

LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



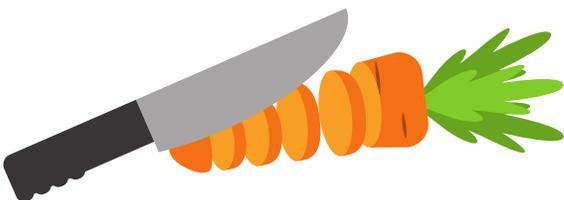
RECIPE #1 BABA GANOUSH

Ingredients needed:

- 2 small-to-medium eggplants
- 2 medium cloves of garlic, minced
- 2 tablespoons lemon juice, more if necessary
- 1/4 cup tahini (can sub with peanut butter or Greek yogurt)
- 1/3 cup extra-virgin olive oil, plus more for brushing the eggplant and garnish
- 2 tablespoons chopped fresh parsley, plus extra for garnish
- 3/4 teaspoon salt, to taste
- 1/4 teaspoon ground cumin
- Pinch of smoked paprika, for garnish

Instructions:

1. Preheat the oven to 450 degrees Fahrenheit with a rack in the upper third of the oven.
2. Line a large rimmed baking sheet with parchment paper to prevent the eggplant from sticking to the pan.
3. Cut the eggplants lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared pan with the halved sides down.
4. Roast the eggplant until the interior is very tender throughout and the skin is collapsing, about 35 to 40 minutes (this might take longer if you are using 1 large eggplant).
5. Allow the eggplant to cool enough to handle. Flip the eggplants over and scoop out the flesh with a large spoon, leaving the skin behind.
6. In order to remove as much moisture from the eggplant as possible, place a metal strainer over a mixing bowl. Add the flesh and allow some time to drain. Stir to release more moisture.
7. Once you have discarded the eggplant drippings, wipe out the bowl and add the eggplant flesh to the bowl.
8. Add garlic, lemon juice into bowl with eggplant and stir mixing until the eggplant breaks down.
9. Next add the tahini, stirring until combined.
10. While stirring, slowly drizzle in the olive oil. Continue stirring until the mixture is pale and creamy, and use your fork to break up any remaining chunks of eggplant.
11. Stir in the parsley, salt and cumin.
12. Season to taste with salt and lemon juice.
13. Garnish with a drizzle of olive oil, parsley, and paprika.
14. Serve with warm pita bread, homemade crackers, and tortillas. Or try on sandwiches!



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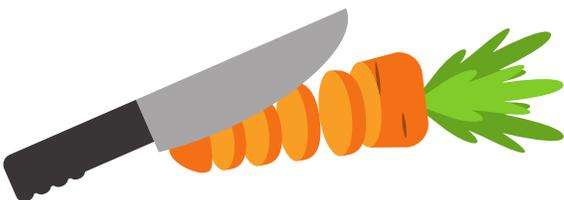
RECIPE #2 WHEAT BERRY RISOTTO

Ingredients needed:

- 1 cup hard wheat berries
- 1 1/2 quarts stock, warmed
- 1/2 onion diced (choose your favorite - chicken, beef, vegetable)
- 1 cup shiitake mushrooms, diced
- 1 cup celery, diced
- 1/2 cup white wine (optional)
- 1/4 cup olive oil
- 3 cloves garlic, minced
- 1 teaspoon red pepper flakes (optional)
- 1/2 cup fresh parsley or celery leaves chopped
- (garnish)
- 1/2 cup Parmesan cheese (garnish)

Instructions:

1. Add your stock to a large pot and get it simmering over medium heat. It just needs to be warm, not boiling hot.
2. In a separate skillet, add olive oil, minced garlic cloves, and red pepper flakes. Cook over low heat for about 5-6 minutes.
3. Add onions, celery, and mushrooms. Turn heat up to medium and cook until veggies start to soften, about 4 minutes.
4. Add wheat berries to the pan and cook for about a minute to warm wheat berries.
5. If using - add white wine to pan and stir until wine is evaporated.
6. Working about 1 cup at a time, ladle stock into wheat berry mixture.
7. Stir well and cook until pan is almost dry, then add another cup. It will probably take about an hour for the wheat berries to soften up and you'll probably use close to 5 or 6 cups of liquid. You don't need to stir it continuously though like you normally do with risotto. It's okay to let it sit for a few minutes.
8. When wheat berries are soft, but still have a bit of a bite to them, remove from heat.
9. If you are crunched for time, try cooking the wheat berries ahead of time. When cooking wheat berries use a 4-5:1 ratio ex: 1 cup wheat berries to 4-5 cups liquid. You can always drain off extra liquids if needed. If you have an InstaPot you could use the rice setting.



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RECIPE #3 ENCHILADA CASSEROLE

Ingredients needed:

- 6 small sweet potatoes, cubed
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/2 onion, chopped
- 1 green bell pepper, chopped into cubes
- 1 red bell pepper, chopped into cubes
- 1 teaspoon cumin or more
- 1 teaspoon chili powder or more
- 1 cup cooked quinoa
- 8 oz corn (from the can, rinsed and drained)
- 15 oz black beans (from the can, rinsed and drained)
- 1/4 teaspoon salt (add more, to taste)

Ingredients for assembling the casserole:

- 1 cup salsa (to go on the bottom of the casserole dish)*
- 12 corn tortillas, 6 inch diameter each (4 corn tortillas per layer for a total of 3 layers)
- 1 1/2 cup plain Greek yogurt (1/2 cup Greek yogurt for each layer)
- 1 cup enchilada sauce
- 1 3/4 cups Mozzarella cheese, shredded

Instructions:

1. Heat 2 tablespoons of olive oil in a large skillet on medium-high heat.
2. Add the onion, green bell pepper, and red bell pepper, sweet potato, 1 teaspoon cumin, and 1 teaspoon chili powder.
3. Roast the vegetables in olive oil and spices on high-medium heat for about 1 minute, until charred just a bit.
4. Add corn, rinsed and drained black beans. Stir in cooked quinoa.

To assemble the casserole:

- Step 1: Using a casserole dish, add 1 cup of salsa to the bottom of the casserole dish and spread to coat the bottom evenly.
- Step 2: Top with 4 tortillas, overlapping to cover the bottom of the casserole dish.
- Step 3: Spread 1/3 of the vegetable mixture over the tortillas.
- Step 4: Top with 1/2 cup yogurt.
- Step 5: Pour 1/3 cup enchilada sauce over vegetable mixture, at the same time spreading evenly all over.
- Step 6: Sprinkle with 1/2 cup Mozzarella cheese. (Repeat steps 1-6 two more times).
- Step 7: Add extra cheese (if desired) to the top layer
- Step 8: Cover with foil.
- Step 9: Bake at 375 degrees F, for 25 minutes, covered.
- Step 10: Remove foil, and bake for 10 more minutes uncovered.

*Sub with homemade tomatillo salsa - check out the SVHC website for recipe

