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FROM OUR KITCHENS TO YOURS

Silvana's Kitchen | Lovely Day |

COOKING

Rise & Shine / He Cooks ... She Cooks / Sweet Surprise





Healthy, Wealthy and Wise: *Made with Love in Silvana's Kitchen.*

If you can be born with a predisposition to obsess over sweets and fried foods, I confess to this being my true nature. But, these days, as a mom, I feel compelled to set a better example. That's a lot of pressure. Here, I've set out to make healthier versions of some of my favorite foods, with great results, save one indulgence — heart-shaped cakes for my sweet girl, Chiara.

BY SILVANA NARDONE



Turkey Meatloaf

SERVES 4 to 6

PREP TIME 25 min

COOK TIME 56 min

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 1 carrot, grated
- 1 clove garlic, grated
- 1 ½ pounds ground turkey
- ¾ cup ketchup
- 2 tablespoons gluten-free soy sauce, such as San-J
- 2 tablespoons gluten-free Worcestershire sauce, such as Lea & Perrins
- 1 egg, lightly beaten
- 1 cup finely crushed gluten-free rice cereal, such as Erewhon
- ¼ cup finely chopped parsley
- Salt and pepper

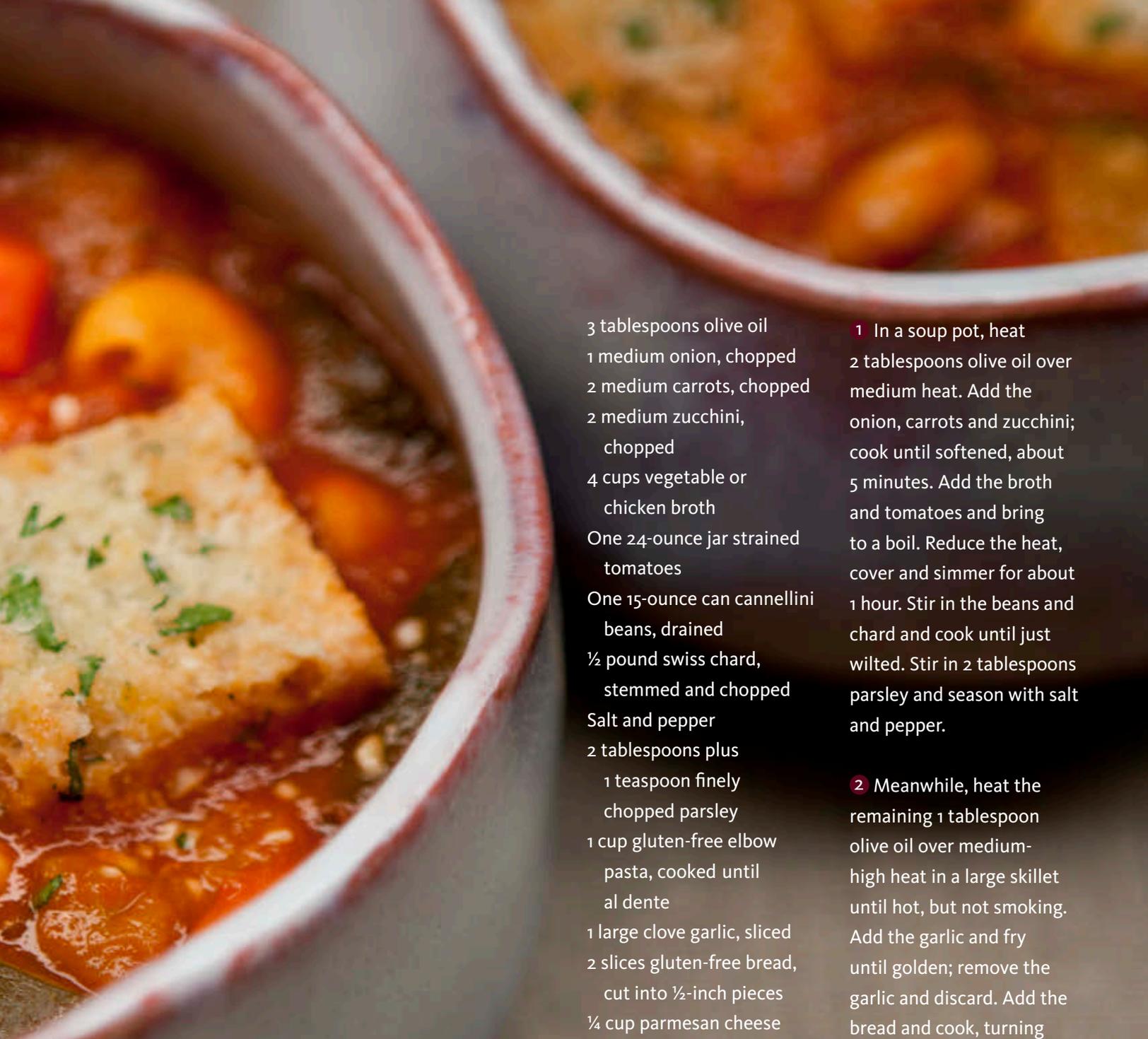
1 Preheat the oven to 350° and grease a 9-by-5-inch loaf pan. In a skillet, heat the olive oil over medium heat. Add the onion and carrot; cook until softened, about 5 minutes. Add the garlic and cook about 1 minute. Let cool.

