



World Flavors

A Global Culinary Journey

A collection of internationally inspired recipes
from Brigham and Women's Hospital



Brigham and Women's Hospital

Founding Member, Mass General Brigham



culturally diverse recipes from Brigham and Women's Hospital.

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Introduction

It is an honor and privilege that I share with you the Brigham and Women's Hospital's Cookbook, "World Flavors, A Global Culinary Journey." For several years, we in the Department of Nutrition have discussed the best way to extend our reach to patients after they are discharged from our hospital. We also recognized that there are many in our community interested in health and nutrition for themselves and their families.

Food is a universal language. It connects us in so many ways. Our main goal for this cookbook is to bring the best evidence-based research in a consumer friendly way with delicious recipes to support our patients to live healthy lives. We chose four main areas to share nutrition information including heart health, diabetes, cancer, and weight. Yet we also understand that FLAVOR often trumps nutrition! To this end we engaged our amazing chefs to develop recipes that are incredibly tasty, easy to prepare, and nutritious.

We are so fortunate to have a culturally diverse staff in nutrition and food service. Although our recipes may not be exactly what your family cooked growing up — we incorporated flavors and spices known throughout the world. Our recipes are "inspired" by countries and regions around the Mediterranean, Asia, Africa, and the Caribbean.

We hope the Brigham and Women's Hospital's "World Flavors, A Global Culinary Journey," brings you helpful information, delicious, nutritious recipes, and the joy of sharing great food with your family and friends.

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About Our Recipe Indicators

V vegetarian

The recipe does not contain meat, poultry, or fish.
It may contain dairy or eggs.

F high fiber

Appetizer, soup, salad, side, and dessert recipes
have more than 5 grams of fiber per serving.

Entrée and entrée salad recipes have more than
10 grams of fiber per serving.

S speedy preparation

These recipes are relatively fast to prepare and cook,
taking 30 minutes or less in most instances.

J culinary journey

A more complex and adventurous recipe, taking
more time to prepare and in a few cases requiring
some uncommon ingredients.

Attribution Request

If you share any of these recipes please consider acknowledging the work
done by the Brigham and Women's Hospital team.

For Your Spice Rack

The cookbook recipes are inspired from countries around the world.

The list below has many of the spices and herbs included in the recipes throughout this book. If available, it's best to use fresh herbs to capture the true aroma and flavors.

Adobo seasoning	Cracked black pepper	Oregano
Basil	Cumin	Paprika
Bay leaf	Curry powder	Parsley
Black pepper kernels	Dill	Red pepper flakes
Cardamom	Fennel seed	Rosemary
Cayenne Pepper	Garlic powder	Smoked paprika
Chili Powder	Ginger	Star anise
Chives	Kosher salt	Tarragon
Cilantro	Marjoram	Thyme
Cinnamon	Mint	Turmeric
Cloves	Nutmeg	White pepper
Coriander	Onion powder	

Other Staples

Almonds	Lentils	Sesame oil
Capers	Low-sodium canned beans: kidney, black beans, chickpeas	Sesame seeds, pumpkin seeds
Dried cranberries	Low-sodium chicken broth, Low-sodium vegetable broth	Tahini
Dried red chilis	Low-sodium soy sauce	Tomato paste
Fresh garlic cloves	Mustard: yellow, Dijon	Vinegars: red, balsamic, white wine vinegar, apple cider and white cooking wines
Grains: farro, orzo, Basmati rice, long grain rice	Nutritional yeast powder	Walnuts
Honey	Olive oil (ideally extra virgin)	Worcestershire sauce
Kalamata olives	Panko crumbs	
Lemon juice	Pecans	



Your Health & the Heart

A heart-healthy eating pattern is a key component of preventing and managing cardiovascular disease.

If you already have heart disease, good nutrition can manage symptoms, potentially reverse disease, and prevent further complications. It may provide other benefits such as better sleep and boosting your mood and energy levels.

What the Science Says

Research shows that diet can reduce risk factors for cardiovascular disease, such as lowering blood pressure and LDL “bad” cholesterol. A heart-healthy eating pattern includes a variety of colorful fruits and vegetables, beans, whole grains, lean proteins, unsaturated vegetable oils, and nuts and seeds. It is also low in salt, added sugars, and saturated fats.

High blood pressure (also called hypertension) is a primary risk factor for cardiovascular disease. Frequently eating salty processed foods and restaurant meals causes the body to retain fluid, which increases pressure on the blood vessels. Potassium is a nutrient that has the opposite effect of relaxing blood vessels and assisting the kidneys to excrete excess salt. Eating potassium-rich foods like fruits, vegetables, and low-fat dairy helps lower blood pressure and is associated with lower death rates from stroke.

Elevated LDL cholesterol levels increase the risk of cardiovascular disease and related deaths. The American Heart Association recommends limiting saturated fats, as research shows that swapping saturated fat with unsaturated fat lowers LDL cholesterol. Lean proteins such as fish, beans, lentils, tofu, and skinless poultry are lower in saturated fat than red meats (beef, pork, lamb, veal). A high red meat intake, particularly highly processed red meats like hot dogs, bacon, and sausage, is associated with higher death rates, while replacing red meat with lean protein sources is associated with lower death rates. Fiber from fruits, vegetables, beans, and whole grains also helps to lower LDL cholesterol.

Limiting added sugars is important, according to The American Heart Association, because they do not contribute nutrients and add extra calories that can lead to weight gain and increased heart disease risk. Their daily recommendation for added sugars is no more than 6 teaspoons (24 grams) for women, and 9 teaspoons (36 grams) for men. This does not include naturally occurring sugars from fruit and milk. Check the Nutrition Facts panel on packaged food products for “Added Sugars.”

The DASH (Dietary Approaches to Stop Hypertension) Diet is an example of a heart-healthy plan proven to lower blood pressure and an alternative to drug therapy in the early stages of hypertension. DASH is rich in potassium and fiber from a variety of whole plant foods like fruits, vegetables, nuts, and beans, and low in sodium, saturated fat, and sugary beverages and sweets.

Understanding Fats

Dietary fats are more than just a calorie source. They help the body to absorb vitamins, regulate blood sugar, and control hunger. Types of fat include trans fats, saturated fats, and unsaturated fats (polyunsaturated and monounsaturated). Diets high in trans and saturated fats can raise LDL cholesterol, the type of cholesterol that increases risk of heart disease and stroke, while swapping saturated fats with unsaturated fats may help lower LDL cholesterol.

Trans fat

Trans fats are made by adding hydrogen molecules to vegetable oil, creating a partially hydrogenated oil. This makes the fat solid at room temperature and more shelf-stable. In 2018, the Food and Drug Administration banned trans fats from food manufacturing in the United States. Small amounts of trans fats still occur naturally in some dairy and meat products, and in cooking oils that are reused at high temperatures such as with deep-fried foods in restaurants.

Saturated fat

These fats are typically solid at room temperature. They are found naturally in animal foods like red meat and whole milk dairy products, and in some plant foods like palm and coconut oils.

Unsaturated fat (polyunsaturated and monounsaturated)

These fats are liquid at room temperature. Some may become solid when chilled. Sources of monounsaturated fats include olive oil, canola oil, peanuts, and avocado. Sources of polyunsaturated fats include sunflower oil, safflower oil, soybeans and soybean oil, flaxseed and flax oil, and walnuts.

5 Tips To Get Started

- 1 When choosing cooking oils, look for oils containing primarily unsaturated fats.**
 - **Choose:** Olive oil, avocado oil, peanut oil, sesame oil, canola oil.
 - **Limit:** Butter, coconut oil, palm oil, lard.
- 2 Reduce your consumption of sodium and added sugars. Season with sodium-free herbs and spices.**
 - **Choose:** Herbs, spices, salt-free spice blends; look for packaged products that state “no added salt,” “low-sodium,” “reduced sodium,” “no added sugar,” “low sugar,” “unsweetened”.
 - **Limit:** Added salt of any type including table salt, kosher salt, sea salt, pink salt; spice blends containing large amounts of salt such as garlic salt. Also limit consumption of table sugar, honey, brown sugar, agave and other sweeteners.
- 3 Choose lean protein options lower in saturated fat.**
 - **Choose:** Skinless chicken or turkey, fin fish, shellfish, eggs, tofu, tempeh, legumes, extra-lean ground beef (93% or higher), lean cuts of beef (round, chuck, loin, sirloin, tenderloin), and lean cuts of pork (tenderloin, loin chops, center cut).
- 4 Opt for low-fat dairy products or plant-based milk alternatives lower in saturated fat.**
 - **Choose:** Skim or 1% dairy milk; low-fat or non-fat yogurt/cottage cheese/sour cream; reduced-fat cheese made from 1%-2% milk; unsweetened plant milks or yogurts that are low in saturated fat and added sugar.
- 5 Incorporate fruits and vegetables into your meals and snacks.**
 - Include a fresh fruit with your breakfast and as a snack.
 - Snack on raw veggies with hummus or a low-fat yogurt-based dip.
 - Add leafy greens like arugula or romaine lettuce to sandwiches and wraps.
 - Try a smoothie blended with frozen unsweetened fruit, spinach, and low-fat yogurt.



Your Health & Diabetes

Diabetes mellitus is a condition of abnormally high levels of sugar, or glucose, in the blood. Normally, after we eat and digest food, glucose levels in our blood rise and trigger the pancreas to release a hormone called insulin, which shuttles glucose out of the blood and into cells for energy. People with diabetes may have blood glucose that remains elevated for several hours after eating, because either their pancreas cannot make enough insulin or the insulin is not working properly. Their blood glucose may also rise much higher after eating than someone who does not have diabetes. Medications and lifestyle changes such as healthy dietary patterns, weight loss if overweight, and regular exercise are primary treatments for diabetes.

According to the Centers for Disease Control and Prevention, 38 million American adults have diabetes but more than 8 million are undiagnosed. Globally almost 600 million adults are living with diabetes, and the numbers are still rising. More than one-third of the U.S. population or about 98 million adults have prediabetes, a condition that precedes diabetes but often improves with healthy lifestyle changes.

What the Science Says

Although having an immediate family member such as a parent or sibling increases the risk of developing prediabetes or diabetes, healthy lifestyle changes can slow the progression or even prevent the onset of diabetes. Significant weight gain and obesity are risk factors for developing diabetes. Carrying extra weight can lead to a condition called insulin resistance, in which the body makes enough insulin but cells no longer respond to it. As a result, blood glucose stays elevated, which triggers the pancreas to release extra insulin. Eventually, cells of the pancreas burn out from being overworked, leading to advanced stages of diabetes.

Other risk factors for diabetes include a diet high in refined sugars and carbohydrates (sugary beverages, white bread and pasta, chips, crackers, sweets) and saturated fat (full-fat dairy, fatty cuts of red meat and processed meats), and not getting regular exercise. Research shows that certain races such as African American, Hispanic American, American Indian, and Alaska Natives have higher rates of prediabetes and diabetes than other races.

Plant-forward dietary patterns such as the Mediterranean or DASH (Dietary Approaches to Stop Hypertension) diets are associated with lower rates of diabetes. Both plans highlight vegetables, fruits, whole grains, nuts, seeds, legumes, and seafood; moderate amounts of dairy and poultry; and low amounts of red meat, ultra-processed foods, and added sugars.

5 Tips To Get Started

- 1** Avoid beverages with added sweeteners and calories including soda, juices, and sweetened coffee and tea drinks. Choose low or no-calorie beverages such as plain water, seltzer, and unsweetened coffee and tea. Fluids are quickly digested and will cause a blood glucose spike if they contain added sugar or fructose from juices.
- 2** Limit the amount of ultra-processed snacks in your pantry — chips, crackers, cookies, chocolate. These are tasty craveable foods that are easy to overeat! They are high in salt, sugar, and fat but contain little nutrition. Eating more of these foods usually means eating less of the nutritious healing foods that will help improve your blood sugar.
- 3** When creating meals, focus on PFF: protein, fat, and fiber. These three components help to slow digestion and absorption of nutrients, which results in a slower and smaller blood glucose rise. A sample meal is baked salmon (protein, healthy fat) with a skin-on sweet potato (fiber) and roasted cauliflower drizzled with olive oil (fiber, healthy fat). Many of the recipes in this cookbook contain all three of these dietary components.
- 4** Use the balanced plate method to control carb portions:
 - Fill half a 9-inch plate with non-starchy vegetables like leafy greens, broccoli, cauliflower, summer squash, lettuces, mushrooms, peppers, or carrots.
 - Add protein to one-fourth of the plate like skinless poultry, fish, tofu, or legumes.
 - Fill the last one-fourth of the plate with a high-fiber starch such as cooked whole grains like farro or quinoa, or a starchy vegetable like butternut squash or kidney or black beans.
- 5** If you have gained weight over the years, work with a professional such as a registered dietitian to create a personalized weight loss strategy. Carrying extra weight, especially around the belly, can lead to insulin resistance. Be patient and consistent, as changes in diet and exercise take time. Don't be afraid to ask for help!



Your Health & Cancer

Cancer and its treatments can significantly impact your nutrition. Chemotherapy, radiation therapy, and surgery may cause side

effects like fatigue, nausea, vomiting, loss of appetite, taste changes, and difficulty swallowing, making it challenging to consume enough nutrients. Some cancer treatments can lead to unintentional weight loss, muscle wasting, and a weakened immune system, which can negatively impact overall health and even the effectiveness of the treatment.

A balanced nutrient-dense diet that includes fruits, vegetables, whole grains, and lean proteins provides essential antioxidants, phytochemicals, vitamins, minerals, and calories needed to support the immune system, fight off infections, repair cells, rebuild strength, and aid in the recovery process.

Adopting a healthy eating pattern during and after cancer treatment can improve overall health outcomes and reduce the risk of cancer recurrence. It may help lower the risk of other chronic conditions such as heart disease, diabetes, and obesity. Managing these underlying health conditions can positively impact the overall well-being and quality of life of cancer survivors.

See Appendix: Addressing Nutritional Side Effects of Cancer Treatment.

What the Science Says

According to the National Cancer Institute, cancer is “a disease in which some of the body’s cells grow uncontrollably and spread to other parts of the body.” There are more than 100 types of cancer, and among the most common are breast, prostate, lung, and colorectal. In 2025, 2 million new cases of cancer are predicted in the U.S. and more than 600,000 people will die from this disease.

What is the best diet to follow for cancer prevention or after a cancer diagnosis? Research supports a plant-forward diet for both the general population and cancer survivors. Increasing your intake of fruits and vegetables to 800 grams daily (about 6 cups) may provide greater cancer protection. However, vegan diets (that include no animal foods) or vegetarian diets (that may include dairy or eggs but no animal flesh) before or after cancer diagnosis were not shown to improve survivorship compared with non-vegetarian diets. Therefore, a plant-forward diet that includes a variety of fruits, vegetables, whole grains, legumes, nuts, and seeds does not have to be at the exclusion of all animal foods.

5 Tips To Get Started

A plant-forward diet is often recommended with cancer. This does not have to mean a vegetarian or vegan diet. It can be achieved by simply adding more plants to your plate!

1 Add more color and variety.

- Add frozen chopped spinach or broccoli florets to pasta sauce.
- Layer extra lettuce and tomato on a sandwich, even when eating out.
- Toss in sliced grapes, dried fruit, diced celery or onion, grated carrot, or chopped walnuts to chicken, tuna, or seafood salad.
- Add beans to soups and stews.
- Accent pizzas with spinach, broccoli florets, olives, chopped onion, or pineapple.
- Choose a colorful fruit or vegetable you've never tried before: purple potato, yellow star fruit, green kiwi, blood orange, rainbow carrots.
- Experiment with different cooking methods for veggies: roasting, baking, air-frying, steaming, or sauteing.

