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Daily Breakfast Menu

Whole Grain Cereals

Shredded Wheat
Grape Nuts
Cheerios
Oatmeal

Accompaniments

Fruit Spread - no sugar added
Apple Butter - no sugar added
Nonfat Plain Yogurt
Fruit Salad
½ grapefruit, sectioned

Beverages

Soy Milk-Vanilla and Plain
Coffee Substitutes
Herbal Tea
*Decaffeinated Coffee (Please refer to “A Word About Caffeine”
on the next page.)*
100% Fruit Juices – Orange, Apple, Grapefruit, and Cranberry

Daily Specials

Omelets Made to Order and Hash Brown Potatoes
Breakfast Sandwiches
Raisin Bran Muffins and Smoothies
Spinach-Cheese Bake
Banana Pancakes with Apricot Sauce & Breakfast Sandwiches



A word about Caffeine

Throughout the week you will be taking steps towards changing your lifestyle. The Dr. Dean Ornish Retreat will provide you with the necessary tools and information to improve your overall health and help you live better.

Along with the education you receive this week, you will also be given the opportunity to live the healthy lifestyle the Ornish Program promotes. You will exercise, practice stress management, participate in group support and be served lowfat, vegetarian meals throughout the week.

When keeping with the practices of the Ornish Program, there are no caffeine-containing food or beverages included in the eating style. Since undesirable side-effects such as headaches, may occur when regularly consumed caffeinated food or drinks are suddenly eliminated from your diet, decaffeinated beverages will be available during our meals. Remember even decaffeinated beverages contain trace amounts of caffeine that may interfere with your meditation and relaxation experience.

We encourage you to try the caffeine-free beverages that will also be available throughout the week.



Omelets Made to Order

Yield: 4 servings

1 pint Egg Beaters

Garnish may include:

Blanched spinach

Green onions

Diced tomatoes

Nonfat cheese

Cooked mushrooms

Bell peppers-green, red, and yellow

Ketchup

Pour Egg Beaters in a nonstick pan lightly coated with nonstick cooking spray.
Add desired garnishes.



Hash Brown Potatoes

Yield: 4 servings

2 cups grated, partially boiled potatoes, (2 baking potatoes such as russet)

Salt to taste (optional)

Pepper to taste (optional)

Nonstick cooking spray

Bring large amount of water to a boil. Peel potatoes, leave whole, and blanch for 2 minutes in water. Remove from water, dry potatoes, and let cool. When cool, grate in a food processor or by hand. Season with salt and pepper. Using a Teflon pan lightly coated with a nonstick spray (extra spray wiped out), preheat pan to medium heat. Add $\frac{3}{4}$ inch layer of potatoes to pan. Press down lightly on potatoes with a plastic spatula. Turn potatoes over when golden brown. Brown the other side. Season to taste.



Banana Pancakes

Yield: 4 servings

1 cup all-purpose flour
½ teaspoon vanilla
¼ cup wheat bran
¼ teaspoon orange zest
¼ cup oatmeal
2 teaspoons baking powder
2 tablespoons brown sugar
½ teaspoon baking soda
1 teaspoon wheat germ
1 ½ cups soy milk
1 cup chopped banana

Mix soy milk with banana, vanilla, orange zest, and brown sugar. Add flour, wheat bran, oatmeal, wheat germ, baking powder, and baking soda mix without overworking. Cook in a Teflon pan until bottom is golden brown and plastic or wooden spatula slips underneath with ease. Flip and cook remaining side.

Apricot Sauce

Yield: 2 cups, approx. 8-12 servings

3 cups fruit juice (nectarine, apricot or apple)
1 tablespoon lemon juice
1 tablespoon vanilla extract
2 ounces dried apricots, chopped

In a small saucepan, combine fruit juice, apricots, and vanilla. Cover and simmer for 20 minutes. Puree in a blender or food processor. Add lemon juice. Serve with banana pancakes.



Breakfast Sandwiches

Yield: 1 sandwich

1 Ornish-friendly English Muffin or bagel, preferably whole wheat

1/4 cup egg substitute

1 slice Yves Veggie Canadian bacon or similar product

1 slice fat free cheese or 1 slice soy cheese

Toast muffin or bagel. Place slice of cheese on bottom half of bread. Sauté veggie bacon lightly in a small skillet. Place on top of cheese. Pour egg substitute in a small sauté pan that was lightly sprayed with cooking spray. Prepare over medium high heat. Heat omelet style, fold in half, and place over veggie bacon. Top with second half of bread.

