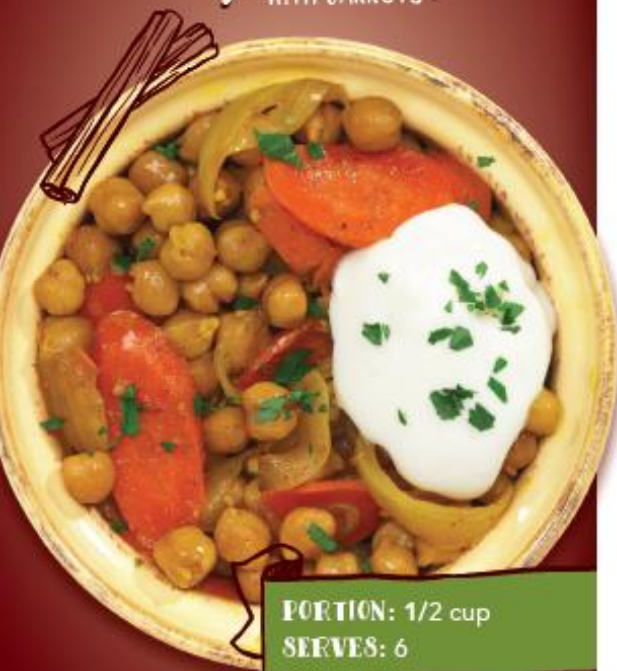


CINNAMON & CUMIN SPICED  
**Chickpea Tagine**  
 WITH CARROTS



**PORTION:** 1/2 cup  
**SERVES:** 6

SUPERFOOD

**INGREDIENTS**

1 Tbsp Oil, Olive	1 medium Carrot, Sliced
1 1/2 ea Fresh Garlic Cloves, Minced	1/2 tsp Ground Cumin
1/2 ea Fresh Onions, Sliced Thin	1 cup Water
10 oz Canned Garbanzo Beans, Drained & Rinsed	1/4 tsp Kosher Salt
1/2 tsp Turmeric	1/8 tsp Ground Black Pepper
1/2 tsp Ground Cinnamon	1/4 cup 2% Greek Yogurt
1/8 tsp Cayenne Pepper	1 1/2 Tbsp Parsley Bunch, Finely Chopped
1 tsp Honey	

**METHOD**

1. In a large skillet, heat oil over a medium flame. Add onions and garlic and sauté until onions are soft and translucent.
2. Stir in chickpeas, carrots, turmeric, cinnamon, cayenne, cumin, honey, water, salt and pepper. Cover and simmer for about 25 minutes, stirring occasionally.
3. To serve, garnish with a dollop of Greek yogurt and a sprinkle of parsley.

**NUTRITION FACTS**

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
190	4g	1g	3g	34g	<1g	220mg

SUPERFOOD

LEMONGRASS AND LIME  
**Herbed Chicken**  
 KEBAB



**PORTION:** 1 kebab  
**SERVES:** 6

**INGREDIENTS**

2 Tbsp, 1 1/4 tsp Fresh Lemongrass	1 lb, 15 oz Skinless Boneless Chicken Breast, Raw
1 1/2 ea Fresh Lime	1/2 tsp Kosher Salt
3 Tbsp Fresh Cilantro, Chopped	1/2 tsp Ground Black Pepper
1 Tbsp, 1/2 tsp Garlic Cloves, Peeled	
2 Tbsp, 1 1/4 tsp Fresh Parsley, Chopped	

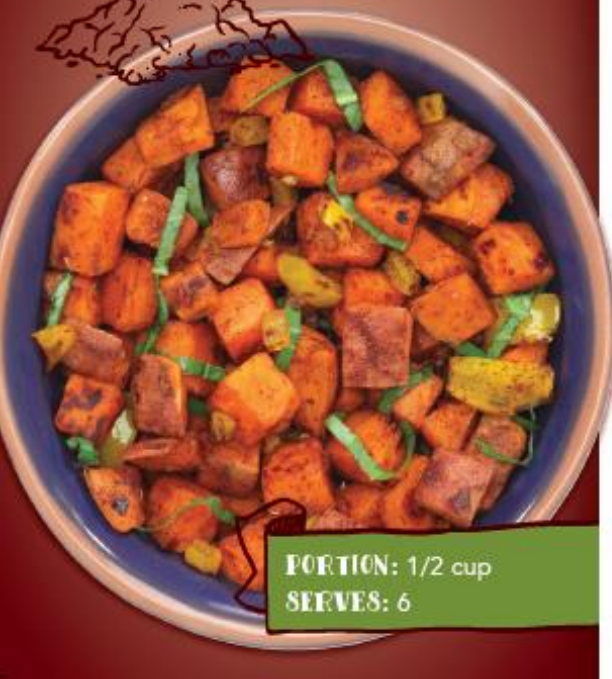
**METHOD**

1. Soak wooden kebab sticks in hot water to ensure they don't burn on the grill. Zest the lime. Cut the chicken into large pieces. In a bowl, mix together the lemongrass, lime zest, lime juice, half the cilantro and garlic. Add the chicken and season with salt, pepper and parsley. Mix well, cover and refrigerate for at least 30 minutes to marinate.
2. Preheat grill to high. Place the chicken pieces on to the soaked kebab sticks. Grill for 8-10 minutes or until the chicken internal temperature reaches 165F, turning often. Sprinkle the remaining cilantro evenly over the kebabs. Remove the kebabs from the grill and pull the chicken off the skewers.

