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25th
Anniversary

Peach and
Tomato Salad
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Our all-time best recipes

Enjoy these
favorite recipes
from the past
25 years of
Delicious Living

It's all about the food. For a quarter century, *Delicious Living* has brought you the healthiest ingredients and best flavors combined in recipes that celebrate the natural lifestyle with flair and creativity. These picks from staff and readers represent a sampling of favorites that we rely on again and again. To your good health!

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Sprouted-Wheat Breakfast Sandwich

Serves 1 / Nutritious sprouted-grain bagels contain complex carbs, essential for brain health. Long-lasting carbs also help prevent dips in blood sugar, keeping cravings and hunger pangs at bay.

Ingredient tip: If you can't find prosciutto, substitute shaved Canadian bacon or soy bacon.

- ½ sprouted-grain bagel
- ¼ teaspoon extra-virgin olive oil
- 1 egg white or 1 whole egg
- ¾ ounce (about ¼ cup) shredded low-fat mozzarella or cheddar cheese
- ½ ounce prosciutto
- A few fresh arugula leaves

1. Toast the bagel half. Meanwhile, place a small nonstick pan over medium-high heat. When hot, add oil, then egg white or egg. Fry until set.
2. Immediately top warm bagel with shredded cheese, followed by hot egg. Top with prosciutto and arugula leaves. Serve immediately.

PER SERVING: 238 cal, 21% fat cal, 6g fat, 2g sat fat, 25mg chol, 19g protein, 28g carb, 1g fiber, 728mg sodium

—Recipe by Devin Alexander

Berry Lemon Applesauce

Serves 6 / A 21st-century upgrade to a classic recipe, this simple dish uses fruits of varied ripeness. **Serving tips:** It's great scooped on pancakes for breakfast, as a side dish with lunch and dinner, or topped with frozen yogurt for dessert.

- 5 large apples, peeled if preferred, cored, and roughly sliced
- ⅓ cup dried cranberries
- ¾ cup apple cider
- 2 tablespoons fresh lemon juice
- 1 cinnamon stick
- ¼ cup clover honey
- 2 cups blueberries, raspberries, or sliced strawberries
- 1 tablespoon lemon zest (2 medium lemons)

1. Place apples, cranberries, cider, lemon juice, and cinnamon stick in a large pan and simmer, covered, for 15 minutes, stirring regularly.
2. Stir in honey and cook for 1 minute. Remove from heat. Remove cinnamon stick and mash apples with a wooden spoon to desired consistency.
3. While mixture is still hot, stir in remaining fruit and lemon zest.

PER SERVING: 202 cal, 2% fat cal, 1g fat, 0g sat fat, 0mg chol, 1g protein, 53g carb, 5g fiber, 3mg sodium

—Recipe by Colin Berry



Broccoli Sprout and Arugula Salad with Blackberries and Papaya

Serves 4 / In this antioxidant-rich salad, a blackberry-citrus dressing unites sweet papaya with spicy arugula and broccoli sprouts. **Prep tip:** For a milder salad, substitute frisée or mesclun for some of the arugula.

- ¼ cup fresh grapefruit juice
- 2 tablespoons all-fruit blackberry preserves
- 2 tablespoons flaxseed oil
- 1 tablespoon extra-virgin olive oil
- 4 ounces broccoli sprouts
- 6 cups baby arugula (about 3 ounces)
- 1 cup cubed papaya
- ½ cup chopped almonds
- 1 cup fresh or frozen and thawed blackberries

1. In a small bowl, combine grapefruit juice, blackberry preserves, flaxseed oil, and olive oil. Whisk together until well blended and slightly thickened. Season with salt and pepper, and set aside.
2. In a large bowl, combine broccoli sprouts, arugula, papaya, and almonds; toss with just enough dressing to lightly coat. (Refrigerate remaining dressing for another use.)
3. Divide greens among four serving plates. Top with blackberries and serve.

PER SERVING: 190 cal, 58% fat cal, 13g fat, 1g sat fat, 0mg chol, 5g protein, 16g carb, 5g fiber, 11mg sodium —Recipe by Lisa Turner

Peach and Tomato Salad

Serves 6–8 / We love these two fruits combined, and they ripen in tandem in late summer. It looks like tomato salad, but the peach is the surprise that everybody loves. **Prep tip:** Using multiple colors of heirloom tomatoes, including yellow tomatoes, playfully confuses the eye because they are the same color as the peaches. Any combination will be delicious as long as the fruit is juicy ripe.

- 4 tomatoes, diced large
- 2 peaches, diced large
- 2 tablespoons finely chopped sweet onion (red or scallion)
- 1 tablespoon finely chopped fresh basil
- 3 tablespoons fruity olive oil

1. Gently combine tomatoes and peaches in a serving bowl. Add onion and basil and toss lightly. In a small bowl, mix olive oil with sea salt and a dash of freshly ground black pepper. Drizzle over tomato mixture and toss with care.

