

index

Italics indicate photographs

- Alcohol consumption, 229
Almonds, Toasted, Wild Rice &, 191–192
Amaranth, about, 193
American Cancer Society, viii
American Diabetes Association, viii, 70, 202, 229
American Heart Association, viii
Angel Food Cake, Orange, with Fresh Strawberry Rhubarb Sauce, 200, 201–202
Anthocyanins, 51
Antioxidants, 36, 51, 161, 237
Appetizers, 4–29. *See also* Crostini; Dip(s)
 Chicken Bites, Lemon-Rosemary, 8
 in cocktail party menu, 9
 Goat Cheese Spread, Herbed, 19
 Mushrooms, Stuffed, Savory, 72
 in New Year's Day open house menu, 28–29
 Nuts, Toasted Party, 3
 Pita Crisps, Oven-Baked, 5, 18
 Pita Pizza Wedges with Mozzarella, Tomatoes & Arugula, 10, 11
 Seviche with Avocados & Tomatoes, 4, 5
 Shrimp, Pickled Party, 6–7
 Tortilla Chips, Handmade Spicy, 12
Apple(s)
 Cider Baked, 222, 223
 & Red Cabbage Sauté, 174, 175
 & Tuna Salad Pitas, Curried, 94
Apple Cider. *See* Cider
Apricot, Wild Rice, & Pecan Salad, 67
Arborio rice, 209
Arugula
 about, 87
 Pita Pizza Wedges with Mozzarella, Tomatoes &, 10, 11
 Shrimp, Grilled Garlic, & White Bean Salad, 74, 75–76
 White Bean Spread Sandwiches with Tomatoes &, 92, 93
Asian Chili Sauce, Shrimp Stir-fry with, 148
Asian Turkey Salad Wraps, 103
Asian Vinaigrette, Broccoli with, 165
Asparagus
 Asparagus & Celery Salad with Walnut Dressing, 60
 cooking in salted water, 60
 nutrients in, 195
 & Parmesan, Crostini with, 27
 & Tomato Salad with Mustard-Dill Vinaigrette, 58, 59, 60
 Vegetable Salad, & Grilled Steak, with Sesame-Ginger Dressing, 83–84
Autumn dinner party, 172–173
Autumn Vegetable Soup, Roasted, 40–41
Avocado(s)
 Guacamole, 13
 nutrients in, 13
 Salad, Black Bean, & Quinoa Wraps, 104–105
 Seviche with Tomatoes &, 4, 5
Baby Bok Choy, Shiitake Mushrooms &, 166
Balsamic-Glazed Roasted Chicken Breasts, 113
Banana(s)
 Blueberry Smoothies, 230
 & Pineapple, Grilled, 216
Barbecue menus
 Father's Day, 138–139
 Fourth of July, 188–189
Basil, about, 109
Bean(s). *See also* Chickpea(s); White Bean(s)
 Baked, Tomato-Maple, 186–187
 Black, Avocado Salad, & Quinoa Wraps, 104–105
 Black, Salsa, 16
 Chili, Spicy Vegetarian, with Assorted Condiments, 154, 155, 156
 health benefits of, 187
 Niçoise Salad, Tuna, 77–78
 nutrients in, 46, 187, 195
Beaujolais, Poached Pears in, 221
Beef
 Red Pepper, & Chinese Cabbage Stir-Fry, 130, 131–132
 Steak, Grilled, & Vegetable Salad with Sesame-Ginger Dressing, 83–84
 & Vegetable Stew, Savory, 128–129
Beet, Endive, & Walnut Salad, 64, 65
Bell Pepper(s)
 Eggplant &, Grilled, 168, 169
 Eggplant, Roasted, & Mozzarella, Crostini with, 27
 in Pasta, Mediterranean-Style Baked, 158–159
 Red, Beef, & Chinese Cabbage Stir-Fry, 130, 131–132
 Red Cabbage, & Onion Slaw with Orange-Cumin Vinaigrette, 63
 & Shrimp Creole, Spicy, 150–151
 Stuffed, with Fresh Corn & Zucchini, Roasted, 152–153
 Yellow, Gazpacho, 37
Beverages. *See* Drinks
Bibb lettuce, 87
Bioflavonoids, 51
Birthday dinner party menu, 66
Black Bean
 Avocado Salad, & Quinoa Wraps, 104–105
 Salsa, 16
Blueberry
 –Banana Smoothies, 230
 Yogurt, & Toasted Walnut Parfaits, 214, 215
Bok Choy
 Baby, Shiitake Mushrooms &, 166
 nutrients in, 195
Boston lettuce, 87
Braised Chicken & Baby Leeks, 114, 115
Braised Pearl Onions, Shallots, & Leeks, 178, 179
Broccoli
 with Asian Vinaigrette, 165
 Vegetable Salad, & Grilled Steak, with Sesame-Ginger Dressing, 83–84
Buckwheat, about, 157
Buffet menus
 dinner party, 224–225
 graduation day, 105–106
Bulgur
 fiber in, 71
 Tabbouleh & Vegetable Salad, 71–72
Burgers, Turkey, Grilled, with Red Onion Sauce, 100, 101–102
Cabbage
 Chinese, Beef, & Red Pepper Stir-Fry, 130, 131–132
 nutrients in, 195
 Red, & Apple Sauté, 174, 175
 Red, Pepper, & Onion Slaw with Orange-Cumin Vinaigrette, 63
Caesar Salad with Lemon Vinaigrette & Water Chestnuts, 55
Cake(s)
 Angel Food, Orange, with Fresh Strawberry Rhubarb Sauce, 200, 201–202
 Chocolate Chip, 203–204
 Gingerbread-Spice, 204–205
 Lemon-Poppy Seed, 199
Calcium, 46, 177, 180, 193, 195
Caloric intake, viii
Carbohydrates, balance of, 237
Carotenoids, 51
Carrot(s)
 & Ginger Soup, 42
 Roasted Root Vegetables, 182

