

POTATO AND POBLANO
Quesadilla
 WITH SALSA



PORTION: 2 Quesadillas
SERVES: 4

SUPERFOOD

INGREDIENTS

1 ea Tomato	3 oz Yellow Onions, Chopped
2 Tbsp Cilantro, Chopped	1 1/2 tsp Garlic, Minced
1 tsp Jalapeño	1/4 tsp Kosher Salt
1 Tbsp Vinegar	4 oz Shredded Cheddar Cheese
12 oz Red Bliss Potatoes, Quartered	8 ea 6" Corn Tortilla
1 ea Poblano Pepper	1 Tbsp Canola Oil

METHOD

1. Make the Salsa: Mix the tomato, cilantro, jalapeño and vinegar in a small bowl. Set aside.
2. Next, add the quartered red bliss potatoes into a pot with cold water and bring to a boil and simmer until tender, about 15 minutes. Drain potatoes and set aside.
3. Roast chiles in a 400F degree oven or on the grill until skin is charred, place in a bowl and cover with plastic wrap to steam. Remove skin and seeds; chop and set aside.
4. Heat oil and sauté chopped onions until tender, about 5 minutes. Add the garlic and the cooked potatoes and cook for 10 minutes. Add the chopped poblano peppers and mash the potatoes with the back of a spoon. Season with salt. Remove from heat.
5. For each corn tortilla, sprinkle with 1 tsp cheddar cheese on one-half and top with 1/4 cup of the potato filling. Sprinkle another 1 tsp of cheese and fold the tortilla in half. Push down on the tortilla to ensure the filling is evenly spread. Repeat with remaining tortillas. In a dry hot skillet over medium heat, toast filled tortillas on both sides, about 1 minute on each side. Cut in half, and serve with salsa.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
340	10g	3.5g	51g	14g	7g	340mg

CRISPY CHIPOTLE
Potato & Zucchini
 TACOS



PORTION: 2 Tacos
SERVES: 4

SUPERFOOD

INGREDIENTS

7-8 ea Fingerling Potatoes	1 each Poblano Pepper, Seeded and Sliced
1 Tbsp Olive Oil	8 ea 6" Corn Tortilla
1/2 cup Fresh Onions, Julienne Sliced	2 Tbsp Fresh Cilantro, Chopped
1 ea Fresh Garlic Cloves, Chopped	1 1/4 cup Shredded Red Cabbage
3/4 cup Red Bell Peppers, Julienned	
1 tsp Canned Chipotle Peppers, Minced	
1 cup Zucchini Squash, Diced	

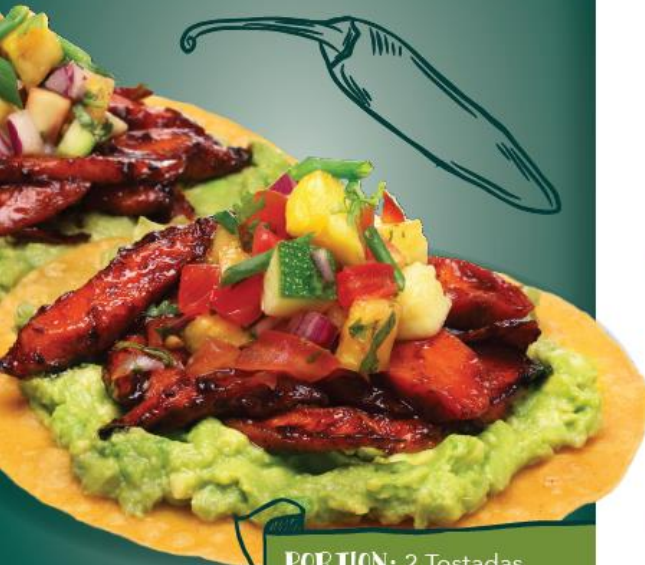
METHOD

1. Bring potatoes to a boil. Cook until potatoes are tender. Drain potatoes and let rest until mostly dry. Slice into 1/4 inch slices.
2. Preheat a large sauté pan with oil. Sauté onions, bell peppers and zucchini until caramelized. Add garlic and poblano pepper. Add potatoes and cook until crispy and brown on all sides. Stir in the minced chipotle peppers.
3. Top each tortilla with 1/2 cup potato mixture and garnish with 1/4 Tbsp cilantro and 1/6 cup shredded cabbage.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
170	4.5g	0.5g	29g	4g	5	35mg

