



The Mediterranean Diet
Recipe Book

Eleventh Edition



By Ray Baker



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**Breakfast
&
Light Lunches**

CHALLAH

Makes 2 loaves

1 scant tablespoon (1 package) active dry yeast
1 3/4 cups lukewarm water
1/2 to 3/4 cup sugar
1/2 cup extra-virgin olive oil
5 large eggs
5 cups bread flour
3 1/2 cups unbleached all-purpose flour, approximately
1 tablespoon salt
Poppy or sesame seeds for sprinkling



- Step 1.** In large bowl, dissolve yeast in warm water. Add sugar and oil and mix well with a whisk or a wooden spoon. Beat in 4 eggs, 1 at a time. Gradually stir in bread flour, 2 cups of all-purpose flour and salt, until dough holds together.
- Step 2.** Knead on lightly floured surface for about 10 minutes, or until dough is smooth and elastic, adding remaining 1 1/2 cups flour as needed. To knead by machine: in an electric mixer fitted with dough hook, knead for 5 minutes on medium speed, or until smooth.
- Step 3.** Place dough in oiled bowl and let rest covered, in warm place for 1 hour, until almost doubled in size. Punch down. Cover again, and let rise in a warm place for 30 minutes more.
- Step 4.** Preheat oven to 400°F.

To braid:

- Step 1.** Divide dough in half. Divide first half into 3 sections. Roll each section into a tapered rope. Place side by side and start braiding from center down. Braid other end. Pinch ends to seal and tuck under. Repeat with second dough.
- Step 2.** Place braided loaves on a greased cookie sheet with at least 2 inches in between. Let loaves rise another hour, uncovered. Fifteen minutes before putting loaves in oven, beat remaining egg and brush it gently over them. Five minutes later, lightly brush again, and sprinkle with poppy or sesame seeds. Let dry a few minutes.
- Step 3.** Bake loaves on middle rack of oven for 10 minutes. Reduce temperature to 375°F and bake for 30 minutes more. Turn off oven and leave loaves in 5 minutes to get a dark-golden crust. Remove and cool on a rack.

GREEK TORTILLA WITH COURGETTES, CHEESE AND FRESH MINT (SFOUGGATO)

1 kg courgettes, finely sliced
2 spring onions, chopped
2 large potatoes, finely sliced
8 eggs
1 cup grated graviera cheese (or cheddar)
1/2 cup crumbled feta
4-5 large leaves of mint, chopped
Extra virgin olive oil, salt pepper



- Step 1.** In a large and deep skillet sauté the potatoes until soft but not colored, about 15 minutes. Put them on kitchen paper to dry.
- Step 2.** Do the same with the courgettes and spring onions over medium-high heat, stirring, until most of the liquid has evaporated.
- Step 3.** In a large bowl beat the eggs and then add the mint, cheese and the vegetables.
- Step 4.** In the same skillet heat some more olive oil and pour the omelette. Cook (patiently) over medium heat for about 10-15 minutes. Every now and then check whether the bottom is ready, by slightly lifting the side.
- Step 5.** When there is virtually no liquid left on the surface of the omelette, turn it over to cook the other side. To do this, place a flat lid or plate over the pan, carefully invert both so that the omelette is on the lid or plate. Check whether it is ready and flip the omelette using a plate.
- Step 6.** Either serve immediately, or refrigerate until needed.
- Step 7.** To serve, sprinkle some spring onion (the green part only) and cut into wedges.

GRILLED ZUCCHINI WITH HERB MARINADE

Serves 6

1 zucchini (225g)
1 teaspoon of thyme
2 teaspoons of extra-virgin olive oil (for health purpose, just add 1 teaspoon of extra-virgin olive oil)
1 and the 1/2 teaspoons of black pepper
1/2 teaspoon of salt



- Step 1.** Cut the zucchini widthwise into 1/4-inch or so slices. Put the slices into large mixing bowl.
- Step 2.** Add the olive oil first and mix well. Then add in the remaining ingredients, thyme, salt , black pepper. Add a small portion at a time and mix well. Put the zucchini slices in the refrigerator at least 1 hour before grilling.
- Step 3.** Preheat the oven to 150 C.
- Step 4.** Set the zucchini slices on the grill and cook for 10 minutes before serving.

MARINATED OLIVES

Serves 8

- 3/8 (8 ounce) jar pitted green olives
- 3/8 (5 ounce) jar pitted kalamata olives, drained
- 3/4 bay leaves
- 1/8 teaspoon dried rosemary
- 1/4 teaspoon fennel seed
- 1/4 teaspoon dried thyme
- 2 tablespoons and 1-1/4 teaspoons distilled white vinegar



- Step 1.** Place olives in a colander, and rinse in cool, running water. Rinse the olive jars out with water.
- Step 2.** In a large mixing bowl, combine bay leaves, rosemary, fennel, thyme, and white vinegar. Add olives, and toss until olives are coated. Place the mixture into the two jars; make sure each jar gets one bay leaf. Fill any empty space in the jars up with water. Cap jar, and shake well. Refrigerate for at least 2 days.

OLIVE OIL WHEAT RUSKS

Makes 2 loaves

1 kg all purpose flour
500ml water, warm
200ml extra-virgin olive oil
1 sachet (8g) dried yeast
1 teaspoon salt



- Step 1.** Place the flour in a large bowl and mix with the salt and yeast.
- Step 2.** Make a well in the centre and add the water and oil. Mix well to moisten the flour. The dough should be slightly sticky. Generally, it is better to have a moister dough than a dry one.
- Step 3.** Transfer dough to the mixer bowl. Using the dough hook process for 5 minutes. If you decide to knead by hand try to follow the basic rule of spreading and folding the dough. While you are doing that all the gluten in the dough will develop and you will get better texture and a more elastic dough.
- Step 4.** Form a ball with the dough and cover the bowl with plastic wrap (slightly oiled so that the dough will not stick on it). Let the dough rise for 1.5-2 hours.
- Step 5.** Knock back the dough, divide into 2 and shape two oblong loaves. Place them on a baking sheet covered with non-stick baking paper and let them rise for another 30 minutes.
- Step 6.** Pre-heat the oven to 220 oC . Bake the loaves in a hot temperature for the first 10 minutes and the reduce oven temperature to 200 oC. They need about 1 hour.
- Step 7.** Let the loaves cool down on a rack then slice them carefully with a serrated bread knife in 1.5-2 cm slices. Place the slices on a baking sheet and bake again in a pre-heated 200 oC oven for another 30 minutes, turning them once, until they become crispy and hard. Let them cool on a rack and store in an airtight container for 7 to 10 days.

