THE IWF TABLE



FEEDING THE BODY, MIND, AND COMMUNITY

International Women's Forum
2026 World Leadership Conference
Denver, Colorado

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FEEDING THE BODY, MIND, AND COMMUNITY

ABOUT IWF

The International Women's Forum is an invitation-only membership organization and is one of the most powerful networks of women in the world. IWF comprises 8,500 women leaders in 78 forums in 37 countries.

IWF was founded in New York City in 1974 by civic leader and philanthropist Elinor Guggenheimer, when women executives were just starting to break the glass ceiling across a wide range of professions. Joined by co-founders Eleanor Holmes Norton, Muriel Fox, and Muriel Siebert, the goal of the Forum was to advance women's leadership through professional and personal support.

Now in its 52nd year, IWF is a global community of top women leaders in every sector and is a vibrant force for change. Members are game changers: CEOs, heads of state, Nobel Prize laureates, astronauts, artists, poets, politicians, academics, inventors, and innovators.



ABOUT WALMART

Our Aspiration

Walmart aspires to be the trusted partner for customers to live better through healthier, accessible, affordable, and convenient food and wellness solutions.

Expanding Access to Affordable, Healthier Foods

Walmart collaborates with suppliers to expand products featuring higher protein, added fiber, simpler ingredients, reduced artificial additives, and improved nutrition profiles while maintaining customer choice.
Link: Healthier Choices

Enabling Healthier Choices

Helping customers find and use healthier options through tools, recipes, meal ideas, product information, and in-store and digital experiences.

Supporting Whole Health

Connecting food, pharmacy, vision, wellness products, care services, delivery, and community health resources to support customers across life stages, health needs, and everyday routines.

Purpose

Our purpose—saving people money so they can live better—guides everything we do, driving us to create shared value for customers, associates, suppliers, communities, and the planet.
Learn more at corporate.walmart.com/purpose/esgreport.



ABOUT THE COOKBOOK

This second cookbook continues the collaboration between the International Women's Forum and Walmart. Building on *The IWF Table: Healthy Recipes from Around the World*, it brings together recipes shared by the IWF network.

Thank you to the contributors and partners whose care and collaboration made this collection possible.

We hope these pages inspire readers to try something new, find a favorite, and enjoy a meal made to share.



IMPORTANT INFORMATION

This cookbook is provided for general informational and inspirational purposes only. Recipes and related content have not been evaluated for nutritional, allergen, or medical suitability and are not a substitute for professional medical, dietary, or nutritional advice.

Please consider your individual dietary needs, food allergies, and sensitivities; review ingredient labels; use care when making substitutions; and follow appropriate food-safety practices.

References to third-party products, brands, organizations, or recipe sources are included for informational or attribution purposes only and do not imply endorsement, sponsorship, or affiliation by the International Women's Forum, Walmart, or any referenced party, unless expressly stated.

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CONVERSION CHART

For your convenience, we've included a conversion chart to help you navigate measurements used in recipes from around the world.

TABLESPOONS	TEASPOONS	CUPS	MILLILITERS
1 TBSP	3 TSP	1/16 CUP	15 ML
2 TBSP	6 TSP	1/8 CUP	30 ML
3 TBSP	9 TSP	3/16 CUP	45 ML
4 TBSP	12 TSP	1/4 CUP	60 ML
8 TBSP	24 TSP	1/2 CUP	120 ML

POUNDS (lbs)	OUNCES (oz)	GRAMS (g)
1/4 POUND	4 OUNCES	113.4 GRAMS
1/3 POUND	5.33 OUNCES	151.12 GRAMS
1/2 POUND	8 OUNCES	226.8 GRAMS
3/4 POUND	12 OUNCES	340.2 GRAMS
1 POUND	16 OUNCES	453.59 GRAMS



MARÍA JOSÉ SAN ROMÁN
Chef, Restaurateur and President of Mujeres en Gastronomía Monastrell Restaurant
IWF Spain



Serves: 4 | **Prep: 25 min** | **Cook: 45 min**

Beetroot Velvet with Tomato Pearls and Lobster

INGREDIENTS

FOR THE BEETROOT VELVET

- 360 g fresh beetroot
- 550 g ripe tomatoes
- 50 g red onion
- 1 small garlic clove
- 70 mL extra-virgin olive oil, preferably Hojiblanca
- 35 mL Malvasia wine vinegar
- Sea salt to taste

FOR THE GARNISH

- 140 g cooked lobster meat
- 80 g fresh tomato pearls (seeds and surrounding gel)
- 20 mL extra-virgin olive oil
- Finely diced cooked beetroot
- Fresh mustard microgreens or beetroot sprouts
- A pinch of sea salt

INSTRUCTIONS

1. Wash and cook the beetroot in a pressure cooker until tender, approximately 45 minutes depending on size and cooker. Cool and peel.
2. Peel and chop the tomatoes, red onion, and garlic. Cut the cooked beetroot into pieces, reserving a little for the garnish.
3. Combine beetroot, tomatoes, onion, garlic, olive oil, vinegar, and salt. Refrigerate for approximately two hours.
4. Blend until smooth and pass through a fine sieve for a silky texture. Chill thoroughly.
5. Carefully remove the seed clusters and surrounding gel from fresh ripe tomatoes.
6. Cut cooked lobster into bite-sized pieces.
7. Pour the chilled beetroot velvet into four shallow bowls. Add lobster, tomato pearls, and diced beetroot.
8. Drizzle with olive oil, season lightly, and garnish with microgreens. Serve chilled.





KIMBERLY STEPHENS
Executive Vice President & Chief Financial Officer at High Liner Foods Inc.
IWF Canada

Serves: 2 | **Prep: 15 min** | **Cook: 10 min**

Blackened Salmon Salad with Avocado Dill Dressing

INGREDIENTS

BLACKENING SPICE

- ½ tsp. each paprika, dried thyme, dried parsley, and onion powder
- ¼ tsp. each garlic powder, salt, black pepper, and cayenne

SALAD

- 2 wild Pacific salmon fillets
- ½ avocado, sliced
- 1 hard-boiled egg, halved (optional)
- 2 cups kale, lightly massaged
- 2 cups mixed greens
- ¼ cup celery, sliced
- ½ cup cherry tomatoes, halved
- ½ cup grapes, halved
- 2 tbsp. red onion, chopped
- 2 tbsp. fresh dill, chopped

AVOCADO DILL DRESSING

- 2 tbsp. fresh dill
- ½ avocado
- 1 tbsp. mayonnaise
- 2 tbsp. white wine vinegar
- 1 tbsp. honey
- ¼ cup water

INSTRUCTIONS

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Combine all blackening spices. Pat the salmon dry and rub the seasoning over the top of each fillet.
3. Bake salmon for about 10 minutes, or until cooked through.
4. Meanwhile, blend all dressing ingredients until smooth.
5. Divide kale and mixed greens between two bowls. Top with celery, tomatoes, grapes, red onion, dill, avocado, and hard-boiled egg, if using.
6. Top each salad with a salmon fillet and drizzle with avocado dill dressing.



