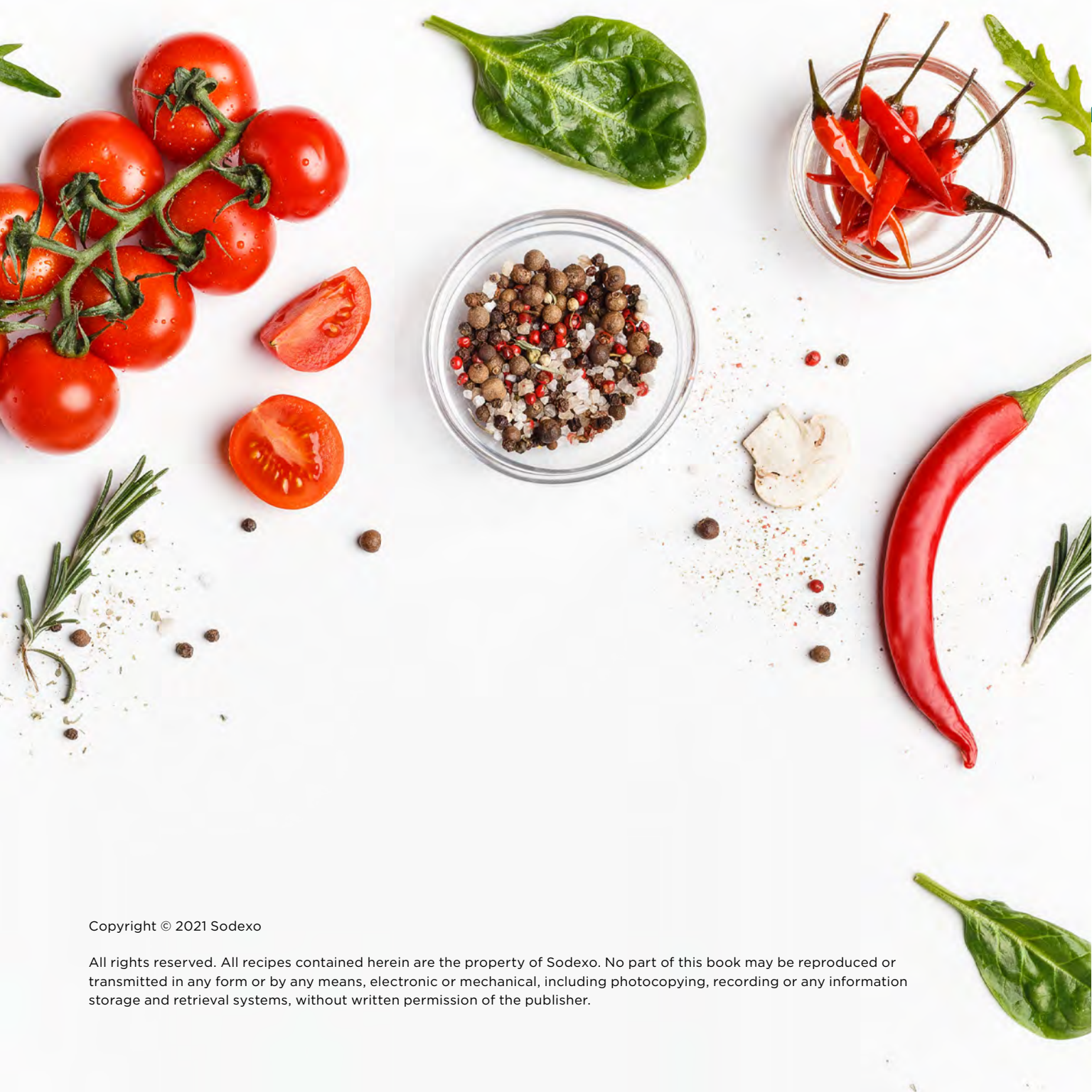




FUTURE
50
FOODS



**PLANT
POWERED**
cooking



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Foreword



BRETT LADD

CEO Sodexo Universities,
North America

Just as campus life has evolved rapidly over the past year, so has culinary trends and the insights that continue to drive the actions of our chefs and operators at Sodexo. Well-being has taken center stage this past year, but for GenZ, so has our planet. Sodexo is steadfast in our support of the development of nutritious menus that are mindful of environmental impact. While our customers, especially students, are increasingly knowledgeable about their food, flavors and ingredients, many don't realize that 75% of their diets likely consist of only 12 plants and five animals. In addition to needing greater bio-diversity in our food intake, we must also be conscious of our environmental footprint. This is where it gets fun.