2 Choose fresh produce that ripens at different times during the week.

- Produce that lasts longer: apples, citrus, melon, cabbage, winter squash, pomegranates.
- Produce to eat within a few days: berries, ripe avocado, salad greens, fresh spinach, fresh herbs.
- Purchase different levels of ripeness so you can eat them now and later on: hard/unripe and soft/ripe avocado and stone fruits like plums, peaches, nectarines; green and yellow bananas.

3 Stock up on pre-cut, frozen, or canned fruits and low-sodium vegetables.

- Snack on pre-cut veggies like carrots and celery.
- Blend frozen or canned fruit into a smoothie.
- Add canned or frozen low-sodium veggies to soup or stew.

4 Add whole grains.

- Swap from white to whole-wheat English muffins, breads, or bagels. Pair with a veggie omelet for extra color!
- Swap chips with plain or lightly salted popcorn.
- Choose whole-wheat couscous or pasta.
- To save time, look for frozen pre-cooked brown rice, quinoa, or other whole grains.
- Experiment with a new whole grain like barley, farro, quinoa, rye, bulgur, or wild rice.

5 Add plant-forward proteins.

- Reduce the amount of meat in a dish while adding beans or tempeh to impart a meaty texture.
- Instead of the usual deli meat sandwich, try peanut butter and smashed berries on whole-grain bread.
- Enjoy hummus with chopped veggies or as a sandwich spread.
- Add beans like edamame or chickpeas to salads or a grain bowl.
- Experiment with tofu and tempeh: try marinated tempeh and sauerkraut instead of corned beef in a Reuben sandwich, add cubed firm tofu to a hearty soup, or blend silken tofu into a smoothie.
- Crunch on a handful of mixed nuts and seeds as a satisfying snack.



Your Health & Weight

More than 650 million people worldwide have obesity, with rates rising dramatically in the last 50 years. Many with obesity experience intense pressure to lose weight to fit cultural norms that value being “thin and fit,” fueling the popularity of countless weight loss diets. While some of these plans provide helpful education and support, many are over-restrictive and unsustainable, resulting in temporary weight loss, weight regain, and further attempts to lose weight. This has likely fueled the success and popularity of GLP-1 agonists weight loss drugs.

Appearance aside, obesity has become an important public health concern globally as carrying excess weight increases the risk of chronic health problems including type 2 diabetes; cardiovascular diseases like hypertension, heart attack, and stroke; osteoarthritis; depression; and cancers including breast, prostate, ovarian, liver, kidney, and colorectal.

The optimal approach to weight loss remains a topic of much debate among researchers, healthcare professionals, and the public, with no single approach identified as the most effective. This is likely because what works for one person may not work for another, supporting the idea of a personalized approach. Fortunately, research has identified helpful strategies when creating a customized plan for weight management.

What the Science Says

Research supports various methods to lose weight, with most resulting in reduced calories. Lifestyle habits associated with weight gain over time include consuming a highly processed Western diet with fast food and sugar-sweetened beverages, and increased screen time (in both adults and children) leading to less physical activity. Conversely, increased physical activity, eating more dietary fiber, and consuming a plant-forward, Mediterranean-type diet rich in fruits and vegetables are associated with a lower risk of obesity.

Dietary plans that reduce fats or carbohydrates or a combination of both may be helpful for lowering calorie intake. Restrictive diets that severely limit total calories may initially result in greater weight loss, but can be hard to maintain, may lead to nutrient deficiencies, and may be unsafe for long-term use. Research suggests that regardless of whether dietary fats or carbohydrates are limited, weight loss after one year on these plans tends to be similar.

The best evidence for sustainable eating for weight loss involves plant-forward dietary patterns such as the Mediterranean diet or DASH diet (Dietary Approaches to Stop Hypertension). Both highlight vegetables, fruits, whole grains, nuts, seeds, legumes, and seafood; moderate amounts of dairy and poultry; and low amounts of red meat, ultra-processed foods, and added sugars.

Keys to a Successful Weight Loss Plan

A good weight loss plan includes foods you enjoy and is not difficult to maintain in the long-term. It is easier to control calories when preparing your own meals and snacks, in which you choose the ingredients and portion sizes. Other factors to consider are timing of meals such as eating breakfast and avoiding late-night eating, how much exercise and sleep you get each day, and how you cope with stress (after weight loss, stress eating has been associated with higher rates of weight regain). Consider setting a series of small, achievable goals instead of attempting to change many habits and behaviors at once. Keep in mind that even modest amounts of weight loss can improve health. For example, according to the Diabetes Prevention Program, those with prediabetes who lost as little as 5-7% of their body weight (10 to 14 pounds for a person weighing 200 pounds) lowered their risk of developing type 2 diabetes by 58%.

Teaming with a registered dietitian to develop a personalized plan and receive support can be very helpful, as can partnering with a like-minded “buddy” with similar health goals as you both navigate diet and lifestyle changes. Try setting positive goals that focus on adding healthy foods to your diet, such as eating two fruits a day or adding vegetables to more than one meal, as opposed to the usual restrictive approach that focuses on avoiding foods.

5 Tips To Get Started

- 1** Think about your food preferences, what times you eat, your food budget, and how much you cook (or not). These are important factors when deciding on a personalized weight loss plan.
- 2** Don't skimp on quality and variety. Relying on mostly packaged, canned, and ultra-processed foods or eating only a few different foods each day can reduce the quality of your diet. Keep your home and workspaces stocked with foods you want to be eating more of, while limiting access to low-nutrient ultra-processed foods.
- 3** Focus on PFF: protein, fat, and fiber. Including these three components at each meal and snack can help you to feel fuller longer.
- 4** Rethink your portions using your hand as a general guide. Your palm is the appropriate size for a piece of chicken or salmon; your whole hand may be the size of a piece of white fish like tilapia or haddock; your fist is the size of a piece of fruit or cooked starch like pasta; and your thumb is the size of a piece of cheese. Exact amounts could be more or less depending on your age, sex, and activity level.
- 5** Losing and keeping weight off is very challenging. Seek accountability and guidance from a registered dietitian, your physician, and supportive family or friends who can encourage healthy habits in the long-term.



Appetizers



Baked Beetballs **F V S 3**

Eggplant and Chickpea Caponata **F V 5**

Avocado Hummus Dip with Vegetables **F V S 7**

Spinach, Sundried Tomato and Basil Dip **V S 9**

Roasted Garlic Baba Ghanoush **V S 11**

Spicy Gazpacho with Shrimp **J 13**

Caprese Farro Cakes **V J 15**

Fresh Corn Salsa with Whole Wheat Pita **V S 17**

Baked Broccoli and Parmesan Sweet Potato Skins **V S 19**

Baked Beetballs

The natural sweetness from the beets matches perfectly with the zestful flavor of the balsamic glaze.

5 servings | F high fiber V vegetarian S speedy preparation

Ingredients

two 8-oz cans beets
1 cup rolled oats
½ cup canned kidney beans, low-sodium drained and rinsed
1 cup panko crumbs
¼ cup white onion, minced
1 tsp dried marjoram
3 tsp granulated garlic
½ tsp kosher salt
¼ tsp ground black pepper
2 Tbsp nutritional yeast powder
¼ cup Italian flat parsley
¼ cup balsamic glaze
olive oil spray

Directions

- 1 Place all ingredients in a food processor and mix until smooth.
- 2 Spray a ½ sheet pan with olive oil.
- 3 Scoop 1 oz portions of mixture and place on a sheet pan – makes 20 1oz beetballs.
- 4 Bake in a preheated 350° F oven for 10 minutes or until golden brown.
- 5 Drizzle with balsamic glaze.



Nutrition per serving (about 4-1oz beetballs)

Calories: 220 | Fat: 2g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 44g | Fiber: 6g | Protein: 8g | Sodium: 410mg

3

Appetizers

World Flavors: A Global Culinary Journey





Eggplant and Chickpea Caponata

A classic Sicilian recipe combining the flavors of Italy.

6 servings | **F** high fiber **V** vegetarian

Ingredients

- 15 oz can** chickpeas, low-sodium drained and rinsed
- 3 Tbsp** olive oil
- 1 tsp** cumin seed
- 1 tsp** fennel seed
- 3 Tbsp** garlic, peeled and chopped
- 1 tsp** black pepper
- ½ tsp** crushed red pepper flakes
- 3 medium** red bliss potato, ½" diced
- 1 medium** eggplant, ½" diced skin on
- 1 medium** red onion, ½" diced
- 2** ribs celery, ½" diced
- 1 Tbsp** capers
- ¼ cup** Kalamata olives, chopped
- 3 Tbsp** tomato paste
- 2 tsp** stone ground mustard
- ¼ bunch** Italian parsley, chopped
- 2** medium tomatoes, ½" diced

Directions

- 1 Lightly mash ¼ of the chickpeas and then mix with whole chickpeas.
- 2 In a large sauté pan or skillet, heat 3 Tbsp olive oil over medium heat.
- 3 Add in cumin seed, fennel seed, chopped garlic, black pepper, and crushed red pepper for about a minute.
- 4 Add potato, eggplant, onion, and celery. Cook 6-8 minutes or until vegetables are soft.
- 5 Add tomato paste and stone-ground mustard, chickpea mixture, capers, and olives.
- 6 Add diced tomato and Italian parsley.
- 7 Serve warm.

Nutrition per serving

Calories: 220 | Fat: 11g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 29g | Fiber: 8g | Protein: 6g | Sodium: 310mg



Avocado Hummus Dip with Vegetables

Avocados are an excellent source of healthy monounsaturated fats — great for the heart and a classic Mexican ingredient.



12 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

- 15 oz can** chickpeas, low-sodium
- 1** medium avocado, pitted and halved or 5.6 oz of mashed avocado
- ¼ cup** tahini
- ¼ cup** extra virgin olive oil
- ⅓ cup** lemon juice
- 1 Tbsp** garlic, minced
- 2 tsp** ground cumin
- ½ tsp** salt
- 1 bunch** celery
- 30** baby carrots
- 2** red bell pepper, sliced

Directions

- 1** Drain chickpeas, reserving 2 Tbsp of liquid. Transfer to food processor.
- 2** Add avocado, tahini, olive oil, lemon juice, garlic, cumin, and salt.
- 3** Puree until very smooth.
- 4** Serve with celery, baby carrots, and sliced bell pepper.



Nutrition per serving

Calories: 160 | Fat: 10g | Sat Fat: 1.5g | Cholesterol: 0 mg | Carbohydrates: 14g | Fiber: 5g | Protein: 4g | Sodium: 160mg

7

Appetizers

World Flavors: A Global Culinary Journey



Spinach, Sundried Tomato and Basil Dip

8 servings | V vegetarian S speedy preparation

Ingredients

3 oz baby spinach, chopped

1 oz sundried tomato, minced

3 medium basil leaves,
chopped

¾ tsp kosher salt

1½ Tbsp Tbsp olive oil

2 tsp lemon juice

½ tsp ground white pepper

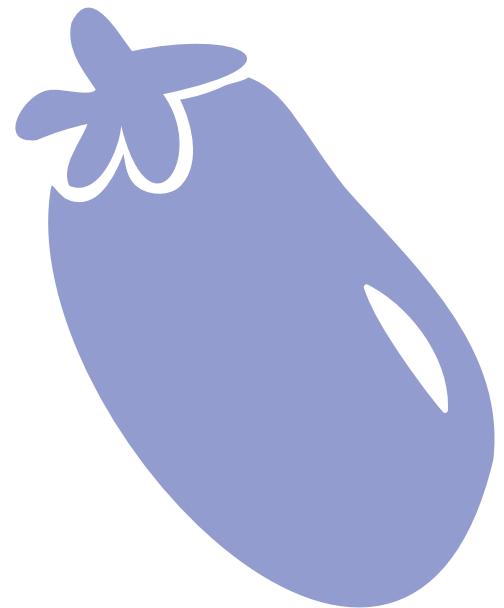
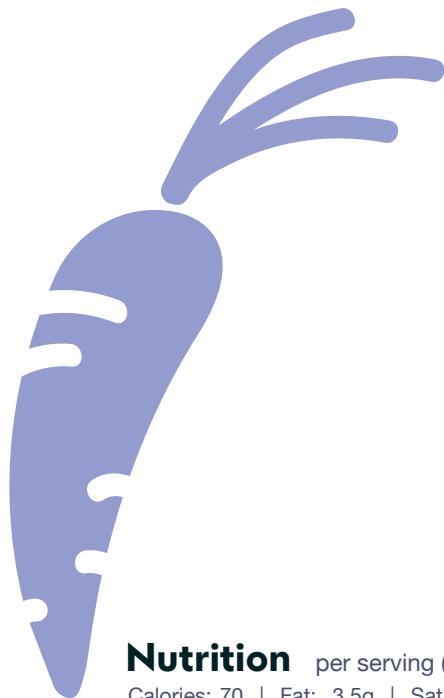
1½ cup plain Greek yogurt,
low-fat

Directions

1 In a stainless-steel mixing bowl, combine all ingredients until well blended.

Serving suggestions

Can also serve with quinoa chips, vegetable sticks and lentil chips.



Nutrition per serving (4 tbsp per serving)

Calories: 70 | Fat: 3.5g | Sat Fat: 1g | Cholesterol: 5mg | Carbohydrates: 4g | Fiber: 1g | Protein: 5g | Sodium: 170mg



Roasted Garlic Baba Ghanoush

The eggplant in this wonderful dish contains the antioxidant vitamins A and C, which may help protect your cells against damage.



8

servings |



vegetarian



speedy preparation



Ingredients

- 1 large eggplant
- 3 garlic cloves, peeled
- 2 Tbsp tahini
- ¼ cup yogurt, plain
- 1 oz lemon juice
- 6 sprigs of parsley
- ¼ tsp cayenne
- ½ tsp ground cumin
- ½ tsp sea salt

Directions

- 1 Pre-heat oven: turn on broiler.
- 2 Place whole garlic on sheet pan and toast lightly for 5 minutes on lower shelf.
- 3 Remove garlic from oven.
- 4 Prick eggplant with fork.
- 5 Place the eggplant on broiler pan, place into oven.
- 6 Actively move eggplant under the broiler until its skin is charred and blistered. Approx 10 min.
- 7 Remove eggplant from oven, wrap the eggplant in foil and let rest for 20 minutes.
- 8 Open foil and peel the skin off the eggplant using your hands.
- 9 Place peeled eggplant in a strainer for 10 min.
- 10 In a food processor: combine, eggplant, garlic, tahini, yogurt, lemon juice, parsley, cayenne, sea salt and ground cumin.

Nutrition per serving

Calories: 45 | Fat: 2.5g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 5g | Fiber: 2g | Protein: 2g | Sodium: 160mg

11

Appetizers

World Flavors: A Global Culinary Journey





Spicy Gazpacho with Shrimp



24 servings | **J** culinary journey

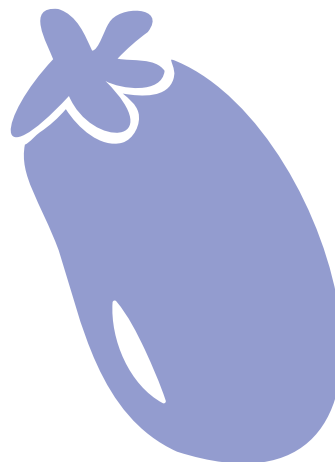


Ingredients

- 2** large tomatos, medium diced
- ¼ cup** red onion, peeled, diced
- ½** English cucumber, diced
- ½ cup** tomato juice, low-sodium
- ½ cup** vegetable broth, low-sodium
- ¼** poblano pepper, minced
- 2 Tbsp** extra virgin olive oil
- 1 tsp** sea salt
- 1 Tbsp** lime juice
- 6 sprigs** cilantro, minced
- 1 tsp** hot sauce
- 2** garlic cloves, minced
- 1 lb** cooked shrimp (21/25 each per pound)
- 24** cilantro leaves for garnish

Directions

- 1** In a two-quart stainless bowl combine all ingredients except for the cooked shrimp and second listed cilantro.
- 2** Adjust the soup with salt and pepper.
- 3** Let soup chill and rest for 2 hours.
- 4** Pour 1½ oz soup into 2 oz “shooter” cups.
- 5** Place one cooked shrimp over the edge of each cup.
- 6** Garnish with cilantro leaves.



