



Food & Culinary Literacy Session

Fall 2021

Recipe Book

2021 Cooking Team Recipes

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2. Chopped Salad
3. Steak with Mojo Sauce
4. Roasted Broccoli
5. Oatmeal Chocolate Chip Cookies

Group 2:

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Group 3:

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Roasted Snap Peas

Preheat oven
to 450°F



Gather additional ingredients

- **Snap Peas**, amount depends on how much you want to eat. Are you feeding yourself or 100 of your closest friends?
- **Oil of choice**, enough to drizzle and lightly coat the snap peas
- **Salt and pepper**, to taste
- **Spices of choice** (such as curry powder, chili powder, garam marsala or any spice mix your heart desires



Toss and Bake

In a large bowl, toss together the snap peas, salt, pepper, and spices.

Spread onto a sheet pan. Bake for 10-15 minutes or until browned.



Bon Appetit!

Serve this flavorful snack with aioli (garlicy mayo), sriracha mayo, or spiced up sour cream.

Snap Peas. Snow Peas. Aren't they all peas?

When it comes to peas, a pea is not just a pea. We have lots to choose from. Snap peas, sometimes labeled as "sugar snap peas," are different than English peas and snow peas. English peas are the ones you're probably familiar with. You know, those ones your mom or grandma made (little green balls) that came in a can or in a bag of frozen veggies. English peas are good, or at least they can be if you cook them in a bit of bacon fat. Um. Yes. Cook your peas in a bit of bacon and it will change your life. Add a pinch of red pepper flakes and garlic (and maybe shallot, too) and you've just created a delicious side dish. Well done, you!

Ahem. Moving on...Snow peas have a flatter pod and are commonly found in Asian stirfries. Sugar snap pea pods are thicker and have a much sweeter flavor than snow peas. These are the peas we want for this snack.

Chopped Salad

Choose ingredients based on flavor or texture profiles (choose 1 item from each profile)

- **Anise and/or bitter:** fresh fennel bulb, endive, radicchio
- **Peppery/Earthy:** arugula, kale, spinach
- **Sweet:** red grapes, blueberries, raspberries, blackberries, strawberries, pears, apples
- **Nutty:** pepitas, almonds, walnuts, pistachios, pecans
- **Creamy:** feta cheese, fresh mozzarella

Prep ingredients

Chop the ingredients as necessary for ease of eating. For instance, grapes can be cut in half. Fennel can be sliced thin. Nuts can be roughly chopped if need be.

Place all ingredients in a bowl. Toss to mix. Set aside.

Put it all together

Toss the salad ingredients with the vinaigrette.

Serve.

Make a quick vinaigrette

The standard ratio of vinaigrette is 3 parts oil to 1 part vinegar or acid. You can adjust this ratio however you see fit. If you like it more acidic, go with a 2:1 ratio of oil to vinegar. A 1:1 ratio might make you pucker.

- **Oil** of choice (olive, grapeseed, canola, avocado, etc)
- **Acid** of choice (white wine vinegar, lemon juice, lime juice, orange juice, red wine vinegar, balsamic vinegar)
- **Dijon mustard**, to taste
- Fresh **garlic**, minced, to taste
- **Salt and pepper**, to taste

Whisk it all together. Or better yet, combine all ingredients in a mason jar and shake, shake, shake.

Voilà! Vinaigrette. Adjust seasonings to taste.

Bon Appetit!

Serve with your delicious sheet pan dinner.

You know, if you add a bit of protein (cooked egg, canned tuna, cooked chicken, chickpeas, etc), this salad becomes a meal. I know. Mind blown.

Salad should not be boring.

The point of this salad is to show how good salad can be -- full of flavor and different textures.

When you create any dish (salad included), always think of the textures, flavors, and colors. Do you opposites - sweet and savory? Crunchy and creamy? Vary things up to make eating fun and interesting. And never boring.

Steak with Mojo Sauce

Choose your steak

We have many choices for steak. What you choose depends on your budget and availability. You'll need 4-6 oz of steak per person.

Options:

- Flank or London Broil
- Flat Iron
- Bavette
- Skirt
- NY Strip
- Ribeye
- T-bone

Choose a marinade or a dry rub

Either option is fine. Dry rubs are a bit quicker but a marinade impart more flavor. Your choice.

See back for rub and marinade ingredients.

Wait for it...

Whichever you choose, now you need to wait. Either place the steak in the marinade and wait 1-12 hours OR rub the spice mixture on the steak and wait 20-30 minutes.



Mojo Sauce

While you're waiting, preheat the grill and make the mojo sauce.

- 1 bunch **cilantro**
- 1/2 bunch **parsley**
- 2 cloves **garlic**
- Juice of 1 **lime**
- 1 **jalapeno or serrano pepper**
- 1/4 cup **olive oil**
- Splash of **white wine vinegar**
- 1 teaspoon **cumin**
- **Salt and pepper**, to taste

Blend ingredients together. Set aside.

Bon Appetit!

What goes with steak?
Nearly anything - potatoes, salad, a variety of vegetable sides.

Grill Steak

Grill the steak to the desired doneness. For most people, this will be medium rare to medium (130-140°F).

