#PineappleProud Recipe Contest Cookbook: Featuring Baptist Health Employee Recipes

Baptist Health South Florida Human Resources

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ABOUT THIS BOOK

This cookbook features all the recipes submitted by Baptist Health employees to the #PineappleProud Recipe Contest that took place during the summer of 2019.

Featured Menu
To honor the contest winners, their dishes are highlighted in menu format on the next page. The recipes can be found inside the cookbook under the dish category.

Better For You
In keeping with our Baptist Health food philosophy, the Wellness Advantage team has provided healthier alternatives to all of the recipes. Those recipes can be identified by the “Better for You” Wellness Advantage logo.
APPETIZER

TOSTONES DE PANA by Chef Luisa Garcia
with chicken and guacamole

ENTRÉE

IMPERIAL RICE by Chef Jane Llanes
low carb cauliflower imperial rice

DESSERT

EGG ROLLS by Chef Yoly Diaz
plantain nutella egg rolls

PINEAPPLE RECIPE

CRÉME BRULÉE by Chef Henry Romero
pineapple creme brulée
topped with strawberries and whipped cream
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APPETIZERS
Creamy Mushroom Barley Soup

BY CAROL BONACOSSA

INGREDIENTS

- 5 tbsp olive oil
- ½ sweet onion, finely chopped
- 1 stalk celery, diced small
- 2 medium carrots, peeled, diced small
- 4 cloves garlic, minced
- 1.5 pounds of fresh bella mushrooms, sliced
- 2 zucchini, diced small
- 1/3 red pepper, finely chopped
- ½ cup pearl barley
- 1 13.5 oz. can coconut milk
- 1 veggie bouillon cube plus 4 cups of hot water OR 4 cups of vegetable broth
- salt and pepper to taste

COOKING INSTRUCTIONS

1. In large pot over medium heat, pour in the olive oil. Add the onion, celery, and carrot. Cook/sauté until softened (about 5 minutes).
2. Add the garlic and mix in until it releases the flavor (under a minute).
3. Add the mushrooms and cook while stirring (about 5 minutes).
4. Add the zucchini and red pepper and cook while stirring (about 3 minutes).
5. Add the barley, coconut milk, broth, salt and pepper and bring to a boil. Turn down heat to simmer and cook until barley is tender (about 25-30 minutes).
6. Turn off heat and close the lid; let the soup settle for at least 20 minutes before serving.

Healthy Tip to Keep in Mind:

By switching to light coconut milk you reduce the amount of saturated fat. Also, by switching to a no salt added veggie bouillon cube you reduce the amount of sodium.
Healthy Tip to Keep in Mind:
This colorful appetizer is nutritious and a good source of fiber. To make it even healthier, try making your own whole grain tortilla chips by simply baking non-gmo, whole grain tortillas. Look for the whole grain stamp when purchasing the tortillas.

Cecilia’s Bean Salad
BY CECILIA WILLIAMS

INGREDIENTS

1 can low sodium or no salt black beans  
1 can low sodium or no salt white beans  
3 large roma tomatoes  
3 jalapeños  
½ medium red onions  
1 orange bell pepper  
2 avocados  
2 large gloves of garlic  
1 bunch of cilantro, large stems removed  
½ cup white wine or red wine vinegar  
½ cup olive oil  
1 tsp salt  
½ tsp black pepper  
¼ tsp sugar or agave nectar  
juice of 2 limes  
salt and pepper to taste  
Tostitos corn chips

COOKING INSTRUCTIONS

CILANTRO VINAIGRETTE:
Place garlic, cilantro, olive oil, vinegar, salt, pepper, lime juice, and sugar or agave nectar in processor or blender and mix on high speed. Set aside.

BEAN SALAD:
1. Drain and rinse the beans and corn. Add to large bowl.
2. Fine dice bell pepper and onion. Add to bowl.
3. Remove seeds and membrane from jalapeño and chop to a fine dice. Add to bowl.
4. Slice tomatoes into quarters and remove seeds. Dice tomatoes.
5. Cut avocados in half and remove pits and peels. Dice and add to bowl.
6. Season with salt and pepper to taste.
7. Add vinaigrette to taste.
8. Refrigerate for at least one hour before serving.
9. Serve with Tostitos or other corn chips

*Salad can be made the day before. Do not add avocados until the next day to avoid browning.*
Sirloin Ground Beef Empanadas

BY CHRIS FRANCESCHI

INGREDIENTS

1 tsp of oil 1/2 tsp of cumin
2 lb. of sirloin ground beef 1 large onion chopped into small cubes
1/2 tsp of paprika 1/2 cup of water
1/2 tsp of dry oregano 1 can of black olives
1 tsp of salt 10 hard-boiled eggs
pepper 20 empanada pastry dough

COOKING INSTRUCTIONS

1. In a large frying pan, heat oil at medium to high heat.
2. Add meat, onion, paprika, oregano, salt, pepper, and cumin.
3. Add 1/2 cup of water, mix all ingredients well, and cook for 30 minutes on low heat.
4. Once cooked leave to cool overnight in the refrigerator.
5. The next day prepare the filling with one tablespoon of meat, 1/3 of a hardboiled egg, and 1/2 olive for each empanada.
6. Seal the dough by using warm water around the edge of the dough to fold.
7. In a large frying pan add oil so that it covers the empanada half way and fry both sides between 1-2 minutes until golden brown.

Healthy Tip to Keep in Mind:

When choosing ground beef look for 90/10 which means it’s 90% lean meat and 10% fat.

For a healthier alternative you may bake the empanadas instead of frying them.
Mini Beef Wellingtons

BY JESSICA DIAZ

INGREDIENTS

1 lb beef tenderloin
6 slices prosciutto
1 lb mushrooms finely chopped (portobello preferred)
2 sheets Pepperidge Farm Puff Pastry (thawed)
1 egg yolk (lightly beaten with 1 tsp water)
1 tbsp butter
1 tbsp oil
2 tbsp dijon mustard
3 sprigs fresh thyme (finely chopped)
salt and pepper to taste

COOKING INSTRUCTIONS

1. Melt butter in a pan on medium low heat.
2. Add mushrooms and thyme and cook for 5-10 minutes, or until moisture cooked out and mushroom resembles a smooth paste. Season with salt and pepper and let it cool to room temperature.
3. Cut tenderloin into 6 equal size cubes, pat dry and season with salt and black pepper. Heat oil in pan over high heat and sear all sides, 1 minute per side. Remove from pan and let it rest.
4. Take a pastry brush, and brush on a generous amount of dijon mustard onto all sides of the tenderloin cubes.
5. On a piece of plastic wrap, lay out a slice of the prosciutto, and spread a thin layer of mushroom paste. Place a tenderloin cube in the center, and wrap the prosciutto around it. Wrap well with the plastic, making sure it’s tight and held together. Repeat for the remaining tenderloin cubes. Chill in freezer for 10-15 minutes.
6. Cut each puff pastry into strips the width of the tenderloin packages. Remove plastic wrap, and put on one of the pastry strips, and bring together. Place another pastry strip the opposite way to completely encase the beef. Use a bit of water to stick pastry together.
7. Place Wellingtons seam side down on a parchment paper lined baking sheet, and brush with egg yolk wash. Using the back of a knife, lightly score in a leaf pattern and sprinkle with some coarse salt.
8. Preheat oven to 400°F and bake for 10 minutes. Turn up the heat to 450F and bake for another 10 minutes or until golden brown. Let rest and enjoy.

Optional dipping sauces: Gorgonzola Cream Sauce or Spicy Mustard Sauce

Healthy Tip to Keep in Mind:

Look for words like “round”, “loin”, “choice” or “select” when you shop for beef.
Papa a la Huancaina
BY KATHY PALLEJA

INGREDIENTS

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<tr>
<td>½ cup of jarred aji amarillo paste</td>
<td>6 yukon gold potatoes</td>
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<tr>
<td>saltine crackers (whole strip)</td>
<td>4 hardboiled eggs cut in half</td>
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<tr>
<td>1 12 ounce can evaporated milk</td>
<td>Lettuce leaves for decoration</td>
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<td>salt and pepper to taste</td>
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COOKING INSTRUCTIONS

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain and set aside to cool slightly.

2. Place aji amarillo paste, saltine crackers and evaporated milk in a food processor or blender. Add salt and pepper to taste. Sauce should be fairly thick. Add more crackers to thicken the sauce or more milk to thin it.

3. Arrange half potatoes onto lettuce leaves. Drizzle huancaina sauce over potatoes. Top each with boiled egg cut in half.

4. Serve at room temperature or chilled.

Healthy Tip to Keep in Mind:

Try low sodium saltines to help reduce the amount of sodium and low fat evaporated milk to help reduce the amount of saturated fat. Also, consider using less of the aji amarillo paste to help reduce the amount of sodium.
Tostones de Pana with Chicken and Guacamole

BY LUISA F. GARCIA

INGREDIENTS

- 3 Tostones de Pana (Breadfruit) (These tostones can be found in the frozen aisle at Publix supermarket)
- 1 chicken breast
- mustard
- 3 haas avocados
- ¼ cup of red onion
- 2 tablespoon of cilantro
- 2 limes
- garlic salt
- salt and pepper
- Fresh Cravings Organic Salsa (Can be found in the produce section in Publix)

COOKING INSTRUCTIONS

CHICKEN:
1. Marinate chicken breast with ½ lime, drizzle mustard, and add salt and pepper to taste. Let it sit in the refrigerator for 30 minutes.
2. Heat the pan on high heat for about 2 minutes, then lower the heat to medium and add the oil to the pan, make sure the entire pan is coated with oil.
3. Add the chicken breast to the pan and cook for 6 minutes on the first side without moving. Flip the chicken breast to cook the other side.
4. Squeeze ½ of lime juice, turn off heat and let the chicken rest in the pan for about 5 minutes before cutting.

GUACAMOLE:
Peel the avocados and scoop them into a large bowl add ½ of lime juice and ½ teaspoon of salt and begin mashing with a potato masher. Add the onions, cilantro and lime juice from one lime. Mix well and refrigerate for one hour.

TOSTONES DE PANA:
1. Ensure Tostones are thawed out prior to cooking. Heat the pan on high heat for about 2 minutes, then lower heat to medium and add the oil to the pan, make sure the pan is coated with oil.
2. Add the tostones and cook for about 3 minutes on each side or until golden. Once they are ready set aside and sprinkle them with garlic salt.

ASSEMBLING (1 TOSTON)
1. Add a thin layer of guacamole
2. Add two to three small pieces of chicken
3. Add a thin layer of Fresh Cravings Salsa
4. Add cilantro to garnish
5. Repeat layering process until you’ve used all of your tostones

Healthy Tip to Keep in Mind:
To reduce amount of frying, try broiling the marinated chicken until cooked. Also, try using a non-stick, non aerosol cooking spray on the baking sheet for the Tostones de Pana and then sprinkling with a just a little oil and bake.
Portabella Mushroom
BY MISTI JOHNSON-ARCE

INGREDIENTS

- 4 portabella mushrooms
- 1 cup frozen spinach
- ½ cup red bell pepper – approximately a quarter of the pepper
- ½ cup onion – approximately a quarter of the onion
- ½ cup feta cheese
- 4 tsp grated parmesan cheese
- olive oil for drizzling
- salt and garlic powder to season

COOKING INSTRUCTIONS

1. Preheat oven to 425°F.
2. Wash mushrooms and place inner flesh facing up on a non-stick baking sheet/dish.
3. Slice red bell peppers and onion into thin strips and cut in half again.
4. Cut feta cheese into small cubes.
5. Place chopped spinach on each mushroom, covering the surface.
6. Add salt and garlic powder as desired.
7. Top each mushroom with an equal amount of the cut peppers, onions, and feta cheese.
8. Sprinkle with parmesan cheese.
9. Drizzle each mushroom lightly with olive oil.
10. Place in oven for 20 minutes
    - Cheese will brown a little
    - If you want the vegetables to be more tender, increase cooking time by 3-5 minutes

Healthy Tip to Keep in Mind:
Since feta cheese is a higher sodium cheese, consider using less or replacing 1/2 of the feta with low sodium cottage cheese.
**Garbanzos (Chickpeas)**

**BY PATRICIA CISNEROS**

**INGREDIENTS**

1 can of garbanzo beans (drained)
1 small yellow onion (julienned or chopped in small squares)
1 tbsp (or more) fresh chopped cilantro
2 limes (juiced)
1 tsp of white vinegar

1/2 tsp (or more) of Aji Amarillo or Rocotto (found in the ethnic isle supermarket)
Alternative: unseeded jalapeño
salt (taste)
pepper (taste)

**COOKING INSTRUCTIONS**

1. In a medium bowl mix chopped onions, lime juice, Aji Amarillo or Rocotto, cilantro, vinegar, salt, and pepper.
2. Add drained garbanzo beans and mix thoroughly.
3. Cover and leave refrigerated for at least 30 minutes until serving.
4. Before serving, mix again – and enjoy!

