the good life kitchen cooking class series
# TABLE OF CONTENTS

## SOUPS AND CHILI
- Black Bean Chicken Chili ................................................................. 1
- Carrot-Ginger Soup ........................................................................ 2
- Creamy White Bean and Broccoli Soup .............................................. 3
- Soupy Pinto Beans with Ham Hocks ...................................................... 4
- Split Pea Soup .................................................................................... 5
- Wonton Soup ...................................................................................... 6

## SALADS AND SIDES
- Asparagus Risotto with Peas and Lemon ............................................. 7
- Barley and Bean Salad ....................................................................... 8
- Cauliflower Couscous with Green Olives and Almonds ....................... 9
- Corn Salad with Feta and Herbs .......................................................... 10
- Creamy Grits with Cheese .................................................................. 11
- Cucumber-Melon Salad with Feta ....................................................... 12
- Fennel and Pear Salad ....................................................................... 13
- Flatbread with Tomatoes, Chickpeas, and Yogurt Sauce .................... 14
- Red Pear Salad with Lemon-Parmesan Dressing ............................... 15
- Roasted Acorn Squash with Peas ....................................................... 16
- Roasted Beet and Quinoa Salad ......................................................... 17
- Roasted Fall Vegetables ................................................................... 18
- Zucchini with Garlic, Lemon, and Olive Oil ....................................... 19

## MAIN DISHES
- Chard and Leek Frittata .................................................................... 21
- Chicken with Mustard and Thyme ...................................................... 22
- Dutch Baby Pancakes ....................................................................... 23
- Pasta Caprese .................................................................................... 24
- Salmon Fillet with Basil, Pine Nuts, and Capers .................................. 25
- Savory Bread Pudding ....................................................................... 26
- Scrambled Eggs with Arugula, Yogurt, and Chili Butter ..................... 27
- Spinach Lasagna ................................................................................ 28

## FRUIT DISHES AND DESSERTS
- Apple Crisp ....................................................................................... 29
- Apple Dessert ................................................................................... 30
- Banana Bread ................................................................................... 31
- Crumb Cake ...................................................................................... 32
- Fresh Fruit with Honey-Vanilla Yogurt .............................................. 33
- Lime and Pepita Sugar Cookies ....................................................... 34
- Oatmeal Cake .................................................................................... 35
- Peach Compote ................................................................................ 36
- Whipped Mint Yogurt with Summer Fruit ......................................... 37
Black Bean Chicken Chili
Serves 8

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 6 cloves garlic, peeled and chopped
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano, crumbled
- 1 teaspoon salt
- 2 tablespoons flour
- 2 quarts chicken stock
- 1-2 (7-ounce) cans roasted, chopped Anaheim green chilies
- 4 (15-ounce) cans black beans, drained and rinsed
- 4 cups diced, roasted chicken

Garnish:
- 2 cups shredded pepper jack cheese
- Sour cream
- ½ cup chopped cilantro


2. Sprinkle flour over the mixture. Cook for two minutes, stirring occasionally to keep garlic from burning. Remove pot from heat.


4. Ladle soup into individual bowls. Garnish with shredded cheese, sour cream, and chopped cilantro.
Carrot-Ginger Soup
Serves 4–5

- 1¼ lb. carrots, peeled and sliced
- 2 c. chicken stock, boiling
- Juice and finely grated zest of 2 oranges
- 1 c. hot water
- 1 tsp. freshly ground or powdered ginger
- ⅔ c. cream, divided
- Freshly ground black pepper
- Chopped parsley (optional)

1. Put the carrots in a steamer. Cover and cook until soft, about 10 minutes.
2. Place carrots in a 2-quart stock pot. Add chicken stock, orange juice and zest, water, and ginger. Bring to a low boil for 6–8 minutes, stirring occasionally. Remove from heat and let cool slightly for 5 minutes. Place mixture in a blender or food processor and blend until smooth.
3. Stir in ⅓ c. cream. Add salt and pepper to taste.
4. Ladle soup into bowls and drizzle with remaining cream. Garnish with parsley, if desired.

Note: This soup may also be served chilled.

Per serving

Calories: 170
Protein: 2.5 g
Carbohydrate: 13 g
Fiber: 4 g
Fat: 12 g
Creamy White Bean and Broccoli Soup
Serves 4

- 1 head broccoli (about 1 lb.)
- 2 tbsp. extra-virgin olive oil
- 1 medium onion, diced
- 2 garlic cloves, thinly sliced
- 1 (15-oz.) can cannellini beans, drained
- 2½ c. low-sodium chicken stock
- Kosher or sea salt and freshly ground black pepper to taste
- 1 tbsp. pine nuts, toasted
- ½ oz. shaved Parmesan cheese for serving

1. Cut broccoli into florets and slice the stems. Steam florets and stems until tender and bright green, about 3 minutes. Let cool slightly. Reserve ½ c. florets for garnish.

2. Heat olive oil in medium pot over medium heat. Sauté onion and garlic until translucent but not browned, about 6 minutes. Add beans and stock and bring mixture to a simmer.

