



# PROJECT BREAD HEALTH CARE PARTNERSHIPS RECIPES





# Project Bread Recipes

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# Cauliflower Fried Rice

(2 portions)

Try the following healthy recipe “Cauliflower fried rice” packed with vitamins and minerals like vitamin C, vitamin K, vitamin B6, folate, potassium, and manganese. Cauliflower contains antioxidants that help reduce inflammation and protect against chronic diseases. It can be roasted, mashed, riced, or used as a low-carb substitute for grains and legumes. Incorporating cauliflower into your diet can contribute to overall health and well-being, especially when part of a balanced diet rich in a variety of fruits and vegetables. A quick tip for pulsing cauliflower in a food processor: Pulse until cauliflower is rice-sized. Be careful not to over-pulse, as you want a rice-like texture, not mush!

- Chef Zaida Ayala

## Ingredients

- 1 head of cauliflower chopped into florets (or 4 cups riced cauliflower)
- 1 small onion finely chopped
- 1/2 cup peas, fresh or frozen
- 1/2 cup carrots, cubed
- 2 eggs, lightly beaten
- 1 Tbsp sesame oil
- 1/4 cup low sodium soy sauce
- 1 Tbsp honey
- 2 cloves garlic, minced
- 1/4 tsp fresh grated ginger (or 1/8 tsp ground ginger)
- 1/4 tsp red pepper flakes
- 2 Tbsp green onions chopped
- 1 pound of chicken breast, cut in strips
- 1 cup of chopped broccoli

## Cooking Instructions

**Special Equipment:** food processor.

1. **Prepare Cauliflower Rice:** Chop the head of cauliflower into florets and place in the food processor. Pulse until it starts to resemble rice and set aside.
1. **Saute Vegetables:** Heat a large wok or skillet over medium heat and drizzle in sesame oil. Add chopped onion, peas and carrots and sauté until tender, about 2 to 3 minutes.
1. **Prepare Sauce:** Meanwhile in a small bowl, whisk together the soy sauce, honey, fresh ginger and red pepper flakes. Set aside until ready to use.
1. **Scramble Eggs:** In the skillet that you're cooking the vegetables in, slide the veggie mixture to one side of the pan and add in the beaten eggs, scrambling until cooked through and then incorporate with the veggies.
1. **Combine Ingredients:** Stir in cauliflower "rice" and pour the soy sauce over top, mixing well. Cook for an additional 3 to 4 minutes, until cauliflower is soft and tender.
1. Add chicken strips in a pan, cook and seasoned with minced garlic, lemon juice, salt and pepper.

## Nutrition Facts

Calories 411 cal, Total Fat 15.5 g, Total Dietary Fiber 8 g, Saturated Fat 4 g, Protein 38 g, Iron 3 mg, Sodium 340 mg, Cholesterol 210 mg, Sugars 18g Carbohydrate 32.7 g

# Grilled Jamaican Jerk Chicken with Broccoli & String Beans

(4 portions, Serving Size: 1.5 cups )

This Grilled Jamaican Jerk Chicken recipe is so easy to make and packed with flavor! I paired the recipe with broccoli and string beans to make it more of a balanced and filling meal. It's important to note that marinating the chicken for at least an hour does guarantee a more flavorful chicken, but if you're short on time you can skip this step! A typical jerk chicken is made with brown sugar, but we removed it to keep this meal more heart and blood-sugar healthy.

- Chef Zaida Ayala

## Ingredients

- 4 boneless, skinless chicken breasts
- 1-2 tablespoon Jamaican jerk seasoning
- 2 tablespoons olive oil
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger
- 4 cups broccoli florets
- 4 cups string beans
- Garlic powder and black pepper to taste
- Fresh lime wedges for serving

## Cooking Instructions

1. **Create marinade:** In a bowl, mix Jamaican jerk seasoning, olive oil, soy sauce, honey, minced garlic, and grated ginger to create a marinade.
2. **Marinate chicken:** Place chicken breasts in a resealable plastic bag, pour the marinade over them, seal the bag, and shake in the seasonings.
3. **Grill chicken:** Preheat the grill to medium-high heat. Grill chicken for 6-8 minutes per side or until fully cooked.
4. **Cook veggies:** Preheat the oven to 375. Prep the broccoli and string beans. Add to a baking sheet and drizzle on olive oil. Season with salt, garlic powder, and black pepper to taste. Mix the seasonings well and bake in the oven for 15 minutes.
5. **Serve:** Serve the jerk chicken on the same plate with the broccoli and string beans. Garnish with fresh lime wedges.