**Healthy Tip to Keep in Mind:**

Cooking dry beans instead of purchasing them canned is lower in sodium, less expensive and tastes better. Chickpeas, also known as garbanzo beans, are packed with nutrients, are fairly low on the glycemic index and are full of fiber.
Five Bean Salad
BY SANDY VERELINE

INGREDIENTS

2 - 15 oz. cans garbanzo beans
1 - 15 oz. can dark red kidney beans
1 - 15 oz. can light red kidney beans
1 - 15 oz. can green beans
1 - 15 oz. can yellow beans
2 medium onions, diced
2-3 stalks celery, diced

DRESSING
2 cups cider vinegar
2 cups white sugar
1 cup plus 1/3 cup vegetable oil
2 tsp minced garlic
2 tsp salt
2 tsp pepper

COOKING INSTRUCTIONS

1. Place all beans in a colander and rinse well.
2. Pour beans into a large bowl. Add diced onion and celery.
3. In a medium bowl, place vinegar, sugar, oil, minced garlic, salt, and pepper. Mix well until sugar dissolves.
4. Pour dressing mixture over beans and stir well.
5. Cover and refrigerate several hours (preferably overnight).
6. Before serving, stir well again.

NOTE: Can be used as an appetizer or served in relish trays. If you prefer, you can put the salad mixture into jars or other covered containers and place in your refrigerator door, thus saving room. This makes a large bowl of bean salad, perfect for a potluck or snacking on all week. You can easily divide this recipe in half if you prefer less.

Healthy Tip to Keep in Mind:
You can reduce the amount of sodium in this recipe simply by thoroughly rinsing the beans and vegetables.
ENTRÉES
Grilled Florida Lobster
BY ANGELA HOFMAN-HAAS

INGREDIENTS (serves 3-4 people)

- 6 fresh spiny lobster tails
- 4 tbsp olive oil
- 1 stick butter
- ½ tbsp garlic powder
- 2 tbsp key lime juice (approximately 2 key limes)
- salt and pepper to taste

COOKING INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Butterfly lobster tails using kitchen scissors or a sharp knife, by cutting through the top of the lobster shell and meat.
3. In small bowl, melt the butter in the microwave.
4. Add olive oil, garlic powder, key lime juice, salt and pepper to melted butter.
5. Brush lobster tails with melted butter mix.
6. Grill the lobster flesh-side down, until it becomes opaque with some golden brown areas.
7. Flip it over and continue to cook until shells are bright red and lobster meat is white throughout.
8. Remove from the grill, and serve with additional key lime butter.

Healthy Tip to Keep in Mind:

Use 1/2 stick of butter to decrease saturated fat.
Plant-Based Tuna Salad

BY ANTONIO MACHIN

INGREDIENTS

- 1 (15-oz.) can chickpeas, rinsed and drained
- 5 sheets nori seaweed
- 3 tbsp tahini
- 2 tbsp veganaise
- 1 tsp dijon or spicy brown mustard
- ¼ cup diced red onion
- ¼ cup diced celery
- ¼ cup diced apple
- pinch sea salt and black pepper
- 1 tsp capers, drained and loosely chopped (optional)
- 1 tbsp roasted unsalted sunflower seeds (optional)

Healthy Tip to Keep in Mind:

For a healthier twist, conserve the liquid from the chickpeas, also known as aquafaba. Reduce the tahini to two tablespoons. Use the aquafaba to replace the tahini (and olive oil) to help with the blending. Taste the salad before adding salt. You may find it doesn’t need it.

COOKING INSTRUCTIONS

1. Blend 5 sheets of nori seaweed in food processor.
2. Add all additional ingredients to food processor. Set food processor to pulse and blend until desired texture is achieved.
3. Serve on bread or as dip.
## Chicken Broccoli Rice Casserole

**BY CARLEY ASTIGARRAGA**

### INGREDIENTS

- nonstick cooking spray, olive oil or butter
- 4 boneless, skinless chicken breasts
- salt and pepper to taste
- 1 medium broccoli head, cut into small florets
- 2 cups cooked white rice
- 1 (10 oz.) can condensed cream of chicken soup
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 tbsp lemon juice
- 10 oz cheddar, grated (about 2 1/2 cups)

### COOKING INSTRUCTIONS

1. Place the chicken in a large pot with water to cover. Add salt to taste.
2. Bring chicken to a boil. Reduce heat to simmer until chicken is tender (about 45 minutes).
3. Drain chicken and refrigerate. Shred chicken when cool.
4. Boil broccoli florets until tender.
5. Cook rice according to package directions.
6. Preheat oven to 350°F. Grease 9-by-13-by-2-inch baking dish with nonstick cooking spray, olive oil or butter.
7. Mix chicken soup, sour cream, mayonnaise, lemon juice, shredded chicken and half of the cheddar cheese. Salt and pepper to taste.
8. Evenly spread cooked rice in baking dish.
9. Layer rice with broccoli florets.
10. Pour the mixture over the broccoli.
11. Top with cheddar cheese.
12. Bake for 40 - 45 minutes; let stand for 5 minutes before serving.

### Healthy Tip to Keep in Mind:

Use brown rice instead of white. Switch to low fat mayonnaise and either reduced fat sour cream or plain yogurt. Lastly, try making a homemade version of condensed cream of soup so as to lower the fat and salt content.
Alaskan Cod a la Romana

BY ELISIA EGOZCUE

INGREDIENTS

POTATO BASE
- 3 russet potatoes sliced with skin on
- 2 tbsp olive oil
- 1 white onion sliced
- 1 tsp fine sea salt
- ½ tsp pepper
- 1 tbsp garlic powder

TOMATO RELISH TOPPING
- 3 roma tomatoes diced
- 3 garlic cloves pressed
- 1 white onion diced
- 1 tbsp olive oil
- ½ cup white wine
- 1 tsp oregano chopped
- 1 tsp parsley chopped
- 1 tsp fine sea salt
- ¼ tsp pepper

FISH
- 4 fillets of wild caught alaskan cod fish
- non-stick cooking spray

COOKING INSTRUCTIONS

POTATO BASE
Place sliced potatoes and onions onto a skillet with olive oil and begin to sauté on medium heat. Sprinkle half of the salt, pepper, paprika, garlic powder and oregano on top of the potatoes. Turn potatoes over and sprinkle with the remainder of the spices. Reduce heat to medium/low, cover and allow to cook for 15-20 minutes flipping potatoes every 5 minutes for even browning. Place spinach on top of potatoes to steam for the last 5 minutes covered.

TOMATO RELISH
Sauté in olive oil the tomatoes, garlic, onion and spices in a separate skillet for 5 minutes on medium heat. Add white wine, raise the heat to high and cook for 3 minutes. Reduce heat to low and allow to simmer until ready to serve.

FISH
Spray a large pan with non-stick cooking spray and cook cod on medium heat for 3 minutes on one side. Flip the fish and cook for an additional 3 minutes.

SERVING SUGGESTION
1. Place potatoes with spinach on a plate.
2. Add cod, and then top with the tomato relish. Serve with a side of white rice (optional).

Healthy Tip to Keep in Mind:
Pacific cod is likely to contain slightly higher levels of mercury, so pregnant women shouldn’t consume more than six 6-ounce servings per month. The Monterey Bay Aquarium Seafood Watch recommends avoiding Pacific cod caught near Japan or Russia and Atlantic cod caught in the United States or Canada, except for that caught in the Gulf of Maine.
Low Carb Cauliflower Imperial Rice
BY JANE LLANES

INGREDIENTS

3 Bags of frozen cauliflower rice (original)  2/3 cup Vino Seco (dry white cooking wine)
3 tbs Badia Sazon with azafran          2 chicken breasts or 1 cooked rotisserie chicken
1 tbsp garlic powder                  butter flavored nonstick cooking spray
2 tsp onion powder                    2 cups mozzarella cheese
1 ½ tsp salt                          ½ lb sliced ham
1 tsp black pepper                    2/3 cup mayonnaise
1 packet Sazon Goya

COOKING INSTRUCTIONS

1. Cook cauliflower rice according to bag instructions and empty into a non-stick cooking pan.
2. Add Badia Sazon, garlic powder, onion powder, and 1 tsp salt to rice (optional). Add 2/3 cup Vino Seco and cook over medium heat for 5-10 min until rice is soft.
3. Remove rice from heat, add mayonnaise and mix well.
4. If cooking 2 chicken breasts, boil the chicken in water until cooked. Remove from the water, shred chicken into pieces and place in a pregreased (butter sprayed) hot pan. Season with Sazon Goya packet, ½ tsp salt, and black pepper. Cook for 10 minutes until the chicken starts to brown.
   ALTERNATIVE: If using rotisserie chicken, shred the breast of the chicken and set aside.
5. In a baking dish, add half of the rice mixture to the bottom of the dish evenly. Add chicken and spread evenly over rice. Then add the remaining rice. Top with sliced ham and mozzarella cheese (Can reduce amount of cheese if desired).
6. Broil for 3 mins until cheese starts to bubble. Let it cool for 10 minutes, then slice and serve.

Healthy Tip to Keep in Mind:
Use Mrs. Dash instead of Goya and Badia seasoning, white wine instead of Vino Seco, low fat cheese and low fat mayonnaise to decrease sodium and fat content.
Pepperoni Pizza
BY JANESSA SANCHEZ

INGREDIENTS

1 can Pillsbury refrigerated classic pizza crust or 1 can Pillsbury refrigerated thin pizza crust
1 can (8 oz) tomato sauce
2 tbsp dried basil
20 pieces turkey pepperoni
¾ cups shredded part-skim milk mozzarella cheese
4 tbsp grated parmesan cheese
4 slices center-cut bacon (optional)
A pinch of crushed red pepper flakes (optional)

COOKING INSTRUCTIONS

1. Prepare the pizza crust using the instructions on the Pillsbury can (as an added measure, I like to gently poke the dough in the baking pan with a fork prior to baking to avoid any air pockets during the cooking process).
2. While the crust is pre-baking, cut the bacon into bite-size pieces and cook the bacon (if using) on the stove top in a pan with non-stick cooking spray.
3. Mix the Basil, red pepper flakes (if using), and the tomato sauce into a small bowl.
4. Once the crust is pre-baked, spread the tomato sauce mixture evenly onto the crust, add the mozzarella cheese, turkey pepperoni, chopped bacon, and parmesan cheese.
5. Bake for 12-14 minutes, until the bottom of the crust is golden-brown.
6. Slice with a pizza cutter and serve.

Healthy Tip to Keep in Mind:
Use whole grain pizza crust and substitute 1/2 pepperoni with veggies. Use 2% mozzarella cheese and omit the bacon.

For a healthier twist use cauliflower pizza crust found in the freezer section. Use uncured turkey pepperoni or uncured Canadian bacon and half the amount. Add mushroom slices to get that extra “meaty” texture. You’ll decrease the sodium and other unwanted added ingredients.
Green Spaghetti
BY KATHERINE PALLEJA

INGREDIENTS

- 3 tbsp olive oil
- ¼ cup diced red onion (small)
- 5 oz of fresh baby spinach
- 1 cup fresh basil leaves
- 2 ½ ounces queso fresco
- ¼ cup evaporated milk
- 1 garlic clove, chopped
- salt and pepper to taste
- 12 oz uncooked spaghetti

COOKING INSTRUCTIONS

1. Heat 1 tbsp of oil in small skillet over medium heat.
2. Add onion; cook, stirring occasionally, until tender. Transfer onion to a food processor; cool slightly.
3. Add spinach, basil, queso fresco, milk, garlic, onion, salt, pepper and 2 tbsp of oil to food processor. Process until smooth.
4. Cook spaghetti in salted water. Drain, reserving ½ cup cooking water. Toss spaghetti with spinach mixture, adding cooking water, 2 tbsp at a time, until desired consistency is reached.

