UnitedHealthcare
Cooking for Life Recipes
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Thanks to everyone who submitted recipes to the UnitedHealthcare Cooking for Life Contest

We created the UnitedHealthcare Cooking for Life contest not only to learn and share great new recipes, but to show how fun and easy healthy cooking can be. If you’re one of the many who submitted a recipe, in a way, you’ve already won – you’re well on the way to a healthy lifestyle.

It was hard, delicious work, but we’ve narrowed our selections to 20 finalists and collected their entries here. You’ll find everything from appetizers to desserts that don’t skimp on taste. You can also read Healthy Eating stories and learn how a few simple steps can make all the difference to a healthier life.

We’d also like to say “thank you” to the American Heart Association for their sponsorship and support – and a big, heartfelt thanks goes to Christine M. Palumbo, Dietitian, MBA, RD, for leading the team in evaluating the recipes and selecting the finalists.

Please enjoy these recipes in good health!
Healthy Stories
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Robyn is a speech-language pathologist in a low-income area, where the incidence of obesity and malnutrition is quite prevalent. She worked with staff, students, and the community, as their Wellness Champion for the elementary school. Robyn presented them with certificates as they achieved personal health goals. She also organized a healthy potluck, 5Ks, Kids Run, and a Family Wellness Night, which helped both the participants, and her with fitness and wellness goals. This was a great way to lead by example. To stay motivated, Robyn created a sticker chart for personal goals, and participated in new activities including: spinning, ballroom dance, weight training, and swimming.
Kris describes herself as having a weight problem her entire life. When she was 59, her husband lost a three-year battle with cancer, and Kris gained another 40 pounds. Kris was both physically and mentally exhausted, as well as depressed.

As the weeks went on, she realized she was blessed to be healthy, and needed to take control of her life. She embraced healthier eating and exercise. Even with a full-time job, she took up Tae Kwon Do, learned to dance and did an hour of additional exercise every day. Kris has become an active volunteer. She now understands that being invested in a community is about giving as much as it is taking.

Over the past two years, Kris has lost 60 pounds through healthier eating and exercise, and she’s still working on dropping another 15 pounds. She is inspiring to women of any age, and she knows her newfound health would make her husband very happy.
Ginny Minninger would probably describe herself as old enough to avoid giving in to peer pressure. But that’s exactly what happened when she joined her friends every morning, and they motivated each other to become healthier.

Every weekday morning, Ginny met women in her neighborhood for a brisk four-mile walk. When her morning alarm woke her, she squelched the temptation to sleep in, fearing to be the absent walker who had to explain why.

The group quickly and easily covered the miles while sharing stories and family updates. They all agreed that a solitary walk seemed more difficult and required greater personal discipline. Instead, together, they marvelled at gorgeous sunrises as they shared the trail with deer, migrating birds and other creatures.

Each morning, nearing home, they complimented each other for rising to the challenge and getting through it once more, as they understood their rewards were tremendous – better health, trimmer bodies, stronger leg muscles and priceless friendships.

To read other similar stories, visit uhc.com/storytellers.
Appetizers & Snacks
Dominic Re

Sicilian Pizza

Make or buy enough pizza dough so you can spread it out in an oiled jellyroll pan and allow to rise slightly. Dough should be at least 1/2 inch thick. Top with the following sauce (made ahead and cooled).

Sauce:
- 4 tbsp olive oil
- 2 anchovies
- 2 garlic cloves, crushed
- 28 oz can crushed tomatoes
- small onion
- 1 tsp dried basil
- 1 tbsp sugar
- salt and pepper to taste
- 1/2 cup Pecorino Romano cheese

In a saucepan, heat olive oil, and add the anchovies. Then add the crushed garlic cloves and sauté briefly; do not let garlic brown. Add a 28 oz. can of crushed tomatoes and drop in the whole onion. Add dried basil, sugar (this is the critical ingredient!) and salt and pepper to taste. Simmer 45 minutes, stirring occasionally. Remove onion and cool sauce before using.

