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# ABOUT THIS BOOK

## Organization

- There are 80 recipes grouped by categories; Appetizers & Light Snacks, Bakery & Desert, Beverages, Breakfasts, Entrées, and Sauces, Seasonings & Soups.
- The Table of Contents lists categories and recipes in alphabetical order. For ease in finding recipes there is also an alpha-numerical index included in the last pages.
- Although the easiest way to find a recipe is alphabetically under each category, for your convenience page numbers are also included on the page lower margin.

## Nutritional Analysis

- The nutritional analysis is provided as a guide and calculated using the Master Cook 15 (<http://www.mastercook.com>) nutrient data sourced from the USDA data base and manufacturers information for their products.
- Some nutrient values may vary based on brand and the nutrient data used by the manufacturers.
- Optional items, variations and garnishes are not included in the nutritional analysis.

## Portions

Recipes do not take into consideration variations in appetites. If you need to serve larger portions or serve more people it's easy to increase amount you're making.

- When the portion size is the same, recipe conversion factors are determined by taking the number of portions you want and divide by the number of portions you have in the recipe. For example, you want 15 portions. By using the 6 portion information on the recipe ( $15 \div 6$ ), your conversion factor is 2.5. This means you multiple each ingredient by 2.5 to determine the quantity of each ingredient. If you have 6 portions and want 4 portions ( $4 \div 6$ ), your conversion factor is 0.66. This means you multiply each ingredient by 0.66 to determine the quantity of each ingredient needed.
- As yields (number of portions) are increased or decreased the cooking time for some recipes might change.

# Hummus Dip

1. Garnish with chopped parsley and/or oregano.
  2. Mint leaves add an unexpected and refreshing kick.
- Add the ingredients in the order listed. It's important.

| <b>Yield: 2 cups</b>  | <b>Method</b>   |
|---|---|
| <p><b>Ingredients</b></p> <p>2 Tablespoons Tahini</p> <p>2 Tablespoons Lemon juice, or more to taste</p> <p>2 Tablespoons olive oil</p> <p>1 Clove garlic, large - or 1 teaspoon crushed or minced garlic (or more garlic to taste)</p> <p>16 Ounces canned chickpeas, garbanzos</p> <p>1 Dash kosher salt, about 1/8 tsp</p> <p>1/8 Dash white pepper, about 1/8 tsp</p> <p>3 Tablespoons water, add a bit more water as desired</p> <p>2 Tablespoons olive oil, in addition to adding to mixture use to top before serving</p> <p>2 Tablespoons paprika, sprinkle on top before serving</p> <p><i>Serving Ideas: 1- Serve with pita bread strips or wedges, toasted pita bread or chips, crackers, bread sticks, toast, or vegetables for dipping</i></p> <p>2- May omit Tahini for a less nutty, less creamy product and increase olive oil by 2 Tbsp</p> <p>3- For a smokier flavor add paprika to the mixture when processing then add on top again as garnish</p> | <p>In food processor combine tahini &amp; lemon juice. Process to mix to a creamy state. Scrape sides and process again if needed</p> <p>Add olive oil, crushed garlic and cumin, process to mix scraping sides as needed to mix</p> <p>Drain garbanzos, rinse with water and shake dry.</p> <p>Add half of the garbanzos into processor with the Tahini mixture and process for 1 - 2 minutes, scraping sides if needed.</p> <p>Add remaining half of garbanzos and process for 2 - 3 minutes.</p> <p>Taste and adjust salt and pepper as needed</p> <p>If not smooth enough process until it's a creamy paste. if too thick add 2 - 3 tablespoons water.</p> <p>Place into serving bowl. Pour olive oil and sprinkle with paprika.</p> <p>Serve with pita chips or pita bread wedges or as a vegetable dip.</p> |
| <p><b>Servings: 16</b></p>  |   |
| <p><i>Per Serving (excluding unknown items): 78 Calories; 5g Fat (53.6% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 102mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.</i></p>   |   |

# Easy Morning Fruit Muffins

*A great breakfast or any time snack. High in fiber and moderate in calories. If using Old Fashioned oats soak in water/oil/egg mixture, if using Quick Cooking mix with cake mix & proceed*

