

**NOM
NOM**

IVI MED STUDENT COOKBOOK

The cookbook for med students, by med students!
Brought to you by your Wellness Representatives

FOREWORD

This is your **[[V]] Med Student Cookbook**—the cookbook for med students, by med students!

In October 2012, we sent out a call for cookbook ideas and recipes, and the response was tremendous. This book represents a compilation of those recipes. Most of the recipes are quick and healthy, some allow you to cook ahead for the week, and some are a bit more advanced or indulgent.

A big thanks goes out to all who made the cookbook possible and to all who showed enthusiasm for this project. We are so grateful to represent you as Wellness Representatives and we hope that these recipes enrich your lives. This was a labor of love.

Cheers to good food!

*Evie Covés-Datson, Julie Blaszczak, Riley Collins, Jim Drake,
Shea Wickland*

March 27, 2013

TABLE OF CONTENTS

Introduction, page 5

Snacks, page 11

Baba Ghanoush
Chili con Queso
Kale Chips

Breakfast, page 15

Egg Tortilla
Cooking Light Baked Oatmeal
Baked Oatmeal

Soups and Stews, page 18

Black Bean Soup
Chicken Noodle Soup
Chili
Curry-Peanut Butter Stew
Lentil Soup
Pumpkin Soup

Salads, page 22

Chickpea and Broccoli Salad
Cucumber Salad
Lentil Salad with Goat Cheese
Mexican Bean Salad
"Prince Albert" Quinoa Salad

Vegetarian, page 27

Baked Chickpeas
Mashed Potatoes
Garlic Mashed Potatoes with Beets and Swiss Chard
Fried Rice
Scrambled Eggs Served over Rice and Vegetables
Zucchini Casserole
Cauliflower Casserole
Simplified Spanikopita
Pizza with Handmade Dough
Crispy Black Bean Tacos with Cabbage Slaw and Feta
Linguine with Balsamic Glazed Roasted Vegetables
Gourmet Grilled Cheese

Crockpot, page 35

Minestrone Soup
Balsamic and Onion Pot Roast
Chai-Spiced Apple Butter

Poultry, page 39

Ground Turkey Sauté
Chicken with Fresh Yogurt Sauce
Turkey Cheddar Burgers
Doron's Chicken
Light Lemon Chicken Pasta
Cashew Chicken

Meat, page 43

Flank Steak
Healthy, Quick, and Cheap Spaghetti
Enchilada Casserole
Meatballs with Eggplant
Stir-fry

Fish, page 48

Broiled Tilapia
Fish Tacos
Maple Salmon
Salmon Baked in a Foil Parcel with Green Beans and Pesto

Baked Goods and Desserts, page 51

Bakery-Style Bread
One Ingredient Banana Ice Cream
Oreo Truffles
Chocolate Chip Cookies
Carrot Cake
Healthy Banana Chocolate Chip Muffins
Caramelized Bananas with Greek Yogurt
Blueberry Walnut Bars
Triple Berry Cobbler
Banana Cookies

Quick and Healthy Snack Ideas, page 59

Pantry Essentials, page 59

Special thanks to Mike Kemp for all the beautiful photos of the food



Introduction

Eating and Physical Health

As we all know, the food we eat is important for our physical health. Food is used for growth, bodily repairs, and energy. If food is not used, it is converted to fat that can accumulate and cause disease, make daily tasks difficult, or lower self-esteem.

Exercise can help avoid these problems by promoting the use of food and limiting fat storage. As we exercise, food or existing fat stores are burned for energy so the body can move. This movement wears down and damages muscles. To prevent future damage, muscles are restored and stimulated to grow bigger and stronger. Additionally, neurons and blood vessels multiply to serve the larger muscle. All of this uses up food—for energy, growth, and repairs—and little is left over to be stored as fat.

When there is not enough food, the body starts to break itself down trying to find the nutrients and energy it needs. This can burn fat, but if there is not enough fat or food, this can cause weakness, slow growth, and increased risk for injury. When food is balanced with bodily need, little fat accumulates and the body is maintained.

Eating balanced with bodily needs

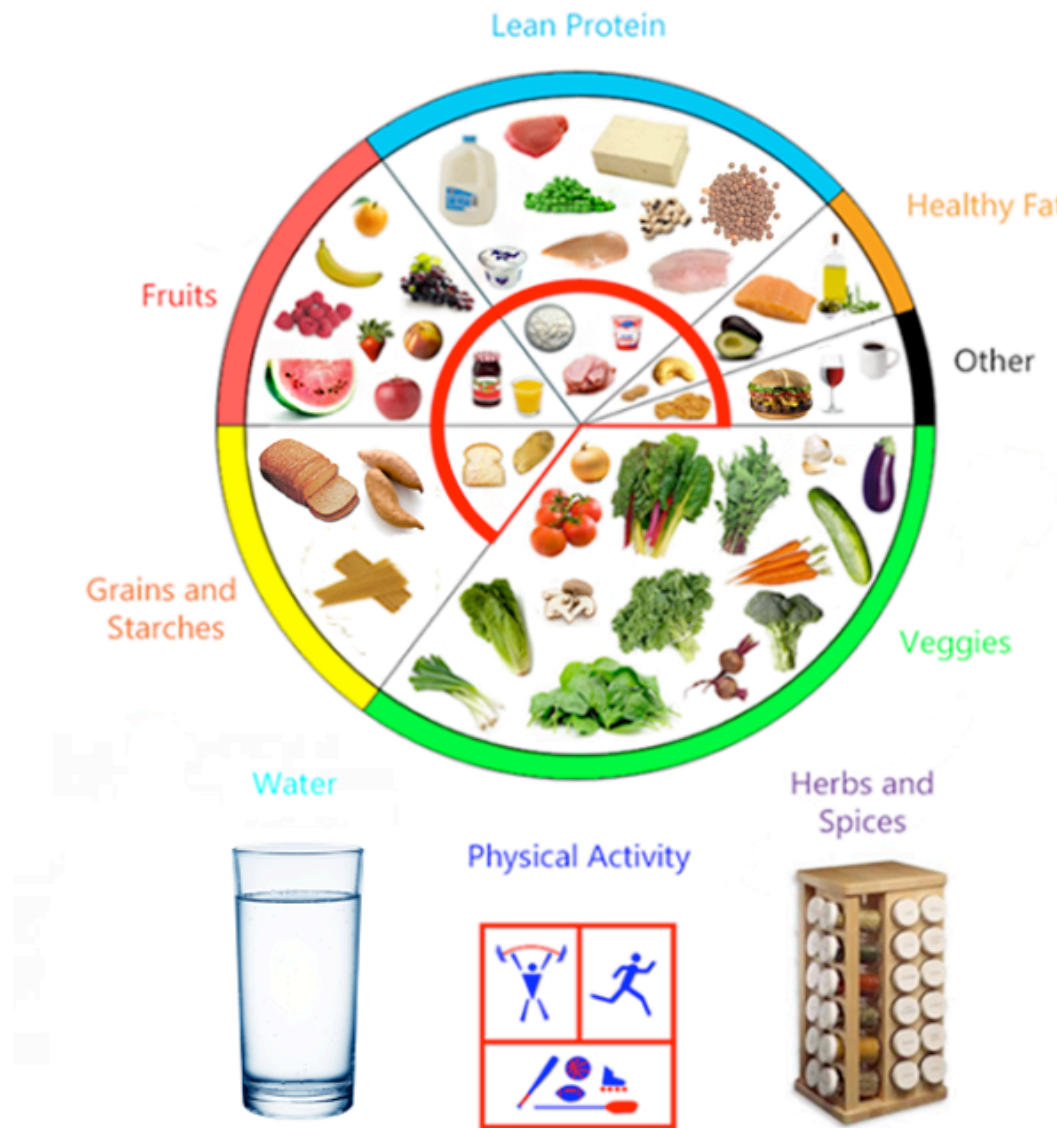


Little fat accumulates and the body is maintained

Each one of us has unique eating habits based on our lifestyle. Olympic athletes need to eat a ton of food to fuel their bodies so they can train effectively. A person of the same height and weight who does not exercise and sits at a desk most of the day does not need to eat nearly as much; his or her body has much less need for food.

Additionally, our goals influence what we eat. If we want to gain weight, then we have to eat more so our body can grow bigger. However, in our contemporary American culture, food is convenient and exercise is hard to make time for. This means that most of us want to lose weight or develop habits that help keep weight off. The goal of this book is to provide recipes that help readers develop healthy eating habits or lose weight, despite an environment that makes it very easy to become unhealthy and overweight.

