

The image shows two white ceramic bowls filled with a vibrant Caribbean salad. The salad is composed of green leafy vegetables, chunks of yellow mango, roasted chicken pieces, crumbled white cheese, green pumpkin seeds, and dried cranberries. The bowls are set on a rustic wooden surface. A pink cloth is partially visible on the left side of the frame.

caribbean

A Caribbean Cookbook **RECIPES**
with Easy Caribbean Recipes

CARIBBEAN RECIPES

A CARIBBEAN COOKBOOK WITH EASY CARIBBEAN RECIPES

By
BookSumo Press
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ABOUT THE AUTHOR.

BookSumo Press is a publisher of unique, easy, and healthy cookbooks.

Our cookbooks span all topics and all subjects. If you want a deep dive into the possibilities of cooking with any type of ingredient. Then BookSumo Press is your go to place for robust yet simple and delicious cookbooks and recipes. Whether you are looking for great tasting pressure cooker recipes or authentic ethnic and cultural food. BookSumo Press has a delicious and easy cookbook for you.

With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen cheffing delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Caribbean cuisine. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

— BookSumo Press

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ANY ISSUES? CONTACT US

If you find that something important to you is missing from this book please contact us at info@booksumo.com.

We will take your concerns into consideration when the 2nd edition of this book is published. And we will keep you updated!

— BookSumo Press

LEGAL NOTES

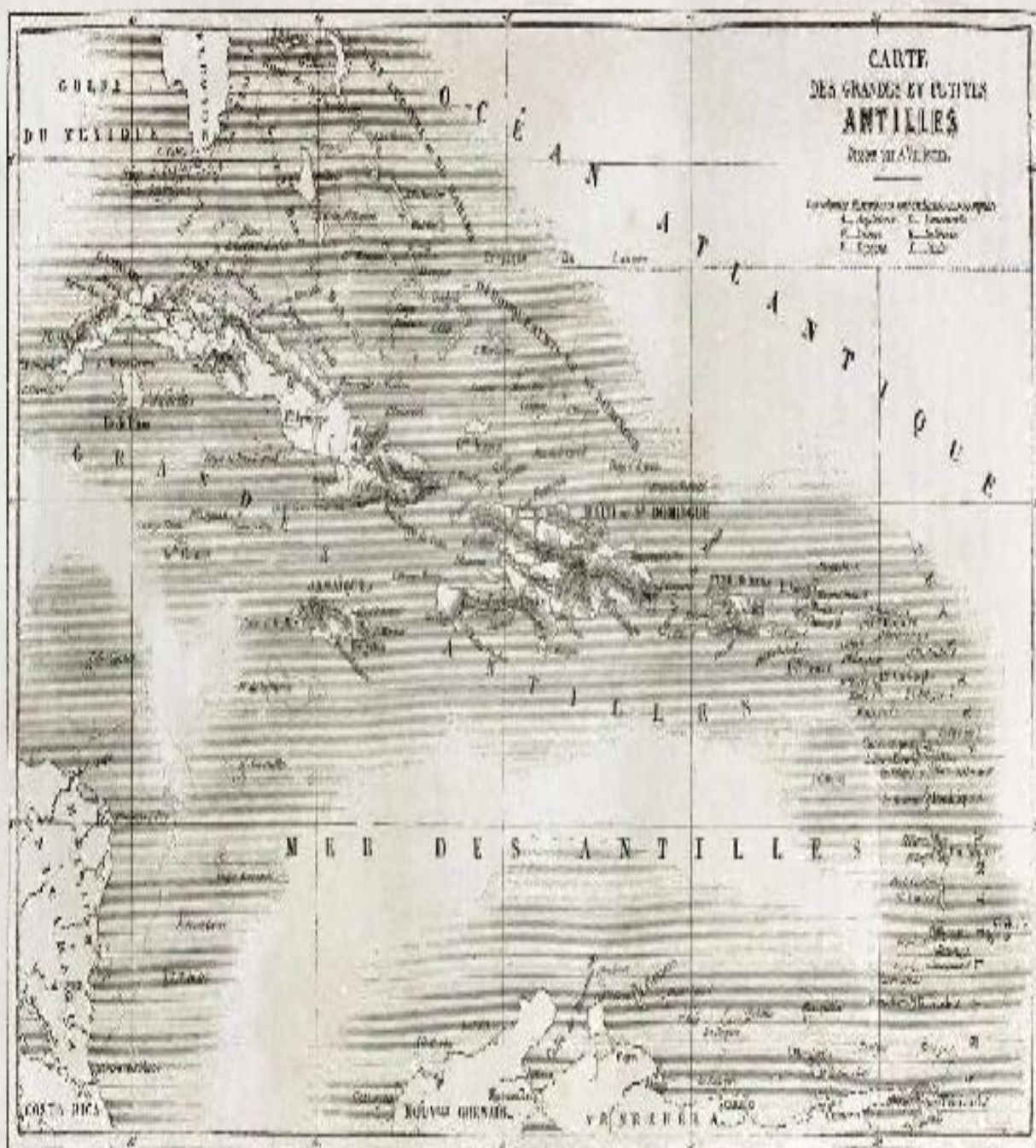
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COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb

*All units used are standard American measurements



CHAPTER 1: EASY CARIBBEAN RECIPES

DUMPLINGS JAMAICA

Ingredients

- 4 C. all-purpose **flour**
- 2 tsp **baking powder**
- 1 1/2 tsp **salt**
- 1/2 C. **butter**
- 1/2 C. cold **water**
- 1 C. vegetable **oil** for frying

Directions

- Get a large mixing bowl: Combine in it the flour, baking powder and salt. Add the butter and mix them well with your hands until the mix becomes crumbly.
- Add 1 tbsp of water after another to the mixture while mixing them until you get a smooth dough. Knead the dough with your hands until it becomes soft.
- Place a large deep pan over medium heat. Heat the oil in it. Cut the dough into small pieces and shape them into flat patties.
- Place some of the patties in the hot oil and cook them for 2 to 4 min on each side until they become golden brown.
- Serve your biscuits with your favorite toppings and enjoy.
- Enjoy.

Servings per Recipe: 6

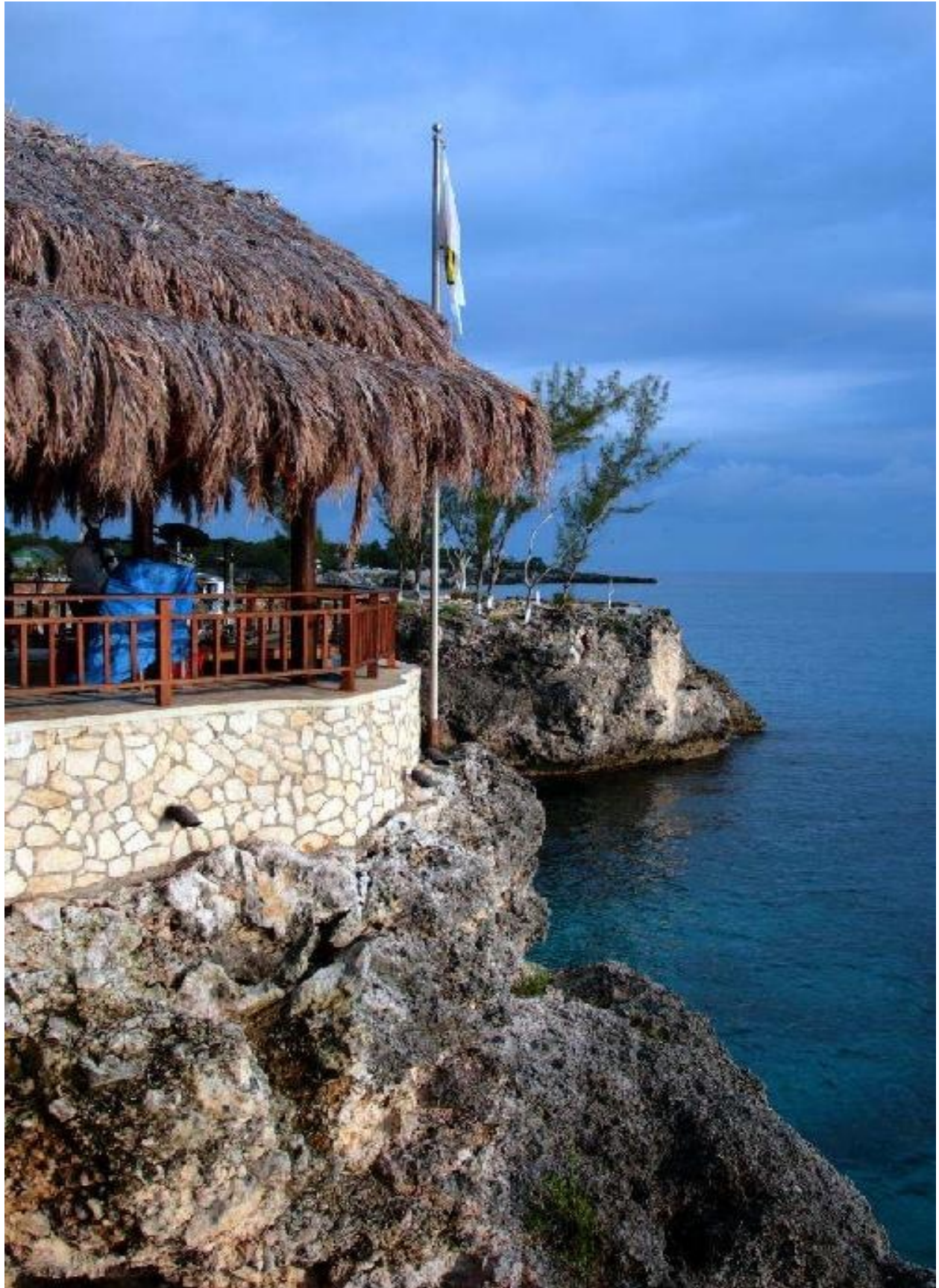
Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	472
Fat	19.8
Carbohydrates	41
Protein	855
Cholesterol	64
Sodium	8.8

* Percent Daily Values are based on a 2,000 calorie diet.



FESTIVE JERK CHICKEN

Ingredients

- 1/2 green **onion**, minced
- 1/4 C. **orange juice**
- 1 tbsp minced fresh ginger **root**
- 1 tbsp minced **jalapeno** peppers
- 1 tbsp **lime juice**
- 1 tbsp **soy sauce**
- 1 clove **garlic**, minced
- 1 tsp ground **allspice**
- 1/4 tsp ground **cinnamon**
- 1/2 tsp ground **cloves**
- 1 (2 to 3 lb) whole **chicken**, cut into pieces

Directions

- Get a large mixing bowl: Mix in it the onions, orange juice, ginger, hot pepper, lemon or lime juice, soy sauce, garlic, allspice, cinnamon and cloves to make the marinade.
- Add the chicken pieces and stir them well to coat. Cover the bowl with a plastic wrap and place them in the fridge for an overnight.
- Before you do anything else, preheat the grill and grease it.
- Drain the chicken pieces and grill them for 8 to 12 min on each side or until they are done.
- Pour the remaining marinade in a small saucepan. Cook it over medium heat for 2 min until it becomes thick. Serve it hot with the chicken.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	10 m
Cooking	20 m
Total Time	8 h 30 m

Nutritional Information:

Calories	834
Fat	57.2
Carbohydrates	284
Protein	568
Cholesterol	4.8
Sodium	71.1

* Percent Daily Values are based on a 2,000 calorie diet.

65-MINUTE JAMAICAN BEEF PATTIES

Ingredients

- 3 lb lean ground **beef**
- 2 C. seasoned **bread crumbs**
- 1 can **tomato sauce**
- 1 bunch pieces **green onions**
- 1/4 C. **soy sauce**
- 1/4 C. Maggi(TM) **liquid seasoning**
- 1 tbsp **salt**
- 1 tbsp **pepper**
- 1 tsp vinegar-based hot **pepper sauce**
- 2 recipes pie crust **pastry**
- 2 **eggs**
- 1/4 C. **water**

Directions

- Get a large mixing bowl: Combine in it the ground beef, bread crumbs, tomato sauce, green onions, soy sauce, Maggi seasoning, salt, pepper, and hot sauce.
- Mix them well with your hands.
- Before you do anything else, preheat the oven to 450 F.
- Roll the dough on a floured surface until it becomes 1/8 inch thick. Slice it into 6 inches circles.
- Place 1 tbsp of the filling in the middle of each dough circle. Pull the dough over the filling to make half a circle and press the edges to seal them.
- Get a small mixing bowl: Whisk in it the water with egg. Brush the beef burgers with the egg mix. Place them on a lined up baking sheet.
- Cook them the burgers in the oven for 35 to 42 min. Serve them warm with your favorite sauce.
- Enjoy.

Servings per Recipe: 36

Timing Information:

Preparation	25 m
Cooking	40 m
Total Time	1 h 5 m

Nutritional Information:

Calories	215
Fat	12.5
Carbohydrates	33
Protein	667
Cholesterol	15.6
Sodium	9.9

* Percent Daily Values are based on a 2,000 calorie diet.

How to Make Cabbage

Ingredients

- 1 head **cabbage**
- 2 tbsp olive **oil**, or as needed
- 1 small **onion**, thinly sliced
- 1/2 chopped green **bell pepper**
- 1 green **onion**, sliced
- 2 sprigs fresh **thyme**
- 1 whole Scotch bonnet chile **pepper**
- 1 tsp **salt** (optional)
- 1 C. shredded **carrots**
- 1/4 C. white **vinegar**
- 2 tbsp white **sugar**

Directions

- Discard the outer leaves of the cabbage then discard its head and shred the leaves.
- Before you do anything else, place a large pan over medium high heat and heat the olive oil in it.
- Add the onion, green bell pepper, and green onion then cook them for 6 min while stirring them from time to time.
- Once the time is up, add the thyme, Scotch bonnet pepper, and salt then stir them well.
- Combine in the shredded carrots and cabbage then put on the lid and let the mix cook for 12 min over low heat while stirring it from time to time.
- Once the time is up, remove the lid and add the sugar and vinegar to the mix. Let them cook for an extra 4 min.
- Remove the scotch bonnet pepper along with thyme sprigs then serve your Jamaican cabbage with some bread.
- Enjoy!

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	40 m

Nutritional Information:

Calories	121
Fat	4.8
Carbohydrates	0
Protein	437
Cholesterol	19.2
Sodium	3

* Percent Daily Values are based on a 2,000 calorie diet.

JAMAICAN OXTAIL III

Ingredients

- 1 lb beef **oxtail**, cut into pieces
- 1 large **onion**, chopped
- 1 green **onion**, thinly sliced
- 2 cloves **garlic**, minced
- 1 tsp minced fresh **ginger root**
- 1 scotch bonnet **chile pepper**, chopped
- 2 tbsp **soy sauce**
- 1 sprig fresh **thyme**, chopped
- 1/2 tsp **salt**
- 1 tsp **black pepper**
- 2 tbsp vegetable **oil**
- 1 1/2 C. **water**
- 1 C. canned **fava beans**, drained
- 1 tsp whole **allspice** berries
- 1 tbsp **cornstarch**
- 2 tbsp **water**

Directions

- Before you do anything, place a large pan over medium heat and heat the oil in it.
- Get a large mixing bowl: Add the onion, green onion, garlic, ginger, chile pepper, soy sauce, thyme, salt, and pepper and combine them well.
- Add the mix to the heated pan and cook them for 12 min.
- Get a pressure cooker, transfer to it the oxtail mix with 1 1/2 C. water. Put on the lid and cook them for high pressure for 26 min.
- Once the time is up, use the quick method to release the pressure then stir the fava beans and allspice berries into the pot.
- Press the sauté button on the pressure cooker and cook the stew until it starts simmering.
- Get a small mixing bowl: Whisk in it the cornstarch with water. Add

the mix to the pot and mix them well.

- Let the stew simmer for few more minutes until it thickens then serve it warm.
- Enjoy!

Servings per Recipe: 4

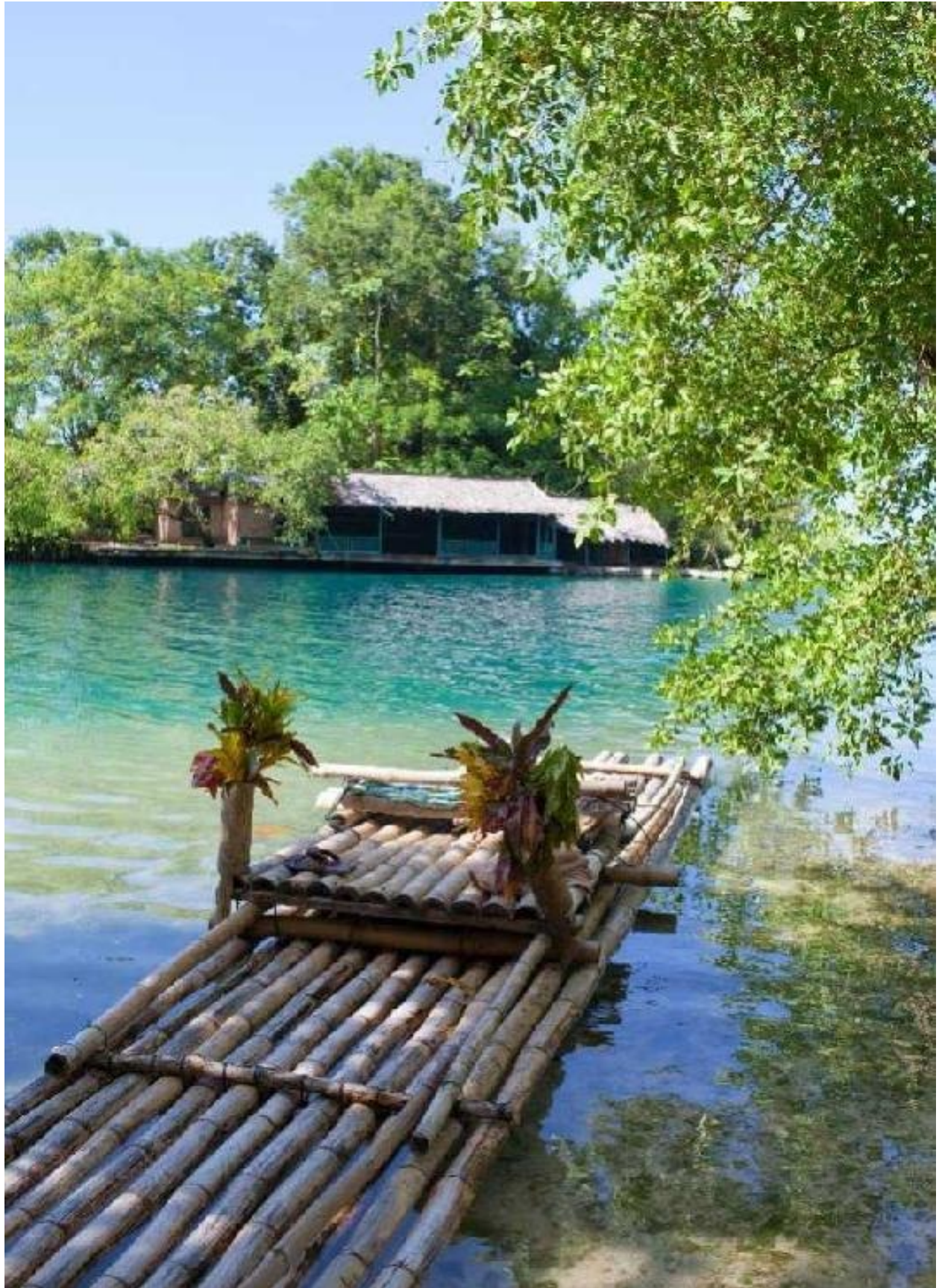
Timing Information:

Preparation	30 m
Cooking	45 m
Total Time	1 h 15 m

Nutritional Information:

Calories	425
Fat	22.4
Carbohydrates	125
Protein	1089
Cholesterol	17.6
Sodium	38.8

* Percent Daily Values are based on a 2,000 calorie diet.



