

# The Crestwood Cookbook



Nutrition and Recipes  
for Everyone



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A Collection of Recipes by  
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# Welcome to the Crestwood Cookbook!

In this book, you will find lessons on cooking, food safety, and nutrition, as well as easy, healthy recipes. If you think that you could use a few cooking lessons, start at the beginning and work your way through. If you are already familiar with cooking, you can go right to the recipes.

## ***Why cook?***

Cooking is a fun and useful skill to have. When you know how to cook for yourself, you have more control over the food you eat. You can make food that you enjoy and that is healthier than what you might buy in a restaurant. Buying ingredients at a grocery store and cooking them yourself will save you money. And perhaps the best part about cooking is sharing with others. Cooking and eating together is a great way to socialize with friends and family. As your cooking skills improve, you may even consider working as a cook or in food service.

All of the recipes in this book can be made with things commonly found in most kitchens. If you don't have access to a full kitchen, you can still make most of these recipes using a toaster oven, microwave, and a hot plate. All of the recipes are for about 4 servings, unless otherwise noted.

## ***Enjoy!***



# Nutrition Basics



We eat food to get energy and other nutrients that help our bodies function. There are six main classes of nutrients.

<b>Nutrient</b>	<b>Food Sources</b>
Water	Water, juices, soup, fruits and vegetables
Carbohydrates	Grains (rice, wheat), bread, sugars
Fats	Beans and soy products, animal products, nuts and seeds
Proteins	Beans and soy products, animal products, nuts and seeds
Vitamins	Fruits, vegetables, animal products, sunlight
Minerals	Fruits, vegetables, animal products

Many people consume too many calories, but still do not get the right amounts of the nutrients they need. That is because lots of the food that is available today is high in calories, but low in nutrients.

## **Calorie-Dense versus Nutrient-Dense**

Some foods are calorie-dense but nutrient-poor. This means they contain a lot of calories, but not much else in the way of vitamins, minerals, fiber, and other good stuff. Foods such as fast food, cookies, cakes, candy, and soda are examples of foods that are calorie-dense, but nutrient-poor. These foods are not good choices if you are trying to lose weight.

Some foods are nutrient-dense but are lower in calories. Foods such as vegetables, fruits, and low-fat dairy are low in calories, but provide a lot of nutrients. These are good foods to eat if you are trying to lose weight or maintain a healthy weight.

Some foods are both calorie-dense and nutrient-dense. Beans, fatty fish, poultry & meats, nuts, seeds, sweet potatoes, whole grains, eggs, and soy products provide a lot of calories and a lot of nutrients. These are good choices if you are trying to eat a healthy diet but you are also on a budget, because they provide both calories and nutrients. The key to a healthy diet is to get enough nutrients and the right amount of calories.

## **Whole Foods versus Processed Foods**

Processed foods are foods that are altered from their natural state. Not all food processing is bad. Freezing fruits & vegetables can preserve their nutrient content and make them available year-round. Milk is pasteurized to prevent food-borne illness. Processing foods in these ways does little to their nutrient content and may even make them healthier for us. However, many products are highly processed, with chemicals and preservatives added to them to make them taste a certain way or last a long time on the shelf. Processing tends to add salt, fat, preservatives, colorings, and many other ingredients that may not be good for us.

Whole foods are foods that are not processed. They can easily be identified as coming from a plant or an animal. Whole foods include fruits and vegetables, beans, grains such as rice and pasta, meats, poultry, and fish, and dairy products such as eggs, milk, and cheese. If you buy a packaged food product, look at the ingredient list. In general, the shorter the list of ingredients, the better. And don't buy foods that have hydrogenated oils (trans fats), corn syrups, or artificial colorings and flavorings listed in their ingredient lists.

# Eating Healthy on a Budget



Many people think fast food is cheaper than buying healthy food. If you look at the nutrient value of the food, that may not be true. Fast food is cheap, but it is expensive for your health in the long run. Soda and processed foods are also cheap and provide a lot of calories. But, these foods are low in vitamins, minerals, antioxidants, and good fats. In the long run, your health may suffer from eating high-calorie, low-nutrient foods such as fast food, processed foods, and soda. You may then require more medical care and medicine and as a result, your quality of life may decline. If you learn to shop and cook for yourself, you can eat healthy and inexpensively!

## **Tips for Purchasing Vegetables and Fruits**

- Look for sales and buy what is on sale (seasonal produce is often cheaper).
- Eat fresh fruits and vegetables first, so they don't go bad.
- If you are living with other people, buy in bulk to save money.
- Frozen vegetables and fruits are still very healthy for you, so stock up when they are on sale.
- Canned vegetables and fruits are not as good as frozen or fresh, but are still better than none at all.

## **Tips for Purchasing Grains and Beans**

- Dried or canned beans such as pinto, black beans and white beans are all inexpensive and can be stored safely for a long time (shelf- stable).
- Rice, pasta, barley and other grains are all inexpensive and shelf- stable.
- Flours, sugars, herbs, spices and other staples can be stored safely without refrigeration.

## **Tips for Purchasing Meats, Poultry, and Fish**

- Stock up on sales and freeze some for later.
- Canned fish, such as tuna and salmon, are less expensive than fresh and still very healthy.
- Use a little meat and more veggies and grains in your dishes to make the meat stretch further.
- Ground meats are less expensive and very versatile.
- Buy a whole chicken and cut it up or cook it whole and freeze some pieces.

## **Other Tips to Save Money and Eat Well**

- Make large batches of inexpensive dishes like chili, soups, and casseroles and freeze some for later.
- Chop veggies and fruits and keep them on hand for snacking, instead of high-calorie, low-nutrient snack foods.
- Shop and prepare food with other people to share the labor involved. Cooking and preparing food together can be a good way to spend time with others.

# A Lesson on Food Safety

In general, you should always wash your hands well with soap and warm water before you start cooking. Avoid touching your face or hair while cooking and if you do, wash your hands again.

Whenever we cook raw meats, fish, or eggs, it is very important to avoid cross-contamination. Raw meats, fish, and raw eggs can carry bacteria that can make us sick. Following certain rules can help make sure our food is safe.

- Always keep raw meat separate from other foods, especially those that will NOT be cooked.
- Use separate cutting boards and knives for meat. After use, send them through the dishwasher or wash them in very hot, soapy water. Let them dry completely.
- Keep defrosting or marinating meat **BELOW** other foods in the refrigerator; this way, if liquid drips off the meat, it will not get onto other foods that might not be cooked.
- Wash your hands! After touching raw meats or eggs, **ALWAYS** wash your hands before touching anything else.

If you only have one cutting board and knife, chop all your vegetables and other foods first, then chop your raw meats. Then wash your cutting boards and utensils. And always wipe down counters and surfaces with a disinfectant after cooking raw meats.

Also, we must cook raw meats, fish, and eggs to temperatures that will kill bacteria so that we can safely eat them. Follow the rules below to make sure you are cooking foods safely, and use the table to figure out how hot your food must get for it to be safe.

- Use a food thermometer to take the temperature of cooking foods
- Put thermometer in thickest part of food
- Make sure it reaches right temperature (from table below) for at **LEAST 15 SECONDS**

## Safe Minimum Cooking Temperatures

165°F:

- All poultry whole & ground (chicken, turkey, ground turkey, turkey patties, etc.)
- Reheated foods (previously cooked)
- Microwaved foods
- Stuffed foods (stuffed shells, stuffed chicken breasts, etc.)

155°F:

- Ground meats (hamburger)
- Processed meats (hot dogs, pastrami, etc.)
- Eggs that will be eaten later (quiche, frittata, etc.)

145°F:

- Solid cuts of meat (fish fillet, beef steak, etc.)
- Eggs that will be eaten right away

135°F:

- Cooked vegetables & fruits





# A Recipe for Breaded Fish Fillets with Lemon

Fish is a good source of protein. It also contains healthy fats like omega-3s which are good for the heart and brain. Fish can be expensive, but if you eat the right portion size (about 4 ounces, or the size of a deck of cards), buy fish when it is on sale, and choose inexpensive varieties of fish, you can manage it on a tight budget. Try to eat fish twice a week for the most health benefits.

## Ingredients

- 1 pound white fish fillet (cod, pollock, cat fish, tilapia, etc.)
- 1 cup bread crumbs
- ¼ cup grated parmesan cheese
- Pinch of salt & black pepper
- 1 tbsp dried parsley
- 1/3 cup melted margarine with no trans fats, or butter, or oil
- Oil, butter, or margarine for griddle
- 1 lemon

## Instructions

Melt the butter or margarine and pour it into a bowl.

Mix the bread crumbs, parmesan cheese, herbs, salt and pepper in another bowl.

Dip the fish in melted butter or margarine, then in the bread crumb mixture.

Heat a pan on the stove top and add a little butter or oil.

When the pan is hot, add the fish and cook for 3-4 minutes, then flip it and cook for 3-4 minutes more. When done, the fish should be firm and flaky. You can also use a cooking thermometer to make sure that the fish has reached 145 degrees. Take the temperature of the largest fish fillet.

Slice the lemon into wedges. Serve 4 ounces of fish per person with a wedge of lemon.



# A Recipe for Black Bean Quesadillas with Salsa and a Lesson on Adjusting Recipes

## Introduction

In this lesson we will make black bean quesadillas. Black beans are inexpensive and full of fiber, vitamins, minerals, and protein. We will use canned black beans today, but to save even more money you could buy dried beans and boil them in water until they are soft and ready to eat.

Sometimes a recipe needs to be changed to reflect the number of people you are cooking for. Let's say your quesadilla recipe is for two people, but you are cooking for 4 people. First, figure out what you need to multiply by to get from 2 to 4.  $2 \times ? = 4$ . You can multiply  $2 \times 2$  to get 4. So, you will multiply all of your ingredients by 2 to get 4 servings.

### Ingredients for 2 people

2 ten-inch flour tortillas  
1/2 cup black beans  
4 tbsp shredded cheese  
1/2 cup salsa

### Ingredients for 4 people (multiply by 2)

4 ten-inch flour tortillas  
1 cup black beans  
8 tbsp shredded cheese  
1 cup salsa

## Instructions

Measure the correct amount of each ingredient out into serving bowls.