3. Remove from heat and add broccoli. Allow the mixture to cool, about 5 minutes.

4. Puree in 3 batches in a blender until smooth. Taste and season with salt and pepper.

5. Garnish each bowl with broccoli florets, toasted pine nuts and shaved parmesan cheese.

Per serving

320 calories
40 g carbohydrate
18 g protein
Soupy Pinto Beans with Ham Hocks*
Serves 8–10

- 1¼ lbs. dried pinto beans, soaked overnight for 12 hours
- 1 stalk celery, washed and chopped
- 1 carrot, peeled and chopped
- 1 large yellow onion, coarsely chopped
- 1 large garlic clove, smashed and chopped
- 1½ tsp. dried oregano
- 1 bay leaf
- 2 medium ham hocks

1. Check beans for any pebbles and discard them. In a large, heavy pot, cover beans with 3–4 inches water and soak overnight (at least 12 hours).
2. Remove any beans that have floated to the top and discard them. Drain water. Pour enough fresh, cold water to cover beans by 3 inches.
3. Add remaining ingredients to the pot and bring to a boil. Reduce heat to a low boil. Ladle off any scum that rises to the top.
4. Boil gently, adding more boiling water as needed to keep beans covered, until beans are tender but still holding their shape, 45–60 minutes. Discard bay leaf.
5. Season to taste with salt and pepper. Remove ham hocks and place on a cutting board. Chop meat into bite-size pieces and add to beans. Serve with hot sauce and cornbread or corn tortillas, if desired.

*To make a vegetarian version, omit ham hocks. Add 1–2 tbsp. olive oil or butter to the finished beans.

Per serving

Calories: 315
Protein: 20 g
Carbohydrate: 54 g
Fiber: 17 g
Fat: 4 g
Split Pea Soup
Serves 6

- 2 tablespoons olive oil, plus more for drizzling
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 teaspoon kosher or sea salt
- 1 teaspoon freshly ground black pepper
- 4 sprigs fresh thyme
- 2 small bay leaves
- 2 stalks celery, diced
- 2 carrots, peeled and diced
- 1 cup medium-dice red potatoes
- 1 pound split peas, washed
- 8 cups low-sodium chicken broth or water
- ¾ pound breakfast sausage links (optional)

1. Heat olive oil in large soup pot. Sauté onion, garlic, salt, and pepper about 10 minutes over medium-low heat until translucent and light golden.

2. Add thyme, bay leaves, carrots, potatoes, split peas, and chicken broth (or water). Bring to a boil. Reduce heat and simmer 40 minutes, uncovered, skimming foam as necessary.

3. Simmer an additional 40 minutes or until peas are soft, stirring often to keep vegetables from sticking to the bottom of the pot.


5. Ladle soup into warm bowls. Garnish with chopped sausage and a drizzle of olive oil.

Note: Serve with whole-wheat grilled cheese sandwiches for a hearty lunch or dinner.
Wonton Soup
Serves 6–8

- 12-ounce package small frozen wonton
- 6 cups low-sodium chicken or vegetable broth
- 6 slices peeled fresh ginger
- 2 large garlic cloves, crushed
- 5 fresh shiitake mushrooms, sliced
- 1 cup bok choy, cut into 1-inch pieces
- ½ red bell pepper, cut into ¼-inch slices
- 1 cup snow peas or sugar snap peas, strings removed
- 2 green onions, sliced
- 1 teaspoon toasted sesame oil
- Chopped cilantro for garnish
- Red pepper flakes or Sriracha sauce (optional)

2. Add mushrooms, bok choy, and bell pepper. Simmer 2 minutes.
3. Add frozen wonton and cook 2 minutes. Add peas, green onion, and sesame oil. Cook 1 minute. Remove from heat.
4. Ladle into warmed bowls. Garnish with cilantro and serve with red pepper flakes or Sriracha sauce, if desired.
Asparagus Risotto with Peas and Lemon
Serves 6

- 5½ cups chicken or vegetable broth
- 1 pound fresh asparagus, trimmed and cut into 1½-inch lengths
- 1 cup frozen petite peas
- ¾ cup dry white wine or water
- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 cups Arborio or medium grain rice
- 1 teaspoon fresh lemon juice
- 1 cup freshly grated Parmesan cheese
- 1 tablespoon finely chopped fresh tarragon or dill (or 1 teaspoon dried)
- Salt and freshly ground pepper to taste

1. In medium saucepan over high heat, bring chicken or vegetable stock to a boil. Add asparagus and peas and boil 2 minutes. Using a slotted spoon, transfer asparagus and peas to bowl and set aside. Add wine (or water) to stock and bring to a simmer. Reduce heat to low.

2. Heat olive oil in a heavy, large saucepan over moderately low heat. Add onion and sauté 5 minutes, or until tender. Add rice and stir about 1 minute. Start adding hot broth about ¾ cup at a time until the rice starts to soften, stirring constantly. Keep stirring and add more broth until rice absorbs half the liquid, rice becomes tender, and mixture is creamy, about 10 minutes longer.

3. Add asparagus, peas, lemon juice, Parmesan cheese, and chopped tarragon to rice. Stir to mix well. Add salt and pepper to taste.

4. Serve in shallow bowls and garnish with fresh tarragon sprigs.
Barley and Bean Salad

Serves 6

- 1 c. barley
- 1 (15-oz.) can navy beans, drained and rinsed in cold water
- ¼ c. chopped cilantro
- 1 c. fresh corn kernels (from 1–2 cobs)
- 1 avocado, peeled and diced
- ½ c. fresh string beans or celery, chopped
- ¾ c. sliced almonds, lightly toasted
- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. freshly squeezed lemon juice

1. Bring barley and 4 c. lightly salted water to a boil in a 2-qt. saucepan. Reduce heat and simmer about 30 minutes, until barley is tender but not soft. Drain and rinse under cold running water. Drain again and let cool.

2. In a large salad bowl, combine barley with beans, cilantro, corn, avocado, string beans or celery, and almonds.

3. In a small bowl, whisk together olive oil, vinegar, and lemon juice. Pour over salad and toss to coat.
Cauliflower Couscous with Green Olives and Almonds

Serves 6

- 1 tablespoon salt, plus more to taste
- 1 head cauliflower, broken into florets
- ¾ cup slivered almonds, lightly toasted
- ½ cup chopped cilantro or mint
- ½ cup chopped parsley
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon crushed red pepper flakes (optional)
- ¼ cup fresh lemon juice
- ½ cup green pimento-stuffed olives
- Freshly ground pepper to taste

1. Add 1 tablespoon salt to large pot of water and bring to a boil. In a separate large bowl, prepare an ice bath.

2. While water is heating, place some of the cauliflower florets in a food processor or blender. Working in batches, pulse until cauliflower is in coarse pieces about the size of couscous.