SUN KISSED GOLDEN SNAPPER

Ingredients

- 1 red **snapper**, rinsed, scaled
- **salt** and **black pepper**
- 1 quart vegetable **oil** for frying
- 1 tsp vegetable **oil**
- 1/2 white **onion**, sliced
- 1/8 tsp minced **garlic**
- 1/2 large **carrot**, strips
- 1 sprig fresh **thyme**
- 1 **allspice** berry, cracked
- 1/4 habanero **pepper**, seeded, minced
- 1/4 C. white **vinegar**
- 1 tbsp **water**
- 3/4 tsp **salt**
- 1 pinch brown **sugar**

Directions

- Use a paper towel and pat the snapper until it becomes dry. Use a sharp knife to make 3 small cuts on each side of snapper.
- Before you do anything else, place a large pan over medium heat and heat the vegetable oil in it.
- Season the red snapper with a pinch of salt and pepper then cook it in the hot oil for 6 min on each side.
- Drain the snapper and place it on a plate that is covered with some paper towels.
- Place another large pan over medium heat and heat 1 tsp of oil in it. Add the onion, garlic and carrot to it then cook them for 3 min while stirring all the time.
- Once the time is up, add the thyme, allspice, habanero pepper, vinegar, water, salt, and sugar then cook them for 6 min to make the warm salad.
- Serve your fried snapper with the warm carrot salad.

- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 m
Cooking	15 m
Total Time	25 m

Nutritional Information:

Calories	770
Fat	50.9
Carbohydrates	125
Protein	1036
Cholesterol	4.9
Sodium	70.3

* Percent Daily Values are based on a 2,000 calorie diet.

AUNTY ROSE'S OXTAIL

Ingredients

- 2 1/2 lbs **oxtail**
- 1 tbsp **Worcestershire** sauce
- 1 tbsp **soy sauce**
- 1 tbsp **salt**
- 1 tbsp **white sugar**
- 1 tbsp garlic and **herb seasoning**
- 1 tsp **browning sauce**
- 1/4 tsp **paprika**
- 1/4 tsp **cayenne** pepper
- 1/4 tsp **black pepper**
- 2 tbsp vegetable **oil**
- 2 **carrots**, thinly sliced
- 2 stalks **celery**, thinly sliced
- 1 **onion**, chopped
- 4 **garlic** cloves, minced
- 3 C. beef **broth**
- 1 fresh **thyme**
- 1 sprig fresh **rosemary**
- 1 **bay leaf**
- 2 tbsp unsalted **butter**

Directions

- Get a shallow bowl: Place in it the Worcestershire sauce, soy sauce, salt, sugar, garlic and herb seasoning, browning sauce, paprika, cayenne pepper, and black pepper.
- Mix them well to make the marinade. Coat the whole oxtail with the marinade.
- Before you do anything, place a large deep skillet over medium heat. Heat the oil in it. Add the oxtail and cook it for 4 min on each side.
- Drain the oxtail and place it aside.
- Add the carrots, celery, onion, and garlic to the same skillet. Cook

them for 6 min. Stir in it the beef broth, thyme, rosemary, and bay leaf.

- Let the veggies mix cook until it starts boiling. Stir in the browned oxtail with butter. Put on the lid and let them cook for 3 h 5 min on low heat.
- Once the time is up, remove the lid and let the stew cook for 6 min then serve it warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	30 m
Cooking	3 h 15 m
Total Time	3 h 45 m

Nutritional Information:

Calories	361
Fat	22
Carbohydrates	114
Protein	1583
Cholesterol	9.4
Sodium	32.3

* Percent Daily Values are based on a 2,000 calorie diet.

3-HOUR JERK CHICKEN

Ingredients

- 6 skinless, boneless **chicken breast** halves, chunks
- 4 **limes**, juiced
- 1 C. **water**
- 2 tsp ground **allspice**
- 1/2 tsp ground **nutmeg**
- 1 tsp **salt**
- 1 tsp brown **sugar**
- 2 tsp dried **thyme**
- 1 tsp ground **ginger**
- 1 1/2 tsp ground **black pepper**
- 2 tbsp vegetable **oil**
- 2 **onions**, chopped
- 1 1/2 C. chopped green **onions**
- 6 cloves **garlic**, chopped
- 2 habanero **peppers**, chopped

Directions

- Get a mixing bowl: place in it the chicken breast pieces. Add the water with lime juice then cover the bowl with a plastic wrap.
- Get a food processor: combine in it the allspice, nutmeg, salt, brown sugar, thyme, ginger, black pepper and vegetable oil.
- Process them until they become smooth to make the marinade. Add 2/3 of the marinade to the chicken pieces and coat them with it.
- Cover the chicken bowl once again and place it in the fridge for 2 h or more.
- Before you do anything else, preheat the grill and grease it. Drain the chicken breasts chunks from the marinade then thread them into skewers.
- Cook the chicken skewers on the grill for 5 to 8 min on each side and baste them every few minutes with the remaining marinade.
- Enjoy!

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Cooking	1 h
Total Time	3 h 20 m

Nutritional Information:

Calories	221
Fat	6.4
Carbohydrates	68
Protein	474
Cholesterol	13.3
Sodium	28.8

* Percent Daily Values are based on a 2,000 calorie diet.



HABANERO CURRY

Ingredients

- 1/4 C. vegetable **oil**
- 1 **onion**, chopped
- 1 **tomato**, chopped
- 1 **garlic** clove, chopped
- 2 tbsp Jamaican-style **curry powder**
- 2 slices habanero **pepper**
- 1/4 tsp ground **thyme**
- 2 skinless, boneless **chicken breast** halves, chunked
- 1 C. **water**
- 1/2 tsp **salt**, or to taste

Directions

- Place a large pan over medium heat and heat the oil in it. Add the onion, tomato, garlic, curry powder, habanero pepper, and thyme. Cook them for 8 min.
- Add the chicken and cook them for 6 min.
- Once the time is up, stir the water into the pan. Lower the heat and let the curry cook for 32 min over low heat.
- Once the time is up, serve your chicken curry warm with some pita bread.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	45 m
Total Time	55 m

Nutritional Information:

Calories	210
Fat	15.4
Carbohydrates	30
Protein	322
Cholesterol	6.2
Sodium	12.5

* Percent Daily Values are based on a 2,000 calorie diet.

ZUPPA JAMAICA

Ingredients

- 3 tbsp olive **oil**
- 1 **onion**, chopped
- 2 stalks **celery**, chopped
- 4 cloves **garlic**, minced
- 2 tbsp fresh **ginger root**, minced
- 1 tbsp turbinado **sugar**
- 2 tsp sea **salt**
- 1/4 tsp ground **turmeric**
- 1/4 tsp ground **allspice**
- 1/4 tsp ground **nutmeg**
- 2 **potatoes**, peeled and diced
- 4 C. chopped **zucchini**
- 6 C. vegetable **stock**
- 1 pinch **cayenne** pepper
- 1 C. chopped fresh **spinach**
- 1/2 red **bell pepper**, minced

Directions

- Place a large saucepan over medium heat. Heat the oil in it it. Combine in it the onion, celery, garlic, ginger, and sugar.
- Let them cook for 6 min. Stir in the salt, turmeric, allspice, and nutmeg, potatoes and zucchini. Stir the veggies stock into the pot.
- Cook them over medium high heat until the soup start boiling. Lower the heat and let the soup cook for an extra 12 min or until the veggies are done.
- Once the time is up, get a food processor. If you want, pour in it the soup after it cools down for a while then process it until it becomes smooth.
- Top your soup with the minced pepper, then serve it warm and enjoy.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	30 m
Cooking	20 m
Total Time	50 m

Nutritional Information:

Calories	124
Fat	5.8
Carbohydrates	0
Protein	667
Cholesterol	16.7
Sodium	2.6

* Percent Daily Values are based on a 2,000 calorie diet.

WEST INDIAN CHICKEN CURRY

Ingredients

- 1/4 C. **curry powder**, divided
- 2 tbsp **garlic** powder
- 1 tbsp seasoned **salt**
- 1 tbsp **onion** powder
- 2 tsp **salt**
- 1 sprig fresh **thyme**
- 1 pinch ground **allspice**
- **salt** and **black pepper**
- 2 1/4 lbs whole **chicken**, cut into pieces
- 3 tbsp vegetable **oil**
- 3 C. **water**
- 1 **potato**, diced
- 1/2 C. chopped **carrots**
- 2 **scallions**, chopped
- 1 piece fresh **ginger root**, minced
- 1 Scotch bonnet **chile pepper**, chopped

Directions

- Get a large mixing bowl: Combine in it 2 tbsp curry powder, garlic powder, seasoned salt, onion powder, salt, thyme leaves, allspice, salt, and pepper. Mix them well.
- Add the chicken pieces to the spice mix and rub them well.
- Place a large pan over medium heat and heat the oil in it. Add the spicy chicken to the hot pot and brown it for 4 min.
- Stir in the water, potato, carrots, scallions, ginger, and chile. Put on the lid and let them cook for 17 min or until the chicken is done.
- Once the time is up, serve your chicken curry with some rice and enjoy.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Cooking	30 m
Total Time	50 m

Nutritional Information:

Calories	348
Fat	20.3
Carbohydrates	103
Protein	1353
Cholesterol	13.8
Sodium	27.8

* Percent Daily Values are based on a 2,000 calorie diet.

CARIBBEAN BURGERS FROM JAMAICAN

Ingredients

- 2 tbsp olive **oil**
- 2 1/4 C. chopped **onion**
- 3 cloves **garlic**, minced
- 1 habanero **pepper**, chopped
- 1 1/2 tbsp grated fresh **ginger root**
- 1 tsp **salt**
- 3/4 tsp ground **allspice**
- 3/4 tsp ground **nutmeg**
- 2 1/4 C. cooked **black beans**, rinsed and drained
- 2 1/4 C. cooked long-grain **white rice**
- 2 1/2 C. dry **bread** crumbs
- 6 hamburger **buns**, split

Directions

- Place a large pan over medium heat. Heat the 1 tbsp of oil in it. Add the garlic with onion and cook them for 4 min.
- Stir in the habanero pepper and cook them for another 2 min.
- Get a large mixing bowl: Place in it the onion and pepper mix then let them cool down for few minutes.
- Add the beans, rice and bread crumbs, ginger, salt, allspice and nutmeg. Combine them well with your hands. Shape the mix into 6 medium sized patties.
- Place another pan over medium heat and heat the rest of the oil in it. Add the burger patties and cook them for 6 to 7 min on each side.
- Once the time is up, serve your burger patties with the toppings you desire.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	2 m
Cooking	15 m
Total Time	17 m

Nutritional Information:

Calories	531
Fat	9.7
Carbohydrates	0
Protein	1307
Cholesterol	92.6
Sodium	17.5

* Percent Daily Values are based on a 2,000 calorie diet.

GUYANESE RICE

Ingredients

- 1 tbsp vegetable **oil**
- 1/2 large **onion**, sliced
- 1/2 red **apple**, cored and sliced
- 1 pinch **curry powder**
- 1 C. **water**
- 2/3 C. brown **rice**
- 1 tsp dark **molasses**
- 1 small **banana**, sliced
- 1 tbsp unsweetened flaked **coconut**

Directions

- Before you do anything, place a pot of medium heat. Heat the oil in it.
- Add the apple with onion and sauté them for 3 min. Add the curry powder with water, rice and molasses. Cover the pot and let them cook for 32 min over low heat.
- Once the time is up, stir the banana into the hot rice then let it cool down for a while.
- Top your rice pudding warm and top it with the coconut flakes.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	398
Fat	10.7
Carbohydrates	0
Protein	11
Cholesterol	71.6
Sodium	6.1

* Percent Daily Values are based on a 2,000 calorie diet.

HOT CANNELLINI CHILI

Ingredients

- 1 1/2 lb ground **round**
- 1 tsp olive **oil**
- 1 1/2 C. chopped **onion**
- 2 cloves **garlic**, crushed
- 2 1/2 C. chopped yellow **bell pepper**
- 1 tbsp ground **cumin**
- 1 tbsp hot **paprika**
- 1 tbsp chile **powder**
- 2 tsp white **sugar**
- 1/2 tsp **salt**
- 1/4 tsp ground **cloves**
- 2 (14.5 ounce) cans stewed **tomatoes**
- 1 (15 ounce) can **kidney beans**, drained
- 1 (15 ounce) can **black beans**, drained
- 1 (15 ounce) can cannellini **beans**
- 1 (6 ounce) can **tomato paste**
- 2 tbsp balsamic **vinegar**
- 1/3 C. chopped fresh **cilantro**

Directions

- Before you do anything, place a large pan over medium heat. Add to it the beef and brown it for 8 min. Drain it and place it aside.
- Place a large pot over medium heat. Grease it with a cooking spray or a splash of oil and heat it through.
- Add the garlic with onion and cook them for 3 min. Stir in the yellow pepper and let them cook for an extra 3 min.
- Add the cumin, paprika, chile powder, sugar, salt, and cloves followed by the stewed tomatoes, kidney beans, black beans, and cannellini beans.
- Stir the water into the pot then put on the lid and cook it until it starts boiling.

- Add the browned beef with tomato paste to the pot then cook them until they start boiling again. Lower the heat and let the stew simmer for 32 min.
- Once the time is up, turn off the heat. Add the vinegar to the stew then serve it warm.
- Enjoy.

Servings per Recipe: 12

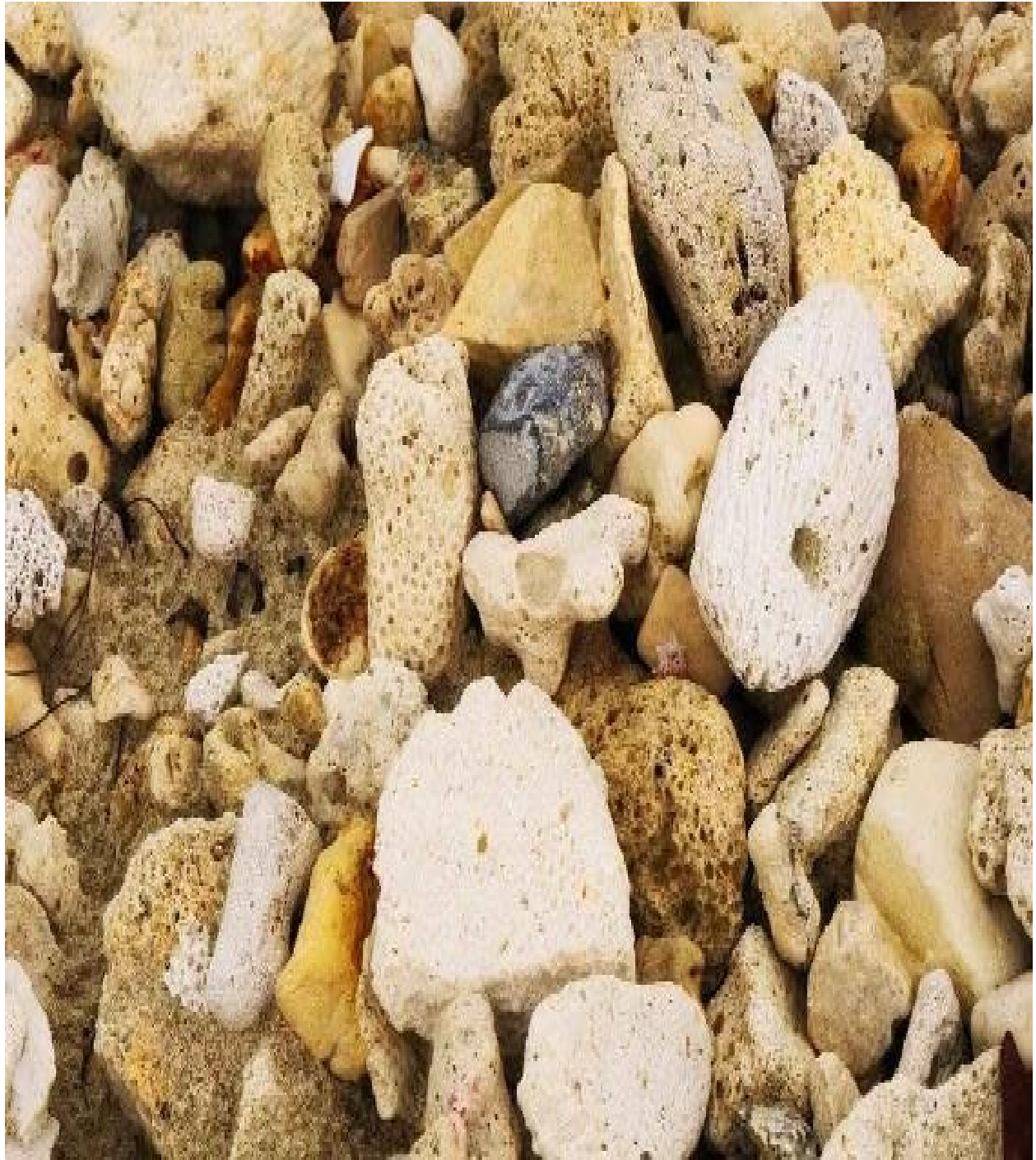
Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	225
Fat	8.1
Carbohydrates	40
Protein	551
Cholesterol	23
Sodium	16.3

* Percent Daily Values are based on a 2,000 calorie diet.



KIYANA'S BREAD

Ingredients

Batter:

- 3 1/4 C. all-purpose **flour**
- 4 tsp baking **powder**
- 2 tsp ground **cinnamon**
- 1 tsp ground **nutmeg**
- 1/2 tsp ground **allspice**
- 1 pinch **salt**
- 1 **egg**
- 1 C. **milk**
- 1/3 C. **beer**, or vegetable **broth**
- 1 3/4 C. brown **sugar**
- 1/2 C. melted **butter**
- 1 tsp **browning sauce**
- 1 tsp **vanilla extract**
- 1 tsp **lime** juice
- 1 C. **raisins**

Glaze:

- 1/2 C. brown **sugar**
- 1/2 C. **water**

Directions

- Before you do anything preheat the oven to 325 F. Coat the bottom of 2 8x4-inch bread pans with a cooking spray or some butter.
- Get a large mixing bowl: Combine in it the flour, baking powder, cinnamon, nutmeg, allspice, and salt. Mix them well.
- Get another mixing bowl: Whisk in it the egg with milk, beer, and 1 3/4 C. of brown sugar.
- Add the butter, browning sauce, vanilla extract, and lime juice. Combine them well until they become smooth.

- Fold the flour mixture and raisins into the batter. Transfer the batter to the greased loaf pan.
- Cook the bread loaves for 62 min.
- In the meantime, place a small saucepan over medium high heat. Add 1/2 C. brown sugar and the water to it. Cook them until they start boiling for about 6 min to make the sauce.
- When the bread is done, pour the hot brown sugar sauce all over it. Cook it in the oven for an extra 6 min.
- Allow the bread to sit for 6 min before removing it from the baking pan. Serve your bread with your favorite toppings.
- Enjoy.

Servings per Recipe: 20

Timing Information:

Preparation	25 m
Cooking	1 h 5 m
Total Time	2 h 30 m

Nutritional Information:

Calories	245
Fat	5.4
Carbohydrates	22
Protein	147
Cholesterol	46.9
Sodium	3.2

* Percent Daily Values are based on a 2,000 calorie diet.

ALLSPICE LIME STYLE TORTILLA SOUP

Ingredients

- 3 skinless, boneless **chicken breast** halves
- 8 C. **water**
- 8 tsp chicken **bouillon** granules
- 1 C. chopped **carrot**
- 1/4 tsp ground **allspice**
- 1/2 tsp chopped fresh **thyme**
- 1/8 tsp ground **cinnamon**
- 1 tbsp chopped fresh **ginger**
- 1 tbsp minced **garlic**
- 1 C. chopped **tomato**
- 1 C. coconut **milk**
- 1 tsp hot **pepper sauce**
- 1 C. mozzarella **cheese**, grated
- 2 C. crispy **tortilla** strips
- 2 **limes**, cut into wedges

Directions

- Before you do anything preheat the grill and grease it.
- Season the chicken breasts with some salt and pepper. Cook them on the grill for 7 to 9 min on each side.
- Place the chicken breasts aside and allow them to cool down for a while. Slice them into chunks and transfer them to a large pot.
- Add to them the water, bouillon and carrot, allspice, thyme, cinnamon, ginger and garlic. Cook them until they start boiling over high medium heat.
- Lower the heat and cook the soup for 12 min. Add the tomato, coconut milk and hot pepper sauce. Let the soup cook for an extra 2 to 3 min.
- Once the time is up, serve your soup hot with some mozzarella cheese, tortilla strips and lime wedges.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	40 m

Nutritional Information:

Calories	196
Fat	11.3
Carbohydrates	35
Protein	540
Cholesterol	10.6
Sodium	14.6

* Percent Daily Values are based on a 2,000 calorie diet.

