

Living Well: Cooking Well for One or Two

May 2020

Topic: Spring Into Summer with Soup

Menu

Golden Summer Peach Gazpacho

Lemony Chicken & Orzo Soup

Summer Harvest Soup

Lime Crab Soup

Farmer's Market Minestrone

Creamy Roasted Pepper & Tomato Soup

Golden Summer Peach Gazpacho

Ingredients:

3 cups sliced peeled fresh or frozen peaches, thawed
3 medium yellow tomatoes, chopped
1 medium sweet yellow pepper, chopped
1 medium cucumber, peeled & chopped
½ cup chopped sweet onion
1 garlic clove, minced
1/3. Cup lime juice
2 Tbsp. Rice vinegar
1 Tbsp. Marinade for chicken
¼ tsp. Hot pepper sauce
Additional chopped peaches, cucumbers & tomatoes

Directions:

Place the first 6 ingredients in a food processor; process until blended.
Add lime juice, vinegar, marinade for chicken & pepper sauce; process until smooth.
Refrigerate covered, at least 4 hours.
Top with additional chopped peaches, cucumbers & tomatoes.

(Suggestion: Lea & Perrins marinade for chicken)

Makes: 8 servings (2/3 cup per serving)

Calories: 56, Fat: trace, Sodium: 116 mg, CHO: 13 g, Fiber: 2 g, Protein: 2 g

Lemony Chicken and Orzo Soup

Ingredients:

1 Tbsp. Olive oil
11 medium leek, white & pale-green parts only, halved lengthwise, sliced crosswise ½" thick.
1 celery stalk, sliced crosswise ½" thick
12 oz. skinless, boneless chicken breasts
6 cups low sodium chicken stock
Freshly ground pepper
½ cup orzo
¼ cup chopped fresh dill
Lemon halves, for serving

Directions:

Heat oil in a large heavy pot over medium heat. Add leek & celery & cook, stirring often until vegetables are soft, 5-8 minutes.

Add chicken & stock; season with black pepper.

Bring to a boil, cover, reduce heat & simmer until chicken is cooked through, 15-20 minutes.

Transfer chicken to a plate. Let cool, then shred chicken into bite-size pieces.

Meanwhile, return stock to a boil. Add orzo & cook. Until al dente, 8-10 minutes.

Remove pot from heat. Stir in chicken & dill. Serve with lemon halves for squeezing over.

Serves: 4

Summer Harvest Soup

Ingredients:

2 cups chopped onions
4 cloves garlic, minced
1 cup 1" pieces green beans
1 cup ½" diced zucchini
1 cup halved cherry tomatoes
1 cup fresh or frozen corn
1/2 cup dry bulgur or quinoa, rinsed & drained
1# fresh asparagus, trimmed & cut into 1" pieces
12 fresh basil leaves,, chopped
2 Tbsp. Lemon juice
Freshly ground black pepper to taste

Directions:

In a large skillet, cook onions & garlic, covered over medium-low 10 minutes. Add water, 1 to 2 Tbsp. At a time, as needed to prevent sticking.

Add 6 cups water and the next 5 ingredients (through bulgur). Bring to boiling, reduce heat.

Simmer, covered, 15 to 20 minutes or until bulgur is cooked & vegetables are tender.

Add remaining ingredients.. Cook about 2 minutes more or until asparagus is just tender and bright green in color. Garnish with additional fresh basil.

Lime-Crab Soup

Ingredients:

4 limes, zest end & juiced
3 cups fresh corn, cut from about 6 cobs
½ Chipotle chile in adobo sauce, seeded plus 1 Tbsp. Adobo sauce.
4 cups reduced-sodium chicken stock
1/2# cooked crabmeat
1 avocado, pitted & diced
¼ cup (packed) chopped fresh cilantro
½ tsp. Crushed cumin seeds
4 oz. tortilla chips or strips (optional)

Directions:

Reserve 1 Tbsp. Lime juice. Blend remaining lime juice, lime zest, corn kernels, chipotle, adobo sauce, & stock in a blender until smooth.

Divide soup among 4 bowls.

Toss crabmeat,, avocado, cilantro, cumin seeds, & reserved lime juice in a bowl.

