

FORKS OVER KNIVES RECIPES
SPRING RECIPES FROM CHEF DEL SROUFE



FORKS OVER KNIVES™



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Chef Del Sroufe is co-owner and executive chef of Wellness Forum Foods in Columbus, Ohio. He is the author of the upcoming recipe book, *"Forks Over Knives – A Year of Meals."*

The book is due out in June 2012.

Southwestern Twice Baked Potatoes

Serves 6



6 large Russet potatoes
1 medium yellow onion, diced small
1 red bell pepper, diced small
1 jalapeno pepper, seeded and minced
2 cloves garlic, minced
1 tablespoon cumin seeds, toasted and ground
2 teaspoons ancho chile powder
One 10-ounce package frozen corn
One 15-ounce can black beans, drained and rinsed
1 teaspoon sea salt, more or less to taste
1/2 cup cilantro, chopped
1/2 cup chopped green onion
One 12-ounce package extra firm silken tofu, drained

Twice baked potatoes have a notoriously bad reputation as a fried food, topped with bacon, cheese, and sour cream---no more. This version makes a hearty healthy meal, filled with black beans, corn and spices- well worth the effort.

Preheat oven to 350 degrees.

Rinse and scrub the potatoes. Place on a baking sheet and bake for 1 hour. Let cool.

Saute the onions and red pepper in a large skillet 7 to 8 minutes until the onions start to brown.

Add water 1 to 2 tablespoons at a time to keep the vegetable from sticking. Add the jalapeno peppers, garlic, cumin, and

chile powder, and sauté another minute. Add the corn, black beans, sea salt and cilantro.

Puree the silken tofu in a food processor or blender. Add the tofu to the vegetable mixture and mix well.

When the potatoes are cool, slice in half lengthwise, and scoop out the inside, leaving a 1/4-inch wide rim. Divide the filling evenly between the potato halves and bake for 30 minutes.



Vegetable White Bean Hash

Serves 4



1 leek, white part only finely chopped
1 red bell pepper, diced
3 cloves garlic, minced
2 teaspoons fresh minced rosemary
1 large turnip, peeled and diced
1 medium sweet potato, peeled and diced
Zest and juice of 1 orange
1 15 ounce can white beans, drained and rinsed
1 cup chopped kale
Sea salt and black pepper to taste

Making hash is a great way to use whatever vegetables you have left-over from the night before. But in this case it seems unfair to consider this a dish of leftovers.

Sauté the leek and red pepper for 8 minutes over medium flame. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking. Add the garlic and rosemary, and cook another minute. Add the turnip, sweet potato, orange juice/zest, the beans, and cook for 10 minutes, until the vegetables are tender. Add the kale, season with salt and pepper and cook until the kale is tender, about 5 minutes. Serve.

