



Kitchen Throwdown Recipe Booklet

Presented by:



DREXEL UNIVERSITY

Food Lab



Hampton Creek



Chipotle Chicken Salad

Ingredients:

1 cup cubed or shredded chicken
3/4 cup Just Mayo (or other mayonnaise)
Juice from 1 lime
1/4 cup black beans
1 chipotle pepper (in adobo sauce)
1 tbsp red onion, chopped
Salt, to taste

Preparation:

1. In a mixing bowl combine chicken, mayo, lime juice, black beans, red onions.
2. In a separate bowl remove 1 chipotle pepper from can and remove seeds.
3. Mince chipotle pepper and add to chicken in small increments.
4. Mix well and taste each time you add chipotle to regulate spice level.
5. Add 1 tsp of adobo sauce to chicken.
6. Mix well and serve on sandwich, wrap or as a dip.

Recipe courtesy of
Kaimana Chee,
Hampton Creek

Prep time: 20 minutes



Hampton Creek



Banana Ice Cream

Ingredients:

- 4 overripe bananas, peeled and frozen
- ¼ cup milk or water
- 1 tbsp honey or agave nectar

Preparation:

1. In a food processor, place frozen bananas, milk and honey. Pulse until the bananas breakdown and become light and smooth.
2. Pour ice cream into an airtight container.
3. Freeze ice cream for 2 hours before serving.

Recipe courtesy of
Alexandra Zeitz, Drexel Food Lab

Prep time: 15 minutes



Sesame Somen Noodle Stir-Fry

Recipe courtesy of
Hampton Creek
Prep time: 20 minutes

Preparation:

1. Cook the noodles according to the package directions.
2. Rinse, drain, and toss noodles with sesame oil.
3. In a large skillet, heat the vegetable oil over medium heat. Add shallots. Cook. Then add ginger and garlic.
4. Next, turn heat up to medium-high add mushrooms. Cook. Add snow peas. Cook. Finally add cabbage.
5. Turn off heat. Toss noodles with soy sauce and Just Sriracha mayo.
6. Garnish with sliced scallions and sesame seeds. Serve warm or cold.

Ingredients:

1 (8 oz) package dried somen noodles
1 tsp toasted sesame oil
1 tbsp peanut or canola oil
2 small shallots, thinly sliced
1 tsp fresh ginger, peeled and minced
2 garlic cloves, minced
15-20 snow peas
8 oz. fresh shiitake mushrooms, sliced thin
½ head purple cabbage, chopped
1 tbsp soy sauce or tamari
¼ cup Just Sriracha Mayo
Thinly sliced scallions, for garnish
Toasted sesame seeds, for garnish