

The background of the cover is a close-up photograph of fresh ingredients on a wooden cutting board. On the left, a glass bottle of golden olive oil is partially visible. In the center, there is a pile of finely chopped green herbs, likely basil. To the right, there are several whole and sliced garlic cloves, a whole purple shallot, and a few ripe red and yellow tomatoes. A sharp knife with a wooden handle lies diagonally across the board. The overall scene is brightly lit, suggesting a fresh and healthy kitchen environment.

The Mediterranean Diet  
**Recipe Book**  
Nineteenth Edition

By Ray Darken

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# Breakfast & Light Lunches

# ASPARAGUS AND LEEK RISOTTO

*Serves 4*

A bundle of thin asparagus- about 16 to 20 spears  
4 cups fresh hot water or very light broth  
2-3 teaspoons extra-virgin olive oil  
2 inches or so of a leek, diced fine  
1 cup raw organic Arborio rice  
1/2 cup white wine  
Sea salt, to taste  
2 tablespoons chopped fresh Italian parsley



Wash and slice the asparagus, cutting on the diagonal about 3 inches down from the tip. Pour a scant amount of water into a skillet and quickly blanch the asparagus- when it turns bright green, remove it from the pan, and rinse with very cold water to keep it from cooking longer. You don't want soggy asparagus. Set aside.

## **To make the Risotto:**

- Step 1.** Heat the water or light broth in a separate sauce pan, and keep it warm.
- Step 2.** In a heavy medium saucepan, heat the olive oil on medium heat, and sauté the diced leek for a minute. Add the uncooked Arborio rice and stir well, until the rice is coated. Stir and cook for about 3-5 minutes. Add the white wine and stir until most of the wine is cooked off.
- Step 3.** Pour in 1 cup of the hot water or broth and bring to a simmer. Reduce heat and simmer uncovered, stirring frequently for 7-8 minutes.
- Step 4.** When most of the liquid is absorbed, add the remaining cups of hot water or broth 1 cup at a time, stirring and simmering until each cup of liquid is absorbed before adding the next one.
- Step 5.** When the final cup of liquid is absorbed gently add in the blanched asparagus, cover and set aside for a few moments before serving. Risotto likes to rest a bit.
- Step 6.** Warm up four serving bowls. Spoon the risotto into the bowls, and garnish with some fresh chopped Italian parsley.

## BEAN DIP ATHENOS

---

3 ounces canned garbanzo beans, or canned navy beans, rinsed and drained  
1 tablespoon plus 2 teaspoons. fat-free sour cream  
1/4 teaspoon garlic, crushed  
3/4 teaspoon balsamic vinegar  
2 teaspoons sun-dried tomatoes  
2 teaspoons fresh parsley, chopped  
1 teaspoon Kalamata or other olives, chopped



- Step 1.** Mix beans, sour cream, garlic, and vinegar in food processor until smooth; stir in sun-dried tomatoes, parsley, and chopped olives.
- Step 2.** Spoon into serving bowl and garnish with olives. Serve with assorted vegetables and crackers for dipping.
- Step 3.** You can make dip ahead of time and refrigerate overnight or for 2 to 3 hours to allow flavors to blend.

# BUTTERNUT SQUASH, DATE, AND TAHINI DIP

---

*Yields 1/2 cup*

- 1/3 cup butternut squash purée (substitute pumpkin)
- 4 large ripe Medjool dates, pitted
- 2 tablespoons tahini
- 1 tablespoon water, or more if needed

Place all of the ingredients in a food processor and process them until smooth and creamy. Serve cold or at room temperature with fruits of vegetables.





# CHICKEN SHAWARMA SANDWICHES

*Serves 4*

## **For the chicken:**

1 pound boneless skinless chicken breast, cut into thin strips  
3 tablespoons distilled white vinegar  
3 garlic cloves, minced  
1 tablespoon allspice or shawarma spice  
3 tablespoons extra-virgin olive oil  
Salt and freshly ground pepper  
4 whole grain pita or naan pockets

## **For the tahini sauce:**

1/2 cup tahini (sesame paste)  
2 cloves garlic, minced or pressed  
Juice of 2 lemons  
4 tablespoons plain yogurt or sour cream  
Salt and freshly ground pepper

## **For Garnish:**

1 tomato, sliced  
1 small onion, cut into thin strips

- Step 1.** In a large bowl, combine the chicken, vinegar, garlic, shawarma spice, olive oil, salt, and pepper. Mix well. Cover and let marinate in the refrigerator for 6 hours, preferably overnight.
- Step 2.** Cook the chicken in a medium sauté pan over medium heat, stirring occasionally, 20 to 25 minutes.
- Step 3.** Mix all the ingredients for the sauce together in a medium bowl. Serve the chicken in the pita bread pockets, garnished with onion and tomato and drizzled with the tahini sauce.



# EGYPTIAN FALAFELS (TAMEYAS)

*Yields 8 tameyas*

1 (15-oz) can pigeon peas, rinsed and drained  
1 large garlic clove, peeled  
1 small onion, chopped  
10 sprigs parsley  
10 springs cilantro  
Sea salt and freshly ground pepper  
1 tablespoon ground cumin  
1/2 tablespoon chili powder  
1 tablespoon cornstarch

- Step 1.** Preheat the oven to 350 degrees Fahrenheit. Brush a baking pan with oil or spray it with cooking spray.
- Step 2.** Place the pigeon peas, garlic, onion, parsley and cilantro in a food processor and process until reduced to a paste. Transfer to a medium bowl and mix in the salt, pepper, cumin, chili powder and cornstarch until well blended.
- Step 3.** Shape the mixture into small balls or patties, the size of a golf ball. Place them in the prepared pan and bake them until lightly browned, 25 minutes. If you wish to brown the top and harden the crust more, broil them on high for 2 to 3 minutes.



# MEDITERRANEAN TUNA AND ARTICHOKE PASTA

*Serves 2*

8 oz. brown or white rice spaghetti  
Extra-virgin olive oil, as needed  
5 cloves garlic, chopped  
1/2 teaspoon oregano  
1/2 teaspoon rubbed sage  
1/2 teaspoon dried basil  
10 oz. frozen artichoke hearts, thawed, cut in half  
4 oz. chopped black olives  
A handful of organic sweet grape tomatoes, halved  
A goodly splash of balsamic vinegar  
Low mercury tuna- such as American brand tuna  
1/4 cup toasted pine nuts  
Sea salt and fresh ground pepper, to taste  
Parmesan cheese, goat cheese, or vegan cheese, for serving



- Step 1.** Bring a large pot of salted water to a rolling boil and cook the gluten-free spaghetti until it is al dente. Drain.
- Step 2.** In the meantime, heat a generous pour of extra virgin olive oil in a large skillet over medium heat. Add the garlic and herbs to the oil and cook for one minute.
- Step 3.** Add the artichokes, olives and tomatoes. Splash a taste of balsamic vinegar to the mix and stir.
- Step 4.** Heat through gently till simmering. Add cooked or canned tuna in chunks near the end of cooking time- just to heat through.
- Step 5.** When the pasta is al dente, drain and pour the cooked pasta into the skillet mixture and lightly toss to coat. Add a dab more olive oil, if needed.
- Step 6.** Throw in some toasted pine nuts.
- Step 7.** Offer shredded Parmesan or goat cheese, a glass of Pinot Grigio and a seductive smile.