**Yield: 24 medium**

**Ingredients**

*1/2 Cup Applesauce,  
Unsweetened*

*1/2 Cup Mashed Banana*

*1/4 Cup Diced Pear, or substitute  
any other berries*

*1/4 Cup Chopped Apple*

*1 Cup water*

*1/2 Cup Vegetable Oil*

*1 1/2 Cups oatmeal*

*1 Teaspoon cinnamon, or may use  
another preferred spice*

*1 Envelope cake mix, we used  
Duncan Hines vanilla, white or  
yellow cake mix*

*1/4 Cup Nuts, use almonds,  
pecans and walnuts*

**Servings: 24**

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

Method

Preheat oven to 325°F. Insert muffin liners into the tins.

In a large bowl mix water, oil, egg mixture and mix at low speed. If using Old Fashioned Oatmeal add, stir to mix and soak for 30 minutes. If using Quick Cooking add with cake mix and proceed.

Add cake mix beating at low speed for 1 minute, then at high speed for 2 to 3 minutes. Do not overmix

Mix in applesauce, mashed banana, diced pear and apple

Add flour & oatmeal mixture to wet ingredients. Stir gently until combined. Do not overmix and do not beat.

Add chopped nuts. Fold in gently. Do not overmix

TO BAKE

Measure batter into each muffin bowl filling about 3/4 full. Do not overfill or muffins will rise and overflow out of the pan making it difficult to remove without breaking once baked.

Bake for 15 - 20 minutes or until light brown. Muffin tops will look a bit cracked.

Cool before serving or may eat them hot topped with favorite fruit spread or peanut butter for an extra kick.

Muffins freeze well if tightly sealed. Thaw at room temperature and warm in microwave or toaster oven.

*Per Serving (excluding unknown items): 141 Calories; 7g Fat (46.1% calories from fat); 2g Protein; 18g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.*

# Summer Fruit Compote

*A nice way to use extra fruit or fruit that is beginning to over ripen. Use with winter or summer fruits, it's just as yummy and if you make enough you'll have some left for healthy snacks all week.*

|  |  |
|--|--|
| <p><b>Ingredients</b><br/>         6 Each Kiwi, Raw, peeled and cubed<br/>         1 Cup Pineapple, diced fresh, canned or frozen<br/>         3 Each oranges, peeled, seeded<br/>         2 Each Sprigs Fresh Mint, or substitute dry mint flakes<br/>         2 Inch ginger root slice, peeled and chopped<br/>         1/2 Teaspoon Rosemary, flakes or fresh minced<br/>         1/4 Cup honey<br/>         1 Dash salt<br/>         3/4 Cup orange juice<br/>         1/4 Cup Lime Juice<br/>         1 Teaspoon Lime Zest<br/> <b>Serving Ideas:</b> 1-Serve hot or cold<br/>         2-Top with additional cinnamon or nutmeg before serving<br/>         3-Try adding cloves for a robust fall flavor<br/>         4-Lasts 2 weeks refrigerated at 41°F<br/>         5-Great served as ice cream topper or warm over waffles<br/>         6-Nice side dish to serve with spicy strong meats<br/>         7-In the warmer seasons substitute mangos, peaches, pineapple, apricots or plums or any other summer or tropical fruits</p> | <p><b>Preparation Time:</b> 15 minutes<br/> <b>Start to Finish Time:</b> 1 hour<br/> <b>Method</b><br/>         Coarsely chop unpeeled fruit. Peel, segment and chop oranges.<br/>         Place chopped fruits in sauce pan. Add juices, spices and honey<br/>         Stir to mix well, cover and simmer for 20 to 30 minutes until fruits are cooked and tender<br/>         Taste and adjust lime if needed. Add more orange juice if a juicier compote is desired<br/>         Cool covered for half an hour, then place in a covered glass or plastic container for storage<br/>         Serve hot or cold. This fruit mix is also good to serve fresh</p> |
| <p><b>Servings: 16</b><br/>         Per Serving (excluding unknown items): 39 Calories; trace Fat (2.2% calories from fat); trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.</p>   |  |

# Banana Cantaloupe Smoothie

1) 1/2 lb melon = 1/2 cup AP - 1 melon yields 4 cups diced

2) 1 lb banana yields 1.5 to 3 cups

High in vitamins A & C this smoothie is a kicker start of your day

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## Ingredients

1/2 Cup Cantaloupe, 1/2 lb melon

= 1/2 cup AP - 1 melon yields 4 cups diced

1/3 Each Sliced Banana, 1 lb banana yields 1.5 to 3 cups

1 Cup plain nonfat yogurt

1 Cup Orange Juice

1 Cup Crushed Ice

## Servings: 2

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Preparation Time: 10 minutes

## Method

Combine all ingredients in a blender and blend until smooth.

