

Beet Salad with Pine Nuts and Goat Cheese

- 1 cup mixed greens
- 2 small golden or red beets, cooked and peeled
- 2 tablespoons roasted pine nuts
- 1 ounce goat cheese
- 2 leaves Belgian endive, radicchio or red leaf lettuce
- 2 orange slices, peeled and seeded
- 1 fresh fig, sliced in half, optional
- 2 tablespoons Basil Dressing

Arrange greens on plate. On one side place the beets. On the other arrange the endive leaves, orange slices and fig. Top with the goat cheese and sprinkle with the pine nuts.

Servings per recipe: 1 salad

Calories per serving: 140

Carbohydrate: 11.7 g ~ Protein: 8.1 g ~ Fat: 7.6 g ~ Fiber: 3 g

Cholesterol: 13 mg ~ Sodium: 319 mg ~ Potassium: 502 mg

% Calories from Carbohydrate: 32% ~ Protein: 22% ~ Fat: 46%

Created by Jesus Gonzalez of the Culinary Team at Rancho La Puerta Fitness Resort and Spa

Quinoa Tabbouleh

1/4 cup raw quinoa
1 cup water
1/2 cup peeled cucumber, small dice
1/2 cup tomato, seeded and diced
1/2 cup chopped parsley
1/4 cup chopped mint
1 lime, juiced
2 tablespoons extra virgin olive oil
sea salt and fresh ground black pepper
4 leaves of red lettuce
4 cups mixed lettuce
Lemon Oil Dressing, as needed for the greens

Bring water to a boil. Sprinkle in the quinoa. Bring back to a boil. Turn down to simmer. Cover and continue cooking until the water is absorbed and the grain tender; about 35 – 30 minutes. Remove from heat and allow to cool.

In a medium bowl, combine the diced cucumber, tomato, parsley, mint lime juice and olive oil. Mix well. Stir in the cooled quinoa. Season with the sea salt and pepper to taste. Arrange lettuce leaves on plates. Top with ½ cup of greens. Top with a scoop of the Tabbouleh.

Servings per recipe: 6 ~ 4.5 ounce servings

Calories per serving: 85

Carbohydrate: 8 g ~ Protein: 2.2 g ~ Fat: 5.3 g ~ Fiber: 2 g

Cholesterol: 0 mg ~ Sodium: 221 mg ~ Potassium: 286 mg

% Calories from Carbohydrate: 36% ~ Protein: 10% ~ Fat: 54%

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Grilled Eggplant, Tomato Salad with Hummus & Feta Cheese

2 medium eggplants
1 teaspoon minced garlic
1 teaspoon oregano
1 teaspoon basil
1 teaspoon olive oil
1/4 cup balsamic vinegar

8 Roma tomatoes
4 ounces feta cheese
4 ounces mixed lettuce

1/2 cup chickpeas
3 cups water
1 small white onion
3 whole cloves garlic
1/8 teaspoon sea salt

2 tablespoons lime juice
1 tablespoons organic sesame tahini
1 tablespoon cumin
1 pinch cayenne pepper
1/8 black pepper
2 tablespoons extra virgin olive oil

Servings per recipe: 6 ~ 12.5 ounce portions
Calories per serving: 193 (w/3 tablespoons hummus)
Carbohydrate: 23 g ~ Protein: 7.7 g ~ Fat: 9 g ~ Fiber: 9 g
Cholesterol: 17 mg ~ Sodium: 254 mg ~ Potassium: 777 mg
% Calories from Carbohydrate: 45% ~ Protein: 15% ~ Fat: 40%

Jesus Gonzalez

*Created by the Culinary Team at Rancho La Puerta Fitness Resort and Spa
011 52 665 654 9155 ~ Po Box 69 Tecate, CA 91980 ~ www.rancholapuerta.com*

Savory Crepes with Grilled Asparagus, Tomatoes and Goat Cheese

1/4 cup whole wheat pastry flour
1/4 cup unbleached flour
3/4 cup 1% low-fat milk
1 large egg
1/4 teaspoon sea salt (optional)
1 tablespoon butter, melted
1/2 teaspoon dried dill
1/4 teaspoon nutmeg

