

Quinoa

STUFFED TOMATOES



PORTION: 1 tomato with 3/4 cup of stuffing

SERVES: 4

SUPERFOOD

INGREDIENTS

1 qt Vegetable Stock, Low Sodium	1/4 cup Eggplant, Medium Diced
1/2 cup Red Onions, Chopped	1/4 cup Carrots, Diced
1/4 cup Green Bell Peppers, Chopped	1/2 tsp Canola Oil
1/4 cup Red Bell Peppers, Chopped	1 1/2 tsp Ground Black Pepper
1 cup Quinoa, Dry	1/4 cup Fresh Parsley, Chopped
4 ea Tomatoes, Fresh	1/4 ea Avocado, Diced

METHOD

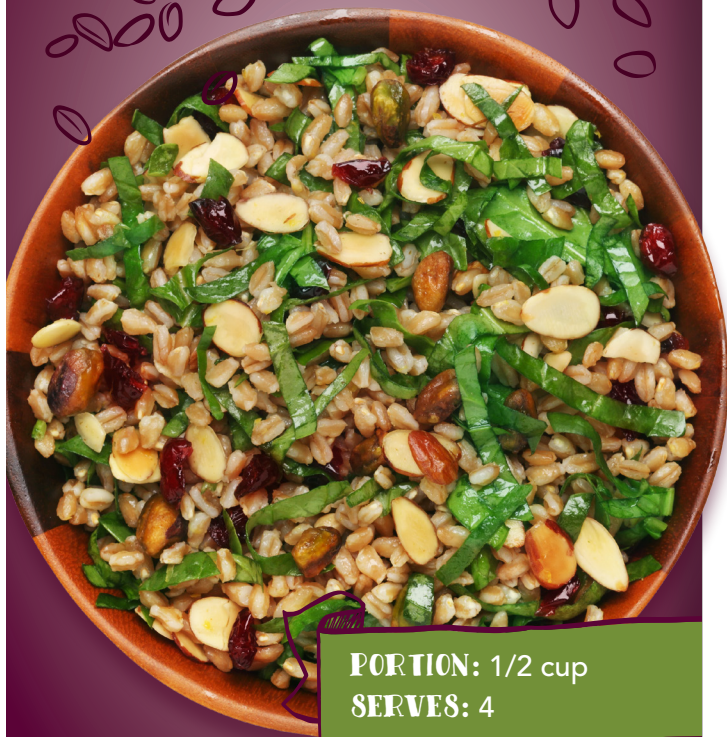
1. Preheat oven to 350F degrees. Cut the tops off of the tomatoes and hollow out the insides.
2. Heat oil in a saucepan over medium-high heat. Add onions and cook until they begin to soften, about 1-2 minutes. Add bell peppers, eggplant and carrots and sauté until tender, approximately 2-3 minutes. Add quinoa and cook gently for 2 minutes. Add the stock to the quinoa and vegetable mixture. Bring to a boil then reduce heat to a simmer and cover. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7-10 minutes.
3. When quinoa is cooked, remove the cover and fluff the quinoa. Gently mix in the avocado, pepper and parsley. Carefully stuff about 3/4 cup of quinoa into each tomato. Place tomatoes on a baking sheet and bake in preheated oven until tomatoes are heated through, about 15-20 minutes.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	5g	0.5g	43g	8g	8g	40mg

SUPERFOOD

PISTACHIO ALMOND CRANBERRY Farro Salad



PORTION: 1/2 cup
SERVES: 4

INGREDIENTS

1 cup Farro Grain

2 1/2 cup Water

1/2 oz Almonds, Toasted and Sliced

1/2 oz Raw Pistachio Nuts

1 tsp Ground Cumin

1 Tbsp Lemon Zest, Finely Grated

1 Tbsp Fresh Lemon Juice

1 oz Dried Cranberries

1 qt Baby Spinach

1 Tbsp Canola Oil

METHOD

1. In a pan, combine water and farro and bring to a boil. Reduce heat to low. Cover and simmer for 25-30 minutes, until grains are tender and have absorbed all of the liquid. Chill.
2. Clean the spinach and dry thoroughly before shredding with a knife (chiffonade). In a bowl, combine the farro, cumin, almonds, pistachios, lemon zest, lemon juice, cranberries, spinach and oil.

