



**FREE!**

# healthy ideas

SPRING 2014

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melba sundae! p. 16

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a dozen **egg roles**

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spring:

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**not sure about rhubarb?**  
see how to prepare it, cook it and serve it

## recipe card index

Get cooking this spring with our conveniently categorized recipe cards. Match the sections below to color-coded cards in the back of this issue.

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mandarin  
pork tenderloin



dijon & herb crusted  
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herbed  
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luscious  
lemon squares



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crisp



pineapple-coconut  
cobbler

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soup



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with red peppers

### Passover dessert recipes



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macaroons



apple  
almond cake



passover  
cobbler



matzo  
apple kugel

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one skillet rice,  
vegetables and shrimp



mediterranean  
turkey skillet



chicken &  
spinach pasta



caribbean  
catfish

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quinoa



polenta with  
vegetables



brown  
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maple-orange glazed  
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rainbow  
fruit skewers



corned beef  
& cabbage



creamy pesto  
potato salad

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lime fiesta  
chicken salad



steak &  
shrimp fajitas



chicken  
enchiladas



quick  
tacos



# fresh salsa



Our salsa is made with only real, fresh ingredients, like diced tomatoes, chopped cilantro and ripe poblano peppers.


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## bring it on, spring

From fresh blooms to fresh air, we're ready for the openness that spring brings. Filled with lush, craveable colors and fast, easy food, spring signals renewal, rebirth and the return to a familiar routine. Salads start taking center stage, our sides become light and effortless and just-picked produce becomes more of a star and less of a sidekick.

In this issue, we're embracing the best things about spring, from roasted artichokes (they're easier than you think!) to rhubarb that's as tart as it is tantalizing. Whether you're honoring the first days of the season, bringing a side dish for Easter dinner or making a main meal for Passover, we'll give you over 60 delicious reasons to celebrate.



**62 recipes included  
in this issue!**

## healthy ideas

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# a fresh plate for spring

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We've had our eye on you, asparagus. You too, apricot. Along with the rest of the season's best produce, these fresh picks are helping us mark the transition from cool nights to lighter, brighter spring days.

As Mother Nature starts showing her true colors this spring, you'll find produce departments brimming with over 40 in-season fruits and vegetables. Add in the variety of canned, dried and frozen produce available (studies show they're just as nutritious as fresh!), and you've got the recipe for a cleaner, leaner diet.

Here are our top three reasons why you should spring for baskets of fruit and a variety of veggies this season.

## **They're big on taste and texture.**

Whether you're adding strawberries to salads, dried pineapple to trail mix or mushrooms to pizza, the savory, sweet, crunchy, crispy, tart and tangy appeal of fruits and veggies simply can't be beat.

## **They're a smart snack.**

Need a quick pick-me-up? Pack a bag of berries as a sweet afternoon snack. Or, use sliced cucumbers as low calorie, low fat dippers for hummus or guacamole (try our dip recipes on page 29 & 30).


## **They're available in abundance.**

A great way to bulk up on produce is to try something new at least once a week. Standbys like stir fry are completely customizable, and the perfect vehicle for new additions. Try our step-by-step guide for building a better stir fry, being sure not to shy away from less familiar veggies, like chayote squash and watercress.



# mix & match stir fry

Put a new spin on a weeknight classic with our simple guide to stir fry success.

Start with  frozen stir fry mix ▶



## **pick a protein**


Beef (try cubed flank steak)

Chicken breast or thighs

Shrimp

Tofu or tempeh

## **keep sauces simple**

 low-sodium soy sauce

 stir fry sauce

## **get fresh with fruit**

100% apple juice

Dried cranberries

Diced mango

## **vary your veggies**

(add 3–5 of the following)

Asparagus

Bell peppers, sliced

Broccoli

Chayote squash

Fava beans

Mushrooms

(button, portabella, shiitake or a combination)

Spinach, chard or watercress

(add last, as they cook quickly)

Sugar snap peas

## **go with the (whole) grain**

Bulgur

Brown rice

Quinoa





# the art of the artichoke

Artichokes are a good source of fiber and folate.

Artichokes have a lot of heart. And a lot of sweet, nutty flavor. But while most of us are familiar with jars of marinated hearts, many of us have never prepped, cooked and enjoyed the real deal. Don't get choked up: it's easier than you think.

**SELECT.** Choose artichokes with tightly closed leaves and a heavier weight than you'd expect (weight is a good indicator of freshness). During the winter, artichokes may have a white or blistered appearance, which doesn't affect flavor.

**COOK.** New to cooking artichokes? Our simple, lemon-garlic roasted 'chokes (see next page) are ready to pop in the oven after just a few minutes of prep. Or, boil plain artichokes until tender (about 40 minutes).

**ENJOY.** Pull off one leaf at a time, dip base in melted butter, hummus or veggie dip, pull through your teeth to extract pulp and discard. Once all leaves are removed, spoon out the fuzzy center at the bottom and toss that, too. This will reveal the artichoke's heart, which can be cut into pieces or enjoyed whole.



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### lemon-garlic roasted artichokes

makes 6 servings, 3 oz. each  
prep time: 10 minutes  
cook time: 70 minutes

3 whole artichokes  
3 Tablespoons olive oil  
2 Tablespoons lemon juice (about 1 lemon)  
6 garlic cloves  
Ground black pepper to taste

Cut off the top third of each artichoke and the bottom stem at the base. Slightly peel apart some of the inner leaves and stuff each artichoke with 2 garlic cloves. In a small bowl, combine olive oil and lemon juice and drizzle each artichoke with mixture. Season with pepper to taste. Tightly wrap artichokes in foil and place in baking dish or on a cookie sheet. Bake at 425°F for 50–70 minutes or until tender. When finished, remove foil and serve on a platter or individual plates. To eat, simply peel off a leaf and use your teeth to scrape off the creamy artichoke pulp at the non-pointy end of the leaf. Discard the leaf after eating this part.

*Per serving: 100 calories, 7g fat, 1g saturated fat, 0mg cholesterol, 75mg sodium, 10g carbohydrate, 4g fiber, 1g sugars, 3g protein*



### couscous-stuffed artichokes

makes 4 servings, 1 artichoke each  
prep time: 15 minutes  
cook time: 45 minutes

4 large artichokes  
1½ cups low-sodium chicken broth  
1 teaspoon curry powder  
¾ teaspoon ground cumin  
½ teaspoon garlic powder  
1 cup couscous  
¼ cup raisins  
½ cup sliced green onions  
½ cup slivered almonds, chopped  
2 Tablespoons lemon juice  
1 Tablespoon olive oil

Cut off artichoke stems and remove small leaves. Place artichokes upright in a large pot and fill with about 3 inches of water. Cover pot and boil for about 30 minutes (artichokes are fully cooked when the base can be easily pierced or the leaves can be easily pulled off). Turn artichokes upside down to drain. In a medium saucepan, combine chicken broth, curry, cumin and garlic powder. Bring to a boil. Stir in couscous and raisins. Remove from heat, cover and let stand for 5 minutes. Fluff couscous with a fork. Stir in green onions and almonds. Combine lemon juice and olive oil and stir into couscous. Gently spread artichoke leaves until center is revealed. Pull out center leaves and scoop out fuzzy center. Fill centers of artichokes with couscous mixture.

*Per serving: 400 calories, 14g fat, 2g saturated fat, 0mg cholesterol, 110mg sodium, 54g carbohydrate, 8g fiber, 14g protein*

# ripe right now: rhubarb

Sorry, strawberry. With health benefits and great flavor of its own, rhubarb is ready to go solo this season!

Rhubarb has health benefits and versatility that take it way beyond pie filling. Recipes both savory and sweet will perk up with its charmingly tart flavor. Here are some tips for selecting the perfect stalks.

**SELECTION:** Rhubarb is sold ripe and ready to use. When selecting rhubarb, think fresh and crisp. Buy deep red stalks, which are sweeter and richer in flavor than those that are still mostly green. Most rhubarb is sold leafless, however if the leaves are still attached when you buy them, remove them immediately and discard (don't ingest leaves.)

**STORAGE:** Fresh rhubarb is typically available in markets from April through June. Store rhubarb in the refrigerator, unwashed, in a plastic bag and it will keep for about 1–2 weeks. Rhubarb has a short season, so stock up while you can. It freezes beautifully; just store the stalks in a heavy-duty zip-top plastic bag and enjoy it year-round.

**USES:** Rhubarb is commonly misunderstood, with many unsure of exactly what to do with it. The simplest approach is to trim both ends, remove any fibrous strings and chop like you would celery. Temper with sugar or other sweet fruits and cook down in a saucepan until you have a thick sauce. Use it on everything from toast and pancakes to savory pork and chicken dishes. Or, strain the liquid and add to seltzer for a refreshing seasonal spritzer.



trim it



cook it down



spritz it up



### **Cooking Tip:**

*When cooking rhubarb, use a nonreactive pan, such as glass, ceramic or stainless steel.*

*Avoid using cast iron or cast aluminum, as the acids in rhubarb will react with the metal and turn the food an unappetizing brown color.*

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### **Health Benefits:**

*A half-cup of cooked rhubarb is a good source of fiber and an excellent source of bone-building vitamin K. Rhubarb is also a notable source of vitamin C, potassium, and the phytonutrients lutein and zeaxanthin, which may help to support eye health.*

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### **Nutrient Note:**

*Despite containing substantial calcium, rhubarb is not a good source of the mineral because much of it is bound to oxalate, making it unavailable for absorption.*

### **Food Safety Tip:**

***Never eat the leaves of the rhubarb plant.***

*Consuming a large quantity can be toxic to humans and animals.*

*Rhubarb leaves contain high levels of oxalic acid and may cause burning in the mouth or difficulty breathing.*

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## rhubarb pork roast

makes 12 servings, 5 oz. each  
prep time: 10 minutes  
cook time: 1 hour 45 minutes

3½ lb shoulder or pork loin roast  
1 teaspoon minced garlic  
1 teaspoon dried rosemary  
2 cups sliced rhubarb  
¼ cup cider vinegar  
6 Tablespoons honey  
6 whole cloves  
½ teaspoon salt  
½ teaspoon dry mustard

Preheat oven to 350°F. Place pork roast in a roasting pan. Cut 8 to 10 slits in surface of pork and insert slivers of garlic. Rub surface of the roast with rosemary. Roast for approximately 50 minutes. Meanwhile, combine remaining ingredients in a heavy saucepan; bring to a boil, then reduce heat and simmer about 10 minutes. Pour rhubarb sauce over pork and continue to roast, basting often, until pork reaches an internal temperature of 145°F, about 40–45 minutes. Let roast rest for 3 minutes before slicing. Slice thin and serve with rhubarb sauce.

*Per serving: 230 calories, 9g fat, 2.5g saturated fat, 80mg cholesterol, 150mg sodium, 10g carbohydrate, 0g fiber, 8g sugars, 26g protein*



## cinnamon rhubarb muffins

makes 24 servings, 1 muffin each  
prep time: 15 minutes  
cook time: 25 minutes

2½ cups all-purpose flour	¼ cup vegetable oil
1 teaspoon baking soda	1 egg
1 teaspoon baking powder	1½ teaspoons vanilla extract
½ teaspoon salt	1 cup reduced fat buttermilk
2 teaspoons ground cinnamon, divided	1½ cups diced rhubarb
1⅓ cups granulated sugar, divided	½ cup chopped walnuts
	1 tablespoon melted butter

Preheat oven to 350°F. Grease two 12-cup muffin pans or line with paper cups. In a medium bowl, stir together the flour, baking soda, baking powder, salt and 1 teaspoon cinnamon. In a separate bowl, using an electric mixer, beat 1 cup sugar, oil, egg, vanilla and buttermilk until smooth. Pour in the dry ingredients and mix by hand until just blended. Stir in rhubarb and walnuts. Spoon batter into prepared cups, filling ¾ of the cup. In a small bowl, stir together melted butter, remaining ⅓ cup sugar and 1 teaspoon cinnamon; sprinkle mixture on top of each muffin. Bake in preheated oven about 25 minutes, or until toothpick inserted in center comes out clean. Allow to cool in pans before serving.

*Per serving: 140 calories, 5g fat, 1g saturated fat, 10mg cholesterol, 135mg sodium, 23g carbohydrate, 1g fiber, 12g sugars, 3g protein*



# gluten-free myths debunked

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Let our easy-to-spot gluten-free symbol be your guide to gluten-free choices throughout our store!

*Myth: A gluten-free diet only benefits people with celiac disease.*

Celiac disease is a genetic autoimmune disorder that affects at least 1 in 133 Americans. People with celiac disease need to completely avoid gluten, since it causes damage to cells in the small intestine.

But those with celiac disease aren't alone: research estimates that over 18 million Americans have non-celiac gluten sensitivity. Symptoms include headaches, joint pain and numbness in the arms and legs after eating foods containing gluten. This sensitivity isn't an autoimmune disease, nor is it thought to cause the same damage to the small intestine as celiac disease does. However, removing gluten from the diet has been found to be effective for many sufferers.

*Myth: Gluten-free diets promote weight loss.*

A gluten-free diet is sometimes promoted as a way to lose weight or as a "healthier" diet for the general population. However, these claims aren't backed by substantial research. There's no evidence that a gluten-free diet is beneficial for people who don't have a gluten-related disorder.

