

Medwell Kitchen Recipes



Join us each week and cook with us in our Medwell Kitchen through Cooking Demos featured with a live chat option, so that we can help solve problems you may be facing in your kitchen!

Starters, Sides, and Complements

White Beans

** Gluten-Free*

The great thing about white beans is that they are such a versatile food. The ratios in this recipe are to taste. So have fun experimenting with the art of cooking. The white wine vinegar in this recipe is a key ingredient to really make the dish pop!

You'll Need

- Can of white beans
- Extra Virgin Olive Oil (EVOO)
- White wine vinegar
- Chicken Broth
- Salt and Pepper
- Oregano (optional)
- Cumin (optional)
- Tomato



Directions

- Drain beans and add to pot. Add EVOO and about 1/2 as much white wine vinegar. Add chicken broth, salt, pepper, oregano, and cumin. Stir beans.
- Dice the tomato and add to bean mixture. Turn stove onto medium and let cook with a lid on it.

Play With Your Food

- Add a different vegetable
- Change up the spices

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Main Course

Salmon Patties

Quick to make, very nutritious and quite delicious! That pretty much sums up these salmon patties. Try experimenting with making a sauce to complement these or incorporate in different herbs and spices. This is a great dish to make with leftover fresh, cooked salmon too. This recipe is designed to taste so add amounts to meet your liking.

You'll Need

- 14.5 ounce Can of Salmon
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Oregano
- Cayenne
- 1 egg
- Lemon Slice



Directions

- Drain salmon. Flip can over into bowl and lift can. Remove skin and bones from salmon.
- Add egg. Add EVOO (approximately ½ to 1 tablespoon) and about 1/2 as much white wine vinegar. Add oregano, cayenne, salt and pepper. Mix together.
- Take mixture and form "hockey puck" sized patties and place on paper towel. If patty falls apart, squeeze excess water out of it and form patty again. Place a paper towel over the patties and pat them dry.
- Add EVOO to frying pan, just enough to coat the bottom and turn the stove to Medium/Medium high. Let the pan heat up.
- Once the pan has heated, add patties. Turn them once the bottoms have browned. Cook until both sides browned.
- Squeeze a lemon slice on patties once they are finished.

Play With Your Food

- Add breadcrumbs
- Change up the spices

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Starters, Sides, and Complements

Couscous with Vegetables

Couscous is used all over the world from Morocco, to Libya, to France and Syria. And now it can also be used in your kitchen! It works as a great meal base and can be used as a substitute for rice or pasta.

You'll Need

- 1/3 cup couscous
- 2/3 cup chicken broth
- Bell Pepper
- Salt and pepper
- 1 tablespoon butter

Directions

- Prepare couscous: Boil chicken broth. Once boiling, add couscous. Cover with a lid. Turn stove off.
- While couscous is preparing, chop bell pepper.
- Add salt, pepper, butter, and diced bell pepper to cooked couscous.



Play with Your Food

- Choose whole wheat couscous.
- Switch up the vegetables.
- Leave the butter out.
- Use vegetable broth and olive oil instead of butter and make it a vegan dish

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Starters, Sides, and Complements

Cuban Inspired Rice and Beans

**Vegetarian*

What happens when black beans and rice come together? A complete protein is formed. It's almost as if beans and rice were made for each other. Topping the beans with vitamin C sources like lime and onion help in extracting the iron out of the beans.

You'll Need for the Beans:

- 1 can black beans
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper
- Chili powder (to your liking)
- Cumin (to your liking)
- Cayenne (optional)

You'll Need for the Rice:

- $\frac{3}{4}$ cup short grain rice
- 1 Tablespoon butter
- 1 cinnamon stick
- Salt

You'll Need to Plate:

- Diced Onion
- Fresh Lime



Directions

For the Rice:

- Place rice in a saucepan that can be covered.
- Now add 1 cup of water to the rice
- Add in one cinnamon stick and a couple pinches of salt.
- Cover and bring to a boil. Once water starts boiling switch heat to low and allow it to cook for 15 minutes.
- When finished, open lid fluff with a fork.

For the Beans:

- Drain black beans and place in a saucepan.
- Add approximately $\frac{1}{2}$ to 1 tablespoon of olive oil and $\frac{1}{2}$ to 1 tablespoon of balsamic vinegar to the black beans.
- Now add salt, pepper, chili powder (approximately a $\frac{3}{4}$ teaspoon), and cumin (approximately $\frac{1}{2}$ teaspoon) to your liking. You may also want to add a pinch of cayenne.
- Heat on medium-low heat to heat through.

Plate:

- Plate rice and then place black beans on top of rice.
- Top beans with diced onion and squeeze fresh lime over combination.

Play with your Food

- Make this rice with other dishes and infuse with flavors of choice. Leave out the cinnamon and add garlic, ginger, rosemary, etc.

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Main Course

Sesame Chicken

**Gluten-Free*

Open sesame! This chicken dish is so easy to make and the sesame seeds take it to the next level. Instead of using salt the recipe calls for soy sauce so experiment with using this flavor.

You'll Need

- One large chicken breast or two smaller ones
- At least 1 ½ tablespoons sesame seeds
- Olive oil
- Soy sauce
- Fresh Lime



Directions

- Cut chicken into approximately 1/8 to ¼ inch strips
- Then heat about 1 tablespoon of olive oil in a skillet.
- Once the oil is heated, add around 1 tablespoon of soy sauce.
- Then add in the chicken. Let cook for a minute or so and then sprinkle the chicken with sesame seeds. Then cook for another couple minutes and flip chicken and sprinkle the other side of the chicken with sesame seeds. Brown on both sides.
- Then allow chicken to cook through. Test this by cutting open the chicken and making sure the chicken is thoroughly cooked.
- Squeeze fresh lime juice over chicken.

Play with Your Food

- Try to use black sesame seeds
- Incorporate a pinch of cayenne

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