

Peanut Soup, Senegalese style



This soup should be silky and smooth but not thick; it should be spicy, but not too hot; it should have a sharpness of tomato and lime, but not be sour; it should taste of peanuts, but not of peanut butter. To use the other half of the can of coconut milk, you may want to double the recipe. Another thought is to cook some brown rice and substitute part of the water with the coconut milk. Add the cooked rice to a bowl with the soup when serving. The soup also makes a delicious sauce for cooked chicken or tofu.

Ingredients:

- 2 Tablespoons oil (peanut oil is best, but any would do)
- 1 large onion, cut into ½-inch dice
- 1 large garlic clove, minced
- ¼ cup chopped cilantro stems
- ¼ teaspoon cayenne pepper or hot red pepper flakes, more to taste
- 2 Tablespoons curry powder
- 3 cups water
- One 28-ounce can crushed tomatoes
- 2/3 cup peanut butter, unsweetened
- 1 cup coconut milk (about half of a 13-ounce can)
- 1 lime, juiced or cut in wedges to serve on the side
- 2 Tablespoons chopped cilantro
- One 6-ounce or 8-ounce container of plain nonfat yogurt (*optional garnish*)
- Salt to taste (start with ¼ teaspoon)

Preparation:

1. Heat the oil in a soup pot, and then add the onion, garlic, and cilantro stems. Give a stir, then cook over high heat for a few minutes to warm the onion. Lower the heat to medium and cook until the onion has softened somewhat, 10 to 12 minutes. Stir in the cayenne and curry powder.
2. Add 3 cups of water and the entire can of tomatoes. Stir well and bring to a boil. Drop in the peanut butter and simmer until the onions are soft and the peanut butter has dissolved, about 15 minutes. Stir in the coconut milk. Season the soup with salt to taste (it will take less than most soups).
3. Just before serving, add the chopped cilantro and the lime juice (if you prefer this to serving the lime wedges on the side). You may serve with a dollop of plain yogurt in each bowl, some cilantro sprigs and the lime wedges or lime juice.

Makes 8 cups.

Approximate nutrition information for 1 cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
260kcal	19g	7g	0mg	4.5g	8g	16g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
10%	22%	15%	3%	7%	15%	300mg/12%

Recipe from Deborah Madison's "Vegetable Soups"



Elote (Mexican Street Corn Off the Cob)

The Spanish word “elote” directly translates to “corn cob.” Corn goes back as far as the Aztec civilization in Mexico; however, this recipe has its roots in the street vendors in Mexico City. Elote is eaten as a snack, but it can also be a delicious side dish.

Ingredients:

- 1 Tablespoon unsalted butter
- 4 cups frozen corn, thawed (8 ears of corn)
- 2 Tablespoons mayonnaise
- 3 ounces cotija cheese, freshly grated or crumbled
- ½ teaspoon smoked or sweet paprika
- 1 green onion, finely chopped
- 2 Tablespoons fresh parsley, chopped
- ½ teaspoon salt
- ½ teaspoon freshly milled black pepper
- 1 lime, quartered

Preparation:

1. In a cast iron skillet, melt butter over medium-high heat, then add the corn. Spread in an even layer and cook for 7-10 minutes, or until exterior is browned, stirring frequently. Be careful of the popping action of the heated kernels.
2. Once browned, place into a large bowl and mix in mayo, cotija, paprika, green onion, parsley, salt, and pepper, stirring to combine.
3. Serve immediately.

Makes 4 cups.

Approximate nutrition information for a ½ cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
120kcal	8g	3g	20mg	1.5g	4g	13g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
8%	10%	2%	1%	9%	2%	320mg/13%

Recipe adapted from Table for Two Blog.

Falafel (Middle Eastern Chickpea Balls)



Falafel is crisp and spiced chickpea (garbanzo beans) fritters that provide intense flavors of cumin, coriander, onion, and garlic. Because of the chickpeas, it is an excellent source of folate. Simple to prepare, this traditional Middle Eastern street food is tasty and perfect on its own or wrapped in pita bread and drizzled with tahini sauce or tzatziki sauce. Add a tomato and cucumber salad to turn this into a yummy, fresh meal.

Ingredients:

- 1 cup (250g) dried chickpeas, soaked overnight
- ½ large onion
- ¼ cup fresh cilantro
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon dried coriander
- 2 cloves garlic
- 1 teaspoon baking powder
- 2-3 Tablespoons all-purpose flour
- ¼ cup oil such as canola or grapeseed, for frying

Preparation:

1. Place the chickpeas into a bowl, and cover with at least 2 inches of water, leaving overnight (at least 8 hours) to soak.
2. When you are ready to cook, drain the chickpeas and place them into the bowl of a food processor with all the remaining falafel ingredients.
3. Pulse the mixture until the chickpeas are chopped very small - about the size of sprinkles. To test the mixture, turn off the processor, remove the lid and take a spoonful of the mixture. If you squeeze it in your hand, it should hold together in a ball, but will collapse if you poke it. If the mixture does not hold together add a little more flour, or if it is too dry, a little water, scrape down the processor and pulse again, until you get a texture that will hold together.
4. Scoop tablespoonfuls of falafel mixture and form them carefully into balls (or pucks). This is a bit easier if you wet your hands every couple of spoonful.
5. Pour just less than 2 inches of oil into a high sided frying pan, and heat over medium heat and bring oil up to 350°F. When the oil is hot, carefully add a few falafel balls at a time, making sure not to crowd the pan. Cook the falafel until they are golden brown and cooked through, at least 3 minutes. Cut one open to ensure they are cooked all the way through.
6. When all the falafel is cooked, serve warm.