Heat up an electric griddle or heat up a pan on the stove top.

Warm each tortilla until it is soft. For each tortilla, add 1/4 cup of beans and 2 tbsp of cheese.

Fold the tortilla in half.

Add some butter, margarine or oil to your griddle or pan to grease it.

Place the tortilla on the griddle or pan and heat it until the cheese has melted and the tortilla is lightly browned.

Serve each quesadilla with 1/4 cup of salsa.



# A Recipe for Homemade Salsa and a Lesson on Safely Blending Hot Liquids

In this lesson we will make homemade salsa. Bottled salsa is more expensive and can contain extra sugar, salt, and other additives that make it less healthy than fresh. Fresh, homemade salsa is easy to make and very inexpensive. Salsa is also very healthy because it is made from fresh vegetables and has little to no fat or cholesterol. Making your own salsa allows you to control how much salt you add, and how spicy you want your salsa to be! Salsa can be eaten as a snack with chips, and also used for a topping on tacos, burritos, quesadillas, baked potatoes, scrambled eggs, fish, chicken, or other meats. It could also be used as a dip for grilled cheese sandwiches or a burger topping.

We will use a blender to blend our salsa after steaming our ingredients. Learning to use a blender safely is a good skill to have if you have trouble chewing. You can blend almost any food to make it easier to eat.

## **Ingredients (for about 4 people)**

4 medium-sized tomatoes

1/2 jalapeño (or more if you like it spicy!)

1/4 cup onion

1 clove of garlic

2 tbsp cilantro, chopped

1 lime, juiced (1 tbsp white vinegar can be substituted)

1/4 tsp salt

Dried spices: garlic, onion powder, cumin, chili powder, cayenne (these are optional, add them to taste)

Hot sauce (optional, add to taste)

Tortilla Chips (about 6-8 per person)

## **Instructions**

Wash vegetables under cold running water. Remove the stems and seeds from the jalapeño.

Place tomatoes and onion in a pot with about an inch of water. Cover the pot with a lid. Using a lid on the pot makes the water boil faster, which saves you time and also energy (either gas or electric, depending on your stove). This will save you money, if you are responsible for the utility bills, and it is also better for the environment to use less energy. Bring the water to a boil and simmer until the skins of the tomato start to peel off.

While your tomatoes and onion are steaming, put the jalapeños, garlic, and cilantro in a food processor or blender until they are finely minced.

When the tomatoes and onion are ready, drain out all the water and add the steamed vegetables to the food processor or blender. **IMPORTANT:** Blending hot foods can be dangerous because blending releases steam which can build up, causing the top to pop off and steam and hot liquid to burst out. To prevent this, never fill the blender or processor more than half way. Also, cover the lid with a clean dish towel.

Blend for 10 seconds, then open the lid to let the steam out before blending again. If you follow these steps, you can safely blend any food, which makes food much easier to eat if you have trouble chewing.

Blend the salsa until smooth. Add the lime juice, salt and any spices you are using. You can also add hot sauce if you enjoy spicy salsa. Serve about 1/4 cup salsa per person (amount may vary depending on size of vegetables). Serve with tortilla chips (6-8 per person).

# A Recipe for Pasta with Quick Tomato Sauce and a Lesson on a Well-Stocked Pantry

Pasta with tomato sauce is an easy meal to make that uses ingredients that are shelf-stable. That means you can always have them on hand in your pantry because they don't go bad. Dry pasta and canned tomatoes can be stocked up on when they are on sale. Spend a little money each week on pantry staples until your pantry is well-stocked. A well-stocked pantry will have staples such as salt, sugar, flour, oil, vinegar, and some herbs and spices in it. These items may cost more, but last a long time because you only use a little at a time.

Jarred pasta sauces often have a lot of sugar, salt, and other additives that can make them less than healthy. Marinara, or tomato, sauces can be cooked for long periods of time, but you can also make quick marinara sauce in less than 30 minutes! Pasta can also be cooked in less than 15 minutes, and it comes in lots of shapes. Whole wheat pasta is especially healthy. One pound of pasta should be enough to serve between 4-6 people.

## Ingredients (for 4 people)

1 tbsp olive oil  
1 clove garlic, crushed or minced finely  
1 large can chopped, diced, or crushed tomatoes  
1/2 onion, chopped finely  
1/2 tsp sugar  
1/2 tsp salt  
1 tsp black pepper  
Fresh or dried herbs if available, such as basil, oregano, thyme, parsley  
Chopped vegetables such as mushrooms, bell peppers, celery, and carrots can also be added if available  
3/4 - 1 lb pound pasta

## Instructions

Chop the garlic, onion, and any other vegetables that you are using.

On the stove top or hot plate, place a large pot and add the olive oil. Add the chopped vegetables and stir for a few minutes until the vegetables start to soften and smell good (be careful not to burn the garlic!).

Open the can of tomatoes and add them to the pot. Add the salt, pepper, sugar, and any herbs that you are using. Bring to a gentle simmer and let cook while you make the pasta.

Bring a pot of water to a boil. Add a few pinches of salt to the water. Add the pasta and cook, uncovered, stirring often until the pasta is tender (about 8-10 minutes for most shapes, less for fine pastas like angel hair—read the box).

Drain the pasta over the sink using a strainer or colander—be careful when carrying hot liquids! Make sure the path to the sink is clear and gently call out “behind you” if passing behind people with their backs turned. Use pot holders to handle hot pots.

Portion out the pasta into bowls. Ladle some marinara sauce over the top.

Mangia! (That means “eat” in Italian!)



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# Breakfast



# Cinnamon Toast

## Things You Need

4 slices whole wheat toast  
1 tbsp butter or margarine (softened)  
1/2 tbsp sugar  
1/2 tbsp cinnamon

## Instructions

Toast the bread. Mix the butter with the sugar and cinnamon. Spread about 1/2 tbsp of the cinnamon sugar butter onto each piece of toast.

# French Toast

## Things You Need

1/4 cup butter or margarine  
8 slices of bread  
4 eggs  
1/2 cup milk  
1 tsp cinnamon  
1/2 cup maple syrup, for serving

## Instructions

In a bowl, beat the eggs, milk, and cinnamon with a fork or whisk. Heat a pan on the stove top and add some of the butter. Dip the bread in the egg mixture, coating both sides of the bread, and letting it sit for a moment to soak up some of the batter. Fry the bread in the butter until browned on one side, then flip and brown the other side. Adding butter as you go, continue to batter and fry the bread until it is all cooked. Serve 2 pieces of French Toast with 2 tbsp maple syrup.





# Vegetable Frittata

## Things You Need

1 tbsp butter, margarine or canola oil  
 6 eggs  
 1/4 cup milk  
 1/4 cup bell pepper, diced  
 1/4 cup mushroom, diced  
 1/4 cup onion, diced  
 pinch of salt  
 1/2 tsp black pepper  
 1/2 tsp garlic or onion powder  
 1 handful fresh spinach, chopped  
 1/2 tsp dried herbs like oregano, basil, or parsley  
 1 cup salsa  
 1/4 cup shredded cheese (cheddar, monterey jack, etc.)



## Instructions

Preheat the oven to 350 degrees. Slice or chop all the vegetables. In an oven safe frying pan, add the butter, margarine or oil and sauté the vegetables (you can substitute other fresh vegetables such as tomatoes, broccoli, cauliflower, green beans, whatever you have and like!) In a bowl, beat the eggs, milk, salt, pepper, and herbs. Mix in the shredded cheese. Pour into the pan with the vegetables and let cook on the stove top for a few minutes until the bottom of the frittata has set. Then transfer the pan to the oven and bake until the center of the frittata is set (about 30 minutes). Slice into 4 servings. Serve 1 slice per person with 1/4 cup salsa.

# Mushroom Egg Cups

## Things You Need

1 tbsp butter, margarine or canola oil	1 tsp salt
2 cups onions, chopped	1 tsp black pepper
2 cups mushrooms, sliced	12 eggs
2 cups shredded cheese (cheddar, monterey jack, etc.)	

## Instructions

In a pan on the stovetop, use a small amount of oil or margarine to sauté the mushrooms and onions. Whisk the eggs together with the salt and pepper in a bowl. Lightly grease a muffin tin, then spoon a bit of the cooked mushrooms and onions into each well of the tin. Pour the eggs over top, and top with the cheese. Bake at about 375 degrees until the egg is set and the cheese is bubbly. Serve 2 per person.

# Spinach & Ricotta Tart

## Things You Need

1 tbsp butter, margarine or canola oil  
2/3 cup ricotta cheese  
3 eggs, beaten  
1/3 cup breadcrumbs  
1/3 cup grated parmesan cheese  
1/3 cup onion, diced  
1/2 lb frozen spinach  
pinch of black pepper  
pinch of salt

## Instructions

Preheat oven to 350 degrees. Lightly grease a baking pan with oil & then sprinkle the breadcrumbs all over sides & bottom of pan. Mix the onion, spinach, ricotta, eggs, Parmesan cheese, salt & pepper together in a large bowl. Pour the egg mixture into the pan & spread evenly. Bake about 45 minutes or until the center is set. Cool to room temperature before slicing into 4 servings.

# Breakfast Casserole

## Things You Need

1/4 lb frozen hash browns  
4 eggs, beaten  
1/4 cup skim milk  
pinch of salt  
pinch of black pepper  
1/4 tsp garlic powder  
1 cup mushrooms, sliced  
1/4 cup bell peppers, sliced  
1/4 cup onions, sliced  
3 tbsp shredded cheese (cheddar, monterey jack, etc.)

## Instructions

Preheat the oven to 350 degrees. Chop or dice vegetables for casserole. Scramble eggs. Lightly grease a large baking pan. Spread hash browns on the bottom of the baking pan. Layer vegetables on top of potatoes (you can substitute other fresh vegetables for the ones listed). Pour eggs over the potatoes and vegetables, then sprinkle cheese on top. Bake until the eggs are firmly set and the casserole reaches 155 degrees. Slice into 4 servings.

