

*Top
LiveBest
Recipes*



Apricot Pecan Crisps

Fruit-flecked, seed-studded, these are the first to go on a cheese plate.

INGREDIENTS

- 2 cups flour, all-purpose, whole-wheat, rye, or a combination
- 2 teaspoons baking soda
- 1 teaspoon kosher salt
- black pepper, pinch or more, depending on taste
- 1/4 cup brown sugar
- 2 cups milk
- 2 tablespoons vinegar
- 1/4 cup molasses
- 1 cup chopped dried apricots
- 1/2 cup pecans, chopped
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/4 cup sesame seeds
- 1/4 cup ground flax seed
- 1 tablespoon fresh thyme or 1 teaspoon dried

DIRECTIONS

1. Heat oven to 350 degrees F. Spray 4 mini-loaf pans with baking spray. Set aside.
2. In small bowl, combine milk and vinegar.
3. In a large mixing bowl, stir together flour, brown sugar, baking soda, salt and pepper.
4. Pour milk and molasses into flour mixture. Add nuts, seeds, thyme, and fruit. Stir gently to mix.
5. Divide batter between pans, filling 3/4 full. Bake for 25-30 minutes, until golden brown and toothpick inserted near center of loaf comes out clean. Remove from oven and set pans on a cooling rack for 10 minutes. Turn the loaves out of pans onto the cooling rack to cool completely.



At this point the loaf may be wrapped tightly and frozen.

If baking crackers on mixing day, before slicing, put loaf in freezer for an hour or two. The firmer the loaf, the easier to slice. However, you don't want to slice a frozen loaf (ouch!). For the "second bake" to crisp the crackers, heat oven to 300 degrees. With a serrated knife, slice thin pieces, approximately 1/8-inch. Place on baking sheet, bake 30 minutes or until dry. The crisps will continue to "crisp" after removal from oven. Cool thoroughly and store in airtight container.

<http://www.livebest.info/appetizers-snacks/apricot-pecan-thyme-crisps/>

Greek Salad with Tuna

Fresh flavors make it easy to eat more beans and fish.

INGREDIENTS

- 2 can tuna, drained
- 1 can garbanzo beans, drained
- 20 Kalamata olives, drained, pitted, halved
- 1/2 lemon, zested and juiced
- 3 tablespoons fresh mint, coarsely chopped
- 3 tablespoons fresh oregano, coarsely chopped
- 2 tablespoons olive oil
- 1 tablespoon capers, drained
- 1 teaspoon ground cumin
- salt and pepper
- 2 cups sliced cucumber, quartered
- 20 cherry tomatoes, halved
- 3 tablespoons red onion, sliced
- 1/2 cup feta cheese, crumbled
- 2 heads Romaine or 3 cups other salad greens

DIRECTIONS

1. Combine beans, olives, lemon zest, mint, oregano, olive oil, capers, cumin and salt and pepper in a medium-sized bowl. Stir to combine. Gently mix in tuna.
2. Refrigerate 30 minutes or overnight to allow flavors to develop.
3. Lay greens on plate. Top with cucumber, tomato, onion and feta, Spoon tuna bean mixture over greens.



<http://www.livebest.info/entrees-meat/greek-salad-with-tuna/>

Chai Walnuts

The house gets fragrant while these bake. Serve them as a snack or with yogurt and oatmeal.

DIRECTIONS

- 1 tablespoon canola oil
- 2 teaspoons brown sugar
- 1 teaspoon ground ginger
- 1 teaspoon unsweetened cocoa
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon black pepper
- dash salt
- 3 cups walnuts

INGREDIENTS

1. Heat oven to 350 degrees F.
2. In a large mixing bowl stir together oil, brown sugar, and spices. Add walnuts. Stir to coat.
3. Spread in single layer on baking sheet. Bake 10 minutes, stir. Bake 10 minutes more, until nuts are toasted.



<http://www.livebest.info/appetizers-snacks/chai-walnuts/>

Strawberry Basil Tarts

These bite-sized sweets are versatile. Use fruit that you have on hand. Find these tarts in the freezer case at major grocery stores.

INGREDIENTS

- 5 medium strawberries, cut into 1/4 dice
- 2 leaves fresh basil, chopped (about 2 teaspoons)
- 1/8 teaspoon lime zest
- 2 grinds fresh black pepper
- 1/2 cup plain Greek-style yogurt
- 1/4 cup ricotta cheese
- 2 tablespoons powdered sugar
- prebaked mini fillo shells

DIRECTIONS

1. In a small bowl, combine strawberries, basil, lime zest, and pepper. Set aside.
2. In another small bowl, combine yogurt, ricotta, and powdered sugar. Stir to blend. Refrigerate until ready to assemble tarts.
3. In each shell, spoon a teaspoon or two of yogurt cream. Top with strawberries.
4. The shells absorb moisture so become soggy over time. Best to fill close to serving time. Baking the empty shells will enhance the crispiness. Be sure they cool to room temperature before filling.