Nutrition per serving (2 oz portions)

Calories: 35 | Fat: 1.5g | Sat Fat: 0g | Cholesterol: 30mg | Carbohydrates: 2g | Fiber: 0g | Protein: 4g | Sodium: 160mg

13 Appetizers

World Flavors: A Global Culinary Journey





Caprese Farro Cakes

Farro is an ancient whole grain with a nutty flavor and chewy texture. It is both a good source of fiber and protein.



20 servings | **V** vegetarian **J** culinary journey



Ingredients

- 1 cup** uncooked farro
- 1** garlic clove, peeled, minced
- 3 cups** vegetable broth, low-sodium
- ½** medium onion, peeled, minced
- 1** medium tomato, peeled, deseeded, and minced.
- ¼ tsp** ground black pepper
- 6** basil leaves, fine chopped
- 8** flat parsley, fine chopped
- 2 Tbsp** grated parmesan cheese
- olive oil spray
- 20** small grape tomato
- 20** basil leaves for garnish

Directions

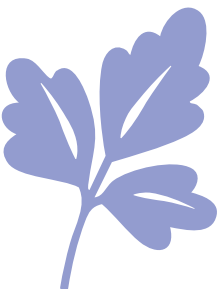
- 1** Preheat oven to 400° F.
- 2** Place 20 grape tomatoes in a small roasting pan.
- 3** Spray the grape tomatoes lightly with olive oil spray (2 seconds).
- 4** Place the grape tomatoes into the oven and roast for 20 minutes or until slightly charred.
- 5** Remove from the oven and set aside to garnish the cakes.
- 6** In a two-quart stainless sauce pot, combine farro, garlic, broth, onion, tomato, and black pepper. Place the pot over high heat, bring to simmer.
- 7** Cover pot and reduce heat to low and cook for additional 25 minutes or until farro is tender (add more broth if needed).
- 8** Cool mixture slightly.
- 9** Place half of the mixture in food processor and run until farro is ground.
- 10** In a medium bowl, combine ground farro, cooked whole farro, basil, parsley, and parmesan cheese. Adjust taste with salt and pepper.
- 11** Form mixture into ½ oz (1 Tbsp) farro cakes.
- 12** Place the cakes on a baking pan and spray the top of the cakes with olive oil spray.
- 13** Bake the cakes in a 400-degrees oven for 5- 10 minutes or until crispy.
- 14** Place cakes on a serving platter and garnish each cake with basil leaf and roasted grape tomato.

Nutrition per serving (½ oz portion)

Calories: 45 | Fat: 0g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 9g | Fiber: 1g | Protein: 1g | Sodium: 30mg

15 Appetizers

World Flavors: A Global Culinary Journey





Fresh Corn Salsa with Whole Wheat Pita



12 servings | **V** vegetarian **S** speedy preparation

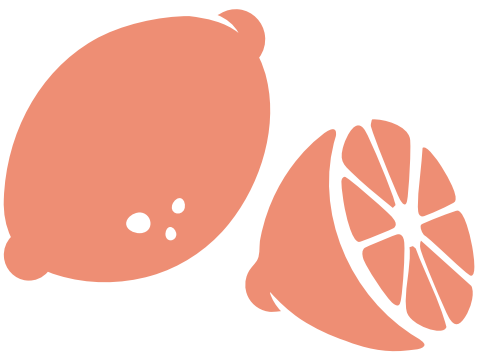


Ingredients

- 3 cups** fresh corn, husked and kernels removed from cob
- ¼ cup** lime juice
- 1 cup** red onion, peeled and finely diced
- 1 tbsp** white wine vinegar
- 1** avocado, peeled and finely diced
- ¼ tsp** chili powder
- ½ cup** cilantro, washed and chopped
- ¼ tsp** ground cumin
- 1** jalapeño
- 3** small whole wheat pitas

Directions

- 1** Preheat oven to 350° F.
- 2** In a medium serving bowl, mix all the ingredients. Stir to combine.
- 3** Adjust to taste, if necessary.
- 4** Allow the salsa to marinate for 20 minutes before serving for better flavor.
- 5** On flat pan, place pitas and toast lightly (about 5 minutes).
- 6** Cut each pita into 4 pieces.
- 7** Serve with salsa.



Nutrition per serving

Calories: 100 | Fat: 3.5g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 18g | Fiber: 3g | Protein: 3g | Sodium: 65mg



Baked Broccoli & Parmesan Sweet Potato Skins



8 servings | **V** vegetarian **S** speedy preparation



Ingredients

- 4 small sweet potato
- olive oil spray
- 1 cup chopped broccoli, cooked, and squeeze out moisture
- 2 Tbsp dried chives, minced
- ¾ tsp sea salt
- 1 tsp white pepper
- 1 tsp ground mustard
- 2 Tbsp plain Greek yogurt
- 2½ Tbsp shredded parmesan

Directions

- 1 Preheat oven to 350° F.
- 2 Wash sweet potatoes and pat dry with paper towel.
- 3 Lightly spray sweet potatoes with olive oil spray.
- 4 Bake in the oven for 35-40 minutes.
- 5 Let the cooked sweet potato cool and cut into half.
- 6 Remove a small amount of cooked sweet potato from the middle of each potato and reserve in a separate bowl, let cool.
- 7 Add chopped broccoli, chives, salt, pepper, ground mustard and yogurt to mashed sweet potato and mix.
- 8 Divide the sweet potato mixture equally between the sweet potato shells and fill cavity.
- 9 Top sweet potatoes with shredded parmesan cheese.
- 10 Bake in a 350° F oven for 10 minutes or until potato filling is lightly brown and the cheese is melted.

Nutrition per serving (½ a potato)

Calories: 70 | Fat: 0g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 14g | Fiber: 2g | Protein: 2g | Sodium: 290mg





Soups



Mediterranean Lentil Soup **F V S 23**

Tomato and Cucumber Gazpacho **V S 25**

Spring Vegetable Soup **F V S 27**

Creamy Cauliflower and Tofu Soup **F V S 29**

Southwest Black Bean Soup **F V J 31**

Mediterranean Eggplant and Chickpea Soup **F V J 33**

Mediterranean Lentil Soup

Touches of ginger, lemon, and coriander takes this soup to the next level. If you can't source green lentils, regular lentils will do just fine.



8 servings

| **F** high fiber

V vegetarian

S speedy preparation



Ingredients

- 1 medium onion
- 14 oz can unsalted plum tomatoes
- 3 garlic cloves
- 2 medium carrots
- 2 celery ribs
- 2 Tbsp olive oil
- 1½ cups green lentils
- 1 lemon, juiced
- ½ tsp ginger
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp coriander
- ½ tsp white pepper
- ¼ tsp salt
- 4 cups vegetable broth, low-sodium
- 3 cups water
- 3 cups baby spinach

Directions

- 1 Dice the onion and tomatoes, mince the garlic and slice carrots and celery into small pieces (½-1 inch).
- 2 Bring a large pot to low/medium heat and add olive oil.
- 3 Add onions, stir, and let simmer for 5 minutes or until lightly golden.
- 4 Add carrots and celery and let simmer for 3-5 minutes.
- 5 Add lentils, plum tomatoes, lemon juice, garlic, and spices.
- 6 Stir and let simmer for 5 minutes.
- 7 Add low-sodium vegetable broth and water. Let simmer on low heat for 20 minutes.
- 8 Add baby spinach and let cook for 5 minutes.



Nutrition per serving

Calories: 180 | Fat: 4g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 30g | Fiber: 6g | Protein: 10g | Sodium: 180mg



Tomato and Cucumber Gazpacho

This Spanish dish is chock-full of fresh tomatoes, peppers, and cucumbers with a hint of sherry vinegar and fresh basil.



6 servings | **V** vegetarian **S** speedy preparation

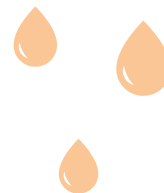
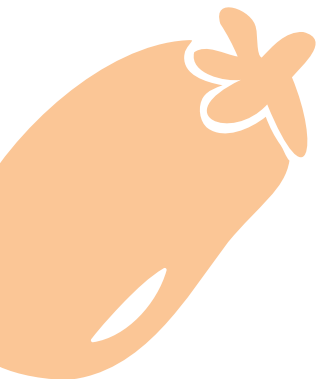


Ingredients

- 4 lb** tomatoes
- 2** medium English cucumbers
- 1** medium red bell pepper
- 2** garlic cloves
- 4 Tbsp** red wine / sherry vinegar
- ⅔ cup** olive oil
- 1 cup** water
- 1 tsp** salt
- 1 tsp** pepper
- 12** cucumber slices
- ½ cup** fresh basil

Directions

- 1** Blend tomatoes, 1 ½ cucumber, bell pepper, garlic, vinegar, olive oil, and water in a food processor or blender until smooth.
- 2** Taste and season with salt and pepper.
- 3** Cover and refrigerate overnight.
- 4** Place in bowls and garnish with cucumber slices and fresh basil leaves.



Nutrition per 8oz serving

Calories: 300 | Fat: 26g | Sat Fat: 3.5g | Cholesterol: 0mg | Carbohydrates: 9g | Fiber: 3g | Protein: 3g | Sodium: 400mg





Spring Vegetable Soup

The robust flavors of vegetables and a variety of spices and herbs develop into a symphony of pleasure for you and your family!



8 servings | **F** high fiber **V** vegetarian **S** speedy preparation

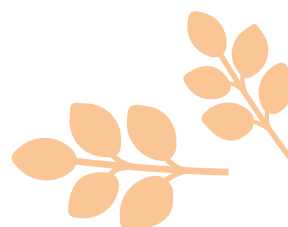


Ingredients

- 2 Tbsp** olive oil
- 1** medium onion, peeled and diced
- 4** garlic cloves, minced
- 1 Tbsp** dried thyme
- 4 cups** vegetable stock, low-sodium
- 4 cups** water
- 1 tsp** coriander
- ¼ tsp** cayenne pepper
- ½ tsp** sea salt
- two 15-oz cans** chickpeas, low-sodium drained and rinsed
- 4 oz** orzo
- 2 cups** celery, diced
- 1 cup** fresh spinach
- 2** red bell peppers, deseeded and diced
- 1 lb** medium asparagus, trimmed and chopped
- 1 cup** scallions, chopped
- ¼ cup** fresh tarragon
- 2 Tbsp** lemon juice

Directions

- 1** In a large pot heat oil over medium-high heat. Add onion and sauté 2-3 minutes, stirring often.
- 2** Turn heat to medium and cook for 5 more minutes or until tender. Add garlic and thyme, cook 2-3 minutes.
- 3** Add stock, water, cayenne pepper, coriander, sea salt, chickpeas, and bring to boil.
- 4** Cover and simmer on medium-low heat for 3 minutes.
- 5** Add orzo, bring to a boil, and when the orzo is about halfway cooked, add the vegetables (asparagus, spinach, pepper, celery).
- 6** When orzo is cooked and veggies are just tender and bright green, stir in scallions and tarragon.
- 7** Add the lemon juice one tablespoon at a time, tasting.
- 8** Add salt and pepper to taste.



Nutrition per serving (~1 cup)

Calories: 220 | Fat: 6g | Sat Fat: 0.5g | Cholesterol: 0mg | Carbohydrates: 33g | Fiber: 8g | Protein: 9g | Sodium: 390mg



Creamy Cauliflower and Tofu Soup

Tofu is an excellent source of plant-based protein along with calcium, manganese, and iron. Tofu contains isoflavones, which are compounds that have antioxidant and anti-inflammatory properties that may help protect against heart disease and some cancers.



10 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

- 12 oz** firm tofu, cut into 6 pieces
- 2½ cups** cauliflower heads, cored and cut into pieces
- 5 Tbsp** extra virgin olive oil
- 1¼ tsp** sea salt
- 1 tsp** ground black pepper
- 1 Tbsp** paprika
- 8** garlic cloves, minced
- 3 tsp** fresh ginger
- 1** large white onion, chopped
- 4 cups** vegetable broth, low-sodium
- 2½ cups** unsweetened almond milk
- 1 bunch** fresh parsley

Directions

- 1** Preheat oven to 425° F.
- 2** Remove tofu from package and press to remove excess moisture.
- 3** In baking pan arrange cauliflower and tofu in single layer, sprinkle lightly with 2 Tbsp of extra virgin olive oil, salt, pepper and paprika.
- 4** Roast until golden brown, about 12-15 minutes (save a few florets for garnish).
- 5** In a large pot add the remaining oil, garlic, and ginger, cook for 2 minutes.
- 6** Add onion and cook for another 2 minutes.
- 7** Add broth and milk and bring to simmer.
- 8** Add roasted cauliflower and tofu to pot and bring to simmer.
- 9** Blend with handheld blender until creamy.
- 10** Garnish with parsley and cauliflower florets.

Nutrition per serving

Calories: 170 | Fat: 10g | Sat Fat: 1.5g | Cholesterol: 0mg | Carbohydrates: 15g | Fiber: 5g | Protein: 8g | Sodium: 420mg





Southwest Black Bean Soup



10 servings | **F** high fiber **V** vegetarian **J** culinary journey



Ingredients

- ¼ cup** olive oil
- ½** yellow onion, diced
- ½** yellow pepper, diced
- ½** red pepper, diced
- ½** green pepper, diced
- 1** jalapeno pepper, deseeded and minced
- 2** ribs of celery diced
- 1 Tbsp** ground cumin
- 3** garlic clove, peeled, and minced
- 1 Tbsp** tomato paste
- 5 cups** vegetable broth, low-sodium
- 4 cups** canned black beans, low-sodium, drained and rinsed.
- to taste** salt and pepper
- 1 bunch** cilantro chopped
- 1** whole lime, cut into 8 wedges
- one 5-oz package** baked tortilla strips

Directions

- 1** Place olive oil in a four-quart stock pot over medium heat.
- 2** Add onions, all varieties of peppers, celery and cook till soft.
- 3** Add in cumin, garlic and tomato paste and cook for an additional 2 minutes.
- 4** Add vegetable broth and black beans.
- 5** Add half of the chopped cilantro.
- 6** Let simmer for 30 minutes and adjust with salt and pepper.
- 7** With a handheld blender, mix until smooth.
- 8** Pour soup into serving containers and serve with remaining cilantro, lime wedge, and tortilla strips.



Nutrition per 8oz serving

Calories: 190 | Fat: 7g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 26g | Fiber: 8g | Protein: 7g | Sodium: 230mg





Mediterranean Eggplant and Chickpea Soup



10 servings | **F** high fiber **V** vegetarian **J** culinary journey



Ingredients

- 1 large eggplant, diced
- 1 tsp sea salt
- 1 tsp ground black pepper
- one 15-oz can chickpeas, low-sodium (puree separately)
- ¼ cup olive oil
- 2 medium zucchini diced, discard ends
- 1 red pepper, deseeded and diced
- ½ yellow onion, peeled, diced
- 3 bulbs of garlic, minced
- 2 Tbsp tomato paste
- 5 cups vegetable broth, low-sodium
- one 15-oz can chickpeas, low-sodium
- ½ lemon, squeezed
- 1 tsp dried thyme
- 1 tsp dried oregano

Directions

- 1 Preheat oven to 350° F.
- 2 In a bowl, add eggplant, salt, and pepper, mix to combine.
- 3 Place eggplant mixture in a single layer on sheet pan.
- 4 Roast mixture for 10 minutes.
- 5 Place one 15 oz can of chickpeas in a blender and process until smooth.
- 6 Place four-quart stock pot over medium heat.
- 7 Add ¼ cup olive oil .
- 8 Add zucchini and diced peppers and cook for 2 minutes.
- 9 Add onion, garlic and tomato paste and cook lightly for 2 minutes.
- 10 Add vegetable broth and bring to a simmer.
- 11 Add roasted eggplant mixture, second can whole chickpeas, and chickpea puree to the stock.
- 12 Add lemon juice, thyme, and oregano.
- 13 Simmer for additional 20 minutes.