TROPICAL PLANTAIN PIES

Ingredients

Pastry:

- 2 C. all-purpose **flour**
- 1 tsp **salt**
- 1/4 C. **butter**, diced
- 3 tbsp **shortening**, diced
- 1 **egg**, beaten
- 1 tbsp ice-cold **water**

Filling:

- 3 black **plantains**
- 1/4 C. white **sugar**
- 1 tsp **vanilla** extract
- 1 tsp grated **nutmeg**
- 2 drops red **food coloring** (optional)
- 1 **egg white**, beaten
- white **sugar** for decoration

Directions

- To make the pastry:
- Get a mixing bowl: Combine in the flour with butter and salt. Mix them well. Add the water with and combine them until you get a smooth dough.
- Cover the dough completely with a plastic wrap and place it in the fridge for 3 h 5 min.
- In the meantime, discard the peel of plantains and slice each one of them into 3 pieces.
- Place a heavy saucepan over medium heat, heat a splash of water in it. Add to it the plantain pieces and cook them for 8 to 10 min until they become tender.
- Get a mixing bowl: place in it the plantains and mash them until they

become smooth.

- Add the sugar, vanilla, nutmeg, and red food coloring. Mix them well to make the filling.
- Before you do anything else, preheat the oven to 350 F.
- Place the dough on a floured working surface and roll it with a rolling pin until it becomes 1/4 inch thick.
- Use a 4 inches cookie cutter to cut the dough into round pieces. Place about 1 tbsp of the filling into the middle of each dough circle.
- Pull the half over it to make a half circle and press the edges to seal them with a fork.
- Place the pies on a lined baking pan. Coat them with the beaten egg white and top them with some granulated sugar.
- Cook the plantain pie in the oven for 24 to 26 min or until they become golden brown. Serve them after they cool down.
- Enjoy.

Servings per Recipe: 25

Timing Information:

Preparation	25 m
Cooking	40 m
Total Time	7 h 5 m

Nutritional Information:

Calories	107
Fat	3.8
Carbohydrates	12
Protein	112
Cholesterol	17.1
Sodium	1.7

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY JERK GINGER CHICKEN WINGS

Ingredients

- 3 tbsp Jamaican **jerk seasoning** blend
- 3 tbsp vegetable **oil**
- 3 cloves **garlic**, diced
- 1 (1 inch) piece peeled fresh **ginger**, diced
- 1 bunch green **onions**, chopped
- 12 slices pickled jalapeno **peppers**
- 4 lb **chicken wings**

Directions

- Get a food processor: Combine in it the jerk seasoning, oil, garlic, ginger, green onions, and jalapeno slices. Process them until they become smooth to make the sauce.
- Get a large mixing bowl: Place in it the chicken wings then season them with a pinch of salt and pepper.
- Add the hot sauce and toss them to coat. Cover the bowl with a plastic wrap and place it in the fridge for an overnight.
- Before you do anything else, preheat the oven to 300 F.
- Place the chicken wings on a lined up baking sheet. Cook them in the oven for 2 h 5 min. serve them hot.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	25 m
Cooking	2 h
Total Time	10 h 25 m

Nutritional Information:

Calories	230
Fat	16.4
Carbohydrates	48
Protein	647
Cholesterol	4.4
Sodium	16

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN AND LONG GRAIN

Ingredients

- 1/2 C. long-grain **white rice**
- 1 C. **water**
- 3 tbsp vegetable **oil**
- 1/4 C. **butter**
- 3 skinless, boneless **chicken breast** halves
- 3 oz. dark **rum**
- 1 can sliced **mushrooms**
- 2 1/2 tbsp chicken **bouillon** granules
- 2 tsp **garlic** powder
- 2 tsp ground **black pepper**
- 1 can coconut **milk**
- 1 small **banana**, sliced

Directions

- Place a large pot over medium heat. Stir the water with rice in it and cook them until they start boiling. Lower the heat and let them cook for 22 min.
- Place a large pan over medium heat. Heat the oil in it.
- Add to it the chicken breasts and let them cook for 7 to 9 min on each side.
- Add the rum to the pan and cook them for 10 sec. Stir in the mushrooms, bouillon granules, garlic powder, pepper, salt and coconut milk.
- Lower the heat and let them cook for 12 min. Spoon the chicken skillet over the rice then garnish them with the banana slices.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	916
Fat	61.9
Carbohydrates	113
Protein	1322
Cholesterol	42.9
Sodium	34.8

* Percent Daily Values are based on a 2,000 calorie diet.



CARIBBEAN FISH CHIPS

Ingredients

- 6 oz. dried salted **cod fish**
- cold **water**, to cover
- 1 C. all-purpose **flour**
- 1 tsp baking **powder**
- 2 tsp ground **black pepper**
- 1/2 C. **water**
- 1 large **tomato**, chopped
- 2 green **onions**, chopped
- vegetable **oil** for frying

Directions

- Get a large mixing bowl: Place in it the cod fish and cover it with water. Place it in the fridge for an overnight.
- Drain the dish and discard the bones from the fish. Use a fork to shred it and place it in a large mixing bowl.
- Get another mixing bowl: Combine in it the flour, baking powder, and pepper. Stir them well. Add the diced tomatoes, green onions, and flaked cod.
- Pour 1/2 C. of water over the mix and mix them well.
- Place a large deep pan over medium heat. Pour 1/4 inch of oil in it and heat it. Use a large tbsp of drop round of the fish mix in it in the shape of small patties.
- Cook them for 4 to 6 min on each side until they become golden brown. Serve your fish chips with your favorite dip.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	1 h
Cooking	20 m
Total Time	1 d 1 h 20 m

Nutritional Information:

Calories	232
Fat	8.3
Carbohydrates	43
Protein	2079
Cholesterol	18.1
Sodium	20.4

* Percent Daily Values are based on a 2,000 calorie diet.

JERK FISH

Ingredients

- 1 tbsp olive **oil**
- 2 tbsp **butter**
- 1 tbsp Jamaican **jerk seasoning**
- 1 tsp **salt**
- 5 (3 ounce) fillets **swai fish**, or white **fish filet**

Directions

- Place a large pan over medium heat. Melt the butter in it.
- Coat the swai fish fillet with the jerk seasoning. Place some of the fillets in the hot pan and fry them for 4 to 5 min on each side.
- Repeat the process with the remaining fillets then serve them with your favorite dip.
- Enjoy.

Servings per Recipe: 5

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	169
Fat	12.7
Carbohydrates	55
Protein	815
Cholesterol	0.8
Sodium	12.5

* Percent Daily Values are based on a 2,000 calorie diet.

HOT COCONUT RICE BEANS

Ingredients

- 1 1/4 C. dry kidney **beans**
- 1 C. coconut **milk**
- 1 sprig fresh **thyme**
- 1 tsp minced **garlic**
- 1/8 C. chopped green **onions**
- 1 hot red chile **pepper**, sliced
- 2 1/4 C. uncooked brown **rice**

Directions

- Place a pot over low heat. Stir in it the beans, coconut milk and a pinch of salt. let them cook for 2 h 5 min.
- Add the thyme, garlic, onions and 3 slices chile pepper to the pot. Let them cook for 8 min.
- Stir in the rice. Lower the heat and put on the lid then cook them for 26 min.
- Serve your rice and beans casserole warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 m
Cooking	2 h 30 m
Total Time	2 h 35 m

Nutritional Information:

Calories	407
Fat	9.9
Carbohydrates	0
Protein	12
Cholesterol	67.5
Sodium	13.8

* Percent Daily Values are based on a 2,000 calorie diet.

APHRODISIAC GRILLED CHICKEN

Ingredients

- 1 large red **onion**
- 3 cloves **garlic**
- 1 habanero **pepper**, seeded
- 1 tbsp fresh ginger **root**
- 1/4 C. olive **oil**
- 1/4 C. brown **sugar**
- 3 tbsp red wine **vinegar**
- 3 tbsp orange **juice concentrate**, thawed
- 1 tsp **soy sauce**
- 2 tsp ground **cinnamon**
- 1/2 tsp ground **nutmeg**
- 1/4 tsp ground **cloves**
- 1/2 C. chopped **cilantro**
- 1/2 tsp **salt** and **pepper** to taste
- 6 skinless, boneless **chicken breast** halves

Directions

- Get a food processor: Combine in it the onion, garlic, habanero pepper, and ginger. Process them until they become smooth.
- Add the olive oil, brown sugar, vinegar, orange juice concentrate, soy sauce, cinnamon, nutmeg, cloves, cilantro, salt, and pepper. Blend them smooth again.
- Get a large mixing bowl: Place in it the chicken breasts and pour the marinade all over it. Stir them well to coat.
- Cover the bowl with a plastic wrap. Place it in the fridge for an overnight.
- Before you do anything else, preheat the grill and grease it.
- Drain the chicken breasts from the marinade and cook them for 10 to 12 min on each or until they are done to your liking.
- Serve your grilled chicken breasts with your favorite salad.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	30 m
Cooking	30 m
Total Time	1 d 1 h

Nutritional Information:

Calories	279
Fat	12
Carbohydrates	67
Protein	309
Cholesterol	17
Sodium	25.3

* Percent Daily Values are based on a 2,000 calorie diet.

KINGSTON CURRY

Ingredients

- 1 (15 ounce) can **black-eyed peas**, undrained
- 1 (14 ounce) can coconut **milk**
- 1/2 (12 ounce) package frozen **corn**
- 1 (5.5 ounce) can **tomato paste**
- 2 tbsp Jamaican-style **curry powder**
- 1 tbsp white **sugar**
- 3/4 tsp **salt**, or to taste
- 4 C. **water**, or as needed
- 1 3/4 C. basmati **rice**
- 1 pinch **salt**

Directions

- Place a large pot over low heat. Combine in it the black-eyed peas, coconut milk, corn, tomato paste, curry powder, sugar, and 3/4 tsp salt.
- Cook them for 6 min while stirring them often.
- Place another large saucepan over medium heat. Fill it with water and cook it until it starts boiling.
- Stir in it the rice with a pinch of salt. Cook it for 16 min while stirring from time to time.
- Once the time is up, drain the rice and stir it into the beans mix. Serve your corny curry warm.
- Enjoy.

Servings per Recipe: 7

Timing Information:

Preparation	15 m
Cooking	20 m
Total Time	35 m

Nutritional Information:

Calories	374
Fat	13.4
Carbohydrates	0
Protein	615
Cholesterol	58.6
Sodium	9.4

* Percent Daily Values are based on a 2,000 calorie diet.

TROPICAL LATIN CAKE

Ingredients

- 2 C. white **sugar**
- 1 1/2 C. vegetable **oil**
- 1 1/2 C. chopped **pecans**
- 3 C. all-purpose **flour**
- 2 **bananas**, peeled and diced
- 3 **eggs**
- 1 (20 ounce) can crushed pineapple with **juice**
- 1 tsp **vanilla extract**
- 1 tsp **salt**
- 1 tsp baking **soda**

Directions

- Grease a 13 x 9 inches cake pan with cooking spray and place it aside.
- Get a large mixing bowl: Combine in it the sugar, vegetable oil, pecans, flour, and bananas. Stir them well to coat.
- Pour the banana mix in the bottom of the pan.
- Add the eggs, pineapple (with juice), vanilla, salt and baking soda and stir them well.
- Place the cake in the oven and cook it for 60 min. Once the time is up, serve your cake with your favorite toppings.
- Enjoy.

Servings per Recipe: 14

Timing Information:

Preparation	
Cooking	20 m
Total Time	1 h 20 m

Nutritional Information:

Calories	552
Fat	33.4
Carbohydrates	40
Protein	272
Cholesterol	60.9
Sodium	5.5

* Percent Daily Values are based on a 2,000 calorie diet.



REAL JERK CHICKEN

Ingredients

- 1 C. orange **juice**
- 1 C. white **vinegar**
- 1/2 C. **olive oil**
- 1/2 C. **soy sauce**
- 1 **lime**, juiced
- 3 **onions**, chopped
- 6 Scotch bonnet **chiles**, chopped
- 8 cloves **garlic**, chopped
- 2 tbsp white **sugar**
- 2 tbsp dried **thyme**
- 2 tbsp ground **allspice**
- 2 tbsp **salt**
- 2 tsp ground **black pepper**
- 1 tsp ground **cinnamon**, or more to taste
- 1 tsp ground **nutmeg**, or more to taste
- 1 tsp ground **ginger**, or more to taste
- 3 lb bone-in **chicken breast** halves with skin

Directions

- Get a food processor: Combine in it the orange juice, vinegar, olive oil, soy sauce, and lime juice. Process them until they become smooth.
- Combine the onions, Scotch bonnet chiles, garlic, sugar, thyme, allspice, salt, black pepper, cinnamon, nutmeg, and ginger. Blend them smooth to make the marinade. Reserve 1/2 C. of it.
- Get a roasting pan: Place in it the chicken breasts and pour the marinade all over them. Stir them to coat.
- Cover the pan with a plastic wrap and place it in the fridge for 8 h.
- Before you do anything else preheat the grill and grease it.
- Drain the chicken breasts from the marinade and cook them on the grill for 15 to 17 min on each side while basting them with the

remaining marinade.

- Serve your grilled chicken breasts warm with some grilled veggies.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	25 m
Cooking	30 m
Total Time	8 h 55 m

Nutritional Information:

Calories	433
Fat	23
Carbohydrates	96
Protein	2734
Cholesterol	20.4
Sodium	36.8

* Percent Daily Values are based on a 2,000 calorie diet.

JERK PINEAPPLE FAJITAS

Ingredients

- 8 (6 inch) flour **tortillas**
- 1 lb skinless, boneless **chicken breast** halves, julienned
- 2 small red **bell peppers**, julienned
- 2 tsp Jamaican **jerk seasoning**
- 1/8 tsp ground **black pepper**
- 4 slices canned **pineapple**, chopped
- 1 tbsp vegetable **oil**
- chopped fresh **cilantro**
- **lime** wedges

Directions

- Before you do anything preheat the oven to 350 F.
- Fold a piece of aluminum foil over each tortilla then place them on a baking pan.
- Heat the tortillas in the oven for 2 to 4 min. Place them aside.
- Get a large mixing bowl: Toss in it the chicken, bell pepper, jerk seasoning, and pepper.
- Place a large pan over medium heat. Grease it with a cooking spray. Sauté in it the pineapple chops for 5 to 7 min until they become golden brown.
- Drain them and place them aside. Heat the oil in the same pan. Cook in it the chicken mix for 7 to 8 min or until it is done.
- Add the golden pineapple chops and stir them. Spoon the mix into the warm tortillas.
- Serve them with some lime wedges and extra toppings of your choice.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	25 m

Nutritional Information:

Calories	410
Fat	10
Carbohydrates	66
Protein	709
Cholesterol	46.3
Sodium	32.2

* Percent Daily Values are based on a 2,000 calorie diet.

JAMAICAN EGG NOODLES AND CHICKEN

Ingredients

- 4 skinless, boneless **chicken breast** halves
- 2 tsp **jerk paste**
- 1 (12 ounce) package uncooked **egg noodles**
- 1 tbsp olive **oil**
- 1 clove **garlic**, minced
- 1 C. chicken **stock**
- 1 tbsp **jerk paste**
- 1/2 C. dry white **wine**
- 1/4 C. chopped fresh **cilantro**
- 2 **limes**, quartered
- **salt** and **pepper** to taste
- 1/2 C. heavy whipping **cream**
- 4 **cilantro**, for garnish

Directions

- Coat each chicken breast halves with 1/2 tsp of jerk paste. Place it in a large roasting it pan and cover it with a plastic wrap.
- Place the chicken pan in the fridge for 60 min or more.
- Before you do anything, preheat the grill on high heat and grease it.
- Place a large saucepan of water over medium heat. Cook it until it starts boiling. Add to it the noodles and cook it for 7 min.
- Cook the chicken breasts for 9 to 12 min on each side.
- Place another large saucepan over medium heat. Heat the olive oil in it. Add the garlic and cook it for 60 sec.
- Stir in the chicken stock, 1 tbsp jerk paste, white wine, chopped cilantro, juice of 1 lime, salt, and pepper. Cook them until they start boiling.
- Add the heavy cream to the mix and cook them for 6 min over low heat. Drain the noodles and stir into the pot.
- Serve your noodles while it is hot with the grilled chicken breasts.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	1 h 45 m

Nutritional Information:

Calories	595
Fat	25.2
Carbohydrates	169
Protein	205
Cholesterol	59.6
Sodium	37.3

* Percent Daily Values are based on a 2,000 calorie diet.

KALISA'S CHIPS

Ingredients

- 1 C. all-purpose **flour**
- 1 tsp baking **powder**
- 1/2 tsp **salt**
- 1/2 tsp ground **nutmeg**
- 1 tsp ground **cinnamon**
- 2 tbsp dark **rum**
- 2 C. cooked, mashed **sweet potatoes**
- 1 C. mashed **banana**
- 1 C. crushed **pineapple**, drained
- 1/4 C. **butter**, melted
- vegetable **oil**, frying
- powdered **sugar** for dusting

Directions

- Get a large mixing bowl: Mix in it the flour, baking powder, salt, nutmeg, and cinnamon.
- Get another mixing bowl: Combine in it the rum, sweet potatoes, banana, pineapple, and butter then combine them well. Add the flour mix and stir them well.
- Place a large deep skillet over medium heat. Heat 1/4 inch of vegetable oil in it.
- Use a large tbsp to spoon some of the banana mix and drop it in the hot oil to make small fritters.
- Cook the chips in the hot oil for 3 to 5 min on each side until they become golden brown. Serve them with some powdered sugar.
- Enjoy.

Servings per Recipe: 16

Timing Information:

Preparation	15 m
Cooking	15 m
Total Time	30 m

Nutritional Information:

Calories	177
Fat	9.9
Carbohydrates	8
Protein	148
Cholesterol	20.2
Sodium	1.7

* Percent Daily Values are based on a 2,000 calorie diet.

JAMAICAN CABBAGE

Ingredients

- 1 **cabbage**, chopped
- 2 **carrots**, grated
- 1/2 C. **bell pepper**, chopped
- 1 **onion**, chopped
- 1 **garlic** clove, minced
- 2 tbsp **oil**
- 1/8 tsp **allspice**
- 1 tsp **salt**
- 1 tsp **pepper**
- 1/4 C. **water**
- 1/2 scotch bonnet **pepper**

Directions

- Place a large skillet over medium heat. Heat the oil in it. Add the onion and cook it for 3 min.
- Stir in the garlic and cook them for 1 min. Stir in the carrot with cabbage, spices, and water. Put on the lid and cook them for 5 to 7 min until the veggies are cooked.
- Serve your veggies stir fry with your favorite toppings or with some grilled chicken.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Total Time	30 m

Nutritional Information:

Calories	149.0
Fat	7.2g
Cholesterol	0.0mg
Sodium	646.1mg
Carbohydrates	20.6g
Protein	3.8g

* Percent Daily Values are based on a 2,000 calorie diet.

