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# Healthy cooking on the go

By Harriet Ann Dy

At first glance, it's hard to recognize that The Planet Organic Market Cookbook is primarily geared towards healthy eating. With recipes on how to make Greek Quesadillas, Belgian Chocolate Brownies and Maple-Glazed Chicken Wings, flipping through the book is like signing up for Weight Watchers and still be allowed to eat cake.

But according to author Diane Shaskin, one does not need to make major adjustments when it comes to having a healthy diet. Craving for a quesadilla? Look for whole grain tortillas and use feta cheese, hummus and tzatziki instead of full-fat cheese. Sensitive to dairy? Steer clear of the eggs and use yogurt and Dijon mustard instead when making a Caesar salad.

The POM Cookbook promises that healthy eating can be interesting, yummy and easy to make. "I love to cook, and I cook everyday, but I'm prepared to dedicate an hour of my time doing so from prep to the table," she says. Working moms, take note.

Shaskin, who is more of a healthy eater than an exclusive vegetarian, worked on the book for two years. She personally made and tested each recipe, working closely with an Edmonton-based dedicated

home cook who also tested and annotated each recipe to the last drop.

Recipes were collected from all over: POM store cooks, customers, and even Shaskin's personal files. Food inspiration was taken from cuisines around the world, like the Mango Sesame Chicken, The Best Dal Ever, and Gazpacho-style Tomato Basil Soup. "I love international food; it makes for interesting vegetarian cooking as well," she says.

The ingredients can be novel sometimes, like bean brownies made from adzuki beans, which, interestingly enough, was developed at the Halifax store. Or muffins that require Xanthan gum, and icing made from tofu. Not to worry, they should be available at your local natural foods supermarket.

Tofu Sesame Snacks, Hale to the Kale Salad and the Lentil Loaf with Mashed Potatoes and Herbed Gravy are some of Shaskin's personal favorites. "The Lentil Loaf is what I'd serve a vegetarian for Thanksgiving," she says.

For Shaskin, eating well is one of the best things one can do. And The POM Cookbook simply mirrors her and her company's vision of "Good Food. Good for You. Good for the Earth."

