

Cooking

COUNTS

A Guide to Cooking with Confidence in
CENTRAL OREGON



HIGH DESERT
**FOOD
& FARM
ALLIANCE**



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Version 1.0, June 2020.

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High Desert Food & Farm Alliance

HIGH DESERT FOOD & FARM ALLIANCE (HDFFA)

HDFFA believes that good food should be accessible to everyone, and that food connects us to each other. Our mission is to support a healthy and thriving food and farm network in Central Oregon through education, collaboration and inclusivity. We have two areas of focus: supporting the viability of regional farmers and ranchers to provide local food in our region, and improving access to this food, specifically for underserved residents.

We operate four programs:

- [Agricultural Support](#) - for regional farmers and ranchers
- [Food & Farm Directory](#) - on-line and print directory
- [Grow & Give](#) - fresh food donations
- [VeggieRx](#) - fresh fruit and vegetable prescription

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ACKNOWLEDGMENTS

Thank you to the Whole Cities Foundation for funding this project.

This book is possible thanks to the many volunteers who put in many hours testing recipes, creating and editing content and providing overall support and expertise. We thank you all for your support and contributions. Thank you to our three chefs: Marite Acosta, Candy Argondizza, and Suzanne Landry.

Thank you to Cassidy Trier for the design support.



Cooking with Confidence



Cooking can be fun - choosing what to buy, how to cook it, and how to flavor. Whether you are cooking a meal for yourself or for a large family, this booklet is your guide to getting comfortable in the kitchen and cooking with confidence.

In this booklet, we offer easy-to-make nutritious recipes for each meal, plus snacks and desserts. Our nutritional and cooking skills guides provide new tools and tricks or reinforces what you may already know to start making healthier choices.

Beginning to cook with fresh foods is at first challenging so remember to start where you are and then change your eating behavior one step at a time. Maybe you want to drink more water, or eat more vegetables. Begin by carrying a reusable water bottle or adding a new vegetable to a favorite recipe. Perhaps next is changing the way that you shop, such as using a recipe to guide what you are buying. View any accomplishment as a success and watch how small changes can create a strong foundation for lifelong habits.

This lifestyle change doesn't mean that your favorite foods can't be eaten, it just means balancing certain less healthy foods with other more healthful ones that are going to make you feel good on the inside and out! Try about having fruit for dessert one night a week instead of sugary treats, or make oatmeal with whole oats and raisins instead of using packages of instant oatmeal.

Remember changing your eating habits means focusing on the long term; it isn't going to happen overnight, it will be gradual - and that's okay! You are building lifelong habits for lifelong health. Take off the pressure of eating "right" and turn towards eating "better", and making small healthy choices one meal at a time. And don't worry if you mess up, just start new the next day and keep moving forward.

We hope this curriculum allows you to make manageable changes, one meal or snack at a time.



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Breakfast

Leafy Green Scrambled Eggs



Prep: 20 minutes

Cook: 20 minutes

Yield: 4 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

8 eggs
2 cups chopped kale, packed (about 1/2 bunch)
3 tablespoons vegetable oil
1/2 cup onion finely chopped
1 teaspoon salt
1/4 teaspoon black pepper
1/2 cup shredded cheddar, mozzarella, or monterey jack cheese

Optional

You can substitute spinach or chard in place of kale. Chopped tomatoes or peppers can be added to this recipe. They would be best added when the onions are cooking.



1. Rinse greens thoroughly and shake dry. Remove tough stems, and chop the tender leaves.
2. In a bowl, break the eggs, add the salt and pepper and whisk well, or using a fork, beat well.
3. Place a medium sized skillet on medium high heat and add the oil, let the oil heat about 1 minute.
4. Add the chopped onion and let cook for about 3 minutes, until translucent, stirring occasionally.
5. Add the chopped greens and cook till wilted, about 3-5 minutes.
6. Pour the beaten eggs over the greens and stir, lifting the cooked eggs and greens, to allow the uncooked eggs to cook.
7. When most of the eggs look set and cooked, sprinkle cheese on top, cover the pan with a lid or foil and shut off heat, to finish cooking and allowing cheese to melt.
8. Cut into wedges and enjoy!

Chef's Notes: Add a side salad for a healthy and satisfying lunch or dinner.

Potato & Onion Frittata



Prep: 20 minutes

Cook: 20-25 minutes

Yield: 4-6 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 2 medium Yukon gold potatoes halved and thinly sliced
- 1 small yellow onion halved and thinly sliced
- 10 large eggs
- 1/4 cup canola oil, divided
- 1 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided

Optional

Adding in some fresh spinach or sliced zucchini or herbs make a great variation on this classic dish.



1. Preheat oven to 350°.
2. Heat the skillet over medium heat and add 2 tablespoons of canola oil. When the oil is hot, add the potatoes, in batches, and cook until golden brown. Add more oil as needed. Remove the potatoes to a large bowl. Season with a pinch of salt and pepper.
3. Wipe the skillet clean with a paper towel and add 2 tablespoons of oil. When the oil is hot, add the sliced onions, lower the heat and allow to cook slowly, stirring occasionally, until the onions are soft and golden brown. Season with a pinch salt and pepper.
4. While the onions are cooking, carefully crack the eggs in a medium bowl, season with a pinch salt and pepper and whisk to combine.
5. Once the onions are tender and golden brown, return the cooked potatoes to the skillet and pour the beaten eggs over the potatoes and onions. Using a heatproof spatula, gently combine the mixture to distribute evenly.
6. Place the skillet in the oven and cook for 20-25 minutes. The top of the frittata should be firm to the touch. Remove from the oven and let rest for 10 minutes before unmolding onto a cutting board.
7. Slice into 4 to 8 wedges.

Chef's Notes: Enjoy as breakfast or a light lunch or dinner with a side salad or vegetable.

Morning Muffins



Prep: 10 minutes

Cook: 20 minutes

Yield: 10 servings

Chef Suzanne Landry

- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 1 teaspoon baking powder
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2/3 cup blueberries fresh (or frozen but defrosted and rinsed)
- 1 egg
- 1/3 cup vegetable oil or melted butter
- 1 cup milk
- 1 teaspoon vanilla extract



1. Preheat oven to 350°.
2. Combine dry ingredients, except blueberries, and mix well. Then toss in the blueberries just enough to coat. If blueberries are added to wet ingredients, or if they are over mixed with the dry ingredients, they will begin to “bleed” their juice into the batter making purple muffins.
3. Combine wet ingredients in a separate bowl and mix well. Now combine both dry and wet and mix only long enough that no pockets of dry ingredients remain. Do not over mix!
4. Use paper muffin pan liners and pour batter to almost full, and bake for 20-25 minutes. Check after 20 minutes and if a toothpick doesn’t come out clean, bake another 2-3 minutes. Cool and remove.

Chef’s Notes: Alternative Muffins

Banana Nut (add to basic muffin recipe instead of blueberries)

- 1 cup mashed overripe banana
- 1 teaspoon cinnamon
- 1 additional egg

Cranberry Orange (add to basic muffin recipe instead of blueberries)

- 1/3 cup dried cranberries
- Replace milk with 3/4 cup orange juice
- 1 tablespoon orange zest (orange skin, minced)

Banana Bread



Prep: 20 minutes

Cook: 1 hour and 20 minutes

Yield: One 9x5" loaf

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs lightly beaten
- 1 cup sugar
- 3 large, very ripe bananas mashed
- 1/2 cup canola oil

Slice and serve with plain yogurt for a great breakfast option.



Optional

Add 1 teaspoon of ground cinnamon for an added warm flavor. Toss in 1/2 cup of chopped walnuts that add flavor and extra protein.

1. Pre-heat the oven to 350°.
2. Butter and flour a 9-by-5-inch loaf pan. In a medium bowl combine the flour, baking soda, baking powder and salt. In a large bowl, beat the eggs and sugar until pale yellow. Stir in the mashed bananas and oil. Stir in the flour mixture, in three additions, until well combined.
3. Pour the batter into the prepared pan and bake for about 50 minutes, until the bread is golden and a toothpick inserted into the center comes out clean. Transfer the pan to a rack and let cool for 15 minutes and then turn the bread out onto the rack and let cool completely.

Chef's Notes: Slice and serve with plain yogurt for a great breakfast option.



Soups

Marvelous Minestrone Soup



Prep: 20 minutes

Cook: 30 minutes

Yield: 6 servings

Chef Suzanne Landry

2 tablespoons olive oil
1 medium onion chopped (about 1 cup)
2-3 cloves fresh garlic chopped
1/2 green bell pepper chopped (about 1/2 cup)
1/2 red bell pepper chopped (about 1/2 cup)
2 carrots chopped (about 1 cup)
2 stalks celery chopped (about 1 cup)
2 bay leaves
1 teaspoon each of dried basil and dried oregano
1 teaspoon salt
1/4 teaspoon black pepper, or to taste
6 cups water, divided
1 cup precooked navy beans
1/2 handful fresh string beans chopped (about 1/2 cup)
1/2 small zucchini chopped (about 1/2 cup)
8 oz can diced tomatoes
8 oz can tomato sauce



Optional

1 cup elbow macaroni precooked
1 small jalapeño pepper minced (for a spicier soup)

1. In large pot, add oil and sauté onion and garlic for 2-3 minutes on medium heat.
2. Add peppers, carrots, celery, bay leaves, basil, oregano, sea salt, pepper and jalapeño if using. Add enough water to the pot so that it will come above the vegetables by two inches. You may add more water later. Cover, bring to a boil and then reduce to medium low heat. Simmer for 8 minutes.
3. Add navy beans, chopped string beans, zucchini, and diced tomatoes. Check for desired thickness of soup before adding more water. Simmer string beans until tender, about 6-8 minutes. Add tomato sauce and diced tomatoes. Adjust the seasoning, and reheat. Remove bay leaves and discard.
4. Place the cooked macaroni in individual bowls. Ladle soup into bowls. Garnish with chopped parsley and serve.

Chef's Notes: When storing leftovers, it is a good idea to keep the macaroni separate from any soup stock. This prevents them from becoming too soft as they continue to absorb liquid.

Chicken Soup



Prep: 20 minutes

Cook: 45 minutes

Yield: 4-6 servings

Chef Suzanne Landry

- 2 pounds skin-on and bone-in chicken (including breast, thigh and leg with bone)
- 2 tablespoons olive oil
- 1 small onion chopped (about 1/2 cup)
- 2 carrots sliced or chopped into 1/2" pieces (1 cup)
- 2 stalks celery sliced lengthwise and chopped into 1/2 inch pieces (about 1 cup)
- 6 cups chicken broth
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried rosemary
- 1 teaspoon salt
- 1/4 teaspoon black pepper



Optional

- 2 cloves garlic minced
- 1 small leek, white part sliced and chopped
- 1 small parsnip or white turnip chopped
- 1 cup cooked pasta or leftover brown rice

1. Pre-heat 2 tablespoons of olive oil in a large pot over medium heat. Place chicken in pot, a few pieces at a time, cover and cook until skin browns. Turn chicken over and do the same on the other side. You are just trying to brown the chicken, not cook it. Repeat with all chicken parts. Remove and put in a bowl.
2. In the same pot, lower heat and sauté onion for 2 minutes until it begins to soften. Add all the other ingredients including carrots and celery, chicken broth, herbs, spices and chicken. Cover pot and bring to a boil on high heat. Now, reduce to medium heat, cover and simmer for 30 minutes until chicken is thoroughly cooked.
3. Check chicken by removing thigh and place in a bowl. With a fork and a knife try to pull the meat off the bone. If it does not pull away easily and the meat still looks a little pink, it is not completely cooked. If the chicken isn't fully cooked, replace it back into the soup and continue cooking for another ten minutes. The meat will easily pull away from the bone when cooked thoroughly.
4. When chicken is done, shut off burner and remove chicken parts into a bowl. Cool, remove skin, and pull apart meat. Add meat into pot. Discard bones and skin, etc. Remove and discard bay leaves and adjust seasoning to taste. Add precooked pasta or rice if using.

