Flavor MyPlate

Learn how spices create excitement and flavor while reducing sodium and fat
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- Egypt
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MOROCCO
Moroccan Lamb Meatball

Ingredients:
- 3 onion, peeled
- 1 lb minced lamb
- 1 lemon, quartered, zest and juice
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- pinch cayenne pepper
- small bunch flat-leaf parsley, chopped
- 2 tbsp olive oil
- thumb-sized piece ginger, peeled and grated
- 1 red chilli, deseeded and finely chopped
- pinch saffron strands
- 1 cup lamb stock
- 1 tbsp tomato purée
- 3.5 oz pitted black Kalamata olive
- small bunch cilantro, chopped
- couscous or fresh crusty bread, to serve

Directions
- Put the onions in a food processor until finely chopped. Put the lamb, lemon zest, spices, parsley and half the onions in a large bowl, and season. Using your hands, mix until well combined, then shape into walnut-sized balls.
- Heat the oil in pan, then add the remaining onions, ginger, chilli and saffron. Cook for 5 mins until the onion is softened and starting to color. Add the lemon juice, stock, tomato purée and olives, then bring to the boil. Add the meatballs, one at a time, then reduce the heat, cover with the lid and cook for 20 mins, turning the meatballs a couple of times.
- Remove lid, then add the cilantro and lemon wedges, tucking them in between the meatballs. Cook, uncovered, for a further 10 mins until the liquid has reduced and thickened slightly. Serve hot with couscous or fresh crusty bread.
KOREA
Kimchi

Ingredients

- 1 Napa Cabbage
- 1/2 C. Kosher Salt
- ~12 C. cold water, more as needed
- 8 oz daikon radish, peeled and cut into 2-inch matchsticks
- 4 medium scallions, cut into 1-inch pieces
- 1/3 C. Korean red pepper powder
- 1/4 C. fish sauce
- 1/4 C. peeled and minced fresh ginger
- 1 TBSP minced garlic cloves
- 2 TSP Korean salted shrimp, minced
- 1 1/2 TSP granulated sugar

Directions

- Cut the cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end.
- Place in a large bowl, sprinkle with the salt, and toss with your hands until the cabbage is coated. Add enough cold water to just cover (about 12 cups), making sure the cabbage is submerged. Cover with plastic wrap and let sit at room temperature at least 12 hours and up to 24 hours.
- Place a colander in the sink, drain the cabbage, and rinse with cold water. Gently squeeze out the excess liquid and transfer to a medium bowl; set aside.
- Place the remaining ingredients in a large bowl and stir to combine. Add the cabbage and toss with your hands until evenly combined and the cabbage is thoroughly coated with the mixture. Pack the mixture tightly into a clean 2-quart jar with a tightfitting lid and seal the jar. Let sit in a cool, dark place for 24 hours (the mixture may bubble). Open the jar to let the gases escape, then reseal and refrigerate at least 48 hours before eating.
- Kimchi is best after fermenting about 1 week but you can refrigerate for up to 1 month.
CUBA
Cuban Sandwich

**Ingredients**
- 1 -ounce regular mustard
- 4 dill pickles
- 5 slices boiled ham or Virginia ham
- 2 slices roast pork
- 1 slice imported Swiss cheese

**Directions**
- Cut Cuban bread to desired size and slice open the bread down the middle.
- On the topside of the bread spread mustard, evenly across and place 4 pickles on top of the mustard.
- Place 1 slice of Swiss cheese on top of the pickles. Slice ham to desired thickness, the thinner the better.
- Fold each slice of ham in half and place evenly on bottom of bread. On top of the ham, place slices of roast pork.
- Join both halves of the sandwich.
- Grill sandwich if desired using a sandwich grill or waffle iron.
ISRAEL
FALAFEL

Ingredients:
1 cup dried chickpeas
1/2 large onion, roughly chopped (about 1 cup)
2 tablespoons finely chopped fresh parsley
2 tablespoons finely chopped fresh cilantro
1 teaspoon salt
1/2-1 teaspoon dried hot red pepper
4 cloves of garlic
1 teaspoon cumin
1 teaspoon baking powder
4-6 tablespoons flour
Soybean or vegetable oil for frying
Chopped tomato for garnish
Diced onion for garnish
Diced green bell pepper for garnish
Tahini sauce
Pita bread

1. Put the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches. Let soak overnight, then drain. Or use canned chickpeas, drained.

2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor fitted with a steel blade. Add the parsley, cilantro, salt, hot pepper, garlic, and cumin. Process until blended but not pureed.

3. Sprinkle in the baking powder and 4 tablespoons of the flour, and pulse. You want to add enough bulgur or flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for several hours.

4. Form the chickpea mixture into balls about the size of walnuts, or use a falafel scoop, available in Middle-Eastern markets.

5. Heat 3 inches of oil to 375ºF in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for a few minutes on each side, or until golden brown. Drain on paper towels. Stuff half a pita with falafel balls, chopped tomatoes, onion, green pepper, and pickled turnips. Drizzle with tahini thinned with water.
HUMMUS

Ingredients:

2 cups drained well-cooked or canned chickpeas, liquid reserved
1/2 cup tahini (sesame paste), optional, with some of its oil
1/4 cup extra-virgin olive oil, plus oil for drizzling
2 cloves garlic, peeled, or to taste
Salt and freshly ground black pepper to taste
1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
Juice of 1 lemon, plus more as needed
Chopped fresh parsley leaves for garnish.