Nutrition per 8oz serving

Calories: 160 | Fat: 7g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 20g | Fiber: 7g | Protein: 6g | Sodium: 420mg







Salads



Butternut and Goat Cheese Flatbread Salad **F V J 37**

Harissa Salad with Chickpea and Cucumber **F V S 39**

Summer Fruit Salad **F V S 41**

Warm Farro, Charred Corn, Zucchini, and Tomato Salad **F V S 43**

Tomato, Peach, and Mozzarella Salad **V S 45**

Shaved Brussels and Citrus Salad with Dijon **F V J 47**

Butternut Squash and Goat Cheese Flatbread Salad

Who doesn't love flatbread with all the fall flavors. No better combination of butternut Squash, cranberries, and Goat Cheese.



3 servings | **F** high fiber **V** vegetarian **J** culinary journey



Ingredients

FLATBREAD

- 6 oz** butternut squash, peeled and julienne
- 1** medium apple, julienned
- 1** medium red onion, julienned
- 1 Tbsp** olive oil
- 1 tsp** kosher salt
- 1 tsp** black pepper
- three whole wheat flat bread**
2½-oz or pita
- 1½ tsp** olive oil
- 3 oz** goat cheese crumbles
- 2 tsp** toasted pumpkin seeds
- 3 Tbsp** balsamic glaze

SALAD

- 3 cups** field greens
- 2 Tbsp** dried cranberries
- ¼ cup** red grapes cut in half

DRESSING

- 2 Tbsp** olive oil
- 1 Tbsp** apple cider vinegar
- 1 pinch** kosher salt and pepper

Directions

- 1** Preheat oven to 400° F.
- 2** On a separate baking pan, add butternut squash, apples, and red onion with 1 Tbsp olive oil, salt, and pepper. Bake for 10 minutes or until the mixture is brown and tender.
- 3** Let the mixture cool at room temperature.
- 4** Lay the flat breads on baking sheet and brush each. Flat bread with ½ tsp olive oil.
- 5** Evenly divide the squash, apple, and onion mixture on top of the three flat breads. Top flat bread with goat cheese and pumpkin seeds.
- 6** Place the flatbread in the oven for 5 minutes or until golden brown.
- 7** Serve flatbread with field greens, dried cranberries, and drizzle with dressing and balsamic glaze.

NOTE: balsamic glaze can be purchased at most grocery stores.

Nutrition per serving

Calories: 220 | Fat: 12g | Sat Fat: 2.5g | Cholesterol: 5mg | Carbohydrates: 25g | Fiber: 3g | Protein: 5g | Sodium: 140mg





Harissa Salad with Chickpea and Cucumber

This North African dish will wake up your taste buds and keep your guests coming back for more!



8 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

HARISSA

- ½ bunch** flat leaf parsley
- ½ bunch** cilantro
- ½ bunch** scallion
- ½ bunch** fresh mint
- 3** garlic cloves, peeled
- 1 cup** baby spinach
- 2 Tbsp** ground cumin
- ⅛ tsp** cinnamon
- ⅛ tsp** ground coriander
- ⅛ tsp** cayenne pepper
- ⅛ tsp** ground caraway seeds
- ⅛ tsp** kosher salt
- ¼ cup** olive oil
- ¼ cup** lemon juice

SALAD

- 4 cups** chickpeas, drained and rinsed
- 2 cups** grape tomatoes, halved
- 2** medium English cucumbers, diced
- 2** avocados, diced
- ½ cup** red onion, diced
- 8 cups** field greens

Directions

HARISSA

- 1** Gather all ingredients and process in a blender until smooth.

SALAD

- 1** Place first 5 ingredients for salad mixture in medium stainless-steel bowl.
- 2** Add Harissa mix and present on a bed of field greens.



Nutrition per serving

Calories: 290 | Fat: 16g | Sat Fat: 2g | Cholesterol: 0mg | Carbohydrates: 33g | Fiber: 12g | Protein: 9g | Sodium: 230mg



Summer Fruit Salad

With this fruit salad you can take advantage of whatever fruit is in season and available locally.



6 servings | **F** high fiber **V** vegetarian **S** speedy preparation

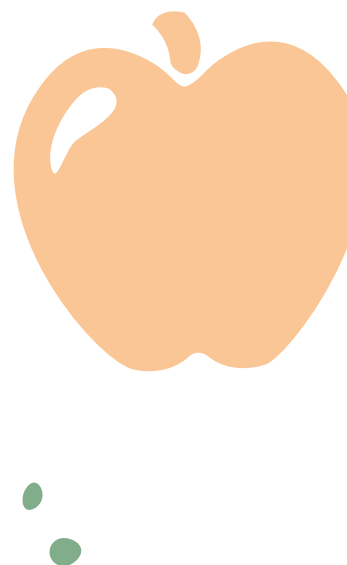
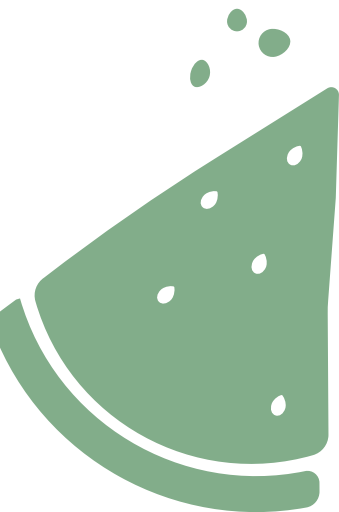


Ingredients

- 3** granny smith apples
- 3** Asian pears
- 1 lb** red seedless watermelon
- 20** fresh mint leaves
- 1 tsp** lemon zest
- 1 Tbsp** sherry vinegar
- ½ Tbsp** extra Virgin Olive Oil
- pinch** salt and pepper

Directions

- 1** Wash, and dry the apples and pears.
- 2** Medium diced apples, pears and watermelon and place into a bowl.
- 3** Wash and dry mint, gently tear and add to bowl.
- 4** Drizzle with sherry vinegar and extra virgin olive oil.
- 5** Add lemon zest and pinch salt and pepper.
- 6** Gently toss to combine.
- 7** Serve chilled.



Nutrition per serving

Calories: 160 | Fat: 1.5g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 38g | Fiber: 8g | Protein: 2g | Sodium: 15mg



Warm Farro, Charred Corn, Zucchini, and Tomato Salad

This summer salad which mirrors classic succotash is a fan favorite utilizing some of the fresh vegetables in your local markets.



8 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

FARRO SALAD

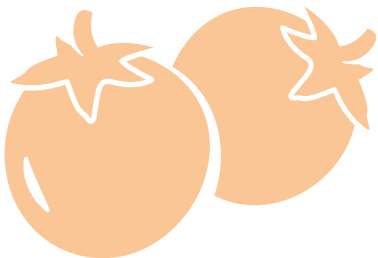
- 1 ½ cups** farro, dry
- ½ cup** apple cider vinegar
- 3** ears of corn, shucked
- 3** medium zucchini, cut in half lengthwise
- 4 Tbsp** olive oil
- 1 pint** cherry tomatoes, halved
- 2** scallions, thinly sliced
- 10** leaves fresh basil, chopped

VINAIGRETTE

- ¼ cup** olive oil
- 3 Tbsp** lemon juice plus zest
- 1 Tbsp** Dijon mustard
- 2 Tbsp** minced shallot
- Salt and pepper to taste

Directions

- 1** Preheat grill to high.
- 2** Add 6 cups of water and the vinegar to a sauce pot and bring to a simmer.
- 3** Add farro and cook until al dente approximately 15-20 minutes, drain and set aside.
- 4** Brush the zucchini and corn with olive oil and place on hot grill, turning with tongs until charred, approximately 10 minutes.
- 5** Remove kernels from cob and set aside.
- 6** Slice zucchini into half moons.
- 7** Mix all vinaigrette ingredients to prepare dressing.
- 8** Mix corn kernels, tomatoes, zucchini, and scallions into farro, tossing to combine.
- 9** Add vinaigrette to salad and garnish with basil.



Nutrition per serving

Calories: 310 | Fat: 15g | Sat Fat: 2g | Cholesterol: 0mg | Carbohydrates: 42g | Fiber: 6g | Protein: 7g | Sodium: 190mg

43 Salads

World Flavors: A Global Culinary Journey



Tomato, Peach, and Mozzarella Salad

Prepare this recipe using local peaches and heirloom tomatoes and your taste buds will come alive!



6 servings | **V** vegetarian **S** speedy preparation



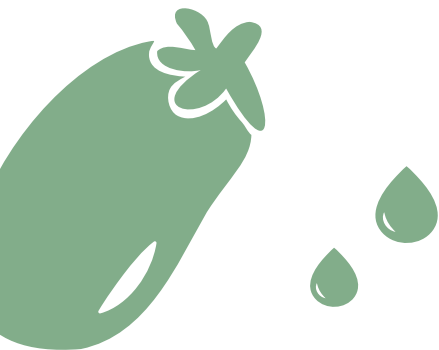
Ingredients

- $\frac{1}{4}$ red onion, thinly sliced
- $\frac{1}{4}$ **cup** apple cider vinegar
- ice water
- 2** large heirloom tomatoes, ~14 oz each
- 2** medium peaches
- 6 oz** fresh mozzarella cheese, cubed (or 6 oz mozzarella balls)
- 3 Tbsp** fresh basil, chopped
- 2 Tbsp** balsamic glaze

Directions

- 1** Thinly slice red onion and place in a bowl of ice water with $\frac{1}{4}$ cup apple cider vinegar and let sit while preparing tomatoes and peaches.
- 2** Slice tomatoes and peaches into 1-inch cubes.
- 3** Combine tomatoes, peaches, and red onion and place on a platter. Top with mozzarella cubes or balls and basil.
- 4** Drizzle balsamic glaze over the salad and serve.

NOTE: balsamic glaze can be purchased at most grocery stores.



Nutrition per serving ($\frac{1}{4}$ cup)

Calories: 150 | Fat: 9g | Sat Fat: 3g | Cholesterol: 15mg | Carbohydrates: 13g | Fiber: 2g | Protein: 5g | Sodium: 75mg



Shaved Brussels and Citrus Salad with Dijon



10 servings | **F** high fiber **V** vegetarian **J** culinary journey



Ingredients

- ¼ cup** olive oil
- 10** garlic cloves, peeled
- 1 Tbsp** honey
- 2 oz** sherry vinegar
- 1 tsp** dijon mustard
- 1 tsp** ground black pepper
- pinch** sea salt
- 4 oz** whole cranberries
- 4** large oranges, peeled and segmented
- 2** large pink grapefruit, peeled and segmented
- 1 lb** shaved Brussel sprouts
- 2** shallots, peeled thinly sliced
- 2 oz** tarragon, minced
- 2** head butter lettuce, remove core, separate leaves

Directions

- 1** Pre-heat oven to 325° F.
- 2** Toss garlic with oil.
- 3** Lay garlic on sheet pan.
- 4** Place in oven and roast for 10 minutes or until dark color.
- 5** Remove from oven and place in bowl.
- 6** Mash roasted garlic until paste is developed.
- 7** Add honey, vinegar, Dijon, and black pepper until well-blended and adjust with sea salt.
- 8** In a separate bowl: mix the cranberries, orange, grapefruit, brussels sprouts, shallots and tarragon.
- 9** Add the dressing to the mixture.
- 10** Place four leaves of the butter lettuce on serving plate.
- 11** Fill the center of the lettuce with the brussels sprout mixture.
- 12** Adjust flavor with salt and pepper.

Nutrition per serving

Calories: 190 | Fat: 6g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 33g | Fiber: 5g | Protein: 4g | Sodium: 25mg





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Spaghetti Squash Florentine

Spaghetti squash is high in fiber and vitamin C.
Fun to try different varieties of squashes.



4 servings | **F** high fiber **V** vegetarian **J** culinary journey

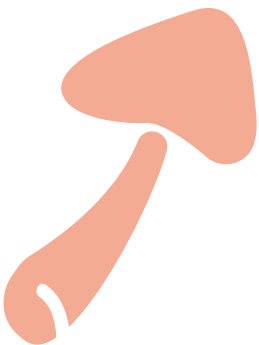


Ingredients

- 1** medium sized spaghetti squash
- 2 Tbsp** olive oil
- ½ cup** onion, chopped
- 5** garlic cloves, minced
- 1 cup** mushrooms, sliced
- 2 cups** fresh tomatoes, diced
- one 8-oz can** tomato sauce, no salt added
- 15 oz can** cooked lentils, drained
- ¼ cup** fresh basil, sliced thin
- 2 cups** baby spinach, washed
- ¾ cup** part skim ricotta cheese

Directions

- 1** Preheat oven to 375° F.
- 2** Cut spaghetti squash in half lengthwise and remove the seeds. In a baking dish, pour 1 inch of water, place squash cut-side down into the water, and cook until tender, about 45 minutes to one hour.
- 3** In a large sauté pan, heat olive oil.
- 4** Add onion, garlic, and mushrooms to the pan for 5 minutes.
- 5** Add diced tomatoes and tomato sauce. Cover and cook for 10-15 minutes.
- 6** Add the cooked lentils, basil, and spinach to the sauce, and toss until the spinach is wilted.
- 7** Using a fork, loft the spaghetti squash pulp into strands.
- 8** Add squash to the sauce and toss to coat.
- 9** Place the mixture in a casserole dish. Top with ricotta cheese.
- 10** Bake until golden brown for approximately 5 minutes.



Nutrition per serving

Calories: 330 | Fat: 11g | Sat Fat: 3g | Cholesterol: 15mg | Carbohydrates: 45g | Fiber: 14g | Protein: 17g | Sodium: 260mg





Ratatouille Stew with White Beans and Basil

Classical dish from the south of France. Eggplant is the center of many dishes worldwide. High in fiber and vitamins.



4 servings

|

F high fiber

V

vegetarian

S

speedy preparation



Ingredients

- 2 Tbsp** extra virgin olive oil
- 6** garlic cloves, minced
- 1** large yellow onion, diced
- 1** small eggplant, diced
- 1** bell pepper, diced
- 1** zucchini, diced
- 1** yellow squash, diced

two 14½-oz cans diced tomatoes, no salt

two 15-oz cans white beans, rinsed and drained

½ cup balsamic vinegar

4 tsp oregano

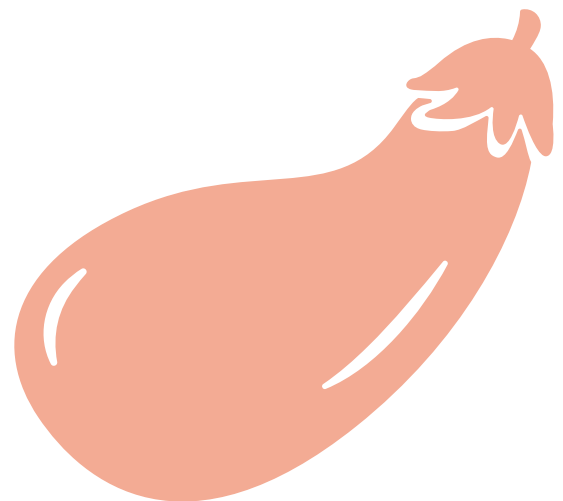
1 tsp sea salt

1 tsp pepper

½ cup fresh basil, chopped

Directions

- 1** Heat 8-quart saucepan add olive oil, onion, garlic, eggplant, bell pepper, zucchini, and yellow squash for 6-8 minutes.
- 2** Stir in the tomatoes, white beans, balsamic vinegar, and oregano.
- 3** Reduce heat and continue to cook for additional 10 minutes.
- 4** Stir occasionally, when liquid is simmering, add sea salt and pepper.
- 5** Place in bowls and garnish with fresh basil.