Chef's Notes: Always use a fresh, bone-in chicken with the skin when making this soup. A skinless chicken breast will not give you the same flavor because you need the fat from the skin and bone for flavor. You can remove most of the fat and the skin after the chicken is cooked.

Cream of Potato Kale Soup



Prep: 15 minutes

Cook: 40 minutes

Yield: 6 servings

Chef Suzanne Landry

- 2 tablespoons olive oil
- 2 cloves garlic minced
- 1 small onion diced (about 1 cup)
- 4 cups Yukon Gold or Russet potatoes scrubbed and sliced
- 2 medium carrots diced (about 1 cup)
- 2 stalks celery diced (about 1/2 cup)
- 5 cups water or vegetable or chicken stock
- 2 bay leaves
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon salt (eliminate if using packaged broth)
- 1/4 teaspoon black pepper, or to taste
- 1 1/2 cups whole milk or milk substitute (such as unsweetened soy or almond)
- 1 cup packed greens, chopped kale (or spinach, or swiss chard)



Optional

- 2 spicy cooked Italian chicken sausage diced. If you prefer less spicy, add your favorite chicken sausage.
- 2 cups leek bottoms chopped
- You can replace new potatoes with Yukon gold, fingerlings, red potatoes or sweet potatoes as a variety.

1. In a large pot, add oil and sauté onions on medium heat for 1-2 minutes. Add garlic and sauté another minute.
2. Add potatoes, carrots, celery and sauté another 3-4 minutes to enhance flavor. Add water, bay leaves, thyme, rosemary, salt, and pepper. Cover and bring to boil. Reduce heat and simmer for 20 minutes or until potatoes are tender.
3. Remove bay leaves and discard. Using a blender, blend soup until it is creamy. Add milk and check for desired consistency. Add chopped kale and sausage if you are using it and simmer another 5 minutes. Adjust seasoning to taste and reheat for 2-3 minutes or until kale is tender and bright green.

Chef's Notes: To clean leeks, cut across the leek where the white and green parts meet. Keep top and bottoms separate. Cut down the white part lengthwise and rinse thoroughly, making sure to separate the leaves. Cut down again lengthwise and then chop crosswise into 1/2 inch pieces. For the green upper part, discard old, tough outer leaves until you get to the tender green leaves. Chop as you did the white part. The tougher leaves can be used for building soup stock another time.

For a non-dairy soup use 1 can (15 oz) light coconut milk. Light coconut milk is mild without the coconut flavor and can replace heavy cream or half and half in many recipes.

Herbed Lentil Soup



Prep: 15 minutes

Cook: 45 minutes

Yield: 4 servings

Chef Suzanne Landry

1 tablespoon olive oil
1 small onion diced (about 1 cup)
2 carrots chopped (about 1 cup)
1 stalk celery chopped (about 1/2 cup)
1 cup dry brown lentils rinsed and drained
4 cups water (more as needed)
3 bay leaves
1/2 teaspoon dried sage
1 teaspoon dried thyme
1 tablespoon soy sauce
1/2 teaspoon salt
1/2 teaspoon black pepper



Optional

2 scallions-diced (about 1/4 cup)
Add additional veggies (about 1/2 cup): butternut squash, string beans, yams, red pepper, diced tomatoes, or parsnips.

1. Unlike most beans, lentils do not need to be pre-soaked. However, soaking will cut down on cooking time. Pre-soak overnight or at least several hours. This recipe is using un-soaked lentils. Rinse and drain lentils and set aside for now.
2. Preheat oil in large pot and sauté onions on medium heat for 2-3 minutes. Add carrots, celery and optional veggies (except tomatoes) if using. Sauté for 5 minutes to increase flavor. Add lentils, 4 cups water and bay leaves. Cover and bring to a boil and then lower to medium heat and simmer for 30 minutes.
3. Add sage, thyme, soy sauce, salt and pepper. If you are adding the optional diced tomatoes, add them now. Check soup and add more water if necessary. Continue simmering on medium heat for 15 minutes or more or until lentils have softened.
4. Adjust seasoning to your own individual taste. Remove and discard bay leaves. Garnish with scallions and serve.

Chef's Notes: If you pre-soak an onion for 10 minutes in either warm or cold water before you peel or chop, you will avoid irritated eyes and the onion will peel much easier.

Add salt to beans only when they are at least mostly tender, otherwise they will toughen. However, dried herbs or spices can be added in the beginning of cooking if desired.

Hearty Vegetable Barley Soup



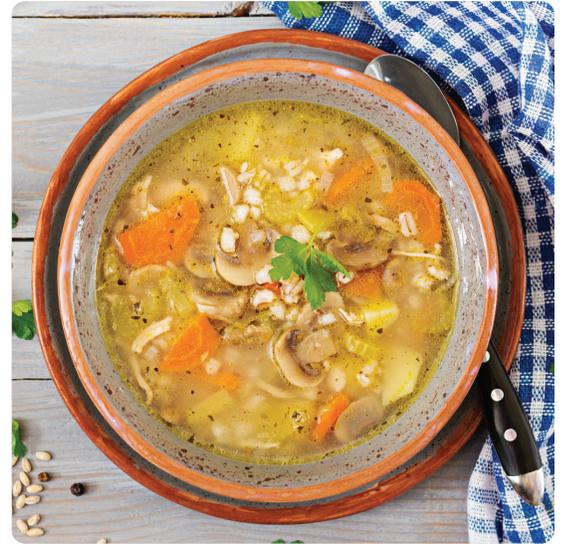
Prep: 15 minutes

Cook: 50 minutes

Yield: 4 servings

Chef Suzanne Landry

- 2 tablespoons olive oil
- 1 small onion diced (about 1/2 cup)
- 2 cloves garlic minced
- 2 carrots chopped (about 1 cup)
- 1 large stalk celery chopped (about 1/2 cup)
- 1 cup sliced fresh mushrooms
- 1/3 cup uncooked pearled barley
- 4 cups water
- 2 bay leaves
- 1 teaspoon dried dill
- 1 teaspoon salt
- 1/4 teaspoon black pepper or more to taste
- 1/2 cup string beans chopped
- 1/2 cup fresh or frozen corn



Optional

- 2 tablespoons fresh parsley chopped
- 1 small leek cleaned and chopped fine (about 1/2 cup)
- Add 1/4 cup precooked lentils or kidney beans at the same time you add string beans.

1. Preheat oil in pot and sauté onion and garlic for 3 minutes on medium heat. Add carrots, celery and salt. Sauté for an additional 2-3 minutes. Add sliced fresh mushrooms if using and stir for another few minutes.
2. Rinse and drain barley. Add barley, water, bay leaves, dill, salt, pepper to vegetables. Cover and cook for 45 minutes or until barley is tender. Add corn and string beans, cover and cook for another 5 minutes. Add parsley, and simmer until ready to serve. Adjust seasoning to taste.

Chef's Notes: You can increase protein in the soup if you add precooked beans, such as kidney or lentils. Any whole grains served with any beans or legume is a protein complement to each other.

To clean leeks, cut across the leek where the white and green parts meet. Keep top and bottoms separate. Cut down the white part lengthwise and rinse thoroughly, making sure to separate the leaves. Cut down again lengthwise and then chop crosswise into 1/2" pieces. For the green upper part, discard old, tough outer leaves until you get to the tender green leaves. Chop as you did the white part. The tougher leaves can be used for building soup stock another time.

Serve with a salad for a hearty and satisfying lunch or light dinner.

Vegetarian Chili



Prep: 15 minutes

Cook: 20 minutes

Yield: 6 servings

Chef Suzanne Landry

- 1 tablespoon olive oil
- 1 small onion minced (about 1 cup)
- 3 cloves garlic minced
- 1/2 green pepper chopped (about 1/2 cup)
- 1 medium carrot chopped (about 1/2 cup)
- 1 stalk celery chopped (about 1/2 cup)
- 2 cups precooked red beans (kidney, chili, or pinto)
- 1 can crushed tomatoes (28 oz)
- 2 bay leaves
- 1-2 teaspoons chili powder (to taste)
- 1 teaspoon cumin powder
- 1 teaspoon oregano
- 1 tablespoon soy sauce
- 1/2 teaspoon salt



Optional

- 1/2 cup corn added to chili
- 1/4 cup bulgur wheat to thicken the chili (add additional 1 cup water)
- 1/4 cup red onion diced, 1/2 cup fresh chopped cilantro, 1/2 cup shredded cheddar cheese

1. In a medium size soup pot, sauté onion in oil for 1-2 minutes on medium heat. Add garlic and sauté for another minute.
2. Add green pepper, carrots, celery and sauté for an additional 5 minutes to soften veggies. Add all remaining ingredients, cover, bring to a boil. Lower the heat and simmer 15 minutes. Adjust seasoning for your taste. Remove bay leaves and discard. Add more chili, cumin or soy sauce to your liking.
3. You can serve in individual bowls garnished with chopped raw onion, cilantro, and shredded cheese or let everyone garnish their own family style.

Chef's Notes: When a whole grain (such as bulgur wheat) and beans are combined they offer a complete protein, so no additional protein is needed. Serve with a fresh green salad or fresh steamed broccoli. Cornbread would be a wonderful side addition to this hearty chili. For a meatier chili add 1/2 lb. of cooked ground meat.



Black Bean &
Vegetable Enchilada
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Main Dishes

Turkey Burgers



Prep: 15 minutes

Cook: 10 minutes

Yield: 4-6 servings

Chef Suzanne Landry

2 pounds ground turkey meat
1 tablespoon olive oil
1 small onion minced (about 1 cup)
1/4 cup parsley minced
2 teaspoons dried oregano
1 medium carrot (about 1/2 cup)
1 small zucchini (about 1 cup)
1/2 teaspoon dried garlic powder
1 teaspoon salt
1/4 teaspoon black pepper
1/4 cup vegetable oil for frying



1. Place turkey meat in large bowl. Preheat olive oil in a medium frying pan and sauté onion for 2-3 minutes. Add parsley and oregano and sauté for 2 minutes. Add this to turkey meat.
2. Grate carrot and zucchini. Add to turkey mixture with remaining ingredients: garlic powder, salt, and pepper and mix well.
3. Form into burgers, 4-5 inches wide and 1 inch thick. Place patties on cookie sheet or plate and continue forming burgers until all mixture is used. Make sure the burgers are evenly shaped all around and the sides are as thick as the center. Preheat vegetable oil in frying pan on medium-high heat. Test the oil by dropping a little bit of turkey mixture into the oil. If it begins to sizzle immediately, the oil is ready. Cook 3-4 burgers at one time. Do not crowd the pan as you prevent the burgers from browning. After about 4 minutes when burgers have browned, turn over and cook the other side. Cook another 4-5 minutes.
4. Burgers will swell and puff up a little. Do not cover or pat them down with your spatula. They should be firm to the touch when pressed in the middle. If not firm, cover, reduce heat to medium and cook another few minutes. Serve on a bun with your favorite burger toppings and condiments.

Chef's Notes: To freeze for later use, form uncooked burgers and wrap well. Also, unused mixture can be made into small 2-inch turkey balls. Place turkey balls on an oiled cookie sheet. Bake in preheated 350°F oven for 5 minutes; shake sheet to roll balls; bake again for 5 minutes. Freeze to use in sauces, soups, and casseroles.

How can you tell when your steak or burger is cooked without cutting into it? Restaurant chefs will poke it and test for texture. If it is rare, it will feel soft like the skin between your thumb and index finger. If it is medium, it will feel as firm as the pad of your hand at the base of your thumb. Well done? It will be as firm as the center of the palm of your hand. Heat and time will vary depending on your cookware and whether you use a gas or electric stove. You will learn from experience how to get these just perfect without drying them out.

