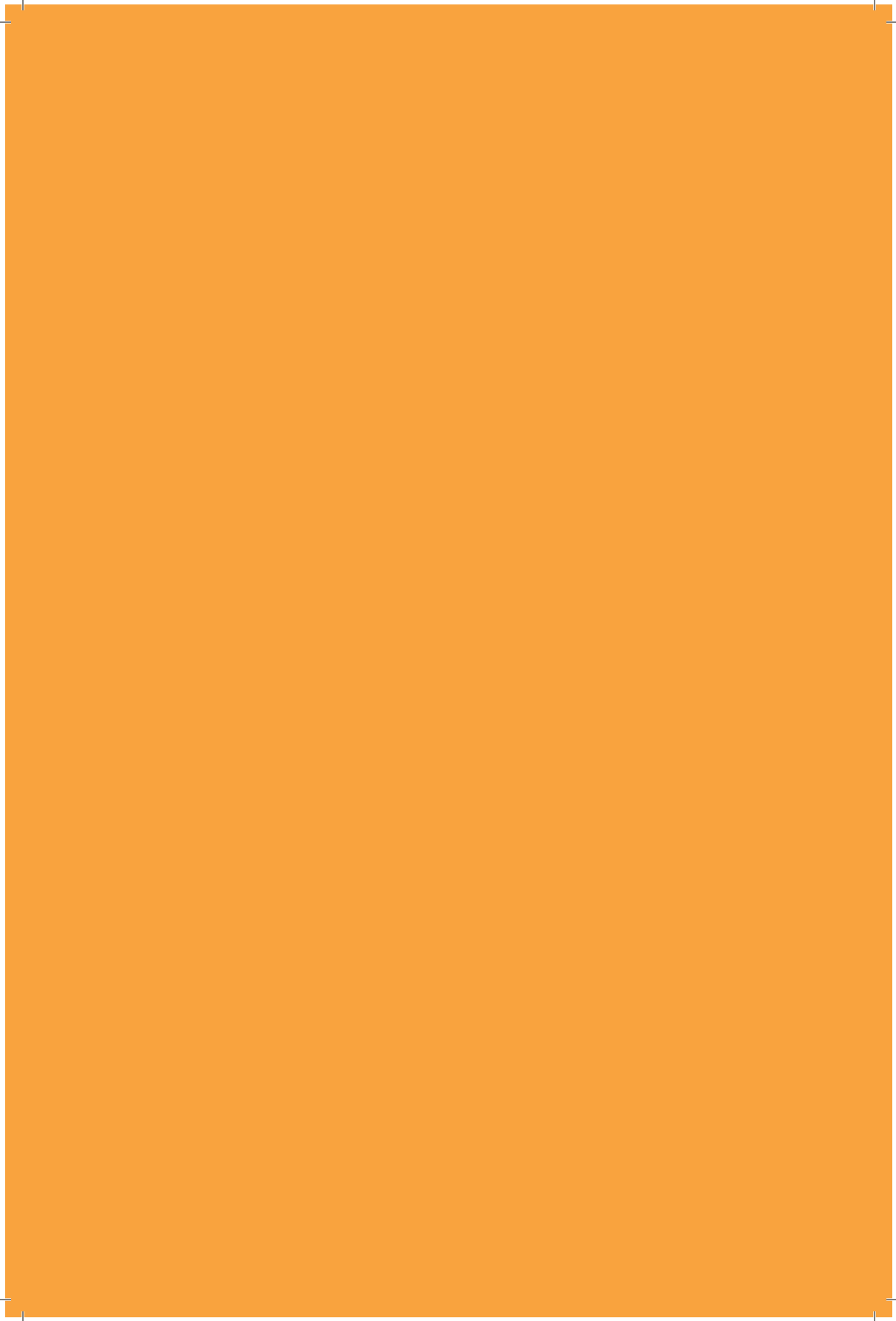


THE IWf TABLE

HEALTHY RECIPES FROM
AROUND THE WORLD









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ABOUT IWF

The International Women's Forum was founded in New York City in 1974, when the first generation of women leaders was breaking the glass ceiling in professional sectors from finance to fine arts.

Forum founders lacked access to “the old boys’ network,” so the new women’s network was born to provide professional and personal support, to aid each member’s success and to inspire the women who follow.

Women supporting women is even more important today than when IWF was founded over 50 years ago. The International Women’s Forum now connects more than 8,500 preeminent women leaders in 77 Forums in 35 countries around the world. We are the only organization of this scale that builds significant relationships between C-level women across countries and careers.



ABOUT WALMART

Expanding access to affordable, healthy food lies at the heart of Walmart's purpose to help people save money and live better. Walmart and Sam's Club provide access to low-cost, nutritious food through over 5,000 stores and clubs within 10 miles of 90% of Americans, as well as thousands more grocery delivery and pickup options.

Our philanthropy complements and expands the impact of our business by increasing access to healthy food in underserved communities and creating a closer link between nutrition and healthcare.

Today, nearly half of Americans face chronic illnesses like diabetes and heart disease, and proper nutrition is crucial for managing and reversing these conditions to enhance overall health. As we continue our efforts to improve health outcomes so people can live better, we are focusing our investments on initiatives that more closely connect nutrition and healthcare for people with chronic illnesses. Our investments aim to complement the impact of Walmart's business in improving the cost and convenience of healthcare, particularly for Americans in rural and underserved communities.





**Our cookbook is also available digitally—
perfect for sharing with friends and family!
Don't forget to tag @walmart, @iwfglobal,
and use #IWFWalmartGlobalRecipes to
show us your delicious recreations!**

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CONVERSION CHART

Some recipes may use unfamiliar measurements, so we've included a conversion chart for your reference.

TABLESPOONS	TEASPOONS	CUPS	MILLILITERS
1 TBSP	3 TSP	1/16 CUP	15 ML
2 TBSP	6 TSP	1/8 CUP	30 ML
3 TBSP	9 TSP	3/16 CUP	45 ML
4 TBSP	12 TSP	1/4 CUP	60 ML
8 TBSP	24 TSP	1/2 CUP	120 ML

POUNDS (lbs)	OUNCES (oz)	GRAMS (g)
1/4 POUND	4 OUNCES	113.4 GRAMS
1/3 POUND	5.33 OUNCES	151.12 GRAMS
1/2 POUND	8 OUNCES	226.8 GRAMS
3/4 POUND	12 OUNCES	340.2 GRAMS
1 POUND	16 OUNCES	453.59 GRAMS

Serves: 4

Prep: 60 min

Cook: 15 min

About the Dish

Bibimbap (비빔밥), which literally means “mixed rice,” is a colorful and nourishing dish made with warm rice topped with an assortment of seasoned vegetables, sliced or ground meat (commonly beef or chicken), a fried egg, and a generous spoonful of gochujang (Korean red chili paste).



Julia Kim

*Retired Vice President & Investment Counselor
RBC Phillips Hager & North Investment Counsel
IWF British Columbia*

Julia Kim is a celebrated retiree in finance and investment counseling. She has received notable awards for her work, including the Lifetime Achievement PEAK Award by the Association of Women in Finance. She currently serves her communities as chair of several boards, including the BC Children's Hospital Foundation and the Minerva Foundation for BC Women.

