

Recipe Packet: Light and Healthy Cooking – Terri's Favorites

Carrot Ginger Soup

Serves 4 – 6

3 tablespoons extra virgin olive oil
2 garlic cloves chopped
½" fresh ginger root, peeled and minced
1 leek, chopped (white and pale green parts only)
Kosher salt and freshly ground black pepper
¼ cup sherry
2 pounds carrots, peeled and roughly chopped
1 large russet potato, peeled and chopped
5 cups chicken stock
1 teaspoon sherry vinegar
2 tablespoons chopped chives, for garnish

In a large heavy-bottomed soup pot, heat the olive oil over medium heat. Add the garlic and leek. Sauté stirring frequently, until garlic and leek are translucent. Add the sherry and bring to a boil. Keep cooking until most of the liquid has evaporated. Season with salt and pepper.

Add the carrots and potato, then the chicken stock. Bring to a boil, then reduce to a simmer. Simmer soup for 15 minutes, or until the carrots and potato are tender. Remove soup from heat. Puree soup with a hand blender and return to soup pot. Stir vinegar into soup.

Heat soup over low heat until ready to serve. Serve soup with chives.

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Curried Chicken Salad Wraps

Serves 4

2 boneless, skinless chicken breasts, poached and shredded*
2 teaspoons shallots, finely minced
1 stalk celery, small diced
½ cup shredded carrot
1 small apple, cored and small diced
¼ cup sliced almonds, toasted
kosher salt and freshly ground black pepper
1 tablespoon curry powder
2 tablespoons mayonnaise
1 teaspoon Dijon mustard
4-6 broad leaf lettuce
4-6 whole grain tortilla, burrito sized

In a large mixing bowl, combine the chicken, shallots, celery, carrot, apple and almonds. Season with salt and pepper and add the curry powder. Mix everything together with the mayonnaise and mustard until everything is evenly distributed and coated. Cover and refrigerate for 20 – 30 minutes.

In a large skillet over medium heat, warm the tortillas until they are soft and pliable. Lay one tortilla down on a cutting board, lay down a leaf of lettuce, then place a scoop of the chicken salad on one half of the lettuce area. Roll the tortilla and lettuce over the chicken salad, fold one end up, and continue to roll until the entire salad is wrapped. Keep one end open. Wrap the entire wrap in parchment paper and repeat the process with the remaining ingredients.

** To poach the chicken breasts: Place a straight-sided skillet over medium-high flame and add enough water until it comes up halfway. Season the water with carrot pieces, celery slices, 6 black pepper corns, and three bay leaves. When the water boils, lower the heat to medium-low and slip the chicken breasts into the water. Cover and gently simmer until fully cooked, about 15 minutes. Remove from the poaching water and set aside to cool.*

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Quinoa and Zucchini Salad

Serves 6 – 8

1 medium-sized red bell pepper
1 cup quinoa, rinsed
4 medium zucchini, coarsely grated
½ bunch flat leaf parsley, roughly chopped
3 tablespoons chives, chopped
Juice of 1 large lemon
2 tablespoons red wine vinegar
1 tablespoon ground cumin
1 garlic clove, peeled and minced
½ cup extra virgin olive oil
Kosher salt and freshly ground black pepper, to taste

Turn a burner on to medium-high flame and place the red bell pepper directly on top of the flames. Turn and rotate the pepper until all of the sides are charred black. Transfer the pepper to a paper bag, close and set aside to cool. When the pepper is cooled, use paper towels to run the charred skin off the pepper. Wipe clean with more paper towels. **DO NOT RINSE UNDER WATER.** Dice the pepper flesh and discard the core and seeds. Set aside.

Make the vinaigrette by adding the lemon juice, vinegar, cumin, garlic, olive oil and salt and pepper in a jar. Shake until the ingredients are combined. Set aside.

Place water in a large saucepan and bring to a boil. Lower the heat and add the quinoa. Simmer uncovered for 10 - 15 minutes, until translucent. You will see white threads appear and the quinoa will begin to swell. Once the opaque white dot disappears from the quinoa, drain and rinse with cool water.

Add the quinoa to a large salad bowl. Add the grated zucchini, red pepper, parsley and chives. Pour the vinaigrette over the salad and toss to mix. Salad may be served warm, at room temperature or chilled.