Filling:

8 ounces 1/3 low fat cream cheese
1/2 cup goat cheese (2.6 ounces)
2 tablespoons capers
1/4 cup scallions
pinch of cayenne pepper
1 lime, juiced
16 asparagus spears, trimmed and grilled
2 medium ripe tomatoes, seeded and chopped or julienne cut
8 ounces raw spinach leaves

In a blender cup, place milk, flours, salt, butter, dill and nutmeg. Blend until smooth. Consistency should be like half and half. Cover and chill for 1/2 hour.

Prepare a 6-inch crepe pan or sauté pan with non-stick cooking spray, thoroughly coating bottom and sides. Heat pan. Pour batter thinly into the pan to coat evenly. Cook crepe to golden brown on both sides, approximately 30 seconds on the first side, 15 seconds on the flip side. When done, turn onto place. Repeat process; lightly spraying pan with non-stick spray each time.

In a separate small bowl, mix the cream cheese with the goat cheese until smooth. Add the capers, scallions, cayenne and lime juice.

To assemble, spread about 2 tablespoon of cheese mix in center of crepe. Arrange 2 asparagus spears, several slices of the tomato and 1 ounce of spinach leaves at one end of the crepe. Roll up crepe. Place seam side down on a plate. Serve with a spoonful of Cilantro Chutney.

Servings per recipe: 8 ~ 5 ounce crepes

Calories per serving: 156

Carbohydrate: 12.7 g ~ Protein: 11.8 g ~ Fat: 7.3 g ~ Fiber: 1.7 g

Cholesterol: 46 mg ~ Sodium: 599 mg ~ Potassium: 358 mg

% Calories from Carbohydrate: 31% ~ Protein: 28% ~ Fat: 41 %

Created by Chef Jesus Gonzalez of the Culinary Team at Rancho La Puerta Fitness Resort & Spa

Sun Dried Tomato Polenta on Wilted Greens with Marinara Sauce and Goat Cheese

Polenta

- 1/2 cup yellow cornmeal
- 1 1/2 cup vegetable broth or water
- 1/4 cup feta or goat cheese

Marinara Sauce

- 1 pound fresh or canned tomatoes, chopped
- 2 - 4 large cloves garlic, minced
- 1 shallot, minced
- 1/4 cup chopped fennel bulb or celery
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh basil, chopped
- 1 tablespoon oregano, chopped
- Sea salt and fresh ground pepper to taste

Topping

- 1 tsp extra virgin olive oil
- 1 garlic clove, minced
- 1/4 cup fresh mixed herbs (basil, oregano, thyme)
- fresh ground black pepper
- 1/4 cup oyster mushrooms
- 2 tablespoons chopped sun dried tomatoes

Bed of Greens

- 1 lb. greens (kale, spinach, chard)
- 1/2 teaspoon olive oil
- 1 clove garlic, minced

Bring stock to a boil. Sprinkle in corn meal. Cook, stirring constantly until mixture come to a boil and thickens. Reduce heat to low and cover. Continue cooking for 10 minutes more, stirring occasionally. Mixture should be very thick. Stir until smooth.

Use 1 1/2 teaspoons olive oil to coat a 8 x 8-inch square baking dish. Mix feta or goat cheese into the polenta until combined. Press polenta evenly into baking dish. Refrigerate for 1 hour to set.

For the sauce; sauté the onion and garlic in the olive oil until tender and translucent. Add in the tomatoes herbs and spices, cover and cook for 15 - 20 minutes. Puree in a blender or processor until smooth.

Preheat oven to 350 degrees. Cut polenta into 6 sections. Place in preheated oven for 10 - 15 minutes to warm.

