

Fall 2018

Lunch & Learn
Recipes

NOURISH
SEED-TO-PLATE-TO-PREVENTION



Fall 2018
Lunch & Learn

Knife Skills

WITH

NOURISH
SEED-TO-PLATE-TO-PREVENTION

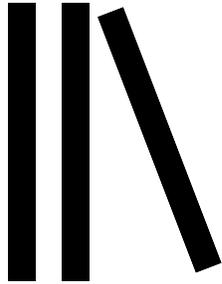
Fall 2018
Lunch & Learn



Knife Skills How To

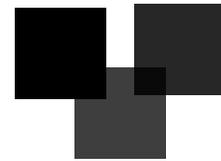
Julienne

1/8 in x 1/8 in x 2 1/2 in
long, thin slices



Small dice

1/4 in x 1/4 in x 1/4 in
small chunks



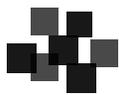
Dice

3/4 in x 3/4 in x 3/4 in
large chunks



Mince

Very small, imperfect cuts

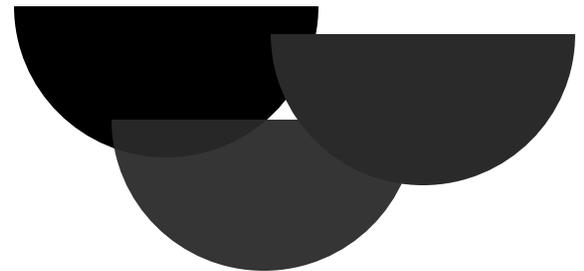


Chiffonade

Herbs or leafy greens sliced into long strips

Slice

even cuts



Watch our instructional video by scanning this QR code!

Summer Bruschetta

INGREDIENTS:

- 1 lb fresh tomatoes, various colors, cored & diced
- 1 bunch fresh basil, chiffonade
- 2 tsp balsamic vinegar
- 3 Tbsp extra virgin olive oil, divided
- 1 baguette (enough for 6 slices)
- 3 cloves garlic, minced
- Sea salt, to taste

DIRECTIONS:

Preheat oven to 350° F and line a baking sheet with parchment paper.

In a large bowl, combine diced tomatoes, thinly sliced basil, balsamic vinegar, salt, and 2 tablespoons of the olive oil.

In a separate small bowl, combine minced garlic and remaining tablespoon of olive oil.

Using a serrated knife, slice baguette into 1/4"-thick slices and lay them on the prepared baking sheet. Brush garlic-oil mixture onto the top of each bread slice.

Bake for 5-7 minutes, until lightly browned.

Remove toast from oven and set them on a serving tray. Top with bruschetta and serve.

HELPFUL TIPS:

Slicing the baguette very thinly reduces the amount of simple carbohydrates per serving and makes this a more vegetable-centered dish.

Look for a whole grain baguette to add a little extra fiber to your appetizer.

Nourish Program's Vegetable Stock

INGREDIENTS:

2 lbs mirepoix (2 parts onion, 1 part carrot, 1 part celery)

2 qts water

1 each Sachet d'Epices (3-4 parsley stems, 1 sprig of thyme, 1 bay leaf, 4- 5 black peppercorns, 1 garlic clove)

DIRECTIONS:

Place all ingredients into an appropriate size stockpot.

Bring to a simmer (180 - 185°F), skimming as necessary, and simmer until a balanced fresh vegetable flavor is attained, 45 minutes to 1 hour.

Remove from heat, strain and cool to room temperature.

Store in airtight containers in the refrigerator for 4-5 days or freezer for up to 4 months.

HELPFUL TIPS:

Don't know what to do with your vegetable scraps? Put them in your stock! You can save money and reduce food waste by using vegetables you already have on hand.

Quinoa Bowl

INGREDIENTS:

1 cup quinoa (uncooked)	Salt and pepper to taste
1 3/4 cups vegetable broth (or water)	4 cups kale, finely chopped
2 cloves garlic, minced	1 bell pepper, diced
2 Tbsp olive oil	1 large carrot, diced
1 lemon, juiced	½ cup crumbled feta

DIRECTIONS:

Add quinoa and vegetable broth to a medium saucepan and bring to a boil over medium-high heat. Cover and reduce heat to a simmer. Continue cooking until liquid has been absorbed (15-20 mins). Uncover and remove from heat. Let stand for 5 mins. Fluff with a fork and let sit until cool.

While quinoa is cooking, combine minced garlic, lemon juice to taste, salt, pepper and olive oil in a small bowl.

In a separate bowl, combine fluffed quinoa, kale, bell pepper, carrot, and feta. Toss with olive oil mixture and mix thoroughly. Chill and serve.

HELPFUL TIPS:

Cooking grains in low-sodium broth instead of water is a great way to add depth of flavor to dishes.

This recipe is for a cold salad, but you can alternatively sauté the vegetables and serve warm.