Allow the steak to rest for at least 10 minutes. If you are serving flank, London broil, skirt, or bavette steaks, slice the meat against the grain.

Serve with the mojo sauce.

Grass Fed vs Conventional Beef

What is the difference between grass fed and conventional beef? While the USDA does not have a standardized definition for grass fed beef, it generally referred to as beef from cows who have spent their entire lives on pasture and/or consuming a more natural diet of silage (alfalfa, hay, etc). All cattle start on pasture when they are born. They live on pasture for 7-9 months. Conventional cattle ends up in feedlots around 9 months of age, where they are fattened up for a few months on grain and other feed. Grass fed cattle stay on pasture longer and are butchered at a slightly older age, since it takes them longer to fatten up. Cows are ruminants, so their diet of grasses and clover is more natural for their digestive systems.

Grass fed has some nutritional benefits of being slightly leaner with less saturated fats, more omega-3 fatty acids, and more vitamins A and E compared to conventional beef.

This is all by ratio. A "part" can be any unit of measurement (tablespoons, teaspoons, cups, etc).

Dry Rub

3 parts **paprika**
3 parts **brown sugar**
2 parts **onion powder**
2 parts **garlic powder**
2 parts **salt**
1 part **pepper**
1 part **cumin**
1 part **coriander**

Substitutions

What happens if I don't have any of the ingredients?

- Paprika - substitute another *mild* chili powder (ancho, pasilla, or plain old chili powder).
- Brown sugar - substitute white sugar
- onion and garlic powder - can be omitted
- cumin and coriander - again, can be omitted

If your spice cabinet is lacking, you can simply just salt and pepper the steak and leave it be.

Marinade

4 parts **oil**
2 parts **balsamic vinegar**
2 parts **soy sauce (or tamari)**
2 parts **Worcestershire**
1 part **Dijon**
1 part **pepper**
1 part **garlic** (could add more if you want)

Substitutions

What happens if I don't have any of the ingredients?

- Oil - Any plain tasting oil - canola, safflower, vegetable, etc.
- Balsamic vinegar - substitute for white wine vinegar, red wine vinegar, cider vinegar, or nearly another other vinegar you have.
- Soy sauce and Worcestershire - can be omitted but you're seriously losing out on umami flavors. Use 1 part salt if you don't have either one since both add the saltiness to the marinade. If you have fish sauce, that could probably be used as a sub for either one.
- Dijon - use whole grain mustard or leave out
- Garlic - use garlic powder or leave out

Roasted Broccoli

Preheat oven
to 425°F

Gather Ingredients

- **Broccoli** (1-3 heads, depending on how many people you are feeding)
- **Oil** of choice
- **Salt and pepper**
- **Optional:**
 - grated **parmesan**
 - spices such as **Aleppo pepper** or **crushed red pepper flakes** or any other spices you like
 - minced **garlic**



Prep the Broccoli

Cut florets off of the broccoli and cut them into similar sized pieces. If you want large giant florets, that's fine. If you want small florets, that's fine too. It's up to you how big or small to cut the broccoli.

Similar sized pieces will cook at the same rate. Bigger pieces will take longer than smaller.



Toss and Bake

Toss the broccoli florets with oil and season with salt and pepper. Bake for 15-20 minutes, depending on the size of the broccoli.

If you are using parmesan, pepper flakes, and/or garlic, add these half way through baking time. This will help prevent burning of the garlic and cheese.

Bon Appetit!

This side dish goes with nearly anything -- chicken, beef, pork, vegetarian meals.

You can even do this with cauliflower. OR a mix of cauliflower and broccoli.



Roasting, Steaming, or Sautéing

Broccoli can be prepared in a variety of ways. The old thought was we need to steam it to preserve nutrients. While this may still be true to a certain point, baking is seen as great alternative and one that speeds up the cooking process for no-fuss meals.

Roasting or baking vegetables brings out their natural sweetness and nutty flavors. Plus, honestly, it is easy to throw broccoli on a sheet pan and pop it in the oven, especially if you are already roasting chicken or other foods. It's less hassle than steaming or boiling the broccoli ahead of time.

Oatmeal Chocolate Chip Cookies

Preheat oven to 350°F

Gather ingredients

- 1 cup sugar
- 3/4 cup olive oil
- 1/2 cup brown sugar
- 2 large eggs
- 1 1/2 teaspoons vanilla
- 1 1/2 cups whole wheat flour
- 3/4 cup rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups chocolate chips

Mix

Line baking sheet with parchment paper. Set aside.

In a bowl, mix together the sugar, olive oil, brown sugar, eggs, and vanilla. Add the flour, oats, baking soda, and salt. Mix well. Stir in the chocolate chips.

Scoop cookie dough onto baking sheet, leaving about 1-2 inches between each mound (these cookies spread out a bit).

Bake

Bake for 10-13 minutes or until golden brown.

Cool on wire racks.

Or eat the cookies while they're warm.

Bon Appetit!

What goes with cookies? Milk, ice cream, chips (?). Anyway... enjoy.

America's Favorite Cookie?

