

**Living Well: Culinary Comfort Class
May 2020**

Topic: A Taste Of The Mediterranean

Menu

Fresh Corn Chowder

Pork Tenderloin Salad

Mini Corn Muffins

Grilled Veggie Pasta Salad

Strawberry-Plum Salad with Tomatoes & Baby Spinach

Summer Corn & Wheat Berry Slaw

Fresh Blueberry Cobbler

Pork Tenderloin Salad

Ingredients:

1 ½-2# pork tenderloin, trimmed
1 Tbsp. Ground Cumin
1 tsp. Garlic powder
2 tsp. Chili powder
1 tsp. Dry mustard
½ tsp. Black pepper
10 cups mixed salad greens
1 (15 oz can) black eyed peas, rinsed & drained
1 ½ cups halved grape tomatoes
4 hard-boiled eggs, quartered
1 English Cucumber, thinly sliced (other vegetables as desired)

Directions:

In a small bowl, combine the seasonings. Sprinkle meat with spice mixture & rub the meat. Roast the meat in the oven; covered for 30-35 minutes or until thermometer registers 145 degrees. Cover with foil & let stand for 10 minutes. Slice meat.

On a large platter, arrange meat slices on a bed of mixed salad greens & add vegetables. Makes 8 servings.

Dressing: Spicy Buttermilk dressing:

Combine: ½ cup each mayonnaise & buttermilk, 1 Tbsp. Chopped green onion, 1 tsp. Chili powder & honey to taste, 1 clove garlic, minced, ¼ tsp salt & 1/8 cayenne pepper.

Note: Serve with mini-corn muffins.

Per serving: 492 calories, 24 g fat, 38 g CHO, 4 g fiber, 32 g protein

Mini Corn Muffins

Ingredients:

1. 8 oz pkg. corn muffin mix
1/3 cup milk
1 egg
½ cup frozen, thawed or fresh corn
½ cup Monterey cheese, shredded with jalapeño peppers

Directions:

In a medium bowl, combine all ingredients.
Spoon into prepared mini muffin pans.
Bake 12-14 minutes.
Cool in muffin pans on a wire rack for 5 minutes.
Remove from pan & cool completely.
Store in airtight container.

Makes 24

Grilled Veggie Pasta Salad

Ingredients:

1 medium red sweet pepper, quartered, lengthwise
1 small zucchini, halves, lengthwise
½ small red onion, cut into ½ inch slices
8 oz. asparagus spears, trimmed
3 Tbsp. Olive oil
4 cups whole grain rotini pasta
1 Tbsp. Balsamic vinegar
1/8 tsp. Black pepper
2 Tbsp. Snipped fresh oregano
Shredded Parmesan

Directions:

Lightly brush vegetable with 1 Tbsp. Oil.
Roast sweet peppers, zucchini & onion, at 400 degrees. Until tender.
Cool slightly & cut into ½ inch pieces.
In a large bowl combine vegetables & pasta. Add remaining 2 Tbsp. Oil, vinegar & black pepper.; toss to coat.
Sprinkle with oregano & if desired, Parmesan cheese.
Makes 4 servings.

355 calories, 12 g fat, 152 mg sodium, 49 g CHO, 5 g fiber, 9 g protein

Strawberry-Plum Salad with Tomatoes & Baby Spinach

Ingredients:

2 cups halved fresh strawberries
2 medium plums, pitted & cut into ½ inch thick wedges
1 large red heirloom tomato, cut into ½ inch wedges
¼ cup torn fresh basil
¼ cup balsamic vinegar
1/8 tsp sea salt
4 cups fresh baby spinach
1 Tbsp. Chopped walnuts

Directions:

In a large bowl combine the first 6 ingredients (through salt); toss gently to combine. To serve, place spinach in individual bowls. Top with salad mixture & garnish with walnuts.

Makes 6 cups

Summer Corn & Wheat Berry Slaw

Ingredients:

1 ¼ cups cooked wheat berries, Farro or bulgar
4 cups shredded kale stems, removed
4 cups shredded green and/or cabbage
3 cups sweet corn kernels, cooked & cooled. (About 4 ears)
½ cup sliced scallions
4 medium oranges
2 Tbsp. White balsamic vinegar
2 tsp. Chopped fresh thyme
1 tsp. Dijon-style mustard
Seal salt & freshly ground black pepper
2 Tbsp. Chopped toasted pecans or pumpkin seeds

Directions:

In a large bowl combine the first 5 ingredients (through scallions).
Cut off a slice from both ends of the orange. Cut away peel & white pith, working from the top to bottom. Segment the orange into sections., reserve the juice. Add the orange segments to cabbage mixture, reserving juice.

