

MISSION HEALTH SYSTEM'S
Lighten Up  Life

HEALTHY COOK-OFF
2009

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SALADS

Watermelon & Watercress Salad

Submitted by Tres Hundertmark, The Lobster Trap

Ingredients:

4 bunches watercress
4 cups watermelon, large dice
1/4 cup pecans, toasted

Sesame Citrus Vinaigrette:

2 shallots
1/2 cup orange juice
1/2 cup rice wine vinegar
1 1/2 cup salad oil
1/4 cup sesame oil
2 teaspoons salt

Preparation:

Place first three ingredients in the food processor with the salt and puree till shallots are smooth. Mix the two oils and pour in a steady stream into the processor while running. Place vinaigrette in a cruet and refrigerate. Wash watercress well. Remove any large stem pieces. Mix watercress and watermelon in a mixing bowl with four ounces of the vinaigrette. Place salad on serving plates, arranging nicely, sprinkle with toasted pecans.

Yield: 4 salads

Broccoli Slaw Salad

Submitted by Deborah Robertson

Ingredients:

2 cups broccoli slaw
1/2 cup sliced almonds
1/2 cup sliced green onions
1/2 cup black olives
1/2 cup sunflower seeds
1 package ramen noodles, low sodium choice (save flavor packet for end)

Dressing:

1/2 cup olive oil
1/2 cup vinegar
1/4 cup Splenda
Flavor packet from ramen noodles package

Preparation:

Mix first six ingredients. Combine dressing ingredients separately. Pour dressing over the salad. Serve.

Serving size: 1/2 cup

Artichoke Salad

Submitted by Cyndi Williams

Ingredients:

1 cup chopped celery
1 large can artichoke hearts (in water), chopped
1/4 cup sliced scallions
1/2 cup reduced fat mayonnaise
1 teaspoon curry powder
1 small can chopped black olives
1 6-ounce box Uncle Ben's long grain & wild rice, original recipe

Preparation:

Cook rice without butter. Let cool. Add rest of ingredients.
Mix & chill.

Yield: 6 servings

Weight Watchers points per serving: 4

Nutty-Fruity Wild Rice Salad

Submitted by Charlotte Petri

Ingredients:

1 cup wild rice
1 teaspoon salt
1 bunch scallions, chopped
1/4-1/2 cup orange juice
1/4 cup walnut oil or other omega-3 rich oil (canola, safflower)
Walnuts (baked in 300 degree oven for 15 minutes)
Dried cranberries and apricots (or any other dried fruit)
Grapes, halved
3 oranges cut into bite sized pieces

Preparation:

Cook following package directions. Generally it takes about 1 hour, and depending on type of wild rice it will make over 4 cups of cooked rice. Add salt to cooked rice. Add walnut oil and orange juice and mix. Add dried fruit, grapes, oranges, scallions and walnuts and mix all. The amounts of all ingredients can be changed and other ingredients can be added depending on personal preference. I have added edamame for protein and a variety of dried fruit. Refrigerate and enjoy. It tastes even better the 2nd day as the flavors meld together.

Mediterranean Couscous Salad

Submitted by Brooke Rinehart

Ingredients:

1 10-ounce box garlic herb couscous
1 16-ounce bag frozen broccoli stir-fry vegetables
1 can water chestnuts
1 4-ounce package crumbled feta cheese
1 jar green olives, sliced
1 can black olives, sliced
1 jar small artichoke hearts, sliced
2 tablespoons light Italian dressing

Preparation:

Place 1 1/4 cups of water in a saucepan with seasonings from couscous package. Bring water to a boil. Add stir-fry vegetables. Let vegetables cook for a few minutes, until thawed. Add couscous, stirring well. Remove from heat, cover, and let stand for 5 minutes. Place couscous-vegetable mixture in large bowl. Add water chestnuts, artichoke hearts, green olives, and black olives. Stir well. Place in a refrigerator until served. Add Italian dressing and feta cheese before serving.

Calico Artichoke Salad

Submitted by Brynda Bechtold

Ingredients:

2 carrots, grated
1 beet root, grated
1 can artichoke hearts, cut in half, liquid removed
4 stalks diced baby bok choy with most of the greens removed
1/2 diced red bell pepper

Dressing:

1/2 cup "Follow Your Heart" vegenaïse
1/4 cup extra virgin olive oil
2 tablespoons lecithin granules
1 teaspoon Umeboshi plum vinegar
1/3 cup nutritional yeast flakes
1 teaspoon balsamic vinegar
1 teaspoon wakame seaweed flakes

Preparation:

Combine, thin to creamy w/water (1/4 cup + -). Shake in liquid tight shaker till blended. Fresh herbs/garlic/onion are optional. Combine grated carrots, chopped artichokes, diced bok choy, diced red pepper. Add the dressing and stir well. Border the edge with the grated beet root. Drizzle w/ more dressing. The beets turn everything rich pink, so best to leave those to be blended as eaten.

