



Penn Medicine
Lancaster General Health

Community Health

Global Gourmet Kitchen

Cookbook



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Introduction

Brenda Buescher, MPH

Around the world, people gather around food. Many of our strongest memories involve food – the meals we ate at holidays, the snacks we ate as children, the first things we learned to cook, the special foods we chose for celebrations. The food we eat reflects who we are, as individuals and as members of a family, a community, and a culture.

And yet, many of us worry about what to eat, how much to eat, and what NOT to eat. Based on the headlines in the news, it might seem there are new superfoods and new foods to avoid discovered every day. This is not true. The research about nutrition and good health is actually quite simple and consistent. A diet based on whole foods, with lots of fruits, vegetables and other plant foods, is best for health. Eating meals at home with family and friends is not only a healthier way to eat but also a powerful way to create connections and strengthen relationships.

We can learn so much about healthy eating from cultures around the world. Traditional meals in many cultures feature local vegetables and grains, using meat as a garnish or a special treat. Our mission in making this book was to collect recipes from our diverse community that show how people around the world make delicious healthy meals. Lancaster is truly a global community, and we are thrilled to share these foods, photos, and stories of our neighbors.

As Michael Pollan wrote,

“Eat food, not too much, mostly plants.”

To that, let's add:

Cook at home, try new things, and share with those you love.



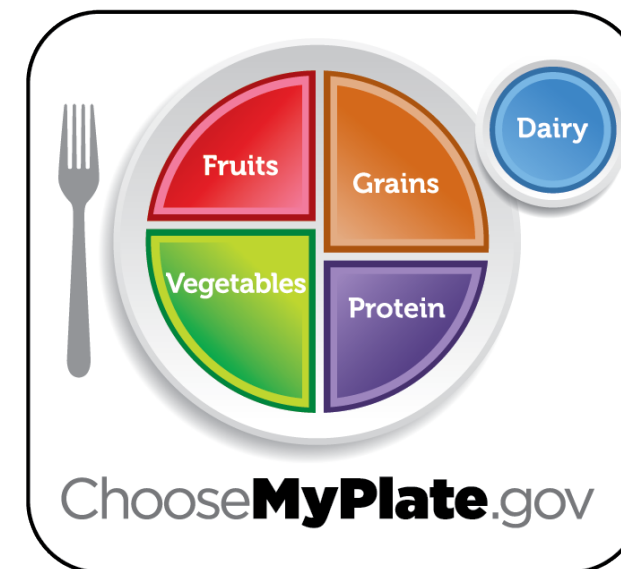
How to Eat

Janelle Glick, RD

What should we eat to stay healthy? This is a common question among Americans and others around the world. Here are some simple recommendations for healthy eating:

- Eat a variety of different colored vegetables and fruits every day. Vegetables and fruits should be included in nearly every meal and snack to reach the goal of 4-5 servings of both fruits and vegetables per day. It is best to eat whole fruits and vegetables rather than drink juice.
- Choose mostly whole grains, rather than refined flour products.
- Eat low-fat or fat-free milk, yogurt, and cheese. When you can, choose dairy from grass-fed cows.
- Choose protein from seafood (especially oily fish like salmon, tuna, and sardines), lean meats, legumes (starchy beans, lentils, peas), eggs, nuts, seeds, and soy products. Choose fermented soy products with fewer ingredients and less processing. Avoid processed meats (hot dogs, bologna, sausage, ham, deli meats) since they are high in sodium, preservatives, and fat.
- Oils, including olive, avocado, coconut, walnut, peanut, sesame should be used in small amounts. Trans fats (partially hydrogenated oils) should be avoided.
- Eat at least 4 servings per week of nuts, seeds, and legumes (starchy beans).
- Look for added sugars in your beverages and food, and aim to cut back. Women should have less than 6 teaspoons of added sugar per day, and men should have less than 9 teaspoons. Children should limit added sugar to 3-4 teaspoons per day. Limit sugar-sweetened beverages to 36 ounces per week, or no more than 450 calories per week.
- Limit sodium (salt) to 1500 mg per day. That's equal to 2/3 tsp of added salt, but most salt is added in processing. It is best to avoid adding salt to your food.

This type of eating follows the MyPlate method. Fill half your plate with fruits and vegetables, one-quarter with lean protein, and one-quarter with whole grains, and add dairy if you like. You can learn more at [ChooseMyPlate.gov](https://www.choosemyplate.gov).



Finally, plant-based eating has been shown to decrease risks for many chronic health conditions common to Americans. Eating the majority of your food from plants, rather than animals, is a good way to eat healthfully. As you plan meals, think plants first!

A Week of Simple Cooking: Meal Prep Tips

Chelsea Franciscus, Cause and Effects Fitness

Tip #1: Choose Wisely

Choose one day of the week to prepare as many ingredients as possible for the next week of meals. For each meal, choose a lean protein, high-fiber carbohydrate, vegetable, and fruit.

As a lean protein, consider salmon or other fish, red or black beans, quinoa, organic chicken or turkey, lean grass-fed beef, or baked tofu. Protein helps you build your fat-burning furnace—i.e., muscle—and keeps you feeling full.

Sweet potatoes provide a punch of flavor to mundane meals, and their natural fiber will keep you satisfied longer while helping to maintain healthy blood-sugar levels. They are a great choice for your high-fiber carbohydrate. Not a fan of sweet potatoes? Add some cooked quinoa to your dinner for an alternative.

Choose fresh vegetables when possible. Try zucchini, peppers, tomatoes...whatever is in season and whatever is fresh. Frozen vegetables are the next best alternative when fresh, local vegetables are not available. Fruits like apples and pears are great choices, and their flavors mix well in various food combinations.

Try a mixture of leafy greens like kale, cabbage, or bok choy to form a vegetable base for your meals. Consider raw mushrooms for a nutritional boost with a mild taste that “plays well with other foods”.

Bonus Tip: Use a grocery app on your smartphone to keep a list of all your ingredients so you remember to grab everything. As long as you have your phone, you won't forget your list!

Tip #2: Steam, Slice, Store

You can avoid using butters and oils by steaming instead of sautéing lean meats. This quick-cooking method cuts calories and eliminates added fats. If you don't like steamed meat, use a small amount of olive oil in place of butter when you sauté, grill, or sear your meat. Whichever method you choose, prepare your meat or protein of choice on your designated day or evening. Keep it stored in your refrigerator, ready to use when needed.

Chop your vegetables and fruit ahead of time. Store and refrigerate. If you would rather eat your vegetables cooked, chop them and store them until you are ready to cook them completely.

For a tasty salad base, wash and dry mixed greens and store in a container with fresh berries.

Tip #3: Mix for Magic

Now it's time to get creative!

Add pieces of cooked lean meat to your mixture of leafy greens and berries. When you're ready to eat, drizzle with a bit of homemade balsamic vinaigrette.

Create a new taste (and a new meal) using the same berry-infused leafy greens by adding quinoa instead of lean meat. Add a small amount of dressing and a handful of slivered almonds.

Serve stir-fry using chopped mushrooms and other fresh vegetables. Add a lean meat of choice or baked tofu. Make a simple stir-fry sauce by mixing together two tablespoons of sesame oil, one tablespoon of honey, and a bit of grated ginger.

Make a quick, hearty meal using sweet potatoes mixed with black beans in a quesadilla with a sprinkle of shredded cheddar or Monterey Jack cheese. A side salad of leafy greens and chopped mixed vegetables will round it out nicely.

Tip #4: Package for Convenience

Once you have prepared your dinners for the next week, it is time to perfect the art of packaging those meals. Use sectioned containers to separate servings while keeping a full meal in a single container, perfect for heating up after a long day.

If parts of your meals are not microwavable, store them in containers big enough for the number of portions you will need for each night.

Layering is fun, too. Store some greens, mushrooms, chopped hard-boiled egg, black beans, and chicken layered in a Mason jar for another quick meal to grab on your way out the door. You can even give each family member a personalized Mason jar for a new twist on meal presentation. Offer various healthy dressings to suit everyone's taste.

Where to Shop

Markets

The Corn Wagon, New Danville
The Green Dragon Market, Ephrata
Lancaster Central Market, Lancaster City
Meck's Produce Farm Market, Strasburg
Oasis at Bird in Hand, Ronks
Roots Country Market and Auction, Manheim
...and many more roadside farm stands throughout Lancaster County!

Specialty Markets

Asian Market, Lancaster
Awash (Ethiopian), Lancaster
European Grocery Store, Lancaster
Everest International Grocery, Lancaster
J&P International Market, Lancaster
Tabarek/Al-Mahdi (Middle Eastern), Lancaster
Viet My Oriental Food Market, Lancaster

Delivery/CSA

Lancaster Farm Fresh Cooperative,
lancasterfarmfresh.com
Green Circle Organics,
greencircleorganicmarket.com

Health Food Stores

Lemon Street Market, Lancaster
Miller's Natural Foods, Bird-in-Hand
Nickle Mine Health Food Store, Paradise

Grocery Stores & Discount Stores

Aldi, multiple locations
BB's Grocery Outlet, Quarryville
Brothers International Supermarket, Lancaster City
C-Town Market, Lancaster City
Centerville Bulk Foods, Gordonville
Ebenezer's Grocery Outlet, Ephrata
Esh's Groceries, Gordonville
Giant, multiple locations
Green Hills Farm Discount Grocer, Lititz
Grocery Outlet Bargain Market, multiple locations
Hillside Bulk Foods, Gap
Homestead Groceries, Paradise
Lantz's Discount Grocery Store, Leola
S&S Bulk Foods, Ephrata
Sav-Mor Groceries, New Holland
Save-A-Lot, Lancaster City
Singing Spring Foods, Christiana
Sharp Shopper, multiple locations
Springville Foods, Kinzers
Walmart, multiple locations
Wegmans, Lancaster
Weis, multiple locations
Whole Foods Market, Lancaster
Willow Creek Discount Grocery, Reinholds

Saving Time and Money

When you cook at home, you can save time and money by planning to use leftovers. Instead of letting extra food go to waste, get creative! Here are some ways to use leftover or extra fruit, vegetables, and main dishes to make more healthy meals.

