

Ginger – Cilantro Chicken Summer Rolls

lifestyle recipe by Amore to-go

Yield: Makes 4 rolls

Ingredients:

- 1 lb of ground chicken or turkey
- 1- bunch fresh cilantro 3/4 chopped reserving the prettiest leave whole
- 2 – carrots 1- chopped, 1- shredded into strips
- 1 – small zucchini, peeled and shredded into thin strips
- 1- small red bell pepper cut into thin strips
- 1- small bunch of mint leaves chopped
- 1 - small package of enoki mushroom
- 1- celery stalk chopped finely
- 1- clove of garlic chopped
- 1/2 a small sweet onion chopped finely
- 1-+ tablespoons of ginger powder (depending on taste)
- 1 & 1/2 – teaspoons of tamari (low salt, gluten free organic soy)
- 1/2 tsp. mirin (a sweetened rice wine vinegar) you may substitute for plain rice wine vinegar
- Sea salt and pepper to taste
- 4 – rice paper wrappers

Preparation:

Spray a non stick skillet with a vegetable spray and sauté onion, carrots and celery for about 2 minutes, add garlic, ginger powder and 1 tsp of tamari stir well cook an additional minute, add 1- lb of ground chicken and continue to cook another 4 to 5 minutes or until the chicken reaches a temperature of 165 degrees. Stir in the chopped cilantro, remove Chicken mixture from the pan, and cool before the next step.

While chicken is cooling shred or strip the carrot, zucchini, and bell pepper place in bowl with chopped mint, remaining tamari and mirin then toss lightly.

Prepare a pan with warm water for the rice paper wrappers; submerge rice paper in warm water quickly about 15 seconds then lay the rice paper flat on your clean work surface. Place 3 or 4 of the whole cilantro leaves on the rice paper the mushroom with a bit hanging over each side of the wrapper. Layer on top with the marinated vegetables and mint and finish with about 3 ounces of chicken approximately what fits in the palm of your hand, then roll tightly. Serve chilled cut in half or in pieces like sushi offer with additional tamari or hoisin sauce on the side.

Chef Notes:

- To make this dish Vegan use additional vegetables and cabbages in place of chicken, you may also substitute shrimp in this dish and still keep it low cal and healthy
- Average calories per roll are 115, all nutritional information is calculated on the web and is accurate to the best of our ability. Full nutritional information is available on request.

TOO BUSY TO COOK? This item is individually packaged and available daily in our store front or online. Amore to-go & events by Amore are located at 4245 Henderson Blvd. Tampa, FL. 33629. If you would like this heated when you arrive please call ahead 813.287.2253 order@amoretogo.com,

“Spaghetti & Meatballs”

lifestyle recipe by Amore to-go

Yield: Makes 2 servings

Ingredients:

- 1 – Spaghetti Squash quartered and seeded
- 1- lb of ground turkey or chicken
- 1 – cup of your favorite spaghetti sauce
- 1- clove of garlic chopped
- 1- carrot chopped
- 1-celery stalk chopped
- 1/2 a small sweet onion chopped finely
- 1 tbsp of dried Italian seasoning
- 1- bunch of flat leaf parsley chopped
- A handful of fresh basil chopped
- Salt and pepper to taste

Preparation:

Preheat Oven to 350 degrees place spaghetti squash cut side down on a 2 inch baking sheet with a little water underneath the squash. Roast in hot oven about 30 – 45 minutes until the squash is easily pulled with a fork from the rind. While squash is baking begin the meatballs by spraying a non-stick skillet with a vegetable spray. Sauté onion, carrots and celery for about 3 minutes, add garlic, and Italian seasoning stir well cook an additional minute. Remove from heat and add to 1- lb of ground chicken along with the parsley and 1/2 the fresh basil, season with salt and pepper (we don't use salt). Form into 2 inch balls and place on a baking sheet sprayed with vegetable spray and bake until the meatballs reach an internal temperature of 165 degrees about 5 minutes.

Pull all the spaghetti squash from the rind and mound in center of 2 -dinner plates top with 5 to 6 meatballs each plate top with your favorite marinara and garnish with the remaining fresh basil.

Chef Notes:

- To make this recipe Vegetarian change out chicken for quinoa, ground beans such as lentils or chickpeas. You may use flaxseed meal as a binder, follow instructions on the package for using as an egg substitute.
- Average calories per serving: 225, all nutritional information is calculated on the web and is accurate to the best of our ability. Full nutritional information is available on request.

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Swammi Chicken

A recipe shared with me by my friend, Chef Badia Verona

Lifestyle recipe by Amore to-go

Yield: 2 servings

Ingredients:

- 1 –lb of ground chicken or turkey
- 1 ounces of fresh basil leaves, stems removed
- 2- ounces of fresh cilantro leaves chopped
- 1-tsp ground ginger
- 1-tsp of ground cardamom
- 1-tsp of ground cinnamon
- 1- tsp of ground brown mustard
- 1-tsp of ground cumin
- 1/2 tsp of cayenne pepper
- 2- tsp of sweet paprika
- 3 clove of fresh garlic, chopped
- 1- small sweet onion chopped
- pinch of sea salt
- fresh ground black pepper to taste
- 4- barbeque skewers either wood or metal

Preparation:

If using wooden skewers soak in water 30 minutes prior to use.

In a hot skillet sprayed with vegetable oil cook the chopped onion just until it begins to soften add garlic and dried spices and stir to blend toasting the spice for about 1 minute, careful not to burn them. Remove from the skillet and add to the ground chicken along with the cilantro and basil, mix well. Form the chicken mixture into 3 - ounce portion (about what fits in the palm of your hand) and mold around your skewer, continuing until all the meat is used. Chill 30 minutes in fridge then cook over a medium hot bbq grill or in a flat skillet until the skewers reach an internal temp of 165 degrees.

Finishing Touches:

Blend a pinch of all of the spices above with 1/2 cup of fat free cottage cheese and puree in blender or food processor until smooth, serve on the side with the chicken and vegetables

We roast purple (Hawaiian sweet potatoes) with regular sweet potatoes, red onion, sweet bell pepper, tomato, zucchini, and yellow squash and serve under the skewers

Chef Notes:

- Serving size is 2 skewers, 6 ounces of chicken: 290 calories all nutritional information is calculated on the web and is accurate to the best of our ability. Full nutritional information is available on request.

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