

COOKING FOR WELLNESS

February 2021 Recipes





Blueberry Pistachio Parfait

You may not be on the beach right now, but you can channel the delicious flavors of the Mediterranean with a Blueberry Pistachio Parfait. Layering salty pistachios, creamy Greek yogurt, sweet-tart blueberries, and fragrant honey gives you a dish that's pleasing to the eye and your taste buds. Enjoy as breakfast, dessert or a snack!

Share:



Servings & Time

Servings: 2
Prep Time: 5 minutes

Nutrition Per Serving

Ingredients

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- 1 1/2 cups plain Greek yogurt
- 1 cup fresh or frozen blueberries
- 1/4 cup lightly salted pistachios, chopped
- 2 tablespoons honey

Preparation

Instructions

- 1 Layer half of the yogurt, blueberries, and pistachios between 2 serving glasses. Repeat layers.
- 2 Drizzle with honey.

Variations

Substitute coconut milk yogurt or almond milk yogurt for a dairy-free alternative.

Notes

If using frozen blueberries, rinse before use.



Mandarin Orange Salad with Tempeh

Marinade:

1/3 cup fresh orange juice
1/4 cup fresh lemon juice
1/4 cup rice vinegar
1/4 cup low-sodium soy sauce
2 Tbs. orange marmalade
1 tsp. grated fresh ginger root
1 clove garlic, minced
1/4 to 1/2 tsp. cayenne pepper
or to taste

Salad:

8 oz. five-grain tempeh
4 cups mixed fresh greens
(such as curly endive,
radicchio and green leaf
lettuce)
1 cup sliced fresh mushrooms
1 11-oz. can mandarin orange
slices, drained
1 medium carrot, coarsely
grated
1/3 to 1/2 cup nonfat or low-fat
plain yogurt

Makes 6 servings

- ❶ In a shallow dish, combine marinade ingredients. Set aside.
- ❷ Cut tempeh into 2" x 1/2" x 1/2" strips. Steam tempeh for 20 min. Drain. Add tempeh strips to marinade, turning gently to coat. Cover and refrigerate at least 2 hrs. or overnight, stirring occasionally.
- ❸ In a large salad bowl, combine greens, mushrooms, orange slices and carrot. Toss to combine. Strain and reserve marinade from tempeh strips. Toss tempeh with salad.
- ❹ Stir yogurt into marinade, adding more if a creamier texture is desired. Adjust seasonings. Pour marinade mixture over salad and toss to coat.

Helpful Hints:

Use juice drained from canned mandarin oranges to replace some or all of the fresh orange juice.

Garnish perimeter of salad with sliced cooked or pickled beets for an attractive presentation.

Mediterranean Lentil Soup

*I make sure my athletic kids have some protein with virtually every meal, but I also want to reduce the amount of meat we eat. Serving lentils or beans is a great way to accomplish both goals. Lentils have the added bonus of being much quicker to cook than “real” beans (lentils are actually legumes and related to peas), so no soaking is required. This nutritious soup has a bit of everything—leafy greens, starchy potatoes, antioxidant-rich tomatoes—not to mention those protein-rich lentils. **SERVES 6 TO 8***

- 1 tablespoon olive oil
- 1 medium-size yellow onion, cut into $\frac{1}{4}$ -inch dice (about $\frac{3}{4}$ cup)
- 1 celery rib, thinly sliced
- 2 small carrots, thinly sliced
- 2 cloves garlic, minced
- 1½ cups French green lentils, rinsed
- 8 cups Blond Chicken Stock (page 372) or Shiitake Vegetable Stock (page 377), or store-bought low-sodium chicken or vegetable broth
- 1 bay leaf
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{4}$ teaspoon dried red pepper flakes
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1 can (14 ounces) diced tomatoes, with their juice
- 3 medium-size Yukon Gold or waxy potatoes (such as White Rose; see Note), cut in $\frac{1}{4}$ -inch dice (about 2 cups)
- 1 tablespoon fresh lemon juice, or 1 tablespoon red wine vinegar
- 2 packed cups fresh spinach or chard, well rinsed, stems removed, and large leaves cut into 1-inch wide ribbons
- Freshly grated Parmesan cheese (optional), for garnish

1. Heat the olive oil in a large, heavy pot over medium heat. Add the onion, celery, and carrots and cook, stirring frequently, for 5 minutes. Add the garlic and cook until the onion and garlic are soft but not browned, 1 minute longer.

2. Add the lentils and stock. Increase the heat to high and bring to a boil. Reduce the heat to low and let simmer until the lentils soften, about 20 minutes.

3. Add the bay leaf, oregano, basil, pepper flakes, salt, pepper, tomatoes, and potatoes. Let the soup simmer until the potatoes are tender, about 20 minutes longer.

4. Just before serving, remove and discard the bay leaf. Add the lemon juice and spinach to the soup and let simmer gently just until the spinach wilts, about 2 minutes (adding the lemon juice and greens just before serving helps the color of the greens stay bright). If you like a thinner soup, add more stock or some water. Serve the soup hot, garnished with Parmesan cheese, if desired.