

Low Phe Egg Bake

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 6, serving size one muffin, 22 mg phe

Ingredients

- 1 1/4 cup (58g) sauteed diced red bell peppers
- 3 TBS (23g) sauteed diced onions
- 1/4 cup (26g) sauteed sliced mushrooms
- 1/4 cup (30g) CBF Cheddar Shreds
- Baking Mixture:
- 2/3 cup (32g) CBF Eggz, loosely packed
- 2/3 cup non-dairy creamer

Directions

- Heat oven to 350 degrees F. Spray 6 regular size muffin cups with cooking spray.
- In a small bowl, stir the veggie mixture ingredients together.
- In another small bowl, stir baking mixture ingredients with whisk or fork until blended.
- Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with the veggie mixture. Spoon remaining baking mixture onto veggie mixture in each muffin cup.
- Bake about 25 minutes or until toothpick inserted in center comes out clean, and tops of muffins are golden brown.
- Cool 5 minutes. With thin knife, loosen sides of muffins from pan, cool 10 minutes longer, and serve alone or with your favorite condiment.

Green Onion Hash Browns

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 6, serving size ¼ c, 49 mg phe

Ingredients

- 2 or 3 large leftover baked potatoes
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 5 scallions, finely chopped, whites and greens
- Salt and pepper or steak seasoning blend

Directions

Scoop cooked potatoes from shells and coarsely chop. Heat a medium nonstick skillet over moderate heat. Add oil and butter to the pan. When butter melts into the oil, add green onions and cook 1 minute. Add potatoes and cook, turning occasionally, until potatoes are crusted and golden and onions begin to brown at edges.

Low Phe Bacon

- Developed by Chef Kevin Brown

Makes 40 slices, serving 2 pieces, 6 mg phe

Ingredients

- One sweet potato sliced lengthwise near paper thin (with peeler or slicer)
 - Longer sweet potatoes work best
- 6T Canola Oil
- 3T Bacon Fat
- Salt and Pepper to taste

Directions

1. Preheat convection oven to 325 degs
2. Preheat ½ sheet pan with oil in oven
3. Place 12 long slices of potato individually onto the preheated sheet pan
4. Bake in oven until golden brown (approx 30 mins total)
5. May need to flip half way thru
6. Remove, place on paper towel and season to taste with S&P
7. Should be crisp and golden colored.

Low Phe Jacked Up Pulled Pork

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves: 4, serving size ¼ c, 31 mg phe

Ingredients

- 1 can green, young jackfruit in water or brine
- 1 small onion, diced
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper
- 1 tablespoon brown sugar
- ½ cup barbeque sauce
- ¼ cup water
- 4 Low-Phe Burger Buns

Instructions

1. Heat olive oil in a large nonstick skillet over medium heat. Add onion and garlic and sauté until tender (5-7 minutes).
2. Drain and rinse the jackfruit in a strainer. Cut the core of the jackfruit (the triangular tip) from the flesh and discard the core.
3. Mix chili powder, cumin, garlic powder, cayenne pepper, and brown sugar together in a medium bowl. Add in the jackfruit flesh and toss to coat.
4. Add seasoned jackfruit to the skillet with the onions and garlic. Sauté for 5 minutes.
5. Whisk the barbeque sauce and water together. Pour into the skillet with the jackfruit. Cover and simmer for 20-25 minutes or until tender.
6. While the jackfruit simmers, toast the buns in a toaster.
7. Remove the lid from the skillet and shred the jackfruit with a fork. Continue to simmer with the lid off for 5-10 minutes or until the barbeque sauce is reduced.

8. NOTE: you can either enjoy the "pulled pork" as is OR spread it on a baking pan and bake it in a 350 degree oven for 20 minutes. Readers have reported that this makes the texture more "pork" like.
9. Fill each of the buns with a mound of jackfruit and top with garnishes of choice (ideas: pickled red onions, cilantro, parsley, etc).

