Tuscan Bean and Kale Soup (6 Servings)

Ingredients:

1 lb. dried cannellini beans

2 Tbsp. extra virgin olive oil

1 large onion, minced

2 large garlic cloves, minced

1 Tbsp. minced fresh sage

2 tsp. minced fresh rosemary

7 cups chicken stock

1/3 lb. kale, ribs removed, coarsely chopped

Salt and freshly ground black pepper

Directions:

1. Cover beans generously with 2 inches of water, soak overnight; drain.
2. Heat 2 Tbsp. oil in a large pot over moderate heat.
3. Add onion and sauté until soft, about 5 minutes.
4. Add garlic, sage and rosemary, sauté 1 minute.
5. Add beans and stock. Bring to a simmer, cover and adjust heat to maintain a gentle simmer.
6. Cook until beans are almost tender, about 1 hour, and then add kale. Cover and continue cooking at a gentle simmer until beans and vegetables are tender, about 10 minutes more. Add a little water if soup gets too thick.
7. Remove pot from heat. With a wooden spoon, mash some of the beans against the side of the pot until soup is as thick as you like.
8. Season to taste with salt and pepper.

White Bean and Garlic Soup (4-6 Servings)

Photo: Food Network

Ingredients:

1 Tbsp. butter

2 Tbsp. olive oil

2 shallots, chopped

1 sage leaf

2, 15-oz. cans cannellini beans, drained and rinsed

4 cups low-sodium chicken broth

4 cloves garlic, cut in half

½ cup cream or low fat half & half

6 slices ciabatta bread

extra-virgin olive oil, for drizzling

½ tsp. freshly ground black pepper

Directions:

1. Place a soup pot over medium heat. Add the butter, olive oil and shallots. Cook, stirring occasionally, until the shallots are softened, about 5 minutes.
2. Add the sage and beans and stir to combine. Add the stock and bring the mixture to a simmer. Add the garlic and simmer until the garlic is softened, about 10 minutes. Pour the soup into a large bowl.
3. Carefully ladle one-third to one-half of the soup into a blender and puree until smooth. Be careful to hold the top of the blender tightly, as hot liquids expand when they are blended.
4. Pour the blended soup back into the soup pan. Puree the remaining soup. Once all the soup is blended and back in the soup pan, add the cream and the pepper. Keep warm, covered, over very low heat.
5. Place a grill pan over medium-high heat. Drizzle the slices of ciabatta bread with extra-virgin olive oil. Grill the bread until warm and golden grill marks appear, about 3 minutes per side.
6. Serve the soup in bowls with the grilled bread alongside.

Adapted from Food Network

soups

Eggplant Gazpacho (8-10 Servings)

Ingredients:

2 large eggplants (about 2½ lbs.) halved lengthwise

5 Tbsp. olive oil, divided

4 ripe tomatoes (1¾ to 2 lbs.), stemmed and quartered

2 medium onions, thinly sliced

4 garlic cloves sliced

1 tsp. cumin

¼ tsp. cayenne pepper

¾ cup yogurt

½ cup fresh lemon juice

¼ cup tahini

2 cups cold water

Extra-virgin olive oil for drizzling

Directions:

1. Preheat oven to 325°F. Drizzle cut side of each eggplant half with 1 Tbsp. oil. Sprinkle with salt and pepper. Place eggplant, cut side down, on rimmed baking sheet. Roast until very tender, about 1-½ hours. Cool. Discard large seed pockets. Scoop flesh into bowl; discard skins. Set eggplant aside.
2. Place tomatoes in blender – process to coarse puree. Set tomato juice/puree aside.
3. Heat remaining 1 Tbsp. oil in heavy large skillet over medium heat. Add onions and garlic; sauté until onions are golden brown, about 25 minutes. Add cumin and cayenne pepper; stir one minute. Add yogurt, lemon juice and tahini; stir, scraping up browned bits.
4. Remove from heat. Stir in eggplant. Place half of eggplant mixture into blender. With blender running, gradually add half of tomato juice, then 1 cup water. Puree until smooth. Do same with remaining ingredients.
5. Blend together and season with salt and pepper. Cover and refrigerate for at least 2 hours.
6. Divide soup among bowls and drizzle with extra-virgin olive oil and serve.

Adapted from Food Network

salads

Light, refreshing and packed with vegetable servings!

Simple Tossed Salad

Ingredients:

1 Tbsp. red wine vinegar

1 Tbsp. extra virgin olive oil

½ tsp. sugar

¼ tsp. Italian seasoning

salt and pepper to taste

¾ head of lettuce (iceberg, romaine, spinach, etc.)

1 tomato

Directions:

1. In a large bowl, whisk together 1 Tbsp. each of red wine vinegar and extra virgin olive oil, ½ tsp. sugar and ¼ tsp. Italian seasoning. Season with coarse salt and ground pepper.
2. Add ¾ head chopped iceberg lettuce and 1 tomato, cut into wedges. Toss to combine.

Prep Suggestions:

Add a Tbsp. of mustard to the dressing or substitute the sugar with a Tbsp. of honey; use rice vinegar instead of wine vinegar; add chopped green onions or chives, celery, cucumber or some grated carrots. Add a protein kick with black beans, chickpeas or leftover rotisserie chicken.

Broccoli Salad (4 Servings)

Ingredients:

1 Tbsp. white wine vinegar

1 lemon, zested

1 Tbsp. freshly squeezed lemon juice

2 tsp. Dijon mustard

1 tsp. kosher salt

Pinch freshly ground black pepper

¼ cup olive oil

1 lb. broccoli, rinsed, trimmed and thinly sliced

6 oz. cherry or grape tomatoes, halved

3 oz. coarsely chopped, toasted pecans or hazelnuts

2 Tbsp. thinly sliced fresh basil leaves

Directions:

1. Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium mixing bowl. While whisking constantly, gradually add the olive oil. Add the broccoli and toss to coat. Cover and place in the refrigerator for 1 hour.
2. Stir in the tomatoes, hazelnuts and basil. Cover and allow to sit at room temperature or in the refrigerator, for another 15 minutes before serving.

