



By: FineMark's Executive Chef, Lauren Simon

## ALL OAT FRUIT AND NUT BREAKFAST COOKIES

### Ingredients

- 16 ounces old-fashioned rolled oats
- 1 teaspoon ground cinnamon
- Pinch salt
- 10 ounces unsalted butter, room temperature
- 6 ounces dark brown sugar
- 3 ½ ounces granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup chopped dried figs
- ½ cup chopped dried mango
- 1 cup chopped walnuts

### Directions

1. Preheat the oven to 375 degrees F.
2. Spread oats into a single layer on a half sheet pan. Bake until lightly toasted, about 20 minutes. Cool the oats for 2 to 3 minutes on the pan.
3. Grind 8 ounces of toasted oats in a food processor until the consistency of whole wheat flour, about 3 minutes. Add the baking powder, cinnamon and salt to the food processor and pulse 2 to 3 times to combine. Set aside.
4. Combine the butter and sugars in the bowl of a stand mixer and mix on medium speed using the paddle attachment until light in color, about 3 minutes. Stop once to scrape down the sides of the bowl. Reduce the mixer speed to the lowest speed and add the egg and vanilla extract. Mix to combine. Slowly add the flour mixture until just combined. Stop once to scrape down the sides of the bowl. Add the remaining toasted oats, dried fruit and walnuts. Stir to combine.
5. Scoop the dough with a 1 ½-ounce disher onto parchment-lined half sheet pans, leaving 2 inches between each mound. Bake until the cookies begin to brown around the edges, 12 to 14 minutes. Rotate the pan halfway through cooking. Cool on the pans for 2 minutes, and then move to a cooling rack to cool completely.



# HEALTHY

*New Year Recipes*

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## CURRIED QUINOA BOWL (PART I)

### Ingredients

- 2 Tablespoons coconut oil
- 2 Tablespoons curry powder
- 1 teaspoon fennel seeds
- 1 pinch red chili flakes
- ½ Tablespoon cumin
- ½ large yellow onion
- 2 Tablespoons fresh grated ginger
- 2 cloves garlic, chopped
- 2 cups cooked quinoa
- 2 scallions, sliced
- ¼ cup fresh cilantro, chopped
- ½ cup bell pepper, chopped (any color)
- Vinaigrette to coat

### Directions

In a small sauté pan, melt coconut oil over medium heat and add fennel, curry powder, chili flakes and cumin and toast until fragrant. If this spice paste gets too thick you can add a little more coconut oil. Add onion, ginger and garlic and turn heat to low and cook until soft. Season with salt and pepper and let cool.

In a wide mouth bowl, combine quinoa, scallions, cilantro and bell pepper and add the onion mixture once cooled. Toss with vinaigrette.

### Mango Chutney Vinaigrette

- ¼ cup Major Grey's Mango Chutney (mango jam will work too)
- 2 Tablespoons white balsamic vinegar (or apple cider vinegar)
- Salt and Pepper
- 2 Tablespoons fresh cilantro, chopped
- ½ cup olive oil

In a blender or with a stick blender, combine chutney, vinegar and cilantro and season with salt and pepper. Slowly drizzle in olive oil until emulsified.

### Cilantro Chili Pickled Green Beans

- 1 pound fresh green beans
- ¼ cup fresh cilantro leaves
- 1 pinch red chili flakes
- ¼ cup sugar
- 2 Tablespoons salt
- ¼ cup white balsamic vinegar (or apple cider vinegar)

Slice green beans in half and place in a large bowl. Toss with sugar, salt, cilantro, and chili flakes until the sugar dissolves. Add vinegar and toss to coat. Let marinade for two hours or overnight in the fridge.



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### **CURRIED QUINOA BOWL (PART II)**

#### **Roasted Sweet Potato**

- 1 large sweet potato, sliced into rounds (skin on)
- 2 Tablespoons olive oil
- Salt and pepper

Preheat a sheet pan in the oven to 450 F. Toss sweet potato with olive salt and pepper and lay slices evenly on the hot sheet pan and roast until just beginning to brown on the top, about 8 minutes.

#### **Hummus**

- 1 can chickpeas, drained
- ¼ cup tahini
- 1 lemon, juiced
- Salt and pepper
- Pinch cumin
- ¼ cup-1/2 cup olive oil
- Splash of water if needed

In a food processor combine chickpeas, tahini, lemon juice, salt, pepper, and cumin. With the processor running, drizzle in olive oil until smooth. Add water to make creamier if needed.

#### **Red Cabbage Slaw**

- 2 cups sliced red cabbage
- 2 Tablespoon mascarpone cheese
- ¼ cup heavy cream
- 2 scallions, sliced
- 2 Tablespoon fresh cilantro, chopped

In a large bowl, whisk together the mascarpone with the heavy cream until it is a mayonnaise consistency. Add in scallions and cilantro and season with salt and pepper. Toss with red cabbage until well coated.

#### **For the completed bowl:**

Place the quinoa, slaw and green beans in three quarters of the bowl and lay the roasted (cooled) sweet potato over arugula or watercress. Top with Kalamata olives, fresh pomegranate and toasted pistachios.



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## **GUACAMOLE**

### **Ingredients**

- 2 ripe avocados
- 2 limes
- 2 cloves garlic, minced (or more if you like it really garlicky)
- 1 jalapeno, minced

### **Directions**

Scoop out the flesh of the avocado and smash into a wide mouthed bowl until smooth-ish. Whisk in the lime juice and then add the garlic and jalapeno. Season with salt and pepper. Add a little water to make it saucier.



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## **PARMESAN ROASTED ASPARAGUS**

### **Ingredients**

- 1 bunch asparagus, bottoms trimmed off
- Drizzle of olive oil
- ¼ - ½ cup grated parmesan (finely grated powdered parmesan works best)
- Salt and pepper

### **Directions**

Preheat oven to 425 degrees. Place a sheet pan in the oven to heat up while prepping the asparagus. Toss asparagus with olive oil, cheese, salt and pepper. Toss onto the hot sheet pan and roast until they begin to brown and the tips get crispy.



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## **WHITE BEAN SOUP WITH LEMON, ARTICHOKES AND FRESH TARRAGON**

### **Ingredients**

- ½ sweet onion, sliced
- 2 Tablespoons butter
- 2 cans cannellini beans, drained and rinsed
- ¼ cup white wine
- 4 cups chicken stock
- 2 Tablespoons fresh tarragon, chopped
- 1 can artichokes, drained and quartered
- 1 lemon, just the zest
- Salt and pepper

### **Directions**

Heat a sauce pan over medium heat and melt butter. Sauté onion until slightly browned and season with salt and pepper. Add in beans and stir to combine. Add in wine and reduce by half. Add in chicken stock and bring to a boil and then reduce the heat to low and simmer for about 20 minutes. Puree the soup in batches in a blender or with a hand blender. Add in tarragon and artichokes and bring back to a simmer. Add lemon zest just before serving.



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### **ZUCCHINI CORN RELISH**

#### **Ingredients**

- 1 large zucchini
- 1 cup corn kernel (fresh or frozen)
- 1 can black beans (rinsed and drained)
- ¼ cup finely chopped red onion
- ¼ cup finely chopped red bell pepper
- Olive oil
- Salt and pepper

#### **Directions**

Preheat oven to 450 F. Slice zucchini lengthwise and then cut into ¼ in pieces. Toss zucchini with corn, bean, red onion and bell pepper. Coat with olive oil and season to taste with salt and pepper. Place in an even layer on a baking sheet and roast for 5-7 minutes or until the zucchini is tender.