



Simply Zesty

A collection of recipes by Zestycook and featured creations by twelve other great food bloggers

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About Zesty and the E-Book



Thanks for downloading ZestyCook's first ever recipe e-book; "***Simply Zesty.***"

"***Simply Zesty***" is a summary of our best recipes thus far on ZestyCook.com along with the inclusion of top recipes from other popular and talented food bloggers.

We created this recipe e-book to give back to the readers for following ZestyCook.com. Our goal is to have an easy to read and printer friendly recipe e-book so that you can try these meals in your kitchen.

We hope that you enjoy the e-book as much as we've enjoyed creating it. If you have any questions, feel free to [contact us](#).

About Other Contributors



Kath Younger writes a popular healthy food blog read by nearly 5,000 visitors a day from around the world. *Kath Eats Real Food*, which you'll find at her blog , features photos of Kath's meals while also sharing stories about her life and the recipes she and her husband create. Having lost over 30 pounds since graduating from college, Kath is now studying to become a Registered Dietitian and lives in Charlotte, North Carolina.
<http://www.KathEats.com>



In February 2008, I started Carrots 'N' Cake, a blog devoted to finding a healthy balance with food. I love food, and I love eating. While I try to fill my diet with mostly nutritious foods, I have a number of favorite foods that do not score high on the nutrient value scale, but are delicious and fun to eat. If eaten in moderation, I believe that the "bad" foods can be part of an overall healthy diet. This food philosophy was the inspiration for Carrots 'N' Cake.
<http://carrotsncake.com/>



Megan loves to get creative in the kitchen, but likes to keep it simple and easy. She enjoys coming up with recipes that are healthy, but seem indulgent. Her blog, Megan's Munchies, is full of easy and fun recipes, some sweet and some savory. <http://www.megansmunchies.com/>



Rebecca Crump is a blogger, baker and booty-shaker living in Nashville, Tennessee. She and husband Jeff Crump have a very dignified cat and a French bulldog, both named Henry. Prior to starting EzraPoundCake.com in March 2008, Rebecca was head pastry chef at a German bakery, a PR wench and editor of an alternative newsweekly. <http://www.ezrapoundcake.com/>



My name is Jenn, but those in the food blogging world will know me by my nickname, Bender. I'm currently a 21-year-old college student studying journalism and business, and my hope is to someday combine my passion for writing with health and nutrition. <http://eatingbender.wordpress.com/>



"My name is Krista and, like most working Mom's, I strive to prepare fast, healthy dinners that my family will enjoy each night. The recipe I have chosen to feature is not only a family favourite, but is quick to prepare, uses healthier for you ingredients that are easy to find and freezes well! I hope you enjoy it!" <http://kristaskravings.blogspot.com/>



Blake Makes is a food blog trying to become something more. You'll find plenty of good food here, but come back regularly to get ideas and to watch me turn this blog into a business (and maybe a brand, too). My name's Blake, and I am one ambitious foodie. <http://www.blakemakes.com/>



Coco is a simple, passionate 27 yrs old girl who's looking after goals and enjoy the path of life. My friends always told me that I'm too healthy to be a young girl. I don't have any bad habit, I eat healthy, I go to sleep early, I don't drink/smoke, I workout at least 5 days a week. <http://balancejoyanddelicias.blogspot.com/>



Not too long ago I came to realize that my meals were boring. I had been eating the same few meals over and over again for years. It was time for a change. Now I spend my free time searching for and trying new recipes. <http://closetcooking.blogspot.com/>



Jenna just graduated from Le Cordon Bleu culinary school with a degree in Patisserie and Baking. She is a bread baker at an organic grocery store in Florida as well the writer of the popular blog, "Eat, Live, Run". <http://eatliverun.com/>



Juliet from thinkinsidetheicebox operates her blog on a very interesting approach. She looks inside the fridge for simple, easy and delicious recipes with minimal fuss. Most recipes can be made with ingredients you already have on hand. Visit her blog here <http://thinkinsidetheicebox.com/>



Liz is a Vegan. Gluten-free. Soy-free. High-raw girl. She has a passion for nutrition, cooking/baking, food photography, animals, fitness (yoga & strength-training), writing, and MUCH more. I am also journalism major, leaning towards a career in broadcast journalism. Follow her blog at <http://veggiegirlvegan.blogspot.com>

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Recipe: Baked Sweet Potato Fries

Author: **Zestycook**

Ingredients

- 2 Large sweet potatoes
- 1 Tbsp. olive oil
- 1 Tsp. nutmeg
- 1 Tsp. cumin
- Black cracked pepper
- Salt



Method

1. Preheat oven to 400 F degrees.
2. After peeling and cutting the potatoes to your desired size - I like to soak them in water and release some of the starch which will allow them to crisp up a little more.
3. Once soaked for about 30 minutes, be sure to dry them really well. Do not leave any water moisture on the potatoes.
4. Transfer to a bowl and toss with the oil and spice combination.
5. Place on a cookie sheet lined with parchment paper.
6. Bake for 30 minutes or until golden brown.
7. ENJOY!

