



delicious living

Light and healthy

HOLIDAY
COOKBOOK

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Appetizers

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Five-Flavor Yogurt Dip

Makes about 2 cups / This all-purpose yogurt sauce hits many notes: sweet, sour, hot, salty, herbaceous, and that mysterious savory flavor the Japanese call umami. **Serving tip:** Serve with red bell pepper, jicama, and carrot slices.

- 1 cup low-fat, nonfat, or whole-milk plain yogurt
- $\frac{1}{2}$ cup roasted tahini
- $\frac{1}{2}$ teaspoon salt, or to taste (optional)
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh dill
- $\frac{1}{4}$ teaspoon cayenne pepper

1. Mix all ingredients in a bowl. Refrigerate for at least 1 hour to allow flavors to blend.

PER SERVING (1 tablespoon): 27 cal, 2g fat (1g mono, 1g poly, 0g sat), 0g sat fat, 0mg chol, 1g protein, 2g carb, 0g fiber, 45mg sodium

—Joyce Slaton

Tofu-Basil Dip with Roasted Jicama Sticks

Serves 4 / Slices of roasted jicama, a crunchy white root vegetable usually eaten raw, make a sublime match for this luscious, protein-packed dip.

- $\frac{1}{2}$ pound jicama, peeled and cut into $\frac{1}{4}$ -inch slices
- $\frac{1}{2}$ cup wine (red or white, depending on the color desired)
- $\frac{1}{2}$ cup water
- $\frac{1}{8}$ teaspoon sea salt
- 3-5 whole cloves
- 2 teaspoons olive oil
- $\frac{1}{2}$ teaspoon freshly ground pink peppercorns
- $\frac{1}{4}$ teaspoon fine sea salt

Tofu Basil Dip (makes $\frac{1}{2}$ cup)

- 1 large clove garlic
- 1 green onion
- 6 fresh basil leaves
- 4 ounces medium or soft tofu, drained
- 1 tablespoon olive oil
- 1 teaspoon umeboshi vinegar

1. Place jicama in a $1\frac{1}{2}$ -quart pot. Add wine, water, sea salt, and cloves. Cover and cook over high heat until all liquid is gone, about 15 minutes. Discard cloves.
2. Preheat oven to 400°. In a bowl large enough to hold all the jicama, mix oil, pepper, and salt. Toss jicama into oil mixture, making sure all edges are coated. Lay jicama slices in a single layer on a baking sheet or shallow roasting pan; place on bottom oven rack. Roast until all edges are well-sealed, turning once or twice, about 15 minutes.
3. Meanwhile, make Tofu-Basil Dip: Mince garlic, green onion, and basil in a food processor. Add tofu, oil, and umeboshi. Blend well. Serve with jicama sticks.

PER SERVING: 98 cal, 7g fat (4g mono, 1g poly, 1g sat), 0mg chol, 3g protein, 7g carb, 3g fiber, 484mg sodium —Joanne Saltzman

Three-Minute Sushi Rolls

Makes 12 / Both kids and adults love these simple rolls that can be made in minutes. **Ingredient tip:** Look for nori seaweed sheets in the Asian section of your natural foods market.

- 2 nori seaweed sheets
- 16 spinach leaves, washed and patted dry
- 1 4-ounce package thinly sliced smoked salmon
- 3 tablespoons cream cheese, plus a little more for sealing
- ½ avocado
- 1 small carrot, sliced into matchsticks
- ½ small cucumber, sliced into matchsticks
- Soy sauce, for dipping

1. Lay nori sheets on a dry, flat work surface. Lay spinach leaves in a single layer over nori, leaving a ½-inch gap at the top of each sheet. Allow about ½ inch or so of the leaves to hang over side edges for a decorative effect.
2. About 1 inch from the bottom of each sheet, lay salmon in a horizontal row on top of spinach. Spread cream cheese over salmon. Thinly slice avocado; just above salmon, arrange avocado in a horizontal row. Make a row of matchstick carrots and cucumber just above avocado.
3. Spread a thin layer of cream cheese across the top ½-inch of each nori sheet to help seal. Starting from the bottom, roll each sheet snugly to make a long, tight roll. Slice into 1-inch pieces with a sharp, serrated knife. Dip and eat.

