



# Cabarrus Health Alliance

## March 2020

### Asparagus & Bean Salad with Balsamic Parsley Dressing

Serves 4

#### Ingredients:

- 1lb asparagus spears
- Maldon salt
- Freshly ground black pepper
- 1x 16oz can of low in sodium butterbeans, rinsed
- 1 cup croutons (recipe below for homemade croutons)
- 4 cups arugula
- 1 tablespoon balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 2 tablespoons freshly chopped parsley

#### How to Make:

1. Take a medium size saucepan and half way fill with water, place on the stove over a high heat.
2. Bring the water to a boil, add a pinch of salt, then add the asparagus and cook for 2 to 3 minutes or until tender.
3. Remove the asparagus from the water and place onto kitchen paper.
4. Slice any large spears in half lengthways and place into a large salad bowl, along with the butterbeans croutons and arugula.
5. Whisk together the olive oil and balsamic vinegar, add the chopped parsley and lightly season with salt and freshly ground black pepper.
6. Pour the salad dressing over the asparagus, lightly toss everything together and serve.

### Corn & Avocado Dip

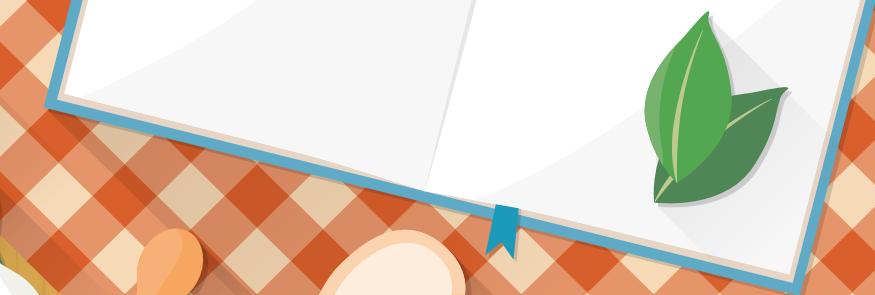
Serves 6

#### Ingredients:

- 6 ears fresh corn, husks and silk removed
- 2 ripe avocados, pitted
- 4 tablespoons extra virgin olive oil
- Juice of 2 limes
- 2 teaspoons local honey
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 small jalapeño, seeded and chopped
- Sea salt and black pepper
- 2 tablespoons freshly chopped fresh chives
- 2 tablespoons freshly chopped basil leaves
- 1 tablespoon freshly chopped cilantro
- 1/3 cup crumbled feta cheese (optional)
- Tortilla chips or fresh vegetables, for serving (optional)

#### How to Make:

1. Turn your grill to high.
2. Grill the ears of corn until lightly charred all over, then remove and let cool just enough to handle.
3. Slice the cooked corn kernels off the cob into a large bowl.
4. Add the avocado flesh, 1 tablespoon of the olive oil, half the lime juice, and a pinch of salt to a food processor and blend until smooth.
5. Once blended spoon the avocado puree into a large salad bowl.
6. Add the remaining 3 tablespoons olive oil, the remaining lime juice, honey, chili powder, paprika, jalapeño, and chives, basil, cilantro, and feta to the bowl of corn. Season with salt and pepper and lightly toss to combine.
7. Spoon the corn salad over the avocado puree and serve with chips.



## Miso Soup

Serves 4

### Ingredients:

- 9 cups low sodium chicken stock
- 4 cloves of garlic, peeled and crushed
- 3 tablespoons red miso
- 1 inch fresh ginger, peeled and grated
- 1 teaspoon anise seeds, crushed
- 1 teaspoon Szechuan peppercorns, crushed
- 1 teaspoon onion powder
- 8oz ground chicken (free range if possible)
- 8oz fresh egg noodles
- 2 cups baby spinach or 2 cups bean sprouts or better still one of each
- ½ cup cilantro picked cilantro leaves
- 1 tablespoon roasted peanuts, crushed (optional)

### How to Make:

1. Take a large sauce pan and add the first 7 ingredients to the pan, whisk and place the pan on the stove over a high heat.
2. Bring to a boil, then turn the heat down to a simmer, cook for 10 minutes, then strain the liquid.
3. Pour the strained stock back into the pan and place back on the stove.
4. Add the ground chicken meat and cook for 5 minutes, stirring to break up the meat.
5. Stir in the noodles and spinach and allow to cook for another 5 minutes.
6. Divide between four warm soup bowls and scatter over the cilantro leaves and peanuts. Enjoy.