Sodexo chefs are fully energized and uniquely positioned to drive positive change through more sustainable food including the Future 50 Foods initiative. Students want greater access to simple and nourishing ingredients that are also good for the environment—sweet potato hummus or buckwheat pancakes anyone? With 70% of consumers intentionally reducing meat consumption or adopting a fully plant-based diet, and commitment by Sodexo to reduce our carbon footprint by 34%, our test kitchen is bursting with Future 50 food ingredients, such as spelt and amaranth. These new recipes infuse innovation and passion into our kitchens globally and locally—in fact, 30% of entrée choices in resident dining in Fall '21 are plant based. We are pleased to share some of our best recipes with you and hope you enjoy an exciting culinary journey powered by plants.

Kind Regards,

A handwritten signature in black ink that reads "Brett Ladd". The signature is fluid and cursive.

special thanks

Special thanks to the World Wildlife Fund and Knorr Foods for their collaboration in the Future 50 Foods initiative, a global commitment to a sustainable food system that protects the planet and promotes human health.

From right to left: To Rob Morasco, Rajiv Jaggi and Sodexo's Culinary Solutions Team for making this cookbook possible.



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Vegan



Vegetarian



Mindful

WILD RICE, QUINOA AND LENTIL BOWL



Contains: soybean

Yield: 6 Servings

Wild Rice

- ½ cup wild rice
- 4 cups water
- ¼ tsp kosher salt

Red Quinoa

- ½ cup red quinoa
- 1 cup water
- ¼ tsp kosher salt

Salad (cooked grains from above)

- 15 oz. canned black lentils
- 1 bunch kale (6 cups), rinsed, destemmed, cut into 1" pieces
- 1 lb. sweet potato, peeled, cut into 1" pieces
- ¼ tsp kosher salt
- ⅛ tsp black pepper, fine
- 1 tsp extra virgin olive oil

Ginger Soy Vinaigrette

- 2 tbsp toasted sesame oil
- 3 tbsp grapeseed oil
- 2 tbsp tamari
- 2 tbsp unseasoned rice wine vinegar
- 1 tbsp fresh ginger, peeled, grated

Edamame Hummus

- 8 oz. edamame, shelled, frozen, prepare according to brand instructions
- 2 tbsp tahini spread
- 1 tbsp lemon juice, fresh, (half lemon squeezed)
- ¼ cup water
- ¼ tsp kosher salt
- ⅛ tsp black pepper, fine

Popped Amaranth

- 2 tbsp amaranth, raw

Garnish

- 2 avocados, peeled, pit removed, cut into ¼" slices
- 2 tbsp black sesame seeds
- 1 tsp togarashi spice (schichimi)



**FOR GRAINS:**

Wild Rice: In medium sized pot, bring 4 cups water to a boil. Add wild rice and ¼ teaspoon of kosher salt. Reduce heat, simmer covered until grains pop.

Drain off cooking liquid.

Red Quinoa: In small pot, toast red quinoa over medium heat, tossing often to prevent burning. Add 1 cup water and ¼ teaspoon kosher salt. Reduce heat and simmer covered until water is absorbed and grains are tender. Remove from heat, remove lid and let remaining liquid steam off.

In large bowl, combine cooked grains and canned black lentils. Reserve.

FOR THE SALAD:**For Edamame Hummus:**

Combine all hummus ingredients into a food processor. Run processor for 30 seconds at a time, scrapping sides down, until mixture is smooth and creamy. Add more water, as needed, to adjust consistency.

For Roasted Sweet Potatoes:

Preheat oven to 425°F. In large bowl combine sweet potatoes, ¼ teaspoon kosher salt, ⅛ teaspoon black pepper, and 1 teaspoon oil. Toss to coat well.

Spread onto parchment lined baking tray.

Roast at 425°F until browned and tender.

For Blanched Kale:

Bring large pot of lightly salted water to a boil. Prepare ice bath by filling a large bowl with ice water. Cook cut kale for 30-60 seconds in boiling water. Remove and place directly into ice bath to stop cooking.

When cool, drain and pat dry.

FOR GINGER SOY VINAIGRETTE:

In small glass jar with a lid, add all vinaigrette ingredients. Cover jar with lid and shake vigorously to emulsify. Repeat as needed.