PER SERVING: 42 cal, 3g fat (1g mono, 0g poly, 1g sat), 5mg chol, 3g protein, 2g carb, 1g fiber, 97mg sodium –Alison Anton

Carrot Salsa

Makes 3 cups / This colorful salsa spices up any holiday party.

Serving tip: Accompany with tortilla chips.

- 1 large carrot, peeled and grated
- ½ red onion, diced
- ¼ cup chopped, roasted and peeled mild or hot green chile peppers
- 1 clove garlic, minced
- 2 tomatoes, chopped
- 1 teaspoon lime juice
- ½ teaspoon salt

1. Mix all ingredients together in a serving dish. Chill, covered, in the refrigerator for one hour before serving.

PER SERVING (½ cup): 23 cal, 0g fat (0g mono, 0g poly, 0g sat), 0mg chol, 1g protein, 5g carb, 1g fiber, 206mg sodium

Side Dishes

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Festival Rice

Serves 8–10 / Myriad flavors and textures enliven this sumptuous holiday rice. In Ayurvedic cooking, fennel, cardamom, cinnamon, and cloves soothe tension and promote good health. **Serving tip:** Remove whole spices before serving.

- 1½ cups uncooked white basmati rice
- 1 tablespoon ghee or canola oil
- 1 teaspoon fennel seeds
- 3 cups water
- ¼ cup black raisins
- 6 whole cloves
- 1 2-inch cinnamon stick
- 4 cardamom pods
- ½ teaspoon sea salt
- ¼ cup slivered almonds
- ½ cup unsweetened shredded coconut
- 1 cup grated carrots
- ½ cup fresh or frozen green peas, thawed

1. Rinse and drain rice. Heat ghee or oil in a heavy-bottomed pot. Add fennel seeds and toast until lightly browned. Add rice, water, raisins, whole cloves, cinnamon stick, cardamom pods, and salt. Bring to a boil; reduce heat and simmer, covered, for 30 minutes.
2. Meanwhile, toast almonds and coconut in a dry skillet until golden brown.
3. When rice is fully cooked, fluff with a fork. Gently stir in almonds, coconut, grated carrots, and peas. (The hot rice cooks the carrots and peas while preserving maximum nutrition.) Serve hot.

PER SERVING: 220 cal, 7g fat (2g mono, 1g poly, 4g sat), 4mg chol, 5g protein, 37g carb, 3g fiber, 157mg sodium —Faith Stone

Beet Salad with Avocado, Arugula, and Goat Cheese

Serves 6 / **Prep tips:** This is a versatile salad, so improvise with different ingredients and cheeses, such as nuts and feta. A mixture of beet colors makes a gorgeous dish, but separate reds until the end to avoid staining the others. Whether large or little, beets taste about the same. Large ones just take longer to cook.

- 1½–2 pounds beets, mixed colors if possible
- 1 small clove garlic
- ¼ teaspoon salt
- 1 tablespoon fresh lemon juice
- 2 tablespoons olive oil
- 2 handfuls arugula greens
- 2 ounces goat cheese
- 1 small avocado, peeled and cut into long slices

1. Trim beets, leaving an inch of the tails and stems, and then steam whole over boiling water until tender when pierced with a fork, but not too soft; you want some texture. (A medium-size beet, 3–4 ounces, takes about 25 minutes.) When done, cool, and then slip off skins. Cut beets into wedges or large dice, keeping different colors (if using) separate.
2. Pound garlic in a mortar with ¼ teaspoon salt until smooth; then stir in lemon juice and olive oil, plus freshly ground pepper to taste. Toss each kind of beet in enough dressing to coat lightly. If any dressing remains, toss with arugula greens. Arrange greens on platter, and then beets. Tuck or crumble goat cheese in and around beets; then add avocado slices. Serve.

PER SERVING: 181 cal, 13g fat (7g mono, 1g poly, 3g sat), 7mg chol, 5g protein, 15g carb, 6g fiber, 240mg sodium —Deborah Madison

Apple, Date, and Almond Stuffing

Serves 8 / This fantastic, gluten-free “stuffing” makes an outstanding side dish to roasted turkey or chicken—and kids love it.