For dressing, measure juice from bowl. (You should have about ½ cup).
Whisk in vinegar, thyme, mustard, salt & pepper.

Add dressing to salad & toss to coat. Let stand 30 minutes before serving, tossing occasional.
If desired, sprinkle with pecans.

Notes. To toast nuts, Heat dry skillet over medium; add nuts & stir & shake the pan frequently until nuts are golden & fragrant.

Blueberry Cobbler

Ingredients:

4 cups blueberries (fresh or frozen)
Drizzle of honey
1 tsp. Lemon zest

For the batter:

6 Tbsp. Butter
1 cup whole grain flour
½ cup sugar
2 tsp. Baking powder
1/8 tsp salt
¾ cup milk
Ground cinnamon to taste

Directions:

Preheat oven to 350 degrees F
Slice butter into pieces & add to a 9x 13 inch baking dish.
Place the pan in the oven while it preheats to allow the butter to melt.
Once melted, remove the pan from the oven.
Add blueberries, honey & zest to a bowl & stir to combine.

In a separate bowl, mix together the batter ingredients: flour, sugar, baking powder & salt.
Stir in the milk, just until combined.
Pour blueberries over melted butter in pan.
Drizzle batter over the top.
Sprinkle with a little bit of cinnamon.
Bake 350 degrees for about 35-40 minutes or until lightly golden on top.
Serve warm with a scoop of ice cream, if desired.

Servings: 9

Calories: 297, CHO: 54 g, protein: 2 g, Fat: 8 g, Sodium: 142 mg, Fiber: 2 g

**Living Well: Culinary Comfort Class
June 2020**

Topic: Whole Grains

Menu

Slow Cooked Yellow Pea Soup

Roasted Beet Salad with Goat Cheese

Brussel Sprouts & Chicken Stir Fry

Brown Rice

Blueberry Whole-Grain Muffins

Baked Oatmeal Cup with drizzled dark chocolate with

Fresh berries medley fruit cup

Slow cooked Yellow Pea Soup

Ingredients:

1 ½ cups yellow split peas, rinsed & sorted
2 cups chopped yellow onions
2 cups sliced carrots
1 ½ cups sliced parsnips
6 ½ cups water
1 Tbsp. Fresh thyme, minced
1 ½ Tbsp. Dried marjoram
½ tsp. Salt
½ tsp. Sugar, optional
1 tsp. Olive oil
1 tsp. Black pepper

Directions:

Combine all ingredients in a slow cooker & stir to combine.
Cover and cook on high for 4 ½ hours; stirring every hour, until peas are soft.
Let cool slightly to allow soup to thicken before serving.

Note: in Sweden it is common to top yellow pea soup with a dollop of brown mustard.

199 calories, 1 g fat, 381 mg sodium, 38 g CHO, 13 g fiber, 11 G protein

Roasted Beet Salad with Goat Cheese

Ingredients:

2 # beets, trimmed
2 Tbsp. Olive oil
4 tsp. Sherry vinegar
Salt & pepper
2 ounces baby arugula
2 ounces goat cheese, crumbled (1/2 cup)
2 Tbsp. Chopped, unsalted pistachios, toasted

Directions:

Heat oven to 400 degrees. Wrap each beet individually aluminum foil (cut large beets in half and wrap each half in foil). Roast beets until tender, about 45 minutes.
Remove beets from oven & carefully unwrap. When beets are cool enough to handle, carefully rub off the skins using a paper towel. Slice beets into ½ inch slices. If large, cut in half again.

Whisk oil, vinegar, ¼ tsp. Salt & pepper together in a large bowl. Add beets & toss to coat & let cool completely. Add arugula & gently toss to coat. Season with salt & pepper to taste.
Transfer beet mixture to platter; sprinkle with goat cheese.