PER SERVING: 91 cal, 66% fat cal, 7g fat, 1g sat fat, 0mg chol, 1g protein, 7g carb, 2g fiber, 7mg sodium —Recipe by Donna Prizgintas



Papaya Avocado Salad

Serves 4 / Usually discarded, papaya seeds are edible and have a slightly peppery taste. It's OK if some of the pulp sticks to the seeds—it just adds flavor. The dressing is also good as a sauce for fish or chicken.

- 1 ripe papaya (about 1 pound)
- 1 large ripe avocado
- 2 tablespoons chopped green onions
- 2 cups endive leaves or mixed baby greens
- Toasted macadamia nuts (optional)

PAPAYA-SEED DRESSING

- 3-4 tablespoons fresh papaya seeds
- $\frac{1}{3}$ cup rice vinegar
- 2 tablespoons brown sugar
- $\frac{1}{4}$ cup canola or other vegetable oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon dry mustard
- 3 tablespoons chopped Maui or white onion

1. Cut papaya in half and remove seeds; don't discard seeds. Combine all dressing ingredients in a blender; blend on high until papaya seeds are about the size of ground black pepper.
2. Peel papaya and cut into $\frac{1}{2}$ -inch cubes. Cut avocado in half; remove pit and peel, and dice into $\frac{1}{2}$ -inch cubes. Toss papaya, avocado, and green onions with dressing to taste. Serve over endive leaves or mixed greens, garnished with nuts if desired.

PER SERVING: 297 cal, 62% fat cal, 22g fat, 2g sat fat, 0mg chol, 2g protein, 28g carb, 6g fiber, 161mg sodium —Recipe by Monique Cole

Cucumber Salad with Yogurt-Basil-Garlic Sauce

Serves 6 / Cucumber is one of the few vegetables that the Chinese eat raw. The sauce also makes a good marinade for fish or tofu, and it can also be used as a dipping sauce.

YOGURT-BASIL-GARLIC SAUCE

- $1\frac{1}{2}$ cups nonfat plain yogurt
- $1\frac{1}{2}$ tablespoons olive oil
- $\frac{1}{2}$ tablespoon honey
- 2 cloves garlic
- $\frac{1}{2}$ teaspoon Anaheim chile, seeded and chopped (or Asian chile sauce)
- $\frac{1}{4}$ cup fresh basil leaves

CUCUMBER SALAD

- $1\frac{1}{2}$ pounds English cucumber (or about 3 small young cucumbers)
- $\frac{1}{4}$ teaspoon salt
- 2 kiwi fruit, peeled

1. Place all sauce ingredients in a blender and purée until smooth. Store in refrigerator.
2. Peel and thinly slice cucumbers. Add salt. Cover and refrigerate for 10 minutes.
3. Pour sauce over sliced cucumbers. Mix well.
4. When ready to serve, cut kiwi fruit into wedges and stir gently into cucumber mixture.

PER SERVING: 101 cal, 33% fat cal, 4g fat, 1g sat fat, 1mg chol, 5g protein, 13g carb, 2g fiber, 147mg sodium

—Recipe by Ying Chang Compestine



Fennel Salad with Green Goddess Soy Dressing

Serves 6 / This is a flavorful, unusual salad made with fennel, a crisp, faintly licorice-flavored vegetable. Long popular in Europe, fennel has become widely available in American grocery stores as more people come to appreciate its versatility and lively flavor. Look for firm, unbruised, medium-sized bulbs with fresh, celery-like stalks. The herbal dressing complements the fennel perfectly; the creaminess comes from soy milk rather than the usual sour cream and mayonnaise. Thick and tangy, the dressing also makes a great dip for crudité's or sauce for steamed vegetables.

DRESSING

- 10 ounces green peas, fresh or frozen and thawed
- ½ cup plain soy milk
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 3 sprigs fresh mint
- 6 leaves fresh basil
- Salt and white pepper, to taste

SALAD

- 1 fennel bulb, sliced
 - 1 cucumber, peeled, seeded, and sliced
 - 4 scallions, white and tender green parts, chopped
 - 2 cups shredded carrots
 - 1 pound mixed salad greens
1. In a food processor or blender, purée peas, soy milk, lemon juice, garlic, mint, basil, salt and pepper. Chill.
 2. Combine fennel, cucumber, scallions, carrots and greens. Pour dressing over salad and toss lightly. Serve immediately.

PER SERVING: 98 cal, 8% fat cal, 1g fat, 0g sat fat, 0mg chol, 6g protein, 19g carb, 6g fiber, 83mg sodium

—Recipe by Patricia Greenberg

Celery Root and Daikon Salad with Mint

Serves 4 / Mint is a potent source of breast-protective limonene. Use it lavishly, and use it often.

