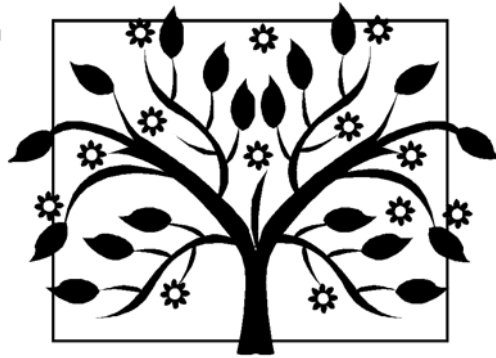


Recipes from



A Holistic Approach to Wellness Conference

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Tortellini 'N Veggie Salad

(<http://www.lundsandbyerlys.com/Recipes/Recipes/Tortellini-N-Veggie-Salad>)

Ingredients:

2 (9 ounce) packages fresh cheese tortellini
1 teaspoon minced garlic
1 cup olive oil and vinegar salad dressing
½ cup chopped parsley
1 cup sliced green onion
1 large red bell pepper, cut into julienne strips
1 (½ ounce) package fresh basil, snipped
2 (6 ounce) jars marinated artichoke hearts, undrained, cut-up
2 cups broccoli florets
2/3 cup freshly grated Parmesan cheese
8 cherry tomatoes, halved

Directions: Cook tortellini according to package directions; drain. Combine garlic and salad dressing; toss with warm tortellini. Stir in parsley, green onions, red pepper, basil and artichoke hearts. Blanch broccoli in boiling water until bright green (about 1 minute); drain. Rinse with cold water; drain. Refrigerate salad and broccoli separately, covered, several hours or overnight.

To Serve: Toss Parmesan cheese and broccoli with salad. Spoon into serving bowl. Garish with cherry tomatoes.

Amount: 20 (½ cup servings)

Penne Pasta Toss (from *Cooking For a Crowd*, page 245, Byerly's)

1 (16-ounce) package uncooked penne pasta
8 (8-ounce) bottle zesty Italian dressing
2 large tomatoes, chopped (2 cups)
1 (7-ounce) jar sun-dried tomatoes in oil, drained, chopped (½ cup)
2 (4-ounce) packages crumbled feta cheese
½ cup chopped fresh parsley
¼ cup capers, drained

Cook pasta in boiling salted water (4 quarts water, 1 tablespoon salt) until almost tender (about 11 minutes); drain. Rinse with cold water; drain. In large bowl, combine pasta and dressing. Stir in remaining ingredients. Refrigerate, covered, several hours or overnight.

Amount: 28 (½ cup) servings

Couscous and Marinated Vegetables

(from Cooking For a Crowd, page 245, Byerly's)

2 cups couscous
1 teaspoon salt
2 cups boiling water
2 (8-ounce) bottles Dijon vinaigrette salad dressing (see recipe for Vegetable Medley Salad, below, to make your own)
1 teaspoon sugar
¼ cup Dijon mustard
4 to 5 medium carrots, sliced (2 cups)
2 medium zucchini, sliced (2 cups)
2 medium yellow squash, sliced (2 cups)
1 large red onion, coarsely chopped
2 medium red bell peppers, cut into 2 1/4-inch julienne strips
2 (15-ounce) cans garbanzo beans, drained
5 cups broccoli florets, blanched, drained

In large bowl, combine couscous, salt and water; let stand, covered, 5 minutes. In medium bowl, combine salad dressing, sugar and mustard. In 6 to 8-quart container, combine remaining ingredients except broccoli; lightly toss with dressing and couscous. Refrigerate, covered, several hours or overnight. Refrigerate broccoli, covered, several hours or overnight.

To Serve: Gently toss broccoli into vegetable-couscous mixture.