Brussels Sprouts & Chicken Stir Fry

Ingredients:

3 Tbsp. Oyster sauce
3 Tbsp. Low sodium soy sauce
2 Tbsp. Unseasoned rice vinegar
1 # Brussels sprouts, halved
8 oz. boneless chicken, thinly sliced
Kosher salt, optional
4 scallions, whites chopped, greens sliced
3 garlic cloves, sliced
2 Tbsp. Chopped, peeled ginger
2 medium carrots, peeled & thinly sliced on a diagonal
(May add other vegetables: broccoli, red pepper, onion...)
1 Fresno chile or jalapeño, sliced into rings
Steamed rice (brown) for serving

Directions:

Whisk oyster sauce, soy sauce, vinegar & ½ cup water in a small bowl; set sauce aside.

Heat 2 Tbsp. Oil in a large skillet over medium high heat. Add Brussels sprouts & cook, tossing occasionally, until golden brown, about 4 minutes. Cover & cook until crisp-tender, about 3 minutes longer. Transfer to a plate & wipe out skillet.

Season chicken with salt. Heat 1 Tbsp. Oil in same skillet over high heat; add chicken in a single layer, cooked until browned. Add to Brussels sprouts.

Heat remaining 1 Tbsp. Oil in same skillet. Add scallion whites, garlic & ginger & stir until fragrant, about 1 minute, adjusting heat as needed.

Add carrots & chile & cook tossing occasionally, until carrots are slightly softened, about 2 minutes.

Return Brussel sprouts & chicken to skillet & add reserved sauce.

Cook tossing until sauce is thickened, about 3 minutes. Serve with steamed rice and garnish with scallion greens.

Baked Oatmeal Cups

Ingredients:

1 ½ cups rolled oats
2 Tbsp. + 1 tsp. Oat flour
1 Tbsp. Ground chia seeds
¼ tsp baking soda
Dash of sea salt
½ cup mashed bananas
¼ cup pure maple syrup
1 tsp. Molasses
1 ½ Tbsp. Dark chocolate pieces
1 Tbsp. Pumpkin seeds

Directions:

Preheat oven to 350 degrees F.

Line 8 2 ½ inch muffins cups with paper baking cups.

In a large bowl, stir together the first 6 ingredients (through salt).

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In a small bowl, stir together banana, maple syrup, & molasses.

Add banana mixture to flour mixture; stir to combine.

Stir in chocolate & pumpkin seeds. Spoon about ½ cup batter into each lined muffin cup.

Use a spatula to lightly pack batter.

Bake 20 minutes.

Transfer muffin pan to a wire rack, cool 5 minutes.

Remove oatmeal cups from pan; cool completely on wire rack.

Serve warm or at room temperature.

Living Well: Culinary Comfort Class

July 2020

Topic: Vegetarian Meals

Menu

Brussel Sprouts Salad

Quinoa Ratatouille

Flatbread with hummus

Cranberry Orange Almond Biscotti

Fresh fruit kabob

Brussels Sprouts Salad

Ingredients:

6 cups shredded Brussels sprouts (about 1#)
8 dates, pitted & cut into bite-size pieces
½ cup freshly grated Pecorino Romano cheese
3 Tbsp. Pepitas (pumpkin seeds)
¼ tsp. Salt, optional
Mustard-Maple Vinaigrette
6 large hard-boiled eggs, sliced
Freshly ground black pepper

Directions:

In a large bowl, combine the Brussels sprouts, dates, cheese & pepitas. Sprinkle with salt (optional) and toss with vinaigrette to taste. Top with sliced eggs & season with pepper.

Vinaigrette:

¼ cup olive oil
¼ cup maple syrup
1/3 cup cider vinegar
2 Tbsp. Coarse grained mustard
2 Tbsp. Soy sauce
½ tsp. Pepper

Whisk together all ingredients & taste.

Quinoa Ratatouille

Ingredients:

1 cup dry quinoa, cooked
1 large eggplant or 2 small, diced
4 large tomatoes, seeded & diced
2 yellow squash, diced
2 zucchini, diced
1 yellow onion, diced
3 cloves, garlic, minced
Herbs de Provence to taste
2 Tbsp. Olive oil

Directions:

In a large skillet, warm the olive oil over medium heat. Add the garlic & onion & sauté until fragrant. Toss in the eggplant & continue to cook 5 more minutes. Next add the yellow squash, zucchini & tomatoes along with the herbs & pepper to taste. Serve hot over a bed of quinoa & enjoy!

