

**Living Well: Eating Well Class**

**September 2019**

**Mediterranean Lifestyle & Meals**

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## Moroccan Chicken & Sweet Potato Salad

### Ingredients:

Chicken: 3 chicken boneless, skinless (1 ½ to 2 #)

1 tsp. Mild curry powder

1 tsp. Ground cumin

½ tsp. Kosher salt

Salad:

2 tsp. Mild curry powder

1 Tbsp. Ground cumin

Kosher salt

7 Tbsp. Olive oil

1 ½# sweet potatoes, peeled & cut into ½ inch dice, about 3 cups

¼ cup whole almonds with skins, coarsely chopped

1/3 cup pumpkin seeds

1 ½ Tbsp. Cumin seeds

¼ cup red-wine vinegar

1 large clove garlic, minced

1 large tomato, peeled, seeded & diced

½ cup chopped fresh cilantro leaves

4 green onions, white & green parts, thinly sliced

### Directions:

Cook the chicken. Place in a large saucepan with the curry powder, cumin & salt. Cover with water & bring to a boil over high heat. Reduce heat to low & let chicken simmer for about 20 minutes until chicken is tender. Cool & cut up, set aside.

Salad: Heat the oven to 375 degrees. Mix the curry powder, cumin & 1 tsp. Salt. Toss half of the spice mixture with olive oil & the sweet potatoes. Spread in a baking pan & toast until tender, 30 minutes.

Toss the almonds & pumpkin seeds with the remaining spice mixture & 1 Tbsp. Oil. Place on baking sheet & toast in the oven about 10-12 minutes. Set aside.

Dressing: Place the cumin seeds in a dry frying pan over medium heat & toss until they are aromatic. 30-40 seconds. Put in a bowl along with the vinegar, garlic & remaining 5 Tbsp. Of oil. When the potatoes are done, add the chicken pieces, seeds/nuts, tomatoes, green onions, cilantro & half of the dressing. Mix well. Place the salad on a large serving platter. Drizzle with remaining salad dressing around the platter & cilantro leaves.

## Shaved Zucchini and Avocado Salad

### Ingredients:

Dressing: Combine:

½ cup + 2 Tbsp. Packed basil, fresh

½ cup buttermilk

1/3 cup packed fresh parsley

¼ cup packed fresh cilantro

3 Tbsp. Olive oil

2 scallions, white & light green parts, sliced

1 small clove garlic, finely chopped

1 Tbsp. Fresh lemon juice

¼ tsp. Kosher salt

Black pepper to taste

For the salad: Thinly slice

1 medium zucchini or summer squash

1 avocado, cut into chunks

### Directions:

For the dressing, combine basil, buttermilk, parsley, oil, scallions, garlic, lemon juice & salt. Puree until smooth. Season dressing with salt & pepper.

For the salad: thinly slice zucchini into ribbons or rounds using a mandolin or sharp knife. Place zucchini in a bowl with avocado.

Pour: enough dressing over the zucchini & avocado to lightly coat and serve immediately.

Serves: 4

Calories: 213, Fat: 19 g, Sodium: 229 mg, CHO: 9 g, Fiber: 4 g, Protein: 4 g

## Mediterranean Cobb Salad with herb-roasted chicken

### Ingredients:

Chicken:

1 Tbsp. olive oil

1 tsp. each of: garlic powder, dried thyme

½ tsp. each of: dried oregano, dried rosemary, ground pepper,

¼ tsp. kosher salt

2 (8 oz.) boneless, skinless chicken breasts, trimmed

Vinaigrette:

1/3 cup olive oil

1/3 cup lemon juice

1 Tbsp. champagne vinegar

¼ tsp. kosher salt

¼ tsp. black pepper

Salad:

6 cups baby kale or spinach

2 medium ripe avocados, sliced

2 large hard-boiled eggs, sliced

2 slices uncured cooked bacon, crumbled

½ cup crumbled feta cheese

10 strawberries, quartered

### Directions:

To prepare chicken, combine the seasoning in a bowl. Rub the mixture over the chicken.

Broil the chicken until meat thermometer reaches 160 degrees F. Transfer to a cutting board & let rest for 10 minutes. Slice.

To prepare vinaigrette: Whisk oil, lemon juice, vinegar, salt & pepper in a small bowl.

To assemble salad: Arrange kale, avocado, eggs, bacon, feta, strawberries & the chicken on a large platter. Serve with the vinaigrette.

