2017 Recipe Contest Cook Book

July 8 & 9, 2017

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- Sweet Potato Barley
- Toasted Pinon Kale
**Dessert**

**Addicting Healthy Truffles!**

Submitted by: Kathleen Burke  
Makes 20 Truffles  (Serving size: 2 truffles per person)

- 1/4 cup finely diced dried apricots
- 2 tablespoons boiling water
- 2 ounces dark chocolate with a 64% to 72% cacao content, finely chopped
- 1/3 cup plus 2 tablespoons walnuts
- 1 cup pitted and halved Medjool dates
- 1 teaspoon mint extract
- 1/8 teaspoon sea salt
- 1/2 cup unsweetened shredded coconut

**Directions:**

1. Soak the diced apricots in cold water for 5 minutes.

2. Stir the boiling water into the chopped chocolate and let stand for 30 seconds. Using a small whisk, stir until the chocolate is completely melted and glossy.

3. Coarsely grind the walnuts in a food processor, then add the dates, mint, salt, and the chocolate mixture and process until smooth, about 1 minute.

4. Transfer to a bowl; drain the apricots well and stir them into the chocolate mixture. Cover and chill for approximately 2 hours in the refrigerator or 15 minutes in the freezer, until the mixture is firm.

5. Scatter the coconut on a large plate. Scoop up approximately 1 tablespoon of the chocolate mixture and roll it into a smooth ball between your palms, then roll it in the coconut to coat. Repeat with the remaining mixture. Then keep the truffles in an airtight container until you are ready to serve/eat them.
APPETIZER
Black Bean Soup
Submitted by: Dr. Rosita Arvigo, DN

Ingredients:
2 cups black beans
1 can organic tomatoes
1 large onion
3 garlic cloves
2 carrots
1 green pepper
1 tablespoon powdered cumin
1 tablespoon dried oregano
½ teaspoon cayenne
Salt to taste

Directions:

1. Wash and soak black beans overnight
2. Add one quart of water to cover beans
3. Chop onion, garlic, green pepper, carrots, and add to pot
4. Add salt, cumin, cayenne and oregano
5. Add tomatoes
6. Simmer covered for about two hours
7. Serve with chopped cilantro and corn chips

**If you like a creamy soup, allow beans to cool slightly then place about half the contents of the pot into a blender. Return to pot and stir well. **
Creamed Spiced Cauliflower Soup
Submitted by: Cathy Taylor, MD

Ingredients:
1 tablespoon olive oil
2 medium onions, diced
1 bay leaf
1-½ teaspoons ground cumin
1 teaspoon salt
1 teaspoon turmeric
1/2 teaspoon coriander
1/4 teaspoon freshly ground black pepper
1/4 teaspoon crushed red pepper flakes
4 cloves garlic, minced
5 cups vegetable broth
1-½ large heads of cauliflower
1-½ cups cooked cannellini beans
1 can low fat coconut milk
1 tablespoon apple cider vinegar

Directions:
1. Break the cauliflower into small pieces and steam until soft (about 10 minutes)

2. Heat olive oil in a large skillet. Add onions and cook until soft (about 10 minutes)

3. Add spices and garlic to the skillet and cook for an additional 5 minutes

4. Remove bay leaf

5. Place cooked onion, garlic and spices, as well as, the cauliflower and cooked beans, into a blender or food processor with the vegetable broth

6. Blend until smooth

7. Add the coconut milk and apple cider vinegar and blend until well incorporated

8. Place mixture in a pot and heat until warmed
APPETIZER

Green Chile Dip de Colores
Submitted by: Ernestine R. Trujillo, MS, RD, LD

Ingredients:
1-½ cups Fat Free Greek Yogurt
3 oz. Neufchatel Cheese
½ cup Hatch Green Chile, roasted, peeled and chopped
3 medium fresh Garlic Cloves, minced
¼ teaspoon Garlic Salt
6 cups Chopped Veggies (or more) in a variety of colors. For example:
   1 cup raw carrot sticks
   1 cup raw broccoli florets
   1 cup cucumber spears
   1 cup sliced, fresh orange, yellow and/or red bell pepper
   1 cup halved and separated radicchio leaves
   1 cup cherry tomatoes

