

DPP Cooking Demo

March 8, 2022

5:30-6:30pm

Join Zoom Meeting

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Meeting ID: 943 6857 1049

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Spinach Mushroom Toast with Poached Egg and Yogurt Tahini Sauce

Serves 4

4 whole eggs
1 teaspoon avocado oil
2 cloves garlic, minced
8 oz baby spinach
4 oz mushrooms, preferably baby bella, sliced
4 slices whole-grain bread, toasted

For sauce

2 tablespoon tahini
4 teaspoons mustard
1 teaspoon turmeric
1 lemon, juiced
1/3 cup Greek yogurt
Salt and pepper to taste

1. For poached egg: bring a large pot of water to a boil. You can add 1- 2 tablespoons of vinegar if desired. Crack an egg into a ramekin and set it aside. Once water is boiling, grab a wooden spoon and stir the middle of the pot to create a “vortex.” Pour the egg into the center of the vortex and cook for 3 minutes. Immediately remove the egg with a slotted spoon and serve. To make ahead, place cooked eggs in an ice-water bath, reheat by submerge in boiling water for about 30 seconds, and then serve.
2. Heat a pan over medium-high heat. Once the pan is hot, add the oil. Add the garlic and mushrooms to the hot oil and cook until onions have released their liquid and begin to brown. Add the spinach into the pan and cook just until the spinach wilts.
3. In a small bowl, mix the sauce ingredients and season to your liking.
4. To assemble, spread a bit of the sauce on the toasted bread, place spinach and mushroom mixture on top, place the poached egg on top and then drizzle with extra sauce. Serve

Pumpkin Seed and Cashew Crusted Salmon with Herbed Cauliflower Rice

For salmon

2 tablespoons Dijon mustard
1 tablespoon avocado oil
2 teaspoons honey
1/4 cup rolled oats
¼ cup pumpkin seeds
¼ cup cashews
4 (6-oz) salmon fillets
Salt and pepper

For herbed Cauliflower rice

2 teaspoons avocado oil
8 oz riced cauliflower, not frozen, or ½ head of cauliflower “riced”
½ tablespoon minced garlic, about 1- 2 large cloves
½ cup chopped fresh herbs like parsley, cilantro, and basil
1 tablespoon lemon juice or more to taste

1. For salmon; Preheat your oven to 400 degrees and line a baking sheet with foil or parchment paper.
2. Combine the mustard, oil, and honey in a small bowl.
3. In a food processor, combine the oats, seeds, and cashews and blend until you get a nice crumble texture.
4. Spread the dijon mixture evenly over the 4 salmon fillets. Top the salmon with the nut oat mixture and press down to ensure it stays on.
5. Bake the salmon for 8- 10 minutes per inch of thickness.
6. To make the cauliflower rice, heat a pan over medium-high heat. Once the pan is hot, coat it with the oil. When the oil is hot, add the cauliflower and garlic in cook for about 7- 8 minutes or until cauliflower begins to brown—season with salt and pepper. Remove from the stove and stir in the chopped herbs and lemon juice. Serve with salmon.

“Healthier” Thin Mint Cookie

Serves 8, make about 16 cookies

1 cup almond flour
2 Tablespoons cocoa powder
2 Tablespoons maple syrup, preferably Lakanto maple flavored syrup
2 Tablespoons melted coconut oil
Pinch of sea salt
½ teaspoon peppermint extract

Chocolate Coating

1 cup dark chocolate chips, such as Lily brand
2 teaspoons coconut oil
¼ teaspoon peppermint extract

1. Preheat your oven to 350 degrees and line a baking sheet with parchment.
2. In a mixing bowl, combine the almond flour with cocoa powder whisk well. Mix in the maple syrup, coconut oil, salt, and peppermint extract with a wooden spoon. Refrigerate the dough for 15 minutes.
3. Once your dough has chilled, roll it in between two sheets of parchment paper until it is about ¼” thick. Cut small 1 ½” rounds out of the dough. Bake the cookies for 10- 12 minutes, remove them from the oven, and cool on the cookie sheet.
4. Combine the chocolate and oil in a bowl and microwave it in 30-second increments until melted. You can also use a double boiler. Once the chocolate has melted, stir in the peppermint extract.
5. Dip the cooled cookies into the chocolate and then place them back on the cookie sheet. Refrigerate for 30 minutes or until chocolate sets. Serve or refrigerate until you are ready to enjoy!