3. Transfer cauliflower to large fine-mesh strainer and carefully submerge in boiling water for 1 minute. Transfer cauliflower, still in strainer, to ice bath until completely cool; remove and drain well. Place cauliflower on a clean kitchen towel, roll up, and squeeze to remove excess moisture. Place cauliflower in a large mixing bowl.

4. Add toasted almonds, cilantro (or mint), parsley, olive oil, red pepper flakes, lemon juice, and olives to cauliflower and stir to combine. Season with salt and freshly ground pepper. Serve at room temperature.
Corn Salad with Feta and Herbs
Serves 6

- 1 tablespoon white wine vinegar
- 2 tablespoons olive oil
- Pinch of salt
- 3 ears fresh corn, or one 10-ounce package frozen corn, thawed and drained
- ½ shallot, minced
- ¼ cup chopped kalamata olives
- ½ cup radishes, sliced
- 1 tablespoon chopped tarragon
- 1 tablespoon chopped Italian parsley
- 6 ounces feta cheese
- Freshly ground pepper
- Chilled lettuce

1. For the dressing: Whisk together vinegar, olive oil, and salt.

2. With a sharp knife, cut the corn kernels from the cob into a bowl. If using frozen corn, put the thawed and drained kernels into a bowl.

3. Add the shallot, olives, radishes, tarragon, and Italian parsley. Pour the dressing over the vegetables. Stir until lightly mixed.

4. Crumble the feta cheese over the mixture and stir in gently. Do not overmix. Sprinkle with freshly ground pepper.

5. Serve on chilled lettuce.
Creamy Grits with Cheese

Serves 4

- 4 c. water
- 1 tbsp. sea salt
- 3 tbsp. unsalted butter
- 1 c. white corn grits or polenta
- ¾ c. whipping cream
- ½ c. freshly grated Parmesan cheese

1. In a large saucepan with a heavy bottom, bring water, salt, and 1 tbsp. butter to a boil over high heat. Slowly whisk in grits or polenta in a steady stream until mixture is smooth. Cook, stirring often with a wooden spoon, for 10 minutes.

2. Turn down heat to a low boil. Add cream and cook, stirring often, until mixture is thick and creamy and tastes fully cooked, about 10 minutes more. Stir in remaining butter and cheese. Keep warm until ready to serve.
Cucumber-Melon Salad with Feta

Serves 6

1. Pour lemon juice in a large bowl. Whisk in oil in a steady stream until combined. Whisk in honey, salt, and pepper.

2. Add melon, cucumber, onion, and dill or mint. Toss gently to combine.

3. Top with feta cheese just before serving.

To make ahead: Prepare through step 1; cover and chill up to 5 hours. Let stand at room temperature 20 minutes. Top with feta cheese just before serving.

- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. sunflower or safflower oil
- 1 tsp. honey
- ¼ tsp. sea salt
- Freshly ground black pepper
- 3 c. seeded, cubed honeydew melon or watermelon
- ½ Armenian or English cucumber, sliced ¼” thick
- 2 tbsp. finely chopped red onion, briefly rinsed and patted dry
- 2 tbsp. chopped fresh dill or mint
- 3 oz. feta cheese, crumbled
Fennel & Pear Salad
Serves 4-6

- 3 tablespoons apple cider vinegar
- 1/2 teaspoon crushed coriander seed (or anise seed)
- sprinkle of salt and freshly ground pepper
- 1/3 cup olive oil
- 1 thinly sliced fennel bulb
- 2 thinly sliced pears
- Italian Parsley leaves
- pecorino cheese
- mixed salad greens

1. Whisk the vinegar with the crushed coriander (or anise) seed, a dash of salt and a grinding of black pepper. Whisk in the olive oil.

2. Add the thinly sliced fennel bulb, and pears. Sprinkle in some torn parsley leaves. Season with extra salt & pepper and toss. Top with shaved pecorino and serve over mixed salad greens

Per Serving
175 calories
14g fat
13g carb
2g protein
Flatbread with Tomatoes, Chickpeas, and Yogurt Sauce
Serves 8

- 2 garlic cloves, finely chopped
- 1 teaspoon sumac
- ½ teaspoon crushed red pepper flakes (optional)
- ½ teaspoon ground coriander seed
- ½ teaspoon ground cumin
- 1 teaspoon sea salt or Kosher salt, plus more to taste
- 2 large heirloom tomatoes, sliced
- 1 (15.5-ounce) can chickpeas, drained and rinsed
- 2 tablespoons red wine vinegar
- Freshly ground pepper
- 1 small shallot, thinly sliced
- 1 cup fresh parsley, chopped, divided
- 3 tablespoons olive oil, plus more to taste
- 1 Persian or English cucumber, chopped
- ¾ cup plain yogurt
- ½ cup coarsely chopped mint
- Hot sauce (optional)
- 1 pkg. naan flatbread (4 pieces)

1. Combine garlic, sumac, red pepper flakes (if desired), coriander, cumin, and 1 teaspoon salt in a small bowl.

2. Arrange tomato slices in single layer on a rimmed baking sheet and sprinkle with garlic mixture. Let sit at room temperature 30–60 minutes.

3. Toss chickpeas and vinegar in a medium bowl and season with salt and pepper. Mash half the chickpeas with a fork. Add shallot, ½ cup parsley, and oil. Toss to combine; season with salt and pepper. Set aside.

4. Combine cucumber, yogurt, mint, and remaining ½ cup parsley in a medium bowl; season with hot sauce (if desired) and pepper. Let stand at room temperature at least 15 minutes or up to 1 hour.