2 Meanwhile, in a medium bowl, combine the turkey, ½ cup ketchup, soy sauce, Worcestershire sauce, egg, rice crumbs, onion mixture, parsley, ¾ teaspoon salt and ¼ teaspoon pepper. Place in the prepared pan, rounding the top. Spread the remaining ¼ cup ketchup on top. Bake until cooked through, about 50 minutes, or until a thermometer inserted in the center registers 160°. Let set for about 10 minutes; cut into ½-inch thick slices.





There are more vegetables in this soup than I'm used to eating in one meal. Yet, minestrone gives me pure comfort in a bowl. The garlicky croutons send me over the edge.



Minestrone Chard Soup with Garlic Croutons

SERVES 4

PREP TIME 15 min

COOK TIME 1 hr 10 min

3 tablespoons olive oil
1 medium onion, chopped
2 medium carrots, chopped
2 medium zucchini,
chopped
4 cups vegetable or
chicken broth
One 24-ounce jar strained
tomatoes
One 15-ounce can cannellini
beans, drained
½ pound swiss chard,
stemmed and chopped
Salt and pepper
2 tablespoons plus
1 teaspoon finely
chopped parsley
1 cup gluten-free elbow
pasta, cooked until
al dente
1 large clove garlic, sliced
2 slices gluten-free bread,
cut into ½-inch pieces
¼ cup parmesan cheese
(optional)

1 In a soup pot, heat 2 tablespoons olive oil over medium heat. Add the onion, carrots and zucchini; cook until softened, about 5 minutes. Add the broth and tomatoes and bring to a boil. Reduce the heat, cover and simmer for about 1 hour. Stir in the beans and chard and cook until just wilted. Stir in 2 tablespoons parsley and season with salt and pepper.

2 Meanwhile, heat the remaining 1 tablespoon olive oil over medium-high heat in a large skillet until hot, but not smoking. Add the garlic and fry until golden; remove the garlic and discard. Add the bread and cook, turning occasionally, until crunchy and golden. Toss with the remaining 1 teaspoon parsley and the cheese, if using. Serve with the soup.

Mushroom Veggie Burgers

SERVES 4

PREP TIME 15 min

COOK TIME 22 min

2 tablespoons olive oil
½ small onion, finely chopped
One 10-ounce container button mushrooms, stemmed and finely chopped
1 carrot, finely chopped
1 stalk celery, finely chopped
1 cup cooked brown rice
½ cup gluten-free rolled oats, such as Bob's Red Mill
½ cup chopped walnuts
2 tablespoons [Silvana's Gluten-Free All-Purpose Flour Blend](#) or your favorite gluten-free flour blend
2 tablespoons potato flakes
Salt
4 slices American or cheddar cheese, or dairy-free cheese
4 gluten-free hamburger buns, such as Rudi's, split
Shredded iceberg lettuce, tomato slices, thinly sliced red onion, pickle chips, ketchup and mustard, for topping

1 In a large pan, heat 1 tablespoon olive oil over medium heat. Add the onion and cook until softened, about 5 minutes. Add the mushrooms, carrot and celery; cook until the liquid from the mushrooms has evaporated, about 10 minutes. Transfer to a large bowl and let cool. Stir in the rice, oats, walnuts, flour blend, potato flakes and ½ teaspoon salt. Transfer to a food processor and pulse until coarsely combined. Add water, 1 tablespoon at a time, if necessary. Shape the mixture into 4 burgers.