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Per Serving (excluding unknown items): 151 Calories; 1g Fat (3.8% calories from fat); 8g Protein; 30g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 95mg Sodium. Exchanges: 1 1/2 Fruit; 1/2 Non-Fat Milk.

# Sherbet Shake

*Low in calories and high in protein. Perfect pick-me-up at any time.*

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| Ingredients  | Method  |
|--|---|
| 4 Cups Skim Milk   |   |
| 2 Cups Sherbet   |   |
| 2 Cups Yogurt, Skim Milk   | Blend all ingredients in a blender or food processor until smooth |
| 1 Tablespoon Vanilla   |   |
| Serving Ideas: 1-Garnish with whipped topping.                   |   |
| 2-For variety change the flavor of sherbet or use fruited yogurt | May top with fruit wedges or additional sherbet                   |

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## Servings: 8

*Per Serving (excluding unknown items): 149 Calories; 1g Fat (7.8% calories from fat); 8g Protein; 26g Carbohydrate; 0g Dietary Fiber; 28mg Cholesterol; 125mg Sodium. Exchanges: 1 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.*

# Bacon Cheesewich

*A meal in the hand the whole family will enjoy - a tasty treat*

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**Yield: 8 Sandwiches**

**Ingredients**

8 Each refrigerated crescent rolls,  
cold, separated

4 Slice Reduced Fat Monterey  
Jack Cheese, sliced

3/4 Cup skim milk

4 Slices bacon, cooked crisp,  
crumbled

8 Each eggs

1/8 Teaspoon black pepper

**Servings: 8**

Preparation Time: 30 minutes

**Method**

Heat oven to 375°F

Cook the bacon crisp, drain & crumble. Set aside.

Slightly beat eggs and mix with the milk. Add pepper to taste. No salt is needed - it is provided by bacon and cheese.

In hot grill, sauté chopped onions until soft. Add scrambled eggs mixture and crisp bacon and stir until eggs are cooked through or to 145°F

Separate crescent rolls and fill each one with 1/2 slice of cheese and 1 heaping tablespoon of scrambled eggs mixture.

Bake at 375°F until rolls puff and brown and cheese melts, about 15 minutes. Serve hot.

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*Per Serving (excluding unknown items): 350 Calories; 19g Fat (50.8% calories from fat); 26g Protein; 15g Carbohydrate; trace Dietary Fiber; 235mg Cholesterol; 655mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 2Fat.*



# Fluffy French Toast

*Begin your day the right way with this quick and easy protein packed breakfast*

**Yield: 16 Slices**

*Ingredients*

*2 Each egg*

*6 Each egg whites*

*1/3 Cup skim milk*

*1 Teaspoon vanilla extract*

*1 Teaspoon brown sugar*

*1/4 Teaspoon cinnamon*

*16 Slices wheat bread, day old or use crusty French bread*

*1 Teaspoon vegetable oil*

*1 Tablespoon butter*

**Servings: 8**

Preparation Time: 30 minutes

Method

Beat egg whites with whisk in large bowl until frothy. Add milk, extract, brown sugar and cinnamon.

Dip each slice of bread in egg mixture.

In a skillet melt the butter, then place dipped bread to cook each side 2-3 minutes until browned.

