

Recipes from Trinity's Low-Carbon Lunch

Mint Lime Drink

Entertaining

Prep Time: 1 min **Cook Time:** 1 min **Source:** thatgirlcookshealthy.com

Ingredients

1 cup of water

juice of 2 limes

a handful of ice cubes

8 mint leaves

2 dates (optional)**

Extra slice of lime and mint leaves to add to drink

Directions

Pour the lime juice, water and dates** to the blender and blitz for 60 seconds

Add the ice cubes and pulse for 10 seconds, you want the ice to crush not blend completely, just a few seconds are suffice to do so, depending on the speed of the blender

Transfer the crush ice into the mint lime drink and garnish with additional lime and mint leaves

Lebanese Salad Dressing

Middle Eastern, Salad

Prep Time: 10 mins **Cook Time:** 0 hr 0 min **Difficulty:** Easy **Servings:** 6 serving **Source:** A Taste of Lebanon

Ingredients

1 clove garlic

1 tsp salt

1/4 tsp pepper

1/4 cup lemon juice

1/4 cup olive oil

Directions

In a small bowl, crush garlic and salt together. Add pepper, lemon juice and oil, blending well. May be used over any salad or vegetables.

Herb Vinaigrette

Salad

Source: lifeisbutadish.com

Ingredients

1/4 yellow onion

1 garlic clove

3 tablespoons apple cider vinegar

2 tablespoons lemon juice or lime

Large handful of fresh herbs I used mostly parsley, basil, and a little thyme and mint

1/4 cup olive oil

1/4 teaspoon cayenne

1/2 teaspoon salt

1/4 teaspoon pepper

Directions

1) In a blender add the onion, garlic, apple cider vinegar, lemon juice, herbs, olive oil, cayenne, salt, and pepper. Blend until smooth. Store in the fridge until ready to use.

Salad Platter

Salad

Ingredients

- 1 bunch lacinato kale
- 1 head butter lettuce
- 3 tablespoon olive oil
- 1 1/2 tablespoons lemon juice
- 1 teaspoon kosher salt
- 1 cup tomatoes
- 2 cucumber
- 2 avocados
- 1 bunch asparagus (roasted)
- 1 can artichokes

Directions

1. Wash kale, strip leaves from ribs and chop into strips
2. Wash lettuce and rip into bit-size pieces
3. Drizzle half of olive oil on kale, add salt and massage until kale becomes wilted.
4. Drizzle remaining olive oil on lettuce, sprinkle with salt and toss with hands to coat lettuce with oil.
5. Arrange vegetables in separate piles around greens.

Sweet Potato Hash

Breakfast, Fiber rich, Side Dish, Vegetables (side dish)

Prep Time: 5 mins **Cook Time:** 25 mins **Difficulty:** Easy **Servings:** 4 **Source:** asweetpeachef.com

Ingredients

- 2 tbsp olive oil

3 medium sweet potatoes, skin-on and diced into equal, bite-size chunks

2 large yellow onions, thinly sliced

1 1/2 tsp sea salt

1/2 tsp ground black pepper

sliced green onions, for garnish

Directions

Heat oil in large pan over medium-high heat.

Add the potatoes and onion to the oil and sprinkle with the salt and pepper. Stir to combine.

Cover and cook for 15-20 minutes, stirring occasionally, until the potatoes are almost tender.

Turn the heat to high and cook for 2-5 more minutes until sweet potatoes are nicely browned.

Serve hot and with sliced green onions, if desired.

Roasted Asparagus

Vegetables (side dish)

Prep Time: 5 mins **Cook Time:** 15 mins **Difficulty:** Easy **Servings:** 4 serving **Source:** My Collection

Ingredients

1 bunch asparagus

2 tbsp olive oil

Salt and pepper

Directions

Preheat oven to 400°F.

Trim asparagus and cut into 3-inch lengths. Coat with olive oil, salt and pepper.

Roast on baking sheet for 15 minutes, or until they have good color, turning at least once while roasting.

Vegetarian Hungarian Goulash

Main Dish, Soup & stew, Vegetarian

Prep Time: 30 mins **Cook Time:** 3 hrs **Difficulty:** Medium **Servings:** 6 **Source:** Modified from beef version from Cooksillustrated.com

Ingredients

- 1/3 cup sweet paprika (see note)
- 1 (12-ounce) jar roasted red peppers, drained and rinsed (about 1 cup)
- 2 tablespoons tomato paste
- 3 teaspoons white vinegar or balsamic vinegar (better)
- 2 tablespoons olive oil
- 4 large onions, diced small (about 6 cups)
- 4 large carrots, peeled and cut into 1/2-inch-thick rounds (about 2 cups)
- 1 bay leaf
- 3-4 cups vegetable broth
- 2 14 oz can red kidney beans, drained and rinsed
- 2 14 oz can borlotti (cranberry) beans, drained and rinsed
- 1/4 cup sour cream (optional; see note)
- Ground black pepper
- Salt

Directions

Do not substitute hot, half-sharp, or smoked Spanish paprika for the sweet paprika in the stew (see our recommended brands at right), as they will compromise the flavor of the dish. Since paprika is vital to this recipe, it is best to use a fresh container. Serve the stew over boiled potatoes or egg noodles.

1. Adjust oven rack to lower-middle position and heat oven to 325 degrees. Process paprika, roasted peppers, tomato paste, and 2 teaspoons vinegar in food processor until smooth, 1 to 2

minutes, scraping down sides as needed.

2. Combine oil, onions, and 1 teaspoon salt in large Dutch oven; cover and set over medium heat. Cook, stirring occasionally, until onions soften but have not yet begun to brown, 8 to 10 minutes. (If onions begin to brown, reduce heat to medium-low and stir in 1 tablespoon water.)