- 2 tablespoons unsalted butter
- 4-6 Fuji apples (2 pounds), cored and chopped
- 10 Medjool dates, pits removed, chopped
- 1 lemon, zest and juice
- 1 orange, zest and juice
- ½ cup unsalted roasted almonds, chopped

1. Melt butter in a large sauté pan over medium-high heat. When sizzling, add apples and sauté, stirring occasionally, until brown but still crisp, 15-20 minutes. Add dates, zests, and juices; cook for 1 minute more. Remove from heat, cool, and stir in almonds and salt to taste. Serve.

PER SERVING: 193 cal, 8g fat (4g mono, 1g poly, 2g sat), 8mg chol, 3g protein, 32g carb, 5g fiber, 2mg sodium —Jeff Jackson

Curried Butternut Squash with Cranberries and Toasted Coconut

Serves 6 / A wonderful, crowd-pleasing fall side dish, this would be a welcome addition to any holiday meal.

- 2 small or 1 large butternut squash (about 2 pounds total)
- 2 cloves garlic, minced
- 1 1-inch piece fresh ginger, peeled and grated
- 3 tablespoons olive oil
- 3 tablespoons pure maple syrup
- 1 teaspoon ground cinnamon
- 1 teaspoon curry powder
- 2 teaspoons chili powder
- Salt and pepper, to taste
- 3 tablespoons unsweetened shredded coconut, lightly toasted
- 2 tablespoons dried cranberries

1. Preheat oven to 375°. Cut and peel squash; chop into 1- to 2-inch pieces. Place in a large bowl and add remaining ingredients except coconut and cranberries; toss well to coat. Pour into a large glass casserole dish and bake for about 1 hour, stirring once or twice. Top with toasted coconut and dried cranberries before serving.

PER SERVING: 178 cal, 9g fat (5g mono, 1g poly, 2g sat), 0mg chol, 2g protein, 27g carb, 1g fiber, 17mg sodium —Dava Parr

Entrées

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Turkey Scented with Lemon, Olives and Garlic

Serves 8, with leftovers / This simple way of enhancing the flavor of a turkey can also be used the next time you roast a chicken.

- 3 lemons
- 1 large bulb garlic, cloves separated
- 15 large brine-cured black olives, chopped
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper
- 4 sprigs fresh rosemary, needles removed
- 1 14- to 16-pound turkey, thawed, giblets removed
- 1-2 cups low-sodium chicken or turkey broth

1. Thinly slice lemons (remove seeds). Coarsely chop unpeeled garlic. In a medium bowl, combine all ingredients except turkey and broth. Place half in turkey cavity. Loosen turkey breast skin gently with hands. Spread remaining lemon mixture under skin.
2. Cook turkey according to your preferred method. (Use a meat thermometer to test doneness: 160° degrees for breast meat, 165° at the thickest part of thigh. A 14- to 16-pound bird typically takes a total of 3½–4 hours of cooking time.)
3. Before serving, remove lemon slices and garlic from under skin. Combine in a small pot with pan juices and add a cup or two of chicken or turkey broth (or stock). Simmer over medium heat for 10 minutes. Strain through a fine-mesh sieve. If desired, return to heat and thicken with a tablespoon or so of cornstarch dissolved in broth. Season with salt and pepper. Serve turkey with sauce.

PER SERVING (4 ounces skinless breast meat, ¼ cup sauce): 243 cal, 9g fat (4g mono, 2g polyu, 2g sat), 104mg chol, 35g protein, 6g carb, 2g fiber, 564mg sodium —Jesse Cool

Roast Pork Loin with Maple-Nutmeg Glaze

Serves 8 / This lean, one-dish meal uses frozen brussels sprouts, whole fingerling potatoes, and baby carrots for supereasy prep.

Prep tip: If you're not a brussels sprouts fan, substitute frozen whole green beans. Be sure to use real maple syrup, not maple-flavored varieties sold for pancakes.