Nutritional information per serving:

Calories: 310; Total Fat: 29g; Saturated Fat: 3g; Protein: 6g; Total carbohydrates: 12g; Sugar: 2g; Fiber: 6g; Cholesterol: 0mg; Sodium: 573mg

Mediterranean Salad with Green Beans and Feta (4 Servings)

Ingredients:

Coarse salt and ground pepper

8 oz. green beans, trimmed and halved

2 navel oranges

2 Tbsp. extra virgin olive oil

2 Tbsp. white-wine vinegar

1 ½ cups crumbled feta (6 oz.)

1 head romaine lettuce (about 1-½ pounds), halved and roughly chopped

1 small red onion, halved and thinly sliced

1 can (15 oz.) white beans, rinsed and drained

Directions:

1. In a medium saucepan of boiling salted water, cook green beans until crisp-tender, 4 to 6 minutes. Drain green beans, and rinse with cold water to stop the cooking.
2. Using a sharp knife, slice off both ends of each orange. Cut off peel, following the curve of the fruit. Halve fruit from top to bottom, and thinly slice each half crosswise.
3. In a bowl, whisk together oil and vinegar; season with salt and pepper. Add feta, oranges, lettuce, onion, beans and green beans. Toss to combine.

Adapted from Martha Stewart's Everyday Food

Lemony Kale Salad (2-4 Servings)

Ingredients:

2 cups kale

Juice of 1 lemon

¼ tsp. kosher salt

1 carrot, peeled and grated

1/8 tsp. black pepper

1 oz. extra virgin olive oil

¼ cup toasted whole or slivered almonds

Directions:

1. Wash and thinly slice kale, removing and discarding stalks.
2. Place kale in a re-sealable plastic bag with the juice of one lemon and a dash of salt. Roll up the Ziploc bag with the kale so all air is removed and close. Refrigerate for several hours or overnight.
3. Remove kale from bag and put in a bowl. The kale will be nicely wilted and maybe a bit lighter in color.
4. Toss with the remaining ingredients.
5. Add extra virgin olive oil to taste.

Watercress Salad (4 Servings)

Ingredients:

¼ cup rice vinegar (not seasoned)

1 Tbsp. grated sweet onion such as Vidalia or Walla Walla (use large holes of a box grater)

¼ cup finely grated peeled Gala apple (use small holes of box grater)

4 tsp. soy sauce

1 tsp. sugar

3 Tbsp. vegetable oil

6 cups watercress (thin stems and leaves only; from 1 large bunch)

1 firm-ripe avocado

Directions:

1. Stir together vinegar, onion, apple, soy sauce, and sugar until sugar has dissolved, then stir in oil.
2. Just before serving, toss watercress with enough dressing to coat. Quarter, pit and peel avocado, then cut crosswise into ¼ inch thick slices. Gently toss with watercress.

Prep Suggestions:

- Watercress can be trimmed 1 day ahead and chilled in a sealed bag lined with damp paper towels.

- Dressing can be made 2 days ahead and chilled, covered. Stir or shake before using.

salads

Photo: ThePioneerWoman.com

Caprese Salad (1-2 Servings)

Ingredients:

1 ripe tomato, any variety

Fresh mozzarella cheese

Handful of fresh basil leaves

Balsamic vinegar

Salt and pepper, to taste

2 Tbsp. basil pesto

Directions:

1. Cut the tomatoes and mozzarella into slices, about ¼ inch thick.
2. Arrange the tomatoes flat on a plate, top each one with a slice of mozzarella and whole basil leaf (or sliced leaves).
3. Sprinkle with a little salt and pepper, if desired.
4. Add a dollop or two of pesto to the plate.
5. Sprinkle with balsamic vinegar.

Black Bean and Corn Salad (8-10 Servings)

Ingredients:

2/3 cup fresh lime juice

1 cup extra virgin olive oil

3 cloves minced garlic

2 tsp. salt

¼ tsp. ground cayenne pepper

1 Tbsp. cumin

4 (15 oz.) cans black beans, rinsed and drained

3 cups frozen corn kernels

Red bell peppers, chopped

4 tomatoes, chopped

12 green onions, thinly sliced

2 avocados – peeled, pitted and diced

1 cup fresh cilantro (optional)

Directions:

1. Place lime juice, olive oil, garlic, salt, cayenne pepper and cumin in small jar. Cover with lid and shake until ingredients are well mixed.
2. In large bowl, combine beans, corn, bell peppers, tomatoes, green onions, avocados and cilantro. Shake lime dressing and pour over the salad. Toss!

Grand Marnier Salad Dressing

Ingredients:

¼ cup minced shallot

1 clove minced garlic

¼ cup Grand Marnier

2 Tbsp. balsamic vinegar

3 Tbsp. orange juice

1 Tbsp. lemon juice

2-3 tsp. Dijon mustard

1 tsp. grated orange rind

salt and pepper to taste

½ cup olive oil

2-3 Tbsp. walnut oil

Directions:

1. In a small, heavy saucepan over moderate heat, combine the shallot, garlic, Grand Marnier and balsamic vinegar. Bring the liquid to a boil; reduce it to 2 Tbsp.
2. In a bowl, combine the reduction with orange juice, lemon juice, Dijon mustard, orange rind and salt and pepper to taste.
3. Add the oils in a stream, whisking constantly. Whisk until the mixture is emulsified.

main courses

Healthy meals for daily cooking.

