



I host once a month, my whole family gets together for dinner and laughs at one of our homes. The lively group includes my sisters, our families and memories of our beloved mom, Betty.

My mother passed down her love of all foods, from new-to-me fruits and vegetables to exotic international cuisine. Now, when experimenting in my own kitchen, I use that inspiration to make unexpected creations, which I pack with plenty of nutritious ingredients.

Like most siblings, my sisters and I delight in a little competition. So when it's my turn to cook, I strive for a wow-worthy meal that won't tie me to the kitchen all day. I have the latest gossip to catch up on, after all!

For one of our wintertime gatherings, I threw together a bright and spicy stir-fry, starring fresh spinach I'd picked up at the local farmers market. From the first taste, I was sure everybody would go crazy for it.

These dinners are super casual, and people just come as they are. The only goal is to have a simple celebration of eating great food with our favorite people: our big, beautiful, boisterous family.

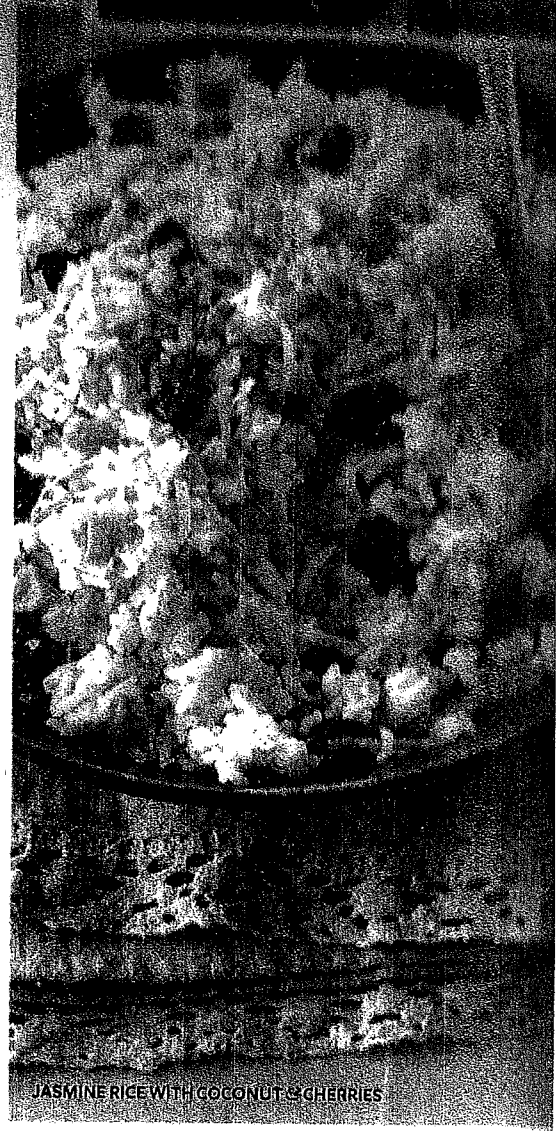
INGREDIENTS

Jasmine Rice with Coconut & Cherries

PREP: 10 MIN. • COOK: 20 MIN. + STANDING • MAKES: 4 SERVINGS

- 2½ cups water
- 1 tablespoon olive oil
- ¼ teaspoon salt
- 1½ cups uncooked jasmine rice
- ½ cup dried cherries
- ¼ cup chopped salted peanuts
- 1 teaspoon grated orange peel
- ¼ cup flaked coconut, toasted

1. In a large saucepan, bring the water, oil and salt to a boil. Stir in the rice; return to a boil, stirring once. Reduce heat; simmer, covered, 15-17 minutes or until water is absorbed.



JASMINE RICE WITH COCONUT & CHERRIES

2. Stir in dried cherries, peanuts and orange peel. Cover, 10 minutes. Sprinkle with coconut.

NOTE To toast coconut, bake in a shallow pan in a 350°F oven for 5-10 minutes or cook in a skillet over low heat until brown, stirring occasionally.

PER SERVING 1 cup equals 411 cal., 10 g fat (3 g sat.), 0 chol., 498 mg sodium, 71 g carb., 3 g fiber, 7 g pro.

Nov. 13, 2024

Sonora Ancho Mole with Beef

Sauce: 2-3 dry ancho* chiles or a mix depending on hotness, cleaned
3-4 roasted garlic cloves (do in dry skillet with peel on)
1 medium onion - cut into 3rds and roast til golden
3-4 T. pecans
4-6 prunes, diced
3/4 - 1 1/2 C. broth
1-2 T. tomato paste or 15oz. can diced tomatoes with juice
or use both for more tomato taste

Toast chiles in dry skillet 1-2 minutes per side to brown lightly and soften. Rehydrate covered in water to soften (10-15 minutes depending on type and freshness of chiles). Drain reserving liquid. Puree all ingredients until smooth adding broth and chile liquid to desired consistency.

Simmer 10-12 minutes. Use with meat or freeze.

Meat: 1 lb. 80/20 ground beef, cooked, degrease.

