

BEYOND HUNGER

Fermented Vegetables Recipe

This recipe is easy to follow and can be used for any kind of vegetable you would like to ferment. Fermented vegetables are packed with probiotics and make a perfect side dish. They can be added to sandwiches and salads or eaten alone as a snack. If you prefer not to buy canning jars, save salsa, spaghetti sauce, and other food jars to use in this recipe.

Yield: 6-8 (12 oz) Jars

Ingredients:

- 1 quart warm, filtered water
- 2-3 tablespoons fine sea salt
- 2-3 cloves garlic (or more)
- sprigs fresh dill
- 1 bag radishes
- 1-2 Lb. carrots cut into sticks
- 6-8 pickling cucumbers



Instructions:

1. Before starting the fermentation process, it's recommended that you put your jars and lids into a large pot of water and boil them for at least 10 minutes. You can do this while you make your brine; the jars and brine can cool at the same time.
2. To prepare the brine, combine warm water and salt and set aside to cool.
3. Slice garlic cloves and add to the jars; then add as much fresh dill as you want to each jar.
4. Slice radishes and cut carrots and cucumbers slightly shorter than the jar. Tightly pack the veggies into the jars- as many as can fit. Pour the cooled brine over the top of the veggies, filling to the top to ensure that vegetables are covered completely.
5. Twist on the lid tightly and let ferment at room temperature for 7-14 days. Keep away from an area with temperature fluctuations such as a stove. If you have leftover brine, store it in the refrigerator and use it at a later point.

Recipe Note:

- Try oregano and other fresh herbs as seasonings. Use cabbage to make sauerkraut.

Per Serving: Calories 10 cal, Carbohydrates 2.2g, Protein 0g, Sat Fat 0g, Sodium 670 mg, Sugar 1g, Cholesterol 0mg
This recipe was adapted and modified from calmeats.com



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger

Mixed Bean Shakshuka

Enjoy this quick and easy meal for breakfast, lunch, or dinner. It's packed with a variety of flavors and the best part is it can be made in one pan for minimal cleanup!

Yield: 2 servings

Ingredients:

- 1 tbsp extra virgin olive oil
- 1 onion, diced
- 1 red chile pepper, deseeded & thinly sliced
- 1 green chile pepper, deseeded & thinly sliced
- 1 garlic clove, crushed
- 2 eggs
- 1, 15 oz can mixed beans, rinsed & drained
- 8 oz mixed red & yellow cherry tomatoes, halved
- ¼ tsp ground cumin
- 1 avocado, sliced
- a handful of fresh coriander
- 1/4 c feta
- 1/8 c pine nuts, toasted
- 1/2 lime



Instructions:

1. Heat the extra virgin olive oil in a large frying pan. Add the onion, chiles, and garlic and cook on low-medium heat, stirring to keep it from burning.
2. Once the onion mix is soft and golden, break in the eggs on opposite sides of the pan. When they start to set, spoon the beans and the chopped tomatoes around the pan and dust everything with the ground cumin. Once the eggs are cooked and tomato and beans are hot, it's ready to serve.
3. Remove the pan from the heat. Place the avocado, coriander, feta and pine nuts on top. Squeeze the lime over the dish and enjoy!

Per Serving: Calories 587 cal, Carbohydrates 48g, Protein 17g, Sat Fat 0g, Sodium 310mg, Sugar 15g
This recipe was adapted and modified from theguthealthdoctor.com

Chicken Shawarma

This is a delicious shawarma recipe with a blend of yogurt, lemon, and Mediterranean spices. The combination of spices is warm and soothing.

Yield: 4 servings

Ingredients:

Chicken & Marinade

- 1/2 cup plain yogurt*
- 1 Tbsp garlic, minced
- 1 Tbsp lemon juice
- 1/2 tsp cinnamon
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 2 large chicken breast (1.25 Lb.)

Yogurt Sauce

- 7 oz plain Greek yogurt
- 1/4 tsp garlic, minced
- 1/4 dried dill
- 1/4 tsp salt

Sandwich

- 1/2 head romaine lettuce
- 1 medium cucumber
- 2 medium Roma tomatoes
- 4 naan, pita, or flatbread

Instructions:

1. In a small bowl, combine the ingredients for the marinade (yogurt, lemon juice, garlic, cinnamon, oregano, salt, nutmeg, and clove). Add chicken to the marinade, coat well, cover, and refrigerate for 4-24 hours. If desired, slice the chicken into strips before marinating to maximize the flavor.
2. Prepare the yogurt sauce for the sandwiches. Open a 7 oz. container of plain Greek yogurt and stir in the garlic, dill, and salt. Refrigerate until ready to use.
3. After marinating the chicken, grill until thoroughly cooked.
4. Prepare the vegetables for the sandwich. Chop, rinse, and drain the lettuce in a colander. Wash and slice the cucumber and tomato.
5. Build the chicken shawarma sandwiches. Spread the yogurt sauce on one flatbread; then top it with the chicken and vegetables. Roll the sandwich closed. You can wrap the sandwich in foil to help it stay closed as you eat. Repeat for each piece of flatbread.

Recipe Note: Greek yogurt can be substituted for plain yogurt.

Per Serving: Calories 409 cal, Carbohydrates 55g, Protein 23g, Sat Fat 0g, Sodium 907mg, Sugar 9g
This recipe was adapted and modified from budgetbytes.com



BEYOND HUNGER

Raspberry & Cashew cheesecake

This recipe does not require any baking! It does not contain any peanuts, dairy, or gluten for those who are sensitive or allergic to these products.

