

# Live in Color: Healthy for Spring



[CookTasteEat.com](http://CookTasteEat.com)

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We're a group of chefs, food lovers and home cooks who have come together to make **you** better cooks and eaters. With instructional videos and recipes, we specialize in teaching chefs at home how to make amazing, restaurant-worthy food that is going to wow your family and friends. Our goal is simple - to get you cooking inspired food at home. From the perfect omelet to applause-worthy complete meals, our videos, recipes and chef tips have you covered.

Spring is a time for new beginnings – and there is no better place to start than in your home kitchen. This time of year we crave fresh, healthy ingredients, so we've selected our favorite – and colorful – dishes for you to make. These are tried-and-true recipes created by our professional chefs. Not only will your taste buds approve of these delicious meals, but your waistline will too!

### ***Featured Recipes***

Fava Bean Falafel  
Herb Salad with Croutons  
Shaved Fennel & Arugula Salad  
Pistachio Pesto  
Lime Guacamole

*For more chef tips and techniques, visit [CookTasteEat.com](http://CookTasteEat.com).*

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## ***Fava Bean Falafel***

Serves 4

Total Time: 1 hour 30 minutes

Active Time: 30 minutes



### *Ingredients*

- 2 cups shelled, blanched and peeled fresh fava beans (or frozen green chickpeas, defrosted)
- 1/2 cup English peas, shelled and blanched (or frozen peas, defrosted)
- 1/4 cup chopped flat-leaf parsley leaves
- 1/4 cup chopped dill
- 1/4 cup chopped cilantro
- 3 scallions, green parts only, finely chopped
- 1 clove garlic, minced
- 1 teaspoon toasted & ground cumin seed
- 1 teaspoon ground coriander
- 1/2 teaspoon red pepper flakes
- 1 tablespoon Kosher salt
- Freshly ground black pepper
- 1 cup Wondra flour
- Grapeseed oil

### *Method*

1. Make sure that favas and peas (or chickpeas and peas) are well drained on paper towels. It is important that the ingredients are dry. This will ensure that the mixture binds properly.
2. Add favas, peas, parsley, dill, cilantro, scallions and garlic to food processor. Pulse until coarsely chopped. Scrape down the sides of the food processor and pulse again until the mixture comes together. The mixture should still have some small chunks but be thoroughly mixed. You can tell that it is mixed enough when it comes together in your hand without crumbling. Transfer to large bowl.
3. Stir in cumin, coriander, red pepper flakes, salt and freshly ground pepper.
4. Use a 2-ounce scoop (about 2 to 3 tablespoons) to form balls of the mix. Press the balls firmly into patties, making sure there are no cracks around the edge. At this point you can fry one patty in 375°F oil to make sure that the mix is seasoned properly.
5. Hold the patties on a medium-sized baking sheet lined with parchment paper. Chill the patties for at least 1 hour or up to 1 day.
6. Right before frying the falafel, place Wondra flour on a baking sheet or baking dish. Gently coat the falafel patties in the Wondra, dusting off excess flour.
7. Set a large cast iron skillet or a large sauté pan over medium-high heat, add 1/2 to 3/4 inch grapeseed or canola oil. Heat oil to 375°F. Add 4 patties at a time to the oil and cook on both sides until golden brown, about 2 minutes per side. Use a slotted spoon or spider to remove the falafel and transfer to a plate lined with a paper towel. Season with salt. It is important not to overcrowd the pan when frying the falafel. Fry them in batches so that there are at least 2 inches around each one. You can reuse the oil 2 to 3 times. In between batches, scoop out any floating pieces from the oil and make sure to maintain an oil temperature of 375°F.
8. Serve the falafel as part of a meal or on their own. A squeeze of fresh lemon juice is the perfect accompaniment.