FOR POPPED AMARANTH:

Heat deep sauce pot over medium-high heat. Add 2 tablespoons raw amaranth. Cover pot and shake constantly until seeds pop.

Remove from pan and allow to cool.

TO SERVE:

In a bowl, toss ½ cup wild rice mix with ½ tablespoon vinaigrette.

Spread ¼ cup hummus along the right side of plate. Spoon ½ cup wild rice mixture, partially covering hummus. Mound ½ cup sweet potato and ¼ cup kale at bottom of plate.

Garnish with 3 avocado slices. Drizzle plate with vinaigrette. Finish by sprinkling sesame seeds, popped amaranth and togarashi spice over salad.



CRISPY HOISIN TOFU WRAP



Contains: wheat, soybean

Tofu

- ½ cup cornstarch
- 14 oz. 2 pack, extra firm tofu, drained, rinsed, cut into 1"x1"x2" bars
- ¼ cup canola oil

Hoisin Sauce

- ½ cup hoisin sauce
- 1 tbsp water

Fillings & Wrap

- ½ cup fresh cilantro, picked leaves
- ⅓ cup fresh green onions, fine sliced
- 1 cup English cucumber, sliced into ¼" half moons
- 6 10" flour tortillas
- 2 baby bok choy, rinsed, ended trimmed, cut into quarters lengthwise

Yield: 6 Servings

FOR BOK CHOY:

Bring large pot of lightly salted water to a boil. Prepared ice bath by filling a large bowl with ice water. Cook bok choy for 3 minutes in boiling water. Remove and place directly into ice bath to stop cooking. When cool, remove from water and pat dry. Cut into quarter lengthwise.

FOR SAUCE:

In small bowl, combine hoisin and water. Stir to mix well.

FOR TOFU:

Spread cornstarch onto large plate. Gently pat all sides of one tofu bar dry and then roll each side in cornstarch. Tap to remove excess cornstarch. Set aside. Repeat for all bars.

Bring 2 tablespoons of canola oil to medium/high heat in sauté pan. Oil will begin to simmer. Brown tofu bars on all sides in batches, adding extra oil, if needed. Place browned tofu on wire rack with paper towel on bottom to catch excess oil.

TO SERVE:

Warm tortillas in microwave for 15 seconds. Lay tortilla flat. Spread 1 tablespoon of hoisin sauce in center of tortilla. Place the following ingredients in the order listed on top of sauce: 2 pieces of bok choy, ¼ cup of cucumber slices, 1 tablespoon green onion, 1 tablespoon cilantro and 3 pieces of tofu.

Tightly wrap, burrito style: fold both short ends of tortilla into the center. Holding ends in place, fold one long side over the ingredients, pressing ingredients towards you to gently compact the filling. Continue to roll until burrito is seam side down.

Slice Diagonally.



ALMOND, SPELT AND MUSHROOM RISOTTO



Contains: tree nuts, wheat, soybean

Yield: 6 Servings

Risotto

- 3 oz. shiitake mushrooms, rinsed, patted dry, cut into ¼" slices
- 3 oz. cremini mushrooms, rinsed, patted dry, cut into ¼" slices
- 2 clove garlic, minced
- 2 tbsp shallot, fine diced
- 2 tbsp extra virgin olive oil, separated 1 tbsp
- 2 cups spelt
- 32 oz. vegetable stock
- 8 oz. water
- 1 tbsp organic smart balance spread
- 3 tbsp almond butter, smooth
- 1 tsp truffle oil
- ¼ tsp kosher salt
- ⅛ tsp black pepper, fine
- 1 tbsp chives

Crispy Enoki

- 1 cup enoki mushrooms, rinsed, separated into bunches, patted dry
- 3 tbsp cornstarch
- ¼ cup extra virgin olive oil

FOR RISOTTO:

Bring 1 tablespoon extra virgin olive oil to medium heat in a Dutch oven or large deep skillet. Add mushrooms and saute until lightly browned. Remove and set aside.

In the same pan, add the remain tablespoon of extra virgin olive oil. Add shallots and garlic. Saute for 1 minute. Add spelt to pan and stir to coat.

Pour all the stock and water into pan. Simmer 20 to 30 minutes uncovered, stirring often, until spelt is tender but firm (al dente).

