

## *Late Winter Menu*

- *Butter Lettuce and Avocado Salad with Mustard Vinaigrette*
- *Olive Oil and Fennel Crackers*
- *Savory Onion Soup*

<b>Nutrition Facts</b>	
Servings: 1 meal	
Amount Per Serving	
<b>Calories</b> 444	
<b>Total Fat</b> 26 g	
<b>Saturated Fat</b> 2 g	
<b>Monounsaturated Fat</b> 19 g	
<b>Polyunsaturated Fat</b> 2 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 273 mg	
<b>Potassium</b> 676 mg	
<b>Total Carbohydrate</b> 39 g	
<b>Dietary Fiber</b> 8 g	
<b>Sugars</b> 12 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 13 g	
Vitamin A	62%
Vitamin C	34%
Calcium	10%
Iron	18%

## Butter Lettuce and Avocado Salad with Mustard Vinaigrette

*Makes 2 servings*

This is a light early spring salad that is a nice base to express the season as it evolves from winter through spring. Substitute lettuces from mild to robust as different varieties begin to line market stalls. Fresh fennel or dill fronds, tarragon leaves, or chervil are delicious herb alternatives in place of chives. Nut oils in part or in place of the olive oil add dimension.

### **Ingredients**

*Salad:*

- 1 small head butter lettuce, stem removed (about 3 cups of loosely packed leaves)
- 1 small avocado (about ½ cup)
- 2 radishes, sliced
- 1 branch celery, sliced (dark green leaves removed, pale blond leaves are nutritious and delicious)
- ¼ bunch fresh chives, with flowers if available, cut into 2-inch pieces

*Dressing:*

- 2 tablespoons olive oil
- 1 pinch dry mustard
- 1 teaspoon Dijon mustard
- Juice of ½ small lemon
- 1 teaspoon white vinegar (champagne, sherry, or cider vinegar work nicely also)
- 1 pinch (⅛ teaspoon) coarse salt (optional)
- ⅛ teaspoon freshly ground black pepper

### **Preparation**

Separate lettuce leaves, then wash and pat dry with paper towels. Assemble on chilled plates.

Peel and seed the avocado, slice into manageable pieces, and divide between the salads.

Sprinkle the radishes, celery, and chives onto each salad.

To prepare the dressing, measure the olive oil into a bowl. Whisk the dry mustard and Dijon mustard into the oil and fully incorporate the mustard. Add the lemon and vinegar, whisking between additions.

Dress each salad with the vinaigrette. If using, sprinkle a pinch of the salt over the salads, and finish each salad with a twist of freshly ground pepper.

<b>Nutrition Facts</b>	
Amount Per Serving	
<b>Calories</b> 192	
<b>Total Fat</b> 18 g	
<b>Saturated Fat</b> 2 g	
<b>Monounsaturated Fat</b> 14 g	
<b>Polyunsaturated Fat</b> 2 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 161 mg	
<b>Potassium</b> 305 mg	
<b>Total Carbohydrate</b> 6 g	
<b>Dietary Fiber</b> 4 g	
<b>Sugars</b> 3 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 3 g	
Vitamin A	61%
Vitamin C	19%
Calcium	5%
Iron	9%

## Olive Oil and Fennel Crackers

*Makes 24 crackers; serving size is 2 crackers*

This favorite recipe provides the basis for innumerable variations. Cumin, dill, and cardamom for the seed variations and cornmeal to mesquite flour are among the many we've prepared. The amount of water primarily influences the baking time but also dictates the consistency of the dough. We like to leave a few whole or partially-processed seeds for added crunch and flavor bursts. For this variation, we've processed the seeds to flour so the flavor comes through.

### Ingredients

- 1 tablespoon fennel seeds
- ½ cup whole-wheat flour (or additional whole-wheat flour)
- ½ cup emmer flour
- ½ teaspoon salt, divided
- ¼ teaspoon ground black pepper
- 2 ½ tablespoons (1 ½ ounces) olive oil
- ¼ small onion (3 ounces), pureed or finely minced
- 2 tablespoons water
- Additional whole-wheat flour for rolling out the dough

### Preparation

Preheat oven to 365° F.