S. ROSEL MOXEY
Chair of Audit and Finance Committee International Women's Forum
IWF Bahamas



Serves: 8-10 | **Prep: 15 min** | **Cook: 40 min**

Chef Marlene McKinney's Lentil Soup

INGREDIENTS

- 2 cups dry lentils, rinsed
- 8 cups water
- 3 garlic cloves, minced
- 2 tbsp. thyme
- 1 bay leaf
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup onion, chopped
- 1 tbsp. Italian seasoning
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. pure maple syrup
- 1 cup coconut milk
- 2 cups tomato sauce
- 1 cup pumpkin, diced
- 2 medium orange-fleshed sweet potatoes, peeled and diced
- 1 cup bell pepper, diced (optional)
- Cayenne pepper, to taste
- Salt, to taste

THICKENING SLURRY

- ½ cup water
- 1 tbsp. cornstarch

INSTRUCTIONS

1. Combine lentils, water, garlic, thyme, bay leaf, carrots, celery, and onion in a large pot. Bring to a boil, then reduce heat and simmer for 20–25 minutes, until lentils are almost tender.
2. Stir in Italian seasoning, garlic powder, onion powder, maple syrup, and coconut milk.
3. Add pumpkin, sweet potatoes, and bell pepper, if using. Continue cooking until the vegetables are tender.
4. Stir in tomato sauce and season with salt and cayenne pepper. Simmer for 5–10 minutes.
5. Whisk together water and cornstarch until smooth. Slowly stir into the soup.
6. Simmer for another 2–3 minutes, until slightly thickened.
7. Remove from heat, let rest for a few minutes, and serve hot.





LAURA HWANG
Director of Linyi Investments Pte Ltd
IWF Singapore

Serves: 6-8 | **Prep: 15 min** | **Cook: 2 hrs**

Chicken, Ginger, Red Dates, and Goji Berry Soup

INGREDIENTS

- 1 whole chicken
- water, about 8-12 cups
- 4 inch piece of ginger
- 3 large garlic cloves, crushed
- 1 medium onion, halved or quartered
- 5 Chinese red dates
- ¼ cup of Goji berries (the more added the sweeter the soup)
- 3 carrots, peeled and sliced 1/2 inch thick

Optional:

- 1 squash (or small butternut squash), peeled and dice
- Corn on the cob (1 ear cut into 3-4 sectors)
- 2-3 pieces of dry Bay leaves

INSTRUCTIONS

1. Clean the chicken by rubbing salt all over, rinsing thoroughly with water after. Remove any fat, if desired.
2. Immerse the chicken with water (should cover entirely) and bring to a boil with the onion, garlic, and ginger. Reduce the heat to a low simmer and cook for 1-2 hours or until the chicken comes off the bone easily.
3. Using a sieve, remove the fat that may accumulate to the top.
4. After an hour, add the carrots, squash, corn, and goji berries and simmer for 20-30 minutes or until all the vegetables are tender.



LINDA MARZANO
Practitioner in Residence, Clinical Professor at University of Washington School of Public Health
IWF Washington State



Serves: 4-6 | **Prep: 15 min** | **Cook: 30 min**

Chickpea Salad with Fresh Herbs and Scallions

INGREDIENTS

- ⅔ cup plain Greek yogurt
- Juice of 1 lemon (about 2 tbsp.)
- 2 tsp. whole-grain or Dijon mustard
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 3 tbsp. fresh dill, minced, plus more for garnish
- 2 tbsp. fresh parsley, minced
- 3 (15 oz.) cans chickpeas, drained and rinsed
- 1 cup celery, finely diced
- ½ cup scallions, thinly sliced
- 2 hard-boiled eggs, chopped (optional)
- Chopped Calabrian peppers (optional)

INSTRUCTIONS

1. Whisk together Greek yogurt, lemon juice, mustard, salt, pepper, dill, and parsley until smooth.
2. Place chickpeas in a large bowl and lightly mash about one-third of them.
3. Add celery, scallions, and hard-boiled eggs, if using. Toss to combine.
4. Add the yogurt dressing and mix until evenly coated.
5. Chill for about 30 minutes, then stir and garnish with additional fresh herbs before serving.
6. For a little heat, add chopped Calabrian peppers, if desired.

Tip: Make up to 2 days ahead and refrigerate. Remove from the refrigerator about 30 minutes before serving and stir well.





ANGELA CLARK, PHD, RN, MSN, CNE, FAAN
Maxine Clark and Bob Fox President of Barnes-Jewish College at Goldfarb School of Nursing
IWF Missouri

Serves: 8-10 | **Prep: 15 min** | **Cook: 30 min**

Foxy's Potato Soup

INGREDIENTS

- 1 chopped onion
- 3 tbsp. of butter
- 1/2 tsp. salt
- Pepper to taste
- 1 quart milk
- 1 quart chicken or vegetable stock
- 3/4 cup diced and peeled carrots
- 3/4 cup diced celery
- 6 russet potatoes, peeled and diced
- 1 cup (or more) shredded cheddar

INSTRUCTIONS

1. In a large pot, sauté the onion, carrots, and celery in melted butter until translucent but not browned, about 10 minutes.
2. Add the potatoes and stock. Cover and simmer over low heat for about 15 minutes, or until the potatoes are soft.
3. Remove from heat and stir in the milk.
4. Use an immersion blender to blend the soup. Adjust the thickness with additional liquid, adding more bouillon if needed for flavor.
5. Stir in the shredded cheddar until fully melted. Garnish with extra cheese, if desired.



DR. SUE ENGLISH OAM
General Practitioner at Brighton Family and Women's Clinic
IWF Australia



Serves: 6-8 | **Prep: 20 min** | **Cook: 0 min**

Green Papaya Salad

INGREDIENTS

SALAD

- 4 cups green papaya, peeled and shredded
- 3 cups cherry tomatoes, halved
- 20 green beans, cut into 1½-inch pieces
- ½ cup fresh basil or Thai basil leaves, torn
- ⅔ cup unsalted roasted peanuts

DRESSING

- 2 tsp. garlic
- 3 red chilies, chopped and seeded for less heat
- 3 tbsp. shrimp paste
- 1 cup palm sugar, grated
- ½ cup lime juice
- ½ cup fish sauce

INSTRUCTIONS

1. Crush the peanuts using a mortar and pestle and set aside.
2. Pound garlic and chilies into a paste. Add shrimp paste and mix well.
3. Combine palm sugar, lime juice, and fish sauce, stirring until the sugar dissolves. Mix into the garlic and chili paste.
4. In a large bowl, combine green beans, tomatoes, and shredded papaya.
5. Add the dressing and ¾ of the crushed peanuts. Toss thoroughly.
6. Transfer to a serving bowl and finish with the remaining peanuts and torn basil leaves.
7. Serve fresh as a side with meat, fish, or a vegetarian meal.





NANCY KEIL
President and Chief Executive Officer at Second Harvest Food Bank of Middle Tennessee
IWF Tennessee

Serves: 4 | **Prep: 10 min** | **Cook: 20 min**

Mediterranean Lentil Salad

INGREDIENTS

- 2 cups water or vegetable broth
- ⅔ cup dried lentils
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- ¼ cup lemon juice
- Salt and black pepper, to taste
- 1 small onion, diced (optional)

INSTRUCTIONS

1. Combine lentils and water or vegetable broth in a pot and bring to a boil.
2. Reduce heat to low, cover, and simmer for about 20 minutes, until the lentils are tender and the liquid is absorbed. Let cool.
3. Combine the cooked lentils, cucumber, tomatoes, and onion, if using, in a bowl.
4. Pour lemon juice over the salad and season with salt and pepper. Stir well.
5. Chill for 30–60 minutes before serving.