Eating right for most people means eating a lot of vegetables and lean protein. Fruits, some starches, and whole grains can also be a pretty big part of our diets. The majority of the rest of the diet should be healthy fats with a little room for indulgent food, coffee, alcohol, and other consumables. The food wheel shows an example of a nutritious, low fat diet:



The size of each slice represents the proportion of that food group in the diet. The foods inside the **inner red region** are within the larger category, but their consumption should be limited. This chart summarizes and adds to the food wheel:

Veggies	Lean Proteins	Fruits	Grains and Starches	Healthy Fat	Other
Onion	Skim milk	Watermelon	Whole wheat bread	Olive oil	Coffee
Lettuce	Low-fat yogurt	Apples	Whole wheat pasta	Salmon	Tea
Tomato	Tuna	Raspberries	Brown rice	Avocado	Wine
Scallions	Peas	Strawberries	Oats	Sesame oil	Burgers
Spinach	Tilapia	Peaches	Yams	Canola oil	Steak
Beets	Tofu	Bananas	Plain popcorn	Olives	Pork
Kale	Black-eyed peas	Grapes	Quinoa	Sardines	Limit:
Swiss Chard	Chicken	Oranges	Wild rice	Limit:	Fried chicken
Dandelion Greens	Lentils	Blackberries	Sweet potatoes	Salted nuts	Baked goods
Garlic	Turkey	Cranberries	Limit:	Salted peanuts	Chips

Carrots	Beans	Papaya	Noodles	Sunflower seed	Candy
Broccoli	Edamame	Pomegranate	White bread		Lard
Cucumber	Limit:	Limit:	Potatoes		Margarine
Eggplant	Cottage cheese	Jams	Sweet cereals		Fast food
Mustard greens	Cold cuts	Jelly	White rice		Fried food
Mushrooms	Fruit yogurt	Fruit juice	Tortillas		Frozen foods

On **limited** foods:

There are no limitations on **veggies**. They are healthy, nutritious, and low calorie, meaning they have little potential to be turned into fat. Enjoy!

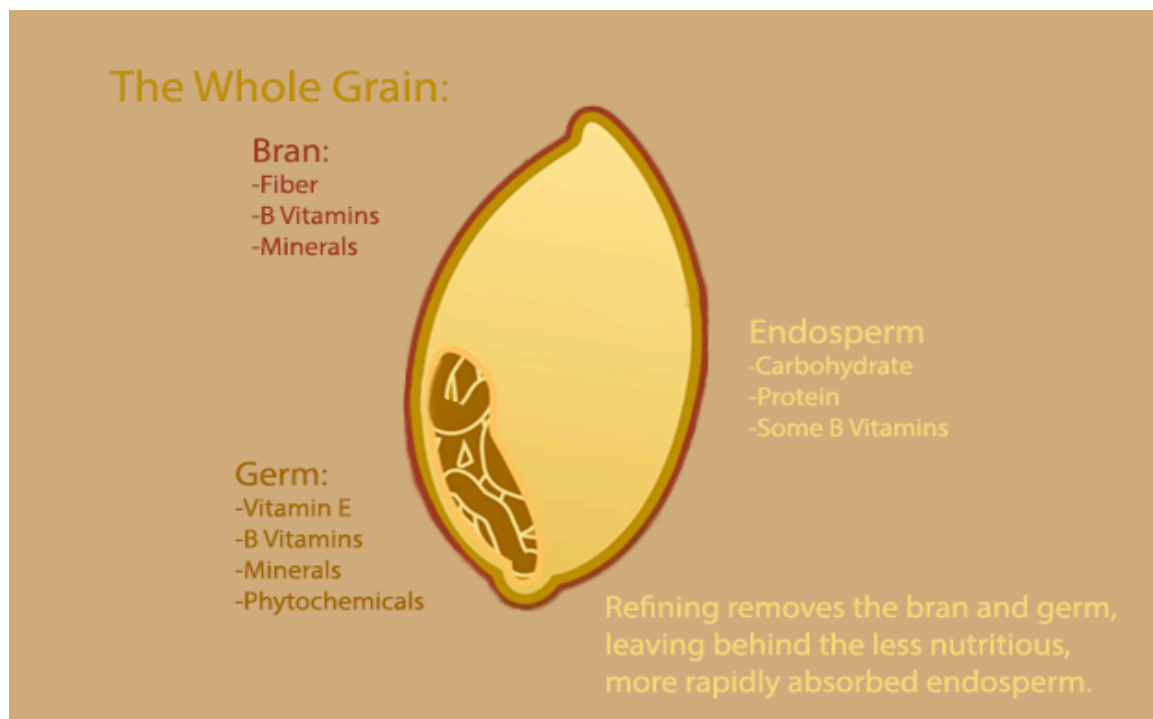
Some **lean proteins** such as cottage cheese and cold cuts are likely to be **high in sodium**. Eating high sodium foods can elevate blood pressure and contribute to or exacerbate chronic high blood pressure.

Also, some low-fat fruit yogurts contain a large amount of sugar. High sugar yogurt is a **high glycemic load** food and causes blood sugar levels to spike rapidly. These foods can increase type-2 diabetes risk and should be avoided by people with metabolic syndrome, insulin resistance, or diabetes as they stress the body's ability to respond to blood sugar. Also, some people feel light headed after eating these foods.

High sugar **fruit** products such as jams and fruit juices should be avoided again because of **high glycemic load**. They can cause the same complications as high sugar yogurt.

Once again, **high glycemic load** should limit consumption of certain **grains and starches**. For grains, the tough, fibrous outer coating (the bran) is removed during refining. Without the bran to slow down digestion, the carbohydrate-rich endosperm is available for rapid digestion resulting in high glycemic load.

Not only do refined carbs cause a spike in blood sugar, but they also deliver fewer nutrients than their whole grain counterparts. They lack not only the bran, but also the vitamin rich germ.



Some **healthy fats** such as mixed nuts or seeds have **high sodium** and are very salty. They tend to elevate blood pressure and should be limited, or replaced by low-sodium alternatives.

Finally, some foods containing high **trans-fats or partially hydrogenated oils** should be avoided as much as possible. These fats are considered to be the most unhealthy and greatest dietary contributor to cardiovascular disease.

Following these guidelines can help empower a person to eat the food that's right for them and be as physically healthy as possible. However, eating right is not only a way to reach peak physical health. It is also a way to achieve maximum overall health, or wellness.

Wellness is holistic health, taking into account occupational, intellectual, emotional, environmental, spiritual, physical, and social factors. Growth and balance in all of these is important, and eating right relates to more than we might first suspect.

Eating and Environmental Wellness

Environmental wellness involves reaching an understanding and appreciation for the Earth, its resources, and our surroundings. Our eating choices are one way to express this understanding. For instance, a huge amount of energy resources are put into raising cattle: transportation of cattle, beef, and feed; maintaining the farms, etc. It is estimated that per pound, beef is one of the most energetically inefficient foods available. Over-consumption of energy contributes to climate change, eliminates resources, and leads to damage and disruption of the locations that harbored energy resources. Because of this, some find it worthy to limit their consumption of red meats like beef.

Additionally, food grown on large, far away farms is more likely to be a part of a system that is unsustainable. Transportation again is an issue, as these large farms distribute all over the world. Also, the land and water may become polluted with fertilizers and pesticides, damaging ecosystems, not to mention demanding the high energy price tag of manufacturing these pollutants. To limit these damages, some have elected to buy food raised locally or at least within the United States, to garden and grow some of their own vegetables, or to purchase organic foods.



Eating and Emotional Wellness

Emotional wellness involves understanding and dealing with the emotions we feel. One part of that is our innate drive to feel pleasure. We can satisfy this drive by socializing, listening to music, running, eating... whatever gets the endorphins flowing.

Sometimes people fail to find happiness from multiple sources and they over-indulge in just a couple. Really tasty (and unhealthy) food is readily available to us, and we might eat too much to conveniently feel good and satisfy our emotional needs. But if eating becomes the main way we satisfy this drive, we will undoubtedly eat too much and compromise our health while deepening our emotional deficits.

When we eat right, our consumption is in tune with the needs of our body, supplying the energy and the nutrition that's needed. The food we eat gives us a sense of happiness, but does not push out other things or take their place. In fact, it pushes us to find other sources of happiness since our drive for pleasure is not satisfied at the dinner table. Once we strike a balance in what makes us happy, we are able to achieve emotional wellness.

