

healthy & hearty

*When you're
cooking for two, let
honey lend a hand.*



Brunch for six? No problem. Dinner party for eight? Piece of cake. Weeknight dinner for two? Help!



Cooking for two doesn't sound difficult, but it can pose a challenge for even the most experienced cook. It's not always easy coming up with great tasting, healthful meals that don't require a lot of work or produce a week's worth of leftovers. Rather than trying to adapt recipes meant for a crowd, why not whip up quick, delicious meals proportioned just for two?

Dishes like Honey-Glazed Ham Steaks, South of the Border Salad with Honey-Jalapeño Dressing and Honey Carrot Soup are healthy, hearty and perfect for the two of you. The great taste of all-natural honey adds flavor to all these dishes without adding fat. And with ready-to-use ingredients like pre-cooked ham steaks, pre-shredded cheese and packaged carrots, preparation time is kept to a minimum.

Honey's wholesome goodness is easy to incorporate into a healthy eating plan. From morning cereal and toast to a late-night supper, honey's the natural choice.

Honey by Any Other Name...



Honey comes in a wide range of varieties and forms. There are approximately 300 varieties of honey in the United States, which differ depending on the floral source the bees visit. Each floral source produces a uniquely flavored honey. Clover honey is the most widely available, but varieties like buckwheat, orange blossom and wildflower will give a subtle twist to recipes. In general, lighter-colored honeys are milder in flavor, while darker-colored honeys have a bolder taste.

Most honey in the United States is bought in liquid form. Creme or "spun" honey, which is finely crystallized honey, is also widely available. The crystallization is controlled during processing so that the honey will remain creamy and spreadable at room temperature. It's perfect for spreading on toast, muffins, scones and more. Comb honey is also available, usually at farmers' markets and health food stores, and can be enjoyed like chewing gum.



Honey, On the Double

Honey's great taste and convenience make it perfect for quick treats for two. Try the following simple recipe ideas and you'll never have to cook for a crowd again!

Tasty Toast Topper – Toast bread or muffins. Spread with ricotta cheese. Sprinkle with slivered almonds and drizzle with honey.

Yogurt Parfait – Layer yogurt, granola and fresh fruit in parfait glasses. Drizzle with honey. Repeat layers twice more, ending with a drizzle of honey on top.

Honey Mustard – Combine equal parts prepared mustard and honey. Spread on sandwiches, use as a dip for vegetables and pretzels, or brush on grilled meat and sausages.

Sweet Treat – Mix 2 Tablespoons honey with 1/2 cup sour cream. Pour over a bowl of fresh blueberries or strawberries.

Grapefruit Delight – Drizzle honey on fresh grapefruit halves. Eat cold or brown halves under the broiler for two minutes.



Storage Tips

Store honey at room temperature, never in the refrigerator. The countertop or a pantry shelf is ideal. If honey turns cloudy or crystallizes (a natural process), simply place the honey jar in warm water and stir until the crystals dissolve. Or place the honey in a microwave-safe container with the lid off and microwave it on HIGH, stirring every 30 seconds, until crystals dissolve. Be careful not to boil or scorch the honey.



One tablespoon of honey contains:

Calories: 60 Total Fat: 0 g
Total Carbohydrates: 17 g Protein: 0 g

Honey contains a wide complement of several essential vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorous, potassium and zinc. While honey's vitamins and minerals are present in trace amounts only, the breadth of the array is important to many of today's health conscious consumers. This is a value which honey adds that many other sweeteners do not.

Note: Honey should not be fed to babies under one year of age. Honey is a safe and wholesome food for older children and adults.