Serving size: 3/4 cup

Yield: approximately 8 servings

ENTREES

Sautéed Trout with Citrus

Submitted by Tres Hundertmark, The Lobster Trap

Ingredients:

4 Sunburst Trout fillets (6 oz)
1 ounce salt
1 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon coriander
2 ounces oil
1 ruby red grapefruit, sections
2 navel oranges, sections
2 blood oranges, sections
3 satsumas, sections
1/2 cup orange marmalade
4 cilantro springs for garnish
2 green onions, cut on bias for garnish

Preparation:

Mix salt and spices together. Heat oil in a large sauté pan. Season fish fillets and brown on both sides. Cook through. Section citrus fruits and mix with marmalade. Place fish on plates top with citrus sections and cut green onions.

Yield: 4 servings

Katharine's Low Fat Chicken Enchiladas

Submitted by Katharine S. Bryan

Ingredients:

2 chicken breasts (or 1 split breast) cooked and shredded
2 ounces 1/3 less fat cream cheese
4 ounces 1/2 fat sharp cheddar cheese, shredded
8 ounces picante sauce
4-8 high fiber/low carb wheat tortillas, small or large size
1 small can green salsa
Chopped chives or green onions

Preparation:

Place chicken in skillet with cream cheese, shredded cheddar cheese and picante sauce in a skillet on the stove. Once cheese is melted, take off heat and stir to combine. Coat both sides of tortillas with green salsa and wrap chicken mix inside enchilada style. Place in baking dish. Sprinkle extra cheese on top. Cover with extra salsa if desired. Cook in a 350-degree oven about 20 minutes. Remove and sprinkle with chives before serving.

Yield: 8 small enchiladas or 4 – 5 large enchiladas

Bulgur Confetti with Shrimp

Submitted by Nicole Jobin

Ingredients:

14 ounces vegetable or chicken broth (organic preferably)
1/4 teaspoon cardamom seeds
1 1/2 teaspoons curry powder
1/8 teaspoon anise seeds
1/8 teaspoon caraway seeds
1/8 teaspoon fennel seeds
1/8 teaspoon crushed red pepper or cayenne
1/2 teaspoon salt
3 bay leaves (large)
6 whole cloves
2 garlic cloves, minced
1 cup bulgur
1/2 cup raisins, dried apricots (chopped), dried cranberries
1/2 cup carrot, finely chopped
1/2 cup celery, finely chopped
1/2 cup onion, finely chopped
1/2 cup bell pepper, finely chopped
1/2 cup mushroom, finely chopped
1 tablespoon olive oil
Salt to taste
2 cups of peeled, fresh or thawed frozen shrimp, rinsed, drained and pat-dry
Canola oil cooking spray (or your choice, preferably organic)

Preparation:

In a saucepan add the first 11 ingredients and bring to boil. Add bulgur and dried fruits. Reduce heat to low and cover. Simmer for 15 minutes. Then remove from heat and set aside. Meanwhile, in a skillet, heat the olive oil over medium-high. Add carrots to the skillet and cook for two minutes or so, until crisp. To the carrots, add the celery and cook another minute. Then add the onion, bell pepper and mushroom. Cook with the carrots and celery until tender. Salt to taste the vegetable mixture. Incorporate the cooked vegetables to the bulgur. Set aside. Coat a non-stick skillet with canola oil cooking spray. Lightly salt the shrimp and sear over high heat. Lower the heat to medium-high and cook until opaque. Be mindful not to overcook. Add the cooked shrimp to the bulgur and vegetable mélange. Adjust seasoning if necessary. Voila!

Besides being flavor-filled, this recipe is wonderfully versatile, nutritious, travels and freezes well too. It is enjoyable warm, at room temperature or cold. Inter-mingled, or crowned with sautéed or grilled shrimp (my favorite), a blend of seafood, firm-flesh fish, tofu, roasted Mediterranean vegetables, chicken, or pork, this dish is splendid.

“Bulgur Confetti” lends itself beautifully to casual occasions like “pique-nique” or buffet, and flairs up with elegance mounted by a whole lobster accompanied with drawn butter, that is, if you care to indulge.