Are Oreos America's favorite cookie? Perhaps. It all depends on which poll you read. But since we can't make Oreos (we could make them, but honestly, who wants to?), people love to make chocolate chip cookies at home. So for some of us, chocolate chip cookies reign supreme.

With this recipe, we went against convention -- no butter (!!), used olive oil (!!!), and used oats and whole wheat flour (!!!!) in a effort to make them somewhat healthier.

Hummus & Pita Chips

Gather your ingredients

Hummus

- 1 can **chickpeas** (or garbanzo beans -- same thing, actually), drained and rinsed
- 1/2 small jar **roasted red peppers**, drained
- 1-2 cloves **garlic**
- 1 **lemon**, juiced
- 2-3 spoonfuls (not a big spoon, a normal sized spoon) **tahini**
- 1/4 cup **olive oil**
- **salt and pepper**, to taste



Puree

Place the chickpeas, red peppers, garlic, lemon juice, and tahini in a food processor. Pulse several times to puree the ingredients.

With the motor running, add the olive oil. Puree until semi-smooth. Season with salt and pepper.

Refrigerate until ready to use.



Toss and bake

In a bowl, toss the pita triangles with oil, salt and pepper.

Place on a baking sheet in a single layer.

Bake until crispy and golden brown, about 10 minutes.



Pita Chips

Preheat the oven to 350°F.

You'll need: **1 bag of pita bread, oil, salt, and pepper.**

Cut the pita into triangles (refer to an old geometry textbook if you forgot what a triangle is).



Bon Appetit!

Enjoy the hummus and pita chips together while you watch old episodes of Family Ties.

Variations for Hummus

First, you don't have to use chickpeas. Ok. What?! Yes, you can cook up some split red lentils and use those instead. Heck, you can even make this without legumes and use roasted eggplant to make baba ghanoush (remove the roasted red pepper). I know. Mind blown.

Now, we can also vary the seasonings.

- Use roasted garlic in place of the raw garlic (you'll need probably 4-5 cloves roasted garlic)
- Add paprika or cayenne (ooo.... spicy)
- Remove the roasted red pepper

Spicy Bulgur Salad

Soak Bulgur

- 1 1/3 cups Bulgur
- **Hot tap water**, enough to cover bulgur by 1-2 inches

Place bulgur in a bowl and cover with hot water. Let sit at room temperature for 20-30 minutes or until the bulgur is softened.

Drain well.



Gather additional ingredients

While the bulgur is soaking, gather some additional ingredients. Measuring is optional.

- 1 cup **nuts** (mix of walnuts, almonds, pecans, pistachios, etc), chopped
- 1/2 bunch **parsley**, chopped
- 1/2 **red onion**, sliced thin
- 1/4 cup **crumbled feta** (you know, I think you can eyeball this)
- 1 head **romaine**, chopped



Toss and set aside

In a large bowl, toss together the bulgur, nuts, parsley, onion, feta, and romaine.

Set aside.



Vinaigrette

Again, measuring is optional.

- Juice of 1/2 **lemon**
- 2 tablespoons **tomato paste**
- 1 clove **garlic**, minced
- 1 teaspoon ground **cumin**
- 1 teaspoon ground **corinader**
- 1/2 teaspoon **cayenne**
- 1/4 cup **olive oil**
- **Salt and pepper**, to taste



Whisk and Mix

Whisk together the lemon juice, tomato paste, garlic, cumin, corinader, and cayenne. Add in the olive oil. Season to taste with salt and pepper.

Mix the vinaigrette in with the salad ingredients. Refrigerate until ready to serve.

This salad picks up flavors as it sits, so it's even better the next day.

Bon Appetit!

This salad goes with nearly anything. Bring to a potluck (we still have those, right?), neighborhood BBQ, or just enjoy with grilled meat or poultry.

What is bulgur?

Bulgur is a form of wheat groat that has been cracked, parboiled, and dried. Now, you're wondering what wheat groat is. A wheat groat is the whole wheat kernel that consists of the bran, endosperm, and germ. As you can see, bulgur is very quick cooking, thanks to those who package it up for us. It's popular in Mediterranean cuisines.

What happens if I don't have bulgur? Well, bulgur is easy to find and cheap. It can be found in bulk food sections or in the baking aisle. If you are searching high and low for it but it's nowhere to be found, you can use any number of substitutions such as farro/kamut, barley, or quinoa. Keep in mind these take a lot long to cook and may need to be soaked ahead of time (like kamut).

Sheet Pan Dinner

Preheat oven
to 425°F

Choose your protein

- Chicken breasts, tenders, or thighs (boneless)
- Pork chops (bone in or boneless)
- Fish or shrimp*
- Tofu*

*keep in mind that fish, shrimp, and tofu cook faster than some vegetables like winter squash and potatoes

Choose your veggies

Quick Cooking (good for shrimp, fish, chicken tenders)

- Zucchini and Red Bell Peppers (both diced)
- Green Beans
- Small florets of Broccoli and/or Cauliflower

Longer Cooking (good for chicken breasts/thighs and pork)

- Winter Squash (peeled, diced)
- Potatoes (diced)
- Medium to large florets broccoli and/or cauliflower
- Brussels Sprouts (cut in half)
- Carrots (diced)
- Beets (peeled and diced)

Combo ideas:

- Brussels Sprouts + potatoes
- Onion + bell pepper + eggplant + zucchini + tomatoes = Ratatouille

Does it need a sauce?