ROASTED SPRING VEGGIE MEDLY

Serves 8

1 pound green beans, trimmed
1 pound baby carrots (2 cups)
3 medium red onions, cut into eighths
2 large red bell peppers, seeded and cut into 1/2-inch strips
2 large yellow bell peppers, seeded and cut into 1/2-inch strips
8 sprigs fresh thyme
Salt and pepper
4 cloves garlic, minced
1/3 cup extra-virgin olive oil
1 1/2 teaspoons dried basil
1/2 teaspoon paprika



- Step 1.** Place a rack in center of oven. Preheat oven to 400°F. Line a shallow baking pan with aluminum foil.
- Step 2.** Cut green beans in half. Spread on prepared pan along with carrots, onions, peppers and thyme sprigs. Sprinkle with salt and pepper. Whisk garlic, olive oil, basil, paprika, salt and pepper together in a small bowl. Pour mixture over vegetables and toss to coat evenly. Roast for 20 minutes. Using a wide spatula, turn vegetables. Roast until tender, 15 to 25 minutes more.

SPAGHETTI ALLA IOANNA

Serves 4

500g spaghettini (very fine spaghetti)
2 large courgettes, very finely chopped
1 large aubergine, peeled and cut into small cubes
5 large ripe tomatoes, peeled, de-seeded and cut into cubes
1 clove garlic, chopped
Extra-virgin olive oil and some basil leaves (or a tablespoon of pesto)
100gr of cheese (manouri or other sheep's or goat's cheese), crumbled
Salt, pepper, sugar



- Step 1.** In a large pan heat 3-4 tablespoons of olive oil and saute the aubergine, courgette and garlic for 6-7 minutes. It is better to do it over medium heat and not let the vegetables color at any time.
- Step 2.** Add the tomatoes and let the sauce simmer quietly (another 15 minutes or more). The sauce should be thick and chunky. I usually add some extra olive oil in the end.
- Step 3.** When you think the sauce is ready add the chopped basil or pesto, give it a stir and remove from the heat.
- Step 4.** Boil the pasta according to package instructions.
- Step 5.** Mix pasta with sauce and serve. Top each plate with the cheese and enjoy.

SPLIT PEAS WITH CARAMELIZED ONIONS

Serves 6

500gr yellow or red split peas
1kg onions
Extra-virgin olive oil
Balsamic vinegar
Honey or sugar
Salt, pepper, lemon juice



- Step 1.** Rinse the split peas a couple of times. Fill a large pan with enough water to cover the peas and bring to the boil. Remove the scum and add 1 chopped onion , 2 tablespoons of olive oil and some salt. Simmer for 1-1.5 hrs until the peas have softened and turned into mush. Be careful not to let them dry, so do add a little water from time to time, otherwise they will stick to the bottom of the pan.
- Step 2.** When they are ready process in a blender together with some lemon and olive oil until you get a homogenous mix. Season well. The consistency should be reminiscent of mashed potatoes, perhaps slightly more runny. I also pass the fava through a fine sieve to get a velvet texture.
- Step 3.** While the peas are cooking make the caramelized onions. Peel the onions and cut them in half. Cut each half into three pieces.
- Step 4.** Heat 3-4 tablespoons of olive oil in a deep pan and sauté the onions until golden, about 3-4 minutes. Add salt and lower temperature. Simmer until there are no juices left.
- Step 5.** Add 1 tablespoon of sugar or honey and 2 tablespoons of vinegar and let them caramelize.
- Step 6.** Place 3-4 tablespoons of peas puree on a plate, add some lemon juice, top with the onions and smother in olive oil. Enjoy as a meze with loads of bread.

STEWED VEGETABLE GRATIN

Serves 4 to 6

- 3 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 2 celery stalks, diced
- 2 medium carrots, diced
- 1 19-ounce can white beans, rinsed and drained
- 1 cup (about 4 ounces) plus 2 tablespoons grated Parmesan
- 1 bunch Swiss chard, stems removed and leaves cut crosswise into 1-inch strips
- 1 14.5-ounce can diced tomatoes, undrained
- 1/2 cup low-sodium chicken broth
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 baguette
- 2 tablespoons fresh thyme



Step 1. Heat oven to 400° F.

Step 2. Heat 1 tablespoon of the oil in a large saucepan over medium-high heat. Add the onion, celery, and carrots and cook, stirring occasionally, for 3 to 4 minutes. Add the tomatoes and their juices, broth, salt, and pepper. Bring to a boil. Add the Swiss chard and cook, stirring, until wilted, 1 to 2 minutes. Stir in the beans and 1 cup of the Parmesan. Transfer to an 8-by-11-inch baking dish or shallow 2-quart casserole.

Step 3. Cut the baguette in half crosswise and trim the ends to form two 8-inch portions. Slice each portion lengthwise to make several 1/4-inch-thick slices. Brush the top of each slice with the remaining oil. Arrange the slices, oil-side up, over the casserole, overlapping them slightly. Top with the thyme and the remaining Parmesan. Bake until the bread is golden brown, about 20 minutes.

STUFFED BREAD WITH FETA CHEESE, ONION, DILL AND OLIVES

Yields 1 big loaf

1 kg strong bread flour
9g dried yeast (1 sachet)
2 teaspoons salt
5 tablespoons extra-virgin olive oil
1 large onion, chopped
1 bunch of dill, chopped
200g feta cheese, crumbled
1 teaspoon pepper
1 cup black or green olives, pitted
1 cup almonds copped (optional)
2 teaspoons poppy seeds for the topping



Step 1. Mix together the flour, yeast and salt.

Step 2. Slowly add the water (approx 600ml). When all the flour has moistened, start kneading until you get a homogeneous elastic dough.

Step 3. Cover the dough and let it rest for 15-20 minutes.

Step 4. Spread the dough so that you form a large rectangle. Brush it with the oil and spread the filling in the middle leaving a 2-3 cm border so that the filling will not spill.