5. Preheat oven to 350˚ F.

6. Place naan bread on a cookie sheet and bake 5 minutes or until warmed.

7. Top each flatbread with yogurt sauce, chickpea mixture, and tomatoes. Drizzle with olive oil and season well with salt and pepper. Cut in half before serving.

Per Serving
275 calories
11g fat
7.5g carb
2.5g protein
Red Pear Salad with Lemon-Parmesan Dressing
Serves 6

- 1 oz. parmesan cheese, finely shredded
- ¼ c. extra virgin olive oil
- 1½ tsp. lemon zest
- 2 tbsp. lemon juice
- ½ tsp. kosher salt
- ⅛ tsp. freshly ground pepper
- 1 large fennel bulb
- 1 lb. firm-ripe red d’Anjou pears, cored and thinly sliced lengthwise
- 3 c. loosely packed baby arugula
- ½ c. toasted, chopped hazelnuts

1. In a food processor, blend cheese, oil, lemon zest and juice, salt, and pepper until pureed.

2. Remove tops and tough outer layers from fennel. Cut bulb in half lengthwise, remove core, and slice crosswise.

3. In a large bowl, toss pears, fennel, arugula, and hazelnuts. Drizzle salad with enough dressing to coat evenly. Season to taste with salt and pepper. Serve remaining dressing on the side.

Per serving

Calories: 238
Protein: 6.5 g
Carbohydrate: 16 g
Fiber: 4.5 g
Fat: 18 g
Roasted Acorn Squash With Peas
Serves 4

- 2 acorn squash
- 1 tablespoon melted butter
- salt, freshly ground pepper, and nutmeg
- 2 cups frozen peas, rinsed

1. Preheat oven to 350 degrees.

2. Cut the acorn squash in half, vertically. Scrape out the seeds and pith. Slice a small piece from the skin side of the squash so it will rest flat on the baking pan.

3. Put some parchment on a baking sheet and bake, cut side down for 30 minutes or until tender when pierced with a knife. Turn the squash right side up and brush with some melted butter. Sprinkle the flesh with a little salt, pepper and nutmeg. Add 1/2 cup rinsed, frozen peas to each squash, return to the oven and cook for another 10 minutes until the peas are hot and the edge of the squash is a golden brown.

Per Serving
260 calories
4g fat
56g carb
7.5g protein
Roasted Beet and Quinoa Salad
Serves 6

- 2 lbs. small beets, any color (about 2” in diameter), scrubbed and trimmed
- 5 tbsp. olive oil, divided
- Kosher or sea salt and freshly ground black pepper
- 1 c. quinoa, rinsed
- 1½ c. water
- 3 tbsp. champagne or apple cider vinegar
- 3 tbsp. shallots, finely chopped
- 1 tbsp. fresh tarragon, chopped
- 4 c. baby arugula or other mixed salad greens
- 1 fennel bulb, trimmed and thinly sliced
- ½ c. pecans, coarsely chopped and lightly roasted
- 4 oz. soft goat cheese

1. Preheat oven to 350˚ F.

2. Cut off beet tails and greens, leaving 1” stem at the top. Save greens for another use. Rub beets with 1 tbsp. olive oil and sprinkle with salt and pepper. Place in baking dish. Tightly cover with foil and bake 45 minutes to 1 hour until beets are just tender. Cool slightly.

3. Slice off beet tops to remove stems. Rub off skin with a paper towel. Slice each beet into 6 wedges and place in medium bowl.

4. While beets roast, add 1 tbsp. olive oil in a medium saucepan over medium-high heat. Add rinsed quinoa and cook, stirring, about 2 minutes or until quinoa is toasted. Add 1½ c. water and bring to a boil. Cover pan, reduce heat to medium low and simmer about 20 minutes or until quinoa has absorbed the liquid and is tender.

5. Turn off heat, uncover pan, and cool completely. The beets and quinoa may be made one day ahead and refrigerated.

6. In a small bowl, whisk together vinegar, shallots, 3 tbsp. olive oil, and tarragon. Season vinaigrette to taste with salt and pepper.

7. Add 3 tbsp. vinaigrette to cooked beets and toss to coat. Let stand 30 minutes.

8. In a large bowl, toss arugula and fennel with enough vinaigrette to coat lightly. Mound quinoa on a platter. Top with arugula and fennel, then beets. Sprinkle with pecans and crumbled goat cheese. Drizzle with remaining vinaigrette and serve.

Per serving

394 calories
33 g carbohydrate
25 g fat
12 g protein
Roasted Fall Vegetables
Serves 4 to 6

1 pound carrots, peeled and coarsely chopped
1 pound Brussels sprouts, washed, trimmed, and cut in half lengthwise
1 red onion, peeled and sliced in ½-inch wedges
2 tablespoons olive oil
1 tablespoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
Salt and freshly ground pepper

1. Preheat oven to 400° F.
2. Prepare vegetables and place in a large mixing bowl. Pour the olive oil over the vegetables. Add the chopped rosemary and thyme. Toss with your hands or a spoon until vegetables are lightly coated with oil.
3. Spread the vegetables on a baking sheet covered in parchment. Sprinkle with salt and pepper to taste.
4. Roast for 15 minutes. Stir vegetables, then roast for another 10 to 15 minutes until slightly browned and tender.
Zucchini with Garlic, Lemon, and Olive Oil
Serves 4

- 2–4 tablespoons olive oil
- 4 medium zucchini, washed, ends trimmed, grated
- 2 cloves garlic, thinly sliced or chopped
- Zest of ½ lemon
- Juice of ½ lemon
- Kosher or sea salt and freshly ground pepper

1. Heat olive oil over medium heat in a 12-inch frying pan. Add garlic and zucchini to pan, stirring to keep garlic from burning. Continue stirring until mixture begins to soften.
2. Stir in lemon zest, lemon juice, salt, and pepper.