## ROASTED POTATO FRITATA

---

Extra-virgin olive oil or butter, as needed  
About two cups cooked seasoned potato wedges  
1 1/4 cups shredded Jarlsberg  
5 extra large organic free-range eggs  
1 heaping half cup of sour cream  
2 tablespoons chopped fresh parsley  
12 grape tomatoes, halved  
1-2 tablespoons shredded Parmesan

- Step 1.** Pre-heat the oven to 375 degrees F. Lightly oil or butter a nine-inch glass pie plate.
- Step 2.** Arrange the potatoes in the bottom of the pie plate. Sprinkle with the shredded cheese.
- Step 3.** In a large mixing/measuring cup, whisk the eggs with the sour cream till smooth. Add almost all of the parsley [save a little to decorate the top]. Pour the egg mixture all over the potatoes.
- Step 4.** Dot the top with the halved tomatoes and remaining parsley. Using the back of a spatula, lightly press down all over the top surface to encourage the egg custard to seep in and around the potato wedges. Sprinkle the top with Parmesan.
- Step 5.** Bake in a hot oven for 35 minutes, until the frittata is set and golden. Cool slightly before slicing and serving.



# SALMON SKEWERS

---

*Serves 4*

4 tablespoon honey  
4 teaspoon soy sauce  
2 teaspoon rice wine vinegar  
Teaspoon grated ginger  
6 ounce (170 g) skinless salmon fillet, cut into cubes  
1 teaspoon water

- Step 1.** First soak 6 wooden skewers in warm water for 30 minutes. Heat the broiler to high.
- Step 2.** Mix together the honey, soy sauce and vinegar. Pour half into a pan and set aside. Add ginger to the remaining mixture in the bowl.
- Step 3.** Pour the ginger mixture onto the salmon. Mix to coat.
- Step 4.** Thread the salmon onto the skewers, then put them on a foil-lined baking sheet.
- Step 5.** Spoon on sauce from the bowl. Broil the salmon for 2-3 minutes on each side or until cooked. Add the water to the sauce in the pan. Simmer for 30 seconds, then serve with the salmon.



# SARDINE RECIPE WITH FENNEL VINAIGRETTE

*Serves 2*

8 medium-size whole fresh sardines  
2 tablespoons extra-virgin olive oil

## **For the vinaigrette recipe:**

1 handful fresh fennel leaves  
1-leveled teaspoon fresh oregano leaves  
1 leaf sage  
1-leveled teaspoon fresh rosemary leaves  
1/2-cup extra virgin olive oil  
2 teaspoons freshly squeezed lemon juice  
1 pinch salt



- Step 1.** First, clean the sardines: Put some kitchen gloves on, if you wish. Make a slit along the gut with a pointed knife. Open the gut cavity and pull out the intestines with your fingers.
- Step 2.** Rinse the sardines under running cold water. Pat them dry with paper towels.
- Step 3.** Dredge each sardine in flour.
- Step 4.** Heat 2 tablespoons olive oil in a skillet, and fry the sardines over medium heat. If the heat is too low, it takes too long to cook them, and this sardine recipe will be dry and unappetizing. If the heat is too high Mediterranean sardines burn easily. The olive oil should be very hot before placing the sardines in the skillet, or they will stick to the bottom.
- Step 5.** Mediterranean sardines should be cooked after 7 to 10 minutes on each side, depending on their size.
- Step 6.** Start the vinaigrette while the sardines are cooking in the skillet. Put the herbs in a mortar and crush and pound them with a pestle. For this sardine recipe, a spice grinder or food processor can give acceptable results too. Pour the 1/2-cup extra virgin olive oil and mix very well with the pestle. When you have obtained a homogeneous sauce, add the lemon juice, and mix well again. Add a pinch of salt and mix. The vinaigrette dressing is ready. If you have a nice ceramic mortar, you can serve the vinaigrette in it.
- Step 7.** As soon as the sardines are done, serve them hot together with the vinaigrette.

# WHOLE WHEAT CRAKERS WITH BLACK OLIVES

*Yields 50 crackers*

1 1/2 cups whole wheat flour  
2 tablespoons grated parmesan  
1/2 teaspoon sea salt  
1/4 teaspoon ground black pepper  
2 eggs, beaten  
1/4 cup extra-virgin olive oil  
1/4 cup water  
2-3 tablespoons chopped black olives or tapenade

- Step 1.** Preheat the oven to 350 degrees Fahrenheit. Line a large cookie sheet with parchment paper.
- Step 2.** In a medium mixing bowl, combine the dry ingredients (first four). Add the beaten egg, olive oil and water and work the mixture into a dough ball. Add a little more water if the dough feels too dry.
- Step 3.** Using a rolling pin, spread the dough a little over 1/8-inch thin on a lightly floured surface. Use a cookie cutter or knife to cut the crackers into desired shape.
- Step 4.** Transfer the crackers to the prepared cookie sheet and bake them until crispy, 18 to 20 minutes. Let cool.





# Salads



# CYPRUS SALAD

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*Serves 4*

1/2 head of romaine lettuce sliced into 1/4 inch strips  
1 cup diced scallions  
1/2 cup chopped fresh dill  
1 cup crumbled feta cheese  
1 cup Ayhan's Lemon and Herb Dressing

Slice romaine lettuce and chop scallions & dill. Toss with Ayhan's Lemon & Herb Dressing. Top with Feta cheese, chill and serve with a smile!



## MEDITERRANEAN CORN SALAD

---

1/2 pound canned sweet corn kernels, drained  
1 ounce sliced ripe olives, drained  
1/4 pound mozzarella cheese, cut into 1/4 inch cubes  
2 tablespoons fresh parsley, chopped  
2 tablespoons fresh basil, chopped, or 1 teaspoon dried leaves, crushed  
1/2 large tomato, seeded, cut into 1/2 inch pieces  
2 tablespoons extra-virgin olive oil  
1-1/2 tablespoons cider vinegar  
1/2 teaspoon lemon peel, grated  
1 large clove garlic, crushed  
1 tablespoon toasted pine nuts (optional)  
8 spinach leaves



Combine first 6 ingredients in a bowl and mix well. Combine oil, vinegar, lemon peel and garlic in another bowl. Blend thoroughly using wire whisk. Pour over corn mixture and toss gently. Season with salt and pepper to taste. Refrigerate 1-2 hours to blend flavors. Preheat oven to 375°F. Spread pine nuts evenly in a shallow pan. bake 3-5 minutes, stirring occasionally, or until light golden brown. Line individual salad plates with spinach. Spoon salad over spinach. Sprinkle with pine nuts, if desired.

