

MEDITERRANEAN WELLNESS
COOKBOOK



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Mediterranean Wellness, LLC.

Introduction

Welcome to our online cookbook. We hope you enjoy exploring and savoring new tastes and flavors from the various recipes included. Many of the recipes have been tested in our Med Well kitchen, submitted by participants, and are included based on the quality of their ingredients.

This cookbook is continually expanding. As recipes are tested, we will denote that for you. We encourage you to submit your recipes as this cookbook represents the principles of the Mediterranean way of eating and living. These recipes reflect various cultural backgrounds and preferences with the common thread being they are all derived from whole foods.

From Our Kitchen to Yours, Bon Appétit!

How to Use Our Cookbook

To view a specific recipe listed in the table of contents, simply click on the recipe title and you will be directed to that specific page.

Types of Recipes

The recipes have been denoted for your convenience as either vegan, vegetarian, and/or gluten-free. However, please take a look at all the recipes as many are versatile and can be altered to meet your needs.

Recipe Sections

There is a section called Starters, Sides and Complements. In this section you will be able to locate appetizers, side dishes, sauces, dressings, spreads, and marinades.

Contribute to the Cookbook

Please submit your recipes and comments to: nutrition@willclower.com.

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Breakfast

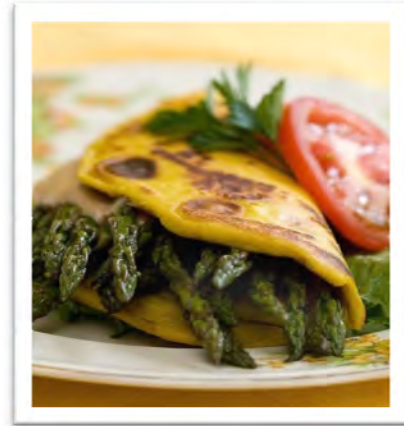
Asparagus Omelet

**Vegetarian, Gluten-Free*

Omelets work well for a breakfast, brunch, lunch or dinner. When in a pinch and feeling pressed for time make omelets for dinner. They are delicious and nutritious.

You'll Need

- 1/2 pound asparagus, trimmed
- 2 tablespoons butter
- Small clove garlic, minced
- 1/2 pound mushrooms, sliced
- 4 eggs lightly beaten
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1/4 teaspoon crushed dried basil
- 1/8 teaspoon freshly ground pepper



Directions

- Cut asparagus in 1 inch pieces; cook in boiling salted water until tender, about 2 to 4 minutes. Drain thoroughly.
- Melt 1 T butter in 8 inch skillet; sauté garlic and mushrooms until done and moisture has evaporated. Remove from pan; keep warm.
- In a small bowl, combine eggs, milk, salt, basil and pepper.
- Melt remaining butter in skillet until foamy, swirling it around pan to coat evenly.
- When hot enough that a drop of water sizzles when dropped in, pour in egg mixture. Tip pan so eggs coat skillet evenly.
- As eggs cook, periodically lift up cooked edges, tilt pan and let uncooked egg run underneath. When eggs are cooked, but surface is still shiny, place asparagus and mushrooms on one side; slide out of pan, folding side without vegetables over top. Serve immediately.

Play With Your Food

- Vary up the veggies based on what you have on hand
- Try using fresh basil instead of dried

Medwell Kitchen Tested

Breakfast

Basic Vegan Banana Muffins

**Vegan*

Looking for a perfect complement to a special brunch? This is the one for you. And the banana flavor in this muffin is quite a treat.

You'll Need

- 3 very ripe bananas
- 1/4 cup oil
- 3/4 cup sugar
- 2 cups flour
- 1 teaspoon alt
- 1 teaspoon baking soda
- 1 cup chopped walnuts



Directions

- Preheat oven to 350 degrees.
- In a large bowl, mash the bananas with a fork until smooth. Add the oil and sugar and cream together.
- In a separate bowl, combine together the flour, salt, and baking soda. Combine with the banana mixture, stirring gently just to combine.
- Grease or line a muffin pan, and fill each muffin about 2/3 full with batter. Bake for about 25 minutes or until a toothpick can be inserted and come out clean.

Play With Your Food

- Serve topped with a nut butter of choice
- Leave out the nuts or substitute for a different type of nut such as pecans or macadamias
- Add some shredded unsweetened coconut

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Breakfast

Banana Bread

* *Vegetarian*

This banana bread has a bit of a twist. The yogurt in this bread adds moistness to the final product.

You'll Need

- 3 very ripe bananas
- 1/2 cup butter, softened
- 3 tablespoons plain yogurt
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 cup sugar
- 2 eggs
- 2 cups flour
- 1 cup chopped walnuts
- Butter for greasing loaf pan



Directions

- Preheat oven to 350° F.
- Cream the butter and sugar together.
- Mash bananas with a fork and add to creamed mixture.
- Mix in the remaining ingredients.
- Pour into a greased loaf pan.
- Bake 1 hour and 15 minutes or until a toothpick can be inserted and removed cleanly.

Play with Your Food

- Leave out the walnuts
- Try pecans or macadamia nuts instead
- Enjoy a slice with some butter or a nut butter of choice

Breakfast

Banana Nut Pancakes

**Vegetarian*

This recipe is a crowd pleaser! Enjoy the flavor of the banana and the way they complement the nuts. Consider serving a pancake for a dessert sometime too.

You'll Need

- 1 large egg, beaten
- $\frac{3}{4}$ cup milk
- 1 cup all-purpose flour
- 2 tablespoons olive oil for the batter and extra for the griddle
- 3 teaspoons baking powder
- 1 tablespoon brown sugar
- Sprinkle of salt
- Pinch of cinnamon
- 1 pungent ripe banana, mashed until smooth
- 1 cup of walnuts, crushed



Directions

- In a large mixing bowl, beat the egg and milk together and then add the flour and mix until smooth. Fold in the olive oil, baking powder, brown sugar, salt, cinnamon, banana, and walnuts. Add a tiny bit more milk if batter is too thick.
- To a frying pan or griddle, add about a tablespoon or so of oil and place over medium heat. Then add about $\frac{1}{4}$ cup of your batter to the pan to make the size pancakes you like. Look to see when the batter develops bubbles from the under-side, indicating when the underside is golden. When ready, give it a flip and repeat the process for the other side.

Play With Your Food

- Try sliced strawberries or blueberries instead of bananas.
- These pancakes are just as good with maple syrup and butter as they are with some all-fruit jelly and whipped cream.
- Try it with macadamia nuts instead of walnuts

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Breakfast

Belgium Waffles

**Vegetarian*

These light waffles are easy to make. You will need a waffle maker to make them so if you don't have one, consider borrowing one from a friend. Once you share the end product with them they'll want the recipe too.

You'll Need

- 4 eggs separated
- 1/2 teaspoon vanilla
- 3 tablespoons melted butter
- 1 cup flour
- 1/2 teaspoon salt
- 1 cup milk



Directions

- Beat egg yolk until pale yellow.
- Add vanilla and butter.
- Add flour and salt alternatively with milk to mixture. Beat well.
- In another bowl, beat egg whites until they are thick and "stand up".
- Fold egg whites into rest of batter.
- Use a waffle maker to cook.

Play With Your Food

- Top with some strawberries and a dollop of whipped cream
- Make into an ice-cream sandwich

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Breakfast

Brown Sugar Cinnamon Oatmeal

**Vegetarian, Gluten-Free (if oats were produced in a gluten-free facility)*

This oatmeal tastes so good that it's hard to believe how healthy it is for you. The insoluble fiber found in this hearty breakfast, can actually help reduce the risk of heart disease and lower your LDL cholesterol.

You'll Need

- 1/2 cup oats
- 1 cup water
- 1 pinch of salt
- 2 to 3 teaspoons brown sugar
- 2 teaspoons unsalted butter
- 1/2 teaspoon cinnamon
- Dried fruit of your liking, ex: cherries, apricots



Directions

- **Stove Top:** In a medium sauce pan, boil water. Add oats and salt. Lower heat to medium until the water is absorbed. Add butter, sugar, and cinnamon. Correct seasonings. Add topping of choice.
- **Microwave:** In a microwaveable safe bowl, add all ingredients. Microwave for recommended time on box.

Play With Your Food

- Replace the brown sugar with maple syrup or honey.
- Play with the sugar in this recipe. Try to always decrease the amount used.
- Suggested Toppings:
 - Fresh fruit
 - Nuts
 - Cream
- When adding nuts or cream you may want to hold off on the butter a bit.
- If you would like to make this a vegan dish, replace the butter with some coconut oil.

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Breakfast

Buttermilk Biscuits

**Vegetarian*

It's hard to beat a homemade biscuit! Once you see how easy biscuits are to make, it will be hard for you to purchase them again.

You'll Need

- 2 cups all-purpose flour
- 1 pinch baking soda
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 tablespoon extra-virgin olive oil
- 1¼ cups buttermilk
- 2 tablespoons butter

Directions

- In a large mixing bowl, mix the dry ingredients (flour, baking soda, salt, and baking powder).
- Then mix the wet ingredients (olive oil, buttermilk) into the dry ingredients. You can either stir these around with a wooden spoon, in a food processor, or just put your hands in there until the dough is nice and smooth. If your hands get a bit sticky from the wet dough, just dust a bit of flour on them.
- On a cutting board, sprinkle with flour and lay the dough on it. Knead this a few times to increase the fluffiness you can expect from the biscuits when they come out of the oven. As the dough incorporates the flour on the board, make sure it takes on just enough to be soft without being sticky.
- Form the dough into a round that's about ½-inch-thick. Use the open end of a small glass to cut the biscuits.
- Dab your cutter in the flour periodically or it'll get sticky from the wetter flour on the inside of the dough. The biscuit cutouts you make don't have to be perfectly round, and you can mold it into any shape you want. Put them in a 9-inch baking pan or large iron skillet, and snug each biscuit in there, one next to the other. Once everyone's sardined in, cut a sliver of butter to place over the top of each.
- Bake at 475°F for 14ish minutes. When you smell them and the tops are golden take them out and enjoy.



Note

When the dough is made, it should feel loose but not sticky, with just enough flour to hold it together when you knead it on the board.

Play with Your Food

These biscuits go with everything –butter is an obvious first choice, followed closely by milk gravy, sausage gravy, tomato gravy, or molasses.

Breakfast

Cheesy Vegetable Strata

**Vegetarian*

Looking for a perfect meal for a main dish at a brunch? This is the one for you. This meal will need to be prepared the night before. Complement it with a fresh fruit salad.

You'll Need

- 8 slices bread
- 1 Bag (16 ounces) frozen broccoli, green beans, red peppers (or other combination) Thawed and drained.
- 2 cups shredded sharp cheddar cheese
- 8 large eggs
- 4 cups milk
- 1 teaspoon salt
- 1 teaspoon ground mustard
- 1/4 teaspoon pepper
- 1/4 teaspoon ground red pepper (cayenne)



Directions

- Cut bread slices diagonally into 4 triangles.
- Arrange half of the bread slices in ungreased pan 13 x 9 x 2 inches
- Top with vegetables, sprinkle with cheese, top with remaining bread.
- Beat remaining ingredients, until blended. Pour evenly over bread, cover and refrigerate overnight.
- Heat oven at 350. Cover and bake 30 minutes. Uncover and bake about 45 minutes. Let stand 10 minutes before cutting.

Play With Your Food

- Try recipe with fresh veggies of choice
- Try recipe with a different type of cheese

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Breakfast

Crepes

**Vegetarian*

Need a fun party idea? A delicious thing to do is to create a dessert and/or meal type crepe bar. Make a batch of crepes and then have a variety of fillings available. Then let people fill their crepes as they wish.

You'll Need

- 3 eggs
- 1 1/4 cups milk
- 1/4 cup melted butter
- 1/3 teaspoon vanilla extract (optional)
- 1 tablespoon sugar (optional)
- 1/8 teaspoon salt
- 1 cup all-purpose flour
- Additional butter for cooking crepes in skillet



Directions

- Beat eggs until smooth. Add milk, butter, and vanilla.
- Sift the flour and salt together and gradually add this to the egg mixture. Beat until the batter is smooth. Batter will be thin, like heavy cream. If possible, let the batter rest for 1 hour or refrigerate up to two days.
- Place enough butter in skillet when melted to coat skillet. Pour approximately 2 tablespoons of the batter into pan and rotate quickly to distribute batter.
- Cook crepe until just slightly browned; flip to cook other side. Remove from pan, and grease skillet again and continue crepe cooking process.
- Next fill crepes with fillings of choice or cool, wrap, and refrigerate until ready to use.

Play with Your Food

Suggested Fillings

- Scrambled eggs and diced ham
- Cheese and sautéed veggies
- Chocolate hazelnut spread
- Salted caramel sauce and banana slices
- Strawberries, or other berries and whipped cream
- Ice cream

Note

If you would like to make these be meal-type crepes simply leave out the vanilla extract and sugar. Then fill with such things as cheese, scrambled eggs, ham, etc.

Breakfast

Granola

**Vegan, Gluten-Free (if oats are made in a gluten-free facility)*

The fiber and fat in granola makes for a super dish to keep us satisfied, so we can make it between meals without feeling we need a snack. In addition the fiber found in oats, are a soluble fiber which is good for cholesterol control.

You'll Need

- 4 cups old-fashioned oats
- 6 to 7 Tablespoons softened butter or 5 to 6 Tablespoons coconut oil
- 5 to 6 tablespoons brown sugar (Start with 6 and then as you continue to make it, slowly cut down on amount of sugar used. Eventually you may even notice you are using less than 5 tablespoons.)
- 1/4 cup to 1/3 cup chopped nuts of choice
- A pinch of salt
- 1/2 teaspoon cinnamon



Directions

- Preheat oven to 350.
- Grease a 9 x 13 inch baking pan.
- Mix all of the above ingredients together.
- Place mixture in greased baking pan.
- Bake for 23 to 25 minutes or until lightly browned (bake shorter for a softer granola and longer for a crunchier granola).
- Let sit and slightly cool. Roughly cut into chunks or crumble into loose granola. Store granola in an airtight container.

Play with Your Food

- This recipe serves as a very versatile base. Get creative. Add some ground-flax seed, sunflower seeds, raisins, dried-fruit or, shredded-coconut. Add a teaspoon of vanilla. You could also add a 1/2 cup to 3/4 cup of nut butter and leave out the chopped nuts. Or you could add a tiny bit of maple syrup or honey. When adding some other form of food that could sweeten the granola, hold back a tiny bit on the amount of brown sugar.
- Serve this granola mixed into some plain yogurt or with a piece of fruit for a delightful breakfast.

Breakfast

Granola Bars

**Vegetarian*

These granola bars are wonderful. They are a satisfying, and very tasty breakfast bar that the whole family will love!

You'll Need

- 1/4 cup butter softened
- 2/3 cup brown sugar
- 2 tablespoons ground flaxseed
- 2 tablespoons honey
- 1 egg
- 1 cup flour
- 2 cups old fashioned oats
- 1/2 teaspoon baking soda
- 1 whopping teaspoon of cinnamon
- 1/2 cup raisins
- Oil or butter to grease 11 x 7 baking dish



Directions

- Preheat oven to 350.
- In a large bowl, beat butter and brown sugar together until crumbly. Add egg and beat well. Stir in the flaxseed and honey.
- In another bowl, add flour, oats, baking soda, and cinnamon. Mix well. Stir into creamed mixture.
- Stir in raisins.
- Grease pan with oil or butter. Press mixture into pan and bake 14 -18 minutes or until edges are golden brown. Once cooled, cut into bars.

Play With Your Food

- Use more honey and less brown sugar.
- Used dried cranberries instead of raisins

Medwell Kitchen Tested

Breakfast

Grits with a Fried Egg and Tomato Balsamic

**Vegetarian, Gluten-Free*

There are so many ways to prepare grits. This recipe incorporates the flavor of balsamic vinegar into the mix. Give this unique way to make grits a try.

You'll Need

- Grits
- Salt & pepper
- Water
- Butter
- 1 egg
- Tomato Sliced
- Olive Oil
- Balsamic Vinegar



Directions

- Follow directions on box on how much grits and water are needed and add these to a microwaveable bowl. Add salt, pepper, and a dollop of butter. Microwave for recommended time on box.
- Grease a frying pan with some olive oil. Let the pan heat up so that the egg doesn't run. Once the oil begins to get wavy, crack the egg into the frying pan. Add salt and pepper. Flip egg over once it's able to be lifted from pan. Turn heat off and let it finish by sitting in pan.
- Remove grits from microwave. Place fried egg on top of grits. And on top of egg, add tomato slices. Add salt, pepper, olive oil, and a touch of balsamic vinegar.

Play With Your Food

- Top with sliced green onion
- Add some chopped fresh basil

Medwell Kitchen Tested

Breakfast

Guacamole Omelet

**Vegetarian, Gluten-Free*

Omelets are just screaming for variation. And this recipe provides just That! Enjoy the combination of southwestern flavors in this fantastic breakfast, lunch or dinner entrée.

You'll Need

- 2 eggs
- Salt & pepper
- Milk
- 2 pinches nutmeg
- Avocado
- Tomato
- Onion
- Feta Cheese
- Greased frying pan with olive oil
- Tabasco
- Fresh Lime



Directions

- Crack eggs into a small bowl. Add salt, pepper, a dash of milk, and approximately two pinches of nutmeg (you can add more or less than this). Beat mixture.
- Cut an avocado in half, remove pit. Cut half of avocado in half. Peel skin off. Slice in quarters. Mince tomato and onions.
- Turn stove onto medium-high and let pan get warm. Add eggs. Sprinkle in feta cheese. Let cook for a minute or until starting to congeal. Add in avocado, tomato, onion on one side of omelet. Flip bare side over to filled side. Sprinkle top of omelet with Tabasco. Squeeze fresh lime onto omelet.

Play With Your Food

- Use a different type of cheese
- Top with a salsa of choice
- Leave out Tabasco

Medwell Kitchen Tested

Breakfast

Make Ahead French Toast

**Vegetarian*

Looking for a dish to be a complement for a special brunch? This is the one for you. This meal will need to be prepared the night before so plan accordingly.

You'll Need

- 12 eggs
- 2 cups milk
- 1 teaspoon lemon rind
- 1 teaspoon sugar
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 8 slices of bread, cut on the diagonal



Directions

- Grease 9 x 13" shallow baking dish; set aside.
- In large bowl, beat together all ingredients except bread.
- Arrange bread slices in baking dish so they overlap. Pour egg mixture over the bread. Cover and refrigerate overnight.
- When ready to serve, preheat oven to 350 degrees. Bake for 30 to 35 minutes, until golden and fluffy. Serve with syrup or jam.

Play With Your Food

- Add some fresh fruit to the French toast when it's finished.
- Try adding a pinch of nutmeg

Medwell Kitchen Tested

Breakfast

Mushroom and Onion Quiche

**Vegetarian*

Quiche can be prepared in so many ways. Make it for a Saturday brunch and then complement it with a salad for perfect Monday lunch!

You'll Need

- Pie Crust (see Flaky Piecrust Recipe)
- Flour
- 1 large onion
- 6 eggs
- Olive oil
- Salt and pepper
- 1/2 teaspoon nutmeg
- Pinch of cayenne
- 1 cup of sliced mushrooms
- 1/2 teaspoon fresh or dried thyme
- 2 cups half n half
- 2 cups of Emmanta cheese (or cheese of choice)



Directions

- Preheat the oven to 425°F.
- Take pie crust dough place on floured board and start rolling out dough in a circular direction. Once thinned out, place into pie pan, and press down. Allow some extra crust to hang over edge, but cut anything that lays too far over. Take a fork and poke holes in crust to allow some air. Place in oven and cook for 12 minutes then remove crust from oven and reduce heat to 325°F.
- While pie crust cooks, take onion and slice into pieces. On stove top, put burner on high. Coat bottom of pan with olive oil and allow pan to heat. Add onions and lower heat. Turn onions occasionally. When onions start to brown and are almost done, add mushrooms and cook for an additional 3 minutes. Remove onions and mushroom mixture when cooked and add to a bowl to let cool.
- While onions cook, take eggs and crack them into a medium sized bowl. Beat eggs and add salt, pepper, nutmeg, cayenne pepper, thyme, and cheese. Mix. Add half n half. Once mushroom and onion mixture is cooled, slowly add to egg mixture.
- Pour mixture into pie crust. Cook for 40 minutes.

Play With Your Food:

- Use different vegetables: roasted red peppers, tomatoes, broccoli.
- Use cream rather than half n half.

Medwell Kitchen Tested

Breakfast

Basic Muffin Mix

This muffin recipe is a base and allows you to incorporate your flavors of choice. Get creative with it and switch it up as you see fit.

You'll need

- 2 cups all-purpose flour
- ½ cup sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¼ baking soda
- One large egg
- 3 ½ tablespoons melted butter
- 1 teaspoon vanilla
- 1 cup milk



Directions

- Preheat oven to 375.
- Grease or line 12 muffin tins.
- In a large bowl mix well the flour, sugar, baking powder, salt and baking soda.
- In another bowl mix egg, butter, vanilla and milk (then once mixed add addition of choice, see below).
- Then add the liquid mixture to the flour mixture and mix together with a few light strokes just until the dry ingredients are moistened. Make sure NOT to over mix the batter should NOT be mixed until smooth.
- Bake approximately 15 minutes or until a toothpick inserted into a muffin comes out clean. Bake longer if necessary.
- Let cool 3 minutes in muffin pan before removing.

Play with Your Food

Suggested Additions

- Blueberry Muffins: 1 cup fresh blueberries
- Banana Muffins: 1 cup smashed very ripe bananas
- Raisin Muffins: 1 cup finely chopped raisins
- Date Muffins: 1 cup finely chopped dates

Breakfast

Pumpkin Cranberry Muffins

**Vegetarian*

Here's a great recipe to use the wonderful fruits pumpkin and fresh cranberries! In recipes that call for canned pumpkin try using fresh pumpkin instead.

You'll Need

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cup sugar
- ¾ teaspoon cinnamon
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- A pinch of allspice
- ¼ teaspoon salt
- ¼ cup butter, softened
- 1 ¼ cups pumpkin; puree
- 1 egg
- 1 cup cranberries; cleaned; halved



Directions

- Preheat oven to 350.
- In a large bowl, combine the flours, sugar, cinnamon, baking powder, baking soda, allspice, and salt. Stir the ingredients to mix them well.
- Add the butter, pumpkin, and egg, stirring the ingredients till they are just moist.
- Stir in the cranberries.
- Spoon the batter into 24 greased muffin cups.
- Place the muffin tins in the hot oven.
- Bake for 40 minutes or till tester inserted in center comes out clean.

Play with Your Food

Try using fresh pumpkin in this recipe. Here is a simple way to make fresh pumpkin puree.

- Cut pumpkin open and scoop out the seeds. Cut into chunks and place pumpkin chunks face down in a baking dish. Add approximately a ½ inch of water to pan: this helps keep the pumpkin flesh moist.
- Bake at 450° until you can pierce the skin with a fork (about 45 minutes to an hour).
- Scoop flesh out of shell with a spoon. Puree the flesh in a blender or food processor. The basic goal is to try to remove lumps as much as possible.

Breakfast

Quick Ham and Egg Scramble

**Gluten-Free*

This simple recipe makes for a fabulously easy Saturday breakfast that takes 2 minutes to throw together.

You'll Need

- 2 tablespoons unsalted butter
- ¼ cup fully-cooked ham, diced
- ¼ cup sweet red bell pepper, diced
- Salt and pepper
- 4 large eggs, beaten



Directions

- In a large frying pan, sauté the meat and vegetables in the butter over medium heat until just barely done, as they'll cook a bit more along with the eggs.
- Salt and pepper to taste.
- Add the beaten eggs, keeping the flame on medium, and thoroughly mix the ham and vegetables through the eggs as they cook.

Play With Your Food

- Clear out your fridge. Everything works in this – onions, spinach, bacon (of course), potatoes, mushrooms, tomatoes (sun-dried tomatoes are fantastic), or smoked salmon. Sprinkle in some Parmesan or goat cheese to hold it all together.
- Add 1 teaspoon of cream to your beaten eggs – it's wonderful.
- Leave out the meat and make it vegetarian

Medwell Kitchen Tested

Breakfast

Sausage Patties

**Gluten-Free*

Many store-bought sausage patties are loaded up with nitrates and nitrites. This recipe allows you to adjust the flavorings according to your taste preference. Spice it up one day and add different herbs the next.

You'll Need

- 1 pound lean ground pork
- 1 teaspoon minced garlic
- 3/4 teaspoon thyme
- 3/4 teaspoon fennel seeds
- 1/2 teaspoon salt
- Cooking Oil



Directions

- In a bowl, combine pork, garlic, thyme, fennel seeds, and salt; mix until combined.
- Cover, refrigerate for up to 24 hours.
- Shape mixture into patties.
- Lightly coat skillet with cooking oil.
- Place skillet over moderate heat until it is hot.
- Add patties to skillet.
- Cook about 7 minutes on each side or until browned.

Play With Your Food

- You can use other spices of choice such as crushed red pepper, all spice, garlic pepper, cayenne, paprika, etc.
- You can roll these into smaller balls and serve on a pizza, in pasta, or in a soup. Be creative and remember a little goes a long way for flavor and taste.

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Breakfast

Sundried Tomato and Zucchini Frittata

**Vegetarian, Gluten-Free*

Frittatas work well for a breakfast but they also make the perfect lunch and dinner option too. Make a frittata and enjoy it along-side a salad or some couscous. Make a frittata and take a piece to work for lunch.

You'll Need

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, crushed
- 3 sundried tomatoes, finely chopped
- 1 medium zucchini, chopped
- 6 eggs
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/3 cup grated Parmesan cheese



Directions

- Preheat oven to 350.
- In a frying pan, heat the oil over medium heat.
- Add onion, garlic, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes).
- Remove from heat and mix in sundried tomatoes and let cool slightly.
- In a bowl, beat eggs lightly with, salt, pepper, basil, and oregano.
- Stir in cheese and vegetables.
- Pour into a greased 9-inch pie pan.
- Bake for 25 to 30 minutes or until puffed and brown.
- Serve hot or at room temperature.

Play with Your Food

- These vegetables are just suggestions to use. Alter the use of vegetables based upon what is available to you and what's in season. For example try broccoli or spinach.
- Substitute with fresh herbs when you can.
- Switch up or leave out the cheese.

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Drink

Egg Nog

*Vegetarian, Gluten-Free

This drink will take some time and careful attention to make but it is well worth it. Enjoy sipping on it spending special time with loved ones during the holidays. And remember a little bit goes a long way!

You'll Need

- 4 ½ cups whipping cream
- 4 ½ cups half and half
- 18 large egg yolks
- 1 ½ cups sugar
- 2 ¼ teaspoons ground nutmeg
- 1 cup (about) bourbon
- ½ cup (about) dark rum
- Additional ground nutmeg

Directions

- Bring cream and half and half to simmer in large pot.
- Whisk yolks and sugar in large bowl.
- Gradually whisk in half of hot cream mixture.
- Return mixture to pot. Stir over medium-low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 5 minutes (do not boil).
- Strain into bowl. Stir in 2 ¼ teaspoons nutmeg. Cool slightly. Chill. (*Can be made 1 day ahead. Keep chilled.*)
- Mix in bourbon and rum to taste.
- Divide eggnog among glasses or cups. Sprinkle with additional nutmeg.

Play With Your Food!

- Serve this drink in a special glass.
- You may also want to place a cinnamon stick in the glass for additional flavor and presentation.



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Ref. Bon Appetit Dec. 1998

Pic. Ref. <http://blog.thespotgourmet.com/?p=150>

Drink

Hot Chocolate

**Vegetarian, Gluten-Free*

Homemade hot chocolate is so easy to make and is the way hot chocolate was meant to be. So when the winter months settle in; and you want to warm your bones after being in the cold, consider a cup of hot cocoa to end you meal.

You'll Need

- 1/2 to 1 teaspoon sugar
- 1 1/2 to 2 teaspoons unsweetened powdered (baking) cocoa
- 1/2 cup milk

Directions

- In a saucepan mix together sugar, cocoa, and milk. Mix and heat on medium heat until milk is heated through and chocolate and sugar is dissolved.



Play With Your Food

- Try adding a pinch of cinnamon, cardamom, nutmeg, or vanilla.
- Chill it in the fridge and serve as chocolate milk.

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Drink

Lavender Lemonade

**Vegan, Gluten-Free*

Enjoy summer nights sipping on a refreshing glass of lavender lemonade. The color of this beverage adds a special dimension for food presentation so children find it to be an extra special treat too!

