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# Welcome!

Welcome to the Summer Edition of the LiveWell Employee Recipe Book! This summer State of Vermont Employees submitted some of their favorite recipes and they are eggcellent. After all submissions were in, the eggremely wonderful State of Vermont Wellness Ambassadors voted on this summer's recipe winners. This book eggsplores appetizers, salads, entrees, sides and desserts. Many of these recipes are not too hard to make, in fact they're over-easy.

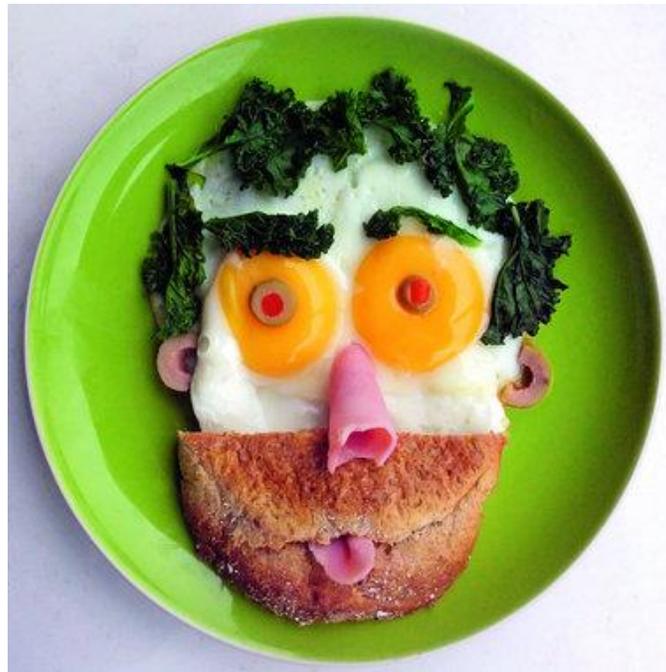
Yolks on you if you think this is all LiveWell has to offer! Along with eggtraordinary recipe books, LiveWell also offers: an incentive program, flu program, biometric screenings, classes and workshops, Wellness Coaching, and Wellness information with tips on our blog, Facebook and Instagram!

If your brain is feeling scrambled and you want to know more about LiveWell please contact your Wellness Team. We would be eggstatic to talk to you.

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We are egghausted from all these puns- Enjoy the Recipe Book!



# Appetizers

Whether it is a themed party or an afternoon snack, appetizers are often a favorite! There are millions of healthy alternatives for your favorite appetizers. A simple google search can reveal the endless possibilities of starters.



## Easy Gazpacho

Submitted by: Linda Vincent

### Ingredients:

6 large fresh tomatoes  
1/2 English cucumber, peeled  
1/2 green bell pepper  
1/4 cup minced green onion  
1 large jalapeno pepper, seeded  
2 cloves garlic  
1 teaspoon salt  
1/2 teaspoon ground cumin  
1 pinch dried oregano  
1 pinch cayenne pepper, or to taste  
1/4 cup extra-virgin olive oil  
2 tablespoons lime juice (1 lime)  
1 tablespoon balsamic vinegar  
1 teaspoon Worcestershire sauce  
Salt and ground black pepper to taste  
2 tablespoons thinly sliced fresh basil



### Directions:

Place all ingredients, except basil, in a blender or food processor. Puree to a consistency that appeals to you. Cover and chill for 2 hours. Ladle into bowls, season with salt and pepper, and top with basil.

## Grilled Veggie Quesadilla

Submitted by: Marie Blodgett

### Ingredients:

1/2 red bell pepper, cut into four pieces  
1 Portobello mushroom, cut into 1/2 inch slices  
1/2 onion, cut into 1/2 inch slices  
1 zucchini, sliced  
1 summer squash, sliced  
2 tbsp. olive oil  
4 eight-inch whole wheat tortillas  
4 tsp. prepared pesto sauce  
4 tbsp. mozzarella cheese  
4 tbsp. soft goat cheese (garlic & herb)



### Preparation:

Brush vegetables with olive oil and grill or broil until tender. Put all vegetables in a bowl.

Place tortilla in the skillet flipping once for 1-2 min until lightly brown on both sides.

