

Healthy Food to Ease Your Mind

Recipes from Summer 2013

Presented by:



From the kitchen of:

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Turkey Sliders

Serves: 4 burgers/16 sliders

Ingredients

- 1/2 medium onion
 - 1 pound lean ground turkey
 - 1 tablespoon Worcestershire sauce
 - 1 tablespoon Siracha sauce
 - 3/4 teaspoon salt
 - Freshly ground pepper to taste
 - 4 whole wheat hamburger buns (16 slider buns)
 - 1 tablespoon canola oil, or use pan spray
- For serving:
- Sliced tomato
 - Sliced onion
 - Iceberg lettuce
 - Pickles
 - Sliced red pepper
 - Mayonnaise



Directions

1. Grate the onion on the fine holes of a grater. You should have about two tablespoons of grated onion (and a lot of juice, which you can discard).
2. Place in a bowl with the ground turkey, Worcestershire sauce, ketchup, salt and pepper.
3. Mix together well.
4. Shape into 16 slider patties – the mixture will be quite moist -- and press the patties into 1/2-inch thick rounds.
5. Heat the canola oil spray in a nonstick griddle or large nonstick frying pan over medium-high heat.
6. When you can feel the heat while holding your hand just above griddle or pan, cook the patties for five minutes on each side, until brown.
7. Serve on buns, with the condiments of your choice.

Source: http://www.nytimes.com/2008/09/15/health/healthspecial2/15recipekids-turkeyburger.html?pagewanted=print&_r=0

Sautéed Collard Greens with Tomatoes

Serves: 2

Ingredients

- 1 tablespoon olive oil
- 1 small onion; slice thin
- 2 to 3 garlic cloves; slice paper-thin
- 1/2 teaspoon harissa (or a spice mix of crushed red pepper, smoked paprika, chili powder, and cumin)
- 1 to 2 plum tomatoes; diced
- 3 to 4 cups of shredded collard greens
- Sea salt and fresh black pepper; to taste



Directions

1. After prepping all ingredients, heat olive oil in a large skillet over medium to high temperature.
2. When the skillet is hot, add the onions and quickly stir until translucent. Be careful not to brown the onions.
3. Add the garlic and harissa spice mix and stir for less than 15 seconds. Add the diced tomatoes.
4. Add the collard greens and quickly season with salt and pepper.
5. Quickly stir greens for a few minutes until wilted.
6. Serve hot with your favorite meal.

Source: <http://frugivoremag.com/2011/06/saute-collard-greens-with-tomatoes/>



Salad Nicoise

Ingredients

- 1 head romaine lettuce, cut into bite-size pieces
- 4 eggs, hard-boiled
- 2 (5-ounce) cans good quality light tuna in oil, drained
- 2 green onions, chopped
- 1 tomato, seeded and chopped
- 1/2 pound green beans, blanched
- 2 large red potatoes, cubed and boiled
- Kosher salt and freshly ground black pepper
- Lemon-Olive Vinaigrette (recipe follows)

Directions

1. On a large platter, place the romaine lettuce.
2. Top decoratively with the rest of the ingredients.
3. Season with salt and pepper, to taste.
4. Drizzle with Lemon-Olive Vinaigrette and serve.

Source: <http://www.foodnetwork.com/recipes/melissa-darabian/salade-nicoise-recipe/index.html>



Lemon-Olive Vinaigrette

Ingredients

- 1 teaspoon Dijon mustard
- 1/2 lemon, juiced
- 1/2 teaspoon vinegar (recommended: white wine vinegar)
- 1/4 cup olive oil
- 1 tablespoon chopped fresh thyme
- 1/2 cup briny olives, chopped
- Kosher salt and freshly ground black pepper



Directions

1. In a small bowl, whisk together the mustard, lemon juice, and vinegar.
2. Drizzle in the olive oil and whisk to create an emulsion.
3. Add the thyme, olives, and salt and pepper, to taste.
4. Let sit at least 10 minutes to marry the flavors.

Savory Dip

Ingredients

- 8 ounces light cream cheese
- 1 teaspoon coarse ground black pepper
- 1 teaspoon Rosemary Leaves, crushed

Directions

1. Combine ingredients in a large mixing bowl.
2. Mix until well blended.
3. Refrigerate at least two hours to blend flavors.



Panko Crusted Chicken Breast

(with Pico de Gallo and Quinoa)

Total time: 1:45 minutes

Prep: 45 minutes

Serves: 4

For The Chicken:

- Boneless chicken breast
- 4 cups Panko bread crumbs
- 1 tablespoon lemon & pepper seasoning
- 1 teaspoon thyme leaves
- 2 cups all-purpose flour
- 1 cup pasteurized liquid eggs
- 3 tablespoons canola oil

Directions:

1. Place the chicken breasts side by side on a cutting board and cover with plastic wrap.
2. Pound the breasts lightly with a frying pan or rolling pin until they flatten.
3. In a mixing bowl combine the breadcrumbs and seasonings and mix well.
4. Dip each chicken breast into the flour, then the eggs, and then seasoned breadcrumbs.
5. Place a 10 to 12" skillet over medium heat. Add the oil and wait for a couple minutes for it to heat up.
6. Add the coated chicken breasts to the pan and let it cook undisturbed for 2-3 minutes.
7. Flip the chicken and cook 2-3 minutes on the other side until golden brown.
8. Chicken should be 155°F when probed internal temperature.



Pico de Gallo

Ingredients

- 4 large diced tomatoes
- 1 diced medium onion
- ¼ bunch cilantro, chopped
- 2 jalapenos, diced
- 1 teaspoon salt
- ½ a lime, juiced
- 1 avocado peeled and diced
- ½ cucumber peeled and diced



Directions

1. Wash the vegetables.
2. Dice the tomatoes, onions, peppers, avocado and cucumbers.
3. Put the ingredients in a large mixing bowl.
4. Add salt and lime juice. Mix and serve.

Quinoa Salad

Ingredients

- 1 cup quinoa grains
- 2 cups chicken stock
- ¼ cup chopped parsley
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- ¼ teaspoon salt
- Pinch of pepper

Directions:

1. Place quinoa in a 1 ½ qt, sauce pan and bring to a boil.
2. Reduce to a simmer, cover and cook until all the stock is absorbed (about 15 minutes).
3. Place the cooked quinoa with the rest of the ingredients in a bowl and toss gently.



Sautéed Broccoli

Ingredients

- 1 bunch broccoli
- 1 tablespoon olive oil
- 2 cloves garlic, chopped fine
- ¼ teaspoon kosher salt
- Pinch black pepper

Directions

1. Prepare the broccoli by cutting away the tough stalks and stems.
2. Fill the sink with water and carefully wash the broccoli.
3. Cut the broccoli into manageable pieces.
4. Heat the olive oil over a medium flame in a 10-12” skillet.
5. Add the garlic and let it soften in the pan about a minute.
6. Add the broccoli and sauté until tender. Season with salt and pepper and serve.



Fish Tacos with Mango Salsa and Jalapeño Slaw

Ingredients

- 1 pounds flaky white fish, such as halibut, tilapia, sole, or snapper (we used Amberjack)
- 4 tablespoons fresh lime juice
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce

Directions

1. Combine the fresh lime juice with the vegetable oil and soy sauce in a bowl.
2. Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
3. Prepare mango salsa.
4. Remove fish from the marinade and pan fry over medium-heat until cooked through and browned.
5. Let cool slightly then flake into bite-size chunks.
6. Heat tortillas in a warm skillet.
7. To assemble, place a bit of fish on a warm tortilla and top with mango salsa.

Source: <http://www.healthyhappygirl.com/2013/07/grilled-fish-or-chicken-tacos-with.html>



Mango Salsa

Ingredients

- 1 bell pepper (red, yellow, and/or orange), seeded and chopped into 1/4-inch squares
- 1/2 small red onion, finely chopped
- 1 jalapeno pepper, de-seeded and diced
- 2 just-ripe mangoes, peeled and chopped into 1/2-inch square chunks
- 1 handful cilantro, washed, dried, de-stemmed, and chopped
- 2 cloves garlic, minced
- Juice of 1 lime
- Salt to taste



Directions

1. In a large bowl toss together peppers, onion, mango, cilantro, garlic, and lime juice in a bowl.
2. Season to taste with salt.

