**Black Bean Brownies from Rocco DiSpirito**

Ingredients:

15 oz canned black beans, rinsed and drained

1/4 cup unsweetened cocoa powder

1 tsp expresso powder

3/4 cup liquid egg substitute

3 tbsp whole wheat pastry flour

3/4 cup agave nectar

1 tbsp unsalted butter, melted

1 tsp vanilla extract

**Directions:**

Preheat the oven to 350°F. Spray a 8 by 8 by 2-inch baking dish with cooking spray. Combine the beans, cocoa powder, espresso powder, egg substitute and flour in a food processor. Process until the mixture is smooth.

Add the agave, butter and vanilla next. Process until all of the ingredients are combined, about one minute. Pour the batter into a prepared baking dish and smooth the top with a spatula. Bake for 20 minutes, turning the dish halfway through the baking time. Turn down the temperature of the oven to 300°F and bake for another 5-8 minutes, until a toothpick inserted in the center comes out with a little bit of soft batter clinging to it. If it comes out clean, it has been overcooked.

Let the bars cool completely at room temperature in the baking dish and put them in the fridge for at least 3 hours after they have cooled.

**Bobby Flay’s Kentucky Derby Spicy Bourbon Glazed Grilled Chicken Legs**

Makes 8 servings

Ingredients:

1 cup Kentucky Bourbon  
1 cup molasses  
3 tablespoons honey  
1 tablespoon red wine vinegar  
3 heaping tablespoons Dijon mustard  
Few dashes hot sauce  
2 tablespoons finely chopped fresh mint leaves  
Kosher salt and freshly ground black pepper  
Canola oil  
8 chicken legs, bone in, skin on  
Kosher salt and freshly ground black pepper

Directions:

1. Put the bourbon in a medium saucepan and bring to a boil over high heat and cook until reduced by half. Whisk in the molasses, honey and vinegar, bring to a boil and cook for 1 minute.
2. Remove the mixture from the heat, whisk in the mustard, hot sauce and mint and season with salt and pepper. Transfer to a bowl and let cool slightly.
3. Preheat a gas grill to medium heat or if using charcoal prepare a fire for direct and non direct grilling, pushing the charcoal over to one side.  Cover the grill to heat up the grates.
4. Brush the chicken with oil on both sides and liberally season with salt and pepper.  On a gas grill, start the chicken on the grates, skin-side down and slowly cook the chicken until the fat renders and the skin begins to get crispy, about 8 minutes. Turn the chicken over and continue cooking until the bottom is golden brown and the chicken is cooked through, about 10 minutes longer, begins brushing the top with the glaze during the last 5 minutes of grilling.

### **Buttermilk Cake with Fresh Berries**

Makes 1 9-inch cake

Ingredients:

1 cup all-purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 stick unsalted butter, softened  
1/2 cup plus 1 1/2 tablespoons vanilla sugar,\* divided  
1/2 teaspoon pure vanilla extract  
1 large egg  
1/2 cup well-shaken buttermilk  
1 cup fresh berries (chopped ripe peaches or mango are great, too)

Directions:

1. Preheat oven to 375 degrees F with a rack in the middle. Butter a 9-inch round cake pan that has been lined with parchment (don't skip the parchment if you want the cake to come out of the pan!)

2. In a mixing bowl, whisk together flour, baking powder, baking soda, and salt.

3. In a stand mixer or electric hand mixer, beat the butter and 1/2 cup vanilla sugar at medium-high speed until pale and fluffy, about 2-3 minutes, then beat in vanilla. Add egg and beat well.

4. At low speed, mix in flour mixture in 3 batches, alternating with buttermilk, beginning and ending with flour, and mixing until just combined.

5. Transfer the batter into the prepared pan, smoothing top. Scatter berries evenly over top and sprinkle with remaining 1 1/2 tablespoons vanilla sugar.

6. Bake until cake is lightly golden and a wooden pick inserted into center comes out clean, about 25 to 30 minutes. This cake has a super tender crumb so sometimes there will be moist crumbs on the pick (even when it's fully baked) but that's okay; I still take out the cake. It will continue to cook as it cools.

7. Cool in pan for at least 30 minutes, then turn out onto a cooling rack and allow to cool fully. Sprinkle the top with confectioners’ sugar, if desired.

