

Culinary Nutrition Food Pantry Cookbook



Holyoke Community College Chopped Challenge
Best of Spring 2017

Created by:

Culinary Nutrition 203 Students

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Dedication

This cookbook is dedicated to Rosemary Fiedler and the Holyoke Community College Thrive Program. Rose helped to make our class both fun and meaningful, by challenging our students and helping them create delicious, healthy dishes on a budget, understand food insecurity, and have people come in to taste our food and listen to our presentations each week!

Vegetable Fried Rice & Kale Salad

This dinner is a great and easy recipe that is full in flavor and packed with nutritional value.

Macronutrient highlight: The scrambled eggs in the brown rice are rich in proteins

Macronutrient highlight: The kale in the salad is a nice balance of iron to your daily intake.

Health concern addressed: Diabetes friendly



Vegetable Fried Rice & Kale Salad

Ingredients:

¼ cup carrots(small dice)
¼ cup onions (small dice)
¼ cup peppers(small dice)
¼ cup peas
¼ cup chickpeas
1 cup brown rice
3 Tbsp soy sauce
2 eggs

3 quarts kale
1 cup mandarin oranges
1 cup red onion(sliced)
1 Tbl of almonds

Dressing

1 Tbl of adobo
1 Tbl of soy sauce
½ Tbl of brown sugar
1 Tbl of honey

Instructions:

Start by cooking the brown rice. Take the carrots and blanch them to just almost tender. Take onions, and carrots and small dice it, and store add a side. Cook scrambled eggs, Istructios:and soy sauce and serve.

Take kale add mandarin oranges and red onions slices, peas, chickpeas and dress it.

For the dressing just combine all ingredients into a medium bowl. Mix well.

Raisin Nut Granola Bar with Banana Cream and Sauteed Apples

This protein-packed granola bar is full of fiber to help keep you full until lunch time and is a healthy alternative for breakfast on the go!

Macronutrient highlight: ***Excellent Source of*** carbohydrates.

Micronutrient highlight: Granola is packed with vitamins like vitamin E.

Health concern addressed: Indigestion, lowers your cholesterol



Raisin Nut Granola Bar with Banana Cream and Sauteed Apples

Ingredients

½ cup oats
1 cup milk
2 eggs
¼ cup chopped pecans
¼ tsp baking powder
2 Tbsp Coconut Sugar
½ apple (small dice)
½ banana
4 Tbsp unsweetened
applesauce
2 Tbsp raisins
2 tsp cinnamon
1 tsp vanilla

Instructions

Mix together oats, pecans, baking powder, 1 Tbsp coconut sugar, 1 tsp cinnamon and raisins Mix together ¾ cup milk, eggs, and vanilla. Combine the two mixtures and let rest Mash banana, add the rest of milk and applesauce, refrigerate

Pour oatmeal mixture into sprayed pan or mold Bake at 300° for approximately 15 to 20 minutes Sauté apples, 1 tsp cinnamon, and 1 Tbsp coconut sugar in olive oil until fully cooked Remove cooled bar from pan top with a scoop of the banana cream and sautéed apples

Breakfast Hash

This well rounded breakfast will start your day off right!

Macronutrient highlight: Excellent source of complex carbohydrates and protein to get you going and stay going.

Micronutrient highlight: Lots of antioxidants that help fight heart disease and cancer.

Health concern addressed: Gluten free, diabetes friendly



Breakfast Hash Recipe

Ingredients

½ cup onion (small dice)
½ cup potato (small dice)
½ cup pepper (small dice)
½ cup carrot (small dice)
½ cup ham (small dice)
1 avocado (sliced)
2 eggs
2 cups spinach
¼ cup olive oil
1 Tbsp cajun seasoning
1 tsp cayenne pepper
salt & pepper to taste

Instructions:

Boil carrots and potatoes until almost cooked through and then submerge in ice water
Saute ham, onions, peppers, potatoes, carrots, cayenne, cajun seasoning, salt and pepper in olive oil
Poach the eggs in hot water to desired consistency
Place a bed of raw spinach on the plate
Add sauted hash atop the spinach
Fan sliced avocado atop the hash
Place the poached egg in the concave part of the avocado

Grilled Pizza

Macronutrient Highlight: The spinach used for the topping on the pizza is a complete protein that helps in building muscles.

