



Brazilian-Style Seafood Stew

Ingredients (Serves 6. Prep time: 15 minutes active; 45 minutes total.)

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|-------------------------------------------------|------------------------------------------------|
| 1 ½ pounds salmon, cut into 2- to 3-inch pieces | 1 cup red bell peppers, diced in 1-inch pieces |
| 3 cloves garlic, minced | ½ cup green onions, sliced thin |
| ¼ cup lime juice | 1 tablespoon paprika |
| ½ teaspoon salt | ½ teaspoon crushed red pepper flakes |
| ¼ teaspoon ground black pepper | ½ teaspoon ground cumin |
| 2 tablespoons olive oil | 2 cups canned diced tomatoes |
| 1 cup yellow onion, diced in 1-inch pieces | 1 14-ounce can coconut milk |
| | ¼ cup fresh cilantro, minced |

Preparation

In a large, non-reactive bowl, marinate the salmon in the minced garlic, lime juice, salt and pepper for 30 minutes to an hour.

In a large stock pot or Dutch oven, heat 2 tablespoons olive oil over medium-high heat. Add the yellow onions and cook for a few minutes until they begin to soften. Add the bell peppers and cook another 2 minutes. Add the green onions, paprika, chili flakes and cumin and sauté for 1 minute, then add the tomatoes and cilantro and cook another 5 minutes, stirring occasionally.

Remove the salmon from the marinade (discard marinade), and place the fish into the tomato sauce in the stock pot. Pour the coconut milk over the top, bring everything to a simmer, cover and cook for 10-15 minutes. Stir gently, once or twice. Salmon should be just cooked and tender. Add salt to taste.

Brazilian-Style Seafood Stew

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Yellow onion
- ☐ Green onions
- ☐ Lime
- ☐ Red bell peppers
- ☐ Cilantro

GROCERY

- ☐ Olive oil
- ☐ Coconut milk
- ☐ Canned diced tomatoes

MEAT/SEAFOOD

- ☐ Salmon

SPICES/SEASONINGS

- ☐ Paprika
- ☐ Cumin
- ☐ Black pepper
- ☐ Crushed red pepper flakes
- ☐ Sea salt

Serving suggestion

The authentic Brazilian version of this recipe, known as Moqueca Baiana (mo KEE kah buy AH nah) uses red snapper, and is often served with seasoned white rice. Other firm white fish works as well, like cod, sea bass, grouper, halibut or even shrimp. Reduce the amount of fat by substituting light coconut milk.

Nutritional information per serving

388 calories	38 g. fat
65 mg. cholesterol	270 mg. sodium
12 g. carbohydrate	3 g. fiber
34 g. protein	

The nutritional values and information provided are approximations.



RUSH HOUR RECIPES

Quick Vegetable Bibimbap

Ingredients (Serves 6. Prep time: 25 minutes active; 35 minutes total.)

- | | |
|------------------------------------------------------------|--------------------------------------|
| 1 cup uncooked medium-grain brown rice | 2 ounces mung bean sprouts |
| 1 teaspoon sesame oil | Pinch of salt |
| 1 teaspoon vegetable oil | Pinch of ground black pepper |
| 1 cup carrots, cut into matchsticks | 6 large eggs |
| 2 cloves garlic, minced | |
| 1 cup zucchini, cut into matchsticks | Sauce: |
| ¼ pound button mushrooms, thickly sliced | ¼ cup Gochujang (Korean chili paste) |
| 6 ounces fresh spinach | 2 teaspoons tamari |
| 4 green onions, sliced | 1 tablespoon water |
| ½ pound baked or fried tofu, cut into 1- to 2-inch squares | 1 teaspoon sesame oil |
| 1 cup cucumber, cut into matchsticks | 1 teaspoon sugar |
| | 1 teaspoon rice vinegar |
| | ½ teaspoon sesame seeds |

Preparation

Start cooking the rice according to package directions. In a small bowl, mix together all sauce ingredients.

