

Berea College's New President: Dr. Cheryl Nixon

AUGUST 2024

Kentucky Monthly

with Kentucky Explorer

Hands-On Education and Fun at the

KENTUCKY CHILDREN'S GARDEN

Reviving
Downtown
Cave City

Non-Traditional
Students

Louisville's
Cuban
Immigrants

DISPLAY UNTIL 9/10/2024
\$4.99



0 71896495090 8
www.kent...

cooking

Recipes and images courtesy of Terri
Paige, Medical Transformation Center,
medicaltransformationcenter.com.



Luscious Lunches



Terri Paige, co-founder with her husband, **Dr. Carl Paige**, and CEO of Medical Transformation Center in Louisville, knows a thing or two about packing nutritious school lunches for kids. As a mother of eight, she's assembled her share of meals that appeal to children and are packed with healthy ingredients. She graciously shared with *Kentucky Monthly* a few of her creations that are sure to be a hit with adults as well as kids.

Protein-Packed Tri-Pepper Cheesy Pasta Salad

- 1 pound Banza chickpea rotini pasta
- 2 cups red, yellow and orange bell peppers, *diced*
- ¼ cup olive oil
- 3 cloves garlic, *crushed*
- 2 cups vegetable broth
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 large handfuls arugula
- 8 ounces soft goat cheese

1. Cook pasta until al dente, rinse with cold water, and set aside in a bowl.
2. Sauté peppers in olive oil over medium heat until softened. Stir in crushed garlic and cook until fragrant.
3. Add broth, salt and pepper, and warm through. Stir in arugula until slightly wilted.
4. Pour vegetable mixture over pasta. Add ¾ of goat cheese into mixture and incorporate until melted.
5. Chill pasta salad. Serve topped with remaining goat cheese and salt and pepper to taste.



Quick Chicken Salad

- 2 pounds Boar's Head rotisserie chicken lunch meat, ½ inch thick, *cut into cubes*
 - 1 medium organic shallot, *peeled and diced*
 - 1 pint organic grape tomatoes, *halved*
 - 1 box organic fresh basil leaves, *chopped*
 - ½ pound cubed Manchego cheese
 - ½ cup olive oil
 - ½ cup balsamic vinegar
 - Kosher salt
 - Black pepper
 - Organic red leaf or Bibb lettuce
1. Mix first five ingredients in a large bowl. Add olive oil and balsamic vinegar. Add salt and pepper to taste.
 2. Mix well and serve over lettuce.



Paleo Chocolate Chip Cookies

- 1½ cups almond flour, *spooned and leveled*
- 3 tablespoons coconut flour, *spooned and leveled*
- ¾ teaspoon baking soda
- Pinch of salt
- 2 tablespoons melted coconut oil (*make sure it isn't hot!*)
- 3 tablespoons almond butter (*or your favorite nut butter*)
- ¼ cup plus 2 tablespoons pure maple syrup
- Splash pure vanilla extract
- About ½ cup vegan dark chocolate chips (*I used Enjoy Life brand*)
- Coarse salt to top, *optional*

1. Preheat the oven to 350 degrees.
2. Add almond flour, coconut flour, baking soda and salt to a large bowl and whisk to combine. Be sure to remove any large almond flour lumps.
3. In a small bowl, add melted coconut oil, almond butter, maple syrup and vanilla, and mix to combine.
4. Add wet ingredients to dry ingredients and mix. When mixture is almost combined, add chocolate chips. The batter will be stiff.

Double Chocolate Protein Bites

- ⅓ cup Arbonne chocolate protein powder
- ¼ cup almond flour
- ½ cup gluten-free oats
- 1 tablespoon cocoa powder
- ¼ cup Enjoy Life mini chocolate chips
- Pinch of salt
- ¼ cup sunflower butter
- 1 tablespoon honey
- Scant ¼ cup unsweetened almond milk

1. In a large bowl, mix together chocolate protein powder, almond flour, oats, cocoa powder, chocolate chips and salt.
2. Stir in sunflower butter and honey.
3. When fully mixed, slowly stir in unsweetened almond milk, using just enough for mixture to form a ball.
4. Roll mixture into balls, chill, and place on a cookie sheet. Makes about 18 balls.

5. Measure 2 tablespoons of dough and shape into a thick, flat circle. These cookies won't spread, so be sure to shape them how you want them to look when they have been baked. Place cookies on a baking sheet and place the sheet in the freezer for 10 minutes.
6. Remove sheet from freezer and bake for 11 minutes until slightly golden brown. Sprinkle with coarse salt if desired.
7. Allow cookies to cool for 5 minutes on the baking sheet, then carefully move them to a cooling rack to cool completely. Store at room temperature.