- 1 medium celery root (celeriac)
- 1 small daikon radish
- ¼ teaspoon sea salt
- Ground black pepper
- ½ cup chopped fresh mint leaves

DRESSING

- ¼ teaspoon sea salt
- 1 clove garlic, minced
- ⅓ cup extra-virgin olive oil
- ½ cup orange juice
- 1 teaspoon lemon juice

1. Trim and peel celery root, slice, and cut slices into 2-inch-long julienne strips. You should have about 2 cups. Scrub daikon radish with a natural bristle brush and cut into similar-sized julienne strips, yielding about 1½ cups. Combine celery root and daikon in a serving bowl. Season with ¼ teaspoon salt and ground pepper. Add chopped mint leaves and toss.
2. In a food processor, add ¼ teaspoon salt and minced garlic. Puree. With motor running, slowly add olive oil, then orange juice and lemon juice. Season to taste with pepper.
3. Pour dressing over vegetables, toss, and marinate for 1 hour. Adjust seasonings and serve.

PER SERVING: 142 cal, 68% fat cal, 11g fat, 2g sat fat, 0mg chol, 1g protein, 10g carb, 2g fiber, 362mg sodium

—Recipe by Robin Keuneke



Classic Scallop Ceviche

Serves 8 / This low-fat, dairy-free appetizer features bay scallops—ocean-friendly, low-cholesterol shellfish. We like this full-flavored tangy lime version; others may prefer a half-lemon–half-lime marinade. **Prep tip:** You can also use halibut or another firm white fish, cut into similar small pieces.

Serving tip: Serve with whole-grain crackers or corn chips.

- 1 pound fresh bay scallops (without shells), cleaned
 - 2 cups fresh lime juice, pulp strained
 - 1 yellow bell pepper, seeded, and diced
 - 1 small red onion, diced
 - 1 large tomato, diced
 - 1 small avocado, peeled and diced
 - 1 jalapeño pepper, seeded, and finely diced
 - $\frac{1}{4}$ cup chopped fresh cilantro
 - 1 tablespoon olive oil
1. Place scallops in lime juice in a large glass bowl and refrigerate, covered, 6 hours or overnight. Stir occasionally.
 2. Remove scallops from marinade, discarding all but 2–3 tablespoons of lime juice. Add remaining ingredients. Salt lightly, stir, and serve immediately.

PER SERVING: 125 cal, 43% fat cal, 6g fat, 1g sat fat, 19mg chol, 11g protein, 8g carb, 3g fiber, 97mg sodium —Recipe by Colin Berry

Crostini with Sun-Dried Tomato Pesto and Feta Cheese

Makes 12 / These “little toasts” make an easy and elegant appetizer. **Serving tip:** Arrange around a beautiful bunch of grapes on a festive platter.

SUN-DRIED TOMATO PESTO

- $\frac{3}{4}$ cup sun-dried tomatoes (not packed in oil)
- 3–4 cloves garlic, to taste
- 1 tablespoon fresh parsley
- $\frac{1}{4}$ cup grated Parmesan cheese
- 2 tablespoons walnut pieces, lightly toasted
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$ teaspoon balsamic vinegar

CROSTINI

- 12 thin slices Italian country bread or French baguette
 - $\frac{1}{2}$ cup crumbled feta cheese
 - 12 fresh basil leaves
1. Preheat oven to 350°. Soak dried tomatoes in very hot water until soft, 5–10 minutes; drain, reserving liquid. Place tomatoes and remaining pesto ingredients in a blender or food processor and process until well mixed. If too thick, blend in a little of reserved liquid. Set aside.
 2. On a large baking sheet, toast bread slices for about 5 minutes or until crisp and golden, turning once. Remove from oven.
 3. Spread each bread slice with tomato pesto; top with a small amount of crumbled feta cheese and one small basil leaf. Serve.

PER SERVING: 91 cal, 53% fat cal, 6g fat, 2g sat fat, 7mg chol, 3g protein, 8g carb, 1g fiber, 280mg sodium —Recipe by Elisa Bosley



Roasted Sweet Potato Sticks

Serves 4 / We usually expect sweet potatoes to be mashed with butter and sweetening and presented as a soft side dish. In this more unusual approach, sweet potatoes, which are full of fiber and beta-carotene, are cut into long wedges and roasted until slightly crispy on the outside and creamy on the inside. Butter and sugar are unnecessary and won't be missed.

- 3 8-ounce sweet potatoes
 - 2-4 tablespoons olive oil
 - Squeezable lime wedges
 - Salt, to taste
1. Preheat oven to 450°. Slice unpeeled sweet potatoes in half lengthwise, then slice each half lengthwise into four strips.
 2. Coat a 9x13-inch baking dish with olive oil, then pour remaining olive oil into a small bowl. Use a pastry brush to coat cut surfaces of sweet potato wedges with oil, then place them skin-side-down in prepared pan. Roast in lower half of oven for 15 minutes, or until pierced easily with a fork.
 3. Remove pan from oven and let cool. Transfer to a plate. Sprinkle with lime juice and salt, and eat them right out of the skins with a spoon or whole with your fingers. (If using fingers, make sure the potatoes are cool enough to handle safely.)

