

Seismic Framework

Now Experience UI Framework

Advantages:

1. Consistent User Experience:
 - Unifies and streamlines user interactions across all offerings.
2. Component and Application Reusability:
 - Eliminates duplication of effort by enabling reuse of components and applications.
3. Framework Independence:
 - Frees us from limitations imposed by frameworks like those from Facebook and Google.
4. Modernization and Future-Proofing:
 - Facilitates the adoption of new web technologies and standards.

Reasons for using Seismic:

- Automation
- Intelligence
- Consistency and Scalability
- Security
- Productivity and Engagement

WEP – Web Experience Platform:

 Developer and Platform stuff	 Browser stuff
Seismic The developer APIs for creating web components	UIB – UI Builder A WYSIWYG tool for building frontend web experiences on top of UXF
Tectonic A command line interface for testing, compiling, and publishing components	UXF – UX Framework Underlying metadata and framework that defines and stores pages, components, macrocomponents, javascript, themes, etc...

Component Based Development:

Component-

1. Properties
2. Styling
3. Event Handling

Example:

Button Component-

1. Properties:

- Label
 - Variant (i.e. primary button)
 - Size
2. Styling:
 - Alignment
 - Background color
 - Shadow
 3. Event Handling:
 - “Button Clicked” event handling

Metadata configurations done via JSON objects

UI Builder Data Resources Types:

- GraphQL - GraphQL queries and mutations that are executed
- Transform - Script that transforms the input data into another format.
- Client State - Client-side data resources that include the client information, domain-specific states or logic, user preferences, and so on.
- Composite - Single reusable data resource that contains multiple data resources.
- REST - Data resources that are made through REST API requests.
- Scriptlet - Runs sandboxed, vanilla, client-side JavaScript

UI Builder Client Scripts:

- API : Has functions for interacting with client state (setState) and events (emit). (i.e. api.state.headingName)
- Event: Stores the payload of the event that triggered this client script
- Helpers: Has helper functions for translation, timeout, navigate, etc.
- Imports: Use this to import your client scripts (i.e. imports['<Client script include API Name>']())

Whole Experience:

App Shell- App shell is the wrapper of the contents of an experience page. An app shell can include things like the header and footer.

Configuration- Configuration of the App shell (customize, change, extend) the visual elements of the experience app shell.

URL- All web experiences have a URL that all child pages live underneath.

Theme- Colors, fonts, styles, and other CSS applied to the components in an experience.

Now Component Library- [https://developer.servicenow.com/dev.do#!/reference/next-experience/components?&query=&order_by=nameAsc&limit=120&offset=0&categories\[\]&uib_component&categories\[\]&uib_macropcomponent-component&categories\[\]&uib_facades](https://developer.servicenow.com/dev.do#!/reference/next-experience/components?&query=&order_by=nameAsc&limit=120&offset=0&categories[]&uib_component&categories[]&uib_macropcomponent-component&categories[]&uib_facades)

Custom Components-

Step 1: Tectonic (Now CLI)- Scaffolds and builds your component and dependencies

Step 2: Seismic (Now Experience UI Framework)- Coding the Component

Step 3: UI Builder- Using your custom component in your web-app

Use case:

Designing an engaging and user-friendly recipe website using the UI builder and leveraging the Seismic framework. Each recipe will be displayed with an enticing picture, user rating, estimated preparation time, recipe name, and category. By selecting a recipe card, users will be directed to a detailed page that provides the full recipe, including a comprehensive list of ingredients and clear, step-by-step cooking instructions.

