

Louisiana Crawfish Mushroom & Goat Cheese Bisque

By Chef Carl Schaubhut | Café Adelaide

1 tablespoon grapeseed oil (can also use olive oil)
4 carrots, peeled and diced
3 onions, peeled and diced
1 head celery, diced
4 cloves garlic, minced
1 teaspoon salt
½ teaspoon freshly-cracked pepper
½ teaspoon dried oregano
½ teaspoon dried thyme
1 pound each Portobello mushrooms, diced
1 pound crimini mushrooms, diced
2 gallons mushroom stock (see recipe below)
1 pound crawfish tails
2 ounces goat cheese
2 tablespoons each: fresh basil, thyme, parsley, chopped
2 tablespoons lemon juice or white wine vinegar
Truffle oil (optional)

In a large pot, heat grapeseed oil over medium heat. Add carrots, onion, celery, garlic, salt, pepper, and dried herbs. Cook down for 10-15 minutes, stirring gently, until liquid starts to form. Add garlic and cook down for another 5 minutes. Add mushrooms and cook for 10 minutes, stirring gently. Add mushroom stock. Bring to a boil then drop to a simmer for 30 minutes. Add dash of salt and pepper. Puree in blender until smooth. Pass through a strainer then return to pot and bring back to a simmer. Add crawfish tails, goat cheese and fresh herbs and stir. Add lemon juice or vinegar and stir. Garnish with a drop of truffle oil (optional). Serve warm.

Mushroom Stock

2 pounds mushroom stems
1 onion, cut into large dice
1 head celery, cut into large dice
3 carrots, cut into large dice
1 bay leave
1 handful fresh thyme

Bring to boil and simmer for 30 minutes, and strain.

Nutrition Facts Per Serving: 70 calories, 1 grams fat, 0 saturated fat, 135 mg sodium, 13 grams carbohydrate, 3 grams fiber, 6 grams sugar, 5 grams protein.

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Pork Loin with Tabbouleh and Fenneled Greek Yogurt

Rob Vance, Chef | Ruby Slipper Cafe

Makes 4 servings

1 ounce seared stuffed pork loin
2 ounces tabbouleh
1/2 ounce fenneled Greek yogurt

Pork Loin:

1.5 pounds stuffed with 1 ounce spinach
2 ounces Portabella mushrooms
1 teaspoon of fresh oregano
1/2 ounce extra virgin olive oil

Tabbouleh recipe- Yield 32 ounces

1 cup bulgur wheat
1 1/2 cups boiling water
1/4 cup freshly squeezed lemon juice (2 lemons)
1/4 cup extra virgin olive oil
1 teaspoon salt
1 cup minced scallions, white and green parts (1 bunch)
1 cup chopped fresh mint leaves (1 bunch)
1 cup chopped flat-leaf parsley (1 bunch)
1 hothouse cucumber, unpeeled, seeded, and medium-diced
2 cups cherry tomatoes, cut in half
1 teaspoon freshly ground black pepper

Fenneled Greek yogurt recipe- Yield 2 cups

2 cups of Greek yogurt
2 ounces chopped fennel fronds
Zest of 2 lemons

Per serving: 100 calories, 4.5 grams total fat, 0.5 grams saturated fat, 180 milligrams sodium, 9 grams carbohydrates, 2 grams fiber, 2 grams sugar, 8 grams protein

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Cowboy Caviar

Tasheena Butler, Chef | Liberty's Kitchen

Makes 16 servings:

3-15 ounce cans black-eyed peas, drained and rinsed

1 large Vidalia or yellow onion, small dice

2 red bell peppers, small dice

4 ribs celery, small dice

2 Tablespoons cilantro, rough chopped

Toss the above ingredients with Cilantro Lime Vinaigrette (recipe below) and chill overnight. May be served cold or at room temperature.

Cilantro Lime Vinaigrette

1/4 cup lime juice, freshly squeezed

2 Tablespoons honey

2 fresh jalapeno peppers, seeded and minced

2 cloves garlic, minced

1/2 cup cilantro, loosely packed

1 teaspoon salt

1 teaspoon black pepper

1/2 teaspoon cumin

1/2 cup canola oil

Place all ingredients, except canola oil, in blender or food processor. While blending, slowly add oil to emulsify. Taste and adjust seasoning as necessary.