## Nutrition Facts

**Calories** 556, **Total Fat** 33 g, **Total Dietary Fiber** 1 g, **Saturated Fat** 3 g,  
**Protein** 31 g, **Iron** 2 mg, **Sodium** 427 mg, **Cholesterol** 198 mg, **Sugars**  
56g, **Carbohydrate** 24g

# Boulet - Haitian Meatballs

*(4 portions. Serving Size: 5 small meatballs)*

*At first glance, this recipe may seem to have a long list of ingredients – but don't let that keep you from making it! In fact, many of our ingredients such as the onion, garlic, parsley and olive oil are repeated to make the meatballs, tomato paste sauce and Haitian spice. Many of our Haitian Recipes use this simple Haitian Spice recipe – a simplified take on the traditional Haitian Epis. Keep this leftover Haitian Spice in a glass jar in the fridge to re-use for our other recipe, Poule non Sos: Haitian Chicken Stew.*

## Ingredients

### Meatballs:

- 2 lbs. Ground Meat – 93% lean
- ½ Cup Diced Onion
- 2 Large Eggs; Beaten
- ¼ cup Haitian Spice
- 3 Garlic Cloves; Minced (or 1 ½ tsp. dried minced garlic)
- 2 Tbsp. Dried Parsley
- 2 Slices Bread
- ½ Cup Water To Mix With The Bread
- 1 tsp. Kosher Salt
- ½ tsp. Black Pepper
- Olive Oil Spray

Cloves; Or 1 Tsp.

Dried Minced Garlic

- 1 Tbsp. Chopped
- Fresh Parsley; Or 2 tsp. parsley flakes
- Salt and pepper to taste

### Haitian Spice:

- 1 bunch scallion/green onion
  - 1 garlic clove, minced
  - ¼ cup parsley
  - Black pepper
- Blend together or chop finely*

### Tomato Paste Sauce

- 2 tbsp. Olive Oil
- ½ cup Onions; Diced
- 1 Tbsp. Tomato Paste
- 3 Tbsp. Haitian Spice:
- Juice From 1 Lemon
- 1 cup Water; More if needed
- 2 Chopped Garlic

**- Chef Zaida Ayala**

## Cooking Instructions

1. Preheat oven to 425 degrees Fahrenheit. Prepare a baking sheet with foil. Spray with oil.
2. Combine meat and all meatball ingredients together in a large bowl.
3. Roll meat mixture into 20 balls, about 1.5 inches across. Place evenly spread out on sheet pan.
4. Over medium-low heat in a frying pan, heat oil and add diced onions. Cook until translucent. Then add Haitian spice. Stir well then add 1 Tbsp of tomato paste.
5. To the same pan, add lemon juice. Cook about 30 seconds to 1 minutes. Then add minced garlic and water. Stir well to combine and reduce heat to low.
6. Finally, add the meatballs with optional fresh parsley chopped.
7. Allow to simmer 5-8 minutes

**NOTE: To store for leftovers, store meatballs and sauce separately. Reheat meatballs by placing in the oven at 315 degrees Fahrenheit for 10 minutes**

## Nutrition Facts

**Calories** 552 cal, **Total Fat** 38 g, **Total Dietary Fiber** 2 g, **Saturated Fat** 9.5 g, **Protein** 43 g, **Iron** 3.8 mg, **Sodium** 601 mg, **Cholesterol** 269 mg, **Sugars** 3 g, **Carbohydrate** 11 g



## ***Poule nan Sos: Haitian Chicken Stew***

*(4 portions, Serving Size: 1.5 cups )*

This Poule nan Sos recipe is so easy to make and packed with flavor! I find it easiest to prepare the chicken for soup by boiling it, as its important for the flavors from the jalapeno and cloves to soak in. However, you could also pan-fry the thighs. A typical Poule nan Sos recipe also includes frying of the chicken after boiling it in the soup. However, we skipped this step to keep this meal heart healthy. If you really miss that fried flavor, consider air-frying this chicken or placing in the oven on broil for 7-10 minutes.