Step 5. Roll carefully and shape it into a horseshoe. Seal edges well. Carefully transfer to a greaseproof paper-lined baking tray seam down.

Step 6. Moisten surface with your hands and sprinkle the poppy seeds on top. Cover with wrap and let it rise for 45-50 minutes.

Step 7. Pre-heat the oven to 180 °C and bake for an hour until golden.

Step 8. Let the bread cool on a rack, slice it thickly

SUN-DRIED TOMATO FRITTERS

Serves 6

10 sun-dried tomatoes, soaked and coarsely chopped
2 cups warm water
1 medium onion, finely chopped
1/2 cup Tinos graviera cheese, grated
1/2 cup fresh dill, finely chopped
Salt and freshly ground black pepper to taste
2/3 cup all-purpose flour
1 teaspoon baking powder
2 large eggs, lightly beaten
Extra-virgin olive oil for frying



- Step 1.** Soak the tomatoes in water until they are plump and soft, about 1 hour. Drain and reserve the water.
- Step 2.** In a small bowl, combine the chopped sun-dried tomatoes with the onion, cheese and dill. Season with salt and pepper.
- Step 3.** In a medium bowl, combine the flour, baking powder and about 2/3 cup of the reserved soaking liquid to form a thick batter. Add the eggs and stir to combine along with the tomato mixture. Add more liquid or flour if necessary to give the mixture body.
- Step 4.** Heat about 2-3 cm (1 inch) olive oil in a large, heavy skillet over medium-high heat. When the oil reaches 190°C (375° F), drop a tablespoon at a time of the fritter mixture into the hot oil. Fry 3 to 4 fritters at a time, turning once, until golden on both sides. Remove with a slotted spoon and drain on paper towels. Serve warm.



Salads

APPLE SLAW WITH POPPY SEED DRESSING

Serves 2

1 cup coarsely chopped unpeeled Jonathan apple
1 teaspoon lemon juice
2 tablespoons fat-free sour cream
4-1/2 teaspoons fat-free (skim) milk
1 tablespoon frozen apple juice concentrate, thawed
1 teaspoon sugar
3/4 teaspoon poppy seeds
1/2 cup sliced carrots
1/3 cup shredded green cabbage
1/3 cup shredded red cabbage
2 tablespoons finely chopped green bell pepper
Additional cabbage leaves (optional)



- Step 1.** Combine apple and lemon juice in resealable food storage bag. Seal bag; toss to coat.
- Step 2.** Combine sour cream, milk, apple juice concentrate, sugar and poppy seeds in small bowl until well blended. Add apple mixture, carrots, cabbages and pepper; toss to coat. Serve on cabbage leaves, if desired.

ARUGULA SALAD WITH SHRIMP AND SPICY TOMATOES

Serves 6

- 5 ounce arugula
- 1 teaspoon minced garlic
- 2 teaspoon honey
- 2 teaspoon Dijon mustard
- 1/4 cup extra-virgin olive oil
- 1/4 cup thinly sliced prosciutto, optional
- 1/4 teaspoon ground black pepper
- 2 tablespoon white balsamic vinegar
- 2 1/2 ounce mixed baby salad greens
- 1/4 teaspoon kosher salt
- 1 tablespoon minced shallots
- 12 ounce large shrimp, peeled and deveined
- 1 can (14.5 oz each) Hunt's® Petite Diced Tomatoes with Mild Green Chilies, drained
- 3 serving (1/3 sec spray) PAM® Professional™ No-Stick Cooking Spray



- Step 1.** Season shrimp with salt and pepper; set aside. Spray large skillet with cooking spray; heat over medium-high heat. Add shrimp; cook 3 to 4 minutes or until shrimp are pink and opaque. Set aside.
- Step 2.** Prepare dressing by combining vinegar, shallots, mustard, honey and garlic in small bowl. Slowly add olive oil in a steady stream, whisking constantly 2 to 3 minutes or until mixture is thick and creamy.
- Step 3.** Place drained tomatoes, arugula, mixed greens and dressing in large bowl; toss to coat.
- Step 4.** Place equal amounts of salad on serving plates. Top each with shrimp and prosciutto, if desired.

BLACK-EYED-PEA SALAD

Serves 6

2 15oz. cans of Bush's black-eyedpeas (drained)
1/2 cup chopped small purple onion
1/2 cup chopped green pepper
1/2 clove of garlic
1/4 cup vinegar
1/4 cup sugar
1/4 cup extra-virgin olive oil
1/2 teaspoon salt
Dash of pepper



- Step 1.** Combine the Bush's black-eyedpeas, purple onion, green pepper, and the clove of garlic.
- Step 2.** In separate bowl add the rest.
- Step 3.** Pour over beans.
- Step 4.** Refrigerate.

BOILED MUSTARD GREENS

Serves 4

1/2 cup thinly sliced onions

2 cloves garlic, minced

1 tablespoon extra-virgin olive oil

1 pound mustard greens, washed and torn into large pieces

2 to 3 tablespoons chicken broth or vegetable broth (vegetarian option)

1/4 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon dark sesame oil



Step 1. In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

Step 2. Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

CHERRY CHICKEN SALAD

Serves 4

- 3 cooked, boneless chicken breast halves, diced
- 1/3 cup dried cherries
- 1/3 cup diced celery
- 1/3 cup toasted, chopped pecans
- 1/3 cup low-fat mayonnaise
- 1 tablespoon buttermilk
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/3 cup cubed apples (optional)



In a large bowl, combine the chicken, dried cherries, celery, nuts, mayonnaise, milk, salt and pepper and apple if desired. Toss together well and refrigerate until chilled. Serve on toasted cracked wheat bread or croissants.

CHICKEN DINNER SALAD

4 boned skinned, medium chicken breasts
1 13 3/4-ounce can chicken broth
1/2 3-ounce package cream cheese
2 tablespoons mayonnaise
1 teaspoon lemon juice
1/4 teaspoon grated lemon peel
1/8 teaspoon salt
Romaine leaves
4 thick tomato slices
Seasoned salt
Toasted slivered almonds
1 peeled, pitted avocado
Favorite French or Italian dressing
Snipped fresh dill



Day before:

Cook chicken breasts in chicken broth, covered, 30 minutes, or until fork-tender; refrigerate in broth.