You'll Need

- 3 tablespoons dried lavender flowers
- 1 tray of ice cubes
- 2 cups boiling water
- ¼ to 1/2 cup sugar (try to decrease the amount you use)
- The juice from 8 lemons
- 5 cups cold water (you may want to add more to adjust for personal taste)

Directions

- Place the ice cubes into a pitcher that can hold at least 3 quarts.
- Put the lavender into a 4 cup or larger bowl that can withstand heat. Pour the boiling water over the lavender. Allow it to steep for approximately ten minutes. Then strain out the lavender and discard.
- Mix amount of sugar you desire (it's better to start with less and if you need more you can always add more) into the lavender mixture and then pour this mixture into the pitcher that contains the ice.
- Add the lemon juice to the pitcher. Then add the cold water and stir. Taste and adjust the sugar and water to your liking. Enjoy!!



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Drink

Moroccan Mint Tea

**Vegan, Gluten-Free*

When you make your own sweetened beverages, it allows you to decide how much sugar goes into the beverage. This flavored iced tea is easy to make and the mint makes the drink pop!

You'll Need

- 8 cups water
- 6 green tea bags
- Approximately 1 1/2 cups fresh mint leaves, slightly ripped (to help release the flavor).
- 3 tablespoons of sugar (start with this amount and as you continue to make the tea, try to slowly decrease the amount).

Directions

- In a large pot, bring water to a boil. Remove from heat and mix in sugar until dissolved. Add the mint and tea and steep for approximately 10 minutes.
- Remove tea bags and let cool. Once cooled, strain out mint leaves and store in a container. Place in fridge.
- Let chill for several hours. Serve over ice garnished with mint leaves.

Play With Your Food

- Try using black tea
- Add a splash of lemon
- Use honey instead of sugar



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Drink

Pineapple Spritzer

**Vegan, Gluten-Free*

This is a refreshing and easy to make beverage that is a nice alternative to sodas.

You'll Need

- 1/2 cup pineapple juice
- 1/2 cup seltzer water
- 1/4 teaspoon lime
- Fresh mint (as much as you would like)

Directions

- In the serving cup of choice, mix all ingredients together.

Play With Your Food

- Try using another fruit juice.
- Change the ratio of fruit juice to water (if someone has been used to drinking high sugar drinks for quite some time, at first they may need a higher fruit juice to water ratio. But over time this will change.)
- To have a stronger mint flavor muddle mint or simply break leaves in half to release flavor.
- Leave out the mint.
- Garnish with a piece of pineapple.
- Throw in some fresh fruit.
- Leave out the lime.



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Drink

Rum Collins

**Vegan, Gluten-Free*

Looking for a refreshing and easy to make cocktail? Look no further the Rum Collins is it. The lime and rum are the perfect complement.

You'll Need

- ¼ cup golden rum
- ½ cup club soda
- 2 tablespoons fresh lime juice
- 1 teaspoon sugar

Directions

- Mix all of the ingredients. Pour into a glass filled with ice.

Play with Your Food

- Try with raw sugar
- Add a splash of lemon
- Try with white rum



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Drink

Spiced Apple Cider

**Vegan, Gluten-Free*

Hosting a holiday party? It is always nice to have a couple non-alcoholic special drinks available. And this one is a special treat!

You'll Need

- 1 gallon apple cider
- 12 whole cloves
- 3, 3-inch cinnamon sticks
- 2 whole nutmegs
- 2 chunks crystallized ginger

Directions

Stovetop

- Heat all ingredients on low to medium- low heat on stove top for approximately 30 minutes or until spices flavor the cider.
- Keep on very low heat to keep warm while serving.

Crockpot

Dump all ingredients in a crockpot and heat on high for 2 hours, then switch to low to keep warm until ready to serve.

Play with Your Food

You can play with the spices. A little less clove or a little more cinnamon may make it right for you. Also some orange slices also add unique flavor and make for fun food presentation. And if you do decide to add some alcohol, dark spiced rum is a nice way to go.



Drink

Strawberry Smoothie

**Vegetarian, Gluten-Free*

This is a super easy way to make a smoothie. And it can work with a variety of other fruits. So use it as a base and change it up based on what's available to you.

You'll Need

- 8 ounces of strawberries (approximately 8 strawberries) frozen or fresh (if using frozen make sure they are thawed.)
- $\frac{3}{4}$ teaspoon vanilla
- $\frac{3}{4}$ cup milk
- 1 teaspoon honey

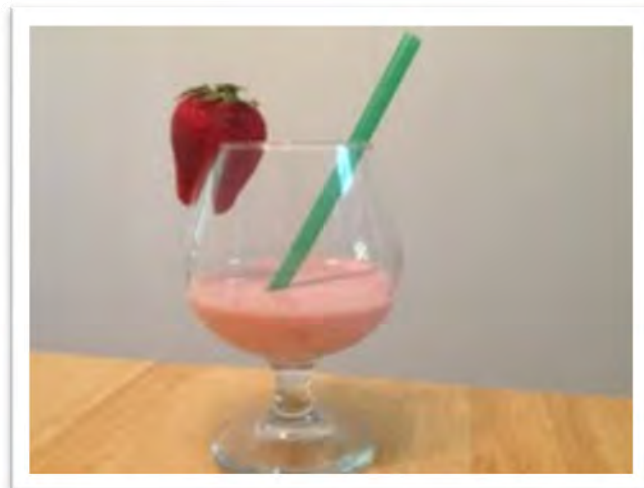
Directions

- Place all ingredients in a blender or food processor. Process until smooth consistency is reached.
- At this point you can chill it or store it in the refrigerator. Or serve over crushed ice.

Play With Your Food

- Leave out vanilla and add lemon juice instead.
- Cut back a bit on the milk and add some plain yogurt. This will slightly change the consistency to yield a thicker beverage.
- Try different types of honey.

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Starters, Sides, and Complements

Avocado Mango Salsa

**Vegan, Gluten-Free*

Avocado and mango were made for each other. Combining them into a salsa works well for a topping for fish tacos, grilled chicken, white fish or shrimp.

You'll Need

- 1 avocado
- 1 mango
- 3 pickled jalapeno rounds
- 1 Lime
- Salt and pepper
- 1 tablespoon whole cumin seed

Directions

- Peel skin off of mango. Cut mango long ways a tiny bit away from center on each side to avoid the seed. Cut sides off center piece that carries the seed. Cube mango.
- Cut avocado in half and remove seed and cut each half in half. Peel off skin. Cube avocado.
- Add mango and avocado to a bowl.
- Mince jalapeno and add to mixture.
- Squeeze lime into mixture. Add salt and pepper to taste.
- Take whole cumin seed onto a smooth surface. Take a rolling pin and crush seeds.
- Add crushed cumin seed to mixture. Mix. Taste to see if more seasoning needs to be added.



Play with Your Food

- Use more lime juice
- Add some diced green onion
- Add some freshly chopped cilantro

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Starters, Sides, and Complements

Baba Ganoush (Roasted Eggplant Dip)

** Vegan, Gluten-Free*

This classic Middle Eastern dish is a great way to use up eggplant that is almost out the door. It works well as a sandwich spread and is a perfect appetizer dip.

You'll Need

- 1 large eggplant
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1/4 cup Tahini (sesame seed paste)
- 2 tablespoons water
- 1/4 cup lemon juice
- Lemon wedges
- Parsley finely chopped
- 2 tablespoons olive oil, plus extra for drizzling



Directions

- Set oven to 375° F.
- Wash eggplant and remove stem. Pierce with a fork 4 - 6 times. Place in a baking dish and bake for 45 minutes or until tender.
- Remove from oven and run under cold water. Peel, then discard peel and mash up the inside and set aside.
- In serving bowl, combine garlic, salt, and Tahini.
- Gradually add water, olive oil, and lemon juice, beating well.
- Fold in mashed eggplant. Adjust flavors as needed.
- Garnish with lemon wedges, parsley, and a drizzle of olive oil. Serve as a dip with fresh vegetables (carrots, celery, radishes, red bell pepper, tomato, etc.) or pita bread.

Play with Your Food

- Roast the eggplant on the grill instead.
- Add more garlic.

Starters, Sides, and Complements

Baked Pineapple

**Vegetarian*

This is a unique side dish that can be a nice complement to a special celebration or holiday meal.

You'll Need

- 2 large cans pineapple tidbits with juice
- 4 eggs
- 1/2 to 3/4 cup sugar
- 8 slices white bread (cubed)
- 1/2 cup butter

Directions

- Preheat oven to 375°
- Place pineapple and juice in 9 X 13 baking dish.
- Beat eggs in a pot until fluffy. Add sugar and place on burner on low heat and heat until thick and light in color.
- Pour egg mixture over the pineapple.
- In a skillet melt butter, toss bread into melted butter until they are well coated. Pour over the pineapple mixture.
- Bake for 25 minutes.



Play With Your Food

- Use fresh pineapple instead
- Try to cut down amount of sugar used

Starters, Sides, and Complements

Baked Potato Patties

*Vegan

This is a nice and simple alternative to deep fried hash browns. And jazz it up with herbs and spices as you see fit. These are a crowd pleaser!

You'll Need

- 6 medium potatoes scrubbed
- 2 tablespoons onion, minced
- 1/8 teaspoon freshly ground pepper
- 2 1/2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- Salt
- Herbs or spices of choice



Directions

- Preheat oven to 375°.
- Shred the potatoes coarsely.
- Mix with the onion, salt, pepper, flour, and herbs and spices of choice.
- Shape into rounded patties and place on a piece of parchment paper on a baking sheet.
- Bake for 30 minutes.
- Then set broiler to high and brown for a few minutes. Make sure to monitor so that you do not burn potatoes or parchment paper.

Play With Your Food

- Be adventurous and add in some herbs or spices. Some that work well are garlic powder, cayenne, parsley, etc.
- Top with sour cream.
- Serve with hot sauce.
- Take some sour cream and mix in a bit of hot sauce or fresh diced herbs of choice.

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Starters, Sides, and Complements

Barley Casserole

**Vegetarian*

Barley is not only on earth for making beer! This grain works wonders in soups and as a hearty side dish. This recipe also works well as a base. Jazz it up in a variety of ways that you find tasteful.

You'll Need

- 1 cup barley
- 3 tablespoons butter
- 21 ounces vegetarian chicken or beef broth
- 8 ounces water
- ½ cup sliced, mushrooms
- 1 medium onion, sliced
- Salt and pepper

Directions

- Preheat the oven to 350 F.
- On stovetop, sauté the barley in 2 tablespoons in butter until lightly brown. Then add broth and water and bring to a boil.
- Then place in a casserole dish. Cover and bake for 40 to 45 minutes or until the liquid is absorbed.
- While casserole is baking sauté the onions and mushrooms in a tablespoon of butter.
- When barley is finished mix in onions and mushrooms season with salt and pepper, serve.



Play with Your Food

- Switch up the mushrooms with carrots or other veggie of choice
- Or simply add additional veggies
- Prepare with sweet onions

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Starters, Sides, and Complements

Basil Pesto Sauce

**Gluten-Free, Vegetarian*

Pesto sauce is great on pasta! This recipe freezes well. A great idea is to make a bunch of pesto and freeze in ice cube trays. Once hardened, place in freezer bags, and use as needed.

You'll Need

- 1 cup packed basil leaves
- 1/2 cup toasted walnuts
- 1 garlic clove
- 1/2 cup Parmesan cheese
- 1/3 cup olive oil
- Salt to taste
- Pepper to taste

Directions

- Mix all in a blender or food processor until an even consistency is reached.



Play with Your Food

- You can add more garlic if you would like. You may want to mix it, have a taste and then decide.
- The recipe can easily be doubled.
- You can try different nuts such as pine nuts or macadamias.
- You can try different herbs such as cilantro or parsley.
- Serve over top of pastas, grilled vegetables, and fish. Or turn a piece of French or Pita bread into a pesto pizza. The options are endless but all are delicious.
- Leave out the parmesan cheese for a vegan pesto sauce.

Starters, Sides, and Complements

BBQ Sauce

**Gluten-Free, Vegan*

Nothing is better than some homemade barbeque sauce! Use this sauce on chicken, pulled pork, or even as a sauce on pizza!

You'll Need

- 2 teaspoons olive oil
- 1/4 cup finely chopped onion
- 1 garlic clove
- 3 tablespoons white vinegar
- 1 Tablespoon Worcestershire sauce
- 1/2 cup tomato sauce
- 1 1/2 tablespoons brown sugar
- 1/2 teaspoon chili powder (less if you do not want such a kick)
- 1/2 teaspoon chipotle sauce or hot sauce (chipotle sauce will add a smoky flavor)
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/8 teaspoon pepper



Directions

- In a sauce pan heat olive oil. Sauté garlic and onion until slightly soft and fragrant and be careful not to burn.
- Next add all additional ingredients. Stir to combine.
- Continue to cook, stirring occasionally on low heat until thickened consistency is reached.

Play with Your Food

- Adjust spice level as you see fit.
- Decrease vinegar amount for a less tangy sauce.
- This sauce will keep for at least 2 1/2 weeks in refrigerator.

Starters, Sides, and Complements

Beer Steak Marinade

* *Gluten-Free*

This recipe provides enough marinade for a 1 lb. sirloin. Beer works as a great tenderizer.

You'll Need

- 1/8 cup soy sauce
- 1 cup dark beer
- 2 tablespoons brown sugar
- 2 teaspoons molasses
- 1 tablespoon fresh grated ginger
- 1/4 teaspoon cayenne

Directions

- Combine marinade ingredients in shallow bowl and add sirloin. Cover and refrigerate for at least 1 hour or up to 24 hours.

Play with Your Food

- Use a teaspoon of powdered ginger if fresh is not available.



Starters, Sides, and Complements

Beets and Carrots

**Vegetarian, Gluten-Free*

Beets and carrots are like long lost friends who always want to be with one another. They are the perfect complement to each other so serve them together for an outstanding and beautiful looking side.

You'll Need

- Aluminum foil
- 2 medium sized beets quartered
- 1 carrot cut into 1/2 inch pieces
- 3 tablespoons butter (1 tablespoon per serving)
- Salt and pepper
- Sprinkle of white wine vinegar
- Fresh rosemary



Directions:

- Preheat the oven to 425°F.
- Take a piece of aluminum foil (big enough for carrots and beets to be wrapped in) and add beets, carrots, butter, salt, pepper, white wine vinegar and rosemary.
- Close the foil packet and place in baking dish. Cook for 40 minutes.

Play with Your Food:

- Add different spices.
- Leave out rosemary and before serving top with some fresh dill or parsley.

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Starters, Sides, and Complements

Roasted Beets and Carrots

**Vegan, Gluten-Free*

The simple technique of roasting takes the flavor of a vegetable to the next level. Enjoy these roasted beets and carrots as the perfect complement to meats, seafood, or other mains dishes of choice.

You'll Need

- 1 pound carrots cut into 1 inch pieces (peeling carrots is optional)
- 4 medium sized beets, peeled and quartered
- 1 medium red onion, cut in wedges
- 1 ½ tablespoons olive oil
- Salt and pepper to taste

For the Dressing You'll Need:

- 1 tablespoon balsamic vinegar
- 1 tablespoon red wine vinegar
- 1/2 tablespoon brown sugar
- 1 teaspoon dried thyme
- Salt and pepper to taste

Directions:

- Preheat the oven to 400°F.
- Toss the vegetables with olive oil, salt and pepper and place them on the baking sheet in one layer. Bake until tender start checking around 25 minutes when you toss them.
- In the meantime, combine all the dressing ingredients in a small bowl and reserve.
- Just before serving, toss the carrots and beets with the dressing.



Starters, Sides, and Complements

Best Potatoes on the Planet

**Vegetarian, Gluten-Free*

Potatoes can be prepared in many different ways. Try this easy to make and tasty twist on the classic mashed potato recipe.

You'll Need

- 1 medium sized potato for every person
- 1 tablespoon butter per potato
- ~1 onion slice per potato
- 1 tablespoon per potato of sour cream
- Salt & pepper to taste
- 1 piece of bacon chopped (*optional*)

Directions

- Use red potatoes or brown ones, it doesn't matter. Wash them first. Don't take the skins off. Slice the washed potatoes lengthwise into quarters.
- Boil potatoes in salty water. When you can easily stick a fork through one of the larger pieces and it falls apart, strain them.
- While the potatoes are boiling away, slice your onion and put it into a pan with a little butter, olive oil, or bacon. If the pan goes a bit dry, add a bit of oil. They are done when they have shrunk down and caramelized. You'll then slice these into small pieces.
- Put drained potatoes back into the large pan they were cooked in. Add salt and pepper.
- Add the butter. Then dump in all of your onions.
- Next, you need sour cream and a large spoon. Add sour cream and mash potatoes until the consistency is to your liking, or until you start tasting the tanginess of the sour cream.
- Finally, take a potato masher and mash everything up.



Play with Your Food

- Try Greek style yogurt instead of sour cream
- Add an herb of choice such as rosemary or parsley.

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Starters, Sides, and Complements

Black Bean Salsa

**Vegan, Gluten-Free*

This recipe can be prepared in a short amount of time. Use the beginning of this recipe as a base and build on it in order to create a quick meal. Or serve it as a dip as a starter to a meal.

You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad, or baked potato. Or serve, in a wrap, or in a taco shell. Or serve as dip with some corn chips.

Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.



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Starters, Sides, and Complements

Broccoli Citron

**Vegetarian, Gluten-Free*

Lemon juice has the wonderful ability of livening up veggies! This side works well to complement a variety of meals. Give the base of this recipe a try with other veggies too.

You'll Need

- Enough Broccoli for everyone
- 3 - 4 pats of butter
- 1 teaspoon olive oil
- 1/2 lemon
- Salt and pepper to taste

Directions

- Cut the florets as you like them and put them in a steamer.
- Steam them for about 10 minutes. When they're done, they will change from a dusty dark green (if they are fresh, which they should be), to a back-lit, vibrant green. You'll know what I mean when you see them. Take them off the heat and uncover.
- Cut your pats of butter and olive oil and put them in a mixing bowl large enough to hold the broccoli. Then add in the salt and pepper, and squeeze in all the juice from the lemon.
- Throw in the steaming hot broccoli florets and turn them over so they get completely drenched. Keep doing this until the butter is melted.



Play with Your Food

- Top with some roasted or sautéed garlic
- Top with some roasted pine nuts
- Add in some steamed carrots
- Add in some sliced tomatoes
- Try this base with other veggies such as zucchini, asparagus, potatoes, etc

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Starters, Sides, and Complements

Bruschetta

**Vegan*

This appetizer is always a hit. Take it to a potluck or enjoy in your own home. It's a perfect dish to make with fresh tomatoes and basil from the garden. And it can be made in advance. In fact it's even better when done that way because the time allows the flavors to meld.

You'll Need

- 1 pound tomatoes, finely chopped
- 2 cloves garlic, crushed
- 3 tablespoons fresh basil, finely chopped
- 2 tablespoons balsamic vinegar
- Pinch of salt
- 1/4 cup olive oil
- Crostini

Directions

- Mix all ingredients well. If possible, let mixture sit in the refrigerator for at least an hour for flavors to meld (but if you do not have the time it will still taste good without sitting).
- Serve on pieces of crostini, but wait to place the tomato mixture onto crostini closer to serving time to prevent the bread from becoming soggy. Or simply leave mixture in bowl with crostini beside mixture and allow people to portion out mixture onto crostini at serving time.

Play with Your Food

- Try using fresh parsley instead of basil or try a mixture of both.
- Use a variety of tomatoes and switch it up based on what is available to you.
- This mixture also tastes nice with fresh bread or on top of a salad.
- Try topping with a sprinkle of grating cheese.

Medwell Kitchen Tested

Crostini is easy to make and a great way to use an almost stale baguette. Cut the baguette into thin slices and place on baking sheet. Brush the top of each piece with olive oil. Place in a preheated 375 degree oven. Leave in for approximately 5 minutes. Check crostini. If it's hard when tapped it is ready.

Once cooled store in an airtight container until you are going to use them. They taste great on top of many soups and work well with other dips too.



Starters, Sides, and Complements

Brussels Sprouts Braised in Chicken Stock

* *Gluten-Free*

This is a simple way to make these little power houses of health. Try them crunchy or soft and this will determine the amount of time you cook them in the broth. Also use veggie broth to make it a vegetarian dish.

You'll Need

- 1 pound Brussels sprouts, cut up into halves along stem
- Olive Oil
- Chicken stock
- Salt and pepper
- 1 tablespoon butter

Directions

- In a frying pan on low-medium heat, add a drizzle of olive oil and butter. Let butter slightly melt then add Brussels sprouts.
- Make sure that the Brussels sprouts all lay flat.
- Brown Brussels on bottom, add salt and pepper.
- Once browned, add just enough chicken stock to coat the bottom of the pan. Cover pan. Set heat to low and let cook.



Play with Your Food

- Add some cooked onion.
- Add some chopped dried cranberries.
- Use vegetable broth instead of chicken broth.

Medwell Kitchen Tested

Starters, Sides, and Complements

Brussels Sprouts with Caramelized Onions Balsamic Reduction

**Vegetarian, Gluten-Free*

A balsamic reduction is so easy to make and takes dishes to another level. Jazz up your Brussels sprouts with this easy to prepare recipe.

You'll Need

- 1 pound Brussels sprouts, cut up into quarters if larger, or halves if smaller
- 2 tablespoons butter
- ½ one large yellow onion, chopped
- 1/4 cup balsamic vinegar
- 1 teaspoon honey (optional)
- Salt

Directions

- In a small saucepan bring balsamic vinegar to a boil and then simmer until reduced to half the starting amount. Once reduced to half you can mix in one teaspoon of honey if you would like.
- Sauté onion in one tablespoon of butter on medium heat until soft. Lower heat and let onion caramelize, stirring occasionally.
- Once onions are almost done, steam Brussels sprouts for 5 minutes to soften them a bit and then drain them and place them in pan with onion. Add the other tablespoon of butter and sauté until Brussels sprouts are at a consistency you would like.
- Season with salt.
- Remove from pan and place in serving dish and drizzle and mix with the balsamic vinegar reduction.



Play with Your Food

- Add some toasted pecans, walnuts or pine nuts to this dish.

Medwell Kitchen Tested

Starters, Sides, and Complements

Bulgur Pilaf

**Vegetarian or Vegan*

Bulgur is a beneficial grain and in more ways than one. Not only is it super nutritious, containing soluble fiber that's good for cholesterol and blood sugar control, it cooks in no time so it's easy to make and saves you time in the kitchen. Enjoy this pilaf as a substitute for rice.

You'll Need

- 1 cup medium size bulgur
- 2 cups water
- 2 tablespoons butter or olive oil
- 1/3 cup pilaf noodles (vermicelli, orzo or another of your choice)
- 1 teaspoon salt



Directions

- Pour oil or butter into saucepan and turn up the heat to medium-high.
- Add the noodles and stir. Stay close and keep stirring until the noodles start to turn slightly brown.
- Add the bulgur and stir thoroughly to coat the grains.
- Toast the mixture like this for a minute or two, and then slowly pour in the water.
- Be careful to stand back, or take the pot off the heat to avoid the steam.
- Add salt and stir once and bring to a boil.
- Lower the heat to a simmer for five minutes.
- Then turn off the heat but keep the lid on. Let the pilaf sit covered for 10 minutes longer.
- Now you can take the off the lid and fluff with a fork. Adjust salt as needed.

Play with Your Food

- Consider adding some dried herbs or spices to the pilaf.
- Prepare the pilaf with vegetable or chicken broth instead of water.
- Use a combination of one tablespoon butter and one tablespoon olive oil.

Starters, Sides, and Complements

Buttered Popcorn

**Vegetarian, Gluten-Free*

Having movie night with the family? How about making up a batch of this high fiber food to complement the feature film? Just remember the rule when it comes to eating popcorn it's one kernel at a time.

You'll Need

- Enough olive oil to cover the bottom of large covered pot
- About ½ cup popcorn kernels
- 2 tablespoons unsalted butter
- A generous sprinkle of salt

Directions

- In a large pot, add the oil until it just barely covers the entire bottom of the pot, and then pour in popcorn until it forms a single layer. Cover.
- Heat popcorn on medium-high until the first kernels start to pop. Shake the pan until the number of pops is less than 1 every 2 seconds. Remove to a large serving or mixing bowl.
- Melt the butter in a separate pan or microwave. As you pour the butter over the top in a thin stream, make sure the corn is evenly coated by tossing it around at the same time.



Tricks of the Trade

To prevent burning the popcorn: once the corn starts popping, hold either side of the pan with pot holders and shuffle it back and forth to the rhythm of whatever song you are listening to. This serves a dual purpose. It also ensures that all the kernels sift to the bottom to be popped.

Play with your Food!

- The great part about melting your own butter is that you can infuse it with anything you want. Of course, plain buttered popcorn is wonderful, but you could also add some minced garlic or rosemary. These are particularly wonderful because their oils seep throughout your butter – a little goes a long way – to get the flavor to be throughout butter.
- Other suggestions for popcorn include some hard cheese like Parmesan, grated very fine and spread all over after the butter is tossed in.
- Or leave out the butter as the olive oil adds wonderful flavor all by itself.

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Starters, Sides, and Complements

Cinnamon Spiced Sweet Potatoes

**Vegetarian, Gluten-Free*

Sweet potatoes are a fantastic base lending themselves to all sorts of creations! Try this easy and tasty way to make sweet potatoes and let them complement a variety of your meals.

You'll Need

- Aluminum foil
- 1 sweet potato (if needed, use more)
- 3 tablespoons butter (1 tablespoon per serving)
- Salt and pepper
- 1 Cinnamon Stick
- Drizzle of white wine vinegar



Directions

- Preheat oven to 425.
- Take enough aluminum foil so that you can create a packet for sweet potatoes to fit into.
- Wash sweet potato and then cut into cubes. Place in middle of foil. Add butter (1 tablespoon per serving), salt, pepper, and cinnamon stick. Add a dash of white wine vinegar.
- Close foil packet so that all sides are closed. Place in a baking dish and cook at 425 for 40 minutes.

Play with Your Food

- Add a tiny bit of brown sugar.
- Add a pinch of nutmeg

Medwell Kitchen Tested

Starters, Sides, and Complements

Coo-Coo (Caribbean Polenta)

**Vegetarian (if salami and bacon left out), Gluten-Free*

This dish came to the islands from Africa. “Coo-coo” means side dish in a number of African languages. This recipe is the Caribbean version of polenta. Slices of coo-coo are also excellent grilled. Brush them lightly with olive oil and set on the barbeque.

You'll Need

- 15.5 oz can of coconut milk
- 1 tablespoon butter
- ½ teaspoon salt
- 2/3 cup yellow cornmeal (coarse)
- Small can of whole kernel corn
- Handful of minced peppered salami or crumbled bacon (optional)



Directions

- In a large sauce pan over medium heat, combine coconut milk, butter and salt. Bring to a boil.
- Gradually stir in cornmeal. Lower heat and cook for about 5 – 10 minutes, stirring constantly with a wooden spoon to prevent sticking, until the mixture thickens and leaves the sides of the pan. Add in corn and bacon/salami. If it becomes too thick, add a bit more coconut milk or water. Serve warm.
- Optional: Pour the mixture into a greased 8 x 8 pan. Allow to set for a couple of minutes, then cut into squares and serve warm.

Play With Your Food

- Add some unsweetened dried flaked coconut.
- Add in a pinch of cayenne

Medwell Kitchen Tested

Starters, Sides, and Complements

Buttermilk Corn Bread

**Vegetarian*

Who doesn't like a good piece of corn bread? Well look no further because you've found a winner that is sure to be a crowd pleaser! And the bonus is it's so easy to make!

You'll Need

- 1 1/2 cups cornmeal
- 1/2 cup flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- 1 1/3 cups buttermilk
- 1-2 tablespoons olive oil

Directions

- Preheat oven to 450 degrees.
- Stir together the dry ingredients and set aside. Add egg, buttermilk, and 1 tablespoon olive to bowl. Mix together until all ingredients mixed evenly.
- Pour mixture into the baking pan or iron skillet. Bake for approximately 18 minutes. Check the cornbread. If the cornbread begins to pull away from sides of pan it's done. If you do not notice this, let the cornbread bake for a few more minutes.



Play with Your Food

- Consider adding some chopped chilies or jalapenos.
- Serve with a honey butter
- For a crispier bottom, pour a tiny bit of oil in iron skillet, turn stove top on, and heat pan. Add mixture and let cook for 1-2 minutes. Then put in the oven.

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Starters, Sides, and Complements

Cornbread Sage Sausage Stuffing

The cornbread and diced eggs in this recipe put a nice spin on traditional stuffing. But also, the recipe works well as a base so jazz it up as you see fit.