Micronutrient Highlight: The whole wheat pita provides iron, which is important in transporting oxygen to parts of the body.

Health concern addressed: This dish is vegetarian, and can be made vegan with some alterations. It is also a better choice than pizza from a pizza place, or a frozen pizza, because it contains a lot less calories and saturated fats.



Grilled Pizza

Ingredients:

Whole Wheat Pita Bread, or try a pre-made dough (whole wheat)

Choice of toppings:

Tomatoes, Spinach, Garlic, Onions, Green Peppers,

Fresh Ricotta Cheese, Fresh Mozzarella Cheese, Basil,

Olive Oil, Avoid overly processed cheeses, and sugary pizza

sauces.

Look fresh produce to add to your pizza

Instructions

1. Lightly oil your crust
2. Place on the grill and cook until the pita becomes firm
3. Remove and add all desired toppings.

If grilling outside, put pizzas back onto grill and continue to grill with the lid down about 3 minutes or until cheese has melted.

If grilling inside, place pizzas in oven to broil for 5 minutes or until the cheese has melted.

Tuna and Broccoli Casserole with Potato Wedges

Macronutrient highlight: Tuna is an excellent source of Omega 3 fatty acids and is a good source of fat for the body and helps cells and cell membranes.

Micronutrient highlight: The quinoa contains B6 which helps support adrenal functions and helps maintain a healthy nervous system.

Health concern addressed: Heart healthy because of the source of omega 3 found in the tuna



Tuna and Broccoli Casserole with Potato Wedges

For Casserole:

1 cup cooked quinoa

½ cup greek yogurt

2 cups of canned tuna

1 c. carrots

1 c. onions

1 c. broccoli

1 c. peas

1 c. corn

Salt and pepper

Cajun seasoning, paprika, onion powder

For Wedges:

2 potatoes washed and cut into wedges,
microwaved for 1 minute

Instructions:

1. Sautee all the vegetables in evoo and cook until tender
2. Mix together all ingredients and bake at 375 for 15-20 minutes

We finished our casserole with some reduced vegetable stock.

1 cup of veg stock with a bay leaf until it reduced by about half, this added some moisture to the casserole when it finished baking in the oven

For potatoes:

Rub potatoes with olive oil, salt pepper, paprika, cajun seasoning, onion powder, and garlic powder.

Place on a baking sheet lined with parchment paper so the wedges are not touching. Bake for 15 minutes or until crispy.

Carrot Cupcakes

Macronutrient Focus: By mixing white flour with a variety of nutrient dense veggies and nuts, we can crowd in vitamins, minerals and fiber while having dessert!

Micronutrient Focus: Coconut sugar is unrefined and a good source of micronutrients as well as added sugar. It also has a reduced glycemic index.

Lifestyle Focus: This is a great recipe makeover for people who enjoy sweets. By decreasing portion size and using nutrient dense ingredients, this can be considered a “reduced guilt” treat!



Carrot Cupcakes

Ingredients for Cupcakes

- 1 cup whole wheat flour
- $\frac{3}{4}$ cup coconut sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups grated carrots (heaping)
- $\frac{2}{3}$ cup oil
- 2 eggs, beaten

Instructions:

1. Preheat the oven to 350 degrees. Combine the flour, sugar, cinnamon, baking soda, baking powder, and salt in a large bowl. In a separate bowl, combine the grated carrots and the oil. Slowly add the flour mixture, stirring until just mixed. Add the beaten eggs and stir a few times (like 15 or less around the bowl - the fewer the better)!
2. Grease a muffin tin or use paper liners. Scoop the batter into a muffin tin, filling each muffin tin about $\frac{2}{3}$ of the way up the side. Bake for 13 minutes, check how they're doing, and add a few minutes if necessary. I find that the baking time varies greatly with oven, so just check for the right golden brown color and springy tops. Allow the cupcakes to cool.
3. For the frosting, blend the cream cheese, butter, and vanilla until smooth. Slowly beat in the powdered sugar until smooth. Transfer to a plastic bag or similar tool for piping the frosting evenly on the cupcakes.

Rice Pilaf

Macronutrient: Carrots are a good source of Potassium. The health **benefits** of **potassium** include relief from stroke, blood pressure, heart and kidney disorders, anxiety and stress, as well as enhanced muscle strength, metabolism, water balance, electrolytic functions, and nervous system.