Simple Julienne Salad

INGREDIENTS:

1 cucumber
2 carrots (multicolored if possible)
1 broccoli stalk
1 bell pepper, yellow or red
1/4 red onion

Dressing ingredients:

1 garlic clove, minced
2 1/2 Tbsp olive oil
1 Tbsp lemon juice
1/2 tsp *Dijon mustard*
1 tsp pomegranate juice
1 tsp thyme
1/2 tsp honey
Salt & pepper to taste

DIRECTIONS:

Julienne all vegetables.

Add minced garlic and remaining dressing ingredients to a blender and blend well.

In a large bowl, toss the vegetables with the dressing to coat. Enjoy!

HELPFUL TIPS:

Making your own dressing ensures you know exactly what ingredients you're consuming and cuts down on added sugar and sodium.

Roasting Vegetables

WITH

NOURISH
SEED-TO-PLATE-TO-PREVENTION

Fall 2018
Lunch & Learn



Roasting Vegetables



FIRST,

Slice and chop vegetables

SECOND,

Toss with vegetable oil

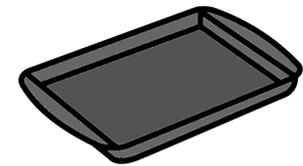


THIRD,

Season with herbs, pepper, or even a dash of salt!

FOURTH,

Place a piece of parchment paper on a baking sheet and spread vegetables in a single layer.



FIFTH,

Roast until tender and brown, flipping the vegetables once halfway through.



How long should you roast your vegetables at **375° F** ?



20 minutes or less:

20–30 minutes:

30 minutes or more:

Tomatoes, sliced
Asparagus, sprigs
Mushrooms, halved
Zucchini, sliced
Summer squash, sliced

Cauliflower florets
Broccoli florets
Onion, 1" pieces
Bell peppers, sliced
Eggplant, 1" cubes

Potato, wedges
Brussel sprouts, halved
Sweet Potato, wedges
Carrots, halved
Spaghetti Squash, halved

Roasted Fajita Veggies

INGREDIENTS:

2 bell peppers, variety of colors

1 poblano pepper

1 red onion

3 Tbsp canola oil

DIRECTIONS:

Preheat oven to 425°F.

Wash vegetables, and dry them well.

While the oven is pre-heating, slice bell peppers, poblano pepper, and onion into ¼ inch strips.

Combine sliced peppers and onions in a large bowl with oil. (Optional: add seasoning). Toss until vegetables are evenly coated.

Place a piece of parchment paper on a baking sheet, and spread vegetables onto the baking sheet in a single layer.

Place in oven and roast until vegetables are slightly browned, about 15 - 20 minutes.

HELPFUL TIPS:

Season your fajita vegetables for extra flavor!

Try adding:

2 garlic cloves, minced

1 tsp cumin

1 tsp chili powder

1 tsp Kosher salt

½ tsp paprika

½ tsp dried oregano

Balsamic Roasted Eggplant

INGREDIENTS:

3-4 medium sized Asian eggplant (cut into 1/4-
inch rounds) 2 tsp fresh thyme leaves
2 cloves fresh garlic, minced 2 Tbsp olive oil
1 tsp balsamic vinegar reduction Salt, to taste

DIRECTIONS:

Preheat oven to 425°F.

Line baking sheet with parchment paper.

Combine eggplant, olive oil, thyme, and garlic in large bowl. Toss eggplant rounds and ensure all slices are coated on both sides.

Arrange eggplant rounds in one layer on baking sheet.

Roast in oven for 25 - 30 minutes, or until brown.

Sprinkle eggplant with salt and drizzle with balsamic vinegar reduction before serving.

HELPFUL TIPS:

To avoid soggy roasted vegetables, add salt *after* cooking eggplant, summer squash, and other moisture-rich vegetables to prevent water from drawing out of the cell walls.

Roasted Harissa Sweet Potatoes

INGREDIENTS:

4 medium sweet potatoes, cubed (~1lb)

2 Tbsp olive oil

2 Tbsp Harissa spice

Salt and pepper, to taste

DIRECTIONS:

Preheat convection oven to 375°F (or conventional oven* to 400°F).

Wash sweet potatoes, then dry thoroughly and cut into large pieces.

In a large bowl, toss cut sweet potatoes with olive oil, Harissa spices, salt and pepper.

Line a sheet pan with parchment paper and spread sweet potatoes on the pan.

Roast for 30 minutes. Potatoes should be soft on the inside and crisp on the outside. (Keep an eye on them to make sure they don't burn!)

Remove from oven and serve warm.

*If using a conventional oven, turn the potatoes halfway through the cooking time.

HELPFUL TIPS:

Harissa spice can be used to season many different things – meats, roasted vegetables, salad dressing, scrambled eggs, or hummus.

Sweet Potato Breakfast Hash

INGREDIENTS:

2 cups leftover Roasted Harissa Sweet Potatoes
4 eggs
2 green onions, sliced thinly
Non-Stick Spray

DIRECTIONS:

Spray a large skillet with non-stick spray.

Over medium heat, warm 2 cups of leftover sweet potatoes in the skillet for about 5 minutes.

Add the sliced green onions and stir.

Spread sweet potatoes into an even layer in the skillet and make 4 small wells.

Crack 1 egg into each well and cover with a lid.