You'll Need

- One small cornbread (in 8 inch iron skillet)
- One baguette (sliced and lightly toasted)
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped mushrooms
- 1/2 cup chopped water chestnuts
- 2 hard-boiled eggs (diced)
- 1/2 lb of sage breakfast sausage (cooked and crumbled)
- 2 raw eggs
- Chicken stock
- Rubbed sage
- Salt/pepper



Directions

- Crumble the bread, next mix in the chopped veggies, water chestnuts, eggs and sausage.
- In a separate bowl whisk the raw eggs and gently mix them in, adding chicken stock as needed to get a moist/wet mixture. Add seasonings to taste (it takes quite a bit of the sage).
- Pack into a baking dish, add a little extra chicken stock to make sure it does not dry out and bake for about 30 minutes or until brown on top.

Note: The measures I have given are guesses, since I don't actually ever measure anything, but it should be close – trust your judgment if you think you need more or less of something!

Play with Your Food

- Use a different type of breakfast sausage
- Use vegetable broth instead of chicken broth

Medwell Kitchen Tested

Starters, Sides, Complements

Corn-Zucchini-Tomato Sauté

**Vegetarian, Gluten-Free*

Submitted by Kristy at Eckert Seamans. Great with burgers, steaks, or grilled chicken. The herbs used here are fresh herbs, don't cheat! Using dry herbs doesn't produce the same results.

If you have a recipe to share, please email it to: nutrition@willclower.com

You'll Need

- 1 1/2 tablespoons butter
- 2 cups fresh corn cut from the cob (about 3 ears)
- 1 medium-size zucchini, trimmed and thinly sliced
- 1/2 cup sliced green onions
- 1/4 cup chopped green pepper
- 1 cup peeled and chopped tomato
- 2 teaspoons chopped fresh basil
- 2 teaspoons chopped fresh oregano
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon salt-free lemon-pepper seasoning



Directions

- Melt butter in a large skillet over medium-high heat
- Add corn, zucchini, green onions, and green pepper; sauté vegetables 5 minutes or until crisp-tender.
- Add tomato and remaining ingredients.
- Cook over medium heat until vegetables are tender, stirring frequently.

Play With Your Food

- Add a deseeded chopped jalapeno and sauté it with the veggies

Starters, Sides, and Complements

Couscous with Eggplant

**Vegetarian*

Couscous works well for many dishes in which a variety of spices take the stage! Enjoy the flavors of this dish with eggplant or some other veggies of your choice.

You'll Need

- 1 tablespoon olive oil
- 1 tablespoon shallots or scallions chopped
- 2 tablespoons onions, finely chopped
- 1/2 teaspoon turmeric
- 1/2 teaspoon coriander
- 1 cup eggplant, diced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 cup couscous, precooked
- 1 tablespoon butter
- 1 tablespoon lemon juice



Directions

- Heat the oil in a pan and add the shallots, onions, turmeric, coriander, eggplant, salt and pepper.
- Cook over medium heat, stirring, until wilted and eggplant is soft.
- Add the couscous and blend well.
- Cover tightly, remove from the heat and let stand for 5 minutes.
- Add the butter and lemon juice, stir and blend with a fork to separate the grains. Adjust seasonings.
- Keep warm.

Play With Your Food

- Add zucchini
- Add some fresh cilantro to the final dish
- Replace the butter with olive oil and serve as a vegan dish
- Serve over rice instead of couscous for a gluten-free dish

Starters, Sides, and Complements

Couscous with Vegetables

Couscous is used all over the world from Morocco, to Libya, to France and Syria. And now it can also be used in your kitchen! It works as a great meal base and can be used as a substitute for rice or pasta.

You'll Need

- 1/3 cup couscous
- 2/3 cup chicken broth
- Bell Pepper
- Salt and pepper
- 1 tablespoon butter

Directions

- Prepare couscous: Boil chicken broth. Once boiling, add couscous. Cover with a lid. Turn stove off.
- While couscous is preparing, chop bell pepper.
- Add salt, pepper, butter, and diced bell pepper to cooked couscous.



Play with Your Food

- Choose whole wheat couscous.
- Switch up the vegetables.
- Leave the butter out.
- Use vegetable broth and olive oil instead of butter and make it a vegan dish

Medwell Kitchen Tested

Starters, Sides, and Complements

Cranberry Apple Sauce

**Vegan, Gluten-Free*

This side adds wonderful color to any plate. Take advantage of this recipe when cranberries are in season. The apples and cranberries are a scrumptious match.

You'll Need

- 6 medium apples peeled, cut into small pieces
- 12 ounces fresh cranberries
- ¼ to ½ cup sugar
- 2 tablespoons apple juice or other fruit juice

Directions

- Place apples and cranberries in food processor and pulse several times to chop.
- Add sugar and juice; process until pureed. Refrigerate 3 hours before serving.



Play with Your Food

- Experiment with the amount of sugar you feel the dish needs. Always start with less knowing that you can add more.
- A tiny splash of lemon juice also works well with the dish.
- Add in some orange or lime zest.
- Try pineapple juice instead of apple juice.

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Starters, Sides, and Complements

Cranberry Relish

**Vegan, Gluten-Free*

This dish has the holidays written all over it! And it's a great low sugar alternative to a lot of cranberry sauce recipes out there.

You'll Need

- 2 seedless clementine oranges
- 1 bag cranberries
- 2 tablespoons orange juice
- 1/4 cup brown sugar, to taste

Directions

- Get your food processor. Wash your cranberries and clementines. Quarter the clementines and put them in the food processor -- skins and all.
- Pulse the food processor to puree them. Pour in the cranberries and pulse a few more times.
- Pour in orange juice and the brown sugar.
- Chop until it looks like a beautiful-crimson salsa.



Play with Your Food

- If you are sensitive to puckery foods, just be sure to chop the whole cranberries up more. This lets the sugar coat more of the surface area of the berries.

Medwell Kitchen Tested

Starters, Sides, and Complements

Cuban Inspired Rice and Beans

**Vegetarian*

What happens when black beans and rice come together? A complete protein is formed. It's almost as if beans and rice were made for each other. Topping the beans with vitamin C sources like lime and onion help in extracting the iron out of the beans.

You'll Need for the Beans:

- 1 can black beans
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper
- Chili powder (to your liking)
- Cumin (to your liking)
- Cayenne (optional)

You'll Need for the Rice:

- $\frac{3}{4}$ cup short grain rice
- 1 tablespoon butter
- 1 cinnamon stick
- Salt

You'll Need to Plate:

- Diced Onion
- Fresh Lime



Directions

For the Rice:

- Place rice in a saucepan that can be covered.
- Now add 1 cup of water to the rice
- Add in one cinnamon stick and a couple pinches of salt.
- Cover and bring to a boil. Once water starts boiling switch heat to low and allow it to cook for 15 minutes.
- When finished, open lid fluff with a fork.

For the Beans:

- Drain black beans and place in a saucepan.
- Add approximately $\frac{1}{2}$ to 1 tablespoon of olive oil and $\frac{1}{2}$ to 1 tablespoon of balsamic vinegar to the black beans.
- Now add salt, pepper, chili powder (approximately a $\frac{3}{4}$ teaspoon), and cumin (approximately $\frac{1}{2}$ teaspoon) to your liking. You may also want to add a pinch of cayenne.
- Heat on medium-low heat to heat through.

Plate:

- Plate rice and then place black beans on top of rice.
- Top beans with diced onion and squeeze fresh lime over combination.

Play with your Food

- Make this rice with other dishes and infuse with flavors of choice. Leave out the cinnamon and add garlic, ginger, rosemary, etc.

Medwell Kitchen Tested

Starters, Sides, and Complements

Angelic Deviled Eggs

** Vegetarian, Gluten-Free*

A good old time staple! Deviled eggs are always a crowd pleaser. Experiment and make these your own. They also lend themselves nicely to the art of food presentation.

You'll Need

- 12 eggs
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon French's mustard
- Salt and pepper to taste
- Cayenne
- Sliced Olives (optional)
- 1 tablespoon half-n-half



Directions

- Set the eggs in a pan of cold water, and then bring the water to a boil. Once it comes to a boil, set the timer. We set the timer at 13 minutes, but if you're at a higher altitude, they'll have to boil longer.
- When the timer goes off, run cold water into the pan to cool the eggs. After about 2 -3 minutes, take them out and peel the shells.
- Next, it's time to remove the yolks. Getting them out of the egg without destroying the white takes just a bit of care. First cut them lengthwise before gently separating the yellow around the edges.
- Press gingerly on the underside of the egg half and turn it over to pop the yolk out. Pull all yolks into a small bowl and add the mayonnaise, mustard, salt, and pepper, pinch of cayenne, and half -n-half. Mix ingredients together. Taste and correct the seasoning with each addition.
- Take a spatula and refill the tiny cups in the egg whites, one at a time.
- Sprinkle with just a bit of cayenne and top it with a slice of olive.

Play with Your Food

- Add a tablespoon of relish
- Leave the cayenne out of the mixture
- Leave out the half n half
- Experiment with different mustards

Starters, Sides, and Complements

Easy Sautéed Kale

This is a super easy side dish to make. Kale is so versatile and one of the simplest ways to prepare it is by a quick sauté.

You'll Need

- 1 ½ pounds chopped kale, stems removed
- 2 tablespoons olive oil
- 3 cloves finely chopped garlic
- Salt
- Crushed red pepper
- Freshly grated Parmesan cheese

Directions

- Heat oil in a skillet. Add crushed red pepper and garlic and sauté until fragrant.
- Next add kale and sauté until softened.
- Serve topped with some freshly grated Parmesan cheese

Play with Your Food

- Add some freshly diced tomato
- Add some Kalamata olives



Medwell Kitchen Tested

Starters, Sides, and Complements

Easy Vegetable Couscous

*Vegan

Couscous is used all over the world from Morocco, to Libya, to France and Syria. And now it can also be used in your kitchen! It works as a great meal base and can be used as a substitute for rice or pasta.

You'll Need

- Olive oil
- 1 cup uncooked couscous
- 2 chopped, carrots
- ¼ cup chopped, onion
- 2 chopped, celery stalks
- ½ Tablespoon butter
- ¼ teaspoon salt
- ½ teaspoon cumin
- Fresh ground pepper to taste
- Parsley to garnish



Directions

- Prepare couscous: Boil 1 ¼ cups water, add boiling water to couscous, remove from heat and couscous will absorb water. After water is absorbed mix in butter.
- While couscous is preparing, chop all vegetables and sauté in some olive oil for approximately 10 minutes. Next mix couscous and vegetables together, and add seasonings. Serve with a garnish of parsley on top. Enjoy!

Play with Your Food

- Choose whole wheat couscous.
- Try cooking it chicken or vegetable broth instead of water.
- Switch up the vegetables.
- Leave the butter out.

Medwell Kitchen Tested

Starters, Sides, and Complements

Extremely Easy Cole Slaw

**Vegan, Gluten-Free*

This is a vinegar-based, simple to make Cole Slaw. It works well as nice topping for a sandwich or side to picnic foods.

You'll Need

- 4 cups thinly sliced green cabbage
- 1/4 cup of apple cider vinegar
- 2 teaspoons to 1 tablespoon honey or sugar
- 1 1/2 teaspoons of celery seed
- Salt to taste



Directions

- In a small bowl whisk together vinegar, sugar or honey and set aside.
- In a separate bowl mix together cabbage and celery seed.
- Next, pour a small amount of the dressing on the cabbage mixture and mix together until combined and until desired amount of dressing is achieved.
- Season with salt and chill before serving.

Play with Your Food

- Substitute some of the green cabbage with red cabbage
- Add some shredded carrots
- Add some green onion

Starters, Sides, and Complements

Fried Rice

**Vegetarian, Gluten-Free*

This is a simple side to make that goes great with stir fry, Play with it by adding some different vegetables.

You'll Need

- 2 cups cooked rice
- 1 tablespoons olive oil
- 1 tablespoon butter
- 2 cloves of garlic minced
- 1 small white onion chopped
- 2 eggs
- 2 tablespoons soy sauce
- salt and pepper
- 1/2 cup peas



Directions

- Place olive oil and butter in pan. Once heated, add garlic and onion.
- Once garlic and onion are soft, add rice, peas, salt, pepper, and soy sauce. Occasionally mix.
- Finally, move rice in pan so that there is an opening in the middle of the pan. Crack 2 eggs in empty space and scramble. Once eggs are cooked, mix rice together with it.
- Remove from heat and enjoy.

Play with Your Food

- Add carrots, and scallions
- Add some chicken or bacon

Med Well Kitchen Tested

Starters, Sides, and Complements

Garlic Green Beans

**Vegetarian*

Green beans are just waiting for us to jazz them up! This is an easy side dish to make and is the perfect complement to a variety of meals.

You'll Need

- 1 pound green beans, ends trimmed
- 2 cloves garlic, minced
- 1 tablespoon red-wine vinegar
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



Directions

- Steam beans for 5 to 7 minutes or until tender but crisp.
- Rinse briefly under cold water to preserve color, but do not chill.
- In a large bowl, combine remaining ingredients.
- Add green beans and toss until well coated.

Play with Your Food

- Top with some toasted slivered almonds.
- Roast the garlic.

Starters, Sides, and Complements

Goat Cheese Stuffed Mushrooms

**Vegetarian, Gluten-Free*

Stuffed mushrooms are a party pleaser. The goat cheese in these mushrooms really makes the mushrooms pop!

You'll Need

- 6 tablespoons butter plus ¼ cup butter separated
- 2 pounds medium fresh mushrooms, stems removed (save stems)
- ½ cup mushroom stems, finely chopped
- 1 (8 ounce) package Neufchatel cheese
- 1 (4 ounce) package goat cheese crumbles
- 2 tablespoons finely chopped onion
- 1 tablespoon finely chopped garlic
- Chopped chives for garnish



Directions

- Heat two large skillet over medium-high heat, melt 3 tablespoons of butter in each of the skillets and divide the mushroom caps between the two. Cook and stir the mushroom caps until the edges are slightly soft, about 5 minutes.
- Place the mushrooms in a colander to drain and cool.
- Stir together the cream cheese and goat cheese until well blended. Mix in the onion, and mushroom stems. Use all of the filling to generously fill each mushroom cap and place, filling side up, in a baking pan.
- Preheat the oven broiler for high heat.
- Melt the remaining ¼ cup of butter with the garlic in a small saucepan over medium heat and cook the garlic for 1 minute. Once the butter has completely melted drizzle the garlic butter over the filled mushroom caps.
- Place the pan of mushrooms in oven until golden brown, about 5 minutes.
- Remove from oven and garnish with fresh chives.

Play with Your Food

- Add some herbs of choice just as rosemary or Italian seasoning
- Use green onion instead
- Top with a dash of paprika

Starters, Sides, and Complements

Guacamole

**Vegan and Gluten-free*

Avocado is one of the healthiest vegetables out there and makes one great dip. Bring this to a party or just enjoy it by yourself. Multiply this recipe as needed.

You'll Need

- 1 ripe avocado
- 1 tomato, finely chopped
- 1/4 small onion, finely chopped
- Fresh lime juice to your liking
- Dash of Tobasco sauce
- Salt & Pepper to taste
- Tortilla Chips

Directions

- Cut a ripe avocado into 4 pieces and scoop out inside from shell. Add avocado to mixing bowl and mash with a fork.
- Add tomato and onion to avocado.
- Squeeze lime over mixture.
- Add salt and pepper to taste.
- Add Tobasco sauce.
- Mix well, adjust flavors, serve and enjoy!

Play with your Food!

- Leave out the Tobasco sauce.
- Add a pinch of chili pepper.
- Use a red onion.
- Add a pinch of chili powder
- You can also use this as a topping for a salad.



Medwell Kitchen Tested

Starters, Sides, and Complements

Herbed Stuffing

**Vegetarian*

This bread stuffing recipe works well both cooked inside and outside the turkey. It's a great way to use up stale bread. So consider making as a side dish during other times of the year.

You'll Need

- 1 cup butter
- 2 cups celery, chopped
- 1/3 cup onion, chopped
- 2 tablespoons parsley flakes, dried
- 2 teaspoons poultry seasoning
- 2 teaspoons sage, dried
- 1 ½ teaspoons seasoned salt
- 12 cups dry bread cubes
- 13 ounces chicken broth



Directions

- Melt butter in large skillet, sauté celery and onion until onion is transparent.
- Stir in next four ingredients.
- Place bread cubes in large bowl; stir in onion and celery mixture.
- Add chicken broth; toss to combine.
- Stuff loosely into neck and breast cavities or place stuffing in casserole dish.
- If placing in casserole dish, bake covered in a 325 F oven for 45 minutes.

Play with Your Food

- You can switch up the seasonings to your liking. Try rosemary or tarragon instead, or in combination with the parsley.
- If you need a vegetarian version of the stuffing use vegetable broth instead of the chicken broth.

Starters, Sides, and Complements

Homemade Crackers

*Vegan

Crackers can be a wonderful food to enjoy with everything from cheese, to hummus, to olive tapenade to salmon pate. You get it the list can go on and on. But just like with everything else remember portion control is the key.

You'll Need

- 2 ½ cups flour
- 3 teaspoons dried herbs/seasonings (ex. dill, coarse cracked pepper, oregano, parmesan, basil, rosemary, sage, cumin, cayenne, garlic salt, and onion powder)
- 1 teaspoon salt
- 4 tablespoons olive oil
- ¾ cup cold water
- Coarse salt for sprinkling on top



Directions

- Preheat oven to 400 F. Mix dry ingredients together in a medium bowl being sure to get everything well blended. Add the oil and half of the water and begin mixing. Add more water as necessary to form a rough dry dough. Turn dough out onto a lightly floured surface and knead just until it comes together into a cohesive ball.
- Divide dough into even quarters. On piece of parchment paper, roll dough as thin as possible until it's nearly the size of a baking sheet.
- Cut the dough into squares (a pizza cutter works nice for this step) or other desired shape and use a fork to prick each square two or three times. Sprinkle with coarse sea salt.
- Bake for 15 minutes, or until golden brown, turning the sheet once half way through.
- While the first batch is baking, roll out another quarter of dough.
- Let baked crackers cool before breaking apart. Store in an airtight container.

Play with Your Food

- Substitute 1 cup all-purpose flour with 1 cup of whole wheat pastry flour. If you choose to make this substitution, make sure to add one additional Tablespoon of water.

Medwell Kitchen Tested

Starters, Sides, and Complements

Honey Mustard Chicken Marinade

When it's grilling time, it's marinating time! Many store bought marinades tend to be higher in sugar and contain fake ingredients. Try this easy to make marinade next time you grill chicken.

You'll Need

- $\frac{3}{4}$ cup brown mustard
- 1 cup dry white wine
- $\frac{3}{4}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup honey
- 3 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 teaspoon dried minced onion

Directions

- Combine all ingredients in a medium bowl.
- Pour the marinade over the chicken & let sit in a sealed container.
- Refrigerate for a couple hours turning the container every so often.
- Grill the chicken & enjoy.



Play with Your Food

Experiment with different types of mustards. Spicy mustards work well to.

Starters, Sides, and Complements

Crispy Kale Chips

**Gluten-Free, Vegan*

This makes for a fun finger food and is a great choice if you are trying to satisfy a crunch.

You'll Need

- 1 bunch of kale
- Approximately 1 to 2 tablespoons of olive oil (depending on the size of your bunch of kale)
- Finely ground sea salt

Directions

- Preheat oven to 275°.
- Remove kale leaves from stems. Discard stems and wash leaves.
- Dry leaves well (a salad spinner does a good job).
- Toss dried leaves with olive oil to coat. Add a pinch of sea salt.
- Place on baking sheet.
- Bake for approximately ten minutes and then move leaves around on baking sheet and bake for another 10 to 12 minutes or until kale becomes crispy.



Play with Your Food

- Add some crushed red pepper.
- Add some tarragon.
- Add a pinch of black pepper.

Medwell Kitchen Tested

Starters, Sides, and Complements

Maple Sweet Potatoes

**Vegetarian, Gluten-Free*

Maple syrup is a great sweetener to use because it is an unrefined natural sweetener. Also the color of this dish makes for nice food presentation. And this is a “kid approved dish”!

You'll need

- 3 medium sweet potatoes, peeled and quartered
- 1 to 2 tablespoon maple syrup
- 3 teaspoons butter
- ¼ teaspoon salt
- ¼ cup to 1/3 milk

Directions

- In a medium saucepan cook potatoes, covered, in a small amount of boiling water for 30 to 35 minutes or until very tender; drain.
- Mash with a potato masher then beat with an electric mixer on low speed.
- Add maple syrup, butter, and salt.
- Gradually beat in enough milk to make potato mixture light and fluffy.



Play with Your Food

- Add a pinch of nutmeg
- Add a pinch of cinnamon
- Topped with some finely chopped pecans

Starters, Sides, and Complements

Marinated Mushrooms

**Vegan, Gluten-Free*

What a wonderful starter to a meal. You make this for others and they're always asking for the recipe. Just chop and mix the ingredients, let it sit in the fridge to marinate and you're done! Oh wait there are a few more things you have to do... invite over some good company, pour some nice wine and enjoy time.

You'll Need

- 1 pound fresh mushrooms
- 1/4 cup lemon juice
- 1/2 cup olive oil
- 2 green onions with tops, thinly sliced
- 1/4 cup fresh parsley, chopped
- 1 clove garlic, finely chopped
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper



Directions

- Cut mushrooms into 1/8-inch slices.
- Mix mushroom slices and lemon juice in large glass bowl.
- Stir in oil, onions, parsley, garlic, salt, and pepper.
- Toss, cover and refrigerate at least 3 hours, stirring occasionally.
- Serve with a slotted spoon.

Play with Your Food

- Garnish with some dashes of paprika. It adds nice color and flavor.
- Garnish with parsley sprigs.
- Try a mixture of various mushrooms.
- Add an additional clove of garlic.

Medwell Kitchen Tested

Starters, Sides, and Complements

Middle Eastern Yogurt Spread (Labaneh)

**Vegetarian, Gluten-Free*

This is a nice spread to enjoy with pita bread or bagels. It has a tangy taste and is almost a cross between sour cream and cream cheese.

You'll Need

- 1 gallon whole milk
- 4 tablespoons plain full fat yogurt
- Olive oil
- Cheese cloth or pillow case

Directions

- Heat milk until almost boiling. Then remove from heat.
- Let milk cool until your pinky finger can stand the temperature for 10 seconds.
- In a bowl mix the 4 tablespoons of yogurt with 4 tablespoons of the milk that was heated. Mix until smooth and then return mixture back to pot.
- Place pot in warm place. Keep pot covered and let sit until congealed- approximately 5 to 7 hours.
- Next refrigerate overnight.
- Then place the mixture in a cheese cloth or pillow case and let it drain for 2 to 3 days. Squeeze every few hours to remove as much liquid as possible.
- Place in a sealed container in the refrigerator.
- Serve with olive oil.



Play with Your Food

Serve with sliced tomato, olive oil, and fresh mint.

Medwell Kitchen Tested

Starters, Sides, and Complements

Mighty Green Dressing Machine

**Gluten-Free, Vegan*

Food is medicine! Many doctors in the Middle East are describing this dressing as a treatment for inflammation and high cholesterol. Make variations to the ratios as you see fit as this recipe is just a guide. It works well as a topping for salads, as a dip with veggie sticks or even as a salad spread. Make extra and store in fridge.

You'll Need

- Juice of one whole lemon
- 6 to 7 garlic cloves
- ¼ cup ginger, peeled
- Approximately 1/4 cup olive oil
- Small green bell pepper, jalapeno, or other green pepper of choice
- Pinch of salt



Directions

- In a food processor or blender process ginger and garlic. Add all other ingredients and puree until well blended.

Play with Your Food

- Vary your choice of peppers or use a combination.
- Add in a small pinch of lemon rind (about 1 inch long ¼ inch thick)
- This recipe is just a guide in terms of amounts used. Vary it as you see fit.

Medwell Kitchen Tested

Starters, Sides, and Complements

Mushrooms & Onions

**Vegetarian, Gluten-Free*

This is a very versatile dish. It can be served as a side or a sandwich topping. Vary the mushrooms to your liking

You'll Need

- 2-4 tablespoons butter
- 1 onion
- Sliced Mushrooms
- Salt & Pepper to taste

Directions

- Slice onion thinly.
- Heat pan and add 2 tablespoons butter. Once butter is melted, add onions.
- Let onions cook in butter for about 5 minutes so they start to caramelize.
- Once onions are a little caramelized, add mushrooms. If needed, add some more butter.
- Let cook and add salt and pepper as needed.

Play with your Food

- Add other fresh vegetable - zucchini, peppers.
- Add some other spices such as garlic.



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Starters, Sides, and Complements

Olive Tapenade

**Vegan, Gluten-Free*

This tapenade works wonderfully as a dip with pita bread or on top of crostini. It also makes a great sandwich spread. Spread it on some bread and top it with some sautéed tomato and mushrooms.

You'll Need

- 2 cloves garlic, peeled
- 1 cup pitted Kalamata olives
- 1 tablespoon capers
- 3 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- 2 tablespoons olive oil

Directions

- Place the garlic cloves into a blender or food processor; pulse to mince.
- Add the olives, capers, parsley, lemon juice, and olive oil.
- Blend until everything is finely chopped.

Play with your Food!

- Try this recipe with chives instead of parsley or just add some chives to the tapenade.
- Try 2 teaspoons of red wine vinegar instead of the lemon juice.



Medwell Kitchen Tested

Starters, Sides, and Complements

Perfect Pizza Dough

*Vegan

This pizza dough is great because if you just want to prep the dough and freeze it right away-without allowing it to rise, you can do that. Just prep it and freeze it to use at a later time. Or you can use it that day.

You'll Need

- 2 1/4 teaspoons active-dry yeast
- 1 1/2 cups warm water
- 4 cups all-purpose flour; more for dusting
- 1 1/2 teaspoons salt
- 2 tablespoons olive oil



Directions

- Dissolve the yeast in a 1/2 cup of the specified warm water. Set aside.
- Put the flour and salt in a food processor or mixer with the dough attachment (you could also mix with your hands) and when the yeast is proofed add the yeast mixture and start the machine.
- Then add the rest of the water in a steady stream. Next slowly add in oil.
- Remove dough from machine and with lightly floured hands, quickly knead the dough.
- Cut the dough into four equal pieces. Roll each piece into a tight, smooth ball, kneading to push the air out.
- If you plan on using dough on the same day place on a baking sheet and cover with towel and place in an area without a draft. Let rise for at least one hour or until doubled in size.
- If you would like to use the dough at a later time, freeze the dough immediately. Then when you want to use it allow it to thaw and rise to double its size.
- Then punch down and roll out as you wish.

Play with Your Food

- Try replacing some water with some beer
- Throw in some herbs, garlic, or onion powder

Med well Kitchen Tested

Starters, Sides, and Complements

Pizza Sauce

**Vegan, Gluten-Free*

This recipe provides enough pizza sauce for approximately 2 - 3 large pizzas. It can be frozen and used at a later date.

You'll Need

- 1 can of whole San Marzano tomatoes
- 1 large onion
- Olive oil
- 1 tablespoon of dried oregano
- Salt and pepper
- Dash of sugar



Directions

- Cover bottom of a small to medium sized pot with olive oil and place onion in it. Allow this to cook for a little on low - medium heat; allowing the flavors of the onion to meld with the olive oil.
- While the onion is cooking, dump tomatoes in mixing bowl. Puree tomatoes with hand blender.
- Once onion has cooked, add tomatoes to pot and mix. Add salt, pepper, oregano, and sugar. Taste for seasoning.
- Once flavor is to your liking, remove onion and either use pizza sauce right away or freeze for later use.

Play with Your Food

- If sauce tastes tart, add a dash of baking soda. This will cause the tomatoes to foam a little, but just mix. Give this about 1 - 2 minutes to cook into the sauce. After this, taste your sauce and adjust seasoning as necessary.
- Add garlic to your sauce.
- Add dried basil to your sauce.

Starters, Sides, and Complements

Pumpkin Potatoes

**Gluten-Free*

Pumpkins have delicious and nutritious written all over them. The directions of this recipe are very loose so have fun experimenting with the art of cooking!

You'll Need

- Equal parts of peeled pumpkin and potatoes
- Onion, finely chopped
- Butter
- Bacon cooked and chopped
- Salt and pepper to taste



Directions

- Boil together equal parts of the peeled potatoes and pumpkin.
- When cooked, drain them and add the chopped onion and some butter.
- Mash all till creamy.
- Season to taste with salt, pepper, and bacon.

Play with Your Food

- Add a pinch of cinnamon
- Add a pinch of brown sugar

Starters, Sides, and Complements

Roasted Broccoli with Pine Nuts and Parmesan

**Vegetarian, Gluten-Free*

A fantastic way to bring a new flavor to a veggie is to roast it. The pine nuts and parmesan are the perfect complement to this easy to prepare dish.