Per Serving
125 calories
11g fat
7.5g carb
2.5g protein
Chard and Leek Frittata
Serves 6

- 3 tbsp. olive oil, divided
- 6 leeks, white part only, thinly sliced
- 1 bunch chard, leaves only, chopped
- Kosher or sea salt and freshly ground pepper
- 1 garlic clove
- 8 eggs, lightly beaten
- 2 tbsp. chopped Italian parsley or chives
- 2 tbsp. chopped basil (or 2 tsp. dried)
- 2 tsp. chopped thyme (or 1 tsp. dried)
- 1 c. grated cheddar cheese
- 2 tbsp. Pecorino Romano or Parmesan cheese, finely grated

1. Heat 2 tbsp. olive oil in 10” frying pan. Add leeks and cook over low heat until soft but not browned, about 10 minutes. Add chard and continue cooking, stirring occasionally, until all moisture has cooked off and chard is tender, about 10 more minutes. Season well with salt and pepper. Set aside.

2. Finely chop garlic or mash in a mortar and pestle with a few pinches of salt. Stir garlic and herbs into eggs. Combine chard mixture with eggs. Stir in cheddar and 1 tbsp. grated Pecorino Romano.


4. When pan is hot, add egg mixture. Stir and turn heat to low. Cook until eggs are set but still moist on top, about 10 minutes.

5. Add remaining Pecorino Romano and place in broiler 6 to 8 inches from the heat until very lightly golden.

6. Serve in the pan or slide onto a serving dish and cut into wedges. May be served at room temperature.

Per serving
293 calories
16 g carbohydrate
19 g fat
15 g protein
Chicken with Mustard and Thyme
Serves 4 to 6

• ⅓ cup Dijon mustard
• ¼ tsp. sweet or smoked paprika
• Freshly ground pepper
• ¾ teaspoon sea salt or Kosher salt
• 1 cup diced thick-cut bacon
• 1 small onion, peeled and finely diced
• 1 teaspoon fresh thyme leaves (or ½ teaspoon dried)
• Olive oil
• 4 chicken thighs and 4 legs
• 1 cup white wine or low-sodium chicken broth
• 2–3 tablespoons heavy cream
• Chopped fresh flat-leaf parsley or chives for garnish

1. Mix Dijon, paprika, pepper, and salt in a bowl. Toss chicken pieces in mustard mixture until well coated.

2. Heat a very large skillet or a Dutch oven over medium-high heat and add bacon. Fry until cooked just through and starting to brown. Remove bacon from pan and drain on paper towels. Leave about 1 tablespoon bacon fat in the pan (discard the rest). Add onion and cook about 5 minutes, until soft and translucent. Stir in thyme and cook another few minutes. Scrape onion mixture into large bowl, along with the bacon.

3. Heat a bit of olive oil in same pan on medium-high heat and add chicken pieces in a single layer. (If they don’t fit, cook them in two batches). Brown well on both sides. Remove chicken from pan and place in bowl with onion-bacon mixture.

4. Add wine or chicken broth to hot pan and scrape darkened bits from the pan bottom. Return chicken pieces, bacon, and onions to pan. Cover and cook over low to medium heat, turning chicken a few times, until cooked through, about 15 minutes. Check doneness by inserting a knife into the meat next to the thigh bone. If it’s red, continue cooking a few more minutes.

5. Remove pot from heat and stir in heavy cream. If the sauce is quite thick, thin with a little warm water. Sprinkle chicken with chopped parsley and serve from the pan.

Per Serving
400 calories
23g fat
8g carb
40g protein
Dutch Baby Pancakes
Serves 4

- ⅓ c. whole milk
- ⅓ c. all-purpose flour
- 3 large eggs, room temperature
- ½ stick (¼ c.) butter
- Ground nutmeg
- Powdered sugar
- Lemon slices
- Toppings such as maple syrup, fruit syrup, assorted jams, or fruit

1. Preheat oven to 425° F. Blend milk and eggs in a blender for 1 minute. While motor is running, gradually add flour. Blend another 30 seconds. Or, using a rotary mixer, beat eggs until light and lemon colored then blend in milk and flour.

2. Place butter in an oven-proof 10-inch frying pan, sauté pan, or skillet and place in oven until butter is melted. Remove pan and tilt to coat sides with melted butter.

3. Quickly pour batter into pan. Return to oven and bake until puffy and golden brown, about 20 minutes.

4. Dust with nutmeg and powdered sugar, and serve with lemon slices and toppings.
Pasta Caprese
Serves 6

- 6 fresh tomatoes, any color
- 1 c. loosely packed basil leaves
- 1 tbsp. sea salt
- 12 oz. penne pasta
- 3 cloves fresh garlic, finely chopped
- 2 tbsp. extra-virgin olive oil
- 8 oz. fresh mozzarella or burrata cheese, cut into 1” pieces
- 1 c. finely grated pecorino romano or Parmesan cheese

1. Wash, core, and coarsely chop tomatoes. Tear basil leaves into ½” pieces. Set aside.

2. Pour 2 qts. water into a large pot. Add sea salt and bring to a boil. Add pasta and cook 8–10 minutes or until pasta is tender but not mushy. Drain.

3. Return pasta to pot and add tomatoes, basil, garlic, and olive oil. Toss gently. Add mozzarella or burrata pieces. Stir gently until cheese just begins to melt.