Spiritual and Overall Wellness

Having some knowledge of how food relates to overall well-being allows for greater personal understanding and enhances our ability to control our lives. We can meaningfully take on the responsibilities of our emotional, environmental, and physical health, resulting in happiness and inner harmony. This ability and these feelings are strong indicators of spiritual wellness, which involves discovering one's self and how one fits into the world around one.

Of course, there is much more to life than eating food (and as we can see, there is much more to eating food than eating food). Finding holistic wellness is an ongoing process requiring experience and frequent re-evaluation. Nevertheless, we can still find substantial fulfillment and happiness in the simple, common, and delicious task that is eating.

J.D.



Snacks



Baba Ghanoush, page 13.

Baba Ghanoush

Ingredients:

- 3 black eggplants
- 2 teaspoons olive oil
- 2 cloves garlic
- Apple cider vinegar
- Salt

Directions:

Preheat the oven at 470 degrees. Poke the eggplants with a fork 5-10 times and place them in the oven for 15-20 minutes. Pull them out when the peel appears wilted. Let the eggplants cool to nearly room temperature. Cut them in half vertically and scoop out the seeds with a spoon and discard them. Separate the meat of the eggplant from the skin. Put the meat in a blender with 2 cloves of garlic and 2-3 teaspoons olive oil. Blend for about 1 minute, until smooth. Add salt to taste. Serve with pita chips.

Chili con Queso

Ingredients:

- 1 lb. Medium Cheddar Cheese
- 2 lb. Velveeta Cheese
- 8 oz. Diced Jalapeños
- 8 oz. Diced Green Chiles
- 20 oz. Diced Tomatoes
- 1 Jar of Salsa (Hot)
- Onion Powder and Garlic Powder to Taste

Directions:

Cut the cheese up and melt it first (do not burn) and then add all the other ingredients while stirring. Add more jalapenos or salsa to make it spicier.

Kale Chips (courtesy of AllRecipes)

Ingredients:

- 1 bunch kale
- 1 teaspoon salt
- 1 tablespoon olive oil

Directions:

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.



Breakfast

Egg Tortilla

Ingredients:

- 2 eggs
- 1 corn tortilla
- Olive oil
- Salt
- Pepper
- Hot sauce

Directions:

Add 1 ½ tablespoons olive oil onto a pan over medium heat. Put the tortilla in the pan until it's hot or slightly browned. Take it off and put it on a dish to the side. Add more oil if necessary, if not, simply crack in the eggs and cook them as desired. Add the salt and pepper, and place them in the tortilla. Add your favorite hot sauce on top; I prefer Sriracha by Huy Fong Foods.

Cooking Light Baked Oatmeal

Ingredients:

- 2 cups uncooked quick oats
- 1/2 c. packed brown sugar
- 1/3 cup raisins
- 1 T. chopped walnuts
- 1 tsp. baking powder
- 1 1/2 c. skim milk (works perfectly with soy milk, too)
- 1/2 c. applesauce
- 2 T. butter, melted
- 1 large egg, beaten

Directions:

Prepare ahead and eat all week!

Preheat oven to 375 degrees. Combine first five ingredients in a bowl. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture, stir well. Pour oat mixture into an 8-inch square baking pan coated with cooking spray. Bake for 20 minutes. Serve warm. (Serves 5; 281 calories/serving)

Baked Oatmeal (from SkinnyTaste.com)

Ingredients:

- 2 apples, sliced
- 1 pear, sliced
- 1/4 cup blueberries
- 1 1/2 cups old fashioned oats
- 3/4 teaspoon baking powder
- 3/4 teaspoon cinnamon
- 3/4 teaspoon cardamom (optional)
- 2 eggs
- 1 cup milk, soy milk, or almond milk
- 1/2 cup water
- 1 teaspoon vanilla extract

Directions:

Preheat oven to 375F. Grease a 9x9 inch pan (or 11x7 inch pan). Arrange apples and pears in rows in the pan. Sprinkle the blueberries on top. In a bowl, mix the oats, baking powder, cinnamon, and cardamom. Spread the oatmeal mixture evenly over the fruit. In the same bowl, beat the eggs with milk, water, and vanilla. Pour the egg mixture evenly over the oatmeal, making sure all of the oatmeal gets wet. Bake the oatmeal for 35-45 minutes, or until the top is golden brown and the oatmeal has set. Enjoy warm.



Soups and Stews

Black Bean Soup

Ingredients:

- 2 T olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 † ground cumin
- 1 † chili powder
- 2 15.5-oz cans black beans, drained & rinsed
- 15-oz can diced tomatoes in juice
- 1 1/2 c vegetable broth
- 1 † salt
- 1 handful chopped cilantro

Directions:

In a soup pot heat olive oil over medium. Add onion and garlic and cook until beginning to brown. Stir in cumin and chili powder and then add black beans, diced tomatoes, vegetable broth (may need more depending on how thick you like your soup), salt and cilantro. Bring to a boil, and allow to cook for 2 minutes. Transfer 1 cup to a blender/food processor and mix until smooth. Stir back into soup.

Chicken Noodle Soup

Ingredients:

- 1 whole chicken
- 1 large onion, chopped
- 2 large carrots, chopped
- 3 stalks celery, chopped
- Italian seasoning to taste
- salt and pepper to taste
- optional: chicken/vegetable broth

Directions:

In a soup pot add the raw chicken and vegetables. Add enough water (some people like to use chicken or vegetable broth instead) to completely cover the chicken. Add your seasonings. Bring to a full boil and then reduce to simmer. Cooking until the chicken is tender and starting to fall off the bones. Remove the chicken and set aside to cool until you can comfortably touch it. Remove the skin and then tear or cut bite size pieces and add them back to the soup. Serve over your favorite noodle type (I prefer wide spiral egg noodles for this soup).

Chili

Ingredients:

Olive oil
2 onions
5 cloves garlic
1.5 bell peppers
16 oz. ground turkey (can be substituted with lean ground beef, but it's less healthy)
16 oz. white beans (canned or soaked overnight)
Ground mustard
Salt*, pepper, cayenne pepper
Barbeque sauce (or Worcestershire sauce)
Water
8 oz. tomato paste
2 tomatoes
1 jalapeno pepper (or more if desired)

*Add extra salt only if the beans are not from a can. Canned beans usually have a lot of salt.

Directions:

Soak the beans overnight. When ready to cook, start off by dicing the onions, garlic, jalapeno, and bell peppers. Remove seeds and the inside of jalapeno to turn down the heat, if desired. Sauté everything in olive oil over medium heat. When the onion starts to look translucent, add the ground turkey, salt, and black pepper. When the turkey is mostly cooked, turn off the heat and transfer everything into a casserole pan. Layer the beans on top. Mix the tomato paste with 2 cups of water and add the mixture to the food. Add more water if necessary, until everything is just submerged. Dust ground mustard (approx. 2 tbsp) and cayenne pepper. Add 1 cup Worcestershire or bbq sauce. Finally, top the chili with the tomatoes cut in half. Pre-heat oven to 400 degrees and bake for 30-50 minutes, depending on desired consistency. Bake longer for thicker chili.

Curry-Peanut Butter Stew

Ingredients:

- 1 pound minced lamb or beef (or possibly turkey)
- 2 onions, chopped
- 2 pounds greens (e.g. spinach, collards, chard or kale), chopped finely
- 3 red or green bell peppers, chopped
- 1 butternut squash, chopped
- ~2 Tbsp. peanut butter
- Red palm oil or cooking oil
- 1-2 bouillon/stock cubes
- Curry

Directions:

Start by heating the oil in a large pan and then brown the onions in it, adding the meat when the onions are transparent. Next, put in the squash, bell peppers and stock cube with enough water to cover the meat. Bring to a boil and then turn down the heat to a simmer. Cook the meat for 20-30 minutes or until tender. Add the greens, cover, and cook until they are soft. Mix the peanut butter into the ingredients and stir to combine. Simmer for a further 10 minutes and serve with rice.