The sauce can be added right before cooking or right after. Choose a sauce that complements your seasonings. Both BBQs below can be added to the protein right before cooking (just coating the protein, not drenching it). *The sauce is optional* -- you may just want to use seasonings and that's ok.

Quick BBQ -- Ketchup + soy sauce + molasses + brown sugar + cider vinegar (all to taste; start with ketchup and add the rest to taste).

Quick Asian BBQ -- Hoisin sauce + soy sauce + Sriracha or sambal

Honey Mustard -- Dijon mustard + honey + mayo + cider vinegar

Salsa (so many options for salsa) -- Serve on the side with the cooked vegetables and protein

Pesto -- Basil + garlic + parmesan cheese + lemon juice + salt and pepper (blend; add to protein right before serving)

Choose your oil and seasonings

- Oil of choice - canola, safflower, avocado, etc
- Seasonings
 - This is a matter of preference and what you have on hand
 - At the very least -- **season the protein and veggies with salt and pepper.**
 - Add a bit of minced garlic and/or fresh ginger for a little extra flavor

Continued on back OR on next page

Put it all together

- Line a rimmed baking sheet with foil.
- Drizzle pan with oil.
- Season your protein of choice with the seasonings you've chosen. If using a BBQ sauce, add this to the protein now. Layer the protein on the sheet pan.
- Layer the vegetables around the protein.
- Season the vegetables with the seasoning of choice.
- Drizzle protein and vegetables with more oil.



Bake

Chicken breasts or thighs: 20-30 minutes or until the internal temperature of the chicken reaches 165°F

Chicken Tenders: 15-20 minutes

Pork: 20-25 minutes or until the internal temperature of the pork reaches 145°F

Shrimp or Tofu: 10-15 minutes

Fish: 10-20 minutes depending on the fish



Bon Appetit!

You could serve this with a side of cooked grains, rice, noodles or pasta or with a loaf of crusty bread

Which came first: Chicken or the Egg?

This is a good question to ponder as you wait for the dinner to be done baking.

Think about it for a second. The egg would have to come first, because chickens come from eggs.

Grilled Peaches

Preheat grill.
Charcoal,
gas, campfire,
stove top grill
pan

Gather your ingredients

- Peaches or Nectarines (how many? 1 per person)
- Oil of choice



Prep the fruit

Cut the fruit in half lengthwise around the pit and twist until you have 2 halves.

The riper the fruit, the easier it is to separate the pit from the flesh. Otherwise, good luck.

If you're having issues, slice down on either side of the pit.



Serve with Cream

What type of cream?

- Vanilla Ice Cream
- Whipped Cream (sweetened with sugar)
- Whipped ricotta (sweetened with sugar, honey, or maple syrup)
- Whipped mascarpone + creme fraiche or sour cream (sweetened with sugar, honey, or maple syrup)
- Greek yogurt (sweetened with sugar, honey, or maple syrup)



Optional seasoning

After the fruit has been grilled, you can sprinkle it with a combination of *cinnamon and sugar* or *cardamom and sugar* or *cinnamon, nutmeg, and sugar*.

Or you can just leave it be. Your choice.



Grill

Brush the fruit with oil. Place flesh side down on the grill for 3-5 minutes.

Cover and continue to cook for another 3-5 minutes or until tender but not mushy.

Remove from grill.

→ *Bon Appetit!*

Simple and delicious.

Peaches vs Nectarines

They are the same thing. One is fuzzy (peaches) while the other has not (nectarines). Maybe you were hoping for a big revelation here, like a mind-blowing difference between the two. Sorry to disappoint. Some of us (ahem, me), prefer nectarines because they are fuzz-free. Now, plums and cherries are different than peaches and nectarines.

Kale Chips

Preheat oven
to 350°F

Choose your kale

- Lacinato (or Tuscan or dinosaur kale)
- Curly kale (green in color)
- Red Russian
- Redbor kale (looks like curly kale but purple)

Whichever kale you choose, be sure to wash it well and dry it off. Remove as much water as possible so you don't steam the kale as it bakes.



Gather additional ingredients

- Oil of choice
- Spices of choice
 - curry powder
 - garam masala
 - chili powder
 - ancho + cumin + garlic powder
- salt (use sparingly because kale is naturally salty)



Toss and Bake

Toss the kale with oil and seasonings

Place in a single layer on a baking sheet. Bake until crispy, about 10-15 minutes.



Bon Appetit!

Enjoy a flavorful bowl of kale chips.

Did Millennials invent kale?

