



trufflehead

An app...and a whole lot more!



meet Trufflehead

trufflehead

Your personal sous chef!



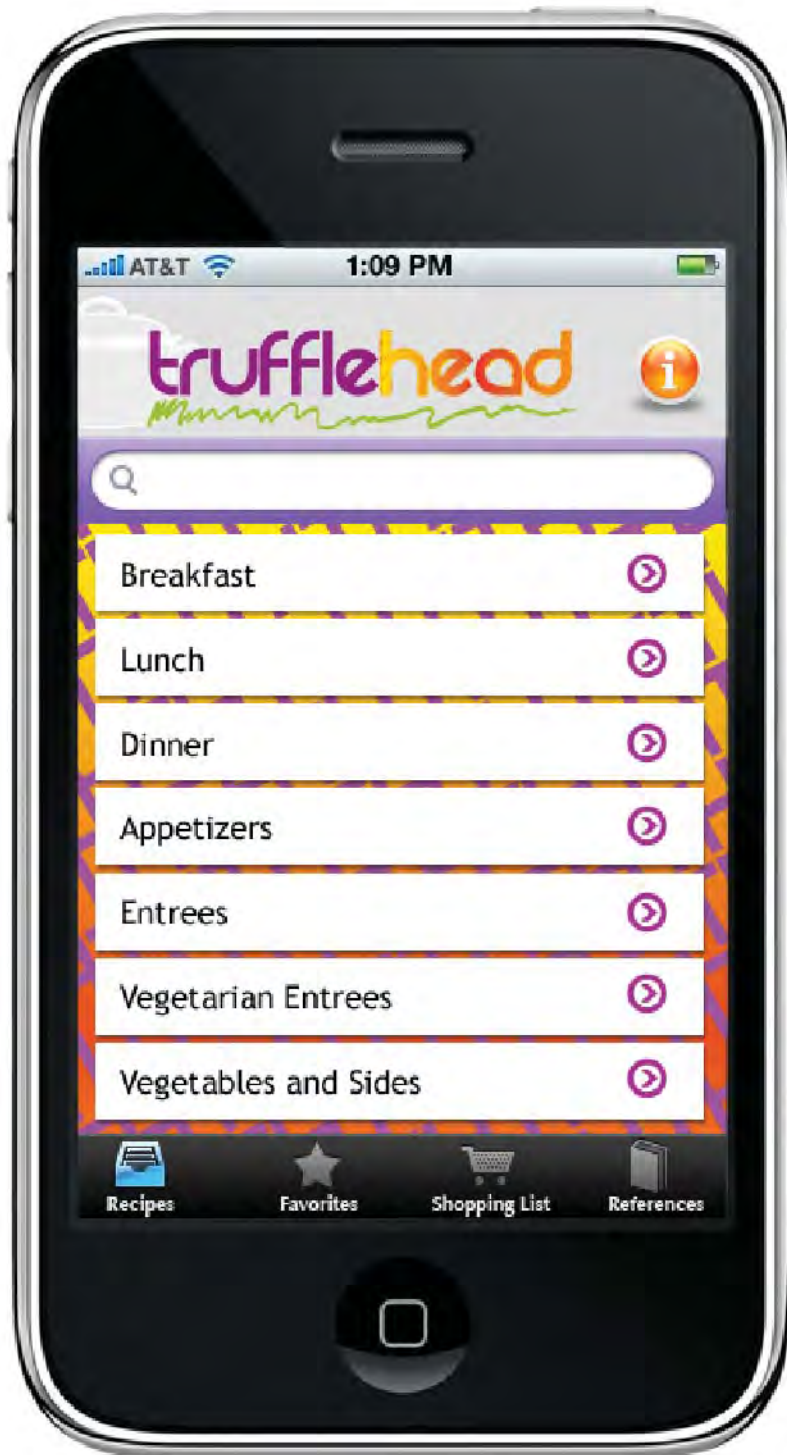
In your kitchen, **you call the shots**, but every cook needs an assistant. Meet Trufflehead, the app that works for you, whether you're a good cook already or about to become one. **You decide** when and how much input you need to prepare healthy food that looks and tastes great; but—if you need it—**Trufflehead will be there** with everything from ingredient IDs and reference guides to smart shopping lists and how-to demos.

