



GROW. COOK. EAT.

# EAST NEW YORK FARMS!

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A PROJECT OF UNITED COMMUNITY CENTERS







# Made in East New York

## Community Cookbook

### 3rd Edition



# Our Mission

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East New York Farms! has been involved in the sustainability of the East New York community's wealth, resilience, and food justice advocacy since 1998. Our program works with youth, gardeners, farmers, and entrepreneurs to build a more just and sustainable community.

Our mission is to organize youth and adults to address food justice in our community by promoting local sustainable agriculture and community-led economic development. East

New York Farms! is a project of United Community Centers in partnership with local residents.







# To Our Community

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As you explore this book we encourage you to have fun with all the recipes we have developed. We took the time to ensure that this book reflects our diverse cultures, traditions and ethnicities.

Each recipe has been intentionally developed to target hypertension and inform individuals on healthy eating while being culturally appropriate to East New York. Most of these recipes will be conducted at our weekly cooking demonstrations facilitated by our trained Community Educators.

Special thank you to Natasha Hescott for providing these amazing recipes, guidelines and feedback for this book. Thank you to our Community Educators for sharing their knowledge at every cooking demonstrations. Thank you East New York residents for also providing us with some of these recipes.

We hope you enjoy!

With love,  
Iyeshima Harris  
Project Director, 2019





# On Hypertension

Hypertension is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high. According to the Centers for Disease Control, 75 million, or 1 in 3 adults, have high blood pressure (HBP or Hypertension). Only half (54%) of these people have their blood pressure under control. High blood pressure (HBP) usually has no warning signs or symptoms. This is why it is known as the “silent killer” and the only way to know whether your blood pressure is high is to have your healthcare provider check it frequently.

The prevalence of HBP or Hypertension among African Americans in the US is among the highest rates in the world. Within the African-American community, those with the highest rates of hypertension are likely to be middle aged or older, overweight or obese, physically inactive, and have diabetes. More than 40 percent of non-Hispanic African-American men and women have high blood pressure developed earlier in life and usually suffer severe side-effects from this disease.

Hypertension influences our community when left untreated by causing poor quality of life, disabilities, and/or mortality. Keep in mind that hypertension is a controllable disease that can be treated by diet and lifestyle modification that are as, or more effective, than medication alone.

Natasha Hescott  
Registered Dietitian



# DASH Diet

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Let us focus on treating hypertension through diet - DASH stands for Dietary Approaches to Stop Hypertension, which is a balanced and flexible eating plan that is based on research studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI). These studies showed that DASH lowers high blood pressure and improves the levels of cholesterol that reduce the risk of heart disease. The DASH eating plan requires no special foods and provides daily and weekly nutritional goals.


The DASH eating plan focuses on increasing the intake of fruits, vegetables, and whole-grains. It emphasizes fat-free or low-fat dairy products, fish, poultry, beans, nuts, and non-tropical vegetable oils. It limits foods that are high in saturated fat like fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils. It also limits sugar-sweetened beverages and sweets. The DASH eating plan emphasizes healthy intake of calcium, potassium, and magnesium, which comes from fruits, vegetables, nuts, beans, and dairy products.




# DASH Diet

It highlights the importance of lowering sodium intake by making healthier food choices, reading nutrition labels when shopping, adding herbs and spices when cooking, and making sensible food choices when eating out. The DASH eating plan can help control calorie intake and contribute to overall weight loss. Ultimately, the DASH eating plan creates heart-healthy eating for life!

## THE DASH DIET

LOVING YOUR  THROUGH YOUR STOMACH



An old saying claims, "The way to a man's heart is through his stomach." While science may not support this claim, it does support that the best way we can love of our own heart is by making nutritious food choices. The DASH (Dietary Approaches to Stop Hypertension) Diet is a heart healthy diet that focuses on preventing and lowering high blood pressure (hypertension).

Originally created by the National Heart, Lung, & Blood Institute, and endorsed by the American Heart Association and the Academy of Nutrition and Dietetics, the DASH Diet also tied for #1 (with the Mediterranean Diet) as U.S. News & World Report's best diet of 2018.


### DASH DIET KEY POINTS

- Increase Fruits, Vegetables, and Whole Grains
- Choose Fat-Free or Low-Fat Dairy
- Eat More Nuts, Seeds, and Beans
- Limit Saturated Fats and Choose Lean Meats
- Reduce Sodium and Salt Intake

#### WHOLE GRAINS

6-8 SERVINGS PER DAY


Serving Sizes:  
1 slice bread  
1 oz dry cereal  
1/2 cup cooked rice, pasta, or cereal



#### FRUITS

4-5 SERVINGS PER DAY


Serving Sizes:  
1 medium fruit  
1/4 cup dried fruit  
1/2 cup fresh, frozen, or canned fruit  
1/2 cup fruit juice



#### VEGETABLES

4-5 SERVINGS PER DAY

Serving Sizes:  
1 cup raw leafy vegetable  
1/2 cup cut-up raw or cooked vegetable  
1/2 cup vegetable juice




#### DAIRY

2-3 SERVINGS PER DAY\*

Serving Sizes:  
1 cup milk or yogurt  
1 1/2 oz cheese


\*Choose fat-free (skim) or low-fat milk or milk products



#### NUTS, SEEDS & LEGUMES

4-5 SERVINGS PER WEEK

Serving Sizes:  
1/3 cup or 1 1/2 oz nuts  
2 Tbsp peanut butter  
2 Tbsp or 1/2 oz seeds  
1/2 cup cooked legumes (dry beans and peas)




#### LEAN PROTEIN

≤ 6 SERVINGS PER DAY\*

Serving Sizes:  
1 egg  
1 oz cooked meats, poultry, or fish

\*Choose lean meats, trim away visible fat, remove skin from poultry





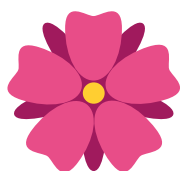
# Recipe Key

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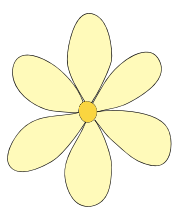
Recipes found in this book are from the United States Department of Agriculture's *'What's Cooking? USDA Mixing Bowl', Just Say Yes to Fruits and Vegetables* and the East New York Farms! community. We want to say thank you to our previous community educators, vendors, staff, and community gardeners who provided recipes to assist with the development of this cookbook.



**What's Cooking? USDA Mixing Bowl**



**East New York Farms!**



**Just Say Yes to  
Fruits and Vegetables**

**Note:** Some recipes have vegetables that would typically not be available during the same season, i.e radishes and tomatoes, or spinach and tomatoes. However, you can purchase other ingredients at your local grocery store if they are not in season at the farmers market.



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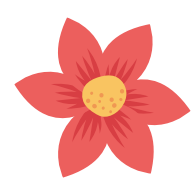












# Easy Fruit Salad

## INGREDIENTS

1 cup mixed fruit (of your choice)  
2 bananas (peeled and sliced)  
2 oranges (peeled and chopped)  
2 apples (peeled, center removed, and chopped)  
1 container low-fat piña colada or lemon flavored yogurt (about 8 ounces)

## DIRECTIONS

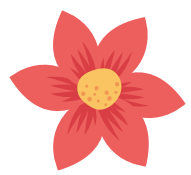
Mix fruit in a large bowl. Add yogurt and mix well. Serve right away or refrigerate for one hour and then serve.

## NOTES

Banana: Fat free; saturated fat free; sodium free; cholesterol free; good source of fiber; good source of vitamin C; good source of potassium.







# Kale Salad with Yogurt Dressing

## INGREDIENTS

4 cups kale (1 bunch)  
2 tablespoons olive oil  
1 lemon (zested and juiced)  
1 lime (zested and juiced)  
1 cup Greek yogurt (plain, low-fat)  
1/2 cup cilantro (chopped or torn, stems included)  
1/2 cup pumpkin seeds (toasted)  
1 jalapeño chile pepper (seeds removed and diced, optional)  
salt and pepper (optional, to taste)

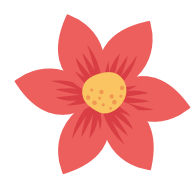
## DIRECTIONS

Wash and dry kale. Remove stems and tear into bite size pieces. Season kale with salt, pepper, 1 tablespoon of olive oil, lemon and lime juice. With your hands, massage kale until you no longer feel resistance. Season yogurt with salt and pepper, lemon and lime zest and remaining 1 tablespoon of oil. Mix in cilantro and jalapeño pepper, if desired. With a spoon, mix massaged kale with yogurt dressing. Sprinkle pumpkin seeds over salad.

## NOTES

This recipe redefines what a kale salad can be. By massaging the kale first, you break down the fibers leaving the greens tender and delicious!





# Main Dish Salad

## INGREDIENTS

1/2 head of red cabbage  
1/2 head of romaine lettuce  
3 carrots (medium)  
1 cucumber  
1 green pepper  
2 broccoli stalks  
3 tomatoes (medium)  
2 15-ounce cans kidney beans or garbanzo beans (low sodium)  
6 ounces grated low-fat cheddar cheese  
1/4 cup salad dressing, non-fat (your choice)

## DIRECTIONS

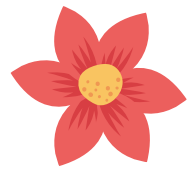
Wash and drain all vegetables well. Thickly slice red cabbage, tear lettuce into pieces, peel and grate (or slice) carrots and cucumber. Cut broccoli into florets and tomato into wedges. Combine all salad ingredients in a bowl. Add salad dressing and toss together lightly just before serving.

## NOTES

Crunchy and colorful, this salad is packed with vegetables, flavor, and vitamins A and C.







# Arugula, Nut, and Fruit Salad

## INGREDIENTS

### Salad

1-2 cups arugula  
1/2 cup of walnuts  
1/2 cup cranberries  
1/2 cup sliced green apple  
2/3 cup low-fat cheese (of your choice)

### Vinaigrette

1 teaspoon mint jelly  
2-3 teaspoons red wine vinegar  
2 tablespoons olive oil  
Dash of sugar to taste (optional)

## DIRECTIONS

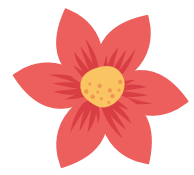
Wash and dry arugula leaves. Add walnuts, cranberries, and sliced green apples. Mix together vinaigrette ingredients, add to salad and toss. Add cheese on top of the salad and serve.

## NOTES

Arugula: Low fat, cholesterol free, very low sodium, good source of folate and calcium, excellent source of vitamins A and C.







# Curried Kale and Chickpeas

## INGREDIENTS

1 pound kale (coarsely chopped)  
1 large tomato (chopped)  
2 tablespoons olive oil  
3 garlic cloves (minced)  
1 medium or large spring onion (chopped)  
1 cup water or vegetable broth  
1-2 teaspoons ground coriander (or cumin)  
1 teaspoon turmeric  
1 15-ounce can chickpeas, rinsed and drained (low sodium)  
Pinch of sea salt to taste

## DIRECTIONS

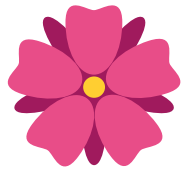
Heat oil in a large skillet over medium heat. Add onion, garlic, tomato, and stir for about 30 seconds. Add kale and cook, tossing until bright green, about 1 minute. Add water or broth, coriander or cumin, turmeric and salt. Cover and cook, stirring occasionally, until the kale is tender, 5 to 10 minutes. Stir in chickpeas, cover and cook until chickpeas are heated through, 1 to 2 minutes. Serve and enjoy!

