

# LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #1 FROZEN YOGURT POPS

### Ingredients needed:

- 1-2 cups vanilla yogurt
- 1/2 cup fruit (berries, chopped banana)
- 1/2 cup granola (or chopped nuts, chocolate chips)
- Popsicle Molds (or small cups with popsicle sticks)

### Instructions:

1. In a popsicle mold or small cup, place 1 Tablespoon of berries and 1 Tablespoon of granola.
2. Scoop in 2-3 Tablespoons of yogurt and insert sticks.
3. Freeze the popsicles for 2-3 hours or until fully hardened. Remove from molds and enjoy!

## RECIPE #2 PEANUT BUTTER SQUASH COOKIES

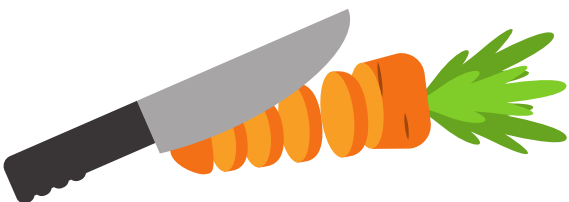
### Ingredients needed:

- ¼ cup whole wheat flour
- ¼ cup all-purpose flour
- 1 cup mashed squash
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 tablespoons maple syrup
- 4 tablespoons peanut butter
- 1 egg
- Granulated sugar (optional topping)

Yield: 10-12 cookies

### Instructions:

1. Preheat oven to 350°.
2. Place whole squash on a bake sheet and bake until easily pierced by a fork (30-40 minutes).
3. Remove squash from the oven and allow it to cool enough to handle.
4. Cut the squash in half, scoop out seeds. Next, scoop out cooked squash flesh, place in a bowl, and mash.
5. Grease baking sheet or line with parchment paper.
6. Mix oat flour, peanut butter, baking powder, and baking soda in a bowl.
7. In a separate bowl, mix syrup, egg, and puréed squash. Combine mixtures.
8. Put equal size cookie dough spots on a baking pan and bake for 15-25 minutes.



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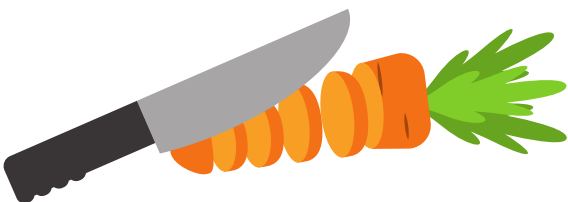
## RECIPE #3 CELERY ROOT AND APPLE CHILI

### Ingredients needed:

- ½ cup olive oil
- 1 medium-large celery root, chopped
- 2 apples, cored and chopped
- 2 cups chopped onion
- 1 cup chopped bell pepper
- 6 garlic cloves, chopped
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 1 ½ teaspoons ground cumin
- ½ teaspoon cayenne pepper
- 1 15-oz can black beans, drained and rinsed
- 1 15-oz can crushed tomato - or-SEASONAL SUBSTITUTE: 1 butternut squash + 2 Tablespoons lemon juice
- 2 cups water
- Fresh parsley, chopped
- Sour cream
- Cheddar cheese, shredded

### Instructions:

1. Heat oil in stock pot over medium heat, adding the chopped onion, garlic, celery root, apple, and pepper. Sauté to soften for 5-10 minutes.
2. Add beans.
3. Add tomatoes or squash/lemon juice combo, water, and all your seasonings, cooking for an additional 15 minutes for flavors to combine.
4. Top with sour cream, cheese, and parsley.



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## RECIPE #4 HOMEMADE WHOLEWHEAT CRACKERS

### Ingredients needed:

- 3 cups whole grain flour
- 2 teaspoons sugar
- 2 teaspoons salt
- 4 tablespoons olive oil
- 1 cup water
- 1 tablespoon each of sesame seeds, fennel, poppy seeds, and 1 teaspoon salt for topping

### Instructions:

1. Preheat oven to 450 degrees Fahrenheit
2. Sprinkle baking sheet with flour, set aside
3. Mix flour, salt, sugar.
4. Add oil and water.
5. Shape dough and divide into two equal parts.
6. Roll dough into a rectangle (cracker thin).
7. Sprinkle dough with topping, cut into cracker size shapes.
8. Bake 12-15 minutes.

