**Nutritional Recipe Swaps for Our Favorite Foods**

Pasta Carbonara, Cheeseburgers and Chocolate Cake!

**Carbonara Sauce**

* 1 .5cup Cauliflower (about 10-12 oz)
* 1 cloves Garlic, crushed
* 1 1/2 cup Milk
* Salt and White Pepper, tt
* 1/4c Parmesan cheese, grated
* 1/8c Peas
* 4 slices, Turkey Bacon, crumbled
* 2 TB Basil, Chiffonade
1. Cut cauliflower into very small pieces, and be sure to utilize the center core as well.
2. In a medium stainless pot, combine cauliflower with garlic, milk, salt and white pepper. Simmer until tender.
3. Meanwhile, cook bacon on sheet pan in oven until crisp. Crumble and reserve warm
4. Carefully transfer cauliflower and some cooking liquid into a blender. (Reserve remainder to adjust texture as needed.)
5. Set blender on lowest speed, with center of lid open, start to puree. Increase speed slowly, and puree until very smooth.(add additional cooking liquid as needed)
6. Add in most of the Parmesan Cheese, reserving some as garnish. **Taste the sauce, and adjust seasonings as needed.**
7. Fold Peas and Bacon crumbles into the sauce. Keep sauce warm in a bain marie while covered.
8. When ready to serve, spoon sauce over shredded spaghetti squash.  Sprinkle with Basil chiffonade, additional Parmesan and bacon crumbles as desired and serve with meatballs.

**Better Burgers**

**Blended Burger** **Yield**: Four 6 oz patties

* 8 oz Mushrooms, cleaned
* 1# Ground Beef
* Salt and Pepper, as needed
1. Pulse dirt free mushrooms in robot coupe to resemble ground beef.
2. Saute in a dry pan until they release their moisture. CONTINUE to cook until they reabsorb liquid.
3. Season lightly and spread onto a parchment lined halfsheet tray. Place briefly in the fridge to chill.
4. Once cold, combine very well with ground beef and desired seasonings.
5. Portion into 4 patties and shape well.
6. Finish as below on step 1.

**Beyond Burger Yield:** 4 Burgers

* 4 each, 6 oz Beyond Burger patty
* Salt and Pepper, as needed

\*Each group will prepare burgers in the style of their choosing with toppings as desired.

* 4 oz Cheddar Cheese, sliced
* 4 each Burger Buns
* 4 oz Ketchup
* 4 oz Mayonnaise
* 1 Tomato, sliced thinly
* ½ head of Lettuce, leaves rinsed and torn to size
1. Preheat Grill and season with oil. Alternately, saute in a hot pan.
2. Season patty on both sides with salt and pepper.
3. Grill to achieve nice hash marks, or saute until well browned.
4. On last turn, top with slice of cheese and allow to melt.
5. Place cooked patty onto bun.
6. Dress with mayo and/or ketchup as desired, and top with sliced tomato and lettuce.

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

Cake

* 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” 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 and stir well. Add in sweet potato mash and mix thoroughly.
5. Combine with the dry ingredients.
6. In a mixer, whip together honey, eggs and vanilla extract. Whisk until pale and thickened to stiff ” ribbon stage.”
7. Combine the dry ingredients with the sweet potato and chocolate batter, mixing very well until smooth and fully blended..
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 greased 9” 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. Stir until smooth
3. Drizzle over cooled cake. Chill well, then cut into 12 slices.
4. Serve with fresh berries and a dollop of whipped cream.

**Product Evaluations**

On a scale of 1-5, 1 being Strongly Dislike, 5 being Strongly Enjoyed, fill out the chart below.

|  |  |  |  |
| --- | --- | --- | --- |
| Evaluate Item | Carbonara | Burger | Cake |
| Taste |  |  |  |
| Texture |  |  |  |
| Eye Appeal |  |  |  |
| Overall rating |  |  |  |
| Did you enjoy the traditional or swapped recipes better?  |  |  |  |
| Explain why or why not? |  |  |  |

**Pasta Carbonara**

1. Which particular ingredients in the traditional recipe are now omitted from the swapped version? With their removal, how can that impact someone’s health?
2. Which particular ingredients are now included that are not traditionally present?
3. List the specific ingredients swaps that A)Decrease overall calorie and/or fat content?

B) Increase Nutrient density? How?

1. Note any other potential health or dietary benefits the swapped recipe brings to the new dish.
2. If you were to serve the swapped item in a blind tasting without telling the diner that they were “healthier”, do you think they would be happy with the product they were given?

**Better Burgers**

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**Sweet Potato Chocolate Cake**

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