Strawberry Rhubarb Fruit Bars

Ingredients
For the crust:
- 1 cup old-fashioned rolled oats
- 1½ cups all-purpose flour
- ½ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola or vegetable oil
- 1 teaspoon vanilla extract
- Cooking spray

For the fruit filling:
- 3 cups fresh strawberries, diced and divided
- 3 cups fresh rhubarb, diced and divided
- ¼ cup orange juice
- ¼ cup sugar
- ¼ cup cornstarch
- 1 teaspoon vanilla extract

Instructions
1. Combine flour, sugar, salt, and ¾ cups oats in a large bowl and stir. Add butter and stir until well incorporated.
2. Whisk egg, oil, and 1 tsp vanilla extract in a small bowl. Add this mixture to the oat and flour mixture. Stir very well until mixture begins to look crumbly. Measure out ½ cup of this mixture and combine it with the remaining ¼ cup oats. Set aside to use as topping.
3. Preheat oven to 350°F. Generously coat a 9-by-13 inch baking dish with cooking spray.
4. Combine 2 cups strawberries, 2 cups rhubarb, orange juice, and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly until mixture is thick, 4-5 minutes. Stir in remaining strawberries, rhubarb and vanilla.
5. Spread the dough evenly into the baking dish, pressing firmly to form a crust. Spread fruit filling over crust.
6. Sprinkle with reserved topping. Bake for 15 minutes. Reduce oven temp to 300°F and bake 25-30 minutes more, until crust is light brown. Let cool completely before cutting into bars.

Makes: 18 servings
Nutrition Information: CALORIES 150 (30% from fat); FAT 5g (sat 2g); CHOLESTEROL 15mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 2g; PROTEIN 3g; CALCIUM 6%; IRON 6%

Baked Rhubarb

Ingredients
- 1 pound fresh rhubarb
- 2½ tablespoons white sugar
- ½ teaspoons vanilla extract
- 1 tablespoon unsalted butter
- Cooking spray

Instructions
1. Place rhubarb, sugar, and vanilla in a large bowl. Toss to combine; let stand for 20 minutes.
2. Preheat the oven to 375°F. Coat an 8-inch baking dish with cooking spray. Transfer rhubarb mixture to baking dish and bake, gently stirring halfway through, until tender, about 30 minutes.
3. Remove from oven and allow to cool slightly in the baking dish. Serve warm.

Makes: 4 servings; Nutrition Information: CALORIES 100 (25% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 5mg; CARBOHYDRATE 10g; FIBER 2g; PROTEIN 1g; CALCIUM 10%; IRON 2%
Pear Pudding

Ingredients
- 5 Bartlet, D’Anjou, or Comice pears, peeled, cored, & sliced
- 3 cups skim milk
- ½ cup plus 1 tablespoon uncooked cream of rice or cream of wheat
- ¼ teaspoon salt
- ½ teaspoon finely chopped ginger (or 1/8 teaspoon ground ginger)
- ½ cup maple syrup

Instructions
1. Preheat the oven to 350°F. Transfer pears to a baking dish, and set aside.
2. Heat milk in a small pot until almost at a simmer. Slowly add the cream of rice or wheat, whisking as you add. Add salt and ginger, and simmer on low for about 2 minutes. Stir in maple syrup.
3. Pour mixture over pears. Bake for 20 minutes, or until pears are tender.

Makes: 4 servings
Nutrition Information: CALORIES 390 (3% from fat); FAT 1.5g (sat 0g); CHOLESTEROL 5mg; SODIUM 230mg; CARBOHYDRATE 89g; FIBER 13g; PROTEIN 11g; CALCIUM 45%; IRON 35%

Caramelized Apples

Ingredients
- 2 tablespoons butter
- 2 sweet, crisp apples (such as Honeycrisp or Crispin), peeled and cut into ½-inch cubes
- 1 tablespoon granulated sugar, divided
- ½ teaspoon ground cinnamon
- ¼ teaspoon lemon zest
- 1/3 cup apple cider
- ½ teaspoon cornstarch, as needed

Instructions
1. Melt the butter in a large skillet over medium heat. Add the apples and sprinkle with ½ tablespoon sugar. Sauté apples, stirring frequently, for 6-8 minutes, until begin to tenderize.
2. Sprinkle apples with remaining sugar, cinnamon, and lemon zest. Gently toss the mixture. Cooked over medium heat for additional 2 minutes, until sugar begins to caramelize and apples are crisp-tender.
3. Transfer apples to serving bowl. Turn heat to high and add apple cider to the skillet, scraping up any browned bits. Reduce heat and allow cider to simmer for 1-3 minutes, until thickened slightly. If a thicker sauce is desired, dissolve the cornstarch in a tsp of water and stir into sauce. Pour finished sauce over warm apples and serve.

