



NHLT

2019 Calendar

Featuring ingredients from



Harvest
of the
Month™



Hoisin Glazed Salmon with Apple Crunch

SERVINGS: 5



INGREDIENTS

INGREDIENTS FOR SALMON

5 6 oz. salmon steaks
¼ cup of hoisin sauce
¾ tsp. of White pepper
Pinch of Kosher salt
2 tbsp. of Olive Oil

INGREDIENTS FOR APPLE CRUNCH

½ tsp. of minced Ginger Root
2 ½ Tbsp. of Orange Juice
3 ¾ oz. of Apple Granny Smith, peeled, cored, and diced ¼ inch
1 3/8 tsp. of Brown Sugar
3/8 tsp. of shredded Chipotle Sauce pepper
1 tsp. of Butter

DIRECTIONS

DIRECTIONS FOR SALMON

- 1) Season salmon steaks with pepper and salt. In a sauté pan, heat olive oil and lay salmon skin-side down in the pan and reduce heat to medium-low.
- 2) Sear salmon on both sides for 2-3min until the internal temperature reaches 145° for 15 seconds.
- 3) Plate salmon and spoon hoisin sauce over salmon and serve with 1 oz. of apple chutney. Serve with a side of steamed green beans and mashed potatoes.

DIRECTIONS FOR CHUTNEY

- 4) In a sauce pan, heat butter and sugar, then mix until incorporated. Add and stir diced apples, ginger, root, Chipotle pepper, and orange juice.
- 5) Bring to a boil, reduce heat, and cover. Allow to simmer for 30 min, stirring frequently, cook until the apples are tender. Add some water if necessary to keep ingredients moist. Store in refrigerator until ready to serve.
- 6) Garnish Salmon with 1 oz. of portion of Apple Chutney.

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Recipe by
CHEF RODNEY FRY



Contributed by
UC San Diego Health



Roasted Squash and Chicken Enchiladas

SERVINGS: 5



INGREDIENTS

FILING

10 corn tortillas, whole grain
5, 4oz. free range chicken breast,
1 cup of Oaxacan beans, or black
beans
½ cup of winter squash, small dice
½ oz. of fresh chopped cilantro
1 Tbsp. of vegetable oil

5 Corn Tortillas

BRAISING LIQUID

2 Vegetable Bouillon cubes
4 Tbsp. of mild Chile powder
3 cloves of garlic
½ cup of fresh lemon juice
2 Tbsp. of dry oregano
2 Tbsp. of thyme
2 bay leaves 2 Tbsp. of ground cumin
3 jalapenos, rough chop
1 whole white onions, rough chop
1 Tbsp. white pepper

SALSA VERDE

8 tomatillos cleaned and washed
½ of a white onion
2 jalapenos
2 garlic cloves
½ cup of winter squash, peeled
¼ cup of lemon juice
¼ tsp. of salt

GARNISH FOR 2 ENCHILADAS

1 oz. shredded green cabbage
1 Tbsp. cotija cheese
1 Tbsp. sour cream

DIRECTIONS

- 1) In a large pot, heat up the vegetable oil and then sear the chicken breasts off on each side until golden brown. About 3 min. per side. Set aside.
- 2) In the same pot, sauté all the ingredients from the braising liquid, except for the vegetable broth. Sauté until fragrant, about 5 min.
- 3) Deglaze the pot with the vegetable broth. Add the chicken back into the pot. Bring to a boil and reduce to a simmer for 30 min. Add in the Oaxacan beans and squash to the pot and then simmer for another 15 min. Most of the liquid should be reduced by now.
- 4) Remove the pot from the heat.
- 5) Pull the chicken breasts out of the pot and shred the chicken, then add back into the pot. Set aside and allow to cool.

SALSA VERDE

- 6) Place all the ingredients for the salsa verde on a foil lined baking sheet and roast off in a 400° oven for approx. 15 min.
- 7) Allow to cool for a few min. Place in a food processor and pulse until smooth.

ASSEMBLY

Portion out a ¼ of the salsa verde and heat up in a small pan. Place a tortilla in the pan and heat both sides for approx. 1 min. so that it is pliable.

In a baking dish, place the tortilla down and fill with 2oz. of the chicken mixture. Roll the tortilla up and then place seam side down in the baking dish.

Repeat step 2 until all tortillas are rolled.

Pour the rest of the salsa verde over the enchiladas and bake off in a 350° oven for approx. 10 min.

To serve, plate two enchiladas down and then garnish with 1oz. of shredded cabbage, 1 Tbsp. of cotija cheese and 1 Tbsp. of sour cream.