- Sautéed, with Black Olives, 170
in Vegetable Soup, Roasted Autumn,
40–41
- Cauliflower, Roasted, 167
- Celery & Asparagus Salad with Walnut
Dressing, 60
- Cepes, about, 127
- Chard. *See* Swiss Chard
- Cheese. *See also* specific cheeses
lower-fat, 19
- Chicken
Bites, Lemon-Rosemary, 8
Braised, & Baby Leeks, 114, 115
Breasts, Balsamic-Glazed Roasted, 113
& Cucumber Salad Pitas, 98–99
Jerk, Grilled, 118
Kabobs, Grilled, with Peach Salsa,
116–117
Salad, Grilled Mexican, 82–83
Scallopini with White Wine Sauce,
120–121
- Chickpea(s)
Hummus, Lemon, Crostini with, 23
Salad with Chopped Tomatoes,
Cucumbers, & Fennel, 69–70
& Swiss Chard, Sautéed, 184, 185
& Tomato, Crostini with, 27
- Chicory, 87
- Chili Sauce, Asian, Shrimp Stir-fry with, 148
- Chili, Spicy Vegetarian, with Assorted
Condiments, 154, 155, 156
- Chilled Minted Fruit, 228
- China-Mint Tea, 234
- Chinese Cabbage, Beef, & Red Pepper Stir-
Fry, 130, 131–132
- Chips, Tortilla, Handmade Spicy, 12
- Chives, about, 109
- Chocolate
Chip Cake, 203–204
-Hazelnut Fondue with Fresh Fruit, 218,
219
health benefits of, 237
- Cholesterol-lowering foods
beans, 187
chocolate, 237
fiber in, 46, 71
monounsaturated fats in, 13, 70
omega-3 oils in, 73
walnuts, 64
- Chowder, Seafood, 48
- Cider
Apples, -Baked, 222, 223
& Dijon Mustard, Pan-Seared Pork with,
143
- Cilantro
about, 109
Sweet Potatoes, Roasted, with Lime &,
180
-Tomato Salsa, Grilled Tuna with, 146, 147
- Cinnamon Mocha Coffee, Iced, 235
- Citrus Sauce, Roasted Cornish Game Hens
with, 119
- Clams, in Seafood Chowder, 48
- Clove-Scented Orange Tea, 234
- Cocktail party menu, 9
- Coffee, Mocha Cinnamon, Iced, 235
- Collard Greens, in Garlicky Greens, 176
- Consommé, Wild Mushroom, 43
- Cookies
Lemon, 207
Oatmeal Raisin, 208
- Cool Cucumber, Yogurt, & Dill Soup, 33
- Coolers, Strawberry-Mango, 229
- Corn
& Shrimp, Grilled, Gazpacho with, 34, 35,
36
& Zucchini, Fresh, Roasted Stuffed Bell
Peppers with, 152–153
- Cornish Game Hens, Roasted, with Citrus
Sauce, 119
- Couscous, Herbed, 192
- Creamy Braised Fennel, 171
- Creamy Lemon Rice Pudding, 209
- Cremini mushrooms, about, 127
- Crisps, Pita, Oven-Baked, 5, 18
- Crostini, 22, 26
with Asparagus & Parmesan, 27
with Chickpeas & Tomato, 27
with Eggplant, Bell Peppers, Roasted, &
Mozzarella, 27
with Eggplant Spread, Roasted, 24
with Fennel & Olives, 27
with Hummus, Lemon, 23
with Spinach, Sautéed, & Ricotta Cheese,
25
with White Beans & Spinach, 27
with Zucchini, Roasted, 27
- Cucumber(s)
& Chicken Salad Pitas, 98–99
Chickpea Salad with Chopped Tomatoes,
Fennel &, 69–70
Raita & Grilled Lamb Pitas, 96–97
selecting, 33
Yogurt, & Dill Soup, Cool, 33
- Cumin-Orange Vinaigrette, Red Cabbage,
Pepper, & Onion Slaw with, 63
- Curried Tuna & Apple Salad Pitas, 94
- Desserts. *See also* Cake(s); Fruit Desserts
Cookies, Lemon, 207
Cookies, Oatmeal Raisin, 208
- Flans, Ginger & Pumpkin, 210
- Fondue, Chocolate-Hazelnut, with Fresh
Fruit, 218, 219
- Parfaits, Yogurt, Blueberry, & Toasted
Walnut, 214, 215
- Rice Pudding, Creamy Lemon, 209
sugars in, 202, 237
- Tart, Strawberry-Rhubarb, 205–206
- Dessert Sauce(s)
Lime-Yogurt, Honeydew Melon and
Strawberries with, 226, 227
Red Wine, Grilled Peaches with, 217
Strawberry Rhubarb, Fresh, Orange Angel
Food Cake with, 200, 201–202
- Dietary guidelines, viii
- Dill
about, 109
Cucumber, & Yogurt Soup, Cool, 33
Vinaigrette, -Mustard, Asparagus & Tomato
Salad with, 58, 59, 60
Vinaigrette, Poached Salmon & Watercress
Salad with, 72–73
- Dinner menus
autumn dinner party, 172–173
birthday party, 66
buffet-style, 224–225
Mother's Day, 61
seafood, 49
summer evening, 38–39
Thanksgiving, 212–213
Valentine's Day, 220
weeknight family, 181
winter holiday, 142
- Dip(s)
Guacamole, 13
Salsa, Black Bean, 16
Salsa, Tomato, Fresh, 14, 15
Tofu, Scallion, & Ginger, 20
Yogurt & Horseradish, Herbed, 21
- Drinks. *See also* Tea
Banana-Blueberry Smoothies, 230
Coffee, Mocha Cinnamon, Iced, 235
Melon Smoothies, Minted, 231
nonalcoholic, 229
Strawberry-Mango Coolers, 229
- Eggplant
Bell Peppers &, Grilled, 168, 169
Bell Peppers, Roasted, & Mozzarella,
Crostini with, 27
in Pasta, Mediterranean-Style Baked,
158–159
Spread, Roasted, Crostini with, 24
- Endive

