

Food - April 04

Spinach-Pear Salad (High-fiber)

Prep and cooking time: 15 minutes

Salad:

3 cups baby spinach, washed and dried
3 medium ripe yellow pears, cored but not
peeled, and cut lengthwise into slices
2 Tbs. crumbled blue cheese

Dressing:

2 Tbs. balsamic vinegar
3 Tbs. extra virgin olive oil
3 Tbs. orange juice
Salt, to taste

1 clove crushed garlic
1/4 cup chopped walnuts

In a salad bowl, place spinach, pears and cheese. Whisk together dressing ingredients, except walnuts, and toss with salad. Toast walnuts 5 minutes in 325-degree oven. Sprinkle walnuts, while warm, over salad. Serve.

Serves: 4.

Per serving: 243 calories, 17g fat (2.6g saturated), 4g protein, 5.7g fiber, 24g carbohydrates, 93mg sodium.



Luscious Lentil Soup

Serves 4 to 6

This lentil soup is unbelievably tasty and extraordinarily good for you. This nutritious one-dish meal provides complete protein, has a negligible amount of fat and really fills you up. Lentils are high in healthy fiber (great for the heart and diabetes), folate, vitamin B6 and magnesium, all extremely beneficial for cardiovascular health.



Preparation time: 10 minutes Cooking time: 50 minutes Equipment: Food processor or blender

Get ingredients ready (use organic ingredients if possible)

1 tablespoon unrefined safflower oil

8 fresh garlic cloves

½ medium yellow onion cut in 4 pieces

5 fresh plum tomatoes cut in quarters

¼ teaspoon dried thyme

⅓ cup basmati long grain brown rice

5 cups fat-free vegetable broth or stock

5 cups water for cooking

¼ teaspoon cayenne pepper powder

1 cup dried lentils (sorted; free of debris, rinsed with cool water and drained)

¼ cup fresh chopped cilantro leaves

2 large carrots washed, ends trimmed and cut in quarters

Sea salt and freshly ground pepper

1. Heat oil on a large pot over low heat. Meanwhile, process 4 garlic cloves and 2 pieces of onion in the food processor or blender until finely chopped. Keep processor handy to use again but, in the meantime, put the garlic and onion mixture in the pot stirring and sautéing for 3 minutes or until lightly browned.

2. Simultaneously, put tomatoes, thyme and remaining garlic and onions in the food processor and puree until almost of smooth consistency (don't put that food processor away yet). Transfer tomato mixture into the sautéing garlic and onions pot and stir well. Stir in while mixing well the rice, broth, water and cayenne simmering covered with lid for 15 minutes (set timer).

3. Meanwhile, in the food processor, combine chopped cilantro and carrots and chop until carrots are diced into very small pieces (almost finely chopped). Add carrots and cilantro mixture and lentils to rice, mixing well. Cover and simmer over low to medium heat for 35 additional minutes stirring occasionally or until

lentils are tender. Add salt and pepper to taste. Leftovers should keep for 5 days or so in the refrigerator.

Cook's tip: For a second easy meal made with 2 to 3 cups of leftover lentil soup:

- Sauté 2 cups of cubed firm fresh tofu or baked tofu, or 1 cup of crumbled tempeh over low heat with one tablespoon of safflower oil and 2 minced cloves of garlic for 5 minutes.

- Add lentils leftovers to tofu or tempeh, $\frac{1}{2}$ teaspoon of cumin, $\frac{1}{4}$ teaspoon of paprika and salt and pepper to taste sautéing for 15 minutes over low heat. And voila—a second delicious and nutrient rich simple meal for your enjoyment.

Chicken Marsala

4 bonless chicken breasts halves without skin
1/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teasponn of Basil, dried
3 Tablespoons of Butter or Margarine
3 Tablespoons of olive oil
4 to 8 ounces of fresh mushrooms (1/2 to 1 cup if sliced)
1/2 cup Marsala Wine

Pound Chicken to 1/4" thickness between two sheets of plastic wrap.

Combine flour, salt and pepper, and basil.

Heat oil and butter or margarine in a non-stick skillet over medium heat.

Cook chicken, until lightly brown on first side (about two minutes).

Turn chicken over and add the mushrooms

Cook for about two more minutes, until lightly browned.

Add marsala wine to pan

Cover and simmer ten minutes.



Orange Soufflé

(Serves 4)

This recipe requires few ingredients. You need to make it ahead of time, but it will keep and is very refreshing.

2 eggs

1 Cup (2 dl) low fat milk (e.g. 2 percent)

1 orange

1 Tbsp grated orange rind

6 Tbsp orange juice

1 Tbsp sugar

2 tsp potato flour (or corn starch)

1 tsp gelatin



Wash the orange and cut it in half. Grate the rind of half of the orange to make 1 tablespoon grated orange rind and squeeze it to make 6 tablespoons orange juice. Use the other half of the orange for decoration.

Separate the eggs. In a saucepan mix the egg yolks, milk, orange juice and grated orange peel. Add the potato flour (or corn starch) and cook gently until the mixture thickens. Soften the gelatin in a tablespoon water and add to the mixture, stirring it in well. Pour the mixture into a bowl to cool.

Beat the egg whites and gently fold them into the cooled orange mixture. Pour the mixture into individual serving dishes or in one bowl and place in the refrigerator until set. Decorate with orange slices.

Suggestion: Use homogenized eggs if you are worried about using regular eggs.

Don't like these recipes and want to share yours email us! vcortes@mijamagazine.com