

Everyday Healthy

SERIES



Wild Mushroom Flatbread

I enjoyed a similar version of this appetizer in Lake Louise, while I was looking out my window onto the Lake and mountains. Somehow it just made sense to eat something small and enjoy a glass of wine at the same time.

1 tbsp	Spectrum extra-virgin olive oil
4 cups	sliced exotic mushrooms (such as oyster, shiitake, chanterelle, porcini)
1	small shallot, minced
1	clove garlic, minced
1 tsp	chopped fresh thyme
2 tbsp	chopped fresh Italian parsley
1/4 cup	pesto
4	Greek style whole wheat pita breads
1/4 cup	finely chopped sundried tomatoes, packed in oil and drained
1 cup	shredded light Swiss or Jarlsberg cheese

In skillet, heat oil over medium-high heat; cook mushrooms, shallot, garlic and thyme for about 8 minutes or until golden. Add parsley and toss to coat.

Meanwhile, spread pesto on pita breads. Sprinkle with sundried tomatoes. Top with mushroom mixture. Sprinkle with cheese. Place on large baking sheet and bake in 400 F oven for about 10 minutes or until cheese melts and pita is crispy. Cut each pita into 6 wedges.

Makes 24 pieces.

Chipotle Black Bean Crostini

Here the combination of Chipotle chilies and black beans are smooth and are a perfect contrast to the crunch of the crostini.

1 tbsp	Spectrum canola oil	15 mL
1	shallot, minced	1
2	cloves garlic, minced	2
1	can (14 oz) Yves black beans drained and rinsed	
1/2 tsp	ground cumin	2 mL
1 tbsp	chopped Chipotle chilies or jalapeno pepper	
1/4 cup	Imagine low sodium vegetable stock	
Half	sweet red pepper, diced	Half
Half	whole wheat baguette, sliced on diagonal	
1/2 cup	light cream cheese, softened	125 mL
	Fresh coriander leaves	

Add oil to skillet and heat over medium heat; cook shallot and garlic for 2 minutes or until softened. Add black beans and cumin; cook for 5 minutes or until heated through.

Place half the mixture in food processor, add Chipotle; puree until smooth. Scrape out into bowl stir in remaining bean mixture and red pepper.

Meanwhile, toast baguette slices on large baking sheet in 425 F (220 C) oven for about 10 minutes or until golden. Let cool slightly. Spread with cream cheese. Top with black bean mixture; garnish with coriander and cooked bacon.

Makes about 24 pieces.

Mini Scone Nibbles

Fill these mini bites with smoked turkey and cranberry sauce or pork tenderloin and mango chutney for perfect bite size treats.

1 1/2 cups	whole-wheat flour
1/2 cup	oat bran
3	green onions, chopped
3 tbsp	flax or sunflower seeds
2 tsp	baking powder
2 tsp	sugar substitute
1/2 tsp	salt
1/4 tsp	nutmeg
1/4 cup	non-hydrogenated soft margarine
2/3 cup	Soy Dream or Rice Dream
2 tbsp	liquid egg

1. In large bowl, combine flour, oat bran, onions, flaxseeds, baking powder, sugar substitute, salt and nutmeg. Using your fingers, rub margarine into flour mixture to combine. Add milk and toss with fork to make a soft dough.

2. Place dough onto floured surface and knead gently about 5 times to bring dough together. Pat dough out to 1/2 inch thick. Cut dough into 1-inch rounds using cookie or biscuit cutter. Place on baking sheet and brush tops with liquid egg. Bake in 425F oven for about 10 minutes or until golden on the bottom.

Makes 8 scones.

Sweet Fruit Version: Omit green onion and flaxseeds. Increase sugar substitute to 2 tbsp and add 1/2 cup chopped dried apricots, raisins or dried cranberries.