(Endive, *continued*)
about, 87
Beet, & Walnut Salad, 64, 65
Enoki mushrooms, about, 127

Father's Day barbecue menu, 138–139

Fats, healthy, viii, 70

Fennel

& Olives, Crostini with, 27

Chickpea Salad with Chopped Tomatoes,
Cucumbers &, 69–70

Creamy Braised, 171

Fenugreek, 121

Fiber, dietary, 46, 71, 180, 187, 195

Fish. *See also* Salmon; Tuna

Swordfish, Grilled, with Spicy Mango Salsa,
145,

Flans, Ginger & Pumpkin, 210

Flavonoid, 51

Folate, 13, 46, 177, 187

Folic acid, 195

Fondue, Chocolate–Hazelnut, with Fresh
Fruit, 218, 219

Fourth of July barbecue menu, 188–189

Fresh Tomato Salsa, 14, 15

Fructose, 202

Fruit(s). *See also* specific fruits

dietary guidelines, viii

nutrients in, 51

portion size, 237

Salad, Winter, with Walnuts & Goat Cheese,
68–69

Fruit Desserts

Apples, Cider–Baked, 222, 223

Bananas & Pineapple, Grilled, 216

Fondue, Chocolate–Hazelnut, with Fresh
Fruit, 218, 219

Honeydew Melon & Strawberries with
Lime–Yogurt Sauce, 226, 227

Minted Fruit, Chilled, 228

Peaches, Grilled, with Red Wine Sauce, 217

Pears, Poached, in Beaujolais, 221

Garam masala, 121

Garlic

about, 161

Greens, Garlicky, 176

–Lemon Vinaigrette, Greek Salad with,
56–57

Shrimp, Grilled, White Bean, & Arugula
Salad, 74, 75–76

Spinach, Orange &, Sautéed, 177

Garlicky Greens, 176

Gazpacho

with Grilled Shrimp & Corn, 34, 35, 36

nutrients in, 36

Yellow Pepper, 37

Ginger

& Carrot Soup, 42

–Lime Vinaigrette, Turkey Salad with, 80, 81

& Pumpkin Flans, 210

–Sesame Dressing, Grilled Steak &
Vegetable Salad with, 83–84

Tofu & Scallion Dip, 20

Gingerbread–Spice Cake, 204–205

Glaze(d)