Bibimbap (비빔밥)

INGREDIENTS

FOR THE BOWL

- 4 servings prepared short-grain rice (white or brown)
- 2 cups bean sprouts (soya bean or mung bean)
- 2 cups spinach
- 1 medium carrot, julienned
- 1 medium zucchini, julienned
- 10 shiitake mushrooms, sliced
- 1 lb ground or thinly sliced beef
- 4 eggs
- Sesame oil
- Salt and pepper, to taste
- Toasted sesame seeds
- Vegetable oil

OPTIONAL BEEF MARINADE

- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp sugar
- ¼ tsp minced garlic

BIBIMBAP SAUCE

- 3-4 tbsp gochujang (Korean red chili paste)
- 1 tbsp sesame oil
- 1 tbsp sugar
- 1 tbsp water
- 1 tbsp toasted sesame seeds
- 1 tsp apple cider vinegar, optional
- 1 tsp minced garlic, optional

INSTRUCTIONS

PREPARE THE INGREDIENTS

1. If marinating the meat, mix the beef with soy sauce, sesame oil, sugar, and garlic. Let it sit for 30 minutes. Cook beef in a pan over medium heat until fully browned and cooked through.
2. Blanch bean sprouts in boiling water for 1 to 2 minutes. Drain and season with salt and a few drops of sesame oil.
3. Blanch spinach for 30 seconds. Rinse with cold water, squeeze out excess moisture, and season with salt and sesame oil.
4. Sauté carrots and zucchini separately over medium heat in a lightly-oiled pan until tender. Season lightly with salt.
5. Sauté mushrooms until browned and tender. Season with salt and pepper.
6. Fry eggs sunny-side up until whites are set but yolks remain runny.
7. To make the sauce, combine all the bibimbap sauce ingredients in a bowl and mix well. Adjust the gochujang to the desired spice level.

ASSEMBLE THE BIBIMBAP

1. Place warm rice at the bottom of each bowl.
2. Arrange vegetables and beef on top in sections like a clock face.
3. Top with a fried egg in the center.
4. Drizzle with a little sesame oil and sprinkle with sesame seeds.
5. Serve sauce on the side or drizzle over the top.
6. To eat, add sauce to taste and mix everything thoroughly before eating.

Serves: 4-6

Prep: 15 min

Cook: 20 min



Adriane Brown

*Managing Director, Flying Fish Partners
IWF Nevada and IWF Washington State*

Adriane Brown is dedicated to mentorship and social impact. She serves on the boards of eBay, Axon, American Airlines, KKR, and the International Women's Forum and as a Managing Director at Flying Fish Partners. Previously, Adriane was president and COO at Intellectual Ventures and held executive roles at Honeywell and Corning. She holds a bachelor's in Environmental Health and an honorary doctorate from Old Dominion University, and earned her master's in management from MIT.

Caribbean Seafood Stew

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lime juice
- 3 tsp kosher salt
- $\frac{3}{4}$ tsp freshly ground black pepper
- 1 lb halibut or red snapper fillets, cut into 1-inch cubes
- 1 medium onion, finely chopped
- 1 green bell pepper, stemmed, seeded, and finely chopped
- 6 garlic cloves, minced
- 1 jalapeño chile, seeded and finely chopped
- 14.5 oz can diced tomatoes with juice
- 14 oz can unsweetened coconut milk
- $\frac{1}{2}$ lb medium shrimp, peeled and deveined
- $\frac{1}{2}$ cup chopped fresh cilantro, plus more for garnish
- Serve over rice
- Bottled hot pepper sauce, optional

INSTRUCTIONS

1. Stir together 1 tablespoon of the olive oil, the lime juice, 2 teaspoons of the salt, and the pepper in a medium glass bowl. Add the fish cubes and toss to coat (shrimp, salmon, or andouille sausage can be substituted here). Set aside.
2. Heat the remaining 1 tablespoon of oil in a 3-quart saucepan over medium-high heat. Add the onion, bell pepper, garlic, and jalapeño chile. Feel free to add more or omit jalapeños entirely, depending on spice preference. Season with the remaining 1 teaspoon of salt. Cook and stir for 4 to 5 minutes, or until the onion is tender but not brown.
3. Add the tomatoes, juice, and coconut milk. Bring to a boil over high heat, then reduce the heat. Simmer, uncovered, for 10 minutes, stirring occasionally.
4. Stir in the shrimp, marinated fish, and cilantro. Return to a simmer and cook, uncovered, for 5 minutes, or just until the fish flakes easily with a fork and the shrimp turn opaque. Don't overcook.
5. Taste for salt and adjust the seasoning as desired.
6. Ladle the stew into shallow bowls. Sprinkle with cilantro and add hot pepper sauce, if desired.

Adapted from "In the Kitchen with the Pike Place Fish Guys" by
The Crew of Pike Place Fish, © 2013 Viking Studio.

Serves: 2

Prep: 30 min

Cook: 15 min



Sandy Gooch

*Founder of Mrs. Gooch's Natural Foods Markets
IWF Southern California*

In January 1977, Sandy Gooch was the first person in the world to start a chain of full-service natural food supermarkets. It was called Mrs. Gooch's and was located in the greater Los Angeles area.

Cherry Tomato Pasta

INGREDIENTS

- 6 oz spaghetti
 - 14 oz cherry tomatoes (or baby grape tomatoes)
 - 2 large garlic cloves, diced
 - 2 tbsp extra virgin olive oil
 - A handful of fresh basil leaves
 - Salt, to taste
 - Freshly grated Parmesan cheese, optional
-

INSTRUCTIONS

1. Put the pasta to boil in a large pot of salted water as you prepare the other ingredients.
2. Heat a large skillet or saucepan on low heat. Add the olive oil and garlic. Sauté, taking care not to burn the garlic.
3. Slice the tomatoes in half or quarters, depending on the size, and add to the saucepan. Season well with salt and cook the tomatoes over medium heat.
4. Once the tomatoes start blistering, gently press some down with the back of a wooden spoon to release some of the juices. Add a ladle of the pasta water and continue to cook the tomatoes to create the pasta sauce.
5. Once the pasta is just undercooked to al dente, drain it, and save 1 cup of pasta water. Then, add the cooked pasta straight into the pan with a little of the pasta water.
6. Tear up the basil leaves and add them to the pan. Toss to combine and keep stirring to finish cooking the pasta. Add some pasta water if needed and stir to combine.
7. Taste. Once the pasta is cooked to your liking, add a drizzle of extra virgin olive oil and it's ready to serve on a plate or in a bowl.
8. Garnish with some basil leaves and the optional Parmesan cheese and enjoy.

Serves: 10-12

Prep: 30 min

Cook: 60-75 min

About the Dish

Barbados' famous conkie, also known as a stew dumpling, is a corn-based traditional dish. It is said to be derived from a Ghanaian dish called "kenkey", a similarly prepared cornmeal dish. Initially, conkies were prepared on Guy Fawkes Day (November 5th), but it is now traditional in Barbados to make conkies throughout the month of November to celebrate Independence/Republic Day (November 30th).



Brenda Pope

*CEO & Managing Director, ConsultBP
IWF Barbados*

Brenda Pope is a seasoned management consulting strategist with over 40 years of experience leading organizational, process, and technology transformations across the Caribbean. She is the CEO and Managing Director of ConsultBP and formerly led KPMG's Management Consulting practice for 17 island nations. Brenda also serves on the IWF Global board and actively supports professional and charitable organizations worldwide.

Conkie

INGREDIENTS

- 325 g (¾ lb) pumpkin, grated
 - 225 g (½ lb) sweet potato, grated
 - 2 cups freshly grated coconut (can be substituted with desiccated coconut)
 - 2 cups corn flour (or corn meal)
 - ½ cup flour (wheat flour can be substituted with a gluten-free alternative such as almond, coconut, or millet)
 - 325 g (¾ lb) brown sugar
 - 100 g (4 oz) raisins, optional
 - 150 g (6 oz) melted shortening or margarine
 - 1 cup coconut milk (or whole milk)
 - 1 tsp salt
 - 1 tsp powdered spice
 - 1 tsp grated nutmeg
 - 1 tsp almond essence
 - Banana or plantain leaves, cut into 8-inch squares
-

INSTRUCTIONS

1. In a large bowl, mix pumpkin, sweet potato, coconut, corn flour, flour, brown sugar, spices, essence, raisins, and salt. Combine well.
2. With a wooden spoon, stir in the melted shortening or margarine and coconut milk and mix thoroughly by hand to combine. You should have a thick mixture that drops slowly from a spoon.
3. Lightly steam or singe the banana or plantain leaves to make them more pliable before use.
4. Place 2 to 3 heaping tablespoons of the mixture into the centre of each plantain or banana leaf square, fold the edges around the mixture to make a neat envelope and tie securely. If needed, wax paper or foil can be substituted for the banana or plantain leaves.
5. Steam the conkie on a rack over boiling water in a large pot or steamer until they are firm and cooked (60 to 75 minutes).