**Easy Salmon Burgers with
Honey Barbecue Sauce**

Easy Salmon Burgers with Honey Barbecue Sauce

- 1/3 cup honey
- 1/3 cup ketchup
- 1-1/2 teaspoons cider vinegar
- 1 teaspoon prepared horseradish
- 1/4 teaspoon minced garlic
- 1/8 teaspoon crushed red pepper flakes (optional)
- 1 can (7-1/2 oz.) salmon, drained
- 1/2 cup dried bread crumbs
- 1/4 cup chopped onion
- 3 Tablespoons chopped green bell pepper
- 1 egg white
- 2 hamburger buns, toasted

In small bowl, combine honey, ketchup, vinegar, horseradish, garlic and red pepper flakes until well blended. Set aside half of sauce. In separate bowl, mix together salmon, bread crumbs, onion, green pepper and egg white. Blend in 2 Tablespoons of sauce. Divide salmon mixture into 2 patties, 1/2- to 3/4-inch thick. Place patties on well-oiled grill, 4 to 6 inches from hot coals. Grill, turning 2 to 3 times and basting with sauce, until burgers are browned and cooked through. Or place patties on lightly greased baking sheet. Broil 4 to 6 inches from heat source, turning 2 to 3 times and basting with sauce, until cooked through. Place on hamburger buns and serve with reserved sauce.

Makes 2 servings.

Nutrients Per Serving:
Calories: 609
Carbohydrates: 101 g
Cholesterol: 58.5 mg
Total Fat: 10.3 g

Sodium: 1059 mg
Protein: 31.0 g
Dietary Fiber: 3.4 g
Cal. from Fat: 15%

Honey Orange Sundae Sauce

- 1/2 cup orange juice
- 1/4 cup honey
- 1 teaspoon cornstarch
- 1 teaspoon grated orange peel
- 1 orange, peeled and cut into 1-inch pieces

In small saucepan, mix orange juice and honey; stir in cornstarch and orange peel. Cook and stir over medium heat until mixture boils. Reduce heat and simmer for 1 minute. Add orange pieces and heat thoroughly. Serve over ice cream, frozen yogurt or pound cake.

Makes about 3/4 cup.

Nutrients Per Serving (1/4 cup sauce, not including ice cream, frozen yogurt or cake):
Calories: 129
Carbohydrate: 33.7 g
Cholesterol: 0.0 mg
Total Fat: 0.14 g

Sodium: 1.65 mg
Protein: 0.8 g
Dietary Fiber: 1.0 g
Cal. from Fat: 1%

Honey-Kissed Pears

1 can (16 oz.) pear halves, in juice or syrup
1 cinnamon stick
1/2 teaspoon grated orange peel
1 Tablespoon raisins or dried cranberries
1 Tablespoon brandy (optional)
1/4 cup honey
1/2 teaspoon vanilla extract

Drain pear halves and set aside, reserving liquid. Place pear liquid in small saucepan; add cinnamon stick and orange peel. Bring mixture to a boil over medium heat. Simmer for 10 to 15 minutes, or until liquid is reduced to 1/4 cup. Stir in raisins and brandy, if desired; simmer 1 minute more. Remove from heat; stir in honey and vanilla. Let cool. Remove cinnamon stick. To serve, divide pears between serving plates and spoon honey glaze over pears.

Makes 2 servings.

Nutrients Per Serving:

Calories: 276
Carbohydrates: 68.4 g
Cholesterol: 0.0 mg
Total Fat: 0.18 g

Sodium: 11.5 mg
Protein: 1.07 g
Dietary Fiber: 3.58 g
Cal. from Fat: 1%

Honey-Glazed Ham Steaks

2 fully cooked ham steaks (about 4 to 6 oz. each)
2 Tablespoons honey
1-1/2 teaspoons water
3/4 teaspoon dry mustard
1/4 teaspoon ground ginger
1/8 teaspoon ground cloves

In medium nonstick skillet, pan-fry ham steaks until lightly browned and thoroughly heated. Remove to plate and keep warm. In small bowl combine honey, water and spices. Add to pan and, with pan drippings, bring to a boil. Simmer 1 to 2 minutes. Brush mixture over ham and serve.

Makes 2 servings.

