

# Everyday Healthy SERIES



## Almond Peach Panna Cotta

Panna cotta is a cooked cream dessert from Italy and is refreshing and light. Try a variety of fruit to go with this delicious morsel.

1 envelope (7 g) unflavoured gelatin  
**1 1/2 cups (375 mL) Almond Dream Original**  
1 cup (250 mL) whipping cream  
1/2 cup (125 mL) granulated sugar  
1/2 tsp (2 mL) vanilla or almond extract  
1/2 cup (125 mL) toasted slivered almonds  
Sliced peaches or fresh raspberries  
Fresh mint leaves  
Raspberry or peach sauce

Dissolve gelatin in 1/4 cup (50 mL) of cold water; set aside.

In saucepan, whisk together Almond Dream, cream and sugar. Bring cream mixture to boil and remove from heat. Whisk in vanilla and gelatin mixture.

Place 1 tbsp (15 mL) of toasted almonds in bottom of 8 ramekins or custard cups. Gently pour cream mixture into ramekins. Refrigerate for at least 3 hours or until set. Run knife around edge of ramekins and turn onto serving plates.

Garnish with fresh fruit and mint leaves and sauce.

Makes 8 servings.

## **Pork Tenderloin Medallions in Blueberry Merlot Sauce**

This is adapted from a recipe I enjoyed in London, Ontario at the Delta Armouries one summer. I thought it couldn't be possible to have a punchy sauce from those sweet wild blueberries of summer but it is. When fresh wild blueberries are not available simply substitute frozen. Serve this dish with **Casbah Flavoured Couscous**.

1/4 cup (50 mL) Dijon mustard  
2 tbsp (25 mL) chopped fresh thyme  
1/4 tsp (1 mL) pepper  
Pinch salt  
2 pork tenderloins (about 12 oz/375 g each)  
1/3 cup (75 mL) chopped fresh Italian parsley  
**2 tbsp (25 mL) Spectrum extra-virgin olive oil**

Blueberry Merlot Sauce:

1 large shallot, minced  
1 tbsp (15 mL) granulated sugar  
1 cup (250 mL) merlot wine  
1 1/2 cups (375 mL) wild blueberries, fresh or frozen  
1 tbsp (15 mL) cornstarch

In small bowl, stir together mustard, thyme, pepper and salt. Spread all over pork tenderloins. Sprinkle with parsley and freeze on waxed paper lined plate for 15 minutes or until firm.

Slice each tenderloin into 9 pieces. In large skillet, heat oil over high heat and brown each pork medallion on each side. Remove to baking sheet and place in 350 F (180 C) oven for about 10 minutes or until hint of pink remains inside. Let stand tented with foil for 5 minutes.

Blueberry Merlot Sauce: Meanwhile, return skillet to medium heat. Add shallot and sugar and cook for 2 minutes or until softened and slightly golden. Add wine and bring to boil over high heat. Boil, stirring often for about 3 minutes or until reduced slightly. Add blueberries and return to boil.

In small bowl, dissolve cornstarch in 2 tbsp (25 mL) water. Stir into sauce and simmer until thickened.

Spread sauce on plates and top with pork medallions.

Makes 4 to 6 servings.

## Grilled Figs Wrapped in Prosciutto with Balsamic Drizzle

This is a quick appetizer that uses another favourite fruit that I can eat by the basketfuls—figs!! I did this recipe on Canadian Living Cooks and it was a huge hit with viewers and friends and family too.

4 fresh black or green figs  
4 thin slices prosciutto  
8 large fresh basil leaves  
1 tbsp (15 mL) Spectrum extra-virgin olive oil  
2 cups (500 mL) torn frisee leaves or mesclun mix  
**2 tbsp (25 mL) Spectrum balsamic vinegar**  
3/4 oz (25 g) Parmigiano-Reggiano cheese, shaved

Halve figs; cut prosciutto in half lengthwise. Wrap basil leaf then prosciutto piece around each fig. Place on plate; cover and refrigerate for 1 hour. Brush fig packages with oil.

Place fig packages on greased grill over medium-low heat; close lid and grill turning once, about 2 minutes or until warmed through and prosciutto is barely browned around edges. Divide frisee among 4 plates. Place fig packages on top. Drizzle with balsamic vinegar and top with cheese.

Makes 4 servings.

Tip: You can use peach or mango for the figs.

Tip: You can wrap the figs up to 8 hours ahead.

## **Citrus Vanilla Tea**

Warm up to this cuppa while sitting by the fireplace or reading a good book. A relaxing way to start or end any day.

2 cups (500 mL) water

1 cinnamon stick

**1 bag Celestial Seasonings Morning Thunder black tea**

1 mandarin, cut in half

Quarter lemon, cut in slices

1 tbsp (15 mL) demarara sugar (or more to taste)

2 tbsp (25 mL) Navan liqueur or 2 tsp (10 mL) vanilla extract

In small saucepan, bring water and cinnamon stick to boil. Squeeze mandarin and lemon into water and add fruit. Add tea bag and let steep for 5 minutes. Stir in sugar until dissolved.

Remove fruit and tea bag and stir in Navan. Pour into two warmed mugs. Break cinnamon stick in half and add to cups.

Makes 2 servings.