Cook over medium-high heat about 5-7 minutes until desired doneness. Serve hot.

HELPFUL TIPS:

Cover your pan to help cook the eggs on the top as well as the bottom. To create more steam, add 1 tablespoon of water to the pan.

Roasted Brussels Sprouts

INGREDIENTS:

- 1 lb Brussels sprouts, quartered
- 2 Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp ground pepper

DIRECTIONS:

Preheat convection oven to 375°F (or conventional oven* to 400°F). Line a baking sheet with parchment paper.

In a medium bowl, toss Brussels sprouts with olive oil, salt, and pepper. Spread on baking sheet and roast for 20-30 minutes.

Serve immediately.

*If using a conventional oven, turn the vegetables halfway through the cooking time.

HELPFUL TIPS:

You can play with the flavors by adding garlic, smoked paprika, thyme, and Italian seasoning. If you want to flavor with a balsamic glaze or lemon juice, add after roasting the vegetables.

Rosemary Roasted Potatoes

INGREDIENTS:

2 lbs Russet potatoes, washed and dried

2 Tbsp extra virgin olive oil

Salt and pepper, to taste

2 Tbsp rosemary

DIRECTIONS:

Preheat convection oven to 375°F (or conventional oven* to 400°F). Line a baking sheet with parchment paper.

Cut potatoes into large pieces.

In a large bowl, toss cut potatoes with olive oil and spices. Spread onto prepared baking sheet.

Roast for 30-35 minutes. Potatoes should be soft on the inside and crisp on the outside. Keep an eye on them to make sure they don't burn!

Serve immediately.

*If using a conventional oven, turn the potatoes halfway through the cooking time.

HELPFUL TIPS:

You can play with the flavors by adding garlic, smoked paprika, thyme, and Italian seasoning.

If you want to flavor with a balsamic glaze or lemon juice, add after roasting the vegetables.

Blanching & Sautéing

WITH

NOURISH
SEED-TO-PLATE-TO-PREVENTION

Fall 2018
Lunch & Learn



BLANCHING

- a cooking technique that involves submerging fruits or vegetables in boiling water for a short period of time, followed by shocking the produce in ice water to stop the cooking process and preserve color, texture, and nutrients of the produce



Step 1:

- Bring a large pot of water to a rolling boil.
- Prepare a large bowl of ice water.



Step 2:

- Add vegetables to boiling water for ~1-7 minutes, depending on the item.



Step 3:

- Transfer the vegetables to the bowl of ice water. Remove from the ice bath once cool.

Use blanching to add a fresh pop of color, for canning in a mason jar, or as a precursor to freezing or drying produce.



INTRO TO SAUTEING

What is sautéing?

- a cooking technique that involves heating a small amount of fat in a pan over medium to high heat
- foods are cooked in the hot fat, with frequent stirring or tossing to prevent burning



Why sauté?

- Saves time when cooking vegetables or meat
- Easy to perform
- Requires minimal equipment
- Versatile by changing the stirring frequency or cooking temperature

Tips & Tricks

- Wait until the fat is hot enough before putting the food in the saucepan
- Don't overcrowd the saucepan, which increases cooking time
- Make sure food is dry before putting it in the saucepan
- Use light olive oil for its high smoke point and omega-3 fatty acids content

Easy to sauté vegetables:

RED PEPPERS

ONIONS

POTATOES

EGGPLANT

MUSHROOMS

BROCCOLI

ZUCCHINI

SQUASH

GREEN BEANS

Charred Green Beans & Ricotta

INGREDIENTS:

1 lb. green beans, ends trimmed
1 medium shallot, julienned
1-2 cloves garlic, minced
2 Tbsp olive oil
1/4 tsp each salt & pepper

Ricotta spread:

1/2 cup ricotta
2 Tbsp olive oil
2 lemons, 1 zested & 1 wedged (optional)
1/4 tsp each salt & pepper

DIRECTIONS:

Over high heat, bring 12 cups of water to a rolling boil. Prepare an ice bath in a large bowl. Add green beans to the pot of boiling water and cook for 2-3 min., or until vibrant. Remove with a slotted spoon and place into ice bath immediately. Pat the beans completely dry with paper towel. In a medium skillet, heat 2 Tbsp. olive oil over medium-high heat until oil is shimmering and hot. Add green beans, garlic and shallots to pan. You should hear a sizzling sound. Cook for up to 10 min. with minimal stirring.

In a separate bowl, use a fork to whip ricotta, 2 Tbsp. olive oil, salt & pepper for 2 min.

Serve green bean mixture topped with dollops of ricotta. Garnish with lemon zest and wedges.

HELPFUL TIPS:

Avoid over-stirring green beans, which will prevent them from becoming charred.

If you prefer crispy pan-fried shallots, begin sautéing shallots before adding green beans and garlic.

Orange Curry Cauliflower Salad

INGREDIENTS:

1 head of cauliflower
1/3 cup chopped green onions
1/2 cup sliced almonds, roasted
1/2 cup raisins

For the dressing:

1/3 cup finely chopped cilantro
2 Tbsp olive oil
Juice of 1/2 of an orange
(about 1/3 cup)

1 1/2 tsp curry powder
1/2 tsp fresh ginger, grated
1/2 cup plain, fat-free Greek yogurt
1/2 tsp salt

DIRECTIONS:

Chop cauliflower into bite-size florets and set aside.

