

IRON CHEF RECIPE

Healthy Recipes made with Dark Orange or Dark Green Vegetables

Harvest Pancakes (Mary-Beth Germiller)

Ingredients

1 cup whole wheat flour	1 cup buckwheat flour (or buckwheat pancake mix)
3 tsp baking powder	1 tsp pumpkin pie spice
1 pinch salt	1 egg
1 cup low fat buttermilk	½ cup raisins
1 large can of pumpkin	
½ cup walnuts or pecans	

To be served with apple sauce

Directions

Whisk together dry ingredients in a bowl, then add pumpkin, egg, and buttermilk and whisk until smooth. If batter is too thick to pour easily (whole-wheat flours vary in how much liquid they absorb), thin with additional water, 1 tablespoon at a time.

Brush a griddle or 12-inch skillet with oil and heat over moderately high heat until hot but not smoking. Reduce heat to moderate. Working in batches of 4, spoon 2 tablespoons batter per pancake (a heaping large serving spoon works well) onto hot griddle to form 3- to 3-1/2 inch rounds. Cook until bubbles appear on surface and pop, edges are set, and undersides are golden, 45 seconds to 1 minute. Flip pancakes with a metal spatula and cook until undersides are golden and pancakes are cooked through, 45 seconds to 1 minute more.

(Lower heat if pancakes brown too much before insides are cooked through.) Transfer pancakes to plates and brush griddle with oil between batches.

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Italian Chicken & Veggie Casserole (Julie Linders)

Ingredients

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| 2- Zucchini | 2- Summer Squash Sliced |
| 1- Large Sweet Potato
peeled & sliced | 1- Large Onion sliced |
| 2- Boneless Chicken Breasts
(Sliced in half) | 1 Garlic clove- Minced |
| 3-Tbsp. Parmesan cheese,
shredded | 3-Tbsp Olive Oil |
| | 1/2 cp Italian bread crumbs |

Directions

Chicken breasts you slice long-wise to get 4 chicken breasts.

Dip breasts in olive oil, pat with Italian bread crumbs. Place on cookie sheet coated with olive oil so they don't stick while baking. Bake at 400 degrees for 15 minutes, turn chicken and bake another 15 minutes.

Place veggies over chicken breast or cut up chicken breasts in chunks and place on top of veggies. Place all veggie's, garlic and onion in a Pyrex type cake pan,

Drizzle olive oil, just enough to coat veggie's lightly. Cover with foil & bake at 400 degrees for 45 minutes.

Take out of oven & sprinkle with cheese. Let sit for 15 minutes & serve with chicken.

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Roasted Beets & Carrots (Judi Lewis)

Ingredients

4 medium beets (about 2 lb.), rinsed thoroughly
6 medium carrots, rinsed thoroughly
2 tsp. olive oil
½ cup Kraft Catalina Dressing
2 tsp. ground ginger

Directions

Preheat oven to 425°F. Wrap each beet tightly in foil; place in shallow baking pan. Bake 1 hour 15 minutes. Meanwhile, peel carrots; cut diagonally into 3/4" thick slices. (You should have about 4 cups carrot slices.) Place carrots in large shallow baking dish. Add oil; toss to coat. Add to oven after the first 45 min. of the beet baking time (do not let them burn).

Unwrap beets; remove skins and stems (use a glass or plastic cutting surface and rubber gloves to keep from temporarily staining pink). Cut each beet into 8 wedges. Add to carrots along with the combined dressing and ginger; toss to coat.

Bake an additional 15 min. or until vegetables are tender.

Make Ahead: Beets can be roasted and peeled 2-3 days ahead. Store, covered, in the refrigerator until ready to use.

Suggestion: Can be garnished with fresh almond slivers, pecans, roasted walnuts or orange slices; I have even seen some cooks use fresh coconut along with these other garnishes.

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Southwestern Chicken Chili (Nicole Beaudoin)

Ingredients

½ cup chicken broth

8 oz uncooked skinless boneless chicken, diced

1 can sliced carrots, drained

1 can cut green beans, drained

1 small onion, diced

Chili powder (to taste)

1 tsp chopped fresh or canned jalapeño chilies

2 can great northern beans, do not drain

3 cans Rotel* (your choice of flavor), one drained

2 oz Sour cream, reduced fat

* if you do not want spicy chili, you can substitute diced tomatoes

Directions

Heat broth to boiling in large pan. Cook chicken in broth, stirring occasionally, until brown.

Stir in remaining ingredients, except sour cream.

Heat to boiling, reduce heat to medium-high.

Cover and cook about 20 minutes or until thickened.

Top each serving with sour cream.

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Spicy Spinach Vegetable Rice (Pervinder Birk) (Serves 12)

Ingredients

- 4 cups boiled rice
- 4 tbsp Olive Oil
- 1 medium onion
- 2 tsp each of chopped green chilies/ginger/garlic or to taste
- 1 cup cashew nuts
- 1 cup grated carrots
- 1 cup sweet corn
- 1 pack frozen chopped spinach, (thawed and drained of all water)
- 1 tomato sliced
- 1 lime sliced
- ½ bunch chopped Cilantro
- 1 1/2 tsp salt
- 2 tsp sesame seeds
- 2 tsp cumin seeds
- 2 tsp cloves
- 1 tsp garam masala (Indian)
- 4 pieces of whole cinnamon sticks

Directions

1. Prepare boiled rice set aside.
2. Heat oil in large pan, add sesame seeds/cumin seeds/cloves/cinnamon and stir,
3. Add onions and garlic.
3. Fry until golden and soft. Add ginger and chilies and cashew nuts.
4. Add salt and spices, stir well.
5. Add spinach, corn and carrots, stir well and let cook for 5-10 mins at low heat.
6. Mix rice and vegetables and cilantro together.
7. Garnish with the tomatoes, cilantro and lime.

