**Ratatouille**

**Ingredients**
- 1 onion, sliced into thin rings
- 2 cloves of garlic, minced
- ½ medium eggplant, cubed
- 1 zucchini, cubed
- 1 medium yellow squash, cubed
- 1 green bell pepper, seeded and cubed
- ½ yellow bell pepper, diced
- ½ chopped red bell pepper
- 1 roma (plum) tomato, chopped
- 2 tablespoons olive or vegetable oil
- 1 bay leaf
- 1 tablespoon chopped parsley
- 2 sprigs thyme
- Salt and pepper to taste

**Instructions**
1. Heat 1 tablespoon of oil in a large pot over medium-low heat. Add onions and garlic and cook until soft.
2. In a large skillet, heat 1 tablespoon of oil and sauté the zucchini until slightly browned. Remove zucchini from skillet and place in pot with the onions and garlic.
3. Sauté all remaining vegetables, adding additional oil as needed. Add vegetables to pot after sautéing.
4. Add the bay leaf, thyme, and salt and pepper. Cover the pot. Cook over medium heat for 15-20 min.
5. Add the chopped tomatoes and parsley, cook for another 10-15 min. Stir occasionally.
6. Remove the bay leaf and enjoy.

Makes: 6 servings
Nutrition Information: CALORIES 90 (50% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 45mg; CARBOHYDRATE 10g; FIBER 3g; PROTEIN 2g; CALCIUM 2%; IRON 4%

**Mediterranean Squash Stew**

**Ingredients**
- ½ butternut squash (3 cups cubed)
- 1 cup flour
- ¼ bunch kale (2 cups chopped)
- ½ onion (1/2 cup chopped)
- 2 cloves garlic
- 1¾ cups diced tomatoes
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- 1 teaspoon mustard
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 2 cups cooked rice

**Instructions**
1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale.
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
7. Add rice and kale. Cover and cook 5 minutes.

Makes: 5-6 servings
Nutrition Information: CALORIES 180 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 36g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 10%
Algerian Eggplant Salad

**Ingredients**
- 2½ tablespoons olive, canola, or vegetable oil
- 1 teaspoon turmeric
- 1 teaspoon cumin
- ½ teaspoon crushed red chili flakes
- ¾ cup lime juice
- 8 cloves garlic, minced (about 4 teaspoons)
- 1 cup minced cilantro, divided
- 3 pounds eggplant, peeled and cut lengthwise into 1-inch-thick slices
- 1 pound plum tomatoes, cut in half lengthwise
- 4 medium green peppers, halved and seeded
- 2 small jalapeno peppers, halved and seeded
- ½ tsp salt

**Instructions**
1. Combine oil, turmeric, cumin, red chili flakes, lime juice, garlic, and half the cilantro in a bowl. Gently toss and marinate the eggplant, tomatoes, green peppers, and jalapenos at room temperature for at least 30 minutes.
2. Preheat the grill so you can hold your hand 4 inches above the surface for a count of 4 seconds. Grill all vegetables for 4-5 minutes on each side.
3. Chill the vegetables completely. Cut tomatoes into wedges, cut eggplant and green peppers into bite-sized piece, and mince jalapenos. Toss all vegetables with the remaining cilantro. Season with salt.

Makes: 8 servings
Nutrition Information: CALORIES 110 (36% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 18g; FIBER 7g; PROTEIN 3g; CALCIUM 120%; IRON 4%

Broccoli and Bok Choy Stir-fry

**Ingredients**
- 1¼ tablespoons peanut, olive, or vegetable oil
- 2 red bell peppers, cut into matchsticks
- 2 green bell peppers, cut into matchsticks
- 2 bunches of green onions, chopped
- 2 cup broccoli florets
- 2 two-inch pieces of ginger, grated
- Pinch of salt and pepper
- 2 pounds bok choy, shredded
- 4 tablespoons sherry wine or orange juice
- 2 tablespoons low-sodium soy sauce

**Instructions**
1. Heat oil in a wok or deep skillet. Stir-fry peppers, green onions, broccoli, ginger, salt and pepper until broccoli softens slightly (about 3-4 min.).
2. Add bok choy and sherry or orange juice. Cook for 2 minutes.
3. Sprinkle with soy sauce and serve.