2 Heat the remaining 1 tablespoon olive oil in a large pan over medium-high heat and cook the burgers until golden, about 5 minutes. Flip and top each with a cheese slice; cover and cook until melted, about 2 minutes. Place the burgers on the buns and serve with toppings.

I'm no fan of veggie burgers, but these patties are easy-to-make, and they have a hearty flavor and meaty texture I can really sink my teeth into.





Chicken and Potato Pockets

SERVES 4 **PREP TIME 10 min** **COOK TIME 20 min**

Olive oil, for drizzling

8 small potatoes (about 1 pound),
sliced into ¼-inch rounds

Salt and pepper

2 cups spinach leaves

8 slices (about 1 pound) boneless, skinless
thin-sliced chicken breast

8 slices lemon

4 sprigs rosemary

8 cloves garlic, smashed

Mixed olives

Grape tomatoes

1 cup chicken broth

1 Preheat the oven to 450°. Stack 2 sheets of aluminum foil, 18 inches long, on a clean work surface. Drizzle the middle with olive oil. Top with a quarter of the potato slices; season with salt and pepper. Top the potatoes with a quarter of the spinach.

2 Drizzle the chicken with olive oil and season with salt and pepper. Place 2 chicken slices on top of the spinach. Top with 2 lemon slices, 1 rosemary sprig and 2 cloves garlic. Scatter around some olives and tomatoes. Pour ¼ cup broth over the top and fold the foil over in half; tightly crimp the edges to seal. Repeat with the remaining ingredients.

3 Place the pockets on 2 baking sheets and cook until the chicken is cooked through, about 20 minutes. To serve, slit the top of each pocket and open carefully.







These cakes are for Chiara, my sweet angel face, who loves a world decorated by glittering pink and red hearts.



Red Velvet Heart Cakes

MAKES 12 PREP TIME 10 min COOK TIME 15 min

Gluten-free nonstick cooking spray

1 ½ cups [Silvana's Gluten-Free All-Purpose Flour Blend](#)
or your favorite gluten-free flour blend

2 tablespoons cocoa powder

1 cup granulated sugar

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

1 large egg or equivalent egg replacement, at room temperature

¼ cup canola oil

½ cup plus 3 tablespoons milk or nondairy milk

1 tablespoon liquid red food coloring, plus more for the glaze (optional)

2 cups confectioners' sugar, sifted

Sprinkles, for topping

- 1** Preheat the oven to 350°. Generously grease two nonstick 6-doughnut, heart-shaped baking pans with cooking spray. In a large bowl, whisk together the flour blend, cocoa, granulated sugar, baking powder, baking soda and salt.
- 2** In a medium bowl, whisk together the egg, oil, ½ cup milk and food coloring, if using, until smooth. Add to the flour mixture and whisk until combined. Fill each doughnut cup about half full. Bake until golden and a toothpick inserted in the center comes out clean, 10 to 12 minutes. Let cool completely.
- 3** Meanwhile, in a small bowl, combine the confectioners' sugar, remaining 3 tablespoons milk and a few drops of food coloring, if using. Dip the doughnuts in the glaze to coat; top with sprinkles.

Lovely Day



Tuck a little love note in his wallet so he gets a surprise when he reaches for his subway pass. It's so easy to lose track of how lucky you are to have each other.

Newlywed and cookbook author Louisa Shafia shares the intimate Valentine's Day dinner she'll make for her musician husband, James. Let the flavors seduce you.





Seared Chicken and Apple Stew

SERVES 4 **PREP TIME** 20 MIN **COOK TIME** 1 HR

This simple stew is warming and hearty in winter, with a bright, lemony bite and sweet undertones of apples and saffron. Soaking the saffron in hot water before cooking helps draw out its flavor. Like any Persian stew, this one should be served with mounds of fluffy rice and yogurt as a condiment.

- 1 ½ pounds boneless chicken thighs
- Salt and pepper
- 5 tablespoons vegetable oil
- 1 yellow onion, chopped
- 1 pound sweet, crisp apples, such as Gala, peeled and sliced into 1-inch wedges
- ½ teaspoon turmeric
- 1 teaspoon cinnamon
- ½ cup fresh lemon juice
- 1 tablespoon lemon zest
- ½ teaspoon saffron dissolved in 1 tablespoon hot water



① Season the chicken on both sides with salt and pepper. In a skillet over medium-high heat, heat the oil until hot, but not smoking. Add the chicken and cook until browned, about 7 minutes on each side. Using tongs, transfer the chicken to a paper-towel-lined plate.

