

Vegetable Curry with Lemon Herb Farro

HEART HEALTHY RECIPE

Serves 6

Vegetable Curry

- 1 1/2 tsp. minced garlic
- 1/4 tsp. ground cumin
- 1/2 cup curry powder
- 1/8 tsp. cayenne powder
- 1/2 tsp. ground black pepper
- 1 Tbsp. olive oil
- 1/2 cup carrot, medium dice
- 1 1/2 cup red potato, medium dice
- 1/2 cup green bell pepper, julienne
- 1 cup yellow onion, sliced thin (1/4 inch)
- 2 cups cauliflower, 1 inch dice
- 1 cup tomato, small dice
- 1 cup garbanzo beans
- 1/2 cup green peas



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2 Tbsp. golden raisins
3/4 cup vegetable broth

Heat oil in a large skillet. Over medium heat, add cumin, garlic, curry and cayenne powder. Stir in 1/2 of the broth and cook for 2 minutes. Add in the carrots, potatoes, green peppers, onions and cauliflower. Cover and simmer for 5-7 minutes or until vegetables are just tender. Add in the tomato, garbanzo beans, raisins and the remaining broth. Cover and cook for another 10 minutes. Taste and adjust seasoning. Keep warm for service.

Farro

2 cups farro
Zest of 1 lemon
1 Tbsp. parsley, chopped

Cook farro according to package. Once the grain is cooked, fold in the lemon zest and chopped parsley. Serve warm with the curry.

To your health,

Chef Jason

Nutrition Facts

**348 Calories; Fat 6.5g; Sat Fat 0.8g; Sodium 130mg;
Total Carbs 64g; Fiber 17g; Protein 16g**

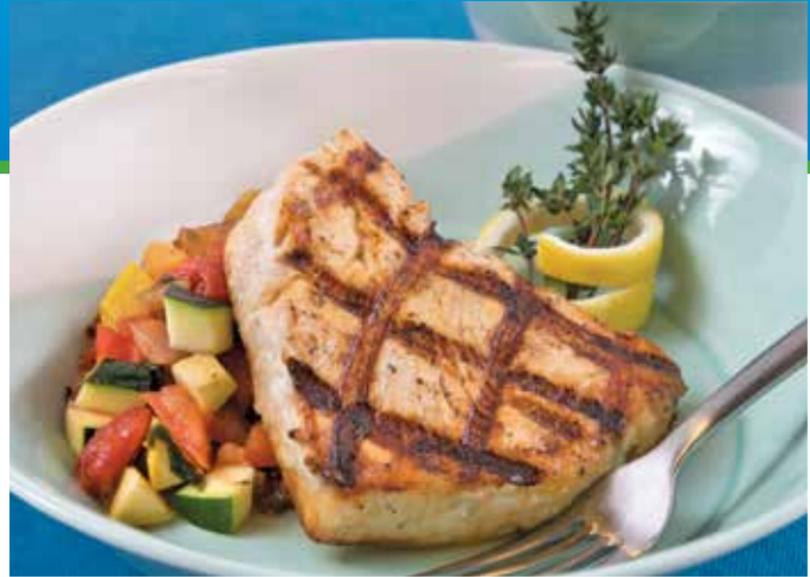
Grilled Swordfish with Ratatouille Vegetables

Serves 4

Swordfish

- 4 – 4oz swordfish steaks
- Fresh ground black pepper
- Pinch kosher salt
- 1 tsp. olive oil

Brush fish with olive oil and sprinkle with salt and fresh cracked pepper. Grilling is the preferred cooking method, but it can be baked as well. Grill for about 3 minutes on each side, taking into consideration the thickness of the fish steak. The thicker it is, the longer it will take on each side. To bake, cook at 375°F for about 15 minutes. When cooked completely fish will be firm but still moist.



Ratatouille Vegetables

2 Roma tomatoes, diced to 1/2 inch
1 crook neck squash, diced 1/2 inch
1 green zucchini, diced 1/2 inch
1/2 red onion, diced 1/2 inch
1 yellow bell pepper, diced 1/2 inch
1 red bell pepper, diced 1/2 inch
2 cloves garlic, minced
4 fresh basil leaves, chopped
1 cup cooked, diced tomatoes in puree
(canned works best)
3 tsp. olive oil

Heat oil in a large sauté pan over medium heat.
Add onions and cook for 4 minutes or until tender.
Add red and yellow bell peppers and cook for about 2 minutes, then add garlic and stir.
Next, add squash, zucchini and fresh tomatoes.
Cook vegetables for about 5 minutes, then add the cooked tomatoes, stirring until well combined.
Add basil. Taste vegetables and season as desired with kosher salt and fresh pepper.