Serves: 2 cups each

Nutrition facts:

Calories: 608, Fat: 48 g, CHO: 16 g, Protein: 34 g, Fiber: 9 g, Sodium: 705

## Chicken & Dumplings

### Ingredients:

4 cups unsalted chicken broth  
2 cups water  
1 bay leaf  
3 bone-in chicken breasts (1# each)  
1 Tbsp. Butter  
1 cup chopped celery  
1 cup chopped carrot  
1 cup flour plus 2 Tbsp. Divided  
1 cup whole wheat pastry flour plus 2 Tbsp. Divided  
2 tsp. Baking powder  
1 cup whole milk  
½ tsp. Black pepper  
2 Tbsp. Chopped fresh Thyme

### Directions:

Combine broth, water & bay leaf in a large pot. Cover. Bring to a boil. Add chicken, reduce heat to medium, cover & simmer. Check temperature for oneness 165 degrees F. 22-25 minutes. Transfer chicken to a clean cutting board, discard bay leaf. Shred the chicken into bite size pieces & transfer to a bowl. Discard the bones & save the broth.

Melt butter in a small skillet & heat until foamy. Add carrot & celery; cook stirring often about 10-12 minutes. Add to the chicken in the bowl.

Whisk 1 cup each of the flours with baking powder in a large bowl. Add milk. Let dough stand for 10 minutes. Roll out the dough on a floured work surface 10 ½ inch thickness. Cut into ½ inch dumplings.

Measure ½ cup of the reserved broth mixture into a small bowl. Add the remaining 2 Tbsp. Of each flours & whisk until smooth. Return the mixture to a large pot, whisking together. Bring to a simmer over medium heat. Add the dumplings and simmer; stir on occasion for 10 minutes. Stir in the chicken mixture & season with pepper; simmer for 1 minute. Sprinkle with thyme to serve.

Serves 8 (2 cups each)

Calories: 460, Fat: 8 g, CHO: 52 mg, Protein: 43 g, Fiber: 6 g, Sodium: 540 mg

## Zucchini Rollatini with Smoked Mozzarella

### Ingredients:

2 large zucchini, trimmed  
2 tsp. Olive oil  
½ tsp. Ground black pepper, divided  
½ tsp. Salt  
8 Tbsp. Shredded smoked mozzarella cheese, divided  
3 Tbsp. Grated Parmesan cheese, divided  
1 large egg, lightly beaten  
1 ½ cup part-skim ricotta  
1 10 oz. pkg. frozen, spinach, thawed & squeezed dry  
1 clove garlic, minced  
½. Cup low sodium marinara sauce, divided  
1 Tbsp. Chopped fresh basil

### Directions:

Preheat oven to 425 degrees.

Slice zucchini lengthwise to get 24 total strips, about ½ inch thick each.

Toss the zucchini, oil, ¼ tsp. Pepper & ¼ tsp. Salt in a large bowl. Arrange the zucchini in single layers on 2 rimmed baking sheets.

Bake the zucchini, turning once until tender, about 10 minutes total.

Meanwhile combine 2 Tbsp. Mozzarella & 1 Tbsp. Parmesan cheese in a small bowl. Set aside. Mix egg, ricotta, spinach, garlic & the remaining 6 Tbsp.

Mozzarella, 2 Tbsp. Parmesan, ½ tsp. Pepper, & 1/8 tsp. Salt in a medium bowl.

Spread ¼ cup marinara in an 8" square baking dish. Place 1 Tbsp. Of the ricotta mixture near the bottom of a strip a zucchini. Roll it up and place seam side down in the baking dish. Repeat with the remaining zucchini & filling. Top the rolls with the remaining ½ cup marinara sauce & sprinkle with the reserved cheese mixture. Bake the Rollatini until bubbly & lightly browned on top about 20 minutes. Let stand for 5 minutes. Sprinkle with basil before serving.

Serves: 4 6 rolls each.