Cucumber Raita

- 1 carton of non-fat plain yoghurt
- 1 cucumber peeled and grated
- 1 Tbsp chopped mint
- Salt to taste

Serve warm with cucumber Raita and Pita Chips

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Bisi Bele Bath (B.C.Bay.Lay.Bath) (Raga Olety)

Ingredients

50g uncooked basmati rice	50g lentils
1 cup carrot	1 cup beans
1 cup bell pepper	1 cup tomato
1 cup potato	6 cups water
1 tablespoon olive oil	½ teaspoon mustard seeds
1½ teaspoon salt	1 table spoon tamarind paste (tamcon)
3 table spoon curry powder (MTR Bisi Bele Bath powder)	2 dry red chilies

Directions

1. Cook Rice, Lentils, Peas, Carrots & Beans in a Pressure Cooker and set aside. On a Tava (wok), heat oil, add mustard seeds and dry red chilies and roast them. Then add tomato and bell peppers and sauté. Transfer the cooked rice, lentils and vegetables.
2. Add tamcon paste, curry powder, salt and mix well. Add water and cook for 10-15 minutes in a low flame, occasionally mixing with a ladle. Garnish with cilantro.
3. We used MTR Bisi Bele Bath curry powder.

Cucumber Raita

Ingredients

100 ml buttermilk	¼ cup grated carrots
¼ cup tomatoes	¼ cup sweet onions
¼ cup cucumber	¼ teaspoon salt
¼ teaspoon mustard seeds	4 curry leaves
1 or 2 green chilies & Water as required	

Directions: Take buttermilk in a bowl. Add grated carrot, finely chopped tomatoes, onions, cucumber and salt. In a wok, heat oil; add mustard seeds, cut green chilies and curry leaves until mustard seeds start to splatter then transfer this to yogurt and mix. Garnish it with cilantro.

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SPINACH and RICE **(Christina Bierce)**

Ingredients

1 package frozen chopped spinach
4 cups of cooked rice
2 tablespoons of oil
4 tablespoons of minced garlic

Directions

Place oil in small frying pan on low with the garlic and cook for 20 minutes.

Add one package of cooked spinach, well drained.

Add the following to garlic and spinach:

4 pinches of saffron
½ teaspoon of chili powder

Add the combined ingredients, to the cooked rice and serve warm.

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PUMPKIN PUDDING (Christina Bierce)

Makes 6-8 servings.

Ingredients

2 pkgs. Small instant vanilla pudding mix

2 ½ cups of milk

1 - 16 oz. can of pumpkin

¾ tsp. ground cinnamon

¼ tsp. / ground ginger

1/8 tsp. ground cloves

Cool whip (optional)

Directions

Mix milk and pudding in a large bowl with a wire whip, well. Stir in canned pumpkin and above three spices.

Mix well, place into 6-8 covered dessert dishes. If desired top with cool whip. Refrigerate until serving. This is an alternative for the child who will not eat orange colored vegetables.

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Cold Green Bean Salad (Rhonda O'Brien)

Ingredients

Fresh Green Beans

Golden raisins

Fresh pecans without salt or oil

Lo-calorie balsamic Vinaigrette dressing

Directions

Wash fresh green beans

Snip the ends and pull off any strings

Blanch*, drain and place in cool icy water

Drain from cool icy water

Place beans in a large deep bowl

Chill in the refrigerator for 2 hours

Remove the beans from the refrigerator and Drizzle the low calorie dressing

Toss the beans and dressing

Serve with a sprinkle of golden raisins and pecans

*put briefly in boiling water

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North African Spiced Carrots (Stephanie Tober)

Makes 6 servings, 1/2 cup each

Ingredients

- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3 cups sliced carrots (4 medium-large)
- 1 cup water
- 3 tablespoons lemon juice
- 1/8 teaspoon salt, or to taste
- 1/4 cup chopped fresh parsley

Directions

Heat oil in a large nonstick skillet over medium heat. Add garlic, paprika, cumin and coriander; cook, stirring, until fragrant but not browned, about 20 seconds. Add carrots, water, lemon juice and salt; bring to a simmer. Reduce heat to low, cover and cook until almost tender, 5 to 7 minutes. Uncover and simmer, stirring often, until the carrots are just tender and the liquid is syrupy, 2 to 4 minutes. Stir in parsley. Serve hot or at room temperature.

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Apple and Squash Bake, (Donny Brown)

This will make 12 servings.

Ingredients

4lbs Butternut Squash
1 cup Light Brown Sugar
½ cup butter
2 tablespoon's flour
2 teaspoon's sea salt
1 teaspoon allspice
4 baking apples

Pre-heat oven to 350 degrees.

Directions

Cut squash in half and remove all seed material. With skin on, cut into ½ inch to 1 inch slices, then cut skin off and place pieces into a baking dish. Combine all dry ingredients in a mixing bowl and stir with a spoon until mixed. (Do not put the butter in with the dry ingredients). Cut apples into 1 inch slices and cut out the center core. Spoon some of the dry ingredients over the squash and then place apples on top and spread the rest of the dry ingredients on top. Using stick butter, slice into ½ inch thick pieces and put on top of the apples and squash. Cover with a lid or tinfoil, and bake for 60 minutes.