## NOTES

Kale: Low fat, saturated fat free, cholesterol free, low sodium, excellent source of vitamins A and C, good source of calcium and potassium.







# Simple Bok Choy

## INGREDIENTS

1-2 tablespoons olive or coconut oil  
1 small onion, diced  
1 teaspoon ginger root, grated  
1 teaspoon garlic, minced  
1-2 bunches bok choy/ leaves and stems cut into 2 inch pieces  
1-2 tablespoons low-sodium soy sauce  
1/2 teaspoon honey  
salt to taste

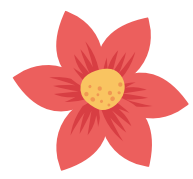
## DIRECTIONS

Heat oil in a medium sauté pan. Add onions, garlic, and ginger. When onions are soft, add bok choy and stir fry until the leaves begin to wilt, 1 minute. Add salt to taste and honey. Stir until all leaves are coated.

## NOTES

Bok Choy: Fat free, saturated fat free, cholesterol free, low sodium an excellent source of vitamins A and C and a good source of folate.





# Cuban Salad

## INGREDIENTS

For the Dressing:

- 3 tablespoons vegetable oil
- 1/4 cup fresh lime juice (1 large or 2 small limes)
- 1 teaspoon garlic (minced)
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

For the Salad:

- 1 head Romaine lettuce (washed, patted dry and torn into bite-size pieces)
- 2 large tomatoes (diced)
- 1 red onion (finely diced)
- 6 radishes (thinly sliced)

## DIRECTIONS

To make the dressing:

Put the oil, lime juice, garlic, salt, and pepper in a small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the salad:

Add lettuce, tomatoes, onion, and radishes in a large mixing bowl and toss to combine. White onion can be used instead of red onion. Pour the dressing over the salad and toss. Serve immediately.

## NOTES

This classic salad blend of lettuce, tomatoes, onion, and radishes are brought to life with a refreshing and bright lime dressing.





# Curried Chickpea Salad

## INGREDIENTS

2 15-ounce cans chickpeas (low sodium, rinsed and drained)

1/2 cup celery (diced)

1/2 cup apple (diced)

1/4 cup red onion (diced)

1/4 cup cranberries (dried)

1/4 cup mayonnaise (low-fat or vegan mayonnaise)

1 teaspoon dijon mustard

2 teaspoons curry powder

1/4 teaspoon thyme (dried)

1/8 teaspoon black pepper (ground)

1/2 tsp salt,(optional)

## DIRECTIONS

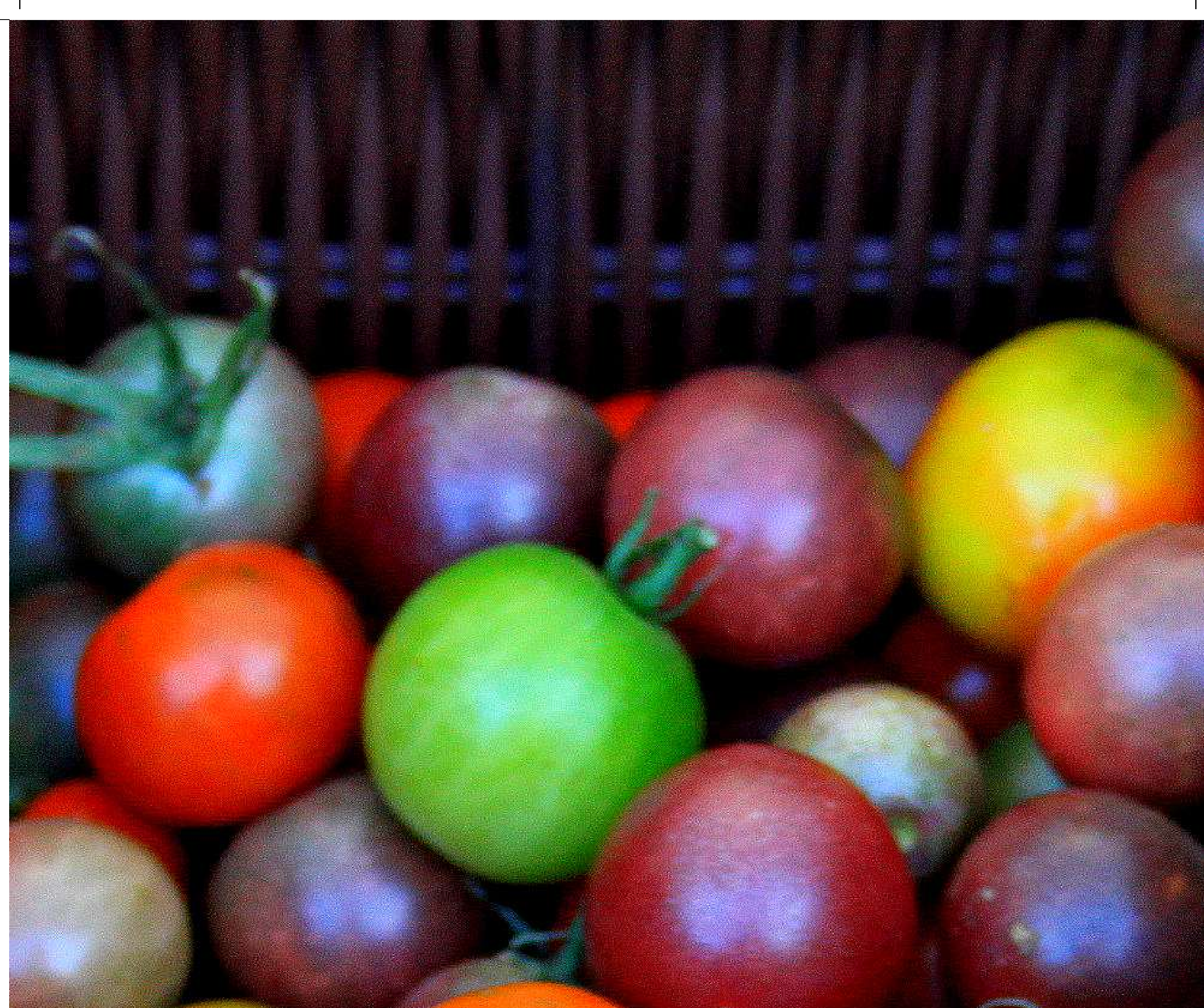
Add the chickpeas to a large bowl and mash with a potato masher. You can mash them to be as smooth or coarse as you like. Add remaining ingredients to the bowl and mix until combined.

## NOTES

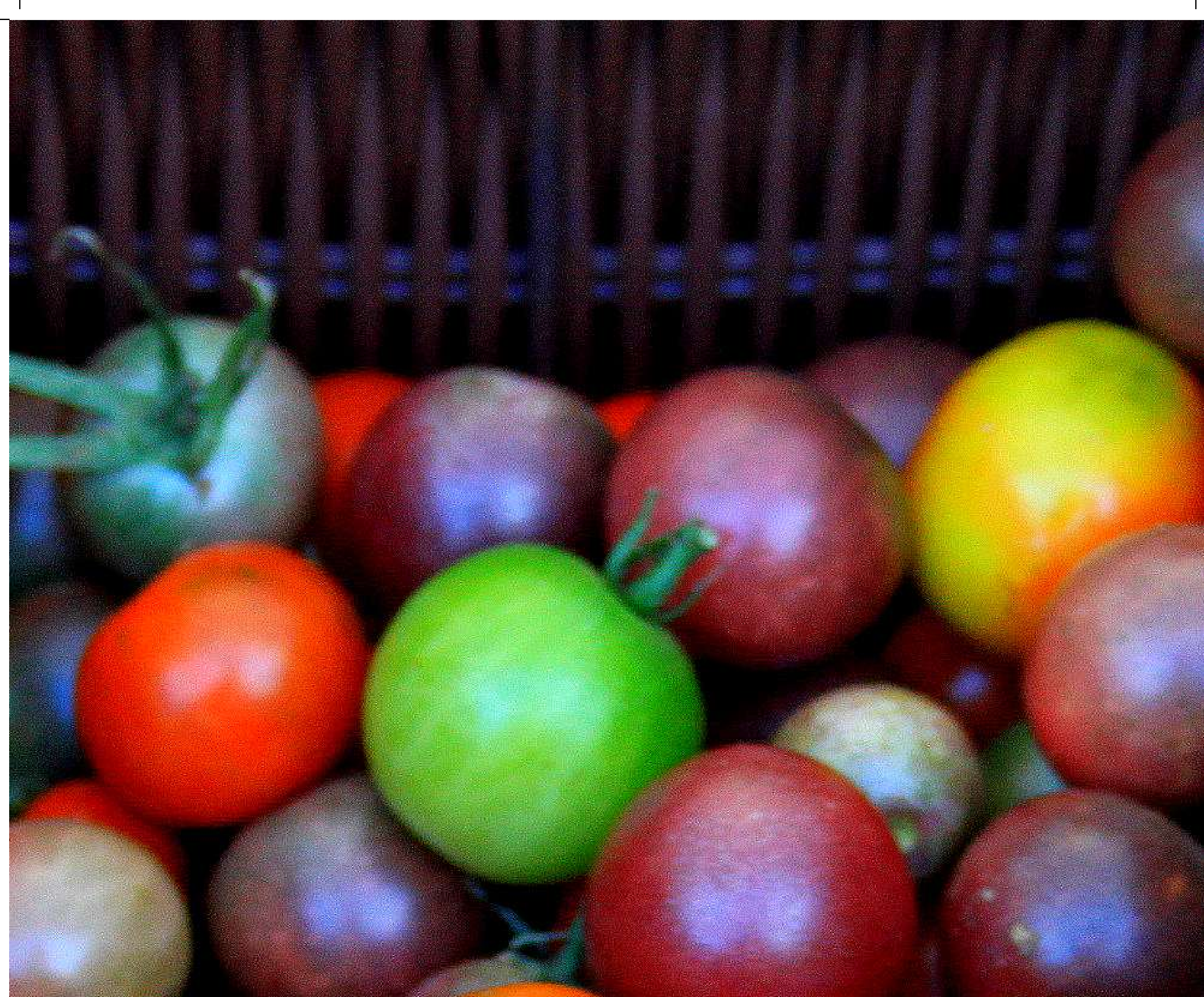
Add the Curried Chickpea Salad to a sandwich and add spinach or lettuce if desired. Also, try topping tossed salad with it instead of salad dressing.







