

Making Recipes Flavorful *and* Nutritious

Lab session developed by Sara Haas, RD, LDN – Centered Chef and former Instructor
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Objectives: Upon completing this course, students will be able to:

- Justify the importance of making recipes healthier
- Discuss the impact of overweight and obesity on health
- Understand basic nutrition concepts for assisting in recipe evaluation
- Prepare healthy recipes using the concept of flavor development
- Utilize healthy culinary techniques to improve the nutritional quality of recipes
- Make nutritious substitutions for unhealthy ingredients/techniques in recipes
- Utilize avocados in healthy recipe preparations

I. Impact of Obesity and Overweight**5 Minutes**

- A) Define obesity vs. overweight
- B) Discuss current trends in obesity
- C) Review health concerns with obesity

II. Concerns with Making Recipes Healthier**5 Minutes**

- A) Discuss hesitance to healthy recipe modification
- B) List possible roadblocks for acceptance of healthy recipes
- C) Discuss ways to overcome these roadblocks

III. Nutrition 101**15 Minutes**

- A) Define calorie, the calorie nutrients and the concepts of empty calories and calorically dense foods
- B) Review carbohydrates: how much should be consumed each day, calories per gram, simple vs. complex, and fiber
- C) Review fat: how much should be consumed each day, calories per gram, saturated fats, trans fats, and unsaturated fats
- D) Review protein: how much should be consumed each day, calories per gram, amino acids, and complete/incomplete proteins
- E) Review vitamins: water soluble, fat soluble and sources
- F) Review minerals: macrominerals and microminerals

- G) Review sodium specifically: impact on health, upper limit intake, hidden sources of salt

IV. Healthy Recipe Modification **15 Minutes**

- A) Discuss the impact of fat, sugar and salt on flavor
- B) Review techniques for developing flavor; acids, spices, seasonings, natural ingredients, cooking techniques
- C) Discuss dairy and replacements for high fat products
- D) Discuss using whole grains vs. refined grains
- E) Review culinary techniques and strategies for choosing and limiting fats
- F) Provide example of healthful recipe modification

V. Working with Nutritious Recipes **2 ½ Hours**

- A) Students break into groups of 3-4
- B) Each group develops a more nutritious version of a typically unhealthy recipe
- C) Each group prepares recipes from the Recipe Supplement

VI. Tasting and Evaluation **30 Minutes**

- A) Food is evaluated and critiqued
- B) Modified recipes are reviewed and critiqued

VII. Clean Up and Closure **30 Minutes**

Ingredients Needed

Fresh California Avocados
Jalapeno
Tequila
Lime juice
Grape tomatoes
Cumin powder
Olive oil
Corn tortillas
Water
Garlic
Spring mix lettuce
Red bell peppers

Red onion
Honey
Apple cider Vinegar
Crushed red pepper flakes
Cilantro
Kosher salt
Tilapia
Honey
Shallot
Parsley
Carrots

Equipment Needed

Small saucepan
Mixing bowls
Fish spatula
Tea towel
Platters
Pairing and chef knives
Blender
Spoons, forks, knives

Wooden spoons
Large sauté pan
Basting brush
Plates
Gloves
Tongs
Spatulas

Tequila-Glazed Fish Tacos with Fresh California Avocado Salsa

WEIGHTS/MEASURE

INGREDIENTS

Yield: 12 Servings

Tequila Glaze (recipe follows)

California Avocado Salsa (recipe follows)

12 each	Corn tortillas
1 1/2 pounds	Tilapia, cut into 2-ounce portions
1/2 Tablespoons	Vegetable oil

Tequila Glaze Yield 3 ounces

1	Jalapeño pepper, seeded, finely chopped
1/4 cup	Honey
1/4 cup	Tequila
2 Tablespoons	Cider vinegar
1/4 cup	Lime juice
1/4 teaspoon	Crushed red pepper flakes

California Avocado Salsa Yield 18 Tablespoons

1 each	Fresh California Avocado, diced 1/4"
2 Tablespoons	Red onion, fine dice
1/2 cup	Quartered grape tomatoes
1 each	Jalapeño pepper, seeded, fine dice
2 Tablespoons	Lime juice
2 Tablespoons	Cilantro, chopped
1/2 teaspoon	Cumin, powder
As needed, to taste	Kosher salt and pepper

method

Tequila Glaze

1. Combine all of the glaze ingredients in a small saucepan and bring to a boil.
2. Reduce to a simmer and reduce by half. Remove from heat and let cool.

Avocado Salsa

1. Combine all the ingredients in a large bowl and mix together gently. Refrigerate.

Tequila-Glaze Fish

1. Heat a sauté pan then add the vegetable oil.
2. Add the tilapia and sauté on both sides until fully cooked.
3. In the last few minutes of sautéing, brush the tilapia with the tequila glaze.
4. Warm the tortillas on a grill.
5. Fill each warm tortilla with one piece of glazed tilapia topped with 1 ½ Tbsp. of Avocado Salsa. Serve immediately.

*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

Tequila-Glazed Fish Tacos with Fresh California Avocado Salsa

Calories	416.35
Protein	25.76 g
Carbohydrates	42.16 g
Dietary Fiber	5.79 g
Cholesterol	68.04 mg
Fat – Total	14.83 g
Saturated Fat	2.10 g
Vitamin A RE	63.79 mcg
Vitamin C	12.03 mg
Sodium	244.06 mg
% Calories from Fat	31%
% Calories from Carbohydrates	39%

Mesclun Salad with Fresh California Avocado Cilantro Pesto Vinaigrette

WEIGHTS/MEASURE INGREDIENTS Yield: 12 Servings

Avocado Cilantro Pesto Vinaigrette (recipe follows)

1 pound	Spring greens
1/4 pound	Carrots, julienne
1/2 pound	Grape tomatoes, quartered
1/4 pound	Red bell peppers
2 each	Fresh California Avocados*, 1/2" dice

Avocado Cilantro Pesto Vinaigrette

Yield 1 1/8 cups

1 1/2 teaspoons	Honey
4 ounces	Fresh California Avocado (flesh only), diced
4 1/2 Tablespoons	Extra virgin olive oil
4 1/2 Tablespoons	Water
1 1/2 Tablespoons	Lime juice
2 1/4 teaspoons	Shallots, minced
3 each	Cloves of garlic, roasted and minced
3/4 cup	Cilantro, fresh, chopped
3/4 each	Jalapeno, seeded and diced, (optional)
As needed, to taste	Salt and pepper

method

Avocado Cilantro Pesto Vinaigrette:

1. Place the honey, avocado, olive oil, water and lime juice into a blender and pulse.
2. Add the shallots, garlic, cilantro and jalapeno and puree until smooth. Season to taste with salt and pepper. Refrigerate.

per order

1. Combine the lettuce, carrots, tomatoes, red bell pepper and half of the diced avocados in a large mixing bowl and toss with the dressing. Plate the salad, top with the remaining diced avocado and serve.

*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

Created by: Chef Sara Haas RD, LDN of Centered Chef Food Studios, www.centeredchef.com

Calories	141.62
Protein	2.01 g
Carbohydrates	8.71 g
Dietary Fiber	4.76 g
Cholesterol	0 mg
Fat - Total	12.19 g
Saturated Fat	1.72 g
Vitamin A RE	277.02 mcg
Vitamin C	33.23 mg
Sodium	21.44 mg
% Calories from Fat	72%
% Calories from Carbohydrates	23%