

# BEETS, BEANS, BANANAS, AND OTHER THINGS I LOVE

A COMPREHENSIVE GUIDE TO  
NUTRITION IN AMERICA



SONDRA CAMPANELLI





# ACKNOWLEDGMENTS

This project was created to fulfill the capstone requirements of the American University Honors Program in May 2013.

My gratitude goes out to the following people:

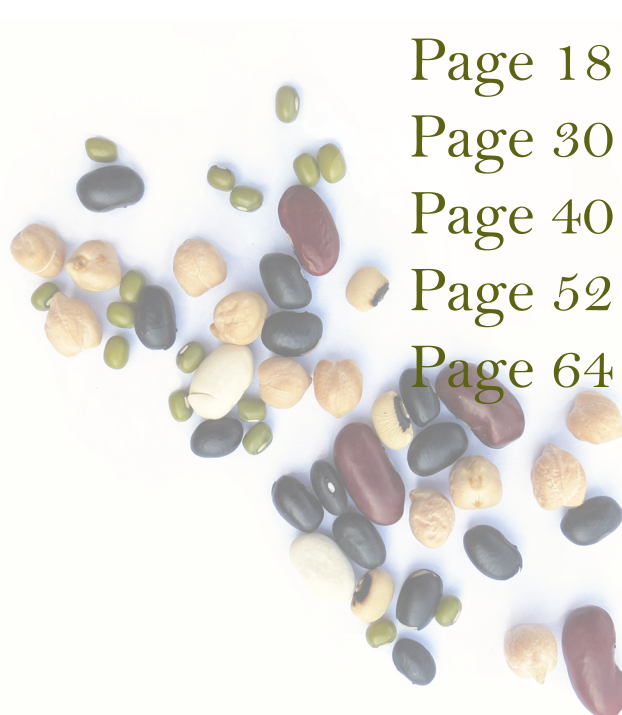
Julia Campanelli, my sister and best friend, for her stunning photographs, patience, and dedication to this project.

Dr. Maya Maroto, my capstone advisor and nutrition expert, without whom this capstone project would have been impossible.



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# AUTHOR'S NOTE

America is experiencing a revolution in its attitude towards healthy eating. Supermarkets like Whole Foods have gained a cultural acceptance and foods like quinoa and kale can be found on the shelves of any supermarket. Restaurants have become more accommodating of people with voluntary and involuntary dietary restrictions as Americans become more educated about the relationship between dietary choices and overall health.

However, statistics on American health still reveal a gap between the increase in the availability of health foods and overall health of Americans. Data collected from 1999 to 2002 estimates that 27.6 percent of adult men and 33.2 percent of adult women are obese. One in six children are overweight as well.<sup>1</sup> Dietary intake survey indicate a per capita increase of 200 kcal/day from the late 1970s to 1995.<sup>2</sup> Nutritionists suggest that Americans should only get 10 percent of their calories from sugar, the equivalent of 13.3 teaspoons of sugar per day. However, each year, Americans consume one hundred and fifty-six pounds of added sugar on a per capita basis, which is equivalent to 42.5 teaspoons per day.<sup>3</sup> Americans are eating more empty calories and not making informed decisions about the foods they choose to eat.

The problem seems to be a misaligned incentive system. Americans eat poorly because healthful foods are difficult to prepare, expensive, and don't taste as good as their less healthy counterparts. Often, people are also misinformed about portion sizes; a 2002 study in the *American Journal of Public Health* revealed that commonly available portions of foods like cookies, cooked pasta, muffins, and steaks differed from USDA and FDA standard portions by 700%, 480%, 333%, and 224%, respectively.<sup>4</sup>

In order to help combat these growing problems and add a new voice

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1. Baskin (2005), pg. 5

2. Young (2002), pg. 246

3. "How Much Sugar Do You Eat?", pg. 1

4. Young (2002), pg. 246



to the conversation of health in America, I have created a cookbook that presents easy-to-prepare, healthful recipes along with beautiful photography, personal stories, and health tips. The cookbook includes 25 breakfast, lunch, dinner, and dessert recipes that can all be prepared for less than \$3 per serving.<sup>5</sup> I hope that this cookbook can provide the catalyst for many people to take control of their eating habits in a healthy, inexpensive, and delicious way.

Sondra Campanelli  
May 2013



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5. Cost per serving was estimated using the U.S. Bureau of Labor Statistics Consumer Price Index. Information that was not collected by the CPI was estimated using a prices from supermarkets in the Washington, D.C. area.





# PANTRY ESSENTIALS

A well-stocked pantry is essential to creating healthful food. The following ingredients are used extensively in this book and in many health food recipes. This list is not an exhaustive list of the ingredients used in this book, but instead a pantry stocking guide for people trying to improve their diet.

## BULK

Oats

Sunflower Seeds

Assorted Nuts

Dried Fruit

Unsweetened Baking Chocolate

Lentils

Quinoa

Brown Rice

Whole Wheat Bread Crumbs

Whole Wheat Flour

Chickpea and Spelt Flours

Flax Meal

## CANNED

Chickpeas, Black Beans, Kidney Beans

Tomato Sauce

Tomato Paste

Canned Tomatoes

Coconut Milk

## FROZEN

Frozen Fruit

Sprouted Grain Bread

## FATS

Safflower Oil

Ghee/Clarified Butter

Coconut Oil

Olive Oil

Peanut and Almond Butters

## SPICES

Sea Salt

Pepper

Garlic Powder

Onion Powder

Basil

Oregano

Rosemary

Cumin

Coriander

Turmeric

Paprika

Cayenne Pepper

Garam Masala

Cinnamon

Nutmeg

Nutritional Yeast

Bragg's Liquid Amino Acid



# HISTORY OF HEALTH FOOD

In the 1880s, a new school of nutritional thought, called “New Nutrition” began to change the way that Americans viewed food. Scientists, home economists, and advertisers propagated the new ideas that food could be broken down into three macronutrients: carbohydrates, proteins, and fats. In order to have a balanced diet, one must consume all groups within the limits of bodily requirements. The calorie also came to the forefront of the nutritional discussion as a measure of the amount of energy in food and was used to compare its nutritional benefits.<sup>1</sup>

One outcome of the increased focus on caloric intake was a change in the ideals of beauty. The excessive girth in both males and females that was seen as a sign of good fortune and wealth in the late nineteenth century gave way to a more fit and skinny ideal body. Instead of symbolizing wealth, overweight people were seen as gluttons who couldn’t control themselves. The quest for slimness was rooted in fashion, but also encouraged by nutritionists. In the early twentieth century, they began to warn that excess weight led to an early death, especially among the middle aged.<sup>2</sup>

In addition to the newfound focus on daily caloric needs, new discoveries in vitamin research were motivating advertisers to make exaggerated health claims. Foods were fortified with vitamin B to stave off senility and vitamin D to combat against lead poisoning.<sup>3</sup> One beneficial outcome of this “vitamin-mania” was an increase in the fortification of breakfast cereals, bread, and salt.<sup>4</sup>

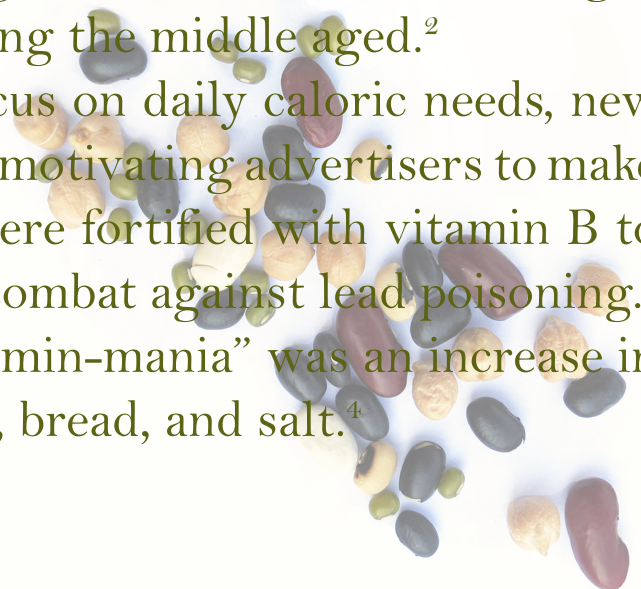
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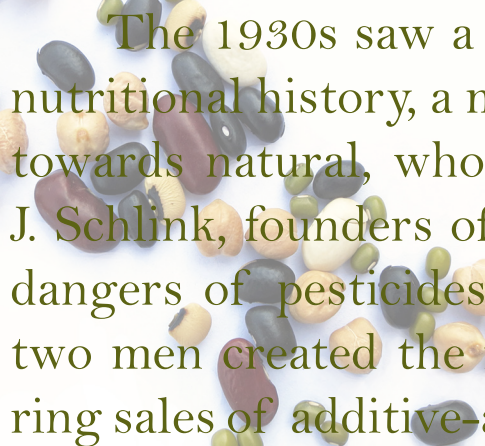
1. Levenstein (1993), pg. 9

2. Levenstein (1993), pg. 10

3. Levenstein (1993), pg. 13-14

4. Park (200), pg. 727





The 1930s saw a resurgence of a familiar theme in American nutritional history, a movement against highly processed foods and towards natural, wholesome foods. Arthur Kallett and Frederick J. Schlink, founders of Consumers Research, Inc., emphasized the dangers of pesticides, chemical additives, and preservatives. The two men created the foundation for the organic movement, spurring sales of additive-and-pesticide free foods in health food stores.<sup>5</sup>

They also drew on the teachings of Sylvester Graham and William Alocott, some of the first champions of vegetarianism and the American health food store. William Metcalf, an envoy of the Bible Christian Church, brought vegetarianism to the United States. The church was the first in the western world that required members to abstain from eating meat. In the 1830s, Metcalf involved Graham, a Presbyterian minister who preached health reform based on the principle that “physiology must be congruent with morality.”<sup>6</sup>

John Harvey Kellogg was also inspired by the teachings of Graham and Alocott. A Seventh-Day Adventist, Kellogg believed that modern people consumed too little fiber to stimulate the bowels and sought to change that behavior with his granola and breakfast cereal recipes.<sup>7</sup>

Since the 1940s, federal agencies have been attempting to consolidate nutritional information into communications materials that are easy for regular consumers to understand. After the National Nutrition Conference released a table of Recommended Daily Allowances for nutrients in 1941, the Food and Nutrition Board (FNB) began to create the “food group system” that is still wide-

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5. Levenstein (1993), pg. 16-17

6. Palaniswamy (2003), pg. 244

7. Palaniswamy (2003), pg. 245

ly used today.<sup>8</sup> The system was plagued by difficult to remember categories, like “oranges, tomatoes, grapefruit ... or raw cabbage or salad greens”, and influence from food industry giants, in the form of dairy, meat, and grain lobbies.<sup>9</sup>

Health food was reintroduced in the late 1960s, a time when Americans were exploring human potential and self-fulfillment. A driving force behind this movement was the spark of interest in Eastern culture, spirituality, yoga, and meditation.<sup>10</sup> Americans also worried about the affects of pesticides in their food. Rachel Carson’s book *Silent Spring*, published in the summer of 1961, warned that chemical sprays and additives like DDT could threaten animal, plant, and even human life.<sup>11</sup> Her book helped rebirth the organic food movement.

