Plant-based RECIPES

NYC HEALTH+ HOSPITALS

sodexo HEALTHCARE

FORWARD

As a chef, my goal is to prepare tasty, good-looking food that satisfies, brings comfort, and creates a memorable experience.

Over the years, chefs have created mouthwatering meals with a focus on animal protein. That left vegans and vegetarians hard-pressed to find meals to suit their dietary needs. Times are changing, and food trends are leaning towards plant-based meals more than ever.

Healthcare facilities are aiming to educate patients on the benefits of moving towards a diet that is predominately made of plants. A plant-based diet can provide protection against many chronic diseases like heart disease, hypertension, type 2 diabetes, obesity, and some cancers. Additionally, a vegetarian diet can make for more conservative use of natural resources and cause less environmental degradation.

Now that I've brought my culinary experience to the healthcare world, I am challenged to help individuals find balance with nutritious and delicious meals in creative and inspirational ways.

The recipes written in this book are a collaboration between Registered Dietitian Nutritionists and myself. Join me on the exciting new adventure in culinary-based nutrition.

Bon appetit!

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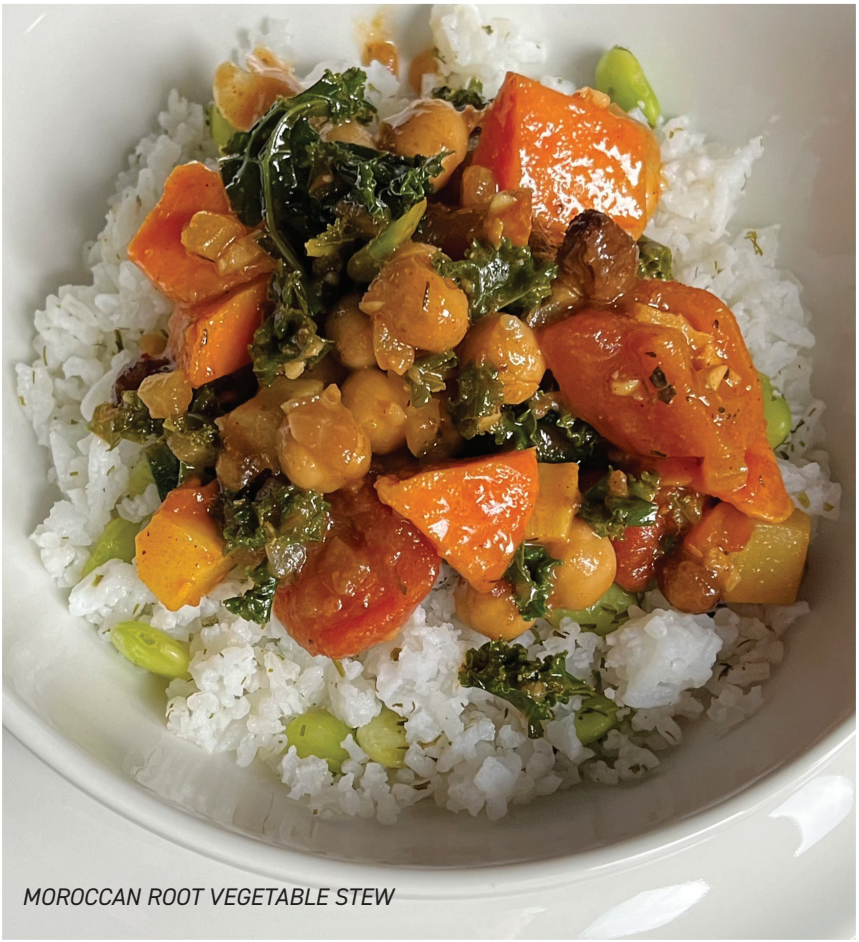


MOROCCAN ROOT VEGETABLE STEW

AVOCADO ACKEE WITH KALE SPINACH

NUTRITION FACTS

Serving size: 8 oz, Amount per serving: Calories 134, Protein 4.5g, Carb. 11g, Fiber 7g,Fat 9.2g, Sodium 105mg

INGREDIENTS

- 1 can ackee, drained
- 1 T butter
- 1 large tomato, diced
- 1 onion, diced
- 2 bell peppers, diced
- 1 clove garlic
- 1 lb bag of kale
- 1 bag of spinach
- Black pepper
- Salt
- 1 large avocado, sliced

DIRECTIONS

1. Steam the ackee until hot, approximately 5 minutes. Drain and set aside.
2. Heat butter in pan.
3. Once butter has melted, add in tomato, onion, bell peppers, and garlic. Sauté.
4. Add kale; cook for 2 mins.
5. Add the steamed ackee and spinach.
6. Add salt and pepper to taste.
7. Plate and garnish with avocado slices.

CHICKPEA ZUCCHINI SALAD

NUTRITION FACTS

Serving size: 4 oz, Amount per serving: Calories 80, Protein 2.8g, Carb. 10.5g, Fiber 2.7g, Fat 3.5g, Sodium 182mg

INGREDIENTS

- 1 15oz can chickpeas, drained and rinsed
- 2 medium zucchini, chopped into ½ inch cubes
- 1 15 oz can corn
- 1 c baby carrots, sliced
- 1 small onion, thinly sliced
- 1 c cherry tomatoes, halved
- 2 T apple vinegar
- 2 T olive oil
- 2 T pickle relish
- Salt to taste
- Pepper to taste
- Red pepper flakes to taste (optional)

DIRECTIONS

1. Mix all ingredients in a bowl.
2. Place into refrigerator for 30 minutes.
3. Serve chilled.
4. Consider adding cilantro or almonds for additional flavor.

FRESH & HEALTHY KALE SALAD

NUTRITION FACTS

Serving size: 6 oz, Amount per serving: Calories 147, Protein 5.5g, Carb. 15g, Fiber 6.3g, Fat 9g, Sodium 179mg

INGREDIENTS

- 1 large bunch kale
- 1 T olive oil
- ¼ tsp sea salt
- ½ lemon, juiced
- 1 lime, juiced
- ⅛ tsp apple cider vinegar
- Dash cayenne pepper
- Dash black pepper
- ½ tsp garlic powder
- 1 tsp turmeric
- 1 tsp nutritional yeast
- ½ c almonds or walnuts
- 1 tsp sunflower seeds
- ½ tsp sesame seeds
- ½ c dried cranberries
- ¾ c cherry tomatoes, halved

DIRECTIONS

1. Remove stems from kale and clean.
2. Massage the kale leaves with the olive oil and sea salt.
3. After adding the lemon, lime and all of the seasonings, massage the kale again.
4. Add your remaining toppings and toss.