*Myth: Eating gluten-free is expensive.*

One of the most common complaints about a gluten-free diet is cost. But this doesn't have to be the case. Building a gluten-free diet around fresh foods such as fruits, vegetables, meat, fish, eggs, dairy (check the label on yogurts), nuts, seeds and legumes can help to keep cost in check. Instead of relying on specialty gluten-free cookies, cakes and chips (which can be high in cost and calories), swap wheat, barley and rye for corn, potato, rice and bean-based products.


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**panna cotta** is a soft-set pudding whose name is Italian for “cooked cream”

### panna cotta with blackberries

makes 4 servings, 1/2 cup each • prep time: 15 minutes • cook time: 10 minutes

1¼ teaspoons unflavored gelatin powder (1/2 packet)	1 pint blackberries (thaw if frozen)
2 Tablespoons water	1 Tablespoon sugar
1½ cups reduced fat buttermilk	1/4 teaspoon fresh lemon zest
1/4 cup sugar	Dash of ground nutmeg
1 teaspoon vanilla extract	Mint sprigs for garnish

Sprinkle gelatin over water in a cup. Let stand 2 minutes. In small saucepan, heat 1/2 cup buttermilk and 1/4 cup sugar over medium heat until sugar dissolves, about 2 minutes, stirring occasionally. Reduce heat to low and whisk in gelatin. Cook, stirring constantly, 1 to 2 minutes or until gelatin dissolves. Remove saucepan from heat, stir in remaining buttermilk and vanilla. Lightly oil 4 ramekins or custard cups. Pour buttermilk mixture into each. Place ramekins in a pan, cover with plastic wrap and refrigerate at least 4 hours or overnight. Combine 2/3 of the blackberries, 1 tablespoon sugar, lemon zest and nutmeg. Heat in a small saucepan or microwave until sugar dissolves and berries soften. Strain to remove seeds. Refrigerate sauce until ready to serve. To unmold and serve, carefully dip bottom of each ramekin in hot water for about 1 minute. Run tip of knife around edge of each ramekin. Invert onto individual plate and carefully lift off ramekin (shake or tap gently to release). Spoon berry sauce around each panna cotta and garnish with remaining berries and mint sprigs.

*Per serving: 140 calories, 1g fat, 1g saturated fat, 5mg cholesterol, 105mg sodium, 27g carbohydrate, 4g fiber, 24g sugars, 7g protein*

\*check all packaging to make sure all ingredients are gluten-free

**know your oats:** If you're following a gluten-free diet, look for oats that are labeled gluten-free. While oats don't contain gluten, they're often grown near wheat or packaged in facilities that also process other grains.

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### oat & banana cookies

makes 36 servings, 1 cookie each  
prep time: 15 minutes  
cook time: 15 minutes

1 ½ cups Bob's Red Mill Gluten-free Biscuit and Baking Mix  
¾ cup granulated sugar  
½ teaspoon baking soda  
¼ teaspoon ground nutmeg  
¾ teaspoon ground cinnamon  
2 ¼ cups ground flax seeds  
2 egg whites, beaten  
1 cup mashed ripe bananas  
1 ¾ cups gluten-free oats  
¼ teaspoon salt

Preheat oven to 400°F. In a bowl, combine gluten-free mix, sugar, baking soda, salt, cinnamon and nutmeg. Mix in flax seeds. Stir in egg whites and banana and mix well. Stir in the oats until all ingredients are well blended. Drop teaspoon-sized balls onto ungreased cookie sheet about 2 inches apart. Bake for 12–15 minutes in the preheated oven or until lightly browned. Remove from pans and cool on wire racks.

*Per serving: 90 calories, 2.5g fat, 0g saturated fat, 0 mg cholesterol, 100mg sodium, 14g carbohydrate, 3g fiber, 5 g sugars, 3g protein*

\*check all packaging to make sure all ingredients are gluten-free

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### blueberry crisp

makes 6 servings, ¾ cup each  
prep time: 30 minutes  
cook time: 60 minutes

3 cups fresh or frozen blueberries  
2 Tablespoons lemon juice  
½ teaspoon cinnamon  
½ cup packed brown sugar  
¾ cup gluten-free oats  
½ cup cornmeal  
⅓ cup canola oil

**Oven Method:** Place blueberries in a lightly oiled or nonstick 2-quart casserole dish lightly coated with cooking spray. Sprinkle with lemon juice and cinnamon and stir. In a small bowl, combine brown sugar, oatmeal, cornmeal and oil. Spread over blueberries. Bake at 300°F for about 50 minutes or until brown.

**Stove Top Method:** In a small saucepan, combine oatmeal, cornmeal and oil. Cook over medium heat for a few minutes. Add brown sugar and cook until grains are lightly browned, stirring frequently. Place blueberries in the bottom of a large, lightly oiled skillet. Sprinkle with lemon juice and cinnamon, stir and heat through. Spread the oatmeal mixture over the fruit, cover and heat for a few minutes, then serve.

*Per serving: 300 calories, 13g fat, 1g saturated fat, 0mg cholesterol, 35mg sodium, 44g carbohydrate, 4g fiber, 3g protein*

\*check all packaging to make sure all ingredients are gluten-free



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### mango berry melba sundae

makes 4 servings, 3/4 cup each • prep time: 10 minutes

1 cup fresh mango, sliced  
2 Tablespoons + 1 teaspoon lemon juice, divided  
1/2 cup berries (strawberries, raspberries, blackberries, blueberries or mixture), plus more for garnish  
2 Tablespoons sugar  
2 cups nonfat vanilla frozen yogurt  
fresh mint (optional)

In a medium bowl, pour 2 tablespoons lemon juice over mango and mix until mango is well coated. Allow to soak at room temperature for at least 15 minutes. In a blender, puree berries with sugar and 1 teaspoon lemon juice. Scoop 1/2 cup frozen yogurt into each dish. Top frozen yogurt with mango and drizzle with berry puree. Garnish with fresh mint and extra berries.

*Per serving: 190 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 60mg sodium, 43g carbohydrate, 2g fiber, 36g sugars, 4g protein*

\*check all packaging to make sure all ingredients are gluten-free





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**8g**  
WHOLE GRAINS

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†based on pounds



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Sarah Glunz, MS, CNS, LDN

# open sesame

**Thought to be the oldest** known condiment, nutty, savory sesame seeds were first used in 1,600 BC. Today, you'll find these itty-bitty seeds (and their oil) in many Asian and Middle Eastern dishes, as well as breads and baked goods. Sesame seeds provide important nutrients such as magnesium, copper, manganese, calcium, zinc, protein, fiber and unsaturated fats.

## bread & butter, but better

Tahini (sesame seed butter)  
+  
toasted multi-grain bread

## sweet & seedy marinade (great for salmon!)

1 tablespoon sesame seeds  
+  
1/4 cup honey  
+  
2 tablespoons soy sauce  
+  
1 teaspoon ground ginger

## heroic hummus

1/4 cup each tahini and water  
+  
1 (15 oz.) can drained, rinsed chickpeas  
+  
1 tablespoon olive oil  
+  
Juice of 1 lemon

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## try 'em toasted:

Add seeds to a dry skillet over medium heat and cook for about 3–5 minutes. Use these extra-nutty seeds in stir fries or sprinkle on salads.

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**you complete me:** The combination of tahini (sesame seed paste) and garbanzo beans makes a complete protein, which is important for vegans and vegetarians.



### bok choy stir-fry

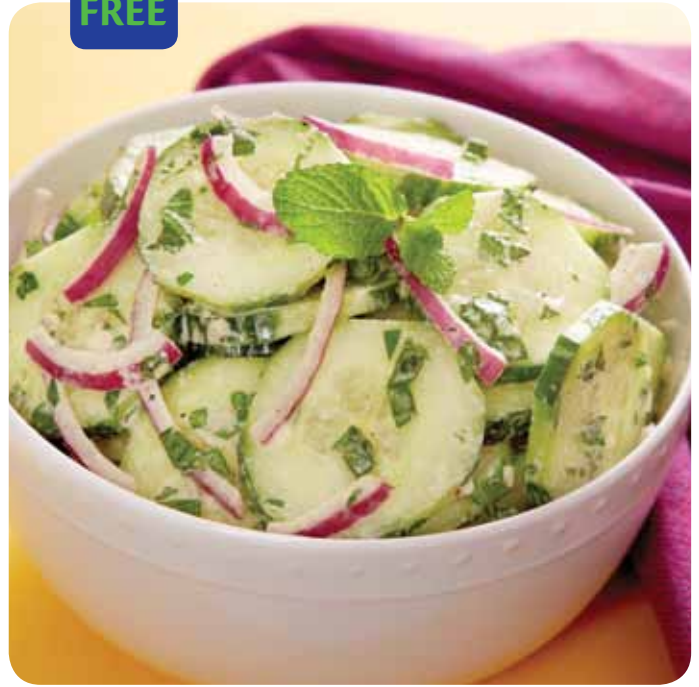
makes 4 servings, 1 cup each  
prep time: 5 minutes  
cook time: 5 minutes

- 4 heads bok choy
- 2 teaspoons sesame oil
- 1 teaspoon grated ginger root
- 2 garlic cloves, minced
- 2 Tablespoons reduced sodium soy sauce
- 1 Tablespoon sesame seeds for garnish

Rinse, dry and cut bok choy into bite-size pieces. Heat wok on low heat and add sesame oil, ginger and garlic. Sauté for about 2 minutes, stirring often. Add soy sauce and bok choy. Cook for about 2 minutes longer or until root end of bok choy is tender. Sprinkle with sesame seeds before serving.

*Per serving: 70 calories, 4g fat, 1g saturated fat, 0mg cholesterol, 480mg sodium, 6g carbohydrate, 3g fiber, 4g protein*

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### cucumber salad

makes 6 servings, 1 cup each  
prep time: 20 minutes

- 3 medium cucumbers
- 3 Tablespoons tahini
- 1 Tablespoon lemon juice
- 2 Tablespoons warm water
- 1 clove garlic, minced
- Zest of one lemon
- 1/3 cup red onion, chopped
- 1 Tablespoon fresh mint, chopped
- 2 Tablespoons fresh basil, chopped (or 2 teaspoons dried basil)
- 2 Tablespoons fresh parsley, chopped
- Salt and pepper to taste

Peel and cut cucumbers into bite-size pieces. In a large bowl, combine tahini, lemon juice and water. Add extra water a little at a time until you reach desired consistency of dressing. Stir in garlic, lemon zest and onion. Add cucumbers and toss to combine. Add mint, basil and parsley and stir gently. Season with salt and pepper to taste. Serve chilled.

*Per serving: 60 calories, 4g fat, .5g saturated fat, 0mg cholesterol, 5mg sodium, 5g carbohydrate, 1g fiber, 2g protein*



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ask the expert

# Mahi-Mahi

No, you're not seeing double. Mahi-mahi is a type of tropical fish whose name roughly translates to "strong" (likely a reference to its agility in warm waters). While mahi-mahi may sound exotic, this versatile, quick-cooking fish is a favorite among seafood lovers.

New to making mahi-mahi at home? Get answers to your most-asked questions and cooking advice from our seafood experts.

## I'm not a fan of "fishy" fish. Is mahi-mahi a good choice?

Mahi-mahi is a meaty, firm fish with a texture that's similar to swordfish, and a mild flavor that's often compared to tilapia or cod.