# Breakfast Burrito

## Things You Need

- 8 eggs
- 1 tbsp butter, margarine, or oil
- 1 cup chopped fresh vegetables, such as tomatoes, peppers, mushrooms, onions, avocado, etc.
- ¼ cup black olives, sliced
- ½ cup salsa
- 4 10" flour tortillas (trans-fat free)
- ¼ cup shredded cheese (cheddar, monterey jack, etc.)

## Instructions

Beat the eggs and chop the veggies into small pieces. In a large pan on the stove top, heat the oil, butter, or margarine and add the eggs & veggies. Cook, stirring, until set. Warm each flour tortilla in a hot pan or in the microwave. Then, to each tortilla, add about ¾ cup egg & veggie mixture, 1 tbsp cheese, 2 tbsp salsa. Roll each tortilla and serve.



# Yogurt Parfait

## Things You Need

- 2 cups vanilla yogurt
- 1 cup granola or whole grain cereal
- 2 cups chopped fresh fruit
- 1 tbsp honey

## Instructions

Always look for yogurt that has “live active cultures” and only natural sweeteners like honey or sugar. To make the parfaits, put ½ cup of yogurt in each bowl. Top with ½ cup of fruit, ¼ cup of granola, and a drizzle of honey.



# Main Dishes



# Curried Carrot Soup

## Things You Need

2 tbsp canola oil, butter, or margarine  
2 tsp curry powder  
1/2 tsp ground ginger  
6 cups frozen carrots  
1/2 cup celery, chopped  
1/4 cup onion, chopped  
4 cups vegetable broth or water  
2 tsp lemon juice  
pinch of salt (if using water instead of broth, add 1 tsp salt)

## Instructions

Heat the oil in a pot and add the onions, celery, and spices. Sauté a few minutes until the vegetables soften. Add the frozen carrots and the broth (or water) and simmer until the vegetables are soft, about 10 minutes. Use a blender or a food processor to blend the soup until it is smooth (see lesson on blending hot liquids). Add the lemon juice to the soup and stir. Serve about 2 cups per person.

# Lentil Soup

## Things You Need

1 tbsp canola oil, margarine, or butter  
1 cup lentils, dry  
1/2 tsp thyme  
1/2 cup celery, diced  
1/4 cup onion, diced  
1/2 cup carrots, diced  
1 garlic clove, minced  
1 cup vegetable broth (or water)  
3 cups water  
2 tsp red wine vinegar (optional)



## Instructions

In a pot, add the oil and the vegetables and sauté until the vegetables start to soften. Add the broth, water, lentils, and thyme and bring to a simmer. Simmer until the lentils are tender. Stir in the vinegar, if using. If you did not use broth, stir in a 1/2 tsp of salt. Serve 1 cup per person.



# Mushroom Barley Soup

## Things You Need

1 tbsp canola oil, butter, or margarine  
1 clove garlic, minced  
1½ cup mushrooms, sliced  
½ tsp thyme  
3 cups vegetable broth  
2 cups water  
⅓ cup barley  
pinch black pepper  
2 tbsp sour cream or plain yogurt

## Instructions

In a pot, heat the oil and add the garlic, mushrooms, and thyme. Sauté until the garlic is fragrant. Add the broth and the water (if you do not have vegetable broth, you can use chicken or beef broth, or use 3 more cups of water and ½ tsp salt). Add the barley and bring to a boil, then reduce to a simmer. Simmer for about 30 minutes or until the barley is tender. Remove from the heat and stir in the sour cream and black pepper. Serve about 2 cups per person.

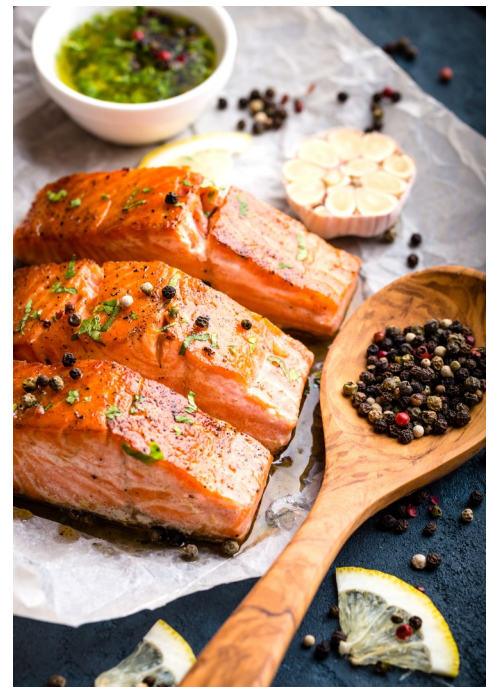
# Baked Salmon Fillets

## Things You Need

1 pound salmon  
¼ cup breadcrumbs or panko  
¼ cup dijon mustard or other mustard  
¼ cup butter or margarine

## Instructions

Preheat the oven to 425 degrees. Grease a baking pan. Place the salmon skin-side down in the pan. Spread the mustard on the salmon, then sprinkle with breadcrumbs. Melt the butter or margarine and drizzle it over the salmon. Bake for about 15 minutes or until the salmon is 165 degrees. Serve about 4 ounces (or the size of a deck of cards) per person.



# Coconut Fish with Mango Salsa

## Things You Need

1 lb white fish fillets  
1/2 cup breadcrumbs or panko breadcrumbs  
1/2 cup shredded coconut  
1/3 cup margarine or butter  
pinch of sugar  
pinch of salt x2  
1 tbsp cilantro, chopped  
1 tbsp honey  
1/2 cup fresh or frozen mango, cubed  
1/2 cup bell pepper, diced  
2 tbsp red onion, diced  
1 tbsp lime juice

## Instructions

Preheat the oven to 425 degrees. For the fish, melt the butter or margarine in a bowl in the microwave or in a small sauce pan on the stove. In another bowl, combine the breadcrumbs, coconut, 1 pinch of salt, and sugar. Line or grease a baking sheet. Dip each piece of fish in the melted butter or margarine, then in the breadcrumb mixture. Lay the fish on the baking sheet and bake for about 10 minutes, or until the fish is 145 degrees, firm, and flaky. For the salsa, combine the chopped cilantro, mango, peppers, onion, honey, lime juice, and 1 pinch of salt. Chill until ready to serve. Serve each person about 4 oz of fish, with a 1/4 cup of salsa.





# Spaghetti with Clam Sauce

## Things You Need

2/3 lb spaghetti or other pasta  
1 tbsp olive oil, canola oil, butter, or margarine  
2 cloves garlic , minced  
1 tbsp dried oregano  
2 6-oz cans of chopped clams  
Juice of 1 lemon  
4 tbsp grated parmesan cheese, for garnish  
4 tbsp of parsley, chopped, for garnish

## Instructions

To cook the pasta, bring a large pot of water to a boil, add the pasta, and stir. Let boil, uncovered, until the pasta is al dente, or still a little firm, but almost done. While the pasta is cooking, heat the oil in a large pan. Add the garlic and oregano and stir until fragrant. Open the cans of clams, and add the juice to the pan, but don't add the clams yet. The canned clams are already cooked, and too much cooking will make them rubbery. Simmer the sauce until it is slightly reduced. When the pasta is done, drain it, reserving a little of the pasta water. Add the clams and the cooked pasta to the sauce and simmer for a few minutes to let the pasta soak up some of the sauce. If it is too dry, add the reserved pasta water. Remove from heat and stir in the lemon juice. Serve about 1 cup per person, with 1 tbsp parmesan cheese and 1 tbsp parsley on top.



# Tuna Melts with Tomato

## Things You Need

2 cans tuna, drained	1/2 tsp lemon juice
1/3 cup celery, diced	8 slices whole wheat bread
2 tbsp onion, diced	8 tomato slices
1 tsp black pepper	8 slices cheddar cheese
1/2 tsp salt	2 tbsp oil, butter, or margarine
2 tbsp mayonnaise	

## Instructions

In a bowl, combine the tuna, celery, onion, salt, pepper, mayo, and lemon juice. Mix and mash until ingredients are well-combined. To assemble sandwiches, take 2 pieces of bread and place a piece of cheese on each. Then scoop about 1/2 cup tuna salad onto one side of the bread, and 2 slices of tomato on the other. Close the sandwich. Repeat until all sandwiches are made. Then, heat a pan on the stove and add the oil, butter, or margarine. Grill each sandwich until cheese is melted and bread is lightly browned, pressing down slightly as they cook. Serve 1 sandwich per person.

# Tuna and Macaroni Salad

## Things You Need

1 can tuna, drained	2 tbsp pickles, diced
2 cups whole wheat macaroni (elbows)	1/2 cup mayonnaise
1/2 cup frozen peas	2 tbsp sour cream
1/2 cup celery, diced	1 tsp mustard
2 tbsp onion, diced	1 tsp dill
1/4 cup tomato, diced	pinch of black pepper

## Instructions

Bring a pot of water to a boil and add pasta. Cook pasta until tender and drain. Mix the mayo, mustard, sour cream, dill, and pepper to make the dressing. Combine the cooked pasta with the drained tuna and chopped vegetables. Pour the dressing over pasta and mix well to coat. Chill until ready to serve. Serve about 2 cups per person.

# Sloppy Joes on Whole Wheat Buns

## Things You Need

- |                            |                              |
|----------------------------|------------------------------|
| 1 tbsp canola oil          | 1 tbsp brown sugar           |
| 1 lb lean ground turkey    | 1 tbsp lemon juice           |
| 1 cup cabbage, shredded    | 1 tbsp vinegar               |
| 1/2 cup onion, diced       | 2 tbsp worcestershire sauce  |
| 1/2 cup celery, diced      | 2 tsp mustard                |
| 1/2 cup bell pepper, diced | 1/2 tsp black pepper         |
| 1/2 cup ketchup            | 4 whole wheat hamburger buns |

## Instructions

This recipe is a little healthier than regular sloppy joes because it uses ground turkey and it includes lots of fresh vegetables for flavor and crunch. In a skillet, heat the oil, then add the turkey, cabbage, onion, celery, and bell peppers. Cook, stirring, until the turkey is completely browned and the vegetables are tender. Drain off excess liquid. Stir in the ketchup, sugar, lemon juice, vinegar, worcestershire sauce, mustard, and pepper and heat through. Serve 1 cup of sloppy joes on each bun.