Lentil Soup

Ingredients:

- Olive oil
- Salt, pepper
- 3 medium onions
- 5 cloves garlic (smashed)
- Water
- 12 oz tomato paste
- 2 whole tomatoes*
- 16 oz. lentils
- 1 1/2 tablespoons oregano
- ½ cup chopped or grated carrots

Directions:

Clean and smash the garlic heads using the flat side of a large knife. Dice the onion. Add both in a large pot along with 4 tablespoons olive oil until the onions are translucent. Add the lentils, tomato paste, whole tomatoes, salt, pepper, and 9 cups of water. Stir everything together and cover the pot leaving a small space for water vapor to escape, over medium-high heat. When necessary, add in more water to continue to boiling process. It is likely that the water will evaporate before the lentils are soft enough to be enjoyed. Cook the lentils in the soup for approximately 35 minutes. Grate or chop ½ cup carrots and add to the soup. Cook for another 15 minutes. Turn off the heat and add in 1 1/2 tablespoons oregano.

Pumpkin Soup

Ingredients:

- 1/2 pumpkin or squash
- 5-6 carrots
- 3 sweet potatoes
- 1 large onion
- 1 piece ginger
- 1-2 cloves garlic
- 1 small red chili pepper
- coconut milk
- salt and pepper
- Toppings: Spring onions (sauteed), tomatoes, croutons (pan-fried in butter/oil)

Directions:

Sautee garlic, ginger, and onion. Add carrots. Add pumpkin and potatoes (can pre-boil). Add water/boullion. Cook until soft. Blend. Add coconut milk just before serving.



Salads



Lentil Salad with Goat Cheese, page 25.

Chickpea and Broccoli Salad

Ingredients:

- 2 tablespoon white wine vinegar
- 1/2 teaspoon Dijon mustard
- 6 tablespoons olive oil
- 1/2 teaspoon salt
- freshly ground black pepper
- 2 cups broccoli, chopped into small florets
- 1 red pepper
- 2 tomatoes
- 2 green onions, thinly sliced
- 1/4 cup chopped fresh cilantro and parsley
- 1 small can chickpeas

Directions:

Whisk together the mustard with the vinegar. Slowly add the oil while whisking to form an emulsion. Add the salt and pepper and taste the vinaigrette. Correct if desired and then set aside. Steam the broccoli for about 3 minutes, quickly transfer into ice water to cool and then drain. Add to a large bowl and toss with half of the dressing. Thinly slice the red peppers lengthwise and then in half widthwise. Add to the broccoli. Chop the tomatoes into chunky bite sized pieces and add along with the green onions and fresh herbs. Drain the chickpeas and rinse well under water. Pick the skins off the chickpeas (they should just pop off when handled) and add them to the veggies. Toss the salad and add a bit more dressing if desired. Serve cold or room temperature.

Cucumber Salad

Ingredients:

- 1-2 cucumbers, chopped or smashed (using the side of a heavy knife)
- 1-2 cloves garlic, minced
- 1 teaspoon sesame oil OR 1 Tbs Chinese sesame paste
- 1 teaspoon Lao Gan Ma crisp chili sauce (optional)
- Dash of salt

Directions:

Place cucumbers in a bowl. Add remaining ingredients and toss.

Lentil Salad with Goat Cheese

Ingredients:

- 1 cup lentils
- 3 cups chicken broth
- 1 bay leaf
- 1 large carrot, finely diced
- 2 ribs celery, finely diced
- 1 teaspoon finely chopped fresh thyme or 1/2 teaspoon dried
- 3 tablespoons freshly chopped parsley
- 1 garlic clove, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons freshly squeezed lemon juice, from one lemon
- 1/4 cup extra virgin olive oil
- 2-3 ounces goat cheese

Directions:

Combine lentils, chicken broth and bay leaf in a medium saucepan. Bring to a boil, then turn heat down and simmer until lentils are tender, 25-30 minutes for French green lentils or 20-25 minutes for common brown or green lentils. Remove bay leaf, strain and let cool. In a large bowl, combine all remaining ingredients except goat cheese. Add cooled lentils and toss to combine. Taste and adjust seasoning if necessary. Transfer salad to serving dish, crumble goat cheese over top and serve.

Mexican Bean Salad

Ingredients:

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (10 ounce) package frozen corn kernels
- 1 red onion, chopped
- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 clove crushed garlic
- 1/4 cup chopped fresh cilantro
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground black pepper

Directions:

In a large bowl, combine beans, bell peppers, frozen corn, and red onion. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

"Prince Albert" Quinoa Salad

Ingredients:

- 1 cup quinoa, dry
- 2 small/medium sweet potatoes, diced
- 2 tablespoons olive oil
- Salt and pepper
- 1 can black beans
- 1 avocado
- Salsa verde

Directions:

Preheat the oven to 425°F. Dice the sweet potato and drizzle it with olive oil. Roast sweet potatoes on a baking sheet (I put parchment paper down) at 425°F for 25 to 30 minutes. Add one cup of water and the quinoa to a small pot. Bring the water to a boil.

Once the water has started to boil, turn the heat to low and cover the pot with a lid. Cook for 15 minutes. Remove the lid and fluff the quinoa with a fork. Let the hot ingredients cool a bit. Mix the sweet potato, quinoa, black beans (rinsed), and diced avocado in a bowl. Dress with plenty of salsa verde, and serve warmish.



Vegetarian



Baked Chickpeas, page 29.

Baked Chickpeas

Ingredients:

- 1 6oz chickpeas
- Olive oil
- Water
- Salt, pepper, oregano
- 3 tomatoes
- 3 medium onions

Directions:

Soak the chickpeas overnight in a large bowl of water to soften them. When ready to cook, strain the chickpeas and put them in a short casserole pan. Add the salt, pepper, and oregano as desired. Slice the tomatoes and the onions and layer them over the chickpeas. Add enough water to just submerge the ingredients. Lightly sprinkle olive oil on top. Preheat the oven for 400 degrees F, and bake for approximately 35 minutes.

Mashed Potatoes

Ingredients:

- 8 red potatoes, with skins
- ½ cup fat free cream cheese
- Skim milk
- Pepper
- Salt
- Cayenne pepper
- 4 cloves of garlic

Directions:

Clean and dice the garlic. Boil the potatoes and the garlic until the potatoes are very soft. Strain out the water and smash the potatoes with a large wooden spoon or similar utensil. A potato masher would be ideal, but they should be soft enough to break down with other tools also. Add the cream cheese and some milk and stir. Continue to add milk until the desired consistency is achieved. Add the salt, pepper, and cayenne to taste. I like a lot of cayenne.

Garlic Mashed Potatoes with Beets and Swiss Chard

Ingredients:

- 8 red potatoes, with skin
- ½ head of garlic (blended with oil)
- Lemon juice from 2 lemons
- Salt
- Olive oil
- Milk or water
- Veggies:
- 1 bunch Swiss chard
- 6 beets with leaves

Directions:

Peel off the brown layer on the exterior of the beets and chop off the stems and leaves (save them for later). Slice the beet roots and boil them with the Swiss chard and their leaves. Stir occasionally, and add salt to taste. When the beets are soft all the way through, strain the vegetables. To prepare the mashed potatoes, boil them until they are soft. Stir or mash them. Stir in the juice from 2 lemons. Clean half a head of garlic and put it in a blender with about 3 tablespoons of olive oil to collect all the garlic. Add in the garlic mixture, and stir. Finally, add enough milk or water to achieve the desired consistency. Add salt to taste.

Fried Rice

Ingredients:

Basically, just decide what you want to put in it. I like a mix of Chinese sausage, egg, peas, green onion, and bell pepper.

Directions:

Cook any meat first. You can use the same procedure for enrobing the meat as in the stir-fry recipe. Scramble the egg separately if you like discrete chunks of egg. Alternatively, the egg can be added later for a more uniform distribution. Par-cook anything that requires more than 2-3 minutes of cook time. This will depend on how cooked you want your veg. For example, I prefer nearly-raw bell pepper so I just toss those in at the end, but I will par-cook mushrooms since I like those more cooked through. Use rice that is as dry as possible. Chill the rice ahead of time in the fridge; this helps to dry it out (this step makes fried rice a great way to use leftover rice). A long-grain rice (like basmati) will have a lower water content than a medium-grain rice (like jasmine). Brown rices are also usually dryer than white rices. Higher water content and higher amylopectin:amylose ratio in shorter grain rice can make for a gummy fried rice, which is not desirable. Heat ~1 tbsp oil per 2 cups of cooked rice to smoking, then add the rice and mix frequently. Toast the rice until it has reached a golden brown color (if starting from white) or an even browner color (if starting from brown). This will help to ensure that the rice does not absorb too much liquid later on and lose its texture. Add ~1 tbsp dark soy sauce and 1 tsp sugar per 2 cups of cooked rice, depending on how dark you want your rice. Also add ~1/8 cup chopped scallions per 2 cups of cooked rice. Mix thoroughly. Toss in the rest of your ingredients. If you didn't cook your egg ahead of time, pour this in now.

