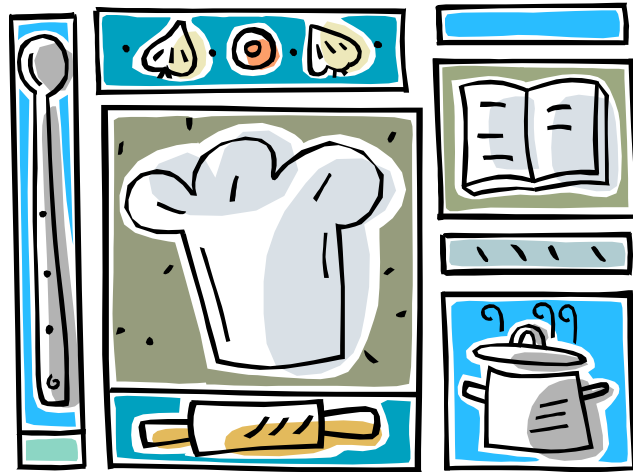


# The Speedy Chef Cooking Class



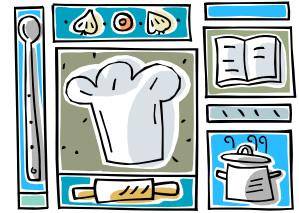
*Lauren King, MS, RD, CSSD*

*Semper Fit Health Promotion Dietitian*

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# Today's Recipes



- Greek Chicken “Burgers”
  - Bean and Sausage Stew
- Chicken and Black Bean Lettuce Cups with Tex-Mex “Sour Cream”
  - Chocolate Pretzel Bark

All recipes can be completed in under 30 minutes and have minimal ingredients!

# Greek Chicken “Burgers”

- **Prep: 20 minutes; Cook: 10 minutes; Serves 4**

- **Ingredients**

- 4 (6-inch) pita pockets
- 1 lbs. ground chicken
- ½ cup crumbled feta cheese
- 1 large egg
- 2/3 cup loosely packed fresh mint leaves, chopped
- 6 oz low-fat plain yogurt
- 4 cups romaine lettuce, thinly sliced
- 3 plum tomatoes, sliced

- **Directions**

- Cut off top 1/3 of each pita and pulse in food processor to make bread crumbs, set aside
- In large bowl, mix bread crumbs, chicken, feta, egg, ¼ cup mint, ¼ tsp salt, and 1/8 tsp ground black pepper until just combined. Shape mixture into 8 small ¾-inch thick burgers
- Heat non-stick skillet over medium heat. Add burgers and cook 10 to 12 minutes or until browned on both sides and cooked through.
- Meanwhile, in small bowl, combine yogurt and remaining mint.
- To serve, fill each pita with lettuce, tomatoes, 2 burgers, and yogurt sauce



# Bean and Sausage Stew

- Prep: 10 minutes; Cook: 15 minutes; Serves 4

- Ingredients

- 1 Tbsp olive oil
- 1, 13-ounce package chicken sausage links, sliced 1/4 inch thick
- 2 cloves garlic, diced or thinly sliced
- 1, 19-ounce can white beans, drained
- 1, 14.5-ounce can low-sodium chicken broth
- 1, 14.5-ounce can diced tomatoes, undrained
- 1 bunch kale
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Crusty whole grain bread, sliced (optional)

- Directions

- *\*Already prepped for you in class\* Fold each kale leaf in half lengthwise and remove the stem by ripping or cutting it. Tear each leaf into large pieces. Add the kale to a deep sauté pan and cook, stirring occasionally, until wilted, 2 to 3 minutes. Remove from heat. Season with the salt and pepper and spoon into individual bowls. Serve with the bread (if using).*
- Heat the oil in a deep sauté pan over medium heat. Add the sausage and cook, without stirring, until browned, about 3 minutes. Turn, add the garlic, and cook for 2 minutes more.
- Add the beans, broth, and tomatoes with their juices.
- Increase heat to medium-high and bring to a simmer. Serve with crusty whole grain bread.