② Add the onions to the hot oil and cook until golden. Stir in the apples and cook for a few minutes more. Stir in the turmeric, cinnamon, lemon juice, lemon zest, saffron and 2 cups water. Bring to a boil, then reduce the heat to medium-low and add the chicken. Cook, partially covered, for 30 minutes. Uncover and simmer until the liquid has thickened, about 10 minutes. Season with salt and pepper.

③ Remove the chicken and cut them in half. To serve, put a few pieces of chicken on each plate along with some apples and sauce.

Start the day by bringing him a cup of Persian rose tea with heated milk. This is more James's speed now that he quit drinking coffee.



Cucumber and Pomegranate Salad

SERVES 4 **PREP TIME** 30 MIN

Serve this salad right away, so it's crisp and fresh. You can prepare the individual ingredients ahead of time and store them in separate bowls, then just toss everything together before serving. If you're using waxed cucumbers, make sure to peel them. Otherwise, go ahead and leave the skin on for added color.



2 cucumbers — halved, seeds removed and thinly sliced
 Seeds of 1 pomegranate
 ¼ cup thinly sliced scallions, green parts only
 ½ cup fresh cilantro leaves
 Juice of 1 lime
 3 tablespoons olive oil
 Salt and pepper
 ½ cup crumbled feta cheese

In a small bowl, combine the cucumber and all but 4 tablespoons pomegranate seeds. Add the scallions, cilantro, lime juice and olive oil and toss; season with salt and pepper. Divide the salad among 4 bowls and top each with 2 tablespoons feta and 1 tablespoon pomegranate seeds.

Recipe adapted from *Lucid Food: Cooking for an Eco-Conscious Life* (Ten Speed Press, \$22)





Put a few teaspoons of rose water in a spritzer bottle and fill it the rest of the way with water. I like to spritz myself so I smell like roses!

Rice with Rose Petals

SERVES 6 **PREP TIME 15 MIN** **COOK TIME 30 MIN**

Dried rose petals have a distinct, savory flavor that rounds out a dish in a subtle but undeniable way. Pick through the petals and pull off the bitter-tasting gray base so you're left with only the pink petals. Warming the petals in oil before boiling them with the rice draws out their flavor. Washing the rice in cold water is an important step, because it ensures that the cooked rice will be dry and fluffy, not sticky.



2 tablespoons olive oil
 2 shallots, finely chopped
 3 tablespoons rose petals,
 plus more for serving
 1 cup long-grain basmati rice,
 well rinsed
 1 teaspoon salt
 1 tablespoon butter





1 In a 2-quart saucepan over medium-high heat, heat the oil, then add the shallots and cook until translucent. Add the rose petals, rice and salt. Cook, stirring often, for 2 minutes.

2 In another saucepan over medium-high heat, bring 1 $\frac{3}{4}$ cups water to a boil. Pour over the rice and return to a boil, then reduce the heat to medium-low and add the butter. Cover and cook for 20 minutes. Turn off the heat and let stand, covered, for 5 minutes. Fluff with a fork and season with salt. To serve, transfer the rice to a bowl and scatter with some rose petals.







[CLICK FOR RECIPE](#)

Blood Orange and Pomegranate Hot Toddy

Light some candles and put them around the table. It's an obvious move, but candlelight really does soften the mood. The more relaxed I am, the more I can draw James into that calm, happy place.



Where to Buy
You'll find everything you need for your Persian pantry at *Sadaf Mediterranean Foods*, *Kalustyan's* or *Kalamala*.





Turn off technology: no phone, no computer, no television (but music is OK!). There's nothing better than being fully present.



Bittersweet Chocolate Cake with Hazelnuts and Cardamom Whipped Cream

SERVES 8 **PREP TIME** 30 MIN (PLUS SOAKING) **COOK TIME** 30 MIN

This flourless chocolate cake gets its unique taste from prunes and hazelnuts. Start this recipe a day before serving, so the prunes have plenty of time to soften and the whipped cream can absorb the flavor of the crushed cardamom pods. I prefer using maple sugar over processed white sugar. Feel free to use any sugar you prefer.

1 cup pitted prunes, soaked overnight in 1 cup water and drained
2 teaspoons vanilla extract
6 ounces semisweet chocolate
½ cup unsalted butter, at room temperature
1 cup hazelnuts — toasted, peeled and coarsely ground
5 eggs, separated
1 cup maple sugar
¼ teaspoon salt
30 whole cardamom pods, crushed and soaked overnight
in 1 pint heavy cream

1 Preheat the oven to 350°. In a food processor, puree the soaked prunes and 1 teaspoon vanilla until smooth.

2 Grease a 10-inch round cake pan or an 8 by 11-inch baking dish lined with greased parchment paper. In the top of a double boiler, heat the chocolate until melted. Remove from the heat, then stir in the butter. Fold in the prune puree and hazelnuts.

