

# LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #1 MINSTRONE SOUP

### Ingredients needed:

- 2 1/2 pints of chicken broth
- 2 tablespoons olive oil
- 1 onion, peeled and finely chopped
- 3 bay leaves
- 2 garlic cloves, peeled and chopped
- Handful of parsley, chopped
- 2 celery stalks, trimmed and sliced
- 2 large carrots, peeled and roughly chopped
- 1 parsnip, peeled and roughly chopped
- 1 cup podded fresh or frozen peas
- 12 strands of dried spaghetti, broken into shorter lengths
- 2 tables apple cider vinegar
- salt and pepper

### Instructions:

1. Pour the chicken broth into a large saucepan and bring to a simmer;
2. Heat olive oil in a separate larger saucepan, add the onion and saute gently for about 5 minutes until golden;
3. Add bay leaves, garlic, and parsley-stirring;
4. Add the celery, carrots, parsnip, and leeks.
5. Saute until slightly softened;
6. Add the vegetables to the broth and bring to a boil;
7. Add peas, pasta, and vinegar;
8. Simmer for 20 minutes or until all the vegetables are tender;
9. Taste for seasoning, serve warm.

Note: You can use any combination of vegetables you desire.

## RECIPE #2 SHAKSHOUKA

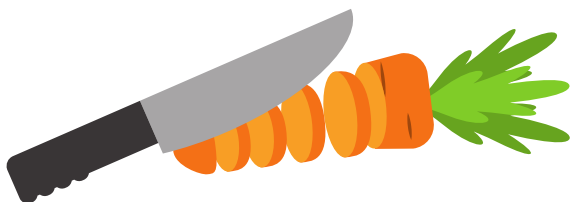
### Ingredients needed:

- 1 medium zucchini, diced
- 1 onion, diced
- 1-2 bell peppers, diced
- 2-3 garlic cloves, minced
- 3 tomatoes, mashed
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon cayenne
- 1 teaspoon oregano
- 2 tablespoons chopped parsley
- salt and pepper to taste
- 2-3 eggs
- 1/4 cup crumbed feta cheese

### Instructions:

1. Preheat oven to 350 degrees;
2. Chop and dice zucchini, onion, peppers, and garlic;
3. Saute until the vegetables are softened. First add your onion and garlic, next zucchini and peppers;
4. Add the tomatoes, mashing them with a large spoon;
5. Simmer until the tomatoes thicken (15-20 minutes);
6. Add your dried seasoning (cumin, paprika, cayenne, salt, pepper);
7. Crack eggs on top and place in the oven;
8. Bake for 5-10 minutes, or until eggs are set.

Note: If you like the tomatoes (shakshouka) thicker simmer longer. And if you do not like tomatoes this can be made with eggplants as well



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## RECIPE #3 PUFFED SPELT TREATS

### Ingredients needed:

- 1/2 cup honey
- 1/2 cup peanut butter
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla extra
- 4-5 cups puffed spelt cereal

### Instructions:

1. In a small saucepan, heat the honey on low until it comes to a boil (about 3 minutes);
2. Turn off the heat and add peanut butter, cinnamon, and vanilla - stirring until fully combined;
3. In a large bowl, add the puffed spelt, then slowly pour the honey/peanut butter mixture over the top. Stir until the puffed spelt is fully coated;
4. Pour the mixture into an 8x8 inch pan and allow to set for 10-15 minutes;
5. Once firm, cut into individual treat bars and enjoy.

## RECIPE #4 HOMEMADE AJVAR

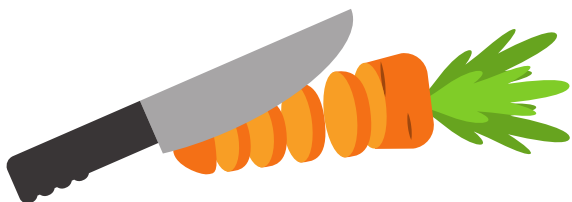
### Ingredients needed:

- 2 eggplants
- 6 red bell peppers
- salt and pepper
- 1 garlic clove
- juice of one lemon
- 1/2 cup olive oil
- 1 tablespoon chopped parsley

### Instructions:

1. Heat oven to 475F
2. Place washed eggplants and peppers on a baking sheet with a lip to catch any juiced, and roast until their skins blister and turn black - about 30 minutes
3. Place roasted vegetables in a heatproof bowl.
4. Cover with a clean towel, and let them steam for 10 minutes.
5. peel off and discard blackened skins, stems, and seeds
6. in a large bowl, mash or chop vegetables, depending on how smooth or chunky you like your Ajvar
7. Season to taste with salt and pepper.
8. Add garlic and lemon juice, and drizzle in oil, stirring constantly
9. To serve, transfer to a glass dish and sprinkle with chopped parsley for garnish if desired

Note: We are using orange Turkish eggplants for the class.



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## RECIPE #5 STUFFED EGGPLANTS

### Ingredients needed:

- 4 tablespoons olive oil
- 1 large eggplant halved
- 3/4 cup chopped onion
- 1 - 13.5 oz. can of cooked chickpeas
- 1 cup of Basmati rice
- 2 tablespoons tomato paste
- 2 tablespoons red bell pepper paste/hot Ajvar (optional)
- 1 1/2 teaspoons red pepper flakes
- 1 teaspoon ground black pepper
- 3/4-1 cup water
- 2 tablespoon finely chopped parsley
- 1 garlic clove finely minced
- 1/2 teaspoon salt

### Instructions:

1. Preheat oven to 400F;
2. Drizzle 1/2 teaspoon oil over each halved eggplant and place it on a baking sheet;
3. Follow the directions on the package of basmati rice and cook the rice, setting aside;
4. Roast the eggplant(s) in oven for about 30-35 minutes until soft. Set aside to cool enough to the touch. Remove the flesh with a spoon, placing it in a medium bowl. Set the shell aside.
5. Saute the onion over medium heat with a little olive oil until soft;
6. Add tomato, red pepper paste, red pepper flakes, black pepper, salt, chickpeas, eggplant flesh, and water;
7. Simmer for 5-8 minutes to combine flavors;
8. Fill the eggplant shell with the filling. Add minced garlic and chopped parsley. Drizzle olive oil over the top;
9. Place the eggplants back in the oven for 5-6 minutes, allowing the flavors to combine.
10. Serve over cooked rice.

Tip: Trying mixing the rice with the filling and stuff eggplant(s).

