

A program implemented at the McAuley House meal site to improve the health of those served through healthy and nutritious foods.

### www.HealingFoodsProject.org

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### **Background of "The Healing Foods Project"**

The Healing Foods Project is a program of McAuley House, Providence, RI which began in 2013. The Healing Foods recipes were developed by Mary M. Flynn, PhD, RD, L.D.N, a research dietitian at The Miriam Hospital in Providence, RI, and they are based on her research. She designed a plant-based, olive oil diet in 1999 and started to do research on it soon after that. The foods included in this diet are mainly ones that the science literature indicates will improve health. Her original research was testing how her diet compared to conventional lower fat diets for improvement in body weight and risk factors for chronic diseases.

Early on in her research, her study participants told her that the diet was easy to prepare and less expensive than what they had eaten in the past. This led her in 2007 to develop a 6-week cooking program using recipes that follow her plant-based, olive oil diet for clients of food pantries. She published a study from this program that showed when food pantry clients use the recipes for 2 to 3 main meals per week they had a decrease in food insecurity and body weight and an improvement in their overall diet (J Hunger & Environ Nutrition 2013; 8: 73-84). In addition, participants spent significantly less on groceries, with fewer purchases of meat, desserts, snack foods and carbonated beverages.

Rev. Mary Margaret Earl of McAuley House read of the program and the study results and asked if Dr. Flynn would work with McAuley House to develop recipes for low-income, congregate meal sites, which led to the Healing Foods Project.

# **About McAuley Ministries**

McAuley Ministries is an independent 501 (c) (3) non-profit corporation sponsored by the Sisters of Mercy Northeast Community.

Each Ministry serves the most vulnerable population in Rhode Island with hospitality, dignity and compassion.

**The McAuley House** was opened in 1975 by the Sisters of Mercy as a meal site and house of hospitality and outreach center, feeding and nuturing the homeless and very poor in South Providence. Today McAuley House serves up to 300 hot and nutritious lunches daily as well as providing breakfast and a take away supper. All who come are served; no one is turned away.

**McAuley Village** was created in 1990 to serve homeless mothers and their children in a 24 month transitional life building program. The program, located in South Providence provides education, employment, personal, healthy living and family building skills. The Village program was developed so that upon completion resident families can become self sufficient and maintain permanent housing. McAuley Village houses 23 families in a safe and secure living environment.

**The Warde-robe** a retail thrift store was opened in 1996 and serves the working poor in Central Falls and Pawtucket. Quality gently used clothing and small household items are sold at modest prices and presented in a pleasant and dignified manner.

### The Foods of "The Healing Foods Recipes"

The main foods that are used in the Healing Foods recipes are:

- Extra virgin olive oil
- Canned vegetables (carrots, corn, green beans, peas and tomato)
- Frozen vegetables (broccoli, corn, peas, spinach)
- Whole wheat pasta and brown rice
- Canned legumes/beans: black, garbanzo, kidney, white (cannellini)

These are all foods that can be purchased in advance and stored for future use.

### About the main food items and the recipes:

#### Extra virgin olive oil

All of the recipes use extra virgin olive oil. Extra virgin olive oil is different from other oils. It is a very healthy food; it is the juice of the olive. Studies show that people who use extra virgin olive oil as a daily part of their diet are less likely to have heart disease and certain cancers. Compared to other oils, extra virgin olive oil can improve risk factors for chronic diseases; for example, extra virgin olive oil can lower blood pressure, help make insulin work better so your blood glucose (sugar) levels will be lower, decrease inflammation, and improve blood fats (triglycerides and cholesterol) and lipoproteins (HDL, LDL).

Besides being a healthy food, extra virgin olive oil makes a meal, and vegetables in particular, taste delicious! All of the recipes of the Healing Foods Project instruct that the vegetables are cooked in extra virgin olive oil. You can cook the vegetables in the oil for just a couple of minutes or let them cook at a lower heat for a longer time. The longer you cook the vegetables in olive oil, the sweeter the taste of the vegetables will be. You can also cook the vegetables in olive oil in advance and leave them until you are ready to prepare the meal.

The recipes all contain about 1  $\frac{1}{2}$  tablespoons of olive oil per serving. It is important that you use enough extra virgin olive oil. The studies that examine the health benefits of extra virgin olive oil indicate that the health benefits start at around 2 tablespoons of olive oil. The use of sufficient fat in the meal will also lead to the person eating the meal having a longer time until they get hungry, compared to a meal with less fat. Dr. Flynn recommends a proportion of 1 tablespoon of extra virgin olive oil per cup of vegetables.