You'll Need

- 2 pound fresh broccoli, chopped
- 3 garlic cloves peeled and thinly sliced
- 2 tablespoons (divided 1 ½ and ½ tablespoon) extra virgin olive oil
- ¾ teaspoons kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons pine nuts, toasted
- 2 ½ tablespoons freshly grated Parmesan cheese



Directions

- Preheat the oven to 425 degrees F.
- Place the broccoli florets on a baking sheet large enough to hold them in a single layer. Toss the broccoli with garlic and 1 ½ tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp and tender and the tips of some of the florets are browned.
- Remove the broccoli from the oven and immediately toss with the other ½ tablespoon olive oil, lemon juice, pine nuts, and Parmesan. Serve immediately.

Play with your Food

- Replace Parmesan with dried cranberries and make this a vegan dish.
- Try replacing the pine nuts with toasted slivered almonds.

Starters, Sides, and Complements

Roasted Cauliflower

**Vegan, Gluten-Free*

The simple and amazing technique of roasting a vegetable or fruit with some olive oil or butter or a combination of the two is a wonderful way to enhance the flavor of the food.

You'll Need

- 1 head cauliflower, cut into, 2-inch pieces
- ¼ to 1/3 cup olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- ½ teaspoon cumin (more if you'd like)
- Chopped parsley for garnish



Directions

- Heat the oven to 425° F.
- Place the cauliflower florets in a large roasting pan and toss with the olive oil (enough to coat), salt, pepper, and cumin.
- Roast until cauliflower is tender and lightly browned, stirring once during roasting process, approximately, 35 to 40 minutes.

Play with your Food

This recipe is wonderful just with cauliflower but you can add other veggies if you would like. Sliced onions and carrots work well with the cauliflower. Or you can use this recipe as a template and simply choose other vegetables to roast. Just make sure to adjust the amount of olive oil, seasonings, and cooking time appropriately. Be creative and switch up the seasonings you choose to use. Curry is a spectacular spice to enjoy with roasted carrots. Go ahead give it a try.

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Starters, Sides, and Complements

Sauerkraut

**Vegan, Gluten-Free*

Fermented cabbage...Sound yummy? Essentially that is all sauerkraut is. So just mix everything together and let time work its magic. Sauerkraut works wonders as a sandwich topping.

You'll Need

- 1 medium cabbage (green or red)
- 2 tablespoons pickling salt
- Distilled or filtered water (non-chlorinated)
- Quart sized jar

Directions

- Shred the cabbage.
- In a large bowl, mix shredded cabbage and salt together. Pound the cabbage mixture to expel the juices.
- Place pounded cabbage and juices in a medium sized glass jar (1 Quart Sized). Press down firmly on the cabbage. Add distilled water until cabbage is fully submerged. Solution should be at least one inch from the top of the jar.
- Cover the jar and let sit for 3 to 7 days at room temperature. Store in the refrigerator.



Play with Your Food

Make the sauerkraut with a mixture of green and red cabbage.

Starters, Sides, and Complements

Spinach and Artichoke Dip

** Vegetarian, Gluten-Free*

Invited to a potluck? Feeling stressed because you don't know what to bring? Stress no longer! This appetizer is easy to make, delicious, and a super crowd pleaser!

You'll Need

- 1 1/4 cup mayonnaise
- 1 1/4 cup Parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper
- 1 14 oz. can artichokes
- 1 10 oz. box frozen spinach thawed
- 1/2 cup diced red pepper

Directions

- Set oven to 350° F.
- In a mixing bowl, mix mayonnaise, parmesan, garlic, salt, and pepper.
- Drain artichokes and cut into smaller pieces.
- Remove excess liquid from spinach.
- Add the artichokes, spinach, and diced red pepper s to mayonnaise mix. Mix well.
- Pour mixture into a 9" x 9" baking dish.
- Bake 30 - 35 minutes or until bubbling around edges.
- Serve with tortilla chips, bread, carrot sticks or side of choice.



Play with Your Food

- Add mozzarella cheese on top.
- Only use 1 garlic clove instead of 2.
- Use a roasted red bell pepper instead.

Medwell Kitchen Tested

Starters, Sides, and Complements

Sweet Potato Patties

**Vegan*

This easy side dish or appetizer is quite flexible to be jazzed up with flavors to please your taste buds. And remember sweet potatoes are one of the healthiest veggies on the planet, so when they are a part of your regular diet it's a bonus for your health.

You'll Need

- 1 15 oz. can sweet potatoes
- 1 cup Panko bread crumbs
- 1 tablespoon olive oil

Directions

- Place sweet potatoes in medium bowl and mash with a fork.
- Put the bread crumbs on a plate.
- Shape the sweet potatoes into small patties and roll each patty in bread crumbs. Heat oil in pan on medium heat. Brown each patty on both sides in oil.



Play With Your Food

- Add some pepper
- Add a pinch of cinnamon
- Add some diced fresh onion or dried onion
- Use fresh cooked and mashed sweet potatoes
- Try using yams or a different kind of sweet potato instead
- Use a different type of bread crumb

Starters, Sides, and Complements

Swiss Chard with Raisins and Pine Nuts

**Vegan*

A simple side dish that features the ever so healthy veggie Swiss Chard. This green is complemented beautifully with the slight sweetness that the golden raisins lend to the dish. This is a great side for many meals and is one perfect way to eat the heart and bone healthy dark green leafy veggies.

You'll Need

- 1 ½ pounds Swiss chard
- 1/4 cup pine nuts, toasted
- ¼ cup olive oil
- 1 medium onion, finely chopped
- ¼ cup golden raisins
- 1 cup water
- Salt

Directions

- Remove leaves from stems and coarsely chop stems and leaves keeping them separate.
- In a large pot, heat oil and cook onion until slightly soft and fragrant.
- Then add chard stems and cook, stirring occasionally, for approximately 2 minutes.
- Add raisins and ½ cup water and simmer, covered, until stems are softened, about 3 minutes. Add leaves and remaining ½ cup water and simmer, partially covered, stirring occasionally, until leaves are tender, about 3 minutes. Sprinkle with toasted pine nuts and season with salt.



Play with your Food

- Try using rainbow Swiss Chard. It will bring some additional color to the dish.
- Try this recipe with kale instead of Swiss Chard.
- If you do not have pine nuts leave them out or replace with toasted walnuts.

Starters, Sides, and Complements

Trail Mix

**Vegan, Gluten-Free*

Get creative! Use what's available to you to come up with a combination that you like. In fact mix it up the various times you make it. Trail mix also works well for a quick and lighter breakfast.

You'll Need

Suggestions for Ingredients:

- Nuts of choice
- Dark chocolate chips
- Dried fruit of choice
- Shredded coconut
- Cheerios or other dried cereal
- Popcorn
- Sunflower seeds
- Pumpkin seeds
- Pretzels
- A little dried cereal of choice



Directions

- Mix a combination of your choice together and store in an airtight container.

Play with Your Food

- Consider placing some of your trail mix into some plain yogurt for a heartier breakfast or snack.
- Come up with some other tasty additions

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Starters, Sides, and Complements

Turkey Gravy

There is no questions asked, the best way to have this done right is homemade. Gravies are so easy to make it is hard to understand why people would purchase the prepackaged version.

Yields approximately 4 cups

You'll Need

- 4 tablespoons of fat reserved from cooked turkey, or butter, or use a mixture of both to total 4 tablespoons
- 3 tablespoons flour
- At least ½ teaspoon pepper
- Pinch of salt
- 4 cups pan drippings and/or chicken broth to total 4 cups



Directions

- Pour the drippings from the turkey into a container and let sit for 5 to 10 minutes and then remove any fat from the top of the drippings and reserve.
- If necessary, add broth to drippings to make 4 cups.
- In a medium saucepan, heat turkey fat and/or butter.
- Add in pepper and a pinch of salt.
- Add in all the flour and constantly whisk for about 3 minutes over low heat.
- Slowly add in the 4 cups turkey drippings and/or broth; whisk constantly over medium-low heat until bubbly and thickened (about 3 minutes).
- Use right away or keep warm over lowest heat setting, whisk again before serving.

Play with Your Food

- Add more black pepper
- Use white pepper instead of black pepper

Starters, Sides, and Complements

Twice Baked Sweet Potatoes with Pineapple

**Vegetarian, Gluten-Free*

This recipe will require a tiny bit of extra work but it's worth it. It has a unique look that is eye catching and is a very satisfying dish to eat.

You'll Need

- 4 small, unpeeled sweet potatoes
- 1/2 cup golden raisins
- 2 Tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1 cup (8oz) unsweetened crushed pineapple, drained
- 2 Tablespoons pecans, chopped

Directions

- Place potatoes on baking sheet.
- Bake at 400 degrees 1 hour or until done (softened through).
- Let cool 15 minutes.
- Cut each potato in half lengthwise; carefully scoop pulp into bowl, leaving shells intact.
- Mash pulp; stir in raisins, sugar, cinnamon, and pineapple.
- Spoon into shells; sprinkle with pecans.
- Bake at 400 degrees for 15 minutes or until thoroughly heated.

Play with Your Food

- Try fresh pineapple if it's available by you.
- Add a pinch of cloves or nutmeg.
- Use less brown sugar.
- Leave out the raisins.



Starters, Sides, and Complements

Vegetable Dip

**Vegetarian, Gluten-Free*

This veggie dip is the perfect complement to a variety of sliced vegetables. It's a great base so jazz it up as you see fit. You can also use it as a salad dressing.

You'll Need

- 1 ¼ cup plain yogurt
- ¾ cup sour cream
- 3 garlic cloves, minced
- 1 cucumber, peeled, seeded and chopped
- 1 tablespoon fresh mint, chopped
- Salt and Pepper to taste
- Assorted raw sliced veggies



Directions

- Put all ingredients into a food processor or blender and process until well combined.
- Chill.
- Serve with raw vegetables.

Play with Your Food

- Substitute mint with other fresh herbs of choice such as parsley, basil, dill, etc
- Add a splash of lemon juice.

Starters, Sides, and Complements

White Beans

* *Gluten-Free*

The great thing about white beans is that they are such a versatile food. The ratios in this recipe are to taste. So have fun experimenting with the art of cooking. The white wine vinegar in this recipe is a key ingredient to really make the dish pop!

You'll Need

- Can of white beans
- Extra Virgin Olive Oil (EVOO)
- White wine vinegar
- Chicken Broth
- Salt and Pepper
- Oregano (optional)
- Cumin (optional)
- Tomato



Directions

- Drain beans and add to pot. Add EVOO and about 1/2 as much white wine vinegar. Add chicken broth, salt, pepper, oregano, and cumin. Stir beans.
- Dice the tomato and add to bean mixture. Turn stove onto medium and let cook with a lid on it.

Play With Your Food

- Add a different vegetable
- Change up the spices

Medwell Kitchen Tested

Starters, Sides, and Complements

Zucchini Pancakes

**Vegetarian*

When zucchinis are in season and they're popping out of everyone's garden; this will be a staple recipe that you will turn to. Indeed a nice start to a meal or a perfect side dish to complement a variety of foods. And by the way kids love zucchini pancakes too!

You'll Need

- 2 cups shredded zucchini
- 2 eggs
- 1/2 cup flour
- 1 large onion, finely chopped
- 1 teaspoon salt
- Pinch of crushed red pepper
- Pinch of cinnamon
- Olive oil

Directions

- Mix all ingredients together, except olive oil.
- In a frying pan, heat oil until hot but not smoking. Place tablespoons of batter in hot oil. Brown on both sides.

Play with Your Food

- Try another type of summer squash.
- Try a red onion.
- The crushed red pepper and cinnamon are optional so play with them to your liking.
- Add some crushed mint

Medwell Kitchen Tested



Soup

African Peanut Stew

**Vegan, Gluten-Free*

Looking for a flavorful and unique soup? Look no further. This soup is for you. The many spices complement the flavor of the sweet potatoes perfectly. And the pecan topping is a special bonus!

You'll Need

- 1 onion, chopped
- 1 jalapeno, seeded and finely chopped (optional)
- 3 teaspoons minced fresh ginger
- 1 teaspoon minced fresh garlic
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon crushed red pepper
- 4 medium size sweet potatoes cut into 1 1/2-inch chunks
- 2, 14.5 ounce cans chopped tomatoes
- 1 bunch kale, chopped
- 4 cups vegetable broth
- 1/4 cup natural peanut butter

Directions

- Place 1/3 cup water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes.
- Add cumin, cinnamon, salt, and red pepper. Cook and stir for 1 minute.
- Add sweet potatoes, tomatoes, kale, vegetable broth, and peanut butter.
- Bring to a boil, reduce heat and simmer for approximately 30 minutes, or until potatoes are tender.

Play with Your Food

Top this dish with some spiced, toasted pecans.

You'll Need

- 1/2 cup halved pecans
- 1/4 teaspoon cayenne
- 1/2 Tablespoon butter

Spiced, Toasted Pecans

- To spice up pecans melt 1/2 Tablespoon butter in pan place 1/4 teaspoon of cayenne pepper and pecans in pan. Stir to coat pecans. After coated place on baking sheet and bake for 10 to 15 minutes or just until toasted.
- Top each bowl of soup with some pecans and enjoy.



Soup

Amazing Avocado Gazpacho

** Gluten-Free*

This is a perfect summer soup, and it's absolutely stunning. It's a recipe that can be done in no time and is so easy to make you'll be surprised that the act is even called cooking!

You'll Need

- 1 large cucumber, peeled, de-seeded, and diced.
- The juice of 2 limes
- 1 garlic clove, minced
- 1 small jalapeno, stemmed, de-seeded, and chopped
- 1 green onion, sliced (including green tops)
- 3 ripe avocados
- 1/2 to 1 cup chicken broth (depending on the texture of the soup you desire)
- Salt to taste



Directions

- Throw all ingredients into a blender except chicken broth and salt.
- Puree.
- Thin the puree, to your desire, with chicken broth.
- Salt to taste.

Play with Your Food

- Enjoy this with a dollop of sour cream on top.
- Add a drizzle of extra virgin olive oil on top.
- Have some crunchy bread on hand to enjoy with this delicious soup.

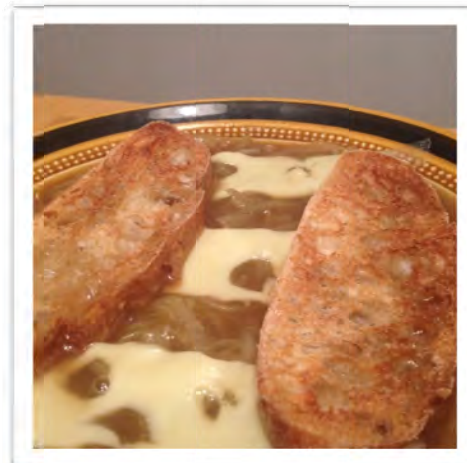
Soup

Beer Infused French Onion Soup

This is an easy and tasty version of French onion soup. While the onions are caramelizing away, you can get other things done. Caramelizing the onions is key as it adds flavor and depth to the soup.

You'll Need

- 1 1/2 tablespoons extra-virgin olive oil
- 3 medium onions thinly sliced
- 1/2 cup pale ale beer
- 4 cups beef broth
- Thin slices of Swiss cheese (Jarlsberg) or other white cheese of choice
- Sour dough, ciabatta or French bread sliced and lightly toasted
- 1/4 teaspoon salt



Directions

- In a heavy pot, heat the olive oil on medium heat. Once oil is heated, add the onions and salt. Let the onions cook and caramelize. Stir every once in a while scraping the bottom of the pot and lowering heat if necessary. Let the onions cook for at least 20 minutes.
- When the onions have caramelized, reduce the heat to low-medium and add the beer and cook for approximately 2 minutes on simmer.
- Next add the broth and bring to a boil.
- Lower the heat and let the flavors meld together for approximately 10 minutes on simmer.
- Portion the soup into bowls and place some cheese directly on top of the soup as to allow the cheese to melt a bit. Then top with some toasted bread.

Play with Your Food

- Garnish with parsley or chives
- Leave out the bread for a gluten-free soup
- Use non-alcoholic beer or chicken broth in replacement for beer.

Medwell Kitchen Tested

Soup

Black Bean Soup

**Vegan, Gluten-Free*

The key ingredient in this black bean soup is the orange juice in the broth. the sweetness from the orange juice makes the perfect balance to the spice that that cayenne offers.

You'll Need

- 1 tablespoon olive oil
- 3 cups chopped onions
- 2 teaspoons cumin
- 1 teaspoon of salt
- 1 medium carrot, finely chopped
- 10 cloves garlic, crushed
- 1 medium zucchini, diced
- 5 cups cooked black beans
- 1 ½ cups orange juice
- Black pepper
- Cayenne Pepper
- 8 ounces of Salsa



Directions

- Place oil in large pot. Heat the oil and sauté the onion, cumin, salt, zucchini, carrot, and the garlic over medium heat.
- Sauté until carrot is tender. Add cooked beans. Mix in orange juice, cayenne, black pepper, and salsa. Simmer over low heat for 20 to 25 minutes.

Play with Your Food

- Substitute the zucchini for bell pepper or do a mixture of half and half.
- Try adding a splash of chipotle hot sauce
- Serve topped with sour cream or grated cheese of choice.
- Add some chopped fresh cilantro.'

Medwell Kitchen Tested

Soup

Butternut Squash Soup

**Vegan, Gluten-Free*

This is a perfect recipe to make when butternut squash is in season. The cinnamon and butternut flavors are simply made for each other.

You'll Need

- 3 tablespoons olive oil
- 2 onions, chopped
- ½ teaspoon cinnamon
- ½ teaspoon coriander
- 2 ½ pounds butternut squash-seeds and outer skin removed, cubed
- 3-4 cups chicken broth
- 1 cup half-n-half
- 4 pats butter
- Salt and pepper



Directions

- Heat olive oil in a pot and sauté onion.
- Add the spices and squash sauté a bit longer and then add stock.
- Boil then reduce heat to simmer. Simmer covered for 20 minutes or until squash is done.
- Take out the squash pieces and blend in food processor until smooth. Add them back to the pot. Then add half n half, butter, salt and pepper. Adjust spices if needed.

Play with Your Food

- Use whole milk instead of the half-n-half.
- To make this a vegan dish use coconut milk instead of half-n-half, veggie broth instead of chicken broth and olive or coconut oil instead of butter.
- Add a pinch of cinnamon to each bowl is a nice touch for health and food presentation.

Medwell Kitchen Tested

Soup

Butternut Squash Soup from France

* *Gluten-Free*

This is a perfect recipe to make when butternut squash is in season. The cinnamon and butternut flavors are simply made for each other.

You'll Need

- 5 tablespoons butter
- 1 large onion or 2 small onions sliced
- 1 butternut squash
- 3-4 cups chicken broth
- 1 - 2 cinnamon sticks
- 3/4 cup cream
- Salt and pepper
- 1/2 cup parmesan cheese



Directions

- Heat 2 tablespoons butter in a pot and add onion. Sauté with lid on. Turn occasionally.
- Remove tops and bottoms from squash. Then peel squash, cut in half length wise and remove seeds. Cut into cubes.
- Once onions are browned, add cubed squash. Add chicken stock so that it just barely covers the squash. Add cinnamon stick/s into pot. Put lid onto pot and let cook until a fork can easily slide through the squash.
- Scoop squash and onions into food processor with a spoon strainer so that fluid stays in pot. Puree after all of the onion and squash is added. If it does not move, add a spoonful of fluid to processor. Puree until smooth. Scrape out and add back to pot with soup. Stir the puree into soup.
- Add cream and stir. Add 3 tablespoons of butter into pot. Add pepper and a little bit of salt. Stir. Add parmesan cheese. Stir. Taste and adjust seasonings.

Play with Your Food

- Use half n half instead of cream.
- To make this a vegan dish use coconut milk instead of half-n-half, veggie broth instead of chicken broth and olive or coconut oil instead of butter.
- Add a pinch of cinnamon to each bowl it's a nice touch for health and food presentation.

Medwell Kitchen Tested

Soup

Chicken Tortilla Soup

* *Gluten-Free*

This recipe will take a little bit of time but it is worth it! The flavors you develop in the stock takes this soup to the next level, but if in a rush you can use premade stock.

You'll Need for the Stock

- 1 roasted chicken
- 4 carrots, chopped (about 2 cups)
- 4 stalks celery, chopped (about 2 cups)
- 1 large onion, chopped (about 2 cups)
- 1 tablespoon salt
- 1/2 tablespoon peppercorn
- 4-5 cloves of garlic, crushed
- Fresh ginger sliced to your liking
- Rosemary
- 3-4 quarts of water



You'll Need for the Soup

- 1 medium onion cubed into small pieces
- 2 tablespoons butter
- Extra virgin olive oil
- 1 habanero, finely minced
- 1 can of corn, drained
- 1 large can of diced tomatoes
- 1 small can of chopped chilies
- 2 tablespoons white wine vinegar
- 2 tablespoons oregano
- Chicken from roasted chicken, chopped
- Salt and pepper
- 1 avocado
- 1 lime
- Corn tortillas

Directions

- Roast 1 chicken (see roasted chicken recipe, found in the online cookbook or choose your own) and remove chicken and put into bowl. Put chicken carcass into stock pot.
- Add chopped onion (for the stock), celery, and carrots to pot. Add about the same amount of water as ingredients to pot. Add salt and peppercorn.

Chicken Tortilla Soup continued...

- Add 4 - 5 crushed garlic cloves, ginger, and rosemary to pot. Put lid on pot, let come to a boil and then reduce heat to medium and let simmer for 1 hr. After 1 hr, remove lid and let simmer for an additional 3 hrs.
- Once stock is done, drain stock into another pot as to keep only the liquid.
- Take cubed onion and add to frying pan. Add butter and let saute until onions are browned.
- While onions are browning, take corn and drain water. Add to an empty frying pan. Take habanero pepper and cut into quarters, remove veins and seeds. Add to frying pan. Turn heat on and let corn and pepper roast. Once roasted remove habanero from pan. Take roasted habanero and finely mince it.
- In the pot with the stock, add tomato, chili, white wine vinegar, oregano, sautéed onion, corn, habanero, and chopped chicken. Add salt and pepper to taste and let simmer with lid on for an hour.
- Add olive oil to a frying pan so that it coats the bottom. Take a corn tortilla and place in pan and let cook in pan until browned on both sides. When browned, remove from pan and place on a plate with a paper towel. Pat dry. Slice tortilla into pieces.
- Once tortilla soup has finished, chop 1 avocado up and add to soup and take 1 lime and squeeze juice on top of soup. Spoon into bowl, top with tortilla chips, and enjoy!

Play with Your Food

- Use chicken stock from the store instead of making your own.
- Use a different pepper than a habanero.

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Soup

Clam Chowder

This is an easy recipe for a basic clam chowder and tastes delicious just as is but feel free to experiment and add your own twist.

You'll Need

- 2 slices bacon
- 2 ½ tablespoons butter
- 1 medium onion, finely chopped
- ¼ cup flour
- 4 cups milk
- 3 small russet potatoes, chopped into small pieces
- 13 ounces minced clams, reserve juice

Directions

- In a large pot, cook bacon over medium-low heat, sauté bacon until crisp and golden brown. Remove bacon with a slotted spoon; leave bacon grease in pot.
- Once bacon is cooled finely chop bacon.
- Reduce heat to low and add butter to pot that contains the bacon grease and stir until melted. Add onions and cook until they are translucent and soft (the longer the onions go the more flavor will be created, approximately 15 minutes).
- Add flour, salt, and pepper, stirring constantly until well blended. Slowly add the milk, stirring constantly until sauce comes to a boil and thickens.
- Lower heat and add the potatoes until cooked through to a consistency you like (at least 10 minutes).
- Next add clam juice, clams, and bacon pieces heat through.
- Adjust salt and pepper as needed.

Play with Your Food

- Serve topped with chopped chives or parsley
- Add some cooked corn
- Use a different type of potato



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Soup

Greek Lemon Soup

**Vegetarian, Gluten-Free*

The lemon in this broth does wonders for a sore throat and it also adds a nice boost to the immune system. It's the key ingredient in this recipe.

You'll Need

- 8 cups chicken broth
- ¼ cup to ½ cup rice
- 3 eggs
- Juice from one lemon

Directions

- Bring broth to a boil and then add ¼ to ½ cup rice to boiling broth. Cook on simmer for 25 minutes.
- In a separate bowl beat 3 eggs and mix in the lemon juice.
- When broth is done simmering, slowly add 1 cup of the broth to the beaten eggs and lemon juice mixture and mix. Next add it all back into the pot cook for 4 minutes and then it's ready.



Play with Your Food

- Add more lemon or cut back on it a bit.
- Add some freshly ground pepper at the end.
- Try it with a vegetable broth

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Soup

Leafy Greens Soup

**Vegetarian, Gluten-Free*

This recipe was submitted to us by participant Estelle B. She notes, "I use whatever greens I have on hand which usually includes kale from the CSA. It freezes well. I also use leftovers as a base for a veggie dip that is reminiscent of spinach dip." Thanks Estelle!

You'll Need

- 1 cup chopped onions
- 1 or more garlic cloves
- 3 tablespoons butter
- Salt
- Pepper
- Seasonings of your choice (crushed red pepper, cumin, etc)
- 3/4 cup diced potato
- 8 cups leafy greens (seems like a lot but it's okay!)
- 3 cups chicken stock (or water or veggie stock)



Directions

- Sauté the onion and garlic in 2 tablespoons of butter until soft.
- Add salt, pepper, and seasonings and cook for a couple minutes.
- Add remaining ingredients. Bring to a boil. Reduce heat and simmer covered until potatoes are tender (approximately 10 minutes).
- Puree with a stick blender until smooth. (You could use a regular blender working in batches). Add remaining butter and season to taste.
- From here you could simmer it longer to make it thicker.

Play with Your Food

To make a veggie dip:

- Simmer soup to reduce to a thick consistency if needed.
- Mix in cheese.
- Pour into a shallow oven proof dish.
- Top with additional cheese.
- Place under broiler until cheese starts to brown.
- Serve with tortilla chips or veggies for dipping.

Soup

Lentil and Swiss Chard Soup

**Vegan, Gluten-Free*

Not only is this recipe nutritious, it is very delicious! It is a soup that is bursting with flavor. The onions and the lemon juice marry well with the greens and lentils.

You'll Need

- 1 cup lentils
- 1 1/2 quarts water (more if needed)
- 1 large potato, diced
- 1/2 bunch Swiss chard or kale
- 1 medium onion, coarsely chopped
- Salt and pepper to taste
- 3 tablespoons olive oil
- Lemon wedges or lemon juice

Directions

- Add water to pot. Wash lentils and add to pot. Bring to a boil, then lower to simmer and cover and cook until almost tender (approximately 12 minutes).
- Add diced potato; boil for 10 minutes. Add more water as needed. Add Swiss chard or kale.
- Meanwhile, sauté onions with salt and pepper in oil until golden brown.
- Add to lentil mixture and cook until all vegetables are done, no more than 10 minutes.
- Adjust seasonings.
- Serve with lemon wedges or add some lemon juice to your liking to the pot or to each bowl.



Play with Your Food

- Serve with a nice piece of crusty bread
- Try it with collard green or spinach

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Soup

Miso Soup Base

**Vegan, Gluten-Free*

This marvelous miso soup base is easy to make and only requires a few ingredients. Make a good amount and keep the base in the fridge.

You'll Need

- 1 teaspoon sesame oil
- 1/2 cup shallots – chopped
- 3 tablespoons miso paste
- 1 quart vegetable or chicken stock
- Salt if needed

Directions

- Heat the sesame oil in a saucepan over medium heat. Add shallots and cook until translucent.
- Add the miso paste and mix well. Add stock and bring to boil. Reduce heat to low and simmer for 15 minutes. Adjust with salt if needed.
- Now you have broth. To this broth add your own foods. See suggestions below.



Play with Your Food

Place broth in a bowl and add your own fixings. Suggested fixings:

- Cooked noodles of choice
- Fried egg
- Steamed carrots
- Steamed zucchini
- Steamed cabbage
- Cooked shrimp
- Sprouts
- Snow peas
- Seaweed
- Corn
- Steamed broccoli
- Green onion
- Get creative and come up with your own!

Soup

Quinoa Corn Chowder

**Vegan, Gluten-Free*

Quinoa is a super grain. It a vegetarian based complete protein source. Try this easy to make soup and enjoy the way the corn and quinoa complement each other.