Source: Tom DeGori, Executive Chef, Radisson Hotel Green Tree



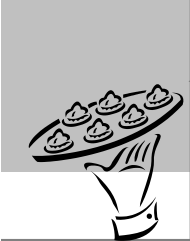
Thursday Evening Reception & Registration

Bruchetta with Roasted Red Peppers

Raw Vegetable Tray with Tofu Ranch Dressing

Pita Pocket Sandwiches

Sliced Fresh Fruit with Oh So Tasty! Fruit Dip



Bruchetta with Roasted Red Peppers

Yield: 6-8 servings

1 French baguette, sliced ¼ inch on bias
2 tomatoes, seeded and sliced
2 roasted red peppers, julienne
2 garlic cloves, finely chopped
1 tablespoon fresh basil, chopped
¼ cup balsamic vinegar
1 ½ tablespoon honey
¼ cup fat free Parmesan cheese or soy Parmesan
Salt and pepper to taste

Slice French baguette on bias. Toast lightly. Mix all remaining ingredients and let sit for 2 hours. Top baguettes with tomato and pepper mixture. Garnish with fat free Parmesan cheese.

Source: Tom DeGori, Executive Chef; Radisson Hotel Pittsburgh – Green Tree.



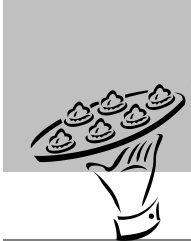
Tofu Ranch Dressing

Yield: 1 cup

1 (8 ounce) package silken tofu

1 packet, Hidden Valley Ranch Fat Free Ranch Dressing Mix

Place ingredients in blender or food processor and blend until smooth.



Pita Pocket Sandwich

Whole Wheat Pita Bread

Hummus

Herbed Yogurt Sauce

Tabbouleh

Sliced cucumber, tomato, lettuce, mushroom, tomato

Fill each pita pocket with ingredients listed.

Hummus

1 (15-ounce) can chickpeas (garbanzo beans)

2 tablespoons lemon juice

¼ teaspoon ground cumin

1 small garlic clove, minced

Pinch cayenne pepper

2 tablespoons minced parsley

1 tablespoon minced red onion

Drain chickpeas, reserving juice. Do not rinse. Transfer peas to a food processor or blender and blend with ½ cup reserved chickpea juice, lemon juice, cumin, garlic, and cayenne. Add parsley and red onion and pulse briefly just to mix.

Herbed Yogurt Sauce

¾ cup nonfat plain yogurt

2 tablespoons chopped fresh cilantro

1 tablespoon chopped fresh mint

2 teaspoons minced jalapeno chile

1 teaspoon fresh lime juice

1 teaspoon brown sugar

In a small bowl, combine yogurt, cilantro, mint, chili, lime juice, and sugar. Stir until well mixed. Serve immediately or refrigerate up to 2 days.

Tabbouleh

1 cup bulgur

1 teaspoon minced garlic

½ cup diced, seeded and peeled

1 cup diced fresh tomato cucumber

1 cup chopped parsley

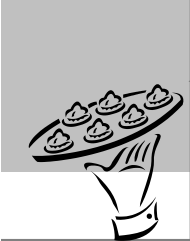
½ teaspoon salt

1 tablespoon chopped fresh mint

3 tablespoons lemon juice

Salt and pepper to taste

Bring one cup water to a boil in a small saucepan. Add bulgur, cover, remove from heat, and let stand 25 minutes. Sprinkle cucumber with ½ tsp. salt. Place in a sieve, set over a bowl, and let drain 20 minutes. Press lightly on the cucumber to release moisture. In a small bowl, whisk together lemon juice, garlic, and salt and pepper to taste. In a large bowl, combine cooked bulgur, cucumber, lemon juice mixture, tomato, parsley and mint. Mix well.



Oh So Tasty! Fruit Dip

Yield: 16 servings

1 package French vanilla instant pudding mix

1 cup skim milk

1 cup sour cream, fat-free

Combine instant pudding mix with milk. Whip until thick. Fold in sour cream. Refrigerate until ready to serve. Serve with favorite sliced fruits.

Source: *The Cooking Cardiologist, Revised 2nd Edition*, pg. 32.



Friday Lunch

Tortilla Soup

Grilled Vegetable & Bean Burritos w/ condiment bar

Lettuce, Tomatoes, Fat Free Sour Cream, Soy Cheese

on

WW Tortillas or Blue Corn Tortillas

Spicy Mexican Rice

Salad Bar

Green Pea Guacamole

Fresh Tomato Salsa

Pita Chips

Lemon Bars



Tortilla Soup

Yield: 8 1-cup servings

Vegetable cooking spray
3 corn or flour tortillas, cut into 2 x ¼ inch strips
1 small onion, chopped
1 cup chopped celery
1 medium tomato, coarsely chopped
½ teaspoon dried basil leaves
½ teaspoon ground cumin
5 cups vegetable stock
1 can (15 ½ ounces) pinto beans, rinsed, drained
2 teaspoons finely chopped cilantro
1-2 teaspoons lime juice
Salt to taste
Cayenne pepper to taste

Spray medium skillet with cooking spray; heat over medium heat until hot. Add tortillas; lightly spray tortilla with cooking spray and cook over medium heat, tossing occasionally, until browned and crisp, about 5 minutes. Reserve.