Healthy Tip to Keep in Mind:
Use low fat evaporated milk, low fat cheese and whole grain pasta to increase fiber content for a heart healthy recipe.
Low Carb Ricotta, Spinach and Mushroom Zucchini Ravioli

BY KIRK CHIN

INGREDIENTS

- 2 cups of baby bell mushrooms
- ¼ cup parmesan cheese (or ¼ vegan parmesan)
- 8 oz ricotta cheese (or vegan ricotta)
- 3/4 cup milk (or non-dairy milk unsweetened)
- 8 oz frozen spinach thawed, steamed and drained (or 1 bag fresh spinach steamed and drained)
- 1 tsp italian seasoning
- ½ tbsp olive oil
- truffle salt to taste (or regular salt if you do not have truffle salt)
- pepper to taste
- pesto of your choice
- 6 large zucchinis

COOKING INSTRUCTIONS

1. Preheat oven to 400°F.
2. Spray a baking dish with cooking spray or oil olive to prevent sticking.
3. Using a food processor, course chop the mushrooms. Place them in a skillet with a little olive oil and sauté until there is no moisture left.
4. For the filling, add the mushrooms, ricotta, parmesan, milk, spinach, italian seasoning and a small amount of truffle salt and pepper to a bowl. Stir until combined.
5. Cut the ends off of the zucchini and then cut each zucchini in half length wise. Using a vegetable peeler cut very thin slices of the zucchini.
6. On a cutting board, lay out 3 slices of zucchini, overlapping in the center to form a star. Then place about half a tablespoon of the filling in the center where they overlap.
7. Fold the first slice of the zucchini over the top to cover. After each over the top fold rotate the zucchini 90 degrees then fold the next slice and repeat so in the end you will have little zucchini “packages” or “packets”.
8. Flip each ravioli over and place in a baking dish so that the loose ends are on the bottom. Repeat this process with remaining zucchini slices until all the filling is used.
9. Bake the zucchini ravioli for 25 minutes, checking on them after 20 minutes. Continue to bake until the zucchini wrappings become tender and the slices nicely wrap the filling.
10. Plate zucchini ravioli, serve with pesto and enjoy.

Healthy Tip to Keep in Mind:
Use low fat ricotta cheese and skim or 1% fat milk.
Creamy Smoked Sausage Pasta
BY MELANIE SMITH

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 box rotini pasta (can also use corkscrew pasta)</td>
<td>2 cups heavy cream</td>
</tr>
<tr>
<td>3 tbsp butter</td>
<td>¼ tsp salt</td>
</tr>
<tr>
<td>3 tbsp parsley</td>
<td>¼ tsp pepper</td>
</tr>
<tr>
<td>3 tbsp flour</td>
<td>¼ tsp garlic powder</td>
</tr>
<tr>
<td>1 ½ cups chicken broth</td>
<td>¼ tsp red pepper flakes (cajun seasoning is a good substitute if you choose)</td>
</tr>
<tr>
<td>2-3 cloves of garlic sliced</td>
<td>½ cup parmesan cheese</td>
</tr>
<tr>
<td>2 cups mozzarella cheese</td>
<td>2 cups mozzarella cheese</td>
</tr>
<tr>
<td>2 packages Hillshire Farms Smoked Sausage (or turkey sausage)</td>
<td></td>
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</tbody>
</table>

COOKING INSTRUCTIONS (20 - 25 minutes)

1. Begin by cooking your pasta per the instructions on the box.
2. Cut the smoked sausage into half inch pieces. Add a small amount of olive oil to pan and sauté sausage over medium heat until slightly brown (5 to 7 minutes). Set aside.
3. Over medium heat, melt the butter. Add the garlic and cook until fragrant. Stir in the flour slowly.
4. Whisk in the chicken broth until roux is smooth. Stir in the heavy cream.
5. Add salt, pepper, and red pepper flakes.
6. Let sauce simmer for about 5 minutes.
7. Stir in the parmesan and 1 cup of the mozzarella cheese. Stir until melted and sauce is smooth.
8. Add cooked sausage to the sauce along with the parsley. Add more salt, pepper and/or red pepper flakes to taste. Add pasta and stir together well.
9. Pour mixture into a baking dish, top with the left over mozzarella cheese and bake 2 to 3 minutes on the broil setting. Cheese should be golden and bubbly.
10. Mix in cooked veggies like broccoli, spinach, or peppers before baking to enhance the dish even more and give it a healthier spin. You can even replace the pasta with the veggies if you wish.

Healthy Tip to Keep in Mind:
Pureed tofu can be used in a 1:1 ratio in place of heavy cream as a much healthier and lower fat option. In addition, a box of whole wheat or bean pasta would provide more fiber in this recipe. Lastly, look for a sausage that doesn’t have antibiotics, artificial ingredients or chemical nitrites.
Crispy Sea Bass
BY MARIA MICHELLE ALEGRETT

INGREDIENTS
4 sea bass fillets, skin-on
a/n kosher salt
a/n black pepper
a/n canola oil
2 ripe plantains
½ cup whole milk
2 cinnamon sticks
a/n salt
1 medium green papaya
2 tsp lime juice
a/n green Tabasco sauce
a/n fish sauce
1 tbsp palm sugar
1 tsp garlic cloves, peeled and finely minced
1 tomato, seeded and diced
1 cup unsalted butter
1 carrot, peeled and juliennned
3 tbsp dry-roasted peanuts
a/n chives, finely minced
2 cupcakes orange juice
2 tbsp unsalted butter, chilled and cut into 4 pieces
¼ tsp soy sauce

COOKING INSTRUCTIONS
SEA BASS:
1. Blot the sea bass fillets dry with a clean kitchen towel. Season generously with salt and pepper.
2. Pre-heat the oven to 350°F. Heat a stainless steel sauté pan over medium-high heat and add a fine film of canola oil. Place the fillets in the pan skin side down and gently press down with a spatula. Once the skin is crispy, turn the fillets over and place the pan in the oven for 3-5 minutes. Remove the fillets from the pan and serve immediately with the skin side up.

ROASTED PLANTAIN PURÉE:
1. Pre-heat the oven to 350°F. Place the whole unpeeled ripe plantains on a sheet tray and roast in the oven until the skin is completely black and the plantains are very soft for approximately 1 hour.
2. In the meantime, heat the milk and cinnamon sticks in a small saucepan over low heat. Once warm, turn off the heat, cover and let steep for 30 minutes. Reserve the milk and discard the cinnamon sticks.
3. While still hot, carefully peel the ripe plantains. Place the ripe plantains and butter in a food processor and begin processing. Slowly add the milk until a purée consistency has been achieved. Season with salt to taste.

GREEN PAPAYA SALAD:
1. Cut green papaya in half lengthwise and remove the seeds with a spoon. Peel with a sharp knife. Slice the papaya into long thin strips and reserve 1 cup.
2. In a bowl, whisk together the lime juice, Tabasco sauce and fish sauce to taste. Add palm sugar and whisk until dissolved. Whisk in the sesame oil. Add garlic cloves and mix well.
3. Add the sliced papaya, tomato and carrot and mix well. Add dry-roasted peanuts and chives to taste and serve.

RANGE GLAZE:
1. Place orange juice in a small saucepan and reduce over medium heat to a thick glaze (about 1/3 cup). Set aside.
2. Heat the orange reduction to a simmer and whisk in the butter piece by piece. Add the soy sauce and keep the glaze warm.

Healthy Tip to Keep in Mind:
Peel the skin from the sea bass and cook in an oven, so as not to fry. Also, choose low fat milk instead of the whole milk.
Easy Cheesy Chicken

BY PAMELA BECK

INGREDIENTS

3-4 medium size frozen, boneless/skinless chicken breasts
1 bag, frozen corn
3 cups salsa
1 can of low sodium black beans
1 packet of low sodium taco seasoning
1 8 oz. block of low fat or 1/3 less fat cream cheese
1 1/3 cup low fat shredded cheddar or Monterey jack cheese
1 small can chili’s*
cilantro

COOKING INSTRUCTIONS

1. In an unheated (cold) slow cooker, place frozen corn at the bottom, followed by chicken breasts. Sprinkle your favorite low sodium taco seasoning over the chicken breasts. Close lid on slow cooker and set for 4 or 6 hours, depending on your hunger meter that day.

2. In 1 hour, open lid and place 1 ½ cups of your favorite jar salsa: reserve 1 ½ cups for serving, and canned chili’s*, to taste. Rinse and drain black beans. Place on top of salsa. Add cream cheese. Lastly, add 1 cup low fat shredded cheddar or Monterey jack cheese; reserve 1/3 cup of shredded cheese to use when serving.

3. In the second hour, open lid and shred chicken breasts inside slow cooker (do not remove for this step). Stir to meld the flavors. Return lid and continue to cook the remaining 2-4 hours.

4. Serve with your favorite side dish(es). I like to serve with cilantro-lime rice** (recipe follows), and blue corn tortilla chips***. You may use reserved 1 ½ cups salsa, 1/3 cup cheese shreds and cilantro, according to individual taste.

*You may omit the chili’s or add your favorite spice (cumin, coriander, crushed red pepper flakes, chili powder or chipotle) depending upon your flavor profile.

**CILANTRO-LIME RICE: Cook white rice according to package directions. Fluff cooked rice with a fork. Add 1 tbsp freshly minced cilantro, fresh-squeezed juice of a lime, sea salt and white pepper to taste. You may also add sweet corn and substitute brown rice for white, as a healthier choice.

***TORTILLA CHIPS: Also tastes great wrapped in grilled, flour tortillas. Preheat oven to 325°F. Place 10-12 medium flour tortilla easy cheesy chicken wraps in glass 9x13 pan. Sprinkle 1/3 cup cheese shreds on each wrap. Heat until cheese melts and is a delicious golden brown.

Healthy Tip to Keep in Mind:

Use suggested healthy substitutions to decrease fat and salt.
**Salad with Ahi Tuna and Pineapple**

**BY PAULA HENDERSON**

**INGREDIENTS**

**DRESSING**
- ¼ cup grapeseed oil
- ¼ cup rice vinegar
- 2 tsp dark sesame oil
- 1 tsp freshly grated ginger
- 1 tsp fresh minced garlic
- 1 tbsp honey
- 2 tbsp organic tamari or gluten free soy sauce

**TUNA STEAKS**
- 2 filets of tuna 6-8 oz each
- 2 tbsp olive oil
- 2 tbsp organic tamari
- kosher salt and pepper to taste

**SALAD**
- 4 cups spring mix greens
- ¼ jalapeño, thinly sliced
- ½ avocado, sliced
- ¼ red onion, sliced
- ½ cup of diced pineapple
- kosher salt and pepper to taste
- 2 lime wedges for serving
- 1-2 tbsp black sesame seeds

**COOKING INSTRUCTIONS**

1. In a small bowl, whisk together all of the dressing ingredients and set aside.

2. In a separate bowl, combine 2 filets of tuna and drizzle with olive oil and tamari, season with salt and pepper to taste. Let stand about 15 minutes so they come up to room temp.

3. In two separate bowls, divide salad ingredients: lettuce, jalapeño, avocado, pineapple, red onion. Sprinkle with salt and pepper to taste.

4. Heat a skillet over high heat. Add 1-2 tbsp of olive or grapeseed oil to the skillet. When it is piping hot, but not smoking, carefully place the tuna filets, and sear for 1 – 2 minutes. On all 4 sides.

5. Remove from heat and let rest on a cutting board for about 5 minutes. Using a very sharp knife, carefully slice your tuna into thin slices and place in bowls.

