

Being Well Class
September 2019: Make Produce the Star of Every Dish
Utilize fresh produce for healthy dishes.

Quinoa Burrito Bowls with Strawberry Salsa

Ingredients:

6-6 inch white or yellow corn tortillas, each cut into 6 wedges
1 cup chopped onion
3 gloves garlic, minced
½ to ¾ cup low-sodium vegetable broth
1 -15 oz. can no-salt added pinto beans, rinsed & drained
1-15 oz. can no salt added black beans, rinsed & drained
1 cup fresh green beans
2 cups fresh strawberries, coarsely chopped
¼ cup chopped onion
¼ cup chopped fresh cilantro
1 fresh jalapeño chile pepper, seeded & diced
6 cups frisée and/or mixed spring greens
2 ½ cups cooked & cooled wheat berries (1 cup dry)
Fresh ground black pepper
2 Tbsp. Lime juice
Dash of ground cumin
1 ½ cup cooked tricolor quinoa
½ cup bite-size strips jicama
¼ cup chopped fresh cilantro
Lime wedges

Directions:

Preheat oven to 400 degrees F. For tortilla chips, arrange tortilla wedges in a single layer on a baking sheet. Bake about 10 minutes or until crisp & lightly browned.
In a large skillet, cook onion & garlic over medium heat for 3 to 4 minutes, stirring occasionally & adding vegetable broth, 1 to 2 Tbsp. At a time, as needed to prevent sticking. Stir in pinto beans, black beans, green beans & enough broth to keep the filling moist. May add a low sodium taco seasoning for flavor.
Cook about 5 minutes or until heated through (165 degrees). Season with pepper & salt to taste.

For salsa: in a medium bowl, combine the next 6 ingredients (through cumin).
Divide bean mixture, quinoa, jicama, salsa & the remaining ¼ cup cilantro among four bowls. Serve with lime wedges & tortilla chips.

Makes: 4 bowls

Rustic Chicken & Beef Stew

Ingredients:

8 cups water
1 cup diced yellow onion
3 garlic cloves, minced
1# boneless, skinless chicken breast
¼# flank steak
1 ½ cups cubed Idaho potatoes
1 ½ cups cubed yellow potatoes
1 ½ cups cubed red skin potatoes
1 ½ T. Dried guascas (Latin herb)
2 corn cobs, cut into thirds
1 cup thinly sliced carrots
1 cup chopped fresh parsley
6 Tbsp. Plain, nonfat Greek yogurt
1 avocado, sliced
6 tsp. Drained capers

Directions:

In a large pot, bring water to a boil & add onion, garlic & salt.
Add chicken & steak & cook until they reach an internal temperature of 165 degrees., about 15 to 20 minutes.
Remove chicken & steak from broth & place in a bowl to cool slightly. Use two forks to shred meat.
Add all potatoes to the. Boiling broth & cook until broth begins to thicken, about 10 minutes.
Add guascas, corn & carrots & cook 5 minutes,
Return shredded meat to the pot & simmer for 5 minutes. Remove from the heat & divide stew among 6 bowls. Top each bowl with parsley, 1 Tbsp. Greek yogurt, 1/8 slice of avocado & 1 tsp. Capers.
Serves: 6 (2 cups)

Calories: 348, Fat: 9 g, Sodium: 650 mg, CHO: 43 g, Fiber: 7 g, Protein: 27 g

Broccoli Slaw with jicama & beets

Ingredients:

¼ cup each: Olive oil & cider vinegar

2 tsp. Grated fresh ginger

1 tsp. Dijon mustard

1 tsp. Sugar (optional)

Salt & pepper to taste

Combine:

1 pkg. broccoli slaw mix (10 oz.)

1 cup each: julienned jicama & fresh beets

¾ cups shredded carrots

½ cup each julienned radishes & sliced scallions

Directions:

Whisk together oil, vinegar, ginger, Dijon, & sugar for the vinaigrette; season with salt & pepper.

Combine slaw mix, jicama, beets, carrots, radishes & scallions in a large bowl for the slaw.

Toss slaw with vinaigrette to coat.

Serves: 8 (1 cup)

Calories: 96, Fat; 7 g, Sodium: 444 mg, CHO: 7 g, Protein: 2 g