LENTIL CURRY

NUTRITION FACTS

Serving size: 6 oz, Amount per serving: Calories 107, Protein 5.6g, Carb. 20g, Fiber 1g, Fat 0g, Sodium 381mg

INGREDIENTS

- 1 c dry split yellow pigeon peas (toor dal)
- 2 T ghee, separated
- 1 red onion, chopped
- 2 Roma tomatoes, chopped
- 3 cloves of garlic, chopped
- ¼ tsp ground turmeric
- Pinch of asafetida
- 1/2 tsp black mustard seeds
- 1/2 tsp cumin seeds
- 3 red dried chiles
- 1 sprig fresh curry leaves
- 1 tsp salt or as needed
- 3 c of water

DIRECTIONS

1. Soak the split yellow pigeon peas (lentils) in water for 30 minutes.
2. In a pressure cooker, add ghee. When the ghee is hot, add onions.
3. When the onions are translucent, add tomatoes, salt, and turmeric powder.
4. Add the lentils and water into the pressure cooker.
5. Close the pressure cooker, and cook until lentils are softened. It usually takes one whistle on high heat and two whistles on low heat.
6. After the pressure releases, open the cooker and whisk the lentils.
7. For tempering, heat ghee in a pan. Once the ghee is hot, add mustard seeds.
8. When the mustard seeds crack, add cumin seeds, asafetida, red chiles, garlic, and curry leaves. Turn off the heat in about three minutes.
9. Pour the tempering on the lentils, and mix well.
10. Enjoy your lentil curry with 1 c steamed rice or Indian flatbread (roti).

MOROCCAN ROOT VEGETABLE STEW

NUTRITION FACTS

Serving size: 8 oz stew, 4 oz rice, Amount per serving: Calories 310, Protein 7.1g, Carb. 54g, Fiber 6.5g, Fat 7, Sodium 214mg

INGREDIENTS

Vegetables

- 1 T canola oil, separated
- 1 T Moroccan spice mix, separated
- 1 medium parsnip, diced
- 1 sweet potato, diced
- 15 oz can garbanzo beans
- 2 ½ Moroccan sauce

Sauce

- 1 T canola oil
- 1 medium Spanish onion, diced
- 2 cloves garlic, chopped
- 1 T Moroccan spice mix
- ⅛ tsp red pepper flakes
- 1 bay leaf
- 15 oz can low sodium diced tomatoes
- 2 c water
- 1 cube low sodium vegetable bouillon
- ⅛ c raisins
- 1 c fresh kale, chopped

DIRECTIONS

Sauce

1. Add 1 ½ tsp of canola oil to a pan and sauté the onions and garlic over medium heat.
2. Add the Moroccan spice, red pepper and bay leaf along with the tomatoes, water and bouillon cube.
3. Cook for 30 minutes and then add the raisins and kale.

Vegetables

1. Pre-heat oven to 350 degrees.
2. Mix parsnips with 1 ½ tsp canola oil and 1 ½ tsp Moroccan spice and lay out on a sheet pan.
3. Mix sweet potatoes with 1 ½ tsp canola oil and 1 ½ tsp Moroccan spice and lay out on a separate sheet pan.
4. Roast the vegetables separately for 10 minutes or until tender.
5. Add the sauce and the garbanzo beans and cook for 2-3 minutes longer.
6. Serve over white or brown rice.

THREE BEAN CHILI

NUTRITION FACTS

Serving size: 8 oz chili, Amount per serving: Calories 142, Protein 7g, Carb. 23g, Fiber 8g, Fat 2g, Sodium 179mg

INGREDIENTS

- 1 tsp olive oil
- ⅛ c yellow onion, diced
- ⅛ c celery, diced
- ⅛ c carrots, diced
- ¼ c green bell peppers, diced
- ¼ c red bell peppers, diced
- 2 garlic cloves, chopped
- ½ tsp chili powder
- 1 T fresh oregano, chopped
- ½ tsp ground cumin
- 1 T tomato paste
- ½ c canned diced tomato
- ½ c red kidney beans, drained and rinsed
- ½ c cannellini beans, drained and rinsed
- ½ c black beans, drained and rinsed
- 1 tsp garlic powder
- ½ tsp black pepper
- ⅛ c fresh cilantro, chopped
- 1 cube low sodium vegetable bouillon cube

DIRECTIONS

1. Add oil to a sauce pot and sauté onions, celery, carrots, and garlic.
2. Add all dry herbs and cook for 2 minutes.
3. Add tomato paste, diced tomatoes, vegetable bouillon powder, and all beans.
4. Simmer for 45 minutes.
5. Add fresh chopped herbs.

WINTER MINESTRONE

NUTRITION FACTS

Serving size: 6 oz, Amount per serving: Calories 105, Protein 4g, Carb. 10g, Fiber 2.8g, Fat 5.2g, Sodium 437mg

INGREDIENTS

- ½ c olive oil
- 2 medium yellow onions, chopped
- 8 garlic cloves, minced
- 3 bunches mixed greens, finely chopped with stalk ends trimmed (about 15 c)
- 1 T salt, plus more to taste
- 3 15.5 oz cans cannellini beans, drained and rinsed
- 3 28oz can diced tomatoes, with the juice
- 3 qts vegetable broth or chicken broth
- 8 inches parmesan rinds
- 1 lb carrots, diced
- 1 medium butternut squash, peeled, seeded and diced (about 3 lbs)
- 3 medium zucchinis, diced
- 3 medium yellow summer squashes, diced
- Freshly ground black pepper
- 4 demi-baguettes
- 2 c chopped fresh herbs, such as parsley or oregano
- 2 c pesto
- ½ lb Parmigiano-Reggiano

DIRECTIONS

1. Heat the oil in the stockpot and add the onions, garlic, and mixed greens.
2. Sprinkle with the salt and saute until the vegetables are slightly wilted, about 10 minutes.
3. Add the beans, tomatoes, broth, Parmesean rinds, carrots and butternut squash and bring to a boil.
4. Reduce the heat and simmer for 10 to 15 minutes, until the vegetables are tender but still firm.
5. Add the zucchini and yellow squash and cook, loosely covered for 10 minutes or until all vegetables are tender. If the soup is too thick, add more broth or water.
6. Before ladling the soup, fish out and discard the cheese rinds.
7. Season with salt and pepper.

