

Roasted Yams and Kale

Serves 6



2 jewel yams cut into 1 inch cubes

3 Tbsp. olive oil, divided

Salt and pepper to taste

1 onion, sliced

2 cloves garlic, minced

1 bunch kale, ribs removed, torn into bite sized pieces

2 Tbsp. red wine vinegar

1) Preheat oven to 350 degrees. Toss yams with 2 Tbsp. of olive oil. Arrange evenly on baking sheet and sprinkle with salt and pepper. Roast in oven until tender, about 20-25 minutes or longer.

2) Meanwhile, heat remaining oil in a large skillet over medium heat. Add onions and cook until golden brown, about 10 minutes. Add garlic and kale, cooking until kale has wilted, about 10 minutes. Add a small amount of water to the pan if the garlic begins to brown.

3) Transfer kale and yams to a large bowl. Drizzle with vinegar and sprinkle with salt and pepper to taste and gently toss to combine. Serve warm.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

134 calories; 7g fat; 16g carbohydrates; 149mg sodium

Rustic Whole Wheat Fruit Tart

Serves about 8



1 cup whole wheat pastry flour
1/8 tsp. salt
¼ cup sugar, divided
¼ tsp. baking powder
4 Tbsp. cold, unsalted butter, diced
3 Tbsp. cold, low-fat sour cream
1 tsp. vanilla paste, or seeds from 1 vanilla bean pod
1 ½ lbs. sliced fruit such as pears or apples

1) In a food processor, combine flour, salt, 1 tsp. sugar, and baking powder and pulse to combine. Add the cold butter and pulse until it resembles coarse meal. Add sour cream and pulse until dough just comes together. Gather dough into a disk and chill for at least 30 minutes before rolling.

2) Roll dough into a 10 inch circle, or divide dough evenly and roll into smaller sized circles. Place the dough circles onto a parchment lined baking tray.

3) In a small bowl, combine the remaining sugar and the vanilla paste, mix until evenly distributed. Evenly sprinkle the vanilla sugar over each dough circle.

4) Layer fruit in the middle of each dough circle and spread evenly to it is about an inch away from the edge. Fold dough edges up and over the fruit, pinching dough together to hold it in place. Bake in a 375 degree oven for 30-35 minutes, or until dough is golden brown and fruit is soft.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

180 calories; 6g fat; 3.5g saturated fat; 55mg sodium; 30g carbohydrates

Lemon Almond Olive Oil Cake

Serves about 8



1 cup all-purpose flour
½ cup almond meal
½ tsp salt
1 tsp baking soda
1 tsp baking powder
½ cup extra virgin olive oil
½ cup lemon juice
Zest of 1 lemon
2 eggs
1 cup sugar

1) Pre-heat oven to 350 degrees. In large bowl, combine flour, almond meal, salt, baking soda and powder. Whisk to combine and aerate.

2) In a smaller bowl, combine the olive oil, lemon juice, zest, eggs, and sugar. Whisk until it is well combined and smooth. Pour into the dry ingredients and gently stir to combine, being careful not to over stir.

3) Pour batter into a well-oiled Bundt pan. Bake until edges are browned and pull away from the pan slightly, about 45 minutes. Allow to cool slightly in pan, about 10 minutes, then remove cake from pan to cool completely.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

330 calories; 19g fat; 2.5g saturated fat; 39g carbohydrates; 380mg sodium

Chocolate Swirl Meringue Cookies

Makes about 2 dozen cookies



1 cup semi sweet or bitter sweet chocolate chips

2 egg whites

Pinch of salt

¼ cup sugar

½ tsp. vanilla extract

½ tsp white or cider vinegar

1) Preheat oven to 350 and line 2 cookie sheets with parchment paper or aluminum foil and spray well.

2) Melt the chocolate over double boiler or in the microwave. Beat the egg whites with the salt until foamy, about 30 seconds with a hand mixer. Gradually add the sugar, one spoonful at a time, to the beating egg whites until the eggs hold stiff peaks (like shaving cream). Beat in the vanilla and vinegar.

3) Gently fold in the melted chocolate by hand with a spatula, some white streaks should still remain. Drop small spoonfuls of the mixture onto prepared cookie sheets about 2 inches apart

4) Bake meringues for 10-12 minutes, or until the cookies just start to brown a little. Let cookies sit for 2 minutes, then remove from the sheets with a spatula. Enjoy immediately!

60 calories; 2.5g fat; 1.5g saturated fat; 0mg sodium; 8g carbohydrate



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

Salmon with Balsamic Raisin Glaze

Serves 6



1 cup seedless raisins
¼ cup balsamic vinegar
2 small cloves garlic
Salt and pepper to taste
2 lb. raw salmon fillets

1) Pre-heat oven to 400. In a small saucepan, cover raisins with water and bring to a simmer over medium heat. Cook for about 7 minutes, or until raisins are soft and plump. Drain water and transfer raisins to a blender. Add balsamic vinegar and garlic cloves. Blend until very smooth. Add salt and pepper to taste.