BETTY CHU
Senior Vice President and Chief Medical Officer at Advocate Health
IWF Michigan



Serves: 6-8 | **Prep: 15 min** | **Cook: 20 min**

Michigan Apple, Mint & White Bean Quinoa Salad

INGREDIENTS

SALAD

- 1½ cups dry quinoa, rinsed
- 3 cups water
- 1 can cannellini or Great Northern beans, drained and rinsed
- 1 large crisp apple, diced (Honeycrisp, Pink Lady, Cosmic Crisp, or Gala)
- 1 red bell pepper, diced
- 1 jalapeño, minced (optional)
- 1/4 cup fresh mint, chopped

DRESSING

- 1 garlic clove, grated or finely minced
- ⅓ cup extra-virgin olive oil
- 2 tbsp. fresh lime juice
- 2 tbsp. fresh lemon juice
- 1 tsp. honey or maple syrup
- 1–1¼ tsp. salt, to taste
- Black pepper, to taste
- ½ tsp. ground coriander (optional)

INSTRUCTIONS

1. Bring quinoa and water to a boil. Cover, reduce heat to low, and simmer for 16–20 minutes, until tender and the water is absorbed.
2. Meanwhile, whisk together garlic, olive oil, lime juice, lemon juice, honey or maple syrup, salt, pepper, and coriander, if using.
3. Add the warm quinoa directly to the dressing and stir well. Let cool for at least 15 minutes.
4. Stir in the beans, bell pepper, jalapeño, and mint.
5. Dice the apple shortly before serving and gently stir it into the salad. Toss with a little extra lemon or lime juice first to help prevent browning, if desired.
6. Taste and adjust with additional salt, citrus juice, or olive oil as needed.





ANNE MARIE REIDY, M.D., J.D
Founder and Chief Executive Officer of Women4Women OBGYN
IWF Florida Suncoast

Serves: 4-6 | **Prep: 10 min** | **Cook: 0 min**

Mixed Green Salad with Nonna's Italian Dressing

INGREDIENTS

- 12 oz. pre-washed salad greens (about 12 cups)
- 3 tbsp. extra-virgin olive oil
- 2 large garlic cloves
- 1 ripe avocado, chopped
- 2 medium vine-ripened tomatoes, roughly chopped
- 5–6 basil leaves, chopped
- 1 tbsp. balsamic vinegar, or to taste
- ½–¾ tsp. salt

INSTRUCTIONS

1. Pour olive oil into a large wooden salad bowl. Add the garlic and crush with the back of a wooden salad tong to infuse the oil, then remove the garlic cloves.
2. Add the salad greens and toss until well coated with the oil.
3. Add salt and toss again.
4. Add the avocado and toss gently, allowing it to add creaminess to the dressing.
5. Add the tomatoes, basil, and balsamic vinegar. Toss once more and serve.

Tip: Mix the dressing directly into the salad in the specific order above.



DR. FLORENCIA DE LOS SANTOS
Aesthetic Physician and Master in Laser Technology at MEDICLINIQ
IWF Uruguay



Serves: 4 | **Prep: 15 min** | **Cook: 15 min**

Pear, Walnut, and Salmon Power Salad

INGREDIENTS

SALAD

- 4 cups mixed leafy greens
- 14 oz. fresh salmon fillet
- ⅓ cup walnuts, roughly chopped
- ¼ cup unsalted sunflower seeds
- 2 tbsp. ground flaxseed
- 2 oz. Roquefort or blue cheese, crumbled
- 1 tsp. extra-virgin olive oil
- Juice of ½ lemon
- Black pepper, to taste

ROASTED PEARS

- 2 medium pears, cut into wedges
- 1 tsp. extra-virgin olive oil
- 1 tsp. honey (optional)
- Black pepper or cinnamon, to taste

VINAIGRETTE

- 3 tbsp. extra-virgin olive oil
- 1½ tbsp. apple cider or red wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. fresh lemon juice
- 1 tsp. honey (optional)
- Black pepper, to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Arrange pear wedges on a baking sheet. Drizzle with olive oil and optional honey, then season with black pepper or cinnamon. Roast for 12–18 minutes until tender and lightly golden.
3. Place salmon in a baking dish. Drizzle with olive oil and lemon juice and season with black pepper. Bake for 10–14 minutes, until cooked through. Let rest, then flake into large pieces.
4. Whisk together all vinaigrette ingredients.
5. Add greens, walnuts, sunflower seeds, and flaxseed to a large bowl. Toss gently with the vinaigrette.
6. Add the roasted pears and salmon, then top with crumbled blue cheese. Serve immediately.





JAMILE CAMACHO, M.D.
Surgical Oncologist at Clinica Alemana de Santiago
IWF Chile

Serves: 4 | **Prep: 15 min** | **Cook: 30 min**

Porotos Granados

INGREDIENTS

- 500 g fresh cranberry beans, shelled and cleaned
- 125 g squash, cut into large pieces
- 2 ears corn, kernels removed
- 1 small onion, finely diced
- 1 tomato, peeled, seeded, and diced
- 1 garlic clove, minced
- 8–10 fresh basil leaves
- ½–1 tsp. paprika
- ½ tsp. dried oregano
- 1–2 tbsp. sunflower oil
- Salt and black pepper, to taste
- Boiling water, as needed

INSTRUCTIONS

1. Place the beans and squash in a pot and cover with boiling water. Season with salt and simmer for 25–30 minutes, until tender.
2. Remove the squash, mash it, and return it to the pot.
3. Blend the corn and basil into a coarse purée and set aside.
4. Heat the oil in a pan and sauté the onion and garlic until soft. Season with paprika, oregano, salt, and pepper.
5. Add the tomato and cook for 1 minute, then stir the mixture into the beans.
6. Add the corn and basil purée. Simmer for another 8–10 minutes, stirring occasionally.
7. Adjust seasoning as needed and serve hot.



TRISHA CLARK CUNNINGHAM
President and Chief Executive Officer of North Texas Food Bank
IWF Dallas



Serves: 4-8 | **Prep: 15 min** | **Cook: 0 min**

Red, White, and Blue Salad

INGREDIENTS

SALAD

- 16 oz. baby spinach
- 16 oz. strawberries, halved or quartered
- 8 oz. blueberries
- 4 oz. feta cheese, crumbled
- 4 oz. pecans, chopped

AVOCADO LIME DRESSING

- 1 ripe avocado
- Juice of 1 lime (about 2 tbsp.)
- ¼ cup olive oil
- Salt and black pepper, to taste

INSTRUCTIONS

1. Wash and thoroughly dry the spinach, strawberries, and blueberries.
2. Place spinach in a large serving bowl.
3. For the dressing, lightly mash the avocado with lime juice, leaving a few small chunks. Stir in olive oil and season with salt and pepper.
4. Add the dressing to the spinach and toss until evenly coated.
5. Add strawberries, blueberries, feta, and pecans. Toss gently and serve.

Tip: Add grilled chicken, shrimp, or salmon for a heartier entrée. Try raspberries or watermelon in place of strawberries, blackberries for blueberries, mozzarella pearls instead of feta, or walnuts instead of pecans. Add garlic to the dressing or finish with balsamic glaze for extra flavor.





THE HONORABLE
DONNA E. SHALALA
Former Secretary of U.S. Department of Health and Human Services
IWF Florida

Serves: 4-6 | **Prep: 15 min** | **Cook: 0 min**

Salad Tabbouleh à la Shalala

INGREDIENTS

- 1 cup fine cracked wheat
- Juice of 5–6 lemons (about 1 cup)
- 2 cups Italian parsley leaves, chopped
- 1 cup fresh mint leaves, chopped
- 1 cup tomato, seeded and chopped
- 3 scallions, trimmed and sliced
- 1 tbsp. extra-virgin olive oil
- Salt and freshly ground black pepper, to taste
- Water, as needed

INSTRUCTIONS

1. Soak the cracked wheat overnight in the lemon juice, adding enough water to cover.
2. Drain and squeeze out as much liquid from the wheat as possible, then transfer to a serving bowl.
3. Add the parsley, mint, tomato, and scallions. Make sure the herbs are well dried and the tomatoes are thoroughly drained.
4. Drizzle with olive oil and toss to combine.
5. Season with salt and pepper to taste. Add water in place of some lemon juice if a milder citrus flavor is preferred.



