



Chicken and Wild Rice Soup with Mushrooms

This recipe is a great way to stretch your budget and satisfy a crowd at the same time. When a cold or flu hits your house, this tasty soup nurses little ones back to healthy with whole grain nutrition, too.

Ingredients

1 tablespoon olive oil
1 (8-ounce) package sliced mushrooms
1 cup chopped onion
6 cups low-sodium chicken broth
1 pound boneless skinless chicken breasts or thighs, cut into (1-inch) cubes
3/4 cup long grain wild rice or wild rice blend
2 tablespoons chopped garlic
1 bay leaf
1/4 cup chopped parsley
Salt and pepper to taste

Method

Heat oil in a large pot over medium high heat. Add mushrooms and onions and cook, stirring occasionally, until softened, 6 to 7 minutes. Add broth, chicken, rice, garlic and bay leaf, cover and bring to a simmer. Reduce heat to medium low and simmer until rice and chicken are cooked through and tender, about 45 minutes. Remove and discard bay leaf then stir in parsley, salt and pepper and serve.

Nutrition

Per serving (about 15oz/428g-wt.): 220 calories (50 from fat), 6g total fat, 1g saturated fat, 45mg cholesterol, 380mg sodium, 23g total carbohydrate (2g dietary fibre, 3g sugar), 21g protein

Make-ahead, Family Friendly, Sugar Conscious, Low Fat, Low Sodium, Dairy Free

Creamy Spring Asparagus Soup

Serve this delightful spring soup with crusty bread or top with homemade croutons.

Ingredients

1 tablespoon butter
1 large leek, white and light green parts only, cleaned and cut into 1-inch pieces
4 cups low-sodium chicken broth
1 medium Yukon gold potato, peeled and cut into 1-inch pieces
1 bunch asparagus (about 1 pound), woody stems snapped off and discarded,



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spears cut into 1-inch pieces
1/3 cup low-fat sour cream
Sea salt and ground pepper
2 tablespoons chopped chives

Method

Melt butter in a medium pot over medium low heat. Add leeks and cook, stirring often, until tender, about 10 minutes. Add broth and potatoes and bring to a boil. Reduce heat to medium low, add asparagus and simmer gently until potatoes and asparagus are tender, 10 to 15 minutes. Remove pot from heat and set aside to let cool slightly.

Carefully transfer soup to blender in batches and purée until smooth. Return soup to pot and bring to a boil. Remove from heat, whisk in sour cream and season with salt and pepper. Ladle soup into bowls, garnish with chives and serve.

Nutrition

Per serving (about 15oz/426g-wt.): 140 calories (50 from fat), 5g total fat, 2.5g saturated fat, 20mg cholesterol, 480mg sodium, 19g total carbohydrate (4g dietary fibre, 6g sugar), 5g protein

Make-ahead, Entertaining, Low Sodium

Hearty Spanish Bean Stew with Chorizo

This hearty bean stew has its roots near the region of Ribera del Duero (the Duero river) which runs through the heart of Castilla. Serve it with a full-bodied red wine, like our Penescal. A hint for the cook: to brown the smoked sausage, simply cook it in a large skillet over medium heat with a bit of olive oil until golden brown all over.

Ingredients

1 tablespoon extra virgin olive oil
1/4 pound bacon, chopped
3 cloves garlic
1 small yellow onion, finely chopped
1 tablespoon paprika, preferably Spanish
1 teaspoon dried thyme
Salt and pepper, to taste
1 1/2 pounds smoked sausage links, browned and cut into chunks
4 cups white beans, with their liquid
1 cup low-sodium chicken broth
1/2 pound chorizo or dry cured sausage, cut into large chunks



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Method

Heat oil and bacon in a medium pot over medium heat and cook, stirring occasionally, until bacon is just crisp. Add garlic and onions and cook until lightly browned. Stir in paprika, thyme, salt and pepper, then add smoked sausage, beans and broth and simmer gently for 20 to 25 minutes. Add chorizo and cook for 5 minutes more. Season with salt and pepper and serve.