You'll Need

- 1 tablespoon olive oil
- 4 cups vegetable broth
- 1 large yellow onion, chopped
- 14 ounces coconut milk
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 large potato with skin, cubed
- 1/8 to 1/4 teaspoon cayenne
- 3 cups corn kernels (fresh or canned)
- 1/2 teaspoon salt
- 1/2 cup uncooked quinoa
- 1/2 cup red bell pepper, diced
- Pepper to taste



Directions

- In a large pot on low medium, heat the oil. Sauté onion, garlic, red bell pepper, quinoa, potato and corn for approximately 7 minutes.
- Next add stock and the bay leaves and simmer for 30 minutes. Add milk and seasonings and increase heat for a few minutes.
- Remove from heat, adjust seasonings as needed and serve.

Play with Your Food

- Add one chopped chili pepper
- Use 6 shallots chopped, instead of 1 large onion
- Use chicken broth instead of vegetable broth
- Use regular milk instead of coconut milk

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Soup

Tortellini Soup

**Vegetarian*

This easy to make soup is such a crowd pleaser. And this is a great recipe that can be put together with ingredients that are stored in your pantry and freezer.

You'll Need

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, crushed
- 1, 10 ounce package frozen chopped spinach
- 2, 14.5 ounces of chicken broth
- 1, 14.5 ounce can of diced tomato or 1 fresh tomato, diced
- 1, 9 ounce package of cheese tortellini
- Pinch of crushed red pepper
- ½ tablespoon dried basil
- Salt and Pepper to taste
- Freshly grated Parmesan cheese (optional)



Directions

- In a large pot heat olive oil over medium heat.
- Add crushed red pepper to your liking and sauté with the onion and garlic until fragrant.
- Next add the spinach, tomato and broth.
- Heat to boiling and then reduce heat to low. Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness.
- Season with the basil, salt, and pepper.
- If you would like you can serve topped with some freshly grated Parmesan cheese.

Play with Your Food

- Use vegetable instead of chicken broth
- Try a mushroom or pesto filled tortellini
- Top with Romano or Asiago instead of Parmesan

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Soup

Turkey Noodle Soup

Looking for the perfect soup to warm your bones on a chilly winter day? Need to figure out a way to use up all that leftover turkey? Feeling a bit under the weather and soup is what the doctor ordered? Well look no further; this soup is the one for you!

You'll Need

- Bones from a roasted turkey
- 7 cups water
- 1 bay leaf
- 2 stalks celery, chopped (separated)
- 1 onion, quartered
- ¼ cup broken noodles, 1/2 inch pieces
- 1 carrot, chopped
- 3 green onions, chopped
- 1/3 cup grated zucchini
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 dash hot sauce
- Salt to taste
- Pepper to taste



Directions

- Stock
 - In stockpot or large saucepan, combine bones, water, bay leaf, one of the chopped celery stalks, and onion.
 - Skin and drippings may be included, if desired.
 - Simmer, covered about 4 hours.
 - Strain, reserving stock.
 - Let bones cool, pick out any meat and add to the stock.
- Soup
 - In stockpot or saucepan, bring stock to boil; add noodles and simmer for 5 minutes.
 - Add celery, carrot, green onions, zucchini, basil and thyme.
 - Simmer for 10 minutes.
 - Stir in hot pepper sauce, season with salt and pepper to taste.

Play with Your Food

- Use chicken instead of turkey
- Switch up the vegetables

Soup

Tuscan Bean Soup

This is a hearty soup that is so satisfying. And it is quite flexible so make changes to the guidelines below as you see fit.

You'll Need

- 2 slices bacon, chopped
- 2 tablespoons olive oil
- 1 carrot, chopped
- 1 stalk of celery, chopped
- 1 medium onion, chopped
- 2 tablespoons flour
- 2 tablespoons tomato paste
- 3 cups beef broth
- 2 cups water (more if needed)
- 2 cups canned navy beans with juices reserved
- 2 teaspoons dried rosemary
- 2 tablespoons fresh chopped parsley
- 2 garlic cloves, minced
- Salt and pepper to taste
- ¼ pound elbow macaroni or Arborio rice
- 1/3 cup freshly grated parmesan or Asiago cheese



Directions

- In large pot, cook the bacon until crisp.
- Pour off the bacon fat and add olive oil and cook the carrot, celery and onion until slightly soft. Stir in flour and tomato paste.
- Add beef broth, bean juice/water, rosemary, parsley, garlic, salt and pepper.
- Simmer slowly until the vegetables are tender, adding water as needed.
- Add macaroni or Arborio rice and cook until tender, stirring frequently, as it cooks
- Add water, if needed.
- Add the beans and heat through.
- Taste for adequate seasoning.
- If soup is not thick, puree one third of it and return the puree to the pot.
- Serve soup with a bowl of grated cheese.

Play with Your Food

- Use chicken broth instead of beef broth.
- Instead of using canned beans use cooked beans from dried state reserving the water they were cooked in.
- Switch up the veggies as you see appropriate.

Salad

Arugula and Tomato Salad

* *Vegan, Gluten-Free*

Arugula is such a unique food and the peppery bite it has adds a fantastic dimension to salads. The dressing below can be used with other salads too.

For the Salad You'll Need

- 1 cup arugula
- 12 ripe tomatoes cut into wedges or 36 cherry tomatoes, halved

For the Dressing You'll Need

- 6 tablespoons cup olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 teaspoons Dijon mustard
- Salt and pepper

Directions

- Wash and dry the arugula, remove the tough stems and arrange on the outside of a platter.
- Whisk together the olive oil, vinegar and mustard.
- Add salt and pepper to taste.
- Toss the tomatoes gently in some salad dressing to coat.
- Place the tomatoes in the center of the arugula.
- Then drizzle some more of the dressing over the arugula.

Play with Your Food

- Add fresh mozzarella
- Add fresh shredded parmesan
- Top with some additional veggies
- Add some olives



Salad

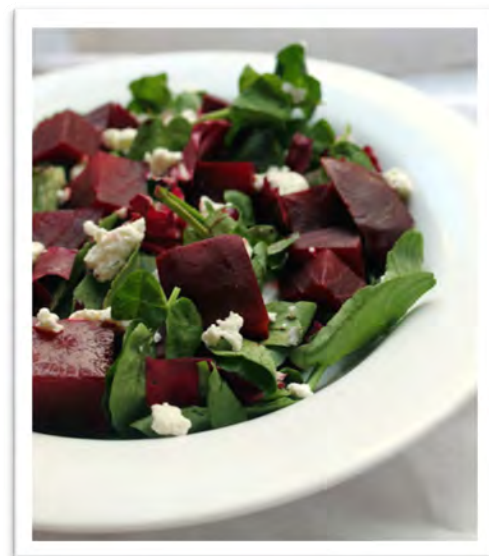
Beet and Goat Cheese Salad

**Vegetarian, Gluten-Free*

It's quite hard to beat a good beet salad, and this one is up there. Crisp, flavorful, versatile, nourishing ... I mean what else do you want from a salad? This beet salad is easy to make and brings delightful color to any meal.

You'll Need

- 6 medium beets
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/3 teaspoon sugar (optional)
- Lightly crumbled goat cheese (approximately 1/3 cup)
- Green onion, chopped (approximately 2 tablespoons)
- Arugula (optional)



Directions

- Wash beets, place in pot and cover with water. Let boil approximately 20 minutes or until a knife can be inserted into the beet still being a bit firm - not completely soft. Then remove beets from boiling water and rinse with cold water. Under running water, peel skins off with hands. The skins can be easily removed in this fashion.
- Chop beets into 1/4 inch cubes.
- Mix olive oil, lemon juice, salt, and sugar together in small bowl. Pour over chopped beets.
- Plate beets and top each serving with goat cheese and green onion.

Play With Your Food

- Try serving this beet salad on a bed of arugula. When doing this, you can omit the green onion.
- Leave off the goat cheese for it to be a vegan dish.
- Consider adding some toasted walnuts, pecans, or pine-nuts to the salad.

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Salad

Blue Cheese and Pineapple Salad

**Vegetarian, Gluten-Free*

Salads are a dish for us to express our creativity. Figure out what works in terms of flavor combinations. This combo is unique but works!

You'll Need

- Lettuce, loosely chopped
- Tomato, cut into chunks
- Pineapple chunks (fresh or canned)
- Cucumber, sliced
- Carrots, sliced
- White onion, sliced
- Blue cheese crumbles
- Olive oil
- Pinch of salt

Directions

- Plate the vegetables on salad plate and top with pineapple, blue cheese, a drizzle of olive oil, and a pinch of salt.

Play with Your Food

- Switch up the vegetables as you see fit
- Try a different fruit
- Add some chopped walnuts or pecans



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Salad

Broccoli and Avocado Salad

* *Vegan, Gluten-Free*

This is a unique salad that brings together a wonderful combination. It's a delightful salad that can complement a variety of dishes.

You'll Need

- 1 small bunch of broccoli
- Salt to taste
- 1 large avocado
- 1/2 lemon
- 1 teaspoon Dijon style mustard
- 1/2 teaspoon finely chopped garlic
- 1 tablespoon red wine vinegar
- Freshly ground black pepper to taste
- 3 tablespoons olive oil



Directions

- Cut the broccoli into florets. If the pieces are large, cut the stems in half. Rinse and drain them. Reserve the stems for another use.
- Drop broccoli into boiling salted water to cover. Bring to a boil and cook 2 minutes. Drain and run the broccoli briefly under cold water to cool. Drain again and chill.
- Cut the avocado in half. Peel each half and remove the pit. Cut each half into 8 lengthwise strips. Squeeze the lemon half over the strips to prevent discoloration.
- Arrange the broccoli and the avocado alternately on each of 4 serving plates.
- Blend the mustard, garlic, vinegar, pepper and oil, adding salt if needed, in a bowl with a wire whisk. Pour over the broccoli and avocado. Serve immediately.

Play with Your Food

- Add fresh sliced tomato
- Add some finely chopped red onion

Salad

Caesar Salad

This is an easy version for a Caesar salad. Turn it into a whole meal by adding various toppings. Feel free to leave out the anchovy fillets.

You'll Need

For the Dressing

- 1/2 tablespoon Dijon mustard
- 1/2 tablespoon white wine vinegar
- 1 tablespoon mayonnaise
- 3 cloves garlic
- 1/4 cup olive oil
- Salt
- Pepper
- 1/8 to 1/4 teaspoon lemon juice (optional)
- Anchovy fillets (to your liking minced)

For the Salad

- Romaine lettuce, chopped
- Freshly grated Parmesan Cheese
- Croutons

Other Suggestions for the Salad

- Sliced red onion
- Sliced hard boiled eggs
- Grilled chicken
- Grilled shrimp

Directions

- Place garlic into food processor or blender and run until minced.
- Next add the white wine vinegar, mustard, mayonnaise and a pinch of salt. Mix thoroughly.
- Then in a steady stream add the olive oil.
- Finally add in the anchovy.
- Remove from blender add salt, pepper and lemon juice if desired.
- Combine salad with dressing and parmesan cheese. Plate and serve topped with croutons and fixings of choice.

Play with Your Food

- Leave out the anchovy fillets or lemon juice
- Leave off the croutons for a gluten-free option

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Salad

Caprese Salad

**Gluten-Free, Vegetarian*

A perfect dish to make with tomatoes fresh out of the garden! This salad is refreshing and can be enjoyed as a side or main dish! Or even place it on a baguette to enjoy a caprese sandwich.

You'll Need

- Tomatoes, cut into 1/4-inch thick slices
- 1/2 pound fresh mozzarella 1/4-inch thick slices
- 20 to 30 leaves (about 1 bunch) fresh basil
- Olive oil for drizzling
- Salt and pepper'
- Balsamic Vinegar for drizzling



Directions

- Layer basil on plate, top with tomato and cheese slices.
- Drizzle with olive oil, balsamic vinegar, salt and pepper.

Play with Your Food

- Remove the balsamic vinegar from recipe.
- Switch arugula, for the basil

Salad

Egg Salad

**Vegetarian, Gluten-Free*

Try this wonderful twist on an egg salad. Five simple ingredients are all you need to make an egg salad that is out of this world. Taste and see how the lemon juice makes this egg salad pop!

You'll Need

- As many hard boiled eggs as you would like
- Lemon juice
- Olive oil
- Salt
- Pepper

Directions

- Mash eggs & mix in lemon juice, olive oil, salt, & pepper to the ratio of your liking.

Play with Your Food

- Add some diced up green olives
- Add in some capers.

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Salad

Greek Salad

**Vegetarian, Gluten-Free*

Ok three words... YUM, YUM and YUM. Ok so they're the same three words but that pretty much sums it up! YUM! Greek salads are so refreshing and complement a variety of meals so well. In addition, they are quite flexible so add or subtract ingredients based on what you have available. When tomatoes and cucumbers are in season, no doubt about it, it is Greek salad time!

You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into ¼ inch pieces
- ¾ cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- ¼ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper



Directions

- Combine vegetables in a bowl. In a small bowl mix oil, vinegar, and oregano then pour over salad and season with salt and pepper to taste. Before serving salad place feta slices on salad.

Play with Your Food

- Add some pepperoncini peppers or red bell pepper.
- Try using a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.

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Tips

Prep portions of the salad ahead of time. Chop the tomato and cucumber in the morning and place in fridge. Then when you come home from work all you need to do is chop the onion and mix together the dressing.

To save time, cook in stages when you can.

Salad

Roasted Red Pepper Bulgur Wheat Salad

* *Vegetarian*

Bulgur is a great grain to use and takes no time to cook. Leave out the feta cheese and make this a vegan dish.

You'll Need

- 1/2 cup bulgur wheat
- 1 cup boiling water
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon fresh basil, chopped
- Salt
- Pepper
- 1 roasted red bell pepper (you can roast this on the grill see notes below), chopped
- 1 bunch of green onions, chopped
- 2 garlic cloves, chopped
- 3 ounces feta cheese, crumbled



Directions

- Place the bulgur wheat in a large bowl, and add the boiling water and leave to soak for 20 to 30 minutes, stirring occasionally with a fork, until the water has been absorbed.
- In a mixing bowl, whisk together the oil, lemon juice, basil, salt and pepper. Pour the mixture over the prepared bulgur wheat, and mix well. Then mix in the remaining ingredients.

Play with Your Food

- Roasting a red bell pepper on the grill or broiler setting of oven: Cut pepper in half, remove seeds and press to flatten. Place pepper directly on grill with or under broiler with skin facing heat. Allow to sit until skin is burnt. Then place the bell pepper in a container that can be sealed and let the steam work on the pepper to make the skin easily removable. Open the container after a few minutes and peel the skin off the red bell pepper.

Salad

Spinach Salad with Balsamic Dressing

** Vegetarian, Gluten-Free*

This is a perfect complement to a dinner. It is easy to throw together and only takes a few minutes to make.

For the Salad You'll Need

- Bag of Spinach
- 1 Apricot or Fruit of Choice
- Feta Cheese
- Crushed Walnuts

For the Dressing You'll Need

- 3 tablespoons olive oil
- 1 - 2 tablespoons of balsamic vinegar
- Salt and pepper
- 1/8 teaspoon brown mustard



Directions

- Put desired amount of spinach for salad into a bowl. Approximately one handful. Cut apricot or fruit of choice into slices and add to spinach. Sprinkle feta cheese and walnuts on top.
- In a separate bowl, add olive oil, vinegar, salt, pepper, and mustard. Mix.
- Drizzle a small amount of dressing on top of the salad.

Play with Your Food

- Use strawberries as your fruit.
- Use a different vinegar such as red wine vinegar.
- Add some minced garlic to the dressing.

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Salad

Spinach, Strawberry, Pecan Salad

**Gluten-Free, vegan*

Summertime screams salads! Enjoy this salad to complement some grilled white fish. Switch up the fruit as you see fit.

You'll Need

Salad

- Spinach
- Sliced strawberries

Nuts

- 1 cup sliced, whole or coarsely chopped pecans
- 3 tablespoons sugar

Dressing

- 1/3 cup olive oil
- 2 tablespoons rice vinegar
- Poppy seeds (optional)



Directions

- Stir the sugar, in a large skillet over medium heat until the sugar melts approximately 3 minutes.
- Then mix in the pecans and stir until the syrup evenly coats the nuts.
- Next place the nuts on a piece of parchment paper or foil to cool and with a knife separate the nuts.
- Then mix all ingredients for dressing in a bowl.

To prepare the salad plate some spinach topped with strawberries and candied nuts. Then add a drizzle of dressing

Note

These nuts can also be stored in an airtight container for up to one month.

Play with Your Food

- Try a different nut
- Use brown sugar instead of white sugar
- Add other vegetables of choice
- Do not candy nuts and just serve salad with toasted nuts.
- Choose a different fruit.

Medwell Kitchen Tested

Salad

Taco Salad

* *Gluten-Free*

Taco salads have kind of developed a bad rap. But believe it or not, they can be your nutritious and delicious answer when you need a quick meal. Serve this salad as a main meal.

You'll Need

- 2 teaspoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 pound ground turkey
- 2 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 dash cayenne pepper
- 1 (19 oz) can kidney beans, rinsed and drained
- 1 cup salsa
- 2 cups shredded lettuce
- 2 small carrots, julienned
- 2 red bell peppers, cut into thin strips



Directions

- Heat the olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the turkey, and stir until crumbly and no longer pink.
- Season with chili powder, cumin, oregano, cayenne pepper, kidney beans, and salsa. Cook over medium-high heat until the mixture is simmering and the beans are hot, about 5 minutes.
- Divide the lettuce, carrots, and red bell peppers among 4 serving plates.
- Spoon the turkey mixture overtop to serve.

Play with Your Food

- Add cheddar cheese, olives, tomatoes, jalapenos, or avocado.
- Add a dollop of sour cream.
- Use beef instead of turkey.
- Serve on top of some tortilla chips.
- Sauté the carrots and bell peppers

Salad

Tarragon Tuna Salad

**Gluten-Free*

Tuna is a great staple to have in the pantry for those days where you need a quick lunch or dinner.

You'll Need

- 1 can tuna, packed in water
- 1 tablespoon mayonnaise
- 1 teaspoon of spicy mustard
- extra virgin olive oil
- capers
- ½ teaspoon tarragon
- Salt, pepper, and cayenne to taste

Directions

- In a medium mixing bowl. Empty the tuna and then mix in the mayonnaise, olive oil, capers, tarragon, salt, pepper, and cayenne.
- Taste and fix the flavors to your liking.

Play with your Food!

- For an open-faced tuna melt, lightly butter both sides of a bread slice, and brown each side over medium heat. As the second side browns, place sliced cheddar cheese on the toast to melt. When the cheese softens, add a slice of tomato, a smear of mayonnaise, salt/pepper/oregano to taste, and then tuna over the top.
- Try this with goat cheese and you'll be hooked for good



Medwell Kitchen Tested

Salad

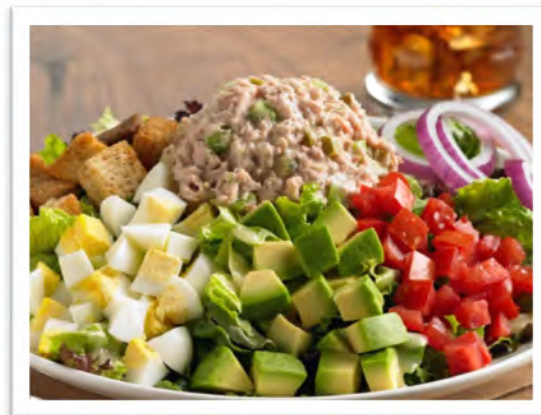
Yogurt Based Tuna Salad

**Gluten-Free*

This is a nice alternative to a mayonnaise based tuna salad. And it's a quick, go to meal for you to make when in a pinch.

You'll Need

- Tuna fish
- Plain yogurt
- Salt
- Pepper
- Additional ingredients of your choice:
 - Carrots, grated
 - Green or black olives, diced
 - Celery, diced
 - Cucumber, diced
 - Green or red pepper, diced
 - Pickles, diced
 - Hard-boiled egg, chopped



Directions

- Empty the can of tuna into a small bowl.
- Mix in just enough of the plain yogurt to bind the tuna.
- Add additional ingredients to your liking.
- Place on top of salad, bagel or bread.

Play with Your Food

- Try Greek style yogurt instead.
- Throw in some mustard, hot sauce or lemon juice.
- Use canned salmon instead of the tuna.
- Add in herbs of choice.

Main Course

Ahi Tuna with Sesame Soy Ginger Sauce

The flavors of sesame, soy, and ginger work wonderfully on tuna steaks but also complement other types of seafood too. Experiment and try this sauce with salmon, shrimp and scallops.

You'll Need for the Sauce

- 2 tablespoons fresh ginger minced
- 1/4 cup sesame oil
- 1/4 cup soy sauce (use a little less at first)
- 1/8 cup rice wine vinegar
- 1/4 teaspoon cayenne
- 1 tablespoon sesame seed
- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup chicken broth
-

You'll Need for the Tuna

- Ahi tuna steaks (as many as you need, you'll top each steak with a drizzle of sauce)
- Olive Oil



Directions

- In a bowl, add ginger, sesame oil, soy sauce, vinegar, cayenne and sesame seed. Mix and taste for seasonings.
- In a frying pan, add a drizzle of olive oil. Heat pan. After pan is heated, add tuna. Once tuna is a little white on bottom, flip it. Cook for 2 minutes. Remove tuna.
- Add chicken broth to same pan tuna was cooked in and scrape off bits left in pan. Add soy ginger sauce.
- To thicken sauce take 1 tablespoon of butter and a little more than 1 tablespoon of flour and mix together in a small bowl until it forms a paste. Once paste is formed, add most of it to sauce and whisk to remove any chunks. Sauce will begin to thicken.
- After sauce has thickened, let sit to let the flour cook in. If too thick, add more chicken broth.
- Pour sauce onto tuna and enjoy!

Play with Your Food

- Use white wine vinegar instead of rice wine vinegar.
- Use beef stock instead of chicken stock.
- Try using the white wine as the deglazing agent.

Medwell Kitchen Tested

Main Course

Angel Hair with Veggies

*Vegan

This is an easy and versatile dish to make. The base is essentially veggies of choice and olive oil. From there you can jazz it up in a variety of different ways.

You'll Need

- 8 ounces raw angel hair pasta (will yield 4 cups cooked)
- 1/3 cup olive oil
- 1 cup tomato, chopped
- 1/2 small onion, chopped
- 3 1/2 cups steamed broccoli-stems and florets, chopped
- 1/2 cup whole olives of choice (or cut in half)
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1 Tablespoon fresh basil (finely chopped) or 1 teaspoon dried
- Fresh ground pepper to taste
- Freshly grated Parmesan cheese (or other cheese of choice) to top



Directions

- Steam broccoli.
- Bring 8 cups of water to a rapid boil. Cook pasta in boiling water. Once pasta is cooked and drained add all other ingredients.
- Serve warm or cold.

Play with your Food!

- Switch up the vegetables.
- Choose to use whole wheat angel hair pasta.
- Add some pine nuts for extra protein and omega three fatty acids.
- Leave out the cheese and serve it as a vegan dish.

Medwell Kitchen Tested

Main Course

Bacon Wrapped Pork Tenderloin

* *Gluten-Free*

Submitted by Kristy at Eckert Seamans.
Thank you Kristy! Sounds delicious!

You'll Need

- 1 pork tenderloin, cleaned and trimmed
- 3 slices of bacon
- 1 tablespoon of garlic powder
- 1 teaspoon Lawry's Seasoned Salt
- 1 teaspoon dried crumbled leaf basil
- 1/2 teaspoon dried crumbled leaf oregano
- 1 teaspoon fresh ground pepper
- Olive oil



Directions

- Preheat oven to 375° F.
- Combine garlic powder, seasoned salt, basil, oregano, and black pepper; rub seasoning all over the pork tenderloin.
- Wrap pork with bacon and secure with toothpicks.
- Take olive oil and coat well.
- Place in a 9" x 13" pan and bake uncovered for 45 - 60 minutes, or until pork reaches 155 degrees.
- Make sure the bacon is really done. Remove pork and wrap in foil.
- Let stand for 10 minutes before slicing. Don't forget to remove the toothpicks.

Play with Your Food

- Use a different brand of seasoned salt

Main Course

Beans and Greens

**Vegan, Gluten-Free*

Known as Italian poor man's food, this dish is fit to feed a king! It's such a delicious and nutritious dish that's so easy to make. And the beans and kale, are giving you a great dose of calcium.

You'll Need

- 4 large garlic cloves, thinly sliced
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1 can or 1 ½ cups cooked cannellini beans (reserving 1/3 cup liquid)
- 1 ½ pounds of chopped kale
- Salt and pepper to taste

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Next add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of bread.

Play with your Food

- Serve topped with parmesan cheese.
- Serve topped with crumbled hot Italian sausage.
- If you want the dish to be more like a soup add a bit of water or more bean juice.



Medwell Kitchen Tested

Main Course

Beef Stew

* *Gluten-Free*

Beef stew is a staple recipe that is so satisfying. This beef stew is easy to make and the red wine adds another great dimension to the flavor. Consider enjoying the stew with a glass of red wine too.

You'll Need

- 4 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 pounds beef stew meat
- 1 cup red wine
- 1 medium onion, minced
- 1 bay leaf
- 1 garlic clove, minced
- 1/2 teaspoon oregano
- 1/2 cup tomato sauce
- 4 medium potatoes, cubed
- 2 carrots, sliced
- Salt and pepper to taste



Directions

- In a large pot on medium heat, heat oil and sauté onion and garlic.
- Add everything except potatoes and carrots to pot.
- Cover tightly and simmer 1 hour. At this time, add potatoes and carrots. Let cook simmer for an additional 30 minutes.
- Adjust seasoning as necessary and enjoy.

Play with Your Food

- Try using rosemary or parsley instead of oregano.
- Try using venison instead of beef.

Main Course

Braised Beer Pork Tacos

**Gluten-Free*

It's time to get creative in the kitchen. Use the classic braising technique to bring out extra flavor without adding additional fat or salt.

You'll Need

- 3 pounds boneless pork shoulder
- 1 tablespoon olive oil
- 3 garlic cloves, diced
- 1 medium onion, diced
- 1 fresh Cubanelle, Anaheim or banana pepper, diced
- ½ can chipotle peppers in adobo sauce
- 1, 12 ounce bottle pale ale beer
- 1/8 cup apple cider vinegar

For the Spice Rub

- 1 tablespoon salt
- 1 tablespoon pepper
- 1 tablespoon chili powder
- 1 tablespoon brown sugar
- 3 teaspoons white sugar
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- ½ tablespoon cumin

Directions

- Combine ingredients that make up spice mixture. Then rub on the outside of pork shoulder until pork is completely covered. Set extra spice mixture aside.
- Let pork shoulder sit for 30 minutes.
- Pre-heat the oven to 325 and heat the oil a Dutch oven over medium high heat.
- Place the pork into the pot and sear on all sides, forming a crust.
- Remove the shoulder from the pot and place the veggies in the same pot.
- Saute the vegetables for a few minutes, then add the vinegar and the chipotles with adobo sauce.
- Stir together and scrape the bottom of the pot to free up extra flavorings.
- Return pork to pot along with beer and any excess spice from rub.



Recipe continued on next page...

Braised Beer Pork Tacos Continued...

- The liquid should come about half-way up the side of the pork.
- Bring the liquid to a boil, then cover and remove from stovetop and place in the oven.
- Cook the pork until it is tender and falls apart, about 2 ½ to 3 ½ hours. Check every 40 minutes and if liquid completely evaporates add more beer to pot.
- When pork is cooked, remove from oven and shred pork with a fork. The pork should be tender enough that it will fall apart with little effort.
- Serve in warmed tortilla shells with toppings of choice.

Play with Your Food

Suggested Taco Toppings

- Vinegar based Cole slaw
- Green salsa
- S squirt of lime juice
- Diced tomato
- Shredded lettuce
- Diced red or green onion
- Cilantro

Main Course

Buffalo Chicken Wings

**Gluten-Free*

Chicken wings are great paired with some carrots or celery. You can cook them inside or even try them on the grill!

You'll Need

- 1 package of chicken wings cleaned and separated
- 2 tablespoons of butter
- 1 cup of Red Hot
- 1 garlic clove
- Red pepper
- Garlic powder
- Salt
- Pepper



Directions if cooking inside:

- Preheat oven to 350°
- Place chicken on baking sheet and sprinkle with red pepper, garlic powder, salt, and pepper. Flip chicken and repeat.
- Place chicken in preheated oven for 30 minutes. After 30 minutes, flip chicken and place back in the oven for an additional 25 minutes.
- Once chicken is about done, turn broiler on low to crisp chicken for 5 - 10 minutes. Remove from oven.
- Put chicken in a serving bowl and pour hot sauce on top.

Directions if grilling:

- Preheat grill. Place chicken on grill turning every 5 - 10 minutes. Grill on low until chicken cooked through.

The Sauce:

- While chicken is cooking, melt butter in a pot and add minced garlic. Once garlic begins to cook, add red hot. Stir occasionally and keep on low while chicken cooks.