Sprinkle soup with crab mixture & serve with tortilla chips.

Serves: 4

Farmer's Market Minestrone

Ingredients:

¼ cup olive oil
3 medium, celery ribs cut into ¼ inch pieces
2 medium carrots, cut into ¼ inch pieces
2 medium cloves-garlic, minced
1 medium red onion, cut into ¼" pieces
2 Tbsp. Minced fresh, flat parsley
1 small eggplant, cut into ½ inch pieces
1 large red potato, cut into ½" pieces
1 medium yellow squash, cut into ½" pieces
1 medium zucchini squash, cut into ½ inch pieces
Pepper to taste
Kernels from 1 ear fresh corn
6 to 8 cups roasted vegetable broth, low sodium
1 cup dried tube tai or small pasta shells
½ oz. (1/2 cup) Parmigiano-Reggiano
¼ cup thinly sliced fresh basil

Directions:

Warm the oil in a 5 qt. heavy duty pot over medium—low heat.
When it's warm-not hot-add the celery, carrots, garlic, onion & parsley.
Cook stirring occasionally, until the onion is translucent & the carrots have begun to soften, about 10 minutes.
Stir in the eggplant, potato, yellow squash,, zucchini and a dash of pepper. Cook, stirring often (the potato tends to stick to the bottom of the pot), until the vegetables are tender but still hold their shape, 15-20 minutes.
Add the corn & 6 cups of the broth, bring to a boil. Turn the heat down to low, partially cover & simmer gently for 10 minutes. Return to a boil & stir in the pasta.
Simmer, stirring once or twice, until the pasta is al dente or even a little bit more tender; cooking time will depend on the shape & brand of the pasta you use. Add more broth to thin the soup, if you like.
Season to taste with pepper.
Remove from heat, stir in cheese & basil. Cool to room temperature (soup thickens as it cools).
Serves: 6

Living Well: Cooking Well for One or Two

June 2020

Topic: Get Personal with Flatbreads

Menu

Green Wraps with Tahini Bean Spread

Peach, Prosciutto & Mozzarella Flatbread

Squash & Onion Flatbread

Greek Salad Hummus Flatbread

Caprese Flatbread with Balsamic Reduction

Arugula & Pear Flatbread

Green Wraps with Tahini Bean Spread

Ingredients:

1 cup canned no-salt added chickpeas, rinsed & drained
½ cup packed fresh cilantro
1 Tbsp. Tahini
1 Tbsp. Lime juice
¼ tsp. Crushed red pepper
4 (7-8 inch) whole wheat tortillas
3 cups packed fresh baby spinach
2 medium tomatillos or green tomatoes, very thinly sliced
1 cup thinly sliced cucumbers
½ cup thinly sliced sweet onion

Directions:

For bean spread, in a small food processor or blender, combine the first 5 ingredients. (Through crushed red pepper) and 2 Tbsp. Water.

Cover and process until smooth, adding water 1 Tbsp. At a time as needed.

Spread bean spread over tortillas. Top with the remaining ingredients. Roll up tortillas, if desired, cut wraps in half to serve.

Makes 4 wraps

Peach, Prosciutto, & Mozzarella Flatbread

Ingredients:

All-purpose flour for dusting
1# store bought bistro flatbread dough
½# fresh mozzarella, torn into pieces
2 peaches, sliced
1 cup baby arugula
¼ cup fresh basil leaves
4 Tbsp. Olive oil
1 small lemon, juiced
Fresh black pepper
6 oz. thinly sliced prosciutto
2 oz. shelled & coarsely chopped pistachios, lightly toasted
2 Tbsp. Honey (optional)

Directions:

Preheat oven to 500 degrees (or package instructions for the flatbread).

Unroll dough and keep the parchment paper on as unrolling the dough.

Top each flatbread with half of mozzarella & peaches.

Bake each flatbread until crust is crisp & golden (10-15 minutes).

While flatbreads are cooking, toss arugula & basil with oil, lemon juice & ½ tsp. Pepper.

Top flatbreads with prosciutto, arugula mixture & pistachios.

Drizzle with honey (optional).

Makes 2 flatbreads.

