

# Doreen Colondres

## Celebrity chef and creator of “The Kitchen Doesn’t Bite” brand

Born into a family of cooks, Doreen Colondres’ family kitchen was the epicenter of her childhood. Watching her grandmother use produce grown in their backyard in every meal helped her develop a passion for local, fresh food and merging classic flavors with new ingredients. It was those unique traditions that led Doreen to launch, “The Kitchen Doesn’t Bite,” a food blog sharing healthy, easy recipes aimed at encouraging people to cook at home with fresh, local ingredients.

Her book “La Cocina No Muerde”, published by Penguin Random House was an Amazon Best Seller cookbook. A leading figure in today’s “Cocina Latina” movement and an expert in a range of Hispanic cooking, Doreen is determined to revolutionize the way the world approaches food, cooking, and eating habits. As a fresh food advocate with a passion to educate, Doreen’s easy approach and vibrant personality have helped her become a “people’s chef.”



**There are diverse and flavorful ways to make every meal healthy.**

When Doreen isn’t experimenting in the kitchen, she’s either traveling abroad creating recipes and consulting with international companies, or is on-air hosting a cooking show. Doreen has a Wine and Spirit Education Trust (WSET)

Level 3 certification in wine, a Sake Sommelier certification, among other food certifications from around the world, and has degrees in business and culinary arts. Her passion for learning and teaching has led her most recently to City of Oaks in Raleigh where she opened Vitis House, the first professional wine school in North Carolina.

Her mission in life is to show others that traditions should be honored, but there are diverse and flavorful ways to make every meal healthy. Doreen wants you to see cooking as a lifestyle, not as a duty. She wants you to enjoy the time you spend in the kitchen and convince you that cooking can be fun, relaxing, nutritious, and most importantly healthy!



## Nutrition Facts

Per Serving\*

**Calories** 100

**Total Fat** 3 g

Saturated Fat 1 g

**Cholesterol** 10 mg

**Sodium** 50 mg

**Total Carbohydrates** 11 g

Dietary Fiber 1 g

Sugars 9 g

**Protein** 8 g

Vitamin D 0%

Calcium 7%

Iron 1%

\* Based upon a 2,000-calorie diet

Estimated nutrition information is provided as a courtesy. Data gathered via Nutritics and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

# Banana Pistachio Pie

Makes 2 Servings

*We all need a touch of sweetness in our life. This light, sweet, and refreshing dessert will satisfy your sweet cravings without having a guilty conscience.*

*You can also mix it with berries instead, or combine with bananas and/or coconut, too. You'd never guess it can be made in less than 10 minutes.*

*For a creamier texture, add 2 tbsps of low fat cream cheese to the yogurt mix or substitute the egg white for 4 oz of cream cheese.*

## Ingredients

7 oz Greek yogurt, low fat, plain

1 large banana, ripened

1 egg, white only

(you can substitute with 4 oz of low fat cream cheese)

1/3 cup sugar-free graham cracker

2 tsps pistachios (light on salt)

## Instructions

Using a mixer or hand mixer, whip the egg white until firm peaks form (about 3 minutes). Set aside.

In another bowl and using the same mixer, combine the Greek yogurt and the banana until smooth.

Fold (combine gently) the yogurt and the foamy egg to preserve the texture of the foam.

Serve on top of the crackers (one or two layers) and then refrigerate for at least a few hours, overnight even better.

Garnish with the pistachios and a slice of a banana (optional). Enjoy!



## Nutrition Facts

Per Serving\*

**Calories** 170

**Total Fat** 10 g

Saturated Fat 3 g

**Cholesterol** 45 mg

**Sodium** 60 mg

**Total Carbohydrates** 4 g

Dietary Fiber 1 g

Sugars 1 g

**Protein** 14 g

Vitamin D 0%

Calcium 2%

Iron 12%

\* Based upon a 2,000-calorie diet

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# Spicy Ground Beef Bowl

Makes 2-4 Servings

*This recipe is perfect for those “meat craving days” and gratefully the options are endless. You can add or substitute any veggie of your choice like cauliflower, zucchini, broccoli, kale, any additional herb like paprika, Spanish paprika or cumin, or any seed like pumpkin seeds or pine nuts (toasted and unsalted). It is rich, delicious, fun, and healthy, and the next day tastes even better!*

## Ingredients

1 lb of ground beef (90/10)

1 white or red onion, diced small

½ fresh bell pepper (any color),  
diced small

4 asparagus spears, sliced

½ cup fresh carrots, diced small

3 garlic cloves, minced

1 tbsp dry oregano

1 tsp guajillo, ancho or red chile powder  
(to taste)

2 tbsp extra virgin olive oil

¼ cup red wine (any red wine, avoid  
cooking wine; you can substitute with  
chicken or veggie stock)

Salt and pepper, to taste

Fresh parsley (to taste)

## Instructions

Heat 1 tbsp of the oil in a large skillet over medium-high heat. Add the garlic and onion and cook for 2 minutes, then add the peppers and cook until the onion is translucent. Put in a bowl and set aside.

Using the same pan (without cleaning it), increase the temperature to high heat, add other tbsp of oil, the beef, and sear for 2 minutes, breaking up the meat with a wooden spoon.

Add the wine and wait until the alcohol evaporates.

Reduce the temperature to medium heat, add the cooked onions (garlic and peppers), the veggies, oregano, chile, salt and pepper to taste and stir for 2 minutes.

Reduce the temperature to low, cover and cook for 5 minutes (do not overcook the meat or the veggies).

Add the parsley, stir, serve with greens and enjoy!