Zesty Tip: Sweet Potatoes are way more delicate and sugary than a regular potato and can burn very easily. Do not go in the room to watch your favorite TV show.... just stay in the kitchen - turn on your favorite tunes and dance around for a while. You will need to flip these little guys 3 or 4 times to get them just perfect. Stay close and keep smiling.

Recipe: Maple Pecan Granola

Author: [Katherine - Katheats.com](http://www.katheats.com)

Ingredients

- 2 Cups old fashioned rolled oats
- 1 Tbsp. whipped butter or 1/2 tbsp real butter, just barely melted
- 1 Tbsp. canola oil
- 1 Tbsp. Grade A maple syrup
- 2 pinches kosher salt
- 1/2 Cup chopped pecans

Method

1. Combine melted butter, oil, maple syrup and salt in a bowl.
2. Stir in oats and pecans. Stir thoroughly too completely coat oats with wet ingredients.
3. Spray baking sheet with cooking spray and pour on oat mixture.
4. Bake at 300* for 30 minutes, stirring at the 20 minute mark and keeping your eye on it to prevent burning.
5. ENJOY!



For more great photos, valuable information and great recipes, head on over to her site at www.katheats.com

Recipe: Chicken Nachos

Author: **Zestycook**

Ingredients

- 2 Cooked boneless, skinless chicken breasts
- 2 Tbsp. taco or burrito seasoning
- 2 Tbsp. water
- 2 Tbsp. mild or hot salsa
- 3/4 Cup sour cream
- 1 small can/jar chopped green chilies (hot), drained
- 1/4 Cup green onion, thinly sliced
- 1/4 Cup of chopped green peppers
- 1/4 Cup of chopped red onion
- 1 Bag white corn tortilla chips
- 1 1/2 Cups shredded Monterey Jack or Pepper Jack or Cheddar cheese
- 1/2 Cup tomato, seeded and chopped
- Bowls of salsa, sour cream, and guacamole for dipping



Method

1. Chop chicken into bite-sized pieces. In a medium saucepan, combine chicken, taco seasoning, water, and salsa over medium heat. Cook mixture until chicken is heated through and sauce is well-blended.
2. Remove mixture from heat and allow cooling to room temperature. Often times I do this ahead of time just to be ready.
3. To cook the nachos, I use a pizza stone and I usually preheat the stone for about 15 minutes on 400 degrees. Then I take out the pizza stone with an oven mitt (because it will be hot...) and start to place the nachos on the stone. I try and get the nachos close

together but not overlap them. Once placed on the stone, I sprinkle a little cheese over the chips and then place the chicken mixture on (making sure not to place an extra liquid on the chips). After the chicken, I go with the peppers, chilies, and onions spreading a liberal amount over the chips. Once complete I add the cheese. Another tip I try to follow is not to make the chips disappear with the cheese (I spread a nice amount but don't overdo it). If you're having a large crowd I tend to make multiple batches because I don't like to layer the chips due to the soggy possibility.

4. I then bake them on the middle rack at 400 degrees until cheese is melted through and the chips start to crisp around the edges. I then top with tomatoes, and green onions and serve with salsa, sour cream and guacamole.
5. ENJOY!

Zesty Tip: To avoid soggy nachos try making only a single layer at a time. By layering nachos on top of one another, it prevents them from crisping up in the oven. I find single layer with a generous amount of cheese works the best.

Recipe: Oatmeal Raisin Bars

Author: [Tina – Carrotsncake.com](http://www.carrotsncake.com)

Ingredients

- 2 Cups dry oats
- 3/4 Cup all-purpose flour
- 1/2 Cup packed brown sugar
- 1/4 Cup sugar
- 1/2 Cup canola oil
- 2 Eggs
- 1/2 Tsp. salt
- 1/2 Tsp cinnamon
- 1 Cup raisins



Method

1. Preheat oven to 350 degrees. Spray 8-inch square baking pan with non-stick cooking spray.
2. In a large mixing bowl, combine ingredients until smooth.
3. Spread batter in prepared baking pan, and bake for approximately 25-30 minutes until bars are cooked all the way through.
4. Let bars cool completely in pan before cutting.