Serve 2 slices per portion with your favorite syrup, powdered or brown sugar, or sliced fruit

*Per Serving (excluding unknown items): 185 Calories; 5g Fat (25.9% calories from fat); 9g Protein; 25g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 344mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.*

# Broiled Spicy Pork Chops

*A subtly spicy pork chop to grill indoors or barbeque outdoors.*

**Yield: 8 Servings**

**Ingredients**

8 Each Boneless Pork Sirloin  
Chops, 3/4" thick

1/2 cup red wine vinegar

1 Tablespoon vegetable oil

1 Tablespoon dry parsley flakes

2 Tablespoons Dijon-style mustard

1 Teaspoon Cumin Powder

1/4 Teaspoon Cayenne

1/2 Teaspoon Salt

1 Teaspoon Pepper

**Servings: 8**

Preparation Time: 25 minutes

Start to Finish Time: 1 hour

**Method**

In a bowl combine vinegar, oil, mustard and parsley; whisk until blended. Marinate chops for about 20 minutes.

Place pork chops in a baking pan, brush on both sides with the marinade mixture again, sprinkle salt, pepper, cumin & Cayenne on both sides before cooking.

Place marinated pork top loin chops on rack in broiler pan so surface of meat is 4 to 5 inches from heat or cook in an outdoor BBQ

Broil chops for 20 minutes turning and brushing with remaining marinade mixture when turned over then when done.

*Per Serving (excluding unknown items): 150 Calories; 7g Fat (43.6% calories from fat); 19g Protein; 1g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 220mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.*

# Cuban Style Sandwich

*A nostalgic reminder of walkup sandwich bars in Cuba - if you're really hip you'll call these Cubanos and eat it with a cup of strong sweet coffee*

**Yield: 8 Servings**

**Ingredients**

8 Each sandwich roll, 6" (French, Italian or large hotdog bun)

8 Each Ham Slices, 1 oz slices

8 Each Turkey Breast Slices, 1 oz slices

8 Each Swiss cheese, low-fat, 1 oz slices

2 Tablespoons Olive Oil

1 Tablespoon Ground Oregano

**Servings: 8**

Preparation Time: 45 minutes

**Method**

Spread insides of split roll with the olive oil oregano mixture.

Portion meats & cheese slices and thinly sliced pickles on rolls then cover with bun top half

Place rolls on a lightly oiled heated flat skillet or grill .

Grill for about 15 minutes pressing down lightly with spatula to flatten the bread.

Or grill in a sandwich or Panini grill until heated through but the bread is still soft

Garnish with dill pickles, olives and cherry tomatoes for a fun meal

---

*Per Serving (excluding unknown items): 372 Calories; 14g Fat (34.8% calories from fat); 43g Protein; 17g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 1018mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Fat.*

# Mediterranean Rollup

1) Hummus recipe available

Vegan with option to add cheese or meat

---

**Yield: 8 Each****Ingredients**

8 each tortillas, whole wheat 96% fat free flour, 8" size rolls up best. May also use Lavash or corn tortillas

1 cup hummus, home-made or purchased

1 cup romaine lettuce leaves, chopped

2 cups Canned Black Beans, drained & rinsed

4 each tomatoes, red ripe, chopped

1 cup kale, or red tip romaine lettuce

2 tablespoons black olives, chopped

4 tablespoons low calorie Italian salad dressing, emulsified

**Servings: 8**

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**Preparation Time: 45 minutes****Method**

Toss cooked black beans with 1 tablespoon dressing and coarsely mash

Lay out tortillas on a flat surface and spread each with hummus then spread the mashed black beans on top

Toss the chopped lettuce, kale, tomatoes and black olives with remaining 1 tablespoon dressing

Roll starting from the edge of a long side, roll it up. Cut diagonally in half.

To store wrap in plastic wrap, seal the ends and refrigerate at 41°F until serving time.

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Per Serving (excluding unknown items): 278 Calories; 7g Fat (22.9% calories from fat); 11g Protein; 44g Carbohydrate; 9g Dietary Fiber; trace Cholesterol; 787mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

# Vegetable Quesadillas

*Change the pace for lunch. Make a hot finger-food much tastier than a sandwich*

**Yield: 8 Each**

## Ingredients

8 Each Tortilla, Whole Wheat 96%

Fat Free Flour

1 Tablespoon Vegetable Oil,  
divided to use half at a time during  
cooking

1/4 Cup Red Onion, chopped

3/4 Cup Shredded Carrot

3/4 Cup Shredded Zucchini

3/4 Cup Chopped Tomatoes

1/2 Cup Tomato Puree

1/4 Cup Canned Jalapeño  
Peppers, drained and chopped

2 Cups Cheddar Cheese, Low-

fat  
*Serving Ideas: 1) For  
authentic Mexican flavor season  
with Mexican Seasoning (recipe  
available) and use Cotija or  
another Mexican cheese*

**Servings: 8**

Preparation Time: 45 minutes

## Method

Heat half the oil in a skillet or sauce pan. Add onions and carrot and cook over low heat 3 minutes or until onion is soft but not brown. Stir in tomatoes and jalapenos - cook until just heated through.