In a large pot, bring 12 cups of water to a rolling boil. Meanwhile, make an ice bath in a large bowl.

In a small bowl, whisk together the dressing ingredients and set aside.

Once water is boiling, add cauliflower to the pot and cook until tender, ~ 3-4 minutes. Immediately move cauliflower to the ice bath and let cool ~3-4 min. before removing from the ice bath.

Strain and pat cauliflower dry.

Drizzle dressing over vegetables and combine green onions, raisins and roasted almonds.

Serve immediately or place in the refrigerator to enjoy later.

HELPFUL TIPS:

Depending on size of cauliflower pieces, blanching time may vary.

Be sure to thoroughly dry cauliflower to prevent the dressing from sliding off.

Blanched Bok Choy with Roasted Tomatoes

INGREDIENTS:

3 heads baby bok choy
1/2 cup cherry tomatoes, roasted
1 Tbsp sesame seeds

Lime Vinegar Dressing:

2 oz light soy sauce
3 oz black vinegar (or lime juice)
1 1/2 tsp sesame oil
1 Tbsp honey
1 garlic clove, minced

DIRECTIONS:

Cut off the bunched ends of the bok choy.

In a large pot, bring 12 cups of water to a rolling boil.

Meanwhile, pour ingredients for dressing in a mason jar and shake until mixed thoroughly.

Add bok choy to boiling water for 2-3 minutes.

Remove bok choy from boiling water, and place in an ice bath for ~1 minute.

Remove bok choy from ice bath, strain, and dry.

Add the roasted tomatoes, and pour dressing over the vegetables to serve.

HELPFUL TIPS:

Not a fan of bok choy? Try chrysanthemum greens or gai lan (Chinese broccoli)!

Preserve the crunchy texture of greens by not over-boiling.

For a softer texture, try sauteeing.

Dark leafy greens are rich in vitamins A, C, and K.

Lemon Basil Zoodles

INGREDIENTS:

2 Tbsp olive oil

4 yellow squash or zucchini, spiralized

1 garlic clove, minced

1/4 tsp red pepper flakes

1/4 tsp cumin

2 Tbsp lemon juice

1 tsp thyme

6-8 basil leaves, chiffonade

Salt and pepper, to taste

DIRECTIONS:

Heat a large saucepan over medium heat and add oil.

Once the oil is hot, add spiralized yellow squash to the pan.

Use tongs to move squash in the pan, coating it with the hot oil, and allow it to cook for 1-3 mins.

Add garlic, red pepper flakes, and cumin and mix to combine.

Add lemon juice into an empty space in the pan and allow to reduce (thicken) before mixing thoroughly with the squash noodles.

Continue cooking until squash noodles are *al dente*.

Remove pan from the heat and stir in the basil and thyme before serving.

HELPFUL TIPS:

The heat of the pan and the amount of squash will change the cooking time.

Top with Parmesan cheese for a tangy delicious surprise!

Purees &
Dips
WITH

NOURISH
SEED-TO-PLATE-TO-PREVENTION

Intro to Purees

- The verb puree means to process food by mashing, straining, or chopping it very finely in order to make a smooth paste.
- The noun puree is also the name of the product produced using this technique.

Purees Can Be:

- Served alone
- Blended until smooth or chunky
- Added as an ingredient in other dishes



Equipment Needed:

- A food processor creates a smooth puree
- A food mill, ricer, or sieve create a rough puree



Helpful Tips:

- Over processing starchy vegetables in a food processor or blender may cause them to become gluey
- Adding more vegetables to your puree increases the nutritional value
- Try a puree with spinach, carrots, parsnips, cauliflower, butternut squash, or peas!

Building Better Dips

- A dip is a mixture of ingredients that complement other foods, such as raw veggies or chips, that are dipped into it.

Step 1: Veggie Base

- Having vegetables as the main ingredient increases the nutritional value of the dip
- Add eggplant, beets, carrots, spinach, squash, and red onions for both flavor and color



Step 2: Mix-ins

- The addition of a hummus or bean puree creates a creamy and protein-packed dip
- Include herbs and spices for creativity with flavor

Step 3: Texture

- Using a blender or food processor, add bulk to the vegetable packed dip to increase thickness
- Examples include toasted nuts or seeds and raw vegetables

Helpful Tip:

- Including leftover vegetables prepared with another cooking technique, like roasted vegetables, helps to reduce kitchen waste and adds great flavor!

Beet Hummus

INGREDIENTS:

2 medium beets

1 15 oz. can chickpeas, rinsed and drained

1 1/2 Tbsp lemon juice

1 lemon, zested

1 Tbsp + 3 Tbsp olive oil

3 Tbsp tahini

1/2 tsp salt

1/2 tsp cumin

2 cloves garlic

DIRECTIONS:

Wash and peel beets. Cut beets into medium dice, lightly salt, and toss in 1 Tbsp olive oil.