In the late 1970s, scientific studies began to show more and more benefits of eating a diet high in fiber and plant-based products and lower in animal products.<sup>12</sup> As more customers demanded healthier options, restaurants and mainstream supermarkets began to cater to them by offering things like vegetarian entrées and granola. By 1972, even the conservative *National Review* had thrown its support behind “natural foods.”<sup>13</sup> By 1974, food purchasers surveyed by the chemical division of Hoffmann-La Roche ranked “nutrition” as the second most important consideration when buying food, with price coming in first.<sup>14</sup> In 1970, nutrition had come in fourth. In 1977, almost 60 percent of consumers thought food that

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8. Levenstein (1993), pg. 70

9. Ibid.

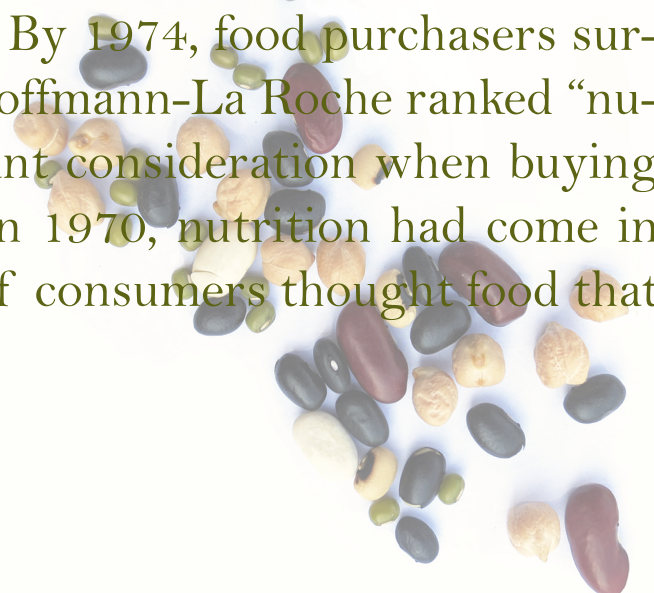
10. Kaptchuck (1998), pg. 472

11. Levenstein (1993), pg. 134

12. Kaptchuck (1998), pg. 472

13. Levenstein (1993), pg. 196

14. Levenstein (1993), pg. 199







had the word *natural* on its label was healthier, safer, and better for them.<sup>15</sup>

That same year, Senator George McGovern introduced a special report prepared by the Committee on Nutrition and Human Needs. *Dietary Goals for the United States* called for a completely new direction for American health policy. “Our diets have changed radically within the past fifty years,” he said, “with great and often harmful effects on our health... Too much fat, too much sugar and salt, can be and are directly linked to heart disease, cancer, obesity, and stroke, among other killer diseases.”<sup>16</sup>

As more scientific studies came out linking diet to overall health, people continued to become more conscious about what they were eating. Cholesterol and saturated fats were demonized while vegetables and fruits were lauded.<sup>17</sup>

As much as the American diet has improved, we still have a long way to go. According to the 2010 Dietary Guidelines Advisory Committee Report, “Americans eat too many calories and too much solid fats, added sugars, refined grains, and sodium. Americans also eat too little dietary fiber, vitamin D, calcium, potassium, and unsaturated fatty acids (specifically omega-3s), and other important nutrients that are mostly found in vegetables, fruits, and whole grains.”<sup>18</sup>

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15. Ibid.

16. United States. Cong. Senate. Committee on Nutrition and Human Needs (1977), pg. 2

17. Levenstein (1993), pg. 251

18. Dietary Guidelines for Americans (2010), pg. 11

# ILLNESS AND THE CONNECTION TO DIET

Within the United States, there are striking differences in consumers' diets. These differences can be due to cultural tendencies, regional patterns, socioeconomic status, access to healthful foods, family upbringing, or a variety of other external factors.

Recently, researchers have begun to study the link between diet and its connection to illness. In 2010, the Dietary Guidelines Advisory Committee identified dietary patterns that are associated with beneficial health outcomes. The DASH (Dietary Approaches to Stop Hypertension) diet, Mediterranean diet, and Japanese diet came to the forefront as leaders in health maximizing outcomes. What the three dietary patterns have in common is an emphasis on vegetables, whole grains, and legumes. All three diets encourage a limit on sodium, sugar, and animal-based food, like red meat and milk products.<sup>1</sup> In these diets, fiber intake is high while saturated fats are typically low.

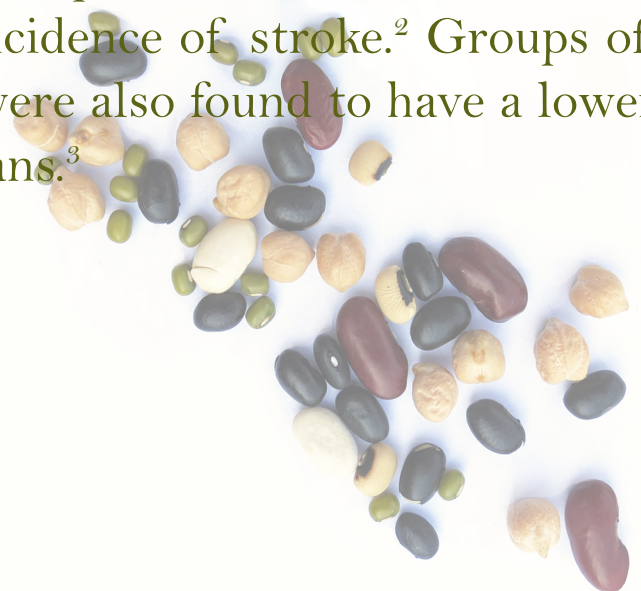
Groups of people who follow these dietary patterns tend to have lower systolic and diastolic blood pressure, decreased risk of cardiovascular disease, and lower incidence of stroke.<sup>2</sup> Groups of people following a vegetarian diet were also found to have a lower body mass index than non-vegetarians.<sup>3</sup>

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1. Dietary Guidelines for Americans (2010), pg.35

2. Dietary Guidelines for Americans (2010), pg. 29-30

3. Dietary Guidelines for Americans (2010), pg. 28





# PORTION CONTROL

Food portion size has increased significantly over the past 20 years, and with it has come an increase in the prevalence of obesity. When portion size increases, people often overeat unintentionally, even if they are already full.<sup>1</sup>

There is a very important difference between a recommended serving size and a portion. On a food label, a serving size is the amount of any food that you're supposed to eat. In contrast, a portion is the amount of any food that you actually eat. Increasingly, Americans have been straying from the recommended serving in favor of large portion sizes.<sup>2</sup>

Many researchers have found that reducing portions is one of the most effective and unobtrusive ways of achieving sustainable weight loss.<sup>3</sup> Individuals can become more aware of their portion sizes by eating from smaller plates, choosing smaller packages, and familiarizing themselves with easy-to-remember portion size guides.




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1. Smicilas-Wright (200), pg. 45

2. McVeigh (2011)

3. Rolls (2006), pg. 16



Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15



# FOOD ALLERGIES AND SENSITIVITIES

The term “food allergy” is used simply to describe an adverse immune response to food. In Western countries, these allergies affect approximately 5 percent of young children and 4 percent of adults, the most common allergens being milk, eggs, peanuts, tree nuts, shellfish, wheat, and soy. Although antihistamine therapy exists for people suffering with these allergies, the causes of an immune response are less well known. Studies have been inconclusive on the link between infant exposure to food proteins and the eventual development of an allergy. Often, a person who suffers from a food allergy or sensitivity must avoid eating that food for his or her entire life.<sup>1</sup>

In addition to food allergies, many people suffer from food sensitivities. In 2007, a study showed that 20 percent of adults and children modify their diets for perceived adverse reactions to food products.<sup>2</sup> Food sensitivities are usually diagnosed through elimination diets and reintroduction of the suspected culprit foods gradually. Consumption of these trigger foods can produce all sorts of physical reactions, including vomiting, diarrhea, blood in the stool, eczema, hives, skin rashes, wheezing, and a runny nose. However, sensitivities can also produce internal reactions like fatigue, gas, bloating, mood swings, migraines, nervousness, and eating disorders.<sup>3</sup>

Although this cookbook does not claim to be a manual for peo-

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1. Sicherer (2010), pg. S116

2. Sicherer (2010), pg. S118

3. “Food Sensitivities.”

ple suffering from food allergies or sensitivities, it can serve as a resource. Many recipes in this book are gluten-free, nut-free, dairy-free, and egg-free, while all of the recipes are meat-free and added-sugar-free. Many of the recipes can be modified with just a little bit of creative thinking, as dairy and wheat substitutes now flood the market. Eating and preparing food thoughtfully can eliminate the pain and discomfort associated with eating for many people.



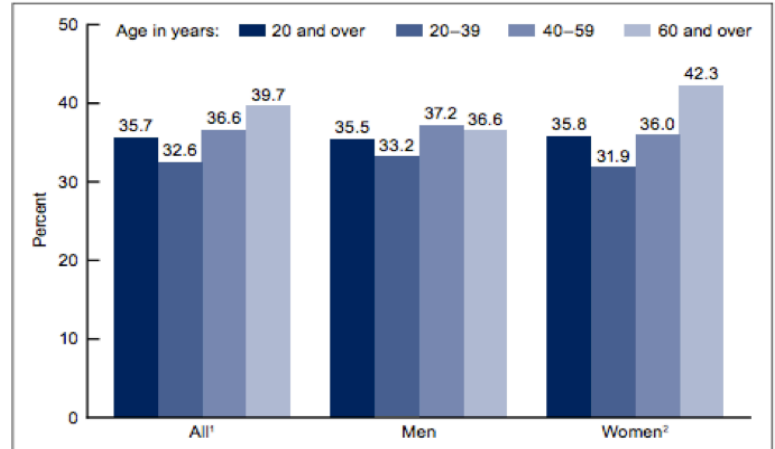


# WEIGHT MANAGEMENT

Childhood and adult obesity is a major health concern in America. Obesity is defined by a body mass index (BMI) of 30 or above, calculated using weight and height information. More than one third of American adults and 17 percent of youths were obese in 2010.<sup>1</sup> Increased obesity prevalence exists among all age, gender, and racial groups.<sup>2</sup> The medical costs associated with obesity account for almost \$40 billion of increased Medicare spending through 2006.<sup>3</sup> The medical for those who are obese are estimated at \$1,429 higher than those of normal weight.<sup>4</sup> These financial costs put a strain on the health care system, including government provided programs like Medicare and Medicaid.

One of the goals of the United States government is to reduce the amount of obesity in America by encouraging people to exercise more and eat less. Michelle Obama's Let's Move campaign tries to motivate children and their parents to make healthier choices and get active.<sup>5</sup>

Figure 1. Prevalence of obesity among adults aged 20 and over, by sex and age: United States, 2009–2010



<sup>1</sup>Significant increasing linear trend by age ( $p < 0.01$ ).

<sup>2</sup>Significant increasing linear trend by age ( $p < 0.001$ ).

NOTE: Estimates were age adjusted by the direct method to the 2000 U.S. Census population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2009–2010.