Meatballs in Tomato Sauce (4 Servings)

Ingredients:

1 pound ground beef chuck

½ cup Italian or plain bread crumbs

1 large egg, lightly beaten

2 tsp. minced garlic

Coarse salt and ground pepper

½ tsp. dried oregano

½ tsp. Italian seasoning

2 Tbsp. olive oil

1 can (28 oz.) crushed tomatoes

1 can (15 oz.) whole peeled tomatoes

Directions:

1. Preheat oven to 400°F.
2. In a large bowl, toss crumbs with 1/3 cup water. Add beef, egg, ½ tsp. garlic, 1/4 tsp. pepper and ½ tsp. oregano; mix until just combined. Gently form mixture into 12 meatballs.
3. In a large Dutch oven or heavy pot, heat oil over medium-high; swirl to coat.
4. Add meatballs and cook, turning occasionally, until browned, about 7 minutes.
5. Add crushed and whole tomatoes with juice (breaking up tomatoes), 1-½ tsp. garlic, ½ tsp. Italian seasoning and pinch of sugar. Season with salt and pepper.
6. Bring sauce to a boil; reduce to a rapid simmer and cook until meatballs are cooked through, about 15 minutes.
7. Serve over pasta or with toasted garlic bread.
8. Add a tossed salad for a complete meal.

main courses

Chicken Enchilada Pie (4-6 Servings)

Ingredients:

1, 15-oz. can tomato puree

1-¼ Tbsp. chili powder

½ Tbsp. cumin

1 tsp. onion powder

¼ cup extra-virgin olive oil

2 cups cooked and shredded chicken

1, 15-oz. can black beans

8 oz. Monterey Jack cheese

8 tortillas

1 cup shredded cheddar cheese

¼ cup scallions, chopped

Directions:

1. In a large bowl, whisk together the first five ingredients.
2. Spray a pie plate with cooking spray, then spread ½ cup of the sauce mixture in the bottom of the baking dish. Lay 3 tortillas on top of the sauce, then spread the chicken evenly over the tortillas.
3. Next spread ½ of the beans and ½ of the Monterey Jack cheese on top of the chicken. Place 3 more tortillas and spread another ½ cup of the sauce and layer on the rest of the chicken, beans and Monterey Jack cheese.
4. Top with the last 2 tortillas and the remainder of the sauce. Place in oven and cook at 400°F for 30 minutes.
5. Spread the cheddar cheese on top and bake for another 5 minutes. Remove from oven and sprinkle the green onions on top.
6. Cool slightly before serving. Enjoy!

main courses

Karen's Poultry Pineapple Grilled Cutlets (4 Servings)

Ingredients:

4 chicken or turkey breast cutlets

1 can sliced pineapple (in natural juice)

3 Tbsp. brown sugar

Directions:

1. Drain pineapple juice into a sauce pan and add brown sugar. Bring to a boil over high heat then reduce heat to low. Simmer for a couple of minutes until brown sugar is dissolved and sauce thickens slightly.
2. Heat grill to medium high.
3. Pour half of the sauce in small bowl. Reserve for basting poultry.
4. Brush the poultry with the sauce and place on the grill. Repeat basting until cutlets are done. Usually about 4 minutes per side. Iaf desired, grill sliced pineapple during the last few minutes.
5. Place cutlets on a plate with sliced pineapple on top. Drizzle remaining sauce over poultry and pineapple. Serve over brown rice and add a tossed salad to complete the meal.

Nutritional information per serving:

Calories: 220; Fat: 2g; Protein: 26g; Carbohydrates: 29g; Sodium: 79mg; Sugar: 25g

main courses

Rigatoni with Broccoli and Sausage (4-6 Servings)

Ingredients:

Coarse salt and ground pepper

1 lb. rigatoni or penne

2 heads broccoli, cut

¼ cup extra-virgin olive oil

2 garlic cloves, minced

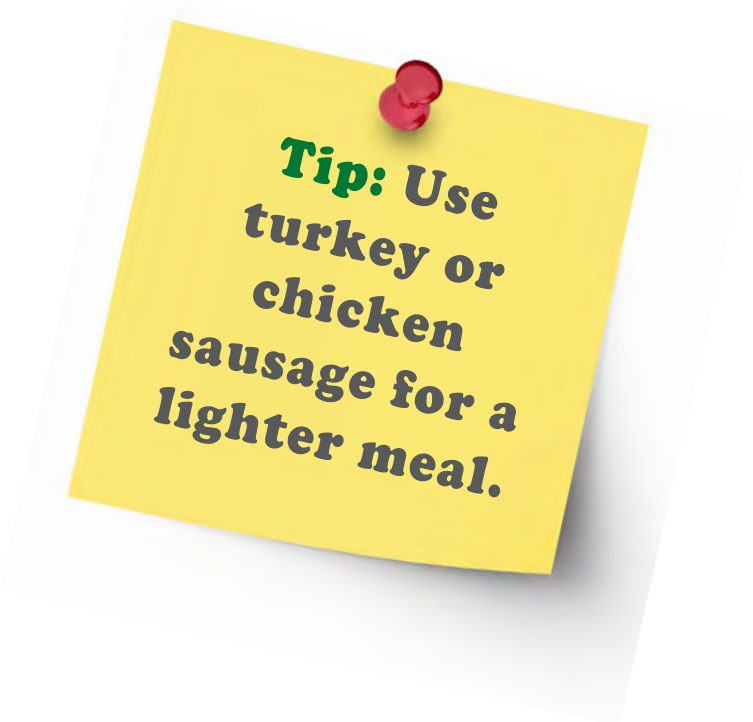
1 Tbsp. finely grated lemon zest

2 Tbsp. lemon juice

2 – 4 anchovy fillets, minced

1 lb. sweet Italian sausage, casings removed

Parmesan, grated, for serving



Directions:

1. In a large pot of boiling salted water, cook pasta according to package instructions. In last 2 minutes of cooking, add broccoli and cook until bright green and crisp-tender. Reserve 1 cup pasta water; drain pasta and broccoli.
2. In a small bowl, whisk together oil, garlic, lemon zest and juice, anchovies, ½ tsp. salt and ¼ tsp. pepper.
3. Add sausage to pot and cook over medium-high, breaking up meat with a wooden spoon, until browned and cooked through, 8 to 10 minutes.
4. Remove from heat, return pasta and broccoli to pot, and add oil mixture. Toss well to combine, adding enough pasta water to create a thin sauce that coats pasta.
5. Serve sprinkled with Parmesan.