#### Buying extra virgin olive oil

Extra virgin olive oil is the juice of the olive and the only form of olive oil with health benefits. Olive oil labeled refined or "pomace" does not have health benefits. As of this writing, much of the olive oil imported into the US labeled "extra virgin olive oil" is really vegetable oil or adulterated olive oil and not extra virgin olive oil. This is an unfortunate international issue. The website www.truthinoliveoil. com, maintained by Tom Mueller, an investigative journalist who is responsible for exposing much of this information, details the issues of olive oil adulteration. There is also a list of olive oil labels for those produced as ("real") extra virgin olive oil on the website.

California produces very good extra virgin olive oil and it is not adulterated. The USDA governs the production of California olive oil and you can trust that it is not adulterated. Two common labels of California olive oil are "California Olive Ranch" and "Corto" (As of December 2014, the "Corto" label is only available in larger/food service quantities).

### **Canned and Frozen Vegetables**

The vegetables used in the Healing Foods Project recipes are mainly canned or frozen. Vegetables that are grown to either be canned or frozen are picked when they are ripe. The riper the vegetable, the higher the content of phytonutrients, which are the plant components that decrease risk factors for chronic diseases. What we buy as "retail fresh vegetables" are picked before they are ripe and then sprayed so that they will ripen slowly. Vegetables that are allowed to ripen on the vine are healthier. So canned or frozen vegetables are at least as healthy as fresh vegetables, if not healthier. Also, canned or frozen vegetables last longer than fresh ones so you can keep more on hand and buy in advance when they are on sale. They are also all ready to use so there is no waste. And finally, they are cleaner than most of what is sold as fresh. Fresh vegetables can be substituted for any of the canned or frozen ones used in the recipes. They would just have to be cooked longer. One serving of vegetables is 1/2 cup per person. A healthy diet has at least 4 servings or 2 cups of vegetables a day. All of the Healing Foods recipes contain at least a serving of vegetables and many have 2 or more servings per person. The recipes also instruct you to cook the vegetables in the extra virgin olive oil. This is a healthier way to prepare vegetables than boiling or steaming because dietary fat is needed to absorb some of the phytonutrients in vegetables. Phytonutrients are the components of plant foods that provide the health benefits. If fat is not used in the preparation of vegetables, you do not absorb the phytonurients so you do not get the health benefits. Using extra virgin olive oil also makes the vegetables taste great - especially vegetables that tend to be bitter, like spinach and broccoli. You can cook the vegetables in the olive oil for as long as you like. The longer you cook them in the olive oil, the sweeter the taste becomes. You can use more olive oil and vegetables for the recipes. You can also make substitutions for any vegetables listed. The recommendation is to use about 1 tablespoon of extra virgin olive oil per cup of vegetables.

#### Whole Wheat Pasta and Brown Rice

The Healing Foods recipes all use whole wheat pasta and brown rice, which are both whole grains. People who eat mainly whole grain foods weigh less and do not gain as much weight as they get older, compared to people who eat mainly white pasta, rice and bread. Eating whole grains frequently has also been related to decreasing the risk of heart disease and some cancers, which is likely due to the phytonutrients found on the outside of the grain. Whole grain products tend to be more expensive than their refined version so if you can not afford them, you can substitute refined grain products. However, many people eat smaller portions of whole grain foods versus the refined version, as whole grains tend to be more satisfying. So, while the whole grain product may be more expensive, you may not need as much.

Whole grain products taste different from the white or refined version. Whole grain pasta and brown rice have a nutty taste so do not expect them to taste the same as white pasta or white rice. Some people find the taste unusual at first, but after eating the whole grain version for a while, many people like them much better than the white or refined product. You can substitute white/refined pasta or rice when the recipe calls for whole grain or use part refined and part whole grain. The more whole grain you use, the healthier the meal.

#### **Canned Legumes/Beans**

Legumes/beans are a vegetable source of protein. Most Americans eat too much protein due to the amount of animal protein Americans consume. We do not store protein so extra protein calories will be turned into fat and stored as fat. None of the Healing Foods recipes use meat, including chicken or turkey (poultry), or seafood. You do not need to eat meat/poultry/seafood every day. Any day that you do include meat/poultry or seafood you are getting more protein than you need for that day, and the extra protein can be stored as fat. You can get all the protein you need from plant products. There is protein in starch foods like pasta, grain (for example rice), breads, bread products, potatoes, and beans and there is also protein in vegetables. It is healthier to eat a diet with more protein from whole grains and vegetables and less protein from meat/chicken/seafood.

