

Healthy, Gut-Friendly Foods for the Holidays



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November 14, 2006

The Jay Monahan Center for Gastrointestinal Health

DEMO RECIPES

Roasted Garlic Butternut Squash Soup
Marbleized Root Vegetable Puree
Quinoa Stuffing with Sautéed Zucchini

ADDITIONAL RECIPES

Sweet Potato Pie with Walnut-Ginger Crust
Stuffed Mushrooms
Creamy Ginger Miso Dressing
String Beans Amandine
Oven-Steamed Sea Bass
Pita Chips
Olive Oil Cake with Citrus Rosemary Syrup

ROASTED GARLIC BUTTERNUT SQUASH SOUP

- 1 head of garlic
- 1 jeweled yam
- 2 butternut squash (about 4 pounds total), halved lengthwise, seeded
- 2 tablespoons vegetable oil
- 2 tablespoons butter
- 3 yellow onions, thinly sliced
- 4 cups vegetable stock or butternut squash soup by Imagine
- 3 cups water
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger
- Salt & pepper to taste
- 8 oz. whole milk plain yogurt
- 1 bunch chives, diced

Preheat oven to 375°F. Cut top 1/4 inch off heads of garlic to expose cloves and generously pierce yam. Place squash, cut side down, on foiled baking sheet alongside garlic and yam. Bake until garlic, yam, and squash are very soft, about 1 hour.

While vegetables are roasting, heat butter in dutch oven or stockpot and add onions. Caramelize onions over low heat for at least 30 minutes. When vegetables are done roasting, scoop the flesh out of each and add to onions. Add broth, water, and spices and bring to a boil. Reduce heat to medium-low, cover and simmer for at least 20 minutes (or up to 2 hours).

Just prior to puréeing the soup, add yogurt. Purée in a blender or food processor, or use an immersion blender. (Can be prepared 1 day ahead. Cool slightly. Cover and refrigerate.) Ladle into bowls. Sprinkle with chives and serve.

Serves 8

Preparation time: 1 ½ hours

Recipe by Julie Negrin

MARBLEIZED ROOT VEGETABLE PUREE

Root vegetables have become a mainstay of the New England diet. Historically, these crops grew well during the summer and could be stored in barrels of sand or in root cellars to keep through the long winter. This spectacular casserole has potatoes, parsnips, turnips, and carrots, and is sweetened with just a hint of pear. The pureed vegetables are swirled together in the baking dish to create a pretty marbled effect.

- 2 pounds russet potatoes (about 3 large), peeled, cut into 2-inch pieces
- 8 ounces turnips (about 2 medium), peeled, cut into 2-inch pieces
- 8 ounces parsnips, peeled, cut into 1-inch pieces
- 1 medium pear (about 6 ounces), peeled, cored, cut into 1-inch pieces
- 1/2 cup whipping cream, soy milk or non-dairy creamer
- 8 tablespoons (1 stick) butter or nonhydrogenated margarine (Earth Balance)
- 1 1/2 pounds carrots (about 6 large), peeled, cut into 1-inch pieces
- 1/8 teaspoon ground nutmeg
- Additional ground nutmeg

Preheat oven to 350°F. Butter 2-quart baking dish. Cook potatoes, turnips, parsnips, and pear in large pot of boiling salted water until very tender, about 20 minutes. Drain. Return to pot. Stir over low heat until excess moisture evaporates, about 1 minute. Add cream and 5 tablespoons butter, and mash until smooth. Season with salt and pepper.

Meanwhile, cook carrots in another large pot of boiling salted water until tender, about 15 minutes. Drain. Transfer to processor. Add 2 tablespoons butter and 1/8 teaspoon nutmeg and puree until smooth. Season with salt and pepper.

Alternate potato and carrot purees by 1/2 cupfuls in baking dish. Draw knife through purees to marbleize. Melt 1 tablespoon butter. Drizzle over purees. Sprinkle with additional nutmeg. Cover with foil. (Can be made 1 day ahead; chill.) Bake covered puree until heated through, about 35 minutes (or 45 minutes if chilled).

Serves 10.

Source: Bon Appétit, November 1996

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QUINOA STUFFING WITH SAUTEED ZUCCHINI

A healthier Thanksgiving dish your guests will gobble up. Quinoa, an ancient grain eaten by the Incas, is high in protein, calcium, and iron.