KIMBERLY COOPER JAQUA
Global Board Chair
International Women's Forum
IWF Oregon



Serves: 4 | **Prep: 10 min** | **Cook: 20 min**

Spring Pea Soup

INGREDIENTS

- 2 tbsp. olive oil, plus more for serving
- 1 tbsp. shallot, chopped
- 2 tbsp. garlic, chopped
- 4 cups vegetable stock
- 6 cups fresh or frozen sweet peas, divided
- Kosher or sea salt, to taste
- Freshly cracked black pepper, to taste

OPTIONAL GARNISHES

- Pea shoots
- Fresh mint, chopped
- Yogurt, sour cream, or crème fraîche
- Extra-virgin olive oil

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add shallot and garlic and sauté for about 3 minutes, until lightly browned.
2. Add vegetable stock and 5 cups of peas. Bring to a boil, then reduce heat to medium. Cook fresh peas for 8–10 minutes or frozen peas for 2–3 minutes, until tender.
3. Remove from heat and blend until smooth.
4. Return the soup to the pot and stir in the remaining 1 cup of peas. Warm over medium heat until just tender. Season with salt and pepper.
5. Ladle into bowls and drizzle with olive oil. Garnish with pea shoots, mint, and yogurt or sour cream, if desired.





JULIA HANIGSBERG
Former President and Chief Executive Officer of Holland Bloorview Kids Rehabilitation Hospital
IWF Canada

Serves: 3-4 | **Prep: 15 min** | **Cook: 15 min**

Summer Cabbage Cesar Salad with Salmon

INGREDIENTS

- ½ small baguette, 1 large slice sourdough, or 2 slices challah, preferably a few days old, torn into bite-sized pieces
- ¼ cup extra-virgin olive oil, divided
- ¼ cup grated Parmigiano Reggiano, divided
- Salt and black pepper, to taste
- Juice of ½ lemon
- 2 anchovy fillets
- ½ garlic clove
- ½ tsp. Dijon mustard, or to taste
- ¼ tsp. Worcestershire sauce
- 2 tbsp. low-fat mayonnaise
- 4 cups purple cabbage, chopped
- 3–4 (4 oz.) salmon fillets, cooked

INSTRUCTIONS

1. Preheat oven or air fryer to 400°F (200°C). Toss bread with 1½ tbsp. olive oil and 1½ tbsp. Parmesan. Air fry for about 7 minutes or bake for 10–15 minutes, tossing occasionally, until golden and crisp. Let cool.
2. Blend lemon juice, anchovies, garlic, Dijon mustard, Worcestershire sauce, salt, and pepper. Add mayonnaise and up to 2½ tbsp. olive oil, then blend until smooth.
3. Toss the cabbage with the remaining Parmesan and dressing.
4. Add croutons just before serving to keep them crisp.
5. Divide the salad among bowls and top each with a salmon fillet.
6. Optional: Substitute the anchovies with anchovy paste, fish sauce, or drained capers. Salmon can also be replaced with chicken breast or tofu.



DONNA LYNNE
Chief Executive Officer of Denver Health
IWF Colorado



Serves: 4 | **Prep: 10 min** | **Cook: 25 min**

Sweet Potato & Black Bean Stew

INGREDIENTS

- 2 cups sweet potatoes or butternut squash, peeled and diced
- 1 cup onion, chopped
- 1 cup red bell pepper, chopped
- 2 tsp. extra-virgin olive oil
- 1 tsp. garlic, minced
- 2 tsp. chili powder
- 1 tsp. ground cumin
- ⅛ tsp. red pepper flakes
- 3 cups vegetable broth
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (14.5 oz.) can fire-roasted diced tomatoes with green chilies
- 1 cup frozen corn
- 2 tbsp. lime or lemon juice

OPTIONAL TOPPINGS

- 4 tbsp. fresh cilantro, chopped
- 4 tbsp. nonfat plain or Greek yogurt
- Warm corn tortillas, for serving

INSTRUCTIONS

1. Place sweet potatoes, onion, and bell pepper in a microwave-safe bowl. Microwave for 4 minutes to soften.
2. Heat olive oil in a large pot over medium-high heat. Add the softened vegetables and garlic and cook for 2 minutes.
3. Stir in chili powder, cumin, and red pepper flakes. Reduce heat to medium, cover, and cook for 4–5 minutes, stirring occasionally, until the sweet potatoes are tender.
4. Add vegetable broth, black beans, tomatoes, and corn. Bring to a boil, then reduce heat and simmer uncovered for 15 minutes.
5. Stir in lime or lemon juice.
6. Ladle into bowls and top with cilantro and yogurt, if desired. Serve with warm corn tortillas.





ELISABETH OURLIAC
Global Board Vice Chair
International Women's Forum
IWF France

Serves: 4 | **Prep: 10 min** | **Cook: 15 min**

Artichoke and Cherry Tomato Clafoutis

INGREDIENTS

- 1 lb. cherry tomatoes
- 7 oz. grilled marinated artichokes, chopped
- 7 oz. fresh cheese, such as fromage blanc or fresh goat cheese
- ⅓ cup + 1 tbsp. whole milk
- ⅓ cup + 1 tbsp. sour cream
- 2 eggs
- 1 tbsp. flour
- Butter, for greasing
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat oven to 390°F (199°C) and butter four ramekins.
2. Combine the milk, sour cream, and fresh cheese in a bowl, breaking the cheese into small pieces.
3. Add the eggs and whisk lightly. Gradually stir in the flour until combined. Season with salt and pepper.
4. Divide the cherry tomatoes and chopped artichokes among the ramekins.
5. Pour the cheese mixture evenly over the vegetables.
6. Bake for about 15 minutes, or until the tops are golden.



KAREN ADAMS
President and Chief Executive Officer of Kii Health
IWF Canada



Serves: 4-6 | **Prep: 65-70 min** | **Cook: 3 hrs 20 min**

Bone-In Turkey Breast with Pear Chutney

INGREDIENTS

TURKEY
- 1 (2–2½ lb.) turkey breast
- 1 tbsp. olive oil
- ½ tsp. thyme
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ onion, sliced
- Butter, for under the skin

BRINE
- 3 cups vegetable broth
- 2 tbsp. kosher salt
- 1 tbsp. sugar
- 1 garlic clove
- Sage, to taste

PEAR CHUTNEY
- 1 tsp. olive oil
- ⅓ cup green onions, chopped
- 3 pears, diced
- 1½ tbsp. fresh lemon juice
- 1 tbsp. apple cider vinegar
- 1 tbsp. honey
- 1 garlic clove, minced
- ¼ tsp. paprika
- ¼ tsp. cinnamon
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- ½ tsp. orange zest
- 1 tbsp. fresh orange juice

INSTRUCTIONS

1. Combine vegetable broth, kosher salt, sugar, garlic, and sage in a large resealable bag. Add turkey and brine for 2–3 hours. Remove, rinse, and pat dry.
2. Preheat oven to 325°F (160°C). Arrange sliced onion in the bottom of a roasting pan and place turkey on top.
3. Mix olive oil, thyme, salt, and pepper. Rub over the turkey and place a few small pieces of butter under the skin.
4. Roast for 65–70 minutes, or until the internal temperature reaches 165°F.