Top each tortilla with 1 tsp. of pesto, 1 tbsp. mozzarella cheese, 1 tbsp. goat cheese and 1/4 of grilled veggies. Fold tortilla in half, cook for 4 to 5 minutes, turning once until cheese is melted. Repeat with remaining ingredients.



## Kale Chips

Submitted by: LiveWell Vermont

### Ingredients

1 head kale, washed and thoroughly dried  
2 tbsp. extra virgin olive oil  
Salt and pepper, for sprinkling

### Directions

Preheat the oven to 275 degrees.

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt.

Bake until crisp, turning the leaves halfway through, about 15 minutes. Serve as finger food.



## Cold Avocado Soup

Submitted by: Connie Schutz



### Ingredients:

- 1 avocado
- 1/2 tsp. mustard
- 1 tbsp. fresh dill, chopped
- 1 shallot/mild onion/chives
- 1 1/2 cups vegetable broth
- 2 cups Greek yogurt, plain non-fat
- 1 cup chickpeas, cooked

### Directions:

Mix all ingredients, except the pit of the avocado, into a blender- spin until all is pureed. Chill at least 2 hours for the flavors to develop. Add the avocado pit to the mixed puree to keep it from browning too quickly. This nutritious soup is easy to make and wonderful on hot days.

## Spinney's Summer Rolls

Submitted by: Elizabeth Spinney

### Ingredients:

8 rice paper wrappers, round  
1.5-2 cups lettuce, shredded  
1 medium carrot, julienned, about 2" long  
1 medium pickling Cucumber, julienned, about 2" long  
2 green onions, green top cut about 2" long  
8 basil leaves, whole  
sweet chili sauce- can be found in most grocery stores

### Directions:

**Prepping the rice paper wrapper:** Get a clean towel and place it in front of you. Have a glass pan (preferably a round pie pan) nearby. Fill pan with hot water and slide one wrapper into the pan. If completely submerged, the wrapper will soften in approximately 20 seconds. Lay out wrapper on towel.

**Adding the filling:** Place a whole leaf of basil towards the center of the wrapper. Stack a few pieces of cucumber, carrot, onion, and top with shredded lettuce. Feel free to explore with other vegetables like chard, radish, beets or spinach.

**Folding the Summer roll:** The next step is a lot like making a burrito. Fold the left and right sides in, so they overlay the filling slightly. Grab the wrapper end closest to you and fold tightly across filling and folded sides, tucking around the filling, and rolling forward. Stack on your plate and follow these steps again to continue to fill and wrap the remaining rolls.

Enjoy! Eat whole or sliced, serve with sweet chili sauce.



# Salads

Salads are a delicious way to explore the unlimited opportunities of combining fruits and vegetables. When you are crafting a salad, try to use a variety of colors. Strawberries, colored peppers, chick peas and blueberries are just a few ingredients that add color and nutrients to your plate. “Green light” on greenery, use as much as you’d like! However, be cautious when it comes to your salad dressing. Be familiar with the ingredients and the amount you’re using.



## Lentil Salad with Walnuts and Scallions

Submitted by: Lynn Redd



### Ingredients:

- 1 cup lentils- rinsed and sorted (approximately 7 ounces)
- 1/2 medium onion, finely diced
- 2 bay leaves
- 1 large sprig fresh thyme
- 1/2 tsp. salt
- 2 tbsp. sherry vinegar or red wine vinegar
- 2 tsp. Dijon or coarse-grained mustard
- 1/4 tsp. salt
- 1/8 tsp. freshly ground black pepper
- 1/4 cup olive oil
- 3 scallions, white and green parts, sliced thin (may substitute with chives.)
- 1/2 - 1 cup roasted red peppers, drained, rinsed, and diced
- 1/2 cup coarsely chopped walnuts, toasted and cooled (about 2 ounces)

### Directions:

Prepare the lentils: In a small pot, put the lentils, onion, bay leaves, thyme, 1/2 tsp. salt and enough water to cover the lentils by 1/2" (about 3 cups). Bring the water to a boil. Reduce the heat to a simmer and cook the lentils until they are tender but still hold their shape, 15-30 minutes. Drain and remove bay leaves and thyme. Transfer lentils to a medium bowl.