Top pizza crust with sauce and sprinkle approximately 1/2 cup of Pecorino Romano cheese (no substitutions). Bake at 450 degrees for about 20 minutes. Watch carefully so it doesn’t burn! Cool. Enjoy.

Serves 4
Salsa

**Mix #1: In a large bowl combine:**
- 16 oz. frozen corn
- 2 cans (2 1/4 oz each) sliced, ripe olives, drained
- 1 medium-small red pepper – chopped
- 1 small onion – chopped

**Mix #2: In small bowl combine:**
- 5 garlic cloves minced
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 3 tbsp cider or white vinegar
- 1 tsp dry oregano

Combine #1 and #2, cover and refrigerate overnight

**Mix #3: Add just before serving:**
- 1/2 tsp salt
- 1/2 tsp pepper
- 4 medium ripe avocados – chopped

_Serves 8_
Spicy Barbecue Kale Chips

- 1 bunch kale, rinsed, dried, and torn into bite-size pieces
- 2 tsp extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp garlic powder
- Sea salt and black pepper to taste

Preheat oven to 300 degrees.

In a large bowl, gently toss all the ingredients together. Spread the kale in a single layer on a large sheet pan. Bake until crispy, about 15 – 20 minutes. Remove from oven and allow to cool completely.

Serves 4
Molten Chipotle Chicken Meatballs

Heat oven to 375 degrees

**Meatballs:**
- 1 ½ lbs of ground white meat chicken
- ½ cup yellow onion – minced
- 2 garlic cloves – minced
- 1 tsp paprika
- 1/2 tsp pepper
- ¼ tsp salt

**Sauce:**
- 2 tbsp honey
- 2 tbsp chopped chipotle chiles in adobo sauce
- 2 tbsp cider vinegar

Combine meatball ingredients, but don’t over mix. Form into one-inch (size of ping pong ball) meatballs. You should be able to get 16 to 20 meatballs. In a large ovenproof skillet, heat olive oil. When pan is hot, add meatballs and cook until browned on all sides – about 10 – 12 minutes. Transfer skillet with meatballs to oven for about 5 minutes.

While meatballs are cooking in oven combine all sauce ingredients.

When meatballs are cooked, pour sauce over meatballs and stir carefully until sauce is covering meatballs. Cook for about 3 – 5 minutes on stovetop, just until some of the extra liquid is reduced.

*Serving Size: 2 meatballs*
*Serves 8*
Low-Carb Crab Cakes

- 2 1/2 cups large-chunk crab meat
- 1 to 2 tbsp diced red peppers
- 1 tbsp parsley
- 1 tbsp mayo
- 2 eggs plus one egg white
- 1 tbsp baking powder
- 1 tbsp Worcestershire sauce
- 2 tsp fish seasoning available at a variety of gourmet food stores

First, use a food processor to dice all the crab meat and the red peppers.

Combine all the ingredients. Make sure you mix the batter well so that the egg spreads evenly, otherwise the batter won’t stick together to form the patty. Spoon cookie-size batter into an already hot skillet laced with 2 tbsp of olive oil. Let them sizzle for about 2 minutes on the first side and another minute on the second side.

Two sauces go well with these.

1: Mix equal parts olive oil and lemon juice. Add pepper and salt to taste and a little Parmesan cheese. This goes great on a bed of mixed greens.
2: Mix equal parts mayo and seasoned or Dijon mustard with a squirt of lemon juice. Spoon cold onto cakes. It’s like butter.