Much of the liquid should be absorbed, but spelt should look wet and saucy.

Stir in browned mushrooms, organic spread, almond butter, truffle oil, chives, kosher salt and pepper.

FOR CRISPY ENOKI:

Over medium-high heat, bring ¼ cup extra virgin olive oil to 325°F. Place cornstarch in paper bag or bowl. Add enoki mushrooms and toss to coat.

Shake off extra cornstarch. Carefully place into hot oil and fry enoki mushrooms until crispy and golden brown. Flip as need.

Place fried mushrooms on rack to cool with paper towel underneath to catch excess oil.

TO SERVE:

Spoon 1 cup of risotto into bowl. Top with fried mushrooms.

VIETNAMESE ANCIENT GRAIN BITES PLATE



Contains peanut, wheat, soybean

Yield: 6 Servings

Amaranth

- 1 cup water
- ¼ cup amaranth grain
- ¼ tsp kosher salt

Spelt

- 3 cups water
- ½ cup spelt
- ¼ tsp kosher salt

Grain Bites

- ¼ cup vegan mayonnaise
- 1 clove garlic, minced
- 2 tsp ginger, (1" piece) peeled, minced
- 2 tbsp red onion, small, diced ¼" cube
- 1 tbsp green onion, thinly sliced
- 2 tsp lemongrass, crushed, and minced
- ½ cup cilantro, rough chopped
- 1½ tbsp tamari
- ¾ cup panko, Japanese bread crumb
- ⅛ tsp black pepper, fine
- 1 tsp kosher salt

Dipping Sauce

- 1 tbsp sambal oelek
- 1 clove garlic, minced
- 2 limes, squeezed and juice saved
- 4 tbsp dark brown sugar
- 1 tbsp green onions, thinly sliced

Fried Shallots

- 2 tbsp shallot, thinly sliced
- 1 tbsp canola oil

Salad

- 6 cups watercress, rinsed, dried
- 6 radishes, washed, ends trimmed, sliced into eights
- 1½ cups red cabbage, thinly sliced
- ¼ cup cilantro, leaves picked
- ½ cup roasted peanuts, crushed
- 1 Thai chile, thinly sliced



**FOR GRAIN BITES:**

Amaranth: In small pot, bring 1 cup water to a boil. Add amaranth and ¼ teaspoon of kosher salt. Reduce heat, simmer covered and stir occasionally. Should resemble a porridge like consistency.

Spelt: In large pot, bring 3 cups of water to a boil. Add spelt and ¼ teaspoon of kosher salt. Reduce heat and simmer uncovered until spelt is tender, about 30 minutes. Drain off cooking liquid.

Combine cooked amaranth, spelt and all grain bite ingredients into a food processor. Run processor for 30 seconds at a time, scrapping sides down, until mixture resembles wet dirt with small pebbles.

Transfer mixture to bowl, cover and chill for at least 4 hours or overnight.

Preheat oven to 375°F. Scoop into 1" balls and place on parchment lined baking tray.

Bake at 375°F until lightly browned and warmed through.

FOR DIPPING SAUCE:

In small jar with a lid, add all dipping sauce ingredients. Cover jar with lid and shake vigorously to emulsify. Repeat as needed.

FOR FRIED SHALLOTS:

In small saute pan, heat 1 tablespoon canola oil over medium heat. Add sliced shallots and cook, not turning, until bottoms brown, then toss to brown other side.

Remove from pan and place on paper towel to absorb extra oil.

TO SERVE SALAD:

Place 1 cup watercress in center of plate. Top with the following: 4 pieces of radish, ¼ cup cabbage, 1 tablespoon peanuts, 1 teaspoon cilantro and 3 grain bites.

To finish, spoon 1 tablespoon of dipping sauce over plate. Top with fried shallots and sliced Thai chile.



SAVORY BUCKWHEAT PANCAKES



Contains: tree nuts, wheat, soybean

Yield: 6 Servings

Pancakes

- 1½ cups buckwheat flour, sifted
- ½ tsp kosher salt
- ⅛ tsp black pepper, fine
- ½ cups almond milk
- 1 tsp apple cider vinegar
- 1 tsp extra virgin olive oil
- 1 clove garlic, minced
- 1 tbsp Italian parsley, finely chopped
- ½ cup vegan egg scramble
- ½ tsp extra virgin olive oil

Cauliflower

- 1 tbsp extra virgin olive oil
- 1 tsp yellow curry powder
- ½ tsp kosher salt
- 1½ lb. cauliflower, break into florets and cut florets into halves

Garnish

- 10 oz. hummus, (store brought)
- ¾ cup roasted red bell pepper, cut into ¼" small dice
- 15 oz. chickpeas, canned, drained, rinsed

FOR PANCAKES:

Combine flour, kosher salt and pepper in large bowl.

