



# DIET *for a* **COOLER** PLANET

## CRAB-KELP FRITTERS

1 lb	AP flour
1 oz	sugar
1 oz	baking powder
1 tsp	salt
1 ½ cups	milk
1 ea	eggs
1 lb	crab meat
½ tsp	old bay seasoning
8 oz	kelp slaw

1. Mix all of the dry ingredients together
2. Whisk together the milk and eggs, then add in the crab meat and kelp and then fold into the dry ingredients and mix until just incorporated.
3. Fry in 325F oil until golden brown and cooked through.



# DIET *for a* **COOLER** PLANET

## COUSCOUS WITH CHESTNUTS AND APRICOTS

5 #	Couscous
4 qts	water
1 tbsp	vegetable base
1 tbsp	salt
2 oz	olive oil
2 oz	garlic, minced
4 oz	shallots, minced
1 tsp	ground cumin
1 tsp	chili powder
1 tsp	turmeric
8 oz	prepared chestnuts, chopped
8 oz	apricots, chopped
1 oz	parsley, chopped

1. Place uncooked couscous onto a sheet pan and toast in a 325F oven until lightly golden brown, about 3-5 minutes
2. Heat a pot over medium heat with the olive oil. Add the garlic, shallots, cumin, chili powder, and turmeric and cook for 2-3 minutes. Add the water, vegetable base, and salt and bring to a simmer.
3. Turn off the heat, stir in the couscous, and cover. Let sit for 5-8 minutes, and place into a large mixing bowl. Fluff couscous with a spoon and mix in chestnuts, apricots, and parsley
4. Transfer to decorative pans and keep warm.



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## LAMB KEFTA TAGINE WITH SWEET POTATOES

2 #	ground lamb	½ oz	tomato paste
1 oz	parsley, chopped	½ oz	cilantro
½ oz	cilantro, chopped	2 oz	onion, minced
2 oz	onions, minced	½ oz	garlic, minced
1 oz	garlic, minced	2 tsp	paprika
1 tsp	paprika	1 tsp	chili powder
2 tsp	ground cumin	½ tsp	ground cumin
½ tsp	ground ginger	1 tsp	salt
2 tsp	salt	1 tsp	pepper
1 tsp	black pepper	2 #	sweet potatoes, 1" dice
1 oz	panko	Pinch	cilantro
18 oz	diced tomatoes	Pinch	parsley

1. In a large bowl, combine the lamb, parsley, cilantro, onions, garlic, paprika, cumin, ginger, salt, pepper, and panko. Mix well together and then scoop into 1oz meatballs and place onto sheetpans
2. Puree the tomatoes, tomato paste, cilantro, onion, garlic, paprika, chili powder, and ground cumin together until smooth
3. Place the puree in a pot and bring to a simmer, and season with salt and pepper. Cook for 30-40 minutes or until flavors have developed. Add the sweet potatoes, and simmer until the potatoes are firm, but just tender.
4. Bake the meatballs in a 375F oven for about 8-10 minutes or until cooked.
5. Transfer the meatballs to decorative hotel pans and pour the sauce and sweet potatoes over top. Cover with foil and bake in a 350F oven for 10-15 minutes.
6. Garnish with chopped cilantro and parsley



# DIET *for a* COOLER PLANET

## MANOOMIN (WILD RICE) WITH OYSTER MUSHROOMS + BLACK WALNUTS

1.5 cup black walnut pieces  
8 tablespoons extra virgin olive oil  
8 tablespoons finely chopped yellow onion  
24 ounces oyster mushrooms, roughly chopped  
4 teaspoon fresh lemon juice  
3 teaspoon fine sea salt  
1 teaspoon ground black pepper  
4 cup dry wild rice, cooked according to package directions and cooled\*  
4 tablespoon chopped fresh chives

\*make sure to rinse under hot water for a while to remove sediment, it is a natural product that contains debris

1. Toast the walnut pieces over medium-high heat in a large, dry skillet. Stir often and cook for 3 minutes, or until you begin to smell their nutty aroma. Remove from the heat and transfer the nuts to a bowl to cool
2. Add the olive oil to the skillet and return it to medium heat. Add the onions. Cook, stirring often for 1 minute. The onion will begin to turn golden brown in spots as it cooks in the oil. Stir in the mushrooms and cook for about 2 minutes. They will soften and shrink, but still have a somewhat firm bite. Stir in the walnuts and cook for another 30 seconds.
3. Remove the skillet from the heat and add the lemon juice, salt, and pepper. Stir well and let cool to room temperature.
4. Transfer the rice to a large bowl. Add the mushrooms. Toss to mix the ingredients.