Makes: 6 servings
Nutrition Information: CALORIES 80 (44% from fat); FAT 4g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 0mg; CARBOHYDRATE 13g; FIBER 2g; PROTEIN 0g; CALCIUM 0%; IRON 0%
Spring Greens and Black-eyed Peas

Ingredients
- 16 ounces fresh new greens, such as baby kale, collards, mustard greens, or Swiss chard
- 1 tablespoon olive oil
- 1 large onion, quartered and thinly sliced
- 1, 16-ounce can black-eyed peas, drained and rinsed
- 2 tablespoons balsamic vinegar or apple cider vinegar, or to taste
- Salt and black pepper, to taste

Instructions
1. Wash greens in cold water and pat dry. Discard tough stems. Trim away thick mid-ribs from the leaves. Discard ribs or slice thinly and use. Chop the leaves into large pieces.
2. Heat the oil in a pot or large stir-fry pan. Add onion and sauté over medium heat until golden.
3. Add greens, cover, and steam until tender. If using kale or collards, add 1/4-1/2 cup water to keep mixture moist. Allow 3-5 minutes to steam Swiss chard; 10-15 minutes to steam the other types of greens.
4. Stir in the black-eyed peas and vinegar. Cook until everything is just heated through.
5. Season to taste with salt and pepper, and serve.

Makes: 6 servings
Nutrition Information: CALORIES 190 (21% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 33g; FIBER 8g; PROTEIN 6g; CALCIUM 25%; IRON 15%

Spinach Polenta

Ingredients
- 2 cups water
- 2 cups skim milk
- ½ teaspoon salt
- 1 cup cornmeal
- ½ cup low-fat Parmesan cheese
- 8 ounces fresh baby spinach

Instructions
1. In a medium saucepan, bring water, milk, and salt to a boil.
2. Add the cornmeal to the pan in a slow, steady stream, while whisking.
3. Simmer for 5 minutes, stirring occasionally, until polenta is thick.
4. Once thickened, reduce heat to low and stir in the cheese until melted and smooth.
5. Fold in the spinach, a couple handfuls at a time, until just wilted.
6. Serve warm. Enjoy!

Makes: 4 servings
Nutrition Information: CALORIES 210 (7% from fat); FAT 1.5g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 420mg; CARBOHYDRATE 40g; FIBER 5g; PROTEIN 12g; CALCIUM 30%; IRON 30%
**Spicy Potato Curry**

**Ingredients**
- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1½ teaspoons cayenne pepper
- 4 teaspoons curry powder
- 1, 1-inch piece fresh ginger, peeled and minced
- 1, 15-ounce can diced tomatoes
- 1, 15-ounce can chickpeas, rinsed and drained
- 1, 15-ounce can peas, drained

**Instructions**
1. Place potatoes in a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute.
2. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Season with cumin, cayenne pepper, curry powder, and ginger. Cook for 2 minutes more.
4. Add tomatoes, chickpeas, peas, and potatoes. Bring to a simmer for 5-10 minutes before serving.

Makes: 6 servings
Nutrition Information: CALORIES 290 (21% from fat); FAT 7g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 49g; FIBER 10g; PROTEIN 9g; CALCIUM 8%; IRON 15%

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**Pork Tenderloin with Rhubarb Chutney**

**Ingredients**
For the tenderloin:
- 1 cup thinly sliced onion
- 1/3 cup water
- 3 tablespoons red wine vinegar
- 2 tablespoons olive or vegetable oil
- 2 garlic cloves, crushed
- 2 pounds pork tenderloin
- ¼ teaspoon black pepper
- 1/8 teaspoon salt

For the chutney:
- 2 tablespoons olive or vegetable oil
- 1 medium onion, finely chopped
- 1 pound rhubarb, cut into ½-inch pieces
- ½ cup raisins
- ¼ cup packed light-brown sugar
- 1 tablespoon peeled and minced fresh ginger
- 1 cinnamon stick
- 1 tablespoon sherry vinegar

**Instructions**
1. Combine the sliced onion, water, red wine vinegar, 2 tablespoons oil, and garlic cloves in a zip-top bag. Add pork to bag. Seal and marinate in refrigerator for 8 hours. Remove pork for bag, discard marinade.
2. Preheat oven to 425 F.
3. Sprinkle pork with salt and pepper. Bake for 20 minutes or until a meat thermometer reads 160, turning pork occasionally.
4. While pork is cooking, heat 2 tablespoons oil in saucepan over medium heat. Add chopped onion and cook until softened, 5-6 min.
5. Add rhubarb, raisins, sugar, ginger, and cinnamon to saucepan. Cook over medium heat, stirring
occasionally, until rhubarb begins to break down, 6-8 min. Remove cinnamon and stir in vinegar.
6. When pork is done, into ¼-inch thick slices. Serve with chutney.