## **Herb Salad with Croutons**

Serves 4

Total Time: 20 minutes

Active Time: 20 minutes



### *Ingredients*

#### *For Herb Salad*

- 1 ¼ cups flat-leaf parsley leaves
- 1/3 cup tarragon leaves
- 2 tablespoons (1-inch) pieces chives
- ¼ cup chervil leaves
- Buckwheat sprouts
- Corn blossoms
- Oregano blossoms
- Nasturtium blossoms
- Purslane
- Sunflower sprouts
- Amaranth thread
- 2 teaspoons fresh lemon juice
- 1 teaspoon extra virgin olive oil
- Kosher salt

#### *For Croutons*

- 1 loaf of levain
- Grapeseed oil
- Marash pepper
- Rosemary, chopped

### *Method*

1. Cut the bread in half and cut off all of the crusts. Cut the crusts into strips and then dice into smaller strips.
2. Coat the bottom of a pan with grapeseed oil and toast the strips of crust. Cook for about 1-2 minutes, until the outside of the crust is crispy and the inside is still a little soft.
3. Place the croutons in a bowl and sprinkle with Marash pepper, chopped rosemary and salt. Just enough to lightly coat the croutons. Toss all of the ingredients together.
4. Toss all the herbs together, then toss with the lemon juice, olive oil, and salt to taste.
5. Garnish the salad with the croutons.

## ***Shaved Fennel & Arugula Salad***

Serves 4

Total Time: 15 minutes

Active Time: 15 minutes



### *Ingredients*

- 1/2 cup fresh lemon juice, plus juice from 1/2 lemon for acidulated water
- 2 medium fennel bulbs
- 2 cups Sylvetta or other wild arugula
- 1 tablespoon Dijon mustard
- 3/4 cup olive oil
- Salt and freshly ground black pepper

### *Method*

1. Cut fennel in half and take the core out of the fennel.
2. Fill a medium bowl with ice water and add juice of half a lemon. Using a mandolin, shave the fennel into very thin slices across the grain. Transfer to the bowl of acidulated ice water.
3. Whisk the mustard and 1/2 cup lemon juice in a medium bowl. Slowly stream in olive oil while whisking to emulsify dressing.
4. Once the fennel has crisped up, remove from the ice water and drain on a paper towel. Place in a medium-sized bowl.
5. Add the arugula to the bowl with fennel and dress with the vinaigrette. Season with salt and pepper. Dressing the salad should take place immediately prior to serving.

## **Pistachio Pesto**

Serves 4

Total Time: 1 hour 30 minutes

Active Time: 30 minutes



### Ingredients

- ½ cup toasted pistachios
- 2 packed cups basil leaves (about 5 ounces)
- 2 garlic cloves, crushed
- ¾ cup grated Parmesan
- Zest of 1 lemon
- 2 teaspoons salt
- ½ teaspoon freshly ground black pepper
- 1 cup extra virgin olive oil

### Method

1. Place all ingredients, except the oil, into food processor and process to break up the basil and pistachios. Add oil and process until the mixture resembles a loose paste.
2. Place in a bowl, adjust seasoning with salt and cover with plastic wrap. If not using the pesto within half an hour, refrigerate and take out of the refrigerator half an hour before using. *Note:* Leftover pesto can be frozen for future use.

## ***Lime Guacamole***

Serves 4

Total Time: 1 hour 30 minutes

Active Time: 30 minutes



### *Ingredients*

- 2 ripe avocados (halved)
- 1 tablespoon minced shallots
- 2 tablespoons chopped cilantro
- 1 tablespoon fresh jalapeño chili, seeds removed, minced
- 1 tablespoon fresh squeezed lime juice
- Salt and freshly ground black pepper

### *Method*

1. Place a grated rack over a bowl or 2-inch deep baking dish. Cut the avocados in half and remove the pits. Press the avocado halves through the rack into the bowl or dish, one at a time.
2. Remove resting rack, scraping the avocado into the bowl. Add the shallots, cilantro, jalapeño, lime juice and stir to combine.
3. Season well with salt and pepper. Reserve refrigerated in an airtight container until ready to use.