Per serving: 120 calories, 6 grams total fat, 0 saturated fat, 280 milligrams sodium, 14 grams carbohydrates, 2 grams fiber, 2 grams sugar, 4 grams protein

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Chia Seed Crusted Salmon

topped with Wilted Kale & Roasted Cauliflower “Risotto”

served with Lump Crabmeat & Blood Orange Salad

Kim Kringlie, Chef | Dakota Restaurant

Makes 4 servings

Ingredients for Salmon:

4 each Fresh Salmon Fillets (6 ounces each)

1 teaspoon Kosher salt

2 teaspoons black pepper

2 Tablespoons chia seeds

1 Tablespoon olive oil

Heat olive oil in a saute skillet over medium heat. Season salmon with salt and pepper.

Coat top of salmon with the chia seeds and saute seed side down until lightly toasted, then turn fish over and continue to cook until a desired temperature is reached.

Ingredients for Risotto:

1 Tablespoon olive oil

2 Tablespoons sliced garlic

2 cups chopped cauliflower

2 cups chopped kale

1 teaspoon Kosher Salt

2 teaspoons black pepper

1/2 cup chicken broth

1/2 cup plain yogurt

1/2 teaspoon chopped basil

1/2 teaspoon chopped thyme

1 teaspoon chopped parsley

1/4cup Parmesan Reggiano

In a medium skillet, heat olive oil until almost smoking. Add garlic and cauliflower and saute until lightly caramelized. Add kale and season with salt and pepper, continue to cook until kale is partially wilted. Add chicken broth, yogurt, and chopped herbs, continue to simmer until liquid is reduced by half. Remove from heat and fold in parmesan and butter.

Ingredients for salad:

1/2 cup blood orange juice

1 Tablespoon minced shallot

1 Tablespoon champagne vinegar

1 Tablespoon Dijon mustard

1 Tablespoon olive oil

4 ounces fresh jumbo lump crabmeat

1 cup baby greens

Place blood orange juice in a small skillet over medium heat and reduce by half. Place in a small bowl and cool down. Add shallot, vinegar, mustard, then using a whisk, slowly drizzle in olive oil. Add lump crabmeat and baby greens.

Per serving: 630 calories, 41 grams total fat, 8 grams saturated fat, 780 milligrams sodium, 18 grams carbohydrates, 6 grams fiber, 5 grams sugar, 50 grams protein

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Dakota

Strawberry, Feta, Arugula & Fennel Salad

Baker Guevara, Chef | Ye Olde College Inn

Makes 4 servings

2 pounds fresh strawberries
1/2 cup of dehydrated strawberries
2 ounces crumbled feta cheese
1/4 of a red onion thinly sliced
2 Tablespoons cane vinegar
3 Tablespoons extra virgin olive oil
1/4 cup of thinly sliced mint
2 cups of arugula
1 cup of sprouts (alfalfa, mung bean, pea)
1 shaved bulb of fennel
1ounce toasted pecans
Pinch of salt
Pinch of black pepper

Combine all ingredients except for feta, dehydrated strawberries and toasted pecans. Use feta, dehydrated strawberries and pecans as garnish on top of salad

Per serving: 280 calories, 15 grams total fat, 3 grams saturated fat, 250 milligrams sodium, 34 grams carbohydrates, 8 grams fiber, 18 grams sugar, 7 grams protein



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Miso Ginger Glazed Drum with Chilled Quinoa

Greg Reggio, Chef | Zea Restaurant

Makes 2 servings

1 Tablespoon red curry vinaigrette
4 ounces miso glazed drum
1 Tablespoon miso ginger glaze
1 teaspoon fresh basil ribbons
1 teaspoon cilantro, rough chopped
1 teaspoon green onion- 1/8" sliced

Spread the quinoa salad along the center of a plate. Drizzle the vinaigrette around the quinoa. Place the drum on top of the quinoa. Drizzle the drum with the miso glaze. Garnish with the fresh herbs.

4 ounces fresh Drum
2 Tablespoons miso ginger glaze
1 Tablespoon vegetable oil

Spread out shrimp in a small bowl. Evenly sprinkle with salt and pepper. Add the miso glaze and tumble to coat. Heat the oil in a skillet over medium heat. Add the drum and any miso glaze from the mixing bowl to the skillet. Cook until the drum begins to brown and start to curl (approx. 1 minute). Flip the drum to the opposite side and cook just until done (approx. 1 minute).

Quinoa Salad:

1 quart water
1 teaspoon kosher salt
1 pound red quinoa
1/2 cup radish – sliced 1/8" thick
1/2 cup grapes– halved
1 cup celery – sliced 1/8" thick
½ cup toasted almonds
½ cup raisins
½ cup green onion – sliced 1/8"
1 cup Thai red curry vinaigrette

Bring water and salt to a full boil. Rinse quinoa under cool running water until the water runs clear. Cook rinsed quinoa at a simmer for 15 minutes. Turn off the heat and allow to rest until all of the water is absorbed. Spread out on a tray and let cool in the refrigerator. Mix all remaining ingredients together in a bowl. Add cooked quinoa and allow to marinate at least 1 hour before serving.

