

Heart Healthy Cooking for American Heart Month

Wednesday, February 21, 2024

6:30pm CT

What to expect in your cooking class:

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!

How to prepare for your class:

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

Mexican Quinoa Stuffed Peppers

Ingredients:

1 **cup** quinoa or rice (**rinsed, drained, and cooked**)

Avocado oil

2 cups vegetable stock (sub water, but it will be less flavorful)

4 large red, yellow, or orange bell peppers (halved, seeds removed)

1/2 cup salsa (plus more for serving)

2 **tsp** cumin powder

1 1/2 tsp chili powder

1 1/2 tsp garlic powder

1 15-ounce can black beans (drained)

1 cup whole kernel corn (drained)

Toppings (optional)

1 ripe avocado (sliced)

Fresh lime juice

Hot sauce

Cilantro (chopped)

Diced red onion

Directions:

Add quinoa and vegetable stock to a **saucepan** and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy – about 20 minutes.

Preheat oven to 375 degrees F and lightly grease a **9×13 baking dish** or rimmed baking sheet.

Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.

Add cooked quinoa to a **large mixing bowl** and add remaining ingredients – salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.

Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with **foil**.

Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees, and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.

Serve with desired toppings (listed above) or as is.

Mediterranean Veggie Frittata

Ingredients:

1 small red bell pepper, cored and chopped
1 small zucchini, small diced
2 green onions, white and light green parts only, roughly chopped
4 ounces broccoli, cut into small florets
Kosher salt and black pepper
3 tablespoon olive oil or avocado oil

7 large eggs
¼ teaspoon baking powder (optional)
¼ **cup** milk
⅓ cup feta cheese crumbled, more to serve
⅓ cup finely chopped fresh parsley, more to serve
1 **tsp** fresh thyme or ¼ tsp dried

Directions:

Preheat the oven to 450°F and position a rack in the middle. Put a **rimmed sheet** in the oven and allow it to heat.

In a **mixing bowl**, toss the bell peppers, zucchini, green onion and broccoli with a good pinch of kosher salt and black pepper. Add a drizzle of oil (about 2 to 3 tablespoons) and toss to make sure all the veggies are well-coated in the oil.

Carefully remove the hot pan from the oven using oven mitts. Spread the veggies on the heated pan. Return the pan to the oven and cook for 15 minutes or until the veggies are soft and somewhat charred.

Turn the oven heat down to 400°F.

In your mixing bowl, **whisk** together the eggs, baking powder, milk, feta, parsley, thyme, and a good pinch of kosher salt and black pepper. Fold in the roasted vegetables.

Coat the bottom and sides of a **10-inch cast iron or oven-safe pan** and warm the oil over medium-high heat until shimmering. Pour the egg and veggie mixture in the pan and cook for 2 to 3 minutes to allow the bottom of the eggs to settle.

Transfer the pan to the heated oven and cook for 8 to 10 minutes or until the center of the eggs are cooked through and the center of the frittata is firm and no longer runny).

Serve with more feta cheese and a garnish of fresh parsley.