

## Recipes from the Nutrition and Dietetics, MS Program

### Coconut- Lime Berbere Spiced Chicken

Serves 4 - Time 45 minutes

#### Ingredients

1lb. skinless, boneless chicken thighs  
1 teaspoon kosher salt  
1 tablespoon plus ½ teaspoon Berbere Spice Blend  
2 teaspoons ghee or butter  
Juice from 1 lime  
2 teaspoon tomato paste  
1/4 cup chicken broth  
1/3 cup coconut milk  
1 tablespoon chopped cilantro

#### Instructions

1. Season both sides of chicken breast with salt and 1 tablespoon of Berbere Spice blend
2. Melt the ghee or butter in a skillet over medium high heat, add the chicken thighs and brown for 2 minutes per side. Transfer chicken to plate
3. IN the same pan add the chicken broth, lime juice, tomato paste, and coconut milk. Stir to deglaze. Add the remaining ½ teaspoon berbere spice and a 1/8 teaspoon salt (if needed) Bring to a simmer while gently stirring.
4. Return chicken to the skillet reduce heat to medium low. Cook until chicken is cooked through and sauce starts to reduce, 4- 5 minutes, basting chicken with pan juices as it cooks. Temperature of chicken should reach 165 degrees.
5. Serve immediately and garnish with cilantro

## West African Style Rice and Bean

**Serves 4- 6**

This one pot plant forward staple found across West Africa (and regional variations)

This version layers aromatics, tomato and warming spices for depth

### Ingredients

2 cups canned drained Black Beans or Kidney Beans  
1 cup long grain rice, rinsed  
1 small onion, diced  
2 cloves garlic, minced  
1 inch piece of fresh ginger grated  
1 bell pepper, diced  
1 cup crushed tomatoes (or 2 fresh tomatoes, chopped)  
2 tablespoon tomato paste  
2 cups low sodium vegetable broth (or water)  
1 teaspoon dried thyme  
1 teaspoon smoked paprika  
½ - 1 teaspoon curry powder  
½ teaspoon ground cumin (optional)  
1 bay leaf  
Salt and Pepper to taste  
1 cup chopped spinach

### Instructions

1. Drain beans and rinse. Set aside
2. Heat oil in heavy pot over medium heat. Sauté onion 3-4 minutes. Add garlic and ginger, cook for 30 seconds.
3. Stir in bell pepper, tomato paste, crushed tomatoes, thyme, paprika, curry powder, cumin, bay leaf. Simmer for 5 minutes to deepen the flavor
4. Stir in cooked rice and cooked beans. Add broth (about 2 cups liquid total) add slowly in case you do not need it all.
5. Bring to a boil and then simmer for 3- 4 minutes so that the beans are heated through.
6. Take off heat and add in the chopped fresh spinach.

# Avocado Raspberry Mousse

Serves 6

## Ingredients

2 medium very ripe avocado  
10 tablespoons unsweetened cocoa powder  
1 teaspoon cinnamon  
2 teaspoon vanilla extract  
4 tablespoons honey  
Pinch of salt  
10 Tablespoons coconut milk  
2 cup fresh raspberries  
Mint for garnish

## Instructions

1. Blend the first 7 ingredients together until smooth and creamy.
2. Chill and serve with optional raspberries and mint