Low Phe Iceberg Wedge Salad with Tangy Dressing

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 6, serving size 1/6 wedge, 26 mg phe

Ingredients

- 1/2 large head iceberg lettuce, cut in ¼'s
- 1 cup shredded carrots
- 1/2 pint cherry or grape tomatoes
- 2 tablespoons white wine vinegar
- 2 teaspoons sugar
- 1 tablespoon tomato paste
- 2 tablespoons chopped fresh tarragon leaves or 2 teaspoons dried
- 1/3 cup extra-virgin olive oil, eyeball it
- Salt and pepper

Directions

Place lettuce on salad plate and top with carrots and cherry tomatoes. In a bowl, combine vinegar and sugar, then whisk in tomato paste. Add tarragon leaves and whisk in oil in a slow, thin stream. Season dressing with salt and pepper, to your taste. Pour dressing over salad and serve. (wedges can be quickly grilled for added flavor)

Low Phe Beef Chimichuri

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 4, serving size 1, 59 mg phe

Ingredients

Chimichurri:

- 6 garlic cloves, peeled and minced
- 2 jalapenos, seeded and minced
- 1/4 cup red wine vinegar
- About 1/2 cup finely chopped fresh flat-leaf parsley
- About 1/2 cup finely chopped fresh oregano leaves
- 3 limes, juiced
- 1 cup extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon whole black peppercorns
- 4 Cambrooke Camburgers
- 4 Cambrooke Buns
- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil
- Lime juice, for drizzling
- Parsley sprigs, for garnish

Directions

Combine the garlic, jalapeno and vinegar in a bowl. Stir in the parsley, oregano, and lime juice. Whisk in the olive oil and season with salt and pepper. Mix well and set aside at room temperature to allow the flavors to marry.

Drizzle camburger with olive oil and place in sauté pan. Cook until browned on both sides. Spoon some chimichurri over the burger, drizzle with lime juice, garnish with parsley, and serve with the remaining sauce at the table. Serve on bun.

Low Phe Fingerling Potato Salad

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 6, serving size ¼ c, 23 mg phe

Ingredients

- 2 pounds fingerling potatoes and purple and red potatoes
- 4 tablespoons cider vinegar
- Salt, to taste
- Pepper, to taste
- 1 cup fresh mixed herbs, coarsely chopped
- 1 1/2 shallots, coarsely chopped
- 1 garlic clove, coarsely chopped
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon grated lemon zest

Directions

Cover potatoes with salted cold water by 1-inch, then simmer until just tender, 10 to 15 minutes. (Potatoes will continue to cook after draining; do not overcook or they will break apart.) Drain potatoes and rinse under cold water until slightly cooled. Halve lengthwise and while still warm gently toss with 1 tablespoon vinegar. Cool potatoes to room temperature, then season with salt and pepper.

While potatoes cook, in a food processor pulse mixed herbs, shallots, garlic until finely chopped. Add oil, zest and remaining 3 tablespoons vinegar in a food processor until finely chopped.

Toss potatoes with herb dressing.

Low Phe Chocolate Brown Bites

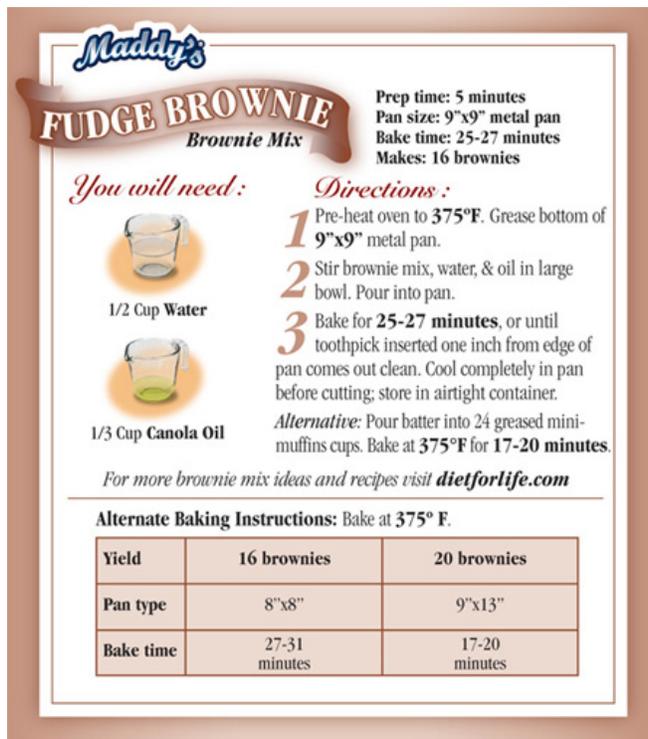
- Developed by Chef Kevin Brown for the 2014 NPKUA Conference