Serves: 4

Prep: 30 min

Cook: 20 min



Tiffany Derry

*Chef & Restaurateur at Roots Chicken Shak, Roots Southern Table, Radici Wood Fired Grill
IWF Dallas*

Tiffany Derry is a celebrated chef, restaurateur, and television personality based in Dallas, Texas. A Top Chef alum and founder of Roots Southern Table—named one of The New York Times' 50 best restaurants in 2021—Derry is known for her modern takes on Southern cuisine and her appearances on shows like Tournament of Champions and Worst Cooks in America. In 2025, she joins MasterChef as a judge alongside Gordon Ramsay and Joe Bastianich.

Crispy Chicken Thigh and Spring Noodle Salad

INGREDIENTS

- Four 6 oz boneless chicken thighs
- 1 tbsp kosher salt
- ½ tbsp ground black pepper
- 4 tbsp low-sodium soy sauce
- ½ cup tahini
- 2 tbsp lime juice
- 2 tbsp rice wine vinegar
- 3 tbsp sugar
- ½ tbsp salt
- 1 cup snap peas, blanched
- ½ cucumber, julienned
- 1 jumbo carrot, shaved thin on a mandoline
- 4 breakfast radishes, small, diced
- 3 green onions, julienned
- ½ bunch mint leaves
- ½ bunch cilantro, picked
- ¼ cup peanuts, roasted and chopped
- 1 pack of egg noodles (i.e., ramen noodles)

GARNISH

- 2 tbsp mint, picked
- 2 tbsp cilantro, picked
- 1 tbsp chili oil
- 2 tbsp peanuts, roasted and chopped

INSTRUCTIONS

SEASON AND COOK THE CHICKEN

1. Pat the skin side of the chicken dry with a paper towel.
2. Season the skin side of the chicken with salt and set aside for 10 minutes to allow the moisture to draw out from the skin.
3. Season the other side of the chicken with salt and pepper.
4. Place the chicken thigh skin side down on a cold pan. Turn the heat of the pan up to medium. Sear the chicken thigh until crispy for about 10 minutes, allowing the fat to render out and the chicken skin to be a crispy golden brown.
5. Flip the chicken over and continue to cook for another 2 minutes. The internal temperature should be at least 165 degrees Fahrenheit.
6. Set aside.

PREPARE THE NOODLES

1. Cook the egg noodles according to package directions.

MAKE THE SAUCE

1. In a medium mixing bowl, combine soy sauce, tahini, lime juice, rice wine vinegar, sugar, and salt. Set aside.

ASSEMBLE THE SALAD

1. Slice chicken thighs on the bias in half-inch slices and set aside.
2. Using tongs, toss noodles, sauce, snap peas, cucumber, carrots, radishes, green onions, mint, cilantro, and peanuts in a separate mixing bowl. Taste and adjust seasoning.
3. Portion seasoned noodles into four bowls. Place chicken breast on top of noodles.
4. Garnish with additional pickled mint, cilantro, and chopped peanuts. Finish with a drizzle of chili oil.

Serves: 4

Prep: 25 min

Cook: 15 min



Gayle Tauber

*Founder at Kashi Company
IWF Southern California*

Gayle Tauber is a seasoned entrepreneur with over five decades of experience and a passionate advocate for women's economic empowerment. She co-founded Kashi Company, which became an international health food brand before its sale to Kellogg's, and has since dedicated her work to supporting nonprofit initiatives focused on wellness, the environment, and social impact. A trailblazer in both business and fitness, Gayle remains active as a mentor, board member, artist, and lifelong athlete.

Del Posto-Inspired Salad

INGREDIENTS

VEGETABLES

(Any seasonal vegetables can be substituted)

- 8 asparagus spears, cut into ½ inch pieces
- 8 mini sweet peppers, cut in half lengthwise and seeded
- 8 shishito peppers
- 1 ear of corn, whole
- 1 large yellow squash, cut into ½ inch thick half moons
- 1 large zucchini, cut into ½ inch thick half moons
- ½ cup fava beans or edamame
- ½ cup olive oil
- Salt and pepper to taste

PICKLED ONIONS

- 6 to 8 oz jar pickled onions (i.e., red onions), or to taste, drained

TOMATO VINAIGRETTE

- ½ cup canned cherry tomatoes, finely chopped
- 2 finely diced shallots, medium size
- 4 tbsp extra virgin olive oil
- Salt, to taste

SEED TOPPING

- Any seeds (i.e., whole flax seeds, sunflower seeds, sesame seeds, pumpkin seeds)

GOAT CHEESE

- 6 oz goat cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp water

INSTRUCTIONS

THE VEGETABLES

1. Place the vegetables on two large baking dishes. Brush with oil and season with salt and pepper.
2. Place on a grill over medium-high to high heat and cook, turning once or twice, until tender and slightly charred on both sides. Once tender, remove from the grill.
3. Once the corn has cooled, use a knife to remove it from the cob in assorted lengths and sizes. Cooked vegetables can be kept at room temperature.

TOMATO VINAIGRETTE

1. Place tomatoes, diced shallots, and salt in a medium bowl. Drizzle olive oil and stir to combine.

TOASTED/ROASTED SEEDS

1. Toast or roast assorted seeds and set aside for assembly.

GOAT CHEESE

1. In a large bowl, mix goat cheese, olive oil, and water until smooth. Set aside for assembly.

ASSEMBLY

1. Spread goat cheese mixture, one teaspoon at a time, on a serving platter (the mixture can be doubled, if preferred).
2. Arrange the vegetables on the platter, covering the goat cheese mixture.
3. Place a dollop of the tomato vinaigrette on top of the vegetables.
4. Sprinkle toasted/roasted seeds on top. Season with salt and freshly ground pepper.

Serves: 2

Prep: 25 min

Cook: 15 min



Gina Tobin

*President at Texas Roadhouse
IWF Kentucky*

Gina Tobin is the President of Texas Roadhouse, bringing over 38 years of restaurant industry experience to her role. Since joining the company in 1996, she has helped shape its people-first culture through various leadership positions, earning accolades like the Legends and Character Awards. As a trailblazer and collaborative leader, Gina oversees daily operations and long-term strategy while fostering an inclusive environment.

Farro Grain Bowl with Avocado Crema

INGREDIENTS

GRAINS

- 3 cups farro, cooked and chilled (follow package instructions)
- ¼ cup zucchini, ¼ inch diced
- ¼ cup squash, ¼ inch diced
- ½ cup cherry tomatoes, sliced lengthwise in half
- ¼ cup edamame, shelled
- ¼ cup English cucumbers, ¼ inch diced
- ¼ cup kale, chopped

DRESSING

- ¼ cup olive oil
- ¼ cup lemon juice
- Salt and pepper, to taste

AVOCADO CREMA

- 2 avocados, peeled and chopped
 - ½ cup plain whole milk Greek or Icelandic yogurt
 - 2 tbsp lime juice
 - 2 tsp lime zest
 - 1 tsp garlic, minced
 - Salt and pepper, to taste
-

INSTRUCTIONS

1. Cook and chill the farro according to package instructions. You can use vegetable or chicken stock instead of water to cook the farro for a deeper flavor.
2. For the grains, combine farro, zucchini, squash, tomatoes, edamame, cucumber, kale, and mix.
3. For the dressing, combine olive oil, lemon juice, salt, and pepper to taste. Whisk until fully incorporated.
4. Add half the dressing to the farro mix and stir well. Add more dressing if preferred.
5. To create the avocado crema, combine all ingredients in a blender and blend until smooth and silky. Note: Be creative and use any inclusions you prefer. Try roasted carrots or red peppers instead of avocado to give the crema a more robust flavor profile.
6. Pour the crema into a squeeze bottle and top each serving of farro with it.

Serves: 2-4

Prep: 30 min

Cook: 30 min



Margo Provost

*Owner & Founder at Log Haven
IWF Utah*

A true entrepreneur, Margo Provost is the Founder and Owner of Log Haven and a nationally recognized leader in the restaurant industry. With a background in healthcare management, she has received numerous accolades, including honors from Working Woman Magazine, Ernst & Young, and the Women's Roundtable in the Food Industry. Margo is also the only restaurateur in the U.S. to receive the Avon Woman of Enterprise Award and was the first woman inducted into the Utah Restaurant Association Hall of Fame.