- ⅔ cup pure maple syrup
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- ½ teaspoon black pepper
- 3 large cloves garlic, crushed
- 2 2-pound boneless pork loin roasts
- 1 pound fingerling potatoes (halve small to medium ones lengthwise and quarter large ones)
- 1 pound baby carrots, cut in 1-inch pieces
- 1 tablespoon olive oil
- ½ pound frozen and thawed brussels sprouts, room temperature
- ½ cup white wine

1. Preheat oven to 375°. In a small bowl, combine maple syrup, nutmeg, cinnamon, pepper, and garlic. Pat dry pork loins and place in a large roasting pan. Brush generously with maple syrup mixture and place in pan.
2. In a medium bowl, toss potatoes and carrots with olive oil and add to pan. Transfer to oven and roast for 40 minutes.
3. Brush pork with more glaze. Add brussels sprouts to pan, along with wine and remaining glaze. Stir to coat vegetables. Cook 10–15 minutes more, until a meat thermometer inserted into center registers 160° and vegetables are tender.
4. Remove from oven. Transfer pork to a platter, loosely tent with foil, and let stand for 5 minutes. Turn off oven and return pan to oven to keep vegetables warm.
5. Cut pork into ¼-inch-thick slices and arrange in the center of a serving platter. Arrange vegetables around pork. Drizzle all with pan juices and serve.

PER SERVING: 482 cal, 14g fat (7g mono, 2g poly, 5g sat), 125mg chol, 52g protein, 35g carb, 3g fiber, 156mg sodium —Lisa Turner

Caramelized Onion and Spinach Quiche

*Serves 8 / This luscious quiche is equally good the next day, chilled. A layer of mustard on the crust adds a subtle tang, and bread crumbs keep the crust from getting soggy. **Prep tips:** Using a premade 9-inch pie shell cuts prep time. Gruyere, Jarlesberg, or a high-quality Swiss cheese are good substitutes for Emmenthaler.*

- 1½ tablespoons olive oil, divided
- 3 small yellow onions, thinly sliced into quarter-moons (about 3 cups)
- 4 cups (2 ½ ounces) baby spinach leaves or coarsely chopped spinach
- 2 large whole eggs
- 4 large egg whites
- 1 cup reduced-fat (2 percent) or whole milk
- ¼ cup half and half, or reduced-fat (2 percent) milk
- ¼ teaspoon sea salt
- ⅛ teaspoon ground white pepper
- ¼ teaspoon ground nutmeg
- 1 refrigerated whole-wheat pie dough or crust for a 9-inch pie
- 1 teaspoon Dijon mustard
- 2 tablespoons whole-wheat or panko bread crumbs
- ¾ cup shredded Emmenthaler cheese (1½ ounces)
- ¼ cup grated Pecorino Romano cheese (¾ ounce)

1. In a large sauté pan, heat 1 tablespoon olive oil over medium-high heat. Add onions and stir to coat. Cook, stirring frequently, until onions are caramelized, 20–25 minutes. Transfer to a plate.
2. Return sauté pan to heat with remaining ½ tablespoon oil. Rinse spinach and shake dry. With a small amount of water clinging to leaves, add spinach to hot pan. Cook, stirring, until wilted, 1–2 minutes, scraping up bits from bottom of pan.
3. In a large bowl, whisk together eggs and egg whites. Slowly fold in milk and half-and-half or low-fat milk, plus salt, pepper and nutmeg.
4. Preheat oven to 400°. Fit pie dough into a 9-inch pie dish. Brush mustard over bottom of dough and sprinkle

with bread crumbs. Sprinkle Emmenthaler over crust. Top with onions and spinach. Slowly pour in egg mixture. Sprinkle with Pecorino. Bake until just set and a knife inserted in the center comes out clean, 30–35 minutes. Transfer to a wire rack and let cool for at least 10 minutes before slicing.