Tables:

1. Author (sn_food_hub_author):

Dictionary Entries:

Column label	Column name	Display name	Type	Reference	Max length	Default value
Type	type	Type	Choice	(empty)	40	
User	user	User	Reference	User	32	
Author Id	author_id	Author Id	String	(empty)	40	javascript:global.getNextObjNumberPadded();

Sample Data:

Type	User	Author Id
(empty)	Aqib Mushtaq	AUTR0001005
(empty)	Abel Tuter (architect)	AUTR0001001
(empty)	Adela Cervantsz (SAFe Portfolio Manager)	AUTR0001003
(empty)	Alyssa Biasotti	AUTR0001004
(empty)	Abraham Lincoln	AUTR0001002

2. Ingredient (sn_food_hub_ingredient):

Dictionary Entries:

Column label	Column name	Display name	Type	Reference	Max length	Default value
Ingredient Id	ingredient_id	Ingredient Id	String	(empty)	40	javascript:global.getNextObjNumberPadded();
Name	name	Name	String	(empty)	400	
Description	description	Description	String	(empty)	4,000	

Sample Data:

Ingredient Id	Name	Description
INGDT0001004	all-purpose flour	all-purpose flour
INGDT0001001	buttermilk	buttermilk
INGDT0001014	Dijon mustard	Dijon mustard
INGDT0001007	garlic powder	garlic powder
INGDT0001020	grated orange zest	grated orange zest
INGDT0001003	ground black pepper	ground black pepper
INGDT0001006	kosher salt	kosher salt
INGDT0001011	lemon juice	lemon juice
INGDT0001015	maple syrup	maple syrup
INGDT0001012	orange juice	orange juice
INGDT0001013	orange zest	orange zest
INGDT0001008	paprika	paprika
INGDT0001017	salt	salt
INGDT0001005	season salt (such as Lawry's)	season salt (such as Lawry's)
INGDT0001009	semi-pearled or pearled farro	semi-pearled or pearled farro
INGDT0001010	tahini	tahini
INGDT0001019	water	water

3. Method (sn_food_hub_method):

Dictionary Entries:

 Column label	Column name	Display name	Type	Reference	Max length	Default value
Instructions	instructions	Instructions	String	(empty)	4,000	
Recipe Id	recipe_id	Recipe Id	Reference	Recipe	32	
Step Number	step_number	Step Number	Integer	(empty)	40	
Method Id	method_id	Method Id	String	(empty)	40	javascript:global.getNextObjNumberPadded();
Method Heading	u_method_heading	Method Heading	String	(empty)	400	

Sample Data:

All				
Instructions	Recipe Id	Step Number	Method Id	Method Heading
<input type="checkbox"/> Search	<input type="text"/> Search	<input type="text"/> Search	<input type="text"/> Search	<input type="text"/> Search
Add the fire-roasted tomatoes (undrained...)	Easy Pumpkin Chili	2	MTD0001008	Add the canned goods:
Heat the oil in a large pot or Dutch ove...	Easy Pumpkin Chili	1	MTD0001007	Cook the vegetables and meat:
Squeeze in 1/4 of a lime and stir. Taste...	Easy Pumpkin Chili	3	MTD0001009	Add lime, taste, and serve:
Meanwhile, cook the farro. In a medium p...	Kale and Farro Salad with Spiced Candied...	4	MTD0001004	Cook the farro
In a medium bowl, whisk together the map...	Kale and Farro Salad with Spiced Candied...	2	MTD0001002	Prepare the pecans:
Add the cooked, drained farro, arugula, ...	Kale and Farro Salad with Spiced Candied...	6	MTD0001006	Assemble the salad
Line a rimmed baking sheet with parchment...	Kale and Farro Salad with Spiced Candied...	1	MTD0001001	Preheat the oven to 325°F.
Pour the pecans and all of the liquid on...	Kale and Farro Salad with Spiced Candied...	3	MTD0001003	Bake the pecans
While the pecans and farro cook, make th...	Kale and Farro Salad with Spiced Candied...	5	MTD0001005	Make the dressing
Divide the cooled kale and portobello mu...	Kale and Mushroom Egg Bites	6	MTD0001013	Fill the wells:
Bake the egg bites, rotating the muffin ...	Kale and Mushroom Egg Bites	7	MTD0001014	Bake the egg bites:
Microwave 1 tablespoon of the butter in ...	Kale and Mushroom Egg Bites	2	MTD0001011	Prepare the muffin tin:
Remove the cooked egg bites from the ove...	Kale and Mushroom Egg Bites	8	MTD0001015	Serve or store the egg bites:
Using a food processor, pulse the choppe...	Kale and Mushroom Egg Bites	3	MTD0001012	Process the filling:
(empty)	Kale and Mushroom Egg Bites	1	MTD0001010	Preheat the oven to 325°F.
Place a large skillet over medium heat a...	Kale and Mushroom Egg Bites	4	MTD0001013	Cook the filling:
Using an immersion blender or regular bl...	Kale and Mushroom Egg Bites	5	MTD0001013	Prepare the egg mixture:
Place the softened rice paper onto the w...	Shrimp Spring Rolls with Peanut Sauce	3	MTD0001016	Arrange the vegetables and shrimp on the...
These rolls are best if served the day t...	Shrimp Spring Rolls with Peanut Sauce	6	MTD0001017	Serve the spring rolls:
Mix together the peanut butter, tamari, ...	Shrimp Spring Rolls with Peanut Sauce	5	MTD0001018	Make the peanut dipping sauce:
Fill a wide, shallow bowl, like a pasta ...	Shrimp Spring Rolls with Peanut Sauce	1	MTD0001019	Prepare your workspace:
Fold the bottom part of the rice paper w...	Shrimp Spring Rolls with Peanut Sauce	4	MTD0001020	Wrap the spring rolls:
Dip one of the rice paper wrappers into ...	Shrimp Spring Rolls with Peanut Sauce	2	MTD0001021	Soften the rice paper wrapper:

4. Rating (sn_food_hub_rating):

Dictionary Entries:

Column label	Column name	Display name	Type	Reference	Max length	Default value
Rating Id	rating_id	Rating Id	String	(empty)	40	javascript:global.getNextObjNumberPadded();
Rating	rating	Rating	Integer	(empty)	40	

Sample Data:

Rating	Rating Id
<input type="checkbox"/>  Rating	<input type="button" value="Search"/>
<input type="text" value="Search"/>	<input type="button" value="Search"/>
	1 RTNG0001001
	2 RTNG0001002
	3 RTNG0001003
	4 RTNG0001004
	5 RTNG0001005

5. Recipe (sn_food_hub_recipe):

Dictionary Entries:

Column label	Column name	Display name	Type	Reference	Max length	Default value
Short Description	short_description	Short Description	String	(empty)	200	
Preparation time	preparation_time	Preparation time	Integer	(empty)	40	
Rating	rating	Rating	Reference	Rating	32	
Recipe Id	recipe_id	Recipe Id	String	(empty)	40	javascript:global.getNextObjNumberPadded();
Author	author	Author	Reference	Author	32	
Description	description	Description	String	(empty)	4,000	
Diet	diet	Diet	Choice	(empty)	40	
Category	category	Category	Choice	(empty)	40	
Name	name	Name	String	(empty)	500	
Cook Time	cook_time	Cook Time	Integer	(empty)	40	
Big Image	big_image	Big Image	Image	(empty)	40	
Card Image	card_image	Card Image	Image	(empty)	40	

Sample Data:

Recipes												
Name												
<input type="text"/> Search												
Actions on selected rows... <input type="button" value="New"/>												
All	Short Description	Preparation time	Rating	Recipe Id	Author	Description	Diet	Category	Name	Cook Time	Big Image	Card Image
Search	Search	Search	Search	Search	Search	Search	Search	Search	Search	Search	Search	
Easy Pumpkin Chili	30	4	RCPE0001003	4de3885487cc8a503fbf98a73ccb35bb	Pumpkin adds great flavor and creaminess...	Healthy	Family Dinners	Easy Pumpkin Chili	30			
(empty)	30	1	RCPE0001001	43a3445487cc8a503fbf98a73ccb357c	With crunchy, sweet, and spicy baked pec...	Healthy	Dinners	Kale and Farro Salad with Spiced Candied...	30			
Kale and Mushroom Egg Bites	45	5	RCPE0001002	43a3445487cc8a503fbf98a73ccb357c	These veggie-packed and easily-reheatabl...	Healthy	Family Dinners	Kale and Mushroom Egg Bites	45			
Shrimp Spring Rolls with Peanut Sauce	52	3	RCPE0001004	e6d3085487cc8a503fbf98a73ccb356d	Fresh and easy, spring rolls with shrimp...	Healthy	Family Dinners	Shrimp Spring Rolls with Peanut Sauce	52			