Spray large saucepan with cooking spray; heat over medium heat until hot. Sauté onions, celery, tomatoes, basil, and cumin until onions are tender, 3 to 5 minutes. Add stock and beans; heat to boiling. Reduce heat and simmer, uncovered, 3 to 5 minutes. Stir in cilantro; season with lime juice, and add salt and cayenne pepper to taste.

Add tortilla strips to soup bowls and ladle on soup.

Adapted from *1,001 Low-Fat Vegetarian Recipes*, Sue Spitler, p. 113-114



Grilled Vegetables

Yield: 8 servings

1 red bell pepper, seeded and sliced
1 green bell pepper, seeded and sliced
1 yellow red pepper, seeded and sliced
1 white onion, sliced
1 carrot, cut julienne
1 yellow squash, cut julienne
1 zucchini, cut julienne
1 teaspoon minced garlic
1 teaspoon chili powder
Salt and pepper to taste
Cooking Spray

Combine vegetables in a large bowl. Lightly coat vegetables with cooking spray. Add seasonings to taste. Grill vegetables over medium hot coals in a vegetable grill until peppers and squash are tender and onion is translucent.



Two-Bean Burrito Filling

Yield: 4 servings

1 cup finely diced onion
¼ cup vegetable broth
1 cup finely diced green bell pepper
1 (15-ounce) can black beans
1 teaspoon minced garlic
1 (15-ounce) can kidney beans
1 tablespoon chili powder
1 cup canned tomato sauce
1 teaspoon ground cumin
1 cup corn kernels, fresh or frozen

In a saucepan, combine onion, bell pepper, garlic, chili powder, cumin, and vegetable broth. Bring to a simmer over moderately high heat and cook until onion and peppers are tender, 3 to 5 minutes. Add black beans and kidney beans with their liquid, and the tomato sauce. Bring to a boil, cover, reduce heat to maintain a simmer, and cook 10 minutes to blend flavors. Stir in corn and simmer 2 minutes. Put mixture into a strainer set over a bowl.

Additional fillings for burritos: lettuce, fat free cheese or soy cheese, fat free sour cream, green pea guacamole (see recipe), fresh tomato salsa (see recipe)



Spicy Mexican Rice

Yield: 4 servings

1/2 cup canned ground tomatoes, or diced tomatoes

1/4 cup Fresh Tomato Salsa(see recipe)

1/2 cup diced green bell pepper

2 garlic cloves, minced

1/2 cup diced onion

1/4 tsp. salt

1/4 cup diced carrots

1 cup long-grain brown rice

In a saucepan, combine tomatoes, bell pepper, onion, carrots, salsa, garlic, salt, and 1 cup water. Bring to a simmer over moderate heat. Add rice, stir once with a fork, cover, and reduce heat to lowest setting. Cook 25 minutes. Let stand, covered, 5 minutes, the uncover, transfer to a serving bowl, and fluff with a fork.



Green Pea Guacamole

Yield: 1 generous cup

1 cup frozen green peas (no need to thaw)

1/8 teaspoon ground cumin

2 tablespoon Fresh Tomato Salsa (see recipe)

1/4 nonfat plain yogurt

2 teaspoons lime juice

Salt

1 garlic clove, minced

Put peas, yogurt, lime juice, garlic, and cumin in food processor or blender. Blend ingredients but stop machine before mixture is completely smooth; it should have a slightly coarse texture. Transfer to a bowl and stir in salsa to taste.



Fresh Tomato Salsa

Yield: 1 ½ cups

1 cup diced fresh tomato
1 tablespoon chopped cilantro
2 tablespoons finely diced white onion
2 teaspoons lime juice
1 jalapeno chile, seeds and white ribs removed
½ teaspoon minced garlic
Salt to taste

Combine all ingredients in a bowl, stir to blend.