## MEDITERRANEAN-STYLE BRAISED LETTUCE

---

1/3 cup extra-virgin olive oil  
1/2 red bell pepper, cut into thin strips  
12 large cos lettuce leaves, or romaine leaves, each torn into 4 pieces  
2 spring onions, cut into 1/2 inch pieces  
1 tablespoon plus 1 teaspoon fresh chives, chopped  
1 tablespoon plus 1 teaspoon lemon juice  
2 teaspoons feta cheese, crumbled  
1/4 teaspoon cracked black pepper

Heat oil in a pan and add bell pepper. Stir over low heat for 1-2 minutes. Add lettuce to pan and toss over high heat 1-2 minutes, or until leaves are well coated with oil. Remove lettuce from pan. Reduce heat to low and add next 3 ingredients to pan. Cover pan and cook 30 seconds. Remove pan from heat. Combine lettuce and spring onion mixture. Serve warm or cold, sprinkled with feta and black pepper.



## MOROCCAN SALAD

---

2/3 cup bulgar wheat  
1-1/3 cups boiling water  
4 scallions, chopped  
1-2/3 cups fresh parsley, minced  
1/3 cup fresh mint, minced  
1-1/4 large tomatoes, diced  
2/3 cup cucumber, peeled, seeded, diced  
2 tablespoons plus 2 teaspoons extra-virgin olive oil  
2 tablespoons plus 2 teaspoons fresh lemon juice  
1-1/4 teaspoons cumin  
2 cloves garlic, crushed  
1-1/4 whole wheat pitas



Combine the bulgur wheat with the boiling water in a heat-proof bowl. Let stand 1 hour until the wheat has absorbed the water. Combine the remaining ingredients except the pita bread in a large salad bowl. Cut the pita bread into triangles. Place the triangles on a cookie sheet and bake at 350°F until crisp, about 15 minutes. Remove from the oven and add to the salad bowl. Drain any excess water from the wheat. Add to the salad bowl and mix well. Refrigerate for 1-2 hours before serving.

# SHEPHERD SALAD

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*Serves 4*

3 cups diced red tomatoes  
1/3 cup chopped fresh dill  
1/3 cup diced red onions  
1/2 cup crumbled feta cheese  
3 cups dices kirby cucumbers  
1/2 cup Ayhan's Lemon & Herb Dressing  
Salt & pepper to taste

Dice tomatoes, cucumbers, red onions and chop dill. Toss with Ayhan's Lemon & Herb Dressing. Top with Feta cheese and add salt and black pepper to taste. Chill and serve.



## SICILIAN BEAN AND POTATO SALAD

---

1 pound of new potatoes, unpeeled  
1 pound of fresh green beans, steamed and cut into 1-inch lengths  
1 cup of cooked cannellini beans  
1 small red onion, finely chopped  
1/2 cup black olives, pitted and sliced  
1-2 tablespoons capers  
Classic Vinaigrette  
2 tablespoons freshly chopped Italian parsley  
Salt and pepper to taste

In a medium saucepan, cook the potatoes in salted boiling water until they are tender. Allow them to cool slightly and cut them in half.  
Mix the potatoes, beans, onion, black olives, and capers in a large bowl.  
Pour sufficient vinaigrette over the salad to moisten it and toss well. Sprinkle with parsley and grated parmesan cheese and serve

### **For the classic vinaigrette:**

1-2 teaspoons of fine or grainy mustard  
2 tablespoons of fresh lemon juice, or 2 tablespoons wine, balsamic, or cider vinegar  
6 tablespoons extra-virgin olive oil  
crushed garlic to taste  
sea salt and black pepper to taste



# TEL AVIV SALAD

---

*Serves 4*

1 cup red Israeli tomatoes (diced)  
1 cup diced kirby cucumbers  
1/2 cup chopped flat leaf parsley  
2 cups cooked Israeli couscous  
1/2 cup Ayhan's Lemon & Herb Dressing

Dice tomatoes and cucumbers and chop parsley. Boil couscous and strain. Mix all ingredients together and toss with Ayhan's Lemon & Herb Dressing. Chill and serve.



# TOMATO, AVOCADO AND MOZZARELLA SALAD

---

*Serves 2*

French dressing

1 large ripe avocado

2 large tomatoes, thinly sliced

8 ounce mozzarella cheese, thinly sliced

Fresh basil leaves

Slice of good french or italian bread

- Step 1.** Slice the avocado in half, cutting around the pit. Twist the halves apart and ease out the pit with a knife. Peel and slice.
- Step 2.** Alternate overlapping slices of the tomatoes, cheese and avocado on a plate.
- Step 3.** Drizzle with dressing
- Step 4.** Distribute leaves over the top.





# TURKISH CUCUMBER SALAD

---

2 cucumbers  
2-1/2 cups plain yogurt  
Salt and pepper  
1/2 cup chives, chopped

Cut the cucumber into small cubes. Mix with yogurt, salt and pepper to taste and 1 tablespoon of the chives. Transfer to a serving dish and sprinkle with remaining chives.





# Soups & Vegetarian

# CHILLED APPLE SOUP

---

*Serves 4*

2 large Golden Delicious apples  
Juice of half a lemon  
2 cups water  
3 cloves  
1/2 inch fresh ginger, peeled  
1 tablespoon sugar  
1/4 teaspoon ground cinnamon, plus more for garnish  
3 tablespoons plain yogurt

- Step 1.** Place the apples, lemon juice, water, cloves, ginger, sugar and cinnamon in a medium saucepan over medium heat. Boil until the apples are softened, 10 to 15 minutes. Discard the cloves.
- Step 2.** Transfer into a blender and process until liquefied. Add the yogurt and blend again. Refrigerate for 2 to 4 hours. Serve sprinkled with ground cinnamon.