Spaghetti & Meatballs



Prep: 20 minutes

Cook: 40 minutes

Yield: 4-6 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

4 tablespoons vegetable oil
2 28 oz. cans of crushed tomatoes
1 onion finely chopped
3 garlic cloves peeled and chopped
1/2 teaspoon dried oregano
1 teaspoon salt
1/4 teaspoon hot chili flakes
5 fresh basil leaves torn (optional)
1 pound ground beef
2 tablespoons grated cheese (Romano or Parmesan)
1 egg
1/2 teaspoon dried oregano
1 teaspoon salt
1/4 teaspoon black pepper
1 pound pasta
1 tablespoon of salt for the pasta water
Grated cheese

Choose your favorite pasta shape.



1. Preheat oven to 325°.
2. Choose a heavy bottom pot and place on low to medium heat. Add the oil and heat. Add the chopped onion and garlic and cook for 3-5 minutes, stirring. Carefully add the tomatoes, oregano, salt, chili flakes, and basil, stir and bring to a simmer. Cook the sauce for 25 minutes.
3. While the sauce is cooking, place the meat into a mixing bowl with the cheese, oregano, salt and pepper. Clean your hands, keeping them wet so that the meat won't stick to your hands while making the meatballs. Mix the into the meat really well.
4. Shape the meat mixture into 2-inch balls.
5. Place the meatballs onto a lightly oiled sheet pan or cookie sheet and place in a 325° oven for 10 minutes, just to pre-cook. Remove from the oven and set aside. They will finish in the sauce.
6. When the sauce is done cooking, gently spoon the meatballs into the sauce, to finish their cooking and to also flavor the sauce. Cook for another 15 minutes.
7. At the same time, bring a large pot of water to a boil on high heat. Add the salt.
8. Open the box or bag of pasta and slide it into the boiling water. Use tongs or a fork or spoon to stir the pasta and prevent it from clumping together. Cook according to instructions on package. You can sample a noodle to see if it is done.
9. When pasta is done, drain and place into a large serving bowl, ladle some of the sauce on the pasta and mix well. Top with more sauce, add the meatballs and sprinkle with grated cheese and serve!

Roasted Rosemary Vinegar Chicken & Potatoes



Prep: 15minutes

Cook: 45 minutes

Yield: 4 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

8 chicken thighs skin-on, bone-in
1 teaspoon of salt
1/4 teaspoon of ground black pepper
8 medium Yukon Gold potatoes cut in half and sliced
into 1/2 inch slices

Marinade for chicken

1/4 cup vinegar red, white or balsamic
1/4 cup of oil
4 cloves garlic grated
1 teaspoon of dried rosemary finely chopped

Optional

Replace some of the potatoes with some baby carrots for added sweetness. You can make a flavor variation using oregano in place of rosemary.



1. Pre-heat the oven to 375°.
2. Make the marinade and place into a large bowl.
3. Place the chicken thighs into the marinade and marinate for 10 minutes.
4. After 10 minutes, place the potato slices into the bottom of a roasting pan or casserole and take the thighs out of the marinade and place the chicken thighs on top of the potatoes. Season with salt and pepper.
5. Place the casserole with the chicken and potatoes into the oven and roast for 30 minutes.
6. After 30 minutes, pour the reserved marinade on top of the thighs and potatoes and continue cooking for another 15 minutes.
7. Remove the casserole or roasting pan from the oven and let rest for 10 minutes. Enjoy!

Ratatouille: French Vegetable Stew



Prep: 20 minutes

Cook: 35 minutes

Yield: 4-6 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1–28 oz. cans of crushed tomatoes
- 1 small onion finely chopped
- 3 garlic cloves peeled and finely chopped
- 5 tablespoons vegetable oil, divided
- 1 teaspoon of dried oregano
- 1 zucchini trim off ends, cut in half lengthwise and cut across into 1/2 inch chunks
- 1 yellow squash trim off ends, cut in half lengthwise and cut across into 1/2 inch chunks
- 1 medium size eggplant remove a small bit from the top and bottom, cut the eggplant into 1/2 inch slices, then cut these into 1/2 inch chunks
- 1 red pepper cut in half, remove the seeds and cut into 1/2 inch chunks
- 2 teaspoons of salt
- 1 teaspoon of black pepper



1. Preheat the oven to 375°.
2. Place all of the cut vegetables into a bowl and sprinkle with 3 tablespoons of the vegetable oil. Add the salt and pepper and mix well.
3. Place the vegetables on a sheet pan or cookie sheet, spread out and place into the oven.
4. Roast the veggies for approximately 20 minutes. Halfway through, open the oven and using a spatula or a large spoon, move the vegetables around.
5. When soft and golden brown, remove from the oven and set aside.
6. Choose a saucepan large enough for the vegetables. Over medium heat, heat the remaining oil, and add the onion and garlic. Cook for 3-5 minutes and then carefully pour the tomatoes into the pan.
7. Add the oregano, lower the heat and cook for 10 minutes. After 10 minutes, add all of the vegetables, stir to combine and let cook in the tomato sauce for another 10 minutes.

Chef's Notes: This is a delicious dish as an accompaniment to a main dish, like roast chicken or beef or pork. This dish can also be used as a sauce over pasta or as a main dish, with the addition of chickpeas or white beans for added protein. Eggplant might take longer to cook than the zucchini and red pepper, cook on a separate cookie sheet if you have one. If not, cook longer than the other vegetables, and remove the squashes and pepper.

Mediterranean Oven Baked Cod & Wilted Spinach



Prep: 25 minutes

Cook: 25 minutes

Yield: 4 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 4 cod fillets (6 oz each)
- 1 cup cherry tomatoes halved
- 1 shallot chopped
- 2 lemons: only 1 sliced in 1/4 inch thick rounds
- 1/4 cup pitted Kalamata olives halved
- 3 tablespoons olive oil, plus more for finishing
- 3 sprigs fresh thyme
- 5 ounces fresh baby spinach.
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Optional

Substitute any white flaky fish for the cod, such as tilapia or flounder. Any kind of brined or marinated olives will work in this recipe. Sprinkle 1/2 teaspoon dried thyme all around the fish in place of fresh thyme if you already have it.



1. Preheat oven to 375°.
2. In an 11" x 7" baking dish, arrange the lemon slices on the bottom. Season the cod fillets with salt and pepper on both sides and place on top of the lemon slices, leaving some room in between the fillets. Spread the cherry tomatoes, shallot, and Kalamata olives evenly around and in between the fillets. Sprinkle with a large pinch of salt and a pinch of black pepper. Squeeze the juice of the remaining lemon and drizzle the olive oil over the whole dish. Place the thyme sprigs on top and cover the dish with foil.
3. Place in the preheated oven and bake until the fish is cooked through and begins to flake and the potatoes are soft, about 20-25 minutes.
4. While the fish is cooking, divide the raw spinach evenly among 4 plates. Lightly sprinkle each with a pinch of salt and pepper.
5. Carefully remove the foil, discard the thyme sprigs and using a spatula, place a fillet over fresh spinach to slightly wilt it. Spoon the remaining ingredients evenly among the 4 plates and finish with a light drizzle of olive oil.

Chef's Notes: Buy just the amount of olives you need at your grocery's olive bar if they have one. You can also substitute the Kalamata olives with any other type you may have.

Beans & Rice Your Way



Prep: 10 minutes

Cook: 15 minutes

Yield: 4-6 servings

Chef Suzanne Landry

- 1 tablespoon olive oil
- 3/4 cup onion chopped finely
- 2 cloves garlic minced
- 1/2 cup green pepper chopped
- 1/2 cup corn
- 1 1/2 teaspoons chili powder
- 1 teaspoon oregano
- 1 teaspoon sea salt
- 1 1/2 cups chopped tomatoes or a 15 oz. can diced tomatoes
- 1 cup precooked red chili beans or pinto beans
- 2 cups precooked brown rice (long grain)



Optional

You can make the beans and rice and use for stuffing in green, red, or orange peppers. For Stuffed Peppers: use 4 peppers in a variety of colors if you wish. Trim half an inch off top of peppers and clean out seeds and white membranes. Trim bottoms if necessary so peppers can stand upright, being careful not to cut a hole through the bottom. Place in baking pan cut side down, spray or brush with olive oil and bake at 375° for 15 minutes. Cool peppers before stuffing. Stuff each pepper to the top and if you wish add a slice of cheese. Bake uncovered for 15 minutes. If you have more stuffing than you need you can just heat and serve this mixture without peppers!

1. In a medium sized frying pan, sauté onion and garlic for 2-3 minutes on medium heat. Add green pepper, corn, chili, oregano and salt. Sauté for an additional 2-3 minutes.
2. Add tomatoes, precooked beans and simmer for a few minutes until flavors blend. Add precooked rice, mix well and serve.

Chef's Notes: This is a great way to use up leftover rice and beans! You can substitute any cooked bean and substitute barley, couscous or quinoa or the white for brown rice.

Beef Stew



Prep: 20 minutes

Cook: 90 minutes

Yield: 4 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 1/2 pounds of beef chuck cut into 1/2 inch chunks (also known as beef stew meat or beef shoulder)
- 4 tablespoons vegetable oil
- 1 small onion peeled and cut into 1 inch chunks
- 2 medium size carrots peeled and cut into 1 inch chunks
- 1/2 pound white button mushrooms wiped clean and cut in half
- 1 tablespoon of tomato paste
- 3 tablespoons flour
- 1 teaspoon dried oregano or thyme
- 4 cups chicken or beef stock or water
- 2 teaspoons of salt
- 1 teaspoon black pepper



Optional

You can substitute pork shoulder or pork stew meat for the beef. You can change the flavor profile by simply switching the spices or herbs, for example using a curry spice blend instead of the oregano.

1. Preheat the oven to 325°.
2. Place a heavy bottom pot on the stove over medium heat. Add the oil.
3. Once the oil is hot, proceed to brown the chunks of meat, in batches so that the meat is in a single layer. Set aside in a bowl until all the meat is browned.
4. Add all of the vegetables, stir and cook for 5 minutes. Stir in the tomato paste and cook for another 2 minutes.
5. Sprinkle the 3 tablespoons of flour into the pot and mix with the vegetables and the oil in the pot. This will eventually thicken the sauce for your stew.
6. Pour the reserved meat and the juices back into the pot. Add the stock or water, oregano, salt, and pepper.
7. Bring this all to a boil, then lower to a simmer and cover with a lid or foil.
8. Place into the oven for 90 minutes. It is done when the meat pulls apart with a fork.
9. Serve over cooked rice or mashed potatoes.

Chef's Notes: When making this dish make sure that the liquid in the pot is not boiling, it should be simmering on low heat. Boiling liquid will make the meat tough. This dish can also be cooked on top of the stove rather than in the oven. If so, make sure to have heat on low to simmer.

Black Bean & Vegetable Enchilada

Prep: 30 minutes

Cook: 20 minutes

Yield: 4-6 servings



Chef Suzanne Landry

- 2 tablespoons olive oil
- 2 teaspoons garlic minced
- 1 small onion diced (about 1 cup)
- 1 green pepper diced (about 1 cup)
- 1/2 jalapeño pepper minced (or 1/2 teaspoon chili powder)
- 1 carrot minced (about 1/2 cup)
- 1 small green zucchini diced (about 1 cup)
- 1 teaspoon dried cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1 1/2 cups precooked black beans
- 1/2 cup cilantro chopped
- 2 1/2 cups enchilada sauce
- 6-8 flour or corn tortillas
- 1 cup cheddar cheese shredded (dairy, rice, or almond cheese)



1. Pre-heat oven to 350°.
2. In a large frying pan, sauté onion in oil on medium heat for 2 minutes. Add garlic and sauté another minute. Add green and red peppers, jalapeño, carrot, and zucchini, cover and simmer on low for 5-8 minutes or until vegetables are tender. Add cumin, oregano, and salt.
3. Add black beans, cilantro and 1/2 cup enchilada sauce to vegetable mixture. Cover again and simmer for another 3-5 minutes.
4. Spray oil in a small frying pan, place tortilla in it and cover. Heat on low for 1-2 minutes, just long enough to soften the tortilla. This will prevent the tortilla from breaking when rolling it. Place on cutting board, fill with bean mixture and add some shredded cheese if you wish. Wrap enchilada style (cigar shape).
5. In a 9" x 13" oven-proof dish, layer 1 1/2 cups of the enchilada sauce on the bottom of the pan. Place tortillas close together on top of sauce with the open end down into the sauce. Continue making them until all the filling is used. Pour the remaining sauce between and on top of each tortilla. Sprinkle with remaining cheese.
6. Bake covered 20 minutes. Cheese will melt as it is heated through.