Lemon Bars

Yield: 16 servings

Crust:

24 fat-free vanilla wafers
1/3 cup confectioner's sugar
1 1/2 teaspoon lemon rind, grated
3 tablespoons unsweetened applesauce

Lemon Filling:

3/4 cup sugar
2 egg whites
1/4 cup Egg Beaters® (egg substitute)
3/4 cup fat-free lemon yogurt
3 1/2 tablespoons flour, all purpose
2 tablespoons fresh lemon juice
1 1/2 teaspoons lemon rind, grated
1/2 teaspoon baking powder
Confectioner's sugar

Preheat oven to 350 degrees F. Spray an 8 x 8-inch baking dish with nonstick cooking spray. Break the wafers into pieces and place in a food processor. Process to make crumbs. Add the confectioner's sugar, lemon rind and applesauce; process to make dough. Flour your fingers, then press the dough into the prepared baking dish. Bake for 15 to 20 minutes, or until the crust feels firm and is lightly browned. Set aside. In a medium size bowl, place the sugar, egg whites and Egg Beaters. Beat with an electric mixer until thick and smooth. Add the yogurt, flour, lemon juice, lemon rind and baking powder. Mix until smooth. Spread over the baked cookie crust. Bake on a 350 degrees F oven for 25 to 30 minutes or until set and lightly browned. Cool on a wire rack. Place in the freezer 1 hour before cutting into 16 bars. Keep refrigerated if not serving right away. Sprinkle with confectioner's sugar before serving.

Adapted from: *The Cooking Cardiologist (Revised 2nd Edition)*, Richard Collins, MD, p. 204



Friday Dinner

White Bean Soup with Winter Greens

Caesar Salad with Homemade Croutons

Mushroom and Spinach Lasagna

Whole Wheat Dinner Rolls

Carrot Cake with Cream Cheese Frosting



White Bean Soup with Winter Greens

Yield: 8 servings

1 bunch fresh kale or chard
2 (15 ounce) cans navy beans or cannellini beans
3 cups Vegetable Broth
1 russet-type baking potato, peeled, diced ½"
1 bay leaf
1 teaspoon grated lemon zest
½ medium yellow onion, chopped
Salt and pepper
2 teaspoons minced garlic

Remove and discard tough kale ribs. Bring a large pot of salted water to a boil over high heat. Add kale leaves and boil 2 minutes. Drain in a sieve or colander. Refresh under cold running water. Drain again well. Chop coarsely. In a medium pot, combine broth, beans, potatoes, onion, garlic and bay leaf. Bring to a simmer and cover, and cook for 15 minutes, or until potatoes are soft. Add chopped kale and simmer 1 minute, uncovered. Season to taste with salt and pepper. Remove the bay leaf. If you would like the soup a little thinner, add water as needed. Stir in lemon zest and serve.



Caesar Salad with Homemade Croutons

Yield: 3 cups

1 large head romaine lettuce, washed, dried and chopped into bite size pieces

Dressing:

½ cup soft tofu

2 tablespoons Grated Parmesan-style Soymage (soy cheese)

1 tablespoon lemon juice

2 teaspoons Dijon mustard

1 tablespoon red wine vinegar

1/6 teaspoon black pepper

1 garlic clove minced

Croutons:

1 day-old nonfat baguette, diced in 3/8 inch pieces

Croutons: Preheat oven to 375 degrees F. Put diced baguette on a baking sheet and bake until golden brown, about 10 minutes.

Caesar Dressing: Put all ingredients in a bowl and whisk to blend, or puree. To assemble salad, put romaine in a salad bowl. Add 1 cup croutons and half of the dressing. Toss well to coat leaves evenly with dressing. Serve immediately.



Mushroom and Spinach Lasagna

Yield: 6 servings

2 cups diced mushrooms
1 cup diced onion
1 teaspoon minced garlic
1 (10 ounce) package frozen chopped spinach
1 cup nonfat ricotta cheese
½ cup fresh basil chiffonade
½ cup liquid egg substitute
1/8 teaspoon ground nutmeg
1/8 teaspoon salt
3 cups nonfat Marinara sauce
½ pound dried whole wheat lasagna noodles
1 tablespoon Parmesan-style soy cheese
½ cup grated nonfat mozzarella cheese

Preheat oven to 425 degrees F.

In a saucepan, combine mushrooms, onion, garlic, and ¼ cup water. Simmer, covered, until onions are soft, about 5 minutes. Uncover and simmer until liquid evaporates, about 3 minutes. Put frozen spinach in a bowl and microwave until hot throughout, about 5 minutes. Do not drain. Transfer to a large bowl, and stir in ricotta, egg substitute, basil, salt, nutmeg, and the cooked mushrooms, onion and garlic.

Cook lasagna noodles in a large pot of boiling salted water until just tender. (Check package directions for timing.) Drain well. Spread 1-cup marinara sauce in bottom of a rectangular baking dish, approximately 8 by 12 inches. Top with a layer of noodles, arranging them side-by-side, without overlapping.

