

### Menu Terms to Look For

- } Lean—no added fat
- } Poached—simmered in water
- } Roasted—cooked in an oven or over an open flame
- } Salsa—spicy sauce of fruits and/or vegetables
- } Steamed—cooked over water
- } Sautéed—cooked in a small amount of oil
- } Au jus—in its own juice
- } Baked—cooked in an oven
- } Braised—slow cooked in its own juices
- } Broiled—cooked under high heat
- } Grilled—cooked over high heat
- } Gazpacho—uncooked Spanish soup

## Menu Terms to Avoid

- } Bechamel sauce—cream sauce made with cream, butter and flour
- } Bisque—shellfish puree with cream and wine
- } Breaded—coated with bread crumbs, flour and milk, and usually deep fried
- } Buttered—with butter
- } Au gratin—cheese sauce with cheese, cream, oil and flour
- } Basted—fat and juices poured over the top while cooking
- } Batter—coated with flour and some type of fat
- } Bearnaise—cream sauce made of egg yolks, oil and vinegar  
Creamed or creamy  
—cream added
- } Crisp—fried in either oil or butter
- } Custard—mixture of cream, butter, eggs and sugar
- } Fritters or fried—fried in oil
- } Hollandaise—heated sauce of egg yolks and oil or butter
- } Scalloped—layered potatoes or vegetables coated with sauce of milk or cream,  
butter and flour
- } Tempura—battered with flour and eggs, then fried

## Steel Cut Oatmeal

4 Cups Water

1 Cup Steel Cut Oatmeal

½ Apple Diced

½ Cup Blueberries

½ Cup Raspberries

1/8 teaspoon Cinnamon

1 Tablespoon Honey

1. In a sauce pan bring water to a boil
2. Slowly mix oatmeal into water
3. Let boil until oatmeal starts to thicken about 5 mins.
4. Turn down to simmer stir occasionally about 20-25 mins
5. After about 10 mins add apples
6. After 20 mins add remaining ingredients
7. Portion into 5 separate microwavable containers
8. Let cool
9. Cover store in refrigerator
10. Heat in microwave for 1 min add skim milk
11. Serve

## High Energy Banana Pancakes

1 Cup Whole Wheat Flour

2 Cups Oatmeal

1/8 Cup Powered Stevia

4 Teaspoons Baking Powder

1/2 Teaspoon Baking Soda

1/2 Teaspoon Sea Salt

1 3/4 Cups Low fat Buttermilk

1/2 Cup Egg Whites

1/2 Cup Olive Oil

3/4 Cup Mashed Bananas

Blueberries and Raspberries to garnish

1. In a large mixing bowl place flour, oatmeal, stevia, baking soda, baking powder, and sea salt leaving the center of the bowl empty.
2. In another bowl mix buttermilk, egg whites, and olive oil.
3. Add liquid into center of flour mixture stir until mixed well.
4. Mix in bananas last.
5. Cook on griddle until edges firm up about 2 mins. flip and cook 2 mins on the other side
6. Top with blueberries, raspberries and sugar free maple syrup.

## Sweet Potato Cakes

1 Egg

¼ Cup Egg Whites

3 Cups Cooked Quinoa

2 Cups Peeled, Grated Sweet Potatoes

1/4 Cup Scallions Sliced Thin

1 tablespoon Cilantro Chopped Fine

½ Cup Quinoa Flour

2 Teaspoons Sea Salt

2 Teaspoons Olive Oil

1. In a large bowl whip egg and egg whites
2. Add quinoa, sweet potato, cilantro, flour, scallions, salt and pepper let stand
3. Shape mixture into round cakes about 3" thick
4. Heat oil in a large skillet over medium heat
5. Cook cakes until brown 2-3 mins on each side
6. Serve

