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black bean enchilada casserole

Casseroles are considered a comfort food for good reason; they're versatile, easy to prepare, and satisfying. This version is delicious when you're craving Mexican flavors. It's also perfect for Meatless Mondays. Don't forget a side of chips!

INGREDIENTS

1 Tbsp. olive oil

1 medium onion, chopped

4 garlic cloves, minced

2 tsp. cumin

2 tsp. chili powder

15-oz. can black beans, drained and rinsed

15-oz. can corn, drained

7-oz. can diced roasted green chiles, drained

½ tsp. salt

Freshly ground black pepper

Cooking spray

28-oz. can enchilada sauce

9 corn tortillas, halved

8 oz. pepper or Monterey jack cheese, shredded

Garnish

Chopped cilantro

Diced tomatoes

Sliced jalapeño

Diced avocado

Nonfat sour cream

INSTRUCTIONS

In a large nonstick skillet, heat olive oil over medium-high heat. Sauté onion until translucent, about 5 minutes. Add garlic, cumin, and chili powder, stirring constantly for 1 minute. Reduce heat to medium and stir in black beans, corn, and green chiles. Remove from heat and season with salt and pepper.

Preheat oven to 350 degrees F. Prepare a 13-by-9-inch baking pan with cooking spray. Spread about ¾ cup enchilada sauce in the pan, then place six tortilla halves in a single layer on the sauce. Spread half of the bean mixture evenly on the tortillas then add ¾ cup enchilada sauce. Sprinkle with ⅓ of the cheese.

Repeat layers with six tortilla halves, remaining bean mixture, $\frac{1}{3}$ cup enchilada sauce, and $\frac{1}{3}$ of the cheese. Add remaining tortilla halves, enchilada sauce, and cheese. Cover with foil and bake for 25 minutes or until cheese is melted and sauce is bubbly.

Let stand 10 minutes then garnish as desired. Makes 12 servings.

brown rice jook

There's nothing better than a hearty bowl of jook, also known as rice soup, or congee, for dinner. While it's usually made with leftover turkey bones, this recipe calls for chicken bones instead. Best of all, you can customize this easy recipe to your liking.

INGREDIENTS

2 cups uncooked brown rice

1 rotisserie chicken, deboned and shredded, saving bones

Vegetable peelings (optional)

Water

2 Tbsp. chicken bouillon

1 Tbsp. apple cider or other vinegar (optional)

Salt to taste

Note: If you want to keep your vegetable peelings and chicken bones separate from the rest of your soup, consider using a soup sock.

INSTRUCTIONS

Electric pressure cooker

Add rice to inner pot of electric pressure cooker. Rinse with water until water is clear. Place trivet in pot then top with chicken bones and optional vegetable peelings. Add enough water to cover the chicken bones, about 5 to 7 cups, bouillon, and vinegar.

Close lid and make sure the valve is in sealing position. Pressure cook on high 1 hour. I've seen people cook it for as little as 15 minutes and as long as 2 hours, so it depends on how mushy you want your rice. The longer you cook it, the mushier it gets!

Natural release the pressure (i.e., wait for pot to depressurize instead of opening the valve) and open lid. Add chicken and salt to taste. Put the lid back on and let chicken warm for a few minutes. Once the chicken is warm, scoop into bowls and add desired toppings. Makes 6 servings.

Stovetop

Rinse rice and add to a large saucepan. Add chicken bones, optional vegetable peelings, bouillon, and apple cider vinegar. Cover with water. Cook over medium-high heat until it almost comes to a boil. Turn heat to low and partially cover pot (leave about an inch for steam to escape). Simmer 30 minutes, stirring occasionally. If you notice the jook getting too thick, add water or chicken broth.

Add chicken and salt to taste. Once chicken is warm, scoop into bowls and add desired toppings.

Slow cooker

Rinse rice until water is clear. Add chicken bones, optional vegetable peelings, bouillon, and apple cider vinegar. Cover with water and cook on high 4 hours or low for 8 hours. An hour before the jook is finished, add shredded chicken. Once chicken is warm, scoop into bowls, add desired toppings, and enjoy!







chicken avocado salad

Don't feel like turning on the oven or stove? This salad is easy to throw together and includes ingredients that are likely already in your refrigerator.