Red Potato and Asparagus Salad

Ingredients

- 1½ tablespoon Dijon mustard
- ¼ cup lemon juice
- 2 tablespoons olive oil
- ¼ teaspoon salt
- Cayenne pepper, to taste
- 1½ pounds asparagus
- 1 pound red potatoes
- 3 tablespoons finely chopped scallions

Instructions

1. In a small bowl, whisk together the Dijon and lemon juice. Drizzle in oil while whisking constantly and then season with salt and cayenne. Set dressing aside.
2. Bring a large pot of water to a boil. Add asparagus and simmer until just tender, 2 to 3 minutes. Using a slotted spoon, transfer to a bowl of ice water to stop the cooking. Drain well and transfer to a large bowl.
3. Return water to boil, add potatoes and simmer until just tender, 15 to 20 minutes. Drain well and add to bowl with the asparagus.
4. Add dressing, chives, and salt to the bowl. Toss to combine. Serve at room temperature.

Makes: 6 servings
Nutrition Information: CALORIES 120 (24% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 17g; FIBER 4g; PROTEIN 4g; CALCIUM 4%; IRON 18%
Indian Kidney Beans

**Ingredients**
- 4 cups red kidney beans
- 1 cup raw onions, chopped
- 2 garlic cloves, minced
- 1, 16-ounce can crushed tomatoes
- 1 teaspoon salt
- 1 tablespoon pepper, red or cayenne
- 2 cups water
- 1 tablespoon canola oil

**Instructions**
1. In a large pot or Dutch oven, sauté onions in oil until softened. Add garlic and sauté until fragrant, about one minute.
2. Add crushed tomatoes, cook for 3-4 minutes.
3. Add kidney beans, water, salt, and pepper. Cook until heated through, about 5 minutes.
4. Note: You can use canned kidney beans for faster preparation, but be sure to rinse beans before adding them to the pot.

Makes: 8 servings; Nutrition Information:
CALORIES 350 (7% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 380mg; CARBOHYDRATE 63g; FIBER 15g; PROTEIN 22g; CALCIUM 10%; IRON 40%

Herb and Lemon Bulgur Pilaf

**Ingredients**
- 2 cups chopped onion
- 1 clove garlic, minced
- 2 tablespoons olive, canola or vegetable oil
- 1½ cups dried bulgur, preferably medium or coarse
- ½ teaspoons ground turmeric
- ½ teaspoons ground cumin
- 2 cups low-sodium vegetable broth
- 1½ cups chopped carrot
- 2 teaspoons grated ginger
- 1 teaspoon salt
- 1 tablespoon dried dill
- 1 tablespoon dried mint
- 1 tablespoon dried parsley
- 3 tablespoons lemon juice

**Instructions**
1. Heat oil in large skillet with a tight-fitting lid over medium heat. Add onion, reduce heat to medium-low and cook, stirring often, until golden brown, 12-18 minutes. Stir in garlic and cook, stirring, for 1 minute.
2. Add bulgur, turmeric, and cumin and cook, stirring, until bulgur is coated with oil, about 1 minute.
3. Add broth, carrot, ginger, dill, mint, parsley, and salt and bring to a boil, stirring. Cover and cook over medium-low heat until all the broth is absorbed and there are indentations on the surface of the bulgur, about 15 minutes. Do not stir pilaf during this time. Remove from heat and let stand, covered, for 5 min.
4. Stir in lemon juice, serve and enjoy!