3 Using a standing mixer, beat the egg yolks and sugar until slightly fluffy, about 3 minutes. Add to chocolate mixture. Clean the whisk and bowl, then beat the egg whites and salt until stiff peaks form. Fold into the chocolate mixture in 3 batches. Pour the batter into the prepared pan. Bake for 20 minutes, rotate, and continue baking for 7 to 10 minutes more, until set but still slightly soft in the center. Let cool.

4 Strain the heavy cream and discard the cardamom pods. Add the remaining teaspoon of vanilla and beat until soft peaks form. Serve with the cake.





RISE & SHINE

Want breakfast foods that'll satisfy your morning cravings *and* give you what your busy body needs to make it through the day? Wake up to these recipes for a better tomorrow.

BY DENISE STRAIGES



It took me a long time to get used to the idea of breakfast. As a child growing up in an Italian household, standard morning fare consisted of “toast,” leftover semolina bread dried overnight in the oven, smeared with butter and dipped in milky, sweet coffee—simple, delicious and not particularly nutritious.

Having children of my own made me a (reluctant) breakfast convert. But, over time, breakfast has evolved to keep pace with my kids’ tastes, dietary needs and our family schedule.

Now that my kids have reached the tween and teen stage, their palates have grown, free time is minimal and they have nearly unlimited access to food that’s nothing a healthy foodie mom would ever approve. My solution? An ever-evolving repertoire of lightning-fast, to-go meals that are healthier than they appear.



DETOXIFYING LEMON ELIXIR

Start every day by drinking a cup of warm water with a squeeze of lemon. Vitamin C–packed lemon helps purify your blood and rid the body of toxins. Let it become your morning ritual to help stimulate digestive and cleansing functions, and boost your immune system.



Huevos Rancheros Breakfast Burritos

On weekends, it's fun to lay out high-fiber, heart-healthy taco bar fixins and let everyone graze through a leisurely morning. On school/work days, rolled-ahead burritos get wrapped in foil, kept warm in the oven and handed off as the kids run out the door.

SERVES 4

PREP TIME 10 min

COOK TIME 3 min

4 corn tortillas
 1 ripe avocado, peeled and pitted
 1 clove garlic — smashed,
 peeled and finely chopped
 ½ teaspoon chili powder
 1 tablespoon fresh-squeezed
 lemon or lime juice
 Salt
 3 eggs
 3 tablespoons milk
 or dairy substitute
 1 teaspoon butter
 or buttery sticks
 One 15-ounce can aduki beans,
 drained and warmed
 Shredded cheese, diced red
 onion, hot sauce, sour cream,
 cilantro, salsa and shredded
 lettuce, for topping (optional)

- 1 Wrap the corn tortillas in aluminum foil and keep warm in a 300° oven.
- 2 In a small bowl, mash the avocado. Stir in the garlic, chili powder and lemon juice. Season with salt.
- 3 In a medium bowl, whisk together the eggs, milk and a pinch of salt. In a small nonstick skillet over medium-low heat, melt the butter. When bubbles subside, add the egg mixture to the skillet. Using a wooden spoon, scramble the eggs gently, until just set, about 3 minutes.
- 4 Smear each warm tortilla with some guacamole, eggs, beans and any other toppings, if using.



ADUKI BEANS

These nutty, sweet beans are the legume with the lowest amount of fat and highest amount of protein. They're also a great source of fiber, potassium, niacin, thiamine, riboflavin and B vitamins.



AVOCADOS

Rich in a compound called beta-sitosterol, which has been shown to be effective in lowering blood cholesterol levels, avocados are also a great source of potassium, which helps control blood pressure levels.



GARLIC

Eating garlic has long been considered helpful in managing blood pressure and cholesterol levels.

Sweet Potato–Pancetta Hash with Fried Eggs

Salty, sweet and savory — what more could you ask for in one meal? Top this hash with a perfectly fried, farm-fresh egg and you've got an energy-sustaining nutritional powerhouse.