# CELERY SOUP RECIPE WITH FENNEL

*Serves 4 to 6*

Extra-virgin olive oil  
1 leek, trimmed, white and light green section only, diced  
1-2 cloves garlic, chopped  
5 large organic celery stalks, trimmed, chopped  
1 cup fresh fennel (aka anise), chopped  
1 potato, peeled, diced  
Sea salt and fresh ground pepper  
Water or light broth, as needed  
Plain hemp, nut, or other non-dairy milk, as needed



- Step 1.** Drizzle a bit of olive oil into a soup pot and heat over medium heat. Add the leek, stir for a minute; add in the garlic and stir for another minute. Add the celery, fennel and potato; stir briefly; toss in a little salt and pepper. Pour in enough fresh water or light broth to cover the tops of the veggies. Cover and bring to a simmer. When soup is simmering, lower heat and continue to simmer until all the veggies are tender- roughly 40 to 45 minutes.
- Step 2.** When the vegetables are fall apart tender:
- Step 3.** Blend the soup with an immersion blender till smooth. (Or puree in batches in a blender or Vita-Mix- when using hot liquids- be careful to cover tightly!) Stir in enough hemp milk to make it creamy and return it to the stove, gently heating and stirring.
- Step 4.** Taste test for seasoning adjustments.

**To Serve:** Croutons or with a pinch of chopped dill or parsley on top.

# FISH STEW WITH FENNEL AND HARISSA

*Serves 4*

2 large tomatoes  
3 tablespoons extra-virgin olive oil  
3 garlic cloves, minced  
3 tablespoons tomato paste  
Sea salt and freshly ground pepper  
1/2 teaspoon red pepper flakes or harissa  
1 pound mahi mahi (or other fish), cut into 4 pieces  
1 handful assorted shellfish (optional)  
1 small fennel bulb, cut into 2-inch strips  
1 1/2 cups water

Grate the tomatoes into a large pot and place it on medium heat. Add the olive oil and garlic. Cook for a few minutes then stir in the tomato paste. Season with salt, pepper and pepper flakes. Add the fish, shellfish, fennel and water. Cover with a lid and cook until the fennel is tender and the fish is cooked, 20-25 minutes.



# MOROCCAN COCONUT AND CHICK PEA SOUP

*Serves 4*

3 cups light tasting vegetable broth  
4 cloves garlic, chopped  
1 large yam or sweet potato, peeled, diced  
1 yellow bell pepper, seeded, cored, diced  
2 Granny Smith apples, peeled, cored, diced  
1/2 cup chopped roasted green chiles- mild or hot, to taste  
1 14 ounces can Muir Glen Fire Roasted Diced Tomatoes  
1 15 ounces can chick peas, rinsed, drained  
1 14 ounces can coconut milk  
1 lime, juiced  
1 tablespoon Thai Kitchen curry paste (red or green), or to taste  
A pinch cinnamon and cumin  
Sea salt and pepper, to taste

## **Add just before serving:**

1-2 tablespoons chopped fresh cilantro or mint  
1 cup packed baby greens  
Hot red pepper flakes, to taste, if desired

- Step 1.** Combine all of the ingredients in a slow cooker and cook according to the manufacturer's instructions for your make and model and personal time frame.
- Step 2.** Or if you're in a more hands-on mood, do it the old fashioned way. Throw everything in a pot and cook, covered, over medium heat until the vegetables are tender, about thirty minutes.
- Step 3.** Stir in the cilantro or mint, baby greens and hot red pepper flakes. Heat through briefly until the greens soften, and serve.



# PEA AND FENNEL SOUP

---

2 pounds frozen or fresh peas  
21 ounces Manischewitz® Chicken Broth  
1 cup diced white potato  
3 tablespoons extra-virgin olive oil  
1 leek, white part only, diced  
1 fennel, diced  
1/3 cup light brown sugar  
Salt  
Pepper

- Step 1.** In a 10 quart stock pot heat 2 tablespoons olive oil and sauté the celery, leek, potato and fennel for 3-5 minutes.
- Step 2.** Add the peas, season with salt and pepper and cook for 3 minutes. Add the chicken broth, brown sugar and 2 cups of water until the peas are just covered.
- Step 3.** Bring up to a boil and then reduce to a simmer and cook for 30-40 minutes until the vegetables are soft. Puree the soup in a blender, season with salt and pepper and finish with the remaining olive oil and serve.



# ROASTED VEGETABLE CHOWDER

*Serves 4 to 6*

1 sweet onion, diced	2 tablespoons extra-virgin olive oil
5 cloves of garlic, peeled	1 teaspoon fennel seeds
2 medium gold potatoes, scrubbed, diced	2 teaspoons dried thyme
1 large sweet potato, peeled, diced	Sea salt and fresh ground pepper, to taste
2 large carrots, scrubbed, chopped	1 quart of organic vegetable broth
2 parsnips, peeled, chopped	1/2 cup white wine
2 cups chopped cauliflower pieces	1 cup plain hemp or coconut milk
5-6 plum tomatoes, halved, seeded	

- Step 1.** Preheat oven to 375 degrees F.
- Step 2.** Combine the onion, garlic cloves, gold and sweet potatoes, carrots, parsnips, cauliflower and tomatoes in a roasting pan and toss with the olive oil, fennel and thyme. Season with sea salt and fresh pepper, to taste.
- Step 3.** Add about a cup of the broth and a half cup of wine to the pan and roast the vegetables for about 45 to 50 minutes, until they are tender. Stir at least once during roasting.
- Step 4.** When the veggies are roasted, pour the rest of the broth into a soup pot and bring to a high simmer.
- Step 5.** Add the roasted vegetables (including any liquid and all the bits and pieces from the pan). Cover the soup pot and simmer gently for about 10 to 15 minutes.
- Step 6.** Using an immersion blender puree the soup.
- Step 7.** Add the hemp or coconut milk, stir and taste for seasoning adjustments, and warm through gently. Add more liquid if your soup is thicker than you prefer; if it is too thin, cook a little longer to reduce the liquid.
- Step 8.** Serve with my Skillet Cornbread, or crispy Brown Rice Tortilla Chips. Heat the oil in a large saucepan over a medium heat. Cook the onion and carrot for 3 minutes, then add the zucchini, potato and green beans and cook for 2 minutes more, stirring occasionally. Add the stock, salt and pepper, bring to the boil, then cover the pot, reduce the heat and simmer for 15 minutes. Add the white beans and pesto and cook for 5 minutes. Serve in bowls with crusty bread on the side.