About 30 minutes before supper:

Step 1. Remove chicken breasts from broth.

Step 2. Mix cream cheese with mayonnaise, lemon juice, lemon peel, salt, and 1 tablespoon snipped dill. Use to spread over rounded side of each chicken breast.

Step 3. On each of 4 supper plates arrange 2 or 3 romaine leaves; top each with a tomato slice, sprinkled with seasoned salt. Then top with a chicken breast; sprinkle with a few toasted almonds and a bit of snipped dill. Garnish with avocado, cut into eighths. Pass dressing.

GREEN SALAD WITH FETA DRESSING

Serves 6

A variety of green leaves (bib lettuce, boston lettuce, curly endive, lollo rosso etc.)
2-3 tablespoons of chives or spring onions, green part only, finely chopped
150g feta cheese
Rind of 1 lime
Extra-virgin olive oil (4-5 tablespoons)
Salt, pepper, cayenne pepper (optional)



- Step 1.** Wash leaves well and dry them. Using your hands cut them in medium sized pieces and mix them well in a large salad bowl.
- Step 2.** Combine all dressing ingredients in a blender and process until smooth. Check seasoning and correct taste adding more olive oil or seasonings as needed.
- Step 3.** Mix half the dressing with the leaves, give them a good coating and see whether it needs more. You don't want too much on the salad, so take it easy. Serve immediately.

SALAD WITH COURGETTES, GRAVIERA CHEESE AND ANCHOVY SAUCE

Serves 4

650g courgettes (zucchini), thickly grated
1 teaspoon rock salt
1 large Boston lettuce or tender Romaine lettuce
1/2 bunch of flat leaf parsley, roughly chopped
180g kefalotyri, graviera, pecorino or other hard cheese, thinly sliced
the cut into strips
1 tablespoon sesame seeds
1 tablespoon fresh oregano leaves or 1 teaspoon dried oregano or marjoram
Salt, pepper



For the Sauce:

50g anchovies in oil
60ml lemon juice
115ml extra-virgin olive oil
1 tablespoon Dijon mustard
1 teaspoon dried rosemary or 1 tablespoon fresh chopped dill
1 tablespoon soy sauce
1 clove garlic, raw or roasted

For the Sauce:

Process everything in the blender until smooth.

For the Salad:

- Step 1.** Mix the courgettes with the rock salt, place them in a colander over a bowl and let them loose some of their moisture in the fridge.
- Step 2.** Roughly cut the salad leaves with your hands and add the chopped parsley. Take the courgettes out of the fridge, squeeze them well and mix in the salad. Finish off with the cheese sesame and fresh oregano leaves.
- Step 3.** Pour over half of the sauce, and carefully mix the salad using your hands. Season well and serve immediately. Any left over sauce can be kept in the fridge for future use.

SIFROS AUBRGINE SALAD

2 large aubergines, or three smaller ones
1 large tomato, de-seeded and cut into cubes
1 clove garlic, grated or very finely chopped
2 tablespoons chopped parsley
2 tablespoons chopped capers
some vinegar to taste
1-2 tablespoons extra-virgin olive oil
2-3 tablespoons chopped parsley (optional)



- Step 1.** Grill the aubergines skin on, from all sides, until the skin has charred and the flesh is soft, about 30 minutes.
- Step 2.** Place them in a bowl with cold water and peel the skin. Remove seeds and squeeze the flesh to remove all water.
- Step 3.** Roughly chop the aubergine flesh and mix with the other ingredients. Season well.
- Step 4.** Cover the bowl and chill the salad for a couple of hours.



& Soups

Vegetarian

BLACK BEAN-VEGETABLE SOUP

Serves 8

- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 2 carrots, chopped
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 4 cups vegetable stock
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 (8.75 ounce) can whole kernel corn
- 1/4 teaspoon ground black pepper
- 1 (14.5 ounce) can stewed tomatoes



- Step 1.** In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring, for 1 minute. Add stock, 1 can of the beans, corn, and pepper; bring to boil.
- Step 2.** Meanwhile, in food processor or blender, puree together tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

CHUNKY CHICKEN SOUP

3 cans of Chicken Broth
2 skinless Chicken Breasts
2 Carrots
2 stalks of Celery
3 chicken-flavored Boullion Cubes
2 cups of uncooked Egg Noodles
Pepper to taste



- Step 1.** Cut the chicken into bite-size chunks, then boil the pieces in chicken broth (instead of water).
- Step 2.** Cut the carrots and celery into bite-size pieces.
- Step 3.** Once the chicken is cooked throughout, add the carrots, celery, and boullion cubes to the chicken & broth mixture. Cook til it starts to boil.
- Step 4.** Then add the noodles and pepper for another 10 minutes.

NOTE: After serving, any unused portion will likely soak up most of the remaining broth. Simply add water plus another boullion cube (or another can of chicken broth) before reheating the leftovers.

JELLIED CLAM AND VEGETABLE SOUP

1 tablespoon unflavored gelatin
1/2 cup cold water
1 cup bottled clam juice (one 8-oz. bottle)
1/4 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/16 teaspoon pepper
Dash of cayenne
Lemon wedges
1/2 cup finely chopped firm tomato
1/2 cup finely chopped green pepper
1/2 cup finely grated raw carrot
1/4 cup finely grated cucumber
2 tablespoons minced parsley
2 tablespoons finely chopped green onion



- Step 1.** Add gelatin to cold water and let stand 5 minutes.
- Step 2.** Heat clam juice.
- Step 3.** Remove from heat.
- Step 4.** Add soaked gelatin and stir until gelatin is dissolved.
- Step 5.** Stir in Worcestershire sauce, salt, pepper and cayenne.
- Step 6.** Chill by setting in ice water until mixture begins to set.
- Step 7.** Fold in tomato, green pepper, carrot, cucumber, parsley and onion.
- Step 8.** Chill until set.
- Step 9.** Break up mixture by stirring lightly with a fork at serving time.
- Step 10.** Spoon into chilled soup cups.
- Step 11.** Garnish with lemon wedges.