Squash & Onion Flatbread

Ingredients:

1 pkg. store bought flatbread, bistro style
3 tsp. Olive oil
6 red or green spring onions, trimmed & quartered
8 oz. assorted baby summer squash,, trimmed & halved (zucchini, yellow squash..)
8 oz. Burrata or fresh mozzarella cheese, drained & chopped.

Directions:

Preheat oven to 375 degrees F. Place squash and onions in a shallow baking pan.
Toss with remaining 2 tsp. Olive oil.
Roast 6 to 8 minutes or until crisp-tender.
Roll out flatbread keeping the parchment paper on onto a large baking sheet pan.
Top flatbread with vegetables, cheese and black pepper (optional).

Bake according to package directions until golden brown.

Serves: 8

Calories: 164, Fat: 10 g, Sodium: 146 mg, CHO: 14 g, protein: 8 g

Greek Salad Hummus Flatbread

Ingredients:

2 Naan flatbreads
¾ cup grape tomatoes, halved
1/3 cup cucumber, diced
¼ cup red pepper, diced
3 kalamata olives, chopped
1 Tbsp. Olive oil
1 tsp. Freshly squeezed lemon juice
½ tsp. Dried oregano
¼ tsp. Black pepper
½ cup hummus
1 ½ Tbsp. Crumbled feta cheese

Directions:

Toast Naan bread in the toaster or toaster oven, set aside.
In a medium bowl, combine tomatoes, cucumber, red pepper, olives, Olive oil, lemon juice, oregano, & pepper. Toss to combine.

Spread hummus onto each naan bread.
Divide salad mixture on top of the hummus.
Sprinkle with feta cheese, slice & serve.

Serves: 2-3

Caprese Flatbread with Balsamic Reduction

Ingredients:

Roasting tomatoes:

1 pint grape tomatoes
2 Tbsp. Olive oil
4-5 cloves garlic

Pizza Ingredients:

2 pieces whole wheat naan bread
1 tsp. Minced garlic
2 T. Olive oil
8 oz. of fresh mozzarella cheese, sliced
3 T. Basil, roughly chopped
Balsamic reduction

Directions:

Preheat oven to 400 degrees. Place grape tomatoes & garlic cloves in a baking dish and top with olive oil.

Place in oven and roast tomatoes for 20 minutes.

Reduce oven temperature to 350 degrees F.

Place flatbreads on a baking sheet. Top each flatbread with Olive oil and ½ tsp. Minced garlic & spread evenly.

Top each flatbread with 4 oz. of freshly sliced mozzarella.

Evenly distribute the roasted grape tomatoes on top of each flatbread.

Place flatbreads in oven and bake 10 minutes or until cheese is melted.

Top each flatbread with 1 ½ Tbsp. Of fresh chopped basil (total of 3 T. Basil).

Lastly drizzle a balsamic reduction over the top.

Yield: 2 pizzas

Living Well: Cooking Well for One or Two

July 2020

Topic: Summer Kebobs

Menu

Veggie Fajita Kabobs

Thai Chicken Satay with Grilled Pineapple

Southwestern Beef Kabobs with Corn & Orzo Salad

Veggie Fajita Kabobs

Ingredients:

1 cup cherry tomatoes (16)
2 medium fresh poblano chile peppers, cut into 1 inch pieces
2 Tbsp. Lime juice
1 tsp. Reduced-sodium soy sauce
1 clove garlic, minced
¼ tsp. Ground cumin
1/8 tsp. Crushed red pepper
8 scallions (green onions), trimmed
2 cups hot cooked brown rice
1 (15 oz) can no salt-added black beans, rinsed & drained
¼ cup chopped fresh cilantro
1 tsp. Lime zest
Fresh ground pepper
2/3 cup Vegan Queso (see recipe)

Directions:

Thread sweet peppers, corn, tomatoes & poblanos onto 8 (10 inch metal skewers), leaving ¼ inch between pieces. In a bowl, combine lime juice, soy sauce, garlic, cumin, & crushed red pepper. Brush over kabobs & scallions. Roast kabobs in oven (400 degrees). Turn occasionally. Add scallions the last 2 minutes of roasting, turning once. Stir together rice, black beans, cilantro and lime zest.. Place on a serving platter with kabobs and green onions. Season with black pepper. Drizzle with Vegan Queso and serve with lime wedges.