Nutrition

Per serving (about 12oz/343g-wt.): 680 calories (410 from fat), 45g total fat, 15g saturated fat, 90mg cholesterol, 1300mg sodium, 37g total carbohydrate (8g dietary fibre, 1g sugar), 30g protein

One Pot Meal, Sugar Conscious, Dairy Free

Potato and Leek Soup with Brie Croutons

This recipe can easily be doubled for a crowd. Soup can be prepared up to two weeks ahead of time, cooled and frozen, then thawed in refrigerator overnight before reheating while preparing the croutons.

Ingredients

1 pound leeks, white and part of green part, cut into 1-inch pieces
1 large onion, peeled and chopped
4 cups chicken broth
2 pounds Yukon gold potatoes, peeled and cubed
Sea salt and ground pepper to taste
6 to 8 slices sourdough bread
400 g Brie, sliced
1/4 cup chopped dill or parsley for garnish (optional)

Method

Place leeks, onion and broth in a large pot. Bring to a boil. Reduce heat, cover and simmer 25 minutes. Add potatoes and raise heat to return to a boil. Reduce heat, cover and simmer 20 minutes, or until potatoes are tender. Process in a blender until smooth. Season with salt and pepper to taste and return to heat to keep warm.

Preheat oven to 400°F.

Top bread slices with Brie and toast in oven until golden. Top each individual soup serving with a large Brie crouton and sprinkle with chopped herbs.

Nutrition



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Per serving (14 oz/414g-wt.): 480 calories (150 from fat), 17g total fat, 9g saturated fat, 21g protein, 62g total carbohydrate (5g dietary fibre, 4g sugar), 50mg cholesterol, 860mg sodium

Make-ahead

Yoghurt Honey Health Muffins

The addition of yoghurt not only makes these muffins moist, but helps them stay fresh in an airtight container for up to three days and still taste wonderful. If cake flour is not readily available, all-purpose flour can be substituted. The muffins will be slightly denser, but will taste just as good.

Ingredients

1 1/2 cups whole wheat pastry flour
1 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon kosher salt
4 1/2 teaspoons sugar
2 tablespoons rolled oats
1 tablespoon diced dried cranberries
1 tablespoon diced dried apricots
1 tablespoon unsalted sunflower seeds
1 teaspoon grated orange zest
1 tablespoon toasted bran
1/2 cup non fat yoghurt
1/4 cup honey
1 teaspoon vanilla extract
8 tablespoons (1 stick) unsalted butter, melted
2 eggs

Method

Preheat oven to 350°F and grease a mini muffin pan.

In a large mixing bowl, sift together the flour, baking powder, baking soda, salt and sugar. Add the oats, cranberries, apricots, sunflower seeds, orange zest and bran and mix to combine.

In another bowl combine the yoghurt, honey, vanilla, butter and eggs and stir until the ingredients are well blended. Pour the yoghurt mixture into the dry ingredients and stir to mix, just until all ingredients are incorporated. Take care not to over mix.

Fill muffin cups two-thirds of the way with batter. Bake for approximately 20 minutes or until golden and cooked through.



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Nutrition

Per serving: 95 calories (39 from fat), 4g total fat, 3g saturated fat, 31mg cholesterol, 191mg sodium, 12g total carbohydrate (0g dietary fibre, 12g sugar), 2g protein

Family Friendly, Portable/Picnic, Vegetarian

Whole Wheat Apricot Scones with Flax Seeds and Oats

These hearty scones are nutrient-dense and deliciously satisfying. Using a food processor to make the dough means quicker prep time and easy clean-up.

