

## Whipped Sweet Potatoes with Apples

- 3 1/2 pounds sweet potatoes (about 6 medium sized potatoes)
- 1 Tbsp. canola oil
- 2 Tbsp. pure, dark maple syrup, or to taste
- Salt and freshly ground pepper
- Nonstick cooking spray
- 2 tsp. unsalted butter
- 1 Golden Delicious apple
- Nutmeg for garnish

Peel and cut the sweet potatoes into 2-inch cubes. Steam them in a steamer basket, or in a pot with 1/4 cup of water, cover and steam for 10-15 minutes or until the cubes are tender. You can also steam them in the microwave.

Place the sweet potatoes in a large bowl.

Add the canola oil and maple syrup to the hot sweet potatoes and mash with a fork or a masher until smooth. Season to taste with salt and pepper. Spray a 9-inch square baking pan with cooking spray. Spread the sweet potatoes into the prepared dish, making an even layer.

Melt the 2 teaspoons of butter in the microwave. Peel, halve and core the apple. Place each half, cut-side down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes. Brush the apples lightly with the melted butter.

Bake uncovered at 400 degrees until the sweet potatoes are heated through and the apple slices have softened, about 25 to 30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.

**Makes 12 servings, 1/2 cup per serving.**

**Per serving:** 110 calories, 2 g total fat

# Green Bean and Mushroom Casserole

By Dana Jacobi for the American Institute for Cancer Research

## Green Bean and Mushroom Casserole

- Canola oil cooking spray
- 1 lb. green beans, trimmed and cut into 1-inch pieces, or frozen green beans
- 2 Tbsp. plus 2 tsp. canola oil
- 1/2 cup finely chopped onion
- 1/2 cup panko breadcrumbs
- 8 oz. white mushrooms, stemmed and cut into 4 to 6 pieces
- 1 large garlic clove, finely chopped
- 2 Tbsp. rice or all-purpose wheat flour
- 1 1/2 cups reduced-fat (2 percent) milk
- Salt and ground black pepper
- Pinch of cayenne pepper

Preheat oven to 425 degrees F. Coat 11-inch x 7-inch (2 quart) baking dish with cooking spray and set aside.

In large pot of boiling water, cook green beans until almost tender, 5 minutes. Drain in colander, and then transfer beans to bowl of ice water. When beans are cool, drain well and spread in prepared baking dish.

Heat 2 teaspoons oil in medium skillet over medium-high heat. Add onion and cook until browned, 8 minutes, stirring often. Scoop onion into small bowl, add panko, and mix with fork to combine well. Set topping aside.

Return pan to medium-high heat. Add mushrooms and cook until they look wet, 2 to 3 minutes, stirring constantly. Add garlic and cook until mushrooms are tender, 5 minutes, stirring often. Add mushroom mixture to green beans.

Add remaining 2 tablespoons of oil to pan. Sprinkle flour over oil and cook, using a wooden spoon to stir and scrape mushroom and garlic bits from bottom of pan. Cook for 1 minute, stirring constantly, lowering heat as needed to prevent flour from browning. Pour in milk while stirring vigorously. When sauce boils, reduce heat and simmer until spoon leaves a wide path and sauce is thick enough to coat spoon well, 5-7 minutes. Season sauce to taste with salt and pepper, and add cayenne pepper. Add sauce to vegetables, and stir to combine. Then spread in an even layer.

Sprinkle topping over casserole and bake, uncovered, for 10 minutes, or until topping is crunchy and mostly golden brown. Let casserole sit 10 minutes before serving.

**Note:** If preparing this casserole ahead, do not make topping until just before serving. Cool vegetables in the baking dish, then cover with foil and refrigerate for up to 24 hours. Let casserole sit at room temperature for 20 minutes. Heat it covered, at 350 degrees F., for 15 minutes. Meanwhile, make topping as above. Increase heat to 425 degrees F. and finish baking casserole, uncovered, until topping is crunchy and browned, 10 minutes.

**Makes 6 servings.**

**Per serving:** 210 calories, 8 g total fat (1.5 g saturated fat), 29 g carbohydrate, 7 g protein, 4 g dietary fiber, 95 mg sodium.

## Quinoa and Pomegranate Salad

- 2/3 cup quinoa (makes about 2 cups cooked)
- 2/3 lb. asparagus
- 1 cup shredded carrots
- 1 cup chopped parsley
- 1/2 cup finely chopped mint leaves
- 1/2 cup finely chopped dill
- 1/4 cup finely chopped walnuts
- 1/2 cup chopped cilantro, optional
- 1/2 cup chopped scallions, green part only, optional
- 2 Tbsp. olive oil
- 1/2 cup lemon juice from Meyer lemons \*(alternatively 1/4 cup lemon, 1/4 cup orange juice)
- 1/2 tsp salt, or to taste
- Black pepper, to taste
- 1 cup pomegranate seeds, divided (use 1 large pomegranate)

Cook quinoa according to package directions. Drain and cool.

