



Che+Kev
flavor

PLAYBOOK

**SAUCES, MARINADES, APPETIZERS, MEAT,
DESSERTS AND SO MUCH MORE!**

How to execute
HEALTHY FLAVOR PACKED RECIPES
from the sidelines!

WHAT IS THE FLAVOR PLAYBOOK?



The Flavor Playbook is an eCookbook of 30 quick and easy recipes that my clients and family love. So many of us are looking to enjoy healthy, cost-effective meals and snacks that deliver on taste but don't require too much planning or time in the kitchen, and my Flavor Playbook contains game-winning dishes that will solidify your status as MVP at your next potluck, cookout or Sunday family dinner.

More than sharing my top recipes with you, the purpose of the Playbook is to teach you the skills necessary for making each meal a homerun. Using simple techniques I learned in culinary school and throughout my career as a Chef, I will show you how to build an incredible dish without using recipes – even if you only have a small amount of ingredients on hand. The ability to whip up something delicious and nutritious with only a few ingredients is what separates Chefs from regular cooks. We cook based on flavors and pairing ingredients, and you can too. It's about creativity, being adventurous and trusting your instincts - there is no wrong way!

Look at my Flavor Playbook as your strategy for improving your game in the kitchen. With me as your coach, you will explore an inspiring new world of flavors for breakfast, lunch, dinner and more, get recipes for old comforting favorites made healthier like Chocolate Cake and Breakfast Potato Hash, and gain the tools and knowledge to create amazing dishes from scratch. The Flavor Playbook contains an all-star team of recipes you will make for your family and guests again and again.

WHY THE FLAVOR PLAYBOOK NOW?



I grew up playing football and basketball, and many of my clients are professional athletes who rely on delicious food packed with nutrition for staying at the top of their game. The Flavor Playbook was inspired by the idea of sharing my recipes in a unique way that would reach new audiences while still feeling familiar and accessible, but above all, true to who I am.

I felt compelled to write The Flavor Playbook because of my wonderful community of supporters. Over the years, many of you have asked for certain types of recipes, cooking tips or healthier versions of old favorites, and this collection of recipes is for you. I wanted to release a sample of my top recipes to allow my fans, supporters and anyone loves to cook, a sneak peek into my game plan for creating amazing flavors.

**IF YOU'RE READING THIS, I KNOW
YOU'RE READY TO GO PRO IN THE
KITCHEN. Game on!**





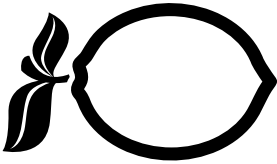
QUINOA PANCAKES WITH MEYER LEMON SYRUP

Whether you're fueling up for the big game or just a big day, these fluffy, protein-packed pancakes will keep you satisfied and nourished. This yummy breakfast cuts the fat but not the flavor. **10 SERVINGS**



INGREDIENTS

- | | | | |
|--------|--------------------|--------|--|
| 2 cups | Almond flour | 1½ to | |
| 1 Tbsp | Baking powder | 2 cups | organic unsweetened almond milk |
| ½ tsp | Sea salt | 1 cup | Cooked white quinoa |
| 1 Tbsp | Agave | 1 Tbsp | Olive oil; plus more for greasing a skillet or griddle |
| 2 | Organic large eggs | | |
| 1 tsp | Vanilla extract | | |



DIRECTIONS

1. Preheat oven to 200°F. Heat 2 to 3 tbsp. of olive oil over medium-high temperature in a skillet or griddle.
2. In a large bowl, toss together the flour, baking powder, salt and agave.
3. Whisk together the eggs, vanilla and milk. Add cooked quinoa to this mixture. *(Hint: Start with 1 ½ cups almond milk for thick pancakes and gradually add up to 2 cups for thinner pancakes).*
4. Add the liquid ingredients with the quinoa to the flour mix to make the pancake batter. Mix until thoroughly combined. Take care not to over mix the batter. It's best to have a few lumps for fluffy pancakes.
5. Ladle ¼ to ½ cup of pancake batter into the skillet or griddle. Try to cook 3 pancakes in one skillet at the same time. When the edges are dry and bubbles appear on the surface, flip the pancakes over to cook the other side. When both sides are golden brown, remove pancakes from the skillet or griddle and place onto a baking sheet. Place baking sheet in the oven to keep pancakes warm. Repeat with the rest of the batter.
6. Serve pancakes with *Meyer Lemon Syrup* (see recipe on page 14). Enjoy!