**- Chef Zaida Ayala**

### ***Ingredients***

- 1 lb. boneless skinless thighs
- 1 jalapeno
- 2 Roma tomatoes
- 2 bouillon cubes
- 1 tsp fresh cloves
- Juice of 1 lime
- 3 cups water
- Tied sprig of fresh parsley & thyme
- 1 Tbsp tomato paste
- ½ medium onion

### **Haitian Spice:**

- 1 bunch scallion/green onion
- 1 garlic clove, minced
- ¼ cup parsley
- Black pepper

*Blend together or chop finely*

### ***Cooking Instructions***

1. Create Haitian spice by mixing green onion, garlic clove, parsley and black pepper in a blender. If you do not have a blender, chop finely. In a large pot, rub mixture into chicken thighs with hands.
2. Crush two cubes of chicken bouillon into chicken thighs
3. Chop tomatoes and add to pot, on top of chicken.
4. Add sprig of fresh parsley & thyme. Take cloves and poke into jalapeno so that you do not have to remove cloves from pot individually at the end. Place jalapeno/clove combination into the pot.
5. Add 1 tsp of lime juice to chicken. Add 3 cups of water. Bring water to boil and cook 20-30 minutes until internal temperature reaches 165 degrees fahrenheit.
6. Remove cooked chicken and put aside. Save remaining gravy. Put to the side
7. Add 2 Tbsp olive oil to pot. Set stove to medium heat.
8. Add 1 Tbsp tomato paste. Cook about 30 seconds to one minutes.
9. Spoon gravy back into the pot to mix with tomato paste. Cook for about 1 minute. Add remaining gravy.
10. Add chicken back to the gravy. Add salt to taste.
11. Add chopped onion and simmer for 10 minutes.

## **Nutrition Facts**

**Calories 446 , Total Fat 33 g, Total Dietary Fiber 1 g, Saturated Fat 8 g, Protein 31 g, Iron 1.5 mg, Sodium 294 mg, Cholesterol 172 mg, Sugars 1.7g, Carbohydrate 7 g**

# ***Lemon Chicken with Avocado Corn Salsa***

*(4 portions)*

This recipe is a great way to prepare chicken using fresh, flavorful ingredients. The fresh ginger adds a special hint of spice to the avocado corn salsa, which is also full of many nutritious ingredients such as tomatoes, black beans and, of course, avocado.

Both black beans and avocado are high in magnesium and soluble fiber – both important for heart health. Combining the fresh arugula with chicken and our avocado corn salsa, creates a meal that is absolutely packed with good nutrition, and easy to make at home under 20 minutes!

**- Chef Zaida Ayala**

## ***Ingredients***

- 4 boneless skinless chicken breasts
- 3 tablespoons extra-virgin olive oil, divided to marinated /cook the chicken and for the salad.
- 2 tablespoons of lemon juice
- 1 cup frozen corn kernels
- ¼ cup red pepper, chopped
- 2 tablespoons minced peeled fresh ginger
- ½ cup canned black beans drained and rinsed
- ½ red onion finely chopped
- 10 cherry tomatoes quartered
- 2 firm ripe Hass avocados, pitted, diced
- 1 teaspoon of salt
- 4 ounces of Baby Arugula

## ***Cooking Instructions***

1. Combine one tablespoon oil and 1 tablespoon lemon juice. Sprinkle over chicken and allow to marinate for 20 -30 minutes.
2. Heat 1 tablespoon of oil in a medium frying pan, add frozen corn kernels, chopped red pepper, and minced ginger. Cook, stirring frequently until softened 3-4 minutes. Let cool.
3. Heat a grill pan to medium heat. Grill chicken until lightly browned and cooked through about 5 min per side. Remove from heat.
4. In a separate bowl, stir together black beans, onion, corn mixture. Then add tomatoes, avocados, and ½ teaspoon salt, season with pepper and stir gently to combine.
5. Toss arugula with 1 tablespoon olive oil and lemon juice for dressing. Divide evenly among plates, and top with chicken and avocado corn salsa. Serve immediately.

