

Date: 9/18/2016
Time: 2:07 PM

Chef Tee

Asian Noodles Veggie Medley

Optimum Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 48 ounces

Portion 6 ounces

Num Portions 8

Prep

Cook

Finish

Shelf

Ingredients

2	cups	ribboned zucchini
1/4	cup	finely sliced red cabbage
1	ea	finely sliced carrot
1/4	cup	chopped finely fresh mint
1/4	cup	chopped finely fresh cilantro
2	tablespoons	soaked & dehydrated sesame seeds

Combine all ingredients except cilantro and sesame seeds in large mixing bowl. Mix well, combine with accompanying sauce, per menu build and portion onto plate in 6 oz portion sizes. Garnish with cilantro and sesame seeds.

Date: 9/18/2016

Time: 2:08 PM

Chef Tee

Babaganush

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 1.88

lbs

Prep 3 days

Portion 3

ounces

Cook

Num Portions 10

Finish

Shelf

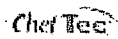
Ingredients

5	cups	peeled eggplant chopped
3	cloves	peeled garlic minced
1/2	cup	sauerkraut juice
1	tsp	ground cumin
1	cup	Seedcheese
1	ea	avocado
2	ea	Juiced lemon

Dice peeled eggplant. Blend garlic, cumin, and sauerkraut juice and pour over diced eggplant. Cover with water and let marinate for 3 days in walk in cooler with lid, stirring once a day. Strain with fine mesh strainer just before serving. Transfer to blender and add avocado and lemon juice, blend to desired consistency. Transfer to bowl. Portion into portion bowls. Garnish with chopped parsley and dash of paprika.

Date: 9/18/2016

Time: 2:13 PM



Braucamole

Optimun Health Institute

OHI-AUS

Categories Dinner, Lunch

Tools 6 qt cambro w/lid, Bowls, mixing med-2, Cutting Board, Food Processor, Knife, Measuring Cups, Measuring Spoons

Locations

Plate

Yield	20	ounces	Prep	30 minutes
Portion	4	ounces	Cook	
Num Portions	5		Finish	
			Shelf	3 days

Ingredients

2	ea	broccoli
1/4	cup	green onion
1	cup	firm tomato
2	ea	avocado
1	cup	red bell pepper
1/2	bunch	fresh cilantro
1	ea	Juiced lemon

Chop all ingredients except seed cheese in food processor. Transfer to mixing bowl and stir in seed cheese. Portion over bed of greens.

Optional: 1 t cumin, clove garlic

Date: 9/18/2016

Time: 2:13 PM

Chef Tec

Cauliflower Curry Rice

Optimun Health Institute

OHI-AUS

Categories Dinner, Lunch

Tools 6 qt cambro w/lid, Cutting Board, Food Processor, Knife, Measuring Spoons

Locations

Plate

Yield 45 ounces

Portion 3 ounces

Num Portions 15

Prep 15 minutes

Cook

Finish

Shelf 2 - 3 hours

Ingredients

1	ea	cauliflower
1 1/2	tablespoons	curry powder
1	tbl	ground ginger
1	ea	Juiced lime

Pulse cauliflower in food processor until it reaches the consistency of rice. Transfer to mixing bowl and stir in spices and lime, mixing well. Portion directly onto plate. Garnish with chopped red bell peppers/cilantro if desired.

Date: 9/18/2016

Time: 2:14 PM

Chef Tec

Cauliflower Spanish Rice

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 45

ounces

Prep

Portion 3

ounces

Cook

Num Portions 15

Finish

Shelf

Ingredients

1	ea	cauliflower
1	tbl	ground cumin
2	cups	diced firm tomato
1	ea	diced fresh cilantro
1/2	tsp	garlic powder
1/4	tsp	onion powder
1	ea	Juiced lemon

Pulse cauliflower in food processor until it reaches the consistency of rice. Transfer to mixing bowl and stir in spices and lemon, mixing well. Portion directly onto plate.