Directions:
1. Cream together yogurt and Neufchatel cheese in a medium bowl using a fork or hand mixer
2. Add green chile, fresh garlic, and garlic salt
3. Mix well
4. Refrigerate dip for 4 hours
5. Serve with plentiful veggies “de colores” for dipping
6. Enjoy!

**Tip:** If refrigerating overnight, flavors will be stronger and dip will thicken a bit. Add a splash of skim milk and mix again just prior to serving.**

YIELD: 6 servings
MAIN DISH
Lebanese Moussaka Stew
Submitted by: Vanessa Rashida

Ingredients:
Roasted Eggplant:
2 pounds purple globe eggplants
1 teaspoon sea salt
2 tablespoons olive oil
Stew:
2 teaspoons coriander seeds
1 teaspoon cumin seeds (of the parsley family)
¼ teaspoon ground cinnamon
1 tablespoon olive oil
4 cloves garlic, peeled and minced
1 large yellow onion, peeled and diced
2 pounds of ripe red tomatoes, cored, seeded, and diced
or 2-14 oz. cans diced tomatoes w/ juices
½ cup water
1 14 oz. can chickpeas (2 cups cooked), drained and rinsed
1 tablespoon tomato paste
4 teaspoons pomegranate molasses (or substitute 1 TBSP tomato paste & 1 TBSP lime juice)
½ teaspoon sea salt
A few twists of freshly ground pepper
½ cup chopped flat-leaf parsley

Directions:
1. Roast the eggplant first: preheat oven to 400°F and line a large baking sheet with parchment paper. Remove the stems from eggplant and dice into 1-inch cubes. Sprinkle cubes with sea salt and toss with the olive oil. Spread in a single layer on the baking sheet (use two baking sheets if necessary) and roast for 25 minutes, stirring occasionally, until the edges of the eggplant are browned and tender. Remove eggplant from oven and set aside.
2. In a skillet over medium heat, toast the coriander and cumin seeds for 1 to 2 minutes, until fragrant. Transfer seeds to a clean coffee mill, add ground cinnamon and grind to a fine powder.
3. In a two-quart pot over medium heat, preheat the olive oil and stir in the garlic. Fry for 30 seconds, then add onion and sauté for 3 to 4 minutes or until the onion is softened and translucent.
4. Stir in the ground spices, then add tomatoes, water, chickpeas, tomato paste, pomegranate molasses, and salt.
5. Increase heat to high and bring to a rapid simmer for 1 minute, then reduce heat to medium-low and partially cover. Simmer for 10 minutes, stirring occasionally.
6. Stir in eggplant and simmer, partially covered, for another 15 to 20 minutes, or until the stew becomes very thick and saucy; taste and add pepper and more salt, and if desired, a teaspoon more of the pomegranate molasses.
7. Turn off heat, cover and let stand for 5 minutes. Just before serving, sprinkle with parsley. Serve warm or at room temperature.
8. Serve with Bulgar Wheat Mujaddara with Toasted Orzo and a salad for a hearty meal, or with a side of pita or couscous; it can be served at room temperature with pita as a saucy appetizer.
SIDE DISH
Moroccan Cauliflower and Quinoa
Submitted by: Vanessa Baute, MD

Ingredients:
1 large cauliflower head
2 lemons
1 tablespoon paprika
2 teaspoons ground coriander
½ teaspoon sea salt
1 teaspoon black pepper
2 tablespoons olive oil
1 large onion, chopped
3 garlic cloves, minced
1 cup dried apricots, roughly chopped
1 cup quinoa
2 cups vegetable or bone broth
½ cup sliced almonds
½ cup cilantro, chopped

