



**FOOD DAY**

OCTOBER 24, 2012

# EAT REAL

RECIPES FROM SOME OF  
AMERICA'S BEST CHEFS

# Food Day Recipes

Food Day is a celebration, and what would a celebration, especially one about food, be without delicious food. We've adapted a variety of delicious, healthy, easy-to-prepare recipes from some of the country's most prominent chefs and cookbook writers. Choose seasonal, locally grown, and organic ingredients when possible. If you are celebrating Food Day, October 24, with a dinner or potluck at your home, please consider using some of these recipes—but, of course, you can cook them any other day, too. They'll brighten up your dinner table and delight your taste buds.

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# Food Day's Recipe Contributors

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Mario Batali is a Food Network chef and star of *Molto Gusto*, *Iron Chef*, and a number of other shows. He owns several restaurants around the world and has penned cookbooks such as *Simple Italian Foods* and *Spain...A Culinary Roadtrip* with Gwyneth Paltrow.

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Chef Bayless is known for his expertise on Mexican cuisine. He has written several cookbooks including *Mexican Everyday* and *Mexican Kitchen: Capturing the Vibrant Flavors of a World-Class Cuisine*. Most recently, he appeared on the popular Bravo TV show *Top Chef Masters*.

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This Food Network star is a registered dietician known for her health-conscious and delicious dishes. She stars in *Healthy Appetite with Ellie Krieger*, and is also author of the best-selling cookbook *So Easy: Luscious Healthy Recipes for Every Meal of the Week* and *Comfort Food Fix: Feel Good Favorites Made Healthy*.

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## NINA SIMONDS

Nina Simonds is well-known for her *Spices of Life* blog and scintillating cookbooks such as *A Spoonful of Ginger*. She specializes in healthy eating and is known in the culinary world as an expert on Asian cuisine.

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This booklet was compiled by the Center for Science in the Public Interest, sponsor of national Food Day. Where indicated, recipes were adapted by Kate Sherwood.

For further information visit [www.cspinet.org](http://www.cspinet.org) or [www.FoodDay.org](http://www.FoodDay.org).

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## WHAT CHEFS ARE SAYING ABOUT FOOD DAY

"One of the best things you can do for your health is to cook and enjoy family meals made with fresh, colorful seasonal ingredients," said chef and author Ellie Krieger, host of Healthy Appetite on the Food Network and a member of the Food Day advisory board. "Food Day is a chance to celebrate the power good food has to nourish us and bring us together."

"Food Day is a great opportunity for restaurants to show their commitment to locally produced artisan foods, to showcase a variety of whole grains, and to reach out to an audience hungry for more sustainable ways to consume that are more in keeping with the health of our bodies and our environment," said Ellen Gray, co-owner, along with her husband Todd Gray, of Equinox Restaurant, Watershed, and Todd Gray's Muse at the Corcoran, all in Washington, D.C.

"Why Food Day? It is time to make real food the number-one priority in our country," said Alice Waters, proprietor of the acclaimed Chez Panisse restaurant in Berkeley, Calif. "The choices we make about food affect our health, the health of the planet—and the way we live our lives."



# DAN BARBER'S FALL RECIPE

## Fennel & Apple Soup

Adapted for Food Day

*Makes about 8 cups*

### INGREDIENTS

1 onion, minced  
3 small shallots, minced  
3 fennel bulbs, diced  
1 apple, peeled, cored and diced  
3 tablespoons extra-virgin olive oil  
1 tablespoon fennel seed  
1 quart vegetable stock or low-sodium broth  
½ teaspoon fresh thyme leaves  
½ teaspoon salt  
Freshly ground black pepper

### DIRECTIONS

1. Gently sauté the onion and shallots in 1 tablespoon olive oil without browning them.
2. Add the fennel and apple. Season with pepper.
3. Stir in the fennel seeds and cover with stock. Simmer for 30 minutes.
4. Add thyme, and season with up to ½ teaspoon salt and more pepper to taste.
5. Transfer to a blender and puree, adding remaining 2 tablespoons olive oil.

Per Serving (1 cup): Calories 110; Total Fat 6 g; Sat Fat 0.5 g; Protein 2 g; Carbs 14 g; Fiber 4 g; Cholesterol 0 mg; Sodium 260 mg.

# MARIO BATALI'S ITALIAN RECIPES

## Green Beans with Charred Onions

Adapted from *Molto Gusto* by Mario Batali

*Makes 6 servings*

### INGREDIENTS

- 1 pound green beans or haricots verts
- 2 medium sweet onions, such as Vidalia or Walla Walla
- 1½ tablespoons balsamic vinegar
- 1½ tablespoons orange juice
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon Maldon or flaky sea salt

### DIRECTIONS

1. Bring 4 quarts of water to a boil in a large pot. Add the beans and blanch until crisp-tender, 3 to 5 minutes. Drain in a colander and cool under cold running water; drain well.
2. Halve the onions lengthwise and trim off the ends. Cut lengthwise into ½-inch-wide slices. Heat a dry 12-inch sauté pan over medium-high heat until very hot. Add the onions and sauté until charred in spots but still crunchy, 4 to 6 minutes. During the last minute or so, add the beans, stirring and tossing to warm them through.
3. Transfer the beans and onions to a large bowl. Whisk the balsamic vinegar, orange juice, and oil together in a small bowl. Pour over the beans and onions, tossing to coat. Let stand for at least 10 minutes, or up to 1 hour, before serving. Sprinkle the beans with salt and serve.

Per Serving: Calories 80; Fat 4.5 g; Sat Fat 0.5 g; Protein 2 g; Carbs 10 g; Fiber 3 g; Cholesterol 0 mg; Sodium 90 mg.



