



Retina Foundation of the Southwest

Eye-Friendly, Five-Course Feast

Healthier eyesight through smarter eating is proven research. The Retina Foundation of the Southwest has teamed with renowned Texas chef Larry Matson at the Art Institute of Dallas to create a five-course meal aimed at keeping eyesight healthy through smarter eating. Enjoy!

Amuse Bouche

Spiced Kale on Cream Cheese Crostini

First Course

Sweet Potato, Roasted Red Pepper and Green Apple Soup

Second Course

Broccoli Sprout and Tangled Carrot Salad with Tabini Dressing

Intermezzo

Carrot & Ginger Sorbet

Fourth Course

*Honey Garlic Glazed Salmon with Lemon Orzo
and a Medley of Vegetables*

Fifth Course

Fruit Cordonnier with Almond Crust and Orange Ice Cream

Spiced Kale on Cream Cheese Crostini

Serves 7 | Prep Time: 5 Min. | Cook Time: 5 Min.

Ingredients:

- 1/4 cup honey
- 1 baguette, sliced at an angle
- 2 tablespoons ground cumin
- 1/2 cayenne or red chili powder
- Salt, to taste
- 2 tablespoons extra-virgin olive oil
- 8 ounces cream cheese
- 1 each shallot minced
- 1 Roma tomato peeled and small diced

For the Kale:

- 3 cups fresh kale leaves, chopped
- 1 clove crushed garlic
- 1 tablespoon extra-virgin olive oil
- Salt to taste

Instructions:

1. Preheat the oven to 350°F.
2. Mix all the spices, honey and coat the sliced baguette on one side.
3. On a foil lined, oiled baking sheet, arrange the baguette in a single layer. Bake for about 5 minutes until you see them turning slightly golden. Turn off the oven. Arrange them in a tray using tongs.
4. Season cream cheese with salt and pepper. Add chopped shallot and mix well until smooth.
5. Meanwhile in a pan heat the olive oil. Add the crushed garlic followed by the kale. Add a little salt and cook until the kale wilts just a little, about 5 minutes.
6. Empty in a bowl and keep aside.

To assemble:

Spread cream cheese on the crostini, top about a tablespoon of kale on top of each piece of bread followed by diced tomato.

Sweet Potato, Roasted Red Pepper and Green Apple Soup

Serves 4 | Prep Time: 10 Min. | Cook Time: 45 Min.

Ingredients:

- 1 tablespoon olive oil
- 2 large sweet potatoes, peeled and diced
- 1 red bell pepper, sliced
- 1 onion, diced
- 3 garlic cloves, unpeeled
- 1 large green apple, peeled and diced
- 4 cups vegetable broth
- 1 teaspoon smoked paprika, plus more for sprinkling
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon cayenne pepper, or to taste
- 2 cups heavy cream
- Salt and pepper
- For garnish: sliced green onions

Instructions:

1. Preheat oven to 425°F. Line a baking sheet with parchment paper. Arrange the sweet potatoes, pepper slices, diced onion and unpeeled garlic in an even layer. Drizzle with olive oil. Season well with salt and pepper.
2. Roast for 20-35 minutes, or until the veggies are soft. Remove from oven. Pop the garlic out of the skins. Transfer the veggies to a blender.
3. In a sauté pan, sauté the diced apple until golden brown and add it to the blender. Add the vegetable broth and puree until smooth.
4. Transfer to a pot and add the smoked paprika and lemon juice. Bring to a simmer and cook for 10-15 minutes. Add the heavy cream. Cook for 5 minutes to allow flavors to meld. Turn off heat. Taste and add more salt, if needed, and cayenne, to taste.
5. Ladle into bowls and top with sour cream, green onions and an extra sprinkle of paprika.

Broccoli Sprout and Tangled Carrot Salad with Tahini Dressing

Serves 4 | Prep Time: 10 Min. | Cook Time: 3 Min.

Salad Ingredients:

- 2 1/2 cups broccoli sprouts
- 1/4 cup shredded carrots
- 8 ounces cherry tomatoes
- 1/4 red onion, finely diced
- 1/2 cup toasted pistachios, coarsely chopped
- 3 assorted yellow and purple beets (OPTIONAL)

Tahini Dressing Ingredients:

- 1/4 cup tahini
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons agave nectar
- 3 tablespoons freshly squeezed lemon juice or apple cider vinegar
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1 to 3 tablespoons water, as needed

Instructions:

1. Add the broccoli sprouts, shaved carrots, tomatoes and onion to a mixing bowl.
2. OPTIONAL: Using a vegetable peeler, peel the beets. Starting at the skinny tip of the beet, press firmly down the length of the beet with the vegetable peeler to create thin shavings. Repeat with the remaining beets. (If you prefer, you can use a mandolin instead.)
3. To make the dressing, in a separate small bowl, whisk together the tahini, olive oil, agave nectar, lemon juice, salt, and pepper. Add the water, 1 tablespoon at a time, until you reach the consistency of a basic vinaigrette.
4. Add the dressing to the bowl with the vegetables and toss to coat. Sprinkle the remaining pistachios on top and serve immediately.

Carrot & Ginger Sorbet

Serves 10 | Prep Time: 25 Min. | Freeze Time: 2 Hrs.

Yield: 32 ounces, or 1 quart

Ingredients:

- 1 quart carrot juice
- 2 cups water
- 2 cups sugar
- 1 each ginger root
- 2 teaspoons lime juice

Instructions:

1. Bring all ingredients to a boil and simmer for 10 minutes.
2. Remove from heat and strain out ginger.
3. Chill mixture until temperature reaches 45°F.
4. Transfer the mixture to an ice cream maker.
5. Transfer to an airtight container and put in freezer to harden at least 2 hours.