Chef Tip: Soak the farro overnight if you are not using quick cook farro.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	7g	0.5g	38g	7g	4g	30mg

Whole Grain Penne

WITH EGGPLANT AND TOMATOES



PORTION: 2 cups
SERVES: 6

SUPERFOOD

INGREDIENTS

1 lb Whole Grain Penne, Cooked	1 pint Fresh Cherry Tomatoes, Halved
3 cup Diced Eggplant, Peeled	1/4 tsp Ground Black Pepper
1/2 tsp Salt	1/4 cup Fresh Basil
2 Tbsp Extra Virgin Olive Oil	1/2 cup Fresh Parmesan Cheese, Shredded
1 ea Fresh Onions	1 gal Boiling Water
1/4 tsp Crushed Red Pepper Flakes	1/2 lb Fresh Spinach, Chopped
1 Tbsp All Purpose Flour	

METHOD

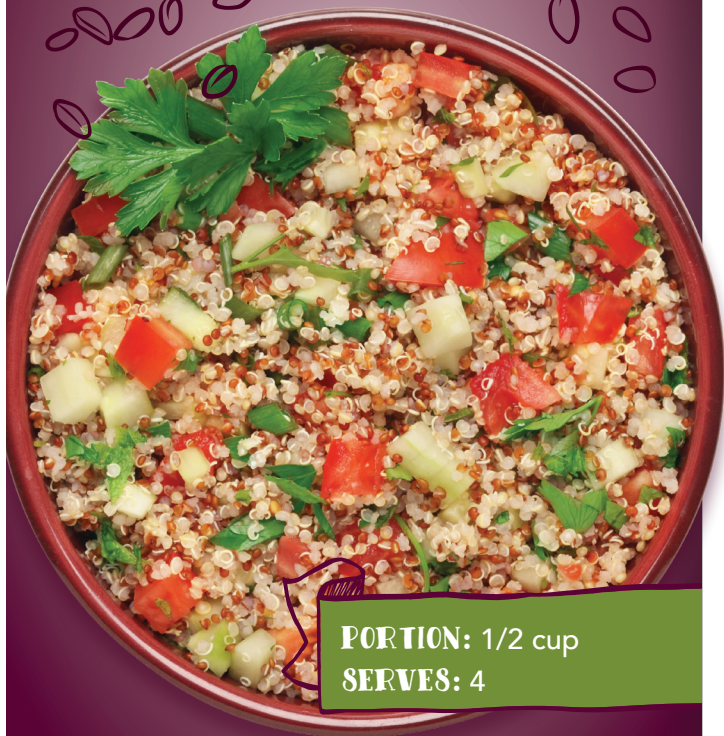
1. Sprinkle eggplant with salt. Transfer to a colander and place a weight on top. Allow the eggplant to drain for 1 hour.
2. Heat olive oil in a large skillet over medium heat. Add onions and red pepper flakes. Sweat until the onions are translucent, about 5 minutes.
3. Dredge the seasoned and drained eggplant in the flour and add to the skillet. Cook over medium heat until thoroughly cooked. Add cherry tomatoes to skillet and season with pepper. Cook for an additional 2 minutes.
4. Add pasta to boiling water and cook according to package directions. Drain and reserve some of the cooking water. Toss pasta in the skillet with the sauce and the spinach. Allow the spinach to wilt slightly. Add the reserved cooking water in small amounts at a time until the sauce reaches the desired consistency. Top with the parmesan cheese and basil.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
360	9g	2.5g	56g	15g	6	360mg

Quinoa

TABOULEH



PORTION: 1/2 cup
SERVES: 4

INGREDIENTS

1 cup Quinoa

2 cup Water

1 ea Small Tomatoes, Fresh, Diced 1/4"

1/2 cup Peeled Cucumbers, Seeded and Diced

1 cup Fresh Italian Parsley, Chopped

2 Tbsp Fresh Mint Bunch, Chopped

1 Tbsp, 1 1/2 tsp Lemon Juice, Fresh

1/2 cup Green Onions, Thinly Sliced

1/4 tsp Salt

1/4 tsp Fine Ground Black Pepper

1/4 cup Canola Oil

METHOD

1. Place quinoa in a pot with water and bring to a boil; lower heat to simmer and cook until tender and outer ring is visible, about 15 - 20 minutes. Drain and chill.
2. Add the tomatoes, cucumber, parsley, mint, fresh lemon juice and scallions.
3. Fold in the olive oil to separate the grains. Season with salt and pepper.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
260	16g	1.5g	25g	6g	4g	130mg