BROWN GLAZED CARROTS

Ingredients

- 1 lb **carrot**, sliced
- 1 tbsp **butter**
- 2 tbsp brown **sugar**
- 1 tsp **hot sauce**
- 1 tsp fresh **lemon juice**
- 1 tsp **orange juice**
- 1 tsp ground **cumin**
- 2 **garlic** cloves, minced
- 1/4-1/2 tsp **chili powder**
- **salt**, to taste

Directions

- Place a large saucepan over medium heat. Place in it the carrot and pour over it enough water to cover it.
- Cook them for 12 min until the carrots are soft. Drain it and place it aside.
- Discard the water from the saucepan. Add the butter to the same saucepan and heat it.
- Stir in the brown sugar, hot pepper sauce, lemon juice, orange juice (or pineapple juice), cumin, garlic, and chili powder.
- Cook them for 4 min while stirring all the time to make the sauce. Stir the carrots into the sauce. Serve them warm.
- Enjoy.

Servings per Recipe: 4

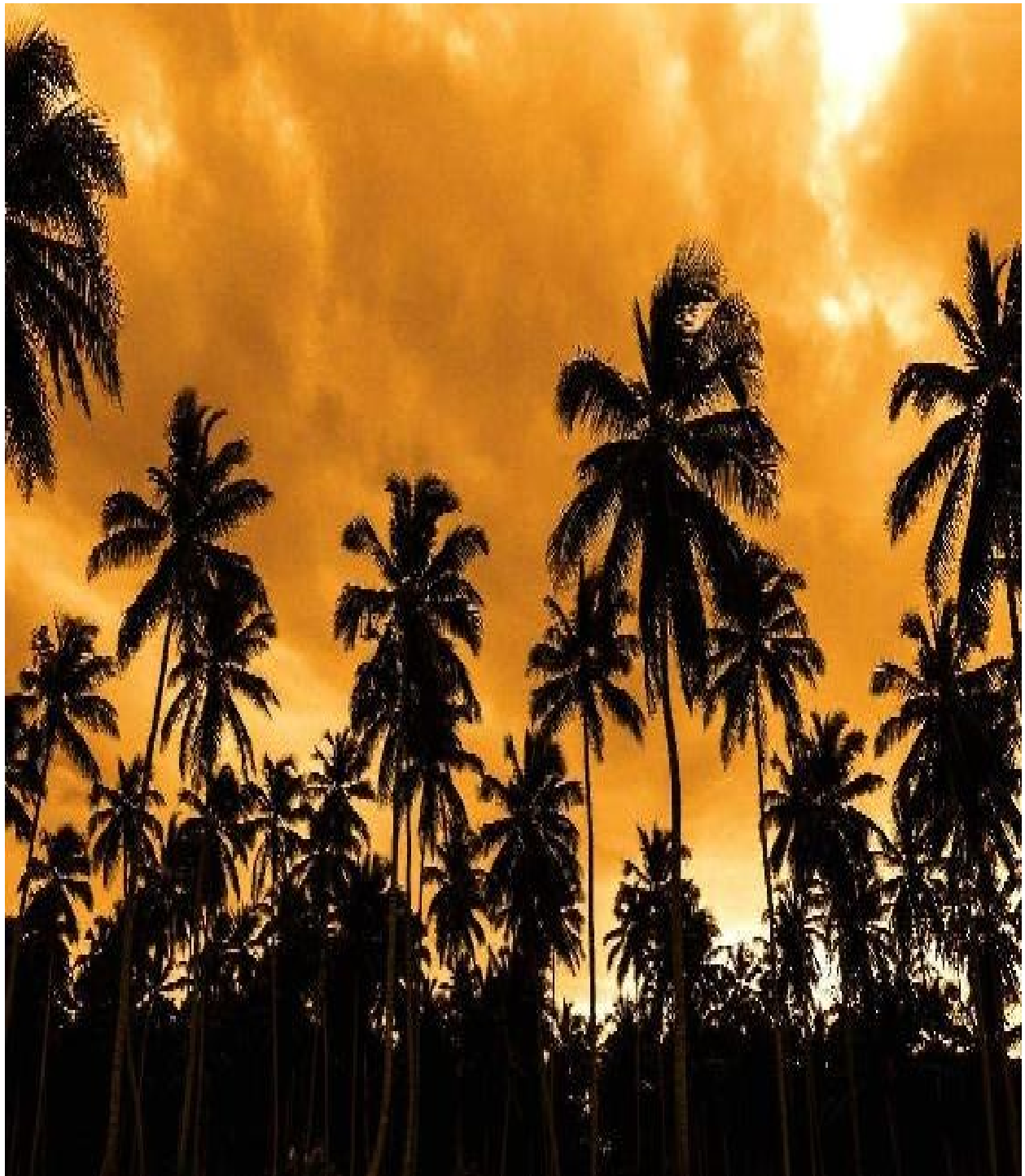
Timing Information:

Preparation	20 m
Total Time	50 m

Nutritional Information:

Calories	103.8
Fat	3.3g
Cholesterol	7.6mg
Sodium	140.5mg
Carbohydrates	18.6g
Protein	1.3g

* Percent Daily Values are based on a 2,000 calorie diet.



JAMAICAN ROAST

Ingredients

- 3 Cornish **hens**
- 1 piece fresh **ginger**, grated
- 4 green **onions**, minced
- 4 **garlic** cloves, minced
- 1 **orange**, zest of, finely shredded
- 1/2 **orange**, juice of
- 2 **limes**, juice of
- 2 **limes**, zest of
- 1 tbsp packed brown **sugar**
- 1 tbsp **soy sauce**
- 1 tsp **salt**
- 1 tsp **pepper**
- 3/4 tsp ground **cinnamon**
- 1/4 tsp ground **cloves**
- 3 tbsp canola **oil**

Directions

- Get a small mixing bowl: Whisk in it the ginger, onions, garlic, orange zest and juice, lime zest and juice, sugar, soy sauce, salt and pepper, cinnamon, cloves and the oil to make the sauce.
- Place the marinade aside to sit for 12 min.
- Before you do anything else, preheat the grill and grease it.
- Use a sharp knife to slice the hens in half. Place the hens on the grill and cook them for 20 to 25 min on each side over low medium heat while basting them with the sauce.
- Serve your grilled hen sauces warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Total Time	1 h

Nutritional Information:

Calories	226.1
Fat	11.0g
Cholesterol	108.7mg
Sodium	639.7mg
Carbohydrates	6.3g
Protein	24.7g

* Percent Daily Values are based on a 2,000 calorie diet.

NUTTY JERK COLESLAW

Ingredients

- 4 C. shredded **cabbage**
- 1/4 C. shredded **carrot**
- 1/2 C. chopped **walnuts**
- 1/2 C. **mayonnaise**
- 2 tbsp **sugar**
- 1 tbsp cider **vinegar**
- 1 tbsp Jamaican **jerk spice**

Directions

- Get a large mixing bowl: Toss in it the carrots with walnuts, and cabbage.
- Get a small mixing bowl: Whisk in it the sugar with vinegar, and jerk spice. Drizzle the mix all over the veggies.
- Place the salad in the fridge until ready to serve.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Total Time	30 m

Nutritional Information:

Calories	170.7
Fat	12.9g
Cholesterol	5.0mg
Sodium	151.6mg
Carbohydrates	13.4g
Protein	2.3g

* Percent Daily Values are based on a 2,000 calorie diet.

GRANDMA'S SPICY GOAT CURRY

Ingredients

- 1/4 C. vegetable **oil**
- 6 -8 tbsp **curry powder**
- 1 tbsp **allspice**
- 3 lbs goat **meat**, or lamb, or beef
- **salt**
- 2 **onions**, chopped
- 1 **habaneros**, seeded and chopped
- 1 tsp **ginger**, garlic
- 1 tbsp **garlic**, minced
- 1 (8 ounce) cans coconut **milk**
- 1 (15 ounce) cans **tomato sauce**
- 1 tbsp dried **thyme**
- 3 -4 C. **water**
- 5 Yukon gold **potatoes**, chunks

Directions

- Slice the goat meat into 2 to 4 inches pieces.
- Place a Dutch oven over high heat. Heat the oil in it. Sauté in it 2 tbsp of curry powder.
- Add 1/3 of the goat chunks to the pot and brown them for 10 to 12 min. Drain them and place them aside. Repeat the process with the remaining meat.
- Stir the pepper with onion into the same pot and cook them for 4 min. Stir in the garlic with ginger and cook them for 1 extra minute.
- Stir the browned goat meat into the pot, with the coconut milk and tomatoes and 4-5 tbsp of the curry powder.
- Add the thyme with 4 C. of water and stir them well. Lower the heat and cook the stew for 120 min.
- In the meantime, cook the potato in a large saucepan until it become fork tender. Stir the potato into the stew then serve it warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Total Time	2 h

Nutritional Information:

Calories	629.9
Fat	22.0g
Cholesterol	129.2mg
Sodium	589.3mg
Carbohydrates	57.3g
Protein	51.8g

* Percent Daily Values are based on a 2,000 calorie diet.

FLAME BROILED SWEET POTATOES

Ingredients

- 3 tbsp brown **sugar**
- 2 tbsp **butter**, softened and divided
- 1 tsp ground **ginger**
- 1 tsp dark **molasses**
- 1 tsp pineapple **juice**
- 1/4 tsp **almond extract**
- 1 tbsp **cilantro**, chopped
- 1 1/2 lbs sweet **potatoes**, cleaned, chunked

Directions

- Before you do anything preheat the grill and grease it.
- Get a small mixing bowl: Mix in it the brown sugar, ginger, and 1 Tbsp of the butter. Add the molasses, pineapple juice, almond extract and cilantro and mix them well to make the sauce.
- Place the remaining bowl in a heatproof bowl and microwave it until it melts. Coat the sweet potatoes with the melted butter.
- Cook the potatoes on the grill for 9 to 12 min or until they become soft.
- Serve your grilled potatoes with the pineapple sauce.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 Mins
Total Time	25 Mins

Nutritional Information:

Calories	162.9
Fat	3.9g
Cholesterol	10.1mg
Sodium	98.7mg
Carbohydrates	30.7
Protein	1.8g

* Percent Daily Values are based on a 2,000 calorie diet.

ALVITA'S DUMPLINGS

Ingredients

- 1/2 C. chopped **scallion**
- 1/4 C. chopped **onion**
- 3/4 tsp **curry powder**
- 1/4 tsp dried **thyme**
- 4 C. vegetable **oil**, divided
- 1/2 lb **ground beef**
- 2 tbsp fine dry **breadcrumbs**
- **hot sauce**
- 30 **wonton wrappers**

Directions

- Place a large pan over medium heat. Heat 1/2 tbsp oil in it. Add the scallion, onion, curry powder, and thyme, 1/2 tsp salt and 1/4 tsp pepper for 6 min.
- Add the breadcrumbs with beef then cook them for 4 min. Add a splash of hot sauce then place the mix aside to cool down.
- Lay the wonton wrappers on a lined up baking sheet. Place 1 tsp of the beef filling in the middle of a wonton wrapper, coat each edges with some water.
- Fold the wonton wrapper in half and press it to seal it. Repeat the process with the remaining filling.
- Place a large deep skillet over medium heat. Heat 1 inch of vegetable oil in it. Place some fritters in the hot oil and cook them for 2 to 4 min on each side or until they become golden.
- Repeat the process with the remaining fritters then serve them.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	30 Mins
Total Time	45 Mins

Nutritional Information:

Calories	2261.2
Fat	227.8g
Cholesterol	43.9mg
Sodium	435.0mg
Carbohydrates	42.0g
Protein	17.7g

* Percent Daily Values are based on a 2,000 calorie diet.

SIMPLE BANANA CHIPS

Ingredients

- 3 **bananas**
- 1 1/2 C. **flour**
- 1/4 C. **milk**
- 2 -4 tbsp brown **sugar**
- 1/4 tsp **vanilla extract**
- 1 pinch **salt**
- **oil**

Directions

- Get a large mixing bowl: Place the bananas in it and mash them until they become smooth.
- Combine in the sugar, vanilla, milk, salt, and flour. Combine them well until they become smooth.
- Place a large deep skillet over medium heat. Heat about 1 inch of oil in it. Use a large tbsp of to drop the mix in it.
- Fry the chips for 2 to 4 min on each side until they become golden brown. Serve them with your favorite sauce.
- Enjoy.

Servings per Recipe: 25

Timing Information:

Preparation	10 Mins
Total Time	30 Mins

Nutritional Information:

Calories	45.7
Fat	0.2g
Cholesterol	0.3mg
Sodium	8.0mg
Carbohydrates	10.1g
Protein	1.0g

* Percent Daily Values are based on a 2,000 calorie diet.

COCONUT COD STEW

Ingredients

- 1 1/2-2 lbs cod **fish fillets**
- 2 tbsp corn **oil**
- 3 **garlic** cloves, minced
- 1 large **onion**, chopped
- 1 **chili**, your choice, minced
- 1 tsp **black pepper**
- 1 1/2-2 C. coconut **milk**
- 1 C. chopped **tomato**
- 1 **lime**, juice of

Directions

- Season the fish fillets with a some salt. Place them in a roasting pan and refrigerate them for 1 h.
- Place a large pan over medium heat. Heat the oil it. Sauté in it the garlic, onion, chile and pepper for 6 min while stirring from time to time.
- Add the tomato with coconut milk. Cook them until they start boiling. Lower the heat and simmer it until half of it evaporates.
- Once the time is up, run the fish fillets under some cold water to discard the salt. Add it to the pan and let it cook for 12 min.
- Serve your fish stew with some lime juice.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 Mins
Total Time	1 Hr 35 Mins

Nutritional Information:

Calories	408.2
Fat	23.2g
Cholesterol	73.3mg
Sodium	152.5mg
Carbohydrates	17.7g
Protein	34.5g

* Percent Daily Values are based on a 2,000 calorie diet.



SKIRT STEAK HABANERO SAUCE

Ingredients

- 2 lbs **flank steaks** or top **round beef**
- 1/2 C. **habanero** pepper, finely chopped
- 6 tbsp **lime** juice
- 1/4 C. chopped **cilantro**
- **salt & black pepper**

Directions

- Before you do anything preheat the grill on high heat and grease it.
- Use a sharp knife to cut the steak into thin slices.
- Lay plastic sheet on a working surface and lay on it a steak slice. Cover it with a second plastic sheet. Pound it until it becomes 1/4 inch thick.
- To make the hot sauce: Get a small mixing bowl, mix in it the rest of the ingredients.
- Coat the steak slices with the 2/3 of the hot sauce. Cook the steak slices on the grill for 3 to 5 min on each side.
- Serve your steaks warm with the remaining hot sauce.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	8 Mins
Total Time	18 Mins

Nutritional Information:

Calories	193.8
Fat	9.4g
Cholesterol	46.4mg
Sodium	62.5mg
Carbohydrates	1.8g
Protein	24.3g

* Percent Daily Values are based on a 2,000 calorie diet.

TROPICAL PRAWNS SKILLET

Ingredients

- 1 tbsp cooking **oil**
- 1 large **onion**, finely chopped
- 1 red **capsicum**, chopped
- 1 green **capsicum**, chopped
- 1/4 tsp dried **thyme**
- 1/4 tsp ground **allspice**
- 1/4 tsp ground **black pepper**
- 1/4 tsp ground **cinnamon**
- 1/8 tsp **cayenne** pepper
- 1/8 tsp **salt**
- 1 (400 g) cans chopped **tomatoes**
- 20 large green **prawns**, or **scallops**

Directions

- Place a large skillet over medium heat. Heat the oil in it. Sauté in it the onion and capsicums for 5 min.
- Add the rest of the ingredients. Let them cook for 4 min or until the prawns are done.
- Serve your prawns warm with some white rice and enjoy.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 Mins
Total Time	20 Mins

Nutritional Information:

Calories	101.0
Fat	4.1g
Cholesterol	37.8mg
Sodium	251.2mg
Carbohydrates	11.2g ³
Protein	5.9g

* Percent Daily Values are based on a 2,000 calorie diet.

COD CHIPS

Ingredients

- 8 oz. cod fish **fillets**
- 2 medium **onions**, chopped
- 2 tbsp olive **oil**
- vegetable **oil** (for frying)
- 1 C. all-purpose **flour**
- 3/4 C. **milk**
- 1 **egg**
- 1 tsp baking **powder**
- 1 tsp **salt**
- 1 tsp vegetable **oil**
- 1 tbsp scotch **bonnet pepper**, minced (you can use jalapeno pepper)
- 1 **garlic** clove, minced

Directions

- Place the cod fish in a large saucepan over medium heat. Cover it with water and cook them for 6 min over low heat.
- Once the time is up, drain the fish fillets and use a fork to flake and shred them.
- Place a large pan over medium heat. Heat 2 tbsp of oil in it. Sauté in it the onion with a pinch of salt for 5 min.
- Get a large mixing bowl: Combine in it the flour, milk, egg, baking powder, salt, 1 tsp oil, minced pepper, and garlic. Beat them until they become smooth.
- Fold the shredded cod with onion into the mix.
- Place small pot over medium heat. Heat 1 1/2 inch of oil in it. Use a large tbsp to drop the fish mix in it.
- Cook the fish chips for 3 to 5 min until they become golden brown. Serve your chips warm with your favorite sauce.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	30 Mins
Total Time	55 Mins

Nutritional Information:

Calories	201.3
Fat	7.6g
Cholesterol	51.6mg
Sodium	497.6mg
Carbohydrates	21.2g
Protein	11.4g

* Percent Daily Values are based on a 2,000 calorie diet.

HONEY JERK DRUMSTICKS

Ingredients

- 6 **scallions**, chopped
- 2 serrano **peppers**, stemmed and halved
- 2 tbsp fresh **lemon juice**
- 2 tbsp **honey**
- 1 tbsp canola **oil**
- 1 tbsp jamaican **jerk seasoning**
- 1 tsp **salt**
- 8 chicken **drumsticks**, skinned

Directions

- Get a food processor: Combine in it the scallions, serranoes, lemon juice, honey, oil, jerk seasoning, and salt. Blend until they become smooth.
- Toss the chicken drumsticks and seasoning mix in a greased slow cooker. Put on the lid and let them cook for 4 h on low or 8 h on high.
- Once the time is up, serve your chicken drumsticks warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 Mins
Total Time	3 Hrs 10 Mins

Nutritional Information:

Calories	307.7
Fat	16.2g
Cholesterol	118.2mg
Sodium	706.9mg
Carbohydrates	11.0g
Protein	28.6g

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET AND SOUR SNAPPER CASSEROLE

Ingredients

- 2 medium red **snapper**, whole
- 1 medium **onion**, sliced
- 2 sprigs **thyme**
- 2 stalks green **onions**, sliced
- 1/2 **bell pepper**, sliced
- 2 **garlic** cloves
- 2 tbsp **flour**
- 1 1/2 C. **water**
- 1/4 C. **soy sauce**
- 1/4 C. **ketchup**
- 1/2 C. sweet and sour **sauce**
- 3 tbsp **vinegar**
- **oil**
- **salt** and **pepper**

Directions

- Mix some water with vinegar of choice. Rinse the snapper fish with it. Pat it dry with some paper or kitchen towels.
- Place a large skillet over medium heat. Heat 1 1/2 inch of oil in it. Place in it the snapper fish and cook it for 4 to 6 min on each side or until it becomes golden brown.
- Drain the fish and place it aside.
- Heat a splash of oil in a large pot over medium heat. Cook it the onion, thyme, green onion, bell pepper and garlic for 4 min. Add the flour and cook them for an extra minute.
- Stir in the water, soy sauce, ketchup, sweet and sour sauce and vinegar. Place the snapper fish gently on top.
- Cook the stew for 16 min. Adjust the seasoning of the stew then serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 Mins
Total Time	40 Mins

Nutritional Information:

Calories	101.0
Fat	0.9g
Cholesterol	0.0mg
Sodium	1293.8mg
Carbohydrates	20.4g
Protein	3.3g

* Percent Daily Values are based on a 2,000 calorie diet.

