



CHEF JOSE GARCES, CHIFA
www.chifarestaurant.com

SOLTERITO AREQUIPENO

Ingredients:

garlic
olive oil
salt
grape seed oil
balsamic vinegar
1 cup diced queso fresco
1 cup diced tomatoes
1 cup fresh shelled edamame (or frozen)
1 cup green beans blanched
cilantro

Nutrition Facts

Serving Size 62 g

Amount Per Serving

Calories 11

Calories from Fat 1

	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrates 2.4g	1%
Dietary Fiber 0.7g	3%
Sugars 1.6g	
Protein 0.5g	

Vitamin A 10%

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Vitamin C 13%

Calcium 1%

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Iron 1%

* Based on a 2000 calorie diet

Directions:

Roast garlic dressing:

Drizzle garlic with olive oil and salt, wrap in foil, bake for 35-45 minutes. Squeeze roasted garlic of their skin and add it to a bowl. Add white balsamic vinegar, grape seed oil and salt.

Mix salad ingredients with dressing and serve with romaine leaves

Serves 2

For more information please visit:
WHYY.org/widerhorizons/chefsguide.html