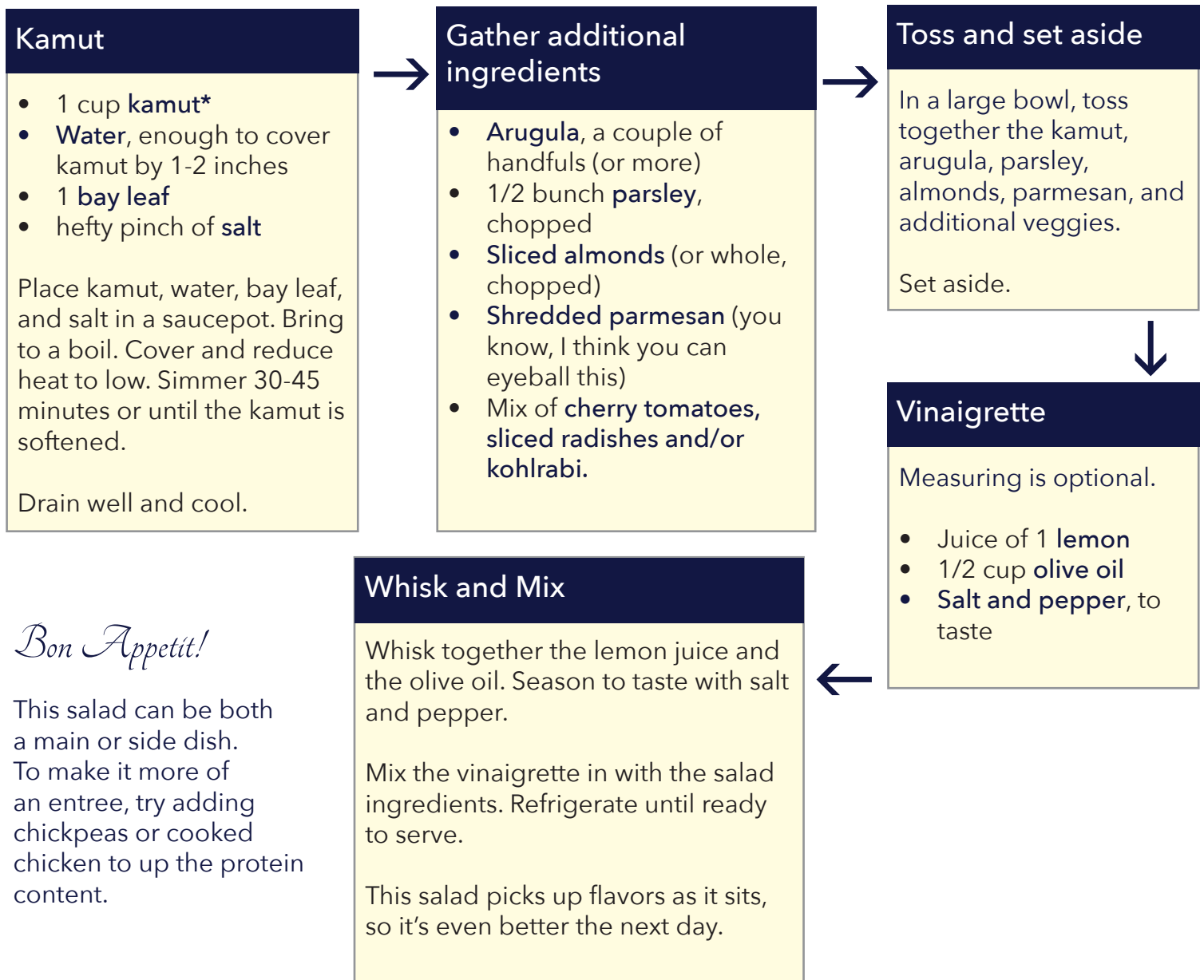
Short answer, no.

Kale has been around for a long time, over 2000 years. Originating in the Mediterranean, even the Greeks ate kale. I doubt they were putting it into smoothies or making chips with it, but you never know. Since it was easy to grow, it was a popular vegetable during the Middle Ages, you know that fun time in history with lots of wars and lands ruled by kings and queens.

Kale is a member of the brassica family that also includes cabbage and broccoli. As with all members in this family of vegetables, kale is a rich source of vitamins and minerals, namely vitamin K. If you don't know already, vitamin K is a fat-soluble vitamin that plays an important role in the blood clotting cascade.

So, eat your kale. Grow some in a pot in your backyard. It's pretty hearty and easy to grow, perfect for Montana's growing season.

Kamut & Arugula Salad



Bon Appetit!

This salad can be both a main or side dish. To make it more of an entree, try adding chickpeas or cooked chicken to up the protein content.

Kamut?

Kamut is ancient wheat originating from the Fertile Crescent (area of Iran and Iraq). Since it is a derivative of wheat, it is not gluten free. However, those with gluten intolerance may be able to tolerate kamut more than wheat. Kamut is typically found in it's whole form. If you're lucky, you may find it pearled or semi-pearled. Pearled (or semi-pearled) is a process in which part of the outer bran is removed, speeding up the cooking process. If the kamut is not pearled or semi-pearled, soak it in water for 8-12 hours under refrigeration.

If you cannot find kamut, substitute the following grains: barley, farro, whole wheat kernels, or spelt kernels.

