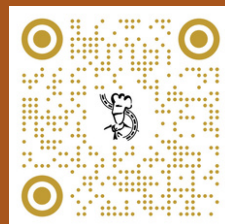




# Easy and Fast Recipes By REEL CHEFS



Simple ingredients and  
instructions that you can try  
yourself at home!



[www.reelchefscatering.com](http://www.reelchefscatering.com)

**At Reel Chefs Catering, we have made the COMMITMENT to inform and take any steps that can EMPOWER the wellbeing of the people we serve, with the CONSCIOUSNESS of sustainability.**

**As a co-creator of Reel Chefs, I would like to share a bit about myself: my name is Isabel and I was born in Santiago, Chile. I grew up in the Peruvian Andes and the Amazon with much love for the Earth and all beings.**



**To me it is crucial to promote sustainable foods, prioritizing consciousness of water, impeccable friendly service, Zero Waste, supporting shelters and elderly homes - sharing the gift of our jobs.**

**With much GRATITUDE for you; Thank you for taking the time to read. Steve and I, as well as our wonderful team, is on board with our commitment, to leave a better world for the next generations.**

**Enjoy the recipes and visit our site here  
<https://www.reelchefscatering.com>**

## **Harvard Health Blog**

### **By Eva Selhub MD, Contributing Editor**

Think about it. Your brain is always "on." It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That "fuel" comes from the foods you eat — and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.

Like an expensive car, your brain functions best when it gets only premium fuel. Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain and protects it from oxidative stress — the "waste" (free radicals) produced when the body uses oxygen, which can damage cells.

Unfortunately, just like an expensive car, your brain can be damaged if you ingest anything other than premium fuel. If substances from "low-premium" fuel (such as what you get from processed or refined foods) get to the brain, it has little ability to get rid of them. Diets high in refined sugars, for example, are harmful to the brain. In addition to worsening your body's regulation of insulin, they also promote inflammation and oxidative stress. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.

It makes sense. If your brain is deprived of good-quality nutrition, or if free radicals or damaging inflammatory cells are circulating within the brain's enclosed space, further contributing to brain tissue injury, consequences are to be expected. What's interesting is that for many years, the medical field did not fully acknowledge the connection between mood and food.

Today, fortunately, the burgeoning field of nutritional psychiatry is finding there are many consequences and correlations between not only what you eat, how you feel, and how you ultimately behave, but also the kinds of bacteria that live in your gut.

# Portabello Mushroom Fajitas



Serves 4

Prep Time: 15 minutes

## Ingredients

- 2 ea Large Portabella Mushrooms,  
Stems removed, sliced 1/2-inch thick**
- 2 ea Garlic Cloves Minced**
- 2 ea Red Onions Sliced**
- 2 ea Poblano Peppers Thinly Sliced**
- 1/4 Cup Extra Virgin Olive Oil**
- 2 tsp Himalayan Sea Salt**
- 1 ea Red Bell Pepper, Sliced**
- 1 ea Avocado Sliced**
- 2 ea Fresh Tomatoes Diced**
- 8 ea Flour Tortillas**
- 1/2 cup Vegan Sour Cream**
- 1 Head Romaine Lettuce Shredded**
- 1 oz Fresh Oregano Chopped**



## Method

- Place Sliced Mushrooms on a sheet pan in a Pre-Heated Oven at 375 Degrees Drizzle with Olive Oil and Season with Salt
- While Mushrooms are cooking, Prep The Onions, Peppers and Garlic
- In a Sauce Pan, Saute the vegetables, Season, add Fresh Oregano
- Take Mushrooms out of the Oven and add to the Cooked Onion, Pepper Mix
- Heat Tortillas on Both sides and Assemble the fajitas with the cooked mix, Garnish with the Avocado, Tomatoes and Shredded Lettuce