## What about sauces & seasonings?

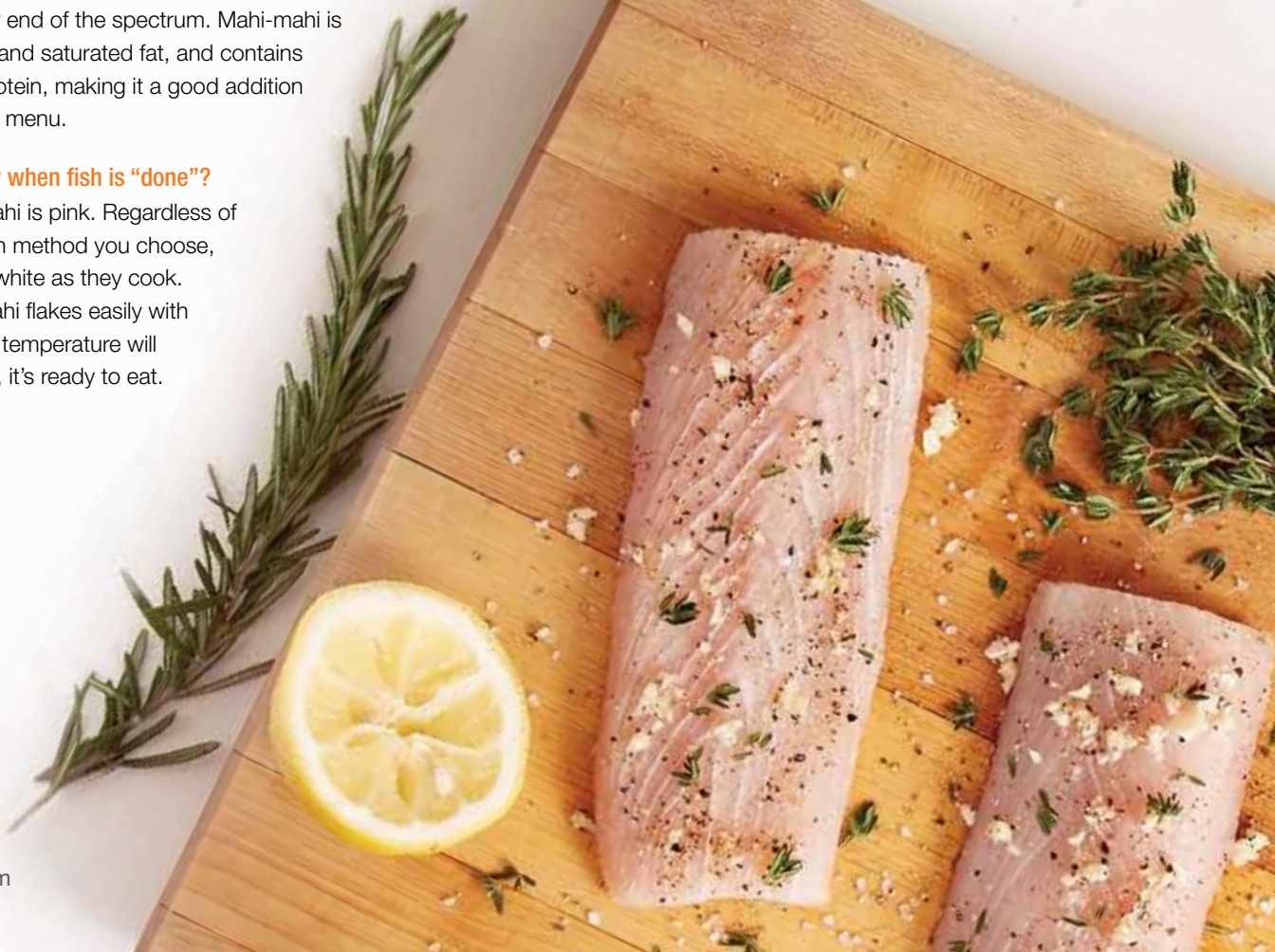
Like other mild fish, mahi-mahi can stand up to some pretty serious seasoning. Always start with salt and pepper, then add fresh herbs (try thyme, parsley and garlic) and a citrusy salsa, like ours on the next page.

## I hear fish is high in mercury. What's the story on mahi-mahi?

While seafood is a source of mercury, mahi-mahi is on the lower end of the spectrum. Mahi-mahi is also low in fat and saturated fat, and contains high quality protein, making it a good addition to your weekly menu.

## How do I know when fish is "done"?

Fresh mahi-mahi is pink. Regardless of the preparation method you choose, fillets will turn white as they cook. Once mahi-mahi flakes easily with a fork (internal temperature will register 145°F), it's ready to eat.





### nut-crusted mahi-mahi

makes 6 servings, 6 oz. each  
 prep time: 10 minutes  
 cook time: 25 minutes

1½ lbs. (24 oz.) mahi-mahi fillets  
 4 Tablespoons plain, nonfat Greek yogurt  
 1 cup pistachios\*, ground  
 ½ cup panko bread crumbs  
 4 Tablespoons olive oil

Preheat oven to 375°F. Line a baking sheet with parchment paper or aluminum foil. Place fillets on baking sheet and season lightly with salt (if desired) and pepper. Spread Greek yogurt lightly over the top of each fish fillet. Combine ground nuts, panko crumbs and olive oil in a small bowl by mixing well with a fork. Press nut mixture on top of each fillet. Bake for 25 minutes, or until internal temperature reaches 145°F and topping is browned.

*Per serving: 300 calories, 18g fat, 3g saturated fat, 12g monounsaturated fat, 85mg cholesterol, 120mg sodium, 8g carbohydrate, 2g fiber, 26g protein*

*\*may substitute pecans, cashews or macadamia nuts*

### island mango salsa

makes 6 servings, 1/3 cup each  
 prep time: 15 minutes

2 plum tomatoes, diced  
 1 mango (fresh or frozen), diced  
 ¼ cup finely chopped red, yellow or green bell pepper  
 ½ cup chopped Vidalia (sweet) onion  
 ½ jalapeno pepper, seeds removed and finely diced  
 ¼ cup chopped fresh cilantro leaves or 1 Tablespoon dried  
 ¼ cup lime juice (about 2 limes, juiced)

Combine all ingredients in a medium bowl. Season with salt and pepper if desired. Refrigerate until ready to serve. Makes about 2 cups.

*Per serving: 40 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 5mg sodium, 11g carbohydrate, 2g fiber, 1g protein*

### 3-step prep

- 1. Thaw** fillets (if frozen) in the refrigerator, or under cold, running water. Thawing in the microwave or under warm water could cause fish to spoil.
- 2. Season** fillets with salt, pepper and a blend of fresh herbs, or try a marinade of lime juice, garlic and olive oil. Keep marinating time to under an hour; any longer and fillets will become mushy.
- 3. Bake, broil, saute** or **grill** until fish flakes easily with a fork.

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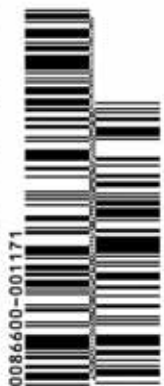
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0086600-001171





# Passover

## main dishes

From basic brisket to beef bourguignon, these dishes are fit for a Passover feast. ▶



**bourguignon** is a dish that reheats well  
and tastes even better the next day

### beef bourguignon

makes 6 servings, 6 oz. each • prep time: 20 minutes • cook time: 2 hours

- |  |   |
|--|---|
| 2 cups matzo meal  | 1 carrot, chopped                         |
| Salt and pepper to taste                                 | 3½ cups dry red wine                      |
| 2½ lb beef chuck, cubed                                  | Parsley, to taste                         |
| 5 Tablespoons Pareve margarine or extra virgin olive oil | 10 pearl onions, whole, peeled            |
| 1 large yellow onion, chopped                            | 1/2 lb mushrooms, cut largest into halves |
| 2 cloves garlic, chopped fine                            |   |

In a bowl, mix matzo meal with salt and pepper. Dredge beef cubes in mixture. Heat 3 tablespoons margarine or oil in a Dutch oven until sizzling. Add coated meat chunks; brown on all sides, then add chopped yellow onion, garlic and carrots. Vegetables should be just tender-firm. Pour off excess fat. Add wine and parsley. Cover and cook in 350°F oven for about 1½ hours. Heat remaining margarine or oil in a large sauté pan. Add pearl onions and sauté for approximately 3 minutes, then add mushrooms until just browned. Add onions and mushrooms to the Dutch oven; continue cooking, covered, for another 30 minutes.

\*Make sure all ingredients are labeled Kosher for Passover.

*Per serving: 570 calories, 18g fat, 5g saturated fat, 85mg cholesterol, 230mg sodium, 29g carbohydrate, 1g fiber, 46g protein*



**Passover prep:** If you're making these recipes as part of a Passover celebration, make sure you're using ingredients labeled Kosher for Passover



**GLUTEN  
FREE**

### chicken thighs with leeks & carrots

makes 4 servings, 5 oz. each  
prep time: 10 minutes  
cook time: 45 minutes

- 2 lbs. chicken thighs, skin removed
- 1/4 teaspoon ground black pepper
- 1 Tablespoon extra virgin olive oil
- 4 leeks, light parts sliced into 2-inch lengths
- 4 carrots, scraped and sliced into 2-inch lengths
- 1 Tablespoon chopped fresh tarragon or 1 teaspoon dried
- 2½ cups low sodium chicken broth

In a large skillet with a lid, heat oil over medium heat. Sprinkle chicken with pepper. Add chicken to skillet and sauté for 6–7 minutes per side until browned. Add leeks and carrots and cook for another 1 to 2 minutes. Add tarragon and broth; bring to a boil. Cover, reduce heat and simmer for about 30 minutes or until internal temperature of thighs reaches 165°F. Remove chicken and vegetables, arrange on a platter and cover with foil. Bring liquid in skillet to a boil and cook for about 5 minutes to reduce. Spoon sauce over chicken or serve separately.

\*Make sure all ingredients are labeled Kosher for Passover.

*Per serving: 320 calories, 14g fat, 4g saturated fat, 90mg cholesterol, 200mg sodium, 20g carbohydrate, 4g fiber, 8g sugars, 29g protein*

### baked salmon with pesto

makes 6 servings, 6 oz. each  
prep time: 15 minutes  
cook time: 15 minutes

- 1/4 cup toasted almonds
- 2 garlic cloves
- 2 cup fresh basil leaves
- 8 Tablespoons extra virgin olive oil, divided
- 1/2 teaspoon kosher salt
- 6 fresh salmon fillets (4–5 oz. each)
- Ground black pepper, to taste
- 3/4 cup dry white wine
- 1/2 cup sliced almonds, toasted

Place 1/4 cup almonds and garlic cloves in a food processor and pulse until well chopped. Add basil and pulse until chopped. While the machine is running, gradually add 6 tablespoons oil and process until smooth. Add the salt and process until combined. Use immediately, or cover and refrigerate up to 2 days. Preheat oven to 400°F. Rinse fish well and pat dry. Make three diagonal scores in the top of each fillet and season well with pepper. Arrange fillets in an oiled baking dish; drizzle remaining 2 tablespoons oil and wine over the top, and bake for 10 minutes; if looking dry, add a little more wine. Top fillets with the almond pesto and place under broiler for 5 more minutes. Garnish with the sliced, toasted almonds.

\*Make sure all ingredients are labeled Kosher for Passover.

*Per serving: 420 calories, 28g fat, 3.5g saturated fat, 65mg cholesterol, 270mg sodium, 4g carbohydrate, 2g fiber, 1g sugars, 34g protein*

**GLUTEN  
FREE**



**brisket** is sold as a flat cut or a leaner point cut, which requires longer, slower cooking

### sweet & sour brisket

makes 24 servings, 4 oz. each • prep time: 15 minutes • cook time: 3½ hours

2 Tablespoons Kosher for Passover oil  
6 lb. beef brisket  
1 onion, chopped  
1 clove crushed garlic  
1 teaspoon salt

1 teaspoon ground black pepper  
1/3 cup Kosher for Passover ketchup  
1 lb. dried apricots or mixed fruit  
(apricots, apples, prunes)  
Water as needed

In a large heavy skillet, heat oil over medium high heat. When oil is hot, brown beef on all sides. If the brisket is too large, cut in half first, and brown in two stages. Place meat in a large Dutch oven with a lid. Add onions to the drippings in skillet. Sauté over medium heat until onions are beginning to brown. Stir in garlic and cook for 2 or 3 more minutes. Pour over brisket in Dutch oven. Combine salt, pepper, and ketchup in a small bowl and spread evenly over brisket. Arrange apricots on top of brisket. Pour enough water around outside of meat, not on top, to cover sides of brisket. Cover. Bake at 325°F for 1 hour. Check liquid; if dish is starting to look dry, add a bit more water around meat. Cover and cook another hour. Remove lid, and stir apricots into gravy. Leave uncovered, and cook for another hour. Stir gravy again, and add more water if the gravy is too thick. Meat should be very tender; if necessary, bake for an additional 1/2 hour. Cut across grain to serve.

\*Make sure all ingredients are labeled Kosher for Passover.

