



Healthy Recipe BOOK

Orange Vegetable and Scallion Pilau

Submitted by Stephanie Wojan



Ingredients:

- 2 Tablespoons olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 inches fresh ginger, peeled and finely chopped
- 1 large red chile, finely chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1/2 cup silvered almonds
- 1 1/2 cups basmati rice
- 1 carrot, cut into large chunks
- 7 oz pumpkin or squash, peeled, seeded, and cut into wedges
- 1 small sweet potato, cut into thick half-circles
- Juice of 1 lime

Directions:

1. A handful of cilantro, freshly chopped.
2. Add oil to a heavy-based saucepan, and set over high heat.
3. Add in onion, garlic, ginger, and chile, and cook for 5 minutes, stirring often.
4. Add spices and almonds, and cook for 5 minutes, or until you can smell spices and they look dark in the pan.
5. Add rice to pan and cook for one minute, stirring well to coat the rice in the spices.
6. Add the carrot, pumpkin, and sweet potato in the pan.
7. Pour in 2 1/2 cups water and stir well, loosening any grains of rice that stuck to the bottom of the pan.
8. Bring everything to a boil, then reduce heat to low and cover pan with a tight-fitting lid. Cook for 25 minutes, stirring occasionally.
9. Add lime juice and cilantro, stir well, and serve.

Roast Butternut Squash

Submitted by Kathy Petersen



Ingredients:

1 large butternut squash or 2 small ones
2 tablespoons olive oil
6 tablespoons unsalted butter
A few sprigs of thyme
2 garlic cloves, sliced
salt and black pepper

Directions:

1. Preheat the oven to 375F
2. Cut the squash in half lengthwise and scoop out the seeds and pith with a spoon.
3. Cut each half into 3-4 wedges, according to the size of the squash. There is no need to peel them.
4. Put the oil and butter in a roasting pan and heat on top of the stove until melted. Add the wedges of butternut squash and baste the pieces turning them carefully to cover. Push the sprigs of thyme and slices of garlic in the wedges and sprinkle with salt and pepper.
5. Roast in the preheated oven for 30 minutes, turning the pieces over a couple of times to brown them lightly as they finish cooking.

SPECIAL NOTES: Arguably the best-tasting squash and deep gold when roasted, butternut squash is an ideal accompaniment to so many dishes. If you roast it at a high heat, it will brown like a potato, or when cooked more gently, it marries well with fresh herbs.

Lemony Shrimp and Bean Stew

Submitted by Jill Whelan



Ingredients:

1 teaspoon fresh lemon zest and
2 tablespoons juice
1 teaspoon sweet or smoked paprika
2 garlic cloves, grated
Kosher salt and black pepper
1 pound peeled, deveined large shrimp (tails removed)
4 tablespoons unsalted butter (1/2 stick)
2 large leeks, trimmed, then halved lengthwise, white and light green parts sliced crosswise
1/2-inch thick (or 1 large onion minced)
1 (15-ounce) can cannellini beans or other white beans, rinsed
2 cups chicken stock or vegetable stock
2 tablespoons finely chopped fresh parsley (optional)
Toasted bread, for serving (optional)

Directions:

1. In a medium bowl, combine lemon zest, paprika, garlic, 3/4 teaspoon salt, and 3/4 teaspoon pepper. Toss in shrimp and coat with spices.
2. Melt butter in a large pot. Once butter begins to foam, add shrimp and cook, stirring occasionally, until shrimp is pink and starting to curl (2-3 minutes). Transfer shrimp to a plate, set aside.
3. Add leeks, season with salt and pepper, and cook over medium heat until leeks are soft and start to brown on edges (4-5 minutes).
4. Add in beans and broth, bring everything to a boil over high heat. Lower heat and simmer for 8 to 10 minutes.
5. Stir in shrimp and any juices on the plate, parsley, and lemon juice, and season with salt and pepper.
6. Serve immediately with toasted bread.