Makes: 6 servings; Nutrition Information: CALORIES 200 (23% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 460mg; CARBOHYDRATE 36g; FIBER 9g; PROTEIN 5g; CALCIUM 4%; IRON 6%
Garlic Pasta

Ingredients
- 1 head plus 8 cloves garlic
- 1 pound spaghetti, preferably whole wheat
- 1 tablespoon olive oil
- ¾ cup low sodium chicken or vegetable broth
- 1 cup fresh parsley, chopped and loosely packed
- 1 teaspoon crushed red pepper flakes
- ½ teaspoon salt
- Ground pepper, to taste
- Reduced fat parmesan, for grating (optional)

Instructions
1. Heat oven to 425°F. Wrap the garlic head in parchment-lined foil; roast until soft and golden, about 1 hour. Let cool, trim tip of head, and squeeze out cloves using back of knife. Transfer to small bowl, set aside.
2. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.
3. Thinly slice 5 cloves of unroasted garlic; finely chop remaining 3 cloves. Heat oil over medium heat in a large skillet. Add sliced garlic; toast until golden. Using a slotted spoon, remove garlic; set aside. Add roasted garlic and broth; let simmer for about 3 minutes. Add pasta, parsley, and red pepper; season with salt and pepper. Toss to combine. Garnish with toasted garlic slivers. Grate cheese over each serving, if desired.

Makes: 4 servings
Nutrition Information: CALORIES 460 (10% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 93g; FIBER 15g; PROTEIN 18g; CALCIUM 10%; IRON 30%

Hot and Sour Cabbage Soup

Ingredients
- 1 small onion, minced
- 8 ounces cabbage (about the size of a grapefruit)
- 15 ounces diced canned tomatoes
- 6 cups fat-free, low sodium chicken or vegetable broth
- 15 ounces canned straw mushrooms, undrained
- ¼ cup low sodium soy sauce
- 1/3 cup rice vinegar
- 1 teaspoon red pepper flakes
- ½ teaspoon salt
- Black pepper, to taste
- 1 teaspoon olive, canola, or vegetable oil

Instructions
1. Heat oil in a large soup pot over medium heat. Add onion and sauté until soft.
2. Quarter the cabbage, remove the core, and shred with a large chef’s knife. Add tomatoes, cabbage, undrained mushrooms, and broth to the pot. Stir well.
3. Add the soy sauce, vinegar, chili flakes, salt, and pepper. Bring to boil, cover, then reduce heat to a simmer. Simmer for 20 minutes or until cabbage is the desired tenderness.

Makes: 6 servings
Nutrition Information: CALORIES 90 (6% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 460mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 5g; CALCIUM 4%; IRON 10%
## Couscous and Radish Salad

### Ingredients
- 1¼ cups water
- 1 cup couscous, uncooked
- ½ teaspoon lemon zest
- 1/3 cup lemon juice
- 2 tablespoons water
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 2 cups radishes, trimmed and quartered
- ½ cup fresh parsley
- 1/3 cup fresh mint (or 1 tablespoons dried)
- 2 tablespoons scallions, thinly sliced

### Instructions
1. Bring 1¼ cups of water to a boil. Stir in couscous. Cover, remove from heat, transfer to serving bowl, and set aside for 15 minutes. Fluff with fork, then set aside again.
2. Combine lemon zest, lemon juice, 2 tablespoons water, olive oil, and garlic. Stir vigorously and set aside.
3. Mince radishes, parsley, and mint. Transfer to bowl with couscous and toss. Add dressing and toss again.
4. Sprinkle with sliced scallions and serve.

Makes: 4 servings Nutrition Information:
CALORIES 210 (17% from fat); FAT 4g (sat 0.5g);
CHOLESTEROL 0mg; SODIUM 40mg; CARBOHYDRATE 39g;
FIBER 4g; PROTEIN 7g; CALCIUM 6%; IRON 10%

## Carrot and Celeriac Stir Fry

### Ingredients
- 3 cups carrots, peeled and cut in ½-inch pieces
- 3 cups celeriac, peeled and cut in ½-inch piece
- 2 tablespoons olive, canola, or vegetable oil
- 2 tablespoons chopped chives
- ½ teaspoon salt
- Black pepper to taste

### Instructions
1. In a large pot, cover carrots and celeriac with water and bring to a boil over medium heat. Boil for 5-10 minutes or until vegetables are tender. Drain.
2. Heat oil in a large, deep skillet over medium-high heat. Add vegetables and stir-fry for 5 minutes, or until browned and heated through.
3. Season with ½ teaspoon salt and pepper to taste. Sprinkle with chives and enjoy!

