

COOKING WITH GRAPESEED OIL



Raspberry
Vinaigrette

Grilled
Curried Tofu
with Sweet &
Spicy Tamarind
Chutney

Ginger-
Steamed Fish
with Troy's
Hana-Style
Sauce

Roasted
Stuffed
Pumpkin with
Spiced
Pumpkin Seeds

Michel
Nischan's
Roast Turkey
with Potato
Pan Gravy

Sautéed
Mushrooms
with
Caramelized
Shallots

Pompeian
Chocolate
Chip Cookies

Pompeian
Jalapeño
Peach Shrimp
Skewers

Cooking with Grapeseed Oil



RASPBERRY VINAIGRETTE

ACTIVE: 5 MIN | **TOTAL:** 5 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 1 week.

Mild-tasting grapeseed oil is the ideal foil for fruity raspberry vinegar. This simple dressing offers an especially nice finish for a salad of mixed greens, fresh peaches or berries and chicken. For an exquisite appetizer, drizzle the dressing over melon wedges (or fresh figs) draped with thin slices of prosciutto. (Pictured above, second from left.)

- 2 teaspoons raspberry vinegar
- $\frac{1}{8}$ teaspoon salt
- Freshly ground pepper to taste
- $\frac{1}{3}$ cup grapeseed oil

Whisk vinegar, salt and pepper in a small bowl. Slowly whisk in oil.

MAKES: ABOUT $\frac{1}{2}$ CUP

Per tablespoon: 82 calories; 9 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 0 g carbohydrate; 0 g protein; 0 g fiber; 38 mg sodium; 0 mg potassium.

Cooking with Grapeseed Oil

GRILLED CURRIED TOFU WITH SWEET & SPICY TAMARIND CHUTNEY

✓ Heart Health ✓ Weight Loss

ACTIVE: 30 MIN | TOTAL: 30 MIN

TO MAKE AHEAD: Cover and refrigerate the chutney (Step 2) for up to 1 week.

Firm tofu is well suited for the grill because it does not fall apart. Seasoned with curry powder, the grilled tofu is not only filling, but also refreshing with its complementary sweet, spicy and tangy tamarind chutney served on the side for dipping. You may have extra chutney left over; serve it with grilled chicken or pork.

- 1 cup tamarind concentrate (see Note)
- 10 small dates (about 2½ ounces), pitted and coarsely chopped
- 2 tablespoons agave syrup (see Note)
- 1 teaspoon finely grated fresh ginger
- ½ teaspoon ground cumin
- ½ teaspoon salt, divided
- Pinch-¼ teaspoon cayenne pepper (optional)
- 2 14-ounce containers water-packed firm or extra-firm tofu, drained
- 1 tablespoon grapeseed oil
- 1 teaspoon curry powder
- ¼ teaspoon freshly ground pepper

1. Preheat grill to high.
2. Blend tamarind concentrate, dates, agave syrup, ginger, cumin, ¼ teaspoon salt and cayenne (if using) in a blender until smooth.
3. Cut each block of tofu crosswise into eight ½-inch-thick slices. Lightly brush each slice with oil and season on both sides with a light sprinkle of curry powder, the remaining ¼ teaspoon salt and pepper.
4. Oil the grill rack (see Tip). Grill the tofu slices until golden and heated through, 2 to 3 minutes on each side. Serve hot with the tamarind chutney for dipping.

SERVES 8: 2 SLICES TOFU & 2-3 TABLESPOONS CHUTNEY EACH



TIP

How to oil a grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Per serving: 211 calories; 6 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 33 g carbohydrate; 9 g protein; 3 g fiber; 156 mg sodium; 210 mg potassium.

Nutrition bonus: Calcium (20% daily value).