Make the vinaigrette: In a small bowl, whisk together the vinegar, mustard, 1/4 tsp. salt, pepper and oil. Gently stir the vinaigrette into the warm lentils and put the lentils in the refrigerator to chill.

To finish the salad: Stir the scallions, red peppers, and walnuts into the lentils. Just before serving, stir in the walnuts.

Options for serving: spoon the lentil salad over a bed of salad greens and sprinkle the top with some feta!

## **Wild Summer Salad with Feta**

Submitted by: Whitney Noel

### **Ingredients:**

2 cups cooked wild rice blend  
2 cloves garlic, minced  
1 cup black beans, rinsed (low sodium preferred)  
1/2 cup crumbled low fat feta cheese  
3 tbsp. of dried cranberries  
1/2 sweet bell pepper, diced  
1 small cucumber, sliced  
1/3 cup extra virgin olive oil  
1/4 cup red wine vinegar  
Salt and pepper to taste

### **Directions:**

Prepare rice according to instructions- let cool and set in fridge for at least 1 hour

Rinse and drain black beans, veggies and minced garlic. Add rice, garlic, black beans, dried cranberries, bell pepper, and cucumber to a large bowl. Mix ingredients until even throughout bowl.

Crumble feta cheese into small pieces and scatter on top of salad. Drizzle extra virgin olive oil and red wine vinegar over salad. Add salt and pepper to taste. Gently toss all ingredients in bowl so the liquids can spread. Sometimes rice absorbs liquids quickly, so add as needed!



## **Crispy Pomegranate Watercress Salad**

Submitted by: LiveWell Vermont

### **Ingredients**

2 tbsp. extra virgin olive oil  
1 tbsp. lemon juice  
1 bunch watercress, thick stems removed and rinsed  
1 small fennel bulb, rinsed and thinly sliced  
1/2 cup pomegranate seeds  
Salt and pepper, to taste

### **Directions**

Whisk together the olive oil, lemon juice, and 1/4 tsp. each salt and pepper in a medium bowl.  
Add the watercress, fennel, and pomegranate seeds and toss to combine. Serve immediately and enjoy!



## Bean Salad

Submitted by: Bonnie Boyce

### Ingredients:

1 can black beans, rinsed  
1 can red kidney beans, rinsed  
1 can chick peas, rinsed  
1 can corn, rinsed  
1 can black olives, rinsed and sliced  
15-16 sun gold orange or cherry tomatoes, quartered  
1 bell pepper (any color), diced  
1 bunch of cilantro, chopped  
3-4 cloves garlic (pressed)  
2 limes, juiced  
1/2 cup extra virgin olive oil

### Directions:

Mix it all together and chill for at least 4 hours before serving. Eat it as a salad or as a dip with scoops or *Hint of Lime* Tortillas.



## Spinach Berry Salad with Honey Raspberry Dijon Dressing

Submitted by: Chris Mercon

### Ingredients:

2 1/2 tbsp. raspberry vinegar  
6 tbsp. extra virgin olive oil  
1/4 cup honey  
1/2 tsp. Dijon mustard  
6 cups baby spinach (bagged works fine)  
1-pint strawberries  
1 cup blueberries  
4 oz. feta cheese, crumbled

### Directions:

Rinse and dry spinach, strawberries and blueberries. In a large bowl, add spinach first followed by blueberries and strawberries.

In a smaller bowl, add raspberry vinegar, extra virgin olive oil, honey and Dijon mustard. Make sure all ingredients are mixed thoroughly.

Sprinkle crumbled feta onto the salad in the larger bowl. Top with dressing in smaller bowl. Add salt and pepper to taste. Serve immediately and enjoy!



## Local Blueberry and Roasted Corn Salad

Submitted by: Charlee Drury

### Ingredients:

- 1 pint of fresh blueberries
- 3 ears of corn/husked and roasted slightly on the grill to get char, cool and shuck off cob
- 1 small shallot diced fine
- 2 tbsp. cilantro
- 1 1/2 tsp. cumin
- 4 tbsp. Newman's own lime vinaigrette or make own lime vinaigrette

### Directions:

Add all ingredients together, be sure to dress mixture to taste, stir and enjoy!