Vegan Queso:

In a bowl, soak ¾ cup raw cashews in enough boiling water to cover for 30 minutes, drain. In a blender, combine drained cashews, 1 tsp. Chipotle chile pepper in adobo sauce, 3 Tbsp. Nutritional yeast, 1 small garlic clove, ¼ tsp. Chili powder & ¾ cup water. Cover & blend until smooth. Add sea salt to taste. Chill until ready to serve.

Tip: Cut veggies into uniform pieces & thread them onto skewers to allow them to cook evenly.
Serves: 8

Thai Chicken Satay with Grilled Pineapple

Ingredients:

2/3 cup sweet & sour sauce
2 Tbsp. Snipped fresh Thai or regular basil
1 Tbsp. Olive oil
1 tsp. Thai seasoning or Chinese five-spice powder
1 clove garlic, minced
1 small fresh pineapple
1 # skinless, boneless chicken breast, halves, cut into ½-inch strips
2 cups hot cooked brown rice
Fresh red and/or green chile peppers, sliced

Directions:

If using wooden skewers, soak in water 30 minutes.

For Thai sauce, in a small bowl, combine first 5 ingredients through garlic).

Cut ends of pineapple, exposing flesh. Cut pineapple in half lengthwise; cut each half crosswise into 4 slices. Lightly coat pineapple with nonstick cooking spray or brush with Olive oil. Thread chicken accordion-style, onto 12-15 (6 inch skewers).

Roast chicken skewers, uncovered for 10-15 minutes or until chicken is no longer pink, turning occasionally and brushing with Thai sauce the first half of cooking.

Discard any remaining sauce.

Use grill pan to cook pineapple, about 6-8 minutes, until grill marks appear.

Serve chicken & pineapple with rice. If desired, top with chile peppers and additional basil.

Serves: 4

Calories: 214, Fat: 5 g, Sodium: 333 mg, CHO: 20 g, Fiber: 1 g, Protein: 27 g

Southwestern Beef Kabobs with Corn & Orzo Salad

Ingredients:

4 tsp. Chili powder
2 tsp. Garlic powder
1 tsp. Ground Cumin
1 tsp. Oregano
2# boneless beef sirloin, trimmed & cut into 1" pieces
Lime slices
Fresh cilantro sprigs, optional

Directions:

If using wooden Skewers, soak in water 30 minutes. In a resealable plastic bag, combine the seasonings. Add meat pieces, a few at a time, shaking to coat. Thread meat onto 8 (10 inch skewers), leaving ¼ inch between pieces.

Roast meat skewers, uncovered for 8-12 minutes or until meat is slightly pink in center, turning once or twice.

To serve: Arrange Corn & Orzo salad on a platter, top with meat skewers and if desired, lime slices and cilantro.

Serves: 8

Corn & Orzo Salad:

Cook 2/3 cup dried orzo pasta according to pkg. directions; adding 2 cups fresh corn kernels (4 ears) the last minute of cooking. Drain in a colander.. Rinse with cold water; drain. In a large bowl, combine orzo mixture, one 15 oz. can kidney beans, rinsed & drained, 1 small zucchini, halved lengthwise & sliced.

1 medium orange or red sweet pepper, cut into bite-size pieces, 2/3 cup grape tomatoes, halved, & ½ cup thinly sliced red onion.

Dressing: 1 tsp. Lime zest, ¼ cup lime juice, 2 Tbsp. Snipped fresh cilantro, Olive oil, & honey; 1 fresh jalapeño chile pepper, seeded & finely chopped &, 3 cloves garlic, minced. Whisk together & pour dressing over orzo mixture; toss to coat.

