

Chef Series Recipes – Chef Jen (6/9/18)
Theme: Cooking with Local Honey

Recipe 1

Honey Chia Seed Pudding

Serves 4

All you need:

2 tablespoons honey

1 cup milk (I prefer almond or macadamia nut milk for added flavor)

1 cup whole milk Greek yogurt

¼ cup chia seeds

1 teaspoon pure vanilla extract

Pinch salt

Fresh berries and granola, for topping

All you do:

1. Combine the honey, milk, yogurt, chia seeds, vanilla and salt in a mixing bowl. Cover and refrigerate for at least 4 hours, preferably overnight.
2. Divide the pudding into 4 serving cups and top with fresh berries and granola.

Recipe 2

Honey Jalapeno Hummus

Serves 6

All you need:

1 large jalapeno, halved lengthwise and seeded

3 peeled garlic cloves

1 (15 oz.) can chickpeas (garbanzo beans), drained and rinsed

3 tablespoons tahini

Juice of 1 large lemon

2 tablespoons extra virgin olive oil, plus more for garnish

½ teaspoon ground cumin

½ teaspoon salt

Freshly cracked black pepper, to taste

¼ cup water, or more if needed

2 tablespoons honey, plus more for garnish

Coarse sea salt and crushed red pepper, for garnish

Pita chips or gluten-free crackers, for dipping

All you do:

1. Preheat oven to broil. Place the jalapeno halves skin-side-up on a baking sheet along with the garlic cloves. Broil for 8-10 minutes, or until lightly charred.
2. Meanwhile, combine the chickpeas, tahini, lemon juice, olive oil, cumin, salt, pepper, water and honey in a food processor until very smooth, adding more water if needed. Add the roasted jalapeno and garlic cloves and process again until smooth and combined. Adjust seasonings as needed with salt and pepper.
3. Transfer hummus to a serving dish and garnish with crushed red pepper, coarse sea salt and a drizzle of honey and olive oil. Serve with pita chips or crackers on the side for dipping.

Recipe 3

Honey Chicken Lettuce Cups

Serves 6

All you need:

- 3 tablespoons honey
- 3 tablespoons tamari (or soy sauce)
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil

- 2 tablespoons olive oil
- 2 peeled garlic cloves, minced
- 1 ½ pounds ground chicken (or turkey)
- 1 cup shredded carrots
- 1 bunch green onion, sliced thin
- 1/3 cup honey roasted peanuts
- Butter lettuce leaves, for serving

All you do:

1. In a small bowl, whisk the honey, tamari, rice vinegar and sesame oil together. Set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic and cook for 1 minute, or until fragrant. Add ground chicken (or turkey) and cook until no longer pink. Add carrot, green onion and sauce and cook for 3 minutes longer.
3. Place lettuce cups on serving plates and scoop chicken mixture onto each one. Garnish with honey roasted peanuts and serve.