Serving size: 1 cup

Yield: 7 servings

Healthy Roasted Eggplant Parmesan

Submitted by Sherilene Parise

Ingredients:

1 medium eggplant
6 ounces fresh marinara sauce (see marinara ingredients below)
4 ounces soy mozzarella cheese
1 pinch of oregano

Marinara sauce:

4 roma tomatoes diced, then crushed
1/2 tablespoon olive oil
4 cloves of garlic
4 sprigs of fresh basil
sea salt and black pepper to taste

Preparation:

Cut medium eggplant in half inch round circles, lay on sheet tray, drizzle with olive oil, and roast in oven at 350 degrees for approximately 20 minutes. On the stove, put 1/2 tablespoon of olive oil in a saucepan, slice garlic into slivers, sauté in the olive oil until garlic turns into golden brown, add crushed roma tomatoes, rough chop the basil then add to tomato mixture. Add salt and pepper to taste. Cook for about 20 minutes on low heat. Shred soy cheese and put aside. When eggplant is finished, remove eggplant then layer in casserole dish, add fresh marinara sauce, sprinkle with shredded soy mozzarella, sprinkle with oregano on top, bake at preheated 400 degrees until cheese starts to bubble (approximately 15 minutes).

Yield: 1-2 servings

Chicken and Curried Fruit

Submitted by Deb Arnold

Ingredients:

6 chicken breasts
1/2 cup each dried apricots and raisins
1 15-ounce can chickpeas
1 cup chopped onion
3 cloves minced garlic
2 teaspoons curry powder
1 teaspoon cumin
1/2 teaspoon allspice
1/4 cup jarred chutney
2 cups low sodium chicken broth
3 cups cooked couscous

Preparation:

Cube breasts and place in 11x13 baking dish sprayed with Pam. Place dried fruit around. Combine rest except couscous and pour over. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 15 minutes. Place chicken on hot couscous. Puree half of pan contents. Add some of remaining to make sauce consistency and pour over.

Yield: 6 servings

Quick Smash Protein Power Breakfast

Submitted by Misha Hardison

Ingredients:

2 egg whites
1 egg
1 can of kidney beans
1/2 cup salsa
1 slice low fat cheese (cut/ripped in small pieces)
1/4 cup of fat free yogurt (optional)

Preparation:

Heat rinsed can of kidney beans in microwave (60-90 seconds).
Beat egg whites & egg yolk together. Scramble. Fold in beans, salsa.
Top with cheese slice bits. Serve on an attractive little plate.
Top with yogurt if desired.

Tofu Dip

Submitted by Mary Bradt

Ingredients:

1 block of extra firm tofu, mashed and drained
1/3 cup nutritional yeast flakes
1 teaspoon salt
1/2 cup chopped parsley
1/4 cup garlic powder
1/2 cup Veganaise or Nayoynaise
1/8 cup dried minced onion, soaked in 1 tablespoon water
1/4 teaspoon liquid smoke
1 teaspoon sesame oil
1 teaspoon Worcestershire sauce

Preparation: Mix well. Chill. Serve on crackers, bread, or baked potatoes.

Garlic Basil Chicken

Submitted by Christen Cathy

Ingredients:

4 boneless skinless chicken breasts
3/4 teaspoon coarse black pepper
1/2 cup low fat margarine
1/4 cup basil (fresh or dried)
1/4 teaspoon garlic powder
1/8 teaspoon sea salt (more or less to taste)
1/8 teaspoon pepper (more or less to taste)

Preparation:

Place chicken in a large glass baking dish. Press pepper into the meaty side of the chicken. Melt margarine in separate bowl. Mix basil and garlic powder into melted margarine. Brush on chicken with pastry brush. Sprinkle on sea salt and pepper to taste. Grill for 8-10 minutes or until center no longer pink or bake at 325 degrees for 25-35 minutes.

Yield: 4 servings

Mediterranean Chicken Pasta

Submitted by Camille R. Carter

Ingredients:

4 chicken breasts (boneless, skinless)
1 red bell pepper
1 onion
1 zucchini
1 cup sliced mushrooms
3 cloves garlic, minced
4 tablespoon chopped fresh basil or 1 tablespoon dried
1 tablespoon rosemary, dried
1 tablespoon capers, drained
1/2 cup kalamata olives, pitted
4 tablespoon olive oil
1/2 cup wine (your choice – white or red)
1/2 cup sundried tomatoes
Pasta of choice
Grated Parmesan cheese

Preparation:

Slice and grill or roast chicken, red pepper, onion, mushrooms and zucchini. Place these ingredients and garlic, herbs, olives, capers, olive oil, and wine in a bowl and toss. Keep warm. Add dried tomatoes to pasta water to rehydrate. Cook and drain pasta and tomatoes. Toss with warm ingredients, serve and top with Parmesan cheese. Serve with green salad.