Leftover fruits and veggies:

- Veggie scramble: Add chopped vegetables into scrambled eggs for breakfast.
- Smoothies: Freeze extra fruit to make smoothies. Get an extra dose of nutrition with your smoothies by tossing in some leftover veggies, like kale, spinach, carrots, roasted beets or sweet potatoes.
- Soup: Chop your extra veggies and make simple soup with water or broth.
- Potato cakes: Mash leftover sweet potatoes or regular potatoes, mix in an egg and herbs, and shape into patties. Cook in a skillet with a little oil for a few minutes on each side, until browned.
- Veggie sauce: Purée red pepper, carrots, eggplant, or butternut squash with some Greek yogurt or low-fat milk for a tasty pasta sauce.
- Salads: Add leftover vegetables to a salad or cooked grains like rice or quinoa for a quick lunch.

Leftover chicken:

- Chicken salad: Shred or dice chicken, mix with Greek yogurt and fresh herbs, and eat in a whole grain pita.
- Burrito bowl: Slice or shred cooked chicken breast, and add brown rice, sliced avocado, and salsa.
- Flatbread: Make a healthier pizza with a whole grain tortilla or pita, leftover chicken, cheese, and veggies of your choice.
- BBQ chicken potato: Toss leftover chicken with barbeque sauce and serve on top of a baked sweet potato.

Leftover fish:

- Fish cakes: Mix cooked, flaked fish with some breadcrumbs, egg, and chopped parsley. Cook in a skillet over medium heat for 3-4 minutes on each side until lightly browned.
- Fish tacos: Serve leftover fish in a tortilla with lettuce, tomato, and your favorite taco toppings.
- Fish and chips: Place leftover fish on a whole grain bun, spread with Greek yogurt mixed with chives or green onions. Top with lettuce, tomato, onion. Serve with baked sweet potato wedges on the side.

Leftover beef:

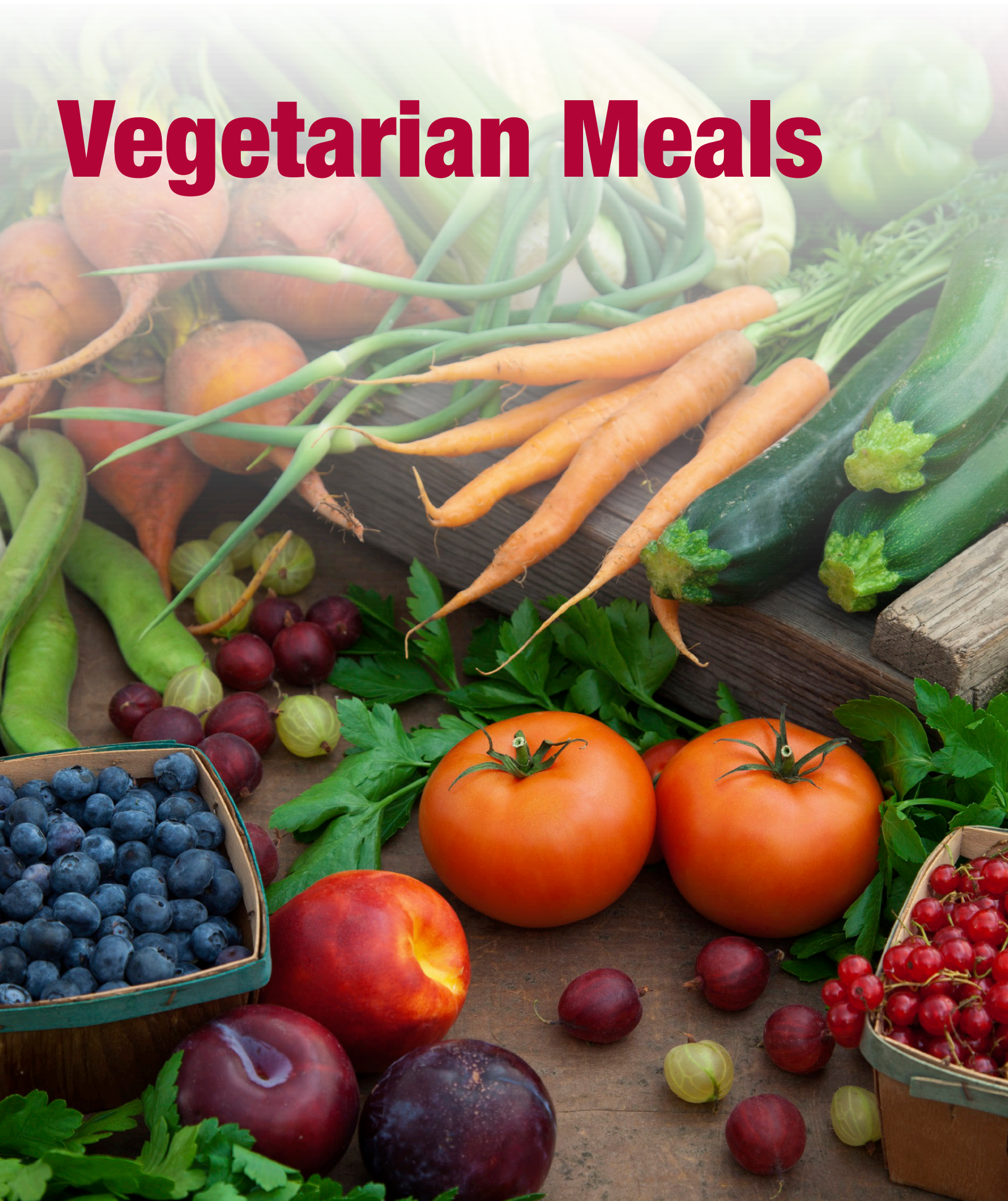
- Roast beef hash: Sauté roast beef with chopped peppers, onions, and garlic. Add cooked, cubed potatoes.
- Beef and broccoli: Sauté leftover beef with onions, add low-sodium soy sauce. Stir in steamed broccoli, and serve with steamed brown rice.
- Empanadas: Finely chop leftover beef and mix with minced onion, garlic and spices. Wrap ½ cup of filling in whole grain pizza dough. Bake until dough is cooked through.

Substitutions and Special Diets

Food allergies and sensitivities are becoming more common. The most common food allergens are dairy products, peanuts, tree nuts, soy, wheat, eggs, fish and shellfish. In addition, a greater number of people are now being diagnosed with celiac disease or non-celiac gluten sensitivity. The following is a list of some simple substitutions for people who need to avoid these common allergens. It's important to read labels carefully when cooking for someone with a food allergy and also to avoid cross-contamination in the kitchen.

Common Food Allergen:	Substitutes:
Dairy products (cow's milk)	<p>Nut or seed milks: almond, hemp, coconut, rice, cashew, soy, flax, or pea. Look for unsweetened and unflavored varieties for cooking.</p> <p>Yogurt made with coconut or almond milk (plain, unsweetened for recipes).</p> <p>Cheese can often be omitted from recipes. Avoid highly-processed non-dairy cheeses.</p>
Eggs	<p>Egg replacer products (such as Bob's Red Mill) for baking.</p> <p>Flax egg: mix 1 tablespoon ground flax seeds with 3 tablespoons water, stir and let sit for 1 minute. This replaces 1 egg in baked goods.</p> <p>Gelatin egg: Use 1 tablespoon (high quality) unflavored gelatin plus 3 tablespoons water, stir and let sit for 2-3 minutes. Replaces 1 egg.</p> <p>Fruit purees like mashed banana or applesauce can be used as a binder in some recipes.</p>
Peanuts and peanut butter	<p>Almond or sunflower seed butter.</p> <p>Other nuts or seeds such as almonds, cashews or sesame seeds.</p>
Walnuts, cashews and other tree nuts	<p>Tiger nuts (a specialty product that is actually a small, hard tuber) or seeds like pumpkin, sunflower, chia, sesame, and flaxseeds.</p>
Wheat flour	<p>Gluten-free flours made from almond, coconut, spelt, rice, chickpeas or oats. Look for gluten-free blends made specifically for baking; they can often be substituted cup for cup for regular flours.</p>
Fish/shellfish	<p>Chicken, turkey, or other animal proteins can often be substituted when a recipe calls for fish—cooking time may need to be adjusted.</p> <p>Use beans or lentils for a vegetarian or vegan protein substitute.</p>
Soy	<p>Nuts, seeds, lentils, quinoa and legumes are a good way to get protein without soy for vegetarians and vegans.</p> <p>Coconut aminos are a soy-free substitute for soy sauce.</p>

Vegetarian Meals



Avocado Quinoa Salad

Stephanie Swavely

Ingredients:

- 1 cup quinoa
- 2 cups vegetable stock or low-sodium chicken stock
- Juice of 2 limes
- 1/3 cup olive oil
- 2 teaspoons turmeric
- 1 teaspoon black pepper
- 1 teaspoon sea salt
- 1 14-ounce can corn, drained and rinsed
- 1 14-ounce can black beans, drained and rinsed
- 1 cup tomatoes, diced
- 1 medium sweet red pepper, diced
- 1 medium green pepper, diced
- 1/2 cup chopped cilantro
- 1 avocado, diced, tossed in some lime juice

Directions:

1. Thoroughly rinse the quinoa in water and drain before cooking. Cook quinoa according to package instructions in either vegetable or chicken stock. Fluff the cooked quinoa with a fork and allow it to cool completely (about 15 minutes).
2. While quinoa is cooling, whisk together the lime juice, olive oil, turmeric, black pepper and salt in a small bowl.
3. Add the corn, black beans, tomatoes, red and green peppers, and cilantro to the quinoa. Stir dressing into quinoa-vegetable mixture. Cover and refrigerate for at least an hour before serving. To serve, top quinoa salad with 3-4 pieces of diced avocado.