main courses

Gemelli with Cauliflower, Bacon and Sage (4 Servings)

Ingredients:

Coarse salt and ground pepper

¾ lb. gemelli or other short pasta

5 slices bacon, cut into ½ inch pieces

3 Tbsp. unsalted butter

2 medium onions, diced small

1 garlic clove, minced

1 medium head cauliflower, cut into florets

2 Tbsp. fresh sage leaves, chopped

2 Tsp. red-wine vinegar

Directions:

1. In a large pot of boiling salted water, cook pasta according to package instructions. Reserve ½ cup pasta water; drain pasta and return to pot.
2. In a large nonstick skillet, cook bacon over medium until fat is rendered and bacon is crisp, 10 minutes. Transfer bacon to paper towels to drain.
3. Add butter, onions, and garlic to skillet and cook until onions are softened, 10 minutes.
4. Add cauliflower, cover, and cook, stirring occasionally, until cauliflower is tender, 12 minutes.
5. Stir in bacon and sage; cook until fragrant, 1 minute.
6. Add cauliflower mixture to pot with pasta. Stir in vinegar and enough pasta water to create a thin sauce that coats pasta.
7. Season with salt and pepper.

Adapted from Martha Stewart's Everyday Food

main courses

Creamy Shells with Tuna and Spinach (4 Servings)

Ingredients:

3 Tbsp. extra-virgin olive oil

1 small yellow onion, diced small

¼ cup all-purpose flour (spooned and leveled)

4 cups whole milk

Coarse salt and ground pepper

1 hamburger bun, torn into large pieces

¼ cup grated Parmesan

½ tsp. Italian seasoning

½ tsp. red-pepper flakes

1 package (10 oz.) frozen chopped spinach, thawed and excess liquid squeezed out

2 cans (6 oz. each) light tuna in water, drained and flaked

6 oz. jumbo pasta shells (about 20), cooked according to package instructions

Directions:

1. Preheat oven to 375°F.
2. In a medium pot, heat oil over medium-high. Add onion and cook until softened, about 6 minutes.
3. Add flour and cook, stirring constantly, 1 minute. Gradually add milk, whisking constantly, and cook until slightly thickened and bubbling, about 3 minutes.
4. Season with salt and pepper and let sauce cool slightly.
5. In a food processor, combine bun, Parmesan, Italian seasoning and red-pepper flakes. Process until fine crumbs form.
6. Transfer half the mixture to a large bowl and combine with spinach, tuna and half the sauce; season with salt and pepper.
7. Fill each shell with 2 heaping Tbsp. spinach mixture and place in a 9x13 inch baking dish.
8. Top with remaining sauce and breadcrumb mixture.
9. Bake until sauce is bubbling and breadcrumbs are golden, about 20 minutes.

Adapted from Martha Stewart's Everyday Food

main courses

Fish Veracruzana (6 Servings)

This ubiquitous Veracruz is referred to the sauce, most often served with huachinango, or red snapper, features olives, jalapeños, and, on special occasions, capers.

Photo: Becky Luigart-Stayner, Jan Gautro

Ingredients:

1 Tbsp. olive oil

1-½ cups thinly sliced onion

4 garlic cloves, minced

3 lbs. ripe tomatoes, chopped

1 cup sliced pitted green olives

½ cup water

¼ cup capers

¼ cup pickled jalapeno peppers

1-½ tsp. oregano

3 bay leaves

1 tsp. salt

6, 6-oz. red snapper fillets or other firm white fish

¼ cup fresh lime juice

Directions:

1. Arrange fish in a single layer 9x13 inch baking dish. Drizzle with lime juice and sprinkle with salt and pepper. Cover and marinate for 30 minutes. Discard marinade.
2. Heat olive oil over medium heat. Add onion and garlic; sauté 5 minutes. Add tomatoes, olives, water, capers, jalapenos, oregano and bay leaves. Bring to a boil, reduce heat and simmer 30 minutes. Discard bay leaf and season with salt and pepper to taste.
3. Preheat oven to 350°F. Spoon sauce over fish and bake for 15 minutes or until fish flakes.

Nutritional information per serving (Serving size = 5 oz. fish and 1 cup sauce):

Calories: 230; Fat: 7g; Saturated fat: 1g; Cholesterol: 42mg; Carbohydrate: 17g; Sodium: 830mg; Fiber: 4.38g

Adapted from Cooking Light: December 2001

main courses

Seared Scallops and Fresh Pea Puree (4 Salad Servings / 2 Main Course Servings)

Ingredients:

½ cup finely chopped shallots

3 Tbsp. extra-virgin olive oil; more for drizzling

1 tsp. minced garlic

2 cups fresh shelled or frozen peas

1 cup lower-salt chicken broth or water

Kosher salt and freshly ground black pepper

8 very thin slices pancetta

1/3 cup chopped fresh flat-leaf parsley

1-½ tsp. finely grated lemon zest

12 medium all-natural "dry" sea scallops

1 Tbsp. unsalted butter

Directions:

1. Position a rack in the center of the oven and heat the oven to 375°F.
2. Set aside 1 Tbsp. of the shallots and put the rest in a 3-quart saucepan with 2 Tbsp. of the oil and the garlic. Cook over medium-low heat until the shallots are soft and fragrant, but not browned, about 5 minutes. Add the peas and the broth and season with a pinch of salt and pepper. Bring to a simmer over medium-high heat and then reduce the heat to medium-low. Cover the pan and cook until the peas are tender, 5 to 8 minutes for fresh peas, 3 to 4 minutes for frozen.
3. Transfer the contents of the pan to a blender and purée to a smooth consistency, adding a little water if needed. Season to taste with salt and pepper. Return the purée to the saucepan, cover and set aside on the stovetop to keep warm.
4. Put the pancetta on a baking sheet and bake until golden brown and crisp, 10 to 14 minutes. Set aside in a warm spot.
5. In a small bowl combine the parsley, lemon zest and the reserved 1 Tbs. shallots and set aside. This is the gremolata!
6. Pat the scallops dry and season them generously with salt and pepper. Heat the butter and the remaining 1 Tbs. oil in a 12-inch nonstick skillet over medium-high heat until very hot. Add the scallops and cook, flipping once, until golden brown on both sides and almost firm to the touch, 2 to 4 minutes per side. Transfer to a plate.
7. Portion the warm pea purée among four large salad plates or between two dinner plates. Arrange the scallops on the purée and crumble the pancetta on top. Sprinkle the gremolata over all and finish with a generous drizzle of olive oil.