Hot Salsa & Chips

Submitted by Mary Corlis

Ingredients:

1 1/2 pounds ground turkey
1 16-ounce jar mild salsa (may substitute for hotter salsa if you like)
Organic blue corn chips
Olive oil spray
Low fat shredded Colby-jack cheese

Preparation:

Lightly spray medium pan with olive oil. Add ground turkey. Stirring repeatedly so that it is well broken up. Cook until done. Drain turkey to remove any excess oil. Combine turkey and salsa in a large pan; heat until bubbling. Serve in small bowls. Sprinkle a small amount of the low fat Colby-jack on each serving. Serve hot on a plate surrounded by organic blue corn chips.

Serving size: 1/2 - 3/4 cup

Chicken Salsa & Pasta

Submitted by Jennifer Morris

Ingredients:

1 pound whole wheat penne pasta
1 jar of salsa
1 pound skinless chicken breast, diced in cubes
1 package of low fat Mexican cheese

Preparation:

Brown chicken. Add can of salsa and simmer approximately 20 minutes. Cook pasta while chicken is cooking. Add pasta to chicken and salsa after cooked. Add cheese and stir until melted.

Serving size: 1 cup

Collards & Green Beans

Submitted by Carole Biro

Ingredients:

6 - 8 collard leaves
2 cups fresh green beans
1/8 cup, low fat Parmesan cheese
3 tablespoons olive oil
3 tablespoons lemon juice or balsamic vinegar

Preparation:

Clean & chop collards and green beans and steam for 12 minutes. Place in bowl and mix with remaining ingredients. Yum!
Great nutrition with calcium, chlorophyll & vitamins!

Serving size: 1 cup

Special Stuffed Cabbage

Submitted by Linda Macfarlane

Ingredients:

8 large cabbage leaves
1 cup chopped onions
3 tablespoons vegetable oil
3 cups cooked brown rice
1 cup shredded Monterey Jack cheese
Salt to taste
1/2 cup almonds, toasted and chopped
1 15-ounce can tomato sauce
2 tablespoons fresh lemon juice
1/2 teaspoon dill
1/8 teaspoon fresh ground pepper
Sour cream
1/4 cup sliced almonds, toasted

Preparation:

Bring a large pot of water to boil, add cabbage leaves and simmer till just flexible about 5 minutes. Drain immediately. Cut out the thick rib portions and set aside. In a large skillet fry the onions in 1 tablespoon oil about 10 minutes, and add rice till heated. Mix in cheese and salt. Remove from heat and add almonds. Lay out the cabbage leaves and spoon the rice onto the middle of the leaves. Fold over the sides and rollup and secure with toothpick. Heat the remaining oil over medium flame and brown the cabbage rolls about 5 minutes each side. In a bowl mix the tomato sauce, lemon juice dill and pepper, pour over the cabbage rolls, cover and simmer 20 minutes. Remove and put rolls on a heated platter and pour sauce over. Drop spoonfuls of sour cream and sprinkle with sliced almonds and a sprinkle of fresh dill if available.

Yield: 4 servings

Stuffed Shells

Submitted by Karen Taylor

Ingredients:

1 large box of large pasta shells
1 10-ounce package of frozen chopped spinach
1 yellow onion, finely diced
1 teaspoon garlic, diced
1 bay leaf
Basil to taste
Oregano to taste
1 tablespoon extra virgin olive oil or grape seed oil
2 16-ounce tubs skim or part skim ricotta cheese
1 8-ounce package skim or part skim Italian shredded cheese such as mozzarella, Parmesan or Romano
2 eggs, beaten
Cooking spray
Large jar of spaghetti sauce
1/2 or 1 small can tomato paste

Preparation:

Cook pasta, drained and let cool. Set aside. Microwave spinach and drain. Set aside in separate bowl. In a medium sauté pan, sauté diced yellow onion until clear, along with diced garlic. Add bay leaf and a pinch of basil and oregano. Sauté in oil. Add this sautéed mixture to the drained spinach and mix well. Add ricotta cheese and Italian shredded cheese and mix well. Add 2 beaten eggs, mixing well. Lightly spray an 11 x 9 baking dish with non-stick cooking spray. Fill each shell with an equal amount of the filling and arrange evenly in the baking dish. Top with a large container of spaghetti sauce. Simmer sauce with about 1/2 to 1 small can of tomato paste for added flavor. Bake at 350 degrees for 30 minutes. This can also be made with tofu in place of one of the containers of ricotta cheese. Sprinkle with Parmesan cheese at serving if desired. Serve with salad and wheat rolls. Serving size: 1 cup Yield: 6 servings

Picante Chicken

Submitted by Pauline New

Ingredients:

1 package chicken tenders, cut into 2 or 3 pieces each
Salt
Cooking spray
1 medium red or orange pepper, cut into 2 x 1/4 strips
1 medium green bell pepper, cut into 2 x 1/4 strips
1 8-ounce can pineapple chunks in juice, undrained
1/2 cup picante sauce (to taste)
2 tablespoons chopped cilantro
2 to 3 teaspoons grated fresh ginger or 3/4 to 1 teaspoon ground ginger

Preparation:

Sprinkle chicken with salt. Spray large skillet with cooking spray and heat over medium heat until warm. Add chicken; cook about 5 minutes on each side. Remove chicken and keep warm. Add remaining ingredients to skillet. Cook, stirring frequently until peppers are tender and sauce is thickened. Put chicken back in skillet and heat through. Sprinkle a little more chopped cilantro over dish. Serve with brown rice.

Serving size: 1/2 cup chicken with 1 cup rice

Eggplant and Tomato Gratin

Submitted by Sandra Rinehart

Ingredients:

1 pound Japanese (or regular) eggplant, cut diagonally into 1/4 inch thick slices

Cooking spray

1/4 teaspoon salt

1/2 cup grated fresh Parmesan cheese

2 teaspoons chopped fresh oregano

1/4 teaspoon freshly ground black pepper

4 garlic cloves, minced

6 plum tomatoes, cut into 1/4 inch thick slices

2 medium zucchini, cut into 1/4 inch thick slices

Preparation:

Preheat oven to 375 degrees. Arrange eggplant slices in a single layer on a baking sheet coated with cooking spray. Coat slices with cooking spray; sprinkle with salt. Bake at 375 degrees for 16 minutes, turning after 8 minutes. Combine salt, Parmesan cheese, oregano, pepper, and garlic in a bowl. Arrange half of the eggplant slices in an 8-inch square baking dish coated with cooking spray. Arrange half of the tomato slices over eggplant slices. Top with half of zucchini slices. Sprinkle with half of cheese mixture.

Repeat procedure with remaining eggplant slices, tomato slices, zucchini slices, and cheese mixture. Bake, covered at 375 degrees for 1 hour. Uncover and bake an additional 10 minutes or until vegetables are tender and cheese is golden brown.

Yield: 8 servings

Per serving: 87 k cal, 2.8 g fat, 5.5 g protein, 11.2 g carbohydrate, 4 g fiber, 6 mg cholesterol, 0.9 mg iron, 257mg sodium, 140 mg calcium

Chicken Roll Lites

Submitted by Irma Warren

Ingredients:

6 to 7 uncooked boneless chicken tenders

1/4 cup finely chopped onion

1 8-ounce pack light cream cheese

4 to 5 tablespoons chicken broth

2 cans of low fat crescent rolls (in the dairy case)

4 tablespoons of ground sage

Dash of salt & pepper

2 cups light bread crumbs

1 stick light margarine, melted

1 can of cream of chicken soup

1 bag of instant rice

Preparation:

Boil Tenders until done (approximately 25 to 30 minutes). Drain and reserve the broth. Chop the chicken very fine. Add onions, salt/pepper, cream cheese, sage, and enough broth until very moist. Take 1/2 tablespoon chicken mixture and place on each crescent roll & roll up. Drop each roll into melted margarine and then dip into breadcrumbs. Place on baking sheet and cook approximately 10 to 12 min at 375 degrees. Prepare chicken soup per can except make creamier by not adding as much milk. Prepare rice and place in a serving dish. Place chicken rolls on top of rice and pour soup on top. This dish does not require bread and is so great served w/ cranberry sauce and green peas.

Grilled Sockeye Salmon and Sauteed Spinach with Israeli Couscous and Bulgur Wheat Salad Drizzled with Lemon Blueberry Vinaigrette

Submitted by Wesley Wright, Pomodoros Greek & Italian Café

Grilled Sockeye Salmon

Ingredients:

1 Sockeye Salmon, 5.5-ounce portion
1 teaspoon olive oil
Season to taste with salt and pepper

Preparation:

Season the salmon with salt and pepper then brush with olive oil. Grill to desired temperature. Plate salmon with sautéed spinach and 3/4 cup of the Israeli Couscous and Bulgur Wheat Salad. Drizzle with the Lemon Blueberry Vinaigrette.

Sautéed Spinach

Ingredients:

1 1/2 cups spinach
1 teaspoon garlic, sliced
1 tablespoon white wine
Season to taste with salt and pepper

Preparation:

Sauté garlic on medium heat then add spinach. Continue to cook until the garlic is very fragrant. Add white wine then salt and pepper and cook until the spinach is slightly wilted and wine has evaporated.