Makes 10 servings.

Nutritional Information per serving: 227 calories, 12.2g total fat, 6.7g protein, 27g carbohydrate, 405mg sodium, 5.7g fiber

"Just one cup of this colorful salad provides a meal rich in nutrients, protein and fiber. Quinoa and black beans offer an alternative to protein-rich foods, like meat and fish. Avocados, corn, tomatoes, green and red peppers, even the cilantro, are all associated with having cancer-fighting properties, along with many other health benefits."

- Stephanie



Mushroom Stuffed Eggplant

Good 'n' Healthy Recipe from Penn Medicine Lancaster General Health

Ingredients:

2 medium eggplants (about 16 to 20 ounces each)
1 tablespoon olive oil
1 medium onion, chopped
1 red bell pepper, chopped
½ teaspoon salt
½ teaspoon black pepper
8 ounces mushrooms (such as cremini or white button), sliced
2 cloves garlic, chopped
Handful freshly chopped parsley, about ¼ cup
2 teaspoons Italian seasoning or a mixture of dried oregano, basil and thyme
1 cup soft whole wheat bread crumbs (see instructions below), divided
½ cup grated parmesan cheese, divided
Several tablespoons chopped fresh parsley for garnish

Directions:

1. Preheat oven to 375°F.
2. Cut eggplants in half. Use a paring knife to cut around the edge of each half, leaving about ¼-inch shell. Scoop pulp out of eggplant and chop into 1-inch pieces. Set aside.
3. Lightly coat a cookie sheet with cooking spray and place eggplant shells, face down, on the cookie sheet. Bake shells 15 minutes. Remove from oven. Reduce heat in oven to 350°F.
4. Prepare your stuffing while eggplant shells bake.
5. Heat large skillet to medium high and add olive oil. Add onion, red bell pepper, salt and pepper, and sauté 5 minutes, stirring frequently.
6. Add the eggplant pulp, mushrooms, garlic, parsley and Italian seasoning to the skillet and cover with lid. Cook vegetable mixture for 10 minutes, stirring occasionally.
7. Mix together ½ cup soft bread crumbs and ¼ cup parmesan cheese and stir into vegetables in skillet.
8. Make soft bread crumbs by tearing a slice of whole wheat bread into pieces and grating in the blender. Best if bread is several days old or has been left out to dry for a few hours.
9. Turn eggplant shells over and spoon vegetable mixture into shells. Combine the remaining bread crumbs and parmesan cheese and sprinkle over eggplants.
10. Bake eggplants in 350°F oven for 25 minutes.
11. Remove stuffed eggplants from oven and sprinkle with parsley. Serve with lemon slices and olive oil to sprinkle over baked stuffed eggplants, if desired.

Makes 4 servings.

Nutritional Information per serving: 245 calories, 12.8g total fat, 15.6g protein, 19.3g carbohydrate, 854.2mg sodium, 5.4g fiber

Lentil Shepherd's Pie

Cassandra Mckie-Wenger

Ingredients:

8 to 10 medium potatoes
2 tablespoons vegan butter
½ cup unsweetened soymilk
2 tablespoons olive oil
1 large onion, finely chopped
2 cloves garlic, minced
6 ounces mushrooms (cremini or baby bella)
2 15-ounce cans of lentils
2 tablespoons dry white wine (optional)
2 tablespoons reduced-sodium soy sauce
3 tablespoons of Italian seasoning blend
3 tablespoons of cornstarch
8 ounces of baby spinach
1 cup of breadcrumbs
Salt and pepper to taste
Paprika (optional)

Directions:

1. Peel and dice the potatoes. Place in a large saucepan with enough water to cover the potatoes. Bring to a gentle boil and cover. Continue to cook for 20 minutes. Drain and transfer to a mixing bowl.
2. Stir the butter into the potatoes until melted, add the soymilk and mash until fluffy. Season with salt, cover, and set aside. Preheat oven to 400°F.
3. Heat oil in a medium skillet. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is golden.
4. Add the lentils and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, pepper. Cook gently for 5 minutes. Combine the cornstarch with just enough water to dissolve in a small bowl. Stir into the lentil mixture.
5. Add the spinach, a little at a time, cooking until it is wilted. Remove from the heat.
6. Lightly oil a casserole dish. Spread the breadcrumbs evenly over the bottom. Pour in the lentil mixture, then spread the potatoes evenly over top. (You may rake the top of the potatoes with a fork and sprinkle paprika lightly for color.)
7. Bake for 30-35 minutes. The potatoes should be golden and slightly crusty. Let stand for 5 to 10 minutes.

Makes 8 servings.

Nutritional Information per serving: 370 calories, 7g total fat, 13g protein, 64g carbohydrates, 618mg sodium, 11g fiber

“This is a vegan alternative to the traditional British Shepherd’s pie. Easy enough to make during the week, but also feels special enough to have on a holiday. I like that it is filling, delicious, and inclusive for many dietary needs. I serve this during holidays with a homemade soup and roasted vegetables.” - Cassandra

Mexican Taco Quinoa

Wendy Kennel

Ingredients:

1 cup quinoa, rinsed
1 tablespoon olive oil
1 cup green, red or yellow pepper, chopped
½ onion, chopped
1 cup low-sodium vegetable stock
2 15-ounce cans low-sodium black beans, drained and rinsed
1 14.5-ounce can diced tomatoes
1 10-ounce can red enchilada sauce
1½ cups corn (fresh, frozen, or canned), thawed and drained
1 clove garlic
1 tablespoon chili powder
1½ teaspoons ground cumin
½ teaspoon paprika
Pinch of garlic powder, onion powder, and dried oregano
1 teaspoon salt
1 teaspoon black pepper
Corn or flour tortillas, for serving
Cooking spray

Optional toppings:

cilantro, grated cheddar cheese or queso fresco cheese, diced avocado, fresh lime

Directions:

1. Rinse quinoa to remove the bitter coating.
2. Heat the olive oil in a large saute pan and saute the peppers and onions for 2-3 minutes.
3. Spray a 6-quart crock pot with cooking spray. Add the quinoa, sautéed peppers, onions and all ingredients from the vegetable stock through black pepper.
4. Stir and cook on high for 2.5 to 4 hours, depending on your slow cooker. Do not cook on low setting, as the quinoa will get mushy.
5. Serve with tortillas and add toppings as desired.

Makes 6 servings.

Nutritional Information per serving: 445 calories, 8.5g total fat, 580mg sodium, 81g carbohydrates, 17g protein, 13g fiber

“I love authentic Mexican food with lots of fresh cilantro and salsas of all kinds. Now living in Pennsylvania for many years, we enjoy having our own garden to grow fresh tomatoes to preserve and make our own fresh and canned salsa. My now-grown children enjoy finding healthy recipes to share with me. My daughter found this recipe on a blog called Chelsea’s Messy Apron, and I have adapted it to add more veggies.” - Wendy



Kik Wot (Ethiopian Bean Stew)

Aberash Shukure

Ingredients:

¼ cup olive oil
1 red onion, chopped
4 cloves garlic, minced
2 tablespoons ginger, minced
2 teaspoons curry powder
½ teaspoon garam masala
1 ½ teaspoons Berbere paste
1 tablespoon Berbere spice (such as RawSpiceBar)
¾ cup canned diced tomatoes, drained
4-5 cups vegetable broth
1 ½ cups small red lentils

Directions:

1. Heat the oil in a 4-quart soup pot and sauté the onion until softened and translucent. Add the garlic and cook for another minute.
2. Next, add all the spices and Berbere paste to the pot, stirring continuously to prevent burning. After a minute or two, add the tomatoes and cook for five minutes, stirring frequently.
3. Finally, add the broth and lentils, and simmer until they are very soft and have melded together (about 45 minutes).

Makes 4 servings.

Nutritional Information per serving: 210 calories, 14g total fat, 5g protein, 20g carbohydrates, 1350mg sodium (can lower by using reduced sodium vegetable broth and no salt added tomatoes), 6.4g fiber

“This bean stew is traditionally served with an Ethiopian flatbread called injera, made from a sourdough batter. You can buy injera at local Ethiopian markets and restaurants.” - Aberash

Sautéed Vegetables with Poached Eggs

David Fellenbaum

Ingredients:

1¼ cup vegetable stock
1 sweet potato, peeled and diced
1 cup kale or spinach, roughly chopped
1 cup broccoli florets, chopped
1 small zucchini, sliced
1 small yellow squash, sliced
½ cup cooked edamame, black beans, or other beans (optional)
2-3 scallions, chopped
1 red, yellow, or orange bell pepper, seeds removed, sliced in thin strips
4 eggs
2 tablespoons olive oil
Salt and pepper to taste

Optional:

chopped fresh herbs, such as parsley, basil, thyme, or rosemary

Directions:

1. Heat the stock in a large, deep skillet over medium-high heat until simmering. Add the sweet potatoes and cover. Simmer 5 minutes or until liquid is reduced by half and potatoes have softened.
2. Add kale through bell peppers to the pan on top of the sweet potatoes, cover, and steam 1 minute.
3. Remove cover, turn down heat to low, and add the eggs one at a time on top of the vegetables.
4. Cover and steam for 2-3 minutes or until eggs are poached to your taste, shaking pan gently 1 or 2 times, taking care not to let all stock evaporate.
5. Drizzle with olive oil and add salt and pepper to taste.
6. Remove from heat and serve vegetables with poached eggs on top.

