

CANYON RANCH.

The Power of Possibility.

Spice Rubbed Tofu with Sweet Ginger Sauce

Spice Mix:

*3 tablespoons allspice
2 tablespoons brown sugar
1 1/2 tablespoons salt
1 tablespoon paprika
1 tablespoon cinnamon
1 tablespoon black pepper*

Sauce:

*1 cup chopped pineapple
1/4 cup brown sugar
1/2 cup rice vinegar
1/4 cup catsup or pomegranate molasses
1 tablespoon minced ginger
1 tablespoon sesame oil*

16 ounces hard tofu

1. Preheat oven to 350°. Lightly coat a baking sheet with canola oil.
2. Mix all ingredients for spice mix in a small bowl.
3. In a blender container, combine all ingredients for sauce and puree. Transfer to a medium saucepan and heat to a simmer. Keep warm.
4. Slice tofu into eight 2-ounce slices. Dust with spice mix and lay on baking sheet. Bake for 10 minutes, turn once at 5 minutes for even browning. Serve with vegetables and rice.

Makes 4 servings, each containing approximately:

*265 calories
32 gm. carbohydrate
12 gm. fat
0 mg. cholesterol
14 gm. protein
617 mg. sodium
4 gm. fiber*

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Ajiaco Soup

2 chicken breast halves, boned, defatted and cubed
1 teaspoon canola oil
1 cup diced yellow onions
1/2 teaspoon minced garlic
1 teaspoon paprika powder
Pinch cayenne pepper
3 1/2 cups chicken stock
3/4 cup corn kernels
1 cup diced yucca root or potatoes
1 cup lite coconut milk
1/2 teaspoon salt
1 1/2 tablespoons fresh lime juice

1. In a large sauté pan, sauté chicken in canola oil over medium heat until chicken is golden brown and cooked through, about 2 to 3 minutes.
2. In a large saucepan, sauté onions and garlic until onions are translucent. Add paprika and cayenne and cook briefly.
3. Add chicken stock, corn, yucca root, coconut milk and cooked chicken. Simmer for 30 minutes or until the yucca root is cooked through. Season with salt and lime juice.

Makes 6 (3/4-cup) servings, each containing approximately:

150 calories
15 gm. carbohydrate
5 gm. fat
27 mg. cholesterol
11 gm. protein
344 mg. sodium
1 gm. fiber

more:

tortilla soup
pear tart
pumpkin cheesecake
cassis sorbet
honey, banana
ice cream
pecan waffles

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Puree of Celery Root Soup

1 tablespoon canola oil
1/2 cup chopped fresh leeks, white part only
1/2 cup diced celery
1 pound celery root, diced
1/2 cup peeled and diced Yukon Gold potatoes
1/4 teaspoon coriander
6 cups chicken stock
1/4 teaspoon sea salt
1/8 teaspoon black pepper
1 1/2 tablespoons fresh lemon juice

1. In a large saucepan, over medium heat, sauté leeks and celery until leeks become translucent. Add diced celery root, potatoes and coriander and cook for 5 minutes stirring constantly.
2. Add chicken stock and bring to a slow simmer. Cook for 20 minutes or until celery root is tender.
3. Remove from heat, allow to cool slightly and puree with a hand held immersion blender or in a food processor. Add salt, pepper and finish with lemon juice.

Makes 8 (3/4 cup) servings, each containing approximately:

50 calories
7 gm. carbohydrate
2 gm. fat
3 mg. cholesterol
2 gm. protein
87 mg. sodium
1 gm. fiber

For more delicious, healthy recipes, please visit canyonranchconnection.com

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Cucumber Raita

1 clove garlic, minced

1/2 teaspoon olive oil

1 medium cucumber, peeled, seeded and diced, about 2 cups

1 1/4 cups nonfat plain yogurt

1 tablespoon chopped cilantro

Pinch cumin

Pinch salt

Pinch pepper

Dash Tabasco sauce

1/2 teaspoon honey

1/2 teaspoon rice vinegar

1. In a medium sauté pan, heat olive oil over medium heat. Sauté garlic in olive oil until soft. Cool.
2. Combine cucumbers and yogurt in a medium bowl. Stir in sautéed garlic and remaining ingredients. Mix well.

