

## Alton Brown's Dairy-Free Chocolate Pie

Ingredients

Makes 8 servings

- 13 oz semisweet chocolate chips
- 1/3 cup coffee liqueur
- 1 tsp vanilla extract
- 1 lb silken tofu
- 1 tbsp honey
- 1 (9-in) prepared chocolate wafer crust (store-bought is fine)

Place enough water in the bottom of a 4-quart saucepan to come 1 inch up the sides. Bring to a simmer over medium heat.

Place the chocolate chips and liqueur in a medium metal mixing bowl, set over the simmering water, and stir with a rubber or silicone spatula until melted.

Remove from the heat and stir in the vanilla extract.

Combine the tofu, chocolate mixture, and honey in a blender or food processor and spin until smooth (about 1 minute).

Pour the filling into the crust and refrigerate for 2 hours, or until the filling sets firm.

Courtesy Alton Brown, 2011

From "Good Eats: The Early Years"

---

### Cauliflower Pizza



A skinny secret from guest Caroline, this delicious cauliflower pizza is a popular diet dish that is easy to make and incredibly versatile. Bake the crust in half an hour and throw on your favorite toppings.



Added to [Recipes](#) on Thu 11/18/2010

#### Ingredients

- 1 cup cauliflower, grated
- 1/2 cup shredded light mozzarella cheese
- 1 egg
- 1 tsp oregano
- 2 tsp basil
- 2 tsp parsley
- 1/2 tsp fennel
- 1 green pepper
- 1 onion
- 1 tomato
- Garlic powder, to taste

#### Directions

Chop pepper, onion and tomato. Set aside. Steam the cauliflower, let it cool and then grate it.

Combine grated cauliflower with the mozzarella and egg in a large bowl. Spray a circular or rectangular metal pan with cooking spray before spreading the dough evenly. Sprinkle the dough with fennel, oregano, parsley and basil. Add garlic powder.

Bake at 450° F for 12-15 minutes. Remove the dough from the oven and sprinkle chopped green pepper, onion and tomato, as well as the remaining mozzarella cheese on top. Return the pizza to the oven. Turn the heat up to broil and leave in until the cheese has melted and the crust is crispy.

### *Veggie & Bean Chili*

Serves 4-6 (Vegetarian)

- 1 tablespoon Spectrum® extra-virgin olive oil ▲
- 1 large organic onion, chopped ▲
- 2 medium organic carrots, peeled and chopped ▲
- 2 small organic zucchini squash, chopped ▲
- 1 small organic red pepper, chopped ▲
- 1 small organic green pepper, chopped ▲
- 1 cup Cascadian Farm® frozen organic corn ▲
- 1/2 teaspoon Natural Grocers® bulk salt
- 1 tablespoon Natural Grocers® bulk chili powder
- 3 organic garlic cloves, minced
- 3 cups Imagine® vegetable broth
- 1 15 1/2-oz. can Westbrae Natural® red beans, drained and rinsed ▲▲
- 1 14 1/2-oz. can Muir Glen® fire-roasted diced tomatoes, undrained ▲
- 1/2 cup shredded Organic Valley® cheddar cheese ▲▲

To make this a complete meal, you may want to serve with a salad topped with veggies of your choice. (See back cover for more ideas.)



Heat oil in a large soup pot or Dutch oven over medium heat. Add onion, carrots, squash, peppers, corn and salt to pan; sauté until vegetables are tender, about 10 minutes. Add chili powder and garlic; cook 1 minute, stirring constantly. Add broth, scraping pan to loosen brown bits. Add beans and tomatoes to the pan; simmer for about 45 minutes, or until thick. Serve with shredded cheese.