Fish with Berry Salsa

Preheat oven
to 400°F

Gather Salsa Ingredients

- **Berries of choice** (mix of strawberries, raspberries, blueberries, etc - about 1-2 pints)
- **1/2 red onion, diced small**
- **1 clove garlic** minced
- **1 jalapeno or serrano**, seeded and minced
- **Juice of 1 lime**
- **fresh cilantro or parsley**, chopped
- **Salt and pepper**, to taste



Mix and Set Aside

If using strawberries, cut into smaller pieces.

Mix ingredients together. Set aside while you make the fish



Go Fishing

For this you'll need fish. What type? Any. **Trout, salmon, cod, tilapia, halibut, etc.** You'll need about **4oz of fish per person**. So, for a family of 4, that's about 1 pound of fish.

Most likely, the fish you get in the store will be prepped for you. The skin might still be on it (that's fine). If you're feeling confident in your skills, you can slice the skin off the flesh. Otherwise, just leave it on there.

Place the fish filets on a baking sheet lined with parchment. Drizzle with oil and season with salt and pepper.



Bake

Bake the fish in the oven for 5-10 minutes. The time depends on the type of fish and the thickness. Tilapia and cod are quick. Salmon and halibut may take longer.

It should be opaque and flaky when done. Serve with the salsa.

That smells fishy

A good rule of thumb for choosing fresh fish is by smell. If it smells really fishy, then it's likely going bad. If it is sticky or tacky to the touch, don't buy it. Frozen fish is usually frozen on the boat where it was caught, or it's frozen shortly after catch.

Choose fish that fits within your budget. Wild caught salmon can be pricey whereas farm raised salmon is a bit cheaper. There are a few nutritional differences but you will still receive the big benefits from the farm raised salmon -- lean source of protein and omega 3 fatty acids. If you're concerned about the sustainability of fishing, please visit [Monterey Bay Aquarium's Seafood Watch](#). They have many resources on which fish to consume based on the area you live.

We like to support [Native Fish Keepers](#) out of Polson, Montana who are devoted the management of the fish species in Flathead Lake. They fish invasive, non-native trout from the lake.

Sautéed Veggies

Choose your veggie Only choose one. ONE.

- Green Beans
- Broccoli
- Cauliflower
- Brussels Sprouts
- Summer Squash (zucchini)
- Carrots

How much do you need?
Hmmm... for you? A handful.
For you and your BFF, 2 handfuls.
For a family of 4 with 1 kid that seems revolted at the sight of green vegetables, 3-4 handfuls. Pick your battles wisely, parents.

You get the idea. One handful per person.

Now, decide how to move forward. Steam? Boil?

Every vegetable has a way it likes to be prepared. Just ask it.

Green beans: steam for 1-3 minutes or blanch in boiling water for 1-2 minutes.

Broccoli and cauliflower: steam for 2-3 minutes.

Brussels Sprouts: sautéed without steaming or blanching. Finish in the oven.

Summer Squash and Carrots: sautéed without steaming or blanching.

Ways to steam

If you need to steam your veggies, use these methods:

A. Place in a microwave safe bowl with a bit of water (enough to cover the bottom of the bowl). Cover with lid or plastic wrap. Microwave for 2-5 minutes, depending on the amount and type of veg.

B. Place a strainer (or colander) over a pot of boiling water (like if you are boiling water for pasta or rice). Make sure the strainer doesn't touch the water. Cover. Steam for 2-5 minutes, depending on the amount and type of veg.

Bon Appetit!

Simple side dish for nearly any meal.

Now we dance. Saute. We saute now.

Steamed veggies are ok, but let's dress them up a bit. And if you're cooking zucchini and carrots (and Brussels sprouts), this is where you start.

Heat a bit of **oil** in a saute pan (skillet) set over medium heat. Add your veggies. If they are really wet, they may splutter a tad. You can dry them off prior to sautéing. Let them saute for 1-2 minutes.

Add a bit of minced **garlic and/or onion** (not a lot, just enough to flavor). Add **salt and pepper**. Add **spices or herbs** of choice. Serve.

Eat. Your. Veggies.

How do you get kids to eat their veggies? First, don't force them. Never force a child to eat anything. You'll create stress at meal times, which will lead to food issues down the road.

Model the behavior. If they see you eating and enjoying the veggies, they'll take note. They'll see that, "Um, well, Mom didn't keel over from eating zucchini." They may try it next time.

Serve vegetables at each meal. Make veggies available -- give them the choice of eating it or not. If they eat the veggies, great. If not, no biggie. They'll figure it at some point.

Don't stress about it. I have a 16 year old son that realized that carrots are not his mortal enemy. Took him 14 years. He's now working on accepting broccoli into his life. Have I mentioned he's 6' tall and not done growing. See? They'll figure it out.

Are adults eating their veggies?

For the most part, no. The average American adult is not eating the recommended 2-3 servings of vegetables per day. You're lucky if they consume 1 serving per day.

So... how do you encourage an adult to eat more vegetables? Give them simple ways to prepare vegetables. Let them know that soups and stews can be loaded with vegetables, making it more likely to get a couple of servings in one bowl.

Unless they ask for one, try not to give a recipe. Ok. This sounds odd coming from an RD/Chef and recipe developer, but recipes are actually a hindrance to getting people to cook. Give them some simple ideas they can easily implement. Most people cook the same 10 meals. Work with what they already do and figure out ways to incorporate veggies in those meals.

