

Recipes:

1. Vegetable-loaded Potato Bowl with Avocado Crema

*****Live*****

Roasted Rosemary and Garlic Potatoes – Images, Skill: Drying herbs

U.S.	
1 lb	Red Potatoes*
2 cloves / 1 tsp	Garlic (minced)
1 Tbsp	Fresh Dried Rosemary
2 tsp	Kosher Salt

*****Live*****

Roasted Brussel Sprouts and Cauliflower – Live, Skill: Knife usage and safety

U.S.	
1 Cup	Brussel Sprouts
1 Cup	Cauliflower
1 Tbsp	Chopped Garlic
1 tsp	Black Pepper
1 tsp	Chili Powder
1 tsp	Salt
1 Tbsp	Olive Oil (basil infused)

Boiled and Seasoned Beets – Images

Recipe From: afamilyfeast.com

U.S.	
2 bunches	Red Beets
2 bunches	Golden Beets
4 Tbsp	Olive Oil
1 tsp	Kosher Salt
½ tsp	Ground Black Pepper
¼ tsp	Garlic Powder

Fresh Chopped Carrots and Tomatoes with Lime or Mango Vinegar (Kroger) - Images

U.S.	
1 Cup	Carrots (sliced rounds)
1 Cup	Tomatoes (quarters)
½ Cup	Fresh Basil (rough chopped)
2 Tbsp	Mango or Lime Vinegar

1 Tbsp	Olive Oil
--------	-----------

Browned Onion with Bell Peppers - Images

U.S.	
½ Each	Onion
1 Each	Red Bell Pepper
1 Tbsp	Olive Oil
1 tsp	Salt
1 tsp	Black Pepper

*** Live***

[Sauce Option #1] Avocado Crema – Live, Skill: Comfort with making own sauces

Recipe from: culinarymedicine.org

U.S.	
1 Cup	Greek Yogurt, plain
1 Each	Avocado
¼ Cup	Lime Juice
½ Cup	Cilantro, rough chopped
½ Each	Jalapeno, seeds removed
¾ Tsp	Salt

[Sauce Option #2] Basil Pesto - Images

Recipe from: culinarymedicine.org

U.S.	
3 Tbsp	Walnuts
2 Cloves	Garlic
4 Cups	Fresh Basil
4 Tbsp	Grated Parmesan Cheese
3 Tbsp	Water
½ Medium	Lemon (juiced)
3 Tbsp	Olive Oil
¼ tsp	Salt

2. Cowboy Caviar (Black-eyed-pea Salad)

Live

Black-eyed-pea Salad – Skill: Using dried beans, prep demonstration -> Canned option

Recipe from: culinarymedicine.org

U.S.	
------	--

	Water
1 Cup	Black Eyed Peas (raw)
1 Tbsp	Parsley (or cilantro) (finely chopped)
¼ Cup	Celery (chopped small)
¼ Cup	Red Bell Pepper (chopped small)
1 Tbsp	Green Onion (chopped small)

*****Live*****

Dressing for black-eyed pea salad – Live, Skill: How to make an emulsion, tips for seasoning/inclusions to fit herbs and taste preferences

[Recipe from: culinarymedicine.org](http://culinarymedicine.org)

U.S.	
¼ Cup	Red Wine or Apple Cider Vinegar
½ Tbsp	Creole or Dijon Mustard
1 clove	Garlic (minced)
¼ tsp	Salt
1 tsp or more to taste	Black Pepper
1 Tbsp	Olive Oil
1 tsp	Serrano Pepper (finely chopped)