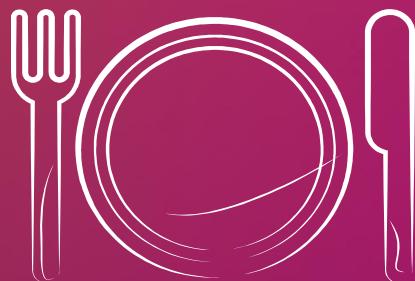


BROCADE®

# Global Healthy Recipe e-Cookbook

## March 2017



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# About the e-Cookbook

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What is your favorite healthy recipe? As a part of WellFit's March Nutrition Month awareness campaign, we invited employees to submit original or original adaptation recipes for the Global Healthy Recipe Challenge.

We're excited to share healthy recipes from our employees around the world. This e-Cookbook features 16 recipes that are delicious and nutritious. Many thanks to each of the contributors!

We encourage you to share the e-Cookbook with colleagues, family members, friends, and others. Keep a copy on your laptop or computer for your reference, especially when you need inspiration on what create and eat throughout the day.

If you've tried a recipe and enjoyed it, send us an email at [WellFit@brocade.com](mailto:WellFit@brocade.com).

Happy eating!



# Crispy Quinoa and Spinach Patties

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**Category:** Appetizer

**Themes:** Comfort Food; Family Friendly; Quick and Easy; Vegetarian

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Total Time:** 1 hour

**Servings:** 3

## Ingredients:

- 1 cup quinoa (cooked)
- 1/2 cup chopped spinach (blanched)
- 1/2 tsp ginger and garlic paste
- 1 tsp cumin powder
- 1 tsp garam masala
- 2 green chillies (chopped)
- 2 tbsp parsley (chopped)
- Black pepper powder (to taste)
- Salt (to taste)
- 3 tbsp whole wheat bread crumbs
- 2 tsp lemon juice
- Canola oil (to pan fry)

## Directions:

1. In a large mouth bowl, add the quinoa, ginger, and garlic paste, cumin powder, garam masala, green chillies, chopped parsley, black pepper powder, bread crumbs, lemon juice, blanched spinach and salt. Mix well.
2. Make round patties with the mixture.
3. In a skillet, heat 1 tbsp oil on medium heat and place the patties.
4. Let it develop a golden color on one side before flipping over and repeat the process for the other side as well.
5. Transfer the patties on a serving plate and serve hot with ketchup, chutney or dipping sauce.

## Notes:

You can also bake patties in an oven. Oil a baking sheet, and arrange the patties with a bit of space between each. Bake for 20 minutes, or until the bottoms are brown. Flip and bake for another 5 minutes.

# Fresh Ginger Chicken

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**Category:** Appetizer

**Theme:** Family Friendly

**Serves:** 4

## Ingredients:

### Main Dish:

- Chicken (500 grams), medium cut pieces
- Onion (1 big size), cut into thin slices
- Ginger (50 grams), cut into thin slices
- Olive oil, for seasoning
- Pepper (1 teaspoon), crushed and powdered
- Potato (2 medium sized), cut into 4 pieces
- Fresh coriander leaves
- Lemon juice (1/4 teaspoon)
- Salt (as per taste)

### Salad:

- Lettuce (1 small bunch), cut into thin long slices
- Baby tomatoes (5 pieces), cut into 4 halves each
- Cucumber (1 piece), cut into thin long slices
- Red Bell pepper (1/2), cut into thin long slices
- Yellow Bell pepper (1/2), cut into thin long slices
- Jalapeno (1 piece), cut into thin slices
- Lemon juice (1/2 teaspoon)
- Apple Cider Vinegar (1 teaspoon)
- And salt to taste

## Directions:

### Main Dish:

1. Heat oil in a saucepan. Add ginger and fry them slightly. Now add onion and fry them until they turn translucent.
2. Add the chicken and potatoes to the fried onion and ginger, and add pepper. Toss them to mix well. Close the pan with a lid and allow it to cook for 20 – 30 minutes. Sprinkle water if required.
3. After the chicken and potatoes are cooked, add the lemon juice and coriander leaves and mix them well. It's now ready to be served hot and fresh.