Makes 4 servings.

Nutritional Information per serving: 233 calories, 12g total fat, 11.6g protein, 19g carbohydrates, 261mg sodium, 4.2g fiber

Shakshuka

Janelle Glick

Ingredients:

2 tablespoons olive oil
1 onion, diced
1 green pepper, diced
2 garlic cloves, minced
1 28-ounce can diced tomatoes
1 tablespoon smoked paprika
2 teaspoons cumin
Salt to taste
2 cup kale or spinach, chopped
4 large eggs

Optional toppings:

parsley, feta cheese, black pepper

Directions:

1. Heat oil over medium heat in a large frying pan. Add onion and pepper. Sauté for 2-3 minutes, then add garlic. Sauté for another 2 minutes, or until onions are translucent, moving around the pan to keep from burning.
2. Add tomatoes, smoked paprika, cumin, salt, and greens and cook on medium heat for 2-3 minutes, then decrease heat to low for 5-7 minutes. If using kale, make sure it is tender before adding the eggs.
3. Break eggs into pan, evenly spacing them around the pan. Cover with a lid. If you like your eggs runny, allow them to cook for 2-3 minutes. If you like them cooked through, cook for 5 minutes.
4. Serve over quinoa, roasted potatoes, or rice.

Makes 4 servings.

Nutritional Information per serving: 177 calories, 10g total fat, 7.4g protein, 15g carbohydrate, 440mg sodium, 4.3g fiber

“I love vegetarian recipes and enjoy serving egg dishes for dinner. This one that originates from the Middle East is especially hearty and full of flavor and color. The sauce can be prepared ahead, and then the eggs can be added immediately after heating the sauce. The meal comes together in 30 minutes or less.” - Janelle

Trinidadian Dahl (Yellow Split Peas)

Molly Lalla

Ingredients:

1 16-ounce package dry yellow split peas
8 cups water (add more or less, depending on thickness desired)
1½ teaspoons salt
1 teaspoon turmeric
4 tablespoons olive oil
8 cloves garlic, chopped (more or less, as desired)
1 habanero or other hot pepper, chopped
1 tablespoon cumin seed

Directions:

1. Rinse peas, cover with about half an inch of water, and bring to a boil over high heat.
2. Drain water. Return the peas to the pot and add the rest of the water. Add salt and turmeric and stir.
3. Cook for 1 to 1½ hours, until texture is smooth. Add water as needed.
4. Heat oil in a skillet. Add garlic, hot pepper, and cumin and cook until mixture is dark brown.
5. Add garlic mixture to split peas, and cook about 30 minutes longer.

Makes 10 servings.

Nutritional Information per serving: 115 calories, 5.7g total fat, 4.4g protein, 11.6g carbohydrates, 351mg sodium, 4.2g fiber

“This dish can be eaten as a soup or served with rice or naan as a main course, or with curry as a side.” - Molly



Veggie Isafuriya

Muhorakeye Mukanoheli

Ingredients:

2 tablespoons olive oil
2 onions, chopped
2 leeks, sliced
5 potatoes, diced
4 green bell peppers, diced
4 tomatoes, diced
5 celery stalks, diced
3 tablespoons tomato paste
10 ounces fresh spinach
Salt and pepper

Optional:

1 hot pepper

Directions:

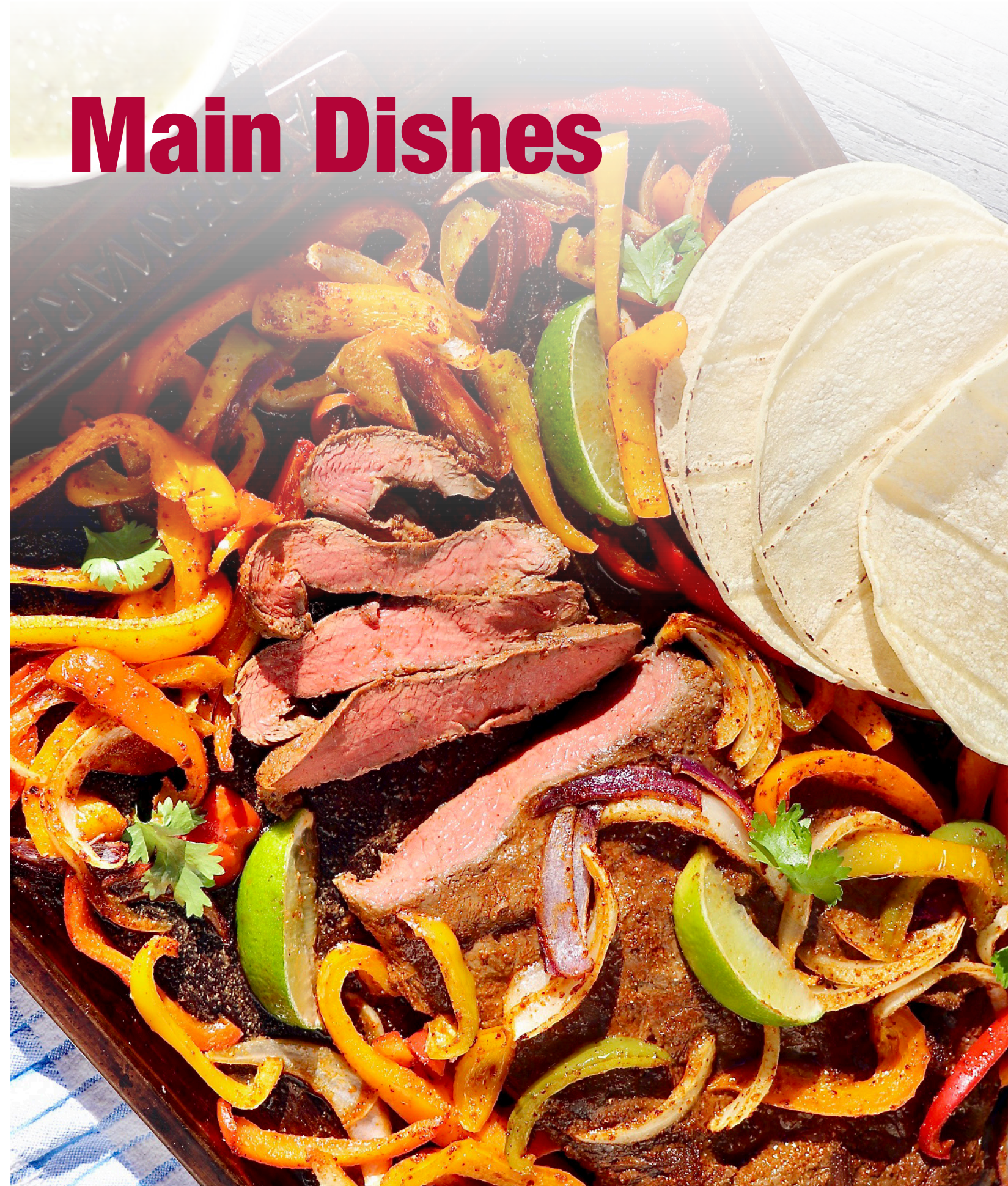
1. Heat the oil in a large pot over medium heat. Add onion, leeks, potatoes, and bell peppers. Stir and cook about 10 minutes, stirring occasionally.
2. Add the tomatoes, celery, and tomato paste and mix well. Cook on medium heat for 15 minutes, stirring regularly.
3. Cover the veggies with water, add salt and pepper to taste, and bring to a boil. Reduce the heat to low and simmer for about 15 minutes.
4. Add the spinach and the whole hot pepper, and simmer over low heat for about 25 minutes. The liquid should not evaporate too much during cooking, as there should be a lot of sauce left.

Feel free to substitute out any of the included vegetables for your favorites. Serve as a standalone dish or on top of rice and/or beans.

Makes 6 servings.

Nutritional Information per serving: 260 calories, 5g total fat, 7.3g protein, 50g carbohydrates, 192mg sodium, 10g fiber

Muhorakeye and her English tutor created this recipe during one of their lessons. During their time together, they learned they were both vegetarians, so they used a traditional African dish and made it vegetarian friendly. Isafuriya means “pot” in Kinyarwanda, an official language of Rwanda, and this entire dish is prepared in one pot.



Chicken Parmesan

Chelsea Kuhns

Ingredients:

½ cup Italian bread crumbs
¼ cup parmesan cheese
1 teaspoon Italian herb blend (or a mixture of basil, oregano, and thyme)
Salt and pepper
2 tablespoons olive oil
3 chicken breasts
1 24-ounce jar marinara sauce
½ cup mozzarella cheese
2 medium zucchini

Directions:

1. Preheat oven to 425°F. Toss the bread crumbs and parmesan cheese in a shallow dish with the Italian herbs, salt, and pepper. Set aside. Heat oil in an ovenproof skillet over medium-high heat.
2. Cut each chicken breast in half vertically so you have 6 thin halves. Dredge the chicken in the breadcrumbs and cover fully. Add the chicken to the hot skillet and cook 3-4 minutes on each side until golden brown.
3. Transfer your ovenproof skillet to the oven and bake for 5-10 minutes or until chicken is fully cooked. Add the marinara sauce and mozzarella cheese on top of the chicken. Return to the oven for a few more minutes or until cheese is bubbling and lightly browned.
4. While the chicken is cooking, grate the zucchini. Serve the chicken and sauce on a bed of grated zucchini. (If you have a spiralizer, you can make zucchini noodles instead.)