<http://www.livebest.info/sweets/strawberry-basil-tarts/>

Rhubarb Chutney

This recipe was a home run. Lots of people like the flavors and how easy it is to make. It's great on a cheese tray.

INGREDIENTS

- 3 cups rhubarb, 1/2-inch dice
- 1/3 cup onion, chopped fine
- 2 tablespoons fresh ginger, rough chop
- 2 tablespoons vinegar, apple cider, rice, or red wine
- 1 clove garlic, chopped
- 1 teaspoon yellow mustard seeds
- 1 cinnamon stick
- 1/4 teaspoon salt
- 1/4 teaspoon dried crushed red pepper
- 1 cup brown sugar
- 1/4 cup dried cranberries
- 1/4 cup dried apricots, chopped

DIRECTIONS

1. Combine all ingredients in a heavy-bottom 4-quart saucepan.
2. Over medium-high heat, bring ingredients to a boil. Reduce heat to a low, simmer until chutney thickens, about 20 minutes, stirring frequently. Cool. Remove cinnamon stick.

<http://www.livebest.info/sides/rhubarb-chutney/>





<http://www.livebest.info/entrees-meatless/tomato-anchovy-sauce/>

Tomato Anchovy Sauce

Even those who aren't anchovy fans like this sauce because they melt in adding deliciousness. Serve over pasta or use as a pizza topper.

INGREDIENTS

- 2 teaspoons olive oil
- 2 garlic cloves, finely chopped
- 1 shallot, thinly sliced
- 6 anchovy fillets
- 2 cups cherry tomatoes, halved (or 14.5 oz can diced tomatoes)
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon dried oregano or basil

DIRECTIONS

1. Heat oil in large skillet over medium heat. Add garlic and shallot, cook, stirring occasionally, 3 minutes.
2. Add anchovies, stir to break apart. Add tomatoes, red pepper flakes, and oregano or basil. Cook and stir occasionally 10 minutes.

Cornbread

The medium-ground cornmeal gives this a superb texture. Plus it tastes even cornier... something cornbread enthusiasts appreciate!

INGREDIENTS

- 2/3 cup medium-ground corn meal
- 2/3 cup enriched corn meal
- 2/3 cup whole-wheat flour
- 2/3 cup all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 egg
- 1 cup milk
- 1/2 cup plain yogurt
- 1/4 cup canola oil
- 1 tablespoon butter

DIRECTIONS

1. Heat oven to 400°.
2. Add butter to 10-inch cast iron skillet. Heat in oven until butter is bubbly and brown, but don't let it burn.
3. In a separate bowl, stir together cornmeal, flour, sugar, salt, baking powder and baking soda. Set aside.
4. In another bowl, stir egg, milk, yogurt, oil and honey together until thoroughly combined.
5. Add egg mixture to flour mixture. Stir just enough to combine. There may be visible flour lumps.
6. Pour batter into hot skillet and return to middle rack in the oven. Bake until golden brown and a toothpick inserted near the center comes out clean, 18-20 minutes. Remove from oven.



Note: If not using a cast iron skillet, use a 9-inch baking pan. Lightly grease pan with cooking spray or melted butter.

Over mixing the batter will toughen the cornbread and cause tunnels to form in the bread as it bakes.

<http://www.livebest.info/sides/cornbread/>

Coconut Carrot Ginger Soup

Unsweetened coconut milk is found in the Asian aisle at the grocery store.

INSTRUCTIONS

- 1 tablespoon canola oil
- 2 yellow onion, chopped
- 1 3-inch piece fresh ginger, peeled, chopped
- 1 garlic clove, chopped
- 1 jalapeno pepper, seeded, minced
- 1 tablespoon garam masala
- 2 pounds carrots, trimmed
- 1 medium potato, peeled, cut into 1-inch dice
- 1 can unsweetened coconut milk
- 32-ounces chicken broth
- 1 cup orange juice
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

DIRECTIONS

1. Add oil an 8-quart pan and heat over medium heat. Add onion, cook until translucent, about 15 minutes.
2. Add ginger, garlic, jalapeno and garam masala, cook 2 minutes. Add carrots and potato and cook 3-4 minutes.
3. Pour in coconut milk, fill coconut can with water and add that to pot. Pour in chicken broth and orange juice. Stir well. Bring to boil, cover and allow a gentle boil until carrots and potato are tender.
4. Allow soup to cool slightly. Pour in a blender and blend until smooth.



<http://www.livebest.info/soups-and-salads/coconut-ginger-carrot-soup/>

Tabbouleh Peppers

These peppers make a great appetizer.

