

Linda Masters' From the Kitchen: It's time for a cookbook review, or two

Two cookbooks arrived in the newsroom within the past few weeks, both of which deserve some recognition.

The first, "The Muffin Tin Cookbook" by Brette Sember with Melinda Boyd, provides 200 recipes for easy meals with built-in portion control — there's no confusion over what is a serving size. The cookbook is similar to one I reviewed several months ago but has a larger variety of recipes.

Mini pies, pasta cups, gourmet pockets, veggie cakes and more exciting recipes are included in this cookbook. Not only is nutritional information included for each recipe, many recipes are designated "healthy" by a special icon adjacent to the recipe title, both in the table of contents and on the recipe page. An icon also guides cooks to use the correct-size muffin tin to create each recipe. Recipe categories include appetizers and snacks; breakfast, chicken and turkey; seafood; potatoes, rice, pizza and pasta; vegetables; muffins and breads; and desserts.

The second cookbook, "Have Your Cake" by Emily Rose, is a healthy and simple way of baking without butter, white flour and

added sugar.

How can that be? This cookbook will guide you to a new way of baking with 118 pages of recipes and photos.

I especially appreciated the "ingredients to keep in your pantry" section which explains the exact ingredients needed to create delicious baked goods with a healthier content. Recipe categories include breakfast treats, morning tea, lunchbox treats, afternoon tea and desserts.

Here is a recipe from each cookbook:

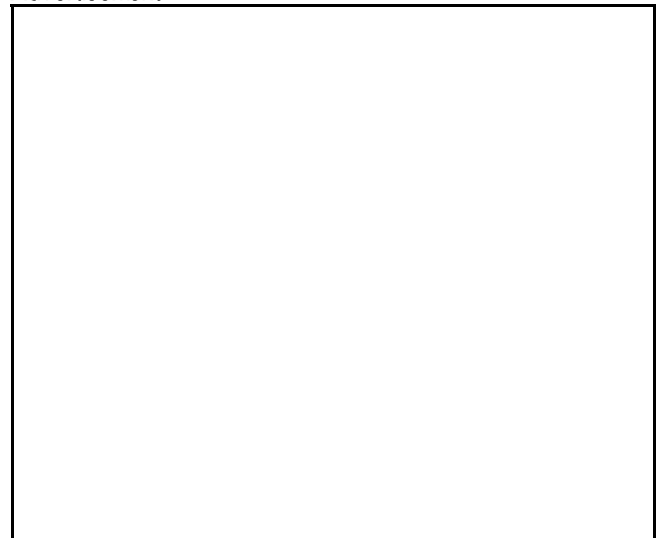
Shrimp and Pesto in Phyllo

Makes 6

6 sheets phyllo dough
1/2 pound raw shrimp, cleaned and chopped
1/4 cup pesto sauce

Preheat oven to 400 F.

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Spray 6 regular muffin cups with nonstick cooking spray.

Cut through all six layers of stacked phyllo dough to create six squares that are roughly 4 1/2 to 5 inches on each side.

Place stacks of phyllo squares in muffin cups, leaving corners hanging over. Spray insides of phyllo cups with nonstick cooking spray.

Mix shrimp and pesto and divide mixture among cups. Fold corners of phyllo dough over the shrimp and spray tops with nonstick cooking spray.

Bake 10 minutes until shrimp is cooked.

Nutritional info: 93 calories; 4.6 g fat; 7.2 g protein; 440 mg sodium; 13 g carbohydrates; 0.4 g sugar; and 0.6 g fiber.

Flourless ChocoLate Cake

4 eggs, separated
1/2 cup rice bran oil
2/3 cup dark chocolate
2/3 cup honey
1 1/2 cups almond meal
Fresh raspberries

Preheat oven to 315 degrees.

Beat egg whites until stiff.

In a separate bowl, beat egg yolks and oil together. Melt chocolate and mix honey into chocolate until honey is dissolved. Add chocolate mixture to egg yolk mixture and

beat.

Mix almond meal into chocolate mixture, then gently fold in egg whites until completely combined.

Grease a 9- or 10-inch springform pan and line base with baking (parchment) paper. Pour in cake mixture and bake for 35 minutes.

Remove from oven and allow to cool in pan for at least 20 minutes. Remove pan and cool on cake rack.

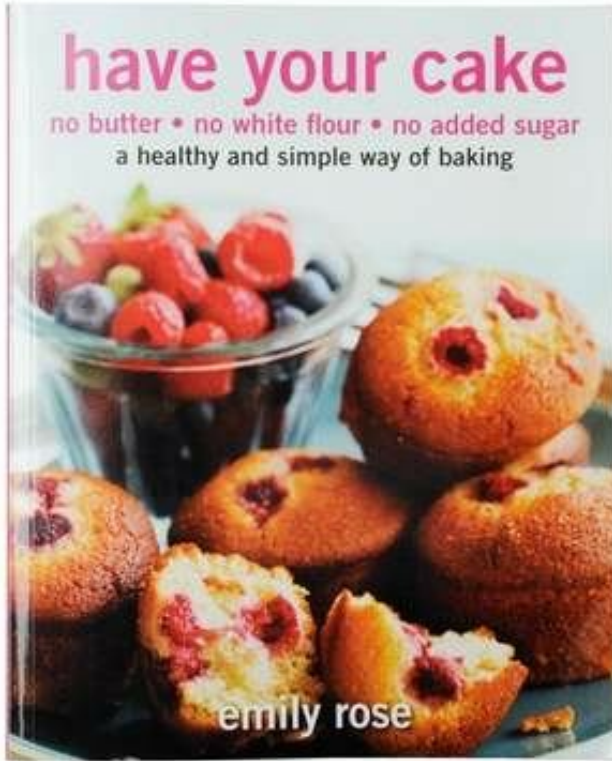
Serve with fresh raspberries.

Hint: For a more professional look when entertaining, dust cake with Dutch cocoa.

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[Purchase Image](#) [The 'Have Your Cake' cookbook provides recipes using no butter, no white flour and no added sugar. / Kevin Pieper/The Baxter Bulletin](#) [Zoom](#)

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