Scrambled Eggs Served over Rice and Vegetables

Ingredients:

- Scrambled Eggs
- Diced tomatoes
- Salt
- Sugar

Directions:

This is one of my favorite default recipes. Put them together and add salt and sugar (just a little or both). Scramble eggs and cook with tomatoes. Serve with rice. You're welcome to add to this recipe too. I've done green peppers, green onions, and/or mushrooms.

Zucchini Casserole

Ingredients:

- 2 onions
- 3-4 medium sized zucchinis
- 1 cup heavy cream
- 6-8 eggs
- Shredded cheese (your preference)
- Parmesan (grated)
- Salt, pepper, nutmeg
- 2 tbs oil
- 1-2 packages of mashed potatoes (instant, plain/chives/garlic)

Directions:

1. Dice onions, glaze in hot oil, add cream, add peeled and hollowed zucchini halves, spice with salt, pepper and nutmeg, cover and steam for approx. five min
2. Meanwhile, prepare mashed potatoes according to instructions, spread in casserole dish, add zucchini halves, set aside
3. Scramble eggs, add some salt and pepper, add to onions/cream mixture
4. Mix and cook until eggs are fluffy, but not dry, add egg mixture on top of zucchinis, sprinkle with plenty of shredded cheese and top with grated parmesan, cover with aluminum foil, bake for 20 min. at 350 degrees F
5. Uncover, bake for another 10 min
6. ENJOY!

Cauliflower Casserole

Ingredients:

- Cauliflower
- Ham
- Shredded cheese
- Bread crumbs (any kind)
- Margarine/butter
- Salt, pepper

Directions:

1. Clean cauliflower, cut into "flowerettes"
2. Boil them/cook until medium soft (~15-20min.)
3. Butter casserole dish and place cauliflower
4. Sprinkle with butter flakes, salt and pepper
5. Top with ham cut into small rectangular pieces (prepared while cauliflower is boiling)
6. Put generous amount of cheese
7. Top with bread crumbs that have been browned in a tablespoon of margarine/butter

Simplified Spanikopita

Ingredients:

- 1 pie crust (pre-made, frozen is fine)
- 1 1-pound bag frozen spinach
- 1/2 red onion, chopped
- 1 tablespoon olive oil
- 8 oz feta cheese
- 2 eggs
- 2/3 cups milk
- salt and pepper
- dash of nutmeg

Directions:

Preheat oven to 400F, line 9" pie pan with crust. Put large pan over medium heat, add olive oil and swirl around pan. Sauté onion and spinach for about 10 minutes, covered but stirring several times. While spinach cooks, break eggs into a large bowl, add milk and crumble in feta. Stir this mixture so egg yolks break up. Turn off stove and transfer spinach mix into the bowl, stir to mix all ingredients. Season with a little salt, pepper and nutmeg. Pour filling into pie crust and bake for 35-40 minutes. (Makes 4-6 servings)

Pizza with Handmade Dough

Ingredients:

- Crust:
 - 2 Cups warm water (105 to 115 degrees F)
 - 2 packages active dry yeast
 - 6 cups bread flour or all-purpose flour
 - 2 tsp. fine sea salt
- Toppings of your choice

Directions:

1. In a large bowl combine water and yeast; let stand for 5 minutes. Add flour and 2 tsp. salt, stirring to combine. Turn out onto a lightly floured surface. Knead 6 to 8 minutes to make a moderately stiff dough that is smooth and elastic. (Check for elasticity by pressing the dough with finger to see if it springs back.) Shape dough in a ball. Place in a lightly greased bowl; turn once to grease surface of dough. Cover with a kitchen towel. Let rise at warm room temperature 1 to 2 hours until doubled in size.
2. Position racks in the upper and lower thirds of the oven and preheat to 425 degrees F.
3. Place raised dough on a well-floured work surface. Roll out dough to desired thickness and shape. Top with pesto or pizza sauce, cheese, and toppings of your choice.
4. Bake until crust is golden and hollow-sounding (25 minutes).

Crispy Black Bean Tacos with Cabbage Slaw and Feta (adapted from SmittenKitchen.com)

Ingredients:

Serves 4

- 1 15-ounce can black beans, drained
- 1 teaspoon ground cumin
- 5 teaspoons olive oil, divided
- 2 tablespoons (or more) fresh lime juice
- 2 cups shredded green cabbage
- ¼ of a small red pepper, finely chopped
- 1/3 cup chopped fresh cilantro
- 4 white or yellow corn tortillas
- 1/3 cup crumbled feta cheese
- Hot sauce or sriracha

Directions:

Place beans and cumin in small bowl; partially mash. Season to taste with salt and pepper. Mix 2 teaspoons olive oil and lime juice in medium bowl; add cabbage and red pepper and toss to coat. Season slaw to taste with salt and pepper. Heat 1 tablespoon olive oil in large nonstick or cast iron skillet over medium-high heat. Add tortillas in single layer. Spoon 1/4 of bean mixture onto half of each tortilla; cook 1 minute. Fold tacos in half. Cook until golden brown, about 1 minute per side. Fill tacos with feta and slaw. Drizzle with hot sauce or sriracha.

Linguine with Balsamic Glazed Roasted Vegetables (From Rebar Modern Food Cookbook, makes lots of leftovers)

Ingredients:

- 2 small zucchini
- 2 bell peppers (assorted colors)
- ½ red onion
- 3 cloves garlic
- 3 tbsp olive oil
- 1 tsp salt
- ½ tsp cracked black pepper
- 1 tsp red chile flakes (optional)
- 1 cup chopped basil
- 2 tbsp balsamic vinegar
- ½ box linguine noodles
- parmesan cheese

Directions:

Slice the zucchini into thin slices. Seed and coarsely dice the peppers and onions. Place all of the vegetables along with diced garlic into a large bowl and toss with olive oil, salt, pepper, and chile flakes. Spread out on baking sheet and roast in the oven at 425 until golden and tender, stirring halfway through (20 min.) Meanwhile, cook the pasta until al dente. Strain and toss with olive oil. Remove the vegetables from the oven and toss in a bowl with salt, pepper, and balsamic vinegar. Toss with pasta and serve with freshly grated parmesan.

Gourmet Grilled Cheese

Ingredients:

- 2 slices bread
- butter for spreading
- 4 tbsp cilantro pesto (see above)
- ¼ avocado, sliced
- ¼ red pepper, sliced
- choice of cheese (I recommend munster, but could choose a sharp cheddar or grated asiago)
- second cheese for crust (optional, but recommend parmesan, feta, or cheddar)

Directions:

Spread butter on one side of each bread slice. Spread cilantro pesto on the other side of each slice. Layer first cheese, avocado, and peppers over the pesto. Top the sandwich, butter side up. Place the sandwich on a hot pan and spread the top slice of bread with second cheese (grated.) Allow to cook for 2-3 min, then flip (this can be tricky with cheese on top, but doable.) Sprinkle this side with remaining second cheese and allow to cook for another 2-3 in. Flip again and cook until the inside cheese is melted and bread is crispy on both sides.

The word "Crockpot" is written in a bold, black, sans-serif font. It is centered within a light blue rectangular box. This box is placed on top of a larger, purple, irregularly shaped background that resembles a torn piece of paper or a stylized rock.

Crockpot



Minestrone Soup, page 37.

Minestrone Soup

Ingredients:

- 4 cups vegetable or chicken broth
- 4 cups tomato juice
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 2 medium stalks celery, chopped (1 cup)
- 1 medium onion chopped (1/2 cup)
- 1 cup sliced mushrooms
- 2 cloves garlic chopped
- 1 can (28 ounces) roasted garlic & onion tomatoes (undrained)
- 1 1/2 cups rotini pasta
- parmesan cheese

Directions:

1. Mix all ingredients except pasta and cheese in slow cooker
2. Cover and cook on low heat setting 7 to 8 hours or until vegetables are tender
3. Cook pasta separately
4. Serve soup over pasta add cheese if desired

Balsamic and Onion Pot Roast

Ingredients:

- 3-4 pound boneless chuck roast
- 1-2 T steak rub
- black pepper to taste
- 1-2 T olive oil
- 1/4 cup water to deglaze pan
- 2-3 large onions, peeled and thickly sliced
- 1 cup beef stock
- 1/2 cup balsamic vinegar
- 1/2 cup tomato sauce

Directions:

Trim as much fat as you can from roast, and cut if necessary to fit into crockpot. Rub meat well with steak seasoning and pepper. Heat heavy pan with small amount of olive oil and brown roast well on both sides. While roast browns put 1 cup beef stock in saucepan, bring to a boil and cook until reduced to 1/2 cup, then let cool slightly and mix in balsamic vinegar and tomato sauce. Deglaze pan with 1/4 cup water and add to sauce mixture. Peel onions and cut into thick slices. Place onions in bottom of crockpot. Put meat on top of onions and pour beef stock mixture over. Set crockpot to low and cook 6-8 hours, until beef is tender. The meat might be partly submerged in liquid after this much time. Remove meat from crockpot and cover with foil to keep warm. Drain liquid from crockpot and remove as much of the fat as you can. Cook down liquid by about 1/3, and serve sauce with meat and onions.

