

LOW PROTEIN RECIPES

2021 COOKING SERIES
FROM CHEF KEVIN BROWN



*Hunter's
Grant*



SMOKED SWEET SMOKY YAMS

Serves 6

Serving size: 1/2 yam (sliced)

Estimated 3 grams protein per serving

(disclaimer: protein content is estimated)

INGREDIENTS

- 3 pounds yams (about 2-3 yams)
- 1/2 cup maple syrup
- 2 tablespoons Apple Pie Spice
- 2 tablespoons Honey Rib Rub
- salt and pepper to taste

DIRECTIONS

1. Pre-heat grill to 400°F. Spray sheet pan with cooking spray.
2. Peel and quarter the yams (like french fries) and place in a large mixing bowl.
3. Season with maple syrup, Honey Rib Rub, and Apple Pie Spice.
4. Mix until yams are evenly coated.
5. Cook on a prepared sheet pan for 40-45 minutes until golden brown.

**SCAN AND COOK BURGERS AND
YAMS ALONG WITH CHEF KEVIN!**



<https://tinyurl.com/burgerandyams>



GRILLED PORTOBELLO & PEACH BURGERS

Makes 6 burgers
Estimated 3 grams protein per burger
(disclaimer: protein content is estimated)

INGREDIENTS

Burgers:

- 6 portobello mushrooms caps
- 6 peaches
- 6 butter lettuce cups
- 5 small Roma tomatoes, sliced
- 5 small green onions, sliced
- olive oil
- salt & pepper
- optional: red onions, sliced

Marinade:

- 4 tbsp olive oil
- 1 fresh rosemary sprig
- 1 tbsp fresh thyme
- 2 garlic cloves
- 1/2 lemon
- salt & pepper

Guacamole:

- 4 avocados
- 5 small Roma tomatoes
- 1 garlic clove
- 1/4 cup parsley
- 1/2 lemon
- 1 tbsp olive oil

DIRECTIONS

Making the marinade:

1. Roll lemon on side to soften. Cut in half. Squeeze lemon juice through a strainer into a small bowl.
2. Add chopped rosemary sprig and chopped thyme.
3. Add salt and pepper to taste.
4. Gently pour and whisk in olive oil into a small bowl.
5. Add garlic. Stir to mix thoroughly.

Making the guacamole:

1. Chop avocados, tomatoes and parsley roughly.
2. Add them to a small bowl with mashed garlic.
3. Squeeze lemon juice through a strainer and mash everything with a fork. It's okay if it stays a little chunky.

Preparation:

1. Clean the mushroom caps by carefully cutting off stem and gills with a paring knife. Pat dry.
2. Cut the peaches in halves and remove the pits.
3. Pour marinade over mushroom caps and peaches and marinate for about 30 minutes.
4. While waiting, cut tomatoes and red onions into slices. Separate lettuce cups. Chop green onions.
5. When the grill is ready, grill the portobello and peaches for about 3-4 minutes on each side.

Assembly:

1. Lay out one lettuce cup on each plate.
2. Place a mushroom in each cup.
3. Place a slice of tomato and onion on each mushroom.
4. Put a dollop of guacamole on each burger. Garnish with green onions.
5. Top each burger with a lettuce cup for a top.
6. Serve with grilled peaches and smoky yams on the side.

MISO ROASTED ROOT VEGETABLES

Serves 8
Serving size: 1/2 cup
Estimated 2 grams protein per serving
(disclaimer: protein content is estimated)

INGREDIENTS

- 1 pound carrots (~3-4), scrubbed and cut into large chunks
- 8 medium beets (or 6 large), peeled and cut into 1/8"-1/4" thick wedges
- 1 large red onion, peeled and cut into wedges
- 3 tablespoon olive oil
- 1 tablespoon BBQ rub powder
- 2 tablespoons Chinese five-spice powder
- 3 tablespoons butter
- 2 cloves garlic, sliced
- 1 tablespoon miso paste
- 2 tablespoons mirin
- 1 tablespoon maple syrup
- 1/4 teaspoon cinnamon
- 1 green onion, chopped

