

National Institutes of Health-Clinical Center
Science and Engineering Festival Expo 2010
Recipes by Robert Hedetniemi, Certified Executive Chef

Pomegranate and Fig Parfait

INGREDIENTS:

Fresh Black Mission Figs, washed, stems removed
Low Fat Plain Yogurt
Granola, store bought, cereal-type
Pomegranate Arils (seeds)

(over)

AMOUNT:

7 Fig
1 ½ Cup
1 ¼ Cup
4 Tablespoons



Apple Encrusted Autumn Salad

INGREDIENTS:

Pumpkin Seeds, toasted
Mixed Baby Salad Greens, 5 ounce package
Fresh Mini Cucumbers (approximately 3), 1/4 inch bias cut
Yellow, Orange, Red Mini Bell Peppers, (approximately 5), thinly sliced
Fresh Tomatoes, (approximately 3 medium), diced in ½ inch pieces
Cinnamon Apple Chips, Bake Dried, one bag
Chicken Breast, raw
Olive Oil
Avocado, peeled, pitted, sliced into strips

DRESSING:

Garlic infused Olive Oil (store bought)
Apple Cider Vinegar
Salt
Black Pepper
Brown Sugar

(over)

AMOUNT:

4 Tablespoons
4 Cups
2 Cups
2 Cups
3 Cups
2.5 ounces
1 pound
3 Tablespoons
½ Avocado

2 Tablespoons
2 Tablespoons
Dash
Dash
1/8 teaspoon



Vegetable Pasta Sauté

INGREDIENTS:

Roasted Garlic
Dried Whole Wheat Gobetti Pasta, ½ bag
Dried Bay Leaves
Shallots (about 3), peeled, fine diced
Asparagus (about 8), 1-inch bias cut
Scallions (about 5) ½-inch bias cut
Chanterelle Mushrooms (about 12) rough, quarter chop
Sundried Tomatoes, packed in oil, julienne cut
Kalamata Olives, pitted, sliced
Pickled Peppadew Peppers, one 14-ounce jar, drained, sliced
Fresh Basil Leaves, one .75 ounce packet
Baby Spinach, remove roots, keep stems
Fresh Marjoram
Parmigianino Cheese
Black Pepper
Olive Oil

(over)

AMOUNT:

4 Cloves
12 ounces
5 leaves
3 Tablespoons
1 ¼ Cup
¾ Cup
1 ¼ Cup
1/3 Cup
¼ Cup
¾ Cup
¼ Cup
2 Cups
1 Tablespoon
¼ Cup
½ teaspoon
2 Tablespoons





DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
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METHOD OF PREPARATION: Pomegranate and Fig Parfait

- Slice figs in half and then into thin slices.
- Mix figs into plain yogurt, incorporating well.
- Portion ½ cup of fig yogurt into bottom of each parfait cup.
- Layer each parfait with ¼ cup+1 Tbsp of granola.
- Top each layer of granola with ¼ cup of yogurt.
- Garnish each parfait with 1 Tablespoon of pomegranate arils.

Serves 4, 8-ounce portions

Nutrition Information Per Serving: 247 Calories, 5.6g Fat, 43.7g Carbohydrates, 8.6g Protein, 80mg Sodium, 4.5g Fiber



METHOD OF PREPARATION: Apple Encrusted Autumn Salad

- In a small pan, toast pumpkin seeds in a 275 F oven for approximately 5 minutes or until golden brown. Remove from oven and let cool.
- Mix salad greens, cucumbers, peppers and tomatoes together. Divide the salad mix vegetable mix evenly between four large salad bowls.
- Place dried apples in a separate bowl, crush to consistency of bread crumbs, press into both sides of chicken until completely coated.
- Heat olive oil in a large sauté pan, over medium heat. After 2-3 minutes, add apple encrusted chicken, cook covered 4-5 minutes.
- Once browned on bottom, turn and cover and continue to cook 4-5 minutes until an internal temperature of 165 degrees is reached. Set aside.
- For dressing, whisk together apple cider vinegar, garlic infused olive oil, brown sugar, salt and pepper.
- Over each salad pour 1 Tablespoon of apple cider dressing. Divide avocado slices evenly between each salad.
- Slice apple encrusted chicken into ½-inch strips and divide evenly between each salad. Place on top of salad.
- Garnish each salad with 1 Tablespoon of toasted pumpkin seeds.

Serves 4, 2 ½ cup portions

Nutrition Information Per Serving: 399 Calories, 19.3g Fat, 29.5g Carbohydrates, 29.8g Protein, 179mg Sodium, 7.2g Fiber



METHOD OF PREPARATION: Vegetable Pasta Sauté

- In a pot of boiling water, add dried pasta, bay leaves, and cook for approximately 5 minutes or until al dente. Remove bay leaves.
- Chop roasted garlic cloves then using side of knife into cutting board to make a paste.
- In a large, non-stick skillet pan, heat olive oil to medium/high heat.
- Add shallots and garlic paste, mushrooms and asparagus.
- After shallots become translucent, add sundried tomatoes, roasted yellow peppers, scallions and olives. Cook for approximately 4 minutes, gently stirring frequently.
- Add pasta and ¼ cup of water to sauté pan. Continue to sauté for approximately 3 minutes.
- Chiffonade basil by stacking each leaf, rolling together and slicing into thin strips.
- Remove marjoram leaves from stems, chop finely.
- Using a peeler, shave Parmigianino cheese into strands.
- Add fresh marjoram, spinach, basil, black pepper, and half of the cheese. Continue to sauté for 2 minutes.
- Divide pasta evenly between 4 serving bowls and garnish with remaining Parmigianino cheese.

Serves 4, 3 cup portions

Nutrition Information Per Serving: 488 Calories, 13.3g Fat, 82.2g Carbohydrates, 19.7g Protein, 279mg Sodium, 12.6g Fiber

For more information about healthy eating and the NIH Clinical Center, go online:

<http://clinicalcenter.nih.gov/scienceexpo/>