# **Garam Masala & Turmeric Baked Tofu Stir Fry**



Prep Time: 15 minutes

## **Ingredients**

**1 cup Extra Firm Tofu**

**2 tbsp Coconut Oil**

**1/2 # Sliced Mushrooms**

**1 ea Red Bell Pepper Diced**

**1 tsp Garam Masala Powder**

**1 Tbsp Turmeric Powder**

**1 tsp Orange Zest**

**Salt and Pepper to taste**



## Method

- Combine dry Ingredients in a bowl and mix the Sliced tofu with the spices
- Place the Sliced Tofu in a baking Dish, Preheat Oven to 350 degrees and Drizzle 1 tbsp of Coconut Oil over Tofu
- While Tofu is Baking, Stir Fry Mushrooms and bell Pepper with Coconut Oil for 2 minutes
- When Tofu forms crust, remove from Oven & Plate with Mushroom mixture on Bottom, Tofu on top.

### Top 5 health benefits of Tofu | *BBC Good Food*

Source of protective antioxidants.

May alleviate menopausal symptoms.

May support heart health.

Source of 'complete' plant protein.

May support blood sugar management.

# Miso Black Cod Soup



Serves 4

Prep Time: 15 minutes

## Ingredients

**1# Black Cod Fillet AKA Sable Fish**  
**1 oz. White Miso Paste**  
**1 tbsp. Low Sodium Soy Sauce**  
**1 tsp. Dijon Mustard**  
**1 tsp. Rice Wine Vinegar**  
**1/2 Fresh Lemon juice**



## Method

- Take all wet ingredients, mix together in a bowl, Whisk until smooth.
- Add the mixture generously to the Black Cod.
- Preheat Oven to Broil
- Place Black Cod on Sheet Pan and Place in the Oven on Middle Shelf.
- Let Fish Broil for 5 minutes until golden brown. The Cod should be cooked through but check to make sure, depending on thickness of the Fillet.
- If cooked through remove from Oven, Let rest for a few minutes, Then Serve. Amazing with Steamed Rice and Baby Bok Choi. Enjoy !!!!!

Miso is a paste made from fermented soya beans, rice and sometimes another grain such as barley. It is suitable for vegans and used for its strong flavoring in meat, fish, vegetable and sweet dishes. Miso is salty but it also has the delicious 'fifth taste' umami, thanks to one particular amino acid called glutamate.

# Wild Mushroom Frittata



Prep Time: 25 minutes

## Ingredients

- 1# Fresh Mushrooms such as Shiitake, Oyster, Cremini, Portabella thinly Sliced**
- 2 TBSP Unsalted Butter**
- 1/4 cup Extra Virgin Olive Oil**
- Juice & Zest of 1/2 lemon**
- 12 Large Eggs**
- 1 & 1/4 cup fresh grated Pecorino Cheese**
- 1/4 tsp Salt & Ground Black Pepper**
- Fresh Italian Parsley and Thyme  
(a couple sprigs each)**



## Method

- Preheat Oven to 450 Degrees.
- In a 10” ovenproof skillet, melt the butter. Add the mushrooms, Parsley & Thyme - cook until tender. Add Olive Oil.
- In a large bowl whisk together eggs, 1 cup cheese Salt, Pepper.
- Add egg mixture to the pan, mix together then add remaining cheese, juice of lemon, and zest.
- Reduce Heat to low, Cover Pan and cook until bottom starts to brown, 5 minutes. Once it starts to Brown, transfer to Oven, Uncovered.
- Bake for 5 minutes, check to see if the top is puffing up. Cook a few minutes, if not longer. Frittata is done when it starts to brown around the edges and on top. Remove from Oven and let sit for 10 minutes. Serve Warm. Either with Side Salad or Grilled Vegetables!!