Want to create a meal for your date or feed your friends but don't know where to start? **Trufflehead can help**. Got all the ingredients, but now what? **Trufflehead will show you**.

Welcome to your kitchen!



Our app icon. We call it the 'happy pot.' :)



*Our app home page
puts everything you need
at your fingertips!*

our food philosophy

We believe that food should be tasty, healthy, affordable, planet-friendly, and fun! Our cuisine is global and includes everything from the familiar (French Toast) to the exotic (Warm Bulgur Wheat with Vegetables, Chickpeas, and North African Spices).

When we say “healthy”, we mean lean proteins, good-for-you fats, whole grains, beans, fruits, and veggies. Healthy also means buying organic whenever possible—especially items that are “**priority organics**.” We’ll give you a heads up when recipes contain them.

As far as money goes, eating in is much kinder to your wallet than eating out; but beyond that, **our recipes are deliberately budget-conscious**. You’ll find only a few special occasion dishes that contain pricey ingredients.

We’re eco-conscious too: Since poultry and eggs are less carbon-intensive than other non-plant proteins, we use them in many of our entrees.

And finally, for cooking to be **fun**, it has to be **easy**. For those moments when you need a hand, we’ve packed our recipes with ingredient and equipment IDs, selection and storage info, and technique demos. More than half of the 240 recipes are rated EASY, and 75% of them can be prepared in less than 30 minutes. Trufflehead gives you everything you need to explore the worlds of food and flavor... Go on and –

Cook the adventure.



iPad

4:20 PM

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Recipe Details



Overview

Ingredients

Instructions

Equipment

Balsamic Basil Watermelon



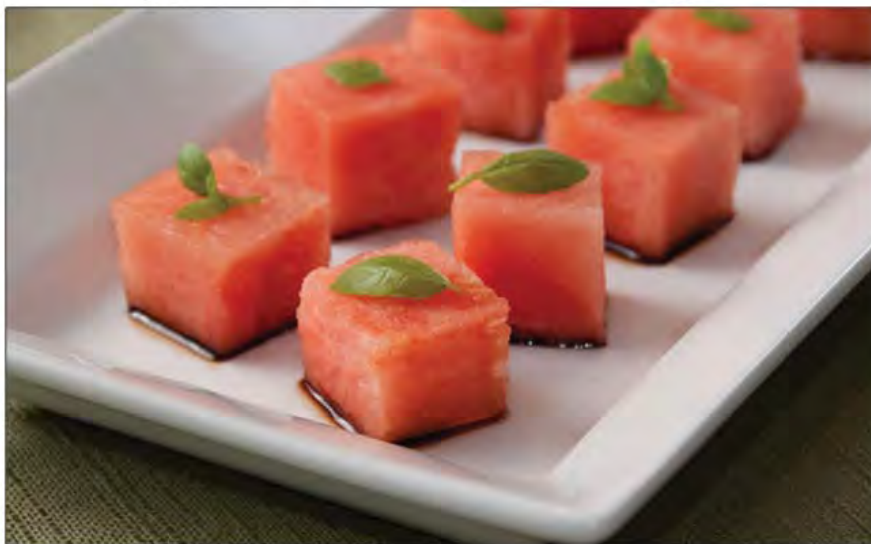
4



< 30 Minutes



Easy



Favorite



Like

34 Likes

This watermelon salad recipe is cool and refreshing, combining fresh mint and crumbled feta cheese in a simple balsamic vinaigrette. It's a perfect first course for a light, summer dinner.



app features

- ✓ Note the indications for servings, time, and difficulty across the top. View ingredients, instructions, and equipment list by clicking the appropriate button. Images are available for items that appear as links.
- ✓ If you spot an unfamiliar ingredient in the list, tap the link to access an image of the item and selection/storage or location/storage information.
- ✓ If you like the recipe, save it to your shopping list. If you want to shop for multiple recipes at one time, save them all to your shopping list. The list will group like items together.
- ✓ If you'd like to see the demo for ingredient prep (e.g. ½ cup chopped fennel) or an instruction (grate the zest from the lemon), click the camera icon to access the video.
- ✓ When you're done, share your creation with us by uploading a photo of your dish to www.Trufflehead.com.

