



Simply healthy living. Simply great taste.
Fabulous MealSolutions™ from Simply Organic

Our delicious products let you fit the goodness of organics into your busy lifestyle in minutes. It starts with premium quality, organic ingredients and ends with easy-to-make, healthy meals that nourish and satisfy completely.

Autumn Apple Muffins

While delightful in the fall, this breakfast treat is welcomed year-round.

- 1 ¼ cups unbleached flour
- ¾ teaspoon baking powder
- ¼ teaspoon Simply Organic ground cloves
- ¾ teaspoon Simply Organic ground cinnamon
- ½ teaspoon Simply Organic ground nutmeg
- ½ cup canola oil
- 2 large eggs
- 2 tablespoons water
- ¾ cup honey
- ½ teaspoon Simply Organic vanilla extract
- 1 cup finely chopped apple

Directions: Preheat oven to 400 degrees. Line muffin tins with paper liners. Sift together flour, baking powder, cloves, cinnamon and nutmeg and set aside. In mixer bowl combine the oil, eggs and water. Gradually add the honey and beat until thoroughly combined. Add the vanilla and gradually begin adding the dry ingredients. Mix until just combined. Do not over mix. Fold in the apples and spoon the mixture into the prepared muffin tin. Fill the cups ¾ full. Bake 20-25 minutes until cooked through. *Makes 12 servings.*

Prep Time: 10 min. | **Cook Time:** 20-25 min. | **Ease of Preparation:** Easy

RECIPE FOR
Breakfast

Spiced Oatmeal Chocolate Chip Cookies

Guaranteed to bring a smile to the faces of both kids and moms.

- 1 ¼ cups flour
- 1 teaspoon baking soda
- ½ teaspoon Simply Organic ground cinnamon
- ¼ teaspoon Simply Organic ground nutmeg
- 3 cups Old Fashioned oats
- 4 ounces unsalted butter, softened
- 4 ounces light butter, softened
- 1 ¼ cups molasses
- 1 teaspoon Simply Organic vanilla extract
- 2 eggs
- 12 ounces chocolate chips

Directions: Preheat oven to 350 degrees. In medium bowl combine the flour, baking soda, cinnamon, nutmeg and oats. Set aside. In mixing bowl cream together the butters and sugar. Add the vanilla and eggs and mix thoroughly. Gradually add the flour mixture, using low speed of hand held mixer or stand mixer. Continue to mix until all the flour mixture has been incorporated. Do not over beat. Stir in chocolate chips. Drop by large spoonfuls about one-inch apart on lightly greased cookie sheets. Bake 10-12 minutes until lightly browned. Cool on racks. *Makes 36 servings.*

Prep Time: 10 min. | **Cook Time:** 10-12 min. | **Ease of Preparation:** Easy

RECIPE FOR
Dessert

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Two Bean Chili

Quick, easy and delicious, this is a fabulous anytime soup.

- 2 tablespoons vegetable oil
- 2 cups chopped onion
- 1 16 ounce can white kidney beans
- 1 16 ounce can red kidney beans
- 1 teaspoon Simply Organic garlic powder
- 1 16 ounce can chopped tomatoes, with liquid
- 2 4 ounce cans chopped green chiles
- 1 8 ounce can tomato sauce
- 4 teaspoons Simply Organic chili powder
- 1 teaspoon honey or to taste
- 1 teaspoon Simply Organic basil
- 1 teaspoon Simply Organic crushed red pepper
- ¼ teaspoon Simply Organic ground allspice

Directions: In large, non-stick skillet, heat the oil over medium-low heat. Add the onion and cook until tender, 5-10 minutes. Add the remaining ingredients and bring to a boil. Reduce heat and simmer, covered, for 30 minutes.

Makes 8 servings.

Prep Time: 10 min. | **Cook Time:** 40 min. | **Ease of Preparation:** Easy

RECIPE FOR
Soup

Eggplant in Spicy Yogurt Sauce

This dish is very refreshing, especially during hot summer days.

Spice Mixture

- ¼ teaspoon turmeric
- 1 teaspoon Simply Organic chili powder
- 1 teaspoon Simply Organic cumin
- 1 teaspoon Simply Organic coriander powder
- ¼ teaspoon Simply Organic black pepper
- ½ teaspoon salt

Eggplant

- 1 large eggplant or 3 long Asian eggplants
- canola oil spray

Yogurt Sauce

- 1 cup plain yogurt
- ⅓ cup buttermilk
- 1 clove garlic, minced
- ⅛ teaspoon Simply Organic chili powder
- ⅛ teaspoon Simply Organic black pepper
- ¼ teaspoon Simply Organic cumin
- ¼ teaspoon Simply Organic coriander powder
- ¼ teaspoon kosher salt or to taste
- 1 or 2 tablespoons fresh cilantro leaves, chopped

Directions: Preheat oven to 425 degrees. To make spice mixture, simply combine all spices in a small bowl. To make yogurt sauce, combine all ingredients together (except fresh cilantro) in a small bowl. If too thick, add more buttermilk. Cut eggplant lengthwise about ¼ inch thick. Put eggplant slices on the baking sheet, spray with canola oil, and sprinkle with spice mixture. Turn them over and repeat. Bake about 15 minutes or until golden brown. Set aside to cool. Cut eggplant slices lengthwise one more time to create smaller pieces. Place eggplant pieces in serving bowl with yogurt sauce. Mix gently and garnish with cilantro leaves.