Carbohydrate servings: 2

Exchanges: 2 fruit, 1 medium-fat meat

Notes:

Tamarind

Tamarind is a tropical tree that produces a sour-sweet fruit in a brown pod, with edible pulp. It's used in Asian and Indian curries, beverages and desserts. Purchase either tamarind concentrate or pulp. We found Thai brands of concentrate and pulp to work best in this recipe; Indian brands were too thick, dense and strong in flavor. To make your own "concentrate" combine ¼ cup tamarind pulp and 1 cup hot water in a

medium bowl. Let stand for 20 minutes. Break up the paste and mix it with the water with a fork. Pass the mixture through a fine sieve set over a bowl, pressing against the sieve to collect as much of the pulp as possible. Discard solids.

Agave Syrup

Agave syrup or nectar is the naturally sweet juice extracted from the agave plant. It has a lower glycemic index and is lower in calories than table sugar, but is even sweeter. Use it in moderation when substituting for table sugar. Look for it near other sweeteners in health food stores.

Cooking with Grapeseed Oil

GINGER-STEAMED FISH WITH TROY'S HANA-STYLE SAUCE

✓ Heart Health ✓ Lower Carbs

✓ Gluten Free

ACTIVE: 20 MIN | **TOTAL:** 20 MIN

This shoyu-based sauce with fresh ginger, garlic and sesame is a classic at the Hotel Hana-Maui Hawaii. Aloha Shoyu is the preferred brand at the hotel. (We use reduced-sodium soy sauce to keep the sodium in check.) Chef David Patterson prepares the dish with onaga, a red snapper only found in the Hawaiian waters; it's tender, sweet and mild in flavor. We found that halibut and other white fish were also delicious. Serve with steamed brown rice.

Fish

- 6 5-ounce portions striped bass, halibut or any flaky white fish
- 6 ¼-inch-thick slices peeled fresh ginger

Sauce

- ¼ cup minced peeled fresh ginger
- ¼ cup chopped garlic
- ¼ cup sesame seeds
- 2 tablespoon grapeseed oil
- 2 tablespoon toasted sesame oil
- ¼ cup reduced-sodium soy sauce
- 2-3 scallions, thinly sliced, for garnish

1. To prepare fish: Bring 1 to 2 inches of water to a boil in a pot large enough to hold a two-tier bamboo steamer. (If you don't have a steamer, improvise by setting mugs upside down in a large pot and resting a large heatproof plate on top.) Put a heatproof plate in each of the steamer baskets. Place 3 portions of fish on each plate with a slice of fresh ginger on top. Stack the baskets, cover and set over the boiling water. Steam the fish for 7 minutes per inch of thickness.

2. To prepare sauce: Meanwhile, combine minced ginger, garlic and sesame seeds in a small bowl. Heat grapeseed oil in a medium skillet over medium-high heat. Add the ginger mixture and cook, stirring, until fragrant, 1 minute. Add sesame oil; allow the mixture to get hot. Add soy sauce (be careful, it will splatter a bit) and cook for 1 minute more.

3. Transfer the fish to a deep platter. Discard the ginger slices. Pour the sauce over the fish and garnish with scallions.



SERVES 6

Per serving: 270 calories; 14 g fat (1 g sat, 6 g mono); 69 mg cholesterol; 6 g carbohydrate; 0g added sugars, 29 g protein; 1 g fiber; 466 mg sodium; 698 mg potassium.

Nutrition bonus: Potassium (20% dv), omega-3s.

Carbohydrate servings: ½

Exchanges: 4½ lean meat, 1 fat

Cooking with Grapeseed Oil

ROASTED STUFFED PUMPKIN WITH SPICED PUMPKIN SEEDS

✓ Heart Health ✓ High Fiber ✓ Weight Loss

ACTIVE: 50 MIN | TOTAL: 3 HRS

This roast pumpkin with a mushroom-and-bread stuffing is a beautiful vegetarian entree for the holidays. Use a small pumpkin if you can find one, but a winter squash like kabocha or buttercup also works. For a special garnish, save the seeds from the pumpkin, toss them with spices and roast them. If you use a squash, opt for store-bought pepitas; the squash seeds are too woody to eat.