PER SERVING: 237 cal, 16g fat (6g mono, 3g poly, 6g sat), 65mg chol, 9g protein, 15g carb, 2g fiber, 329mg sodium –Lisa Turner

Apricot-Glazed Chicken with Prunes and Carrots

*Serves 4 / A one-pan dish that's inexpensive and easy for a smaller crowd. **Prep tips:** No carrots? Try parsnips. No prunes? Use dried apricots. You can also substitute four bone-in chicken breasts for an even leaner meal. **Serving tip:** Pair with a side of couscous.*

- 1 tablespoon extra-virgin olive oil
- 2 small onions, cut into quarters
- 4 large carrots, peeled and cut into 1-inch pieces
- ⅓ cup apricot jelly (or any stone-fruit jam or marmalade)
- 2 tablespoons Dijon mustard
- 8 chicken thighs (about 2 pounds), skin removed
- 1 cup pitted prunes
- ¼ cup water
- 1 tablespoon apple cider vinegar

1. Preheat oven to 450°. Heat olive oil over medium-high heat in a large ovenproof skillet; add onions and carrots and sauté for 2 minutes.
2. In a large bowl mix jelly, mustard, and salt and pepper. Add chicken pieces and toss well.
3. Scatter prunes into skillet with onions and carrots. Top with chicken. Mix water and vinegar and pour into skillet. Bring to a boil, cover, and reduce heat to a simmer. Cook for 5 minutes.
4. Remove cover and place skillet in oven. Roast for 20 minutes and serve.

PER SERVING: 385 cal, 9g fat (4g mono, 2g poly, 2g sat), 115mg chol, 29g protein, 50g carb, 4g fiber, 234mg sodium –Karin Lazarus

Desserts

Delicious Living

Wild Blueberry and Pear Crisp

*Serves 6–8 / Bursting with wild blueberries and seasonal fruit, this dessert is delicious with fat-free frozen yogurt—it's even healthy enough to have for breakfast with plain yogurt. **Prep tips:** Increase the flaxseed in the topping if you wish, or add more walnuts for extra omega-3 fats.*

- 2 medium, very ripe Bartlett pears, cored and sliced
- 1 tablespoon lemon juice
- 110-ounce package frozen and thawed wild blueberries
- 1½ tablespoons cornstarch
- 3 tablespoons turbinado or brown sugar, divided
- ¼ cup whole-wheat flour
- ¼ cup rolled oats
- ½ cup finely chopped walnuts
- 4 tablespoons ground flaxseed
- 1 teaspoon ground cinnamon
- 2 tablespoons melted butter
- 1 tablespoon canola oil

1. Preheat oven to 375°. Lay pears in an 8x8-inch baking dish. Sprinkle with lemon juice. Top with blueberries. In a small bowl, combine cornstarch and 2 tablespoons turbinado or brown sugar; sprinkle over fruit. Bake for 25–30 minutes, or until syrup is partially thickened.
2. While fruit is cooking, in a medium bowl, combine remaining 1 tablespoon sugar, flour, oats, walnuts, flaxseed, and cinnamon; add melted butter and canola oil, and mix well. Spoon over fruit. Bake for 15–20 minutes more, until topping is lightly browned and fruit is bubbly and thickened. Let stand for 5 minutes before serving.

PER SERVING: 260 cal, 15g fat (3g mono, 8g poly, 3g sat), 10mg chol, 4g protein, 31g carb, 6g fiber, 30mg sodium —Lisa Turner

Lemon Pot de Crème

*Serves 6 / A pot de crème usually contains heavy cream and sugar; in this healthy, light version, thick Greek yogurt replaces the cream and zero-calorie stevia sweetens. Stevia and lemon go well together because the bright citrus flavor nicely covers stevia's licorice-like aftertaste. **Serving tip:** Serve these special desserts to guests; they'll never know you didn't use sugar.*

- 1 tablespoon water
- 1½ teaspoons unflavored gelatin
- 1 cup nonfat milk
- 1 teaspoon vanilla extract
- 4 tabletop packets stevia, such as PureVia or Truvia (4 scant teaspoons)
- 1 cup buttermilk
- 1 cup Greek yogurt (whole, low-fat, or nonfat)
- 2 teaspoons fresh lemon zest
- ⅓ cup no- or low-sugar blueberry jam
- 1 tablespoon fresh lemon juice
- Fresh mint leaves, for garnish

1. Pour water into a small bowl and sprinkle with gelatin. Allow to sit for 5 minutes to soften.
2. Heat milk and vanilla in a pan until edges begin to bubble. Remove from heat and stir in gelatin-water mixture.
3. Whisk stevia, buttermilk, and yogurt in a medium bowl. Add warm milk; whisk until blended. Pour through a mesh sieve to collect any curdled milk or undissolved gelatin bits. Stir in lemon zest. Pour into six 4-ounce ramekins. Refrigerate 4–6 hours until set.
4. In a small bowl, stir blueberry jam with lemon juice. To serve, dollop ramekins with jam mixture and add mint leaves.