Stuffing

- 2 cups quinoa
- 4 cups water
- 1-2 tablespoons olive oil
- 1 onion, sliced
- 2 small zucchini, cut into 1-inch cubes
- ½ cup pine nuts, toasted
- ¼ cup fresh parsley, chopped
- 1 teaspoon of orange zest

Dressing

- 4 tablespoons white wine vinegar
- 1/3 cup olive oil
- 4 tablespoons mirin
- 2 tablespoons Dijon mustard
- 2 teaspoons garlic, finely minced
- Juice of 1 lemon

Start with carmelizing onions by heating olive oil in large skillet and adding onions. Cook on low heat for at least 30 minutes. Stir every few minutes. Add sliced zucchini and cook for 10 more minutes or until tender.

Rinse quinoa in fine-meshed strainer. Bring water and quinoa to a boil in a large saucepan. Turn down heat, cover, and simmer for 15-20 minutes or until there is no water in the bottom of the pan. Do not stir. Simply slide a knife down the side of the pan and push quinoa aside to see if there is any water on bottom of pan.

Whisk dressing ingredients together. Toss quinoa with dressing serving bowl. Add onions, zucchini, squash, nuts, parsley, and zest. Serve warm or room temperature.

Serves 6

Preparation time: 45 minutes

Recipe by Julie Negrin

SWEET POTATO PIE WITH WALNUT-GINGERSNAP CRUST

Crust

- 1 ½ cup wheat-free gingersnap crumbs (grind gingersnap cookies in food processor)
- ½ cup walnuts
- 1 ½ tablespoons (packed) dark brown sugar
- Pinch of salt
- ¼ cup (½ stick) unsalted butter or non-hydrogenated margarine, melted

Filling

- 2 cups sweet potato yams, baked and peeled (approximately 2 large ones)
- ⅓ cup plain whole milk yogurt
- 3 tablespoons maple syrup
- 2 tablespoons orange juice
- 1 teaspoon vanilla extract
- 1 large egg
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- Pinch of salt
- 8 walnut halves
- Optional: whipping cream

Bake sweet potato yams

Preheat oven to 400°F. Poke holes in potatoes with fork. Place yams on foiled baking sheet and bake until tender, about 1 hour.

Make crust

Decrease oven to 350°F. Blend gingersnap crumbs, walnuts, sugar, and salt in food processor until walnuts are finely chopped. Add butter or margarine and process until mixture forms moist crumbs. Press crust onto bottom and up sides of 9-inch-diameter pie pan.

Make filling

Mash baked sweet potatoes yams with fork. Add yogurt, maple syrup, orange juice, vanilla extract, egg, spices, and salt and stir until smooth. Pour into crust and smooth out top. Place walnut halves around edges.

Bake until filling is set in center, about 40 minutes. Cool pie on rack. Serve warm or chill until cold. (Can be prepared 1 day ahead. Keep refrigerated.) Spoon sweetened whipped cream on top of pie between walnuts, if desired.

Serves 6

Recipe by Julie Negrin

STUFFED MUSHROOMS

- 1 pound mushrooms (larger ones are best for stuffing)
- 1 cup finely chopped onions
- 2 garlic cloves, minced or pressed
- 2 tablespoon olive oil
- 3 tablespoon chopped fresh basil
- 3 tablespoons, chopped roasted red pepper
- 2 tablespoons, pecans finely chopped
- ½ cup chopped fresh parsley
- ¾ cup fresh bread crumbs
- salt and ground black pepper to taste
- 3 tablespoons dry sherry
- 1 tablespoon soy sauce

Rinse the mushrooms well and pat dry. Remove the stems by carefully twisting them free by hand or by scooping them out with a small spoon. Chop the stems and set them aside.

Preheat oven to 450° F. In a large skillet, sauté the onions and garlic in the oil on medium heat for about 8 minutes, until golden. Stir in the chopped mushroom stems and continue to sauté for another 2 minutes. Add the basil, parsley, bread crumbs, peppers, pecans, and salt and pepper. Cook for another 2 or 3 minutes, stirring constantly, and set aside.

In a mixing bowl, combine the sherry and soy sauce. Tumble the mushroom caps in the sauce to coat them thoroughly. Fill each mushroom with the sautéed bread crumb mixture. Arrange the stuff mushrooms in a non-stick or lightly oiled baking pan and bake, uncovered, for 15 to 20 minutes, until the mushrooms begin to release their juices and the filling is browned and crunchy. Serve warm as an appetizer or side dish.

Makes 16 to 20 stuffed mushrooms

Preparation time: 45 minutes

Recipe by Julie Negrin

CREAMY GINGER MISO DRESSING

- 4 ounces silken tofu
- 2 tablespoons light miso
- 1 tablespoon rice vinegar
- 1 tablespoon chopped scallions
- 2 teaspoons grated ginger root
- 1/3 cup orange juice
- 1 teaspoon soy sauce
- 1 teaspoon brown sugar
- 1 teaspoon dark sesame oil

Combine all ingredients in a blender or food processor and purée until smooth. Serve over leafy greens or cooked vegetables. Covered and refrigerated, this dressing will keep for about a week.