Balsamic–, Roasted Chicken Breasts, 113

Lemon Marmalade, Pork Loin with, 140,
141

Glutathione, 13

Goat Cheese

Fruit Salad, Winter, with Walnuts &, 68–69
Spread, Herbed, 19

Graduation day buffet menu, 105–106

Grains, nutrients in, 193

Gravy, Holiday Roast Turkey with Rice &
Spinach Stuffing, 122–124

Greek Salad with Lemon–Garlic Vinaigrette,
56–57

Green Bean(s), Niçoise Salad, Tuna, 77–78

Greens. *See also* specific greens

crisping for salad, 78

Garlicky, 176

mild, peppery, and bitter, 57

nutrients in, 177

selecting, 55

types of, 87

Grilled dishes

Bananas & Pineapple, 216

Chicken, Jerk, 118

Chicken Kabobs with Peach Salsa, 116–117

Chicken Salad, Mexican, 82–83

Eggplant & Bell Peppers, 168, 169

Lamb & Cucumber Raita Pitas, 96–97

Lamb Chops with Tarragon–Mustard Sauce,
133

Lamb Kabobs with Yogurt–Mint Sauce,
134, 135–136

Peaches, with Red Wine Sauce, 217

Pork Chops & Portobello Mushrooms,
137

Shrimp & Corn, Gazpacho with, 34, 35, 36

Shrimp, Garlic, White Bean, & Arugula
Salad, 74, 75–76

Steak & Vegetable Salad with Sesame–
Ginger Dressing, 83–84

Tuna with Tomato–Cilantro Salsa, 146, 147

Turkey Burgers with Red Onion Sauce,

100, 101–102

Guacamole, 13

Handmade Spicy Tortilla Chips, 12

Hazelnut–Chocolate Fondue with Fresh Fruit,
218, 219

HDL cholesterol, 13

Herbed Couscous, 192

Herbed Goat Cheese Spread, 19

Herbed Yogurt and Horseradish Dip, 21

Herbes de Provence, 121

Herbs. *See also* specific herbs

about, 109, 110

herbes de Provence, 121

Holiday Roast Turkey with Rice & Spinach
Stuffing, 122–124

Honeydew Melon & Strawberries with Lime
Yogurt Sauce, 226, 227

Smoothies, Minted, 231

Hors d'Oeuvres. *See* Appetizers; Dip(s)

Horseradish and Yogurt Dip, Herbed, 21

Hummus, Lemon, Crostini with, 23

Iced Mint & Lemon Verbena Tea, 232, 233

Iced Mocha Cinnamon Coffee, 235

Iron, 177, 180

Jerk Chicken, Grilled, 118

Jicama, Orange, & Watercress Salad, 62

Kabobs

Chicken, Grilled, with Peach Salsa, 116–117

Lamb, Grilled, with Yogurt–Mint Sauce,
134, 135–136

Kale, Garlicky Greens, 176

Lamb

Chops, Grilled, with Tarragon–Mustard
Sauce, 133

Grilled, & Cucumber Raita Pitas, 96–97

Kabobs, Grilled, with Yogurt–Mint Sauce,
134, 135–136

Lamb's tongue, 87

LDL cholesterol, 13, 64, 71

Leaf lettuces, 87

Leeks

about, 161

Baby, Braised Chicken &, 114, 115

Pearl Onions, & Shallots, Braised, 178,
179

- Lemon
 Chicken Bites, -Rosemary, 8
 Cookies, 207
 Hummus, Crostini with, 23
 Marmalade Glaze, Pork Loin with, 140, 141
 -Poppy Seed Cake, 199
 Rice Pudding, Creamy, 209
 Seviche with Avocados & Tomatoes, 4, 5
 -Soy Sauce, Pan-Seared Salmon with, 144
 Vinaigrette, Caesar Salad with Water Chestnuts &, 55
 Vinaigrette, -Garlic, Greek Salad with, 56–57
 Lemon Verbena Tea & Mint, Iced, 232, 233
 Lentils & Sautéed Spinach, Warm, 183
 Lettuce. *See* Greens
 Lime
 Citrus Sauce, Roasted Cornish Game Hens with, 119
 -Ginger Vinaigrette, Turkey Salad with, 80, 81
 Seviche with Avocados & Tomatoes, 4, 5
 Sweet Potatoes, Roasted, with Cilantro &, 180
 Yogurt Sauce, Honeydew Melon and Strawberries with, 226, 227
 Lunch menus
 picnic in the park, 95
 wedding shower, 79
 weekend, 17
 winter afternoon, 47
 Lutein, 13, 51
 Lycopene, 51
 Mango
 Salsa, Spicy, Grilled Swordfish with, 145
 -Strawberry Coolers, 229
 Maple-Tomato Baked Beans, 186–187
 Mediterranean-Style Baked Pasta, 158–159
 Melon
 Honeydew, & Strawberries with Lime Yogurt Sauce, 226, 227
 Smoothies, Minted, 231
 Menus
 autumn dinner party, 172–173
 birthday dinner party, 66
 buffet-style dinner party, 224–225
 choosing, x
 cocktail party, 9
 Father's Day barbecue, 138–139
 Fourth of July barbecue, 188–189
 graduation day buffet, 105–106
 Mother's Day dinner, 61
 New Year's Day open house, 28–29
 personal style and, xi
 picnic lunch in the park, 95
 pool party, 99
 rules of entertaining, ix
 seafood dinner, 49
 stir-fry supper, 149
 summer evening dinner, 38–39
 Thanksgiving, 212–213
 Valentine's Day dinner, 220
 wedding shower lunch, 79
 weekend lunch, 17
 weeknight family dinner, 181
 winter afternoon lunch, 47
 winter holiday dinner, 142
 Mexican Chicken Salad, Grilled, 82–83
 Millet, about, 193
 Minestrone, Vegetable & White Bean, 44, 45–46
 Mint(ed)
 China Tea, 234
 Fruit, Chilled, 228
 & Lemon Verbena Tea, Iced, 232, 233
 Melon Smoothies, 231
 -Yogurt Sauce, Grilled Lamb Kabobs with, 134, 135–136
 Mocha Cinnamon Coffee, Iced, 235
 Monounsaturated fats, 13
 food sources of, 70
 Morel mushrooms, about, 127
 Mother's Day dinner menu, 61
 Mozzarella
 & Eggplant, Bell Peppers, Roasted, Crostini with, 27
 Pita Pizza Wedges with Tomatoes, Arugula &, 10, 11
 Mushroom(s)
 cleaning, 43
 Consommé, Wild, 43
 dried, to reconstitute, 166
 Portobello, & Pork Chops, Grilled, 137
 Shiitake, Baby Bok Choy &, 166
 Stuffed, Savory, 7
 varieties of, 126, 127
 Veal Stew with Tomatoes, Peas, &, 125
 Mussels, in Seafood Chowder, 48
 Mustard
 Dijon, & Cider Sauce, Pan-Seared Pork with, 143
 -Dill Vinaigrette, Asparagus & Tomato Salad with, 58, 59, 60
 -Tarragon Sauce, Grilled Lamb Chops with, 133
 Mustard greens, 87
 New Year's Day open house menu, 28–29
 Niçoise Salad, Tuna, 77–78
 Niçoise Sandwiches, Tuna, 91
 Noodles, Soba, with Swiss Chard & Pine Nuts, 157
 Nutrients
 in avocados, 13
 in beans, 46
 in buckwheat, 157
 in fruits and vegetables, 51
 in gazpacho, 36
 in grains, 193
 in greens, 177
 in sweet potatoes, 180
 Nutritional guidelines, viii
 New Year's Day open house menu, 28–29
 Niçoise Salad, Tuna, 77–78
 Niçoise Sandwiches, Tuna, 91
 Nuts. *See* also specific nuts
 health benefits of, 3
 Toasted Party, 3
 Oatmeal Raisin Cookies, 208
 Olives
 Black, Sautéed Carrots with, 170
 & Fennel, Crostini with, 27
 Niçoise Salad, Tuna, 77–78
 Niçoise Sandwiches, Tuna, 91
 Omega-3 fatty acids, 64, 70, 73
 Onion(s)
 Pearl, Shallots, & Leeks, Braised, 178, 179
 Red Cabbage, & Pepper Slaw with Orange-Cumin Vinaigrette, 63
 Red Onion Sauce, Grilled Turkey Burgers with, 100, 101–102
 varieties of, 160, 161
 Orange
 Angel Food Cake with Fresh Strawberry Rhubarb Sauce, 200, 201–202
 Citrus Sauce, Roasted Cornish Game Hens with, 119
 Jicama, & Watercress Salad, 62
 Spinach, Garlic &, Sautéed, 177 Tea, Clove-Scented, 234
 Vinaigrette, -Cumin, Red Cabbage, Pepper, & Onion Slaw with, 63
 Oven-Baked Pita Crisps, 5, 18
 Pan-Seared Pork with Cider & Dijon Mustard Sauce, 143
 Pan-Seared Salmon with Lemon-Soy Sauce, 144
 Parfaits, Yogurt, Blueberry, & Toasted Walnut,

