

COMFORT FOODS MADE HEALTHY



LIGHT CAESAR SALAD

LOW CALORIE

NUTRITIONAL INFORMATION: Calories 110; Fat 10g; Cholesterol 0mg; Sodium 60mg; Carbohydrate 3g; Fiber 1g; Protein 3g

FARRO BOLOGNESE

HIGH IN PROTEIN AND FIBER

NUTRITIONAL INFORMATION: Calories 270; Fat 3.5g; Cholesterol 0mg; Sodium 530mg; Carbohydrate 43g; Fiber 7g; Protein 10g

GARBANZO BEAN CHOCOLATE CAKE

A GOOD SOURCE OF FIBER

NUTRITIONAL INFORMATION: Serving size: 1 slice; Calories 160; Fat 6g; Cholesterol 70mg; Sodium 180mg; Carbohydrate 24g; Fiber 3g; Protein 5g; Iron 6%



LIGHT CAESAR SALAD – SERVES 2

INGREDIENTS:

Salad

2 cups of washed baby romaine lettuce

DRESSING: (makes approximately ½ cup – serving size 2 tablespoons)

2 tablespoons fat-free Greek yogurt

1 tablespoon sunflower seeds

1 garlic clove

1 teaspoon Dijon mustard

1 teaspoon malt vinegar (or apple cider vinegar)

1 tablespoon olive oil

salt, to taste

black pepper, to taste

PREPARATION:

Combine all the ingredients into a small mixing bowl and stir together with a whisk. Taste and season before setting aside. Put the washed and dried romaine salad leaves into a big bowl with the dressing. Toss for a couple of minutes to make sure that all the leaves are coated.

FARRO BOLOGNESE - SERVES 6 - 8

INGREDIENTS:

2 cups of cooked farro

1 tablespoon olive oil

1 cup of small diced carrots

1 yellow onion, small diced

2 celery stalks, small diced

Salt, to taste

Black pepper, to taste

2 cups Rao's or other tomato sauce

½ cup 2% milk

Basil chiffonade, for garnish

Grated parmesan cheese, for garnish



PREPARATION:

Cook the farro until it's tender. Drain and set aside. Depending on what type of farro you buy, this will be different. It's a bit like rice and you should follow any directions you find on the package you bought. If you buy natural farro make sure to soak the farro in water, this will help it cook. You'll want to change the water until it's clear. While doing this, make sure to remove any husks or farro pieces that float in the water.

While the farro cooks, heat a large pan on medium-high with olive oil. Once the pan is hot, add the onions, celery and carrots. Add ground pepper and a big pinch of salt. Let the mixture stand sweat, stirring few and far between.

Add the tomato sauce and let the mixture simmer. The longer you let the mixture simmer, the more incorporated your flavors will become. You can go as short as 10 minutes or for as long as 1 hour on very low heat.

At this point, your farro should be just about done. If you want to make your Bolognese a bit creamy, now would be the perfect time to add in ½ cup milk. When your sauce mixture is 10 minutes from complete, stir in half of your basil chiffonade.

Plate the farro and then top it off with the sauce mixture, basil chiffonade and grated parmesan (optional). Enjoy.

GARBANZO BEAN CHOCOLATE CAKE – SERVES 12

INGREDIENTS:

1 ¼ cups semisweet chocolate chips
1 (19-ounce) can garbanzo beans, rinsed and drained
4 eggs
½ cup white sugar
½ teaspoon baking powder
1 tablespoon confectioners' sugar for dusting

PREPARATION:

Preheat the oven to 350 °F (175 °C). Grease and flour a 9-inch round cake pan.

Place the chocolate chips into a microwave-safe bowl. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50 percent. Combine the beans and eggs in the bowl of a food processor. Process until smooth; add the sugar and the baking powder, and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake pan. Bake for 40 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate. Dust with confectioners' sugar just before serving.



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EQUIPMENT NEEDED

Small mixing bowl
Whisk
1 medium saucepan with lid
Large nonstick pan with lid
Baking pan (either 9-inch round or 8x8-inch square)
Microwave
Food processor or blender

INGREDIENTS

Produce

- 2 cups chopped romaine lettuce
- 1 garlic clove
- 1 cup small diced carrots
- 1 small yellow onion
- 2 celery stalks
- Fresh basil (optional)

Dairy/Eggs

- 2 TB plain nonfat Greek yogurt
- ½ cup 2% milk
- 4 eggs
- Grated parmesan cheese (optional)

Baking, Canned, and Non-Perishables

- 1 TB sunflower seeds
- 1 tsp Dijon mustard
- 1 tsp malt vinegar (or apple cider vinegar)
- 2 TB olive oil
- 2 cups cooked farro
- 2 cups marinara sauce
- 1 ¼ cups semisweet chocolate chips
- 1 (19-ounce) can garbanzo beans
- ½ cup white sugar
- ½ teaspoon baking powder
- 1 tablespoon confectioners' sugar
- Salt
- Pepper

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

LIGHT CAESAR SALAD: Wash and chop romaine lettuce

FARRO BOLOGNESE:

-Cook the farro according to package directions (NOTE: 1 cup dry farro will yield about 2 cups cooked)

-Peel and dice the carrots, onion, and celery

-Slice a few basil leaves into ribbons or chop the basil

GARBANZO BEAN CHOCOLATE CAKE:

Drain and rinse the chickpeas