Israeli Couscous and Bulgur Wheat Salad

Ingredients:

1 cup Israeli couscous
1 cup bulgur wheat
4 cups chicken stock
1/4 cup sundried tomatoes, chopped
1 tablespoon fresh rosemary, finely chopped
1 tablespoon goat cheese, crumbled
Season to taste with salt and pepper

Preparation:

Bring 2 cups of chicken stock to a boil then add couscous and turn to a simmer. Strain when the couscous is al dente. Add chopped rosemary to the hot couscous and mix together. Bring 2 cups of chicken stock to a boil and add bulgur wheat, reduce to a simmer, cover and cook until the stock is absorbed. Mix the couscous and bulgur wheat together and add the sundried tomatoes and crumbled goat cheese.

Lemon Blueberry Vinaigrette

Ingredients:

2 cups blueberries
3/4 cup sugar
3/4 cup water
Zest and juice of one fresh lemon
Season to taste with salt and pepper

Preparation:

Bring water to boil then add the sugar and cook until dissolved. Add the blueberries and cook down until the berries burst and the resulting sauce begins to thicken slightly. Chill to room temperature. Purée blueberries in a food processor. Add the lemon zest and lemon juice slowly until all of the juice has been absorbed.

Arctic Char Salad Over Mixed Field Greens Drizzled with a Beet Purée and Lemon Vinaigrette

Submitted by Kingston Clark, Pomodoros Greek & Italian Café

Arctic Char Salad

Ingredients:

6.5 ounce Arctic Char poached then shredded
Enough Kalamata olive oil to just cover fish
1 tablespoon capers
1 tablespoon finely diced red onions
1 tablespoon finely chopped parsley
1 tablespoon white balsamic vinegar
1 tablespoon of the poaching liquid

Preparation:

Preheat oven to 225 degrees. In an oven proof pan place Kalamata olive oil and Arctic Char. Cover and place in oven for approximately 35 to 45 minutes. Poach just until cooked through. Remove from oil and allow to cool. Using a fork shred fish then toss with all ingredients. Season to taste with salt and pepper.

Beet Puree

Ingredients:

1 red beet
1/2 teaspoon honey
1/2 teaspoon Kalamata olive oil
Salt to taste
Pepper to taste

Preparation:

Peel one red beet. Roast at 425 degrees until tender. Cube and purée in food processor until smooth. While processing, slowly add honey and Kalamata olive oil. Season to taste with salt and pepper.

Lemon Vinaigrette

Ingredients:

3 lemons
1 tablespoon Kalamata olive oil
1/2 tablespoon lemon zest
1 teaspoon sugar

Preparation:

In food processor squeeze three fresh lemons. Turn food processor on and drizzle in 1 Kalamata olive oil. Add in lemon zest and sugar.

Prepare salad base with 5 ounces of mixed field greens. Top with Arctic Char Salad. Drizzle with Beet Purée and Lemon Vinaigrette.

Wild Mushroom and Nut Pie

Submitted by Helen Jett

Ingredients:

3 ounce shitake mushrooms, finely chopped
3 ounces cremini mushrooms, finely chopped
4 ounces white mushrooms, finely chopped
3.5 ounces almonds, toasted & ground
1.25 ounces cashews, toasted & ground
1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, finely chopped
1 tablespoon parsley, finely chopped
1/2 tablespoon marjoram, finely chopped
1 tablespoon thyme, finely chopped
6.5 ounces brown rice, cooked
3 ounces Fontina cheese, grated
1.5 ounces mozzarella cheese, grated
4 ounces nonfat cottage cheese
1 ounce Parmesan, grated
1 egg, slightly beaten
Salt & pepper to taste
Vegetable oil spray as needed

Preparation:

Sauté onions in olive oil until translucent; add garlic & cook one minute longer. Add all mushrooms & cook until all juices have evaporated. Add fresh herbs, stir & remove from heat. Combine mushroom mixture, nuts, cooked rice, and cheeses & mix well. Check seasoning; salt and pepper to taste. Add egg and mix thoroughly. Spray 9-inch pie plate with vegetable oil & pack mushroom mixture into pan. Bake in 350-degree oven until firm & browned, about 1 hour. Allow pie to rest 15 minutes before cutting into 8 pieces.

Serving ideas: plate with mixed baby greens salad & simple vinaigrette, fresh fruit or steamed green vegetable. This dish is rich in healthy monounsaturated fats and fiber.

(230 calories/serving; 11 grams protein/serving; 2 grams fiber; 3 grams sugar; 15 grams fat)

Serving size: one slice (approximately 4 ounces)

Yield: 8 servings

Pinto Bean Chocolate Mole Chili

Submitted by Jennifer Drake Thomas

This healthy vegetarian chili combines the deep, luscious flavor of chocolate with chiles, cinnamon, orange and cumin seed.

