

Indian Butter Chicken

Recipe by AVI, in conjunction with Hathaway Brown School

Serves 6 – 8

Ingredients

1 – Tbsp Canola Oil	1 cup Half & Half
1 – Shallot, chopped fine	1 cup Tomato Puree
¼ White onion, chopped	¼ tsp Cayenne Pepper
2 Tbsp Butter	1 pinch Salt
½ Tbsp Garlic, minced	1 pinch Black Pepper
½ Tbsp Ginger, minced	1 Tbsp Canola Oil
1 tsp Garam Masala	1 lb Bnls. sknls. chk. thighs, cut bite-size
1 tsp Chili Powder	1 pinch Cayenne Pepper
1 tsp Ground Cumin	1 Tbsp Cornstarch
1 Bay Leaf	¼ cup Water
¼ cup Plain Yogurt	

Instructions

Heat 1 tablespoon oil in a large saucepan over medium high heat. Sauté shallot and onion until soft and translucent. Stir in butter, lemon juice, ginger-garlic paste, 1 teaspoon garam masala, chili powder, cumin and bay leaf. Cook, stirring, for 1 minute. Add tomato sauce, and cook for 2 minutes, stirring frequently. Stir in half-and-half and yogurt. Reduce heat to low, and simmer for 10 minutes, stirring frequently. Season with salt and pepper. Remove from heat and set aside.

Heat 1 tablespoon oil in a large heavy skillet over medium heat. Cook chicken until lightly browned, about 10 minutes. Reduce heat, and season with 1 teaspoon garam masala and cayenne. Stir in a few spoonfuls of sauce, and simmer until liquid has reduced, and chicken is no longer pink. Stir cooked chicken into sauce.

Mix together cornstarch and water, then stir into the sauce. Cook for 5 to 10 minutes, or until thickened. Serve atop your favorite prepared rice or grain.

Pesto Zoodle Buddha Bowl

Recipe by AVI, in conjunction with Hathaway Brown School

Serves: 6 – 8

Pesto Ingredients

1 – Cup Packed Basil Leaves

1 – 2 Cloves Garlic

Juice from ½ of 1 Lemon

1/3 Cup Pine Nuts, Toasted (optional)

1/3 Cup Extra Virgin Olive Oil

Salt and Pepper to Taste

Instructions

Combine basil, garlic, lemon, pine nuts, olive oil in a food processor and pulse until smooth.

Adjust seasoning with salt and pepper as desired.

Zoodle Buddha Bowl Ingredients

2 – Medium Zucchini

2 Tbsp Olive Oil

2 – Cup Cooked and Cooled Quinoa

½ Cup Artichoke Hearts

¼ Cup Sundried Tomatoes

¼ Cup Shaved Parmesan Cheese

Salt and Pepper to taste

Instructions

Chop the ends off the zucchini and spiralize with whichever extension you prefer.

Toss the spiraled zucchini with the olive oil, salt and pepper, and roast in a 425⁰F Oven for 8 – 10 minutes.

Allow to cool to room temperature.

Prepare the Zoodle Buddha Bowl by lining a serving platter or bowl with the quinoa, followed by the spiraled zucchini, and finished with the artichoke hearts, sundried tomatoes, and shaved parmesan.

Complete the dish with a decorative drizzle of the fresh basil pesto.

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Roasted Beet Hummus

Recipe by AVI, in conjunction with Hathaway Brown School

Serves: 4 - 6

Ingredients

- 1 – Small Roasted Red Beet
- 1 – Small Roasted Yellow Beet
- 1 – 15 oz Can (1 $\frac{3}{4}$ cup) cooked chickpeas, drained
- 1 – Zest of 1 Large Lemon
- 1 – Juice of $\frac{1}{2}$ a Large Lemon
- 2 – Large Garlic Cloves, Minced
- 2 – Heaping Tbsp Tahini
- $\frac{1}{4}$ Cup Extra Virgin Olive Oil
- Salt and Pepper To Taste

Instructions

Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.

Add remaining ingredients except for the olive oil, and blend until smooth.

Drizzle in the olive oil as the hummus is mixing.

Taste and adjust seasonings as needed, adding more salt, lemon juice, or olive oil if needed. If it's too thick, add a bit of water.

Hummus will keep in the fridge for up to a week.