*Per serving: 280 calories, 15g fat, 6g saturated fat, 70mg cholesterol, 180mg sodium, 13g carbohydrate, 1g fiber, 1g sugars, 20g protein*

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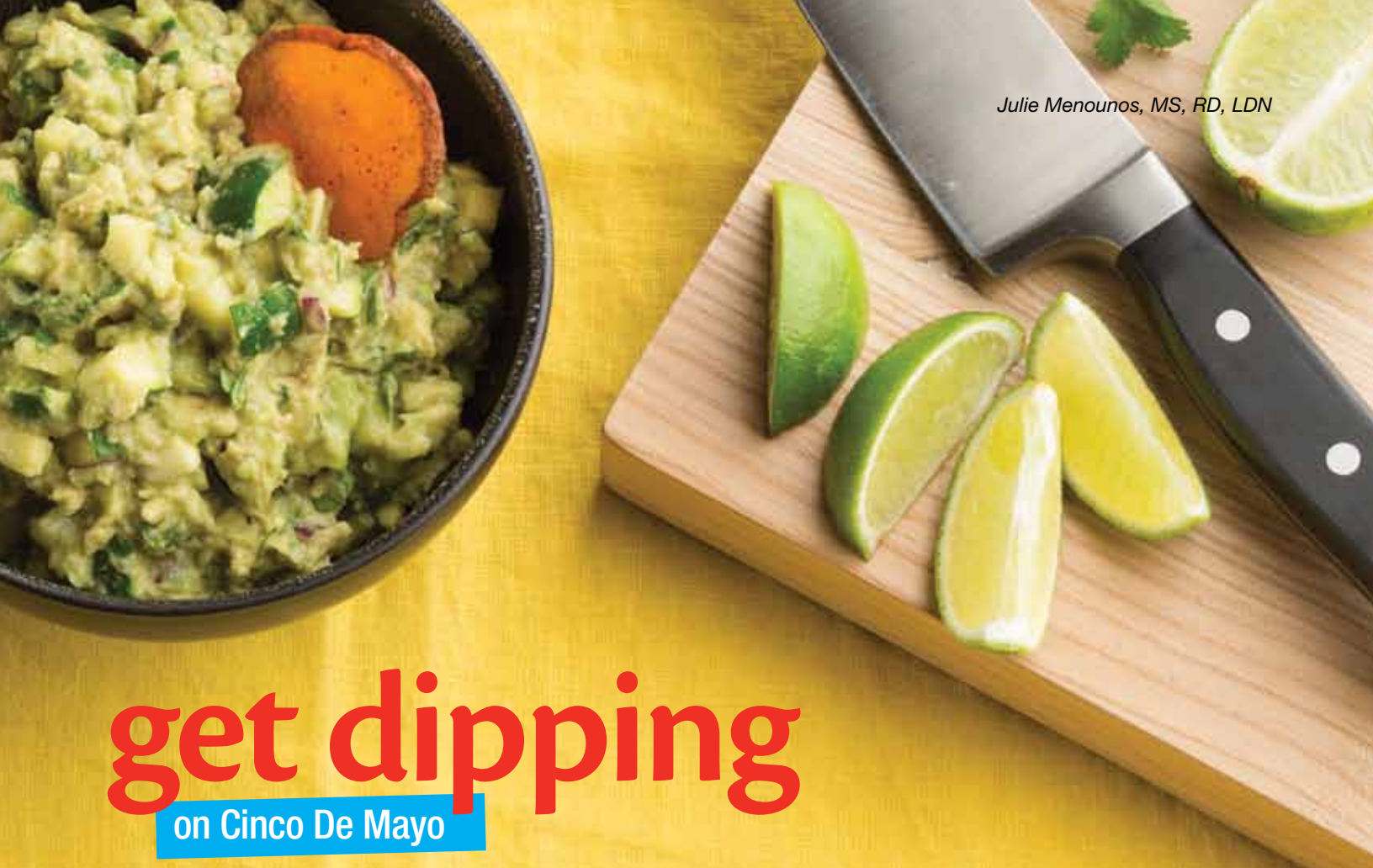
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Julie Menounos, MS, RD, LDN

# get dipping

on Cinco De Mayo

For Mexican food lovers everywhere, Cinco de Mayo is the perfect time for flavorful food and festive fun. This year, skip the messy nachos – party dips are always a hit! Not only are there endless mix-and-match options for salsas and guacamole, but many dips also contain good-for-you ingredients.

## baked vegetable chips



makes 4 servings, 3 oz. each

prep time: 30 minutes

cook time: 20 minutes

- |                        |                              |
|------------------------|------------------------------|
| 1 medium sweet potato  | 2 teaspoons garlic powder    |
| 2 medium beets         | 1/2 teaspoon kosher salt     |
| 1 medium russet potato | Ground black pepper to taste |
| 1 medium parsnip       |                              |
| Cooking spray          |                              |
| 2 Tablespoons oil      |                              |

Preheat oven to 375°F. Wash vegetables and slice 1/8- inch thick. Place slices in a bowl of cold water. Drain and fill bowl with cold water again. If water is still cloudy, drain and fill the bowl one more time. Remove vegetables and pat dry with paper towels. In a large bowl, drizzle vegetables with oil and toss to coat. Add garlic, salt and pepper and toss again. Line 2 or 3 large baking trays with foil and spray with vegetable oil cooking spray. Place slices side by side (but not overlapping) on trays. Bake for 15 minutes. Check to see if they are crisp and golden. If not, bake for another 5 minutes. Remove from the oven and serve warm.

*Per serving: 90 calories, 3.5g fat, 0g saturated fat, 0mg cholesterol, 200mg sodium, 14g carbohydrate, 2g fiber, 3g sugars, 2g protein*

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### zucchini guacamole

makes 4 servings, 1/2 cup each  
prep time: 15 minutes

- 1 large zucchini, cut into 1/2-inch cubes
- 1 large avocado, cubed
- 1/4 cup coarsely chopped fresh cilantro
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 2 Tablespoons lime juice
- 1/2 teaspoon hot sauce, or more to taste
- salt to taste

Cover the chopped zucchini with a damp paper towel and microwave on high for about 3 minutes until tender. Drain, pressing lightly on the zucchini to extract any liquid. Let cool about 5 minutes. In a mixing bowl, combine avocado, cilantro, onion, garlic, lime juice, hot sauce and salt. Mash with a fork until combined. Fold zucchini into avocado mixture.

*Per serving: 90 calories, 6g fat, 1g saturated fat, 170mg sodium, 0mg cholesterol, 8g carbohydrate, 4g fiber, 2g protein*

*\*tip: to help dip stay fresher longer, place the avocado pit into the prepared dip*

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### zesty salsa bean dip

makes 5 servings, 1/2 cup each  
prep time: 10 minutes  
cook time: 10 minutes

- 1 cup canned fat-free vegetarian refried beans
- 2 large tomatoes, chopped
- 1/2 cup finely diced red onion
- 1/2 jalapeño pepper, seeded and minced
- 1/4 cup 2% milk reduced fat Mexican blend shredded cheese
- 1/4 cup chopped fresh cilantro

Preheat oven to 350°F. Spray a 1-quart baking dish with non-stick cooking spray. In a medium bowl, combine refried beans, tomatoes, onion and jalapeños. Pour mixture into prepared baking dish. Sprinkle cheese on top and bake for 10 minutes until cheese is melted. Top with cilantro.

*Per serving: 110 calories, 2g fat, 1g saturated fat, 220mg sodium, 5mg cholesterol, 13g carbohydrate, 3g fiber, 6g protein*



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use the **spice blend** from our dip  
as a lower sodium taco or fajita mix

### fiesta veggie dip

makes 4 servings, 1/2 cup each • prep time: 10 minutes

1 Tablespoon chili powder  
1 teaspoon ground cumin  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon crushed red pepper  
(reduce for less heat)

1/4 teaspoon dried oregano  
1/2 teaspoon paprika  
1 teaspoon black pepper  
2 cups plain Greek-style yogurt

Mix all spices together in a bowl. Add to yogurt and stir until blended evenly.

*Per serving: 80 calories, 0.5g total fat, 0g saturated fat, 80mg sodium, 0mg cholesterol, 7g total carbohydrate, 1g fiber, 14g protein*



# tomatoes

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Watch for the Spring issue in April!

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MAGAZINE



We know that kids love learning how to make healthy choices, too, so we've created a new magazine designed just for them! It's full of food facts, recipes, exercise tips and more – all in a fun format designed *just for kids*.



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# Ready-to-Cook

## chef-inspired dishes

It's dinnertime in no time with our new ready-to-cook gourmet entrees, available in our meat department. All varieties are hand prepared, fully seasoned and made with fresh, never frozen, ingredients. Simply pop in the oven, cook and serve with fresh sides from our deli.

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- Bacon Wrapped Chicken Cordon Bleu
- Beef Meatloaf with Sundried Tomato Pesto & Feta Cheese
- Boneless Pork Chop with Homestyle Stuffing and Lemon Herb Butter
- Chicken Breast Stuffed with Asparagus and Cheddar Cheese
- Chicken Breast with Homestyle Stuffing and Lemon Herb Butter
- Lemon & Herb Chicken Kiev
- Pork Tenderloin with Apricot-Cranberry Stuffing
- Prosciutto Wrapped Chicken Breast Stuffed with Spinach
- Turkey Breast with Lemon Herb Butter



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# Easter Ham enlightened

For many of us, Easter marks the official transition from winter to spring, and there's no better reason to celebrate! Especially when that celebration means a showstopping holiday ham. But what happens when health concerns get in the way of holiday tradition? For the cook who is concerned about sodium, presenting the perfect Easter ham can be a definite dietary challenge.

Low-sodium varieties are becoming more available, but you can also use this soaking method to reduce the sodium in traditional cured hams:

Submerge ham in a large pot of cold, fresh water in the refrigerator for 12–24 hours. Change the water every 3–4 hours to reduce sodium content even more.

You'll never miss the salt, especially if you pair your ham with a flavor-filled glaze or sauce. It's easy! Just brush or spoon on during the final 30 minutes of baking time.

## Sweet Mustard Glaze

1/2 cup brown sugar +  
2 Tablespoons dijon mustard +  
1/4 cup pineapple juice

## Marmalade Glaze

Heat a jar of orange marmalade or apricot jam until thin enough to coat ham.

## Cider Glaze

1/2 cup apple cider +  
1/4 cup applesauce +  
1 cup honey

## shades of green

Shades of lush, vibrant green are starting to peek out of the ground and sprout from our herb gardens. But green hues aren't just overtaking our lawns and flower beds – they're also starting to steal some space on our plates as we transition from hearty meals to light salads and springtime soups.

The rich color of green vegetables adds important nutrients to your diet, including vitamins A and C, magnesium, potassium and iron. Start seeing green and use up some of your Easter leftovers with our budget-friendly recipe. For an extra boost of color, add a few handfuls of spinach or chard and top with fresh oregano or basil.

### green bean soup with ham

makes 8 servings, 1 cup each • prep time: 20 minutes • cook time: 20 minutes

- 1 Tablespoon 🌻 canola oil
- 1 cup chopped onion
- 1 Tablespoon chopped garlic
- 2 Tablespoons 🌻 all-purpose flour
- 4 cups Nature's Promise® low sodium chicken broth
- 1 cup diced potatoes (about 1/2 lb)
- 1 lb. 🌻 cut green beans, frozen or fresh
- 4 oz (1 cup) lean 🌻 ham, finely chopped
- 1/2 teaspoon ground black pepper
- 1/8 teaspoon ground nutmeg
- 1 cup seasoned croutons, for garnish

Heat oil in a large saucepan over medium heat. Add onion and garlic and cook for about 3 minutes, stirring frequently, until onions begin to soften. Stir in flour and cook for an additional minute. Add about 1 cup of broth and stir to mix in flour. Add remaining broth, potatoes and green beans. Bring to a boil, reduce heat and simmer about 20 minutes or until beans are tender. Puree soup until smooth (or leave some chunks), return to saucepan and add ham, pepper and nutmeg. Simmer over low heat until heated through. Garnish each portion with croutons before serving.

*Per serving: 140 calories, 5g fat, 1g saturated fat, 15mg cholesterol, 105mg sodium, 16g carbohydrate, 3g fiber, 3g sugars, 9g protein*



**75¢**

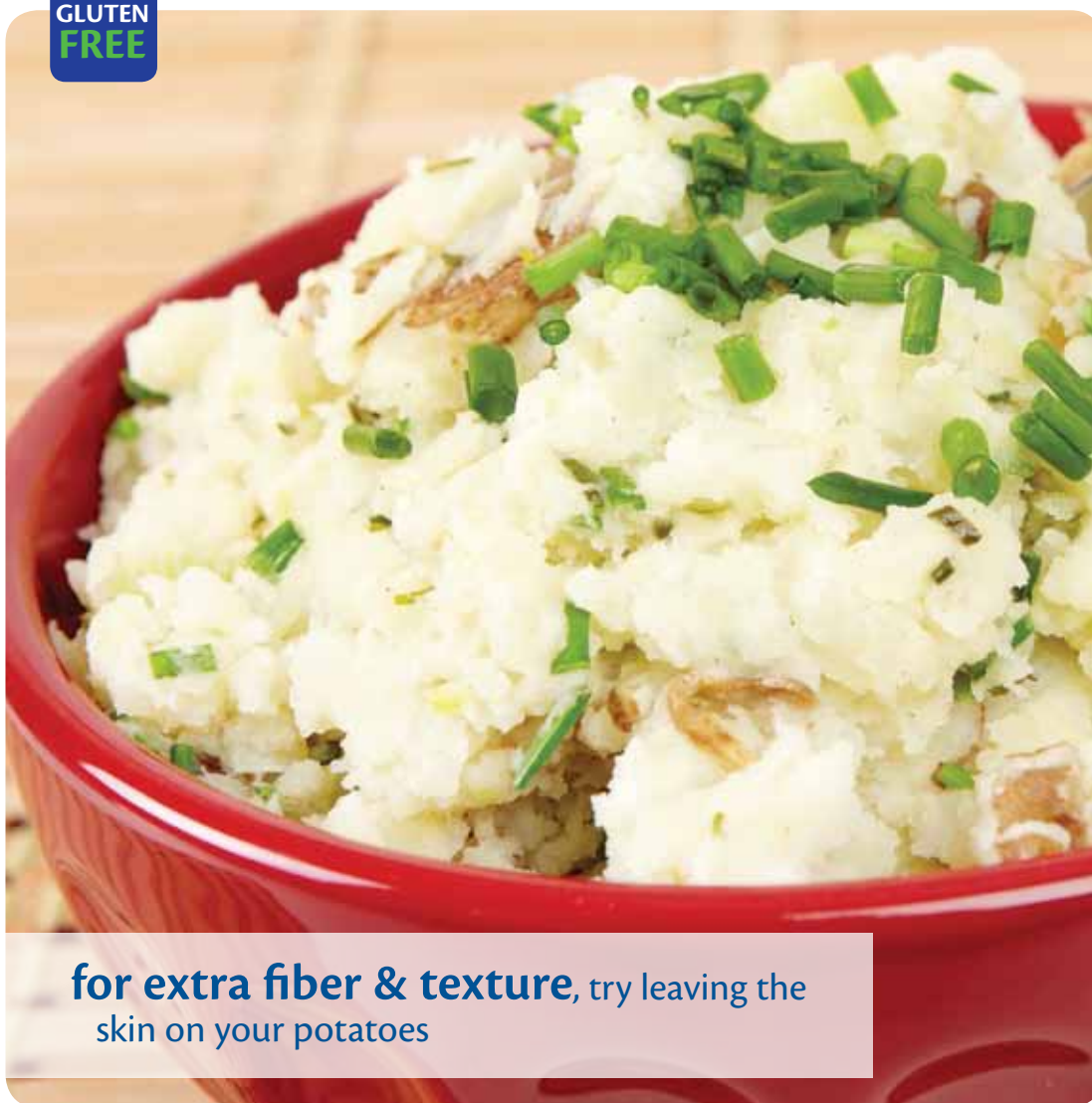
approximate cost per serving  
based on average price of  
ingredients at Giant