Fresh Garbanzo Bean, Morel Mushroom Risotto

INGREDIENTS

TOMATO WATER

(Prepare one day ahead)

- 5 lb very ripe tomatoes, pulsed and strained overnight through a chinois
- 1 shallot, finely chopped
- 1 clove, finely chopped
- 1 tsp fresh lemon juice
- 1 sprig of thyme, finely chopped
- Sea salt, to taste
- ¼ cup onion, diced
- ¼ cup carrots, diced
- ½ cup white wine
- 1 cup garbanzo beans, blanched
- 1 cup morel mushrooms, cooked
- ¼ cup cooked uncured turkey bacon
- ⅓ cup Pecorino, grated

RISOTTO

- 6 cups hot chicken stock
- 1 ½ cups arborio rice
- 3 tbsp olive oil
- ¼ cup celery, diced
- 2 tbsp Grana Padano
- 2 tbsp crème fraîche
- Salt and white pepper, to taste

INSTRUCTIONS

1. In a saucepan, warm the olive oil and sweat the mirepoix.
2. Once the mirepoix has softened, add the rice, stirring until the rice turns a brighter white without putting any color on.
3. At this point, add the wine, stirring until it absorbs. This will help seal the starches for a slower release.
4. Slowly add the chicken stock, about a half cup at a time, until it is absorbed. Continue this process until you have 1 cup of chicken stock remaining.
5. Add the morels and garbanzos with the remaining chicken stock.
6. Finish with crème fraîche, pecorino, uncured turkey bacon, and seasoning.
7. For the plating, divide the tomato water into four warm bowls (about 3 ounces each) and spoon the risotto into the bowl.

Serves: 4-6

Prep: 10 min

No cook time



Silvia Dávila Kreimerman

*President Latin America, COMEX Member and CEO Mexico, Danone
CGF Latin America Co-Chair
IWF Mexico*

Before joining Danone, Silvia Dávila Kreimerman held leadership roles at Mars Inc., including VP and Global CMO, where she led global brands like Pedigree and earned recognition as a top brand builder. She also spent 11 years at P&G, becoming the youngest Marketing Director in P&G Mexico at age 28. Silvia holds degrees in marketing and business economics, and currently serves on the boards of FedEx and IWF.

Greek Yogurt Artichoke Dip

INGREDIENTS

- 1 cup Oikos Greek yogurt
 - 1 cup canned or jarred artichoke hearts, drained and chopped
 - 1 garlic clove, minced
 - 2 tbsp Parmesan cheese, grated
 - 1 tbsp olive oil
 - Salt and pepper, to taste
 - A pinch of chili flakes or lemon juice, optional
-

INSTRUCTIONS

- To prepare the canned or jarred artichokes, drain and chop them.
- In a bowl, combine yogurt, artichokes, garlic, Parmesan, olive oil, and seasoning.
- Mix until well combined. Chill for 10 to 15 minutes.
- Serve with veggie sticks, whole-grain crackers, or toasted pita.

Serves: 4

Prep: 30 min

Cook: 25 min

About the Dish

This recipe places two soups at the top of the menus at M. This recipe is written by our wonderful chef, Hamish Pollitt, who worked with us at M on the Bund for over 12 years. It is not tucked away or treated like an afterthought, but proudly leading the way. To me, soup is where the heart of a kitchen shows itself. It's where simple ingredients, careful technique, and a bit of soul come together.

Green Green is one of those quiet stunners. Bright with zucchini, mint, and lemon, it's just as delicious served hot with a hunk of bread as it is cold on a summer day, sipped slowly in the shade.



Michelle Garnaut

*Founder at M Restaurant Group
IWF Hong Kong*

Michelle Garnaut, founder of the M Restaurant Group in China, spent over three decades pioneering China's upscale dining scene with acclaimed establishments like M on the Bund and Capital M. Beyond hospitality, she's led major cultural initiatives, including literary festivals and chamber music events, and is the force behind Mentor Walks, a global mentoring platform for women. Her contributions to business, culture, and social impact have earned her numerous international honors, including being named an Officer of the Order of Australia.

Green Green Zucchini Soup

INGREDIENTS

- 3 tbsp extra virgin olive oil (plus more for drizzling)
- 3 cloves garlic, chopped
- 2 medium onions, roughly chopped
- 1 green chili pepper, stemmed and seeds removed
- $\frac{3}{4}$ tsp fine-grain sea salt
- 2 medium russet potatoes, peeled and cut into 1.5 cm cubes
- 4 medium zucchini, grated
- 1 L vegetable broth
- 4 cups (loosely packed) fresh spinach or kale
- 1 cup (loosely packed) fresh mint leaves
- Zest of 1 lemon
- Cracked black pepper

OPTIONAL GARNISHES

- A swirl of coconut milk or Greek yoghurt
- Fresh mint leaves or chiffonade
- Toasted pumpkin seeds
- Torn zucchini flowers

INSTRUCTIONS

SAUTÉ THE AROMATICS

1. Heat the olive oil in a large, heavy-bottomed pot over medium-high heat.
2. Once shimmering, add garlic, onions, and green chili. Season with salt.
3. Cook for 3 to 5 minutes, stirring often, until onions are soft and translucent.

BUILD THE BASE

1. Stir in the diced potatoes and zucchini. Pour in the broth. It should just cover the vegetables.
2. Bring to a gentle simmer and cook for 10 to 15 minutes, or until the potatoes are tender.

ADD GREENS AND FRESHNESS

1. Stir in the spinach or kale and let it wilt. It should take 10 to 15 seconds. Remove the pot from the heat. Stir in the lemon zest and mint.

BLEND UNTIL SMOOTH

1. Use a hand blender directly in the pot, or carefully transfer to a high-speed blender in batches. The blending must be done quickly to keep the vibrant green colour.
2. Blend until smooth and creamy.

FINISH AND SERVE

1. Taste and adjust salt and cracked pepper if needed.
2. Ladle into bowls, lace with plenty of extra virgin olive oil, and garnish as you like.

Serves: 4

Prep: 30 min

Cook: 6 min



Sandra Stilwell Youngquist

*Owner & CEO at Stilwell Enterprises &
Restaurant Group
IWF Florida Suncoast*

Sandra Stilwell Youngquist has owned and operated restaurants for 25 years and currently owns eight locations along the Southwest Florida coast, including those on Captiva Island, the Sanibel Causeway, and Boca Grande. Keylime Bistro will open its third location at the Regional Southwest Florida Airport in Fall 2025.

Grilled Snapper with Tangy Tropical Fruit Salsa

INGREDIENTS

- Four 7 oz snapper filets
- ⅓ cup and 3 tbsp olive oil
- Cajun seasoning, flavor as lightly or as heavily as you desire
- ½ cup fresh honeydew
- ¼ cup sweet or red onion, diced
- 1 medium red pepper
- 1 green pepper
- 1 yellow pepper

FRUIT SALSA

- ½ cup fresh pineapple
 - ½ cup fresh mango or cantaloupe
 - 2 tbsp chili powder
 - 1 tbsp cumin
-

INSTRUCTIONS

1. Lightly rub olive oil over both sides of the fresh snapper.
2. Sprinkle snapper with Cajun seasoning to your desired taste (I like mine lightly coated).
3. Heat the ⅓ cup of olive oil in a large skillet over medium-high heat.
4. Place the snapper filets in the heated skillet and cook on each side for approximately 3 minutes.
5. After you plate your fish, top it with the fruit salsa, which is composed of all the fruit and vegetables you'd like, each cut into small cubes.
6. Serve with your choice of rice.

Serves: 2-3

Prep: 35 min

Cook: 12 min



Lavanya Mahate

*Founder at Saffron Valley
IWF Utah*

Lavanya Mahate is a visionary entrepreneur and founder of successful ventures like Saffron Valley and SV Café. She is known for her leadership and innovation in the hospitality industry and also leads the nonprofit RISE Culinary Institute, providing free culinary training to immigrant and refugee women. A passionate advocate for empowerment and financial independence, Lavanya is a sought-after speaker, mentor, and coach.