SPICY BBQ Carrot TOSTADAS



PORTION: 2 Tostadas
SERVES: 4

SUPERFOOD

INGREDIENTS

For the Salsa

1/2 cup Pineapple, Diced
1 1/2 Tbsp Red Onion Red, Diced
1/2 ea Serrano Peppers, Seeded and Minced
2 tsp Fresh Cilantro, Chopped
1 ea Fresh Garlic Cloves, Minced
1/3 cup Tomatoes, Diced
1/2 tsp Less Sodium Soy Sauce
1/4 tsp Fresh Lime Juice
2 oz Zucchini, Diced
1 cup Jalapeño, Diced

For the Tostada

8 ea 6" Corn Tortilla
12 oz Carrots, Sliced and Quartered
2 Tbsp BBQ Sauce
2 ea Avocado
2 1/4 Tbsp Cilantro, Chopped
2 tsp Green Onions, Sliced
2 tsp Lime Juice
8 ea Lime Wedge

METHOD

1. Prepare the Salsa: Mix all of the ingredients in a bowl. Mix well. Set aside.
2. Make the BBQ carrots: Cut the carrots and place on a baking tray. Brush a small amount of the barbeque sauce onto the carrots and then place in a 350F oven for 5 minutes. Brush the remaining sauce onto the carrots and allow to cook for another 5-7 minutes. Remove from the oven and let cool.
3. Prepare the tostadas: place tortillas in a hot non-stick pan and heat for 30-45 seconds on each side.
4. Mash avocado in a bowl with lime juice. Divide the avocado mixture between the 2 tostadas and spread evenly. Add 5-6 pieces of BBQ carrots, 1 Tbsp of salsa and spread the cilantro and scallions evenly between the tostadas. Serve with 2 lime wedges.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
270	13g	2g	38g	5g	12g	190mg

CHICKEN WITH Three Pepper RELISH



PORTION: 1/2 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

For the Chicken:

1 lb Chicken Breast, Skinless & Boneless
1/8 tsp Black Pepper
1/8 tsp Salt
2 tsp Canola Oil
1/3 cup Honey
1/4 cup Low Sodium Soy Sauce
2 1/2 Tbsp Extra Virgin Olive Oil
1 1/2 cup Diced Onions, Fresh

For the Relish:

2 Tbsp Worcestershire Sauce
2 Tbsp Apple Cider Vinegar
2 tsp Sriracha Hot Chili Sauce
2 tsp Garlic, Minced
2 ea Red Bell Pepper
2 ea Fresh Poblano Peppers
2 ea Fresh Fresno Peppers

METHOD

1. For the chicken: Pre-heat oven and pre-heat grill to medium high heat. Brush chicken with olive oil and season with salt and pepper. Place chicken onto the grill and cook for approximately 4 minutes on each side. Place the chicken on a sheet pan and place in the pre-heated oven until it's cooked through and the internal temperature reaches 165F degrees.
2. Combine the Worcestershire sauce, vinegar, Sriracha, honey (warm for easier blending), and soy sauce together in a bowl. Stir well and set aside.
3. Finely chop the peppers. Heat the olive oil in a sauté pan over medium-high heat. Add the onions, stirring occasionally for 5 minutes, until they start to color. Reduce heat to medium-low. Add the garlic and cook for 1 to 2 minutes. Add the bell, poblano, and Fresno peppers. Cook for 5 minutes until all of the peppers are cooked through. Add the liquid mixture and simmer on low heat until the liquid is evaporated by half, approximately 15 minutes. Turn off the heat and allow to cool. Serve over the chicken.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
420	16g	2.5g	42g	30g	4g	880mg