6. Recipe Ingredient (sn_food_hub_recipe_ingredient):

Dictionary Entries:

Column label	Column name	Display name	Type	Reference	Max length	Default value
Ingredient Id	ingredient_id	Ingredient Id	Reference	Ingredient	32	
Preparation	preparation	Preparation	String	(empty)	2,000	
Quantity	quantity	Quantity	String	(empty)	200	
Recipe Id	recipe_id	Recipe Id	Reference	Recipe	32	

Sample Data:

Recipe Ingredients				Actions on selected rows...	New
All	Ingredient Id	Preparation	Quantity	Recipe Id	
	<input type="checkbox"/> Search	<input type="checkbox"/> Search	<input type="checkbox"/> Search	<input type="checkbox"/> Search	
	(empty)	1 pound lean ground turkey, beef, or pork		Easy Pumpkin Chili	
	orange juice	(empty)	1/3 cup	Kale and Farro Salad with Spiced Candied...	
	(empty)	1 teaspoon kosher salt, divided		Kale and Mushroom Egg Bites	
	(empty)	2 tablespoons unsalted butter, divided		Kale and Mushroom Egg Bites	
	(empty)	1 teaspoon kosher salt, plus more to taste		Easy Pumpkin Chili	
	(empty)	1/4 teaspoon ground cinnamon, optional		Easy Pumpkin Chili	
	(empty)	2 Persian cucumbers, sliced into matchst...		Shrimp Spring Rolls with Peanut Sauce	
	(empty)	Fresh mint leaves		Shrimp Spring Rolls with Peanut Sauce	
	(empty)	2 tablespoons tomato paste		Easy Pumpkin Chili	
	(empty)	1/4 cup half and half		Kale and Mushroom Egg Bites	
	(empty)	2 large carrots, peeled and sliced into ...		Shrimp Spring Rolls with Peanut Sauce	
	(empty)	Sweet chili sauce, optional for extra fl...		Shrimp Spring Rolls with Peanut Sauce	
	(empty)	3 garlic cloves, minced		Easy Pumpkin Chili	
	lemon juice	(empty)	1/3 cup	Kale and Farro Salad with Spiced Candied...	
	(empty)	1 teaspoon dried oregano		Easy Pumpkin Chili	
	(empty)	5 large leaves fresh kale, stems removed...		Kale and Mushroom Egg Bites	
	garlic powder	(empty)	1 1/2 teaspoons	Kale and Farro Salad with Spiced Candied...	
	Dijon mustard	(empty)	3 tablespoons	Kale and Farro Salad with Spiced Candied...	
	ground black pepper	freshly	1/4 teaspoon	Kale and Farro Salad with Spiced Candied...	
	(empty)	3 portobello mushroom caps, cleaned and ...		Kale and Mushroom Egg Bites	
	water	(empty)	1/2 cup	Kale and Farro Salad with Spiced Candied...	
	semi-peeled or pearled farro	(empty)	1 1/2 cups	Kale and Farro Salad with Spiced Candied...	
	(empty)	Fresh basil leaves		Shrimp Spring Rolls with Peanut Sauce	
	(empty)	1 1/2 teaspoons ground cumin		Easy Pumpkin Chili	
	(empty)	2 medium red bell peppers, seeded and sl...		Shrimp Spring Rolls with Peanut Sauce	
	(empty)	1 1/2 tablespoons mild chili powder		Easy Pumpkin Chili	
	(empty)	1 medium yellow onion, diced		Easy Pumpkin Chili	
	(empty)	1 (15-ounce) can fire-roasted tomatoes		Easy Pumpkin Chili	
	(empty)	Aleppo pepper or smoked paprika, to tast...		Kale and Mushroom Egg Bites	
	salt	(empty)	1/4 teaspoon	Kale and Farro Salad with Spiced Candied...	
	(empty)	13 to 15 large (10-inch) rice paper wrap...		Shrimp Spring Rolls with Peanut Sauce	
	(empty)	1 tablespoon olive oil		Easy Pumpkin Chili	
	(empty)	9 large eggs		Kale and Mushroom Egg Bites	
	grated orange zest	finely	1/2 teaspoon	Kale and Farro Salad with Spiced Candied...	
	(empty)	1 large bell pepper, any color, diced		Easy Pumpkin Chili	
	(empty)	1/2 teaspoon ground black pepper		Easy Pumpkin Chili	
	maple syrup	(empty)	2 teaspoons	Kale and Farro Salad with Spiced Candied...	
	(empty)	1 pound (450g) 31/40-count cooked shrimp		Shrimp Spring Rolls with Peanut Sauce	
	tahini	(empty)	3/4 cup	Kale and Farro Salad with Spiced Candied...	
	(empty)	1 medium jalapeño, stemmed, seeded, and ...		Easy Pumpkin Chili	