# Easter sides

Serve these fresh springtime sides with a holiday ham, or make them a part of your weekly menu. ▶



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**for extra fiber & texture**, try leaving the skin on your potatoes

### potato and leek mash

makes 4 servings, 1 cup each • prep time: 15 minutes • cook time: 15 minutes

1 lb. potatoes, cut into quarters	2 Tablespoons light sour cream
1 small leek, white part only, coarsely chopped	2 Tablespoons nonfat milk or buttermilk
1 clove garlic, minced	White pepper to taste
1 teaspoon chopped fresh rosemary or 1/2 teaspoon dried rosemary	1/4 cup chopped chives

In a medium saucepan, place potatoes in enough water to cover and bring to a boil. Reduce heat to medium-low, cover, and cook for 15-20 minutes or until tender. While potatoes are cooking, lightly coat a sauté pan with cooking spray. Add leeks, garlic and rosemary and sauté over medium heat until leeks are soft and golden, about 3 minutes. Remove from heat and set aside. Drain potatoes thoroughly and return to the pot over low heat, stirring to evaporate any excess water. Add leeks, sour cream and milk or buttermilk. Mash until well-combined, adding more milk if necessary for a soft texture. Season to taste with pepper and sprinkle with chives.

*Per serving: 110 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 25g carbohydrate, 2g fiber, 3g protein*

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### fresh vegetable medley

makes 4 servings, 1 cup each  
prep time: 10 minutes  
cook time: 9 minutes

- 1 Tablespoon olive oil
- 1 Tablespoon unsalted butter
- 1/2 lb baby carrots, quartered lengthwise
- 1/2 cup red onion, thinly sliced
- 1 lb fresh asparagus, trimmed and cut into 2-inch pieces
- 1 bag (6 oz.) baby spinach
- 1 Tablespoon minced fresh garlic
- 1/2 Tablespoon chopped fresh parsley
- 1/4 teaspoon salt
- Ground black pepper, to taste

Heat olive oil and butter in a large skillet over medium heat and cook carrots and red onion until slightly softened and lightly browned, about 3 minutes. Add asparagus and garlic and sauté about 2–3 minutes. Add spinach and parsley, continuing to sauté until spinach is wilted. Season with salt and pepper and serve immediately.

*Per serving: 130 calories, 7g fat, 2.5g saturated fat, 10mg cholesterol, 250mg sodium, 15g carbohydrate, 5g fiber, 5g sugars, 3g protein*

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### lemon quinoa with asparagus & feta

makes 12 servings, 1 cup each  
prep time: 10 minutes  
cook time: 45 minutes

- 2 cups quinoa
- 2 Tablespoons olive oil
- 1 shallot, minced
- 3 lb asparagus, trimmed and cut into 1-inch pieces
- 1 teaspoon chopped fresh thyme
- 8 oz feta, crumbled
- Juice of 1 lemon

Bring 4 cups of water to a boil in medium saucepan. When the water boils, add quinoa and stir. Cover and reduce heat to low. Cook until quinoa has absorbed all the water, 15–20 minutes. Set aside covered for 10 minutes, then fluff with a fork. Heat 1 tablespoon of the olive oil in a large saute pan over medium-high heat. When it's hot, stir in the shallot. Cook, stirring often, until shallot is light brown, 5–7 minutes. Add asparagus and thyme and cook, stirring often, until asparagus is tender but still bright green, 8–10 minutes (halfway through cooking time, add about a tablespoon of water to steam asparagus). When asparagus is done, remove pan from heat. Stir in quinoa, then crumbled feta, lemon juice and remaining tablespoon of olive oil. Season to taste with salt and pepper.

*Per serving: 190 calories, 8g fat, 3g saturated fat, 15mg cholesterol, 220mg sodium, 23g carbohydrate, 3g fiber, 8g protein*



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# plant it, pronto

It's prime time for sowing the seeds of a springtime adventure. Learn the hows and whys of growing pretty little leaves that add bunches of flavor to sauces, soups and salads.

## where does your garden grow?

Ideally, in a place with plenty of light. Pick a spot (like a windowsill) that gets 4–8 hours of sunshine, or take it outside with small pots that drain easily. Just be mindful of cool nights – herbs don't tend to fare well in temps below freezing, though they do like a significant change in daytime highs and nighttime lows (gardening pros usually recommend a daytime temp of 70°F and a nighttime temp of 50°F for most common herbs).

## pruning

Herbs need regular pruning to ensure fresh, strong growth. Start pinching back stems to the next leaf cluster as soon as plants grow to 4–6" tall. If you spot flowers on your herbs (like basil), remove them right away.

## drying

Dried herbs last longer than fresh without losing much flavor. To air dry, bundle washed herbs together, then hang upside down away from direct sunlight until fully dried (anywhere from a few days to a few weeks, depending upon the type of herb).

## harvesting

When you're ready to harvest leaves, start from the top, not the bottom.

This will keep your plant from growing too tall and falling over.

GLUTEN  
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### dilly dip

makes 8 servings, 1/4 cup each  
prep time: 10 minutes

12 oz. low-fat cottage cheese (1% fat)  
1/2 cup nonfat buttermilk  
2 Tablespoons fresh or dried chives  
1 teaspoon fresh or dried parsley  
1/2 teaspoon fresh or dried dill weed  
Dash of garlic powder  
Ground black pepper to taste

Combine all ingredients in a blender. Process on medium speed until cottage cheese is smooth and creamy, stopping blender as necessary to scrape down the sides. Serve immediately or refrigerate for an hour to allow flavors to develop.

*Per serving: 40 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 180mg sodium, 3g carbohydrate, 0g fiber, 6g protein*

\*check all packaging to make sure all ingredients are gluten-free

GLUTEN  
FREE



### basil pesto

makes 4 servings, 3 Tablespoons each  
prep time: 10 minutes  
cook time: 5 minutes

1/4 cup pine nuts  
1 clove garlic, peeled  
3 cups lightly packed fresh basil leaves  
1/4 cup grated Parmesan cheese  
1 Tablespoon fresh lemon juice  
1/4 cup extra virgin olive oil  
Salt and freshly ground pepper to taste

Toast pine nuts in a small, dry skillet over medium heat until fragrant and golden brown. Shake pan frequently. This takes about 3 minutes. In a food processor, process pine nuts and garlic together until minced. Add basil, Parmesan and lemon juice and process until finely minced. With machine running, slowly pour oil in a steady stream through feed tube and process until well blended. Season with salt and pepper.

*Per serving: 210 calories, 20g fat, 3g saturated fat, 60mg sodium, 3g carbohydrate, 2g fiber, 4g protein*



make our brand your brand

# the sunny side of eggs

Valerie Waters, RD

Are your eggs nearing their “Use By” date? Got a few too many Easter basket leftovers? Don’t ditch your dozen! Eggs are an inexpensive way to add high quality protein to your diet.

Egg yolks contain nutrients that can help improve brain power, reduce inflammation and even prevent vision loss. Egg whites don’t have quite the same nutrient density as yolks, but they are a perfect low-fat, low-calorie source of protein.

## What about cholesterol?

Egg yolks have gotten a bad reputation because of cholesterol content. But research has shown that the cholesterol we eat is different from the blood cholesterol circulating in our body, so eggs aren’t the sole culprit of higher cholesterol levels.

**Bottom line:** while eating unlimited eggs isn’t recommended, health professionals agree that eating 4 whole eggs per week is acceptable.

a dozen egg roles



1  
scramble and top a breakfast pizza



2  
hard boil and pickle with beet juice



3  
mix up egg salad (read on for four recipes!)



4  
devil with mustard and pimiento



5  
hard boil and chop for a Cobb salad wrap



6  
batter bread for French toast



7  
serve over-easy over spaghetti



8  
bake a quiche (or frittata)



9  
make fried rice with extra veggies



10  
beat and add to soup



11  
poach and serve over salad



12  
scramble and tuck in burritos

a **standard large egg** has 7 grams of easily digestible protein.



GLUTEN  
FREE



**eggshell color** is determined by the type of hen – there is no nutritional difference between brown and white eggs.

### classic egg salad

makes 8 servings, 1/2 cup each • prep time: 10 minutes • cook time: 10 minutes

12 large eggs, hard boiled, peeled and chopped  
1/4 cup chopped scallions, green parts only  
3/4 cup reduced-fat olive oil mayonnaise

1/4 cup non-fat plain yogurt  
1 Tablespoon Dijon mustard  
1/2 teaspoon ground black pepper

In a medium bowl, combine eggs and scallions. In a small bowl, whisk together mayonnaise, yogurt, mustard and pepper. Stir dressing into egg mixture (depending on the desired consistency, use part or all of the dressing). Nutrition information is based on the full serving of dressing.

*Per serving: 120 calories, 8g fat, 2g saturated fat, 320mg cholesterol, 125mg sodium, 2g carbohydrates, 10g protein*

\*check all packaging to make sure all ingredients are gluten-free



make our brand your brand

**servicing switch-up:** use egg salad as a sandwich filling, salad topping or simply stuffed into vegetables like tomatoes and avocados



### egg salad with smoked ham & horseradish

makes 10 servings, 1/2 cup each  
prep time: 15 minutes  
cook time: 10 minutes

- 12 large eggs, hard boiled, peeled and chopped
- 1/4 cup chopped scallions, green parts only
- 6 oz. (about 1 cup) chopped smoked ham
- 3/4 cup reduced fat olive oil mayonnaise
- 1/4 cup non-fat plain yogurt
- 1 Tablespoon Dijon mustard
- 2 Tablespoons prepared horseradish
- 1/2 teaspoon ground black pepper

In a medium bowl, combine eggs, scallions and ham. In a small bowl, whisk together mayonnaise, yogurt, mustard, horseradish and pepper. Stir dressing into egg mixture (depending on the desired consistency, use part or all of the dressing). Nutrition information is based on the full serving of dressing.

*Per serving: 120 calories, 7g fat, 2g saturated fat, 270mg cholesterol, 350mg sodium, 2g carbohydrate, 0g fiber, 11g protein.*

\*check all packaging to make sure all ingredients are gluten-free



### curried egg salad with currants

makes 8 servings, 1/2 cup each  
prep time: 10 minutes  
cook time: 10 minutes

- 12 large eggs, hard boiled, peeled and chopped
- 1/4 cup chopped scallions, green parts only
- 1/4 cup dried currants
- 3/4 cup reduced fat olive oil mayonnaise
- 1/4 cup non-fat plain yogurt
- 1 Tablespoon Dijon mustard
- 1 Tablespoon curry powder
- 1/2 teaspoon ground black pepper

In a medium bowl, combine eggs, scallions and currants. In a small bowl, whisk together mayonnaise, yogurt, mustard, curry powder and pepper. Stir dressing into egg mixture (depending on the desired consistency, use part or all of the dressing). Nutrition information is based on the full serving of dressing.

*Per serving: 140 calories, 8g fat, 2g saturated fat, 320mg cholesterol, 125mg sodium, 6g carbohydrate, 1g fiber, 10g protein*

\*check all packaging to make sure all ingredients are gluten-free



### egg salad with asparagus & capers

makes 10 servings, 1/2 cup each  
prep time: 15 minutes  
cook time: 15 minutes

- 12 large eggs, hard boiled, peeled and chopped
- 1½ lb asparagus spears
- 1/4 cup chopped scallions, green parts only
- 1/4 cup capers
- 3/4 cup reduced fat olive oil mayonnaise
- 1/4 cup non-fat plain yogurt
- 1 Tablespoon Dijon mustard
- 1 Tablespoon dried dill
- 1/2 teaspoon ground black pepper

Trim asparagus and lightly steam; run under cold water and chop into small pieces. In a medium bowl, combine eggs, chopped asparagus, scallions and capers. In a small bowl, whisk together mayonnaise, yogurt, mustard, dill and pepper. Stir dressing into egg mixture (depending on the desired consistency, use part or all of the dressing). Nutrition information is based on the full serving of dressing.

