

Cornbread

This is one of the most popular American quick breads and its simply delicious with soup or chili. Try this healthy recipe and enjoy.

Makes 4 Servings

Ingredients

1 ¼ c yellow cornmeal (organic and stone ground if possible)
1 2/4c unbleached white flour
½ tsp salt
1 tbsp baking powder
2 tbsp brown sugar
1 ½ c boiling water mixed with 2 tbsp expeller-pressed canola oil plus a little extra for oiling the skillet

Instructions

1. Heat oven 425 degrees and lightly oil a cast-iron skillet with a little canola oil, Heat it in the oven while you mix the cornbread batter.
2. In a large bowl stir together the cornmeal, flour, baking powder, brown sugar and salt
3. Add boiling water mixed with 2 tbsp canola oil and stir to mix but do not overbeat. Add additional hot water if necessary to make a light batter.
4. Spoon batter into the hot cast-iron skillet. Batter should sizzle when it contacts the skillet. Bake 30 minutes or until the cornbread is light brown on top and springs back to the touch.
5. Cut into wedges and serve

Nutritional Information (Per Serving)

198.5 calories
5g Total Fat (0.4g saturated)
Cholesterol Free!
34.2g Carbohydrates
3.8g Protein
1.6g Fiber

Vegetarian Chili

The key to great chili is great flavor preferably with a little 'zip' to it which can be accomplished with a wide range of chile peppers to make your chili exciting yet edible. Keep in mind that capsaicin the active component in chile peppers that gives them their heat is concentrated in the white tissue attached to the seeds. If you're using whole chiles, you may want to remove that white tissue if you don't want to your chili too hot.

Ingredients

7 ½ c cooked beans, black beans, kidney both dark and light red, pinto beans – this is equal to roughly four 15 oz cans or 1 pound of beans cooked
2 tbsp quality extra-virgin olive oil
2 large sweet Vidalia onions, diced
1 dried or canned chipotle pepper
1 tbsp mild red New Mexican chile powder or enough to suit your taste
1 tbsp ground cumin
½ tsp allspice
1 large can (28 oz) crushed tomatoes, undrained
5 cloves garlic, mashed
Salt and pepper to taste

Instructions

1. Drain beans in a colander
2. Heat oil in a large dutch oven or saucepan. Add the onions and sauté over medium heat until onions are soft and golden
3. Crush the chipotle pepper if using dried, or mince if using canned
4. Add the chipotle pepper red chile powder, oregano cumin and allspice to the onions. Cook for 2 minutes.
5. Add the tomatoes and beans then simmer for 45 minutes adding liquid if the mixture gets too dry.
6. Add salt and pepper to taste, and more chili if you want a hotter dish.
7. Serve in bowls with warm tortillas.

Nutrition Information (Per Serving)

351 Calories
6g Total Fat (1g Saturated Fat)
Cholesterol Free!
62g Carbohydrates
17g Protein
21g Fiber
450mg Sodium

Poached Salmon

This fish is one of the leading sources of omega-3 fatty acids and essential fatty acids that contribute to brain growth and development that may help reduce the risk of cardiovascular disease, high blood pressure and cancer.

Ingredients

Salmon filets (allow 6 oz per person)

1 carrot sliced

1 small onion sliced

1 stalk celery sliced

2 slices lemon

Several sprigs of parsley

6 bay leaves

Salt to taste

1 cup dry white wine

Juice half a lemon

Instructions

1. Cut the salmon filets into individual portions if necessary
2. Place in a large skillet the carrot, onion slices celery, lemon parsley and bay leaves
3. Add the fish, cold water to cover, salt to taste, the wine and the lemon juice. Bring the water to a boil, uncovered.
4. Adjust heat to simmer and let fish cook for 5 minutes.
5. Turn off the heat and leave fish undisturbed for 10 minutes then remove it carefully to a serving platter; the salmon will be perfectly done. It is delicious served either hot or cold.

Nutritional Information (Per Serving)

245 Calories

10g Total Fat (2g Saturated Fat)

76mg Cholesterol

0g Carbohydrates

22g Protein

0g Fiber

50mg Sodium

Red Potato Salad

Try this picnic favorite using small red potatoes or new potatoes which are better suited for this dish because they have firmer texture after boiling than the commonly used russets or baking potatoes. They also have a lower glycemic index than russets.