Sandwiches & Wraps

CHIPOTLE VEGETABLE TACOS

PULLED BBQ JACKFRUIT

NUTRITION FACTS

Serving size: 6 oz, Amount per serving: Calories 166, Protein 3.2g, Carb. 32g, Fiber 12g, Fat 1.6g, Sodium 425mg

INGREDIENTS

- 40 oz of jackfruit (roughly 2 large cans), in water or brine
- 1 tsp of garlic powder
- 1 tsp of chili powder
- ½ tsp of salt
- 1 tsp of liquid smoke (optional)
- 1 T paprika
- 2 T brown sugar
- 1 T olive oil
- 1 c BBQ sauce

DIRECTIONS

1. Place the jackfruit in a large bowl and shred with two forks. As it cooks, it will continue to shred more.
2. Toss the jackfruit with the spices, liquid smoke, and brown sugar until fully coated.
3. Set aside.
4. Heat the olive oil in a large skillet over medium heat.
5. Transfer the seasoned jackfruit to the skillet and cook until warmed through.
6. As the jackfruit cooks, stir often to break it apart.
7. Pour the BBQ sauce into the skillet and mix thoroughly so that the jackfruit is fully coated.
8. Serve warm with your favorite vegetarian roll.

CHIPOTLE VEGETABLE TACOS

NUTRITION FACTS

Serving size: 6 oz vegetables, two tortillas, Amount per serving: Calories 270, Protein 8g, Carb. 45g, Fiber 14g, Fat 7g, Sodium 180mg

INGREDIENTS

- 2 T canola oil
- 1 medium red onion, sliced
- 1 medium green bell pepper, sliced
- 1 medium red bell pepper, sliced
- 3.5 oz sliced shiitake mushroom
- 1 T taco seasoning
- 2 tsp chipotle chili seasoning
- 1 tomatillo
- 3 T puréed red peppers, canned

DIRECTIONS

1. In a food processor or blender, puréed together the tomatillo, red peppers, taco and chipotle chili seasonings.
2. In a pan, heat the oil.
3. Add the peppers, onion, mushrooms, and garlic, and cook for 5 minutes.
4. Add the puréed ingredients to the pan and heat until warm.
5. Serve each portion with two soft corn taco shells, a ½ cup of black beans, and a ½ cup of rice.

OAT & PLANT BURGER

NUTRITION FACTS

Serving size: 4 oz, Amount per serving: Calories 201, Protein 5.1g, Carb. 25g, Fiber 3.8g, Fat 9.4g, Sodium 472mg

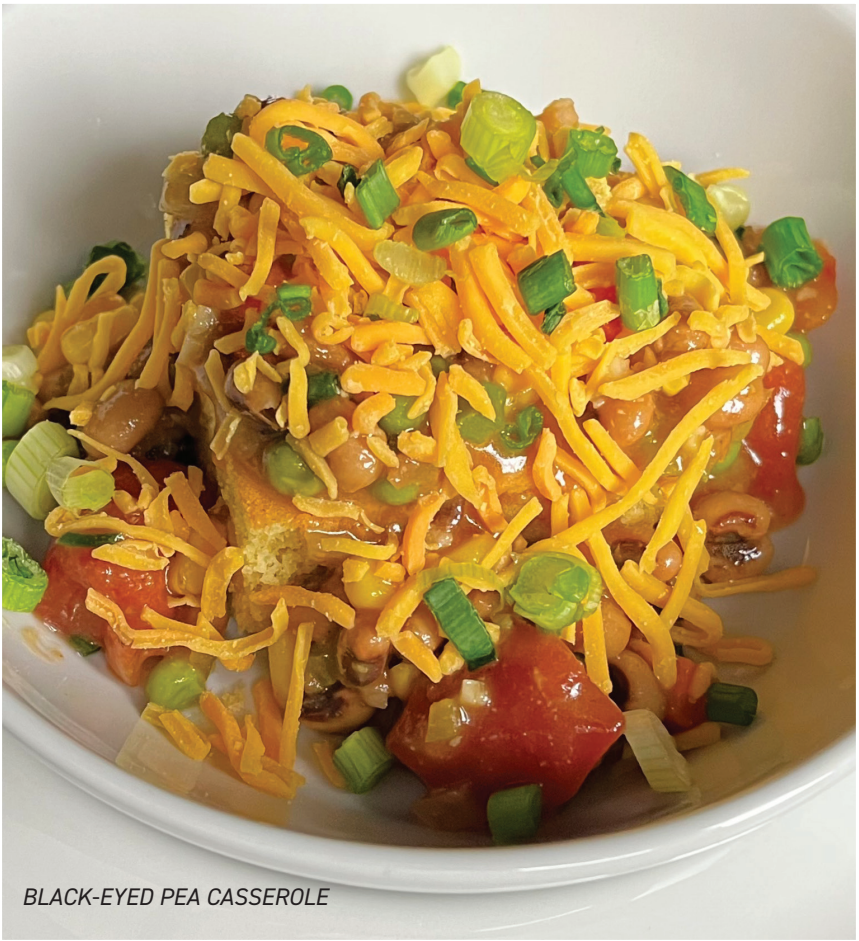
INGREDIENTS

- 2 c of instant oats
- 1 c grated cheese (vegan feta, vegan parmesan, or vegan mozzarella)
- ½ onion, chopped
- ½ green pepper, chopped
- 1 stalk of celery, chopped
- 2 garlic cloves, minced
- 2 T of mustard
- 2-3 T of soy sauce
- Pinch of black pepper
- Water to bind
- 2-3 T olive oil

DIRECTIONS

1. Combine all ingredients except water and olive oil in a mixing bowl.
2. Slowly add water until a dough is formed; it will be sticky but not mushy.
3. Add 2 T olive oil to a pan, let it warm to medium heat.
4. Wet your hands to prevent dough from sticking to your fingers. Shape the dough into patties, ½-inch thick.
5. Cook patties until brown on both sides.
6. Pair patty with whole wheat burger buns and add your favorite toppings including melted vegan cheese.