Amount: about 20 cups

Vegetable Medley Salad

(<http://www.lundsandbyerlys.com/Recipes/Recipes/Vegetable-Medley-Salad.>)

Ingredients:

½ cup red wine vinegar
2 tablespoons Dijon mustard
3 tablespoons finely minced shallots
3 tablespoons snipped parsley\
½ cup vegetable oil
½ cup olive oil
1 ½ teaspoons salt
¼ teaspoon pepper
1 ½ pounds fresh green beans, ends removed (6 cups)
1 ½ pounds fresh asparagus, ends removed
2 pounds carrots, cut into julienne strips (2 ½ x ¼")
red tip lettuce

Directions:

Combine first 8 ingredients in medium bowl with wire whisk. Blanch green beans, uncovered, in boiling salted water (3 quarts water, 1 teaspoon salt) until crisp-tender (4-5 minutes); drain. Plunge beans into ice water until cold (3-4 minutes); drain, pat dry with paper towels. Blanch asparagus in 1/2" water in large skillet until crisp-tender (2-3 minutes); drain. Plunge into ice water until cold (2 minutes); drain. Pat dry with paper towels. Blanch carrots in 1 quart boiling water until crisp-tender (3-4 minutes); drain. Plunge into ice water until cold (2 minutes); drain. Pat dry with paper towels. Place each vegetable in separate 1 gallon zipper closure storage bag; add ½ cup dressing to each bag. Refrigerate up to 48 hours, turning occasionally for even marinating.

To Serve:

Line a large serving platter with lettuce. Mound carrots in center and asparagus and green beans on either side.

Serves 18-20.

Wheat Berry and Orzo Salad

4 cups water
1 cup wheat berries
1 cup orzo pasta
½ cup dried cranberries
½ cup chopped dried apricots
½ cup diced red bell pepper
½ cup diced yellow bell pepper
½ cup chopped green onion (about 1 bunch)
1 teaspoon kosher salt
1 cup cashew halves and pieces

In saucepan, bring water to boil; add wheat berries. Return to boiling. Reduce heat; simmer, covered, until tender (about 50-60 minutes), stirring occasionally to prevent sticking. Drain; cool. Meanwhile, cook orzo in boiling salted water according to package directions. Drain; cool. In large bowl, combine cooked wheat berries, cooked pasta, cranberries, apricots, peppers, green onions and salt. Toss with Citrus Vinaigrette. Refrigerate several hours or overnight.

To Serve: Toss salad with cashews and transfer to serving bowl.

Amount: 14 (½ cup) servings

Citrus Vinaigrette:

In small bowl, whisk together 1 teaspoon grated orange peel, 1 teaspoon grated lime peel, ¼ cup fresh squeezed orange juice, ¼ cup fresh squeezed lime juice, 2 teaspoons minced shallots, 2 teaspoons ground cumin, 1 teaspoon minced garlic, ½ teaspoon kosher salt and ¼ teaspoon white pepper. While whisking, slowly drizzle 3 tablespoons vegetable oil into vinaigrette until well blended.

Curried Salmon Pasta Salad

1 cup dry pasta, such as macaroni, small shells, or orzo
8 ounces cooked, skinned salmon or 7.5-ounce can red salmon, cut into chunks
½ cup minced red or yellow onion
1 cup diced celery
1 medium to large red apple, diced
½ cup chopped walnuts or dry-roasted, unsalted peanuts

Dressing:

6-ounce carton (¾ cup) fat-free yogurt
1 tablespoons olive oil
1 tablespoon curry powder
2 teaspoons lemon juice
2 garlic cloves, crushed
1 teaspoon dijon mustard
½ teaspoon salt (or to taste)

Freshly ground black pepper, to taste

Wheat Berry Salad with Red Fruit

(Eating Well magazine, April 2007, page 69)

1/3 cup freshly squeezed orange juice
1/3 cup dried cranberries
3 cups cooked, cooled wheat berries
1 large Fuji apple, unpeeled, diced
1/2 cup pecan halves, toasted and coarsely chopped
3 tablespoons raspberry vinegar
3 tablespoons extra-virgin olive oil
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Combine orange juice and cranberries in a small bowl. Let stand for 15 minutes. Combine wheat berries, apple and pecans in a large bowl; stir gently. Drain the cranberries, reserving the juice. Stir the cranberries into the wheat berry mixture. Whisk the reserved orange juice, vinegar and oil in a small bowl until combined. Season with salt and pepper. Pour over the salad and stir gently to coat. Refrigerate for at least 30 minutes to allow the flavors to combine. Serve cold or at room temperature.