Steam whole asparagus for 3 minutes or until bright green. Remove from pan immediately, drain, and let rest on plate with ice cubes. Slice diagonally into 1/4-inch pieces.

In large bowl, combine quinoa, asparagus, carrots, parsley, mint, dill, walnuts, and cilantro and scallions if using.

In a separate bowl mix olive oil, lemon juice, salt and pepper. Toss with quinoa mixture and then add 3/4 cup pomegranate seeds.

Serve as is for buffet or plate each serving over 1 cup baby lettuces. Garnish with remaining pomegranate seeds.

### Makes 8 servings

**Per serving:** 145 calories, 7 g total fat (1 g saturated fat), 20 g carbohydrate, 4 g protein, 3 g dietary fiber, 165 mg sodium.

### How to Seed a Pomegranate

Pomegranates are generally available August through December. Select a large pomegranate that feels weighty – ideally you can feel the seeds bursting out of the skin. The skin should appear shiny and smooth. Keep refrigerated till ready to use. Note: A large pomegranate offers about one cup of seeds.

To remove the seeds:

1. Fill large bowl with very cold water.
2. Slice the pomegranate in half and insert both halves in the cold water. Let sit 5 minutes.
3. With your hands immersed in the water, gently pry out seeds with your fingers, so rind floats and seeds sink to bottom. Remove membranes and discard. Drain pomegranate seeds and store in airtight container.

If you're concerned about staining, start by scooping seeds and membranes out with a tablespoon. Gently move spoon against inside of pomegranate. This leaves a bit less mess on your hands when you separate seeds.

## Pumpkin Pie From *The New American Plate Cookbook*

- Canola oil spray
- 2 cups canned pumpkin (one 15-ounce can and 1/4 cup of another 15-ounce can)\*
- Dough for 1 [New American Plate Pie Crust](#)
- 1 1/2 teaspoons unbleached all-purpose flour
- 1/2 teaspoon ground nutmeg, divided
- 3/4 teaspoon ground cinnamon, divided
- 1 can (12 ounces) evaporated fat-free milk
- 1/2 cup packed dark brown sugar
- 2 or 3 large eggs, lightly beaten†
- 1/4 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/2 teaspoon vanilla extract

\**Note:* Any remaining canned pumpkin can be stored in a tightly covered container in the refrigerator for up to 5 days. It can be used as a side dish.

†*Note:* If you prefer a softer, more custardlike texture in your pie filling, use three eggs; if you like a firmer consistency, use two eggs.

Lightly coat the inside of a large, nonstick skillet or saucepan with canola oil spray. Add the pumpkin and cook over medium-high heat, stirring often with a wooden spoon so that all the pumpkin comes in contact with the pan, until the pumpkin is reduced to about 1 3/4 cups, about 5 to 10 minutes. (This can be roughly gauged by “eyeball-ing” the amount or measuring the cooked-down pumpkin.) Transfer the pumpkin to a blender or food processor and let it cool slightly.

Set a baking rack in the middle of the oven. Preheat the oven to 400 degrees.

Meanwhile, roll out the dough. On a sheet of waxed paper, press the dough into a flattened disk. Cover the dough with another sheet of waxed paper and, using a rolling pin, roll the dough out into a 12-inch circle. Remove the top sheet of waxed paper and lift the bottom sheet to invert the dough over a 9-inch pie plate. Remove the waxed paper and gently press the dough down against the sides and bottom of the plate, pressing out any air bubbles. Crimp the edges by pinching between your thumb and forefinger. In a small bowl, combine the flour with 1/4 teaspoon of the nutmeg and 1/4 teaspoon of the cinnamon. Sprinkle the flour and spice mixture evenly over the bottom of the pie crust and set it aside. Chill prepared crust while preparing filling.

Gradually turn the blender or food processor to the highest speed and purée the pumpkin. Stop the motor and scrape down sides of the blender or processor with a rubber spatula. At medium speed, gradually add first the milk, then the sugar, then the eggs, blending only until each addition is incorporated into the mixture. Add the salt, the remaining 1/4 teaspoon nutmeg, the remaining 1/2 teaspoon cinnamon, the allspice, and vanilla extract and blend just until combined. Do not overmix. Pour the filling into the pie crust, scraping down the sides of the blender or processor with a rubber spatula.

Bake the pie for 15 minutes. Reduce the oven heat to 325 degrees and bake about 45 minutes more, until the filling looks set and a thin knife inserted into the center of the pie comes out almost clean. If the rim of the pie crust browns before the filling is set, cover it loosely with strips of foil. Cool the pie on a wire rack before serving.

**Makes 10 servings.**

Per serving: 194 calories, 7 g. total fat (1 g. saturated fat), 29 g. carbohydrates, 6 g. protein, 2 g. dietary fiber, 158 mg. sodium.