# Entrees

Entrees are often considered the main item on a plate, so make yours magnificent! For meat eaters, lean protein like turkey, chicken or fish are great choices to make your meal protein packed and filling. Vegetarian entrees are great too, being that they are typically nutrient dense and have a variety of fruits, grains and vegetables. If you are not a full-time vegetarian, Meatless-Monday is a popular option that can positively benefit your health.



## Salmon Caesar Salad with Quinoa

Submitted by: Kelly Theroux

### Ingredients:

1/2-pound salmon fillets with skin  
1/2 cup uncooked quinoa  
1 head romaine lettuce  
2 small to medium zucchini  
1/2-pound red cabbage  
1 bunch basil  
1/4-cup Soy-Free Veganaise (or mayo if you prefer)  
1-2 cloves garlic  
1 lemon  
Extra virgin olive oil  
Salt and pepper



### Directions:

**Preparation:** Half the zucchini lengthwise, then cut crosswise into ½ inch pieces. Mince the garlic. Cut off and discard the root end of the lettuce and roughly chop the leaves. Pick the basil leaves off the stems, discarding the stems. Quarter and deseed the lemon. Cut out and discard the cabbage core, then thinly slice the leaves crosswise. Wash the salmon, pat it dry and season with salt and pepper.

**Cook the quinoa:** Bring the quinoa and one cup of water to a boil in a medium saucepan. Reduce heat to low, cover and simmer until most of the water has been absorbed, about 18 minutes. Remove lid and set aside to cool, occasionally stirring.

**Marinate the cabbage:** While quinoa cooks, place the prepped cabbage in a medium bowl. Stir in the juice of two lemon wedges; drizzle with olive oil; season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes.

**Cook the zucchini:** While quinoa cooks and cabbage marinates, in a large, nonstick pan, heat one tablespoon of extra virgin olive oil on medium-high until hot. Add the zucchini; season with salt and pepper. Cook, stirring occasionally, 6-8 minutes or until lightly browned and slightly softened. Transfer to a plate or bowl; set aside to cool.

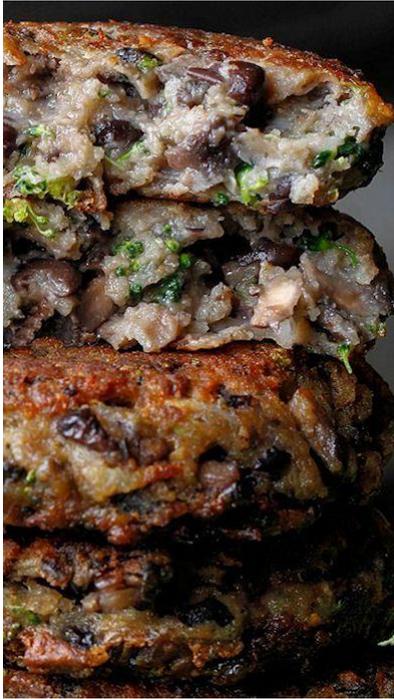
**Cook the salmon:** In the same pan used for the zucchini, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned filets, skin side down. Cook 4-6 minutes on the first side, or until lightly browned and the skin is crispy. Flip and cook 1-2 minutes, or until lightly browned. You may need additional cooking time depending on the thickness of the filets. Transfer to a cutting board. When cool enough to touch, remove and discard the skins, then flake the salmon into large pieces using two forks. Set aside for at least 5 minutes.

**Make the dressing:** While the salmon cools, in a bowl, combine the Veganaise, juice from two lemon wedges, garlic and a drizzle of olive oil and whisk until combined. Season with salt and pepper to taste.

**Make the salad:** In a very large bowl, combine the lettuce, flaked salmon, quinoa, marinated cabbage (drain before adding), and cooked zucchini. Add the dressing and toss to combine. Garnish with basil, tearing the leaves just before adding. Enjoy!!