In a wok or large skillet, heat the sesame and vegetable oil over medium-high heat. Add the carrots and stir-fry for 2 minutes. Add the garlic, zucchini, and mushrooms and stir-fry for another 2-3 minutes. Add the spinach, and stir-fry just until the spinach is wilted and tender, about a minute. Remove from heat and toss the vegetables with the tofu, cucumber, bean sprouts, and a pinch each of salt and pepper. Set aside vegetables, and fry 6 eggs over easy.

To serve the bibimbap, place a scoop of rice in each bowl, top with some stir-fried vegetables, place a cooked egg on top and garnish with sliced green onions. Serve the sauce on the side for drizzling.

RUSH HOUR RECIPES

Quick Vegetable Bibimbap

Ingredient checklist

PRODUCE

- ☐ Carrots
- ☐ Zucchini
- ☐ Spinach
- ☐ Cucumber
- ☐ Garlic
- ☐ Mushrooms
- ☐ Green onions
- ☐ Mung bean sprouts

BULK

- ☐ Medium-grain brown rice
- ☐ Sesame seeds
- ☐ Sugar

GROCERY

- ☐ Sesame oil
- ☐ Gochujang (Korean chili paste)
- ☐ Rice vinegar
- ☐ Vegetable oil
- ☐ Tamari

REFRIGERATED/DAIRY

- ☐ Baked tofu
- ☐ Eggs

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Serve with a side of kimchee, and enjoy a scoop of green tea ice cream for dessert.

Nutritional information per serving

309 calories	12 g. fat
185 mg. cholesterol	1020 mg. sodium
33 g. carbohydrate	5 g. fiber
18 g. protein	

The nutritional values and information provided are approximations.



Black Bean Taquitos

Ingredients (Serves 4. Prep time: 20 minutes active; 35 minutes total.)

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|--------------------------------------|------------------------------------------------|
| 3 tablespoons vegetable oil | 1 15-ounce can black beans, rinsed and drained |
| ½ cup yellow onion, diced | ½ cup tomato, diced |
| 2 cloves garlic, minced | ½ cup cooked corn kernels, frozen or canned |
| 1 jalapeño pepper, seeded and minced | Pinch of salt |
| ¼ cup red bell pepper, diced | 2 tablespoons fresh cilantro, minced |
| 1 teaspoon chili powder | ¼ pound queso fresco cheese, crumbled |
| ½ teaspoon ground cumin | |
| ½ teaspoon dried oregano | |
| ¼ teaspoon ground coriander | |
| Pinch of cayenne pepper (optional) | 12 10-inch corn or flour tortillas |

Preparation

Preheat the oven to 400° F.

Heat 2 teaspoons vegetable oil in a skillet over medium-high heat. Add the onion and sauté for 2 minutes. Add the garlic, jalapeño, and red pepper, and sauté another 3-4 minutes until soft. Add the spices and cook for one minute. Add the black beans, tomato, corn, salt and cilantro, and cook until heated through. Remove from heat and gently mash the mixture with the back of a spoon or a potato masher so the mixture sticks together. The beans do not need to be entirely mashed. Gently stir in the queso fresco, and set aside.

Warm the tortillas in a clean, damp towel in the microwave for a few seconds until warm and pliable. Brush one side of a tortilla with vegetable oil, flip tortilla over and place 1-2 tablespoons of filling near one edge of the tortilla. Roll up the tortilla gently but tightly and place seam-side down on a greased baking sheet. Repeat until all tortillas are filled. Bake 10-15 minutes, checking frequently, until tortillas begin to crisp and hold their shape. Remove from oven and serve hot.

Tip: A tortilla made from both corn and flour resists cracking when baked.