\*Make vanilla sugar by mixing one vanilla bean (halved and scraped) with 3-4 cups of granulated sugar. Allow to sit for at least 24 hours. Will keep (basically forever!) in an airtight container. Just keep addding scraped vanilla bean pods and top off with more sugar.

\*\*Also, this recipe bakes up nicely in a 13x9 baking pan. Just double the recipe and bake for an additional 10 minutes or so.

**Fresh Fruit and Vegetable Salad with Chile and Lime**

Serves 4

Ingredients:

1 small jicama

1 small English cucumber

1 small ripe cantaloupe

1 small ripe pineapple

1 small ripe mango

1 cup raspberries

2 to 3 tablespoons honey

2 limes, juiced

Zest of 1 lime

Kosher salt

Ground chile piquin

Special equipment: melon baller

Directions:

Peel the jicama and cut into matchstick-size pieces. You should have about 1 cup. Peel alternating strips from the cucumber, then halve and slice one half into thin slices. Store the other half for another use. Halve the cantaloupe, discard the seeds and scoop out 1 cup melon balls. Reserve the rest for another use. Trim the peel from the pineapple and halve. Reserve half for another use. Halve the remaining half, remove the core, and thinly slice. Peel the mango, cut off the cheeks, and thinly slice.

Combine the prepped fruit in a bowl with the raspberries. Add the honey, lime juice, zest, some salt and chile powder to taste.

Cover and marinate in the refrigerator for at least 30 minutes before serving.

**Greek Orzo Salad with Mustard-Dill Vinaigrette Bobby Flay**

Makes between 8 ¼ cups and 8 ½ cups

Ingredients:

Kosher salt

1 cup orzo

1 tablespoon Dijon mustard

1/4 cup white wine vinegar

Freshly ground black pepper

1/4 cup olive oil

3 green onions, thinly sliced

1 cup grape or cherry tomatoes, halved

1 medium English cucumber, diced

1/4 pound feta cheese, crumbled

1/4 cup chopped fresh dill

Directions:

Bring 8 cups of cold, salted water to a boil in a medium saucepan. Add the orzo and cook until al dente, 7 to 8 minutes. Drain well.

While the orzo cooks, whisk together the mustard, vinegar and some salt and pepper in a medium bowl until smooth. Slowly whisk in the olive oil until emulsified. Set aside.

Combine the orzo, green onions, tomatoes and cucumbers in a large bowl; season with salt and pepper and toss to combine. Scatter the feta and dill over the top, drizzle with the vinaigrette, and toss again. Serve immediately, or chill for up to 8 hours.

**Italian Wedding Cookies**

Makes 6 dozen cookies

Ingredients:

1 1/2 cups unsalted butter

3/4 cup confectioners sugar, plus 1/3 cup, for rolling

3/4 teaspoon salt

1 1/2 cups finely ground blanched almonds

5 1/2 teaspoons vanilla extract

3 cups sifted all-purpose flour

Directions:

Preheat oven to 325 degrees F. Cream butter in a bowl. Gradually add

confectioners sugar and salt. Beat until light and fluffy. Add almonds and

vanilla. Blend in flour gradually and mix well. Shape into crescents using about 1

teaspoon for each cookie. Place on ungreased cookie sheets, and bake for 15 to 20 minutes. Do not brown. Cool slightly, then roll in the extra confectioners' sugar.

**Peanut Butter-Oatmeal Sandwich Cookies**

Makes 4 dozen cookies

**Filling**  
8 ounces peanut butter  
8 ounces cream cheese, brought to room temperature  
4 ounces unsalted butter, brought to room temperature  
8 ounces confectioners’ sugar, sifted  
1 tablespoon vanilla extract

1. Combine the peanut butter, cream cheese and butter in a medium bowl. Using a hand-held mixer, mix until smooth. Add the confectioners’ sugar and vanilla and mix until light and fluffy.

2. Cover and keep in a cool place until ready to use. The filling can be made a day in advance and refrigerated -- just bring to room temperature before filling the cookies.

**Cookies**  
16.3 ounces smooth peanut butter\*  
1 stick unsalted butter, at room temperature  
1½ cups granulated pure cane sugar  
1½ cups light brown sugar  
2½ teaspoons baking soda  
1/8 teaspoon fine sea salt  
4 large eggs  
1 teaspoon pure vanilla extract  
6 cups rolled oats

1. Combine the butter and peanut butter in a bowl and, using a hand-held mixer, mix until light and fluffy, about 5 minutes. Add the sugars, baking soda and salt and mix until combined.