PER SERVING: 207 cal, 29% fat cal, 7g fat, 1g sat fat, 0mg chol, 3g protein, 35g carb, 5g fiber, 94mg sodium —Recipe by Mollie Katzen

Potato Carrot Soup with Chive Dill Sauce

Serves 10 / The flavors and appearance of this low-fat yet flavorful soup are balanced beautifully by the creaminess of the sour-cream-and-dill garnish.

- 1 pound carrots, peeled and cut into small, bite-size pieces
 - 1 yellow onion, peeled and thinly sliced
 - 2 pounds potatoes, peeled and diced
 - 3 tablespoons olive oil or butter
 - 3 cloves garlic, minced
 - 1½ quarts vegetable or chicken broth
 - 1 medium bunch chives, chopped fine
 - 1 cup low-fat sour cream
 - ½ teaspoon paprika
 - 2-3 tablespoons chopped fresh dill
1. In a large soup pot over medium-low heat, cook carrots, onions, and potatoes in olive oil or butter until soft. Add garlic and broth. Simmer over medium heat for 30 minutes.
 2. Remove from stove. In batches, purée soup in a food processor or blender. Return to pot. Add chives, and season generously with salt and pepper to taste.
 3. In a small bowl, combine sour cream, paprika, and dill. Ladle soup in bowls, and garnish with sour-cream mixture.

PER SERVING: 165 cal, 32% fat cal, 6g fat, 1g sat fat, 4mg chol, 3g protein, 26g carb, 4g fiber, 197mg sodium —Recipe by Jesse Cool





Herb and Goat Cheese Pizza

Serves 8 / This earthy pizza combines sage, rosemary, and thyme in an aromatic topping. Sage and rosemary impart a slightly piney flavor with citrus undertones. And thyme, with a trace of clove and pepper, enhances almost any food. **Prep tip:** Look for time-saving, premade, trans-fat-free pizza dough or crusts in the refrigerated section of your natural market.

- 1 10-ounce whole-wheat pizza crust or prepared whole-wheat pizza dough
 - 1 tablespoon extra-virgin olive oil
 - 1 medium red onion, halved and thinly sliced
 - 2 large or 3 medium Roma tomatoes, sliced
 - 4 ounces goat cheese, crumbled
 - 12 fresh sage leaves, cut into ¼-inch slices
 - 1 tablespoon fresh thyme leaves
 - 1 tablespoon snipped fresh rosemary
1. Preheat oven to 450°. Place pizza crust or shaped dough on a baking sheet.
 2. In a large skillet, heat olive oil and sauté onion for 5–8 minutes or until tender. Spread onions evenly over pizza crust, then top with tomato slices, spreading evenly to the edges. Top with cheese. Bake for 5 minutes, then sprinkle sage, thyme, and rosemary evenly over pizza. Return to oven and bake for 5–7 minutes more, or until tomatoes are hot and cheese has softened.
- PER SERVING:** 159 cal, 39% fat cal, 7g fat, 3g sat fat, 11mg chol, 6g protein, 19g carb, 2g fiber, 225mg sodium —Recipe by Kris Wetherbee



Chicken Breasts with Brandied Cherry-Chocolate Sauce

Serves 4 / Decadent! **Prep tip:** Brining the chicken before cooking helps it retain moisture.

- ¼ cup plus 2 tablespoons salt
 - 4 cups water
 - 4 boneless, skinless chicken breast halves
 - ¼ cup all-purpose flour
 - 1½ tablespoons butter
 - 1½ tablespoons olive or vegetable oil
 - 2 cups low-sodium chicken broth
 - ⅓ cup dried cherries
 - ⅓ cup good-quality balsamic vinegar
 - 2 tablespoons brandy
 - 1 ounce unsweetened chocolate, chopped
1. Dissolve salt and water in a large bowl or zip-top bag. Add chicken; brine for 30 minutes in refrigerator. Remove chicken, rinse with water, and pat dry.
 2. Preheat oven to 200°. Pour flour onto a plate and dredge each breast, patting to lightly coat.
 3. Melt butter and oil over medium-high heat in a heavy 12-inch skillet. Cook until butter begins to color. Lay chicken in pan and cook, undisturbed, until brown, about 5 minutes. Turn and cook on second side, undisturbed, until juices begin to clot around pieces, 5–7 minutes. Remove chicken and keep warm in oven.
 4. Add broth to skillet, scraping to release brown bits. Boil until reduced to 1 cup, 8–10 minutes. Add cherries and vinegar; boil until thickened, 8–10 minutes. Stir in brandy and chocolate until melted. Spoon over chicken and serve.
- PER SERVING:** 384 cal, 40% fat cal, 16g fat, 7g sat fat, 85mg chol, 31g protein, 24g carb, 2g fiber, 499mg sodium —Recipe by Joyce Slaton



Chunky Gazpacho

Serves 4–6 / This soup provides loads of vitamin C, antioxidants, and fluids—plus it tastes great. Cilantro is an excellent detoxifier; studies have even shown it to be effective in eliminating heavy metals from the body.

