

Thursday June 8, 2017 - 3:00 to 4:30 PM

Mount Everett Cafeteria



Thank you for coming today!

The objective for today's workshop is to demonstrate and share a few healthy recipes. I have selected vegetables that can easily be found, and that can be eaten either raw or cooked. I find them to have wonderful flavors, and I hope you will enjoy them as well. You may want to keep these recipes as is, or alter them according to your needs and/or taste. Cooking is a never ending adventure and as Chef Fernand Point would say: "In all professions, without a doubt, but certainly in cooking one is a student all his life."

Having said that, I hope this event turns into a source of inspiration for packing your lunch, feeding your family or organizing a party and that you have fun along the way!

Bon appétit !



Menu du jour

Tables/Groups

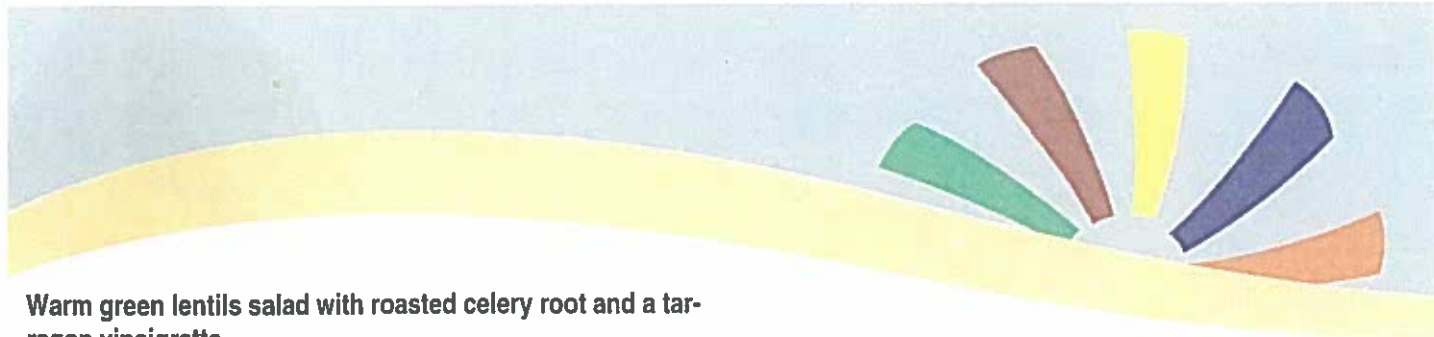
Salads:

- ⇒ Warm green lentil salad with roasted celery root.....Table 1
- ⇒ Endive salad with beets, hard boiled eggs and toasted walnuts.....Table 2
- ⇒ Carrot, celery and beet rapés.....Table 3

Sides:

- ⇒ Vinaigrettes.....Table 1, 2 and 3
- ⇒ Kale chips.....Table 1
- ⇒ Buckwheat crackers with seeds.....Table 2
- ⇒ Tapenade.....Table 3

Working on Wellness is a program of the Massachusetts Department of Public Health, developed and managed in partnership with Health Resources in Action and Advancing Wellness. Funding is provided by the Prevention and Wellness Trust Fund as established by Chapter 224 of the Acts of



## Warm green lentils salad with roasted celery root and a tarragon vinaigrette

### Ingredients for 6 servings

- 1 ½ cup French green lentils
- 1 carrot – washed and cut in large pieces
- 1 garlic clove crushed
- 1 bay leaf
- 2-3 sprigs of thyme
- 2 sprigs of tarragon
- 1 small bunch of parsley
- 1 shallot 
- 1 small celery root
- Olive oil, red wine vinegar, salt and pepper

### Celery root

Preheat oven to 400° F

Peel and cut the celery root into small pieces (3/4 of an inch).

In a small bowl, toss them in a little bit of olive oil.

Place the celery root on a baking sheet previously covered with parchment paper.

Roast the celery until golden brown and tender (about 45 minutes). Remove from oven and then it cool down.

### Lentils

Rinse lentils in cold water.

In a pot, pour 8-10 cups of cold water and add lentils, carrot, garlic, bay leaf and thyme.

Bring to a boil and simmer for about 15 minutes. Taste lentils regularly after 10 minutes for desired consistency. (I like them a little hard, but you might like yours on the soft side.)