Cook for 5-10 minutes, checking tenderness of the squash. When done to your liking, remove from the heat and serve warm.

Enjoy!

Chef Jason

Nutrition Facts

**250 calories; Fat 10g; Sat Fat 2.1g; Sodium 120mg;
Carb 14g; Fiber 3g; Protein 19g**

Cauliflower Steak with Nopalitos Con Rajas en Salsa Verde (Cactus in salsa)



Serves 4

Nopalitos

4 cups cleaned nopales cactus,
sliced into strips

Salt

Water

1 pound tomatillos

1 small white onion, cut in half

5 serrano peppers

1 clove garlic

2 poblanos roasted, peeled and sliced into
rajas (strips)

2 Anaheim peppers roasted, peeled and sliced
into rajas (strips)

(Continued on back side.)

Using a small sharp knife, carefully shave or remove the needles from the cactus paddles. Slice into strips and rinse well under cold water. Combine the nopales with 1 teaspoon of salt in a sauce pan. Cover with water, bring to a boil, reduce heat and cook for 6 to 8 minutes. Drain and again rinse well under cold water.

In another saucepan, add tomatillos, half of the onion and all of the serrano peppers. Cover with water, bring to a boil, reduce to simmer and cook for 10 to 15 minutes. Drain all of the water and transfer to the blender. Add garlic and 3/4 teaspoon of salt or to taste. Blend on high until smooth; set aside.

Preheat a large skillet with 2 tablespoons of olive oil to medium heat for a few minutes. Slice the remaining onion into thin strips. Add to skillet and cook for 3 minutes. Add the rajas and nopales and cook for another few minutes. Add half of the salsa from blender to the skillet. Cook at a low simmer for 10 minutes.

Cauliflower Steak

1 head cauliflower, cut into 1 inch thick slices
1 tsp. minced garlic
2 Tbsp. olive oil
Pinch of black pepper
1/8 tsp. kosher salt

Heat a large skillet on med-high heat. On a sheet pan place cauliflower steaks and drizzle with oil, garlic and seasonings. Rub oil and spices into the cauliflower to help coat. Carefully place a steak into the hot skillet; repeat until pan is full. Sear the cauliflower for 1 minute, flip and continue to cook for 3 minutes. Steaks should be fork tender. When done, remove and serve.

Chef Jason

Nutrition Facts

Calories 168; Total Fat 8.5; Sat Fat 1.1g; Sodium 56mg; Carbohydrates 22.5; Fiber 9g; Protein 5.8g

Roasted Beet and Fresh Goat Cheese Salad

Serves 4

Roasted Beets

- 1 lb. Topless gold beets (baby beets work as well)
- 1 lb. Topless red beets (baby beets work as well)
- 2 Tbsp. olive oil
- Pinch of salt and pepper
- 2 cups water

Preheat oven to 425°F. In a Pyrex baking dish add the water and topless beets; drizzle with oil and season lightly with salt and pepper. (Colors can be cooked together, but gold beets will pick up some of the red color.) Cover with foil and bake for



45 minutes. Check for tenderness by poking a paring knife into the beet. (If knife pulls out easy, then they are done. If knife sticks, they need to cook a bit longer.) Once the beets are cooked, remove from oven and let sit on counter, covered, for about 30 minutes. Remove skins with a damp towel. Cool peeled beets completely, then cut into 1 inch pieces.

Salad

3 oz. Cherve (soft goat cheese)
4 oz. mixed salad greens
1 oz. toasted walnuts (almonds or pistachios work as well)
2 oz. balsamic vinaigrette
1 lb. roasted beets, sliced or cubed

Fold roasted beets in with salad ingredients and serve.

Enjoy!

Chef Jason

Nutrition Facts

**170 calories; Fat 9g; Sat Fat 3.5g; Sodium 200mg;
Carb 15g; Fiber 4g; Protein 7g**