

# Warm up with harvest-time dishes

## -You'll get bear hugs for these lunch treats

See related story on Taste front.

Here are some favorite fall recipes from Living Better Sensibly's Healthy Chef Program.

### TOFU BRUNSWICK STEW

2 teaspoons canola oil, divided  
1 pound Firm tofu, diced  
1/2 cup diced onion  
1/2 cup diced celery  
1 clove garlic, minced  
1 tablespoon tomato paste  
1/4 cup dry red wine or beer (optional)  
1 cup canned tomato puree  
1/2 cup fresh or frozen corn kernels  
1 can black beans, drained  
2 tablespoons barbecue sauce  
1 tablespoon tamari  
Hot pepper sauce to taste

Heat 1 teaspoon oil in a non-stick pan over moderate heat. Add diced tofu; brown. Remove from pan; set aside. Add remaining 1 teaspoon oil; sauté onion, celery and garlic until well-browned. Stir in remaining ingredients and reserved tofu; simmer until sauce is reduced and develops rich brown color, about 15 minutes. Makes 4 servings.

### BAKED STUFFED EGGPLANT

2 medium eggplants  
2 teaspoons canola oil  
1 medium onion, minced  
1 green pepper, diced  
2 cloves garlic, minced  
2 (16 oz. cans) plum tomatoes, drained and chopped  
1 large celery stalk, chopped  
2/3 cup plain, dried bread crumbs  
1/2 cup minced fresh parsley  
Pepper to taste  
Soy Parmesan cheese

Preheat oven to 350°F. Slice eggplants in half lengthwise. Carefully scoop out flesh, making 4 eggplant shells; set aside. Coarsely chop second eggplant. Heat oil in large heavy skillet. Add onion and

bell pepper; sauté 2 minutes. Add chopped eggplant, garlic, tomatoes and celery. Simmer until eggplant is tender, about 15 minutes. Remove from heat; add bread crumbs and parsley. Stir to combine. Add pepper to taste. Place eggplant shells in large baking pan; fill each shell with tomato mixture. Sprinkle with parmesan. Pour water into pan around stuffed eggplants. Bake until eggplant is very soft and top is browned, about 30 minutes. Two eggplant halves makes 4 servings.

### WARM FRUIT COMPOTE

1/2 cup maple syrup  
1/2 cup port wine  
1/2 cup apple juice  
2 pears, cored and cut into 1/2 inch thick cubes  
2 apples, cored and cubed  
2 cups frozen or fresh cranberries (1 cup dried cranberries)

1 cinnamon stick  
1/2 teaspoon black pepper

Simmer Maple syrup, wine, and apple juice. Add pears, apples, cranberries, cinnamon stick, and pepper. Simmer until fruit is soft, 15 to 20 minutes. Remove fruit; set aside. Continue cooking liquid until slightly thickened. Pour liquid over reserved fruit. Serve either warm or chilled. 4 cups.

Living Better Sensibly's affiliate grocery store, Holiday Market, announces the grand opening of its second location at 520 Lilley Road, Canton on October 13. Join dictations of Living Better Sensibly for food sampling, recipes and nutrition information 10 a.m. to 3 p.m. Saturday, Oct. 17.

Living Better Sensibly has teamed up with the Summit on the Park to endorse the heart healthy entrees of Holiday Market's "Meal Solutions" program in order to provide customers with nutritionally balanced "meals to go."

Children love bears. Whether it's a cuddly teddy bear, Winnie the Pooh and his honey pot or the polar bears at the zoo, children find them fascinating and parents can use this passion for bears to create healthy lunch box treats and after-school snacks kids will love to eat.

Peanut Butter and Honey Pot Oatmeal Cookies have something for everyone in the family. Kids will go for the honey-nut flavor, while parents are sure to approve of the wholesome goodness of the whole grain oats. Easy to make, these delightfully chewy oatmeal cookies are great for packing in lunch boxes.

Kids big and small will go wild over Bear Paw "Cupcakes." These chocolate-y cupcakes with candy "paw" prints on top will be a hit every time.

Other healthy kid-pleasing cookie ideas for lunch boxes and after-school snacking are available at the Quaker Oatmeal Web site: [www.quakeroatmeal.com](http://www.quakeroatmeal.com)

### PEANUT BUTTER HONEY POT OATMEAL COOKIES

3/4 cup peanut butter  
3/4 cup honey  
1/2 cup granulated sugar  
4 tablespoons (1/2 stick) margarine or butter, softened

1 egg, lightly beaten

1/4 cup fat-free milk

2 teaspoons vanilla

3 cups oats (quick or old-fashioned, uncooked)

1 3/4 cups flour (if using old-fashioned oats, add 2 additional tablespoons of flour)

1 teaspoon baking soda

1 cup golden raisins

1/2 cup coarsely chopped dry roasted peanuts (optional)

In large bowl, beat peanut butter, honey, sugar and margarine with electric mixer until creamy. Add egg, milk and vanilla; mix well. Add combined oats, flour and baking soda; mix well. Stir in raisins and peanuts. Cover and chill at least 30 minutes.

Heat oven to 375°F. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.

Bake 7-9 minutes or until light golden brown. Remove to wire rack; cool completely. Store tightly covered at room temperature or wrap airtight and freeze. Makes about 5 dozen.

### BEAR PAW "CUPCAKES"

1 1/4 cups fat-free milk

1/3 cup fat-free chocolate syrup

1 cup oats (quick or old-fashioned, uncooked)

5 tablespoons stick margarine or butter, melted

1 egg, lightly beaten

1 teaspoon vanilla

1 1/3 cups all-purpose flour

1/3 cup unsweetened cocoa powder

1/3 cup granulated sugar

2 teaspoons baking powder

1/2 teaspoon salt (optional)

1/4 teaspoon baking soda

Decorations

Ready-to-spread vanilla frosting

12 chocolate candy-making wafers or chocolate-covered mint patties

36 semisweet chocolate chips

Heat oven to 375°F. Line 12 medium muffin cups with paper liners.

In large bowl, combine milk and chocolate syrup; mix well. Stir in oats and let stand 10 minutes. Stir in margarine, egg and vanilla until blended.

In medium bowl, combine flour, cocoa powder, sugar, baking powder, salt and baking soda. Add to oats mixture; stir just until dry ingredients are moistened. (Do not overmix.)

Fill muffin cups almost full. Bake 15 to 18 minutes or until wooden pick inserted in center comes out with a few moist crumbs clinging to it. (Do not overbake.)

Cool cupcakes in pan on wire rack

5 minutes; remove from pan. Cool completely.

Spread frosting on cupcakes. For each cupcake, gently press 1 candy wafer into frosting, forming a bear paw "pad" press 3 chocolate chips

into frosting around wafer for claws. Store tightly covered. Makes 1 dozen.

Recipes courtesy of Quaker Oats.



QUAKER OATS

Honey of a treat: Peanut Butter Honey Pot Cookies will ease the "rumbles" in kids' tummies. Made with peanut butter, honey, and raisins, this easy-to-make cookie makes a great lunch box dessert.

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