Sprinkle with chives before serving at room temperature or chilled.



# DIET *for a* **COOLER** PLANET

## NEW ENGLAND SEAFOOD & KALE SPAGHETTI ALLA CARBONARA

1 lb	thin spaghetti, cooked	4 oz	grated parmesan cheese
3 oz	pancetta, ¼" dice	½ oz	chives, minced
2 tsp	olive oil	4 oz	broken scallop pieces
1 tbsp	garlic, minced	6 oz	littleneck clams
4 oz	egg yolks	4 oz	mussels
4 oz	water		
1 tsp	salt		
½ tsp	pepper		
4 oz	kale, sliced thin		

1. Render pancetta until crispy and drain off excess fat
2. Combine the egg yolks, water, and half of the parmesan cheese and whisk together
3. In a large nonstick saute pan, heat olive oil and add the garlic, scallops, and pancetta, and saute until the garlic starts to brown lightly. Add the kale and saute lightly
4. Steam the clams and mussels separately
5. Reheat the pasta until hot and add to the saute pan along with a little extra of the pasta water
6. Reduce heat to low, and toss pasta while slowly adding the egg yolks. Heat until the sauce just starts to thicken (overheating will cause the eggs to scramble)
7. If the sauce starts to thicken too much, add a little more hot pasta water to it to thin it out
8. Add the steamed clams and mussels along with the chives and remaining parmesan cheese



# DIET *for a* COOLER PLANET

## MAPLE ROASTED SQUASH SALAD W/ARUGULA AND HAZELNUTS (makes around 35 cups)

- 1 C unsweetened dried cranberries
- 8 cups butternut squash peeled and cut into half-moons
- 4 TBS olive oil
- 2 & 1/2 tsp. divided maple syrup
- 3 tsp divided sea salt
- 2 tsp divided freshly ground black pepper
- 1 1/2 C hazelnuts roughly chopped
- 3/4 C water
- 1/2 C apple cider vinegar
- 1/2 C very finely minced shallots
- 4 TBS dijon mustard
- 1 C olive oil
- 42 oz. fresh arugula

Preheat oven to 400°F.

### ROAST THE SQUASH

1. Place squash on a parchment-lined baking sheet
2. In a medium-sized bowl, add oil, 2 tsp. Maple syrup, 2 tsp fine grain sea salt, & 1 tsp freshly ground black pepper. Whisk to combine.
3. Pour over the squash, then toss together with your hands until the squash is evenly coated.
4. Roast for 15 minutes.
5. Add the cranberries to the squash tossing to combine.
6. Roast for an additional 10 minutes or until the squash is just starting to caramelize on the edges and is tender, but not mushy.
7. Remove from oven and set aside.

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# MAPLE ROASTED SQUASH SALAD W/ARUGULA AND HAZELNUTS

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## TOAST THE HAZELNUTS

1. Dry toast the hazelnuts in a medium pan over medium heat for about 5 minutes, tossing frequently, until fragrant and just starting to brown. Watch carefully so they don't burn.
2. Let cool then very coarsely chop (running your knife through a couple of times)
3. Set aside

## MAKE THE VINAIGRETTE

1. In a small saucepan over medium heat, add 1 1/2 C of water, vinegar, and shallots/ onion. Bring to a simmer & cook, stirring occasionally until reduced by half, about 8-10 minutes.
2. Remove from heat and whisk in Dijon mustard, olive oil, and 3tsp. maple syrup. Test for seasonings & sweetness, adjust to your preference.
3. Set aside

## ASSEMBLE THE SALAD

1. Arrange arugula in a very large low rimmed serving bowl (a large pasta serving bowl works best).
2. Pour half of the dressing on top of the arugula and lightly toss to combine.
3. Scatter roasted butternut squash, cranberries, & toasted hazelnuts evenly on top of the arugula.
4. Serve immediately with extra dressing on the side.