PER SERVING: 93 cal, 4g fat (0g mono, 0g poly, 3g sat), 12mg chol, 5g protein, 9g carb, 0g fiber, 84mg sodium —Kimberly Lord Stewart

Orange Pound Cake

Serves 12 / With a light crumb and beautiful texture, this delicious cake contains far fewer calories than a typical pound cake.

Ingredient tips: Cake flour is a low-gluten baking flour, ideal for light-textured desserts; look for it in the baking aisle. Xylitol, a granulated sweetener made from birch hardwood trees or corn, has 40 percent fewer calories than sugar and an extremely low glycemic index of 7. **Prep tip:** Xylitol can replace sugar 1:1 in most recipes but it can cause digestive upset, so begin by replacing half the sugar with xylitol. (We tested this recipe with xylitol only, and then with half sugar, half xylitol; both yielded good results.)

Note: Xylitol is very dangerous for dogs, so do not allow your pet to eat xylitol or any foods containing xylitol, and contact your veterinarian right away if your dog eats any.

- 1 cup cake flour or all-purpose flour, sifted
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt
- 8 tablespoons (1 stick) butter, softened
- $\frac{1}{3}$ cup xylitol (or half xylitol, half sugar)
- 2 eggs
- 1 orange, juiced and zested (to yield 4 tablespoons juice, divided)
- 1 teaspoon vanilla extract
- 2 tablespoons orange liqueur

1. Preheat oven to 350°. Thoroughly oil an 8x4-inch loaf pan.
2. In a medium bowl, combine cake flour, baking powder, and salt. In a second medium bowl, cream butter and xylitol (or xylitol-sugar blend) with mixer until soft, 3 minutes. Add eggs and beat another 2 minutes. Stir in 2 tablespoons orange juice, zest, and vanilla. Stir in flour mixture. Transfer batter to pan. Smooth with a spatula and bake for 25–30 minutes. Remove from oven and let sit for 5 minutes.
3. Combine remaining orange juice and the orange liqueur in a small bowl. Poke holes in top of cake with a fork and pour liqueur mixture over cake. Allow to cool, then remove from pan. Serve immediately, or wrap tightly until ready to serve.

PER SERVING: 145 cal, 9g fat (2g mono, 0g poly, 5g sat), 56mg chol, 2g protein, 16g carb, 0g fiber, 91mg sodium – Kimberly Lord Stewart

Cranberry-Squash Pie

Serves 10 / Following Ayurvedic principles, this pie promotes peacefulness because it doesn't contain caffeine (found in chocolate) or strong spices. Tart cranberries add color, zip, and vitamin C. **Prep tips:** Use your favorite piecrust recipe, or look for premade piecrusts in the frozen foods section of natural grocery stores. To save time, you can also use frozen, thawed squash.

- 1 9-inch piecrust
- 2 cups cooked and mashed butternut or acorn squash
- 3 eggs
- $\frac{1}{2}$ cup fresh orange juice
- $\frac{1}{2}$ cup low-fat sour cream
- $\frac{1}{2}$ cup natural cane sugar or granulated fructose
- Pinch of salt
- $\frac{1}{2}$ cup fresh cranberries, roughly chopped, or
- $\frac{1}{2}$ cup dried cranberries

Topping

- $\frac{1}{2}$ cup all-fruit strawberry jam
- 1 cup fresh cranberries
- $\frac{1}{2}$ teaspoon honey or fructose, or to taste
- Low-fat whipped cream or crème fraîche, for garnish

1. Preheat oven to 350°. Fit piecrust into a 9-inch pie dish; flute edges and prick sides and bottom with a fork. Bake, unfilled, for 15 minutes, until golden. Cool.
2. Combine squash, eggs, orange juice, sour cream, sugar or fructose, and salt in a large mixing bowl; blend until smooth. Stir in chopped cranberries. Pour into cooled piecrust and bake for 75–80 minutes or until set. Cool.
3. For topping, melt strawberry jam in a small saucepan over medium heat. Add cranberries and cook until barely tender and just beginning to burst, about 5 minutes. Adjust sweetness with honey or fructose. Cool completely. Spread over cooled pie. Garnish with low-fat whipped cream or crème fraîche.