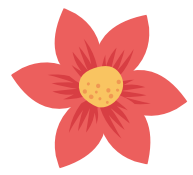




**SUMMER**







# Simple Tomato Salad

## INGREDIENTS

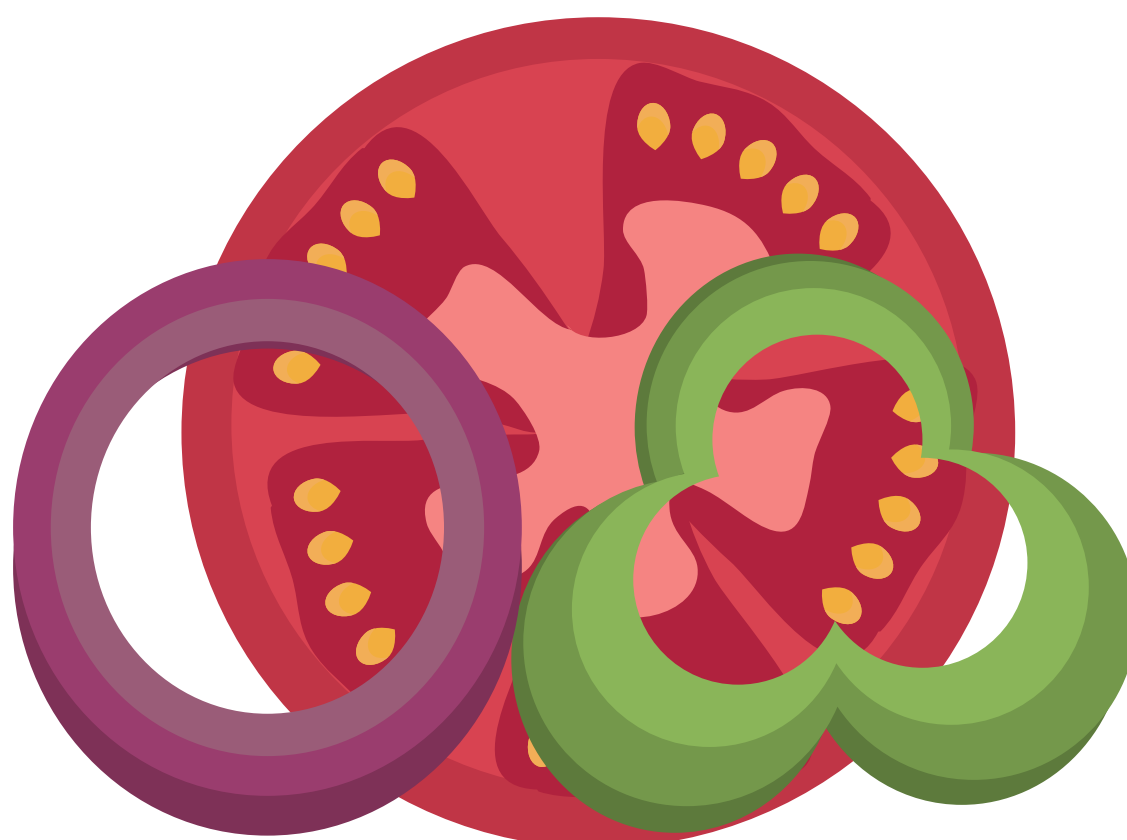
3 fresh tomatoes, sliced  
2 tablespoons vegetable oil  
2 teaspoons lemon juice  
1/8 teaspoon black pepper, ground  
1/2 cup reduced fat shredded cheddar  
cheese

## DIRECTIONS

Place sliced tomatoes on a plate. Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper. Top with cheese. Serve cold.

## NOTES

This simple salad is a quick and easy way to prepare tomatoes. Serve as a side to brighten up any plate.





# Garden Cannellini Bean Salad

## INGREDIENTS

For the Dressing:

1 tablespoon olive oil

2 teaspoons apple cider vinegar

1/2 cup apple juice

1 tablespoon tomato basil garlic seasoning blend, no-salt added

For the Bean Salad:

1/2 cup slivered almonds

2 tomatoes (coarsely chopped)

1/2 yellow bell pepper (chopped)

1/2 cucumber (peeled and chopped)

3 green onions (sliced)

2 15-ounce cans cooked Cannellini (white) beans, (low-sodium)

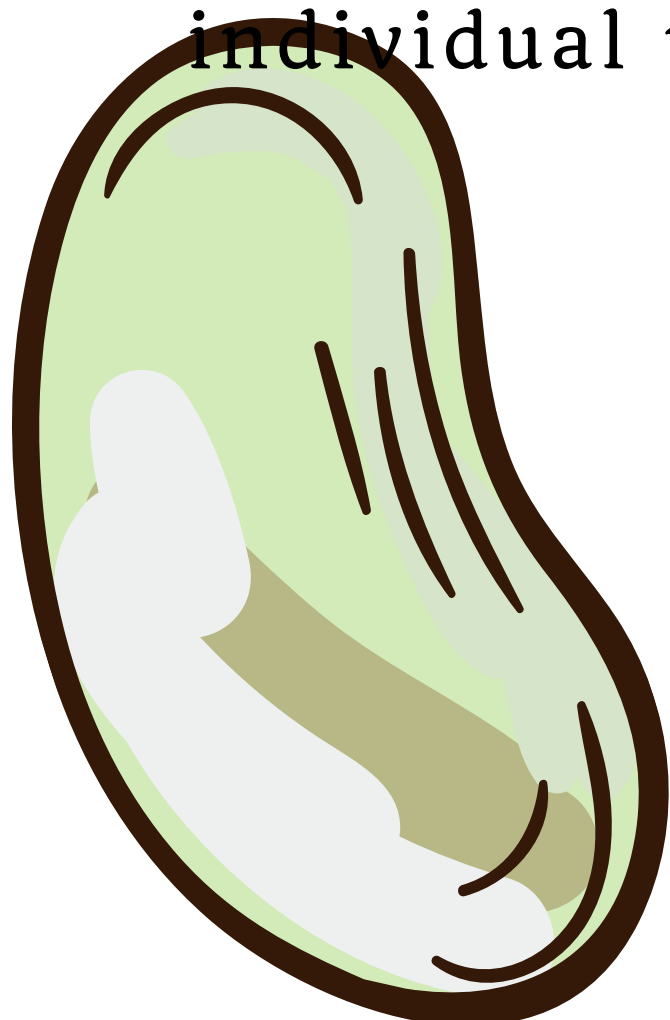
Large lettuce leaves (your choice)

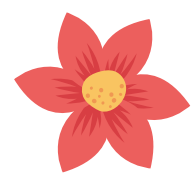
## DIRECTIONS

Whisk together dressing ingredients in a small bowl. In a small sauté pan, toast slivered almonds until golden. Remove from pan and let cool. In a medium bowl, toss dressing with all ingredients except lettuce. Refrigerate until ready to serve. To serve, place lettuce leaves on individual plates; top with salad.

## NOTES

Serve with a glass of non-fat milk, 1 slice of whole-grain bread, and pear slices.





# Cucumber Salad with Tomatoes

## INGREDIENTS

2 cups cucumber, diced  
1 cup tomato, seeded and diced  
1/4 cup sweet onion, chopped  
2 cups couscous or rice, cooked  
2 teaspoons dill weed, chopped, dried or fresh  
1/2 cup Italian salad dressing (low-fat, low-sodium)

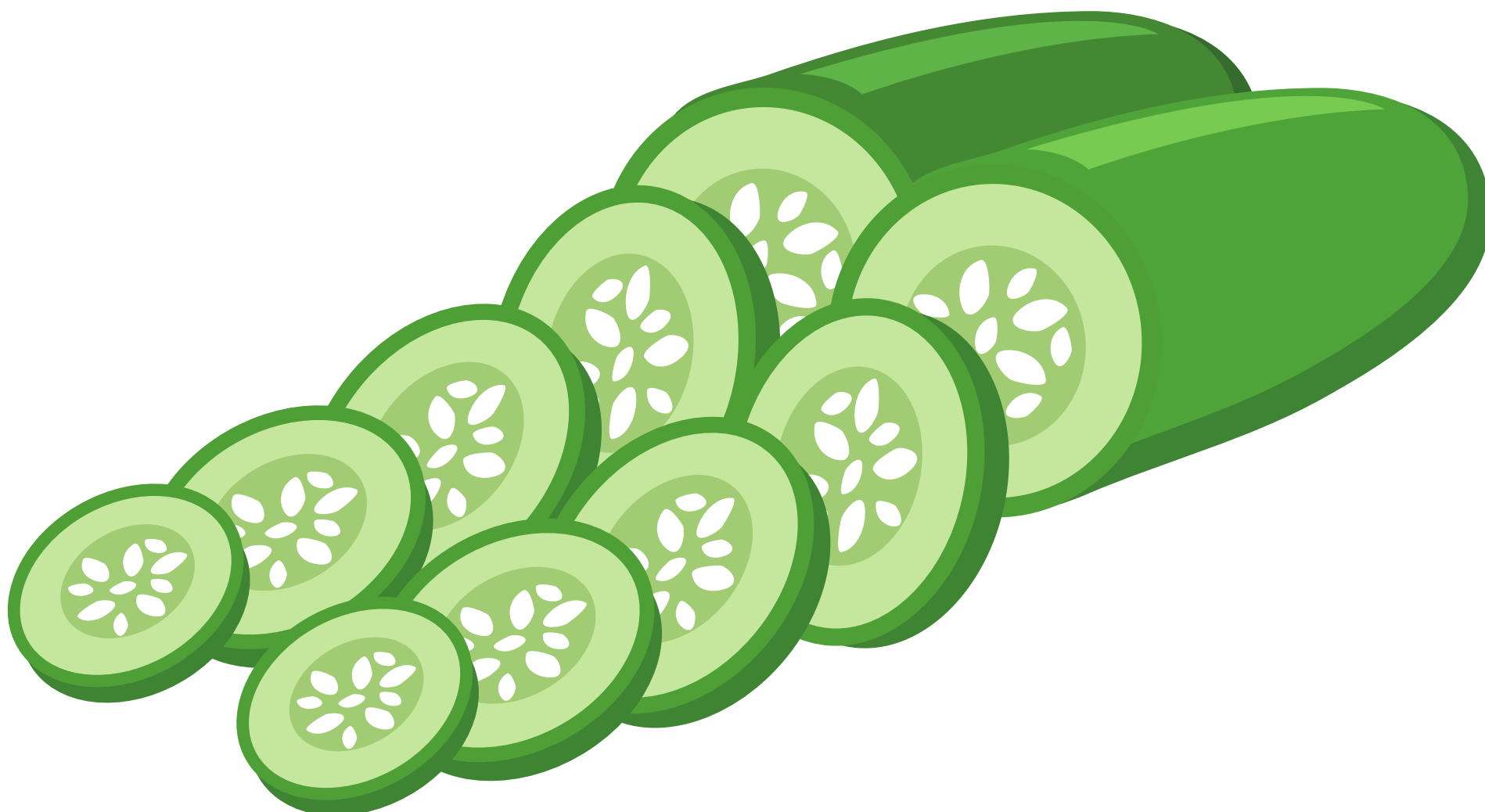
## DIRECTIONS

Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing. Chill for 1 hour and serve.

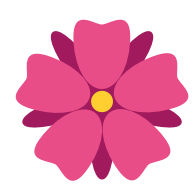
## NOTES

Fresh tomatoes and cucumbers make this couscous salad a summer time treat.

Low-fat; saturated fat free; low sodium; cholesterol free; low calorie; good source of vitamin C.







# Rainbow Garden Salsa

## INGREDIENTS

4 large tomatoes (chopped)  
1 orange pepper (diced)  
1 yellow pepper (diced)  
2 tablespoons cilantro (chopped)  
1 jalapeño, chopped (optional)  
1 small red onion (sliced)  
3 garlic cloves (minced)  
2 tablespoons lime juice  
½ teaspoon sea salt  
½ teaspoon black pepper.

## DIRECTIONS

Blend onions and garlic in a blender with lime juice, then add remaining ingredients one at a time, blending together before adding the next ingredient.

## NOTES

Tomato: Low fat; saturated fat free; very low sodium; cholesterol free; low calorie; high in vitamin A; high in vitamin C; good source of potassium.

Tip: Saving the jalapeño preparation for last prevents too much kick from the jalapeño seeds. For less heat remove seeds.





