

**Living Well: Being Well Class**

**May 2020**

**Topic: Make Your Own Breakfast Mediterranean Style**

**Menu**

**Zucchini & Corn Pancakes with Greek Yogurt & Honey**

**Mini Mediterranean Frittatas**

**Lemon Ricotta Pancakes**

**Open-faced Poached Egg Avocado English Muffin**

## Zucchini and Corn Pancakes with Greek yogurt honey

### Ingredients:

3 Tbsp. Butter  
1 Tbsp. Olive oil  
1 ½ cups small-diced zucchini or pattypan squash  
Kosher salt  
1 ¼ cups fresh corn kernels  
1 ¼ cup fresh corn kernels  
1/2 cup sliced fresh scallions  
½ to 1 tsp. Minced fresh Serrano peppers  
Freshly ground black pepper  
2 Tbsp. Chopped fresh flat-leaf parsley  
2 Tbsp. Sliced fresh chives  
½ cup plus 1 Tbsp. Unbleached all-purpose flour  
½ cup cornmeal  
2 tsp. Sugar  
½ tsp. Baking powder  
¼ tsp. Baking soda  
1 large egg, beaten  
2/3 cup whole milk  
2 Tbsp. Plain thick Greek yogurt  
Honey for serving

### Directions:

In a medium heavy skillet, non-stick, heat ½ T. Butter with the Olive oil. Add the zucchini & ¼ tsp. Salt & cook until zucchini starts to brown. Add another ¼ T. Butter, corn, scallions, serrano peppers & cook until corn is glistening, Remove from heat & season with black pepper; transfer to a mixing bowl. Let cool to room temperature. Stir in parsley & chives.

In a medium mixing bowl, whisk together flour, cornmeal, sugar, baking powder, baking soda & ½ tsp. Salt.

Melt remaining 2 T. Butter & let cool slightly. In a small bowl, whisk together the egg, milk, yogurt, & melted butter. Make a well in the center of the dry ingredients & pour liquid mixture, whisking until just combined. Combine the batter with the vegetable mixture; stir well. Let batter sit 5-30 min.

In a large nonstick skillet, heat ½ T butter & 1 T. Olive oil. Use a ¼ cup measure to scoop batter into the pan, forming 3 to 4 pancakes. Repeat.

Serve warm with dollops of Greek yogurt & drizzle of honey.

## Cream Cheese Cranberry Muffins

### Ingredients:

1 cup butter, softened  
1 pkg. low fat cream cheese  
1 cup sugar  
1 ½ tsp. Vanilla extract  
2 cups whole wheat flour  
1 ½ tsp. Baking powder  
½ tsp. Salt  
2 cups fresh or dried cranberries  
½ cup chopped pecans  
1 ½ cups confectioner's sugar  
3 T. Milk

### Directions:

In a large bowl, cream butter, cream cheese & sugar until light & fluffy.  
Add eggs, one at a time, beating well after each addition. Beat in the vanilla.  
Combine the dry ingredients; stir into creamed mixture, just until moistened. Fold in cranberries & pecans.  
Fill greased or paper-lined muffin tins to ¾ full.  
Bake at 350 degrees for 20-25 minutes. Cool 5 minutes before removing from pan.  
Combine confectioner's sugar & milk; drizzle over muffin lightly.

(This recipe is not Mediterranean, but by changing the flour to whole wheat, increases the fiber content & nice for a special treat).

## Mini Mediterranean Frittatas

### Ingredients:

1 tsp. Olive oil  
1 cup zucchini, quartered lengthwise & then sliced into ¼" thick wedges.  
1 cup baby Bella mushrooms, roughly chopped, optional  
1/3 cup red onion, finely diced  
2 cups spinach  
¼ cup Kalamata olives, pitted & chopped  
½ tsp. Dried oregano  
6 large eggs  
½ cup fat free milk  
Black pepper to taste  
¼ cup feta cheese

### Directions:

Preheat oven to 350 degrees & lightly oil each well of muffin pan with olive oil.

Heat oil in a large skillet over medium heat, then add zucchini, mushrooms & onions. Sauté for 2 minutes, stirring to ensure even cooking. Reduce heat to medium-low & add spinach, olives & oregano. Stir to combine & cook for 2 minutes or until spinach is wilted. Remove skillet from heat & allow vegetables to cool slightly.

In a large bowl, whisk eggs, milk & black pepper. Add cooked vegetables & cheese to egg mixture & whisk until combined. Scoop ¼ cup plus 2 Tbsp. Egg mixture into each muffin pan well. Bake for 20 minutes.

Eggs should reach an internal temperature of 160 degrees & no runny liquid.

Cool 5 minutes before serving.

May store in air tight container for up to 3 days. When ready to eat, reheat in microwave for 30 seconds.

Serves: 5

2 mini frittatas: 128 calories, 8 g fat, 3 g sat. Fat, 211 mg sodium, 4 g CHO, 1 g fiber, 9 G protein.