Stuffed Pumpkin

- 1 4 to 5-pound pumpkin or round winter squash
- $\frac{3}{4}$ teaspoon kosher salt, divided
- 6 cups whole-wheat bread, torn into $\frac{1}{2}$ -inch pieces
- 1 tablespoon grapeseed oil
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 pound cremini mushrooms, sliced
- 2 cloves garlic, very finely chopped
- 2 teaspoons chopped fresh thyme or $\frac{3}{4}$ teaspoon dried
- 1 teaspoon chopped fresh sage or $\frac{1}{2}$ teaspoon dried
- Pinch of cayenne pepper (optional)
- 3 large eggs, lightly beaten
- $\frac{1}{2}$ cup low-fat milk
- $\frac{1}{2}$ cup freshly grated Parmigiano-Reggiano cheese

Spiced Pumpkin Seed Garnish

- 1 cup raw pumpkin seeds or pepitas
- 1 teaspoon grapeseed oil
- 1 fennel seed
- $\frac{1}{4}$ teaspoon crushed red pepper
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon freshly ground pepper

1. To prepare stuffed pumpkin: Place rack in center of oven; preheat to 350°F. Line a rimmed baking sheet with parchment paper.
2. Using a sharp knife and working at a slight angle, cut a 5- to 6-inch diameter cap off the top of the pumpkin (or squash)—just like a jack-o'-lantern. (If necessary, cut a small slice off the bottom so it rests flat.) Using a metal spoon, remove the seeds and strings from the cap and the inside. (If preparing Spiced Pumpkin Seed garnish,



reserve the seeds.) Season the inside with $\frac{1}{2}$ teaspoon each salt and pepper. Place the pumpkin (or squash) on the prepared baking sheet.

3. Place bread in a bowl. Heat 1 tablespoon oil in a large skillet over medium heat. Add onion and celery. Cook, stirring, until just beginning to brown, 3 to 5 minutes. Reduce the heat to medium-low, add mushrooms and season with $\frac{1}{4}$ teaspoon each salt and pepper. Cook, stirring occasionally, until the mushrooms are tender, 6 to 8 minutes. Add garlic and cook until fragrant, about 45 seconds. Transfer the vegetables to the bowl with the bread. Stir in thyme, sage, cayenne (if using) and the remaining $\frac{1}{4}$ teaspoon pepper. Add eggs, milk and cheese and stir to combine. Fill the pumpkin (or squash) with the mixture, pushing it down if necessary so it fits inside. (If you have extra stuffing, place it in a small baking dish, cover with foil and bake during the last hour that the pumpkin roasts.) Replace the cap on top.
4. Bake for 1½ hours.

5. Meanwhile, if preparing Spiced Pumpkin Seed Garnish: Line a rimmed baking sheet with a nonstick baking mat or parchment paper. Rinse the reserved pumpkins seeds to remove any flesh or strings. Dry them on a clean dish towel. Toss in a small bowl with 1 teaspoon oil, fennel seed, crushed

red pepper and $\frac{1}{8}$ teaspoon each salt and pepper. Spread out on the prepared baking sheet. Roast at 350°F until golden brown, about 20 minutes.

6. After the pumpkin has baked for 1½ hours, remove the cap and use a spoon to fluff up the stuffing so it comes up higher than the top of the pumpkin (or squash). Return to the oven (without the cap) and continue baking until it is tender enough to be pierced easily with the tip of a knife (check in several spots to be sure it's done) and an instant-read thermometer inserted in the center of the stuffing registers at least 160°F, 30 to 45 minutes more. Let rest for 10 minutes. Carefully transfer to a warmed serving plate. Garnish with Spiced Pumpkin Seeds, if desired.

SERVES 6

Per serving: 360 calories; 12 g fat (3 g sat, 5 g mono); 100 mg cholesterol; 49 g carbohydrate; 3 g added sugars; 19 g protein; 8 g fiber; 584 mg sodium; 1,480 mg potassium.