Heat tortillas to make them easier to fold without splitting and spread them on a warm baking sheet

Spread the seasoned tomatoes mixture in the first step on each tortilla

Evenly divide the shredded vegetables on one half of each tortilla. If any seasoned tomato sauce is left spoon on top of the fillings. Fold the second half of the tortilla on top and press down to flatten.

Heat the remaining oil in a large flat non-stick skillet or hot grill. Cook one or two quesadillas at a time about 30 seconds per side until lightly browned on both sides, cheese melts and filling is heated

One portion is one folded quesadilla

*Per Serving (excluding unknown items): 223 Calories; 6g Fat (25.1% calories from fat); 12g Protein; 31g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 674mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1/2 Fat.*

# Barley Corn Pilaf

*A spicy high fiber side dish; salad, vegetable and starch all in one - an amazing picnic dish since it's good either hot, cold or at room temperature*

**Yield: 8 Cups**

**Ingredients**

2 Tablespoons Extra virgin olive oil  
1/4 Cup chopped onions, may substitute 1 teaspoon onion powder  
1/2 Cup chopped parsley, may substitute 1 tablespoon dry parsley flakes  
1 Cup pearl barley  
1/2 Teaspoon Salt, in barley water  
3/4 Cup red peppers, chopped  
2 cups Reduced Sodium Chicken Broth, homemade is best but may use canned or brick packed  
1 Cup frozen corn kernels  
1 Cup frozen peas  
2 Tablespoons fresh ginger root, peeled and chopped  
1 Teaspoon ground turmeric  
1 Teaspoon curry powder  
1 Teaspoon black pepper  
2 Teaspoons red pepper flakes  
2 Tablespoons Italian Salad Dressing

**Servings: 8**

Preparation Time: 1 hour 30 minutes

**Method**

In a 2 quart sauce pan sauté onions in olive oil until clear

Add barley, stir to mix and coat with the oil.

Add chicken broth, pepper, turmeric and curry. Stir to dissolve spices and mix well.

Cook at medium heat (small bubbles) until barley is tender.

Add frozen corn and peas, 2 teaspoons red pepper flakes and remaining. Stir from bottom up to mix well

Remove from heat, cover and let stand until all liquid is absorbed and vegetables are tender but still crunchy

If desired adjust seasoning and add more broth for a juicier dish

Garnish with chopped fresh parsley and fresh red pepper

Serve steaming hot or cold on a lettuce bed

*Per Serving (excluding unknown items): 180 Calories; 6g Fat (27.9% calories from fat); 5g Protein; 29g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 323mg Sodium. Exchanges: 2 Grain (Starch); 1/2 Vegetable; 0 Fruit; 1 Fat.*

# Alabama Cream Sauce

*A white BBQ sauce like no other. It's fantastic on fish and great on any meat*

|  |   |
|--|---|
| <b>Yield: 2 Cups</b>   | Preparation Time: 10 minutes  |
| <b>Ingredients</b>   | Method  |
| 1 Cup Mayonnaise   | Mix all ingredients well, store at 41°F in a tightly covered jar for up to 3 months |
| 1/2 Cup Buttermilk   |   |
| 2 Tablespoons Horseradish  |   |
| 2 Tablespoons Vinegar  |   |
| 1 Tablespoon Cayenne   |   |
| 1 Tablespoon Garlic Powder   |   |
| 1 Teaspoon Pepper  |   |
| 2 Teaspoons Sugar  |   |
| <b>Servings: 16</b>  |   |
| <i>Per Serving (excluding unknown items): 108 Calories; 12g Fat (91.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.</i> |   |

