

BARLEY SOUP WITH CARAMELIZED ONIONS AND KALE

2 tablespoons olive oil
2 large onions, chopped
2 lg. carrots, peeled and diced into small pieces
1 cup pearl barley
1 pound washed Kale, shredded
2 cups vegetable broth

Heat oil in heavy large saucepan over medium-high heat. Add onions and carrots and sauté until deep brown, about 15 minutes. Add barley and stir 30 seconds. Add kale; sauté until barley browns and kale begin to soften, about 5 minutes. Add broth. Bring mixture to boil. Cover pan; reduce heat to medium-low. Simmer until barley is tender and broth is absorbed, about 25 minutes. . Season to taste with salt and pepper and serve. Makes 6-8 servings.

SPINACH "FLATBREAD"

1 package (10 oz) Spinach, frozen, chopped or leaf, thawed & drained
2 Egg whites, raw, fresh
2 Eggs, whole, raw, fresh
1/2 tsp Garlic, finely chopped
1/4 cup Onions, chopped (I use onion powder)
Other seasoning to taste if you like

Combine all ingredients in a mixing bowl. Spray a non-stick pizza pan or small cookie sheet with an olive oil spray and pour mixture into pan. I pour mine onto parchment paper. Then I can just pick the whole thing up by the paper ends when it's done, and put it on a rack to cool. Make sure mixture is spread out evenly. Bake in a 400 degree oven for 15 minutes. Use a spatula to remove immediately and let cool on rack or paper towel. Cut into 6 equal size pieces and load up with your favorite sandwich toppings. Tastes great grilled or toasted and freezes beautifully!
Makes 6 servings

SALMON SALAD

1 can 7.5 oz Salmon
1/3 cup chopped or slivered toasted almonds
1/2 tsp Curry (or more to taste)
1 Tbsp mayonnaise
1 tbsp chopped fresh chive
Pepper and fresh lemon juice to taste.

Thoroughly mix everything together and refrigerate for an hour or so to meld flavors. Use as a spread or on top of a salad.

TOFU DARK CHOCOLATE MOUSSE

1 16 oz. package of silken tofu
10 oz dark chocolate chips
Strawberries for topping

Blend tofu in food processor or blender until smooth. Melt chips over double boiler or in microwave. Add chocolate to Tofu and mix until creamy. Chill and top with fruit before serving. Can also be used as a pie filling also. Serves 6

FLAX SEED CONDIMENT

½ cup flax seeds
1 tbsp sea salt

Dry roast the seeds with the sea salt until they are slightly browned. Let cool slightly and then grind in a coffee grinder, blender or food processor. Use to add crunch and salt on salads, soups, vegetables, etc.

BLACK BEAN POMEGRANATE SALAD

3 cups Cooked or canned black beans
1 Pomegranate seeded
1/4 C Balsamic Vinegar aged at least ten years
1/3 C Flax oil or olive oil (or more)
Salt and Pepper to taste
Dried herbs or garlic if desired for flavor

Marinate the pomegranate seeds in the vinegar and oil for an hour or so then add to the beans. Add any cut up raw vegetables that you like such as peppers, carrots, celery, etc. Toss well and leave overnight in fridge to meld the flavors.

EDAMAME AND BRUSSELS SPROUT STIR FRY

1- 16oz pkg Edamame (shelled)
1- 16 oz pkg Brussel Sprouts
1 Red Pepper, chopped
½ Onion, chopped
4 cloves garlic
¼ c. chopped fresh parsley
2 tbsp – dried Tarragon
½ c. Vegetable broth
Salt & Pepper (optional or to taste)

Saute garlic, onion and red pepper in vegetable broth until soft. Add tarragon to broth mixture and stir to incorporate. Add Brussels sprouts and edamame beans and stir lightly to coat. Simmer on low heat for 10 minutes or until heated through.

From the desk of Mari Clements, MS, RD, Day

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