6. Drizzle all contents in the bowl with the dressing, sprinkle sesame seeds and serve.

**Healthy Tip to Keep in Mind:**
Tamari is a fermented soy food, it is lower in sodium than soy sauce.
Skirt Steak Wrapped Mozzarella

BY PETER WINKLE

INGREDIENTS

- skirt steak
- mozzarella cheese
- garlic powder
- ground white pepper
- ground chipotle pepper
- salt
- yellow bell pepper
- olive oil

COOKING INSTRUCTIONS

1. Sprinkle the skirt steak with salt, white pepper, and chipotle pepper.
2. Slice mozzarella to same width as skirt steak.
3. Lay the steak flat and place the cheese on top.
4. Roll the steak up with the cheese, use wood or bamboo skewers to secure.
5. Slice bell pepper and coat with olive oil.
6. Cook pepper on top rack and barbecue the steak on a medium heat until internal temperature is 135-145 for medium rare.

Healthy Tip to Keep in Mind:

When choosing to eat red meat or a meal high in saturated fat, limit your portion to 3oz. Make sure to add 1 cup of cooked vegetables or 2 cups of salad to your meal.
Beef Brisket
BY REDELIA RABOCA

INGREDIENTS
2 lbs fresh flat brisket
2 packets of Lipton onion soup mix
2 cans of regular Coke

Healthy Tip to Keep in Mind:
Consider a balsamic vinegar type of marinade instead of the Coke. Balsamic vinegar helps to make the beef more tender and also provides a subtle, sweet flavor, without the sugar. Also, reduce amount of Lipton onion soup mix to help lower amount of sodium in the recipe.

COOKING INSTRUCTIONS
1. Place all ingredients in an ungreased baking pan or baking dish.
2. Cover with aluminum foil.
3. Cook for 3 to 4 hours at 325 degrees.
4. Uncover during the last hour and baste it with its juice.
5. Slice brisket with a sharp knife.
Belgian Waffle Eggs Benedict

BY ROBERT CALLAHAN

INGREDIENTS

- Eggo Belgium Style Thick and Fluffy Waffle
- maple syrup
- yellow american cheese
- maple honey deli ham
- fried egg
- avocado, tomato, or lettuce (optional)

COOKING INSTRUCTIONS

1. Toast one Eggo Belgium Style Thick and Fluffy Waffle.
2. After it is toasted, pour maple syrup into each square of the waffle.
3. Put the slice of yellow american cheese on top and put it back in the toaster to melt the cheese.
4. Get a frying pan and put a slice of the honey maple ham in it to heat it up and get that charred flavor. Put that on top of the cheese.
5. You can fry an egg to your liking and put it on top of the ham. (I like it a little runny so you can swipe up the yolk with the waffle).
6. You can add slices of avocado or tomato or some lettuce.

Healthy Tip to Keep in Mind:

Instead of “pouring” the maple syrup on the waffle, simply drizzle it on. Also, instead of processed American cheese opt for an organic, pasture-raised American cheese. Lastly, choose a deli ham that does not have added nitrates, nitrites or MSG.
Spicy Seafood Stir Fry
BY RONY R. MINES

INGREDIENTS

1lb shrimp
1lb scallops
1 lobster tail
1lb salmon (cubed)
1 jalapeño peppers (sliced)
2 scallions (chopped)
2 garlic cloves (minced)
half red onions (chopped)
half vidalia onions (chopped)
half broccoli (chopped)
1 carrot (chopped)
1 yellow pepper (chopped)
1 tbs white/black sesame seeds
2 tbs organic coco amino
2 tbs szechuan stir fry sauce
1 or 2 cups sesame seed oil or peanut oil (you can use either one to your taste)

Healthy Tip to Keep in Mind:
Limit the amount of oil used to only 1 tbsp. If food starts to stick to pan reduce heat and/or use small amounts of water.

COOKING INSTRUCTIONS

1. Over medium heat lightly coat a frying pan or wok with peanut oil or sesame seed oil.
2. Sauté the minced garlic and chopped vidalia onions until translucid.
3. Add all the seafood ingredients to the pan along with the sauce used to marinate.
4. Stir fry over medium heat until seafood mix is almost completely cooked. At this point, add the vegetables and continue to sauté for another minute.
5. Remove from the heat, plate and serve.
Wild Salmon with Sautéed Spinach

BY ROSARIA CHIFARI

INGREDIENTS

- 4 pieces of wild salmon
- 1 bag of spinach
- ¼ cup soy sauce
- salt to taste
- pepper to taste
- garlic powder to taste
- 1 lemon
- 1 tsp parsley chopped
- 2 tbsp of olive oil
- 2 cloves garlic

COOKING INSTRUCTIONS

1. Take 4 pieces of wild salmon, wash and pat dry.
2. Brush with soy sauce, add pepper and garlic powder, put in the oven at 375°F and bake for 15 min.
3. In a separate pan, add olive oil and sauté garlic and spinach. Add salt and pepper to taste.
4. Serve over the salmon and enjoy.

Healthy Tip to Keep in Mind:

Use light soy sauce to reduce the amount of sodium in this recipe.
Spaghetti Casserole

BY SANDRA VERELINE

INGREDIENTS (approximately 8-10 servings)

- 1 pkg. (16 oz) spaghetti
- 2 ½ lbs ground beef
- 1 medium onion, chopped
- 2 - 15 oz cans diced tomatoes
- 3 - 8 oz cans tomato sauce
- ½ tsp brown sugar
- 1 ½ tsp salt
- 2 tsp chili powder
- 1 tsp pepper
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 ½ cups shredded Monterey cheese
- Jack or Mozzarella cheese

COOKING INSTRUCTIONS

1. In a large skillet, cook ground beef and onion over medium heat until meat is no longer pink and drain.
2. Stir in diced tomatoes, tomato sauce, brown sugar, salt, chili powder, pepper, garlic powder, and cayenne pepper. Cover and let stand.
3. Preheat oven to 350°F.
4. Cook spaghetti according to package instructions: drain and return to pot used to cook spaghetti.
5. Pour beef and tomato mixture prepared in #1 and #2 into spaghetti and toss until well combined.
6. Transfer mixture to a greased 9X13 baking dish. Cover and bake for 40 minutes.
8. Bake until cheese is melted, about 5-10 minutes longer.

Healthy Tip to Keep in Mind:
For a healthier twist use 95% lean ground beef, ground turkey breast or try going meatless by using black lentils instead of meat.
Sweet n’ Spicy Tofu
BY SASHA VALDES

INGREDIENTS

TOFU
- 10 oz firm tofu - cubed
- 2 tbsp soy sauce
- 1 tbsp apple cider vinegar
- 6 tbsp cornstarch
- olive oil (whichever you have)
- 2 garlic cloves, minced

SAUCE
- 3 tbsp soy sauce
- 3 tbsp apple cider vinegar
- 3 tbsp water
- 3 tbsp brown sugar
- 1 tbsp cornstarch
- 1/8 tsp red pepper flakes (optional)

COOKING INSTRUCTIONS

1. Cube tofu and place them in a bowl.
2. Add the marinade ingredients to the bowl (2 tbsp soy sauce and 1 tbsp apple cider vinegar).
3. Stir and let rest for 5 minutes.
4. Drain tofu and discard the marinade.
5. Transfer tofu cubes to a large Ziploc bag with 2 tbsp of cornstarch and toss to coat. Add more cornstarch as needed.
6. Once fully coated, heat oil (½ in. layer) in a skillet medium heat, add the tofu cubes (Split into 2 batches for better crispiness), and place them on a plate with a paper towel underneath.
7. Mix all sauce ingredients in a bowl and set aside.
8. Add the minced garlic to the same skillet. Cook on medium heat until golden brown and add sauce.
9. Cook sauce over medium heat, stirring frequently until sauce thickens.
10. Finally, add the cubed tofu and stir them into the sauce. Let cook for another 1-2 minutes in medium heat.
11. Serve with some rice and/or sautéed veggies. Sesame seeds and green onions for garnish are optional.

Healthy Tip to Keep in Mind:
Choose a light soy sauce or tamari to reduce the amount of sodium in this dish.
Grilled Ahi Tuna Steak with Green Beans and Pineapple

BY TAMMY BEAULIEU

INGREDIENTS

AHİ TUNA STEAK INGREDIENTS
1 inch thick Ahi grade tuna steak
1 lemon
good quality roll
tomato
lettuce

SAUCE INGREDIENTS
¼ cup mayo
1 lime
sriracha to taste

GREEN BEAN INGREDIENTS
fresh green beans
olive oil
dash of toasted sesame oil
salt and pepper

PINEAPPLE INGREDIENTS
ripe, fresh pineapple

INGREDIENTS
salt and pepper
avocado oil or other high temp oil such as peanut

COOKING INSTRUCTIONS

GRILLED AHI TUNA STEAK DIRECTIONS:
1. Set your gas grill to high heat, if using charcoal use a full chimney and preheat grill.
2. Squeeze lemon over the tuna steak, add salt and pepper and let marinate for only ten minutes.
3. While the grill is preheating and the steaks are marinating make your sauce. In a bowl mix the mayo, sriracha and lime, cover and place in the fridge.
4. Oil the grill grates.
5. Sear the tuna steaks over direct heat for 1 minute, turn steak at a 45 degree angle and sear for 1 more minute. Carefully flip the steak over and repeat the same the searing process times and angles for a nice presentation.

NOTE: The steak should be raw in the middle like sushi, if it is thoroughly cooked it will be dry.
6. Assemble your burger with tomato, lettuce and your sauce and enjoy with the grilled green beans and pineapple slices.

GRILLED FRESH GREEN BEAN DIRECTIONS:
1. Clean string beans, cut off ends
2. Coat lightly with the oils and add salt and pepper
3. Cook over direct heat on the grill until they get a little blackened, but still has some crunch value. Usually not more than 5 minutes.

GRILLED FRESH PINEAPPLE SLICE DIRECTIONS:
1. Skin and slice fresh pineapple
2. Grill the slices over direct heat for 1 minute then turn 45 degrees and grill for 1 more minute.
3. Flip the slices over and repeat the grilling process.

Healthy Tip to Keep in Mind:
Use plain yogurt instead of mayonnaise and serve on a whole grain bun.
#PineappleProud Recipe Contest

## Chicken Rollatini

**BY WHITNEY ASH**

### INGREDIENTS

- 4 boneless skinless chicken breasts
- salt and pepper to taste
- 12 oz sautéed spinach
- 1 roasted red pepper peeled, seeded and quartered
- 12 oz goat cheese, crumbled or thin sliced
- 8 oz parmesan cheese
- flour for dredging
- 2 eggs
- ½ cup milk
- 2 oz Romano cheese, grated
- 4 tsp chopped Italian parsley
- 2 tsp garlic, minced
- ¼ cup bread crumbs
- ¼ cup olive oil
- 12 oz spinach
- 1 tbsp olive oil

### COOKING INSTRUCTIONS

1. Sauté spinach in 1 tbsp of olive oil until wilted and set aside.
2. Between 2 pieces of saran wrap, pound each chicken breast until about ¼ inch thin.
3. Season each breast with salt and pepper.
4. Top with equal amounts of spinach, red pepper, goat cheese and parmesan cheese.
5. Roll breasts with ingredients inside, secure with a toothpick if needed.
6. Refrigerate covered for at least 1 hour and up to 12 hours.
7. When time to cook, preheat oven to 350°F.
8. Lightly dust each roll with flour.
9. Whisk together eggs and milk in 1 bowl.
10. Combine bread crumbs, spices, and Romano cheese in another bowl and mix together.
11. Dip rolls in egg mixture followed by breadcrumb mixture and coat evenly over entire roll.
12. Heat large skillet to medium and add olive oil.
13. Lightly sauté rolls until brown on all sides.
14. Transfer to a baking dish and bake in oven for 20-25 minutes until cooked through.
15. Remove toothpicks if any and enjoy!