- 3 cups chopped fresh tomatoes
- 1 cup peeled and seeded chopped cucumber
- ½ red bell pepper, chopped
- ½ yellow bell pepper, chopped
- ⅔ cup finely chopped sweet onion
- ½ cup chopped celery
- ½ tablespoon olive oil
- ½ tablespoon bottled horseradish
- ½ tablespoon balsamic vinegar
- ½ tablespoon rice vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups low-sodium vegetable or tomato juice
- 1 clove garlic, minced
- 4 tablespoons plain nonfat yogurt
- 4 tablespoons chopped fresh cilantro
- ½ avocado, roughly chopped

1. In a large bowl, combine all ingredients except yogurt, cilantro, and avocado. Cover and chill at least 2 hours or overnight. Top each serving with 1 tablespoon each of yogurt, cilantro, and avocado.

PER SERVING: 133 cal, 38% fat cal, 6g fat, 1g sat fat, 1mg chol, 3g protein, 19g carb, 5g fiber, 353mg sodium

—Recipe by Debra Rouse, ND

Halibut with Fennel, Capers, and Lemon

Serves 2 / Surprisingly, a slow cooker works well for some quick dinners, too; its even temperature is ideal for simmering fish.

Serving tip: Accompany with brown basmati rice and a salad of chopped kale tossed with feta, walnuts, olive oil, and lemon juice.

- ¾ cup dry white wine
- 2 6- to 8-ounce halibut fillets, or other white fish
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 small cloves garlic, minced
- ½ lemon, thinly sliced
- 1 small fennel bulb, thinly sliced
- 2 tablespoons capers, drained
- ¼ cup chopped kalamata olives, rinsed and drained
- 1 sprig fresh rosemary

1. Place wine in a 4-quart slow cooker. Sprinkle fish fillets with salt and pepper and place in slow cooker. Top fish with garlic, lemon, and fennel; sprinkle with capers and olives. Add rosemary sprig. Cover and cook on high for 20–30 minutes, until fish is opaque and cooked through.

PER SERVING: 261 cal, 20% fat cal, 6g fat, 1g sat fat, 54mg chol, 38g protein, 14g carb, 5g fiber, 780mg sodium

—Recipe by Lisa Turner



Chicken Salad Veronique

Serves 6–8 / Here's an easy way to use leftover chicken from last night's barbecue; it makes a great picnic meal. **Prep tip:** If you can find chives with flowers, use them for added elegance.

- 2 cups chopped cooked chicken breast (skinless)
 - 2 medium carrots, peeled and thinly sliced
 - 1 avocado, diced
 - 3 ribs celery, thinly sliced
 - 2 tablespoons fresh lemon juice
 - 2 tablespoons low-fat mayonnaise
 - 1½ cups seedless red grapes, halved
 - ½ cup slivered almonds, toasted
 - 1 small head romaine lettuce
 - 2 tablespoons chopped fresh chives
1. In a medium bowl, gently combine chicken, carrots, avocado, celery, and lemon juice. Toss with mayonnaise to moisten. Season with salt and pepper. Stir in grapes and almonds. (If making ahead, add almonds just before serving.)
 2. Tear romaine lettuce into a medium bowl with a lid. Mound chicken mixture on top and sprinkle with chives. Keep chilled until ready to pack into a cooler or to serve.
- PER SERVING:** 270 cal, 49% fat cal, 15g fat, 2g sat fat, 39mg chol, 19g protein, 17g carb, 7g fiber, 109mg sodium —Recipe by Karin Lazarus

Spicy Ginger Turkey Cutlets

Serves 4 / **Prep tip:** If you can't find turkey cutlets, use thinly sliced boneless, skinless chicken breasts. Fresh ginger and orange juice are wonderful, but in a pinch, use ginger from a jar (available in the produce section) and reconstituted frozen juice. **Serve with:** steamed asparagus.