Makes 20 Falafel balls.

Approximate nutrition information for 2 Falafel balls:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
140kcal	7g	0.5g	0mg	3g	4.5g	16g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
1%	<1%	8%	30%	4%	6%	290mg/12%

Tzatziki (Greek Cucumber Yogurt Sauce)



A version of this creamy and tangy sauce is served in all Greek homes. It is versatile and can be spread on sandwiches, used as a base of a salad dressing, cooked with meat, or used as a classic dip for pita bread, falafels, and olives. While it is doubtful that this delicious sauce will last very long, your homemade Tzatziki will keep in the fridge for about four days.

Ingredients:

Half English (hothouse) cucumber, peeled and seeded
1 cup plain Greek yogurt
½ ounce fresh mint (spearmint is best)
1 lemon, juiced
1 garlic clove

Preparation:

1. Mince cucumber, garlic, and mint and add to a bowl.
2. Stir in Greek yogurt and lemon juice.

Makes 1¾ cups.

Approximate nutrition information for ¼-cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
50kcal	3g	2g	10mg	1g	20.g	4g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
6%	13%	<1%	<1%	6%	2%	20mg/<1%

Tofu Bánh Mì (Vietnamese Sandwich) with Korean Radish Slaw



The Bánh Mì is a popular sandwich born from the fusion of French and Vietnamese cuisines after the French colonization of Vietnam. It features a French baguette stuffed with a variety of veggies and meat or tofu. Pickled carrots and daikon are a traditional Vietnamese condiment, but this recipe variation uses a traditional Korean daikon radish salad instead. Daikon is a large, mild-flavored radish frequently used in Southeast and East Asian cooking.

Ingredients:

For the pickled slaw:

- 1 pound daikon radish
- 1 small carrot
- 3 Tablespoons vinegar
- 2 Tablespoons sugar
- 1/2 teaspoon salt

For the tofu:

- 1 pound extra-firm tofu
- 2 Tablespoons reduced-sodium Tamari (or soy) sauce
- 1 Tablespoon sesame oil
- 1 Tablespoon rice vinegar
- 2 teaspoons real maple syrup
- ¼ teaspoon ground ginger
- A pinch red pepper flakes
- ¼ teaspoon salt
- 3 Tablespoons oil for frying (e.g. canola, vegetable)

For the sandwich assembly:

- 6 small French baguettes
- ½ red onion, thinly sliced
- ½ bunch fresh cilantro, torn
- 1 English cucumber, thinly sliced
- Fresh or pickled jalapeno (optional)
- Sriracha sauce
- Mayonnaise

Preparation:

Of the slaw:

1. Clean the radish and carrot by scrubbing with a brush. Cut into matchsticks or julienne. You can use a mandolin, if you have one. Use the thickest blade.
2. Add all the remaining ingredients. Mix well by hand until the sugar is dissolved. Taste and add more vinegar or sugar to your liking.
3. Let sit for at least 30 minutes before serving. It will taste better the next day.

Of the tofu:

1. In a large dish, whisk together the tamari, sesame oil, rice vinegar, ground ginger, salt, red pepper flakes, and maple syrup.
2. Slice tofu into thin (¼-inch) slices. Drench in sauce.
3. Heat some oil in a pan on medium heat. Lay each piece of tofu flat on the pan. Pan-fry for about 6-8 minutes, flipping each slice to cook evenly.

Of the sandwiches:

1. Slice baguettes lengthwise, toast, and smear one half lightly with mayonnaise.
2. Lay two slices of tofu on top of the mayonnaise-covered side. Squirt sriracha sauce directly on tofu.
3. Top with torn cilantro, pickled carrots, daikon, onion, and cucumber slices. You may add jalapenos or extra sriracha if you like it spicier.

Makes 6 sandwiches.

Approximate nutrition information for 1/2 sandwich:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
240kcal	14g	2g	5mg	1g	7g	25g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
17%	9%	<1%	2%	10%	11%	1,190mg/50%

Banh mi recipe from: eatliverun.com
Pickles recipe from: wholefoodsmarket.com

Pancit (Filipino Noodles)



This dish, whose name is derived from a word that translates into “convenient,” is a crowd-pleasing staple on the Philippine islands. It is simple, cooks fast, and is easy to make in bulk. While there are many variations to this dish, the base ingredients remain the same: noodles, sauteed garlic and onions, and soy sauce for flavor. Just toss in your choice of noodle, protein, and veggies, and you have pancit.