Your job as a doctor, nurse, or dietitian, is to encourage people to eat healthfully. Don't give them new things to do. Work with what they are already doing. You'll probably see more progress and behavior changes. As they get more confident in cooking, then they'll seek out cookbooks and recipes. Perhaps, they'll find my recipes and try those. Who knows.

Most Popular Vegetables in America

Here you go. The top vegetables Americans eat.

- Potatoes
- Corn
- Tomatoes
- Onions
- Carrots
- Broccoli
- Green Beans

Most Hated Vegetables in America

Now for the most detested, hated vegetables in America.

- Turnips
- Beets
- Brussels Sprouts
- Eggplant
- Asparagus
- Mushrooms
- Zucchini

Lemon Olive Oil Cake

Preheat oven to 350°F

Grease a 9-inch cake pan or spring form pan. Line bottom with parchment.

Gather Ingredients

- 1 cup almond flour
- 1/2 cup millet flour*
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 4 large eggs, at room temperature
- 1/2 cup sugar
- Zest of 1 lemon
- Juice of 2 lemons
- 1/2 cup olive oil
- 1/2 teaspoon vanilla extract

Mix and Set Aside

In a small bowl, mix together the almond flour, millet, baking powder, baking soda, and salt.

Set aside.

Whip and Mix

Place the eggs and sugar in a mixing bowl. Using the wire whip attachment (if it's a standmixer), whip the eggs and sugar on highest speed until pale yellow and thick. It should form "ribbons" or a figure 8 when the whip is lifted from the batter. This may take about 5 minutes.

Add the lemon zest, lemon juice, oil, and vanilla. Mix well. The batter will thin out (it's ok, I promise).

Add the dry ingredients and mix well.

Bake

Pour the batter into the prepared pan. Bake for 30-40 minutes or until it starts to turn a light brown on top, feels firm to the touch and starts to pull away from the sides of the pan. Cool.

Make a quick syrup to drizzle on top: 2 tablespoons honey warmed in the microwave for 10 seconds + 2 tablespoons fresh lemon juice.

Serve with fresh berries.

Substitutions and Explanations

Substitutions

No lemons? Ok. Do you have oranges? Good. Use those (even mandarin oranges will work).

No millet flour? Oh boy. The cake is going to fail. Kidding. Use oat flour, semolina (not GF, btw), or regular flour. You can sub a GF AP flour if you want, too.

Explanations

Baking soda and baking powder? Why both? Well, if you must know, since we have an acidic ingredient (lemon juice), we need to use baking soda to help facilitate a chemical reaction. Baking powder contains both baking soda and an acid but with the additional acid in the recipe, we need baking soda to help balance the reaction. Ah, chemistry.

Date Nut Bites

Gather ingredients

- 2 cups **nuts** of choice (walnuts, almonds, pecans, etc)
- 1 cup shredded **coconut**
- 2 cups **dried, pitted dates**, sliced in half
- 2-4 tablespoons **oil**
- hefty pinch of **salt**
- splash of **vanilla**



Pulse

Place nuts and coconut in a food processor. Pulse several times until coarsely chopped. Add the dates, oil, salt, and vanilla. Pulse until the mixture is finely chopped and clumps together. Add oil as necessary to keep mixture moistened.

Roll into 1-inch balls. Place on a baking sheet lined with parchment. Refrigerate until firm (could be 30 minutes to 1 hour). Keep refrigerated until ready to eat.



Bon Appetit!

Easy snack to have on hand. Add cinnamon or other spices if you so please.

Dates

Starting out as fruit from the date palm tree, Medjool dates are commonly found in the United States in dried form. Originating from Morocco, they are full of natural sugars and fiber.

If you cannot find dates, you can use other dried fruits -- prunes, figs, raisins, etc.

Fruit Salad

Choose your fruit

Mix/Match according to what you like and have available. You'll need about 3-4 cups fruit

- Pineapple chunks
- Mango or papaya
- Fresh orange segments
- Apples, sliced or diced
- Berries
- Grapes
- Melon, diced
- Peaches, nectarines, or plums, diced



Other ingredients

- Arugula and/or fennel (thinly sliced)
- Olive oil (or oil of choice) Fresh lemon juice
- Vinegar (white wine, cider, or regular)
- Honey
- Fresh chives
- Salt and pepper to taste



Mix

Place the fruit and arugula in a bowl. Toss to mix well.

In a small bowl, whisk together the olive oil, lemon juice, honey, chives, salt, and pepper. Remember - vinaigrette is to taste -- you'll need more oil than acid (lemon juice and vinegar). You can also place the vinaigrette in a jar and shake.



Toss and Serve

Pour the vinaigrette over the fruit and arugula. Toss to mix well.

Serve.

Bon Appetit!

This is a good way to up your fruit intake.

Eat in season

This salad can be made entirely with what is in season. Fruit, especially, should be eaten while in season to be sure you're getting better quality and flavor.

