

Recipes

Lightened-Up Eggplant Parmesan

Ingredients:

- 2 large eggs, lightly beaten
- 1 tablespoon water
- 2 cups whole-wheat panko (Japanese breadcrumbs)
- 1/4 cup (1 ounce) grated fresh Parmigiano-Reggiano cheese
- 2 (1-pound) eggplants, peeled and cut crosswise into 1/2-inch-thick slices

Cooking spray

Filling:

- 1/2 cup torn fresh basil
- 1/4 cup (1 ounce) grated fresh Parmigiano-Reggiano cheese
- 1/2 teaspoon crushed red pepper
- 1 1/2 teaspoons minced garlic
- 1/4 teaspoon salt
- 1 (16-ounce) container part-skim ricotta cheese
- 1 large egg, lightly beaten

Remaining ingredients:

- 1 (24-ounce) jar premium pasta sauce
- 1/4 teaspoon salt
- 8 ounces thinly sliced mozzarella cheese
- 3/4 cup (3 ounces) finely grated fontina cheese

Preparation:

1. Preheat oven to 375°.
2. To make eggplant, combine 2 eggs and 1 tablespoon water in a shallow dish. Combine panko and 1/4 cup Parmigiano-Reggiano in a second shallow dish. Dip eggplant in egg mixture; dredge in panko mixture, pressing gently to adhere and shaking off excess. Place eggplant 1 inch apart on baking sheets coated with cooking spray. Bake at 375° for 30 minutes or until golden, turning once and rotating baking sheets after 15 minutes.
3. To make filling, combine basil and next 6 ingredients (through egg).
4. To assemble, spoon 1/2 cup pasta sauce in bottom of a 13 x 9-inch glass baking dish coated with cooking spray. Layer half of eggplant slices over pasta sauce. Sprinkle eggplant with 1/8 teaspoon salt. Top with about 3/4 cup pasta sauce; spread half of ricotta mixture over sauce, and top with a third of mozzarella and 1/4 cup fontina. Repeat layers once, ending with about 1 cup pasta sauce. Cover tightly with aluminum foil coated with cooking spray. Bake at 375° for 35 minutes. Remove foil; top with remaining third of mozzarella and 1/4 cup fontina. Bake at 375° for 10 minutes or until sauce is bubbly and cheese melts; cool 10 minutes. Serves 10.

Dragonfruit, Pomegranate & Macadamia Salad with Creamy Mint & Lime Dressing

Salad Ingredients:

- 4 cups baby spinach (or any other greens)
- 1 dragonfruit, skin removed and flesh diced
- Seeds of 1 pomegranate
- 1/2 cup of macadamia nuts
- 1 avocado, sliced

Preparation:

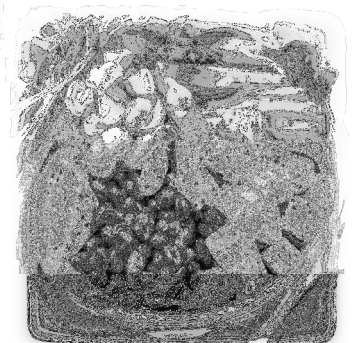
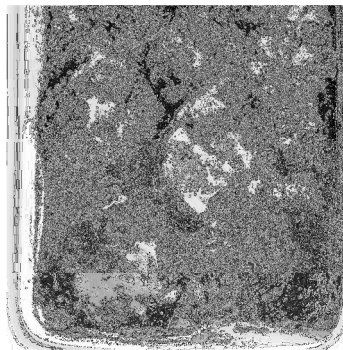
1. Divide greens between 2 large bowls/plates and top with remaining ingredients. Serve with dressing on the side and add dressing as needed. Serves 2.

Dressing Ingredients:

- 1/4 cup extra virgin olive oil
- Juice & zest of one fresh lime
- Juice of 1/2 lemon
- 5 stems of fresh mint (stems & leaves)
- 1/2 avocado
- 2 tsp agave
- Pinch sea salt
- 2-3 tbsp of water for consistency

Preparation:

1. Place all ingredients in blender and combine until mint is pureed.



Spinach & Pomegranate Salad

Ingredients:

1 (10 oz) bag baby spinach leaves, rinsed & drained
1/4 red onion, sliced very thin
1/2 cup walnut pieces
1/2 cup crumbled feta
Seeds of 1 pomegranate
4 tbsp balsamic vinaigrette

Preparation:

1. Place spinach in a salad bowl. Top with red onion, walnuts & feta. Sprinkle pomegranate seeds over the salad and drizzle with vinaigrette. Serves 4.

Potato Leek Soup

Ingredients:

1 bunch leeks (about 4), dark green stems removed
1/2 large white onion, chopped
2 russet potatoes, peeled and cut into cubes
1 tbsp flour
1 tbsp butter
4 cups fat free chicken stock (or veggie stock)
1/2 cup 2% milk
Salt and fresh pepper

Preparation:

1. Wash leeks carefully to remove all grit. Cut them horizontally and separate rings to ensure no dirt remains. Coarsely chop them when washed.
2. In a medium soup pot, melt butter and add flour on low heat. Using a wooden spoon, mix well. This will thicken your soup and give it a wonderful flavour.
3. Add stock, leeks, onion & potatoes and bring to a boil. Cover and simmer on low for 20-25 minutes, until potatoes are soft. Using an immersion blender, blend the soup until smooth, adding milk and adjusting the salt and pepper to taste. Serve immediately. Serves 6.

Toasted Bananas with Passionfruit & Yogurt

Ingredients:

3 firm bananas
2 tbsp brown sugar
1 tbsp butter
1/2 cup low fat greek yogurt
Pulp from 2-3 passionfruits

Preparation:

1. Pre-heat the broiler to low. Line a baking tray with foil.
2. Slice the bananas in half, length-ways. Spread the butter over the cut side. Place the bananas, cut side up, on the baking tray.
3. Sprinkle bananas with brown sugar. Broil for 4 minutes then gently turn bananas over and broil for another 4 minutes or until golden and soft.
4. Divide bananas equally amongst two serving dishes. Top with vanilla yogurt and passionfruit pulp. Serve immediately. Serves 2.

Baked Kale Chips

Ingredients:

1 bunch kale
1 tbsp olive oil
1 tsp sea salt

Preparation:

1. Preheat oven to 350 degrees F. Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite-sized pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt.
3. Bake until the edges brown but are not burnt, 10-15 minutes. (1 serving = 1 cup chips)

