



## July 28 & August 3, 2015 Cooking Class

### Millet Salad with Sweet Corn and Avocado

Serves 8

#### Ingredients:

1 cup uncooked millet, rinsed and drained	2 Tablespoons chopped green onions
4 cups water	1 Tablespoon extra virgin olive oil
1 teaspoon sea salt, divided	1 ½ teaspoons ground cumin
4 cups fresh corn kernels (about 8 ears)	3 to 4 jalapeno peppers, seeded and finely chopped
1/3 cup chopped fresh cilantro	4 cups chopped tomato
1/3 cup fresh lime	1 diced peeled avocado

#### Preparation:

1. Heat a large nonstick skillet over medium heat. Add millet; cook 10 minutes or until fragrant and toasted, stirring frequently.
2. Add water and ½ teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until water is almost absorbed.
3. Stir in corn kernels; cook, covered, 5 minutes.
4. Remove millet mixture from pan, and cool to room temperature.
5. Combine ½ teaspoon salt, cilantro, and next 5 ingredients (cilantro through jalapeno).
6. Add cilantro mixture to millet mixture, tossing to combine. Gently stir in tomato and avocado. Cover and chill for 30 minutes.

### Algerian Eggplant Salad

Serves 8

#### Ingredients:

¼ cup plus 2 tablespoons extra virgin olive oil	1 pound plum tomatoes, cut in half lengthwise
1 teaspoon turmeric	4 medium green peppers, halved and seeded
1 teaspoon cumin	2 small jalapeno peppers, halved and seeded
½ teaspoon crushed red chili flakes	Sea salt, to taste
½ cup lime juice	
8 cloves garlic, minced (about 4 teaspoons)	
1 cup minced cilantro, divided	
3 pounds eggplant, peeled and cut lengthwise into 1 inch thick slices	

## Preparation

1. To make the marinade, in a bowl, combine the olive oil, turmeric, cumin, red chili flakes, lime juice, garlic and half of the cilantro. Gently toss and marinate the eggplant, tomato, green peppers and jalapeno peppers in the marinade at room temperature for at least 30 minutes.
2. Preheat the grill or griddle so that you can hold your hand 4 inches above the surface for a count of 4 seconds. Grill all of the vegetables for 4 to 5 minutes on each side until cooked but not mushy.
3. Chill the vegetables completely. Cut the tomatoes into wedges, cut the eggplant and green peppers into bite size pieces and mince the jalapeno peppers. Gently toss all the vegetables together with the remaining cilantro. Season with salt.

## **Green Goodness Dip**

*Hands-on: 10 min. Total: 10 min.*

*This dip is a change on the traditional green goddess dressing. It's made thicker with a base of pureed peas enriched with Greek yogurt and creamy avocado.*

1 cup fresh or frozen, thawed green peas	1 Tablespoon chopped fresh tarragon
1 cup plain low-fat Greek yogurt	½ teaspoon kosher salt
½ cup flat-leaf parsley leaves	¼ teaspoon freshly ground black pepper
3 Tablespoons chopped fresh chives	2 Tablespoons fresh lemon juice
	½ ripe peeled avocado

Combine all ingredients in a food processor; process until smooth.

Serves 8 (serving size: ¼ cup)

Calories 54; Fat 21 gr (sat. 0.3g, mono 1.2g, poly 0.3g); Protein 4g; Carb 5g; Sodium 207mg; Calc 35mg

## **Bonus Recipes:**

### **Easy Hummus**

Combine 2 Tablespoons tahini (roasted sesame seed paste), 2 Tablespoons fresh lemon juice, 1 tablespoon extra-virgin olive oil, 1 (15 ounce) can rinsed and drained unsalted chickpeas, ¼ teaspoon kosher salt, 3 Tablespoons water, and 1 garlic clove in the bowl of a food processor; process until smooth.

*Serves 8 (serving size: about 3 Tablespoons) 73 Calories; 4 g. Fat, 69mg Sodium*

### **Carrot Hummus with Cumin & Almonds**

Simmer 1 cup of chopped carrots in a saucepan of water for 30 minutes or until tender; drain. Add carrots, 2 teaspoons extra-virgin olive oil, ½ teaspoon kosher salt, ½ teaspoon ground cumin, ¼ teaspoon brown sugar, and 1/8 teaspoon black pepper to food processor with **Easy Hummus**; process until smooth. Top hummus with 2 Tablespoons sliced toasted almonds, 2 Tablespoons shredded carrot, 1 teaspoon chopped parsley, and ¼ teaspoon paprika.

*Serves 8 (serving size about 3 Tablespoons); 99 Calories; 5.9 g. fat (sat 0.7g), 202mg Sodium.*