

Earn 1 CEU Free Per Part

COMPLIMENTARY WEBINAR PRESENTATION

**Changing the Conversation:
Culinary Techniques To Meet The Needs Of
A Client's Diagnosis Without Sacrificing Flavor
For Cancer and Renal Disease**

Brought to you through the support of
ENC
EGG NUTRITION CENTER

Part 4 of a 4-Part Series

Presented by Chef/RDs Abbie Gellman & Julie Harrington on Thursday, December 12, 2019, 2-3 PM EST

Homemade Chicken Tacos

Servings 4

Ingredients

- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika (sweet or smoked)
- 1 1/2 teaspoons ground cumin
- 1 teaspoon black pepper
- 1 tablespoon extra virgin olive oil, divided
- 1 Onion, diced
- 1 bell pepper, diced
- 1 Zucchini, diced
- 1 pound ground chicken
- Corn tortillas

Directions:

1. In a bowl, mix together chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, and black pepper.



2. In a large skillet over medium-high heat, add 2 teaspoons oil. Add onion, pepper, and zucchini and spice mixture and cook, stirring occasionally, until vegetables brown to your liking. Remove from pan and set aside.
3. Add 1 teaspoon oil and chicken. Cook, breaking up chicken, until cooked through.
4. Return vegetables to skillet and mix together with chicken.
5. Serve with corn tortillas

Gluten Free Wild Blueberry Muffins

Servings 12 (makes 24 mini-muffins)

Ingredients

- 2 cups almond flour
- ¼ cup maple sugar
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- 2 eggs
- 2 tablespoons extra virgin olive oil
- 2 tablespoons maple syrup or honey
- 1 teaspoon vanilla
- 2/3 cup frozen wild blueberries



Directions:

1. Preheat the oven to 375 degrees F. Line a mini muffin tin with 24 paper liners.
2. In a bowl, mix together flour, sugar, baking soda, and salt.
3. In a separate bowl, beat eggs. Add oil, honey, vanilla, and almond extract and whisk together well.
4. Add the wet ingredients into the dry ingredient and stir together until combined. Gently fold in blueberries.
5. Spoon about 2 teaspoons into each prepared muffin cup. Bake for 15 minutes until golden brown. Allow to cool before serving.

Lemon Tahini Dressing with Roasted Broccoli

Servings 4

Ingredients

For the Broccoli

- 1 ½ to 2 pounds broccoli, stalk trimmed and cut into slices, head cut into florets
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon kosher salt
- ¼ teaspoon ground black pepper



For the Lemon Tahini dressing

- ½ cup plain Greek yogurt
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- ¼ teaspoon kosher salt
- 1 teaspoon sesame seeds, for garnish (optional)

Directions:

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper or foil.
2. In a large bowl, combine the broccoli, oil, salt, and pepper. Arrange the broccoli in a single layer on a baking sheet. Roast 15 minutes, stir, and roast another 15 minutes until golden brown.
3. In a medium bowl, combine the yogurt, tahini, lemon juice, and salt; mix well.
4. Spread the tahini sauce on a platter or large plate and top with broccoli and lemon slices. Garnish with sesame seeds.