Ingredients:

- 2 small dried red chiles, seeded and de-veined)
- 1 small dried chipotle chile, seeded and de-veined)
- 1 teaspoon whole cumin seeds
- 1 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- 1 1/2 teaspoon salt
- 1 large onion, diced
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 3 medium zucchini squash (and/or yellow squash), diced
- 2 tablespoons red wine
- 1 small organic orange, zested
- 2 teaspoon honey
- 1 ounce unsweetened chocolate, finely chopped
- 1 28-ounce can diced tomatoes
- 3 15-ounce cans pinto beans, drained and rinsed
- 1 cup brown rice, cooked with 2 cups of water

Toppings:

- Small bunch of cilantro, chopped
- 1 avocado, peeled and diced
- 4 spring onions, chopped
- 1/2 cup crème fraiche or plain yogurt

Preparation:

In a large Dutch oven place the chiles and cumin seeds. Dry roast over low to medium heat until fragrant (be careful not to burn). Remove and place in a small food processor and grind finely. Add spice mixture to the oregano, cinnamon and salt and set aside.

Add the olive oil and onions to the Dutch oven and sauté on medium heat until soft. Add the garlic and spice mixture and sauté a few minutes being careful not to scorch the garlic. Add the squash and cook, covered, for 5 minutes. Add the orange zest, chocolate, and tomatoes. Simmer covered for 10 minutes until the squash is tender. Add the beans and simmer another 15 minutes. Adjust the salt seasoning to taste.

Cool and refrigerate. This chili is best made one day ahead so that the flavors can develop. But, if you cannot wait, serve chili over 1/2 cup of rice with the toppings.

Serving size: 1 cup

Yield: 8 generous servings

Breakfast Cereal

Submitted by William Sauber

Ingredients:

4 cups rolled oats
2 cups rolled 6-grain cereal
1/2 cup toasted wheat germ
1/2 cup flax seed meal
1/2 cup flax seeds
1/2 cup toasted sunflower seeds
1/2 cup pecan pieces

Preparation:

Combine all dry ingredients in a large bowl and mix thoroughly, then transfer mixture into sealed jars.

Scoop 1/3 to 1/2 cup of dry mixture into serving bowl and add 2-3 times as much water as dry mixture. Pop into microwave and zap for 3 minutes. It's ready to eat with very little time each morning and no pots or pans to clean up. The magic, however, comes from the variety. Every morning you can spice up your life with whatever suits your fancy using either fresh or dried fruits and other ingredients listed below.

Choice of spices each morning (none, one, more, all): salt, nutmeg, allspice, cinnamon, cloves, and cardamom.

Choice of sweetener each morning (none, one, all): sugar, brown sugar, honey, maple syrup, molasses, corn syrup, Agave, Stevia.

Choice of fresh or dried fruits each morning (none, one, several): raisins, Craisins, currants, figs, apricots, apples, strawberries, blueberries, peaches, bananas, prunes, mangos, pineapple, papayas. Feeling wild and daring today? Add more pecans, or walnuts, or almonds, or pine nuts.

DESSERTS

Key Lime Pie

Submitted by Patricia Goforth

Ingredients:

1 box of Key Lime Instant Sugar Free Jell-O
2 6-ounce containers of light Key Lime yogurt
1 container of fat free Cool Whip
2 reduced fat graham cracker crusts

Preparation:

In large mixing bowl dissolve Jell-O with 1/2 cup of hot water. Add yogurt and then fold in Cool Whip. Pour mixture into graham cracker crust. Place in refrigerator for at least 2 hours before serving.

Pumpkin Pudding

Submitted by Eleanor Waterhouse

Ingredients:

1 small package vanilla pudding mix (sugar-free)
1 15-ounce can pumpkin
2 cups skim milk
1 banana
2 tablespoons dry fiber cereal

Preparation:

Mix pudding and milk together. Stir or shake briskly until pudding is dissolved. Stir in pumpkin. Chill 5 minutes. Top with sliced banana and sprinkle with cereal. Serve in large, fancy wine or champagne glass.

Serving size: 1 cup

Yield: 4 servings

Walnut Delight Pie

Submitted by Gail Sheetz

Ingredients:

3 egg whites
1 cup sugar
12 soda crackers
1/2 cup chopped walnuts
1/2 teaspoon baking powder
1/2 teaspoon vanilla
Whipped cream
1 tablespoon powdered sugar

Preparation:

Beat egg whites and sugar until stiff peaks form. Fold in the crumbled crackers, nuts, baking powder and vanilla, and form in a greased pie pan. Bake at 350 degrees for 30 minutes. When cool, fill with whipped cream that has been beaten with powdered sugar. Sprinkle with chopped walnuts.

