



From the kitchen of Chef Frank Turner

Waltham Broccoli Sprout Protein Bowl with Parsley Vinaigrette

For the protein bowl:

Layer the following ingredients in a bowl:

- 2 oz. 2% cottage cheese
- 4 oz. cooked Great Northern beans
- 1 oz. cooked red quinoa
- 2 oz. cooked winter squash
- 1 oz. broccoli sprouts
- 1 Tbsp. pepita seed
- 1 Tbsp. fresh mint, chopped
- 1-2 oz. Parsley Vinaigrette (recipe below)

For the Parsley Vinaigrette:

- 2 ½ oz. flat leaf parsley
- 2 oz. fresh lemon juice
- 3 oz. water
- 1 oz. extra virgin olive oil
- 2 tsp. kosher salt
- ½ tsp. freshly milled pepper

Process:

Chop parsley and mix with all other ingredients. Taste for seasonings as some olive oils will be stronger in flavor and this should be a dressing with a clean flavor.

Add more lemon juice, water or pepper to suit your taste.



Chef Frank Turner

Chef Frank Turner is an innovative chef dedicated to creating a wonderful dining experience. He started his career with the Matt Prentice Restaurant Group (MPRG) where he was the assistant corporate chef. While at MPRG, he also served as an executive chef and managing partner in various four-star restaurants for 14 years.

Turner has served as a past instructor for Share our Strength “Operation Front Line,” past director for the Detroit chapter of Slow Foods USA and chef-adviser for the Michigan Department of Agriculture’s Select Michigan Program. He speaks regularly about wellness properties in good foods. He is listed in Best Chefs of America in 2013, 2014 and 2015.

Turner works with local farmers and Michigan food suppliers to provide ultra-fresh and, when possible, certified organic products for all his guests. He believes the fresher the food, the better the flavor and nutritional value, which in turn improves the health of the entire community. He is committed to cooking from his local food shed and regularly does so as a founding member of the Chefs Collaborative “Chefs in-Law”.

His latest venture is Citizen Provisions, a premier microgreen and specialty garden grower.