Chai-Spiced Apple Butter (from FoodDoodles.com)

Ingredients:

- 6 lbs mixed apples, cored with skin on
- 1-2 tsp chai spice
- 2 tbsp real maple syrup, optional, more if needed

Directions:

Core the apples and add them to the crockpot. Cook on high for at least 4 hours, or until the apples are falling apart, stirring occasionally. Give the apples a good stir to break them up. Using a blender or food processor, transfer the mixture (in batches if needed) and blend until completely smooth before returning it to the crockpot. Using an immersion blender just blend the apples (skin and all) in the crockpot until completely smooth. Add the chai spice (or just cinnamon to taste). Continue to cook the apple butter on high in the crockpot without a lid until it reaches the desired consistency, about an hour, depending on the type of apples used. Stir occasionally so that the bottom doesn't scorch. Once the apple butter has reached the desired consistency, taste and add maple syrup as needed. Cool and store in a sealed container in the fridge.

The word "Poultry" is centered within a blue rectangular box. This box is placed on top of a larger, purple, trapezoidal shape that tapers to the right. The entire graphic has a subtle drop shadow.

Poultry

Ground Turkey* Sauté

Ingredients:

- 2 medium onions
- 8 oz lean ground turkey*
- 1-2 bunches spinach
- Olive oil
- 1 egg
- Salt, pepper

*For a heartier taste, substitute in lean ground beef (but it is less healthy).

Directions:

Start off by slicing and sautéing the onions in olive oil over medium heat. When they start caramelizing, add in the ground turkey, salt, and pepper, and increase the heat slightly. Break apart the ground turkey to ensure even cooking. Add in the spinach and the egg. Gently scramble the egg into the rest of the food. Leave over heat until spinach has wilted and turkey is thoroughly cooked.

Chicken with Fresh Yogurt Sauce

Ingredients:

- Chicken breast
- Olive oil
- Salt, pepper, oregano

Sauce:

- 2 cups yogurt
- 1 cucumber (medium)
- 2-3 garlic cloves
- Salt

Directions:

To prepare the chicken breast, simply add enough olive oil to cover the meat and season with salt, pepper, and oregano as desired. If possible, grill the chicken breast. If not, place it in a pan and broil it in the oven for 25-30 minutes. While the chicken is cooking, grate the cucumber and the garlic. Stir the grated ingredients into 2 cups of plain yogurt (fat free Greek yogurt if possible). Add approximately 3 teaspoons salt, or to taste. If desired, add a sprinkle of olive oil over the sauce. Serve with chicken breast to add some moisture and great taste.

Turkey Cheddar Burgers

Ingredients:

- 20. oz package lean ground turkey
- some chopped onion (to taste)
- 1 medium zucchini, shredded
- 1/2 cup (or a big handful) of shredded cheddar cheese
- dash of salt
- dash of pepper

Directions:

Mix all of the ingredients with your CLEAN hands. Form into 5 patties. Grill or cook on the stovetop about 8 minutes on each side.

Doron's Chicken

Ingredients:

- 5 pieces of chicken
- 1 1/3 cups rice
- 1 can cream of mushroom soup
- 1 1/4 cups boiling water
- 1/2 envelope dry onion soup mix
- OPTIONAL: 1/4 cup cooking sherry, paprika, salt & pepper

Directions:

In a casserole dish, combine all ingredients except the chicken and any spices, then lay the chicken on top of the mixture. Brush the chicken with butter or olive oil. Season as desired. Cover and bake for 1 h 15 min at 375 F. (Don't forget to test the chicken pieces for doneness before eating.)

Light Lemon Chicken Pasta

Ingredients:

- 2 chicken breasts
- 1/4 cup flour
- salt and pepper
- 2 tablespoons olive oil
- 8 oz dry penne
- 1 lemon, juiced
- 1/4 cup sun dried tomatoes (optional)
- red pepper flakes
- parmesan cheese

Directions:

Bring pot of water to boil. While waiting for water to boil, put a pan over medium-high heat and add olive oil, swirling to coat pan. Shake flour onto plate with a bit of salt and pepper, dredge chicken in flour mixture and put in pan. Cook chicken breasts thoroughly, 4-5 minutes per side or longer depending on thickness. When water boils, cook pasta as directed until al dente, drain. When chicken is cooked (fine if it gets blackened on one or both sides), place on cutting board and cut into strips. In a serving bowl, stir penne and chicken together, add sun-dried tomatoes, if desired. Pour lemon juice on pasta and stir. You can add red pepper flakes and parmesan cheese to individual servings as desired. Makes 3-4 servings

Cashew Chicken

Ingredients:

- 4 chicken breast halves, diced
- 2 tbsp soy sauce
- 1/4 cup oil
- 1/2-1 tsp red pepper flakes (depending on how spicy you want it, a little goes a long way)
- 3 green onions, sliced diagonally
- 2 cloves garlic, minced (about 1 tsp of jarred minced garlic)
- 1/2 cup cashews, unsalted
- toasted sesame seeds

Sauce:

- 4 tbsp soy sauce
- 1 1/2 tbsp cornstarch
- 4 tsp sugar
- 2 tsp white vinegar

Directions:

Cut chicken into bite-sized pieces, and combine chicken pieces with 1 tbsp soy sauce. Let sit while you prepare the other ingredients. In a small bowl, whisk 4 tablespoons soy sauce, 1 1/2 tbsp corn starch, 4 tsp sugar, and 2 tsp vinegar. Set aside. Slice the green onions, and measure out the red pepper flakes and minced garlic. Drain chicken in strainer to get the marinade off as much as possible (I usually don't do this, unless there is a lot of liquid, and it works out fine). Heat oil in a wok/large fry pan over high heat. Add red pepper flakes to oil, stir a couple times. Add chicken all at once, let sit for a minute or two till golden, then turn chicken. Add garlic to chicken. Cook chicken till golden on all sides and cooked through. Add cashews. Move wok off hot stove and immediately pour in sauce while constantly turning chicken over to cover everything in sauce. Sauce should thicken quite a bit, if you want it thicker put it back on medium heat for about 5-10 seconds, and stir, stir, stir. Sprinkle toasted sesame seeds add sliced green onions. Serve over rice. Enjoy!



Meat



Meatballs with Eggplant, page 46.

Flank Steak

Ingredients:

- Flank steak
- Salt, pepper
- Seasonings of choice, if necessary
- 2 tablespoons canola oil

Directions:

Preparing the raw steak is important to get the best flavor and get you ready for a tasty meal. Let the meat thaw and come up to room temperature. Dry the meat with a towel. Right before cooking, add salt and pepper and seasonings. The salt draws out juices from the steak, making it wet and undoing the drying, so make sure to season right before cooking or just season after cooking is complete. If cooking on a pan, add enough canola oil to coat the pan in a thin layer and turn the heat up to high. Place the steak in the pan when the oil becomes pretty warm. If you put your hand over the center of the pan, and can feel the heat rising up, it's ready. After about one minute, flip the steak or turn down the heat and allow it to become more thoroughly cooked over a lower temperature. Take it off and allow it to relax and come down to room temperature.

Healthy, Quick, and Cheap Spaghetti

Ingredients:

- 1/2 a box of 100% whole wheat spaghetti (\$1)
- 2 jars of sauce, make sure it low in sugar because some brands add a lot of sugar (\$4)
- 1lb of lean ground beef or turkey (\$3)
- 1 1lb bag of the frozen Kroger onion & pepper blend (\$1)
- 1 1lb bag of the frozen Kroger Italian vegetables blend (\$1)
- salt, pepper, garlic powder to taste

Directions:

Makes about 8 servings or more and costs only \$10. That's cheaper than fast food. And since you're using precut frozen veggies and ground beef you don't even need to use a knife or a cutting board so even kids can make this and it's so fast and easy you hardly have any dishes to wash afterwards.