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	1	2
3	4	5	6	7	8	9

Recipe by
CHEF PEDRO
TOLENTINO



Contributed by
**PALOMAR
HEALTH**



Berry Kale Salad with Citrus

SERVINGS: 6



INGREDIENTS

½ cup of fresh, premium blackberries
4oz of pre-shredded fresh red cabbage
1 bunch of fresh kale
4oz fresh chopped strawberries
¼ medium red fresh onions
1 cup of shredded fresh carrots
2/3 cup of fresh blueberries
3oz of sweetened dried cranberries
3oz of sunflower seed
½ cup of slivered almonds
2oz of citrus dressing
6oz of Filet Tilapia
1oz of Cajun Seasoning
Citrus Dressing Ingredients:
1 ¼ tsp. of Mrs. Dash, Original Blend Seasoning
2 ½ tsp. of 50 Grain Apple Cider Vinegar
¾ oz. of Orange Juice
1 ¼ tsp. of Grade A Honey Pure Clover
1 ¼ tsp. of Dijon Mustard
1 Tbsp. ½ tsp. of Salad Canola Oil.

DIRECTIONS

- 1) Toss all ingredients together in a bowl.
- 2) Pour about half of the dressing over the mixture and toss to coat
- 3) Cover bowl with plastic wrap and refrigerate 4 to 6hrs.
- 4) Press fish onto blackening seasoning
- 5) Sear one side on Grill
- 6) Finish in oven at 350°
- 7) Ensure fish reaches internal temp of 155°

DRESSING

- 1) Place oil vinegar, orange juice, Mr. Dash, mustard and honey in a bowl and blend well.

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Recipe by
CHEF CHRISTOS
MAILLIS



Contributed by



Chicken Tortilla Soup

SERVINGS: 6



INGREDIENTS

2 Tbs. of olive oil
½ diced onion
2 cloves garlic, decides
1 Tbsp. of chili powder
1 Tbsp. of cumin
2 tsp. of black pepper
2 oz. of tomato paste
1 Tbsp. of black pepper in abodo
1 oz. of chicken base
1 qt. of water
2 corn tortillas
4 oz. corn, canned or frozen
3 oz. cooked blacked beans
1 small diced tomato
1 tsp. of salt
5 oz. cooked chicken breast, diced
2 oz. of chopped cilantro

DIRECTIONS

- 1) In a small pot, heat oil over medium heat. Add onion and garlic, sauté until onion is translucent, approx. 3-5min.
- 2) Add chili powder, cumin, oregano, and black pepper. Sauté for 2 more min.
- 3) Stir in tomato paste and chipotle, sauté for 3 minutes then add chicken base. Add water, corn tortillas, corn, beans, diced tomato and salt. Bring to a boil.
- 4) Reduce heat, simmer for 20 min. Add chicken and simmer for 10 min, then add cilantro.

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Recipe by
CHEF ANDREW BAREL



Contributed by
Rady
Children's
Hospital
San Diego



BBQ Blueberry Short Ribs with Roasted Butternut Squash

SERVINGS: 5



INGREDIENTS

1lb 14oz Beef Chuck Flap Steak
3 ¼ oz. All-purpose flour
1 Tbsp. of Olive oil
1 ¼ oz. of Onion, diced ¼ inch
½ cup of Low Sodium Beef stock
3 1/3 Tbsp. of Red Wine
2 oz. of BBQ honey sauce
2 ½ oz. Blueberries, frozen
¼ tsp. of White Pepper
Pinch Kosher salt
1lb of Butternut squash, cut into strips 1in. lengthwise

DIRECTIONS

- 1) Season flour with salt and pepper and lightly dust steak.
- 2) Heat ½ Tbsp. of olive oil in a wide heavy pot over moderately high heat until hot, but not smoking. Sear beef on all sides, then set aside.
- 3) Discard remaining oil, leaving only 1 Tbsp. then add onions and cook until translucent.
- 4) Deglaze pot with red wine and stock.
- 5) Add seared steak to pot and braise for 2 to 2 ½ hours, set oven at 300°F or until internal temperature reaches 145°F for 4 min.
- 6) Season butternut squash with olive oil, salt, and pepper. Roast butternut squash at 400°F for approx. 20 min or until tender.
- 7) Once steak is cooked, remove braise liquid and excess oil. Blend blueberries and BBQ honey sauce with braising liquid until smooth and fully incorporated.
- 8) Cut beef in 5 oz. portions and serve with 1 oz. of blueberry BBQ honey sauce. Serve with a side of roasted butternut squash.