1. Prevalence of Obesity in the United States (2012), pg. 1

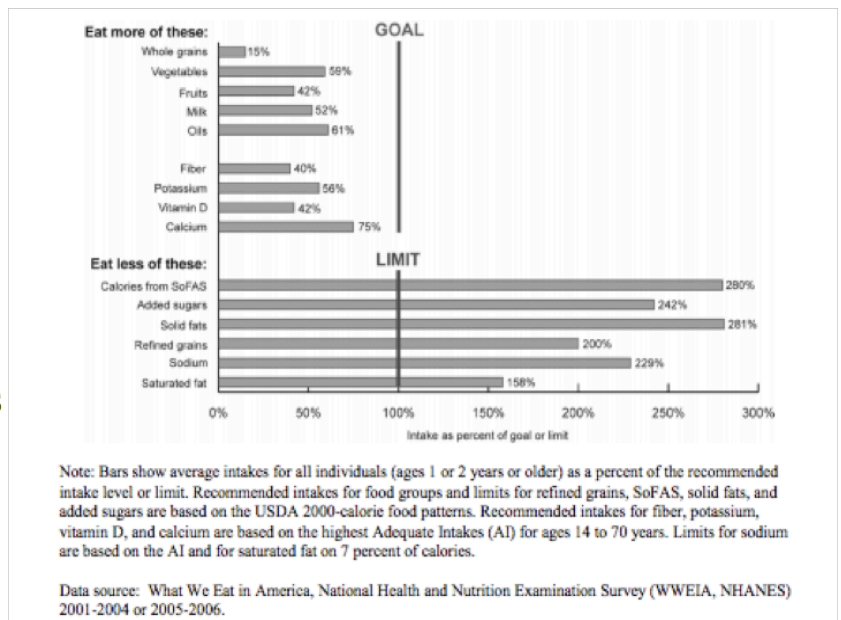
2. Baskin (2005), pg. 5

3. Finkelstein (2009), pg. w822

4. Finkelstein (2009), pg. w825

5. "Let's Move."

Another way to manage weight is to eat foods with more nutrients and less calories. High calorie foods that have little nutritional value, like sugars and saturated fats, are not effective in losing or maintaining a healthy weight. Currently, Americans consume 35 percent of their total calories from solid fats and added sugars. Reducing these totals to a more acceptable 5 to 15 percent would allow for an increased intake of nutrient-dense foods, such as vegetables, fruits, and whole grains.<sup>6</sup> Reducing portion sizes to more closely align with recommended serving sizes could also help with weight management.



6. Dietary Guidelines for Americans (2010), pg. 13



# BREAKFAST



Lemon Ginger Tea

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Green Monster Smoothie

Page 23

Oatmeal

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Bran Muffin

Page 27

Poached Eggs and Sweet Potato Homefries

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Breakfast is a meal that's heralded as "the most important meal of the day" by moms and nutritionists alike. The word *breakfast* has been used since the mid-fifteenth century to signify the breaking of the nightly fast; the first morning meal.

It is estimated that between 15 and 17 percent of Americans skip breakfast each morning, a frightening statistic that shines light on the obesity problem in America.<sup>1</sup> Unfortunately, these people are not receiving the benefits that a quick morning meal can provide.

The reason why breakfast is so widely regarded as important is its role in weight maintenance.<sup>2</sup> Researchers have found a significant relationship between eating breakfast and maintaining weight loss.<sup>3</sup> An ongoing study by the National Weight Council Registry found that of the 3,000 participants who lost 30 or more pounds and kept it off for at least one year, 78 percent of them ate breakfast every day.<sup>4</sup>

Making a healthful, nutrient-rich breakfast doesn't have to be time-consuming or expensive. In order to kick-start your metabolism and keep you full until lunch, your breakfast only needs to have the following three qualities:

1. High protein
2. Complex carbohydrates
3. Calcium-rich

The breakfast recipes in this chapter are easy to prepare, inexpensive, and will make delicious addition to any morning.

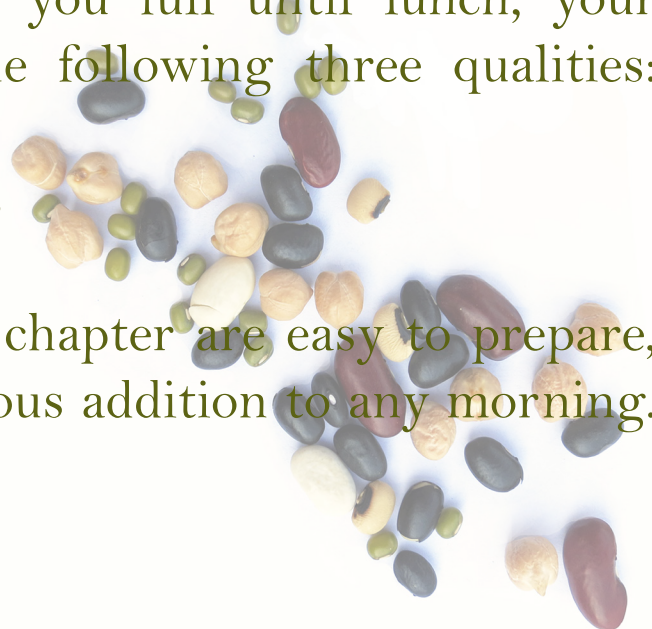
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1. Liebman (1999), pg. 3

2. Libbon (1999), pg. 41

3. Cho (2003), pg. 296

4. Sitzman (2006), pg. 136





# LEMON GINGER TEA

Serves 1

5 Minutes

\$0.41/serving





**Lemon Ginger Tea** is the perfect early morning pick-me-up. It leaves you refreshed and awake without the 3 o'clock caffeine crash that comes from drinking coffee.

It's also the perfect drink when you're feeling sick. At the first signs of a stuffy nose or scratchy throat, brew up a big pot of this tea and relish in its immune system boosting properties. Lemon juice has high quantities of vitamin C, while ginger and cayenne pepper help to clear the sinuses.<sup>1</sup>

Nutrition Facts	
Serving Size 50 g	
Amount Per Serving	
Calories 19	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 0g	
Vitamin A 15%	Vitamin C 38%
Calcium 1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

## Ingredients

a small knob of ginger, peeled  
and grated  
½ lemon, juiced with the seeds  
removed  
¼ tsp. cayenne pepper

## Method

In a small pot, boil enough water to fill a tea mug. Add the grated ginger into the boiling water and allow to simmer for 3 minutes. Pour the lemon juice into the mug. Pour the boiling ginger water into the mug and sprinkle cayenne pepper on top. If the tea is too sour, add a small spoonful of honey.  
Serve hot.

1. "Lemon Juice, Raw."



# GREEN MONSTER SMOOTHIE

Serves 1

5 Minutes

\$1.48/serving





The **Green Monster Smoothie** is a nutritional powerhouse. The almonds, hazelnuts, flax seeds, and coconut oil are high in protein and healthy, whole fatty acids that keep you full until lunch and help your heart along the way.<sup>1</sup> For those allergic to nuts, replace them with extra sunflower seeds and oats for an equally fibrous and delicious morning treat.

### Ingredients

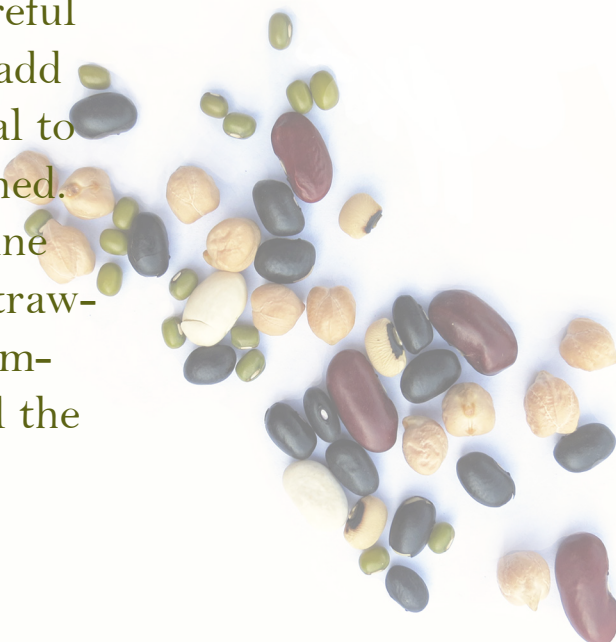
¼ cup sunflower seeds, toasted  
¼ cup almonds or hazelnuts, toasted  
¼ cup oats  
2 tbsp. flax meal  
1 handful of raisins  
2 handfuls of baby spinach  
5 ice cubes  
5 strawberries, frozen  
½ banana, frozen  
water/coconut water

### Method

Toast sunflower seeds and nuts in the microwave for 1 minute 30 seconds, being careful not to burn them. In a food processor, add sunflower seeds, nuts, oats, and flax meal to a food processor and pulse until combined.

Add raisins and combine. Next, combine baby spinach and ice cubes. Lastly, add strawberries and bananas and pulse until combined. Add water or coconut water until the desired consistency is reached.

Nutrition Facts			
Serving Size 266 g			
Amount Per Serving			
Calories 720	Calories from Fat 311		
		% Daily Value*	
Total Fat	37g		57%
Saturated Fat	4g		19%
Trans Fat			
Cholesterol	0mg		0%
Sodium	82mg		3%
Total Carbohydrate	88g		29%
Dietary Fiber	18g		73%
Sugars	32g		
Protein	21g		
Vitamin A	29%	Vitamin C	54%
Calcium	17%	Iron	41%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			



1. Calder (2006), pg. 1



# PUMPKIN OATMEAL

Serves 1

15 Minutes

\$0.71/serving





Nothing gets me out of bed on a cold winter morning quite like a bowl of steaming hot **pumpkin oatmeal**. The oats and almond butter will keep you full all day while the pumpkin puree will provide 100 percent of your daily recommended serving of vitamin A.<sup>1</sup>

Vitamin A is found in both animal and vegetable sources. However, foods like cheese, cream, liver, and cod, are high in saturated fat and cholesterol. Cantaloupe, pink grapefruit, carrots, pumpkin, broccoli, and spinach are all great sources of beta-carotene, as well as being saturated fat-and cholesterol-free.<sup>2</sup> Vitamin A helps form and maintain healthy skin, teeth, skeletal tissue, skin, and pigments in the retina of the eye.

Pumpkin purée is sold in cans in the baking section of most supermarkets. Be careful not to accidentally pick up pumpkin pie mix, which is loaded with sugar and artificial ingredients.

Nutrition Facts	
Serving Size 269 g	
Amount Per Serving	
Calories 436	Calories from Fat 191
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 66g	22%
Dietary Fiber 16g	65%
Sugars 13g	
Protein 15g	
Vitamin A 382%	Vitamin C 18%
Calcium 20%	Iron 33%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

### Ingredients

½ frozen banana  
½ cup oats  
½ cup pumpkin purée  
2 tsp. cinnamon  
almond extract  
vanilla extract  
2 tbsp. almond butter  
water

### Method

In a small pot, boil one cup of water. While the water is coming to a boil, cut a frozen banana into chunks and heat it in a separate pot. Once the bananas are melted and the water is boiled, add oats to the pot with banana and pour the water over the top. Stir frequently to incorporate banana. Let the oats cook until the mixture gets fluffy. Incorporate the cinnamon while continuing to stir. Once everything is mixed, add pumpkin puree and heat for another minute. Add a few drops of almond and vanilla extract and scrape into a bowl. Add almond butter on top and stir it in.

1. Pumpkin, Cooked, Boiled, Drained, without Salt.”

2. “Vitamin A.”



# BRAN MUFFINS

Serves 12

30 Minutes

\$0.31/serving





These **bran muffins** are our family's favorite baked good. Over the years and after much trial and error, we've developed the perfect recipe.