SERVES 4

PREP TIME 8 min

COOK TIME 12 min

1 tablespoon olive oil
 2 shallots or 1 small onion, finely chopped
 6 ounces ½-inch thick slices pancetta, cubed
 2 medium sweet potatoes, cubed
 2 tablespoons chopped fresh rosemary
 4 eggs, fried
 Salt and pepper

In a 9-inch skillet, heat the olive oil over medium heat. Add the shallots and cook until softened, about 2 minutes. Stir in the pancetta and cook until the fat has rendered, about 5 minutes. Add the sweet potato and rosemary and cook until the sweet potato is softened, about 5 minutes; season with salt and pepper. If the pan gets dry, add a few splashes of water. Divide the hash among four plates, and top each with a fried egg.



PORK

The other white meat is back on the plate, now that heritage breed pigs and nitrate-free curing methods have given us access to healthier options.



SWEET POTATOES

This root vegetable is an excellent source of carotenes and vitamins C and B6. They also help boost the body's antioxidant levels.



EGGS

Grass-fed chicken eggs have six times more vitamin D and about twice the omega-3 fatty acids and vitamin E than their commercial counterparts.



Quinoa-Stuffed Baked Apples

What do you get when you combine walnuts, quinoa, apples and cider? A high-protein, antioxidant jackpot guaranteed to get you out of bed.

SERVES 4

PREP TIME 7 min

COOK TIME 15 min

½ cup unsalted raw walnuts
 ½ cup unsalted raw pecans
 1 tablespoon plus 1 teaspoon
 brown sugar
 1 pinch salt
 1 teaspoon cinnamon
 ¼ teaspoon nutmeg
 ⅛ teaspoon ground cloves
 1 tablespoon butter or buttery
 sticks, cut into small pieces
 4 medium firm apples, cored
 1½ cups apple cider
 One 2-inch cinnamon stick
 4 cups cooked quinoa
 (1 cup uncooked)

1 In the bowl of a food processor, combine the walnuts, pecans, brown sugar, salt, cinnamon, nutmeg and cloves. Pulse until coarsely chopped; set aside half of the nut mixture. Add the butter; pulse to combine. Fill each cored apple with the nut-butter mixture.

2 In a small saucepan, fit the apples snugly in a single layer. Pour in the cider until the apples are three-quarters submerged. Add the cinnamon stick.

3 Bring the cider to a boil, then reduce the heat to a simmer; cover and cook until the apples are softened, about 15 minutes.

4 Remove the apples from the saucepan. Return the liquid to a rolling boil and reduce by about half. Serve the sauce with the baked apples and quinoa.





QUINOA

The least allergenic of all grains, quinoa is a good source of vegetarian protein and contains magnesium, manganese and vitamins B2 and E.



WALNUTS

Considered one of the most antioxidant and anti-inflammatory nuts, walnuts contain important phytonutrients, such as quinone and juglone, that are almost impossible to find elsewhere. Walnuts are also great for fighting cardiovascular problems, type II diabetes and metabolic syndrome.



Antioxidant Strawberry Smoothie

Bananas bring sweet creaminess to this smoothie, along with muscle-soothing potassium.

MAKES 2

PREP TIME 10 min

- 2 frozen bananas
- 2 cups frozen strawberries
- 2 cups organic pineapple juice

Combine all of the ingredients in a blender; blend until smooth.



PINEAPPLE

This fruit contains high levels of the enzyme bromelain and the antioxidant vitamin C, both of which help heal the body.



STRAWBERRIES

High in dietary fiber, this anti-inflammatory fruit aids in digestion. With its high magnesium and potassium content, it also helps lower blood pressure.



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NFCA product reviews: **GlutenFreeHotProducts.com**

The **National Foundation for Celiac Awareness** drives diagnosis of celiac disease and promotes quality of life for children and families maintaining a gluten-free diet. **NFCA** is a nonprofit organization. Your donation makes life better for thousands of people every year.

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Restoring Health. Reclaiming Lives.

A top-down view of a black cast-iron skillet filled with sautéed kale, sliced onions, and a wooden spoon. The kale is vibrant green and appears to be cooking in a light-colored liquid, possibly oil or broth. The wooden spoon is positioned diagonally across the skillet, with its handle extending towards the top left. The skillet is placed on a wooden surface, likely a cutting board or countertop.

HE COOKS...
SHE COOKS

Green Day

One seasonal veggie, two ways. **SHAUNA JAMES AHERN** and **DAN AHERN** keep things simple with kale.



