**Farm to Fork**

**6.24.2022**

**Keiser University Center for Culinary Arts**

**Sweet Potato Chocolate Cake Yield:** 12 Slices

* 8 oz Sweet potatoes, peeled, boiled, mashed
* 1/4 cup Minus 1TB Cocoa powder
* 1.5 TB Almond Flour
* 1 1/2 tsp Baking soda
* 1/2 tsp Salt
* 1 TB Coconut oil (plus additional for greasing pan)
* 3 oz Dark chocolate chips
* 1/4cup + 1 TB Honey
* 3 Eggs
* 1 TB Vanilla extract
1. MEP-Preheat oven to 325°F. Line 8 or 9” cake pan with parchment, grease with coconut oil.
2. Peel and small dice sweet potatoes. Boil until tender. Mash the sweet potato until very smooth, making sure there are no lumps. Reserve 8 oz for Step 7.
3. In a small bowl, whisk together cocoa powder, almond flour, baking soda and salt.
4. Place coconut oil and chopped chocolate into another small bowl, and place over a double boiler. Allow to melt. Stir to combine and set aside.
5. In a mixer, whip together honey, eggs and vanilla extract. Whisk until pale and thickened to stiff ” ribbon stage.”
6. Pour the melted chocolate mixture into the egg mixture. Whisk to fully incorporate.
7. Add the sweet potato to the cocoa mixture and mix well.
8. Temper the batter by folding ¼ of the egg mixture into the sweet potato cocoa mix. Add the remaining mixture and stir.
9. Pour into a prepared cake pan and bake for about 35 to 40 minutes, or until set. Let cool.

**Ganache** (Make after cake is baked)

* 3 oz Chocolate Chips
* 3 oz Heavy Cream
1. Make Ganache by heating cream in a saucepot to a scald.
2. Pour over chocolate chips. Wait 3 minutes. Whisk until extremely smooth. \*Stir over a double boiler if lumps remain.
3. Spread over cooled cake. Chill well, then cut into 12 slices.
4. Serve with fresh berries and a dollop of whipped cream.

**Healthy Butternut Squash Mac and Cheese Yield:** 3-4 1 cup Servings

* 1 # Butternut squash, peeled and medium diced
* 6 oz Water
* 8 oz Milk
* 2 Garlic cloves
* 1 TB Kosher salt
* ½ tsp Black pepper, ground
* 2 oz Gruyere cheese, shredded
* 2 oz Cheddar cheese, shredded
* 1 oz Parmigiano Regiano cheese, grated
* 1/2 lb GF Pasta, cooked to al dente
* ½ c GF Panko Crumbs
* 2 tsp Parsley, chopped
1. Preheat oven to 375°F.
2. Combine squash, water, milk, garlic, salt and pepper in a medium saucepan. Bring to a boil over medium-high heat.
3. Reduce heat to medium and simmer until squash is tender when pierced with a fork, about 25 minutes. Remove from heat.
4. Cook pasta until al dente. Drain well
5. Place the hot squash mixture in a blender. Ensure the small clear centerpiece of the blender lid is open to allow steam to escape. Place a clean towel over the opening in the blender lid and blend until smooth.
6. Stir in grated grated cheeses, reserving ½ c Cheddar for garnish, until combined. Taste and adjust seasoning.
7. Add squash mixture to pasta to and stir until combined.
8. Spread evenly in a lightly greased hotel pan.
9. Sprinkle ½ c Cheddar evenly over hot pasta mixture. Top with panko and parsley.
10. Bake until cheese topping melts and lightly browns and serve immediately.

**Chicken in Sun-Dried Tomato Cream Sauce and Zucchini Noodles**

Sundried Tomato Pesto Yield: 1 cup

* 1/8 cup Pine nuts or Cashews
* 2 cloves Garlic
* 1/3 cup Parmesan Cheese
* 1 cup Sun-dried Tomatoes
* 1/3 cup Extra Virgin Olive Oil
* 1 cup Basil leaves
* 1 pinch Red pepper flakes
* 1/4 teaspoon black pepper
* Salt to taste, if needed
1. Start by blend all the hard ingredients in a food processor – nuts, cheese and garlic.
2. Then add the sun dried tomatoes until they are well blended.
3. Add the oil ass needed to get the ingredients blending properly.
4. Finish with the basil, and adjust seasonings with chili flakes, pepper, and salt, if needed.

**Note:**Leftover pesto can be stored in a jar that has a tight fitting lid. Pesto can be refrigerated for up to one week. You can also place pesto into ice cube molds and frozen for up to 2 months.

**Chicken in Sun-Dried Tomato Cream Sauce and Zucchini Noodles**

 **Entree**

* 1 TB Olive oil
* 3 cloves garlic, peeled and crushed
* 1 each boneless skinless chicken breasts, cut into strips
* ¼ c white wine
* 1/2 cup heavy cream
* 1-2 TB Sundried Tomato Pesto
* 1/4 cup shaved Parmesan cheese
* 1 large Zucchini, made into Zoodles or julienne
* Fresh Basil, chiffonade
* Salt and Black Pepper, to taste
1. In a large sauté pan, heat olive oil until shimmering, and sweat garlic until fragrant.
2. Toss in chicken pieces and stir until they begin to lightly brown.
3. Deglaze pan with wine and pour in the heavy cream.
4. Add in previously made sundried tomato pesto and grated parmesan cheese.
5. Allow sauce to reduce by half over medium heat until thickened.
6. Stir in the zucchini noodles, and allow to cook until they begin to wilt and release their liquid. The sauce will thin a bit. When it does, remove it from the heat.
7. Season to taste with salt and pepper.
8. Add the fresh basil, and garnish with additional parmesan cheese.

**Superfood Energy Bars Yield-** approx. 24 squares, 1.5” each

Base

* 1/2 cup Medjool Dates, pitted
* 2 TB Almond Butter
* 2 TB Maple Syrup
* 1 TB Coconut Oil
* 1/2 tsp Cinnamon
* 1 tsp Vanilla Extract
* Pinch Salt
* 1 cup Quick Cooking Oats

Mix-Ins

* 1/8 cup shredded Coconut, Dark Chocolate, White Chocolate, or Cacao Nibs
* 1 TB Seeds- Chia, Flax, Hemp, or Sesame
* 1/8 cup Fruit- Cranberries, Goji, Raisins, or Apricots
* 2 TB Nut- Cashews, Pecans, Pistachio, or Sunflower
1. Remove the pits from all of the dates!!
2. Combine the first 7 ingredients in a food processor, and pulse well until smooth and combined.
3. With the processor running, add in 3/4c of the oats.
4. Then, transfer the mixture to a large bowl.
5. With gloved hands, add remaining oats and desired mix-ins, one from each category, until evenly combined.
6. Line a small baking pan with parchment paper, and press the mixture evenly into the pan about ½ inch thick.
7. Cover and refrigerate for at least 30 minutes, and then cut into 1.5 inch squares.
8. Store unrefrigerated for up to 1 month or keep chilled for up to 3 months.