Nutrition per serving

Calories: 380 | Fat: 9g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 61g | Fiber: 16g | Protein: 15g | Sodium: 510mg





Chilled Sesame Soba Noodle Bowl

Soba noodles made with buckwheat flour originated in Japan, but you can find them in the international aisle in your local market. It is a very colorful and nutrient dense recipe.



6 servings | J culinary journey



Ingredients

- 1 lb** skinless chicken breast
salt and pepper to season water
- 10 oz** soba noodles, dry
- 2 cups** carrots, shredded
- 2 cups** cucumbers, julienned
- 1 cup** red cabbage, shredded
- 2 cups** corn kernels, frozen and defrosted
- ¼ cup** tahini
- ¼ cup** rice vinegar
- 3 Tbsp** soy sauce, low-sodium
- 1 Tbsp** granulated sugar
- ½ cup** cilantro
- 2 Tbsp** sesame seeds
- 1** lime wedge

Directions

- 1** In 6-quart saucepan add 16 cups (four quarts) of water bring to a simmer season water with salt and pepper.
- 2** Add chicken breast and cook for 15-20 minutes until internal temperature reaches 165° F.
- 3** Remove cooked chicken from pot and place in stainless-steel bowl.
- 4** Using two forks shred chicken and refrigerate.
- 5** Cook soba noodles per package instructions and refrigerate.
- 6** In separate large stainless-steel bowl combine tahini, rice vinegar, soy sauce, and sugar.
- 7** Add vegetables, noodles, and shredded chicken.
- 8** Serve in a bowl and garnish with cilantro, sesame seeds, and lime wedge.

Nutrition per serving

Calories: 420 | Fat: 10g | Sat Fat: 1.5g | Cholesterol: 55mg | Carbohydrates: 56g | Fiber: 4g | Protein: 31g | Sodium: 450mg

55 Entrées

World Flavors: A Global Culinary Journey





Teriyaki Salmon Fillet with Scallions

Salmon is rich in Omega-3 fatty acids, a great source of protein and high in vitamin B. Source wild caught salmon when available.



5 servings | S speedy preparation



Ingredients

- five 4-oz** salmon fillets
- 4 Tbsp** maple syrup, no sugar added
- 2 Tbsp** rice vinegar
- 4 Tbsp** soy sauce, low-sodium
- ½ tsp** ground ginger
- 1½ Tbsp** sesame oil
- 1½ tsp** garlic, peeled and minced
- 1 bunch** scallions, diced

Directions

- 1 Preheat the oven to 400° F and line the baking sheet pan with parchment paper.
- 2 Whisk maple syrup, soy sauce, sesame oil, rice vinegar, garlic, and ginger in a small bowl.
- 3 Place salmon skin on the baking sheet and brush with half the marinade.
- 4 Bake for 15-20 minutes or until an internal temperature of 135 degrees is reached.
- 5 Place the rest of the marinade in a small saucepan on the stove and bring to a simmer.
- 6 Place the salmon on a plate, serve with the sauce, and garnish with chopped scallion.

Nutrition per serving

Calories: 300 | Fat: 19g | Sat Fat: 4g | Cholesterol: 60mg | Carbohydrates: 4g | Fiber: 0g | Protein: 24g | Sodium: 560mg



Turmeric, Ginger, and Shrimp Soba Noodle Bowl

Love the combination the ginger and turmeric in this recipe. The flavors of these ingredients awaken your taste buds in each bite!



4 servings | **J** culinary journey



Ingredients

NOODLE BOWL

- 6 cups** chicken broth, low-sodium
- 1 tsp** ground turmeric
- 1 tsp** ground ginger
- 3** garlic cloves, minced
- 1 tsp** fish sauce
- 6 oz** shitake mushrooms, stems removed and sliced
- 2 lbs** shrimp, peeled and deveined ~21-25 per lb
- 12 oz** soba noodles

GARNISH

- 1 bunch** cilantro washed and chopped
- 4** hard boiled eggs, halved
- 1** large red bell pepper, julienned

Directions

- 1** Combine chicken broth, turmeric, ginger, garlic, and fish sauce in a two-quart stock pot. Bring to a simmer.
- 2** Add sliced mushrooms and shrimp to the hot broth. Cook for 5 minutes.
- 3** Prepare soba noodles per package instructions.
- 4** Divide drained and warm soba noodles between eight soup bowls.
- 5** Divide the simmering stock over the soba noodles.
- 6** Garnish each noodle bowl with cilantro, red pepper and 1 half of hard boiled egg.



Nutrition per serving

Calories: 330 | Fat: 4.5g | Sat Fat: 1g | Cholesterol: 210mg | Carbohydrates: 39g | Fiber: 1g | Protein: 30g | Sodium: 530mg

59 Entrées

World Flavors: A Global Culinary Journey



Asian Baked Cod



4 servings | J culinary journey



Ingredients

- four 6-oz pieces cod loin
- 12 black peppercorns
- 1 star anise
- 2 Thai chili peppers, fresh or dried
- ½ medium stalk lemongrass, cut into circular pieces
- ¼ cup olive oil
- 2 carrots peeled cut in half inch diced
- 2 celery ribs wash rib, cut each half inch diced
- 1 medium onion, chopped
- ¼ cup fresh ginger root peeled and rough chopped
- 3 garlic cloves smashed
- 1 cup vegetable broth, low-sodium
- ½ tsp salt
- 1 lemon cut in quarters

Directions

- 1 Preheat oven to 350° F.
- 2 In a medium coffee filter add peppercorns, star anise, chili peppers, and lemongrass. Tie with string.
- 3 Heat 8 qt dutch oven on stove, medium heat, and add olive oil.
- 4 Add carrots, celery, onion, ginger, and garlic.
- 5 Sauté in olive oil until lightly brown.
- 6 Add broth, coffee filter with aromatics, and salt. Bring to a boil and then simmer for 15 minutes over medium heat.
- 7 Strain broth and pour with vegetables in roasting pan. Remove coffee filter.
- 8 Add portions of Cod loin on top of broth.
- 9 Cover with foil.
- 10 Place in pre-heated oven for 15-20 minutes or until internal temperature of 135° F.
- 11 Remove fish using a spatula and serve with lemon quarters.

NOTE: Can substitute cod with halibut, haddock or salmon. Cooking time will need to be adjusted for each fish.

Nutrition per serving

Calories: 210 | Fat: 3g | Sat Fat: 0.5g | Cholesterol: 75mg | Carbohydrates: 13g | Fiber: 2g | Protein: 32g | Sodium: 450mg





Baked Swordfish with Fennel, Vegetables, and Dill

Fennel and swordfish is a match made in heaven with its licorice flavor matching well with seafood.



4 servings | **S** speedy preparation



Ingredients

- four 6-oz** swordfish loin fillets
- salt and pepper for seasoning
- 1** fennel bulb, julienned
- 2** large carrots, julienned
- 1** small red onion, julienned
- 1 Tbsp** dry dill
- ¼ cup** lemon juice
- ¼ cup** white wine

Directions

- 1** Preheat oven 350° F.
- 2** Mix fennel, carrots, red onions, and dill and place on bottom of pan.
- 3** Place swordfish on top of vegetables and season with salt and pepper.
- 4** Mix lemon juice and white wine and pour on top of fish.
- 5** Cover pan with foil and bake for 20-25 minutes until internal temperature is 135° F.



Nutrition per serving

Calories: 270 | Fat: 10g | Sat Fat: 2.5g | Cholesterol: 95mg | Carbohydrates: 11g | Fiber: 3g | Protein: 31g | Sodium: 180mg



Five Spice Baked Haddock



4 servings | S speedy preparation



Ingredients

- 1½ lbs haddock fillet, skin on
- ½ cup panko crumbs
- 2 tsp five spice
- ½ tsp paprika
- ¼ tsp sea salt
- ¼ tsp pepper
- ½ tsp olive oil
- ½ cup red bell pepper, diced
 - 1 lemon juiced
 - 1 lemon cut in quarters
 - 8 basil leaves, torn
- non-stick cooking spray

Directions

- 1 Preheat oven to 350° F.
- 2 Cut haddock into four portions.
- 3 Mix panko, five spice, sea salt, pepper, paprika, and olive oil in a separate bowl.
- 4 Spray the bottom of an oven-proof baking dish with non-stick cooking spray.
- 5 Arrange the haddock fillets in the baking dish skin side up.
- 6 Squeeze the juice of one lemon over the top of the haddock.
- 7 Top each fillet with equal parts of panko crumbs and diced red pepper.
- 8 Place haddock in oven and bake for 20 minutes or until internal temp reaches 135° F.
- 9 Serve haddock with a wedge of lemon and torn fresh basil.



Nutrition per serving

Calories: 180 | Fat: 0.5g | Sat Fat: 0g | Cholesterol: 90mg | Carbohydrates: 12g | Fiber: 2g | Protein: 29g | Sodium: 550mg



Citrus Salmon Fillet



4 servings | S speedy preparation



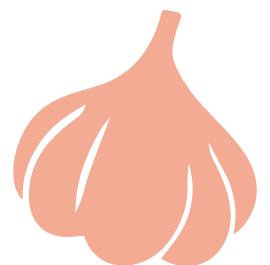
Ingredients

- 1 lb salmon fillet, skin on
- 2 Tbsp olive oil
 - 1 orange, zested and juiced
 - 1 lemon, zested and juiced
- 1 tsp smoked paprika
- 2 cloves garlic, minced
- 1 tsp fresh cracked pepper
- ½ tsp sea salt
- 1 lemon cut into quarters

Directions

- 1 Preheat oven to 350° F.
- 2 Portion salmon into 4 oz fillets.
- 3 Mix olive oil, zests and juices of orange and lemon, smoked paprika, garlic, pepper, and salt in a medium bowl.
- 4 Add salmon fillets and marinate for 30 minutes.
- 5 In a oven proof dish place marinated salmon skin side up, roast in oven 15-20 minutes or until internal temperature is 135° F.
- 6 Garnish with lemon quarters.

NOTE: After marinating the salmon fillet, cut one or two slits in the surface of the skin so the fillet lays flat. After cooking, place the salmon skin-side up under the broiler briefly to crisp.



Nutrition per serving

Calories: 380 | Fat: 29g | Sat Fat: 5g | Cholesterol: 60mg | Carbohydrates: 7g | Fiber: 1g | Protein: 24g | Sodium: 460mg



Curried Cabbage, Turkey, Peas, and Greek Yogurt

Cabbage is high in vitamins, minerals and fiber. This dish's flavor is lifted to the next level by adding apples, curry, spices, and Greek yogurt.



6 servings | S speedy preparation



Ingredients

- 1 Tbsp olive oil
- 1 medium head of white cabbage, remove core, cut into ½ inch slices
- ¼ medium white onion, minced
- 4 garlic cloves, minced
- 20 oz ground turkey, cooked and drained
- 2 cups vegetable broth, low-sodium
- 2 cups green peas
- 2 Tbsp curry powder
- 1 tsp ground cumin
- ¼ tsp red crushed pepper
- ¼ tsp sea salt
- 1 bunch fresh cilantro, chopped
- 1 granny smith apple, peeled, cored and diced
- 1½ cups plain Greek yogurt, low-fat

Directions

- 1 Heat a 3-quart saucepan or pot on medium heat for 2 minutes.
- 2 Add olive oil to the pan, add the cabbage, onion and garlic.
- 3 Lower heat slightly and continue to cook mixture until lightly brown.
- 4 Over medium heat in separate pan cook ground turkey until internal temperature of 165° F.
- 5 Combine cabbage and turkey.
- 6 Add vegetable broth, green peas, half cilantro, curry powder, cumin, crushed red pepper, sea salt, and apples to pan.
- 7 Bring mixture to a simmer for 5 minutes and adjust seasonings.
- 8 Place a cup of mixture into individual serving bowls and garnish each with 2 Tbsp of Greek yogurt, and pinch of cilantro.

Nutrition per serving

Calories: 360 | Fat: 18g | Sat Fat: 4.5g | Cholesterol: 80mg | Carbohydrates: 25g | Fiber: 9g | Protein: 27g | Sodium: 290mg





Moroccan Chicken Kebabs



6 servings | S speedy preparation



Ingredients

2 ¼ lbs raw, boneless jumbo chicken tenders

MARINADE

1½ tsp kosher salt

1 Tbsp paprika

1 tsp fine ground black pepper

1 tsp fresh ginger, minced

3 saffron threads, crushed

3 garlic cloves, chopped

½ cup fresh parsley, chopped

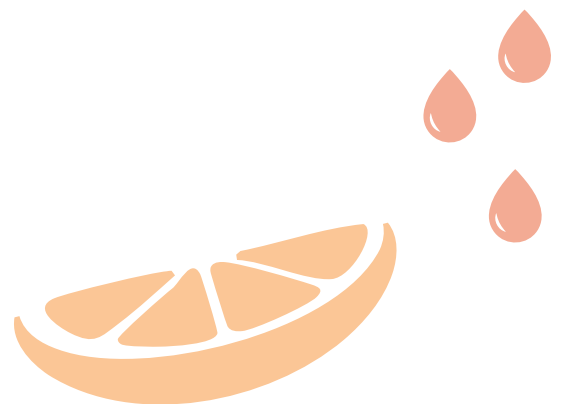
1 tsp fresh lemon juice

1 tsp olive oil

6 bamboo skewers

Directions

- 1 Pre-heat oven to 350° F.
- 2 Drain chicken tenders.
- 3 Combine all the ingredients for the marinade.
- 4 Combine the marinade with chicken tenders.
- 5 Marinate chicken for at least 30 minutes, ideally 24 hours.
- 6 Skewer 2 pieces of marinated chicken tenders.
- 7 Place the skewered chicken on sheet pans.
- 8 Bake chicken skewers for 25 minutes or until the internal temperature reaches 165° F.



Nutrition per serving

Calories: 220 | Fat: 5g | Sat Fat: 1g | Cholesterol: 125mg | Carbohydrates: 1g | Fiber: 5g | Protein: 39g | Sodium: 470mg



Lemon Chicken Orzo



6 servings | J culinary journey

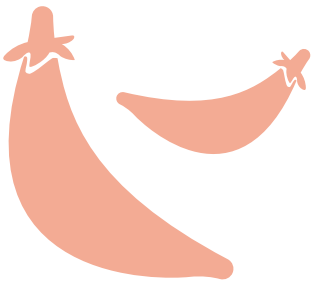


Ingredients

- 2 Tbsp** extra virgin olive oil
- 1** lemon, zested and juiced
- ¼ cup** fresh dill, finally chopped
- 1 Tbsp** shallot, peeled and minced
- 2 tsp** dijon mustard
- 1 tsp** salt
- ½ tsp** ground pepper
- 8 oz** orzo
- 4 cups** sugar snap peas, cut into bite-size pieces
- 1 lb** boneless skinless chicken breast, cut into bite-size pieces
- 1 cup** carrots, shredded

Directions

- 1** Dressing: In a large bowl whisk 1 Tbsp oil, lemon zest and juice, dill, shallot, mustard, salt, and pepper.
- 2** Fill 2-quart pot with water bring to boil.
- 3** Add orzo and cook for 6 minutes or until tender.
- 4** Add sugar snap peas and cook for an additional 1 minute and drain.
- 5** In large saucepan add 1 Tbsp olive oil and place over medium heat.
- 6** Add diced chicken, sauté until golden brown or until internal temperature reaches 165° F.
- 7** In large bowl add together the orzo, chicken, shredded carrots, and toss with dressing.
- 8** Serve warm.