Date: 9/18/2016

Time: 2:15 PM

Chef Tec

Cauliflower Taboulie

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 30

ounces

Prep 30 minutes

Portion 4

ounces

Cook

Num Portions 7.5

Finish

Shelf 3 days

Ingredients

1	bunch	chopped finely curly parsley
2	cups	cauliflower
1	cup	diced cucumber
1	cup	diced firm tomato
4	tablespoons	Juiced lemon
1	tbl	chopped finely fresh mint
1/2	tsp	garlic powder

Pulse cauliflower in food processor until it reaches the consistency of rice. Transfer to mixing bowl and combine with all other ingredients. Toss to mix well. Portion directly onto plate.

Date: 9/18/2016

Time: 2:15 PM

Chef Tec

Cole Slaw

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 20 ounces

Portion 3 ounces

Num Portions 6.67

Prep

Cook

Finish

Shelf

Ingredients

16 ounces Jewel Salad

4 fl ounces Dressing - Spicy Cilantro

Combine vegetables from jewel salad and chop finely. Combine with dressing and mix well until all vegetables are coated in dressing.

Date: 9/18/2016

Time: 2:16 PM

Chef Tec

Cucumber Dill Salad

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 80

ounces

Prep

Portion 4

ounces

Cook

Num Portions 20

Finish

Shelf

Ingredients

10	cups	peeled & sliced thin cucumber
1	cup	sliced thin yellow onion
2	sprigs	chopped fresh dill
8	ounces	Dressing - Cucumber Dill
1	ea	Juiced lime

Combine sliced vegetables and fresh dill in a mixing bowl and toss with dressing, ensuring all vegetables are well coated. Serve over bed of greens.

Date: 9/18/2016

Time: 2:27 PM

Chef Tec

Dim Sum

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 36

ounces

Prep 1 hour

Portion 4.5

ounces

Cook

Num Portions 8

Finish

Shelf 2 - 3 hours

Ingredients

1	lb	long strips zucchini
1	cup	Seedcheese
1/4	tsp	dried basil
1/4	tsp	dried celery
1/4	tsp	garlic powder
1/4	tsp	dried dill

Peel zucchini and slice into long thin strips using mandolin. In a separate bowl combine seed cheese and all spices. Place dollop of spiced seed cheese at one end, roll zucchini around seed cheese and secure with toothpick. Serve 3 pieces per serving. Portion size is for 3 pieces.

Date: 9/18/2016

Time: 2:52 PM

Chet's

Falafel

Optimum Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 20 ounces

Portion 3 ounces

Num Portions 6.67

Prep

Cook

Finish

Shelf

Ingredients

1 1/2	cups	soaked sunflower, hulled seeds
1/4	cup	soaked sesame seeds
1	cup	sprouted lentil seeds
1 1/2	teaspoons	tumeric
1	tbl	ground cumin
0.1	tsp	cayenne
1/4	cup	minced fresh cilantro
1/4	cup	minced parsley
1	clove	finely chopped garlic
0.2	ea	yellow onion
1/2	tsp	flakes dulse
1	tbl	ground chia seeds
2	tablespoons	soaked & dehydrated sesame seeds
1/2	cup	water

Blend all into slightly chunky paste. Shape into small round patties. Place on mesh dehydrator and dehydrate for six hours. Each guests receives 2 patties (portion size = two-1.5 oz portions).

Cumin can be subbed for mexican seasoning

Date: 9/18/2016

Time: 2:53 PM

Chef Tec

Gorilla Burgers

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 36

ounces

Prep

Cook

Portion 3

ounces

Finish

Num Portions 12

Shelf

Ingredients

2	cups	soaked and dehydrated pumpkin seeds rinsed
3/4	cup	ground chia seeds
6	ea	chopped carrot
3/4	cup	chopped yellow onion
2	cloves	garlic
1	tbl	onion powder
1/4	tsp	chipotle
1	tbl	tomato powder
1	tbl	flakes dulse

Blend all ingredients in food processor. Add small amount of water if needed for texture. Portion onto dehydrator trays in 3 oz portions and flatten/shape into patties. Dehydrate over mesh screen (not teflex) for 2 hours. Serve with sliced tomatoes, onion, and drizzle of ketchup.