Mushroom Spa Quiche with Goat Cheese Onion, Basil and Yogurt Dill Sauce

Crust

3 ounces unsalted butter, softened
6 ounces whole wheat pastry flour
1 teaspoon Italian herbs
pinch of sea salt and fresh ground black pepper
2 tablespoons ice water

Filling

1 teaspoon extra virgin olive oil
6 ounces oyster mushrooms
1 medium small red onion, diced
8 egg whites
4 whole eggs
2 teaspoon oregano
1/2 cup fresh chopped basil
1/2 teaspoon nutmeg
sea salt and black pepper to taste
Yogurt Dill Sauce (see recipe below)

Preheat oven to 375 degrees.

In a food processor, combine butter, flour, herbs, salt and pepper. Mix until crumbly. Add 2 tablespoons ice water. Process again until incorporated. Turn out onto a floured board. Roll out into a round to fit an 8 or 9 inch pie plate. Carefully lay dough in plate. Press up the sides. Trim the edges. Pre-bake for 20 minutes. Remove from oven. Let crust cool for 5 minutes.

In a sauté pan, sauté onion in olive oil for 3 – 4 minutes. Add the mushrooms, spices and herbs and continue to cook for several minutes more. Spoon into pre-baked crust and set aside.

In a large bowl, beat egg whites and whole eggs until frothy. Pour egg mix over vegetable layer.

Bake for 25 -30 minutes or until egg is set and toothpick or skewer comes out clean.

Servings per recipe: 8 ~ 4 ounce servings

Calories per serving: 221

Carbohydrate: 22 g ~ Protein: 8 g ~ Fat: 11.2 g ~ Fiber: 1.5 g

Cholesterol: 83 mg ~ Sodium: 228 mg ~ Potassium: 239 mg

% Calories from Carbohydrate: 40% ~ Protein: 15% ~ Fat: 46%

Eggplant Parmesan

1 large eggplants, sliced into 1/2 inch slices
1 egg white, beaten
1/2 cup dried whole wheat bread crumbs (about 2 slices, toasted in a slow oven and ground)
1 tablespoons fresh marjoram or oregano or 1 teaspoon dried
1 tablespoons fresh thyme or 1 teaspoon dried
1 tablespoon fresh basil or 1 teaspoon dried basil
1/4 cup freshly grated parmesan cheese
Sea salt and pepper to taste

Sauce:

1 pound fresh or canned tomatoes, chopped
2 - 4 large cloves garlic, minced
1 shallot, minced
1 tablespoon extra virgin olive oil
1 tablespoon fresh basil, chopped
1 tablespoon oregano, chopped
Sea salt and pepper to taste.

Filling:

1/2 cup Ricotta Cheese
1/4 cup crumbled feta cheese
1 tablespoons fresh marjoram or oregano or 1 teaspoons dried
1 tablespoons fresh thyme or 1 teaspoons dried
1 tablespoon fresh basil or 1 teaspoon dried basil
fresh ground black pepper, to taste

Topping:

4 large tomato slices
1/4 cup low fat grated mozzarella cheese

Preheat oven to 375 degrees.

Dip the eggplant slices with in the egg white. Mix the bread crumbs, herbs, salt and pepper. Dip the eggplant in the mixture, coating all sides. Place rounds on a lightly oiled bake sheet. Bake until lightly browned and tender; about 1/2 hour.

For the sauce; sauté the onion and garlic in the olive oil until tender and translucent. Add in the tomatoes, cover and cook for 15 -20 minutes. Puree in a blender or processor until smooth..

In a small bowl, mix the ricotta, feta, and herbs. Spread several tablespoons of the ricotta mix on top of each eggplant slice. Top with a slice of tomato. Sprinkle with some of the

mozzarella and Parmesan cheeses. Serve immediately with your favorite crusty whole grain bread and a large tossed salad.