## **Nutrition Facts**

**Calories** 476 cal, **Total Fat** 29.5 g, **Total Dietary Fiber** 11 g,  
**Saturated Fat** 5 g, **Protein** 31 g, **Iron** 3 mg **Sodium** 675 mg,  
**Cholesterol** 65 mg, **Carbohydrate** 27 g



**Serves 8**

**(1 cup per serving)**

## ***Lemony, Curry Couscous Salad with Chicken***

***Enjoy this spring or summertime lemon couscous salad! This salad combines several nutritious vegetables: tomato, cucumber and red onion with high-fiber couscous and chickpeas! The oil and lemon dressing gives it a refreshing flavor that is perfect for warmer weather. Couscous is a whole grain, it is higher in fiber than other white pastas that are commonly added to salads. Chickpeas, also known as garbanzo beans, are a legume that provide a balance of protein and fiber to meals. This meal is full of flavor, good nutrition, and easy to put together!***

**- Chef Zaida Ayala**

### ***Ingredients***

#### ***(Salad)***

- 1 10- ounce box of plain whole wheat couscous
- 2 cups of veggie broth or water
- 1 teaspoon of curry powder
- 1 cup of chopped tomatoes
- 1 cup of cucumber, peeled, seeded and chopped
- 1 red onion, chopped
- 1 can of chickpeas, rinsed and drained
- 1 small bunch parsley, chopped finely
- 1 rotisserie chicken, shredded

#### ***(Salad dressing)***

- 1/4 cup of coconut oil or olive oil
- Juice of 1 lemon
- 2 teaspoons of lemon zest
- 1/2 teaspoon of kosher salt or to taste
- 1/4 teaspoon of crushed black pepper or to taste

### ***Cooking Instructions***

1. In a medium saucepan, bring the curry powder, broth or water to a boil.
2. Add in the couscous and cover with a lid. Let stand for 5 minutes.
3. Set aside and let cool down slightly before fluffing with a fork.
4. While the couscous is cooking, prep the remaining salad ingredient and place into a large bowl.
5. Add the couscous to the prepped salad. toss slightly.
6. Make the salad dressing by placing a jar. Shake well and then pour over the salad.
7. Top with rotisserie chicken. Serve.

## **Nutrition Facts**

**Calories 393 , Sat fat 1g s, Sodium 302 mg ,  
Total fat 8g , Carbs 41 g , Fiber 5g , Protein 27g**



## ***Picadillo with Roasted Sweet Potato***

***(4 portions. Serving Size: 1 potato)***

***This recipe uses ground turkey instead of ground beef as an easy way to begin cutting down on saturated fat intake. In addition, being such a mild-tasting meat, turkey pairs well with all kinds of delicious seasonings! This flavorful, hearty, one-skillet meal comes together quickly, making weeknight dinners a little bit easier for you. This traditional Cuban dish is the perfect combination of savory and sweet. Sweet potatoes make a great addition to flavor and they are highly nutritious - they are a good source of fiber, vitamins A and C, as well as potassium and niacin.***

**- Chef Zaida Ayala**

### ***Ingredients***

- 4 medium sized sweet potatoes
- 1 pound of lean ground turkey or ground beef
- 2 tablespoons of olive oil
- 2 tablespoons of sofrito (combination of peppers, onions, garlic and cilantro)
- 1 small onion, chopped
- 1 teaspoon of chipotle powder or Spanish Paprika
- 1 teaspoon of cinnamon
- 1 teaspoon of ground cumin
- 1 tablespoon of red wine vinegar
- 1/2 cup of raisins
- 1/2 cup of green olives
- 2 cups of canned crushed tomatoes
- Salt & pepper to taste
- Fresh parsley or cilantro to garnish (optional)

### ***Cooking Instructions***

1. Roast sweet potatoes in a 425F oven for 45 minutes to an hour depending on the size. Cook until fork tender, which should pierce easily when done. (You can alternatively microwave for 5-10 minutes depending on the size of your potato for a quicker process.)
2. To make the meat sauce, heat a skillet to medium heat.
3. Add the olive oil and swirl to coat the pan.
4. Add the ground meat and season lightly with salt and pepper until lightly browned.
5. Add the sofrito and cook for another minute and then add the chopped onion and cook for another few minutes.
6. Add in the chipotle powder, cinnamon and cumin and rest of ingredients except the parsley (if using)
7. Stir completely and bring to a simmer. Continue to cook for another 10 minutes. (If the mixture gets thick on you, add a little water.)
8. To serve, cut the sweet potatoes down the middle and scoop the mixture evenly between the 4 sweet potatoes. Serve.

