



Aprende a cocinar con  
**COOKING WITH**

# Chef Chilo

From the Lunch Box Cafe

## HEALTHY HEART RECIPES

Recetas saludables

### Pan seared tilapia filet encrusted with sesame seeds

**Ingredients:**

- 8 (6oz) tilapia filets
- 2oz honey
- 2oz mustard
- 4oz sesame seeds
- 2oz olive oil
- Salt and pepper to taste
- Portion: 8 servings

**Directions:**

Place olive oil in a large skillet over medium high heat, cook tilapia 2 minutes on each side, then set on the side. Mix honey and mustard, brush over top of the filet and sprinkle with sesame seeds, finish baking in oven at 350°F for additional 6 minutes.

### Chayote, pear and apple garnish

Dice all ingredients and cook on medium-to-high heat with olive oil, finish up with salt and pepper.

- Calories: 181cal
- Fat: 2.5g
- Carbohydrates: 2g
- Protein: 35g
- Sodium: 151mg

### Spring shaved crunchy salad with lemon vinaigrette

**Ingredients:**

- 8 radishes
- 2 medium carrots
- 2 cucumbers
- 6 celery stalks
- 1 bunch of flat parsley
- 1 can of artichoke hearts
- Portion: 8 servings

**Lemon vinaigrette :**

- 1/3 cup fresh lemon juice
- 2/3 cup olive oil
- Salt and pepper to taste

**Directions:**

Place lemon juice, salt and pepper in a small non reactive bowl, whisk to combine and set on side. Meanwhile, very thinly slice vegetables with peeler and place in a large bowl. Pour dressing over the vegetables and toss to combine, taste and season with salt and pepper as needed. Transfer the salad to a large serving plate and arrange with parsley.

- Calories: 128cal
- Fat: 13.5g
- Carbohydrates: 1g
- Sodium: 214mg

### Fresh seasonal fruit cup

**Ingredients:**

- 4 kiwis
- 4 apples
- 4 oranges
- 1 pineapple
- 1lb red grapes
- 1lb strawberries
- 1 bunch of fresh mint
- Portion: 8 servings

**Directions:**

Cut all fruit with a small melon bowler, place inside apple and garnish with mint.

- Calories: 334cal
- Carbohydrates: 87g
- Protein: 5g
- Fiber: 8g



Presented by:



**EQUALITY HEALTH**  
walk-in clinic

equalityhealthclinic.com

**Call for an appointment**

Llame para hacer una cita

**602.715.0110**

Inside / En el interior de  
Food City  
9020 W. Thomas Rd.  
Phoenix, AZ 85037

In partnership with:

Lunch Box Cafe

**FOOD CITY**