*Per serving: 100 calories, 6g fat, 2g saturated fat, 260mg cholesterol, 135mg sodium, 3g carbohydrate, 1g fiber, 9g protein*

\*check all packaging to make sure all ingredients are gluten-free



■ mandarin pork tenderloin



■ dijon & herb crusted lamb chops

GLUTEN  
FREE



■ brown sugar baked ham



■ herbed beef tenderloin

GLUTEN  
FREE

- 1 (8–10 lb) Nature's Promise fully cooked ham
- 3 Tablespoons ground cinnamon
- 2 Tablespoons ground cloves
- 1 Tablespoon yellow or dijon mustard
- whole cloves, optional
- 1/2 cup brown sugar, packed
- 1 Tablespoon all-purpose flour

Preheat oven to 300–325°F. If using a cured ham with skin on, cut skin away from ham, but leave the fat. Rub ham with cinnamon and cloves to cover completely. Wrap tightly in foil and bake for 15 minutes per pound. Cool ham slightly and scrape away cinnamon and cloves; discard. Coat ham with thin smear of mustard. If desired, cut diamond pattern into fat layer and place a whole clove in each diamond as a garnish. Combine brown sugar with flour. Pat brown sugar over ham to evenly cover fat layer. Use additional brown sugar, if needed, to thoroughly coat ham. Return ham, uncovered, to oven for 30–35 minutes to melt and caramelize the sugar. Cool before slicing and serving.

**Makes 30 servings, 4 oz. each**

**Prep Time: 20 minutes • Cook time: 3 hours**

*Per serving: 230 calories, 10g fat, 3g saturated fat, 85mg cholesterol, 1120mg sodium, 5g carbohydrate, 1g fiber, 4g sugars, 30g protein*

- 1 well-trimmed center-cut beef tenderloin roast (about 2 pounds)
- 2 cloves garlic, slivered
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 teaspoon ground black pepper

Heat oven to 425°F. With the point of a knife, make small slits and insert a sliver of garlic into each slit, evenly distributing over the surface of the roast. Pat thyme, rosemary and pepper onto roast. Place roast on rack in shallow roasting pan. Insert oven-proof meat thermometer so tip is centered in thickest part of roast. Do not add water or cover. Roast in 425°F oven 35–40 minutes for medium rare; 45–50 minutes for medium. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Tent with foil and let stand 15 minutes (temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Slice 1/4-inch thick and transfer to a warmed serving platter. Garnish with parsley.

**Makes 6 servings, 5 oz. each**

**Prep Time: 10 minutes • Cook time: 60 minutes**

*Per serving: 230 calories, 10g fat, 4g saturated fat, 10mg cholesterol, 75mg sodium, 1g carbohydrate, 0g fiber, 33g protein*

- 1 lb pork tenderloin, plain flavor, trimmed of fat
- 4 Tablespoons prepared chili garlic sauce
- 3 Tablespoons orange juice
- 2 teaspoons Simply Enjoy garlic-flavored olive oil, divided
- 1 cup carrots, peeled and cut diagonally into 1/8-inch slices
- 8 oz. sugar snap peas, thawed if frozen
- 1 can (11 oz.) mandarin orange segments packed in light syrup, drained

Thinly slice pork across grain and into thin 1-inch x 1/4-inch strips. In a small bowl, mix chili garlic sauce and orange juice. Transfer 1/4 cup sauce to medium bowl and add pork, coating all surfaces. Preheat wok or deep non-stick skillet over medium-high heat 30 seconds; add 1 teaspoon oil and heat 60 seconds. Add carrots and peas to hot wok or skillet and stir fry until crisp-tender, about 3 minutes. Remove from pan. Add remaining 1 teaspoon oil to hot pan. Add pork and wait 30 seconds before stirring so pork can begin to brown. Then, stir fry only one minute or just until pork is no longer pink. Add reserved vegetables. Stir fry 30 seconds and remove from heat. Stir in oranges.

**Makes 4 servings, 6 oz. each**

**Prep Time: 15 minutes • Cook time: 12 minutes**

*Per serving: 240 calories, 7g fat, 2g saturated fat, 70mg cholesterol, 710mg sodium, 18g carbohydrate, 4g fiber, 26g protein*

- 1 lb loin or shoulder lamb chops, 1 to 1 1/4" thick
- 1 Tablespoon Herbes de Provence
- 1 Tablespoon Dijon mustard
- 2 teaspoons garlic flavored olive oil
- 1 Tablespoon freshly squeezed lemon juice

Preheat grill or broiler. Trim chops of excess fat. Blend herbs, Dijon mustard, oil and lemon juice together in a small bowl. Evenly coat surface of each chop with 2 teaspoons of mixture. Grill or broil chops 4 inches from heat source for 6–8 minutes. Turn and cook 5–9 minutes longer or to an internal temperature of 145°F for medium rare and 160°F for medium. Let stand for 5 minutes before cutting.

**Makes 4 servings, 4 oz. each**

**Prep Time: 10 minutes • Cook time: 20 minutes**

*Per serving: 250 calories, 18g fat, 7g saturated fat, 10mg cholesterol, 160mg sodium, 1g carbohydrate, 0g fiber, 0g sugars, 21g protein*



■ carrot cake whoopie pies



■ luscious lemon squares



■ strawberry-rhubarb crisp



■ pineapple-coconut cobbler

- 1/2 cup all-purpose flour
- 1/4 cup brown sugar, lightly packed
- 1/4 teaspoon ground cinnamon
- 2 Tablespoons canola oil
- 1/2 lb rhubarb stalks
- 1 Tablespoon water
- 1/4 cup granulated sugar
- 1 Tablespoon cornstarch
- 1/4 teaspoon ground nutmeg
- 1 1/2 cups sliced strawberries

Preheat oven to 350°F. In a small bowl, combine flour, brown sugar and cinnamon. Add oil and stir with a fork until mixture forms crumbs. Set aside. Slice rhubarb into 1/2-inch slices and place in a medium saucepan with 1 tablespoon water. Cook over medium heat just until the rhubarb begins to soften and remove from heat.

Combine granulated sugar, cornstarch and nutmeg and add to rhubarb. Gently mix in strawberries. Pour mixture into a 1-quart baking dish. Sprinkle with crumbs. Set baking dish on a cookie sheet to catch drips and bake for 25 minutes until bubbly.

**Makes 4 servings, 1 cup each**  
**Prep Time: 20 minutes • Cook time: 25 minutes**

*Per serving: 240 calories, 7g fat, 1g saturated fat, 0mg cholesterol, 10mg sodium, 42g carbohydrate, 3g fiber, 2g protein*

- 1 can (20 oz.) pineapple tidbits in juice
- 3/4 cup reserved pineapple juice from can
- 2 Tablespoons cornstarch
- 1 teaspoon vanilla extract
- 1/2 teaspoon rum extract (optional)
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 2 Tablespoons granulated sugar, divided
- 1/2 cup flaked coconut, divided
- 1/4 cup buttermilk
- 2 Tablespoons canola oil
- 1 large egg

Preheat oven to 400°F. Place 8 ramekins (4–5 oz. each) in a baking pan. Drain pineapple tidbits, pouring juice into a small saucepan. Add cornstarch to juice and cook over medium heat until thickened, stirring frequently (or microwave mixture in a glass measuring cup).

Stir in pineapple tidbits and vanilla and rum extracts. Spoon mixture into ramekins. To make topping, combine flour, baking powder, 1 tablespoon sugar, and 1/4 cup coconut in a medium bowl. In a measuring cup, combine buttermilk, oil and egg. Pour liquids into dry ingredients and fold together just until a stiff batter forms. Drop batter by rounded teaspoons over the fruit filling. Sprinkle with 1 tablespoon sugar and 1/4 cup coconut. Bake for 15 minutes or until topping is browned and filling is bubbly.

**Makes 8 servings, 1/2 cup each**  
**Prep Time: 20 minutes • Cook time: 15 minutes**

*Per serving: 190 calories, 6g fat, 2g saturated fat, 25mg cholesterol, 105mg sodium, 31g carbohydrate, 2g fiber, 16g sugars, 3g protein*

- 1 1/2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup butter, softened
- 2 Tablespoons canola oil
- 1/2 cup light brown sugar, packed
- 1 large egg
- 2 teaspoons vanilla extract, divided
- 1 1/2 cups grated carrots
- 1/2 cup seedless raisins
- 8 oz. tub fat-free cream cheese, softened
- 1/4 cup confectioner's sugar

Lightly coat 2 large baking sheets with butter or line with parchment paper. In a medium bowl, whisk together flour, cinnamon, baking powder and baking soda. In a large bowl, cream together butter, oil, sugar, egg and 1 teaspoon vanilla. Fold in carrots and raisins. Add dry ingredients and mix until combined. Spoon batter into 24 mounds onto prepared baking sheets, flattening slightly. Bake for 10–12 minutes, switching sheets halfway through baking, until cookies are lightly browned and spring back when touched lightly. Cool cookies on sheets for 5 minutes, then transfer to racks to cool completely. For frosting, combine cream cheese with confectioner's sugar and remaining 1 teaspoon vanilla. Sandwich cookies together with frosting.

**Makes 12 servings, 1 sandwich each**  
**Prep Time: 30 minutes • Cook time: 15 minutes**

*Per serving: 220 calories, 7g fat, 3g saturated fat, 30mg cholesterol, 220mg sodium, 33g carbohydrate, 1g fiber, 18g sugars, 6g protein*

- 1 cup sifted cake flour
- 1/4 cup confectioner's sugar
- 1/4 cup neufchatel cream cheese
- 3 Tablespoons canola oil
- 3 large egg whites
- 3/4 cup granulated sugar
- 1 1/2 Tablespoons freshly grated lemon zest
- 2 Tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup fresh lemon juice
- confectioner's sugar for dusting

Preheat oven to 350°F. Coat inside of an 8-inch square baking pan with cooking spray; set aside. Mix cake flour and 1/4 cup confectioner's sugar in a large bowl. Cut cream cheese into the flour mixture with pastry blender or fingertips until crumbly. Gradually add oil stirring with a fork. Toss until evenly moistened but crumbly. Press into bottom of prepared baking pan. Bake for 20–25 minutes or until lightly golden. In a mixing bowl, beat egg whites, sugar and lemon zest with an electric mixer until smooth. Combine flour, baking powder and salt in a small bowl. Add to the egg white mixture and beat until blended. Beat in lemon juice. Pour over the hot crust and bake for about 20 minutes longer, or until the top is light golden and set. Let cool in the pan on a rack. Cut into squares and sprinkle with confectioner's sugar.

**Makes 16 servings, 1 2-inch square each**  
**Prep Time: 20 minutes • Cook time: 45 minutes**

*Per serving: 120 calories, 3g fat, 1g saturated fat, 2mg cholesterol, 70mg sodium, 20g carbohydrate, 0g fiber, 2g protein*



■ matzo ball chicken soup

GLUTEN  
FREE



■ carrot slaw

GLUTEN  
FREE



■ herbed new potatoes



■ roasted cauliflower with red peppers

GLUTEN  
FREE

- 1 lb small red new potatoes
- 1/4 cup snipped fresh chives
- 1 Tablespoon chopped fresh dill
- 1/4 teaspoon kosher salt
- Ground black pepper

Quarter potatoes and place in a medium saucepan with enough water to cover. Bring to a boil, reduce heat and simmer approximately 20 minutes or until tender. Drain. Toss potatoes with chives, dill, salt and pepper. Serve warm.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 4 servings, 1/2 cup each**

**Prep Time: 10 minutes • Cook time: 25 minutes**

*Per serving: 80 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 140mg sodium, 18g carbohydrate, 2g fiber, 2g sugars, 2g protein*

- 4 cups cauliflower florets
- 1 large red bell pepper cut into 1-inch pieces
- 1 clove garlic, crushed
- 1 Tablespoon extra virgin olive oil
- Ground black pepper

Preheat oven to 400°F. In a large bowl, toss cauliflower, red pepper, garlic and oil until evenly coated. Arrange vegetables in a single layer on a large baking sheet. Roast vegetables 15 –20 minutes or until tender. Sprinkle with black pepper.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 4 servings, 4 oz. each**

**Prep Time: 10 minutes • Cook time: 20 minutes**

*Per serving: 70 calories, 4g fat, 0g saturated fat, 0mg cholesterol, 30mg sodium, 7g carbohydrate, 3g fiber, 2g protein*

- 1 lb small red new potatoes
- 1/4 cup snipped fresh chives
- 1 Tablespoon chopped fresh dill
- 1/4 teaspoon kosher salt
- Ground black pepper

Quarter potatoes and place in a medium saucepan with enough water to cover. Bring to a boil, reduce heat and simmer approximately 20 minutes or until tender. Drain. Toss potatoes with chives, dill, salt and pepper. Serve warm.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 4 servings, 1/2 cup each**

**Prep Time: 10 minutes • Cook time: 25 minutes**

*Per serving: 80 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 140mg sodium, 18g carbohydrate, 2g fiber, 2g sugars, 2g protein*