Dutch Pea Soup

Submitted by Lyssa Schmidt



Ingredients:

- 1 lb dried peas
- 1 16-inch piece smoked sausage, cut into bite-size pieces
- 3 quarts water
- 1 cup chopped celery
- 1 cup chopped onion
- 3 potatoes, cubed
- 2 carrots, sliced
- salt and pepper

Directions:

1. Soak peas overnight in cold water. Drain.
 2. Cook meat and peas in 3 quarts water on low heat 2 1/2 to 3 hours.
 3. Add the next 4 ingredients and seasonings. Simmer another 1 1/2 to 2 hours.
 4. Soup should be very thick when finished.
- **Crusty French bread is wonderful with this soup.

Tuna Muffins

Submitted by Marcia O'Neil



Ingredients:

- 2 cans (7 oz. each) tuna in water, drained
- 1 pkg. (8 oz) softened cream cheese
- 2 T apple cider vinegar
- 3 English muffins, split and lightly toasted
- 6 Slices of Colby cheese

Directions:

1. Mix tuna with cream cheese and apple cider vinegar (or sherry)
2. Heap onto English muffin halves
3. Top each with a slice of cheese
4. Bake at 350 for 10 minutes or until cheese melts

Creamy Corn Casserole

Submitted by Marcia O'Neil



Ingredients:

- 1 can (16 oz) cream-style corn
- 1/4 cup melted butter
- 1/2 cup plus
- 2 T cornbread mix (Jiffy)
- 1/4 cup water
- 1 medium onion, finely chopped
- 1 egg, beaten salt

Directions:

1. Combine all ingredients in a large bowl.
2. Pour into a 1 1/2-quart casserole.
3. Bake at 350 for 40 minutes or until set.

Grilled Bell Pepper Frittata

Submitted by Zina Petersen



Ingredients:

- 1 small red bell pepper, quartered and seeded
- 1 small yellow bell pepper, quartered and seeded
- 1 small green bell pepper, quartered and seeded
- 2 tablespoons ricotta or mascarpone
- 6 large eggs
- 2 tablespoons freshly chopped thyme
- 2 tablespoons olive or safflower oil
- 1 large red onion, sliced
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, crushed
- salt and black pepper

Directions:

1. Preheat the boiler.
2. Put the bell peppers, skin-side up, under the broiler and cook until the skins have blackened. Transfer to a large bowl, cover with a plate or plastic wrap and let cool. This will steam off the skins, making them easier to remove.
3. In a large bowl, add ricotta or mascarpone, add 1 egg and mix to loosen the cheese. Whisk in the remaining eggs with a fork. Season with salt, pepper, and thyme and stir into the cheese mixture.
4. Add half of oil in a small skillet, add the sliced onion and balsamic vinegar, and cook for about 10 minutes, until softened.
5. Add the garlic and cook for 1 minute.
6. Using a slotted spoon, add the onion to the egg mixture and stir.
7. Add the remaining oil to the skillet and heat gently.
8. Pour the frittata mixture into the skillet and cook over low heat until almost set, puffy, and light golden brown on the underside.
9. Finish under a preheated broiler or put a plate or flat saucepan lid on top of the skillet and invert the skillet so the frittata drops onto the plate or lid. Slide back into the skillet and cook for 30-60 seconds.
10. Transfer to a plate and serve hot or at room temperature, cut into wedges or bars.

Potato and Zucchini Hash

Submitted by Jenny Miller



Ingredients:

- 2 russet potatoes (1 1/2 pounds total), peeled, quartered lengthwise, and thinly sliced crosswise
- 2 tablespoons olive oil
- 1/2 yellow onion, thinly sliced
- Coarse salt and freshly ground pepper
- 1 zucchini, quartered lengthwise and thinly sliced crosswise
- 1 tablespoon unsalted butter
- 4 large eggs

Directions:

1. Rinse potato with cold water, pat dry.
2. Heat olive oil in large nonstick skillet over medium heat.
3. Add onion and potatoes and season with salt and pepper.
4. Cook until potatoes are almost cooked through and golden (about 15 minutes), stir often.
5. Add zucchini, cook at medium heat until zucchini is soft and potatoes are cooked through (about 7 minutes)
6. Meanwhile, add butter to a large skillet over medium heat. Once butter begins to sizzle, add eggs to pan and cook until the egg whites are just set and golden brown at the edges.
7. Divide hash among 4 plates, top each with an egg, enjoy!