Khichdi

INGREDIENTS

- ½ cup split yellow moong dal, washed and drained
 - ½ cup rice (or brown rice/quinoa for a healthier twist)
 - 1 tbsp ghee (or coconut oil for a vegan option)
 - ½ tsp cumin seeds
 - A pinch of asafoetida (hing), optional (great for digestion)
 - 1 tsp grated ginger
 - 1 green chili, slit, optional
 - ¼ tsp turmeric powder
 - 1 small carrot, chopped
 - ½ cup spinach, chopped (or any greens of your choice)
 - ½ cup green peas
 - Salt, to taste
 - 4 cups water (adjust for desired consistency)
 - Chopped cilantro, for garnish
 - A squeeze of lemon juice, for garnish
-

INSTRUCTIONS

1. Rinse and soak the moong dal and rice together for 15 to 20 minutes. Drain.
2. In a pressure cooker or instant pot, heat the ghee. Add cumin seeds and let them splutter.
3. Add asafoetida, ginger, and green chili. Sauté for a minute.
4. Add chopped vegetables and sauté for 2 to 3 minutes.
5. Add drained rice and dal, turmeric powder, and salt. Mix well.
6. Add water, stir, and close the lid.
7. If using a pressure cooker, cook for 4 to 5 whistles on medium flame. If using an Instant Pot, cook on Pressure Cook mode for 8 minutes. Let the pressure release naturally.
8. Open and give it a good mix. The texture of the khichdi should resemble a creamy risotto. Add more hot water if needed to adjust consistency.
9. Garnish with chopped cilantro and a squeeze of lemon juice.

Serves: 8

Prep: 45 min

Cook: 20 min



Stephanie Kimmel

*Founding Chef at Marché Restaurant Group
IWF Oregon*

Stephanie is a nationally celebrated chef and the founder of the pioneering Marché Restaurant Group. She has mentored thousands of culinary pros and championed local, seasonal, sustainable food for decades in the Pacific Northwest and beyond.

Northwest Bouillabaisse with Saffron Aioli and Croûtes

INGREDIENTS

- 2 medium leeks (white part only), cut into julienne strips
 - 2 oz fennel bulb, cut into thin slivers lengthwise
 - 6 oz assorted julienned vegetables, depending on the season (carrots, celery, turnips for winter)
 - 8 cups clam juice
 - 2 lb rockfish, cod, or red snapper fillet, cut into 8 portions
 - 1 lb mussels and/or clams in the shell
 - Crab legs, optional (to make it extra special)
 - Pinch saffron
 - 1 tbsp and 1 tsp lemon juice
 - 2 tbsp chopped parsley
 - Salt and pepper, to taste
 - 8 French bread baguettes, made into toasted croûtes
 - Good quality mayonnaise
 - Garlic, minced
-

INSTRUCTIONS

1. Slice a French bread baguette on the diagonal into croûtes about 3 inches long. Brush them with olive oil or butter, toast until golden, and set aside.
2. For the saffron aioli, dissolve a little saffron in a bit of warm water, then add it to a good-quality mayonnaise. Add a touch of finely minced garlic and set aside.
3. Blanch vegetables until just al dente and set aside.
4. Bring fish fumet to a boil. Turn the heat down to a simmer and add the seafood and vegetables.
5. Poach fish until just done and the mussels and clams have opened, about 5 to 10 minutes depending on the thickness of the fish.
6. Remove the fish from the pot and arrange in large flat soup bowls.
7. Finish the broth with saffron, lemon juice, salt, and pepper and ladle over the fish.
8. Garnish with shellfish, toasted French bread croûtes, and a generous teaspoon of saffron aioli.

Serves: 2

Prep: 20 min

Cook: 12 min



Linda Gassenheimer

*Food Writer & Syndicated Columnist,
Award-winning Author, and Radio & TV Host
IWF Florida*

Linda Gassenheimer is a bestselling author, syndicated journalist, and TV and radio personality known for her expertise in food and nutrition. She hosts the Food News and Views podcast and her popular “Quick Fix” column reaches over six million readers weekly through the Tribune Wire Service. With more than 30 published books—including her latest, *The 12-Week Diabetes Cookbook*—Linda continues to be a trusted voice in healthy, accessible cooking.

Peruvian Steak Stir-Fry with Jasmine Rice

INGREDIENTS

- 1 tbsp reduced-sodium soy sauce
 - 2 tsp garlic, minced, divided use
 - ¾ lb grass-fed tenderloin or strip steak
 - 1 tbsp balsamic vinegar
 - ½ tbsp Aji Amarillo paste
 - 1 ½ cups Jasmine rice
 - 2 tsp canola oil
 - 1 cup red onion, sliced
 - 2 cups red bell peppers, seeded and sliced
 - 1 cup celery, thinly sliced
 - ⅓ cup scallions, thinly sliced
 - Salt, to taste
-

INSTRUCTIONS

1. Add the soy sauce and 1 teaspoon minced garlic to a small bowl.
2. Thinly slice the steak into half-inch slices and add it to the bowl, turning the pieces over to ensure they are coated with the sauce.
3. Marinate for 4 to 5 minutes while preparing the remaining ingredients.
4. In another small bowl, mix balsamic vinegar, 1 teaspoon minced garlic, and Aji Amarillo paste. Set aside.
5. Note: If you can't find Aji Amarillo for this recipe, puree ¼ cup chopped jalapeño pepper with ¼ cup chopped yellow bell pepper. You only need a small amount for the recipe. Reserve any extra to add to some vegetables or rice.
6. Make 1 ½ cups of rice as you'd like, microwavable or in the rice cooker. Divide the rice between 2 dinner plates.
7. Heat the canola oil in a wok or large nonstick skillet until it sizzles. Add the steak and stir-fry for 1 to 2 minutes. Remove to a plate.
8. Add the onion and stir-fry for 1 minute.
9. Add the red bell pepper and celery. Stir-fry with the onion for 1 minute.
10. Return the steak to the wok, then add the balsamic vinegar sauce. Toss to combine all ingredients.
11. Top with the scallions and salt to taste. Divide it in half and spoon it over the rice on the dinner plates.

Serves: 6-8

Prep: 30 min*

No cook time

***Plus 2 hours marinating and 6 hours chilling**



Paula Gutiérrez

*Founder, Paula Gutiérrez Studio,
IWF Chile*

Paula Gutiérrez Studio was founded in 1990, following the completion of the interior design for the Grand Hyatt Hotel in Santiago. This was the first project of this type completed by a woman-led firm in Chile. Over the past 25 years, the studio has completed over 400 projects, including private residences and public spaces, including offices, hotels, and residences. An inherent part of her work is a meticulous and personalized spirit that has led to diversifying her professional development areas of interest.

Red Couscous Salad

INGREDIENTS

- 500 g (about 2 ½ cups) couscous
 - 8 ripe Roma tomatoes, peeled and chopped (or 1 large can of peeled Italian tomatoes)
 - ¾ cup finely chopped parsley
 - ¾ cup finely chopped cilantro
 - 2 heaping tbsp lemon zest
 - ¾ cup fresh lemon juice
 - ½ cup finely chopped fresh mint
 - 1 garlic clove, grated
 - ¾ cup extra virgin olive oil
 - Salt and pepper, to taste
-

INSTRUCTIONS

1. Peel and finely chop the tomatoes (don't drain them), then blend them lightly in a blender or food processor until you get a sauce-like texture with small chunks. If using canned tomatoes, do the same—blend lightly to keep some pieces intact.
2. Place the dry couscous in a large bowl and pour the tomato mixture over it. Add the chopped herbs (parsley, cilantro, and mint), lemon zest, lemon juice, grated garlic, olive oil, salt, and pepper. Mix well.
3. Let the salad marinate for about 2 hours at room temperature.
4. After that, check the consistency: if it's too wet, add a bit more couscous. Adjust seasoning and herbs as needed, depending on the flavor of the tomatoes.
5. Once the mix is balanced, refrigerate for at least 6 hours (preferably overnight) so the flavors fully develop.
6. To serve, mold into a serving dish or shape it using a ring mold for presentation.
7. Optional: Finely diced cucumber can be added for extra freshness, but keep in mind that it will release additional liquid.