Play with Your Food

- Top with some parsley.
- Use barbeque sauce instead.

Main Course

Cajun Shrimp

* *Gluten-Free*

Time to spice up the shrimp! This Cajun spice mixture works well with a variety of other foods too. Make a batch of it using the ratio below and store it in an airtight container. Then spice up other dishes as you see fit.

You'll Need

- 1 pound extra large shrimp, peeled
- 1 tablespoon fresh lime juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon thyme
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper
- 1/8 teaspoon black pepper
- Lime wedges



Directions

- Toss the shrimp with the lime juice in a bowl.
- Mix the garlic powder, onion powder, thyme, salt, red pepper, and black pepper in a small bowl.
- Sprinkle over the shrimp and toss to coat well.
- Place cooking oil in a large skillet. Heat until hot.
- Add the shrimp and cook for 3 minutes, or until the shrimp are pink, stirring constantly.
- Spoon into a serving dish.
- Serve chilled or warm.
- Garnish with lime wedges.

Play With Your Food

- Serve with rice
- Serve on top of a salad

Main Course

Chicken and Tomatoes

**Gluten-Free*

The sauce for this chicken dish is versatile! Use it to top other foods such as sautéed zucchini, eggplant, and pasta.

You'll Need

- 4 chicken breast halves
- 4 cups tomatoes, chopped
- 1 small onion, chopped
- 2 tablespoons tomato paste
- 1/2 red pepper, seeds removed and chopped
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1/2 teaspoon oregano
- 1/4 teaspoon salt
- 2 garlic cloves, minced
- 1/4 teaspoon crushed red pepper (optional)
- Olive oil



Directions

- Arrange the chicken in the bottom of an oven-proof casserole dish that has been coated with olive oil.
- Place tomatoes, onions, red peppers, tomato paste, basil, thyme, oregano, salt, garlic, and crushed red pepper in a blender.
- Process on medium speed until smooth.
- Pour the sauce over the chicken.
- Cover and bake at 350° F for 30 minutes.
- Remove cover and continue baking for 10 minutes more.

Play with Your Food

- Top with fresh basil
- Top with a pinch of parmesan cheese
- Serve over pasta

Main Course

Chicken or Turkey Pot Pie in Sherry Cream Sauce

Chicken pot pie...need I say more? Check out this recipe for a delicious way to make this dish in a homemade fashion. Say good-bye to the freezer section pot pies and say hello to the way pot pies were meant to be!

You'll Need

- Uncooked Piecrust for a top and bottom
- 2 cups cooked chicken or turkey, chopped
- 2 tablespoons plus ½ stick unsalted butter
- ½ cup onions, chopped
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup mushrooms, sliced
- ½ cup all-purpose flour
- 2 cups chicken or turkey stock
- 3 tablespoons dry sherry
- 1 cup half-and-half
- Salt and pepper to taste
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried



In a large sauce pan

- Sauté veggies in 1 Tablespoon of butter until they just softened and remove.
 - Note: You don't want your vegetables in the potpie to turn to mush, even though you're going to cook them twice. So make sure to undercook your vegetables at first, because they'll be baked into the pie itself for 45 minutes.
- Sauté chicken or turkey in a second tablespoon of butter until browned, but not crispy. Remove.
- Over a medium flame, add the remaining ½ stick butter, and then the flour. Stir these until the roux is chestnut brown. Add the stock and whisk until all the roux is incorporated.
- Bring this mixture to boil, reduce to simmer, and add the sherry, rosemary, half-and-half, salt and pepper. Taste and correct the seasonings on the sauce. After the broth has become quite thick, fold in the veggies and chicken and continue to heat for 10 minutes.

Chicken Pot Pie in Sherry Cream Sauce Continued...

Into the oven

- Pour potpie mixture into the pie plate with crust on the bottom, and top with the second layer of crust.
- Bake at 425 for 30 minutes. Serve right away, but be careful, it's hot.

Play with Your Food

- The veggies you choose are absolutely up to you. Potatoes also go perfectly in this dish.
- You will taste the rosemary right away, but another savory alternative is sage.
- If you don't have sherry, try a port wine instead. Once you have the basics of this recipe, you can modify it any way you choose!

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Main Course

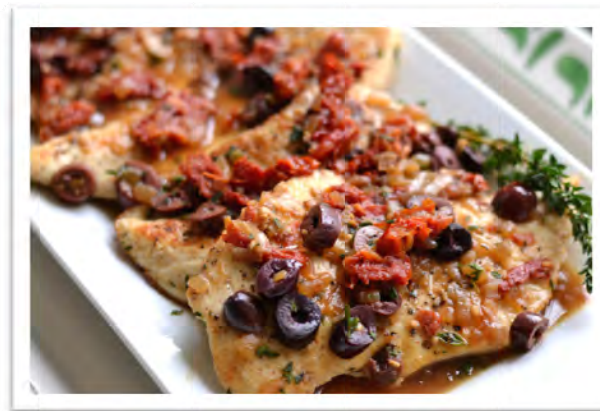
Chicken with Olives and Tomatoes

**Gluten-Free*

Many times, simplicity is the answer. And it's pretty obvious when it comes to tomatoes and olives. These foods enjoy melding their flavors with each other. Whenever they get together their simple union creates flavors that you would think took hours to create.

You'll Need

- 4 skinless boneless chicken breasts
- ¼ teaspoon cayenne pepper
- 7 tablespoons olive oil
- 2 garlic cloves, finely chopped
- 6 Roma tomatoes, coarsely chopped
- Approximately 24 pitted black olives, chopped
- ¼ cup basil, coarsely chopped
- Salt
- Pepper



Directions

- Rub chicken with salt and cayenne pepper.
- Heat 4 tablespoons of olive oil in large sauté pan over medium-high heat. Add the chicken and cook for 5 minutes or until golden brown turning them once during this cooking process. Remove chicken from pan.
- Wipe out the pan and add the rest of the olive oil. Fry the garlic on medium-low heat until fragrant (be careful not to burn garlic).
- Stir in olives and tomatoes. Cook for approximately 2 minutes.
- Turn off heat, add basil and stir mixture. Then spoon mixture over chicken and serve immediately.

Play with Your Food

- Try different varieties of tomatoes.
- Try adding in a tablespoon of capers.
- Switch up the olives or use a combination of various kinds.
- Kick up the spice by adding some crushed red pepper.

Main Course

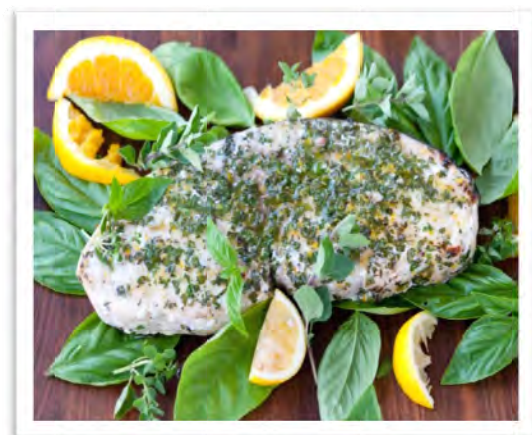
Citrus Fish

**Gluten-Free*

This is a refreshing way to enjoy fish. Cilantro and citrus fruits make a delightful combination. Complement this dish with a glass of crisp white wine.

You'll Need

- 2 pounds fresh or frozen fish steaks (Use halibut or other fish steak)
- 1/2 cup onion, finely chopped
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 2 tablespoons fresh cilantro
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup orange juice
- 1 Tablespoon lemon juice



Directions

- If using frozen fish, thaw the frozen fish steaks. Once thawed and ready to cook, preheat oven to 400° F.
- Arrange the fish in a 9x13-inch baking dish.
- Add the oil to a small skillet and cook the onion and garlic until the onion is tender but not brown.
- Stir in the cilantro, salt, and pepper.
- Spread the mixture over the fish.
- Combine the orange juice and lemon juice and pour evenly over the fish.
- Bake, uncovered for about 20 to 25 minutes, or until the fish flakes easily with a fork.

Play with Your Food

- Sprinkle with paprika
- Garnish with orange slices
- Top with fresh basil

Main Course

Cocoa Chili

Cocoa adds depth to chili's flavor, and used with chili powder and cinnamon, marries into an amazing combination of spicy, nutty, and sweet.

For the Seasoning You'll Need

- 1/2 cup cocoa powder
- 2 tablespoons chili powder
- 2 teaspoons oregano
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon cumin

For the Chili You'll Need

- 2 pounds ground beef
- 1/2 onion, chopped (about 1 cup)
- 6 garlic cloves, minced
- 1 red bell pepper, chopped (about 1 cup)
- 1 jalapeno pepper, ribbed, seeded, and diced
- 2 (28-ounce) cans of crushed tomatoes
- 1 (6-ounce) can tomato paste
- 2 ounces bittersweet chocolate, chopped
- 1/4 cup lime juice
- Cheddar cheese, for topping
- Sour cream, for topping

Directions

- To make the spice packet:
 - Put all the spices in a zipper-lock bag or plastic seal container and shake it around until they're blended. Wet your pinky, stick it into the mix, and taste to see if there is some flavor that you want more of.
- To make the chili:
 - In a large Dutch oven, brown the ground beef over a medium-high flame until just barely done. Remove it from the pan set aside.
 - Reduce the heat to medium and add the onions and garlic. Cook these until the onions are soft. Then add the rest of the bell pepper and jalapeno pepper.
 - Add the browned beef to the pot, along with the crushed tomatoes, tomato paste, chopped chocolate, lime juice, and the chili-chocolate-spicy seasoning.
 - Reduce the heat to a simmer and cook for about 15 minutes.
 - Serve with shredded sharp cheddar cheese and sour cream.

Main Course

Crockpot Beef Barley

This is a satisfying and wholesome one pot meal. The red wine is a unique twist on the standard broth. Once you get the hang of the base, switch up the veggies as you see fit.

You'll Need

- 3 pounds beef (shoulder, or roast), cubed
- 1/2 red bell pepper, chopped
- 1 small onion, diced
- 1 package frozen lima beans
- 1 can white beans (great northern), drained
- 1 can whole kernel corn, drained
- 1 cup uncooked barley
- 1 large can diced tomatoes
- 1 small can tomato paste
- 1, 32 ounce carton, beef broth
- 1 cup red wine
- 3 cloves garlic
- Salt and pepper



Directions

- Into the crock pot, add all ingredients.
- Cover and cook on low setting for 8 to 14 hours (or keep on high setting for 5 to 7 hours).

Play with Your Food

- Switch up the veggies as you see fit. Try green beans, carrots, or zucchini.
- If you need this dish to be gluten-free replace the barley with brown rice or some potatoes.

Medwell Kitchen Tested

Main Course

Crockpot Chicken Cacciatore

**Gluten-Free (serve over rice instead of pasta)*

Travel to Italy to a special and easy to prepare meal. Let the slow cooker do the work in making the flavors of this dish pop!

You'll Need

- 2 medium onions, peeled, sliced
- 3 pounds chicken, cut up
- 2 cloves garlic, minced
- 1 can tomatoes, 16 ounces
- 1 can tomato sauce, 8 ounces
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 ½ teaspoons dried oregano, crushed
- ½ teaspoon dried basil, crushed
- 1 bay leaf
- ¼ cup dry white wine
- Spaghetti, cooked



Directions

- Place onions in the slow cooker.
- On top of onions place chicken pieces, garlic, tomatoes, tomato sauce, salt, pepper, herbs and wine.
- Cook on low heat for 7 to 9 hours or high heat for 3 to 4 hours.

Play with your Food!

- Play with the basil and oregano to meet your liking.
- For some of the onion use a red onion
- Serve over different types of pasta noodles
- Serve this dish over rice to make it a gluten-free meal

Main Course

Crockpot Chili

**Gluten-Free*

Feeling Chilly Willy? Warm your bones with a bowl of chili. Let the crockpot be your friend. Cooking chili in a crockpot really allows the flavors to meld and penetrate the beans and meat.

You'll Need

- 1 ½ pounds ground beef
- ½ cup chopped celery
- ½ cup chopped mushrooms
- ¾ cup chopped onion
- 1 bay leaf
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ cup BBQ sauce
- 16 ounces tomato sauce
- 28 ounces stewed tomatoes
- 15 ½ ounces canned kidney beans
- 1 teaspoon red cayenne pepper



Directions

- Brown beef in a skillet, drain fat and then place in crockpot.
- Add rest of ingredients, except kidney beans.
- Cook on low 8-10 hours or on high for 5-6 hours.
- Stir occasionally.
- Add beans about 1 1/2 hours before you serve.

Play with your Food!

- Add more chili power or cayenne to bump up the spice
- Make the dish with 1/2 ground beef, 1/2 ground pork
- Add a splash of chipotle sauce to each bowl
- Serve over rice

Main Course

Crockpot Shrimp in Tomato, Feta Sauce

**Gluten-Free*

Shrimps are a wonderful source of tryptophan. Tryptophan is an essential amino acid that has been shown to aid in sleep and regulate mood. So it seems to be a nutrient you want to make sure is a part of your diet. Some other examples of excellent sources of tryptophan are turkey, tuna, chicken, and soybeans.

You'll Need

- 2 tablespoons olive oil
- 1 medium onion chopped
- 2 garlic cloves minced
- 28 ounce canned tomatoes including the liquid
- 6 ounces tomato paste
- 1/4 cup dry white wine
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried oregano
- 1/4 teaspoon freshly-ground black pepper
- 1 1/2 pounds medium shrimp; peeled, deveined
- 2 ounces feta cheese, crumbled
- Salt



Directions

- Heat oil in a sauté pan and add the onion and garlic. Cook, stirring often, until the onion is softened, about 4 minutes. Transfer to a 3 1/2-quart slow cooker. Add the tomatoes with their puree and the tomato paste, wine, parsley, oregano and pepper.
- Cover and cook for 6 to 8 hours on LOW. Then increase the heat to HIGH and add the shrimp.
- Cook just until the shrimp are firm and have turned pink, about 15 minutes.
- Stir in the feta cheese, taste and adjust seasonings and add salt if necessary.
- Serve immediately over pasta or with some fresh bread.

Play with your Food

Vary the type of white wine and feta cheese you use in this recipe.

Main Course

Crockpot Roaster Chicken

**Gluten-Free*

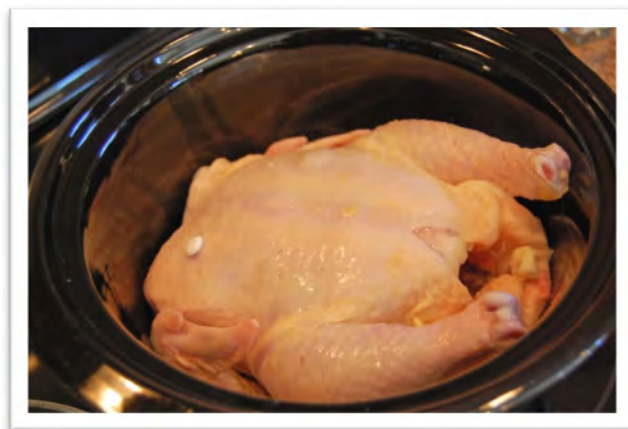
Check out the marinade base for this chicken. Juices make for a wonderful a marinade base. Juices also help to tenderize meats. Save the extra chicken and make chicken tacos or a chicken Caesar salad the next day.

You'll Need

- 1 roaster chicken
- 1 lemon
- ¼ cup honey
- ½ cup orange juice

Directions

- Rinse chicken well inside and out.
- Roll the lemon on a flat top to soften, and pierce well with a fork.
- Place the lemon in the cavity of the chicken and place the chicken in the crockpot.
- Mix the honey and the orange juice together well and pour over the chicken.
- Cook on low until done.
- When you take the chicken out of the pot, remove the lemon very carefully, it will be hot, and squeeze the juice over the chicken.



Play With Your Food

- The sweetness of this recipe goes well with a nice spicy side dish. If you are up for something spicy try complementing this meal with a spiced up rice or couscous.
- You might even want to throw in some spice such as cayenne or jalapenos three fourths of the way through the cooking process.
- Add a cinnamon stick halfway through the cooking process.

Main Course

Crockpot Tomatillo Pork Roast

**Gluten-Free*

Give your pork a different flavor. This recipe incorporates tomatillo into the pork roast. It's easy to make and tasty, what more could you ask for?

You'll Need

- 2-3 pound pork roast
- 2 cups tomatillo salsa
- 1/4 cup white wine vinegar
- Salt and pepper

Directions

- Into the crock pot, add all ingredients.
- Cover and cook on low setting for 8 to 14 hours (or keep on high setting for 5 to 7 hours).

Play with Your Food

- Garnish with fresh sliced red onion.
- Top with a drizzle of hot sauce.



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Main Course

Crockpot Turkey

**Gluten-Free*

The ballroom dance known as the Turkey Trot is named for its short, jerky steps similar to what a turkey makes. So while the turkey is roasting away in the slow cooker put on some music and dance the turkey trot.

You'll Need

- 4 pounds turkey breast
- 1 Tablespoon salt
- 2 large onions
- Garlic powder
- Paprika

Directions

- Two days before you want to cook the turkey, thaw the frozen turkey in refrigerator till almost thawed.
- The next day put the breast of turkey in a large bowl of salt water. Refrigerate overnight.
- Slice the onions and put in the bottom of the pot.
- Pat the turkey dry with paper towels.
- Sprinkle with garlic powder and paprika, liberally.
- Cook 4 1/2 hours on high.



Play with your Food

- Try some rosemary, or poultry seasoning.
- Rub the outside of the turkey with butter.

Main Course

Fettuccini Alfredo

**Vegetarian*

This is an easy Alfredo recipe and it can be used as a base so you can add vegetables, seafood, or chicken as you see fit.

You'll Need

- 1/4 cup unsalted butter
- 1 cup whipping cream
- Salt to taste
- White pepper to taste
- 1/4 cup freshly grated Parmesan Cheese
- 1/2 pound fettuccine noodles



Directions

- On low heat melt butter in a large skillet.
- When butter foams, add cream.
- Simmer over medium heat about 2 minutes until slightly thickened.
- Season with salt and white pepper.
- Boil water and add fettuccine. When your fettuccine has been cooked, drain noodles and place in the skillet with the cream mixture.
- Add 1/4 cup Parmesan cheese.
- Toss noodles and sauce over medium heat until sauce coats noodles, 20 to 30 seconds. Add salt and pepper as needed.
- Serve immediately.

Play With Your Food

- Use half and half instead
- Add cooked chicken, shrimp, vegetables, etc.
- Use black pepper if you do not have white pepper

Main Course

Fish in Lemon Coriander Sauce

* *Gluten-Free*

Such a refreshing dish to have in the summer time! Serve with a side salad, rice, and a glass of white wine.

You'll Need

- 2-3 green chilies stems removed and deseeded and chopped
- 2 garlic cloves, minced
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 4 tablespoons chopped fresh cilantro
- 1/2 teaspoon ground coriander seeds
- 1 1/2 pounds halibut or other firm white fish
- 4 tablespoons butter or olive oil
- Lemon Slices



Directions

- Mix the chilies, garlic, salt, lemon juice, cilantro, and coriander and use to marinate the fish for half an hour (no longer than one hour).
- Remove the fish and combine the marinade with the butter or olive oil.
- Grill or broil the fish, basting with the marinade mixture.
- Serve with lemon slices

Play with Your Food

- Try this marinade with shrimp.
- Try with lime instead of lemon

Main Course

Greek Chicken Wrap

This recipe is perfect for lunch. Just throw leftover chicken in the wrap with some vegetables you have in your refrigerator! Serve on top of a bed of lettuce to make this be a gluten-free meal.

You'll Need

- 2 whopping tablespoons of Greek yogurt
- 1/2 lemon
- Salt
- 1/2 tablespoon fresh dill minced
- 1/2 tablespoon fresh mint minced
- Tortilla
- Chicken (already cooked/leftover)
- Red bell peppers minced (amount to your liking)
- Tomato minced (amount to your liking)
- Cucumber minced (amount to your liking)



Directions

- For the Sauce: Add Greek yogurt to bowl and squeeze in half a lemon. Add salt, dill, and mint.
- For the Wrap: Slice chicken into strips then add to tortilla along with the bell pepper, tomato, and cucumber. Add Greek yogurt sauce.
- Fold short edges of tortilla toward mixture and then fold over long edges towards middle of tortilla. Wrap in foil and enjoy!

Play With Your Food

- Use different vegetables: zucchini, red onion, lettuce
- Add sharp cheddar or feta cheese
- Use pita bread instead of a tortilla
- Place chicken on lettuce with vegetables and top with sauce to make it into a gluten-free option.

Medwell Kitchen Tested

Main Course

Greek Island Style Chicken

* *Gluten-Free*

This recipe is a fast gourmet option. Chicken tends to cook quite fast. This recipe lets the flavors meld for approximately 15 minutes and then "wa-la"... A delicious meal transporting you to Greece is done!

You'll Need

- 2 chicken breasts, halved, skinned
- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves, garlic, minced
- 1/8 teaspoon crushed red pepper
- 1 1/2 ounces sun dried tomatoes, halved
- 1/2 cup dry white wine
- 1/3 cup sliced, pitted, kalamata olives
- 1 lemon, sliced
- 1 1/2 teaspoons cinnamon
- 1 teaspoon honey
- 1/2 teaspoon pepper
- Salt
- Chopped parsley



Directions

- In a large skillet, cook chicken in olive oil over medium heat for about 5 minutes, turning once.
- Add onion, garlic, and red pepper.
- Cook, stirring frequently, for 4 minutes until onions are limp.
- Add tomato pieces and stir in to chicken mixture.
- Add wine, olives, lemon, cinnamon, honey and pepper.
- Cover and simmer for 15 minutes, then remove cover and continue to cook another 5 minutes or until sauce is slightly reduced and chicken is tender.
- Add salt to taste.
- Serve over rice or grain of choice.
- Garnish with parsley.

Play With Your Food

- Try serving over orzo, couscous or bulgur
- Choose a different olive of choice

Main Course

Greek Lamb and Orzo

This is an easy dish to make and can be used for a quick meal on those busy nights. Enjoy with a class of red wine.

You'll Need

- 1 pound ground lamb
- 16 ounces canned stewed tomatoes (un-drained)
- 1 stalk celery, cut into 1/2 inch pieces
- 1/2 cup orzo
- 3/4 to 1 teaspoon salt
- 1/4 teaspoon cayenne
- Plain yogurt

Directions

- Cook and stir ground lamb in 10-inch skillet until lamb is light brown; drain.
- Stir in tomatoes, celery, orzo, salt and cayenne pepper.
- Heat to boiling; reduce heat.
- Cover and simmer about 12 minutes, stirring frequently until tomato liquid is absorbed and orzo is tender.
- Serve with yogurt.



Play With Your Food

- Leave out cayenne
- Top with fresh parsley
- Use ground beef instead of lamb

Main Course

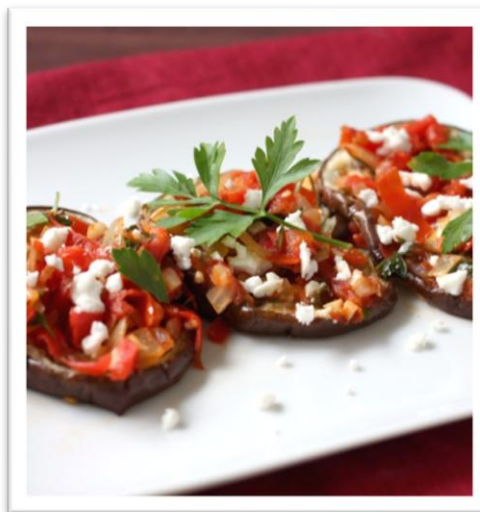
Grilled Eggplant with Feta Cheese

**Gluten-Free, Vegetarian*

It's time to light up the grill and enjoy that outside summer breeze! This recipe is something you will enjoy making time and time again. This can work as a main dish, side, or an appetizer.

You'll Need

- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh oregano leaves, chopped
- 2 medium eggplants
- 1/2 teaspoon salt and a couple of extra pinches
- 1/4 teaspoon freshly ground pepper
- 1/4 cup crumbled feta cheese
- 1 medium tomato, diced



Directions

- Cut eggplant into 1/4 inch circles and sprinkle each with a 1/4 teaspoon salt.
- In a bowl, combine 2 tablespoons olive oil, feta cheese, tomatoes, and oregano.
- Brush eggplant with remaining olive oil (use more if necessary) and add pepper. Place the eggplant on a hot grill, cover and let cook for 5 minutes before turning over.
- Let cook for another 3 to 4 minutes or until tender and/or browned.
- Transfer eggplant to a platter and cover with feta cheese mixture.

Play with Your Food

- Use basil or parsley instead of oregano
- Try with crumbled goat cheese or parmesan

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Main Course

Pizza on the Grill

* *Vegetarian*

Think of your oven in a different way... turn it into a pizza oven! Pizza works great on the grill and consider even making a variety of personal pizzas.

You'll Need

- Pizza Dough
- Red bell pepper chopped
- Olive Oil
- Garlic
- Tomato Chopped
- 1 can of black olives chopped
- Salt and pepper
- Mozzarella
- Wooden Pizza Paddle



Directions

- Place the bell pepper in a bowl and microwave for approximately 1 minute to soften. Once done, add tomato and olives. Season lightly with garlic.
- Preheat grill to high. While this is heating, spread some olive oil onto the pizza paddle to cover entire surface area and place dough on top. Spread pizza dough not to make it too thin. Once dough is spread, brush with olive oil. Sprinkle dough with garlic, salt, and pepper. Once grill is preheated, place dough on grill with paddle on top. Leave for approximately one minute. Lower heat. Once dough begins to cook, peel off of paddle.
- Once dough is slightly browned, season uncooked side the same way (olive oil, salt, pepper, and garlic.)
- Place uncooked side on pizza paddle and bell pepper mix on top of cooked side. Add mozzarella.
- Place on grill until dough is cooked through and cheese is melted. Remove pizza when done with pizza paddle.

Play with Your Food

- Adjust seasonings as you see fit.
- Change up the toppings: add artichokes, basil, mushrooms, etc.
- Use a red sauce.

Medwell Kitchen Tested

Main Course

Honey Broiled Sea Scallops

This year give the gift of time and creativity. Become an artist of the kitchen, and wine and dine your loved one to a nicely planned and coursed out meal. And these scallops are the perfect treat!

You'll Need

- 3 tablespoons lime juice
- 1 tablespoon olive oil (more for greasing pan)
- 1 tablespoon honey
- 1 pound sea scallops
- 1 tablespoon soy sauce
- 2 teaspoons fresh ginger, finely minced
- 2 tablespoons toasted sesame seeds



Directions

- Combine lime juice, oil, honey, soy sauce, and ginger.
- Add scallops and toss to coat.
- Cover and refrigerate 1 hour, stirring occasionally.
- Remove scallops from marinade, reserving marinade.
- Thread scallops evenly on 4 skewers.
- Grease a baking pan with olive oil. Place skewers on baking pan. Broil 4-6 inches from source of heat 2 - 3 minutes.
- Turn and baste with reserved marinade and continue cooking 2 - 3 minutes or until opaque throughout.
- Place sesame seeds on wax paper and roll each skewer over the seeds to evenly coat scallops.
- Serve immediately.

Play with Your Food

- Leave off the sesame seeds
- Add a tiny bit more ginger

Main Course

Italian Flavored Grilled Shrimp

* *Gluten-Free*

These are great when done on the grill but also taste good when cooked in a skillet. Serve the shrimp along-side some risotto or pasta and a salad for a perfect meal.

You'll Need

- 2 teaspoons Italian seasonings
- 1/2 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes
- 1/3 teaspoon salt
- 3 teaspoons olive oil
- 1 pound shrimp

Directions

- Preheat grill over medium heat.
- In a small bowl, combine all the spices and salt.
- Place shrimp in a Ziploc bag or a container that can seal; add olive oil. Make sure all of the shrimp is lightly coated with the olive oil. Add the seasoning rub to the Ziploc bag or container and make sure all of the shrimp is coated.
- Skewer the shrimp on metal or wooden skewers (if using wooden, make sure they were soaked in water for 30 minutes).
- Place shrimp on grill, cook for 2 minutes per side. Cook until shrimp turns pink.



