

A Healthy Start: Reducing White Foods

January 2010

Menu:

Lemon Poppyseed Crunch Pancakes
with Citrus Maple Syrup

Chicken & Sweet Potato Thai Curry
with Basil & Lime

Crunchy White Bean and Farro Salad
with Lemon & Dill

Chunky Apple Cake

Lemon Poppyseed Crunch Pancakes with Citrus Maple Syrup

12 regular-sized pancakes

for the pancakes:

- 2 cups white whole wheat flour
- 1 tsp. baking powder
- 1/2 tsp baking soda
- 1/2 tsp. salt
- 1/3 cup poppy seeds
- 1/2 cup sunflower seeds, toasted until very golden
- 2 1/4 cup buttermilk
- 2 eggs, lightly beaten
- 2 tbl butter, melted (or melted coconut oil)
- 1 lemon, zested

for the syrup:

- 2 oranges, segmented
- 2 tangerines, segmented
- 3/4 cup maple syrup
- 1 lemon, zested

*** Preparation ****

For the pancakes:

In a large bowl, whisk together the flour, baking powder, baking soda, salt, poppy seeds and sunflower seeds. In another bowl or liquid measuring cup, whisk together the buttermilk, eggs, butter and lemon zest. Add the liquids to the dry ingredients and stir until JUST combined.

Heat a large skillet over medium-high heat. Drizzle with butter or coconut oil. Scoop some batter into the pan and cook until bubbles form, flip and continue cooking until golden.

For the syrup

Combine the citrus segments, syrup and lemon zest in a small pot. Heat gently.

Serve the pancakes warm with some of the warm syrup.

**Recipe adapted from Heidi Swanson

Chicken & Sweet Potato Thai Curry with Basil and Lime

serves 6

2 cans coconut milk, (DO NOT shake before opening)
1 tablespoon Thai curry paste, red, green or panang
3 cups diced sweet potatoes
4 large boneless, skinless chicken breasts, cut into bite-sized pieces
2 cups chopped cabbage
1 cup torn basil leaves
1 tbl honey, plus more as needed
2 limes, juiced
salt, as needed
3 cups cooked brown rice, for serving

***** Preparation ******

Heat a large soup pot or Dutch oven over medium-high heat. Open the coconut milk and spoon out a couple tablespoons of the thick coconut fat from the top of the can. Add it to the pan, along with the curry paste. Cook, stirring, until very fragrant. Whisk in the rest of the coconut milk. Add the sweet potatoes, bring to a boil, reduce heat and simmer, partially covered for about 10 minutes or until potatoes are tender. Add the chicken and the cabbage and cook for another 5 minutes. Remove from the heat and add the basil, honey and juice from 1 lime. Season well with salt. Taste and add more lime juice and honey as needed to balance flavors.

Serve over brown rice.

Crunchy White Bean and Farro Salad with Lemon & Dill

serves 6 (as a side dish)

2 cups farro

2 15-oz cans white beans, rinsed and drained very well

4 scallions, thinly sliced

2 stalks celery, finely diced

2 tbl chopped fresh dill

1 lemon, zested and juiced

1/2 cup greek yogurt

splash apple cider vinegar

salt and pepper

***** Preparation ******

Bring 8 cups of water to a rolling boil. Add a small handful of salt. Stir in the farro and cook for 20 minutes or until tender. Drain.

In a bowl, combine the cooked farro, white beans, scallions, celery, dill, lemon zest and juice, yogurt and vinegar. Stir together and season well with salt and pepper.

Chunky Apple Cake

makes 1 9x13-inch cake

4 cups diced apples, (mix of crisp red and green apples, skins left on)

2 lemon, juiced

5 cups whole wheat pastry flour

2 tbl baking powder

1 tbl cinnamon

1/2 cup Muscavado sugar

1/2 tsp salt

1/2 cup honey

4 eggs, room temperature

2 cups buttermilk, (NOT ice cold - let sit out for 20 minutes)

1/2 cup coconut oil, melted

1/4 cup large grain sugar, optional

***** Preparation ******

Preheat oven to 375 degrees. Butter and flour a 9x13-inch baking pan and line with parchment paper.

Chop the apples and place into a bowl of water with the lemon juice.

Whisk together the flour, baking powder, cinnamon, sugar and salt in a large bowl. In another bowl, whisk together the honey, eggs, buttermilk and coconut oil. Pour the wet mixture into the dry and stir until JUST combined. Drain the apples and add fold into the batter. Scoop the batter into the pan. Sprinkle the top with sugar.

Bake for about 20 minutes or until cake is just set and golden.

Let cool slightly before serving.