

Banana Bread with flaxseed meal

Nutrition Info

- **Calories:** 211.4
 - **Fat:** 2.5g
 - **Carbohydrates:** 45.0g
 - **Protein:** 6.5g
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Ingredients

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2 1/2 cups whole wheat flour
2/3 cup sugar
3 1/2 tsp baking powder
1/2 tsp salt
1/2 cup flaxseed meal
3/4 cup skim milk
1 large egg (or 3 tbsp egg whites from carton)
2 medium bananas

Directions

1. Heat oven to 350. Butter and flour a large loaf pan (approx 9x5x3). Or use cooking spray.
2. In large measuring bowl, mash the bananas (2 med ban should equal approx. 1 cup). Add the remaining ingredients and stir by hand until homogeneous (about 4 min.) OR beat on med speed 1/2 min, scraping sides and bottom of bowl constantly.
3. Pour into pan. Bake 60-65 min. or until wooden pick inserted in center comes out clean. Remove from pan to wire rack to cool.

Makes 8-10 servings depending how you slice it.

Number of Servings: 10

Recipe submitted by SparkPeople user LKAYMITCHELL.



Crock Pot Steel Cut Oatmeal: Apple Cinnamon

Ingredients

- 2 Apples- Cored & Chopped (Peel if you like, I leave the skins on mine)
- 1 tsp Cinnamon
- 2 T Brown Sugar (I use Brown Sugar Splenda Blend)
- 1 tsp Vanilla
- 2 Tbsp Light Butter- Cut into Pieces
- 1 Cup Steel Cut Oats
- 1½ Cups Skim Milk
- 1½ Cups Water (note this is an ingredient for the inside of the bowl, additional water will be needed for double boiler)
- Garnish: Nuts, Raisins

Instructions

1. Place glass bowl inside your crockpot and add water outside of the bowl until it reaches halfway up the bowl.
2. Add all ingredients inside the bowl except garnish and stir.
3. Cook on low for 8 hours.
4. Stir well and serve with garnish.

Recipe by **Recipes That Crock!** at <http://recipesthatchrock.com/crock-pot-steel-cut-oatmeal/>

Sweet Potato, Carrot, Apple, and Red Lentil Soup

Ingredients:

¼ cup butter

2 Large sweet potatoes, peeled and chopped

3 large carrots, peeled and chopped

1 apple, peeled, cored and chopped

1 onion, chopped

½ cup lentils

½ teaspoon minced fresh ginger

½ teaspoon ground black pepper

1 teaspoon salt

½ teaspoon ground cumin

½ teaspoon chili powder

½ teaspoon paprika

4 cups vegetable broth

Plain yogurt

Directions

1. Melt the butter in a large, heavy bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes.
2. Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes.
3. Working in batches, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
4. Return the pureed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency. Serve with yogurt for garnish

Fruit and Yogurt Smoothie

Ingredients

1 Banana

1/2 cup yogurt

1 ½ teaspoons white sugar

¼ cup pineapple juice

1 cup strawberries

1 teaspoon orange juice

1 teaspoon milk

Directions

1. Blend the banana, yogurt, sugar, pineapple juice, strawberries, orange juice, and milk in a blender until smooth.

Tomatillo Salsa Recipe

"Dare to deviate from tomato salsa and try this tomatillo-based version for a deliciously addictive change of pace. It's fantastic on its own with tortilla chips or served as a condiment alongside a variety of meats." —Lori Kostecki,

Wausau, Wisconsin

TOTAL TIME: Prep/Total Time: 20 min. **YIELD:** 9 servings

Ingredients

- 8 tomatillos, husks removed
- 1 medium tomato, quartered
- 1 small onion, cut into chunks
- 1 jalapeno pepper, seeded
- 3 tablespoons fresh cilantro leaves
- 3 garlic cloves, peeled
- 1 tablespoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon pepper
- Tortilla chips

Directions

1. In a large saucepan, bring 4 cups water to a boil. Add tomatillos. Reduce heat; simmer, uncovered, for 5 minutes. Drain.
2. Place the tomatillos, tomato, onion, jalapeno, cilantro, garlic, lime juice and seasonings in a food processor. Cover and process until blended. Serve with chips. Yield: 2-1/4 cups.