Makes: 4 servings
Nutrition Information: CALORIES 160 (28% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 8g; CALCIUM 35%; IRON 30%
Baked Kale Frittata

Ingredients

- 1 bunch of kale (3 cups chopped)
- 1 large onion
- Vegetable cooking spray
- 1 teaspoon olive or vegetable oil
- ¼ cup water
- 5 eggs
- ½ cup skim milk
- 1/3 cup grated low-fat cheddar cheese
- ⅛ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Preheat oven to 375°. Coat a 9-inch round baking pan with vegetable cooking spray.
2. Wash and chop the kale. Chop the onion.
3. Heat oil in a large frying pan over medium-high heat. Add the onion and sauté for 3-5 minutes until soft.
4. Stir in kale and water. Cover and cook for 5 minutes. Remove from heat and allow to cool.
5. In a large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour the mixture into the baking pan. Bake for 20 min.
7. Remove from oven and let sit for 2-3 minutes. Slice into wedges and enjoy.

Makes: 6 servings
Nutrition Information: CALORIES 110 (45% from fat); FAT 5g (sat 1.5g); CHOLESTEROL 155mg; SODIUM 320mg; CARBOHYDRATE 7g; FIBER 1g; PROTEIN 9g; CALCIUM 15%; IRON 8%

Garden Barley Soup

Ingredients

- 1 can (46 ounce) tomato juice
- 1 can (10½ ounce) beef broth
- 1/3 cup regular barley
- 1/4 cup sugar
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- ½ teaspoon crushed thyme leaves
- ⅛ teaspoon salt
- 2 cups coarsely chopped zucchini
- 1 medium chopped tomato
- ½ cup green pepper

Instructions

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Makes: 6 servings
Nutrition Information: CALORIES 130 (5 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 29g; FIBER 4g; PROTEIN 5g; CALCIUM 4%; IRON 10%
Grape and Fennel Salad

Ingredients

- 2 tablespoons olive, canola, or vegetable oil
- 2 tablespoons white wine vinegar
- 1/2 teaspoon fennel seeds, lightly crushed
- 1/4 teaspoon salt
- 1/4 teaspoon black ground pepper
- 5 cups red and green seedless grapes (about 1 3/4 pounds), halved
- 1 large fennel bulb, halved, cored and thinly sliced
- 3 stalks celery, thinly sliced on the diagonal
- 3 tablespoons slivered or chopped almonds, optional

Instructions

1. Whisk oil, vinegar, fennel seeds, salt and pepper in a large bowl.
2. Add grapes, fennel, celery, and scallions. Toss to coat.
3. Sprinkle with almonds, if using. Serve and enjoy!

Makes: 6 servings

Nutrition Information: CALORIES 140 (32% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 26g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Green Bean Salad

Ingredients

- 1 1/2 pounds trimmed green beans, cut into 2-3 in. pieces
- 1/2 cup finely chopped red onion or shallots
- 2 Tbsp balsamic vinegar
- 1 1/2 tablespoon olive or vegetable oil
- 3/4 cup chopped fresh basil leaves
- 3/4 cup grated fat free Parmesan cheese (about 1 1/2 ounces)
- Salt and pepper to taste

Instructions

1. Place the chopped onions in a small bowl of water, and let sit while you prepare the rest of the salad.
2. Bring a large pot of water to a boil. Add the green beans and blanch for 2 minutes, until the beans are just barely cooked through but still crisp.
3. While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water and into the ice water to stop the cooking.
4. Drain the beans and the red onions, and place the beans, red onions, and chopped basil in a large bowl.
5. Sprinkle with olive oil, balsamic, Parmesan cheese, and salt and pepper.
6. Toss to combine.
7. Chill until ready to serve.

