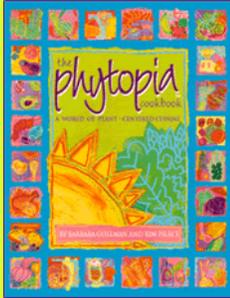




# Phytopia® Tidbits and Recipe

WWW.PHYTOPIA.COM

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## ADA'S FOOD AND NUTRITION CONFERENCE

If you are going to Anaheim for ADA's Food and Nutrition Conference and Exhibition, I hope you will drop by my **booth # 28** on Monday to say "hi".

And if you have friends who aren't Phytopia® savvy, bring them by to meet me!

## Phyto-Flavors:

Some of the freshest and cleanest flavors are also the simplest. If you are addicted to store-bought or complicated salad dressings, try this refreshing change:

Drizzle mixed greens with one part citrus (lemon, lime or orange) flavored olive oil and 3 parts balsamic vinegar. Sprinkle with salt and pepper, toss to mix and voila! You have luscious tasting salad with a minimum fuss. OK, you say, where

does one find citrus flavored olive oil?

[www.stonehouseoliveoil.com](http://www.stonehouseoliveoil.com)



describes the flavors, but calling them at 1-800-865-4836 to order is probably best.

Here are some other ways to use flavored olive oil:

Toss with warm pasta and grilled or roasted veggies.



Brush on halibut or scallops before grilling or sautéing.



Add a touch to freshly cooked green beans or potatoes.

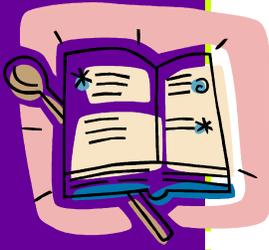
## Quick Bites from Barbara:



Are you familiar with chef-speak for being organized called *mise en place*? Understanding

how to use this concept can save you tons of time when it comes to quick meal preparation. It's all about having everything available and ready when it's time to

put the menu item together. To find out how this idea works and a step by step description, go to [Click Here](#)



## Banana & Almond Phyllo Purses

Tastes sinful, but there's no need to confess, because it's just fruit and nuts! Don't be afraid of working with phyllo; just don't let it dry out. Unwrap the dough just prior to use; keep the unused sheets covered with a cloth that has been sprayed lightly with water.

8 sheets of phyllo dough  
 Butter flavored cooking spray  
 4 tablespoons finely chopped almonds  
 3 medium bananas, thickly sliced  
 ¼ cup brown sugar  
 1 teaspoon nutmeg

**Pre-prep:** Defrost phyllo dough if frozen, and bring to room temperature (see package instructions). Chop almonds. Slice bananas.

Preheat oven to 375 degrees F. Spray a baking sheet with cooking spray. Spray 2 sheets of phyllo dough and place them on top of each other. Cut 5" off end of phyllo rectangle to make about 12" x 12" square.

To assemble, sprinkle each square with 1 tablespoon almonds in the center. Mound ½ cup sliced banana onto almonds, then sprinkle 1 tablespoon brown sugar and ¼ teaspoon nutmeg over banana.

Pull corners of phyllo together over banana mixture and press firmly together to make purse. Place on baking sheet. Make 3 more purses; spray lightly with cooking spray, covering all sides.

Bake for 15-20 minutes, or until phyllo is golden brown and crispy. If tops of purses brown too fast, cover tops lightly with foil and continue baking. Serve with a scoop of lower fat vanilla ice cream, if desired.

Serves 4. Each serving (without ice cream) has approximately:

Calories: 278	Total Fat: 7 g	Sat. Fat: 1.2 g
Cholesterol: 0 mg	Sodium: 188 mg	Carbohydrate: 51 g
Dietary Fiber: 4 g	Protein: 5.4 g	Calcium: 38 mg