

### Oatmeal Blueberry Pancakes

#### Nutritional Information:

Amount Per Serving  
Calories: 104.8  
Total Fat: 1.0 g  
Cholesterol: 0.0 mg  
Sodium: 68.4 mg  
Total Carbs: 18.8 g  
Dietary Fiber: 2.0 g  
Protein: 5.8 g

#### Introduction:

Quick and easy healthy and clean pancakes that taste totally indulgent! Top with your favorite fruit, spreads, nuts or nut butters for extra carbs and fat! Ten minutes to prepare, 10 minutes to cook, for 3 servings.

#### Ingredients:

1/2 cup oats  
1/2 cup fat free egg beaters or egg white equivalent  
1/2 cup fresh blueberries  
1 tablespoon honey  
Stevia (optional)

#### Directions:

Mix all ingredients in small bowl and blend using a stick blender or can be made in a food processor or stand blender. Mix only until berries slightly broken--2-3 pulses should be sufficient. Let stand 5- 10 minutes to thicken. Can be made the night before and cooked in the morning. Spray a non stick pan with non-stick spray and heat before adding batter. Divide evenly into 3 pancake and cook thoroughly before attempting to turn. Cook evenly on both sides until golden brown. Top with favorite fruit, nuts or additional honey or maple syrup.

### Cauliflower Popcorn

#### Nutritional Information:

Amount Per Serving  
Calories: 156.0  
Total Fat: 13.9 g  
Cholesterol: 0.0 mg  
Sodium: 625.7 mg  
Total Carbs: 7.3 g  
Dietary Fiber: 2.9 g  
Protein: 2.8 g

#### Ingredients:

1 head cauliflower or 1 head equal amount of pre-cut commercially prepped cauliflower  
4 tablespoons olive oil  
1 teaspoon salt, to taste

#### Directions:

Preheat oven to 425 degrees. Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls. In a large bowl, combine the olive oil and salt, whisk, then add the cauliflower pieces and toss thoroughly. Line a baking sheet with parchment for easy cleanup (you can skip that, if you don't have any) then spread the cauliflower pieces on the sheet and roast for 1 hour, turning 3 or 4 times, until most of each piece has turned golden brown. (The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they'll taste). Serve immediately and enjoy!



### Chopped Vegetable Salad w/ Soba Noodles

#### Ingredients:

1 red bell pepper, diced into ½ in. pieces  
1 carrot, sliced thinly  
4 green onions, white parts & 1 inch of the green, cut on the bias  
1 c. shelled edamame  
1 cucumber, seeded and sliced into ½ in. half moons (~1 ½ c.)  
8-10 green beans, blanched and cut into 1 inch pieces  
1/3 c. cashews  
1 ½ bundles soba noodles, boiled and blanched according to package directions  
1 package extra firm tofu, sliced into cubes (if desired)

#### Salad dressing:

1 1/2 t. fresh ginger, minced  
1 1/2 t. red onion, finely diced  
1 1/2 t. fresh rosemary, coarsely chopped  
2 T. soy sauce  
1 T. honey  
3 T. seasoned rice vinegar  
1 1/2 T. fresh lime juice  
½ t. sriracha  
1/2 cup canola oil

#### Directions:

In a blender, whiz together ginger through sriracha. With the blender running, pour the canola oil in a stream, until emulsified. Bring a small pot of water to a boil and cook noodles according to package directions. Drain and rinse the noodles under cold water. Set aside to drain. In a large bowl, combine red bell pepper, carrots, green onions, edamame, cucumber and green beans. Add 1/3 c. of dressing and toss to coat. In a medium bowl, toss together cooled soba noodles and ¼ c. of dressing to coat. Divvy up the noodles and top with vegetable mixture. Garnish with cashews. Serve with tofu on the side, if desired.

### Fresh Pineapple Granita

#### Ingredients:

1 Dole Pineapple  
1/2 Tropicana Naval Orange  
¾ cup Domino Pure Cane Sugar  
1¼ cups Water

#### Directions:

Peel and core pineapple and cut it into chunks. Use a sharp paring knife to carefully peel off a 1 " wide strip of the orange zest (orange layer of peel). Squeeze orange juice into a small bowl. Working in batches, purée pineapple in a large blender or food processor along with orange zest, 1 Tbsp. of orange juice, sugar and water. Pulse until smooth, about 2 minutes. Pour purée into a 9×13 pan and cover with plastic wrap. Freeze until purée is frozen but still soft, about 2 to 2 ½ hours. Remove pan from freezer and repeatedly drag the tines of a fork across the granita's surface, bearing down slightly, breaking it up and fluffing the ice crystals until it resembles a snow cone. Cover the pan with more plastic wrap and return to freezer for at least 2 more hours. Remove from freezer and let sit 5 minutes. Scoop into glass dishes or in cored slices of pineapple and serve immediately.