Serves: 4

Prep: 30 min

Cook: 8 min



Gracie Cavnar

*Founder & CEO at Recipe for Success Foundation
IWF Texas*

Gracie Cavnar is the founder and visionary behind Recipe for Success Foundation, the nation's largest initiative combating childhood obesity through programs like Seed-to-Plate Nutrition Education™ and the VegOut! Challenge. Her innovative efforts, including the creation of Hope Farms in Houston and the award-winning children's book *Eat It!*, have earned national recognition and praise from leaders and activists alike. Now retired from hospitality, she continues her impact with Flower Child Urban Farm & Studio and remains active on numerous charity boards.

Roasted Salmon & Tomatoes

INGREDIENTS

- 4 tbsp extra virgin olive oil
 - 2 lb salmon filet, cut crosswise into 4 pieces
 - 12 cherry tomatoes, sliced in half
 - 16 basil leaves
 - Salt and pepper, to taste
-

INSTRUCTIONS

1. Heat the oven to 500 degrees Fahrenheit.
2. For each package, stack two 12-inch-long pieces of aluminum foil on top of each other.
3. Coat with olive oil and place a filet of salmon on the foil. Top with 6 tomato halves, salt, pepper, and 4 basil leaves. Drizzle with more olive oil. Seal the package by folding foil onto itself and crimping the ends.
4. Place packages on a cookie sheet or in a roasting pan. Cook in the oven for 8 minutes.
5. Remove from the oven and let it rest for a minute. Open the package with a knife, lift the salmon and topping onto your plate, drizzle the pan juices on top, and serve.
6. You can prep these cooking packages up to 24 hours in advance and keep them in the fridge. Enjoy!

Serves: 10-12

Prep: 45 min

Cook: 40 min

About the Dish

When asked if I have a “signature dish,” I say this is it! I was raised shrimpin’ and crabbin’ off the coast of South Carolina and have eaten my weight in Charleston shrimp and grits. You should be able to throw down with anyone using this shrimp and grits recipe. I call these shrimp “sweet” because they are indescribably sweet when you pull creek shrimp out of the Intracoastal Waterway off Edisto Island, South Carolina. There’s nothing like them. They are tiny but packed with flavor.



Lisa Dupar

*Owner & Founder at Lisa Dupar Catering & Pomegranate Bistro
IWF Washington State*

Chef Lisa Dupar is the force behind Dupar & Co., which includes the acclaimed Lisa Dupar Catering and the beloved Pomegranate Bistro in the Pacific Northwest. With over 40 years of experience, she’s known for her scratch-made cuisine, impeccable service, and thoughtful event execution—from intimate dinners to large-scale celebrations. Her team produces over 1,600 events annually, offering everything from custom catering to full-service event planning and design.

Shrimp and Grits

INGREDIENTS

GRITS

- 6 cups milk (or half-and-half if you'd like it richer)
- 2 tsp Seasoning salt
- 2 tsp garlic, chopped
- ½ tsp black pepper, cracked
- ¼ tsp cayenne pepper
- 2 tbsp unsalted butter
- 2 cups stone-ground speckled yellow or white grits

SWEET SHRIMP

- 4 lb medium-sized shrimp in the shell
- 1 tbsp unsalted butter
- 1 sweet yellow onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced

SHRIMP BUTTER SAUCE

- Reserved shrimp shells (from the 4 lb above)
- 1 garlic clove, minced
- 1 shallot, finely diced
- ¼ cup rice wine vinegar
- 4 cups dry white wine
- 1 bay leaf
- ½ cup cream
- 16 tbsp (2 sticks) unsalted butter, softened
- ¼ tsp cayenne pepper
- Salt and pepper, to taste

INSTRUCTIONS

GRITS

1. In a medium-size saucepan over medium heat, bring the milk to a simmer and stir in the seasoning salt, garlic, pepper, cayenne, and butter.
2. Slowly sprinkle the grits into the simmering milk. Stir to prevent lumps. Simmer on low for about 20 to 25 minutes. The grits will continue to get thicker and thicker.
3. Add warm water or more milk before serving to reach the desired consistency. Keep the grits warm on the stove, stirring occasionally, until the shrimp are ready.
4. The grits take 20 minutes because they are not instant or highly processed. Quality grits have speckles, which indicate the entire corn kernel has been ground and not removed during processing.

SWEET SHRIMP

1. Clean and peel the raw shrimp. Save the shells for the sauce.
2. In a heavy stainless steel skillet, melt the butter over medium heat.
3. Add the onion and peppers, and sauté until tender.
4. Add the raw shrimp and cook until they barely turn pink (do not overcook).
5. With a slotted spoon, remove the shrimp, onion, and peppers from the pan and reserve.

SWEET BUTTER SAUCE

1. In the same pan the shrimp were cooked in (there should be plenty of pan juices), sauté the shrimp shells until they turn pink.
2. Add the garlic, shallot, rice wine vinegar, and white wine. Simmer until the liquid is reduced by half. Add the bay leaf and cream. Continue to reduce the sauce until slightly thickened.
3. Strain through a fine strainer. Press as much of the liquid from the shells as possible into a saucepan; there is flavor in these shells, so press hard! The sauce should be slightly thick and rich. If not, keep reducing.
4. Whisk in the soft butter on the lowest heat, a tablespoon at a time. Remove from the heat so the sauce does not break (avoid overheating to prevent the butter from separating). Season to taste with cayenne, salt, and pepper if needed.
5. Add the shrimp to the sauce and warm over low heat, being careful not to overcook the shrimp or break the sauce.
6. Spoon the grits onto a plate. Make a well with a serving spoon, and spoon the shrimp over the grits. This is good with scrambled eggs and toast.

Serves: 2

Prep: 30 min

Cook: 12 min



Christine Couvelier

*President & Global Culinary Trendologist
at Culinary Concierge
IWF British Columbia*

Christine Couvelier is a globally recognized Executive Chef, Culinary Executive, and founder of Culinary Concierge, known for her culinary innovation and trend forecasting expertise. As a Culinary Trendologist, she travels the world to identify emerging food trends, sharing insights through her acclaimed Trend Watch Report. With over 40 years of experience, Christine is a passionate industry leader dedicated to shaping the future of food and serves on several culinary boards, including Taste Canada and Les Dames d'Escoffier.

Springtime Lemon Pasta

INGREDIENTS

- 1 lb of asparagus
 - 4 tbsp olive oil
 - ¼ cup, diced, thick-cut smoked bacon
 - 2 garlic cloves, smashed
 - 2 lemons, zest and juice
 - ½ lb cappellini
 - ¼ cup sun-dried tomatoes in oil, drained and julienned
 - 2 tbsp unsalted butter
 - Salt and pepper, to taste
 - Parmesan, finely grated
 - 6 tbsp fresh ricotta
 - Burrata or buffalo, optional
 - A handful of fresh basil leaves
-

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Salt the water to taste like the sea!
2. Snap, or cut the tough ends off the asparagus. Cut spears into half-inch pieces.
3. In a large, flat-bottomed sauté pan over medium heat, add olive oil, bacon, and garlic. Cook until the bacon is crispy and the garlic is golden brown.
4. Toss in the asparagus pieces and cook for 3 to 4 minutes, until the asparagus is barely cooked. Remove the pan from the heat.
5. When the water comes to a boil, add cappellini and cook until al dente. Remove ⅓ cup of pasta water and set aside.
6. Drain the capellini and add it to the sauté pan with the bacon, garlic, and asparagus. Return the sauté pan to medium heat.
7. Add the sun-dried tomatoes and unsalted butter. Toss well. Add the lemon juice and season with salt & pepper. If needed, drizzle in some of the reserved pasta water.
8. To serve, place pasta on plates or in bowls. Using a microplane, shave the Parmesan cheese into a cloud over the pasta. Top with spoonfuls of fresh ricotta and coarsely chopped basil. Optional toppings are also burrata or buffalo.
9. Taste! Taste! Taste!