### **Nutrition Facts**

**Calories** 500 cal, **Total Fat** 24 g, **Total Dietary Fiber** 8 g, **Saturated Fat** 5 g, **Protein** 25 g, **Sodium** 477 mg, **Cholesterol** 225 mg, **Sugars** 26 g, **Carbohydrate** 52 g

# Cauliflower Alfredo Pasta

(4 portions)

*If you enjoy alfredo pasta – try making this cauliflower Alfredo pasta! Cauliflower can be purchased frozen for a low cost, or bought seasonally in the late fall and summer. This recipe also uses a Barilla Protein Plus pasta to increase the protein in the meal. Additionally, we use nutritional yeast which is a natural plant powder that provides a vitamin called B12. B12 is an important vitamin to include in your diet but it can only be found in animal products or nutritional yeast. It also helps add a cheesy flavor to this vegetarian/vegan meal!*

**- Chef Zaida Ayala**

## Ingredients

## Cooking Instructions

### For Sauce

- 1 Tbsp olive oil
- ½ yellow onion, diced
- 2 garlic cloves, minced
- 2 cups cauliflower florets
- ½ cup unsweetened almond milk
- 2 Tbsp nutritional yeast
- 1 ½ Tbsp fresh lemon juice
- 1 tsp. Dijon mustard
- Salt and pepper

### For Pasta

- 1 Tbsp olive oil
- 14.5 oz Box of Barilla Protein Pasta
- ½ yellow onion diced
- 1 zucchini, sliced
- 1 cup broccoli
- ½ cup sun-dried tomatoes

### Special tools: blender

1. Set a pot of salted water to boil for the pasta
2. While the water is boiling, heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Add half the onion and cook for 5 minutes until soft. Add garlic and cauliflower florets. Reduce heat to low and cook for 8 minutes, until cauliflower is tender.
3. Transfer the cauliflower, onion and garlic mixture to a blender or food processor. Add the remaining sauce ingredients. Blend until smooth.
4. Cook the pasta in the salted boiling water.
5. In the same large skillet, heat 1 Tbsp of olive oil over medium high heat. Saute the onion for 5 minutes. Add zucchini and broccoli and saute another 5 minutes.
6. Lastly, season with salt and pepper. Add the sun-dried tomatoes, blended alfredo sauce, and pasta. Heat for 3 minutes.
7. Serve immediately.

## Nutrition Facts

**Calories** 84 cal, **Total Fat** 4.3 g, **Total Dietary Fiber** 3 g, **Saturated Fat** 0.6 g, **Protein** 5 g, **Sodium** 79 mg, **Cholesterol** 0mg, **Sugars** 3 g, **Carbohydrate** 9 g



## ***Pita Sandwiches with Spinach- Chickpea Spread***

Enjoy a taste of the Middle East with this delicious pita sandwiches recipe! Pitas are halved and packed with nutritious ingredients like chickpeas, tomato, tahini, and spices! Add red pepper flakes for a spicy kick, or leave them out for a more neutral flavor.

Chickpeas, also known as garbanzo beans, provide a balance of protein and fiber to meals. Not to mention, they are easily stored as canned goods in the pantry!

*- Chef Zaida Ayala*

### ***Ingredients***

- 1 tablespoon extra-virgin oil
- 2 garlic cloves, minced
- 1 can (15 ounces) chickpeas drained and rinsed.
- 2 tablespoon fresh lemon juice
- 10 ounces spinach, trimmed, washed well, and drained.
- 1 teaspoon of salt
- ½ teaspoon red pepper flakes
- 2 teaspoon tahini
- 2 whole wheat pitas
- 1 tomato thinly sliced

***Special tools:** Food Processor*

### ***Cooking Instructions***

1. Heat oil in a large sauce pan over medium heat.
2. Add garlic and cook, stirring.
3. Then add chickpeas, and 1 tablespoon lemon juice. Continue to cook, stirring 1 minute.
4. Add spinach, ½ teaspoon of salt and the red pepper flakes. Cover, and sautéed the spinach for about 4 minutes.
5. In a food processor, pulse chickpea mixture, tahini, remaining 1 tablespoon of lemon juice, and ½ teaspoon of salt until slightly chunky.
6. Cut pitas in half and fill each pita half with ¼ cup spread and layer with tomato slices.

*Spread can be refrigerated for up to 2 days in an airtight container*

### **Nutrition Facts**

**Calories** 280 cal, **Total Fat** 6.8 g, **Total Dietary Fiber** 8.7 g,  
**Saturated Fat** 0.9 g, **Protein** 11 g, **Iron** 4.6 mg,  
**Sodium** 608 mg, **Cholesterol** 0 mg , **Sugars** 2 g, **Carbohydrate** 47 g  
**Calcium**, 118 mg

*(4 portions)*

## ***Veggie Lentil Soup***

This Veggie Lentil Soup is a great non-meat or vegan meal that is packed full of nutrients. Choosing meatless meals is an excellent way to bring down cost when meal-planning, but its important to choose ingredients that still provide good protein, vitamin, and minerals.