# Turkey Chili

## Things You Need

- |                            |                                       |
|----------------------------|---------------------------------------|
| 1 1/2 tbsp canola oil      | 1/2 tbsp chili powder                 |
| 1/4 cup onion, diced       | 1/2 tbsp cumin                        |
| 1/2 cup bell pepper, diced | 2 cups canned or diced fresh tomatoes |
| 1/2 jalapeño pepper, diced | 1 tsp hot sauce                       |
| 1 pound ground turkey      |                                       |

## Instructions

In a pot on the stove top, heat the oil and add the chopped onions, peppers, and spices. Sauté until vegetables start to soften. Add the ground turkey, breaking it up in the pan with a spatula or fork. Cook until the turkey is browned. Then add the canned or fresh tomatoes and the hot sauce. Let simmer until the flavors come together, about 10-15 minutes. Serve chili over rice, baked potatoes, tortilla chips, or even spaghetti.

# Healthier Hamburger Helper

## Things You Need

1 tbsp canola oil, butter, or margarine	1 ¼ cups beef, chicken, or vegetable broth
1 lb ground turkey	1 ¼ cups milk
2 garlic cloves, minced	1 15-oz can tomatoes
½ cup onion, diced	2 cups elbow macaroni pasta
½ cup bell pepper, diced	1 tbsp italian herbs, or oregano
½ cup celery, diced	1 ½ cups shredded cheese (cheddar, monterey jack, etc.)

## Instructions

Heat the oil in a pot and add the chopped vegetables and herbs. Sauté until fragrant. Add the ground turkey and sauté until browned. Add the broth, milk, and tomatoes, and macaroni. Bring to a simmer, cover, and let cook until the macaroni is tender, about 15 minutes. Stir in 1 cup of the cheese. Serve about 2 cups per person, with 1 tbsp cheese on top.

# Turkey Meatloaf

## Things You Need

½ cup onion, diced	½ cup ketchup
½ cup mushrooms, diced	1 tbsp worcestershire sauce
1 lb ground turkey	1 tsp parsley
1 egg	½ tsp salt
⅔ cup breadcrumbs or panko	1 tsp black pepper
2 tsp canola or olive oil	

## Instructions

Preheat the oven to 350 degrees. In a pan on the stove top, heat a little oil and sauté the onions and mushrooms. Turn off the heat and let cool. Mix the ground turkey, the rest of the oil, breadcrumbs, worcestershire sauce, egg, salt, pepper, parsley, and half of the ketchup in a bowl. When the onions and mushrooms are cool, add them and mix again. Grease a loaf pan or a baking sheet. If using a loaf pan, pour the meatloaf mix in and press down to remove any air pockets. If using a baking pan, use your hands to form the meat into a loaf shape. Cover the meatloaf with the rest of the ketchup. Bake for about 50-60 minutes or until the meatloaf is 165 degrees internally.

# Hamburger Patties

## Things You Need

1 lb lean ground beef

1 egg

1/2 tsp salt

1/2 tsp black pepper

1/2 cup breadcrumbs

## Instructions

Mix all of the ingredients together in a bowl. With clean hands, form 4 patties. Cook the patties on a grill or in a pan on the stove top until they are browned on the outside and about 165 degrees inside. Serve the patties on whole wheat buns with slices of tomato, lettuce, and onion. Make cheeseburgers by topping each patty with a slice of cheese just before it is done. Make pizza burgers by topping each patty with marinara sauce and mozzarella cheese. Or make Southwestern-inspired burgers by topping the patties with salsa and avocado. Be creative!



# Parmesan Chicken

## Things You Need

4 4-oz chicken breasts, boneless & skinless

1 clove garlic, minced

1/3 cup of butter, margarine, or canola oil

pinch of salt and pepper

2/3 cup breadcrumbs or panko

1/4 cup grated parmesan cheese

2 tbsp parsley, dried

pinch of garlic powder

## Instructions

Preheat the oven to 425 degrees. Melt the butter or margarine and mix it with the minced garlic in a bowl. In another bowl, combine the breadcrumbs, cheese, salt, pepper, parsley, and garlic powder. Pat the chicken dry. Dip each piece of chicken into the melted butter, then into the breadcrumbs, then place on a baking sheet. Drizzle any of the remaining butter over the chicken. Bake for about 15 minutes or until the chicken is 165 degrees internally.

# Roasted Spiced Chicken

## Things You Need

3 to 4 lbs chicken pieces, bone-in, skin-on	3 tsp cumin
3 tsp paprika	3 tsp garlic powder
3 tsp salt	3 tsp black pepper
3 tsp sugar	3 tsp canola oil

## Instructions

Preheat the oven to 450 degrees. This spice rub is great on bone-in, skin-on chicken pieces. You could use breasts, thighs, legs, wings, or a combination. Keep in mind that smaller pieces of chicken will cook faster than larger pieces. For less fat, use skinless chicken. To make the rub, combine all of the spices and the oil and mix until a paste forms. Rub the paste all over the chicken, and let marinate for an hour in the refrigerator before cooking. Lay the chicken on a greased baking sheet and bake until the chicken is firm to the touch, and the juices run clear when pierced with a knife, or the internal temperature reaches 165 degrees. For smaller pieces, about 30 minutes, for larger pieces, closer to 45 minutes.



# Chicken with Salsa and Cheese

## Things You Need

4 4-ounce chicken breasts, boneless & skinless	1/2 cup salsa
1/4 cup shredded cheese (cheddar, monterey jack)	3 tbsp butter, margarine, or canola oil

## Instructions

Preheat the oven to 375 degrees. Melt the butter or margarine and dip each piece of chicken in it. Lay the chicken on a baking pan. Bake the chicken until it is firm and almost done (close to 165 degrees internally), about 30-40 minutes. Take the chicken out of the oven and top each piece with 2 tbsp salsa and 1 tbsp cheese. Return the chicken to the oven and cook until the cheese is melted and bubbly. Serve 1 piece of chicken per person.



# Soft Chicken Tacos

## Things You Need

4 4-oz chicken breasts, boneless & skinless	1/4 tsp oregano
8 corn tortillas	1/2 cup tomatoes, diced
1 clove garlic, minced	1/2 cup lettuce, shredded
1 tbsp lime juice	1/2 cup shredded cheese
1 tbsp vinegar	(cheddar, monterey jack, etc.)
1 tbsp canola or olive oil	hot sauce (optional)
pinch of salt	
pinch of black pepper	

## Instructions

Cut the chicken breasts into cubes. Combine the chicken with the minced garlic, oil, lime, vinegar, salt, pepper and oregano. Marinate for up to an hour. While the chicken is marinating, chop the tomatoes and lettuce. Heat the corn tortillas in a pan on the stove top or in the microwave until they are soft. To cook the chicken, heat a pan on the stove and add the chicken and its marinade. Cook, stirring, until the chicken is firm and cooked. To serve, place about 1/4 cup of chicken per tortilla, plus 1 tbsp tomatoes, 1 tbsp lettuce, and 1 tbsp cheese. Serve each person 2 tacos. Top with hot sauce if desired.

# Chicken and Broccoli Stir Fry

## Things You Need

2 tbsp soy sauce	1/2 tsp ground ginger
1 tbsp orange juice	1 tbsp cornstarch
1 tbsp rice vinegar	4 4-oz chicken breasts,
1 tbsp brown sugar	boneless and skinless
2 tbsp sesame oil	4 cups broccoli, chopped

## Instructions

Combine the soy sauce, orange juice, vinegar, sugar, ginger, and cornstarch. Set aside. Cut the chicken into cubes. On the stove top, heat the oil in a pan over high heat. Add the chicken and cook, stirring, until firm and no longer pink. Add the broccoli, then the sauce. Cook, stirring, until the broccoli is tender but still bright green and the sauce has thickened. Serve about 1 cup per person over rice or noodles.

# Honey Mustard Drumsticks

## Things You Need

About 2 1/2 lbs chicken drumsticks	1 tbsp rosemary or oregano
1/4 cup dijon mustard	pinch of salt
1/4 cup honey	pinch of black pepper
2 tbsp canola, olive, or vegetable oil	

## Instructions

Preheat the oven to 375 degrees. Combine the mustard, honey, oil, salt, and herbs and whisk to combine. Place the chicken in a casserole dish. Pour the mustard mixture over the chicken, turning them to coat. Bake until the chicken is firm and the juices run clear, or the internal temperature reads 165 degrees, about 30-40 minutes.

# Chicken with Lemon and Olives

## Things You Need

8 chicken thighs, bone-in, skin-on	1/2 tbsp rosemary
1 cup chicken or vegetable broth	1/2 tsp salt
1 tbsp canola oil, butter, or margarine	1/2 tsp black pepper
1 cup pitted olives, sliced	4 garlic cloves, minced
2 lemons, sliced into wedges or rounds	

## Instructions

Preheat the oven to 375 degrees. Place the chicken in a casserole dish, skin-side up, and rub the chicken all over with the oil, salt, pepper, garlic, and rosemary. Tuck the lemon around the chicken. Place in the oven and cook for about 20 minutes, until the chicken is browned. Then sprinkle the olives over the chicken, add the broth to the pan, and cover the pan with foil. Return the dish to the oven for about 1 hour. Remove from oven and serve, 2 thighs per person, with some of the olives, lemon, and pan juice.