- 1 pound turkey cutlets
 - All-purpose flour
 - 2 tablespoons olive oil
 - 3 teaspoons minced ginger
 - 2 tablespoons brown sugar
 - ½ teaspoon crushed red pepper flakes
 - 1 cup orange juice
1. Dust turkey with flour and sprinkle with salt and pepper. Heat oil in a large skillet over medium-high heat. Add turkey; brown on both sides until cooked, 3–4 minutes per side (do not overcook). Remove and keep warm.
 2. Add ginger to skillet; cook 30 seconds, scraping up brown bits. Add brown sugar, red pepper flakes, and orange juice; stir to blend. Bring to a boil and cook, stirring occasionally, until slightly reduced, about 5 minutes. Return turkey and juices to pan. Simmer until warmed through and sauce thickens, about 3 minutes.
- PER SERVING:** 266 cal, 26% fat cal, 8g fat, 1g sat fat, 75mg chol, 29g protein, 19g carb, 0g fiber, 63mg sodium —Recipe by Elisa Bosley

Grilled Thai Salmon Burgers with Peanut Sauce

Serves 4 / If you are a Thai food fan, you will love this burger, especially the sauce. The green onions and chili paste add vitamin C, and ginger adds to the great digestibility of this dish. Serve over greens or on a whole-wheat bun.

- 1 pound salmon fillet, skinned
- ½ cup chopped green onion
- 1 tablespoon Thai red chili paste
- 2 teaspoons freshly grated ginger
- 2 teaspoons low-sodium tamari or soy sauce
- 4 teaspoons dry whole-wheat bread crumbs

PEANUT SAUCE

- 4 tablespoons natural peanut butter, creamy or chunky
- 4 teaspoons low-sodium tamari or soy sauce
- 3 teaspoons toasted sesame oil
- 2 teaspoons water
- 2 teaspoons rice vinegar
- 2 cloves garlic, minced

Olive oil cooking spray
Broccoli sprouts (optional)

1. Chop salmon by hand or with a food processor until chopped but not mushy. Place salmon in a large bowl. Add green onion, chili paste, ginger, and tamari or soy sauce, and mix well. Add just enough bread crumbs to bind all ingredients together (about 4 teaspoons). Form mixture into four burgers ½ inch thick and refrigerate for approximately 30 minutes.
2. To prepare sauce, combine peanut butter, tamari or soy sauce, oil, water, vinegar, and garlic. Whisk together until smooth.
3. Preheat grill to medium-high. Lightly spray a sheet of aluminum foil with cooking spray and place on grill. Place salmon burgers directly on top of foil. Grill for about 3–4 minutes on each side, being careful not to overcook. Serve immediately topped with peanut sauce and optional broccoli sprouts.

PER SERVING (with ½ tablespoon peanut sauce): 359 cal,

60% fat cal, 24g fat, 5g sat fat, 75mg chol, 28g protein, 8g carb, 1g fiber, 568mg sodium

—Recipe by Debra Rouse, ND

Cocoa Nib Mousse

Serves 8 / This velvety, dairy-free mousse is healthy enough to eat every day. One dish will feed two people after dinner—or one very hungry person.

- 1½ cups plain soy milk
- ½ cup cocoa nibs
- ⅓ cup honey
- 3 tablespoons cornstarch
- Pinch of salt
- 1½ cups silken tofu, puréed until very smooth
- ½ cup dairy-free whipped topping (optional)
- 1 pint fresh raspberries
- Cocoa nibs, for garnish

1. Combine soy milk and cocoa nibs in a small saucepan; bring to a gentle simmer (do not boil) over medium-high heat and cook for 1 minute. Remove from heat, cover, and let stand for 25 minutes. Strain into a bowl, pressing nibs with the back of a spoon to extract liquid. Discard nibs and set liquid aside.
2. In a heavy saucepan, combine honey, cornstarch, and salt, mixing to form a smooth paste. Slowly stir in cocoa-nib infusion, mixing until smooth. Cook over medium heat, stirring constantly, until mixture begins to thicken, 3–4 minutes. Reduce heat and stir in puréed tofu. Cook for 2 minutes more over medium-low heat, until thick and creamy.
3. Transfer to four ½-cup ramekins. Refrigerate for several hours. To serve, top with whipped topping, if desired; garnish with berries and cocoa nibs.

PER SERVING: 184 cal, 35% fat cal, 7g fat, 3g sat fat, 0mg chol,

6g protein, 25g carb, 4g fiber, 9mg sodium

—Recipe by Lisa Turner



Peach Melba Tart

Serves 12 / **Ingredient tip:** Find unrefined, virgin coconut oil in the baking aisle, or use canola oil.

- ¼ cup date sugar
 - 1 cup whole-wheat pastry flour
 - ½ cup almond flour
 - ⅓ cup coconut oil
 - ⅛ teaspoon salt
 - 1½ tablespoons water
 - ¼ teaspoon lemon juice
 - ½ cup plain low-fat yogurt
 - 1 teaspoon vanilla extract
 - 5 tablespoons honey, divided
 - 3 tablespoons fresh orange juice
 - 1 tablespoon fresh lemon juice
 - ½ pound fresh peaches, peeled and thinly sliced
 - 6 ounces fresh raspberries
1. Preheat oven to 400°. In a food processor, combine sugar, flours, oil, and salt. Process 15–20 seconds, until mixture looks like wet sand. Add water and lemon juice; process until mixture forms a ball. Press into a 10-inch tart pan and ½ inch up the sides. Place on a baking sheet and bake 10 minutes. Prick with a fork, then bake 5–10 minutes more or until golden brown. Cool completely.
 2. Blend yogurt, vanilla, and 2 tablespoons honey. Set aside. In a saucepan, combine orange juice, lemon juice, and remaining 3 tablespoons honey. Bring to a boil, stirring. Reduce heat; simmer until reduced to ¼ cup. Skim off foam.
 3. Place cooled crust on a plate. Top with yogurt mixture. Arrange peaches and raspberries on top. Brush with 2 tablespoons orange glaze.
- PER SERVING:** 168 cal, 48% fat cal, 9g fat, 6g sat fat, 1mg chol, 2g protein, 20g carb, 3g fiber, 31mg sodium —Recipe by Karin Lazarus

