

## **Black Bean Tacos with Feta and Cabbage Slaw**

*Make a complete protein by serving with rice.*

1 15-ounce can black beans, drained	2 teaspoons olive oil
2 green onions, thinly sliced, divided	2 cups shredded cabbage
1/2 teaspoon ground cumin	1/3 cup chopped fresh cilantro
1/2 teaspoon garlic powder	6 taco shells
Bottled chipotle hot sauce or other hot sauce	1/3 cup crumbled feta cheese
Salt & pepper to taste	
1 Tablespoon fresh lime juice	

### **Cooking Directions**

Place beans, half of sliced green onion, cumin, garlic powder and 1/4 teaspoon hot sauce in a small pan; mash about half of beans. Add salt & pepper to taste. Warm on a low burner, stirring frequently to prevent burning.

In a separate bowl, mix lime juice, olive oil, cabbage, remaining sliced green onion and cilantro; toss to coat. Season slaw to taste with salt and pepper.

Spoon 1/6 of bean mixture into each taco shell or tortilla. Top beans with slaw and feta. Add hot sauce as desired.

Makes 6 tacos

## **Poached Chicken Stock**

1 whole chicken  
2 carrots  
1 onion  
1 bulb fennel or 3 sticks celery  
4 slices ginger  
4 cloves garlic, peeled  
1/2 teaspoon black peppercorns  
2 pieces star anise  
handful of parsley or cilantro stems

### **Cooking Directions**

Rinse the chicken in cold water. Peel the carrots. Cut them into 1" chunks. Cut the onion into quarters. Slice the fennel. Place the vegetables in the bottom of a large pot. Lay the chicken, breast side down over them. Add the ginger, garlic, peppercorns, star anise and parsley stems. Add cold water until you just cover the chicken.

Heat the water to a boil and then reduce the heat until the water is shimmering but not boiling for 30 minutes. Turn the chicken over so that the breast is facing up and poach for another 30 minutes, or until it is cooked through. Remove the chicken from the pot, draining the liquid into the pan.

Let the chicken cool. Remove all of the meat and reserve on the side. Place all of the bones and the skin back into the pot. If necessary, add enough water to cover the bones. Simmer for 1-2 hours while you prepare the rest of the meal. Drain the stock and add salt to taste.

## Asian Chicken Noodle Soup

6 cups Asian chicken stock (see above)  
Remainder of chicken meat from the poaching chicken  
1 lb fresh Chinese or Japanese noodles  
3 green onions  
3 shitake mushrooms, shredded  
1 cup shredded vegetables (radish, carrots, broccoli, sugar peas or asparagus)  
1 jalapeno pepper  
1/4 cup chopped cilantro  
salt to taste  
Hoisin sauce and Rooster chile sauce for garnish

### Cooking Directions

Bring a large pot of water to a boil. Cook the noodles until tender and drain. Set aside.

Heat the stock until just simmering. Set up 6 bowls. Place some noodles in each bowl. Add chicken, onions, mushrooms, vegetables, jalapeño or cilantro as desired. Pour hot broth over the soup. Add hoisin sauce and hot sauce as desired.

## The Meatball Shop's Veggie Balls

2 cups lentils	1/2 cup bread crumbs
1/4 cup plus 1 tablespoons olive oil	1/2 cup chopped fresh parsley
1 large onion, chopped	1/4 cup finely chopped walnuts
2 carrots, chopped	
2 celery stalks, chopped	<b>For the pesto:</b>
1 garlic clove, minced	1/4 cup roughly chopped walnuts
1 tablespoon chopped fresh thyme	4 cups baby spinach leaves
2 teaspoons salt	2 cups fresh basil
3 tablespoons tomato paste	1 teaspoon salt or to taste
8 ounces Button Mushrooms, wiped clean and sliced	1/2 cup olive oil
3 large eggs	1/4 cup grated Parmesan Cheese
1/2 cup grated Parmesan cheese	

### Cooking Directions

Combine the lentils and 2 quarts water in a medium stockpot and bring to a boil over high heat. Reduce the heat to low and simmer until the lentils are soft (but not falling apart), about 25 minutes. Drain the lentils and allow to cool.