Bran is particularly rich in dietary fiber and essential fatty acids, as well as being a great source of manganese, phosphorus, magnesium, and the B-vitamin complex.<sup>1</sup> A diet high in bran helps encourage regular bowel movements. Manganese helps maintain bone strength and nerve capacity and assists in the removal of free radicals, which can damage your cells. Magnesium helps boost your immune system and keep your heart rate and rhythm regular.<sup>2</sup>

Nutrition Facts	
Serving Size 94 g	
Amount Per Serving	
Calories 265	Calories from Fat 126
% Daily Value*	
Total Fat 15g	22%
Saturated Fat 4g	22%
Trans Fat 0g	
Cholesterol 16mg	5%
Sodium 124mg	5%
Total Carbohydrate 36g	12%
Dietary Fiber 6g	25%
Sugars 8g	
Protein 7g	
Vitamin A 2%	Vitamin C 2%
Calcium 11%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

## Ingredients

2 cups raw bran  
2 cups whole wheat pastry flour  
1 tbsp. baking powder  
½ tsp. salt  
cinnamon  
zest of 1 orange  
½ cup unsweetened shredded coconut  
¾ cup raisins  
1 ½ cups rice milk  
½ cup olive oil  
1 egg  
almond extract

## Method

Preheat the oven to 400F on convection bake. Place paper muffin tins into a muffin pan and set aside. In a large bowl, combine bran, flour, baking powder, salt, cinnamon, coconut, raisins, and orange zest. Add in rice milk, olive oil, egg, and almond extract, being careful to incorporate wet and dry.  
If the batter is too dry, add more rice milk and olive oil.

Bake for 26 minutes.

1. Stevenson (2012), pg. 1001  
2. Foradori (1967), pg. 2255



# POACHED EGGS AND SWEET POTATO HOMEFRIES

Serves 1  
30 Minutes  
\$0.74/serving





I first began poaching eggs when I lived in Copenhagen. I was eating a lot of fats elsewhere in my diet, and I was looking for the healthiest way to prepare eggs. One of the benefits of poaching an egg rather than frying it is that **poached eggs** are cooked in water rather than oil, meaning your breakfast contains less saturated fat. If you love runny yolks like I do, poaching is the way to go. I've never been able to replicate the perfect poached yolk in a frying pan. Fans of the harder yolk can leave the egg in the water for an additional 5 minutes for a soft-boiled texture.

Eggs are great for breakfast because they're high in protein and vitamin B and low in calories.<sup>1</sup> When paired with sweet potatoes, which are high in vitamins A and C and low in saturated fats, this meal is a perfect way to start the day.

Poaching can take a bit of practice, so don't be discouraged if your first egg comes out a little disfigured. Once you get the hang of it, you'll never use your frying pan again.

### Ingredients

1 egg  
¼ cup apple cider vinegar  
3 tbsp. butter or ghee  
½ onion, cubed  
1 sweet potato, cut in rounds  
1 clove garlic, minced  
salt and pepper

### Method

#### *Poached Egg*

In a medium-sized pot, allow water to come to a boil. Crack an egg into a small bowl and discard the shell. As soon as the water boils, turn the burner down to a low simmer. Pour apple cider vinegar into the boiling water and stir with a wooden spoon in a circular motion. While continuing to stir, drop the egg into the middle of the whirlpool. Dropping the egg instead of pouring creates a more perfect finished egg. Allow to cook for 3-4 minutes. Remove with a slotted spoon and place on paper towel to drain excess water. Add salt and pepper to taste.

#### *Sweet Potato Homefries*

In a medium pan over low heat, melt 3 tbsp. of butter or ghee. Add the onions and allow to caramelize for 10 minutes. Add garlic and sweet potatoes and cook for 15 minutes, or until the potatoes are tender. Add salt and pepper to taste.

Nutrition Facts	
Serving Size 213 g	
Amount Per Serving	
Calories 225	Calories from Fat 115
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 226mg	75%
Sodium 195mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Sugars 7g	
Protein 9g	
Vitamin A 194%	Vitamin C 10%
Calcium 7%	Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

1. "Eggs."

# APPETIZERS



Stuffed Mushrooms

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Spring Rolls with Peanut Sauce

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Bruschetta

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Oven-Roasted Potatoes

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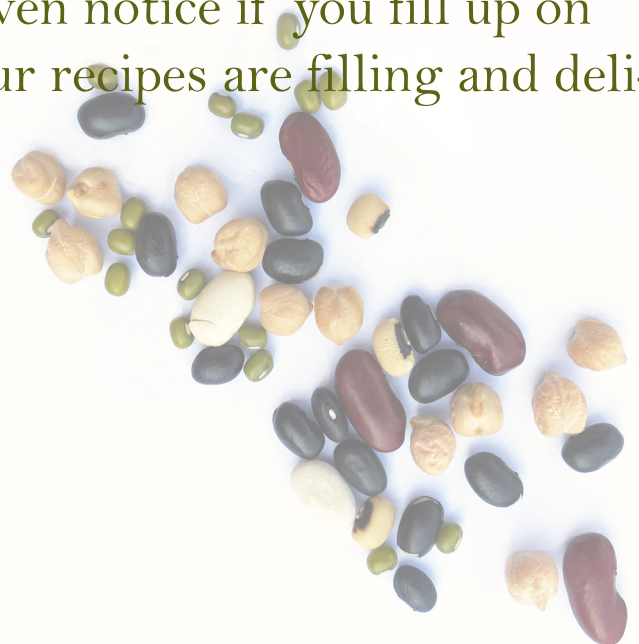




Once you get the hang of it, eating healthfully is not hard to do. One day you'll wake up and realize you're not craving a piece of coffee cake, but a wholesome bowl of pumpkin oatmeal. You'll learn to like vegetables, love them even. Foods you used to love will taste too sweet, too salty, too greasy compared to your new normal. You'll want to continue to feel healthy and full of energy, and you'll know it's because your diet plays a huge part in that.

But one thing you can never escape is the social pressure to eat poorly. There will always be someone who doesn't understand why you eat the way you do and may even take offense. At family dinners, office potlucks, or PTA bake sales, the reactions are always the same.

One way to preserve your healthy lifestyle while respecting social customs is to bring your own appetizer to any function you attend. In almost any case, the host will be grateful for the extra dish. An appetizer is not presumptuous as a special main course, but no one will even notice if you fill up on your healthy alternative. These four recipes are filling and delicious enough to do both.







# STUFFED MUSHROOMS

Serves 6  
35 Minutes  
\$0.88/serving



Savory and bite-sized, **stuffed mushrooms** fulfill the two essential qualities for a successful party appetizer. The sharp Romano cheese complements the meaty flavors of the baked mushrooms in a way that no other food can. This dish is a good source of vitamin K, which allows blood to clot normally<sup>1</sup>, and selenium, which helps to protect cells from free-radical damage.<sup>2</sup>

## Ingredients

16 oz. baby Portobello  
mushrooms, washed with stems re-  
moved and separated  
3 leeks, minced  
2 cloves garlic, minced  
½ cups breadcrumbs  
¼ cup Pecorino Romano, grated  
2 tbsp. safflower oil  
salt and pepper

## Method

Preheat the oven to 400F.

Remove the mushroom stems from the bulb and mince the stems. In a medium pan, heat the oil and add the minced stems. Add the garlic and leeks to the pan and sauté for 2-3 minutes. Remove the pan from the heat and add the breadcrumbs and Romano cheese to the mixture.

Mix thoroughly.

On a large, oiled baking sheet, stuff the mixture into the mushroom caps. Bake the mushrooms for 30-35 minutes.

Nutrition Facts	
Serving Size 143 g	
Amount Per Serving	
Calories 159	Calories from Fat 68
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat	
Cholesterol 10mg	3%
Sodium 191mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 7g	
Vitamin A 16%	Vitamin C 9%
Calcium 15%	Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	



1. "Vitamin K."

2. "Selenium."



# SPRING ROLLS WITH PEANUT SAUCE

Serves 4

30 Minutes

\$2.14/serving



Cooking foods from different cultures is exciting and challenging, and allows you to test the bounds of your creativity. One of the best resources for inexpensive ingredients is international markets and grocery stores. I found these rice paper wrappers and rice noodles at a Vietnamese market near my house and knew that I needed to make some delectable **spring rolls**. Rice paper wrappers serve the same purpose as egg roll wrappers, but produce a lighter roll. The combinations of vegetables can be varied between rolls for greater appetizer variety.

### Ingredients

8 rice paper wrappers  
 1 avocado, sliced  
 2 carrots, peeled and julienned  
 8 asparagus spears tips  
 6-oz. bag of rice noodles  
 4 oz. bean or alfalfa sprouts  
 ¼ cup peanut butter  
 2 tbsp. Bragg's Liquid Amino Acids (or soy sauce)  
 1 tbsp. chives, minced  
 water

### Method

#### *Spring Rolls*

Cook rice noodles according to package directions. Drain and set aside.

Fill a large bowl with warm water and submerge one sheet of rice paper until it is pliable. Remove the sheet and place on a clean tea towel. Pat the sheet dry. Fill roll with assorted vegetables and noodles.

Fold according to diagram.

#### *Peanut Sauce*

Combine peanut butter, chives, and Bragg's. Add enough water to turn the mixture into a thin consistency.

Nutrition Facts	
Serving Size 187 g	
Amount Per Serving	
Calories 318	Calories from Fat 158
% Daily Value*	
<b>Total Fat</b> 19g	29%
Saturated Fat 3g	16%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 596mg	25%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 7g	28%
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 110%	Vitamin C 14%
Calcium 3%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	





# BRUSCHETTA

Serves 8  
30 Minutes  
\$0.74/serving





Refreshing and bite-sized, a bowl of **bruschetta** is the ultimate summer party food. It's constantly the dish that's finished first and complemented most. The savory raw garlic and salt mix with the olive oil to coat the fresh tomatoes in dressing that's too good to pass up.

## Ingredients

9 tomatoes, diced, with the  
centers scooped out  
4 handfuls basil, chopped  
4 cloves garlic, minced  
2 tbsp. olive oil  
1 whole grain baguette  
salt and pepper

## Method

Heat the oven to 350 F (175 C). Slice the baguette in ½ inch rounds and place on a baking sheet. Drizzle with olive oil. Toast until golden brown on both sides.

In a large bowl, combine diced tomatoes, basil, garlic, and olive oil. Stir gently to combine the ingredients. Add salt and pepper to taste.

Nutrition Facts	
Serving Size 124 g	
Amount Per Serving	
Calories 183	Calories from Fat 51
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 223mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	19%
Sugars 5g	
Protein 8g	
Vitamin A 14%	Vitamin C 16%
Calcium 7%	Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	



# OVEN-ROASTED POTATOES

Serves 2  
60 Minutes  
\$1.02/serving





This **oven-roasted potato** recipe was created by my sister, Julia. She was looking for a summery update on a traditional winter dish. By adding lemon to the mix, she lightened the darker flavors and created something delectable.

This recipe should serve as more of a guideline than a set of hard and fast rules. The numbers of potatoes and amount of seasoning used should be manipulated to reflect your personal preferences.

### Ingredients

- 6 small Yukon Potatoes, ½ inch slices
- 1 tbsp. of Olive Oil
- 3 cloves garlic, minced
- 3 tbsp. rosemary
- ½ lemon
- ¼ cup Pecorino Romano cheese, grated

### Method

Heat the oven to 350 F (175 C).

In a medium-sized baking dish, coat potato slices well with olive oil. Add rosemary and garlic and toss until combined.

Cut three thin slices from the lemon and set them aside. Zest from the remaining piece of lemon over the top of the potatoes, tossing to combine. Place the thin lemon slices on top of the potatoes.

Bake for 35 minutes, or until tender (cook time will vary depending on the type of potatoes used). Remove the potatoes from the oven and sprinkle with Pecorino Romano cheese. Bake potatoes for an additional 10 minutes, or until crispy. Serve immediately.