Editor's Note: Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

Greens Sautéed with Garlic, Raisins and Pine Nuts

A favorite Recipe for greens from Terry's Berries Farm

2 large bunches hearty greens, such as collards, kale, mustard or turnips, chard

¼ cup raisins

3 tablespoons olive oil

7 large cloves garlic, minced

½ cup pine nuts, lightly toasted

1 small red onion, very thinly sliced

¼ teaspoon salt

4 tablespoons balsamic vinegar

- Shred, wash and drain the greens. You will have 10 cups or more of greens. (They cook down and I can eat this whole thing)
- Bring ½ cup of water to a boil in a large nonreactive pot over medium-high heat. Gradually add the greens, stirring them down with each addition. When all the greens have been added and are well wilted, add the raisins, partially cover the pan and reduce the heat to medium. Cook, stirring occasionally and adding more water if necessary, until the greens are very tender, 10 to 20 minutes.
- Meanwhile, combine oil and garlic in a small skillet and cook over low to medium heat until the garlic is soft, 3 to 4 minutes. Stir in the pine nuts, remove from the heat and set aside.
- In a small bowl, toss together the onion and salt and set aside.
- When the greens are cooked, pour off any liquid remaining in the pot without draining thoroughly so the greens remain moist. Stir in the vinegar and garlic oil. Transfer to a serving dish, arrange the wilted onions over the top and serve right away.

Watermelon, Feta & Mint Salad

Ingredients:

- 1(5 lb) watermelon, rind removed, flesh cut into bite-sized chunks
- 4 ounces feta cheese, crumbled
- 3 tablespoons fresh mint, roughly chopped
- 3 tablespoons balsamic vinegar

Directions:

1. In a large bowl add the watermelon, feta, and mint. Drizzle with balsamic vinegar and lightly toss to combine.

Serves 4-6

Recipe from Food.com

Sautéed Broccoli

Ingredients:

- 1 large head broccoli, stalks trimmed
- 4 tablespoons butter
- 2 cloves garlic, thinly sliced in rounds
- 1 teaspoon salt
- ¼ cup slivered almonds

Directions:

Cut stalk of broccoli from florets. Peel the stalk and cut the stalk into ¼ inch rounds. Cut head of broccoli into florets. In a large sauté pan, toast almonds until golden, about 4 minutes. Remove from pan. Add butter and when melted, add garlic and sliced stalks. Sauté, until garlic turns golden and stalks start to brown, 2-3 minutes. Add the florets and continue cooking another 2 minutes. Add ¼ cup water and cover pan. Cook broccoli until crisp tender, about 3 minutes more. Season with salt. Stir in toasted almonds and serve.

Rice Pilaf with Mushrooms and Pine Nuts

Rice pilaf, rice browned first then cooked in stock with mushrooms, onions, and toasted pine nuts.

- **Cook time:** 1 hour
- **Yield:** Serves 6 to 8.

Ingredients

- Up to 4 cups of chicken or vegetable stock (vegetable stock for vegetarian option, gluten-free stock for gluten-free version), depending on the type of rice you are using, or a mixture of water and stock*
- 1/2 cup pine nuts
- 5 ounces shiitake, cremini, or button mushrooms, roughly chopped
- 1 Tbsp olive oil
- 2 cups long grain white rice
- 1/2 cup chopped green onions or yellow onions
- 2 teaspoons salt, plus more to taste
- 1/2 teaspoon ground black pepper, plus more to taste
- 2 Tbsp butter
- 1 cup (loosely packed) chopped arugula, watercress, or 1/2 cup chopped fresh parsley

** The amount of stock you use for this recipe is dependent on the type of rice you are using, and the cooking directions on the package of rice. For example, if your rice calls for 1 3/4 cups of liquid for 1 cup of rice, then use 3 1/2 cups of stock/water for the 2 cups of rice that this recipe calls for.*

Method

1 Measure out the stock according to the liquid requirements on your package of rice for 2 cups of rice. Place in a 2 quart sauce pan and bring to a simmer. While the stock is heating, prepare the pine nuts, mushrooms, and rice in the next three steps.

2 Heat a large sauté pan on medium high heat. Add the pine nuts. Toast, stirring occasionally until lightly browned and fragrant. Remove the pine nuts from the hot pan to a bowl, set aside.

3 Return the pan to the heat. Add the chopped mushrooms. Dry sauté the mushrooms (using no fat), stirring occasionally, until the mushrooms give off much of their moisture and begin to brown slightly. Remove the mushrooms from the pan, set aside (can add to the same bowl as the pine nuts.)

4 Add olive oil to the pan and increase the heat to high. Add the white rice, spreading the rice out in the pan and stirring to coat with the oil. Cook for a couple of minutes, stirring occasionally, until the rice begins to brown. Mix in the onions, and cook for a couple minutes more, until the onions soften and turn translucent. Add the pine nuts and mushrooms to the rice and remove from heat.

5 Carefully add the rice mixture to the saucepan with the hot stock. Mix in the salt and pepper. Bring to a simmer, reduce the heat, and cover the pan. Cook according to the rice package instructions, anywhere from 15 to 45 minutes, depending on the type of rice. Remove from heat and let sit covered for 10 minutes.

6 Stir in the butter and chopped arugula, watercress, or parsley. Fluff up with a fork. Add more salt and pepper to taste.

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Deviled Eggs

Ingredients:

- One dozen hard boiled eggs
- ½ cup mayonnaise
- 1 Tablespoon lemon juice
- ½ teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- Kosher salt, to taste
- Ground white pepper, to taste
- Cayenne pepper, to taste
- 1 Tablespoon finely chopped chives, for garnish
- Paprika, for garnish.
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Preparation

1. Peel the eggs and slice them in half lengthwise. Remove the yolks and put them in a mixing bowl.
2. Mash up the egg yolks with a fork or a potato masher. To obtain an extra-smooth consistency, you can force the mashed yolks through a mesh strainer or sieve, but this isn't totally necessary.
3. Add the mayonnaise, lemon juice, mustard and Worcestershire sauce and blend until smooth.
4. Season the mixture to taste with salt, white pepper and cayenne pepper.
5. Now you can carefully spoon the mixture into the halved egg white sections.
6. Dust with paprika and sprinkle with finely chopped chives.

Banana-Kiwi Salad

http://www.eatingwell.com/recipes/banana_kiwi_salad.html

From *EatingWell*: February/March 2006

Put away any preconceived notions of Grandma's fruit salad. This unusual combination of tropical fruit in a savory shallot vinaigrette will have you dreaming of the tropics.

4 servings | **Active Time:** 25 minutes | **Total Time:** 25 minutes

Ingredients

- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 1 tablespoon minced shallot
- 2 teaspoons rice vinegar
- 1 teaspoon honey
- 1/4 teaspoon salt
- Pinch of cayenne pepper, or to taste
- 4 kiwis, peeled and diced
- 2 firm ripe bananas, cut diagonally into 1/2-inch-thick slices
- 1/2 cup diced red bell pepper
- 2 tablespoons thinly sliced fresh mint
- 2 tablespoons chopped cashews, toasted (see Tip)

Preparation

1. Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl. Add kiwis, bananas, bell pepper and mint; toss to coat. Serve sprinkled with cashews.

Nutrition

Per serving : 170 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 0 mg Cholesterol; 30 g Carbohydrates; 3 g Protein; 5 g Fiber; 151 mg Sodium; 544 mg Potassium

1 1/2 Carbohydrate Serving

Exchanges: 2 fruit, 1 fat

Tips & Notes

- **Tip:** To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

Delicata Squash Taco Filling

Ingredients:

1. 1 Delicata squash, peeled and diced into ½ inch cubes.
2. 2 Tablespoon Olive Oil
3. Salt and pepper
4. 1 onion chopped
5. 1 can Black or Kidney beans, rinsed and drained
6. 1 pkg or 2 tablespoons Taco Seasoning.

Directions:

1. Spread Delicata squash cubes on baking sheet. Toss with 1 tablespoon olive oil, salt and pepper. Roast in a 400 degree oven for 30 minutes or until soft. (This can be done days before and kept refrigerated)
2. Heat in a skillet, 1 tablespoon olive oil. Sautee chopped onion until translucent, 3-5 minutes.
3. Add beans, roasted Delicata squash and taco seasoning.

Use as taco filling on salad or tortilla. Garnish with lettuce, cheese or any other of your favorite toppings.