## Mussels with Peperonata

Adapted from *Molto Gusto* by Mario Batali

*Makes 8 servings*

### INGREDIENTS

5 garlic cloves, thinly sliced  
½ cup extra-virgin olive oil  
1 pound red bell peppers (3 large), cored, seeded, and cut into ½-inch dice  
1 pound green bell peppers (3 large), cored, seeded, and cut into ½-inch dice  
1 red finger chile or serrano chile, thinly sliced  
¾ cup dry white wine  
2 pounds PEI\* or other small mussels, scrubbed and debearded  
1 cup no-salt-added diced tomatoes, simmered until reduced by half  
¼ teaspoon Maldon or other flaky sea salt

### DIRECTIONS

1. Combine half the garlic and ¼ cup of the oil in a 12-inch sauté pan and heat over medium-low heat just until the garlic is slightly softened, about 1 minute; do not allow to color.
2. Add the bell peppers and sliced chili and cook, stirring occasionally, until the peppers are softened, 15 to 20 minutes.
3. Transfer to a medium bowl and let cool. Combine the remaining ¼ cup oil and the remaining garlic in a large pot and cook, stirring, over medium-high heat just until the garlic is slightly softened, about 1 minute. Add the wine and mussels, cover, and steam until the mussels open, about 4 minutes; transfer the mussels to a bowl as they open.
4. Remove the pot from the heat and set aside. Add the tomato sauce and pepper mixture to the mussel broth and bring to a simmer. Season with the salt, remove from the heat, and gently stir in the mussels. Serve warm or at room temperature. (The mussels can be refrigerated for up to 3 days; serve cold, or bring to room temperature before serving.)

Per Serving : Calories 270; Fat 16 g; Sat Fat 2.5 g; Protein 15 g; Carbs 13 g; Fiber 2 g; Cholesterol 30 mg; Sodium 390 mg.

\*Prince Edward Island

## Squash & Mushroom Salad

Adapted from *Molto Gusto* by Mario Batali

*Makes 6 servings*

### INGREDIENTS

1 small butternut squash (about 1¼ pounds), peeled, seeded, and cut into ½-inch pieces  
½ pound baby shiitake mushroom caps, left whole, or larger caps, cut into ¼-inch-thick slices  
3 large shallots, cut into ¼-inch dice  
¼ cup extra-virgin olive oil  
½ teaspoon Maldon or other flaky sea salt  
Coarsely ground black pepper  
1 tablespoon truffle oil or extra-virgin olive oil  
2 tablespoons balsamic vinegar  
Juice of 1 lemon  
1 teaspoon minced fresh rosemary  
¼ pound cremini mushrooms, trimmed and thinly sliced

### DIRECTIONS

1. Preheat the broiler. Combine the squash, shiitake mushrooms, and shallots in a large bowl. Add the oil, tossing to coat. Season with salt and pepper.
2. Spread the vegetables out on a large baking sheet and broil, stirring occasionally, until the squash is slightly charred and just tender, 15 to 20 minutes. Transfer to a serving bowl.
3. Meanwhile, whisk the balsamic vinegar, lemon juice, truffle (or extra-virgin) oil, and rosemary together in a small bowl.
4. Scatter the cremini over the warm salad and add the vinaigrette, tossing to coat. Serve warm or at room temperature.

Per Serving: Calories 140; Fat 9 g; Sat Fat 1.5 g; Protein 2 g; Carbs 14 g; Fiber 3 g; Cholesterol 0 mg; Sodium 170 mg.



# MEXICAN RECIPES FROM RICK BAYLESS

## Green Bean Salad with Red Onion & Salsa Dressing

Adapted from *Mexican Everyday* by Rick Bayless

*Makes 6 servings*

### INGREDIENTS

1 pound green beans, trimmed  
1 small red onion, thinly sliced  
3 tablespoons olive oil  
3 tablespoons bottled salsa, preferably green tomatillo salsa  
2 teaspoons fresh lime juice  
3 sprigs cilantro, plus more for garnish  
¼ teaspoon kosher salt

### DIRECTIONS

1. Steam the green beans until tender-crunchy, about 3 minutes. Allow them to cool then toss with the red onion in a large bowl.
2. Combine the remaining ingredients in a blender or mini food processor. Process until smooth.
3. Toss the dressing with the green beans and red onion.
4. Garnish with some cilantro leaves.

Per Serving: Calories 90; Fat 7 g; Sat Fat 1 g; Protein 1 g; Carbs 7 g; Fiber 2 g; Cholesterol 0 mg; Sodium 140 mg.

## Sweet Potato with Caramelized Onions & Guajillo Chili Dressing

Adapted from *Mexican Everyday* by Rick Bayless

*Makes 6 servings*

### INGREDIENTS

- 1/3 cup olive oil
- 1 dried guajillo\* chili, stem and seeds removed
- 1 clove garlic
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon kosher salt
- 1 large red onion, chopped
- 2 pounds sweet potato, cut into 1/2-inch cubes

### DIRECTIONS

1. Pour the oil into a very large skillet and set over medium heat. When the oil is warm, add the chili and garlic. Turn and stir until the chili is toasty smelling (about 30 seconds). Remove from the heat.
2. Put the chili in a blender with the vinegar and salt. Blend for 30 seconds. When the oil and garlic are cool, add to the blender. Set the skillet aside without washing. Blend the dressing until smooth.
3. Return the skillet (it will have a light coating of oil) to medium heat and add the onion. Cook, stirring regularly, until soft and richly brown, 9-10 minutes.
4. Add the sweet potatoes. Blend the dressing for a few more seconds and add to the skillet with the potatoes. Stir well. Cover and cook until the potatoes are tender, about 10 minutes. Uncover and allow to cool. Taste and adjust the seasoning.

Per Serving: Calories 240; Fat 12 g; Sat Fat 1.5 g; Protein 3 g; Carbs 31 g; Fiber 5 g; Cholesterol 0 mg; Sodium 240 mg.

\*You can use any mild or medium dried chili.

## Quick Tostados\*

Adapted from *Mexican Everyday* by Rick Bayless

*Makes 6 servings*

### INGREDIENTS

- 1 tablespoon canola oil
- 2 cloves garlic, minced
- 2 15-ounce cans no-salt-added black beans
- ¼ teaspoon kosher salt
- 2 cups cooked shredded chicken breast or diced smoked tofu
- 6 cups shredded romaine
- ¼ cup low-fat sour cream
- 2 tablespoons Mexican hot sauce
- 12 tostados
- 1 avocado, diced
- ½ cup grated Mexican cheese (queso anejo or blanco)
- ½ cup chopped cilantro

### DIRECTIONS

1. Heat the oil in a medium skillet over medium heat. Add the garlic and stir for about a minute. Then add the beans with their liquid. Mash the beans with a potato masher or the back of a spoon until you have a coarse puree, then cook, stirring regularly, until the beans are thickened just enough to hold their shape in a spoon, about 10 minutes. Taste and add up to ¼ teaspoon salt.
2. Place the romaine in a large bowl. Mix together the sour cream and hot sauce. Drizzle over the romaine and toss to combine.
3. Spread each tostado with a portion of beans. Top with chicken and lettuce. Dot with avocado. Sprinkle with cheese and cilantro. Serve right away with more hot sauce for doctoring.

