

LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



RECIPE #1 EGGPLANT PASTITSIO

Ingredients needed:

- 2 tablespoon olive oil
- 1 large eggplant, peeled and cut into 1 inch cubes
- ½ cup onion, chopped
- ½ cup tomato paste or 1 cup fresh tomatoes, chopped
- ½ cup dry white wine*
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ¼ teaspoon ground cinnamon
- ½ teaspoon ground allspice
- 4 large eggs beaten
- 1 cup cottage cheese
- 3 tablespoon grated Parmesan cheese
- 2 cups cooked, whole wheat elbow macaroni

Instructions:

1. Preheat oven to 350 degrees.
2. Heat oil in a large skillet over medium heat.
3. Add the eggplants and onions. Cook, for about 10 minutes.
4. Reduce heat to low. Stir in tomato paste (or fresh tomato), wine, salt, oregano, cinnamon, and allspice.
5. Cover and simmer for about 15 minutes stirring occasionally.
6. Lightly grease an 8-inch baking dish.
7. Combine eggs, cottage cheese, and Parmesan cheese in a small bowl.
8. Spread 1 cup of the eggplant mix in the bottom of the baking dish. Top with cooked macaroni.
9. Layer with cheese mixture and then remaining eggplant mixture.
10. Bake, uncovered for about 30 minutes.

*Dry wine is optional

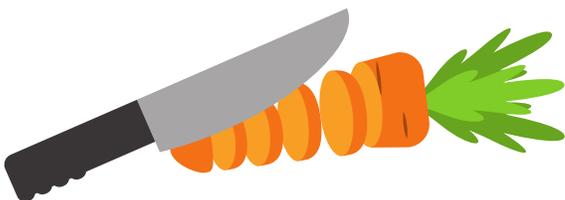
RECIPE #2 BUTTERNUT APPLE BEET CRISP BARS

Ingredients needed:

- 2 ½ cups cubed, peeled butternut squash
- 3 cups cubed apple
- ½ cup peeled, cubed beet
- 1 cup packed, brown sugar
- 2 teaspoons lemon juice
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1 cup all-purpose flour
- ½ teaspoon salt
- 6 tablespoon unsalted butter, softened
- 1/3 cup chopped nuts (optional)

Instructions:

1. Preheat oven to 350 degrees. Lightly grease a 9-inch square baking pan.
2. Combine squash, apple, and beet cubes with ½ cup brown sugar, lemon juice, cinnamon, and cloves.
3. Toss gently and pour into the baking pan.
4. Cover with aluminum foil and bake for 30 minutes.
5. Combine the flour, remaining brown sugar, and salt.
6. Stir in the butter with a fork until crumbly. Add nuts if using.
7. Spread the topping over the squash-apple mixture.
8. Bake uncovered for 40-50 minutes.
9. Cut into small squares and enjoy!



LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



RECIPE #3 BECHAMEL SAUCE (DIFFERENT VERSION)

Ingredients needed:

- 2 cups milk
- 1 tablespoons butter
- 2 tablespoons flour
- Pinch nutmeg
- 1/2 cup Parmesan cheese

Instructions:

1. Scald the milk in a heavy saucepan over medium heat.
2. Keep it warm over very low heat.
3. Melt the butter in a separate saucepan over low heat.
4. When it's bubbling, add the flour and whisk until it forms a golden paste, about 3 to 4 minutes.
5. Whisking constantly, add the hot milk in a steady stream.
6. Bring the milk to a gentle simmer and continue to whisk until the sauce thickens, about 10 minutes.
7. Whisk in the nutmeg and the cheese, and serve at once.

RECIPE #4 LENTIL-LEEK BURRITOS

Ingredients needed:

- 1-2 tablespoons olive oil
- 2 leeks, cleaned and finely chopped
- ¾ teaspoon dried oregano
- ¾ teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon hot red pepper sauce or sriracha*
- ½ teaspoon ground cumin
- 2 cups cooked lentils
- 4 large, whole wheat tortillas**
- 2 tablespoons grated cheese
- 1 tablespoon lime juice
- 2 green onions or scallions, finely chopped

Instructions:

1. Add olive oil to a large skillet over medium heat. Add leeks, oregano, chili powder, paprika, pepper sauce, and cumin.
2. Heat for about 5-6 minutes and add lentils.
3. Divide the lentil mixture among your tortillas by placing it on one edge of the tortilla.
4. Sprinkle cheese and then roll up to form burritos.
5. Place the burritos in the same skillet you used, seam side down.
6. Heat until the bottoms of the burritos are just browned.
7. Top with chopped tomatoes or use your tomatillo salsa recipe!

*We will use the quick pickled peepers from last class

**Refer to our previous recipe for homemade tortillas