Roast at 425°F for 15 to 20 minutes, until fork tender.

Blend beets and chickpeas together in a food processor until slightly combined.

Add in the rest of the ingredients and blend until fully incorporated and smooth, about 1 minute.

Serve with assorted veggies, chips, or pita for dipping.

HELPFUL TIPS:

Traditional hummus is made with chickpeas. Replace half the chickpeas with vegetables such as spinach, carrots, or beets for a veggie-packed twist on hummus.

Use peanut butter or other nut butters from your pantry as an alternative to tahini.

Cauliflower & Potato Puree

INGREDIENTS:

1 lb cauliflower

1 lb yukon gold potatoes

2 Tbsp unsalted butter

2 cloves garlic

1/4 - 1/2 cup low-fat milk, as needed

1 tsp black pepper

1 1/2 tsp salt

2 Tbsp chives, chopped

DIRECTIONS:

Boil cauliflower and potatoes until tender: 15 mins for cauliflower and 30 mins for potatoes.

Drain the vegetables.

Puree vegetables together with the butter and garlic in a food processor. Add milk gradually until you reach desired consistency, tasting as you go.

Stir in pepper, chives, and salt to taste. Serve warm.

HELPFUL TIPS:

To obtain a nice deep flavor, try roasting the vegetables with a little olive oil, salt and pepper before pureeing with the remaining ingredients

To increase nutritional value and add color to the dish, add more veggies to the puree, like spinach or peas.

Substitute potatoes for sweet potatoes or carrots.

Substitute cauliflower for broccoli.

Sweet Corn and Yellow Squash Soup

INGREDIENTS:

2 Tbsp olive oil	2 cups corn, fresh (about 2 large ears) or frozen
1 shallot, thinly sliced	1/8 tsp nutmeg
1 pound yellow squash, halved and thinly sliced	salt and pepper to taste
2 Tbsp dry white wine	1 Tbsp lemon juice
1 tsp fresh thyme	
2 cups vegetable stock	

DIRECTIONS:

Heat oil in large pot over medium heat until shimmering. Add shallot and cook until softened and translucent, about 1 minute.

Add squash, salt lightly, increase heat to med-high heat, and cook until squash has released most of its liquid, cooked down substantially, and is browned in spots (about 10 minutes).

Reduce heat to medium, add wine and fresh thyme and cook until wine has almost entirely evaporated, another 2 to 3 minutes.

Add stock and corn, bring mixture to a boil, then reduce to a simmer and cook, covered, until corn is lightly cooked (5 minutes).

Remove from heat, allow to cool slightly, then transfer to blender. Add nutmeg and place lid on blender with vent open. Cover vent with a kitchen towel and blend. Start at lowest speed and increase slowly, until smooth. Stop blender and season to taste. Before serving, stir in lemon juice.

HELPFUL TIPS:

Select long and slender summer squash, which tend to be sweeter and have fewer seeds than those with more girth.

Roasted Vegetable Romesco Dip

INGREDIENTS:

- | | |
|---|-------------------------|
| 1 medium eggplant, cubed | 3 cloves garlic |
| 2 red bell peppers, seeded and chopped | 2 Tbsp red wine vinegar |
| 1 red onion, chopped into big chunks | 1 Tbsp smoked paprika |
| 5 Tbsp olive oil | 1 tsp cayenne |
| 1/2 cup dry roasted whole almonds, unsalted | 1 tsp salt |
| | 3 Tbsp parsley, chopped |

DIRECTIONS:

Pre-heat oven to 400°F. Line a baking sheet with parchment paper.

Place prepared eggplant, peppers, and onion in a medium bowl. Drizzle with 2 Tbsp olive oil and toss to combine. Pour vegetables onto prepared baking sheet, spaced evenly.

Roast vegetables for 30 minutes, tossing half-way. Let cool for 20 minutes.

In a food processor, finely chop almonds, half the roasted vegetables, and 3 Tbsp olive oil.

Add remaining vegetables, garlic, red wine vinegar, paprika, cayenne, salt, and 2 Tbsp parsley to the food processor. Process to a coarse dip consistency.

Transfer to a small bowl, garnish with 1 Tbsp parsley, and serve at room temperature with pita, carrot sticks, celery, or other raw vegetables.

HELPFUL TIPS:

Make sure roasted vegetables are fully cooked and soft.

Allow vegetables to cool all the way before processing.

Tex-Mex Black Bean Hummus

INGREDIENTS:

2 red bell peppers, seeded, chopped into 1" pieces	2 Tbsp lime juice
1 red onion, chopped into 1" pieces	1 tsp ground cumin
1 can of black beans, rinsed	1/4 tsp salt
3 Tbsp olive oil, divided	1 garlic clove, peeled
2 Tbsp tahini	1/2 small jalapeno pepper, seeded

DIRECTIONS:

Preheat oven to 400°F. Line a baking sheet with parchment paper.

Place chopped bell pepper and red onion in a medium sized bowl. Drizzle with 1 Tbsp olive oil and toss to combine. Pour vegetables on the prepared baking sheet.

Roast vegetables for 20-25 minutes, tossing half-way. Let cool for 20 minutes.