Add 1/4 cup of the olive oil to a large frying pan and sauté the onions, carrots, celery, garlic, thyme, and salt over medium-high heat, stirring frequently, for about 10 minutes, until the vegetables are tender and just beginning to brown. Add the tomato paste and continue to cook, stirring constantly, for 3 minutes. Add the mushrooms and cook, stirring frequently, for 15 more minutes, or until all the liquid is absorbed. Transfer the mixture to a large bowl and allow to cool to room temperature. When cool, add the lentils to the vegetable mixture. Add the eggs, Parmesan, bread crumbs, parsley, and walnuts to the cooled vegetable mixture and mix by hand until thoroughly incorporated. Place in the refrigerator for 25 minutes.

Preheat the oven to 400°F.

Drizzle the remaining 2 tablespoons olive oil into a 9x13-inch baking dish and use your hand to evenly coat the entire surface. Set aside.

Roll the mixture into round, golf ball-size meatballs (about 1 ½ inches), making sure to pack the vegetable mixture firmly. Place the balls in the prepared baking dish, allowing ¼ -inch of space between the balls and place them in even rows vertically and horizontally to form a grid.

Roast for 30 minutes, or until the meatballs are firm and cooked through.

Allow the meatballs to cool for 5 minutes in the baking dish before serving.

### **For the pesto:**

Fill a large stockpot three-quarters full with water and bring to a boil over high heat. Meanwhile, spread out the walnuts on a small rimmed baking sheet and roast in the oven for about 12 minutes, giving them a shake after 6 minutes. Continue roasting until golden brown and toasted. Set aside and allow to cool thoroughly.

Fill a large bowl halfway with ice and water, and set it close to the sink. Dump the spinach and basil into the boiling water and stir. After 1 minute, strain the greens, and plunge them into the bowl with ice water. Drain the greens again and squeeze them tightly to get as much water out as possible.

Chop the greens roughly.

Combine the greens and walnuts with the salt, olive oil, and Parmesan in a food processor and process until a smooth consistency is reached. Taste and season with additional salt, if desired.

Salad dressing – 3 options below

1 bunch kale

Additions – see below

1. Prepare one of the salad dressings (below) in a large bowl.
2. Remove and discard heavy stems from kale. Finely chop leaves. Add kale to bowl with salad dressing. Using clean hands, massage dressing into the kale until the kale starts to soften and wilt, 2 to 3 minutes.
3. Add three or four of the additional ingredients below. Toss and serve. This salad keeps well, refrigerated, for a day or two.

4-6 servings

### **Balsamic Dressing**

2 Tablespoons balsamic vinegar	¼ teaspoon garlic powder
2 Tablespoons olive oil	¼ teaspoon onion powder
2 teaspoons Dijon mustard	¼ teaspoon salt
1 teaspoon sugar or honey	¼ teaspoon pepper

Whisk all ingredients together. Massage into finely chopped leaves from one bunch of kale.

### **Fresh Lemon Dressing**

3 Tablespoons fresh lemon juice	½ teaspoon salt
2 teaspoons honey	½ teaspoon ground black pepper
¼ cup extra virgin olive oil	

Whisk all ingredients together. Massage into finely chopped leaves from one bunch of kale.

### **Creamy Salad Dressing**

1 Tablespoon Italian herbs or any mixed herbs of your choice  
2 Tablespoons low fat or fat free sour cream  
2 Tablespoons light mayonnaise  
1 Tablespoon cider vinegar  
1 teaspoon dill  
½ teaspoon garlic powder  
½ teaspoon onion powder  
½ teaspoon ground black pepper  
½ teaspoon salt

Whisk all ingredients together (makes a very thick dressing). Massage dressing into finely chopped leaves from one bunch of kale.

**Additions** – add about ¼ cup each of several of these ingredients to the salad as desired

apples, chopped  
fresh blueberries  
mango, diced  
raisins  
avocado, diced  
grape tomatoes, halved  
red peppers, diced  
sunflower or pumpkin seeds  
nuts, chopped (walnuts, almonds, pistachios, cashews)  
Parmesan cheese, shredded  
feta cheese, crumbled  
blue cheese or goat cheese, crumbled