

# GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #1 SAVORY OATS

### Ingredients needed:

- 2 cups rolled oats
- 1 1/2 cups milk or water
- 2 garlic cloves (diced)
- 1/4 cup onion (diced)
- 1/2 cup diced vegetables\*
- 1/4 cup fresh or 1 TBSP dried herb combination

### Instructions:

1. Combine oats and milk (or water) in a saucepan over low-medium heat.
2. Stir to soften and cook oats.
3. Saute garlic and onion in a skillet until soft (3-5 minutes).
4. Add vegetables to the skillet to soften for a few minutes.
5. Add herbs to vegetables, stir to combine.
6. Add vegetables to the saucepan with oats.
7. Simmer for another 2 minutes.
8. Salt, and pepper to taste (try red pepper flakes if you like a hint of spice).

\*For class we will be using green beans, yellow squash, zucchini for diced vegetables.

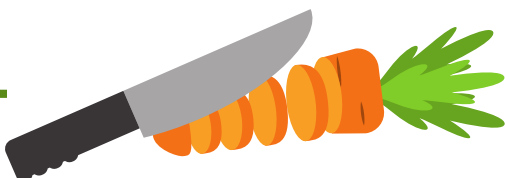
## RECIPE #2 SUMMER FRITTATA

### Ingredients needed:

- 1 yellow summer squash (diced)
- 1 zucchini (diced)
- 1 1/2 cups green beans (chopped)
- 1 small onion (diced)
- 2 garlic cloves (minced)
- 12 eggs, lightly beaten
- 1/4 cup whole milk
- 3 tablespoons butter
- 3/4 teaspoon pepper
- 1 teaspoon salt
- Fresh or dry herbs (your favorites)

### Instructions:

- Preheat oven to 350 degrees
- Add butter to a saute pan over medium heat, then add diced vegetables. Saute until soft and fragrant.
- While your vegetables are softening, crack your eggs in a medium bowl, add milk, and whisk together.
- Sprinkle salt, pepper, and herbs into the eggs, stirring together.
- Use a nonstick, oven safe saute pan, cast iron skillet, or grease a casserole dish.
- Combine ingredients in skillet or casserole dish.
- Bake for 30-45 minutes, or until the edges begin to brown and the center is set (meaning when you jiggle the pan your eggs don't move).



# GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #3 BLACK BEAN KOHLRABI AREPAS

### Ingredients needed:

#### For the Dough

- 2 cups all purpose flour
- 2 tablespoons cornmeal
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 1/2 cup water (add more as needed)
- 1/3 cup shredded cheese (your favorite)

#### For the Filling

- 3 tablespoons olive oil (divided)
- 1/4 cup diced onions
- 1 cup drained canned black beans
- 1 cup kohlrabi (sliced into thin matchsticks)
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper

### Instructions:

#### To make the dough:

1. Combine the dough ingredients in a medium bowl and slowly add water.
2. Using a wooden spoon, gradually stir until no dry lumps remain.
3. Knead dough a few times in bowl, then divide into similar sized, golf ball pieces.
4. Roll each ball out until about 1/2 inch thick circle.
5. Create a little pocket in the center for the shredded cheese. Add about 1 tablespoon of shredded cheese to each circle of dough. Your cheese should be covered by dough when you are done.
6. In a large skillet, heat 1 tablespoon oil over medium heat.
7. Add 4 pieces of dough, cover and cook until golden brown, about 6 to 8 minutes.
8. Uncover, flip and cook uncovered 6-8 minutes, until other side is golden brown.
9. Cut cooked arepas halfway to create a pocket.

#### To make the filling:

1. Heat 1 tablespoon oil in a large skillet over medium heat.
2. Add kohlrabi, beans and cook for about 5 to 7 minutes, stirring frequently.
3. Season with garlic powder and black pepper and toss to ensure seasoning are evenly distributed.
4. Stuff each arepa

For a quicker, lighter meal - omit the arepa dough and follow these directions:

1. Rinse and separate lettuce leaves.
2. Pat dry with a paper towel, placing lettuce leaves on a platter.
3. Place a spoonful of your bean-kohlrabi filling in the lettuce leaf for a semi-wrap (it may be a little flimsy but you can try to eat with your hands for a fun homemade lettuce wrap)!