In a food processor, blend black beans with roasted vegetables until slightly combined.

Add in the rest of the ingredients and blend until fully incorporated and smooth, about 1 minute.

Serve with assorted veggies, chips, or pita for dipping.

HELPFUL TIPS:

Traditional hummus is made with chickpeas but this is an inexpensive way of making a dip with leftover roasted vegetables and beans from your pantry.

Salsas & Sauces

WITH

NOURISH
SEED-TO-PLATE-TO-PREVENTION

Fall 2018
Lunch & Learn



Salsas

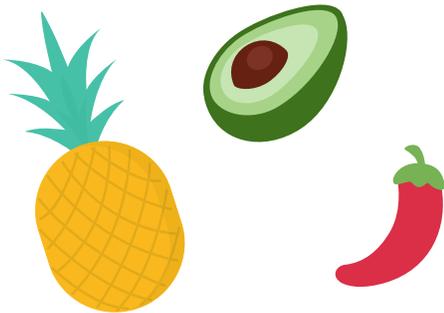
MAKE YOUR OWN!

CREATE YOUR BASE

- Start with a base of vegetables or fruit of choice
- Dices can be large (chunky), very small, or pureed (smooth)
- Fruits & vegetables can be raw or cooked



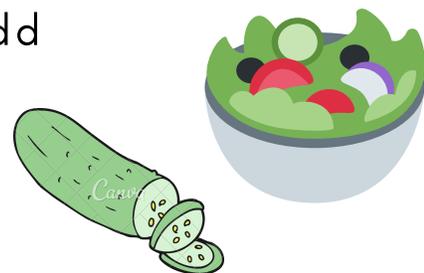
MAKE ADDITIONS



- pineapple
- mango
- strawberries
- cucumber
- avocado
- onion
- corn
- beans
- peppers
- cilantro

WHAT CAN I USE THEM WITH?

- Serve salsas by themselves or add to your favorite dishes
- They make tasty toppings for tacos, grilled meats, salads, grilled vegetables, and rice bowls.



S A U C E S

WAYS TO ADD YOUR
OWN FLAVOR TO
VEGETABLES



THE BASICS

ROUX-THICKENED

1 Tbsp flour + 1 Tbsp butter + liquid

Example: gumbo, creamy sauces, soups, cauliflower béchamel

Suggestion: use pureed vegetables instead of roux



STARCH-THICKENED

1 tbsp starch + 1 tbsp water + liquid

Example: Teriyaki sauce, Thai peanut glaze, warm vinaigrette dressing

Suggestion: toss sauce with sauteed vegetables such as carrots or cabbage

VEGETABLE-BASED

Vegetables make up the majority of these sauces, naturally thickening them

Example: marinara sauce, Romesco

Suggestion: add aromatic vegetables and herbs for extra flavor



Sauteed Cabbage w/ Thai Peanut Glaze

INGREDIENTS:

1 Tbsp peanut butter, creamy	1 tsp ginger, grated	1 1/2 tsp canola oil
1 Tbsp soy sauce	2 garlic cloves, minced	2 cups purple cabbage, roughly chopped
1 Tbsp honey	1 tsp sesame oil	1 cup carrots, shredded
1 1/2 Tbsp lime juice, fresh	1/2 tsp cornstarch, for thickening	1/2 tsp sriracha sauce (optional)
2 Tbsp cilantro, chopped	3/4 cup water	

DIRECTIONS:

In a medium mixing bowl, combine all the ingredients, except canola oil, cabbage, and carrots, until uniform.

In a large non-stick pan over medium-high heat, add the canola oil. Once the oil is hot, add the cabbage and carrots, and saute until tender.

Pour the peanut sauce mixture into the skillet over the cabbage and carrots and bring to a boil. The glaze will thicken upon boiling. The dish is ready to serve when the glaze coats the back of a spoon.

HELPFUL TIPS:

Thai peanut glaze can also be served with brown rice or other roasted vegetables.

Including sriracha sauce adds a delightful spice.

Pineapple Cucumber Salsa

INGREDIENTS:

2 medium cucumber, diced
1/2 pineapple, diced (~2 cups)
1/2 red onion, diced (~1/2 cup)
1/2 tsp ground black pepper
1/2 tsp salt
1 lime, juiced

1 medium tomato, diced
1 clove garlic, minced
1 jalapeño, diced (optional)
1/4 cup cilantro, finely chopped
1/4 cup mint, finely chopped
Pinch of cinnamon and cayenne

DIRECTIONS:

Mix together diced cucumber, pineapple, red onion, tomato, garlic, and jalapeño in a large bowl. Add salt, pepper, cilantro, mint, and lime juice. Stir until well mixed. Serve with your favorite tortilla chips.

HELPFUL TIPS:

Salsa is an easy way to incorporate fruits and vegetables into your favorite meals. Use as an appetizer with tortilla chips, or put it on top of your favorite tacos. Exchange pineapple for diced mango for a different tropical flavor.