Makes about ¾ cup

Preparation time: 5 minutes

Source: The Moosewood Restaurant Low-Fat Favorites by the Moosewood Collective

STRING BEANS AMANDINE

- 1 ½ pounds string beans
- 1 tablespoon extra-virgin olive oil
- ¼ cup slivered or sliced almonds
- Kosher salt and freshly ground black pepper
- Lemon wedges, for serving

Bring a large pot of water to a boil. Add string beans and 1 tablespoon salt, and cook until the beans are bright green and just tender, about 3 minutes. Drain, and rinse under cold water to stop the cooking. Pat dry with paper towels and set aside.

In a large skillet, heat the butter over medium heat. When the butter is melted and bubbling, add the almonds and cook, stirring frequently, until they are lightly golden, about 4 minutes. Add the string beans and stir until the beans are warmed through. Remove from heat, and season with salt. Squeeze a few lemon wedges over the bean just before serving.

OVEN-STEAMED SEA BASS

- 3 shallots
- 1 small bunch thyme
- 1 large bulb fennel, thinly sliced
- 1 tablespoon whole black peppercorns
- 4 six-to eight-ounce fillets Chilean sea bass or orange roughy
- ½ cup white wine

Preheat oven to 425°. Thinly slice the shallots, and line the bottom of a heavy skillet with them. Top with the thyme sprigs, fennel slices, and peppercorns. Season the fish fillets with salt and place, flesh-side down, on top of the shallots. Pour wine over the fish, and place the skillet over medium heat. Bring the wine just to a slow boil, cover pan with aluminum foil, and transfer to the oven.

Bake until the flesh is opaque and flakes when pressed with a fork, about 7 minutes, depending on the thickness of the fillets. Remove the fillets to a serving plate, and strain the vegetables and liquid, discarding the solids. Pour the strained juices over the fish and serve immediately.

Serves 4

Recipe by Jennifer Herman Clair

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PITA CHIPS

- 2 pitas
- Olive oil
- Salt and pepper

Optional

- Dried mixed herbs (oregano, basil, etc.)
- Minced garlic

Preheat oven to 350°

Slice pitas in half, so that you have two circles.

Brush pitas liberally with olive oil.

Sprinkle with herbs, salt and pepper.

Cut into 6-8 pieces, as you would a pizza and spread on a baking sheet.

Bake for about 8 minutes, or until crunchy and beginning to get golden.

OLIVE OIL CAKE WITH CITRUS-ROSEMARY SYRUP

If you do not wish to serve the cake with the syrup, simply omit it and increase the sugar in the cake ingredients to $\frac{3}{4}$ cup.

Cake

- $\frac{2}{3}$ cup good-quality extra-virgin olive oil, plus more for pan
- 4 large eggs
- $\frac{1}{3}$ cup sugar
- Grated zest of 1 orange
- Grated zest of 1 lemon
- 1 $\frac{1}{2}$ cups all-purpose flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon kosher salt

Citrus-rosemary syrup

- $\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup water
- 3 tablespoons honey
- 2 teaspoons lemon juice
- 3 wide strips orange zest
- 1 2-inch sprig fresh rosemary

Preheat the oven to 325°. Generously brush an 8- or 9-inch round cake pan with olive oil, and set aside.

Using an electric mixer, beat the eggs for 30 seconds. Add the sugar, and continue beating until the mixture is pale and foamy. With the mixer still running, slowly drizzle in the olive oil until it is completely incorporated. Gently fold in the orange and lemon zests.

In a separate bowl, combine the flour, baking powder, and salt. With the mixer on low, gradually add the flour mixture to the egg mixture. Pour the batter into the prepared pan.

Bake until the cake is golden brown and a cake tester inserted in the center comes out clean, 30 to 35 minutes.

Meanwhile make the syrup: In a small saucepan, combine all syrup ingredients and bring to a boil over medium-high heat. Stir until the sugar dissolves, then transfer to a glass measuring cup. Allow to cool for 30 minutes; discard orange zest and rosemary.

Allow the cake to cool for 15 minutes in the pan, then invert onto a serving plate. Using a small toothpick or skewer, poke a series of holes in top of cake. Drizzle over the warm syrup, and allow it to absorb for 20 minutes before serving. Serve at room temperature.

Serves 8

Recipe by Jennifer Herman Clair

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