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Recipe by
CHEF RODNEY FRY



Contributed by
UC San Diego Health



Superfood Street Taco

SERVINGS: 5



INGREDIENTS

MUSHROOM CARNITAS

- ½ lb. of raw King Oyster mushrooms
- ½ cup of orange juice
- Zest of ½ orange
- ½ cup of lemon juice
- Zest of ½ lemon
- 3 garlic cloves, rough chop
- 1 Tbsp. fresh turmeric, minced
- ½ onion, sliced
- 1 chipotle chiles in adobo
- ¼ tsp. of Salt
- ½ tsp. of Pepper
- 2 qt. of low-sodium vegetable broth
- 3 Tbsp. of miso paste
- Water as needed
- 5 Corn Tortillas
- 1 avocado

CILANTRO LIME CREMA

- 1 cup raw blanched almonds soaked
- ½ cup water
- Juice of 1 lime- roughly ¼ cup
- ¼ cup cilantro
- ¼ tsp onion powder
- ¼ tsp salt
- 1 clove garlic optional
- 1 cup micro cilantro

COJITA CHEESE

- 12oz. of White beans
- ¼ cup Nutritional Yeast
- Juice from 1 lime
- ¼ tsp. of Salt

PICKLED ONION

- 1 red onion, sliced thin
- 2 cups of red wine vinegar

DIRECTIONS

- 1) Shred the king oyster mushrooms in a food processor using the large shredding attachment.
- 2) Sauté the onion, garlic, turmeric, chipotle peppers, salt and pepper for about 5mins or until fragrant.
- 3) Add in the mushrooms and sauté for 10 min.
- 4) Add in the orange juice, lime juice, lemon juice and vegetable broth. Bring to a boil and reduce to a simmer.
- 5) Allow to simmer for approx. 20-30 minutes. Alternatively you can put all of the above ingredients in a crock pot and put on for 2 hours and then it will be ready.
- 6) Once braised, place the mushrooms on a parchment lined baking sheet and put in a 350° oven for 15 min to help them dry out.
- 7) When ready to serve, sauté the mushrooms in a pan to achieve the texture of carnitas.

CILANTRO LIME CREMA

- 8) Place the almonds in a container and cover with water. Allow to soak overnight.
- 9) In a high powered blender (vita mix) add the almonds and water-in batches. And blend until completely smooth. Transfer to a bowl.
- 10) In the food processor add in the avocado and the rest of the ingredients and blend until smooth.
- 11) Fold the almond crema with the avocado mixture. Set aside "COTIJA CHEESE"

- 12) Place all of the ingredients into the food processor and pulse a few times until ingredients are combined but not completely smooth.
- 13) Spread out a thin layer onto a parchment lined baking sheet and put in 350° oven for 10 min or until dry and crumbles. Allow to cool and then crumble into cotija cheese.

PICKLED ONIONS

- 14) Slice the red onions and place in a bowl. Pour the red wine vinegar over the onions and all to soak for at least 1 hr. or more.

TO ASSEMBLE:

- 15) Warm up your tortillas, place the mushrooms down first, then top with the Cilantro Lime Crema, garnish with pickled onion and cilantro

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

Recipe by
CHEF ALICIA BELL



Contributed by
**PALOMAR
HEALTH**



San Diego Grown Spaghetti Squash and Avocado Salad

SERVINGS: 6 1/2 cup
portions



INGREDIENTS

1 Spaghetti squash approx. 3lbs
3 medium Avocados
3 whole tomatoes
1 cup of cherry tomatoes
½ cup of olive oil
½ cup of walnuts
1 cup of basil
¼ cup of red onion
¼ cup of crumbled Feta Cheese
Dressing of your choice (Balsamic works well)

DIRECTIONS

- 1) Cut squash in half, scoop out the seeds, place squash in boiling water for 30 minutes or until soft. Do not over-cook. Allow squash to cool, then scoop out squash and shred.
- 2) Cut whole tomatoes in half, place them on sheet pan, along with cherry tomatoes, brush olive oil, then sprinkle with a pinch of salt and pepper. Bake for 20 minutes, or until soft.
- 3) Cut avocado into slices of choice (each plate will have half an avocado)
- 4) In a mixing bowl, toss together the spaghetti squash, chopped basil, sliced onion and dressing.
- 5) To assemble the dish on the serving plate, place the avocado first in fan around the base. Next place the ½ baked tomato slice in the center. Place the spaghetti squash salad on top of the tomatoes. Top the dish with the Feta cheese, drizzle dressing over the plate, and lastly garnish with cherry tomatoes.

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

Recipe by
CHEF RAY TRIEU



Contributed by

HEALTHCARE
GROUP LLC **plum**



Watermelon Feta Salad

SERVINGS: 6



INGREDIENTS

1lb of watermelon, diced $\frac{3}{4}$ in.
2 avocados, peeled, pit removed,
diced $\frac{1}{2}$ in.
8 oz. feta cheese, crumbled
2 tbs. of Julianne mint
2 tbs. of Julianne basil
 $\frac{1}{4}$ cup of red wine vinegar
 $\frac{1}{4}$ cup of extra virgin olive oil
Salt and pepper for taste

DIRECTIONS

- 1) Stir vinegar and oil together in one bowl
- 2) Combine all ingredients in another
- 3) Toss dressing to coat