Once lentils are cooked, drain them, and let them cool down.

### Assemble the salad

In a serving bowl, make a vinaigrette by diluting one tablespoon of mustard in three tablespoons of vinegar. Add some salt and pepper. Then add six tablespoons of olive oil. (ratio 1:2)

Finely cut the tarragon and the parsley (previously washed), and add them to the vinaigrette.

Mince the shallot and add it to the vinaigrette.

Toss the lentils in the dressing and adjust the seasoning.

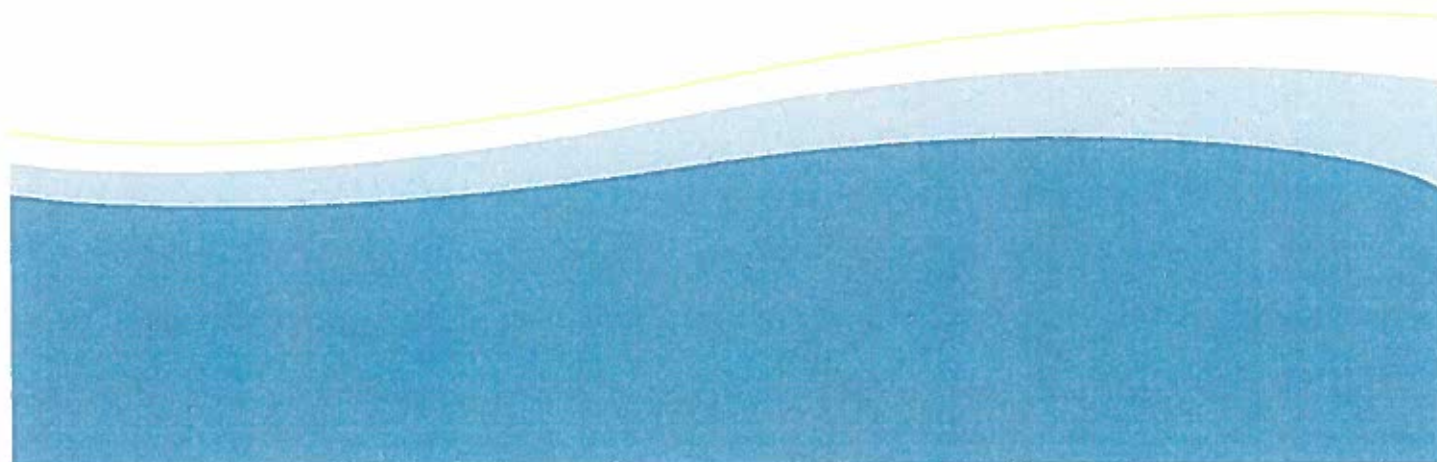
Place the celery root on top of the lentils.

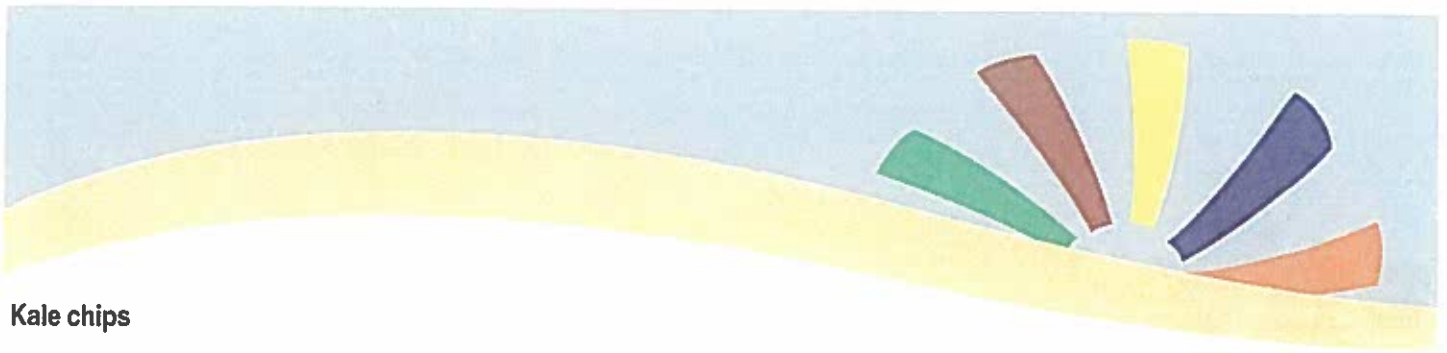
Serve warm or cold.