Serves: 4

Prep: 15 min

Cook: 45 min



Patra de Silva

*Founder, President & CEO
NHV Natural Pet Products
IWF British Columbia*

Patra de Silva is the founder of NHV Natural Pet Products, a pioneering company in herbal pet supplements with a global reach spanning over 50 countries. With more than 25 years of leadership in the pet wellness industry, Patra blends her background in international development, product design, and natural medicine to promote holistic health for animals. She is the past president of IWF British Columbia and currently serves as president of the IWF British Columbia Foundation, where she continues to champion women's leadership and community impact. Patra's passion for animal well-being and global advocacy has made her a sought-after voice in both the pet health and leadership spheres.

Sri Lankan Fish Curry with Coconut Milk

INGREDIENTS

- 1.5 lb white fish (halibut, cod, or snapper), cut into large chunks
 - 4 servings short-grain rice
 - 2 tbsp coconut oil
 - 1 small onion, finely sliced
 - 2 garlic cloves, minced
 - 1 inch piece ginger, grated
 - 1 green chili, sliced, optional
 - 8-10 curry leaves
 - ½ tsp mustard seeds
 - ½ tsp fenugreek seeds, optional but traditional
 - 2 medium tomatoes, chopped
 - 1 tsp ground turmeric
 - 1 cup water
 - 400 mL coconut milk
 - 1 tsp salt, plus more to taste
 - 1 lime, juice
 - Pandan leaf or lemongrass, for aroma, optional
 - 1 cucumber, sliced, optional
-

INSTRUCTIONS

1. Marinate the fish by combining the fish with 1 teaspoon salt and the juice of half a lime. Set aside to marinate while you prepare the curry base.
2. In a large pan or clay pot, heat coconut oil over medium heat. Add mustard seeds and fenugreek seeds. Sizzle for about 30 seconds.
3. Sauté the aromatics (sliced onion, curry leaves, garlic, ginger, and green chili). Sauté until onions are soft and translucent (about 5 minutes).
4. Stir in chopped tomatoes and cook for another 3 to 4 minutes until softened. Add the ground turmeric and mix well.
5. Add 1 cup water (and pandan or lemongrass, if using). Cook uncovered on medium heat for 25 to 30 minutes, allowing the flavors to develop and the mixture to reduce slightly.
6. Lower the heat and pour in the coconut milk. Stir gently and bring to a soft simmer (do not boil).
7. Gently place the marinated fish into the curry. Cover and simmer for 10 to 12 minutes, or until the fish is tender and cooked through.
8. To finish, adjust the salt to taste and squeeze in the juice of half a lime. Garnish with freshly chopped cilantro before serving.
9. Best served with steamed rice and fresh sliced cucumbers.

Serves: 8

Prep: 90 min

Cook: 30 min



Karen Caplan

Former CEO and Owner at Frieda's Specialty Produce; Executive Coach and Consultant IWF Southern California

Started in 1962 by her mother, Frieda Rapoport Caplan, Karen was CEO and owner of Los Angeles-based Frieda's Specialty Produce from 1990 to 2023, when she sold the company. Frieda's is credited with introducing more than 200 new fruits and vegetables to American consumers (starting with the kiwifruit in 1962). Certainly, the most colorful was the Stokes® Purple Sweet Potato. Here is her favorite recipe, which she serves every year at the family Thanksgiving dinner.

Stokes Purple® Sweet Potato Pie with Maple Whipped Cream

INGREDIENTS

- 1 9-inch frozen, pre-made pie crust, thawed
 - ½ cup and 1 tbsp sugar
 - Seeds from a 3-inch piece of vanilla bean (or 1 ½ tsp vanilla extract)
- FILLING**
- 2 large, baked* Stokes Purple® sweet potatoes (5-6 inches long), peeled and roughly chopped (about 3 cups)
 - ¾ cup full-fat coconut milk
 - 4 tbsp butter
 - 1 egg
 - 1 tsp cinnamon
 - ¼ tsp allspice
 - 1 tsp sea salt
- TOPPING**
- 1 cup heavy whipping cream
 - 2 tbsp maple syrup
 - Seeds from 1-inch piece vanilla bean (or ½ tsp vanilla extract)
 - 1/8 tsp sea salt
 - Pecans, whole or crushed
-

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Bake the pie crust for 15 minutes. Meanwhile, in a blender container or food processor, blend sweet potatoes, coconut milk, butter, egg, cinnamon, allspice, sea salt, sugar, and vanilla until smooth. If the mixture is too thick to blend, add 1 to 2 teaspoons coconut milk.
2. When the crust is done, increase the oven temperature to 425 degrees. Transfer the pie crust to a wire rack; carefully pour in the filling. Smooth out the top with a spatula. Put the pie back in the oven and bake for 15 minutes. Then, decrease oven temperature to 350 degrees and bake for an additional 15 minutes. When done, the crust should be barely golden and the filling should look set. Remove the pie and allow it to cool to room temperature on a wire rack. Cover and place in the refrigerator to chill overnight.
3. Chill the whisk and bowl from a stand mixer (or regular bowl and whisk) in the freezer for at least 10 minutes. Pour heavy whipping cream, maple syrup, vanilla, and salt into a chilled bowl and whip on high until peaks form, about a minute. It's better to under- whip than over- whip! Store whipped cream in the refrigerator for up to 4 hours.
4. Allow the pie to cool to room temperature before serving. Right before serving, whip the topping by hand to make it extra fluffy, then top the pie with maple whipped cream and pecans. Slice and serve.

NOTE

- For extra-creamy sweet potatoes, wrap them in foil and bake them the night before making pie. Store them in the refrigerator, still wrapped in foil, and use them in the recipe as directed.

Serves: 1-2

Prep: 25 min

Cook: 35 min



Vivian Lau

*Chair and Group CEO, Pacific Air Holdings Limited
IWF Hong Kong
IWF Australia*

Vivian Lau is Chair and Group CEO of Pacific Air Holdings Limited, leading airline sales, services, and logistics operations across the Asia-Pacific region. With over 30 years of global leadership experience, she has driven transformation across diverse sectors and is a passionate advocate for youth and women's development. Vivian also serves as President of IWF Hong Kong and is an IWF Leadership Fellows Program Alumna.

Stuffed Portobello Mushrooms

INGREDIENTS

- 1 jumbo mushroom (about 70 g)
 - 10 g quinoa
 - 40 g red bell pepper, whole
 - 8 g red bell pepper, diced
 - 40 g yellow bell pepper, whole
 - 8 g yellow bell pepper, diced
 - 8 g cucumber, diced
 - 10 g cucumber, wedged
 - 10 g potato, wedged
 - 200 ml of water
 - 1 tsp olive oil
 - ¼ tsp salt
-

INSTRUCTIONS

PREPARE THE PEPPER SAUCES

1. Boil water, add red and yellow bell pepper, and cook for 5 minutes. Remove and blend until smooth.

PREPARE THE INGREDIENTS

1. Boil water and blanch the cucumber and potatoes until softened. Set aside.
2. Rinse 1 cup of quinoa in a strainer under cold water for about 2 minutes, rubbing gently to clean thoroughly.
3. Dry-toast the quinoa in a pan by heating half a teaspoon of olive oil over medium-high heat. Add quinoa, lightly sauté, and then set aside.

COOK THE QUINOA MIXTURE

1. Add salt to boiling water, stir until dissolved. Reduce heat to low and add diced red bell pepper, yellow bell pepper, and cucumber. Cover and cook for 15 minutes.
2. Add quinoa, reduce the heat to the lowest setting, cover again, and cook for another 15 minutes.

COOK THE MUSHROOM & ASSEMBLE

1. Heat half a teaspoon of olive oil in a frying pan. Sear the jumbo mushroom for 2 minutes.
2. Place the cooked quinoa mixture with diced peppers and cucumber inside the mushroom cap. Bake at 320 degrees Fahrenheit for 5 minutes.
3. Arrange the potatoes and cucumber wedges on the serving plate, drizzle with homemade pepper sauce, and serve.