- **All year:** pineapple, mango, papaya (mainly because we don't grow much of this in the U.S.s except for in Hawaii)
- **Spring/early summer:** strawberries
- **Summer/early fall:** melon, berries, peaches/nectarine, plums
- **Fall:** Apples, pears, grapes
- **Winter:** citrus fruits

Frittata

Preheat oven to 400°F

Choose your veggies

- 2-3 cups (combined) of the following (mix/match)
- Yukon gold potatoes, diced
 - Dark greens (kale, chard, spinach)
 - Broccoli florets
 - Zucchini or yellow squash, diced
 - Bell pepper, diced
 - Mushrooms, chopped

Gather more ingredients

- Oil of choice
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Crushed red pepper flakes
- Optional add in -- *cooked* bacon, sausage or ham
- 8 large eggs
- 1/4 cup half and half or milk
- 1/2 to 1 cup cheese of choice
 - cheddar, shredded
 - goat cheese
 - feta cheese
 - monterey jack, shredded
 - gruyere, shredded
 - provolone, shredded

Bake

Place in the oven.

Bake until eggs are set, about 15-20 minutes.

Cool slightly. Serve warm

Saute

Place a 10-inch cast iron skillet (or other non stick oven safe pan) over medium high heat. Add a bit of oil and cook the veggies. If using potatoes, start these first, as they take the longest to cook (about 5-8 minutes). Otherwise, just throw all the veggies in at the same time and saute for about 5 minutes. Add the garlic. Season with salt, pepper, and red pepper flakes. If using cooked bacon or sausage, add it now.

In a bowl, whisk together the eggs and half and half; season with salt and pepper. Pour egg mixture into the pan. Top with the cheese.

Bon Appetit!

Serve this with a salad and fresh bread (garlic bread or garlic cheesy bread!)

Don't throw it out. Use it.

Frittata is an Italian egg dish, but don't let it fool you into thinking this anything fancy. It's the ultimate clean-out-the-fridge recipe. If you have veggies that are starting to lose their luster and almost at the point where you go, "perhaps you need to be thrown away," use them in this dish.

I have merely given you suggestions for veggies, but you can add whatever you have on hand. If it can be cooked (like asparagus or green beans), go ahead and add it in.

Roasted Potatoes

Preheat oven to 425°F

Choose your potatoes

When it comes to potatoes, we have choices:

- Fingerling
- Yukon gold
- Russets
- Red
- White
- Many others...

For this recipe, it honestly does not matter what potato to choose. *About 1 pound of potatoes will serve 2-3 people. Dice the potatoes.*

Keep the skin on though.

Gather more ingredients

- Oil of choice
- Grated **parmesan** cheese (optional)
- fresh **garlic**, minced
- **Salt and pepper**, to taste
- Fresh **herbs** of choice, chopped (optional)
 - Chives
 - Parsley
 - Rosemary
 - Thyme
 - Sage

Toss and Bake

Place the potatoes on a sheet pan lined with parchment. Drizzle with oil. Add the parmesan, garlic, salt, and pepper. Toss to mix well. Spread into an even layer.

Bake until tender and golden, about 25 minutes.

Remove from oven and add the fresh herbs.

Serve.

Bon Appetit!

These potatoes go with anything -- meat, poultry, pork, frittata.

Potatoes -- good or bad?

Potatoes get a bad rap, unnecessarily so. Part of the issue with potatoes is that they are often fried (French fries or chips, anyone?). However, if you eat them roasted or in soups and stews, they offer great nutritional value.

With their skins on, potatoes bring dietary fiber and potassium to the meal. Without the skins, you're only getting their starches (carbs) and few minerals. The majority of Americans do not get enough potassium in their diets and eating potatoes is a great way to get this essential mineral.

Skip the fries and chips. Go for roasted potatoes.

Cinnamon Apples

Gather ingredients

- Juice of 1/2 an orange
- Pat of butter
- 1/2 cup brown sugar
- 4-5 apples, sliced (McIntosh, Gala, Braeburn, Honeycrisp, or Fuji)
- few pinches of cinnamon
- pinch of salt
- pinch of nutmeg
- Nuts of choice, lightly toasted



Saute

Heat a saute pan (skillet) over medium heat. Add the orange juice and butter. Cook until butter is melted.

Add the brown sugar. Stir to dissolve sugar. Add the apples, cinnamon, salt, and nutmeg. Coat the apples in the sugar mixture. Reduce heat slightly to prevent burning.

Cook for 5-10 minutes or until the apples are tender.

Serve with toasted nuts.



Bon Appetit!

Serve with granola and yogurt or ice cream or whipped cream.

Cinnamon, cinnamon, don't forget the cinnamon.

What is it about cinnamon that brings many of us joy? Perhaps it brings up memories of eating cookies and sweets baked during the holidays. Cinnamon is part of a group of spices called "warming spices" along with cumin, coriander, and a whole host of others. These spices "warm" us up -- warm up our taste buds and our body temperature. This might be why we eat cinnamon in the winter months.

Cinnamon (and most other spices) carry with it many health benefits from having anti-microbial, anti-oxidant, and anti-inflammatory properties. Spices and herbs have been used for centuries for medicinal purposes.

So, eat your cinnamon and apples. It will bring you comfort and better health.