3. Stir in paprika mixture; cook, stirring occasionally, until onions stick to bottom of pan, about 2 minutes. Add carrots, and bay leaf; stir until carrots are well coated. Using rubber spatula, scrape down sides of pot. Cover pot and transfer to oven. Cook for approximately 1.5 hours, stirring every 30 minutes and adding broth as needed.

4. Stir in beans and vegetable stock. Cook for an additional 30-60 mins.

5. Stir in remaining teaspoon vinegar and sour cream, if using. Remove bay leaf, adjust seasonings with salt and pepper, and serve.

Mushroom Bourguignon

Main Dish, Sunday Supper, Vegetarian

Cook Time: 50 min **Servings:** 4 to 6 50 minutes **Source:** jamieoliver.com

Ingredients

12 shallots

4 portobello mushrooms

4 oz shiitake mushrooms

7 oz crimini or button mushrooms

25 g unsalted butter

olive oil

3 teaspoon flour

2 large carrots

2 cloves of garlic

6 sprigs of fresh thyme

2 fresh bay leaves

1 cup red wine

1 tablespoon tomato paste

4 cups vegetable stock

Salt and pepper to taste

Directions

Put the shallots in a bowl and cover with hot water (this makes them easy to peel).

Roughly chop the portobello mushrooms and halve any larger shiitake and crimini mushrooms, leaving the small ones whole. Heat half of the butter with 1 tablespoon oil in a casserole pan over a medium heat. Fry the mushrooms in batches, until coloured but still firm, adding another tablespoon of oil between each batch. Tip the mushrooms into a bowl and set aside.

Heat the remaining butter in the pan, peel the shallots, halving any larger ones, peel and cut the carrots into 1-inch slices and fry for 8 minutes, or until the veg gets some colour, stirring occasionally. Peel and chop the garlic and add for the final 2 minutes. Sprinkle in the flour and ensure the vegetables are well coated.

Add the thyme, bay leaf, wine and tomato paste, then simmer for 25 minutes, or until the wine has reduced slightly and the veg are cooked through. Season to taste and fish out the thyme stalks and bay leaves.

Stir the cooked mushrooms and vegetable stock into the sauce along with any juices, heating through for a couple of minutes. Season and serve. Nice with some creamy mash on the side.

Crabless Cakes with Hearts of Palm & Corn

★★★★★

Main Dish, Teddy's 4 star list, Vegetarian

Difficulty: Medium **Servings:** 4 **Source:** Foodandwine.com

Ingredients

1 tablespoon extra-virgin olive oil, plus more for frying

2 1/2 cups fresh corn kernels (cut from 4 ears of corn)

1/4 cup minced onion

1/4 cup minced green bell pepper

One 15-ounce can whole hearts of palm—drained, thinly sliced lengthwise and cut crosswise into 3/4-inch lengths

2 teaspoons Old Bay seasoning

2 tablespoons chopped flat-leaf parsley

1/4 cup vegan mayonnaise

2 teaspoons Dijon mustard

1/4 cup plus 2 tablespoons plain dry bread crumbs, plus more for coating

Salt

Freshly ground pepper

Directions

1. In a nonstick skillet, heat the 1 tablespoon of oil. Add the corn, onion and bell pepper and cook over high heat until crisp-tender, 4 minutes. Scrape 1 cup of the mixture into a food processor and pulse to a coarse puree.
2. In a bowl, squeeze the hearts of palm to break them into shards. Add the puree and the remaining sautéed vegetables to the bowl, along with the Old Bay, parsley, mayonnaise, mustard and the 1/4 cup plus 2 tablespoons of bread crumbs. Season lightly with salt and pepper and stir until evenly moistened.
3. Line a baking sheet with parchment paper and fill a pie plate with bread crumbs. Scoop scant 1/4-cup mounds of the hearts of palm mixture into the bread crumbs and roll to coat. Form the mounds into eighteen 2-inch cakes and transfer to the baking sheet.
4. Wipe out the nonstick skillet, then add a scant 1/8 inch of oil. Fry half of the cakes over moderate heat, turning once, until crispy, 2 minutes per side. Wipe out the skillet and add clean oil before frying the remaining cakes. Serve the cakes hot.

Charlie Bird's Farro Salad

Fiber rich, Lunch, Main Dish, Salad, Vegetarian, Whole Grains

Cook Time: 45 minutes **Servings:** Yield 6 servings **Source:** cooking.nytimes.com

Ingredients

1 cup farro

1 cup apple cider

2 teaspoons kosher salt, more as needed

2 bay leaves

8 tablespoons extra-virgin olive oil

2 tablespoons fresh lemon juice

70 grams Parmesan cheese, shaved with a vegetable peeler (1/2 cup)

70 grams chopped pistachio nuts (1/2 cup)

2 cups arugula leaves

1 cup parsley or basil leaves, torn

1 cup mint leaves

3/4 cup halved cherry or grape tomatoes

1/2 cup thinly sliced radish

Maldon or other flaky sea salt, for finishing

Directions

In a medium saucepan, bring farro, apple cider, salt, bay leaves and 2 cups water to a simmer. Simmer until farro is tender and liquid evaporates, about 30 minutes. If all the liquid evaporates before the farro is done, add a little more water. Let farro cool, then discard bay leaves.

In a salad bowl, whisk together olive oil, lemon juice and a pinch of salt. Add farro, cheese and pistachio nuts and mix well. This salad base will keep for up to 4 hours at room temperature or overnight in the refrigerator (bring to room temperature before serving). Just before serving, fold in arugula, herbs, tomatoes, radish and flaky salt to taste.