Prep Suggestion:
All-natural, "dry" sea scallops will sear better because they have not been soaked in STP (sodium tripolyphosphate), which causes them to retain water and gives them a longer shelf life. Untreated scallops will be fresher and will taste better, too!

main courses

Herbed Tilapia

Ingredients:

1 lb. tilapia

1 whole lemon sliced and deseeded

4 Tbsp. fresh basil (chopped) or dried basil

1 garlic clove (crushed) or 1 Tbsp. garlic powder

¼ cup water

4 Tbsp. extra virgin olive oil

Salt and pepper to taste

Directions:

1. In a small bowl, combine all herbs and olive oil.
2. Place fish on large piece of foil.
3. Baste fish with oil and herbs mixture.
4. Place sliced lemon over fish and pour water and any remaining mixture on fish.
5. Wrap foil securely around fish, leaving space for fish to expand.
6. Grill over medium-high heat (or bake at 375°F) for about 12 minutes or until fish is flaky.

Tip: Add a healthy side dish like steamed broccoli!

Pan-seared Tilapia with Chile Lime Butter (2-3 Servings)

Ingredients (chile lime butter):

½ stick unsalted butter, softened

1 Tbsp. finely chopped shallot

1 tsp. finely grated fresh lime zest

2 tsp. fresh lime juice

1 tsp. minced fresh Thai or Serrano chile (preferably red); seeds are optional to customize siciness

½ tsp. salt

Ingredients (fish):

6 (5 to 6 oz.) pieces skinless tilapia fillet or farm-raised striped bass fillets with skin

½ tsp. salt

2 Tbsp. vegetable oil

Directions:

1. Chile lime butter: Stir together butter, shallot, zest, lime juice, chile and salt in a bowl.
2. Fish: If using striped bass, score skin in 3 or 4 places with a thin sharp knife to prevent fish from curling.
3. Pat fish dry and sprinkle with salt. Heat 1 Tbsp. oil in a 12-inch nonstick skillet over moderately high heat until just smoking, then sauté 3 pieces of fish, turning over once with a spatula, until golden and just cooked through, 4 to 5 minutes, and transfer to a plate. Sauté remaining fish in remaining Tbsp. oil.
4. Serve each piece of fish with a dollop of chile lime butter.

Tilapia Tacos with Avocado Cream (4-6 Servings)

Ingredients (tilapia tqacos):

4-6, 6 oz. boneless, skinless tilapia filets

Extra virgin olive oil

½ cup flour

Salt and pepper to taste

1 tsp. minced garlic

1 Tbsp. dried oregano

1 cucumber – peeled, seeded and diced

1 tomato – diced

4-6, 9" soft taco shells

Ingredients (avocado cream):

2 avocados, peeled and pitted

¼ cup mayonnaise

¼ cup sour cream

Salt and pepper to taste

½ tsp. minced garlic

½ lime – squeezed for juice

Directions:

1. In a large sauté pan, heat olive oil on medium high.
2. Flour and dust fillets and place in pan; cook 2 minutes or until golden brown.
3. Turn and immediately season with salt, pepper, garlic and dried oregano. Let cook until done, approximately 3-5 minutes.
4. Set aside and keep warm. Spread each taco shell with avocado cream and layer with fish, diced cucumber and tomato.

main courses

Garlic Roasted Salmon & Brussels Sprouts (6 Servings)

Ingredients:

14 large garlic cloves, divided

¼ cup extra-virgin olive oil

2 Tbsp. finely chopped fresh oregano, divided

1 tsp. salt, divided

¾ tsp. freshly ground pepper, divided

6 cups Brussels sprouts,trimmed and sliced

¾ cup vegetable stock or chicken broth

2 lbs. wild-caught salmon fillet, skinned, cut into 6 portions

lemon wedges

Directions:

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 Tbsp. oregano, 1/2 tsp. salt and 1/4 tsp. pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 Tbsp. of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add broth to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 Tbsp. oregano, ½ tsp. salt and ½ tsp. pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Nutritional information per serving:

Calories: 334: Fat: 15g; Saturated fat: 3g; Monounsaturated fat: 9g; Cholesterol: 71mg; Carbohydrate: 10g; Protein: 33g; Fiber: 3g; Sodium: 485mg; Potassium: 921mg

Adapted from EatingWell: November/December 2011

Baked Eggplant with Mushroom and Tomato Sauce (4 Servings)

Ingredients:

1 large or two medium eggplant(s), cut into ¼ inch thick slices (about 1-½ pounds)

Cooking oil spray

1 cup chopped onion

½ tsp. dried Italian seasoning and 1/4 tsp. salt

2 garlic cloves, chopped

2 (8 oz.) packages pre-sliced mushrooms

¼ tsp. black pepper, divided

1 (16 oz.) can no-salt-added tomato sauce

2/3 cup shredded part-skim mozzarella cheese, divided

¼ cup (1 oz.) grated fresh Parmesan cheese

Directions:

1. Preheat broiler.
2. Arrange the eggplant slices on a baking sheet coated with cooking spray; broil 3 minutes on each side or until lightly browned.
3. Preheat oven to 375°F.
4. Heat a large nonstick skillet coated with cooking spray over medium heat; add onion, Italian seasoning, garlic and mushrooms. Cover and cook 7 minutes, stirring occasionally. Increase heat to medium-high; uncover and cook for 2 minutes or until liquid evaporates.
5. Spread half of mushroom mixture in bottom of a 2-½ quart round baking dish coated with cooking spray.
6. Arrange half of eggplant slices over mushroom mixture; sprinkle with 1/8 tsp. pepper.
7. Top with 1 cup tomato sauce and 1/3 cup mozzarella.
8. Spread remaining mushroom mixture over mozzarella; top with remaining eggplant slices. Sprinkle with 1/8 tsp. pepper; top with remaining tomato sauce.
9. Cover and bake at 375°F for 1 hour. Sprinkle with 1/3 cup mozzarella and Parmesan. Bake, uncovered, 5 minutes or until cheese melts. Let stand 10 minutes.