Main Dishes



BLACK-EYED PEA CASSEROLE

BLACK-EYED PEA CASSEROLE

NUTRITION FACTS

Serving size: 4 oz, Amount per serving: Calories 234 ,Protein 10.5g, Carb. 18g, Fiber 2.6g, Fat 14.4g, Sodium 433mg

INGREDIENTS

- 2 T olive oil
- ¼ green pepper, diced
- 1 stalk celery, diced
- 2 cloves garlic, chopped
- 1 T Cajun seasoning
- 15 oz can black-eyed peas, drained
- 15 oz can diced tomatoes, in juice
- 1 ⅝ c water, separated
- 1 cube low sodium vegetable bouillon
- 1 ½ T corn starch
- ½ c frozen corn
- ½ c frozen peas and carrots mixture
- Store-bought cornbread
- 6 oz cheddar cheese

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. In a sauté pan, heat olive oil over medium heat.
3. Add the onion, pepper, celery and garlic, and sauté until fragrant.
4. Add Cajun seasoning and cook for 1 minute.
5. Add black-eyed peas, tomatoes with juice, water and bouillon cube, and let simmer for 5 minutes.
6. Mix cornstarch with ⅛ c water and make a slurry; add to sauté pan and cook for 10 minutes.
7. The liquid will thicken slightly over time.
8. Add frozen corn and peas and carrots, and cook for 1 minute.
9. Cut cornbread into 2-inch squares.
10. In an oven-proof bowl, place the cornbread in the center and top it with the black-eyed pea casserole and 1 oz of cheddar cheese.
11. Bake until the cheese melts.

BUFFALO CAULIFLOWER WRAP

NUTRITION FACTS

Serving size: 4 oz, Amount per serving: Calories 127, Protein 1.6g, Carb. 5g, Fiber 2.5g, Fat 6g, Sodium 476mg

INGREDIENTS

- ¾ c hot pepper sauce
- 4 T vegan butter
- 1 T white vinegar
- 1 small head of cauliflower, broken into bite-size florets
- 1 head romaine lettuce, chopped
- 1 small avocado, cubed
- 2-3 T vegan ranch dressing
- 1 tomato, cubed
- Gluten free tortillas

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Combine red pepper sauce, vegan butter and vinegar in a small saucepan cook over medium heat until the butter has melted.
3. Let cool for a few minutes.
4. While the sauce is heating up, break the cauliflower into bite-sized florets.
5. Place the florets in a bowl and pour two-thirds of the heated sauce over the cauliflower.
6. Shake it up and make sure the sauce is evenly coated.
7. Place in a single layer on a lightly oiled baking sheet and bake for 25 minutes.
8. Flip half way through.
9. While the cauliflower is baking, combine chopped lettuce and cubed avocado in a bowl.
10. Toss with vegan ranch dressing and set aside.
11. Remove cauliflower and let cool for a few minutes before assembly.
12. To assemble the wrap, add a handful of salad, then 5-6 cauliflower florets, a few diced tomatoes and add any additional buffalo sauce if desired to the wrap.
13. Roll the tortilla up tightly.

CURRY KABOCHA SQUASH

NUTRITION FACTS

Serving size: 8 oz squash, 4 oz rice, beans, dill, Amount per serving: Calories 346, Protein 9g, Carb. 54g, Fiber 5.5g, Fat 10g, Sodium 238mg

INGREDIENTS

Kabocha

- 1 T massaman curry powder
- 2 cloves garlic, chopped
- 1 tsp fresh oregano, chopped
- 1 T fresh cilantro, chopped
- 3 T olive oil, separated
- 1.5 lbs kabocha squash, peeled and diced into ¾-inch pieces
- 8 pearl onions, peeled
- 2 Idaho potatoes, peeled and diced into ¾-inch pieces
- 1 c green peas

Sauce

- 1 T olive oil
- 1 stalk celery, diced into ¼-inch pieces
- 1 carrot, diced into ¼-inch pieces
- 1 medium Spanish onion, diced into ¼-inch pieces
- 2 cloves garlic, chopped
- 1 granny smith apple, diced into ¼-inch pieces
- 1 banana, diced
- 2 T massaman curry powder
- ¼ c coconut cream
- 1 c unsweetened coconut milk
- ½ c low sodium vegetable broth
- ¼ c water
- 2 T cornstarch

DIRECTIONS

Kabocha

1. Pre-heat oven to 400 degrees.
2. Mix curry powder, garlic, oregano, cilantro and 1 T olive oil with kabocha, and place on a baking sheet.
3. Bake for 10 minutes or until squash is tender.
4. While kabocha is cooking, mix the onions and potatoes with 2 T of olive oil.
5. Place onions and potatoes on separate baking sheet.
6. Bake onions and potatoes for 10 minutes at 400 degrees.
7. Add green peas to onion/potato mix for the last 3 minutes of roasting.
8. Mix all together.

Sauce

1. In a pan, heat the oil on medium heat; add the onions, celery and carrots and sweat until they wilt.
2. Add the curry, apples and banana and sauté for 5 more minutes.
3. Add the vegetable broth and coconut milk, coconut cream; bring to a simmer.
4. Add 2 T cornstarch and ¼ cup water and simmer approximately 5-7 minutes until the sauce coats the back of a spoon.
5. Purée sauce in a blender.
6. Serve over rice.