Nutrition Facts			
Serving Size 358 g			
Amount Per Serving			
Calories 372		Calories from Fat 97	
		% Daily Value*	
Total Fat 11g		17%	
Saturated Fat 3g		17%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 189mg		8%	
Total Carbohydrate 62g		21%	
Dietary Fiber 7g		30%	
Sugars 3g			
Protein 11g			
Vitamin A	3%	Vitamin C	117%
Calcium	20%	Iron	16%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			



# WRAPS AND SANDWICHES



Apple Beet Chickpea Wrap  
Eggplant Goat Cheese Panini  
Eggplant Cheddar Burger  
Spicy Black Bean Burger  
Perfect Portobello Burger

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The complaint I most often hear about health food is not that it's too expensive or that it doesn't taste good, but that it's too difficult to prepare. Most Americans find little pleasure in stirring risottos or tempering chocolate. In fact, many Americans don't even have time to sit down for a normal meal in between work, school, children, and other responsibilities. That's why this section features five recipes that are easy to prepare and even easier to transport. The eggplant cheddar and black bean burgers can even be made in large batches and the patties frozen for another meal.

Thrown these sandwiches in a lunch box for a healthy meal on the go, or enjoy them at home!



# APPLE BEET CHICKPEA WRAP

Serves 4  
15 Minutes  
\$1.28/serving





This **apple beet chickpea wrap**, adapted from a recipe<sup>1</sup> by a food blog called *My New Roots*, includes all of my favorite foods. The combination of legume, grain, fruit, and vegetable make this wrap a healthy choice for any day. While I've loved the other ingredients in this wrap for a long time, I've only recently started to fall for raw beets. Grated over a salad or a sandwich, beets add moisture and a delicious earthy flavor to any dish. Beets are nutritional powerhouses, with high levels of potassium and iron, and add some sweetness with their naturally occurring fruit sugars.<sup>2</sup>

### Ingredients

- 1 large beet, grated
- 1 apple, sliced
- 2 cups baby spinach
- 2 8-oz. cans chickpeas
- 2 tbsp. olive oil
- 4 whole grain wraps
- 6 oz. Greek yogurt
- $\frac{1}{4}$  tsp. salt
- 2 tbsp. lemon juice
- 2 cloves garlic, minced

### Method

In a medium-sized bowl, combine the beet, apple, chickpeas, and spinach and drizzle with olive oil. In a small bowl, combine the Greek yogurt, salt, lemon juice, and garlic and stir well. Warm each wrap in the oven and drizzle with yogurt sauce before placing the apple-beet mixture on top.

Nutrition Facts	
Serving Size 295 g	
Amount Per Serving	
Calories 404	Calories from Fat 104
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 1mg	0%
Sodium 857mg	36%
Total Carbohydrate 62g	21%
Dietary Fiber 8g	33%
Sugars 10g	
Protein 13g	
Vitamin A 29%	Vitamin C 23%
Calcium 20%	Iron 21%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	



1. Britton (2012)  
2. "Beets, Raw."



# EGGPLANT GOAT CHEESE PANINI

Serves 4  
30 Minutes  
\$2.03/serving





Last summer, I started a food blog with my sister. It was something that we had talked about doing for a long time. We viewed it as a way to showcase our passion for food and promote healthy eating habits among our friends and family. On June 28th, we posted our first recipe, an **eggplant goat cheese panini**.

We always ate paninis growing up. For this recipe, we revamped our old family recipe, swapping egg-and-milk heavy breading for light, summery grilling. Our eggplant and zucchini slices came out of the oven crispy and full of flavor. We replaced mozzarella with goat cheese, giving the sandwich a stronger flavor without sacrificing any of the creamy texture. When we grilled and pressed the sandwiches, they came out piping hot and ready to eat.

### Ingredients

1 eggplant, sliced in thick rounds  
½ zucchini, sliced thick lengthwise  
4 tbsp. safflower oil  
2 tbsp. minced garlic  
oregano  
dried basil  
salt and pepper  
1 whole grain baguette  
4 oz. goat cheese  
4 tbsp. minced garlic  
½ of **Tomato Sauce** (pg. 61)

### Method

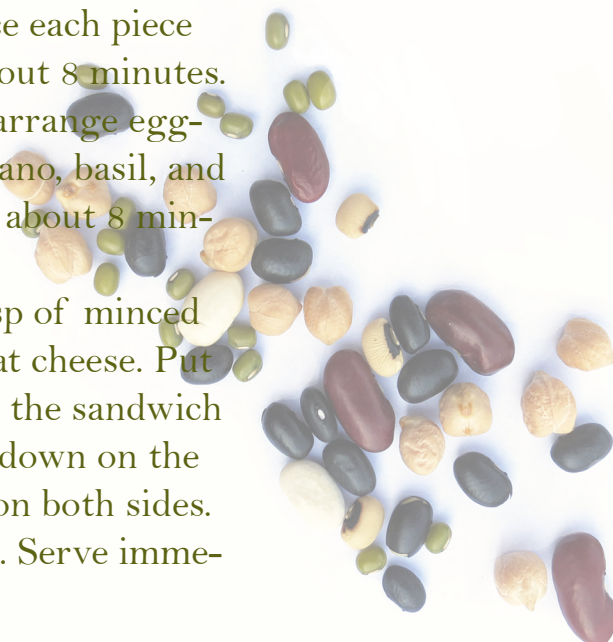
Heat the oven to 350F (175C). Cover two baking sheets with aluminum foil and lightly coat with olive oil.

Slice baguette in four pieces widthwise and slice each piece lengthwise. Place in oven until slightly crispy, about 8 minutes.

Grease a baking sheet generously with oil and arrange eggplant and zucchini it. Top slices with garlic, oregano, basil, and salt and pepper. Bake until both sides are crispy, about 8 minutes on each side.

Remove baguette slices from oven. Spread 1 tbsp of minced garlic on each sandwich, followed by 1 oz of goat cheese. Put baked vegetable slices on the sandwich and place the sandwich on a heated grill pan. Use a frying pan to push down on the sandwich, evenly distributing the weight. Grill on both sides. Open the grilled sandwich and add tomato sauce. Serve immediately.

Nutrition Facts	
Serving Size 428 g	
Amount Per Serving	
Calories 436	Calories from Fat 209
% Daily Value*	
Total Fat 24g	36%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 683mg	28%
Total Carbohydrate 45g	15%
Dietary Fiber 11g	45%
Sugars 14g	
Protein 16g	
Vitamin A 33%	Vitamin C 50%
Calcium 17%	Iron 26%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	





# EGGPLANT CHEDDAR BURGER

Serves 5  
45 Minutes  
\$1.06/serving





I first discovered the **eggplant cheddar burger** in Copenhagen. In a country with a more limited supermarket selection than what I was used to in America, I wasn't able to get canned beans or pre-made veggie burgers as easily. So I had to improvise with the foods we had readily available.

The eggplant in this burger gives it a tangy bite while the cheddar cheese and breadcrumbs help to hold it together.

### Ingredients

- 2 whole eggplants, peeled, diced into 1-inch cubes
- 4 tbsp. safflower oil
- 2 scallions, chopped fine
- 1 tbsp. cilantro, minced
- 1 cup sharp cheddar cheese, shredded
- 1 cup breadcrumbs
- 1 tsp. garlic, minced
- $\frac{1}{2}$  tsp. cumin
- $\frac{3}{4}$  tsp. pepper
- $\frac{1}{2}$  tsp. salt

### Method

Sauté eggplant in 1 tsp. oil on low heat until very soft, about 15 minutes. After 10 minutes, add scallions.

Transfer eggplant to a large bowl and add cilantro, cheese, breadcrumbs, garlic, cumin, salt and pepper. Cover bowl with plastic wrap and allow to cool in the refrigerator for  $\frac{1}{2}$  hour.

Form 1-inch thick patties (4-6 depending on the size of the eggplants).

In a large pan, heat remaining 3 tbsp. oil on a medium heat and fry patties until dark brown, about 5 minutes on each side.

Serve on a whole grain bun.

Nutrition Facts			
Serving Size 240 g			
Amount Per Serving			
Calories 265		Calories from Fat 122	
		% Daily Value*	
Total Fat	14g		21%
Saturated Fat	2g		10%
Trans Fat			
Cholesterol	5mg		2%
Sodium	300mg		13%
Total Carbohydrate	27g		9%
Dietary Fiber	7g		29%
Sugars	6g		
Protein	10g		
Vitamin A	2%	Vitamin C	7%
Calcium	15%	Iron	9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			





# SPICY BLACK BEAN BURGER

Serves 4  
30 Minutes  
\$0.55/serving





The **spicy black bean burger** is a great replacement for a traditional burger. It's hearty, spicy and even replicates some of the same flavors that you get from a piece of meat. This burger is high in protein, thiamin and folate without contributing saturated animal fats to your dinner. It can be served on a bun or over a bed of highly nutritious quinoa.

### Ingredients

- 2 15-oz. cans black beans, drained and rinsed
- 1 "flax egg" (1 tbsp. flax meal + 3 tbsp. water, microwaved for 30 seconds)
- 1 jalapeño, with seeds removed
- 2 cloves garlic
- 2 tbsp. tomato paste
- ½ cup Panko breadcrumbs
- 2 tsp. cumin
- 1 tsp. salt
- ½ cup corn

### Method

Add jalapeños and the garlic cloves to a food processor and mince finely. Add one can of beans to the jalapeño/garlic mixture and pulse to combine. Add cumin and salt and pulse until mixture resembles chunky black bean dip.

Transfer the mixture in the food processor to a large bowl and stir in the bread crumbs, tomato sauce, "flax egg" and corn. Stir well until everything is combined. Add remaining black beans.

Heat a little olive oil in a skillet on medium high heat. Form black bean mixture into patties and fry for about 4 minutes per side, until golden and crusty brown.

Nutrition Facts	
Serving Size 255 g	
Amount Per Serving	
Calories 316	Calories from Fat 18
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 62mg	3%
Total Carbohydrate 57g	19%
Dietary Fiber 20g	79%
Sugars 2g	
Protein 20g	
Vitamin A 3%	Vitamin C 9%
Calcium 7%	Iron 27%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	





# PERFECT PORTOBELLO BURGER

Serves 4

30 Minutes

\$2.17/serving





It took me a long time to figure out the method for making the perfect **portobello burger**. First I tried grilling. It was great during the summer, but I could never get the grill to work just right and always wound up dropping the mushroom into the coals. Next was frying. I'd heat up a big frying pan full of oil and plop my mushroom down inside. The result was a mushroom that was burnt on the outside and raw on the inside.

The inspiration for this method didn't come until I tried cooking my mushrooms in a wood-burning fireplace. The slow heat cooked the mushroom slowly, preserving the juices and cooking the mushroom thoroughly—just like an oven would! Since that day, I've never again put my portobellos in a frying pan.

**Ingredients**

- 4 large Portobello mushrooms
- ½ cup safflower oil
- ¼ cup balsamic vinegar
- 2 tbsp. Bragg's Liquid Aminos
- 3 cloves garlic, minced
- ½ tbsp. onion powder
- ¼ tbsp. salt
- ¼ tbsp. pepper

**Method**

Preheat the oven to 300°. With a small spoon, scoop the gills from the underside of the mushroom. Hand wash each mushroom under lukewarm water, scrubbing any dirt or gill residue from the surface.

In a large shallow pan, combine safflower oil, balsamic vinegar, Bragg's Liquid Aminos, garlic, onion powder, salt, and pepper and mix well. Place each mushroom bottom-side up in the marinade and allow them to soak for at least 10 minutes, making sure to coat both sides.

