



Lighten Up Your Meals With Veggie Noodles



The secret to changing up your meals while keeping them light and healthy is vegetable noodles. Zucchini, beet or squash varieties are a great, gluten-free alternative to regular pasta and add more veggies to your diet and colour on your plate.

Made with Bertolli pasta sauce and inspired by the simplicity of Tuscan cooking, this recipe is a low-carb twist on a favourite Italian classic. That's because the sauces are prepared in the 150-year old Tuscan tradition using a few quality ingredients cooked lightly with olive oil to lock in delicious layers of flavour.

No spiralizers or any special gadgets are required, which makes these noodles easy to prepare. Serve with meat sauce, meatballs or simply on its own.

Spaghetti Squash
 Prep time: 10 minutes
 Cook time: 45 minutes
 Serves: 2
 Ingredients:
 • 1 large spaghetti squash
 • Extra virgin olive oil for seasoning
 • 1 jar (630 mL) Bertolli Traditional Marinara with Italian Herbs & Fresh Garlic Sauce, warmed
 • Salt and pepper to taste
 Directions:
 1. Heat oven to 400°F (200°C). Cut squash in half lengthwise and remove seeds. Brush with oil. Place on baking sheet, cut-side down. Bake 45 min. or until tender.
 2. Use a fork to gently scrape squash into spaghetti-like strands, and discard rind. Top with sauce. Serve while warm. - NC

The Secret Of Applesauce Cake Is Cider And Dried Apples



By America'S Test Kitchen

Applesauce cakes don't have a singular definition; they run the gamut from dense, chunky fruit-cakes to gummy "health" cakes without much flavour. We wanted a moist and tender cake that actually tasted like apples.

To achieve the loose, rustic crumb that's best suited to a snack cake, we used the simple quick-bread mixing method, mixing the wet ingredients separately and then gently adding the dry ingredients by hand.

The challenge lay in adding more apple flavour. Simply increasing the applesauce made for a gummy cake, and fresh apples added too much moisture. But two other sources worked well: apple cider and dried apples.

When reduced to a syrup, the apple cider contributed a pleasing sweetness and a slight tang without excess moisture. And dried apples plumped in the cider while it was reducing gave our cake even more apple flavour.

We liked the textural contrast provided by a simple sprinkling of spiced granulated sugar over the cake before baking. This cake is very moist, so it's best to err on

the side of overbaked when testing its doneness. We prefer the rich flavour of cider, but you can substitute apple juice.

Ingredients:
 1 cup apple cider
 3/4 cup dried apples, cut into 1/2-inch pieces
 1 cup unsweetened applesauce
 2/3 cup (4 2/3 ounces) sugar
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground nutmeg
 1/8 teaspoon ground cloves
 1 1/2 cups all-purpose flour
 1 teaspoon baking soda
 1 large egg, room temperature
 1/2 teaspoon salt
 8 tbsps unsalted butter, melted
 1 teaspoon vanilla extract

Adjust oven rack to middle position and heat oven to 325 F. Make foil sling for 8-inch square baking pan by folding 2 long sheets of aluminum foil so each is 8 inches wide. Lay sheets of foil in pan perpendicular to each other, with extra foil hanging over edges of pan. Push foil into corners and up sides of pan.

Combine cider and dried apples in small saucepan and simmer over medium heat until liquid evaporates and mixture appears dry, about 15 minutes. Let mixture cool completely, then

process with applesauce in food processor until smooth, 20 to 30 seconds.

Whisk sugar, cinnamon, nutmeg, and cloves together in bowl; set aside 2 tablespoons mixture for topping. Whisk flour and baking soda together in second bowl.

Whisk egg and salt together in large bowl. Whisk in sugar mixture until well combined and light-colored, about 20 seconds. Whisk in melted butter in 3 additions, whisking after each addition until incorporated. Whisk in applesauce mixture and vanilla. Using rubber spatula, fold in flour mixture until just combined.

Transfer batter to prepared pan and smooth top with rubber spatula. Gently tap pan on counter to settle batter. Sprinkle reserved sugar mixture evenly over top. Bake until toothpick inserted in centre comes out clean, 35 to 40 minutes, rotating pan halfway through baking. Let cake cool completely in pan on wire rack, 1 to 2 hours. Using foil overhang, lift cake from pan. Serve. (Cake can be stored for up to 2 days.)

This recipe appears in the cookbook "Perfect Cake." (Joe Keller/America's Test Kitchen via AP)

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