Serves 16, serving size 1 glass, 23 mg phe

Ingredients

- One can of Maddy's Brownies prepared, cut into 16 pieces and cooled
- 1 tub of cool whip non dairy topping
- 1 TBSP coffee syrup (could be prepared espresso reduced into a syrup)
- 1 pkg Vita Bites
- Mint leaves for garnish

Cut prepared brownie squares into smaller chunks. Place a total of 2 brownie squares into a large glass or bowl. Place the coffee syrup into the cool whip and mix well. Top brownies with 3 heaping tablespoons of flavored cool whip. Grate vita bite chocolate on top of cool whip. Garnish with fresh mint leaf. Serve cool.



Maddy's
FUDGE BROWNIE
Brownie Mix

Prep time: 5 minutes
Pan size: 9"x9" metal pan
Bake time: 25-27 minutes
Makes: 16 brownies

You will need:

-  1/2 Cup Water
-  1/3 Cup Canola Oil

Directions:

- 1 Pre-heat oven to **375°F**. Grease bottom of **9"x9"** metal pan.
- 2 Stir brownie mix, water, & oil in large bowl. Pour into pan.
- 3 Bake for **25-27 minutes**, or until toothpick inserted one inch from edge of pan comes out clean. Cool completely in pan before cutting; store in airtight container.

Alternative: Pour batter into 24 greased mini-muffins cups. Bake at **375°F** for **17-20 minutes**.

For more brownie mix ideas and recipes visit dietforlife.com

Alternate Baking Instructions: Bake at **375° F**.

Yield	16 brownies	20 brownies
Pan type	8"x8"	9"x13"
Bake time	27-31 minutes	17-20 minutes

Low Phe Fruit Tart

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Servings per Recipe: 12, serving size 1 piece, 15 mg phe

Ingredients

1 Full Can	<i>Maddy's Homestyle Sugar Cookie Mix</i>
8 Tablespoons	margarine, dairy free, unsalted
1/4 cup	water
1/2 cup	Cool Whip® Original
1 pudding cup (3 1/2 oz)	Hunt's® Snack Pack® Lemon Pudding
1/2 cup	fresh blueberries
1/2 cup	fresh strawberries, sliced thin
1/2 cup	mandarin oranges, canned in light syrup, drained
1 medium	kiwi, peeled, sliced and halved

Method of Preparation:

1. Preheat oven to 375°F.
2. Line bottom of 9' round baking dish with parchment paper.
3. Prepare *Maddy's Homestyle Sugar Cookie Mix* as directed on can. Initially dough will look dry, continue to mix until smooth ball of dough forms.
4. Press dough into bottom of baking dish. Use spatula or spoon to flatten evenly.
5. Bake 20-25 minutes or until lightly browned on top.
6. Allow cookie crust to cool to room temperature.
7. In large bowl, fold Cool Whip® into lemon pudding.
8. Spread pudding mixture evenly over cooled cookie crust.
9. Arrange fruit on top.

Low Phe Lemon Bars

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 9, serving size 1 piece, 8 mg phe

Ingredients:

1 full can	<i>Maddy's Homestyle Yellow Cake Mix</i>
5 tablespoons	margarine
2 tablespoons + 1 teaspoon	freshly grated lemon peel, divided
1 1/2 teaspoons	egg replacer, powdered
1/4 cup	Lemonade
1/2 cup	powdered sugar
1 1/2 tablespoons	lemon juice

Method of Preparation:

1. Preheat oven to 350°F.
2. In large bowl, add *Maddy's Homestyle Yellow Cake Mix*, margarine, 2 tablespoons grated lemon peel, egg replacer and lemonade. Beat with electric mixer on low speed until crumbly.
3. Increase mixer to medium speed until dough forms.
4. Press dough into lightly greased 9" x 9" baking pan.
5. Bake 18 – 23 minutes or until edges are lightly browned. Cool 10 minutes.
6. In small bowl, stir together powdered sugar and lemon juice to make glaze.
7. Spoon glaze over warm bars; spread to edges of pan. Cool completely, about 50 minutes.
8. Garnish with remaining lemon peel, cut into 9 bars.
9. Store loosely covered.

Low Phe Mixed Green Salad with Citrus Vinaigrette

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 4, serving size ¼ cup, 5 mg phe

Ingredients

- 2 lemons
- 1/2 navel orange or 1 small orange
- 1 shallot
- 1 1/2 cups pure olive oil
- 1 teaspoon gray salt
- 1/2 teaspoon freshly ground pepper
- 8 cups mixed young green lettuces

Directions

Juice the lemons, orange, and shallot in a juice extractor. Put the juices in a bowl and whisk in the olive oil in a slow stream to form an emulsion. Season with the salt and pepper. Taste and adjust the seasoning. Whisk again, cover, and refrigerate for up to 3 days. You should have about 2 cups.

Just before serving, place the greens in a salad bowl, add about 1/2 cup vinaigrette, and toss well. Add more to taste and adjust the seasoning.

Variation for Blender: Use 3 lemons, 2 small oranges, 1 shallot, 1 teaspoon gray salt, 1/2 teaspoon pepper, and 1 1/2 cups pure olive oil. Cut off and discard the stem ends of 2 lemons and 1 orange. Cut into quarters, cut out the core, and remove seed. Place in a blender. Squeeze the juice from the remaining lemon and orange; add to the blender with the shallot, salt, and pepper. Pulse and then blend the fruit until as smooth as possible. With the machine running, add the olive oil in a thin, steady stream. The vinaigrette will be thick like a mayonnaise. If it is too thick, with the machine still on, thin with a little hot water. Taste for seasoning. Cover and refrigerate for up to 3 days. If the vinaigrette separates, return it to the blender and blend until smooth again. Makes about 3 cups.

Low Phe Penne Salad with Sundried Tomato and Olive

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 6, serving size ½ cup, 24 mg phe

Ingredients

- Kosher salt
- 12 ounces Low Protein penne pasta
- 1/4 cup mayonnaise
- ¼ c olive oil blend
- 1/4 cup whole milk
- 1/4 cup white vinegar, plus more if needed
- Freshly ground pepper
- 1/2c chopped black olives
- 1/2c sundried tomatoes softened and chopped
- 24 fresh basil leaves, thinly sliced

Directions

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain and rinse under cold water until no longer hot; set aside.

Make the dressing: Mix the mayonnaise, milk, oil, vinegar, 1/2 teaspoon salt, pepper to taste.

In a large bowl, combine the pasta, dressing, and tomatoes. Taste for seasoning, adding more salt and pepper if needed, and even an extra teaspoon or 2 of vinegar, if necessary. Stir in the basil at the end. Refrigerate for a couple of hours before serving.

Low Phe Cheddar Cheese and Red Onion Marmalade on Ciabatta

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Makes 32, serving size 1 sandwich, 22 mg phe

Ingredients

- One pkg. of Cambrooke Cheddar Singles
- 32 Dr. Schar's Ciabatta Rolls
- 32 slices of Tomato
- 32 slices Lettuce
- 2c red onion jam

Red Onion Marmalade

- 2 medium red onions, chopped into 1/4-inch dice
- 2 cups Lambrusco wine, or other light bodied fruity red wine
- 1 cup orange juice
- 2 tablespoons sugar

Directions

Preheat grill or broiler.

To prepare red onion marmalade:

Place chopped red onions, Lambrusco, orange juice and sugar in a saucepan and place over medium high heat. Bring to a boil, lower heat to medium and reduce until thick like marmalade, about 30 minutes. Remove from heat and allow to cool. Yield: 1 cup

Grill bread slices until golden brown and remove to serving platter. Place cheese, lettuce and tomato on bread. Drop 1 tablespoon of red onion marmalade on each sandwich and serve immediately.

