



# Maryland University *of* Integrative Health

## CELEBRATION THREE-COURSE MEAL

CREAMY ASPARAGUS SOUP

SALMON BURGERS WITH  
PURPLE SWEET POTATO MASH & BABY BOK CHOY

AVOCADO POWER BROWNIES

HIBISCUS & LEMON BALM COOLER

# Recipe for

## CREAMY ASPARAGUS SOUP

EQUIPMENT NEEDED cutting board, knife, baking sheet, parchment paper, large pot, spoon, high-speed blender, large bowl

SERVES 8 ESTIMATED COST \$16.00 COST PER SERVING \$2.00

### INGREDIENTS

- 2 lb asparagus, trimmed
- 3 tbsp extra virgin olive oil
- 1/4 tsp salt
- 1 ea white onion, diced
- 1 ea leek, white part only, sliced
- 2 ea Yukon gold potatoes, diced
- 1 small shallot, diced
- 2 cloves garlic, minced
- 6 cups Magic Mineral Broth or water
- 1/2 cup mint, fresh, chopped

### METHOD OF PREPARATION

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Line asparagus in a single layer on the baking sheet. Drizzle with 1 tbsp oil and sprinkle with salt.
3. Roast in the oven for 10 minutes, turning baking sheet mid-way through. Remove from oven and set aside to cool. Once cool, cut off the heads of the asparagus and set aside for garnish.
4. In a large pot, warm remaining oil over medium heat. Add onion, leek, and a pinch of salt. Sauté 3-5 minutes or until translucent.
5. Add potatoes, shallot, garlic, and sauté 3 more minutes.
6. Deglaze the pot with 1 cup broth and cook until volume is reduced by half. Add remaining liquid and bring to a boil. Reduce heat to low and simmer for 5 minutes.
7. In a high-speed blender, add 1/3 of the soup and blend on high until creamy. Repeat for remaining ingredients.
8. Serve in bowls and garnish with asparagus tips and mint.

Recipe Author: MUIH Nutrition Courses

# Recipe for

## SALMON BURGERS

EQUIPMENT NEEDED cutting board, knife, large bowl, skillet, spatula

SERVES 4

ESTIMATED COST \$20.00 COST PER SERVING \$5.00

### INGREDIENTS

- 1 1/2 lb fresh salmon, skinned, diced
- 3 tbsp tarragon, fresh, chopped
- 4 tbsp dill, fresh, chopped
- 2 tbsp shallots, minced
- to taste, salt and black pepper
- 1 tbsp cooking oil (e.g. coconut, grapeseed)
- 4 ea whole-grain buns

Recipe Author: MUIH Nutrition Courses

### METHOD OF PREPARATION

1. In a large bowl, mix salmon, tarragon, dill, shallots, salt, and pepper. Form into 4 patties and refrigerate until ready to cook.
2. In a large skillet, warm the cooking oil over medium-high heat. Add the salmon patties and cook for 3 minutes on each side or until the burgers are cooked through with a little pink in the middle. Salmon can be cooked to the desired temperature, rare to well-done.
3. Serve with sliced cucumbers and dijon.

# Recipe for

## PURPLE SWEET POTATO MASH

EQUIPMENT NEEDED baking sheet, parchment paper, large bowl, potato masher or fork

SERVES 4

ESTIMATED COST \$8.00 COST PER SERVING \$2.00

### INGREDIENTS

- 1 1/2 lb purple sweet potatoes (Asian purple yams), cubed
- 1/2 tsp ginger, fresh, grated
- 1/4 tsp maple syrup
- 2 tbsp butter (or coconut oil)
- 1/2 tbsp toasted sesame oil
- 1/4 tsp rice vinegar
- to taste, salt
- 1 tsp toasted sesame seeds

Recipe Author: MUIH Nutrition Courses

### METHOD OF PREPARATION

1. In a large pot add the potatoes and a pinch of salt and cover with water. Bring to a boil, reduce heat and simmer for 25 minutes or until the potatoes are soft in the center.
2. Strain the liquid from the potatoes, saving 1/2 cup of the liquid.
3. In the pot, add back in the potatoes, ginger, maple syrup, butter, sesame oil, rice vinegar, salt, and the reserved liquid.
4. Mash with a potato masher or fork until creamy.
5. Garnish with toasted sesame seeds.