# Black and White Bean Soup

*A very nutritious soup mildly spicy and so good!*

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**Yield: 5/8 ounce**

**Ingredients**

1 Cup dried black beans, washed and picked over

1 Cup dried white beans, washed and picked over

2 Quarts water

1/4 Cup Olive Oil

1 Cup Chopped Onion

1 Cup Diced Carrot

1 Clove garlic, minced - or may use 2 TB garlic powder

1/3 Tablespoon salt, taste and adjust at end before serving

1/2 Cup Chopped Tomatoes, chopped

1 Each bay leaves, whole

3 Each canned chipotle chiles, drained whole - or may use dried chiles

1 Quart Reduced Sodium Chicken Broth, or substitute vegetable broth

*Serving Ideas: 1- May use canned beans instead of dried.*

*2- 1 lb dried beans = 2 1/4 cups dried beans*

**Servings: 8**

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*Per Serving (excluding unknown items): 254 Calories; 7g Fat (25.6% calories from fat); 13g Protein; 36g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 610mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.*

**Method**

Place the black and the white beans in a medium saucepan with the water and bring to a boil. Turn down heat and simmer for 30 to 45 minutes until soft. Let simmer covered stirring occasionally to avoid sticking to the bottom

Heat oil and sauté the diced onions and all of the carrots and cook over medium low heat until onions are lightly browned, about 15 minutes. Add the garlic and salt, stirring constantly, until the garlic aroma is released, 1 - 2 minutes. Do not scorch the garlic as it will turn bitter.

Mix sautéed vegetables mixture with black & white beans and stir to mix well. Add broth and reheat.

Remove bay leaves and chipotle before serving.

Serve with 1/4 lime slice and additional chopped green onion tops and cilantro for each bowl as garnish. May also garnish with tomatillo, pico de gallo or red salsa and a dollop of sour cream if desired.



# Corn & Pepper Relish

*Use on fish, pork or beef. Stores well for a week*

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|  |   |
|--|---|
| <i>1/4 Cup Olive Oil</i>                 | In a large skillet heat oil, add frozen corn and toss until golden brown on the edges |
| <i>1/2 Cup Diced Red Bell Pepper</i>     |   |
| <i>1/2 Cup Diced Green Bell Pepper</i>   | Add onion, garlic and peppers, and continue to stir to blend flavors                  |
| <i>2 Cups Whole Kernel Corn, Frozen</i>  |   |
| <i>1/2 Cup Diced Red Onion</i>           |   |
| <i>2 Cloves Garlic, crushed</i>          | Add coconut cream, rum and honey or brown sugar and stir to mix. Simmer for 5 minutes |
| <i>1/4 Cup Rum</i>                       |   |
| <i>1/2 Cup Cream of Coconut</i>          | Add salt and pepper to taste mixing well.   |
| <i>1 Tablespoon Honey or Brown Sugar</i> |   |

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*Per Serving (excluding unknown items): 1414 Calories; 77g Fat (50.9% calories from fat); 13g Protein; 155g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 77mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 Vegetable; 14 1/2 Fat; 4 1/2 Other Carbohydrates.*

# Spicy Apple Cranberry Relish

*A different relish to use with meats, or even spoon in soups - an excellent complement to Pizazz Pumpkin Soup*

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| Ingredients                                   | Method   |
|---|--|
| 1 Each Large Apple, cored & chopped with peel | Combine chopped apple, onion, lime juice, cranberries, chili powder, cayenne, honey & cinnamon |
| 1/4 Each Red Onion, diced                     |  |
| 1/4 Cup Lime Juice                            | Toss to coat all ingredients   |
| 1/2 Cup Dried Cranberries                     |  |
| 1 Teaspoon Chili Powder                       |  |
| 2 Teaspoons Honey                             | Cover and store in refrigerator for at least one hour before using                             |
| 1/2 Teaspoon Cinnamon                         |  |
| 1/4 Teaspoon Cayenne                          |  |
| <b>Servings: 6</b>                            |  |

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*Per Serving (excluding unknown items): 36 Calories; trace Fat (5.2% calories from fat); trace Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain (Starch); 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.*

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*I'm just someone who likes cooking and for whom sharing food is a form of expression.*

*Maya Angelou*