

# GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #1 FIESTA SALAD

### Ingredients needed:

- 6 ears sweet corn, kernels stripped off
- 1 jalapeno, minced
- 2 quarts cherry tomatoes, halved\*
- 1/2 fresh lime juice
- Handful of fresh basil, chopped\*\*
- salt, to taste

### Instructions:

1. Remove corn husks. Use a knife to cut off the raw corn kernels
2. Halve the cherry tomatoes,
3. Mince the jalapeno,
4. Cut lime in half and squeeze over the top,
5. Combine corn, tomatoes, jalapeno into bowl
6. Chop your fresh basil sprinkling over the top,
7. Salt to taste and Enjoy!

\*Try Sungold cherry tomatoes for a pop of color.

\*\* Try Thai basil for added flavor.

## RECIPE #2 LENTIL MEATBALLS ON VEGGIE MEDLEY

### Ingredients needed:

#### Meatballs

- 1/2 cup onion, minced
- 5 cloves garlic, minced
- 2 tablespoons olive oil
- 2 eggs
- 3 cups lentils, cooked and cooled
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh parsley, chopped
- 2 tablespoons tomato paste
- 1/4 cup Parmesan cheese, grated
- 1/4 cup breadcrumbs

#### Veggie Medley

- Any combination of your favorite seasonal vegetables

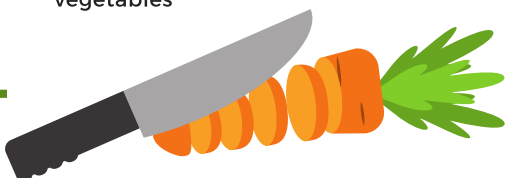
### Instructions:

#### Meatballs

1. Preheat oven to 375 degrees,
2. In a food processor, blend the onion, garlic, olive oil, and eggs until combined,
3. Add in lentils, basil, parsley, tomato paste and cheese. Pulse until the mixture forms a dough-like texture. Add in breadcrumbs and blend until fully incorporated.
4. Scoop the lentil mixture into 2 tablespoon (golf ball sized) balls using a spoon or cookie scoop,
5. Place the balls on an olive oil coated baking sheet,
6. Bake for 15-20 minutes, flip the balls halfway through, or until they are golden brown.

#### Veggie Medley

1. Chop your veggies into bite sized pieces,
2. Saute veggies until tender,
3. Combine meatballs and serve.



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## RECIPE #3 CHIA SEED JAM

### Ingredients needed:

- 1 1/4 cup frozen fruit (we will use blueberries)
- 1 1/2 tablespoons pure maple syrup
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract

### Instructions:

1. In a small saucepan over medium heat, add blueberries and maple syrup.
2. Stir and cook for 10 minutes, mashing berries with a fork.
3. Add chia seeds and continue to cook and stir for 2-3 minutes or until it resembles a jam consistency.
4. Remove from heat and blend in vanilla extract.
5. Refrigerate and use within 1 week.

## RECIPE #4 WHEATBERRIES WITH SUMMER VEGETABLES

### Ingredients needed:

- 2 cups wheatberries
- 1 onion, chopped
- 1/4 teaspoon salt
- 3 tablespoons butter
- 1 cup mushrooms, chopped
- 1 teaspoon dried thyme
- 3-4 large Swiss Chard leaves, torn
- Saved chard stems, chopped
- 1 large tomato, or a handful of cherry tomatoes
- 1 cup shell peas (or frozen peas)
- Fresh herbs - if available - sage

### Instructions:

1. To cook wheatberries, bring 7 cups of water and 2 cups of wheatberries to a boil.
2. Boil for 40 minutes - 1 hour
3. While the wheatberries are cooking, chop your vegetables, adding to saute pan with butter (start with the onion, garlic, and chard stems).
4. Saute for 5 minutes.
5. Add mushrooms then chard leaves, sauteing for another 5 minutes.
6. Add the tomatoe to the saute pan,
7. Add dried seasonings.
8. Sample the wheatberries (If they are soft and chewy, they are done).
9. Strain off any remaining liquid.
10. Combine wheatberries and veggie mix.
11. Top with fresh herbs,
12. Serve and enjoy.

Try adding chicken, beans or cheese for added protein.