Makes 10 crab cakes.
Serving size: 2 crab cakes. Serves 5
Side Dishes
Roasted Vegetable and Lemony Couscous Salad

- 2 cups chopped (1-inch pieces) zucchini
- 1 1/2 cups chopped (1-inch pieces) red bell pepper
- 1 1/2 cups chopped (1-inch pieces) red onion
- 3 tbsp olive oil – divided
- 1 1/2 tsp salt – divided
- 1/2 tsp black pepper – divided
- 2 cups water
- 1 1/2 cups whole-wheat couscous
- Zest of one lemon (about 1 1/2 teaspoons)
- Juice of 2 lemons (about 3 tablespoons)
- 1/2 cup roughly chopped pitted kalamata olives
- 1/2 cup chopped fresh Italian parsley
- 15 1/2 ounce can no-salt-added garbanzo beans, drained and rinsed
- 1/2 cup crumbled feta cheese

Preheat oven to 475 degrees. On two regular-size cookie sheets, lay the zucchini, red pepper and onion pieces in a single layer, sprinkle with 2 tablespoons of the olive oil, then with 1 teaspoon of the salt, and 1/4 teaspoon of the pepper. Roast in the preheated oven for 20 minutes until the vegetables begin to brown and get a slight char on them. Cool completely.

While the vegetables roast, bring the 2 cups of water, remaining 1 tablespoon olive oil, remaining 1/2 teaspoon salt and 1/4 teaspoon of pepper to a boil. Once boiling, pour in the whole-wheat
couscous and the lemon zest; stir, cover and remove from heat. After five minutes, fluff the couscous and then spoon it into a large bowl, sprinkle with the lemon juice and with a rubber spatula gently fold in the juice and allow the couscous to cool to lukewarm. Once the couscous is almost cool, add the cooled roasted vegetables and any accumulated juices from the pans, the kalamata olives, Italian parsley and garbanzo beans. Fold all the vegetables gently together with the couscous until everything is evenly distributed. Spoon into a serving bowl and sprinkle the top evenly with the crumbled feta cheese. Serve at room temperature or chilled.

Serves 6
Cauliflower Tabbouleh

- 1 head cauliflower, cut into quarters
- 1 pint cherry tomatoes, sliced in half
- 1 cup diced cucumber
- 1 garlic clove, finely minced
- 2 green onions, chopped
- 1 cup chopped fresh parsley
- 1/2 cup chopped fresh mint
- 2 lemons, juiced
- 1/4 cup extra virgin olive oil
- 1 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp ground cumin

In a food processor, pulse the cauliflower until finely chopped, about the size of grains. (Alternately, you can grate the cauliflower on a box grater). Transfer the cauliflower mixture to a large bowl. Add the remaining ingredients and mix well. Cover and refrigerate until ready to serve.

Serves 4
Amy Tong

Asian Apple Salad

- 2 Fuji apples, diced
- Juice of 1/2 a lemon
- 1 Hass avocado, diced
- 3 tbsp low-fat Greek yogurt
- 2 tsp Dijon mustard
- 1/4 tsp curry powder
- salt and pepper to taste
- 1/4 cup pistachios, shelled
- handful of pomegranate seeds

Toss apple and avocado in lemon juice right after they’re diced to prevent browning. Stir in yogurt, mustard and curry powder. Add salt and pepper to taste. Top salad with pistachios and pomegranate seeds and serve chilled.

Serves 6
Jicama Slaw

- 2 oz lime juice
- 1 oz tequila
- 2 tbsp sugar
- 2 oz cilantro, roughly chopped
- 1 tsp cumin
- 1 tsp salt
- 1/2 tsp black pepper
- 4 cups jicama, julienned

- 4 oz green onions, sliced dime width
- 4 oz red bell pepper, thinly sliced
- 4 oz green bell pepper, thinly sliced
- 4 oz yellow bell pepper, thinly sliced
- 2 oz jalapeno pepper, sliced hair-thin, deseeded

Whisk lime juice, tequila, sugar, cilantro, cumin, salt and pepper to combine. Refrigerate for at least 30 minutes to allow flavors to blend and develop. When ready to serve, combine the jicama, green onions, and peppers in a large bowl and add the dressing. Toss gently to combine. Season with additional salt and pepper, if needed. Serve immediately.