Per Serving: Calories 420; Fat 18 g; Sat Fat 4 g; Protein 24 g; Carbs 42 g; Fiber 12 g; Cholesterol 40 mg; Sodium 430 mg.

\*Tostados are flat, crisp-fried corn tortillas.

# MARK BITTMAN'S AUTUMN RECIPES

## Couscous Salad with Dried Cranberries & Pecans

From *Food Matters Cookbook* by Mark Bittman

*Makes 4 servings*

### INGREDIENTS

1 cup couscous, preferably whole wheat  
Salt  
2 large carrots, grated  
½ cup chopped pecans  
½ cup dried cranberries  
¼ cup chopped scallions  
¼ cup olive oil, or more as needed  
Grated zest and juice of 1 lemon, or more juice as needed  
1 teaspoon coriander  
Pinch of cayenne, or to taste  
Black pepper  
½ cup chopped fresh parsley  
1 tablespoon chopped fresh sage, or 1 teaspoon dried

### DIRECTIONS

1. Put the couscous in a small pot and add 1½ cups water and a pinch of salt. Bring the water to a boil, then cover and remove from the heat. Let steep for at least 10 minutes, or up to 20.
2. Put the slightly cooled couscous in a large salad bowl along with the carrots, pecans, cranberries, scallions, oil, and lemon zest and juice and sprinkle with the spices and pepper. Use 2 big forks to combine, fluffing the couscous and tossing gently to separate the grains. (The salad can be made up to this point and refrigerated for up to a day; bring to room temperature before proceeding.)
3. Stir in the parsley and sage. Taste and adjust the seasoning, moisten with a little more oil and lemon juice as you like, and serve.

Per Serving (with ¾ teaspoon salt): Calories 450; Fat 24 g; Sat Fat 3 g; Protein 9 g; Carbs 56 g; Fiber 10 g; Cholesterol 0 mg; Sodium 390 mg.

## Baked Pumpkin-Orange Custard

From *Food Matters Cookbook* by Mark Bittman

*Makes 6-8 servings*

### INGREDIENTS

2 tablespoons unsalted butter, melted, plus more for greasing the pan  
2 eggs  
¾ cup brown sugar  
12 ounces soft silken tofu  
3 cups (two 15-ounce cans) puréed pumpkin (unsweetened and unseasoned)  
½ teaspoon cinnamon, or more to taste  
¼ teaspoon nutmeg  
¼ teaspoon allspice  
Grated zest and juice of 1 orange  
Pinch of salt

### DIRECTIONS

1. Heat the oven to 350°F. Grease an 8- or 9-inch square pan or pie plate with a little butter. Use an electric mixer or a whisk to beat the eggs and sugar in a large bowl until light. Add the tofu and beat until smooth, a minute or 2 longer.
2. Add the 2 tablespoons melted butter and remaining ingredients and beat until everything is thoroughly combined. Pour the mixture into the prepared pan and bake until set around the edges but still a little jiggly at the center, about 1 hour. Let cool completely before serving, or refrigerate for up to a day and serve cold.

Per Serving (for ⅙ of the custard): Calories 180; Fat 5 g; Sat Fat 2.5 g; Protein 5 g; Carbs 30 g; Fiber 3 g; Cholesterol 55 mg; Sodium 30 mg.

# ELLIE KRIEGER'S COMFORT FOOD

## Sweet & Tangy Three Bean Salad

Adapted from *Comfort Food Fix* by Ellie Krieger

*Makes 8 servings*

### INGREDIENTS

- ½ small red onion, thinly sliced into half-moons
- ¾ pound green beans, trimmed
- ¾ pound wax beans, trimmed
- ¼ cup honey
- ½ cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 15-ounce can no-salt-added kidney beans, rinsed and drained
- 1 medium red bell pepper, trimmed and sliced into matchsticks

### DIRECTIONS

1. To mellow the bite of the onion, place it in a bowl of ice water and allow it to soak for 30 minutes. Drain.
2. Place the green and wax beans in a steam basket fitted over a pot of boiling water. Cover and steam until crisp-tender, about 4 minutes. Remove from the heat and allow to cool. Cut into 2-inch lengths.
3. In a large bowl, whisk together the honey, vinegar, oil, salt, and black pepper. Add the onion, green and wax beans, kidney beans, and bell pepper and toss to combine. Cover and refrigerate for at least 1 hour before serving.

Per Serving: Calories 160; Fat 5 g; Sat Fat 1 g; Protein 5 g; Carbs 23 g; Fiber 7 g; Cholesterol 0 mg; Sodium 160 mg.

## Autumn Vegetable Curry

Adapted from *Comfort Food Fix* by Ellie Krieger

Makes 6 servings

### INGREDIENTS

- 1 large onion, coarsely chopped
- 4 cloves garlic, peeled
- 1 1½-inch length fresh ginger, peeled and thinly sliced
- 1½ tablespoons yellow curry powder
- ¼ teaspoon cayenne pepper, plus more to taste
- 2 tablespoons canola oil
- 2 tablespoons tomato paste
- 2 cups low-sodium vegetable broth
- 1 cup light coconut milk
- 1 cinnamon stick
- ¼ teaspoon freshly ground black pepper, plus more to taste
- ½ head cauliflower, broken into 1½-inch-wide florets (about 3 cups)
- 1 pound sweet potatoes, peeled and cut into 1-inch cubes
- 2 large carrots, peeled and cut into 1-inch rounds
- 2 tomatoes, cored and chopped
- Grated zest of 1 lime
- 2 tablespoons fresh lime juice
- 1 15-ounce can no-salt-added chickpeas, drained and rinsed
- 5 cups fresh baby spinach leaves
- ¾ teaspoon salt
- ¼ cup chopped fresh cilantro leaves
- 3 cups cooked brown rice, for serving, optional

### DIRECTIONS

1. Place the onion, garlic, ginger, curry powder, and cayenne pepper in a food processor and process to combine. Add the oil and process until a smooth puree is formed. Transfer the curry puree to a large pot and cook over medium heat, stirring frequently, about 5 minutes. Add the tomato paste and cook, stirring frequently, until the mixture begins to darken, about 5 minutes more.
2. Add the vegetable broth, coconut milk, cinnamon stick and ¼ teaspoon black pepper and bring to a boil. Reduce the heat and simmer for 10 minutes. Add the cauliflower, sweet potatoes, carrots, and tomatoes, season with salt and pepper, and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, about 25 minutes. Remove the cinnamon stick. Stir in the lime zest and juice, chickpeas, and spinach and cook until the spinach is wilted, about 5 minutes. Season with up to ¾ teaspoon salt.
3. Garnish with cilantro and serve with rice.