In separate bowl, whisk together almond milk, vinegar, 1 teaspoon extra virgin oil, garlic, parsley and vegan egg scramble.

Pour wet into dry and whisk to mix thoroughly.

Using non-stick skillet or griddle, heat ½ teaspoon extra virgin olive oil. Pour ¼ cup batter per pancake. Cook until edges brown. Flip pancakes and cook other side until browned.

FOR CAULIFLOWER:

Preheat oven to 425°F. In large bowl, add 1 tablespoon olive oil, curry powder and kosher salt. Mix well with spatula. Add cauliflower and toss to coat well.

Cook seasoned cauliflower on hot grill for 2-3 minutes on each side. Remove from grill and toss again in seasoning in medium bowl.

Transfer to parchment lined sheet or baking tray and roast at 425°F until tender.

TO SERVE:

Spread 1 tablespoon of hummus on pancake. Top with diced red pepper, cauliflower and chickpeas.

UBE MAITAKE TARTINE



Contains: wheat, soybean

Yield: 6 Servings

Maitake Mushroom

- 1 tsp extra virgin olive oil
- pinch kosher salt
- pinch black pepper, fine
- 6 oz. maitake mushroom, rinsed, patted dry, pulled apart

Purple Sweet Potato

- 1 tsp extra virgin olive oil
- ¼ tsp kosher salt
- ⅛ tsp black pepper, fine
- 1 purple sweet potato, medium, peeled, sliced into ¼" rounds

Aïoli

- ½ ea. preserved lemon
- 1 clove garlic
- 1 cup vegan mayonnaise

Wilted Greens

- 2 cups beet greens (substitute baby spinach or Swiss chard), rinsed, dried, torn into 1" pieces
- 1 tsp extra virgin olive oil

Puffed Quinoa

- 2 tbsp quinoa, raw

Bread

- 6 slices wheat berry bread, toasted



**FOR MAITAKE:**

Preheat oven to 425°F.

Combine 1 teaspoon oil, pinch of kosher salt and black pepper in large bowl. Mix well and then add mushroom pieces. Toss to coat.

Spread evenly onto parchment lined medium size baking tray. Roast in oven at 425°F until golden brown.

FOR PURPLE SWEET POTATOES:

Combine 1 teaspoon oil, ¼ teaspoon kosher salt and ⅛ teaspoon black pepper in large bowl. Mix well and then add potato slices. Toss to coat.

Spread evenly onto parchment lined baking tray. Roast in oven at 425°F until browned and tender.

FOR AÏOLI:

Scoop out pulp from inside lemon and discard. Mince rind.

Heat small sauté pan over medium heat. Do not peel garlic. Place in dry pan and toast until bottom begins to brown. Repeat for all sides. Garlic should be soft and aromatic. Peel and mince.

In small bowl, combine minced rind, mayonnaise and roasted garlic.

FOR WILTED GREENS:

Heat 1 teaspoon extra virgin olive oil in sauté pan. Add greens and sauté until just wilted.

FOR PUFFED QUINOA:

Heat deep sauce pot over medium-high heat. Add raw quinoa. Cover pot and shake constantly until grains pop.

Remove from pot and allow to cool.

TO SERVE:

Toast both sides of wheat berry bread and slice diagonally.

Spread aïoli on each toast slice. Layer on top of aïoli: 2 slices of sweet potato, maitake mushroom and wilted greens. Garnish with puffed quinoa.



