

## Low Phe Egg Bake

Serves 6, serving size one muffin

Per serving: ~92 calories, 0.7 g protein, and 8.7 mg methionine

### Ingredients

- 1 1/4 cup (58g) sauteed diced red bell peppers
- 3 TBS (23g) sauteed diced onions
- 1/4 cup (26g) sauteed sliced mushrooms
- 1/4 cup (30g) CBF Cheddar Shreds
- Baking Mixture:
- 2/3 cup (32g) CBF Eggz, loosely packed
- 2/3 cup non-dairy creamer

### Directions

- Heat oven to 350 degrees F. Spray 6 regular size muffin cups with cooking spray.
- In a small bowl, stir the veggie mixture ingredients together.
- In another small bowl, stir baking mixture ingredients with whisk or fork until blended.
- Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with the veggie mixture. Spoon remaining baking mixture onto veggie mixture in each muffin cup.
- Bake about 25 minutes or until toothpick inserted in center comes out clean, and tops of muffins are golden brown.
- Cool 5 minutes. With thin knife, loosen sides of muffins from pan, cool 10 minutes longer, and serve alone or with your favorite condiment.

All recipes were developed by Chef Kevin Brown for the NPKUA 2014 Conference (<https://npkua.org/Resources/Cooking-Food>). The recipes were re-analyzed using MetabolicPro for approximate protein and methionine content.

## Green Onion Hash Browns

Serves 6, serving size ¼ c

Per ¼ cup serving: ~104 calories, 1.1 g protein, and 17 mg methionine

### Ingredients

- 2 or 3 large leftover baked potatoes (*2 potatoes (312 g) used for analysis*)
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 5 scallions, finely chopped, whites and greens
- Salt and pepper or steak seasoning blend

### Directions

- Scoop cooked potatoes from shells and coarsely chop.
- Heat a medium nonstick skillet over moderate heat.
- Add oil and butter to the pan. When butter melts into the oil, add green onions and cook 1 minute.
- Add potatoes and cook, turning occasionally, until potatoes are crusted and golden and onions begin to brown at edges.

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## Low Phe Jacked Up Pulled Pork

Serves: 4, serving size ¼ c

Per serving (1/4 recipe including bun): ~360 calories, 2.8 g protein, and 38 mg methionine

### Ingredients

- 1 can green, young jackfruit in water or brine
- 1 small onion, diced
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper
- 1 tablespoon brown sugar
- ½ cup barbeque sauce
- ¼ cup water
- 4 Low-Phe Burger Buns (analyzed using Camburger buns)

### Instructions

- Heat olive oil in a large nonstick skillet over medium heat. Add onion and garlic and sauté until tender (5-7 minutes).
- Drain and rinse the jackfruit in a strainer. Cut the core of the jackfruit (the triangular tip) from the flesh and discard the core.
- Mix chili powder, cumin, garlic powder, cayenne pepper, and brown sugar together in a medium bowl. Add in the jackfruit flesh and toss to coat.
- Add seasoned jackfruit to the skillet with the onions and garlic. Sauté for 5 minutes.
- Whisk the barbeque sauce and water together. Pour into the skillet with the jackfruit. Cover and simmer for 20-25 minutes or until tender.
- While the jackfruit simmers, toast the buns in a toaster.
- Remove the lid from the skillet and shred the jackfruit with a fork. Continue to simmer with the lid off for 5-10 minutes or until the barbeque sauce is reduced.
- NOTE: you can either enjoy the "pulled pork" as is OR spread it on a baking pan and bake it in a 350 degree oven for 20 minutes. Readers have reported that this makes the texture more "pork" like.
- Fill each of the buns with a mound of jackfruit and top with garnishes of choice (ideas: pickled red onions, cilantro, parsley, etc).

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## Low Phe Fingerling Potato Salad

Serves 6, serving size ¼ c

Per serving: ~193 calories, 2.9 g protein, and 44 mg methionine

### Ingredients

- 2 pounds fingerling potatoes and purple and red potatoes
- 4 tablespoons cider vinegar
- Salt, to taste
- Pepper, to taste
- 1 cup fresh mixed herbs, coarsely chopped
- 1 1/2 shallots, coarsely chopped
- 1 garlic clove, coarsely chopped
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon grated lemon zest

### Directions

- Cover potatoes with salted cold water by 1-inch, then simmer until just tender, 10 to 15 minutes. (Potatoes will continue to cook after draining; do not overcook or they will break apart.)
- Drain potatoes and rinse under cold water until slightly cooled. Halve lengthwise and while still warm gently toss with 1 tablespoon vinegar. Cool potatoes to room temperature, then season with salt and pepper.
- While potatoes cook, in a food processor pulse mixed herbs, shallots, garlic until finely chopped. Add oil, zest and remaining 3 tablespoons vinegar in a food processor until finely chopped.
- Toss potatoes with herb dressing.