Makes: 6 servings; Nutrition Information: CALORIES 100 (45% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 320mg; CARBOHYDRATE 13g; FIBER 3g; PROTEIN 2g; CALCIUM 6%; IRON 4%
Baked Stuffed Onions

Ingredients
- 4 garlic cloves, minced
- 8 medium yellow onions, unpeeled
- 1 cup loosely packed fresh basil
- ½ cup loosely packed fresh flat-leaf parsley
- ½ teaspoon salt
- Black pepper, to taste
- 3 Yukon gold potatoes, peeled and cut into 2-inch cubes

Instructions
1. Preheat the oven to 450°F. Cut off the top quarter of each onion, and wrap each onion in aluminum foil. Cook onions until soft, about an hour and a half.
2. Remove onions from oven, unwrap, and let cool for 15 minutes. Peel and discard skins. Working from the center of each onion, pull out all but two layers, leaving a shell. Place shells in a small baking dish. Measure 2 cups of onion flesh.
3. Chop the onion flesh finely. Add basil, parsley, garlic, salt, and pepper. Mix well.
4. Bring a large saucepan of water to a boil. Add potatoes and cook until fork tender, about 20 minutes. Drain.
5. Mash potatoes with a fork and add onion mixture. Stuff onion shells with this filling. Bake stuffed onions until soft and golden, about 30 minutes.

Makes: 4 servings
Nutrition Information: CALORIES 210 (2% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 330mg; CARBOHYDRATE 47g; FIBER 8g; PROTEIN 6g; CALCIUM 10%; IRON 10%

Asparagus and Chicken Pasta

Ingredients
- 1 pound pasta
- 1 tablespoon olive oil
- 4, 4-ounce skinless chicken breasts, cut into thin strips
- 8 asparagus spears, cut into 2-inch pieces
- 1 teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ cup vegetable or chicken broth
- ½ cup parmesan cheese (optional)

Instructions
1. Cook the pasta according to package directions. Drain and set aside.
2. Heat oil in a large skillet over medium heat. Add chicken and cook, stirring, until lightly browned, 5 to 7 minutes. Add asparagus and basil and cook until softened, 3 minutes.
3. Add salt, pepper, and broth; bring to a boil over high heat, then reduce heat to medium. Simmer until liquid is almost gone and chicken is cooked through, 3 to 4 minutes.
4. Add cooked pasta and cheese to skillet; toss to coat and serve immediately.

Makes: 6 servings
Nutrition Information: CALORIES 270 (19% from fat); FAT 6g (sat 1g); CHOLESTEROL 65mg; SODIUM 290mg; CARBOHYDRATE 25g; FIBER 2g; PROTEIN 28g; CALCIUM 2%; IRON 15%
**Sauteed Beet Greens**

**Ingredients**
- 1 pound beet greens (about 2 large or 3 small bunches)
- ½ teaspoon salt
- 1 tablespoon olive, canola, or vegetable oil
- 2 garlic cloves, minced
- ¼ teaspoon dried red pepper flakes
- Freshly ground pepper to taste

**Instructions**
1. Stem and wash greens. Bring a large pot of water to boil.
2. Add salt and green to water.
3. Cook for 2 minutes, until tender.
4. Transfer immediately to a bowl of ice water. Drain and squeeze from the green. Chop coarsely.
5. Heat oil over medium heat in large skillet. Add garlic and red pepper flakes. Cook, stirring, until garlic is fragrant, 30-60 seconds.
6. Stir in greens. Stir for a couple of minutes, until green are well coated in garlic and oil. Season with pepper.
7. Remove from heat and serve

Makes: 4 servings; Nutrition Information: CALORIES 60 (50% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 550mg; CARBOHYDRATE 5g; FIBER 4g; PROTEIN 3g; CALCIUM 15%; IRON 15%

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**Garlic Asparagus**

**Ingredients**
- 1 tablespoon butter
- 3 cloves garlic, chopped
- 1 bunch fresh asparagus*

**Instructions**
1. Melt the butter in a large frying pan over medium heat.
2. Add garlic, stir for 30 seconds.
3. Add asparagus. Cover and cook for 10 minutes, until asparagus is tender. Stir often.
4. Serve!

*Tip: The bottom ends of asparagus stalks can become tough and hard to eat. You can break these ends off before cooking. Hold the bottom end of the stalk with two fingers, and the rest of the stalk with your other hand. Bend the stalk—the asparagus will snap where it becomes tough. Ask your kids to help with this step, they will enjoy the snapping!