Makes 6 servings.

Nutritional Information per serving: 285 calories, 13g total fat, 20.5g protein, 20g carbohydrates, 864mg sodium, 3.2g fiber

Garlic Honey Salmon

Chelsea Franciscus

Ingredients:

12-ounce salmon fillet (about 1 ½ inch thick)
1 lemon
2 cloves garlic, minced
2 tablespoons honey
1 pinch black pepper
1 pinch cayenne pepper
1 pinch salt
1 tablespoon olive oil
1 tablespoon water

Directions:

1. Preheat oven to 400°F.
2. Cut the salmon into 2 6-ounce portions.
3. Next, slice the lemon in half. Squeeze the juice from one half into a bowl and set aside. Slice the other half into thin slices.
4. Whisk together the garlic, lemon juice, honey, pepper, cayenne pepper, salt, oil, and water for the marinade. Place the salmon and garlic marinade in a Ziploc bag and seal. Refrigerate to marinate for at least 20 minutes.
5. Place salmon (skin side down) on a foil-lined cookie sheet that has been sprayed with non-stick cooking spray. Cover with foil and bake for 10-12 minutes. Turn the salmon over, place lemon slices on each portion, and bake for an additional 3-5 minutes.

This salmon is great served with wild and brown rice mix and salad.

Makes 2 servings.

Nutritional Information per serving: 285 calories, 13g total fat, 20.5g protein, 20g carbohydrates, 864mg sodium, 3.2g fiber

German Steam Pot with Special Sauce

Ann Fulton

Ingredients:

2 large carrots
2 medium to large beets
1 red or yellow onion, optional
¾ to 1 pound smoked kielbasa
2 medium sweet potatoes
2 medium Yukon Gold or Russet potatoes
1 small bunch of broccoli (see Note below)

Special Sauce:

2 tablespoons ketchup
2 tablespoons mayonnaise
2-3 teaspoons horseradish

Directions:

1. Mix all of the Special Sauce ingredients in a small bowl and set aside.
2. Peel the carrots, beets, and onion. Cut the veggies and potatoes into bite-size chunks or thick slices. Cut the kielbasa link into thirds or quarters.
3. In a large pot with a steamer insert (see note) add about 2 inches of water, arrange the potatoes, carrots, beets, and onion in the steamer basket. Set the kielbasa on top.
4. Bring the water to a boil, cover the pot, and continue to cook on medium-high heat until the veggies are almost tender (about 12-14 minutes).
5. Remove the lid and carefully add the broccoli. Cook 5 minutes more or until the broccoli is crisp and tender or cooked to your liking.
6. Remove the kielbasa and slice on the diagonal. Serve an assortment of vegetables on each plate along with the kielbasa slices. Drizzle some of the sauce over top or pass the sauce at the table.

Note:

If you do not have a steamer basket, you may use a small cooling rack. Alternatively, you could rest a heatproof plate on top of 3 or 4 golf ball-sized balls of aluminum foil, and place the vegetables on the plate. The plate should fit inside the pot with a little room around the edges so that the steam can circulate.

Brussels sprouts, parsnips, turnips, winter squash, green beans, or snap peas may be substituted for the vegetables in this dish. Keep in mind that the precise cooking time will depend on the size of the cut pieces and your personal preference about how much you like your vegetables cooked. Quicker cooking additions — like snow peas or sliced zucchini — should be added toward the end of the cooking time.

Makes 4 servings.

Nutrition Information per serving: 500 calories, 28g total fat, 16.5g protein, 46g carbohydrates, 1100mg sodium, 6g fiber



Karanga with Rice

Joseph Shilalo

Ingredients:

2 tablespoons olive oil
1 medium onion, chopped
1 pound chicken thighs, lamb, or beef, cut into bite-size pieces
4 medium potatoes, diced
½ teaspoon curry powder
1 cup water, chicken broth, or vegetable broth
Hot cooked rice and chopped fresh cilantro, for serving

Directions:

1. Heat oil in a large, deep skillet over medium heat. Add the onion and sauté in oil until translucent.
2. Add meat and brown on all sides. Add potatoes and curry powder and sauté for 2-3 minutes.
3. Add water or broth and cook for 10 minutes or until potatoes are tender.
4. Serve over cooked rice and sprinkle with cilantro.

Makes 4 servings.

Nutrition Information per serving (using chicken broth): 400 calories, 16g fat, 29g protein, 35g carbohydrates, 328mg sodium, 5.6g dietary fiber

This is a traditional Kenyan meat dish that Joseph remembers his mother cooking from the time that he was little. This was a rare and delicious meal only prepared during special occasions or with guests. Joseph remembers smelling cooking onions and knowing that it was a special night for dinner.

Spiced Meatballs

Amer Alfayadh

Ingredients:

½ pound lean ground beef
1 small onion, grated
3 tablespoons flour or breadcrumbs
½ to ¾ teaspoon salt
½ teaspoon black pepper
¼ teaspoon allspice
¼ teaspoon ginger powder
¼ teaspoon curry powder
¼ teaspoon chili pepper (fresh or dried), or less as desired

Directions:

1. Preheat oven to 450°F.
2. Combine all ingredients and knead gently.
3. Wet fingers with water to prevent sticking and shape mixture into 1-inch meatballs.
4. Place on a greased baking sheet and bake for 15 minutes, turning halfway to brown both sides.

Note:

For a fantastic time saver, mix a large batch of these meatballs and freeze in a bag for future use in soups or stews.

Makes 2 servings.

Nutritional Information per serving: 357 calories, 24g total fat, 22g protein, 11g carbohydrates, 73mg sodium, 1g fiber

Moroccan Couscou

Patti Spencer

Ingredients:

1 pound ground veal (or lamb or beef)
1 egg
1 small onion, chopped
1 cup breadcrumbs
1 tablespoon turmeric
1 tablespoon allspice
1 tablespoon cumin
1 tablespoon cayenne pepper
1 eggplant, peeled and cut in ½-inch cubes
2 white and purple turnips, peeled and cut in ½-inch small cubes
½ pound baby carrots
1 cup tomato sauce
1 tablespoon olive oil
4 boneless chicken breasts, sliced
1 15-ounce can chickpeas, drained
2 small zucchini, chopped
½ cup raisins
2 cups couscous

Directions:

1. Preheat the oven to 350°F. Line a baking sheet with foil.
2. Make meatballs: Mix together ground veal, egg, onion, and breadcrumbs. Form meatballs about 1 to 1 ½ inches in diameter and put on the foil-covered baking sheet. Bake at 350°F for 40 minutes.
3. Make harissa spice mix by mixing turmeric, allspice, cumin, and cayenne pepper together in a small bowl.
4. In a large soup pot or Dutch oven, boil 1 quart water. Add eggplant, turnip, carrots, tomato sauce, and 2-4 tablespoons of harissa spice mix. Simmer until vegetables are tender, about 15 minutes. Add more water as needed to keep the consistency as a thick stew.
5. While the vegetables simmer, heat olive oil in a medium skillet. Add chicken breast strips and brown on both sides.
6. Add chickpeas, zucchini, meatballs, and chicken to the pot of vegetables. Simmer slowly for 15 minutes. (This dish improves if it is held in the refrigerator for a day or two before serving.)
7. To serve: Heat 2 cups of water to boiling in a small saucepan. Add raisins and couscous, stir, and remove from heat. Cover and let stand for 5 minutes. Serve stew over couscous and raisins.

Makes 8 servings.

Nutritional Information per serving: 524 calories, 10g total fat, 38g protein, 72g carbohydrates, 463mg sodium, 10g fiber

Nepali Momos (Dumplings)

Laxmi Aryal

Ingredients:

1 pound extra-lean ground beef
1 small onion, chopped
1 cup cabbage, finely chopped
1 clove garlic, minced
1 teaspoon fresh ginger root, peeled and grated
2 green onions, chopped
2 tablespoons fresh cilantro, chopped
Salt to taste
12 wonton wrappers

Dipping Sauce:

1 tablespoon soy sauce
1 tablespoon rice vinegar
1 tablespoon chili oil
1 ½-inch piece fresh ginger root, peeled and grated

Directions:

1. Place a steamer tray in a large pot and add 3 inches of water to the pot. Bring the water to a boil. You may also make this recipe with a steamer basket in a wok.
2. In a large bowl, mix together the ground beef, onion, cabbage, garlic, ginger, green onion, cilantro, and salt. Place a spoonful of the filling onto a wonton wrapper; fold and crimp to seal. If necessary, wet the edges with water. Repeat with remaining filling and wrappers.
3. Place the momos on the steamer. Steam over rapidly boiling water for 30 minutes.
4. To make the dipping sauce, mix together the soy sauce, rice vinegar, chili oil, and grated ginger in a small bowl. Serve the momos with the dipping sauce.

Makes 4 servings.

Nutritional Information per serving: 420 calories, 21g total fat, 35g protein, 19g carbohydrates, 467mg sodium, 2.3g fiber

Picadillo

Daysi Alayo Ruiz

Ingredients:

2 tablespoons olive oil
1 large onion, diced
1 large green pepper, seeded and diced
2 garlic cloves, pressed
1 pound lean ground beef
1 8-ounce can tomato sauce
½ cup dry white wine or beef stock
½ cup raisins
½ cup pimento stuffed green olives, sliced
1 tablespoon capers
1 teaspoon salt
½ teaspoon paprika
Hot cooked rice, for serving

Optional:

Fried egg

Directions:

1. Heat the oil in a large skillet or Dutch oven and sauté the onion, green pepper, and garlic until soft.
2. Add the ground beef and brown thoroughly, stirring occasionally.
3. Add the tomato sauce, wine, and all the other ingredients.
4. Cook covered for 15 minutes over low heat. Uncover and continue cooking for 5 more minutes.
5. Serve with rice. For lunch, it is traditional to serve picadillo with a fried egg.