DIRECTIONS

1. Preheat grill to 450°F.
2. Add oil to pan. Arrange veggies on hot sheet pan.
3. Combine the 5 spice powder and BBQ rub. Sprinkle onto cooking vegetables.
4. Roast the veggies in the grill lid down, for 30-40 minutes, flipping midway, until crisp on the outside.
5. In the final 10 minutes of roasting time, make the glaze. Melt the butter in a saucepan over medium heat.
6. Add the garlic and cook for 3 minutes. Whisk in the miso paste, mirin, maple syrup, and cinnamon.
7. Bring to a simmer and cook for 2 minutes.
8. Pour over the vegetables, toss, and arrange on a platter.
9. Garnish with green onions if desired.

You may serve over Loprofin rice as an entrée or mix with Loprofin Penne to make a pasta salad.

COOK ALONG WITH CHEF KEVIN!



<https://tinyurl.com/misoveg>

LOPROFIN RECIPES

SCAN ME



tortillas

banana
bread

pretzels

...and more!



PICKLED CURRY CARROT & CAULIFLOWER

Serves 12
Serving size: 1/2 cup serving
Estimated protein per serving: 1 gram
(disclaimer: protein content is estimated)

INGREDIENTS

- 1 1/2 cups white vinegar
- 1 cup apple cider vinegar
- 1 cup white sugar
- 1 tablespoon yellow mustard seeds
- 1 tablespoon curry powder
- 1 tablespoon kosher salt
- 1/2 teaspoon whole black peppercorns
- 1 head cauliflower, cut into small florets
- 3 medium carrots, cut into small bite-sized pieces (like french fries)

**COOK ALONG WITH
CHEF KEVIN!**



<https://tinyurl.com/pickleandgrill>

DIRECTIONS

1. Bring the vinegar, sugar, mustard seeds, curry powder, salt, and peppercorns to a boil in a large stockpot.
2. Add the cauliflower and carrots and allow the liquid to return to a boil. Turn the heat down to medium-low. Cover and simmer until the vegetables are tender-crisp (about 2-3 minutes).
3. Use a slotted spoon to transfer the vegetables into three pint-sized canning jars.
4. Using a wide funnel, ladle the hot brine over the top of the vegetables, leaving about 1/4-inch of head space.
5. Place the lids on top of the jars and fasten the rings to finger-tightness.
6. Refrigerator overnight before using. Use within three weeks.



GRILLED STONE FRUIT SALAD

Serves 12
Serving size: 1/2 cup
Estimated 1gm protein per serving
(disclaimer: protein content is estimated)

INGREDIENTS

- 6 tablespoons lemon juice, divided
- 3 tablespoons butter, melted
- 1 tablespoon minced fresh mint
- 2 peeled peaches, pitted and halved
- 3 medium plums, pitted and halved
- 4 apricots, pitted and halved
- 1/2 fresh pineapple
- 1/4 cup extra virgin olive oil
- 2 tablespoons honey
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground allspice
- 4 ounces fresh baby arugula
- Daiya Mozzarella cheese (as desired)

DIRECTIONS

1. In a large shallow bowl, whisk together 3 tablespoons lemon juice, melted butter and mint. Add fruit. Marinate 30 minutes, turning once. Drain, reserving marinade.
2. Grill fruit, covered, on a greased grill rack over medium-high direct heat 4-6 minutes. Turn and brush with reserved marinade. Grill, uncovered, brushing again, until fruit is tender but not mushy, 4-6 more minutes. Remove from heat. Cool 5-10 minutes. When cool enough to handle, cut fruit into quarters.
3. While waiting for fruit to cool, whisk together olive oil, honey, kosher salt, allspice and remaining lemon juice. Drizzle half the dressing over arugula, tossing until well coated. Place arugula on a large serving platter.
4. Add grilled fruit. Drizzle with remaining dressing. Sprinkle with Daiya cheese.