Nutrition per serving (1 cup)

Calories: 310 | Fat: 7g | Sat Fat: 1g | Cholesterol: 55mg | Carbohydrates: 36g | Fiber: 2g | Protein: 24g | Sodium: 470mg

73 Entrées

World Flavors: A Global Culinary Journey





Herb Pork Loin with Roasted Gazpacho Sauce

8 servings | J culinary journey

Ingredients

- 1 Tbsp olive oil
- 6 medium tomatos, diced
- ½ small jalapeno, deseeded and minced
- 1 large yellow pepper, deseeded and diced
- 2 ribs of celery, diced
- ½ cup fresh basil leaves, torn
- ½ tsp dried tarragon
- 2 Tbsp balsamic vinegar
- 2 Tbsp Worcestershire sauce
- 2 tsp ground black pepper
- 3 lb pork loin
- 1 tsp dried thyme
- 1 tsp ground rosemary
- 1 Tbsp galic, minced
- 1 cup white wine
- 1 bunch fresh parsley, chopped

Directions

- 1 Preheat oven to 350° F
- 2 In a stainless bowl combine the olive oil, tomato, jalapeno, yellow pepper, celery, basil, tarragon, vinegar, Worchester white wine, and place mixture on the bottom of roasting pan.
- 3 Separately, season the pork loin with black pepper, thyme, garlic, and rosemary.
- 4 Place the pork loin in the roasting pan on top of tomato mixture and roast for 30 minutes or until an internal temp of 155° F.
- 5 Remove pork loin from the oven and let rest for 10 minutes.
- 6 Transfer all pan drippings to a 2 two quart sauce pan.
- 7 Bring the mixture to a simmer and reduce liquid by a half.
- 8 Turn off heat.
- 9 Using a hand bur mixer puree until liquid thickens.
- 10 Slice pork loin and serve with warm gazpacho sauce.

Nutrition per serving

Calories: 270 | Fat: 6g | Sat Fat: 1.5g | Cholesterol: 110mg | Carbohydrates: 9g | Fiber: 2g | Protein: 38g | Sodium: 170mg

75 Entrées

World Flavors: A Global Culinary Journey





Entrée Salads



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Heirloom Grape Tomato Panzanella Salad

Classic Italian salad bursting with fresh flavors from your garden!
Roasting the tomatoes and garlic takes their flavors to the next level.



6 servings | F high fiber V vegetarian S speedy preparation

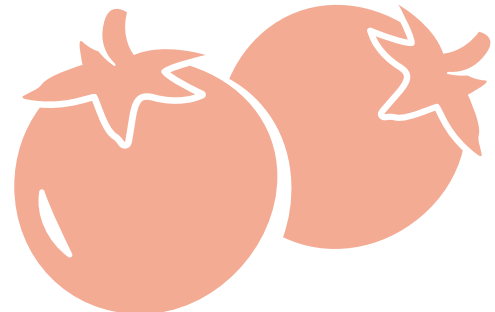


Ingredients

- 1 7/8 cups whole grain bread, diced
- 2 Tbsp extra virgin olive oil
- 2 lbs tricolored heirloom grape tomatoes
- 12 garlic cloves, peeled
- 2 Tbsp extra virgin olive oil
- 1 English cucumber
- 4 oz red onion
- 1/4 cup red wine vinegar
- 2 Tbsp extra virgin olive oil
- 1 Tbsp dijon mustard
- 1/2 tsp kosher salt
- 2 tsp cracked black pepper
- 1 cup fresh mozzarella, chopped
- 6 large fresh basil
- 6 cups field greens
- 12 fresh chives

Directions

- 1 Preheat oven to 350° F.
- 2 Toss whole grain bread with 2 Tbsp extra virgin olive oil and bake 10 minutes or until golden brown. Set aside.
- 3 Toss heirloom tomatoes and whole peeled garlic with 2 Tbsp olive oil. Roast in 350 degree oven for 10 minutes or until tomatoes are blistered and garlic is golden brown. Set aside.
- 4 Medium dice the cucumber and red onion. Set aside.
- 5 In a medium stainless steel bowl combine: red wine vinegar, olive oil, dijon mustard, salt, and pepper.
- 6 Add the croutons, tomato, garlic, cucumber, onion, mozzarella, and basil to the vinegar mixture.
- 7 Serve over a bed of field greens and garnish with rough chopped chives.



Nutrition per serving

Calories: 500 | Fat: 26g | Sat Fat: 6g | Cholesterol: 25mg | Carbohydrates: 50g | Fiber: 10g | Protein: 20g | Sodium: 670mg



Chickpea Salad with Lemon Tahini Dressing

Chickpeas are full of fiber, protein, and potassium. Your guests will love this very colorful and nutritious salad.



8 servings | **V** vegetarian **S** speedy preparation



Ingredients

SALAD

- 7½ cups** baby spinach
- 1** medium cucumber, diced
- two 15-oz cans** chickpeas, low-sodium
- 5 cups** cherry tomatoes, halved
- ½** red onion, diced
- 1** yellow bell pepper, diced
- 1** orange bell pepper, diced
- 1 cup** parsley, chopped
- ½ cup** feta cheese, crumbled

DRESSING

- ¼ cup** lemon juice
- ½ cup** tahini
- 2 Tbsp** olive oil
- ¼ tsp** salt
- ¼ tsp** pepper
- 2 Tbsp** honey
- add water as needed to thin dressing

Directions

- 1** Cut up vegetables as listed.
- 2** Drain and rinse chickpeas.
- 3** Combine dressing ingredients in mixing bowl.
- 4** Assemble salad and drizzle dressing over the top.



Nutrition per serving

Calories: 300 | Fat: 16g | Sat Fat: 3.5g | Cholesterol: 10mg | Carbohydrates: 33g | Fiber: 9g | Protein: 21g | Sodium: 350mg



Winter Kale and Shaved Brussels Salad with Salmon

A beautiful salad with different textures throughout the dining experience.



8 servings | J culinary journey



Ingredients

- 32 oz salmon
- ½ cup orange juice, divided
- 1 Tbsp thyme, divided
- ½ tsp salt, divided
- 1 tsp black pepper, divided
- ⅓ cup olive oil
- ½ cup balsamic vinegar
- 9 cups fresh baby kale
- 2 cups brussels sprouts, shredded
- ⅓ cup parmesan cheese, grated
- 2 Tbsp orange zest
- ¼ cup pecans, chopped
- ¼ cup pomegranate seeds, frozen or fresh
- non-stick cooking spray

Directions

SALMON

- 1 Preheat grill to 450° F.
- 2 Prepare marinade combining ¼ cup orange juice, ½ Tbsp of thyme, ¼ tsp salt, ½ tsp pepper.
- 3 Marinate the salmon for 30 minutes.
- 4 Prep grill with non-stick cooking spray.
- 5 Remove salmon from marinade and pat dry.
- 6 Place salmon skin side up on the grill. Grill for 2 minutes on each side or until they reach internal temperature of 145 F.
- 7 Remove salmon from grill and refrigerate.

DRESSING AND SALAD

- 1 Whisk together olive oil, balsamic vinegar, remaining orange juice, thyme, salt, and pepper.
- 2 Assemble the salad by combining the kale, brussels sprouts, Parmesan cheese. Add dressing.
- 3 Place chilled salmon on top of salad.
- 4 Garnish with orange zest, pecans, and pomegranate seeds.

NOTE: Culinary time saver: purchase pre-sliced Brussels sprouts at your local grocery store.

Nutrition per serving (4 oz salmon per serving)

Calories: 400 | Fat: 28g | Sat Fat: 6g | Cholesterol: 65mg | Carbohydrates: 10g | Fiber: 3g | Protein: 27g | Sodium: 300mg





Watermelon and Feta Salad



8 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

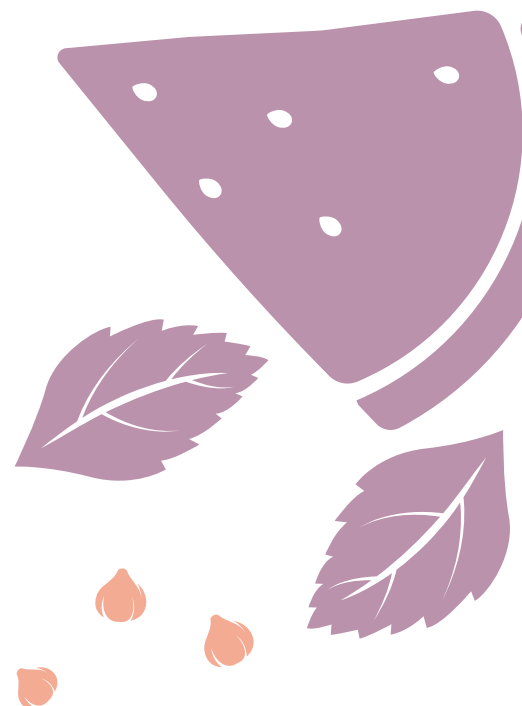
- 2 cups** dry quinoa
- 4 cups** vegetable broth, low-sodium
- ½ cup** extra virgin olive oil
- ¼ cup** lemon juice
- 2 Tbsp** lemon zest
- ¼ cup** fresh mint, chopped
- 12 cups** mixed greens
- 4½ cups** watermelon, cubed
- 1 cup** feta cheese, crumbled
- one and a half 15-oz cans** chickpeas, low-sodium
- ½ cup** raw pumpkin seeds
- salt and pepper to taste

Directions

- 1** Cook quinoa according to package instructions with vegetable broth.
- 2** In a small bowl, prepare dressing with olive oil, lemon juice, lemon zest, and mint.
- 3** In separate bowl toss mixed greens with half the dressing.

PLATING

- 1** Place 1 ½ cups of dressed greens at the base of the plate.
- 2** Top each with ½ cup cubed watermelon, ½ cup cooked quinoa, 1/3 cup of chickpeas, 2 Tbsp feta, 1 Tbsp pumpkin seeds.
- 3** Drizzle with additional dressing and season with salt and pepper.



Nutrition per serving

Calories: 500 | Fat: 26g | Sat Fat: 6g | Cholesterol: 15mg | Carbohydrates: 51g | Fiber: 10g | Protein: 17g | Sodium: 430mg



Cajun Chicken Spinach Salad with Watermelon Salsa



8 servings | J culinary journey



Ingredients

WATERMELON SALSA

- ½ bunch** fresh cilantro, minced
- 3 cups** watermelon, diced
- ½** medium red onion, minced
- 1** medium green pepper, deseeded, minced
- 1 Tbsp** ground cumin
- 3** garlic cloves, minced
- 1** lime, squeezed

CHICKEN SALAD

- 1 tsp** garlic powder
- 1 tsp** ground cumin
- 1 tsp** chili powder
- eight 4-oz** boneless skinless chicken breast
- 1 Tbsp** extra virgin olive oil
- ½ cup** green pepper, chopped
- ½ cup** red onion, chopped
- 4 Tbsp** balsamic vinegar
- ⅛ tsp** cayenne pepper
- 1 cup** chicken broth, low-sodium
- ½ cup** tomato juice, low-sodium
- 1 lb** fresh baby spinach
- non-stick cooking spray

Directions

WATERMELON SALSA

- 1 In a non-reactive bowl, combine all salsa ingredients and mix well to blend.
- 2 Set aside until needed.

CHICKEN SALAD

- 1 Combine the spices until well blended.
- 2 Season each side of chicken breast, set aside.
- 3 Place a non-stick sauté pan over medium heat and spray lightly with non-stick cooking spray.
- 4 Pan sear the chicken breast on both sides until lightly browned.
- 5 Remove chicken from pan and set aside.
- 6 In same non-stick sauté pan, add olive oil.
- 7 Add peppers and onions.
- 8 Sauté vegetable mixture until translucent.
- 9 Add vinegar, cayenne pepper, chicken broth, and tomato juice and bring to a simmer.
- 10 Add chicken breast and cook until internal temperature is 165° F.
- 11 Remove chicken and slice each breast into four slices.

Plating: Divide spinach among eight serving plates. Top spinach with sliced chicken breast, drizzle tomato sauce equally over the chicken breast. Garnish each plate with watermelon salsa.

Nutrition per serving

Calories: 200 | Fat: 4g | Sat Fat: 0g | Cholesterol: 65mg | Carbohydrates: 14g | Fiber: 3g | Protein: 29g | Sodium: 160mg



Lemony Lentil Salad



6 servings | **V** vegetarian **S** speedy preparation



Ingredients

- 12 oz** raw dry lentils
- 1/3 cup** lemon juice
- 1/3 cup** fresh dill
- 2 tsp** dijon mustard
- 1/4 tsp** salt
- 1 1/2 Tbsp** red wine vinegar
- 1/3 cup** extra-virgin olive oil
- freshly ground pepper,
to taste
- 1 cup** seedless cucumber,
diced
- 1/2 cup** red onion,
finely chopped
- 1 cup** feta cheese, crumbled
- 1** medium red bell pepper,
seeded, diced

Directions

- 1** Steam lentils until fully cooked and chilled.
- 2** Whisk lemon juice, dill, mustard, red wine vinegar, salt, and pepper in a large bowl. Gradually whisk in oil.
- 3** In a large bowl, combine lentils, feta, bell pepper, cucumber, and onion.
- 4** Add dressing, toss to coat.



Nutrition per 6 oz serving

Calories: 380 | Fat: 17g | Sat Fat: 4.5g | Cholesterol: 15mg | Carbohydrates: 41g | Fiber: 7g | Protein: 17g | Sodium: 320mg



Summer Peach Salad with Chickpeas



4 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

- 1 Tbsp** balsamic vinegar
- 3 Tbsp** extra virgin olive oil
- 1** garlic clove,
peeled and minced
- ¼ tsp** black pepper
- ½ tsp** dijon mustard
- 5 cups** spinach
- 2** peaches, sliced thin
- 2** avocados, diced
- ½** small red onion,
diced
- ¼ cup** goat cheese, crumbled
- ¼ cup** almonds, chopped
- one and a half 15-oz cans** chickpeas, low-sodium

Directions

- 1** To make the dressing, in a medium bowl whisk together balsamic vinegar, olive oil, minced garlic, black pepper and Dijon mustard.
- 2** In a large bowl, add spinach.
- 3** Drizzle with desired amount of dressing and toss together.
- 4** Top the salad with peach slices, diced avocado, red onion, goat cheese crumbles and almonds. Add the chickpeas.
- 5** Toss gently and serve.



Nutrition per 6 oz serving

Calories: 550 | Fat: 35g | Sat Fat: 6g | Cholesterol: 10mg | Carbohydrates: 48g | Fiber: 18g | Protein: 17g | Sodium: 350mg





Sides



Herb Roasted Tomatoes and White Beans **F V S 95**

Smoky Carrot “Hot Dog” **V 97**

Spicy Baked Jicama Fries **F V J 99**

Ginger Sesame Roasted Cauliflower and Broccoli **V S 101**

Sweet Pea and Farro Risotto with Ricotta Cheese **F V J 103**

Cardamom Roasted Cauliflower **F V S 105**

Red Beans and Rice **V J 107**

Kimchi Fried Rice **S 109**

Curried Basmati, Red Bean, and Sweet Potatoes Pilaf **F V S 111**

Herb Roasted Tomatoes and White Beans

A side dish utilizing all those summer garden tomatoes with flavors that will taste like it took all day to make. Very versatile recipe. Puree it into a delish dip, add other fresh garden vegetables and it's a quick summer entree.