### Notes:

Lentil salad usually requires a lot of vinaigrette.

Overcooked lentils will not keep their shape well.





## Kale chips

### Ingredients for 8 servings

1 buch of Kale

Olive oil

Salt, peper

### Notes:

Preheat oven to 375°F.

Remove the stalk from the kale and wash it a cold water.

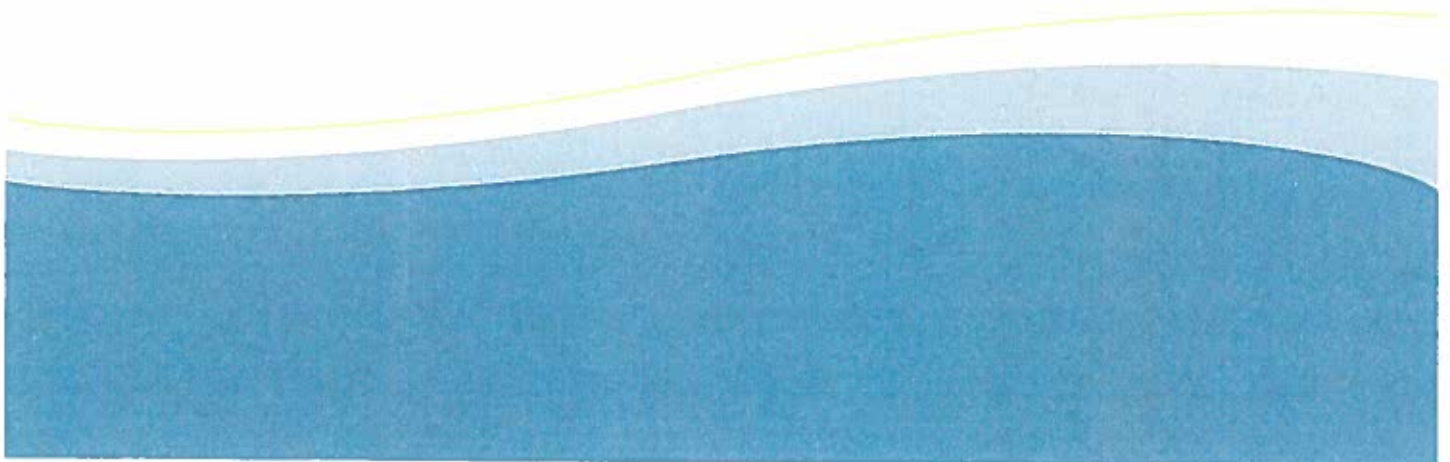
Drain the kale and cut it into small piece ( 1" x 2").

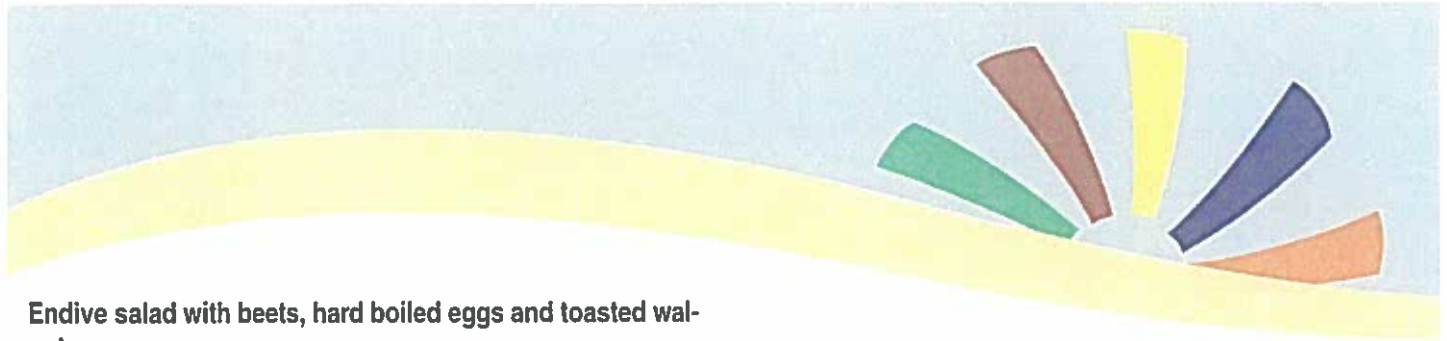
In a large bowl, toss the kale in some olive oil.

