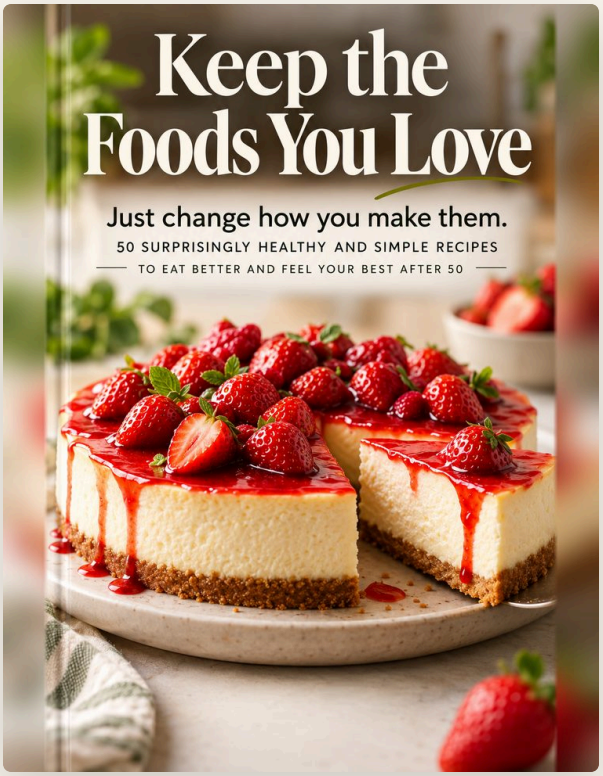

A FREE TASTE OF THE BOOK

3 recipes from Keep the Foods You Love

Just change how you make them.

Fluffy Sunday Pancakes

Banana Bread Cookies

Creamy Tomato Pasta

Fluffy Sunday Pancakes

Soft, golden pancakes worth slowing down for.

THE BETTER-WAY INGREDIENTS

Cottage cheese • eggs • oats • banana

ACTIVE 15 MIN · TOTAL 30-35 MIN · SERVES 2
EASY · COOK'S NOTES P. 102

THE RECIPE

Fluffy Sunday Pancakes

ACTIVE 15 MIN · TOTAL 30-35 min · SERVES 2
Easy · Cook's notes p. 102

INGREDIENTS

1 cup (225 g) 2% cottage cheese

2 large eggs

1 cup (80 g) rolled oats

1 very ripe banana (120 g peeled)

1½ teaspoons baking powder

1 teaspoon vanilla extract

½ teaspoon cinnamon

⅛ teaspoon fine salt

1 teaspoon (5 g) unsalted butter, for the pan

MAKE IT

1. Blend the cottage cheese, eggs, oats, banana, baking powder, vanilla, cinnamon, and salt until smooth. Rest 10 minutes, no longer; the batter should fall thickly from a spoon. Heat a skillet over medium-low.
2. Lightly butter the skillet. Add about 3 tablespoons batter per pancake, about 3 inches across. Cook about 3 minutes, until the edges look matte and dry and a thin, wide spatula slides under cleanly.
3. Flip and cook 1-2 minutes more, until the centers are firm with no wet batter. Lower the heat if the outside browns too quickly. Repeat with the remaining batter and serve warm.

IF YOU NEED A FIX

Tearing or wet inside? Rest the batter the full 10 minutes, keep pancakes 3 inches across and flip only when the edges look matte.

ESTIMATED PER SERVING · ½ recipe (about 5 small pancakes)
395 kcal · Protein 24.0 g · Carbs 48.0 g · Fiber 6.0 g
Sugars 12.7 g · Fat 12.2 g · Sat. fat 4.7 g · Sodium 803 mg

PLAN THE NEXT SERVING

Make ahead: Cook the full batch and freeze portions. Blend batter just before cooking.

Serve with: Pair with berries. Add plain yogurt if you want a more substantial breakfast.

THE RECIPE

Banana Bread Cookies

ACTIVE 15 MIN · TOTAL 45-55 min · SERVES 10
Easy · Cook's notes p. 104

Oats, walnuts and peanut butter contribute fiber and fat; banana and dates provide sweetness. These are soft cookies.

INGREDIENTS

1 very ripe, heavily spotted banana (115 g peeled)

1 large egg

¼ cup (64 g) smooth natural peanut butter

1 teaspoon vanilla extract

1 cup (90 g) rolled oats, divided

½ teaspoon baking powder

½ teaspoon cinnamon

¼ teaspoon fine salt

¼ cup (28 g) chopped walnuts

2 soft pitted dates (35 g), finely chopped

1 tablespoon (21 g) honey, optional

MAKE IT

1. Heat the oven to 350°F / 175°C and line a baking sheet with parchment. Grind ⅔ cup (60 g) of the oats into flour; keep ⅓ cup (30 g) whole.
2. Mash the banana and mix with the egg, peanut butter, vanilla, and honey if using. Stir in the ground oats, baking powder, cinnamon, and salt. Toss the dates with the whole oats to separate them, then fold them in with the walnuts. Rest the dough 5-10 minutes.
3. Scoop 10 mounds with a 3-tablespoon scoop and press each to ½ inch with a damp hand; they barely spread. Bake 14-16 minutes, until the tops spring back and the bottoms are golden. Cool on the sheet 5 minutes, then move to a rack.

IF YOU NEED A FIX

Gummy centers? Rest the dough, then bake until the tops spring back. Runny dough (a very large banana)? Stir in 2 tablespoons (10 g) more ground oats.

ESTIMATED PER SERVING · 1 cookie
119 kcal · Protein 3.9 g · Carbs 13.4 g · Fiber 2.0 g
Sugars 4.6 g · Fat 6.2 g · Sat. fat 1.1 g · Sodium 83 mg

THE RECIPE

Creamy Tomato Pasta

ACTIVE 10 MIN · TOTAL 20-25 min · SERVES 4
Easy · Cook's notes p. 113

Cottage cheese adds protein to the tomato sauce. Choose the pasta you enjoy; the estimate uses the listed dry pasta amount.

INGREDIENTS

8 oz (225 g) dry short pasta

1½ cups (360 g) marinara sauce

1 cup (225 g) 2% cottage cheese

¼ cup (25 g) finely grated Parmesan

2 teaspoons (10 ml) olive oil

2 garlic cloves, minced

¼ teaspoon red pepper flakes, optional

¼ teaspoon black pepper

¼ teaspoon (1.5 g) fine salt, or to taste

¼-½ cup (60-120 ml) reserved pasta water, as needed

MAKE IT

1. Cook the pasta in well-salted water until just tender, following its package directions. Reserve ½ cup cooking water before draining. Blend the cottage cheese with 2 tablespoons of the hot cooking water until completely smooth.
2. Warm the oil in a saucepan over medium-low. Add the garlic and optional pepper flakes; stir 30-60 seconds without browning. Add the marinara and simmer 3-4 minutes.
3. Take the pan off the heat and stir in the cottage cheese, Parmesan, and black pepper. Return to low only until hot, with no bubbles. Add the pasta and more cooking water 1 tablespoon at a time for a glossy sauce. Taste, add the salt as needed, and serve.

IF YOU NEED A FIX

Curdled sauce? Stir in the dairy off the heat and rewarm only on low, never to a bubble.

ESTIMATED PER SERVING · ¼ recipe
346 kcal · Protein 16.8 g · Carbs 52.2 g · Fiber 3.5 g
Sugars 8.2 g · Fat 7.4 g · Sat. fat 2.3 g · Sodium 790 mg

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