

Vanilla Spice Oatmeal



Ingredients

- 3 1/2 cups water
- 1/4 teaspoon salt, optional
- 2 cups old-fashioned oats
- 1/2 cup raisins
- 1/2 cup walnuts, coarsely chopped, optional
- 1/4 teaspoon vanilla extract
- Pinch nutmeg
- 2 tablespoons dark brown sugar, plus more, to taste
- 1 cup lowfat milk, divided
- 1/8 teaspoon ground cinnamon

Directions

In a medium saucepan, bring the water and salt to a boil. Stir in the oats and raisins, reduce the heat to low and simmer, stirring occasionally, uncovered, for 5 minutes.

In the meantime, place nuts, if using, in a dry skillet over a medium-high flame, and toast, stirring frequently, until golden and fragrant, about 5 minutes. Set aside.

When the oats are cooked remove pan from the flame and stir in the vanilla and nutmeg. Swirl in the brown sugar and place the oatmeal in serving bowls. Pour 1/4 cup of milk on top of each bowl, and top with toasted nuts and a sprinkle of cinnamon.

Note: For a quicker version using quick cooking or plain instant oatmeal: Cook the oatmeal according to the directions on the package. Stir raisins, brown sugar, and nutmeg into the cooked oatmeal. Top with milk, nuts (toasted or un-toasted) and cinnamon.

Edamame Veggie Burger



Ingredients

- 1/4 cup millet
- 1/2 cup cold water
- 2 1/4 teaspoons kosher salt, plus more as needed
- 1 medium carrot
- 1 large red radish
- 2 tablespoons finely grated, peeled, fresh ginger
- 1/2 clove garlic, minced
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons mirin (See Cook's Note.)
- 1/8 teaspoon Asian chili paste, such as Sri Racha sauce
- 1 pound frozen blanched, peeled edamame (soybeans), thawed
- 1 1/2 cups panko (Japanese-style bread crumbs)
- 2 large egg whites, beaten
- Vegetable oil, for brushing

Directions

Heat the millet in a small dry saucepan, with a tight-fitting lid, over medium-high heat, cook, shaking occasionally, until the millet begins to "pop". Continue toasting the millet until the popping subsides, about 2 minutes, until it smells like freshly popped popcorn. Set aside to cool slightly.

Add the water and the 1/4 teaspoon of the salt to the saucepan and bring to a boil over high heat. Wrap the pan's lid tightly with a small kitchen towel and cover the saucepan. (Make sure the towel's edges are folded up well away from the heat.) Lower the heat to low and simmer covered, for 20 minutes. Remove from the heat (don't uncover) and set aside for 10 minutes. Fluff the millet with a fork and transfer to a large bowl.

Using a box grater, grate the carrot and radish into the bowl of millet. Add the ginger, garlic, lime juice, mirin, and chili paste and stir to combine.

Meanwhile, bring a medium pot of water to a boil and salt it generously. Add the edamame, cover, and return to a boil; cook until soft, about 5 minutes. Drain and immediately add to the bowl of millet mixture (to lightly warm the vegetables). Stir to combine and set aside to cool.

When cool, season the edamame mixture with the remaining 2 teaspoons salt. Transfer to a food processor and puree into a paste. Return the edamame to the bowl and stir in the panko and egg whites until incorporated.

Using your hands, form the edamame mixture into 8 patties about 3 inches in diameter. Place on a parchment paper-lined baking sheet and refrigerate until set.

Place a rack about 4 inches from the broiler element and preheat. Place the patties on a foil-lined baking sheet or broiler pan. Brush both sides of the patties lightly with oil and sprinkle with salt. Broil until the tops are lightly browned, about 3 minutes. Remove from the oven and flip the patties with a spatula. Broil until lightly browned and hot, about 3 minutes more. Serve on grilled naan bread with sprouts, pickled ginger, and wasabi. (The burgers can also be grilled or sautéed.)

Serving suggestions: Alfalfa sprouts, pickled ginger, wasabi paste, and grilled naan-style bread

Farro Salad with Grilled Eggplant, Tomatoes and Onion



Ingredients

- 1 1/2 cups farro
- 3 Japanese (baby) eggplants, halved
- 1 small red onion, peeled, halved, and thickly sliced
- Olive oil, for brushing
- Salt and freshly ground black pepper
- 1/2 pint grape tomatoes, washed and sliced in 1/2
- 1/4 cup chopped fresh dill, plus more for garnish
- Sherry Vinaigrette, recipe follows

Directions

Cook farro in a large pot of boiling salted water until just tender, about 15 minutes. Drain well and place in a large bowl. Heat grill to high. While the farro is cooking, brush the eggplants and onion slices with oil and season with salt and pepper. Grill for 3 to 4 minutes on each side or until just cooked through. Remove from the grill and cut into 1-inch dice. Add the eggplant and onions to the farro along with the tomatoes and dill. Pour Sherry Vinegar over the farro mixture and stir to combine. Garnish with additional dill. Best served at room temperature.

Sherry Vinaigrette:

- 1 small shallot, finely chopped
- 1/4 cup sherry vinegar or balsamic vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh dill
- 1/2 cup olive oil

Whisk together the shallot, vinegar, mustard, salt, pepper, and dill in a small bowl. Slowly whisk in the oil until emulsified.