**Living Well: Being Well Class**

**June 2020**

**Topic: Pesto For Pasta**

**Menu**

**Pasta with Pesto**

**Basil & Parsley Pesto**

**Stir-Fried Noodles with 1 Veggies**

**Speedy Chickpea Bolognese**

**Creamy Pasta Primavera**

**Make Your Own Pesto**

**Lemon Chicken Orzo**

## Pasta with Pesto

### Ingredients:

2 medium zucchini  
½# boiling potatoes, peeled  
¾# rotini or penne  
6 oz. green beans, trimmed & halved  
2 ears corn, kernels removed  
2-3 large garlic cloves  
Fine sea salt  
1/3 cup pepitas or sunflower seeds  
2 cups (packed) basil leaves  
1 cup (packed) fresh flat-leaf parsley sprigs  
½ cup grated Parmesan  
1/3 cup plus 1 Tbsp. Olive oil, divided  
1 pint cherry tomatoes  
Toasted breadcrumbs

### Directions:

Cut zucchini into thin rounds & potatoes into ¼" matchsticks using a mandolin.

Cook rotini according to package directions. Six minutes before pasta is done, stir in zucchini & corn. Reserve 1 cup pasta cooking water, then drain.

Meanwhile, make pesto:

Mince & mash garlic to a paste with ¼ tsp. Salt. Finely going seeds in a food processor. Add garlic paste, basil & parsley; pulse until finely chopped.

Add cheese & 1/3 cup oil; pulse to combine.

Heat remaining 1 Tbsp. Oil in a 12" skillet over high heat. Add tomatoes & cook, covered, shaking once or twice, until tomatoes split, 3-5 minutes. Season with salt & set aside,

Put pesto in a large bowl & whisk in enough reserved cooking water to thin a sauce, 1/3 to ½ cup. Add pasta mixture & toss to coat.

Serve topped with tomatoes & breadcrumbs.

## Basil & Parsley Pesto

### Ingredients:

2 cups loosely packed basil leaves  
1 cup loosely packed Italian parsley  
¼ cup slivered almonds, toasted  
2 garlic cloves  
1/3 cup grated lemon peel  
1/3 cup lemon juice  
2 Tbsp. Honey  
½ tsp. salt  
½ cup olive oil  
½ cup grated Parmesan cheese

### Directions:

Place basil, parsley, almonds & garlic in a small food processor; pulse until chopped. Add lemon peel, juice, honey & salt; process until blended.

Continue processing while gradually adding oil in a steady stream.

Add cheese, pulse just until blended.

Store in an airtight container in the refrigerator for up to 1 week.

May also freeze pesto in ice cube trays. Once frozen, remove from trays & place in plastic freezer bag; return to freezer.

Note: To toast nuts, bake in a shallow pan in a 350 degree oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

Serving: 2 Tbsp.

Calories: 148, Fat: 13 g, Sodium: 195 mg, CHO: 6 g, Fiber: 1 g, Protein: 2 g

## Creamy Pasta Primavera

### Ingredients:

2 cups walnuts, pieces  
2 cups vegetable broth  
1/3 cup packed fresh parsley  
1/3 cup packed fresh cilantro  
3 Tbsp. Lemon juice  
4 cloves, garlic, minced  
2 tsp. Asian chili paste  
¼ tsp. Salt, optional  
Freshly ground black pepper  
16 oz. dried rotini pasta  
3 cups broccoli florets  
2 cups red and/or yellow sweet pepper strips  
2-8 oz. pkg. mushrooms, cut into bite-size pieces, optional. (May substitute zucchini)  
1 cup halved cherry or grape tomatoes

### Directions:

For sauce, in a blender combine the first 8 ingredients (through salt). Cover & process until smooth. Season with black pepper.

Bring a large pot of water to boiling. Stir in the pasta, cook 5 minutes.

Stir in broccoli & sweet peppers, cook 4 to 5 minutes. Stir in mushrooms, cook 2 minutes more & drain.

Transfer pasta mixture to a large bowl. Add sauce; toss to coat. Add tomatoes; toss gently to combine. Serve warm or at room temperature, or chilled.

Tip: The addition of /Asian chili paste gives this dish just a bit of heat.

Tip: It is not necessary to chop the parsley & cilantro. Simply take a small handful of each and remove the larger stems before measuring. If you don't like cilantro, try using just the parsley.



**Living Well: Being Well Class**

**July 2020**

**Topic: Awesome Avocados**

**Menu**

**Tuna-stuffed Avocados with Corn Salsa**

**Guacamole with Tortilla Chips**

**Roasted Red Guacamole**

**Papaya-Pomegranate Guacamole**

**Avocado Fettuccine**

## Ina Garten's Guacamole

### Ingredients:

4 ripe Hass avocados  
3 Tbsp. Freshly squeezed lemon juice (1 lemon)  
8 dashes hot pepper sauce  
½ cup small-diced red onion  
1 large garlic-clove minced  
1 tsp. Kosher salt  
1 tsp. Freshly ground black pepper  
1 medium tomato, seeded & small-diced  
Multi-grain chips, for serving

### Directions:

Cut the avocados in half, remove the pits & scoop the flesh out of their shells into a large bowl. Immediately add the lemon juice, hot pepper sauce, onion, garlic, salt & pepper; toss well. Using a sharp knife, slice through the avocados in the bowl until they are finely diced. Add the tomato. Mix well & taste for salt & pepper. Serve with chips.