Play With Your Food

Add a tiny bit of onion powder

Main Course

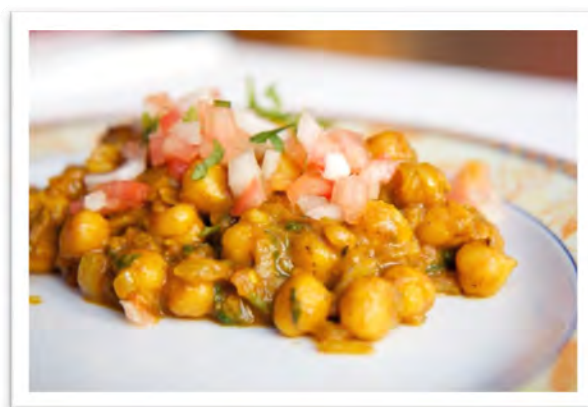
Jazzed Up Garbanzo Beans

**Vegan, Gluten-Free*

Create some Indian flavors in the home. Many of these spices contain wonderful health benefits especially in managing inflammation. So enjoy an easy to prepare flavorful and healthful meal.

You'll Need

- 1 green chili (deseeded and finely chopped)
- 1 can of garbanzo beans (save 1/3 cup of liquid from the can, drain the rest) or 1 ½ cups cooked beans from the dried state (reserving 1/3 cup of the cooking liquid)
- 2 garlic cloves (finely chopped)
- 1 medium yellow onion (chopped)
- 2 tablespoons olive oil
- ¼ teaspoon ground ginger
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ tablespoon lemon juice



Directions

- Place the olive oil in a pan that can be covered. Heat on low-medium. And once oil is heated, add onion.
- Sauté the onion, until slightly browned. Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander. Cook for approximately 2 minutes.
- Next add the liquid from the beans cover and simmer for about 10 minutes.
- Remove from heat, add the lemon juice and serve.
- Enjoy with pita or naan bread, rice or by itself!!

Play with Your Food

- Serve with a dollop of sour cream
- Serve with a dollop of yogurt
- Use fresh ginger
- Serve topped with diced tomato

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Main Course

Jerk Pork Chop

* *Gluten-Free*

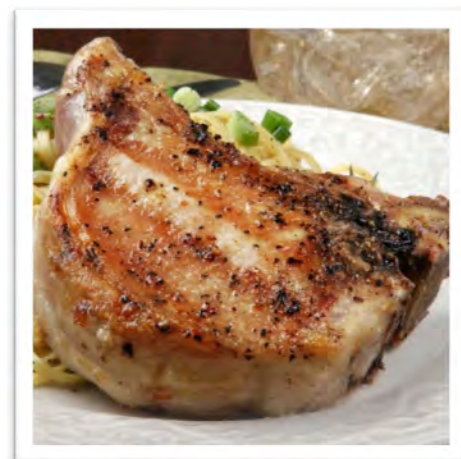
This recipe incorporates the deglazing of the pan so it is best to use a stainless steel or iron skillet. The recipe uses an oil and vinegar marinade. To make an oil and vinegar marinade a rule of thumb ratio is three parts oil to one part vinegar.

You'll Need

- 1 pork chop
- Olive oil (approximately 3 teaspoons)
- White wine vinegar (approximately 1 teaspoon)
- Jerk seasoning (to your liking)
- Chicken Stock

Directions

- Marinate pork in olive oil, vinegar, and jerk seasoning for 1 - 3 days.
- After pork chop has finished marinating. Add olive oil to frying pan.
- Once oil has heated, add pork chop and cook on both sides until done.
- Remove pork chop when finished and with heat still on add chicken stock to pan and scrape up pieces that stuck to bottom of pan until liquid becomes somewhat syrupy. Drizzle this liquid on top of pork chop.



Play with Your Food

- Add butter to chicken stock to make this deglaze into gravy.
- Top with some freshly ground pepper.

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Main Course

Lamb Burgers

**Gluten-Free*

This is a version of a common way ground lamb is prepared in the Mediterranean region. Everyone claims to have their secret way they prepare it with their own ratios and spices. We hope you enjoy this version but experiment with the spices to create your own secret recipe.

You'll Need

- 1 pound ground lamb
- 1/4 cup minced white onion
- 2 garlic cloves, minced
- 2 Tablespoons finely chopped fresh parsley
- 2 teaspoons finely chopped fresh mint
- 1 teaspoon cumin
- 1/4 teaspoon cinnamon
- 1 teaspoon kosher salt
- 1/2 teaspoon cayenne pepper (or a little less)
- 1/2 teaspoon freshly ground black pepper
- Fresh lemon wedges
- Chopped tomato



Directions

- Combine all ingredients—except chopped tomato and lemon wedges—place in fridge at least for an hour, but you can leave overnight. Prior to cooking lamb, form into small oval shape patties.
- Heat the grill or a pan on stove top. Once grill or skillet is hot, cook the patties until juices run clear and it's firm to touch but not overcooked.
- Place the lamb patties in pita and add chopped tomato and lemon juice.

Play with Your Food

- Try with ground beef or a mixture of beef and lamb.
- Try a red onion instead or Add grilled onions to sandwich.
- Top burger with Tzatziki sauce (see recipe in online cookbook).
- Instead of serving on pita serve on ciabatta bun or bread.

Main Course

The Last Lasagna

This lasagna could get the trump card. The use of spicy Italian sausage and red wine takes this lasagna to the next level.

For the Sauce You'll Need:

- 1 pound spicy Italian sausage
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 large can whole tomatoes (approximately 28 ounces)
- 1 medium can tomato sauce (approximately 15 ounces)
- Salt and pepper to taste
- 1 to 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 pinch cayenne
- ½ cup red wine

For the Ricotta Cheese Mix You'll Need:

- 1, 16-ounce container of ricotta cheese
- 1 large egg
- ¼ cup Parmesan cheese, grated
- Salt and pepper to taste
- 1 teaspoon dried oregano

- 12 lasagna noodles
- 1 pound whole milk Mozzarella cheese, grated

Directions

- Preheat the oven to 350F

Make the Sauce:

- In a large frying pan, cook the Italian sausage over medium heat with the chopped onions and minced garlic.
- After it's browned, add the whole tomatoes and tomato sauce right into the frying pan. Cut up the whole tomatoes into bite sized pieces. Add the bay leaves, oregano, basil, and cayenne. Throw in a half-cup of red wine. Simmer for at least 10 minutes. Taste and adjust seasonings.
- When you think you've got it, let it sit and simmer on low heat for a while, because it only gets better as it cooks.
- While the sauce is bubbling its way into its various stages of perfection, continue below.



The Last Lasagna Continued...

Make the Ricotta Mix:

- In a large bowl, mix the ricotta, egg, Parmesan, salt, pepper, and oregano.

Prepare Noodles

- Boil 12 lasagna noodles in a pot of salty water and a splash of olive oil.
- Drain when done.

In a Standard Lasagna Pan

- Place a layer of pasta on bottom of baking dish.
- Spread a third of the ricotta mix onto the pasta. Spread a third of the sauce on the ricotta mix.
- Sprinkle a third of the mozzarella onto the sauce.
- Repeat the process for the remaining ingredients.

Into the Oven

- Bake for 45 minutes – you'll smell it when it is getting close.
- When it's crisping a bit on the top and bubbling up on the sides pull it out.
- Allow another 30 minutes for it to cool and set.

Play with Your Food

- Try using a red onion or a sweet onion.
- Try using ground beef instead of sausage.

Medwell Kitchen Tested

Pic Ref:

http://weblogs.baltimoresun.com/entertainment/dining/reviews/blog/2008/07/welcome_to_lasagna_awareness_m.html

Main Course

Lentil Loaf

**Vegetarian*

Loafs aren't just for meat anymore. Serve this lentil loaf to your vegetarian friends and they'll for sure be asking for the recipe. This meal freezes well.

You'll Need

- 1 cup cooked lentils
- 1 egg
- 1 cup oats
- 3/4 cup grated white cheese
- 1/3 cup chopped onion
- 3 sliced whole wheat bread, crumbled
- Diced vegetables-bell pepper, celery, carrots (1 ½ cups total is a good amount)
- Dried herbs of your choice such as basil, oregano, etc
- Pinch of salt
- Garlic powder
- Approximately 1/3 cup Ketchup



Directions

- Preheat oven to 325 degrees
- Mix all ingredients together (using your hands is helpful) Add approximately 1/8 cup of ketchup to mixture.
- Bake in a loaf, 8x8 pan or other pan (about 2 inches deep) covered for 45-60 minutes. Uncover the last 5 minutes and bake with ketchup on top.

Play with Your Food

- Add a splash, hot sauce
- Add a splash of soy sauce

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½ cup of dry lentils+ approximately 1 cup cooked lentils

To cook lentils, put them in a pot and cover with ¼ of an inch of water. Boil the water and then lower to a simmer. The lentils will absorb the water and will expand. Lentils are done when they are soft. If water has all been absorbed and lentils are still not soft, add a bit more water to the pot. If the lentils become soft, and there is still extra water in the pot, just drain off extra water.

Main Course

Lentils with Bulgur and Caramelized Onions

*Vegan

This fabulous Middle Eastern dish is known as poor man's food yet it is fit to feed a king! Enjoy this nutritious meal and taste how the caramelized onions work to complement the grain and beans.

You'll Need

- 1 cup brown lentils
- 1 cup medium grain bulgur
- 2 large onions, sliced
- 3 cups water
- 1 teaspoon cumin
- 1/4 cup olive oil
- Salt and pepper to taste

Directions

- In a skillet on low-medium, heat the olive oil. Once oil is heated, place onions in skillet.
It is best to start onions on low-medium heat and then reduce heat to low and let them just take their time. Stir occasionally. Remove when onions are slightly browned.
- While onions are caramelizing. Prepare beans and bulgur. Get a medium pot and combine lentils, and water. Cook over medium heat for approximately 16 minutes or until lentils are soft.
- Remove lentils from heat and add bulgur, stir, and let sit until rest of water is absorbed. Add more water if necessary.
- Add cumin powder, salt, pepper onions and oil that onions were fried in to the lentil, bulgur mixture.



Play with Your Food

- Leave out cumin
- Top with plain yogurt
- Top with diced tomato

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Main Course

Macaroni and Cheese

**Vegetarian*

Say good-bye to boxed, food dye laden, powdered cheese mac and cheese. And say hello to the delicious and easy to make real deal!

You'll Need

- 1 pinch of salt
- 1 splash extra-virgin olive oil
- 2 cups pasta
- 2 tablespoons unsalted butter
- 2 tablespoons flour
- ½ cup half-and-half
- 1 bay leaf
- Salt and pepper to taste
- 1 (+) cups grated sharp cheddar cheese



Directions

- To a medium sauce pan add the salt and olive oil to 4 cups of water.
- Bring it to a boil, and then add the pasta for about 6 – 7 minutes. The pasta should be almost, but not quite, tender (as it will finish to cook when you add it to the sauce) when you strain it off.
- While the pasta is boiling, melt the butter over medium heat in a second saucepan.
- Add the flour, mix them thoroughly together, and allow the roux to brown only slightly.
- Add the half-and-half, bring to a simmer with the bay leaf, salt, and pepper. Let these flavors bubble into each other for a few minutes.
- Remove the bay leaf and whisk until smooth. Then add the grated cheese to complete the sauce, and let it simmer until the pasta is done. Correct the seasoning.
- To finish it off, just drain the pasta and then throw it back into the sauce. Turn them into each other over medium heat for ~2 minutes. That's it!

Play With Your Food

Try ½ cup of Parmesan instead of the cheddar.

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Main Course

Open Faced Mushroom Brie Melt

* *Vegetarian*

This is an easy dish to make that is sure to wow your guests. It works well as an appetizer or alongside a salad for a complete meal.

You'll Need

- 2 tablespoons olive oil
- 1 1/2 cups assorted mushrooms of choice, finely chopped
- 1 teaspoon minced garlic
- 1/2 cup finely diced onion
- 1 tablespoon red wine vinegar
- Salt and pepper as needed
- 2 tablespoons finely chopped parsley
- 4 slices country bread
- 4 slices brie cheese



Directions

- Heat the oil in a skillet and add the mushrooms, garlic, onion, vinegar, water, salt, and pepper. Cover and cook 3 minutes.
- Remove the cover and cook until mushrooms are tender, another 5 minutes.
- Remove from the heat, transfer the mushrooms to a bowl and add the parsley.
- Toast or grill the bread.
- Preheat a broiler. Place the bread on a baking sheet and top with mushrooms.
- Lay a piece of cheese on top and place under the broiler until melted.
- Serve immediately.

Play with Your Food

- Change up the fresh herbs. Try tarragon or rosemary instead.
- Use red onion instead of white onion.

Main Course

Pressure Cooker Beans and Collard Greens

* *Gluten-Free*

Known as Italian poor man's food, this dish is fit to feed a king! It's such a delicious and nutritious dish that's so easy to make.

You'll Need

- Package of white beans (Ex. navy, cannellini, great northern) rinsed
- Approximately 8 cups chicken broth
- 1 piece of bacon chopped
- Spicy Italian sausage formed into small balls.
- 1/2 onion sliced
- Salt and pepper to taste
- Short grain rice
- Water
- Garlic clove, smashed
- 1 tablespoon butter
- Collard greens
- 1/8 cup white wine vinegar
- Pressure Cooker



Directions

- In a pressure cooker, add beans and 3 cups chicken broth. Place pressure cooker on stove and turn stove on high. Once pressure cooker starts to hiss, turn it down to medium-low and let cook for 10 minutes.
- Next in a small pot, add rice and water in ratio according to instructions on box. Add salt and pepper, garlic clove, and butter. Cover pot and place on stovetop on medium heat. Cook according to directions on box.
- In a frying pan, add bacon and sausage. Cook until crisp on both sides and then remove. In the same frying pan, add onion. Turn occasionally.
- Then take collard greens, remove stems, and rip into pieces. Add as much as you'd like—approximately the amount that would fill a medium sized bowl. Set aside.
- After the pressure cooker has cooked for ten minutes. Carefully release steam according to your pressure cooker guidelines. Then open lid according to your pressure cooker guidelines and add, collard greens, sausage, bacon, onions, white wine vinegar, salt and pepper. Add chicken stock so that all of the greens are submerged about 3 - 5 cups more. Then seal pressure cooker properly and place back on stove, and let cook about 10 more minutes.
- Then properly release steam and lid according to pressure cooker guidelines.
- In a small bowl, place cooked rice and add cooked beans and greens on top.

Pressure Cooker Beans and Collard Greens Continued...

Play with your Food

- Top with a splash of Tabasco sauce.
- Serve topped with parmesan cheese.

Medwell Kitchen Tested

Main Course

Quesadillas

**Vegetarian*

Looking for an easy recipe with tons of variations? Look no further! This Mexican flavored creation is simple to make and can be made in a variety of different ways. It's also a great way to use up veggies in the fridge.

You'll Need

- Sliced vegetables of choice (bell pepper, zucchini, mushrooms, tomatoes, yellow squash, etc)
- Cumin
- Chili Powder
- Salt and pepper
- Olive Oil
- Tortillas
- Grated Cheese of Choice



Directions

- Sauté sliced veggies with some chili powder, cumin, salt, and pepper in some olive oil.
- In another skillet, place a tortilla and top with a tiny bit of grated cheese.
- Add some of the veggies and a tiny bit more cheese and with other tortilla or if using a large tortilla fold in half and heat up a few minutes.
- Flip and heat other side until cheese is melted.

Play With Your Food

- Add cooked chicken
- Add cooked shrimp or fish of choice
- Serve with guacamole or salsa

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Main Course

Ricotta Pasta

**Vegetarian*

This recipe works well as a base. Jazz it up as you see fit and enjoy some of our favorite suggestions below. Enjoy with a glass of white wine.

You'll Need

- 1 boxed pasta noodles of choice
- 1 1/2 tablespoons butter cut into small pieces (or slightly softened)
- 3/4 cup ricotta cheese
- Zest of one lemon
- Salt and pepper to taste

Directions

- Cook the pasta according to the package directions. Reserving 1/3 cup of the water, drain the pasta, then return it to the pot.
- In a medium bowl, whisk together the butter, ricotta, and reserved pasta water, until a creamy sauce forms (Note: the warmth of the water will melt the butter pieces if butter is not softened).
- Pour the sauce over the hot pasta. Add lemon, salt, and pepper and toss.



Play With Your Food

- Top with fresh basil
- Add steamed zucchini
- Add steamed broccoli
- Add fresh tomato
- Add sautéed spinach
- Add toasted pine nuts

Main Course

Roasted Chicken

** Gluten-Free*

Roasting a chicken is as easy as purchasing one! Add your own spices of choice and use the leftover chicken in other dishes such as chicken salads, quesadillas, or sandwiches. Get creative!

You'll Need

- Aluminum foil
- 1 whole chicken (guts removed)
- 1/8 teaspoon white wine vinegar
- Salt and pepper
- 4-5 fresh sage leaves
- 3 cloves of garlic, smashed
- 1/4 - 1/2 cup chicken stock
- 1 tablespoon olive oil
- 1/2 onion coarsely chopped



Directions:

- Preheat the oven to 425°F.
- Take a piece of aluminum foil and place it in a 13 x 9" dish and break off at double the length of the dish. Leave aluminum foil attached and place half the aluminum foil in bottom of dish and leave the rest of the foil to cover the chicken with.
- Wash chicken in cold water. Place chicken in dish on top of the aluminum foil that is coating the bottom of the dish. Add white wine vinegar, salt, pepper, sage leaves, garlic cloves, chicken broth, onion, and olive oil. Take remaining foil and cover the chicken.
- Place in oven and cook until chicken thigh pulls away from the bone and juices run clear.
- Once cooked through, remove foil from top of chicken and cook additional 15 minutes so that the chicken turns a golden brown.

Play with Your Food:

- Try this with rosemary or other herbs and spices of choice.
- Use the fluid at the bottom as a sauce or use the fluid to make a gravy.

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Main Course

Salmon in Dill Sauce

**Gluten-Free*

Regular consumption of salmon has shown to have many cardiovascular health benefits. Salmon is a good source of omega-3 fatty acids and this fat is great for heart health. Enjoy the way the dill perfectly complements the salmon in this easy to prepare dish.

You'll Need

- 1 pound of salmon steaks
- Salt
- Pepper
- 1/2 tablespoon butter
- 1/2 cup sour cream
- 1/2 teaspoon dried dill

Directions

- Melt the butter in a skillet on medium low heat.
- Cook salmon in the heated skillet approximately 4 minutes on each side.
- Salt and pepper to taste each side of the salmon
- When salmon is done move it to a serving platter.
- Put the sour cream and dill in the skillet and turn heat off.
- Sour cream should be warm after a few minutes.
- Pour over salmon and serve.



Play with your Food

Dill is a wonderful herb and grows like weed! Consider planting some dill. It can grow well in a small household herb garden. Also alter the recipe as you wish. You may feel the recipe needs a bit more dill to meet your liking. Or try fresh dill. The ratio to substitute a fresh herb for a dried herb is approximately 1 Tablespoon of the fresh herb equals 1 teaspoon of the dried.

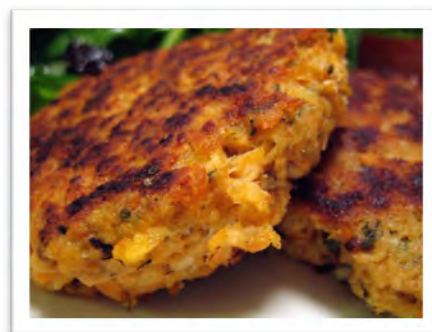
Main Course

Salmon Patties

Quick to make, very nutritious and quite delicious! That pretty much sums up these salmon patties. Try experimenting with making a sauce to complement these or incorporate in different herbs and spices. This is a great dish to make with leftover fresh, cooked salmon too. This recipe is designed to taste so add amounts to meet your liking.

You'll Need

- 14.5 ounce Can of Salmon
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Oregano
- Cayenne
- 1 egg
- Lemon Slice



Directions

- Drain salmon. Flip can over into bowl and lift can. Remove skin and bones from salmon.
- Add egg. Add EVOO (approximately ½ to 1 tablespoon) and about 1/2 as much white wine vinegar. Add oregano, cayenne, salt and pepper. Mix together.
- Take mixture and form "hockey puck" sized patties and place on paper towel. If patty falls apart, squeeze excess water out of it and form patty again. Place a paper towel over the patties and pat them dry.
- Add EVOO to frying pan, just enough to coat the bottom and turn the stove to Medium/Medium high. Let the pan heat up.
- Once the pan has heated, add patties. Turn them once the bottoms have browned. Cook until both sides browned.
- Squeeze a lemon slice on patties once they are finished.

Play With Your Food

- Add breadcrumbs
- Change up the spices

Medwell Kitchen Tested

Main Course

Salmon with Spinach and Pasta

This dish is very easy to make and can be made with fresh or canned salmon. Complement this dish with a salad and a glass of white wine.

You'll Need

- 4 ounces of canned salmon
- 1 ounce of fresh spinach
- 2 ounces broccoli florets
- 8 ounces spaghetti
- 3 teaspoons lemon juice plus wedges to serve with entrée
- 2 ounces butter
- 2 tablespoons freshly grated parmesan cheese
- Salt and pepper



Directions

- Boil water and cook spaghetti. Drain pasta when noodles are cooked to your liking.
- Melt butter in a large pan.
- Add the broccoli, stir to coat with butter, cover with a lid and cook gently for 1 minute.
- Add pepper, salt, and lemon juice. Then add the fish and heat on low.
- Turn off heat and add pasta, spinach, and Parmesan cheese. Toss.
- Adjust seasonings and serve with additional lemon wedges.

Play With Your Food

- Use fresh cooked salmon instead of canned
- Add some fresh parsley
- Use olive oil instead of butter

Main Course

Sesame Chicken

**Gluten-Free*

Open sesame! This chicken dish is so easy to make and the sesame seeds take it to the next level. Instead of using salt the recipe calls for soy sauce so experiment with using this flavor.

You'll Need

- One large chicken breast or two smaller ones
- At least 1 ½ tablespoons sesame seeds
- Olive oil
- Soy sauce
- Fresh Lime



Directions

- Cut chicken into approximately 1/8 to 1/4 inch strips
- Then heat about 1 tablespoon of olive oil in a skillet.
- Once the oil is heated, add around 1 tablespoon of soy sauce.
- Then add in the chicken. Let cook for a minute or so and then sprinkle the chicken with sesame seeds. Then cook for another couple minutes and flip chicken and sprinkle the other side of the chicken with sesame seeds. Brown on both sides.
- Then allow chicken to cook through. Test this by cutting open the chicken and making sure the chicken is thoroughly cooked.
- Squeeze fresh lime juice over chicken.

Play with Your Food

- Try to use black sesame seeds
- Incorporate a pinch of cayenne

Medwell Kitchen Tested

Main Course

Shrimp Coconut Curry

**Gluten-Free*

This curry is made with basic ingredients and can be varied in so many ways. The coconut milk and the curry powder complement each other in a pleasant and satisfying way.

You'll Need

- 2 teaspoons curry powder
- ½ teaspoon black pepper
- ½ teaspoon salt
- ¼ teaspoon chili powder
- 1 tablespoon olive oil or coconut oil
- 2 jalapenos, seeds removed and chopped
- 5 garlic cloves, minced
- 1, 14 ounce can coconut milk
- 1 tablespoon of corn or potato starch
- 3 tablespoons chopped Italian or Thai basil (optional)
- 2 teaspoons grated or finely chopped fresh ginger
- 1 pound uncooked shrimp (peeled and deveined)
- Cooked rice

Directions

- In a medium bowl combine curry powder, pepper, ¼ teaspoon of salt, and chili powder. Add shrimp and toss to coat. Cover and chill for 1 hour.
- While shrimp is marinating, in a bowl stir together coconut milk, starch and ¼ teaspoon of salt. Set aside.
- Once shrimp has been chilled for an hour, in large skillet heat oil over medium-high heat.
- Add onion, garlic and jalapeno. Cook and stir until fragrant and slightly soft. Then remove mixture from skillet and set aside.
- Next add shrimp to skillet and cook until shrimp turns pink (do not overcook) and then remove from skillet.
- Now add coconut milk mixture to skillet. Cook on medium heat until slightly thickened.
- Then add in both onion and shrimp mixture. Finally add basil and ginger. Heat through. Taste and adjust seasonings as needed.
- Serve over rice.

Play with Your Food

- Use chicken instead of shrimp
- Use vegetables of choice instead of shrimp
- Use a different pepper than a jalapeno
- Add some veggies to the dish
- Add more chili powder

Medwell Kitchen Tested



Main Course

Sundried Tomato Pasta with Vodka Cream Sauce

**Vegetarian*

This recipe is simple to throw together, has incredible flavor, and makes a bunch. The good news is that it's just as good reheated. Stir in a touch of milk and warm it up for leftovers.

You'll Need

- 2/3 cup vodka
- 1 real good pinch of crushed red pepper
- 6 tablespoons butter
- 1 small box of penne pasta
- 1 cup tomatoes, blenderized
- 1 jar sundried tomatoes in oil
- 1 good handful mushrooms, sliced
- 1 cup whipping cream
- 1 cup fresh Parmesan



Directions

- Stir the amount of red pepper you choose (depending on your spice-tolerance) into the vodka, and begin the water for the pasta. Don't forget to cook the pasta with some salt and olive oil.
- In a large saucepan, melt the butter over medium heat. Add in the vodka-pepper mixture, and bring it up to a boil. Add the blenderized tomatoes and cream. Return to boil, lower heat, and let the flavors work into each other at a simmer for 10 minutes.
- Chop the sundried tomatoes into small pieces. Sauté the mushrooms with sun dried tomatoes in their own oil. Add to the sauce. When the pasta is done, add it to the whole batch, and mix in the Parmesan cheese. It's incredible.

Play with Your Food

- Use Romano or Asiago cheese instead of Parmesan
- Top dish with some cooked shrimp
- Top with some freshly chopped Italian parsley

Medwell Kitchen Tested

Main Course

Swordfish Topped with a Mediterranean Salsa

**Gluten-Free*

This Mediterranean flare to this swordfish is a great balance for the robustness of what swordfish has to offer. This salsa also works well topped on a lot of other seafood or simply as a starter topped on some crostini.

You'll Need

- 1 piece of fresh swordfish
- ¼ cup of green olives Kalamata olives deseeded and chopped
- ¼ cup tomato, chopped
- ¼ cup onion, chopped
- 1/2 tablespoon balsamic vinegar
- 1 tablespoon extra virgin olive oil (EVOO)
- Salt and pepper
- Pinch of cayenne



Directions

- Preheat oven to 425 degrees.
- Place the swordfish in a small baking dish. Add salt, pepper, and a drizzle of olive oil.
- Mix olives, tomato, and onion together. Add salt and pepper to taste. Add balsamic vinegar and EVOO. Add cayenne pepper. Mix together.
- Pour salsa on top of swordfish. Place into pre-heated oven and cook for about 15 minutes. After 15 minutes, turn broiler to high and broil for 5 minutes.

Play with Your Food

- Add some freshly chopped parsley to final product after fish has been baked.
- Use a variety of heirloom tomatoes.
- You could also try this dish with salmon too.

Medwell Kitchen Tested

Main Course

Tuna Mushroom Melt

**Gluten-Free*

This recipe gets creative and replaces the standard bread option with a portabella capped mushroom.

You'll Need

- Can of Tuna: Chunk Light with Water
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Tarragon
- Capers
- Brown Mustard
- Portobello Mushroom
- Tomato minced
- Sharp Cheddar Cheese



Directions

- Drain tuna. Add pepper, salt, EVOO. Add 1/3 the amount of white wine vinegar compared to the EVOO added, then add the tarragon, capers, brown mustard, and tomatoes. Mix together and taste. Add seasonings as needed.
- Clean Portobello mushroom, remove stem, and add tuna mixture to bowl side of mushroom.
- Slice some sharp cheddar as thinly as possible and add to top of tuna.
- Broil on high for about 10 - 15 minutes.

Play With Your Food

- Incorporate different herbs such as basil or oregano
- Top with feta cheese instead of cheddar.

Medwell Kitchen Tested

Main Course

Turkey Avocado Wraps

This easy recipe is a great way to utilize leftover cooked turkey or chicken. And it makes for a great portable lunch to take with you to lunch or school. To prevent wrap from getting soggy, add fixings right before serving.

You'll Need

- 2 jalapeno peppers seeded and minced
- 4 ounces cream cheese, firm
- ¼ cup sour cream
- 4 ounces green or red chili salsa
- 2 avocados, peeled
- 2 tablespoons lemon juice
- ½ teaspoon onion powder
- ¼ teaspoon pepper
- Pinch of salt
- 1 pound cooked turkey, shredded
- Flour tortillas, warmed
- Additional salsa of choice for dipping



Directions

- In small bowl, mix together jalapenos, cream cheese, sour cream, and salsa until well blended; reserve.
- In another small bowl, mash avocado with lemon juice until fairly smooth; add onion powder pepper and a pinch of salt, and continue mashing until smooth.
- Before eating, place some of the jalapeno mixture, turkey, and avocado on tortilla. Fold and serve.
- Serve with salsa.

Play with Your Food

- Replace turkey with chicken
- Replace sour cream with plain yogurt
- Add in some lettuce
- Use lime instead of lemon

Main Course

Vegetable Chicken Stir Fry

* *Gluten-Free*

Stir fry is the act of continuously stirring while cooking the food in a small amount of fat. Stir fries are very versatile so switch up the veggies and protein source as you would like.

You'll Need

- 1/2 pound boneless, skinless chicken breast
- 1/2 tablespoon butter
- 1 1/2 cups chopped vegetables of choice
- 1 tablespoon soy sauce
- 1/8 teaspoon pepper
- 1-1/2 teaspoon cornstarch or potato starch
- 1/2 cup chicken broth



Directions

- Cut chicken into 3/4-inch strips and set aside.
- Melt butter in a large skillet or wok on medium heat. Add chicken and turn heat up to medium-high stirring continuously until it loses its pink color.
- Add mixed vegetables, soy sauce, and pepper and continue to stir fry.
- In a separate bowl, combine starch and chicken broth; stir well. Add broth mixture to chicken and vegetables, stirring until thickened. Reduce heat to low; cover pan and simmer 5 minutes.

Play With Your Food

- Serve with rice
- Try with shrimp instead of chicken
- Use olive oil instead of butter

Dessert

Almond Crescents

* *Vegetarian*

This buttery cookie is easy to make and is one the kids can help out with. They go well with a nice black cup of tea.

You'll Need

- 1 cup butter, softened
- 1/2 teaspoon almond extract
- 3/4 cup powdered sugar, sifted
- 2 cups flour
- 1/2 teaspoon salt
- 1 cup oats, uncooked
- 1/2 cup almonds, finely chopped
- Additional powdered sugar for sifting on top of prepared cookies



Directions

- Heat oven to 325° F.
- Beat butter and almond extract till fluffy; gradually beat in sugar.
- In a separate bowl, combine flour and salt; mix well. And then add to butter mixture and mix well.
- Stir in oats and almonds.
- Shape to form crescents.
- Placed on ungreased cookie sheet and bake 15 - 18 minutes or until lightly golden brown.
- Sift powdered sugar over warm crescents.

Play with Your Food

- Make them into different shapes.
- Try it with walnuts or pecans instead of almonds.

Dessert

Apple Crisp

* *Vegetarian*

A fruit crisp is such an easy dessert to make. It's the perfect thing to do with apples when they are in season. Use this as a base and change up the fruit as you see fit.

You'll Need

- 5 medium apples sliced and peeled
- 1/2 cup brown sugar
- 3/4 cup oats
- 3/4 cup flour
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 stick butter, softened
- 1/4 cup apple juice, or water



Directions

- Set oven to 375° F.
- Place the apples in a greased 9" x 13" pan.
- Blend together remaining ingredients, except juice.
- Place mixture on top of apples.
- Pour juice over top.
- Bake 35 minutes.

Play with Your Food

- Switch up the fruit.
- Add a pinch of cardamom.

Dessert

Apple Pie

**Vegetarian*

When apples are in season it's as if they are asking to be turned into a pie. This pie works perfectly with our flaky pie crust recipe so make sure to check it out.

You'll Need

- 1 five pound bag Granny Smith apples, peeled, cored, and sliced into ½ inch wedges
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ cup sugar
- 2 tablespoons unsalted butter
- 2 piecrusts



Directions

- In a large mixing bowl, add apples (play with the thickness, depending on how chunky you like your pieces) with the cinnamon, nutmeg, and sugar. Thoroughly mix them around until all apple chunks are coated.
- In to the pie dish, lay the first piecrust and then pour in the apple filling. Press apples down, smooth it out, lick your fingers, and then dot with a few small pats of butter.
- Set the second crust over the top and pinch the edges down or mash them with a fork. Go crazy here, and make whatever decorations you like. Put small vertical slits into the main part of the crust to allow some ventilation.
- Before baking, Tear off two four-inch long strips of aluminum foil. Place them around the edges to prevent them from burning. You will need to pinch the two ends of the aluminum sheets together. Then put your creation into the oven at 350°F. for 30 minutes. Remove the foil and return the pie for 15 minutes more to brown.

Play with your Food

For Dutch Apple Pie, add ¼ cup of cream to the apples prior to baking. And for Christmas, add cranberries and walnuts, about 2 tablespoons each.

Medwell Kitchen Tested

Dessert

Blackberry Crisp

** Vegetarian, Gluten-Free*

This juicy and highly flavored crisp becomes thicker upon cooling. It's delicious served with vanilla ice cream or clotted cream.

You'll Need

- 1 cup rolled oats
- 2/3 cup brown sugar
- 3/4 cup flour, divided
- 1/2 cup butter
- 6 cups blackberries, fresh or whole frozen (drained)

Directions

- Preheat oven to 350° F.
- Combine oats, brown sugar, and 1/2 cup flour.
- Cut in butter until well blended and crumbly.
- In 8" x 8" baking pan, place well drained berries and toss them with remaining 1/4 cup flour.
- Sprinkle crumb mixture evenly over fruit.
- Bake for 35 - 40 minutes or until golden brown.

Play with Your Food

- Switch up the berry you choose to use.
- Add a pinch of cinnamon to the mixture.



Dessert

Buttered Honey Nuts

**Vegetarian, Gluten-Free*

A few of these honey roasted nuts after a meal make for a wonderful ender! And another bonus is that the fats in the nuts and the butter aid in keeping you satisfied, thus alleviating the feeling to snack between meals.

You'll Need

- 6 ounces shelled, unsalted nuts of choice
- 1 Tablespoon butter, melted
- 1 Tablespoon honey

Directions

- Preheat oven to 300 F.
- Melt butter and honey together.
- Pour mixture over nuts.
- Stir until nuts are completely coated with the mixture.
- Spread nuts on a cookie sheet.
- Bake 15 to 20 minutes stirring occasionally to prevent burning.
- Remove when nuts are golden brown and let cool.
- Store in an airtight container. They will keep for a good month.



Play with Your Food

- Try adding a pinch of sea salt, cinnamon or even cayenne.
- These nuts can also make for a delightful topping of salads. So think of a salad that candied nuts will work on and serve it up!

Dessert

Carrot Bread Loaf

**Vegetarian*

We're familiar with zucchini and banana breads but what about carrot bread? Give this twist on quick breads a try.

You'll Need

- 1 cup sugar
- ½ teaspoon baking soda
- ¼ teaspoon cinnamon
- 1 ½ cups flour
- 2 teaspoons baking powder
- ½ cup vegetable oil
- 1 cup grated carrots
- 2 eggs
- ½ cup chopped walnuts



Directions

- Preheat oven to 350 degrees
- Mix all dry ingredients together. Add carrots, nuts, oil and eggs, mix well.
- Place mixture in a greased loaf pan and bake for 35 to 60 minutes in oven.
- Test with a tooth pick and make sure toothpick comes out clean.

Play with Your Food

- Add in a pinch of nutmeg
- Try chopped almonds or pecans

Dessert

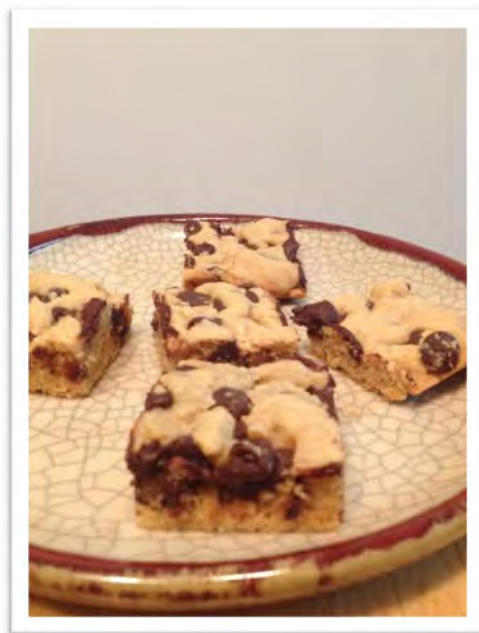
Chocolate Chip Cookie Bars

**Vegetarian*

Need a dessert that makes plenty and is easy to prepare? These bars work well and are a fantastic recipe to make with kids. The bars freeze well too.

You'll Need

- 2 1/8 cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 12 tablespoons butter melted and cooled slightly (before melting butter grease a 9X13 baking pan with a tiny bit of the butter)
- 14 tablespoons brown sugar (3/4 cup and 2 tablespoons)
- 2 tablespoons white sugar (1/8 cup)
- 1 large egg
- 1 large egg yolk
- 2 teaspoons vanilla extract
- 1 1/3 cups dark or semi-sweet chocolate chips



Directions

- Preheat the oven to 325 degrees. Adjust the oven rack to lower-middle position.
- Mix the flour, salt, and baking soda together in medium bowl; set aside.
- Whisk the melted butter and sugars in a large bowl until well combined. Add the egg, egg yolk, and vanilla and mix well.
- Using a rubber spatula, fold the dry ingredients into the egg mixture until just combined; do not over-mix. Fold in the chocolate chips and turn the batter and flatten it into the prepared pan.
- Bake until the top starts to brown approximately 25 minutes. Cool and then cut.

Play with Your Food

- Add in some unsweetened coconut
- Add in some nuts of choice

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Dessert

Chocolate Covered Strawberries

** Vegetarian, Gluten-Free*

Strawberries were made to be dipped in chocolate. This is a perfect ending to a meal and something easy to make on a night you're entertaining.

You'll Need

- 4 oz 60 - 80% semi-sweet/bittersweet chocolate
- 1/2 cup half and half
- 1 teaspoon almond extract
- 12 strawberries - washed and dried

Directions

- Chop chocolate bar into small pieces.
- Pour half n half into small pot. Heat until boiling.
- Add chocolate, turn heat off, and mix until completely blended together. Add almond extract and mix.
- Take a drying rack and place wax paper on top of it. Dip strawberry into chocolate and place on top of wax paper. Repeat.
- Put in refrigerator and let chocolate harden.

Play with Your Food

- Use cream instead of half n half.
- Use vanilla instead of almond extract.
- To make this vegan leave out half in half and melt chocolate in double broiler

Medwell Kitchen Tested



Dessert

Chocolate Oat Cookies

**Vegetarian*

This is a fantastic version of an oatmeal, chocolate chip cookie recipe. When possible use dark chocolate chips. Try them chewy or crispy.

You'll Need

- 1/2 pound (2 sticks) butter, softened
- 1 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 2 tablespoons milk
- 2 teaspoons vanilla
- 1-3/4 cups all-purpose
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2-1/2 cups Oats (quick or old fashioned, uncooked)
- 2 cups (12 ounces) dark chocolate chips
- 1 cup chopped walnuts



Directions

- Heat oven to 375° F.
- In large bowl, beat butter and sugars until creamy. Add eggs, milk and vanilla; beat well.
- In a separate bowl combine flour, baking soda and salt; mix well. Stir in oats, chocolate chips and nuts; mix well. Then slowly mix this mixture into the butter sugar mixture.
- Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
- Bake 9 to 10 minutes for a chewy cookie or 12 to 13 minutes for a crisp cookie. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store in a tightly covered container.

Play with Your Food

- Make some the all-purpose flour be whole wheat pastry flour
- Use macadamia nuts, or pecans instead of walnuts

Dessert

Chocolate Zucchini Bread

**Vegetarian*

Chocolate, zucchini, and bread seem like they should never belong in the same sentence, let alone the same recipe. This combination is so surprising together, because you basically have a spice cake that is made moist by the zucchini and savory sweet by the chocolate. That's a win, win!

You'll Need

- 2 ounces bittersweet chocolate, chopped
- 2 eggs, beaten
- 1 1/3 cups sugar
- 2/3 cup unsalted butter, melted
- 2 cups zucchini, grated
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 cup cocoa powder
- 1/2 teaspoon nutmeg
- 1 teaspoon salt
- 1 teaspoon cinnamon, ground
- 3/4 cup dark chocolate chips



Directions

- Preheat oven to 350° F and then butter two 9x5 inch loaf pans.
- Place the chopped chocolate in a bowl, and then microwave and warm, 30 seconds at a time, until the chocolate has melted and is completely smooth.
- For the wet ingredients, beat together eggs, sugar, butter, and vanilla. Once these have blended together, mix in the zucchini.
- With a spatula, scrape out all the melted chocolate into the wet ingredient bowl and mix in thoroughly.
- For the dry ingredients, mix together the flour, baking soda, baking powder, salt, cinnamon, cocoa powder, nutmeg, and chocolate chips. Fold the dry mixture into the wet mixture until it forms a smooth batter.
- Pour batter into the loaf pans, and bake for about 60 minutes, or until a toothpick inserted into the center of a loaf comes out clean.
- Turn the loaf onto a wire rack to cool for about 10 minutes.

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Dessert

Ginger Snaps

**Vegetarian*

Looking for a soft and flavorful ginger snap cookie? Look no further. This one is it! The extra bits of crystallized ginger are quite the special treats.

Yields: Approximately 3 dozen cookies

You'll Need

- ¼ cup softened, butter
- 1 cup granulated sugar and a bit extra to roll onto cook dough
- ¼ cup dark molasses
- 1 egg
- 2 cups flour
- ½ teaspoon ground cloves
- ½ teaspoon ginger
- 1 teaspoon cinnamon
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1/3 cup to ½ cup crystallized ginger



Directions

- Preheat to 375 degrees F.
- Combine butter, sugar, molasses, and egg. Beat well.
- Sift all dry ingredients together.
- Add the dry to the wet mixture. Mix well.
- Add ginger chips and mix throughout.
- Chill mixture for one hour.
- Form 1-inch balls. Roll balls in granulated sugar. Place on a greased cookie sheet, approximately 2- inches apart.
- Bake 8-10 minutes.

Play with Your Food

Leave out crystalized ginger

Medwell Kitchen Tested

Dessert

Peanut Butter Cups

**Vegan, Gluten-Free*

This is an all-time favorite dessert and is so easy to make. It also requires only 2 ingredients.

This recipe will make 6 regular size muffin tin peanut butter cups.

You'll Need

- 1/2 cup bittersweet chocolate chips
- 2 tablespoons peanut butter

Directions

- On a stove top in a double broiler melt the chocolate. Next place approximately 1.5 teaspoons of melted chocolate in the bottom of each muffin tin.
 - You do not have to be exact but at least make sure the chocolate covers the bottom of the muffin tin. And make sure you do not make it too thick because you will need enough chocolate to cover the top.
- Now freeze the muffin tins until chocolate hardens approximately 5 to 7 minutes.
- Remove tray from freezer and place 1 teaspoon of peanut butter on hardened chocolate and gently smooth out trying not to get it on the end of the muffins tins.
- Then cover the peanut butter with 2 teaspoons of chocolate. Freeze again.
- When hardened pop peanut butter cups out of muffin tin and enjoy or place in an airtight container and refrigerate.

Play with Your Food

- Use another nut butter instead of peanut butter
- Make in smaller size muffin tins

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Dessert

Pecan Pie

**Vegetarian*

There are so many versions of pecan pies. This one allows the option to add a bit of bourbon or brandy for a unique and tasty flavor.

You'll Need

- 1 pie crust
- 2 cups pecans
- 4 eggs
- 1 ½ cups brown sugar
- Pinch of salt
- 1 stick of melted butter
- 1 tablespoon all-purpose flour
- 1 teaspoon vanilla
- 1/8 cup bourbon or brandy (optional)



Directions

- Beat together the eggs, sugar, salt, flour, and butter to make a custard.
- Warm these over a barely medium flame for about 10 minutes, stirring fairly frequently. Make sure it doesn't approach boiling.
- Remove from heat, add pecans, vanilla, and bourbon or brandy if you choose to add this. Pour into pie crust.
- Bake at 325 for 25 minutes until custard is set. Be sure to set your rack up in the middle third of the oven or you might curdle the eggs.
- Let it cool and serve.

Play with Your Food

- Add a pinch of cinnamon
- Try slightly decreasing the amount of sugar

Medwell Kitchen Tested

Dessert

Flaky Pie Crust

**Vegetarian*

Looking for the perfect pie crust? Look no further. This recipe will make two pie crusts. Once you make this it will be hard to purchase a pie crust from the freezer section.

You'll Need

- 2 cups all purpose flour
- 1 teaspoon salt
- 1/4 teaspoon sugar
- 2 sticks cold butter
- ~1/2 cup ice water

Directions

- Cube the butter by cutting it in half longways, then turn it a quarter turn and cut them longways again. Now cut it "shortways" into cubes. Put everything except the butter and water into a mixing bowl. Mix around the dry ingredients well, and then add the butter.
- Using your fingertips, quickly squeeze the butter cubes into the flour mixture to make it mealy. Make sure the finer bits of flour that aren't incorporated get pulled up from the bottom of the bowl.
- Slowly work your ice water into the dough, forming a ball. Now put it on a floured board. Spread the butter evenly through the dough by smearing it, little by little, from the middle outward with the heel of your hand.
- Wad it back into a ball, cover with wax paper, and refrigerate for at least an hour. You can do this ahead of time because it keeps quite well — two to three days in the refrigerator or a week in the freezer.
- Making the pie crust. When you're ready to make the pie, put the dough on a flour-dusted board. Cut the dough in half as follow the procedures twice as this recipe yields 2 pie crusts. Sprinkle a bit of flour on top of the dough, too. With a rolling pin, roll outward from the center. Careful not to press too hard. Direct your movements outward from the center at even angles so your pie crust stays mostly round.
- If you find that it cracks at the edges, just pinch it back together. You may also find that it begins to stick to your rolling pin, and so just dust with a bit more flour. Keep at this until your crust is about 1/8 inch thin. Make it round by pinching cracked edges and corralling the more adventurous portions.
- On your last roll out from the center, take the pin to the edge of the crust. As you roll it back toward the center, let the dough curl up with the rolling



recipe continued on next page...

Flaky Pie Crust continued...

pin until it is just about on top of the dough still on the board. Put one hand between these two layers, and the other hand beneath the main part of the crust. Gently lift and set into your pie pan. Mold into the edges with your fingers.

Play with Your Food

- Depending on filling, flavor crust with cocoa, citrus zest, cinnamon, or even some finely crushed nuts like almonds.
- For a meat pie, try celery seed.

Medwell Kitchen Tested

Dessert

Ginger, Ginger, Ginger, Ginger Bread

** Vegetarian*

Jumping ginger! You are adding ginger from all different angles to this recipe. If ginger is a flavor you enjoy this recipe has your name written all over it!

You'll Need

- 1 stick butter plus 1 tablespoon softened to grease pan
- 3/4 cup molasses
- 3/4 cup packed dark brown sugar
- 1/2 cup ginger beer
- 2 tablespoons fresh ginger minced
- 2 tablespoons sugared ginger minced
- 2 cups flour, plus a little extra to grease pan
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon freshly grated nutmeg
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 eggs
- 2 tablespoons dark rum



Directions

- Preheat the oven to 350F.
- Take your bread pan and grab the softened butter and smear around the pan. Once pan is lightly coated, take flour and shake it around pan so that it creates a light barrier to prevent sticking.
- Melt butter in either the microwave or stovetop. Cream together melted butter, molasses, and ginger beer. Once creamed add fresh ginger and sugared ginger. Mix.
- In another bowl, add flour, baking soda, baking powder, grated nutmeg, ground ginger, and salt. Mix ingredients.
- In another bowl, combine eggs and rum. Whisk. Add egg mixture to wet ingredients and mix. Pour this mixture into dry mixture and mix well.
- Pour batter into baking pan and put into the oven. Bake for 40 minutes or until a toothpick can be inserted and removed dry.

Play with Your Food

- Try using a spiced-rum instead of dark rum
- Serve topped with a dollop of whipped cream

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Dessert

Honey Nut Cinnamon Biscotti

*Vegan

Here's a simple dessert to make and is a base for a variety of flavors. It's delicious simply just as is but you can jazz it up with your creative additions. It's completely vegan so it does not contain any animal products.

You'll Need

- 2 cups all-purpose flour
- ½ cup sugar
- ¾ cup blanched almonds, finely ground
- ¾ cup nuts of choice, coarsely chopped
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- 1/3 cup honey
- 1/3 cup water

Directions

- Preheat oven to 350
- Combine everything except honey and water and stir to mix. **Note:** Now is the time to add any other additions (see below for suggestions). This must be done before the honey and water are added.
- Next add in honey and water and mix with hands until a firm dough forms.
- Divide in half and form two narrow logs, approximately 10 inches in length.
- Place on a baking sheet lined with parchment paper. Be sure to leave room between logs for spreading.
- Bake until firm and risen approximately 20 minutes.
- Remove from oven let cool for 8 minutes. Then slice on a diagonal about ½ inch thick. Slightly separate the pieces and bake another 10 to 15 minutes until golden and fairly dry. Bake longer if needed.

Play with Your Food

Suggestions for additions

If choosing a different kind of nut, replace the coarsely chopped almonds noted above with your nut of choice. And if adding another addition, approximately ¼ cup is a good amount especially if the addition has some sweetness as you do not want the biscotti to become too sweet or lose its form.

- Diced figs and pecans
- Diced dates and walnuts
- Dark chocolate chips
- Cranberries or chopped dried cherries
- Coconut
- A pinch of nutmeg



Dessert

Quick Caramel Sauce

**Vegetarian, Gluten-Free*

This caramel sauce is easy to make. Try a drizzle on pear or apple slices. Or use as a topping for crepes or ice cream.

You'll Need

- ½ cup unsalted butter
- 1 cup light brown sugar
- ¼ cup heavy cream
- Pinch of Kosher salt
- 1 teaspoon vanilla

Directions

- Mix butter and sugar in small sauce pan over medium heat, whisking until sugar melts. Bring to a simmer and cook one minute, stirring.
- Whisk in cream and salt until sauce is smooth and cook 30 seconds.
- Remove from heat and stir in vanilla.
- Can be served warm and can be refrigerated for as long as cream will last.
- Makes 1¼ cups



Play with Your Food

- Add in a pinch of cinnamon
- Add in some larger sea salt crystals to make a salted caramel

Dessert

Raspberry Oatmeal Bars

**Vegetarian*

This is a great alternative to store bought fruit bars. They work well as a dessert or a complement to a Saturday afternoon brunch. Enjoy the way the raspberry sauce complements the oatmeal crust.

You'll Need

- 10 ounces frozen raspberries
- 2 tablespoons cornstarch
- 2 tablespoons sugar
- 1/3 cup butter
- 2/3 cup brown sugar
- 1 teaspoon vanilla
- 1 cup oats
- 1 cup all-purpose flour
- ½ teaspoon baking soda



Directions

- First thaw the raspberries over medium heat.
- Add in cornstarch and sugar. Heat until it's thick and bubbly.
- Now prepare the crust. Cream the butter and sugar together.
- Then add in the rest of the ingredients and blend them until it looks like a coarse meal.
- Press 2 cups of this into an 8x8 inch pan.
- Bake it for 12 minutes at 350.
- After crust comes out, spread the raspberry mixture over the crust.
- Next, sprinkle it over with the remaining dry mixture.
- Bake for 15 more minutes.

Play with Your Food

Try another berry of choice.

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Dessert

Raspberry Truffles

** Vegetarian, Gluten-Free*

Truffles are terrific! Need a special thank you gift for someone? Nothing says "thanks" like a box of homemade truffles. And you'll also be amazed with how easy these are to make.

You'll Need

- 4 oz 60 - 80% semi-sweet or bittersweet chocolate
- 1/4 cup half and half
- 2 teaspoons Chambord
- 1/4 cup unsweetened cocoa in a bowl

Directions

- Chop chocolate bar into small pieces.
- Pour half n half into small pot. Heat until boiling.
- Add chocolate, turn heat off, and mix until completely blended together. Add Chambord and mix.
- Pour mixture into a pan, and put in refrigerator to cool.
- Once chocolate is formed, take a teaspoon measuring spoon and spoon chocolate out of pan. Place in your hands and roll the chocolate until a ball is formed.
- Drop ball into cocoa. Roll around to evenly coat. Remove and place on a plate covered with wax paper.
- Repeat steps until all chocolate is used. Put truffles into refrigerator.



Play with Your Food

- Use cream instead of half n half.
- Try a different liqueur to change the flavor of the truffle.
- Roll the truffles in chopped nuts of choice, or dried-flaked coconut

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Dessert

Tiramisu

**Vegetarian*

Talk about a treat! This dessert seems intimidating but it's really not hard to make. In addition there's no need for the use of an oven.

You'll Need

- 24 ounces mascarpone cheese
- 4 eggs (separated)
- Approximately 5 tablespoons sugar
- 3 cups of strong brewed coffee
- 2 to 3 tablespoons dark rum
- Cocoa powder
- Ladyfingers (40 to 50)

Directions

- Put egg whites in stand-alone mixer (or use a hand mixer) with 2 to 2 ½ teaspoons sugar. Beat on high until close to meringue or frothy. Set aside.
- In another bowl, mix (with hand mixer or stand-alone mixer) egg yolks on high with ¼ cup sugar (or a little less). Beat until pale yellow.
- Mix rum with egg yolks.
- Little by little beat mascarpone into egg yolks then gently fold in egg whites.
- Dip ladyfingers one at a time into coffee (you can also add a little rum to coffee) and then form a layer on the bottom of a 9 x 13 baking tray.
- Then top the first layer of lady fingers with a layer of cream—use half the amount of cream.
- Then make a layer of coffee-dipped lady fingers the opposite way and top with the rest of the cream.
- Top with cocoa powder.

Note: Make sure to quickly dip each side of lady fingers in coffee as to not allow them to get soggy.

Play with Your Food

- Choose a different type of liquor
- Use all espresso instead of strong brewed coffee

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Dessert

Truffles

**Vegetarian, Gluten-Free*

Looking for that special gift? Why not make that special someone a batch of homemade truffles instead? Taking your time enjoying these truffles is what it's all about!

You'll Need

- Truffles:
 - 3/4 cup heavy cream
 - 1/4 cup coffee liqueur
 - 4 tablespoons (1/2 stick) butter
 - 1 pound dark or bittersweet chocolate, cut into small pieces
- Coating:
 - 3/4 cup cocoa powder
 - 1/8 cup confectioner's sugar



Directions

- Combine all truffle ingredients in a double broiler. Place over low heat; melt chocolate, stirring occasionally. When chocolate is melted, remove from heat and cool until mixture begins to thicken (For best results, place saucepan in ice water and stir constantly.)
- When cool, whip mixture with an electric beater on high speed until chocolate is light and fluffy and a color change appears, it should look almost light brown (the color change is really the key). This will take about 12 to 15 minutes.
- Using two teaspoons, put small scoops of chocolate on a cookie sheet lined with waxed paper. Place sheet in refrigerator.
- Combine coating ingredients in a strainer and sift into a bowl. Dip each truffle into the cocoa mixture, roll it between your hands (make sure your hands are on the cooler side, otherwise the truffle will melt) to coat it, and shape it into a ball and return it to the cookie sheet. Then refrigerate.
- When firm, transfer truffles to a tightly covered container and keep refrigerated until ready to serve.

Play with Your Food

- For the coating use all cocoa or, finely chopped nuts or shredded coconut.
- Try a different liquor

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Dessert

Vanilla Pudding

**Vegetarian*

Vanilla pudding is not supposed to be some powdered mixture found in a box. Once you make the real deal and taste how good it is, it'll be easy say good-bye to those ready-made boxes.

You'll Need

- 1/3 cup sugar
- 2 tablespoons cornstarch
- 2 cups milk
- 4 large egg yolks, beaten
- 1 tablespoon all-purpose flour
- 2 tablespoons butter
- 1 teaspoon vanilla

Directions

- In a medium mixing bowl, blend the sugar into yolks, flour, and cornstarch.
- In a medium saucepan, scald the milk. Then add into the egg-sugar mixture in very thin stream as you stir constantly with a spoon.
- After all the liquid has been added to the bowl, pour the mixture back into the saucepan over barely medium heat. Stir the custard about for 15 minutes or until it thickens up, coating the back of a spoon. Turn off heat to cool, and add in butter and vanilla and stir in before completely cooled. Pour through a sieve into ramekins or small cups, and place into refrigerator for at least 1 hour to cool and set.



Play with Your Food

- For chocolate pudding, add 1/3 cup cocoa to the egg/sugar mix and reduce the vanilla by 1 teaspoon. Also, a pinch of cinnamon is wonderful. For mocha pudding, add 2 full tablespoons of strong coffee to the milk.

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Tricks of the Trade

The amount of flour added determines the consistency, which ranges from thin like a sauce when there is no flour added, to thick pie filling custard when there is up to 1/2 cup. The flour also helps prevent the eggs from scrambling as you heat them.