SWEET POTATO HASH

All of us are busy, but if you're serving the same thing for breakfast day in and out, it's time to take a time-out. Keeping things interesting is how you stay on track with healthy eating! This slam-dunk dish is bursting with flavor and works well for breakfast, brunch, lunch or dinner. Your family will ask for this one again and again. **4-6 SERVINGS**



INGREDIENTS

- 2 Large sweet potatoes, peeled and cut into 1 inch cubes (place in bowl of cold water to soak for 5 minutes)
- 6 Tbsp Olive oil, divided
- ½ Yellow onion, chopped
- 1 Bunch green onions
- 1 Red bell pepper, chopped
- 1 Zucchini, diced
- 1 Yellow squash, diced
- 2 Cloves garlic, chopped (or use granulated garlic)
- Kosher salt and freshly ground black pepper, or Nature's Seasoning
- 2 Tbsp Chopped fresh parsley
- 1 Tbsp Smoked paprika (optional)

DIRECTIONS

1. In a very hot, large skillet, heat 2 tablespoons olive oil over medium-high heat.
2. Add the yellows onion, bell peppers, green onions, and garlic. Add garlic last so it doesn't burn. Sauté until tender and lightly golden, about 5 to 6 minutes.
3. Season with salt and pepper or heighten the flavors by using Nature's Seasoning instead.
4. Add the remaining 4 tablespoons oil to the skillet, and then add the drained and dried sweet potato cubes.
5. Cook in a single layer but season each layer, stirring occasionally, on medium heat until they are tender, about 6 minutes.
6. Increase the heat to high. Cook and cover, without stirring, until the potatoes are golden and crisp, about 2 more minutes. Sprinkle with smoked paprika, if using, and gently stir in the fresh diced zucchini and squash. Cook just until zucchini is browned or tender. Add parsley at the end of cooking process.
7. Serve and enjoy.





CHEF KEV'S PRO TIP!

How to Prevent Food From Sticking

Love the sear of a stainless skillet but not the way peppers can start to meld to the bottom midway through cooking? A little more oil should help. But don't just pour it over the top of the food or you'll end up with a greasy, soggy mess. Instead, use a metal spatula to loosen the vegetables or meat and push them to one side of the skillet. Then tilt the pan so the empty area is over the heat. Add the oil to the empty area (1 or 2 tablespoons should do it) and let it get hot before moving the food back. The heated oil on the hot pan will create a slick, nonstick surface, guaranteeing a surefire sauté.





DAIRY FREE ALFREDO WITH SAUTÉED SHRIMP

This is comfort on a plate. Great for special occasions, this pasta dish uses a combination of stock and soy or almond milk in place of heavy cream so you can indulge, guilt-free. Beyond creamy and satisfying, this is a backboard shattering dish! **6 SERVINGS**

INGREDIENTS FOR ALFREDO:

16 oz Fettuccine
 3 Tbsp Olive oil
 or soy margarine
 3 Tbsp Flour
 4 Tbsp Dry white wine
 or vegetable stock

2 cups Silk unsweetened soy
 or almond milk
 1 tsp Onion powder
 2 tsp Garlic powder
 1 tsp Kosher salt
 1 tsp White pepper
 ¼ tsp Nutmeg
 Fresh chopped parsley
 for garnish





INGREDIENTS FOR SAUTÉED SHRIMP:

- 1½ Lbs Large shrimp, peeled and de-veined
- 1 tsp Paprika
- ¾ tsp Dried thyme
- ¾ tsp Dried oregano
- ¼ tsp Garlic powder
- ¼ tsp Kosher salt
- ¼ tsp Black pepper
- ¼ tsp Cayenne pepper
- 1 Tbsp Vegetable oil

DIRECTIONS TO PREPARE ALFREDO:

1. Prepare fettuccine according to package directions.
2. While pasta is boiling, heat olive oil or margarine in a medium saucepan. Add flour and wine or stock and cook, stirring, for 2 minutes.
3. Stir in Silk and remaining ingredients, except parsley. Bring to a simmer and stir until thickened, about 3 minutes.
4. Remove from heat.
5. Toss with cooked pasta, arrange on six plates and sprinkle each serving with fresh parsley.

CHEF KEV'S PRO TIP!



Boost the decadence of this comforting dish by adding 1 cup grated Parmesan cheese to the alfredo sauce before tossing with fettuccini.

Note, this addition means the dish is no longer dairy-free.

Looking for a dairy-free alternative to Parmesan? Check your local specialty grocer – there are many dairy-free, vegan-friendly cheeses to explore.

DIRECTIONS TO PREPARE SHRIMP:

1. Combine first 8 ingredients for shrimp in a large zip-top plastic bag; seal bag and shake to coat.
2. Heat oil in a large non-stick skillet over medium high heat until hot.
3. Add shrimp; sauté 4- 5 minutes or until shrimp are done.
4. Top alfredo with sautéed shrimp and serve immediately.