Directions:

1. Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.

2. Taste and adjust the seasoning (I often find I like to add much more lemon juice). Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.
AFGHANISTAN
Lamb Korma

Ingredients

- 8 cloves
- 1 Tbsp black peppercorns
- 5 green cardamom pods
- 1 Tbsp coriander seeds
- 1 heaping teaspoon cumin seeds
- 5 Tbsp of light sesame oil or canola oil
- 3 medium yellow onions, roughly chopped
- 2 garlic cloves, crushed
- 1 heaping Tbsp grated ginger
- 2 teaspoons turmeric
- 1 heaping teaspoon paprika
- 1 teaspoon of ground cinnamon
- 4 very big, very ripe tomatoes, cut into 1-inch chunks OR 1 28-ounce can whole, peeled tomatoes, cut in quarters
- 2 1/2 to 3 1/2 pounds boneless lamb shoulder or leg, cut into 1-inch chunks
- 2 1/2 cups water
- 1 1/3 cups full fat plain yogurt
- Salt

Directions

- Grind the cloves, peppercorn, and cardamom pods until fine.
- Heat the oil over medium-low heat in a large, thick-bottomed pot with a lid. Add the chopped onions and cook, stirring often, until golden, about 10 minutes.
- Add the turmeric, cumin, coriander, paprika and cinnamon to the onions and stir to coat. Stir in the ground cloves, cardamom, and peppercorns. Add the crushed garlic and the grated ginger. Cook for 2 minutes.
- Add tomatoes (with their juices) to the pot and bring to a simmer. Cook for 4 minutes.
- Add the lamb pieces to the pot, stir to coat with the spices, onions and tomatoes, and let cook for 4 minutes.
- Stir in the water and yogurt and mix well. Add salt to taste. Cover the pot, bring to a simmer and reduce heat to a very low simmer. Cook very gently for 2 hours or more, stirring every 15 minutes or so. The stew should cook at a bare simmer until the lamb is very tender.
- Serve with basmati rice and naan bread.
THAILAND
Panang Pork

Ingredients:
• 1 lb pork, chopped into bite sized pieces
• 2 tbsp Panang curry paste
• 1 tbsp vegetable cooking oil
• 2 cups coconut milk
• 2 tbsp palm sugar
• 2 tbsp fish sauce
• 10 basil leaves
• 1 red chili, sliced
• 3 kaffir lime leaves

Directions:
1. Heat the oil in a wok and fry the curry paste for one minute, then pour in the coconut milk. Bring to a boil.
2. Add pork and palm sugar
3. Wait until pork is thoroughly cooked, then add basil, chili, and kaffir lime leaves.
4. Transfer to a serving bowl, serve hot with steamed rice.
Mango with Sticky Rice

Ingredients:
• 1 ½ cups short-grain white rice
• 2 cups water
• 1 ½ cups coconut milk
• 1 cup sugar
• ½ tsp salt
• 3 ripe mangos, peeled and sliced

Sauce:
• ½ cup coconut milk
• 1 tbsp white sugar
• ¼ tsp salt
• 1 tbsp tapioca starch
• 1 tbsp toasted sesame seeds

Directions:
1. Prepare rice per package instructions
2. While rice is cooking, mix together coconut milk, sugar, and salt, and bring to a boil. Remove from heat and set aside to cool.
3. Mix cooked rice into coconut milk mixture and cover, allow to cool for 1 hour.
4. Make a sauce by mixing together coconut milk, sugar, salt, and tapioca starch in a saucepan and bring to a boil.
5. Pour the sauce over the rice and serve with mango slices. Garnish with sesame seeds.
Salvadoran Quesadillas

Ingredients

- 2 cups rice flour
- 1 ½ tbsp baking powder
- 5 eggs, separated
- 1 cup butter
- 1 ½ cup sugar
- 1 ½ cup sour cream
- 2 cups Cotija Cheese
- 1 ½ cups milk
- Sesame seeds to garnish

Directions

- Preheat oven to 400°F with rack in the middle. Place muffin liners in muffin tins and spray well with non-stick spray
- In a small bowl, mix together the flour and baking powder
- In a 2nd bowl, whisk the egg whites until fluffy
- In a 3rd bowl, beat butter and sugar with an electric mixer at medium-high speed until pale, about 1 minute
- With mixer on medium, add in the egg yolk one at a time. Slowly add in the sour cream, milk and cheese
- Gently fold in the egg whites then slowly fold in the flour mix until just combined
- Portion batter into muffin cups. Sprinkle with sesame seeds
- Bake until a wooden pick inserted into the center comes out clean, about 16-20 minutes.
- Serve cake slightly warm or at room temperature.
WEST AFRICA

Ghana and Senegal
Kachumbari Salsa

Ingredients:
• 1 red or green spicy chili, seeds removed, cut into thin circles
• ¼ cup fresh cilantro, chopped
• ½ cup red onion, diced
• 1 lb tomatoes, diced
• Juice of 1 lime

Directions:
• Place the tomatoes, chilli, onions & cilantro into a large serving bowl.
• Add the lime juice & toss all together.
• Serve immediately.
**Chicken Peanut Stew**