# Quinoa and Black Bean Salad

## INGREDIENTS

1/2 cup quinoa (dry)  
1 1/2 cups water  
1 1/2 tablespoons olive oil  
3 teaspoons lime juice  
1/4 teaspoon cumin  
1/4 teaspoon coriander (ground, dried cilantro seeds)  
2 tablespoons cilantro (chopped)  
2 scallions (medium, minced)  
1 can black beans (15.5 ounce can, low-sodium, rinsed and drained)  
2 cups tomato (chopped)  
1 red bell pepper (medium, chopped)  
1 green bell pepper (medium, chopped)  
green chiles (2 chiles, fresh, minced, to taste)  
black pepper (to taste)

## DIRECTIONS

Rinse the quinoa in cold water. Boil 1 1/2 cups of water in a saucepan. Add the quinoa. Return to boil and simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside. Combine chopped vegetables with the black beans in a large bowl, and set aside. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

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# Quinoa and Black Bean Salad

## NOTES

Quinoa (pronounced "keen-wah") is a whole grain with origins in South America. It is combined in this recipe with black beans, savory vegetables, and spices for a cold salad that is light and refreshing. This salad is high in protein and can be served as a main or side dish.



# Bora (Long Beans)

## INGREDIENTS

1 pound long beans, cut in small pieces  
1 onion (chopped)  
2-3 garlic cloves (minced)  
2 tomatoes (chopped)  
2 potatoes (diced)  
2 tablespoons extra-virgin olive oil  
Pinch of sea salt to taste

## DIRECTIONS

Heat oil in a large skillet over medium heat. Add garlic, onions, and tomatoes. Cook for 2 minutes. Add potatoes and long beans to the skillet. Cover and cook, stirring occasionally, until the beans are tender, 5 to 10 minutes. Serve and enjoy!

## NOTES

Long Beans: Low fat, saturated fat free, cholesterol free, low sodium, excellent source of vitamins A and C, good source of magnesium and potassium.





# ✿Garden Fresh Green Bean Salad

## INGREDIENTS

2 pounds green beans, ends trimmed  
1 tablespoon extra-virgin olive oil  
2 large garlic cloves, minced  
1 tablespoon lemon juice and zest  
1 tablespoon fresh ginger  
2 teaspoons low-sodium soy sauce  
A few drops of ENYF! honey  
Pinch of sea salt and freshly ground black pepper

## DIRECTIONS

Heat a large heavy skillet over medium heat. Add the oil. Add the garlic and sauté until fragrant, about 30 seconds. Add green beans and continue to sauté until coated in the olive oil and heated through, about 5 minutes. Add lemon juice and zest. Add ginger, soy sauce, and honey, lightly sauté, coating the green beans for another 3-5 minutes. Add salt and pepper to taste.

## NOTES

Green Bean: Fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of fiber; good source of vitamin C.



# Sautéed Corn and Tomatoes

## INGREDIENTS

6 ears of corn  
2 pints of grape tomatoes  
1 teaspoon ginger  
1 teaspoon garlic  
1 teaspoon green curry paste (optional)  
2 tablespoons butter (your choice)  
2 tablespoons olive oil  
1/3 cup parsley  
1 scallion  
1 small shallot  
1 medium red or green pepper

## DIRECTIONS

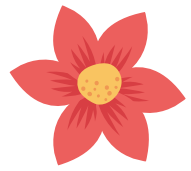
Dice shallot and sweet pepper. Grate ginger. Dice scallion both white and green parts. Mince garlic. Chop parsley. Cut kernels off corn, dice tomatoes into bite size pieces. In sauté pan heat olive oil and butter. Add shallot, ginger, sweet pepper, and green curry paste. Sauté for 3 to 5 minutes. Add garlic. Add corn to pan and sauté for 10 to 15 minutes. Salt and pepper as you go along. When corn is cooked add tomatoes, scallions, and parsley. Add salt and pepper to taste.



## NOTES

Corn: Low fat; saturated fat free; sodium free; cholesterol free; good source of vitamin C.





# Sweet Pepper

## INGREDIENTS

1 medium sweet pepper (chopped)  
1 medium tomato (chopped)  
1 tablespoon olive oil  
1 medium onion (chopped)  
1 garlic peg  
1 pound fresh spinach (washed, dried, and stems removed)  
Salt and pepper to taste

## DIRECTIONS

In a large pan, heat oil, add garlic and chopped sweet peppers. Cook for about 5 minutes. Add spinach and sauté for about 5 more minutes. Add tomatoes and simmer for 15 minutes.

## NOTES

Sweet Pepper: Fat free;  
saturated fat free; low  
sodium; cholesterol free; low  
calorie; high in vitamin C.



# Simple Mexican Salad

## INGREDIENTS

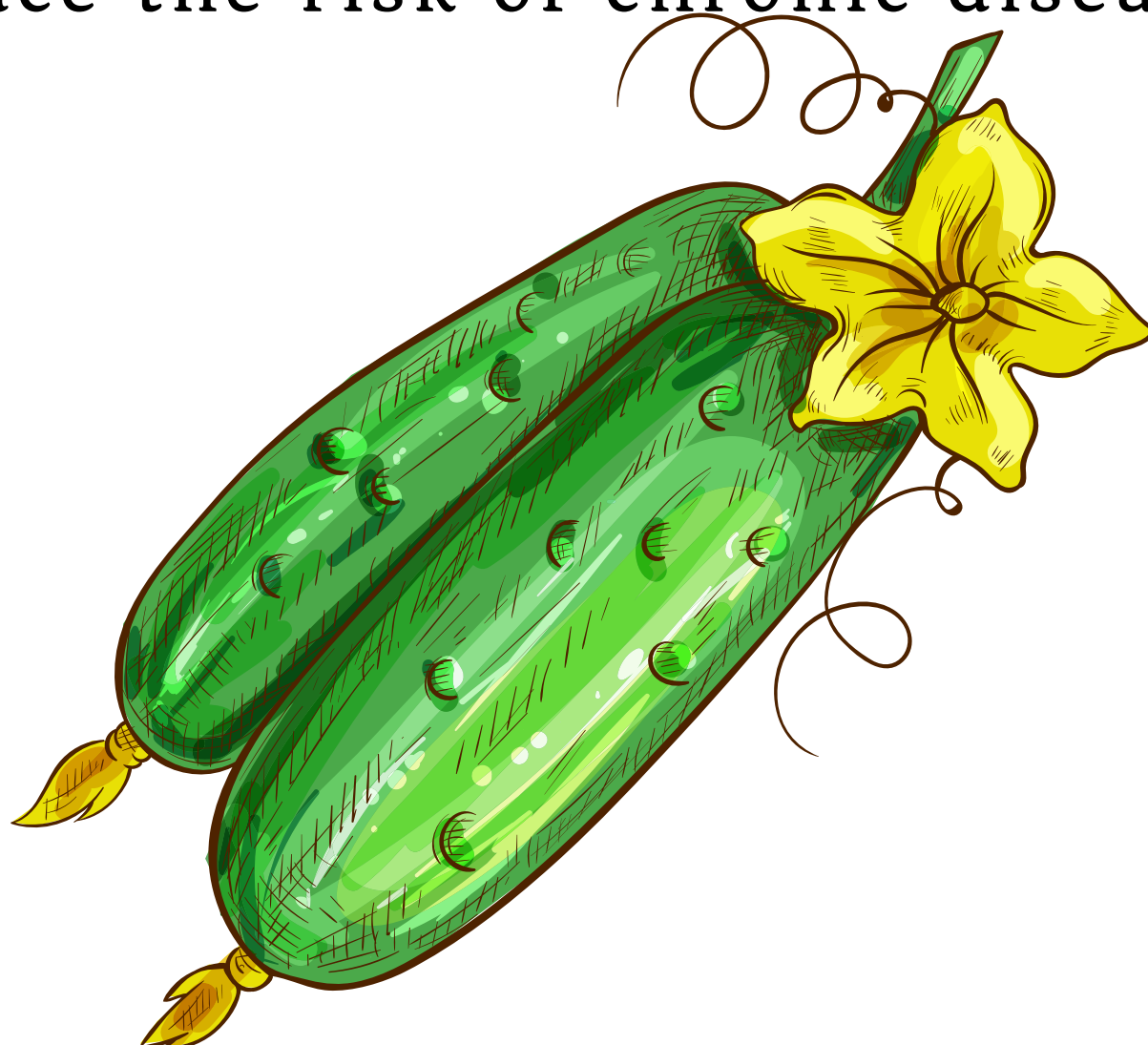
2 cucumbers  
2 fruit of your choice  
2 tablespoons lemon juice (or lime juice)  
1/2 teaspoon chili powder  
1/4 teaspoon salt

## DIRECTIONS

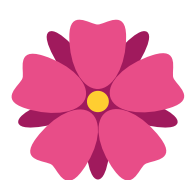
Wash and scrub the cucumbers under cold running water; wash fruits under cold water. Slice the cucumbers. Peel fruits and cut fruits into small pieces. Place cucumber and cut fruit in a medium bowl. Add chili powder, lemon or lime juice and salt. Stir well. Can be served at room temperature or chilled.

## NOTES

Cucumbers are low in calories, high in water and can be used as a low-calorie topping for many dishes. They contain antioxidants, including flavonoids and tannins, which prevent the accumulation of harmful free radicals and may reduce the risk of chronic disease.







# Sautéed Bitter Melon with Tomatoes

## INGREDIENTS

1 pound of bitter melon, chopped small  
1 heirloom tomato, large  
1 hot pepper, diced (or bell pepper for less heat)  
1 onion, diced  
1 clove of garlic, minced  
2 tablespoons olive oil  
Salt to taste