Nutrition bonus: Vitamin A (342% daily value), Potassium (43% dv), Vitamin C (39% dv), Magnesium & Zinc (29% dv), Folate (26% dv), Calcium & Iron (25% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1 vegetable, 2 fat

Cooking with Grapeseed Oil

MICHEL NISCHAN'S ROAST TURKEY WITH POTATO PAN GRAVY

✓ Heart Health ✓ Weight Loss

ACTIVE: 45 MIN | **TOTAL:** 2½ HRS PLUS
BRINING TIME

Plan ahead to make this succulent turkey recipe—brining the turkey for 12 to 18 hours before roasting makes the meat super-juicy and flavorful. The gravy, made silky-smooth in a blender (no lumps!), is thickened with potatoes instead of cornstarch or flour.

Brine & Turkey

- 4 quarts vegetable broth
- 1 cup kosher salt
- ⅔ cup agave nectar
- 2 medium onions, peeled and quartered
- 1 small handful fresh thyme sprigs (about ½ ounce)
- 2 large sprigs fresh sage
- 1 tablespoon whole black peppercorns
- 1 gallon ice-cold water
- 1 14-pound natural or organic turkey, neck, gizzards and excess fat removed
- 1 tablespoon grapeseed oil
- 1 teaspoon sea salt

Gravy

- 2 medium Yukon Gold potatoes (about 12 ounces), peeled and cut into chunks
- 3 cups reduced-sodium chicken broth or turkey stock
- Freshly ground pepper to taste

1. To brine turkey: Combine vegetable broth, kosher salt, agave nectar, onions, thyme, sage and peppercorns in a large pot. Bring to a boil, then reduce heat and simmer for 15 minutes. Let cool to room temperature. Transfer to a 16-quart pot, clean 5-gallon bucket or a brining bag. Add ice water. Submerge the turkey in the brine, breast-side down. Weight the turkey with a plate, if necessary, so it stays submerged. Refrigerate for 12 to 18 hours.

2. To roast turkey: Remove all the oven racks except one, set in the lowest position; preheat oven to 475°F.

3. Remove the turkey from the brine and rinse well with cold water. Thoroughly dry with a clean kitchen towel or paper towels.



(Discard the brine.) Rub the turkey all over with oil and sprinkle with sea salt. Place on a roasting rack, breast-side up, in a roasting pan. Tuck the wing tips under the turkey and tie the legs together with kitchen string.

4. Roast the turkey for 30 minutes, rotating the pan back to front halfway through. Remove from the oven and cover the whole turkey with a double layer of foil. Add 2 cups hot water to the roasting pan. Continue roasting, rotating the pan again halfway through, until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 1 to 1½ hours more. Peek under the foil 15 to 30 minutes before you think the turkey will be done; if it's not browning nicely, remove the foil for the remainder of the roasting time.

5. Carefully transfer the turkey to a large, clean cutting board; let it rest, loosely covered with foil, for at least 20 minutes before removing the string and carving.

6. To prepare gravy: While the turkey is roasting, place potatoes in a large saucepan and add water to cover. Bring to a boil.

Reduce heat to medium, cover, and cook until the potatoes are very tender, 10 to 15 minutes. Drain.

7. While the turkey is resting, skim any visible fat from the pan drippings. Place the roasting pan over medium heat. Add broth (or stock) and bring to a simmer, scraping up any browned bits. Transfer to a blender, add the potatoes and blend on high speed for 2 minutes. If the gravy is too thick, add a little broth (or stock or water) to thin to the desired consistency. Return the gravy to the pan and simmer over low heat until hot, about 2 minutes. Season with pepper.

8. Carve the turkey and serve with the gravy.

SERVES 8: 3 OZ. MEAT & ¼ CUP GRAVY, PLUS LEFTOVERS

Per serving: 178 calories; 5 g fat (1 g sat, 1 g mono); 67 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 27 g protein; 0 g fiber; 586 mg sodium; 365 mg potassium.

Nutrition bonus: Zinc (20% daily value).

Carbohydrate servings: ½

Exchanges: ½ starch, 3 lean meat

Cooking with Grapeseed Oil

SAUTÉED MUSHROOMS WITH CARAMELIZED SHALLOTS

✓ Heart Health ✓ Weight Loss

ACTIVE: 30 MIN | **TOTAL:** 30 MIN

TO MAKE AHEAD: Clean, trim and halve the mushrooms and refrigerate for up to 1 day.