Photo by Mark Gibbon



BAL PAWA
Integrative Physician at NourishCooks
IWF British Columbia

Serves: 4-6 | **Prep: 10 min** | **Cook: 20 min**

Cod Puttanesca with Orzo Pasta

INGREDIENTS

- 1 ½ cups orzo pasta
- 3 tbsp. extra-virgin olive oil, divided
- 3 cloves garlic, slightly smashed
- 4 anchovy fillets
- 1 can (800 g) whole plum tomatoes, crushed by hand
- ½ cup water
- 2 tbsp. fresh oregano leaves, chopped & divided
- 2 tbsp. fresh basil leaves, chopped & divided
- ½ cup pitted kalamata olives, halved
- 2 tbsp. capers
- Pinch of red pepper flakes
- 4 cod fillets (about 1½ inches thick; 170 g each)
- Sea salt, to taste
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. Cook the orzo according to package directions and set aside.
2. Pat the cod dry and season lightly with salt and pepper.
3. Heat 1 tbsp. olive oil in a large skillet over medium-high heat. Sear cod for 2–3 minutes on the first side, then flip and cook for another 2 minutes. Transfer to a plate.
4. Add the remaining 2 tbsp. olive oil to the skillet. Add garlic and anchovies and cook for about 3 minutes, until the garlic is golden and anchovies have broken down.
5. Add tomatoes, water, and 1 tbsp. each of oregano and basil. Bring to a boil, then reduce heat and simmer for about 10 minutes, until slightly thickened.
6. Stir in olives, capers, red pepper flakes, and remaining oregano and basil. Simmer for 2 minutes.
7. Nestle the cod into the sauce and simmer gently for 3–4 minutes, or until cooked through.
8. Serve the cod and puttanesca sauce over the prepared orzo. Garnish with fresh parsley or basil, if desired.



DR. VIVIEN BROWN
Assistant Professor, Department of Family and Community Medicine at University of Toronto
IWF Canada



Serves: 6-8 | **Prep: 20 min** | **Cook: 45-60 min**

Greek Garlic Chicken

INGREDIENTS

- 2 whole chickens, each cut into 8 pieces
- 2 onions, cut into large chunks
- 2 lemons
- 12–16 sprigs fresh oregano
- 8 garlic cloves, halved
- ½ cup olive oil
- 1 cup white wine
- 1½ cups Kalamata olives, pitted and coarsely chopped
- ½ cup whole Kalamata olives, for garnish
- Fine sea salt, to taste
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. Preheat oven to 450°F (230°C).
2. Arrange chicken skin-side up in a single layer in two 9 × 13-inch baking dishes. Add the onion.
3. Cut lemons in half and squeeze the juice over the chicken. Cut each half into 4 pieces and add to the pans.
4. Reserve 4 oregano sprigs for garnish. Remove the leaves from the remaining sprigs and scatter both leaves and stripped sprigs over the chicken.
5. Add garlic and season with salt and pepper. Drizzle with olive oil and white wine, then sprinkle with chopped olives.
6. Bake uncovered for 45–60 minutes, or until the chicken is fully cooked.
7. Transfer to a serving platter and garnish with whole Kalamata olives and reserved oregano.

Tip: To easily pit Kalamata olives, gently press each olive with your palm to loosen and remove the pit. Canned black olives can also be used, although Kalamata olives provide a richer flavor.





STEPHANIE MATHEWS O'KEEFE
Chief Executive Officer at International Women's Forum

Serves: 4-6 | **Prep: 15 min** | **Cook: 60-75 min**

Greek Sheet-Pan Lemon Roasted Chicken and Potatoes

INGREDIENTS

- 1 whole chicken (3–4 lbs. / 1½–2 kg), cut into serving pieces
- 2 lbs. roasting potatoes, peeled and quartered
- ⅓ cup extra-virgin olive oil
- ¼ cup fresh lemon juice (about 2 lemons)
- 1 tbsp. dried Greek oregano
- 4 garlic cloves, minced
- Salt and freshly ground black pepper, to taste
- 1 cup chicken broth, water, or white wine
- Fresh oregano or parsley, for garnish (optional)

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Whisk together olive oil, lemon juice, oregano, garlic, salt, and pepper.
3. Arrange chicken in a large roasting pan and coat with half of the marinade.
4. Add potatoes around the chicken and drizzle with the remaining marinade.
5. Pour chicken broth, water, or white wine into the pan.
6. Roast for 60–75 minutes, basting with the pan juices every 20–30 minutes, until the chicken is cooked through and the potatoes are tender and golden.
7. Let rest for a few minutes. Garnish with fresh oregano or parsley, if desired, and serve.



PAM GARSIDE
Partner, New Health Group at Judge Business School, Cambridge University
IWF United Kingdom



Serves: 4-6 | **Prep: 15 min** | **Cook: 60 min**

Julius Roberts's Pissaladière (Onion and Anchovy Tart)

INGREDIENTS

- 10 large brown onions, thinly sliced
- 50 g butter
- 3 tbsp. olive oil
- 1 sheet all-butter puff pastry
- 3 cans anchovies
- 1 jar (160 g) pitted Kalamata olives, drained
- 1 egg, beaten
- Handful of fresh thyme leaves
- Salt, to taste
- Water, as needed

INSTRUCTIONS

1. Melt butter and olive oil in a large, heavy-bottomed pan. Add onions, a splash of water, and a generous pinch of salt. Cook over medium heat for about 30 minutes, stirring regularly, until soft and sweet. Let cool.
2. Preheat oven to 200°C (400°F). Place puff pastry on a parchment-lined baking sheet.
3. Score a border around the pastry, about two fingers' width from the edge, without cutting all the way through.
4. Spread the caramelized onions evenly inside the border.
5. Arrange anchovies diagonally over the onions to create a diamond pattern. Place an olive in the center of each diamond.
6. Brush the pastry border with beaten egg and bake for about 30 minutes, until puffed and golden brown.
7. Sprinkle with fresh thyme and serve warm.



Photo by Rayne Kirpalani



DR. MARYAM ABDOOL-RICHARDS
Principal Medical Officer at Ministry of Health Trinidad & Tobago
IWF Trinidad & Tobago

Serves: 6-8 | **Prep: 20 min** | **Cook: 70 min**

M'judra Lentils, Farro & Red Rice

INGREDIENTS

- 5 medium onions, thinly sliced
- 1 tsp. garlic, finely minced
- ¼ cup fresh parsley, chopped
- ½ cup olive oil, divided
- 6 cups chicken stock, divided
- 1 cup Moruga red rice, rinsed and drained
- 1 cup pearled farro, rinsed and drained
- 2 cups cooked brown lentils (or 2 [15 oz.] cans)
- Salt and black pepper, to taste

INSTRUCTIONS

1. Heat ¼ cup olive oil over medium heat. Add onions and cook for about 20 minutes, until deeply caramelized.
2. Purée half the caramelized onions with their cooking oil and 2 tbsp. water. Reserve the remaining onions for garnish.
3. Heat the remaining ¼ cup olive oil in a large pot. Add red rice and cook for 3 minutes.
4. Add 3 cups chicken stock and simmer for about 15 minutes.
5. Stir in lentils and remaining chicken stock. Cook for 5 minutes.
6. Add the caramelized onion purée and cook for another 5 minutes.
7. Stir in farro and cook for about 20 minutes, or until tender. Season with salt and pepper.
8. Fluff with a fork and transfer to a serving platter. Top with parsley and reserved caramelized onions.



