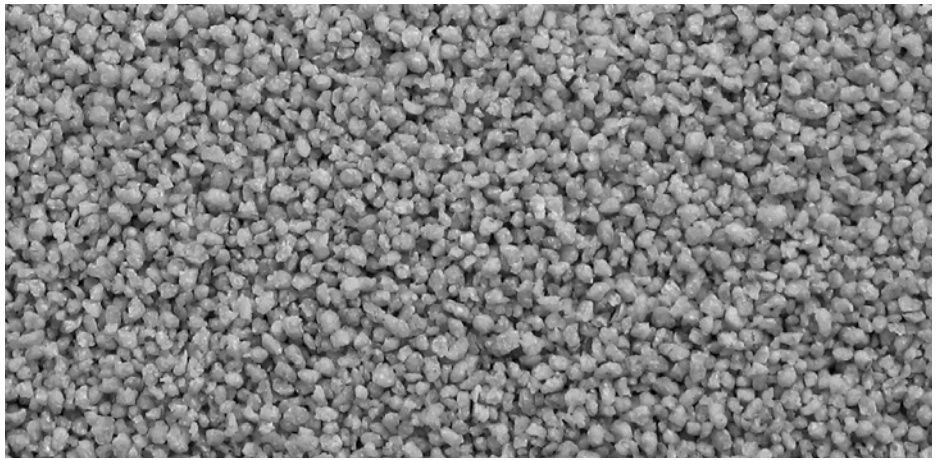


COUSCOUS WITH CHICK PEAS



ingredients:

- 1 cup couscous
- 2 cups chickpeas
- 2 cups roasted peppers, diced
- 1½ cups fresh parsley, chopped
- ½ cup onions, diced
- ¼ cup cider vinegar
- 1 cup celery, diced
- 1 T. honey
- ½ cup olive oil

process:

Cook couscous according to package and set aside to cool completely. Open can of chickpeas and drain out liquid. In a mixing bowl combine couscous, chickpeas, celery, onions, roasted peppers and parsley in stainless steel bowl and gently mix.

In separate bowl whisk together vinegar, oil and honey. Pour on top of couscous mixture and gently mix. Season with pepper to taste. Store in shallow container, label, date and refrigerate for use.

chef's tip: Chickpeas can help you to feel fuller longer, thereby helping to control appetite and manage weight. Eaten regularly they can also help to reduce the risk of chronic diseases such as obesity, diabetes, heart disease and certain cancers.



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FARRO SALAD WITH GRILLED CORN AND BELL PEPPERS



ingredients:

- 1 cup farro
- 2 corn cobs
- $\frac{3}{4}$ cup roasted red peppers, fresh or canned
- $\frac{3}{4}$ cup roasted yellow peppers, fresh or canned
- $\frac{1}{2}$ cup onion, diced
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup wine vinegar

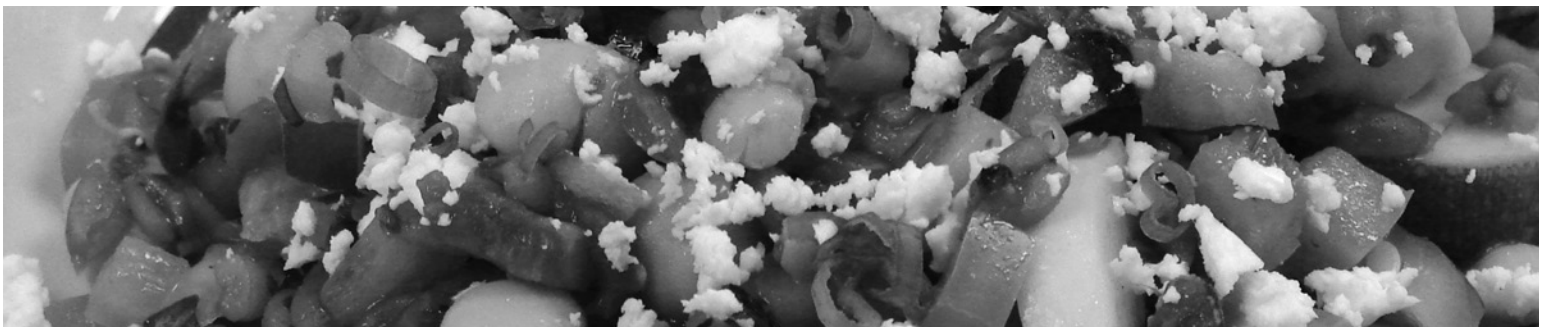
process:

Cook farro according to the directions on the package and set aside to cool to room temperature. Chicken or vegetable stock can be used instead of water if desired.

Cut corn kernels off of the cob and set aside. In a mixing bowl lightly coat corn and bell peppers with olive oil and salt & pepper. Wrap the corn and peppers tightly in tinfoil. Place the foil directly on the grill. Roast until tender, remove from grill and chill.