Spread ½ of the cheese and mushroom mixture evenly over noodles. Continue to layer sauce, noodles, and cheese mixture. End with a layer on noodles and remaining sauce. Top with mozzarella and Parmesan cheese. Bake, uncovered, until hot throughout, about 30 minutes. Let stand 10 minutes before slicing.



Carrot Cake with Cream Cheese Frosting

Yield: 12 servings or one 9-inch cake

Cake

1/4 teaspoon salt

1/2 cup sugar

2 teaspoons baking soda

2 cups peeled and grated carrots

1 jar carrot puree

1 teaspoon cinnamon

1 1/4 cups sifted cake flour

1 1/4 cups oat bran

2 teaspoons pure vanilla extract

1 can (4 ounces) crushed pineapple with juice

1/2 cup egg whites (from 4 eggs) or egg substitute

Frosting

8 ounces non-fat cream cheese

1/4 cup sugar

Preheat oven to 425 degrees F. In a large bowl, whisk carrots, sugar, pineapple, carrot puree, egg whites, vanilla and salt until well blended. In a second bowl, stir together flour, oat bran, baking soda, and cinnamon. Add dry ingredients to liquid ingredients; fold gently. Pour batter into a 9-inch pie pan, nonstick or lightly sprayed with nonstick cooking spray. Bake until lightly browned and firm to the touch, about 30 minutes. Cool in pan, then unmold and frost. Frosting: beat cream cheese and sugar with a stiff whisk, a hand-held mixer or a wooden spoon until smooth and creamy. Spread evenly over cake surface.



Saturday Lunch

Miso Soup

Sushi

Vegetable Lo Mien

Salad Bar

Apricot Turnip Salad

Melon Salad

Angel Food Cake with Fresh Berries



Miso Soup

Yield: 4 cups

1 cup diced carrots

1 cup thinly sliced leeks, white and pale green part only

1 cup diced onion

1 cup diced celery

3 tablespoons white miso

One 4-inch square dried seaweed

In a saucepan, combine carrots, onion, celery, seaweed, and 5 cups cold water. Bring to a simmer over moderate heat. Adjust heat to maintain a simmer and cook, uncovered, until broth is flavorful, about 20 minutes. Strain through a sieve and return to a clean saucepan. Add leeks and simmer over moderate heat until leeks are tender, about 5 minutes. Whisk in miso. Serve immediately.

Variation: Add shiitake mushrooms and lemongrass to soup



Sushi and Fillings

Yield: 6 servings – makes approximately 6 large rolls

3 cups Calrose rice (sushi rice)

3 cups + 2 tablespoons of water

(Optional) 14" x 5" Dashi kombu (seaweed)

Seasoning:

1/3 cup rice vinegar

2 teaspoons salt

1 teaspoon sugar or 3 ounces seasoned rice vinegar

2 tablespoons Mirin (Japanese cooking wine or sweet sherry)

6 nori sheets 8" x 7" (dry seaweed)

Wash rice according to instructions on package. Soak rice in water for 30 minutes. Bring to a boil, with Dashi kombu seaweed. When water begins to boil, remove seaweed and cover. Simmer for 25 minutes. Turn off heat, let stand for 15 minutes and mix with seasonings in a wooden, glass or plastic bowl, using a folding motion.

To Assemble:

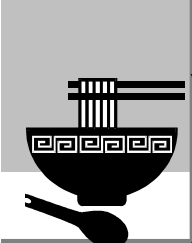
Use bamboo rolling mat, clear food wrap, or damp paper towel. Lay out a sheet of seaweed, shiny side facing down. Spread a layer of rice 1/4 inch thick, leaving a one-inch border. In the center of the rice put in filling. Roll tightly, like a jelly roll. Moisten edges of seaweed to stick.

Approximate Fillings for one roll:

Cucumber: 1/4 English cucumber or Japanese cucumber cut in matchstick pieces, with 2 Shiso leaves (optional) cut in fine strips. (Shiso is a Japanese basil.)

Julienne of vegetables: 2 ounces of carrots, celery, green beans cut in matchstick pieces and parboiled + 2 leaves of Shiso.

Spinach smoked tofu: 2 ounces parboiled spinach leaves, squeezed to remove water + 1 ounce smoked tofu cut in matchstick pieces.



Vegetable Lo Mein

Yield: 6 servings

1 package (12 ounces) fresh Chinese-style noodles
1 red pepper, julienne
1 green pepper, julienne
2 packages Baked Tofu, Oriental flavor, julienne
½ head bok choy, chopped
½ head nappa, chopped
½ cup baby corn
½ cup sweet chili paste
¼ cup low sodium soy sauce
1 ½ tablespoons honey
2 tablespoons hoissan sauce
¼ cup garlic, chopped
1 cup cold water
2 ½ tablespoons corn starch
1 pinch crushed red pepper

Cook noodles according to package directions, set aside.