Prep Suggestion:

Try sliced Buffalo Mozzarella.

Nutritional information per serving:

Calories: 168; Fat: 5.6g; Protein: 10.9g; Carbohydrate: 21g; Fiber: 6.1g; Cholesterol: 16mg;

Iron: 2.1mg; Sodium: 369mg; Calcium: 236mg

Adapted from Cooking Light

main courses

Bean and Green Herb Stew (4 Servings)

Ingredients:

1 cup kidney beans, soaked for 4 hours or longer in 1 quart water

1 bay leaf

2 large onions, 1 cut in half, the other thinly sliced

Salt to taste

3 Tbsp. extra virgin olive oil plus additional olive oil for drizzling

4 garlic cloves, minced

¾ lb chopped spinach, stemmed, or two, 6 oz. bags baby spinach

1 cup tightly packed, coarsely chopped flat-leaf parsley

1 cup tightly packed, coarsely chopped cilantro

1 cup thinly sliced scallions (2 bunches)

Freshly ground pepper

Fresh lemon juice for serving

Directions:

1. Drain the kidney beans and rinse.
2. Place in a large saucepan and add 1 quart fresh water. Bring to a boil over medium-high heat and skim off any foam.
3. Add the bay leaf, halved onion, 1 of the garlic cloves, and salt to taste. Reduce the heat to low; cover and simmer for 1 hour.
4. Remove the bay leaf and halved onion and discard.
5. Heat 3 Tbsp. of oil over medium heat in a heavy soup pot or Dutch oven and add the sliced onion. Cook, stirring often, until it begins to color.
6. Turn the heat to low, add a generous pinch of salt and continue to cook, stirring often, until the onion is dark brown and has melted down to about half its original volume, about 20 minutes.
7. Stir in the remaining garlic and cook, stirring, until it is fragrant, about 30 seconds.
8. Add the beans with their broth and bring to a simmer. Simmer, partly covered, for 30 to 60 minutes, until the beans are tender. Taste and add salt as needed.
9. Add the spinach by the handful, stirring until wilted before adding the next handful, until all of the spinach has been added.
10. Stir in the herbs, scallions and ½ cup of water. Simmer for 10 to 15 minutes, until the greens and herbs are tender but still bright.
11. Add salt and pepper to taste.
12. Serve with lemon wedges and squeeze fresh lemon juice into each bowl.

Photo: Andrew Scrivani for The New York Times

A note about preparing beans:

It's crucial to cook red kidney beans thoroughly, because they contain a naturally occurring toxin called phytohemagglutinin that causes extreme intestinal distress but is reduced to harmless levels when the beans are boiled for a sufficient amount of time (10 minutes is sufficient, according to the Food and Drug Administration, but of course beans require a lot more cooking than that to soften). You should not cook them in a crockpot because the temperature may not be high enough to destroy the toxin, and you should discard the soaking water.

Nutritional information per serving:

Calories: 280; Fat: 11g; Saturated fat: 2g; Polyunsaturated fat: 1g; Monounsaturated fat: 7g; Cholesterol: 0g; Carbohydrates: 35g; Dietary fiber: 14g; Sodium: 94mg (does not include salt to taste); Protein: 14g

Adapted from New York Times: Recipes for Health

main courses

Couscous with Sun-Dried Tomatoes, Feta and Mint (4 Servings)

Ingredients:

1 cup whole wheat couscous

2 cups frozen or fresh green peas

½ cup minced sun-dried tomato packed in oil

2 Tbsp. oil

4 Tbsp. feta cheese

4 Tbsp. mint or basil, chopped

Salt and black pepper

Chopped walnuts - optional

Directions:

1. Cook couscous according to directions.
2. Transfer couscous to large bowl and add peas, sun-dried tomatoes, reserved oil, crumbled feta cheese and mint.
3. Toss to combine.
4. Season with salt and pepper.
5. Serve warm or chilled.
6. Garnish with chopped walnuts.

Adapted from Shape Magazine

side dishes

Tasty additions to your main courses.

Collard Greens (4 Servings)

Photo: Food Network

Ingredients:

1 bunch collard greens, rinsed

4 slices bacon

1 small onion, diced

1 Tbsp. cider vinegar

1 Tbsp. 100% pure maple syrup

1/8 tsp. hot red pepper flakes (optional)

Salt, to taste

Directions:

1. Remove the center ribs from the collard greens and discard. Cut the leaves into small strips.
2. Place the greens into a large sauté pan fitted with a lid. Turn the heat to medium, add 2 – 3 Tbsp. of water and cover. Cook for several minutes until leaves are wilted.
3. Transfer the wilted collard greens to a plate and wipe the skillet dry. Turn the heat back on to medium and cook the bacon on each side until brown. Drain the bacon on paper towels, but leave the bacon grease in the pan. Break the cooked bacon into small pieces.
4. Add the diced onion to the bacon grease in the pan over medium heat. Cook until the onions are soft, about 2 minutes.
5. Add the collard greens back into the pan along with the vinegar, maple syrup, red pepper and ¼ cup water. Simmer for 5 – 10 minutes until the liquid reduces then add the chopped bacon to the pan and season with salt (if necessary).

Prep Suggestion:
Swap a smoked turkey neck for the bacon for a pork-free option.