# Kimchi Fried Rice



Serves 4

Prep Time: 15 minutes

## Ingredients

- 2 oz cooked Basmati Rice (day old)**
- 2 oz Fresh grated Ginger**
- 2 oz. fresh Chopped Garlic**
- 4 oz Kim Chee Chopped, Save the Juice**
- 1 bunch Green Onions, Chopped**
- 1 ea Carrot Shredded**
- 1 ea Extra Firm Tofu Diced**
- 2 tbsp Sesame Oil**
- 2 tbsp Soy Sauce low Sodium**



## Method

- In a wok or Frying Pan at High Heat
- Add Oil, Ginger, Garlic and Fry until Light Brown.
- Add the cooked Rice to the Pan, stir, and Add the Chopped Kimchi, Shredded Carrots, Green Onions and Tofu
- Mix Thoroughly and Add Soy sauce and Juice from Kimchi
- Mix and Serve Immediately. Yummy!

Kimchi is a fermented food, which makes it an excellent probiotic. The same lactobacilli bacteria found in yogurt and other fermented dairy products are also found in kimchi.

Consuming the so-called “good bacteria” in kimchi can help you maintain a healthy digestion.

Early research indicates kimchi may be able to strengthen your immune system. The bacteria that help ferment kimchi have been connected to improved immune function.

Source: WebMD

# Tahini Soba Noodles



Serves 4

## Ingredients

**1 package of Soba Noodles**

**1 Lemon**

**2 oz Sesame Seeds**

**1/2 cup Edamame**

**1 oz. Arugula**

**2 oz. Tahini Paste**

**1 Sprig Fresh Cilantro**



## Method

- Start to cook Soba Noodle Package in Boiling, Salted Water, Drain and run cool water over noodles to get off excess starch.
- Grate Zest of 1 Lemon
- Toast 2 oz. of White Sesame Seeds in a Pan, Lower heat, Add Cooked Noodles, Arugula, Edamame, Lemon Zest and Juice of Lemon and Finally Tahini Paste
- Lightly Toss Noodles and ingredients in Pan
- Serve Immediately with Cilantro Garnish



# Spicy Organic Chicken Cups



Prep Time: 15 minutes

## Ingredients

- 1# Ground Organic Chicken or Turkey Dark Meat**
- 1 oz Minced Fresh Ginger**
- 1 stick Lemongrass, Finely Chopped**
- 1 tbsp Chopped Fresh Mint**
- 1 tbsp Chopped Fresh Cilantro**
- 1 tbsp Chopped Fresh basil**
- 1 ea Thinly Sliced Serrano Chile**
- 1 tbsp Low Sodium Soy Sauce**
- 1 tbsp Coconut Oil**
- 1 tbsp Rice Vinegar**
- 1tbsp Sesame Oil**
- 1 tsp Fish Sauce**
- 4 ea. Butter Lettuce Cups**



## Method

- In a heated Sauce Pan Add coconut Oil and Ground Chicken or Turkey
- Cook over Medium Heat, Separating the ground meat to cook evenly, Once fully cooked turn off heat and set aside Season.
- Meanwhile add all other ingredients together to make a dressing
- Add Dressing to the cooked meat mixture, Fully incorporate the liquid into the meat.
- Place Lettuce cups on a plate, Spoon in mixture inside lettuce cups and Serve Immediately!



# Quick Indian Spinach Paneer



Serves 4

## Ingredients

- 1 tbsp Minced Fresh Ginger**
- 1 Tbsp Chopped Fresh Garlic**
- 1 Ea. Diced White Onion**
- 1/2 tsp Cayenne Pepper**
- 1 tsp Turmeric Powder**
- 1 Tbsp Ghee or Coconut Oil**
- 4 oz Paneer or Feta Cheese**
- 1 tsp Cumin Powder**
- 1 lb Fresh Spinach Leaves**
- 1/2 Juice of Fresh Lemon**
- 1 cup Basmati Rice**
- 2 cups Water**
- Salt and pepper To Taste**



## Method

- Start Rice in Sauce Pan, Cook for 15 Minutes.
- In a Medium Sauce Pan, Melt Ghee then add Ginger, Garlic, Onion and Cook until Translucent.
- Add all dry Ingredients and Mix with Onions. Add Washed Spinach Leaves and Cook until wilted. Turn off Heat.
- Place ingredients in a Food Processor and Blend Until Smooth.
- Bring Mixture Back to Low Heat, Add Lemon Juice and Diced Paneer or Feta Cheese. If Mix seems too Dry, add water. Season To Taste. Serve with Basmati Rice.