Raspberry Cream Cheese Pie

Serves 8 / An easy-to-make showstopper. **Ingredient tip:** If raspberries aren't available, substitute strawberries, peaches, blueberries, or even canned, drained cherries. Just be sure to use the corresponding fruit jam.

- 8 whole honey graham crackers
 - ¼ cup brown sugar
 - ¼ cup melted butter
 - ⅔ cup (6 ounces) reduced-fat cream cheese
 - ⅓ cup natural cane sugar
 - ½ cup reduced-fat sour cream
 - 1 tablespoon lemon juice
 - ½ teaspoon vanilla extract
 - 1 pint raspberries
 - ¼ cup seedless raspberry jam
1. Preheat oven to 375°. In a food processor, grind graham crackers and brown sugar until coarse. Add butter and blend well. Press into a removable-bottom tart pan and ½ inch up the sides. Bake for 8 minutes. Cool.
 2. Beat cream cheese and sugar with an electric mixer until smooth. Beat in sour cream, lemon juice, and vanilla. Spread on cooled crust. Chill until firm, about 1 hour.
 3. Arrange berries in a circular pattern over filling. Whisk jam until its consistency is loose, and drizzle over tart. Chill up to 3 hours.
- PER SERVING:** 244 cal, 41% fat cal, 12g fat, 6g sat fat, 25mg chol, 33g carb, 4g protein, 2g fiber, 186mg sodium

—Recipe by Rebecca Broida Gart



Pineapple Tofu Cheesecake

Serves 8 / This delectable, low-fat and cholesterol-free dessert was a first-place winner in our 2000 annual reader recipe contest.

CRUST

- 10 whole graham crackers
- 1 tablespoon honey or maple syrup
- 2 tablespoons water
- ½ teaspoon ground cinnamon
- 2 tablespoons canola oil or melted butter
- 1 teaspoon vanilla extract
- ⅛ teaspoon ground nutmeg (optional)

- 1 20-ounce can crushed pineapple
- 1 cup pineapple juice
- 2 tablespoons cornstarch
- 1 teaspoon turbinado sugar or honey
- 2 boxes firm Mori-Nu silken tofu
- 2 teaspoons vanilla extract
- 1¼ teaspoons salt
- ¼ cup honey
- ¼ cup turbinado sugar
- 3 tablespoons sunflower or safflower oil
- ¼ cup pineapple juice
- ½ teaspoon ground coriander or cinnamon
- ½ teaspoon lemon extract

1. Butter a 9-inch springform pan. Grind graham crackers in a blender or food processor or crush crackers in a plastic bag with a rolling pin. Combine remaining crust ingredients in mixing bowl; stir well. Add cracker crumbs and stir until all crumbs are moistened. Press mixture evenly into bottom and 1½ inches up pan sides. Bake crust at 350° for 5–10 minutes or until lightly browned. Cool.
2. Drain juice from canned pineapple, reserving juice. Combine 1 cup pineapple juice with cornstarch and 1 tablespoon sugar or honey; mix until thoroughly blended. Pour into a small saucepan and stir constantly over medium-low heat until mixture becomes thick and translucent. Add drained, crushed pineapple. Cool to room temperature. Set aside.
3. Rinse and drain tofu. Mash tofu in a bowl and add all remaining ingredients (vanilla through lemon extract); stir. Blend half of tofu mixture in blender or food processor

until velvety smooth. Pour over prepared crust. Repeat with second half of tofu mixture and spread over crust. Bake at 350° for 20–30 minutes, until edges are lightly browned and middle is firm. Remove from oven. Cool completely, then cover with reserved pineapple topping. Refrigerate pie for several hours before serving.