2. Add the eggs, one at a time, and beat until incorporated. Add the vanilla until combined. Fold in the oats. Cover and refrigerate the mixture until slightly chilled, at least 30 minutes and up to 2 hours.

3. Preheat the oven to 350°. Line baking sheets with parchment paper.

4. Using a small ice cream scoop, scoop the dough onto the prepared baking sheets 2-inches apart, and flatten the top slightly. Bake until lightly golden brown and just set, about 10 minutes. Let cool on the sheet pan on a baking rack for 5 minutes. Remove from the cookie sheet and let cool on the baking rack completely before filling.

5. Put the filling in a pastry bag and place a dollop of the icing on half of the cookies. Top with the remaining cookies. Store in containers with tight fitting lids in a cool, dark, place.

*\*This does not work well with natural peanut butter! The B-Team recommends Skippy*

**Rocco DiSpirito Chicken Piccata**

Makes 4 Servings

Ingredients:

Olive oil cooking spray  
8 boneless, skinless thin-cut chicken cutlets (2 lbs.)  
¾ tsp. salt  
¼ tsp. freshly ground pepper  
1 1/2 cups fat-free, reduced-sodium chicken broth  
4 tsp. arrowroot or cornstarch, dissolved in 2 tsp. water  
1 tsp. chopped fresh rosemary  
4 thin lemon slices  
3 tbsp. nonpareil capers  
1 tbsp. unsalted butter

Directions:

Preheat the oven to 350 F.

Generously coat a 12-inch ovenproof skillet with cooking spray. Season the chicken with salt and pepper on both sides.

Heat pan over high heat. Cook 2 or 3 cutlets at a time until lightly browned, 2 minutes per side. Transfer to a plate and cover with foil to keep warm. Repeat with remaining chicken, coating pan with cooking spray between batches.

Add the chicken broth and bring to a simmer, 1 to 2 minutes. Add the dissolved arrowroot or cornstarch and whisk until thickened, 2 to 3 minutes. Return the chicken to the pan with the rosemary, lemon slices and capers; gently simmer until chicken is cooked through, 2 to 3 minutes. Remove chicken from pan and divide among 4 plates.

Add butter to sauce in pan and cook over high heat until slightly thickened, 1 to 2 minutes. Spoon about ½ cup sauce over each plate. Serve.

**Pineapple-Ginger-Haberno Salsa**

2 teaspoons grated ginger (I didn’t use)

2 green onions, thinly sliced

Juice of 1 lime

1 small red onion, finely diced

1 pineapple, sliced and grilled or roasted until just tender, diced

1/2 to 1 habanero chile, minced (I used green chiles)

Kosher salt

Freshly ground black pepper

Toss the ginger, green onions, lime juice, red onions, pineapple, and chile in large bowl. Season with salt and pepper.

# **Rocco DiSpirito's Meatballs with Mushroom and Spinach Gravy**

Makes 4 Servings

Ingredients:

12 oz 96% lean ground beef

1 cup finely chopped puffed brown rice (such as arrowhead mills)

4 cups unsalted beef stock

salt

ground pepper

olive oil cooking spray

4 cups sliced cremini mushrooms

1 cup thinly sliced onions

8 cups washed spinach

2 tbsp arrowroot, dissolved in 2 tsp. of the stock

1 oz parmigiano-reggiano cheese, grated

Directions:

1.Place beef in a mixing bowl, and push to one side of it. Add rice and 1 1/2 cups of stock in the other side.

2. Add salt and pepper, and let rice absorb stock for about 1 minute.

3. With an electric mixer, mix for about 1 minute until both sides are homogenous.

4. Form the mixture into 16 equal-size meatballs.

5. Coat a large skillet with olive oil cooking spray and place over medium heat. Once the skillet is hot, add the meatballs and brown on one side, about 1 minute. Turn the meatballs over and brown the opposite sides, about 30 seconds.

6. Transfer meatballs into holding plate.

7. Spray skillet again with oil. Add the mushrooms and onion, and cook for 3-4 minutes, until brown and softened. Add spinach, and cook until wilted, about 1 minute.

8. Add remaining stock and arrowroot slurry. Whisk until thickened.

9. Add meatballs and simmer until cooked through, 6-8 minutes. Spoon the meatballs and mushroom mixture into four bowls, distributing them equally. Sprinkle with cheese, and serve. Enjoy!