*Note: Recipe is designed to be adaptable to available ingredients or for dietary needs.*

Serves 8 (1 cup each)
Maiah Albi

Raw Cauliflower Couscous

- 1 head cauliflower
- 1 bunch cilantro
- 1 bunch parsley
- 1 handful fresh mint
- 1/3 cup sun-dried tomatoes
- 1/2 medium purple onion
- 10 kalamata olives
- 1 dash salt and pepper to taste
- 2 or 3 tablespoons olive oil (to taste)

Chop cauliflower and onion into large pieces. Food process all ingredients together. Pour in desired amount of olive oil, stir together and serve chilled.

Serves 6 – 8 as a side dish/salad
Main Entrees
Confetti Salmon Soup

- 1 large peeled sweet potato
- 1/2 large eggplant
- uncooked kernels from 2 ears of corn
- 2 leeks
- 1 tsp dried thyme
- 1 tbsp dried parsley
- salt and pepper to taste
- 2 salmon steaks with bones and skin
- lemon peel twists
- 1 cup frozen peas
- lemon wedges

Rinse leeks well and drain. Cut in quarters lengthwise. Then cut leeks, sweet potatoes and eggplant into 1/2” pieces. Place first seven ingredients (sweet potato to salt and pepper) in a wide pot with enough water to cover the vegetables. Simmer for approximately 15 minutes until sweet potatoes are tender.

Add the salmon steaks with bones and skin. Add lemon peel twists to hot broth in pan. Gently submerge salmon in liquid until covered, placing veggies on top of salmon if necessary, and poach gently under low heat until cooked through and fish is flaky.

Add the frozen peas and stir until thawed and heated through.

Remove skin from salmon. Divide vegetable mixture and broth into four large soup bowls. Top with 1/2 salmon piece in each bowl. Pass lemon wedges with soup. Serve with crusty whole grain toasted bread drizzled with olive oil.
Susan Cortesi

Spicy Thai Chicken Wraps

- Cooking spray
- 1 lb boneless, skinless chicken breasts, cut into one-inch pieces
- 2 tsp sesame oil
- 3 tsp minced garlic, about 3 cloves
- 2 tbsp peeled and minced fresh ginger
- 1/2 tsp red pepper flakes
- 1 medium red bell pepper, ribs and stems removed, cut in half lengthwise and then into thin slices
- 3/4 cup bean sprouts
- 1/3 cup thinly sliced green onion
- 2 tbsp crunchy peanut butter
- 1 tbsp seasoned rice vinegar
- 2 tsp soy sauce
- 2 tsp fresh lime juice
- 2 tsp Thai fish sauce
- 1/3 cup coarsely chopped fresh basil leaves
- 4 large burrito-size whole-wheat flour tortillas
- 8 butter lettuce leaves
- 8 thin slices of tomato
- 8 lime wedges

Heat a large skillet over medium high heat, spray lightly with cooking spray and brown the chicken pieces until no longer pink, about 5 minutes. Drain off any liquid that comes off the chicken after it’s cooked. Return to medium high heat and stir in the sesame oil, garlic, ginger and red pepper flakes, stirring often for about 3 minutes until the garlic starts to soften. Add the bell pepper strips, the bean sprouts and the green onion and continue to sauté for about 5 more minutes until the pepper starts to soften. 

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In a small bowl, mix the peanut butter, seasoned rice vinegar, soy sauce, lime juice and fish sauce, stir to blend. Stir this mixture into the chicken along with the basil. Cook for about 2 – 3 minutes until the sauce thickens a little and coats all the meat.

Heat a separate large skillet over medium high heat. When the pan is hot, place the tortillas one at a time in the skillet, turning the tortilla to brown it and warm it, about 1-2 minutes per side. Remove to plate and keep warm by covering with a towel until all the tortillas are browned.

To assemble the wraps for each serving, place a warm tortilla on the plate. On 2/3 of the tortilla lay the lettuce leaves. Cover the lettuce with the tomato slices. Spoon the hot chicken filling over the lettuce and tomato. To roll the wrap, fold in two opposite sides of the wrap, overlapping the filling by about 2 inches on each side. Starting with the other side of the wrap that has the filling on it, start to roll the wrap, tucking in the folded sides and encasing the filling completely as you roll. To serve, slice the wrap in half on an angle and place on the plate with lime wedges.

