

These recipes are from **Deceptively Delicious**: Jessica Seinfeld (from bookstores, eg. QBD)

Using Vegetable Purees:

**Cauliflower:**

Preparation – cut off florets and discard core.

Cook: Steam for 8-10 minutes

Puree: in food processor or blender for a about 2 minutes (add a few teaspoons of water if necessary) to make a smooth, creamy texture.

Cool, then measure ½ cup portions, package into freezer bags and freeze for use.

Vitamin C and cancer fighting indoles

**Red Capsicum:**

Preparation: Cut in half, remove stem, seeds and white membrane.

Cook: steam for 10-12 minutes

Puree: in food processor or blender for 2 minutes until smooth.

Cool, then measure ½ cup portions, package into freezer bags and freeze for use.

Vitamin C and antioxidants



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#### Macaroni Cheese:

- 1 ½ cups elbow macaroni (preferably wholemeal - or gluten free if necessary ) – cook according to package directions until al dente. Drain.

#### White sauce:

- cooking spray
- 1 tablespoon olive oil
- 1 tablespoon flour
- ½ cup skim milk

Coat a large saucepan with cooking spray and heat over medium heat. Add oil, then flour, and cook, stirring constantly, until mixture is thick and pasty but not brown. Add milk and cook, stirring every now and then until mix begins to thicken.

Easier: 1 packet of Continental White Sauce Instant Sauce mix (**note:** contains wheat, soy, milk) made up to packet directions.

- ½ cup cauliflower puree
- 1 ½ cups shredded reduced-fat cheddar cheese
- just under ¼ cup non-fat cream cheese
- ½ teaspoon salt
- 1/8 tspn paprika
- 1/8 tspn pepper

Add the above ingredients to the white sauce and stir until cheese is melted and sauce is smooth. Stir in macaroni and serve warm.



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### Salsa Dip

- 1 cup canned refried kidney beans
- 1 cup bottled salsa
- 4 ounces reduced fat cream cheese, softened
- ½ cup red capsicum puree
- 1 tablespoon taco seasons (without MSG)

In medium bowl, combine beans, salsa, cream cheese, vegetable puree, and taco seasoning, and mash with a wooden spoon until combined. Serve at room temperature or heat for 1 minute in the microwave.

Use baked tortilla chips, or a bowl of raw veggies with this one!



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## Healthy Easy Caesar Salad

**Food as Medicine<sup>SM</sup> Tip:** Allicin helps protect against microbes that can contribute to tuberculosis and dysentery.

**Culinary Taste Tip:** Rinse and drain canned anchovy fillets for the least salt and cleanest flavour.

**Culinary Technique Tip:** When making croutons, start with multigrain whole wheat bread instead of white for a heartier texture and flavor – and more nutrients.

**Preparation time:** 25 minutes

**Cooking time:** 0 minutes

**Servings:** 4

**Calories:** 285 per serving (29% from fat)

### Ingredients:

2 slices whole wheat or multigrain bread

Freshly ground black pepper

Olive oil cooking spray

4 teaspoons extra virgin olive oil

1 tablespoon each: Worcestershire sauce and fresh lemon juice

1 teaspoon each: anchovy paste and finely shredded lemon peel

1 clove garlic, minced

8 cups organic small whole romaine lettuce leaves

1 (15 oz.) can no salt added chickpeas (garbanzo beans), rinsed and drained

8 bottled anchovy fillets, rinsed and drained

1/4 cup finely grated Parmigiano-Reggiano cheese

### Preparation:

Heat oven to 450°F. For croutons, cut bread into 1/2-inch cubes and arrange in a single layer on a baking sheet. Sprinkle cubes with fresh pepper to taste and coat with olive oil spray. Bake 6 to 8 minutes or until golden brown and crisp. Set aside.

Meanwhile, for dressing, whisk together olive oil, Worcestershire sauce, lemon juice, anchovy paste, lemon zest and garlic. Arrange lettuce leaves on four serving plates. Arrange anchovies, croutons and chickpeas over salads. Drizzle dressing over salads and top with cheese. Serve with additional freshly ground black pepper if desired.