HE SAYS

Until I was in my 20s, I thought kale came in one form: curled around the inner edges of the bowls on a salad bar. Remember that? The potato salad sat in a flourish of green presentation—kale. We've come a long way since those salad bar days of the '80s.

Kale is such a lovely, hearty leafy green. It's packed with flavor. You only need to do a little coaxing with a slow braise or a good dressing or some salt and oil to let kale reveal itself.

I love cooking with it. In the last few years in particular, I love using kale in the vegan specials I make at my restaurant, The Hardware Store on Vashon Island. A dollop of yam soup, topped with roasted tofu and sprinkled with kale chips or a braised kale with roasted sweet potato slices and a cilantro-mint sauce. Somehow, kale shows up in plenty of my cooking.

Shauna loves lacinato kale most. I also love the red Russian kale, which is a little more curly and a little sweeter. A farmer on the island grows it in huge volumes for our restaurant. We go through it fast. People just love the taste.

If you pay attention to what is growing at this moment, you'll know what to eat. Kale is available year-round in the market, but the winter and early spring is when it's sweetest. Eat your kale now. You won't regret it.



Braised Kale

SERVES 4

PREP TIME 10 min

COOK TIME 13 min

Braising kale makes it tender and even more full of flavor than when it's raw. This dish works beautifully as a side dish to pork chops, baked fish or roasted chicken.

2 tablespoons olive oil
 ½ medium onion, finely chopped
 2 cloves garlic, sliced
 1 tablespoon chopped fresh thyme
 4 cups lacinato kale, chopped
 2 cups vegetable broth

1 Set a deep skillet over medium-high heat. Add the olive oil. When the oil is hot, add the onion and garlic. Cook, stirring frequently, until the onions have softened, about 5 minutes. (Take care not to burn the garlic.) Add the thyme and cook until fragrant, about 2 minutes.

2 Add the kale and broth; stir. Cover and reduce the heat to low. Simmer until tender, 5 to 6 minutes.

HE COOKS...
SHE COOKS



SHE SAYS

On my 40th birthday, two of my friends formed an unintentionally hilarious tableau. Mary wore a tee-shirt that read **EAT MORE KALE**. Sharon stood next to her in a tee emblazoned with **EAT MORE DOUGHNUTS**. There it was—the yin and yang of the American diet, in tee-shirt form.

If your holiday season was anything like ours, you decorated gingerbread houses with your children, spread frosting on sugar cookies and let them pour on the sprinkles, nibbled on candy canes, baked 10 kinds of cookies or brittle to give as gifts and ate your way through many holiday parties hosted by friends and co-workers.

Now it's January. Now is not the time for doughnuts. It's time for kale.

Every December, most of us indulge and comfort ourselves with sweet treats and comfort foods. If you made it through the holidays without eating a cookie, I applaud you. But really? It's the darkest time of the year. We need these celebrations. There's nothing

wrong with a little indulgence, within limits. However, if we're listening to our bodies, we know by January that we'd like a few more plates of leafy greens, please.

Kale is good for you. We all know that. It's been said that kale has the most nutrition per calorie of any plant. It's full of antioxidants, calcium, vitamin B and more than 100 percent of the suggested amount of vitamins A, C and K in only one cup. Plus, kale is full of fiber. After all those sweet treats of December, we could all use more fiber.

However, all those nutritional facts mask the fact that kale tastes fantastic. Braise it with a little chicken broth and you have the best side dish for a winter dinner. Slice up the leaves into long strips and dress them with a citrus dressing. You have a blissful salad. Bake the leaves in the oven with a little olive oil and salt. You have the crisp crunch of potato chips without the guilt.

Our daughter eats kale chips by the fistful sometimes. And when we sit down to breakfast, most mornings we three are eating a warm pile of quinoa, some quick-sautéed kale with apple cider vinegar and a poached egg.

The doughnut might tempt us, but kale satisfies us in a way that all that sweetness never will.





Raw Kale Salad with Pistachios and Golden Raisins

SERVES 4 PREP TIME 10 min

I just can't get enough of raw kale salad. When we cut it into ribbons (also known as a chiffonade), it's the best salad green I've ever tasted. Consider this recipe a template — you can swap in anything you like for the pistachios and golden raisins. We like sunflower seeds and dates, or walnuts and dried cherries, or pecans and fresh orange slices.

