Making Recipes Flavorful and Nutritious
Lab session developed by Sara Haas, RDN, LDN – former Instructor Kendall College

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

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

II. Concerns with Making Recipes Healthier

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

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
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Tequila Glaze (recipe follows)
California Avocado Salsa (recipe follows)

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 each</td>
<td>Corn tortillas</td>
</tr>
<tr>
<td>1 1/2 lbs</td>
<td>Tilapia, cut into 2-ounce portions</td>
</tr>
<tr>
<td>1/2 Tbsp</td>
<td>Vegetable oil</td>
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**Tequila Glaze** Yield 3 ounces

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<tr>
<th>Quantity</th>
<th>Item</th>
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<tbody>
<tr>
<td>1</td>
<td>Jalapeño pepper, seeded, finely chopped</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Honey</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Tequila</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Cider vinegar</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Lime juice</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Crushed red pepper flakes</td>
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**California Avocado Salsa** Yield 18 Tablespoons

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1 each</td>
<td>Fresh California Avocado, diced 1/4”</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Red onion, fine dice</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Quartered grape tomatoes</td>
</tr>
<tr>
<td>1 each</td>
<td>Jalapeño pepper, seeded, fine dice</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Lime juice</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Cilantro, chopped</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Cumin, powder</td>
</tr>
<tr>
<td>As needed, to taste</td>
<td>Kosher salt and pepper</td>
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</table>

**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 1/2 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

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
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tr>
<td>% Calories from Fat</td>
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<tr>
<td>% Calories from Carbohydrates</td>
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