**NUTRITION FACTS**

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
120	4g	.5g	18g	6g	4g	210mg

# BAHARAT Sweet Potato HASH



**PORTION:** 1/2 cup  
**SERVES:** 6

## INGREDIENTS

2 lbs Fresh Yams	1 1/4 tsp Baharat Spice Blend:
1 tsp Kosher Salt	1 tsp Black Peppercorns
1/4 tsp Ground Black Pepper	1 tsp Coriander Seeds
1/2 cup Fresh Basil	1 tsp Cumin Seed
3 Tbsp Canola Oil	Pinch Whole Black Cardamom
3 oz Fresh Shallots, Peeled & Chopped	Pinch Whole Cloves
11 oz Yellow Bell Peppers, Diced	1/2 ea Cinnamon Stick
	Pinch Ground Allspice
	Pinch Ground Sweet Paprika
	Pinch Ground Nutmeg

## METHOD

1. Prepare Baharat spice blend: Grind the whole spices using a coffee grinder (you may need to do it in several batches). Add remaining ground spices and combine. You can store any that's left in an airtight container for up to 3 months.
2. Scrub the yams under running cold water and dice without peeling. Mix 1 1/2 tsp of the Baharat spice blend, the salt and the pepper together. Sprinkle seasoning over the diced yams.
3. Heat the oil in a large non-stick pan. Sauté yams over high heat to brown evenly and deepen color. Add the shallots and yellow bell pepper and sauté until softened.
4. Remove the leaves from the basil stems. Chiffonade the leaves and chop the stems, keeping them separated. Toss the basil stems in with the yams and sauté for 1-2 minutes. Remove from the pan and garnish with basil leaves.

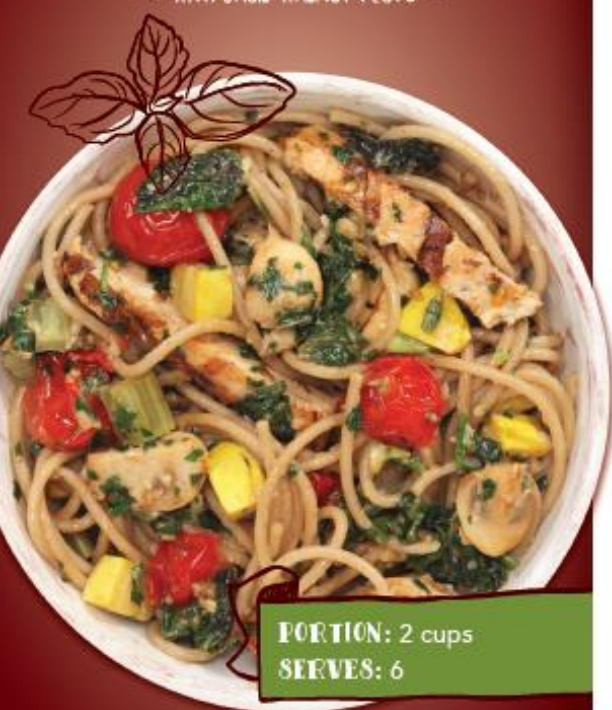
## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
250	7g	0.5g	45g	3g	7g	320mg

SUPERFOOD

# Chicken & Pasta

WITH BASIL WALNUT PESTO



**PORTION:** 2 cups  
**SERVES:** 6

## INGREDIENTS

8 oz Grilled Chicken	1/4 cup Fresh Oregano Bunch, Chopped
1 qt Cooked Whole Grain Spaghetti	1/2 tsp Crushed Red Pepper Flakes
1 Tbsp, 1 tsp Minced Garlic Cloves, Fresh	1 Tbsp, 1 tsp Canola Oil
2 cups Cherry Tomatoes, Fresh, Halved	
1/2 cup Water	1/2 cup Basil and Walnut Pesto:
1/4 tsp Salt	1/3 oz Fresh Italian Parsley, Chopped
1/4 tsp Ground Black Pepper	1/2 oz Fresh Basil, Chopped
2 cups Green Swiss Chard	1/2 oz Cheese, Parmesan, Grated
1 cup Fresh Yellow Squash, Chopped	1/2 ea Chopped Garlic Cloves, Fresh
2 cups Fresh Button Mushrooms, Quartered	1/2 oz Walnut Halves & Pieces, Chopped
	1/4 cup, 1 1/2 tsp Canola Oil

## METHOD

1. For the pesto: Chop the parsley (stems only) into small pieces. Chop all of the basil, including stems. Set aside. Pre-heat oven to 350F; toast walnuts and let cool. Place half of the oil and the parsley stems, basil, parmesan, garlic and the toasted walnuts into a blender. Blend to a paste consistency, stopping to scrape down the sides twice. Switch to a low speed and slowly add remaining oil. Cover and store any leftovers in the fridge.
2. When chopping the oregano and mushrooms, make sure to include the stems. In a hot sauté pan, drizzle 1 tsp olive oil. Add garlic, sauté for 30 seconds. Add mushrooms, sauté for 1 minute. Add yellow squash, sauté for 1 minute. Add cherry tomatoes, sauté for 1 minute. Add Swiss chard and oregano, sauté for 1 minute. Add grilled chicken, sauté until heated through.
3. Add water to deglaze. Add the crushed red pepper, salt and pepper. Mix in the cooked pasta and pesto, stir to mix and heat through.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
500	29g	3g	38g	27g	7g	330mg

SUPERFOOD