For more great photos, valuable information and great recipes, head on over to her site at www.carrotsncake.com

Recipe: Quick and Easy Whole Wheat Bread

Author: **Zestycook**

Ingredients

- 2 Tsp. honey
- 2 2/3 Cup lukewarm water
- 4 Tsp. dry yeast
- 3 Tbsp. Molasses
- 5 Cups whole wheat flour
- 1/2 Tsp. salt
- 1/4 Cup wheat germ
- 1 Tbsp. Oatmeal (optional)



Method

1. Preheat oven to 400 Degrees F.
2. Stir 2 teaspoons honey into 2/3 cup lukewarm water. Sprinkle yeast over the mixture. Set aside for 10 minutes.
3. Combine 3 tablespoons molasses with 2/3 cup warm water and combine with yeast mixture. Stir into flour. Add salt, wheat germ and 1 1/3 cups warm water. Dough will be sticky.
4. Pour dough into a non-stick loaf pan. Smooth top with wet spatula. Sprinkle Oatmeal over top of loaf, if desired. Allow to rise to top of pan.
5. Bake at 400 degrees for 30 to 40 minutes. Cool 10 minutes on a rack, then turn out of pan. Cool before slicing.
6. ENJOY!

Zesty Tip: When working with Yeast - it is very important that the yeast is still active (therefore not expired) so be sure to check your labels. Also make sure to dissolve all the yeast in the liquid before adding dry ingredients.

Recipe: Protein Power Pumpkin Cookies

Author: Megan - Megansmunchies.com

Ingredients

- 1 Cup pumpkin
- 1/4 Cup applesauce
- 1/2 Tsp. cinnamon
- 1/2 Tsp. pumpkin pie spice
- 2 Tbsp. protein powder of choice
- 1 Tbsp agave nectar
- 1/2 Cup mini chocolate chips
- 2 Cups rolled oats



Method

1. Preheat oven to 350 degrees.
2. Combine all the ingredients in the order listed.
3. Mix until well combined.
4. Drop dough onto baking sheet by spoonfuls and press down slightly.
5. Bake for 15 minutes.
6. Makes approximately 12 cookies.

For more great photos, valuable information and great recipes, head on over to her site at www.megansmunchies.com

Recipe: Bacon Topped Macaroni and Cheese

Author: **Zestycook**

Béchamel Sauce Ingredients

- 2 cloves
- 2 bay leaves
- 1/2 small onion, peeled
- 2 1/4 Cups milk
- 3 Tbsp. flour
- 3 Tbsp. butter
- 1 Tsp. thyme
- Salt
- Pepper
- Nutmeg



Method

1. Use cloves as tacks to adhere bay leaves to onion.
2. Place onion in heavy saucepan with milk.
3. Bring to low simmer over medium heat, reduce heat and simmer for 20 minutes.
4. Meanwhile, in separate heavy pan, combine flour and butter and cook, stirring, over medium heat for 1-2 minutes. This cooks the starchy taste out of the flour.
5. Remove from heat and set aside.
6. Remove onion from hot milk.
7. Return cooled flour to medium heat and slowly add in hot milk, whisking to remove lumps .
8. Bring to high simmer, reduce heat to low and cook, stirring, for 20 minutes.
9. Add salt, pepper, thyme and nutmeg to taste. If there are lumps in the sauce that whisking will not smooth out, strain sauce through a fine strainer.
10. Béchamel is the base for cheese sauce (add grated cheese) and stir until melted. Set aside until Macaroni is ready.
11. Makes 2 cups of sauce.

Macaroni and Cheese Ingredients

- 350 g macaroni
- 2 Cups cheese sauce
- 3/4 Cup grated sharp Cheddar cheese
- 1/4 Cup grated Parmesan Cheese
- 8 Slices of bacon (cooked and crumbled)
- 1/2 Cup freshly made buttered bread crumbs

Method

1. Preheat the oven to 375°F.
2. Butter a 1 1/2-quart casserole.
3. Put the cooked macaroni into the casserole, pour the cheese sauce over it, stir gently.
4. Sprinkle the cooked bacon over the top and spread the crumbs on top of the bacon.
5. Bake, uncovered, until the top is golden and the sauce is bubbling, about 30 minutes.
6. Top with freshly grated Parmesan Cheese .

Zesty Tip: Melt a little butter to stir in your bread crumbs before topping the macaroni and cheese. This will help in the browning process as well as the flavor.