\*Tip: Include some no-sugar-added dried cranberries if you want to liven things up a bit for an additional 20 calories per tablespoon.

**Spanish-spiced Chicken with Mustard-Green Onion Sauce**

Makes 4 servings

**Mustard-green onion sauce**

¼ cup white wine vinegar

2 tablespoons dijon mustard

⅓ cup olive oil

¼ teaspoon kosher salt (or whatever salt you have on hand)

¼ teaspoon freshly ground pepper, or to taste

¼ cup thinly sliced [green onions (scallions)](http://farmerstoyou.com/product_info.php?products_id=229), light and dark parts

2 tablespoons finely chopped [fresh flat-leaf parsley](http://farmerstoyou.com/product_info.php?products_id=106) leaves (you may omit if you don't have any on hand

Whisk together the vinegar and mustard in a large bowl. Drizzle in the oil and whisk to emulsify. Season with the salt and pepper, then stir in the green onions and parsley.

**Spanish spice rub**

2 tablespoons Spanish paprika (you are looking for "smoked paprika")

1 tablespoon ground cumin

1 tablespoon ground mustard

2 teaspoons ground fennel

2 teaspoons kosher salt

2 teaspoons coarsely ground black pepper, or to taste

Mix all the ingredients in a bowl.

**Chicken**

4 skinless chicken breasts

4 teaspoons olive oil

chopped fresh flat parsley leaves (you may omit - not essential to the dish)

Heat grill to medium.

Rub each chicken breast on the top side with the rub, drizzle with the oil, and place rub side down on the grill. Grill for 3 to 4 minutes until slightly charred and a crust has formed. Turn the breasts over, close the cover, and continue cooking for 5 to 6 minutes until just cooked through. Remove to a cutting board and let rest for 5 minutes.

Place the chicken breast on a platter and drizzle 2 tablespoons of the sauce over each breast. Garnish with chopped parsley, and serve the remaining sauce on the side if desired.

**Strawberries with Ricotta Cream and Pistachios**

Makes 4 servings

Ingredients

1 cup part-skim ricotta cheese

2 tablespoons light brown sugar

2 tablespoons orange liqueur (recommended: Grand Marnier), or fresh orange juice

1 pint strawberries, hulled and sliced

1/4 cup pistachios, toasted and coarsely chopped

Directions:

Place the ricotta in a small strainer set over a bowl and refrigerate for 30 minutes to drain the excess liquid.

Transfer the drained ricotta to a food processor or blender, add the brown sugar and orange liqueur, and process until smooth. (The ricotta mixture can be made up to 8 hours in advance, covered and kept refrigerated.)

Divide the strawberries among 4 dessert bowls and top each with a 1/4 cup of

the ricotta mixture and sprinkle with the pistachios.

**Strawberry Margarita Jell-O Shots**

Makes a 1-pound loaf pan (8”×4”)

**Strawberry Syrup**

1 (12 ounce/ 340 gram) jar seedless strawberry jam

1 ½ cups / 360 ml water

Combine jam and water in a medium saucepan. Heat over low heat and allow to cool to room temperature. Transfer syrup to a jar and refrigerate.

\*High quality purchased syrup, such as Monin brand, may also be substituted for the homemade syrup.

**Simple Syrup**

1 cup / 200 g granulated sugar

1 cup / 240 ml water

Combine sugar and water in a medium saucepan. Heat over medium heat until the sugar is dissolved, about 5 minutes. Remove from the heat and allow to cool to room temperature.

**Jell-O shots**

½ cup /120 ml lime syrup or Rose’s lime juice

½ cup / 120 ml strawberry syrup

2 envelopes Knox gelatin

¾ cup / 180 ml 100% agave tequila

½ cup / 120 ml Cointreau

1 tablespoon simple syrup or agave nectar, if desired

Pour the lime and strawberry syrup into a medium saucepan and sprinkle with the gelatin. Allow the gelatin to soak for a minute or two. Heat over a very low heat until gelatin is dissolved, stirring constantly, about 5 minutes. Remove from the heat and stir in the tequila and Cointreau. Taste mixture and add sweetener if desired. Pour mixture into a loaf pan and refrigerate until fully set, several hours or overnight.

To serve, cut into desired shapes. Makes 18 to 24 jelly shots.