4. Serve immediately with grated pecorino romano or Parmesan cheese for topping.
Salmon Fillet with Basil, Pine Nuts, and Capers
Serves 6-8

- 1 to 2½-pound salmon fillet (½ a whole fish)
- 1 tablespoon Dijon mustard
- ¼ cup olive oil
- ¼ cup fresh basil leaves
- ¼ cup pine nuts, plus 1 tablespoon for garnish
- 2 tablespoons capers, drained and rinsed
- Juice and zest of ½ a lemon
- Lemon slices for garnish
- Kosher or sea salt and freshly ground pepper

1. Pat salmon skin dry with paper towels. Place skin side down on large piece of parchment or foil on rimmed baking sheet.

2. In a food processor or blender, blend mustard, olive oil, basil leaves, ¼ cup pine nuts, and capers. Stir in lemon juice and zest. Sprinkle with salt and freshly ground pepper. Spread mixture on fish. Refrigerate 1–2 hours.

3. Preheat oven to 400° F for 10 minutes. Place salmon on middle rack and roast 10 minutes. Remove pan from oven and scatter lemon slices over fish. Turn oven to broil, return pan to oven, and roast salmon another 5 minutes until lemon slices are lightly caramelized. Sprinkle fish with pine nuts and toast about 1 minute, until nuts are golden.

4. Serve warm, or allow salmon to come to room temperature, cover with plastic wrap, refrigerate, and serve cold.
Savory Bread Pudding
Serves 8–10

- 6 large eggs (hormone free)
- 2 c. whole milk
- 1 tbsp. chopped fresh dill or chives (or ½ tbsp. of each)
- 1 tsp. sea salt
- Freshly ground black pepper
- 8 c. cubed crusty Italian, French, or sourdough bread
- 1 tbsp. olive oil
- 1 (10-oz.) package frozen chopped spinach, thawed
- 1 c. yellow onion, diced
- 1 clove fresh garlic, minced
- 8 oz. sheep’s milk feta cheese, crumbled
- ⅔ c. grated Parmesan cheese
- 1 tbsp. chopped flat-leaf parsley

1. Preheat oven to 325° F. Butter a 9x13-inch baking dish and set aside.
2. Place spinach in a colander to drain.
3. In a large mixing bowl, beat eggs with milk. Add dill or chives, salt, and pepper. Stir in bread cubes and let rest about 10 minutes until bread cubes absorb the liquid.
5. Gently fold the spinach mixture and the crumbled feta cheese into the egg mixture. Spoon mixture into baking dish. Bake 35 minutes.
6. Sprinkle top with Parmesan cheese and continue baking 5–10 minutes, until top is puffy and golden brown.
7. Remove from oven and let rest 5 minutes. Sprinkle with chopped parsley.
Scrambled Eggs with Arugula, Yogurt, and Chili Butter

Serves 2–4

- ¾ cup Greek yogurt
- Garlic clove, crushed
- Salt
- ¾ pound (14 cups) arugula
- 2 tablespoons olive oil
- 4 eggs
- 5 tablespoons unsalted butter, divided
- ½ teaspoon chili flakes
- ½ teaspoon sweet paprika or kirmizi biber (a Turkish spice)
- 6 sage leaves, thinly sliced
- Toasted whole-wheat pita bread rounds (optional)

1. Preheat oven to 300° F.
3. Place arugula and olive oil in a large frying pan. Add a pinch of salt and sauté on medium heat about 5 minutes, or until arugula wilts and most of the liquid evaporates. Transfer to a small ovenproof dish and make four wells in arugula.
4. In a bowl, lightly beat eggs with some water.
5. Melt 1 tablespoon butter in a frying pan over medium heat. Pour eggs into the pan and cook to desired doneness. Spoon eggs into arugula wells and keep warm in oven.
6. Melt remaining 4 tablespoons butter in a small saucepan. Add chili flakes, paprika, and a pinch of salt and cook 1–2 minutes or until butter starts to foam and turns golden red. Add sage and cook a few more seconds. Remove from heat.
7. Remove eggs and arugula from oven. Spoon yogurt over center of each well. Pour hot chili butter over yogurt and eggs. Serve immediately with toasted whole-wheat pita bread rounds, if desired.
Spinach Lasagna
Serves 8-12

- 2 Tablespoons olive oil
- 1 medium onion, finely diced
- 8 oz chopped cremini or white button mushrooms
- 12 oz. fresh spinach leaves, rinsed
- 2 cups ricotta cheese (15 oz. container)
- 2 large eggs, beaten
- 1/4 teaspoon freshly ground black pepper
- dash or two of ground nutmeg
- 3 cups (or 1 - 24 oz. jar) marinara sauce
- 12 no-boil lasagna noodles
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese

1. Preheat oven to 350 degrees. Lightly oil a 13” x 9” baking dish.
2. Heat olive oil in a large skillet with lid, over medium heat. Add the chopped onions and mushrooms and cook, stirring occasionally until the onions become translucent, 5-10 minutes. Add the garlic, spinach leaves and 1/4 teaspoon of salt. Cook, stirring as needed until the spinach is bright green and wilted. The spinach will be piled high in the pan, but it will reduce quickly as it wilts.
3. Combine ricotta cheese, eggs, 1/2 teaspoon of salt, pepper and nutmeg in a medium bowl. Stir until well blended.

To Assemble:

1. Spread 1 cup of marinara sauce over the bottom of the baking dish. Arrange 3 noodles lengthwise, side by side to cover the bottom. Spread half of the ricotta cheese mixture over the noodles. Sprinkle with a third of the parmesan cheese and a third of the mozzarella cheese. Add half of the spinach mixture and dollop about a 1/2 cup of marinara sauce over the spinach.
2. Add a second layer of noodles then repeat with remaining cheese and spinach and another 1/2 cup of sauce. Finish with a third layer of noodles and top with remaining sauce, parmesan and mozzarella cheese.
3. Cover the pan loosely with aluminum foil and bake for 30 minutes, uncover and bake for an additional 10-15 minutes until sauce and cheese are bubbly. Remove from oven and place on top of the stove to rest. Allow the lasagna to cool for about ten minutes before slicing.