Recipe: Fired-Up Chicken Chili

Author: [Rebecca – Ezrapoundcake.com](http://www.ezrapoundcake.com)

Ingredients

- 1 Tbsp. canola oil
- 1 lb. Boneless skinless chicken breasts, cubed
- 1 Cup chicken broth
- 1 1/2 Tbsp. cornstarch
- 1 can (15 to 16 oz.) Great Northern beans, drained
- 1 Can (14.5 oz.) fire-roasted tomatoes, drained
- 1 Cup frozen corn kernels
- 1 1/2 Tbsp. onion powder
- 1/2 Tsp. cayenne
- 1/2 Tsp. chili powder
- 1/2 Tsp. garlic powder
- 1/4 Tsp. cumin
- 1/4 Tsp. oregano
- Splash of soy sauce and Frank's Hot Sauce, to taste
- Garnishes: Tortilla chips, shredded cheese, sour cream, green onions, cilantro



Method

1. In a large sauté pan, cook the chicken in oil over medium heat for 3 to 5 minutes, until no longer pink.
2. Stir in broth and cornstarch. When cornstarch is dissolved, add beans, tomatoes, corn and seasonings. Bring to a boil; cover. Reduce heat and simmer 10 to 20 minutes, to desired thickness, stirring occasionally.
3. Add soy sauce and hot sauce. Serve with garnishes, if desired.

For more great photos, valuable information and great recipes, head on over to her site at www.ezrapoundcake.com

Recipe: Baguette French Toast Topped with Fruit

Author: **Zestycook**

Ingredients

- 6 Slices of baguette bread (sliced on an angle)
- 2 Eggs
- 1 Tsp. Cinnamon
- 1/4 Cup of milk
- 2 Apples
- 1/2 Cup blueberries
- Pinch of nutmeg
- 1/3 Cup brown sugar
- 3 Tbsp. butter
- Maple syrup
- Powdered sugar



Method

1. Preheat oven to 250 Degrees F.
2. Add eggs, milk, cinnamon and nutmeg to bowl then beat together.
3. Soak bread in mixture until bread is completely wet.
4. Turn frying pan onto medium heat and melt 1 Tbsp butter.
5. Add bread pieces but do not crowd the pan. Also, don't move the bread, flip the bread or touch the bread until the butter caramelizes on the down side. This will take 5-6 minutes.
6. Flip the bread once the bottom side is complete (see picture for coloring), leave on the second side for about 3 minutes.
7. Remove bread from pan and place on cookie sheet and throw in the oven for about 10 minutes or until your sauce is complete (see sauce preparation below). At this point the toast has almost completed the cooking process. The oven will cook the inside, avoid the soggy toast, and prevent it from getting cold.

8. Add remainder butter to the pan, then the sugar and apples. Mix together and allow the apples to start cooking down.
9. After about 5 minutes, add the blueberries and cook for another 2 minutes.
10. Remove toast from oven, plate the toast and top it with the sauce.
11. Drizzle with maple syrup, and sprinkle with powdered sugar.
12. ENJOY!

Zesty Tip: When using butter, be very careful as it will burn very fast. What I like to do is when I add it to a hot pan, and see it melting; I like to add the next cool ingredients right away. In this case it would be the apples and brown sugar. This holds true when cooking savory dishes as well.

Recipe: Pump It Up Muffins

Author: [Jennifer – Eatingbender.wordpress.com](http://Jennifer - Eatingbender.wordpress.com)

Ingredients

- 1 Cup old fashioned oats
- 1 Cup whole wheat flour
- 1 Tbsp. baking powder
- 1/2 Tsp. salt
- 1/2 Cup applesauce
- 1 15 oz. can pumpkin
- 1 Tbsp. ground flax seed
- 1 Tbsp. brown sugar
- 1 Tbsp. chocolate chips (divided evenly)
- Cinnamon to taste
- Optional: Teddy Grahams



Method

1. Combine ingredients in a bowl (leave out the chocolate chips at first).
2. Grease a muffin pan with cooking spray and evenly distribute the muffin mix into each cup.
3. Stick chocolate chips on top.
4. Bake at 375* for 25 to 30 minutes.
5. ENJOY!

For more great photos, valuable information and great recipes, head on over to her site at www.eatingbender.wordpress.com

Recipe: Chewy Milk Chocolate Chip Cookies

Author: **Zestycook**

Ingredients

- 2/3 Cup melted butter
- 2 Cups lightly packed brown Sugar
- 2 Eggs
- 2 Tbsp. hot water
- 2 2/3 Cups all purpose flour
- 1 Tsp. baking powder
- 1 Tsp. baking soda
- 1/4 Tsp. salt
- 1 Package (270g) chocolate chips



Method

1. Preheat oven to 375 degrees.
2. In a large mixing bowl, add melted butter, brown sugar, eggs and hot water and mix well.
3. Stir in the remaining dry ingredients.
4. Add the chocolate chips and mix thoroughly.
5. Drop from spoon onto ungreased cookie sheet.
6. Bake at 375 for 8 to 10 minutes until golden brown on the bottom.

Zesty Tip: When baking cookies, I like to under cook them slightly as they tend to stay chewier. They will continue to cook when you take them out of the oven. Be comfortable with your oven and I always like to cook cookies the minimum amount on the directions.