UI Builder:

Home Page:

- ▼  Body
 - ▼  Main container
 - ≡ Food Hub Heading
 - ≡ Food Hub Description Stylized text
 - ▼  Recipe List Card Container
 - ▼  Recipe List Repeater
 - ▼  Recipe items Card Base Container
 - ☒ Recipe Image
 - ≡ Category Stylized text
 - ≡ Category Name Stylized text
 - ▼  Time and Rating Container
 - ≡ Cooking Time Stylized text
 - ☆ Star rating

Details Page:

- ▼  Body
 - ▼  Main Container
 - ▼  Head Container
 - ≡ Recipe Name Stylized text
 - ≡ Recipe description Stylized text
 - ▼  Author Container
 - ▼  Container 3
 - ⊗ Author Avatar
 - ≡ Author Name Stylized text
 - ≡ Preparation time Stylized text
 - ≡ Cook time Stylized text
 - ☆ Star rating
 - ≡ Diet Stylized text
 - ▼  Image Ingredients Container
 - ☒ Food Image
 - ▼  Ingredient Container
 - ≡ Ingredients Stylized text
 - ▼  Recipe Repeater
 - ▼  Ingredient Recipe Container
 - ☒ Small Circle Fill Icon
 - ≡ Ingredient items Stylized text
 - ▼  Method Container
 - ≡ Method Stylized text
 - Card Base Divider
 - ▼  Recipe Methods Repeater
 - ▼  Recipe Methods Container
 - ≡ Step Number Stylized text
 - ≡ Method heading Stylized text
 - ≡ Instructions Stylized text

Data Brokers:

1. Recipes List:

Script-

```
function transform(input) {
    var result = [];
    var item = {};
    var gr = new GlideRecord('sn_food_hub_recipe');
    gr.query();
    while (gr.next()) {
        item = {};
        item['recipeId'] = gr.getValue('recipe_id');
        item['name'] = gr.getValue('name');
        item['description'] = gr.getValue('description');
        item['cookTime'] = gr.getValue('cook_time') + ' mins';
        item['preparationTime'] = gr.getValue('preparation_time') + ' mins';
        item['diet'] = gr.getValue('diet');
        item['rating'] = gr.rating.rating.getDisplayValue();
        item['cardImage'] = gr.card_image.getDisplayValue();
        item['bigImage'] = gr.big_image.getDisplayValue();
        item['category'] = gr.getValue('category');
        result.push(item);
    }
    return result;
}
```

2. Recipe Details:

Properties-

```
[  
  {  
    "name": "recipeId",  
    "label": "Recipe Id",  
    "description": "",  
    "readOnly": false,  
    "fieldType": "string",  
    "mandatory": true,  
    "defaultValue": ""  
  }  
]
```