(Parfaits, *continued*)

214, 215
Parmesan & Asparagus, Crostini with, 27
Parsley, about, 109
Parsnips, Roasted Root Vegetables, 182
Pasta, Mediterranean-Style Baked, 158–159
Peach(es)
 Grilled, with Red Wine Sauce, 217
 Salsa, Grilled Chicken Kabobs with,
 116–117
Pearl Onions
 about, 161
 Shallots, & Leeks, Braised, 178, 179
Pears, Poached, in Beaujolais, 221
Peas, Veal Stew with Tomatoes, Mushrooms,
 &, 125
Pecan(s)
 toasting, 67
 Wild Rice, & Apricot Salad, 67
Pepper(s). *See* Bell Pepper(s)
Pickled Party Shrimp, 6–7
Picnic in the park menu, 95
Pineapple & Bananas, Grilled, 216
Pine Nuts, Soba Noodles with Swiss Chard
 &, 157
Pita(s)
 Chicken & Cucumber Salad, 98–99
 Crisps, Oven-Baked, 5, 18
 Lamb, Grilled, & Cucumber Raita,
 96–97
 Pizza Wedges with Mozzarella, Tomatoes &
 Arugula, 10, 11
 Tuna & Apple Salad, Curried, 94
 Pizza, Pita Wedges with Mozzarella,
 Tomatoes & Arugula, 10, 11
Poached Pears in Beaujolais, 221
Poached Salmon & Watercress Salad with Dill
 Vinaigrette, 72–73
Polyunsaturated fats, 64, 70
Pool party menu, 99
Poppy Seed-Lemon Cake, 199
Porcini mushrooms, about, 127
Pork
 Chops & Portobello Mushrooms, Grilled,
 37
 Loin with Lemon Marmalade Glaze, 140,
 141
 Pan-Seared, with Cider & Dijon Mustard
 Sauce, 143
Portobello Mushrooms
 about, 127
 & Pork Chops, Grilled, 137
Potassium, 13, 46, 187, 195
Potato(es)
 Niçoise Salad, Tuna, 77–78

Roasted Root Vegetables, 182
Presentation of food, 91
Protein
 in beans, 187
 in buckwheat, 157
 in grains, 193
Pudding, Creamy Lemon Rice, 209
Pumpkin & Ginger Flans, 210
Puree, White Bean, 190–191