## Tuna-stuffed Avocados

### Ingredients:

Salsa:

2 medium ears of corn, kernels cut off  
1 Tbsp. Water  
1 medium tomato, chopped  
½ cup chopped fresh cilantro  
2 Tbsp. Finely chopped red onion  
2 Tbsp. Fresh lime juice, plus more if desired  
1 Tbsp. Finely chopped fresh jalapeño, seeds & ribs discarded

Tuna:

2-6 oz. cans very low sodium chunk light tuna packed in water & drained  
½ cup chopped celery  
1/3 cup fat-free plain Greek yogurt  
1 Tbsp. Fresh lemon juice, plus more, if desired  
¼ tsp. Pepper  
3 medium avocados  
1 Tbsp. Fresh lemon juice

### Directions:

Sauté corn & add 1 Tbsp. Water. Cool.

In a medium bowl, stir together the remaining salsa ingredients. Stir in the corn. Let stand for the flavors to blend. In a separate medium bowl, stir together the tuna ingredients. Stir in the salsa. Halve the avocados. Remove the pits. Sprinkle the inside of the avocado with the lemon juice to keep the flesh from turning brown.

Spoon the tuna mixture into the cavity of each avocado half, packing the tuna mixture lightly. Serve immediately.

Serves: 6

Calories: 273, Fat: 16 g, Sodium: 292 mg, CHO: 18 g, Fiber: 8 g, Protein: 19 g

## Avocado Fettucine

### Ingredients

1 pkg fettuccine (substitute gluten-free pasta for wheat allergies)

1/4 tsp garlic powder

1/2 lemon, juiced

3 T olive oil

1/2 tsp sea salt

2 large ripe avocados, pitted

1/4 cup dried basil

As needed, freshly ground black pepper

1/2 cup parmesan cheese (optional - may be eliminated or substitute dairy free cheese for daily allergies/lactose intolerance)

### Directions:

Prepare pasta as directed on package.

Mix garlic powder, lemon juice, olive oil and salt. Add avocado and ¼ cup cheese. Stir/mash until creamy. Pour sauce over hot pasta and toss. Serve immediately, and top with black pepper and remaining parmesan cheese.

**Living Well: Being Well Class**

**August 2020**

**Topic: Vinaigrettes & Dressings to Liven Up Salads**

**Menu**

**Carrots & Greens with Dilly Bean Vinaigrette**

**Master Vinaigrette Recipe with variations**

**Shaved Brussels Sprouts with Lemon-Chile Vinaigrette**

**Chopped Caprese Salad**

**Chicken Poppy Seed Salad**

**Balsamic Vinegar Dressing**

**Sherry Vinegar & Rosemary Marinated Peaches**

**Grilled Summer Squash with Lemon-Scallion Dressing**

## Shaved Brussel Sprouts with Lemon-Chile Vinaigrette

### Ingredients:

1 tsp. Grated lemon zest  
2 T. Lemon juice  
1 T. Honey  
½ Tsp. Crushed red pepper  
½ tsp. Salt  
¼ tsp black pepper  
¼ cup olive oil  
1 ¼# Brussel sprouts, trimmed  
1 cup very thinly sliced red onion  
½ cup chopped hazelnuts, toasted

### Directions:

Combine lemon zest, lemon juice, honey, crushed red pepper, salt & pepper in a large bowl. Whisking constantly, slowly drizzle in oil until combined. Shred Brussel sprouts in a food processor fitted with the slicing blade. Transfer to the bowl with the dressing, along with onion & hazelnuts; gently toss to combine.

Serves: 6

Calories: 201, Fat: 15 g, CHO: 14 g, Protein: 5 g, Fiber: 5 g, Sodium: 215 mg

## Chicken Poppy Seed Salad

### Ingredients:

3 Tbsp. Thawed limeade concentrate  
¼ tsp. Pepper  
¾# boneless, skinless chicken breasts, cut into thin strips  
1 Tbsp. olive oil

### Dressing:

½ cup white vinegar  
1 Tbsp. Sugar or honey  
1 tsp. Dried minced onion  
1 tsp. Ground mustard  
¼ tsp salt.  
½ cup olive oil  
1 Tbsp. Poppy seeds

### Salad:

1 pkg. fresh baby spinach  
2 cups sliced fresh strawberries  
1 cup fresh sugar snap peas, trimmed  
1 small red onion, chopped  
½ cup pecan halves, toasted

### Directions:

In a large bowl, combine concentrate & pepper, add the chicken. Cover and refrigerate for 2 hours.

Drain & discard marinade. In a large skillet, sauté chicken in oil, until no longer pink.

Meanwhile, in a blender, combine the vinegar, honey, onion, mustard & salt. While processing, gradually add oil in a steady stream. Stir in poppy seeds.

In a serving bowl, toss spinach with strawberries, peas, onion, chicken & ½ cup dressing. Sprinkle with pecans. Refrigerate leftover dressing.

1 salad: 479 calories, 35 g fat, 167 mg sodium, 23 g CHO, 5 g fiber, 22 G protein.