Makes: 6 servings

Nutrition Information: CALORIES 130 (30% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 230mg; CARBOHYDRATE 16g; FIBER 3g; PROTEIN 8g; CALCIUM 20%; IRON 10%
Indian Spiced Eggplant & Cauliflower Stew

Ingredients
- 1 pound of eggplant, cut into 1-inch chunks
- 3 cups cauliflower florets
- 1 large onion
- 1 15-ounce can of unsalted diced tomatoes
- 1 15-ounce can of chickpeas, rinsed
- ½ cup water
- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground mustard seeds
- 1½ tablespoon canola or vegetable oil
- 2 cloves of garlic, minced
- 1 teaspoon grated ginger
- ¾ teaspoon salt
- ½ cup nonfat plain yogurt (optional)

Instructions
1. Toast the curry powder, cumin and mustard seeds in a pot over medium heat, stirring for about 1 minute until the spices begin to darken. Transfer to a small bowl.
2. Add oil, onion, garlic, ginger and salt to the pot. Stir for 3-4 minutes until softened.
3. Stir in eggplant, cauliflower, tomatoes, chickpeas, water, and reserved spices. Bring to a simmer.
4. Top each serving with a dollop of yogurt, if desired.

Makes: 6 servings
Nutrition Information: CALORIES 160 (28% from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 480mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 6g; CALCIUM 6%; IRON 15%

Minestrone Soup

Ingredients
- 1 teaspoon vegetable oil
- ½ medium onion, chopped
- 1 clove garlic, minced
- 1 medium potato, peeled and cubed
- 1 carrot, sliced
- 1/2 teaspoon oregano
- 1/4 teaspoon ground black pepper
- 2 cups water
- 1 cup cooked kidney beans
- 1 cup no-salt canned tomatoes
- ¼ cup rotini or elbow macaroni
- 1 small zucchini, sliced

Instructions
1. Heat oil in a frying pan. Cook onion and garlic in the oil until golden.
2. Add potatoes, carrots, spices, and water. Cook at low heat for 15 minutes.
3. Add beans, tomatoes, macaroni and zucchini. Boil for 15-20 minutes or until the macaroni and vegetables are cooked.

Makes: 4 servings
Nutrition Information: CALORIES 160 (10 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 45mg; CARBOHYDRATE 31g; FIBER 7g; PROTEIN 7g; CALCIUM 6%; IRON 15%
Mini Veggie Pizza

Ingredients
- 5 English muffins (or bagels)
- 1 small zucchini, grated
- 1 green or red bell pepper, finely chopped
- 8-ounce package part-skim mozzarella cheese, grated
- 8-ounce can of tomato sauce
- 1/2 teaspoon dry oregano

Instructions
1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin in half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).

Makes: 10 servings
Nutrition Information: CALORIES 140 (40 from fat); FAT 4g (sat 2.5g); CHOLESTEROL 15mg; SODIUM 390mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 8g; CALCIUM 20%; IRON 6%

Spicy Corn Kernel Cake

Ingredients
- 1 tablespoon vegetable oil
- 3 heaping cups of fresh corn kernels (cut from 6-8 ears)
- 2 tablespoons basil, cilantro, or parsley, minced
- 2 tablespoons green onion, minced
- 1-2 tablespoons jalapeno or Serrano pepper, minced
- 3 tablespoons cornmeal
- 3 tablespoons flour
- ½ teaspoons salt
- Ground black pepper, to taste

Instructions
- Preheat oven to 400°F. Measure oil into a heavy, ovenproof, medium-sized skillet (cast iron works best) and heat pan in oven for 30 minutes.
- Combine all remaining ingredients in a bowl, then press evenly into hot pan. (Don’t stir corn in the pan, or the “crust” won’t form properly.)
- Bake 25-30 minutes, until edges are brown and crispy. Run a spatula around the outer rim and underneath the cake to loosen it from the pan. Wearing hot pads, place a heat-proof serving plant face down over the pan and invert the pan so the cake drops onto the plate.
- Garnish with chopped fresh herbs, if desired. Serve with salsa.