Per Serving: Calories 380; Fat 8 g; Sat Fat 2.5 g; Protein 11 g; Carbs 67 g; Fiber 11 g; Cholesterol 0 mg; Sodium 480 mg.





## Honey-Crisp Oven-Fried Chicken

Adapted from *Comfort Food Fix* by Ellie Krieger

*Makes 6 servings*

### INGREDIENTS

6 skinless, bone-in chicken thighs (about 2 pounds)  
2/3 cup low-fat buttermilk  
4 cups whole-grain cereal flakes  
1/2 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1/4 teaspoon cayenne pepper  
Olive oil cooking spray  
2 tablespoons honey

### DIRECTIONS

1. Place the chicken in a bowl with the buttermilk and toss to coat. Marinate in the refrigerator for at least 1 hour and up to 4 hours.
2. Place the cereal flakes in a food processor and process until crumbs form (you should have about 1 cup of crumbs).
3. Transfer to a shallow dish and mix in the paprika, garlic powder, salt, black pepper, and cayenne pepper.
4. Preheat the oven to 350°F. Spray a baking sheet with cooking spray.
5. Remove chicken from buttermilk, shaking off excess buttermilk from the chicken. Discard the remaining buttermilk.
6. Brush each piece of chicken with honey, then dip in the cereal crumbs, press hard so the crumbs adhere to the chicken. Place the coated chicken on the prepared baking sheet.
7. Lightly spray the top of each chicken thigh with cooking spray.
8. Bake until the chicken is crisped and cooked through, 45 to 50 minutes.

Per Serving: Calories 330; Total Fat 7 g; Sat Fat 2 g; Protein 34 g; Carbs 34 g; Fiber 4 g; Cholesterol 125 mg; Sodium 410 mg.



## Apple Crisp

Adapted from *Comfort Food Fix* by Ellie Krieger

*Makes 8 servings*

### INGREDIENTS FOR THE TOPPING

- 1/3 cup old-fashioned rolled oats
- 1/2 cup whole-wheat pastry flour
- 1/4 cup sliced almonds
- 2 tablespoons toasted wheat germ
- 1/4 cup packed dark brown sugar
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 tablespoon cold unsalted butter, cut into pieces
- 2 tablespoons canola oil
- 1 to 2 tablespoons cold water

### INGREDIENTS FOR THE FILLING

- 3 large Rome or Empire apples (about 1 1/2 pounds)
- 3 medium Golden Delicious apples (about 1 pound)
- 3 medium Granny Smith apples (about 1 pound)
- 1/4 cup fresh lemon juice
- 3 tablespoons pure maple syrup
- 2 tablespoons whole wheat pastry flour

### DIRECTIONS

1. Preheat the oven to 375°F.
2. To make the topping, place the oats, flour, almonds, wheat germ, brown sugar, cinnamon, nutmeg, and salt in a food processor and process until well combined. Add the butter and oil and pulse until lumps form. Add the water 1 tablespoon at a time until the dough just holds together when you press it between your fingers. Transfer to a bowl and using your fingers, press the dough to create several pea-size lumps for texture. Chill until ready to use.
3. To make the filling, leaving the peels on, core and cut the apples into 1/4-inch-thick wedges. Toss the wedges with the lemon juice and maple syrup until well coated. Sprinkle with the flour and toss until well combined. Spoon the apple mixture into a 3- to 3 1/2-quart shallow baking dish and sprinkle the dough evenly over the top.
4. Bake in the middle of the oven until bubbling, the apples are tender, and the topping is golden brown, 45 to 50 minutes.

Per Serving: Calories 280; Total Fat 7 g; Sat Fat 1.5 g; Protein 4 g; Carbs 53 g; Fiber 7 g; Cholesterol 5 mg; Sodium 40 mg.



# EMERIL LAGASSE'S RECIPES FROM NEW ORLEANS

## Tuscan Kale & White Bean Ragout

Adapted from *From Farm to Fork* by Emeril Lagasse

*Makes 4 servings*

### INGREDIENTS

2 tablespoons olive oil  
1 bay leaf  
2 cloves garlic, smashed and roughly chopped  
¼ teaspoon crushed red pepper  
1 small red onion, sliced  
1½ pounds Tuscan kale,\* rinsed, patted dry, and cut crosswise into 1-inch-wide slices  
¼ teaspoon freshly ground black pepper, plus more if needed  
2 15-ounce cans no-salt-added cannellini beans or white beans, drained and rinsed  
1 cup canned no-salt-added diced tomatoes, with their juices  
½ cup vegetable stock or canned low-sodium vegetable broth  
½ teaspoon kosher salt  
Extra-virgin olive oil, for drizzling

### DIRECTIONS

1. Heat the olive oil in a large sauté pan over medium-high heat. When it is hot, add the bay leaf, garlic, crushed red pepper, and red onion. Cook until the onion begins to wilt and the garlic begins to turn golden around the edges, 3 to 4 minutes. Add the kale and pepper, and cook for another 2 minutes. Then add the white beans, tomatoes, and stock. Cover, and cook until the kale is wilted and cooked through, about 15 minutes. Taste and season with up to ½ teaspoon salt.
2. Transfer the ragout to a serving dish, and drizzle it with extra-virgin olive oil. Serve hot.

Per Serving: Calories 410; Fat 16 g; Sat Fat 2 g; Protein 17 g; Carbs 53 g; Fiber 13 g; Cholesterol 0 mg; Sodium 410 mg.

\*Tuscan kale is also known as lacinato kale, black kale, and dinosaur kale.