## Chunky Portobella Veggie Burger

Submitted by: LiveWell Vermont



### Ingredients

2 cups Portobello mushrooms, cubed with gills removed  
2 cups black beans, cooked and rinsed  
1 cup broccoli, minced  
1/2 cup red onions, minced  
3 eggs, beaten  
1/2 cup of Panko or Gluten Free Panko  
1 tbsp. Montreal Steak Seasoning  
1 tbsp. Worcestershire sauce  
2 tbsp. garlic, minced  
3/4 cup parmesan cheese, grated  
2 tbsp. extra virgin olive oil

### Directions

In a large bowl, add 1 cup of black beans and mash with a masher.

Next, add in the mushrooms, the rest of the beans, broccoli, garlic, onion, Worcestershire sauce, and steak seasoning. Mix just until coated.

Add in eggs, cheese, and bread crumbs. Mix gently with a large spoon until the mixture is combined.

Set aside while you place a medium size pan over medium heat and add 2 tablespoons of olive oil. Once the oil starts to simmer, using dampened hands (the mixture sticks if you don't), scoop a 1/2 cup of mixture into the palm of your hand and gently shape into a burger all while pressing together. The mixture should hold a burger shape. If it does not add another tablespoon of Panko.

Place in the oil and cook for 3-5 minutes per side or until golden brown and a crust has formed on each side.

## **Lemongrass & Dill Baked Salmon**

Submitted by: Angela Newland

### **Ingredients:**

4-6-ounce salmon fillets, fresh  
2 cloves garlic, very finely chopped  
2 tbsp. fresh lemongrass, very finely chopped (see notes below)  
1 tbsp. fresh dill, chopped  
1 tbsp. fresh parsley, chopped  
2 tbsp. extra virgin olive oil  
Cooking spray or tin foil  
Preheat oven to 350 degrees



### **Directions:**

Preheat oven to 350 degrees. Spray glass casserole pan or line a shallow pan with tin foil. Combine the garlic, lemongrass, dill, parsley and olive oil in a medium size bowl. Stir until mixture is combined.

Arrange salmon fillets in bottom of casserole pan or dish that's just large enough to hold the salmon fillets in a single layer. Spread mixture over the top of each salmon fillet, covering generously. Place in oven for 30-40 minutes, depending upon size of the filets.

Serve immediately and compliment with long grain brown rice and your choice of vegetable.

### ***Note about the lemongrass:***

To get 2 tablespoons of finely chopped, fresh lemongrass you'll need 3 to 4 stalks (white part only). For this recipe, you can also use the lemongrass paste that comes in tubes. These can be found in the produce section of most supermarkets. You can also substitute 1-1/2 tablespoons fresh lemon zest combined with 1 teaspoon of finely chopped, fresh ginger. This mixture will have a slightly different flavor profile, but still will be delicious.



## Veggie Frittata

Submitted by: LiveWell Vermont



### Ingredients

Assorted vegetables, diced (broccoli, spinach, and onion make a great combination. However, feel free to get creative with what you have in the fridge).

3 tbsp. extra virgin olive oil

6 basil leaves, diced

3 garlic cloves, minced

8 eggs

3/4 cup almond milk, plain unsweetened (regular milk can be a substitute)

1 1/2 cup shredded cheese, any type

### Directions

Add selected vegetables, garlic, and olive oil to a large frying pan. Sauté until veggies are slightly tender, 6-7 minutes typically does the trick.

Whisk eggs and milk in a large bowl until well blended, then add salt, pepper and cheese. Distribute veggies evenly in the frying pan and then pour the egg mixture over them.

Cover the frying pan and cook on low until set and fluffy. This will take about 15-20 minutes, and then enjoy!

## Grilled Salmon and Veggies

Submitted by: Jill Wood

### Ingredients:

1-pound salmon fillet, cut evenly into 3 pieces  
1 cup asparagus, cut each spear into 2 in pieces  
1 red pepper - cut in chunks  
16 small red potatoes or large ones cut into small pcs.  
4 tbsp. extra virgin olive oil  
Lemon, to taste  
1/8 cup fresh dill  
Salt and pepper, to taste

### Directions:

Place fish in a baggie and coat with 2 tbsp. olive oil, half the dill fresh dill, salt and pepper, add lemon to taste. Shake it up!

Place veggies in a bowl and cover with same ingredients, stir until all pieces are coated well.