Serves 4
Tony’s Italian Meatballs

Preheat oven to 350 degrees. Lightly drip olive oil on baking sheet.

Meatballs

- 2/3 cup breadcrumbs
- 2 tbsp milk
- 1/2 cup Parmesan cheese
- 3 tbsp onion powder
- 3 tbsp basil
- 1 egg
- garlic to taste
- parsley to taste
- pepper to taste
- 2 tbsp olive oil
- 1 lb 80/20 ground sirloin/pork

Mix bread crumbs with milk. Let stand for 5 minutes. Add Parmesan cheese, onion powder, basil, egg, garlic, pepper, parsley to taste along with the olive oil.

Add the ground sirloin/pork to mix. Wet hands and mix all ingredients and form approximately 12 meatballs. Place on baking sheet and bake for 30 minutes until golden brown. Add to cooking gravy (sauce) for about 1 hour.

Extra spicy gravy

- 1 garlic clove
- 1/4 cup onion
- 2 cans tomato paste (4 oz each)
- 2 cans tomato sauce (8 oz each)
- 1/3 piece gorgonzola cheese
- 2 cans water (8 oz each)
- basil, red pepper, parsley to taste

Sauté olive oil, garlic clove and onion in sauce pan. Add the remaining ingredients. Cook 2 - 3 hours, stirring frequently. Do not boil. Add meatballs after 2 hours.

Makes 12 meatballs
Serving size: 2 meatballs
Minted Whole-Wheat Couscous and Garbanzo Beans in Lettuce Wraps

- 1 tsp. olive oil
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery
- 2 cloves garlic, minced
- 1/4 tsp pepper
- 2 tsp lemon juice
- 1 (14 oz.) can garbanzo beans, drained
- 1-1/2 cup low-sodium chicken broth
- 1/4 cup finely chopped fresh cilantro
- 1 tbsp finely chopped fresh mint
- 1 cup instant whole-wheat couscous
- 4 large lettuce leaves

In a saucepan, heat the olive oil over medium heat. Add the onions, celery, and garlic and sauté for about 5 minutes, or until onion and celery are tender. Add the pepper, lemon juice, drained garbanzo beans, chicken broth, cilantro, and mint; bring to boil. When liquid is boiling, add couscous. Cover and remove from heat; allow to stand covered 10 minutes. Remove cover and fluff the couscous with a fork. Spoon couscous mixture onto the lettuce leaves; fold the leaves like a burrito to enclose the couscous mixture and serve.

Serves: 4
Pre-heat oven to 325 degrees.

Smash garlic cloves to remove outer paper, dice onions, and cube potatoes into bite-size pieces.

In a large baking dish (preferable one with a heavy lid) add white wine, diced onions and smashed garlic. Arrange to cover bottom of dish evenly. Arrange potatoes along the outside of the dish leaving the center open for the chicken and onions. Dust potatoes with rosemary, salt and pepper. Arrange sage leaves in the middle of the baking dish. Lay chicken on top of onions, garlic and sage leaves – skin side up. Cut lemon in half and squeeze juice over chicken and potatoes. Remove thyme leaves from stems and dust chicken and potatoes with thyme, paprika, salt and pepper.

Cover with lid or heavy tin foil and bake for 2 1/2 hours, braising chicken with turkey baster every 15-20 minutes. For the last 20 minutes (or so) turn heat up to 425 and leave uncovered until skin in golden brown.

Best served with artichokes with balsamic aioli and fresh, sliced watermelon.
Desserts
Mini Strudels

- About 1-1/2 cups peeled and chopped apples (tart apples are best)
- 2 tbsp + 2 teaspoons sugar
- 2 tbsp chopped walnuts (optional)
- 1 tbsp all-purpose flour
- 1/4 tsp ground cinnamon
- 6 sheets of phyllo dough (14 inch x 9 inch)
- Butter flavor cooking spray
- Powdered sugar (optional)

In a small bowl combine apples, sugar, nuts, flour and cinnamon; then set aside.