Makes 8 (1/4 cup) servings, each containing approximately:

30 calories

5 gm. carbohydrate

trace fat

1 mg. cholesterol

2 gm. protein

99 mg. sodium

trace fiber



Quick & Light Pad Thai 🕒

WORK TIME: 30 MINUTES / TOTAL TIME: 30 MINUTES / SERVINGS: 4

THE COMPLEX BLEND OF SALTY, SWEET, TART, AND HOT COMES MAINLY FROM PANTRY ITEMS, REQUIRING ONLY MEASURING, NO PREP.

- 8 oz rice-flour noodles
- 1/4 c reduced-sodium fish sauce
- 3 Tbsp brown sugar
- 2 1/2 Tbsp reduced-sodium soy sauce
- Juice of 1 lime (about 2 Tbsp)
- 1 Tbsp rice wine vinegar
- 1/2 tsp ground red pepper
- 1 Tbsp toasted sesame oil, divided
- 4 oz firm tofu, cubed
- 3 cloves garlic, minced
- 1 egg + 2 egg whites, lightly beaten

- 1/2 lb ground chicken
- 4 c bean sprouts
- 4 med scallions, including green tops, thinly sliced (1/2 c)
- 2 Tbsp roughly chopped roasted, unsalted peanuts
- 1 c cilantro leaves

1. **SOAK** noodles. Set aside.
2. **WHISK** together fish sauce, sugar, soy sauce, lime juice, vinegar, pepper, and 1 teaspoon of the oil in small bowl. Set aside.
3. **HEAT** remaining

2 teaspoons oil in wok or large nonstick skillet over medium heat. When oil is hot but not smoking, add tofu and cook, turning once, until light brown, about 3 minutes. Add garlic and cook 1 to 2 minutes. Add eggs. When just set, stir and gently push to side of pan.

4. **ADD** chicken to pan and cook until no longer pink, about 5 minutes. Add sprouts and stir gently until all ingredients are barely combined. Stir in drained noodles, scallions, and fish sauce mixture and simmer just until liquid thickens slightly, 5 to 10 minutes.

5. **SERVE** garnished with the peanuts and cilantro.

NUTRITIONAL INFO PER SERVING

496 cal, 26 g pro, 71 g carb, 6 g fiber, 14 g fat, 3 g sat fat, 102 mg chol, 973 mg sodium

3 WAYS TO SOAK RICE-FLOUR NOODLES

EASIEST: Soak in enough cold water to cover for 40 to 50 minutes.

QUICKER: Cover with boiling water. Let stand 20 minutes.

MY FAVORITE: Barely cover with water in a shallow dish. Microwave 3 to 4 minutes.

Subject: Confetti Vegetable Kugel
From: Jim Lerner <jim@jimlerner.com>
Date: Mon, 06 Apr 2009 19:55:40 -0400
To: Jim Lerner <jim@jimlerner.com>

3 medium zucchini , unpeeled
3 medium carrots, peeled
2 sweet potatoes, peeled (about 1 pound)
2 medium onions
2 medium garlic cloves
1/2 cup chopped parsley
3 tbsp fresh basil, or 1 tsp dried
4 eggs
4 egg whites
1/2 cup potato starch, or matzo meal
1 1/4 tsp salt (to taste)
1/2 tsp black pepper (to taste)
2 tsp olive oil

Preheat oven to 375 degrees F. Grate zucchini, carrots, and sweet potatoes (can be done in the food processor). Finely mince onions, garlic, parsley, and basil.

Combine with remaining ingredients in a large mixing bowl and mix well.

Spray a 3-quart rectangular or oval casserole with nonstick spray. Add vegetable mixture and spread evenly.