Spread the kale onto a parchment paper covered baking sheet.

Place in the oven and cook until crispy, without burning the chips.

Take out of the oven, and sprinkle with salt.





## Endive salad with beets, hard boiled eggs and toasted walnuts

### Ingredients for 4 servings

3 endive

1 beet

2 eggs

1/3 cup of walnuts

1 small bunch of parsley

Olive oil, red wine vinegar, salt and pepper

### Notes:

The endives and the beet are best at room temperature. If they were kept in the fridge, take them out ahead of time.



Place the beet in a pan filled with cold water. Cook beet until tender (approximately 30 minutes depending on size), and let it cool down.

Cook the eggs in boiling water for about 8-9 minutes (not quite hard boiled – or longer if you prefer)

In the oven set at 350° F, toast the walnuts for about 5-8 minutes.

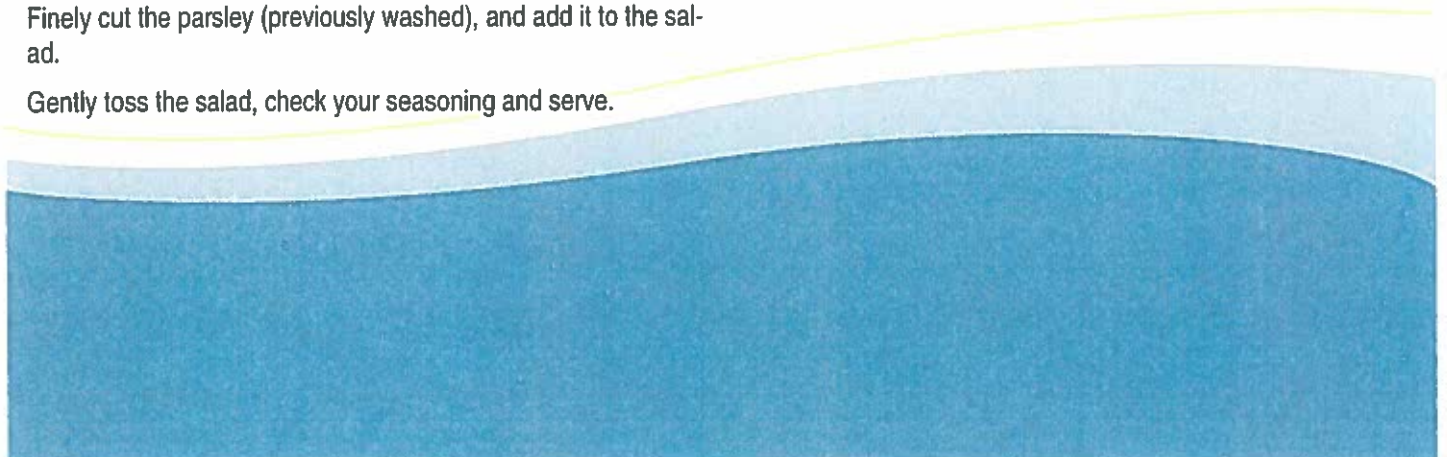
### Assemble the salad

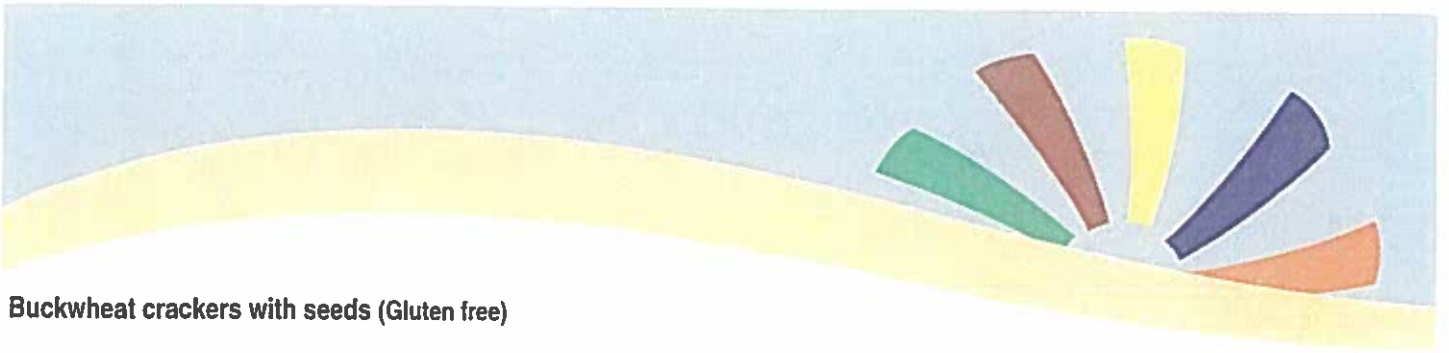