Heat 1 tablespoon extra virgin olive oil in a frying pan and sauté onions until transparent. Transfer onions to a medium bowl and cool to room temperature. Add vinegar to onions and slowly whisk in remaining olive oil. Season with salt and pepper to taste. Add 1 teaspoon of sugar if desired. Add cooked farro to mixing bowl and mix well. Gently stir in bell peppers and corn and chill for at least one hour before service.

chef's tip: *Farro is high in fiber, protein and vitamins. Its gluten structure is less irritating and many gluten intolerant people are able to tolerate it without difficulty*



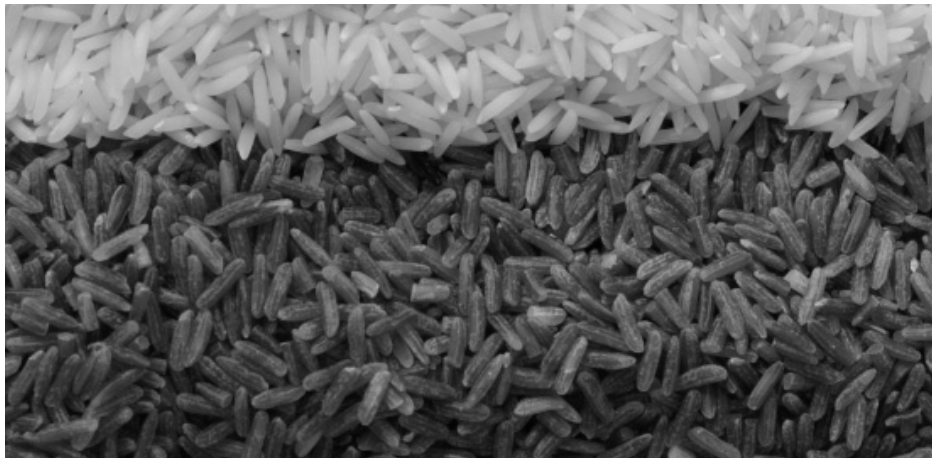
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BROWN RICE SALAD



ingredients:

1 cup Uncle Ben's® Ready Rice® Whole Grain Brown, heated in microwave and cooled
½ cup dried cranberries
1 orange, segmented
½ cup walnuts, chopped
½ cup fresh parsley, chopped

dressing:

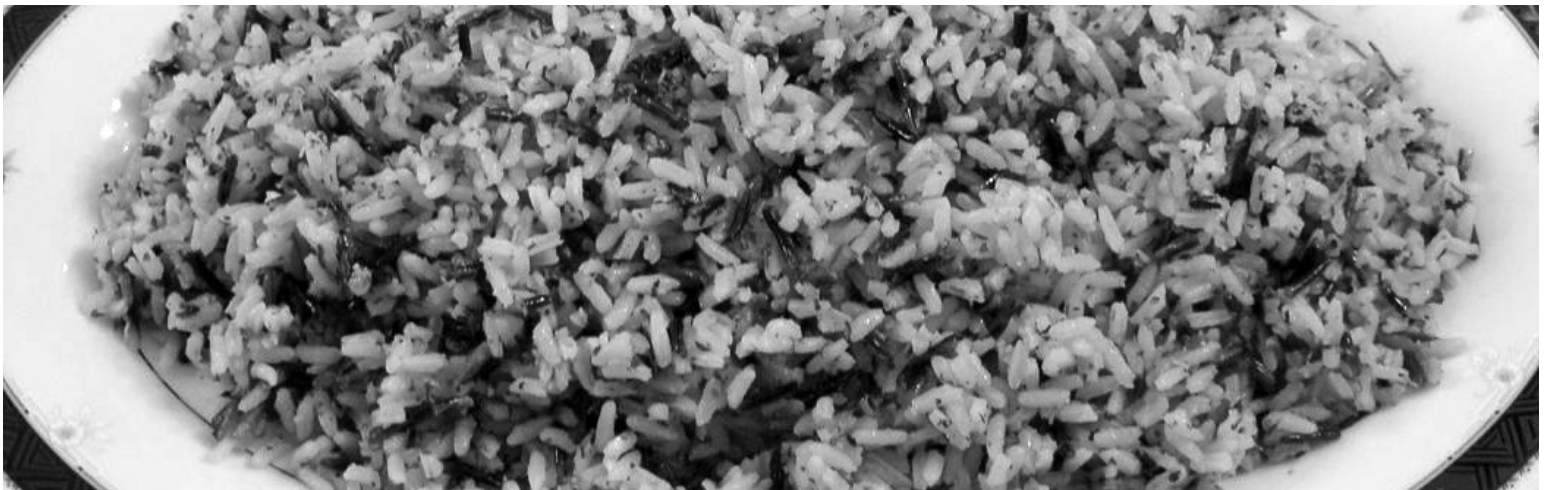
1 lemon, juiced and zested
1 orange, juiced and zested
½ t. ground cumin
½ t. garlic, minced
1 T. fresh cilantro, chopped
1 Jalapeno (seeds and stem removed), minced
1 T. honey
4 oz. olive oil

process:

Cook rice according to the directions on the package and set aside to cool. In stainless steel bowl combine juice of orange and lemon, cumin, garlic, cilantro, jalapeno, and honey and mix well. Slowly add olive oil whisking continuously. Add the zest from the juiced lemon and orange into the bowl. Season with salt and pepper, and set aside

In a separate bowl combine rice, dried cranberries, orange segments, walnuts and parsley. Mix well. Add dressing and toss gently. Serve immediately.

chef's tip: *When choosing whole grains, check the label. Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list. Try to choose items with at least 3 grams of dietary fiber per serving.*



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