# Chicken Paprikash

## Things You Need

2 tbsp canola oil, butter, or margarine	1/2 tsp salt
1 1/4 pound chicken breasts, boneless and skinless	1/4 tsp black pepper
1 cup chicken broth	2 tbsp paprika
1 cup onions, sliced	1/2 cup sour cream

## Instructions

Heat the oil in a pan and add the onions. Sauté until the onions begin to brown, but don't let them burn. Cut the chicken into bite-sized pieces. Add the chicken, salt, pepper and paprika to the pan and cook until the chicken is firm. Add the broth and bring to a simmer. When the chicken is completely cooked, remove the pan from the heat and stir in the sour cream. Serve about 1 cup per person over egg noodles, pasta, or rice.

# Chicken Coconut Curry

## Things You Need

1 tbsp canola oil, butter, or margarine	1 cup broccoli, chopped
1/2 cup onion, chopped	1/2 cup peas, frozen or fresh
1/2 cup bell pepper, chopped	pinch of sugar
1/2 cup carrots, chopped	pinch of salt
1/2 tbsp ground ginger	1 cup chicken or vegetable broth
1 tbsp curry powder	1 15-oz can of coconut milk
2 garlic cloves, minced	juice of 1/2 lime or lemon
1 lb chicken breast or thigh, boneless and skinless, chopped	

## Instructions

This recipe can be made vegetarian by leaving out the chicken, or replacing it with tofu or garbanzo beans. You can also vary the vegetables, using any you have on hand. Pea pods, potatoes, and cauliflower are nice. To make the curry, heat the oil in a pot and add the garlic and onions. Sauté for a few minutes until fragrant. Add the spices and cook for a minute more. Add the chicken and cook until chicken is no longer pink. Add the vegetables. Add the broth, salt, and sugar and bring to a simmer. Simmer until the chicken is cooked and the vegetables are tender. Last, stir in the coconut milk. Bring to a simmer, but do not boil. Remove from heat and add the lime or lemon juice. Serve about 2 cups per person over rice or noodles.

# Italian Bean & Pasta Salad

## Things You Need

- 2/3 cup kidney beans, canned
- 2/3 cup garbanzo beans, canned
- 1 cup whole wheat pasta such as elbows, rotini, or penne
- 1/4 cup bell peppers, diced
- 1/4 cup tomato, diced
- 1/4 cup celery, diced
- 1/4 cup carrots, diced
- 1/4 cup black olives, diced
- 1/3 cup italian vinaigrette (bottled or see recipe in dressing section)

## Instructions

This pasta salad is high in protein and fiber from the beans, whole wheat pasta, and vegetables. You can vary the recipe by using different vegetables and pasta shapes. It is a great option for vegetarians or vegans. Bring a pot of water to a boil and add the pasta. Simmer until tender, then drain. If you are using dried beans, use 1/3 cup each and simmer them in water until soft, then drain. If using canned beans, rinse and drain the beans. Combine the beans, pasta, chopped vegetables and olives. Add the italian vinaigrette and stir to combine. Chill until ready to serve, then serve about 1 cup per person.

# Pita Bread Pizza

## Things You Need

- 4 whole wheat pita breads
- 1/2 cup toppings, chopped
- 1 cup marinara sauce
- 1/2 cup shredded cheese (mozzarella, cheddar, etc.)

## Instructions

Preheat oven to 450 degrees. Spread each pita bread with 1/4 cup of sauce, and 2 tbsp of cheese. Top the pizzas with whatever toppings you choose. Good options are sliced peppers and onions, olives and mushrooms, leftover cooked chicken, or pepperoni slices. Bake in the oven for about 10 minutes, or until the cheese is melted and the pita bread is crispy.



# Nachos with Bean Chili

## Things You Need

3/4 cup dry pinto beans	1/2 pound tortilla chips
1/2 tsp chili powder	1/4 cup onion, diced
pinch of cumin	1/4 cup fresh tomatoes, diced
pinch of salt	1/4 cup black olives, chopped
1/2 cup chopped onion	1/2 cup shredded cheese
1/2 cup chopped bell pepper	(cheddar, monterey jack, etc.)
1 garlic clove, chopped	1/2 cup salsa
1 cup fresh or canned tomatoes, chopped	

## Instructions

To make the bean chili, place the beans, spices, garlic, 1/2 cup chopped onion, and the bell peppers in a large pot. Fill the pot with water until the beans and vegetables are covered with about 2 inches of water. Simmer until the beans are soft, about 1-2 hours. Stir in the 1 cup of fresh or canned tomatoes, and heat through. To assemble the nachos, spread about 10 tortilla chips on a plate, top with 1/2 cup of bean chili, 1 tbsp each of onions, tomatoes, and black olives, and 2 tbsp each of salsa and shredded cheese. Repeat to make 4 plates of nachos.



# Egg Pie

## Things You Need

4-6 slices leftover sandwich bread

4-6 eggs

¼ cup milk

½ tsp garlic powder

1 cup chopped vegetables

1 cup cooked, cut up chicken, ham, turkey or other meat

¼ cup shredded or grated cheese

1 tbsp canola oil, butter, or margarine

pinch of pepper

pinch of salt

## Instructions

Egg pie is very similar to quiche, but you don't need to make dough. It is also a good way to use up leftover bread, vegetables, and meats. Nice combinations include broccoli and mushrooms with ham and cheddar, or peppers and tomatoes with chicken and monterey jack, but the options are endless. You can also make it vegetarian by leaving the meat out. To make egg pie, preheat the oven to 375 degrees. Press the leftover bread into the bottom and sides of a pie pan (where pie dough would be). In a bowl, whisk the eggs, milk, salt, garlic powder and black pepper together. In a pan on the stove, heat the oil and sauté whatever vegetables you are using. (If your vegetables are already cooked, you can skip this step.) Pour the cooked vegetables into the pie pan on top of the bread. Cut up the cooked meat and add it to the pie pan with the vegetables. Pour the whisked eggs over the meat and vegetables. Sprinkle the cheese over top. Bake the egg pie for about 45 minutes, or until the eggs are set. Remove from oven and let sit for about 10 minutes. Slice into 4-6 pieces and serve.





# Swiss, Mushroom, and Spinach Panini on Rye

## Things You Need

8 slices rye bread	1/4 tsp lemon pepper seasoning,
8 slices Swiss cheese	or salt
1 cup mushrooms, sliced	1/4 cup butter or margarine
3 cups fresh spinach	

## Instructions

Paninis are basically grilled cheese sandwiches with additional ingredients in them. This recipe calls for swiss cheese and rye bread, but you can use whatever bread and cheese you like. To make the paninis, add a little of the butter or margarine to a pan on the stove top. Sauté the mushrooms with the lemon pepper seasoning or salt. Assemble the sandwiches by placing 2 pieces of cheese between 2 slices of bread, and adding about 1/4 cup of sautéed mushrooms with a handful of spinach leaves in between. Melt the rest of the butter or margarine in the pan, and cook each sandwich, pressing them down as they cook, until lightly browned on both sides. Serve 1 sandwich per person.

# Tortilla Casserole

## Things You Need

12 corn tortillas	1 cup shredded cheese
1 cup salsa	(cheddar, monterey jack, etc.)
1 cup corn kernels, frozen	1/2 cup sour cream, for serving
or fresh	1/2 cup salsa, for serving
1 cup cooked or canned black beans or pinto beans	

## Instructions

Preheat the oven to 400 degrees. Line the bottom of a casserole dish with a layer of tortillas. Then, top with about 1/3 cup beans, 1/3 cup salsa, 1/3 cup corn, and 1/3 cup cheese. Place a layer of tortillas on top, then repeat with the other ingredients until everything is used up. Cover with foil and bake until hot and bubbly, about 30 minutes. Let stand for about 5 minutes before slicing. Serve with sour cream and salsa.

# Baked Penne or Ziti

## Things You Need

1/2 lb whole wheat penne or ziti pasta	1/4 cup part-skim ricotta cheese
1 tbsp canola oil	1/4 cup part-skim shredded mozzarella cheese
1 1/2 cup marinara sauce or canned tomatoes	

## Instructions

Preheat the oven to 350 degrees. Bring a pot of water to a boil. Add a pinch of salt and the pasta. Cook until the pasta is al dente, or still a little chewy, but almost done. Drain the pasta and combine it with the oil, ricotta cheese, and the marinara sauce or tomatoes. Pour this into a casserole dish and sprinkle the mozzarella cheese on top. Bake until the sauce is bubbling and the cheese is melted, about 20 minutes. Serve about 1 cup per person.

# Minestrone Soup

## Things You Need

1 tbsp canola oil, butter, or margarine	1/4 cup onion, diced
	1/4 cup celery, diced
1/4 cup kidney beans, dry	1/4 cup carrots, diced
1/4 cup white beans, dry	1/4 cup zucchini, diced
1/4 cup garbanzo beans, dry	1 15-oz can tomatoes
1/2 tsp oregano	2 cups vegetable broth or water
1/2 tsp basil	1/2 cup dry pasta such as elbows or shells
1/2 tsp parsley	1/4 cup grated parmesan cheese
1 clove fresh garlic, minced	

## Instructions

Simmer the beans in water until they are soft. If you are using canned beans, double the amount listed and skip the simmering. In a large pot, add the oil, then the chopped vegetables and herbs. Sauté for a few minutes, then add the canned tomatoes and broth. Add the cooked (or canned beans) and bring to a simmer. Add the pasta, and simmer until the pasta is soft. Serve about 2 cups per person with 1 tbsp of parmesan cheese.

# Gingery Chicken Soup

## Things You Need

- |  |  |
|--|--|
| 6 cups low sodium chicken or vegetable broth | 8 oz boneless, skinless chicken                  |
| 1 tbsp sesame oil                            | 2 handfuls spinach /other greens, chopped        |
| 1 tbsp fresh ginger, peeled and grated       | 1 tbsp lime juice                                |
| 2 cloves garlic, minced                      | 1 lb egg noodles                                 |
| 1/2 cup onions, chopped                      | 1/2 cup cilantro                                 |
| 1/2 cup carrots, chopped                     | 4 tbsp peanuts, chopped (optional)               |
| 1/2 cup celery, chopped                      | 2 jalapeño or serrano peppers, sliced (optional) |

## Instructions

Chop all vegetables and cube chicken. Heat the oil in a large pot, then add the veggies and chicken. Sauté for a few minutes, stirring, then add garlic and ginger. Pour in the broth and bring to a simmer. Add the egg noodles and simmer until they are just tender. Serve about 2 cups per person, garnished with cilantro, peanuts, and sliced peppers, if using.