In a serving bowl, make a vinaigrette by diluting one teaspoon of mustard with 1 1/2 tablespoons of vinegar. Add some salt and pepper. Then add three tablespoons of olive oil.

Cut the endive, the beet and the eggs into small pieces and place them in the bowl. Break walnuts into small pieces and add to salad.

Finely cut the parsley (previously washed), and add it to the salad.

Gently toss the salad, check your seasoning and serve.





## Buckwheat crackers with seeds (Gluten free)

### Ingredients for 8 servings

- 1/4 cup of gluten free oatmeal
- 1/4 cup of sesame seeds
- 1/4 cup of sunflower seeds
- 1/2 cup of pumkin seeds
- 3/4 cup, plus 1 tablespoon of whole buckwheat flower
- 1 teaspoon of baking powder
- 1 teaspoons of salt
- 1/4 cup of olive oil
- 1/2 cup, plus 2 tablespoons of water

### Notes:

Preheat oven to 350°F.

In a bowl, mix all the dry ingredients.

Add the water and oil, then mix with a spoon.

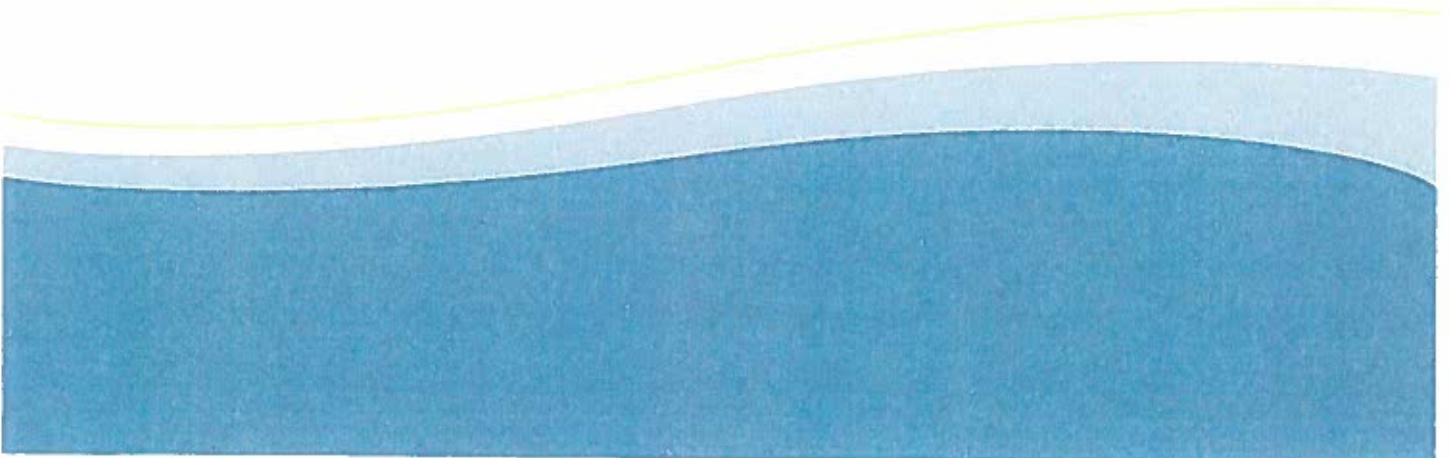
On a piece of parchment paper place the mixture. Cover the mixture with a piece of wax paper and roll it out to a thin layer(1/8").

