

Golden Grain Griddle Cakes with Peach Compote

This recipe serves: 5
Preparation time: 15 minutes
Cooking time: 25 minutes

Ingredients

For the peach compote:

1 cup sugar (more or less, depending on taste)
1/2 cup water
one 1/2" slice lemon zest
4 cups peeled, pitted peaches

For the golden grain griddle cakes:

1/2 cup buckwheat flour
1/2 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
2/3 cup skim milk
1 large egg
1 tablespoon unsalted butter, melted
2 tablespoons honey

Cooking Instructions

Prepare the peach compote:

1. Bring the sugar, water and lemon zest to a boil over high heat. Simmer for 5 minutes. This will extract flavor from the peel, dissolve the sugar and make a syrup.
2. Add the fruit and continue to cook for about 5 minutes, until just tender.
3. Remove the fruit from the juice and set aside. Discard the lemon zest.
4. Reduce the juice over medium-high heat for about 5 minutes, until it becomes syrupy. Pour the syrup over the fruit, set aside and keep warm.

For the golden grain griddle cakes:

5. Mix the flours, baking powder and salt in a bowl. (This can be done the night before and kept covered on the counter.)
6. Lightly beat the milk, egg, butter and honey together.
7. Add the liquid ingredients all at once to the flour mixture. Stir with a wooden spoon until just moistened. Do not overmix, a few lumps are fine.
8. Warm a lightly greased griddle pan over medium heat. The pan is ready when a few drops of water sprinkled on the griddle form fast-moving bubbles.
9. Pour batter onto the griddle: 1/8 cup for small or 1/4 cup for large pancakes. When the tops of the pancakes are covered with holes and the bottoms are golden brown, flip to brown the other side.
10. Serve the griddle cakes topped with the peach compote.

Nutrition Facts

Serving Size 3 small cakes topped with peach compote

Calories	372
Total Fat	4g
Saturated Fat	2g
Total Carbohydrate	82g
Dietary Fiber	4g
Sodium	358mg
Protein	6g
Percent Calories from Fat	9%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	84%

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Curried Chicken Salad Sandwiches

This recipe serves: 4
Preparation time: 15 minutes
Cooking time: 20 minutes

Ingredients

For the chicken salad:

1/2 cup dry white wine, such as Sauvignon Blanc
pinch of salt
10 black peppercorns
juice of 1 lemon
2 sprigs fresh thyme
4 boneless, skinless chicken breasts, about 4 ounces each
1 tablespoon canola or peanut oil
1/2 onion, finely chopped
1 tablespoon curry powder
1/2 cup non-fat sour cream
1 cup red or green grapes, halved
1/4 cup sliced almonds, toasted
freshly ground black pepper

For the sandwiches:

8 slices multigrain bread
4 lettuce leaves

Cooking Instructions

For the chicken salad:

1. In a large saucepan combine the wine, salt, peppercorns, lemon juice and thyme. Add the chicken breasts and enough water to cover them. Bring the liquid to a boil, reduce the heat and simmer for 10 minutes. Remove from heat and let the chicken cool in the liquid.
2. To make the curried sour cream, heat the oil in a small saucepan over medium-low heat. Add the onion and cook until the onion is very soft, about 5 minutes. Add the curry powder and cook for 2 more minutes. Remove from heat and cool. Stir in the sour cream.
3. When the chicken is cool enough to handle, remove it from the liquid. (Discard the liquid.) Cut the chicken into small pieces, place it in a bowl and toss it with the curried sour cream, grapes and almonds. Season to taste with salt and pepper. Refrigerate until ready to serve.

For the sandwiches:

4. Place 4 pieces of bread on a work surface and place a leaf of lettuce on each. Spoon the chicken salad on top of the lettuce leaves and top each sandwich with another piece of bread. Serve.

Nutrition Facts

Serving Size 1 sandwich

Calories	368
Total Fat	9g
Saturated Fat	1g
Total Carbohydrate	35g
Dietary Fiber	8g
Sodium	992mg
Protein	35g
Percent Calories from Fat	22%
Percent Calories from Protein	36%
Percent Calories from Carbohydrate	36%

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Tomato Soup with Basil-Parmesan Cream

This recipe serves 6
Preparation time: 20 minutes
Cooking time: 35 minutes

Ingredients

1/2 tablespoon olive oil
1/2 cup finely chopped carrots
1/2 cup finely chopped celery
1 large onion, chopped
10 ripe plum tomatoes, halved
salt to taste
freshly ground black pepper
1 bay leaf
1/4 teaspoon dried oregano
3 cups low-sodium chicken broth or vegetable broth
1/4 cup chopped, fresh basil leaves
1/4 cup freshly grated Parmesan cheese
3 tablespoons non-fat sour cream