Italian Salsa

INGREDIENTS:

3 tomatoes, diced

1/2 cup of Kalamata olives, roughly chopped

2 Tbsp capers

2 Tbsp basil, thinly sliced

1 clove of garlic, minced

2 Tbsp olive oil

1 Tbsp lemon juice

1/2 tsp salt

1/2 tsp ground black pepper

DIRECTIONS:

In a large bowl, mix together tomatoes, kalamata olives, capers, basil, and garlic.

Add olive oil, lemon juice, salt, and ground pepper. Mix until well combined.

Serve as bruschetta or with pita chips.

HELPFUL TIPS:

This salsa is a quick and simple way to spice up a meal.

Slice bread thinly and lightly brush with olive oil for a perfectly toasted finish.

Try serving with baked chicken breast over a bed of greens for a fresh summer meal.

Cauliflower Bechamel

INGREDIENTS:

1/2 head cauliflower

3 cups milk

1 tsp dried thyme

1/2 tsp salt

1/2 tsp pepper

DIRECTIONS:

Break the cauliflower down into medium sized florets.

In a heavy-based saucepan, add the cauliflower and milk. Cook on low heat, and simmer until tender.

Add the cauliflower and milk product into the blender.

Blend on low speed for 30-60 seconds, and add salt and pepper to taste.

Blend on high for another 60 seconds, or until smooth.

Serve immediately or refrigerate up to 7 days.

HELPFUL TIPS:

Add less milk for a thicker sauce.

Pair this sauce with other vegetables or pastas.

Make cauliflower Alfredo sauce, creamy cauliflower garlic rice, or lasagna with this bechamel as the base.

Butternut Squash Noodles with Cauliflower Alfredo

INGREDIENTS:

1/2 tsp olive oil

2 cups butternut squash noodles

1/2 cup peas

4 cups cauliflower béchamel

3 cloves garlic

1/3 cup Parmesan cheese

1 tsp lemon juice

1/4 cup chopped parsley

DIRECTIONS:

Heat up a pan until hot, add the olive oil, butternut squash noodles, and peas. Cook until al dente and set aside.

Add the cauliflower béchamel into a blender.

Blend on low and add the garlic, Parmesan cheese, and lemon juice.

Add enough cauliflower Alfredo sauce to coat the butternut squash noodles and peas.

Top with parsley and serve.

HELPFUL TIPS:

This vegetable-based sauce cuts out the butter and heavy cream found in a traditional Alfredo sauce.

Add pumpkin spice and sage to make the dish more seasonal.

Salads & Dressings

WITH

NOURISH
SEED-TO-PLATE-TO-PREVENTION



Fall 2018
Lunch & Learn

How to Make a Hearty Salad

You can follow MyPlate guidelines to make your salad a balanced meal:
1/2 vegetables, 1/4 whole grains, 1/4 protein.

**Start with veggies and greens, then add complex carbs and protein.
Spice it up with healthy fats, fruits, and fun add-ins!**

Veggies

Fresh veggies: corn, bell peppers, beets, cucumbers



Roasted veggies: cauliflower, Brussels sprouts, squash, sweet potatoes

Whole Grains

Farro, brown rice, bulgur, quinoa

Healthy Fats

Avocado



Nuts and seeds: pistachios, almonds, pepitas, sunflower seeds

Homemade dressing of choice

Fun Add-Ins

Herbs (cilantro, parsley, basil, mint)

Pickled onions

Corn tortilla strips



Greens

Spinach, romaine, arugula, cabbage, kale, spring mix



Proteins

Eggs, edamame, black beans, grilled tofu, chickpeas, lentils



Fruits

Dried cranberries, golden raisins, strawberries, pomegranate seeds, mandarin oranges

Dressings 101

Vinaigrette

1 part acid
+ 2 parts oil
+ flavor to taste

Add flavor

Herbs
Shallots
Mustard
Garlic
Ginger

Pair with an acid

Lemon juice
Lime juice
Vinegar
Soy Sauce

Choose an oil

Olive oil
Avocado oil
Sesame oil
Canola oil



Creamy

3 parts creamy ingredient
+ 1 part flavor
+ liquid to thin

Add flavor

Herbs
Soy Sauce
Scallions
Garlic
Blue Cheese
Anchovies

Pair with a liquid

Lemon juice
Lime juice
Water

Choose a creamy ingredient

Greek yogurt
Avocado
Nut butter or tahini
Pureed beans

Calories count! 1 Tbsp of oil contains 120 calories, so use dressings sparingly.

Chimichuri & Roasted Veggie Salad

INGREDIENTS:

Dressing:

- 3 cloves garlic, peeled
- 1 medium jalapeno pepper
- 1/2 bunch each: cilantro & flat leaf parsley
- 2 Tbsp oregano
- 1 tsp red pepper flakes
- 1/3 cup red wine vinegar
- 1/3 cup olive oil
- 1 Tbsp lime juice

Salad:

- 1/2 cup roasted sweet potatoes
- 1/2 cup roasted Brussels sprouts
- 1/2 cup roasted cauliflower
- 1/2 cup roasted carrots
- 1 cup cooked farro
- 1 cup chopped greens (romaine, spinach, or other)
- 1 Tbsp fresh herbs from the garden

DIRECTIONS:

Add all dressing ingredients to a food processor. Pulse until combined.

