Stovetop Mac and Cheese
Serves 6

- 1 tbsp. unsalted butter
- 1 small yellow onion, finely chopped
- 1 1/2 tsp. tomato paste
- 1/2 tsp. chopped fresh thyme
- 2 c. half-and-half
- Salt and freshly ground pepper
- 12 oz. dried elbow macaroni (4 c.)
- 4 oz. each of Gruyère (or Comte), sharp white cheddar, and Fontina cheese, shredded
- 1/4 c. freshly grated Parmigiana-Reggiano cheese
- 2 tbsp. panko (Japanese bread crumbs)

1. Fill a kettle of water and put on stove to boil. Heat broiler to high.

2. In a large, ovenproof skillet, melt butter. Add onion and cook over moderate heat, stirring frequently until softened, about 5 minutes. Add tomato paste and thyme and cook for 1 minute.

3. Whisk in the half-and-half and 2 c. hot water and bring to a simmer. Season with salt and pepper.

4. Add macaroni and cook over moderately low heat, stirring frequently, until pasta is al dente, about 8 minutes.

5. Stir in 1/2 c. boiling water and the Gruyère, cheddar, and Fontina. Cover, remove from heat, and let stand 2 minutes, until the cheese is melted. Season with pepper and stir. Pour into an ovenproof serving dish or 6 ovenproof glass or ceramic bowls.

6. In a small mixing bowl, combine Parmigiana-Reggiano and panko and sprinkle over pasta. Broil 2 minutes, or until golden.

Note: To freeze individual portions, let cool to room temperature. Cover with plastic wrap and freeze. To reheat, add some hot water to each dish and microwave until hot.
Creamy Tuna Noodle Casserole
Serves 6

- 12 oz. dried bowtie pasta (4 c.)
- 4 tbsp. unsalted butter
- 1 medium onion, finely chopped
- 2 tbsp. all-purpose flour
- 3 c. whole milk or half-and-half
- 1 1/2 c. frozen baby peas
- 3/4 c. roasted red bell peppers, sliced
- 1/2 c. freshly grated Parmigiana-Reggiano cheese
- 2 (6-oz.) cans solid white tuna packed in oil (or 1 [15-oz.] can salmon)
- 2 hardboiled eggs, chopped
- Salt and freshly ground pepper
- 1/2 c. panko (Japanese bread crumbs)

1. Preheat oven to 450° F.
2. Cook pasta in a large pot of boiling, salted water until al dente, about 10 minutes. Add 1 c. cold water to the pot, then drain pasta in a colander.
3. Meanwhile, in a large saucepan, melt 3 tbsp. butter. Add onion and cook over medium-high heat, stirring, until softened, about 3 minutes. Add the flour and cook, stirring, for 1 minute.
4. Remove pan from heat. Add the milk or half-and-half, return to heat, and stir until sauce comes to a boil. Cook sauce over medium heat until thickened, stirring occasionally, about 3 minutes.
5. Add the cooked pasta, peas, roasted red peppers, tuna or salmon, and hardboiled eggs to the saucepan and season with salt and pepper. Transfer mixture to a large baking dish or 6 individual baking dishes.
6. In a small frying pan, melt remaining 1 tbsp. butter. Add panko and cook over low heat, stirring, until golden. Sprinkle panko over casserole and bake 10 minutes (5 minutes for individual portions), or until bubbling. Serve right away.

Note: To freeze individual portions, prepare as directed, except do not top with panko crumbs before baking. Cool baked casserole to room temperature, then add prepared panko crumbs. Wrap well in plastic wrap and freeze. Reheat in microwave.
Tori’s Protein Smoothie
Serves 1

- 1 ripe banana
- ¼ c. raw rolled oats
- ½ c. kefir or plain Greek yogurt (see note)
- 1 tbsp. natural peanut butter or almond butter
- 1 tsp. maple syrup
- 1 tbsp. chia seeds (optional; see note)
- ½ c. ice

1. In a blender, combine peeled banana, oats, kefir or yogurt, peanut or almond butter, and maple syrup. Blend until smooth.
2. Add chia seeds (if desired) and ice. Blend again until smooth and frothy.

Note: Kefir is cultured milk with probiotics. It is low in fat, high in protein, and tastes like liquid yogurt. Chia seeds add omega 3s and bulk to the smoothie. They puff up and thicken when added to liquid.

Green Juice Smoothie
Serves 2

- 1 c. organic spinach
- 1 c. organic kale
- 1 c. Italian parsley
- 1 stalk celery
- 3-inch piece fresh cucumber
- ½ pear
- ½ Fuji apple
- Juice of ½ fresh orange
- 1 tsp. grated fresh ginger
- 1 c. cold water
- ½ c. ice
- 1 scoop whey protein powder (optional)

1. Place spinach, kale, and parsley in blender.
2. Chop celery, cucumber, pear, and apple into chunks. Add to blender with orange juice, grated ginger, water, ice, and protein powder (if desired).
3. Blend on low to start, then blend on high until smooth.

Note: You may add more ginger or orange juice to taste.
Rice Pudding with Apricot Sauce

Serves 6

Pudding ingredients:
• 4 eggs, preferably organic
• 1 (8-oz.) jar Vanilla Ensure nutrition shake
• 1 c. whole milk
• ½ tsp. vanilla
• 2 tbsp. sugar
• 1 c. cooked short-grain rice, white or brown
• ½ c. golden raisins (optional)
• ½ tsp. cinnamon

Apricot Sauce ingredients:
• 8 fresh apricots, washed, halved, and pitted
• 2 tbsp. water
• 2 tbsp. sugar

1. Preheat oven to 325° F.
2. In a 2-qt. soufflé dish or a 9x9-inch glass baking dish, beat together eggs, Vanilla Ensure, and milk until smooth. Add vanilla and sugar and stir to combine. Stir in rice, raisins (if desired), and cinnamon.
3. Prepare a water bath by pouring 1 inch of hot water in a large baking pan (such as an oven broiler pan) and placing it in the oven. Put pudding dish in the water bath and cover dish loosely with aluminum foil.
4. Bake until top of pudding is set but still jiggles in the center, about 30–40 minutes. Carefully remove baking dish from water bath and set on stove or a wire rack to cool.
5. To make the Apricot Sauce, combine apricots, water, and sugar in a medium non-reactive saucepan. Cook over medium heat until apricots soften, about 8–10 minutes, stirring occasionally to prevent scorching. Serve with warm rice pudding.