Bake in preheated oven for 1 hour and 10 minutes, or until golden brown and firm.

serves 12

Mixture can be baked in sprayed muffin tins at 375°F for 25 to 30 minutes, until golden brown. Recipe may also be halved and baked in a 1-1/2 quart spray-coated casserole for 45 to 55 minutes.

Subject: Sweet Potato Kugel
From: Jim Lerner <jim@jimlerner.com>
Date: Mon, 06 Apr 2009 19:44:07 -0400
To: Jim Lerner <jim@jimlerner.com>

Sweet Potato Kugel

6 small sweet potatoes, peeled and grated
3 apples, peeled and grated
1 cup raisins
1 cup matzo meal
2 tsp. cinnamon
1 cup walnuts, chopped (optional)
1 cup fruit juice or water

- Mix ingredients together.
- Press into a baking dish and bake at 375°F for 45 minutes, until crisp on top.

Makes 12 servings

CHOCOLATE ORBIT CAKE (SERVES 12 TO 14)

Recipe by David Lebovitz

Adapted from *Room For Dessert* (Harper Collins, 1999).

9.7 ounces Scharffen Berger
62% Cacao Semisweet Chocolate

7 ounces butter
(two sticks minus 1 tablespoon)

5 eggs

1 cup sugar

Position the oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter a 9 by 2-inch round cake pan, and line the inside with a round of parchment paper.

Set a large bowl over a pan of simmering water to create a double boiler. Cut the butter and chocolate into small pieces and put them in the bowl to melt, whisking occasionally.

Whisk together the eggs and sugar in another bowl. Thoroughly whisk in the melted chocolate.

Pour the chocolate batter into the cake pan. Place it in a larger baking pan, and pour in warm water to reach halfway up the sides of the cake pan. Cover tightly with foil and bake for 1 hour and 15 minutes, until the cake appears to have set and when you touch the center, your finger comes away clean.

Remove the cake from the water bath and cool completely before serving, plain or with gently whipped cream. This cake can be refrigerated for several days.

STORE SCHARFFEN BERGER CHOCOLATE IN A COOL DRY PLACE
DO NOT REFRIGERATE

Subject: Roman layered vegetable dish
From: Jim Lerner <jim@jimlerner.com>
Date: Mon, 06 Apr 2009 19:51:12 -0400
To: Jim Lerner <jim@jimlerner.com>

12 standard matzahs
1 cup olive oil
1 lb chopped ground beef (optional)
Salt to taste
Freshly ground pepper to taste
1-1/2 lbs onions, thinly sliced
4 artichokes or 2 8-ounce cans of artichoke hearts
Juice of 1 lemon, plus:
1/2 cup juice of lemon
6 cloves garlic, minced
3/4 tsp minced rosemary
3/4 tsp minced sage
2 lbs fresh spinach, cleaned, stemmed, and cooked 4 to 5 minutes in a pot with only the water left on the leaves, then squeezed dry
1 peperoncino (dried red chili), seeded and minced
1/2 tsp freshly grated nutmeg
1 lb mushrooms, sliced
6 large eggs
1 cup beef broth or water

1. Cover the matzahs with water and let sit until wet and almost crumbling.
2. Warm 1 tbsp of the olive oil and saute chopped ground beef, stirring until it is no longer red. Add salt and pepper, drain, and set aside.
3. Saute the onions in 1/4 cup of the olive oil. Drain set aside.
4. Clean the artichokes, remove the chokes and fibrous leaves, cook for about 20 minutes in water with lemons and then saute the artichokes in 1/4 cup olive oil with 2 cloves of garlic, rosemary, sage, and salt to taste. Drain and set aside. If using canned hearts, cut in half.
5. Clean, stem, and cook the spinach for 4 to 5 minutes in a pot with only the water left on the leaves. Squeeze dry. Saute with 2 more cloves of garlic, the peperoncino, nutmeg, salt to taste in 1/4 cup of olive oil. Drain and set aside.
6. Lastly, saute the mushrooms in 1/4 cup olive oil, with 2 more cloves garlic and salt to taste added after 3 to 2 minutes.
7. Grease a 9x13-inch baking dish and cover the bottom with the sauteed chopped meat if using. Cover with a layer Of 3 matzahs. Don't be upset if the matzahs fall apart; it won't matter. Cover with the onions. Layer 3 more matzahs on top, alternating with the artichokes, spinach, and mushrooms, and finishing with the mushrooms.
8. Beat together the eggs and the remaining 1/2 cup lemon juice, and pour over the top of the dish. Add enough of the broth or water to moisten well.
9. Bake in a preheated, 400-degree oven for about 30 minutes or until the mixture is set and cooked through.

