



## PEA PESTO CROSTINI

### GOOD SOURCE OF PROTEIN

**NUTRITIONAL INFORMATION:** Serving size: 2 each; Calories 180; Fat 10g (sat 2g); Sodium 85mg; Cholesterol 5mg; Carbohydrates 16g; Fiber 3g; Protein 10g

## CAULIFLOWER FRIED RICE

### A GOOD SOURCE OF FIBER AND ANTIOXIDANTS

**NUTRITIONAL INFORMATION:** Serving size: 3 cups; Calories 410; Fat 26g; Sat Fat: 4g; Sodium 700mg; Carbohydrates 27g; Fiber 8g; Protein 20g; Iron 25%

## BERRY & YOGURT FROZEN TREAT

### A GOOD SOURCE OF FIBER AND CALCIUM

**NUTRITIONAL INFORMATION:** Calories 122; Fat 0g; Protein 7g; Cholesterol 2mg; Sodium 95mg; Fiber 2g; Carbohydrate 2g; Iron 6%



## PEA PESTO CROSTINI – SERVES 4 - 6

### INGREDIENTS:

#### Pesto:

- 1 10-ounce package frozen peas, defrosted
- 1 garlic clove
- ½ cup grated parmesan
- 1 teaspoon kosher salt, plus extra for seasoning
- ¼ teaspoon freshly ground black pepper, plus extra for seasoning
- ⅓ cup olive oil

### PREPARATION:

**For the pea pesto:** pulse together the peas, garlic, parmesan, 1 teaspoon of salt and ¼ teaspoon pepper in a food processor. With the machine running, slowly add the olive oil until well combined, about 1-2 minutes. Season with additional salt and pepper, if needed. Transfer to a small bowl and set aside.

**For the crostini:** preheat a stove top griddle or grill pan on medium-high heat. Brush both sides of the sliced bread with olive oil and grill until golden, about 1-2 minutes. Alternatively, use a toaster to toast the oiled pieces of bread. Transfer the bread to a clean surface and spread 1 to 2 tablespoons of the prepared pesto on each slice. Top with tomato halves and serve.

## CAULIFLOWER FRIED RICE – SERVES 4

### INGREDIENTS:

- 1 medium head cauliflower (6 to 7 cups florets) or 12-ounce package cauliflower rice
- 2 tablespoons coconut oil, divided
- 4 large eggs, lightly beaten
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced (about a 1-inch piece)
- 3 carrots, peeled and diced
- 2 scallions, thinly sliced
- 2 cups frozen shelled edamame
- ½ teaspoon kosher salt
- 2 tablespoons low sodium soy sauce
- ¼ cup cashews, for garnish

### PREPARATION:

**To make cauliflower rice:** Chop the cauliflower into large florets. Place half of the florets into the bowl of a food processor and pulse until fully chopped and the cauliflower resembles grains of rice. Remove the “rice” to a bowl and process the remainder of the cauliflower. Skip this step if using pre-riced cauliflower.

Melt 1 tablespoon coconut oil in a large frying pan, then add the eggs and scramble them. Remove the eggs from the pan. Heat remaining 1 tablespoon of coconut oil and add the garlic and ginger and sauté, stirring, for 30 seconds. Add the carrots and sauté for 2 minutes. Add cauliflower rice and shelled edamame and cook, stirring, for 5-8 minutes. Season with kosher salt. Add the soy sauce and the cooked egg and stir until fully combined. Remove from heat and stir in the scallions. Serve topped with cashews.



## BERRY AND GREEK YOGURT FROZEN TREAT – SERVES 1

### INGREDIENTS:

- ½ cup frozen mixed berries (do not thaw)
- ½ cup low fat or fat free plain Greek Yogurt
- Honey, to taste

### PREPARATION:

In a food processor, place frozen berries (can use any frozen berries) and process well; add yogurt and blend until smooth. Add honey if needed for additional sweetness. This technique works well with frozen fruit of any kind. (try mango!)

### EQUIPMENT NEEDED

- Food processor or blender
- Toaster, Griddle or Grill Pan
- Large nonstick pan

### INGREDIENTS

#### *Produce*

- 3 garlic cloves
- 8 cherry tomatoes or 1 small tomato
- 1 medium head cauliflower or 12-ounce package cauliflower rice
- 3 carrots
- Fresh ginger root
- 2 scallions

#### *Dairy/Eggs*

- ½ cup grated parmesan
- 4 large eggs
- ½ cup low-fat or nonfat plain Greek yogurt

#### *Bakery*

- 1 loaf baguette or ciabatta bread

#### *Freezer*

- 10-ounce package frozen peas
- 2 cups frozen edamame
- ½ cup frozen mixed berries

#### *Baking, Canned, and Non-perishables*

- 2/3 cup olive oil
- 2 tablespoons coconut oil
- 2 tablespoons soy sauce
- ¼ cup cashews
- Honey
- Salt
- Pepper



# GLOBAL CUISINE RECIPES

## MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.*

*PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe.*

## PEA PESTO CROSTINI:

- Thaw the peas
- Slice the bread
- Slice the cherry tomatoes in half (or dice a small tomato)

## CAULIFLOWER FRIED RICE:

- If creating your own cauliflower rice, chop the cauliflower into large florets and pulse in a food processor until chopped and resembles grains of "rice" (*skip this step if purchasing pre-riced cauliflower*)
- Lightly beat the eggs in a small bowl
- Mince the garlic
- Peel and mince the ginger (*TIP! Use a spoon to peel away the skin*)
- Peel and dice the carrots
- Slice the scallions

## BERRY AND GREEK YOGURT FROZEN TREAT:

- None