

Everyday Healthy SERIES



Frittata di Rape (Rapini Frittata)

I love rapini cooked any way because of its slightly bitter and mustardy flavour. This versatile frittata is spectacular cut and placed in a crusty bun for a dinner sandwich. Or try it with a little pasta sauce on top. Enjoy it hot or cold with a side salad, or serve it up in little squares as an appetizer.

1 bunch rapini, trimmed
2 tbsp (25 mL) Spectrum extra virgin olive oil
2 cloves garlic, minced
1/4 tsp (1 mL) red pepper flakes
6 eggs
1/4 cup (50 mL) grated Parmesan cheese
Salt and pepper

In pot of boiling water cook rapini for about 6 minutes or until tender but firm. Drain well and using wooden spatula gently push down on rapini to remove even more water. Chop rapini coarsely.

In non-stick skillet, heat oil over medium heat and cook garlic and pepper flakes for 1 minute or until fragrant. Add rapini and toss to coat; cook stirring for about 8 minutes or until beginning to brown and get crispy.

Meanwhile in bowl whisk together eggs, cheese, salt and pepper. Pour into skillet stirring to combine with rapini. Cook lifting edge with rubber spatula letting runny egg go to the bottom until bottom is light golden and top is set. Place large plate over top of skillet and invert frittata onto plate. Slide frittata back into skillet and cook for about 3 minutes or until golden.

Makes 4 servings.

Beans and Pasta Soup

Beans and pasta, in a rich, hearty broth makes this famous Italian home cooked peasant soup. Feel free to use your favourite bean such as red kidney beans, chickpeas or Romano beans.

2 tsp (10 mL) Spectrum Organic Extra Virgin Olive Oil
1 onion, chopped
4 cloves garlic, minced
2 stalks celery, chopped
1/4 tsp (1 mL) hot pepper flakes
1 can (28 oz/796 mL) plum tomatoes
1 box (900 mL) Imagine Organic Vegetable or Chicken Broth
1 can (19 oz/540 mL) white kidney beans, drained and rinsed
1 cup (250 mL) ditali or tubetti pasta
2 tbsp (25 mL) chopped fresh basil

In soup pot heat oil over medium heat and add onion, garlic, celery and hot pepper flakes and cook for about 5 minutes or until softened.

Meanwhile, in blender or food processor, puree tomatoes until smooth. Pour into vegetable mixture with vegetable stock and bring to a boil. Reduce heat and simmer for 10 minutes. Add beans, ditali and basil and boil gently for about 8 to 10 minutes or until pasta is al dente.

Makes 4 to 6 servings.

Sweet Potato Topped Shepherd's Pie

This easy casserole uses ground soy to replace the classic ground beef of shepherd's pie. This is a great make ahead dish that can go in the fridge and be reheated for another night's meal.

1 1/2 lbs (750 g) sweet potatoes (about 2), peeled and chopped
2 tbsp (25 mL) butter, softened
1/4 tsp (1 mL) each salt and pepper
2 tsp (10 mL) Spectrum Organic Canola Oil
1 sweet green pepper, chopped
2 cloves garlic, minced
1 pkg (340 g) Yves Veggie Ground Round
1 tbsp (15 mL) all-purpose flour
3/4 cup (175 mL) Imagine Organic Vegetable Broth
1 cup (250 mL) frozen peas or corn kernels

In large pot of boiling salted water, cook potatoes for about 20 minutes or until fork tender. Drain well and return to pot. Add butter, half each of the salt and pepper and mash potatoes until smooth; set aside.

Meanwhile, in nonstick skillet, heat oil over medium heat. Cook pepper, garlic and ground round, stirring for 5 minutes. Stir in flour and cook, stirring for 1 minute. Add broth and bring to a boil. Add peas and remaining salt and pepper. Spread mixture into 8-inch (2 L) square baking dish. Spread mashed sweet potato over top. Bake in 400 F (200 C) oven for 15 minutes or until bubbly around edges.

Makes 4 servings.

Tip: Substitute 1/2 cup (125 mL) each peas and corn for the 1 cup (250 mL) of the peas.

Tip: If making the casserole ahead of time, cover with foil and reduce oven temperature to 375 F (190 C) and bake for about 30 minutes or until heated through.

Guacamole Salad

Take all the flavours of guacamole and put them into a salad. If you have leftovers put them into a whole-wheat pita or tortilla for another lunch idea.

2 avocados
1 tomato, chopped
Half yellow bell pepper, diced
1/3 cup (75 mL) diced red onion
1/4 tsp (1 mL) grated lime rind
2 tbsp (25 mL) lime juice
1 tbsp (15 mL) Spectrum Canola Oil
Pinch salt
4 cups (1 L) shredded romaine lettuce
1 green onion, chopped

Cut avocados in half lengthwise; twist off one half. Hit knife blade into pit of avocado; twist and pull out pit. With same knife, cut lengthwise strips into avocado flesh; repeat crosswise. Use spoon to scoop out flesh into bowl. Add tomato, pepper, onion, lime rind and juice, oil and salt. Toss gently to combine.

Divide lettuce onto 2 dinner plates. Top with avocado mixture; sprinkle with green onion.

Makes 2 servings.

Tip: Add leftover cooked chicken or turkey into the salad for protein and a great meal.

Pepperoni and Onion Pizza

Here's a restaurant favourite that is whole wheat! You won't find this thin, crisp pizza at any take out place. Tip: You can make the dough ahead and refrigerate it for up to 12 hours. Let dough come to room temperature before using.

- 1 tsp (5 mL) Spectrum Canola Oil
- 2 onions, thinly sliced
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) dried thyme leaves
- Pinch each salt and pepper
- 1/4 cup (50 mL) sundried tomatoes
- 3/4 cup (175 mL) low fat pasta sauce
- 2 tbsp (25 mL) chopped fresh basil
- 1 cup (250 mL) Yves Veggie Pepperoni Slices
- 3/4 cup (175 mL) crumbled light Feta cheese

Pizza Dough:

- 3/4 cup (175 mL) warm water
- 2 1/4tsp (11 mL) active dry yeast
- 1 1/3 cup (325 mL) whole-wheat flour (approx)
- 1/2 cup (125 mL) wheat bran
- Pinch salt

Pizza Dough: Pour water into bowl and sprinkle with yeast. Let stand for about 10 minutes or until frothy. Stir in 1 1/4 cups of the flour, bran and salt until ragged dough forms. Let stand, covered for 30 minutes. On floured surface, knead dough adding more of the remaining flour as necessary to form soft slightly sticky dough. Place in greased bowl, covered and let rest for about 1 hour or until doubled in bulk.

In non-stick skillet heat oil over medium-high heat and cook onions and garlic stirring, for about 3 minutes or until starting to get golden. Reduce heat to medium and add thyme, salt and pepper and continue cooking, stirring occasionally for about 15 minutes or until onions are soft and golden brown.

Soak sundried tomatoes in 1/2 cup boiling water and let stand for 5 minutes. Drain and chop. Punch down dough and roll out on floured surface to fit a 12 to 14-inch round pizza pan. Place on pan, stretching dough to fit as necessary.

Stir together pasta sauce, sundried tomatoes and basil. Spread over pizza dough. Top with onions, pepperoni and sprinkle with feta cheese.

Bake in 425 F oven for about 20 minutes or until golden and crisp. Slice into wedges and serve.

Makes 4 servings.