



The San Diego

\$1.85
PLUS TAX

Union-Tribune

sandiegouniontribune.com

WEDNESDAY • JUNE 26, 2019



TOM MCCORKLE FOR THE WASHINGTON POST

NATURAL GOODNESS BAKED INTO MUFFINS

BY ELLIE KRIEGER

“If you want something done right, you have to do it yourself” is an adage that certainly applies to a more healthful muffin. Whenever I’ve purchased one — as I have a multitude of times — all hopes of deliciousness were shot after that first rubbery, sawdusty bite. So, I took matters into my own hands, and the result is as close to muffin heaven as I can imagine.

A bite into one reveals a cinnamon-scented, moist, tender crumb that boasts the scrumptiousness of cake rather than a baked good that screams “healthy.” That quality is owed, in part, to the soft, fine texture of the whole wheat pastry flour, though a mix of all-purpose flour and regular whole wheat flour will give you a similar result.

These muffins also deliver a full “morning glory” flavor experience, with a compelling texture from shredded carrot, coconut and apple, plus sweet, plump raisins, a hint of pineapple and a crunch of walnuts. All that, and they are so much better for you — chock full of produce,

Morning Glory Muffins

Makes 12 servings

1/2 cup canola oil or another neutrally flavored oil, plus more for the pan
1/3 cup raisins
3/4 cup walnut pieces
1/2 cup unsweetened shredded coconut

1 3/4 cups whole-wheat pastry flour (may substitute 1 cup regular whole-wheat flour plus 3/4 cup all-purpose flour)
1 1/2 teaspoons ground cinnamon
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon kosher salt
1/4 teaspoon ground ginger

A generous 3/4 cup light brown sugar
2 large eggs
One 8 ounces can crushed pineapple with juice (1 cup)
2 medium carrots, peeled and shredded (1 cup)
1/2 cup peeled, shredded green/tart apple
1 teaspoon vanilla extract

Preheat the oven to 350 degrees. Brush the wells of a regular muffin pan with oil.

Place the raisins in a small bowl and pour hot water over them to cover. Allow the raisins to soak as you prepare the remaining ingredients.

Arrange the walnuts and coconut on a baking sheet in a single layer; toast them for about 4 minutes, until they are fragrant and lightly browned. Let cool.

Whisk together the flour, cinnamon, baking powder, baking soda, salt and ginger in a medium bowl. In a separate mixing bowl, whisk together the 1/2 cup of oil, the brown sugar and eggs until creamy and well combined, then whisk in the pineapple and its juice.

made with whole grain instead of refined, oil instead of butter, and a modest amount of added sugar. It’s the kind of recipe that

reminds you of the rewards of home cooking, and because these muffins freeze well, you can bake them once and enjoy the payoff

for months to come.

Krieger is a nutritionist and a food columnist for The Washington Post.

RECIPE OF THE WEEK

MASON JAR TOTES THESE SALAD-TO-GO FIXINGS

BY CHRIS ROSS

At Rancho la Puerta, a wellness resort and spa in Tecate, Mexico, executive chef Denise Roa has a 6-acre organic farm at her disposal. She says her farm-to-table meals are often inspired by morning walks through the gardens.

Roa also teaches classes at the spa using the fresh produce grown there. The chef created this salad-in-a-

jar for a class that’s intended to help guests plan healthy, “on-the-go” meals at home. You can pack these salads for lunch at work, or “they are great for summertime outings, especially if you like to hike or picnic,” says Roa.

Learn more about Rancho la Puerta on the resort’s website, rancholapuerta.com.

chris.ross@sduniontribune.com
 (619) 293-1295



RANCHO LA PUERTA

High-Protein Salad With Cilantro, Jalapeño and Yogurt Dressing

You’ll have extra dressing, which chef Denise Roa says can also be used as a marinade.

Makes 1 salad

FOR THE SALAD

Handful of chickpeas
Handful of small broccoli crowns
1/4 cup cooked quinoa
1 hard-boiled egg, cut in half
1/2 cup raw, fresh corn
Handful of pumpkin seeds
Handful of Parmesan cheese
Handful of spinach

FOR THE DRESSING

1 jalapeño, roughly chopped (and seeded if you don’t like hot foods)
1/2 cup cilantro or chives
Juice and zest of 2 limes
2 cloves garlic
1 shallot
2 cups yogurt

To make the salad: In a 32-ounce Mason jar, toss in chickpeas to make a nice layer about an inch deep, then a thick layer of broccoli two to three small crowns deep, approximately 1/4 cup of cooked quinoa, the two hard-boiled egg halves, the corn, pumpkin seeds, shredded Parmesan and spinach. You can experiment with how much of each ingredient to use, to suit your taste.

To make the dressing: Place all ingredients in a blender. Turn the blender on low speed, and increase the speed if needed. Blend until smooth. Divide into four 4-ounce jars and refrigerate until you need them.

To serve: The chef recommends putting the salad into a pretty bowl and tossing it with the 4 ounces of dressing. “And always keep in mind gratitude and mindfulness as you chew your food,” she adds.