Quinoa
 about, 193
 Avocado Salad, & Black Bean Wraps,
 104–105

Radicchio, 87
Raisin Oatmeal Cookies, 208
Raita, Cucumber, & Grilled Lamb Pitas,
 96–97
Red Cabbage & Apple Sauté, 174, 175
Pepper, & Onion Slaw with Orange-Cumin
 Vinaigrette, 63
Red Onion Sauce, Grilled Turkey Burgers
 with, 100, 101–102
Red Pepper, Beef, & Chinese Cabbage Stir-
 Fry, 130, 131–132
Red Wine Sauce, Grilled Peaches with, 217
Rhubarb
 Strawberry Sauce, Fresh, Orange Angel
 Food Cake with, 200, 201–202
 -Strawberry Tart, 205–206
Rice
 carbs in, 209
 Pudding, Creamy Lemon, 209
 & Spinach Stuffing, 124
 Wild Rice & Almonds, Toasted,
 191–192
 Wild Rice, Apricot, & Pecan Salad, 67
Ricotta Cheese & Spinach, Sautéed, Crostini
 with, 25
Roasted Autumn Vegetable Soup, 40–41
Roasted Cauliflower, 167
Roasted Cornish Game Hens with Citrus
 Sauce, 119
Roasted Root Vegetable, 182
Roasted Stuffed Bell Peppers with Fresh
 Corn & Zucchini, 152–153
Roasted Sweet Potatoes with Lime &
 Cilantro, 180
Root Vegetable, Roasted, 182
Rosemary
 about, 109
 Chicken Bites, Lemon-, 8

Sage, about, 109
Salad(s), 54–78. *See also* Greens
 Asparagus & Celery, with Walnut Dressing,
 60
 Asparagus & Tomato, with Mustard-Dill
 Vinaigrette, 58, 59, 60
 Avocado, Black Bean, & Quinoa Wraps,
 104–105
 Caesar, with Lemon Vinaigrette & Water
 Chestnuts, 55
 Chicken and Cucumber Salad Pitas, 98–99
 Chicken, Grilled Mexican, 82–83
 Chickpea, with Chopped Tomatoes,
 Cucumbers, & Fennel, 69–70
 Endive, Beet, & Walnut, 64, 65
 Fruit, Winter, with Walnuts & Goat Cheese,
 68–69
 Greek, with Lemon-Garlic Vinaigrette,
 56–57
 Jicama, Orange, & Watercress, 62
 Niçoise, Tuna, 77–78
 Red Cabbage, Pepper, & Onion Slaw with
 Orange-Cumin Vinaigrette, 63
 Salmon, Poached, & Watercress, with Dill
 Vinaigrette, 72–73
 Shrimp, Grilled Garlic, White Bean, &
 Arugula, 74, 75–76
 Steak, Grilled, & Vegetable, with Sesame-
 Ginger Dressing, 83–84
 Tabbouleh & Vegetable, 71–72
 Tuna & Apple Salad Pitas, Curried, 94
 Turkey, with Lime-Ginger Vinaigrette, 80,
 81
 Turkey Salad Wraps, Asian, 103
 Wild Rice, Apricot, & Pecan, 67
Salad Dressing. *See also* Vinaigrette
 "healthy" fats in, 70
 Sesame-Ginger, Grilled Steak and Vegetable
 Salad with, 83–84
 Walnut, Asparagus & Celery Salad with,
 60
Salmon
 Pan-Seared, with Lemon-Soy Sauce, 144
 Poached, & Watercress Salad with Dill
 Vinaigrette, 72–73
 wild *vs.* farmed, 73
Salsa
 Black Bean, 16
 Mango, Spicy, Grilled Swordfish with, 145
 Peach, Grilled Chicken Kabobs with,
 116–117
 serving ideas, 15
 Tomato-Cilantro, Grilled Tuna with, 146,
 147
 Tomato, Fresh, 14, 15