CARIBBEAN GINGER PEANUT SAUCE

Ingredients

- 4 tbsp vegetable **oil**
- 1 stalk **lemongrass**, sliced
- 3 oz. chopped **onions**
- 3 chopped **garlic** cloves
- 2 tsp **shrimp paste**, or **fish sauce**
- 6 oz. roasted **peanuts**
- 1 1/2 tsp **tamarind paste**
- 2 tsp fresh **ginger**, grated
- 1 ounce **sugar**
- 3 tbsp **soy sauce**

Directions

- Get a food processor: Combine half of the oil with lemon grass, onion, garlic, fish sauce in it. Process them until they become smooth. Place it aside.
- Place the peanuts in the same blender and pulse them several times until they become finely chopped.
- Get in a small bowl filled of hot water. Place in it the tamarind and let it sit until it becomes soft. Drain it and squeeze it to get the juice.
- Place a large skillet over medium heat. Heat the rest of the oil in it. Sauté in it the garlic mix for 2 min.
- Stir in the tamarin juice with chopped peanuts. Cook the sauce for 6 to 8 min then serve it warm.
- Enjoy.

Servings per Recipe: 5

Timing Information:

Preparation	10 Mins
Total Time	25 Mins

Nutritional Information:

Calories	329.7
Fat	27.7g
Cholesterol	0.0mg
Sodium	610.7mg
Carbohydrates	14.5g
Protein	10.2g

* Percent Daily Values are based on a 2,000 calorie diet.

JAMAICAN SUNSET SOUP

Ingredients

- 6 C. chicken **stock**
- 2 C. pumpkin **flesh**, cut into 1-inch cubes
- 2 C. **potatoes**, peeled and cut into 1-inch cubes
- 1 **onion**, minced
- 2 **garlic** cloves, minced
- 1/2 tsp dried **thyme**
- 1 **bay leaf**
- 2 tsp minced **jalapeno** peppers
- ground **nutmeg**, to taste
- 1/4 C. low-fat **buttermilk**
- 1/4 C. minced fresh **coriander**, for garnish

Directions

- Place a large saucepan over medium heat. Cook in it the chicken stock until it starts simmering.
- Stir in it the pumpkin cubes with potato, onion, garlic, thyme, bay leaf, jalapeno, nutmeg powder, a pinch of salt and pepper.
- Cook the soup for 22 min until the veggies are done. Discard the bay leaf and place the soup aside to cool down for a while.
- Get a food processor: Pour in it the soup in it and process them until it becomes smooth.
- Stir the buttermilk into the soup then serve it with some bread.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	30 Mins
Total Time	30 Mins

Nutritional Information:

Calories	104.1
Fat	2.2g
Cholesterol	5.7mg
Sodium	268.5mg
Carbohydrates	15.0g
Protein	5.7g

* Percent Daily Values are based on a 2,000 calorie diet.



GLAZED COCONUT AOLI BURGERS

Ingredients

- 1 1/2 lbs **ground beef**
- 2 tbsp chopped green **bell peppers**
- 2 tbsp chopped green **onions**
- 1 tbsp **soy sauce**
- 2 tsp ground **allspice**
- 1/2 tsp crumbled dried **thyme**
- 1/2 tsp **cayenne pepper**
- vegetable **oil**
- 6 Kaiser **rolls**, split
- 3 C. **watercress**, chopped

Coconut Aoli:

- 1/2 C. **mayonnaise**
- 2 tbsp unsweetened dried shredded **coconut**
- 1 tbsp chopped macadamia **nuts**
- 1 tbsp chopped **cilantro**

Glaze:

- 1/3 C. **duck sauce**
- 1/3 C. **salsa**
- 1 large **banana**, chopped
- 2 plum **tomatoes**, chopped

Directions

- Before you do anything, preheat the grill over medium heat.
- To make the mayo:
- Get a small mixing bowl: Whisk in it the mayonnaise with coconut, nuts and cilantro. Place it in the fridge.
- To make the banana chutney:
- Place a large pan over the grill. Stir in it the duck sauce, salsa, and

banana. Let them cook for 6 min until they thicken.

- To make the burgers:
- Get a large mixing bowl: Mix in it the beef, bell pepper, green onion, soy sauce, allspice, thyme, and cayenne. Shape the mixture into 6 patties.
- Grease the grill with some oil. Cook in it the burger patties for 6 to 8 min on each side.
- Spread the mayo in the rolls then place in them the burger patties followed by watercress and chutney. Serve your burgers right away.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	1 Hr
Total Time	1 Hr 15 Mins

Nutritional Information:

Calories	567.2
Fat	27.8g
Cholesterol	82.2mg
Sodium	878.6mg
Carbohydrates	50.4g
Protein	28.6g

* Percent Daily Values are based on a 2,000 calorie diet.

KIDNEY BEANS AND RICE FROM JAMAICA

Ingredients

- 1 1/2 C. dried red **kidney beans**, soaked overnight
- 2 **garlic** cloves, crushed
- 1 (13 ounce) cans unsweetened **coconut milk**
- 2 **scallions**, chopped
- 1 tsp **thyme**
- 2 C. white **rice**
- 1 whole scotch bonnet **pepper**

Directions

- Prepare the garlic with beans according to the instructions of the manufacturer. Reserve about 3 C. of the cooking liquid.
- Place a large pot over high medium heat. Stir in it the reserved liquid with beans, thyme and scallions. Cook them until they start boiling.
- Stir in the rice and lower the heat. Add the hot pepper to the pot and put on the lid. Let them cook until the rice absorb all the liquid for 15 to 20 min.
- Serve your pudding warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	0 Mins
Total Time	2 Hrs

Nutritional Information:

Calories	386.0
Fat	10.8g
Cholesterol	0.0mg
Sodium	14.8mg
Carbohydrates	61.2g
Protein	12.1g

* Percent Daily Values are based on a 2,000 calorie diet.

SEASONED COCONUT FILLETS

Ingredients

- 5 oz. red **snapper** fillets, chunked
- 2 large **eggs**
- 1 3/4 C. white **flour**
- 6 oz. **beer**, or beef **broth**
- 1 tsp **baking powder**
- 3 C. grated fresh **coconut**
- 2 oz. vegetable **oil**
- **salt** and **pepper**

Directions

- Sprinkle some salt and pepper all over the snapper fillets.
- Get a mixing bowl: Whisk in it the eggs, 1 1/4 C. of flour, baking powder and beer.
- Dust the snapper fillets with some flour then coat it with the beer batter. Roll the snapper fillets gently in the coconut flakes.
- Place a large pan over medium heat. Heat in it the oil. Add the snapper fillets and cook them for 4 to 6 min on each side or until they become golden.
- Serve your snapper fillet with some hot sauce.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 Mins
Total Time	8 Mins

Nutritional Information:

Calories	988.1
Fat	47.4g
Cholesterol	244.7mg
Sodium	318.0mg
Carbohydrates	102.6g
Protein	40.2g

* Percent Daily Values are based on a 2,000 calorie diet.

TROPICAL VEGETARIAN PAPAYA SOUP

Ingredients

- 2 tbsp coconut oil
- 1 small onion, chopped
- 3/4 C. red bell pepper, chopped
- 6 fresh chives, chopped
- 3 cloves garlic, minced
- 1 tbsp chopped fresh rosemary
- 3 fresh sage leaves, chopped
- 2 tsp thinly sliced fresh ginger
- 1 small hot chili pepper (optional)
- 1 (14 oz.) package firm tofu, drained and cut into 3/4-inch cubes
- salt to taste
- 2 tbsp vegetarian Worcestershire sauce
- 1/2 tsp lime juice
- 6 C. water
- 3 cubes vegetable bouillon
- 1 small green papaya, peeled and cut into chunks
- 1 bunch fresh spinach, trimmed
- 1 tbsp fried onions

Directions

- In a soup pan, melt the coconut oil on medium heat and sauté the onion, red bell pepper, chives, garlic, rosemary, sage, ginger and chili pepper for about 1 minute.
- Add the tofu and cook for about 6 minutes, stirring after every 2 minutes.
- Stir in the salt, Worcestershire sauce and lime juice.
- In a bowl, add the water and bouillon and mix till dissolved.
- Place the bouillon mixture over the tofu mixture and bring to a simmer.

- Add the papaya and simmer, covered loosely for about 20 minutes.
- Remove from the heat and immediately, stir in the spinach.
- Keep aside, covered for about 2-3 minutes.
- Serve the soup hot with a topping of the fried onions.

Amount per serving (4 total)

Timing Information:

Preparation	20 m
Cooking	35 m
Total Time	55 m

Nutritional Information:

Calories	221 kcal
Fat	13.8 g
Carbohydrates	16.7g
Protein	11.5 g
Cholesterol	0 mg
Sodium	330 mg

* Percent Daily Values are based on a 2,000 calorie diet.



SPICY MANGO PAPAYA SALSA

Ingredients

- 1/2 small ripe mango, peeled and cubed
- 1/2 small papaya, peeled, seeded and cubed
- 1/2 small onion, diced
- 1 clove garlic, minced
- 1 fresh jalapeno pepper, seeded and diced
- 1/4 red bell pepper, diced
- 1/4 orange bell pepper, diced
- 1 lime, juiced
- salt and freshly ground black pepper to taste

Directions

- In a large bowl, mix together the mango, papaya, onion, garlic, jalapeño pepper, bell peppers, lime juice, salt and pepper.
- Serve immediately.

Amount per serving (4 total)

Timing Information:

Preparation	
Cooking	20 m
Total Time	20 m

Nutritional Information:

Calories	35 kcal
Fat	0.2 g
Carbohydrates	9g
Protein	0.7 g
Cholesterol	0 mg
Sodium	2 mg

* Percent Daily Values are based on a 2,000 calorie diet.

PAPAYA BOATS

Ingredients

- 1 C. fat-free plain yogurt
- 1/4 C. walnuts
- 1/4 C. raisins
- 1 C. chopped fresh strawberries
- 2 medium papayas, cut in half lengthwise and seeded
- 2 tbsp honey

Directions

- In a bowl, mix together the yogurt, walnuts and raisins.
- Gently, fold in the strawberries.
- Divide the mixture into the centers of the papaya halves evenly.
- Serve with a drizzling of the honey.

Amount per serving (4 total)

Timing Information:

Preparation	
Cooking	15 m
Total Time	15 m

Nutritional Information:

Calories	190 kcal
Fat	5.3 g
Carbohydrates	33.4g
Protein	5.7 g
Cholesterol	1 mg
Sodium	52 mg

* Percent Daily Values are based on a 2,000 calorie diet.

AVOCADO PAPAYA SALSA

Ingredients

- 1 mango - peeled, seeded and diced
- 1 papaya - peeled, seeded and diced
- 1 large red bell pepper, seeded and diced
- 1 avocado - peeled, pitted and diced
- 1/2 sweet onion, peeled and diced
- 2 tbsp chopped fresh cilantro
- 2 tbsp balsamic vinegar
- salt and pepper to taste

Directions

- In a bowl, mix together the mango, papaya, red bell pepper, avocado, sweet onion, cilantro, balsamic vinegar, salt and pepper.
- Refrigerate, covered to chill for at least 30 minutes before serving.

Amount per serving (8 total)

Timing Information:

Preparation	
Cooking	15 m
Total Time	45 m

Nutritional Information:

Calories	77 kcal
Fat	3.9 g
Carbohydrates	11g
Protein	1.1 g
Cholesterol	0 mg
Sodium	5 mg

* Percent Daily Values are based on a 2,000 calorie diet.

ISLAND JUICE

Ingredients

- 1 C. sliced mango
- 1 C. diced, peeled papaya
- 1 C. orange juice
- 1/4 C. lime juice
- 1/4 C. white sugar
- 1 tsp grated orange zest
- 4 C. water

Directions

- In a blender, place the mango and papaya and pulse till smooth.
- Add the orange juice, lime juice, sugar, orange zest and water and pulse till well combined.
- Serve over the crushed ice.

Amount per serving (8 total)

Timing Information:

Preparation	
Cooking	10 m
Total Time	10 m

Nutritional Information:

Calories	61 kcal
Fat	0.1 g
Carbohydrates	15.4g
Protein	0.5 g
Cholesterol	0 mg
Sodium	5 mg

* Percent Daily Values are based on a 2,000 calorie diet.

3-INGREDIENT PAPAYA BOWLS

Ingredients

- 3/4 C. tapioca pearls
- 1 (14 oz.) can coconut milk
- 2 large papayas - halved lengthwise and seeded

Directions

- In a pan of boiling water, add the tapioca pearls and reduce the heat to medium.
- Simmer for about 5-7 minutes, stirring occasionally.
- Drain well and transfer the tapioca into a large bowl of cold water.
- After cooling, drain the tapioca and place into a pan of boiling water.
- Stir in the tapioca and remove from the heat.
- Again place on the stove and cook, stirring occasionally for about 5-7 minutes.
- Drain well and transfer the tapioca into a large bowl of cold water.
- In a small pan, add the coconut milk on medium heat.
- Bring to a simmer and stir in the tapioca.
- Remove from the heat and keep aside to cool completely.
- Divide the tapioca in the papaya halves.
- Refrigerator before serving.

Amount per serving (4 total)

Timing Information:

Preparation	10 m
Cooking	20 m
Total Time	1 h 30 m

Nutritional Information:

Calories	320 kcal
Fat	21.1 g
Carbohydrates	34.2g
Protein	2.7 g
Cholesterol	0 mg
Sodium	17 mg

* Percent Daily Values are based on a 2,000 calorie diet.

BREAKFAST PARFAITS

Ingredients

- 1 (16 oz.) containers low fat cottage cheese (or plain unsweetened yogurt)
- 1/4 C. sugar
- 1 tbsp unsweetened cocoa powder
- 2 tsps instant coffee
- 2 C. diced papaya
- 1/2 C. thawed Cool Whip Lite
- 1/4 C. sliced almonds, toasted

Directions

- Add the following to the bowl of a food processor: coffee, cottage cheese, and sugar.
- Puree the mix until it is smooth.
- Divide half of the mix between four parfait glasses and then layer half of the papayas over them.
- Continue layering in this manner one more time then top everything with almonds and whipped cream.
- Enjoy.

Amount per serving: 4

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	232.2
Cholesterol	9.2mg
Sodium	466.9mg
Carbohydrates	26.5g
Protein	17.8g

* Percent Daily Values are based on a 2,000 calorie diet.

HOMEMADE PAPAYA PRESERVES

Ingredients

- 5 C. mashed ripe papaya
- 1/4 C. orange juice
- 1 1/3 (1.75 oz.) packages dry pectin
- 5 C. white sugar

Directions

- In a larger pan, mix together the papaya, orange juice and pectin on medium-high heat.
- Bring to a boil, stirring continuously.
- Stir in the sugar, and again bring to a boil, stirring continuously.
- Boil for exactly 1 minute.
- Place the hot jam into the hot, sterilized canning jars and seal with the lids and rings.
- Let the jam cool at room temperature and refrigerate any jars that do not seal.

Amount per serving (64 total)

Timing Information:

Preparation	45 m
Cooking	20 m
Total Time	5 h 5 m

Nutritional Information:

Calories	65 kcal
Fat	0 g
Carbohydrates	16.8g
Protein	0.1 g
Cholesterol	0 mg
Sodium	1 mg

* Percent Daily Values are based on a 2,000 calorie diet.

LOVER'S SMOOTHIE

Ingredients

- 2 C. papaya - peeled, seeded and cubed
- 2 C. milk
- 1/4 C. white sugar
- 1/4 C. sweetened condensed milk
- 1 C. vanilla yogurt
- 2 tbsp cream cheese
- 2 C. ice

Directions

- In a blender, add the papaya, milk, sugar, condensed milk, yogurt, cream cheese and pulse till smooth.
- Serve immediately.

Amount per serving (6 total)

Timing Information:

Preparation	
Cooking	10 m
Total Time	10 m

Nutritional Information:

Calories	184 kcal
Fat	5 g
Carbohydrates	29.4g
Protein	6.4 g
Cholesterol	18 mg
Sodium	95 mg

* Percent Daily Values are based on a 2,000 calorie diet.



JAMAICAN FISH PLATTER

Ingredients

- 2 tbsp olive oil
- 1 tbsp minced fresh garlic
- 1 tbsp chopped onion
- 1/2 red bell pepper, diced
- 1 C. papaya - peeled, seeded and cubed
- 1 habanero pepper, seeded and chopped (wear gloves)
- 1 tsp cornstarch
- 1 tbsp water
- 2 tbsp lime juice
- 1 tbsp lime juice
- 1 tbsp melted butter
- 3 (4 oz.) fillets Mahi Mahi
- 3 tbsp sliced almonds
- 1 pinch salt

Directions

- Set the broiler of your oven and arrange oven rack about 6-inches from the heating element.
- In a pan, heat the olive oil on medium heat and sauté the garlic and onion for about 2 minutes.
- Add the red bell pepper, papaya, and habanero pepper and cook for a few minutes more.
- In a bowl, mix together the cornstarch, water and 2 tbsp of lime juice.
- Add the cornstarch mixture into the papaya sauce and cook, stirring continuously till thickened.
- Keep the sauce warm over very low heat.
- In a small bowl, mix together 1 tbsp of the lime juice and melted butter.

- Coat the Mahi Mahi fillets with the melted butter mixture.
- Cook under the broiler for about 4 minutes per side.
- Sprinkle the almonds over the fish and cook under the broiler for about 2 minutes more.
- Season with the salt and serve with the papaya sauce.

Amount per serving (3 total)

Timing Information:

Preparation	25 m
Cooking	15 m
Total Time	40 m

Nutritional Information:

Calories	282 kcal
Fat	16.8 g
Carbohydrates	10.4g
Protein	22.8 g
Cholesterol	92 mg
Sodium	130 mg

* Percent Daily Values are based on a 2,000 calorie diet.

PAPAYA SALAD TRINIDAD CITY STYLE

Ingredients

Dressing:

- 1/4 C. chopped fresh cilantro
- 3 cloves garlic, minced, or more to taste
- 2 limes, juiced
- 2 tbsp olive oil
- 1 tbsp brown sugar
- 1 pinch chili powder
- salt to taste

Salad:

- 1 green papaya, peeled and shredded
- 2 C. cold cooked black beans
- 1 C. cold cooked corn
- 1 red bell pepper, cut into small dice

Directions

- In a blender, add the cilantro, garlic, lime juice, olive oil, brown sugar, chili powder and salt and pulse till smooth.
- In a large bowl, mix together the shredded papaya, black beans, corn and red bell pepper.
- Add the dressing and toss to coat.
- With a plastic wrap, cover the bowl and refrigerate for at least 30 minutes.

Amount per serving (6 total)

Timing Information:

Preparation	
Cooking	20 m
Total Time	50 m

Nutritional Information:

Calories	168 kcal
Fat	5.1 g
Carbohydrates	26.9g
Protein	6.4 g
Cholesterol	0 mg
Sodium	313 mg

* Percent Daily Values are based on a 2,000 calorie diet.

APRIL'S SMOOTHIE

Ingredients

- 1 papaya - peeled, seeded and diced
- 1 banana, peeled and sliced
- 1/2 C. sliced fresh strawberries
- 1/3 C. milk
- 1/4 C. sugar
- 15 ice cubes

Directions

- In a blender, add the papaya, banana, strawberries, milk, sugar, and ice cubes and pulse till smooth.

Amount per serving (2 total)

Timing Information:

Preparation	
Cooking	10 m
Total Time	10 m

Nutritional Information:

Calories	228 kcal
Fat	1.3 g
Carbohydrates	55.1g
Protein	2.9 g
Cholesterol	3 mg
Sodium	25 mg

* Percent Daily Values are based on a 2,000 calorie diet.

ISLAND STEAKS

Ingredients

- 1/2 papaya - peeled, seeded, and cut into 1-inch slices
- 2 tsp olive oil
- 2 cloves garlic, minced
- 3/4 C. butter at room temperature
- 3 (10 oz.) porterhouse steaks
- 2 tbsp olive oil
- 2 tbsp chopped fresh rosemary
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic salt

Directions

- Set your outdoor grill for medium-high heat and lightly, grease the grill grate.
- Coat the papaya slices with 2 tsp of the olive oil evenly.
- Cook the papaya slices on the grill for about 10 minutes.
- In a blender, add the grilled papaya, garlic and butter and pulse till smooth.
- Transfer the mixture into a small container and refrigerate to cool for about 1-2 hours.
- Now, set your outdoor grill for medium heat and lightly, grease the grill grate.
- Coat the porterhouse steaks with 2 tbsp of the olive oil evenly.
- In a bowl, mix together the rosemary, salt, pepper and garlic salt.
- Rub the both sides of the steaks with the rosemary mixture evenly.
- Cook the steaks on the grill for about 8 minutes per side.
- Serve with a topping of the papaya butter.