Place the pan into the oven and let the mushrooms cook for 20 minutes, or until they shrink considerably and soften. Serve on a whole grain bun with spinach, tomatoes, and avocado.

Nutrition Facts			
Serving Size 205 g			
Amount Per Serving			
Calories 319		Calories from Fat 251	
		% Daily Value*	
Total Fat 28g		44%	
Saturated Fat 2g		9%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 522mg		22%	
Total Carbohydrate 12g		4%	
Dietary Fiber 3g		14%	
Sugars 3g			
Protein 8g			
Vitamin A		0% • Vitamin C	1%
Calcium		2% • Iron	7%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			



# MAIN COURSES



Channa Masala  
Avocado Tempura  
Mushroom Brie Tartlet  
Eggplant Rollatini  
Falafel Salad

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The entrée is the heart of any meal, showcasing the most complex and heartiest flavors. In a typical American meal, the main course contains some variation on meat or fish, but vegetarians have to be more creative.

One question vegetarians often get asked is how they get enough protein to remain healthy. For many Americans, it seems an incompatible notion that a person who chooses not to eat high-protein animal products could still be receiving all the required macronutrients necessary for optimal health. Protein is essential as a source of amino acids, which aid in growth and tissue repair and the synthesis of enzymes and hormones.<sup>1</sup>

Although vegetarian diets are typically lower in protein than omnivore diets, vegetarians still contain an adequate amount of protein from non-animal sources.<sup>2</sup> Vegetarians who eat a well-balanced diet can find excellent sources of protein in eggs, nuts, legumes, quinoa, and green leafy vegetables.

The following section presents five recipes that could serve as the centerpiece for any vegetarian meal, each with over 10 grams of protein per serving.



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1. "Protein."

2. Magels (2013)



# CHANNA MASALA

Serves 4

30 Minutes

\$1.50/serving





**Channa masala** was the first real meal I learned to cook for myself. I was living in DC after my freshman year in college, trying to find healthy recipes that I could make that weren't too hard. I loved chickpeas and tomatoes but was never passionate about Indian food. I had none of the spices the recipe called for, but I went out and bought them anyway. I remember thinking "I just spend 30 dollars on spices. This recipe had better be good." It was.

Channa masala quickly became my go-to comfort food. When my sister Julia visited me that July, it's the first thing we made. We sat in the sun room and ate giant bowls full of it. We went back for seconds and thirds until we couldn't even think about eating another chickpea. Now, whenever Julia comes to visit me, it's the first dish we make.

The chickpeas in this dish are a great source of protein and iron, as well as manganese and phosphorus. The tomatoes create a rich and filling base for the various spices to shine.

This recipe inspired us to become active food lovers and recipe collectors. We sent links to delicious sounding food to each other all summer and I compiled them in a giant binder for safekeeping. We were physically so far apart, but sharing recipes made us feel closer.

### Ingredients

- 2 15-oz. cans chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 jalapeño pepper, seeded and chopped
- 1 inch knob ginger, peeled and chopped
- 1 15-oz. can diced tomatoes
- 1 6-oz. can tomato paste
- 2 tbsp. olive oil
- 1 tbsp. coriander
- 1 tsp. cumin
- ½ tsp. sea salt
- 1 tsp. garam masala
- ¼ tsp. cayenne pepper
- 1 tsp. turmeric
- ½ lemon

### Method

In a large pot, heat the oil. Add the onions and cook for 10 minutes on medium-low heat, or until golden brown. Once the onions have caramelized, add the garlic, ginger, and jalapeño and stir well. Cook for 2 minutes until fragrant.

Add the tomato paste to the pot and mix in with the onion-garlic mixture. Spread the paste along the entire bottom of the pot and allow to cook for 5-7 minutes. Add the coriander, cumin, cayenne and turmeric and stir well. Then, add the diced tomatoes, chickpeas, and garam masala. Cook for 5 minutes, or until the chickpeas have heated through. Top with fresh lemon juice and serve with plain yogurt or goat cheese.

Nutrition Facts	
Serving Size 390 g	
Amount Per Serving	
Calories 415	Calories from Fat 86
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1070mg	45%
Total Carbohydrate 71g	24%
Dietary Fiber 13g	54%
Sugars 10g	
Protein 15g	
Vitamin A 19%	Vitamin C 47%
Calcium 12%	Iron 27%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

### \*CHEF'S NOTE\*

The process of spreading the tomato paste along the bottom of the pot is known as a pincé, or caramelization of the tomato paste. This process is essential for a good channa masala as it produces a rich tomato base for the dish. The hardest part about the pincé is leaving the tomato paste alone while it cooks. Although you don't want it to burn, you want enough of the sugar to burn off so it's no longer sweet.



# AVOCADO TEMPURA

Serves 3  
60 Minutes  
\$1.11/serving





In addition to being utterly delicious and versatile, avocados are high in protein, potassium, vitamin C, and mono and polyunsaturated fat (“good fats”). This southwestern inspired **avocado tempura** goes perfectly with black beans, brown rice, and sautéed vegetables.

## Ingredients

- 2 avocados
- ½ cup flour
- ¼ cup ground flax seed
- 1 cup breadcrumbs
- ¼ cup olive oil

## Method

Combine flax seed with ¾ cup water in a bowl and let stand for 20 minutes.

Cut avocados into small cubes and coat with flour. Next, coat the pieces in the flax mixture and finally cover in breadcrumbs.

In a shallow pan over a medium flame, heat the olive oil. Place breadcrumb-covered avocado in the pan and cook on all sides until golden brown.

Nutrition Facts			
Serving Size 187 g			
Amount Per Serving			
Calories 601		Calories from Fat 307	
		% Daily Value*	
Total Fat 36g		55%	
Saturated Fat 5g		25%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 274mg		11%	
Total Carbohydrate 63g		21%	
Dietary Fiber 13g		53%	
Sugars 3g			
Protein 12g			
Vitamin A 3%		Vitamin C 13%	
Calcium 10%		Iron 23%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			





# MUSHROOM BRIE TARTLET

Serves 6  
60 Minutes  
\$1.20/serving





Chickpea flour is one of the most adaptable foods used in vegetarian cooking. Sometimes referred to as gram flour, garbanzo flour, or besan, this food is gluten-free and has a relatively high proportion of protein in comparison with other flours.<sup>1</sup> It can also be used as a vegan egg replacer when mixed with water and is a popular facial exfoliant in India.<sup>2</sup> I've found that the flour adds a savory, complex flavor to any dish it's added to. I especially love the combination of the chickpea flour, mushrooms, and onions with the creaminess of the cheese in this **mushroom brie tartlet**.

### Ingredients

1 cup chickpea flour  
 1 cup whole wheat flour  
 1 stick butter, cubed and very cold  
 1 tsp. sea salt  
 1 tsp. pepper  
 2 tsp. onion powder  
 1 tbsp. ice cold water  
 2 sweet yellow onions, chopped finely  
 16 oz. white mushrooms, chopped finely  
 3 tbsp. safflower oil  
 3 cloves garlic  
 1 tsp. salt  
 1 tsp. pepper  
 6 oz. lite brie, or other creamy cheese

### Method

#### *Chickpea Crust*

In a food processor, combine flours, butter, salt, pepper, and onion powder and pulse for 5 seconds. Add the water one drop at a time until the mixture starts to combine. Wrap the dough in plastic wrap and allow to sit in the refrigerator for at least 1 hour.

#### *Filling*

Heat the oven to 350F.

In a large pan over a low flame, heat the oil. Add the onions and cook for 20 minutes, until the onions are caramelized. Add the mushrooms and garlic and cook for another 20 minutes. Add the salt and pepper. Remove the dough from the refrigerator and divide into 12 parts. In a greased muffin pan, press each dough ball into a muffin tin, coating the inside to form a small cup. Fill each dough cup with ½ oz. of cheese and 1-2 spoonfuls of the mushroom mixture. Place in the oven and cook for 30-40 minutes.

Nutrition Facts			
Serving Size 276 g			
Amount Per Serving			
Calories 430	Calories from Fat 235		
		% Daily Value*	
Total Fat 27g		41%	
Saturated Fat 12g		60%	
Trans Fat			
Cholesterol 48mg		16%	
Sodium 207mg		9%	
Total Carbohydrate 35g		12%	
Dietary Fiber 6g		24%	
Sugars 9g			
Protein 16g			
Vitamin A	10%	Vitamin C	12%
Calcium	10%	Iron	14%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			

1. "Chickpea Flour, Besan."

2. "Egg-free Cooking and Baking."



# EGGPLANT ROLLATINI AND TOMATO SAUCE

Serves 12

90 Minutes

\$1.82/serving





**Eggplant rollatini** is my favorite food. I love eggplant in all its forms, but there's something so special about biting into a crispy piece of eggplant filled with salty cheese and topped with rich tomato sauce. It reminds me of home and cooking with my mom.

This adaptation of eggplant rollatini strives to replace refined carbohydrates and animal proteins with healthier alternatives. The usual extra coating of

This recipe serves many people, making it great for holidays and dinner parties. It is such a crowd favorite that your friends and family won't even suspect it's healthy!

### *Eggplant Rollatini*

#### **Ingredients**

2 medium sized eggplants, peeled and sliced lengthwise paper thin  
2 cups white flour  
2 cups cornmeal  
2 tbsp. flax meal  
1 cup rice milk (or other milk substitute of choice)  
safflower oil  
32 oz. ricotta cheese, part skim milk  
4 oz. mozzarella, shredded  
4 oz. Pecorino Romano, shredded  
2 tbsp. garlic powder  
2 tbsp. Italian seasoning  
salt and pepper

#### **Method**

Preheat the oven to 375F.

Get three large, flat dishes. Place the flour in one dish, the cornmeal in another, and the rice milk and flax meal in the last. Allow the milk/flax mixture to sit for 20 minutes.

Dip each slice of eggplant into the flour, then the milk, then the cornmeal. Make sure to completely coat each slice in each layer. Over a medium-low flame, add 2 inches of safflower oil to a large metal pan. Fry each slice of eggplant in the oil until golden brown on each side (the slices should be flipped after 2-3 minutes). Remove each slice and drain it on a paper towel. Continue to fry each eggplant slice and drain on paper towels until finished. If the oil becomes too dirty, drain it with a small strainer. In a large bowl, add the ricotta, 4 cheese mixture, Pecorino Romano, garlic powder, Italian seasoning, salt, and pepper. Stir to combine.

Coat the bottom of a casserole dish with tomato sauce. Lay one slice of eggplant facing towards you. At the larger end, place one spoonful of the cheese mixture and roll it towards the smaller side. Place the eggplant roll seam-side down in the casserole dish. Repeat with all remaining eggplant slices, stacking them if you run out of room. When finished, drizzle tomato sauce over the eggplant.

Bake for 30 minutes. Serve hot.

Nutrition Facts			
Serving Size 389 g			
Amount Per Serving			
Calories 533		Calories from Fat 195	
		% Daily Value*	
Total Fat 22g		34%	
Saturated Fat 7g		37%	
Trans Fat 0g			
Cholesterol 41mg		14%	
Sodium 672mg		28%	
Total Carbohydrate 61g		20%	
Dietary Fiber 8g		30%	
Sugars 9g			
Protein 26g			
Vitamin A	31%	Vitamin C	26%
Calcium	55%	Iron	26%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			

### *Tomato Sauce*

#### **Ingredients**

1 tbsp. olive oil  
1 onion, diced  
3 cloves garlic, minced  
1 8-oz can tomato paste  
1 16-oz can chopped tomatoes  
1 16-oz can tomato purée  
2 tbsp. dried basil  
2 tbsp. Italian seasoning  
1 tbsp. oregano  
1 tsp. paprika  
salt and pepper

#### **Method**

In a medium saucepan, heat the oil. Add the onions and garlic and sauté until the onions are translucent. Add the tomato paste and cook until the paste begins to caramelize. Add canned tomatoes, tomato sauce, basil, Italian seasoning, paprika, oregano, and salt and pepper to taste. Reduce heat to low and allow to simmer for 40 minutes.