MINISTRONE SOUP

Serves 6

4 slices bacon
1 cup chopped onion
4 cloves garlic, minced
1/3 pound ground beef
1 cup minced celery
1 cup cubed carrots
2 cups tomato puree
2 (14.5 ounce) cans stewed tomatoes
1 (14 ounce) can beef broth
1 (10.5 ounce) can condensed French onion soup
5 cups water
1/4 cup red wine
1 teaspoon dried oregano
1 teaspoon dried basil
Salt and pepper to taste
1 cup chopped zucchini
2 cups spinach, rinsed and sliced
1 cup uncooked spinach pasta
1 (15 ounce) can garbanzo beans, drained
1/4 cup chopped parsley



Step 1. In a large stock pot, cook bacon and drain off fat. Add onion, garlic, and beef. When onions are translucent, add celery, carrot, pureed tomatoes, whole tomatoes, broth, condensed soup, water, wine, oregano, basil, salt and pepper. Cook for 15 minutes.

Step 2. Stir in zucchini, spinach, pasta, garbanzo beans and parsley. Cook for 15 minutes and serve with fresh Parmesan cheese.

PASTA SHELLS WITH MEDITERRANEAN VEGETABLES

3 ounces large pasta shells

2 1/2 teaspoons extra-virgin olive oil

1 medium size yellow onion, sliced

1 clove garlic, minced

1 small sweet green pepper, cored, seeded, and cut into 3/4 inch squares

1 small unpeeled eggplant, cut into 1 inch cubes

1 medium size zucchini, sliced 1 inch thick

2 small ripe tomatoes, cored and cut into 1 inch cubes

3 tablespoons water

1 bay leaf

1/2 teaspoon each dried oregano and basil, crumbled

1/8 teaspoon black pepper

3 tablespoons grated Parmesan cheese



- Step 1.** Cook the pasta shells according to package directions, omitting the salt.
- Step 2.** Drain, rinse under cold running water, and drain again.
- Step 3.** Meanwhile, in a heavy 10 inch skillet, heat the olive oil over moderate heat for 1 minute; add the onion, garlic, and green pepper, and cook, uncovered, until tender but still crisp about 3 minutes.
- Step 4.** Stir in the eggplant, zucchini, half the tomatoes, the water, bay leaf, oregano, basil, and black pepper and bring to a boil; reduce the heat, cover, and simmer for 10 minutes or until the vegetables are tender. Stir in the remaining tomato, the pasta shells, and the cheese, and cook 1 to 2 minutes more, tossing gently until well mixed and heated through.
- Step 5.** Discard the bay leaf before serving.

PUMPKIN SOUP

Serves 9

6 cups chicken stock
1 1/2 teaspoons salt
4 cups pumpkin puree
1 teaspoon chopped fresh parsley
1 cup chopped onion
1/2 teaspoon chopped fresh thyme
1 clove garlic, minced
1/2 cup heavy whipping cream
5 whole black peppercorns



- Step 1.** Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.
- Step 2.** Puree the soup in small batches (1 cup at a time) using a food processor or blender.
- Step 3.** Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

VEGETABLE SOUP

Serves 4

Extra-virgin olive oil
1 large yellow onion, chopped
2 carrots, chopped
2 celery stalks, chopped
2 14.5 oz cans of low sodium chicken/vegetable broth
1/2 lb yukon gold potatoes
1 tbs fresh or 1 teaspoon dried thyme
1 teaspoon salt
1 14.5 oz can diced tomatoes
1/4 lb green beans, cut in 1" pieces
1 cup chopped broccoli



Step 1. Cook onion, carrots, celery in olive oil until soft.

Step 2. Add broth, 1 cup water, potatoes, thyme & salt.

Step 3. Bring to a boil. Reduce, cover partially, simmer about 15 min, until potatoes are slightly tender.

Step 4. Add tomatoes, green beans, broccoli, simmer until tender, about 5-10 min.

Step 5. Serve topped with grated Parmesan cheese and crusty bread.



Dinner

APPLE CURRY CHICKEN

Serves 4

4 boneless skinless chicken breasts
1 cup apple juice divided
1/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1-1/2 cups plain croutons
1 medium apple chopped
1 medium onion chopped
1/4 cup raisins
2 teaspoons brown sugar
1 teaspoon curry powder
3/4 teaspoon poultry seasoning
1/8 teaspoon garlic powder



Step 1. Preheat oven to 350 and lightly grease a baking dish.

Step 2. Arrange chicken breasts in single layer in prepared dish.

Step 3. Combine 1/4 cup apple juice, salt and pepper in small bowl then brush over chicken.

Step 4. Combine croutons, apple, onion, raisins, sugar, curry, seasoning and garlic powder.

Step 5. Toss with remaining 3/4 cup apple juice.

Step 6. Sprinkle crouton mixture over chicken.

Step 7. Cover with foil and bake 45 minutes.

BAKED CRAB-STUFFED TROUT

Serves 4

2 small whole trout (about 6 ounces each), cleaned and boned
3 teaspoons reduced-sodium soy sauce, divided
3 ounces frozen cooked crabmeat or imitation crabmeat, thawed, shredded
1/2 cup fresh bread crumbs
1/2 cup shredded carrot
1/4 cup thinly sliced celery
1/4 cup thinly sliced green onions
1 egg white, lightly beaten
2 tablespoons dry white wine
1 tablespoon grated lemon peel
1 teaspoon garlic powder
1/2 teaspoon black pepper
Lemon wedges



- Step 1.** Preheat oven to 375°F. Wash trout; pat dry with paper towels. Place on foil-lined baking sheet. Brush inside cavities lightly with 1-1/2 teaspoons soy sauce.
- Step 2.** Combine remaining 1-1/2 teaspoons soy sauce, crabmeat, bread crumbs, carrot, celery, onions, egg white, wine, lemon peel, garlic powder and pepper in small bowl; blend well. Divide stuffing in half; place half of stuffing inside cavity of each trout.
- Step 3.** Bake 30 minutes or until trout flakes easily when tested with fork. Serve with lemon wedges. Garnish, if desired.

BARLEY AND SWISS CHARD SKILLET CASSEROLE

Serves 4

- 1 cup water
- 3/4 cup uncooked quick-cooking barley
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon red pepper flakes
- 2 cups coarsely chopped packed Swiss chard leaves*
- 1 cup rinsed and drained canned reduced-sodium navy beans
- 1 cup quartered cherry tomatoes (sweet grape variety)
- 1/4 cup chopped fresh basil leaves
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons Italian-seasoned dry bread crumbs



*Fresh spinach or beet greens can be substituted for Swiss chard.

