

# LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #1 FARMERS CHEESE

### Ingredients needed:

- 1 gallon whole milk
- 2/3 cup lemon juice
- 1 1/3 cup white vinegar

Note: For dryer cheese, drain longer. For a dense cheese, use a cheese press, or improvise using what you have.

\*Kid Friendly Tip: Pour lemon juice and vinegar into mason jar and have kids shake or dance to their favorite song

### Instructions:

1. Pour milk into a large stock pot;
2. Slowly heat to 189 degrees, stirring regularly to prevent scorching or burning on the bottom of the pot;
3. In a separate bowl or jar, mix the lemon juice and white vinegar;
4. Once the milk reaches 189 degrees, pour in the lemon juice - vinegar mix;
5. Stir gently while curds form;
6. Let cool, then use a slotted spoon to separate curds from whey.
7. Scoop curds into a colander and let drain for a few hours.
8. Once cheese reaches the desired dryness and density, store in the fridge.

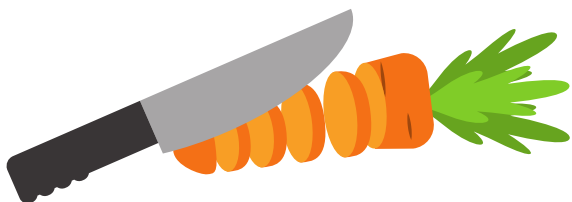
## RECIPE #2 SUNDRIED OR OVEN DRIED TOMATOES

### Ingredients needed:

- 2 Tablespoons Olive Oil
- 2 Quarts Cherry or Grape Tomatoes
- Salt

### Instructions:

1. Heat oven to 250 degrees
2. Lightly oil a baking pan
3. Cut tomatoes in half
4. Place split tomatoes on baking pan, cut side up;
5. Sprinkle salt over tomatoes
6. Bake for 4-5 hours - checking every hour
7. Remove when tomatoes are dried, but not burnt or crispy.



# LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #3 COUSCOUS WITH SUN-DRIED TOMATOES & SPINACH

### Ingredients needed:

- 1 cup regular couscous
- 1/3 cup sun-dried tomatoes coarsely chopped
- 3 small cucumbers, coined and halved
- 1 large handful of fresh spinach, coarsely chopped

### \*Optional

1/3 cup almonds, crushed

1/2 cup Farmer's Cheese

### Lemon Vinaigrette

- 1/4 cup red wine vinegar
- 1 & 1/2 tablespoons mustard
- 1 clove garlic, minced
- 3 tablespoons freshly squeezed lemon juice
- 1/2 cup olive oil
- 1 teaspoon honey
- 1 teaspoon fresh basil

### Instructions:

1. Follow package directions and prepare couscous.
2. Coarsely chop the sun-dried tomatoes, slice cucumber into medallions then quarter, and then coarsely chop the spinach;
3. Prepare the dressing: add all the ingredients to a large mason jar, place lid on jar and shake everything to combine (store in fridge until ready to serve);
4. Combine the couscous, tomatoes, cucumbers, and spinach. Gently toss everything to combine;
5. Add the dressing and toss to coat everything

Note: Try storing the salad undressed and un-topped in the fridge for the week ahead - best dressed and topped right before eating. Suggested toppings are almonds and cheese.

\*Kid Friendly Tip: Have kids tear spinach into small pieces or combine the dressing ingredients by shaking mason jar with lid.

For information on vinegar substitutes:

<https://www.bhg.com/recipes/how-to/cooking-basics/vinegar-substitute/>

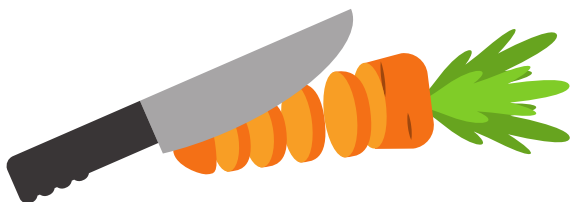
## RECIPE #4 SPAGHETTI SQUASH PIZZA BOWL

### Ingredients needed:

- 1 spaghetti squash, cut in half, seeds removed & roasted
- 2 tablespoons olive oil
- 1-2 tomatoes, thinly sliced
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup fresh basil leaves, torn
- Salt and pepper to taste

### Instructions:

1. Preheat oven to 350 degrees;
2. Roast the spaghetti squash whole or cut in half and drizzle with olive oil (30-40 minutes)
3. Drizzle with olive oil, add tomatoes, cheese, basil, salt and pepper,
4. Bake at 375 degrees for 5-10 minutes or until cheese is melted and bubbly.



# LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #5 CHICKPEA SALAD SANDWICH

### Ingredients needed:

- 2-15oz cans chickpeas, rinsed and drained
- 1 cup finely chopped carrots
- 1 cup finely chopped celery
- 1 cup finely chopped bell pepper
- 3/4 cup finely chopped cucumber
- 2/3 cup finely chopped zucchini
- 1/2 cup finely chopped red onion
- 1/2 cup finely chopped green onion
- 3 garlic cloves, minced
- 1/4 cup Italian dressing
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne
- 2 slices whole wheat bread

### Instructions:

1. Mash chickpeas in a medium-large bowl.
2. Add chopped veggies and seasonings, stirring to combine flavors.
3. Brush bread with olive oil and spoon your desired amount of chickpea salad onto the bread. \*

\*Try open-faced, or a traditional sandwich