Makes: 4 servings
Nutrition Information: CALORIES 180 (25% from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 520 mg; CARBOHYDRATE 33g; FIBER 3g; PROTEIN 4g; CALCIUM 0%; IRON 8%
Spinach and Arugula Stuffed Mushrooms

**Ingredients**
- 10 ounces spinach
- 5 ounces arugula
- 1½ pounds extra-large button mushrooms
- ½ cup minced onions
- 1 teaspoon olive, canola, or vegetable oil
- 1 cup fat free cottage cheese
- 2 tablespoons fat free parmesan cheese
- 1 teaspoon dill
- 1 tablespoon low sodium soy sauce
- ¼ teaspoon black pepper

**Instructions**
1. Preheat oven to 400°F. Wash spinach and arugula and remove thick stems. While leaves are still wet, place in a large pot, cover, and steam until wilted, 3-5 minutes. Cool, squeeze out excess moisture and chop finely.
2. Remove stems from mushroom caps. Place caps, stem side up, in a lightly oiled baking dish.
3. In a large non-stick frying pan, sauté onions in oil until soft. Finely chop mushroom stems and add to the pan. Sauté for 3 minutes. Remove from heat and in stir in spinach, arugula, cottage cheese, parmesan, dill, soy sauce, and pepper.
4. Divide mixture among mushroom caps. Bake for 20 minutes or until lightly browned.

Makes: 6 servings
Nutrition Information: CALORIES 100 (10% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 10g; CALCIUM 15%; IRON 15%

Spinach Pesto Pasta

**Ingredients**
- 8 ounces fettuccine pasta
- 1 tablespoon olive oil
- 1 garlic clove
- 3 cups fresh spinach, stems removed
- 1 cup fresh basil leaves, stems removed
- ¼ cup grated parmesan cheese
- ½ cup chicken broth (low-fat low-sodium)
- 1 15-ounce can of cannellini (white beans), rinsed and drained
- 1 cup chopped red pepper

**Instructions**
1. Cook pasta as directed on package.
2. In a blender, combine olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth until smooth.
3. Mix in blender until leaves are blended.
4. Pour sauce over pasta.
5. Mix until pasta is well coated.
6. Add cannellini beans and red pepper.
7. Lightly toss and serve.

Makes: 4 servings
Nutrition Information: CALORIES 260 (50 from fat); FAT 6g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 380mg; CARBOHYDRATE 38g; FIBER 7g; PROTEIN 14g; CALCIUM 15%; IRON 15%
**Swiss Chard and Lentil Stew**

**Ingredients**
- 1 pound Swiss chard, leaves and stems separated and chopped
- 2 tablespoons olive or vegetable oil
- 1 large onion, cut into ¼ inch dice
- 3 medium carrots, cut into ½ inch dice
- 2 cloves of garlic, minced
- 5 teaspoons curry powder
- ½ teaspoons cayenne pepper
- 15 ounces canned no-salt chickpeas, rinsed and drained
- 2½ cups dried red lentils
- 6 cups water or vegetable broth
- 12 basil leaves, cut into thin strips (optional)
- Dollop of fat free plain yogurt (optional)
- Salt and pepper to taste

**Instructions**
1. Wash chard and separate the leaves from stems. Dice stems and cut leaves into long, thin strips. Set both aside.
2. In a large pan, sauté the onion in 2 tbsp oil for 8-10 min.
3. Add the garlic, carrots, and chard stems; cook for 6-8 min. Stir often until vegetables are tender.
4. Add the curry powder, cayenne pepper, salt and pepper to taste, chickpeas, chard leaves, lentils, and water or broth. Stir and bring to a boil.
5. Boil for 1 min. then reduce heat to medium-low. Cook for 10-20 min. until lentils are tender.
6. Divide into bowls, add basil and yogurt if using.