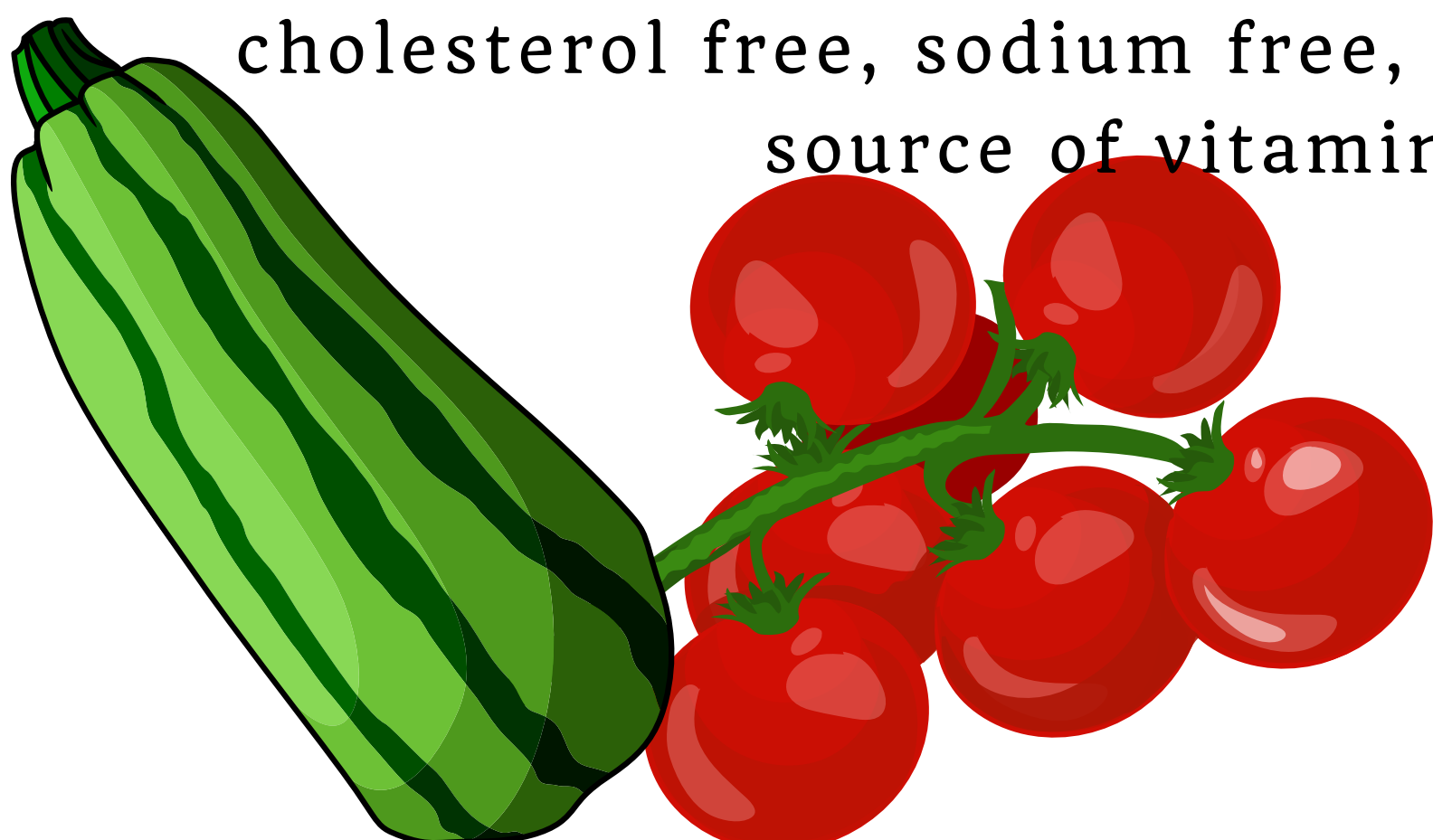
## DIRECTIONS

Cut bitter melon in half lengthwise, then cut into half again. Cut halves into fine strips. In a frying pan, heat oil. Sauté onion, garlic, and pepper. Add diced tomatoes. After one minute, add bitter melon and fry until brown. Add salt to taste.

## NOTES

Bitter Melon also known as Karela.

Bitter Melon: Fat free, saturated fat free, cholesterol free, sodium free, and an excellent source of vitamin C.





# ✿ Grilled Vegetables with Pineapple Sauce

## INGREDIENTS

2 carrots  
1 zucchini  
1 red pepper  
1 green pepper  
1/2 pineapple  
2 garlic cloves  
1 lime  
2 tablespoons coconut oil  
2 tablespoons honey  
Salt and black pepper to taste

## DIRECTIONS

Slice zucchini, carrots, and peppers. Massage with coconut oil and place on grill, turning after 3-4 minutes. Blend pineapple, lime juice, garlic, honey, salt and pepper to smooth paste. Remove vegetables from grill and add pineapple sauce to grilled vegetables.

## NOTES

Herbs, spices, or salt-free seasoning blends, chopped vegetables, like garlic, onions, and peppers, lemon and lime juice, and ginger can be an alternative to salt that adds great flavor to your food.



# 🌸 Long Beans with Sautéed Potatoes and Tomatoes

## INGREDIENTS

1 pound long beans  
1 large tomato  
½ onion  
1 small hot pepper  
2 large potatoes  
Salt to taste  
1-2 tablespoon olive oil



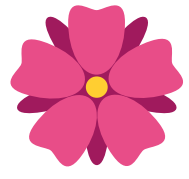
## DIRECTIONS

Chop long beans about half an inch long. Dice tomato and julienne the onion. Mince hot pepper.

Cut potatoes in half and place it face down, then cut in half again. Make parallel quarter inch cuts ensuring all are the same size so they cook quickly and evenly. Heat oil in pan, then add onion, hot pepper and tomato. Cook until onion is soft; then add potatoes and long beans. Cook until potatoes are soft and long beans are tender. Add salt to taste and serve.

## NOTES

Bora is the Guyanese word for Chinese long beans. It can be found at Asian markets, West Indian grocery stores or East New York Farmers Market. Bora is very versatile! It can be eaten raw or prepared by itself for vegetarians. It can also be paired with shrimp or finely chopped, added to fried rice or chow mein for a delicious crunch.



# Cucumber Salsa

## INGREDIENTS

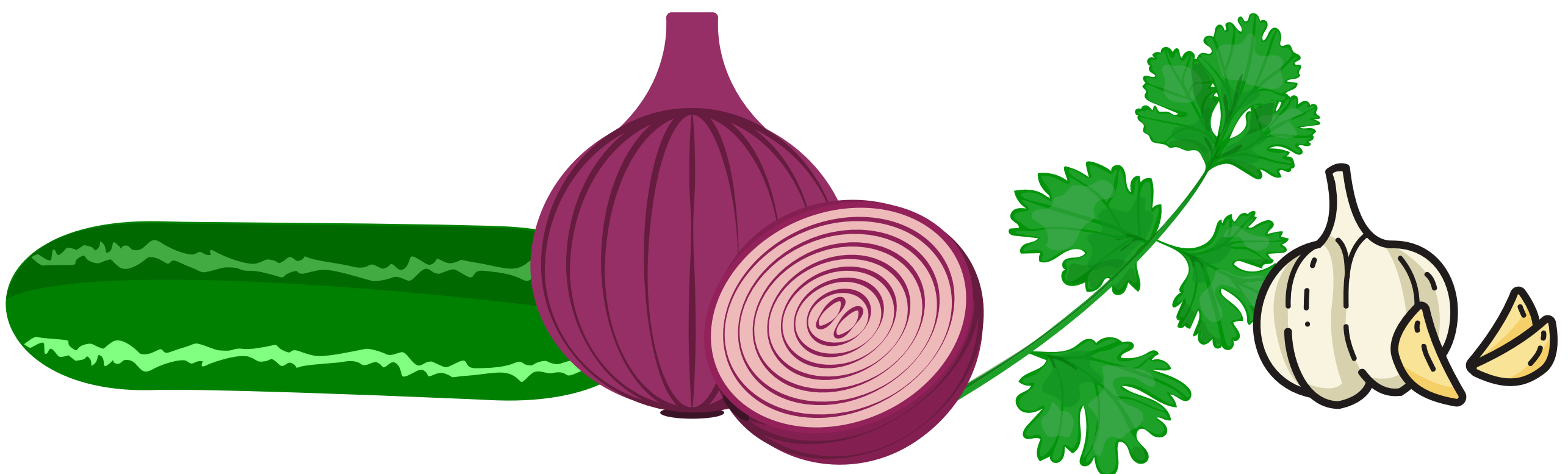
1 cucumber, peeled and chopped  
¼ cup red onion, finely chopped  
2 tablespoons cilantro, chopped  
1 Serrano chili, seeded and minced  
1 clove garlic, minced  
2 tablespoons lime juice  
1 medium red or green pepper

## DIRECTIONS

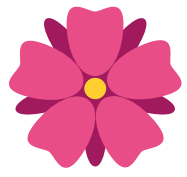
Combine cucumber, onion, cilantro, chili, garlic, and lime juice. Stir in salt to taste.

## NOTES

Cucumber helps reduce unwanted inflammation by inhibiting the activity of pro-inflammatory enzymes. It is an ideal hydrating and cooling food.







## SPICY-STYLE OKRA

### INGREDIENTS

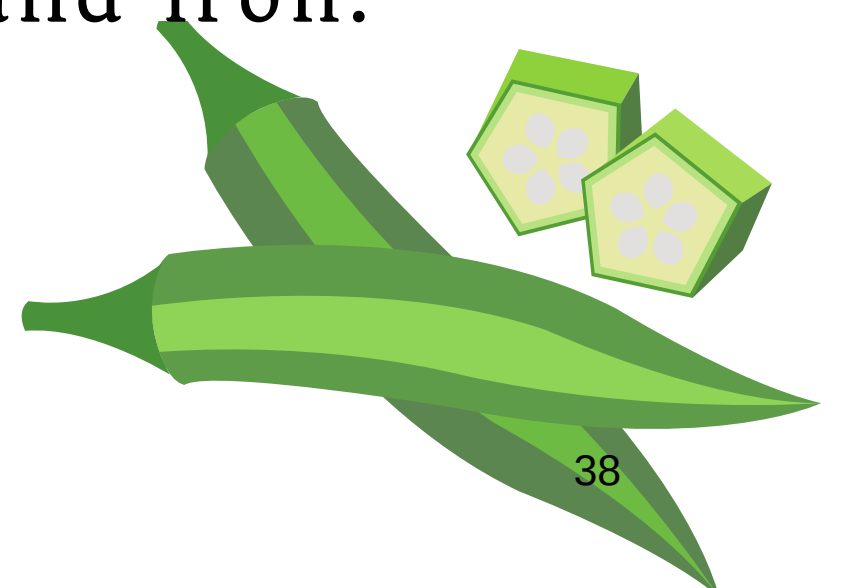
1½ pounds okra, sliced in 1/3 inch disks  
1 tablespoon vegetable oil  
1 medium onion, coarsely chopped  
2 large, ripe tomatoes, diced  
1 fresh hot chili (habanero, Serrano or jalapeño), pierced with a fork  
½ teaspoon of salt  
¼ teaspoon of black pepper

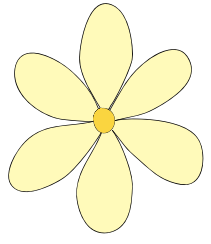
### DIRECTIONS

Rinse sliced okra in a colander under hot water. Heat oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking. Sauté onion, stirring until golden, about 3 minutes. Add tomatoes (including juice) and chili and boil, stirring, until tomatoes are softened and liquid is reduced by half, 5-10 minutes. Add okra and cook, gently stirring until okra is tender, about 5 minutes. Discard chilis and stir in salt and pepper.

### NOTES

Okra is rich in both soluble and insoluble fiber, folic acid, vitamins B5, A, and C, and protein. Okra also contains essential minerals, including potassium, magnesium, and iron.