INGREDIENTS

1 rotisserie chicken, deboned and shredded

115-oz. can of corn, drained

2 medium tomatoes, chopped

1 avocado, peeled, pitted, and diced

½ cup fresh basil

3 Tbsp. olive oil

2 limes, juiced

Salt and pepper to taste

INSTRUCTIONS

Mix chicken, corn, tomatoes, avocado, and fresh basil in a bowl. Drizzle with olive oil and lime juice. Season with salt and pepper. Toss gently. Makes 6 servings.

green shakshuka

Shakshuka is a North African and Middle Eastern dish of eggs poached in a chunky tomato and red bell pepper sauce. It's great for breakfast, lunch, or dinner! This version goes green with tender Swiss chard and zucchini.

INGREDIENTS

- 1 bunch Swiss chard
- 1 Tbsp. olive oil
- 1 zucchini
- 3 garlic cloves, minced
- Salt and pepper to taste
- 1/4 tsp. dried chili flakes
- 4 eggs
- Chopped green onion for garnish

INSTRUCTIONS

Rinse Swiss chard and remove stems. Chop stems and set aside. Coarsely chop leaves.

Slice zucchini about 1/4-inch thick.

Heat oil in skillet over medium heat. Sauté stems and zucchini until stems are tender, about 5 minutes.

Add chard leaves, garlic, and salt and pepper. Cook and stir about 5 minutes or until leaves are wilted.

Make four wells in the mixture and crack an egg in each one. Reduce heat slightly, cover skillet, and cook until eggs are set, about 3 minutes. Sprinkle with chili flakes, additional pepper, and green onion. Makes 4 servings.









lemon broccoli pasta

This pasta is bursting with fresh, lemony flavor, the broccoli is tender, and Parmesan cheese adds a nice bite. Even better, it calls for an easy clean-up since it's all cooked in one pot.

INGREDIENTS

2 Tbsp. extra-virgin olive oil

1 medium shallot, minced

3 cloves garlic, minced

8 oz. whole-wheat rotini, uncooked

1¾ cups water

1½ cups chicken broth

1 Tbsp. lemon zest

½ tsp. salt

½ tsp. ground pepper

2 small heads broccoli, coarsely chopped

4 tsp. lemon juice, or more to taste

Parmesan cheese

INSTRUCTIONS

In a medium pot, heat oil over medium heat. Add shallot and cook, stirring, about 2 minutes or until it starts to soften. Stir in garlic and cook until fragrant, about 30 seconds.

Add pasta, water, broth, lemon zest, salt, and pepper. Cover and bring to a boil. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes. Add broccoli and cook until tender, about 3 minutes.

Remove from heat and transfer to large bowl. Mix in lemon juice and top with Parmesan cheese. Makes 4 servings.

luncheon meat fajitas

Luncheon meat may not be the healthiest protein, but it's convenient to have on hand since it's a shelf-stable meat. And since there's a 25% less sodium option, it's slightly less unhealthy if you use them to make these easy fajitas, especially when you add all the fresh veggies!

INGREDIENTS

2 Tbsp. olive oil, divided

12-oz. can luncheon meat (we used 25% less sodium), cut into strips

1 large onion, cut into strips

1-2 peppers (we used red and yellow), cut into strips

8 oz. mushrooms, sliced

1.25-oz. packet fajita or taco seasoning

8-10 tortillas (we used whole wheat)

INSTRUCTIONS

Fry luncheon meat strips in half the olive oil until golden brown. Remove from pan. Add the rest of the oil to pan and sauté onions, peppers, and mushrooms. Once veggies are cooked to your liking, return luncheon meat to the pan and add fajita or taco seasoning. If the seasoning is clumping, add one tablespoon of water at a time to help distribute the flavor.

Once everything is incorporated, remove from heat. Wrap fajita mixture in a tortilla. Makes 4-5 servings.

If you want warm tortillas, you have options:

- In the oven. Preheat oven to 350 degrees F.
 Wrap tortillas in aluminum foil and place in
 oven for 10-12 minutes or until fully heated
 through.
- In the microwave. Place three to four tortillas on a microwave-safe plate and cover with a damp paper towel. Microwave for 30 seconds at a time until heated through.

Add your favorite toppings such as sour cream, cheese, guacamole, or lime juice to your finished fajita.







mediterranean couscous salad

Another light dinner option is this couscous salad, which combines nutty couscous, fresh basil, and tangy artichokes – a delicious blend!