Chef's Notes: To make Black Bean Quesadillas, follow directions up to step 2 omitting enchilada sauce. Place corn or flour tortilla in frying pan that has been coated with a little oil. Place 2-3 tablespoons of bean mixture on top of tortilla. Spread evenly and sprinkle with cheese. Place another tortilla on top. Cover fry pan and cook on medium heat for 2-3 minutes, flip and repeat on the other side. Remove, and slice into quarters and serve immediately. Add salsa for flavor.

Baked Sweet Potato Fries
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Side Dishes

Tangy Roasted Green Beans



Prep: 10 minutes

Cook: 15 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 pound green beans
- 3 tablespoons vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 3 tablespoons red wine vinegar

Optional

Try substituting soy sauce for the red wine vinegar for a different flavor. Substitute half of the green beans for yellow wax beans for a multi-colored dish.

1. Pre-heat oven to 400°.
2. Wash the green beans and drain. Using your fingers, pinch off the stem end of each bean. Place the beans in a bowl.
3. Add the oil and salt and pepper to the beans and mix well.
4. Spread the green beans onto a sheet pan in a single layer and sprinkle with 2 tablespoons of water.
5. Roast the beans for 12-15 minutes, until slightly golden and tender.
6. Sprinkle the vinegar over the green beans and serve.



Chef's Notes: This dish can be served hot or at room temperature.

Sweet & Spicy Roasted Cauliflower

Prep: 15 minutes

Cook: 20-25 minutes

Serves: 4-6



Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 large head cauliflower
- 3 tablespoons of vegetable oil
- 1 1/2 tablespoons soy sauce
- 2 cloves garlic chopped
- 1/4 teaspoon chili flakes
- 1 tablespoon honey
- 2 tablespoons chopped cilantro

Optional

Sprinkling chopped peanuts onto the cauliflower when done goes nicely with the marinade.



1. Pre-heat oven to 400°.
2. Wash the head of cauliflower and remove any leafy green leaves from the head. Cut the head in half, through the root end and break up the cauliflower florets or pieces, then using a knife cut these into consistent medium sized pieces and place into a large bowl.
3. In a small bowl, whisk together the oil, soy, garlic, chili flakes and honey.
4. Pour this mixture over the cauliflower and combine well.
5. Spread the cauliflower, evenly, onto a baking sheet and bake in the oven for 20-25 minutes. It's done when tender or when a fork can easily pierce the cauliflower.
6. If using cilantro, sprinkle on cauliflower after removing it from the oven.

Chef's Notes: Be aware when roasting anything with honey or sugar, it will brown quickly and might need to be stirred. Always check the oven at about the halfway point.

Smashed Yukon Gold Potatoes



Prep: 10 minutes

Cook: 25 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

8 Yukon gold potatoes medium sized washed
2 tablespoons of vinegar, red or white
2 tablespoons of butter
1 teaspoon of paprika
1 teaspoon of salt
1/4 teaspoon of black pepper

1. Place the potatoes in a large pot and cover with water; place on stove-top, high heat.
2. When the water comes to a rolling boil, lower the heat to a simmer.
3. Cook the potatoes until, when punctured with a knife, they slide off easily.
4. Drain the potatoes and place back into the same pot.
5. Add the rest of the ingredients and using a large fork or a potato masher, smash the potatoes until broken up and combined with the rest of the ingredients.
6. Taste and adjust if necessary.



Chef's Notes: These are delicious served alongside chicken, beef or pork!

Sautéed Greens



Prep: 15 minutes

Cook: 15 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

1 pound of greens, spinach, kale or chard
3 cloves of peeled garlic finely chopped
4 tablespoons vegetable oil
1/2 teaspoon salt
1/4 teaspoon black pepper

Optional

A nice addition to this dish is to add a splash of white or red vinegar at the very end of cooking, just about 2 tablespoons. Try adding a sprinkling of dried fruit, like raisins, at the end of cooking, especially if you added the vinegar. It creates a sweet and sour taste!



1. Remove the hard stems from the greens, discard.
2. Place the greens into a large bowl of cold water and move the greens around to remove the dirt. Lift the greens out and place into a strainer or colander and repeat with fresh clean cold water, until there is no longer any dirt in the bowl of water. Greens are often dirty so this is an important step.
3. Choose a large pot or pan and place on the stove using medium heat. Place a small amount of oil into the pan and carefully add some of the greens. Be careful, as the water on the greens might cause the oil to splatter. Sauté the greens in batches if they don't all fit into the pot/pan at one time. Stir the greens until wilted about 3-4 minutes.
4. Add the chopped garlic, lower the heat and cook until the greens are tender and excess water is gone, about 5-6 minutes.
5. Season with salt and pepper and serve while hot.

Chef's Notes: If you have a salad spinner, spin the cleaned greens, to remove excess water. If not, try to remove as much water as you can. Try not to over fill the pan/pot with your greens. It will slow down the cooking and the greens will release lots of moisture.

Roasted Autumn Vegetables with Couscous



Prep: 20 minutes

Cook: 20 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 cup of couscous
- 2 medium zucchini washed and cut into 1/2 inch pieces by cutting across the zucchini
- 1/2 pound of white button mushrooms wiped clean and cut in half
- 1 red pepper cut in half, remove the seeds and cut into 1/2 inch strips
- 2 medium carrots peeled and cut across into 1/2 inch pieces
- 1 red onion peeled, cut in half through the root end and then cut into 1/2 inch strips
- 3 tablespoons red wine vinegar
- 1/2 cup vegetable oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- Pinch of dried oregano



Optional

Any leftovers like cooked chicken or beans can be added for additional protein. Substitute any cooked pasta for the couscous.

1. Place the couscous in a bowl. Heat 1 cup of water in a pot on the stove. When it comes to a boil, pour it over the couscous and immediately cover the bowl with plastic wrap, or foil, or place a plate on the bowl, so that couscous absorbs the water, about 10 minutes.
2. Pre-heat oven to 400°.
3. Place all of the vegetables into a large bowl, drizzle with a little of the oil, season with salt and pepper and place a cookie sheet or in a roasting pan.
4. Roast the vegetables until soft and golden brown, approximately 20 minutes.
5. Place all of the roasted vegetables into a large bowl, uncover the couscous and add to the vegetables. Add the rest of the ingredients and mix well. Taste and adjust seasoning if needed.

Chef's Notes: This dish can be eaten hot or at room temperature.

Holiday Roasted Butternut Squash

Prep: 15 minutes

Cook: 40 minutes

Serves: 4



Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 medium butternut squash (about 2 pounds)
- 1 orange
- 1/2 cup of walnuts chopped
- 1 teaspoon dried sage
- 2 tablespoons of brown sugar
- 3 tablespoons of vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Optional

Acorn squash is a great alternative to the butternut squash; you can substitute maple syrup for the brown sugar; 1/4 cup dried fruit, such as cranberries or cherries can be tossed over.



1. Preheat oven to 375°.
2. Remove the zest, the colorful portion of the orange peel, using the small side of a cheese grater; cut the orange in half and squeeze the juice into a bowl, save for later use.
3. Rinse the squash and cut off the stem end and the root end. Using a vegetable peeler, peel the squash. Cut the squash in half, from top to bottom and scoop out the seeds, using a spoon.
4. Again, cut the squash in half to separate the neck of the squash from the rounded body of the squash. Cut both parts into similar sized chunks, 1/2 inch pieces.
5. Place the squash into a large bowl and add the vegetable oil, orange juice and orange zest, dried sage, brown sugar and salt and pepper, save the walnuts for later.
6. Place this mixture into an 11"x 7" baking dish and spread out. Put into the oven, until the squash is cooked through, tender and caramelized (approximately 40 minutes.) After the first 20 minutes, stir the mixture and then add the chopped walnuts, mix well.

Chef's Notes: Serve with your favorite roast or holiday meal. The addition of orange juice and brown sugar or maple syrup adds a level of sweetness to this dish, which goes well with the squash. However, it can burn if your oven is too hot, or in the oven too long, so pay attention to the time and temperature!

Baked Sweet Potato Fries



Prep: 15 minutes

Cook: 30 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

4 medium sweet potatoes
3 tablespoons vegetable oil
1 teaspoon salt
1/2 teaspoon black pepper

Optional

Paprika, cayenne, and cumin, in small amounts, would be delicious as additional seasonings. Russet potatoes can be substituted for the sweet potatoes.

1. Pre-heat oven to 425°.
2. Wash the sweet potatoes, pat dry with paper towels. Leaving the skin on, cut the sweet potatoes in half lengthwise.
3. Cut each half into 1/2 inch French fry-like strips.
4. Place all of the cut fries into a large bowl.
5. Toss the sweet potato fries with the oil and sprinkle the salt and pepper evenly over.
6. Spread out on a baking sheet or roasting pan in a single layer, and place in the oven.
7. Bake the potatoes for 20 minutes. Using a spatula turn fries over and bake for another 10-15 minutes, until the potatoes are tender and golden.



Chef's Notes: It's important that the potatoes bake in the oven in a single layer so that they get crisp. If the potatoes don't fit in a single layer, bake them in batches or on 2 different pans.

Vegetable Stir Fry with Teriyaki Sauce

Prep: 15 minutes

Cook: 10 minutes

Serves: 4-6



Chef Suzanne Landry

2 tablespoons vegetable oil
1 tablespoon dark toasted sesame oil
1/2 teaspoon sea salt
1 large carrot cut on a thin diagonal
1/2 red pepper
1/2 red cabbage sliced
1 stalk of broccoli cut into bite size pieces

Teriyaki Sauce

1/2 cup soy sauce
1/2 cup water
2 teaspoons cornstarch
1 teaspoon ginger juice, grated (see below) or 1
teaspoon dried ginger
1 garlic minced
1 tablespoon white vinegar
1 tablespoon sugar



1. For teriyaki sauce, combine soy sauce, water, and cornstarch in a small pot. Stir to dissolve. Add ginger juice, garlic, vinegar, and sugar. Simmer on low, while stirring, for 1-2 minutes or until it thickens. Remove from stove and set aside.
2. Preheat oils in frying pan. Add carrots and sauté for 2 minutes on medium-high heat. Add cabbage, and red pepper; cover and cook for 1-2 minutes.
3. Increase heat to high and wait a minute until the pan gets hot. Now add broccoli without stirring. Quickly add 2 tablespoons of cold water and salt to the pan and replace lid immediately. Cook at high heat for another 3 minutes. Broccoli will brighten in color but still feel firm when poked with a fork. Serve immediately.

Chef's Notes: Longest cooking vegetables: carrots cut diagonal or into matchsticks; string beans cut in half; red, green, or yellow bell peppers sliced; red or green cabbage sliced; broccoli cut into bite size pieces; cauliflower cut into bite size pieces. Quicker cooking vegetables: bok choy or napa cabbage sliced; green zucchini squash sliced diagonally or into matchsticks; yellow summer squash sliced diagonally or into matchsticks; snow peas or snap peas; mung bean sprouts; bok choy. For a hot and spicy sauce, add 1/4 teaspoon of hot red pepper flakes. For sweet and sour add 1 teaspoon of apple cider vinegar and 2 teaspoons of sugar to the sauce. You don't need to peel ginger. With a handheld cheese grater, grate ginger into a small ball of pulp. Squeeze this pulp in the palm of your hand into the sauce, and discard pulp.

Serve over brown rice. If you choose, you can add precooked chicken, shrimp, or beef during the last few minutes of cooking. This is an excellent way to get your family to eat more vegetables and less meat.