**Ingredients:**
- 2-3 lbs chicken (legs, thighs, and/or wings)
- 3 Tbsp vegetable oil
- 1 large yellow or white onion, sliced
- 3-inch piece of ginger, peeled and diced
- 4 cloves of garlic, minced
- 1 large sweet potato, chopped
- 1 15-oz can crushed tomatoes
- 1 qt chicken stock
- 1 cup peanut butter
- 1 cup roasted peanuts
- 1 Tbsp ground coriander
- 1 Tsp cayenne or to taste
- Salt and Pepper
- ¼ to ½ cup chopped cilantro

**Directions:**
1. Heat vegetable oil in a large soup pot over medium-high heat. Pat the chicken pieces dry, and brown them in the oil. Set aside.
2. Saute the onions in the oil 3-4 minutes, stirring often. Add the ginger and garlic and saute for another 1-2 minutes. Add sweet potatoes and stir well to combine.
3. Add chicken, chicken broth, crushed tomatoes, peanut butter, peanuts, coriander and cayenne and stir well to combine. Bring to a simmer. Cover the pot and simmer gently for 90 minutes or until the chicken meat easily falls off the bone and the sweet potatoes are tender.
4. Remove the chicken pieces and set them in a bowl to cool. Remove and discard the skin. Shred the meat off the bones and put the meat back into the pot.
5. Adjust the seasons as desired. Stir in cilantro.

Serve on its own or with rice.
German Raisin Roast

Yield: 1 Roast
Servings: 6-8

Ingredients:
• 3-4 lbs boneless chuck roast
• 3 Tbsp olive oil
• 1 Tbsp kosher Salt
• 1 Tbsp black pepper
• 1 yellow onion, peeled and diced
• 2 cups carrots, peeled and diced
• 1 cup raisins
• 1 Tbsp brown sugar
• 1 Tbsp vinegar
• 6 ginger snap cookies, broken up
• Enough water to cover the roast in a pan

Directions:
• Heat olive oil in a large pot over medium-high heat.
• Gently set the roast in the hot pan and sear it all over until it’s brown on all sides, about 5-6 minutes per side.
• Add the onions, carrots, raisins, brown sugar, vinegar, and gingersnap cookies to the pot.
• Pour in enough water to barely cover the top of the roast.
• Put the lid on and roast for 3 hours for a 3 lb roast.
• The roast is ready when it’s fall-apart tender.
Irish Soda Bread

Yield: 1 Large Loaf
Serves: 4-6

Ingredients:
* 1 Tbsp butter, softened
* 1/2 cup sugar
* 2 cups milk
* 1/2 teaspoon baking soda
* 2 tablespoons caraway seeds
* 1 cup raisins
* 4 cups flour
* 1 tablespoon baking powder
* 1 1/4 teaspoons salt

Directions:
* Preheat oven to 350°F. Grease a 9-inch heavy iron frying pan.
* In a large mixing bowl, combine butter and sugar together with a wooden spoon.
* In a separate bowl, combine milk, soda, caraway seeds, and raisins, then stir into sugar mixture.
* In a bowl, sift flour, baking powder, and salt, and gradually add to sugar-milk mixture, beating with a wooden spoon, until a wet dough forms.
* Turn into the prepared pan and bake for 1 hour
* Turn out of pan and cool about 30 minutes before cutting.
EASTERN EUROPE

Ukraine
## Ingredients:
- 3 lbs Beef Brisket
- 1 Tbsp shortening
- 1 qt Water
- 3 ¼ cup Beef Base
- Diced Tomatoes
- Onions, chopped
- Dried Parsley
- Sugar
- Garlic Minced
- Bay Leaf, whole
- Kosher Salt
- Celery Salt
- Dried, Crushed Basil
- Paprika
- Pepper
- Cabbage, finely shredded
- Fresh Beets
- Lemon Juice
- Sour Cream for Garnish

## Instructions
1. Place beets in a large pot and fill with enough water to cover them. Cover pot and boil until tender, about 45 minutes. Remove beets from pot and set aside to cool.
2. Add broth, carrots, and potatoes to beet water and boil covered for 15 minutes. Add onions, garlic, cabbage, and diced tomatoes.
3. Peel and slice the cooked beets and add to pot. Cook about 30 minutes. Add tomato sauce, sugar, dill, salt, and pepper. Reduce to simmer for 10 minutes.
4. Serve hot topped with sour cream

**Yield:** About 10 servings  
**Serving Size:** About 8 fl oz
ITALY
**Italian Broccolini**

**Yield:** 6 Servings  
**Serving Size:** ¾ cup

**Nutrition per serving:**
- Calories: 50
- Total Fat: 2 gm
- Protein: 2.5 gm
- Carb: 5.5 gm
- Sodium: 120 mg

**Ingredients:**
- 1 pound Broccolini
- 1 Tbsp Olive Oil
- 1 Tbsp Lemon Juice
- Pepper to taste

**Directions:**
- Wash and trim the broccolini.
- Steam for 5 minutes, until crisp yet tender. Drain.
- In a bowl whisk together the oil, lemon juice, and pepper.
- Drizzle the dressing over the broccolini and toss to coat.
Flavor My Plate: Lasagna Florentine

Yield: 8 Servings
Serve Size: 6-8 oz

Ingredients:
- 1-15 oz container ricotta cheese
- 1 cup grated parmesan cheese
- 1 egg
- 1 lb fresh spinach
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/8 tsp. ground nutmeg
- 2 cups of your favorite Alfredo Sauce
- 12 lasagna noodles, cooked
- 1 lb. fresh mozzarella, thinly sliced