Recipe: Polenta Sheppard's Pie

Author: Krista – Kristakravings.blogspot.com

Ingredients

Base

- 1 lb lean ground turkey
- 1 onion, chopped
- 3 Cups diced mushrooms
- 1 Cup frozen mixed vegetables
- 1 Can mushroom gravy
- cumin, salt & pepper

Topping

- 1 1/2 Cup water
- 1/2 Cup unsweetened Almond Breeze
- 1/2 Cup polenta
- 1 Tbsp. butter
- 2 Tbsp. fresh herbs (I used basil, parsley, oregano)
- 2 oz jalapeno havarti cheese, cubed
- 2 Tbsp. grated asiago cheese



Method

1. Saute onion until translucent, then add turkey. Cook over medium heat until turkey is no longer pink.
2. Add mushrooms and cook 5 more minutes.
3. Add frozen veggies and cook until thawed. Add cumin, S & P and can of gravy.
4. Bring to a boil and then reduce heat to low.
5. Meanwhile, bring Almond Breeze, water, butter and herbs to a boil.

6. Slowly whisk in the polenta and continue to stir until thick (this should only take a few minutes).
7. When thickened, add cubed Havarti and stir until melted. Remove from heat.
8. Spray a casserole dish and pour meat mixture in.
9. Top with polenta and smooth over the top of the meat.
10. Sprinkle 2 Tbsp of grated Asiago cheese on top.
11. Bake for 30 minutes in a 350 deg oven.
12. When done, let sit for 5 minutes before slicing into 4 portions.
13. ENJOY!

For more great photos, valuable information and great recipes, head on over to Krista's site at www.kristakravings.blogspot.com

Recipe: Super Simple Stunning Quesadillas

Author: **Zestycook**

Ingredients

- 2 Chicken breasts (Boneless - sliced)
- 4 Flour tortillas
- 1 Medium red onion
- 2 Tbsp olive oil
- 1 Clove garlic
- 1 Tbsp. taco seasoning
- 1/4 Cup water
- 1 Cup sliced mushrooms
- 2 Cups baby spinach
- Sprinkle red pepper flakes
- Shredded cheese (Cheddar, Mozzarella, Monterey Jack)



Method

1. Preheat Oven to 350 Degrees Oven.
2. Preheat Frying Pan and add the olive oil.
3. Once ready, add red onion, garlic and red pepper flakes.
4. Stirring often, cook mixture until onions become translucent - then add the mushrooms.
5. Continue cooking until mushrooms release their liquid and begin to brown - then add the chicken.
6. Once the chicken is cooked through and no longer pink - add taco seasoning and water and allow sauce to thicken.
7. Once thickened, then add the spinach and toss through.
8. Ready to prepare the quesadilla, Lay parchment paper on cookie sheet and place one tortilla on top, then spoon the mixture on top of the tortilla evenly.

9. Now Sprinkle cheese over evenly ensuring that you have cheese on the edges to allow the tortillas to stick together.
10. Place other tortilla on top and bake in the oven for about 10 minutes or so or until cheese is melted and the tortilla is golden brown.
11. Take out of the oven and serve.
12. ENJOY!

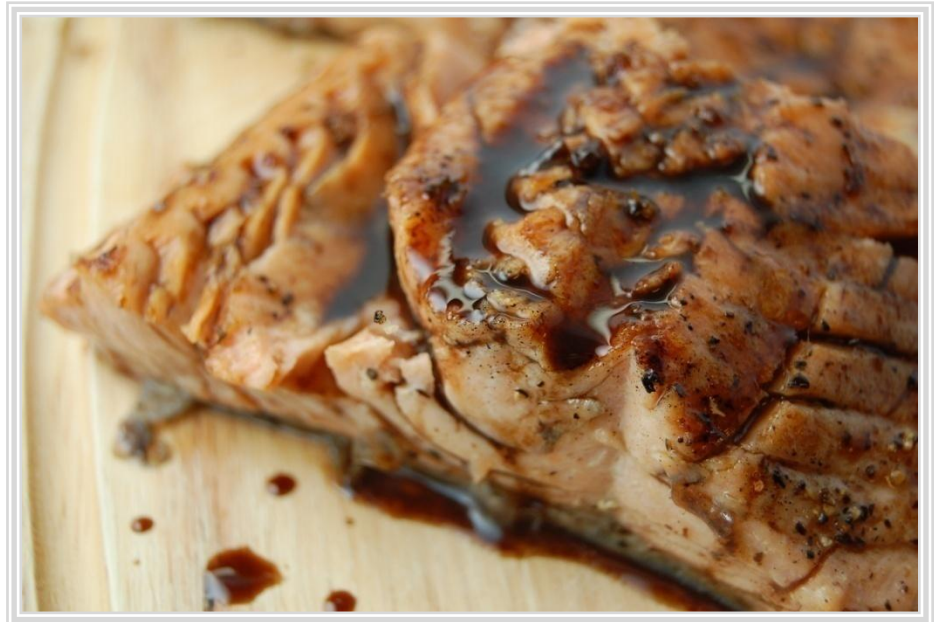
Zesty Tip: When cooking with tortillas and filling, I always like to use a high heat to cook the tortilla quickly and avoid the contents to cause the tortilla to become soggy.