Salads

Tabouli Salad



Prep: 25 minutes

Cook: 20 minutes

Serves: 4

- 1/2 cup fine cracked bulgur wheat
- 1 large bunch flat leaf parsley finely chopped (about 1 1/2 cups)
- 1/2 cup fresh mint finely chopped
- 2 plum tomatoes chopped
- 1 cucumber washed, seeded and cut into 1/4 inch pieces
- 3 scallions chopped
- Juice of 1 small lemon about 2 tablespoons
- 3 tablespoons extra virgin olive oil, divided
- 1/2 teaspoon salt



1. Place the cracked wheat in a medium bowl, sprinkle with 1/2 teaspoon of salt, and cover with 3/4 cup of boiling water, cover with plastic wrap, and let sit for about 15 minutes until soft and most of the water is absorbed.
2. Drain any excess liquid from the softened cracked wheat, squeezing out with a paper towel if necessary. In a medium bowl, combine the bulgur wheat, parsley, mint, tomatoes, cucumber, scallions, lemon juice and olive oil. Toss thoroughly to combine and taste, adjust seasoning if needed.

Chef's Tip: You can expand this dish into an entrée by adding beans and roasted red peppers or chopped marinated artichoke hearts. Use any leftover mint to make refreshing flavored water or steep in hot water for tea.

Black Bean & Corn Salad



Prep: 20 minutes

Cook: 0 minutes

Serves: 4

Chef Suzanne Landry

2 cups black beans, precooked, or 1 can black beans
1/2 cup fresh or frozen corn defrosted to room temperature
1/2 red bell pepper chopped (about 1/2 cup)
4 scallions chopped (about 1/2 cup) use green and white parts
1/2 teaspoon hot red pepper flakes

DRESSING

1/4 cup extra virgin olive oil
2 tablespoons balsamic vinegar
1/2 teaspoon salt

Optional

1/3 cup cilantro, chopped



1. If you are using canned beans, drain and rinse beans.
2. Combine beans, corn, red bell pepper, scallions, and red pepper flakes in a medium bowl.
3. In a separate bowl, mix dressing ingredients. Toss dressing with bean mixture. Add cilantro if using and toss again. You can serve immediately or at a later time. Good for 4-5 days refrigerated.

Chef's Note: This is a hearty protein dish but can be enjoyed as a side dish with chicken or fish. This would also do well as a vegetarian entrée served on top of a bed of salad. All frozen vegetables are blanched before freezing, so no need to cook corn any further but some frozen vegetables might need 1-2 minutes more in cooking.

Billy Bean & Pasta Salad



Prep: 15 minutes

Cook: 15 minutes

Serves: 6-8

Chef Suzanne Landry

- 1 cup uncooked small whole grain pasta, such as penne, macaroni, or bow ties
- 1 cup string beans cut diagonally
- 1/4 cup red onion chopped
- 1/2 teaspoon sea salt
- 1 cup precooked kidney beans
- 1/2 cup scallions, both green and white parts chopped
- 1/2 cup celery chopped
- 1/4 cup red bell pepper seeded and chopped

Dressing

- 3 tablespoons red wine vinegar
- 1/4 cup olive oil
- 1/2 cup fresh dill chopped or 1 tablespoon dried
- 2 tablespoons water
- 1 teaspoon salt



1. Precook pasta according to package instructions. Rinse and drain.
2. In a small pot, bring 2 cups of water to a boil. Add string beans and boil for about 2 minutes or until tender, but still bright green. Remove from heat, drain, and rinse with cold water.
3. Slice celery lengthwise down the ribs twice so you have three long pieces. Then cut across the celery into small 1/2 inch pieces. Cut red bell pepper in half, remove the bitter white membrane and then cut thin into 1/2 inch slices down the length of the pepper. Now cut across the pepper strips to give you chopped pieces.
4. In a large bowl, toss pasta, beans, string beans, celery, red bell pepper, scallions, and onions together.
5. In a separate bowl, mix all dressing ingredients together. Toss with pasta salad and either serve immediately or refrigerate for an hour to blend flavors.

Chef's Notes: Pasta and noodles are interchangeable. Noodles are usually rolled and cut and result in long bands or thin rods and can be made from rice flour, mung bean starch, or buckwheat flour. Pasta is much lighter and under Italian law should be made with only durum wheat. Pasta can be made into many shapes and the dough is often extruded as in macaroni, fusilli, and spatzle.

Cucumber, Celery, Radish Salad with Button Mushrooms



Prep: 20 minutes

Cook: 0 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 2 cucumbers washed, cut in half lengthwise and cut into 1/4 inch slices
- 2 stalks of celery washed and cut across into 1/4 inch slices
- 8 radishes washed, trimmed and quartered
- 8 white button mushrooms washed, cut in half and thinly sliced

Dressing

- Juice of 1 lemon (about 2 tablespoons)
- 1/3 cup vegetable oil
- 1 teaspoon of salt
- 1/8 teaspoon of ground black pepper

Optional

- 1/2 cup of parsley leaves
- 1/2 cup of cheese of your choice: mozzarella, cheddar, or feta



1. In a small bowl, mix together the salad dressing ingredients.
2. In a separate bowl, place the cucumbers, celery, radishes and mushrooms, mix to combine. (If using the optional ingredients, add them here).
3. Gradually add the salad dressing and mix to coat the cut-up vegetables. Toss gently so you don't bruise the vegetables.
4. Taste and adjust the seasoning if necessary.

Chicken Taco Salad



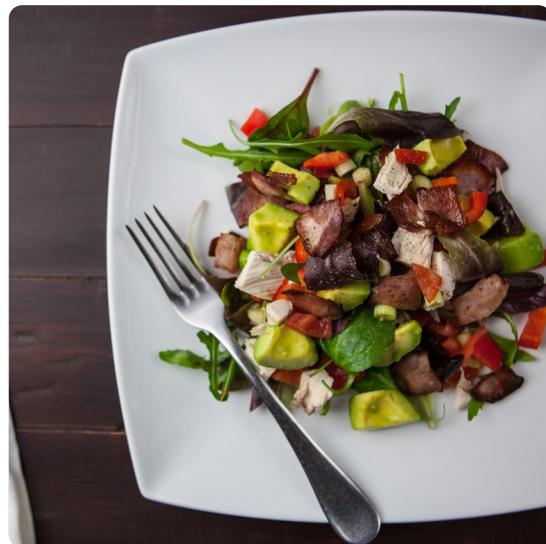
Prep: 20 minutes

Cook: 30 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 4 (6-inch) corn tortillas cut into 1/2 inch strips
- 3 tablespoons vegetable oil
- Zest and juice of 2 limes
- 1 tablespoon of salt
- 1/4 teaspoon black pepper
- 1 15 ounce can black beans drained and rinsed
- 1 cup fresh or frozen corn (if fresh, cook the corn ahead)
- 2 tomatoes chopped
- 1 jalapeño pepper seeded and finely chopped
- 1/2 head of iceberg or romaine lettuce washed, dried and shredded
- 2 chicken breasts, skinless and boneless
- 1 cup grated cheese, cheddar or Monterey Jack



Optional

Store bought corn tortilla chips can replace the corn tortillas in the recipe. Pinto beans can replace the black beans. Ground beef can be browned, drained and used in place of the chicken breasts.

1. Pre-heat the oven to 375° F.
2. In a bowl, toss the tortilla strips with 1 tablespoon of the oil, spread in a single layer on a cookie sheet and bake for 10 minutes till crisp. Remove, let cool, and set aside.
3. While these are cooking, place the chicken breasts in a bowl and add 1 tablespoon of oil, a pinch of salt, some of the lime juice. Mix to combine. Place the chicken breasts in another pan and place in the oven, for approximately 15 minutes (depending on their thickness), until no longer pink.
4. Meanwhile, toss the beans, corn, tomatoes, jalapeño, with the remaining tablespoon of oil, salt, pepper, zest and lime juice, in a medium bowl, let marinate for 10 minutes.
5. When the chicken is done, cool slightly, and cut into thin strips or pull apart to shred.
6. Divide the lettuce into 4 bowls, top with the bean mixture, shredded chicken, cheese and tortilla strips.

Classic Coleslaw



Prep: 20 minutes

Cook: 0 minutes

Yield: 6-8 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 cup of vegetable oil
- 1/2 cup of white wine vinegar
- 1 tablespoon of sugar
- 1 tablespoon of mustard
- 1/2 teaspoon celery seed
- 1/2 teaspoon of salt
- 1/4 teaspoon black pepper
- 1 medium head of white cabbage
- 2 medium carrots peeled and grated on the large holes of a box grater

Optional

Purple cabbage can be substituted or combined for a more festive looking slaw. Many different flavor variations can be achieved by adding any chopped fresh herbs you like or a small amount of a spice, like paprika or cumin. Use 2 stalks of thinly sliced celery in place of the celery seeds to keep that classic taste.



1. In a medium bowl, blend together the vegetable oil, vinegar, sugar, mustard, celery seed, salt, and pepper.
2. Rinse the cabbage and cut in half, through the root end. Place the flat side of the cabbage on a cutting board and thinly slice the cabbage. Continue until all of the cabbage is thinly sliced and place into a large mixing bowl. Add in the carrots and toss to combine.
3. Drizzle the dressing over the slaw and toss well to combine.

Chef's Notes: Coleslaw can be served as a side dish or as a delicious and crunchy condiment on a sandwich.

Fiesta Quinoa Salad



Prep: 30 minutes

Cook: 20 minutes

Serves: 6

Chef Suzanne Landry

- 1 cup quinoa uncooked
- 1/4 teaspoon salt
- 1 medium tomato (about 1 cup cubed)
- 1 stalk celery chopped, see instructions below (about 1/2 cup)
- 1/2 cucumber peeled and chopped (about 1/2 cup)
- 4 scallions diced (about 1/2 cup) use both white and green parts
- 1/2 cup fresh cleaned and chopped cilantro
- 1/2 cup fresh or frozen corn blanched
- 1/2 cup cooked black beans rinsed and drained
- 1/4 cup black olives rinsed, pitted and diced (Kalamata are the best!)



Dressing

- 1/4 cup olive oil
- 1 teaspoon hot red pepper flakes (or more to taste)
- 2 tablespoons red wine vinegar or 1/4 cup fresh lemon juice
- 1/2 teaspoon salt

1. Boil 2 cups water and add salt. Thoroughly rinse and drain quinoa in strainer. Place in boiling water, cover, and reduce heat to medium-low. Cook for 20 minutes or until grain is fluffed and water is absorbed. Remove quinoa from pot into a large bowl; allow to cool before adding vegetables.
2. To cut tomatoes into cubes, slice tomatoes into 1/2-inch slices and remove most of the seeds. Then cut tomatoes into sticks and crosswise into 1/2 inch cubes. This will give you evenly sized tomato pieces that won't get mushy if the salad isn't eaten right away.
3. Cut celery by slicing down the rib in the center of the stalk. If the stalk is large you might want to cut it in thirds. Then cut crosswise into 1/2 inch pieces.
4. Slice cucumber lengthwise into 4 strips and then remove center seeds. Chop these strips into 1/2 inch pieces.
5. Remove root ends of scallions and cross chop into 1/4 inch pieces.
6. Toss cooled quinoa with all prepared vegetables, beans, and olives.
7. Mix vinegar, oil, hot pepper flakes, and salt together in a bowl. Toss lightly with salad.
8. Refrigerate for an hour before serving. This will last 5 days in the refrigerator.

Chef's Notes: Absolutely one of the most loved salads by my clients, students, family, and friends!

I use leftover salad in my scrambled eggs! Just before the eggs set hard, I add 1/4 cup or so of this salad and stir until eggs set. Top with shredded cheese too!