EDAMAME & QUINOA FALAFEL

NUTRITION FACTS

Serving size: 5 oz falafel, 1 pita, 1 oz harissa sauce, Amount per serving: Calories 323, Protein 18g, Carb. 55g, Fiber 13g, Fat 12g, Sodium 714mg

INGREDIENTS

Falafel

- ½ c shelled edamame
- 12 oz canned garbanzo beans, drained
- 1 c cooked quinoa
- 2 tsp olive oil
- ½ small yellow onion, diced
- 2 garlic cloves, chopped
- 2 T fresh cilantro, chopped
- 2 T fresh parsley, chopped
- ¼ c chickpea flour
- 2 tsp curry powder
- 1 tsp cumin
- 1 tsp ground coriander
- 2 T low sodium vegetable broth

Harissa sauce

- 12 oz piquillo peppers
- .5 oz harissa hot sauce
- 2 garlic cloves
- ½ fresh lemon, juiced
- 1 T olive oil

DIRECTIONS

1. Preheat over to 425°.
2. Place edamame and chickpeas into a food processor or blender and pulse.
3. In a sauté pan, heat the oil.
4. Add onions, garlic, and dry spices, and sauté.
5. In a separate bowl, mix together the remaining ingredients, excluding ingredients for the harissa sauce.
6. Add the pulsed edamame and chickpeas, sautéed onions, garlic and spices, and mix.
7. Spray a sheet pan with olive oil.
8. Using a 4-oz ice cream scoop, mold the falafel into balls and place them on the pan.
9. Spray the top of the falafel with olive oil.
10. Bake falafels for 15 minutes.
11. For harissa sauce, place all ingredients in a blender and blend until smooth.
12. Serve falafel with harissa sauce, lettuce, and a warm whole wheat pita.

EGGPLANT "MEATBALLS"

NUTRITION FACTS

Serving size: 4 oz, Amount per serving: Calories 365 Protein 17g, Carb. 62g, Fiber 15g, Fat 5.7g, Sodium 374mg

INGREDIENTS

- 1 lg eggplant
- 8 oz mushrooms
- 1 can white beans
- 1 c oat flour
- Garlic
- Salt
- Oregano
- Pasta of choice

DIRECTIONS

1. Heat oven to 375 degrees.
2. Chop up eggplant and mushrooms.
3. Roast the vegetables in the oven on parchment paper for 15-20 minutes.
4. Put eggplant, mushroom, oat flour, white beans, and seasonings in food processor.
5. Blend until there are no large chunks and batter is thick.
6. Roll the eggplant batter into meatballs.
7. Bake for 20 minutes at 350 degrees.
8. Flip the meatballs and cook for another 15-20 minutes.
9. Enjoy over pasta of choice.

GANDULES Y CALABAZA

NUTRITION FACTS

Serving size: 8 oz gandules, 4 oz rice, Amount per serving: Calories 316, Protein 10g Carb. 57g, Fiber 5g, Fat 6g, Sodium 239mg

INGREDIENTS

Sofrito Sauce

- 1 medium green pepper
- 1 medium Spanish onion
- 6 cloves garlic
- 1 bunch cilantro
- 1 bunch recao
- 1 small pack ajicito peppers

Gandules y Calabaza

- 1 ¼ tsp olive oil
- ¼ medium diced red bell pepper
- ¼ medium green bell pepper
- 3 T sofrito
- ¼ c low sodium vegetable broth
- ¼ c tomato sauce
- 20 oz canned pigeon peas
- 1 c kabocha squash, diced into ½ inch pieces

DIRECTIONS

Sofrito Sauce

1. Clean the cilantro and recao.
2. Remove the seeds from the peppers.
3. Peel the onion and garlic.
4. Place all ingredients in a food processor and pulse until smooth.

Gandules y Calabaza

1. Heat the oil in a pot and add the peppers until they wilt.
2. Add the sofrito and sauté for 2 minutes.
3. Add the vegetable broth, tomato sauce, pigeon peas, and kabocha squash.
4. Cook until squash is tender.
5. Serve with yellow rice.*

*Can be served with brown rice if preferred.

JACKFRUIT JAMBALAYA

NUTRITION FACTS

Serving size: 8 oz jambalaya, 4 oz rice, Amount per serving: Calories 291, Protein 8.3g, Carb. 47g, Fiber 8.4g, Fat 8.1g, Sodium 241mg

INGREDIENTS

- 2 T Spanish onion, diced
- 3 cloves garlic, diced
- 1 stalk celery, diced
- 1 small green pepper, diced
- 1 small red pepper, diced
- 4 sliced shiitake mushrooms, sliced
- 1 c cauliflower florets, riced
- 1 T Cajun blackening season
- 15 oz can tomato purée
- 1 c low sodium vegetable broth
- 15 oz can cooked lentils
- 1 ½ c canned naked jackfruit

DIRECTIONS

1. In a pot on medium heat, heat oil and add the onions, garlic, and green and red peppers; sauté until tender.
2. Add the sliced shiitake mushrooms and the riced cauliflower, and cook until the mushrooms are tender.
3. Add Cajun seasoning and sauté for 2 minutes.
4. Add tomato puree, vegetable broth and lentils, and cook for15 minutes.
5. Add the jackfruit and cook for 2 minutes.
6. Serve over rice.

LENTIL BOLOGNESE

NUTRITION FACTS

Serving size: 6 oz, Amount per serving: Calories 251, Protein 10g, Carb. 42.5g, Fiber 5g, Fat 5g, Sodium 404mg

INGREDIENTS

- 1 ½ T olive oil
- 1 large onion, diced
- 4 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 ½ tsp kosher salt, plus more to taste
- Freshly ground black pepper to taste
- 1 5.3 oz tube of tomato paste
- ½ c dry red wine (optional)
- 3 c vegetable broth
- 1 c red lentils, soaked (see step #1)
- ¼ c walnuts, crushed finely
- 1 14.5-ounce can crushed tomatoes
- 12-16 ounces pasta such as fettuccine, rigatoni, penne rigate
- 1 T high-quality balsamic vinegar
- Flat-leaf Italian parsley or fresh basil, chopped or slivered (optional)

DIRECTIONS

1. Soak the 1 cup of lentils in water for at least 30 minutes.
2. Heat a 12-inch deep sauté pan or Dutch oven on medium-high heat.
3. Add the olive oil. Once simmering, add the onions and season with a pinch of salt.
4. Stir occasionally and cook the onions until light brown fond starts to form on the surface of the pan, about 5 minutes.
5. Add a few spoons of water to deglaze the pan, and stir. Continue cooking the onions, adding more water every few minutes and stirring frequently to prevent burning, until the onions are softened and golden brown, 9-10 minutes.
6. Add the garlic, thyme, oregano, 1 ½ tsp kosher salt, and pepper to taste. Stir frequently and cook for 60-90 seconds.
7. Stir in the tomato paste and cook for 2-3 minutes to caramelize, stirring frequently, until it's darker red in color.
8. Optional: If using the red wine, pour the wine into the pan and deglaze, scraping up any browned bits. Cook for 1-2 minutes, until the smell of alcohol has burned off and the mixture is jam-like.