## Gumbo with Smoked Turkey & Wild Rice

Adapted from *From Farm to Fork* by Emeril Lagasse

*Makes 6 servings*

### INGREDIENTS

2 tablespoons olive oil  
1 small onion, chopped  
3 tablespoons chopped scallions, white and light green parts, plus more for garnish  
½ tablespoon chopped garlic  
½ pound smoked turkey thigh or smoked turkey sausage, diced  
1½ pounds fresh cooking greens – a mix of spinach, collard greens, turnip greens -tough stems removed, leaves rinsed and coarsely chopped  
½ pound green cabbage, cored and coarsely chopped  
3 quarts chicken stock or canned low-sodium chicken broth  
2 cups wild rice  
2 or 3 small bay leaves  
¼ teaspoon cayenne pepper, more to taste  
Pinch of ground thyme  
¼ teaspoon kosher salt  
1 tablespoon filé powder,\* or more to thicken (optional)  
Chopped fresh parsley leaves, for garnish

### DIRECTIONS

1. Heat the oil in a large soup pot. Add the onion, scallions, and garlic, and cook until tender, about 3 minutes. Add the turkey and cook for 2 minutes. A handful at a time, add the spinach, collards, turnip greens, and cabbage, stirring them until wilted before adding the next bunch. Then add the stock, wild rice, bay leaves, cayenne, and thyme. Bring to a boil. Reduce the heat to a simmer and cook for 1 hour.
2. Taste and add up to ¼ teaspoon salt—the greens should be tender and slightly spicy. The wild rice should be tender and puffed.
3. If you wish to thicken it, stir 1 tablespoon filé powder into the simmering gumbo. Add more filé, a little at a time, until thickened. Simmer for 3 minutes more. (Do not allow the gumbo to boil once you have added the filé.)
4. Serve garnished with chopped parsley and scallions.

Per Serving: Calories 350; Fat 7 g; Sat Fat 1 g; Protein 21 g; Carbs 53 g; Fiber 9 g; Cholesterol 15 mg; Sodium 440 mg.

\*Filé powder is a spicy ground herb traditionally used to thicken and flavor gumbo.

## Braised Kohlrabi with Fennel & Leeks

Adapted from *From Farm to Fork* by Emeril Lagasse

*Makes 6 servings*

### INGREDIENTS

2 tablespoons olive oil  
1 tablespoon butter  
3 large heads kohlrabi, cut into ½-inch-thick wedges  
2 leeks, white and light green parts, well rinsed and sliced into ¼-inch-thick rounds  
1 large bulb fennel, cored and sliced  
¼ cup dry white wine  
1 cup vegetable stock, or canned low-sodium vegetable broth, more as needed  
4 sprigs fresh thyme  
3 sprigs fresh fennel fronds, plus 1 tablespoon chopped  
¼ teaspoon freshly ground white pepper  
¼ teaspoon kosher salt

### DIRECTIONS

1. Combine the olive oil and butter in a large, deep sauté pan. Once the butter has melted and the foam has subsided, add the kohlrabi, leeks, and fennel. Cook for 4 to 5 minutes, browning the kohlrabi on both sides. Add the wine and cook until it has reduced by half. Then add the vegetable stock, thyme, and fennel fronds, and season with the pepper. Cook, partially covered, for 20 minutes, or until the vegetables are crisp-tender.
2. Remove the thyme sprigs. Serve the vegetables in a shallow bowl with some of the braising liquid, garnished with the chopped fennel fronds. Season with up to ¼ teaspoon salt.

Per Serving: Calories 110; Fat 5 g; Sat Fat 1 g; Protein 2 g; Carbs 12 g; Fiber 5 g; Cholesterol 0 mg; Sodium 140 mg.

# LYNNE ROSSETTO KASPER'S RECIPES

## Rosemary-Orange Cauliflower Puree

Adapted from *How to Eat Weekends* by Lynne Rosetto Kasper

*Makes 8 servings*

### INGREDIENTS

- 1 large cauliflower (2½ to 3 pounds) with its greens
- ¼ pound Tuscan kale\* (about 6 leaves) or regular kale, ribs removed and leaves torn
- 1 large onion, thinly sliced
- 6 garlic cloves, crushed
- 1½ tightly packed teaspoons fresh rosemary leaves, or more to taste
- Finely grated zest of ⅔ large orange, or to taste
- freshly ground black pepper
- ½ teaspoon salt
- ¼ cup extra-virgin olive oil
- 1 tablespoon unsalted butter

### DIRECTIONS

1. Cut the cauliflower into florets, then thinly slice the green stalks.
2. Place 3 inches water in an 8-quart pot. Insert a collapsible steamer. Bring the water to a boil and pile in the cauliflower greens, then the florets then add the kale, onion, garlic, rosemary, and orange zest. Sprinkle with some pepper.
3. Steam for about 10 minutes, or until the cauliflower is almost falling apart. Drain in a colander and let stand for 5 minutes. Place everything into a food processor along with ¼ teaspoon salt, the oil and butter. Purée, then taste for additional seasoning, be it salt (up to another ¼ teaspoon), rosemary, orange zest, or pepper.

Per Serving: Calories 130; Fat 9 g; Sat Fat 2 g; Protein 4 g; Carbs 11 g; Fiber 3 g; Cholesterol 5 mg; Sodium 170 mg.

\*Tuscan kale is also known as lacinato kale, black kale, and dinosaur kale.