Place one sheet of the phyllo dough on work surface (cover remaining sheets with plastic wrap or a damp towel to keep them from drying out). Then spray your phyllo dough with butter spray. Fold dough in half widthwise and spray again with butter spray. Spoon in about 1/3 cup of the filling onto the dough, about 2 inches from edge, fold side and edges over the filling and roll up. Place seam-side down on baking sheet, which has been coated with cooking spray. Repeat with remaining phyllo dough. This will make about six mini strudels. Cut diagonal slits on top of the strudels; spray strudels with butter flavor spray and bake at 350 degrees for about 20 minutes or until golden. Sprinkle with confectioner’s sugar if desired. Or you can cool strudel and serve with 2 tablespoons of fat-free whipped topping.

You can also use other fresh fruit if desired such as peaches or berries.

Serves 6.
Serving size: One mini strudel.
Pumpkin/Carrot Spice Cupcakes

- 1 box of Spiced Carrot Cake mix (any brand)
- 1 can of plain pumpkin

Mix the two together; it will be thick and sticky. Use cupcake pan and put liners in each. Spray with a touch of non-fat cooking spray, canola is best. Spoon mixture into each liner.

Bake at 425 for 20 – 25 minutes. NO frosting needed!!

*Makes 10 – 12 cupcakes*
Jan Valdez

Spiced Wine Poached Pears

- 4 firm pears, peeled, cut in half, and cored
- 2 cups red wine
- 1/2 cup sugar
- 1 cinnamon stick

- 2 cloves
- 1-inch piece of ginger, peeled
- 1 cup low-fat Greek yogurt
- 1/2 cup shelled pistachios

Place the pears, red wine, sugar, cinnamon stick, cloves, and ginger in a pot over medium heat. Simmer for 20 – 30 minutes, until the pears are tender. Gently remove the pears from the pot. Serve the poached pears with a dollop of Greek yogurt and garnish with pistachios.

Serves 4.
Cream the butter, peanut butter and sugars until light. Add the egg and vanilla, and mix until fluffy. In a separate bowl: Blend the flour, ground oatmeal, flaxseed, baking powder, soda, and salt together well. Add the dry ingredients to the butter mixture and stir in the chocolate chips and nuts. Drop cookie dough by heaping spoonfuls onto two lightly greased baking sheets. Bake for 7 – 9 minutes in 375 degree oven; remove before you think they are done as the cookies will continue to bake more when left on the cookie sheet. While still warm, press each cookie lightly with a fork to flatten slightly.

Makes about 12 – 18 cookies.
Vicky McMahon

Banana Bread with Yogurt

- 1 cup sugar
- ½ cup margarine
- 2 eggs beaten
- 3 mashed ripe bananas
- 1 ¼ cup all purpose flour
- ¼ cup wheat germ
- ½ cup whole wheat flour
- 1 tsp baking soda
- ½ cup vanilla yogurt
- 1 tsp vanilla extract

Preheat oven to 350 degrees. Spray 9 x 5 inch loaf pan with baking spray.

In a mixing bowl, combine margarine, sugar and mix for about one minute. Scrape down bowl. Add eggs, vanilla, bananas and mix until combined. Scrape down bowl again. In a separate bowl combine both flours, wheat germ, baking soda. Slowly add flour mixture and yogurt to wet ingredients already in the mixing bowl. Mix until all ingredients are combined, but do not over mix. Pour batter into prepared loaf pan; bake for 65 minutes and check with toothpick. If it comes out clean, bread is done. If not, it may take an additional 5 – 10 minutes depending on oven.

Let bread sit in pan for about 5 minutes on cooling rack, when slightly cooler, flip out onto cooling rack and let cool. Slice and enjoy!!

*Great with coffee for breakfast or after dinner.*