Date: 9/18/2016

Time: 2:56 PM

Chef Tec

Green "Caesar" Salad

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 80 ounces

Portion 6 ounces

Num Portions 13.33

Prep 1 hour

Cook

Finish

Shelf 2 - 3 hours

Ingredients

2	ea	chopped romaine lettuce
2	cups	quartered cherry tomato
3	ea	diced avocado
2	ea	diced cucumber
8	fl ounces	Seedcheese
1	tbl	dulse flakes
1/4	cup	soaked & dehydrated sesame seeds (rawmesan)

Combine all ingredients in large mixing bowl and toss well. Mix directly before meal service and not sooner so that greens stay crunchy and do not wilt.

Date: 9/18/2016

Time: 2:58 PM

Chef Tec

Kale Salad

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 66 ounces

Portion 6 ounces

Num Portions 11

Prep 30 minutes

Cook

Finish

Shelf 2 - 3 hours

Ingredients

3	ea	chopped kale
2	cups	soaked sesame seeds
3	cups	red bell pepper
1/4	tsp	cayenne
3	tablespoons	flakes dulse
3	ea	Juiced lemon

Blend red peppers, cayenne, dulse, lemons, and half of the sesame seeds in vitamix. Pour dressing over kale pieces and massage for several minutes to soften kale. Add in remaining whole sesame seeds. Toss all ingredients and mix well. Serve chilled.

Date: 9/18/2016

Time: 2:59 PM

Chef Tec

Lasagna

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 10

ea

Prep

Portion 4

ounces

Cook

Num Portions 10

Finish

Shelf

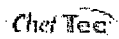
Ingredients

5	cups	thinly sliced zucchini
1	cup	Seedcheese
2	cups	thinly sliced firm tomato
1	sprig	fresh basil
1	tbl	pizza seasoning
1	cup	baby spinach
16	ounces	Sauce - Pizza Sauce

Peel zucchini and then use mandolin to thinly slice zucchini into strips. Combine seed cheese with pizza seasonings, mix well and set aside. Make pizza sauce and warm on cook top for apex 1 hour at 105. Layer each lasagna piece with 1 strip of zucchini, 1 tbl seed cheese spread evenly, 1 sliced tomato, 1-2 leaves of basil, 1 additional layer of seed cheese and another strip of zucchini. Dehydrate slices for 1 hour to wilt. Cover with plenty of pizza sauce and serve. Garnish with gomashio.

Date: 9/18/2016

Time: 2:59 PM



Lentil Cauliflower Curry Salad

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 0

Portion

Num Portions 0

Prep

Cook

Finish

Shelf

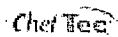
Ingredients

1	ea	chopped cauliflower
1	cup	sprouted lentil seeds
1/2	cup	diced red bell pepper
1	tbl	diced fresh cilantro
1	No Unit	grated fresh ginger
1	tsp	curry powder
1/2	ea	chopped green onion
2	ea	Juiced lime

Combine all and toss well, serve with crackers over bed of greens

Date: 9/18/2016

Time: 3:00 PM

Chef Tec

No Bean Hummus

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield	40	ounces	Prep	30 minutes
Portion	3	ounces	Cook	
Num Portions	13.33		Finish	
			Shelf	3 days

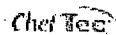
Ingredients

3	cups	peeled zucchini
2	cloves	garlic
1	tbl	ground cumin
1 1/2	ea	avocado
1/2	tsp	paprika
2	ea	Juiced lemon

Place all ingredients in vitamix canister and blend until smooth. Portion into cups, garnish with paprika and serve.