### Substitutions:

If romaine lettuce hearts are not available, substitute 8 cups torn romaine lettuce.

### Tips:

Look for packaged organic romaine lettuce hearts such as Andy Boy brand in the produce section of the supermarket. Jars of anchovy fillets (usually imported from Italy) are available by the canned anchovy fillets in the supermarket. The jar makes storing the remaining anchovies easier than the tins. The anchovies will keep up to 1 month.

### Nutritional Analysis Per Serving:

Total fat (g): 9.5; Fat calories (kc): 86; Cholesterol (mg): 11; Trans fatty acids (g): 0; Saturated fat (g): 2.1; Polyunsaturated fat (g): 1.5; Monounsaturated fat (g): 4.6; Fiber (g): 8.3; Carbohydrates (g): 37; Sugar (g): 3.9; Protein (g): 14; Sodium (mg): 626; Calcium (mg) 171.

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## Healthy Caesar Salad with Chicken

Preparation: 20 minutes

Cooking: 15 minutes

Serves: 4

- 3 slices wholegrain bread, crusts removed, cut into quarters
  - 3 eggs
  - 12 chicken tenderloins, trimmed
  - 2 rashers “short cut” or turkey bacon or “not bacon”, sliced
  - ½ cup buttermilk
  - ½ small garlic clove, crushed
  - 1 tspn Worcestershire sauce
  - salt and cracked black pepper
  - 1 anchovy, rinsed, dried, finely chopped (optional)
  - 2 baby cos, trimmed and leaves separated
  - 2 tblspns shaved parmesan to serve
1. Preheat oven to 200oC. Place bread on a tray, lightly spray with olive oil. Bake for 6-8 minutes until light golden and crisp. Remove and cool.
  2. At the same time, place eggs in a saucepan, cover with cold water and bring to boil over medium heat. Cook for 8 minutes. Refresh in cold water and peel.
  3. Heat a non-stick fry pan over medium heat and spray with olive oil lightly. Cook chicken in batches for 3-4 minutes on each side (until cooked). Remove, set aside to cool slightly. Wipe out pan with paper towel, and cook bacon until golden and crisp. Remove and drain.
  4. Combine buttermilk, garlic, Worcestershire sauce, salt, pepper and anchovy in a small bowl.
  5. To serve: arrange cos leaves on a serving plate. Top with chicken, bacon, halved eggs and croutons. Drizzle with buttermilk dressing and sprinkle with shaved Parmesan.

These two Caesar salad recipes and the following Nachos recipe are off the web ....



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## Nachos

Prep time: 20 minutes

Cooking time: 20 minutes

serves: 4

- 4 large wholemeal pita bread (try gluten free (corn) tortillas or mountain bread too)
  - ½ onion, chopped
  - ½ red capsicum, seeded, diced
  - 400g can kidney beans, rinsed and drained
  - ¼ tspn ground cumin
  - 1 long red chilli, seeded and finely chopped
  - 2 tblspns salt reduced tomato paste
  - salt and cracked black pepper
  - 1 cup (120g) low fat grated cheese
  - 3 roma tomatoes, seeded and chopped
  - 2 tspns finely chopped coriander
  - 2 avocados, mashed
  - ½ cup (120g) low fat sour cream
1. Preheat oven to 180oC. Tear pita bread into large pieces and place on a baking tray. Bake for 6-8 minutes until crisp. Remove and set aside.
  2. Heat a saucepan over medium heat and spray with oil spray. Add onion and capsicum and cook 3-4 minutes. Add kidney beans, cumin, chilli, tomato paste and ½ cup water. Simmer for 5 minutes until reduced. Remove from heat.
  3. Spread pita pieces on a large heatproof serving plate. Top with kidney bean mix, then sprinkle with cheese. Bake for 5 minutes of until cheese has melted.
  4. Meanwhile, mix chopped tomatoes with coriander and set aside.
  5. Serve nachos topped with tomato and coriander, mashed avocado and sour cream.



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