Jalapeño Slaw

Ingredients

- 1/4 cup 1% buttermilk
- 1/4 cup 2% plain Greek yogurt
- 1 1/2 teaspoon raw honey
- 1/2 teaspoon garlic powder, divided
- 1/2 teaspoon onion powder, divided
- 1/2 teaspoon sea salt, divided
- 4 cups thinly shredded green cabbage
- 1 cup thinly shredded red cabbage
- 1 carrot, peeled and shredded
- 1 jalapeño chili pepper, or to taste, halved lengthwise, seeded and thinly sliced
- 1/4 red onion, halved and thinly sliced



Directions

1. In a small bowl, whisk together buttermilk, yogurt, honey, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder and 1/2 teaspoon salt.
2. In a large bowl, combine cabbages, carrot, jalapeño and onion.
3. Add yogurt mixture to the large bowl, tossing to combine.
4. Set aside.

Red Pepper Hummus

Ingredients

- 1 can of chickpeas/garbanzo beans (15 oz)
- 1/3 cup tahini
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 2 garlic cloves, crushed
- 1/2 cup -3/4 cup roasted red peppers (depending on taste)

Directions

1. In a food processor, combine beans, tahini, lemon juice and olive. Process until smooth.
2. Add red peppers and garlic until desired consistency.
3. Garnish with parsley. Serve warm with hot pita bread or toasted pita chips.

Roasted red pepper hummus can be made up to two days in advance and stored in an airtight container in the refrigerator. Heat up in microwave or on stovetop to serve.



Source: <http://mideastfood.about.com/od/dipsandsauces/r/hummusredpepper.htm>

Chicken Stir Fry

Preparation time: 30 minutes, excluding rice preparation

Serves: 4

Ingredients

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- ¼ cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1½ tablespoons canola or corn oil
- 1 lb boneless chicken breast, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 small white onion, cut into small wedges (about 1/8-inch thick)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1½ cups small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces

Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Source: <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/BrownRiceChicken.pdf>



Corn and Chile Quesadillas

Serves: 4

Total time: 45 minutes

Ingredients

- 2 Anaheim chiles (about 1/2 pound)
- 2 teaspoons olive oil
- 1 cup thinly sliced shiitake mushroom caps (about 1 1/4 ounces)
- 1 cup frozen whole-kernel corn, thawed
- 1/4 cup chopped green onions
- 1/8 teaspoon ground black pepper
- 4 (8-inch) flour tortillas
- 1 cup (4 ounces) shredded aged Gouda cheese
- Cooking spray
- 1/2 cup bottled salsa

Preparation

1. Preheat broiler.
2. Cut chiles in half lengthwise; discard seeds and membranes. Place chile halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and chop. Reduce oven temperature to 200°.
3. Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms; sauté 2 minutes. Add corn, onions, and pepper; sauté 2 minutes. Place mixture in a bowl; stir in chopped chiles. Wipe pan clean.
4. Place about 1/4 cup mushroom mixture and 1/4 cup cheese over half of 1 tortilla. Repeat procedure with remaining 1 1/4 cups mushroom mixture, remaining 3/4 cup cheese, and remaining 3 tortillas. Heat pan over medium heat. Coat pan with cooking spray. Place 1 tortilla in pan; cook 2 minutes or until cheese melts and bottom is golden. Fold tortilla in half; place on a baking sheet. Place in 200° oven to keep warm. Repeat procedure with remaining tortillas. Cut each quesadilla into wedges; serve with salsa.