Per Serving
520 calories
25g fat
42g carb
33g protein
Apple Crisp
Serves 6-8

Filling:
• 6 cups peeled, sliced apples*
• ½ cup granulated sugar
• ½ teaspoon grated lemon peel
• 2 tablespoons butter
• ½ teaspoon cinnamon

Topping:
• ¾ cup unbleached flour
• ¾ cup uncooked oatmeal
• ½ cup brown sugar
• ¼ teaspoon salt
• ½ teaspoon cinnamon
• ¼ teaspoon ground cardamom or nutmeg
• 6 tablespoons cold butter, diced in small cubes
• ½ cup chopped walnuts or pecans
• Heavy cream (optional)

1. Preheat oven to 350° F.
2. For the filling: Melt 2 tablespoons butter in a large pot. Stir in the sliced apples, lemon peel, sugar, and cinnamon. Cook for five minutes until apples are tender. Pour mixture into a lightly buttered loaf pan.
3. For the topping: In a mixing bowl, stir together the flour, oatmeal, brown sugar, salt, cinnamon, and cardamom or nutmeg. Add 6 tablespoons cold butter to the mix. With your hands, rub the butter into the flour mixture until blended. Stir in the nuts.
4. Cover the filling with the topping. Bake uncovered at 350° F for 45 minutes, until crispy and light golden on top with juices bubbling slightly around the edges.
5. Serve with heavy cream, if desired.

*This is a basic recipe. You may use any frozen or fresh fruits you like—peaches, plums, blackberries, blueberries, strawberries, rhubarb, or a mixture. All taste delicious.
Apple Dessert
Serves 4 to 6

- 4–6 apples, sliced or chopped (approx. 1 medium apple per person)
- 2 tbsp. butter
- Cinnamon
- Ground ginger
- Nutmeg
- ½ c. maple syrup or to taste

1. Melt butter in frying pan over medium heat.
2. Add apples. Sprinkle with cinnamon, nutmeg, and ginger.
3. Cover and let cook 5 minutes. Turn heat to medium-low and drizzle maple syrup over apples. Cook another 5 minutes. Note: If apples start sticking to pan, simply add 1–2 tbsp. water.

Per serving (based on 4 servings)

197 calories
41 g carbohydrate
0 g fat
0 g protein
Banana Bread
Makes 2 loaves

- 6 very ripe bananas
- ½ c. vegetable oil
- ¾ c. brown sugar
- 2 eggs
- ½ c. buttermilk
- 1 tsp. vanilla
- 2½ c. unbleached flour
- 1 c. wheat bran
- 1 c. wheat germ
- ½ c. flaxseed meal
- 1 tsp. baking soda
- 1 tsp. salt
- 1 c. chopped walnuts

1. Preheat oven to 350° F. Butter or spray with cooking spray two large loaf pans or four 4-cup baking pans. Set aside.

2. Mash bananas with a fork. Combine vegetable oil and brown sugar in the bowl of an electric mixer and beat on medium speed until blended. Add mashed bananas, eggs, buttermilk, and vanilla. Scrape sides and bottom of mixing bowl and beat until smooth.

3. In a separate bowl, mix together all dry ingredients except walnuts.

4. Add dry ingredients to wet ingredients and mix slowly until just moistened. **Do not beat the mixture or the bread will become rubbery when baked.** Remove the bowl from the mixer and gently stir in the walnuts. The dough will be sticky and wet.

5. Spoon dough into prepared pans.

6. Bake 45–55 minutes. Test with a toothpick at 45 minutes to check for doneness. If bread is still wet in the middle, bake for another 10 minutes.
Crumb Cake
Makes 12 servings

Crumb Topping
• ¼ cup plus 2 tablespoons packed light brown sugar
• 2 tablespoons all-purpose flour
• ½ teaspoon cinnamon
• Pinch kosher or sea salt
• 2 tablespoons cold, unsalted butter, diced
• 2 tablespoons old-fashioned rolled oats
• 2 tablespoon chopped pecans (optional)

Cake
• 1 ½ cups all-purpose flour
• 1 teaspoon baking powder
• ½ teaspoon baking soda
• ½ teaspoon cinnamon
• ¼ teaspoon nutmeg
• ½ cup unsalted butter, room temperature
• 1 ½ cups packed light brown sugar
• ¾ teaspoon kosher or sea salt
• 2 eggs, room temperature
• ½ teaspoon vanilla extract
• ¾ cup buttermilk

1. Preheat oven to 350° F. Lightly coat a 9-inch square cake pan with vegetable oil spray.

2. To make crumb topping, pulse brown sugar, flour, cinnamon, and salt in a food processor. Add butter and pulse until mixture has a sandy texture. Add oats and pecans and pulse until incorporated. Transfer to bowl and freeze until ready to use. (Crumbs can be frozen in an airtight container up to 1 week).

3. To make cake, combine flour, baking powder, baking soda, cinnamon, and nutmeg in a medium bowl. Set aside.

4. In a large bowl, using an electric mixer, cream butter with brown sugar and salt at medium-high until fluffy, about 2 minutes. Beat in vanilla and eggs.

5. Turn mixer to low speed and beat in flour mixture 1/3 at a time, alternating with buttermilk, scraping bowl as needed until blended. Do not overbeat.