Makes: 6 servings
Nutrition Information: CALORIES 40 (62% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 0mg; CARBOHYDRATE 3g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 6%
Caramelized Onion Flatbreads

Ingredients
- 1/3 cup whole-wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoons salt
- 1 1/4 cups plus 2 tablespoons water
- 3 tablespoons olive, canola, or vegetable oil
- 2 cups sliced onion

Instructions
1. Heat 1 tablespoon of oil in a medium skillet over high heat. Add 2 cups sliced onions, stirring often, until onions begin to brown, about 5 min. Reduce heat to low, add 2 tablespoons water and cook, stirring frequently, until onions are golden brown and very soft, about 15 minutes.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, and salt in a medium bowl. Make a well in the center, and pour in 1 tablespoon oil and 1 1/4 cups water. Whisk until smooth. Stir in caramelized onions.
3. Heat a large nonstick skillet over medium-high heat. Lightly brush the pan with the remaining oil.
4. Using 1/4 cup batter for each, pour the batter for 2 flatbreads into the pans and spread each into a 5-inch circle. Cook until the bread looks bubbly and mostly dry, about 2 minutes. Flip and cook until golden on opposite side, 1-2 minutes more. Repeat with remaining batter.

Makes: 10 servings
Nutrition Information: CALORIES 100 (40% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 14g; FIBER 1g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Asparagus and Radish Salad

Ingredients
- 1 bunch of asparagus (about 1 pound), trimmed
- 2 tablespoons white vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons canola or vegetable oil
- 1/2 teaspoon fresh ginger, grated
- 1 bunch radishes, trimmed and cut into wedges
- 2 tablespoons finely chopped scallion
- A few dashes red chili sauce (optional)

Instructions
1. Fill a medium bowl with ice water. Set aside.
2. In a large saucepan fitted with a steamer basket, bring 1 inch of water to boil.
3. Thinly slice asparagus stalks on the diagonal, leaving tips whole. Place in steamer basket. Steam until tender-crisp, about 1 minute. Transfer asparagus to ice water. Drain.
4. Combine vinegar, soy sauce, oil, ginger, and chili sauce (if using) in a large bowl. Add the asparagus, radishes, and scallion. Toss to combine. Serve warm or room temperature.

Makes: 4 servings
Nutrition Information: CALORIES 50 (40% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 140mg; CARBOHYDRATE 6g; FIBER 3g; PROTEIN 3g; CALCIUM 4%; IRON 15%
Kohlrabi Salad

**Ingredients**
- 2 heads kohlrabi
- 1 apple, such as Gala
- ¼ cup rice vinegar
- 1 tablespoon sesame or olive oil
- 1/8 teaspoon chili powder, or to taste
- 2 pinches cumin
- 1 teaspoon low-sodium soy sauce
- ¼ cup chopped cilantro

**Instructions**
1. With a sharp knife, cut off the “branches” or the kohlrabi, and peel it with a paring knife or vegetable peeler.
2. Cut the kohlrabi and apple into matchsticks.
3. Toss the kohlrabi and apple with the remaining ingredients. Chill before serving.

Makes: 4 servings; Nutrition Information: CALORIES 90 (33% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 60mg; CARBOHYDRATE 13g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 2%

Baked Apple Chips

**Ingredients**
- 4 apples (preferably a crisp, flavorful variety like Gala or Honeycrisp)
- 3 Tbsp sugar
- 2 Tbsp cinnamon

**Instructions**
1. Preheat the oven to 200°F.
2. Slice apples thinly crosswise, about 1/8-inch thick, with a mandolin or sharp knife.
3. Arrange apple slices in a single layer on parchment-lined baking sheets. In a small bowl, combine sugar and cinnamon. Sprinkle the mixture evenly over apple slices.
4. Bake in the top third of the oven until apples are dry and crisp, about 2 hours.
5. Remove from oven and let chips cool completely before removing from baking sheet. Will keep in a sealed container for up to 3 days.

Makes: 8 servings; Nutrition Information: CALORIES 70 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 0g; CALCIUM 2%; IRON 2%
Oven-Browned Onions

Ingredients
- 2 pounds of onions
- 1 Tbsp olive, canola or vegetable oil

Instructions
1. Preheat the oven to 200°F.
2. Chop 2 pounds of onions into medium-size pieces.
   Toss onions with oil and place on roasting pan.
3. Place in oven and bake for about 6 hours, or until the onions are evenly browned, stirring occasionally.
4. Allow to cool and serve immediately.

Makes: 6 servings
Nutrition Information: CALORIES 80 (25% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 5mg;
CARBOHYDRATE 14g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 2%

Honey-Glazed Carrots

Ingredients
- 1 pound carrots
- 1 tablespoon butter
- 2 tablespoons honey
- 1½ teaspoons apple cider vinegar
- ½ teaspoon salt
- Ground pepper, to taste
- Chopped fresh parsley, for garnish

Instructions
1. Steam carrots over an inch of boiling water until just tender, 7-10 minutes.
2. Meanwhile, melt butter in a large skillet and stir in honey and vinegar. Add steamed carrots to the skillet and sauté over medium-high heat, stirring constantly, until carrots are well glazed, 2-4 minutes.
3. Season carrots with salt and pepper. Transfer to serving dish and garnish with parsley.