Place in the oven and bake for about 25-30 minutes or until golden brown. (Flip the crackers after 20 minutes.)

Shut off the oven and let it cool down with the oven door open.

When cooled, break into pieces with your hands.

Keep in an airtight container.





## Carrot, celery and beet rapés

### Ingredients for 4 servings

4 - 6 carrots

1 small celery root

1 beet

1 small bunch of parsley (10 springs)

3 scallions

Olive oil, red wine vinegar, Dijon mustard, salt and peper

Notes:

Wash and peel all root vegetables.

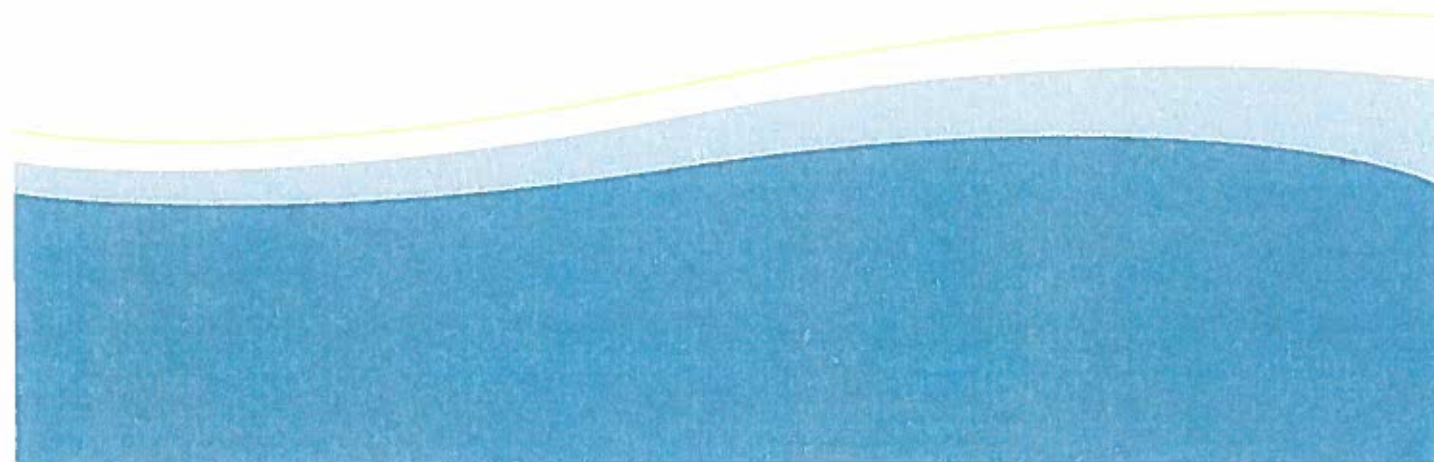
Wash the scallions under running water, and finely slice them.

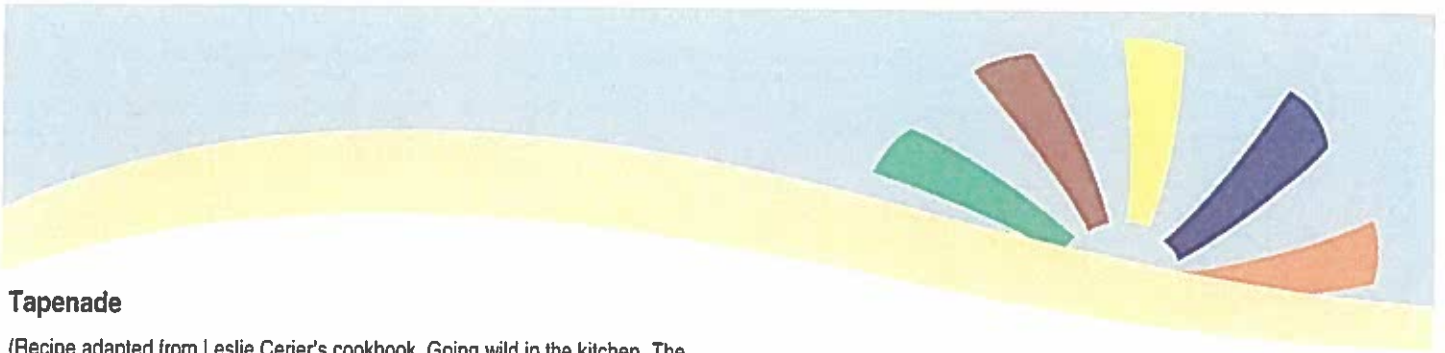
Wash the parsley under running water, drain it and finely cut it.