### Healthy Tip to Keep in Mind:

Switch to low fat milk and consider making your own bread crumbs. Homemade bread crumbs are healthier and a great way of not letting leftover bread go to waste!
**Instant Pot Vegan Lentils**

**BY YAIMA GHANEM**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup of red lentils</td>
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</tr>
<tr>
<td>1 tbsp avocado oil</td>
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</tr>
<tr>
<td>1 red onion</td>
<td></td>
</tr>
<tr>
<td>4 garlic cloves</td>
<td></td>
</tr>
<tr>
<td>1 red pepper</td>
<td></td>
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<tr>
<td>2 tbsp tomato paste</td>
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<tr>
<td>1 tomato</td>
<td></td>
</tr>
<tr>
<td>1 tbsp Garam Masala seasoning</td>
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<tr>
<td>1 tbsp ground cumin</td>
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<tr>
<td>½ tsp turmeric powder</td>
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<tr>
<td>1 tsp oregano</td>
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</tr>
<tr>
<td>¼ tsp smoked paprika</td>
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</tr>
<tr>
<td>2 stalks of celery</td>
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<td>3 carrots</td>
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</tr>
<tr>
<td>1 Russet potato</td>
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</tr>
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<td>1 ½ tsp of salt</td>
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</tr>
<tr>
<td>1 tbsp apple cider vinegar</td>
<td></td>
</tr>
<tr>
<td>3 cups of water</td>
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</table>

**COOKING INSTRUCTIONS**

1. Soak lentils in 3 cups of water overnight, rinse and drain water a few times until water is clear.
2. Slice celery sticks and carrots.
3. Add the onion, garlic cloves and red pepper to a food processor. You can chop them with a knife if you do not have a processor.
4. Dice the potato and the tomato.
5. It is easiest to use an instant pot. If you do not have one, you can use a big pot, but note it will take longer.
6. Add the avocado oil, chopped onions, minced garlic and chopped red pepper to the instant pot bowl and press the “Sauté” option. **WHEN IT SMELLS GOOD, IT’S READY!**
7. Add tomato paste, tomato, Garam Masala, cumin, turmeric, oregano, and smoked paprika. Cook for 1 minute.
8. Add celery, carrots and potato and stir a few times so everything gets seasoned.
9. Stir in the lentils (rinsed and drained). Let everything cook for 1 minute.
10. Add 3 cups of fresh water and stir.
11. Seal the lid with vent closed, press “cancel” to clear the program and set up instant pot to “Bean” mode. You do not have to touch the “pressure” button. It will automatically give you set pressure for the “Bean” option. Do not adjust time. Just cook them with the settings with which it’s programmed.
12. When the lentils are done and the pressure has been released manually or automatic, open lid, stir the lentils and add salt, pepper and apple cider vinegar.

**NOTES:**

- You can add a vegan sausage after step number 7. I like “Beyond Meat” sausages.
- Garam Masala is a blend of ground spices originating from India. You can buy it at Trader Joe’s, Publix, Whole Foods or any Indian market.
- I love having lentils over white rice.
- Soaking the lentils mimics the natural germination process, and transforms the seeds into beans that are full of nutrients and better digested.
DESSERTS
DESSERTS
No-Bake Low Carb Cheesecake

BY ASHLEY ALVAREZ

INGREDIENTS

1 - 8x8 baking pan

CRUST
1 tsp vanilla extract
1/3 cup melted butter
2 tbsp of sweetener of choice (monk fruit, sugar, honey, agave)
2 cups almond flour

FILLING
16 oz cream cheese at room temperature
1 tsp vanilla extract
3/4 cup of sweetener of choice in confectioners form. NOTE: You can grind your sweetener in a blender to make it confectioners
1/2 cup sour cream
3/4 cup heavy cream

TOPPING
8 oz whole strawberries
1/4 cup of sweetener of choice
1/4 cup water
1 tbsp lemon juice
3/4 tsp gelatin powder

COOKING INSTRUCTIONS

CRUST:
1. Mix and stir melted butter, almond flour, 2 tbsp. of sweetener and 1 tsp. of vanilla extract together until dough forms.
2. Press dough into the bottom of your pan.
3. Bake at 350°F for 10-15 minutes until golden brown
4. Remove from oven and let cool.

FILLING:
1. Using a mixer, cream the cream cheese, sweetener and vanilla extract together until fluffy and smooth.
2. Blend in the sour cream and heavy cream until the mixture is pudding-like.
3. Pour on top of crust and smooth out the top.
4. Chill in the fridge for at least 2 hours.

TOPPING:
1. Chop the strawberries.
2. Sprinkle the gelatin powder into the lemon juice and let it absorb the liquid for about 3 minutes.
3. With 1/4 cup of water and the sweetener, cook the strawberries on medium heat until they break down and thicken.
4. Add and stir in gelatin pieces into the hot strawberries.
5. Refrigerate overnight as cheesecake is setting.
6. Next day, pour on top of cheesecake and smooth

NOTE: Using a sweetener like Swerve or Monkfruit will keep this recipe low sugar and low carb.

Healthy Tip to Keep in Mind:
When it comes to dessert always stay mindful and limit yourself to a small portion. When cooking or baking choose to add less sugar and use lower fat ingredients. The healthiest way to satisfy a sweet tooth is to reach for freshly cut fruit.
Banana Pudding
BY CHARLENE LOPEZ

INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 14 oz can sweetened condensed milk</td>
<td>1</td>
</tr>
<tr>
<td>1 - 12 oz container frozen whipped topping thawed, or equal amount</td>
<td>2</td>
</tr>
<tr>
<td>sweetened whipped cream</td>
<td></td>
</tr>
<tr>
<td>2 bags Pepperidge Farm Chessmen cookies</td>
<td></td>
</tr>
<tr>
<td>6 to 8 bananas, sliced</td>
<td>1</td>
</tr>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>1 - 5 oz box instant french vanilla pudding</td>
<td></td>
</tr>
<tr>
<td>1 - 8 oz package cream cheese, softened</td>
<td></td>
</tr>
</tbody>
</table>

COOKING INSTRUCTIONS

1. Line the bottom of a 13 x 9 bx 2-in dish with 1 bag of cookies and layer bananas on top.
2. In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.
3. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth. Fold the whipped topping into the cream cheese mixture.
4. Add the cream cheese mixture to the pudding mixture and stir until well blended.
5. Pour the mixture over the cookies and bananas and cover with the remaining cookies.
6. Refrigerate until ready to serve.

Healthy Tip to Keep in Mind:

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Coffee Squares
BY DARCY BULL

INGREDIENTS

1 lb brown sugar 1 tsp salt
2 eggs 2 tsp vanilla
1 cup vegetable oil 1 cup coffee (warm)
3 cups flour 1 cup chopped walnuts
1 tsp baking soda 1 small bag of chocolate chips

COOKING INSTRUCTIONS

1. Preheat oven to 350°F.
2. Combine the brown sugar, eggs, vegetable oil, flour, baking soda, salt, vanilla and coffee into a mixing bowl and mix together.
3. Grease the cookie sheet.
4. Spread the mixture on the cookie sheet.
5. Add chocolate chips and chopped walnuts to top of the spread batter.
7. Let cool for 10-15 mins.
8. Cut into squares and serve.

Healthy Tip to Keep in Mind:

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DESSERTS

Cookie
BY DREW TILSON

INGREDIENTS

12 tbsp unsalted butter, divided
¾ cup packed dark brown sugar
½ cup granulated sugar
2 tsp vanilla extract
1 tsp salt

1 large egg
1 large egg yolk
1¾ cups all-purpose flour
½ tsp baking soda
1 cup semisweet chocolate chips

COOKING INSTRUCTIONS

1. Adjust oven rack to upper-middle position. Preheat oven to 375°F.

2. Melt 9 tbsp of butter into a 12-inch cast-iron skillet over medium heat. Stir constantly for about 5 minutes or until butter is dark golden brown and has nutty aroma and bubbling subsides.

3. Transfer to a large bowl and stir remaining 3 tbsp of butter into cast iron skillet until completely melted. Whisk the dark and granulated sugars, vanilla and salt into melted butter until smooth.

4. Whisk in egg and yolk until smooth (about 30 seconds). Let mixture stand for 3 minutes, then whisk for another 30 seconds. Repeat process of resting and whisking 2 more times until mixture is thick, smooth, and shiny.

5. Whisk flour and baking soda together in separate bowl, then stir flour mixture into butter mixture until just combined (about 1 minute). Stir in chocolate chips, making sure no flour pockets remain.

6. Wipe skillet clean with paper towels. Transfer dough to skillet and press into an even layer with spatula. Put skillet into oven and bake for 20 minutes or until cookie is golden brown and edges are set, rotating skillet halfway through baking. Remove skillet from oven and onto a wire rack and let cookie cool for 30 minutes. Slice cookie into wedges and serve.

*America’s Test Kitchen Recipe

Healthy Tip to Keep in Mind:
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# Pineapple Proud Recipe Contest

## Pineapple Upside Down Cake

**BY ISABEL LEMUS**

### INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup unsalted butter melted</td>
<td>1 ¾ cup pineapple juice</td>
</tr>
<tr>
<td>¾ cup light brown sugar</td>
<td>¾ cup water</td>
</tr>
<tr>
<td>2-20 oz cans of pineapple slices drained, with juice reserved</td>
<td>3 ¾ cup whole wheat pancake mix (any brand)</td>
</tr>
<tr>
<td>maraschino cherries</td>
<td></td>
</tr>
</tbody>
</table>

### COOKING INSTRUCTIONS (25 minutes)

1. Preheat oven to 350°F. Line a 13x9 inch jelly roll pan with parchment paper or foil.
2. Pour melted butter into the jelly roll pan then sprinkle with brown sugar.
3. Arrange pineapple slices over brown sugar. Place a cherry in the center of each pineapple slice.
4. In a large bowl, combine pineapple juice, water and pancake mix and whisk until smooth.
5. Pour batter over pineapple slices and gently spread until evenly covered.
6. Bake for 15-17 minutes. To be sure, insert a knife and if it comes out clean, it is ready.
7. Allow to cool for 10 minutes. Once cooled, position a large cutting board or serving platter over top of pan. Carefully flip sheet pan onto board and remove lining.
8. Cut into squares and serve.

**Healthy Tip to Keep in Mind:**

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Watermelon Slices

BY JACKILYN GARCES

INGREDIENTS

½ cup blackberries
½ cup strawberries
2 tbsp fresh mint leaves
6 watermelon slices
½ cup your choice of yogurt
1 tsp honey
any additional toppings of your choice

Healthy Tip to Keep in Mind:
Choose plain yogurt. You can add a 1/8 tsp of vanilla extract for additional flavor.

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COOKING INSTRUCTIONS

1. Combine yogurt and honey in a small bowl.
2. Spread a thin layer of yogurt mix over each slice of watermelon.
3. Slice fruits of choice and chop mint leaves.
4. Top with sliced strawberries, blackberries, chopped mint and add other toppings if desired.
Cheesecake
BY KAREN A. WILTZ

INGREDIENTS

CRUST
2 cups Oreo cookies
3 tablespoons all-purpose flour
1/4 teaspoon salt
6 large eggs
2 tablespoons vanilla extract
1/4 cup sour cream

CHEESECAKE FILING
4 packages of cream cheese 8oz.
1-2/3 cups of sugar
1 cup fresh blueberries
1/3 cup of sugar
3 tablespoons of sugar

CHEESECAKE FILLING
4 packages of cream cheese 8oz.
1-2/3 cups of sugar
1 cup fresh blueberries
1/3 cup of sugar
3 tablespoons of sugar

BERRY GLAZE
1 cup fresh strawberries
1 cup fresh blueberries
1 freshly squeezed lemon
3 tablespoons of sugar

TOPPING
1 can whipped cream
1/4 cup of powdered sugar

COOKING INSTRUCTIONS

1. Preheat oven to 325°F.
2. Fill a large deep pan with water and place it in the oven to heat up while you make the cheesecake.
3. Mix together the crust ingredients and press into a 9 inch spring-form pan and set aside.
4. In a large bowl, mix the cream cheese, sugar, flour and salt until smooth. Add one egg at a time.
5. Mix in the vanilla extract and sour cream.
6. Pour the batter into the spring-form pan on top of the Oreo crust.
7. Place the spring-form pan in the large pan that is in the oven.
8. Make sure that the water level is halfway the spring-form pan.
9. Bake for 70-80 minutes.
10. Remove the cheesecake from the water and cool to room temperature for about an hour.
11. Cover cheesecake with plastic wrap and refrigerate overnight.
12. Remove cake from spring-form pan and place it on a serving dish.

BERRY GLAZE
1. Puree strawberries and blueberries.
2. Press blended berries through a fine mesh strainer into a small saucepan.
3. Add the juice from the lemon to the berries.
4. Bring the mixture to a boil while stirring until thickened. If mixture becomes too thick you may add 1 tablespoon of water and cool to room temperature.
5. Drizzle cool glaze evenly over the cheesecake.
6. Arrange strawberries and blueberries in a single layer on top of the cheesecake.
7. Sprinkle powdered sugar over the entire cake, the sugar will dissolve into the berries. Optional: Serve with whipped cream garnish.

