

FOOD & DINING



ROASTED APPLE & CHEDDAR SALAD

Roasted apples and Cheddar cheese turn an ordinary mixed green salad into something extra-special. You can use pears for this recipe as well.

Servings: 6 servings, 1 1/2 cups each

Total Time: 40 minutes

Ease of Preparation: Easy

Health: Low Sodium, Diabetes Appropriate, Healthy Weight, Low Cholesterol, Low Carb, Low Calorie

Ingredients:

Dressing

3 tablespoons red-wine vinegar
2 tablespoons apple juice
1 tablespoon extra-virgin olive oil
1 tablespoon honey
2 teaspoons Dijon mustard
1/8 teaspoon salt
Freshly ground pepper to taste

Roasted Apples & Salad

2, preferably Fuji, peeled and cut into wedges 2 teaspoons plus 1 tablespoon extra-virgin olive oil 4 sprigs fresh thyme or 1/4 teaspoon dried 1/4 cup chopped walnuts 3

cups baby spinach or torn spinach leaves 3 cups torn Boston lettuce 3 cups torn curly endive 2/3 cup grated sharp Cheddar cheese

Steps:

1: Preheat oven to 400°F.

2: To prepare dressing: Whisk vinegar, apple juice, 1 tablespoon oil, honey, mustard, salt and pepper in a small bowl.

3: To roast apples & prepare salad: Toss apples with 2 teaspoons oil and thyme in a medium bowl; spread evenly on a baking sheet. Roast, turning once or twice, until the apples are soft and golden, 25 to 30 minutes. Discard fresh thyme, if using. Let cool.

4: While the apples are roasting, toast walnuts in a small baking pan until fragrant, about 5 minutes. Let cool.

5: Just before serving, combine spinach, lettuce and endive in a large bowl; toss gently to mix. Divide the greens among 6 plates, drizzle with dressing and top with cheese, roasted apples and walnuts. Serve immediately.

Nutrition: (Per serving)

Calories - 191

Carbohydrates - 14

Fat - 14

Saturated Fat - 4

Monounsaturated Fat - 5

Protein - 4

Cholesterol - 13

Dietary Fiber - 4

Potassium - 230

Sodium - 173

Nutrition Bonus - Vitamin A (40 daily value), Folate (15 dv), Fiber (15 dv).

Cover and refrigerate dressing (Step 2) for up to 1 week. Content By Kathy Farrell-Kingsley, Courtesy of Arcamax.com •



FLOURLESS HONEY-ALMOND CAKE

Honey and almonds flavor this simple (and gluten-free) cake. It's lovely for afternoon tea or a spring holiday dessert. Be careful not to overbeat the egg whites—they should be white and very foamy, but not at all stiff or able to hold peaks. If you beat them too much, the cake may sink in the middle as it cools.

Servings: 10 servings

Total Time: 2 hours

Ease of Preparation: Moderate

Health: Low Sodium, Diabetes Appropriate, High Fiber, Low Sat Fat, Heart Healthy

Ingredients:

Cake

1 1/2 cups whole almonds, toasted (see Tip)

4 large eggs, at room temperature (see Tip), separated

1/2 cup honey

1 teaspoon vanilla extract

1/2 teaspoon baking soda

1/2 teaspoon salt

Topping

2 tablespoons honey

1/4 cup sliced almonds, toasted (see Tip)

Steps:

1: Preheat oven to 350°F. Coat a 9-inch springform pan with cooking spray. Line the bottom with parchment paper and spray the paper.

2: Process whole almonds in a food processor or blender until finely ground (you will have about 13/4 cups ground). Beat 4 egg yolks, 1/2 cup honey, vanilla, baking soda and salt in a large mixing bowl with an electric mixer (or use a paddle attachment on a stand mixer) on medium speed until well

combined. Add the ground almonds and beat on low until combined.

3: Beat 4 egg whites in another large bowl with the electric mixer (use clean beaters on a hand-held mixer or the whisk attachment on a stand mixer) on medium speed until very foamy, white and doubled in volume, but not stiff enough to hold peaks, 1 to 2 minutes (depending on the type of mixer). Using a rubber spatula, gently fold the egg whites into the nut mixture until just combined. Scrape the batter into the prepared pan.

4: Bake the cake until golden brown and a skewer inserted into the center comes out clean, about 28 minutes. Let cool in the pan for 10 minutes. Run a knife around the edge of the pan and gently remove the side ring. Let cool completely.

5: If desired, remove the cake from the pan bottom by gently sliding a large, wide spatula between the cake and the parchment paper. Carefully transfer the cake to a serving platter. To serve, drizzle the top of the cake with honey and sprinkle with sliced almonds.

Nutrition: (Per serving)

Calories - 234

Carbohydrates - 22

Fat - 14

Saturated Fat - 1

Monounsaturated Fat - 8

Protein - 8

Cholesterol - 85

Dietary Fiber - 3

Potassium - 54

Sodium - 208

Store the cooled cake airtight at room temperature for up to 1 day. Drizzle with honey and sprinkle with almonds just before serving. | Equipment: 9-inch springform pan, parchment paper

Tip: To toast whole almonds, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes. To toast sliced almonds, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. Note: Eggs must be at room temperature for the proteins to unwind enough to support the cake's crumb. Either set the eggs out on the counter for 15 minutes or submerge them in their shells in a bowl of lukewarm (not hot) water for 5 minutes before using.

Content provided by EatinWell. Courtesy of Arcamax.com •

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