



BREAKFAST

Huevos Rancheros

Makes 2 servings

INGREDIENTS:

- 1/2 tsp olive oil
- 1/2 white onion, minced
- 1 medium tomato, minced
- 2 tbsp chopped green chilies
- Salt and pepper (to taste)
- 2 large eggs
- 2 tbsp refried beans
- 1/4 cup arugula
- 1 oz cheese (preferably Cotija)
- 2 corn tortillas



DIRECTIONS:

1. Heat oil in a small pan. Add onions and cook one minute. Add tomatoes, chilies, salt and pepper and cook another few minutes. Set aside and keep warm.
2. In another medium non-stick pan, lightly oil the tortillas on each side and heat a few minutes until crispy
3. Spread the refried beans on top of the tortillas.
4. In the same pan, add eggs, salt and pepper. Cover and cook until sunny-side up or to your liking.
5. To serve, place a tortilla on the plate, top with egg, mixture created before, arugula, and cheese.
6. Enjoy!

"Good food is very often, even most often, simple food."
-Anthony Bourdain

"If you really want to make a friend, go to someone's house and eat with [them]...the people who give you their food give you their heart."
- Cesar Chavez

"Life is a combination of magic and pasta."
-Federico Fellini

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together."
-Guy Fieri

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LUNCH



SPINACH TZATZIKI SALAD WITH CHICKEN

Makes 2 servings

INGREDIENTS:

- 1/2 lb. chicken
- 4 cups of Spinach
- 1/2 container of cherry/grape tomatoes
- 1/2 bell pepper (sliced)
- 2 cucumbers (chopped)
- 1/2 red onion (sliced)
- 1/4 cup feta cheese
- 1 tbsp olive oil

DRESSING:

- 8 oz fat-free Greek yogurt
- 1 small cucumber (grated)
- 1 clove garlic, crushed
- 1 tsp lemon juice
- 1 tbsp fresh dill, chopped
- Salt and pepper (to taste)

DIRECTIONS

1. Cut the chicken into small cubes, season with salt and pepper, and cook for 6-7 minutes until an internal temperature of 165 degrees F
2. For the dressing, place all the ingredients in a food processor or blender until smooth. If too thick, add some milk or water to thin out.
3. Assemble the salad, top with feta cheese and dressing.
4. Enjoy!



DINNER

SALMON WITH AVOCADO BRUSCHETTA

Makes 2 Servings

INGREDIENTS:

- 2 wild salmon filets (6 oz each)
- 1/4 tsp kosher salt
- black pepper
- 1 teaspoon olive oil

AVOCADO BRUSCHETTA:

- 1/4 cup chopped red onion
- 1 tbsp extra virgin oil
- 1 tablespoon balsamic vinegar
- kosher salt and fresh cracked pepper to taste
- 3 large vine ripe tomatoes
- 2 small cloves garlic, minced
- 2 tbsp fresh basil leaves, chopped
- 1 small diced avocado

DIRECTIONS:

1. Preheat oven to 450 degrees F.
2. Season salmon with salt, pepper, and oil.
3. Place salmon, skin side down, on a non-stick baking sheet.
4. Bake until salmon is cooked through, about 12 to 15 minutes and an internal temperature of 145 degrees F.
5. Chop tomatoes and avocado and place in a large bowl.
6. Combine with rest of ingredients and season with salt and pepper to taste.
7. Top salmon with avocado mixture and enjoy!