# Citrus Soy Salmon

## Things You Need

- |  |   |
|--|---|
| 4 4-ounce salmon fillets                 | 2 cloves garlic, minced                     |
| 1 tbsp olive or sesame oil               | 1 tbsp brown sugar                          |
| 1/2 cup orange juice                     | 1 orange, lime, or lemon                    |
| 1/4 cup soy sauce                        | 1/4 cup cilantro, parsley, mint, or chives, |
| 1 tsp ginger, fresh and grated, or dried | chopped                                     |

## Instructions

Combine oil, orange juice, soy sauce, garlic, brown sugar, and ginger. Mix well. Slice citrus fruit thinly. Arrange salmon on a lightly greased baking pan. Brush each fillet with the orange juice mixture, then top each with some sliced citrus fruit. Pour the rest of the orange juice mixture over the fish. Roast at about 400 degrees for 15 minutes, or until flaky and opaque. Garnish with fresh herbs and serve one fillet per person.

# Easy Pork Chops

## Things You Need

4 4-oz pork chops	1 tsp onion powder
1 tbsp canola or olive oil	1 tsp paprika
1 tsp salt	

## Instructions

Preheat the oven to 400 degrees. Rub the pork chops with the oil, salt, pepper, and spices. Lay pork chops on greased baking sheet, bake for about 15 to 20 minutes, until 165 degrees. Serve 1 pork chop per person.



# Indian Butter Chicken

## Things You Need

2 tbsp canola oil, margarine, or butter	1 tsp turmeric
1 cup white or yellow onion, finely diced	1 tsp ginger
4 4-oz boneless, skinless chicken breasts	1 tsp salt
2 cloves garlic, minced	1 cup tomato sauce
1 tbsp garam masala	1 cup half and half, or cream
2 tsp cumin	1/4 cup cilantro

## Instructions

Cut the chicken into cubes. Add half the oil or butter to a pan over high heat. Add the onions and cook, stirring, until soft and caramelized. Add the chicken and stir after a few minutes to ensure even cooking. Stir in the garlic and spices. Add the rest of the oil or butter and stir until melted. Add the tomato sauce and the half and half. Let simmer for about ten minutes, until sauce is thickened and chicken is cooked through. Serve about 1 cup per person, garnished with cilantro.



# Side Dishes and Salads



# Baked Potatoes

## Things You Need

4 russet potatoes      1 tsp salt  
1 tbsp canola oil      1 tsp black pepper

## Instructions

Heat the oven to 350 degrees. Wash the potatoes and pat them dry. Use a fork to make 6-8 holes in each potato, to allow steam to escape while cooking. Rub each potato with oil and sprinkle with salt and pepper. Place on a baking sheet and bake for about 1 hour, turning the potatoes midway through cooking. Test for doneness by piercing the largest potato with a fork or knife. It should be soft in the center. Serve 1 potato per person with your favorite toppings such as butter, sour cream, steamed broccoli and cheese, or salsa.

# Mashed Sweet Potatoes

## Things You Need

2 lbs sweet potatoes      1 tbsp brown sugar  
2 tbsp water      pinch of cinnamon or nutmeg  
3 tbsp butter or margarine

## Instructions

Peel the sweet potatoes and chop them into pieces. Combine the potatoes with the rest of the ingredients in a sauce pan or pot. Cover and simmer on medium heat until the potatoes are very soft, about 30 minutes. Mash the potatoes with a fork, masher, or hand mixer. It's ok if there are some lumps! Serve 1/2 cup per person.

# Potato Salad

## Things You Need

1 1/2 lbs red potatoes	1 tbsp dijon mustard
1/2 cup celery, diced	pinch of salt
1/4 cup onion, diced	pinch of black pepper
2 tbsp mayonnaise	1/2 tsp garlic powder
2 tbsp sour cream	1/4 cup fresh chives, or 2 tbsp
1 tbsp red wine vinegar	dried chives

## Instructions

Any potatoes can be used in this recipe, but red potatoes are very nice. If the potatoes are large, cut them into pieces. Bring a pot of water to a boil and boil the potatoes until they are tender. In a bowl, mix the mayo, sour cream, vinegar, mustard, salt, pepper, garlic, and chives. Add the chopped onion and celery. When the potatoes are done, drain them and add them to the mix. Stir to coat the potatoes with the dressing. Can be served warm or cold. Serve about 1 cup per person.

# Broccoli Gratin

## Things You Need

4 cups broccoli florets	pinch of salt
2 tbsp butter or margarine	1/4 cup breadcrumbs or panko
1/4 cup skim milk	1/4 cup grated parmesan cheese
1/2 tsp dry mustard	

## Instructions

Preheat the oven to 375 degrees. Spread the broccoli in a greased baking pan or casserole dish. In a sauce pan on the stove top, combine the butter or margarine with the milk, mustard, and salt. Stir until just combined, and do not boil. Pour this over the broccoli. Sprinkle the breadcrumbs and cheese on top. Bake until the broccoli is tender and the breadcrumbs are lightly browned, about 40 minutes. Serve 1 cup per person.



# Broccoli Salad

## Things You Need

3 cups broccoli, chopped	1 tbsp lemon juice
1/3 cup red onion, chopped	1 tbsp vinegar
1/3 cup raisins	1 tbsp canola, olive, or
1/4 cup sunflower seeds or	vegetable oil
slivered almonds	pinch of salt
1/4 cup mayonnaise	pinch of black pepper
1 tbsp honey	

## Instructions

Combine the mayonnaise, honey, vinegar, lemon juice, oil, salt and pepper in a large bowl. Whisk together until smooth. Add the broccoli, raisins, onion, and sunflower seeds or almonds. Toss to coat all the vegetables with the dressing. Serve about 1 cup per person.

# Spinach Pie

## Things You Need

1 lb package of frozen spinach

1/2 tbsp garlic powder

pinch of salt

pinch of black pepper

3/4 cup cottage cheese

1/4 cup feta cheese, crumbled

1/2 tbsp herbs or spices (optional)

2 eggs

## Instructions

Preheat the oven to 375 degrees. Thaw the spinach and squeeze out as much water as possible. In a bowl, beat the eggs, then add the garlic powder, salt, pepper, and cheeses. Mix well. Then add the spinach, and stir until combined. Add the herbs or spices, if using. Interesting additions are dill, rye seeds, caraway seeds, or paprika. Pour the mixture into a greased pie pan or small casserole dish. Bake for about 45 minutes to one hour, until the pie is lightly browned on top. For a side dish, slice into 6 pieces. For a main dish, slice into 4 pieces.



# Orange-Glazed Carrots

## Things You Need

1 pound carrots, peeled and cut  
into coins

1 tbsp butter or margarine

1 cup orange juice

1/2 tbsp honey

1 tsp ginger

pinch of salt

## Instructions

Combine all of the ingredients in a pot on the stove top. Add a little water to the pot so the carrots are mostly covered in liquid. Bring to a boil, then reduce heat to a simmer. Cook, stirring occasionally, until the carrots are tender and the liquid has reduced to a glaze. Serve about 1/2 cup per person.

# Tomato Rice

## Things You Need

1/4 cup chopped tomato	1 1/2 cups of water
2 tbsp chopped onion	pinch of salt
1 tbsp chopped jalapeño pepper	1 tbsp butter, margarine, or canola oil
1 cup brown rice	

## Instructions

In a blender or food processor, blend all the vegetables, or chop them as finely as you can. Combine the rice, vegetables, water, butter or margarine, and salt in a pot on the stove top. Cover the pot and bring it to a boil, then reduce to a simmer. Simmer the rice with the cover on until the liquid is absorbed and the rice is tender, about 30 to 40 minutes. Turn off the heat, remove the lid, and fluff the rice with a fork. Serve 1/2 cup of rice per person.



# Refried Beans

## Things You Need

1 1/3 cup pinto beans	1/4 cup green onions
pinch of salt	1/4 cup shredded cheese or sour cream
1/4 tsp cumin	
1/4 tsp chili powder	

## Instructions

Place the pinto beans in a pot and cover with about 2 inches of water. Bring to a boil, then simmer until the beans are tender, about an hour. When the beans are tender, drain the excess water and then mash the beans thoroughly. Add the salt and spices and mix well. Serve 1 cup per person with 1 tbsp of chopped green onions and 1 tbsp of cheese or sour cream.

# Greens and Beans

## Things You Need

1 tbsp canola oil, butter, or margarine	pinch of salt
2 cloves of garlic, minced	pinch of black pepper
1 large bunch (about 1 lb) of greens such as kale, spinach, or collard greens	1 15-oz can of white beans
	juice of half a lemon
	1 tbsp grated parmesan cheese

## Instructions

Wash and chop the greens. In a pan, heat the oil and add the garlic. Add the greens, salt, and pepper and sauté until the greens are wilted and tender, but still bright green. Open the can of beans and drain, then add them to the pan. (You can also use dried beans, just simmer about  $\frac{1}{3}$  cup of white beans in water until tender). When the beans are heated through, remove the pan from the heat and add the lemon juice and Parmesan cheese. Serve about 1 cup per person.



# Black Bean and Corn Salad

## Things You Need

1 15-oz can of black beans, or about 2 cups of cooked black beans	$\frac{1}{2}$ tsp chili powder
1 cup frozen corn	2 tbsp canola, olive, or vegetable oil
$\frac{1}{4}$ cup of onion, chopped	pinch of salt
$\frac{1}{4}$ cup of bell pepper, chopped	juice of half a lime
$\frac{1}{2}$ tsp cumin	dash of hot sauce (optional)

## Instructions

Combine all ingredients and mix well. Serve  $\frac{1}{2}$  cup per person. For a main course, double the amounts and serve 1 cup per person with tortilla chips or in flour tortillas.