Cucumber & Black-Eyed Pea Salad (Eating Well magazine, June 2007, page 30)

3 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
2 teaspoons chopped fresh oregano or 1 teaspoon dried
Freshly ground pepper to taste
4 cups peeled and diced cucumbers
1 14-ounce can black-eyed peas, rinsed
2/3 cup diced red bell pepper
1/2 cup crumbled feta cheese
1/4 cup slivered red onion
2 tablespoons chopped black olives

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

Smoked Salmon Salad Nicoise (Eating Well magazine, June 2007, page 40)

8 ounces small red potatoes, scrubbed and halved
6 ounces green beans, preferably thin haricots verts, trimmed and halved
2 tablespoons reduced-fat mayonnaise
1 tablespoon white-wine vinegar
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
½ teaspoon dried dill
¼ teaspoon freshly ground pepper
6 cups mixed salad greens
½ small cucumber, halved, seeded and thinly sliced
12 small cherry or grape tomatoes, halved
4 ounces smoked salmon, cut into 2-inch pieces

Place a large bowl of ice water next to the stove. Bring 1 inch of water to a boil in a large saucepan. Place potatoes in a steamer basket over the boiling water, cover and steam until tender when pierced with a fork, 10 to 15 minutes. Transfer the potatoes with a slotted spoon to the ice water. Add green beans to the steamer, cover and steam until tender-crisp, 4 to 5 minutes. Transfer the green beans with a slotted spoon to the ice water. Transfer the potatoes and beans to a towel-lined baking sheet to drain. Meanwhile, whisk mayonnaise, vinegar, lemon juice, Worcestershire sauce, mustard, dill and pepper in a large bowl. Add the potatoes and green beans, salad greens, cucumber and tomatoes; toss gently to coat. Divide the salad and smoked salmon between 2 plates.

Geri's Oriental Salad

Crunchy Mixture: 2 packages Beef Ramen Noodles, 1 cup salted sunflower seeds, 1 cup almond slivers

Break up the ramen noodles. Brown these three ingredients in a little butter.

Salad: 2 packages Shredded Cole Slaw Mix
1-2 bunches green onions & tops, chopped

Dressing: 1 cup salad oil, ½ cup sugar, 1/3 cup white wine vinegar, the 2 foil packages from the Ramen Noodles

Combine the salad, crunchy mixture and dressing right before serving. Combine only as much as you think you may use. That way you can mix more up the next day and it will be crispy. Once you mix it together it really doesn't keep well, as the crunchy mixture gets soggy. Enjoy! -- Geri Rutz

Carrot Cake

3 cups flour
2 ½ teaspoons soda
1 teaspoon salt
2 ½ teaspoons cinnamon
2 cups sugar
1 cup coconut
1 ¼ cup oil
2 cups grated carrots
3 eggs
11 oz. Mandarin oranges, undrained
1 teaspoon orange peel
2 teaspoons vanilla

Mix the above ingredients. Pour into greased and floured 9 x 13 inch cake pan. Bake 350 degrees for 45-50 minutes.

Frosting:

8 ounce cream cheese, softened
3 cups powdered sugar
2 tablespoons melted butter
1 teaspoon vanilla

Pumpkin Bran Bundt Cake

2 cups sugar
2 cups flour
2 teaspoons baking powder
2 teaspoons baking soda
½ teaspoon salt
½ teaspoon ground cloves
¼ teaspoon allspice
¼ teaspoon ginger
¼ teaspoon cinnamon
4 eggs
2 cups canned pumpkin
1 cup vegetable oil
1 ½ cups 40% bran flakes
1 package (12 ounces) butterscotch chips
Powdered sugar, optional

Preheat oven to 350 degrees. Grease and flour bundt pan. In medium mixing bowl, sift together sugar, flour, baking powder, soda, salt, cloves, allspice, ginger and cinnamon. Set aside. In large mixing bowl, beat eggs until frothy. Add pumpkin, oil and bran flakes. Mix thoroughly. Add dry ingredients to pumpkin mixture, stirring only until combined. Fold in butterscotch chips. Spread batter evenly in pan. Bake for 70 minutes or until toothpick inserted in center of cake comes out clean. Cool completely. Dust with powdered sugar.

Optional Cream Cheese Frosting:

2 ¼ cups powdered sugar
1 package (4 ounces) cream cheese
2 tablespoons butter
1 tablespoon milk
1 tablespoon vanilla

Gluten-Free Brownies

Arrowhead Mills packaged mix