Note: If oil smokes turn temp down

## Lentil Salad

2 Cups dry lentils

4 Cups water

$\frac{3}{4}$  Cup Carrots diced

$\frac{1}{2}$  Cup Celery Diced fine

1 Cup Red onions diced fine

$\frac{1}{2}$  pound Shitake Mushrooms sliced thin

### Dressing

2 Tablespoons Mustard

$\frac{1}{4}$  Cup Cider Vinegar

$\frac{1}{2}$  Cup Extra virgin olive oil

1. Simmer lentils in water until tender about 25 mins.
2. Rinse under cold water until chilled drain well
3. Combine lentils, carrots, celery, onions, and mushrooms
4. In a separate bowl combine mustard and vinegar. Slowly add olive oil whipping until fully blended in.
5. Toss salad mixture and dressing. Serve

## Quinoa Pilaf

2 Teaspoons Olive Oil

1/3 Cup Chopped Pistachios

3 Cups Cooked Quinoa

½ Cup Dried Currants

1. In a large skillet heat oil
2. Add pistachios stir until lightly browned
3. Add cooked quinoa and currants stir occasionally until hot and serve

Note: Before preparing Quinoa be sure to rinse with cold water.

## Grilled Salmon Florentine

2-3 ½ oz. portions Salmon

2 teaspoons Extra Virgin Olive Oil

8oz. Baby Spinach

½ teaspoon fine chopped garlic

1 oz. balsamic vinaigrette

1. Heat grill or broiler, lightly oil grates to prevent sticking
2. Grill salmon until pink throughout

(Approx. 4 mins each side)

3. While cooking brush both sides with vinaigrette
4. While cooking salmon heat oil in saute' pan with chopped garlic
5. After garlic starts to brown add spinach and cook just until spinach softens approx 1-2 mins

Note: Different species of salmon have a little different flavor and texture profiles.

Atlantic Salmon: a moderate texture and flavor is going to be farm raised not as fatty as wild Chinook or king Salmon. The flesh color will depend on the amount of pigment in the feed. Atlantic salmon is a species not a region where it is caught.

Chinook Salmon: Needs a large fat reserve for their long distance travel this makes for a buttery flavor. The flesh color will be red

Coho Salmon: While Chinook can be found fresh year round wild coho will be available from July through October. Wild coho has a relatively high fat content with a moderate flavor and texture. While it appears soft will get firm upon cooking.

## Not Your Mom's Vegetable Soup

5 Cups Free Range Fat Free Chicken Broth

2 Large Red Potatoes cut 1" dice

2 Cups Onions ¼ " dice

1 Cup Carrots Cut thick

2 Cups Celery Cut thick

1 8oz. can Low Sodium Tomato Sauce

1 Clove Garlic Minced

¼ Cup Fresh Chopped Parsley

1/8 Cup Fresh Chopped Cilantro

Black Pepper to taste

1. In a large pot combine broth, onions, potatoes, carrots, and celery. Bring to a boil.
2. Lower heat and simmer until potatoes are tender.
3. Add remaining ingredients simmer 10-12 mins longer

## Grilled Tuna Kabob

8oz Tuna Steak (Cut into 6 equal cubes)

2 Green Peppers Cut into 1" cubes

1 Medium Onion Quartered

½ Pineapple cut into 1" cubes

½ Medium Banana cut in half

1. Take skewers and alternate Tuna, 2 onion petals, 1 pepper, and 1 pc pineapple, three times at the end of the skewer place banana. Makes 2 skewers.
2. Heat grill coat lightly with olive oil.
3. Place tuna kabobs on grill brush with lime vinaigrette dressing.
4. Do not overcook tuna about 2 mins on each side
5. Remove from the grill and place ontop of Quinoa Pilaf, brown rice or couscous.
6. Remove skewer by holding the first piece of tuna and sliding skewer off.

## Dining Out

- } How much do you think is spent a year to eat food prepared away from home?
  - \$400 billion
- } We are putting trust in a restaurant to do the right thing for our family's health
- } Be a smarter consumer!
- } Chefs take pride in what they prepare, but it's not prepared with your health in mind
- } Restaurants are in the business to make money
- }