Adapted from Ellie Krieger

Steamed Broccoli

Ingredients:

2 cups fresh or one bag frozen broccoli

½ cup water (no water for frozen broccoli)

2 crushed garlic cloves

Salt and pepper to taste

Directions:

1. In a heavy saucepan or microwave bag, place broccoli, garlic and water (if using a microwave steam bag or pre-packaged frozen broccoli, follow the instructions on the bag).
2. Bring to a boil over high heat and cook until tender.
3. Drain off water and serve steaming hot.
4. Add salt and pepper to taste.

desserts

Sweet, but healthy, treats.

Nectarine Shortcake (6 Servings)

Ingredients:

4 nectarines

¼ cup sugar, plus 2 Tbsp. sugar, divided

½ tsp. vanilla extract

2-½ cups reduced-calorie biscuit mix

½ cup milk

3 Tbsp. unsalted butter, melted

2 cups whipped topping

Directions:

1. Heat oven to 425°F.
2. Pit and slice 3 of the nectarines and toss together with ¼ cup of the sugar and the vanilla. Set aside.
3. Peel, pit and dice the remaining nectarine.
4. In a large bowl, combine biscuit mix, remaining 2 Tbsp. sugar, milk and butter. Stir in diced nectarine. Drop ½ cup mounds onto a heavy-duty nonstick baking sheet.
5. Bake at 425°F for 12 minutes. Cool biscuits on a wire rack. Split 1 in half horizontally and place bottom on a plate. Top with ½ cup of the sliced nectarines and ¼ cup whipped topping. Place the top half of biscuit on whipped topping and dollop with 1 Tbsp. additional topping. Repeat with remaining biscuits, nectarines and whipped topping; serve immediately.

Nutritional information per serving:

Calories: 397; Fat: 14g; Protein: 5g; Carbohydrates: 62g; Fiber: 2g; Sodium: 550mg; Cholesterol: 17mg

Adapted from Family Circle – MyPlate approved recipe

Peach-Berry Frozen Dessert (9 Servings)

Ingredients:

1, 8-oz. package fat-free cream cheese, softened

2, 6-oz. cartons, peach fat-free yogurt with artificial sweetener

½, 8-oz. container frozen, light whipped dessert topping

1 cup chopped, peeled fresh peaches; frozen unsweetened peach slices, thawed, drained, and chopped; or one 8-¼ oz. can peach slices (juice pack), drained and chopped

1 cup fresh or frozen unsweetened blueberries, raspberries, and/or strawberries, thawed and drained if frozen

Fresh mint leaves (optional)

Fresh berries (optional)

Directions:

1. In a medium bowl, combine cream cheese and yogurt. Beat with an electric mixer on medium speed until smooth. Fold in the whipped topping, peaches, and the 1 cup berries.
2. Pour into a 2-quart square baking dish. Cover and freeze about 8 hours or until firm.
3. To serve, let stand at room temperature about 45 minutes to thaw slightly. Cut into squares. If desired, garnish with mint leaves and additional berries.

Nutritional information per serving:

Calories: 89; Fat: 2g; Saturated Fat: 2g; Protein: 6g; Carbohydrates: 12g; Fiber: 1g; Sodium: 159mg; Cholesterol: 3mg

Adapted from Diabetic Living – MyPlate approved recipe

Watermelon Kabobs (16 Servings)

Photo: Shaffer Smith

Ingredients:

½ small seedless watermelon (about 7 lbs.), rind removed

1 lb. large, seedless green grapes, removed from stems

1 pint blueberries

1 lime

2 Tbsp. sugar

16, 6-8" wooden skewers

Directions:

1. Have ready sixteen 6- 8 inch wooden skewers and line a rimmed baking sheet with plastic wrap.
2. Cut watermelon in chunks. Alternating fruits, thread on skewers. Arrange on baking sheet, cover with plastic wrap and refrigerate until serving.
3. Grate zest and squeeze juice from lime. Put zest, lime juice and sugar in a small bowl, let stand 10 minutes, then stir until sugar dissolves.
4. Just before serving, drizzle or brush kabobs with lime syrup. Transfer to serving platter.

Nutritional information per serving:

Calories: 71; Fat: 1g; Protein: 1g; Carbohydrates: 17g; Fiber: 1g; Sodium: 4mg; Cholesterol: 0mg

Adapted from Woman's Day – MyPlate approved recipe

Grilled Pineapple (12 Servings)

Photo: lutzflcat/AllRecipes.com

Ingredients:

1 fresh pineapple - peeled, cored and cut into 1-inch rings

¼ tsp. honey

3 Tbsp. melted butter

1 dash hot pepper sauce

salt to taste

Directions:

1. Place pineapple in a large resealable plastic bag. Add honey, butter, hot pepper sauce and salt. Seal bag and shake to coat evenly. Marinate for at least 30 minutes or, preferably, overnight.
2. Preheat grill for high heat and lightly oil grate.
3. Grill pineapple for 2 to 3 minutes per side, or until heated through and grill marks appear.

Tip: Cut pineapple into wedges for fruit kabobs!

Adapted from AllRecipes.com – MyPlate approved recipe

cooking glossary

Al dente: "Italian for "to the tooth;" describes pasta cooked firm to the bite (not "mushy")

Au Gratin: Sprinkled with breadcrumbs or grated cheese, or both, and browned in oven or broiler

Bake: Cook by dry heat in an oven

Barbecue: Grilling, generally done outdoors or over an open charcoal or wood fire; long, slow direct-heat cooking

Baste: Moisten foods during cooking with pan drippings or sauce

Batter: Mixture containing flour and liquid

Beat: Mix rapidly in order to make a mixture smooth and light

Blanch: Briefly immersing in boiling water, quickly followed by an ice water bath to halt the cooking process, making food easier to peel

Blend: Incorporate two or more ingredients thoroughly

Boil: Heat a liquid until bubbles break continually on the surface

Braise: Lightly fry then stew slowly in a closed container

Broil: Cook on a grill under strong, direct heat

Butterfly: To cut and spread open, flat, without completely cutting through meat or fish; when meat or fish is flattened, it looks like a butterfly

Caramelize: Cook food with sugar so that it browns and becomes coated with caramel; i.e.: caramelize onions

Chiffonade: Knife technique for cutting herbs and leaf vegetables into thin strips or ribbons.