# Fruit Infused Water: Mixed Berry

## INGREDIENTS

2 cups blueberries, raspberries, and/or blackberries

2 cups chopped watermelon

1 cup of ice

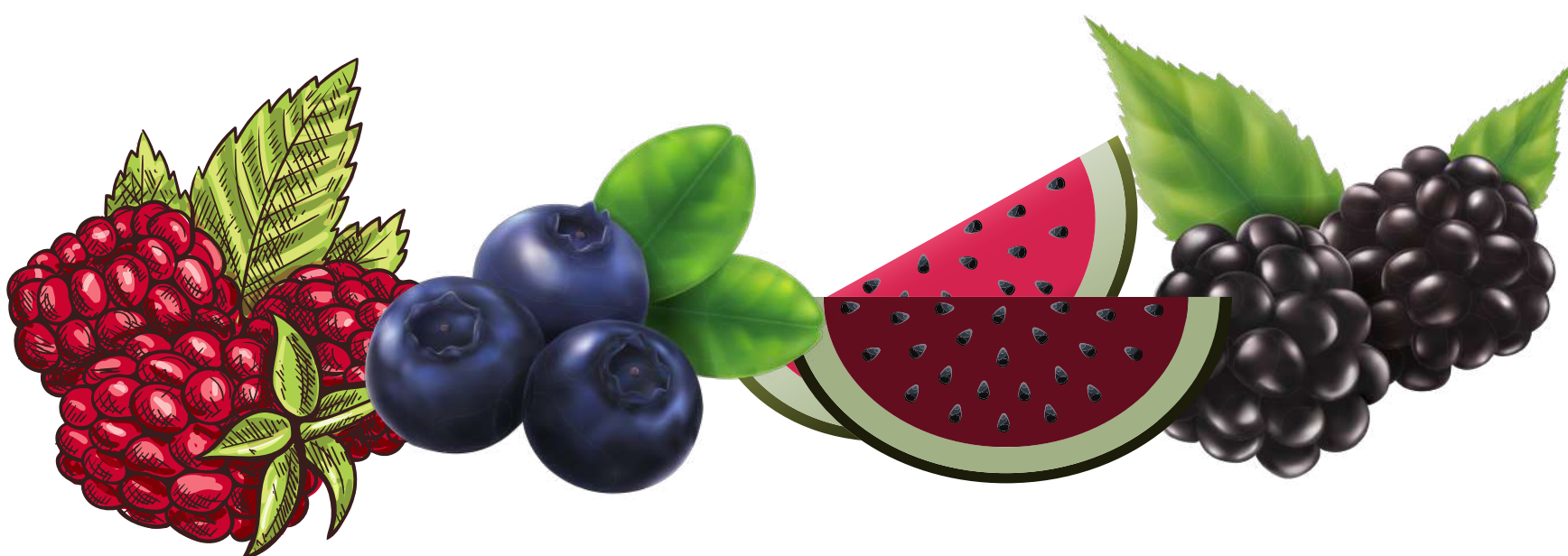
## DIRECTIONS

Add berries and watermelon to a pitcher. Gently press fruit with a spoon to release some of the juices. Add ice to the pitcher, then fill with water. Stir fruit and water. Serve immediately or chill, covered, in the refrigerator. Enjoy!

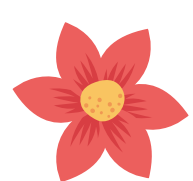
## NOTES

To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active. Fill a water bottle and carry it with you during the day.

Get creative! Make water even tastier by adding a slice of your favorite fruit.







# Rainbow Smoothie

## INGREDIENTS

1 banana (frozen makes it nice and cold)  
1 cup strawberries / raspberries/ apples  
1/2 cup peaches, cantaloupe, oranges, carrots  
1 cup fresh green vegetables (kale, spinach, broccoli, Swiss chard, collard greens)  
1 cup fresh blueberries or blackberries  
1 cup of almond or coconut milk  
Ice (optional)  
Optional flavors: Ginger, Mint.

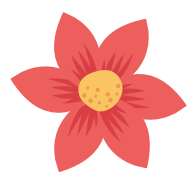
## DIRECTIONS

Combine banana, blueberries, green vegetables, milk, into blender or food processor. Cover and blend until thick and smooth. Serve immediately.

## NOTES

If you'd like to avoid canned fruit, use fresh fruit. Try cutting it up and freezing it so the smoothie will still be frosty and thick.





# Blueberry Smoothie

## INGREDIENTS

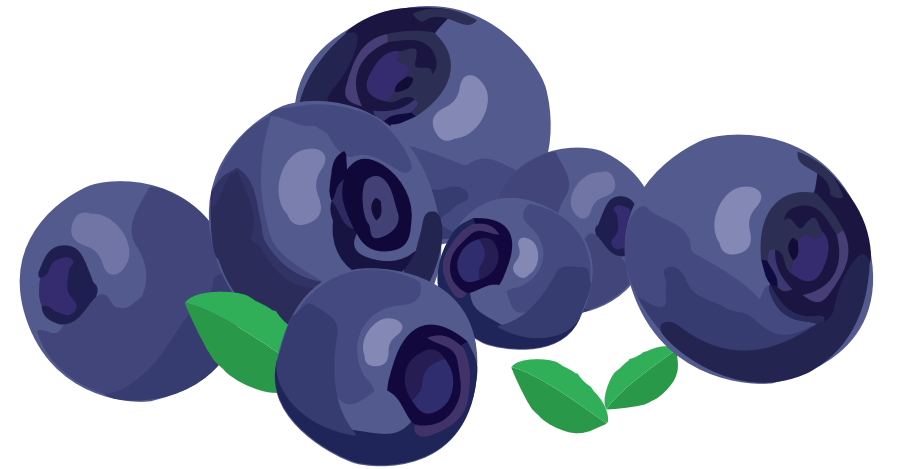
1 cup fresh blueberries

1 banana

1 cup of low-fat soy milk

1 cup fresh green vegetables (kale, spinach, broccoli, Swiss chard, collard greens)

1 cup of finely chopped pineapple (optional sweetener)



## DIRECTIONS

Combine banana, blueberries, green vegetables, milk, and optional pineapple into blender or food processor. Cover and blend until thick and smooth. Serve immediately.

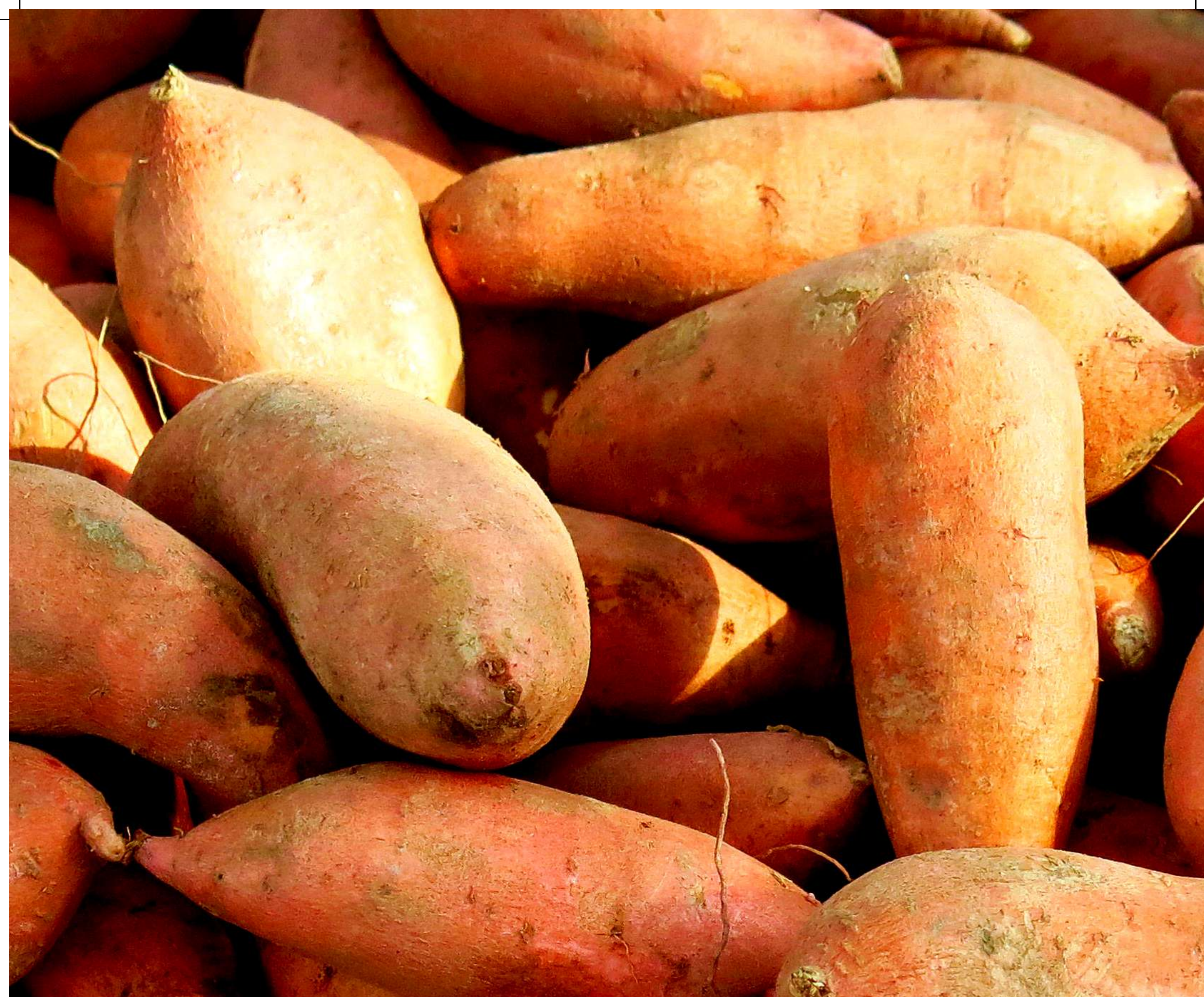
## NOTES

Most fruit and vegetable smoothies oxidize quickly, so drink within 30 minutes.

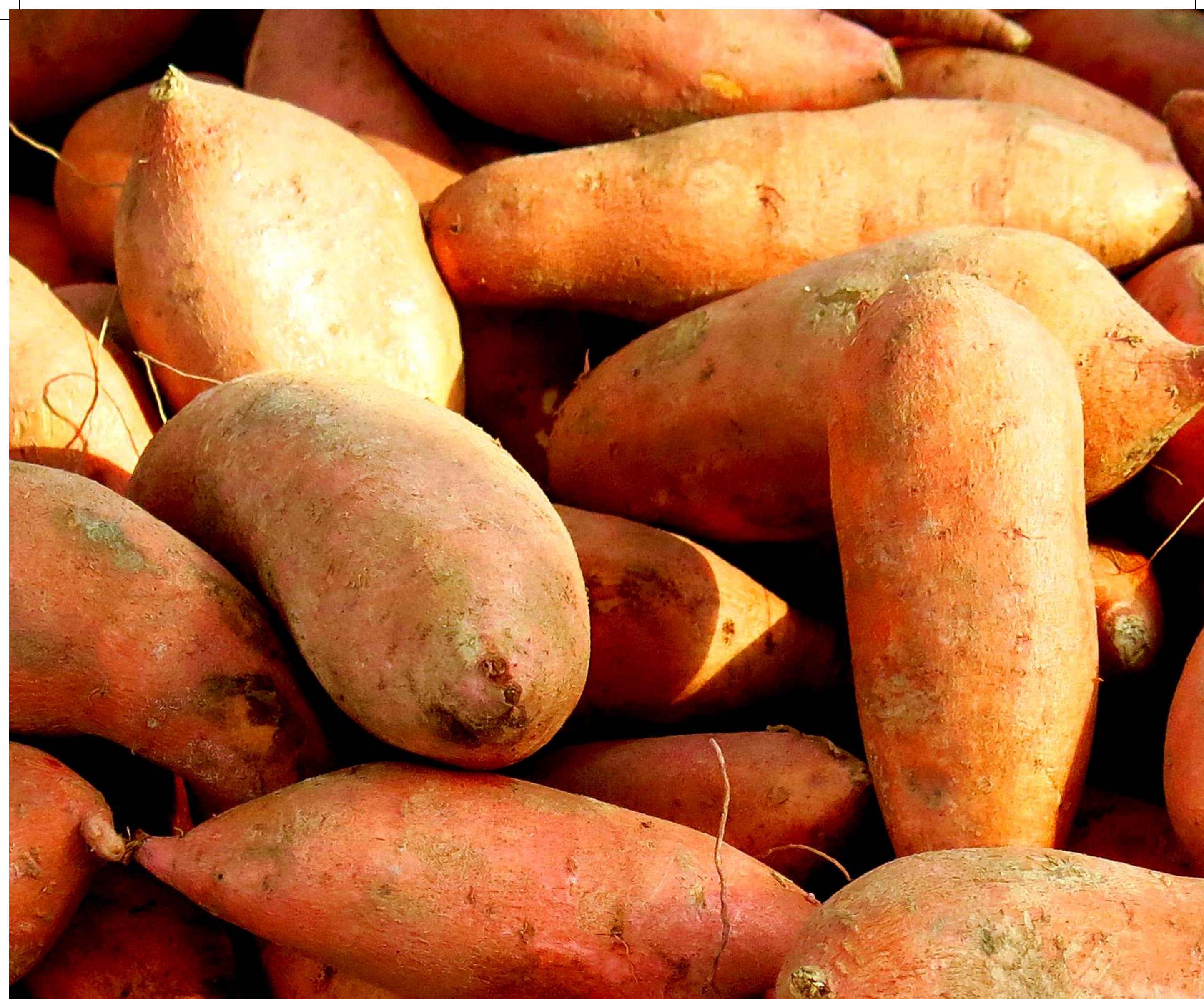
Don't wash berries until just before using, to prevent berries from becoming mushy. Both frozen and fresh berries should be rinsed and drained just before serving.