- 4 large eggs
- 1/4 cup water
- 1/4 cup oil
- 1/2 teaspoon kosher salt
- Ground black pepper to taste
- 1 cup unsalted matzo meal
- 1 4–5 lb chicken, cut into 8 pieces
- 2 leeks
- 5 carrots, cleaned and sliced
- 3 parsnips, cleaned and sliced
- 4 stalks celery, cleaned and sliced
- 10 cups water
- Sprig of dill or parsley
- Ground black pepper, to taste

Beat eggs. Add water, oil, salt and pepper. Mix well. Add matzo meal and stir thoroughly. Refrigerate for 1/2 to 1 hour. Rinse chicken and trim off excess fat. Trim off leek ends and top dark green leaves. Rinse leeks well and slice. In a pot, combine chicken, carrots, parsnips, celery and leeks. Add water and dill or parsley. Bring soup to boil, then simmer for 1½–2 hours. While soup is boiling, form matzo mixture into 24 1-inch balls. Bring a pot of water to a boil, add matzo balls and cook, covered, for 20 minutes. Remove matzo balls from water with a slotted spoon and add to soup while it cooks for the last 10–15 minutes. Remove chicken bones before serving.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 12 servings, 1½ cups each**

**Prep Time: 35 minutes • Cook time: 2 hours**

*Per serving: 370 calories, 19g fat, 4.5g saturated fat, 140mg cholesterol, 320mg sodium, 21g carbohydrate, 3g fiber, 5g sugars, 29g protein*

- 2 cups shredded carrots
- 1/2 cup finely chopped celery
- 1 Tablespoon minced shallot
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 1 Tablespoon honey

In a medium bowl, combine carrots, celery and shallot. In a small bowl, whisk together oil, lemon juice and honey and pour over carrots. Toss to combine. Refrigerate until ready to serve.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 6 servings, 1 cup each**

**Prep Time: 10 minutes • Cook time: 25 minutes**

*Per serving: 10 calories, 7g fat, 0mg cholesterol, 50mg sodium, 11g carbohydrate, 2g fiber, 7g sugars, 1g protein*





GLUTEN  
FREE

■ coconut macaroons



GLUTEN  
FREE

■ apple almond cake



■ passover cobbler



■ matzo apple kugel

- 3 large eggs
- 3/4 cup sugar
- 1/4 cup kosher vegetable oil
- 3/4 cup matzo meal
- 2 Tablespoons potato starch
- 1/8 teaspoon salt
- 2 Tablespoons lemon or orange juice
- 6-8 cups peeled & sliced fruit (apples, peaches, pears, or berries)
- 1/4 cup cinnamon sugar, divided

Preheat oven to 350°F. Lightly oil a 9 x 9-inch baking pan. Beat eggs with sugar until well blended. Add oil, matzo meal, potato starch and salt; blend well. Toss fruit in juice, then add to pan and sprinkle with 2 tablespoons of cinnamon sugar, reserving a little for the top. Spoon batter over fruit, covering as much of the fruit as you can. Sprinkle with remaining cinnamon sugar. Bake until topping is set and just golden, about 45 minutes. Serve warm.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 8 servings, 1 cup each**

**Prep Time: 15 minutes • Cook time: 45 minutes**

*Per serving: 280 calories, 9g fat, 2g saturated fat, 70mg cholesterol, 65mg sodium, 51g carbohydrate, 3g fiber, 35g sugars, 4g protein*

- 4 sheets of matzo
- 3 large apples, cored, peeled and thinly sliced
- 1/4 cup raisins
- 2 teaspoons cinnamon
- 1/4 teaspoon salt
- 3/4 cup firmly packed brown sugar
- 4 Tablespoons melted pareve margarine
- 6 eggs, well beaten

Preheat oven to 350°F. Grease a 9 x 12-inch baking dish. Soak matzo until soft. Press out as much water as possible. Place matzo in mixing bowl and add raisins, cinnamon, salt, sugar and melted margarine. Mix well. Add beaten eggs and mix thoroughly. Pour half of mixture into prepared pan. Layer half the apple slices on top of the mixture. Pour remaining mixture over apple layer. Top with remaining apple slices and sprinkle with additional cinnamon and sugar. Bake for 45-50 minutes, or until apples are tender.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 6 squares, 4 x 4 inches each**

**Prep Time: 20 minutes • Cook time: 50 minutes**

*Per serving: 300 calories, 9g fat, 2g saturated fat, 160mg cholesterol, 200mg sodium, 49g carbohydrate, 2g fiber, 7g protein*

- 3 large eggs
- 3/4 cup sugar
- 1/4 cup kosher vegetable oil
- 3/4 cup matzo meal
- 2 Tablespoons potato starch
- 1/8 teaspoon salt
- 2 Tablespoons lemon or orange juice
- 6-8 cups peeled & sliced fruit (apples, peaches, pears, or berries)
- 1/4 cup cinnamon sugar, divided

Preheat oven to 350°F. Lightly oil a 9 x 9-inch baking pan. Beat eggs with sugar until well blended. Add oil, matzo meal, potato starch and salt; blend well. Toss fruit in juice, then add to pan and sprinkle with 2 tablespoons of cinnamon sugar, reserving a little for the top. Spoon batter over fruit, covering as much of the fruit as you can. Sprinkle with remaining cinnamon sugar. Bake until topping is set and just golden, about 45 minutes. Serve warm.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 8 servings, 1 cup each**

**Prep Time: 15 minutes • Cook time: 45 minutes**

*Per serving: 280 calories, 9g fat, 2g saturated fat, 70mg cholesterol, 65mg sodium, 51g carbohydrate, 3g fiber, 35g sugars, 4g protein*

- 3 large egg whites
- 1/2 cup sugar
- 1/2 teaspoon almond extract
- 1/4 teaspoon kosher salt
- 5 cups shredded coconut

Heat oven to 325°F and line 2 baking sheets with parchment paper. In a medium bowl, whisk together egg whites, sugar, almond extract, vanilla extract and salt until foamy and stiff peaks form. Fold in the coconut, stirring until evenly combined. Drop the batter in mounds, two tablespoons each, on the prepared baking sheet, making sure to leave about 1 inch between each mound. Bake for 15-20 minutes, or until tops are golden brown; transfer to a wire cooling rack to cool before serving.

**Makes 20 servings, 1 cookie each**

**Prep Time: 10 minutes • Cook time: 20 minutes**

*Per serving: 180 calories, 15g fat, 13g saturated fat, 40mg sodium, 10g carbohydrate, 3g fiber, 6g sugars, 2g protein*

- 1 teaspoon Kosher vegetable oil
- 3 Granny Smith apples, peeled, cored, chopped
- 2 Tablespoons lemon juice, divided
- 2 teaspoons brown sugar
- 1 teaspoon lemon zest
- 8 large eggs
- 3 1/4 cups almond meal
- 1 3/4 cups granulated sugar
- 1/2 cup slivered almonds
- 1 teaspoon confectioners' sugar

Preheat the oven to 350°F. Grease a 10-inch springform pan with vegetable oil, line bottom with parchment paper and set aside. In a large saucepan over medium heat, combine apples, half of lemon juice, sugar and lemon zest and cook until mixture begins to bubble. Reduce heat to low, cover and cook for 10 minutes. Using a fork, mash apple into a rough puree and set aside to cool. In a food processor or blender, combine cooled apple puree with eggs, almond meal, sugar and remaining lemon juice and process until smooth puree is formed. Pour into prepared tin, sprinkle the slivered almonds on top and bake for 35-45 minutes, or until a toothpick inserted in the center comes out clean. Put on a wire rack to cool slightly, then open springform pan and remove cake. Sprinkle with confectioners' sugar and serve slightly warm.

\*Make sure all ingredients are labeled Kosher for Passover.

**Makes 12 servings, 1 slice each**

**Prep Time: 30 minutes • Cook time: 45 minutes**

*Per serving: 380 calories, 21g fat, 2.5g saturated fat, 125mg cholesterol, 60mg sodium, 42g carbohydrate, 4g fiber, 35g sugars, 12g protein*



GLUTEN  
FREE

■ one-skillet rice, vegetables and shrimp



GLUTEN  
FREE

■ mediterranean turkey skillet



GLUTEN  
FREE

■ chicken & spinach pasta



GLUTEN  
FREE

■ caribbean catfish

- 4 oz. gluten-free pasta, uncooked
- 5 oz. frozen chopped spinach, thawed and drained
- 1 teaspoon vegetable oil
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 8 oz. boneless, skinless chicken breast, chopped

Cook pasta according to package directions and drain. Place spinach on paper towel and squeeze until barely moist. Add oil to a large non-stick skillet and place over medium heat until hot. Add onion and garlic and sauté until tender. Add chicken and cook until it loses its pink color, stirring constantly. Stir in tomatoes, tomato paste, basil, oregano and crushed red pepper flakes. Bring to a boil and then reduce heat. Simmer 5 minutes, uncovered, stirring occasionally. Combine pasta, spinach and chicken in a bowl. Stir well. Spoon into 13 x 9-inch baking dish coated with cooking spray. Sprinkle top with Parmesan cheese. Bake at 350°F for 20 minutes. Serve with gluten-free bread.

**Makes 4 servings, 10 oz. each**  
**Prep Time: 30 minutes • Cook time: 20 minutes**

*Per serving: 240 calories, 5g fat, 1g saturated fat, 35mg cholesterol, 330mg sodium, 30g carbohydrate, 4g fiber, 19g protein*

Make sure all ingredients are gluten-free

- 1 lb. catfish fillets
- 1 1/4 teaspoons Caribbean Jerk seasoning\* or Cajun seasoning
- 1 can (15 oz.) black beans, rinsed and drained
- 1 small mango, diced
- 1/4 cup chopped onion

Sprinkle the fillets evenly with jerk seasoning and place on lightly oiled broiler pan. Broil 6 inches from heat source for 10–12 minutes or until fish flakes easily with a fork. For salsa, stir together beans, mango, onion, peppers, cilantro, lime zest and juice. Salsa may be served immediately at room temperature or prepared a day ahead, covered and chilled until ready to serve. Serve broiled fish with salsa and garnish with lime wedges.\*To make your own jerk seasoning blend, combine 1/4 teaspoon each of ground allspice, dried thyme, garlic powder, cayenne and cinnamon or nutmeg.

**Makes 4 servings, 8 oz. each**  
**Prep Time: 15 minutes • Cook time: 10 minutes**

*Per serving: 210 calories, 4g fat, 1g saturated fat, 65mg cholesterol, 400mg sodium, 26g carbohydrate, 8g fiber, 25g protein*

Make sure all ingredients are gluten-free

- 1 Tablespoon canola oil
- 1 cup chopped onion
- 1 clove garlic, crushed
- 1 cup chopped celery
- 1 cup long grain brown rice
- 2 cups water

Heat oil in a large skillet over medium heat. Sauté onion and garlic in the skillet for 3 or 4 minutes. Add celery and cook for another 3 minutes. Stir in rice and water, cover and bring to a boil. Turn heat down to low, place broccoli and shrimp on top of rice, cover and simmer (you may need to adjust heat so that contents continue to simmer gently) for 15 minutes until rice is cooked, broccoli is tender and shrimp are pink. Season with lemon juice and pepper. Divide among plates.

**Makes 4 servings, 3 cups each**  
**Prep Time: 10 minutes • Cook time: 25 minutes**

*Per serving: 330 calories, 6g fat, 1g saturated fat, 175mg cholesterol, 250mg sodium, 45g carbohydrate, 5g fiber, 25g protein*

Make sure all ingredients are gluten-free

- 1 red onion, cut into 1-inch pieces
- 3/4 lb small red potatoes, cut into 1-inch pieces
- 2 Tablespoons extra virgin olive oil, divided
- 2 Tablespoons minced garlic, divided
- 1/2 teaspoon salt
- 1 lb. boneless turkey breast, cut into 1-inch pieces

Preheat oven to 400°F. In a large mixing bowl, combine red onion, red potatoes, 1 tablespoon oil, salt and 3/4 of the minced garlic; toss well to coat vegetables. Place vegetables on greased cookie sheet and bake for 30 minutes until vegetables are softened. Heat remaining oil in a medium nonstick skillet over medium-high heat. Add turkey and cook for 8–12 minutes or until turkey is cooked through. Add remaining minced garlic, artichoke hearts and olives. Heat thoroughly. Add onion and potato mixture, thyme and tomatoes. Sprinkle with pepper and Parmesan cheese and serve.

**Makes 4 servings, 10 oz. each**  
**Prep Time: 15 minutes • Cook time: 45 minutes**

*Per serving: 350 calories, 17g fat, 4g saturated fat, 70mg cholesterol, 260mg sodium, 26g carbohydrate, 4g fiber, 28g protein*

Make sure all ingredients are gluten-free



GLUTEN  
**FREE**

■ polenta with vegetables



GLUTEN  
**FREE**

■ maple-orange glazed carrots



GLUTEN  
**FREE**

■ gluten-free curried quinoa



GLUTEN  
**FREE**

■ brown rice pilaf



- 2 teaspoons canola oil
- 2 small carrots, finely diced
- 2 stalks celery, finely diced
- 1 cup mushrooms, chopped
- 1/4 cup slivered almonds
- 2 cups instant brown rice
- 1 can (14.5 oz.) reduced sodium, fat-free chicken broth
- 1/4 teaspoon ground black pepper

Heat canola oil in a medium saucepan. Sauté carrots, celery, mushrooms and almonds for 3–4 minutes or until they begin to soften. Add remaining ingredients and bring to a boil. Reduce to a simmer, cover, and cook for an additional 15–20 minutes or until rice is tender. Fluff with a fork.

