

LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



RECIPE #1 EGGPLANT SNACKERS

Ingredients needed:

- 2 1/2 pounds eggplant, peeled and cubed
- 2 cups breadcrumbs
- 3/4 cup grated parmesan
- 3 eggs
- 1 cup flour
- 1-2 tablespoons olive oil
- Fresh parsley or basil
- Splash of milk (1/4-1/2 cup)

Instructions:

1. Preheat oven to 350 degrees
2. Cube eggplant and toss with salt to remove excess moisture,
3. Combine breadcrumbs, flour, and parmesan,
4. Crack eggs and add milk to a separate bowl, whisking to combine,
5. Dip each eggplant cube first in the egg/milk bowl, then in the breadcrumb mix,
6. Place on a baking sheet and bake at 350 degrees until golden brown.

RECIPE #2 CARROT CAKE ENERGY BITES

Ingredients needed:

- 1 1/4 cups rolled oats
- 2 tablespoons "power mix ins"
 - chia seeds, flaxseeds, hemp seeds, etc.
- 1/2 cup nut butter of choice
 - peanut, almond, sunbutter, etc.
- 1/3 cup sticky liquid sweetener of choice
 - honey, maple syrup, etc.
- 1/4 teaspoon salt
- 1/2 cup "flavor mix ins"
 - 1/4 cup shredded carrots + 1/4 cup walnuts, + 1 teaspoon cinnamon + 1/4 teaspoon nutmeg

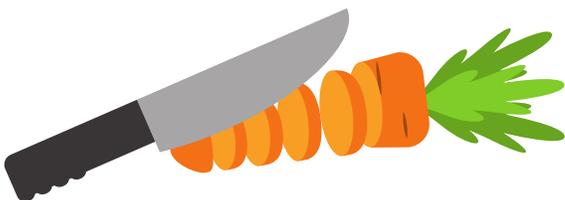
Instructions:

1. Using a spoon or your hands, mix all ingredients in a medium bowl until thoroughly incorporated. Consistency should resemble a somewhat sticky dough that holds together when lightly squeezed. If the mixture seems too wet, add a bit more oats. If too dry, add a bit more nut butter.
2. Let chill in the refrigerator for half an hour,
3. Once chilled, roll into balls and enjoy.

Try these flavor combos:

Double Chocolate: Any nut butter, any sweetener, 1/2 cup mini chocolate chips, Add 2 tablespoons cocoa powder.

White Chocolate Cranberry: Almond or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chips



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RECIPE #3 KALE CHIPS

Ingredients needed:

- 1/2 bunch kale
- 1/2 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt

Instructions:

1. Preheat oven to 300 degrees.
2. Remove the leaves from the kale stem and tear the leaves into small pieces,
3. Wash and pat leaves dry,
4. Massage the kale leaves with oil and your seasonings,
5. Spread evenly on a baking sheet,
6. Bake for 10 minutes, toss, then bake for another 10 minutes,
7. Best if eaten fresh (they will lose crispiness over time).

RECIPE #4 FRESH TOMATO BRUSCHETTA

Ingredients needed:

- 3 cups fresh tomatoes, chopped
- 1/2 cup red onion, finely chopped
- 1/4 cup fresh basil, chopped
- 2 tablespoons fresh garlic, minced
- 1 tablespoon red wine vinegar
- 1 tablespoon balsamic vinegar
- 1/4 cup olive oil

Bruschetta

- 3 tablespoons olive oil
- 2 tablespoon fresh garlic, minced
- 1 baguette, sliced into 1/4 inch slices

Instructions:

1. In a medium bowl combine the tomatoes, onion, basil and mix together,
2. In a small bowl combine the garlic, vinegars, and olive oil - whisking together. Pour over the tomatoes,
3. In a small bowl combine the olive oil and garlic. Brush the garlic oil over each slice of bread,
4. Try toasting the sliced bread in the oven, by setting it to broil,
5. Serve tomato mixture in a bowl, surrounded by the toasted bread.
6. Enjoy!