Recipe: Balsamic Glazed Salmon

Author: **Blake** – Blakemakes.com

Ingredients

- 1/4 Cup balsamic vinegar
- 1/4 Cup water
- 1 1/2 Tsp. fresh lemon juice
- 1 T plus 1 Tsp.packed light brown sugar
- 4 (6 oz) center-cut pieces salmon fillet
- Salt and black pepper
- 2 Tsp. vegetable oil



Method

1. Stir together vinegar, water, lemon juice, and brown sugar in a small bowl.
2. Pat salmon dry and season with salt and pepper. Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking.
3. Increase heat to high, add salmon skin side up, and sear until well browned, about 4 minutes. Turn fish over and sear until just cooked through, 3 to 4 minutes more.
4. Transfer salmon to plates and carefully add vinegar mixture to skillet (liquid will bubble vigorously and steam). Simmer, stirring, until thickened and reduced to about 1/3 cup, about 2 minutes.
5. Spoon glaze over salmon.
6. ENJOY!

For more great photos, valuable information and great recipes, head on over to his site at www.blakemakes.com

Recipe: Melt in Your Mouth Slow Cooker Beef

Author: **Zestycook**

Ingredients

- 1 Beef roast (about 4lbs)
- 3 Cloves of garlic
- 1/2 Cup red wine
- 12 Button mushrooms
- 6 Large cherry tomatoes
- 1/4 Cup low sodium chicken broth
- Salt and pepper to taste
- Dried thyme



Method

1. Place meat in slow cooker (trim or remove any extra fat off the meat).
2. Add mushrooms, garlic and tomatoes.
3. Add salt and pepper.
4. Add wine and chicken stock.
5. Toss in the dried thyme.
6. Cover and set on to LOW and cook for at least 8 hours.
7. Remove meat and vegetables and transfer sauce to pan.
8. Bring sauce to a boil and reduce.
9. Add 1 tbsp. cornstarch to 2 tbsp. Cold Water and mix in a bowl.
10. Add mixture to sauce pan bring to a boil and let thicken.
11. Carve meat, drizzle with sauce.
12. ENJOY!

Zesty Tip: When cooking with a slow cooker, it is really important not to add too much liquid as the covered lid will generate enough steam. After the food is cooked, transfer the sauce to a pan and create delicious gravy.

Recipe: Tarta de Pascualina

Author: **Coco** – Balancejoyanddelicias.blogspot.com

Ingredients

- 2 pie crust (the brand name is: La Salteña, it's more crispy and lower in fat than american brands)
- 2 packages of frozen spinach (well drained)
- 2 boiled eggs
- 1 egg (to brush)
- 1 chopped onion
- 2 cloves of garlic
- 5 oz. Parmesan
- 2 Tbsp. oil
- 2 Tbsp. corn starch
- Salt and Pepper
- 1 Tsp. cumin



Method

1. Cook chopped onions and garlic with oil for 5-7 min until brown.
2. Add spinach, cook for another 5 min.
3. Add corn starch (dissolved in water), Parmesan cheese, S+P and cumin.
4. Put one piece of the pie crust in a round pan, place the eggs (cut in half) at the bottom, add the fillings and cover it with the other crust.
5. Make 2 or 3 incisions to the pie to let the steam come out
6. Brush with beaten egg.
7. Boil for 5 min and then bake for 25 min in 350F.

