

# KALE & TOMATO CAESAR SALAD

## WITH GRILLED CHICKEN BREAST

Portion: 2 cups Yields: 4



### INGREDIENTS:

10 oz	Chicken Breast	2 cups	Tomatoes, Cherry, Fresh, Halved
1/8 tsp	Salt, Kosher	1 lb	Cauliflower, Fresh
1/8 tsp	Pepper, Ground, Fresh	2/3 cup	Dressing, Caesar, Creamy
8 oz	Croûtons, Fresh	1/3 cup	Cheese, Parmesan, Fresh, Shredded
1 quart	Kale, Baby, Fresh		

### METHOD:

Prepare the grilled chicken: Season the chicken with salt and pepper. Grill on a medium-high grill and cook for 7-8 minutes. Flip the chicken once to cook evenly. Internal temperature must reach 165F. Set aside.

Next, wash, rib and thinly slice (chiffonade) the kale. Roughly chop the croûtons. Thinly shave the cauliflower and set aside.

Toss all of the ingredients in a bowl until coated well with dressing. Serve immediately.

**CALORIES (kcal):** 550  
**PROTEIN (g):** 32  
**CARBOHYDRATE (g):** 31  
**TOTAL FAT (g):** 32  
**SODIUM (mg):** 940  
**SAT FAT (g):** 7  
**DIETARY FIBER (g):** 4

# SOURDOUGH TOAST

## WITH EDAMAME BASIL SPREAD, CHERRY TOMATOES, ARUGULA & BALSAMIC GLAZE

Portion: 1 Slice Yields: 4



### INGREDIENTS:

<b>Edamame Basil Spread:</b>		<b>Toast:</b>	
2/3 cup	Edamame, Shelled	2 tsp	Balsamic Vinegar Glaze
1/8 oz	Basil Leaf, Fresh	1 Tbsp	Extra Virgin Olive Oil
4 tsp	Minced Garlic Cloves, Fresh	4 slice	Sourdough Bread Slice 1 inch thick
1 Tbsp	Orange Juice, 100%	1 cup	Arugula Lettuce
1 Tbsp	Extra Virgin Olive Oil	2 cups	Organic Cherry Tomatoes
1/8 tsp	Salt, Kosher	1/2 tsp	Black Pepper, Ground, Fresh
1/8 tsp	Black Pepper, Ground, Fresh	2 tsp	Lemon Juice
1/8 tsp	Cumin, Ground		

### METHOD:

Prepare Edamame Basil Spread: Place edamame in a food processor. Add fresh basil, garlic, orange juice, olive oil, salt, pepper and cumin and puree until very smooth - about 3 minutes. Scrape the sides periodically to ensure even texture. Set aside.

Next, cut the tomatoes in half, and slice the bread. Use artisanal sourdough loaves, sliced 1 inch thick. Brush both sides with olive oil and grill on a hot grill, griddle or Panini press until toasted. Spread 2 tbsp. of edamame basil spread. Place the tomatoes over the edamame spread. Toss the arugula in a bowl with the lemon juice and pepper. Top the toast with the arugula and then drizzle the balsamic over top. Serve immediately.

**CALORIES (kcal):** 270  
**PROTEIN (g):** 8  
**CARBOHYDRATE (g):** 32  
**TOTAL FAT (g):** 13  
**SODIUM (mg):** 350  
**SAT FAT (g):** 2  
**DIETARY FIBER (g):** 3

# SOURDOUGH TOAST

WITH CHERRY TOMATO, WHITE BEAN HUMMUS, PROSCIUTTO, KALE CHIFFONADE, PICKLED CARROTS AND BALSAMIC GLAZE

Portion: 1 Slice Yields: 4



**CALORIES (kcal):** 291  
**PROTEIN (g):** 10  
**CARBOHYDRATE (g):** 35  
**TOTAL FAT (g):** 13  
**SODIUM (mg):** 560  
**SAT FAT (g):** 2.5  
**DIETARY FIBER (g):** 4+