6. Spread batter in prepared pan and sprinkle with frozen crumbs. Bake 30 minutes, until golden brown and a toothpick inserted in the center comes out clean. Transfer to a wire rack to let cool. Serve warm or at room temperature. Cake will keep up to 3 days.
Fresh Fruit with Honey-Vanilla Yogurt

Serves 8

- 1 qt. plain Greek yogurt
- 2 tsp. pure vanilla
- ¼ c. honey
- ⅛ tsp. cinnamon (optional)
- 2 (8-oz.) cartons raspberries
- 2 (6-oz.) cartons blueberries
- 3 c. strawberries
- 4 oranges, peeled and sliced crosswise
- 4 kiwis, peeled and sliced crosswise
- 2–3 bananas, peeled and sliced

1. In a medium mixing bowl, gently stir together yogurt, vanilla, honey, and cinnamon until blended. (Do not beat or yogurt will become thin.) Return the yogurt to its container and set aside in refrigerator.

2. Line a cookie sheet with 2 layers of paper towels. Rinse raspberries, blueberries, and strawberries. Remove strawberry stems and slice them ¼” lengthwise. Place berries on cookie sheet. Pat dry with another paper towel to remove excess water.

3. Layer berries, oranges, kiwis, and bananas in a glass salad bowl. Top with yogurt mixture.
Lime and Pepita Sugar Cookies
Makes 3 dozen

- 2 c. plus 5 tbsp. sugar
- ½ c. unsalted butter, room temperature
- 2 tbsp. vegetable oil
- Grated zest of 2 limes, divided
- 2 eggs
- ¾ c. fresh lime juice
- 3¾ c. flour
- ½ c. pepitas (hulled pumpkin seeds), chopped and toasted*
- 1 tsp. baking soda
- 1 tsp. kosher or sea salt

1. Preheat oven to 350° F. Line a baking sheet with parchment paper.
2. Cream together 2 c. sugar, butter, oil, and half the lime zest. Add eggs and mix well. Stir in lime juice.
3. Combine flour, pepitas, baking soda, and salt; stir to mix. Add to the creamed mixture and blend well.
4. Combine remaining 5 tbsp. sugar and lime zest in a small bowl. Stir until evenly distributed.
5. Using a small ice cream scoop or a tablespoon, drop balls of dough into the sugar-zest mixture and turn to coat evenly. Place on the baking sheet. Flatten each ball into round, disc-shaped cookies about ¼ inch thick.
6. Bake 9–10 minutes, or until edges start to brown. Place cookies on a rack to cool.

*To toast pepitas, place in a dry, heavy skillet over medium heat. Stir constantly until fragrant. Let cool before chopping and adding to the dough.

Per 2 cookies

Calories: 276
Protein: 4 g
Carbohydrate: 46 g
Fiber: 1 g
Fat: 9 g
Oatmeal Cake
Serves 8-10

Cake:
- 1 cup uncooked old fashioned rolled oats (not instant)
- 3/4 cup boiling water
- 1/2 cup milk
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter, softened
- 1 teaspoon vanilla extract
- 2 eggs
- 1-1/4 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

1. Preheat oven to 350 degrees. Combine oats, boiling water, milk and salt in a bowl. Allow it to rest for 20 minutes. Meanwhile, adjust one oven rack to middle position and another rack to broiler position. Lightly oil a 9" square pan.

2. Place butter in the bowl of a mixer. Whip until fluffy. Add sugar and continue beating until light. Add eggs and vanilla and mix well. In a separate bowl, combine flour, baking soda, cinnamon and nutmeg. Whisk to combine.

3. Add oat mixture to the butter and sugar. Stir well to combine. Fold in the dry ingredients. Pour batter into prepared cake pan and bake at 350 for 40-45 minutes, until a toothpick inserted in the center of the cake comes out clean.

4. While cake is baking mix together the topping ingredients. When cake is done baking, spread the topping on the hot cake, return to the oven, turn up to broil and cook until top is golden and bubbly. It will only take a minute or two. Watch carefully as it can burn easily. Serve warm or at room temperature.

Topping:
- 1/4 cup butter (4 tablespoons) softened
- 1/2 cup brown sugar
- 3 tablespoons cream or milk
- 3/4 cup unsweetened flaked coconut
- 1/2 cup chopped pecans or sliced almonds

Per Serving
675 calories
37g fat
70g carb
8g protein
Peach Compote
Serves 8

- 4 ripe peaches
- \( \frac{3}{8} \) teaspoon nutmeg
- \( \frac{3}{8} \) teaspoon allspice
- \( \frac{3}{4} \) teaspoon cinnamon
- 2 tablespoons cranberry juice
- 2 tablespoons brandy (or 2 more tablespoons cranberry juice)
- 2 tablespoons light brown sugar or honey
- 1 tablespoon butter

1. Bring a pot of water to a boil. Dip ripe peaches into water 30 seconds and remove with a slotted spoon. Use a small paring knife to easily slip off skin. Cut peaches in half and remove the pit. Cut peaches into \( \frac{1}{2} \)-inch wedges.

2. Place peaches in a medium-sized saucepan. Add spices, juice, brandy, and sugar. Cover and simmer 5 minutes, until peaches are tender. Remove peaches to a bowl.

3. Gently boil liquid until syrupy. Whisk in butter and add peach slices back to the saucepan. Serve with whipped cream, ice cream, pound cake, shortcake, pancakes, waffles, or plain yogurt. Cool and store any leftover compote in refrigerator up to 2 weeks.

Per Serving
50 calories
1.5g fat
10g carb
0.5g protein
Whipped Minted Yogurt with Summer Fruit
Serves 4

1. Place sugar, mint, and water in a saucepan over low heat and stir until sugar has dissolved. Simmer 4 minutes, then let stand 5 minutes. Pour through a strainer and cool.
2. Place yogurt, cream, and cooled mint syrup in the bowl of an electric mixer and beat until light and creamy.
3. Serve minted yogurt with fruit and garnish with mint.

• ¼ c. sugar
• ½ c. shredded fresh mint leaves, plus whole leaves for garnish
• ½ c. water
• 1 c. plain yogurt, well chilled
• 1 c. heavy cream, well chilled
• Fresh fruit such as peaches, plums, figs, or berries