INGREDIENTS

3 cups water
2 Tbsp. extra virgin olive oil
2 cups pearl couscous
2 cups halved grape tomatoes
⅓ cup finely chopped red onion
⅓ Japanese cucumber, finely chopped
15-oz. can chickpeas, drained and rinsed
14-oz. jar marinated artichokes, roughly chopped
20 fresh basil leaves, roughly chopped, divided
3 oz. fresh baby mozzarella

Lemon-Dill Vinaigrette

1 lemon, juiced ⅓ cup extra virgin olive oil 1 tsp. dill weed 2 garlic cloves, minced Salt and pepper, to taste

INSTRUCTIONS

In a small pot, bring water to a boil.

Meanwhile, in a medium-sized pot, heat olive oil on medium-low heat. Sauté couscous about 2 to 3 minutes. Add boiling water to couscous pot and cook according to package. Drain and set aside to cool.

In a large bowl, mix remaining ingredients except for basil and mozzarella. Add couscous and basil to bowl and mix gently.

Place vinaigrette ingredients in a bowl and whisk together to combine. Add to couscous salad and mix again to combine. Add mozzarella cheese and garnish with more basil. Makes 6 servings.

peanutty soba

This soba is perfect for a quick, light dinner. It takes just five ingredients and comes together in minutes.

INGREDIENTS

2 Tbsp. extra-virgin olive oil
9.5-oz. package soba noodles
½ cup smooth natural peanut butter
2½ Tbsp. chili-garlic sauce
Lime zest
3 Tbsp. lime juice
1 cup frozen shelled edamame, thawed

INSTRUCTIONS

Bring a large pot of water to a boil. Add soba noodles; cook according to package directions. Reserve ½ cup of soba water. Drain noodles and rinse under cold water.

In a large bowl, whisk peanut butter, chili-garlic sauce, lime zest, lime juice, and reserved soba water. Add noodles; toss to coat. Stir in edamame. Makes 4 servings.









spicy garlic noodles

These spicy noodles pack a punch, but they're also garlicky and flavorful and worth the fiery taste in your mouth. This recipe went viral on social media for its bold taste and how quick it takes it make it – less than 10 minutes!

INGREDIENTS

- 2 servings of your choice of noodles (we used udon)
- 11/2 Tbsp. chili oil
- 2 Tbsp. shoyu
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. red pepper flakes
- 1½ tsp. sesame seeds
- 5 cloves of garlic, minced
- 4 Tbsp. avocado oil
- 1 Japanese cucumber, sliced
- 1 stalk green onion, sliced
- 2 eggs, fried

INSTRUCTIONS

Prepare noodles based on the package instructions.

In a medium bowl, mix chili oil, shoyu, balsamic vinegar, red pepper flakes, sesame seeds, and minced garlic.

Heat avocado oil in pan and pour on top of sauce mixture. Let oil sizzle and mix.

Add drained noodles into bowl and mix. Top with sliced cucumbers, green onions, and fried eggs. Makes 2 servings.

vegetarian kimchi stew

If you love sundubu jjigae (Korean spicy soft tofu stew), you'll love this version. The tofu soaks up the spicy broth, making it the perfect bite.

INGREDIENTS

21/2 cups water, divided

½ cup dried sliced shiitake mushrooms

1 Tbsp. vegetable oil

1 small onion, thinly sliced

1 cup chopped kimchi

1/4 cup kimchi juice

1 Tbsp. Korean chili paste (gochujang)

2 tsp. Korean chili powder (gochugaru)

8 oz. firm tofu, sliced

1 tsp. sesame oil

Chopped green onion and sesame seeds for garnish

INSTRUCTIONS

In a small saucepan, boil 2 cups of the water, remove from heat, and add dried mushrooms. Let stand 15 minutes. Remove and discard hard stems, if any, and set mushrooms and stock aside.

In a medium saucepan, sauté onion in oil until soft, then add kimchi and stir-fry about 5 minutes. Add mushroom stock (be careful not to add any grit that came off the mushrooms), remaining ½ cup water, kimchi juice, and chili paste and powder. Add mushrooms and tofu. Bring to a boil then reduce heat and simmer 5 minutes. Add sesame oil. Garnish with green onion and sesame seeds. Makes 2 servings.





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