

## Flaxseed Hummus

Makes 8 large servings

### Ingredients:

1 pound dried garbanzo beans  
water to cook beans  
3 bay leaves  
1 teaspoon salt  
1 lemon, zested and juiced  
4 cloves garlic, peeled  
2 teaspoons cumin seeds, toasted  
1 teaspoon sweet paprika  
½ tablespoon onion flakes  
6 tablespoons of finely ground golden flax seeds

### Directions:

Cook the chickpeas in water to cover by an inch, with the bay leaves until the beans are very tender. Remove the bay leaves before draining. Using a slotted spoon drain the hot chickpeas and place them in your food processor. To the hot beans add some of the bean cooking liquid and process until smooth and the consistency you like. Add the remaining ingredients and process until everything is well combined. Remember that the hummus will get thicker as it cools so you want it to be a little softer than normal while still hot.

Once the hummus has cooled, refrigerate until needed. *Serve with almond crackers, jicama sticks, rainbow peppers, and carrot sticks.*

### Nutritional Facts:

Amount Per Serving:  
Calories - 218  
Total Fat 6 g  
Saturated Fat 1 g  
Monounsaturated Fat 1 g  
Polyunsaturated Fat 3 g  
Cholesterol 0 mg  
Sodium 302 mg  
Total Carbohydrate 33 g  
Fiber 10 g  
Sugar 6 g  
Protein 11 g

## Three-bean salsa with avocado, tomato & cucumber chips

Yield: 32 servings

### Ingredients:

(16 ounces) kidney beans, cooked, rinsed, and cooled  
(15 ounces) garbanzo beans or chickpeas, cooked, rinsed, and cooled  
(15 ounces) black beans, cooked, rinsed, and cooled  
2 cups chopped fresh tomatoes  
1 avocado (diced)  
2 to 3 jalapeno peppers, seeded and chopped  
¼ cup chopped green onions  
¼ cup lime juice  
2 tablespoons minced fresh cilantro  
2 teaspoons ground cumin  
1 teaspoon salt  
¼ teaspoon pepper  
English Cucumber (sliced thick on long bias cut)

### Directions:

In a large bowl, combine ingredients; toss to coat. Chill for at least 30 minutes before serving. Serve with thick sliced cucumbers. Refrigerate leftovers.

**Editor's Note:** Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

### Nutritional Facts:

Amount Per Serving:  
Calories - 58  
Total Fat 1 g  
Saturated Fat 0 g  
Monounsaturated Fat 1 g  
Polyunsaturated Fat 0 g  
Cholesterol 0 mg  
Sodium 144 mg  
Total Carbohydrate 10 g  
Fiber 3 g  
Sugar 1 g  
Protein 3 g

## Roasted butternut squash boat with asparagus, ginger, almond & wild mushrooms

Makes 2 servings

### Ingredients:

1 Butternut squash  
¼ cup almonds (sliced)  
2 tsp olive oil  
½ cup of asparagus (sliced)  
1 tsp ginger (minced)  
¼ cup shitake mushroom (sliced)  
¼ cup crimini mushroom (sliced)  
2 tsp fresh thyme (chopped)  
Pinch Kosher salt

### Directions:

Split Squash in half long ways and seed (leave skin on) Roast squash in oven on 375° for 30 minutes, or until it is becoming soft

While squash is roasting, prepare the filling by heating a skillet over medium heat and toast the almonds (with no oil or spray) until almonds slightly brown (keep the almonds moving in the pan or they may burn)

Add oil to the pan to coat, then sauté in mushrooms and asparagus until just softened. Add thyme and seasoning then remove from heat.

Once squash is mostly soft, add filling to squash cavity and return to the oven for 5-10 minutes; serve hot.

### Nutritional Facts:

Amount Per Serving:  
Calories - 407  
Total Fat 9 g  
Saturated Fat 1 g  
Monounsaturated Fat 5 g  
Polyunsaturated Fat 2 g  
Cholesterol 0 mg  
Sodium 107 mg  
Total Carbohydrate 84 g  
Fiber 16 g  
Sugar 17 g  
Protein 11 g

## Rainbow trout stuff with Fuji apple, walnuts, spinach and raisin with orange saffron sauce

Makes 4 servings

### Ingredients:

2x 8oz Rainbow Trout (filet, deboned, and skin scored)  
1 Tbs olive oil  
2 cup spinach leaves  
¼ cup raisins  
¼ cup walnuts (chopped)  
2 Fuji apples (diced)  
4 cup fresh orange juice  
½ cup agave syrup (or honey)  
1 tsp ginger (minced)  
1 tsp saffron threads

### Directions:

To make the sauce, combine OJ, syrup, and 1 tsp ginger in small sauce pot and reduce until desired thickness is achieved. Finish with saffron threads.

To make the filling, saute spinach on medium heat until just wilted. Place in a mixing bowl and combine with raisins, walnuts and apples.

In a large skillet over medium high heat, warm olive oil. Carefully add trout to skillet, flesh side down and pan sear. Turn trout over to crisp skin and fill with spinach apple mixture. Fold trout over and place skillet into preheated 350° oven. Finish cooking trout until internal temp of 140° is reached (temping the actual fish, not the stuffing). You will want to keep an eye on the fish as it cooks, turning entire fish in skillet so the bottom side does not over brown.

To serve, place trout on plate and drizzle with Orange Saffron Sauce

### Nutritional Facts:

Amount Per Serving; Calories 447; Total Fat 10 g;  
Saturated Fat 1 g; Monounsaturated Fat 4 g;  
Polyunsaturated Fat 4 g; Cholesterol 26 mg; Sodium 185 g;  
Total Carbohydrate 81 g; Fiber 4 g; Sugar 66 g; Protein 11 g

## Raspberry banana & dark chocolate bites

Makes 20 servings (2 bites = 1 serving)

### Ingredients:

4 bananas sliced, or more (freeze)  
1 pint fresh raspberries  
8 ounce raspberry preserves  
*For the Chocolate Dip:*  
2 cup dark chocolate (at least 75% cocoa)  
½ cup Heavy Cream

### Directions:

To make the Raspberry filling, combine Fresh Raspberry and raspberry preserves in small sauce pot. Heat on low to medium heat until fresh raspberries become soft. Mash berries and cool.

To make Ganache (chocolate dip), place chocolate in metal mixing bowl and warm over a boiling pot of water, stirring constantly with wire whip. Once chocolate begins to melt, add cream and stir. Chocolate should melt and combine to make a smooth ganache. Keep this just warm enough to not solidify, until sandwiches are dipped.

Take frozen sliced bananas and make tiny sandwiches with banana on outside and raspberry filling in middle. Dip each sandwich into warm ganache and place on plate lined with parchment paper. Place in freezer and allow to set. Remove from freezer for service and allow to get to room temp.

### Nutritional Facts:

Amount Per Serving:  
Calories - 152  
Total Fat 6 g  
Saturated Fat 3 g  
Monounsaturated Fat 2 g  
Polyunsaturated Fat 0 g  
Cholesterol 9 mg  
Sodium 10 g  
Total Carbohydrate 26 g  
Fiber 3 g  
Sugar 17 g  
Protein 1 g