Servings per recipe: Serves 4

Calories per serving:

Carbohydrate: ~ Protein: ~ Fat: ~ Fiber:

Cholesterol: ~ Sodium: ~ Potassium:

% Calories from Carbohydrate: ~ Protein: ~ Fat:

Jesus Gonzalez

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011 52 665 654 9155 ~ Po Box 69 Tecate, CA 91980 ~ www.rancholapuerta.com

Chocolate Spa Mousse

1 1/2 cup cooked sweet potato
1/2 cup fat free ricotta
2 tablespoons Kahlua
3 ounces Silken Tofu
1 tablespoon ground cinnamon
1/4 cup syrup of agave or maple syrup
2.5 ounces dark semi-sweet chocolate
2 tablespoons nonfat milk
2 oranges for grated zest

Melt chocolate with the milk in a double boiler or bain marie.

Place sweet potato, ricotta, Kahlua, Silken Tofu, cinnamon and syrup in a processor or blender cup. Process until smooth.

Add in the melted chocolate and the grated zest. Process again until just incorporated, about 20 seconds.

Servings per recipe: 12 ~ 2.8 ounce servings

Calories per serving: 112

Carbohydrate: 19 g ~ Protein: 2.3 g ~ Fat: 2.6 g ~ Fiber: 1.5 g

Cholesterol: 1.7 mg ~ Sodium: 25 mg ~ Potassium: 158 mg

% Calories from Carbohydrate: 70% ~ Protein: 9% ~ Fat: 21%

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Chocolate Cake

1 1/2 C whole-wheat pastry flour
1C unbleached flour
2 teaspoons baking soda
4 teaspoons baking powder
1 teaspoon salt
2 teaspoons ground cinnamon
1C unsweetened cocoa powder
1 C espresso coffee
1 1/2 C fructose
1 C brown sugar
8 large egg whites, warmed to room temperature
4 medium bananas
2 teaspoons pure vanilla extract
4 large whole eggs
2 C semisweet chocolate chips
Spa Whipped Ricotta Cream (see recipe below)

Preheat oven to 350 degrees.

Sift dry ingredients together into a large mixing bowl. Stir in the sugar and fructose.

In a small bowl, beat egg whites until stiff.

Combine the bananas, coffee, vanilla, and whole eggs in a blender or processor cup. Process until frothy.

Stir banana mixture into dry ingredients, mixing well. Stir in the chocolate chips. Carefully fold in the egg whites.

Pour batter into a large baking 9 1/2 inch by 13 inch baking pan prepared with cooking spray. Bake for 25 – 30 minutes or until skewer or toothpick comes out clean.

Remove from oven and cook on a rack. Cut in 30 pieces. Serve with a dollop of Whipped Ricotta Cream. Garnish plate with an edible flower or fresh seasonal fruit.

Makes about 30 ~ 2.5 ounce servings

Calories per serving: 153

Carbohydrate: 28g ~ Protein: 4.3 g ~ Fat: 4.5 g ~ Fiber: 2.7 g

Cholesterol: 28.5 mg ~ Sodium: 236 mg ~ Potassium: 217 mg

% Calories from Carbohydrates: 65% ~ Protein: 10% ~ Fat: 24%

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Fruited Parfait with Sweet Potato Cream

1/2 cup cooked sweet potato
3 ounces low fat cream cheese
1 tablespoon Grand Marnier liqueur
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
2 tablespoons brown sugar or fructose
6 ounces silken tofu
6 tablespoons Cranberry Coulis (see recipe below)
2 cups mixed berries or a mix of mango, pineapple and melon

Place sweet potato, cream cheese liqueur, cinnamon, vanilla, sugar and tofu in a blender or processor cup. Process ingredients until smooth and creamy.

Divide fruit equally into 6 dessert cups or martini glasses. Drizzle on about a tablespoon of the Cranberry Coulis. Top with a generous dollop of the Sweet Potato Cream. Chill for at least 30 minutes.

Servings per recipe: 6 ~ 5 ounce portions

Calories per serving: 136

Carbohydrate: 23 g ~ Protein: 4.2 g ~ Fat: 2.9 g ~ Fiber: 2.2 g

Cholesterol: 7.9 mg ~ Sodium: 81 mg ~ Potassium: 193 mg

% Calories from Carbohydrate: 69% ~ Protein: 12% ~ Fat: 18%

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