With a household appliance, or a hand shredder, shred the carrots, celery root, then the beet.

In a serving bowl, make a vinaigrette with a tablespoon of Dijon mustard, two tablespoons of red wine vinegar, four tablespoons of olive oil, salt, pepper. Add the scallions to the vinaigrette.

Toss all root vegetables in the vinaigrette, sprinkle the salad with the parsley and serve.





## Tapenade

(Recipe adapted from Leslie Cerier's cookbook, *Going wild in the kitchen, The Fresh and Sassy Tastes of Vegetarian Cooking*)

### Ingredients for 8 servings

1/2 cup almonds

1 cup of tightly packed parsley

1/4 cup sun-dried tomatoes (6-8 pieces)

1 cup pitted Kalamata olives

2 tablespoons of olive oil

1 tablespoon of lemon juice

### Notes:

Tapenade is originally from *Provence* in the south of France, and it normally consists of black olives, olive oil and anchovies.

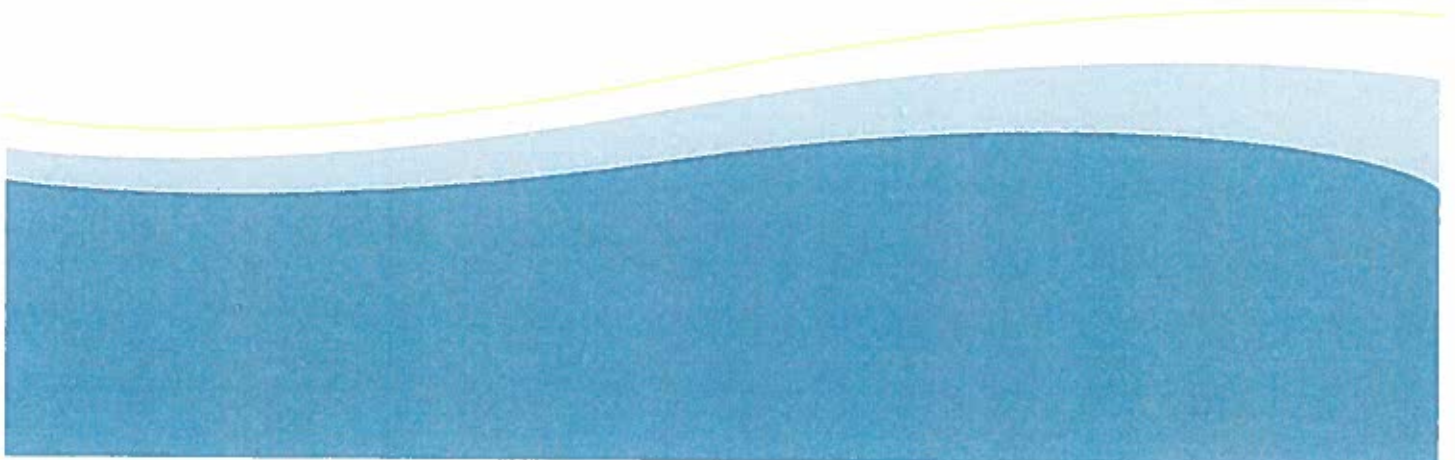
With a food processor grind the almonds into flour.

Add the remaining ingredients and purée until smooth.

Adjust the seasonings.

Keep in an airtight container in the fridge.

This tapenade can be served with crackers or bread, vegetable sticks or can be used as a spread in a sandwich.





NOTES:

