Chef Ryan’s Recipes

Heirloom Tomato Aguachile

This goes nice with BBQ as a side!

- 1 c. heirloom tomatoes
- 1 avocado
- 1 c. cucumber (Persian or Japanese or English are all great choices)
- chopped cilantro, to taste
- lemon or lime to taste (1/2 lime to start)
- salt

Heirloom Tomato Aguachile Directions:

Halve the tomatoes, cube the avocado and chop the cucumbers into bite sized pieces. Chop the cilantro and sprinkle over the tomatoes, avocado and cucumber. Add the lime and add salt to taste to finish.

Baked chips

- 1 package of 6-inch corn tortillas
- Avocado oil (optional)

Baked chips directions:

Tear or cut 6-inch corn tortillas into triangles and bake at 375 for 10-15 minutes until crispy. You can also add a little avocado oil if you want a crispier chip. The chips go well with the heirloom aguachile.
Summer Stuffed Squash and Peppers

- 4 large peppers cut in half
- 1 tbsp. avocado oil
- ½ c. onion
- 1 tbsp. garlic
- 1 tsp vegetable Better than Boullion (there is a low sodium version)
- 1 c. tomatoes
- 1 tsp. oregano
- 1 tsp. dill
- ½ lb. ground lean turkey, lean beef or lean chicken (or you can make these without meat)
- You can also add lentils or beans instead or in addition to ground meat
- 1 tbsp. spices (combination)
- 1 cup shredded cheese Monterey or whatever you prefer (you can try skim mozzarella, but it does not melt as well)

Summer Stuffed Squash and Peppers directions:

- Cut the peppers in half so you have 8 halves.
- Sauté the onions and garlic in the 1 tablespoon of oil. Once translucent add ground meat if you are using it. Once it is cooked add the diced tomatoes and cook down until the liquid is reduced by more than half. Once the stuffing mixture is made fill the peppers with the mixture and add cheese on top to taste if you would like to. You can also add lentils or beans instead of meat to this dish.

Directions if using a zucchini instead of a pepper:

Take a spoon and carve out the seeds and soft part of the zucchini. Save to add to the stuffing mixture and cook when you add the onions and garlic. You can add the stuffing mixture to the inside part of the zucchini. Add some shredded cheese over the top to taste or omit.
Spice mixture

Combine in equal parts and blend in a coffee grinder until a powder. You can use these for about 3 months stored in an airtight container to retain the maximum flavor and aroma.

Cinnamon
Cloves
Star anise
Black pepper
Turmeric
Ginger
Nutmeg
Nutmeg
Cumin
Coriander and cardamom