# Watermelon, Tomato, and Feta Salad

## Things You Need

2 cups fresh tomatoes, chopped

6 cups watermelon, cubed

1/4 cup red onion, diced

1 tsp salt

1 tsp black pepper

1/4 cup olive oil

1/4 cup white wine vinegar or rice vinegar

1 tbsp honey

1/2 cup feta cheese, crumbled

1/4 cup fresh herbs, like mint or basil, shredded

## Instructions

Combine the tomatoes, watermelon, and red onion in a bowl. In another bowl, whisk together the oil, vinegar, honey, salt, and pepper. Pour the dressing over the salad and toss to coat. Crumble the cheese and sprinkle the herbs over the top. Serve about 2 cups per person.

# Spinach and Strawberry Salad with Honey Dressing

## Things You Need

3/4 lb spinach (about 6 cups)

2 cups strawberries, sliced

1/2 cup red onion, sliced

1/4 cup slivered almonds, chopped  
walnuts, or pepitas

1/4 cup crumbled cheese, feta or blue

1/4 cup olive oil

1/4 cup balsamic or white wine vinegar

3 tbsp honey

## Instructions

Toss the spinach, strawberries, and onions together. Sprinkle the cheese and nuts or seeds over the top. Combine the oil, vinegar, and honey in a bowl or jar, mix or shake until combined. Pour the dressing over the salad, serve about 2 cups per person.





# Mocktails, Desserts, and Small Bites



# Summer Mocktail

## Things You Need

1 1/3 cup orange juice                      1/2 tbsp fresh ginger  
1 1/3 cup cranberry juice                4 sprigs mint or basil  
1 1/3 cup sparkling water

## Instructions

A mocktail is a festive non-alcoholic beverage. Here is a basic template for creating your own mocktail. Try experimenting with different juices, like pineapple, grapefruit, or grape. Herbs like mint, basil, or rosemary, and other garnishes like sliced cucumbers, sliced jalapenos, or fruit are all good options. Combine all ingredients except garnishes and chill. Serve about 1 cup per person over ice with a garnish.



# Fruit Crumble

## Things You Need

### Filling:

6 cups fruit, washed and chopped  
(blueberries, apples, pears, peaches, etc.)  
1/2 cup sugar  
1 tbsp lemon juice  
2 tbsp flour or cornstarch

### Topping:

1/2 cup flour  
1/2 cup oats  
1/2 cup brown sugar  
1 tsp baking powder  
1/4 tsp salt  
1 stick (8 tbsp) butter

## Instructions

This is a very versatile and forgiving recipe. You can use almost any type of fruit and it will turn out well. The sugar and lemon juice can be adjusted depending on the sweetness and tartness of your fruit. Heat oven to 375 degrees and grease a 9x9 baking dish. Toss the fruit with lemon juice, sugar, and flour or cornstarch. Pour into baking pan. Combine the topping ingredients, working the butter in with your fingers or a fork. Sprinkle over the top of the fruit. Bake for about 30 minutes, until bubbling and lightly browned. Let cool, then serve about 1 cup per person, vanilla ice cream optional.

# Banana Bread

**Makes about 8 Servings**

## Things You Need

3 very ripe bananas, mashed	1½ cups flour
1 cup white sugar	1 tsp baking soda
1 egg	1 tsp salt
¼ cup melted butter, margarine, or canola oil	

## Instructions

Preheat the oven to 350 degrees. Grease a 9x5 inch bread pan. Combine the bananas, egg, sugar, and butter or margarine in a bowl and blend until creamy. In another bowl, combine the flour, baking soda, and salt. Pour the dry ingredients into the wet ingredients and mix together. Do not overmix, just mix until the ingredients are combined. Pour the batter into the pan and bake for about 1 hour, or until a toothpick inserted into the center comes out clean. You can vary this recipe by adding a ½ cup of raisins, chopped nuts, or chocolate chips to the batter before baking.



# Oatmeal Raisin Cookies

**Makes about 36 Cookies**

## Things You Need

¾ cup butter, margarine, or oil	1 tsp baking soda
¾ cup white sugar	¾ tsp cinnamon
¾ cup brown sugar, packed	½ tsp salt
2 eggs	2 ¾ cup rolled oats
1 tsp vanilla extract	1 cup raisins
1 ¼ cup flour	

## Instructions

Preheat oven to 375 degrees. In a large bowl, use a whisk or hand mixer to cream together the butter and sugars until smooth. Add the eggs and vanilla and beat until fluffy. In a separate bowl, mix the flour, baking soda, cinnamon and salt. Pour the dry ingredients into the wet ingredients, and mix until just combined (do not overmix). Stir in the raisins and the oats. Grease a baking sheet, and drop scoops of dough (about 2 tbsp at a time) on to the baking sheet. Bake for about 8-10 minutes, until cookies are lightly browned.

# Peanut Butter Cookies

**Makes about 18 Cookies**

## Things You Need

1 cup natural peanut butter	1 egg
1 cup sugar	1 tsp vanilla

## Instructions

These flourless, butterless cookies have only 4 ingredients and are very easy to make. They also have incredible peanut butter flavor. Preheat the oven to 350 degrees and grease a baking sheet. Thoroughly mix the peanut butter, sugar, egg, and vanilla together in a bowl. Roll the dough into balls (about 1 tbsp worth), then flatten slightly on the baking sheet. Bake for about 8-10 minutes, until the cookies are lightly browned on the edges.



# Brownie in a Mug

**Makes 1 Brownie**

## Things You Need

1/4 cup flour	1/4 cup water
1/4 cup sugar	2 tbsp canola oil
2 tbsp unsweetened cocoa powder	1 drop vanilla extract
pinch of salt	whipped cream or ice cream for serving (optional)

## Instructions

Make sure to use a microwave-safe mug. To the mug, add the flour, sugar, cocoa, and salt. Stir and break up any lumps. Then add the water, oil, and vanilla, and stir until there are no lumps. Microwave for about 1 minute and 30 seconds. Depending on your microwave, you may have to adjust the time slightly. Let cool for a minute, then top with ice cream or whipped cream.

# Popcorn

## Things You Need

about 2-3 tbsp of canola or  
peanut oil

about 1/2 cup of popcorn kernels

2 tbsp of melted butter,  
margarine, or oil

1/2 tsp of salt

## Instructions

Popcorn can be a healthy, high fiber snack, but microwave popcorn has lots of added chemicals. It is easy to make healthy popcorn with just a pot with a lid on the stove top. Heat a large pot on the stove top and pour enough oil in to cover the bottom of the pot. Add popcorn kernels to the pot, just enough to cover the bottom of the pot. Cover the pot with the lid. Listen as the popcorn begins to pop. When the pops begin to slow and become a few seconds apart, turn off the heat. Open the lid slowly, being careful to avoid escaping steam. Pour the popcorn into a bowl, and mix in butter and salt. You can vary this recipe in many ways. Make cinnamon and sugar popcorn by adding 1 tsp of cinnamon and 1 tsp of sugar. Make garlic parmesan popcorn by adding 1/4 cup parmesan cheese and 1/2 tbsp garlic powder. Make chili lime popcorn by adding 1 tsp chili powder and the juice of 1/2 a lime. Be creative!



# Snack Mix

## Makes about 8 Servings

## Things You Need

1 cup of mixed nuts

1/2 cup of raisins

2 cups of mini pretzels

1/2 cup of chocolate chips

## Instructions

This is a good snack to carry with you because it does not need refrigeration. If you are watching your salt intake, make sure you use unsalted nuts. Combine all the ingredients together. Store in a covered container. A serving size is about 1/2 cup.

# Deviled Eggs

## Things You Need

8 eggs	1 tsp worcestershire sauce
3 tbsp of mayonnaise	dash of hot sauce (optional)
1 tsp of mustard	¼ cup of onion, minced finely
1 tsp of lemon juice	paprika or chives for garnish

## Instructions

Hard boil the eggs by placing them in a pot of water and bringing it to a boil. When the water boils, cover the pot, turn off the heat, and let the eggs sit in the water for 10 minutes. Then drain the eggs, peel them, and slice them in half the long way. Scoop out the eggs' yolks and set the whites aside. Mash the yolks with all of the other ingredients. Scoop some of the egg yolk mixture into the holes of the egg whites. Sprinkle with paprika or chopped chives for color.



# Cucumber Finger Sandwiches

## Things You Need

2 slices whole wheat bread	1 pinch salt
2 tbsp cream cheese	1 pinch black pepper
1 tbsp fresh herbs like basil, mint, or dill	1 cucumber, thinly sliced

## Instructions

Combine the cream cheese with the herbs, salt, and pepper. Spread about ½ tbsp cream cheese on each slice of bread. Layer cucumber slices on half the bread, then top with the other half. Slice into quarters, and remove crusts if desired. Serve 2 finger sandwiches per person.



# Smashed Peas on Toast

## Things You Need

8 melba toast crackers

1 tsp canola or olive oil

1/4 tsp salt

1 tbsp parmesan cheese

1/2 tbsp lemon juice

1 cup peas, defrosted if frozen

## Instructions

Combine all ingredients (except crackers) in a food processor or blender, or mash them together completely with a fork. Spoon about 2 tbsp of the pea mixture onto each cracker. Serve 2 crackers per person.



# Tomato Feta Bruschetta

## Things You Need

2 cups cherry tomatoes, chopped

1/2 cup kalamata olives, chopped

1 tbsp olive oil

1 tsp lemon juice

1 clove garlic, minced

1 tsp balsamic vinegar

1 pinch black pepper

1/2 cup feta cheese, crumbled

1/4 cup basil, chopped

1 tbsp olive oil for brushing bread

1/2 baguette

1 pinch of salt

## Instructions

Combine tomatoes, olives, oil, lemon juice, vinegar, salt, pepper, basil, and feta. Mix well. Slice the bread into 12 thin rounds, and brush with olive oil. Toast or broil in the oven until lightly browned. Spoon about 1/4 cup of tomato mixture onto each bread round. Serve 3 bread rounds per person.