Healthy Tip to Keep in Mind:
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Pineapple Coconut Rum Cakes
BY LISA McALLISTER

INGREDIENTS

2 cups of cake flour
1 ½ cup sugar
1 teaspoon kosher salt
4 teaspoons baking powder
3 tablespoons vegetable or canola oil
1 stick of cold unsalted butter (cut into tiny cubes)
1 small package of instant coconut pudding
½ cup milk
½ cup vegetable or canola oil
½ cup rum
1 small can crushed pineapple (completely drained in cheesecloth)
4 extra large eggs
1 teaspoon coconut extract
1 teaspoon vanilla extract
1 bag of sweetened coconut flakes

GLAZE

1 cup sugar
¼ cup water
1 stick unsalted butter
½ cup rum

COOKING INSTRUCTIONS

CUPCAKES:
1. Heat oven to 325°F, you may use a convection oven.
2. In a stand mixer with the paddle attachment mix first 6 ingredients until it resembles small crumbs.
3. Add the pudding, milk, oil, rum, pineapple, eggs and extracts.
4. Mix on medium low for 2 minutes then on medium for 2 more minutes.
5. Distribute batter evenly into cupcake liners. I prefer to use extra-large liners but small ones will work too.
6. Sprinkle generously with coconut flakes.
7. Bake large cupcakes for 35 mins. and small for 25 mins., cooking times will vary.

GLAZE:
1. Cook the sugar, water and butter on medium heat and bring to a boil. Mixture will thicken a bit. Remove from heat and add ½ cup rum.
2. Cool the cupcakes just slightly and pour glaze evenly over them. These are better the next day after the rum has had time to mellow. You may freeze cupcakes if desired.

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Oreo Tiramisu
BY MELANIE P. BETSKO

INGREDIENTS

- 2 packages of Double Stuffed Oreo Cookies
- 8 oz mascarpone cheese
- 16 oz of heavy whipping cream
- 4 oz cream cheese
- ¼ cup of white granulated sugar
- 1 tbsp vanilla extract
- 1 bag unsweetened chocolate chips for melting
- unsweetened cocoa powder
- 3 tbsp Grand Marnier or to taste
- 2 cups of coffee (your choice, could be espresso or american)
- ½ cup dark chocolate Godiva liqueur

COOKING INSTRUCTIONS

1. In a large bowl pour 16 oz of heavy whipping cream and ¼ cup of sugar. With an electric mixer on high speed, beat the heavy whipping cream until soft peaks form. Add Mascarpone cheese, cream cheese, vanilla extract and Grand Marnier. Continue mixing until mixture is smooth and creamy.

2. Separate a portion of the white mascarpone mixture for chocolate cream.

CHOCOLATE CREAM PORTION:

1. In a separate bowl, microwave the unsweetened chocolate chips for 15 seconds at a time stirring every time until melted and smooth.

2. With a spatula, fold the melted chocolate into your separated mascarpone mixture and fold well until the mixture resembles chocolate mousse.

3. Pour cooled coffee and ½ cup of Dark Chocolate Godiva liqueur in a bowl and begin to dip the Oreos on both sides and start first layer (I like to use a trifle bowl, mostly for presentation!) Once the first layer is completed you can choose which cream you’d like to add first (I usually start with the chocolate cream and then continue with another layer of soaked Oreos). Continue dipping the Oreos on both sides and layering as desired. Before the last layer, pour the left over coffee and liqueur mixture over the tiramisu to make sure cookies stay soaked. The last layer should be a layer of the cream of your choice topped with unsweetened cocoa powder and refrigerated for at least 4 hours before serving.

Healthy Tip to Keep in Mind:

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Peach Tart with Almonds
BY NANCY JOHNSON

INGREDIENTS

PAstry
1 ½ cups all-purpose flour
¼ tsp salt
1/8 tsp baking powder
1 stick of butter
1 tbsp of ice cold butter
4 1/2 tbsp ice water
1 1/2 tsp cider vinegar

Filling
1 large can sliced peaches (drained)
1/2 cup apricot jam
1/2 cup fresh raspberries

COOKING INSTRUCTIONS

CRUST:
1. Combine the flour, salt and baking powder in a food processor with the metal blade for a few seconds.
2. Cut the ice cold butter into 8 tbsp plus 1 and add half of the cold butter to the flour and pulse/process for 20 seconds or until mixture crumbles.
3. Add the remaining ice cold butter until mixture resembles the size of small peas. Toss with mixture with a fork.
4. Add cider vinegar and water and pulse 6 times until all combined (texture of dough will be course).
5. Remove dough from the food processor, kneed, and fold by hand until dough is smooth.
6. Place dough on parchment paper with a small amount of flour and roll into a rectangle.
7. Cut a small amount of dough to make your decorative shapes for decorating the top: a leaf or two; peaches and grapes. (Set them aside to bake separately at 350°F for 15 minutes or until golden).

TART:
1. Preheat oven to 375°F.
2. Place rectangle shaped dough into baking dish
3. Starting from the edge of the rectangle shaped dough, place sliced peaches 1 inch from the edges to fill tart completely.
4. Roll edges on all 4 sides to make a nice crust. Brush the crust with the apricot jam lightly and save some for after baking.
5. Bake tart at 375°F for 35 minutes or until crust is golden brown.
6. Remove tart from oven and brush with apricot jam again.
7. For final touches place baked leaves, peach and grape shapes on top of crust to decorate along with the raspberries.
8. Cool for 30 minutes, slice and serve.

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Rice Pudding

BY OBED BELLO

INGREDIENTS

1 cup valencia short grain rice
3 cups water
2 cinnamon sticks
1 lemon peel
1 can of condensed milk

1 can of evaporated milk
4 cups milk
1 cup sugar
½ tsp spoon salt
2 tsp vanilla extract

COOKING INSTRUCTIONS

1. Bring 3 cups of water to boil.
2. Once water starts to boil stir in rice, condensed milk, evaporated milk and regular milk.
3. Then add sugar, salt, vanilla, cinnamon sticks, and lemon peel to the mixture.
4. Place on medium heat and stir constantly for 1 hour or until rice is cooked.
5. Remove from heat and let cool for 1 hour.
6. Once cooled, pour mixture into individual cups and refrigerate until to ready to serve.

Healthy Tip to Keep in Mind:

For a healthier twist, use skim milk condensed milk, skim milk evaporated milk, and skim milk. Reduce sugar 1/4 cup.

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Almost Ice Cream Sandwich

BY SAMANTHA CHIRINSKY

INGREDIENTS

1 Kodiak Cakes Protein-Packed Power Waffle: Dark Chocolate Flavored
1 container (150 g) of Oikos Vanilla Flavored Triple Zero Greek Yogurt
1/2 tbsp of Navitas Organic Chia Seeds
1 tbsp Justin’s Honey Almond Butter

COOKING INSTRUCTIONS

1. Place 1 Power Waffle (135 Calories/6 grams of Protein) into the Toaster (run it through twice if previously frozen). You will know it is ready when you can smell the strong scent of warm chocolate in your kitchen. *Intended to mimic the chocolate cookie part of a generic Ice Cream Sandwich*

   QUICK FACT: Your body uses proteins to build and repair tissues! Protein is an important building block of bones, muscles, cartilage, skin, and blood!

2. Layer the toasted chocolate waffle with 1 tbsp (95 Calories/3 grams of Protein) of Justin’s Honey Almond Butter. *Intended to mimic the rich taste of Peanut Butter with a sweet hint of honey to add flavor*

   QUICK FACT: Almond butter is a good source of healthy monounsaturated fats that our bodies need! These fats are associated with lowering the risk of heart disease!

3. Add 1 container of Oikos Vanilla Triple Zero Greek Yogurt (120 Calories/15 grams of Protein) on top, spreading evenly for each bite! *Intended to mimic the Vanilla Ice Cream within a generic Ice Cream Sandwich*

   QUICK FACT: Greek Yogurt is an excellent source of calcium, which can help improve bone health! Greek Yogurt contains probiotics, which help support a healthy bacterial balance in our guts!

4. Sprinkle on top ½ tbsp (30 Calories) of Navitas Organic Chia Seeds. *Intended to mimic the sprinkles!*

   QUICK FACT: Chia Seeds contain an excellent source of Omega-3 fatty acids. Omega-3 fatty acids help raise HDL cholesterol, the “good” cholesterol that protects against heart attack and stroke!

Healthy Tip to Keep in Mind:
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Blackberry Lemon Cake Roll
BY STEPHEN HARRIMAN

INGREDIENTS

SPONGE CAKE INGREDIENTS
5 large eggs room temp
3/4 cup granulated sugar
3/4 cup all-purpose flour
1/2 tsp baking powder

FOR THE LEMON SYRUP
1/4 cup warm water
1 tbsp granulated sugar

4 tbsp fresh lemon juice from 1 med/large lemon

FOR THE BLACKBERRY FROSTING
8 oz softened cream cheese
8 tbsp softened unsalted butter
1 cup powdered sugar

6 oz chopped blackberries (reserving 6 whole berries to garnish)

6 oz chopped blackberries (reserving 6 whole berries to garnish)

OPTIONAL GARNISH
3/4 cup chilled heavy whipping cream
1 tbsp powdered sugar
2 lemon slices cut into triangles

COOKING INSTRUCTIONS

1. Preheat oven to 350°F. Line the bottom of an 18x13 baking sheet with parchment paper. Do not grease.

2. Add 5 eggs to a bowl and whisk with an electric mixer. Beat on high speed 1 min, or until foamy. Gradually add sugar and beat on high 7 min. It will be thick, fluffy and tripled in volume*. 

3. Whisk together flour and baking powder, then sift into egg batter 1/3 at a time, folding to incorporate between each addition and scraping from the bottom to catch hidden flour pockets. Stop mixing when streaks of flour are no longer seen.

4. Transfer to lined baking sheet and put in the oven right away at 350°F for 13-15 min (mine took 15 min) or until top is golden. Remove from the oven and immediately run a thin edged spatula or knife around the edges of the cake to loosen from the pan. While cake is HOT, invert cake face down onto a clean, dry linen towel, remove parchment paper and then roll cake into the towel**. Let the cake cool to room temp (30 min - 1hr) in a draft free room.

5. Combine all ingredients for the lemon syrup (stir to dissolve sugar) and set aside.

6. In a large mixing bowl, combine 8 oz softened cream cheese, 8 tbsp softened butter and 1 cup of powdered sugar. Beat together starting on low speed to incorporate sugar. Then, turn the mixer up to high speed for 2-3 minutes or until whipped white and fluffy, scraping down the bowl as needed. Add coarsely chopped blackberries and stir into cream with mixer on low, just until incorporated.

7. Carefully unroll cake and loosen from the towel. Brush the top evenly with the lemon syrup. Put dollops of blackberry frosting over the surface and spread evenly. Roll the cake tightly in the same direction it was rolled the first time. Slice off the edges if desired and dust generously with powdered sugar.

8. For the topping, beat together 3/4 cup heavy cream with 1 tbsp powdered sugar for 2 minutes on high speed until fluffy and spreadable. Transfer to a large piping bag with a large open star tip and pipe 6 flowers over the top, placing a fresh blackberry and lemon triangle into the center of each one.

RECIPE NOTES

*Sponge cakes rely on the volume of the whipped eggs to rise properly. It is extremely important to beat the eggs and sugar for the time stated.

**To prevent cracks in the cake roll, it should be rolled in the linen towel right after it comes out of the oven.

Healthy Tip to Keep in Mind:

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15-Minute Key Lime Pie
BY SUSAN RUNYON

INGREDIENTS

8 inch Graham Cracker Pie Crust
8 oz cream cheese
14 oz sweetened condensed milk
½ cup Key Lime juice (yellow lime, not green)
½ tsp vanilla

COOKING INSTRUCTIONS

1. Cream together milk and cream cheese.
2. Add vanilla and lime juice.
3. Pour into pie crust.
4. Chill at least two hours before serving.

NOTES:

• Double all ingredients for a 9-inch pie crust.
• If you can’t “bum” some key limes from your Keys neighbors, use Nellie and Joe’s Lime Juice for best results.