#### **Eggs and Dairy**

Some of the Healing Foods recipes include dairy products (milk, cheese) and eggs, which are a healthier way to get your protein than meat. Eggs are a very healthy source of protein and eating eggs does not increase your risk of heart disease. The idea that eggs increase heart disease is a nutrition rumor that has been repeated for many years. Eating red meat has been related to increasing your risk of heart disease, but eggs have not.

Dairy foods have also not been related to increasing the risk of any chronic disease, including heart disease. No study has related either the total fat or saturated fat content of dairy foods to heart disease; despite this, some agencies and health professionals include dairy fat with red meat, but this is not correct. You can use whatever fat content of dairy you have access to; very often the lower fat content dairy will cost more so if your food budget is tight, do not worry if you use full fat dairy.

### A Word About the Healing Foods Project from Larry LoVerde

Kitchen Manager at the McAuley House meal site

When Dr. Mary Flynn's recipes were first presented to me for use at the McAuley House meal site, I was struck by the beautiful simplicity of them. The vegetables and beans, along with the extra virgin olive oil, are the stars of her dishes. Because the Healing Foods Project recipes are so uncluttered, whoever is doing the cooking can adapt them with ethnic and regional flavors to suit the tastes of their guests.

As Kitchen Manager I am impressed by how quick and easy these recipes are to prepare. In addition, if you find that you suddenly have more people to feed than you expected, additional beans and legumes are a snap to sauté to stretch the meal.

My greatest concern when we began the Healing Foods Project's plant based meals several times a week was how our guests would respond to meals that were not based on meat. In a very short time our guests, numbering up to 300 a day, began to accept and then enjoy these new meals. Now we actually have guests requesting olive oil on their tables for dipping.

Looking back at the nearly two years we've been serving Healing Foods, I take great pleasure in the fact that we are contributing to the overall health of our guests, not merely filling bellies. We are helping people to look at food differently and perhaps to make some better choices in their diet.

## The Basics of the Healing Foods Recipes

Per serving, the recipes for the Healing Foods program follow the basic formula of:

- approximately 1 1/2 tablespoons of extra virgin olive oil
- 1 cup (2 servings) of vegetables
- 3 to 4 ounces (dry weight) of starch

You can use this combination to create your own recipes, depending on what you have on hand. You can also easily increase a recipe that is already cooked if more guests arrive than you expected.

The recipes in this book are for 50 servings. This would be about 75 tablespoons of olive oil or about 4 2/3 cups. We have rounded this amount to 5 cups of extra virgin olive oil for all the recipes.

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### Spinach, Beans and Pasta

5 cups extra virgin olive oil

10 cups defrosted spinach, or 50 cups of fresh spinach

25 cups canned cannellini beans, drained and rinsed well

50 cups canned, diced tomatoes

150 ounces (dry weight) whole wheat pasta

Optional: garlic, herbs (rosemary, basil, thyme, oregano). Salt and pepper for the vegetables.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any optional ingredients (garlic, herbs) and stir to combine.

Stir in the defrosted spinach; season with salt and pepper. Cook for about 5 minutes.

Add the drained, rinsed cannellini beans; heat on medium 5 to 6 minutes, stirring often.

Add the canned tomatoes; turn the heat to low and heat until the pasta is cooked.

Toss with cooked pasta and serve.

Calories per serving: 620 50 servings Serving size: approximately 3 cups

### **Vegetable Lo Mein**

5 cups extra virgin olive oil 25 cups frozen, defrosted, chopped broccoli 25 cups sliced carrots (frozen or fresh), sliced thinly 3 ¼ cups soy sauce 1 cup corn starch or flour 150 ounces (dry weight) whole wheat spaghetti or linguine

Optional: sliced/crushed garlic, salt and pepper for vegetables.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any optional ingredients (garlic, herbs) and stir to combine.

Add the broccoli; season with salt and pepper. Cook 5 to 8 minutes.

Add the carrots to the broccoli and cook 3 to 5 minutes (longer if fresh carrots).

Combine the soy sauce and about 6 cups cold water in a bowl. Add the corn starch and stir with a fork until there are no lumps. Pour into the pan with the hot vegetables and completely stir in. Heat until the sauce is thickened (about 3 minutes).

Serve over cooked spaghetti.

Calories per serving: 540 50 servings Serving size: approximately 2 ½ cups

### **Macaroni and Cheese with Vegetables**

5 cups extra virgin olive oil
12 cups chopped onion (red or white)
25 cups frozen, defrosted, chopped broccoli
3 ¼ cups white flour
25 cups milk (any % fat but non-fat does not work well)
50 slices American cheese or about 38 ounces any type of cheese
150 ounces (dry weight) whole wheat pasta
Salt and pepper

This recipe can be served after preparing or you can make ahead and then bake in a 350°F oven until warm.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

While the macaroni is cooking prepare the sauce.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any optional ingredients (garlic, herbs) and stir to combine.