Makes: 8 servings. Nutrition Information: CALORIES 300 (17% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 49g; FIBER 10g; PROTEIN 18g; CALCIUM 10%; IRON 35%

**Kale and Squash Mashup**

**Ingredients**
- ½ butternut squash, peeled, seeded and cut into ½ inch cubes (about 3 cups)
- ½ bunch kale, washed and chopped (about 5 cups)
- 1 small onion, chopped (about ¾ cup)
- 2 cloves garlic, minced
- 1 tablespoon vinegar or lemon juice
- 1½ cups diced fresh tomatoes or 1¼ cups apple cider
- 1 tablespoon vegetable oil

**Instructions**
1. Heat oil in frying pan on medium. Add onion and garlic.
2. Sauté 3 minutes or until onion is soft.
3. Stir in squash cubes and sauté 1 minute.
4. Add tomato (or cider). Cover pan, increase heat to medium-high, and bring to a boil. Adjust heat to simmer.
5. Cook 10-15 minutes, or until squash is tender.
6. Add kale. Cover and cook another 5 minutes.

Makes: 5 servings
Nutrition Information: CALORIES 120 (30 from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 21g; FIBER 4g; PROTEIN 4g; CALCIUM 15%; IRON 10%
Tossed Green Salad

Ingredients

- 1 small head Romaine lettuce, washed and torn into pieces
- 1 tomato sliced into 8 wedges
- 1 cup broccoli, chopped*
- 5 radishes, sliced
- 1/4 cup chopped onion

*Note: You can add practically any vegetable to a salad. If you don’t have radishes, use carrots. No broccoli, try cauliflower.

Instructions

1. In a large bowl toss together all ingredients.
2. Add a small amount of your favorite low calorie salad dressing and serve immediately.

Makes: 8 servings
Nutrition Information: CALORIES 20 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 4g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 6%

Grape and Barley Salad

Ingredients

- 1¼ tablespoons olive or vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon orange juice
- 2 cups cooked barley
- 1½ cups seedless grapes
- ½ cup sliced celery
- ¼ cup sliced green onion Pinch of salt and pepper

Instructions

1. In a mixing bowl, whisk together oil, lemon and orange juices.
2. Add barley, grapes, celery and onions to the bowl, tossing to coat.
3. Season with salt and pepper; chill until serving time.

Makes: 4 servings
Nutrition Information: CALORIES 180 (22% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 75mg; CARBOHYDRATE 34g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 8%
Butternut Squash, Apple, & Cranberry Bake

**Ingredients**
- 1 large butternut squash, peeled and cut into 1-inch cubes
- 2 large, tart cooking apples, cut into ½ in. thick slices
- ½ cup fresh or frozen cranberries
- 1/3 cup brown sugar
- 3 tablespoons butter
- 1 tablespoon flour
- 1 teaspoon salt
- ½ teaspoon ground nutmeg

**Instructions**
1. Preheat the oven to 350 degrees. Slice and peel squash and apples.
2. Place squash cubes in an ungreased 7x11 inch baking dish. Arrange apples and cranberries on top.
3. Mix the flour, salt, sugar, and nutmeg. Sprinkle on top of squash,
4. Dot the mixture with butter, Bake for 50-60 minutes.
5. Serve and enjoy!

Makes: 8 servings  
Nutrition Information: CALORIES 170 (24% from fat); FAT 4.5g (sat 3g); CHOLESTEROL 10mg; SODIUM 310mg; CARBOHYDRATE 35g; FIBER 4g; PROTEIN 2g; CALCIUM 8%; IRON 6%

Carrot Raisin Salad

**Ingredients**
- 6 medium carrots
- 3/4 cup raisins
- 2 tablespoons plain low fat yogurt (or light mayonnaise)
- 1 tablespoon orange juice

**Instructions**
1. Wash and peel and grate carrots.
2. In a large bowl mix all ingredients together well.
3. Chill and serve.