# Cashew and Scallion Chicken with Basmati Rice



Serves 4

## Ingredients

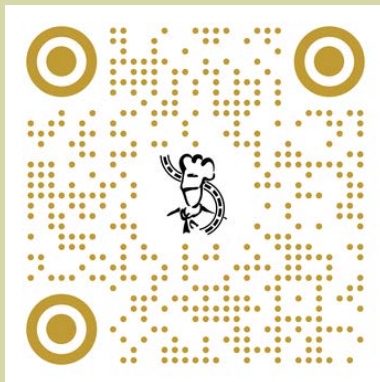
**1 lb Chicken Breast Sliced, 1/2 " thick**  
**2 oz Toasted Cashews**  
**1 bunch Green Onions Sliced**  
**2 tbsp Corn Starch**  
**1 tbsp Low Sodium Soy Sauce**  
**2 tbsp Mirin Cooking Wine**  
**4 oz Basmati Rice**  
**8 oz Water**  
**Salt and Pepper to Taste**  
**Chili Flakes Optional if you want Spicy!!**





## Method

- To Start Get Rice cooking in a medium Sauce pan, Add a tsp Salt to Water. 2 to 1 ratio of water to rice. Will take 15 minutes to cook
- In a non stick Heated Sauce Pan, Add chicken Seasoned with Salt and Black Pepper
- Sprinkle the Corn Starch on the Chicken, Then add Soy Sauce and Mirin Wine
- Cover Pan with Lid and let Simmer for 5 Minutes
- Sauce Should Thicken, Add Green Onions, and Cashews, Stir and Serve over Rice





**You may be asking yourselves,  
why a catering company is writing about Bees???**  
**Well, its very simple: no bees, no food!**

**Bees have been around for over 100 million years, and in that time they have found a home in every part of the globe. There are over 20,000 species of bees, from honeybees to so many different kinds. In fact, around half of the planet's bee species are solitary, most don't make or store honey - they can look very different to the yellow and black bees we are familiar with. The entire life span of a BEE is dedicated to produce 1 teaspoon of honey!!!!**

**We are so grateful for that.**

**Pollution: Air pollution - traffic fumes in particular - can mask and change the smell of flowers, making it harder for bees to find them.**

**Light Pollution is also an issue: street lighting deters nighttime pollinators from doing their work, so fewer blossoms are available during the day for bees to feed on. Light at night-time also disrupts their natural cycles, which affect reproduction.**

**(If you wish to help, keep lights off your garden at night).**

**Pesticides: Recent research has shown the adverse effect pesticides can have on bees, with different harsh chemicals affecting their ability to fly and to reproduce, and also making them more vulnerable to infections and disease. One particular group - the Neonicotinoids - have been shown to damage bees' nervous systems and brain development. Hmmm, I wonder how humans have been affected? (These toxins don't discriminate).**

**These pesticides have been banned outside of the US, yet we still use them in some places here; interesting!!**



**If you must Use pesticides, here is an Eco - Friendly company that is very well informed and conscious of the environment and your health.**

**ARBICO Organics**

**Of course, by buying organic produce, you are supporting a pollinator friendly producer.**

**The plants that you introduce in your garden should be free of pesticides for your family, pets and ultimately the environment, that includes all pollinators, bees, butterflies, hummingbirds and many more...**

**If you have read all the way to this point, Hurray!!!! You obviously care & thank you for that! We will work together to leave a better world to the new generations, in the name of NATURE, and the BEES. Many thanks!**

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