Directions:
- Preheat oven to 350°
- Combine cheese, egg, salt, pepper and nutmeg in medium bowl; set aside
- Spread 1/4 cup sauce in 13 x 9” baking pan. Arrange 4 lasagna noodles, then top with 1/2 of the ricotta mixture, 1/4 cup sauce, 1/2 of the spinach, and 1/3 of the mozzarella cheese; repeat layers, ending with noodles. Top with remaining 1/4 cup Sauce
- Cover the pan with foil and bake 40 minutes
- Remove foil, then top with remaining mozzarella cheese. Bake an additional 10 minutes until cheese is melted and lightly browned
- Let stand 10 minutes before serving
ANDOUILLE & CHICKEN JAMBALAYA

Yield: 16
Portion: 6 oz

Ingredients:
- 1/4 cup vegetable oil
- 2 cups chopped onions
- 1 cup chopped bell peppers
- 1 cup chopped celery
- ½ teaspoon salt
- 1½ teaspoons cayenne
- 2 pounds boneless chicken, cut into 1 inch cubes (you can use dark meat, white meat or a combination of both)
- 1 pound Andouille sausage cut into bite-sized pieces
- 1 28 oz. can of chopped tomatoes with juice
- 2 bay leaves

Directions:
- Heat the oil in a large pan. Turn the heat to medium/medium low and add the onions, peppers, celery, salt and cayenne. Stir around for 15 minutes until the veggies are dark in color, but not burned.
- Add the chicken and cook for 7-8 minutes, until just cooked through. Add the Andouille, tomatoes & bay leaves.
- Set heat to medium low and let cook for 20 minutes more to combine all flavors.
- Remove the bay leaves before serving.
- Serve over cooked white rice and garnish on top with sliced green onions.

Tips:
- Like it hot? Add more cayenne.
- You can substitute spicy chicken sausage for the Andouille.
NEW ORLEANS
RED BEANS AND RICE

Yield: 8

Ingredients:
- 1 (1-pound) package dried red kidney beans
- 1 (32-ounce) container no-sodium vegetable broth
- 4 cloves garlic, finely chopped
- 1 large yellow onion, chopped
- 4 celery stalks, chopped
- 1 large green bell pepper, chopped
- 2 tablespoons olive oil
- 3 bay leaves
- 2 teaspoons thyme
- 1 teaspoon oregano
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon ground black pepper
- 1/2 tablespoon hot sauce
- 2 teaspoons Liquid smoke seasoning
- Water as needed
- Salt to taste
- Cooked rice

Directions:
- Rinse and sort beans.
- Put the beans in a pot and cover them with vegetable broth. Set heat to high.
- In another pot or skillet, sauté the garlic, onion, celery, and bell pepper in olive oil until tender.
- Add the sautéed vegetable mixture and remaining ingredients, except salt and rice, to the beans.
- When the beans reach a boil, reduce the heat to a simmer. Simmer for 2 1/2 hours, stirring every 30 minutes. Add water to beans as needed.
- When the beans are completely tender, add salt to taste. Remove bay leaves.
- For a creamier texture, process half the beans in a food processor or blender until smooth. Add processed mixture back to pot.
- Salt to taste and serve over cooked rice.
HAWAII
Hawaiian Glazed Salmon

Yield: 6 servings
Portion Size: 4-6 oz filet

Ingredients:
- 6 Salmon Filets
- ¼ Cup Orange Juice
- 2 Tbsp Low Sodium Soy Sauce
- 1 Clove Garlic, Minced
- 1-inch piece ginger, peeled and minced
- 2 Tbsp Honey
- 2 Tbsp Brown Sugar
- ¼ Cup Pineapple Juice
- ½ Cup Pineapple Puree

Directions:
- Preheat oven to 400°
- Place salmon filets, skin side down, on a baking pan
- Whisk together the rest of the ingredients in a bowl to make the glaze
- Evenly distribute the glaze on the salmon filets
- Bake for 12 minutes
Coconut Rice

Yield: 6 servings
Portion Size: 4 oz

Ingredients:
- 1 Cup Rice
- 1 Cup Coconut Milk
- ¼ Cup Cream of Coconut
- 1/8 Tsp Black Pepper
- ½ Tbsp Chopped Chives
- 2 Tbsp Coconut Flakes

Directions:
- Cook rice as package directs
- Bring the coconut milk and cream of coconut milk to a boil
- Turn off the heat.
- Stir the hot milk mixture into the rice
- Cover and let sit for 5 minutes until all liquid is absorbed
- Garnish with chives and coconut flakes.
Hawaiian Rice Noodle Salad

Yield: 8 servings
Portion Size: 6 oz

Ingredients:
- 8 oz Rice Noodles, cooked
- ½ Cup Shredded Green Cabbage
- ½ Cup Shredded Red Cabbage
- ¼ Cup Grated Carrot
- ½ Cup Pineapple, diced
- ½ Cup Mango, diced
- ½ Cup Edamame
- 1 Green Onion, Chopped

Dressing:
- ½ Tbsp Ginger Root, grated
- ⅓ Cup Rice Wine Vinegar
- ½ Tbsp Low Sodium Soy Sauce
- 1 tsp Honey
- 1 ½ Tbsp Sesame Oil
- 1 ½ Tbsp Salad Oil
- 1 Lime, juiced
- 1 Tsp Sriracha
- 1 ½ Tbsp Toasted White Sesame Seeds, for garnish

