

Easy organic recipes are flavorful, colorful, healthy

EGGPLANT PARMESAN

2 egg whites
1 pound organic eggplant, peeled and cut crosswise into 1/4" thick slices
1/2 cup plain dried bread crumbs
2 tablespoons organic olive oil
2 cups no-salt-added organic tomato sauce
1 cup canned tomatoes, chopped with their juice like Muir Glen Organic
1/4 cup chopped fresh basil or 1 teaspoon dried
1/4 teaspoon salt
1/2 teaspoon black pepper
1 cup skimmed organic part-skim mozzarella cheese (about 4 oz)
1/4 cup grated organic Parmesan cheese
Prep Time: 1 hour

Preheat the oven to 400°F. Line baking sheet with foil. Spray foil with nonstick cooking spray. In a shallow dish, beat the egg whites and 2 tablespoons of water until foamy. Dip eggplant into egg whites, then into bread

crumbs, pressing crumbs into eggplant.
Place eggplant on prepared baking sheet and drizzle oil over eggplant slices. Bake 30 minutes, turning eggplant over after 20 minutes, until golden brown and cooked through. Meanwhile, in medium bowl, stir together tomato sauce, tomatoes and their juice, basil, salt, and pepper.
Spoon 3 tablespoons of tomato mixture into bottom of 9 inches square glass baking dish. Place half of eggplant over sauce, spoon half of remaining tomato mixture over, and sprinkle half of mozzarella on top. Repeat with remaining eggplant, tomato mixture, and mozzarella. Sprinkle Parmesan on top and bake for 20 minutes, or until eggplant is piping hot and sauce is bubbly.

Nutrition Facts
Per serving: 301 calories, 14g total fat, 5.2g saturated fat, 7.2g monounsaturated fat, 1.1g polyunsaturated fat, 6g dietary fiber, 16g protein, 30g carbohydrate, 21 mg cholesterol, 643 mg sodium, source of: Calcium, potassium, lycopene

RED BEANS AND RICE
(SERVES 4)

1 cup organic brown rice
2 cups water
1/4 teaspoon sea salt
2 roasted organic poblanos chilies
1 1/2 cups cooked organic Kidney Beans, drained, reserve liquid
3 tablespoons canola oil
2 pickled chilies, such as serrano, seeded and finely chopped
sea salt and freshly ground black pepper to taste

Combine rinsed rice and water, add salt, bring to a boil and simmer 45 minutes. While rice is cooking, char the poblanos over a flame or under the broiler until the skin blisters. When cool enough to handle, peel seed and chop the peppers. Drain the beans and reserve the liquid. Whisk together 2 tablespoons of the reserved bean liquid and 3 tablespoons canola oil. In a large bowl combine the cooked rice, beans, poblanos and dressing. Stir in the pickled serrano and season with salt and pepper to taste.

ROASTED VEGETABLE RATATOUILLE
MAKES 10 CUPS

1 pound organic eggplant, 1/2-inch dice
1/4 teaspoon salt
1 pound organic zucchini, 1-inch dice

1 pound organic yellow squash, 1-inch dice
1/2 pound organic yellow onion, 1-inch diced
1/2 pound organic red bell pepper, 1-inch dice
1/4 cup organic extra virgin olive oil
1 pound organic Roma tomatoes, 1-inch dice
2 tablespoons organic minced fresh garlic
3 tablespoons organic minced fresh oregano
1/4 teaspoon freshly ground black pepper
3 ounces baby nonparell capers, drained

Prep time: 25 minutes. Cooking time: 1 hour.
Preheat oven to 400°F. Dice eggplant first. Combine with salt, set aside in a colander to drain. Prepare remaining ingredients. Combine tomatoes, garlic, oregano and black pepper, set aside. Combine eggplant, squash, onion and bell pepper, with olive oil. Place in roasting pan. Bake 45 minutes, stir once during cooking. Stir in tomato mixture, bake 20 minutes. Stir in capers.

