

LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



RECIPE #1 TOMATILLO SALSA

Ingredients needed:

- 12 medium tomatillos, husked and rinsed
- 1-2 medium jalapenos, chopped
- 1/2 cup medium onions, chopped
- 1/4 cup fresh cilantro leaves
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Instructions:

1. Add all ingredients to a food processor and blend;
2. Pulse until combined.

Tip: If you don't have a food processor chop ingredients to desired size.

RECIPE #2 GNOCCHI

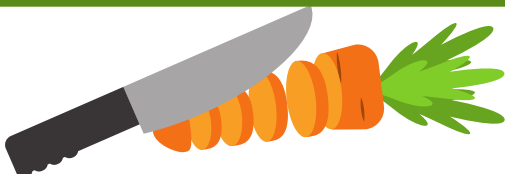
Ingredients needed:

- 4 medium potatoes*
- 1 egg
- 1 1/2 cups flour
- 1 teaspoon salt
- 1 teaspoon pepper

*Peeled or unpeeled

Instructions:

1. Boil potatoes until fork tender;
2. Drain, and mash the potatoes;
3. Add salt and pepper to the potatoes;
4. Refill pot with water and bring to a boil;
5. Mix potatoes together forming a well in the center;
6. Crack egg in the center, using a fork to combine;
7. Add flour, kneading with your hands (add more flour if your dough is wet or sticky after mixing);
8. Roll dough out into long ropes;
9. Use a knife to cut into bite sized dough pieces;
10. Press and roll with a fork to make the gnocchi indents (optional);
11. Place your gnocchi bites into the boiling water. When they start to float, remove from the water with a slotted spoon, or if you have one single batch, use a colander to drain your pasta;
12. Eat with your favorite sauce!



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RECIPE #3 FRUIT GALETTE

Ingredients needed:

- 1 cup all-purpose flour
- 3 tablespoons butter (cubed)
- 2 tablespoons fine sugar
- 1 egg
- Splash of milk
- Fresh herbs to taste
- 2 cups fresh fruit, halved
- 3 tablespoons sugar
- 2 tablespoons cornstarch

Instructions:

1. Preheat oven to 375 degrees;
2. In a medium bowl, mix flour, butter, sugar, egg and fresh herbs of choice until a dough begins to form;
3. Add splashes of milk if its too dry;
4. In a separate bowl, mix fruit, sugar, and cornstarch;
5. Roll out galette dough into a circle to about 1/2 inch thickness;
6. Pour the fruit into the center of the dough and fold the edges over the filling;
7. Bake at 375 for 25-30 minutes or until dough is browned.

RECIPE # 4 SEASONAL FAJITAS

Ingredients needed:

- 3-4 cups chicken, shredded
- 3 bell peppers, sliced thin
- 1 medium onion (or leek), diced
- 1 medium carrot, sliced thin
- 1 medium beet, sliced thinly
- 3 tablespoons olive oil
- Juice from 1 lime
- 1 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/4 teaspoon cumin
- Salt to taste

Instructions:

1. Chop onion, peppers, beets, and carrots;
2. Saute veggies until soft;
3. Add cooked, shredded chicken and spices;
4. Allow veggie and chicken mixture to simmer together;
5. Serve warm on a fresh tortilla or over rice.

