



NAACP

ALL IN

115TH NAACP NATIONAL CONVENTION

RECIPE CARD





BREAKFAST EGG MUFFINS


COOK TIME: 22-24 MINUTES

ABOUT 12 MUFFINS

Ingredients:

2 cups broccoli finely chopped
¾ cup sun-dried tomatoes, finely chopped
¼ cup green onions finely chopped
1 Ounce Gruyere Cheese
1 tsp Italian seasoning
½ tsp salt
¼ tsp black pepper finely ground
2 cups All Whites egg whites

Directions:

- Preheat oven to 350°F.
 - Line a 12-cup muffin pan with cupcake liners (or grease with cooking spray).
 - Place broccoli, sun-dried tomatoes and green onions in a microwave-safe bowl. Add 1/3 cup of water. Cover lightly and microwave on high for 3½ minutes, or until tender. Drain any excess liquid and let cool for 5 minutes.
 - Stir in cheese, Italian seasoning, salt and pepper.
 - Divide the vegetable mixture evenly between the 12 cups. Next, pour egg whites evenly into the 12 cups. (Note: Cups should be about ¾ full.)
 - Bake at 350°F for 22-24 minutes, or until set in center.
 - Remove cups from pan and place on wire rack to cool.
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LEMON PEPPER CHICKEN WITH CAULIFLOWER RICE

COOK TIME: 6-8 MINUTES

Lemon Pepper Chicken **Ingredients:**

2 lbs. chicken tenders film skin and tender muscle removed
3/4 tsp. black pepper fresh ground, more or less
1/4 cup lemon juice
1 tsp. paprika
2 tbsps. olive oil
3/4 tsp. oregano dry
3/4 tsp. salt more if need
4 cloves garlic minced

Cauliflower Rice **Ingredients:**

1 large head cauliflower, separated into 1-inch florets
3 tablespoons olive oil
1 medium onion, finely diced
Kosher salt
2 tablespoons fresh parsley leaves, finely chopped
Juice of 1/2 lemon

Lemon Pepper Chicken Directions:

- Preheat the air fryer to 390 F.
- Clean and trim the chicken tenders. Place in a bowl and marinate with the remainder of the ingredients.
- Line the tenders in the preheated air fryer without overlapping them. You will need to do them in 2-3 batches, depending on the size of your air fryer.
- Cook the tenders in the air fryer for 6-8 minutes. (cooking time depends on their size). Use an instant read thermometer for accurate cooking. Internal temperature should be 165 degrees.
- When cooked, wrap with aluminum foil and let it rest for 5 minutes before serving.
- Garnish with some fresh chopped parsley and serve.

Cauliflower Rice Directions:

- Trim the cauliflower florets, cutting away as much stem as possible. In 3 batches, break up the florets into a food processor and pulse until the mixture resembles couscous.
- Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking, stirring frequently, until the onions are golden brown at the edges and have softened, about 8 minutes. Add the cauliflower, and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes. Remove from the heat.
- Spoon the cauliflower into a large serving bowl, garnish with the parsley, sprinkle with the lemon juice and season to taste with salt. Serve warm.




FLOURLESS CHOCOLATE BANANA CAKE

COOK TIME: 25-30 MINUTES

Ingredients:

3 large eggs, separated
¼ teaspoon Celtic sea salt
½ cup agave nectar or honey
¼ cup grapeseed oil or palm shortening
1 cup mashed ripe bananas, about 2 bananas
½ cup cacao powder

Directions:

- In a blender, blend egg yolks, agave, and salt on medium for 1 minute
 - Add grapeseed oil and mashed banana and blend for 1 minute
 - Blend in cacao powder
 - In a bowl, whip egg whites to stiff peaks
 - Gently fold contents of vitamix into bowl with egg whites
 - Pour batter into a greased 8 inch springform pan
 - Bake at 350°F for 25-30 minutes
 - Serve
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BERRY BLAST SMOOTHIE

Ingredients:

1/2 cup pomegranate-blueberry
V8 juice blend
1-1/4 cups frozen unsweetened
mixed berries
1 medium banana, sliced
1/3 cup fat-free plain yogurt

Directions:

- In a blender, combine all ingredients; cover and process until smooth.
 - Pour into chilled glasses; serve immediately.
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