**Salad:**

1. Mix all the vegetables together in a big bowl and add lemon juice, apple cider vinegar and salt.
2. Toss it once again and it's now ready to be served along with the Ginger Chicken recipe.

**Notes:**

This is a complete healthy dish with the right quantity of ingredients rich in nutrients. Family with adults and children will love the dish. It's great for lunch and supper with some wine or fresh fruit juice. The main dish and salad is rich in carbohydrates, protein, vitamins and minerals. Those who have maintained good health and would like to treat the tummy with cheese, are welcome to add cheese to their salad. Happy eating!!!

# Simple Summer Ceviche

Category: Appetizer

Theme: Quick and Easy

## Ingredients:

- 1 lb of cooked shrimp, diced
- 1 cucumber, diced
- $\frac{1}{2}$  red onion, diced
- 2 roma tomatoes, diced
- 1 avocado, shelled and diced
- $\frac{1}{2}$  bunch of cilantro, diced
- 2 limes, juiced
- Salt and pepper to taste

## Directions:

1. Cook shrimp, remove shells, and tails and dice into small pieces.
2. Dice the cucumber (remove seeds first if the seeds are large), half of a red onion and 2 roma tomatoes.
3. Remove shell from avocado and dice.
4. Cut up the cilantro.
5. Add all ingredients to bowl.
6. Juice 2 limes and pour juice over bowl contents. Mix.
7. Salt and pepper to taste.
8. Serve and enjoy!

# Masala Papad

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**Category:** Salad

**Themes:** Comfort Food; Cooking with Children; Family Friendly; Quick and Easy; Vegan; Vegetarian

**Prep Time:** 5 minutes

**Cooking Time:** 10 minutes

**Ingredients:**

- 1.2 to 3 Black Gram Pulse papads (<https://en.wikipedia.org/wiki/Papadum>)
- 1 medium onion
- 1 medium tomato
- 1 capsicum
- 2 tablespoon chopped coriander leaves
- 1 teaspoon lime juice
- $\frac{1}{2}$  teaspoon red chili powder
- 1 teaspoon roasted cumin powder
- Salt as required
- Olive oil brush the papads before roasting

**Directions:**

1. Take all the ingredients for the masala toppings in a bowl finely chopped onions, tomatoes, capsicum red chili powder, roasted cumin powder, chaat masala powder and salt.
2. Add lime juice and mix well. Check the taste and add salt accordingly.
3. Brush the papads with oil and roast it directly on low flame on both the side. No need to brown the papads.
4. Spread the mixture on the roasted papads.
5. Sprinkle chopped coriander leaves.
6. Serve masala papad immediately.

# Red Kidney Beans and Cucumber Salad

**Category:** Salad

**Themes:** Family Friendly; Quick and Easy; Vegan; Vegetarian

**Ingredients:**

**For the Salad:**

- 1  $\frac{1}{2}$  cups red kidney beans (See the cooking tips given below)
- $\frac{1}{4}$  purple cabbage, small, shredded
- $\frac{1}{4}$  cup sweetcorn
- $\frac{1}{2}$  cup baby spinach
- 1 cucumber, small, peeled, chopped into small pieces
- 1 carrot, medium sized , peeled, chopped into small pieces

**For the Dressing:**

- $\frac{1}{2}$  lemon
- $1\frac{1}{2}$  tsp olive oil
- 1 tsp roasted cumin powder
- Salt to taste
- Black pepper powder to taste

**Directions:**

1. Cook the kidney beans.
2. Tear the spinach leaves into bite-sized pieces.
3. Put the kidney beans, spinach, cabbage, sweet corn, cucumber and carrot. Toss once or twice.
4. In a separate bowl, mix the juice of the lemon, salt, black pepper powder and roasted cumin powder.
5. Pour the dressing over the salad and toss well and serve.



### Cooking Tips:

For dried kidney beans, cook by washing well and soaking overnight. In the morning, drain the water and add the kidney beans along with fresh water into a pot and boil for 10-15 minutes. Then bring to a simmer and let it cook for another 90 minutes. An easy way to check if they are ready is if you press the beans, they should be tender, but not mushy. If the beans are still crunchy, then allow them to cook at a simmer for some more time, checking if they are ready every 10 minutes.

Tinned kidney beans need no preparation.

# Onion and Fennel Soup

**Category:** Soup

**Theme:** Family Friendly

**Servings:** 6

## Ingredients:

- 6 onions
- 660g chicken fillet (if you wish this to be meat free soup, skip adding chicken)
- 210g potatoes
- 300g fennel
- 78g sunflower seeds
- Thyme, rosemary, 6 cubes of low salt vegetable stock, salt and pepper



## Directions:

1. Start by slicing chicken fillets and cutting potatoes in pieces, choose your own size. Put them to simmer for 10 minutes in about 1l of water. Add stock and sunflower seeds.
2. Meanwhile chop onion and sweat on a separate pan, add salt and pepper. Once onion is half soft, add fennel and add all mixture into the pot where chicken and potatoes are simmering. Simmer for longer until fennel is soft. If you wish, more water or seasoning at this point can be added.
3. Add chopped dills and parsley at the end, once served in plates, it is nice with spoonful of yoghurt and slice of favourite bread.

# Vegetarian Tom Kha Soup

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**Category:** Soup

**Themes:** Family Friendly, Quick and Easy, Vegetarian

**Servings:** 4-6

## Ingredients:

- 4 cups vegetable stock
- 1 fresh lemongrass stalk
- 1 handful of button mushrooms (about 6)
- 1 carrot (optional)
- 2 dried red chili peppers
- 3 cloves garlic
- 1 handful of cherry tomatoes
- 1/2 bell pepper
- 2 small stalks of chinese broccoli (optional)
- 8 ounces extra firm tofu
- 1 can coconut milk (14 fl ounces)
- 2 tablespoon soy sauce
- Salt to taste (I used about 1 teaspoon)
- Coriander for garnishing
- Squeeze of lime (optional)
- Chili sauce (optional)

## Directions:

1. Start heating the stock in a medium pot over medium-high heat. Peel a few layers of the lemongrass till you reach the tender pale yellow part. Chop the bottom 2/3rds of the stalk. You want to stop at the woody part. Add the woody part to the stock
2. Mince the chopped lemongrass using a mixer. Add to the stock and boil for about 5 minutes.
3. Slice the mushrooms and the carrot. Mince the garlic or use a garlic press. Add the mushrooms, carrots, garlic and dried red chilis to the stock. Boil for another 5 minutes.
4. Slice the bell pepper. Chop the broccoli and tofu. Add bell pepper, broccoli, tofu and cherry tomatoes to the stock. Simmer for another 5 minutes.
5. Turn the heat to low. Add the coconut milk and soy sauce. Taste the soup and add lime, salt and/or chili sauce based on your preference. Serve hot garnished with coriander.

# Oatmeal

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**Category:** Breakfast

**Theme:** Quick and Easy

## Ingredients:

- $\frac{1}{2}$  cup oats
- 2 spoon curd
- $\frac{1}{2}$  spoon of honey
- A handful of nuts (sliced almonds and walnuts)
- Fruits (sliced strawberry and blueberry)

## Directions:

- 1) Add 1 cup of water with oats. Cooks for 5 minutes.
- 2) Transfer cooked oats into a bowl. Add curd, honey, nuts, and fruits.
- 3) A healthy and delicious oatmeal will be ready in 5 to 10 minutes.

# Paleo Pancakes

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**Category:** Breakfast

**Themes:** Family Friendly; Quick and Easy

**Servings:** 2

**Ingredients:**

- 3 bananas
- 3 eggs
- 1/2 cup nut butter, I prefer almond butter
- 2 teaspoons cinnamon



**Directions:**

1. Preheat a skillet to 350 degrees Fahrenheit.
2. Combine all of your ingredients in your blender, or food processor and mix well until you have a batter.
3. Grease your skillet with coconut oil and pour your batter making 3-4 inch pancakes.
4. Cook 2-3 minutes per side and then flip for 2-3 minutes.
5. Serve topped with some grass-fed butter or topping of your choice.

**Notes:**

These are the closest thing I have ever come to pancakes and they are delicious. They are easy to flip as long as you keep them reasonable size, around 6 inches across.

# Grilled Pork Spring Rolls (Nem Nuong Cuon)

**Category:** Lunch

**Themes:** Comfort Food; Family Friendly; Meat; Quick and Easy

Adapted from The Ravenous Couple

**Ingredients:**

**For Nem Nuong:**

- 2 lbs. ground pork
- 2 heads of garlic (cloves, peeled; use more or less according to taste)
- 1/3 cup sugar
- 1/2 tbs salt
- 1/2 tbs pepper
- 4 tsp or 1 small package of Alsa baking powder (single acting)
- 1/4 cup water
- 1 drop red food coloring or 1 tsp caramel syrup (optional and found in most asian groceries or make your own)

**For Nem Nuong Cuon:**

- 1 package of rice paper wrapper (we love the 3 bamboo brand)
- Fried egg roll wrappers
- Lettuce
- Cucumbers, thinly sliced rectangles (about 1 x 3 inches)
- Pickled carrots and daikon
- Mint (rau thom)
- Chives (rau he)
- Basil (rau que)
- Perilla (tia to)
- Nuoc mam cham



## **For Fried Egg Roll Wrappers**

- 5 square egg roll wrappers, quartered
- 1 bunch of green onion or chives, cut same size as egg roll squares (optional)

### **Directions:**

#### **For Nem Nuong:**

1. Using food processor, process garlic until fine puree. Combine pork, garlic, salt, pepper and sugar in mixing bowl and mix well. In separate bowl, combine baking powder, water, drop of red food coloring or caramel syrup (this adds a very nice color to the pork when grilled) and stir. Mixture will fluff and foam.
2. Fold the baking powder into mixture and allow meat to chill for about 30 minutes to 1 hour or longer--the baking powder adds more firm, bouncier texture. Now you're ready to form the patties. Keep meat mixture in the fridge for a few hours to let it set and easier to handle when forming patties, balls or what I prefer, mini sausages. We find that it's easier to roll in rice paper this way. Keep a bowl of water handy and your hands wet for easy handling.
3. Grill about 4-5 minutes per side. If you plan to grill on an outdoor grill, form patties around the skewer like a kebab.

#### **For Nem Nuong Cuon:**

1. Have all your mis en place of veggies and nem nuong ready.
2. Dip rice paper in luke warm water and place on plate. Wait about 10 seconds or until paper softens to start rolling.
3. First place the lettuce, then cucumber, fried chive roll, and pickled carrots and daikon near the edge of the rice paper closest to you. Roll rice paper over veggies and then fold over each end. Then place some fresh chives and nem nuong and roll tightly. Do not overstuff, you're not making a burrito! Use nuoc mam pha as a dipping sauce.

#### **Fried Egg Roll Wrappers:**

1. Quarter large egg roll wrappers. You can optionally place several chives or green onions onto wrapper, roll once and then fold over ends.
2. Roll tightly and use an egg wash to seal the wrapper. Fry until golden brown, drain and set aside.

# Salmon, Asparagus, and Sweet Potato Frittata

Category: Lunch

Themes: Quick and Easy; Seafood

## Ingredients:

- 500g sweet potatoes
- 6 eggs
- 4 skinless and boneless salmon fillets, cut into small cubes
- 411g can cut green asparagus spears in water, drained and cut into bite-size lengths
- A small handful of fresh chives, finely snipped
- 1 onion, finely chopped
- Salt and freshly ground black pepper
- Low-calorie cooking spray
- 500g green beans, trimmed and steamed, to serve



## Directions:

1. Boil the sweet potatoes for 6-8 minutes, or until just tender, then drain. Meanwhile, lightly beat the eggs and stir in the salmon, asparagus, chives, onion and seasoning, then add the cooked potatoes.
2. Place a large ovenproof frying pan sprayed with low-calorie cooking spray over a low heat. Pour in the egg mixture and cook for 8-10 minutes, or until it is starting to set. Preheat your grill to medium-high.
3. Grill the frittata for 4-5 minutes, or until lightly browned and cooked through. Serve with the green beans.

# Baked Cannelloni

**Category:** Dinner

**Themes:** Family Friendly; Quick and Easy; Vegetarian

## Ingredients:

- 8 cannelloni tubes
- A few basil leaves, torn
- 2 level tbsps grated vegetarian Parmesan style cheese

## For the Filling:

- 225g fresh spinach, washed and trimmed
- 225g fat-free natural cottage cheese
- Freshly grated nutmeg
- 1 egg yolk
- Salt and ground black pepper



## For the Sauce:

- 425ml passata
- 1 garlic clove, crushed
- Salt and ground black pepper

## Directions:

1. To make the filling put the spinach in a saucepan with 2 tablespoons of water. Cover with a lid and cook very gently over a low heat for about 5 minutes, until the leaves are limp and bright green. Drain in a colander, pressing down on top of the spinach with a saucer to squeeze out all the liquid.
2. Chop the spinach and mix with the cottage cheese, nutmeg, egg yolk and seasoning. Spoon the filling into the cannelloni tubes and arrange them in an ovenproof dish.
3. Mix the passata, garlic and seasoning together and pour over the cannelloni. Sprinkle with basil and Parmesan cheese and bake in a preheated oven at 200°C/180°C Fan/Gas Mark 6 for about 20 minutes, until bubbling and golden brown.

# Fast and Easy Pressure Cooker Hawaiian Pulled Pork

**Category:** Dinner

**Themes:** Family Friendly; Meat; Quick and Easy

**Prep Time:** 10 minutes

**Cook Time:** 60 minutes

**Serves:** 4

**Adapted** from Pressure Cooking Today

## Ingredients:

- 1 tablespoon coconut oil
- 2 lbs pork roast
- 1/2 cup water
- 2 tablespoons Wright's Hickory Liquid Smoke
- 2 tablespoons quality soy sauce
- 2 tablespoons dark brown sugar
- 1/2 tablespoon salt

## Directions:

1. Add the oil to the cooking pot. When it's hot, brown the pork on both sides, about 3 minutes per side. Remove to a platter when browned.
2. Prepare a pressure cooker and add the water, liquid smoke, soy sauce and brown sugar to the cooking pot. Add the pork and its juice juices to the pot. Sprinkle the salt over the top of the pork.
3. Select High Pressure and set timer for 60 minutes. When it beeps, use a natural pressure release to release the pressure, for about 20 minutes. When the valve drops, remove the lid carefully.
4. Remove the meat from the pressure cooker and shred with two forks. Pour the cooking juice into a small bowl to be served on the side with the pulled pork for those who want a stronger flavor. Serve both immediately with some steamed rice and vegetables.