Kookoo Sabzi (spinach and green herb pie)

Subject: Kookoo Sabzi (spinach and green herb pie)

From: Jim Lerner <jim@jimlerner.com>

Date: Mon, 06 Apr 2009 19:35:10 -0400

To: Jim Lerner <jim@jimlerner.com>

Kookoo Sabzi (Spinach and green herb pie)

3 cups chopped spinach leaves
2 cups chopped parsley
3/4 cup chopped dill
6 scallions, with white and green portions chopped
1/4 cup chopped cilantro (optional)
1 tablespoon corn or other light vegetable oil
1/2 to 2/3 cup matzoh meal, or as needed
3 to 4 extra large eggs, or as needed
1 teaspoon salt, or to taste
1/2 teaspoon white pepper, or to taste.

1. Preheat oven to 350 degrees. 2. Combine first five ingredients in mixing bowl. Add oil and 1/2 cup matzoh meal. Stir in three eggs. Mix well with wooden spoon. Consistency should be fairly thick but slightly runny; mixture should drop in mass from tablespoon and just a little liquid should be visible. Add additional egg and/or matzoh meal, if needed, to attain that texture.

3. Spread thin film of oil over bottom and sides of baking dish that measures about 8 by 11 by 1 1/2 inches. Turn in egg mixture and smooth top with back of spoon.

4. Bake in preheated oven for 25 to 35 minutes, or until pie is completely set and slightly shrunken away from sides of dish.

5. Serve hot or cold.

Yield: 8 to 10 servings as a side dish.



SHIRA'S
CRANBERRY
THUMBPRINTS

Orange-scented cranberries—usually a seasonal relish—get a spot on the dessert table in these two-bite cookies. The crunchy yellow-cornmeal crust, brightened with orange zest, is a fitting match. Says **SHIRA BOCAR**, “With the tart fruit, it makes a tasty little holiday package.”



WALN

CRANBERRY THUMBPRINTS

MAKES ABOUT 2 DOZEN

FOR THE COOKIES

- 1 cup all-purpose flour
- ½ cup yellow cornmeal, preferably stone-ground
- ½ teaspoon coarse salt
- 4 ounces (1 stick) unsalted butter, softened
- ½ cup plus 1 tablespoon sugar
- ½ teaspoon finely grated orange zest
- 1 large egg, separated

FOR THE FILLING

- 4 ounces fresh cranberries (1 cup)
- ½ cup water, plus more if needed
- ¼ cup sugar
- 1 strip (2 inches) orange zest

1. Preheat oven to 350°. Make the cookies: Whisk together flour, cornmeal, and salt in a medium bowl. Beat butter and ¼ cup sugar with a mixer on medium speed until pale and fluffy, about 2 minutes. Add orange zest and egg yolk, and mix well. Reduce speed to low. Add flour mixture, and mix until just combined.
2. Lightly whisk egg white. Scoop 2 teaspoons dough, and roll into a ball. Dip into egg white, and roll in remain-

- ing ¼ cup plus 1 tablespoon sugar. Repeat with remaining dough; transfer to parchment-lined baking sheets, spacing about 1 inch apart, as you work. Gently press center of each ball with your thumb. Bake, rotating sheets halfway through, until pale golden, 15 to 17 minutes. Gently indent each cookie again using the handle end of a wooden spoon. Transfer sheets to wire racks, and let cool. (Cookies can be stored at room temperature for up to 1 week.)
3. Meanwhile, make the filling: Bring cranberries, water, sugar, and orange zest to a boil in a small saucepan over medium-high heat. Reduce heat, and simmer, gently mashing cranberries, until thick and jamlike, 5 to 6 minutes. (If mixture is too thick, add a little water to thin.) Transfer to a bowl, and let cool completely. (Filling can be refrigerated for up to 1 week.)
4. Spoon a small amount of filling into each cookie indentation.