Directions:
- Combine Salad Ingredients, rice noodles through green onions into a large bowl and set aside
- Whish together the dressing ingredients
- Pour dressing over salad and toss to combine
GREECE
Avgolemono Soup: Greek Egg Lemon Soup

Yield: 6 portions, approximately 8 ounces each

Ingredients:
- 1 quart low sodium chicken broth
- 1/2 cup orzo pasta, uncooked
- 2 large eggs
- 3 tablespoons lemon juice (juice from one lemon)
- 2 teaspoons lemon zest
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3 tablespoons chopped dill

Directions:
- In a large saucepan, bring chicken broth to a boil. Add orzo; cover, reduce heat and simmer 10 minutes or until orzo is al dente. If using rice, add another cup of chicken broth. Simmer according to package directions or until grains are tender. Do not drain; set aside.

- In a bowl, beat eggs until thick. Whisk in lemon juice and zest. Gradually add 1/2 cup hot broth from saucepan, whisking constantly. Add two more 1/2 cups of broth, whisking after each addition.

- Pour mixture back into saucepan and reheat, stirring with a wooden spoon, until egg cooks and soup slightly thickens. Do not boil or eggs will curdle. Add salt and pepper to taste. Garnish with a sprinkle of dill.
Spanakopita

Yield: 12 servings

Ingredients:
- ⅛ cup olive oil
- 1 medium yellow onion, finely chopped
- ½ teaspoon red pepper flakes
- 2 pounds spinach, cleaned, tough stems removed
- 2 cloves garlic, creamed
- 6 green onions, cleaned, sliced in 1/4 inch lengths
- ⅛ cup fresh dill, minced
- ½ pound feta cheese, crumbled
- 3 eggs, beaten
- Black pepper
- 1 pound phyllo dough, thawed
- Extra virgin olive oil, for layering the phyllo

Directions:
- Preheat the oven to 375°F. Lightly oil a 12 inch diameter, metal baking pan or a 10 x 15 inch rectangular baking pan.
- Heat 4 tablespoons of olive oil in a large saucepan. Sauté the yellow onion and red pepper flakes about 4-5 minutes. Add the spinach, garlic and green onions and sauté until the leaves have wilted and the liquid has cooked off, about 8-10 minutes.
- Remove the pan from heat and allow to cool. When cool enough to handle, finely chop the spinach and place in a large bowl.
- Add dill and feta cheese to the spinach. Add black pepper to taste.
- Pour in the eggs and give a stir to combine well.
- Open phyllo pastry and place on a work surface. Keep unused phyllo covered with a damp cloth to avoid drying.
- Layer the phyllo in the pan, allowing the edges to hang over the sides of the pan, brushing each phyllo layer generously with olive oil.
- Use half the phyllo sheets to make the bottom pastry layer. Add the spinach mixture and press the top down gently to smooth filling. Tuck in the pastry draping over the edges.
- Repeat layering with the remaining phyllo, oiling each sheet generously.
- Using a sharp knife, score the upper layers of pastry into the size pieces you will want to serve once the pie is baked - BE CAREFUL NOT TO CUT THROUGH BOTTOM PASTRY.
- Bake the pie in the middle of the oven for approximately 40-45 minutes until it is golden brown. For the last 15-20 minutes, put a baking pan directly on the oven floor to crisp the phyllo.
- Cool till just warm (We never, but never eat this hot! The flavors just wouldn't come through properly). Cut into serving pieces and serve either just warm or at room temperature.

Note: If the spinach filling appears to be too 'wet', take 2 phyllo sheets and use them as a 'layer' between the spinach filling. These sheets absorb the extra liquid (Do not brush this layer with oil).
**Greek Salad with Feta Vinaigrette**

### Dressing:
- Zest and juice of 1 medium lemon {about ¼ cup}
- 2 Tablespoons red wine vinegar
- 2 cloves garlic, peeled and minced
- 1 Tablespoon granulated sugar + 1 teaspoon honey
- 1 teaspoon dried oregano leaves
- ½ teaspoon dried basil leaves
- ½ cup extra virgin olive oil
- Dash coarse salt and ground black pepper
- ¼ cup crumbled feta cheese

### Salad:
- 3 heads romaine lettuce, chopped
- 1 English cucumber, halved and thinly sliced
- 1 green bell pepper, thinly sliced
- ½ pint cherry tomatoes
- ½ cup pitted Kalamata olives
- ½ cup crumbled feta cheese
- Dash coarse salt and ground black pepper
- ¼ cup shaved Parmesan cheese
- Whole pepperoncini, for garnish {optional}

### Directions:
- Whisk together lemon zest and juice, vinegar, garlic, sugar, honey, oregano and basil. Drizzle in olive oil until combined. Season with salt and black pepper and taste; adjust seasoning if necessary. Whisk in feta cheese. Set aside.
- In a large bowl, combine romaine lettuce, cucumber, bell pepper, tomatoes, olives and feta cheese. Toss with desired amount of dressing. Sprinkle with coarse salt and black pepper and top with Parmesan cheese and garnish with pepperoncini, if desired.
Lamb Meatballs with Mint Pesto

Ingredients:

- 1 lb. ground lamb (or chicken)
- 1 teaspoon Dijon mustard
- ½ yellow onion, finely minced
- 2 cloves garlic, finely minced (or 2 tsp. garlic powder)
- 1 large egg
- ½ cup breadcrumbs
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon coarse salt
- ⅛ teaspoon ground cinnamon
- ¼ teaspoon ground black pepper

Directions:

- Preheat the oven to 375 degrees.
- In a bowl, combine all meatball ingredients. Work with your hands until everything is thoroughly combined.
- Form meatballs using your hands and place them on a greased baking sheet fitted with a rack. Spritz meatballs with cooking spray.
- Place in the oven and cook 10-15 minutes, until internal temperature reaches 145 degrees.
Mint Pesto

Ingredients:
• 2 cups fresh mint leaves
• 1 cup fresh spinach
• ¼ cup unsalted nuts {almonds or walnuts}
• 2 cloves garlic, peeled
• Zest and juice of ½ medium lemon
• Dash salt and ground black pepper
• ¼ cup extra virgin olive oil

Directions:
• To prepare mint pesto, combine ingredients through lemon in a food processor and add a dash of salt and pepper.
• Pulse while drizzling olive oil in through the vegetable shoot until you reach desired consistency.
• Taste and adjust seasonings, if necessary.
VIETNAM
COLD ASIAN NOODLE & VEGETABLE SALAD

Ingredients
- 8 oz lo mein noodles
- 8 oz shredded carrots
- 6 oz sliced bell peppers
- 6 oz bean sprouts
- 6 cups English cucumbers, peeled and sliced
- 2 oz green onions/scallions, sliced thin
- 2 oz fresh cilantro, chopped
- 8 oz Napa cabbage, shredded
- 8 oz Brussels sprouts, shredded
- 1 cup unsalted peanuts, toasted, chopped

Yields 14-16 servings

Dressing
2/3 cup olive oil
1/3 cup low-sodium soy sauce
1/4 cup rice wine vinegar
1/4 cup brown sugar
3 tablespoons chopped fresh ginger
2 tablespoons sesame oil
2 to 3 cloves garlic, chopped
COLD ASIAN NOODLE & VEGETABLE SALAD

Salad Directions
• Bring a pot of water to a boil. Cook the noodles according to the package directions. Drain, rinse and let cool.
• Mix together the noodles and all vegetables.

Dressing Directions
• Whisk together the dressing ingredients in a medium bowl.
• Pour the dressing over the salad and mix well. Sprinkle with chopped peanuts.
BEEF PHO
YIELD 10 SERVINGS

- 8 quarts water
- 1 pound beef bones
- 2 oz fresh ginger, cut in half lengthwise and chopped into 5 pieces
- 12 oz yellow onions, peeled & chopped into 1” pieces
- 3 tablespoons fish sauce
- 3 tablespoons granulated sugar
- 10 whole star anise - lightly toasted in a dry pan
- 5 whole cloves
- 1 pound dried rice noodles, soaked, cooked and drained
- 1 pound beef sirloin, sliced paper-thin
**BEEF PHO**

**Directions**

- In a large stockpot, bring 6 quarts water to a boil. In a second large pot, place the bones in it & add water to cover. Bring to a boil and vigorously boil the bones for 5 minutes. Using tongs, carefully transfer the bones to the first pot of boiling water. Discard the water in which the meat cooked.
- When the water in the first pot returns to a boil, reduce the heat to a simmer. Skim the surface often to remove any foam and fat. Add the ginger, onions, fish sauce and sugar. Simmer one hour. Next, wrap the star anise and cloves in a piece of cheesecloth and add to the broth. Let infuse until the broth is fragrant, about another hour.
- Remove and discard the spice bag, ginger & onions. Add the salt and sliced beef sirloin, continue to simmer only until ready to assemble the dish.
- To assemble the dish, place the cooked noodles in bowls & place a few slices of the sliced beef on the noodles. Ladle about 2 cups of the broth into each bowl. Garnish with bean sprouts, mint, cilantro and wedge of lime.
ARGENTINA
CARNE ASADA

1 pound Flank or Tri-tip steak, trimmed
Cracked black pepper

1. Preheat grill on high.
2. Spray one side of the steak with non-stick spray
3. Season with cracked black pepper.
4. Place steak, pepper side down on the grill; cook for 5-7 minutes.
5. Turn steak over and cook for 4-5 minutes or until steak is medium/medium rare, slightly pink in the middle.
6. Remove steak from the grill and place in a pan, cover with foil or plastic wrap to rest for 5 minutes.
7. Slice on the bias/diagonal and serve 4-ounces topped with 1-2 T Chimichurri.
CHIMICHURRI

1 cup fresh parsley  1 tablespoon white wine
¼ cup fresh cilantro 2 garlic cloves, peeled, cut in
½ cup vegetable oil half
2 limes, juiced Cracked black pepper
2 tablespoons white
wine vinegar

1. Puree all ingredients in food processor until smooth, but still slightly chunky.
2. Adjust with cracked black pepper to taste.
3. Store in sealed container in the refrigerator for up to 5 days.