10 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

- 5** plum tomatoes, cut in half lengthwise
- 1 Tbsp** olive oil
- ¼ tsp** salt
- ¼ tsp** black pepper
- 1 tsp** garlic, minced
- 2** sprigs rosemary, pick off sprigs
- 6** sprigs thyme, pick off sprigs
- 1 cup** vegetable broth, low-sodium
- 1½ Tbsp** olive oil
- 1 Tbsp** fresh garlic, minced
- ½ tsp** salt
- ½ tsp** black pepper
- two 15-oz cans** cannellini beans, low-sodium

Directions

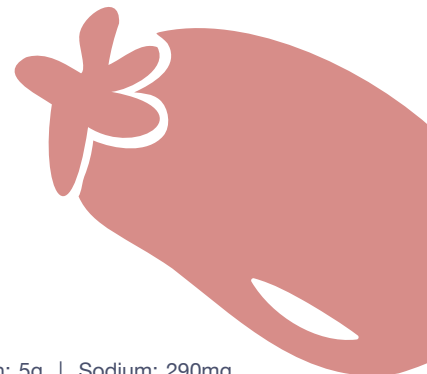
- 1** Preheat oven to 425° F.
- 2** Toss plum tomato with ¼ tsp salt and ¼ tsp pepper, garlic, rosemary, thyme, and 1 Tbsp olive oil.
- 3** Layout mixture on baking sheet in single layer.
- 4** Roast in oven for 10 minutes or until lightly browned.
- 5** Set tomatoes aside.
- 6** Using a sauce pot, heat 1 ½ Tbsp olive oil over medium heat.
- 7** Add garlic cook about 10 to 15 seconds.
- 8** Add roasted tomatoes, gently stirring while cooking for 30 to 45 seconds.
- 9** Add broth and cannellini beans, heat to a simmer.
- 10** Stir in ½ tsp salt and ½ tsp pepper.
- 11** Heat through and serve.

Nutrition per 4 oz serving

Calories: 130 | Fat: 4g | Sat Fat: 0.5g | Cholesterol: 0mg | Carbohydrates: 19g | Fiber: 7g | Protein: 5g | Sodium: 290mg

95 Sides

World Flavors: A Global Culinary Journey





Smoky Carrot “Hot Dog”

A vegetarian twist on a classic American summer staple.



8 servings | **V** vegetarian **J** culinary journey



Ingredients

- 8 medium size carrots, peeled and shaped to size of hot dogs
- $\frac{3}{4}$ cup vegetable broth, low-sodium
- $\frac{3}{4}$ cup apple cider vinegar
- $\frac{1}{8}$ cup soy sauce, low-sodium
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- $\frac{1}{8}$ tsp liquid smoke, 2 or 3 drops

Directions

- 1 In a bowl whisk together broth, vinegar, soy sauce, garlic powder, onion powder, paprika and liquid smoke.
- 2 Pour mixture into baking dish.
- 3 Add carrots to the mixture and toss and coat, cover and refrigerate overnight.
- 4 Preheat oven to 400° F.
- 5 Bake covered for 25 to 30 minutes, uncover and bake an additional 10 minutes until carrots are fork tender.
- 6 Remove from cooking liquid.
- 7 Serve as you would a regular hot dog (place on a whole grain bun with your favorite toppings, onion, mustard, relish, sauerkraut).

Nutrition per serving

Calories: 40 | Fat: 0g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 7g | Fiber: 2g | Protein: 1g | Sodium: 230mg



Spicy Baked Jicama Fries

Jicama is a root vegetable that contains vitamins, minerals, fiber, antioxidants, and prebiotics.



4 servings | **F** high fiber **V** vegetarian **J** culinary journey



Ingredients

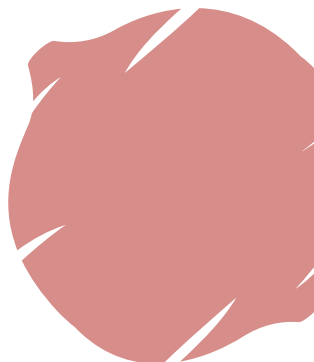
- 1 lb** Jicama peeled and cut into French fry sized pieces
- ½ tsp** salt
- 2 Tbsp** olive oil
- ½ tsp** onion powder
- ½ tsp** garlic powder
- ½ tsp** smoked paprika
- ¼ tsp** cayenne pepper
- ¼ tsp** black pepper

Directions

- 1** Preheat oven to 450° F.
- 2** Add salt to 8 cups of water in pot and bring to a boil.
- 3** Add jicama to boiling water, turn heat down to medium and gently simmer until al dente for approximately 8 minutes.
- 4** Drain and cool on baking sheet pan and pat dry with paper towels.
- 5** Mix all seasonings together.
- 6** Combine the seasonings, olive oil and jicama and place on dry sheet pan.
- 7** Bake for 20-24 minutes turning fries halfway through cooking time.

Nutrition per serving

Calories: 110 | Fat: 7g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 11g | Fiber: 6g | Protein: 1g | Sodium: 300mg





Ginger Sesame Roasted Cauliflower and Broccoli



4

servings



vegetarian



speedy preparation



Ingredients

- 1 Tbsp sesame oil
- 1 tsp sesame seeds
- 1 tsp ground ginger
- 1 Tbsp honey
- 2 oz rice wine vinegar
- ¼ tsp sea salt
- ½ tsp black pepper
- 4 cups cauliflower florets
- 4 cups broccoli florets

Directions

1

Preheat oven to 425° F.

2

In a small bowl, combine sesame oil, seeds, ginger, honey, rice wine vinegar, salt, and pepper.

3

Add broccoli and cauliflower to the mixture and toss to coat the vegetables.

4

Place vegetables on a sheet pan and roast in oven for 20 minutes.



Nutrition per serving

Calories: 100 | Fat: 4g | Sat Fat: 0.5g | Cholesterol: 0mg | Carbohydrates: 14g | Fiber: 4g | Protein: 4g | Sodium: 200mg

101 Sides

World Flavors: A Global Culinary Journey



Sweet Pea and Farro Risotto with Ricotta Cheese



12 servings | **F** high fiber **V** vegetarian **J** culinary journey



Ingredients

- 6 cups** vegetable broth, low-sodium
- 1 ½ lbs** farro
- non-stick cooking spray
- 1** medium red onion, diced
- 1** red bell pepper, diced
- 4** garlic cloves, diced
- 1½ cups** vegetable broth, low-sodium
- 3 cups** green peas
- ¾ tsp** salt
- ½ tsp** black pepper
- ¼ cup** fresh parsley, chopped
- ¼ cup** ricotta cheese, part-skim
- 2 tsp** parmesan cheese, grated

Directions

- 1** Place farro and 6 cups vegetable broth in a large stock pot.
- 2** Cover pot and simmer for 25-35 minutes or until farro is tender.
- 3** Place a sauté pan over medium heat, spray with non-stick cooking spray.
- 4** Add onion and red bell pepper and sauté for 2-3 minutes.
- 5** Add garlic and sauté for an additional 1 minute.
- 6** Combine mixture with cooked farro.
- 7** In the same pot add 1 ½ cups vegetable broth, green peas, salt, black pepper, and chopped parsley.
- 8** Bring the farro mixture to a simmer.
- 9** Remove pan from heat, fold in ricotta cheese and Parmesan cheese.



Nutrition per serving

Calories: 260 | Fat: 2.5g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 51g | Fiber: 9g | Protein: 8g | Sodium: 280mg

103 Sides

World Flavors: A Global Culinary Journey



Cardamom Roasted Cauliflower



10 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

- ½ cup** extra virgin olive oil
plus extra for greasing
baking dish
- 3** cardamom pods
- 3** dried red chilies
(optional)
- 1 Tbsp** coriander seeds
- 1 tsp** cumin seeds
- ½ tsp** whole peppercorns
- 2** heads cauliflower,
cored and broken into
medium florets
- 1** medium red onion,
halved and thinly sliced
- kosher salt for
sprinkling

Directions

- 1** Pre-heat oven to 425°F.
- 2** Grease a baking dish with some of the olive oil and set aside.
- 3** Grind the cardamom, chilies, coriander, cumin and peppercorns in a coffee grinder or small food processor until fine.
- 4** Mix the spices with the oil in a large bowl.
- 5** Add the cauliflower and onions and toss to coat.
- 6** Transfer the vegetables to a baking dish and roast until they're tender, about 30-45 minutes, stirring every 20 minutes.
- 7** Sprinkle with salt and serve.



Nutrition per serving

Calories: 149 | Fat: 10g | Sat Fat: 2g | Cholesterol: 0mg | Carbohydrates: 12g | Fiber: 5g | Protein: 5g | Sodium: 54mg

105 Sides

World Flavors: A Global Culinary Journey



Red Beans and Rice



10 servings | **V** vegetarian **J** culinary journey



Ingredients

- 15 oz can** red beans, low-sodium, drained and rinsed
- 4 Tbsp** olive oil
 - 1** small yellow onion, peeled and minced
 - 2** garlic cloves, minced
- 2 cups** vegetable broth, low-sodium
- 1 cup** long grain white rice
 - 2** bay leaves
- 1 tsp** adobo seasoning
- 1 tsp** kosher salt
- 1 tsp** black pepper
- ½ tsp** ground cloves
- ½ tsp** ground thyme
 - 1** jalapeno pepper, deseeded and minced

Directions

- 1** Heat oil in a large skillet over medium heat.
- 2** Add onion and garlic and cook until translucent.
- 3** Add red beans.
- 4** Add vegetable broth.
- 5** Stir in rice.
- 6** Add bay leaves, adobo, salt, pepper, cloves, thyme, and jalapeno pepper.
- 7** Bring mixture to a boil.
- 8** Simmer for 20 minutes.
- 9** Add more vegetable broth if the rice isn't tender.

Nutrition per serving

Calories: 160 | Fat: 6g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 23g | Fiber: 3g | Protein: 4g | Sodium: 230mg

107 Sides

World Flavors: A Global Culinary Journey





Kimchi Fried Rice



6 servings | S speedy preparation



Ingredients

- 1 cup dry brown rice
- 2½ cups vegetable broth, low-sodium
- 2 Tbsp sesame oil
- 3 whole eggs, whisked
- 1 medium carrot, shredded
- ½ lbs mushrooms, sliced
- ½ cup kimchi, drained
- 1 Tbsp fresh ginger, peeled and minced
- 1 clove garlic, minced
- ½ Tbsp sesame seeds
- 3 scallions, remove ends and chopped

Directions

- 1 Bring vegetable broth to boil.
- 2 Add brown rice, cover, and simmer for 20-30 minutes, set a side covered.
- 3 In a large skillet heat 1 Tbsp of sesame oil over medium heat.
- 4 Add whisked eggs until cooked, remove from pan, set a side.
- 5 Return skillet over medium heat.
- 6 Add 1 Tbsp sesame oil, add sliced mushrooms and cook for 2-4 minutes.
- 7 Add carrots and kimchi and cook for additional 4-5 minutes.
- 8 Add garlic, ginger, cooked rice for additional 4-5 minutes.
- 9 Combined scrambled eggs with rice mixture.
- 10 Serve in bowl and garnish with scallions and sesame seeds.



Nutrition per serving

Calories: 220 | Fat: 8g | Sat Fat: 1.5g | Cholesterol: 95mg | Carbohydrates: 28g | Fiber: 2g | Protein: 6g | Sodium: 105mg

109 Sides

World Flavors: A Global Culinary Journey



Curried Basmati, Red Bean, and Sweet Potato Pilaf



10 servings | **F** high fiber **V** vegetarian **S** speedy preparation



Ingredients

- 2 tsp** olive oil
- 2** garlic cloves, minced
- ½** medium red pepper, deseeded and diced
- 1 Tbsp** curry powder
- 10 oz** basmati rice
- 2 cups** vegetable broth, low-sodium
- 1** mango, peeled and diced
- 5 oz** fresh baby spinach
- 1** small sweet potato, peeled and small diced
- 8 oz can** kidney beans, low-sodium, drained and rinsed
- 1 tsp** sea salt
- 1 tsp** ground black pepper

Directions

- 1** In a two-quart stock pot over medium heat add olive oil.
- 2** Add garlic and red pepper and cook for 2 minutes.
- 3** Add in curry powder and cook until flavor is released, about 20 seconds.
- 4** Stir in the rice until coated.
- 5** Add broth, mango, and spinach.
- 6** Stir in sweet potato, kidney beans, salt, and pepper.
- 7** Bring to a simmer.
- 8** Cook the rice covered for 20 minutes or until the rice is tender.

Nutrition per serving

Calories: 180 | Fat: 2g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 14g | Fiber: 5g | Protein: 6g | Sodium: 320mg







Desserts



Baked Apple, Cranberry, and Pecan Oatmeal Bars	V S	115
.....		
Baklava	V J	117
.....		
Date Dessert Bars	V J	119
.....		
Matcha Berry Chia Pudding	V J	121
.....		
Mango, Chocolate, and Maple Syrup Chia Pudding	V J	123
.....		
Peach Crostata with Blueberries	V J	125
.....		
Lemon Ginger Poached Pears with Vanilla Yogurt Sauce	F V J	127
.....		

Baked Apple, Cranberry, and Pecan Oatmeal Bars



6 servings | V vegetarian S speedy preparation



Ingredients

- 1¼ cup oats
- ¼ cup brown sugar
- ½ cup pecans
- ¼ cup raisins
- ¼ cup dried cranberries
- ½ tsp baking powder
- 1 ½ tsp ground cinnamon
- ¼ tsp salt
- 1 egg white
- 1⅓ cups milk, fat free
- ½ tsp vanilla extract
- 1 Tbsp melted butter
- 1 medium Granny Smith apple, diced
- non-stick cooking spray

Directions

- 1 Preheat oven to 400° F.
- 2 In a bowl combine oats, brown sugar, pecans, raisins, dried cranberries, baking powder, cinnamon, and salt.
- 3 In a separate bowl, mix together egg whites, milk, vanilla.
- 4 Combine the egg mixture and dry mixture. Drizzle in butter.
- 5 Coat a 9 in x 9 inch pan with non-stick cooking spray.
- 6 Spread the apple slices evenly on the bottom of the pan.
- 7 Pour the oatmeal mixture over the apple evenly.
- 8 Bake for 25 minutes.
- 9 Allow mixture to rest. Cut into 6 pieces.



Nutrition per serving

Calories: 240 | Fat: 10g | Sat Fat: 2g | Cholesterol: 0mg | Carbohydrates: 35g | Fiber: 4g | Protein: 6g | Sodium: 250mg





Baklava



35 servings | **V** vegetarian **J** culinary journey



Ingredients

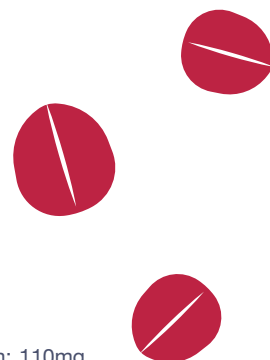
- 1 lb Athens phyllo
- 1¼ cups walnuts, chopped
- ½ cup granulated sugar
- 1 Tbsp cinnamon
- 2 cups water
- 1 lime, zest and juice
- ¼ cup melted butter

Directions

- 1 Preheat oven to 350° F.
- 2 In a medium bowl, mix walnuts, sugar, and cinnamon.
- 3 Prepare syrup: bring water to a boil, add sugar, cinnamon, and walnut mixture, lime zest, and half the lime juice. Reduce mixture to a medium syrup. Cool and set aside.
- 4 Brush a 17 x 12 inch half sheet pan with a small amount of the melted butter.
- 5 Place one phyllo at a time and brush each filo sheet with the melted butter. Repeat this procedure ten times. Always keeping dough covered to prevent the dough from drying out.
- 6 Spread walnut mixture over layered phyllo.
- 7 Place final 10 Phyllo sheets one by one on top of each other, brushing them with melted butter.
- 8 Cut dough into 7 columns by 5 rows and then diagonally across.
- 9 Place on a non-stick cookie pan and bake for 30-35 minutes or until golden brown.
- 10 Remove baklava from oven and cool for 15 minutes.

Nutrition per serving

Calories: 200 | Fat: 13g | Sat Fat: 2.5g | Cholesterol: 5mg | Carbohydrates: 19g | Fiber: 1g | Protein: 4g | Sodium: 110mg





Date Dessert Bars



24 servings | **V** vegetarian **J** culinary journey



Ingredients

- 40** large Medjool dates, pitted (~2 lbs)
- ½ tsp** ground cinnamon
- ½ cup** tahini
- 1 cup** walnuts, chopped
- 1 cup** dark chocolate chips

Directions

- 1** Line a baking dish with parchment paper, leaving ample overhang.
- 2** Add the dates and ground cinnamon to a food processor.
- 3** Process on high until dates turn into a thick paste, about 1-2 minutes.
- 4** Place date paste on the prepared baking dish using wet hands spread evenly across pan.
- 5** Spread tahini evenly on top of date paste layer, then sprinkle chopped walnuts on top.
- 6** Freeze until layers have hardened (overnight).
- 7** In microwave-safe container, add chocolate and melt in microwave.
- 8** Removed hardened bars from freezer and drizzle melted chocolate on top.
- 9** Freeze bars again for 30 minutes.
- 10** Cut into 24 bars.