Script-

```
function transform(input) {
    var recipeId = input.recipeId;
    if (!recipeId)
        return null;
    var item = {};
    var gr = new GlideRecord('sn_food_hub_recipe');
```

```

gr.get('recipe_id', recipeId);
var recipeSysId = gr.getValue('sys_id');
item['recipeId'] = gr.getValue('recipe_id');
item['name'] = gr.getValue('name');
item['description'] = gr.getValue('description');
item['cookTime'] = gr.getValue('cook_time') + ' mins';
item['preparationTime'] = gr.getValue('preparation_time') + ' mins';
item['diet'] = gr.getValue('diet');
item['rating'] = gr.rating.rating.getDisplayValue();
item['cardImage'] = gr.card_image.getDisplayValue();
item['bigImage'] = gr.big_image.getDisplayValue();
item['category'] = gr.getValue('category');
item['author'] = gr.author.user.name.getDisplayValue();

var gr1 = new GlideRecord('sn_food_hub_method');
gr1.get('recipe_id', recipeSysId);
gr1.orderBy('step_number');
gr1.query();
var recipeMethods = [];
var recipeMethod = {};
while (gr1.next()) {
    recipeMethod = {};
    recipeMethod['methodHeading'] = gr1.getValue('u_method_heading');
    recipeMethod['instructions'] = gr1.getValue('instructions');
    recipeMethod['stepNumber'] = gr1.getValue('step_number');
    recipeMethods.push(recipeMethod);
}
item['recipeMethods'] = recipeMethods;

var gr2 = new GlideRecord('sn_food_hub_recipe_ingredient');
gr2.get('recipe_id', recipeSysId);
gr2.query();
var recipeIngredients = [];
var recipeIngredient = {};
while (gr2.next()) {
    recipeIngredient = {};
    var quantity = gr2.getValue('quantity') ? gr2.getValue('quantity') : ' ';
    var preparation = gr2.getValue('preparation') ? gr2.getValue('preparation') :
    '';
    var name = gr2.ingredient_id.name.getDisplayValue();
    recipeIngredient['description'] =
gr2.ingredient_id.description.getDisplayValue();
    recipeIngredient['text'] = quantity + ' ' + preparation + name;
    recipeIngredients.push(recipeIngredient);
}
item['recipeIngredients'] = recipeIngredients;
return item;
}

```

Client Scripts:

1. Go to details:

Script-

```
function handler({api, event, helpers, imports}) {
  let link = event.context.item.value.recipeId;
  api.emit('NAV_ITEM_SELECTED', {
    "route": "details",
    "fields": {
      "recipeid": link
    }
  });
}
```

2. Update Metadata:

Script-

```
unction handler({
  api,
  event,
  helpers,
  imports
}) {
  api.emit("SCREEN_META_TAGS_UPDATED", {
    "title": api.data.recipe_details_1.output.description,
    "description": api.data.recipe_details_1.output.description,
    "viewport": "width=device-width, initial-scale=1",
    "canonical": true
  });
}
```

UI Pages:

Simply Recipes is a trusted resource for home cooks with more than 3,000 tested recipes, guides, and meal plans, drawing over 15 million readers each month from around the world. We're supported by a group of recipe developers, food writers, recipe and product testers, photographers, and other creative professionals.

Welcome to Rishitha's Food Hub

The screenshot shows the homepage of Rishitha's Food Hub. It features a grid of four recipe cards. Each card includes a thumbnail image, the recipe name, a category (e.g., FAMILY_DINNERS), a cooking time, and a star rating. The recipes are: Easy Pumpkin Chili (30 mins, 4 stars), Kale and Farro Salad with Spice (30 mins, 4 stars), Shrimp Spring Rolls with Peanut (52 mins, 4 stars), and Kale and Mushroom Egg Bites (45 mins, 5 stars).

Easy Pumpkin Chili

Pumpkin adds great flavor and creaminess to this chili recipe.

The screenshot shows the detailed view of the 'Easy Pumpkin Chili' recipe. It includes the author's profile picture and name (Adela Cervantsz, SAFE Portfolio Manager), cooking time (30 mins), preparation time (30 mins), a 5-star rating, and a healthy tag. The page also features a large image of the finished chili in a bowl with a lime wedge on the side. The 'Ingredients' section lists all the components needed for the recipe, and the 'Method' section provides step-by-step instructions for cooking the vegetables, adding meat, and finishing with lime and toppings.

Method

1 Cook the vegetables and meat:

Heat the oil in a large pot or Dutch oven over medium heat. Add the onions and bell pepper, and sauté until the onions are translucent, 5 to 8 minutes. Add the ground meat, jalapeño, and garlic and cook, breaking up the meat as you go, until it is no longer pink, about 5 minutes. Add the tomato paste, chili powder, salt, cumin, oregano, pepper, and cinnamon (if using), and stir until fragrant, about a minute.