AMARANTH FALAFEL AND VEGETABLE SALAD



Contains: wheat

Yield: 6 Servings

Amaranth

¾ cup water
½ cup amaranth
¼ tsp kosher salt

Barley

1½ cup water
½ cup barley, pearled
¼ tsp kosher salt

Spelt

3 cups water
½ cup spelt
¼ tsp kosher salt

GRAIN SALAD

(cooked grains from above):

15 oz. black beans, canned
drained and rinsed

1 bunch asparagus, pencil thin
trimmed, blanched,
shocked, cut into 1" pieces

4 oz. haricoverts (French style
green beans) ends trimmed,
blanched, shocked,
cut into 1" pieces

1 cup cherry tomatoes, halved
½ cup green peas, frozen thawed
2 cups kale, deribbed, washed,
dried, cut into chiffonade
½ cup celery, cut into ¼" pieces
½ cup Swiss chard, deribbed,
washed, dried, cut into
chiffonade
2 tsp lemon zest

Lemon Thyme Vinaigrette

½ cup canola oil
¼ cup red wine vinegar
¼ tsp dried basil
¼ tsp dried thyme
⅛ tsp black pepper, fine
pinch kosher salt

Falafels

1 cup garbanzo beans, dry
soaked overnight in water
¼ cup amaranth, dry, soaked
overnight in water
¾ cup yellow onion, quartered

1 cup Italian parsley, packed,
leaves and stems
1 cup cilantro packed, leaves
and stems
½ oz. mint leaves picked
2 cloves garlic, peeled
1 tsp cumin, ground
½ tsp kosher salt
⅛ tsp black pepper, fine
1 tbsp extra virgin olive oil
1 tsp baking powder
¼ cup panko
4-6 cups canola oil

Garnish

¼ cup basil, fresh leaves picked,
cut into chiffonade as
needed

Popped Wild Rice

2 tbsp wild rice, raw

[recipe continued on the next page]

AMARANTH FALAFEL AND VEGETABLE SALAD



FOR GRAINS:

Amaranth: In small pot, bring $\frac{3}{4}$ cup water to a boil. Add $\frac{1}{2}$ cup amaranth and $\frac{1}{4}$ teaspoon of kosher salt. Reduce heat, simmer covered and stir occasionally. Mixture should resemble a porridge like consistency.

Barley: In medium size pot, bring $1\frac{1}{2}$ cups water to boil. Add $\frac{1}{2}$ cup barley and $\frac{1}{4}$ teaspoon kosher salt. Reduce heat and cook uncovered for first few minutes to skim off foam. Cover and simmer until grains are tender, about 20-30 minutes. Drain off liquid.

Spelt: In large pot, bring 3 cups of water to a boil. Add $\frac{1}{2}$ cup spelt and $\frac{1}{4}$ teaspoon of kosher salt. Reduce heat and simmer uncovered until spelt is tender, about 30 minutes. Drain off cooking liquid.

FOR GRAIN SALAD:

Using a large bowl, combine cooked grains (amaranth, barley, spelt) and drained black beans. Fold in all the rest of vegetables, except the basil. Cover with plastic wrap and chill.

FOR LEMON THYME VINAIGRETTE:

In small jar with a lid, add all vinaigrette ingredients. Cover jar with lid and shake vigorously to emulsify. Repeat as needed. Refrigerate.

FOR FALAFELS:

Combine dry garbanzo beans and amaranth in large bowl or pitcher. Cover with 4" of water and refrigerate overnight.

Drain soaked garbanzos and amaranth. Reserve.

In food processor, combine falafel ingredients, except soaked garbanzos and amaranth. Run processor for 30 seconds at a time, scrapping sides down, until mixture is coarse and mealy, broken down into small pebble size pieces

Add soaked garbanzo beans and amaranth. Run processor for 30 seconds at a time, scrapping sides down, until mixture resembles fine wet dirt.

Transfer to medium bowl. Wrap and chill for at least 1 hour.

Scoop and form falafels into 1" balls. Place on parchment lined baking tray.

In a Dutch oven or deep sauce pot, bring 4-6 cups of canola oil to 365°F, leaving at least 4" of space between the top of the pan and surface of the oil. Deep fry the falafels, 2-4 at time, for 5-7 minutes or until center is done. The outside will be very dark. Place on wire rack with paper towel underneath to catch excess oil.

FOR POPPED WILD RICE:

Heat deep sauce pot over medium-high heat. Add 2 tablespoons raw wild rice. Cover pot and shake constantly until grains pop.

Remove from pan and allow to cool.

TO SERVE:

To make one bowl: In mixing bowl, toss 1 cup of grain and vegetable salad mix with 1 tablespoon vinaigrette. Spoon into a bowl. Place three fried falafels on top of salad. Garnish with chiffonade basil and popped wild rice.