Date: 9/18/2016

Time: 3:02 PM



Nori Rolls

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield	32	ounces	Prep	1 hour
Portion	2	ounces	Cook	
Num Portions	16		Finish	
			Shelf	

Ingredients

1	ea	carrot grated
1	rib	celery diced
1	ea	cucumber diced
1	cup	red bell pepper diced
1	ea	avocado
1/4	cup	Seedcheese
5	ea	nori seaweed
1	tsp	ground ginger
1/4	tsp	cayenne

Chop all Vegetables and combine in mixing bowl with spices (this will be the filling). Onto each nori sheet, spread approximately 1 T seed cheese and 2 T vegetable mix. Roll, slice into 1 inch rolls, and serve chilled.

Date: 9/18/2016

Time: 3:03 PM

Chef Tec

Pesto Alfredo Pasta & Sauce

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 80

ounces

Prep 1 hour

Portion 5

ounces

Cook

Num Portions 16

Finish

Shelf 2 - 3 hours

Ingredients

32 ounces

Sauce - Pesto Alfredo

3 lbs

peeled zucchini

1/2 ea

quartered cherry tomato

1 sprig

thinly sliced fresh basil

Spiralize the peeled zucchini. Toss with Alfredo Sauce. Serve with garnish of quartered tomatoes and sliced basil.

Date: 9/18/2016

Time: 3:03 PM

Chef Tec

Pizza Veggies

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 30 ounces

Portion 2 ounces

Num Portions 15

Prep

Cook

Finish

Shelf

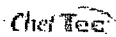
Ingredients

1	cup	diced zucchini
1	cup	diced red bell pepper
1/2	cup	diced yellow onion
3	tablespoons	pizza seasoning
1	cup	food processed cauliflower
1/2	cup	diced celery

Combine all diced vegetables except cauliflower and toss well with seasoning. Portion onto pizza crust on top of sauce sauce no more than 15 minutes before serving in order to preserve freshness of crust. Sprinkle crumbled cauliflower on top and serve.

Date: 9/18/2016

Time: 3:17 PM



Quinoa Salad

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 60

ounces

Prep

Portion 5

ounces

Cook

Num Portions 12

Finish

Shelf

Ingredients

3	cups	sprouted quinoa seeds
1/2	cup	diced green onion
2	cups	diced red bell pepper
1	cup	chopped fresh cilantro
2	cups	diced firm tomato
1	tsp	ground cinnamon
1	tsp	curry powder
2	ea	Juiced lemon
2	ea	diced avocado

Mix all ingredients well and serve 3 oz portions over bed of greens.

Date: 9/18/2016

Time: 3:18 PM

Chef Tec

Refried Beans

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield	1	qt	Prep
Portion	3.2	ounces	Cook
Num Portions	10		Finish
			Shelf

Ingredients

1	ea	red bell pepper
4	tablespoons	tomato powder
2	cups	soaked sunflower, hulled seeds
1	cup	chopped yellow onion
1	bunch	fresh cilantro
1/4	tsp	chili powder
3/4	tsp	ground cumin
1	clove	garlic
2	ea	Juiced lemon

Combine all ingredients in food processor and mix until mostly smooth texture is achieved. Portion as directed.

Date: 9/19/2016

Time: 10:14 AM



Stir Fry Cabbage

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 4

quarts

Prep

Portion 3

ounces

Cook

Num Portions 8.5

Finish

Shelf

Ingredients

4	cups	shredded green cabbage
1	ea	shredded carrot
1	ea	julienned red bell pepper
1 1/2	cups	Dressing - Spicy Cilantro
2	ea	diced avocado

In large mixing bowl, toss shredded Vegetables with dressing. Portion onto plate and top with diced avocado.

Date: 9/19/2016
Time: 10:15 AM



Stuffed Bell Pepper
Optimun Health Institute
OHI-AUS

Categories

Tools

Locations

Plate

Yield 32 ounces

Portion 3 ounces

Num Portions 10.67

Prep 30 minutes

Cook

Finish

Shelf 2 - 3 hours

Ingredients

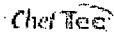
1	ea	chopped carrot
1	rib	chopped celery
1	ea	chopped cucumber
1/2	cup	Seedcheese
3	ea	red bell pepper
1/2	cup	soaked & dehydrated sunflower, hulled seeds
1	tsp	ground ginger
1/4	tsp	garlic
1	ea	Juiced lemon

Slice bell peppers into thirds and dehydrate for 1 hour to soften. Combine all remaining ingredients and mix well. Portion mixture into bell pepper slices and serve. Garnish with onion sprouts.