Calories: 413, Fat: 19 g, Sodium: 333 mg, CHO: 34 g, Fiber: 5 g, Protein: 29 g

Living Well: Cooking Well for One or Two

August 2020

Topic: Cook Once-Serve Twice

Menu

CHICKEN, roasted:

Chicken & Quinoa Buddha Bowls

Pesto-Chicken Cauliflower Pizza & Antipasto Salad

Spicy Grilled Chicken with Baja Black Beans & Rice

GROUND BEEF, cooked:

Skillet Chili Mac

Cheesy Beef Enchilada Casserole

GRILLED PORK:

Italian Marinated Pork Tenderloin with Roasted Vegetables & Quinoa

Pork Tacos Al Pasto

MEATLESS:

Stuffed Peppers "Spanakopita filling

Mac & Cheese with Cauliflower and Brussel Sprouts

Pesto Chicken Cauliflower Pizza & Antipasto Salad

Ingredients:

1 (7 to 10 oz.). Frozen cauliflower pizza crust
¼ cup prepared pesto
1 cup shredded part-skim mozzarella cheese
1 small head ice burg lettuce, chopped
½ cup chopped cauliflower
1 cup halved cherry tomatoes
4 pepperoncini jarred & sliced
1 (3 oz.) chicken breast, roasted, shredded
2/3 cup Italian dressing

Directions:

Prepare cauliflower crust according to package directions; cook on a baking sheet. Spread pesto over it. Top with mozzarella & cooked chicken. Bake according to package directions.

Meanwhile, combine lettuce, cauliflower, tomatoes, & pepperoncini in a large bowl. Just before serving, toss with dressing. Note can also just make an individual salad with the above ingredients.

Serves: 4. (1/4 pizza & 2 ½ cups salad).

Calories: 465, Fat: 30 g, CHO: 25 g, Fiber: 4 g, Sodium: 495 mg, Protein: 14 g

Dressing:

Combine ¾ cup red wine vinegar, 5. T. Water, 1 Tbsp. Dijon mustard, 1 clove garlic, minced, 2 tsp. Basil, 2 tsp. Oregano, and black pepper to taste and 1 ¾ cups Olive oil. Makes: 2 ½ cups. May refrigerate for up to 1 week.

Spicy Grilled Chicken with Baja Black Beans & Rice

Ingredients:

Chili powder, 1 tsp.
Ground Cumin, ½ tsp.
Garlic powder, 1//2 tsp.
Onion powder, ¼ tsp.
Smoked paprika, ¼ tsp.
4 skinless, boneless chicken breast halves. (1-1 ½ pounds)
2 ½ low sodium chicken stock
2 cups frozen or fresh whole kernel corn
1 (14.5 oz.) fire-roasted diced tomatoes, undrained
1 ¼ cup long grain rice, uncooked
1 cup canned black beans, rinsed & drained
1 (4 ounce). Can diced green chile peppers
1 cup chopped zucchini (1 small)
2 Tbsp. Snipped fresh cilantro
Crumbled Cotija cheese
Avocado slices

Directions:

In a small bowl, combine chili powder, cumin, garlic powder, onion powder & paprika. Sprinkle evenly over all sides of the chicken breast halves, rub in with your fingers. Set aside.

In a 4-quart Dutch oven, combine stock, corn, undrained tomatoes, uncooked rice, beans & chile peppers. Bring to boiling; reduce heat, simmer covered for 12

Minutes. Stir in zucchini, cook, covered for 3-5 minutes. Stir in cilantro.

Meanwhile roast chicken uncovered at 375 degrees until chicken is at 170 degrees F. Transfer chicken to a cutting board, let stand for 5 minutes. Slice.

Serve chicken with rice mixture. If desired, top with cheese & avocado.

Serves: 6

Calories: 355, Fat: 2 g, Sodium: 550 mg, CHO: 54 g, Fiber: 5 g, Protein: 31 g

Note: For future meals can top mixture onto open faced tostado or used mixture to make a southwestern salad,

Skillet Chili Mac

Ingredients:

12 oz. whole wheat elbow noodles, rotini or fusilli
2 Tbsp. Olive oil
1 large onion, diced
2 medium poblano peppers and/or green bell peppers
1 medium stalk celery,, diced
3 cloves garlic, minced
1 # lean ground beef
3 Tbsp. Chili powder
1 (28 oz) can diced tomatoes
1 cup low sodium beef stock
1 (15 oz) can low-sodium kidney beans or chili beans, rinsed
½ cup sour cream
¾ cup shredded Sharp cheese
Sliced scallions. And//or pickled jalapeños for garnish