SPELT FRIED RICE



Contains: milk, eggs, wheat, soybean

Yield: 6 Servings

1 cup spelt
 4 cups water
 1 tsp kosher salt
 2 tbsp canola oil
 1 tbsp ginger, peeled, minced
 2 cloves garlic, minced
 ½ cup yellow onion, peeled,
 cut into ¼" small dice
 1 cup tri color carrots, peeled,
 cut into ¼" small dice
 1 cup vegan meat
 1 cup green peas, frozen
 thawed
 ¾ cup vegan egg scramble
 2 cups baby spinach
 2 tbsp green onion, fine sliced
 3 tbsp tamari
 2 tbsp rice wine vinegar,
 unseasoned

FOR SPELT FRIED RICE:

In large pot, bring 4 cups of water to a boil. Add spelt and 1 teaspoon of kosher salt. Reduce heat and simmer uncovered until spelt is tender, about 30 minutes. Drain off cooking liquid.

Heat 1 tablespoon of canola oil in a large skillet using medium heat. Add ginger and garlic and cook for 30 seconds.

Add yellow onion, carrot and vegan meat. Cook 3-5 minutes until carrots are tender but firm and meat is warmed through.

Fold in peas then drizzle egg over mixture and stir until egg just sets.

Stir in 1 tablespoon of canola oil to egg and vegetables. Immediately add spelt and toss to combine. Cook 3-5 minutes until spelt is warmed through.

Mix in spinach and green onion. Cook 1-2 minutes until spinach just wilts.

Combine tamari and vinegar. Pour over spelt fried rice. Toss to coat.

Serve.



SWEET POTATO HUMMUS WITH BEAN SALAD



Contains: soybean

Yield: 6 Servings

Bean Salad

- 15 oz. pigeon peas, canned, drained, rinsed
- 15 oz. black beans, canned, drained, rinsed
- 2 cups edamame, shelled, frozen, prepare according to brand instructions
- ½ cup cilantro, washed, dried, leaves picked
- ⅓ cup balsamic vinaigrette prepared (no recipe, purchase premade)

Sweet Potato Hummus

- 1 lb. sweet potato, roasted, peel removed
- 15 oz. chickpeas, canned, drained, rinsed
- 1 tsp cumin, ground
- ½ tsp kosher salt
- ⅓ tsp black pepper, fine
- 2 tbsp extra virgin olive oil
- 1½ tbsp lemon juice, fresh (half lemon squeezed)
- 2 tbsp tahini

Garnish

- 3 cups pea shoots

FOR BEAN SALAD:

Combine pigeon peas, black beans, edamame, cilantro and balsamic dressing in large bowl. Gently fold to mix evenly. Chill.

FOR SWEET POTATO HUMMUS:

Preheat oven to 425°F. Place 1 lb. sweet potatoes on small baking tray. Roast until tender, as indicated by a fork passing through the center easily.

Remove and discard skin when potato has cooled slightly.

Place roasted sweet potato and all hummus ingredients into food processor. Run machine until a smooth consistency is achieved. Add 1-2 teaspoons of cool water to adjust consistency, if needed.

TO SERVE:

Spread hummus on bottom of bowl. Top with bean mixture. Garnish with pea shoots.



TUSCAN CHICKPEA, POLENTA AND RAPINI BOWL



Contains: milk, wheat, soybean

Yield: 6 Servings

Polenta

4 cups vegetables stock
1 cup corn meal, fine
1 cup silken tofu, pureed
3 tsp nutritional yeast
¼ tsp kosher salt

Chickpea Stew

2 tsp extra virgin olive oil
¼ cup carrot, peeled,
small dice ¼"
¼ cup celery, small dice ¼"
¼ cup yellow onion, small dice ¼"
¼ tsp red pepper flake
28 oz. plum tomato whole, canned
15 oz. chickpeas, canned, drained,
rinsed
½ cup vegetables stock
1 tsp oregano, fresh, finely
chopped
1 tsp thyme, fresh, finely chopped
1 tsp nutritional yeast
¼ tsp kosher salt

Lemon Panko

1 tsp lemon juice, fresh
1 tsp lemon zest
½ tsp extra virgin olive oil
⅛ tsp kosher salt
⅓ cup panko bread crumbs, toasted

Charred Rapini/Broccolini

1 lb. broccolini, blanched and
shocked
1 tsp extra virgin olive oil
pinch kosher salt
pinch black pepper

Puffed Amaranth

2 tbsp amaranth, raw

[recipe continued on the next page]

TUSCAN CHICKPEA, POLENTA AND RAPINI BOWL



FOR POLENTA:

In medium sauce pot, bring 4 cups vegetable stock to a simmer. Sprinkle in 1 cup cornmeal while whisking constantly. Turn heat down and cover. Polenta should be lightly bubbling. Stirring frequently, cook until thickened and creamy. Polenta should be thick enough to pull away from sides when stirred.