## Pomegranate-Cinnamon Tabbouleh

Adapted from *How to Eat Weekends* by Lynne Rosetto Kasper

*Makes 6 servings*

### GRAIN

1½ cups medium or coarsely ground bulgur wheat

### DRESSING

1 large garlic clove, minced

Generous ¼ teaspoon ground cinnamon

3 tablespoons pomegranate molasses\*

2 to 3 tablespoons water or dry white wine

¾ teaspoon salt

Freshly ground black pepper

⅓ cup expeller-pressed canola or safflower oil

### SALAD

2 Belgian endives or ½ medium head of radicchio, trimmed, cored, and coarsely chopped

1 medium fennel bulb, cored, quartered, and coarsely chopped, fronds reserved

½ cup chopped fresh flat-leaf parsley

2 tightly packed tablespoons fresh mint, coarsely chopped

2 to 3 scallions (white parts only), thinly sliced

¼ cup shelled, salted pistachios, coarsely chopped

Seeds from 1 large pomegranate, white membrane removed

Salt and freshly ground black pepper

### DIRECTIONS

1. Soak the bulgur: Place the bulgur in a bowl and add boiling water to cover by 2 inches. Soak for 10 to 20 minutes, depending on the grind of the grain. Taste for tenderness, but be sure it's not mushy. Drain well, squeezing out as much extra moisture as possible by wrapping the grain in a clean towel and wringing it out. If time allows, spread out the bulgur on a fresh towel to help it dry a bit. Transfer the bulgur to a large bowl.
2. Make the dressing: In a medium bowl, combine the garlic, cinnamon, pomegranate molasses, water, salt, and pepper to taste. Stir well. Add the oil in a slow stream while whisking until emulsified.
3. Make the salad: Toss into the bulgur the endive, fennel, parsley, mint, scallions, and pistachios. Gently fold in the pomegranate seeds and the dressing. Taste for seasoning and add up to another ¼ teaspoon salt and pepper to taste. Garnish with the fennel fronds, and serve.

Per Serving: Calories 220; Fat 8 g; Sat Fat 0.5 g; Protein 6 g; Carbs 36 g; Fiber 8 g; Cholesterol 0 mg; Sodium 260 mg.

\*Pomegranate molasses substitute: simmer 1 cup pomegranate juice and 1 tablespoon fresh lemon juice until reduced to 3 tablespoons.





## KATE SHERWOOD'S AUTUMN RECIPES

### Lentil, Apple & Walnut Salad with Cider Dressing

by Kate Sherwood

*Makes 8 servings*

#### INGREDIENTS

1½ cups French lentils  
3 cloves garlic  
2 sprigs thyme  
1 bay leaf  
2 cups apple cider  
2 tablespoons whole grain Dijon mustard  
2 tablespoons cider vinegar  
2 shallots, minced  
3 tablespoons canola oil  
½ teaspoon kosher salt  
Freshly ground black pepper  
1 apple, diced  
5 ounces baby spinach  
½ cup chopped walnuts

#### DIRECTIONS

1. In a medium pot, cover the lentils, garlic, thyme and bay leaf with water by 2 inches.
2. Bring to a boil then reduce to a simmer. Cook until tender but not mushy – start checking them at 15 minutes.
3. Drain, rinse under cold water and discard the garlic, thyme and bay leaf.
4. In a sauté pan, boil the cider until reduced to ⅓ cup. Allow to the cider to cool then whisk reduced cider together with the mustard, vinegar, shallots, and oil.
5. Season the dressing with up to ½ teaspoon salt and pepper. Toss apples, lentils and spinach in the dressing. Arrange salad on a platter and garnish with the walnuts.

Per Serving: Calories 260; Total Fat 10 g; Sat Fat 0.5 g; Protein 12 g; Carbs 32 g; Fiber 10 g; Cholesterol 0 mg; Sodium 240 mg.



## Pearl Barley with Spinach Pesto

by Kate Sherwood

*Makes 8 servings*

### INGREDIENTS

1½ cups pearl barley  
1 clove garlic  
¼ cup pine nuts, toasted  
½ cup grated parmesan  
4 cups baby spinach  
¼ cup extra-virgin olive oil  
¾ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
1 cup edamame

### DIRECTIONS

1. Boil the barley in plenty of water until al dente (chewy but not raw in the center), about 30 minutes. While the barley is cooking, make the pesto.
2. Pulse the garlic, pine nuts, cheese, spinach, oil, salt and pepper in a food processor until finely chopped.
3. Reserve ½ cup cooking water.
4. Toss the edamame into the pot with the barley then drain and return them to pot.
5. Stir ¼ cup of cooking water into the pesto.
6. Stir the pesto into the barley and edamame. Add more water if needed to loosen.

Per Serving: Calories 260; Total Fat 12 g; Sat Fat 2.5 g; Protein 7 g; Carbs 32 g; Fiber 6 g; Cholesterol 5 mg; Sodium 280 mg.

## Yogurt Panna Cotta with Cranberry Pear Sauce

by Kate Sherwood

*Makes 8 servings*

### PANNA COTTA\* INGREDIENTS

- 1 cup low-fat (1%) milk
- ¼ cup sugar
- 1 envelope plain powdered gelatin
- 2 tablespoons cold water
- 1 large container (16-18 ounces) fat-free Greek yogurt
- 1 teaspoon pure vanilla extract
- 1 recipe cranberry pear sauce (see below)

### DIRECTIONS

1. In a large saucepan, heat the milk with the sugar over low heat, stirring, until the sugar has dissolved, about 3 minutes. Remove from the heat.
2. Meanwhile, in a small bowl, mix the gelatin with the water and let stand for 2 minutes.
3. Whisk the gelatin into the warm milk and let cool.
4. In a medium bowl, whisk together the yogurt and vanilla extract. Whisk in the milk.
5. Pour ⅓ cup of the mixture into each of 8 serving glasses.
6. Refrigerate until set, about 2 hours. Serve with the cranberry pear sauce.

### SAUCE INGREDIENTS

- 1 cup fresh or frozen cranberries
- 2 ripe pears, peeled, cored and diced
- ¼ cup sugar
- 1 cup water

### DIRECTIONS

1. Combine all the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer for 20 minutes.
2. Transfer to a heat-proof bowl and cool to room temperature, about 1 hour.

Per Serving: Calories 120; Total Fat 0 g; Sat Fat 0 g; Protein 7 g; Carbs 32 g; Fiber 2 g; Cholesterol 0 mg; Sodium 40 mg.

\*Frozen vanilla yogurt can be substituted for the panna cotta recipe (as pictured).