Add the onion and broccoli, stir to combine; season with salt and pepper. Cook on medium 10 to 15 minutes, or until the vegetables are soft stirring the mixture occasionally while it is cooking.

Sprinkle the flour on the vegetables and stir to mix the flour completely into the vegetables and oil. There should be no dry flour visible. Pour in the milk, stir to mix in. Stir gently and continue to cook until the mixture thickens.

Cut the cheese into smaller pieces (about 4 to 6 pieces per slice). Add the cheese to the thickened sauce. Stir to combine and continue stirring until the cheese melts.

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Add the cooked macaroni and stir to combine.

Calories per serving: 670 50 servings Serving size: approximately 2 ½ cups

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### **Baked Pasta with Chick Peas (Garbanzo Beans)**

5 cups extra virgin olive oil
25 cups chopped pepper (fresh or frozen, defrosted)
9 cups frozen, defrosted, chopped spinach;
or 50 cups of fresh spinach
25 cups canned chick peas (garbanzo beans), drained and rinsed
25 cups canned, diced tomatoes
150 ounces (dry weight) whole wheat pasta

Optional: salt and pepper; herbs, grated cheese

Cook the macaroni as directed and drain. While the macaroni is cooking prepare the sauce.

Preheat the oven to 350°F. Lightly coat a pan large enough to contain the amount of food to be prepared with olive oil.

Heat the olive oil on medium (4 to 5 on the dial). Add any optional ingredients (garlic, herbs) and stir to combine. Add the peppers to the oil; season with salt and pepper. Cook for 5 to 8 minutes.

Add the spinach and cook 3 to 5 minutes. Add the chickpeas and stir to combine. Cook 3 to 5 minutes.

Add the tomatoes and heat 2 to 3 minutes.

Combine the vegetables and cooked pasta and put in a baking dish. Top with grated cheese, if desired. Bake at 350°F 20 to 30 minutes or until bubbly.

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Calories per serving: 650 50 servings Serving size: approximately 3 cups

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### **Corn, Black Beans and Tomato Fried Rice**

5 cups extra virgin olive oil

25 cups corn; canned – drained or frozen, defrosted 25 cups canned black beans, drained, rinsed 25 cups canned, diced tomatoes (plain or with spices) 50 cups cooked brown rice

Optional: dried oregano and/or basil; salt and pepper

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any herbs and stir to coat with the oil. Stir in the corn; season with salt and pepper. Cook 3 to 5 minutes.

Add the black beans and cook 4 to 5 minutes longer. Stir in the tomatoes and heat 3 to 5 minutes.

Stir in the cooked rice, stir to combine and heat through.

Calories per serving: 580 50 servings Serving size: approximately 2 ½ cups

## **Broccoli and Peppers Fried Rice**

5 cups extra virgin olive oil

25 cups frozen, defrosted, chopped broccoli

25 cups frozen, defrosted pepper slices/pieces; of fresh peppers cut into slices

75 cups cooked brown rice

Optional: dried oregano and/or basil; salt and pepper

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any herbs and stir to coat with the oil.

Stir in the broccoli; season with salt and pepper. Cook 5 to 10 minutes.

Stir in the peppers and cook 5 to 10 minutes (or longer if fresh). Stir in the cooked rice, stir to combine and heat through.

Calories per serving: 535 50 servings Serving size: approximately 2 ½ cups

### Zucchini or Summer Squash with Tomato and Brown Rice

5 cups extra virgin olive oil

50 cups zucchini or summer squash cut into thin slices or pieces (about 25 pounds)

50 cups canned, chopped tomato (plain or with spices)

75 cups cooked brown rice

Optional: 1/4 cup fresh basil leaves or flat parsley

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Stir in the zucchini or summer squash; season with salt. Cook 3 to 5 minutes or until the vegetable is soft.

Add the tomatoes; season with salt. Cover the pan and cook 3 to 5 minutes.

If using basil or parsley, tear the leaves into small pieces and add to the rice. Stir the cooked vegetables into the rice and serve.

Calories per serving: 550 50 servings Serving size: approximately 2 ½ cups



### **Vegetable Stuffed Baked Potato**

This recipe can be made with any vegetables, including ones that are leftover from another meal.

5 cups extra virgin olive oil

- 12 cups chopped onion (red or white)
- 25 cups sliced mushrooms (fresh or canned, drained)
- 25 cups frozen, defrosted pepper slices; or fresh peppers, sliced thin
- Salt and pepper
- Per serving: 1 medium baking potato (about 9 to 10 ounces each)

Clean the potatoes and prick with a fork in several places. Bake at 400°F for about 1 hour. When the potatoes have been in the oven for about 40 minutes, start the following:

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Stir in the onions, mushrooms and peppers; season with salt and pepper. Cook about 8 to 10 minutes or until the vegetables are the desired softness, stirring occasionally.