Ingredients

2 cups whole wheat flour
1 cup rolled oats
3 tablespoons flax seeds
1 tablespoon baking powder
1/4 teaspoon salt
5 tablespoons butter, cut into small pieces and well chilled
3/4 cup chopped dried apricots
2/3 cup honey
1/2 cup plus 1 tablespoon low-fat buttermilk, divided
2 eggs
1/2 teaspoon almond extract (optional)
1 to 2 tablespoons turbinado sugar (optional)

Method

Preheat oven to 400°F. Put flour, oats, flax seeds, baking powder and salt into a food processor and pulse until combined. Add butter and pulse again mixture resembles coarse breadcrumbs. Add apricots and repeat process.

In a small bowl, whisk together honey, 1/2 cup of the buttermilk, eggs and almond extract then pour in a constant stream into food processor while pulsing just until mixture is blended. Transfer dough to a well-floured surface and form into a 9-inch circle. Using a floured knife, cut dough into 12 wedges and transfer to a large baking sheet, arranging the scones 1 to 2 inches apart.

Brush scones with remaining 1 tablespoon buttermilk then sprinkle with sugar. Bake until cooked through and golden brown around the edges, about 25 minutes. Serve hot or at room temperature.

Nutrition



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Per serving (1 scone/about 3oz/82g-wt.): 240 calories (70 from fat), 7g total fat, 3.5g saturated fat, 50mg cholesterol, 200mg sodium, 41g total carbohydrate (4g dietary fibre, 21g sugar), 6g protein

Family Friendly, Vegetarian

Gingerbread

Serve with a scoop of raspberry sorbet or a dollop of lemon curd.

Ingredients

1 teaspoon baking powder
1 teaspoon baking soda
1 1/2 cups all-purpose flour
1 1/2 cups whole wheat pastry flour
1 tablespoon ground ginger
1 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground allspice
1/8 teaspoon ground mace
2 eggs, beaten
1/3 cup canola oil
1/4 cup unsweetened applesauce
1 cup brewed coffee, at room temperature
1 cup molasses

Method

Preheat oven to 350°F. Butter or oil a 9x5x3-inch loaf pan.

Sift baking powder and baking soda into a large bowl. Add flours, ginger, cinnamon, cloves, allspice and mace and stir well to combine.

Put eggs, oil, applesauce, coffee and molasses into a medium bowl. Stir to combine.

Pour egg-oil mixture into flour mixture and stir until just combined to form a batter. Pour batter into prepared pan and bake until a toothpick inserted in the centre of the loaf comes out clean, about 1 hour. Cool on a rack for 30 minutes before removing from pan and serving.

Nutrition

Per serving (1 slice/97g-wt.): 260 calories (60 from fat), 7g total fat, 0.5g saturated fat, 35mg cholesterol, 170mg sodium, 45g total carbohydrate (3g dietary fibre, 15g sugar), 4g protein



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Family Friendly, Cooking with Kids, Portable/Picnic, Dairy Free, Vegetarian

Walnut Currant Soda Bread

Serve this dried currant-studded soda bread spread with soft butter or a bit of cream cheese, if you like.

Ingredients

1 1/2 cups all-purpose flour
1 cup whole wheat pastry flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup dried currants
1/2 cup walnut pieces
1 cup non fat yoghurt

Method

Preheat oven to 375°F. Put flours, baking soda, salt, currants and walnuts into a large bowl; set aside. Put yoghurt and 1/3 cup water into a small bowl and stir to combine. Add yoghurt mixture to bowl with flour mixture and stir until a ball of dough forms. Turn dough out onto a lightly floured surface and knead for 1 minute, adding more flour as needed. Transfer dough to an un-greased baking sheet and pat out into a circle. Mark an X on top with the tip of a sharp knife, then bake for 30 to 35 minutes or until done. Set aside to let cool, then slice and serve.

Nutrition

Per serving (1 slice/61g-wt.): 150 calories (35 from fat), 4g total fat, 0g saturated fat, 6g protein, 25g total carbohydrate (2g dietary fibre, 5g sugar), 0mg cholesterol, 260mg sodium

Gifts, Portable/Picnic, Make-ahead, Family Friendly, Vegetarian

Gluten-Free Morning Glory Muffins

Gluten-free flours combine with apples, carrots, zucchini, raisins, and walnuts in these nutritious and satisfying muffins.