DR. LALA CORNELIUS
Medical Oncologist at Kaiser Permanente
IWF Colorado



Serves: 2-3 **Prep: 15 min** **Cook: 35 min**

Mom's Midsummer Tagliatelle with Eggplant & Caramelized Onions

INGREDIENTS

- 2 medium eggplants, cut into bite-sized cubes
- 2 large onions, thinly sliced
- 2 medium bell peppers, sliced into strips
- 3 large ripe tomatoes, chopped with juices
- 250–300 g tagliatelle pasta (4–6 nests)
- 1 small bunch flat-leaf parsley, finely chopped
- 2 garlic cloves, minced
- 4–5 tbsp. vegetable oil
- Salt and black pepper, to taste

INSTRUCTIONS

1. Heat vegetable oil in a deep skillet over medium-low heat. Add onions and a pinch of salt. Cook for 10–12 minutes, stirring occasionally, until soft and golden.
2. Add bell peppers and cook for 5 minutes until softened.
3. Add eggplant and sauté for 5–7 minutes, until lightly browned.
4. Stir in tomatoes and their juices. Season with salt and pepper. Cover and simmer over low heat for 15 minutes.
5. Meanwhile, cook tagliatelle in salted boiling water for 5–7 minutes, or until al dente. Reserve ½ cup pasta water, then drain.
6. Stir garlic and parsley into the vegetables. Add the tagliatelle and toss gently over low heat for 1 minute, adding reserved pasta water as needed.
7. Cover and let rest for 2 minutes before serving.

Tip: Slowly caramelizing the onions creates a naturally sweet, rich base that brings together the eggplant, peppers, and tomatoes.





SUSAN FENIGER
Chef and Owner at Border Grill
IWF Southern California

Serves: 4 | **Prep: 15 min** | **Cook: 15 min**

Pescado Veracruzana

INGREDIENTS

- 1½ lbs. skinless, boneless bass or other firm-fleshed fish, cut into 4 portions
- 3 tbsp. extra-virgin olive oil
- Salt and freshly ground black pepper, to taste
- 1 small yellow onion, thinly sliced
- 2 garlic cloves, minced
- 2–3 jalapeños, sliced into ¼-inch rounds
- 1 lime, cut into 8 wedges
- 1 tomato, seeded and cut into strips
- ½ cup Spanish green olives, sliced
- ½ bunch fresh oregano leaves, roughly chopped
- ½ cup white wine
- ¾ cup fish stock or clam juice

INSTRUCTIONS

1. Heat olive oil in a large sauté pan over medium-high heat. Season fish with salt and pepper.
2. Add fish and increase heat to high. Sear until golden brown, then flip and sear the other side. Transfer to a plate and set aside.
3. Add onion to the pan and cook over high heat for 2–3 minutes, stirring frequently.
4. Add garlic, jalapeños, lime wedges, tomato, oregano, and olives. Sauté for 1 minute.
5. Add white wine and cook until reduced by half. Pour in fish stock and bring to a boil, then reduce to a simmer.
6. Return fish and any accumulated juices to the pan. Cover and simmer for 1–3 minutes, depending on thickness, until the fish is cooked through.
7. Adjust seasoning and serve immediately with the broth and vegetables spooned over the fish.



PHYLLIS ROGERS
Chief Financial Officer at Arkansas Foundation for Medical Care
IWF Arkansas



Serves: 4-6 | **Prep: 15 min** | **Cook: 30 min**

Red Bean Lasagna

INGREDIENTS

- 1 tbsp. olive oil
- ½ onion, chopped
- 1 garlic clove, minced
- 1 (15 oz.) can kidney beans, drained and rinsed
- 1 red bell pepper, chopped
- 1 (14.5 oz.) can tomatoes
- 1 tsp. dried basil
- 1 tsp. dried oregano
- ½ tsp. salt
- ¼ tsp. black pepper
- 3 tbsp. butter
- 3 tbsp. gluten-free flour
- 1½ cups 2% milk
- ½ cup Parmesan cheese
- 6 oven-ready gluten-free lasagna noodles
- 4 oz. Gruyère cheese, grated
- Fresh basil, for garnish (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Heat olive oil in a skillet over medium heat. Add onion and cook until tender, then add garlic and cook briefly.
3. Stir in kidney beans, tomatoes, and bell pepper. Season with basil, oregano, salt, and pepper. Cook for 10 minutes, stirring occasionally.
4. Melt butter in a saucepan over medium heat. Whisk in flour until smooth, then gradually add milk. Stir in Parmesan and cook until slightly thickened.
5. Spread half the bean mixture in a 9 × 9-inch baking dish and top with 2–3 lasagna noodles. Repeat with the remaining bean mixture and noodles.
6. Pour the cheese sauce over the top and sprinkle with Gruyère.
7. Bake for 20 minutes, or until heated through and lightly browned. Broil briefly for a more golden top, if desired.
8. Garnish with fresh basil and serve.

Tip: Regular flour and lasagna noodles can be substituted. If using traditional noodles, cook them until al dente before assembling.





DR. CARIKA WELDON
Founder and Chief Executive Officer of CariGenetics Limited
IWF Bermuda

Serves: 6-8 | **Prep: 25 min** | **Cook: 15 min**

Salmon Cakes

INGREDIENTS

- 2 lbs. salmon, skin removed
- Brown vinegar, enough to soak salmon
- ½ cup onion, finely chopped
- ⅓ cup green bell pepper, finely chopped
- ⅓ cup red bell pepper, finely chopped
- 1 egg
- 1½ cups Italian-style breadcrumbs, plus more for coating
- Parsley, to taste
- Dill weed, to taste
- Garlic salt, to taste
- Seasoning salt, to taste
- Black pepper, to taste
- Olive oil, for frying

INSTRUCTIONS

1. Rinse the salmon and place in a large bowl with enough brown vinegar to soak while preparing the remaining ingredients.
2. Finely chop the onion and peppers. Cut the salmon into small pieces and return to the vinegar.
3. Drain the salmon in a colander without rinsing, then return it to the bowl.
4. Add parsley, dill, garlic salt, seasoning salt, black pepper, onion, peppers, egg, and 1 cup breadcrumbs. Mix well by hand.
5. Add another ½ cup breadcrumbs and mix until the mixture holds together.
6. Shape into approximately 12 patties and coat each with additional breadcrumbs.
7. Heat olive oil in a frying pan over medium heat. Fry the salmon cakes until golden brown and cooked through, flipping to brown both sides.
8. Serve warm.



J. USHA RAJ, M.D.
Anjuli S. Nayak Endowed Professor of Pediatrics at University of Illinois at Chicago
IWF Chicago



Serves: 4-6 | **Prep: 15 min** | **Cook: 15 min**

Cabbage and Cauliflower Stir-Fry

INGREDIENTS

- 1 lb. green cabbage, thinly sliced
- 1 lb. cauliflower, thinly sliced
- 2 green chilies, thinly sliced (optional)
- 3 sprigs fresh cilantro (optional)
- 4 tbsp. olive oil
- 2 tsp. turmeric powder
- Salt, to taste

INSTRUCTIONS

1. Thinly slice the cabbage and cauliflower, removing and discarding any thick center portions. Slice the chilies into thin strips.
2. Heat olive oil in a large pan. Add cabbage, cauliflower, and chilies, tossing until evenly coated.
3. Reduce heat slightly to prevent the vegetables from browning or burning. Cook, stirring constantly.
4. Sprinkle turmeric over the vegetables and continue stirring until evenly coated.
5. Cook for about 10 minutes, until the vegetables are tender and slightly translucent but still crisp.
6. Remove from heat, season with salt, and discard the chilies, if desired.
7. Garnish with fresh cilantro and serve hot.