Makes 6 servings.

Nutritional Information per serving: 343 calories, 21g total fat, 15g protein, 19.4g carbohydrates, 1049mg sodium, 2g fiber

Roast Chicken with Potatoes, Lemon, and Asparagus

Patti Spencer

Ingredients:

3 pounds new or red potatoes, unpeeled and cut into 1-inch chunks
2 teaspoons dried rosemary
3 tablespoons olive oil, divided
Salt and pepper
1 chicken, cut into eight pieces (2 breast halves, 2 thighs, 2 wings, 2 drumsticks)
1 pound asparagus, cut into 2-inch pieces
2 lemons, each cut into 6 wedges

Directions:

1. Preheat oven to 400°F. Place potatoes, rosemary, and 2 tablespoons olive oil in a roasting pan. Season with salt and pepper, and stir until potatoes are coated lightly with oil. Roast, turning once, 15-20 minutes.
2. Turn oven down to 375°F. Place chicken, skin side up, on top of potatoes; season with salt and pepper. Roast until chicken is nearly done, about 45 minutes.
3. Put asparagus in a bowl, add 1 tablespoon olive oil, and stir until lightly coated. Squeeze lemon wedges over chicken, sprinkling chicken with lemon juice. Scatter asparagus and lemon wedges over and around chicken. Roast until asparagus is tender and chicken is done, 15-20 minutes. Serve chicken, vegetables, and lemon drizzled with pan juices.

Makes 6 servings.

Nutritional Information per serving: 381 calories, 14g fat (less if skin removed from chicken), 24g protein, 32g carbohydrate, 150mg sodium, 4g fiber

“For the eight days of Passover, Jews cannot eat (or own) chametz. Chametz is anything made from wheat, barley, rye, oats and spelt combined with water and left to stand more than 18 minutes. Also prohibited are kitnyos, meaning legumes, grains and seeds such as rice, corn, sunflower seeds, sesame seeds, soy beans and lentils. This is one of my favorite Passover main dishes. It’s so good, you don’t realize it’s for Passover.” - Patti

Sheet Pan Steak Fajitas

Chelsea Franciscus

Ingredients:

2 teaspoons kosher salt
¼ teaspoon freshly ground pepper
1 tablespoon chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon ground cumin
1 teaspoon smoked paprika
1 ½ tablespoons olive oil, divided
1 tablespoon freshly squeezed lime juice
½ tablespoon soy sauce
2 pounds flank steak
3 red, yellow, or orange bell peppers, sliced into strips
1 small red onion, sliced
Flour or corn tortillas, for serving

Optional toppings:

lime wedges, chopped cilantro, avocado, plain Greek yogurt

Directions:

1. Preheat oven to 450°F.
2. In a small bowl, combine salt, pepper, chili powder, garlic powder, onion powder, cumin, and paprika. Divide spice mixture in half.
3. In a large zip-top plastic bag, combine 1 tablespoon of olive oil, lime juice, soy sauce, and half of the spice mixture. Add steak to the bag and turn to coat. Let the steak marinate for at least 10 minutes.
4. Add the peppers and onions to the sheet pan, drizzle with ½ tablespoon of olive oil and sprinkle with remaining spice mixture, turning to coat. Move the bell peppers and onions to the outer edges of the sheet pan and place the steak in the middle.
5. Bake for 12-15 minutes, then broil on high for an additional 2 minutes. Use a meat thermometer to check the temperature of the meat (140 degrees for medium rare, 150 degrees for medium).
6. Let the meat rest at least 10 minutes after you remove it from the oven, and slice into strips against the grain.
7. Serve the steak, peppers, and onions with tortillas and toppings.

Makes 6 servings.

Nutritional Information per serving (with tortillas): 421 calories, 16.6g total fat, 35g protein, 32g carbohydrates, 864mg sodium, 5.4g fiber



Slow Cooker Chicken Curry

Ann Fulton

Ingredients:

1 14-ounce can light or regular coconut milk
1 14.5-ounce can stewed or diced tomatoes
1 6-ounce can tomato paste
1 red bell pepper, cut into strips
1 medium onion, chopped
2-3 cups chopped sweet potato
4 garlic cloves, minced
2 tablespoons curry powder
1½ tablespoons sugar
1½ teaspoons kosher salt
½ teaspoon freshly ground pepper
¼ - ½ teaspoon red pepper flakes (crushed red pepper; or more to taste)
2 pounds boneless, skinless chicken thighs or breasts
Hot cooked rice and chopped fresh cilantro, for serving

Optional:

2 cups cauliflower florets and/or 1 cup frozen peas

Directions:

1. Pour the coconut milk, tomatoes, and tomato paste into the slow cooker. Stir to combine.
2. Add the red pepper, onion, sweet potatoes, and garlic followed by the curry powder, sugar, salt, pepper, and red pepper flakes. Stir to combine.
3. Place the chicken thighs on top, and flip to coat with the sauce.
4. Cook on low heat for approximately 6-7 hours or on high heat for 3-4 hours. If you are using cauliflower, add that in the last 90 minutes of cooking time so that it does not overcook. Peas, if using, may be stirred in (still frozen is fine) during the final 15 minutes.
5. Transfer the chicken to a plate and pull into bite-size pieces with two forks (or carefully pull the chicken apart while still in the slow cooker).
6. Serve over rice and sprinkle with chopped fresh cilantro, if desired.

Makes 8 servings.

Nutritional Information per serving (using cauliflower and peas with rice): 400 calories, 7.3g total fat, 32g protein, 49g carbohydrate, 720mg sodium, 5.4g fiber

Spaghetti Squash with Lemon and Herb Shrimp

Chelsea Franciscus

Ingredients:

2 medium spaghetti squash
1 tablespoon olive oil
1½ tablespoons coconut oil
1 pound large shrimp, peeled and deveined
Salt and pepper
3 cloves garlic, minced
1 lemon, juiced
1 teaspoon lemon zest
½ cup dry white wine or broth
1 teaspoon Dijon mustard
¼ teaspoon red pepper flakes
¼ cup plain Greek yogurt
fresh parsley, chopped
cooking spray

Directions:

1. Heat oven to 350°F and lightly spray a baking sheet with cooking spray. Cut squash in half lengthwise. Scoop out the seeds and discard. Place squash cut sides down on the baking sheet and bake the squash for 45 minutes, until tender.
2. Meanwhile, in a large skillet, melt oil and coconut oil over medium high heat, add shrimp and season with salt and pepper. Sauté for about 2 minutes, add garlic, and sauté an additional 2 minutes until the shrimp is cooked through. Remove from heat and set aside.
3. In a small saucepan, combine lemon juice, lemon zest, white wine, Dijon mustard, and red pepper flakes. Bring to a boil, then reduce heat and allow the sauce to simmer until the spaghetti squash has finished baking.
4. Remove the sauce from the heat and take the squash out of the oven. Scrape out all the strands of spaghetti squash using a fork.
5. Whisk yogurt into the sauce until smooth, then stir in the chopped parsley. Toss with spaghetti squash and shrimp and serve.

Makes 4 servings.

Nutritional Information per serving: 320 calories, 11.4g total fat, 26g protein, 28g carbohydrates, 241mg sodium, 5.6g fiber

Teriyaki Salmon Wraps

Ann Fulton

Ingredients:

3 tablespoons cream cheese
3 tablespoons teriyaki sauce
½ teaspoon freshly ground pepper, or to taste
8 ounces leftover cooked salmon, chopped (or substitute canned, drained salmon)
4 plain or spinach flour tortillas
1 cup cooked brown rice, at room temperature
4 leaves romaine lettuce, cut into thin strips, or 1 cup baby spinach or mixed greens
Thinly sliced raw vegetables such as bell peppers, cucumber, carrots, red onion, and/or tomato

Directions:

1. In a large bowl, mix together the cream cheese, teriyaki sauce, and pepper. If the mixture seems a little lumpy, that is fine. Stir in the salmon to coat.
2. To soften the tortillas, warm in the microwave for about 10 seconds each.
3. Place the tortillas on individual plates, and evenly spread a quarter cup of the rice down the center of each of the tortillas. Spread one quarter of the salmon mixture over the rice, and then top each wrap with the lettuce and sliced vegetables.
4. Tightly roll each tortilla around the filling, and enjoy.

Makes 4 servings.

Nutritional Information per serving: 300 calories, 10g total fat, 17g protein, 35g carbohydrate, 748mg sodium, 3g fiber



Trinidad Pelau

Molly Lalla

Ingredients:

3 tablespoons brown sugar
1 pound beef for stew, cut in 1-inch pieces
1½ cups water
1 cup coconut milk
1½ cups uncooked brown rice
2 cups fresh pigeon peas
1 cup chopped carrot
3 tablespoons coarsely chopped fresh parsley

Optional toppings:

tomato, avocado, cucumber

Directions:

1. Cook sugar in a large saucepan over medium heat until it begins to melt and caramelize (turn light brown). Stir in the beef and cook until well browned.
2. Add the water, coconut milk, rice, pigeon peas, and carrot. Bring to a simmer, cover, and cook until the rice is done, about 25 minutes. Stir in parsley, then serve.

Makes 6 servings.

