

Fall 2008

healthyharvest

go natural this fall with wild harvest

Fall comes alive with vibrant colors and flavors to match. Enjoy a happy and healthy harvest season with this inspiring collection of natural and wholesome fall recipe ideas.

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Featured Recipe:
Roasted Red Pepper Hummus
Find it on Page 8.



Nutritional Info:

Serving Size: 1/6 of recipe

- Calories: 340
- Total Fat: 14g
- Sat. Fat: 2g
- Cholesterol: 3mg
- Sodium: 900mg
- Carbohydrates: 48g
- Dietary Fiber: 8g

Buckwheat Blueberry Pancakes

- Prep Time 10 Minutes
- Cook Time 15-20 Minutes
- Amount 16-20 Pancakes

When it comes to breakfast favorites, pancakes top the list every time. Made with organic buckwheat flour and blueberries, and smothered in Wild Harvest 100% Pure Maple Syrup, these crowd pleasers will deliver smiles as wholesome as the ingredients inside.

Shopping List:

- buckwheat flour (2 cups)
- flaxseed meal (1/2 cup)
- baking powder (1 tsp.)
- baking soda (1 tsp.)
- fine sea salt (3/4 tsp.)
- low fat buttermilk (2 cups)
- extra light olive oil (1/4 cup)
- 2 Wild Harvest Organic Large Brown Eggs
- Wild Harvest Organic Honey (2 tbsp.)
- 1 (10 oz.) pkg. Wild Harvest Organic Frozen Wild Blueberries (thawed, drained)
- _____
- _____
- _____
- _____
- _____

Directions:

1. In large bowl, combine flour, flax seed, baking powder, baking soda and salt; set aside.
2. In medium bowl, combine buttermilk, oil, eggs and honey. Whisk until well combined.
3. Pour buttermilk mixture over flour mixture. Whisk until just combined. Let stand 10 minutes.
4. Heat skillet to medium heat. When hot, pour 1/4 cup batter onto skillet, repeating to fill skillet. Top each pancake with blueberries.
5. Cook until bubbles appear on the surface and golden brown underneath (about 2 mins). Flip and continue cooking until golden brown and cooked through (about 2 mins).
Note: This batter is thick and takes longer to cook than basic pancake batter.
6. Remove from skillet and keep warm; repeat with remaining batter and blueberries. Serve with **Wild Harvest 100% Pure Maple Syrup**, if desired.

Juice Pairing:



Wild Harvest Organic Apple Juice

Naturally tart and acidic, apple juice balances beautifully with the sweet maple syrup flavoring of our Buckwheat Blueberry Pancakes.



Nutritional Info:

Serving Size: 1 Muffin

- Calories: 130
- Total Fat: 5g
- Sat. Fat: 1g
- Cholesterol: 20mg
- Sodium: 190mg
- Carbohydrates: 20g
- Dietary Fiber: 2g

Banana Walnut Muffins

- Prep Time 10 Minutes
- Cook Time 14-16 Minutes
- Amount 12 Muffins

Nothing compares with the flavor of fresh, home-baked muffins, especially when the recipe includes bananas, applesauce, and walnuts. Perfect for those busy mornings or as a mid-day treat, our simple-to-make banana and walnut creation is both wholesome and delicious.

Shopping List:

- Wild Harvest Organic Applesauce (1/4 cup)
- Wild Harvest Organic Brown Sugar (1/4 cup, firmly packed)
- extra light olive oil (2 tbsp.)
- 1 Wild Harvest Organic Large Brown Egg
- low fat buttermilk (1/2 cup)
- bananas (1 cup, mashed)
- Wild Harvest Organic Whole Wheat Flour (1 cup)
- 1 teaspoon baking powder (1 tsp.)
- fine sea salt (1/2 tsp.)
- baking soda (1/4 tsp.)
- Wild Harvest Organic Banana Walnut Granola (1 cup)
- _____
- _____
- _____
- _____

Directions:

1. In large mixing bowl, combine applesauce, brown sugar and olive oil. Mix with electric mixer until well combined.
2. Add egg, buttermilk and banana; continue mixing until combined.
3. Slowly mix in flour, baking powder, salt and soda until just combined. Stir in granola. Divide among 12 greased or lined muffin cups.
4. Bake in a preheated 400°F oven 14-16 minutes or until golden brown and knife inserted in the center comes out clean. Remove from pan to cool.