TIFFANY WESLEY ARDOIN, M.D.
Associate Professor of Clinical Medicine at LSU Health Sciences Center and FMOL Healthy IWF Louisiana

Serves: 6-8 | **Prep: 15 min** | **Cook: 0 min**

Cowboy Caviar

INGREDIENTS

- 1 white onion, finely diced
- 1 medium jalapeño, finely diced (ribs and seeds removed for less heat)
- 3 large or 6 small tomatoes, finely diced
- 1 bunch fresh cilantro, chopped
- Juice of 2 limes
- 1 can black beans, rinsed and drained
- 1 can corn, rinsed and drained
- Salt, to taste
- Whole-grain or alternative-grain tortilla chips, for serving

INSTRUCTIONS

1. Combine onion, jalapeño, tomatoes, and cilantro in a large bowl.
2. Add lime juice, black beans, and corn. Mix well.
3. Season with salt to taste.
4. Serve fresh with tortilla chips.



BURCU ÇELET ÖZDEN, M.D.
Professor of Plastic and Reconstructive Surgery at Istanbul Breast Clinic
IWF Türkiye



Serves: 4 | **Prep: 20 min** | **Cook: 35 min**

Sunshine Artichokes from the Aegean Coast

INGREDIENTS

- 4 fresh globe artichokes, cleaned (or 8 frozen artichoke hearts)
- 1½ cups fresh young fava beans (or frozen baby fava beans, thawed)
- Juice of 2 large oranges
- ¼ cup extra-virgin olive oil, plus more for serving
- 1 small sweet onion, finely diced
- 1 tsp. orange zest
- Sea salt and black pepper, to taste
- 2 tbsp. fresh dill, chopped
- 2 tbsp. flat-leaf parsley, chopped
- 1 tbsp. fresh mint, chopped

Walnut Gremolata

- ⅓ cup walnuts, lightly toasted and finely chopped
- 1 tbsp. flat-leaf parsley, chopped
- 1 tsp. lemon zest
- 1 tsp. extra-virgin olive oil
- ½ small garlic clove, finely grated (optional)

OPTIONAL GARNISH

- Fresh orange segments
- Sumac
- Pumpkin seeds

INSTRUCTIONS

1. Heat olive oil in a wide saucepan over medium heat. Add onion and sauté until soft and translucent.
2. Arrange the artichokes in the pan. Fill with fava beans and scatter any remaining beans around them.
3. Add orange juice, orange zest, salt, and pepper. If needed, add enough water to barely cover the vegetables.
4. Cover and simmer for 30–35 minutes, until the artichokes and fava beans are tender.
5. Let the vegetables cool completely in the cooking liquid to deepen the citrus flavor.
6. For the gremolata, combine walnuts, parsley, lemon zest, olive oil, and garlic, if using.
7. Transfer the artichokes to a serving platter and spoon some cooking liquid over them.
8. Top with dill, parsley, mint, and walnut gremolata. Finish with a drizzle of olive oil and optional garnishes.
9. Serve at room temperature with whole-grain bread or grilled fish.

Tip: The secret is using freshly squeezed orange juice as the primary braising liquid. It adds natural sweetness and creates a bright, silky sauce.





C. NOEL BAIREY MERZ
MD, MACC, FAHA, FESC
Director, Barbra Streisand Women's Heart Center, Smidt Heart Institute at Cedars-Sinai Medical Center
IWF Southern California

Serves: 8-10 | **Prep: 10 min** | **Cook: 60 min**

Banana Bread

INGREDIENTS

- 2 ripe bananas
- 4 eggs
- ⅔ cup canola oil
- ½ cup sugar
- 1 cup whole wheat flour
- 1 cup oat bran
- 1 cup all-purpose flour
- ½ tsp. baking powder
- 1 tsp. baking soda
- ¾ tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease a loaf pan.
2. Blend the eggs, oil, and sugar until well combined.
3. Add the bananas and blend until smooth.
4. Gradually mix in the whole wheat flour, oat bran, all-purpose flour, baking powder, baking soda, salt, cinnamon, and cloves.
5. Pour the batter into the prepared loaf pan.
6. Bake for 60 minutes, or until a toothpick inserted into the center comes out clean.
7. Let cool slightly before slicing and serving.



SUSAN SOKOL BLOSSER
Founder of Sokol Blosser Winery, Dayton, Oregon
IWF Oregon



Serves: 8 | **Prep: 15 min** | **Cook: 40 min**

Blueberry Clafoutis

INGREDIENTS

- 3 tbsp. unsalted butter, plus more for greasing
- 4 cups fresh blueberries
- 1 cup unsweetened coconut, almond, or oat milk
- 1 cup oat flour, or ½ cup oat flour + ½ cup almond meal
- ½ cup granulated sugar
- 4 large eggs
- Small pinch of sea salt
- 2 tbsp. kirsch or brandy

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Butter a 9-inch glass pie dish and evenly spread the blueberries in the bottom.
2. Combine milk and 3 tbsp. butter in a microwave-safe measuring cup. Heat in short intervals until the butter melts. Let cool slightly.
3. In a large bowl, combine flour, sugar, and salt, breaking up any lumps.
4. Whisk the eggs into the milk mixture, then stir in the kirsch or brandy.
5. Add the wet ingredients to the dry ingredients and whisk until smooth.
6. Slowly pour the batter over the blueberries, allowing it to settle between the berries.
7. Bake for about 40 minutes, until the center is set and the top is slightly puffed.
8. Transfer to a cooling rack and let cool slightly before slicing into 8 wedges.
9. Serve warm or at room temperature, with whipped cream or vanilla ice cream, if desired.

Tip: Store leftovers in the refrigerator and reheat in the microwave before serving.





LAURA KERR
Co-Chief Executive Officer of The Kerr Foundation
IWF Oklahoma

Serves: 8 | **Prep: 25 min** | **Cook: 12 hrs**

Grandmother Grayce Kerr's Lemon Ice Box Cake

INGREDIENTS

LEMON FILLING

- 4 egg yolks, beaten
- ½ cup granulated sugar
- Juice of 1½ lemons
- Zest of 1 lemon

GELATIN

- 1 package (about 2¼ tsp.) unflavored gelatin
- ⅓ cup cold water

MERINGUE

- 4 egg whites
- 2 tbsp. granulated sugar

ASSEMBLY

- 24 ladyfingers, split lengthwise
- Whipped cream, for topping

INSTRUCTIONS

1. In a double boiler, combine egg yolks, ½ cup sugar, lemon juice, and zest. Cook over simmering water, stirring constantly, until smooth and slightly thickened.
2. Soften gelatin in cold water for about 5 minutes. Stir into the hot lemon mixture until dissolved, then remove from heat and let cool slightly.
3. Beat egg whites until soft peaks form. Gradually add 2 tbsp. sugar and continue beating until stiff peaks form.
4. Gently fold the egg whites into the cooled lemon mixture.
5. Line a 1½–2-quart mold or serving dish with ladyfingers. Pour in the lemon filling, layering with additional ladyfingers if desired.
6. Cover and refrigerate for at least 12 hours or overnight, until firmly set.
7. Unmold onto a serving plate and top generously with whipped cream.