Calories: 315, Fat: 10 g, CHO: 17 g, Protein: 22 g, Sodium: 360 mg

## Spiralized Vietnamese Cucumber Salad

### Ingredients:

3 Tbsp. Lime juice  
1 Tbsp. Fish sauce  
1Tbsp. Brown sugar  
1 Tbsp. Olive oil  
2 scallions, sliced  
1 small clove garlic, minced  
¼ tsp. Crushed red pepper  
1 large English cucumber, spiralized & patted dry (4 cups)  
1 large carrot, spiralized (3. Cups)  
¼ cup chopped fresh cilantro  
2 Tbsp. Chopped peanuts

### Directions:

Whisk lime juice, fish sauce, brown sugar, oil, scallions, garlic & crushed red pepper in a large bowl until sugar is dissolved. Add cucumbers, carrot & cilantro, toss to combine.

Serve sprinkled with peanuts.

Serves: 4 (1 cup each)

Calories: 91, Fat: 5 g, CHO: 11 g, protein: 2 g, Fiber: 2 g, sodium: 370 mg

## Smoky Cauliflower & Onion Frittata

### Ingredients:

2 Tbsp. olive oil

1 medium cauliflower (about 1 ¾#) cut into the smallest florets manageable

1 large or medium onions, thinly sliced

¼ cup water

2 tsp. smoked paprika

Pepper to taste

9 large eggs

¼ cup whole milk

¾ cup Gruyere cheese, grated

2 Tbsp. flat leaf parsley

6 cups mixed greens

**Vinaigrette:** Combine: 2 Tbsp. olive oil, ¼ cup cider vinaigrette & 1 Tbsp. Dijon mustard, black pepper, 2 tsp. honey

### Directions:

Preheat oven to 425 degrees.

Heat the oil in an ovenproof skillet over medium-high heat.

Add the cauliflower, onions, water, paprika & black pepper; stir to distribute.

Cover and cook, stirring often, until the onions are soft & cauliflower can be easily pierced (soft) with a fork, 14 to 18 minutes. If the liquid has not evaporated, cook uncovered for a couple of more minutes.

Whisk the eggs, milk & pepper in a medium bowl.

Stir in the cheese & parsley until evenly distributed.

Pour the egg mixture over the onions & cauliflower. Carefully transfer the skillet to the oven & bake 15-20 minutes, until the frittata is set but still barely jiggles in the center.

Remove the frittata from the oven & let it sit for 10 minutes.

Toss the greens & vinaigrette in a salad bowl. Serve the frittata with the salad.

Serves: 4 to 6



## Long Weekend Grilled Salad

### Ingredients:

6 ears of corn on the cob, remove kernels from cob

Black pepper

3 bell peppers (1 each of red, orange & yellow), quartered lengthwise

1 medium zucchini, halved lengthwise

1 avocado, halved & pitted

### Dressing:

3 Tbsp. olive oil

3 Tbsp. lime juice

1 small garlic clove, minced

2 Tbsp. cilantro, fresh, minced

Black pepper to taste

1 tsp honey to taste

### Directions:

Sauté the corn in 2 tsp. olive oil on low heat; stir often for about 5-10 minutes.

Brush the rest of the vegetables with olive oil & season with black pepper.

Preheat broiler for about 10 minutes; place vegetables under the broiler for 10-15 minutes, watch closely.

Make the dressing:

Chop the broiled vegetables & place in a large bowl.

Slice the avocado. Add the corn kernels & the dressing & toss to combine.

Season with black pepper (salt if needed)

If you would like to boost the protein content of the salad, may add 1 can (15 oz.) of black beans, drained & rinsed.

Serves: 6

## Spiralized Beet Salad

### Ingredients

2 medium beets, peeled & spiralized  
1/4 cup olive oil  
2 shallots, (thinly sliced)  
1 Tbsp. Dijon mustard  
1 1/2 tsp. balsamic vinegar  
1/8 tsp. salt  
6 cups arugula  
2 medium oranges, peeled & cut into 1/4" segments  
1/3 cup roasted hazelnuts  
1/4 cup crumbled goat cheese

### **Directions:**

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Spiralize the beets and toss together in a mixing bowl with 1/4 tsp. of olive oil.
3. Spread the beets evenly over the prepared baking sheet & roast for 3 to 5 minutes, until beets are slightly tender. Set aside.
4. In a small skillet, over medium heat, heat 1/4 tsp. of olive oil. Add the shallots & cook, stirring until tender & edges slightly browned. Remove from heat & set aside.
5. In a small bowl, whisk together the remaining olive oil, mustard, vinegar & salt.
6. On a large serving platter, arrange the arugula, oranges, hazelnuts & goat cheese. Add two-thirds of the dressing & toss to coat. Add the beets.

Serve