Nutrients Per Serving:

Calories: 245
Carbohydrates: 18.2 g
Cholesterol: 63.8 mg
Total Fat: 6.49 g

Sodium: 1801 mg
Protein: 28.2 g
Dietary Fiber: 0.21 g
Cal. from Fat: 24%

Honey "Barbecued" Chicken

4 boneless, skinless chicken breast halves
(about 1-1/2 pounds)
Salt and pepper, to taste
1 cup thinly sliced onions
3/4 cup tomato sauce
1/4 cup honey
1/4 cup cider vinegar
2 Tablespoons Worcestershire sauce
1 teaspoon paprika
1/4 teaspoon bottled hot pepper sauce

In large baking dish, place chicken in single layer. Sprinkle with salt and pepper. In medium bowl, combine remaining ingredients; mix well. Pour mixture over chicken. Bake, uncovered, at 375°F for 30 minutes. Turn pieces and bake 20 minutes more, or until glazed and thoroughly cooked.

Makes 2 servings, with 2 reserved for South of the Border Salad.

Nutrients Per Serving:

Calories: 290
Carbohydrates: 26.8 g
Cholesterol: 98.6 mg
Total Fat: 2.35 g

Sodium: 476 mg
Protein: 40.6 g
Dietary Fiber: 1.48 g
Cal. from Fat: 7%

South of the Border Salad with Honey-Jalapeño Dressing

1/4 cup cider vinegar
2 Tablespoons honey
1 Tablespoon olive oil
1/2 teaspoon minced garlic
1/4 teaspoon salt
Minced fresh or canned jalapeño peppers, to taste
4 cups mixed greens
1 can (8 oz.) kidney beans, drained
2 Honey "Barbecued" Chicken breasts, shredded
(about 1-1/2 cups)
1 cup shredded pepper jack cheese (about 4 oz.)
1 tomato, quartered

In medium bowl, whisk together vinegar, honey, oil, garlic, salt and jalapeño. Set aside. Divide salad greens between two plates. Layer each evenly with beans, chicken, cheese and tomato. Drizzle with dressing.

Makes 2 servings.

Nutrients Per Serving:

Calories: 774
Carbohydrates: 72.8 g
Cholesterol: 149 mg
Total Fat: 27.0 g

Sodium: 1055 mg
Protein: 64.2 g
Dietary Fiber: 12.9 g
Cal. from Fat: 31%

Honey-Caramelized Bananas and Oranges

- 2 large bananas, peeled and halved lengthwise
- 1 orange, peeled and sliced
- 1/4 cup honey
- 2 Tablespoons chopped walnuts
- 3 Tablespoons brandy (optional)

Place bananas and orange slices in small flameproof dish. Drizzle with honey and sprinkle with walnuts. Broil 4 to 6 inches from heat source for about 5 minutes, or until heated through and lightly browned but not burnt. Remove from broiler. If desired, pour brandy over top and flame. Serve immediately.

Makes 2 servings.

Nutrients Per Serving:
Calories: 313
Carbohydrates: 70.7 g
Cholesterol: 0.0 mg
Total Fat: 5.27 g

Sodium: 3.59 mg
Protein: 3.0 g
Dietary Fiber: 3.98 g
Cal. from Fat: 14%

Honey Carrot Soup

- 1 package (16 oz.) baby carrots or
3-1/2 cups sliced carrots
- 1 cup chicken broth
- 1/2 medium onion, chopped
- 1/2 cup 2% milk
- 1/4 cup honey
- Ground nutmeg, to taste

In large saucepan, combine carrots, chicken broth and onion. Cover and simmer over medium heat for about 15 minutes, or until carrots are tender. Transfer mixture to blender or food processor; blend until smooth. Return to saucepan. Add milk and honey. Return to simmer. Serve hot or chilled, sprinkled with nutmeg.

Makes 2 servings.

Nutrients Per Serving:
Calories: 272
Carbohydrates: 58.5 g
Cholesterol: 4.57 mg
Total Fat: 3.1 g

Sodium: 500 mg
Protein: 6.78 g
Dietary Fiber: 7.68 g
Cal. from Fat: 10%

South
of the
Border
Salad
with
Honey-
Jalapeño
Dressing

Honey
Carrot
Soup