INGREDIENTS

- 1 cup bulgur
- 1 cup hot water
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2/3 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon hot sauce
- 1 pound mini peppers

DIRECTIONS

1. Place bulgur in a large bowl, cover with water. Set aside for an hour, until most of the water is absorbed.
2. Make a vinaigrette by whisking together olive, lemon juice, garlic, salt, coriander, cumin and hot pepper sauce. Pour over bulgur.
3. Rinse peppers. Cut in half lengthwise, remove seeds and stem. Place in a microwavable bowl, add 2 tablespoons water. Cover and microwave on HIGH for 3-4 minutes. The peppers should be softened but not cooked. Remove cover and allow to cool.
4. Fill pepper halves with tabbouleh.
5. The stuffed peppers may be refrigerated, covered, overnight before serving.



<http://www.livebest.info/entrees-meatless/tabbouleh-stuffed-peppers/>

Vinaigrette

Making your own vinaigrette is so easy. If you have some fresh herbs, add a tablespoon. This vinaigrette photo has tarragon in it.

INGREDIENTS

- 1 teaspoon Dijon mustard
- 1 tablespoon apple cider vinegar
- 1 tablespoon rice wine vinegar
- 1/4 teaspoon salt
- few grinds of freshly ground pepper
- 1 tablespoon canola oil
- 1/4 cup extra virgin olive oil

DIRECTIONS

In a small bowl, whisk together mustard, vinegar, salt and pepper. Continue to whisk and gradually pour in oil.



<http://www.livebest.info/soups-and-salads/vinaigrette/>

White Bean Dip

I eat this bean dip for breakfast, lunch and snacks. I also serve it as an appetizer.

INGREDIENTS

- 1 (15 ounce) cans cannellini beans, rinsed and drained
- 1/4 cup chopped fresh herbs (basil, rosemary, cilantro, tarragon)
- 2 tablespoons olive oil
- 1/2 lemon, zested and juiced
- Dash of red pepper flakes
- salt and pepper to taste

DIRECTIONS

In a food processor, combine the cannellini beans, herbs, garlic, olive oil and lemon zest and juice. Process until smooth, or to your desired consistency. Taste, and season with salt and pepper.



<http://www.livebest.info/appetizers-snacks/white-bean-dip/>

Peruvian Quinoa Soup

This is my version of a quinoa soup I ate in Peru. It was so good I knew I'd make it again and again, The quinoa adds some chewiness and I love all the vegetables!

INGREDIENTS

- 1 tablespoon canola oil
- 1 onion, peeled and diced
- 3 stalks celery, diced,
- 2 carrots, diced
- 1 clove garlic, minced
- 1 small jalapeno, minced
- 1 teaspoon dried ground cumin
- 1 teaspoon dried leaf oregano
- 3/4 teaspoon yellow curry
- 1 large yellow potato, diced
- 4 cups low-sodium broth, chicken or vegetable
- 5 cups water
- 1 cup quinoa, rinsed and drained
- 1 zucchini, diced
- 1/2 lime, juiced
- Salt and Pepper

DIRECTIONS

1. Heat oil in soup pot.
2. Add onion, celery, and carrots, Cook 15 minutes until softened, but not browned.
3. Add garlic and jalapeno, cook 1 minute. Stir in cumin, oregano and curry, cook 1 minute.
4. Add potato, water, broth and quinoa. Bring to a boil, cover, and reduce heat to a simmer. Cook 15-20 minutes until vegetables are just cooked through and quinoa uncurls. Add zucchini and cook 5 minutes.
5. Just before serving, stir in lime juice. Season with salt and pepper.



<http://www.livebest.info/entrees-meatless/peruvian-quinoa-soup/>



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Best,
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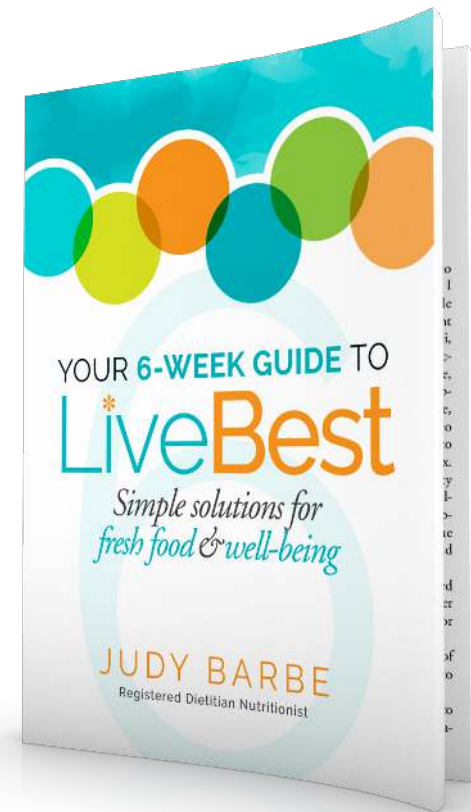


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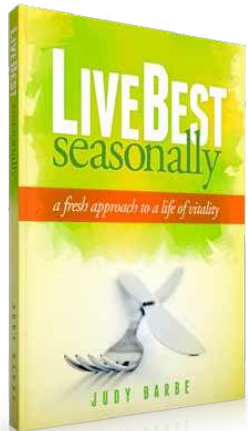
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