# VEGETABLE ROGOUT WITH SHAVED PARMESAN

*Serves 4*

3 medium gold or sweet potatoes, scrubbed, cut into bite-size pieces  
1/2 cabbage, cored, sliced thin  
1/2 peeled butternut squash, cut into bite-size pieces  
Extra-virgin olive oil  
Sea salt and ground pepper  
4-5 cloves garlic, minced  
1 28-oz can organic fire roasted whole tomatoes, with juice  
1 14-oz can white Northern beans, drained  
1 cup of vegetable broth  
1/2 cup dry white table wine  
1 tablespoon apple cider vinegar or golden balsamic vinegar  
1 teaspoon rubbed sage



- Step 1.** Pre-heat oven to 350 degrees F.
- Step 2.** In a large roasting pan combine the potatoes, cabbage and butternut squash and drizzle with enough olive oil to coat. Season with sea salt, pepper, and garlic; toss. Add the whole tomatoes; break them apart with a wooden spoon. Add the white beans.
- Step 3.** Stir the broth and wine together and pour over the vegetable mixture. Drizzle it all with golden balsamic vinegar; sprinkle with sage, and toss lightly.
- Step 4.** Place the pan in the pre-heated oven and roast the vegetables for an hour; stir half way through cooking. Check the potatoes for doneness; they should be fork tender. Continue to roast for another 10 minutes, or until the veggies are tender enough to melt in your mouth.
- Step 5.** Serve in warmed shallow plates with shavings of fresh Parmesan.

# WATERMELON GAZPACHO WITH LIME

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*Serves 4*

1 ice cold 3 pounds ripe watermelon  
1 large cucumber, skinned, seeded (or 2 medium)  
2 large celery stalks  
1 small head romaine lettuce, trimmed, cut up  
2 medium, dense, heirloom tomatoes, seeded, chopped  
1-2 teaspoons minced Elephant Garlic  
Juice from 1-2 limes, according to taste  
2 tablespoons white balsamic or rice vinegar  
2 tablespoons fresh chopped cilantro, basil, mint or parsley  
Sea salt, to taste



- Step 1.** Slice the watermelon, cut up most of it, taking out the seeds; reserve about 1 cup, diced fine. Toss the cut up watermelon into a Vita-Mix or blender. Add the cucumber, celery, lettuce, tomato, garlic. Pulse and blend the mix briefly to process it. Add the juice from one lime. Add the vinegar, chopped herbs, sea salt. Pulse till combined.
- Step 2.** Taste test. Pour into a storage container, add in the reserved diced watermelon. Cover and chill until serving. Two hours is best.



# Dinner

# AGAVE AND LIME SALMON

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*Serves 4*

4 serving sized pieces of wild caught salmon  
1 red onion, sliced  
4 scallions, sliced  
4 cloves of garlic, chopped

**Make your sauce:**

1/3 cup extra-virgin olive oil  
1/3 cup raw organic agave nectar  
Fresh lime juice from two large limes  
A tiny, secret pinch of cinnamon

- Step 1.** Preheat the oven to 350 degrees F.
- Step 2.** Tear off eight pieces of foil; two for each piece of salmon. Place one serving of salmon on one piece of foil. Season with a little sea salt and fresh ground pepper.
- Step 3.** Combine the olive oil, agave, lime juice and touch of cinnamon in a glass measuring cup. Pour the sauce all over the salmon pieces.
- Step 4.** Sprinkle the salmon with onions, scallions and garlic. Place the remaining pieces of foil on each serving and fold the edges to create a packet.
- Step 5.** Bake in a preheated oven for roughly 20 minutes, till it flakes easily-but is not dried out.



# BASQUE-STYLE CHICKEN

*Serves 4*

- 1-1/2 tablespoons extra-virgin olive oil
- 3-1/4 pounds mixed chicken fryer parts, cut into serving pieces
- 1 large red bell pepper, seeded and cut into 1 inch squares
- 1 large green bell pepper, seeded and cut into 1 inch squares
- 2 medium onions, cut into thin wedges
- 1/4 pound small mushrooms, halved or quartered
- 1/4 pound smoked ham, diced
- 2 tablespoons sherry vinegar or white wine vinegar
- 2 large tomatoes, diced
- 1/3 cup chicken stock
- 1 teaspoon dried marjoram, or 2 teaspoons fresh, minced
- 1/8 teaspoon cayenne
- 1/3 cup ripe olives
- 3 tablespoons tomato paste



Heat oil in a nonreactive Dutch oven over medium high heat. Add chicken and cook 8-10 minutes, turning, until browned on both sides. Remove chicken from pan and set aside. Stir in next 5 ingredients and cook 4-5 minutes, stirring often, until peppers begin to soften. Pour in vinegar and stir up any browned bits from bottom of pan. Add next 4 ingredients and salt to taste. Reduce heat to medium low, cover and gently simmer 35-40 minutes, until chicken is tender and no longer pink in center. Transfer chicken and vegetables to a platter and keep warm. Add olives and tomato paste to the pan juices. Boil, uncovered, 2-3 minutes, until slightly thickened. Pour sauce over chicken.

# CRUSTLESS ROASTED VEGETABLE QUICHE

*Serves 4 to 6*

2 cups roasted vegetables  
4 ounces aged Cheddar cheese, grated  
4 organic free-range eggs, beaten  
1/2 cup light cream, Half and Half Cream  
A pinch of nutmeg  
A pinch of Old Bay Seasoning  
10 sweet grape or cherry tomatoes, halved  
Chopped basil or parsley

- Step 1.** Pre-heat the oven to 375 degrees F. Lightly oil a 9-inch glass pie plate.
- Step 2.** Layer the roasted vegetables in the bottom of the pie plate. Scatter most of the shredded cheese over the vegetables.
- Step 3.** In a large 4-cup Pyrex measuring cup, or mixing bowl, use a fork to beat the eggs with the cream, and add a pinch of nutmeg. Pour the egg mixture all over the veggies and cheese, allowing it to seep in.
- Step 4.** Press the cute little halved tomatoes all over the top; sprinkle a tad more of the remaining cheese; dust lightly with basil or parsley.
- Step 5.** Bake the pie in the center of a pre-heated oven for 30 minutes, or until the center of the pie is set, and the edges are turning golden brown.
- Step 6.** Set on a wire rack to cool for five minutes before serving. This allows the pie to settle, and makes it easier to slice and serve.



# GREEK LEMON CHICKEN

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2 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
2 cloves garlic, crushed  
3/4 teaspoon oregano, or 2 Tbs. plus 2 tsp. fresh, chopped  
1/8 teaspoon pepper  
1 lb. boneless skinless chicken breast halves  
2-3/4 lemon slices  
3/4 teaspoon parsley, chopped

Combine oil, lemon juice, garlic, oregano, and pepper to taste in a small bowl. Mix thoroughly. Place chicken breasts between two sheets of wax paper and pound lightly with a mallet or other heavy flat object to flatten slightly. Transfer chicken to a dish. Add marinade and refrigerate 30 minutes. Turn on broiler. Place breasts in a shallow baking dish. Brush with half the marinade. Broil 4-5 minutes. Turn, brush with remaining marinade, and broil another 4-5 minutes, or until browned. Serve with pan juices. Garnish with lemon slices and sprinkle with parsley.