Ginger Soy Chicken Salad

Prep: 10-20 minutes Cook: 20 minutes Serves: 2-4



Chef Suzanne Landry

- 2 skinless, boneless chicken breasts, or leftover chicken
- 1 medium carrot, sliced into matchsticks or shredded
- 2 stalks of bok choy, chopped with leaves
- 1/4 cup each of red and green cabbage, chopped
- 1/2 medium red bell pepper, chopped
- 1/2 cup snow or snap peas
- 1/4 cup slivered almonds or unsalted peanuts

Dressing

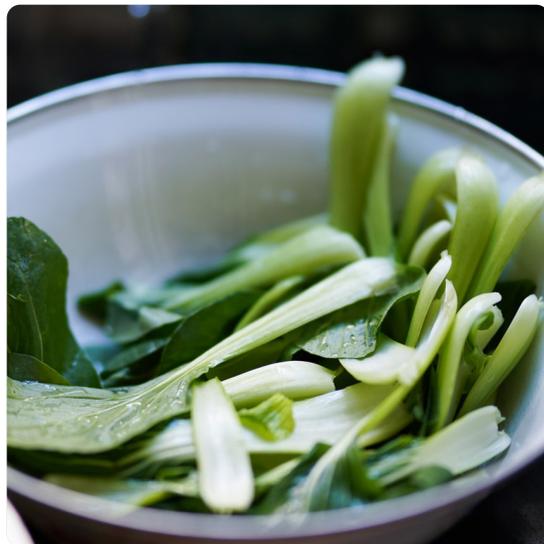
- 2 tablespoons orange juice
- 2 tablespoons soy sauce
- 2 tablespoons light vegetable oil
- 1 teaspoon toasted sesame oil
- 1 teaspoon dried ginger

Optional

- 1 cup mung bean sprouts
- Other protein options are firm tofu, cut into cubes, or cooked shrimp.

1. Pan-fry chicken until no longer pink, about 4-5 minutes on each side. Once chicken has cooled, cut into bite-size pieces, or use precooked leftover chicken.
2. Clean, slice or chop, and toss vegetables together.
3. Combine vegetable and dressing, toss with chicken and top with almonds or peanuts.

Chef's Notes: To juice ginger, use a handheld cheese grater and grate ginger with skin until you get a small ball size. Squeeze this ball in the palm of your hand into a small bowl. Measure out from there. If the ginger is old or dehydrated this will not work well. If you don't have a grater, you can then peel, slice thin and mince ginger and add to dressing.



Fudgy Brownies
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Desserts

Quick Rice Pudding



Prep: 15 minutes

Cook: 35 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

1 1/2 cups cooked rice
2 cups milk
1/2 cup sugar
1/2 teaspoon vanilla extract
1 egg yolk
1/2 teaspoon cinnamon for dusting

Optional

Add a 1/4 cup of raisins or dried cranberries when you first add the milk for an additional chewy sweetness. Orange or lemon zest is a nice flavor for the rice pudding. Using a cheese grater, grate some of the zest into the pudding while cooking.



1. Place the cooked rice into a saucepan or pot and add 1 1/2 cups of milk, reserving 1/2 cup for later. Add the sugar and stir ingredients together well.
2. Place on the stove, low heat and slowly bring this mixture to a simmer, about 15 minutes, allowing the starch from the rice to mix with the milk. Continue cooking for approx. 15 minutes.
3. In a small bowl stir together the 1/2 cup of reserved milk, the egg yolk and the vanilla.
4. Pour into the rice and stir vigorously to combine. Cook for 3 minutes, while stirring. Once it comes back to a simmer, remove from the heat and let cool. Refrigerate until ready to serve.
5. Spoon into 1 serving bowl or 4 small bowls and sprinkle with cinnamon.

Chef's Notes: If you don't have any cooked rice, place 1 cup of rice and 2 cups of water on the stove. Bring to a boil, lower to a simmer, cover and cook for 17-20 minutes. 1 cup of uncooked rice yields 3 cups of cooked rice, so you will have some extra for another use. Make sure to stir the rice pudding while cooking, so it doesn't stick or burn.

Mix-in Oatmeal Cookies



Prep: 45 minutes

Cook: 12 minutes

Serves: 18-22 cookies

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1/2 cup unsalted butter softened to room temperature
- 1 cup packed light or dark brown sugar
- 1 large egg at room temperature
- 2 teaspoons vanilla extract
- 1 1/2 cups old fashioned whole rolled oats
- 1 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups of additional ingredients, such as chocolate chips, raisins, chopped nuts, or sweet shredded coconut



1. Preheat oven to 325°. Line baking sheets with parchment paper.
2. In a medium bowl, toss the oats, flour, cinnamon, baking soda, and salt together. Set aside.
3. Using a hand mixer or a stand mixer fitted with paddle attachment, cream the softened butter and sugar together on medium speed until smooth. Add the egg and mix on high until combined, about 1 minute, scraping down the sides and bottom of the bowl as needed. Add the vanilla and mix on high until combined.
4. Add the oats and flour mixture and mix until well combined. Fold in your chosen additional ingredients until well combined (dough will be stiff) and chill the dough for 30 minutes.
5. Roll balls of dough, about 1 1/2 to 2 tablespoons of dough per cookie, and place 2 inches apart on the baking sheets. Bake for 10-11 minutes until very lightly browned on the sides. The centers will appear soft. Remove from the oven and let cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Chef's Notes: These cookies freeze well once rolled. Bake them about 1 minute longer from the frozen state.

Fudgy Brownies



Prep: 15 minutes

Cook: 30 minutes

Serves: (24) 2-in squares

12 ounces (3 sticks) butter
1 cup cocoa powder
2 3/4 cup white sugar
5 large eggs
2 teaspoons vanilla extract
1 2/3 cups all-purpose flour

Optional

For a bit of texture, flavor, and protein add a cup of chopped nuts to the batter.

1. Preheat oven to 325°.
2. Butter a 13"x 9" baking dish and set aside.
3. In a medium saucepan melt butter over medium heat.
Remove from heat.
4. Blend (with a whisk if you have one) cocoa powder and sugar until smooth. Let mixture cool until pan is no longer hot to the touch.
5. Blend in eggs one at a time until smooth and fully incorporated; add vanilla and whisk.
6. Stir until there are no more lumps.
7. Pour into pan and smooth out the top.
8. Bake in center of the oven until toothpick inserted in the middle comes out with a few crumbs clinging to it but not gooey.
9. Allow to cool and cut into 2-inch squares.



Chef's Notes: These are the easiest and yummiest brownies and they keep well in an airtight container in the refrigerator for up to one week. Of course, they are delicious with ice cream or for an elegant dessert served with some fresh berries and whipped cream.

Seasonal Fresh Fruit Crisp



Prep: 20 minutes

Cook: 30 minutes

Serves: 9

Chef: Suzanne Landry

2 cups quick cooking oats
1/3 cup whole wheat flour or unbleached flour
6 tablespoons butter, cut into very small pieces
2 tablespoons corn starch
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/3 cup maple syrup
1/4 cup brown sugar or more to taste
1/2 cup walnuts, chopped

Fruit Filling

4 cups of blueberries (or a mix of raspberries, blackberries and blueberries) or sliced apples, plums, peaches, or cherries or whatever is in season
1/4 cup sugar
2 tablespoons of cornstarch



1. Preheat oven to 350°.
2. Measure, rinse and drain fruit. Place fruit at the bottom of an 8"x 8" baking pan, sprinkle with sugar and cornstarch. Toss to mix.
3. If you are using fresh very ripe, juicy fruit or frozen fruit, use 3 tablespoons of cornstarch to bind the fruit together.
4. Toss oats, flour, salt, cinnamon, and brown sugar together.
5. Use two knives or a pastry blender to cut the 6 tablespoons of butter into the flour until you have little tiny clumps/beads of butter.
6. When butter is evenly mixed, add maple syrup and gently toss to combine. DO NOT over mix and smash this mixture. It should be lumpy. Now gently mix in chopped walnuts.
7. Layer this over fruit and place in oven, uncovered, for 30 minutes or until crisp is a little golden brown.

Chef's Notes: Instead of your own crisp topping you can use your favorite prepared store-bought granola. Sprinkle that on your prepared fruit. Bake in the oven covered with aluminum foil for 25 minutes or until fruit is tender but still holding together. It will dry out too much and burn if it is not covered.



Nutrition



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GENERAL Nutrition



VEGETABLES

The more the better! Eat a variety of vegetables. Choose uncooked, sautéed or grilled when possible.

NON-STARCHY
VEGETABLES

STARCHY
VEGETABLES
OR WHOLE
GRAINS

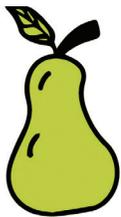
STARCHES & GRAINS

Vegetables like potatoes, carrots, or corn. Eat a variety of whole grains. Limit refined grains.

PROTEIN
RICH FOODS

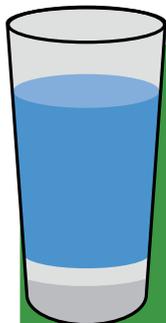
PROTEIN

Choose beans, nuts, fish, beef, pork, or poultry. Choose items without additives when possible. Some cheeses and yogurts are high in protein as well!



FRUIT (2-4 servings/day)

Fruit makes a great snack. Whole fruit is a better choice than juice. Vary the colors of the fruits you eat!



FLUIDS

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy, juice, and sugary drinks.

OILS & FATS

Use oils with unsaturated fat; like olive oil. Oils are high in calories, so use sparingly. Use oils for salad dressings or cookings. Limit saturated fat intake.



STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

Get fruits & vegetables home and in the fridge in 2 hours or less

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

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Accessible version: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



SUGAR is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Added sugars give these items a sweet taste. Many people consume too many of their daily calories from added sugar, which can poorly impact your health.

ADDED SUGAR

Desserts, soft drinks, fruit drinks, coffee drinks, crackers, cereal, pizza, pasta sauces, condiments, yogurt often have added sugar.

Identify if a food has added sugar, versus naturally occurring sugar, by using the Nutrition Facts panel on the package of the food. Look for "total carbohydrates" and "added sugars". The ingredients that appear first are in the largest amount. It's not necessary to avoid all sources of added sugars. The challenge is that many of us include too many sources of added sugars or eat and drink larger amounts than is recommended.

HELLO, MY NAME IS SUGAR

I also go by....

- Brown sugar
- Maltose
- Corn syrup
- Sorbitol
- Dextrose
- Fructose
- Molasses
- Sucrose
- Honey
- Maple syrup
- High fructose corn syrup
- White granulated sugar

NATURALLY EXISTING SUGAR

Sources of added sugars often lack nutrients needed for good health. Foods with naturally occurring sugar usually come with vitamins and minerals (which increases the nutrient density of the food). These foods also have fiber which slows the absorption of sugar and helps to control blood sugar.



Sugar should make up no more than 10% of your calories. Based on a 2000 calorie diet that's less than 13.3 tsp of sugar per day. Average daily intake of sugar for Americans is currently 42.5 tsp

HOW TO REDUCE YOUR SUGAR INTAKE

- Check the label! Choose foods that are lower in or do not contain any added sugar.
- Sweeten low-fat plain yogurt with fresh, frozen, or canned fruit in place of fruit flavored yogurt.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk, and yogurt in place of ice cream.
- Drink water or seltzer instead of sweetened beverages, like soda, energy, and sports drinks.
- Consume smaller portions of foods that are higher in sugar.



Adapted from



Navigating Salt



EATING RIGHT with less salt. Most Americans are getting too much sodium from the foods they eat. And, the sodium in salt plays a role in high blood pressure, which is also known as hypertension.

THE 2015-2020 DIETARY GUIDELINES FOR AMERICANS recommends that adults and children ages 14 years and older reduce their sodium intake to less than 2,300 milligrams a day. Adults with hypertension are encouraged to reduced their intake further to 1,500 mg per day, since that can help to reduce blood pressure.



