

# Recipes to Avoid a Zombie Diet (no brains)

## **BBQ Chicken Chopped Salad**

Portions 6

### Ingredients:

|          |                          |
|----------|--------------------------|
| 9 ounces | Par cooked and Sliced    |
| 4 ounces | Spring Mix               |
| 4 ounces | Roasted Corn *** chilled |
| 4 ounces | Candied Pecans           |
| 4 ounces | Cucumbers small dice     |
| 4 ounces | Avocado Diced            |
| 1 cup    | BBQ Sauce                |

### Procedure:

1. Take chicken breast, season with oil, salt and pepper
2. Roast in oven until 165 degrees is read on meat probe.
3. Remove and chill, slice thin
4. Season corn with oil, salt and pepper
5. Roast in 350 degree oven until golden brown
6. Remove and chill
7. Dice Cucumbers and avocado
8. Any pre-made bbq sauce will do, preferably one that is not so thick
9. Candied pecans: for 1 lb
  - a. 16 oz of pecans
  - b. 4 fl oz of water
  - c. 4 oz of granulated sugar
    - i. Toss pecans with sugar and water
    - ii. Spread out on sheet trays, or cooking tray
    - iii. Bake in preheated 375 degree oven for 7-10 minutes
    - iv. Remove from oven, should be crispy
    - v. Cool and reserve.
10. Place spring mix in bowl
11. Add in chicken, avocado, corn, cucumbers and avocado
12. Toss gently
13. Add bbq sauce and pecans
14. Toss to incorporate
15. Place in platter or bowl and enjoy!

# Black Bean and Tomato Quinoa

Num Portions 3

## Ingredients:

10 ounces tricolor quinoa  
3 tbl lime, fresh juice  
1 fl oz canola salad oil  
1 tsp ex-fine granulated 50# sugar  
1 tsp rounds salt  
.2 tsp pepper, black ground spice  
1 lbs drained black brine beans  
12 oz diced tomatoes  
0.48 oz chopped green w/t scallions (small pack) onion  
0.3 oz cilantro herb  
1.46 tsp sovena oil blend 50/50  
0.5 oz jalapeno fresh pepper

## Procedure:

1. Whisk together the lime juice, oil, sugar, salt, and pepper in a large bowl for the dressing
2. Wash quinoa in china cap, rinse thoroughly
3. Cook quinoa in a medium pot of boiling water, uncovered, until almost tender, about 10 minutes.
4. Drain in sieve, chill and reserve.
5. Add in pre-cooked quinoa,
6. Mix all ingredients together, season, serve.





# Blackened Tofu

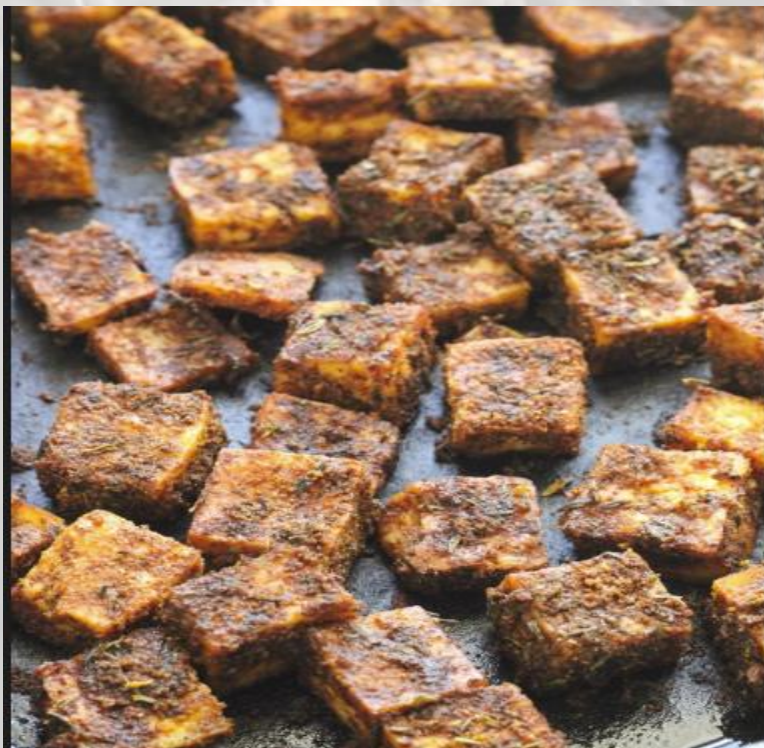
Num Portions 2

## Ingredients:

7.5 lbs pressed extra firm tofu  
4.5 fl ounces canola salad oil  
10 tbl seasoning, cajun spice

## Procedure:

1. Press tofu (place tofu in a perforated pan and apply pressure to squeeze out extra water).
2. Get together oil and cajun seasoning.
4. Cut Tofu in 1" cubes. Season pressed tofu on all sides with cajun seasoning.
4. Heat oil in a saute pan.
5. Add tofu into saute pan and sear all sides of tofu until 165 degrees.
6. Serve



# Superfood Caesar Salad

Num Portions 3

## Ingredients:

|     |     |  |
|-----|-----|--|
| .1  | oz  | no soy pan spray                             |
| 1.5 | lbs | diced fresh potatoes                         |
| 17  | fl  | ounces caesar creamy dressing                |
| 3   | lbs | stems removed shredded blnd kale sliced THIN |
| 0.5 | tsp | rounds salt                                  |
| 0.5 | tsp | pepper, black ground spice                   |
| 6   | tbl | parm-rom shredded cheese                     |

## Procedure:

1. Spray sheet pan with pan spray, place potatoes on top and brown in combi oven for 5-10 minutes
2. Remove from oven, chill
3. Place sliced kale, potato croutons, and dressing in bowl and mix, salt and pepper to taste if needed
4. Place on plate, garnish with shredded parmesan, serve





# Winter Salad

Num Portions 3

## Ingredients:

2/3 oz romaine chop lettuce  
0.5 oz shredded swiss cheese  
0.83 oz cashew pieces rstd unslt nuts  
0.5 oz dried infused cranberries  
0.5 oz sliced peeled water #10 apples  
0.02 pt poppyseed dressing

## Procedure:

1. In Bowl, put down romaine and top with cashews, raisins, sliced apples (drained), and shredded swiss cheese
2. Drizzle over top Lemon Poppy Dressing
3. Serve