Healthy Tip to Keep in Mind:

When it comes to dessert always stay mindful and limit yourself to a small portion. When cooking or baking choose to add less sugar and use lower fat ingredients. The healthiest way to satisfy a sweet tooth is to reach for freshly cut fruit.
Plantain-Nutella Egg Rolls a la Mode
BY YOLY DIAZ

INGREDIENTS

4 large egg roll wrappers
1 cup fried sweet plantains (mashed)
4 heaping tablespoon of Nutella
vegetable oil for frying
granulated sugar mixed with cinnamon (optional)

COOKING INSTRUCTIONS

1. Mix Nutella with mashed plantains.
2. Lay egg roll wrappers on the counter and divide the Nutella plantain mix equally by spreading it on.
3. Start rolling from the bottom, fold in the sides, and finish rolling until you have an egg roll.
4. Seal the edges with a bit of water or egg wash.
5. Heat vegetable oil in a frying pan over medium-high heat.
6. Place 1-2 egg rolls in the pan at a time, and cook each side until golden brown.
7. Remove from pan, and place on a plate lined with paper towels.
8. Toss egg rolls with cinnamon sugar, and serve with ice cream of your choice, chocolate and/or caramel sauce.

Healthy Tip to Keep in Mind:

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PINEAPPLE RECIPES
Pineapple Shrimp Rice
BY ALEJANDRA ANGEL

INGREDIENTS

| 2 cups cooked yellow rice with potatoes | ½ cup chopped ham   |
| 24 oz cooked medium shrimp             | 2 tbsp italian dressing |
| 10 oz cubed pineapple                  | 1 tbsp soy sauce       |

COOKING INSTRUCTIONS

1. In a large pot over medium heat add the italian dressing with the ham and cook for about 1-2 minutes.
2. Stir in the shrimp and pineapple and cook for another minute.
3. If it is too wet - discard some of the liquid.
4. Remove from the heat and add the cooked rice with the soy sauce and combine well.

Healthy Tip to Keep in Mind:
For a healthier twist use fresh pineapple vs. using canned pineapple that is in syrup. Also use a light soy sauce.
Pineapple Toasted Coconut Rice Krispies
BY ANNA DILERNIA

INGREDIENTS

RICE KRISPIES
6 tbsp butter
1 bag mini marshmallows (10oz)
5 cups Rice Krispies Cereal
3 bags freeze-dried pineapple (1.5oz bags)
1 cup unsweetened flaked coconut

ICING (OPTIONAL)
2 cups powdered sugar
3 tbsp meringue powder
½ cup pineapple juice (reduced to syrup)
water
yellow and green food coloring

COOKING INSTRUCTIONS

TREATS
1. Line a 13 x 9 pan with wax paper.
2. Blend freeze-dried pineapple in blender until powdered, set aside.
3. Toast coconut in a pan on the stove top (will burn quickly, so watch carefully), set aside after toasted.
4. Place butter and marshmallows in a large microwave safe bowl.
5. Microwave butter and marshmallows in 30 sec increments until melted, stir until combined.
6. Stir powdered pineapple into marshmallow mixture.
7. Add cereal and toasted coconut into marshmallow mixture, stir until well combined.
8. Pour cereal mix into pan, press down into a thin layer (about ¼ inch thick).
10. Cut cereal into squares or use a fun cookie cutter for shapes.

ICING (OPTIONAL)
1. Place pineapple juice in microwave safe container, microwave in 30 second intervals until juice is reduce to a syrup
2. Combine powdered sugar, meringue powder in a bowl
3. Stir in a tablespoon of pineapple syrup in with sugar and meringue power at a time. Mix until a paste
4. Add 1 tbsp of water at a time until icing is at desired consistency (typically icing should dry within 15 seconds for optimal decorating)
5. Add food coloring and decorate as desired

Healthy Tip to Keep in Mind:
For a healthy twist skip the icing and use 1 cup of peanut butter instead of butter.
Pineapple Dole Whip Cupcakes

BY CATHERINE BALL

INGREDIENTS

FOR THE CUPCAKES

1 box yellow cake mix
1 cup crushed pineapple with juice
1/3 cup vegetable oil
2 tsp pineapple extract
3 large eggs

FOR THE FROSTING

1 cup (2 sticks) butter, softened
4 cup powdered sugar, divided in half
1/4 cup pineapple juice
1 tsp pineapple extract
small pineapple wedges for garnish

COOKING INSTRUCTIONS

1. Preheat oven to 325°F.
2. Line two cupcake pans with cupcake liners.
3. In a large bowl combine cake mix with crushed pineapple, vegetable oil, pineapple extract and eggs using a hand mixer. Beat at medium speed for 2 minutes.
4. Pour batter into prepared cupcake pans and bake for 20 to 22 minutes or until a toothpick inserted in center of cupcake comes out clean.
5. Transfer to a wire rack and let cool completely before frosting.

FROSTING:

1. In a large bowl, combine butter, 2 cups powdered sugar, pineapple juice, and pineapple extract. Using a hand mixer beat until smooth. Add remaining 2 cups powdered sugar and beat until light and fluffy.
2. Transfer frosting to a pastry bag fitted with a large star tip. Swirl frosting onto cooled cupcakes.
3. Garnish each cupcake with a pineapple wedge and a decorative straw.

Healthy Tip to Keep in Mind:

Cupcake mix: Use apple sauce instead of vegetable oil and egg whites instead of whole eggs.
Frosting: Use half the amount of frosting on each cupcake.
Pineapple Orange Delight

BY DIANNE WEITZ

**INGREDIENTS**

- 2/3 cup sugar
- 3/4 cup water
- 20 oz can crushed pineapple with liquid
- 3 oz box orange jello
- 3 tsp vanilla extract
- 1 to 2 cups shredded medium cheddar cheese
- 1 pt whipping cream – whipped
- 1 to 2 cps chopped walnuts
- 8 oz jar maraschino cherries – halved

**COOKING INSTRUCTIONS**

1. Mix the sugar, water, pineapple with juice and jello in a medium sauce pan and bring to rolling boil.
2. Remove from heat and add vanilla extract.
3. Set aside to cool in refrigerator.
4. Fold in whipped whipping cream, add shredded cheese, walnuts and halved cherries.
5. Pour into 9 X 13 pan – refrigerate overnight.

Healthy Tip to Keep in Mind:

For a healthier twist, skip the sugar and the shredded cheese and use a light whipped cream instead.
Pineapple Coconut Upside Down Cheesecake Flan

BY GABRIELLA MAJOROS

INGREDIENTS

FOR THE CARAMEL
1 cup granulated sugar
1/4 cup pineapple juice
1 tbsp coconut rum
1/2 tsp ground cinnamon

FOR THE FLAN
12 oz can evaporated milk
15 oz can coconut milk
14 oz can sweetened condensed milk
8 oz package full fat cream cheese, softened
1/2 cup crushed pineapple
1 cup sweetened cream of coconut - I recommend Coco Lopez
5 large eggs
1 tbsp vanilla extract
2 tbsp coconut rum
15 pineapple rings
15 Maraschino Cherries for garnish (optional)

COOKING INSTRUCTIONS

1. Preheat oven to 300°F
2. Set aside either a flan mold, 10 inch Pyrex dish, or 15 5 oz ramekins. Prepare the custard.

CUSTARD:
3. Combine the evaporated milk, coconut milk, sweetened condensed milk, cream cheese, crushed-pineapple, sweetened cream of coconut, eggs, vanilla extract, and coconut rum in a blender. Blend on high until smooth, and set aside. Prepare the caramel.

CARAMEL:
4. Combine sugar, pineapple juice, coconut rum, and ground cinnamon in medium saucepan. Stir until the sugar is somewhat dissolved. Cook over medium-high heat and boil, without stirring, until caramel turns a copper brown color, about 10-15 minutes. Carefully pour the caramel into your flan mold, Pyrex dish, or ramekins. Please be careful because the caramel will be extremely hot. Immediately line pineapple rings over the caramel. Wait until caramel cools and hardens, then pour the custard into the desired mold. Place in a large roasting pan. Pour boiling water into the roasting pan until it comes about halfway up the side of your flan mold(s). Bake for 60-120 minutes, or until knife inserted near center comes out clean. When nudged the flan should jiggle a bit. If you are using ramekins, begin to check at around 60 minutes. Cool the flan for about 30 minutes, then cover and chill in the fridge for several hours or overnight.

TO UNMOLD:
5. You can do one of two things: Either run a sharp knife around the rim of the mold and gently shake to loosen. Or you can place the bottom of the mold in a couple of inches of boiling water for a few seconds. Invert onto a serving plate.

Healthy Tip to Keep in Mind:
Use evaporated skim milk, low fat milk instead of coconut milk, low fat condensed milk, low fat cream cheese and egg whites.
Pineapple Creme Brulée
BY HENRY ROMERO

**INGREDIENTS**

**FOR THE PINEAPPLE + FILLING**
- 2 ripe pineapples
- 1/3 cup packed light brown sugar
- 1/2 tsp vanilla extract

**FOR THE CUSTARD**
- 1 1/2 cups heavy cream
- 1 tsp vanilla extract
- 6 large eggs, plus 6 large egg yolks
- 1/3 cup plus 1 tbsp granulated sugar
- 9 tsp granulated sugar
- whipped cream
- 6 fresh strawberries, for garnish

**SPECIAL EQUIPMENT**
- culinary torch

**COOKING INSTRUCTIONS**

**PREP PINEAPPLE SHELLS**

1. Slice off the bottom and crown of the leaves from each pineapple. Using scissors, snip off and refrigerate 12 to 18 of the best-looking small pineapple leaves. Cut the pineapples cross-wise into 6 rounds, each about 1 1/2-inch thick. (Don’t peel the pineapple rounds. Reserve the remaining pineapple for another use.) Cover and refrigerate the pineapple shells until serving.

2. For each shell, using a small, sharp knife, cut an incision about 1/4-inch from the edge around the inside circumference of a pineapple round, being sure not to cut all the way through to the bottom.

3. Using a melon baller, scoop out and discard the central core, leaving about 1/4 inch of fruit on the bottom of the shell. Scoop out the pineapple within the incision, leaving a shell about 1/4 inch thick. Making a small “bowl”

4. Finely chop the pineapple flesh. You should have 2 cups. Transfer the chopped pineapple to a medium bowl and stir in the brown sugar.

5. Heat a large nonstick skillet over medium-high heat. Add the pineapple mixture and cook, stirring occasionally, until the juices have evaporated and the pineapple is browned, 8 to 10 minutes. Return to the bowl and let cool completely. Stir in the vanilla. Cover and refrigerate until chilled, at least 4 hours or up to 1 day.

**MAKE THE CUSTARD**

1. Bring the heavy cream to a simmer in a medium saucepan over medium heat. Remove from the heat and let steep for 5 minutes. Whisk the eggs, yolks and granulated sugar together in a medium heat-proof bowl. Gradually whisk in the hot cream mixture. Return to the saucepan. Cook over low heat, stirring constantly, until the mixture is thick enough to coat a wooden spoon (your finger should leave a path in the custard) and an instant-read thermometer reads 185-degrees F. Do not boil. Pour the custard through a sieve into a heat-proof bowl. (Stir in the vanilla extract now, if using.) Let cool completely. Cover with plastic wrap and refrigerate until chilled and thickened, at least 4 hours or up to 1 day.

2. Divide the pineapple mixture evenly among the pineapple shells, spreading it evenly. Place the rounds on a baking sheet. Spoon equal amounts of the custard into each round and smooth the custard with a small spatula. Cover each with a piece of waxed or parchment paper and refrigerate until serving, at least 1 hour or up to 4.

**SERVE + ENJOY!**

Sprinkle each custard evenly with 1 1/2 tsp granulated sugar. Using the torch, wave the flame about 1/2 inch above the custard to caramelize the sugar. Fill a pastry bag fitted with a 1/2-inch fluted tip with the whipped cream. Pipe a large rosette of whipped cream onto each custard and insert 2 or 3 pineapple leaves into each rosette. Garnish each with a strawberry. Serve immediately.

Healthy Tip to Keep in Mind:
Substitute heavy cream with evaporated skim milk and use egg whites for half of the eggs.
Hawaiian Chicken Teriyaki
BY JESSICA FERRER

INGREDIENTS (serves 4)

- 2 tbsp sesame oil
- 4 garlic cloves, minced
- 1 inch fresh ginger root, minced
- half a small yellow onion, minced
- ½ cup low sodium soy sauce
- ¼ cup organic pineapple juice
- 1 tbsp corn starch
- salt to taste
- pepper to taste
- 4 skinless boneless chicken breast
- 2 tbsp pure honey
- 2 tbsp rice vinegar
- 2 tbsp brown sugar
- ¾ cup fresh pineapple, diced
- ¼ cup water
- 2 tbsp brown sugar
- 2 tbsp rice vinegar
- 2 tbsp pure honey
- 1 tbsp corn starch
- salt to taste
- pepper to taste
- 4 skinless boneless chicken breast
- 2 tbsp sesame seeds

COOKING INSTRUCTIONS (35 minutes)

1. In a small sauce pan, over medium heat combine sesame oil, garlic, onion and ginger root. Sauté until fragrant.
2. Lower the heat to the low setting and add the soy sauce, pineapple juice, honey, rice vinegar, fresh pineapple and brown sugar. Stir the mix constantly until sugar is completely dissolved.
3. In a separate bowl add water and cornstarch and mix until fully dissolved. Then add the cornstarch slurry to the marinade in the saucepan and cook on very low heat as sauce will thicken quickly.
4. Clean, dice and season chicken with salt and pepper. In a separate oiled pan, sauté chicken until golden brown. Add cooked chicken breast to the marinade saucepan and cook the chicken in the marinade for another 10 minutes.
5. Once chicken has cooked with the sauce, sprinkle sesame seeds over the chicken.
6. The dish is ready to serve.

SUGGESTION: Enjoy over a bowl of Jasmine rice, quinoa or steamed veggies.

Healthy Tip to Keep in Mind:

Serve with brown rice to add more fiber to your meal.
Pineapple Cake
BY KARINA RUIZ

INGREDIENTS

FOR THE SPONGE
1 x 432g tin pineapple chunks in juice, drained
250ml coconut milk
200g soft unsalted butter
200g golden caster sugar
3 large eggs, beaten
300g self-rising flour
50g desiccated coconut

FOR THE BUTTERCREAM FILLING
50g soft unsalted butter
100g icing sugar
1 tbsp rum (optional)

FOR THE CHOCOLATE FRONDS
3 x 100g bars Taste the Difference cook’s Belgian dark chocolate, 60% cocoa solids, melted and tempered (see Kitchen Secret)

FOR THE MERINGUE
2 large egg whites at room temperature
110g caster sugar
¼ x 5g sachet cream of tartar

COOKING INSTRUCTIONS

1. Preheat the oven to 180°C, fan 160°C, gas 4. Grease 2 x 500ml pyrex bowls with the vegetable oil (if you don’t have 2 bowls you can bake 1 cake at a time, keep the unbaked cake mixture covered with cling film between bakes).

2. Using a stick blender, purée the pineapple chunks and set aside.

3. Pour the coconut milk into a large saucepan, add the butter and heat until it has melted. Remove the saucepan from the heat. Using a hand whisk, whisk in the sugar, then the eggs. Sift over the flour and fold through the butter and coconut mix. Whisk gently to remove any lumps, if necessary.

TIP: To temper chocolate, break the chocolate into pieces and then melt three quarters of it over a pan of simmering water, stirring, until it reaches 47°C on a digital thermometer. Remove the bowl from the heat and add the remaining chocolate. Stir until the chocolate pieces have melted and the temperature is 31°C.

4. Gently stir the puréed pineapple and the desiccated coconut through the cake batter.

5. Divide the mixture between 2 bowls, being sure to leave a 1cm gap at the top of each, and bake for 45-50 minutes until cooked through when tested with a skewer.

6. Leave to cool in the bowls for 10 minutes. Loosen the sides with a palette knife, remove from the bowls and place on wire racks to cool completely. If the cake tops aren’t level, use a serrated knife to trim so they are flat.

FOR THE BUTTERCREAM FILLING:
Whip the butter with an electric hand whisk and gradually add the icing sugar until combined. Add the rum (if using) and whisk until combined. Sandwich the two cakes together with the buttercream, reserving a small blob. Use this to secure the cake onto a heatproof serving board.

FOR THE CHOCOLATE FRONDS:
1. Draw a selection of palm shapes in various lengths, from 11cm-25cm, on a piece of paper. Using sheets of baking paper, trace over the shapes (they will act as a guide when piping the chocolate). Lay the baking paper on baking sheets (turn over so the pen or pencil is on the underside).

2. Trace 5 x 5cm finger shapes, side by side, onto a thin strip of baking paper. Lay next to a rolling pin.

3. Put a small round nozzle (around 4mm diameter) in a piping bag and fill with the melted tempered chocolate. Working quickly, pipe around the frond shapes. Using the same nozzle, fill in the outlines with the chocolate, then wiggle the baking paper gently to allow the chocolate to level and fill in any holes. Set aside to dry.

4. Repeat with the finger shapes but allow them to dry draped over the rolling pin. Set aside.

FOR THE MERINGUE:
1. In a dry, clean heatproof bowl, whisk together the egg whites, sugar and cream of tartar until combined. Place over a pan of simmering water (ensuring the base of the bowl does not touch the water). Whisk constantly until the sugar is dissolved and the whites are warm to the touch. This should take 3-4 minutes. Rub between your fingers to test that all granules are dissolved.

2. Remove the bowl from the heat. Whip the mixture with a handheld electric whisk, starting at a low speed and gradually increasing the speed to high until stiff, glossy peaks form. This should take around 7-8 minutes.

3. Before piping the meringue onto the cake, take a small sharp serrated knife and make slim indentations in the top of the cake – around 3cm deep. These will make it easier to push the chocolate fronds into cake.

4. Put a 15mm round nozzle in a piping bag and pipe small rounds all over the base, working up to the top of the cake row by row (leave the very top of the cake exposed). Use a blow torch to brown the meringue.

5. Insert the chocolate palm shapes into the top of the cake, then insert the bent chocolate pieces around the base of the palm shapes and serve.
Pineapple Boat Tuna Salad

BY MARIA O. SMITH

INGREDIENTS

2 - 5oz can Albacore Tuna, drained well (any protein can be used in its place)
½ cup diced fresh pineapple
½ cup diced (peeled) mango
½ cup diced avocado
½ cup diced red onion
½ cup diced red bell pepper
½ cup non-fat plain greek yogurt + 2 tbsp of mayo for extra flavor/creaminess (optional)

COOKING INSTRUCTIONS

1. Combine all ingredients and serve on pineapple boat for extra dazzle!

Healthy Tip to Keep in Mind:
Use tuna in water vs. tuna in oil.
Fireball Pineapple
BY ROSS FAHRER

INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 whole pineapples (skinned and scored)</td>
<td>1 cup raw sugar</td>
</tr>
<tr>
<td>1/2 a bottle of Fireball Whiskey (enough to cover and soak)</td>
<td>1 cup brown sugar</td>
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<tr>
<td></td>
<td>1 tsp cinnamon</td>
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COOKING INSTRUCTIONS

1. Cut the outer layer off the 2 whole pineapples.
2. Score them diagonally from top to bottom in both directions, creating a diamond pattern.
3. Place whole pineapples into a gallon sized plastic bag, pour in enough fireball to cover both. Remove the air and let them soak for at least 2 hours. Make sure to rotate every 30 mins.
4. Combine 1 cup of raw sugar, 1 cup of brown sugar and 1 tsp cinnamon in a bowl.
5. Remove both pineapples from bag(s) and coat with sugar/cinnamon mixture.
6. Insert rotisserie grill stick through the center core of both pineapples and cook on a rotisserie grill for an hour at 450°F.
   
   **NOTE:** In lieu of a rotisserie grill, you may cook in the oven on a broiler pan at 450°F for 1-1.5 hours making a quarter turn every 15 minutes.

   **ALL ALCOHOL WILL BE BURNED OFF DURING THE COOKING PROCESS.**

7. Reapply additional sugar/cinnamon mixture as needed throughout the cooking process to ensure the pineapple doesn’t dry out.
8. When finished, cut pineapples into whole slices, halves or quarters and serve.
9. Best when served warm, but still delicious cold or several days later.

Healthy Tip to Keep in Mind:
Use half the amount of sugar to save on empty calories.

#pineappleproud

Better for You
Pineapple Angel Cake
BY SUZANNE RODRIGUEZ

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>1 pkg Angel Food Cake mix plus ingredients to prepare it</td>
<td>1 pkg Angel Food Cake mix plus ingredients to prepare it</td>
</tr>
<tr>
<td>1/4 cup + 3/4 cup powdered sugar</td>
<td>1/4 cup + 3/4 cup powdered sugar</td>
</tr>
<tr>
<td>1 8oz pkg cream cheese, room temperature</td>
<td>1 8oz pkg cream cheese, room temperature</td>
</tr>
<tr>
<td>1 1/2 cup heavy whipping cream, cold</td>
<td>1 1/2 cup heavy whipping cream, cold</td>
</tr>
<tr>
<td>1 tsp vanilla</td>
<td>1 tsp vanilla</td>
</tr>
<tr>
<td>1 cup crushed pineapple drained well</td>
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</tr>
</tbody>
</table>

COOKING INSTRUCTIONS

THE CAKE:
1. Preheat oven to 350°F and line an 11x17” (12 cup) rimmed baking sheet with parchment paper.
2. Prepare angel food cake batter according to package instructions. Pour batter into prepared baking sheet and bake for 18-20 minutes or, until light golden brown on top.
3. Lay a clean kitchen towel on the counter and sprinkle with 1/4 cup powdered sugar.
4. When the cake comes out of the oven, turn it out onto the towel and wrap it up tightly, with the towel inside, starting at the short end.
5. Set aside to cool completely. For faster cooling time, cake can be placed in the freezer for an hour. Cake can also be placed in the refrigerator and completed the next day.

THE FILLING:
1. In a large bowl, beat the cream cheese until smooth. Add the heavy whipping cream and beat with an electric mixer until soft peaks form -- this can take up to 5-8 minutes.
2. Next add 3/4 cup powdered sugar and vanilla to the mixture and continue beating on high speed until stiff peaks form.
3. Divide whipped mixture in half and place into separate bowls. In one of the bowls, combine crushed pineapple with mixture.

TO ASSEMBLE:
1. Unroll the cooled cake and remove the towel.
2. Spread the pineapple mixture over top, leaving 1/2” around the edge. Roll up carefully starting at the short end.
3. Place on serving dish seam side down.
4. Spread the remaining whipped mixture over the rolled cake and refrigerate at least 2 hours, or until ready to serve. Top with toasted coconut and diced dried pineapple.

Healthy Tip to Keep in Mind:
Use low fat cream cheese and evaporated skim milk instead of heavy whipping cream.
Pineapple Flip Cake
BY WILLIAM PERAGINE

INGREDIENTS

2 tbsp butter, melted
½ cup packed brown sugar
6 pineapple slices (from 20-oz can), drained reserving juice
6 maraschino cherries
1 box Betty Crocker™ Super Moist™ yellow cake mix
1 cup reserved pineapple juice (from can of pineapple)
½ cup vegetable oil
3 eggs

COOKING INSTRUCTIONS

1. Preheat oven to 350°F. In 12-cup fluted tube (bundt) cake pan, pour melted butter.
2. Sprinkle brown sugar evenly over butter. Line bottom of pan with pineapple slices. Place 1 cherry in the center of each pineapple slice.
3. In a large bowl, beat cake mix, pineapple juice, oil and eggs with an electric mixer on low speed until moistened. Beat for 2 minutes on high speed. Pour batter into pan over the fruits.
4. Bake in preheated oven for 40 to 45 minutes or until cake is golden brown and springs back lightly when touched.
5. Cool cake in pan for 10 to 15 minutes. Place a heatproof plate upside down over pan; turn plate and pan over. Remove pan. Serve warm or cool.

Healthy Tip to Keep in Mind:
When it comes to dessert always stay mindful and limit yourself to a small portion. When cooking or baking choose to add less sugar and use lower fat ingredients. The healthiest way to satisfy a sweet tooth is to reach for freshly cut fruit.