Additional chopped vegetable options to add to the mix: Radishes, green onions, cabbage

Date: 9/19/2016

Time: 10:16 AM

Chef Tee

Thai Lettuce Wraps Filling

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 0

Portion

Num Portions 0

Prep

Cook

Finish

Shelf

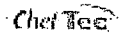
Ingredients

2	ea	chopped carrot
1	bunch	chopped fresh cilantro
3	sprigs	chopped fresh basil
1	inch	fresh ginger
1	clove	chopped garlic
2	ea	diced red bell pepper
2	ribs	diced celery
1	cup	dehydrated sunflower, hulled seeds
1	cup	Seedcheese

Combine carrot, cilantro, basil, ginger, and garlic in food processor and chop finely. Transfer and combine in bowl with bells, celery, seed cheese, and seeds. Serve filling in lettuce leaf.

Date: 9/19/2016

Time: 10:16 AM

 Chef Tec

Veggie Skewers

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 24 ea

Portion 2 ea

Num Portions 12

Prep

Cook

Finish

Shelf

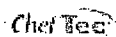
Ingredients

2	cups	chopped large zucchini
2	cups	chopped large red bell pepper
2	cups	whole cherry tomato
2	cups	chopped large cauliflower
10	ea	Sauce - BBQ Marinade for Veggie Skewers

Marinate all vegetables overnight in spices (excluding half the tomato powder). Skewer Vegetables alternately and dehydrate for 2 hours. Sprinkle with tomato powder and serve.

Date: 9/19/2016

Time: 10:16 AM



Veggie Sub

Optimum Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 2 ea

Portion 1 ea

Num Portions 2

Prep 10 minutes

Cook

Finish

Shelf 2 - 3 hours

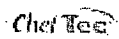
Ingredients

0.05	ea	whole leaf romaine lettuce
4	ounces	soaked & sprouted Sprouts & Greens - Red Clover
1/4	ea	sliced thin avocado
1/4	cup	sliced thin cucumber
1/4	cup	sliced thin firm tomato
1	tbl	sliced thin yellow onion
2	ounces	Sauce - Onion Rings
1	tbl	sprouted lentil seeds

Use one whole leaf of romaine as wrap. Add sliced vegetable. Drizzle with sauce and garnish with sprouted lentils.

Date: 9/19/2016

Time: 10:17 AM



Wilted Spinach Balls

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 32

ounces

Prep

Portion 4

ounces

Cook

Num Portions 8

Finish

Shelf

Ingredients

1 lb

baby spinach

8 ounces

Sauce - Pesto Alfredo

1 cup

soaked & dehydrated sesame seeds

1/4 cup

ground flax seed seeds

Combine all ingredients in large mixing bowl and toss well. Let spinach marinate in sauce for approximately 1 hour in cooler. Portion into 2 oz pieces and form into balls. Dehydrate for 2 hours at 105 degrees. Serve warm, 2 pieces per plate.

Date: 9/19/2016

Time: 10:17 AM



Zucchini Bite

Optimun Health Institute

OHI-AUS

Categories

Tools

Locations

Plate

Yield 20 ea

Portion 1 ea

Num Portions 20

Prep

Cook

Finish

Shelf

Ingredients

4	cups	sliced thin zucchini
20	ounces	Sauce - Pumpkin Spread
5	sprigs	fresh basil
2	ea	quartered cherry tomato

In a mixing bowl, toss quartered cherry tomatoes with chopped basil. Spread pumpkin spread onto sliced zucchini. Top each slice with tomato basil mixture. Serve 5 slices per person.