2) In a shallow dish, pour about half the raisin glaze over the salmon fillets, turning to cover evenly. Place coated salmon on an oiled baking sheet and cook until flaky, about 10 minutes depending on size of fillets. Brush salmon with remaining glaze once while it cooks.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

300 calories; 10g fat; 1.5g saturated fat; 21g carbohydrates; 270mg sodium

Fig and Rosemary Glazed Pork Chops



Serves 4

4 boneless, center-cut pork chops,
patted dry

Salt and pepper to taste

2 tsp. chopped fresh rosemary

1 Tbsp. olive oil

¼ cup fig balsamic vinegar

- 1)** Preheat oven to 400 degrees.
- 2)** Heat oil in large non-stick skillet on medium-high. Season both sides of pork chops with salt and pepper. Sear chops until golden brown, about 2-3 minutes each side. Transfer pork chops to large baking dish or casserole.
- 3)** Return skillet to heat. Add rosemary and vinegar and bring to boil. Immediately remove from heat and pour hot vinegar over pork chops.
- 4)** Bake on center rack until pork reaches an internal temperature of 145 degrees, about 15-20 min. Insert thermometer into the thickest part of the meat. Remove from oven; let rest 5-10 minutes before serving.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

300 calories; 13g fat; 4g saturated fat; 0g carbohydrates; 80mg sodium

Hunter's Chicken

Serves 4



1lb. boneless, skinless chicken thighs

3 Tbsp. olive oil

1-3 cups chicken broth, low sodium or home made

1 medium yellow onion, chopped

Splash of white wine

1 small bunch fresh basil

4 plum tomatoes, chopped

1) In a large pan, sauté chicken in olive oil until browned. Reduce heat and add onion, cooking until translucent, about 3 minutes.

2) Add remaining ingredients and cover. Simmer chicken until internal temperature reaches 165 degrees.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

270 calories; 15g fat; 2.5g saturated fat; 6g carbohydrates; 380mg sodium

Smoked Salmon Spread

Serves about 12



8 oz. Neufchatel, or 1/3 less fat cream cheese
2 Tbsp. chopped fresh dill
1 Tbsp. fresh squeezed lemon juice
4 oz. smoked salmon, chopped, divided
Fresh dill sprigs (optional)

- 1)** In a food processor, combine cream cheese, dill, and lemon juice and pulse until well combined.
- 2)** Add half the salmon and process until very smooth. Fold in remaining chopped salmon and transfer to serving dish.
- 3)** Garnish with fresh dill (optional). Serve with whole wheat crackers and cucumber slices.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

56 calories; 3.5g fat; 2g saturated fat; 2g carbohydrates; 89mg sodium

Kalamata Tapenade

Serves about 10



$\frac{3}{4}$ pounds pitted black olives, such as Kalamata or a mixture
2 Tbsp. capers, drained and rinsed
2 cloves garlic
1 anchovy fillet (optional)
1 tsp Dijon mustard
5 sprigs fresh thyme- leaves only
3 Tbsp. chopped parsley
 $\frac{1}{4}$ tsp. crushed red pepper
2 Tbsp. balsamic vinegar
 $\frac{1}{2}$ cup extra virgin olive oil

- 1)** Combine all ingredients in the bowl of a food processor and pulse to combine. Scrape sides of bowl and process until olives are finely chopped but not smooth.
- 2)** Transfer tapenade to a serving dish and garnish with fresh parsley (optional). Serve with whole wheat crackers, soft goat cheese, and sliced cherry tomatoes.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

170 calories; 18g fat; 1.5g saturated fat; 2g carbohydrates; 670mg sodium

Portabella Satay

Serves about 8



5 medium portabella mushroom caps (about 1 ¼ pounds)

3 Tbsp. extra virgin olive oil, divided

1 Tbsp. balsamic vinegar

Salt and pepper to taste

1) Preheat oven to 450 degrees. Remove stems and scrape gills from the underside of each mushroom cap. Use your hands to coat each cap in olive oil, reserving about 1 Tbsp. of oil. Sprinkle with salt and pepper to taste.

2) Place caps on a baking sheet lined with parchment paper. Roast 15-20 minutes. Remove caps from pan and allow to cool slightly. Slice each cap into three strips. Gently weave each slice onto a bamboo skewer and arrange on a plate.

3) In a small bowl, whisk remaining olive oil and balsamic vinegar together until well combined. Drizzle warm mushrooms with dressing. Serve warm.

90 calories; 6g fat; 6g carbohydrates; 74mg sodium



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

Olive Oil and Herb Mashed Potatoes

Serves 8



2 lbs. russet potatoes, peeled and cut in 1 inch chunks

¼ cup extra virgin olive oil

3 tsp. minced fresh herbs such as tarragon, parsley, basil or thyme

Salt and pepper to taste

1) In a large pot, cover potatoes with cold, salted water and bring to a boil. Reduce heat and simmer until potatoes are fork tender, about 10-15 minutes. Drain potatoes, reserving about ½ cup of cooking liquid.

2) In a mixing bowl, smash drained potatoes until smooth, or run potatoes through a ricer. Stir in olive oil and enough reserved cooking liquid to reach desired consistency. Add chopped herbs and season with salt and pepper as desired.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

160 calories; 7g fat; 1g saturated fat; 23g carbohydrates; 350mg sodium

Mushroom Braised Carrots

Serves about 8



½ pound pearl onions, peeled and cooked until soft

2 Tbsp. olive oil

4 extra large carrots, peeled and cut in half

1 cup dry red wine

1 tsp. curry powder

1 ½ cup mushroom broth

½ cup fresh parsley

2 tsp. fresh lemon juice

Salt and pepper to taste

1) Preheat oven to 350 degrees. In large, ovenproof skillet, heat 1 Tbsp. of olive oil over medium heat. Add carrots in a single layer and cook, turning to brown on all sides, about 5 minutes per side. Add onions and sprinkle with curry powder. Cook until fragrant, about 1 minute, stirring frequently.

2) Add wine to carrots and simmer over medium high heat for about 3 minutes. Add mushroom broth and dried mushroom powder. Bring to a boil, then carefully transfer skillet to the oven. Braise carrots for about 1 to 1 ½ hours until carrots are soft, turning once or twice during cooking.

3) In a small bowl, dress parsley with lemon juice and remaining oil. Toss to coat, sprinkle with salt and pepper. To serve, spoon sauce over carrots and sprinkle with parsley.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

90 calories; 4g fat; 3g saturated fat; 9g carbohydrates; 135mg sodium