Yield: 4

Flat bread with hummus

Ingredients:

4 slices flatbread
1 container hummus

Directions:

Bake flatbread at 350 degrees until desired doneness.
Spread on the hummus.

Cranberry-Orange Almond Biscotti

Ingredients:

2 ¼ cups all-purpose flour
1 tsp. Baking powder
½ tsp. Salt
4 Tbsp. Unsalted butter, softened
¾ cup granulated sugar
Zest of medium orange (about 1 ½ Tbsp.)
2 large eggs
1 tsp. Pure vanilla extract
¾ cup coarsely chopped toasted almonds
¾ cup coarsely chopped dried cranberries
8 ounces white chocolate, chopped for dipping

Directions:

Preheat oven to 350 degrees & position the oven racks in the upper & lower thirds of the oven. Line 2 large rimmed baking sheets with parchment paper & set aside. In a small bowl, whisk the flour, baking powder & salt until combined. Set aside. Place the butter, sugar, & orange zest in a large bowl. Beat on medium speed for 1 minute or until light & fluffy. Add the eggs one at a time on low speed just until incorporated, beat in the vanilla. Add the flour mixture & beat on low speed until just combined. Fold in the almonds & cranberries. Knead the dough together with your hands while still in the bowl until it's cohesive (it's not sticky, so this doesn't take long).

Divide in 2 equal pieces & place on one of the prepared baking sheets. Form 2 (12") x 2" logs and bake in the middle rack for 30-35 minutes. Reduce the oven temperature to 275 F. Allow the dough to cool for 10 minutes, then place on a cutting board.

Using a serrated knife, cut slightly on the bias into ½" thick slices and place cut side down on the prepared baking sheets. Bake at 275 degrees for 30-40 minutes or until golden brown & crisp. Cool completely on wire racks.

Melt the chocolate in a double boiler or microwave. Dip the biscotti in the chocolate and place on the parchment paper lined baking sheets until set. Store biscotti in an airtight container for up to 3 weeks.

Yields: 38 biscotti. Serving size: 1 biscotti

Calories: 115, Fat: 5 g, Sodium: 44 mg, CHO: 16 g, Fiber: 1 g, Protein: 2 g

Living Well: Culinary Comfort Class

August 2020

Topic: H2O: In the know for staying hydrated

Menu

Confetti Corn Pasta Bowl

Lemon Grilled Salmon

Roasted New Potatoes

Savory Green Beans

Corn & Chickpea Cakes

Fresh fruit kebab with dark chocolate

Peachy Smoothie

Confetti Corn Pasta Bowl

Ingredients:

4 cups dried whole wheat rotini (or penne pasta)
1 ½ cups frozen edamame, shelled
1 medium zucchini or yellow Summer squash, spiral slices (2 cups)
2 cups halved, red and/or yellow sweet pepper, spiral sliced,,
2 cups halved red or yellow grape tomatoes
1 ½ cups coarsely chopped orange sweet pepper
¼ cup chopped fresh basil & Italian parsley
2 ears sweet corn, husked & silks removed, cooked

Directions:

Cook pasta according to package directions; adding edamame the last 2 minutes of cooking; drain. Rinse with cold water until cooled ; drain again.
Snip zucchini noodles into 2" lengths.
In a large bowl, combine pasta mixture, zucchini, tomatoes, sweet pepper & basil. Add corn. Add dressing. Add pasta; toss & serve.

Dressing:

¼ cup olive oil
1/3 cup red wine vinegar
1 Tbsp. Dijon mustard
Black pepper

Combine ingredients & taste. Add the salad & toss.

Lemon Grilled Salmon

Ingredients:

2 tsp. Fresh dill or ¾ tsp. Dill weed
½ tsp. Lemon pepper seasoning
½ tsp. Salt, optional
¼ tsp. Garlic powder
1 salmon filet (1 ½ #)
2 Tbsp. Brown sugar
3 Tbsp. Chicken broth
3 Tbsp. Olive oil
3 Tbsp. Low sodium soy sauce
3 Tbsp. Finely chopped green onions
1 small lemon, thinly sliced
2 onion slices, separated into rings

Directions:

Sprinkle dill, lemon pepper, salt if desired & garlic powder over the salmon.
Place in a large resealable plastic bag. Add the brown sugar, broth, oil, soy sauce & green onions. Cover and refrigerate for 1 hour, turning once. Drain & discard marinade.
Place salmon skin side down on grill over medium heat, arrange the lemon & onion slices over the top. Cover & cook for 15-20 minutes or until the fish flakes easily with a fork.
Yield: 6 servings

Roasted New Potatoes

Ingredients:

12 small red potatoes
¼ cup olive oil
3 Tbsp. Lemon juice
Salt, optional
1 tsp. Grated lemon peel
¼ tsp. Pepper
1/8 tsp. Nutmeg, ground
2 Tbsp. Minced fresh parsley

Directions:

Peel a strip from around each potato. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat, cover and cook for 15-20 minutes or just until tender, Meanwhile in a small saucepan, add oil. Stir in lemon juice, salt, peel & pepper & nutmeg. Add potatoes and combine. Transfer to a serving bowl; sprinkle with parsley.

Yield: 4 servings

Savory Green Beans

Ingredients:

1 # fresh green beans
1 clove chopped fresh garlic
½ of red onion or shallots (can also use both)
2 Tbsp. Low sodium soy sauce
Red pepper flakes
1 Tbsp. Olive oil

Directions:

Sauté green beans in olive oil on medium heat with lid on for 15 minutes; stirring every 5 minutes.
Remove lid & add onion, garlic, soy sauce & red pepper flakes to taste.
Cook for another 15-20 minutes, or until desired doneness.

Calories: 80, Fat: 4 g, CHO: 10 g, Protein: 3 g, Sodium: 450 mg, Fiber: 3 g

Corn and Chickpea Cakes

Ingredients:

1 cup no-salt added garbanzo beans (chickpeas) undrained
¼ cup packed fresh parsley
¼ cup packed fresh cilantro
3 Tbsp. Lemon juice
1 medium shallot, chopped
1 clove garlic, chopped
1 cup cooked sweet corn kernels
2 Tbsp. Chickpea flour
½ tsp. Coriander
½ tsp sea salt
¼ tsp cayenne pepper
½ cup whole wheat panko bread crumbs
1 recipe: Tomato-Apple Chutney (see below)

Directions:

Preheat oven to 375 degrees. Line a baking sheet with foil. Drain chickpeas, reserving liquid (aquafaba). Rinse chickpeas, drain. In a food processor, combine the chickpeas & the next 5 ingredients (through garlic). Cover & pulse until blended but not into a paste. Transfer to a bowl. Stir in the next 5 ingredients through cayenne pepper; mix well. If mixture is too dry, add aquafaba, 1 Tbsp. At a time, until mixture holds together. Shape mixture into 4-1/2 inch thick cakes. Dredge each cake in bread crumbs to coat. Place cakes on prepared baking sheet. Bake 15 to 20 minutes or until browned, turning once.

Tomato-Apple Chutney:

In a medium saucepan combine: 1 ½ cups chopped, peeled, & seeded tomatoes. ½ cup chopped peeled Apple, ½ cup fresh sweet corn kernels, ½ cup chopped sweet onion, 1 Tbsp. Lemon juice, 4 tsp. Date sugar, ½ tsp. Curry powder & ¼ tsp. Freshly ground black pepper. Cook over medium heat, 10 minutes or until thickened, stirring often. Let cool. Transfer to an airtight container; refrigerate up to 3 days.

Makes: 4 cups.

Fresh Fruit Kebab with Dark Chocolate

Ingredients:

- 1 pkg. dark chocolate chips
- 1 fresh pineapple, cut into 1 ½ inch chunks
- 1 pint strawberries, stem removed
- 3 bananas, cut into 1 inch slices
- ¼ of a melon, any variety, cut into 1 inch chunks

Directions:

In a double boiler, melt chocolate until smooth.
Fill little cups with chocolate when ready to serve.
Skewer chunks of fruit and place on plate with chocolate for individual Fondue dessert.

Peachy Smoothie

Ingredients:

- ½ cup low fat peach yogurt (could use frozen yogurt)
- 8 oz. canned peaches with juice
- 2 tsp. Pasteurized honey
- ¼ tsp. Grated fresh ginger
- 5 ice cubes

Directions:

Combine all ingredients in a blender and blend.
Serve cold.

Calories: 304, Protein: 8 g, Fat: 2 g, CHO: 54 g