

Chicken Sausage with Polenta

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

A hearty dish accompanied with polenta cakes



Yield: 4 servings (2 Slices of polenta and 2/3 c. sausage mixture.)

Ingredients:

4 teaspoons Olive oil, divided
1 pound Polenta, cut into 1/2-inch slices
3 Garlic gloves, minced
1 Red pepper thinly sliced
1 Medium white onion, thinly sliced
1 cup Mushrooms, thinly sliced
1 cup Zucchini, thinly sliced
1 package Italian chicken sausage links, thinly sliced
½ tsp. Salt
½ tsp. Black pepper
1/4 cup Grated mozzarella cheese

Method of Preparation:

1. Heat 2 teaspoons oil over medium heat. Add polenta and cook 9-11 minutes on each side or until golden brown. Keep warm.
2. In another sauté pan, heat remaining oil over medium-high heat. Add garlic, peppers, onions, mushrooms, and zucchini, and cook until tender.
3. Remove vegetables from the pan and add the sausages, salt, and pepper; cook for 10-15 minutes or until cooked through. Return vegetable mixture to pan. Serve with polenta cakes, and finish with sprinkle mozzarella cheese.

Nutritional Analysis: Per serving

Calories:	212 kcal	Fiber:	1 g	Sugar:	2 g
Total Fat:	9 g	Cholesterol:	46 mg	Sodium:	628 mg
Saturated Fat:	2 g				
Protein:	13 g				

Chickpea Curry

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

A savory and sweet dish



Yield: 6 servings

Ingredients:

1 Cauliflower head
3 Garlic gloves, minced
1 Medium white onion, diced
½ Tbsp. Ground cumin
½ Tbsp. Curry Powder
½ tsp. Ground turmeric
2 cans of Chickpeas
2 cans Diced tomatoes, undrained
1 cup Light coconut milk
1 cup Uncooked long grain rice
½ tsp. Salt
½ tsp. Black pepper
¼ cup Mint leaves, minced

Method of Preparation:

1. Heat oil over medium heat; sauté garlic, onion with ground cumin, curry powder, and turmeric, and cook until tender. Stir in chickpeas, and tomatoes, and coconut milk; bring to a boil, and reduce to a simmer, about 20-25 minutes.
2. In a separate saucepan cook rice in 1 ½ cups of water; about 15 minutes.
3. To serve, portion rice into 6 bowls, top with chickpea mixture, and garnish with minced mint leaves.

Nutritional Analysis: Per serving

Calories:	390 kcal	Fiber:	13 g	Sugar:	14 g
Total Fat:	8 g	Cholesterol:	0 mg	Sodium:	560 mg
Saturated Fat:	2 g				
Protein:	13 g				
Carbohydrates:	68 g				