Healthy Cooking on the Go
By Cheryl Kaufman

Facts about QUINOA:
Although not a common item in most kitchens today, quinoa is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Quinoa is available in your local health food stores throughout the year.
Most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas."

Health Benefits
A recently rediscovered ancient "grain" native to South America, quinoa was once called "the gold of the Incas," who recognized its value in increasing the stamina of their warriors. Not only is quinoa high in protein, but the protein it supplies is complete protein, meaning that it includes all nine essential amino acids. Not only is quinoa’s amino acid profile well balanced, making it a good choice for vegans concerned about adequate protein intake, but quinoa is especially well-endowed with the amino acid lysine, which is essential for tissue growth and repair. In addition to protein, quinoa features a host of other health-building nutrients.
Because quinoa is a very good source of manganese as well as a good source of magnesium, iron, copper and phosphorus, this "grain" may be especially valuable for persons with migraine headaches, diabetes and atherosclerosis.

Facts about PUMPKIN:
Pumpkins are rich in beta-carotene, which can be noted through their bright orange color! Beta-carotene is a plant carotenoid that converts to vitamin A. Beta-carotene may reduce the risk of certain types of cancer and protect against heart disease. Pumpkins are an excellent source of vitamin A. Pumpkin is a good source of B-vitamins and antioxidants such as leutin, xanthins and carotenes.
Pumpkins are fat-free and low in calories but high in fiber making them a great food for weight control/loss.

Facts about TURKEY:
Turkey is a lean protein source with a 3oz serving containing about 25g of protein and less than 1g of saturated fat.
Turkey is a good source of B vitamins and trace minerals such as selenium believed to aid in cancer prevention.
**Hot Spiced Cider**
2 quarts apple cider
1/4 cup sugar
10 whole cloves
6 whole allspice
4 sticks cinnamon

**Preparation**
Combine ingredients in a large saucepan. Heat slowly to a boil; boil for 5 minutes.
Discard spices or strain to remove. Serve hot with orange slices, if desired.
Hot spiced cider recipe serves 8.

**The Basic Quinoa Recipe**
This light and wholesome grain may be prepared quickly and easily with this basic method.

2 cups water
1 cup quinoa

Rinse Quinoa in a colander to remove outer coating. Do not skip this step.

Place quinoa and water in a 1-½ quart saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes).
You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated. Makes 3 cups.

**Black Bean & Tomato Quinoa**
2 teaspoons grated lime zest
2 tablespoons fresh lime juice
2 tablespoons unsalted butter, melted and cooled
1 tablespoon vegetable oil
1 teaspoon sugar
1 cup quinoa
1 (14- to 15-ounce) can black beans, rinsed and drained
2 medium tomatoes, diced
4 scallions, chopped
1/4 cup chopped fresh cilantro

Whisk together lime zest and juice, butter, oil, sugar, 1/2 teaspoon salt, and 1/teaspoon pepper in a large bowl.
Rinse & Cook Quinoa according to package directions

Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste. Serve chilled

**Butternut Squash Quinoa**

3 Tablespoons Unsalted Butter  
3 Tablespoons Olive Oil  
Chicken Broth or Vegetable Broth  
2 cups diced butternut squash or pumpkin small dice  
1 cup Caramelized Onions  
1 tsp. Sugar  
1 tsp. Rosemary (fresh if possible)  
2 Tbs. Fresh sage  
½ cup Toasted Nuts (almonds, pinion, pecans)  
½ cup Craisins

Rinse well and cook Quinoa according to package directions. Using Vegetable or Chicken Broth to cook quinoa.

Thinly slice onions. In a medium pan, over medium heat, melt half the butter & half Olive Oil, add onions and 1 tsp. sugar. Cook slowly until transparent, add squash and seasonings . Continue cooking until squash is soft & onions are lightly browned. Season with Salt & Pepper to Taste

Add Nuts, Craisins, & Onion Squash mixture to Quinoa & serve warm (It is good cold as well)

**Tabbouleh**

**Ingredients**

- 1 cup Quinoa  
- 2 Cups Water  
- 1/4 cup freshly squeezed lemon juice (2 lemons)  
- 1/4 cup good olive oil  
- 3 1/2 teaspoons kosher salt  
- 1 cup minced scallions, white and green parts (1 bunch)  
- 1 cup chopped fresh mint leaves (1 bunch)  
- 1 cup chopped flat-leaf parsley (1 bunch)  
- 1 hothouse cucumber, unpeeled, seeded, and medium-diced  
- 2 cups cherry tomatoes, cut in half  
- 1 teaspoon freshly ground black pepper

**Directions**

Rinse Quinoa and process according to package directions. Add the lemon juice, olive oil, and 1 1/2 teaspoons salt. Stir and Cool. Add the scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and the pepper; mix well. Season, to taste,
and serve or cover and refrigerate. The flavor will improve if the tabbouleh sits for a few hours.

