

Chef Fred Laughlin, Great Lakes Culinary Institute
and the
NMC Wellness Committee
presents

THREE SQUARES SQUARED SERIES

Session 2
LUNCH

April 13, 2012

1. QUESADILLA

Brush oil on the bottom of the pan to keep the tortillas from sticking, and to the top of the tortilla for flavor and to help it brown.

INGREDIENT	MEASURE
Flour tortillas (9-10 inches diameter)	4 large
Cream Cheese	8 OZ. Can use low-fat
Olive oil	As needed
Grated cheese, either mild or sharp cheddar, or Monterey Jack	1/2 pound
Suggested filling ingredients (pan roast):	
Beans, cooked (black beans, pinto beans)	1 – 15 OZ can
Roma Tomatoes, chopped	2 -3
Corn kernels	2 cups
Onions (green onions, red onions, onion greens)	2 cups
Mushrooms (sauté first, to remove moisture)	2 cups
Cooked shredded chicken, pork, or beef	2 cups
Peppers, green, red, jalapeño, diced small	1 each
Cilantro, chopped	1 bunch

Method

1. Preheat oven to 350°F. Butter the bottoms of a cookie sheet, approximately the same size as your tortillas.
2. Place one tortilla on the cookie sheet. Spread the cream cheese on the tortilla. Sprinkle some shredded cheese over the tortilla. At this point, you will begin to add your chosen filling ingredients.
3. Put in oven for 10 minutes on 375°F. Let cool for 10 minutes before serving. Cut into quarters.

Serve with chopped avocados, shredded lettuce, cilantro, salsa, and/or sour cream.

Yield: Serves 4.

2. QUINOA SALAD

INGREDIENT	MEASURE
Quinoa	1 cup
Cold water	1 1/2 cup
Salt	1 TSP
Peas	1 cup
Celery	1/2 cup
Carrots, diced small	2 medium
Green or red pepper, diced small	1
Ripe tomato, diced small	1
Cucumber, peeled, diced small	1 medium
Chopped fresh parsley	1/4 cup
Walnuts, chopped	1/2 cup
DRESSING	
Freshly squeezed lemon juice	1 OZ
Olive oil	1/4 cup
Salt	1/4 TSP
Pepper	TT
Pinch of cayenne, fresh minced garlic and/or ginger	

Directions:

1. Quinoa can be made ahead of time and refrigerated
2. Soak the quinoa 5 minutes in cold water
3. Rinse thoroughly 2 times, pour off the water and drain through a large fine mesh strainer
4. Place in 2 qt pot with the water and salt
5. Cover the pot, bring to a full boil, turn the heat to low, and cook for 15 minutes
6. Remove from heat and set aside to cool
7. Steam the carrots and green veg for 5 minutes or until tender-crisp, drain, rinse in cold water and drain again
8. Chop the tomatoes, herb and cucumber
9. Blend dressing ingredients with a whisk or shake in a jar
10. Gently combine veggies, walnuts, quinoa and dressing in a large bowl
11. Cover and chill, or serve immediately

Cooking Tips:

Optional Additions: Chopped scallions, dried unsweetened cranberries, raisins or apricots, Greek olives, minced jalapeno pepper, fresh mint, or feta cheese.

Walnuts go well with quinoa, but toasted sunflower seeds or pumpkin seeds are also good.

3. LENTIL SOUP

Serves: 6 to 8 servings

INGREDIENT	MEASURE
Olive oil	2 TBSP
Onion, finely chopped	1 cup
Carrot, finely chopped	1/2 cup
Celery, finely chopped	1/2 cup
Salt	2 TSP
Lentils, brown	1 pound
Chopped tomatoes	1 cup
Chicken or vegetable broth	2 QTS
Green or red pepper, diced small	1
Cubed potato	2 cups
Celery	1/2 cup
Rutabaga, small dice	1 cup
Uncooked barley or brown rice	1/2 cup

Directions

Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes and broth and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Serve immediately.

LOW FAT FOOD PREPARATION TIPS

- Identify sources of fat in the recipe.
- Determine the function of the fat (flavor, starch separation, pan prep.).
- Adapt recipes to use less fat.
- Adjust flavors.
- Cooking Techniques that use little or no fat:
 - *Boiling or steaming*: use water, defatted stock, wine or no-fat milk.
 - *Roasting or baking*: Use vegetables with thick skins, marinate meat, roast meat on a rack.
 - *Sautéing or stir-frying*: use stock, vegetable, fruit juices or wine. Use no more than 1 tsp oil per serving.
 - *Grilling*: Grill vegetables, meats, fish and seafood.
 - *Stewing or Braising*: Add arrowroot or cornstarch to thicken liquid.

FAT SUBSTITUTIONS

- Grain and bean thickeners
- Pureed fruits and vegetables
- Use non-stick cooking surfaces
- Sauté in stock
- Dry sauté: sear the food in very hot pan coated with small amount of vegetable spray.
- Use infused oils
- Serve smaller portions of meat
- Poach or steam
- Pan smoke
- Grill
- Cook en pappillote
- Use wines and liquors
- Use fat-free sauces: coulis, chutneys, salsa, and relishes.
- Use essence of vegetable stocks.