Chop: Cut solids into pieces

Clarify: Separate and remove solids from a liquid

Cream: Soften a fat, especially butter, by beating it at room temperature; butter and sugar are often creamed together, making a smooth, soft paste

Cup: Unit of volume; 8 oz.; 250 mL

Cure: Preserve meats by drying and salting and/or smoking

Deglaze: Dissolve the thin glaze of juices and brown bits on the surface of a pan in which food has been fried, sautéed or roasted by adding liquid, stirring and scraping pan over high heat; liquid is then typically used as a sauce

cooking glossary

Degrease: Remove fat from the surface of stews, soups or stock; usually cooled in the refrigerator so that fat hardens and is easily removed

Dice: Cut food in small cubes of uniform size and shape

Dissolve: Causing a dry substance to pass into solution in a liquid

Dredge: Sprinkle or coat with flour or other fine substance

Drizzle: Sprinkle drops of liquid lightly over food in a casual manner

Dust: Sprinkle food with dry ingredients; use a strainer or a jar with a perforated cover or shake inside a paper bag

Fillet: Remove the bones from meat or fish; a fillet (or filet) is also the piece of flesh after it has been boned.

Flake: Break lightly into small pieces

Flambé: Flame foods by dousing in some form of potable alcohol and setting alight

Fold: Incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles; cut down through mixture with spoon, whisk or fork; go across bottom of bowl, up and over, close to surface; the process is repeated, while slowing rotating the bowl, until the ingredients are thoroughly blended

French: Slice meat or vegetables into thin strips; often includes pounding or tenderizing French-cut meat strips

Fricassée: Cook by braising; usually applied to fowl or rabbit

Fry: Cook in hot fat; cooking in a fat is called pan-frying or sautéing; cooking in a one-to-two inch layer of hot fat is called shallow-fat frying; cooking in a deep layer of hot fat is called deep-fat frying.

Garnish: Decorate a dish both to enhance its appearance and to provide a flavorful foil; parsley, lemon slices, raw vegetables, chopped chives and other herbs are all forms of garnishes

Glaze: Cook with a thin sugar syrup cooked to crack stage; mixture may be thickened slightly; also, to cover with a thin, glossy icing

Grate: Rub on a grater that separates the food in various sizes of bits or shreds

Gratin: From the French word for "crust;" used to describe any oven-baked dish (usually cooked in a shallow oval gratin dish) on which a golden brown crust of bread crumbs, cheese or creamy sauce is formed

Grill: Cook on a grill over intense heat

Grind: Process solids by hand or mechanically to reduce them to tiny particles

cooking glossary

Julienne: Cut into thin, short strips, about 2 inches long

Knead: Work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour

Lukewarm: Neither cool nor warm; approximately body temperature

Marinate: Flavoring and moisturizing meat, poultry, seafood or vegetables by soaking them in or brushing them with a liquid mixture of seasonings known as a marinade; dry marinade mixtures are typically composed of salt, pepper, herbs or spices

Meunière: Dredged with flour and sautéed in butter

Mince: Cut or chop food into extremely small pieces

Mix: Combine ingredients usually by stirring

Ounce: Unit of mass equaling 28g (grams); also oz.

Pan-broil: Cook uncovered in a hot fry pan, pouring off fat as it accumulates

Pan-fry: Cook in small amounts of fat

Parboil: Boil until partially cooked; to blanch

Pare: Remove the outermost skin of a fruit or vegetable

Peel: Remove the skin from vegetables or fruits

Pickle: Preserve meats, vegetables and fruits in brine

Pinch: The small amount you can hold between your thumb and forefinger

Pit: Usually referring to the seeds or core of the fruit or vegitable

Planked: Cooked on a thick hardwood slab

Plump: Soak dried fruits in liquid until they swell

Poach: Cook very gently in hot liquid kept just below the boiling point

Purée: Mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor

Reduce: Thicken and intensify the flavor of a liquid by boiling without a lid to allow some of the liquid to evaporate

Refresh: Run cold water over food that has been parboiled, to stop the cooking process quickly

Render: Make solid fat into liquid by melting it slowly

cooking glossary

Roast: Cook by dry heat in an oven or near hot coals

Sauté: Briefly cook food in a small amount of fat over high heat

Scald: Bring to a temperature just below the boiling point

Scallop: Bake a food, usually in a casserole, with sauce or other liquid

Score: Cut narrow grooves or gashes partway through the outer surface of food

Sear: To brown or quickly burn the outer surface of food to seal in juices and create a flavorful crust

Shred: Cut or tear in small, long, narrow pieces

Sift: Put one or more dry ingredients through a sieve or other straining device in order to separate the fine from the coarse particles

Simmer: Cook slowly in liquid over low heat at a temperature of about 180°F

Skim: Remove impurities, whether scum or fat, from the surface of a liquid during cooking, thereby resulting in a clear, cleaner-tasting final product

Steam: Cook in steam in a pressure cooker, deep well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover

Steep: Extract color, flavor or other qualities from a substance by leaving it in water just below the boiling point

Sterilize: Destroy micro organisms by boiling, using dry heat or steaming

Stew: Simmer slowly in a small amount of liquid for a long time

Stir: Mix ingredients with a circular motion until well blended or of uniform consistency

Sweat: Cook over low heat in a small amount of fat, usually in a covered pan or pot; usually refers to softening and releasing moisture in vegetables

Tablespoon: Unit of volume; 14.79 mL; also T., tb, tbs, Tbsp., tblsp or tblspn.Teaspoon: Unit of volume; 4.93 mL; also t., ts., tsp. or tspn.

Toss: Combine ingredients with a lifting motion

Truss: Secure poultry with string or skewers, to hold its shape while cooking

Whip: Beat rapidly to incorporate air and produce expansion

Zest: Remove outer colored peel from citrus fruits; also the actual peel of citrus fruits (colored portion only; white pith can be bitter)

Adapted from University of Minnesota Duluth

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