1 medium onion, diced

6-8 stuffed green olives sliced (lg. olives)

6-8 dried apricots, sliced

S+P to taste

Add onion to cooked beef cooking until softened about 5 min. Add sauce ^{11/2-20} so meat is the consistency of sloppy joe. Stir in olives and apricots to serve.

Simmer on low 10-15 minutes.

This is nice with rice flavored with cumin seeds, scallions, and cilantro, and roasted cherry tomatoes.

You can vary the beef with shredded pork, chicken cubes, or beans. (I found "Roman Beans" - Goya at Mexican groceries dried or canned and liked these.)

Adapted from Pati Jinach Mexican Cooking, P.B.S.

I also served a side salad, fried plantains, and optional corn tortillas.

* Other dry chile choices include guajillo, pulled, New Mexican, morita. These vary in heat, sweetness, texture, etc.

Spinach-Apple Salad with Maple-Cider Vinaigrette

Hands-on Time: 20 min; Total Time: 50 min

Sugared Curried Pecans

- 1 (6-oz.) package pecan halves
- 2 T butter, melted
- 3 T sugar
- 1/4 teaspoon ground ginger
- 1/8 teaspoon curry powder
- 1/8 teaspoon kosher salt
- 1/8 teaspoon ground red pepper

Maple-Cider Vinaigrette

- 1/3 cup cider vinegar
- 2 T pure maple syrup (can use pancake syrup)
- 1 T Dijon mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 2/3 cup olive oil

Salad

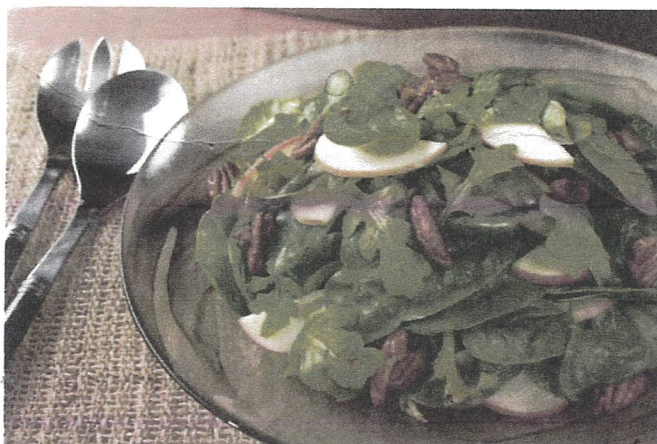
- 1 (10-oz) package fresh baby spinach, thoroughly washed
- 1 Gala apple, thinly sliced
- 1 small red onion, thinly sliced
- 1 (4 oz) packaged crumbled goat cheese (or feta)

1 cup raisins

- Prepare Pecans: Preheat oven to 350°. Toss pecans in butter. Stir together sugar and next 4 ingredients in a bowl; add pecans, tossing to coat. Spread in a single layer in a nonstick aluminum foil-lined pan. Bake 10 to 13 minutes or until lightly browned and toasted. Cool in pan on a wire rack 20 minutes; separate pecans with a fork.
- Prepare Vinaigrette: Whisk together cider vinegar and next 4 ingredients. Gradually whisk in oil until well blended.
- Prepare Salad: Combine spinach and next 3 ingredients in a bowl. Drizzle with desired amount of Maple-Cider Vinaigrette; toss to coat. Sprinkle with pecans. Serve salad with any remaining vinaigrette.

Note:

- Pecans may be made up to 1 week ahead. Store in an airtight container.
- Vinaigrette may be made up to 3 days ahead.
- Cover and chill until ready to serve.



*Recipe from Michelle Holdgrave
Submitted by Marty Oakley*

BREAKFASTS, DRINKS, AND SNACKS

Date Pecan Coconut Granola

Use 2 baking sheets when doubling.

A generous helping of dates, pecans, and coconut makes this our best-selling granola. It is sweetened with date syrup, which gives it a deep, earthy flavor that is more subtle than sugar or honey. I serve this granola in small parfait glasses layered with plain Greek yogurt and a bit of naturally sweetened preserves. Use kitchen shears to cut the sticky dates into pieces.

MAKES ABOUT 6½ CUPS [650 G]

- 2¾ cups [275 g] old-fashioned rolled oats (not quick oats)
- ¾ cup [90 g] pecan halves
- ½ cup [25 g] unsweetened flaked or shredded coconut
- 2 Tbsp chia seeds
- 1 tsp ground cinnamon
- ¼ tsp fine sea salt
- ½ cup [170 g] date syrup
- ½ cup [75 g] unrefined coconut oil, warmed to a pourable consistency
- 2 tsp vanilla extract
- 1 cup [225 g] diced pitted dates

Preheat the oven to 350°F [180°C] and line a rimmed baking sheet with parchment paper.

In a large bowl, mix the oats with the pecans, coconut, chia seeds, cinnamon, and salt. In a smaller bowl, whisk together the date syrup, coconut oil, and vanilla. Pour this liquid over the oat mixture and mix well to coat all the dry ingredients.