#### **\*CHEF'S NOTE\***

Don't skip the first coating of flour. It allows the milk/flax mixture to stick better.

Never stack two pieces of eggplant on top of each other. Always leave a layer of paper towels in between to soak up the excess oil



# FALAFEL SALAD

Serves 4  
60 Minutes  
\$1.59/serving





**Falafel** is celebrated by vegetarians all over the world as a healthy alternative to meat products. This middle-eastern inspired dish is high in protein, while remaining low in cholesterol and saturated fat. The addition of salad vegetables serves to round out this meal with a full nutritional profile. For an easy, on-the-go meal, put your salad into a pita bread.

### Ingredients

- 1 cup dried chickpeas, reconstituted
- ½ onion, chopped
- 2 cloves garlic, minced
- 3 tbsp. fresh parsley, chopped
- 1 tsp. coriander
- 1 tsp. cumin
- 2 tbsp. flour
- salt and pepper
- 6 tbsp. safflower oil
- 2 cups baby spinach
- ½ onion, chopped finely
- 2 tomatoes, chopped
- 1 cucumber, chopped
- Yogurt Sauce** (pg. 43)

Nutrition Facts			
Serving Size 363 g			
Amount Per Serving			
Calories 405		Calories from Fat 196	
		% Daily Value*	
Total Fat 22g		34%	
Saturated Fat 2g		8%	
Trans Fat 0g			
Cholesterol 1mg		0%	
Sodium 562mg		23%	
Total Carbohydrate 43g		14%	
Dietary Fiber 8g		30%	
Sugars 9g			
Protein 11g			
Vitamin A	39%	Vitamin C	41%
Calcium	17%	Iron	16%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			

### Method

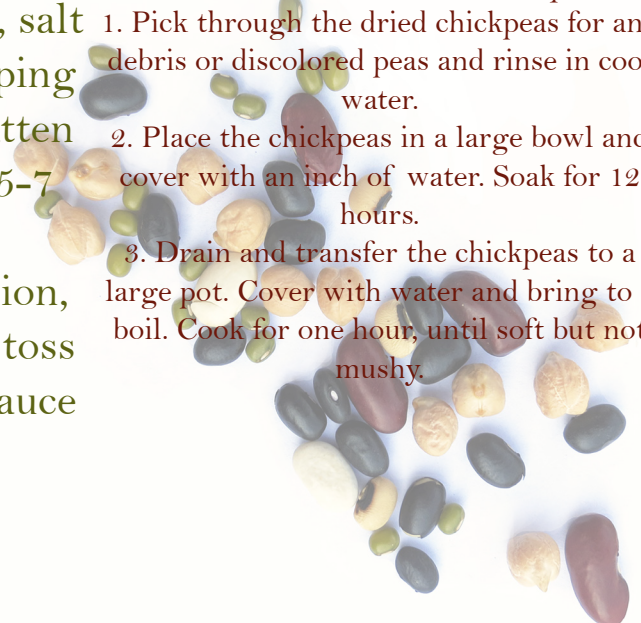
In the bowl of a food processor, combine chickpeas, flour, garlic, onion, coriander, cumin, salt and pepper. Blend until combined. Form ping pong sized balls from the mixture and flatten them slightly. Fry in 2 inches of oil for 5-7 minutes, until golden brown.

In a large bowl, add the baby spinach, onion, tomatoes, cucumber, and falafel balls and toss to combine. Serve in bowls with yogurt sauce drizzled on top.

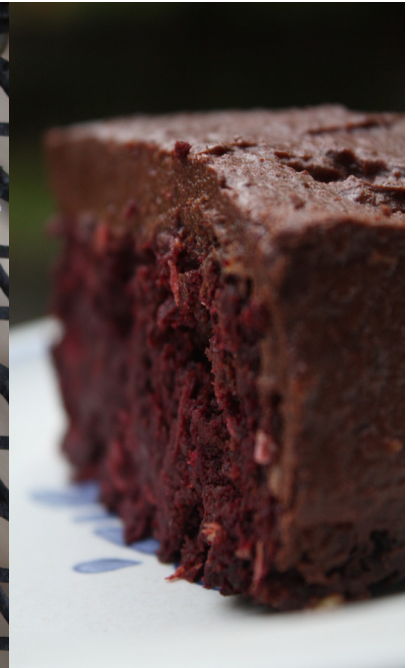
### \*CHEF'S NOTE\*

#### *How to Reconstitute Dried Chickpeas*

1. Pick through the dried chickpeas for any debris or discolored peas and rinse in cool water.
2. Place the chickpeas in a large bowl and cover with an inch of water. Soak for 12 hours.
3. Drain and transfer the chickpeas to a large pot. Cover with water and bring to a boil. Cook for one hour, until soft but not mushy.



# DESSERTS



Mini Apple Pie  
Chocolate Date Truffles  
Chocolate Beet Cake  
Banana “Ice Cream”  
Cannoli  
Chocolate Banana Pops

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In recent years, registered dietitians, nutrition scientists, and advocacy groups have begun to focus heavily on reducing the amount of added sugars in American diets.

According to the 2010 Dietary Guidelines Advisory Committee Report, added sugars and solid fats contribute approximately 35 percent of calories to the American diet.<sup>1</sup> The US Department of Agriculture (USDA) defines added sugars as white sugar, brown sugar, raw sugar, corn syrup, corn-syrup solids, high-fructose corn syrup, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey molasses, anhydrous dextrose, and crystal dextrose.<sup>2</sup> Naturally occurring sugars in dairy products (lactose) and fruit (fructose) are not considered added sugars. In 2009, the American Heart Association stated that women should limit their daily added sugar intake to 6 tsp. per day, while men should limit their intake to 9 tsp. per day.<sup>3</sup>

The scientific evidence base is becoming more defined and robust for advocating for a dramatic decrease in the recommended consumption of sugar. Excessive sugar consumption increases the risk of becoming overweight or obese, increases the risk factors for cardiovascular disease, and does not allow Americans to meet their nutrient needs while staying in the bounds of their calorie limits.<sup>4</sup> There is also evidence that diets containing a high proportion of added sugars are lower in micronutrients than diets containing a moderate proportion of added sugars.<sup>5</sup>

This section attempts to ameliorate this crisis of excessive sugar consumption by Americans by presenting six dessert recipes that are sweetened with naturally occurring fruit sugars.

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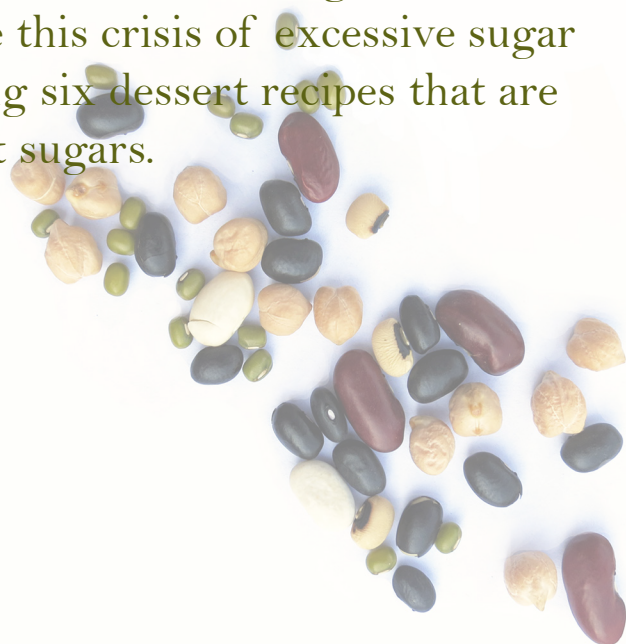
1. Dietary Guidelines for Americans (2010), pg. 1

2. Johnson (2010), pg. 1296

3. Ibid.

4. Ibid.

5. Johnson (2010), pg. 1297





# MINI APPLE PIE

Serves 12

60 Minutes

\$0.69/serving





My brother Jonathan is a picky eater. Like me when we were 13, he likes plain pasta, French bread pizza, and not much else. He's also my biggest cooking critic and he doesn't sugarcoat his feelings – if something isn't sweet enough, he's the first to pull out the chocolate ice cream. "It just needs a little something to accent the flavor," he says as he piles spoonful after spoonful on top of my delicate creations.

But there's one thing he can't resist, and that's a delicious **mini apple pie**. Whenever I come home from college, that's the first thing he asks me to make – no chocolate ice cream necessary. And if he likes it, I know it's good.

These pies aren't your traditional sugary desserts. The apples and raisins have their own sweetness, which is accented by the fall spices. They're a no guilt dessert (or breakfast) and are sure to bring a smile to anyone's face.

### Ingredients

8 golden delicious apples; peeled, cored, and sliced

1 cup raisins

¼ cup shredded coconut, unsweetened

2 tbsp. cinnamon

1 tsp. nutmeg

1 tsp. ginger powder

1 tbsp. vanilla extract

1 tbsp. almond extract

### 1 Pie Crust

### Method

Preheat the oven to 375 F (200 C).

In a large bowl, combine cinnamon, nutmeg, ginger powder, vanilla and almond extracts. Add sliced apples, raisins, and coconut, stirring until the spice mixture fully coats all of the apples.

Remove the pie crust dough from the fridge and divide into 12 pieces. Roll each piece until ¼ inch thick, lay it on top of a ramekin and press the dough lightly into the bottom. Place 3-4 spoonfuls of the apple mixture on top of the dough, pressing down gently to fill the ramekin. Cut off the excess dough around the edges and re-roll the dough. Cut the dough into 6 thin strips and arrange in a lattice pattern.

Bake for 45 minutes, or until the crust turns golden brown.

Nutrition Facts	
Serving Size 167 g	
Amount Per Serving	
Calories 295	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	19%
Saturated Fat 8g	39%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 45g	15%
Dietary Fiber 4g	15%
Sugars 18g	
<b>Protein</b> 4g	
Vitamin A 7%	Vitamin C 8%
Calcium 4%	Iron 11%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

### Pie Crust

### Ingredients

2 ½ cups white flour

1 tsp. sea salt

1 cup (2 sticks) unsalted butter, cubed and very cold

2 tbsp. ice water

### Method

In a food processor, combine flour, salt, and butter and pulse for 5 seconds. Add the water one drop at a time until the mixture starts to combine. Place mixture in a big bowl and kneed until dough-like.

Divide the dough in half and place each half on large pieces of plastic wrap. Shape the dough into a flattened disk and allow to sit in the fridge for 1 to 2 hours.



# CHOCOLATE DATE TRUFFLES

Serves 20  
20 Minutes  
\$0.25/serving





**Chocolate date truffles** are the perfect pick-me-up snack when you're feeling like something sweet. They're easy to make and keep for a long time, making them the perfect dessert to store in your freezer for unexpected company.

