

Chimichurri

Servings: 4

Carbohydrates per serving: 2 grams

1	TBSP	Red onion, finely chopped
1	Each	jalapeño, finely chopped
3	Each	Garlic cloves, thinly sliced or finely chopped
½	Cup	red wine vinegar
1	tsp.	salt
½	Cup	chopped cilantro
¼	Cup	chopped parsley
2	TBSP	chopped oregano
¾	Cup	olive oil

Procedure:

1. Combine all ingredients in a blender and puree to desired consistency, or leave finely chopped for more body.
2. Rest for 30 minutes or overnight and serve.

Fun Fact: Jalapenos are rich in vitamin A, and C. Jalapenos contain a compound called capsaicin. That is what makes them spicy. If you cut a jalapeno and soak it in salt water for at least 30 minutes it will decrease the spiciness. Removing the white “veins” when cutting a jalapeno also reduces the spiciness.

Chocolate Mousse

Servings: 4

Carbohydrates per serving: 13 grams

Ingredient	Amount	Unit of Measure
Egg Whites	3	ea
Semisweet Chocolate chips	1/4	Cup
Stevia	1	TBSP
Vanilla	2	tsp
Heavy Cream	½	cup

Procedure:

1. In a double boiler melt chocolate and set aside.
2. Whip egg whites in a double boiler with stevia and vanilla until 120°F
3. Fold egg whites into chocolate, then add cream, by folding into the chocolate mixture.
4. Allow to set 1 hour in refrigerator

Chef's note: rest eggs at room temperature 1 hour before starting

Fun Fact: Stevia is a plant native to Paraguay and Brazil (South America). It can be used as a non-nutritive (no calories) sweetener and is 200-300 times sweeter than table sugar.



Quinoa

Servings: 4

Carbohydrates per serving: 27 grams

Ingredients:

1. Quinoa – 1 cup
2. Stock (chicken or vegetable) or water – 2 cups

Procedure:

1. Bring stock to a boil
2. Stir in quinoa
3. Lower heat to a simmer
4. Simmer quinoa for 20 minutes
5. Season to taste

Fun Fact: Quinoa (pronounced KEEN-wah) is native to South America, and was grown and eaten by the Incas. Quinoa is a gluten free edible seed, which is a good source of folate, magnesium, zinc and iron. Quinoa is also rich in protein (8 grams of protein per 1 cup) and fiber (5 grams of fiber per cup).



Watermelon Gazpacho

Carbohydrates per serving: 1 cup = 22 grams

Ingredients:

- 1 each red seedless watermelon
- 2 each red bell peppers (seeded)
- 1 cucumber (peeled)
- 1/2 of red onion (small dice)
- 6 basil leaves

Procedure:

1. Combine watermelon, red bell pepper, cucumber, and red onion in blender and puree
2. When soup is smooth add basil leaves and puree
3. Chill for 1 hour or overnight (best overnight to allow for maximum flavor)

Fun Fact: 1 ½ cup of watermelon has 9-13 milligrams of lycopene. What is lycopene? Lycopene is an antioxidant that fight free radicals. High amounts of free radicals can cause cell damage, which can contribute to chronic health problems.

Watermelon Pico de Gallo

Servings: 4

Carbohydrates per serving:

Ingredients:

2 cups watermelon, small dice

½ cup red onion, small dice

¼ cup jalapeños, small dice

1 cup cucumber, small dice



Watermelon Pico de Gallo

Servings: 4

Carbohydrates per serving: 9 grams

Ingredients:

2 cups red seedless watermelon-small dice

¼ cup Jalapeno-small dice

1 cup Cucumber-small dice

½ cup Red onion-small dice

Procedure:

1. Combine all ingredients into a large bowl and toss together. Add salt to taste.

Fun Fact: Use the outer portion of the watermelon for the Pico de Gallo. The part of the watermelon that is closer to the rind is firmer and will add a nice texture to your Pico. The closer you get the core/center of the watermelon the softer the watermelon texture is, which works well for the watermelon gazpacho.

Watermelon Pico de Gallo

Servings: 4

Carbohydrates per serving:

Ingredients:

2 cups watermelon, small dice

½ cup red onion, small dice

¼ cup jalapeños, small dice

1 cup cucumber, small dice