Roast vegetables according to vegetable roasting guidelines.

Cook farro according to package directions.

In a large bowl, combine all salad ingredients.

Drizzle half of the dressing over the salad. Toss to combine. Drizzle the remaining dressing to serve.

HELPFUL TIPS:

This chimichuri sauce can be adjusted to your spice preference: de-seed the jalapeno, or add more red pepper flakes.

This salad is great for combining any leftover veggies, grains, or greens you have on hand.

Massaged Kale & Apple Salad

INGREDIENTS:

Dressing:

- 1/4 cup tahini
- 2 Tbsp lemon juice
- 2 Tbsp honey
- 1/4 tsp each: sea salt, cinnamon, cayenne
- 1 Tbsp olive oil
- Water or vegetable broth, for thinning

Salad:

- 1 bunch kale, chopped, stems removed (~5 cups)
- 1 cup roasted broccoli florets, finely chopped
- 1 small apple, diced
- 1/2 cup pepitas
- 1/2 cup pomegranate seeds
- Shaved Parmesan, for garnish

DIRECTIONS:

In a small bowl, whisk together the dressing ingredients until combined, thinning with water or broth to reach desired dressing consistency.

In a large bowl, combine prepared kale and half the prepared dressing. Massage kale with the dressing until kale just starts to soften and wilt.

Add broccoli, apple, pepitas, pomegranate seeds, and remaining dressing. Toss to combine.

Top the salad with shaved parmesan and serve immediately. If serving more than one day in the future, store vegetables and dressing separately and massage kale when ready to serve.

HELPFUL TIPS:

Make simple swaps based on what you have in the pantry:

Replace honey with maple syrup

Replace pepitas with your favorite roasted nut or seed

Roasted Butternut Squash & Cranberry Salad

INGREDIENTS:

Dressing*:

- 3 Tbsp apple cider vinegar
- 2 Tbsp real maple syrup
- 2 tsp dijon mustard
- 2 tsp grainy old-fashioned mustard
- 1 small shallot, finely minced
- 1 garlic clove, finely minced
- 1/4 cup extra virgin olive oil

Salad:

- 1/2 cup butternut squash
- 2 cups baby spinach
- 2 Tbsp dried cranberries
- 1 1/2 Tbsp crumbled goat cheese
- 1 Tbsp pecan halves, lightly chopped

DIRECTIONS:

In a small bowl, whisk together the dressing ingredients until combined.

Cut butternut squash into 1/2-inch chunks, roast according to vegetable roasting guidelines.

In a large bowl, combine the spinach, roasted squash, cranberries, goat cheese, and pecans. Add half the prepared dressing to the bowl and toss to combine. Store the rest of the dressing in an airtight container in the refrigerator.

HELPFUL TIPS:

*To serve warm, combine dressing ingredients with a cornstarch slurry (1 tsp cornstarch + 1 tsp water), bring the dressing to a boil, and simmer until thickened enough to coat the back of a spoon.

Crunchy Cabbage Slaw w/ Carrot Ginger Dressing

INGREDIENTS:

Dressing:

2 carrots, roughly chopped
1 Tbsp ginger, peeled and roughly chopped
1/3 cup rice vinegar
1/3 cup canola oil
2 tsp soy sauce, low sodium
2 tsp toasted sesame oil
1 Tbsp honey

Salad:

1/2 head red cabbage, shredded
1/2 cup radishes, thinly sliced
1 cucumber, sliced
1/2 cup shredded broccoli stalks
1 cup kale stems, diced
1 cup edamame

DIRECTIONS:

Combine all dressing ingredients in a blender and blend until completely smooth.

Combine all salad ingredients in a large bowl and toss with dressing. Serve immediately, or refrigerate for up to three days.

HELPFUL TIPS:

Use odds and ends of vegetables in the slaw, like stalks and stems, to reduce cost and waste.

This salad can be made ahead of time and refrigerated for up to three days.

Avocado Green Goddess Mexican Salad

INGREDIENTS:

Dressing:

- 1 avocado
- 1/2 cup parsley
- 1/2 cup cilantro
- 1 Tbsp canned chipotle peppers in adobo sauce
- 3 mandarin oranges

Salad:

- 1/4 cup black beans, cooked
- 1/4 cup corn
- 1 Tbsp pepitas
- 1/4 cup jicama, chopped
- 2 cup chopped romaine
- 1 1/2 Tbsp crumbled cotija cheese
- 1/4 cup cherry tomatoes, halved

DIRECTIONS:

De-stem parsley and cilantro.

Add all dressing ingredients to a blender. Blend until all ingredients are blended together and the mixture is smooth.

Add salad ingredients to large bowl.

Drizzle half the dressing over the salad and toss to serve.

HELPFUL TIPS:

Add grilled chicken, shrimp, or lean ground turkey for added protein.

For extra spice, add cut jalapeño or banana peppers.

Thank you for
participating!

NOURISH
SEED-TO-PLATE-TO-PREVENTION

Fall 2018
Lunch & Learn