**Butternut Squash Bisque**

2 tsp. olive oil (or butter)
2 large carrots, sliced
1 cup rough chopped onions
1 clove garlic chopped
1 Tbs. minced fresh Ginger
2 tsp. curry powder
¼ tsp. ground cinnamon
1/8 tsp. ground nutmeg
2 medium butternut squash (abt. 2 lbs each, peeled, seeded, and cut in chunks)
3 cups apple juice

Heat Olive Oil in 3 quart saucepan. Add carrots, onion and garlic. Cook over medium high heat until tender, about 5 minutes. Add ginger, curry, cinnamon and nutmeg. Cook for 1 minute. Add Squash and apple juice. Heat to boil. Cover, reduce heat and simmer 15 minutes or until squash is tender. Puree soup in several batches in blender or processor until smooth. May be served hot or cold. Garnish top with toasted Pistachio nuts.

**Cranberry-Chipotle Sauce**

1 package (12 oz) fresh or frozen - cranberries
1 cup water
1/2 cup orange juice
1 1/2 cups sugar
2 teaspoons Chipotle peppers in adobo sauce (season to taste)
1 teaspoon ground Cinnamon
1/2 teaspoon nutmeg
2 tablespoons orange liqueur or cherry-brandy; optional

**Preparation**

Rinse cranberries, discarding over ripe berries. In a large saucepan, combine cranberries, water, and orange juice. Cover and bring to a boil; lower heat and cook for 7 to 10 minutes. Add sugar and simmer for 5 to 10 minutes. Add liquor & chilies. Continue cooking for 2 to 3 more minutes. Makes about 2 cups.
Roast Turkey Breast

Ingredients
1 whole bone-in turkey breast, 6 1/2 to 7 pounds
1 tablespoon minced garlic (3 cloves)
2 teaspoons dry mustard
1 tablespoon chopped fresh rosemary leaves
1 tablespoon chopped fresh sage leaves
1 teaspoon chopped fresh thyme leaves
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons good olive oil
2 tablespoons freshly squeezed lemon juice
1 cup dry white wine or apple cider

Directions
Preheat the oven to 325 degrees F. Place the turkey breast, skin side up, on a rack in a roasting pan.
In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the meat. Spread the remaining paste evenly on the skin. Pour the wine or apple cider into the bottom of the roasting pan.
Roast the turkey for 1 3/4 to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165 degrees F when inserted into the thickest and meatiest areas of the breast. (I test in several places.) If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.
Poached Pears in Ruby Port with Lemon Curd Mousse

1 cup dry red wine
2/3 cup Ruby Port
1 1/2 cups water
1/2 cup sugar
1/2 cup honey
five 3-inch strips of orange zest, removed with a vegetable peeler
4 cloves
8 firm-ripe pears, preferably Anjou or Bartlett (about 3 pounds)

In a large heavy saucepan simmer the wine, the Port, and the water with the sugar, the honey, the zest, and the cloves, stirring, until the sugar is dissolved and add the pears, peeled, halved, and cored. Simmer the pears, covered, turning them occasionally, for 10 to 15 minutes, or until they are tender, transfer them and the zest with a slotted spoon to a shallow bowl or serving dish, and boil the poaching liquid until it is reduced to about 1 1/2 cups. Let the poaching liquid cool, pour it over the pears, and chill the mixture, covered, until it is cold. The poached pears may be made 2 days in advance and kept covered and chilled. Serve the poached pears with the lemon curd mousse

Lemon Curd
Whip 1 ½ cups Whipping Cream to Soft Peaks
Fold in 1 Jar Lemon Curd

Ruby and Tawny are both Port wines. The difference is found in the amount of time both has spent aging in casks prior to blending and bottling.

Ruby Port is younger, has spent less time in the cask, perhaps only a few years, and has retained more of its natural color, and sweet, fruity characteristics from the grapes. As a result, its colors are more of a deep, ruby color.

Tawny Port has aged longer in the cask, sometimes as long as 20 years, and as it matures, more of its color fades to a brownish, tawny color. In addition, its flavors are less sweet, have deeper, more complex, characteristics.