



## **Firefighter Favorites Recipes**

### **Turkey-Cannellini Bean Chili**

Serves 6

*Ingredients:*

1 cup red onion, chopped

1 poblano pepper, deseeded and chopped (or other mild heat pepper of your choice)

2 garlic cloves, minced

1 ¼ pounds of lean ground turkey

2 tablespoons tomato paste

1 tablespoon of chili powder

1 teaspoon dried oregano

1 teaspoon ground cumin

Salt and pepper

1 can of cannellini beans, rinsed and drained

2 medium tomatoes, diced OR 1 can of diced tomatoes, with liquid

2 cups of low-sodium chicken or vegetable stock/broth OR water

½ cup chopped fresh parsley (and/or cilantro)

6 lime wedges

Cilantro, optional, for garnish

Fresh sliced jalapeño pepper, optional, for garnish

Method:

1. Heat a large saucepan over medium heat; add onion, poblano pepper, garlic, and ground turkey, and cook for 6-8 minutes, stirring frequently to break up turkey into a crumble, and until cooked through.
2. Stir in tomato paste, and caramelize (approximately 2 minutes); add chili powder, oregano, cumin, and season with salt and pepper to taste.
3. Add the beans, diced tomatoes and liquid, and add the stock/broth/water, stirring to fully combine.
4. Bring to a boil, then reduce heat, and simmer 15-20 minutes. Stir in parsley and/or cilantro, taste, and adjust seasoning if necessary. Serve with lime wedges.

**'Fried' Baked Chicken**

Serves 6-8

Ingredients:

4 tablespoons of olive oil

salt and pepper to taste

12 chicken thighs (or drumsticks)

1 cup of oat flour

Smoked paprika to taste

½ teaspoon cumin

3 eggs

½ cup Italian seasoned bread crumbs

½ cup coarsely ground oats

½ cup olive oil

Method:

1. In a pot of boiling salted water with 4 tablespoons of olive oil, blanch the chicken thighs and/or drumsticks for 4-6 minutes; remove, reserve, and pat dry.
2. Preheat oven to 375 F.
3. In a shallow plate or bowl, add the oat flour, smoked paprika, cumin, and season with salt and pepper to taste. In a separate bowl, beat the eggs until frothy; In a third bowl, combine breadcrumbs and coarsely ground oats and mix together.
4. Dredge the chicken, piece by piece, in the oat flour, shaking off the excess; then drag through the egg; then in the breadcrumb/oat mixture, until all pieces are coated.
5. Pour  $\frac{1}{2}$  cup of olive oil into a 9x13 inch baking dish; add the chicken to the dish and sprinkle with paprika to taste.
6. Bake in the preheated oven for 15 minutes, then turn pieces over and bake for another 10-15 minutes. Remove from oven and drain on paper towels.

**Lasagna with Spinach and Mushrooms**

Serves 8-10

Ingredients:

9 pieces of Barilla Whole-Wheat lasagna noodles

2 tablespoons of olive oil

1 cup of onion (red or white), chopped

$\frac{3}{4}$  cup of sliced fresh white button mushrooms

1 clove of garlic, minced

1 pound of ground turkey breast

3 cups of organic tomato sauce

1 tablespoon of chopped fresh parsley

1 tablespoon of chopped fresh basil

$\frac{1}{2}$  teaspoon of dry oregano

Salt and pepper

6 cups chopped fresh spinach

1 $\frac{1}{2}$  cups of ricotta cheese (part-skim)

1 cup Greek yogurt (full fat or 2%)  
2 cups shredded mozzarella cheese (part skim)\  
Olive oil, for the pan

Method:

1. Preheat an oven to 375° F.
2. Cook lasagna noodles in a pot of lightly salted boiling water for approximately 8 minutes, until al dente; drain noodles, rinse with cold water, rub with a touch of olive oil, and reserve.
3. Heat the olive oil in a large sauté pan over medium heat; add the onion, and cook until the onion has softened and begun to caramelize, about 4 minutes. Add mushrooms and garlic, and continue cooking until onions have caramelized and mushrooms have wilted.
4. Add ground turkey, and cook 5 to 7 minutes more, stirring to break up any large pieces of meat.
5. Stir in tomato sauce; add the parsley, basil, oregano, and season with salt and pepper. Simmer for 2-3 minutes, taste and adjust seasoning to taste.
6. Combine spinach, ricotta, and yogurt in a large bowl.
7. To assemble: add a thin layer of the turkey mixture on the bottom of an olive oil-greased 9 x 13- inch baking dish. Arrange 3 noodles lengthwise on the bottom of the dish; spread with 1/3 the ricotta mixture, 1/3 of the turkey mixture, and 1/3 of the mozzarella. Repeat layers, ending with remaining mozzarella.
8. Bake for 25-30 minutes, until cheese has begun to brown. Cool for 10 minutes before serving.

## **Mediterranean Chicken Fajitas**

Serves 6

Ingredients – Salsa:

1 large tomato, chopped into small pieces  
2 scallions, finely chopped  
2 tablespoons of freshly chopped parsley leaves  
1 teaspoon of extra-virgin olive oil  
1/2 garlic clove, grated on micro planer (into paste)

1 lemon, juiced  
Salt and pepper  
Sliced jalapeño pepper, optional

Ingredients – Fajitas:

2-3 tablespoons of olive oil  
2 chicken breasts cut into strips  
½ teaspoon of ground cumin  
½ teaspoon of chili powder  
Salt and pepper  
1 green bell pepper, julienned  
1 red bell pepper, julienned  
1 large onion (red or white), sliced  
1 garlic clove, finely minced  
12 pieces of 6" tortilla breads (flour or corn)  
Fresh avocado slices, for garnish  
Lemon wedges, for garnish

Method:

1. To make the salsa, combine all the ingredients in a bowl, and gently mix to full combine; set aside and allow ingredients to marinate.
2. Bring a large sauté pan to medium-high heat; when hot, add the olive oil.
3. Pat chicken strips dry with paper towels; season lightly cumin, chili powder, salt and pepper; add to the hot pan, browning on all sides.
4. Turn the heat down to medium, add the bell peppers and onion to the pan, allowing them to begin to cook for 3 minutes (and release their water); add the garlic, stir to combine; continue to cook the vegetables until they caramelize, approximately 5 minutes, and cook until the veggies are al dente or to your taste (2-3 more minutes).

5. Serve fajitas mixture on a tortilla, topped with the salsa, and a few slices of avocado, with a lemon wedge on the side.

### **Meat Loaf**

#### *What We Need:*

1 lb. ground turkey

1 lb. ground chicken

¾ cup whole wheat bread crumbs

4 eggs, hard boiled, peeled

1 whole egg, uncooked

2 tomatoes, grated

1 red onion, medium, finely chopped

1 garlic clove, minced

2 tablespoon parsley, finely chopped

1 tablespoon mint, finely chopped

½ cup extra virgin olive oil

Salt and pepper to taste

Extra virgin olive oil, for brushing

#### *What We Do:*

To the bowl with the bread crumbs add the chopped turkey and chicken, onion, garlic, whole egg, 3 tablespoons of extra virgin olive oil, parsley, mint, pepper to taste and salt lightly, and knead the ingredients together to thoroughly combine.

Next, place a sheet of parchment paper on a cutting board or baking tray, and spread the meat mixture out into a rectangular shape.

In the middle of the rectangle of meat, place the hardboiled eggs one after the other to create a line parallel to the length of the rectangle. Using the parchment paper, roll the meat around the eggs to create a loaf, encasing the eggs. Brush your loaf with olive oil, and securely wrap it in the parchment paper. Tie off the two ends with kitchen twine to secure your loaf, and place in a greased baking pan. Bake for approximately 30-35 minutes at 350° F.

Next, remove the baking pan from the oven, unwrap the meat loaf, and return it to the same pan. Add the tomatoes, water, season lightly with salt and with pepper to taste, and continue baking for another 20-25 minutes, basting/brushing the meat loaf with the pan drippings and juices (to keep it moist).

Finally, remove the baking pan from the oven, and allow the meatloaf to rest and cool slightly, to help with slicing and moisture.

When ready, slice, serve with accompanying side salads and enjoy!

