

Recipes & Tips



Live Well Live Long with Eleanor Schano



GROCERY CART MAKE-OVER

W/ guest nutritionist Leslie Bonci

SHREDDED EGGPLANT BALLS

Yield: approximately 18 balls • Serves: 6

Ingredients

3 tbsp extra virgin olive oil 1 cup chopped fresh parsley
3 cloves garlic, minced (may use basil instead,
(more to taste, if desired) if desired)
4 cups cubed eggplant, with peel 2 eggs, beaten
1 tbsp water 3/4 cup dried bread crumbs
1/2 cup grated Parmigiano-Reggiano
cheese (may also use Pecorino-Romano)

Preparation

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Heat a medium skillet over medium heat. Pour in olive oil and sauté garlic until just lightly browned. Mix in eggplant and water. Reduce heat to low and cover skillet. Allow eggplant to steam until soft, about 20 minutes. Place eggplant in a large bowl and allow to cool slightly.

Mix cheese, parsley (or basil), eggs, and bread crumbs into the eggplant. Stir with a wooden spoon or your hands until ingredients are thoroughly combined and mixture can be rolled into balls. Add more bread crumbs as needed to make mixture workable. Refrigerate mixture for 15 minutes, then roll into balls or form into patties.

Place eggplant balls (or patties) on prepared baking sheet. Bake in preheated oven for 30 minutes. Serve immediately.

Nutrition Facts:

Serving Size: 1/6 of recipe (6 servings per recipe)
Calories Per Serving: 199
Calories From Fat: 110

Percentage Daily Value:

Total Fat: 12.2 g (19%), Saturated Fat: 3.3g (17%),
Cholesterol: 65mg (22%), Sodium: 326 mg (13%),
Potassium: 252 mg (7%), Total Carbs: 15g (5%), Dietary
Fiber: 2g (8%), Protein: 7.8g (16%), Sugars: 3.3g,
Vitamin A 15%, Vitamin C 24%, Calcium 22%, Iron 20%
Thiamin 17%, Niacin 23%, Vitamin B6 7%, Magnesium
9%, Folate 24%

TIPS FOR CHOOSING AND STORING EGGPLANT:

To get the best out of your eggplant, choose a nice firm one, and store it in a cool place. Be sure to use it within a week, because eggplants may become bitter as they age. Eggplant is a good source of fiber, which lowers your risk for coronary heart disease. It also contains potassium, vitamin C, and protein. And, not only is it colorful to behold, it has a colorful history as well: in 16th century Spain, the eggplant was thought to be an aphrodisiac (may want to omit that, if this segment is for kids)- and some Europeans called it the Mad Apple because they believed it caused insanity!

SPINACH FETTUCINE WITH VEGETABLES & MOZZARELLA

Serves: 4

Ingredients

12 ounces spinach fettuccine
1 tablespoon extra virgin olive oil
1/2 cup sliced red onion
2 cloves garlic, minced
2 cups asparagus cut into 1-inch pieces
1 medium carrot, cut diagonally into 1/4-inch-thick slices
1 cup sliced button or cremini mushrooms
1 (14-ounce) can artichoke hearts, drained and cut in half
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 (28-ounce) can diced tomatoes
1 cup shredded part-skim mozzarella cheese

Preparation

Cook the pasta according to the package directions. Drain, let cool to room temperature.

Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and garlic and cook, stirring, for 1 minute. Add the asparagus, carrot, mushrooms, and artichoke hearts and cook, stirring a few times, until the vegetables are crisp-tender and the mushrooms release their juices, about 5 minutes. Add the salt and pepper and stir to coat.

Transfer the vegetables to a large saucepan and stir in the tomatoes. Set the pan over medium-high heat and bring to a simmer. Add the fettuccine and simmer for 2 minutes to heat through. Serve topped with the mozzarella.

Nutrition Facts:

Serving Size: 531 g
Calories Per Serving: 476
Calories from Fat: 105

Percentage Daily Value:

Total Fat: 11.7g (18%), Saturated Fat: 4.5 g (22%),
Cholesterol: 77mg (26%), Sodium: 579 mg (24%), Total
Carbohydrates: 72.6g (24%), Dietary Fiber : 10.0g
(40%), Sugars: 9.3g, Protein: 24.3g, Vitamin A 98%,
Vitamin C 72%, Calcium 31%, Iron 36%

VEGETABLES INCOGNITO!

COOKING TIPS for REPLACING/REDUCING MEAT WITH VEGETABLES

- Shred 2 carrots or 1 medium zucchini per pound of animal protein and add while preparing a burger or loaf.
- Add diced portobello mushrooms to pasta sauce, stews and chilis for a texture that simulates meat. Decrease the meat to 1/2 the amount.
- Make an all-vegetable sauce for lasagna or other baked pasta dishes. Eliminate the meat from the recipe and begin by sautéing in 1 tsp. of olive oil, 1 cup chopped onion, 2 garlic cloves, minced and 2 carrots, diced. Add in 1/2 cup diced zucchini and 1/2 cup sliced mushrooms. Add in 2 cups crushed tomatoes, 1 Tbsp. tomato paste, 1 Tbsp. minced fresh basil, 2 tsp minced fresh oregano, pinch sugar, salt and pepper to taste. Simmer for 15 minutes.
- Make a meatless stroganoff. Eliminate the meat from the recipe and substitute, 1/2 inch thick slices of portobello mushrooms. Use 4 large portobello mushrooms per pound of meat.
- Make a meatless gumbo. Sauté 2 onions, 4 celery stalks, 2 red bell peppers, 2 green bell peppers in 2 tsp. of canola oil. Add 28 ounces of canned tomatoes, 1/2 pound okra, 10 ounces chopped spinach, 1 small head cabbage, shredded. Add in 2 ounces file powder, black pepper and cayenne pepper to taste. Add in a quart of vegetable broth and cook over low heat for 45 minutes. Stir in 2 cups cooked brown rice and cook for 5 minutes.

