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# *Cooking with* Chef Jermond

## Cast Iron Zucchini Rolls

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### Ingredients

- 3 large zucchinis, sliced into thin ribbons with mandoline
- 1/2 large red pepper - diced
- 1/2 large yellow onion - diced
- Garlic powder - 1 tsp
- Black pepper - 1tsp
- Onion powder - 1 tsp
- Thyme - 1 tsp
- 6 oz bag fresh spinach, roughly chopped
- 4 cloves garlic, peeled and minced
- 1 tbl olive oil
- 12 oz skim milk ricotta cheese or cashew ricotta
- 10oz cooked red quinoa
- 1/2 cup+ 1/4 cup grated parmesan cheese ,  
vegan options available
- 1 large egg
- 1/4 cup fresh basil, roughly chopped + more  
for garnish
- 1 tsp crushed red pepper flakes
- 1 jar (22oz) tomato sauce

### Instructions:

1. Using a mandoline, carefully slice the zucchini long ways into long ribbons. Grab a baking sheet, line with paper towels and lay the zucchini ribbons down flat next to each other. Sprinkle the 1/2 tbs of kosher salt over the zucchini to draw the moisture out. Place additional paper towels on top, then weigh down with another baking sheet.
2. While the zucchini is prepping, take a large skillet and place over medium high heat. Add two tablespoons of olive oil, then add the diced onion and red pepper; sauté for two minutes. Next add the minced garlic and cook for 1 minute until fragrant. Add in the roughly chopped spinach and sauté until it is wilted, about 3-4 minutes, also add garlic powder, onion powder, black pepper and thyme. Remove from heat and add to large bowl with quinoa inside.
3. In the large bowl with quinoa and veggies add ingredients: ricotta cheese, parmesan, egg, 1/4 cup fresh basil, and crushed red pepper flakes. Mix until fully combined.
4. Preheat oven to 375 degrees.
5. Pour jar of tomato sauce into the bottom of the skillet or baking dish and spread evenly. Remove paper towels from zucchini and wipe away any leftover water. Take 2 spoons of the mix and spread it evenly onto the zucchini ribbon, leaving 1/2 inch on the end to secure the roll.
6. Roll the zucchini, using your fingers to help keep the stuffing in. Place the roll into the skillet/dish with the opening of the flap against the wall of the dish, to keep it from unraveling. Repeat until skillet is full with the rolls.
7. Top the zucchini with the remaining 1/4 cup of parmesan cheese. Bake in the oven for 25 minutes





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# *Cooking with* Chef Jermond

## Vegan Jambalaya

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### Ingredients

- 1–2 tbsp extra virgin olive oil
- 1/2 white onion, chopped
- 2 cloves of garlic, minced
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1 carrot, peeled and chopped
- 1 zucchini - cut into half moons.
- 1 14-ounce can of crushed tomatoes
- 2 tbsp tamari or soy sauce
- 2 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin powder
- 1 tsp paprika
- 1/8 tsp ground black pepper
- 1/8 tsp cayenne powder
- 1 cup uncooked rice
- 3 cups water or vegetable stock
- 1 cup canned or cooked chickpeas
- 1 cup canned or cooked kidney

### Instructions:

1. Add the oil to a skillet or large pot and when it's hot add all veggies except for zucchini and cook over medium-high heat for 5 minutes. Add zucchini and cook for about 2 minutes.
2. Add the crushed tomatoes and cook another 5 minutes.
3. Add the tamari or soy sauce and the spices and stir. Then add the rice and the water or vegetable stock and bring to a boil. Cook over medium-high heat for 15 minutes or until the rice is cooked.
4. Add the chickpeas and beans, stir and cook 1 to 2 minutes more.





# Cooking with Chef Jermond

## Vegetable Curry






Prep Time: **15 minutes**    Cook Time: **25 minutes**    Serves: **4**

### Ingredients

- 2 Tbs. + 1 tsp. salt
- 2 lbs. red potatoes or sweet potatoes, cubed (optional)
- 1 Tbs. vegetable oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 tsp. cumin ground
- 1 tsp. cayenne pepper
- 4 tsp. curry powder
- 1 tsp. black pepper
- 1/2 tsp. ginger, minced
- 1 (14 oz.) can diced tomatoes
- 1/2 head cauliflower, chopped (optional)
- 1 cup green peas, frozen (optional)
- 1 (14 oz.) can coconut milk

### Instructions:

1. Place potatoes into a large pot or Dutch oven and cover with well-salted water. Bring to a boil, then reduce heat to a simmer, cover and let the potatoes cook until fork tender—about 12 minutes. Once cooked, drain the potatoes and set them aside.
2. Return the pot to the stove and add 1 tablespoon of oil. Add onion and garlic and sauté over medium heat until onion is tender and starts to turn translucent, about 3-5 minutes.
3. Add cumin, cayenne, curry powder, salt, pepper and ginger. Stir to combine before adding tomatoes, cauliflower, and peas.
4. Increase heat to medium-high and stir in the coconut milk. Bring to a simmer before adding the potatoes back to the pot. Reduce heat to low and cook everything together for 3-5 minutes before serving.
5. Enjoy!

Equipment	
Large pot or Dutch oven	
Cutting board	
Chef knife	
Towel	
Fork	
Medium bowl	
Measuring spoons tablespoon, teaspoon	
Serving bowl	