# Chicken and Black Bean Lettuce Cups

- **Prep: 7-8 minutes; Cook: 90 seconds**

- **Ingredients**

- 2 cups shredded Rotisserie chicken (approx. 2 breasts)
- 1 (8.8 oz) package microwaveable, brown rice (Ex. Uncle Ben's Ready Rice- Whole Grain Medley or Sante Fe)
- 1 (15 oz) can reduced-sodium Black Beans
- 1 cup fresh salsa, preferably medium or hot
- 12 Iceberg or Red leaf lettuce leaves
- **Optional: Tex-Mex sour cream (additional recipe)**



- **Directions**

- Take chicken off-the-bone and shred.
- Gently drain and rinse canned black beans in a colander over cold, running water.
- Prepare rice according to package directions.
- Add shredded chicken, drained beans, cooked rice, and salsa in a large bowl and mix gently.
- Place lettuce cups upwards on a platter. Spoon chicken mixture evenly into lettuce cups.
- **Optional: Top each lettuce cup with 2 Tbsp Tex-Mex sour cream.**

# Tex-Mex “Sour Cream”

- **Prep: 5 minutes**
- **Ingredients**
  - 6 oz container of Fat-free, Plain, Greek yogurt
  - 1 Tbsp fresh cilantro, chopped
  - 1 Tbsp fresh lime juice
  - ½ tsp. ground cumin
  - ¼ tsp chili powder
- **Directions**
  - Chop fresh cilantro.
  - Combine all ingredients into a small bowl and stir well.



# Chocolate Pretzel Bark

- **Prep: 6 minutes; Cook: 1 minute; Chill: 20 minutes**

- **Ingredients**

- 12 oz. semisweet chocolate chips
- 2 cups thin pretzel sticks, coarsely chopped
- 3/4 cup dried sweet cherries, chopped
- 1/2 cup pistachios, chopped
- *(Wax paper for prep work)*



- **Directions**

- Chop pretzels sticks in a medium bowl with a wooden spoon until coarsely chopped.
- Chop dried cherries and pistachios
- Place chocolate in a large microwave safe bowl. Microwave at High for 1-2 minutes or until melted stirring every 30 seconds.
- Stir in pretzel sticks.
- Pour mixture into a 13x9 baking dish lined with wax paper. Spread evenly to coat bottom of dish
- Sprinkle cherries and pistachios evenly on top, pressing into chocolate mixture
- Refrigerate until hardened (about 20 minutes).
- Invert chocolate bark onto a cutting board, carefully peel off wax paper. Cut into 16 pieces.

# Nutrition Information

## Greek Chicken “Burgers”

- Serving size: 1 burger
  - 1 serving = 430 Total Calories; 16 gm Fat (4 gm Sat); 33 gm Protein; 38 gm Carb; 4 gm Fiber; 73 mg Chol; 750 mg Sodium

## Bean and Sausage Stew

- Serving Size:  $\frac{1}{4}$  recipe
  - $\frac{1}{4}$  recipe = 495 Total Calories; 14 gm Fat (3 gm Sat); 36 gm Protein; 43 gm Carb; 9 gm Fiber; 65 mg Chol; 900 mg Sodium



# Nutrition Information

## Chicken and Black Bean Lettuce Cups and Tex-Mex “Sour Cream”

- **Serving size: 2 lettuce cups**
  - 1 serving = 211 Total Calories; 5.3 gm Fat (2.1gm Sat, 1.3gm Mono, 0.5gm Poly); 18.6 gm Protein; 21.4 gm Carb; 3.3 gm Fiber; 48 mg Chol; 183 mg Sodium; 1.6 mg Iron; 52 mg Calcium
- **Serving size: 2 Tbsp sour cream**
  - 1 serving = 25 Total Calories; 0 gm Fat; 4 gm Protein; 1.5 gm Carb; 0 gm Fiber; 0 mg Chol; 20 mg Sodium; 0 mg Iron; 25 mg Calcium

## Chocolate Pretzel Bark

- **Serving Size: 1/16 of bark or 1 piece**
  - 1 serving – 175 Total Calories; 8 gm Fat (4 gm Sat Fat); 2 gm Protein; 26 gm Carb; 2 gm Fiber; 16 gm Sugar; 0 mg Chol; 130 mg Sodium; 21 mg Calcium

# THANK YOU FOR PARTICIPATING!