Makes: 6 servings  
Nutrition Information: CALORIES 80 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 50mg; CARBOHYDRATE 21g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 2%
Cranberry Balsamic Brussels Sprouts

Ingredients
- 2 pounds Brussels sprouts (stem ends trimmed, outer leaves removed), each cut in half
- 3 tablespoons dried cranberries, chopped
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive or vegetable oil
- 1 tablespoon water

Instructions
1. Whisk together the balsamic vinegar, water and oil. Add the chopped cranberries.
2. Bring a few inches of water to a boil in a medium saucepan over high heat. Add Brussels sprouts and steam for 5-8 minutes until fork-tender.
3. Transfer the steamed sprouts to a serving bowl. Add the dressing and toss to coat evenly.
4. Serve and enjoy!

Nutrition Information:
- CALORIES 130 (35% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 40mg;
- CARBOHYDRATE 18g; FIBER 6g; PROTEIN 5g; CALCIUM 6%;
- IRON 10%

Nutty Brussels Sprouts

Ingredients
- 3 cups Brussels sprouts (fresh or frozen)
- 3 tablespoons red wine vinegar
- 3 tablespoons honey
- 1 tablespoon onion, chopped
- 1 tablespoon Dijon mustard
- 1/3 cup olive oil
- Salt and pepper, to taste
- 3/4 walnuts or pecans, chopped

Instructions
1. Remove loose or discolored leaves from the sprouts. Cut an X with a paring knife through the stem end to assure even cooking.
2. Steam for about 8-10 minutes or until just tender.
4. Drain sprouts before tossing them with vinaigrette and adding nuts.

Nutrition Information:
- CALORIES 260 (190 from fat); FAT 22g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 120mg;
- CARBOHYDRATE 15g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 6%
Seared Sugar Snap Peas

Ingredients
- 1 pound sugar snap peas, strings removed
- 3-4 scallions or green onions, sliced diagonally
- 1 tablespoon olive or vegetable oil
- Dash of salt
- Pinch of sugar
- Zest of 1 lemon
- 3 tablespoons chopped fresh mint
- Black pepper to taste
- Lemon juice to taste

Instructions
1. Heat a large sauté pan on high heat for 1 minute. Add the oil to the pan and heat until it simmers, about 1-2 minutes.
2. Add the sugar snap peas and toss to coat with oil. Sprinkle with a pinch of salt and toss again. Allow to cook undisturbed for 1 minute.
3. Add the green onions and sprinkle with a pinch of sugar. Toss to combine. Let cook for 1 minute. Toss and cook again undisturbed for 2 minutes.
4. Remove heat and mix in lemon zest and mint.
5. Add black pepper and lemon juice to taste.
6. Serve and enjoy!

Makes: 4 servings
Nutrition Information: CALORIES 100 (30% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 80mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 15%

Roasted Pumpkin and Wild Rice Pilaf

Ingredients
- 1 sugar or pie pumpkin (about 2-2½ lbs.), peeled, seeded, and cut into ¾-1 inch pieces (yields about 4-5 cups)
- 1 medium onion, cut into ½-¾ in. cubes
- 2 tablespoons olive or vegetable oil
- ½ cup water
- 3 to 4 tablespoons maple syrup
- 2 cups cooked wild rice
- Salt and pepper to taste

Instructions
1. Preheat the oven to 400 degrees. Prepare the wild rice according to package directions to yield 2 cups of cooked rice. Set aside.
2. In a roasting pan, combine the pumpkin, onion, oil, and salt and pepper. Toss to coat.
3. Pour the water and 2 Tbsp of the maple syrup over the pumpkin pieces.
4. Cover the pan tightly with aluminum foil and bake for 30 minutes. After 30 minutes, remove the foil and roast for an additional 30 minutes.
5. When the mixture is tender and starting to brown, remove from the oven. Add wild rice and remaining maple syrup. Stir and enjoy.

