



11. Fold the squash into the seafood mixture along with  $\frac{1}{4}$  cup of the white cheddar and Asiago cheeses then place back into the hulls.
12. Sprinkle each squash with the remaining cheese.
13. Place the stuffed squash back in the oven, and bake until the cheese starts to bubble.

#### Tomato Sauce

1. Sauté onions in a medium pan over medium heat.
2. Season with salt and pepper, and stir often until onions are soft.

3. Add garlic, and cook until softened, being careful not to let the mixture burn.
4. Add thyme.
5. Stir in roasted tomatoes with juices and bring to a boil.
6. Reduce heat and bring to a simmer, stirring often to prevent sticking, until sauce has thickened.
7. Purée sauce in a food processor.
8. Adjust seasonings, and let sauce cool.

## Curry Sweet Potato Leek Soup

2 medium leeks, chopped and cleaned (use the white parts only)  
 1 Bosc pear, peeled, cored and sliced  
 1 medium sweet potato, cut into cubes  
 2 tablespoons coconut oil  
 $\frac{1}{2}$  tablespoon plus 1 teaspoon curry powder (adjust to your liking)  
 Kosher salt and freshly ground pepper  
 3 cups vegetable broth  
 1 bay leaf  
 $\frac{1}{2}$  cup unsweetened coconut milk  
 1 teaspoon olive oil

1. Melt coconut oil in a medium saucepan over medium-high heat.
2. Add in curry powder. You should smell the curry throughout your kitchen as it starts to heat up.
3. Add the pears and leeks, and season with salt and pepper. Stir frequently until the pears and leeks have softened.
4. Add the vegetable broth, and bring to a boil.
5. Reduce the heat to medium, and add the sweet potatoes.
6. As the soup simmers, add in the bay leaf and allow the soup to cook until the sweet potatoes are soft.
7. Remove the bay leaf, and pour the soup into a blender in batches, if necessary.
8. Blend soup until smooth.
9. Pour the soup back into the saucepan, and whisk in coconut milk.
10. Let simmer for about 10 minutes. If soup is too thick for your taste, add a little more broth.



### Tomato and Quinoa Salad

1. Combine quinoa, cucumbers, onions and tomatoes in a large bowl.
2. Gently toss salad with lemon honey vinaigrette.
3. Spoon salad in the center of the plate.

4. Top with two of the crab cakes.
5. Garnish with microgreens.
6. Drizzle lemon honey vinaigrette over the top of microgreens and around plate.

### Jumbo Lump Crab Coleslaw

Juice of 1 lime  
 1 garlic clove, minced  
 1 tablespoon ginger, minced  
 2 teaspoons ponzu  
 1 teaspoon sambal  
 1 teaspoon sesame oil  
 2 tablespoons honey  
 ¼ cup avocado mayonnaise  
 1 ½ teaspoons rice vinegar  
 Kosher salt and fresh ground pepper  
 1/3 cup cilantro, chopped  
 2 scallions, chopped  
 2 cups purple cabbage, shredded  
 1 red bell pepper, sliced thin  
 2 cups jumbo lump crabmeat, drained and picked  
 1 cup mandarin oranges, drained

1. In a medium bowl, whisk together the lime juice, garlic, ginger, Ponzu, sambal, sesame oil, honey, mayonnaise and rice vinegar until well incorporated.
2. Taste, and season with salt and pepper.
3. In a separate bowl, combine Cilantro, scallions, cabbage, bell pepper, crab, and oranges.
4. Fold in coleslaw dressing, adjust seasonings and serve.





# Foreword

For the past 10 years, Richard Ingraham has been an integral part of my career as an NBA athlete, helping me gain a better understanding of food, health and nutrition. Many probably think the basis of our connections with each other ends there, but what many may not know is that Chef Richard Ingraham—no—Rich is family to me.

Whenever I'm home, you can find Rich in my kitchen preparing meals that help me recover and keep me in shape. When I'm off at practice or traveling, he's holding it down and preparing meals for my wife and three boys in our Chicago home. You see, Rich is not just my guy...he's our guy. It's in the kitchen where you'll find him getting on my boys if they respond and fail to answer with "yes, sir" and "please and thank you." He's there, offering support to my wife and making sure she, too, takes in meals that keep her in great shape while offering support when I'm away on road games. My team members depend on him (sometimes to cater their own private events), and he's loved by everyone in my circle.

And those doggone cookies and red velvet cupcakes; they're too good and get me every time! I'm sure the recipes in the book will have you feeling the same way. Whether you're looking to plan a dinner party with friends and family or cook meals to keep you in shape, Rich will have you covered. Don't just perceive him as an "athlete's chef"...he is a diversified chef that can cook it all, for all. Rich puts his heart and soul into his dishes and I'm so glad he's now found a way to share it with the world!

**From my kitchen to yours,  
Dwyane Wade**

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