Nutritional Facts
Per serving (1 cup): 116 calories, 3 g protein, 6 g fat (1 g saturated), 13 g carbohydrates, 0 mg cholesterol, 142 mg sodium.
Exchanges: 2 vegetable, 1 fat
Source: www.wholefoods.com

GRILLED CHEESE AND TOMATO PANINI WITH CRISPY APPLES
Sliced sourdough bread or 6

sub buns
1/2 cup shredded or sliced organic sharp cheddar cheese
1/2 cup Muir Glen whole, peeled tomatoes, drained and halved length wise or two large organic tomatoes cut the same
1/2 medium tart organic apple unpeeled and sliced thin
Organic olive oil

Sprinkle cheese over bread. Arrange the tomato halves over the cheese, covering the bread slices evenly. Top with apple slices. Top with bread slice. Heat a non-stick sauté pan and spray lightly with vegetable oil or grease slightly with a hint of olive oil. Place sandwich into the pan and weigh it down by pressing a plate over the top of sandwich. Place a heavy can on top of the plate. Sauté over low 3-4 minutes. Turn and repeat until bread is golden brown and cheese is melted. Slice and serve immediately.

Source: Muir Glen Organic Tomatoes

TOFU REUBEN
SERVES 2 TO 2

This Reuben is a far cry from the original mile-high structure made with corned beef, Russian dressing and lots of melted cheese. This sandwich makes your mouth happy, as the layers of sauerkraut, tofu and cheese work so well nestled between the griddled crispy rye

The Russian Dressing:
1 tablespoon mayonnaise
1 teaspoon ketchup
1 teaspoon pickle relish (sweet or dill)
2 slices rye bread with seeds
1 pound firm tofu, sliced lengthwise, 7 inch thick
1 cup sauerkraut, well drained
2 ounces Swiss cheese, thinly sliced, or soy cheese of your choice
vegetable or olive oil for oiling pan

To prepare the Russian Dressing: In a small bowl, combine the mayonnaise, ketchup and pickle relish. Spread the Russian dressing over the inside of both slices of rye bread. Arrange the tofu slices over the dressing. Spread the sauerkraut evenly over the tofu. Top with the cheese and then with the remaining bread slice.

Heat a nonstick pan over medium heat. Lightly oil or spray the pan with the oil. Place the sandwich in the pan, and put a plate on top of the sandwich. Hold the plate down with a can or a heavy saucopot, and press gently. Lower the heat, and cook the sandwich for four minutes, or until golden brown. Flip the sandwich over, and repeat the process until the sandwich is heated through and golden brown on both sides. Cut in half and serve immediately.

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Organic from page B1

spiciness, fire and sweetness. He also creates the big sellers: Organic tofu egg-less salad with eggless mayonnaise, organic pierogi, Tex Mex red beans and rice, organic spinach pie, organic kale with sesame.
"Our breads are baked every day with organic flour also," said prepared foods leader Kris Monty. "Nearly everything in our salad bar and deli is organic."

In Chef Wait's organic creations the deep pink cranberries that accent his wheat berry salad seem more vivid. The tomatoes in his organic lasagna seem richer. The parsley in the organic Quinoa and parsley tabouli salad truly seem greener.
The most popular organic foods: 70 percent vegetables, 68 percent fruit and 61 percent cereal, according to a study by the Hartman Group. The Organic Trade Association say

Americans are integrating more organic foods into their meals each year as part of a plan to improve health.
Whole Foods still sells conventional produce and it's also a carrier of transitional products; grown organically, but the farmers are either waiting for organic certification or are growing the food on soil that hasn't been free of chemicals for 36 months.



Wine from page B1

To get the sweet, sour, salty, bitter, and umami correct, there are a few key rules. Salty and tart foods make wines taste milder, that is, fruitier and not so tannic. Spicy and sweet foods make wines taste stronger, that is tannic, often bitter and more tart.
This is why we've never understood the cabernet sauvignon and chocolate match that chefs often attempt. It doesn't work. Umami says it won't work! Sweetness of the chocolate makes any cabernet taste tannic, dry and seriously lacking in fruit. Put the same cabernet with a well-aged steak and it's great.

Palate shui
A few years ago, Master of Wine Tim Hanni, who developed the Food and Wine in Balance program for Beringer Vineyards, got us practicing what we call palate shui. Think of it as feng shui, the hottest design trend, for the mouth. Sweet or spicy flavors that figure prominently in a number of the world's cuisines, particularly Asian, are the most likely to be out of balance and may react badly with wine.
If a dish is out of balance and compromises the taste of the wine, making it taste, metallic, bitter or too strong, change the taste of the dish by adjusting the acidity to bring it into balance with the wine. Add fresh lemon juice, rice vinegar, mustard, soy sauce or a dash of salt to taste. Voila! The wine tastes milder.
If the wine is too mild, add sugar, honey or any high umami ingredient to the dish and wine flavors become more pronounced.
The more that food Americans love to eat borrows from the cuisines of the world, the more wine enjoyment depends on getting umami in sync with the four primary tastes.
The Healds are Tray residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.

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