Suggested serving size: 1-2 T

Nutrition Facts

Serving Size 1 Serving (20g)
Serving Per Container

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MEXICO
MOLE DE OLLA Makes 18 Servings

¼ lb dried guajillo peppers
7 cups + 12 cups water
2 tablespoons oil
1 large yellow or white onion, small dice
1# stew beef, cut into 1” cubes
1 tablespoon cumin
1 teaspoon cracked black pepper
1 tablespoon low sodium beef base
2 potatoes, chopped into bite-size pieces
2 zucchini, chopped into bite-size pieces
1 ½ cups green beans, fresh or frozen
1 ½ cups corn, frozen
Lime wedge
Fresh-chopped cilantro

1. In a large pot, heat 7 cups water to a boil. Place the dried guajillo peppers in the pot and turn heat to medium for about 45 minutes, skim off any foam that rises to the surface.
2. Pour the peppers and all of the liquid into a blender and puree until completely smooth. Strain through a fine sieve. Save the strained liquid and discard the rest of the mixture.
3. In a second large pot, heat oil and sauté the onion and beef with the cumin and black pepper for 8-9 minutes until tender.
4. Pour the chile mixture, 12 cups water and beef base in with the onion & meat. Stir, cover and cook for 45 minutes.
5. Add the potatoes and cook partially covered for 10 minutes.
6. Add the zucchini, green beans and corn and cook partially covered for another 10 minutes. Skim any foam or fat that rises to the surface.
7. Serve 1 cup in a bowl and garnish with fresh chopped cilantro, jalapeño & a wedge of lime.
TRES LECHES CUPCAKE
Makes 15 Servings

**Cupcakes**
- 6 eggs
- 1.5 cups sugar
- 1 teaspoon vanilla extract
- 2 cups AP flour
- 2 teaspoons baking powder

1. Cream eggs with sugar and vanilla.
2. Mix dry ingredients together then mix into egg, sugar & vanilla mix.
3. Bake at 350°F for 14-16 minutes.
4. While still warm, pierce each cupcake several times with a fork. Let cool 8 hours, covered.
5. Mix the three milks and eggs together.
6. Slowly drizzle the milk mixture evenly over each cupcake. They will be very moist.
7. Top each cupcake with ½ ounce fresh whipped cream & a strawberry slice. Keep chilled.

**Milk Mixture**
- 14 oz sweetened condensed milk
- 12 oz evaporated milk
- 1 cup 2% milk
- 3 egg yolks, beaten

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**Nutrition Facts**

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*Percent Daily Values (PDV) are based on a 2000 calorie diet. PDV may vary based on your daily calorie needs.*
Vegetarian Enchiladas

Makes 6 Servings

- 2 cups zucchini, diced
- 1 (10-ounce) package frozen whole-kernel corn
- 1 (15-ounce) can unsalted black beans, rinsed and drained
- 3 Tbsp. + 1 tsp. olive oil
- 1 Tbsp. flour
- 1/4 cup New Mexican chili powder
- 16 ounces low sodium vegetable broth
- 10 ounces unsalted tomato puree
- 1 tsp. dried oregano
- 1/2 tsp. ground cumin
- 1/4 cup low-fat cheddar cheese, shredded
- 1 onion, chopped
- 10 whole wheat tortillas
- 1/2 cup chopped scallions, for garnish
- 6 Tbsp fresh salsa for garnish (optional)

1. In a saucepan, heat 3 Tbsp. olive oil, add flour and cook, whisking for 1 minute. Add the chili powder and cook for 30 seconds. Stir in stock, tomato puree, oregano & cumin and bring to a boil. Reduce heat and simmer for 15 minutes until the flavors are well-blended.

2. Preheat oven to 350°F. Heat 1 Tsp. olive oil in a large skillet over medium-high heat. Add the zucchini and corn, sauté for 5 minutes. Remove from heat and stir in black beans.

3. Combine zucchini, corn, beans and onion as the filling. Spread 1 cup of sauce on the bottom of the baking dish. Spoon about 1/2 cup of filling in the center of each tortilla and roll up. Place the tortilla seam-side down on the saucepan. Repeat the procedure with the remaining tortillas and filling.

4. Spread the remaining sauce over the tortillas. Cover with foil and bake for 30 minutes. Uncover, top with 1/4 cup of cheese and bake uncovered for 10 minutes. To serve, top with salsa and scallions.
INDIA
Chicken Tikka Masala

**Ingredients:**

**Chicken:**
- 1 1/2 lbs. boneless, skinless chicken thighs, diced
- 1/2 cup plain yogurt
- Juice from 1/2 lemon
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- Coarse salt and ground black pepper

**Sauce:**
- 1/2 Tbsp. butter
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, minced
- 2 Tbsp. garam masala
- 2 tsp. paprika
- Pinch cayenne pepper (optional)
- Coarse salt and ground black pepper
- 2 Tbsp. tomato paste
- 1 (28 oz.) can diced tomatoes
- 3/4 cup half and half or heavy cream
- 1/2 cup roughly chopped cilantro

*Directions on back*
Directions:

1. Trim chicken thighs of excess fat and lay in a shallow dish. Whisk together yogurt, lemon, cumin, coriander and a pinch of salt and black pepper. Pour the yogurt mixture over the thighs and stir to fully coat each piece. Chicken can be used immediately or marinated in refrigerator overnight.

2. Warm butter in a large skillet. Add the onion and cook until soft, about 4-5 minutes. Add the garlic and ginger and saute 30-60 seconds. Stir in chicken and cook 5-6 minutes, until starting to brown. Season with garam masala, paprika, cayenne and a pinch of salt and pepper. Add tomato paste and diced tomatoes. Bring to a boil, then reduce heat to a simmer. Cook for 15-20 minutes, until thickened.