### **Burgers with Spinach and Feta** (serves 5)

3 lbs. ground chicken, ground turkey or mix of the two

1 cup of thawed frozen spinach (or 1 cup of fresh steamed or sautéed spinach)

1 egg

½ cup of whole wheat breadcrumbs

Oregano, garlic powder, black pepper and other herbs/spices of choice (no added salt because the Feta cheese is already salted)

1/3 cup of Greek Feta cheese

4 tablespoons of extra virgin olive oil

Crumble the Feta and then thoroughly mix all the ingredients (except the breadcrumbs) together. Add enough breadcrumbs, mixing thoroughly to get the ground meat mixture to the right consistency to make patties. You can add more if the mix is too watery or oily.

Grill, pan-fry or broil on a surface that has been pre-coated with extra virgin olive oil to avoid sticking. Grill the burgers until done on each side turning them carefully. When done, you can optionally sprinkle the patties with fresh chopped parsley and/or chives.

The burgers can be served with mustard, tzatziki, hummus and/or tahini sauces as condiments with some lemon wedges for extra flavor.



### **Grilled Chicken Chops (serves 4)**

Prepare a dry spice rub using oregano, garlic powder, black pepper and other herbs/spices of choice (no added salt). Set aside  $\frac{1}{2}$  of the mixture for later use and  $\frac{1}{2}$  to season the meat.

Prepare marinade/sauce:  $\frac{1}{2}$  cup extra virgin olive oil with  $\frac{1}{2}$  cup fresh lemon juice and mix vigorously. Set aside  $\frac{1}{2}$  of the mix to make the serving sauce.

3 lbs. of fresh chicken pieces, skin on (drumsticks, thighs). Instead, you could use one large whole chicken, cutting the chicken into pieces. Separate each drumstick, thigh, drummette and wing. Then, cut the body into pieces of similar size using a butcher knife or cleaver.

In a large bowl, tray or pan, thoroughly wet all the chicken pieces on all sides using  $\frac{1}{2}$  of the marinade. Then, coat the wet chicken pieces with  $\frac{1}{2}$  of the dry rub in the same bowl, trying to coat them as evenly as possible on all sides. For added flavor, allow the seasoned chicken to marinate for several hours or overnight in the refrigerator, removing about 30-45 minutes before cooking.

Mix the remaining dry rub and marinade together to create the serving sauce.

Grill or broil the chicken pieces over high heat. If grilling, make sure the chicken is high enough over the coals and you turn frequently to avoid flare-ups. Add a dash of salt to both sides of the pieces as they cook. Covering the grill in between turning the pieces will help ensure the chicken gets cooked all the way to the bones. If the chicken is getting too burnt or you are not sure if cooked through, you can microwave the pieces a little to serve them hot and/or ensure thorough cooking.

Serve with the above sauce and optionally with tzatziki sauce on the side.





### **Grilled Salmon** (serves 4)

Prepare a dry spice rub using oregano, garlic powder, parsley, dill and a small amount of Bay Season or similar seafood rub (no more salt as the Bay or seafood rub will have plenty). Set aside  $\frac{1}{2}$  of the mixture for later use and  $\frac{1}{2}$  to season the fish.

Prepare "ladolemono" sauce:  $\frac{1}{4}$  cup extra virgin olive oil with  $\frac{1}{4}$  cup fresh lemon juice and mix vigorously. Add  $\frac{1}{2}$  of the dry rub and mix again thoroughly.

3 lbs of fresh or thawed frozen salmon, arctic char, seatrout or similar fish.

Use a fish grill basket or similar grill tray to hold the fish (see online images: <https://www.bing.com/images/search?q=Fish+Grilling+Basket&FORM=IDMHDL> ). Brush the grill tray very thoroughly with extra virgin olive oil. Place the fish on the tray and brush the fish as well on both sides heavily with extra virgin olive oil. Then, coat the fish evenly on both sides with your dry rub. Close the grill tray.

Grill or broil the fish over high heat. If grilling, make sure the fish is high enough over the coals and you turn frequently to avoid flare-ups. You need to be extra careful for this when the skin side of the fish is down. Covering the grill in between turning will speed the cooking.

Sprinkle the finished plated fish with fresh chopped parsley and/or chives. Serve with fresh lemon wedges and the ladolemono sauce on the side.