*This recipe is adapted from The Healthy Carb Diabetes Cookbook by Chef Jennifer Bucko & Laura Rondinelli, RD, published by the American Diabetes Association.*

**Makes 10 servings, 4 oz. each**

**Prep Time: 10 minutes • Cook time: 25 minutes**

*Per serving: 170 calories, 4g fat, 0g saturated fat, 0mg cholesterol, 130mg sodium, 32g carbohydrate, 5g protein*



- 1 lb bag baby carrots
- 3 Tablespoons unsalted butter
- 1/4 cup water
- 1/4 cup maple syrup
- 1/4 cup orange juice
- 1/4 teaspoon kosher salt

Place all ingredients in a medium sized saucepan. Bring to a boil over medium-high heat, stirring occasionally. Cook until carrots are tender, about 15 minutes. Remove from heat and serve. Don't drain.

**Makes 6 servings, 1/2 cup each**

**Prep Time: 5 minutes • Cook time: 15 minutes**

*Per serving: 120 calories, 6g fat, 4g saturated fat, 15mg cholesterol, 110mg sodium, 16g carbohydrate, 1g fiber, 1g protein*



- 1 cup quinoa
- 1 1/2 Tablespoons vegetable oil
- 3/4 cup onion diced
- 1 teaspoon grated fresh ginger root
- 1/2 fresh green chile, finely chopped
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1 1/4 cups water
- 1/2 cup fresh or frozen peas

Rinse quinoa with cold water, using a fine mesh filter or coffee filter. If you are using Ancient Harvest quinoa, skip this step since it's already rinsed. Place oil and diced onions in a heavy saucepan. Sauté onions over medium high heat for 4–5 minutes. Add ginger root, chile, and quinoa. Cook for 1 minute, stirring constantly. A fine, white spiral appears around the grain as it cooks. Stir in turmeric, coriander, cinnamon. Cook for 1 minute, stirring constantly. Add water and bring to a boil. Cover, reduce heat and simmer for 15 minutes. Stir in peas. Cover and cook for 4–5 minutes or until peas are tender and all water has been absorbed. Fluff with a fork before serving.

**Makes 4 servings, 3/4 cup each**

**Prep Time: 10 minutes • Cook time: 25 minutes**

*Per serving: 240 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 10mg sodium, 34g carbohydrate, 5g fiber, 2g sugars, 8g protein*



- 1/2 cup coarsely ground cornmeal\*
- 1/4 teaspoon salt\*
- 1/2 cup cold water\*
- 1 cup boiling water\*
- 2 teaspoons butter
- 1 teaspoon olive oil
- 1 teaspoon crushed garlic
- 1/2 cup chopped onions
- 4 oz. sliced fresh mushrooms
- 1 cup broccoli florets
- 1/2 cup low-sodium chicken broth
- 1 teaspoon cornstarch
- \*May substitute 16 oz. package of prepared polenta

Combine cornmeal and salt in 1/2 cup cold water. In a medium saucepan, bring 1 cup water to boiling. Whisk in cornmeal mixture. Reduce heat and cook, stirring often, until thick and bubbly, about 15 minutes. Pour into a small loaf pan and chill until set. Unmold polenta and slice into 8 slices. Heat butter over medium heat in a non-stick skillet and fry polenta until browned on both sides, about 5 minutes per side. Remove and keep warm. Add oil to skillet and sauté garlic, onion and mushrooms until lightly browned. Add broccoli and cook until just tender. Combine broth and cornstarch, add to vegetables and cook until thickened. Serve vegetables over polenta slices.

**Makes 4 servings, 1 cup each**

**Prep Time: 15 minutes • Cook time: 30 minutes**

*Per serving: 110 calories, 4g fat, 1g saturated fat, 5mg cholesterol, 180mg sodium, 18g carbohydrate, 3g fiber, 3g protein*



■ Irish soda bread



■ rainbow fruit skewers

GLUTEN  
FREE



■ corned beef & cabbage

GLUTEN  
FREE



■ creamy pesto potato salad

GLUTEN  
FREE

## corned beef & cabbage



- 2 lb corned beef brisket
- 2 lb small red potatoes, left whole with peel (halved or quartered if larger)
- 2 medium yellow onions, sliced
- 2 bay leaves
- 1/2 Tablespoon coriander seeds
- 1 teaspoon whole black peppercorns
- 1 fresh head of cabbage
- Ground black pepper, to taste

Place the first 6 ingredients into a large pot and cover with cold water. Cover and bring to a soft simmer for 3½ hours. Discard outer leaves of the cabbage, cut into quarters and remove the core and add to pot. Cook for an additional 15 minutes or until cabbage is tender and bright green. Slice the corned beef in ¼-inch thick slices and serve with potatoes and cabbage.

**Makes 8 servings, 14 oz. each**  
**Prep Time: 10 minutes • Cook time: 3 hours 45 minutes**

*Per serving: 360 calories, 17g fat, 5g saturated fat, 60mg cholesterol, 1430mg sodium, 29g carbohydrate, 6g fiber, 7g sugars, 21g protein*

**Make sure all ingredients are gluten-free**

## creamy pesto potato salad



- 1/4 cup olive oil
- 1 cup (packed) fresh basil leaves
- 1 Tablespoon pine nuts
- 2 garlic cloves
- 1/2 cup sour cream
- Salt & pepper, to taste
- 2 lb small white or red-skinned new potatoes (about 1 inch in diameter), halved
- 3/4 cup freshly shredded Parmesan cheese

Blend olive oil, basil, pine nuts and garlic in a small food processor or blender until smooth. Place pesto in a small mixing bowl, add the sour cream and fold until smooth, seasoning with salt and pepper to taste. Refrigerate pesto. Bring potatoes to a simmer in large pot of salted water and cook just until fork-tender. Remove potatoes from heat, carefully drain and rinse with cold running water until cool. Add drained potatoes to a large mixing bowl with the creamy pesto and Parmesan cheese. Gently fold potatoes to coat. Serve immediately.

**Makes 8 servings, 1/2 cup each**  
**Prep Time: 15 minutes • Cook time: 25 minutes**

*Per serving: 220 calories, 12g fat, 4g saturated fat, 20mg cholesterol, 210mg sodium, 22g carbohydrate, 2g fiber, 6g protein*

**Make sure all ingredients are gluten-free**

## Irish soda bread



- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 Tablespoon sugar
- 2 Tablespoons cold unsalted butter
- 2 Tablespoons cold vegetable shortening
- 1 egg, beaten
- 1 cup buttermilk
- 1 cup currants

In a large bowl, combine flour, baking powder, baking soda, salt and sugar. Mix well. Cut in butter and shortening to the size of a pea. Add egg, buttermilk and currants. Mix until well incorporated. Knead dough on a floured surface just until it becomes a smooth ball. Placed on a greased baking sheet. Score the top with a knife. Bake at 375°F for 40–45 minutes or until golden brown.

**Makes 12 servings, 1 slice each**  
**Prep Time: 15 minutes • Cook time: 45 minutes**

*Per serving: 160 calories, 5g fat, 2g saturated fat, 25mg cholesterol, 300mg sodium, 27g carbohydrate, 1g fiber, 4g protein*

## rainbow fruit skewers



- 2 cups fat-free vanilla Greek yogurt
- 1/4 cup honey
- 1 teaspoon ground cinnamon
- 24 wooden skewers
- 12 strawberries, sliced in half
- 12 orange segments, cut in half (or 24 mandarin orange segments)
- 24 pineapple chunks
- 24 green grapes
- 24 blueberries
- 24 blackberries
- 24 red/purple grapes

In a small bowl, combine yogurt, honey and ground cinnamon until well blended. Cover and refrigerate until ready to serve. Pierce a piece of each kind of fruit onto each skewer in this order: strawberry, orange, pineapple, green grape, blueberry, blackberry and purple grape. Lay fruit skewers on a platter and serve with yogurt dip.

**Makes 24 servings, 1 kabob each**  
**Prep Time: 20 minutes • Cook time: None**

*Per serving: 50 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 5mg sodium 11g carbohydrate, 1g fiber, 8g sugars, 2g protein*

**Make sure all ingredients are gluten-free**





GLUTEN FREE

■ lime fiesta chicken salad



■ steak & shrimp fajitas



■ chicken enchiladas



■ quick tacos

- 1 Tablespoon canola oil
- 1/2 cup chopped onion
- 1 Tablespoon minced garlic
- 4 oz. diced green chilies, drained
- 2 cans (8 oz. each) no-salt-added tomato sauce
- 1 can (14.5 oz.) no-salt-added diced tomatoes
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder

Coat a large sauté pan with oil. Sauté onion and garlic until tender; add drained chilies, tomato sauce and tomatoes. Sprinkle with cumin, garlic powder, chili powder and flour. Stir well to combine. Add one cup of sauce to shredded chicken, mix in rinsed and drained black beans and corn. Microwave tortillas on high for 30 seconds to soften. Coat the bottom of a 13 x 9-inch pan with a ladle of sauce. Divide chicken mixture among 8 tortillas. Fold tortillas over filling, place in baking dish and top with remaining sauce and cheese. Place in oven until cheese melts. Serve on a bed of shredded lettuce. Garnish with cilantro leaves, chopped scallions, low-fat sour cream, chopped tomatoes, salsa, and/or diced avocado if desired.

**Makes 8 servings, 1 enchilada each**  
**Prep Time: 20 minutes • Cook time: 15 minutes**

*Per serving: 230 calories, 6g fat, 2g saturated fat, 35mg cholesterol, 220mg sodium, 27g carbohydrate, 4g fiber, 17g protein*

- 1 lb ground beef, 90% lean/10% fat
- 2/3 cup water
- 1 teaspoon cumin
- 1 Tablespoon chili powder
- 1/4 teaspoon pepper
- 1 teaspoon onion salt
- 8 (6-inch) flour tortillas
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1 cup shredded lettuce
- 1 large tomato, diced

Brown beef in a large non-stick skillet. Drain fat. Add all seasonings and mix well. Simmer 4 minutes. Warm tortillas. Fill tortilla with 1/3 cup beef, 2 tablespoons cheese, lettuce and tomato. Wrap and serve.

**Makes 8 servings, 5 oz. each**  
**Prep Time: 10 minutes • Cook time: 15 minutes**

*Per serving: 380 calories, 16g fat, 5g saturated fat, 40mg cholesterol, 640mg sodium, 42g carbohydrate, 3g fiber, 19g protein*

- 1 lb boneless, skinless chicken breasts
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup diced avocado
- 1/2 cup canned corn kernels
- 2 cups cherry tomatoes, halved
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- Juice and zest of 1 lime
- 6 cups chopped romaine lettuce

Preheat oven to 350°F. Lightly coat baking dish with oil or cooking spray. Trim fat from chicken and pound to an even thickness. Sprinkle salt and pepper on both sides of chicken breast and bake for approximately 20–25 minutes or until internal temperature reaches 165°F. Cool slightly and slice into bite-sized pieces. Combine chicken, avocado, corn, tomatoes, onion and cilantro in a large mixing bowl. Drizzle with lime juice and zest and toss gently to coat evenly. Divide lettuce among 4 plates. Arrange vegetables and chicken over lettuce.

**Makes 4 servings, 2½ cups each**  
**Prep Time: 15 minutes • Cook time: 20 minutes**

*Per serving: 230 calories, 10g fat, 2g saturated fat, 70mg cholesterol, 300mg sodium, 15g carbohydrate, 6g fiber, 27g protein*

Make sure all ingredients are gluten-free

- 1 lb beef sirloin steak, cut 1 to 1¼" thick
- 12 oz. large peeled and deveined raw shrimp
- 12 sprigs cilantro
- 1/4 cup lime juice
- 1/4 cup cooking oil
- 1 teaspoon fajita seasoning
- 1/2 teaspoon salt
- 2 red and or green sweet peppers, seeded and halved
- 8 (and/or 10-inch) flour tortillas

Place steak, shrimp and cilantro in a large plastic bag with seal. Combine lime juice, oil, fajita seasoning and salt. Pour over meat and shrimp. Seal bag. Marinate in refrigerator for 4–12 hours. Preheat grill to medium. Discard marinade and cilantro. Grill steak for 6–8 minutes per side. Add peppers to the grill and cook for 8–10 minutes or until tender. Meanwhile, thread shrimp onto three 15" skewers. Grill shrimp for 6–8 minutes or until opaque, turning once. Thinly slice steak and peppers. Remove shrimp from skewers. Serve beef, peppers and shrimp with warm tortillas.

**Makes 8 servings, 1 fajita each**  
**Prep Time: 15 minutes • Cook time: 40 minutes**

*Per serving: 370 calories, 14g fat, 4g saturated fat, 110mg cholesterol, 540mg sodium, 33g carbohydrate, 2g fiber, 26g protein*



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