## INGREDIENTS:

### Pickled Carrots & Fennel:

3/4 cup, 2-1/2 tsp White Vinegar

1/3 cup, 1 tbsp Cider Vinegar

1-3/4 tsp Sea Salt

1-1/2 ea Garlic Cloves, Peeled, Fresh

1-3/4 tsp Caraway Seed

1 tbsp, 1/2 tsp Sugar, Granulated

4 oz Carrots, Fresh, Bias Cut

2 oz Fennel, Julienned Slice, Fine

### Toast:

4 slice Sourdough Bread Slice, 1 inch thick

2 cups Cherry Tomatoes, Fresh, Halved

1/2 cup Kale, Fresh, Chopped

1 oz Prosciutto, Sliced, Thin

1 Tbsp Oil, Olive

1/2 tsp Balsamic Vinegar Glaze

## METHOD:

Prepare the pickled carrots and fennel. Bring the vinegar, salt, sugar, garlic and caraway seeds to a boil in a saucepan. Simmer until the sugar and salt have dissolved. Remove from the heat and set aside to cool for 10 minutes. Next, cut the fennel and carrots into 1/4 inch slices. Place in a bowl and pour the vinegar mixture over the vegetables. Cool and refrigerate until ready to use.

To save time on this recipe, hummus can be purchased from your local grocery store. You will need 4 tbsp.

Assemble the Toast: Use artisanal sourdough loaves, sliced 1 inch thick. Brush both sides with olive oil and grill on a hot grill, griddle or Panini press until toasted. Chiffonade the kale and set aside. Spread 1 Tbsp of hummus on the toast. Lay 1/2 cup cherry tomatoes over the hummus, followed by 1/2 oz prosciutto, 1.5 oz pickled carrots and fennel, and 2 Tbsp Kale. Drizzle with 1/4 tsp balsamic glaze. Serve immediately.

# SOURDOUGH TOAST

WITH HEIRLOOM TOMATOES, CHARCHARI VEGETABLES, RED BEAN HUMMUS, SNOW PEAS AND TURMERIC PICKLES

Portion: 1 Slice Yields: 4



**CALORIES (kcal):** 360  
**PROTEIN (g):** 11  
**CARBOHYDRATE (g):** 50  
**TOTAL FAT (g):** 15  
**SODIUM (mg):** 600  
**SAT FAT (g):** 1.5  
**DIETARY FIBER (g):** 7

## INGREDIENTS:

### Turmeric Pickled Cucumbers and Fennel:

2-2/3 tbsp Vinegar, Cider

2/3 tbsp Sea Salt

1/3 tsp Turmeric

1/3 tsp Garlic Cloves, Minced, Fresh

2-2/3 oz Cucumbers, Sliced, Unpeeled

1-1/3 oz Fennel, Fresh 1/4' slice

2 tsp Sugar, Granulated

2/3 cup Water

### Toast:

4 slice Sourdough Bread Slice, 1 inch thick

1 Tbsp Oil, Olive

1/2 cup Cauliflower, Fresh, Chopped

1 cup Sweet Potatoes, Fresh, Peeled, Diced

1 tsp Fennel Seed

1 tsp Fenugreek Seeds

1 tsp Brown Mustard Seed

1 tsp Cumin Seed

1 tsp Curry Powder

2 Tbsp Canola Oil

1 cup Snow Peas, Fresh Stemmed

1 lb Heirloom Tomatoes

## METHOD:

To save time on this recipe, hummus can be purchased from your local grocery store. You will need 4 tbsp.

Next, prepare the pickled cucumbers and fennel. Bring water, vinegar, salt and sugar to a boil. Remove from heat and add the turmeric. Mix thoroughly. Allow the mixture to cool completely. Slice the cucumbers in half and mince the garlic. Place cucumbers, garlic and fennel and brine in a jar or plastic container. Allow vegetables to brine at least 2-3 hours before eating.

Finally, Assemble the toast. Use artisanal Sourdough sliced 1 inch thick. Brush both sides with olive oil and grill on a hot grill, griddle or Panini press until toasted. Next, heat canola oil in a sauté pan over medium heat. Add cauliflower and sweet potatoes and coat with oil. Add fenugreek, fennel, mustard seeds, cumin seed and curry powder. Sauté until fork tender and spices are fragrant. Set aside. Wash and dry the tomatoes. Cut them in half and then slice into 1/2' slices. Cut the turmeric pickles then spread 1 Tbsp hummus on the toast. Top with 1/2 cup tomato slices, 1/4 cup snow peas, 1/2 cup cauliflower sweet potato mixture and 1/4 cup turmeric pickles. Serve immediately.