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## Grilled and Chilled Veggie Wrap

Serves 4, serving size 1 sandwich

Per serving: ~337 calories, 2.78 g protein, and 32 mg methionine

### Ingredients

- 1 medium sweet potato, peeled and diced (~130 g)
- 2 teaspoons olive oil
- 1 teaspoon curry powder, plus 1 teaspoon
- Coarse grained salt
- 1 (15-ounce) can peeled plum tomatoes
- 1 cup carrots, julienne or shredded
- 1/2 teaspoon red pepper flakes
- 5 ounces washed baby lettuce leaves
- 4 Cambrooke Tortillas (warmed)
- 1/2 cup loosely packed cilantro leaves
- 1/2 cup plain Vegan Mayo
- Lime wedges, for garnish

### Directions

- Preheat oven to 400 degrees F.
- Place sweet potatoes, olive oil, 1 teaspoon curry powder, and a dash of salt in a plastic bag. Shake until well coated.
- Spread on a cookie sheet. Bake, until golden and cooked through, stirring once at the halfway point, 18 to 20 minutes.
- While the sweet potatoes are cooking, combine tomatoes, carrots, red pepper flakes, and remaining curry powder in a medium saucepot.
- Bring to a boil and immediately reduce to a simmer. Add cooked sweet potatoes.
- Divide among the tortillas, top each sandwich with 1/4 of the cilantro leaves, 1/4 lettuce and 1/4 of the mayo. Serve with lime wedges.

## Low Phe Penne Salad with Sundried Tomato and Olive

Serves 6, serving size ½ cup

Per serving: ~342 calories, 1.4 g protein, and 20 mg methionine

### Ingredients

- Kosher salt
- 12 ounces Low Protein penne pasta (analyzed using Aproten pasta)
- 1/4 cup vegan mayonnaise
- ¼ c olive oil blend
- 1/4 cup whole milk
- 1/4 cup white vinegar, plus more if needed
- Freshly ground pepper
- 1/2c chopped black olives
- 1/2c sundried tomatoes softened and chopped
- 24 fresh basil leaves, thinly sliced

### Directions

- Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain and rinse under cold water until no longer hot; set aside.
- Make the dressing: Mix the mayonnaise, milk, oil, vinegar, 1/2 teaspoon salt, pepper to taste.
- In a large bowl, combine the pasta, dressing, and tomatoes. Taste for seasoning, adding more salt and pepper if needed, and even an extra teaspoon or 2 of vinegar, if necessary. Stir in the basil at the end. Refrigerate for a couple of hours before serving.

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## Low Phe Beef Chimichuri

Serves 4, serving size 1

Per serving (~2 TBSP chimichurri on 1 burger & bun): ~460 calories, 1.9 g protein, and 21 mg methionine

### Ingredients

Chimichurri: recipe provides 2017 calories, 4.0 g protein and 44 mg methionine

- 6 garlic cloves, peeled and minced
- 2 jalapenos, seeded and minced
- 1/4 cup red wine vinegar
- About 1/2 cup finely chopped fresh flat-leaf parsley
- About 1/2 cup finely chopped fresh oregano leaves
- 3 limes, juiced
- 1 cup extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon whole black peppercorns
  
- 4 Cambrooke Camburgers
- 4 Cambrooke Buns
- Kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil
- Lime juice, for drizzling
- Parsley sprigs, for garnish

### Directions

- Combine the garlic, jalapeno and vinegar in a bowl. Stir in the parsley, oregano, and lime juice. Whisk in the olive oil and season with salt and pepper. Mix well and set aside at room temperature to allow the flavors to marry.
- Drizzle camburger with olive oil and place in sauté pan. Cook until browned on both sides. Spoon some chimichurri over the burger, drizzle with lime juice, garnish with parsley, and serve with the remaining sauce at the table. Serve on bun.

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## Low Phe Lemon Bars

Serves 9, serving size 1 piece

Per serving: ~207 calories, 0.35 g protein, and 3 mg methionine

### Ingredients:

1 full can	<i>Maddy's Homestyle Yellow Cake Mix</i>
5 tablespoons	margarine
2 tablespoons + 1 teaspoon	freshly grated lemon peel, divided
1 1/2 teaspoons	egg replacer, powdered
1/4 cup	Lemonade
1/2 cup	powdered sugar
1 1/2 tablespoons	lemon juice

### Directions:

1. Preheat oven to 350°F.
2. In large bowl, add *Maddy's Homestyle Yellow Cake Mix*, margarine, 2 tablespoons grated lemon peel, egg replacer and lemonade. Beat with electric mixer on low speed until crumbly.
3. Increase mixer to medium speed until dough forms.
4. Press dough into lightly greased 9" x 9" baking pan.
5. Bake 18 – 23 minutes or until edges are lightly browned. Cool 10 minutes.
6. In small bowl, stir together powdered sugar and lemon juice to make glaze.
7. Spoon glaze over warm bars; spread to edges of pan. Cool completely, about 50 minutes.
8. Garnish with remaining lemon peel, cut into 9 bars.
9. Store loosely covered.

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