Step 1. Preheat broiler.

Step 2. Bring water to a boil in large skillet; add barley, bell peppers, garlic powder and red pepper flakes. Reduce heat; cover tightly and simmer 10 minutes or until liquid is absorbed.

Step 3. Remove skillet from heat. Stir in chard, beans, tomatoes, basil and olive oil. Sprinkle evenly with bread crumbs. Broil, uncovered, 2 minutes or until golden.

BROCCOLI-FILLED CHICKEN ROULADE

Serves 8

2 cups broccoli florets
1 tablespoon water
1/4 cup fresh parsley
1 cup diced red bell pepper
4 ounces fat-free cream cheese, softened
2 tablespoons grated Parmesan cheese
2 tablespoons lemon juice
2 tablespoons extra-virgin olive oil
1 teaspoon paprika
1/4 teaspoon salt
1 egg
1/2 cup fat-free (skim) milk
4 cups cornflakes, crushed
1 tablespoon dried basil
8 boneless skinless chicken breasts



- Step 1.** Place broccoli and water in microwavable dish; cover. Microwave on high for 2 minutes. Let stand, covered, 2 minutes. Drain water from broccoli. Place broccoli in food processor or blender. Add parsley; process 10 seconds, scraping side of bowl if necessary. Add bell pepper, cream cheese, Parmesan cheese, lemon juice, oil, paprika and salt. Pulse 2 to 3 times or until bell pepper is minced.
- Step 2.** Preheat oven to 375°F. Spray 11X7-inch baking pan with nonstick cooking spray. Lightly beat egg in small bowl. Add milk; blend well. Place cornflake crumbs in shallow bowl. Add basil; blend well.

Step 3. Pound chicken breasts between two pieces of plastic wrap to 1/4-inch thickness using flat side of meat mallet or rolling pin. Spread each chicken breast with one eighth of broccoli mixture, spreading to within 1/2 inch of edges. Roll up chicken breast from short end, tucking in sides if possible; secure with wooden toothpicks. Dip roulades in milk mixture; roll in cornflake crumb mixture. Place in prepared baking pan. Bake 20 minutes or until chicken is no longer pink in center and juices run clear. Garnish as desired.

COUNTRY GARDEN STIR-FRY WITH HERBED BUTTER

Serves 4

1/2 pound whole green beans
4 carrots, diagonally sliced 1/8 inch thick
2 cups fresh cauliflower florets
1/4 cup (1/2 stick) butter, softened
1 tablespoon fresh lemon juice
1 tablespoon finely chopped fresh parsley
1/2 teaspoon salt



- Step 1.** Place 1/3 cup water in large nonstick skillet or wok. Add beans, carrots and cauliflower. Bring to a boil. Reduce heat, cover tightly and simmer 8 to 10 minutes or until crisp-tender.
- Step 2.** Meanwhile, in small bowl, whisk together butter, lemon juice, parsley and salt; set aside.
- Step 3.** Uncover vegetables, increase heat to high and cook, stirring gently, until all liquid has evaporated. Be careful not to burn vegetables.
- Step 4.** Remove from heat; toss gently with butter mixture.

FISH FILLETS WITH JADE SAUCE

Serves 4

1 cup uncooked rice

2 cups (1/2 bunch) fresh spinach leaves, washed and drained

1/4 cup lemon juice, divided

2 cloves garlic, chopped

2 teaspoons dried tarragon

2 teaspoons Dijon mustard

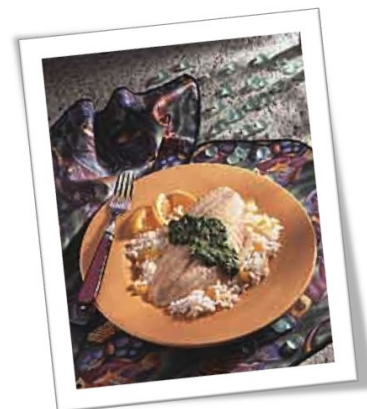
3/4 teaspoon salt, divided

1/2 teaspoon black pepper, divided

1/3 cup extra-virgin olive oil

1 pound fish fillets (4 medium pieces), such as snapper, sole or turbot

1 tablespoon butter, cubed



Step 1. Cook rice according to package directions. Preheat broiler.

Step 2. While rice is cooking, place spinach, 3 tablespoons lemon juice, garlic, tarragon, mustard, 1/2 teaspoon salt and 1/4 teaspoon pepper in blender container; blend until smooth. With blender running, add oil in a steady stream.

Step 3. Place fish on broiler pan. Sprinkle fish with butter cubes, remaining 1 tablespoon lemon juice, 1/4 teaspoon salt and 1/4 teaspoon pepper. Broil fish 4 to 6 minutes or until fish begins to flake when tested with fork.

Step 4. Arrange fish fillets on rice and spoon sauce over fish.

GRILLED FISH WITH BUTTERY LEMON PARSLEY

Serves 6

6 tablespoons yogurt-based diet margarine
3 tablespoons finely chopped parsley
1 teaspoon grated lemon zest
1/2 teaspoon salt
1/2 teaspoon dried rosemary leaves
6 (6 ounces each) fish fillets, such as grouper, snapper
or any lean white fish
Nonstick cooking spray (preferably extra-virgin olive
oil)
3 medium lemons, halved



- Step 1.** Preheat grill to medium-high heat. Coat cold grill rack with cooking spray; place over heat.
- Step 2.** Combine margarine, parsley, lemon zest, salt and rosemary in small bowl; set aside.
- Step 3.** Coat fish with cooking spray; place on grid. Grill, uncovered, 3 minutes. Turn; grill 2 to 3 minutes longer or until opaque in center.
- Step 4.** To serve, squeeze juice from 1 lemon half evenly over each fillet. Top with equal amounts of parsley mixture.