Amount per serving (3 total)

Timing Information:

Preparation	15 m
Cooking	25 m
Total Time	1 h 40 m

Nutritional Information:

Calories	882 kcal
Fat	83.3 g
Carbohydrates	4g
Protein	30.2 g
Cholesterol	208 mg
Sodium	1789 mg

* Percent Daily Values are based on a 2,000 calorie diet.

MONTIGO PAPAYA LUNCH

Ingredients

- 3 cloves garlic, peeled
- 3 fresh green chili peppers
- 6 green beans, cut into 1 inch pieces
- 1 large unripe papaya, peeled and cut into thin strips
- 1 tomato, halved and seeded
- 2 tbsp fish sauce
- 2 tbsp lime juice
- 1 tsp brown sugar
- 2 tbsp finely chopped unsalted, dry-roasted peanuts

Directions

- In a food processor, add the garlic, chili peppers and green beans and pulse till chopped roughly.
- Add the papaya, and pulse into small chunks.
- Add the tomato, fish sauce, lime juice and sugar and pulse till the mixture becomes soft and slightly chunky.
- Transfer the mixture into a bowl with the peanuts and stir to combine.
- Refrigerate, covered till serving.

Amount per serving (6 total)

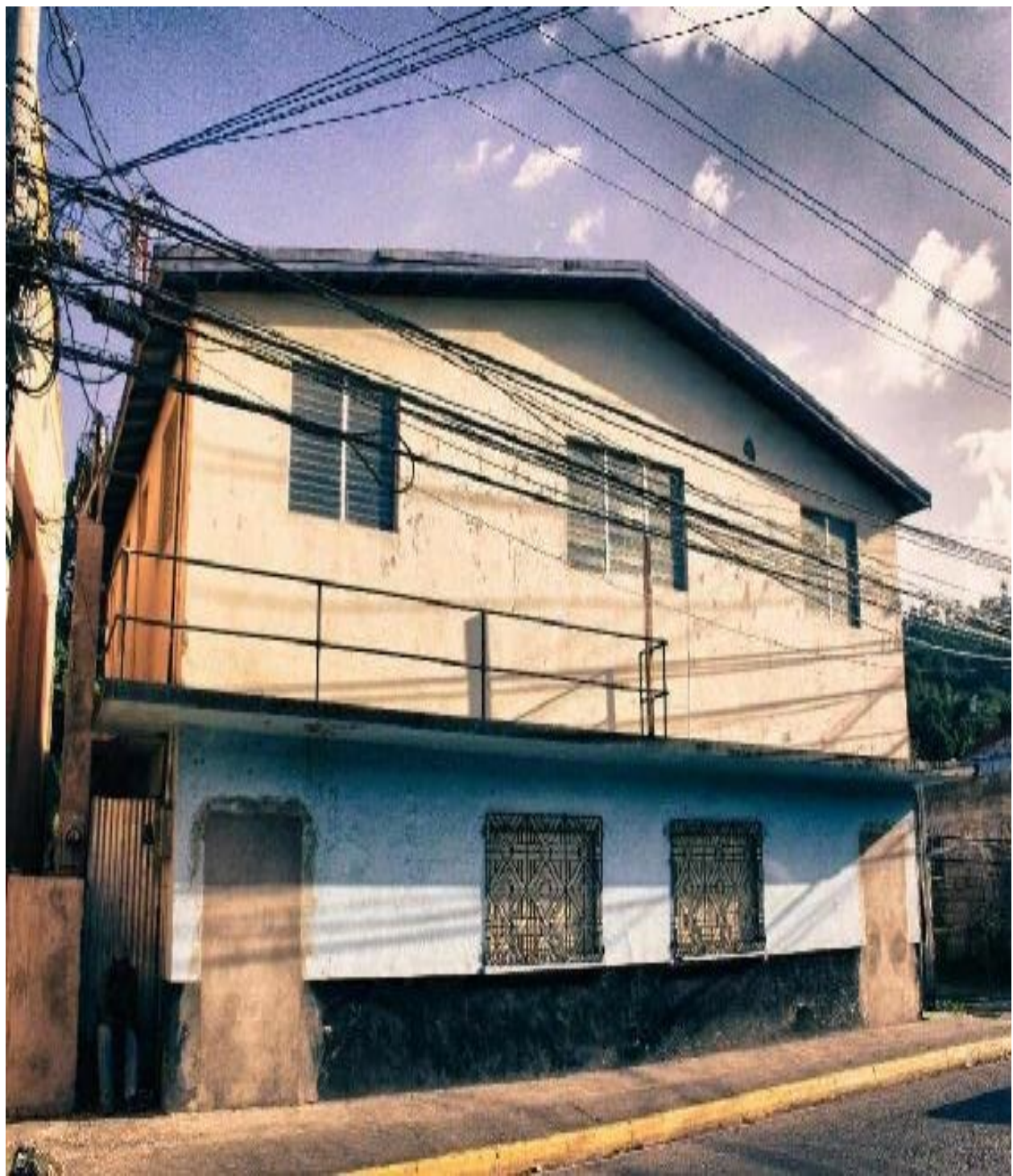
Timing Information:

Preparation	
Cooking	20 m
Total Time	20 m

Nutritional Information:

Calories	53 kcal
Fat	1.7 g
Carbohydrates	9.1g
Protein	2 g
Cholesterol	0 mg
Sodium	369 mg

* Percent Daily Values are based on a 2,000 calorie diet.



WEDNESDAY'S DINNER

(CHICKEN BREAST AND RICE)

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 papaya, peeled, seeded and sliced
- 1 pinch ground cinnamon, or to taste
- 1/3 C. melted margarine
- 1 C. crushed buttery round crackers (such as Ritz(R))
- 1 tbsp margarine
- 1 C. basmati rice
- 1 1/2 C. water
- 1 tbsp margarine
- 1 C. orange juice
- 1 (8 oz.) can crushed pineapple in its own juice
- 1 tbsp brown sugar
- 1/2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 pinch cayenne pepper
- salt and ground black pepper to taste (optional)

Directions

- Set your oven to 350 degrees F before doing anything else and line a baking sheet with the foil paper.
- Place a chicken breast onto a smooth surface.
- With a sharp boning or paring knife, cut a pocket in the chicken breast through a 2-inch slit in the side.
- Repeat with the remaining chicken breasts.
- Arrange the papaya slices into the pocket of each chicken breasts and sprinkle with cinnamon.
- Coat all the chicken breast halves into the melted margarine, then rill

into the cracker crumbs.

- In a skillet, heat 1 tbsp of the margarine on medium-high heat and cook the chicken breasts for about 5 minutes per side.
- Now, arrange the chicken breasts onto the prepared baking sheet.
- Cook in the oven for about 20 minutes per side.
- In a pan, add the rice and water on high heat and bring to a boil.
- Reduce the heat to medium-low and simmer, covered for about 20-25 minutes.
- Meanwhile, melt the remaining 1 tbsp of the margarine in the same skillet used to brown the chicken on medium-high heat, scraping up any browned bits.
- Stir in the orange juice, pineapple, brown sugar, 1/2 tsp of cinnamon, nutmeg, cayenne, salt and pepper.
- Reduce heat to medium and simmer for about 30 minutes.
- Reduce the heat to low and simmer till the sauce becomes thick.
- Place the chicken breasts over the rice and serve with a topping of the pineapple sauce.

Amount per serving (4 total)

Timing Information:

Preparation	30 m
Cooking	1 h 20 m
Total Time	1 h 50 m

Nutritional Information:

Calories	872 kcal
Fat	39.5 g
Carbohydrates	95.7g
Protein	31.9 g
Cholesterol	65 mg
Sodium	814 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SCALLOP PLATTER

Ingredients

- 1 small papaya - peeled, seeded and chopped
- 1 red bell pepper, chopped
- 1/2 red onion, chopped
- 2 tbsp fresh lime juice
- 1 tbsp chopped fresh cilantro
- 1 tsp minced jalapeno peppers
- 1 tsp salt
- 1 tbsp olive oil
- 2 tbsp all-purpose flour
- 1/8 tsp ground black pepper
- 1 lb. sea scallops

Directions

- In a bowl, mix together the papaya, red pepper, jalapeño, onion, lime juice, cilantro and 1/4 tsp of the salt.
- In a large sealable bag, mix together the flour, black pepper, and remaining 3/4 tsp of the salt.
- Add the scallops, and shake to coat.
- In a large skillet, heat the oil on medium heat and stir fry the scallops till golden.
- Serve the scallops over the papaya sauce.

Amount per serving (4 total)

Timing Information:

Preparation	20 m
Cooking	15 m
Total Time	35 m

Nutritional Information:

Calories	223 kcal
Fat	4.6 g
Carbohydrates	15.8g
Protein	29.6 g
Cholesterol	68 mg
Sodium	912 mg

* Percent Daily Values are based on a 2,000 calorie diet.

GUYANA SUMMER TUNA

Ingredients

- 2 C. diced papaya
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 1/4 C. chopped fresh cilantro
- 2 tbsp lime juice
- 1 clove garlic, minced
- 1/4 tsp hot chili paste
- 4 (6 oz.) tuna steaks
- 1/4 C. extra-virgin olive oil
- salt and pepper to taste
- 3 eggs
- 1/2 C. chopped macadamia nuts

Directions

- In a bowl, add the papaya, onion, red pepper, cilantro, lime juice, garlic and hot chili paste and toss to combine.
- Refrigerate before serving.
- Set your outdoor grill for high heat and lightly, grease the grill grate.
- Coat the tuna steaks with the olive oil and season with the salt and pepper.
- In a shallow bowl, add the eggs and beat till smooth.
- Dip the tuna steaks in the egg and let the excess egg to run off.
- Roll the tuna steaks into the macadamia nuts.
- Cook the tuna steaks on the grill for about 2 minutes per side.
- Serve with the papaya salsa.

Amount per serving (4 total)

Timing Information:

Preparation	45 m
Cooking	5 m
Total Time	50 m

Nutritional Information:

Calories	522 kcal
Fat	32.4 g
Carbohydrates	13.7g
Protein	44.6 g
Cholesterol	219 mg
Sodium	124 mg

* Percent Daily Values are based on a 2,000 calorie diet.

HONEY PAPAYA MUFFINS

Ingredients

- 2 1/2 C. whole wheat flour
- 1 C. oat bran
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1 1/2 C. grated and squeezed zucchini
- 1 1/2 C. mashed ripe papaya
- 1 C. grated carrot
- 1 C. unsweetened applesauce
- 1/3 C. honey
- 3 large eggs
- 2 tsp vanilla extract
- 2 lemons, zested
- 1 tsp lemon juice

Directions

- Set your oven to 350 degrees F before doing anything else and grease and flour 20 cups of the muffin tins.
- In a large bowl, mix together flour, oat bran, salt, baking soda, baking powder and cinnamon.
- Make a large well in the center of the flour mixture.
- Add zucchini, papaya, carrot, applesauce, honey, eggs, vanilla extract, lemon zest and lemon juice into the well and mix till well combined.
- Transfer the mixture into the prepared muffin cups, about each 2/3 full.
- Cook in the oven for about 18-20 minutes or till a toothpick inserted in the center comes out clean.

- Remove from the oven and cool for about 5 minutes before turning out onto wire rack to cool completely.

Amount per serving (20 total)

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	45 m

Nutritional Information:

Calories	105 kcal
Fat	1.4 g
Carbohydrates	22.2g
Protein	4.1 g
Cholesterol	28 mg
Sodium	221 mg

* Percent Daily Values are based on a 2,000 calorie diet.

ALMOND PAPAYA SMOOTHIE

Ingredients

- 1 C. almond milk
- 1/2 C. fresh papaya
- 1 scoop protein powder
- 1 (1 inch) piece peeled and chopped fresh turmeric root
- 1 (1/2 inch) piece fresh ginger root, peeled
- 3 cubes ice

Directions

- In a blender, add the almond milk, papaya, protein powder, turmeric root, ginger root and ice and pulse till smooth.

Amount per serving (1 total)

Timing Information:

Preparation	
Cooking	10 m
Total Time	10 m

Nutritional Information:

Calories	207 kcal
Fat	3.8 g
Carbohydrates	24.8g
Protein	17.4 g
Cholesterol	0 mg
Sodium	348 mg

* Percent Daily Values are based on a 2,000 calorie diet.

ORANGE RED APPLE PAPAYA JUICE

Ingredients

- 4 tangerines
- 1 large red apple
- 1 large carrot
- 1/2 papaya, peeled and pitted
- 2 slices half-inch thick pineapple, skin removed

Directions

- Peel the zest off of the tangerines, leaving the yellow pith.
- Cut the apple into quarters, removing the stem and blossom end.
- Cut the top off of the carrot.
- In a juice machine, add all the Ingredients and process according to manufacturer's directions.

Amount per serving (2 total)

Timing Information:

Preparation	
Cooking	15 m
Total Time	15 m

Nutritional Information:

Calories	218 kcal
Fat	0.7 g
Carbohydrates	55.6g
Protein	3.1 g
Cholesterol	0 mg
Sodium	28 mg

* Percent Daily Values are based on a 2,000 calorie diet.



TROPICAL RECHARGE SMOOTHIE

Ingredients

- 2 bananas, broken into chunks
- 1 C. cubed papaya (optional)
- 1 C. cubed fresh pineapple
- 1 C. cubed honeydew
- 1 C. seedless grapes (optional)
- 3 cubes ice cubes (optional)
- 2 (6 oz.) containers fruit flavored yogurt
- 1/2 C. orange juice

Directions

- In a blender, add the bananas, papaya, pineapple, honeydew, grapes, ice cubes, yogurt and orange juice and pulse till smooth.

Amount per serving (6 total)

Timing Information:

Preparation	
Cooking	10 m
Total Time	10 m

Nutritional Information:

Calories	148 kcal
Fat	0.5 g
Carbohydrates	34.4g
Protein	4.1 g
Cholesterol	1 mg
Sodium	47 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SALSA CARIBBEAN STYLE

Ingredients

- 1 C. diced fresh mango
- 1/2 C. diced fresh pineapple
- 1/2 C. diced papaya
- 1 fresh jalapeno pepper, seeded and minced
- 1/2 medium red onion, finely diced
- 3 tbsp lime juice
- 1 tbsp olive oil
- 1 tsp salt
- 1 tbsp chopped fresh mint

Directions

- In a large bowl, add the mango, pineapple, papaya, jalapeño pepper, red onion, lime juice, olive oil and salt and toss to coat.
- Serve with a garnishing of the chopped mint leaves.

Amount per serving (8 total)

Timing Information:

Preparation	
Cooking	25 m
Total Time	25 m

Nutritional Information:

Calories	47 kcal
Fat	1.8 g
Carbohydrates	8.4g
Protein	0.4 g
Cholesterol	0 mg
Sodium	292 mg

* Percent Daily Values are based on a 2,000 calorie diet.

BISCUIT FRUIT CASSEROLE

Ingredients

- 6 fresh peaches, pitted and chopped
- 2 pears - peeled, cored and chopped
- 4 stalks rhubarb, cut into 1/2 inch pieces
- 2 tbsp raisins
- 1 large papaya - peeled, seeded and cubed
- 2 tbsp biscuit baking mix
- 1/4 C. light brown sugar
- 1 tbsp margarine, softened

Directions

- Set your oven to 375 degrees F before doing anything else and grease a 13x9-inch baking dish.
- Place the peaches, pears, rhubarb, raisins, and papaya in the prepared baking dish.
- In a bowl, add the baking mix, brown sugar and margarine and stir till a crumbly texture forms.
- Sprinkle the crumbly mixture over the fruit evenly.
- Cook in the oven for about 35-45 minutes.

Amount per serving (8 total)

Timing Information:

Preparation	20 m
Cooking	35 m
Total Time	55 m

Nutritional Information:

Calories	93 kcal
Fat	1.8 g
Carbohydrates	20g
Protein	0.8 g
Cholesterol	0 mg
Sodium	44 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CINNAMON HONEY PAPAYA GRANOLA

Ingredients

- 4 C. quick cooking oats
- 1 C. chopped toasted almonds
- 1/4 C. toasted wheat germ
- 1/4 C. sunflower seeds
- 1/4 C. ground flax seeds
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/3 C. canola oil
- 2/3 C. honey
- 1/2 C. raisins
- 1/2 C. chopped dried pineapple
- 1/2 C. sweetened dried cranberries
- 1/2 C. chopped dried papaya

Directions

- Set your oven to 300 degrees F before doing anything else and line a large baking sheet with the parchment paper.
- In a large bowl, mix together the oats, almonds, wheat germ, sunflower seeds, flax seeds, cinnamon, nutmeg, canola oil and honey.
- Place the oat mixture onto the prepared baking sheet evenly and with the back of a spoon, press down lightly.
- Cook in the oven for about 20 minutes.
- Remove from the oven and keep aside to cool completely.
- In a large bowl, break the cooled granola into large chunks.
- Add the raisins, pineapple, sweetened dried cranberries and papaya and stir to combine.
- Store in an airtight container.

Amount per serving (18 total)

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	1 h 40 m

Nutritional Information:

Calories	247 kcal
Fat	10.3 g
Carbohydrates	37.1g
Protein	5.4 g
Cholesterol	0 mg
Sodium	3 mg

* Percent Daily Values are based on a 2,000 calorie diet.

HAWAIIAN STYLE MAHI MAHI

Ingredients

- 2 oz. macadamia nuts
- 4 oz. plain bread crumbs
- 6 (6 oz.) Mahi Mahi fillets
- 4 oz. butter
- 2 oz. shallots, diced
- 4 C. chicken stock
- 4 oz. pineapple, rough chopped
- 4 oz. papaya, rough chopped
- 4 oz. mango, rough chopped
- 1 tbsp shredded coconut
- 2 habanero peppers, seeded
- salt and pepper to taste
- white sugar to taste

Directions

- In a food processor, add the macadamia nuts and breadcrumbs and pulse till finely ground.
- Transfer the nut mixture into a shallow plate.
- Coat the fish fillets with the nut mixture evenly.
- In a large skillet, melt the butter on medium heat and fry the fillets till golden brown from both sides.
- Transfer the fillets into a baking dish.
- In the same skillet, add the shallots and cook till translucent.
- Stir in the chicken stock, pineapple, papaya, mango, coconut, habanero peppers, salt, pepper and sugar and simmer for about 30 minutes.
- Set your oven to 375 degrees F.
- Strain the sauce and remove the peppers, fruit and shallots.
- Reserve the sauce in a pan on low heat.

- Cook the fish fillets in the oven for about 10 minutes.
- Remove fish from the oven and lightly coat with the sauce before serving.

Amount per serving (6 total)

Timing Information:

Preparation	35 m
Cooking	45 m
Total Time	1 h 20 m

Nutritional Information:

Calories	465 kcal
Fat	25.1 g
Carbohydrates	23.8g
Protein	36.1 g
Cholesterol	168 mg
Sodium	1105 mg

* Percent Daily Values are based on a 2,000 calorie diet.

TROPICAL FRUIT SALAD DESSERT

Ingredients

Pretzel Crust:

- 2 C. crushed pretzels
- 3/4 C. butter, melted
- 3 tbsp brown sugar

Cream Cheese Layer:

- 1 C. white sugar
- 1 (8 oz.) package cream cheese, softened
- 1/2 tsp vanilla extract
- 1/2 lemon, juiced
- 1 1/2 lemons, zested
- 1 (8 oz.) container frozen whipped topping (such as Cool Whip(R)), thawed

Fruit Layer:

- 1 1/2 C. boiling water
- 2 (3 oz.) packages lemon-flavored gelatin mix (such as Jell-O(R))
- 1/2 C. fresh lemon juice, strained
- 1 mango, peeled and chopped
- 1 kiwi, peeled and sliced

Directions

- Set your oven to 350 degrees F before doing anything else.
- In a bowl, mix together the crushed pretzels, butter and brown sugar.
- Place the mixture into a 13x9-inch baking dish and press slightly.
- Cook in the oven for about 10 minutes.
- Remove from the oven and keep aside to cool completely.
- In a large bowl, add the white sugar, cream cheese and vanilla extract and mix till smooth.