Nutritional Information per serving: 393 calories, 9g total fat, 25g protein, 60g carbohydrates, 210mg sodium, 6g fiber

“Pelau is a stew from Trinidad made with either beef or chicken. The unique flavor comes from searing the meat in caramelized sugar then simmering with rice, coconut milk, and pigeon peas. Serve with slices of tomato, avocado, or cucumber.” - Molly

Soup & Stews



Chili Con Carne

Kelly Bortzfeld

Ingredients:

2 tablespoons olive oil
3 garlic cloves, minced
2 white onions, roughly chopped
1 green bell pepper, roughly chopped
2 red or yellow bell peppers, roughly chopped
2 tablespoons chili powder
1 tablespoon ground cumin
Cayenne pepper to taste
1 6-ounce can tomato paste
2 15-ounce cans fire roasted tomatoes
2 pounds lean ground beef, bison, or elk
Salt & pepper
8 cups (2 quarts) beef broth
15 ounces pinto beans, drained and rinsed
15 ounces light kidney beans, drained and rinsed
15 ounces white beans, drained and rinsed

Directions:

1. In a large pot over medium-high heat, heat the olive oil and add the garlic, onions, and bell peppers. Cook until the vegetables begin to soften, about 5 minutes.
2. Add the chili powder, cumin, and cayenne pepper to the vegetables and allow the spices to brown to release their flavor (1 to 2 minutes). Next, add the tomato paste and cook for 1 to 2 minutes.
3. Add the fire roasted tomatoes, ground beef, salt and pepper, and cook for about 3 minutes.
4. Finally, add the beef broth and beans. Reduce the heat to medium. Cover the pot loosely with a lid and let simmer for 40 minutes, stirring occasionally. Add more cayenne or tabasco to taste.

Makes 16 servings.

Nutritional Information per serving: 276 calories, 14g total fat, 18g protein, 21g carbohydrate, 665mg sodium, 6.5g fiber

Creamy White Chicken Chili

Good 'n' Healthy Recipe from Penn Medicine Lancaster General Health

Ingredients:

3 tablespoons olive oil
1 onion, diced
2½ pounds boneless, skinless chicken breasts, cut into small pieces
2¼ cups low-sodium, fat-free chicken broth, divided
2 4-ounce cans mild chopped green chilies
5 cans reduced-sodium cannellini beans, drained and rinsed, divided

Spice blend:

1 tablespoon garlic powder
1 tablespoon ground cumin
½ tablespoon dried oregano leaves
½ tablespoon dried coriander
Dash ground red pepper, optional

Optional toppings:

grated cheese, diced avocado, parsley

Directions:

1. Mix spice blend in a small bowl, set aside.
2. Heat 3 tablespoons olive oil in large pot. Add onions and sauté on medium heat for 1 minute. Add chicken, stir well, and increase heat to medium high. Sauté until chicken is no longer pink, 5–7 minutes, stirring frequently.
3. Stir in 2 cups of broth, green chilies, and half of spice blend. Bring to boil. Reduce to a simmer for 15 minutes, uncovered.
4. While simmering, puree 2 cans of the beans with the remaining ¼ cup broth in a blender or food processor. Scrape sides of blender/processor, and puree until mixture is thick and smooth.
5. After simmering 15 minutes, add remaining 3 cans of beans and stir. Add thickened base, mix well and taste. Add more spice blend, pepper to taste and salt, if desired. If chili is too thick, you may add ½–1 cup of chicken broth.

Makes 9 servings.

Nutritional Information per serving: 388 calories, 8g total fat, 39g protein, 42g carbohydrate, 533mg sodium, 10g fiber



Cuban Black Bean Soup

Eduardo Verdicia Tamayo

Ingredients:

2 bay leaves
1 pound dried black beans
12 ½ cups water, divided
1 tablespoon olive oil
3 medium green bell peppers, chopped
2 yellow onions, coarsely chopped
2 small shallots, chopped
1 tablespoon ground cumin
2 tablespoons dried oregano
2 tablespoons chopped fresh oregano
1½ tablespoons sugar
2 teaspoons kosher salt
2 avocados, peeled and diced
2 tablespoons fresh lime juice
2 red onions, thinly sliced
1 ½ cups chopped low-sodium smoked, fully cooked ham
1 cup chopped fresh cilantro
1 cup light sour cream
3 tablespoons unsalted pumpkin seeds, toasted
2 medium jalapeño peppers, seeded and finely chopped

Optional toppings:

fresh lime wedges

Directions:

1. Place bay leaves and beans in a Dutch oven. Add 12 cups water and bring to a boil. Reduce heat and simmer 2½ hours or until tender, stirring occasionally.
2. Heat oil in a large skillet over medium heat. Add bell pepper, chopped yellow onion, and shallots. Cook for 10 minutes or until onion is tender, stirring frequently. Stir in cumin, dried oregano, and fresh oregano. Cook for 2 minutes, stirring frequently. Remove from heat, let stand 10 minutes. Place vegetable mixture in a blender. Add remaining ½ cup water and puree until smooth.
3. Add vegetable mixture, sugar, and salt to beans. Simmer for 10 minutes, stirring occasionally. Discard bay leaves. Combine avocado and lime juice; toss gently.
4. Ladle ¾ cup bean mixture into each of 10 bowls; top each serving with about 3 tablespoons avocado mixture, about 3 tablespoons red onion, 2 tablespoons ham, 1½ tablespoons cilantro, about 1½ tablespoons sour cream, 1 teaspoon pumpkin seeds, and about ½ teaspoon jalapeño pepper. Serve with lime wedges, if desired.

Makes 10 servings.

Nutritional Information per serving: 320 calories, 11.6g total fat, 14g protein, 45g carbohydrates, 560mg sodium, 12g fiber

Unstuffed Cabbage

Patti Spencer

Ingredients:

1 small cabbage, chopped
2 onions, chopped
3 cloves garlic, finely chopped
1 16-ounce can tomato sauce
½ cup red wine vinegar
Salt and pepper
1 pound ground beef
1 cup brown rice
One small handful raisins

Directions:

1. In a soup pot or Dutch oven, combine cabbage, onions, garlic, tomato sauce, vinegar, and salt and pepper to taste. Add water to cover. Simmer until cabbage is soft.
2. Meanwhile, heat a medium skillet over medium-high heat. Add the ground beef, breaking it up with a spoon, and cook until browned. Drain the beef and discard the drippings. Add the ground beef, brown rice, and raisins to the pot. Simmer until rice is cooked, about 40 minutes, adding water as necessary to create a thick soup.

Makes 6 servings.

Nutritional information per serving: 420 calories, 21g total fat, 18.6g protein, 41g carbohydrates, 500mg sodium, 6g fiber

“Ashkenazi Jews originated in western Germany and northern France, moving in the late middle ages to the areas we now know as Belarus, Poland, Lithuania, Latvia, Russia and Ukraine. They spoke Yiddish and developed customs that differ from the Sephardic Jews. A favorite Ashkenazi dish is stuffed cabbage rolls - This thick soup is less time-consuming but tastes just like the real thing.” - Patti

Breakfast



Avocado Toast and Eggs

Chelsea Kuhns

Ingredients:

1 teaspoon olive oil
2 eggs
1 avocado
2 slices whole grain bread
Salt & pepper to taste

Directions:

1. Cook the eggs to your liking in a teaspoon of olive oil. While your eggs are cooking, slice the avocado and toast the whole grain bread.
2. Place 1 cooked egg on each piece of toast. Top with avocado slices, salt and pepper.

Makes 2 servings.

Nutritional Information per serving: 205 calories, 21.5g total fat, 11.5g protein, 19.2g carbohydrates, 177mg sodium, 8g fiber

“This is a basic recipe, but you can add many different toppings if you like! These are some of my favorite things to garnish avocado toast: feta cheese, hot sauce, red pepper flakes, and chopped tomatoes.”
- Chelsea

Baked Oatmeal with Blueberries

Good 'n' Healthy Recipe from Penn Medicine Lancaster General Health

Ingredients:

3 cups old fashioned oats
¼ cup pure maple syrup
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon grated nutmeg
2 large eggs
1 tablespoon vanilla extract
1 cup unsweetened almond milk
½ cup unsweetened applesauce
3 tablespoons unsalted butter, melted
2 cups fresh blueberries, rinsed and drained

Optional:

Non-fat plain or vanilla yogurt, berries, and more cinnamon for garnish

Directions:

1. Preheat oven to 350°F. Grease an 8x8-inch glass baking dish with nonstick cooking spray.
2. In a medium bowl, combine oats, maple syrup, baking powder, salt, cinnamon, and nutmeg.
3. In a separate large bowl, stir together the eggs, vanilla, almond milk, applesauce, and butter.
4. Pour the dry ingredients into the wet ingredients in the large bowl and stir to combine. Fold one cup blueberries into the mixture. Pour mixture into the glass baking dish, and scatter remaining one cup blueberries over top.
5. Bake for 30 to 40 minutes, uncovered, until edges begin to brown and blueberries begin to bubble. Remove from oven and allow oatmeal to cool for about 5 minutes before serving. Top with yogurt and a variety of berries, if desired, and sprinkle with cinnamon.

Makes 9 servings.

Nutritional Information per serving: 185 calories, 6.0g total fat, 30.5g carbohydrate, 4.5g protein, 275.2mg sodium, 11.1g sugars, 3.8g fiber



Breakfast Berry Smoothie

Chelsea Kuhns

Ingredients:

1 cup unsweetened almond milk
1 cup fresh spinach
1 cup frozen berries
½ banana
1 tablespoon ground flaxseed
1 tablespoon chia seeds

Optional:

1 scoop of vanilla protein powder

Directions:

1. Place all the ingredients in a blender, starting with the liquid first.
2. Blend well and enjoy.

Nutritional Information per serving (with protein powder): 250 calories (400 calories), 10.6g total fat (12g total fat), 8g protein (23g protein), 41g carbohydrate (48g carbohydrate), 195mg sodium (275mg sodium), 16g fiber (16g fiber)



Snacks, Sides, & Salads



Amish Corn Pudding

Carolyn Blank

Ingredients:

2 cups grated corn (about 4 ears)
1 teaspoon salt
1 tablespoon sugar
1/8 teaspoon pepper
1 tablespoon flour
2 tablespoons butter, melted
2 eggs
1 cup 1% milk

Directions:

1. Preheat the oven to 350° F. Lightly grease an 8x8 baking dish.
2. Using the large holes of a box grater, grate the corn into a bowl. Add salt, sugar, pepper, flour, and melted butter to the grated corn.
3. In a separate bowl, beat the eggs and the milk together until combined. Add the beaten eggs and milk to the corn mixture. Pour the batter into the greased baking dish and bake at 350° for 35 minutes or until the center is set.