1 bunch lacinato kale, stemmed and cut into ribbons

Zest and juice of 1 lime

½ teaspoon gluten-free fish sauce or gluten-free tamari

¼ cup walnut oil

Salt and pepper

⅓ cup golden raisins

¼ cup toasted pistachios

⅓ cup grated Parmesan

1 In a small bowl, combine the lime zest, lime juice and fish sauce. Whisking, drizzle in the walnut oil. Season with salt and pepper.

2 Add the golden raisins and pistachios to the kale and toss. Drizzle a third of the dressing along the sides of the bowl, so it moves slowly into the kale. Toss the salad with your hands, massaging the dressing into the kale. Drizzle in more dressing, if necessary, until the salad is fully coated and top with the cheese.

SWEET SURPRISE



Second Chances

Helene Godin is neither gluten- nor dairy-free. She doesn't have any kids or close friends with those sensitivities, either. But she loves connecting with people over good food, and after more than two decades of commuting to New York City to practice law, she was craving a connection to the community of her small, 8,000-person town of Hastings-on-Hudson. So, last May, she opened By the Way Bakery—a gluten-free, dairy-free haven. She wanted a bakery with pastries so enticing you'd choose them even if you could eat freely. Now, her stunning cakes, muffins and cookies are making her a bit of a local celebrity. (\$24.95 for a

6-inch layer cake; btwbakery.com).

—**JACQUELINE RAPOSO**



Coconut Cloud Cake



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coconut flakes makes
this cake an angelic slice
of heaven.*

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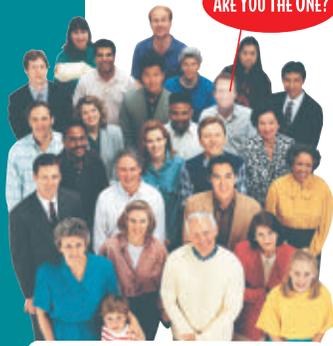


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Celiac affects children as well as adults, men and women. Yet 97% of people with Celiac Disease go undiagnosed. Celiac Disease is one of the most common genetic conditions in the world. Celiac is a multi-symptom, multi-system disorder, activated by eating gluten – proteins found in wheat, rye and barley. Symptoms vary and are not always gastrointestinal. If you experience constipation, diarrhea, anemia, bloating, gas, osteoporosis, weight loss, even fatigue, depression and infertility – you could be the one!



Celiac Disease Foundation

818.990.2354 ph • 818.990.2379 fax
cdf@celiac.org • www.celiac.org

What is Good Nutrition?



The Nutritional Therapist Training Program



800.918.9798

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easy eats

GOOD TO BE GLUTEN FREE

March/April 2012 Our Spring-Clean Your Life Issue!

Declutter Your Life, 6 Recipes
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Breakfast



Huevos Rancheros
Breakfast Burritos



Quinoa-Stuffed Baked
Apples



Sweet Potato-
Pancetta Hash with
Fried Eggs

Appetizers, Salads, Soups & Sides



Braised Kale



Creamless Broccoli-
Leek Cream Soup



Cucumber and
Pomegranate Salad



Garlic Buffalo Wings
with Cheddar
Wing Dip



Herb Marinated
Chickpeas



Minestrone Chard
Soup with Garlic
Croutons



Mini Corndogs



Raw Kale Salad
with Pistachios and
Golden Raisins



Touchdown Nachos
with Super Bowl Chili

Pizza & Rice



Elisabeth Hasselbeck's
Pizza



Rice with Rose Petals

Main Dishes



Bacon Jalapeño Popper Meatballs



Chicken and Potato Pockets



Chicken Tikka Masala



Mushroom Veggie Burgers



Seared Chicken and Apple Stew



Turkey and Dried Fruit Quinoa



Turkey Meatloaf

Desserts



Bittersweet Chocolate Cake with Hazelnuts and Cardamom Whipped Cream



By the Way Bakery Coconut Cloud Cake



DIY Dark Chocolate Cake Pops



Red Velvet Heart Cakes

Drinks & Miscellaneous



Antioxidant Strawberry Smoothie



Blood Orange and Pomegranate Hot Toddy



Healthier Honey Mustard Dressing



Honey Mustard Dipping Sauce



Orange Marmalade

Advertiser Index

- Anderson Seafoods
- Angell Organic Candy Bars
- Amazing Grass
- Celiac Disease Foundation
- Galaxy Foods
- Gluten Free Expo
- Glutino
- National Foundation for Celiac Awareness
- Nutritional Therapy Association
- Pamela's Products
- RiceWorks
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- San-J
- Tillen Farms
- Van's Foods
- Wholly Guacamole

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