Lentils are a good source of protein, with about 12 grams of protein in just ½ cup serving. The cauliflower, carrots, potatoes, and spinach help provide nutrients like vitamin C, vitamin K, vitamin A, and many others. Flavor is important too! The thai curry paste gives this soup a hint of spice and warmth.

**- Chef Zaida Ayala**

### ***Ingredients***

- 1 tbs organic virgin coconut oil
- 1 yellow onion, diced
- ¼ cup yellow thai curry paste
- 1 can (13 ounces) full-fat coconut milk
- 2 cups dry red lentils rinsed well and drained.
- 2 carrots peeled and diced
- 3 cups bite size cauliflower florets
- 2 golden potatoes, cut into chunks
- 1 Quart vegetable broth. (4-6 cups)
- 1 bunch of spinach, chopped
- 1 teaspoon sea salt.

### ***Cooking Instructions***

1. Warm the oil in a large skillet set over medium high heat. Add the onions and cook for 5 minutes or until they start to soften.
2. Add the curry paste and cook, stirring constantly for 2 minutes.
3. Add coconut milk, stir well and bring to simmer. Remove from heat.
4. Bring a pot of water to boil and add lentils, carrots, cauliflower and potatoes. Cook around 20-30 minutes until tender. Lentils will absorb liquid.
5. Add the vegetable stock and add the onion mixture.
6. During the last 30 min add the bunch of spinach in the mixture and stir.

If the stew is thicker than desired, add more vegetable stock. Taste and salt, if needed.

## **Nutrition Facts**

**Calories 313 cal, Total Fat 6.7 g, Total Dietary Fiber 14.3 g,  
Saturated Fat 5 g, Protein 15 g, Cholesterol 0 mg,  
Sugars 9.5 g, Carbohydrates 52 g**

## ***Fiesta Tortilla Soup***

*(4 portions, Serving Size: 1.5 cups)*

Do you want to start eating more vegetables but don't know where to begin? Start by making this delicious Fiesta Tortilla Soup made with onion, pepper, zucchini, bell pepper, beans, tomato, and corn! This recipe is an excellent use of summer vegetables – especially zucchini which I always seem to have a hard time using up before it goes bad. This low cost meal is full of incredible flavor. Look for Mrs. Dash Taco seasoning in the seasonings aisle to keep sodium levels low. If you are looking to increase the protein, you may want to add shredded rotisserie chicken.

*- Chef Zaida Ayala*

### ***Ingredients***

- 1 Tbsp olive oil
- 1 yellow onion diced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 3 garlic cloves, minced
- 2 Tbsp Mrs. Dash Taco Seasoning
- 4 cups vegetable or chicken stock
- 15 oz can black beans
- 15 oz can pinto beans
- 15 oz can diced tomatoes
- 7 oz can diced green chiles
- 1 cup frozen corn
- 2 Tbsp fresh lime juice
- ¼ cup fresh cilantro, chopped
- Salt & pepper to taste

### **Recommended for Toppings:**

Avocados, fresh cilantro, limes

### ***Cooking Instructions***

1. Heat a large pot over medium-high heat. Add oil and heat for 30 seconds. Then add onion and bell pepper. Cook until onion is nearly translucent.
2. Add zucchini and garlic. Cook 1 minute. Add packet of Mrs. Dash taco seasoning. Continue to cook 30 more seconds.
3. Add the chicken stock, beans, tomatoes, and chiles. Bring to nearly a boil. Then reduce to a simmer for 20 minutes.
4. Lastly, stir in corn, lime juice. Top with cilantro.
5. Salt and pepper to taste. Add toppings as desired.

## **Nutrition Facts**

**Calories** 217 cal , **Total Fat** 4 g, **Total Dietary Fiber** 5 g, **Saturated Fat** 0 g, **Protein** 4 g,, **Sodium** 351mg, **Cholesterol** 0 mg, **Sugars** 6 g, **Carbohydrate** 15 g

*(4 portions)*

## ***Cauliflower Mac & Cheese***

Want a nutritious mac & cheese recipe that takes the same amount of time to come together as boxed mac & cheese - without the pasta!? Then you must try this recipe! Not only is this a fast and easy recipe to prepare, but also the taste and texture of this cauliflower version is remarkably similar to a traditional mac & cheese version.