Source: <http://www.myrecipes.com/recipe/corn-chile-quesadillas-10000001940980/>



Stovetop Popcorn

Ingredients

- Tablespoon canola oil
- 1/3 cup of high quality popcorn kernels
- One 3-quart covered saucepan
- Salt to taste
- Season to taste



Directions

1. Heat the oil in a 3-quart saucepan on medium high heat.
2. Put 3 or 4 popcorn kernels into the oil and cover the pan.
3. When the kernels pop, add the rest of the 1/3 cup of popcorn kernels in an even layer. Cover, remove from heat and count 30 seconds. (Count out loud; it's fun to do with kids.) This method first heats the oil to the right temperature, then waiting 30 seconds brings all of the other kernels to a near-popping temperature so that when they are put back on the heat, they all pop at about the same time.
4. Return the pan to the heat. The popcorn should begin popping soon, and all at once. Once the popping starts in earnest, gently shake the pan by moving it back and forth over the burner. Try to keep the lid slightly ajar to let the steam from the popcorn release (the popcorn will be drier and crispier). Once the popping slows to several seconds between pops, remove the pan from the heat, remove the lid, and dump the popcorn immediately into a wide bowl.
5. Salt to taste.

Fun toppings for the popcorn

Spanish smoked paprika, nutritional yeast, cayenne powder, chili pepper, curry powder, cumin, grated Parmesan cheese.

NOTE: Spray with a little olive oil so that seasonings stick to popcorn.

Source: http://www.simplyrecipes.com/recipes/perfect_popcorn/

Basil Pesto

Yield: 1 Cup

Ingredients

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste

Directions

1. Combine the basil in with the pine nuts, pulse a few times in a food processor.
2. If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.
3. Add the garlic, pulse a few times more.
4. Slowly add the olive oil in a constant stream while the food processor is on.
5. Stop to scrape down the sides of the food processor with a rubber spatula.
6. Add the grated cheese and pulse again until blended.
7. Add a pinch of salt and freshly ground black pepper to taste.



Source: http://www.simplyrecipes.com/recipes/fresh_basil_pesto/



Homemade Tomato Sauce

Yield: 3 cups

Ingredients

Directions

1. Bring a pot of water to a boil.
2. Have ready a large bowl of iced water.
3. Use a paring knife to Score an X on the bottom and top of tomatoes.
4. Plunge whole tomatoes in boiling water until skin starts to peel, 1 minute.
5. Remove with slotted spoon and place in ice bath.
6. Let rest until cool enough to handle, then remove peel and squeeze out seeds.
7. Chop 8 tomatoes and puree in blender or food processor.
8. Chop remaining two tomatoes and set aside.
9. In a large pot or Dutch oven over medium heat, sweat onion, bell pepper, carrot and garlic in oil until onions are translucent, 5 minutes.
10. Pour in pureed tomatoes.
11. Stir in chopped tomato, basil, and oregano.
12. Place bay leaf and whole celery stalks in pot.
13. Bring to a boil, then reduce heat to low.
14. Stir in tomato paste.
15. Cover and simmer at least 1 hour.
16. Discard bay leaf and celery and serve.



Guacamole

Ingredients

- 3 Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced

Directions

1. In a large bowl place the scooped avocado pulp and lime juice; toss to coat.
2. Drain, and reserve the lime juice, after all of the avocados have been coated.
3. Using a potato masher add the salt, cumin, and cayenne and mash.
4. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic.
5. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.



Source: <http://www.foodnetwork.com/recipes/alton-brown/guacamole-recipe/index.html?oc=linkback>

notes



Sauté Pan

Saucepan

Stock Pot

Dry Measuring Cup

Liquid Measuring Cup

Whisk

To Do

- READ RECIPE
- DIVIDE TASKS
- GATHER INGREDIENTS
- PREPARE INGREDIENTS
- COOK/DRY/PAE DISH
- CLEAN ALL DISHES
- SERVE DISH/KNIFE

Measurements

tsp = teaspoon ?

Tbsp = Tablespoon = 3sp ?

C = cup = 16 T

Chef's Knife

Paring Knife

Colander

Mixing Bowls

Pasta Grabber

Tongs

Measuring Spoons

Spatula

Mixing Spoon

Slotted Spoon

Ladle