Ingredients

1 ½ pounds red potatoes, organic if possible
¼ cup Dijon or Dusseldorf mustard
¼ cup dry white vermouth
¼ cup white wine vinegar
2 tbsp quality extra-virgin olive oil
1 yellow onion
2 stalks celery
2 tsp capers
½ cup chopped fresh parsley
Chopped fresh dill to taste
½ lb steamed green beans, cut in 1 in. pieces (optional)

Instructions

1. Boil potatoes in their skins, covered, just until they can be easily pierced with a sharp knife
2. Meanwhile prepare dressing in a jar, combining mustard, vermouth, vinegar, olive oil, salt and pepper to taste, shake well
3. Drain potatoes, let cool enough to handle, then peel and cut into thick slices. Place in large bowl.
4. Pour dressing over the potatoes while they are warm, tossing well.
5. Add chopped onion, sliced celery, capers, finely chopped parsley, dill and if you like other chopped vegetables (red bell pepper, radish)
6. Chill until served

Nutrition Information

154 Calories
5g Total Fat (1g Saturated Fat)
Cholesterol Free!
24g Carbohydrates
3g Protein
3g Fiber
250mg Sodium

Sizzling Chipotle Flank Steak Tacos With Pineapple Salsa

Ingredients

12 soft corn tortillas
1 tsp extra-virgin olive oil
1 tsp chipotle chili powder plus 1 pinch, divided
1 tsp Kosher salt, divided
1 lb flank steak beef, trimmed of fat
1 pineapple, peeled, cored, and cut into ½ inch thick rings
1 red bell pepper, finely diced
½ cup minced red onion
¼ cup chopped fresh cilantro
2 tbsp red-wine vinegar

Instructions

1. Preheat grill to high. Stack tortillas and wrap in heavy-duty foil. Combine oil, 1 tsp chipotle powder, and ½ tsp salt in a small dish. Rub mixture into both sides of steak. Place the tortilla stack on the coolest part of the grill or upper warming rack, if possible, and heat, flipping once, until warmed through and very pliable.
2. Meanwhile, grill the steak for 4 to 6 minutes per side for medium or until desired doneness. Grill pineapple rings until moderately charred, 1 to 2 minutes per side. Remove the tortillas, steak and pineapple from the grill. Let the steak rest for at least 5 minutes before slicing very thinly crosswise into strips.
3. Meanwhile, dice the pineapple and transfer to a medium bowl. Add bell pepper, onion cilantro, vinegar, the remaining pinch of chipotle powder, and the remaining ½ tsp salt; toss to combine. Serve the sliced steak in the warm tortillas with the pineapple salsa.

Makes 6 servings

Potato Pancakes

These are great served with fresh applesauce or you can garnish with a tbsp of low fat sour cream.

Ingredients

3 large Idaho or Yukon potatoes (about 2 lbs)
1 large sweet onion
1 cup matzo meal, medium grain
1 egg
1 tsp salt, or more to taste
¼ cup quality extra-virgin olive oil

Instructions

1. Peel and grate the potatoes and onion by hand or in a food processor and put them in a large bowl. If you grate the potatoes ahead of time make sure to soak them in water to keep them from turning color, then drain and squeeze when ready to use.
2. Add the matzo meal and the egg. Sprinkle in the salt and blend everything together until the onions and potatoes are coated with the egg and matzo meal. Let stand for 5 minutes.
3. With clean hands, roll a ball of dough just big enough to fit into the palm of your hand and flatten it out with your palms to make a round cake. Repeat the process until you have used up all the batter.
4. Set a medium saucepan over medium-high heat with 1 tbsp of olive oil. Lay 4 pancakes in the hot oil and cook for 1 minute on each side, until they turn golden brown. Transfer the pancakes to a paper towel to soak up any excess oil. Repeat, adding more olive oil to the pan, until all pancakes are cooked. Serve with sour cream and a side of fresh applesauce.

Nutrition Information (Per Serving)

246 Calories
8g Total Fat (1g Saturated Fat)
27mg Cholesterol
39g Carbohydrates
5g Protein
3g Fiber