Check this out. . .



PRIORITY ORGANICS

Most people can't afford all organic produce all the time, so how can you make the most of your organic-buying buck? Look for the Trufflehead Priority Organics icon. It means "For certain ingredients in this recipe, buying organic makes a big difference." The phrase "preferably organic" identifies those items in ingredients and shopping lists so you can be smart about your organic purchases.

Trufflehead lives large on iPad!



The Trufflehead Universe

Explore our world of dishes & blogs

Website Contributors

Blogs about our recipes



Charles G. Thompson



Devin Hutchins



Apple Crumbles



Emily Wax



Amie Valpone



Debra Littlejohn



Audrey Aludi



Heather Demetra



Carrie Forrest



Aileen Kiter



Carolyn Scott



Blair Culwell



The Duo Dishes



Anabelle McLean



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dan



Dorelyn Mertz Ames



Emily Carlson



Erica Sommermann



Deborah

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[Balsamic vinegar](#)

[Can You Have Your Cake and Eat It?](#)

[Lloyd Ellman's Faux Fried Calamari](#)

Please Note:

This website is not a substitute for medical advice. For more information, [click here](#)

App Dishes

Photos & info on the recipes you'll find on the app



site features

Our website is where you'll meet people like you who want to have fun learning how to cook the Trufflehead way. You'll exchange tips and tricks and see how other cooks of all skill levels experiment with our recipes and make them even better. You can also upload photos of your creations and share them with the Trufflehead Universe. And, you can even blog your adventure.

- ✓ **Trufflehead Grazeland.** Here's the place to go for the dishes you can find on the Trufflehead App. Click the image to read more about any dish that grabs you. On your chosen dish's page, you'll find a description, nutritional info, blogs about it by our website contributors and photos of it by Trufflehead app users.
- ✓ **Trufflehead Universe.** This is where you'll find people who've used the app and either blogged about or photographed their Trufflehead Adventure.
- ✓ **Trufflehead Blog.** Here you'll find our current featured blogger, blog post, and app recipe, as well as the latest articles from our Marketology, Is it Healthy?, and Q & A series.



Marketology. A guided tour of ingredients & equipment.



Is it Healthy? Analysis & discussion of all things food.



Q & A. You ask, we answer.

The care & feeding of our bloggers! :)
www.trufflehead.com/community



Black Bean Salad with Avocado
PHOTO BY KATERYNA ODYNTSOVA

Black Bean Salad with Avocado

Servings: 8 • Time: 30 to 60 minutes • Difficulty: Moderate

An unusual salad with lots of ingredients, but mega flavor and great texture too! Perfect with grilled seafood, chicken, and pork—especially dishes with Southwestern or Latin influences (e.g. Mesquite Lime Chicken, Southwestern Millet Cakes). You can serve it at room temperature or chilled, and you can prep everything except the avocado up to 1 day ahead. (The avocado should be peeled and cut just before serving in order to avoid discoloration.) Little known fact: A ripe avocado can be stored in the fridge for several days.

- 2 (15-ounce) cans black beans, rinsed and drained
 - 1 red bell pepper, preferably organic, chopped ($\frac{3}{4}$ cup)
 - 1 yellow bell pepper, preferably organic, chopped ($\frac{3}{4}$ cup)
 - 1 red onion, chopped ($\frac{3}{4}$ cup)
 - 1 cucumber, peeled, seeded, and chopped ($\frac{3}{4}$ cup)
 - 1 ripe avocado, chopped ($\frac{3}{4}$ cup)
 - $\frac{3}{4}$ teaspoon ground cumin
 - $\frac{1}{4}$ cup minced flat-leaf parsley (leaves from about $\frac{1}{2}$ medium bunch)
 - 2 to 3 tablespoons balsamic vinegar
 - 1 to 2 tablespoons fresh or bottled lime juice
 - Salt
 - Freshly ground black pepper
 - Tabasco, or other hot sauce
1. In large bowl, combine beans, peppers, red onion, cucumber, and avocado. Sprinkle cumin and parsley over mixture; drizzle with vinegar and lime juice. Add salt and pepper to taste. Toss well. Serve immediately, with Tabasco on the side.

