

Chef Molly

Roasted Corn and Black Bean Salad

- 2 cups corn
- 2 cups diced tomato
- 1/2 cup diced onion
- 2 tbsp olive oil
- 2 cups drained black beans
- 2 tbsp chopped cilantro
- 1 tsp Kosher salt
- 1 tsp cumin
- 1 tsp cayenne
- Juice of 2 lemons
- 1 diced avocado

Directions

Roast corn, tomato and onion with olive oil at 350 degrees until golden at the edges (about 15 min.). Cool in large bowl then mix with all other ingredients, adding the avocado right before serving. Serves 4.

Recipe compliments of Molly Dollarhide, Highview Hills by Walker Executive Chef

Chef Molly

Candy Pork

- 2 small pork loins rubbed with Kosher salt and pepper
- 1/2 cup butter
- Juice of 1 lemon
- 1/3 cup brown sugar
- 1 tsp paprika
- Pinch of Kosher salt

Directions

In a small sauce pan, melt butter, lemon juice, brown sugar, paprika and salt together stirring constantly. Grill pork tenderloin, brushing sauce mixture over the pork during the last 15 minutes of cooking, reserving a small amount of sauce to drizzle over the pork once plated.

Recipe compliments of Molly Dollarhide, Highview Hills by Walker Executive Chef

Chef Jeff

Glaze

- 2 tbsp soy sauce
- 3 tbsp pure maple syrup
- 2 tbsp apple cider vinegar
- 2 tsp Dijon mustard

Directions

Stir in saucepan, cooking over low heat until reduced in half.

Recipe compliments of Jeff Edberg, Walker Methodist Corporate Director of Culinary Services

Chef Molly

Nectarine Salsa

- 4 ripe nectarines, diced
- 2 tbsp cilantro
- 1/2 cup diced red onion
- 1/2 cup diced red pepper
- 1 diced jalapeno
- Juice of 1 lemon

Directions

Mix in a bowl and let set at room temperature until ready to serve. Serves 4.

Recipe compliments of Molly Dollarhide, Highview Hills by Walker Executive Chef

Chef Jeff

Grilled Pork Tenderloin

- 12 oz pork tenderloin
- 1 cup salad oil
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp brown sugar
- 1/2 tbsp minced shallots
- 1 clove minced garlic
- 3 tbsp fresh lime juice
- 2 tbsp molasses
- 1/2 tsp cumin
- 3 tbsp chopped cilantro

Directions

Remove silver skin from pork tenderloin and set aside. Whisk together all other ingredients in bowl. Marinate pork in the mixture, refrigerating for 48 hours. Grill pork on medium heat until internal temperature reaches 145 degrees. Remove from heat and let stand for 5 minutes. Serve drizzled with glaze and salsa as prepared from the corresponding recipe cards.

Recipe compliments of Jeff Edberg, Walker Methodist Corporate Director of Culinary Services

Chef Jeff

Grilled Nectarine Salsa

- 2 nectarines
- 1/4 cup Bing cherries
- 2 tbsp brandy
- 2 tbsp diced red onions
- 1/8 cup chopped cilantro
- 1/4 tsp minced jalapenos
- 1 tbsp fresh lime juice
- 1 tbsp honey
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions

Peel, half and pit nectarines, then grill on both sides and set aside. Pit and 1/4 dice cherries, place in small pan with brandy and set aside for 30 minutes. Cook cherries in brandy for 1 minute to burn off the alcohol. Dice the nectarines to 1/2 inch. Mix in bowl with remaining ingredients. Chill for 1 hour before serving.

Recipe compliments of Jeff Edberg, Walker Methodist Corporate Director of Culinary Services