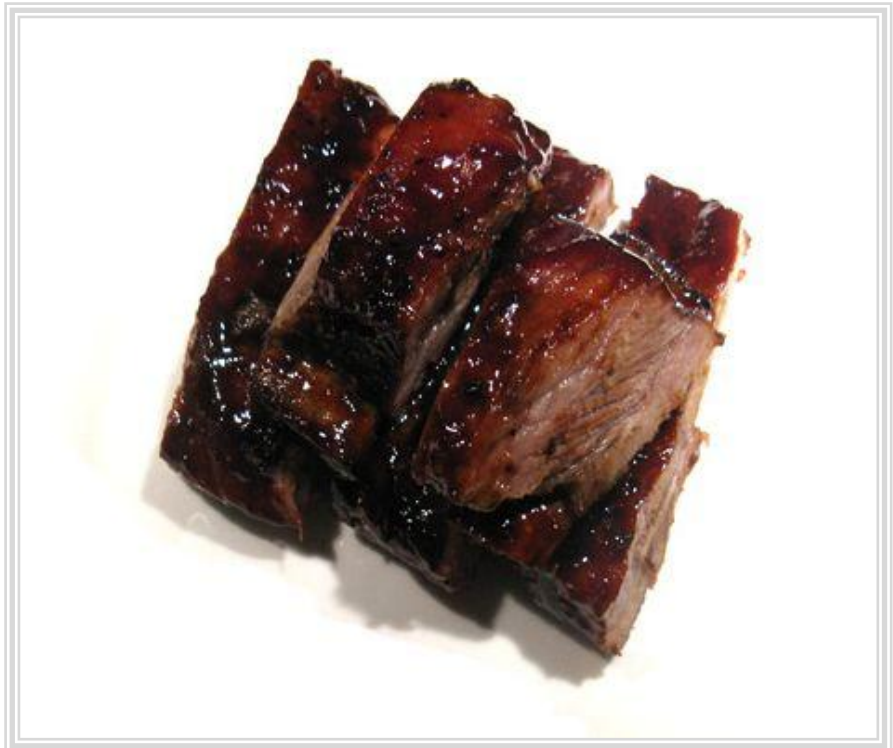
For more great photos, valuable information and great recipes, head on over to her site at www.balancejoyanddelicias.blogspot.com

Recipe: Kicked Up Molasses Hoisin Ribs

Author: **Zestycook**

Ingredients

- 2 Racks of pork ribs
- 1/3 Cup molasses
- 1/2 Cup hoisin sauce
- 2 Tbsp. soy sauce
- 2 Tbsp. brown sugar
- 1/8 Cup water
- 1/8 Cup apple juice
- Cracked black pepper



Method

1. Preheat oven to 250 Degrees.
2. Prepare ribs by cleaning the silver skin on the back if visible
3. Season with Cracked Black Pepper and place ribs in a roasting pan.
4. Combine all ingredients in a bowl and mix together.
5. Pour sauce over the ribs and cover. Cook for 3 hours.
6. Remove lid, baste ribs and cook for 40 minutes without lid
7. Let sit for 15 minutes, cut ribs.
8. ENJOY!

Zesty Tip: To ensure tender ribs regardless of the method of cooking, cook them slowly. Ribs are very fibrous so you need the slow temperature cooking to break the meat down. In addition, always check the back of the ribs for the silver skin. If visible make a small cut in the skin and pull it off with your hand.

Recipe: Hot Spinach and Artichoke Dip

Author: Kevin – [Closetcooking.blogspot.com](http://closetcooking.blogspot.com)

Ingredients

- 1/2 (10 ounce) package frozen spinach (thawed, drained and coarsely chopped)
- 1 (14 ounce) can artichoke hearts (drained and coarsely chopped)
- 4 ounces cream cheese (room temperature)
- 1/2 Cup sour cream
- 1/4 Cup mayonnaise
- 1 Clove garlic (grated)
- 1/2 Tsp. chili sauce (optional)
- 1/4 Cup grated parmigiano reggiano (grated)
- 1/4 Cup mozzarella (grated)



Method

1. Mix everything and pour it into a baking dish.
2. Bake in a preheated 350F oven until bubbling and golden brown on top, about 20-40 minutes.
3. ENJOY!

For more great photos, valuable information and great recipes, head on over to his site at <http://closetcooking.blogspot.com/>

Recipe: Portabella Pizza

Author: **Zestycook**

Ingredients

- Portabella mushrooms
- Pizza sauce
- Cooked bacon (Small Pieces)
- Jalapeno peppers
- Pineapple pieces
- Fresh basil
- Tomatoes
- Shredded mozzarella and cheddar cheese



Method

1. Preheat oven to 350 Degrees.
2. Remove the stem and clean the mushrooms.
3. Spoon sauce on inside base of the mushroom.
4. Add chopped fresh basil, cooked bacon, pineapple, jalapeno peppers.
5. Top with cheese.
6. Bake until cheese is golden brown (about 10-12 minutes).
7. ENJOY!

Zesty Tip: When preparing mushrooms, wipe them with a damp cloth and pat dry with a paper-towel. Do not scrub or peel the mushrooms or soak them in water. This will take away flavor, texture and valuable nutrients. Sprinkle the mushrooms with lemon juice to help retain color.