Slice baked potato and fill with the vegetables.

Calories per serving: 500 50 servings Serving size: approximately 1 cup of vegetables per potato

# Frittata with Broccoli and Potatoes

This can be made with any vegetables; also, instead of potatoes, cooked pasta or rice can be used.

5 cups extra virgin olive oil 25 cups frozen, defrosted, chopped broccoli 75 large eggs 12 cups milk (any % fat) 75 cups chopped, cooked potatoes (about 25 pounds) Salt, pepper, and any other spice

Turn on a broiler.

Heat the olive oil on medium (4 to 5 on the dial) in a pan that can go under the broiler. Stir in the broccoli; season with salt and pepper. Cook 8 to 10 minutes.

While the broccoli is cooking, mix the eggs and milk in a small bowl. Add the potatoes. You can either leave the potatoes as cubes or mash them into the eggs. Season with salt and pepper, and any other herbs, if desired.

Add the egg/potato mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula). Cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusting on the bottom. It will take about 5 minutes. When the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.

Use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.

Calories per serving: 515 50 servings

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### **Vegetarian Chili**

 $_2$   $_{1\!\!/_2}$  cups extra virgin olive oil

10 cups chopped onion (red or white)

15 cups of corn, canned, drained or frozen, defrosted

You can use all or some of these spices:

3 tablespoons ground cumin

¼ cup (heaping) chili powder

3 tablespoons dry oregano

20 cups (28 ounces) canned crushed tomatoes

7 cups each: canned black, kidney, pinto, white (cannellini) beans, drained and rinsed. You can use any combination of beans.

Heat the olive oil on medium (4 to 5 on the dial) in a large pan on top of the stove or in a slow cooker. Add the onions, stir to combine with the oil; season with salt and pepper; cook for about 10 minutes or until the onions are translucent.

Stir in the drained corn and cook for another 5 minutes. You should occasionally stir the vegetables.

Sprinkle the cooked vegetables with the spices. Stir to mix in evenly. Add the tomatoes and all the beans. Stir to combine. Reduce heat to medium low and simmer for about 45 minutes or longer, stirring occasionally.

Serve over cooked rice (preferably brown rice) or in a baked potato.

Calories per serving: 520 Makes about 50 cups, depending on the liquid

# Vegetable and Bean Soup

3 cups extra virgin olive oil

12 cups corn, canned, drained, or frozen, defrosted
12 cups green beans, canned, or frozen, defrosted
6 cups peas, canned, drained or frozen, defrosted
6 cups canned white (cannellini) beans, rinsed and drained
24 cups canned, diced tomatoes
24 cups of broth (vegetable, chicken, beef); you can use any broth, including one made with bouillon

Heat the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the corn and cook for about 5 minutes.

Add the green beans and peas; season with salt and pepper. Cook for 3 to 5 minutes, stirring occasionally.

Stir in the cans of drained, rinsed white beans and heat 3 to 5 minutes. Add the crushed tomatoes and heat through. The vegetable mixture can be left to simmer. When the vegetables are cooked as much as you want, add the vegetable broth. Heat through.

The soup can be frozen in individual servings. You can add cooked pasta, rice or potatoes, if you like at the time of eating.

Calories per serving: 400 Makes approximately 48 cups

### Lentil Soup

6 pounds potatoes

3 cups extra virgin olive oil

6 cups chopped onion (red or white)

12 cups carrots, canned, drained, or frozen, defrosted chopped into small pieces

9 cups dry lentils (red lentils make a thicker soup)

48 cups vegetable broth; you can use any broth, including one made with bouillon

Herbs that will add a great flavor, but are not essential: Sprigs of fresh thyme, or bay leaves

Scrub the potatoes clean and cut into pieces about 1 to 1 ½ inches in size. Put the potato pieces in a pan and cover the potatoes with cold water. Add salt. Cover the pan and bring to a boil. Lower the heat to low-medium and cook just until you can piece with a fork (5 to 7 minutes).

Heat the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the onions, stir to coat with oil; season with salt and pepper. Cook for about 8 to 10 minutes.

Add the carrots, stir to mix in, reduce the heat to low and cook for about 10 minutes.

Add the lentils, vegetable broth, and the herbs. Raise heat to medium high and bring to a boil. Reduce heat to low, cover and cook for 45 minutes.

Add cooked potatoes and heat through.