Red Curry Vinaigrette:

1 cup white vinegar
1 cup sugar
2 Tablespoons fish sauce
2 Tablespoons red curry paste
2 Tablespoons sesame oil
2 Tablespoons Dijon mustard
1/4 cup Roasted garlic puree
1 cup vegetable oil

Measure all ingredients except the oil into a mixing bowl. Slowly drizzle in the oil while stirring with a wire whisk. Store refrigerated. Mix well before each use.

Miso Ginger Glaze:

1 teaspoon ginger- peeled and minced
2 Tablespoons garlic – minced
1/4 cup Taste Buds stir fry glaze
2 Tablespoons white miso paste
2 Tablespoons agave nectar
1/4 cup sesame oil
1/2 cup olive oil
2/3 cup seasoned rice wine vinegar

Measure ingredients into a mixing bowl. Stir with a whisk until fully blended. Store refrigerated. Stir well before using.

Per serving: 300 calories, 23 grams total fat, 3.5 grams saturated fat, 260 milligrams sodium, 13 grams carbohydrates, 1 gram fiber, 5 grams sugar, 12 grams protein



ROTISSERIE & GRILL

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Red Bean and Rice Salad with Tabasco Vinaigrette

Ben Thibodeaux, Chef | Jack and Jakes

Makes 4 servings:

1cup cooked brown rice
2cup cooked red beans
1cup fresh spinach, julienned
4 ounces Tabasco Vinaigrette

Chill ingredients, then combine and chill for another 30 minutes prior to serving.

Tabasco Vinaigrette:

1 small yellow onion, chopped
1 rib celery, chopped
1 clove garlic
1/2 small green bell pepper, chopped
1/2 small red bell pepper, chopped
6 ounces Tabasco
10 sprigs fresh thyme, picked (~1 Tablespoon)
1 Tablespoon Creole mustard
2 cups salad oil
Salt and pepper to taste

Combine all ingredients, except oil, in a blender and purée till smooth. Slowly drizzle in oil in a steady stream until fully incorporated. Transfer to a covered container and refrigerate till ready to serve.

Per serving: 290 calories, 15 grams total fat, 1 gram saturated fat, 105 milligrams sodium, 33 grams carbohydrates, 8 grams fiber, 1 gram sugar, 9 grams protein

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BBQ Pit Shrimp

Ben Thibodeaux, Chef | Jack and Jakes

Makes 4 servings:

20 each u10 shrimp
1 cup extra virgin olive oil
1 each tasty beer of your choice, 12 ounces
Juice and zest of 4 lemons
2 Tablespoons Worcestershire sauce
3 Tablespoons freshly ground black pepper
2 Tablespoons chopped fresh rosemary
1 Tablespoon chopped fresh thyme
10-12 cloves garlic, minced
1 ounce Tabasco

Preheat BBQ pit to 375-400 degrees. Combine all ingredients into a grill safe pan and mix thoroughly. Place pan, uncovered, onto grill and cook for about 20 minutes, stirring every 5 minutes or so. Cook shrimp till just done. Over cooking will make the shrimp hard to peel. Remove from heat and serve immediately with crusty whole grain bread.

Per serving: 220 calories, 15 grams total fat, 2 grams saturated fat, 360 milligrams sodium, 13 grams carbohydrates, 2 grams fiber, 2 grams sugar, 6 grams protein

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Pescado con Mojo de Ajo

Dave Wright, Chef | Del Fuego Taqueria

Pescado con Mojo de Ajo

6 oz fish fillet (you pick of redfish, drum, mahi, amberjack...)

Pinch of salt & black pepper

4 oz butternut squash – pinch of salt

½ tsp ancho chile powder

1 oz mojo de ajo (see recipe below)

Mojo de Ajo Batch Recipe

1 3/4 cup garlic cloves peeled

2 cups EVOO

1 tsp salt

1/2 cup lime juice

1/2 tsp. chili flakes

In oven proof dish - EVOO and garlic - put in oven uncovered at 350 degrees for 15 minutes

Add lime juice, salt, chili flakes

Put all ingredients back into oven until garlic is golden brown, approximately 15 - 20 minutes

Let cool, and roughly smash garlic with a fork.