Makes 8 servings. Per serving: 186 calories, 5 g total fat, 2 g saturated fat, 0 mg cholesterol, 29 g total carbohydrate, 12 g dietary fiber, 9 g protein, 9 mg sodium.



Blue Cheese Dressing
PHOTO BY BEN GEBU PHOTOGRAPHY

Blue Cheese Dressing

Servings: 16 • Time: < 30 minutes • Difficulty: Easy

This dressing is a slimmer version of the classic you know and love, but it's still rich, creamy, and full of flavor. Perfect on frosty wedges of iceberg lettuce. Add a pinch of cayenne pepper and try it on a buffalo chicken salad. One recipe makes 16 (2-tablespoon) servings.

- 1 cup low-fat or light sour cream or low-fat plain Greek yogurt
 - ½ cup light or low-fat mayonnaise, preferably Hellmann's Light
 - ½ cup skim or low-fat milk
 - 2 teaspoons white wine vinegar
 - 4 ounces creamy blue cheese, such as Maytag Blue, crumbled
 - ½ teaspoon salt
 - Freshly ground black pepper to taste
 - Pinch cayenne pepper, optional
1. In medium bowl or measuring cup, combine sour cream and mayonnaise; whisk to blend. Add milk a little at a time, whisking after each addition. Add vinegar; whisk to blend. Add cheese, salt, and pepper; blend with fork to achieve slightly lumpy consistency. Add cayenne, if using. Store covered in refrigerator up to 1 week.

Makes 16 servings. Per serving: 32 calories, 2 g total fat, 1 g saturated fat, 6 mg cholesterol, 2 g total carbohydrate, 0 g dietary fiber, 1 g protein, 112 mg sodium.



Coconut Rice

PHOTO BY KATERYNA ODYNTSOVA

Coconut Rice

Servings: 6 • Time: 30 to 60 minutes • Difficulty: Easy

Short grain brown rice goes creamy and exotic when it's steeped in coconut milk. Toasted coconut adds another layer of flavor and texture. The combination has a subtle, natural sweetness, but you can always add the optional sugar to make a sweeter statement. Serve as a luxurious side dish to accompany Indian dishes such as Curried Mango Chicken Thighs. If you have any rice left over, add a little more coconut milk, brown sugar, and raisins or fresh fruit for a yummy breakfast that you can warm up in the microwave.

- 1 can light coconut milk (well-shaken before pouring)
 - Water
 - 1 cup short grain brown rice
 - ¼ teaspoon salt, or to taste
 - ½ teaspoon sugar, optional
 - 3 tablespoons unsweetened shredded coconut
 - Freshly ground black pepper
1. Pour coconut milk into 2-cup measure and add enough water to bring it to 2 cups. Transfer to medium nonstick saucepan and bring to boil over medium heat. (Keep an eye on it to avoid boil-over. Do not be concerned if it forms a “skin”.) Stir in rice and salt, as well as sugar, if using. Cover, and reduce heat to low. Cook for amount of time indicated on package, usually 40 to 50 minutes.
 2. Without removing cover, remove from heat and let stand amount of time indicated on package, usually 5 to 10 minutes. Uncover, transfer to medium bowl, and fluff with fork. Taste and season with pepper and more salt, if needed.
 3. While rice cooks, preheat oven to 350° F. Spread coconut in thin layer on nonstick rimmed baking sheet. Bake 5 to 10 minutes, stirring once or twice, until golden brown. Remove from oven. When rice is done, transfer to serving dish. Sprinkle with toasted coconut and serve immediately.

Makes 6 servings. Per serving: 185 calories, 8 g total fat, 6 g saturated fat, 0 mg cholesterol, 43 g total carbohydrate, 5 g dietary fiber, 4 g protein, 98 mg sodium.



Korean-Style Hot Pepper
Meat Bundles

PHOTO BY BEN GEBU PHOTOGRAPHY

Korean-Style Hot Pepper Meat Bundles

Servings: 4 • Time: < 30 minutes • Difficulty: Moderate

Something quick, hot, and sweet to cook, wrap, and eat. Amber-colored Shaoxing rice wine is the best kind to use in this dish, but dry sherry works perfectly well. If you can get your hands on some kochujang (Korean hot pepper paste), substitute $\frac{1}{4}$ cup for the hoisin sauce, ketchup, and chili sauce.