# VEGETARIAN RECIPES FROM MARIE SIMMONS

## Carrot, Sweet Potato & Ginger Soup

Adapted from *Fresh and Fast Vegetarian* by Marie Simmons

*Makes about 10 cups*

### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 pound carrots, cut into ½-inch slices
- 1 pound sweet potatoes, scrubbed, skins left on, cut into ½-inch cubes
- 1 bunch scallions (white and green parts), sliced
- ½ cup chopped celery
- 1 garlic clove, grated
- 1 tablespoon chopped peeled fresh ginger
- 1 teaspoon coarse salt
- 4 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 tablespoon finely chopped seeded jalapeño pepper, or to taste
- 6 ounces baby bok choy, stem ends trimmed, cut into ½-inch slices

### DIRECTIONS

1. Heat the oil in a soup pot until it is hot enough to sizzle a piece of vegetable. Add the carrots, sweet potatoes, scallions, celery, garlic, ginger, and ½ teaspoon salt. Cook, covered, stirring occasionally, over medium-low heat until lightly browned and softened, about 10 minutes. Add 6 cups water and 2 tablespoons of the cilantro and bring to a boil. Cover and cook over medium heat until the vegetables are tender, 20 to 25 minutes.
2. Ladle out about 2 cups of the solid vegetables and set aside. Use an immersion blender to puree the soup in the pot. If you don't have an immersion blender, let the soup cool slightly, transfer it to a blender or food processor, in batches if necessary, and puree until smooth. Return the soup to the pot.
3. Add the reserved vegetables, lime juice, and jalapeño. Bring the soup to a boil. Stir in the bok choy and cook for 30 seconds. Taste and season with up 1/2 teaspoon salt. Ladle the soup into bowls and garnish with the remaining 2 tablespoons chopped cilantro.

Per Serving (1 cup): Calories 90; Total Fat 3 g; Sat Fat 0 g; Protein 2 g; Carbs 15 g; Fiber 3 g; Cholesterol 0 mg; Sodium 270 mg.

## Shredded Tuscan Kale, Tomato & Avocado Salad

Adapted from *Fresh and Fast Vegetarian* by Marie Simmons

*Makes 4 servings*

### SALAD

1 small bunch (about 10 ounces) Tuscan kale,\* washed and dried  
2 tablespoons fresh lime juice  
1 tablespoon extra-virgin olive oil  
1/8 teaspoon coarse salt

### SALSA

1 avocado, halved, pitted, peeled and cut into 1/4-inch dice  
1 ripe tomato, cut into 1/4-inch dice with seeds and juice  
1/2 cup diced (1/4 inch) red onion  
1 teaspoon finely chopped seeded jalapeño pepper, plus more to taste  
1 small garlic clove, grated  
1 tablespoon lime juice  
1 tablespoon extra-virgin olive oil  
1/4 teaspoon coarse salt  
1/4 cup unsalted roasted pepitas (pumpkin seeds) or roasted sunflower seeds

### DIRECTIONS

1. To prepare the kale, cut along both sides of the stem of each leaf with a sharp knife or pull the ruffled leaves away from the stems with your hands. Discard the stems. Gather a bunch of the long kale leaves together on the cutting board and slice into thin (1/8-inch) crosswise slices. You should have 4 to 6 cups lightly packed.
2. Combine the kale, lime juice, oil, and salt in a large bowl. Rub the ingredients together with your hands (as though giving the kale a massage) until the leaves wilt, 1 to 2 minutes. Set aside.
3. To make the salsa: Combine the avocado, tomato, red onion, jalapeño, garlic, lime juice, oil, and salt and stir to blend.
4. Add the salsa to the kale and toss to combine. Sprinkle the salad with the pepitas. Serve at room temperature.

Per Serving: Calories 240; Total Fat 19 g; Sat Fat 3 g; Protein 6 g; Carbs 16 g; Fiber 6 g; Cholesterol 0 mg; Sodium 220 mg.

\*Tuscan kale is also known as lacinato kale, black kale, and dinosaur kale.

## Curried Lentils with Walnuts, Spinach & Cherry Tomatoes

Adapted from *Fresh and Fast Vegetarian* by Marie Simmons

*Makes 4 servings*

### INGREDIENTS

- 1 cup brown lentils
- 2 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 2 teaspoons curry powder
- 1 garlic clove, grated
- 2 bags (5–6 ounces each) baby spinach (8–10 cups packed), rinsed and drained
- 1 cup small cherry or grape tomatoes, stems removed
- 2 tablespoons finely chopped fresh mint
- ½ cup chopped walnuts
- ½ cup plain yogurt

### DIRECTIONS

1. Bring a medium saucepan half full of water to a boil. Add the lentils and cook, uncovered, until tender but not mushy, 18 to 20 minutes. Drain and set aside.
2. Heat the oil in a large skillet until hot enough to sizzle a piece of onion. Add the onion and cook, stirring, until tender, about 5 minutes. Add the curry powder and garlic and cook, stirring, for 1 minute. Add the cooked lentils, spinach, tomatoes and mint and cook, stirring, until heated through, about 5 minutes.
3. Meanwhile, heat the walnuts in a small skillet over medium heat, stirring, until toasted, about 5 minutes. Sprinkle the walnuts over the lentils and serve with the yogurt to spoon over the top.

Per Serving: Calories 400; Total Fat 17 g; Sat Fat 2 g; Protein 18 g; Carbs 47 g; Fiber 20 g; Cholesterol 0 mg; Sodium 150 mg.

## Oven-Roasted Stuffed Portobello Mushrooms

Adapted from *Fresh and Fast Vegetarian* by Marie Simmons

*Makes 4 servings*

### INGREDIENTS

4 large Portobello mushrooms, wiped clean, stems removed and reserved  
4 tablespoons extra-virgin olive oil  
½ cup chopped onion  
1 cup coarse bread crumbs from lightly toasted whole wheat bread  
2 tablespoons finely chopped fresh Italian parsley  
2 tablespoons oil-packed sun-dried tomatoes, drained, blotted dry, and chopped  
1 garlic clove, grated  
¼ teaspoon coarse salt  
Freshly ground black pepper

### DIRECTIONS

1. Preheat the oven to 400°F. Finely chop the mushroom stems.
2. Meanwhile, heat 2 tablespoons of the oil in a medium skillet until it is hot enough to sizzle a piece of onion. Add the onion and chopped mushroom stems and cook, stirring, over medium heat until golden, about 5 minutes. Add the bread crumbs, parsley, sun-dried tomatoes and garlic and cook, stirring, until the crumbs are heated through, about 2 minutes. Sprinkle with salt and pepper to taste and set aside.
3. Brush the tops and bottoms of the mushroom caps with the remaining 2 tablespoons oil. Sprinkle on both sides with a pinch salt and a grinding of black pepper. Place on a baking sheet, rounded sides up, add ¼ cup water and roast for 10 minutes.
4. Remove the pan from the oven. Turn the caps over, fill with the crumb mixture, dividing it evenly, and roast until browned and crisp, about 10 minutes more. Transfer to a platter and serve.