Store in refrigerator for up to 1 month

Nutrition Facts

Serving Size (312g)

Servings Per Container

Amount Per Serving

Calories 410 **Calories from Fat 200**

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 360mg **15%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 32g

Vitamin A 110% • Vitamin C 20%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Kale Quinoa Salad

Gia DiLeo, owner | Green to Go

1 cup cooked quinoa

2 cups fresh raw kale, chopped

1/4 cup roasted sweet potatoes, peeled, diced and lightly tossed in olive oil

1/2 of an apple, thinly sliced

1 tablespoon red onions, chopped

2 tablespoons Apple Cider Vinaigrette (recipe below)

Apple Cider Vinaigrette:

1/3 cup olive oil

1/4 cup apple cider vinegar

2.5 tablespoons agave

1 tablespoon Dijon mustard

1/4 teaspoon cumin

Dash of salt

Pepper to taste

Per serving: 625 calories, 30 grams fat, 3.5 grams saturated fat, 180 mg sodium, 78 grams carbohydrate, 12 grams fiber, 16 grams sugar, 13 grams protein.

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Tarragon Crab Claws

Chef de Cuisine Sara Toth from Dickie Brennan's Steakhouse

Makes 2 servings

Marinate one pound of crab claws with just enough vinaigrette to evenly coat. Leftover vinaigrette is perfect for salads, on fish, marinating chicken, anything else! Tightly sealed, it will keep in the refrigerator for a couple of weeks.

Tarragon Vinaigrette

Makes 3 quarts

1 cup fresh tarragon, chopped

3 ounces shallots, minced

1/2 cup Dijon mustard

1 cup rice wine vinegar

2 tablespoons crushed red pepper

2 quarts of soybean or canola oil (or other neutral-tasting oil of choice)

1/4 teaspoon salt

Per serving: 305 calories, 28 grams fat, 4 grams saturated fat, 250 mg sodium, 3.5 grams carbohydrate, <1 gram fiber, 0 sugar, 11 grams protein.

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Beef & Blue Stuffed Tomatoes

Makes 16 servings

1 pound beef tenderloin, grilled and cut into small 1/8-ounce pieces

Blue Cheese Vinaigrette (recipe below)

64 cherry tomatoes, halved

Mix together beef tenderloin with Blue Cheese Vinaigrette. Gently tuck beef and vinaigrette (approximately 1/8oz beef tenderloin and 1/4 teaspoon vinaigrette) into halved cherry tomatoes. Serve warm.

Blue Cheese Vinaigrette (*Yields 1.5 quarts*)

1 cup extra virgin olive oil

1 tablespoon chopped garlic

1.5 cup crumbled blue cheese

½ cup red wine vinegar

2 tablespoon Swerve Sugar Replacer (or no-calorie sweetener of choice)

1 teaspoon Tabasco

½ teaspoon black pepper

2 tablespoon chopped fresh basil

Per serving (4 tomato halves): 90 calories, 7 grams fat, 1.7 grams saturated fat, 70 mg sodium, 3.5 grams carbohydrate, <1 gram fiber, 1 gram sugar, 4.5 grams protein.

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Southwest Protein Bowl

Barbara Bolotte, Owner | Clean Creations

Makes 5 servings

1 pound boneless skinless chicken breast

1/2 cup yellow corn

1 cup, tomato, chopped or sliced

1/3 cup salsa, mild

1/4 cup, cilantro, chopped

1 onion, chopped

4 cloves garlic, minced

4 ounces white cheddar cheese, shredded

2 1/2 cups cooked brown rice

3 tablespoons cumin

4 tablespoons cinnamon

1 tablespoon scallions, chopped

1/2 ounce white cheddar cheese, shredded

.25 tablespoon Kosher salt

1 tablespoon ground black pepper

*Per serving: 445 calories, 13 grams fat, 5 grams saturated fat, 710 mg sodium, 50 grams carbohydrate,
8 grams fiber, 5.5 grams sugar, 32 grams protein.*

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Chicken Salad Kale Caesar

Chef Brad McGehee | Blue Line Sandwich Co.

Half cup raw romaine
Half cup raw kale
1 tablespoon chopped pecans
Parmesan – few shaves (approx 1/8 of an ounce)
1.5 tablespoons Caesar dressing
1 4-ounce scoop of chicken salad

Chicken Salad

5 pounds skinless chicken breast, grilled with four dashes of salt
1/8 red onion, diced
1/8 yellow onion, diced
1/4 stalk celery, diced
1/2 cup mayonnaise
2 green onions, chopped
1/8 cup toasted pecans, no salt added

Caesar Dressing (batch):

1 whole egg
2 egg yolks
1/4 cup Dijon
1 Tbsp anchovy paste
1/4 cup red wine vinegar
1/2 cup champagne vinegar
1.5 cup evoo
1 cup canola oil
1 lemon
4 clove garlic
1 cup grated Parmesan cheese
1/2 tsp salt
1 tsp black pepper

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