In blender add 1 cup of silken tofu, nutritional yeast and $\frac{1}{4}$ teaspoon kosher salt. Blend until smooth.

Stir tofu mixture into polenta until completely incorporated. Keep warm.

FOR CHICKPEA STEW:

In medium sauce pot, heat 2 teaspoons extra virgin olive oil over medium heat.

Add carrots, celery and onion. Cook for 2-3 minutes until onions change from white to transparent. Add red pepper flakes and cook for 30-60 seconds, stirring often to prevent burning.

Add canned whole tomatoes. Stir to combine, using spoon to break tomato up. Simmer covered for 10 minutes.

Stir in chickpeas, vegetable stock, oregano, thyme, nutritional yeast and salt. Simmer for additional 5 minutes.

FOR LEMON PANKO:

In small bowl combine lemon juice, zest, extra virgin olive oil and kosher salt. Stir to mix well. Reserve.

Bring medium sized skillet to medium heat. Add panko to dry skillet and toast. Tossing occasionally to prevent burning.

When panko is mostly toasted, remove from heat and drizzle lemon oil mixture over toasted panko. Gently stir to coat. Cool before storing in air tight container.

FOR CHARRED RAPINI/BROCCOLINI:

Bring large pot of lightly salted water to a boil.

Prepare ice bath by filling a large bowl with ice water.

Cook rapini/broccolini for 3-4 minutes in boiling water. Remove and place directly into ice bath to stop cooking.

When cool, drain and pat dry.

Bring grill to high heat. Toss blanched rapini/broccolini with 1 teaspoon extra virgin olive oil to lightly coat. Season with pinch of kosher salt and pepper.

Cook rapini/broccolini for 3-4 minutes on each side until evenly charred on each side.

FOR PUFFED AMARANTH:

Heat deep sauce pot over medium-high heat. Add raw amaranth. Cover pot and shake constantly until grains pop.

Remove from pan and allow to cool.

TO SERVE:

In bowl, mound polenta off to one side. Ladle stew into bottom of bowl next to polenta. Lay 5 stalks charred rapini/broccolini against polenta. Finish by sprinkling toasted lemon panko and popped amaranth over bowl.

APPENDIX

Wild Rice, Quinoa and Lentil Bowl, 840877

Crispy Hoisin Tofu Wrap, 841837

Almond, Spelt and Mushroom Risotto,
835410/835411

Vietnamese Ancient Grain Bites Plate, 840875

Savory Buckwheat Pancakes, 835389/835390

Ube Maitake Tartine, 840927

Amaranth Falafel and Vegetable Salad, 841799

Spelt Fried Rice, 835384

Sweet Potato Hummus with Bean Salad, 841632

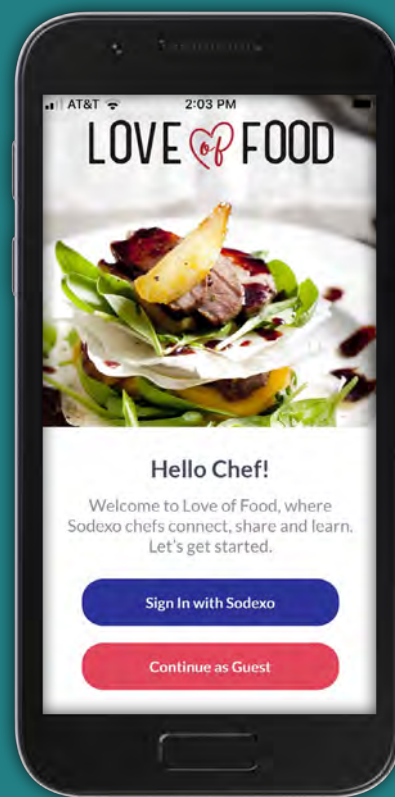
Tuscan Chickpea, Polenta and Rapini Bowl, 840924



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