Makes 6 servings.

Nutritional Information per serving: 140 calories, 6.5g total fat, 5.6g protein, 16.6g carbohydrate, 465mg sodium, 1.7g fiber

“One of my favorite Amish recipes that I make over the holidays. I grew up in Lancaster County and my grandparents were Amish, so I find Amish dishes comforting and familiar. Even though it is called a ‘pudding’ this recipe is not actually a dessert. It is a creamy, savory baked corn.” - Carolyn

Arroz Moros

Maria Bonet Hevia

Ingredients:

1 pound dried black beans (or 4 15-oz. cans black beans)
2 tablespoons olive oil
1 large onion, chopped
1 medium red pepper, chopped
4 cloves garlic, chopped
2 cups long-grain rice
1/4 teaspoon cumin
1/2 teaspoon oregano
1 tablespoon salt
1/2 teaspoon pepper
1 bay leaf
2 cups vegetable broth or water

Directions:

1. To prepare dried beans: Cover the beans with water by 2 inches and let them soak for at least 4 hours or up to 12 hours. Drain them and rinse. Place the beans in a pot and cover them with at least 2 inches of fresh water. Simmer the beans gently over low heat, stirring occasionally. Cook until the beans are soft, about 40 minutes to 1 hour.
2. Heat olive oil in a medium pan. Add the onion, red pepper, and garlic, and stir until the vegetables soften.
3. Add rice and stir until the rice is translucent. Add cumin, oregano, salt, pepper, bay leaf, and broth or water. Cook for 15-20 minutes or until the rice softens.
4. Add the cooked beans to the rice and serve.

Makes 10 servings.

Nutritional information per serving: 300 calories, 4g total fat, 12g protein, 60g carbohydrate, 235mg sodium (425mg with vegetable broth), 7.6g fiber

Cowboy Caviar

Morgan Hunsecker

Ingredients:

½ cup olive oil
¼ cup sugar
¼ cup white wine vinegar
1 teaspoon chili powder
1 teaspoon salt
1 pound Roma tomatoes, seeded and diced
1 15-ounce can black-eyed peas, drained and rinsed
1 15-ounce can black beans, drained and rinsed
1 cup canned sweet corn (drained) or frozen corn (thawed and drained)
1 red onion, diced
½ cup green bell pepper, diced
½ cup red bell pepper, diced
1 cup chopped cilantro

Directions:

1. In a large bowl, whisk together the olive oil, sugar, white wine vinegar, chili powder, and salt.
2. Add tomatoes, black-eyed peas, black beans, corn, red onion, and bell peppers. Stir to combine.
3. Stir in cilantro. Cover and chill at least 1 hour or overnight to blend flavors. Taste and add more salt, chili powder, or cilantro based on your preferences. Serve chilled or at room temperature with corn chips, pita chips, or as a simple side dish.

Makes 12 servings.

Nutritional Information per serving (not including chips): 186 calories, 9.6g total fat, 5g protein, 22g carbohydrate, 389mg sodium, 4.5g fiber



Roast Beet, Cucumber, and Red Pepper Salad

Amy Wishner

Ingredients:

3 large beets
1 cup parsley, chopped
2 small cucumbers, chopped
1 red bell pepper, chopped
¼ cup olive oil
2 tablespoons vinegar (cider, balsamic, red wine, or your favorite)

Optional toppings:

½ cup crumbled feta cheese

Directions:

1. Wash the beets and trim stems. Place beets in a steamer basket in a large pot over boiling water. Cover the pot and steam about 30 minutes, until beets are tender. Remove peels and chop beets.
2. Mix the beets with all other ingredients. Chill or eat with the beets still warm. Add feta cheese on top just before serving.

Makes 6 servings.

Nutritional Information per serving (with feta): 125 calories (160 calories), 9g total fat (12g total fat), 2g protein (4g protein), 1.5g carbohydrates (11g carbohydrates), 51mg sodium (190mg sodium), 3g fiber (3g fiber)

“This dish is great to bring to potlucks, with fresh, crunchy flavors. It can be made ahead and lasts for several days.” - Amy

Spiced Chickpeas

Amer Alfayadh

Ingredients:

2 cups uncooked chickpeas (soaked overnight and drained)
2 cups unsalted chicken broth
½ teaspoon curry
¼ teaspoon turmeric
1 teaspoon salt (or less)

Optional:

lemon juice, olive oil, and parsley or mint for garnish

Directions:

1. Put chickpeas, broth, curry, and turmeric in a pot and cover with cold water by 3 inches. Bring to a boil, then lower heat to low. Simmer covered until chickpeas are tender, about 45 minutes. After 25 minutes, add the salt.
2. Serve warm in a bowl with selected garnishes.

Makes 4 servings.

Nutritional Information per serving: 150 calories, 2.2g total fat, 9g protein, 24g carbohydrate, 650mg sodium, 6.4g fiber

Sweet and Salty Watermelon Salad

Good 'n' Healthy Recipe from Penn Medicine Lancaster General Health

Ingredients:

8 cups watermelon cubes (about one half of a large watermelon)
1/3 cup freshly squeezed lime or lemon juice
3 tablespoons extra virgin olive oil
1 teaspoon honey
1/2 cup red onion, sliced thin
1/2 cup fresh mint, sliced
1 cup crumbled feta cheese

Directions:

1. Drain watermelon in a colander while you prepare other ingredients.
2. Mix lime juice, olive oil, and honey in small bowl and set aside.
3. Combine watermelon, onion, and mint in large bowl. Pour dressing over salad and then gently fold in the feta cheese.
4. Spoon mixture into large bowl. Sprinkle with more mint, feta cheese, and onion to serve, if desired. Use a slotted spoon to serve the salad since watermelon juices will collect in the bottom of the bowl.

Makes 8 servings.

Nutritional Information per serving: 151 calories, 9.5g total fat, 12.1g carbohydrate, 6.1g protein, 353mg sodium, 0.9g fiber

There are several variations to this salad. You can substitute red wine vinegar or balsamic vinegar for the lime juice; use other herbs such as basil and cilantro; add tomatoes and cucumbers; or even toss in several cups of arugula, baby spinach or greens. Adding a little salt and pepper is optional. This salad is best eaten immediately after mixing.



Treats



Apple Crisp

Terrie Van Zandt

Ingredients:

- 4 cups sliced tart apples (about 4 medium)
- ½ cup brown sugar (or less if using sweeter apples)
- ½ cup flour
- ½ cup oats
- ⅓ cup unsalted butter (softened)
- ¾ teaspoon ground cinnamon
- ¾ teaspoon ground nutmeg

Directions:

1. Heat oven to 375°F.
2. Grease an 8x8x2-inch square pan. Arrange apples in pan.
3. Mix remaining ingredients and sprinkle over apples.
4. Bake about 30 minutes until topping is golden brown and apples are tender. Serve warm and enjoy.

Makes 6 servings

Nutritional Information per serving: 280 calories, 11g total fat, 53g carbohydrates, 2.3g protein, 14mg sodium, 4g fiber

“A healthier twist on a Betty Crocker classic.” - Terrie

Peanut Butter Popsicles

Ann Fulton

Ingredients:

3 very ripe medium bananas, mashed (1¼ to 1½ cups)
½ cup creamy peanut butter
1 cup lowfat or fat free plain or vanilla yogurt

Optional:

1½ tablespoons honey or pure maple syrup

Directions:

1. Place the mashed bananas, peanut butter, and yogurt into a blender. Blend until very smooth, scraping down the sides of the blender as needed.
2. Taste the mixture and add the honey or maple syrup to taste, blending to evenly distribute.
3. Pour the mixture into the popsicle molds. Place the popsicles in the freezer. (If you do not have popsicle molds, you can use small paper cups.) After 1 hour, insert wooden craft sticks into the popsicles.
4. Freeze the popsicles overnight. To easily remove the mold, dip the popsicle in a glass of warm water, checking every 10 seconds or so, until the popsicle slides out of the mold.

Makes 6-8 servings, depending on the size of the molds.

Nutritional Information per serving (making 8): 165 calories, 8.6g total fat, 5.6g protein, 20g carbohydrates, 92mg sodium, 2.2g fiber



Slow Cooker Coconut Rice Pudding

Ann Fulton

Ingredients:

¾ cup white rice
1¼ cup light coconut milk
2 cups skim milk (or non-dairy milk, such as almond milk)
⅓ cup plus 1 tablespoon honey or maple syrup
½ teaspoon cinnamon
¼ teaspoon salt

Directions:

1. In a colander, rinse the rice thoroughly and drain well.
2. Combine all ingredients in a mixing bowl and put in a lightly-greased slow cooker.
3. Cover and cook on high for 2 to 3 hours. When rice is cooked through and most of the liquid has been absorbed, stir, spoon into bowls, and enjoy.

Makes 6 servings.

Nutritional Information per serving: 155 calories, 3g total fat, 4g protein, 30g carbohydrates, 154mg sodium, 0.3g fiber

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