

Winter Vegetarian Meal

- *Pear-Ginger Salad*
- *Winter Vegetable Ragout with Greens and Grains*
- *Cranberry Bars*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 422	
Total Fat 9 g	
Saturated Fat 1 g	
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 13 mg	
Sodium 477 mg	
Potassium 604 mg	
Total Carbohydrate 74 g	
Dietary Fiber 13 g	
Sugars 30 g	
Protein 14 g	
Vitamin A	175%
Vitamin C	95%
Calcium	24%
Iron	28%

We asked Sonja Connor, MS, RD, to share a few of her favorite winter recipes with us. Sonja is a registered dietitian, researcher, teacher, published cookbook author, and past-president (2014-2015) of the Academy of Nutrition and Dietetics, and has worked at OHSU for 40 years. She presents the inspiration for these recipes in her three best-selling *New American Diet* cookbooks, co-authored with her late husband, William Connor, MD. Their research and books pioneered a philosophy of eating to maximally protect against heart disease.

Diana's Pear-Ginger Salad

Makes 6 servings, 1 cup each

Sonja states, "When fresh pears are available, this salad is a true winner! Take the time to toast the nuts as the flavor is worth it." Not coincidentally, Marlene and I have savored a version of this salad throughout the fall and winter for decades. The simple components allow one to throw this together in short order, mixing and matching the greens, oils, and vinegars at will to good effect!

Ingredients

3 tablespoons chopped hazelnuts

6 cups tender salad greens

2 fresh, ripe pears, peeled, cored and cut into chunks or sliced thinly

3 tablespoons candied ginger, cut into thin slices

½ cup coarsely grated reduced-fat white cheddar cheese

Zest of ½ lemon

Juice of ½ lemon

2 tablespoons rice vinegar

2 teaspoons olive oil

Freshly ground black pepper

Preparation

Preheat oven to 350° F.

Spread the hazelnuts in a single layer on a cookie sheet; bake 5 to 10 minutes (watch closely so they don't burn). Stir the nuts around with a spatula to toast evenly. When nuts are toasted, remove from oven and let cool.

Tear greens into small pieces and place in salad bowl. Add pears, candied ginger, and grated cheese. Add lemon zest, lemon juice, vinegar, and olive oil, and toss lightly to mix. Season to taste with ground black pepper, and serve immediately.

Nutrition information (per serving): 123 calories, 6 grams total fat, 1 grams saturated fat, 1 grams monounsaturated fat, 3 grams polyunsaturated fat, 0 grams trans fat, 7 mg cholesterol, 109 mg sodium, 71 mg potassium, 16 grams total carbohydrate, 3 grams fiber, 9 grams sugar, 4 grams protein

Winter Vegetable Ragout with Greens and Grain

Makes 10 servings

Prep the ingredients the night before, then toss in your Crock Pot in the morning before heading to work. It will be ready when you are for dinner! This hearty dish freezes well so pack up leftovers for future meals. When available, we like to substitute peeled broccoli stems cut into 1-inch slices for the green beans. With the woody outer portion of broccoli stems removed with a vegetable peeler, tender and delicious cores are among our favorite taste treats! Turnips, rutabagas, yams, and kohlrabi are all acceptable substitutions for the root vegetables.

Ingredients

1 cup sliced carrots
1 large sweet potato, cut into ½-inch cubes (about 1 ¼ cups)
1 cup sliced parsnips
1 cup fresh or frozen green beans
1 ½ tablespoons fresh herbs such as thyme, marjoram, oregano, or a mixture
1 small onion, diced
1 clove garlic, minced
2 15-ounce cans black beans, drained and rinsed (or substitute about 4 cups of cooked and drained beans)
½ teaspoon crushed red pepper flakes
½ teaspoon ground black pepper
1 teaspoon chili powder or sweet Hungarian-style paprika
1 teaspoon ground cumin seed
½ teaspoon kosher salt
2 cups low-sodium/low-sugar vegetable or tomato juice
2 cups low-sodium vegetable broth
2 cups coarsely chopped kale leaves or other greens such as Swiss chard (include chopped stems), mustard greens, or spinach
2 cups cooked whole grain such as wild rice, hull-less barley, wheat berries, farro, brown rice, or quinoa

Preparation

Combine all ingredients in slow cooker except the greens and grain. Cover and cook on low for about 8 hours, or until the vegetables are tender.

Up to an hour before serving, stir in the greens and whole grain. Cover and continue cooking until the greens are wilted and the grains are heated through.

Note: If needed, add a little hot water to adjust the thickness of the ragout just before serving.

Nutrition information (per serving): 159 calories, 0 grams total fat, 0 grams saturated fat, 0 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat, 0 mg cholesterol, 190 mg sodium, 508 mg potassium, 32 grams total carbohydrate, 7 grams fiber, 5 grams sugar, 8 grams protein

The Connors' Cranberry Bars

Makes 12 bars

Try these delicious bars warm with non-fat frozen yogurt!

Ingredients

1 ½ cups fresh cranberries

½ cup raisins or other dried fruit

½ cup chopped tart apple with skin

½ cup unsweetened apple cider

2 teaspoons sugar or stevia

¾ cup whole-wheat flour

½ cup rolled oats, uncooked

2 tablespoons brown sugar

½ teaspoon cinnamon

¼ cup light molasses

2 tablespoons canola oil

2 tablespoons sliced almonds

Optional: Nonfat vanilla yogurt or frozen yogurt

Preparation

Combine cranberries, raisins, apple, apple cider, and sugar (or stevia) in a saucepan over medium-high heat. Bring the mixture to a boil and cook for 5 minutes or until the cranberries pop, stirring occasionally. Lower the heat to a gentle simmer and cook for about 10 minutes, stirring occasionally. Cool completely.

Preheat oven to 350° F. Lightly coat an 8 x 8-inch baking pan with non-stick cooking spray.

Combine the flour, oats, brown sugar, cinnamon, molasses, and the oil in a bowl. Work the mixture into a coarse meal with a fork.

Press about 1 cup of the oat mixture into the prepared pan. Top with the cranberry mixture and spread evenly over the crust. Distribute the remaining oat mixture over the cranberries then sprinkle the almonds over the entire dish. Bake for about 35 minutes or until golden. Cut into squares; serve warm or allow to cool. Serve with the yogurt, if using.

Nutrition information (per serving): 140 calories, 3 grams total fat, 0 grams saturated fat, 2 grams monounsaturated fat, 1 grams polyunsaturated fat, 0 grams trans fat, 0 mg cholesterol, 6 mg sodium, 178 mg potassium, 26 grams total carbohydrate, 3 grams fiber, 16 grams sugar, 2 grams protein