Cooking Instructions

1. Heat the olive oil in a saucepan over low-medium heat. Add the carrot, celery, onion and tomatoes, season lightly with salt and pepper, and cook for 10 minutes.
2. Add the bay leaf, oregano and broth and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the vegetables are completely tender, about 20 minutes.
4. Blend the basil, Parmesan cheese and sour cream together and set aside.
5. Remove the bay leaf and puree the soup in a blender. Strain and adjust the salt and pepper.
6. Serve the soup in bowls with a dollop of basil-Parmesan cream.

Nutrition Facts

Serving Size 1/2 cup

Calories	114
Total Fat	4g
Saturated Fat	1g
Total Carbohydrate	16g
Dietary Fiber	4g
Sodium	271mg
Protein	6g
Percent Calories from Fat	28%
Percent Calories from Protein	19%
Percent Calories from Carbohydrate	52%

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Sautéed Broccoli Florets with Mushrooms and Pearl Onions

This recipe serves: 6
Preparation time: 15 minutes
Cooking time: 15 minutes

Ingredients

2 cups broccoli florets
1/2 cup pearl onions, peeled
splash peanut oil
salt to taste
freshly ground black pepper
1 cup quartered mushrooms

Cooking Instructions

1. Bring 1/2 gallon of salted water to a boil. Cook broccoli florets and pearl onions separately in the boiling water until just tender, about 3 minutes for the broccoli and 8 minutes for the onions.
2. Cut the onions in half.
3. In a shallow pan, heat the oil over a high heat. Add the onions, salt and pepper and cook for 1 minute. Add the mushrooms and cook for 2 more minutes. Add the broccoli and cook 2 more minutes.
4. Adjust the salt and pepper to taste. Serve immediately.

Substitute broccoli florets for green beans.

Nutrition Facts

Serving Size 1/2 cup

Calories	44
Total Fat	1g
Saturated Fat	0g
Total Carbohydrate	7g
Dietary Fiber	2g
Sodium	164mg
Protein	2g
Percent Calories from Fat	26%
Percent Calories from Protein	17%
Percent Calories from Carbohydrate	57%

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Chocolate-Raspberry Winter Wonderland

This recipe serves: 10
Preparation time: 15 minutes
Cooking time: 10 minutes

Ingredients

To prepare the ramekins:

2 teaspoons cocoa
2 teaspoons flour
1 tablespoon unsalted butter, melted

For the chocolate cake:

5 ounces bittersweet or semisweet chocolate
1/2 cup unsalted butter (1 stick)
4 large eggs, at room temperature
1/4 cup cake flour
1 cup confectioners' sugar, plus extra for decorating

For the raspberry sauce:

1 cup raspberries, fresh or frozen (unsweetened)
juice of 1/2 lemon
sugar (2 - 4 tablespoons, to taste)

Cooking Instructions

For the chocolate cake:

1. Preheat the oven to 350°F.
2. Sift the cocoa and flour together. Brush ten 4-ounce ramekins with melted butter and dust with the cocoa-flour mixture.
3. Melt the chocolate and unsalted butter over a double boiler.
4. Whip the eggs with a mixer on high speed until pale yellow and fluffy, about 5 minutes.
5. Fold the chocolate mixture into the eggs.
6. Sift the cake flour and sugar together. Fold the flour-sugar mixture into the chocolate-egg mixture.
7. Fill the ramekins about 3/4 full.
8. Bake for 8 to 10 minutes. The centers should still be runny and the outside edges should be firm. (This can be made ahead of time and stored in the refrigerator up to 2 days.)
9. Unmold each ramekin onto a plate and serve with a pool of raspberry sauce and a dusting of confectioners' sugar.

If reheating, warm in the microwave on low power for two or three 20-second blasts, until warm.

For the raspberry sauce:

10. Puree the berries in a blender with the lemon juice. Blend in the sugar by the tablespoonful, tasting after each addition, until the desired degree of sweetness is reached.
11. Strain through a fine strainer, pressing with a rubber spatula to release the juices.

Nutrition Facts

Serving Size 1 individual cake

Calories	262
Total Fat	17g
Saturated Fat	10g
Total Carbohydrate	26g
Dietary Fiber	1g
Sodium	34mg
Protein	4g
Percent Calories from Fat	56%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	38%

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