

CHICKEN AND ORANGE COUSCOUS

Serves 6



INGREDIENTS

- 1 cup Orange Juice
- 1 cup Water
- 1 Tbsp. Fresh Garlic, mashed
- 1 Tbsp. Fresh Ginger, sliced
- 1/4 cup Reduced Sodium Soy Sauce
- 1 1/2 lb. Boneless, Skinless Chicken Breast
- 2 1/2 cup Couscous, dry
- 1/8 tsp. Kosher Salt
- 1/4 tsp. Ground Cinnamon
- 1/2 cup Raisins
- 3 Tbsp. Extra Virgin Olive Oil
- 3 Oranges, peeled and segmented
- 1 cup Frozen Green Peas
- 3 Tbsp. Sliced Toasted Almonds
- 6 Tbsp. Fresh Mint, chopped

INSTRUCTIONS

1. Place juice, water, garlic, sliced ginger root (no need to peel), soy sauce and chicken breast in a large pot. Cover and bring slowly to a simmer and poach until cooked through. Remove chicken from liquid and strain. Reserve liquid for cooking couscous. When cool enough to handle, shred chicken breast and set aside.
2. Place couscous, salt, cinnamon and raisins in a medium pot with lid. To cook, pour boiling poaching liquid (liquid should be 1/2" above the top of dry couscous, may need to add boiling water), cover tightly and steam for 15 minutes. Do not over steam, the bottom will get clumpy. Fluff with a fork and set aside.
3. Heat a pan over medium heat and add oil, oranges and shredded chicken until heated through. Add the cooked couscous and green peas. Toss until heated through. Garnish with toasted almonds and chopped mint.

SCAN TO ORDER
YOUR INGREDIENTS



CHEF NOTE

Properly cooked couscous is light and fluffy. Traditionally, couscous is made in a steamer while the stew is simmering in a vessel called couscoussiere.

GRILLED GRAPEFRUIT

Serves 1



INGREDIENTS

- 1/2 Fresh Grapefruit
- 1 tsp. Extra Virgin Olive Oil
- 2 Tbsp. Greek Yogurt, plain and fat free

INSTRUCTIONS

1. Cut grapefruit in half. Brush lightly with oil and sear on the griddle or grill for 5 minutes to caramelize slightly. Serve with a dollop of Greek yogurt.

CHEF TIPS

Score the grapefruit half for easy eating. Using a small sharp knife like a steak knife or a paring knife, cut the whole grapefruit in half, cut around the inside diameter of the rind to loosen the pulp. Then score each section following the natural skin. Eat with a small teaspoon, scooping out each section.

SCAN TO ORDER
YOUR INGREDIENTS



ORANGE VANILLA OVERNIGHT OATS

Serves 8



INGREDIENTS

- 3 cups Skim Milk or Non-Dairy Milk
- 5 3/4 cups Old Fashioned Oats, dry
- 1 cup Water
- 1 cup Orange Juice
- 1 cup Granulated Sugar
- 1 tsp. Vanilla Extract
- 6 Whole Cloves or Star Anise
- 2 tsp. Orange Zest
- 3 lb. Medium Orange (about 8), peeled and sectioned
- 1 cup Greek Yogurt, fat free and plain

INSTRUCTIONS

1. In a bowl, combine oats and milk, cover and refrigerate. Allow oats to soak overnight, not more than 15 hours.
2. Combine water, orange juice, sugar, vanilla, cloves and orange zest in a saucepan. Bring to a boil.
3. Dice oranges and add to saucepan. Cook uncovered, until tender (about 15 minutes). Remove cloves. Cool.
4. In a small bowl or glass jar (at least 12 fl. oz.) layer the following: 1 cup prepared overnight oats, 1/4 cup orange vanilla compote, 2 Tbsp. greek yogurt.

SCAN TO ORDER
YOUR INGREDIENTS



SALMON WITH CITRUS SALSA

Serves 4



INGREDIENTS

- 16 oz. Fresh Salmon, 4 oz. fillets
- 1/3 Tbsp. Canola Oil
- 1/8 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper
- 1 large Orange, peeled and chopped
- 1/2 Lemon, peeled and chopped
- 1/4 cup Fresh Cilantro, chopped
- 1/2 Jalapeño Peppers, minced
- 1/2 cup Fresh Tomatoes, diced

INSTRUCTIONS

Prepare the salmon: Drizzle olive oil on the salmon and season with salt and pepper. Place salmon on a pre-heated grill (set to medium heat) and cook for approximately 3 to 4 minutes on each side. Place on a baking tray and place in the oven for 5 minutes until firm but not dried out. The internal temperature should be 145° F. Remove from the oven and set aside.

1. Prepare the citrus tomato salsa: In a bowl, mix the chopped orange, lemon, chopped cilantro and minced jalapeño. Add the diced tomato. Mix thoroughly. Place the salsa over the salmon and serve.

SCAN TO ORDER
YOUR INGREDIENTS

