

Beverly Price shares nutritional recipes

See related Living Better Sensibly column on Taste front.

Join Beverly Price and Chef Annabel Cohen for another Vegetarian Extravaganza, 7-9 p.m. Wednesday, March 10 at Orchard Lake Middle School. The cost is \$35 per person, and space is limited. To register, call (248) 639-2230.

CARROT-TOFU SOUP WITH DILL

Yield: 4-6 servings
1 1/2 pounds carrots, peeled and sliced
4 cups water
1 teaspoon salt
1/2 small onion
10 1/2 oz. soft silken tofu
1 scant tablespoon fresh dill or 1 teaspoon dried dill weed
1 teaspoon red miso or to taste

1/2 teaspoon ground white pepper

Combine carrots, water, salt, and onion in a saucepan. Cook over medium heat until carrots are tender about 15 minutes.

Scoop carrots and onion out of cooking water; place in a food processor. Add tofu, dill, miso, white pepper, and a small amount of cooking water; puree.

Return puree to cooking water, mix well and serve.

Nutrition information per serving: Calories 129, Protein 16g, Fat 2g, carb. 21g, sodium 730mg, Fiber 5g

ITALIAN-STYLE FOLDOVERS

1 tablespoon olive oil
1 medium onion, finely chopped
4 cloves garlic, minced

1 medium green, red, or yellow bell pepper, thinly sliced
1/2 pound Mushrooms, thinly sliced

3/4 pound Morningstar Farms Harvest Burger Recipe Crumbles

Freshly ground black pepper to taste

2 teaspoons minced fresh basil

2 teaspoons minced fresh Italian flat-leaf parsley

4 large whole wheat tortillas

4 oz. soy or regular mozzarella cheese

4 tortillas

Heat oil in a skillet over medium-high heat. Add onion; sauté 2 minutes. Stir in garlic and bell pepper; sauté 1-2 minutes more. Add Recipe Crumbles and add

mushrooms. Cook until vegetables are tender and mushrooms appear moist, 2-3 minutes. Season with black pepper. Sprinkle in herbs, remove from heat.

Heat a skillet over medium-high heat. Place 1 tortilla in pan; spread 1/4 of vegetables and 1/4 of cheese over top. Cook until cheese melts. Fold tortilla in half and cook until light brown. Serve 4.

Nutrition information per serving: Calories 221, Protein 12g, fat 9g, carb. 29g, chol 16mg, sodium 324mg, Fiber 4 g

TURTLE CHEESECAKE

Yield: 12 servings

2/3 cup chocolate graham cracker crumbs (about 5 cookie sheets)

Cooking spray

1/2 cup soy sour cream

1 (8 ounce) tub soy cream cheese

2 packages of firm tofu

1/8 cup of soy milk or as needed for a creamy consistency

3/4 cup packed brown sugar

1/2 cup granulated sugar

1/4 cup all-purpose flour

2 teaspoons vanilla extract

Morningstar Farms Better 'n Eggs equivalent to 3 large eggs

1/4 cup fat free caramel sundae syrup, divided

2 (2.07 ounce) chocolate-coated caramel-peanut nougat bars chopped and divided

Preheat oven to 300°F.

Sprinkle crumbs into bottom and halfway up sides of a 9-inch springform pan coated with cooking spray.

Combine tofu, soy cream cheese, and soy milk in a food processor; process 2 minutes or until smooth, adding more soy milk if necessary. Add brown sugar, granulated sugar, soy sour cream, all-purpose flour, vanilla extract, egg product; process just until blended.

Pour half of batter into prepared pan. Drizzle with 2 tablespoons syrup; sprinkle with half of chopped candy bar. Pour remaining batter into pan; drizzle with 2 tablespoons syrup.

Bake at 300°F for 50 minutes. Sprinkle with remaining chopped candy bar; bake 10 minutes or until almost set. Turn off oven; let cheesecake stand for 1 hour in oven with door closed. Remove cheesecake from oven; cool to room temperature. Cover and chill at least 8 hours.

Surprise your love with light, lovely pancakes

By DANA JACOBI
SPECIAL WRITER

Pancakes may be as old as love. Most likely, the first batch of flapjacks was made on a sun-baked, flat rock, probably before the discovery of cooking with fire. Whatever their history, there is no doubt that every time you make them, the fragrance of freshly-made pancakes floating through the house conveys a feeling of being well-cared for.

One taste of these particular pancakes and your Valentine will know he or she is being well fed. They are so light, fluffy, and tender that what won't be suspected is that you are also giving them a low-fat treat that is rich in fiber.

For a long time, we have known that eating 20-35 grams of fiber a day is important for good health, and that some of those grams should come from the soluble fiber found in foods like oat bran.

Refusing to eat anything I do not enjoy, I have made delicious, fiber-rich dishes, including oat-

meal bread and a hearty Irish soup with oats. When I saw oatmeal pancakes on a brunch menu at a fine restaurant, I fiddled around with various recipes until I created this version. It uses oat bran I buy in bulk at a natural food store.

As with all pancakes, for best results, use a non-stick skillet or a griddle heated until drops of water sprinkled on the surface immediately bead up and dance, mix the wet ingredients into the dry ones just until they are combined, and grease your cooking surface as lightly as possible.

OAT BRAN PANCAKES WITH STRAWBERRIES AND BANANAS

1 cup strawberries, hulled and halved
2 teaspoons sugar
1/4 teaspoon vanilla
1 small banana, thinly sliced
1/2 cup flour
1/2 cup oat bran
1 tablespoon sugar
1/4 teaspoon baking soda

1/8 teaspoon salt
3/4 cup plus 2 tablespoons nonfat buttermilk

1 egg

1 tablespoon canola oil

For garnish, 4 mint sprigs

In a bowl, combine the strawberries, sugar and vanilla. Mix in the banana, and set aside.

In a medium bowl, combine the flour, oat bran, sugar, baking soda, and salt.

In another bowl whisk together the buttermilk, egg, and oil until well combined. Pour this mixture into the dry ingredients. Mix with a fork until

they are just combined. The batter should have the thickness of yogurt.

Spray a griddle or large, non-stick skillet very lightly with cooking spray and place it over medium heat. When it is hot, ladle about 1/4 cup of the batter into the pan, spreading it to make a five-inch pancake. Cook until small

holes appear, and the bottom of the pancake is brown, about 2 minutes.

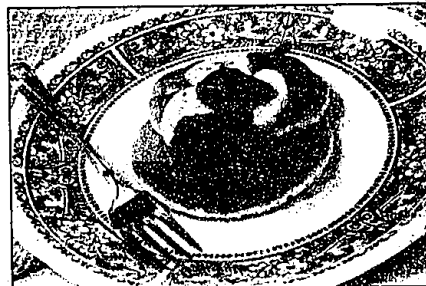
Turn, and cook until pancake is brown on the second side. Place on a baking sheet, and set in a warm oven. Repeat, arranging the six pancakes on the baking sheet without overlapping so they do not get soggy.

To serve, place three pancakes on each of two plates. Top with half the

fruit. If desired, garnish with a mint sprig, and serve.

Each of the 6 pancakes contains 128 calories and 4 grams of fat.

Written by Dana Jacobi for the American Institute of Cancer Research.



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