



Executive Chef Paul Marks shares recipes and cooking tips with members.

HEALTHY COOKING SECRETS

I recently taught a class about healthy, delicious cooking for members, and I wanted to share some of the notes and a few recipes with those of you who didn't attend.

The class mainly taught techniques, tips and calorie-saving ideas anyone can use at home. While I am not a licensed dietitian, I have spent years researching healthy cooking and can tell you that losing calories doesn't mean losing flavor.

During the class, I taught participants how to create a couple of basic sauces and also gave them some seasoning ideas to enrich full

flavors of foods. I tried to create versatile recipes and techniques that cross over to many different types of dishes.

In addition to basic sauces, I wanted to show participants how to create lower-calorie dressings, including a recipe for my "mock mayo" that has only 15 calories and no fat per two tablespoons (regular mayonnaise has 100 calories and 11 grams of fat per tablespoon). I also showed participants a 15-calorie-per-serving vinaigrette, down from as much as 80 calories per one-ounce serving in a standard vinaigrette.

After some of these basics were prepared, the class created a fish dish using the sauces and seasonings, and paired it with an appropriate vegetable and healthy dressing plus a healthy starch.

Throughout the entire class I discussed the health benefits of the fresh ingredients we were using. I hope people were able to take away from the class some new ideas about creating healthy, delicious dinners for their families.

Of course, we ended the class with dessert—a no-sugar custard or brûlée with fresh fruit.

Tomato Sauce, Red or Yellow

Tomato *Makes 4 cups*

- ¼ teaspoon extra-virgin olive oil
- ½ cup chopped onion
- 2 tablespoons chopped garlic
- 6 tomatoes, chopped (red or yellow)
- ½ cup white wine or vegetable stock
- 1 tablespoon julienne basil
- ½ teaspoon raw sugar
- Salt and pepper

Heat saucepan over medium heat and coat pan with olive oil. Sauté onion and garlic until onions are soft (approximately two minutes). Add tomatoes and wine, and simmer until tomatoes are cooked (approximately 15 minutes). Pour into blender and purée until smooth. Pour back into pan and simmer adding sugar, basil and salt and pepper. Sauce can be used immediately or cooled and kept in fridge for one week, or three months in the freezer. This sauce is great tossed with spaghetti squash.

Nutrition information per ¼ cup: Calories 20; Protein 1g; Total fat 0g; Saturated fat 0; Carbs 3g; Fiber 0g; Cholesterol 0; Sodium 55g;

Herb Vinaigrette *Makes 3 cups*

- 2 tablespoons honey
- 3 tablespoons Dijon mustard
- 2 tablespoons smashed roasted garlic
- 1 tablespoon finely chopped onion
- 1 cup fresh herb mix
- 1 tablespoon chopped fresh rosemary
- 2 cups thickened vegetable stock
- ¼ cup unsweetened apple juice
- 1 tablespoon extra virgin olive oil
- Salt and pepper to taste

In blender, combine honey, mustard, garlic, onion, herb mix, rosemary and vegetable stock. Process on low speed until smooth. Drizzle oil and apple juice through lid to combine. Adjust seasoning with salt and pepper. Vinaigrette will keep in the refrigerator for 10 days.

Nutrition information per two tablespoons: Calories 20; Protein 1g; Total fat 0.5g; Saturated fat 0; Carbs 4g; Fiber 0g; Cholesterol 0; Sodium 270g

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SOME RECIPES TO TRY

Fresh Herb Mix *Makes 1 cup*

- ¼ cup chopped basil
- ¼ cup chopped oregano
- ¼ cup chopped parsley
- ¼ cup chopped thyme

Mix all ingredients and store in an airtight container for seven to 10 days. Place a paper towel in the bottom of the container to cover the herbs—this draws in moisture and keeps the herbs fresher longer.

Fine Herb Vinegar *Makes 1 cup*

- 1 cup seasoned rice wine vinegar
- 1 garlic clove thinly sliced
- ¼ cup fresh herb mix
- ¼ teaspoon black pepper

Sterilize a glass jar in a dishwasher. Place vinegar in a saucepan and bring to a simmer. Place garlic and herbs in glass container and pour vinegar over the top. Let cool. Seal tightly and store at room temperature for at least 24 hours before using. Will keep up to two months in a cool, dark place.