TIPS TO REDUCE SODIUM

- 1 FOCUS ON FRESH** Many foods in their original form: fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt, and grains are naturally low in sodium. Include these foods in snacks and meals more often.
- 2 COOK AT HOME** Enjoy home-prepared foods and be in control of the amount of salt
- 3 READ THE NUTRITION FACTS LABEL AND INGREDIENTS LIST** Find packaged and canned foods low in sodium and use caution with condiments. Foods like soy sauce, ketchup, pickles, olives, salad dressing and seasoning packets are high in sodium.
- 4 EAT PROCESSED AND PREPARED FOODS LESS OFTEN** Highly processed and ready to eat foods tend to be high in sodium. Eat these foods only occasionally or in smaller amounts. Cheesy food (pizza); cured meats (bacon, sausage, or deli meats); and ready to eat foods, (canned chili, soups, and flavored noodles). "Diluting" these foods with vegetables while maintaining portion size, can increase the nutrient content, reduce sodium, stretch a meal, and be budget friendly.
- 5 TRY NEW FLAVORS** Skip the salt and try salt-free seasonings such as herbs, spices, garlic, pepper, or lemon juice.

HERB BLEND

1/4 c dried parsley, 2 TBSP dried tarragon, 1 TBSP each of oregano, dill weed, and celery flakes.

MEDITERRANEAN BLEND

2 tbsp dried basil, 2 tbsp marjoram, 1 tsp garlic powder, 1 tsp oregano, 2 tsp thyme, 2 tsp rosemary, and 2 tsp crushed red pepper.

CHILI BLEND

1/2 c chili powder, 1 tbsp each of cumin & onion powder, 1 tsp each of oregano, garlic powder, cayenne, and 1/2 tsp cinnamon.



SHOP SMART

Become a smart shopper by reading food labels to find out more about the foods you eat.

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
- Compare similar foods to find out which one is a more suitable choice for your personal nutrition plan.
- Use the label to critical think about nutrient density of the food.

SERVING SIZE

- Look here for both the number of servings in the package and the serving size of one portion.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a diet of other people's misdeeds.	
Your daily intake may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 26g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

PACKAGING TERMINOLOGY

LOW CALORIE
< 40 calories per serving

LOW CHOLESTEROL
< 20mg of cholesterol (and < 2g of saturated fat)

REDUCED 25% less of the specified nutrient or calories than the usual product.

GOOD SOURCE Provides at least 10% of the daily value of a particular nutrient per serving.

FAT/SUGAR FREE
< .5g of fat or sugar per serving

LOW SODIUM
< 140mg of sodium per serving

HIGH: Provides 20% or more of the daily value of a specified nutrient per serving.

PERCENT DAILY VALUES

- Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan.
- 5% or less is low- try to aim low in saturated fat, trans fat, cholesterol, and sodium.
- 20% or more is high- try to aim high in vitamins, minerals, and dietary fiber.
- Limit added sugars to less than 10% of total calories daily.

CHECK THE INGREDIENT LIST

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.

WASTED FOOD IS WASTED MONEY

It's been estimated that Americans throw away 90 billions pounds of food each year either at home or when eating out. The amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields. Americans throw away about 19% of vegetables and 14% of fruits they buy. Not all food that is wasted can be saved or eaten, but it's been proven that a lot of food waste could be prevented, especially at home. Reducing food waste means stretching your meals and your dollar.

TIPS FOR REDUCING FOOD WASTE

PLAN AHEAD

- Look in the refrigerator, freezer, and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount that can be eaten or frozen within a few days. Especially perishable foods, like fresh fruits, vegetables, meats, and dairy.

GET CREATIVE

- Transform meals into soups, salads, or sandwiches using leftovers.
- Pack leftovers for lunch the next day
- Combine to make soup, freeze, and enjoy at a later date.

MASTER THE SHELF LIFE

- Dates listed on the package don't all mean the same thing. Take note of packages that say "Use by", "best by", and "best before".
- "Sell by" dates are displayed on perishable foods. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

PRACTICE FOOD SAFETY

- Don't risk eating or drinking anything that you suspect has spoiled. Try using the "Is My Food Safe" app if you have questions.
- Eat leftovers within 3 to 4 days.
- Store foods in the pantry so that products with closer dates are up front.
- Place foods that could spoil quickly within sight, such as in front of the refrigerator.

GO FURTHER WITH FOOD

- Be mindful of portion sizes.
- Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container.
- Consider composting

40%
OF FOOD IS WASTED

Eat the Rainbow



EAT A VARIETY OF VEGETABLES AND FRUITS

Challenge yourself to eating fruits and vegetables in all the different colors! There are many benefits to varying your vegetables and fruits: improved memory, sharper vision, strengthened immune system, lower risk for certain cancers, aging healthfully- the list goes on! To get the full benefits, eating the rainbow is key.

RED



Beets, Cherries, raspberries,
strawberries, tomatoes,
red peppers

Associated with a healthy heart, needed for cell communication, and lowers risk for some cancers

WHITE



Cauliflower, coconut,
garlic, onion, banana,
Salad turnips

For a healthy heart and good muscle function

ORANGE



Carrots, apricots, oranges,
squash, sweet potato,
orange peppers

Good for your immune system,
for joint health, and your skin

GREEN



Leafy greens, avocado, green
pepper, broccoli,
asparagus, cabbage

Helps tissues regenerate, helps prevent
sickness, strengthens teeth and bones, and
reduces risk for some cancers

YELLOW



Corn, lemon, pineapple,
yellow peppers, SQUASH
yellow beets

Good for your immune system,
and lowers risk for some cancers

BLUE/PURPLE



Blueberries, blackberries, grapes,
plums, eggplant,
purple cabbage

For healthy aging, improves memory,
protects cells from damage

Eat More Vegetables & Fruits



- **PACK PORTABLE** easy-to-eat fruits and vegetables in your work or school bag.
- **CHOOSE VEGETARIAN** meals once a week such as vegetable lasagna, portobello mushroom “burgers” or grilled veggie kabobs.
- **FILL A SANDWICH** with veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini.
- **READY TO MUNCH** Make adding fruits and veggies to meals handy by cutting them up and keeping them in the fridge.
- **ADD TO BREAKFAST** Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions.
- **ENJOY** fruit for dessert.
- **MAKE IT FUN** Pick out a new fruit or vegetable in the grocery store each week. Try a new method to cook or prepare it.
- **EAT THE RAINBOW** A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.
- **ADD IT ON** Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
- **WRAP 'EM UP** Make a veggie wrap with roasted vegetables.
- **TACK IT ON** Add a handful of leafy greens to every meal. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.



Storing Vegetables & Fruits



TAKING CARE TO STORE YOUR PRODUCE PROPERLY ENSURES

- Vitamins and minerals stay intact longer
 - Less food waste
 - Increased life of food
 - Less money spent on food
- Which means you eat more nutrients
- Which means you are able to stretch your produce across meals more easily



WASH BEFORE EATING

Wash your produce under running water and gently rub to loosen dirt. Do not use soap. Use a colander for delicate produce and a brush for tough produce. If your produce should be stored dry, wait to wash it until you prepare your meal. Washing produce reduces the risk of food-borne illness especially when eating uncooked food.

COLD DRY

Refrigerate these vegetables and fruits in a plastic bag or container that is slightly open to prevent condensation.

COLD MOIST

Refrigerate these vegetables in a plastic bag or container with a bit of moisture, like a damp paper towel.

ROOM TEMPERATURE

Store these vegetables and fruits out of the sun and in an open container.

FRUITS	KEEPS FOR	COLD DRY	COLD MOIST	ROOM TEMP	NOTES
Apples	weeks	•			Wash before consuming
Berries & Cherries	3-5 days	•			Wash right before consuming
Grapes	5-7 days	•			Wash right before consuming
Melons	5-7 days	•			Ripen at room temp
Peaches & Plums	3-5 days	•			Ripen at room temp
Pears	5-7 days	•			Ripen at room temp

Storing Vegetables & Fruits



VEGETABLES	KEEPS FOR	COLD DRY	COLD MOIST	ROOM TEMP	NOTES
Asparagus	1 week		•		Stand in water
Basil	3-5 days			•	Store dry in bag or stand in water
Beans	5-7 days	•			Store in a bag in the fridge
Broccoli	3-7 days		•		Store in a bag in the fridge
Brussels Sprouts	weeks		•		Store off the stalk
Cabbage	weeks		•		Remove wilted leaves
Cauliflower	3-7 days		•		Store in a bag in the fridge
Celery	weeks		•		Store in a bag in the fridge
Cilantro	1 week		•		Store with stems in water
Corn	3-5 days		•		Keep husk on
Cucumbers	1 week	•			Keep cool
Eggplant	3-5 days	•			Can be stored dry or fridge
Garlic (dry)	months			•	Store in the dark
Leafy Greens	3-7 days		•		Lettuce, kale, etc.
Leeks	weeks	•			Cut horizontal and clean
Onions (dry)	months			•	Store in the dark
Onions (green)	weeks	•			Store in a bag in the fridge
Parsley	1 week		•		Store with stems in water
Peas	3-5 days	•			Keep cool
Peppers	1 week	•			Store dry and cool
Potatoes	months			•	Store in the dark
Root and bulbs	weeks		•		Store dry and cool
Summer squash	5-7 days	•			Includes zucchini
Tomatoes	3 days			•	Can be stored dry or in the fridge
Winter squash	months			•	Store dry



CULINARY SKILLS



Adapted from



How to Substitute Vegetables



You may not always have or be able to shop for specific items. Use the table below to guide which vegetables are interchangeable. Vegetables within the same row provide similar flavor profiles and have similar culinary properties.



HEAVY GREENS kale, chard, collard greens, bok choy, cabbage

TENDER GREENS lettuce, mustard greens, spinach, baby greens, arugula

HERBS (SWEET) basil, parsley, fennel, cilantro, mint, oregano

HERBS (SAVORY) rosemary, thyme, sage

ALLIUMS garlic, leeks, onions, shallots

ROOTS (SOFT) potato, sweet potato, carrots, parsnip, celeriac, winter squash

ROOT (FIRM) Beets, turnips, radish, rutabega, celeriac, kohlrabi, broccoli, cauliflower stems

TENDER THINGS beans, garlic scapes, asparagus, broccolini

STALKS celery, fennel, stems from heavy greens

BRASSICA BITS broccoli, cauliflower, brussel sprouts

TOMATOES tomatoes, tomatillos

SWEET / CRISPY sweet corn, sweet peppers, apples, asian pears, grapes, summer squash, cucumber, sweet onions

FRESH / CRISPY summer squash, cucumber

MIX AND MATCH THESE CATEGORIES TO CREATE YOUR OWN SMOOTHIES

This is a great way to eat more vegetables and fruits and makes a great breakfast or lunch. If you have extra vegetables and fruits freeze them for a quick delicious meal. A word of caution: not all smoothies are healthy. In fact, most are not suitable as complete meals. Many smoothies have a low nutrient density, and contain added sugars and/or artificial sweeteners. Follow the guide below to create a nutritious and delicious smoothie.

1 VEGETABLES & FRUITS

Yum! Add at least 1/2 cup of your favorite vegetables and fruit to start your smoothie.

IDEAS: BANANA, STRAWBERRIES, KALE, SPINACH, PEACHES, MANGOES, RASPBERRIES.

2 LIQUID

Using more liquids will thin out your smoothie. 1/2 cup-1 cup works best, but it's up to you how thick you like your smoothies to be.

IDEAS: MILK, SOY MILK, ALMOND MILK, OR WATER.

3 PROTEIN

Add a little protein to power your smoothie. Use caution though- a little can go a long way. 2 TB of peanut butter adds protein, flavor, and about 200 calories.

IDEAS: NUT OR SEED BUTTERS, TOFU, POWDERED PROTEIN MIX.

4 THICKENER

If you like a creamier consistency, using a thickener will help.

IDEAS: ICE, YOGURT, OATS, GROUND FLAX SEED OR CHIA.

5 FLAVORINGS

If you want to kick up the flavor, consider adding a flavoring to your smoothie.