Calories per serving: 600 Makes approximately 48 cups

# **Barley Salad**

This is a nice salad for a warm day. You can substitute any vegetables for those listed. You can also not use the vinegar. Without the vinegar, this can be served cold or warm.

48 cups cooked barley 12 cups chopped carrots 12 cups diced pepper (green or red) 24 cups corn, canned, drained 12 cups black beans, drained and rinsed 6 cups extra virgin olive oil 1 ½ cups vinegar [optional: the extra virgin olive oil by itself is delicious]

Salt and pepper, and any other dry or fresh herbs such as fresh basil, flat leaf parsley

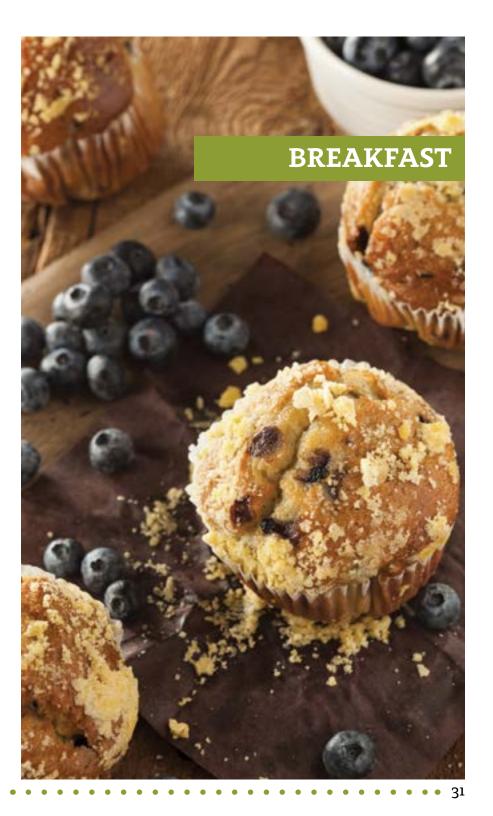
It is faster to have cooked the barley prior to when you would like to make this recipe. Cooked barley can be stored covered in your refrigerator for a couple of days.

Put the cooked barley in a bowl. Add the vegetables and beans. Stir to combine. Add the basil or the parsley, if you are using them.

Add the olive oil and vinegar and combine; season with salt and black pepper.

Calories per serving: 570 Makes about 48 cups

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### **Peanut Butter Oatmeal Bars**

McAuley House increases this recipe by five when making it; the cooking time is increased to 45 minutes and the sheet pans are periodically turned during the cooking. The ingredients are provided for five times the recipe and for one so the recipe can be increased for other quantities.

#### For one batch:

#### **Dry ingredients**

2/3 cup whole wheat flour 1 cup brown sugar (loosely packed) 1 teaspoon salt <sup>1</sup>/<sub>4</sub> teaspoon baking soda 1 cup dry old-fashion oats

### For five batches:

Dry ingredients	Liquid ingredients
3 1/3 cups whole wheat flour	2 ½ cups extra virgin olive
5 cups brown sugar	oil
(loosely packed)	2 ½ cups natural peanut
5 teaspoons salt	butter
1 ¼ teaspoons baking soda	5 large eggs, beaten
5 cups dry old-fashion oat	5 tablespoons milk (whole, 2 or 1%)

Preheat the oven to 375°F.

Combine the dry ingredients in a large bowl. Mix together the liquid ingredients in another bowl.

Make a well in the dry ingredients and add the liquid ingredient. Mix until combined using a rubber spatula. The batter will be thick.

Press the mixture into a 9x9 square coated cake pan, if making one batch. Larger bake pans can be used for multiple batches.

Bake for 14 to 15 minutes or until the edges are browned. Up to 45 minutes for five batches.

Cool in the pan and cut into 8 servings per batch.

Calories: 360 (for 8 bars per batch)

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Liquid ingredients

1 large egg, beaten

1 tablespoon milk

(whole, 2 or 1%)

<sup>1</sup>/<sub>2</sub> cup extra virgin olive oil

1/2 cup natural peanut butter

2 ½ cups extra virgin olive oil
2 ½ cups natural peanut butter
5 large eggs, beaten
5 tablespoons milk (whole, 2 or 1%)

# **Blueberry Muffins**

You can use any type of berry, fresh or frozen. You can use slivered almonds; process less time.

#### **Dry ingredients**

1 cup whole almonds (optional) 2 cups whole wheat flour 2 cups all-purpose flour 2 cups brown sugar(loosely packed) 4 teaspoons baking powder 4 teaspoons cinnamon 1 teaspoon salt 2 cups fresh or frozen, defrosted blueberries

#### Liquid ingredients

6 large eggs, beaten 1 <sup>1</sup>/<sub>2</sub> cups extra virgin olive oil 2 teaspoons vanilla extract 2 teaspoons almond extract

Preheat the oven to 375°F. Line 24 muffins tins with paper liners.