Honey Garlic Glazed Salmon

Serves 3 | Prep Time: 5 Min. | Cook Time: 15 Min.

Ingredients:

- 12 ounces salmon, cut into 4 ounce fillet
- Salt
- Black pepper
- Pinch of cayenne pepper
- 2 tablespoons honey
- 1 tablespoon warm water
- 1 1/2 teaspoons apple cider vinegar or lemon juice
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1/2 lemon, sliced

Instructions:

1. Season the surface of the salmon with salt, black pepper and cayenne pepper. Set aside.
2. Mix the honey, water, apple cider vinegar, lemon juice and a pinch of salt together. Stir to combine well.
3. Heat up a skillet with the olive oil. Pan-fry the salmon until half done.
4. Add the garlic into the pan until slightly browned.
5. Add the honey mixture and lemon wedges into the skillet, reduce the sauce until it's sticky.
6. OPTIONAL: Finish it off by broiling the salmon in the oven for 1 minute or until the surface becomes slightly charred.

Parmesan Orzo with Lemon and Thyme

Serves 4 | Prep Time: 5 Min. | Cook Time: 12 Min.

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 cup orzo pasta
- 1 large clove garlic, minced (about 2 teaspoons)
- 1 3/4 cups chicken broth or stock
- 1/3 cup grated Parmesan cheese
- 1 tablespoon fresh thyme leaves, minced
- 1 teaspoon fresh lemon juice
- 1 teaspoon lemon zest
- 1/4 teaspoon salt
- Freshly ground black pepper, to taste

Instructions:

1. Melt together oil and butter in a medium pot over medium heat. Pour orzo into a pot and cook while stirring until it begins to toast, about two minutes. Clear a spot in the center of the pot, add minced garlic and stir for 30 seconds before incorporating into orzo.
2. Stir chicken broth into orzo, increase heat to high, and bring to a boil. Reduce to a low simmer and cook until orzo reaches desired tenderness and most of the liquid has been absorbed, for about 8 to 10 minutes.
3. Remove pot from heat and stir in Parmesan cheese, fresh thyme, lemon juice, lemon zest, salt and pepper. Taste and adjust seasonings, as desired. Serve warm.

Fruit Cordonnier with Almond Streusel

Serves 4 | Prep Time: 15 Min. | Cook Time: 30 Min.

Ingredients:

- 1 3/4 cups (about 7 1/2 ounces) plus 5 tablespoons all-purpose flour, divided
- 2/3 cup granulated sugar, divided
- 3/4 teaspoon kosher salt, divided
- 1/2 cup (4 ounces) plus 2 tablespoons cold salted butter, diced, divided
- 1 1/4 cups lightly toasted chopped almonds
- 1/2 cup heavy cream
- 1 1/2 teaspoons vanilla extract, divided
- 2 cups fresh blackberries
- 2 cups fresh blueberries
- 2 cups fresh raspberries
- 2 cups fresh strawberries, halved
- 2 teaspoons lemon zest
- 1/4 teaspoon ground nutmeg

Instructions:

1. Whisk together 1 3/4 cups of the flour, 1/3 cup of the granulated sugar, and 1/2 teaspoon of the salt in a medium bowl. Using a pastry blender, cut 1/2 cup of the butter into flour mixture until well blended and mixture resembles peas. Stir in toasted almonds.
2. Stir together cream and 1/2 teaspoon of the vanilla in a small bowl; add cream mixture to flour mixture, stirring with a fork until mixture is combined but still crumbly. Chill until ready to use.
3. Preheat oven to 400°F. Gently toss together blackberries, blueberries, raspberries, strawberry halves, lemon zest, nutmeg, and remaining 5 tablespoons flour, 1/3 cup granulated sugar, 2 tablespoons butter, 1 teaspoon vanilla extract, and 1/4 teaspoon salt in a large bowl. Transfer to a lightly greased 10-inch cast-iron skillet. Place skillet in an aluminum foil-lined rimmed baking sheet.
4. Bake in preheated oven until bubbly around the edges, 25 to 30 minutes. Remove from oven. Serve warm.

Orange Ice Cream

Serves 4 | Prep Time: 25 Min. | Cook Time: 3 1/2 Hrs.

Yield: 24 ounces, or 3 cups

Ingredients:

- 2 large navel oranges
- 8 ounces whole milk
- 1/2 cup sugar (4 ounces)
- 4 large egg yolks

Instructions:

1. Finely grate 2 tablespoons zest from oranges.
2. Halve oranges and squeeze enough juice to measure 4 ounces, or 1/2 cup.
3. Bring milk, 1/4 cup sugar, a pinch of salt and 1 tablespoon zest to a boil in a 2-quart heavy saucepan. Then remove from heat and let steep 30 minutes.
4. Beat egg yolks and remaining 1/4 cup sugar in a medium bowl with an electric mixture until thick and pale.
5. Add milk mixture, in a stream, whisking constantly until combined well. Pour mixture into the same saucepan and cook over medium heat. Stirring constantly with a wooden spoon until mixture coats back of spoon and registers 175° F. Do not boil. Then remove from heat and pour through a fine-mesh sieve into metal bowl of ice water and stir until cold, 10 to 15 minutes.
6. Stir in orange juice and remaining tablespoon zest then put into the ice cream maker. Transfer ice cream to an airtight container and put in freezer to harden at least 2 hours.