

LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



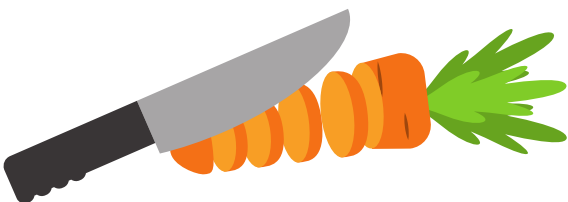
RECIPE #1 BUTTERNUT SQUASH STEAKS

Ingredients needed:

- 1 large butternut squash
- 1 tablespoon olive oil
- 2 tablespoon butter, cut into pieces
- 6 sage leaves, chopped
- 2 garlic cloves, crushed
- 1 tablespoon fresh lemon juice
- Salt to taste
- Freshly ground black peper to taste
- 1 apple, sliced thin
- ¼ cup pepitas

Instructions:

1. Cut the neck and rounded edges off the squash leaving the long neck portion. Then peel the squash saving scraps for other uses.
2. Cut squash in half, length-wise. Trim off the outer rounded side of each piece to create two ¾"-thick steaks (about 6 oz. per steak).
3. Heat oil in a large heavy skillet over medium. Cook squash steaks, turning every 3 minutes, until deeply browned on both sides and fork-tender, about 15 minutes.
4. Add butter, sage, and garlic to skillet, tilt pan toward you so that butter pools on one side, and use a large spoon to continually baste steaks with butter. Cook, basting until beginning to brown -for about 1 minute.
5. Remove from heat and stir in lemon juice; season with salt and pepper.
6. Top with Kale salad, fresh apple slices, and pepitas.



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RECIPE #3 QUICK PICKLED MINI BELL PEPPER GRILLED CHEESE

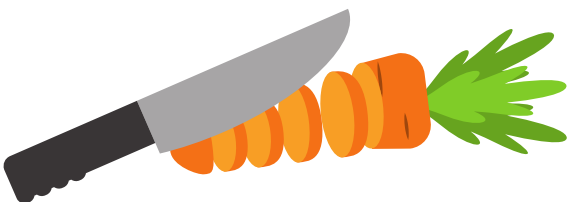
Ingredients needed:

- Baby sweet peppers
- ¼ cup Red Onion
- 2 garlic cloves
- ½ cup cilantro
- 1 and 1/2 cup white vinegar
- ½ cup water
- Whole peppercorns
- Mustard Seeds

Instructions:

1. Blanch baby sweet peppers. (boil water, add peppers for 2 minutes) remove rinse with cool water;
2. Chop onion, garlic, cilantro;
3. Lightly sauté red onion, peppercorns, mustard seed, and garlic cloves with olive oil;
4. Make the brine (boil the vinegar and water, add onion, mustard seed, peppercorns and garlic;
5. Immediately pour brine over peppers in mason jars and add cilantro;
6. Shake to distribute;
7. Cool to room temperature, seal and store in refrigerator (up to 30 days)

Let these pickle for 3-5 days and then take out some peppers, slice thin and use as a topping on sandwiches or grilled cheese!



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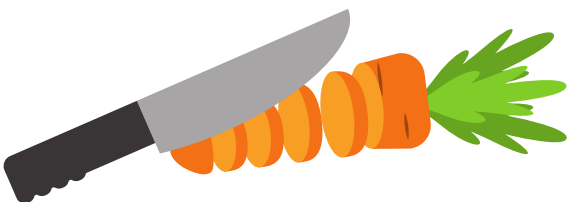
RECIPE #4 BEET PEPPERONI & SPINACH ROLL

Ingredients needed:

- 1-2 Tablespoon butter
- 1 medium onion, finely chopped
- 1 large handful of spinach, wilted
- 2 large beets, washed, peeled, and sliced into thin medallions (pepperoni size)
- 2 Tablespoon fennel seed
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 3 medium eggs, divided
- Ground black pepper and salt to taste
- 1/8 cup flour (for rolling out pastry)
- 25 ounces puff pastry (or shortcrust pastry)

Instructions:

1. Preheat oven to 400 degrees.
 2. Prep your beet pepperoni: slice beets and sauté with butter, fennel, garlic powder, onion powder and salt until the edges are crispy like pepperoni.
 3. Sauté your onion with butter until lightly brown. (5-6 min)
 4. Place the spinach in the sauté pan with the onion, stir and wilt spinach for 1-2 minutes. A lid may help the wilting process. Sprinkle some water if your ingredients seem dry.
 5. In a large mixing bowl, add the beet pepperoni, cooked onion, wilted spinach and 2 of the eggs. Season with a couple of pinches of black pepper and a good sprinkling of salt. Mix well until all the ingredients are thoroughly and evenly combined;
 6. On a lightly floured surface, roll out the pastry into two 8- by 10-inch rectangles. Cut each rectangle into 2 long strips (4 total).
 7. Place the cold pastry onto two lightly greased baking pans. In the center of each pastry, add a layer of beet pepperoni, spinach, and onion mixture the length of the pastry strip. Beat the remaining egg in a small bowl and lightly brush the edges of the pastry.
 8. Fold the pastry over the filling to form long rolls. Flip the roll over so the seam is underneath. Lightly brush the top surface with egg.
 9. Cut the rolls into 1 1/2-inch lengths. Or vary the length to the style of roll you want.
- Bake for 20 minutes or until golden brown.



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RECIPE #5 KALE SALAD

Ingredients needed:

- ½ large bunch of kale, rinsed, stems removed, and chopped
- 1/8 cup olive oil
- 2 Tbsp lemon juice
- Salt to taste

Optional:

- 1-2 teaspoons crushed red pepper flakes and 1/8 cup grated hard, dry cheese (parmesan or aged gouda)

Instructions:

1. Rinse kale and pat dry;
2. Chop kale, add olive oil, lemon juice, and salt;
3. Massage thoroughly. (gets better as it sits)