# Recipe for

## BABY BOK CHOY

EQUIPMENT NEEDED cutting board, knife, small skillet, prep bowls, sauté pan, spoon

SERVES 4

ESTIMATED COST \$10.00 COST PER SERVING \$2.50

### INGREDIENTS

- 1 1/2 tbsp brown rice vinegar
- 1 1/2 tbsp tamari
- 1 tbsp mirin
- 1/2 tsp maple syrup
- 1 tsp toasted sesame oil
- 1 tbsp toasted sesame seeds
- 4-6 ea head baby bok choy, leaves and stems separated, chopped
- 1 pinch red pepper flakes
- 2 cloves garlic, minced
- 1 tbsp ginger, fresh, minced
- 2 large scallions, sliced
- 1 tbsp sesame oil
- to taste, fresh lime juice

### METHOD OF PREPARATION

1. In a bowl, combine vinegar, tamari, mirin, maple syrup, toasted sesame seeds. Set aside.
2. In another bowl, combine bok choy leaves, red pepper flakes, garlic, ginger, scallions. Set aside.
3. In a large sauté pan, warm sesame oil on high heat. Add the bok choy leaves, red pepper flakes, garlic, ginger, and scallions. Stir-fry for 30-45 seconds.
4. Add the sauce mixture and cook for 1 minute until thickened.
5. Add the bok choy stems and cook another 30 seconds or until tender.
6. Transfer to a serving bowl, add a squeeze of lime juice, stir.
7. Garnish with toasted sesame seeds.

Recipe Author: MUIH Nutrition Courses

# Recipe for

## AVOCADO POWER BROWNIES

EQUIPMENT NEEDED small bowl, whisk, 2x large mixing bowls, spoon  
oven, 8x8 baking dish

SERVES 16 pc ESTIMATED COST \$16.00 COST PER SERVING \$1.00

### INGREDIENTS

- 2 tbsp flax seeds
- 6 tbsp filtered water
- 1 large avocado, ripe, peeled, pitted
- 1/3 cup cane sugar
- 2 tbsp maple syrup (vanilla flavor or regular + 1 tsp vanilla extract)
- 3 tbsp coconut oil, melted + 1 tbsp for greasing baking pan
- 1/2 cup raw cacao powder
- 1/2 cup green banana flour (or paleo, tigernut)
- 1 tsp baking powder
- 1/2 tsp Himalayan sea salt
- 1/4 cup currants (or goji berries)
- 1/4 cup cacao nibs
- 1/4 cup almonds, slivered (or chopped walnut, hazelnut, pecan)

Recipe Author: Eleonora Gafton

### METHOD OF PREPARATION

1. Preheat oven to 350°F.
2. Grind flax seed to a fine powder. In a small bowl, combine with water and mix well.
3. In a large bowl, add avocado. Whip until smooth with no lumps.
4. Add the flax "egg," sugar, maple syrup, and coconut oil. Mix well.
5. In a second large bowl, combine cacao powder, flour, baking powder, and salt.
6. Add the dry ingredients to the wet ingredients 1/3 at a time and mix well.
7. Fold in the currants, cacao nibs, and nuts. Set aside.
8. Lightly grease the baking pan with oil. Pour the brownie mixture into the baking pan and spread it evenly.
9. Bake for 25-30 minutes. Test the middle for doneness with a toothpick, it should come out clean.
10. Remove from oven and let sit 10 minutes. Enjoy!

# Recipe for

## HIBISCUS/LEMON BALM COOLER

EQUIPMENT NEEDED medium pot with lid, strainer, pitcher

SERVES 1 qt

ESTIMATED COST \$2.00 COST PER SERVING \$2.00

### INGREDIENTS

- 1 1/2 tbsp hibiscus
- 1 1/2 tsp lemon balm
- 4 cups water, boiling
- Optional sweetener (maple syrup, agave syrup)
- 2 tbsp lime juice
- 4 ea strawberries, sliced, for garnish

Recipe Author: MUIH Nutrition Courses

### METHOD OF PREPARATION

1. In a medium pot, add hibiscus and lemon balm. Pour boiling water over the herbs, cover, and steep for 10 minutes.
2. Strain into a pitcher full of ice, add sweetener and lime juice.
3. Garnish with strawberries and enjoy!