Per Serving: Calories 190; Total Fat 15 g; Sat Fat 2 g; Protein 3 g; Carbs 12 g; Fiber 2 g; Cholesterol 0 mg; Sodium 200 mg.



## ASIAN RECIPES FROM NINA SIMONDS

### Hot & Sour Salmon with Greens

Adapted from *A Spoonful of Ginger* by Nina Simonds

*Makes 6 servings*

#### INGREDIENTS

- 2½ pounds baby bok choy or bok choy, stem ends and leaf tips trimmed
- 8 whole scallions, ends trimmed, cut into thin slices on the diagonal
- ¼ cup fresh ginger cut into very thin julienne shreds
- 6 salmon steaks, about 6 ounces each
- 3 cups cooked brown rice

#### DRESSING

- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons Chinese black vinegar or balsamic vinegar
- 2 tablespoons sugar
- 1 tablespoon minced garlic

#### DIRECTIONS

1. Trim the tough outer leaves from the bok choy and discard. Rinse the stalks and leaves and drain. Cut the stalks in half lengthwise. Cut the halves diagonally into 2-inch sections. In a bowl, toss the scallions and ginger with the bok choy sections. Arrange on a heatproof platter.
2. Mix the ingredients of the dressing and pour into a serving bowl.
3. Preheat the oven to 450°F. Place the salmon steaks on top of the greens. Pour into a roasting pan several inches of water and heat until boiling. Carefully place the platter of salmon and vegetables on top of a rack or steamer tray in the roasting pan. Cover the top of the pan tightly with aluminum foil. Bake 7 to 9 minutes, or until the fish is cooked.
4. Serve the salmon from the heat-proof platter or arrange the steamed vegetables and salmon on serving plates. Spoon the dressing on top and serve with brown rice.

Per Serving: Calories 430; Total Fat 14 g; Sat Fat 2 g; Protein 44 g; Carbs 32 g; Fiber 4 g; Cholesterol 105 mg; Sodium 480 mg.



## Spicy Garlic Broccoli with Pine Nuts

Adapted from *A Spoonful of Ginger* by Nina Simonds

*Makes 6 servings*

### INGREDIENTS

1½ pounds broccoli  
¼ cup pine nuts  
1½ teaspoons canola or corn oil  
1½ teaspoons toasted sesame oil  
1 teaspoon hot chili paste or ¾ teaspoon crushed dried chilies  
2 tablespoons minced garlic  
2½ tablespoons rice wine or sake, mixed with 2 tablespoons water

### SAUCE (MIXED TOGETHER IN A BOWL UNTIL THE SUGAR IS DISSOLVED)

1 tablespoon reduced sodium-soy sauce  
1 teaspoon sugar

### DIRECTIONS

1. Trim the ends of the broccoli, separate the florets, peel the outer skin of the stem and cut it on the diagonal into 1-inch lengths.
2. Toast the pine nuts until golden in a 300°F oven, turning them occasionally so that they cook evenly for about 20 minutes.
3. Heat a wok or large skillet, add the oils, and heat until hot, about 20 seconds. Add the chili paste or crushed chilies and garlic, and stir-fry, tossing with a slotted spoon over medium heat until fragrant, about 15 seconds. Turn the heat to high.
4. Add the stem sections of the broccoli and stir-fry. Pour in the rice wine and water and cook, tossing, about 30 seconds, then cover and cook about 1½ to 2 minutes, until the stems are just tender. Add the florets and toss over high heat, cooking for about 1½ minutes or until just tender.
5. Add the premixed sauce and toss lightly for 15 seconds. Add the toasted pine nuts and stir-fry a few seconds to combine the ingredients. Scoop the ingredients into a serving bowl and serve immediately.

Per Serving: Calories 90; Total Fat 6 g; Sat Fat 1 g; Protein 4 g; Carbs 8 g; Fiber 4 g; Cholesterol 0 mg; Sodium 125 mg.

## Rainbow Salad with Spicy Peanut Dressing

Adapted from *A Spoonful of Ginger* by Nina Simonds

*Makes 6 servings*

### INGREDIENTS

14 ounces firm tofu, cut into ½ inch slabs  
½ pound whole wheat spaghetti  
1 teaspoon toasted sesame oil  
2 cups grated carrots  
1½ cups grated cucumbers, seeds and skin removed  
1½ cups grated red cabbage  
1 red bell pepper, cored, seeded, and sliced into thin strips  
1 yellow pepper, cored seeded, and sliced into thin strips

### SPICY PEANUT DRESSING

2 tablespoons minced fresh ginger  
½ tablespoon minced garlic  
1 teaspoon hot chili paste, or more to taste  
½ cup smooth peanut butter  
¼ cup reduced-sodium soy sauce  
1 tablespoon sugar  
2 tablespoons Chinese black vinegar or balsamic vinegar  
3 tablespoons toasted sesame oil  
¼ cup water

### DIRECTIONS

1. Wrap the tofu slabs in paper towels or a cotton towel and place a heavy weight, such as a cast-iron skillet, on top. Let stand for 30 minutes to press out the excess water, then cut the tofu into matchstick-size shreds about 2 inches long.
2. Bring 3 quarts water to a boil, add the spaghetti, and cook until just tender. Drain in a colander, toss with the sesame oil, and arrange on a platter.
3. Arrange the carrots, cucumbers, bean sprouts, red and yellow pepper strips, and tofu in mounds or separate concentric circles on the serving platter with the noodles.
4. To prepare the Spicy Peanut Dressing: In a food processor fitted with a steel blade or a blender, chop the ginger and garlic until fine. Add the remaining ingredients in descending order, ending with the water. Process until smooth. The sauce should have the consistency of heavy cream. If it is too thick, add more water; if too thin, add more peanut butter. Pour the sauce into a serving container, and offer the vegetables and sauce to each diner to mix as desired.

Per Serving: Calories 430; Total Fat 21 g; Sat Fat 3.5 g; Protein 18 g; Carbs 46 g; Fiber 9 g; Cholesterol 0 mg; Sodium 530 mg.