Process the fennel seeds in a spice grinder or mini food processor. In a medium bowl, combine the ground fennel seeds with the whole-wheat flour, emmer flour, ¼ teaspoon salt, and pepper. Using a fork or pastry cutter, cut the olive oil into the flour mixture until it resembles coarse meal. In a blender, puree the onion and water to a coarse, thick consistency. Transfer the onion mixture to the flour, and incorporate to form a firm, pliant ball. It may be necessary to add a little additional water if the flour is dry to get a consistency where the dough is manageable.

Divide the dough into two equal portions. Roll half the dough to ⅛-inch thickness. Dock the dough with a fork, and transfer to an ungreased sheet pan. Cut into desired shapes (it should make about 12 crackers), and sprinkle with ⅛ teaspoon salt. Bake for 7 to 10 minutes or until golden brown. Transfer to a wire rack to cool. Repeat with the remaining dough.

Crackers will keep for 5 to 7 days in a tight-fitting container. These crackers are particularly nice when briefly heated in an oven to crisp prior to serving.

<b>Nutrition Facts</b>	
Amount Per Serving	
<b>Calories</b> 78	
<b>Total Fat</b> 3 g	
<b>Saturated Fat</b> 0 g	
<b>Monounsaturated Fat</b> 2 g	
<b>Polyunsaturated Fat</b> 0 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 97 mg	
<b>Potassium</b> 38 mg	
<b>Total Carbohydrate</b> 11 g	
<b>Dietary Fiber</b> 1 g	
<b>Sugars</b> 1 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 2 g	
Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	2%

## Savory Onion Soup

*Makes 4 servings*

This dish is based on classic French onion soup, however, the sodium is reduced from 1028 mg per cup of the traditional version to only 15 mg per serving. Its robust flavor satisfies while still meeting your nutrition goals for a healthy heart.

### Ingredients

- 1 chicken carcass (leftover from a roasted chicken)
- 4 cups water
- 1 tablespoon olive oil
- 4 large yellow onions, peeled and thinly sliced
- ½ teaspoon sugar
- 1 tablespoon fresh thyme leaves
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dry mustard
- Pinch of ground black pepper
- Dash of Tabasco sauce
- 2 fresh laurel bay leaves
- ¼ cup red wine
- ¼ cup sherry

### Preparation

To make the broth, place the chicken carcass and water in a large stockpot and bring to a boil. Reduce heat to a simmer, and cook for about an hour, maintaining the water level with additional cool water as needed. Strain the broth through a large sieve or colander into a large bowl. Divide the broth among several shallow containers so it will cool quickly. Cover loosely and refrigerate overnight. Use a spoon to remove the fat that congeals on the surface. You want about 4 cups of broth to prepare the soup.

To prepare the soup, add oil to a large, heavy stockpot over medium-high heat. Add onions and sugar, and cook for about 30 to 40 minutes, until the onions are very, very dark and caramelized, but not burnt. Stir the onions from time to time to keep them from burning.

When the onions are browned, add the thyme, garlic powder, onion powder, dry mustard, pepper, Tabasco sauce, bay leaves, red wine, sherry, and 2 cups of the broth. Bring to a boil, then reduce heat, cover, and simmer for 20 minutes or until onions are tender. Add the remaining 2 cups of broth, and bring to a boil. Remove soup from heat and serve. When reheating soup, bring temperature to 165° F before serving.

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 180	
<b>Total Fat</b> 5 g	
<b>Saturated Fat</b> 0 g	
<b>Monounsaturated Fat</b> 3 g	
<b>Polyunsaturated Fat</b> 0 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 15 mg	
<b>Potassium</b> 333 mg	
<b>Total Carbohydrate</b> 22 g	
<b>Dietary Fiber</b> 3 g	
<b>Sugars</b> 8 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 8 g	
Vitamin A	1%
Vitamin C	14%
Calcium	4%
Iron	7%