



Vegetarian Reina Pepiada con Tostones

Ingredients

Serves 4

- 12 oz cauliflower, small florets
- 1 tablespoon neutral oil (e.g. sesame, avocado)
- ½ large yellow onion, diced
- 1 Haas avocado
- ¼ cup plain Greek yogurt
- 1½ teaspoons of fresh lemon juice
- 1 oz of fresh cilantro, chopped (approx. ½ bunch)
- 1 oz of fresh parsley, chopped (approx. ½ bunch)
- ¼ red pepper, diced
- 1 jalapeño pepper, diced with seeds removed
- 1 clove of garlic, minced
- 12 cooked tostones, slices (Precooked tostones can be purchased frozen or made fresh.)
- 1 teaspoon of salt, adjust for taste as needed
- ½ teaspoon of ground black pepper, adjust for taste as needed

Directions

1. Preheat oven to 400°F. Mix cauliflower florets with the oil, ½ teaspoon of salt, and ¼ teaspoon of ground black pepper. Roast cauliflower on a baking sheet at 400°F for about 30 minutes until tender and golden brown. Allow cauliflower to cool.
2. Mix remaining ingredients together in a bowl. Season this mixture with remaining salt and black pepper, adjust for taste.
3. Top cooked slices of tostones with 1 tablespoon of mixture. You can also garnish with extra fresh herbs and diced red pepper, if desired.

Nutrition Information

For each tostón

Nutrients	Amount
Total Calories	130kcal
Total Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Sodium	210mg
Carbohydrates	21g
Fiber	3g
Total Sugars	2g
Protein	2g

*Recipe provided by
Chef John Noble Masi*





Whole Orange Cinnamon Bread Pudding

Ingredients

Serves 8

- 2 navel oranges, cut into quarters with rind
- 4 tablespoons orange juice
- ½ tablespoon ground cinnamon
- 2 tablespoons unsalted butter
- 2 tablespoons honey
- 12 slices whole wheat bread
- 4 cups skim milk
- 3 eggs
- 2 tablespoons vanilla extract

Optional topping:

- 3 tablespoons dessert sauce or honey

Directions

1. Combine the cut whole oranges and orange juice in blender and blend until smooth. Add butter to a large saucepan and melt. Add the blended orange puree and heat just to a simmer. Stir in honey and cinnamon and then set aside.
2. Cut or tear the bread into chunks and place in a large bowl.
3. Beat the eggs and remaining honey until smooth and thick. Add the vanilla, milk, and the cooled orange puree, and mix well.
4. Gently add the egg/milk/orange puree mixture to the bread and stir until fully combined.
5. Preheat oven to 350°F. Pour bread pudding mixture into a baking dish or individual molds. Bake mixture at 350°F until golden brown and almost set, approximately 30-45 minutes. You can check if the bread

pudding is almost set by inserting a toothpick or knife, which should come out clean after inserting. Individual molds may require less baking time.

6. Allow bread pudding to cool slightly. Serve warm and top with 3 tablespoons of a dessert sauce, syrup, or honey, if desired.

Nutrition Information

1 serving size

Nutrients	Amount
Total Calories	250kcal
Total Fat	6g
Saturated Fat	2.5g
Cholesterol	80mg
Sodium	280mg
Carbohydrates	35g
Fiber	4g
Total Sugars	16g
Protein	12g

Recipe provided by
Chef John Noble Masi