Directions:
1. Separate cauliflower into 1 inch florets
2. Steam cauliflower in 1-2 cups water until tender, drain and set aside
3. Juice one of the lemons and thinly slice the other. Cut the slices into small pieces of lemon rind and set aside.
4. In a mixing bowl, combine the paprika, coriander, cumin, salt and pepper and stir to combine. Add the cauliflower and toss to coat.
5. In a large skillet with a lid over medium heat, heat the olive oil. Add the cauliflower, saute until slightly browned, stirring frequently, for 5 minutes. Add the cut up lemon pieces, onion, garlic and apricots. Cook, stirring frequently until the onion softens, 5 minutes. Add the quinoa and cook, stirring, for 3-4 minutes. Add the vegetable or bone broth and lemon juice. Raise the heat and bring to a boil. Cover the pan, lower the heat to medium low and cook covered for 20 minutes or until the liquid has been absorbed and the quinoa is tender.
6. Remove from the heat and let sit, covered, for 5 minutes.
7. While the quinoa and cauliflower sits, toast the almond slices. In a small, dry skillet over medium heat, toast the almonds for a few minutes stirring often until they are browned and fragrant.
8. To serve, put the quinoa cauliflower mixture in a serving bowl, fluff gently with a fork and top with the toasted almonds and cilantro.

YIELD: 6 servings
MAIN DISH
Quinoa Pongol (Vegetarian)
Submitted by: Vanessa Rashida

Ingredients:
1 cup quinoa
1/3 cup moong dal
1 tablespoon ghee or butter
2-½ cups water
Whole cashews (optional)
Cumin seeds (of the Parsley family)
Fresh ginger, diced
Coarsely ground black pepper
Rice or Pressure Cooker

Directions:
1. Cook quinoa, moong dal, and water in a rice cooker or pressure cooker
2. While that is cooking, add 1 tablespoon of ghee or butter in a pan on medium heat
3. Add a few whole or chopped cashews, coarsely ground black pepper, a few cumin seeds (typically 1 teaspoon but can adjust to your taste), and a few small pieces of diced fresh ginger
4. Toast the cashew mixture until the cashews are golden brown
5. Take pan off the heat and set it aside
6. After the quinoa/moong dal mixture is cooked, put it in a serving bowl, add the cashew mixture on top, and add 1 teaspoon of salt
7. Mix it all together and enjoy!

YIELD: 2 servings
Red Chile-Rubbed Salmon
Submitted by: Ernestine Trujillo

Ingredients:
1-½ tablespoons chili powder
½ teaspoon dried oregano
¼ teaspoon kosher salt
4 – 4 oz. wild salmon fillets (4 pieces)
1 tablespoon olive oil
1 avocado, sliced into wedges for garnish

Directions:
1. In a bowl, combine the chili powder, oregano, and salt. Pat the spices on the fish.

2. Heat the oil in a large nonstick skillet over medium heat.

3. Cook the salmon until opaque throughout, 4 to 5 minutes per side. (Reduce the heat if the spices begin to turn black.)

YIELD: 4 servings
MAIN DISH
Salmon with Lavender and Thyme
Submitted by: Amy Schaffner

Ingredients:
1-½ tablespoons Extra Virgin Olive Oil, divided
4-6 oz. salmon filets, skin on
1 tablespoon fresh thyme, finely chopped
1 tablespoon dried lavender flowers (crush about ½ for flavor and keep the rest whole)
Lemon zest from 1 lemon
2 teaspoon whole thyme leaves
1 teaspoon whole dried lavender flowers
Salt and pepper
Lemon wedges for serving

Directions:
1. Preheat oven to 275°F
2. Brush baking sheet with half of the extra virgin olive oil
3. Place salmon skin side down
4. Mix remaining extra virgin olive oil with chopped thyme, lavender, and lemon zest (let sit for 10 minutes for flavors to mix) and spread evenly on top of salmon
5. Add salt and pepper to taste
6. Bake about 15-20 minutes until salmon flakes softly in center
7. Top with whole lavender flowers and whole thyme leaves for serving presentation
8. Serve with lemon wedges