- Add the juice from 1/2 lemon and lemon zest and mix well.
- Fold in the whipped topping.
- Spread the cream cheese mixture over the cooled crust evenly and refrigerate for about 30 minutes.
- In a bowl, add the boiling water and lemon-flavored gelatin and mix till dissolved completely.
- Add 1/2 C. of the strained lemon juice and mix well.
- Refrigerate for about 1 hour.
- Pour the enough gelatin mixture over the cream cheese layer to cover.
- Keep the remaining gelatin mixture aside.
- Place the mango and kiwi over the gelatin mixture layer and pour the remaining gelatin mixture over the fruit layer.
- Refrigerate for about 2 hours.

Amount per serving (12 total)

Timing Information:

Preparation	20 m
Cooking	10 m
Total Time	4 h

Nutritional Information:

Calories	423 kcal
Fat	23.3 g
Carbohydrates	52g
Protein	4.5 g
Cholesterol	51 mg
Sodium	461 mg

* Percent Daily Values are based on a 2,000 calorie diet.



VANILLA CAKE TROPICAL TRIFLE

Ingredients

- 1 (12 oz.) container frozen whipped topping, thawed
- 1 (8 oz.) container sour cream
- 1 (9 inch) angel food cake
- 1 (3.4 oz.) package instant vanilla pudding mix
- 3 kiwis, peeled and sliced
- 1 pint fresh strawberries, sliced
- 3 bananas, peeled and sliced
- 1 (15 oz.) can crushed pineapple, drained
- 1 sprig fresh mint

Directions

- In a bowl, fold the sour cream and unprepared pudding mix into the whipped topping.
- Cut the cake into thirds, horizontally.
- Line a large glass serving bowl with the kiwi and strawberry slices, reserving two whole strawberries and two kiwi slices for garnishing.
- In the bottom of the bowl, place one layer of the cake, followed by 1/3 of the bananas and pineapple and 1/3 of the whipped topping mixture.
- Repeat the layers till all the Ingredients are used.
- Garnish the trifle with the reserved strawberries and kiwi slices and a sprig of mint.
- Refrigerate before serving.

Amount per serving (15 total)

Timing Information:

Preparation	
Cooking	30 m
Total Time	30 m

Nutritional Information:

Calories	231 kcal
Fat	7.4 g
Carbohydrates	38.4g
Protein	2.5 g
Cholesterol	7 mg
Sodium	270 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CARIBBEAN PAVLOVA

Ingredients

- 4 egg whites
- 1 1/4 C. white sugar
- 1 tsp vanilla extract
- 1 tsp lemon juice
- 2 tsp cornstarch
- 1 pint heavy cream
- 6 kiwi, peeled and sliced

Directions

- Set your oven to 300 degrees F before doing anything else and line a baking dish with the parchment paper, then draw a 9-inch circle on the parchment paper.
- In a large bowl, add the egg whites and beat till stiff peaks form.
- Add the sugar, about 1 tbsp at a time and beat till thick and glossy.
- Gently fold in the vanilla extract, lemon juice and cornstarch.
- Carefully, place the mixture inside the circle drawn on the parchment paper.
- Working from the center, spread mixture toward the outside edge, building the edge slightly and making a slight depression in the center.
- Cook in the oven for about 1 hour.
- Remove from the oven and keep on wire rack to cool completely.
- In a small bowl, add the heavy cream and beat till the stiff peaks form.
- Remove the paper from the meringue and place on a flat serving plate.
- Fill the center of the meringue with the whipped cream and decorate with the kiwifruit slices.

Amount per serving (8 total)

Timing Information:

Preparation	30 m
Cooking	1 h
Total Time	2 h

Nutritional Information:

Calories	373 kcal
Fat	22.3 g
Carbohydrates	42.1g
Protein	3.7 g
Cholesterol	82 mg
Sodium	52 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CINNAMON CHIPS WITH CHUTNEY

Ingredients

- 1 Fuji apple - peeled, cored and diced
- 1 C. sliced fresh strawberries
- 2 kiwis, peeled and sliced
- 2 bananas, peeled and sliced
- 1 tbsp fresh lime juice
- 2 tbsp white sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 C. oil for frying
- 6 (10 inch) flour tortillas
- 3 tbsp white sugar
- 1 tbsp ground cinnamon

Directions

- In a medium bowl, mix together the Fuji apple, strawberries, kiwis, bananas, lime juice, white sugar, cinnamon and nutmeg.
- Refrigerate, covered to chill for approximately 20 minutes.
- Slice the flour tortillas into triangles.
- In a medium heavy pan, heat the oil to 375 degrees F and fry the tortilla triangles for about 2-4 minutes.
- Transfer onto paper towel lined plates to drain.
- In a large zip lock plastic bag, add the white sugar and cinnamon.
- Place the fried tortilla triangles into the bag and shake to coat well.
- Serve the warm tortilla chips with the chilled fruit salsa.

Amount per serving (32 total)

Timing Information:

Preparation	30 m
Cooking	5 m
Total Time	1 h

Nutritional Information:

Calories	70 kcal
Fat	1.8 g
Carbohydrates	12.5g
Protein	1.3 g
Cholesterol	0 mg
Sodium	86 mg

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH TRINIDAD STYLE PIZZA

Ingredients

- 1 (16.5 oz.) package refrigerated sliceable sugar cookies, sliced
- 1 (8 oz.) package Cream Cheese, softened
- 1/4 C. sugar
- 1/2 tsp vanilla
- 4 C. assorted cut-up fruit (kiwi, strawberries, blueberries, drained canned mandarin oranges)
- 1/4 C. apricot preserves, pressed through sieve to remove lumps
- 1 tbsp water

Directions

- Set your oven to 375 degrees F before doing anything else and line a 12-inch pizza pan with the foil paper.
- Place the cookie dough slices in the pizza pan in a single layer and press together to form a crust.
- Cook in the oven for about 14 minutes.
- Remove from the oven and keep aside to cool completely.
- Invert the crust onto a plate and carefully remove the foil.
- Then, turn the crust over.
- In a bowl, add the cream cheese, sugar and vanilla and beat till well combined.
- Spread the cream cheese mixture over the crust and top with the fruit.
- In a bowl, mix together the preserves and water.
- Coat the fruit with the preserve mixture and refrigerate for about 2 hours.

Amount per serving (12 total)

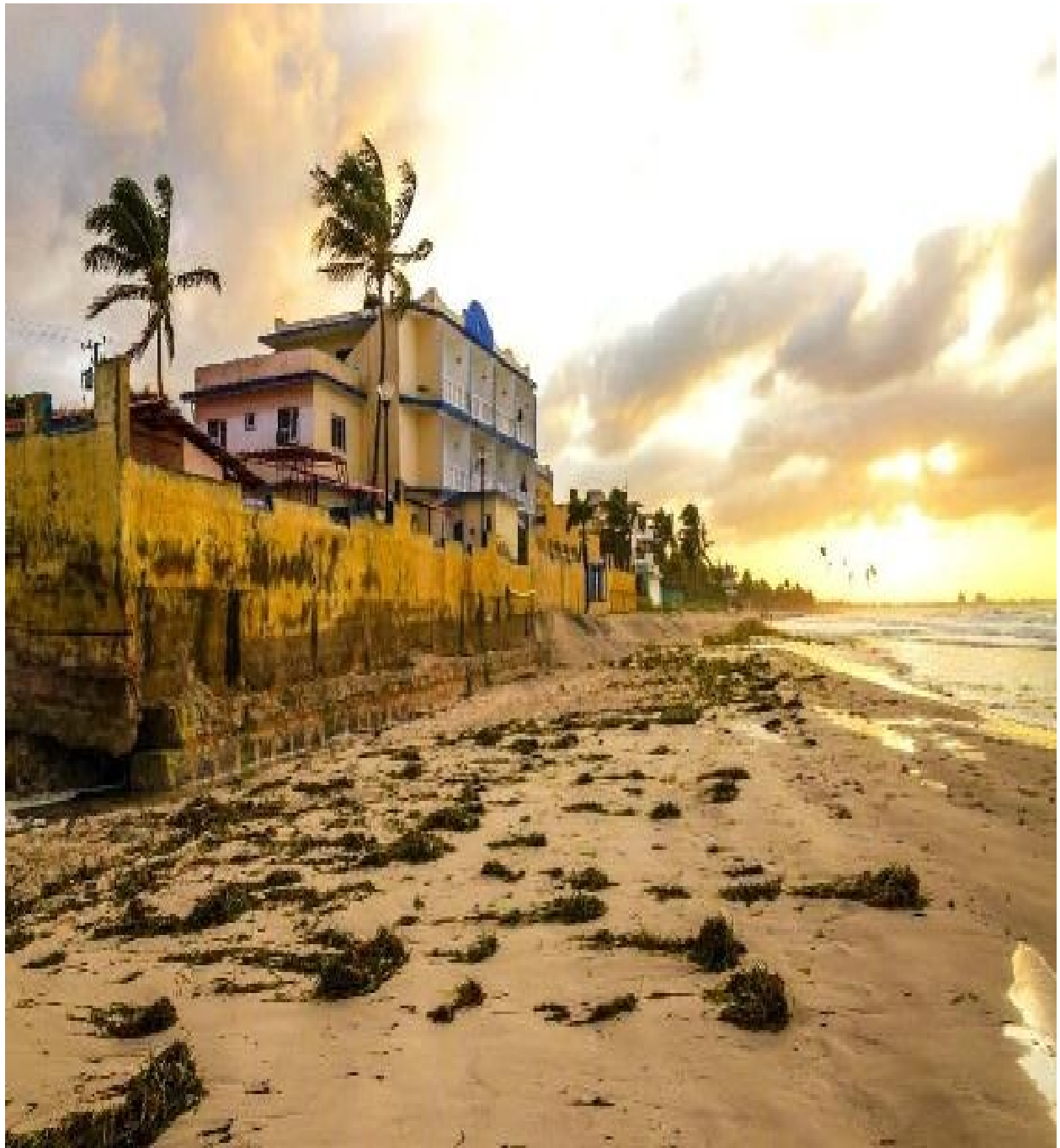
Timing Information:

Preparation	
Cooking	15 m
Total Time	2 h 59 m

Nutritional Information:

Calories	283 kcal
Fat	15.4 g
Carbohydrates	35.6g
Protein	3 g
Cholesterol	25 mg
Sodium	218 mg

* Percent Daily Values are based on a 2,000 calorie diet.



SWEETER FLAN

Ingredients

Crust:

- 2 1/8 C. all-purpose flour
- 1/2 tsp cream of tartar
- 1/2 tsp baking soda
- 1/2 C. white sugar
- 1/2 C. confectioners' sugar
- 1/2 C. butter
- 1/2 C. vegetable oil
- 1 egg
- 1/2 tsp vanilla extract

Filling:

- 1 (8 oz.) package cream cheese, softened
- 1/3 C. white sugar
- 1/2 tsp vanilla extract

Fruit:

- 3 C. fresh strawberries, hulled and halved
- 1 C. fresh blueberries, rinsed and dried
- 3 kiwifruit, peeled and thinly sliced

Glaze:

- 1 tbsp cornstarch
- 1/4 C. white sugar
- 1/2 C. water
- 1/2 C. orange juice
- 2 tbsp lemon juice

Directions

- Set your oven to 350 degrees F before doing anything else and grease a 15x10-inch jelly roll pan.
- For crust in a bowl, sift together the flour, cream of tartar and baking soda.
- In another bowl, add the white and confectioners' sugars, butter, vegetable oil, egg, and vanilla and beat till creamy.
- Add the flour mixture and mix till well combined.
- In the bottom of the prepared pan, place the dough evenly.
- Cook in the oven for about 10-12 minutes.
- Remove from the oven and keep aside to cool completely.
- For filling in a bowl, add the cream cheese, sugar and vanilla and beat till creamy.
- Place the filling mixture over the cooled crust.
- Arrange the fruit over the filling and refrigerate.
- For the glaze in a small pan, mix together the sugar and cornstarch on medium heat.
- Add the water, orange juice and lemon juice and beat to combine.
- Bring to a boil for about 1 minute.
- Remove from the heat and keep aside to cool completely.
- Pour the glaze over the fruit evenly and refrigerate before serving.

Amount per serving (12 total)

Timing Information:

Preparation	30 m
Cooking	12 m
Total Time	1 h 42 m

Nutritional Information:

Calories	430 kcal
Fat	24.2 g
Carbohydrates	50.1g
Protein	4.9 g
Cholesterol	56 mg
Sodium	170 mg

* Percent Daily Values are based on a 2,000 calorie diet.

AUGUST'S SALAD

Ingredients

- 1 (16 oz.) package fresh strawberries, hulled and halved
- 1 large peach, pitted and cut into bite-size pieces
- 2 plums, pitted and cut into bite-size pieces
- 2 kiwi fruit, peeled and cut into bite-size pieces
- 1 C. dark sweet cherries, pitted and halved
- 1 C. honeydew melon balls or cubes
- 1 C. cantaloupe cubes
- 1 C. cubed fresh pineapple
- 1 C. grapes
- 2 (16 oz.) containers low-fat vanilla yogurt

Directions

- In a large salad bowl, mix together the strawberries, peach, plums, kiwi fruit, cherries, honeydew melon, cantaloupe, pineapple and grapes.
- Serve with a topping of the yogurt.

Amount per serving (12 total)

Timing Information:

Preparation	
Cooking	30 m
Total Time	30 m

Nutritional Information:

Calories	126 kcal
Fat	1.4 g
Carbohydrates	25.5g
Protein	4.7 g
Cholesterol	4 mg
Sodium	56 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KINGSTON KIWI BREAD

Ingredients

- 2 C. all-purpose flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/2 C. butter (soften)
- 2/3 C. sugar
- 2 eggs
- 1 C. peeled mashed kiwi fruit (ripe)

Directions

- Set your oven to 350 degrees F before doing anything else and grease a 9x5x3-inch loaf pan.
- In a bowl, sift together the flour, baking powder, baking soda and salt.
- In another large bowl, add the butter and sugar and beat till light and fluffy.
- Add the eggs, one at a time and beat till well combined.
- Stir in the mashed kiwis.
- Add the flour mixture and mix till just moistened.
- Transfer the mixture into the prepared loaf pan.
- Cook in the oven for about 55-65 minutes or till a toothpick inserted in the center comes out clean.
- Remove from the oven and cool for about 10 minutes on wire rack.
- Remove from pan and cool completely on rack.

Servings per Recipe: 10

Timing Information:

Preparation	15 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	249.5
Fat	10.5g
Cholesterol	61.6mg
Sodium	280.4mg
Carbohydrates	35.2g
Protein	4.1g

* Percent Daily Values are based on a 2,000 calorie diet.

JOUVERT JUICE

Ingredients

- 1 kiwi fruit, peeled & sliced
- 2 tsp granulated sugar
- 2 oz. rum (optional)
- 8 ice cubes, crushed
- 2 slices kiwi fruits

Directions

- In a blender, add all the Ingredients except 2 kiwifruit slices and pulse till smooth.
- Garnish the edge of 2 stemmed glasses with a slice of kiwifruit and serve.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	39.4
Fat	0.2g
Cholesterol	0.0mg
Sodium	2.8mg
Carbohydrates	9.7g
Protein	0.4g

* Percent Daily Values are based on a 2,000 calorie diet.

SANIBEL SPRITZER

Ingredients

- 4 kiwi fruits, peeled
- 1 (12 oz.) cans frozen lemonade concentrate, thawed
- 3 C. carbonated lemon-lime beverage, chilled

Directions

- Cut the kiwi into chunks.
- In a food processor, add the fruit chunks and lemonade concentrate and pulse till smooth.
- Through a wire mesh strainer, strain the mixture into a pitcher, discarding solids.
- Stir in the lemon lime drink just before serving.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	7 mins

Nutritional Information:

Calories	330.6
Fat	1.1g
Cholesterol	0.0mg
Sodium	26.3mg
Carbohydrates	83.4g
Protein	1.1g

* Percent Daily Values are based on a 2,000 calorie diet.

JOSEPHINE'S MUFFINS

Ingredients

- 2 eggs
- 1/2 C. sugar
- 1/4 C. oil
- 4 large very ripe kiwi, mashed
- 1/4 tsp vanilla
- 1 tbsp lemon juice
- 3 C. flour
- 1 1/2 tsp salt
- 3 tsp baking powder
- 1 1/2 tsp baking soda

Directions

- Set your oven to 350 degrees F before doing anything else and lightly, grease 12 cups of a muffin pan.
- In a bowl, add the eggs, sugar and oil and beat till well combined.
- Add the kiwi, vanilla and lemon juice and beat till well combined.
- In another large bowl, mix together the flour, salt, baking powder and baking soda.
- Add the kiwi mixture and mix till well combined.
- Transfer the mixture into the prepared muffin cups evenly.
- Cook in the oven for about 25-30 minutes or till a toothpick inserted in the center comes out clean.

Servings per Recipe: 1

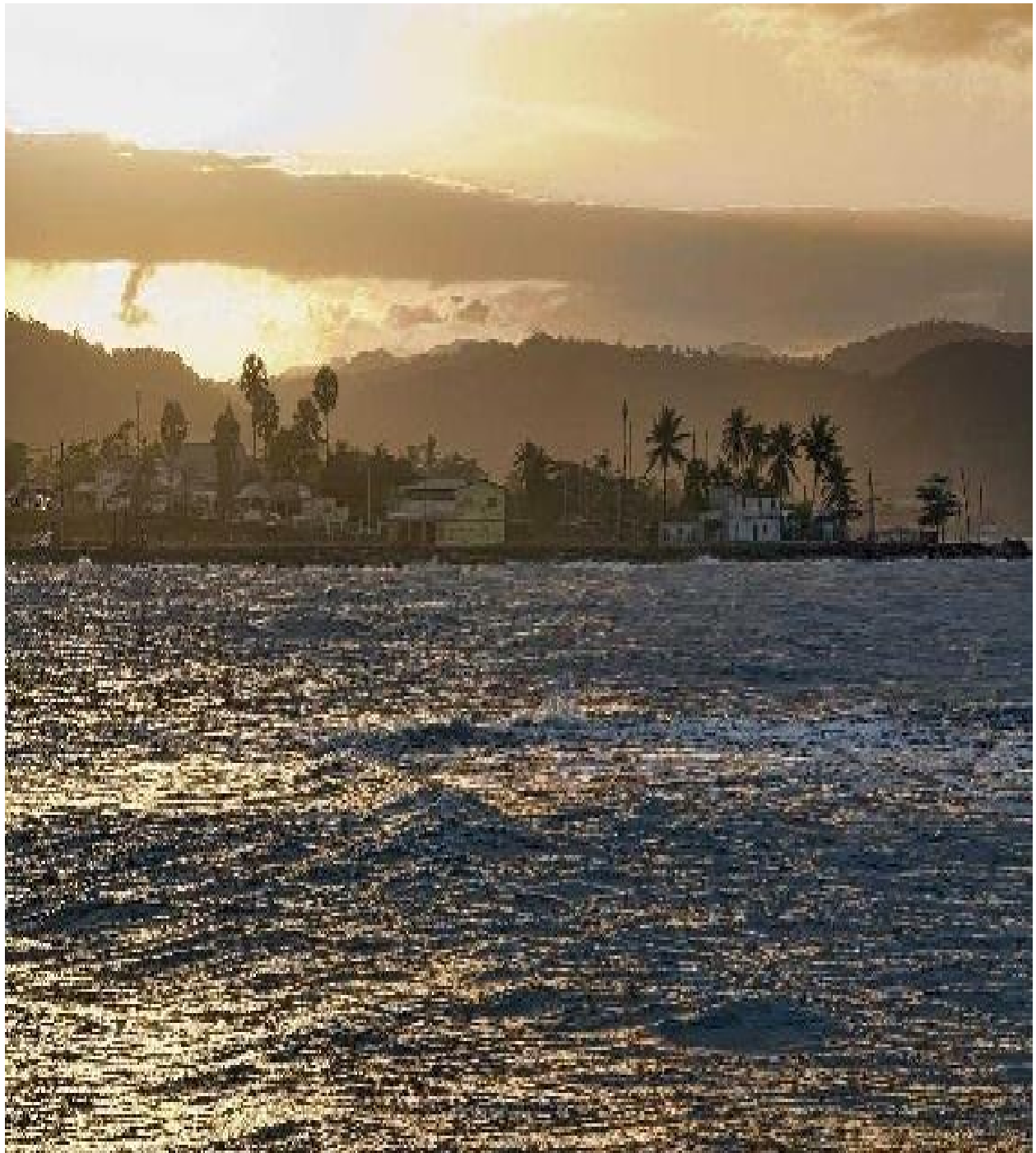
Timing Information:

Preparation	30 mins
Total Time	1 hr

Nutritional Information:

Calories	219.5
Fat	5.8g
Cholesterol	31.0mg
Sodium	552.3mg
Carbohydrates	37.5g
Protein	4.6g

* Percent Daily Values are based on a 2,000 calorie diet.