9. Add vegetable broth to deglaze the pan, stirring any browned bits on the bottom of the pot and stirring the broth into the tomato paste to combine. Add the lentils and walnuts, and stir to incorporate. Heat until the mixture comes to a boil, then reduce the heat to medium-low to maintain a rapid simmer for 20 minutes, stirring occasionally.

10. Add the crushed tomatoes and simmer on low for another 15-20 minutes, or until the lentils are tender but still al dente, stirring occasionally to prevent burning and sticking.

11. Meanwhile, bring a large pot of water to a boil and salt generously. Add the pasta and cook until al dente. Reserve a cup of pasta water. Drain the pasta, but do not rinse it.

12. Taste the bolognese for seasonings, adding more salt and pepper to taste. Finish with the balsamic vinegar, and stir to combine.

13. Add the hot cooked pasta to the bolognese and toss until well coated in the sauce, adding a little bit of pasta water as needed to ensure the sauce coats the noodles. Garnish with chopped parsley or basil.

LEBANESE KIBBEH

NUTRITION FACTS

Serving size: 8 oz jambalaya, 4 oz rice, Amount per serving: Calories 291, Protein 8.3g, Carb. 47g, Fiber 8.4g, Fat 8.1g, Sodium 241mg

INGREDIENTS

Kibbeh

- 1 medium sized pumpkin or 1 ½ lbs cubed butternut squash
- 2 c dry fine bulgur wheat
- 1 medium onion, grated
- 1 ½ tsp salt
- ½ tsp black pepper
- ½ tsp cinnamon
- ½ tsp allspice
- ½ cup all-purpose flour

Filling

1/3 c olive oil

2 yellow or red onions, julienned

1 can of chickpeas, drained

3 c shredded Swiss chard (1 bunch shredded)

4 c of spinach

2 T sumac

4 T pomegranate molasses

½ lemon, juiced

½ tsp of cumin

1 T salt

¼ c olive oil

DIRECTIONS

Directions (dough):

1. If using a whole pumpkin or butternut squash, peel and cut into medium sized cubes; if using pre-cut move to next step.
2. Place cubes in a large pot; cover with water.
3. Cook on high heat; upon boiling, reduce heat, cover and cook for about 30 minutes until fully cooked.
4. Placed the cooked pumpkin or squash in a colander and squeeze to drain as much water as possible; set aside for a minimum of 4 hours to fully drain.
5. Blend the dry kibbeh flesh in a large bowl with an immersion blender until you get a pumpkin puree consistency.
6. In a large bowl, mix the bulgur wheat (dry) and the blended pumpkin.
7. Add the grated onion, salt, pepper, cinnamon, and allspice.
8. Add the flour to the mix and knead the kibbeh dough.

Filling Directions:

1. In a skillet, add the olive oil and onions, sauté the onions over high heat until they become translucent.
2. Add chickpeas, shredded Swiss chard and spinach and cook for an additional 2 minutes.
3. Add the sumac, pomegranate molasses, lemon juice, cumin and salt.
4. Cook for an additional minute; place mixture in a bowl and let it cool down completely.
5. Assembly Directions:
6. Preheat oven to 350 degrees.
7. Divide the kibbeh dough into 2 equal portions.
8. Grease a 9x13 baking tray.
9. Firmly spread the first half of the kibbeh over the baking tray.
10. Evenly spread the filling over.
11. Top it with the other half of the kibbeh dough, wet your palm, spread and flatten the surface of the kibbeh to cover all the filling.
12. With a paring knife, score in different patterns.
13. Pour ¼ c of olive oil evenly on top.
14. Bake for 30 minutes.
15. Broil for 5 minutes to a golden color.
16. Serve warm or at room temperature.

PAD THAI

NUTRITION FACTS

Serving size: 4 oz vegetables, 4 oz noodles, Amount per serving: Calories 215, Protein 6g, Carb. 39g, Fiber 3.5g, Fat 4g, Sodium 210mg

INGREDIENTS

- ¼ c water
- 1 T fresh cilantro, chopped
- 1 T fresh Thai basil, chopped
- ¼ c mirin or sweet rice wine vinegar
- ¼ c low sodium soy sauce
- 2 tsp sambal chili sauce
- 2 T brown sugar
- ½ c tamarind purée
- ¼ c canola oil
- 1 medium carrot, julienned
- ¼ head of Napa cabbage, julienned
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- 6 oz shelled edamame
- 2 lbs rice noodles

DIRECTIONS

1. Mix together water, cilantro, basil, rice wine vinegar, sambal chili sauce, brown sugar and tamarind purée, and set aside.
2. Cover rice noodles with hot water and set aside to soak for 30 minutes.
3. In a wok or large frying pan, heat half of the oil and stir fry the vegetables for 2-3 minutes, then remove from the pan.
4. Drain the noodles well and sauté them with the other half of the oil for 2- 3 minutes.
5. Add the sauce and bring to a simmer.
6. Add the vegetables and cook for 2 more minutes.
7. When the noodles are tender to the bite, it is ready.

