

# JUST THE FACTS SUPERFOOD RECIPES

---

## Oatmeal Chocolate Chip Pancakes

### Dry Ingredients:

- ½ cup rolled oats
- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

### Liquid Ingredients:

- 2 eggs, slightly beaten
- 2 cups buttermilk
- ¼ cup vegetable oil

### Magic Ingredient:

- 1 cup miniature dark chocolate chips

### Procedure:

1. Mix dry ingredients and liquid ingredients in separate bowls.
  2. Pour liquid ingredients into dry, mixing well with a whisk.
  3. On a greased griddle, over medium heat, add the batter. Use a ¼ cup scoop for small pancakes or a ½ cup scoop for large ones.
  4. Cook until bubbles begin to form on the uncooked side. Sprinkle about 2 teaspoons of chips on each pancake. It's likely that you'll have some left over.
  5. The pancake should be ready to turn. Cheat by lifting one edge of the pancake to check the color. If golden brown flip it over and cook the other side until golden (about two minutes, but check; don't count).
  6. Serve with syrup, honey, or any chocolate chips you may have left.
- 

## Quesadilla

### Ingredients:

- |  |                                |
|--|--------------------------------|
| 1 teaspoon olive oil                   | ¼ cup diced chili peppers      |
| ½ cup diced yellow, white or red onion | ½ cup cooked black beans       |
| ½ cup diced tomatoes                   | ½ teaspoon olive oil           |
|  | ½ cup grated mozzarella cheese |
|  | 2 10-inch flour tortillas      |

### Procedure:

1. Preheat oven to 375 degrees.
2. Heat the oil in a large griddle over moderate heat.
3. Add the onions and cook until transparent.
4. Add tomatoes, peppers and beans and cook until heated through. Remove the filling mixture and place in a bowl.
5. Paint one side of each tortilla with the remaining oil and brown them both lightly.
6. When the second tortilla is browning, top it with the filling mixture and add the cheese. Cover with the first tortilla, cooked-side up.
7. When the bottom tortilla is lightly browned, remove the quesadilla to a cookie sheet and put it in the oven for 10 minutes, or until the cheese is melted and the filling is hot.
8. Remove the quesadilla to a platter and cut into wedges, like a pie. Garnish, if desired, with slices of avocado, guacamole, sour cream, shredded lettuce, or salsa fresca.

# JUST THE FACTS SUPERFOOD RECIPES

---

## Hot Asian Salad

### Ingredients:

½ teaspoon Canola oil	1 cup diced extra-firm tofu
4 cups fresh cleaned spinach leaves (32 oz.)	1 cup diced onions (white or red)
1 teaspoon sesame oil	2/3 cup broccoli florets
2½ teaspoons rice wine vinegar	1 teaspoon minced ginger
1 6-oz. salmon steak	2 teaspoons soy sauce
	1 tablespoon water

### Procedure:

1. Heat the oil over a moderately hot flame in a large griddle.
2. Add the spinach and half a teaspoon each of sesame oil and rice vinegar. Stir until mostly wilted. Remove to a plate and keep warm.
3. Cook the salmon in the griddle, adding more oil if necessary.
4. When the salmon is almost done, add the tofu. Remove the salmon to the bed of spinach.
5. Add the onions, sauté until clear, and add the remaining ingredients, including the rest of the sesame oil and rice wine vinegar.
6. Turn the heat to high so the water will steam off quickly. It will turn the broccoli a bright emerald green, your signal that you're done. Pour over the salmon steak, and serve.

---

## Sweet Potato Casserole

### Ingredients:

½ teaspoon canola oil	2/3 cup plain yogurt
1 lb. pureed sweet potatoes	¼ cup honey
1 lb. pureed yams	1/8 teaspoon salt (only if using fresh yams and sweet potatoes, not canned)
½ can (about 1 cup) whole berry cranberry sauce	

### Procedure:

1. Preheat oven to 350°.
2. Oil the sides and bottom of a medium-sized casserole dish.
3. Mix all remaining ingredients gently so separate colors remain clear.
4. Pour mixture into casserole dish and bake uncovered for 45 minutes.

---

## Muesli

### Ingredients:

2/3 cup plain yogurt	¼ cup fresh blueberries
½ cup raw rolled oats	¼ cup dried cranberries (Craisins)
	1 tablespoon honey

### Procedure:

1. Mix all ingredients
2. Garnish, if desired, with more blueberries and raisins.