HALIBUT WITH CILANTRO AND LIME

Serves 4

1 pound halibut, tuna or swordfish steaks
2 tablespoons fresh lime juice
1/4 cup reduced-sodium soy sauce
1 teaspoon cornstarch
1/2 teaspoon minced fresh ginger
1/2 teaspoon extra-virgin olive oil
1/2 cup slivered red or yellow onion
2 cloves garlic, minced
1/4 cup coarsely chopped fresh cilantro
Lime wedges (optional)



- Step 1.** Cut halibut into 1-inch pieces; sprinkle with lime juice.
- Step 2.** Place soy sauce and cornstarch in cup; blend until smooth. Stir in ginger; set aside.
- Step 3.** Heat oil in wok or large nonstick skillet over medium heat until hot. Add onion and garlic; stir-fry 2 minutes. Add halibut; stir-fry 2 minutes or until fish flakes easily when tested with fork.
- Step 4.** Stir soy sauce mixture; add to wok. Stir-fry 30 seconds or until sauce boils and thickens. Sprinkle with cilantro. Garnish with lime wedges.

HAZELNUT-COATED SALMON STEAKS

Serves 4

- 1/4 cup of hazelnuts
- 4 salmon steaks, about 5 ounces each
- 1 tablespoon of apple butter
- 1 tablespoon of Dijon mustard
- 1/4 teaspoon of dried thyme leaves
- 1/8 teaspoon of ground black pepper
- 2 cups of cooked white rice



- Step 1.** Preheat oven to 375°F. Place hazelnuts on baking sheet, bake 8 minutes or until lightly browned. Quickly transfer nuts to clean dry dish towel. Fold towel, rub vigorously to remove as much of the skins as possible. Finely chop hazelnuts using food processor, nuts grinder or chef's knife.
- Step 2.** Increase oven temperature to 450°F. Place salmon in baking dish. Combine apple butter, mustard, thyme and pepper in small bowl. Brush on salmon, top each steak with nuts. Bake 14 - 16 minutes or until salmon flakes easily with fork. Serve with rice and steamed snow peas., if desired.

MEDITERRANEAN COD POUCHES

2 6 oz fillets of cod
2 tablespoons chopped kalamata olives
2 tablespoons chopped green olives
2 handfuls of green beans (about 4 oz.), trimmed
1 clove of garlic, chopped
3/4 cup of cherry tomatoes, halved
1 teaspoon of lemon zest
1/2 a lemon, sliced
1/4 cup chopped parsley
A little extra-virgin olive oil
Salt and pepper to taste



Step 1. Preheat oven to 400.

Step 2. Combine olives, garlic, tomatoes, lemon zest and parsley in a small bowl. Drizzle with a teaspoon of extra virgin olive and season with salt and pepper.

Step 3. Lay out 2 pieces of foil. Place a single layer of green beans on the bottom. Top with 1/2 of the tomato mixture followed by the cod fillet.

Step 4. Drizzle cod with a teaspoon of olive oil and season with salt and pepper. Top each fillet with 2 slices of lemon.

Step 5. Pull sides of foil up and fold over to seal. Pull sides in and seal as well. Pop in the oven for 25-30 minutes or until cod is cooked thru.

OCTOPUS MARINATED IN MUSTARD AND OLIVE OIL

1 large octopus 1.5kg
2 bay leaves
1 teaspoon dried oregano
1 teaspoon dried thyme
60ml red wine vinegar
Chopped parsley to serve

For the Marinade:

2 tablespoons extra-virgin olive oil
1 teaspoon mustard



- Step 1.** Wash the octopus well, remove the eyes, cut out the beak, and clean the head. It is best to freeze the octopus a couple of days before to tenderize it. If you use frozen, let it thaw in the fridge before use.
- Step 2.** Put the octopus in a deep pan with a little water and the bay leaves and let it simmer for about 10 minutes until it turns red.
- Step 3.** Pour the vinegar and herbs into the pot, cover with the lid and simmer for another hour, or until the octopus is tender. From time to time check to see whether it needs a little water so that it will not stick to the bottom of the pan.
- Step 4.** When the octopus is tender, remove it from the pot and put it under running water to clean it from the loose skin.
- Step 5.** Cut each tendril diagonally into small pieces and mix with the marinade. Cover with cling film and put it in the fridge overnight.
- Step 6.** Before serving you can make a dressing similar to the marinade with 1 tablespoon of olive oil, a dash of lemon juice and 1 teaspoon of mustard.
- Step 7.** Pour it over the octopus mix well, arrange the fresh parsley on top and serve.

VEAL TENDERLOIN WITH TUNA AND CAPER SAUCE (VITELLIO TONNATO)

Serves 6 to 8

1 veal or beef tenderloin, approx 1.5 kg
1 bunch celery greens
1 carrot
3 cloves garlic
1 onion, roughly chopped
1 cup dry white wine
1 tablespoon dried oregano
1 dried thyme or a bouquet garni

For the Dressing:

1 can of good quality tuna steak in oil
4 anchovy fillets
100ml ready-made good quality mayonnaise
2 tablespoons capers
Juice from 1/2 lemon
3-4 tablespoons extra-virgin olive oil
Lemon wedges, chopped parsley and capers for serving



- Step 1.** In a large pot bring the wine, celery, onion, carrots, herbs and enough water to almost cover the veal to a boil and add the meat.
- Step 2.** Let the meat boil for about 30 minutes and then let it stand in the liquid for a couple of hours. That way the meat retains its juices.

- Step 3. While make the sauce:** Whizz together the tuna, capers and anchovies with the mayonnaise until you get a smooth paste. Very slowly add the lemon juice and oil and continue whizzing until you get a nice consistency.
- Step 4.** Cut the meat as thinly as possible.
- Step 5.** Brush a platter with some olive oil and place the pieces of meat on it, overlapping them slightly.
- Step 6.** Spread some of the sauce over them and repeat if necessary with a second layer. Put the rest of the sauce in a sauce boat.
- Step 7.** Place lemon wedges on top of the meat, cover with cling film and let it marinate overnight.
- Step 8.** To serve: just sprinkle with chopped capers and parsley.