Nutrition per serving

Calories: 220 | Fat: 9g | Sat Fat: 2.5g | Cholesterol: 0mg | Carbohydrates: 35g | Fiber: 4g | Protein: 3g | Sodium: 0mg



Matcha Berry Chia Pudding



5 servings | **F** high fiber **V** vegetarian **J** culinary journey

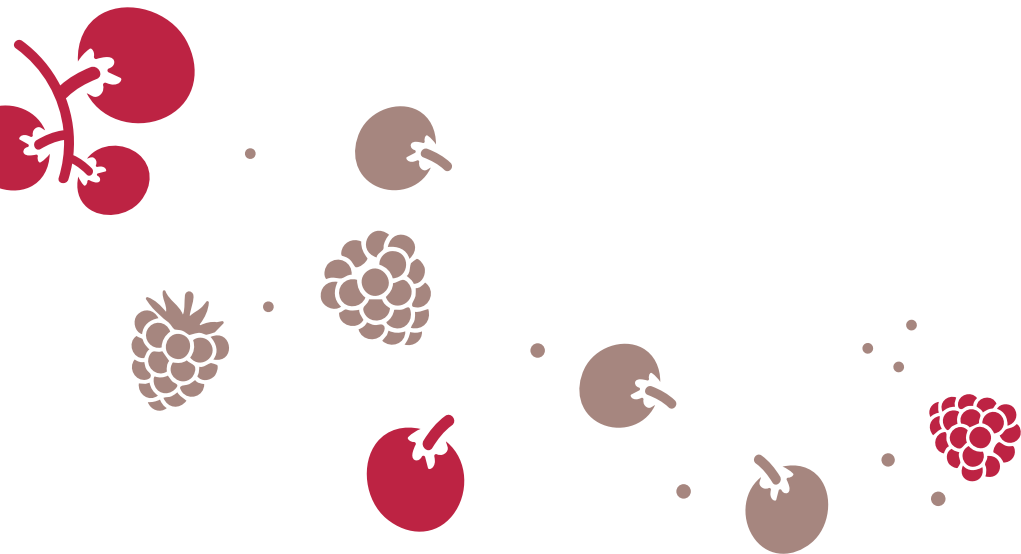


Ingredients

- 5 tsp matcha green tea powder
- 2½ cups oat milk
- ⅔ cup chia seeds
- 1 Tbsp honey
- 10 raspberries
- 10 blueberries

Directions

- 1 In a pot, add the green tea powder, oat milk, honey, and chia seeds. Whisk until combined.
- 2 Set aside and let it sit for 20 minutes to thicken.
- 3 Once thickened, place the pot on the stovetop over medium-high heat and stir continuously until it reaches a pudding consistency.
- 4 Divide into five cups and refrigerate overnight.
- 5 Garnish with fresh fruit before serving.



Nutrition per serving

Calories: 170 | Fat: 8g | Sat Fat: 1g | Cholesterol: 0mg | Carbohydrates: 19g | Fiber: 8g | Protein: 8g | Sodium: 50mg



Mango, Chocolate, and Maple Syrup Chia Pudding



10 servings | **F** high fiber **V** vegetarian **J** culinary journey

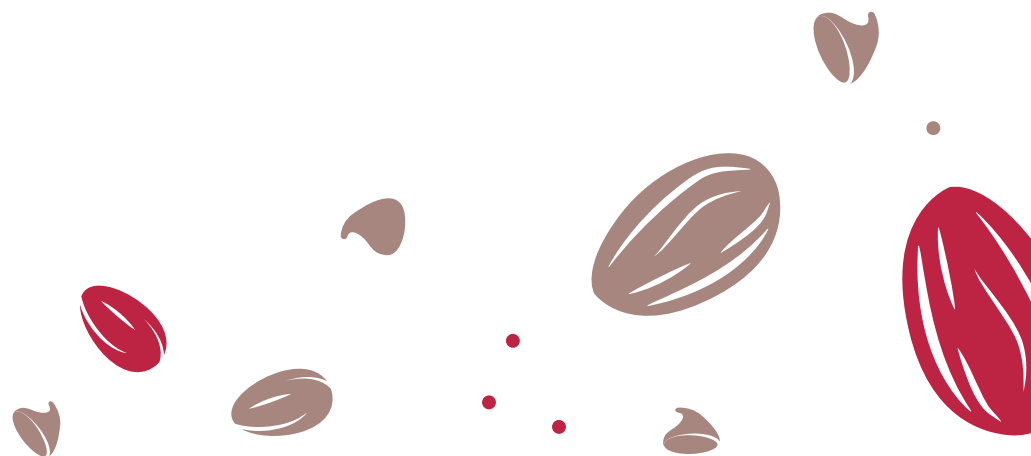


Ingredients

- 2 cups** almond milk, unsweetened
- 2 cups** plain Greek yogurt, low-fat
- ½ cup** cocoa powder
- 2 Tbsp** maple syrup, sugar free
- 2** dried dates, minced
- 1 cup** chia seeds
- 12 oz** mango, diced, frozen
- 2½ Tbsp** coconut flakes, toasted for garnish
- ¼ cup** dark chocolate, shaved

Directions

- 1** In a stainless bowl, combine almond milk, Greek yogurt, cocoa powder, maple syrup, and minced dates.
- 2** Place in refrigerator for 30-40 minutes.
- 3** Whisk in chia seeds.
- 4** Place the mixture back into the refrigerator for six hours.
- 5** In a parfait glass, assemble ingredients.
- 6** Alternate layers of chia seed mixture and mango until ¾ full.
- 7** Garnish the top of each parfait with toasted coconut and chocolate.



Nutrition per 6 oz serving

Calories: 240 | Fat: 13g | Sat Fat: 5g | Cholesterol: 5mg | Carbohydrates: 28g | Fiber: 11g | Protein: 11g | Sodium: 65mg



Peach Crostata with Blueberries

Crostatas, open faced rustic tarts, are so fun to prepare using the freshest ingredients and make a beautiful impactful presentation.



8 servings |  vegetarian  culinary journey



Ingredients

- 1¼ cups whole wheat flour
- 1 Tbsp whole wheat flour, for rolling the dough
- 6 Tbsp unsalted butter, cut into pieces
- ¼ tsp salt
- 7 Tbsp cold water
- 4 large peaches, sliced thin
- ½ cup blueberries
- 2 Tbsp cornstarch
- ⅓ cup brown sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 8 leaves of fresh mint

Directions

DOUGH

- 1 In a mixing bowl combine, first measured whole wheat flour and salt. Gradually add chilled butter pieces and cold water until a dough is formed.
- 2 Cover the dough and let rest for 30 minutes.
- 3 Place dough on clean kitchen surface and dust with second measured (1 Tbsp) whole wheat flour.
- 4 With a rolling-pin, roll dough into a 12 in circle.
- 5 Place the stretched dough on parchment paper.
- 6 Let dough rest for an additional 30 minutes.

FILLING AND ASSEMBLY

- 1 Preheat oven to 350° F.
- 2 In a separate bowl, mix the peaches, blueberries, corn starch, brown sugar, vanilla, and ground cinnamon.
- 3 Place peach and blueberry mixture in the middle of the stretched dough leaving a 3 in boarder.
- 4 Curl the edges of the dough slightly over the fruit mixture.
- 5 Place the crostata on parchment lined baking cookie pan and bake for 20-30 minutes or until golden brown.
- 6 Garnish with mint.

Nutrition per 6 oz serving

Calories: 230 | Fat: 10g | Sat Fat: 6g | Cholesterol: 25mg | Carbohydrates: 35g | Fiber: 4g | Protein: 4g | Sodium: 290mg

125 Desserts

World Flavors: A Global Culinary Journey





Lemon Ginger Poached Pears with Vanilla Yogurt Sauce

Poaching pears in lemon ginger tea infuses the fruit with a warm slightly spicy note that makes for uniquely delicious dessert.



8 servings | **F** high fiber **V** vegetarian **J** culinary journey



Ingredients

- 10 bags lemon ginger tea
- 4 cups water
- 2 cinnamon sticks
- 1 Tbsp sugar
- 4 pears, peeled, halved and core removed
- 8 Tbsp plain Greek yogurt, low-fat
- 2 tsp fresh ginger, peeled and minced
- 1 tsp vanilla extract
- 8 sprigs of mint
- 1 cup candied ginger

Directions

- 1 Add water, lemon ginger tea bags, sugar, and cinnamon sticks to a shallow round pan with a medium edge.
- 2 Place pan over high heat and bring to a simmer.
- 3 Remove pan from heat and let tea steep for 5 minutes.
- 4 Remove tea bags from liquid, leaving in the cinnamon sticks.
- 5 Add pears to the hot tea and cover with parchment paper.
- 6 Place pears over medium heat and poach for 24 minutes, flipping them halfway through.
- 7 Test for tenderness by inserting the tip of a paring knife into pears.
- 8 Remove pears from poaching liquid set aside and let cool.
- 9 Reduce the poaching liquid by two thirds, until a light syrup is created, about 10-15 minutes.
- 10 Brush pears with reduced liquid syrup.
- 11 In a stainless bowl combine yogurt, ginger, and vanilla extract.
- 12 Fill 1 Tbsp of yogurt sauce in the center of each poached pear.
- 13 Garnish with mint and candied ginger.

Nutrition per serving (½ a pear)

Calories: 100 | Fat: 1g | Sat Fat: 0g | Cholesterol: 0mg | Carbohydrates: 22g | Fiber: 6g | Protein: 2g | Sodium: 60mg

127 Desserts

World Flavors: A Global Culinary Journey





References

Addressing Nutritional Side Effects of Cancer Treatment Appendix

Loss of Appetite. Reduced appetite can lead to unintentional weight loss, muscle loss, and malnutrition, which may interfere with the treatment's effectiveness.

Nutrition Strategies

- Eat small, frequent meals throughout the day. Aim for 5-6 small meals a day, rather than 3 larger ones.
- Include nutrient-dense snacks like nuts, hummus and tortilla chips, or peanut butter on apple slices.
- Add high-calorie sauces, oils, nuts/seed or spreads to dishes.
- When your appetite is best, eat protein first. High-protein foods include fish, chicken, turkey, beans/lentils, eggs, and dairy products.
- Drink your nutrition! Try protein shakes, smoothies, milk shakes or commercial oral nutrition supplements as one of your small meals throughout the day.

Miscellaneous Tips

Stock up your favorite foods and beverages. Appetite is unpredictable, so when you feel hungry, grab your favorite food to make eating more enjoyable

Nausea and vomiting. Both nausea and vomiting can make eating difficult, leading to weight loss, dehydration, or malnutrition.

Nutrition Strategies

- Nausea may be worse on an empty stomach. Try small, frequent meals throughout the day. Aim for 5-6 small meals, rather than 3 larger meals.
- Odorless, soft-textured, and bland meals may be tolerated best such as soup with crackers, toast, yogurt, gelatin, popsicles, broths, and oatmeal.
- Stay hydrated. Clear liquids may be best tolerated, such as water, juices, tea, gingerale, broth, Italian ice, and popsicles.
- Peppermint, ginger, and lemon may help soothe nausea. Try sucking on hard candies such as lemon drops or peppermint.

Miscellaneous Tips

If the smell of food triggers symptoms, keep the kitchen well-ventilated when cooking by opening a window or using an overhead fan to help circulate air.

Diarrhea can lead to malabsorption of nutrients and cause dehydration.

Nutrition Strategies

- Eat small, frequent meals throughout the day. Aim for 5-6 small meals, rather than 3 larger ones.
- Stay hydrated. Try to drink at least 2 liters (about 65 ounces) of fluid a day to prevent dehydration.
- Try the BRAT Diet (bananas, rice, applesauce, toast). This diet may be recommended while experiencing diarrhea as it is low in fiber and easy-to-digest.
- Limit foods high in insoluble fiber. Remove the skin and seeds of fruits and vegetables. Cooked vegetables may be easier to digest.
- Limit high-fat foods that may be harder to digest. Choose lean protein such as chicken or turkey and low-fat or fat-free products as needed.
- Milk and milk products may worsen diarrhea for some. Use lactose-free or dairy-free alternatives as needed based on your tolerance.

Miscellaneous Tips

Soluble fiber dissolves in water to form a gel-like consistency to bulk stool, which helps slow down digestion and may lessen diarrhea.

- Examples include oats, nuts, seeds, beans, lentils, psyllium, apples, dates, carrots, oranges

Constipation can cause abdominal pain, gas, bloating, or the feeling of "fullness" when eating, making meal times challenging.

Nutrition Strategies

- Eat small, frequent meals throughout the day. Aim for 5-6 small meals, rather than 3 larger ones.
- Stay hydrated. Try to drink at least 2 liters (about 65 ounces) of fluid a day to prevent dehydration.
- Try the BRAT Diet (bananas, rice, applesauce, toast). This diet may be recommended while experiencing diarrhea as it is low in fiber and easy-to-digest.
- Limit foods high in insoluble fiber. Remove the skin and seeds of fruits and vegetables. Cooked vegetables may be easier to digest.
- Limit high-fat foods that may be harder to digest. Choose lean protein such as chicken or turkey and low-fat or fat-free products as needed.
- Milk and milk products may worsen diarrhea for some. Use lactose-free or dairy-free alternatives as needed based on your tolerance.

Miscellaneous Tips

Soluble fiber dissolves in water to form a gel-like consistency to bulk stool, which helps slow down digestion and may lessen diarrhea.

- Examples include oats, nuts, seeds, beans, lentils, psyllium, apples, dates, carrots, oranges

Sore mouth or mouth sores can be a barrier to eating well.

Nutrition Strategies

- Choose foods that are soft, easy to chew, and at room temperature or chilled. Hot food can irritate sores further. Examples are yogurt, mashed potatoes, ice cream, gelatin, and soft breads.
- Avoid irritating spices like hot sauce, chili powder, pepper-based sauces, and horseradish.
- Avoid citrus fruits like lemon, oranges, and grapefruit.
- Avoid tomato sauces and tomato juice.
- Avoid dry, crunchy foods such as crackers and toast.

Miscellaneous Tips

Drinking high-calorie and high-protein shakes can be a great way to ensure adequate nutrition. Try making your own smoothies and milkshakes or try a commercial oral nutrition supplement as a snack or meal replacement.

Source: American Institute for Cancer Research - Living Well with Cancer and Beyond

Taste Changes. Food may taste bland, bitter, overly sweet, or metallic. Taste changes can be unpredictable and may make eating challenging.

Nutrition Strategies

- Use mouth rinses such as water and baking soda, herbal tea or gingerale. Rinsing your mouth before and after eating may help rid the mouth of bad taste.
- Try hard candies such as lemon drops or mints. This can also help rid the mouth of bad taste.
- If food tastes bland or overly sweet, season foods with tart or sour flavors including lemon, citrus fruits, pickled foods, and vinegar.
- If food tastes bitter, include bland foods such as rice, oatmeal, or toast. Cold foods may be better tolerated.
- If food tastes metallic, use plastic or bamboo utensils. Avoid canned foods and food wrapped in aluminum foil.

Miscellaneous Tips

Consuming food cold or at room temperature may be better tolerated, as hot foods produce stronger flavors.

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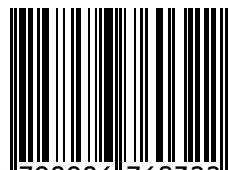
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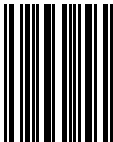
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