Enchilada Casserole

Ingredients:

- One lb. lean ground beef
- Two cans enchilada sauce
- 6-8 corn or flour tortillas, small
- Cheddar cheese, shredded
- Monterey Jack cheese, shredded

Directions:

Preheat oven to 350 degrees. Brown ground beef thoroughly and drain. Add enchilada sauce to sautépan and beef, mix thoroughly. Spoon mixture into tortilla, add cheddar cheese, and roll. Place seam down in casserole dish. Repeat. Cover tortillas with shredded Monterey Jack cheese and remaining beef/sauce mixture. Bake uncovered for 15 minutes. Serve with corn or seasoned rice, and top with sour cream and black olives or chilis, if desired. Makes good leftovers.

Meatballs with Eggplant (adapted from SmittenKitchen.com)

Ingredients:

- 1/2 pound ground beef
- 1/2 pound ground pork
- 1 large eggplant (~1-1 1/2 pounds)
- 1 1/4 cups fresh white bread crumbs (about 5 slices, crusts removed)
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/2 cup freshly grated Parmesan cheese
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper, or more to taste
- 1 teaspoon onion powder
- 1 extra-large egg, beaten

Directions:

Cut the eggplant in half and salt each side liberally. Roast at 400F until the eggplant is tender, around 30 minutes. Scrape out the eggplant and mash it a little. Pour ~1/4 inch of oil in a heavy skillet or dutch oven and preheat to 375F. If you don't have a thermometer that can read that high, make sure the oil is not smoking but that you can see vigorous convection currents in the oil. The surface of the oil should be rippling. Mix everything in a large mixing bowl GENTLY with ~1/4 cup of warm water. You want to mix it together, not turn the meat into a paste. If things aren't coming together nicely, add a little warm water to help it along. You shouldn't need too much water. Form 1 1/2 in balls with your hands, making sure the meatballs can hold their shape. Do not squeeze tightly. Fry meatballs over medium to medium-low heat, rotating every few minutes, until all sides are browned. Don't crowd the pan. Drain the meatballs on some paper towels. Break one open to check if they're done all the way if this is your first time making meatballs. If you're planning on using these in a sauce, don't worry about this step too much. Note: These meatballs get exponentially better when you cook them in a tomato sauce. The sauce tastes better too. These are also readily freezable.

Stir-fry

Ingredients:

For the meat, you will need:

- ½ lb either chicken breast/tenderloin or pork loin, sliced small.
 - Can be thin strips (julienne) or small squares or cubes
 - Freezing the meat and slicing it while still mostly frozen will get you the thinnest slices
- 2 tbsp dark soy sauce
- 2 tbsp cooking wine
 - Traditionally, it's rice wine. Adding other wines will change the flavor profile, so if you don't have rice wine go with something light and sweeter, like a light sherry or relatively sweet white wine (lay off the tannins)
- ~1/4 tsp salt, depending on how salty your soy sauce is
- 1 tsp sugar
- 2 tsp corn starch
 - Helps the marinade coat the meat and reduces overcooking

For the veg, you will need:

- Anything you want, really, but try to keep the shape of your cuts similar to the meat
- Good candidates are napa cabbage, water chestnuts, carrots, bean sprouts, baby corn, mushrooms, broccoli
- Things that have texture and add crunch are good
- I like a 1:2 balance of meat to veg, so adjust accordingly

The meat and veg components are built and cooked separately, then combined at the end to prevent overcooking.

Directions:

Meat prep:

Mix the soy, wine, salt, and sugar. Add in the corn starch. Make sure to mix it thoroughly so that there are no lumps. Dump in the presliced meat. Leave for at least 5 minutes. Most marinades take longer, but the meat is thin enough that it won't matter.

Cooking the meat:

Get your oil smoking hot. Literally, there should be smoke coming from the ~1-2 tbsp of oil that you put in your pan. Pour all the meat, plus marinade, into the pan and quickly mix. Mix periodically and continue until most of the pieces look cooked. If you leave a few that look a little more raw, you're less likely to overcook everything (and they'll continue cooking a bit more later). This should not take more than 5 minutes. Move everything into a clean bowl.

Cooking the veg:

Get some more oil smoking hot again (don't rinse out the pan, it has a bunch of good stuff in it). Try to figure out how long you want to cook different components, and add them in the correct order. Season with soy and sugar, possibly a little salt. You will probably need to add ~1/4 cup of water and cover your pan to let some of the veg steam a little. Dump in the meat when the veg are basically done and mix. At this point, you can thicken the sauce with a cornstarch and water slurry. Mix ~1 tbsp cornstarch with ~2 tbsp cold water. Make sure to get out any lumps. Dump this into the boiling hot liquid in your pan and stir quickly. The heat will cause the liquid to set up. The sauce will set up a little thicker when it cools, so adjust the cornstarch accordingly.



Fish

Broiled Tilapia

Ingredients:

- Tilapia fillets
- Salt, pepper, and oregano to taste
- Olive oil
- Lemon juice

Directions:

Lightly drizzle oil in a pan. Place the tilapia fillets in the pan, and drizzle the top of the fish with oil. Next, add the salt, pepper, and oregano as desired. Broil the fish for 10-15 minutes. Squeeze fresh lemon juice on the tilapia to add some bright flavors.

Fish Tacos (from Epicurious.com)

Ingredients:

1/2 red onion, thinly sliced
About 1 1/2 cups red wine vinegar
1/4 cup olive oil
1 1/2 teaspoons ancho chile powder
1 1/2 teaspoons dried oregano
1/2 teaspoon ground cumin
1/4 cup lightly packed fresh cilantro leaves, chopped, plus more for garnish
1 jalapeño, stemmed and chopped
1 pound flaky white fish (such as mahi mahi or cod), cut into 4 pieces
Salt
8 fresh corn tortillas
Mexican crema, homemade or store-bought
Fresh Tomato Salsa
2 limes, cut into quarters

Directions:

Marinate the Onion Put the onion in a small bowl and pour in enough red wine vinegar to cover well. Set aside for at least 30 minutes or up to several weeks.

Marinate the Fish Pour the olive oil into a small bowl and add the ancho chile powder, oregano, cumin, chopped cilantro, and jalapeño. Mix well. Place the fish on a dish and pour the marinade over it, making sure to coat the fish well on both sides. Allow to marinate for 20 minutes.

Cook the Fish Heat a nonstick sauté pan over medium-high heat. Remove the fish from the marinade and place in the hot pan (there is no need to add more oil). Season the fish with salt. Cook the fish for 4 minutes undisturbed, then turn over, and cook for another 2 minutes. Remove the pan from the heat and flake the fish into the pan with a fork, making sure to mix in all the marinade that has stuck to the bottom of the pan. Check for seasoning and add more salt if necessary. Set aside.

Heat the Tortillas Place four of the tortillas on a plate and sandwich them between two slightly dampened sheets of paper towel. Microwave on high for 45 seconds. Place the warm tortillas in a towel-lined basket or plate and cover. Repeat with the remaining tortillas.

Assemble and Serve To assemble the tacos, place a heaping spoonful of the marinated flaked fish onto the center of a tortilla. Top with the marinated onions. Serve accompanied by Mexican crema and salsa.

Garnish with lime wedges and cilantro sprigs.

Maple Salmon (from AllRecipes.com)

Ingredients:

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

Directions:

Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once. Preheat oven to 400 degrees F.

Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Salmon Baked in a Foil Parcel with Green Beans and Pesto (adapted from Jamie Oliver's Food Revolution)

Ingredients:

Serves 2

- 2 large handfuls green beans
- 2 lemons
- 2 (7 oz) salmon fillets, skin on
- 2 heaped tbsp green pesto
- 2 tsp olive oil
- sea salt and freshly ground black pepper

Directions:

1. Preheat your oven to 400. Trim the beans by cutting off the stalk ends and leaving the wispy tips on. (You can also use frozen green beans.) Halve both of the lemons.
2. Pull out a sheet of aluminum foil, about a yard long, and fold it in half to give two layers. Put a handful of green beans in the middle of the foil. Lay a salmon fillet, skin side down, across the beans and spoon over a good tbsp of green pesto. Drizzle with 1 tsp olive oil. Squeeze over juice from one of the lemons, and season with salt and pepper. Pull the aluminum foil edges together and scrunch them up to seal the parcel. Repeat these steps to make the second parcel. Place both foil parcels on a sheet pan.
3. Put the baking sheet into your oven and cook for 15 minutes. Remove the pan from the oven and let it stand for a minute before carefully unwrapping it.