- Sambal Oelek, 121
- Sandwiches, 90–109. *See also* Wraps
 Chicken & Cucumber Salad Pitas, 98–99
 Lamb, Grilled, & Cucumber Raita Pitas, 96–97
 Tuna & Apple Salad Pitas, Curried, 94
 Tuna Niçoise, 91
 Turkey Burgers, Grilled, with Red Onion Sauce, 100, 101–102
 White Bean Spread, with Arugula & Tomatoes, 92, 93
- Sauce(s). *See also* Dessert Sauce(s); Salsa
 Chili, Asian, Shrimp Stir-Fry with, 148
 Cider & Dijon Mustard, Pan-Seared Pork with, 143
 Citrus, Roasted Cornish Game Hens with, 119
 Lemon-Soy, Pan-Seared Salmon with, 144
 Red Onion, Grilled Turkey Burgers with, 100, 101–102
 Tarragon-Mustard, Grilled Lamb Chops with, 133
 White Wine, Turkey or Chicken Scallopini with, 120–121
 Yogurt-Mint, Grilled Lamb Kabobs with, 134, 135–136
- Sautéed Carrots with Black Olives, 170
 Sautéed Chickpeas & Swiss Chard, 184, 185
 Sautéed Garlic & Orange Spinach, 177
 Savory Beef & Vegetable Stew, 128–129
 Savory Stuffed Mushrooms, 7
 Scallion, Tofu, & Ginger Dip, 20
 Scallopini, Turkey or Chicken, with White Wine Sauce, 120–121
 Scallops, Seviche with Avocados & Tomatoes, 4, 5
- Seafood. *See* Fish; Shellfish
 Seafood dinner menu, 49
- Seasonings
 herbs, 109, 110
 spice blends, 121
- Selenium, 51
- Sesame-Ginger Dressing, Grilled Steak and Vegetable Salad with, 83–84
- Seviche with Avocados & Tomatoes, 4, 5
- Shallots
 about, 161
 Pearl Onions, & Leeks, Braised, 178, 179
 Roasted Root Vegetable, 182
- Shellfish. *See also* Scallops; Shrimp
 Chowder, Seafood, 48
- Shiitake Mushrooms
 about, 127
 Baby Bok Choy &, 166
 & Bell Pepper Creole, Spicy, 150–151
- Shrimp
 Chowder, Seafood, 48
 & Corn, Grilled, Gazpacho with, 34, 35, 36
 Grilled Garlic, White Bean, & Arugula Salad, 74, 75–76
 Pickled Party, 6–7
 Stir-Fry with Asian Chili Sauce, 148
- Slaw, Red Cabbage, Pepper, & Onion Slaw with Orange-Cumin Vinaigrette, 63
- Smoothies
 Banana-Blueberry, 230
 Melon, Minted, 231
- Soba Noodles with Swiss Chard & Pine Nuts, 157
- Soup(s), 32–51
 Carrot & Ginger, 42
 Chowder, Seafood, 48
 Cucumber, Yogurt, & Dill, Cool, 33
 first course, 41
 Gazpacho with Grilled Shrimp & Corn, 34, 35, 36
 Gazpacho, Yellow Pepper, 37
 Minestrone, Vegetable & White Bean, 44, 45–46
 nutrients in, 51
 serving, 37
 Vegetable, Roasted Autumn, 40–41
 Yellow Pepper, 37
- Soy-Lemon Sauce, Pan-Seared Salmon with, 144
- Spice blends, 121
- Spice Cake, -Gingerbread, 204–205
- Spicy Shrimp & Bell Pepper Creole, 150–151
- Spicy Tortilla Chips, Handmade, 12
- Spicy Vegetarian Chili with Assorted Condiments, 154, 155, 156
- Spinach
 Garlic & Orange, Sautéed, 177
 Garlicky Greens, 176
 Mushrooms, Stuffed, Savory, 7
 & Rice Stuffing, 124
 Sautéed, & Lentils, Warm, 183
 Sautéed, & Ricotta Cheese, Crostini with, 25
 & White Beans, Crostini with, 27
- Spread(s)
 Chickpeas & Tomato, Crostini with, 27
 Eggplant, Roasted, Crostini with, 24
 Goat Cheese, Herbed, 19
 Hummus, Lemon, Crostini with, 23
 Spinach, Sautéed, & Ricotta Cheese, Crostini with, 25
 White Bean & Spinach, Crostini with, 27
 White Bean, Sandwiches with Arugula & Tomatoes, 92, 93
- Squash, in Vegetable Soup, Roasted Autumn, 40–41
- Steak, Grilled, & Vegetable Salad with Sesame-Ginger Dressing, 83–84
- Stew
 Beef & Vegetable, Savory, 128–129
 Veal, with Tomatoes, Peas, & Mushrooms, 125
- Stir-Fry
 Beef, Red Pepper, & Chinese Cabbage, 130, 131–132
 Bok Choy, Baby, Shiitake Mushrooms &, 166
 Shrimp, with Asian Chili Sauce, 148
 supper menu, 149
- Strawberry(ies)
 & Honeydew Melon with Lime Yogurt Sauce, 226, 227
 -Mango Coolers, 229
 Rhubarb Sauce, Fresh, Orange Angel Food Cake with, 200, 201–202
 -Rhubarb Tart, 205–206
- String Beans, Niçoise Salad, Tuna, 77–78
- Stuffing, Rice and Spinach, 124
- Sugar (sucrose), 202, 237
- Sugar substitutes, 237
- Summer evening dinner menu, 38–39
- Sunday night burgers & salad dinner, 85
- Supper menu, stir-fry, 149
- Sweet Potatoes
 nutrients in, 180
 Roasted, with Lime & Cilantro, 180
- Swiss Chard
 about, 87
 & Chickpeas, Sautéed, 184, 185
 Soba Noodles with Pine Nuts &, 157
- Swordfish, Grilled, with Spicy Mango Salsa, 145
- Tabbouleh & Vegetable Salad, 71–72
- Tarragon-Mustard Sauce, Grilled Lamb Chops with, 133
- Tart, Strawberry-Rhubarb, 205–206
- Tea
 China-Mint, 234
 Clove-Scented Orange, 234
 Lemon Verbena & Mint, Iced, 232, 233
- Teff, about, 193
- Thanksgiving menu, 212–213
- Thiamine, 180
- Toasted Party Nuts, 3
- Toasts
 Crostini, 22, 26

(Toasts, *continued*)