If you are adding the almonds, put them in a food processor and process until they are small pieces (about 30 seconds).

Add the rest of the dry ingredients, except for the blueberries and process until mixed (about 1 minute). Pour the mixed dry ingredients into a large bowl.

If you are not using the almonds, mix the dry ingredients in a bowl.

Add the blueberries to the dry ingredients and use a fork to coat them with the flour.

Mix together the liquid ingredients.

Make a well in the dry ingredients. Pour the liquid ingredients into the well. Use a rubber spatula to combine the ingredients. The batter will not be smooth. Do not over mix or the muffins will not rise.

Divide the batter into the 24 muffin tins. Bake muffins for 23 to 25 minutes, or until the tops are golden brown. A cake tester or a toothpick inserted into the top of a muffin will come out clean.

Cool for about 5 minutes on a cooling rack and remove from the pan to finish cooling. The muffins will get soggy if they are allowed to cool completely in the pans.

Makes 24 muffins Calories: 300

### **Dried Cranberry and Almond Muffins**

Dry ingredients	Liquid ingredien
2 cups whole wheat flour	6 large eggs, beat
2 cups all-purpose flour	1 ½ cups extra vii
2 cups loosely packed	olive oil
brown sugar	2 teaspoons vanil
4 teaspoons baking powder	2 teaspoons almo
1 teaspoon salt	
2 teaspoons cinnamon	
ı teaspoon ground cloves	
1 cup slivered almonds (optional)	
2 cups dried cranberries	

Preheat the oven to 375°F. Line 24 muffin tins with paper liners.

Put the dry ingredients, except for the almonds and cranberries in a bowl and mix together thoroughly. Make sure there are no lumps of brown sugar. Stir in the almonds and cranberries.

In a separate bowl, add the rest of the liquid ingredients to the eggs and mix well.

Make a well in the dry ingredients. Pour the liquid ingredients into the well. Use a rubber spatula to gently combine the ingredients. The batter will not be smooth. Do not over mix or the muffins will not rise. The batter will be thick.

Divide the batter into the 24 muffin tins. Bake muffins for 23 to 25 minutes, or until the tops are golden brown. A cake tester or a toothpick inserted into the top of a muffin will come out clean.

Cool about 5 minutes on a cooling rack and remove from the pan to finish cooling. The muffins will get soggy if they are allowed to cool completely in the pans.

Makes 24 muffins Calories: 320

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# **Morning Glory Muffins**

#### **Dry ingredients**

2 cups whole wheat flour 2 cups all-purpose flour 2 cups brown sugar (loosely packed) 4 teaspoons baking powder 4 teaspoons cinnamon 1 teaspoon salt 1 ½ cups chopped walnuts 1 cup dry roasted sunflower kernels

#### Liquid ingredients

6 large eggs, beaten 1 cup grated carrot (2 medium stalk) 2 cups crushed pineapple chunks with 2 tablespoons juice 1 <sup>1</sup>/<sub>2</sub> cups extra virgin olive oil 2 teaspoons vanilla extract 2 teaspoons almond extract (you can also use just vanilla or almond extract)

Preheat the oven to 375°F. Line 24 muffin tins with paper liners.

Mix together thoroughly in a large bowl the flours, sugar, baking powder, cinnamon and salt. Make sure there are no lumps of brown sugar. Stir in the walnuts and sunflower kernels to coat with the flour.

Mix together the liquid ingredients in a separate bowl.

Make a well in the dry ingredients. Pour the liquid ingredients into the well. Use a rubber spatula to gently combine the ingredients. The batter will not be smooth. Do not over mix or the muffins will not rise.

Divide the batter into the 24 muffin tins. Bake muffins for 27 to 29 minutes, or until the tops are golden brown. A cake tester or a toothpick inserted into the top of a muffin will come out clean. Cool about 5 minutes on a cooling rack and remove from the pan to finish cooling. The muffins will get soggy if they are allowed to cool completely in the pans.

Makes 24 muffins Calories: 345

### **Apricot Almond Muffins**

# **Dry ingredients** 2 cups whole wheat flour 2 cups all-purpose flour 1 cup brown sugar (loosely packed) 4 teaspoons baking powder 4 teaspoons cinnamon 1 teaspoon salt 1 cup slivered almonds $1 \frac{1}{2}$ cups dried apricots. chopped small (about 1/4 inch pieces)

Liquid ingredients 6 large eggs, beaten 1 ½ cups extra virgin olive oil 4 teaspoons almond extract

#### You can use any dried fruit singly or combinations of dried fruit.

Preheat the oven to 375°F. Line 24 muffins tins with paper liners.