Makes 4 servings.

Prep Time: 10 min. | **Cook Time:** 15 min. | **Ease of Preparation:** Easy

RECIPE FOR
Salad



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Stuffed Squash

Carnival or green acorn squash work nicely for this recipe, as they hold stuffings well and when cut in half, are just the right size per serving.

RECIPE FOR
Side Dish

- 2 squashes, washed and cut in half lengthwise
- ¼ cup vegetable oil
- ¼ teaspoon sea salt
- ¼ teaspoon Simply Organic thyme
- ¼ teaspoon Simply Organic garlic powder
- 1 teaspoon Simply Organic parsley
- ⅛ teaspoon Simply Organic sage
- ⅛ teaspoon Simply Organic black pepper
- 1 cup cooked wild rice
- 1 cup chopped mushrooms
- ½ cup whole wheat bread crumbs
- ¼ cup finely chopped walnuts
- 1 cup grated cheddar cheese

Directions: Preheat oven to 375 degrees. Remove seeds and fibers from squash and place, cut side down, in shallow pan with about ¼ inch of water. Bake until almost tender, about 40 minutes. In the meantime, combine oil, spices, rice, mushrooms, bread crumbs, nuts, and half of the cheese. Remove squash from oven and fill with mushroom mixture. Bake until tender and browned, about 20 minutes, sprinkling remaining cheese over tops about halfway through cooking.

Makes 4 servings.

Prep Time: 15 min. | **Cook Time:** 1 hour | **Ease of Preparation:** Easy

Moroccan Chicken

Middle Eastern flavors meld with chicken to create a wonderful meal.

RECIPE FOR
Main Dish

- 1 pound chicken, diced to ¾-inch pieces
- 1 tablespoon olive oil
- 1 ½ teaspoon Simply Organic crushed red peppers
- 1 teaspoon Simply Organic ground cinnamon
- ½ teaspoon Simply Organic ground cumin
- 2 tablespoons honey
- 24 ounces salsa
- ¾ cup raisins

Directions: Heat a heavy skillet over medium-high heat. Add diced chicken, oil and pepper flakes. Stir until heated. Add spices. Stir for about 30 seconds. Add honey, stir for about 30 seconds. Add salsa, stir to combine. Add raisins, stir to combine. Reduce heat to low, simmer for 5 to 15 minutes.

Makes 6 servings.

Prep Time: 10 min. | **Cook Time:** 10-15 min. | **Ease of Preparation:** Easy

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Penne with Tomato and Herbs

Let this basic recipe be your guide ... add your favorites to make it your own.

- 1 pound penne, cooked al dente
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 teaspoons Simply Organic garlic powder
- 1 28 ounce can chopped tomatoes, with liquid
- 2 teaspoons Simply Organic basil
- 1 teaspoon Simply Organic oregano
- 2 tablespoons Simply Organic parsley
- freshly grated Parmesan cheese - optional

Directions: In large non-stick skillet, heat oil over medium heat. Add the onion and cook, stirring occasionally, until soft, 5-10 minutes. Add the garlic, tomatoes, basil, oregano, and parsley; simmer, stirring occasionally, until the herbs have plumped and the flavors have blended nicely, about 30 minutes. Toss pasta with the hot sauce to rewarm and serve immediately in a heated bowl. Pass cheese separately.

Makes 10 servings.

Prep Time: 10 min. | **Cook Time:** 40 min. | **Ease of Preparation:** Easy

RECIPE FOR
Vegetarian
DISH

Spiced Nuts

A delicious blend of spices, nuts and seeds sure to delight all.

Nuts

- 1 ½ cups sliced almonds
- ⅔ cup shelled pecans
- ¼ cup raw pumpkin seeds

Simple Glaze

- 2 tablespoons water
- 1 tablespoon unsalted butter
- 1 teaspoon light or dark brown sugar

Spice Mix

- 1 tablespoon granulated sugar
- 1 teaspoon sea salt
- ¼ teaspoon Simply Organic ground cinnamon
- ¼ teaspoon Simply Organic ground cumin
- ¼ teaspoon Simply Organic ground coriander
- ⅛ teaspoon Simply Organic cayenne pepper
- ⅛ teaspoon Simply Organic garlic powder

Directions: Toast nuts and seeds in a dry sauté pan; set aside. Mix all spice mix ingredients together in a bowl; set aside. Bring water, butter and sugar to a boil in a small saucepan over medium-high heat, whisking constantly. Pour over nuts and seeds, stirring constantly with a wooden spoon until almost all liquid has evaporated. Transfer nuts and seeds to the spice mixture bowl and toss to coat. Spread on parchment paper to cool.

Makes 12 servings.

Prep Time: 15 min. | **Cook Time:** 2 min. | **Ease of Preparation:** Easy

RECIPE FOR
Appetizer

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