### Ingredients

15 large dates, pitted  
1 cup raw almonds, chopped  
5 tbsp. cocoa powder  
2 tbsp. coconut oil, room temperature  
2 oz. unsweetened baking chocolate

### *Suggested Toppings*

Unsweetened Shredded Coconut  
Cocoa Powder  
Chai Powder  
Rolled Oats  
Mixed Nuts

Nutrition Facts			
Serving Size 24 g			
Amount Per Serving			
Calories	103	Calories from Fat	55
		% Daily Value*	
Total Fat	7g		10%
Saturated Fat	1g		7%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrate	12g		4%
Dietary Fiber	3g		10%
Sugars	8g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	3%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			

### Method

In a small double boiler, melt the baking chocolate and coconut oil. In a food processor, mix the dates until they form a gooey paste. Add the almonds, cocoa powder, and melted chocolate and coconut oil to the food processor and mix until combined. Remove the food processor's blade and place in the refrigerator for 10 minutes.

Form 15-20 small round balls in your hands and coat each truffle with one of the suggested toppings. Place in the freezer for 20 minutes before serving.





# CHOCOLATE BEET CAKE

Serves 8

45 Minutes

\$1.41/serving





Finding this recipe was one of the best things that ever happened to me. I made this **chocolate beet cake** for the first time after I came home from Copenhagen. We were celebrating our Poppy's 93rd birthday part and all of us were craving something rich and chocolaty. My first thought was to a recipe by my favorite food bloggers, Green Kitchen Stories.<sup>1</sup> I had wanted to try it since I first spotted it in April and when my mom suggested a chocolate mascarpone frosting to glaze the top, I needed no more convincing.

I've cooked for so many different people, all with their own unique food restrictions and preferences. I have never had such a universally positive reaction to a sugar-free dessert as I have with this cake. I highly recommend this cake for any and all occasions. The moisture in the beets complements the rich and dense chocolate cake, while the creamy frosting sets it over the edge.

### Ingredients

- 2/3 cup safflower oil
- 16 dates, pitted and chopped finely
- 5 oz. unsweetened baking chocolate
- 2 cups raw beets, shredded
- 3 eggs
- 1½ cup spelt flour
- 2 tsp. baking powder
- 7 tbsp. cacao powder
- zest of ½ orange
- 8 oz. mascarpone cheese
- 2 tbsp. coconut oil
- orange zest

### Method

#### *Cake*

In a small saucepan over medium heat, combine the safflower oil and 3 oz. baking chocolate and allow to melt slowly. Remove the pan from heat and add 10 dates and beets to the pan. In a large bowl, combine the chocolate mixture, eggs, flour, baking powder, 5 tbsp. cacao powder, and orange zest and juice.

Grease a 9-inch circular pan with coconut oil and sprinkle with shredded coconut to prevent sticking.

Bake in the oven at 350F for 25 minutes. Allow to cool completely before frosting.

#### *Frosting*

Melt 2 oz. baking chocolate in a saucepan with the coconut oil. In a food processor, combine the cheese, melted chocolate, 6 dates, 2 tbsp. cacao powder, and the remnants of the orange zest. Frost and enjoy.

Nutrition Facts	
Serving Size 108 g	
Amount Per Serving	
Calories 356	Calories from Fat 250
% Daily Value*	
<b>Total Fat</b> 28g	44%
Saturated Fat 10g	49%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 47mg	2%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 6g	22%
Sugars 20g	
<b>Protein</b> 6g	
Vitamin A 7%	Vitamin C 4%
Calcium 7%	Iron 17%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

1. Frenkiel (2012)



# BANANA “ICE CREAM”

Serves 2

5 Minutes

\$0.72/serving





This banana dessert replicates the creamy frozen constancy of ice cream without all of the sugar and milk fats. Once frozen, bananas take on a new texture that's perfect for adding weight to smoothies or just eating by themselves. **Banana “Ice Cream”** is perfect for the former (or current) ice cream lover.

Nutrition Facts	
Serving Size 152 g	
Amount Per Serving	
Calories 135	Calories from Fat 4
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 19g	
Protein 2g	
Vitamin A 2%	Vitamin C 22%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

## Ingredients

2 very ripe bananas, broken in pieces and frozen for at least 12 hours

## Optional Add-Ins

Nut Butters

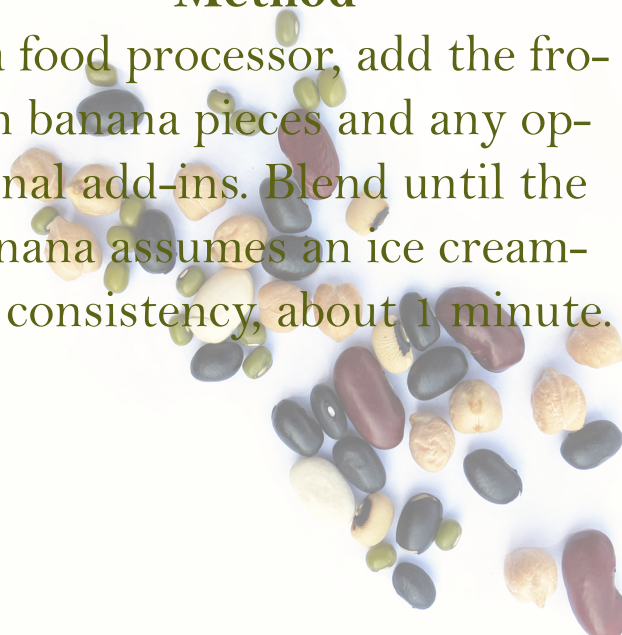
Cocoa Powder

Unsweetened Baking Chocolate

Almond Extract

## Method

In a food processor, add the frozen banana pieces and any optional add-ins. Blend until the banana assumes an ice cream-like consistency, about 1 minute.





# CANNOLI

Serves 12  
45 Minutes  
\$0.97/serving





There are some foods that I've always loved, but have been terrified of making for myself. Whether it's a French macaron or a loaf of sprouted bread, I'll gladly shell out money for someone else to take the trouble to beat egg whites until their arms hurt or lord over a farm of sprouting wheat berries and lentils.

There's also the issue of "helathifying" these recipes. Often, the ingredients I'd like to change are the ones that give the dish its defining characteristics. Have you ever tried to make sugar-free, vegan marshmallows? I have, and I'll never try it again.

So naturally, I thought that making **cannolis** would go down in the same disastrous way. And since buying premade shells was out of the question because of the added sugars, I had resigned myself to live cannoli free for the rest of my days.

So you can imagine my delight when I found a recipe with easy to follow, step-by-step instructions on how to create those delicious, flaky shells.<sup>1</sup> The following recipes are not complicated, but the assembly takes a little bit of finesse. My best advice is to invest in a stainless-steel cannoli shell form. They're widely available online. If you're dying to try these sugar-free cannoli and just can't wait for the mail, cut the dough into small chips, deep fry them, and use the mascarpone filling as a delicious dip.

Nutrition Facts	
Serving Size 102 g	
Amount Per Serving	
Calories 391	Calories from Fat 240
% Daily Value*	
Total Fat 27g	41%
Saturated Fat 13g	63%
Trans Fat 0g	
Cholesterol 49mg	16%
Sodium 24mg	1%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	14%
Sugars 20g	
Protein 6g	
Vitamin A 12%	Vitamin C 0%
Calcium 8%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

### Ingredients

- 1 1/3 cups white flour
- 2 tbsp. butter
- 1 pinch salt
- white wine (sweet or dry)
- vegetable oil
- 16 oz. mascarpone cheese
- 18 dates
- 1 tsp. almond extract
- 3 oz. unsweetened baking chocolate, minced

### Method

#### *Crust*

In a medium sized bowl, mix together flour, butter, and salt. Add enough wine to create a stiff but workable dough. Roll the dough into a ball and let it stand for about 1 hour.

After 1 hour, roll the dough until it's ¼ inch thick. Cut the dough into 5x5 inch squares. Place the tube in the diagonal middle of the square and wrap one corner around the tube, then wrap the other so it overlaps the first. Press to seal the seam.

Pan-fry each shell until golden brown, turning as necessary to keep any one side from burning. Remove from pan and allow to cool completely before removing shell from the tube. Fill with mascarpone cheese.

#### *Filling*

In a food processor, blend dates into a paste. Add almond extract and mascarpone cheese and pulse until smooth. In a medium bowl, mix the cheese with the minced baking chocolate. Fill shells.

1. "Cannoli Shells."



# CHOCOLATE BANANA POPS

Serves 12

45 Minutes

\$0.87/serving





One of our traditions growing up was the yearly carnival, the Wayne Day Bazaar. The event specialized in rickety carnival rides and the greasiest food you've ever laid eyes on, but their chocolate-covered banana pops were a force to be reckoned with. These pops were the best way to enjoy chocolate on a hot summer night.

Since my family uses alternative natural sweeteners in our dessert recipes, we're constantly buying bananas in bulk. We always have them in our kitchens, in the pantry, in the freezer. Bananas are high in natural sugars, making them the perfect addition to any sweet, but high in digestible starches. They're also high in potassium.<sup>1</sup>

We've revamped this traditional carnival recipe to include fibrous nuts and to eliminate unnecessary sugars. These addicting little **chocolate banana pops** will take you ten minutes to make and one minute to eat.

Nutrition Facts			
Serving Size 116 g			
Amount Per Serving			
Calories 257		Calories from Fat 166	
		% Daily Value*	
Total Fat 20g		30%	
Saturated Fat 12g		61%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 29g		10%	
Dietary Fiber 8g		33%	
Sugars 10g			
Protein 6g			
Vitamin A	1%	Vitamin C	11%
Calcium	4%	Iron	37%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			

### Ingredients

- 2 large ripe bananas, unpeeled, cut into three pieces
- 4 oz. unsweetened baking chocolate
- 6 toothpicks or skewers

### Suggested Toppings

Chopped Nuts, Unsweetened Shredded Coconut, Cinnamon

### Method

Stick the unpeeled banana segments with skewers and place in the fridge to chill (do not freeze). Melt the chocolate in a double broiler. Remove bananas from the fridge and paint the melted chocolate on with a brush. Roll each pop in the toppings until well-coated.

Place in the freezer until the chocolate hardens, about 10 minutes.

1. "Bananas, Raw."

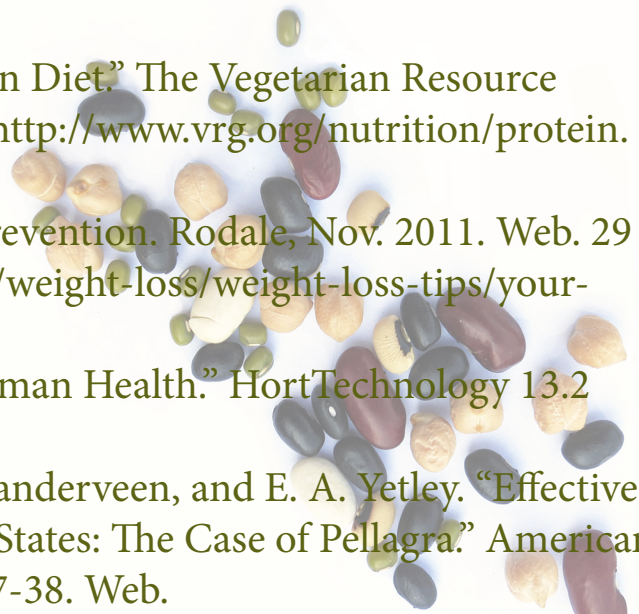


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# ABOUT THE AUTHOR



Sondra Campanelli is a senior at American University in Washington, D.C., where she studies Public Communication and Economics. Upon graduation in May 2013, she hopes to pursue a career in public relations and marketing. Sondra has been passionate about health food since her childhood and hopes this book will educate many people about the easy and delicious ways to live a healthy life.