Put the apricots in a small bowl. Pour 2 tablespoons of hot water over them and let them sit for 10 to 15 or until they plump up.

Put the dry ingredients, except for the almonds, in a bowl and mix together thoroughly. Make sure there are no lumps of brown sugar. Stir in the almonds and coat with the flour.

Add the eggs and apricots to the rest of the liquid ingredients and mix well.

Make a well in the dry ingredients. Pour the liquid ingredients into the well. Use a rubber spatula to gently combine the ingredients. The batter will not be smooth. Do not over mix or the muffins will not rise.

Divide the batter into the 24 muffin tins. Bake muffins for 23 to 25 minutes, or until the top is golden brown. A cake tester or a toothpick inserted into the top of a muffin will come out clean. Cool for about 5 minutes on a cooling rack and remove from the pan to finish cooling. The muffins will get soggy if they are allowed to cool completely in the pans.

# **Banana Bread**

#### **Dry ingredients**

3 very ripe bananas, skins and the fruit will be black (6 to 7 inches each) 2 cups whole wheat flour <sup>3</sup>/<sub>4</sub> cup brown sugar (loosely packed) 1 teaspoon salt 1 teaspoon baking soda <sup>1</sup>/<sub>2</sub> teaspoon cinnamon <sup>1</sup>/<sub>2</sub> cup chopped walnuts

#### Liquid ingredients

1 teaspoon vanilla 2 large eggs, beaten <sup>1</sup>/<sub>2</sub> cup extra virgin olive oil

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Preheat oven to 350°F.

Mash the bananas in a large bowl. Add the eggs to the bananas. Mix in the olive oil and the vanilla.

Mix together thoroughly in another bowl the flour, sugar, salt, baking soda and cinnamon. Be sure to break up any lumps in the brown sugar. Stir in the walnuts.

Gently stir the mixed dry ingredients into the liquids just until combined. A plastic spatula works best. Do not over mix or the bread will not rise.

Pour the batter into a coated loaf pan.

Bake for 60 minutes or until a tester comes out clean.

Makes 1 loaf with 8 slices Calories: 380

Makes 24 muffins Calories: 315

### **Pumpkin Bread**

This recipe can easily be made into muffins.

Dry ingredients	Liquid ingredients
1 ½ cups whole wheat flour	2 large eggs, beaten
½ teaspoon salt	1/2 cup extra-virgin olive
ı cup brown sugar (loosely	¼ cup water
packed)	1 cup canned pumpkin
1 teaspoon baking soda	
1 teaspoon cinnamon	
¼ cup walnut pieces	
¼ cup raisins	

Preheat the oven to 350°F.

Measure the flour, salt, brown sugar and baking soda into a mixing bowl and stir with a fork to blend the ingredients together thoroughly. Be sure to break up any lumps in the brown sugar.

In a separate bowl, stir the remaining ingredients together until thoroughly blended. Gently stir the mixed dry ingredients into the pumpkin mixture just until combined. A plastic spatula works best. Do not over mix or the bread will not rise.

Pour into a loaf pan and bake 50 to 60 minutes or until a toothpick or cake tester inserted into the center comes out clean. Let the bread cool in the pan slightly, five or ten minutes, then turn it out onto a wire rack and cool thoroughly.

Makes 1 loaf with 8 slices Calories: 370

# **Zucchini Bread**

This recipe can easily be made into muffins.

#### Dry ingredients

oil

2 cups brown sugar (loosely packed) 1 cup all-purpose flour 2 cups whole wheat flour 2 teaspoons baking powder 1 teaspoon baking soda 1 teaspoon salt 1 tablespoon cinnamon 1 cup walnut pieces 2 cups shredded zucchini (skin included, about, 7 to 8 ounces each)

#### Liquid ingredients

- 3 large eggs, beaten 1 tablespoon vanilla extract
- 1 cup extra virgin olive oil

Preheat the oven to 350°F.

Add the sugar, vanilla, olive oil and zucchini to the eggs and stir to combine thoroughly.

Mix together thoroughly in another bowl the rest of the ingredients, add the nuts last.

Gently stir the mixed dry ingredients into the liquids just until combined. A plastic spatula works best. Do not over mix or the bread will not rise.

Divide the batter into 2 coated loaf pans. Bake in the center rack of the oven.

Cook 50 to 60 minutes or until a tester comes out clean.

Makes 2 loaves with 8 slices each Calories: 330

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