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

Recipe by
CHEF ANDREW BARD



Contributed by

 Rady
 Children's
 Hospital
 San Diego



Coconut Chia Pudding with Persimmon

SERVINGS: 8, 1/2 cup
portions



INGREDIENTS

14oz of canned coconut milk
¼ cup of Chia Seed
½ cup of Orange Juice
2t tsp. of Orange Juice
2 tsp. of Finely grated lime zest
2 Tbsp. of Lime Juice
2 Tbsp. of raw local honey
1lb of persimmon sliced in wedges
1 tsp. of toasted and grated coconut
Cinnamon

DIRECTIONS

- 1) Mix Chia seed, coconut milk and orange juice. Store overnight in refrigerator
- 2) Puree in blender until thick
- 3) Mix in lime zest, juice, honey, and vanilla. Allow to chill.
- 4) Place 3oz of pudding in dish.
- 5) Top with 2oz sliced persimmon.
- 6) Garnish with a spring of mint, dash of cinnamon and a pinch of coconut

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

Recipe by
CHEF GREG YOUNG



Contributed by



Gulf Orange Shrimp

SERVINGS: 4



INGREDIENTS

- ½ cup of Orange Juice
- 1 tsp. of orange zest
- 1 tsp. of honey
- 2 Tbsp. of soy sauce
- ½ tsp. Cornstarch
- ½ red onion, sliced into thin strips
- 2 clementine oranges, peels removed and broken into segments
- 1 bell pepper, sliced into thin strips

DIRECTIONS

- 1) Mix orange juice and zest with honey, soy sauce and corn starch, set aside.
- 2) Heat 2 Tbsp. of oil in large sauté pan over medium-high heat.
- 3) Add sliced onion to pan and cook for 2 min until softened & translucent.
- 4) Add orange slices & bell pepper to pan and cook for another 2 min, remove vegetables from pan
- 5) Heat remaining 2 Tbsp. of oil and add shrimp, cook for 2-3 min until cooked through
- 6) Remove shrimp from pan
- 7) Pour orange juice mixture into pan over medium high & deglaze, scraping browned pieces from sides
- 8) Bring to a boil and stir for 3-4 min until sauce is thickened
- 9) Remove from heat, stir in butter
- 10) Combine sauce with shrimp & vegetables
- 11) Serve over rice

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Recipe by
CHEF PHILIPP
ARADANAS



Contributed by

VA



U.S. Department of Veterans Affairs
VA San Diego Healthcare System



Ratatouille on a Bed of Lentils and Sweet Potato

SERVINGS: 6



INGREDIENTS

- 12 minced Garlic Cloves
- 4 Tbsp. of Avocado Oil
- 1 Eggplant, diced ½ in.
- 1 Zucchini, diced ½ in.
- 1 Red Bell Pepper diced ½ in.
- 1 pint of whole Grape Tomatoes

DIRECTIONS

- 1) Heat a large sauté pan over med/high heat for 5 min, add oil and swirl to coat pan
- 2) Add the Onion and cook until just translucent. Add in the Eggplant and garlic and cook for 5 more min or until the garlic releases its perfume.
- 3) Add the remaining vegetables and the oregano, stir to combine. Continue cooking, stirring frequently until the tomatoes break down and the eggplant gives up its firmness.
- 4) Remove from heat and stir in basil. Adjust seasoning to taste and hold warm for service
- 5) To plate; cut sweet potato into ½ in coins. Lay coins out in a circle on plate. Fill the center of the circle with ½ cup cooked lentils and top with 1 cup of Ratatouille.

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

Recipe by
CHEF REID SINDERUD



Contributed by



Apple Almond Crunch Salad

SERVINGS: 4



Harvest
of the
Month™

FEATURING

APPLE
SALAD GREENS

INGREDIENTS

- 10 oz. of Mixed Greens
- ½ cup of Slivered Almonds
- ½ cup of Crumbled Feta Cheese
- 1 cup of Diced Apples
- ¼ cup of Diced Red Onions
- ¼ cup Cranberries
- Ranch of Dressing to Taste

DIRECTIONS

- 1) In a large salad bowl, toss greens with ranch dressing
Sprinkle greens with Almonds, Feta, Apples, Red Onion and Raisins

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

Recipe by
CHEF LAKISHA CURTIS



Contributed by

VA



U.S. Department of Veterans Affairs
VA San Diego Healthcare System





The mission of the Nutrition in Healthcare Leadership Team (NHLT) is to promote optimal health by catalyzing availability of healthy, fresh, local foods and beverages at San Diego County hospitals and healthcare facilities while supporting the local economy, environment, and community. Over a dozen San Diego County hospitals and healthcare systems collaborate through the NHLT.

For more information about the NHLT or how to get involved, email the Farm to Institution Center at f2icenter@sdchip.org