Serves: 8

Prep: 10 min

Cook: 15 min



Esther Silver-Parker

*President and Chief Executive Officer,
The SilverParker Group
IWF Arkansas*

Esther Silver-Parker is President and CEO of The SilverParker Group, a consultancy focused on corporate responsibility, stakeholder engagement, and leadership development. She previously held senior executive roles at Walmart and AT&T, leading corporate affairs, diversity initiatives, and award-winning social responsibility programs. A former president of the International Women's Forum, she serves on multiple nonprofit boards and has been widely recognized for her leadership and advocacy.

Vitamin-Packed Sautéed Mixed Greens

INGREDIENTS

- 2 tbsp of olive oil
 - 2 large garlic cloves, mashed
 - 1 medium yellow onion, finely chopped
 - 2 bunches of collard greens
 - 1 small bunch of dandelion greens (from the grocer, not your backyard)
 - 1 small bunch of mustard greens
 - 1 small bunch of turnip greens
 - Red wine vinegar
 - Salt and pepper, to taste
-

INSTRUCTIONS

1. Wash all the greens and cut them into bite-sized pieces.
2. Finely chop the onions and mash the garlic cloves.
3. Heat oil in a large skillet. Add collard greens to the oil and sauté until wilted.
4. Add the rest of the greens and sauté until soft. Add the red wine vinegar and stir it to cover the greens. Add salt and pepper to taste.

Serves: 12

Prep: 30 min

Cook: 65 min



Liz Neumark

*Founder & CEO at Great Performances
Women's Forum of New York*

Liz Neumark is the founder and CEO of Great Performances, one of New York's top catering companies, celebrated for its culinary excellence and commitment to sustainability. She launched the company in 1980 to support women in the arts, and it has since grown into a nationally recognized leader in hospitality. Under her leadership, Great Performances blends impeccable service with a mission-driven approach to food and community.

Vegetable Lasagna

INGREDIENTS

THE COMPONENTS

- 2 to 3 qt tomato sauce
- Cheese filling
- Prepared vegetables
- 1 bunch Swiss chard, remove the tough leaves and ribs, wash, and then thinly slice
- Olive oil, for the chard and pans
- 1 lb fresh or precooked lasagna noodles
- 1 cup shredded mozzarella
- 2 tomatoes, sliced
- ¼ cup Parmigiano-Reggiano, grated

FOR THE CHEESE FILLING

- 3 lb fresh ricotta
- ¾ cup grated Pecorino Romano
- 3 large eggs
- 1 bunch flat-leaf parsley, chopped

- 1 bunch basil, cut into chiffonade
- Leaves from 5 sprigs of thyme

FOR THE VEGETABLES

- 1 medium zucchini, sliced into thin disks
- 1 medium yellow squash, sliced into thin disks
- 1 medium eggplant, peeled, sliced
- 1 medium yellow onion, sliced
- 5 cloves garlic, chopped
- 2 red bell peppers, deseeded and sliced
- Olive oil for dressing the vegetables
- Salt and freshly ground pepper
- A few roasted tomatoes, optional

INSTRUCTIONS

PREPARE THE VEGETABLES

1. Prepare the zucchini, yellow squash, eggplant, onion, garlic, and bell peppers by peeling and slicing. Let the eggplant sit on paper towels for about 30 minutes, then rinse and pat dry.
2. Toss all the vegetables with olive oil and season with salt and pepper.
3. Lightly cook the vegetables as you wish: grill, sauté, or roast in the oven. If you use roasted tomatoes, roughly chop them, add them to the cooked vegetables, and then set them aside.
4. Sauté the chard in a skillet with a bit of olive oil, just to wilt it, about 3 minutes. The chard can be added to the other cooked vegetables or kept separate.
5. Preheat the oven to 350 degrees Fahrenheit and lightly oil a deep 9x13-inch baking pan.

MAKE THE CHEESE FILLING

1. Thoroughly combine all the ingredients for the cheese filling.

ASSEMBLE THE LASAGNA

1. Lightly cover the bottom of the pan with one-third of the tomato sauce.
2. Lay three pieces of pasta side by side over the sauce.
3. Spread about one-third of the cheese filling over the pasta (you might find it helpful to use your fingers).
4. Add another layer of pasta, followed by layers of a third of the tomato sauce, half the prepared vegetables, a third of the cheese filling, another layer of pasta, and the remaining vegetables; if you have kept the chard separate, lay the strips over the vegetables.
5. Add the remaining cheese filling, followed by the tomato sauce.
6. Evenly sprinkle the mozzarella on top. Lay the sliced tomatoes neatly across the top. Sprinkle with the Parmigiano-Reggiano.
7. Cover the dish loosely with foil and bake in the oven for 45 minutes. Remove the foil, turn the temperature up to 375 degrees, and bake for an additional 20 minutes. Remove the dish from the oven and let it rest before cutting and serving.

Serves: 4

Prep: 30 min

Cook: 15 min



Cathy Whims

*Chef & Owner at Nostrana, and Enoteca
IWF Oregon*

Cathy Whims, a six-time James Beard Award finalist, is the celebrated chef-owner of Nostrana and a pioneering force in Portland's culinary scene. Known for blending regional Italian cuisine with Pacific Northwest ingredients, she has also led acclaimed ventures like Oven and Shaker and Enoteca Nostrana. With over 40 years of culinary influence, Cathy continues to inspire through her upcoming cookbook, community advocacy, and deep-rooted commitment to seasonal, sustainable cooking.

Zucchini Carpaccio with Tomato Vinaigrette

INGREDIENTS

TOMATO VINAIGRETTE

- ¼ cup tomato paste
- 1 cup extra virgin olive oil, divided
- 1 clove garlic, mortared into a paste or minced very finely
- ¼ cup red wine vinegar*
- ¼ cup Parmigiano-Reggiano, finely grated
- ¾ tsp salt
- ¼ tsp black pepper
- ½ tsp dried Sicilian oregano

ZUCCHINI CARPACCIO

- 2 medium zucchinis
- 1 cup Parmigiano-Reggiano, shaved
- 1 cup basil leaves, torn
- 12 oz fresh mozzarella (or burrata)
- Extra virgin olive oil, for drizzling
- Salt and freshly ground black pepper

INSTRUCTIONS

TO MAKE THE VINAIGRETTE

1. In a heavy-bottomed skillet or saucepan, whisk together the tomato paste and ½ cup of the olive oil until well combined. Warm the mixture over low heat, stirring as needed to prevent sticking, for about 15 minutes to infuse the oil with the tomato flavor. Keep the temperature low to avoid browning. Remove from heat and let cool.
2. In a medium bowl, whisk together the garlic, red wine vinegar, Parmigiano-Reggiano, salt, pepper, and dried oregano. Note: for the red wine vinegar, I like to use Katz Late Harvest Zinfandel Vinegar for this recipe. It's a sweet and sour vinegar that works great with the tomato flavor. If you can't find it, a pinch of sugar or a spoonful of honey can help balance more acidic, less fruity vinegars.
3. Whisk in the cooled tomato oil and gradually whisk in the remaining half cup of olive oil, starting with a quarter cup and adding more to taste, depending on the acidity level (you might not need to add the entire half cup).
4. Taste the vinaigrette and adjust the seasoning with more salt, olive oil, or vinegar if desired. The texture will be quite thick; whisk in a little water if you prefer a thinner consistency. Allow the vinaigrette to sit for at least an hour for the flavors to meld together. (Makes about 1 ½ cups; will keep refrigerated for 1 week.)

TO MAKE THE CARPACCIO

1. Thinly slice the zucchini in ¼ inch-thick disks and arrange evenly over a large plate or platter. Add mozzarella or burrata if using (either leave whole or tear into pieces).
2. Gently spoon or drizzle about ¼ cup of the vinaigrette over the zucchini (and cheese if using), adding more as necessary. It should be very well-dressed but not submerged. Season with salt and pepper.
3. Scatter the shaved Parmigiano and torn basil leaves over the zucchini (and cheese if using). Drizzle with olive oil to finish. Serve with crusty bread to mop up all of the delicious vinaigrette.