Black Bean Taquitos

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Jalapeño pepper
- ☐ Cilantro
- ☐ Garlic
- ☐ Red bell pepper

REFRIGERATED/DAIRY

- ☐ Queso fresco cheese

FROZEN

- ☐ Frozen corn (if using)

GROCERY

- ☐ Vegetable oil
- ☐ Canned diced tomatoes
- ☐ Corn or flour tortillas
- ☐ Canned black beans
- ☐ Canned corn (if using)

SPICES/SEASONINGS

- ☐ Chili powder
- ☐ Oregano
- ☐ Cayenne pepper (optional)
- ☐ Cumin
- ☐ Coriander
- ☐ Sea salt

Serving suggestion

Serve with salsa, guacamole and sour cream, or try drizzling taquitos with a chili-lime dressing and top with some crumbled Cotija cheese or queso fresco.

Nutritional information per serving

436 calories	16 g. fat
20 mg. cholesterol	332 mg. sodium
58 g. carbohydrate	11 g. fiber
77 g. protein	

The nutritional values and information provided are approximations.



Pulled Pork Cemitita Sandwich

Ingredients (Makes 4 sandwiches. Prep time: 20 minutes active; 3 hours total.)

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|----------------------------------------------------------------------|--------------------------------------------------------------------------|
| 2 pounds pork butt or shoulder, bones removed, cut into large chunks | 4 cemitita rolls or sesame seed buns |
| 4 cloves garlic, peeled and crushed | 1 avocado, peeled and sliced |
| ½ teaspoon salt | ½ small white onion, thinly sliced |
| ½ teaspoon ground cumin | 1 tomato, sliced |
| ½ teaspoon ground coriander | 4 tablespoons fresh cilantro leaves |
| ½ teaspoon paprika or smoked paprika | 3 ounces Oaxaca cheese, queso fresco or mozzarella, shredded or crumbled |
| 2 cups (approximately) broth or water | 3 tablespoons finely-chopped chipotle pepper in adobo sauce |
| Juice of 1 lime | |

Preparation

Place pork and spices in a large Dutch oven or stock pot and add broth or water just to cover the pork. Bring to a boil then reduce heat to a simmer. Cover the pot and simmer for 2 hours. Remove lid, adjust heat to medium, and cook to reduce liquid for another 30-40 minutes, turning pork pieces occasionally.

Preheat oven to 425°F. Gently remove the pork pieces from the Dutch oven, reserving the cooking liquid, and place on an oiled sheet pan. Place in the oven for 15 minutes to crisp and brown the edges of the pork. Remove from oven and using tongs or forks, gently shred the pork and mix with about ½ cup of the remaining cooking liquid and the juice of 1 lime. Set aside.

To make the sandwiches, spread some of the chopped chipotles on both sides of each bun. Layer with pulled pork, cheese, cilantro leaves, tomato, onion and avocado. Serve.

Pulled Pork Cemita Sandwich

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Avocado
- ☐ Tomato
- ☐ Lime
- ☐ White onion
- ☐ Cilantro

REFRIGERATED/DAIRY

- ☐ Oaxaca cheese or queso fresco

GROCERY

- ☐ Broth (if using)
- ☐ Chipotle pepper in adobo sauce
- ☐ Cemita rolls

MEAT/SEAFOOD

- ☐ Pork butt or shoulder

SPICES/SEASONINGS

- ☐ Cumin
- ☐ Paprika or smoked paprika
- ☐ Coriander
- ☐ Sea salt

Serving suggestion

From the Mexican state of Puebla, a cemita roll is a bread roll covered with sesame seeds. The bread is made with egg and resembles brioche in texture. Kaiser rolls or sesame seed hamburger buns make easy substitutes. Serve these hearty sandwiches with a tart limeade or a cold lager with a slice of lime. In a hurry? Substitute precooked pulled or BBQ beef or pork.

Nutritional information per serving

671 calories	28 g. fat
117 mg. cholesterol	801 mg. sodium
62 g. carbohydrate	4 g. fiber
41 g. protein	

The nutritional values and information provided are approximations.