Cauliflower comes from the cruciferous family (like broccoli) and is very high in fiber and B vitamins. It is a great way to pack in lots of vitamins and minerals in a meal well-loved by kids and adults alike!

**- Chef Zaida Ayala**

### ***Ingredients***

- 1 head of cauliflower (chopped cauliflower florets)
- 2 tbsp butter
- 2 cups of cheddar cheese or white cheddar cheese
- 3 tbsp flour, (can use gluten-free flour)
- 2 cups of any milk, (Almond milk recommended for milk intolerance)
- 1/2 teaspoons salt
- ¼ teaspoon black pepper
- 1 teaspoon garlic powder

### ***Cooking Instructions***

1. Pre heat the oven to 400 F
2. Place 1 inch of water in a large pot with 1 teaspoon salt and bring to a boil. Add the cauliflower and cook until tender crisp, 6 to 7 minutes. Drain and set aside in a large bowl.
3. Heat butter in a large saucepan over medium heat.
4. Stir in flour. Reduce heat to low and cook, stirring continually 3 - 4 minutes, to cook out the flour.
5. Add the milk and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick, about 2 minutes stirring; season with 1/2 teaspoon salt and black pepper and 1 teaspoon garlic salt.
6. Once it becomes thick, remove from heat completely onto another burner if possible.
7. Add the cheddar cheese, 1/4 cup at a time mixing well until cheese is all melted.
8. Stir in cooked cauliflower, then pour into a baking dish and bake in the oven until bubbly and golden, about 15 to 20 minutes.
9. Then broil 2 minutes, or until the top is slightly browned. If you prefer to skip the oven and make this as a stove-top dish, serve right away.

### **Nutrition Facts**

**Calories 615, Total Fat 43 g, Total Dietary Fiber 3 g,  
Saturated Fat 28g, Protein 8g, Sodium 1130 mg,  
Cholesterol 137 mg, Carbohydrates 20g, Calcium 188.86mg**

# ***GUAC CROC & VEGGIES***



Try this fun and nutritious Guac crocodile recipe! Avocado and Garbanzo beans combine in the guacamole to add taste, texture and nutrition. Avocado is an excellent source of heart healthy fat, and a single avocado provides nearly half the recommended daily value for fiber: a nutrient that helps control cholesterol and blood sugar in the body. Kids will enjoy preparing this recipe with colorful vegetables. Making a croc

**- Chef Zaida Ayala**

***(serving size 6 )***

## ***Ingredients***

- 1 can (15 ounces) garbanzo beans, rinsed and drained
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic salt
- 2 large ripe avocados
- 1/2 small red pepper
- 1 large yellow pepper
- 1 small radish
- 1 1/2 olives
- 1 cucumber

## ***Cooking Instructions***

***Special Equipment:*** food processor or blender

- 1. Prepare the dip:** place the first 3 ingredients (garbanzo beans, lemon juice, garlic salt) in a food processor; process until smooth.
- 2. Add avocado to dip:** Cut avocados lengthwise in half around the seed; remove seeds. Reserving skins, carefully scoop out avocado and add to bean mixture; process until blended.
- 3. Make the crocodile head:** fill avocado skins with dip. Add pepper pieces for teeth, radish and olive slices for eyes, olives for noses, and cucumbers and peppers for the body. Enjoy!

## **Nutrition Facts**

**Calories 492 cal, Total Fat 13 g, Total Dietary Fiber 18 g,  
Saturated Fat 1.8 g, Protein 17g, Iron 4 mg Sodium 404 mg,  
Cholesterol 0mg, Carbohydrate 79 g**

# ***Ecuadorian llapingachos (Potato Cakes)***

*(4 portions)*

Llapingachos are a traditional Ecuadorian dish typically served with chicken, pork or fried eggs. These delicious potato cakes are enjoyed by adults and little ones alike and make for great “finger food”. This is a warm, comforting recipe that still provides excellent nutrition by topping the potato cakes with fresh veggies. Aside from the tomato mixture, potatoes are also an excellent source of potassium and Vitamin C. These potato cakes also keep well in the fridge stored as leftovers, and can be reheated and enjoyed again.

