

Myerberg Center – Cooking with Chef Alba
“Cook Once and Freeze Meals”

Cod in Cartoccio with Potatoes and Zucchini

2-piece fresh Cod (3 ounces each)
2 small potatoes, thinly sliced
1 zucchini, thinly sliced
1 medium tomato, thinly sliced

Basil, rosemary, and/or mint, roughly chopped
1 garlic clove, finely sliced
Salt, and black pepper
Extra virgin olive oil

1. Preheat oven to 375F. Cut 2 square pieces of parchment paper to fit each cod.
2. Drizzle olive oil on the center of each paper. Add the sliced potatoes and season, Add the slices zucchini and season. Add the cod pieces and season. Lastly add the sliced tomatoes and season.
3. Top with fresh herbs and drizzle with more olive oil.
4. Add 1 ½ tablespoons of water or wine. Seal by folding the sides of the parchment paper into a little bundle. Repeat folding with aluminum foil.
5. Transfer the bundles in a baking pan; bake at 375F, 20-22 minutes depending on the thickness of the fish. Check by opening 1 Cartoccio. Return to oven if not cooked to your like. Do not overcook.
6. Cool completely refrigerate or place it in a freezer friendly container up to a week.

Filetti di Salmone al Cartoccio e Asparagus

2 pieces salmon (about 3 ounces each)
1 small red onion, thinly sliced
4 asparagus, cut into small pieces
4-6 baby tomatoes, cut in half

Fresh basil or Parsley, minced
Sea salt and white or black pepper
8-10 small pitted black olive, crushed
Extra virgin olive oil

1. Preheat oven to 375F. Cut 2 square pieces of parchment paper to fit each fillet.
2. Drizzle olive oil on the center of each paper. Place the sliced red onion. Next add the salmon and season. Add the halved tomatoes on top and olives. Season again. Drizzle olive oil on top.
3. Seal by folding the sides of the parchment paper into a little bundle. Repeat process with aluminum foil.
4. Transfer bundles in a baking pan; bake at 375F, 20-22 minutes depending on the thickness of the fish. Check by opening 1 Cartoccio. Return to oven if not cooked to your like. Do not overcook.
5. Cool completely refrigerate or place it in a freezer friendly container up to a week.

White Chicken and Cannellini Bean Chili

¾ lb. cooked chicken breast, bite-sized pieces
2-3 tablespoons extra-virgin olive oil
2 large shallots, minced
2 garlic cloves, finely minced
1 (15.5 oz) cannellini beans, drained
2-3 cups hot water or low sodium broth

1-1/2 teaspoons ground cumin
1 teaspoon ground coriander
1/2 teaspoon dry oregano
Salt, and black pepper
red pepper flakes, optional

1. Heat the olive oil and onion in pan over medium heat. Cook until soft and barely golden.
2. Lower heat to low and add cumin, coriander, and ground oregano, and stir to blend.
3. Add in the cannellini beans, hot broth, or water. Bring to a simmer then reduce heat.
4. Add the chopped chicken pieces and red pepper flakes and simmer on low for 10 minutes.