# Pasta alla Norma

**Category:** Dinner

**Themes:** Family Friendly; Vegetarian

**Serves:** 4

## Ingredients:

- 680g of spaghetti
- 1 litre of tomato passata
- 3 garlic cloves
- Fresh basil
- 3 medium-sized aubergines
- 80g of salted ricotta (ricotta salata)
- Extra virgin olive oil
- Salt
- Black pepper



## Directions:

1. Cut two aubergines in slices and then the slices in stripes. Cut the third aubergine in small cubes. Brush or spray both slices and cubes with extra-virgin olive oil, add a little salt and put them in separate trays. Cook them in a pre-heat oven at 240 C (Gas 9) for 30 minutes.
2. Turn the slices and stir the cubes half-way through. When ready, sprinkle with black pepper.
3. Put two spoonful of extra-virgin olive oil and the finely chopped garlic in a simmering pan, on a small flame. Wait until the garlic gain a little colour, then add the passata and a pinch of salt. Cover the simmering pan with a lid and leave it for at least 20-25 minutes, stirring occasionally. When ready, add the basil (about a handful of leaves) teared by hand (don't chop them!), add another spoonful of extra virgin olive oil, stir and cover again with a lid.
4. Use a large pot for cooking the spaghetti in salted water. The cooking time is approximately 8-10 minutes, but it depends on the quality of the spaghetti.
5. Grate the salted ricotta.

### **Assembly:**

1. Drain the pasta and add it to the simmering pan, together with half of the salted ricotta and the aubergine cubes. Stir gently and share it between four plates, creating a little mould on each of them.
2. Lay the aubergine slices on the side of each mould, then sprinkle the remaining salted ricotta on their top.
3. Optionally, decorate with basil leaves at the bottom of the mould and a spoonful of tomato sauce at the very top.
4. Serve hot.

# Salmon Delight

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**Category:** Dinner

**Themes:** Quick and Easy; Seafood

## Ingredients:

- Fresh salmon
- Ginger
- Soy sauce
- Olive oil
- Carrots or beets, or both
- Baby spinach (optional)

Highly recommended organic ingredients. You can substitute salmon with another fish.

## Directions:

1. Wash beets or carrots. Cut ends and do not peel. Put in foil and drizzle with organic olive oil. Wrap and bake in oven or toaster oven at 325 degrees Fahrenheit for 45 minutes to 1 hour.
2. Relax, set the table, or make lemon infused water.
3. When beets or carrots are almost done, start to cook salmon.
4. Wash salmon and cut with kitchen scissors into desired size. Lay flat on paper towel to dry. Sprinkle pepper and no salt.
5. Wash and cut ginger with peel to little pieces.
6. Heat pan. Put ginger in pan with oil. Put salmon on top of ginger and skin side up to infuse the taste and smell on ginger on the salmon. Medium-high for 8 minutes or until done.
7. Flip salmon to sear the skin for 5 minutes and drizzle top with little soy sauce (easy on sodium).
8. Remove when done and sauté optional baby spinach in oil and juice of salmon. If not, pour sauce over cooked salmon.
9. Peel cooked beets and slice. No need to peel carrots, and serve with salmon.

# Cereal Trail Mix (Indian)

**Category:** Snack

**Theme:** Vegetarian

## Ingredients:

- 1 cup corn flakes
- 1 cup rice crispy
- 1/4 cup any Chex cereal (rice, corn, wheat)
- Peanuts
- Raisins
- Cashews
- 2 tbs. oil
- 1/4 tsp. turmeric
- Salt to taste
- 1 tsp. sugar
- 1 tsp. amchur powder (dry mango powder)
- 2 to 3 whole dry red chili peppers
- 1 tsp. mustard seeds

## Directions:

1. Mix all cereal in a bowl.
2. In a pan, pour oil, add mustard seeds until they pop. Add cashews, raisins, peanuts to roast in the same oil for 5 to 7 minutes until lightly roasted.
3. Add turmeric, salt, sugar, dry mango powder.
4. Mix all this with cereal.
5. Put the bowl in oven for 10 minutes at low temperature. Mix well again.
6. Ready to eat as a snack.