# Tortilla Pinwheels

## Things You Need

2 10" whole wheat or spinach tortillas  
1/2 cup cream cheese  
2 tbsp chopped canned green chilies  
2 tbsp chopped roasted red peppers

## Instructions

The red roasted peppers and green chilis make this a festive snack for the holidays. Substitute black olives or chopped bell peppers to vary the colors and flavors. Combine the cream cheese, chilis, and roasted peppers and mix well. Spread onto each tortilla. Roll each tortilla and slice into rounds. Serve about 2 pinwheels per person.



# Zucchini Pizza Bites

## Things You Need

About 1/2 zucchini, sliced into rounds  
3 tbsp marinara or pizza sauce  
3 tbsp mozzarella cheese, shredded  
1 tsp canola oil

## Instructions

Lightly brush zucchini slices with oil. Lay zucchini in a single layer on a baking pan, and place under the broiler for about 2 minutes. Remove from the oven, and top each slice with about 1 tsp sauce, 1 tsp cheese. Return the pan to the oven and broil for about 2 more minutes, until the cheese is melted. Serve 2 zucchini bites per person.

# Dressings, Sauces, and Dips



# Italian Vinaigrette

## Things You Need

1 clove garlic, minced finely	1/2 tsp black pepper
1/4 cup white or cider vinegar	1/4 tsp sugar
1/2 cup olive oil or canola oil	1 tsp italian herbs or oregano
1/4 tsp salt	

## Instructions

If a blender or food processor is available, blend all ingredients together until smooth. Otherwise, whisk all the ingredients together in a bowl until smooth.

# Balsamic Vinaigrette

## Things You Need

1 clove garlic, minced finely	1/2 tsp black pepper
1/4 cup balsamic vinegar	1 tsp honey
1/2 cup canola or olive oil	1 tsp dried herbs such as basil, oregano, or parsley
1/4 tsp salt	

## Instructions

If a blender or food processor is available, blend all ingredients together until smooth. Otherwise, whisk all the ingredients together in a bowl until smooth.

# Honey Mustard Dressing

## Things You Need

1 clove garlic, minced finely	1 tsp mustard, such as dijon
1/4 cup white or cider vinegar	1 tsp honey
1/2 cup canola or olive oil	1 tsp dried dill (or other dried herbs)
1/4 tsp salt	
1/2 tsp black pepper	

## Instructions

If a blender or food processor is available, blend all ingredients together until smooth. Otherwise, whisk all the ingredients together in a bowl until smooth.

# Hummus

## Things You Need

- |   |   |
|---|---|
| 1 15-oz can of chickpeas<br>(garbanzo beans), drained | juice of 1 lemon                        |
| 1 clove of garlic                                     | 1/2 tsp cumin                           |
| 2 tbsp canola or olive oil                            | 1/2 tsp salt                            |
| 1/4 cup tahini (sesame paste) or<br>peanut butter     | a few dashes of hot sauce<br>(optional) |

## Instructions

Hummus is a middle eastern spread that can be used as a dip for vegetables or chips or spread on sandwiches. It is high in fiber and protein. To make hummus, combine all of the ingredients in a blender or food processor, and blend until smooth. You may have to turn off blender, scrape down the sides, and blend again. If the hummus is too thick, add a little water or some of the liquid from the can of chickpeas.



# Basil Pesto

## Things You Need

- |                              |                         |
|------------------------------|-------------------------|
| 2 cups fresh basil, packed   | 1/4 cup parmesan cheese |
| 2 cloves garlic              | pinch of salt           |
| 1/4 cup walnuts or pine nuts | 1/2 tsp black pepper    |
| 2/3 cup canola or olive oil  |                         |

## Instructions

Pesto can be used as a topping for pasta, a sandwich spread, a dip, or on fish, poultry, or meat. In a blender or food processor, pulse the garlic, nuts, and basil. Drizzle in the oil, blending as you go. Then add the cheese, salt, and pepper and blend.

# Guacamole

## Things You Need

1 clove garlic, minced

1 avocado

juice of half a lemon

pinch of salt

pinch of black pepper

dash of hot sauce (optional)

## Instructions

Guacamole is great as a dip for chips, or a garnish on quesadillas, tacos, burritos, or other Mexican dishes. Mince the garlic finely. Add the avocado, lemon juice, salt, pepper, and hot sauce and mash together.





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# Herbs & Spices

## Dried vs. Fresh

While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat. Use 3 times more fresh herbs if substituting for dried.

<b>Basil</b>	Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.
<b>Bay leaves</b>	Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stew, and pickles.
<b>Caraway</b>	Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.
<b>Celery Seed</b>	Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.
<b>Chives</b>	Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.
<b>Cilantro</b>	Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.
<b>Cinnamon</b>	Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.
<b>Coriander</b>	Mild, sweet, orangey flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.
<b>Curry Powder</b>	Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.
<b>Dill</b>	Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.
<b>Fennel</b>	Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

# Herbs & Spices

<b>Ginger</b>	A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.
<b>Marjoram</b>	May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
<b>Mint</b>	Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.
<b>Nutmeg</b>	Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.
<b>Oregano</b>	Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
<b>Paprika</b>	A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
<b>Parsley</b>	Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
<b>Rosemary</b>	Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
<b>Saffron</b>	Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.
<b>Sage</b>	Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
<b>Tarragon</b>	Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots, and dressings.
<b>Thyme</b>	Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.
<b>Turmeric</b>	Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

# Cooking Terms

**Au gratin:** Topped with crumbs and/or cheese and browned in oven or under broiler.

**Au jus:** Served in its own juice.

**Baste:** To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**Crimp:** To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudités:** An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

**Dredge:** To coat lightly with flour, cornmeal, etc.

**Entrée:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut or slice vegetables, fruits, or cheeses into match-shaped slivers.

**Marinate:** To allow food to stand in a liquid in order to tenderize or to add flavor.

**Meunière:** Dredged with flour and sautéed in butter.

**Mince:** To chop food into very small pieces.

**Parboil:** To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

**Pare:** To remove the outermost skin of a fruit or vegetable.

**Poach:** To cook gently in hot liquid kept just below the boiling point.

**Purée:** To mash foods by hand by rubbing them through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

**Refresh:** To run cold water over food that has been parboiled in order to stop the cooking process quickly.

**Sauté:** To cook and/or brown food in a small quantity of hot shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan

**Simmer:** To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steep:** To let food stand in hot liquid in order to extract or to enhance the flavor, like tea in hot water or poached fruit in syrup.

**Toss:** To combine ingredients with a repeated lifting motion.

**Whip:** To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.



# Quick Fixes

Practically everyone has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

**Acidic foods**—Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

**Burnt food on pots and pans**—Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

**Chocolate seizes**—Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use ¼ cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

**Forgot to thaw whipped topping**—Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

**Hands smell like garlic or onion**—Rise hands under cold water while rubbing them with a large stainless steel spoon.

**Hard brown sugar**—Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

**Jell-O too hard**—Heat on a low microwave power setting for a very short time.

**Lumpy gravy or sauce**—Use a blender, food processor or simply strain.

**No tomato juice**—Mix ½ cup ketchup with ½ cup water.

**Out of honey**—Substitute 1 ¼ cups sugar dissolved in 1 cup water.

**Overcooked sweet potatoes or carrots**—Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

**Sandwich bread is stale**—Toast or microwave bread briefly. Otherwise, turn it into bread crumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box. If the bread will not be eaten within a few days, store half in the freezer.

**Soup, sauce, gravy too thin**—Add 1 tablespoon of flour to hot soup, sauce, or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

**Sticky rice**—Rinse rice with warm water.

**Stew or soup is greasy**—Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.



# More Quick Fixes

**Too salty**—Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

**Too sweet**—Add a little vinegar or lemon juice.

**Undercooked cakes and cookies**—Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.

## Microwave Hints

- ◆ Soften hard ice cream by microwaving at 30% power. One pint will take 15-30 seconds; one quart takes 30-45 seconds; one-half gallon takes 45-60 seconds.
- ◆ One stick of butter will soften in 40 seconds when microwaved at 50% power.
- ◆ Soften one unwrapped 8-oz package of cream cheese by placing in a glass bowl and microwaving on high for 15 seconds.
- ◆ A carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but will blend when stirred. Do not over thaw!
- ◆ To scald milk, cook 1 cup for 2—2 ½ minutes, stirring once each minute.
- ◆ Melt half of a 7-oz jar of marshmallow crème by microwaving on high for 35-40 seconds.
- ◆ If Jell-O has set up too hard, heat on low power for a very short time.
- ◆ Plump dried fruits by microwaving 1 cup of water for 1-2 minutes or until boiling. Add ½ cup dried fruit and let stand for 5-10 minutes.



# More Microwave Hints

- ◆ To get more juice out of lemons, microwave on high for 10-20 seconds. Roll on the counter, slice, and juice.
- ◆ To soften hardened brown sugar, place package in the microwave and heat for 30 seconds; fluff with a fork and use immediately.
- ◆ Warm pancake syrup by heating on high in serving container for 30-60 seconds.
- ◆ To restore crystallized honey, heat in a glass jar covered with plastic wrap on high for 30-45 seconds. Repeat if necessary.
- ◆ To toast coconut, spread ½ cup coconut on a plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Keep a close watch because it quickly browns.
- ◆ To melt chocolate, place ½ pound in a glass bowl or measuring cup. Melt uncovered at 50% power for 1-2 minutes; remove and stir. Repeat in 30 second intervals, as needed.
- ◆ Crisp stale potato chips, crackers, cookies, or cereal by placing on paper towel and heating in the microwave for 20-30 seconds.
- ◆ To make dry breadcrumbs, cut 6 slices of bread into ½ inch cubes. Microwave in 3-quart casserole dish for 6-7 minutes or until dry, stirring after 3 minutes. Crush in blender.
- ◆ To clean your microwave, heat a glass bowl of water with a small amount of vinegar for 5 minutes. Keep the door closed for 5 more minutes to give the steam time to work. Remove the bowl and use a moist, soapy dish cloth to wipe the inside walls and door of your microwave. Dried food should wipe off easily.





