



Recipes from Matt Pennell – Chef

BLUEBERRY GINGER SMASH

9g CHO per portion

1 tbsp lemon juice
1/2 tsp pressed ginger
1 sprig of mint
4 ice cubes
1 cup Blueberry VIVEAU (Viveau is a beverage made in Nova Scotia. It is 30% pressed fruit, ((in this case blueberry)) and 70% natural mineral water.) 9g CHO

DIRECTIONS:

- Muddle 2 mint leaves, lemon juice and ginger together.
- Add ice and stir
- Add Viveau and stir gently.
- Garnish with more mint.

NOTE:

- *Pressed ginger is essentially juiced. You may substitute for pureed if you want. Not everyone has a juicer.*
- *Viveau is available across Canada at Sobeys.*

SPICY SWEET POTATO HUMMUS

109g CHO for total recipe (vegetables for dipping not included)

1 cup cooked mashed sweet potato 58g CHO
1 cup chickpeas drained 46g CHO
1 lemon juiced
2 cloves of garlic minced
2 red Thai chilies seeded and diced
3 tbsp olive oil
3 tbsp tahini 5g CHO
1 tbsp smoked paprika
1/2 tsp cayenne pepper
salt to taste
Your favorite vegetables for dipping.

DIRECTIONS:



- Place all the ingredient in a high-speed blender or food processor except the lemon juice.
- Puree until smooth.
- Add the lemon juice while its on its last few moments of blending.
- season with salt and pepper.

NOTE: *If the mixture is not blending add a little more oil or a few drops of water to help it along)*

CRISPY SKIN CHICKEN BURRITO BOWL (FEEDS 2)

69g CHO for total recipe = **35g CHO per portion**

Avocado cream

9g CHO for total recipe

1/4 cup low fat organic yogurt 4g CHO
1 ripe avocado 5g CHO
1 lime juiced

DIRECTIONS

- puree everything in a high-speed blender.
- Refrigerate until needed.

For the chicken

0g CHO

2 boneless skin on chicken breast
1 tsp paprika
1 tsp black pepper
1 tsp cumin
1 tsp onion powder
1/2 tsp kosher salt
2 tbsp grape seed oil

DIRECTIONS

- Preheat your oven to 375 degrees
- Mix all the spices and salt together.
- Pat the chicken dry.
- Rub the spice blend into the chicken and let sit in the fridge for 15 minutes.
- Heat a pan to medium-high heat.
- Add the oil.
- Sear the chicken skin side down for about 3-4 minutes or until the chicken easily lifts away from the pan and is golden to light brown.



- Flip the chicken and continue searing for another 3-4 minutes.
- Reduce the heat if needed.
- Removed chicken from the pan, place on a baking sheet and bake in the oven for 18-25 minutes or until the chicken has an internal temperature of 155 degrees.
- Remove from the oven and let sit for 10 minutes.
- Do not wash the pan you seared in as you will need it for the rest of the dish.

For the rice

60g CHO for total recipe

- 1 cup of cooked brown jasmine rice 44g CHO
- 1 green onion diced
- 1 clove garlic minced
- 1/2 cup canned black beans – drained 12g CHO
- 1/2 cup cilantro, chopped
- 2 limes juices
- 8 small sized cauliflower florets 4g CHO
- 1 tsp grape seed oil

DIRECTIONS:

- In the same pan you seared the chicken, bring back to medium heat.
- Add the oil and brown the cauliflower.
- Add the garlic, half the green onion and saute for 2 minutes.
- Add the rice and black beans and heat through.
- Deglaze the pan with the lime juice.
- Fold in the cilantro, remaining green onion and mix through.
- Season with salt and pepper.

PLATING

- Divide the rice between 2 serving bowl.
- Slice the chicken and fan over the rice.
- Garnish with Avocado cream, cilantro and serve with your favourite hot sauce.