



“CHORIZO” & 3 BEAN CHILI

Top chili with soycheese, chopped green onions, fresh cilantro, and jalapenos.

INGREDIENTS

cooking spray

12 ounces soyrizo, preferably Melissa's

2 teaspoons extra virgin olive oil

1 large yellow onion

1 large red bell pepper, finely chopped

1 large orange bell pepper, finely chopped

4 cloves garlic, finely chopped

2 tablespoons ground cumin

1 tablespoon ground coriander

1 teaspoon cinnamon

2 teaspoons dried oregano

2 teaspoons kosher salt

3 dried ancho chilies, reconstituted in hot water, seeds and stems removed; pureed

1 15-ounce can black beans, rinsed and drained

1 15-ounce can pinto beans, rinsed and drained

1 15-ounce can chick peas, rinsed and drained

1 28-ounce can crushed tomatoes

4 cups vegetable stock

2 tablespoons honey

1/2 cup fresh cilantro, finely chopped

METHOD

1. Heat a Dutch oven over medium-high heat. Spray pan with cooking spray just before adding the soyrizo. Remove soyrizo from casing; add to the pan; fry, for about 3 minutes or until lightly browned. Remove from pan; set aside.
2. Return pan to the stove over medium heat. Add olive oil to hot pan, add onions, and bell peppers; saute for 5 minutes to soften. Add garlic, cumin, coriander, cinnamon, oregano, and salt; cook, stirring constantly for a couple of minutes or until fragrant.
3. Add pureed ancho chilies, beans, tomatoes, stock, and honey. Bring to a boil and reduce heat to medium-low. Cook, uncovered, for about 30 minutes or until chili has thickened. Add the soyrizo and cilantro, stirring until combined. Taste and adjust seasoning if necessary. Serve hot.

Servings: 8

Source: YOLANDA BANKS – www.freshisfabulous.net





LAMB KABOBS WITH HARISSA RAITA

Harissa is a North African hot chili paste commonly made with piri piri peppers, tomatoes, and Paprika.

INGREDIENTS

- 3 pounds ground lamb loin
- 1 cup yellow onions, finely chopped
- 1/2 cup fresh mint, finely chopped
- 2 teaspoons fresh garlic, finely chopped
- 2 tablespoons lemon zest
- 1 tablespoon ground cumin
- 1 tablespoon ground turmeric
- 3 teaspoons kosher salt
- Harissa Raita
- 2 cups Greek yogurt, such as Fage
- 1/2 cup fresh mint, finely chopped
- 1 English cucumber, peeled, seeded, and finely chopped
- 1/2 tablespoon Harissa
- 1 teaspoon kosher salt



METHOD

1. In a large bowl, combine lamb, onions, mint, garlic, lemon zest, cumin, turmeric, and salt; mix well to combine. Form 1/4 cup of meat onto one end of water-soaked wooden skewer, pressing and adhering to skewer to make an oblong sausage. Or form all the sausages first then stick skewer into the center of each. Repeat with remaining lamb mixture until gone.
2. Place onto parchment-lined baking sheet, cover with plastic and refrigerate for at least 1 hour or up to one day before cooking.
3. Meanwhile, make Harissa Raita: Combine all ingredients in a small bowl; taste and adjust seasoning if necessary. Raita can be made up to 4 hours in advance. Refrigerate until ready to use.
4. When ready to cook, heat grill to high. Place skewers onto a well-oiled grill; grill kabobs for about 3 minutes per side or until nicely charred, turning once. Lamb loin is really lean, DO NOT OVERCOOK!

NOTES

Serve with warm mini whole wheat pitas.

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MOJO SWORDFISH SKEWERS WITH CHIMICHURRI

The Chimichurri can be made up to one week in advance. Store covered in the refrigerator. Bring to room temperature before serving.

INGREDIENTS

- 1 cup orange juice, freshly squeezed
- 1 lime, juiced
- 1 tablespoon fresh garlic
- 1/4 cup fresh mint, leaves only
- 1/4 cup fresh basil, leaves only
- 1 tablespoon honey
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup grapeseed oil
- 4 10-ounce swordfish steaks, cut into 2" cubes

Chimichurri

- 2 cups fresh flat-leaf parsley, finely chopped
- 1 cup fresh basil, finely chopped
- 2 cloves fresh garlic, finely chopped
- 2 tablespoons fresh lime juice
- 1/3 cup extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- kosher salt, to taste



METHOD

1. Place orange juice through pepper into a blender; puree until smooth. With the motor running, slowly add grapeseed oil. Taste and adjust seasoning if necessary.
2. Place swordfish chunks into a large Ziplock bag. Add half of marinade to bag, reserve the remaining marinade for another use. Swordfish can marinate in the refrigerator for up to 8 hours. Let sit for 30 minutes at room temperature before grilling.
3. Season swordfish lightly on all sides with salt and pepper. Using wooden skewers (soaked in water for 30 minutes), thread one piece of swordfish onto end of each skewer. Heat grill to high.
4. Place skewers onto well-oiled grill. Cook for 3 minutes per side, for a total of 6 minutes, turning once.
5. For the Chimichurri: Place all ingredients into a small bowl, season with salt to taste. To serve: Place chimichurri into a small glass, place skewer into each glass with swordfish sitting in sauce.

NOTES

This marinade goes well with fish, chicken, and pork.

Servings: 10

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TERIYAKI TURKEY SLIDERS WITH PINEAPPLE CHUTNEY

Chutney can be made up to a week in advance. Cool completely, storecovered, in the refrigerator.

INGREDIENTS

2/3 cup low sodium soy sauce
4 tablespoons mirin
4 tablespoons dark brown sugar
2 tablespoon fresh ginger, grated
2 tablespoon fresh garlic, grated
3/4 cup green onions , finely chopped
1/2 cup fresh cilantro, finely chopped
2 pounds ground turkey, all-natural 97% lean
3 cups red cabbage, shredded
1 large carrot , shredded
12 whole wheat dinner rolls, split and toasted
Pineapple Chutney
4 cups golden pineapple, diced
1 medium red onion, finely chopped
1/2 cup light brown sugar
1/2 cup rice wine vinegar
1 serrano chile, finely chopped
4 whole star anise
1 teaspoon kosher salt



METHOD

1. In a small bowl, combine soy sauce, mirin, sugar, ginger, garlic, green onions, and cilantro; mix well.
2. In a medium bowl, combine turkey and half of soy mixture; gently mix to incorporate. Divide mixture into 12 equal portions. Using wet hands, form each portion into patties about 1/2 an inch thick. Place on a parchment-lined baking sheet, cover with plastic and chill for at least 1 hour or up to one day before cooking.
3. Place cabbage and carrots in a medium bowl, add reserved soy mixture; mix well. Set aside until ready to serve. May be made up to 6 hours in advance.
4. While burgers chill, make the chutney. Combine all chutney ingredients in a medium sauce pan; bring to a boil. Reduce heat to medium-low, cook, uncovered, for about 30 minutes or until thick.
5. When ready to cook, heat grill to high heat. Place burgers onto well-oiled grill; cook for 2-3 minutes per side, turning once.
6. To serve: Spread buns with about a tablespoon of chutney, top with burger, add about a tablespoon of cabbage mixture on top.

Servings: 12

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