Juice Pairing:

Wild Harvest Organic Pomegranate Juice

Noted for its subtle sour notes and health-boosting tannins, Organic Pomegranate Juice is not only a wise and healthy choice, it compliments the brown sugar and applesauce sweetness of our Banana Walnut Muffin recipe.



Nutritional Info:

Serving Size: ½ of recipe

Calories: 205
Total Fat: 2g
Sat. Fat: 0g
Cholesterol: 0mg
Sodium: 60mg
Carbohydrates: 45g
Dietary Fiber: 4g

Strawberry Banana Smoothie

Prep Time 10 Minutes
Amount 2 Servings

It's hard to believe that something so fun could be so healthy. With organic soymilk, wheat germ, and honey, this cool drink will boost your energy and spirits every time.

Shopping List:

- 1 medium banana (cut into chunks)
- Wild Harvest Organic Frozen Strawberries (1 cup)
- Wild Harvest Organic Vanilla Soymilk (¾ cup)
- wheat germ (2 tbsp.)
- Wild Harvest Organic Honey (1 tbsp.)
- ice cubes (½ cup)
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- _____
- _____
- _____
- _____

Directions:

1. Combine all ingredients in blender. Blend to desired consistency.
2. Divide among two glasses.



Nutritional Info:

Serving Size: 1/10 of recipe

- Calories: 210
- Total Fat: 11g
- Sat. Fat: 6g
- Cholesterol: 25mg
- Sodium: 700mg
- Carbohydrates: 26g
- Dietary Fiber: 4g

Sweet & Spicy Popcorn

- Prep Time 15 Minutes
- Cook Time 10 Minutes
- Amount 10 Servings

Variety is indeed the spice of life. This original popcorn recipe promises to make things pop at your next event or movie get-together.

Shopping List:

- 1 (3 oz.) bag Wild Harvest Organic Original Microwave Popcorn
- Wild Harvest Organic Butter (1/2 cup)
- Wild Harvest Organic Honey (1/4 cup)
- fine sea salt (1 1/2 tsp.)
- cayenne pepper (1/4 - 1/2 tsp.)
- baking soda (1/2 tsp.)
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- _____
- _____
- _____
- _____

Directions:

1. Prepare popcorn according to package directions. Transfer popped corn to a large roasting pan.
2. In medium saucepan, combine butter, honey, salt and cayenne pepper over medium heat. Stir occasionally until bubbly around edges. Cook 1 minute, stirring occasionally.
3. Remove from heat; stir in baking soda. Pour over popcorn; stir until well coated.
4. Bake in a preheated 300°F oven for 10 minutes, stirring halfway through. Let cool; break apart and store in an airtight container.

Juice Pairing:

Wild Harvest Organic White Grape Juice

Dry and tart with pleasant acidity, white grape juice will compliment the sweet and spicy characteristics of the cayenne pepper, popcorn, and honey. Not only a perfect match, it's made with 100% juice with no artificial colors and flavors.





Nutritional Info:

Serving Size: 1/8 of recipe

- Calories: 280
- Total Fat: 3g
- Sat. Fat: 1g
- Cholesterol: 5mg
- Sodium: 370mg
- Carbohydrates: 61g
- Dietary Fiber: 5g

Peach & Blackberry Cobbler

- Prep Time 10 Minutes
- Bake Time 30-35 Minutes
- Amount 8 Servings

This lovely Peach and Blackberry Cobbler delivers twice the flavor. And because it's created with healthy Wild Harvest organic ingredients, you can take extra pleasure when offering seconds.

Shopping List:

- 2 (10 oz.) pkg. Wild Harvest Organic Frozen Sliced Peaches (thawed, drained)
- 1 (10 oz.) pkg. Wild Harvest Organic Frozen Blackberries (thawed, drained)
- Wild Harvest Organic Cane Sugar (1 cup)
- Wild Harvest Organic Whole Wheat Flour (1/4 cup)
- cinnamon (1 tsp., ground)
- buttermilk biscuit mix (1 1/2 cups)
- Wild Harvest Organic Milk (6 tbsp.)
- Wild Harvest Organic Butter (1 1/2 tbsp., softened)
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- _____
- _____
- _____
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Directions:

1. In large bowl, combine peaches, blackberries, sugar, flour and cinnamon. Transfer to a greased 8x8-inch baking dish.
2. In small bowl, combine remaining ingredients. Drop by teaspoonfuls onto peach mixture.
3. Bake in a preheated 400°F oven 30-35 minutes or until golden brown and bubbly.



