

## honey-glazed tofu on pumpkin seed couscous

serves 6 / 30 minutes or fewer

Cracked black pepper—a coarser grind of the kitchen staple—lends a lightly spicy flavor without the bite of fresh chiles or hot sauce. If you can't find shelled pumpkin seeds (also called pepitas), substitute your favorite chopped nuts.

### Honey-Glazed Tofu

- 2 10-oz. pkgs. extra-firm tofu
- 2 tsp. cracked black pepper
- 2 tsp. dried thyme
- 1 tsp. salt
- ¼ cup vegetable oil
- ½ cup honey

### Pumpkin Seed Couscous

- 2 cups low-sodium vegetable broth
- 2 medium carrots, chopped (1 cup)
- 1 cup frozen edamame, thawed
- 2 tsp. olive oil
- 1 tsp. salt
- 1½ cups whole-wheat couscous
- ½ cup toasted unsalted pumpkin seeds

1. To make Honey-Glazed Tofu: Place tofu between two plates and set heavy pot on top. Drain 10 minutes, and pat dry. Cut tofu into ¾-inch-thick slices. Combine pepper, thyme, and salt in small bowl. Coat tofu slices with pepper mixture, and set aside.

2. To make Pumpkin Seed Couscous: Bring broth, carrots, edamame, olive oil,

and salt to a boil in covered saucepan. Remove from heat, stir in couscous and cover. Let steam 5 minutes, then fluff with fork.

3. Meanwhile, heat oil and honey in large skillet over medium-high heat until bubbling. Place tofu in pan, and cook 3 minutes. Turn, and cook 3 minutes more, spooning thickening sauce over tofu.

4. To serve: Stir pumpkin seeds into couscous. Spoon onto plates, and top with Honey-Glazed Tofu.

per serving: 577 cal; 26 g prot; 26 g total fat (3 g sat fat); 71 g carb; 0 mg chol; 444 mg sod; 10 g fiber; 27 g sugars



Find all the ingredients you'll need for this recipe at your local Whole Foods Market



## honey-goat cheese phyllo triangles

makes 12 pastries

These crowd-pleasing pastries can be served as an hors d'oeuvre or drizzled with extra honey and sprinkled with chopped nuts for a light dessert. Thaw phyllo overnight in the refrigerator so that it doesn't dry out. Another trick is to cover the sheets with a damp kitchen towel when you place them on the work surface so they stay moist before using.

2 5-oz. logs goat cheese, softened (1 cup)  
½ cup honey, divided  
2 large egg whites  
¼ tsp. salt  
½ cup olive oil

12 sheets frozen phyllo dough,  
defrosted in refrigerator

1. Beat goat cheese, ¼ cup honey, egg whites, and salt with electric mixer until smooth. Chill at least 30 minutes.
2. Preheat oven to 375°F. Coat baking sheet with cooking spray. Warm olive oil and remaining ¼ cup honey in saucepan over medium heat until honey dissolves.
3. Place one sheet phyllo on work surface, and brush half with oil mixture. Fold in half lengthwise, and brush top with oil mixture. Fold in half again to make 4-inch strip of dough. Brush strip with oil mixture, then

spoon 2 Tbs. goat cheese mixture on corner of bottom edge. Fold corner across to make a small triangle, then fold up like a flag, enclosing goat cheese in triangle of phyllo. Brush both sides of phyllo triangle with oil mixture, then place on prepared baking sheet. Repeat process with remaining phyllo sheets, oil mixture, and goat cheese mixture.

4. Bake 20 minutes, or until triangles are golden. Transfer to wire rack, and cool 10 minutes before serving.

per serving: 250 cal; 6 g prot; 15.5 g total fat (5 g sat fat); 22 g carb; 11 mg chol; 200 mg sod; <1 g fiber; 12 g sugars



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