

**Cooking Class**  
**Quick and Healthy Recipes**  
**Lorna Sundberg International Center**  
**9 July 2010**

**Appetizer: Ratatouille twist (serves 2)**

1 medium eggplant, sliced into ¼ inch rounds  
4 cloves garlic, chopped  
¼ cup onion, chopped  
2 medium tomatoes, diced  
1 tsp dried basil  
1 cup spinach  
3 slices Swiss or American cheese

1. Sprinkle pepper and salt on both sides of eggplant slices.
2. Grill eggplants on a slightly-greased grill pan. Set aside.
3. Over medium heat, sauté onion, garlic, and tomatoes in olive oil in a separate pan.
4. When tomato juices have evaporated, add basil and spinach. Sauté for 2 minutes until spinach has wilted.
5. Reduce heat. Add cheese into pan and mix thoroughly with the vegetables. Remove pan from heat when cheese has melted. Spoon mixture over grilled eggplants

**Entrée / Appetizer: Chipotle Salad (serves 2)**

1 cup pineapple juice  
½ tsp salt  
1 tsp sugar  
2 pcs deboned chicken breast, cut into bite-sized pieces  
4 cups mixed greens, chopped into bite-sized pieces  
1 whole medium-sized red onion, julienned  
1 whole orange bell pepper, thinly sliced  
1 cup cherry tomatoes  
½ cup blue or feta cheese  
½ cup tomato vinaigrette dressing

1. In a bowl, marinate filleted chicken breasts in pineapple juice, salt, and sugar for at least 15 minutes.
2. Grill onion, bell pepper, and tomatoes on a slightly greased grill pan.
3. Grill marinated chicken on the same pan.
4. Toss together mixed greens, grilled vegetables, and cheese. Top with grilled chicken.
5. Drizzle salad with tomato vinaigrette dressing.

**Entrée: Seafood & Beef Pasta (serves 2)**

¼ box (¼ lb) mini-penne pasta  
¼ lb ground lean beef  
1/8 cup onion, chopped  
4 cloves garlic, chopped  
2 pcs medium-sized tomatoes, diced  
1 ½ tsp dried basil  
¼ cup deveined, shelled shrimp, sliced into ½ inch pcs  
¼ cup calamari, sliced into ½ inch strips  
½ cup mushroom, sliced  
1 cup spinach

2 cups tomato sauce  
1/8 cup mild cheddar cheese  
1/4 cup mozzarella cheese (set aside 1/8 cup for topping)

1. In a large pan, cook pasta according to box instructions. Drain and set aside in baking dish.
2. Preheat oven to 350F.
3. On medium heat, sauté ground beef until meat juices appear. Add onions, garlic, and tomatoes. Sauté until garlic and onion are golden brown, and tomato juices have evaporated.
4. Add dried basil, shrimp, calamari and sauté until seafood change color.
5. Add remaining vegetables and sauté for an additional 3 minutes.
6. Pour in tomato sauce.
7. Add cheddar cheese and half a cup of mozzarella cheese into the mixture. Reduce fire to low and heat mixture until cheese is melted.
8. Pour mixture over cooled pasta and mix with a large wooden spoon. Sprinkle remaining mozzarella cheese on top.
9. Cover dish with aluminum foil and bake at 350F for 15 minutes.
10. Remove foil and bake an additional five minutes.

**Dessert: Marbled Fruit Meringue (serves 2)**

1 egg white  
2 Tbsp superfine sugar substitute  
Food color  
Plain or flavored low-fat yogurt  
Fruits

1. Preheat the oven to 300F.
2. In a mixer, beat the egg whites at medium to high speed.
3. Gradually add the sugar while mixing and beat until mixture is stiff has risen to about 6-8 times its original volume.
4. Dollop the mixture onto a baking sheet approximately 6-8 cm in diameter and create a dent in the middle. Provide ample space between each piece.
5. Dip a skewer in food coloring and swirl it into the meringue to create marble effect.
6. Reduce oven temperature to 250F and bake the meringue for about 20-30 minutes.
7. Turn the oven off. Allow meringue to cool in the oven until ready to spoon fruit fillings.
8. Spoon yogurt onto center of meringue. Set fruits on top of the yogurt.

**Drinks: pine-orange punch (serves 2)**

1 ½ cup pineapple juice  
1 ½ cup orange juice  
½ shot glass (20 ml) gin (optional)  
Ice cubes

1. Combine ingredients in a shaker and shake vigorously for 30 seconds.
2. Pour onto 2 tall glasses.

**What goes well together?**

**Meal Set 1:** ratatouille (appetizer), chipotle salad (with grilled chicken, entrée), marbled fruit meringue, pine-orange punch

**Meal Set 2:** chipotle salad (without grilled chicken, appetizer), seafood ad beef pasta (entrée), marbled fruit meringue, pine-orange punch