Yield: 8 servings

Ingredients:

For the base

- 10 walnuts
- 15 almonds
- 1 cup granola (no-sugar added, preferred)
- 3 soft Medjool dates, pitted
- 1/2 tbsp extra virgin olive oil
- 1/4 tsp sea salt

For the Filling

- 2 cups raw cashews, soaked in water for 4 hours, then drained
- 1/2 cup full-fat coconut milk
- 1/4 cup Medjool dates (soaked in warm water)
- 1/4 cup fresh lemon juice (plus 1 Tbsp zest)
- 2 tsp pure vanilla extract

For the Topping

- 2 cups frozen raspberries (semi-thawed)
- 1/2 tsp lemon juice
- 1 Medjool date (finely chopped)
- 2 Tbsp chia seeds



Instructions:

1. In a food processor or blender, pulse the crust ingredients: walnuts, almonds, granola, dates, extra virgin olive oil, and salt together until a crumble is formed. Line an 8x4" loaf pan with parchment paper allowing a little extra to overhang on each side. This makes it easier to remove later. Press the crust into the bottom of the pan. Freeze for at least 10 minutes.
2. In a high-powered blender, blend the filling ingredients: cashews, coconut milk, soaked dates (drained), lemon juice, lemon zest, and vanilla until creamy (1-2 mins). Pour the filling over the crust and smooth until even. Freeze until this layer is firm, at least 2 hours.
3. In the blender, combine the topping ingredients: raspberries, lemon juice, date and chia seeds. Blend until smooth. Pour the raspberry mixture on top of the frozen cheesecake layer and smooth until even. Cover with plastic wrap. Freeze for 4 hours or overnight.
4. When ready to serve, let the cheesecake sit for 10-15 minutes before slicing and serving.

Recipe Note:

A regular graham cracker crust (store bought or homemade) can be used in place of this crust.

Per Serving: Calories 354 cal, Carbohydrates 41g, Protein 7g, Sat Fat 0g, Sodium 80mg, Sugar 26g

This recipe was adapted and modified from theguthealthdoctor.com



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger

BEYOND HUNGER

Chicken Milanese

Chicken Milanese is pan-fried breaded chicken that pairs great with creamy pasta. Try this recipe out with a creamy chipotle spaghetti.

Yield: 4 servings

Ingredients:

- 4 chicken breasts, thinly sliced (or flattened)
- 2 large eggs
- 2 tbsp milk
- 1 cup of breadcrumbs
- ½ cup parmesan cheese
- 1 Tbsp cayenne pepper
- ¼ tsp salt
- ½ cup Vegetable oil

Instructions:

1. If needed, use a roller or meat tenderizer to flatten chicken breasts.
2. In a deep plate, beat eggs and milk. In another plate mix breadcrumbs with cheese, cayenne pepper, and salt.
3. Dip the chicken in the egg mixture then the breadcrumb mix. Ensure each breast is well-coated with breadcrumbs.
4. Heat oil in a medium skillet over medium-high heat.
5. Once oil is hot, add breaded chicken, letting them cook for 3 minutes on each side.
6. Transfer chicken to a paper-lined plate to drain.
7. Repeat with the rest of the chicken breasts, adding oil if needed.



Recipe Note:

Milk and cheese can be removed to make this recipe dairy-free.

Per Serving: Calories: 460 cal Carbohydrates: 21g Protein: 17g Saturated Fat: 0g Sodium: 565mg
Sugar: 2g Cholesterol: 121mg



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger

Creamy Chipotle Spaghetti

This spaghetti is so delicious, you'll go for seconds. It pairs well with chicken for protein; try this recipe alongside our Chicken Milanese and steamed broccoli or crisp salad for a balanced meal.

Yield: 4 servings

Ingredients:

- ½ pound spaghetti noodles
- 5 Roma tomatoes
- ½ teaspoon oregano
- 1 teaspoon salt
- 2 chipotle peppers (canned chipotle in adobo sauce)
- 2/3 cup spaghetti water
- 1 teaspoon olive oil
- 3 tablespoons butter
- ¼ cup grated white onion
- 4 garlic cloves, grated
- ½ cup Mexican sour cream
- Parmesan and chili pepper flakes as toppings



Instructions:

1. Fill a large pan with water, heat over high heat, and bring to a full boil.
2. Add spaghetti and Roma tomatoes. Cook spaghetti per box instructions.
3. Remove tomatoes when the skin starts bursting and allow to cool in a blender.
4. Add oregano, salt, and chipotle peppers to the blender and blend well, adding spaghetti water if needed.
5. In a large sauté pan, heat olive oil and butter over medium heat, then add the grated onion and garlic. Cook for 3 to 4 minutes, then pour the tomato Chipotle sauce into the pan and cook for another 5 minutes.
6. Slowly pour the cream into the sauce, whisking to keep it from curdling.
7. Add the noodles to the sauce and stir to combine. Cook for 1 to 2 minutes.
8. Remove from heat and serve. Add parmesan and Chile flakes to your liking.

Recipe Note:

Regular sour cream or Greek yogurt can be substituted for Mexican sour cream, add pasta water to make the cream thinner.

Per Serving: Calories 401 cal, Carbohydrates 54g, Protein 12g, Sat Fat 0g, Sodium 618mg, Sugar 7g

