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Bye-bye, box grater

Ever since the Microplane zester (shown: Home Series Fine Grater, \$14.95; microplane.com) appeared on the cooking scene, it's been the darling of chefs and home cooks who try it. The woodworking tool turned kitchen gadget (it's called a rasp in hardware stores) produces light, fluffy zest—with no scraped knuckles.

Spaghetti Squash with Orange Gremolata

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN-FREE

Gremolata, an Italian condiment made from lemon zest, parsley, and garlic, gets a sweet-and-sour makeover here with orange zest and balsamic vinegar.

- ¼ cup finely chopped red onion
- ¼ cup balsamic vinegar
- 1 large spaghetti squash (3½ lb.)
- ½ cup finely chopped parsley leaves
- 2 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. brown sugar
- ¾ tsp. grated orange zest
- ¾ tsp. salt
- ½ cup roasted, unsalted pistachios, shelled and chopped

1. Toss red onion and balsamic vinegar in small bowl. Let sit 10 minutes.
2. Pierce spaghetti squash with a sharp knife.

Zesty Creamed Spinach

SERVES 4 | 30 MINUTES OR FEWER
GLUTEN-FREE

Classic creamed spinach is laced with butter and heavy cream, but we've revised the concept to create this easy version that gets its taste and tang from low-fat yogurt and lemon zest.

- 1 Tbs. olive oil
- 1 large shallot, chopped (½ cup)
- 1 16-oz. pkg. frozen chopped spinach, thawed but not drained
- ¾ cup plain low-fat yogurt
- 1½ tsp. grated lemon zest
- 1½ tsp. minced fresh rosemary

1. Heat olive oil in a skillet over medium heat. Cook shallot 5 to 7 minutes, stirring frequently, until soft. Add spinach and cook until heated through, stirring from heat.
2. Add yogurt, lemon zest, and rosemary. Stir to combine.