Low Phe Salad with Maple Vinaigrette

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 30, serving size ¼ cup, 5 mg phe

Ingredients

- 2 pounds carrots
- 2 pounds snow peas
- 1 pound roasted peppers
- 1 pound spring salad mix

Maple Vinaigrette:

- 9 ounces old-fashioned mustard
- 38 1/2 ounces maple syrup
- 19 ounces cider vinegar
- 1 1/2 ounces sea salt
- 29 ounces sunflower seed oil

Directions

Peel carrots and cut into sticks 4 inches by 1/2-inch. Cook snow peas and carrots for 1 minute in the steamer and cool in cold water. Cut the roasted peppers into slivers. Mix together vegetables with Maple Vinaigrette and place on top of salad greens.

Mix together mustard, maple syrup, vinegar, and salt, process in blender. To emulsify, add oil in a fine stream while continuing to process in the blender.

Grilled and Chilled Veggie Wrap

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 4, serving size 1 sandwich, 40 mg phe

Ingredients

- 1 medium sweet potato, peeled and diced (about 3/4 pound)
- 2 teaspoons olive oil
- 1 teaspoon curry powder, plus 1 teaspoon
- Coarse grained salt
- 1 (15-ounce) can peeled plum tomatoes
- 1 cup carrots, julienne or shredded
- 1/2 teaspoon red pepper flakes
- 5 ounces washed baby lettuce leaves
- 4 Cambrooke Tortillas (warmed)
- 1/2 cup loosely packed cilantro leaves
- 1/2 cup plain Vegan Mayo
- Lime wedges, for garnish

Directions

Preheat oven to 400 degrees F.

Place sweet potatoes, olive oil, 1 teaspoon curry powder, and a dash of salt in a plastic bag. Shake until well coated. Spread on a cookie sheet. Bake, until golden and cooked through, stirring once at the halfway point, 18 to 20 minutes.

While the sweet potatoes are cooking, combine tomatoes, carrots, red pepper flakes, and remaining curry powder in a medium saucepot. Bring to a boil and immediately reduce to a simmer. Add cooked sweet potatoes. Divide among the tortillas, top each sandwich with 1/4 of the cilantro leaves, 1/4 lettuce and 1/4 of the mayo. Serve with lime wedges.

Low Phe Spring Rolls

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serving Size 1 roll, 11 mg phe

Ingredients

- Rice paper
- Bowl of warm water
- Sprouts
- Julienned carrots
- Julienned Napa cabbage
- Julienned red peppers
- Asian chili-lime dipping sauce

ASIAN CHILI-LIME DIPPING SAUCE:

- 4 tablespoons cup lime juice
- 4 tablespoons rice vinegar
- 4 tablespoons water
- 2 tablespoons sugar
- 1 teaspoon red chilies
- 1 scallion, finely chopped
- 1 teaspoon sesame oil

Directions

Dip rice paper into warm water to soften. Lay out on a damp towel. Arrange a few sprouts, carrots, cabbage, red peppers on the lower bottom of the rice paper. Fold right and left sides over filling and roll up tightly. Place seam side down on serving platter.

ASIAN CHILI-LIME DIPPING SAUCE:

In a bowl combine all of the ingredients. Let stand at room temperature before serving or store in the refrigerator. Yield: 1/2 cup dipping sauce

Low Phe Tomato Soup with Crouton

- Developed by Chef Kevin Brown for the NPKUA 2014 Conference

Serves 4, serving size ½ c, 34 mg phe

Ingredients

- 1 (28-ounce) can whole tomatoes, in juice
- 1 rib celery, roughly chopped
- 1 cup Cambrooke Chicken Consommé
- Kosher salt and freshly ground black pepper
- 1 tablespoon pure maple syrup
- 1 to 2 teaspoons fresh lemon juice
- 1/4c non dairy creamer (coffee mate original)

Directions

Puree the tomatoes, celery and broth in a blender until smooth. Season, to taste, with salt and pepper. Season with lemon juice and maple syrup. Stir in creamer.

Heat until warmed thru. Do not boil. Serve.

Low Phe Crouton

Serves 16

Ingredients

- One bag of Dr Schar's Crostini
- One cup of Cambrooke Shredded Mozzarella Cheese

Directions

Place crostini on sheet pan and place on tablespoon of cheese on each crostini. Place in salamander or broiler very quickly to warm.