Makes: 6 servings
Nutrition Information: CALORIES 160 (28% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 55mg; CARBOHYDRATE 27g; FIBER 2g; PROTEIN 3g; CALCIUM 4%; IRON 8%
Zucchini Bread

**Ingredients**
- ¾ cup skim milk
- 2 large eggs
- ½ cup sugar
- 1/3 cup canola or vegetable oil
- 1 tsp vanilla extract
- 2 cups shredded zucchini
- 2 cups flour, preferably whole wheat
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp salt

**Cooking spray**

**Instructions**
1. Preheat the oven to 350°F. Coat a 9-by-5” loaf pan with cooking spray.
2. Whisk milk, eggs, sugar, oil, and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon, and salt in a large bowl. Stir in wet ingredients until just combined. Transfer the batter to the prepared pan.
3. Bake until golden brown and a toothpick inserted into the center comes out clean, 50 minutes to an hour. Cool in the pan for 10 minutes, then transfer to wire rack. Allow to cool for at least 1 hour before slicing.

Makes: 12 servings
Nutrition Information: CALORIES 140 (32% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 25mg; SODIUM 100mg; CARBOHYDRATE 21g; FIBER 2g; PROTEIN 4g; CALCIUM 2%; IRON 4%

Vegan Pumpkin Pie

**Ingredients**
- 3 cups pureed, cooked pumpkin
- ¾ cup maple syrup or honey
- 2 tablespoons molasses
- ¼ teaspoon powdered cloves
- 1 tablespoon cinnamon
- 1½ teaspoon ginger
- ½ teaspoon salt
- 1½-2 cups scalded non-fat soy milk
- 1 whole wheat pie shell

**Cooking spray**

**Instructions**
1. Preheat the oven to 450°F.
2. To prepare pumpkin puree, remove seeds and cut pumpkin into large chunks. Steam until soft, 20-30 minutes. Scoop pulp from the skins, and mash or puree into a thick paste.
3. Mix all ingredients (except pie crust) and pour into pie shell.
4. Bake for 10 minutes, then reduce heat to 350°F and bake until set, 45-50 minutes longer. Cool before serving.

Makes: 8 servings
Nutrition Information:
CALORIES 170 (29% from fat); FAT 5g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 190mg; CARBOHYDRATE 31g; FIBER 3g; PROTEIN 3g; CALCIUM 8%; IRON 6%
Plum Raspberry Dessert Soup

**Ingredients**
- 8 medium plums, sliced
- 1 cup fresh raspberries
- 1 1/2 cup unsweetened 100% grape juice
- 1 tablespoon red wine vinegar
- 3 sticks cinnamon (or 1 1/2 tsp ground cinnamon)
- 1/2 cup water
- 1 tablespoon cornstarch
- Low-fat vanilla yogurt (optional)

**Instructions**
1. In a large saucepan, combine the plums, raspberries, juice, vinegar, and cinnamon. Bring to boil over medium-high heat. Reduce the heat and simmer for 15 minutes, or until the fruit is very soft.
2. In a cup, blend the water and cornstarch until smooth. Whisk into the soup. Cook and stir until the soup thickens and boils. Remove from heat. If using stick cinnamon, remove sticks. Allow to cool.
3. In a blender, puree the soup until smooth. Pour into a covered container and refrigerate until well-chilled. (Can be refrigerated for up to 2 days.)
4. To serve, ladle into shallow bowls. Top with a small scoop of frozen yogurt, if desired.

Makes: 4 servings
Nutrition Information: CALORIES 140 (4% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 5mg; CARBOHYDRATE 35g; FIBER 5g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Carrot Cookies

**Ingredients**
- 1 cup flour
- 1 teaspoon baking powder
- 1 cup oats
- 1 teaspoon cinnamon
- 1 1/4 cups shredded carrots
- 1 1/2 cups raisins
- 1/2 cup applesauce
- 1/4 cup vegetable oil
- 1/2 cup honey

**Instructions**
1. Preheat oven to 350°F.
2. In a large bowl, stir together flour, baking powder, oats cinnamon, carrots and raisins.
3. In a small bowl, stir together applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies.
6. Bake 10 minutes. Enjoy!

Makes: 12 servings
Nutrition Information: CALORIES 240 (50 from fat); FAT 6g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 50mg; CARBOHYDRATE 45g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 10%