Juice Pairing:

Wild Harvest Organic Blueberry Juice

Naturally sweet with tart overtones, and highly regarded for its antioxidant qualities, Organic Blueberry Juice marries beautifully with our delicious peach and blackberry combo.



Nutritional Info:

Serving Size: 1/4 of recipe

Calories: 470
Total Fat: 26g
Sat. Fat: 9g
Cholesterol: 40mg
Sodium: 960mg
Carbohydrates: 39g
Dietary Fiber: 5g

Pancetta & Broccoli Pasta

Prep Time 10 Minutes
Cook Time 10-15 Minutes
Amount 4 Servings

One thing's for certain, pasta is the perfect crowd pleaser. Organic pasta and tomatoes topped with diced pancetta and fresh parmesan, it will please the health-conscious guests on your list.

Shopping List:

- 1/2 (12 ounce) pkg. Wild Harvest Organic Rotini
- pancetta (1/2 lb., diced)
- Wild Harvest Organic Extra Virgin Olive Oil (2 tbsp.)
- garlic (1 tbsp., chopped)
- 1 (16 oz.) pkg. Wild Harvest Frozen Organic Broccoli Florets (thawed, drained)
- black pepper (1/2 tsp.)
- red pepper flakes (1/4 tsp.)
- 1 medium tomato (seeded, diced)
- freshly grated parmesan cheese, optional
- _____
- _____
- _____
- _____

Directions:

1. Prepare pasta according to package directions; drain.
2. Meanwhile, in a large skillet, sauté pancetta over medium-high heat until lightly browned and crispy (about 5-7 minutes). Remove to paper towels, reserving drippings.
3. Add olive oil to drippings in pan, when hot, add broccoli, garlic, pepper and pepper flakes. Sauté until broccoli is heated through.
4. Add pancetta, pasta, tomatoes and Parmesan, if desired; salt to taste. Toss to coat.



Nutritional Info:

Serving Size: ¼ cup

Calories: 80
Total Fat: 2g
Sat. Fat: 0g
Cholesterol: 0mg
Sodium: 220mg
Carbohydrates: 12g
Dietary Fiber: 4g

Roasted Red Pepper Hummus

Prep Time 10 Minutes
Chill Time Several Hours
Amount 1¾ cups

Cool, colorful and delicious, this hummus is far from humdrum. Roasted red pepper, fresh cilantro, and a dash of cumin combine to deliver a hummus that inspires both the eye and the palate.

Shopping List:

- 1 (15 oz.) can Wild Harvest Organic Garbanzo Beans (drained)
- roasted red peppers (½ cup)
- tahini (1 tbsp.)
- fresh cilantro (2 tsp., chopped)
- garlic (¾ tsp., chopped)
- cumin (½ tsp., ground)
- fine sea salt (½ tsp.)
- _____
- _____
- _____
- _____

Directions:

1. Combine all ingredients in a food processor or blender. Purée until mixture is smooth and slightly fluffy, scraping sides.
2. Transfer to storage container. Refrigerate, covered, several hours or overnight.
3. Serve with pita bread, pita chips or crackers.



Nutritional Info:

Servings Per Recipe 4:

Amount Per Serving

Calories: 468

Total Fat: 23.8g

Cholesterol: 62mg

Sodium: 264mg

Total Carbohydrates: 61.9g

Dietary Fiber: 8.1g

Protein: 4.1g

Bruschetta

Prep Time 10 Minutes
Bake Time 10 Minutes
Amount 6 Servings

Dating back to the 15th century, this Italian favorite always pleases with its simple preparation and zesty flavors. This version combines organic tomatoes and olive oil to offer a new take on a time-honored recipe.

Shopping List:

- 1 (14.5 oz.) can Wild Harvest Organic Diced Tomatoes with Italian Herbs (drained)
- parmesan cheese (1/2 cup, freshly grated)
- fresh basil (1/4 cup, chopped)
- Wild Harvest Organic Extra Virgin Olive Oil (1 tbsp.)
- 12 (1/2-inch thick) slices baguette bread
- olive oil no stick cooking spray
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- _____
- _____
- _____
- _____

Directions:

1. In medium bowl, combine tomatoes, Parmesan cheese, basil and oil; set aside.
2. Place bread slices on baking sheet. Spray with liberal amount of cooking spray.
3. Bake in a preheated 375°F oven 10 minutes. Remove from oven; cool.

To Serve: Top bread crostinis with Bruschetta.