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## Chef Marcel's Personal Chef Service

# LOW CALORIE MENU

### **Cumin-scented eggplant with pomegranate and cilantro**

Eggplant, cumin, cayenne, garlic, pomegranate, molasses, cilantro

### **Panang tofu and chicken curry**

Shallots, ginger, garlic, peanut butter, chicken, turmeric, cumin, lite coconut milk, lime, tofu, carrots, red peppers

### **Shrimp broccoli in Tomato Broth**

Garlic, shrimp, fire roasted tomato, rosemary, white wine, broccoli garlic

### **Red Quinoa with grilled zucchini, garbanzo beans, cumin, wheatberry**

Quinoa, zucchini, garbanzo beans, wheatberry, cumin, scallions, Italian parsley, smoked paprika

### **Seafood and turkey sausage gumbo**

Bell peppers, garlic, thyme, turkey sausage, diced tomatoes, chicken stock, shrimp, catfish