**This dish may be finished on the grill instead of baking. Grill on center of low grill 10 min per inch of salmon thickness. **
MAIN DISH
Spicy Golden Dragon Soup
Prepared in an Instant Pressure Cooker
Submitted by: Amy Schaffner

Ingredients:
1 turmeric finger, grated
1 ginger finger, grated
1 package Thin Rice Noodles
2 tablespoons coconut oil
5-6 green onion, finely sliced
4 carrots, julienned
3 shiitake mushrooms, thinly sliced
4 green beans, cut into thirds
Carrot tops from 4 carrots, finely chopped
3-4 chicken breasts, cut into very small pieces
1 stalk lemongrass, bruised w/knife edge
1 package Saffron Road Thai Red Curry sauce
2 cans organic full-fat coconut milk
1-quart organic chicken broth
10 oz. filtered water
1 lime, juiced
1 tablespoon cilantro, finely chopped
1 tablespoon purple or Thai basil, finely chopped

Directions:
1. Using a mortar and pestle to grind the grated turmeric and ginger into a rough paste

2. Prepare the Thin Rice Noodles as directed on package and set aside in a colander

3. Select “Sauté” button on the Instant Pressure Cooker

4. Heat coconut oil and sauté onions, carrots, and mushrooms until soft and fragrant

5. Add green beans and carrot tops and sauté an additional 3-4 minutes

6. Select the “Keep Warm/Cancel” button on the Instant Pressure Cooker

7. Add chicken, turmeric/ginger paste, bruised lemongrass stalk, Saffron Road Thai Red Curry sauce, coconut milk, chicken broth, and water.

8. Seal Instant Pressure Cooker top, select “Manual” button and cook on high pressure for 6 minutes

9. Vent top using a kitchen cloth to reduce steam spray on countertop or allow to vent naturally over 30-45 min

10. Stir in lime juice, cilantro, and basil

11. Place approximately 2 tablespoons of the Thin Rice Noodles in each bowl and ladle soup over noodles
MAIN DISH or APPETIZER
Stuffed Portobello Mushroom Caps
(Can be a vegetarian or seafood dish)

Ingredients:
One large head of cauliflower, washed and trimmed into florets
3 cups of vegetable stock
Salt/pepper to taste
1 tablespoon minced garlic
3 tablespoons chopped chives
6 large Portobello mushrooms, cleaned
(scoop out the inside “gills,” remove stems, wash and set aside on paper towels)
1 cup of Greek Yogurt
½ tsp cayenne pepper
3 tablespoons extra virgin olive oil
1 cup of grated parmesan cheese
1 cup of Dubliner cheese

Directions:
1. Boil the cauliflower florets in vegetable stock until tender
2. Add additional vegetable stock if needed.
(Vegetable stock should be 1 – 2 cm below the level of the florets)
3. Drain boiled cauliflower florets and set vegetable stock aside
4. In the same pot, use an immersion blender to puree the cauliflower florets
5. Mix in the Greek yogurt, cheeses, chives (2 tablespoons), and garlic
6. Stir well, adding set aside vegetable stock, if needed, to bring to consistency of mashed potatoes
7. Add salt and pepper to taste
8. Add cayenne for desired level of heat
9. Fill each Portobello mushroom cap with the mashed cauliflower mixture and top with additional cheese, if desired.
10. Bake uncovered in a dish lightly sprayed with olive oil at 400°F until cheese is golden, or at least 20 minutes.
11. Serve topped with remaining fresh chives
12. Dish can also be served with a side of grilled salmon or grilled shrimp, if desired.
MAIN DISH
Sweet Potato and Black Bean Lettuce Wraps
Submitted by: Amber Zugbaum