RED CURRY VEGETABLES & ROASTED TOFU

NUTRITION FACTS

Serving size: 8 oz vegetables, 4 oz tofu, Amount per serving: Calories 393, Protein 11.8g, Carb. 15.4g, Fiber 5.2g, Fat 32g, Sodium 313mg

INGREDIENTS

Vegetables

- 3 T canola oil, separated
- 1 c fresh green beans, snipped and halved
- 1 medium red onion, diced
- 1 medium green pepper, diced
- 1 medium red pepper, diced
- 1 medium carrot, diced
- 1 small eggplant, diced
- 1 medium potato, diced
- 1 pt red curry sauce

Red Curry Sauce

- 1 T canola oil
- 1-inch piece fresh ginger
- 3 cloves garlic
- 1 T sambal chili sauce
- ¼ c red curry paste
- 1 T lemongrass paste
- ½ c vegetable broth
- ¼ c coconut milk
- 1 T cornstarch
- 1 T water
- 6 leaves fresh basil
- 2 T lime juice

Tofu

- 14 oz firm tofu, cut into ½-inch cubes
- ¼ c canola oil
- 1 T basil
- 1 T cilantro

DIRECTIONS

Vegetables

1. Pre-heat oven to 350 degrees.
2. Coat the carrots, potatoes and eggplant with 2 T of canola oil; roast until tender.
3. Coat the pepper, green beans and onions with 1 T canola oil; roast for 10 minutes.
4. Mix all roasted vegetables with red curry sauce.

Red curry sauce

1. In a pot on medium heat, add oil and sauté ginger and garlic.
2. Add red curry paste and sambal chili sauce; cook for 1 minute.
3. Add lemongrass paste, vegetable broth, coconut milk and simmer.
4. Mix cornstarch and water to make a slurry. Add to pot.
5. Cook until slightly thickened and add basil and lime juice.

Tofu

1. Pre-heat oven to 400 degrees.
2. Coat tofu with oil and toss it with basil and cilantro.
3. Roast until golden.

RIGATONI AL FORNO

NUTRITION FACTS

Serving size: 8 oz rigatoni, Amount per serving: Calories 270, Protein 12.6g, Carb. 31g, Fiber 5.5g, Fat 10g, Sodium 184mg

INGREDIENTS

- 8 oz rigatoni, uncooked
- 1 pt Sicilian Eggplant Stew
- 1 c frozen green peas
- 1 c ricotta cheese
- 6 oz mozzarella

Sicilian Eggplant Stew

- 2 T olive oil
- 1 small Spanish onion, diced
- 1 medium eggplant, diced
- 2 cloves garlic, chopped
- 6 fresh basil leaves, chopped
- ⅛ tsp red pepper flakes
- 15 oz can crushed tomatoes, undrained
- ½ c water
- 1 cube vegetable bouillon

DIRECTIONS

Pasta

1. Pre-heat oven to 350 degrees.
2. In a pot boil water, cook pasta until al dente, roughly 6 minutes.
3. Drain pasta and lay it out in a cool place.

Sicilian Eggplant Stew

1. In a pot, add and sauté onion eggplant and garlic over medium heat until eggplant is tender.
2. Add red pepper flakes and cook 1 minute longer.
3. Add crushed tomatoes , vegetable bouillon cube and water; simmer for 30-40 minutes.
4. Mix pasta and eggplant stew with ricotta cheese, peas and basil.
5. In an oven proof bowl, add the rigatoni and eggplant mixture, and top with mozzarella.
6. Bake at 350 degrees until mozzarella melts and has a golden color.

SANCOCHO

NUTRITION FACTS

Serving size: 8oz sancocho, 4 oz rice, Amount per serving: Calories 319, Protein 7g, Carb. 62g, Fiber 4g, Fat 5g, Sodium 274mg

INGREDIENTS

- 1 medium yellow onion, diced
- 1 ½ T olive oil
- 2 garlic cloves, chopped
- ¼ c carrots, diced
- ¼ c celery, diced
- 3 c low sodium vegetable broth
- 3 T sofrito
- ½ c tomato sauce
- ¼ tsp adobo
- 1 large green plantain, skinned and cut into ½-inch round pieces
- 1 medium yucca, cleaned and diced into ¾-inch pieces
- 1 c pumpkin, cleaned and diced into ¾-inch pieces
- 1 small potato, peeled and diced into ¾-inch pieces
- 3 T fresh cilantro, chopped
- ¼ c frozen corn kernels
- ⅓ c chickpeas

DIRECTIONS

1. In a soup pot, add oil and sauté onions, garlic, celery, and carrots.
2. Add the sofrito and cook for 3 minutes.
3. Add the adobe, vegetable broth, tomato sauce, yucca and plantains, and cook until al dente.
4. Add the potatoes and pumpkin and cook until tender.
5. Add the corn and cilantro and cook for 2 additional minutes.
6. Serve with white rice.*

   *Can be served with brown rice if preferred.

VEGETABLE PAELLA

NUTRITION FACTS

Serving size: 8 oz vegetables, 4 oz rice, Amount per serving: Calories 319, Protein 7.5g, Carb. 43.4g, Fiber 5.6g, Fat 13.9g, Sodium 187mg

INGREDIENTS

- 4 T olive oil, separated
- 1 medium zucchini, diced
- ⅓ 15 oz can artichoke hearts
- ½ c fresh green beans, snipped and halved
- 1 medium Spanish onion, diced
- 3 cloves garlic, diced
- 1 red pepper, diced
- 1 green pepper, diced
- ½ tsp ground black pepper
- 1 tsp dry oregano
- 1 tsp smoked paprika
- 1 tsp ground turmeric
- 3 plum tomatoes, diced
- ¼ c white wine
- 1 c low sodium vegetable broth
- ½ c frozen lima beans
- ¾ c frozen green peas

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. Mix 2 T olive oil with zucchini and artichoke and roast for 10 minutes.
3. Bring a pot of salted water to a rolling boil; add raw trimmed green beans and cook for 2 to 3 minutes.
4. While greens beans are cooking, prepare an ice bath by filling a bowl with cold water and ice.
5. Once the green beans are done, transfer them to the ice bath for 4 to 5 minutes.
6. In a pot add 2 T olive oil and sauté onions, red and green peppers and garlic.
7. Add black pepper, oregano, paprika and turmeric to pot and cook for 1 minute.
8. Add tomatoes and white wine and cook until ½ the liquid is reduced.
9. Add vegetable broth, lima beans, green peas, roasted zucchini and artichoke and green beans.
10. Serve with yellow rice mixed with ¼ c green olives, ¼ c diced pimentos and ¼ c cilantro.