Ingredients:

- 1 package (12 ounce) dried rice noodles
- 1 teaspoon vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 cups (1 pound) boneless skinless chicken breast
- ½ head cabbage, thinly sliced or shredded
- 4 medium carrots, thinly sliced
- ½ cup soy or Tamari sauce
- 2 lemons, cut into wedges for garnish

Preparation:

1. Soak noodles in a large bowl with warm water. When soft, drain, and set aside.
2. Bring a pot of water to a boil. Add chicken breast and boil for 10 minutes or until chicken reaches an internal temperature of 165 degrees Fahrenheit. Dice or shred chicken, your preference. Set aside.
3. Heat oil in a wok or large skillet over medium heat. Sauté onion and garlic until soft. Stir in chicken, cabbage, carrots, and soy sauce. Cook until cabbage begins to soften. Toss in noodles until heated through, stirring constantly.
4. Serve with lemon wedges.

Makes about 10 cups.

Approximate nutrition information per ¾-cup serving:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
190kcal	2g	0.5g	25mg	3.5g	12.5g	36g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
108%	55%	4%	11%	5%	7%	770mg/32%

Recipe adapted from Allrecipes.com.

Horchata (Mexican Rice Drink)



This refreshing and creamy drink originated in Spain and is quite popular in Latin cultures. While this recipe calls for rice, horchata was originally made from tiger nuts. This tasty drink is versatile: optional additions include a dash of nutmeg, allspice, or a sprinkle of cocoa powder. Serve chilled.

Ingredients:

- 1 cup white rice, rinsed and drained
- One 3-inch cinnamon stick
- 4 cups hot water
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract or a punctured whole vanilla bean (*optional*)
- One 12-ounce can evaporated milk
- Ice cubes
- Pinch of ground cinnamon, for garnish

Preparation:

1. Combine rice, hot water, and cinnamon stick in a large bowl and allow to cool. Cover bowl and refrigerate for at least 2 hours, but preferably overnight.
2. Spoon rice into a blender (reserve soaking water and cinnamon stick) and blend on high for 3 to 4 minutes until mixture is as smooth as possible.
3. After smooth consistency is achieved, add reserved soaking water, sugar, and vanilla. Blend for an additional 2 minutes.
4. Strain mixture through a cheesecloth or fine sieve into a pitcher, pressing the rice solids until only a dry paste remains and discard paste. Stir evaporated milk into the mixture.
5. Serve in a glass with ice and a sprinkle of cinnamon. Additional sugar can be added to taste.

Makes 6 cups.

Approximate nutrition information for a 1/2-cup serving:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
120kcal	2.5g	1.5g	10mg	<1g	3g	21g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
2%	1%	<1%	10%	8%	4%	30mg/1%

Keks (Eastern European Coffeecake)



Keks is a traditional coffeecake eaten throughout Eastern Europe. It is usually served with tea or coffee with any meal, including breakfast. You can use different types of dried fruit and even add nuts. In summer, you can use fresh fruit of your choice as well; you just might need to lower the kefir amount slightly depending on how moist the fruit is. It is a perfect dessert for winter when fresh fruits aren't in season!

Ingredients:

- 1½ cups plain kefir (this is not the same as buttermilk)
- 1 teaspoon baking soda
- ½ cup granulated regular sugar
- 2 large eggs
- 6 Tablespoons unsalted butter, melted (but not hot)
- ¼ cup vegetable oil
- ½ teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- 1 teaspoon mandarin or orange zest
- ½ cup dried cranberries (craisins)
- ½ cup dried apricots

Preparation:

1. Preheat oven to 350 degrees F. Butter and flour an 8.5"x 4.5" bread loaf pan.
2. Whisk kefir and baking soda together in a medium bowl and set aside for 20 minutes. It will look fluffier when it's ready.
3. Chop dried apricots into pieces about the size of your dried cranberries. In a medium bowl, cover cranberries and dried apricots with boiling hot water and let sit 2 minutes, then drain well and set aside to dry in a colander.
4. In a large mixing bowl, beat together eggs and sugar until pale in color (3 min on high speed). Mix in melted butter (not hot butter, just warm), vegetable oil and vanilla extract. Stir to combine.
5. Whisk in prepared kefir and baking soda until well blended. Then, mix in the flours until everything is well blended. Finally, fold in the cranberries, chopped apricots and mandarin zest. Transfer the batter to your prepared baking pan and give it a little shake to even out the top.
6. Bake in the center of the oven for 60 to 70 minutes. Check the center with a wooden toothpick. It's done when the toothpick comes out clean. Let the loaf cool inside the pan until cool enough to handle, then transfer to a wire rack to cool to room temperature.
7. Once it's cooled, dust with powdered sugar and enjoy.

Makes one 8.5"x 4.5" loaf (12 slices).

Approximate nutrition information for 1 generous serving (1/12 of a loaf):

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
280kcal	13g	4.5g	50mg	3g	5g	39g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
9%	<1%	8%	6%	1%	7%	130mg/5%