Zupa Kalafiorowa (Cream of Cauliflower Soup)

Adapted from *The Best of Polish Cooking* by Karen West

Ingredients

- * 1 quart chicken stock
- * 2 cups cauliflower florets
- * 1/2 cup heavy cream
- * 2 tablespoons flour
- * 1 egg yolk
- * 1 teaspoon fresh dill

Method

* Simmer cauliflower in the chicken stock for 20 to 30 minutes. Combine the cream, flour and egg yolk with a whisk. Add 1 cup chick stock to the cream mixture, then gradually pour the cream mixture into the remaining stock, stirring constantly. Simmer for 10 to 15 minutes. Do not boil. Garnish with the dill.

Source: *The New York Times*

>> FROM WEIGHTWATCHERS.COM

MAKE IT EVERYDAY

Orange, Beet, and Arugula Salad

A colorful salad that balances the sweetness of beets and oranges with arugula's peppery bite.



PER SERVING | PREP: 15 MIN
COOK: 60 MIN | Serves 4

- ◆ 1 cup red and/or yellow beets, scrubbed and leaves and stems cut off
- ◆ ¼ cup fresh orange juice
- ◆ ¼ cup shallots, minced
- ◆ 2 Tbsp olive oil
- ◆ 1 Tbsp red wine vinegar
- ◆ ½ tsp table salt
- ◆ ¼ tsp black pepper, freshly ground, or to taste
- ◆ 6 cups baby arugula leaves (about 4 oz)
- ◆ 2 medium navel oranges, peel and pith removed, sliced

Preheat oven to 400°F. Place beets on a large piece of aluminum foil; fold foil to form a tightly sealed packet. Place packet on a baking sheet and roast until beets are tender when pierced with a fork, about 1 hour.

Cool beets slightly. When cool enough to handle, rub off skins with your fingers or a small knife; thinly slice.

In a large bowl, whisk orange juice, shallots, oil, vinegar, salt, and pepper. Add arugula to bowl; toss to coat. Divide arugula evenly among plates. Top each plate with ¼ of oranges and beets; drizzle with any dressing left in bottom of bowl. Grind more black pepper over top, if desired.



Orange-Cilantro Black Bean Salad



side dishes

POINTS® Value: 1
Servings: 4
Preparation Time: 15 min
Cooking Time: 5 min
Level of Difficulty: Easy

Save time by swapping 1 1/2 cups of canned mandarin oranges for the fresh orange segments. Just make sure they're packed in their own juices, not syrup.

Ingredients

- 1/2 tsp olive oil
- ◆ 1/2 medium red onion(s), cut into thin wedges
- 2 medium garlic clove(s), finely chopped
- 1/4 tsp ground cumin
- ◆ 1 cup(s) canned black beans, rinsed and drained
- 2 Tbsp cilantro, fresh, chopped
- 2 tsp red wine vinegar
- ◆ 2 medium orange(s), peeled, segmented*
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste

Instructions

In a large skillet, warm oil over medium-high heat. Add onion; sauté 2 minutes. Add garlic and cumin; cook 1 minute more.

Stir in black beans and cook just until heated through. Transfer bean mixture to a medium-size bowl and stir in cilantro, vinegar and oranges. Season to taste and serve. Yields about 3/4 cup per serving.

Stir in black beans; cook just until heated through. Transfer bean mixture to a medium-size bowl; stir in cilantro, vinegar and oranges. Season to taste; serve. Yields about 3/4 cup per serving.

Notes

*See our video on [how to segment an orange](#).