



Fig



CABARRUS
HEALTH
ALLIANCE

Curried Pineapple & Dried Fig Salsa

Ingredients:

Figs, dried
Curry
powder
Crushed
red pepper
Water
Pineapple
Coconut

Cooking Directions:

1. Combine **1 cup** dried figs, **1 teaspoon** curry powder, crushed red pepper to taste to a medium saucepan with **1 1/4 cup** water. Bring to boil and then cover and cook until figs are softened and plumped (15 minutes). Use a slotted spoon to remove figs from water and cut into quarters when cooled. Place into bowl.
2. Dice **one** pineapple and add to the remaining water from figs. Simmer over medium heat until liquid is reduced and pineapple coated (5 minutes). Add the pineapple to the figs.
3. Sprinkle **3 tablespoons** of unsweetened coconut chips or shavings on top.

How to serve:

- Serve hot or cold
- As a salsa to any protein, salad, or grain



Garlic



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Jerk Seasoning Paste

Ingredients:

Garlic
Scallions
Thyme
Chile
Ginger
White vinegar
Water
Brown sugar
Allspice
Nutmeg

Cooking Directions:

1. Combine **4** garlic cloves, **4** scallions (white and tender green), **1 tablespoon** fresh thyme leaves, **1** Scotch bonnet or habanero chile (seeded), **1 inch** fresh ginger, **2 tablespoons** distilled white vinegar, **1 tablespoon** water, **1 tablespoon** firmly packed brown sugar, **1/2 teaspoon** allspice, and **1/4 teaspoon** nutmeg into a blender or food processor and pulse until into a fine paste. Makes approximately 2/3 cup.

How to serve:

- A few tablespoons goes a long way
- Flavor chicken, steak, shrimp, fish, or pork



Hearts of Palm



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Green Salad with Tropical Fruit

Ingredients:

Hearts of palm
Grapefruit
Banana
Lettuce
Lime
Olive oil
Mint
Ground pepper

Cooking Directions:

1. To prepare dressing, whisk **1/4 cup** olive oil, **2** freshly squeezed limes, **2 tablespoons** chopped fresh mint, and ground pepper to taste. Set aside.
2. To prepare salad, slice **2 firm** bananas, **14-ounce can** (rinsed, drained) or frozen package (thawed) of hearts of palm, and **1 large** sliced grapefruit and combine into a bowl.
3. Toss with dressing.
4. Arrange **1 large** head of lettuce leaves (torn) over plate and serve salad on top.

How to use:

- Can buy fresh, frozen, or canned
- Recipe as a side salad

Use HEARTS OF PALM in salads, dips, grilled



Mango



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Sticky Jerk Chicken with Mango Slaw

Ingredients:

Mango
Red pepper
Onion
Red cabbage
Lime
Chicken
Honey
Jerk seasoning
paste

Cooking Directions:

1. Grill 4 protein of choice or shred a rotisserie chicken. Either marinate the protein in jerk seasoning paste prior to grilling or brush on top afterwards before serving.
2. In a medium bowl, slice and chop 1 red cabbage, juice 2 limes, peel and slice 1 mango, thinly slice 1 red pepper and 1 onion of choice, and drizzle 2 tablespoons of honey on top. Mix.

How to serve:

- Serve chicken (or pork, fish) over the slaw with the jerk seasoning paste over protein



Sweet Potato



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Caribbean Sweet Potatoes

Ingredients:

Sweet
potatoes
Sweet onion
Pineapple
Balsamic
vinegar
Olive oil
Black pepper
Rosemary

Cooking Directions:

1. Peel and dice 4 cups of sweet potatoes.
2. Thinly slice 1 sweet onion.
3. Core and dice 1 medium pineapple.
4. Align steps 1-3 in a shallow roasting pan.
5. Drizzle 1/4 cup olive oil and 1/4 cup balsamic vinegar over medley.
6. Sprinkle with 1 teaspoon rosemary and 1 teaspoon black pepper.
7. Roast at 425 degrees for 40-50 minutes or until potatoes start to brown. Turn occasionally.