To sweeten smoothies, let banana become brown and freeze for later use.









**FALL**







# Harvest Vegetable Salad I

## INGREDIENTS

Salad:

2 cups romaine lettuce (washed)  
1 cup cilantro leaves (washed)  
1 cup parsnips, peeled and chopped  
1 cup carrot, peeled and chopped  
1 cup turnips, peeled and chopped

Dressing:

1/4 cup lime juice  
1/2 teaspoon lime zest (grated)  
1 teaspoon sugar  
1/4 teaspoon chili powder  
1 tablespoon olive oil

## DIRECTIONS

In large bowl, combine all salad ingredients. In a small jar with a tight fitting lid, combine all dressing ingredients and shake well. Pour dressing over vegetables and stir to coat. Cover and refrigerate 1 to 4 hours, tossing occasionally.

## NOTES

Make this vegetable salad ahead of time and allow the flavors to blend in the refrigerator for a few hours before serving.





# Spinach Black Bean Salad 🌸

## INGREDIENTS

2 tablespoons vinegar  
1 tablespoon vegetable oil  
1 tablespoon dijon mustard  
1 teaspoon garlic powder  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/8 teaspoon ground nutmeg (optional)  
2 cups spinach (washed)  
1 1/2 cups black beans (low-sodium)  
2 tomatoes (chopped)  
1 red onion (small, chopped)

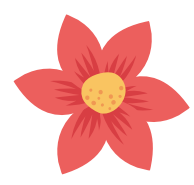
## DIRECTIONS

In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg. Wash, drain and chop spinach. Add spinach, black beans, tomatoes and onions to dressing. Toss well and serve.

## NOTES

Top your salad with other vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions, etc). Add cooked chicken, egg, or tuna for more protein! Add cubes of low-fat cheddar, Swiss, or smoked Gouda cheese. Fruit makes a great addition - try dried cranberries, cherries, raisins, apricots, or fresh berries in season.





# Harvest Vegetable Salad II

## INGREDIENTS

Salad:

2 cups romaine lettuce (washed)  
1 cup cilantro leaves (washed)  
1 cup parsnips, peeled and chopped  
1 cup carrot, peeled and chopped  
1 cup turnips, peeled and chopped

Dressing:

1/4 cup lime juice  
1/2 teaspoon lime zest (grated)  
1 teaspoon sugar  
1/4 teaspoon chili powder  
1 tablespoon olive oil

## DIRECTIONS

Combine romaine lettuce and cilantro. Divide onto four plates. Place parsnips, carrots, and turnips into 1 quart of boiling water. Return water to a simmer, cook vegetables for 2 minutes. Strain into a colander. Mix ingredients for the dressing right before use. Place hot vegetables on top of greens and top with homemade dressing.

## NOTES

Remember, you do not need salt in every meal. Try other alternative ways in boosting flavors in your meals.

# Curried Turnip with fresh Cilantro

## INGREDIENTS

2 cups fresh turnips, peeled and diced  
1 large onion, thinly sliced  
1/2 teaspoon fresh ginger, grated  
1 garlic clove, finely chopped  
1 14-oz. can fire-roasted diced tomatoes  
2/3 cup water  
1 tablespoon curry powder  
2 tablespoons olive oil  
1 teaspoon each ground cumin, coriander, and whole mustard seeds  
1/2 teaspoon turmeric  
1/2 teaspoon brown sugar  
1/2 teaspoon sea salt  
1/2 cup fresh cilantro leaves, chopped

## DIRECTIONS

Heat oil in a heavy-bottom pot on medium heat. Sauté onions until golden. Add the ginger and garlic, stir 2 minutes more, and then add the spices, stirring well to blend. Stir in the turnips, tomatoes, water, sugar, and salt. Cover and bring to a simmer for 10 minutes. Add fresh cilantro to taste. Serve immediately.

## NOTES

Turnip: Fat free, cholesterol free, low sodium, excellent source of vitamin C.





# 🌸 Savory Apple Salad

## INGREDIENTS

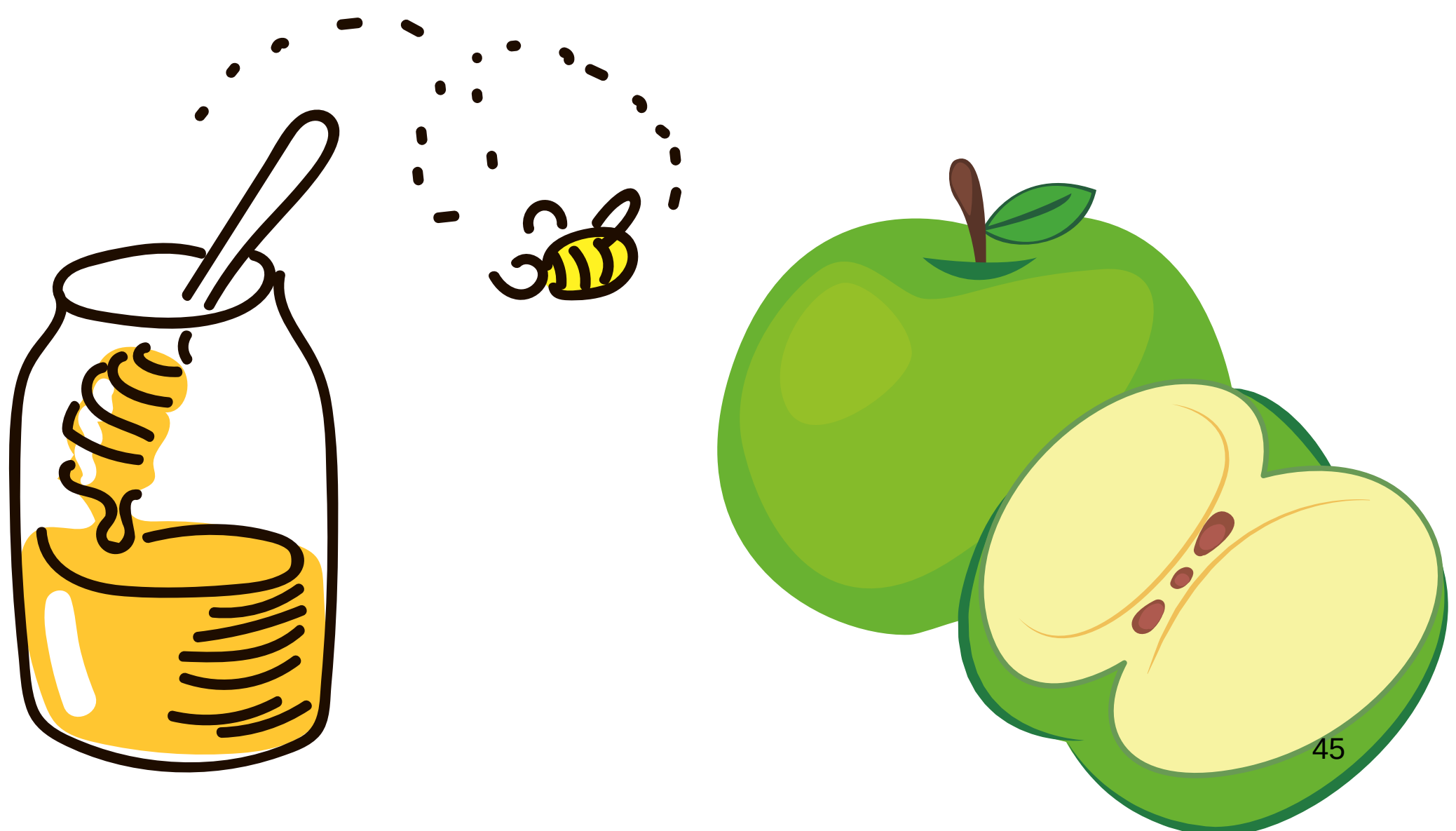
2 medium Granny Smith apples  
1 tablespoon lemon juice or apple cider vinegar  
1 tablespoon olive oil  
1 tablespoon honey  
½ small red onion, sliced  
Salt and pepper to taste

## DIRECTIONS

Slice apples and set aside. In a bowl, whisk together lemon juice, olive oil, honey, and salt. Add apple and onion slices, toss and serve.

## NOTES

Apples: Fat free; saturated fat free; sodium free; cholesterol free; high source of dietary fiber.





# Sweet & Sour Brussels Sprouts

## INGREDIENTS

3 cups Brussels sprouts, washed and trimmed  
2 tablespoons vegetable oil  
1 medium onion, chopped  
2 teaspoons garlic, minced  
1 teaspoon sugar  
1/3 cup balsamic or red wine vinegar  
Low-fat cheese (optional)

## DIRECTIONS

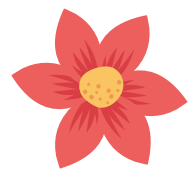
In a medium pot bring water to a boil. Add Brussels sprouts and cook for about 5 minutes. Drain, set aside. In a large sauté pan, heat oil, add onions, and garlic. Stir fry for about 2 minutes. Add Brussels sprouts and cook for about 5 more minutes. Meanwhile, in a small bowl whisk together sugar and vinegar. Toss with Brussels sprouts. Sprinkle with cheese if desired.



## NOTES

Brussels sprouts: Low fat; saturated fat free; very low sodium; cholesterol free; low calorie; good source of dietary fiber; high in vitamin C; good source of folate.





# Apple Coleslaw

## INGREDIENTS

2 cups cabbage  
1 medium carrot, grated  
1/2 green pepper, chopped  
1 apple, chopped  
5 tablespoons low-fat, plain yogurt  
1 tablespoon low-fat mayonnaise  
1 teaspoon lemon juice  
1/4 teaspoon dill weed

## DIRECTIONS

Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage. Peel and grate carrot. Chop half a green pepper into small pieces. Remove the core, and chop the apple. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Mix together. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make dressing. Pour the dressing over the salad and toss to coat.

## NOTES

Apples: This crunchy and sweet coleslaw combines apple, cabbage, carrot, and green pepper for a colorful side dish that is high in dietary fiber. Feel free to try it without the mayonnaise!





