

Healthy Start: Fats You Should Have

April 2010

Menu:

Angel Hair Pasta with Asparagus Pesto
and Olive Oil Roasted Tomatoes

Shrimp Stir-Fry with Ginger-Curry Oil and Basil

Coconut Brown Basmati Rice Pilaf with Chives

Vanilla-Scented Olive Oil Cake with Crushed Berry Compote



Angel Hair Pasta with Asparagus Pesto and Olive-Oil Roasted Tomatoes

serves 4-6

1 pint baby tomatoes
1 lb asparagus, trimmed of woody ends
1 lb angel hair pasta, (or your favorite pasta)
1 clove garlic
1/4 cup walnuts
1/3 cup grated parmesan
salt and pepper
1/2 cup olive oil, (as needed)

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

Preheat oven to 450 degrees.

Toss the tomatoes with olive oil and place on a baking sheet. Roast until golden - about 15 minutes. Remove and set aside.

Bring a pot of water to a rolling boil and add a small handful of salt.

Trim the very tops of the asparagus off and set aside. Roughly cut the stems into large pieces and drop into the boiling water. Cook for about 30 seconds or until bright green and remove with a slotted spoon. Rinse with very cold water until cooled.

Drop the pasta into the same water and cook until just tender, according to the package's directions.

Meanwhile, in a food processor, combine the cooked asparagus, garlic, walnuts, cheese and a pinch of salt and pepper. Puree until roughly chopped. Add 1/2 cup oil and blend until smooth. Taste and season with more salt and pepper as needed.

Toss the warm pasta with the pesto, roasted tomatoes and raw asparagus tops. Serve immediately.

Shrimp Stir Fry with Ginger-Curry Oil and Basil

serves 4

2 tbl grapeseed oil

1 tbl grated ginger

1 tsp curry powder

2 tbl sliced garlic

2 cups trimmed snap peas

1 lb medium raw shrimp, peeled, cleaned and tails removed

salt and pepper

1/4 cup torn basil leaves

2 cups cooked brown rice

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

Heat a large skillet over high heat. Add the oil. When rippling, add the ginger and curry. Cook for a couple seconds until fragrant. Add the garlic and snap peas. Cook until peas are bright green. Add the shrimp and season with some salt and pepper. Cook until shrimp is cooked through. Remove from heat and add the torn basil. Serve over cooked rice.

Coconut Brown Basmati Rice Pilaf with Chives

serves about 6

1 cup shredded or shaved coconut (unsweetened)

2 tbl coconut oil

1 small white onion, finely diced

2 cups basmati brown rice

1 cup coconut milk

2 cups water or stock, as needed

1/3 cup finely chopped chives

salt and pepper

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

Place a saucepan over high heat and add the shredded or shaved coconut. Cook, stirring frequently, until browned. Remove from the pan and set aside.

Add the coconut oil and the onions. Cook for about 5 minutes until onions are very tender. Add the rice and stir to coat with the oil. Stir in the coconut milk and enough water (or stock) until the liquid comes about 1-inch above the rice. Stir once and cover. Bring to a boil, reduce heat to simmer and cook for 15 minutes or until liquid has been absorbed. Remove from heat (leave lid on) and let sit for 10 minutes.

Before serving, fluff rice and stir in the toasted coconut and chives. Season with salt and pepper as needed.



Vanilla-Scented Olive Oil Cake with Crushed Berry Compote

For the cake:

3 eggs
2 cups sugar
1 cup olive oil
10 oz. whole milk
2 tsp vanilla paste
1 tsp almond extract
1 tsp lemon zest
2 cups all-purpose flour
1/2 tsp baking powder
1/2 tsp baking soda
1 tsp salt

For the compote:

4 cups fresh berries, any mix of blueberries, raspberries, blackberries or strawberries
1 lemon, juiced
1/2 tsp orange blossom water, (optional)
1/3 cup honey

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

For the cake:

Preheat oven to 350 degrees. Butter and/or line a 10-inch cake pan or spring-form pan.

Whisk together the eggs and sugar until fluffy and a little pale. Add the olive oil, milk, vanilla paste, almond extract and lemon zest. Whisk to combine.

In another bowl, whisk together the flour, baking soda, baking powder and salt.

Stir the dry ingredients into the wet until just combined. Pour batter into prepared pan and bake for about 35 minutes or until a tester inserted into the center comes out clean. Let cool for at least 15 minutes before serving.

For the compote:

Combine the berries, lemon juice, orange blossom water and honey in a pot over high heat. Cook until it JUST starts to bubble and remove from heat. Mash together the berries and set aside to cool. Taste before serving and add more honey as needed.

Serve the cake topped with the berries and dollop of Greek yogurt or whipped cream.