Cut all vegetables. In a wok or sauté pan, place chili paste, soy sauce, honey, hoissan sauce, garlic and ginger. Bring to a simmer. In a small bowl, mix water and cornstarch together. Slowly add to the simmering sauce. Stir until thick. Add remaining vegetables and ingredients. Cook until vegetables are tender. Serve over noodles.

Source: Tom DeGori, Executive Chef; Radisson Hotel Pittsburgh - Green Tree



Apricot Turnip Salad

Yield: 4 servings

*1 cup turnip, peeled, sliced very thin, salted with 1 tsp. salt and rinsed in cold water
4 apricots, soaked in 2 tablespoons warm sake for 2 hours and cut into fine strips
2 tablespoons rice vinegar*

Combine all ingredients and serve.



Melon Salad

Yield: 6 servings

3 cups honeydew melon, peeled and diced 1/4-inch

3 cups crenshaw, peeled and diced 1/4-inch

1/4 cup red onions, diced 1/3-inch and soaked in cold water

1/4 cup rice vinegar

2 tablespoons mint, chopped

Combine all ingredients and serve.



Angel Food Cake

Yield: 8 to 10 servings

1 cup cake flour
1 1/2 cups sugar
2 cups egg whites (6 to 8 eggs)
1 teaspoon pure vanilla extract
1/4 teaspoon almond extract
1 teaspoon pure vanilla extract
1/4 teaspoon salt

Preheat oven to 350 degrees. Sift the cake flour and 3/4 cup sugar together three times. Set aside. Whip the egg whites until foamy with the whisk attachment of an electric mixer. Gradually beat in the rest of the sugar. Add the extracts and salt. Beat just until stiff peaks form. Do not overbeat. Remove the bowl from the mixer.

With a whisk or spatula fold the flour and sugar mixture by thirds into the egg whites. Place the batter in an ungreased 10-inch tube pan. Bake for 40 to 45 minutes, or until cake is golden brown and springs back to the touch. Invert the cake to cool. Remove it from pan and serve.

Source: *Eat More, Weigh Less*, D. Ornish, MD, p. 335



Saturday Dinner

“Build Your Favorite All-American Sandwich” Bar

*Boca Burgers w/
Grilled Portobello Mushrooms, Grilled Onions,
Horseradish Yogurt Dressing, Relish, Ketchup, Mustard
Tomatoes, Lettuce, Soy Cheese Slices*

*Deluxe Veggie Dogs w/
Sauerkraut, Onions, Relish, Ketchup, Mustard*

Jean-Marc’s Oven Fries

Salad Bar

Grilled Corn on the Cob

*Sundae Bar with Assorted Toppings and Grilled Fruit
Caramel Sauce, Marshmallow Cream, Berries, Peaches,
Grilled Pineapple and Grilled Bananas*



Grilled Portobello Mushrooms and Onions

Yield: 8 servings

4 portobello mushrooms (about 6 ounces each)
1½ cups nonfat bottled Italian salad dressing
5 tablespoons chopped fresh thyme
¼ cup Worcestershire sauce
2 large red onions, in ½ -inch thick slices
2 large red bell peppers, quartered, stems and ribs removed

Wipe the mushrooms clean with a damp paper towel, remove the stems, and slice the caps into ½-inch thick slices.

In a small bowl, whisk together salad dressing, thyme, and Worcestershire sauce.

Preheat oven to low and prepare a medium-hot charcoal fire. Place grilling rack 4 to 6 inches from the coals. Brush mushrooms, onions, and bell peppers with herbed dressing. Grill, turning once or twice, until nicely browned on the outside and tender, 6 to 8 minutes total. Remove from grill and keep warm in oven.

Brush the cut sides of the rolls with remaining herbed dressing. Place cut side down over indirect heat (not directly over the coals) and grill until rolls are just heated through and beginning to brown at the edges.

Horseradish Yogurt Dressing

Yield: 1 ¾ cups

2 tablespoons finely minced onion
5 to 6 tablespoons grated horseradish ()*
4 tablespoons white vinegar
1 ½ cups nonfat plain yogurt
3 tablespoons finely chopped dill
Salt and black pepper

Combine all of the ingredients in a mixing bowl.

(*) Note: This is a good method for grating horseradish: Peel a piece weighing about ½ pound. Slice it across the grain and then chop coarsely. Put slices in a blender or food processor with the vinegar. You will need about ¾ cup of sliced horseradish to get 5 to 6 tablespoons grated.



