



Goodful™

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RECIPES

# High-Protein Gingerbread Pancakes



## Ingredients

3 large eggs  
1 cup creamy-style cottage cheese  
1 tablespoon molasses  
1 tablespoon honey  
1 teaspoon vanilla extract  
1/2 cup oat flour  
1 teaspoon baking powder  
1 teaspoon ground ginger  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1/4 teaspoon allspice  
1/4 teaspoon ground cloves  
1 pinch of kosher salt  
1 tablespoon chia seeds  
oil, of choice, for greasing the skillet  
whipped cream, for serving  
orange segments, for serving  
syrup, sweetener of choice, for serving

**Makes: 8 Pancakes**

- 1** In a blender, combine the eggs, cottage cheese, molasses, honey, vanilla, oat flour, baking powder, ginger, nutmeg, cinnamon, allspice, cloves, and salt. Blend until well combined.
- 2** Pour the mixture into a medium bowl and fold in the chia seeds.
- 3** Heat the oil in a large fry pan over medium-high heat. Pour 1/4 cup of batter into the pan and cook for 3 minutes, until bubbles start to form and the edges become golden brown. Flip and cook for 3 minutes more, until golden brown on the other side. Repeat with the remaining batter.
- 4** Top the pancakes with whipped cream, orange segments, and your sweetener of choice.



- 1 Bring a large pot of salted water to a boil over high heat.
- 2 Trim the stems of the collard greens, carefully remove the thick part of the stem from the leaf. Working parallel to the leaf, shave off any excess stem so that it is flush with the leaf and will roll easily. Repeat with each collard.
- 3 Blanch each leaf in the boiling water for 1 minute, until bright green. Remove and immediately submerge in an ice bath for 1 minute, or until cool to the touch. Dry the collard greens on paper towels.
- 4 Make the peanut sauce: In a medium bowl, combine the peanut butter, Sriracha, sesame oil, honey, lime juice, water, and salt. Whisk until smooth.
- 5 Mix together the soy sauce, garlic powder, and red pepper flakes. Pour over the tofu strips and marinate for 15 minutes.
- 6 Heat the sesame oil in a medium fry pan over medium-high heat. Add the tofu strips and sear for 2 minutes on each side, until browned. Remove the tofu from the pan.
- 7 To build the wraps, lay a collard green leaf on a flat surface. Spread 2 teaspoons of peanut sauce across the center of the leaf. Lay 1 strip of tofu on top of the sauce, followed by 3-4 pieces of cucumber, 1 tablespoon shredded carrot, and a bit of mint, Thai basil, and scallions.
- 8 Fold one side of the leaf over the filling and dollop a bit of peanut sauce on top. Fold the other side of the leaf over the filling, and using the sauce to secure. Fold the bottom of the leaf up and over the filling. Tuck in all of the ingredients and roll until the bottom half has reached the top of the leaf. Spread a bit of sauce on the top of the leaf and roll to secure the wrap.
- 9 Cut in half on the diagonal, then serve with more peanut sauce for dipping.

# Thai Tofu Collard Wraps



## Ingredients

### Wraps

- 6 leaves, collard greens
- 2 tablespoons light soy sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes
- 16 oz extra firm tofu, 1 package, cut into 1/2x2-inch strips
- 1 tablespoon sesame oil
- 1 medium cucumber, peeled and julienned
- 1 medium carrot, shredded
- 2 tablespoons fresh Thai basil
- 2 tablespoons fresh mint
- 2 scallions, thinly sliced

### Thai Peanut Sauce

- 1/2 cup unsweetened natural peanut butter
- 1 tablespoon Sriracha
- 4 teaspoons toasted sesame oil
- 1 tablespoon honey
- 2 tablespoons lime juice
- 1 tablespoon water
- kosher salt, to taste