*- Chef Zaida Ayala*

## ***Ingredients***

### ***For Potato Cakes:***

- 4 medium potatoes, such as Yukon gold, peeled and cubed
- 2 tablespoons vegetable oil, divided
- 1 medium onion, finely diced
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup shredded mozzarella cheese

### ***For sauce:***

- 2 medium tomatoes, diced
- 1/4 cup finely diced red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar

## ***Cooking Instructions***

1. Fill a large saucepan 3/4 full of water and heat to boil. Add potatoes. Reduce heat to low; simmer 15 minutes until potatoes are tender. Drain well. Mash potatoes. This should produce about 2 cups.
2. Put 1 tablespoon of oil in a small skillet and bring to medium heat; add onions and cook about 5 minutes, stirring occasionally. In a large bowl combine mashed potatoes, sautéed onion, flour, salt and pepper until combined.
3. Stir in shredded cheese until well mixed. Shape 1/4 cupful potato mixture into sixteen 3-inch-round patties, each about 1/2-inch thick.
4. Add 1 tablespoon olive oil to a 12-inch skillet: place on medium-high heat. Cook half the potato cakes until well browned on both sides. Remove to plate. Repeat with remaining potato cakes and olive oil.

### ***For the sauce:***

1. In medium bowl combine tomato, red onion, cilantro, olive oil and red wine vinegar to mix well.
2. Blend them gently in a food processor – avoid over blending. Vegetables should be in a chopped consistency, not liquid.

Top potato cakes with fresh tomato mixture or serve on the side.

## **Nutrition Facts**

**Calories** 203 cal, **Total Fat** 9 g, **Total Dietary Fiber** 3,  
**Saturated Fat** 2, **Protein** 5.4 g **Iron** 1.4 mg, **Sodium** 344 mg,  
**Cholesterol** 5 mg, **Sugars** 1.3 g  
**Carbohydrate** 26.7 g, **Calcium** 30.642 mg



# Sweet Potato Quesadilla with Salsa Verde

Serves: 4 servings (½ quesadilla with 2 Tbsp salsa)

Sweet potato quesadillas are a healthy, fast vegetarian meal! These quesadillas are crispy with a sweet smokey filling. Serve with a creamy avocado salsa verde dip to really take them over the top! These are great for an appetizer or busy weeknight dinner. Feel free to swap the jalapeños and scallions with your favorite quesadillas fillings.

## INGREDIENTS

### Quesadilla

- 1 sweet potato, washed and peeled
- 1 tsp. chili powder
- ½ tsp. ground cumin
- 3 Tbsp. minced jalapeños (fresh or pickled)
- 3 scallions thinly sliced
- 4 whole grain tortillas ( about 8" diameter)
- 1 cup (about 6-8 ounces) freshly grated cheddar like Monterrey Jack.
- 2 Tbsp olive oil
- 1 can of low sodium black beans

### Avocado Salsa:

- 1 cup mild salsa verde  
(Frontera is a good brand)
- 1 large ripe avocado, pitted and diced
- Big handful of fresh cilantro
- 1 tablespoon lime juice.

## DIRECTIONS

1. **Make Avocado Salsa Verde:** in a food processor or blender, combine the salsa verde, avocado, cilantro and about 1 Tbsp lime juice. Blend until the salsa is creamy, stopping to scrape down the sides as necessary. Scoop into a bowl for dipping.
1. **Make Quesadillas:** Cut sweet potato into 1 inch chunks. Place in a steamer basket in a large pot. Add wáter until it reaches 1 inch below the basket. Bring the wáter to boil, cover and steam until the potatoes are fork tender, about 8 minutes. Remove pot from heat, drain, then return the potatoes to the new empty pot, dry out a bit over low heat and mash.
1. **Stir in the chili powder and cumin, then fold in the jalapeños and scallions.** Season with salt to taste.
1. **Spread about ½ cup of the mixture** evenly over half of 1 tortilla, leaving a ½ inch border. Add a spoonful of beans. Sprinkle about 1/3 cup cheese over the filling. Fold tortilla over and seal edges by pressing down firmly.
1. **Heat two tablespoons of oil** in a large skillet or griddle over medium heat until shimmering. Carefully add 2 folded tortillas and cook, swirling and moving tortillas side to side until turning golden.

## Nutrition Facts

**Calories 648 cal** , **Total Fat 25 g**, **Total Dietary Fiber 27 g**, **Saturated Fat 10 g**, **Protein 32 g**, **Sodium 930 mg**, **Cholesterol 40 mg**, **Sugars 1.9 g**, **Carbohydrate 75 g**