



Recipes as seen on ABC 7 Suncoast View

Apricot Teriyaki Vegetable Stir Fry over Quinoa

¼ cup vegetable broth
½ cup all-fruit apricot preserves
1 TBSP reduced sodium Tamari or soy sauce
1 tsp rice vinegar
1 tsp cornstarch
1 cup onion sliced into half moons
4 cloves garlic, crushed
4 cups halved button mushrooms
1 cup carrots, cut into matchsticks
1 cup shredded green cabbage
2 cups broccoli spears
1 cup zucchini, sliced into half moons.

In a small bowl, whisk together the vegetable broth, preserves, soy sauce, vinegar, and cornstarch and set aside.
In a wok or large skillet, sauté the onion and garlic with 1-2 TBSP vegetable broth for 3-5 minutes. Add the carrots and cook for 2 minutes. Add the mushrooms and cabbage and cook for 2 minutes. Add the broccoli and cook for 3 minutes. Add the zucchini and pour sauce over vegetables and gently stir. Cook until the sauce thickens. (PCRM) Makes 4-6 servings

Raspberry Brownies

4 ounces unsweetened chocolate, chopped
½ cup raspberry preserves
¼ cup date sugar
½ cup unsweetened applesauce
2 tsp pure vanilla extract
½ tsp almond extract
¾ cup oat flour
¾ cup millet flour
¼ cups unsweetened cocoa or cacao powder
¼ tsp baking powder
½ tsp baking soda
¼ tsp sea salt
1 cup frozen raspberries, thawed

Preheat oven to 350F. Line an 8 x 8-inch pan with a 10 square of parchment paper or use an 8 x 8 nonstick pan. Melt the chocolate in a small pan over medium low temp.
In a large mixing bowl, vigorously mix together the preserves, dry sweetener, and applesauce. Stir in the vanilla, almond extract, and the melted chocolate.
Sift in the flour, cocoa power, baking powder, baking soda, and salt. Mix very well until stiff dough forms. Fold in the raspberries. Spread the mixture into the prepared pan. It will be very thick;

Bake the brownies for 25-30 minutes or until firm. Remove them from the oven and let cool completely. (Adapted from Forks over Knives). Makes 12 brownies.