2 Add the canned goods:

Add the fire-roasted tomatoes (undrained), green chiles (undrained), drained beans, beer or broth, and pumpkin purée. Stir and bring to a simmer. Cover with a lid and adjust the heat. Simmer for 15 to 20 minutes, stirring occasionally to make sure it doesn't scorch on the bottom.

3 Add lime, taste, and serve:

Squeeze in 1/4 of a lime and stir. Taste, adding salt, other seasoning, and/or more lime as needed. Serve with your choice of toppings.

Kale and Farro Salad with Spiced Candied Pecans

With crunchy, sweet, and spicy baked pecans, this kale and farro salad is more than your average side dish. The hearty salad will satisfy your taste buds and impress any guest.



Abel Tuler (architect)

30 mins

30 mins

★ ★ ★ ★

healthy



Ingredients

- 1/3 cup orange juice
- 1/3 cup lemon juice
- 1 1/2 teaspoons garlic powder
- 3 tablespoons Dijon mustard
- 1/4 teaspoon freshlyground black pepper
- 1/2 cup water
- 1 1/2 cups semi-peeled or pearled farro
- 1/4 teaspoon salt
- 1/2 teaspoon finely grated orange zest
- 2 teaspoons maple syrup
- 3/4 cup tahini

Method

1 Preheat the oven to 325°F.

Line a rimmed baking sheet with parchment paper.

2 Prepare the pecans:

In a medium bowl, whisk together the maple syrup, dark brown sugar, melted coconut oil, cinnamon, thyme, nutmeg, cayenne, and salt. Fold in the pecans and mix until they are fully coated.

3 Bake the pecans

Pour the pecans and all of the liquid onto the parchment-lined baking sheet. Spread them out into a single layer. Bake for 15 minutes. Remove from the oven and use a spatula to mix, spread the pecans back out, and then bake for another 5 minutes. Immediately lift the parchment paper onto a wire cooling rack, and let them cool for 10 minutes.

4 Cook the farro

Meanwhile, cook the farro. In a medium pot, cook the farro according to the package instructions. Drain and rinse the farro under cold water and set aside.

5 Make the dressing

While the pecans and farro cook, make the dressing. In a small bowl, whisk the tahini, lemon juice, orange juice, orange zest, Dijon mustard, maple syrup, garlic powder, salt, and pepper together. Whisk in the water to thin out the dressing and set aside.

6 Assemble the salad

Add the cooked, drained farro, arugula, red onion, candied pecans, and optional vegan blue cheese to the kale. Right before serving, add the dressing (to taste) and mix until everything is fully combined. Store leftovers in an airtight container in the fridge for up to 2 days. The dressing will keep for up to 5 days.

Shrimp Spring Rolls with Peanut Sauce

Fresh and easy, spring rolls with shrimp and vegetables make a colorful snack, appetizer, or light meal.



Abraham Lincoln

52 mins

52 mins

★★★★★

healthy



Ingredients

- 2 Persian cucumbers, sliced into matchsticks (or use 1/2 English cucumber)
- Fresh mint leaves
- 2 large carrots, peeled and sliced into matchsticks
- Sweet chili sauce, optional for extra flavor
- Fresh basil leaves
- 2 medium red bell peppers, seeded and sliced into 1/4-inch strips
- 13 to 15 large (10-inch) rice paper wrappers
- 1 pound (450g) 31/40-count cooked shrimp

Method

1 Prepare your workspace:

Fill a wide, shallow bowl, like a pasta bowl, with lukewarm water. Lightly wet the surface of a cutting board. This helps prevent the rice paper from sticking onto the board. Have all your ingredients prepped and arranged in bowls near your workspace. Brush a serving platter with a very light coating of sesame oil or neutral-flavored oil and place it near your work surface; the oil will help prevent the finished rolls from sticking to the platter.

2 Soften the rice paper wrapper:

Dip one of the rice paper wrappers into the water and swirl it around until the entire surface is evenly moistened (20 to 40 seconds or so). It should start to feel softened and malleable. If the rice paper rips or tears, you softened it for too long; discard and start again with a fresh wrapper.