**Serves: 6**

# Miso Butter-Seared Sea Bass With Roasted Vegetables



## Ingredients

2 tablespoons unsalted grass-fed butter, softened

3 tablespoons white miso paste

1 tablespoon ginger, grated

3 cloves garlic, grated

1 teaspoon toasted sesame oil

1/2 lb baby potatoes, halved  
kosher salt, to taste

freshly ground black pepper, to taste

3 tablespoons sunflower oil or neutral oil of choice, divided

12 oz Chilean sea bass, skin on,  
1 in thick

2 baby bok choys, thinly sliced

1 teaspoon toasted white sesame seeds, for garnish

**Serves: 2**

- 1 Preheat the oven to 400°F. Line a baking sheet with a reusable baking mat or parchment paper.
- 2 In a small bowl, stir together the butter, miso, ginger, garlic, and sesame oil. Set aside.
- 3 Arrange the potatoes on the prepared baking sheet. Season with salt and pepper and drizzle with 1/2 tablespoon sunflower oil. Toss to coat.
- 4 Roast the potatoes until tender, 10-12 minutes.
- 5 While the potatoes roast, sear the sea bass. Pat each fillet dry with a clean kitchen towel or paper towel and season on both sides with salt and pepper.
- 6 Heat 2 tablespoons of sunflower oil in a medium fry pan over medium-high heat. Once the oil is nearly smoking, add the sea bass, skin-side down, and cook until the skin is crispy, 3-4 minutes. Flip and sear the other side until golden brown, about 3 minutes. Remove the fish from the pan.
- 7 Remove the potatoes from the oven, leaving the oven on. Move the potatoes to a quarter of the pan. Place the fish, skin-side down, on the other quarter and spread the bok choy on the empty half. Brush the miso butter over each fish fillet, then flip and brush more on the skin side. Drizzle the remaining 1/2 tablespoon sunflower oil over the bok choy and season with salt and pepper. Toss to coat.
- 8 Return the baking sheet to the oven and bake until the fish is completely opaque and just cooked through, 8-10 minutes. The internal temperature should reach 145°F.
- 9 Divide the fish, potatoes, and bok choy between 2 plates. Garnish with sesame seeds and serve immediately.

## Ingredients

non-stick cooking spray,  
for greasing

2 cups kale, Tuscan

4 cloves garlic

olive oil, to taste

1/2 teaspoon red pepper  
flakes

1/3 cup sun-dried  
tomatoes, in oil

4 large eggs

4 cups quinoa, cooked  
and cooled

1 cup oat flour

1 tablespoon dried  
oregano

1 tablespoon dried basil

1 tablespoon dried  
parsley

1 tablespoon kosher salt

1/4 cup freshly grated  
Parmesan cheese

**Serves: 5**

- 1 Preheat the oven to 350°F. Grease a baking sheet with nonstick spray.
- 2 Finely chop the Tuscan kale. Mince the garlic.
- 3 Heat a drizzle of olive oil in a medium fry pan over medium heat. Sauté the minced garlic and red pepper flakes for 1 minute, until fragrant. Add the kale and cook until softened, about 3 minutes. Remove from the heat and set aside.
- 4 Chop the sun-dried tomatoes and add to the kale mixture.
- 5 In a large bowl, beat the eggs, then add the quinoa, oat flour, kale mixture, oregano, basil, parsley, salt, and Parmesan cheese. Mix well.
- 6 Shape the quinoa mixture into 20 small patties. Place on the prepared baking sheet.
- 7 Bake for 20 minutes, until the patties are golden brown and crispy.
- 8 Serve as desired. The bites will keep in the fridge for up to 6 days, or in the freezer for up to 1 month.



# High-Protein Baked Quinoa Bites



# Pan-fried Shrimp Cakes with Arugula Watercress Salad



## Ingredients

### Shrimp Cakes

1 lb fresh shrimp, peeled and deveined  
1 medium shallot, minced  
1 jalapeño, minced  
2 large eggs, beaten  
3/4 cup panko bread crumbs

1 tablespoon fresh chives, minced  
1 lemon, zested  
1 teaspoon smoked paprika  
1/2 teaspoon cayenne  
kosher salt, to taste  
1/2 lemon, juiced  
1 teaspoon Worcestershire sauce  
1/4 cup high-heat cooking oil, such as peanut or organic canola

## Roasted Red Pepper Sauce

8 oz (1 jar) roasted red peppers, drained, liquid reserved  
2 tablespoons red wine vinegar  
2 tablespoons raw almonds  
1/2 small shallot, roughly chopped  
2 cloves garlic  
1 pinch salt  
1/4 cup extra virgin olive oil

## Salad

4 cups arugula  
4 cups watercress  
1 drizzle olive oil  
1 lemon, juiced  
1 pinch kosher salt  
1 pinch pepper

**Serves: 4**

- 1** Make the shrimp cakes: Add the shrimp to a food processor and pulse 4-5 times, until minced but not mushy.
- 2** In a large bowl, mix together the shrimp, shallot, jalapeño, eggs, panko, chives, lemon zest, paprika, cayenne, a pinch of salt, the lemon juice, and Worcestershire sauce until well combined.
- 3** Using a 1-ounce scoop, portion out the shrimp mixture and gently flatten into patties.
- 4** Heat the oil in a medium fry pan over medium heat. Cook the patties, in batches if necessary, for 2-3 minutes on each side, until golden brown and the internal temperature reaches 145°F. Transfer the cooked patties to a paper towel-lined plate to drain and season lightly with salt.
- 5** Make the roasted red pepper sauce: Add the peppers, red wine vinegar, almonds, shallot, garlic, and a pinch of salt to a blender. Blend for 30 seconds, until smooth. With the blender running, slowly stream in the olive oil to emulsify. Thin with the reserved red pepper liquid, if necessary.
- 6** Assemble the salad: Add the arugula and watercress to a large bowl. Add a drizzle of olive oil, the lemon juice, and a pinch of salt and pepper. Toss well.
- 7** Divide the salad between serving bowls and top with the shrimp cakes and roasted red pepper sauce.