Pita Crisps, Oven-Baked, 5, 18
Tofu, Scallion, & Ginger Dip, 20
Tomato(es)
& Asparagus Salad with Mustard-Dill Vinaigrette, 58, 59, 60
Baked Beans, -Maple, 186–187
& Chickpeas, Crostini with, 27
Chopped, Chickpea Salad with Cucumbers, Fennel &, 69–70
Gazpacho with Grilled Shrimp & Corn, 34, 35–36
Gazpacho, Yellow Pepper, 37
in Pasta, Mediterranean-Style Baked, 158–159
Pita Pizza Wedges with Mozzarella, Arugula &, 10, 11
Salsa, -Cilantro, Grilled Tuna with, 146, 147
Salsa, Fresh, 14, 15
Seviche with Avocados &, 4, 5
Shrimp & Bell Pepper Creole, Spicy, 150–151
Veal Stew with Peas, Mushrooms, &, 125
White Bean Spread Sandwiches with Arugula &, 92, 93
Tortilla Chips, Handmade Spicy, 12
Tuna
& Apple Salad Pitas, Curried, 94
Grilled, with Tomato-Cilantro Salsa, 146, 147
Salad, Niçoise, 77–78
Sandwiches, Niçoise, 91
Turkey
Burgers, Grilled, with Red Onion Sauce, 100, 101–102
Roast, Holiday, with Rice & Spinach Stuffing, 122–124
Salad with Lime-Ginger Vinaigrette, 80, 81
Salad Wraps, Asian, 103
Scallops with White Wine Sauce, 120–121
Valentine's Day dinner menu, 220
Veal Stew with Tomatoes, Peas, & Mushrooms, 125
Vegetable(s). See also specific vegetables
& Beef Stew, Savory, 128–129
Chili, Spicy Vegetarian, with Assorted Condiments, 154, 155, 156
dietary guidelines, viii, 195

Minestrone, & White Bean, 44, 45–46
nutrients in, 51, 195
Root, Roasted, 182
Salad, & Grilled Steak, with Sesame-Ginger Dressing, 83–84
Soup, Roasted Autumn, 40–41
steaming, 175
& Tabbouleh Salad, 71–72
Vegetarian Chili, Spicy, with Assorted Condiments, 154, 155, 156
Vinaigrette
Asian, Broccoli with, 165
Asian, in Turkey Salad Wraps, 103
Dill, Poached Salmon & Watercress Salad with, 72–73
Lemon, Caesar Salad with Water Chestnuts &, 55
Lemon-Garlic, Greek Salad with, 56–57
Lime-Ginger, Turkey Salad with, 80, 81
Mustard-Dill, Asparagus & Tomato Salad with, 58, 59, 60
Orange-Cumin, Red Cabbage, Pepper, & Onion Slaw with, 63
Vitamin A, 180, 195
Vitamin C, 36, 73, 180, 195
Vitamin E, 13
Vitamin K, 195
Walnut(s)
Dressing, Asparagus & Celery Salad with, 60
Endive, & Beet Salad, 64, 65
Fruit Salad, Winter, with Goat Cheese &, 68–69
health benefits of, 64
Toasted, Yogurt, & Blueberry Parfaits, 214, 215
toasting, 69
Warm Lentils & Sautéed Spinach, 183
Water Chestnuts, Caesar Salad with Lemon Vinaigrette &, 55
Watercress
about, 87
Jicama, & Orange Salad, 62
& Salmon Salad, Poached, with Dill Vinaigrette, 72–73
Wedding shower lunch menu, 79
Weekend lunch menu, 17
Weeknight family dinner, 181
White Bean(s)
Puree, 190–191

Shrimp, Grilled Garlic, & Arugula Salad, 74, 75–76
& Spinach, Crostini with, 27
Spread Sandwiches with Arugula & Tomatoes, 92, 93
& Vegetable Minestrone, 44, 45–46
White Wine Sauce, Turkey or Chicken Scallops with, 120–121
Wild Mushroom Consommé, 43
Wild Rice
& Almonds, Toasted, 191–192
Apricot, & Pecan Salad, 67
Winter Fruit Salad with Walnuts & Goat Cheese, 68–69
Winter menus
holiday dinner, 142
lunch, afternoon, 47
New Year's Day open house, 28–39
Wraps
Avocado Salad, Black Bean, & Quinoa, 104–105
Turkey Salad, Asian, 103
Yams, *vs.* sweet potatoes, 180
Yellow Pepper Gazpacho, 37
Yogurt
Banana-Blueberry Smoothies, 230
Blueberry, & Toasted Walnut Parfaits, 214, 215
Chicken & Cucumber Salad Pitas, 98–99
Cucumber, & Dill Soup, Cool, 33
Cucumber Raita & Grilled Lamb Pitas, 96–97
Greek, about, 98
& Horseradish Dip, Herbed, 21
-Lime Sauce, Honeydew Melon & Strawberries with, 226, 227
Melon Smoothies, Minted, 231
-Mint Sauce, Grilled Lamb Kabobs with, 134, 135–136
Zucchini
& Corn, Fresh, Roasted Stuffed Bell Peppers with, 152–153
in Pasta, Mediterranean-Style Baked, 158–159
Roasted, Crostini with, 27
serving suggestions, 153