## MEDITERRANEAN FISH IN FOIL PACKETS WITH RICE

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4 serving size fish fillets, rinsed and patted dry (about 1 1/2 pounds)  
A squeeze of fresh lemon juice  
Sea salt and fresh pepper  
8 cloves of garlic, roughly chopped  
2 red or sweet yellow onions, cut into pieces  
4 cups baby spinach leaves- or chopped spinach  
8 plum or Italian tomatoes, roughly chopped

4 tablespoons balsamic vinegar  
2 tablespoons chopped fresh basil  
2 tablespoons chopped fresh parsley or cilantro  
A sprinkle of red pepper flakes, to taste  
Extra-virgin olive oil, as needed

**Step 1.** Fire up the grill to medium high heat. If you are cooking indoors, preheat the oven to 375 degrees F.

**Step 2.** Tear off a large sheet of aluminum foil and place it on a large platter or tray.

**Step 3.** Lay the fish fillets in the center, in a single layer. Squeeze a little lemon juice over the fillets. Season with sea salt and fresh pepper.

**Step 4.** In a large mixing bowl, combine the garlic, onion, baby spinach and tomatoes. Add the balsamic vinegar, fresh chopped herbs, red pepper flakes and toss to mix. Drizzle with enough extra virgin olive oil to moisten it all. Season with a little sea salt and pepper. Toss to coat.

**Step 5.** Tear off a second sheet of foil the same size as the bottom sheet.

**Step 6.** Turn up all the edges of the bottom sheet a bit to catch any liquid that runs to the edge.

**Step 7.** Spoon the spinach-tomato mixture on top of the fish. Drizzle on any remaining olive oil left in the bowl.

**Step 8.** Lay the second piece of foil on top of the fish and veggies and crimp the foil closed all around the edges to make a large packet.

**Step 9.** Carry the packet with the platter or tray to the grill and carefully transfer the packet to the preheated grill. Cover the grill and cook until the fish is done- about 20 minutes or so- depending on the thickness of the fillet, and how hot your fire is. The fish should flake easily with a fork, and appear opaque.

**Step 10.** Serve with hot cooked rice.





## MEDITERRANEAN SHRIMP CASSEROLE

---

2 cups small shell pasta  
3 cloves garlic, crushed  
2-1/4 cups canned plum tomatoes, drained, coarsely chopped, juice reserved  
1/3 cup white wine  
1/3 cup plus 5 tablespoons tomato sauce  
1/8 teaspoon cayenne pepper  
11 ounces cooked shrimp, peeled, deveined, and drained  
2/3 cup fresh dill, finely chopped  
1-1/3 cups Asiago cheese, grated

Preheat oven to 400°F. Cook pasta in a large pot of boiling water about 6 minutes, until partially cooked. Drain. Combine garlic with juice from tomatoes and wine in a heavy nonreactive saucepan over medium heat. Bring to a boil, stirring frequently. Simmer 5-7 minutes, until most of liquid has evaporated. Stir in tomatoes, tomato sauce and cayenne. Bring to a boil. Add shrimp, pasta, dill and half the cheese. Mix thoroughly. Transfer to a shallow baking dish. Sprinkle with remaining cheese. Bake 15-20 minutes, or until heated through.



# MOROCCAN COUSCOUS WITH CHICKPEAS

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*Serves 6*

2 cups dry couscous  
4 cups boiling water  
1 cup canned chickpeas, (garbanzo beans), drained  
1/4 cup parsley, minced  
2 tablespoons scallions, minced  
1/4 cup fresh lemon juice  
2 tablespoons extra-virgin olive oil  
1 tablespoon cumin  
1 teaspoon coriander  
1 teaspoon paprika  
1/2 teaspoon cayenne pepper  
2 cloves garlic, crushed



Pour boiling water over the couscous in a heat-proof bowl. Let stand for 5 minutes until the water is absorbed. Add chickpeas, parsley and scallions. Combine remaining ingredients in another bowl and pour over the couscous and chickpeas. Serve at room temperature or refrigerate until ready to serve.

# PESTO ZUCCHINI TOMATO GRATIN

*Serves 4*

## **For the veggies:**

3 medium zucchini, sliced in long pieces  
5 cloves garlic, chopped  
A handful of halved artichoke hearts  
4 tablespoons prepared Basil Pesto  
2-3 vine ripe tomatoes, sliced thick  
1 tablespoon balsamic vinegar  
1 pinch sea salt, to taste  
Fresh ground black pepper, to taste  
4 ounces fresh mozzarella cheese, sliced

## **For the topping:**

2 cups Cornbread Crumbs  
2 tablespoons extra-virgin olive oil  
Fresh or dried Italian Herbs or  
basil/oregano/marjoram, to taste

## **For the Basil Pesto:**

3 cups washed, fresh basil leaves, stems removed, patted dry  
2-4 garlic cloves, peeled- according to taste  
1/3-1/2 cup pecans, pine nuts, almonds or walnuts  
10 tablespoons fruity extra-virgin olive oil, as needed  
1/2 cup grated Parmesan or Romano cheese, optional  
Pinch of sea salt, if desired

## **For the Basil Pesto:**

- Step 1.** Combine the above ingredients in a food processor and pulse it on and off until it becomes a smooth paste. Taste test for seasoning and texture adjustments.
- Step 2.** Use immediately, or cover and chill.
- Step 3.** If it becomes stiff add some extra-virgin olive oil and stir till smooth.
- Step 4.** Pesto will darken if exposed to high heat and will lose its vibrant green color, so don't "cook" pesto in a hot pan or add it to hot pasta in a hot pot; rather, transfer the cooked pasta into a bowl first- then add the pesto and stir gently.



## PESTO ZUCCHINI TOMATO GRATIN (CONT.)

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### For the Pesto Zucchini Tomato Gratin:

- Step 1.** Preheat oven to 350 degrees F. Lightly oil a gratin dish or large pie plate.
- Step 2.** Place the toasted crumbs in a bowl and using a fork, toss with a tablespoon of extra virgin olive oil to coat; season with Italian Seasoning or dried basil/oregano/marjoram.
- Step 3.** Heat a tablespoon of olive oil in a large skillet. Add the zucchini, garlic and artichokes, and sauté briskly just until the zucchini is a bit golden and still tender-crisp. Remove from heat and pour the veggies into a bowl to cool slightly.
- Step 4.** When cooled, gently toss the zucchini mixture with the prepared basil pesto, to coat. Layer the pesto veggies in the gratin dish or pie plate.
- Step 5.** Spread a scant third of the crumbs on the squash mixture. Layer with slices of mozzarella. Top with sliced tomatoes. Sprinkle the tomatoes lightly with balsamic vinegar. Season with sea salt and pepper. Sprinkle the remaining crumbs over the tomatoes.
- Step 6.** Bake the gratin until it is bubbly and hot, about 20-25 minutes.
- Step 7.** Serve as a side dish or on top of a bed of hot brown rice penne tossed with basil pesto.