Directions:

Cook pasta 2 minutes less than the package directions; drain.
Meanwhile, heat oil in a large skillet over medium-heat. Add onion, peppers & celery & cook stirring often until softened, 4 to 5 minutes.
Add tomatoes with their juice & stock; bring to a boil over high heat, cook for 2 minutes. Add beans & the pasta, reduce heat to medium & cook, stirring often until hot, 1 to 2 minutes.
Serve topped with cheddar cheese & scallions and/or pickled jalapeños,
Serves: 6 (1 ¾ cup each)
Calories: 567, Fat: 22 g, CHO: 64 g, Protein: 34 g, Fiber: 14 g, sodium: 448 mg,

May portion & freeze for future meals.
May also serve mixture over sliced fresh tomatoes.

Tacos Al Pastor (pork & pineapple)

Ingredients:

1 medium peeled & cored fresh pineapple
8 dried papilla and/or guajillo chile peppers
¼ cup orange juice
¼ cup vinegar
4 cloves garlic, minced
½ tsp. Ground Cumin
1/8 tsp. Ground cloves
2# boneless pork loin, cut into ½ inch slices
16 (6 inch) corn tortillas
1 cup chopped onion (1 large)
Snipped fresh cilantro
Lime wedges & bottled hot pepper sauce for serving, optional

Directions:

Cut pineapple into ½ inch thick slices, reserving juice, cover & refrigerate pineapple & reserved juice separately.

Remove stems & seeds from chile peppers. Place peppers in a medium bowl & add enough boiling water to cover. Allow peppers to stand about 30 minutes or until soft, drain, discarding water.

In a food processor combine chile peppers, reserved pineapple juice, OJ, vinegar, garlic, cumin and cloves. Cover and process to blend until nearly smooth.

In a 3 qt. baking dish arrange pork slices in a single layer, overlapping as necessary. Pour chile pepper mixture over pork, spreading evenly. Cover and marinate in the refrigerator for 4 to 24 hours. Remove pork from marinade; discard marinade. Stack tortillas and wrap in foil. Place pork slices & pineapple on a baking sheet and roast until pork slightly pink (160 degrees). Heat tortillas packet for 10 minutes in oven.

Coarsely chop pork & pineapple & combine in a large bowl. Fill warm tortillas with pork & pineapple mixture.

Sprinkle each taco with chopped onion & cilantro. Serve with lime wedges if desired &. Hot pepper sauce.

Makes 8-10 servings.

Per serving: 362 calories, 11 g fat, 233 mg sodium, 39 g CHO, 7 g fiber, 29 g PRO.

Note: when working with hot peppers, use gloves & do not touch peppers with bare hands or face. May freeze mixture for future meals.

Meatless: Flexible Filling (Spanakopita)

Ingredients:

Olive oil, 1 Tbsp.
Shallot, ¼ cup chopped
Baby spinach. 1 (11 oz., pkg.), fresh
Dill, fresh, 2 tsp. Chopped
Parsley, fresh, 2 tsp. Chopped
Garlic, 1 clove, grated
Ground black pepper, ¼ tsp.
Part—skim ricotta, ½ cup
Feta cheese, 6 Tbsp., crumbled

Directions:

Heat 1 Tbsp. Olive oil in a large non-stick pan over medium-high heat.
Add ¼ cup chopped shallot and cook, stirring often until softened, about 1 minute. Add one 11 oz. package fresh baby spinach in batches and cook, stirring until wilted, about 3-5 minutes. Stir in dill, parsley, garlic & black pepper.

Cook, stirring for 1 minute. Transfer mixture to a large bowl. Stir in ½ cup part-skim ricotta cheese and 6 Tbsp. Feta cheese.

Use mixture to:

Make an open face sandwich on whole wheat bread, topped with 1 slice provolone cheese and heat up in skillet until cheese is melted (or microwave).

Another option: Cut a large red pepper in half & remove seeds. Fill each half with the mixture and top with mozzarella cheese. Bake at 400 degrees for about 35 minutes.

Another option: Spread warm mixture onto a round of Naan bread, top with fresh vegetables (red pepper, cucumber, red onion) and enjoy an open-faced sandwich.