- 2 tablespoons hoisin sauce
 - 2 tablespoons ketchup
 - 2 tablespoons sugar
 - 1 tablespoon Chinese chili sauce or sriracha hot chili sauce
 - $\frac{1}{2}$ cup rice wine or dry sherry
 - $\frac{1}{2}$ tablespoon toasted sesame oil
 - $\frac{1}{2}$ tablespoon canola oil, preferably organic, or macadamia nut oil
 - 4 scallions (green onions), thinly sliced ($\frac{1}{2}$ cup), divided
 - 2 tablespoons minced fresh ginger (from 2-inch piece)
 - 4 garlic cloves, minced (1 tablespoon plus 1 teaspoon)
 - 1 pound ground buffalo (bison) or ground beef sirloin
 - Leaves from 2 heads of Boston lettuce, washed and dried
1. In small bowl or measuring cup, combine hoisin sauce, ketchup, sugar, and chili sauce; whisk to blend. Add rice wine: whisk again.
 2. Place large nonstick skillet over medium-high heat. When hot, add oils in pool in center of skillet; do not spread around. When hot, add $\frac{1}{4}$ cup scallions along with ginger and garlic. Cook about 1 minute, stirring gently without dispersing the pool. When mixture becomes fragrant, spread over entire skillet.
 3. Add ground meat in handfuls. Cook about 5 minutes until no longer pink, stirring and chopping down with spatulas to break up lumps.
 4. Add rice wine mixture; stir to blend. Lower heat to medium; cook until liquid has nearly evaporated, 8 to 10 minutes. Divide among 4 bowls and sprinkle with remaining $\frac{1}{4}$ cup scallions. Serve immediately with lettuce leaves for wrapping.

Makes 4 servings. Per serving: 227 calories, 8 g total fat, 4 g saturated fat, 63 mg cholesterol, 10 g total carbohydrate, 1 g dietary fiber, 24 g protein, 506 mg sodium.



Cherry Berry Bread
PHOTO BY GEORGIE FEAR

Cherry Berry Bread

Servings: 24 • Time: > 60 minutes • Difficulty: Easy

A moist, tender, fruit-filled quickbread. Don't be afraid to use frozen cherries and berries for this bread; they work beautifully and are generally more affordable than fresh. If you prefer, use 2½ cups sugar instead of the Splenda-sugar combination.

- Cooking oil spray, preferably olive oil
 - 3½ cups whole wheat pastry flour or white whole wheat flour
 - 2 teaspoons baking soda
 - 1 teaspoon baking powder
 - 1 teaspoon salt
 - 1 cup sugar
 - 1½ cups Splenda granulated
 - ⅓ cup canola oil, preferably organic, or macadamia nut oil
 - ⅔ cup unsweetened applesauce, preferably organic
 - 6 egg whites (1 cup), lightly beaten
 - 1 cup pitted fresh or frozen cherries, preferably organic
 - 1 cup mixed berries, preferably organic
1. Preheat oven to 325F. For muffins, coat 2 standard 12-well muffin tins with cooking spray. For loaves, coat insides of 2 (8.5 x 4.5-inch) loaf pans with cooking spray.
 2. In large mixing bowl, combine flour, baking soda, baking powder, salt, sugar, and Splenda; stir well to blend.
 3. In separate large mixing bowl, combine oil, applesauce, and egg whites; stir to blend. Slowly add dry ingredients to liquid ones, stirring after each addition to incorporate. Stir just until ingredients are moistened. Stir in cherries and berries. Pour batter into prepared loaf pans or muffin tins.
 4. Bake 60 to 70 minutes for loaves (24 minutes for muffins), or until a knife inserted in center comes out clean. Allow to cool completely before slicing or removing from tin.

Makes 24 servings. Per serving: 139 calories, 3 g total fat, 0 g saturated fat, 0 mg cholesterol, 25 g total carbohydrate, 3 g dietary fiber, 4 g protein, 237 mg sodium.



Questions?

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