



PKU Event

Chef Kevin Brown L'Ecole Culinaire – St Louis, Missouri

Santa Fe Wrap

Serves 8

Ingredients:

- 1 (8-ounce) package Tofutti "Better Than Cream Cheese", softened
- 1 (4 1/2-ounce) can chopped green chilies
- 1 (4 1/4-ounce) can chopped olives
- 1 cup (4-ounce) lo pro shredded cheddar cheese
- 2 tablespoons salsa, plus salsa for dipping, optional
- 1/2 cup green onion tops, sliced
- 1 cup shredded iceberg
- Low-protein tortillas (Country Sunrise or Cambrooke brand suggested)

Directions:

1. In a large bowl, beat cream cheese until creamy.
2. Add green chilies, olives, lo pro shredded cheese, salsa, and onion tops.
3. Beat at medium speed with an electric mixer. Stir in lettuce.
4. Spread mixture evenly over the surface of each tortilla.
5. Roll up tortillas tightly and cut each tortilla crosswise into 6 slices. Skewer each wrap with a wooden toothpick.
6. Serve immediately or chill. Serve with salsa for dipping, if desired.

Serving Size: ½ cup Filling

Protein (gm): 1.9

Phe (mg): 88

Serving Size: 1 CamBrooke Tortilla

Protein: 0

Phe (mg): 4

Serving Size: 1 Tortilla Bite (wrap divided by 6)

Protein (gm): 0.3

Phe (mg): 15



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Broccoli Burgers

Serves 6

Ingredients:

- 1c Very fine chop broccoli
- 1/4c fine chop onion
- 1/2c Aprotin Rusks - pulverized into fine crumbs
- 1/4t salt
- 1 1/2T Ketchup
- 1T water
- 6 Cambrooke Buns

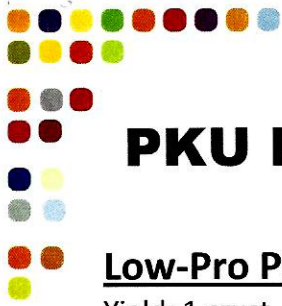
Directions:

1. Combine all in food processor into a dough; add more crumbs if mixture is wet.
2. Shape into patties.
3. Fry in hot pan with vegetable oil.
4. Complete with desired toppings (sliced onion, tomato and/or lettuce).

Serving: 1 burger

Protein (gm): 0.6

Phe (mg): 29



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Low-Pro Pizza Flatbread

Yield: 1 crust, 12 slices

Ingredients:

- 3c+2T Wheat Starch (250g)
- 1pkg Instant Dry Yeast
- 1/3c Unflavored Metamucil (53g)
- 1T Baking Powder
- 2T Sugar
- 1/2c Rich's Coffee Rich
- 1 1/4c Warm Water (110 degrees)
- 2T Vegetable Oil

Directions:

1. Warm oven then turn off.
2. Mix dry ingredients in a bowl.
3. Mix liquid ingredients in a separate bowl.
4. Add dry ingredients into the liquid and mix well.
5. Cover bowl, place in warm oven for 10 minutes to rise.
6. Remove from oven and spread onto a greased 14" pizza pan (rectangular shape for flatbread).
7. Preheat oven to 400 degrees.
8. Dock the dough with a fork.
9. Par bake dough for 20 minutes @ 400 degrees.
10. Remove when light brown and top with desired toppings.
11. Slice flatbread into 12ths.

Serving Size: 1 slice flatbread

Protein (gm): 0.2

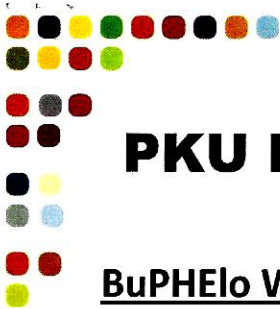
Phe (mg): 7

+ ½ oz. Tomato Paste (Protein: 0.25 / Phe 13mg)

+1/3 cup Cambrooke Mozzarella Shreds (Protein: 0.7gm / Phe: 35 mg)

+ 1 TBSP Peppers (Protein: 0.1 gm / Phe: 3.5mg)

+ 1 TBSP Mushrooms (Protein: 0.1 gm / Phe: 2mg)



PKU Event

BuPHElo Wings

Serves 6

Cauliflower is used as a chicken substitute for a Low Phe version of the ever-favorite Buffalo Wing. The same sauce is used to coat the florets, which are then further coated with Low Protein Bread crumbs and baked, not fried.

Ingredients:

- 1 small head cauliflower, separated into bite-sized florets (about 5 cups)
- 4 tablespoons butter, melted
- 5 tablespoons Tabasco Buffalo Sauce (or similar hot sauce of your choice)
- 1 tablespoon cider vinegar
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- salt and ground black pepper, to taste
- 2 cups Low Protein Bread crumbs
- ½ cup chopped green onion
- ½ cup Low Protein Mozzarella Shreds

Directions:

1. Preheat the oven to 375° F.
2. Prepare a baking sheet lined with parchment paper.
3. In a small bowl, add the melted butter, hot sauce, cider vinegar, smoked paprika, garlic powder, salt and pepper. Stir to combine.
4. Place the Lo Pro Bread crumbs in a small, shallow bowl.
5. Make an assembly line with the cauliflower florets, the sauce and the bread crumbs.
6. Use one hand to dip the florets into the sauce then drop it into the crumbs.
7. Using the other hand, coat the floret well with the crumbs and place it on the baking sheet.
8. Once all of the florets are coated, use a very light spray of cooking oil to coat the tops. This will help hold the crumbs in place, as well as aid in their browning. (I use a cooking spray atomizer instead of the aerosol cans.)
9. Place the baking sheet into the preheated oven and bake for 20-25 minutes, or until the crumbs are golden brown.
10. Remove the baking sheet from the oven. If you have any remaining sauce, it can be lightly brushed onto the tops of the florets.
11. Serve hot with Ranch or French, carrot and celery sticks.
12. Garnish by sprinkling chopped green onion and mozzarella shreds on top.

Serving Size: 5 pieces

Protein (gm): 2.3

Phe (mg): 83

Recipes by Chef Kevin Brown: kbrown@nicolecollege.edu
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