This recipe for sautéed mushrooms with caramelized shallots is one of those dishes that will haunt you. You might want to add a splash of excellent vinegar or some freshly grated lemon zest, but neither is necessary. Though a side of mushrooms may not be traditional, you'll be amazed at how well they go with everything on the menu.

- 1 tablespoon grapeseed oil
- 1 cup cubed (1/4-inch) thick-cut bacon
- 1 cup thinly sliced shallots
- 8 cups trimmed and halved mixed mushrooms, such as chanterelle, oyster, black trumpet and/or cremini (1 1/4-1 1/2 pounds)
- 2 tablespoons water
- 2 tablespoons thinly sliced fresh sage
- 1 teaspoon lemon pepper
- 1 tablespoon unsalted butter, at room temperature
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper

1. Heat oil in a heavy skillet over medium heat. Add bacon. Cook, stirring occasionally, until beginning to brown, 3 to 5 minutes. Add shallots and cook, stirring occasionally, until softened and browned, 3 to 4 minutes.

2. With a slotted spoon, transfer the bacon and shallots to a plate lined with a paper towel to drain.

3. Remove about half the fat from the pan. Return the pan to medium heat, add mushrooms, cover and cook, stirring once, until the mushrooms release their liquid, 3 to 4 minutes. Uncover and cook until the liquid evaporates, about 1 minute. Add water and scrape up any browned bits.

4. Return the bacon and shallots to the pan and cook for about 1 minute. Stir in sage, butter, salt and pepper. Serve warm.



SERVES 8: ABOUT 1/2 CUP EACH

Per serving: 91 calories; 5 g fat (2 g sat, 2 g mono); 9 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 5 g protein; 1 g fiber; 153 mg sodium; 466 mg potassium.

Cooking with Grapeseed Oil

POMPEIAN CHOCOLATE CHIP COOKIES

In Mason Jar:

- 2¼ cups all-purpose flour
- 1 cup packed light brown sugar
- ½ cup granulated sugar
- ¼ cup rolled oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup bittersweet chocolate chips

Additional Ingredients

- ¾ cup Pompeian Grapeseed Oil
- 2 large eggs
- 1 teaspoon vanilla extract
- Pompeian Grapeseed Oil Spray

1. Preheat oven to 375°F.
2. In large bowl, blend Pompeian Grapeseed Oil, eggs and vanilla. Beat until mixture is combined.
3. Add contents of mason jar; stir until mixture is thoroughly combined.
4. Spray cookie sheet with Grapeseed Oil Spray and sprinkle with flour.
5. Drop 1 tablespoon mixture onto cookie sheet, about 2 inches apart. Bake 10-11 minutes or until golden brown around edges. Repeat with remaining batter.

MAKES: 4 DOZEN



Recipe From



Cooking with Grapeseed Oil

POMPEIAN JALAPEÑO PEACH SHRIMP SKEWERS

- 12 oz (about 20) raw large shrimp,
peeled, tails removed, deveined
- ½ teaspoon onion powder
- 1 teaspoon brown sugar
- 2 teaspoons chopped seeded
jalapeño pepper
- 2 cups canned peach slices packed
in juice, drained and blotted dry
- ⅛ teaspoon salt
- ½ tablespoon garlic powder
- 1 teaspoon Pompeian White Wine
Vinegar
- 2 tablespoon Pompeian Grapeseed Oil

1. If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need four.)
2. To make the sauce, place ½ cup drained peach slices in a small food processor or blender. Add all ingredients except shrimp and remaining peach slices. Puree until smooth. Transfer half of the sauce to a small bowl, and refrigerate until ready to serve (for dipping).
3. Bring grill to medium-high heat.
4. Evenly thread shrimp and remaining peach slices onto 4 skewers. Brush both sides with some of the remaining sauce. Grill until shrimp are cooked through, 1 - 2 minutes per side, brushing with remaining sauce as they cook.
5. Serve with the refrigerated sauce for dipping.

MAKES: 4 SERVINGS



Recipe From



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A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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