Turn out the granola onto the baking sheet and spread as thinly as possible. Bake for 10 minutes, then remove from the oven and stir and turn with a metal spatula. Spread out the granola again and return to the oven for 10 to 12 minutes longer, or until browned. Set aside to cool on the baking sheet until crisp. Mix in the dates and toss to distribute.

Transfer the granola to airtight containers and store at room temperature for up to 3 months.

This is done before it appears.

TAHINI MISO POWER BALLS

MAKES 18 - 1-INCH BALLS / READY IN 30 MINUTES

Miso adds a "what's that?" flavor switch-up to these sweet-savory energy balls that can help you get through the mid-afternoon energy slump or a spirited workout. A coating of sesame seeds lends this nourishing snack a nice crunch.

INGREDIENTS

- 1 cup large-flaked old-fashioned rolled oats
- 1/2 cup dried apricots
- 1/2 cup raisins
- 1/4 cup tahini
- 3 Tbsp honey
- 2 Tbsp white miso
- 1 tsp orange or lemon zest
- 1 tsp ground ginger
- 3 Tbsp sesame seeds, preferably a mix of black and white

STEPS

1. In food processor container, place oats and pulse until they are pulverized. Add apricots, raisins, tahini, honey, miso, orange or lemon zest, and ground ginger to container and blend until mixture sticks together when pressed between your fingers.
2. Using damp hands, roll mixture into 1 inch sized balls. You should get 12 balls. Spread sesame seeds out on small plate and roll balls in seeds. Place in refrigerator to firm up.

IN EACH 1-INCH BALL: 66 CALORIES / 2 G PROTEIN / 3 G FAT / 10 G CARBS (5 G SUGAR, 1 G FIBER) / 9 MG SODIUM

Salty, earthy, and funky, miso is a versatile ingredient made from fermented soybeans. The color of miso will predict how it will taste (and how you can use it). Lighter shades (white and yellow) are fermented for less time, have a sweeter flavor, and are what you can use for dressings, sauces, glazes, and even desserts (yes, peanut butter miso cookies are a thing). Red miso is fermented for a longer time, giving it an earthier, more intense flavor that can elevate hearty stews and braises. @

Matthew Kadey, MSc, RD, is a dietitian, nutrition writer, and recipe developer. He is also the author of the cookbooks *Rocket Fuel* and *Muffin Tin Chef*.

NUTRITION BONUS

Tahini supplies a healthy mix of heart-benefitting mono- and polyunsaturated fats, as well as a range of essential nutrients including thiamine, phosphorus, and copper.



Coconut Date Bars

The on-the-go, travel-light snack bar. Derived from a famous raw food bar and the ultimate in 'foodie!' This is a great snack for the active lifestyle and impressive to hand out to others. As an outdoor professional I take these in the back country and they need not be refrigerated and give great energy. Cut into bars and enjoy or wrap individually for on the go.

Submitted by **Lacy Wilson**

Prep Time: 10 mins

Additional Time: 30 mins

Total Time: 40 mins

Servings: 4

Yield: 4 servings

Ingredients

- 1/3 cup slivered almonds
- 1/2 cup flaked coconut — *Bob's Red Mill*
- ~~10~~¹³ pitted dates, or to taste
- 1/4 cup cashews, or to taste
- 1 teaspoon coconut oil

*1/4 cup dried cherries
1/8 cup mini choc chips
pinch salt — don't add if nuts are salted.
1/2 teaspoon vanilla*

Directions

Step 1

Blend almonds and coconut in a food processor; add dates and pulse until combined. Add cashews and coconut oil; pulse until mixture is thick and sticks together. Transfer to a sheet of waxed paper; form into a square, folding sides of waxed paper over the top. Refrigerate until solid, at least 30 minutes.

Nutrition Facts

Per serving: 249 calories; total fat 17g; saturated fat 9g; sodium 61mg; total carbohydrate 23g; dietary fiber 5g; total sugars 15g; protein 5g; vitamin c 0mg; calcium 38mg; iron 1mg; potassium 304mg

*You can use any mixture of nuts or dried fruit.
I usually double all the ingredients
and press into a parchment or waxed
paper 8" x 8" pan. I cover and keep in refrig.*

Peggy

Pork Tenderloin with Dried Cherries

2-3 lb. pork tenderloin
2 tsp. Italian seasoning
½ tsp. garlic powder
½ tsp. salt
½ tsp. black pepper
½ cup chicken broth
½ medium onion, sliced
1 Tbsp. oil
2 Tbsp. Balsamic vinegar
1 cup dried cherries, or dried cranberries

Use a paper towel to pat the tenderloin dry. Season with Italian seasoning, garlic powder, salt and pepper.

In a large skillet, heat the oil over medium-high heat. Sear pork on all sides, about 2 minutes on each side. Remove from skillet and place tenderloin in the crockpot.

Add the broth, balsamic vinegar, onion and dried cherries. Cook on low for 6 hours, until pork is tender.

Slice and serve as desired, with the cooking juices, onion and dried cherries on top.