3 Arrange the vegetables and shrimp on the wrapper:

Place the softened rice paper onto the wet board. Arrange some carrots, cucumbers, peppers and a few basil and mint leaves in a line about 1 inch away from the bottom edge of the wrapper. Line 3 pieces of shrimp about 1 1/2 inches above the vegetables. If you like, drizzle a little peanut sauce or sweet chili sauce over the ingredients at this point for some extra flavor.

4 Wrap the spring rolls:

Fold the bottom part of the rice paper wrapper over the vegetables. Continue rolling the everything toward the shrimp. Once you reach the shrimp, stop and fold the left and right sides of the wrapper toward the center. Continue rolling until you reach the top and form a roll. Place the finished spring roll on the platter. Repeat for the remaining spring rolls.

5 Make the peanut dipping sauce:

Mix together the peanut butter, tamari, rice vinegar, honey, lime juice, water, and salt. Taste, and adjust the seasonings to your taste. Transfer to a small bowl and place on the platter with the spring rolls.

6 Serve the spring rolls:

These rolls are best if served the day they are made. If not serving immediately, cover the platter with a slightly damp cloth and refrigerate until ready to serve.

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Kale and Mushroom Egg Bites

These veggie-packed and easily-reheatable kale and mushroom egg bites are the easiest way to start your day with a simple, nutritious breakfast—even if you're racing out the door without a second to spare.

AT Abel Tuter (architect)

45 mins

45 mins

★★★★★

healthy



Ingredients

- 1 teaspoon kosher salt, divided
- 2 tablespoons unsalted butter, divided
- 1/4 cup half and half
- 5 large leaves fresh kale, stems removed and roughly chopped
- 3 portobello mushroom caps, cleaned and roughly chopped
- Aleppo pepper or smoked paprika, to taste (optional)
- 9 large eggs

Method

1 Preheat the oven to 325°F.

2 Prepare the muffin tin:

Microwave 1 tablespoon of the butter in a microwave-safe bowl or measuring cup until melted, 15 to 20 seconds. Using a brush or paper towel, thoroughly coat each well in a 12-well muffin or cupcake tin generously with the melted butter.

3 Process the filling:

Using a food processor, pulse the chopped kale for 5-10 seconds, or until shredded into small pieces. Transfer to a bowl and repeat with the chopped portobello mushrooms, pulsing until diced.

4 Cook the filling:

Place a large skillet over medium heat and add 1 tablespoon butter. When the butter is foamy, add the processed mushrooms and 1/4 teaspoon of salt. Sauté for 4 to 5 minutes, stirring frequently, or until all liquid from the mushrooms has been released (the mushrooms will reduce in volume significantly). Add the kale and another 1/4 teaspoon salt to the skillet and sauté until wilted and tender, 4 to 5 minutes more. Remove the skillet from the heat and allow the vegetables to cool slightly.

5 Prepare the egg mixture:

Using an immersion blender or regular blender, blend the eggs, half and half, and 1/2 teaspoon salt until the mixture is frothy and completely homogenous, 10 to 15 seconds. Alternatively, whisk together thoroughly in a bowl.

6 Fill the wells:

Divide the cooled kale and portobello mushroom mixture among the 12 buttered wells of the muffin tin, then carefully fill each well no more than 3/4 full with the egg mixture. Use a small spoon or butter knife to combine the ingredients in each well, then finish with a sprinkle of smoked paprika or Aleppo pepper on top of each well, if desired.

7 Bake the egg bites:

Bake the egg bites, rotating the muffin tin halfway through to ensure even baking, 16 to 19 minutes. When finished, the egg bites will be puffed and barely set in the middle, but not at all hard. Test for doneness occasionally by poking the center of each egg bite—perfectly cooked egg bites will be bouncy and just set, as they'll continue to set up as they cool.

8 Serve or store the egg bites:

Remove the cooked egg bites from the oven and run a butter knife around the edge of each well to release any stuck-on bits. Let cool slightly, then remove to a plate. Serve warm, or allow to cool to room temperature and store in an airtight container in the refrigerator for up to 5 days.