# SESAME ROASTED POTATOES WITH CUCUMBER DIP

*Serves 6*

24 small red potatoes, scrubbed, cut into bite-sized pieces  
2 tablespoon extra-virgin olive oil  
1 1/2 tablespoon toasted sesame seeds  
1 cup plain nonfat yogurt (cheese)  
2/3 cup minced cucumber  
1/4 Cup minced red onion  
2 tablespoon chopped flat-leaf (italian) parsley  
2 tablespoon chopped mint leaves, plus white leaves for garnish  
1/2 teaspoon ground coriander  
1/2 Teaspoon ground cardamom  
Pinch of salt  
Pinch of freshly ground black pepper  
2 teaspoon fresh lime juice



- Step 1.** Preheat the oven to 400 degrees F.
- Step 2.** Coat the bottom of a baking dish large enough to hold all the potatoes in one layer with olive oil. Roll the potatoes in the oil, drizzling more to lightly coat them if necessary. Scatter sesame seeds over the potatoes.
- Step 3.** Bake until the potatoes are light brown on the edges and tender to the point of a knife, 20 to 25 minutes. Remove from the oven and let cool to room temperature.
- Step 4.** To make the dip, in a bowl, whisk the yogurt cheese with the cucumber, onion, parsley, mint, coriander, cardamom, salt, pepper, and lime juice until blended. Taste and adjust the seasonings. Spoon the dip into a ramekin and refrigerate until serving time.

# SHRIMP WITH PEA RISOTTO

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*Serves 4*

1 (28-ounce) can diced tomatoes  
3 large garlic cloves  
4 tablespoons olive oil  
2 ounces butter  
2 cups water  
2 bay leaves  
Sea salt and freshly ground pepper  
2 cups brown rice  
1 cup peas  
1 pound medium shrimp, peeled and deveined  
Juice of 1 lemon

Reduce the diced tomatoes and garlic to a sauce using a food processor. Place the sauce in a large pot and add the olive oil, butter, water and bay leaves. Season with salt and pepper and bring to a boil over medium-high heat. Add the rice and peas. Reduce the heat to low and simmer for 30 minutes. Add the shrimp and cook for another 10 to 15 minutes. Mix in the lemon juice. Serve warm.



# SPINACH WITH RICE BAKED WITH CHICKEN

*Serves 6*

1 2-pound bag frozen chopped spinach  
2-3 tomatillos, cored, chopped  
3 large ripe plum tomatoes, seeded, chopped  
6 cloves garlic, chopped  
Sea salt  
Lemon Pepper seasoning  
4-6 ounces marinated mozzarella, sliced

4 ounces goat cheese, crumbled  
3 large boneless split chicken breasts  
Extra-virgin olive oil, as needed  
2 large portobello mushrooms, sliced  
Balsamic vinegar, as needed  
2 cups cooked brown rice or brown basmati rice

**Step 1.** Preheat oven to 375 degrees F.

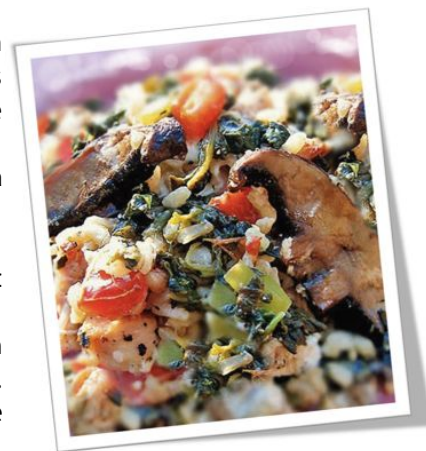
**Step 2.** Thaw the spinach a bit (and pat dry if necessary) so you can scatter half of it in the bottom of a large baking dish. Sprinkle half of the tomatillos, tomatoes and garlic on top. Season with sea salt and lemon pepper. Scatter half the cheeses.

**Step 3.** In the meantime, heat up a large skillet and brown the chicken breasts in a little olive oil. Season with sea salt and Lemon Pepper.

**Step 4.** Remove the chicken from the pan and cut it into bite-size pieces.

**Step 5.** Saute the portobello slices in a little olive oil and good splash of balsamic vinegar, till tender.

**Step 6.** Add the cooked chicken and the portobellos to the spinach mixture. Spoon on the rice. Top with the remaining spinach, tomatillos, tomatoes and garlic. Add the remaining sliced mozzarella and goat cheese. Put the pan in the oven. Bake until done, about 25 to 30 minutes, till heated through.



# TURKISH RICE PILAF WITH GARBANZOS

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- 1 tablespoon extra-virgin olive oil
- 2/3 cup long grain rice
- 2/3 cup vegetable or chicken stock
- 2/3 cup water
- 1/4 teaspoon pepper
- 1 pound canned garbanzo beans, rinsed and drained
- 1 tomato, sliced
- 2 tablespoons unsalted butter, cut into small pieces
- 1/2 teaspoon mint, or 2 tablespoons fresh, chopped

Heat oil in a heavy saucepan over medium heat. Sauté rice until golden. Stir in stock, water and pepper. Increase heat to high and bring to a boil. Immediately reduce heat to low. Cover and simmer 20-25 minutes or until rice is tender and liquid is absorbed. Stir in beans. Turn on broiler. Transfer rice to an ovenproof serving dish. Arrange tomato slices over beans and rice and dot with butter. Broil 2-3 minutes or until tomato slices are cooked throughout. Serve pilaf sprinkled with mint.







# Sweets

# BLUEBERRY-LEMON COFFEE CAKE

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1 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup sugar  
1/2 cup almond paste  
1/3 cup chilled butter, cut into small pieces  
1 large egg  
1 tablespoon lemon juice  
3/4 cup fat-free milk  
1 1/2 cups blueberries  
2 teaspoons grated lemon rind  
Cooking spray

## For the Topping:

1/4 cup sugar  
3 tablespoons sliced almonds, chopped  
1 1/2 tablespoons butter, melted  
1/2 teaspoon ground cinnamon



- Step 1.** Preheat oven to 350°.
- Step 2.** To prepare cake, lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, baking powder, baking soda, and salt in a small bowl, stirring with a whisk.
- Step 3.** Place 1/2 cup sugar, almond paste, and 2 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended. Add egg and lemon juice, beating well. Add flour mixture and fat-free milk alternately to sugar mixture, beginning and ending with flour mixture. Fold in blueberries and rind. Spoon batter into a 9-inch square baking pan coated with cooking spray.
- Step 4.** To prepare topping, combine 1/4 cup sugar and remaining ingredients in a small bowl, tossing with a fork until moist. Sprinkle topping evenly over batter. Bake at 350° for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

