

HEALTH MATTERS RECIPES
JUNE 2010

Chef Nicholas Marinovich
9th St. Bistro, Huckleberry's Natural Market

Grilled Cheese with vegetables:

One loaf of 100% whole wheat bread
One Eggplant
One Zucchini
One Yellow Squash
One Fresh Tomato
One package of Cheese, Muenster, Swiss, White Cheddar...

Slice all of your veggies at 1/4 inch slices, heat up your grill or frying pan to 350 degrees, sauté veggies until the outsides are golden brown. Use canola spray, not butter! Toast your bread with a little canola spray as well, place your cheese slices on your bread and then layer your veggies on one slice of bread, and use the other slice as the top. Flip your sandwich a couple times until it is nice and crispy, then cut in half and enjoy! This recipe should yield at least 4-5 sandwiches.

Quinoa Chicken Soup:

One Cup Quinoa
One bunch of Celery
One White Onion
Three peeled Carrots
One Red Bell pepper
Two Boneless Skinless Chicken Breasts
One half gallon Chicken Stock (low sodium)

To Cook Quinoa, boil two cups of water, add quinoa and boil for 8 mins, remove from heat and put a lid on it, or place in a bowl and wrap. Let the Quinoa sit for five mins, and then fluff with a fork, cover and let it sit for five more mins.

Dice up onions, celery, and carrot at about a 1/4 in dice, julienne your pepper to about 1/8 in thick. In a soup pot bring your chicken stock to a boil. Sauté your diced veggies in a little canola oil until transparent but still semi crunchy. Sauté your chicken breasts in canola until they are cooked all the way through, (sometimes it helps to cut them in half). Julienne the cooked chicken and add to your boiling stock. Next add your veggies and quinoa that have been cooked already. Reduce your heat to simmer and season to your liking with salt and pepper. Serves about 6-7 people.

Chicken and Pita Summer Salad:

Two Boneless Skinless Chicken Breasts
Two Whole Wheat Pita Rounds
One Pound of fresh spring mix
One Yellow Bell Pepper
One Red Bell Pepper
One White Onion
One Bunch Of Green Onion

Sauté the chicken in Canola oil, lightly salt and pepper as you cook them. After fully cooked, cool them down and julienne about 1/2 an inch thick and set a side. Julienne your peppers about 1/4 of an inch thick, and do the same with your white onion. In a large Salad Bowl place your fresh Spring Mix, add your peppers and onions, then add chicken. Grill your two pitas until the are crisp (almost like a big cracker). Then quarter them with your knife, and then slice the quarters into strips. Add your pita after cutting it all up. Take your Green onion and remove the root head, and dice them about 1/4 of an inch thick and add to salad.

To make Dressing:

3 TBS Dijon Mustard
3 TBS Apple Cider Vinegar
2 TBS Honey
3/4 Cup of Grapeseed Oil

In a mixing bowl whisk together mustard, vinegar, and honey, the very slowly add your oil as you whisk to create an emulsification. Use salt and pepper to taste. Add to your salad and toss, or serve it on the side. This recipe should make up to 5-6 servings.