Sweets

APRICOT-ALMOND SANDWICH COOKIES

3/4 cup whole almonds
1 1/4 cups white whole-wheat flour
1/2 cup unsalted butter, softened
1/3 cup sugar
1/4 teaspoon salt

For the Filling and Glaze:

1/3 cup apricot preserves
1/2 cup bittersweet chocolate chips, or 3 1/4 ounces bittersweet chocolate, chopped
1 tablespoon unsalted butter
1 tablespoon low-fat milk
1 1/2 teaspoons light corn syrup



To prepare cookies:

- Step 1.** Position rack in center of oven; preheat to 350°F. Line a large baking sheet with parchment paper or a nonstick baking mat.
- Step 2.** Process almonds in a blender in 2 batches until finely ground. Transfer to a large bowl and add flour, 1/2 cup butter, sugar and salt. Knead the mixture with your hands until well blended. Gather the dough into a ball; divide it into 2 portions.
- Step 3.** Working with one portion at a time, roll the dough between 2 sheets of parchment or wax paper until 1/8 inch thick. Cut out cookies using a 2-inch circular cookie cutter. Using a metal spatula, place them 1/2 inch apart on the prepared baking sheet. Gather the scraps, re-roll and continue cutting out cookies until the dough is gone. Repeat with the second portion of dough.

Step 4. Bake the cookies, one batch at a time, until puffed and beginning to color, 8 to 10 minutes. Cool on the pans for 5 minutes before transferring to a wire rack to cool completely.

To fill and glaze cookies:

Step 1. Spread preserves on half the cookies; top with the remaining cookies to make sandwiches.

Step 2. Melt chocolate and 1 tablespoon butter in a double boiler over hot water. Remove from the heat; stir in milk and corn syrup until smooth. Line 2 baking sheets with wax paper. Dip each sandwich cookie halfway into the chocolate, then place on the wax paper. When all the cookies are dipped, refrigerate until the chocolate has set, 20 to 30 minutes.

BLUEBERRY WITH LEMON CREAM

4 ounces reduced-fat cream cheese, (Neufchatel)

3/4 cup low-fat vanilla yogurt

1 teaspoon honey

2 teaspoons freshly grated lemon zest

2 cups fresh blueberries



Step 1. Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.

Step 2. Layer the lemon cream and blueberries in dessert dishes or wineglasses. If not serving immediately, cover and refrigerate for up to 8 hours.

CRANBERRY-APPLE COFFEE CAKE

For the Cake:

- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon baking soda
- 1/4 cup extra-virgin olive oil
- 3 tablespoons butter, slightly softened
- 3/4 teaspoon freshly grated lemon zest
- 3/4 cup granulated sugar, plus 1 tablespoon for sprinkling
- 1 large egg
- 3/4 cup low-fat milk
- 2 teaspoons vanilla extract
- 1/2 cup packed light brown sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon ground cinnamon
- 1 1/2 cups cranberries, fresh or frozen, thawed, chopped
- 1 1/2 cups finely chopped peeled tart apple, such as Granny Smith (about 1 large)
- 1/2 cup cranberry juice cocktail, orange juice or apple juice



Preheat oven to 375°F. Coat a 9-inch springform pan with cooking spray.

To prepare topping:

Whisk brown sugar, cornstarch and cinnamon in a medium nonreactive saucepan until combined. Stir in cranberries, apple and juice. Bring the mixture to a boil over medium-high heat, stirring. Continue to cook, stirring, until the mixture thickens and the berries soften, about 2 minutes. Remove from the heat and let cool.

CRANBERRY-APPLE COFFEE CAKE (CONT.)

To prepare cake:

- Step 1.** Whisk all-purpose flour, whole-wheat flour, baking powder, salt and baking soda in a medium bowl. Beat oil, butter and lemon zest in a large mixing bowl with an electric mixer, first on medium speed, then on medium-high, until well combined, about 1 1/2 minutes. Gradually add 3/4 cup sugar, beating until the mixture is light in color and well blended. Add egg and beat until the batter is smooth, about 1 minute longer. With the mixer on low speed, beat in half the flour mixture until just incorporated. Gradually beat in milk and vanilla until just incorporated. Add the remaining flour mixture and beat until a smooth batter forms, about 1 minute, scraping down the sides of the bowl as needed. Scrape the batter into the prepared pan, spreading to the edges. Spread the topping in an even layer over the batter; do not stir.
- Step 2.** Bake the cake on the middle rack until the top is puffed in places and a toothpick inserted in the center comes out clean (the fruit topping will still be moist), 40 to 50 minutes. Sprinkle the remaining 1 tablespoon sugar over the top. Transfer the pan to a wire rack; let stand until cooled to warm, about 20 minutes. Remove the pan sides and cut the cake into wedges.

KEY LIME ICE

- 1 cup sugar
- 2 teaspoons freshly grated lime zest
- 1/3 cup bottled Key-lime juice, or fresh lime juice
- 2 1/2 cups boiling water
- 1 cup nonfat or low-fat plain yogurt



- Step 1.** Combine sugar, lime zest and lime juice in a heatproof bowl. Add boiling water and stir until the sugar has dissolved. Cover and refrigerate until chilled, about 1 hour or overnight.
- Step 2.** Add yogurt to the lime mixture and whisk until smooth. Pour into an ice cream maker and freeze according to manufacturer's directions. (Alternatively, freeze mixture in a shallow metal pan until solid, about 6 hours. Break into chunks and process in a food processor until smooth.)
- Step 3.** Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 1/2 hours. Serve in chilled dishes.

MIXED BERRY-ALMOND GRATIN

1/3 cup slivered almonds, (1 1/4 ounces)
1/2 cup granulated sugar, or
2 tablespoons all-purpose flour
Pinch of salt
1 large egg
1/3 cup firm silken low-fat tofu
1 tablespoon butter, softened
1/4 teaspoon pure almond extract
3 cups mixed berries, such as raspberries, blackberries and blueberries
Confectioners' sugar, for dusting



- Step 1.** Preheat oven to 400°F. Coat a 1-quart gratin dish or a 9-inch pie pan with cooking spray.
- Step 2.** Spread almonds in a shallow baking pan and bake until light golden and fragrant, 4 to 6 minutes. Let cool.
- Step 3.** Place sugar (or Splenda), flour, salt and almonds in a food processor; process until finely ground. Add egg, tofu, butter and almond extract; process until smooth.
- Step 4.** Spread berries evenly in the prepared gratin dish. Scrape the almond mixture over the top, spreading evenly.
- Step 5.** Bake the gratin until light golden and set, 40 to 50 minutes. Let cool for at least 20 minutes. Dust with confectioners' sugar and serve warm.