The best things in life are Goodful™—so congratulations on choosing Goodful™ non-stick cookware. Please carefully review the following use, care and safety instructions, which contain important information for the use and safe enjoyment of your new cookware.

#### **SAFETY IS A GOODFUL™ THING**

- **WARNING!** Put safety first, Goodful™ friends! Read all use, care and safety instructions before using your new cookware to avoid injury.
- **HANDLES GET HOT WITH EXTENDED USE!** While handles are designed to “stay-cool” during use they can get hot during an extended cooking session. Always use oven mitts or potholders.
- Keep handles from extending over the front edge of the cooktop where they can be snagged by clothing or small hands.
- Keep hot pans away from children.
- Be sure to position handles away from other burners to keep them from getting hot.
- **DO NOT LEAVE AN EMPTY POT ON A HOT BURNER OR ALLOW LIQUIDS TO BOIL DRY.** Besides wasting energy, it may impair the pan’s performance, or discolor or damage it, and could result in a fire.
- Stovetop cookware is not designed for oven use. **DO NOT USE** in the oven. Using cookware that is not oven-safe is a fire hazard and can result in damage to the cookware and the oven.
- Do not store food in cookware after cooking. Always transfer it to another container.
- Do not use in microwave.

#### **WAIT—BEFORE YOU TAKE THE PLUNGE**

Before using your new Goodful™ cookware for the first time, remove all packaging, wash your pan in warm, soapy water, rinse and dry. For best results, the non-stick surface should be “conditioned” by wiping the INTERIOR of the pan with a light coating of cooking oil. All non-stick surfaces benefit from periodic “conditioning”.

#### **FOR THE BEST FOOD RELEASE**

Always start with a clean pan. Wash carefully and be sure you’ve removed all traces of cooking oil and food before you store your pan.

- Remove food from the refrigerator 10 minutes before you intend to cook.
- Remember to pre-heat your pan. When cooking do not add salt to your pan until the liquid is at boiling point. Goodful™ non-stick cookware is designed for cooking without butter or oil. Butter or oil can be used over low heat. Do not use non-stick sprays.

#### **ALL UTENSILS ARE NOT CREATED EQUAL**

Nylon, silicone, and wood, whisks and spoons are safe for Goodful™ non-stick cookware. You should NEVER cut or chop in your non-stick cookware with a metal utensil. Slight surface marks and abrasions are NORMAL and will not affect the performance of the non-stick coating.

#### **A GOODFUL™ GUIDE TO STOVETOP COOKING**

Best results are obtained by preheating your cookware for 2 to 3 minutes on low heat. CAUTION! Cookware over heat should never be left unattended nor empty for an extended time. Ideal cooking temperature is approx. 300°F and this is achieved in only a few minutes at low heat. Continuous high heat may discolor and damage your cookware. Select the

right size burner to fit the bottom of the pan and adjust gas flames so they do not extend up the sides of the pan. Minor scratches will not harm the non-stick performance or affect food cooking in the pan. The handles of your cookware are constructed to minimize heat transfer. Touch lightly to be sure the handles have not become hot. Use oven mitts or potholders if necessary.

#### **GOODFUL™ CLEANING FUN**

Immediately after cooking, remove the pan from heat and let it cool on a heat-resistant surface. **DO NOT POUR WATER INTO HOT COOKWARE.** This can cause grease to splatter and can cause the bottom of the pan to warp. Always wash pan thoroughly with soap and water after each use. Brief cleaning with a dishcloth may not remove all food or grease particles, which may settle into the non-stick finish. If not removed, they may burn when the pan is reheated, causing stains and reducing the non-stick quality. To remove stubborn spots, use a non-abrasive plastic mesh pad. Use only products which clearly state they are safe for non-stick surfaces. Do not use steel wool, coarse scouring pads or powders. Although Goodful™ non-stick cookware is dishwasher safe, dishwasher detergents are very hard on finishes. Hand washing will help to protect the characteristics of the non-stick coating and preserve the long lasting beauty of the pan. For best results, we recommend hand washing with non-abrasive cleaners and liquid dish soap. Then wash, rinse, dry and recondition the non-stick surface with cooking oil.

#### **\*LIMITED LIFETIME WARRANTY**

This product is warranted to be free from defects in material and workmanship under normal household use. The manufacturer’s obligation shall be limited to repairing or replacing, FOB Epoca International Distribution Facility as well as the authorized selling agent, any part of the product that is defective. Such warranty shall not apply to damages resulting from accidents, abuse or misuse, including damage caused by over-heating and does not apply to scratches, stains, discoloration or other damage, which does not impair the functionality of the cookware. This warranty is valid only for the first quality goods purchased from an authorized selling agent of Epoca International, Inc. To claim your warranty, send the cookware along with an \$8.00 check for shipping and handling to: Epoca International, Inc., Attn.: Customer Service, 931 Clint Moore Rd., Boca Raton, FL 33487

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