

ANGEL HAIR, CORN, BLACK BEAN SALAD

(serves 8)

(375 g / 12 oz Angel Hair Nests: 6-8 nests)

Cilantro Lime Dressing:

6 tbsp Canola Oil
2 tbsp Honey
2 tbsp Rice Vinegar
4 tbsp Lime Juice
2 tbsp Cilantro fresh chopped (or parsley)
2 Clove Garlic fine minced
1 tsp Salt

Ingredients:

½ cup Black Beans
½ cup Corn
½ cup Red Pepper ¼" Diced
½ cup Cherry Tomato Sliced
½ cup lightly toasted sesame seeds
1 cup of diced avocado

Garnish:

Tortilla Strips
Chives diced



INSTRUCTIONS

In a small bowl, combine all dressing ingredients together and mix until evenly blended, set aside.

Bring a large pot of water to boil. Cook pasta nests per directions, for about 1.5 minutes. Remove from water and quickly cool in cold water. Drain and set aside.

In a large bowl, combine vegetable ingredients and pasta. Gently toss with cilantro lime dressing until evenly coated.

To plate, portion onto plates and garnish with chives and tortilla strips.

Origin: South/Central America

General Tso's Chick Peas and Veggies

General Tso's Sauce (serves 8)

2 tablespoon sesame oil
6 cloves garlic, minced
2 knob of ginger, grated
1 cup chicken or vegetable broth
1 cup soy sauce
 $\frac{2}{3}$ cup rice vinegar
 $\frac{1}{4}$ cup sugar (more to taste)
4 tablespoons tomato paste
4 tablespoons cornstarch, dissolved in 1-2 tablespoons of cold water

1. Heat the sesame oil in a small saucepan over medium low heat.
2. Add the ginger and garlic and stir fry for a minute or two.
3. Add remaining ingredients and whisk to combine. B
4. Bring to a low boil; simmer for another 10-15 minutes or until sauce is thickened.
5. Add more sweetness, citrus, etc. to your taste.

Veggie Stir Fry (serves 8)

2 – 15 ounce can chickpeas, rinsed and drained
4-6 tablespoons sesame oil
2 head of broccoli, cut into bite sized florets
4 small red bell peppers, cored and sliced or diced
4-6 cloves minced garlic
2 bunch green onions, thinly sliced, white and green parts divided
1 cup of lightly grilled almonds, cashews or pecans
Top with toasted sesame seeds optional for serving

1. In a large skillet, over medium high heat, add 2-3 tbsp oil and heat until shimmering but not burning. Add white parts of onions and some of the green parts, and saute a minute or two until just tender. Add garlic and saute about 30 seconds or until fragrant.
2. Add peppers and saute 3-4 minutes until starting to get tender. Add broccoli, cook an additional 2-3 minutes.
3. Add a few spoonfuls of General Tso's sauce to the sauteed vegetables and stir to combine. Heat 2-3 minutes until warm if the sauce isn't already warm.
4. Spoon vegetables into a bowl and set aside.
5. Add chickpeas to the same saute pan and over medium heat, saute 2-3 minutes to warm.
6. Spoon General Tao's Sauce onto the chickpeas, stir to combine, let simmer a few minutes and serve. The longer the chickpeas simmer with the sauce, the more they absorb the flavour.



Nutty Microwave Rice (serves 8)

2 tbsp butter or margarine
4 cups of uncooked rice (brown rice or long grain converted rice)
4 cups of hot chicken bouillon
2 cups of water of boiling water
3 tbsp dried onion
parsley (au goût)

1. Melt margarine or butter in a large “CorningWare” /“stoneware” or “glassware” casserole dish—in the microwave.
2. Add rinsed, stained and thoroughly dried rice. Stir well.
3. Microwave the rice until lightly browned about 2 minutes.
4. Add hot liquid and dried onion. Stir.
5. Cook on high heat for 5 minutes, stir and cook again on medium heat for 15 minutes. Let sit for 10 minutes before serving.

Serve chickpeas and veggies over rice. Garnish with sesame seeds.

Origin: Some say China (Hunan, Chongqing) others say Taiwan

Yogurt Flatbread (serves 4)

Ingredients

$\frac{3}{4}$ cup plain Greek yogurt
1 cup all purpose flour
1 teaspoon baking powder (only add if using all purpose flour)
Pinch of salt
Olive oil spray for cooking

1. Add flour and baking powder to a large bowl, a pinch of salt and stir through. Add yogurt, combine with a wooden spoon then use one hand and mix in the bowl until it forms a rough ball.
2. Place dough on a clean lightly floured surface and knead for 3-5 minutes. If too sticky or wet, sprinkle lightly with flour as needed.
3. Dough should be smooth. Leave to rest for 10 minutes.
4. Cut dough into 4 equal pieces and roll them into balls.
5. Dust your surface with flour. Use a rolling pin to create a flat circle shape, one ball at a time (approx 16-18 cm / 6-7 inches).
6. Heat a pan over medium-high heat, spray olive oil (or lightly brush with oil). Add one piece and cook for 2-3 minutes until some bubbles appear.
7. Flip and cook the second side for 1-2 minutes and its ready! Once it puffs up and golden, its ready!
8. Repeat for remaining pieces.