Ingredients:
1 head of lettuce, either butter, romaine, or iceberg

Sweet potatoes:
1 sweet potato, peeled
1 teaspoon olive oil
¼ teaspoon granulated garlic
¼ teaspoon cumin
¼ teaspoon paprika
¼ teaspoon salt
1/8 teaspoon pepper

Black Bean Mixture:
½ red onion, small diced
1 small bell pepper (any color), diced
1-15 oz. can of black beans, or about 1 ½ cups
1 clove garlic, minced
½ teaspoon cumin
¼ teaspoon paprika
Olive oil
Salt
Pepper

Top with a few sprigs of fresh parsley

Directions:
1. Pre-heat oven to 400°F
2. Dice sweet potato into small cubes, mix with olive oil and spices in a plastic bag/bowl to coat
3. Place the potatoes on a large sheet pan & cook in the oven for 20-25 minutes, flipping once
4. Place a large pan over medium heat and drizzle in a little olive oil, add the red onion and green pepper
5. Add a pinch of salt and pepper and cook for about 3 minutes
6. Add the minced garlic, black beans and sweet potato and mix
7. Add all remaining spices and stir
8. Cook the mixture for about 5mins until vegetables are tender and beans are heated through
9. Separate lettuce leaves and lay them out on a platter, spooning a spoonful of sweet potato and black bean mixture into each lettuce cup
10. Chop parsley and add on top of the lettuce wraps
SIDE DISH
Sweet Potato Barley
Submitted by: Vanessa Baute, MD

Ingredients:
2 tablespoons virgin olive oil
1 onion, chopped
2 cloves garlic, chopped
1 tablespoon fresh thyme leaves
1 cup pearled barley
1 (32oz) container vegetable broth
Salt and Pepper
2 small sweet potatoes, peeled and cut into ¾ inch pieces
1 cup shelled edamame, thawed
1 cup organic grated parmesan cheese (optional)

Directions:
1. In a large saucepan, heat the olive oil over medium heat
2. Add the onion and cook, stirring frequently until softened, 5 minutes
3. Stir in the garlic and thyme and cook, stirring for 1 minute
4. Stir in barley and vegetable broth
5. Season with 1 teaspoon salt and ½ teaspoon pepper
6. Bring to a boil
7. Lower heat, cover, and simmer for 15 minutes
8. Stir in sweet potatoes
9. Cover pot and cook for 20 minutes or until sweet potatoes are tender
10. Stir in edamame and parmesan cheese and cook uncovered for 2-4 minutes, until cheese has melted

YIELD: 4 servings
SIDE DISH
Toasted Pinon Kale (Goes excellently with the Red Chile-Rubbed Salmon)
Submitted by: Ernestine Trujillo

Ingredients:
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 2 bunches kale, cleaned, stemmed & torn into pieces
- 1 cup low-sodium chicken broth
- 3 tablespoons red wine vinegar
- ¼ teaspoon grated nutmeg
- ¼ cup roasted, shelled pinon

Directions:
1. Heat oil on medium in a large dutch oven or wok.
2. Add garlic.
3. Saute until it begins to turn brown.
4. Add kale, tossing to coat with oil and garlic.
5. Once all of the kale is slightly wilted, add 1/2 cup chicken broth.
6. Turn heat to medium-high and cook for about 1-2 minutes, until liquid cooks off.
7. Add remaining 1/2 cup broth, cover, turn heat to medium-low, and let cook for about 20 minutes (less for al dente), until kale is desired tenderness.
8. Uncover and turn heat to medium. Cook kale for 1-2 minutes, allowing most of excess liquid to cook off. Add nutmeg and vinegar. Cook just a few more minutes, until sauce cooks down to a nice coating.
9. Toss in toasted pinon just before serving to maintain crispness.

**(Serve cooked red chile-rubbed salmon filets over a heaping portion of kale, garnish with avocado wedges and prepare to dazzle your senses!)

YIELD: 4 servings