



RECIPES

Olè Mexico Salad submitted by Jackie Shewmaker

Romaine Lettuce
Black Beans, drained and rinsed
Whole kernel corn, drained
Tomato chopped
Avocado- small pieces
Queso Fresco (Mexican White Cheese)
Bell pepper (if you like)
Dress with oil and a little Wishbone Italian

Angel food cake with fruit and yogurt topping submitted by Susan Gilbert

Angel Food cake (you can even get a sugar free one if you like)
Your favorite fruit ...blueberries and strawberries are good and make it very colorful
1 cup plain low fat yogurt
Sweeten yogurt to taste with sugar substitute like Stevia
Cut up your favorite fruit and spoon over the cake. Mix the sweetener into the yogurt and top the cake with yogurt. This healthy recipe is surprisingly delicious!

Spaghetti Squash submitted by Susan Gilbert

Spaghetti squash can be used in place of pasta because the flesh separates into spaghetti-like strands after it's cooked. Nutritional values are based on a $\frac{3}{4}$ cup portion of pasta and $\frac{2}{3}$ cup portion of spaghetti squash.

For those looking to reduce carbohydrate intake and calories, spaghetti squash has only 7 grams of carbohydrates per serving compared to pasta's 31 grams. 27 calories per serving compared to 158 calories in pasta. Squash contains lutein and zeaxanthin, antioxidants that may protect your eyes from age-related diseases.

Both have unique nutritional benefits that surpass the other. For people with Diabetes, spaghetti squash may be a tasty, alternative to pasta, but is good for everybody.

The ingredient amounts are approximate. Prepare the spaghetti squash by cutting it in half lengthwise, scooping out the seeds. Cover halves with foil and bake at 350 degrees for about 20 minutes, or until tender. Scrape a fork across the flesh to separate it into strands. Option: Top it with sautéed asparagus, and mushrooms, in 2 teaspoons of olive oil and garlic.

You can serve the squash the same way you would pasta; use your favorite sauce with vegetables or drizzle olive oil and sprinkle low-fat Parmesan cheese over the top. Each half, depending on the size of the squash makes one meal.

Apple Cranberry Tart submitted by Susan Gilbert

This is a recipe sent to me from the folks at Viking River Cruises. These are those marvelous cruises featured on NPR's Masterpiece Theater.

"Here is one of the recipes we have collected while traveling through France; the almond paste, an ingredient often used in French baking, gives this delicious dessert a Continental flavor. Serve alone or top with a scoop of vanilla ice cream."

Ingredients:

1 roll almond paste
1 9-inch tart shell, unbaked & room-temperature
1 C fresh cranberries
5 med apples (preferably Macintosh), peeled & sliced to make approximately 5 C
1/4 C sugar
1 tsp cinnamon
1/2 C uncooked oats
1/2 C all-purpose flour
1/2 C brown sugar
6 T unsalted butter, very cold or frozen
1/4 C sliced almonds

Directions: Preheat oven to 375°F (190°C). Flatten almond paste onto a sheet of wax paper. With a rolling pin, roll almond paste to form an 8-inch circle. Press almond circle into bottom of unbaked tart shell. In a bowl, combine cranberries, apples, sugar and a 1/2 tsp of cinnamon. Pour on top of almond circle, into tart shell. In a bowl, combine the remaining cinnamon, oats, flour and brown sugar. Cut butter into very small pieces and blend into cinnamon and oats mixture until crumbs form. Spoon crumb mixture evenly over the top of apple mixture. Bake 50-60 minutes. Sprinkle with sliced almonds during the last 5 minutes of cooking time.

Serving Suggestion: Serve warm with a scoop of vanilla ice cream and enjoy!

Cook time: 50-60 minutes. Makes 6 servings.

Pumpkin Zucchini Muffins by Rebecca Maclary (source: <http://blog.paleohacks.com>)

Prep Time: 7 minutes

Cook Time: 45 minutes

Yield: 12

Ingredients:

- 2 Tbs flax meal
- 6 Tbs water
- 1 cup almond flour
- ½ cup coconut flour
- ½ cup tapioca flour
- 2 tsp baking soda
- 1 tsp sea salt (optional)
- 1 Tbs pumpkin pie spice
- 1 cup dates, pitted
- 2 cups canned pumpkin
- 1 tsp apple cider vinegar
- ¼ cup coconut oil (or butter, if you can do dairy)
- ½ (10 oz) bag frozen berries (optional)
- ¾ cup zucchini, grated
- ¾ cup sliced almonds or walnuts (optional)
- paper muffin liners

Directions:

- Preheat oven to 350F.
- Combine flax meal and water and set aside.
- Combine dry ingredients, cinnamon and allspice in a large bowl and set aside.
- By now, your flax meal and water mixture should have a gelatinous texture. Dump it into a food processor with the dates, pumpkin, cider vinegar and coconut oil. Process until dates are roughly chopped.
- Fold the pumpkin mixture, the zucchini, nuts and berries into the dry ingredients.
- Scoop in to a greased muffin tin. (I always use an ice cream scoop to do this, as it makes super quick work of it!)

These muffins are a great way to get some vegetables into kids without them knowing. Some people have even added cocoa powder successfully, or bananas...really, you can make substitutions in here however you like. Personally, I love chocolate-banana-zucchini muffins, but maybe I'm crazy. They're great warm out of the oven with a bit of melted butter.