Makes: 4 servings
Nutrition Information: CALORIES 100 (30% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 370mg;
CARBOHYDRATE 20g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 2%
Crispy Potato Roast

Ingredients
- 3 tablespoons olive, canola, or vegetable oil
- 3 pounds russet or Yukon Gold potatoes
- 2 onions, thinly sliced lengthwise
- ½ teaspoons salt
- ½ teaspoons red pepper flakes
- Several whole sprigs of thyme

Instructions
1. Preheat oven to 375°F. Brush the bottom of a baking dish with about 1 tablespoon of oil. Sprinkle baking dish with salt and red pepper flakes.
2. Peel the potatoes. Using a sharp knife, slice the potatoes very thinly crosswise. Arrange vertically in the baking dish. Wedge the onion slices between potatoes throughout the dish. Brush potatoes with the rest of the oil.
3. Bake for 1¼ hours. Lay the thyme sprigs atop the potatoes and bake for another 35-45 minutes, until potatoes are crispy and browned on top. If potatoes are browning too much, cover with foil until baking is complete. Serve immediately.

Makes: 8 servings
Nutrition Information: CALORIES 170 (26% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 29g; FIBER 5g; PROTEIN 3g; CALCIUM 2%; IRON 6%

Creamed Spinach

Ingredients
- 20 ounces baby spinach, washed
- 2 tablespoons butter
- 1 onion, diced
- 2 cloves garlic, minced
- 3-4 tablespoons all-purpose flour
- 2 cups skim milk
- ½ teaspoon nutmeg
- ¼ teaspoon salt

Instructions
1. Cook the spinach in a pot of boiling water for just one minute, and transfer to a cold water bath to stop the cooking. Squeeze out the excess water from the leaves. Chop spinach and set aside.
2. Melt the butter in a saucepan. Add the garlic and onion, and cook until just soft. Add the flour, stirring it together to form a paste. Slowly whisk in the milk and cook until slightly thickened. Add salt.
3. Add sauce to the spinach, stir and serve.

Makes: 6 servings
Nutrition Information: CALORIES 120 (29% from fat); FAT 4g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 280mg; CARBOHYDRATE 19g; FIBER 5g; PROTEIN 6g; CALCIUM 15%; IRON 20%
Mashed Turnips

**Ingredients**
- 3 pounds (about 12 cups chopped) purple-topped turnips
- ¼ cup reduced fat sour cream
- ½ teaspoon salt
- 1½ teaspoons nutmeg
- Black pepper to taste

**Instructions**
1. Cut off roots and stems from turnips, peel and cut into cubes.
2. Place turnip cubes in a large pot. Cover partially with water and bring to a boil over medium heat. Cover and cook until tender, about 15-20 minutes. Turnips are done cooking when a fork penetrates easily. Drain well.
3. Mash turnips with a potato masher. Add sour cream, salt, pepper, and nutmeg.

Makes: 6 servings; Nutrition Information: CALORIES 80 (19% from fat); FAT 1.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 350mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 3g; CALCIUM 8%; IRRON 4%

Cabbage Latkes

**Ingredients**
- Half a medium cabbage (about 2 cups thinly shredded)
- 1 large egg, lightly beaten
- 2 large egg whites, lightly beaten
- 1 scallion (white and light green parts), finely chopped
- 1½ tablespoons whole-wheat flour
- 1 tablespoon canola or vegetable oil
- ½ teaspoon salt
- Black pepper to taste

**Instructions**
1. Preheat oven to 250°F. Line a baking sheet with parchment paper and set aside.
2. Place the cabbage in a large bowl. Add the eggs, scallion, and flour, mixing just until incorporated. Season with ½ teaspoon salt and pepper to taste.
3. Heat oil in a large, nonstick skillet over medium-high heat. Drop enough cabbage mixture (about 2 tablespoons) on the skillet to form pancakes 1½ inches wide. Cook for 3-4 minutes, being careful not to move latkes until the bottom crust has formed. Turn over and cook 3-4 minutes more, or until browned.
4. Transfer to baking sheet and place in oven to keep warm. Continue to form pancakes until all the mixture is used. Wipe out the skillet between batches and add oil as needed.