LITTLE CAYMAN LEMONADE

Ingredients

- 1/2 kiwi
- 3 medium strawberries
- 1 lemon
- 1/2 C. water
- 1 -1 1/2 tbsp sugar
- 2 ice cubes (optional)

Directions

- In a bowl, squeeze the kiwi and strawberries.
- With a lemon squeezer, squeeze the lemons.
- Add 1/2 C. of the water and sugar and stir to combine.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	98.1
Fat	0.4g
Cholesterol	31.0mg
Sodium	552.3mg
Carbohydrates	37.5g
Protein	4.6g

* Percent Daily Values are based on a 2,000 calorie diet.

JUNGLE PUDDING

Ingredients

- 5 kiwi fruits
- 1 (3 1/2 oz.) boxes sugar-free instant vanilla pudding mix
- 2 -3 drops green food coloring
- 1 C. dark raisins

Directions

- Slice the kiwifruit into rounds, then again into half-rounds.
- Prepare instant pudding according to package's directions.
- Add 2-3 drops of green food coloring and stir till desired shade of the green is required.
- Transfer the pudding into dessert bowls.
- Place 2 half or quarter kiwifruit slices onto pudding for eyes.
- Place raisins on pudding in shape of a mouth.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	182.4
Fat	0.6g
Cholesterol	0.0mg
Sodium	52.5mg
Carbohydrates	46.1g
Protein	2.5g

* Percent Daily Values are based on a 2,000 calorie diet.

EASY TROPICAL SMOOTHIE

Ingredients

- 2 ripe kiwi fruits, peeled
- 1 large banana, frozen
- 3 honey dates
- 2/3 C. blueberries

Directions

- In a bowl, add the dates and pour the boiling water over them.
- Soak for about 5-10 minutes to soften.
- Drain the dates and transfer the dates in a blender with remaining Ingredients and pulse till smooth.

Servings per Recipe: 1

Timing Information:

Preparation	3 mins
Total Time	8 mins

Nutritional Information:

Calories	323.0
Fat	1.6g
Cholesterol	0.0mg
Sodium	7.2mg
Carbohydrates	81.9g
Protein	4.3g

* Percent Daily Values are based on a 2,000 calorie diet.

BRAZILIAN CHA CHA

Ingredients

- 1/2 lime, large cut into 4 pieces
- 2 tsp sugar
- 1/3 kiwi fruit, peeled and cut into 6 chunks
- 2 oz. Pina colada

GARNISH

- 1 slice kiwi fruit

Directions

- In a cocktail shaker, mix together the lime pieces and sugar and press with a muddler to release the juice.
- Add the kiwifruit and press with muddler to crush.
- Fill the shaker with the ice and measure in the Pina colada.
- Cap the shaker and shake vigorously.
- Pour into an old-fashioned glass and serve with a garnishing of the kiwifruit slice.

Servings per Recipe: 1

Timing Information:

Preparation	2 mins
Total Time	4 mins

Nutritional Information:

Calories	186.4
Fat	0.2g
Cholesterol	0.0mg
Sodium	1.9mg
Carbohydrates	15.6g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

PAVLOVA II

Ingredients

Meringue

- 3 egg whites, room temperature
- 1 pinch cream of tartar
- 3/4 C. granulated sugar
- 1 tsp pure vanilla extract

Cream

- 1/2 C. marshmallow crème
- 1/2 C. crème fraîche
- 1 C. whipping cream

Garnishing

- 1 kiwi fruit, peeled & sliced thinly
- 1 C. sliced strawberry
- 2 tbsp dried cranberries, minced
- 2 tbsp Nutella

Directions

- Set your oven to 275 degrees F before doing anything else and line a baking sheet with the parchment paper.
- In a bowl, add the egg whites and cream of tartar and beat till soft peaks form, adding the sugar 1 tbsp at a time.
- Add the vanilla and beat to combine.
- Onto the prepared baking sheet, spread the meringue into a 10-inch circle, pushing up edges to form a well in the middle.
- Cook in the oven for about 1 1/2 hours.
- Turn off the oven but leave the meringue inside to dry.
- Transfer the meringue into a serving platter.
- In a bowl, mix together the marshmallow crème and crème fraîche.
- Fold in the whipped cream.

- Spread the marshmallow mixture over the cooled meringue and decorate with the sliced kiwi and strawberries.
- Drizzle the Nutella on top and serve with a sprinkling of the dried cranberries.

Servings per Recipe: 8

Timing Information:

Preparation	30 mins
Total Time	2 hrs

Nutritional Information:

Calories	316.9
Fat	18.0g
Cholesterol	61.1mg
Sodium	51.4mg
Carbohydrates	37.0g
Protein	2.8g

* Percent Daily Values are based on a 2,000 calorie diet.

JUNGLE JUICE

Ingredients

- 3 kiwi fruits, peeled and halved (cut of one slice for garnish)
- 7 oz. grapes, washed
- 3 -5 grapes (to garnish)

Directions

- Extract the juice of kiwi through the juicer, followed by the grapes.
- Transfer the juice into a glass and serve with a garnishing of some grapes and a kiwi slice skewered on a wooden stick.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	1923.3
Fat	3.9g
Cholesterol	0.0mg
Sodium	24.1mg
Carbohydrates	488.5g
Protein	8.7g

* Percent Daily Values are based on a 2,000 calorie diet.

RICE AND KIWI CURRY LUNCH WRAP

Ingredients

- 2 tbsp lime juice
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1 tsp curry powder
- 1 jalapeno pepper, minced
- 1 tsp cumin
- 1 tsp honey
- 1/4 C. purple onion, chopped
- 6 kiwi fruits, pureed
- 1 3/4 C. cooked rice
- cream cheese
- tortilla

Directions

- In a bowl, add all the Ingredients except the rice and mix till well combined.
- In a large bowl, add the rice and chutney gently, stir to combine.
- Refrigerate for about an hour.
- Spread about 1 tbsp of the cream cheese on a tortilla and top with about 1/4 C. of the rice mixture and roll up.
- You can also use this chutney to marinade chicken or fish.

Servings per Recipe: 1

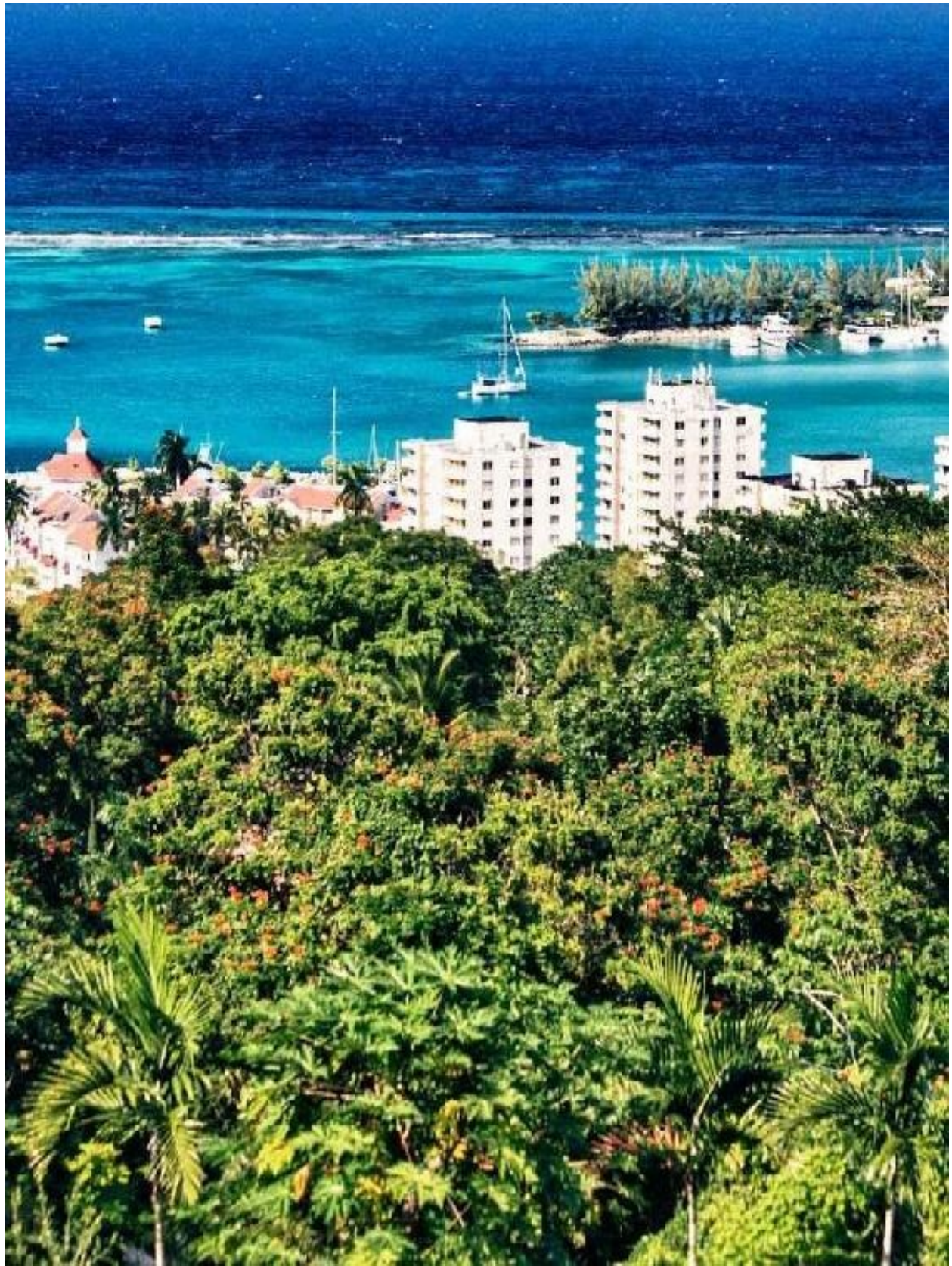
Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	1008.5
Fat	30.9g
Cholesterol	0.0mg
Sodium	21.5mg
Carbohydrates	176.1g
Protein	14.4g

* Percent Daily Values are based on a 2,000 calorie diet.



SUNSET SPRITZER

Ingredients

- 1/2 C. mint leaf
- 2 kiwi, unpeeled
- 8 oz. fresh pineapple, unpeeled
- 1/2 lime juice

Directions

- Extract the juice of the mint, kiwi and pineapple through the hopper.
- Transfer the juice into a serving glass.
- Add the lime juice and stir to combine.
- Serve immediately.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	211.3
Fat	1.1g
Cholesterol	0.0mg
Sodium	10.8mg
Carbohydrates	53.0g
Protein	14.4g

* Percent Daily Values are based on a 2,000 calorie diet.

KIWI ORANGE CHICKEN

Ingredients

- 4 C. chicken broth
- 4 boneless skinless chicken breasts
- 1 stalk celery, chopped
- 1 leek, white part only, chopped
- 4 kiwi fruits, peeled, cut into 1/4-inch slices
- 1 orange, washed, dried
- 1 lemon
- 1 tbsp unsalted butter
- 1 tbsp granulated sugar
- 1/8 tsp salt
- 1/8 tsp cayenne pepper

Directions

- In large pan, add the chicken broth and bring to a boil.
- Add the chicken breasts and simmer for about 10 minutes, skimming off fat from the top.
- Add the celery and leek and simmer for about 10 minutes.
- Remove the chicken from broth and keep aside, covered.
- In a serving dish, arrange the kiwifruit in a fan-shaped pattern.
- Sprinkle the half of the orange zest over the kiwifruit.
- In a small bowl, extract the juice of orange and lemon.
- In a small pan, melt the butter and cook the sugar for about 5 minutes, stirring continuously.
- Add the orange and lemon juices and stir till well combined.
- Boil till the sauce is reduced to about 2 tbsp.
- Stir in the salt and cayenne pepper.
- Cut the chicken breasts into thin strips and arrange over the kiwifruit.
- Serve with a topping of the sauce.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	1 hr

Nutritional Information:

Calories	288.1
Fat	6.3g
Cholesterol	76.0mg
Sodium	928.5mg
Carbohydrates	25.4g
Protein	34.0g

* Percent Daily Values are based on a 2,000 calorie diet.

SOUTHERN FRENCH COCKTAIL

Ingredients

- 200 g strawberries, hulled and quartered
- 2 kiwi fruits, small, peeled and quartered
- 1 mango
- 2 (200 ml) liters lemon lime soda

Directions

- In a food processor, add the strawberries, kiwifruit and mango and pulse till smooth.
- In a serving jug, add the fruit mixture with the soda and stir to combine.
- Keep aside for about 2-3 minutes to allow the bubbles to subside.
- Divide into the cocktail evenly and serve immediately.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	154.1
Fat	0.4g
Cholesterol	0.0mg
Sodium	7.5mg
Carbohydrates	20.7g
Protein	1.1g

* Percent Daily Values are based on a 2,000 calorie diet.

JAMAICAN JULEP

Ingredients

- 3 tbsp sugar
- 1/2 C. hot water
- 2 C. ice
- 3 kiwi fruits, peeled
- 2 tbsp frozen limeade concentrate
- 2 tbsp chopped of fresh mint
- 3 oz. Bourbon (optional)

Directions

- In a bowl add the hot water and sugar and stir to dissolve completely.
- Keep aside to cool slightly.
- In a blender, add the ice, kiwis, limeade, mint, the sugar mixture and bourbon and pulse till smooth.
- Serve immediately.

Servings per Recipe: 2

Timing Information:

Preparation	15 mins
Total Time	20 mins

Nutritional Information:

Calories	189.9
Fat	0.6g
Cholesterol	0.0mg
Sodium	11.0mg
Carbohydrates	47.3g
Protein	1.4g

* Percent Daily Values are based on a 2,000 calorie diet.

JIGGY JUICE

Ingredients

- 7 ice cubes
- 2 kiwi fruits
- 1/3 C. orange juice
- 2 tbsp powdered sugar
- 2 tbsp granulated sugar

Directions

- In a blender, add all the Ingredients and pulse for about 3 minutes.

Servings per Recipe: 2

Timing Information:

Preparation	20 mins
Total Time	20 mins

Nutritional Information:

Calories	189.9
Fat	0.6g
Cholesterol	0.0mg
Sodium	11.0mg
Carbohydrates	47.3g
Protein	1.4g

* Percent Daily Values are based on a 2,000 calorie diet.

KEY LIME TIME

Ingredients

- 1 C. frozen pineapple chunks
- 1 (6 oz.) containers key lime yogurt
- 1 kiwi, peeled and sliced
- 1/2 C. canned unsweetened coconut milk
- 1 tbsp honey

Directions

- In a blender, add all the Ingredients and pulse till smooth.
- Divide the mixture into 2 glasses and serve with a garnishing of the extra kiwi and pineapple chunks.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	454.7
Fat	22.1g
Cholesterol	39.0mg
Sodium	149.3mg
Carbohydrates	56.9g
Protein	12.5g

* Percent Daily Values are based on a 2,000 calorie diet.

WATERMELON KIWI CAKE

Ingredients

CAKE

- 1 (18 1/2 oz.) packages white cake mix
- 1 1/3 C. seedless watermelon, cubed
- 1 (4 oz.) packages strawberry kiwi gelatin powder
- 3 egg whites
- 1 tbsp vegetable oil

FROSTING

- 1/4 C. watermelon juice
- 1/2 C. butter
- 2 C. powdered sugar
- 1 (8 oz.) packages cream cheese, softened

Directions

- Set your oven to 350 degrees F before doing anything else and grease and flour a bundt pan.
- In a large bowl, add the dry cake mix, watermelon, gelatin powder, egg whites and oil and beat on high speed till smooth.
- Transfer the mixture into the prepared pan.
- Cook in the oven for about 35 minutes or till a toothpick inserted in the center comes out clean.
- Remove from the oven and cool on a wire rack.
- For frosting in a bowl, add the cream cheese and butter and beat till fluffy.
- Add the sugar and watermelon juice and with a spatula, fold till well combined.
- Frost the cake with the watermelon frosting.
- Serve with a garnishing of the kiwi slices.

Servings per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	55 mins

Nutritional Information:

Calories	5456.0
Fat	243.0g
Cholesterol	493.5mg
Sodium	5532.1mg
Carbohydrates	776.2g
Protein	62.7g

* Percent Daily Values are based on a 2,000 calorie diet.

APPENDIX I: SPICE MIXES

HOW TO MAKE JAMAICAN JERK SPICE

Ingredients

- 1 1/2 C. **allspice**
- 8 C. **salt**
- 5 1/2 C. **garlic powder**
- 4 C. white **sugar**
- 1 C. chipotle **Chile powder**
- 1/2 C. ground **cloves**
- 2 C. dried **thyme** leaves
- 2 C. ground **black pepper**
- 4 C. **cayenne pepper**
- 1 C. ground **cinnamon**

Directions

- Get a bowl, sift: cinnamon, allspice, cayenne, salt, black pepper, sugar, thyme, cloves, and chipotle powder.
- Get a container that is airtight for best storage and maximum shelf time.

NOTE: Use this spice mix for any recipe which calls Jamaican jerk spice.

Timing Information:

Preparation	Cooking	Total Time
15 m		15 m

Nutritional Information:

Calories	10 kcal
Fat	0.1 g
Carbohydrates	2.4g
Protein	0.3 g
Cholesterol	0 mg
Sodium	1074 mg

* Percent Daily Values are based on a 2,000 calorie diet.

HOW TO MAKE JAMAICAN CURRY POWDER

Ingredients

- 1/4 C. whole **coriander** seeds
- 2 tbsps whole **cumin** seeds
- 2 tbsps whole **mustard** seeds
- 2 tbsps whole **anise** seeds
- 1 tbsp whole **fenugreek** seeds
- 1 tbsp whole **allspice** berries
- 5 tbsps **turmeric**

Directions

- Combine the coriander seeds, cumin seeds, mustard seeds, anise seeds, fenugreek seeds, and allspice berries in a skillet.
- Toast over medium heat until the color of the spices slightly darkens, and the spices are very fragrant, about 10 minutes. Remove the spices from the skillet, and allow them to cool to room temperature. Grind the spices with the turmeric in a spice grinder. Store in an airtight container at room temperature.
- Get a frying hot without oil, toast the following for 11 mins: allspice berries, coriander seeds, fenugreek seeds, cumin seeds, anise seeds, and mustard seeds.
- Get a mortar and pestle or your preferred grinder and grind all the toasted spices with turmeric as well.
- Enter everything into your storage containers.

NOTE: Use this spice mix for any recipe which calls for curry powder.

Timing Information:

Preparation	Cooking	Total Time
10 m	11 m	21 m

Nutritional Information:

Calories	12 kcal
Fat	0.5 g
Carbohydrates	1.8g
Protein	0.5 g
Cholesterol	0 mg
Sodium	2 mg

* Percent Daily Values are based on a 2,000 calorie diet.

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