Baked Goods and Desserts



Banana cookies, page 58.



Blueberry Walnut Bars, page 57.

Bakery-Style Bread

Ingredients:

- 3 cups bread flour (can be a combo of white and wheat, but at least 2 cups white)
- 1/2 tsp yeast
- 2 tsp salt
- 1 1/2 cups water

Directions:

Mix dry ingredients, then add water until blended. Cover with plastic wrap and leave on countertop for 10-12 hours to rise. After rising period, put in prepared loaf pan (standard size) and preheat oven to 475 F. Let bread rise 30 minutes and then put in oven with a broiler pan filled with water. Bake about 20 minutes or until internal temperature reaches 190 F.

One Ingredient Banana Ice Cream

Ingredients:

- Banana(s)

Directions:

Peel banana(s), slice them, and freeze on a plate for at least 1 hour. Put the frozen bananas in a blender and blend until reaching the consistency of ice cream, making sure to scrape the sides to get all the banana. Eat immediately. This also tastes great with a spoonful of peanut butter and/or Nutella added to the frozen bananas before blending.

Oreo Truffles

Ingredients:

- 1 package of Oreos
- 8 oz of cream cheese at room temperature
- white or semi-sweet chocolate chips for melting, or candy coating chocolate

Directions:

1. Crush the whole package of Oreos.
2. Blend (with a mixer or food processor) the Oreo crumbs and the cream cheese.
3. Make small bite (or two bite) sized balls with the batter / dough.
4. Freeze these dough balls for a few hours.
5. Melt the chocolate (just a few portions at a time) and dip the balls in it.
6. Let the Oreo goodness and chocolate harden.
7. Keep refrigerated until ready to serve! Enjoy!

Chocolate Chip Cookies

Ingredients:

- 1 stick of butter, softened (4 oz)
- 5/8 cup packed light brown sugar (5 oz)
- 3/8 cup granulated sugar (3 1/2 oz)
- 1 large egg
- 1 tsp vanilla
- 1 tsp kosher salt
- 1 1/2 cups all-purpose flour (7 oz)
- 1/2 tsp baking soda
- 1/4 tsp baking powder
- 8 oz (1/2 lb) chocolate. For preference, I like chopped bars. Others prefer chips. The Trader Joe's 72% cacao mini bars are pretty fantastic for this

Directions:

Sift together the dry ingredients (flour, baking soda, baking powder). In a large bowl, cream the butter and sugars with a wooden spoon until they're thoroughly mixed. You can use a handheld mixer or a stand mixer but don't go overboard – you'll get too much air in the mix. Add the beaten egg, vanilla, and salt to the butter/sugar bowl and mix. Add the dry to the wet and stir until just combined to make sure you don't get tough cookies. Mix in the chocolate. REFRIGERATE FOR 36 HOURS (or at least overnight). Seriously, this is important. Make 1 in balls of the dough and bake them at 350 for ~11 minutes.

Carrot Cake

Ingredients:

- 7 egg yolks
- 200 g sugar
- Pinch of salt
- Pinch of cinnamon
- Pinch of cloves
- Shot glass of rum
- 200 g finely grated carrots
- 170 g hazelnuts (120 g hazelnuts + 50 g bread crumbs)
- 120 g almonds
- 50 g flour + 1 tsp baking powder
- 5 egg whites + 100 g sugar

Directions:

1. Grate carrots
2. Beat egg whites + 100 g sugar first until stiff
3. Beat yolks, sugar, salt, cinnamon, cloves and rum
4. Add nuts, carrots, flour until get a heavy mixture
5. Add whites and use whisk to roll it in, then mix until evenly spread
6. Place in pan and put in oven preheated to 350 degrees F

Healthy Banana Chocolate Chip Muffins (adapted from sonisfood.com)

Ingredients:

- Ripe Bananas-3 medium sized peeled
- Whole Wheat Flour-1 cup
- All Purpose Flour-1/2 cup
- Baking Soda-1 tsp
- Brown Sugar-1/2 cup
- White Sugar-1/4 cup
- Salt-1/8 tsp
- Large Egg-1
- Applesauce-1/3 cup
- Vanilla extract-1 tsp
- Chocolate chips- 1 cup

Directions:

Preheat oven to 375 degrees. In a deep mixing bowl mash up the bananas. Add the egg, applesauce, and vanilla. Mix together. In a separate bowl, mix the flours, sugar, salt and baking soda. Add the dry ingredients into the wet ingredients and mix gently with a wooden spoon until well combined. Fold in the chocolate chips. Do not overmix. Transfer into a greased muffin tin and bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Once done, transfer on a cooling rack to cool.

Caramelized Bananas with Greek Yogurt

Ingredients:

- 2 bananas
- 2 teaspoons brown sugar
- ½ cup Greek yogurt

Directions:

Sauté bananas in brown sugar until caramelized. Serve over Greek yogurt.

Blueberry Walnut Bars (from tasteofhome.com)

Ingredients:

- 2/3 cup ground walnuts
- 1/2 cup graham cracker crumbs
- 2 tablespoons plus 1/3 cup sugar, *divided*
- 1/3 cup old-fashioned oats
- 3 tablespoons reduced-fat butter, melted
- 1 package (8 ounces) reduced-fat cream cheese
- 1 tablespoon orange juice
- 1/2 teaspoon vanilla extract
- 1/2 cup Greek yogurt
- 2 tablespoons blueberry preserves
- 1-1/2 cups fresh blueberries

Directions:

In a small bowl, combine the walnuts, cracker crumbs, 2 tablespoons sugar, oats and butter. Press onto the bottom of an 8-in. square baking dish coated with cooking spray.

Bake at 350° for 9-11 minutes or until set and edges are lightly browned. Cool on a wire rack.

In a large bowl, beat cream cheese and remaining sugar until smooth. Beat in orange juice and vanilla. Fold in Greek yogurt. Spread over crust.

In a microwave-safe bowl, heat preserves on high for 15-20 seconds or until warmed; gently stir in blueberries.

Spoon over filling. Refrigerate until serving. Yield: 12 servings.

Triple Berry Cobbler (from tasteofhome.com)

Ingredients:

- 1/2 cup sugar
- 3 tablespoons cornstarch
- 1/4 teaspoon ground cinnamon
- 1 cup water
- 1 cup fresh or frozen cranberries, thawed
- 1 cup fresh blueberries
- 1 cup fresh blackberries

TOPPING:

- 1/4 cup sugar
- 2 tablespoons butter, softened
- 1/3 cup fat-free milk
- 1/4 teaspoon vanilla extract
- 2/3 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt

Directions:

In a small heavy saucepan, combine the sugar, cornstarch, cinnamon and water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in berries. Transfer to an 8-in. square baking dish coated with cooking spray. For topping, in a small bowl, beat sugar and butter until crumbly, about 2 minutes. Beat in milk and vanilla. Combine the flour, baking powder and salt; stir into butter mixture just until blended. Drop by tablespoonfuls over fruit mixture. Bake at 375° for 25-30 minutes or until filling is bubbly and a toothpick inserted in topping comes out clean. Serve warm. Yield: 6 servings.

Banana Cookies

Ingredients:

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped (or raisins)
- 1/2 cup applesauce
- 1 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/2 cup chocolate chips
- honey to sweeten (optional)

Directions:

Preheat oven to 325 degrees. In a large bowl, mash the bananas. Stir in oats, dates, applesauce and vanilla. Add the spices and chocolate chips. Mix well and allow to sit for 15 min. Drop by spoonfuls onto an ungreased cookie sheet. Press lightly to flatten the cookie. Bake for 15-20 min in preheated oven or until lightly brown.

Quick and Healthy Snack Ideas

- Peanut butter and apples
- Edamame
- Trail mix or granola bars
- Prunes – cheap, delicious, nonperishable, and don't have added sugar like craisins and other dried fruits do
- Oranges
- Bananas
- Raisins
- Can of tuna
- Celery

Pantry Essentials

- Olive oil
- Vinegars: red wine, balsamic, etc. – along with the olive oil these make healthy and easy salad dressings and marinades
- Canned tuna – allows for quick, easy meals
- Canned or dried beans
- Rice and other dry grains
- Jar of tomato sauce and your favorite type of noodle
- Bags of frozen vegetables
- Favorite spices