MÔNICA CALÓ
Regional Director for Latin America at International Osteoporosis Foundation
IWF Mexico



Serves: 1 | **Prep: 5 min** | **Cook: 10 min**

Greek Yogurt Hotcakes

INGREDIENTS

- ¼ cup oat flour
- 1 egg
- ½ tsp. baking powder
- ½ cup plain unsweetened Greek yogurt
- Splash of unsweetened almond, coconut, or oat milk

INSTRUCTIONS

1. Combine oat flour, egg, baking powder, Greek yogurt, and a splash of milk in a bowl. Mix until smooth.
2. Heat a nonstick frying pan over medium-low heat.
3. Spoon the batter into the pan to form 3 small pancakes.
4. Cook until lightly golden, then flip and cook the other side until done.
5. Serve warm.





DR. SUZANNE GARBER, DSC, MLA
Chief Operating Officer at Medical Teams International
IWF Philadelphia & Florida

Serves: 10-14 | **Prep: 20 min** | **Cook: 3-4 hrs**

No-Bake Lemon Cheesecake

INGREDIENTS

- 2 (8 oz.) packages of high protein cream cheese, softened
- 1 (15 oz.) package of high protein ricotta cheese
- 1 stick butter, melted
- 3 cups oats, blended into a fine powder
- ½ cup brown sugar
- ½ tbsp. vanilla extract
- 1 jar lemon curd
- 1 lemon
- Parchment paper

INSTRUCTIONS

1. Line a 9 × 13-inch baking pan with parchment paper.
2. Make the crust: Combine blended oats, brown sugar, vanilla, and melted butter until a paste forms. Press evenly into the bottom of the pan and refrigerate while preparing the filling.
3. Make the filling: Drain the ricotta well to remove excess moisture. Combine with softened cream cheese and ¾ of the lemon curd. Mix until smooth and creamy.
4. Spread the filling evenly over the chilled crust and return to the refrigerator.
5. Make the topping: Cut the lemon into 6 slices, reserving 4 rounds for garnish. Squeeze the juice from the two end pieces into the remaining lemon curd and mix well.
6. Spread the lemon curd mixture over the cheesecake and garnish with the reserved lemon slices.
7. Refrigerate for 3–4 hours, or until firm. Slice and serve chilled.



DR. KRISTA NOTTAGE
General Surgeon, Complex General Surgical Oncology Fellow at Public Hospitals Authority Bahamas, Bahamas Surgical Associates
IWF Bahamas



Serves: 12 | **Prep: 20 min** | **Cook: 25 min**

Pineapple Upside-Down Mini Cakes

INGREDIENTS

CAKE

- 1 cup unsalted butter
- 1⅔ cups granulated sugar
- 2 cups self-rising cake and pastry flour
- 5 eggs
- 1 tsp. vanilla
- ½ tsp. ground cinnamon (optional)

If using all-purpose flour, use 2 cups flour with 1½ tsp. baking powder and ¼ tsp. salt.

PINEAPPLE GLAZE

- ½ cup brown sugar
- 4 tbsp. unsalted butter
- About 3 pineapple rings, cut into chunks

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a 12-cup muffin tin if needed.
2. For the glaze, pat pineapple chunks dry. Melt 4 tbsp. butter in a saucepan over low heat and gradually stir in brown sugar until a caramel forms.
3. Spoon about 1 tsp. caramel into each muffin cup and top with 1–2 pineapple chunks. Set aside.
4. For the cake, cream 1 cup butter until smooth. Gradually add sugar, followed by the eggs one at a time.
5. Gradually fold in the flour until combined. If using all-purpose flour, add the baking powder and salt. Stir in vanilla and cinnamon, if using.
6. Spoon the batter over the pineapple and caramel, filling each cup evenly.
7. Bake for 25–30 minutes, or until the cakes are cooked through.
8. Immediately invert the muffin tin onto a parchment-lined baking sheet. Let rest for a few minutes before gently lifting off the pan.
9. Serve warm on its own or with ice cream or whipped cream.





AMBER LAMBKE
Founder and Chief Executive Officer of Maine Grains Inc.
IWF Maine

Serves: 8-12 | **Prep: 20 min** | **Cook: 18 min**

The Miller's Table Salted Rye Chocolate Cookies

INGREDIENTS

- 450 g bittersweet chocolate
- 115 g butter
- 130 g rye flour
- 1 tsp baking powder
- ½ tsp salt
- 4 eggs (room temp)
- 300g sugar
- 1 tbsp. vanilla
- Sea salt (for topping)

INSTRUCTIONS

1. Preheat oven to 325°F (165°C).
2. Melt chocolate in a double boiler along with butter, whisk together, cool slightly.
3. Combine rye flour, baking powder, and salt in a bowl, whisk together.
4. In a mixer, whisk the eggs on high speed and slowly add the sugar, should triple in volume (around 6 minutes).
5. On low speed, add chocolate and vanilla, scrape down sides when necessary.
6. Slowly add flour until combined.
7. Chill dough for 1 hour.
8. Scoop dough using 2" scoop, flattening tops slightly with your hand.
9. Sprinkle the tops of each dough ball with sea salt.
10. Bake for about 18 minutes, rotating halfway through.

Tip: The lower temp is critical, as it allows the cookie to spread out more before the skin of the cookie dough hardens and stops the spreading.



LESLIE ABBEY
Chief Executive Officer
of Hot Bread Kitchen
IWF New York



Serves: 10-15 | **Prep: 30 min** | **Cook: 18 min**

Whole Wheat Challah Rolls

INGREDIENTS

ROLLS

- ¼ cup + 1 tbsp. water
- 1¾ cups whole wheat flour
- ⅔ cup bread flour, plus more for shaping
- 3 large eggs
- ⅓ cup canola oil, plus more for greasing
- 2½ tbsp. honey
- 1 tbsp. + 2 tsp. sugar
- 2 tsp. kosher salt
- 1¼ cups pâte fermentée (recipe below)
- 1¼ tsp. active dry yeast

FOR FINISHING

- 2 eggs, beaten
- Sesame seeds (optional)

PÂTE FERMENTÉE

- ½ cup + 1 tsp. lukewarm water
- ⅔ tsp. active dry yeast
- 1⅓ cups + 1 tbsp. bread flour
- 1 tsp. kosher salt

INSTRUCTIONS

1. The day before, prepare the pâte fermentée: Combine water and yeast in a stand mixer. Add flour and salt and mix on low for about 2 minutes. Cover and rest for 30 minutes, then refrigerate for 8–24 hours.
2. Combine water, whole wheat flour, and bread flour in a stand mixer fitted with a dough hook. Mix on low for 2 minutes, then rest for 20 minutes.
3. Add eggs, oil, honey, sugar, salt, 300 g pâte fermentée, and yeast. Mix on low for 2 minutes, then knead on medium-high for 5–6 minutes, until smooth.
4. Transfer to a lightly oiled bowl, cover, and let rise for 1½–2 hours, or until doubled.
5. Divide dough into 30 equal pieces and shape into balls. Arrange about ½ inch apart on a parchment-lined baking sheet.
6. Brush lightly with egg wash, cover, and let rise for 45–60 minutes. Meanwhile, preheat oven to 350°F (180°C).
7. Brush again with egg wash and sprinkle with sesame seeds, if desired. Bake for about 18 minutes, until deep golden brown.
8. Cool for 15–20 minutes before serving warm.

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