3. Stir in the cream and most of the cilantro. Taste and adjust seasonings, if necessary. Serve over rice with remaining cilantro as a garnish.

Serves 4
Homemade Naan

Ingredients:
1 cup warm water
2 Tbsp. honey
1 (0.25 oz.) pkg. active dry yeast
3 1/2 cups white whole wheat flour
1/4 cup plain yogurt
2 tsp. coarse salt
1/2 tsp. baking powder
1 egg
1/4 cup butter
3 cloves garlic, minced

Directions on back

For more information and to register for Learning Kitchen classes go to uwhealth.org/learningkitchen
Directions:

1. In a stand mixer bowl, stir together warm water and honey until the honey has dissolved. Add yeast and stir to combine. Allow to rest 5-10 minutes until yeast is foamy.

2. Turn the mixer on low speed. Gradually add flour, yogurt, salt, baking powder and egg. Increase speed to medium-low and continue mixing the dough for 2-3 minutes, or until the dough is smooth.

3. Remove dough from the mixing bowl and use your hands to shape it into a ball. Grease the mixing bowl with cooking spray, then place the dough back in the bowl and cover with a damp towel. Place in a warm location and allow to rise for 1 hour, until the dough has nearly doubled in size.

4. Meanwhile, heat the butter in a saucepan over medium heat until melted. Add garlic and cook 30-60 seconds. Remove from pan and set aside.

5. Once the dough is ready, transfer it to a floured work surface. Cut the dough into 8 separate pieces. Roll each into a ball with your hands, then place on the floured surface and use a rolling pin to roll out the dough into a large circle until the dough is a little less than ¼-inch thick. Brush dough lightly with the garlic-infused butter on both sides.

6. Heat a large cast iron skillet over medium-high heat. Add a piece of the rolled-out dough to the pan and cook for 1 minute, or until the dough begins to bubble and the bottoms turns lightly golden. Flip the dough and cook on the second side for 30-60 seconds, or until the bottom is golden. Transfer the naan to a separate plate and cover with a towel. Repeat until all pieces of naan are cooked.

Serves 8
Potato and Cauliflower Curry

**Ingredients:**
3 Tbsp. canola oil
2 yellow onions, thinly sliced
4 cloves garlic, minced
1-inch piece fresh ginger, minced
2 lbs. Yukon gold potatoes, diced
1 large cauliflower, cut into small florets
2 tsp. curry powder
1 tsp. ground mustard, cumin, coriander and turmeric
½ tsp. cayenne pepper
Coarse salt and ground black pepper
1 (16 oz.) can diced tomatoes
1 (4.5 oz.) can diced green chilies
½-1 cup low sodium vegetable broth

*Directions on back*
Directions:

1. Heat canola oil in a large pot to medium-high heat. Add onion, garlic and ginger and saute 1-2 minutes. Add potatoes and cauliflower; saute 3-4 minutes, until starting to brown. Season with curry powder, mustard, cumin, coriander, turmeric and cayenne pepper and a dash of salt and pepper.

2. Pour tomatoes, green chilies and broth into the pot. Bring to a boil, then reduce to a simmer. Cook for 15-20 minutes, until cauliflower and potatoes are tender and the sauce has thickened. Taste and adjust seasoning, if necessary.

Serves 6

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UW Health
PHILIPPINES
Pork Adobo: Philippines

Ingredients:
2 pounds pork tenderloin, cut into bite-sized pieces
1/3 cup low-sodium soy sauce
1/4 cup water
1/2 teaspoon black peppercorns
1 cup low-sodium chicken stock
1/2 cup rice vinegar
1/2 cup distilled white vinegar
1/2 cup fresh squeezed lime juice
8 garlic cloves, crushed or 1 tablespoon garlic powder
1 bay leaf

Yield 8 servings

Directions on back

Directions:
1. Heat a large nonstick skillet over medium heat and coat with cooking spray.
2. Add pork and cook 5 minutes, browning on all sides.
3. Add soy sauce, water, peppercorns, vinegars, lime juice, broth, garlic and a bay leaf.
4. Bring to a boil.
5. Cover, reduce heat and simmer 1 hour or until pork is tender.
6. Uncover and increase heat to medium-high; simmer 20 minutes or until liquid is slightly thickened.
7. Discard bay leaf.
8. Serve with rice.

Remind your guests that there are whole peppercorns in the entree and to be cautious when eating.
Cassava Cake: Philippines

Ingredients:
Cake:
2 pounds grated cassava
14 ounce can evaporated milk
12 ounce can sweetened condensed milk
2/3 cup granulated sugar
1/2 cup melted butter
12 ounce jar Makapuno coconut strings

Topping:
13 ounce can coconut milk
3 eggs
1/2 cup grated cheddar cheese

Directions:
1. Pre-heat oven at 400 °F and spray 9x13 baking pan with non-stick spray. Mix together cake ingredients until smooth.
2. Pour cake mix into pan and bake for 35-45 minutes or until the top is firm and set.
3. Mix together topping ingredients in a small sauce pan and simmer for 2 minutes.
4. Pour topping onto cake and bake for another 15 minutes or until golden brown.

Let the Cassava Cake cool down for 30 minutes or longer before slicing and serving. The consistency of this cake will be similar to a dense, rich flan (or custard) and can be eaten warm or chilled.