

# LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



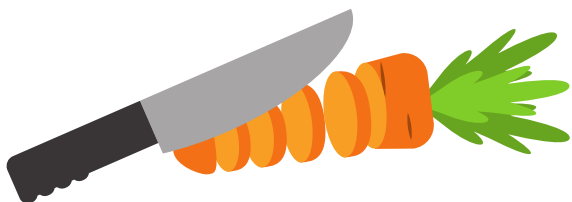
## RECIPE #1 TOMATILLO CASSEROLE

### Ingredients needed:

- 1 pound ground turkey, beef, or soy substitute
- 1 small onion, chopped
- 1-2 jalapeños, chopped (optional)
- 1 garlic clove, minced
- 6 cups crushed tortilla chips
- 2 cups cooked black or kidney beans
- 1 & 1/2 cups halved small tomatillos
- Salt and black pepper to taste
- 1 cup grated cheese
- 1 cup sour cream
- 1 cup salsa

### Instructions:

1. Preheat the oven to 350 degrees. Lightly oil the bottom of a 13x19 inch baking pan.
2. Brown the meat in a large skillet over medium heat.
3. Add onion, jalapeños, and garlic, cook until tender.
4. Add beans and halved or quartered tomatillos to the skillet. Stirring to combine flavors. (3-4 min).
5. Add a little water to steam tomatillos (if mixture appears dry).
6. Spread the meat-tomatillo mix over your tortillas.
7. Bake for 15 minutes.
8. Sprinkle with cheese, returning to oven for 5 minutes or until cheese is melted.
9. Serve with sour cream and salsa as toppings.



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## RECIPE #2 GINGER BLACK BEAN AND PUMPKIN CAKES

### Ingredients needed:

- 1 cup black beans, cooked- you can use dried or (1-15oz can black beans)
- ½ cup fresh pumpkin peeled and shredded\*
- 1 egg, lightly beaten
- 1 green onion, chopped (about 2 tablespoons)
- ¼ cup breadcrumbs
- 2 Tbsp fresh cilantro, chopped
- 1 Tbsp fresh ginger, chopped (can substitute with powdered ginger)
- 1 Tbsp fresh parsley, chopped
- 1 teaspoon fresh garlic, chopped
- 1 teaspoon fresh lime juice
- 1/8 tsp cayenne pepper
- Olive oil to sauté

### Instructions:

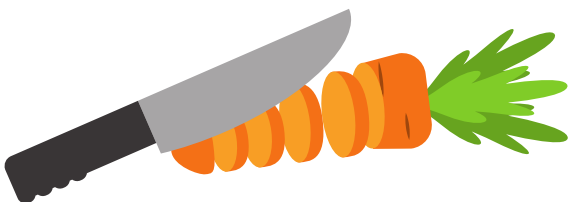
1. In a medium bowl mix together the black beans, pumpkin, egg, green onion, breadcrumbs, cilantro, ginger, parsley, garlic, lime juice, and cayenne pepper.
2. Form into small cakes (or patties).
3. In a large sauté pan, add enough olive oil to lightly cover the bottom. Heat over medium heat. Add patties and cook for about 5 minutes on each side.

### \*Instructions if using dried black beans:

1. Rinse the beans with cold water.
2. Place the beans in a bowl or pot and cover with three times the volume of water (ex. 1 cup beans : 3 cups water).
3. Soak the beans for up to 8 hours at room temperature or slightly longer in the refrigerator.
4. To cook the beans, bring them to boil, then reduce and simmer until beans are tender but still firmly hold their shape.

Note: Recipe forms about eight (8) patty cakes.

\*Alternative substitutes - butternut, acorn, or other winter squash



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## RECIPE #3 LA RIBOLLITA (TUSCAN VEGETABLE SOUP)

### Ingredients needed:

- 1 15oz can cannellini beans
- 4 Tbsp olive oil
- 1 large onion, peeled and finely sliced
- 4 carrots, peeled and chopped
- 4 celery stalks, chopped
- 4 leeks washed, trimmed and chopped (can sub with 1-2 medium onion)
- 2 garlic cloves, peeled and crushed
- 6 Kale leaves, chopped
- 8 ripe tomatoes, quartered
- 1 dried chili, crumbled (can sub with red pepper flakes)
- 2 1/2 pints of vegetable broth
- Handful of chopped flat leaf parsley
- 2 bay leaves
- 1 fresh rosemary sprig (opt.)
- Salt and pepper

### Instructions:

1. Drain the cannellini beans and rinse with water.
2. Heat half the olive oil in a large pan, preferably a deep pan or stock pot and add onion, sauté for about 5 minutes to soften.
3. Add carrots, celery, leeks, and half of the garlic, cooking for another 5 minutes.
4. Add kale, tomatoes, and chili and stir to coat with oil.
5. Add beans and vegetable broth, simmering for 30 minutes or until vegetables have softened.
6. Optional step: Ladle a third of the soup mixture into a blender and purée. Pour this back into the remaining mix.
7. Heat the remaining olive oil in a separate pan and sauté the crushed garlic and chopped herbs until browned. Add this to the soup.
8. Serve warm

Tip: Try serving with a slice of whole wheat bread.