Makes: 4 servings
Nutrition Information: CALORIES 100 (45% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 45mg; SODIUM 360mg; CARBOHYDRATE 9g; FIBER 3g; PROTEIN 5g; CALCIUM 6%; IRRON 6%
**White Bean Salad**

### Ingredients
- 14.5-ounce can of white beans, drained but not rinsed
- 2 tablespoons chopped red onion
- 2 teaspoons lemon juice
- 2 teaspoons red wine vinegar
- 1 tablespoon extra virgin olive oil
- 1 teaspoon finely chopped rosemary
- 1 teaspoon finely chopped thyme
- 1 teaspoon finely chopped tarragon or lavender
- ½ teaspoon salt
- Black pepper to taste

### Instructions
1. In a small bowl, add the lemon juice to the chopped onion. Let sit while preparing other ingredients.
2. Combine all ingredients in a serving dish, including chopped onion. This salad can be served right away, but the flavors will combine better if chilled for a few hours.

Makes: 4 servings  
Nutrition Information: CALORIES 180 (19% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 300mg; CARBOHYDRATE 26g; FIBER 7g; PROTEIN 10g; CALCIUM 10%; IRON 20%

**Braised Fennel and White Beans**

### Ingredients
- 1 tablespoon olive, canola, or vegetable oil
- 1 medium fennel bulb, trimmed, halved lengthwise and cut crosswise into ¼ inch-thick slices (about 3 cups)
- 1 medium red onion, halved lengthwise and cut lengthwise into ¼ inch-thick slices (about 2 cups)
- 1, 15.5 ounce can white beans
- 1 cup homemade or low-sodium chicken stock
- 1 teaspoon dried oregano (or 2 teaspoons chopped fresh oregano)
- 2 tablespoons red wine vinegar
- ½ teaspoons salt
- Ground pepper to taste

### Instructions
1. Heat oil in a large, heavy sauté pan over medium-high heat. Add fennel and onion; cook, stirring occasionally, until tender and edges are browned, about 10 minutes.
2. Add beans, stock, oregano, salt and pepper. Cook, stirring occasionally, until liquid has reduced by about half, 3-4 minutes. Stir in vinegar; remove from heat.

Makes: 4 servings  
Nutrition Information:  
CALORIES 220 (16% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 350mg; CARBOHYDRATE 35g; FIBER 9g; PROTEIN 12g; CALCIUM 15%; IRON 25%
Spring Four-Bean Salad

Ingredients

- ½ cup dried lentils, rinsed
- 1½ cup frozen shelled edamame
- 15 ounces canned kidney beans, low sodium
- 15 ounces canned cannellini beans, low sodium
- 3½ Tbsp red wine vinegar
- 1 large garlic clove, minced
- 1 tsp finely chopped fresh thyme leaves
- 2 tsp honey
- ¼ tsp salt
- Black pepper, to taste
- ¼ cup chopped fresh parsley

Instructions

1. Combine lentils and 2½ cups water in a small saucepan. Bring to a boil, lower heat and simmer until tender but not mushy, about 20 minutes. Drain well and transfer to a large bowl.
2. In the same saucepan, add another 2½ cups water and bring to a boil. Add edamame and simmer 5 minutes. Drain, rinse under cold water and add to bowl with lentils. Add kidney beans and cannellini beans.
3. In a small bowl, whisk together vinegar, garlic, thyme, honey, salt and pepper. Pour over salad and toss to coat. Stir in parsley. Let sit for at least 10 minutes before serving.

Makes: 6 servings
Nutrition Information: CALORIES 200 (10% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 33g; FIBER 9g; PROTEIN 14g; CALCIUM 6%; IRON 20%

Spring Green Salad

Ingredients

For the salad:

- 1 pound spring greens (lettuce, spinach, beet greens, turnip greens, mustard greens, arugula, mesclun)
- 4 green onions (scallions) thinly chopped

For the dressing:

- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- Dash of black pepper (optional)
- 3 tablespoons balsamic vinegar, or to taste

Instructions

1. Wash and pat dry greens.
2. Put greens and green onions in a large bowl.
3. Put honey, mustard, and pepper in a cup, and mix with a fork.
4. Add 1 tablespoon balsamic vinegar to cup and mix. Repeat until dressing is thin enough to be poured over salad.
5. Drizzle dressing over salad.
6. Toss to spread dressing, and serve.

Makes: 6 servings
Nutrition Information: CALORIES 40 (13% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 8g; FIBER 2g; PROTEIN 2g; CALCIUM 10%; IRON 10%