Yummy, Healthy Chocolate Chip Cookies

Submitted by Lisa Kayser

Ingredients:

1/4 cup butter
1/2 cup brown sugar
1 egg
2 tablespoons milk
1/2 teaspoon vanilla
1/2 cup white flour
1/4 cup wheat flour
1/4 cup oat bran
3/4 cup ground flaxseed
1 teaspoon ground coffee (optional)
1/2 teaspoon baking soda
3/4 cup semisweet chocolate chips
1/2 cup coarsely chopped walnuts

Preparation:

Preheat oven to 350 degrees. Beat butter and brown sugar in medium mixing bowl until creamy. Add egg, milk and vanilla. Beat again. In large bowl, mix white flour, wheat flour, oat bran, flaxseed, coffee and baking soda until well blended. With a wooden spoon, stir flour mixture into butter mixture until well blended. Stir in chocolate chips and walnuts. Form 1" dough balls and put on cookie sheet. Bake for 9 minutes or until lightly browned.

Serving size: 2 cookies

Yield: 2 dozen cookies

Honey Benne Cookies

Submitted by Mary Bradt

Ingredients:

3/4 soft butter with canola (such as Land O' Lakes)
1 cup toasted sesame seed (benne)
1 cup honey
1 cup self-rise flour
1 cup unbleached flour
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract
2 eggs

Preparation:

Mix all ingredients. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 350 degrees for 8 minutes. Remove immediately to cooling rack.

Yield: Approximately 4 dozen cookies

Peppermint Patty Cake (Vegan & Wheat Free)

Submitted by Rebecca Chaplin

Chocolate Cake

Ingredients:

1 cup white spelt flour
1/2 cup soy flour (or whole spelt, barley, rice flour, other non-wheat flour)
1 cup natural cane sugar (such as Sucanat or Florida Crystals)
1/2 teaspoon good salt (real salt or sea salt)
1/3 - 1/2 cup cocoa
1 teaspoon baking soda
5 tablespoons combination of melted Earth Balance, coconut oil and/or coconut butter
1 cup cold water
1 teaspoon vanilla
1 teaspoon apple cider vinegar

Preparation:

Preheat oven to 350 degrees. Lightly oil an 8-inch round cake pan. Place Earth Balance and coconut oil in an oven proof bowl and melt in the preheating oven. While the oils are melting, mix together the dry ingredients with a whisk. Add the oils, water, vanilla and cider vinegar to the dry mixture. Mix thoroughly with a whisk until all lumps are gone. Allow cake to cool thoroughly (about 2 hours).

Macadamia Nut Peppermint Whipped Cream

Ingredients:

1/2 cup raw macadamia nuts
1/3 cup water
1/4 cup agave nectar or brown rice syrup
3 tablespoons maple syrup
Pinch of good salt (real salt or sea salt)
1 teaspoon peppermint extract
5 drops of peppermint essential oil

Preparation:

Blend all ingredients (except peppermint oil and extract) in a blender or good food processor until creamy (5-10 minutes). Heat gently in a saucepan, simmering for about 2 minutes, remove from heat and whisk in peppermint extract and essential oil. Refrigerate overnight or until it has firmed a bit. Optional: Re-whip in blender and add additional sweetener or peppermint oil/extract if necessary.

Chocolate Glaze

Ingredients:

1/2 cup maple syrup (or combination of maple syrup and agave nectar)
1/4 cup cocoa powder
1/4 cup water
1/4 teaspoon cider vinegar
1/8 teaspoon good salt (real salt or sea salt)
2 teaspoons vanilla

Preparation:

Heat maple syrup in a saucepan, bringing to a boil. Reduce the heat to low, whisk in the cocoa powder, water, vinegar, and salt, and cook the mixture an additional 3 minutes. Remove the saucepan from the heat and whisk vanilla. Set aside for at least 5 minutes to cool. Pour glaze into a small jar, good in the refrigerator for weeks.

FINAL ASSEMBLY

Pour glaze over cooled cake and spread evenly. Allow to harden slightly (refrigerate for a few minutes if necessary). Spread macadamia nut peppermint topping evenly over cake. Starting on one end of the cake slowly drizzle glaze back and forth over the cake in a large zig zag. Marble the glaze: Take a clean knife and pull glaze perpendicular to the zig zag at one inch parallel lines. Turn the cake around and pull the drizzle the other way in between the original knife pull.

SPECIAL THANKS

TO

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Frankie Bones Restaurant
Ingles Markets & Leah McGrath



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