

Curry Rabbit with Broccoli, Pumpkin Seed Buckwheat Groats, and Mango Pickle

Makes 2 servings.

Ingredients:

1 Whole Rabbit (3#)
1 Tb Gram Masala
1 tsp Turmeric
1 tsp Kosher Salt
½ cup chopped onion
1 tsp ginger
1 tsp garlic
3 cup water

1 whole mango
½ cup red wine vinegar
½ cup water
1 tsp Kosher salt
1 Tb Sugar

¼ cup pepitos (pumpkin seed)
1 cup Buckwheat groats
½ cup yellow onion (julienne)
1 red bell pepper
2 tsp gram masala
1 tsp curry powder
1 cup low fat yogurt
1 cup pea shoots

Directions:

To make Rabbit:

- Clean rabbit and cut into quarters, save tenderloin for later
- Rub rabbit with Gram Masala, Turmeric, and salt
- Place in braising pan and cover with onions, ginger, and garlic
- Place water in pan, cover, and cook at 350°F for ~60 minutes or until tender and falling off the bone and reaches an internal temp of 165°F
- Cool cooked rabbit and shred meat off the bone

To make Mango Pickle:

- Heat vinegar, water, salt, and sugar on medium heat
- Cut mango into spears and place in mixing bowl
- Pour hot liquid over mango and cover
- Allow to brine for 30 minutes, then place in refrigerator

To make Buckwheat Groats:

- Bring 2 cup water to boil, add Buckwheat groats and cook until tender but not mushy
- Add pumpkin seeds and mix

To make Broccoli:

- Lightly spray broccoli with cooking spray
- Place on grill and cook until slightly soft

To make Dish:

- In a skillet over medium heat, place a small amount of oil or spray in pan and sear the tenderloins
- Once the tenderloins are mostly cooked, saute ½ cup onions and red peppers with gram masala and curry powder
- Add in about 6 ounces of shredded rabbit and about a cup of water and simmer
- Remove from heat and fold in yogurt
- On plate place Buckwheat Groats, top with Curry Rabbit mixture, arrange broccolini and tenderloins on plate
- Top with Mango Pickle pieces and raw Pea Shoots

Nutritional Facts (per serving):

Calories: 663

Total Fat: 16 g

Saturated Fat: 4 g

Monounsaturated Fat: 5 g

Polyunsaturated Fat: 5 g

Cholesterol: 89 mg

Sodium: 1394 mg

Total Carbohydrate: 89 g

Fiber: 12 g

Sugar: 33 g

Protein: 48 g

Vegan Power Bowl

Makes 2 servings.

Ingredients:

1 cup Millet
2 cup water
½ cup split yellow peas (cooked)
¼ cup whole almonds
½ cup small diced sweet potato
8 patty pan squash (split)
1 cup kale (chopped)
¼ cup dry cherry
¼ cup diced granny smith apple
1 tsp chopped thyme
1 tsp chopped rosemary
1 Tb chopped parsley
½ cup pineapple juice

Directions:

- Toast millet in sauce pot (slightly)
- Add water and stir. Bring water to boil, reduce heat to low and simmer until tender (about 15 minutes). Set aside.
- In saute pan on low heat, using a small amount of oil begin cooking the sweet potato
- Once potato is softening, add split squash. Saute for a minute or two then increase heat and add remaining ingredients except pineapple juice
- Keep pan moving, then add pineapple juice. This will finish the cooking process.
- On plate place a pile of Millet, then top with saute

Nutritional Facts (per serving):

Calories: 724

Total Fat: 13 g

Saturated Fat: 1 g

Monounsaturated Fat: 6 g

Polyunsaturated Fat: 4 g

Cholesterol: 0 mg

Sodium: 55 mg

Total Carbohydrate: 132 g

Fiber: 16 g

Sugar: 26 g

Protein: 25 g

Chia Seed "Pudding" with Vanilla and Lemon Zest

Makes 2 servings.

Ingredients:

2 cup almond milk
¼ cup + 3Tb Chia Seed
1 vanilla bean
1Tb agave syrup
1/8 tsp lemon zest

Directions:

- Combine chia seed and almond milk in container
- Refrigerate overnight
- Stir in agave, vanilla bean, and lemon zest
- Serve cold

Nutritional Facts (per serving):

Calories: 367
Total Fat: 18 g
Saturated Fat: 2 g
Monounsaturated Fat: 3 g
Polyunsaturated Fat: 12 g
Cholesterol: 0 mg
Sodium: 163 mg
Total Carbohydrate: 45 g
Fiber: 18 g
Sugar: 22 g
Protein: 9 g