Jean-Marc's Oven Fries

Yield: 4 servings

4 russet-type baking potatoes (about 8 ounces each)

Salt

Preheat oven to 475 degrees F. Line a baking sheet with parchment paper and lightly spray with nonstick spray. Or use a nonstick baking sheet lightly sprayed with nonstick spray. Peel potatoes, if desired. (You can leave the skins on.) Cut potatoes lengthwise into finger-like pieces about ½ inch thick. Arrange potatoes on prepared baking sheet in a single layer, not touching. Sprinkle with salt. Bake until golden brown, about 25 minutes.



Sunday Lunch

Tuscan Vegetable Minestrone

Pasta Bar with Assorted Sauces

Nonfat Alfredo Sauce

Rich-Tomato Mushroom Sauce

Roasted Red Pepper Sauce

Steamed Vegetables

Salad Bar

Apple Cranberry Cake



Tuscan Vegetable Minestrone

Yield: 4 servings

2 cups diced green cabbage
½ cup diced onion
½ cup diced carrots
½ cup diced celery
½ cup diced peeled baking potato
1 can diced tomatoes
5 cups vegetable broth
½ cup diced zucchini
1 (15 ounce) can kidney beans
¼ cup dried elbow macaroni
1 tablespoon minced fresh oregano
Salt and pepper

In a large pot, combine cabbage, onion, carrots, celery, potato, tomatoes, and vegetable broth. Bring to a simmer over moderate heat. Cover, adjust heat to maintain a simmer, and cook until vegetables are half done, about 15 minutes. Add zucchini, beans with their juice, and macaroni. Cover and simmer until vegetables are tender and pasta is al dente, about 15 minutes. Add oregano. Season to taste with salt and pepper.



Rich Tomato-Mushroom Sauce

Yield: 4 servings

6 patties “Vegan Original” Boca Burger or textured soy protein
1 cup canned diced tomato
1 1/2 cups canned tomato sauce
3 cups sliced fresh mushrooms
1/2 cups diced roasted onions
1 garlic clove, minced
1/2 teaspoon dried oregano
2 tablespoons chopped fresh basil
Salt and pepper
1 pound dried whole wheat rigatoni or penne pasta

Cook Boca Burgers according to package directions. Chop into ½-inch dice.

In a large saucepan, combine chopped Boca Burger, diced tomato, tomato sauce, mushrooms, roasted onions, garlic and oregano. Bring to a simmer, cover and adjust heat to maintain a simmer. Cook 15 minutes, stirring occasionally. Stir in basil; season to taste with salt and pepper. Keep warm.

Bring a large pot of salted water to a boil over high heat. Add pasta and cook until al dente according to package directions. Drain and transfer to a large warm bowl. Add sauce, using as much as you like, and toss to coat. Serve immediately on warm plates.



Roasted Red Pepper Sauce

Yield: 4 servings

2 large tomatoes, peeled, seeded and diced ¼ inch

1 pinch thyme, dried

16 leaves basil, sliced in chiffonade

2 bell peppers, roasted, peeled and seeded

½ cup vegetable stock

1 onion, oven roasted for 30-40 minutes at 400 degrees F

2 cloves garlic, oven roasted for seven minutes

1 pinch salt and pepper

Combine tomatoes, peppers, onions, garlic, thyme, and vegetable stock in saucepan and simmer for 15 minutes. Puree in blender and season with salt and pepper. Serve with fresh basil.



Nonfat Alfredo Sauce

Yield: 4 servings

2 cups nonfat soy cream

1/2 cup garlic cloves, peeled (about 12 cloves or 1 small head)

1/4 cup Parmesan-style soy cheese

4 teaspoons cornstarch diluted with 8 tsp. cold water

Salt to taste

Nutmeg to taste

Garnish:

Fresh herbs, basil, parsley

Blanch garlic by placing garlic cloves in a saucepan and covering with 3 inches of cold water. Bring to boil and drain under cold water. Repeat the procedure 3 times. Combine blanched garlic and nonfat sour cream in a saucepan. Bring to a boil. Whisk in the cornstarch mixture. Boil for 1 minute, or until thick. Remove from heat and puree mixture in a blender until smooth. Whisk in cheese and season with salt and nutmeg. Mix with hot pasta and garnish with herbs, basil, parsley.