Micronutrient: Brown rice has a high amount of Magnesium. Magnesium has many health benefits which helps increase energy, calms nerves & anxiety, digestion by relieving constipation, and relieves muscle aches and spasms.

Health Concern: Rice Pilaf is a vegetarian dish and is gluten free.

Rice Pilaf



Ingredients:

- 1 Cup of rice
- 2 Cup of water
- $\frac{1}{4}$ Teaspoon of turmeric
- 1 Teaspoon of salt
- $\frac{1}{2}$ Onion, Chopped
- $\frac{1}{2}$ Carrot, Chopped
- 1 Tablespoon Parsley, Chopped
- Olive oil to taste

Directions:

- In medium sauce pot, cook onions and carrots until translucent.
- Add rice, water turmeric, and salt. Bring to a boil, then lower to a simmer, and cover it with a lid. Let it cook covered for 30 minutes.
- After 30 minutes if the rice is cooked add chopped parsley at the end and mix.

Peanut Butter Banana Smoothie



Macronutrient: Peanut butter contains protein, which helps with building muscle, and building/repairing tissues in the body.

Micronutrient: The average banana contains about 27 grams of carbohydrates. Carbohydrates help to help the body's important organs (heart, & kidneys) function properly

Health Concern: Vegetarian, Vegan, Gluten Free

Peanut Butter Banana Smoothie

INGREDIENTS

Coconut Milk: ½ Cup
Vanilla Protein Powder: ½ Cup
Peanut Butter: 1 Tablespoon
Banana: 1
Ice: 1 Cup

INSTRUCTIONS

- 1. Blend all ingredients except Protein powder and crushed ice.**
- 2. Add these 2 ingredients as needed, until desired consistency is reached.**
- 3. Pour into glass.**

Guacamole with Oven Fried Potatoes Chips

Macronutrient: Potatoes has a lot of Potassium, more than a banana.

Micronutrient: Avocados has a good source of Vitamin C. Vitamin C is necessary for the growth, development and repair of all body tissues.

Health Concern:

Guacamole with Oven Fried Potato Chips



Ingredients

For Guacamole:

½ Small Onion, Thinly Chopped
1 Medium Size tomato, Chopped
3 avocados - peeled, pitted, and
mashed
2 Garlic Cloves, Minced
1 lime, juiced
1 Teaspoon of Salt
Black pepper, to taste

Instructions:

Preheat oven to 400 F degrees. Peel potatoes, and cut the potato thin round circles.

Put the cut potatoes in a medium size bowl, add salt, pepper and olive oil and mix.

On a baking sheet with parchment paper, place potatoes chips and bake for 15 minutes. Then rotate the pan and cook for another 15 minutes.

When the chips are nicely golden and crisp. Let them cold down for around 5 minutes before removing them from the sheet.

Chicken and Brown Rice in Garlic Sauce

This protein-packed meal is full of fiber to help keep you from sneaking a midnight snack and is a healthy alternative for Dinner.

Macronutrient highlight: Excellent source of complete protein to build muscle and Carbohydrates to Give you energy.

Micronutrient highlight: Kale is rich in antioxidants containing the vitamin A AND C.

.Health concern addressed: gluten free,



Chicken and Brown Rice in Garlic Sauce

8oz canned chicken

2 eggs

1 cup carrot

salt and pepper to taste

1 cup celery

1 cup onions

Garlic Sauce

1 Tbl garlic minced

1 oz olive oil

2 cups milk

3 oz of gruyere cheese

1 cup green peppers

Continued

Instructions

Saute veggies in olive oil cook chicken in sauce pot with eggs and salt and pepper, saute garlic in olive oil add milk let simmer.

Mixed veggie with chicken,

Cook brown rice till tender mince kale toss in vinaigrette garnish rice.

Berry Smoothie

This protein-packed smoothie is full of antioxidants to help keep you full until lunch time and is a healthy alternative for breakfast on the go!

Macronutrient highlight: Excellent source of complete protein to build muscle and provide energy.

Micronutrient highlight: Spinach is rich in iron to prevent anaemia and promote delivery of oxygen to cells.