Recipe: Homemade Granola

Author: **Juliet** – [Thinkinsidetheicebox.com](http://thinkinsidetheicebox.com)

Ingredients

- 4 Cups old-fashioned (not quick cooking) oats
- 1/2 Cup packed light brown sugar
- 1/2 Tsp. salt
- 1/2 Tsp. ground cinnamon
- 1/3 Cup vegetable oil
- 1/3 Cup honey
- 1 Tsp. vanilla

Method

1. Preheat oven to 300 degrees. In a large bowl, combine oats, brown sugar, salt and cinnamon. In a small saucepan, heat oil and honey, just until it melts. Stir in vanilla.
2. Pour the liquid mixture over the oats mixture and stir with a wooden spoon until mixture is covered.
3. Spread on a baking sheet coated with cooking spray or lined with parchment, and bake for about 30 minutes, or until the granola starts to turn golden (bake for less time for softer granola, more for crunchier, drier granola).
4. When cool enough to handle, take a spatula to remove granola from pan and break into pieces. Add dried fruit or mixed nuts to taste.
5. Store in an air-tight container at room temperature for up to a week.
6. ENJOY!!



For more great photos, valuable information and great recipes, head on over to her site at <http://thinkinsidetheicebox.com/>

Recipe: White Chocolate Almond Blondies

Author: Liz – veggiegirlvegan.blogspot.com

Ingredients

- 6 Oz. (1 single-serving sized container) plain or vanilla vegan "yogurt"
- 1/4 Cup canola oil
- 1 Cup sugar
- 2 Tsp. pure vanilla extract
- 2 Tsp. molasses
- 1.25 Cups flour
- 3/4 Tsp. baking soda
- 1.5 Cups vegan white chocolate chips
- 1 Cup almonds, finely-sliced/slivered
- 1 Coconut Cream Pie Larabar, chopped into small chunks**
- Nondairy "milk" of choice, added to the batter as needed



Method

1. Preheat oven to 350°F (180°C). Lightly coat an 8"x8" baking pan with nonstick cooking spray.
2. In a large bowl, add in the "yogurt," canola oil, turbinado sugar, vanilla extract, and molasses. Mix well.
3. In the same bowl, add in the flour, baking soda, white chocolate chips, sliced/slivered almonds, and Larabar chunks. As the mixture starts to thicken up/combine, add as much nondairy "milk" as you need (but not too much) so that the batter is mixable.
4. Pour mixture into the 8"x8" baking pan (coated generously with nonstick cooking spray).
5. Bake for about 32-35 minutes, until a toothpick inserted in the center of the blondies comes out clean.

For more great photos, valuable information and great recipes, head on over to her site at <http://veggiegirlvegan.blogspot.com/>

Recipe: Easy Carrot Ginger Soup

Author: **Zestycook**

Ingredients

- 2 Lb. carrots, peeled and cut into 1 inch pieces
- 4 Cups water
- 1 Tbsp. olive oil
- 1-1/2 Cups chopped onion
- 2 Cloves garlic, minced
- 2 Tbsp. freshly grated ginger
- 1-1/2 Tsp. salt
- 1/4 Tsp. cumin
- 1/4 Tsp. ground fennel
- 1/4 Tsp. cinnamon
- 1/4 Tsp. allspice
- 3-4 Tbsp. fresh lemon juice
- 3/4 Cup toasted cashews



Method

1. Place the carrots in a medium saucepan and add the water.
2. Bring to a boil, cover and cook until the carrots are very tender (10-15 minutes).
3. Heat the olive oil in a small fry pan. Add onion and cook over medium heat until translucent.
4. Add ginger, garlic, salt, and spices.
5. Lower the heat and continue to sauté for another 8-10 minutes.
6. Stir in lemon juice.
7. Combine the spice-onion mixture with the carrots and the cashews.
8. Use a blender to puree the mixture until smooth.
9. Once smooth, pour back into the saucepan and prepare to serve.
10. Top with a dollop of sour cream.
11. ENJOY!

Zesty Tip: When using ginger in soups, I like to always use freshly grated ginger to add the sharp punch that you expect. Use a grater to make your life easier.

Recipe: Vegan Brownies

Author: Jenna – eatliverun.com

Ingredients

- 1 1/2 Cups all purpose flour
- 1/2 Cup cocoa (preferably organic)
- 2/3 Cup granulated sugar
- 1 Tsp. baking powder
- 1/2 Tsp. baking soda
- 1/2 Tsp. sea salt
- 1/4 Cup dark chocolate chips
- 1/3 Cup extra virgin olive oil
- 1 1/2 Cup soy milk
- 2 Tbsp. pure maple syrup



Method

1. Preheat oven to 350. Spray an 8"8" baking dish with nonstick spray.
2. In a large bowl, sift together the flour, cocoa, sugar, baking powder, baking soda and salt. Add the chocolate chips and stir until combined.
3. Add the olive oil, soymilk and maple syrup and stir gently only until combined. Don't over mix.
4. Pour into prepared pan and bake for about 45-50 minutes.
5. Let cool before slicing into 12 squares.

For more great photos, valuable information and great recipes, head on over to her site at <http://eatliverun.com/>