Apple Cranberry Cake

Yield: one 10-inch round, 12 servings

1 cup unbleached all-purpose flour
1 cup egg beaters or egg whites
1 cup oat bran
1 teaspoon cinnamon
1 tablespoon baking soda
¼ cup sugar
2 cups non-fat yogurt
2 cups unpeeled, cored apples, diced ½ inch
½ cup maple syrup
1 teaspoon grated lemon zest
2 tablespoons vanilla extract
½ cup dried cranberries
2 cups bread crumbs from stale fat-free bread

Preheat oven to 375 degrees F. In a bowl, stir together flour, oat bran, baking soda, and cinnamon until well blended. In a second bowl, whisk together yogurt, maple syrup, lemon zest, and vanilla. Stir in cranberries, and bread crumbs. In a third bowl, whisk egg whites, and sugar. Add flour mixture to yogurt mixture, stirring just to blend. Do not overwork. Gently fold in egg whites, then apples, taking care not to overwork batter. Transfer to a 10-inch round cake pan, either nonstick or lightly sprayed with nonstick cooking spray. Bake until firm to the touch and lightly browned, about 45 minutes. Cool in pan before un-molding.



Sunday Dinner

(Available as a boxed meal)

Honey Mustard Potato Salad

Festive Fruit Slaw

“Veggie” Ham & Cheese Sandwiches on Whole Wheat Bread

Confetti Quinoa

Spiced Pumpkin Bars



Honey Mustard Potato Salad

Yield: 12 servings

2 pounds small red potatoes, washed and sliced
Water
1 cup nonfat salad dressing or fat free Mayonnaise
1 teaspoon honey
2 tablespoons Dijon mustard
1 teaspoon celery seed
1 clove garlic, minced
1 cup red bell pepper, diced
½ cup carrots, grated
1 cup celery, diced
1 cup green onions, diced

Place potato slices in a 4-quart Dutch oven and add enough water to cover. Bring to a boil for 10-12 minutes or until cooked through. Drain and rinse the potatoes in cold water. Combine the Miracle Whip, honey, mustard, celery seed and garlic in a large bowl, mixing well. Add the cooked potatoes, bell pepper, carrots, celery and onions, mix lightly until evenly coated. Refrigerate until ready to serve.

Source: *The Cooking Cardiologist (Revised 2nd Edition)*, Richard Collins, MD, p. 145



Festive Fruit Slaw

Yield: 6 servings

1/4 cup soft low-fat tofu
3 tablespoons pineapple juice
2 teaspoons sugar
1/3 cup shredded cabbage
1 (14 ounce) can crushed pineapple
1/3 cup raisins
1/4 cup dried apricots
1 cup diced red apples
1/4 cup grated carrots

In a food processor or blender, process tofu, pineapple juice and sugar until smooth. In a medium bowl, combine remaining ingredients. Add tofu mixture and toss. Cover and refrigerate until thoroughly chilled.

Source: *Vegetarian Cooking with Jeanie Burke, R.D.*, pg. 51.



Confetti Quinoa

Yield: 6 servings

1 cup uncooked quinoa
1 teaspoon ground cumin
2 (15 ounce) cans rinsed and drained black beans
1 ½ cups fresh corn, cooked (about 2 ears) or frozen corn, thawed
1 cup diced red onion
1 cup diced red bell pepper
¼ cup finely chopped fresh cilantro
2 tablespoons seeded and diced jalapeno pepper
3 tablespoons fresh lemon juice
1 tablespoon water

Thoroughly rinse quinoa in a strainer; drain. In a medium saucepan, combine cumin in 2 cups water. Add quinoa and bring to a boil. Reduce to simmer, cover and cook until water is absorbed, 10 to 15 minutes. Fluff with a fork.

Add beans, corn, onion, bell pepper, cilantro and jalapeno to the quinoa. Stir in 1 tablespoon water and lemon juice to give salad a zesty edge. Serve warm or at room temperature.

Adapted from: *Vegetarian Cooking with Jeanie Burke, R.D.*, pg. 55.



Spiced Pumpkin Bars

Yield: 24 servings

1 cup egg whites, (approx. 8 large eggs) or liquid egg substitute

1 cup unsweetened applesauce

1 ½ cups granulated sugar

2 cups canned unsweetened pumpkin

2 cups unbleached all-purpose flour

1 tablespoon baking powder

½ teaspoon salt

2 teaspoon ground cinnamon

½ teaspoon ground ginger

¼ teaspoon ground nutmeg

¼ teaspoon ground cloves

Confectioners' sugar, sifted

Preheat oven to 375 degrees F. Lightly spray a 12x18x1-inch pan with nonstick spray.

In a large bowl, whisk together egg whites, applesauce, sugar, and pumpkin. Sift or stir together the flour, baking powder, baking soda, salt, and spices. Gently fold dry ingredients into pumpkin mixture; do not overwork. Spread mixture evenly in prepared pan. Bake until firm to the touch and lightly browned, 20 to 25 minutes. Cool, then slice into 24 bars. Dust lightly with confectioners' sugar just before serving.