Place salmon fillet in large grill basket and surround with veggies, cook on med high grill for approximately 8 minutes per side. You can test by sticking fork into potato pieces, when they are cooked through, it should be good to go!



# Sides

Side dishes are the perfect complement to your entrée of choice. When possible incorporate produce in your sides. Try substituting vegetable noodles for pasta or doubling the produce in a recipe to get a nutrient rich side item!



## Simple Squash Casserole

Submitted by: Bonnie Mallin

### Ingredients:

2 yellow squash, sliced  
2 zucchinis, sliced  
Provolone, sliced  
2 tomatoes, sliced  
Italian spices, to taste

### Directions

Preheat oven to 350 degrees. Slice squash, zucchini and tomato into rounds approximately 1/4" thick. In a glass pan, layer squash, zucchini, tomato and cheese until all ingredients are used. Top with Italian spice.

Bake for 20 minutes then enjoy!!



## **Wheat Berry and Barley Salad**

Submitted by: LiveWell Vermont

### **Ingredients**

1 cup wheat berries  
1 cup pearl barley  
1 small red onion, chopped fine  
2 garlic cloves  
1/2 teaspoon salt  
1/4 cup balsamic vinegar  
1/4 cup extra virgin olive oil  
6 scallions, chopped fine  
1 1/2 cups cooked corn (cut from about 2 large ears)  
1/2-pound smoked mozzarella cheese, diced fine  
1-pint vine-ripened cherry tomatoes, halved  
1/2 cup fresh chives, chopped

### **Directions**

Into a kettle of salted boiling water stir wheat berries and cook at a slow boil for 30 minutes. Stir in barley and cook grains at a slow boil an extra 40 minutes

While grains are cooking, mince and mash garlic cloves into a paste, adding 1/2 tsp of salt. In a large bowl stir together onion, garlic paste, vinegar and oil.

Drain grains well and add to onion mixture. Toss mixture well and let cool. Once cooled, add scallions, corn, mozzarella, tomatoes, chives, salt and pepper to taste. Toss all ingredients well. Salad may be made 1 day ahead, chilled, and covered. Bring salad to room temperature before serving.



## Squashini

Submitted by: Kim Prior



### Ingredients:

1 medium zucchini (straight works best), sliced in 1/4-inch circles

1 medium yellow summer squash, sliced in 1/4-inch circles

1/3 medium sweet onion, sliced thin

Water

Salt & Pepper to taste

### Directions:

Slice zucchini, summer squash and sweet onion. The amounts on the ingredients list is a basic recipe, add more or less depending on how many you are feeding. As a side dish, assume one medium zucchini and one medium summer squash together will serve two people, adjust zucchini to summer squash if you prefer one over the other, but the best flavor is an equal mix of both. The squash will reduce just a bit during cooking.

The best method for cooking (optimal flavor) is to put a thin layer of water in a frying pan, add squashes and onion, then cook at medium-low (water just boiling) until squash and onion are tender, about 5 to 7 minutes. Add salt and pepper to taste.

With just a bit of salt and pepper for seasoning, you will find the onion and fresh squash flavor pop enough that you will not even want to add butter!

## **Carrot Slaw with Cranberries**

Submitted by: LiveWell Vermont

### **Ingredients**

1-pound carrots, peeled and grated  
3 tbsp. extra virgin olive oil  
1 tsp. lemon zest, from one lemon  
2 tbsp. lemon juice  
2 tbsp. freshly squeezed orange juice  
1-1/2 tbsp. honey  
1/2 cup dried cranberries  
1/2 cup walnuts, toasted  
3 scallions, white and green parts, thinly sliced  
3 tbsp. fresh parsley, chopped  
1/2 tsp. salt  
1/4 tsp. freshly ground black pepper

### **Directions**

Toss all ingredients together in a large bowl. Cover and refrigerate for at least 15 minutes to allow flavors to blend.

Season to taste with salt, pepper and. Serve cold.



