

Chef Chino's Mashed Cauliflower

Simple and Tasty!



Ingredients:

2 heads	cauliflower
1/2 cup	butter
1/2 cup	milk
1 cup	parmesan cheese
	salt & pepper to Taste

Directions:

1. Rinse cauliflower and cut into big florets.
2. Steam cauliflower until tender, about 20 minutes. (microwaving the cauliflower will work as well – Time Saver!)
3. Once done, place cauliflower in a mixing bowl and add butter, milk, and cheese then mash all ingredients well.
4. Add salt and pepper to taste and Enjoy!

Chef Chino's Roasted Vegetable Blend

Another great notion from Chef Chino

Ingredients:

	Vegetables of choice, rinsed
1/2 cup	Any type of oil, olive oil or vegetable oil will work fresh garlic, optional (garlic powder works too) red pepper flakes for spice, optional salt & pepper to taste



Directions:

Preheat oven to 350 degrees.

1. Take vegetables and cut into desired sizes – cubes, diced, etc.
2. Place cut vegetables in a mixing bowl and add oil to veggies along with salt and pepper and garlic, if using.
3. Toss and coat evenly. Place veggies on sheet tray and roast in oven for about 30 minutes.
4. Remove from oven, serve and Enjoy!

Chef Chino's Apple & Pear Salad

Enjoy this tasty treat!



Ingredients:

4	Apples, sliced or diced
2	Pears, sliced or diced
2 Tablespoons	Oil
½ cup	Walnuts - roasted
1	Red onion
½ cup	Feta cheese
	Mixed greens of choice (spring mix, spinach, arugula, etc.)
	Salt & pepper to taste

Directions:

1. Preheat oven to 400 degrees
2. Take walnuts and place on a cookie sheet. Roast for about ten minutes.
Once done, pull and cool
3. Take apples and pears and cut to your liking, sliced or diced into cubes. Set aside.
4. Clean and peel onions and slice thinly after they are cut in half.
5. Mix onions, apples and pears with dressing in a small bowl. (recipe below)
6. Place mixed greens in a large mixing bowl. Take the dressing and apple, pear and onion mix and toss with greens.
7. Plate salad and garnish with feta cheese and walnuts.
8. Enjoy!

Chef Chino's Dressing

Another great notion from Chef Chino

Ingredients:

3 Tablespoons	Red wine vinegar
2 Teaspoons	Dijon mustard
2 Teaspoons	Honey
½ Cup	Olive oil
	Salt & pepper to taste

Directions:

5. Using food processor or hand blender, mix first three ingredients together until smooth, then add oil until mixed thoroughly
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