

Culinary Comforts Class

May 2019

Topic: Hydration, Supplements, Juicing & Caffeine

Grilled Vegetable Orzo Salad

Ingredients:

1 medium-size red onion, quartered & layers separated
1 red bell pepper, seeded & quarter
1 large zucchini, cut lengthwise into ¼" thick slabs
1 medium-size yellow squash, cut lengthwise into ¼" thick slabs
Olive oil cooking spray
1 ½ Tbsp. Chopped fresh oregano, divided
10 oz. whole wheat orzo, uncooked
¼ cup pitted Kalamata olives, sliced
2 Tbsp. Plus 1 tsp. Red wine vinegar
2 Tbsp. Grated Parmesan cheese
2 Tbsp. Olive oil
1 tsp. Lemon zest plus 2 Tbsp. Fresh juice
1 tsp. kosher salt
½ tsp. Black pepper
3 oz. feta cheese, crumbled (about ¾ cup)

Directions:

Preheat grill to high (400-450 degrees).
Spritz onion, bell peppers, zucchini & squash all over with olive oil cooking spray & sprinkle with oregano. Grill or roast in oven until edges are browned.
Remove from heat & cool. Chop veggies into pieces & put in large bowl. Prepare the pasta according to package directions for al dente, omitting salt. Drain & rinse with cold water. Stir orzo into veggies. Add olives, vinegar, Parmesan, oil, lemon zest & juice, salt, pepper and reserved cooking liquid. Gently stir in. Feta & remaining 1 Tbsp. Oregano.
Serves 10. (Hot or cold)
Calories: 205, Fat: 7 g, Protein: 7 g, Carb: 29 g, Fiber: 7 g, Sodium: 351 mg

Sweet Potato & Black bean enchiladas with avocado-cilantro cream sauce

Ingredients:

2 cups sweet potato, peeled & chopped small
1 Tbsp. Olive oil
1 red onion, chopped
2 large cloves garlic, minced
Sea salt & black pepper
1 bell pepper, chopped
1 (15 oz. can) black beans, drained & rinsed
2 large handfuls spinach, roughly chopped
2 ½ cups enchilada sauce
1 Tbsp. Fresh lime juice
1 tsp. Chili powder or to taste
½ tsp. Ground cumin
½ tsp. Kosher salt or to taste
5 sprouted-grain tortilla wraps or corn tortillas

Directions:

Preheat oven to 350 degrees F. Lightly grease a large rectangular baking dish.

Make the enchiladas: Place the sweet potato in a medium saucepan & add enough water to cover. Bring the water to a boil, then reduce the heat to medium-high & simmer for 5-7 minutes, or until fork tender. Drain & set aside.

In a large skillet, heat the oil over medium heat. Add the onion & garlic & sauté for 5 minutes, until the onion is translucent. Season with salt & pepper.

Add the bell pepper, cooked sweet potato, black beans & spinach. Raise the heat to medium-high & cook for a few minutes more or until the spinach is wilted.

Remove the skillet from the heat & stir in ¼ cup of the enchilada sauce, lime juice, chili powder, cumin & kosher salt.

Avocado-cilantro cream sauce:

½ cup fresh cilantro
1 medium avocado, pitted
2 Tbsp. Lime juice
¼ tsp. Sea salt
½ tsp. Garlic powder

Combine ingredients into a smooth sauce. Drizzle over the enchiladas and garnish with thinly sliced scallions.

Mexican Corn Salad**Ingredients:**

½ cup fresh cilantro
¼ cup fresh lime juice (2 limes)
1 tsp. kosher salt
½ tsp. Pepper
3 Tbsp. Olive oil
4 cups fresh corn (6 ears), cut kernels off the corn
½ cup chopped scallions
1 pint multi-colored cherry tomatoes, halved
1 cup thinly sliced radishes
½ cup Cotija cheese, crumbled

Directions:

Whisk together first 5 ingredients.
Combine remaining ingredients and add salad dressing mixture.
Sprinkle top with 1 ½ oz. Cotija cheese (1/2 cup)

Serves: 8 (¾ cup servings)

Calories: 140, Fat: 8 g, Protein: 4 g, Carb: 17 g, Fiber: 2 g, Sodium: 342 mg

Dark Chocolate Fondue with Assorted Dippers

Ingredients:

1 package dark chocolate chips
Pineapple, fresh, cut into chunks
Strawberries, fresh, keep whole
Bananas, cut into chunks
Apple, cut into slices

Directions:

Using a double boiler, melt chocolate chips.
Cut up fresh fruit
Arrange chocolate (serve in individual container) and fresh fruit with a skewer to use for dipping purposes.

May also consider a plain cookie, pretzel rod or dried apricots as other options for dipping.

Moroccan-Style Couscous with Chickpeas

Ingredients:

¼ cup extra-virgin olive oil, plus extra for serving
1 ½ cups couscous
2 carrots, peeled and chopped fine
1 onion, chopped fine
Salt and pepper
3 garlic cloves, minced
1 tsp. ground coriander
1 tsp. ground ginger
¼ tsp. anise seed
1 ¾ cups chicken or vegetable broth
1 (15 oz.) can chickpeas, rinsed
1 ½ cups frozen peas
½ cup chopped fresh parsley, cilantro, and/or mint
Lemon wedges

Directions:

1. Heat 2 Tbsp. oil in 12-inch skillet over medium-high heat until shimmering. Add couscous and cook, stirring frequently, until grains are just beginning to brown, 3 to 5 minutes. Transfer to bowl and wipe skillet clean with paper towels.
2. Heat remaining 2 tbsp. oil in skillet over medium heat until shimmering. Add carrots, onion, and 1 teaspoon salt and cook until softened and lightly browned, 5-7 minutes. Stir in garlic coriander, ginger, and anise and cook until fragrant, about 30 seconds. Stir in broth and chickpeas and bring to simmer.
3. Stir in peas and couscous. Cover, remove skillet from heat, and let sit until couscous is tender, about 7 minutes. Add parsley to couscous and gently fluff with fork to combine. Season with salt and pepper to taste and drizzle with extra oil. Serve with lemon wedges.