## Squasherole

Submitted by: Ellen Cairns



### Ingredients:

4-5 potatoes, sliced into rounds, approx. 1/2" thick  
1 package tofu, crumbled  
4 large cloves garlic  
2-4 summer squash or zucchini, sliced into rounds, approx. 1/2" thick  
4-5 tomatoes  
12-16 oz. of grated cheddar  
Salt and pepper, to taste

### Directions:

Preheat the oven to 350 degrees. Oil the bottom of a 9 x 12 pan or other large casserole dish. Layer the potatoes, crumbled tofu, minced garlic, summer squash and tomatoes. Cover and bake for 45 minutes. Uncover, top with the grated cheese, and bake for another 15 minutes.

The base can be potatoes, as listed, or a layer of quinoa, rice or another grain. You can also play around with the types of protein (adding beaten eggs, for instance, instead of the tofu) and cheese. One recipe, many possibilities!

## **Spicy Sauteed Corn**

**Submitted by: Rachel Floyd**

### **Ingredients:**

3 tbsp. unsalted butter  
3-4 ears fresh corn  
2 scallions, thinly sliced  
1 jalapeno pepper, seeds removed if desired, minced  
2 tbsp. water  
Salt  
1 tbsp. freshly squeezed lime juice, plus lime wedges for serving

### **Directions:**

Heat the butter in a large skillet over medium-high heat until bubbling.

Add the corn, scallions, and jalapeno, stirring to coat with butter. Cook, stirring occasionally, until the corn begins to brown and stick to the bottom of the pan, about 10 minutes. (You might hear some kernels popping toward the end.)

Add the water and stir, scraping the bottom of the pan to dislodge any extremely delicious brown bits. When the water has boiled off, add salt to taste.

Remove from the heat, and stir in the lime juice. Serve immediately, with additional lime wedges.



## Cheesy Summer and Zucchini Squash Casserole

Submitted by: Alissa Robertson

### Ingredients:

1 pound of summer squash  
1 pound of zucchini squash  
2 large eggs, slightly beaten  
1 medium onion finely chopped, red or yellow  
1 cup Greek yogurt, plain  
3/4 cup parmesan cheese, grated  
1/2 cup cheddar cheese, grated  
Salt and pepper, to taste  
2 cups seasoned bread crumbs  
1 tsp. Italian seasoning



### Directions:

Cut up your squash into 1- inch slices and then quarter them. Place your squash into a sauce pan, cover with water and season with a bit of Italian seasoning (1 teaspoon or to taste). Cook until tender but not soft. Drain well in a colander, until all water is out.

Preheat your oven to 350 degrees. Place the squash mixture in a large mixing bowl. Add your eggs, Greek yogurt, peppers, onions, cheddar and parmesan cheese, salt and pepper. Mix well so squash mixture looks uniform.

Place mixture in a 1 ½ quart casserole dish. Bake for 20 to 30 minutes so the top has a nice golden color. The last 5 minutes, add the seasoned bread crumbs then return to the oven until crumbs have a bit of color. Enjoy!



## Zucchini-Tomato Gratin

Submitted by: Vicki Strobridge



### Ingredients:

1 1/2 tomatoes, sliced  
2 medium zucchini, sliced  
2 tbsp. olive oil, divided  
4 garlic cloves, thinly sliced  
2 tbsp. Kalamata olives, chopped  
1/4 cup basil leaves, thinly sliced  
3/4 cup grated parmesan, divided

### Directions

Place tomato and zucchini slices on a rack over a sheet pan. Sprinkle with a little salt and let stand for 30 min or so, to sweat out the excess moisture.

Preheat oven to 375 degrees. In a frying pan, heat 1 tsp. olive oil over med-high heat and sauté zucchini 3-4 minutes (or until golden). You can also try this on the grill!

Layer 1/2 of the zucchini slices in an 8" square baking pan and top with 1/2 of the tomatoes. Sprinkle with 1/2 of the garlic, 1 tbsp. olives, 1/2 of the basil and 1/4 cup parmesan. Season with freshly ground black pepper. Repeat. Drizzle the top with 1 tbsp. olive oil and sprinkle with remaining parmesan.

Cover with foil and bake for 10 minutes. Remove the foil and bake for 20 more minutes, or until cheese is melted and gratin is bubbling. Let stand about 5 minutes before serving.

# Desserts

The magic word for a healthy lifestyle is **balance**! There is truth to everything in moderation. Find a nutritional balance between your favorite treats and healthy alternatives!