# GINGERED BLUEBERRY SHORTCAKE

---

4 cups blueberries  
4 tablespoons granulated sugar  
1 tablespoon fresh lime juice  
9 ounces all-purpose flour (about 2 cups)  
1 tablespoon baking powder  
1/2 teaspoon salt  
6 tablespoons chilled butter, cut into small pieces  
3 tablespoons minced crystallized ginger

3/4 cup 2% reduced-fat milk  
1 large egg white  
1 tablespoon water  
1/3 cup heavy whipping cream  
2 tablespoons powdered sugar

- Step 1.** Preheat oven to 400°.
- Step 2.** Combine first 3 ingredients in a medium saucepan over medium-low heat; cook 3 minutes or until berries begin to pop, stirring frequently. Set aside.
- Step 3.** Weigh or lightly spoon flour into dry measuring cups; level with a knife. Place flour, baking powder, and salt in a food processor; pulse 3 times to combine. Add butter and ginger to processor; pulse until mixture resembles coarse meal. Place mixture in a large bowl; add milk, stirring just until moist. Turn mixture out onto a lightly floured surface. Press mixture into a 7-inch circle; cut into 8 wedges. Place wedges 1 inch apart on a baking sheet. Combine egg white and 1 tablespoon water in a small bowl. Lightly brush tops of wedges with egg white mixture; sprinkle evenly with turbinado sugar. Bake at 400° for 20 minutes or until golden brown. Cool on a wire rack.
- Step 4.** Place cream in a medium bowl; beat with a mixer at medium speed until soft peaks form. Add powdered sugar, beating until stiff peaks form. Split shortcakes in half horizontally; spoon 1/3 cup berry mixture over each bottom half. Top each with 1 1/2 tablespoons whipped cream; cover with shortcake tops.



# LEMON POUND CAKE WITH CHERRY COMPOTE

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## For the Cake:

Cooking spray  
3 cups plus 2 tablespoons all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 cups granulated sugar  
3/4 cup butter, softened

2 large eggs  
1 cup low-fat buttermilk  
1 tablespoon grated fresh lemon rind  
3 tablespoons fresh lemon juice  
1 teaspoon chopped fresh mint  
1 tablespoon powdered sugar

## For the Compote:

4 cups pitted sweet cherries (about 1 1/2 pounds)  
1/4 cup granulated sugar  
2 tablespoons water  
2 teaspoons cornstarch  
1/4 teaspoon almond extract

**Step 1.** Preheat oven to 350°.

**Step 2.** To prepare the cake, coat a 10-inch tube pan with cooking spray; dust with 2 tablespoons flour.

**Step 3.** Lightly spoon remaining 3 cups flour into dry measuring cups; level with a knife. Combine 3 cups flour, baking powder, baking soda, and salt in a bowl, stirring well with a whisk. Combine 2 cups granulated sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Add flour mixture to sugar mixture alternately with buttermilk, beating at low speed, beginning and ending with the flour mixture. Add rind, juice, and mint; beat just until blended.

**Step 4.** Spoon batter into prepared pan; sharply tap the pan once on counter to remove air bubbles. Bake at 350° for 45 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack. Sift powdered sugar over top of cake. Cut cake into 16 slices.

**Step 5.** To prepare compote, combine cherries, 1/4 cup granulated sugar, 2 tablespoons water, and cornstarch in a medium saucepan; bring to a boil. Cook 1 minute, stirring constantly. Remove from heat; stir in extract. Cool. Serve with cake.



# PINA COLADA SORBET

---

3 cups cubed fresh pineapple  
1 cup coconut water  
1/2 cup sugar  
1 cup light coconut milk  
2/3 cup cream of coconut

- Step 1.** Place first 3 ingredients in a blender, and process until smooth and sugar dissolves. Combine pureed pineapple mixture, coconut milk, and cream of coconut in a bowl; stir with a whisk. Cover and refrigerate until thoroughly chilled.
- Step 2.** Pour mixture into the freezer can of an ice-cream freezer, and freeze according to the manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 2 hours or until firm.



## SAUTEED GRAPE NAPOLEONS WITH PORT REDUCTION

---

9 (14 x 9-inch) sheets frozen phyllo dough, thawed

Cooking spray

2 tablespoons plus 2 teaspoons powdered sugar, divided

3/4 cup tawny port

1 tablespoon honey

1/4 teaspoon salt, divided

2 teaspoons butter

1 cup seedless red grapes

2 teaspoons granulated sugar

2 teaspoons fresh lemon juice

1 ounce goat cheese, softened

1 (3-ounce) package 1/3-less-fat cream cheese, softened

2 tablespoons chopped walnuts, toasted

2 cups seedless green grapes

**Step 1.** Preheat oven to 350°.

**Step 2.** Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying). Lightly coat dough with cooking spray. Place 2 tablespoons powdered sugar in a small sieve; dust phyllo lightly with powdered sugar. Repeat procedure with 2 phyllo sheets, cooking spray, and powdered sugar, ending with powdered sugar; press layers gently to adhere. Cut phyllo stack lengthwise into 3 (3 x 14-inch) rectangles. Cut each rectangle crosswise into 4 (3 x 3 1/2-inch) rectangles to form 12 rectangles. Carefully stack 1 rectangle on top of another to form 6 stacks; press layers gently. Place stacks on a baking sheet lined with parchment paper. Repeat procedure with the remaining phyllo, cooking spray, and powdered sugar to form 18 stacks.



## SAUTEED GRAPE NAPOLEONS WITH PORT REDUCTION (CONT.)

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- Step 3.** Cover the phyllo stacks with parchment paper; place another baking sheet on parchment. Bake at 350° for 10 minutes or until stacks are golden and crisp. Carefully remove top baking sheet and parchment. Cool phyllo stacks completely on baking sheet.
- Step 4.** Bring port to a boil in a small saucepan over medium-high heat. Cook 10 minutes or until reduced to 1 1/2 tablespoons. Remove from heat; stir in honey and 1/8 teaspoon salt.
- Step 5.** Melt butter in a nonstick skillet over medium-high heat. Add remaining 1/8 teaspoon salt, grapes, granulated sugar, and juice. Saute 10 minutes or until grapes are tender, stirring occasionally. Remove from heat, and cool to room temperature.
- Step 6.** Combine cheeses in a small bowl, stirring well.
- Step 7.** Place 1 phyllo stack on each of 6 plates, and top with 1 teaspoon cheese mixture and 1 tablespoon grape mixture. Repeat the layers once, ending with phyllo stack. Drizzle 1 teaspoon port mixture onto each plate. Sprinkle each serving with 1 teaspoon walnuts, and dust evenly with the remaining 2 teaspoons powdered sugar.