PER SERVING: 295 cal, 37% fat cal, 12g fat, 1g sat fat, 0mg chol, 7g protein, 39g carb, 1g fiber, 460mg sodium —Recipe by Vicky L. Brown

Quinoa & Fig Pudding

*Serves 4–6 / **Serving tips:** Similar to rice pudding, this comforting dessert may be served as a treat with whipped or sweet cream. Or try it for breakfast, topped with yogurt.*

- 3 tablespoons unsalted butter, softened
- ¼ cup vanilla cookie crumbs or ground nuts
- ½ cup maple sugar or organic sugar
- 2 large eggs, lightly beaten
- 2 cups reduced fat (2 percent) milk or soy milk
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- Pinch of sea salt
- 2 cups cooked quinoa
- ½ cup chopped figs
- ½ cup hazelnuts, chopped and toasted
- Freshly ground nutmeg

1. Preheat oven to 350°. Use 1 tablespoon butter to grease a 1½-quart baking or soufflé dish or six individual ramekins. Coat buttered surface with cookie crumbs or ground nuts. Set aside.
2. Cream remaining 2 tablespoons butter with sugar. Stir in eggs, milk, vanilla, cinnamon, and salt until blended. Add quinoa, figs, and hazelnuts. Mix thoroughly.
3. Pour pudding mixture into baking dish. Grate a little nutmeg over the top. Place in preheated oven and bake for 50 minutes or until just barely set. Remove from heat and allow to cool for 10 minutes. To serve, spoon pudding from dish or loosen edges with a knife and invert onto a serving plate.

PER SERVING: 536 cal, 41% fat cal, 25g fat, 9g sat fat, 138mg chol, 15g protein, 64g carb, 6g fiber, 151mg sodium —Recipe by Rebecca Wood



Basic Masa for Tamales

Makes about 12 medium-size tamales / Unlike conventional masa, this doesn't use lard or shortening; yogurt takes its place. *To make yogurt cheese, pour plain yogurt into a sieve lined with cheesecloth. Set over a bowl and let drain for 4 hours.

- 1 cup chicken or vegetable stock
(if making sweet tamales, use apple juice)
 - $\frac{2}{3}$ cup white grits, ground as finely as possible,
or white cornmeal
 - 1 cup masa harina
 - $\frac{1}{3}$ cup whole milk yogurt cheese (see note above*)
 - 1 teaspoon baking powder
 - $\frac{1}{2}$ -1 teaspoon salt
1. Bring stock (or juice) to a simmer. Pour over grits in a bowl and allow to soften for about 15 minutes. Mix in masa harina; set aside until cool. Using a mixer, combine half the masa mixture and yogurt, beating for 3 minutes. Add remaining masa and mix another 3 minutes, to the consistency of cake batter. Add baking powder, plus salt to taste.

How to make tamales

- 1 | Pour boiling water over corn husks in a large bowl; keep submerged for 30 minutes or until softened. Remove husks and wipe dry with a towel. Husks should be about 7 inches across; if not, overlap 2 pieces. Lay husk on a dry surface with the grain running away from you.
- 2 | Spread a thin layer of masa about 4 inches long in the center of the husk's wide end, leaving about an inch on the sides and the top clear. Put 1-2 tablespoons filling in the center of the masa.
- 3 | Pull the two long sides of the husk over the filling and overlap so masa is enclosed.
- 4 | Fold bottom edge of husk up. Tie in place with kitchen string or thin slice of husk. Leave top edge open. Place tamales open end up in a steaming basket over a pot of boiling water. Cover and steam for about 1½ hours. Tamales are done when husks pull cleanly away from masa.

Tamales Dulces

Makes about 15 snack-size tamales / These sweet tamales are great for snacks or breakfast.

- 1 cup orange juice, heated
 - $\frac{1}{2}$ cup chopped dates
 - $\frac{1}{2}$ cup chopped dried apricots
 - $\frac{1}{4}$ cup dried cranberries
 - $\frac{1}{4}$ cup pineapple chunks
 - Pinch of ground ginger
 - 4 tablespoons room-temperature butter
 - 3 tablespoons drained yogurt
 - $\frac{1}{2}$ cup natural cane sugar
 - 1 teaspoon orange zest
 - $\frac{1}{4}$ teaspoon ground allspice
 - $\frac{1}{4}$ teaspoon ground cinnamon
 - $\frac{1}{4}$ teaspoon salt
- 1 recipe Basic Masa (see left),
prepared using apple juice instead of stock
 - 1 teaspoon baking powder
 - 1-2 tablespoons roasted,
skinned, and crushed hazelnuts

1. In a medium bowl, pour orange juice over dates, apricots, and cranberries; let sit 10 minutes. Drain and mix with pineapple and ginger. Set aside.
2. Whip butter and yogurt until fluffy, then add sugar, zest, spices, and salt; continue whipping another 2 minutes. Add masa and mix an additional 4 minutes to a cake-batter consistency. Beat in baking powder and hazelnuts.
3. Prepare tamales as described in "How to Make Tamales," but make them slightly smaller. Steam for 80-90 minutes.

PER SERVING: 160 cal, 23% fat cal, 4g fat, 2g sat fat, 9mg chol, 2g protein, 30g carb, 2g fiber, 191mg sodium

-Recipe by Valerie Verkerke

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