Ingredients

2/3 cup canola oil
1/2 cup evaporated cane sugar
1/4 cup natural brown sugar
1 teaspoon gluten-free vanilla extract



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3 eggs
1 cup quinoa flour
1/2 cup potato starch
1/2 cup tapioca starch
2 teaspoons baking soda
2 teaspoons ground cinnamon
2 teaspoons xanthan gum
1/2 teaspoon salt
1 cup grated carrots
1 cup grated courgettes
1/2 cup chopped toasted walnuts
1/2 cup seedless raisins
1/4 cup toasted coconut flakes
1 teaspoon grated orange zest
1 tart red apple, unpeeled, cored, and finely chopped

Method

Preheat oven to 350°F.

Put oil, cane sugar, brown sugar, vanilla and eggs into a large bowl and whisk by hand for about 1 minute to incorporate air into the mixture. Set aside.

Put flour, potato starch, tapioca starch, baking soda, cinnamon, xanthan gum, and salt into a second large bowl and stir well. Add flour mixture, carrots, courgettes, walnuts, raisins, coconut, orange zest, and apples to the reserved sugar mixture and stir well to form a batter. Scoop batter into 12 paper-lined muffin tins and bake until cooked through, about 25 minutes.

Nutrition

Per serving (1 muffin/73g-wt.): 220 calories (100 from fat), 11g total fat, 1.5g saturated fat, 35mg cholesterol, 220mg sodium, 27g total carbohydrate (2g dietary fibre, 13g sugar), 3g protein

Tags: [Dairy Free](#), [Gluten Free](#), [Wheat Free](#), [Vegetarian](#)

Chocolate Chip Cookies (High-Protein, Dairy-Free, Gluten-Free) Recipe



TIME/SERVINGS

Total: 20



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Active: 10

Makes: 24 cookies



By [elanaspantry](#)

These cookies are good and good for you. Gluten-free, naturally sweetened, yum.

To make it even easier for everyone to make these delicious treats I've made a video detailing how to prepare and bake this recipe over at my blog, elanaspantry.com

INGREDIENTS

- 2 1/2 cups blanched almond flour
- 1/2 teaspoon celtic sea salt
- 1/2 teaspoon baking soda
- 1/2 cup grapeseed oil
- 1 tablespoon vanilla extract
- 1/2 cup agave nectar
- 1/2 cup 70% dark cocoa chocolate

INSTRUCTIONS

1. Combine dry ingredients in a large bowl
2. Stir together wet ingredients in a smaller bowl
3. Mix wet ingredients into dry
4. Form 1/2 inch balls and press onto a parchment lined baking sheet
5. Bake at 350 degrees for 7-10 minutes
6. Cool and serve

Simple Dairy-Free & Gluten-Free Pancakes Recipe



TIME/SERVINGS

Total: 15

Active: 10

Makes: 12 flapjacks



By [elanaspantry](#)



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This flapjack recipe was requested by one of my blog readers @ elanaspantry.com—she wanted a dairy-free version of my gluten-free pancake recipe—this updated recipe is also gluten-free.

INGREDIENTS

- 2 eggs
- ¼ cup agave nectar
- 1 tablespoon vanilla extract
- ½ cup water
- 1 ½ cups blanched almond flour
- ½ teaspoon celtic sea salt
- ½ teaspoon baking soda
- grapeseed oil for sautéing

INSTRUCTIONS

1. In a blender, combine eggs, agave, vanilla and water and blend on high until smooth
2. Add almond flour, salt and baking soda and blend again to incorporate dry ingredients into batter
3. Warm grapeseed oil in a large skillet over medium heat
4. Pour pancake batter onto skillet
5. Pancakes will form little bubbles, when bubbles open, flip pancakes over and cook other side
6. Remove from heat to a plate
7. Repeat process with remaining batter, adding more oil to skillet as needed