Sides & Desserts

ROASTED ORANGE CAULIFLOWER

ASPARAGUS DELIGHT

NUTRITION FACTS

Serving size: 8 oz, Amount per serving: Calories 134, Protein 3.6g, Carb. 19g, Fiber 5g, Fat 6.8g, Sodium 3mg

INGREDIENTS

- ½ lb thin asparagus
- 3 mini sweet peppers (yellow, red and orange), sliced into strips
- 12 pecans
- 1 T avocado oil
- 4 figs, sliced
- ½ lemon, juiced
- ½ tsp agave nectar

DIRECTIONS

1. Rinse the asparagus and small sweet peppers.
2. Cut off about ¼ of the asparagus stems, keeping the top portion with the tips.
3. Toast the pecans in a dry pan to get the natural oils going and set aside.
4. Heat a pan on medium-low heat; add avocado oil.
5. Add the asparagus and peppers. Cover for about 4 to 6 minutes.
6. Add the figs and pecans; stir.
7. Top with a squeeze of lemon juice and a drizzle of agave nectar.
8. Serve warm with a side of herbal couscous.

AVIYAL (INDIAN MIXED VEGETABLES)

NUTRITION FACTS

Serving size: 8 oz, Amount per serving: Calories 17, Protein 4g, Carb. 23g, Fiber 5g, Fat 9g, Sodium 22mg

INGREDIENTS

- 1 medium potato
- 2 tomato
- ½ raw mango, cut into long slices
- 1 medium raw plantain
- 1 snake gourd, 10-inches long
- 3 drumstick
- 1 eggplant
- 20 string beans
- 4 green chiles
- 1 shallot
- 3 carrots
- 10-15 pc kovakka/tindora
- 1 vellarikka/cucumber
- Salt to taste
- 1 c grated coconut, fresh or frozen
- 1 tsp cumin seeds
- ½ tsp turmeric powder

DIRECTIONS

1. Cut all vegetables in a stick-like fashion about 2 inches long.
2. Cook all vegetables and salt together in a pan on low heat for 30 minutes, stirring occasionally.
3. Add a few spoonfuls of water if needed to avoid burning.
4. Ensure the vegetables are just tender; do not overcook.
5. Grind the coconut and cumin seeds together in a blender or a grinder.
6. Add turmeric powder and cook again for about 5 minutes.
7. Add ¼ cup of warm/hot water if the dish is too dry.

BLACK & GOLD

NUTRITION FACTS

Serving size: 4 oz, Amount per serving: Calories 123, Protein 6.4g, Carb. 24g, Fiber 6.4g, Fat 1.2g, Sodium 2.5mg

INGREDIENTS

- 1 tsp olive oil
- 1 clove garlic, diced
- 1 small onion, diced
- 1-2 tsp herb seasoning of your choice
- 1 can black beans, drained and rinsed
- 1 bag frozen corn niblets, thawed

DIRECTIONS

1. Heat skillet on medium heat for about one minute.
2. Add olive oil, then add garlic, onions or shallots and herb seasoning. Sauté for one minute.
3. Add beans and corn; cover and sauté for 5 minutes, mixing every minute.
4. Serve with rice, quinoa or add water and simmer to make soup.

STIR-FRY MUSHROOMS & GARLIC

NUTRITION FACTS

Serving size: 8 oz, Amount per serving: Calories 162, Protein 4g, Carb. 9g, Fiber 2.7g, Fat 14g, Sodium 14mg

INGREDIENTS

- 8 oz portobello mushrooms
- 1 pack of enoki mushrooms
- 3 cloves of garlic (minced)
- 1-2 T of olive oil
- ½ cup of water

DIRECTIONS

1. Wash mushrooms with water or wipe with a damp cloth to clean them.
2. Cut portobello mushrooms in half.
3. Cut the ends of the enoki mushrooms and split it into four bunches.
4. In a wok or large saucepan over medium heat, add 1-2 T of olive oil and swirl to coat.
5. Add minced garlic and cook until slightly browned.
6. Add portobello mushrooms and enoki mushrooms in the wok and cook for 10 minutes, stirring occasionally.
7. Pour ½ cup of water into the wok and cook for another 5-10 minutes, stirring occasionally.
8. Serve on a plate and enjoy.

ROASTED ORANGE CAULIFLOWER

NUTRITION FACTS

Serving size: 8 oz cauliflower, 4 oz pilaf, Amount per serving: Calories 30, Protein 13g, Carb. 42g, Fiber 4g, Fat 8g, Sodium 264mg

INGREDIENTS

Cauliflower

- ¼ c canola oil
- 1 large head cauliflower, cut into florets
- 1 red bell pepper, diced
- ¼ tsp coriander
- ¼ tsp Chinese five spice
- 8 oz shelled edamame

Sauce

- 1 tsp canola oil
- 1 tsp fresh ginger, chopped
- 1 T garlic, chopped
- ¼ tsp red pepper flakes
- 2 T brown sugar
- 3 T rice wine vinegar
- 2 T low sodium soy sauce
- ½ c orange juice
- 2 T water
- 2 T cornstarch

DIRECTIONS

Cauliflower

1. Mix together the cauliflower, bell pepper, oil and spices.
2. Roast in a pre-heated oven at 425 degrees for 12 minutes.
3. Add the edamame to the roasted vegetables and cook for an additional 1 minute.
4. Remove the vegetables from the oven and coat in the sauce.
5. Serve over brown rice

Sauce

1. Sauté the garlic and ginger in canola oil.
2. Add red pepper flakes and sauté for 1 minute.
3. Add the orange juice, sugar, vinegar and soy sauce, and bring to a simmer.
4. Mix the water and cornstarch together and add to the sauce and stir till thickens.

MANGO SORBET

NUTRITION FACTS

Serving size: 4 oz, Amount per serving: Calories 62, Protein 1g, Carb. 16g, Fiber 1.4g, Fat 0g, Sodium 47mg

INGREDIENTS

- 1 ½ c water
- 2 ½ lbs ripe mangos
- ⅛ c lime juice
- Pinch salt

DIRECTIONS

1. Chop up mango and freeze, or purchase frozen.
2. Add mangos, lime juice and salt to blender.
3. Add water as needed to help with blending, but keep mixture thick.
4. Blend until smooth and creamy.