Health concern addressed: gluten free, soy free, vegan



Very Berry Vanilla Smoothie

2 Scoops of vanilla protein powder

2 cups of mixed berries frozen

1 tablespoon of walnuts

½ cup almond milk yogurt

1 cup spinach

1 tablespoon of flaxseed

12 oz of water

Instructions

Mix all ingredients in blender until you have reached your desired consistency.

Banana Oatmeal

This Fiber-packed oatmeal is a healthy meal for breakfast on the go!

Macronutrient highlight: Excellent source of complete protein

Micronutrient highlight: **Banana** is rich in potassium and has natural sugars.

Health concern addressed: diabetic friendly



Banana Oatmeal

Ingredients

1 $\frac{1}{4}$ cups [skim milk](#)

1 pinch [salt](#)

1 teaspoon [vanilla](#)

$\frac{1}{2}$ cup [oatmeal](#) (not instant)

1 small [banana](#), cut four slices, save for top of oatmeal, cut rest into small pieces

1 pinch [allspice](#)

Directions

Bring milk, salt, vanilla, and brown sugar to a boil.

Add oats and allspice.

Reduce to medium boil for 5 minutes.

Add banana, turn off heat, let set for 2-3 minutes.

Put into 2 bowls, and place 2 banana slices.

Tuna Onigiri (Japanese Rice Ball)

This is an meal that is low in fat and does not include any meat. It is great for vegetarians that want something light to eat.

Macronutrient Highlight: low in calories and fat

Micronutrient Highlight: low in sodium

Health Concern: Vegan and gluten free



Tuna Onigiri (Japanese Rice Ball)

Ingredients:

Sushi Rice 3 Cups
Water $\frac{1}{4}$ Cup
Mayo $\frac{1}{8}$ Cup
Lemon Juice $\frac{1}{4}$ Cup
Salt and Pepper, to taste

Instructions::

Cook rice in cold water till it boils, then simmer for 20 minutes
Combine tuna with the rest of the ingredients
When the rice is cooled, place some rice on plastic wrap and place a tablespoon of the tuna mixture. Then add another scoop of rice, and roll it into a ball.
Eat with seaweed if desired

Strawberry and Apple-Spinach Smoothies

This protein-packed smoothie is full of fiber and vitamins that can give you energy throughout your day.

Macronutrient highlight: Excellent source of protein.

Micronutrient highlight: Spinach is rich in iron and helps delivery of oxygen throughout the body. The berries contain Vitamin C which is an antioxidant and helps decrease the risk of heart disease.

Health concern addressed: gluten free, lacto ovo vegetarian



Strawberry Smoothie

½ cup ice cubes

2 cups Soy milk

1 cup frozen strawberries

1 tbsp lemon juice

2 tbsp honey

¼ c orange juice

Berry Smoothie

1 cup blueberries

1 cup raspberries

½ cup strawberries

2 cups milk

1 half scoop of protein powder

1 tbsp brown sugar

Whipped Cream

Apple Spinach Smoothie

1 handful spinach

1 apple, peeled and diced

½ avocado diced

1 tbsp flax chia seed mixture

1 tbsp lemon juice

¼ cup water

Add all ingredients to blender and mix on high for 30 seconds. Pour into glass and enjoy! Each recipe makes one serving

Protein Supreme

This is a protein filled meal with great taste that is great to start your day with.

Macronutrient highlight: Great source of protein and vitamin C.

Micronutrient highlight: The spinach has iron and helps deliver oxygen throughout your body. The kale provides fiber and is filled with antioxidants that can help protect against certain cancers.

Health concern: Great for the heart.



Veggie Omelet

Ingredients

3 eggs

Tbsp olive oil

Tbsp Milk

½ cup Onions

½ cup Peppers

½ cup Spinach

2 tbsp. Gruyere Cheese

Instructions

BEAT eggs and milk in small bowl until blended.

Heat oil in 7 to 10-inch nonstick omelet pan or skillet over medium-high heat until hot. Coat bottom and then pour in egg mixture. Mixture should set immediately at edges.

Push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface.

When top surface of eggs is thickened and no visible liquid egg remains, put filling on one side of the omelet. Fold omelet in half, turn pan and slide omelet onto plate.

Thank you to our judges and student apprentices for making this book and our class possible this semester!

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