

Green Pork & Mushrooms

Ingredients

Vegetables

3 lbs. Tomatillos, Fresh, Husked
3 ea. Serrano Peppers, Fresh
4 ea. Garlic Cloves, Fresh, Peeled
3 ea. Poblano Peppers, Fresh
2 lbs. Button Mushrooms, Whole, Fresh
1 tbsp. Canola Oil

Pork

1 cup Onions, Diced
1 tbsp. Garlic, Minced
1 tsp. Ground Cumin
1 lb. Ground Pork
3 cups White Hominy
1 tbsp. Jalapeno Peppers, Minced
1 cup Cilantro, Chopped
1 tsp. Kosher Salt
1 tbsp. Canola Oil
1/2 tsp. Ground Black Pepper

Directions

- Preheat oven to 350F. Wash vegetables. Place tomatillos, serrano peppers and garlic on a roasting pan. Roast 15 minutes until soft. Transfer to a food processor and puree until smooth. Set aside.
- Grill or broil poblanos to char the skin. Remove skin and seeds. Chop and set aside.
- Wash mushrooms, toss in canola oil and roast at 350F until cooked through and dry. Transfer to a food processor. Pulse to coarsely chop. Set aside.
- In a pan, heat oil and sauté onions, garlic and spices. Add ground pork. Brown and crumble the meat. Add the mushrooms, hominy, jalapenos and tomatillo puree. Cover and cook on low heat for 30 minutes. Stir occasionally. Add poblanos. Season with salt, black pepper and fresh cilantro.
- Makes 10 servings.

377 calories; 8g fiber; 29g carbohydrates; 20g fat; 527mg sodium

Harvest Avocado Toast with Tumeric-Braised Mushrooms

Ingredients

Tumeric-Braised Mushrooms

3/4 cup + 1 tbsp. + 1 tsp. Onions, Diced

1 lb. + 10-1/2 oz. Button Mushrooms, Small, Whole (or cut if large)

1-3/4 tsp. Tumeric

1/2 tsp. Kosher Salt

1-2/3 cup Water

1 tbsp. + 2 tsp. Canola Oil

2-1/2 tsp. Minors Low Sodium Vegetable Base, Gluten Free, No MSG

Avocado Toast

5 ea. Avocados

1-1/4 tsp. Kosher Salt

1 tbsp. + 2 tsp. Lemon Juice, Fresh

1-1/4 tsp. Black Pepper, Cracked

10 Slices Multigrain Bread

30 ea. Cherry Tomatoes, Fresh, Halved

30 ea. Asparagus Spears, Fresh

3 tbsp. + 1 tsp. Extra Virgin Olive Oil

3 tbsp. + 1 tsp. Pickled Red Onions

3 tbsp. + 1 tsp. Shaved Parmesan Cheese AP

Directions

To make the Tumeric-Braised Mushrooms:

- Drizzle canola oil in a hot pan and sauté onions approximately 3 minutes until they are translucent. Add mushrooms, salt and turmeric. Toss for one minute. Dissolve the vegetable base in the water. Add to the mushroom mix. Cover and simmer for 15 minutes until mushrooms are cooked through.

cont. ►

Harvest Avocado Toast with Tumeric-Braised Mushrooms

Directions cont.

To make the Avocado Toast:

- In a small bowl, combine the avocado, lemon juice, salt and pepper. Gently mash with the back of a fork.
- Place the bread in a toaster or a pre-heated 350F degree oven. Cook the bread for 2 to 3 minutes until it is nicely toasted.
- Heat a pan, flat top or grill to medium heat. In a small mixing bowl, toss the tomatoes and asparagus with the oil. Place the vegetables on the grill until the tomatoes are blistered and then remove the tomatoes. Continue to cook the asparagus for another 2 minutes depending on the size or until the asparagus is blistered and cooked through.
- Lay the toasted bread on your work surface. Evenly spread the seasoned avocado mixture on top of the toast. Top the avocado spread with the cooked asparagus and then the tomatoes.
- Spread the pickled onions on top of the asparagus and tomatoes and garnish with the parmesan cheese and braised mushrooms.
- Makes 10 servings.

263 calories; 8g fiber; 28g carbohydrates; 15g fat; 448mg sodium

Potato Cakes with Mushrooms, Edamame & Yogurt

Ingredients

Potato Cakes

2 lbs. + 8 oz. Yukon Gold Potatoes, Peeled, Diced
1/3 cup + 1 tbsp. + 1 tsp. Green Onions, Sliced
1/2 tsp. Garlic Cloves, Minced
1/2 tsp. Kosher Salt
1/4 tsp. Black Pepper, Ground
1/3 cup + 1 tbsp. + 1 tsp. All Purpose Flour
2 eggs
1/3 cup + 1 tbsp. + 1 tsp. Half & Half Cream
5 oz. Greek Yogurt, Plain, Organic
3 tbsp. + 1 tsp. Canola Oil

Vegetable Mix

1/2 cup + 2 tbsp. Onions, Diced
1 tbsp. + 1/4 tsp. Garlic Cloves, Minced
13-1/2 oz. Crimini Mushrooms, Sliced
2-1/2 cups Edamame, Shelled
1-2/3 cup Canned Tomatoes, Drained, Diced
1/3 cup + 1 tbsp. + 1 tsp. Basil, Chopped
1/4 tsp. Kosher Salt
1/4 tsp. Black Pepper, Ground
3 tbsp. + 1 tsp. Canola Oil

cont. ►

Potato Cakes with Mushrooms, Edamame & Yogurt

Directions cont.

- Place potatoes in a pot of cold water. Bring to a boil, and then simmer about 15 minutes or until tender.
- Drain and place potatoes in a bowl. Add green onions, garlic, salt, black pepper and flour. Mash the potatoes; small chunks are fine.
- In another bowl, whisk together the eggs and the half and half. Pour mixture into the mashed potatoes. Stir well to combine. Form into 1/2 cup cakes (approximately 10 patties that are 4 oz. each).
- Drizzle oil into a pan over medium-high heat and cook the cup cakes until the patties are heated through and golden brown. Keep warm.
- Meanwhile, heat another pan and drizzle in oil. Sauté onions, garlic and mushrooms for 5 minutes. Add the edamame and diced tomatoes. Simmer for 5 minutes. Season with salt, black pepper and fresh basil.
- Serve each potato cake over 3/4 cup of the vegetable mix. Put 1 tbsp. of yogurt on top of each cake.
- Makes 10 servings.

271 calories; 7g fiber; 32g carbohydrates; 13g fat; 466mg sodium