IDEAS: STEVIA, CINNAMON, VANILLA, GINGER, MINT, HONEY, COCONUT FLAKES, COCOA POWDER





PREPARING GREENS

Separate Stems: Cut out the stem with a knife or strip off the leaf with your hands. Stems can be eaten but need more time to cook to become tender. Cut them into thin pieces and start cooking them before the rest of the leaf.

Chop leaves: Stack the leaves and cut them into bite-sized pieces.

Wash leaves: Rinse in a colander under running water without soap. Dry with a spinner or towel.

STIR FRY

Best For: Asian Greens (such as Bok Choy) and Cabbage

How: Heat oil in a large pan over high heat.

Cook greens for 1 minute or until tender.

Notes: This is the fastest and hottest method.

It browns greens and preserves the crunch

SAUTÉ

Best For: Arugula, Beet Greens, Chard, and Spinach

How: Heat oil in a large pan over medium-high heat.

Add greens and stir often. Cook until wilted (2-5 minutes)

Notes: This fast method uses higher heat to cook juicy greens so they do not become soggy.

FAST BRAISE

Best For: Cabbage

How: Heat oil in a large pot over medium heat.

Add thinly chopped greens and stir often until lightly browned. Add 1/2 cup liquid for every pound of greens. Simmer covered until wilted.

Notes: This method is good for cabbage because it can be easily overcooked and cause unpleasant odors.

PAN STEAM

Best For: Collards, Kale, Mustard, Radish, and Turnip Greens

How: Heat oil in large pot over medium heat.

Add greens wet. Cover and cook until wilted (5-10 minutes).

Notes: This fast method preserves the hearty texture and flavor.

SOUP OR STEW

Best For: All

How: Add greens last to simmering soup, broth, or stew. Cook 1-2 minutes for stronger texture.

Or up to 20 for limp and tender.

Notes: This easy method allows you to cook until the greens taste best to you.

USE BUTTER OR OIL

For every pound of greens use 2 tablespoons. This can enhance flavor and prevent burning.

ADD FLAVOR

Start by cooking onion, leek, or garlic in the pan. Cook your greens, then add salt, herbs, or spices.



How to: Build a Salad



BUILDING A SALAD CAN BE EASY. This flowchart can help you build a salad with what you may have on hand. Try to add a salad, even a handful of greens, to every meal. Or even just one meal a day. This flowchart will help you create 4 servings. Modify the volume of each category to make less or more.



How to: Build Salad Dressing



- **START** by adding 1 tablespoon of your acidic (sour) ingredient
- **ADD** 3 times more of your fat of choice (olive oil, mayonnaise, avocado)
- **ADD** a small pinch of salt or sweetness
- **ADD** additional flavor accents, such as basil, dill, or citrus zest
- **SHAKE** until well mixed. Taste with salad greens and adjust flavor if needed

OUR FAVORITE COMBINATIONS	
GREEK	2 tsp red wine vinegar, 2 tbsp. extra-virgin olive oil, a pinch of salt and a pinch of sugar and chopped fresh basil
RASPBERRY BALSAMIC VINAIGRETTE	2 tsp balsamic vinegar with a few muddled raspberries, 2 tbsp. extra-virgin olive oil, a pinch of salt, pepper and garlic powder, ½ tsp Dijon mustard
VINAIGRETTE	2 tsp red wine vinegar, 2 tbsp. canola oil, a pinch of salt and black pepper and minced shallot
ITALIAN	2 tsp red wine vinegar, 2 tbsp. extra-virgin olive oil, a pinch of salt and 1 tbsp. of chopped fresh Italian parsley and minced garlic
SESAME DRESSING	2 tsp balsamic vinegar, 2 tbsp. sesame oil, 1 tbsp. of soy sauce, a pinch of ginger, and minced garlic, toasted sesame seeds optional
CAESAR DRESSING	2 tsp balsamic vinegar, 2 tbsp. extra-virgin olive oil, pinch of salt, pepper and garlic powder, 1 tsp of honey, 1 tsp of honey, 2 tbsp. grated parmesan cheese
BLUE CHEESE	1 tsp red wine vinegar, 1tbsp. sour cream or greek yogurt, 4 tbsp. mayonnaise, ¼ tsp Dijon mustard, 2 tbsp. crumbled blue cheese
CILANTRO DRESSING	2 tsp balsamic vinegar, 2 tbsp. lime juice, 2 tbsp. extra-virgin olive oil, pinch of salt and pepper, 1 tsp of honey, 1 tbsp. of chopped fresh cilantro and minced garlic
TOMATO BASIL VINAIGRETTE	2 tsp red wine vinegar, ¼ chopped seeded plum tomatoes, 2 tbsp. extra-virgin olive oil, pinch of salt and pepper, 1 tsp chopped fresh basil, and minced garlic
HONEY MUSTARD	2 tsp balsamic vinegar, 2 tbsp. extra-virgin olive oil, 1 tsp of honey, 1 tbsp. Dijon Mustard



How to: Roast Vegetables



PREHEAT OVEN TO 450°F

1 High heat makes vegetables crisp and caramelized

PREPARE VEGETABLES

2 Cut your vegetables. Make every piece the same thickness: about 3/4 inch thick.

ADD FLAVOR

Toss vegetables in:

- 2 TBS oil, butter, or fat
- 1/2 TSP salt
- Herbs and spices

3

READY WHEN SOFT

6 Test with a fork. They should be browned and crispy on the outside and soft on the inside.

STIR HALFWAY

5 Stir your vegetables, turning them over to ensure even cooking.

ROAST IN BATCHES

4 See roasting times. Roast in a single layer on baking sheet.

Too many layers causes mushiness





How to: Roast Vegetables

ROASTING TIME	
SHORT 10-20 minutes	Asparagus, beans, corn (off the cob), eggplant, summer squash
MEDIUM 20-30 minutes	Broccoli, brussel sprouts, cabbage, cauliflower, fennel, green garlic, kohlrabi, onions, peppers, radishes
LONG 30 to 40 minutes	Beets, carrots, celeriac, garlic, parsnips, potatoes, rutabaga, turnips, winter squash



TIPS

DIFFERENT ROASTING TIMES, DIFFERENT BAKING SHEETS

Use different baking sheets for vegetables that require different times in the oven so they don't overcook. You can combine when serving.

CABBAGE AND CAULIFLOWER

Cut these through the core into 8 wedges, instead of 3/4 inch thick.

EGGPLANT AND SUMMER SQUASH

Prevent these from getting soggy by tossing them in salt, about 2 TBS per pound, and let sit for an hour. Then rinse with water and dry them. They do not need to be salted again before consuming.

TOMATOES

Roast at 300°F instead for 2-4 hours until shrunken to about half the thickness. Try topping with cheese just before the end!

DO YOUR ROASTED VEGETABLES TASTE TOO DRY?

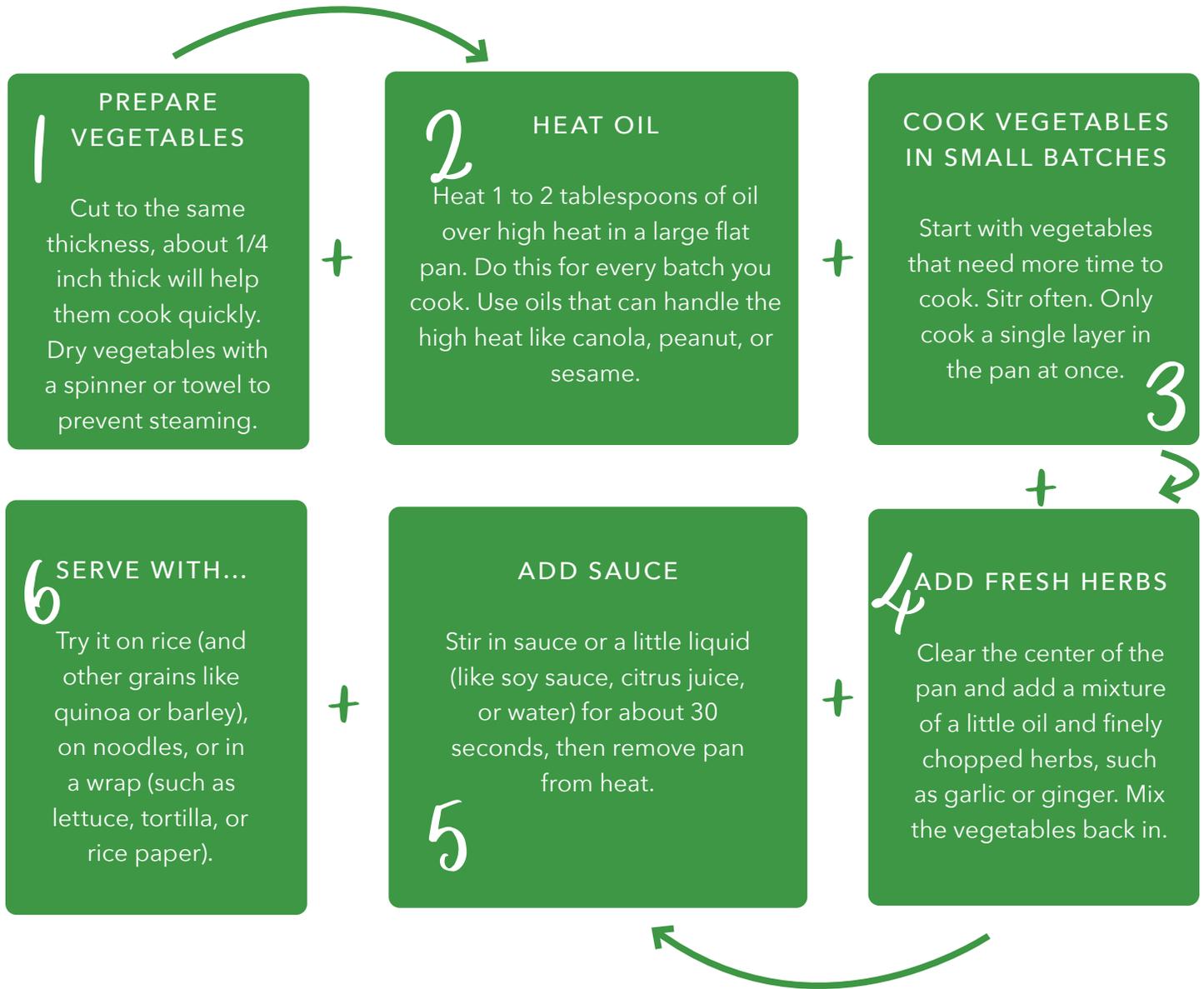
Some vegetables may become too dry when roasted. Next time, cover those vegetables with foil to keep in the moisture. Remove the foil for the second half of roasting to allow caramelization.



How to: Stir Fry Vegetables



STIR FRYING vegetables can be a quick, highly adaptable, and extra delicious dinner.



LONG (add first) 3 to 7 minutes	MEDIUM 1 to 2 minutes	FAST (add last) 20 to 60 seconds
Beans, broccoli, brussel sprouts, cabbage, carrots, cauliflower, fennel, kohlrabi, onions	Asparagus, bok choy stalks, corn, eggplant, green garlic, heavy greens, peas, peppers, summer squash	Bean sprouts, bok choy greens, celery, tender greens, tomatoes



How to: Stir Fry Vegetables

MAKE YOUR OWN SAUCE



OR TRY OUR FAVORITES

- **PEANUT** combine 2 tablespoons peanut butter, 2 tablespoons rice wine vinegar, 2 tablespoons soy sauce, 1 tablespoon brown sugar, and red pepper to taste.
- **RED CURRY COCONUT** Combine 1 cup coconut milk, 1 tablespoon fish sauce, 2 teaspoons red curry paste, 1 teaspoon brown sugar, and 1 teaspoon cornstarch.
- **SWEET AND SOUR** Combine 6 tablespoons orange juice, 6 tablespoons red wine vinegar, 6 tablespoons sugar, 3 tablespoons ketchup and 1 teaspoon cornstarch and 1/2 teaspoon salt.







Cooking COUNTS



HIGH DESERT
**FOOD
& FARM
ALLIANCE**

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