## Pumpkin "Pie"

Submitted by: Chris Cadorette



### Ingredients:

2 (very ripe) bananas, mashed  
1 can pumpkin  
1 can full fat coconut milk  
1/4 cup (soy/peanut oil free) almond butter  
4 eggs  
1 tsp. Pumpkin pie spice  
1 tsp. cinnamon  
1 tsp. vanilla  
1/2 cup walnuts, chopped

### Instructions:

Pre-heat oven to 350 degrees.

Mix all ingredients (except walnuts) in a bowl, pour into lightly oiled pan or pie dish. Sprinkle the walnuts on top.

Bake for one hour. Serve chilled.

## Cinnamon Apple Whole Grain Strata

Submitted by: LiveWell Vermont

### Ingredients

For strata:

8 eggs  
2 cups 1% milk  
1/3 cup cane sugar OR brown sugar  
2 tsp. vanilla extract  
1 1/2 tsp. cinnamon, plus extra for dusting  
1/2 tsp. nutmeg  
2 pounds whole-grain loaf, sliced 1/4" thick crosswise  
3 medium firm apples, cored and sliced 1/4-inch thick

For glaze:

3 ounces cream cheese  
2 tbsp. agave syrup  
2 tbsp. 1% milk  
1/2 tsp. vanilla



### Directions

Lightly butter or oil a 9 x 13-inch casserole dish. In a medium mixing bowl, whisk the eggs thoroughly. Whisk in the milk, sugar, vanilla, cinnamon and nutmeg until thoroughly combined.

Cut the crusts off the bread slices, cutting each slice into a rectangular shape. Layer half of the bread slices in the bottom of the baking pan. Layer all the apple slices on top of the bread. Top apple layer with the other half of the bread slices.

Pour the egg mixture over the layered bread and apples. Cover and refrigerate overnight. (*Note: The casserole can be baked immediately, but expect it not to be quite as dense and uniform in texture.*)

When ready to bake, heat the oven to 350°F. Cover the strata with aluminum foil. Bake for 35 minutes, then remove foil and bake another 15 minutes. If your strata is coming straight out of the fridge, still cold, add an additional 10 minutes to the covered baking time.

For the glaze, warm all the ingredients together in the microwave or on the stovetop until quite soft. Whisk thoroughly with a fork, then drizzle over the warm strata. Dust lightly with cinnamon and enjoy!

## **Super-fruit Antioxidant Salad:**

Submitted by: Ludwig Pulaski



### **Ingredients:**

1-pint blackberries, rinsed and drained  
1-pint blueberries, rinsed and drained  
4 cups cubed Watermelon  
3 tbsp. sesame seeds  
1 tsp. chopped fresh mint (optional)  
2 tbsp. Kirsch\*\*  
1/4 cup Light Maple Syrup

### **Directions:**

Mix Kirsch, maple syrup and mint into a shaker or small dish. Put fruit into a large bowl. Pour dressing on bowl of fruit. Garnish with sesame seeds and serve!

\*\*Kirsch is a brandy distilled from cherries. This ingredient is optional and used for flavoring. It can be substituted with any 100% fruit juice.

## **Flourless Chocolate Cake**

Submitted by: LiveWell Vermont

### **Ingredients**

1 (15 oz.) can organic black lentils, rinsed and drained  
4 eggs  
1/3 cup granulated sugar  
1 1/2 cups bittersweet chocolate chips, 60-70% cocoa  
2 tbsp. canola oil  
Confectioner sugar

### **Directions**

Preheat oven to 350 degrees. Line the bottom of an 8" pan with dry wax paper to fit and grease it with canola oil. Place chocolate chips in a small microwavable bowl, heat on high for 1 minute to melt and stir until smooth. Place drained lentils, eggs and sugar in the bowl of a food processor. Process until creamy and smooth. Add melted chocolate and pulse again to blend until smooth and creamy.

Pour the batter in the prepared pan and bake for 15-17 minutes. The cake might be molten in the middle, that is ok. It will continue to bake outside of the oven so be cautious not to overbake. Take it out of the oven and let it cool.

Once cake is cooled, place your serving platter over the top of the cake and turn over. Gently peel off the wax paper and dust with confectioner sugar. Voilà!