PER SERVING: 231 cal, 9g fat (3g mono, 2g poly, 2g sat), 67mg chol, 5g protein, 35g carb, 2g fiber, 156mg sodium –Faith Stone

Pears Poached in Sauternes with Chocolate Sauce

Serves 4 / Pears are a perfect match for sweet, light dessert wines, and chocolate adds a special-occasion touch. **Prep tips:** This recipe uses a half-bottle (called a split) of Sauternes, made from Sémillon, Sauvignon Blanc, and Muscatel grapes shriveled to concentrated ripeness. Barsac or late-harvest wines can be substituted. Make sure pears are fully ripe for best flavor.

- 4 ripe Bosc or Anjou pears, peeled
- ½ bottle or 2 cups Sauternes or other sweet dessert wine
- Peel from ½ lemon
- 4 whole cloves
- 4 ounces semisweet chocolate
- ¼ cup light whipped cream
- Mint leaves, for garnish

1. Use a small melon baller or a pointed vegetable peeler to scoop out seeds and core from the bottom of the pears, leaving pears whole.
2. Pour wine into a nonreactive saucepan just large enough to hold pears in a single layer. Add lemon peel and cloves and bring to a boil. Add pears, reduce heat to medium-low, cover, and simmer until tender, 10–15 minutes, occasionally turning pears for even cooking.
3. Remove pears from saucepan and keep warm. Boil remaining liquid until wine is reduced to ½ cup and has a syrupy consistency. Remove saucepan from heat and remove cloves. Add chocolate and stir to melt and combine. Sauce will thicken as it cools.
4. Place each pear on a rimmed dessert plate and spoon one-fourth of the chocolate sauce over and around it. Garnish with light whipped cream and a mint leaf.

PER SERVING: 255 cal, 7g fat (0g mono, 0g poly, 6g sat), 0mg chol, 3g protein, 45g carb, 7g fiber, 10mg sodium —Nora Pouillon

Chocolate-Walnut Mandelbrot

Makes 24 / Mandelbrot, or mandel bread, is often called Jewish biscotti. **Prep tips:** Bake these until they're hard and crunchy to dip in coffee or tea, or bake a little less for a delectable soft-in-the-middle cookie. These keep for a few weeks in an airtight container.

- 2 cups unbleached flour
- 1 cup natural cane sugar
- 1 teaspoon baking powder
- 1 cup chocolate chips
- 1 cup chopped walnuts
- 3 eggs
- 2 teaspoons vanilla extract
- 1 teaspoon almond extract

Topping (optional)

- 4 tablespoons natural cane sugar
- 1 teaspoon ground cinnamon

1. Preheat oven to 325°. Coat a large baking sheet with nonstick cooking spray.
2. In a large mixing bowl, combine flour, sugar, baking powder, chocolate chips, and walnuts. In a separate bowl, blend eggs with vanilla and almond extracts. Make a well in the center of dry ingredients and add wet mixture. Mix until completely blended (you may have to use lightly floured hands).
3. Divide dough in half and shape into two loaves, about ¾ inch high, 2 inches wide, and 12 inches long. Place on baking sheet. Bake 35 minutes, until golden brown on the bottom. Remove from oven. Using a serrated knife and cutting board, cut dough crosswise on a slight angle into ¾-inch-thick slices. Lay slices flat on baking sheet and return to oven for 5–10 minutes, depending on desired crunchiness. Remove from oven and turn cookies over; return to oven and bake 5–10 minutes more.
4. Sprinkle topping, if using, on both sides of cookies.

PER SERVING: 151 cal, 7g fat (1g mono, 2g poly, 2g sat), 26mg chol, 3g protein, 20g carb, 1g fiber, 9mg sodium —Rebecca Broida Gart