# Garden Fresh Salsa

## INGREDIENTS

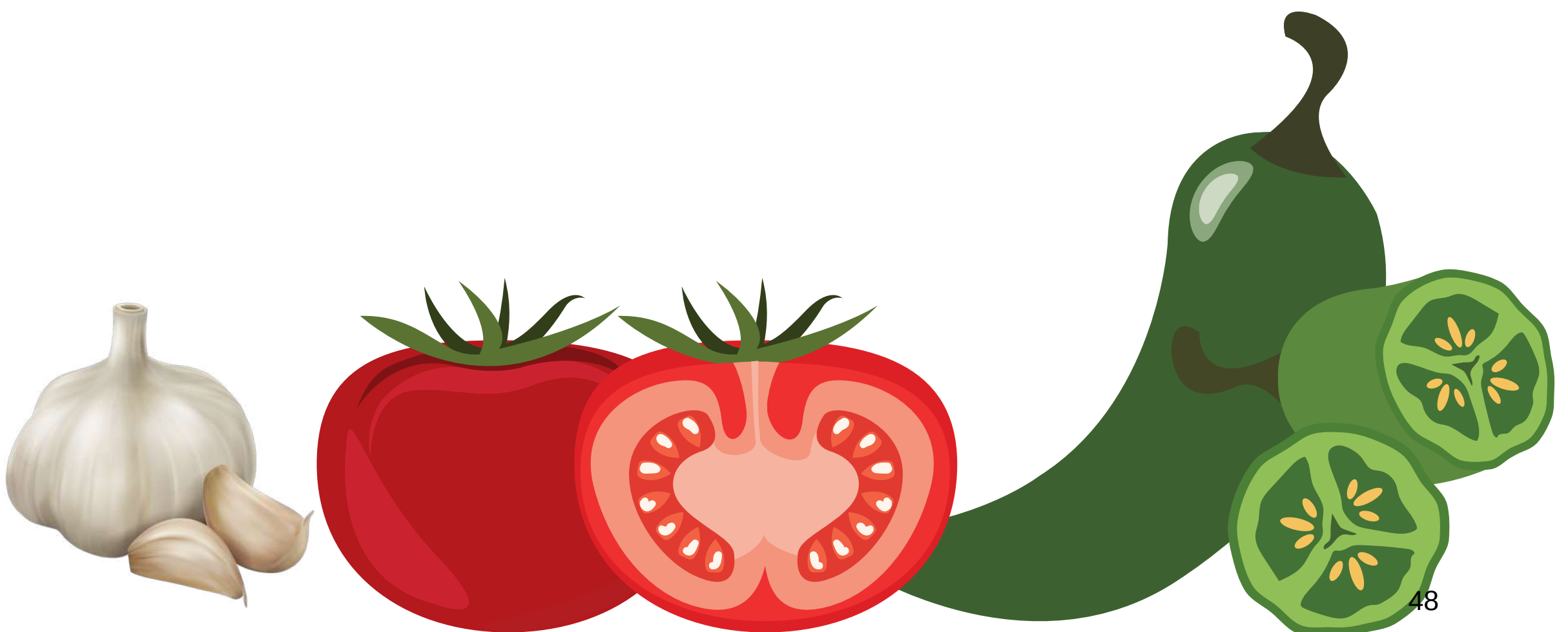
4 ripe roma tomatoes, chopped  
½ medium onion. minced  
3 cloves garlic, minced  
½ medium green bell pepper, seeded and chopped  
½ jalapeno, minced  
2 tablespoons lime juice  
2 tablespoons cilantro, chopped  
½ teaspoon salt  
½ teaspoon black pepper

## DIRECTIONS

Combine all the ingredients. You can also do this in a blender or food processor by adding the onions and garlic first, and then the rest of the ingredients.

## NOTES

Jalapeno: Low fat, saturated fat free, cholesterol free, sodium free, excellent source of vitamin C, good source of vitamin A and folate.





# Kale and Cranberry Salad

## INGREDIENTS

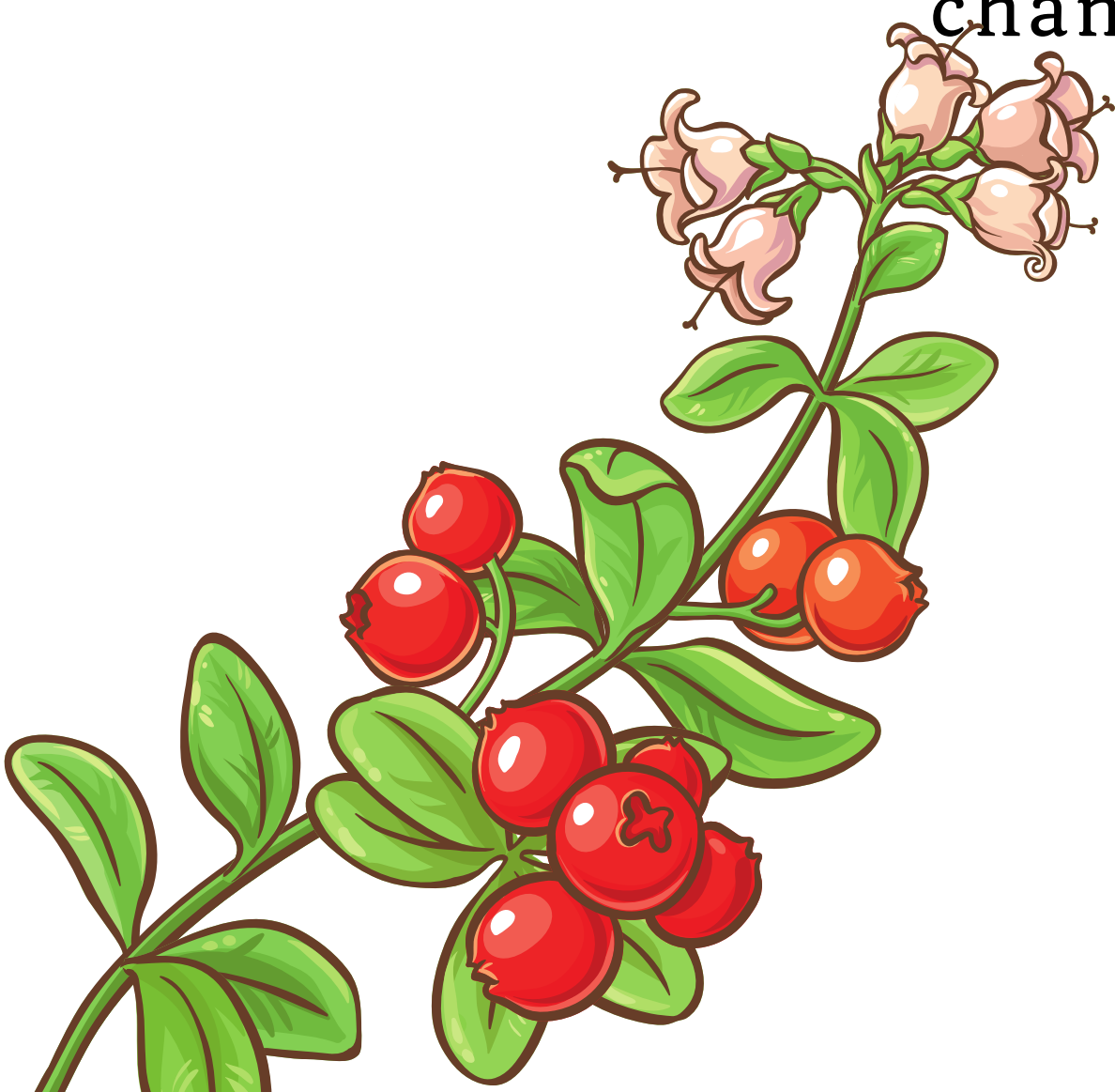
16 cups curly kale, thinly sliced  
3 tablespoons fresh lemon juice  
 $\frac{1}{4}$  cup extra virgin olive oil  
 $\frac{1}{4}$  cup dried cranberries or currants  
 $\frac{1}{2}$  cup fresh Parmesan cheese, finely shredded (2 oz.)  
1 teaspoon sea salt (optional)  
 $\frac{1}{2}$  teaspoon fresh-ground black pepper

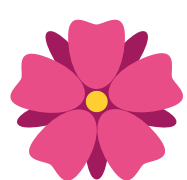
## DIRECTIONS

In a large serving bowl, combine all ingredients. Toss thoroughly to combine and allow to rest for 5-10 minutes. Toss thoroughly again before serving, adding more cheese, salt, and pepper, if desired.

## NOTES

Enjoy the best of fall flavors with this bright, peppery and tart green salad. While light and delicious, it's perfect for the autumnal change of weather.





# Cabbage Stir-Fry

## INGREDIENTS

1 head of Cabbage or Chinese cabbage  
1 onion, diced  
2 carrots, chopped  
1 teaspoon ginger root, grated  
1-2 tablespoons soy sauce (low-sodium)  
½ teaspoon honey  
1- 2 tablespoons olive oil

## DIRECTIONS

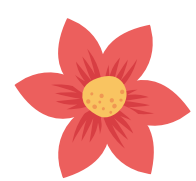
Cut cabbage in half, lengthwise. Put the halves, cut side down, on the cutting board and cut them into fine strips. In a large pan or wok, heat oil. Sauté onions and ginger root until onion is soft. Add cabbage, carrots, and any other chopped vegetable you like. Stir-fry everything until the carrots become tender. Add soy sauce and honey and stir until vegetables are coated. Serve over rice.

## NOTES

Cabbage: Fat free; saturated fat free; very low sodium; cholesterol free; low-calorie; high in vitamin C.







# Apple Carrot Salad



## INGREDIENTS

1-2 local apples  
1-2 carrots  
1/4 cup raisins  
2 tablespoons lemon juice  
1/4 cup vanilla yogurt

## DIRECTIONS

Wash apples and carrots. Peel and core the apples. Cut the apples into small chunks. Add to a bowl. Add the lemon juice to the cut apple and stir to combine. Grate the carrots. Add them to a bowl. Add raisins and yogurt them to the apple-carrot mixture. Stir and enjoy!

## NOTES

Did you know, New York grows more apple varieties than any other state in the USA? Apples come in many different flavors, varieties and textures. Apples are so versatile, you can use them in drinks, for breakfast, savory entrees, breads, preserves, desserts, salads and so much more.



# Kale Fritters

## INGREDIENTS

1 bunch Kale  
2 cups whole wheat flour  
2 1/2 cups water  
1 scotch bonnet pepper  
1 red bell pepper  
1 onion  
1/4 cup olive oil  
Salt to taste



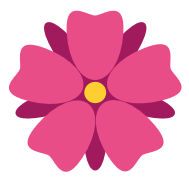
## DIRECTIONS

Chop kale, onions, and bell pepper. Deseed the hot pepper and combine flour, water and vegetables in a large bowl. Heat the olive oil in a pan. Turn the heat down to low-med. With a large cooking spoon, drop dollops of the kale fritter batter into the oil. Cook until golden brown, about 2 minutes. Flip and cook 2 more minutes on the other side. Remove and place on a plate lined with a paper towel. Serve hot.

## NOTES

Did you know that whole wheat comes from whole grain? Whole grain contains the bran, germ, and endosperm, which has all the essential nutrients of the entire grain seed. If the whole grain has been processed, the food will deliver the same rich balance of nutrients found in the original grain seed, such as fiber. Fiber adds bulk to help with the feeling of fullness, so you can be satisfied with less calories; helping you lose weight!





# Malabar Spinach

## (Thick Leaf Callaloo)

### INGREDIENTS

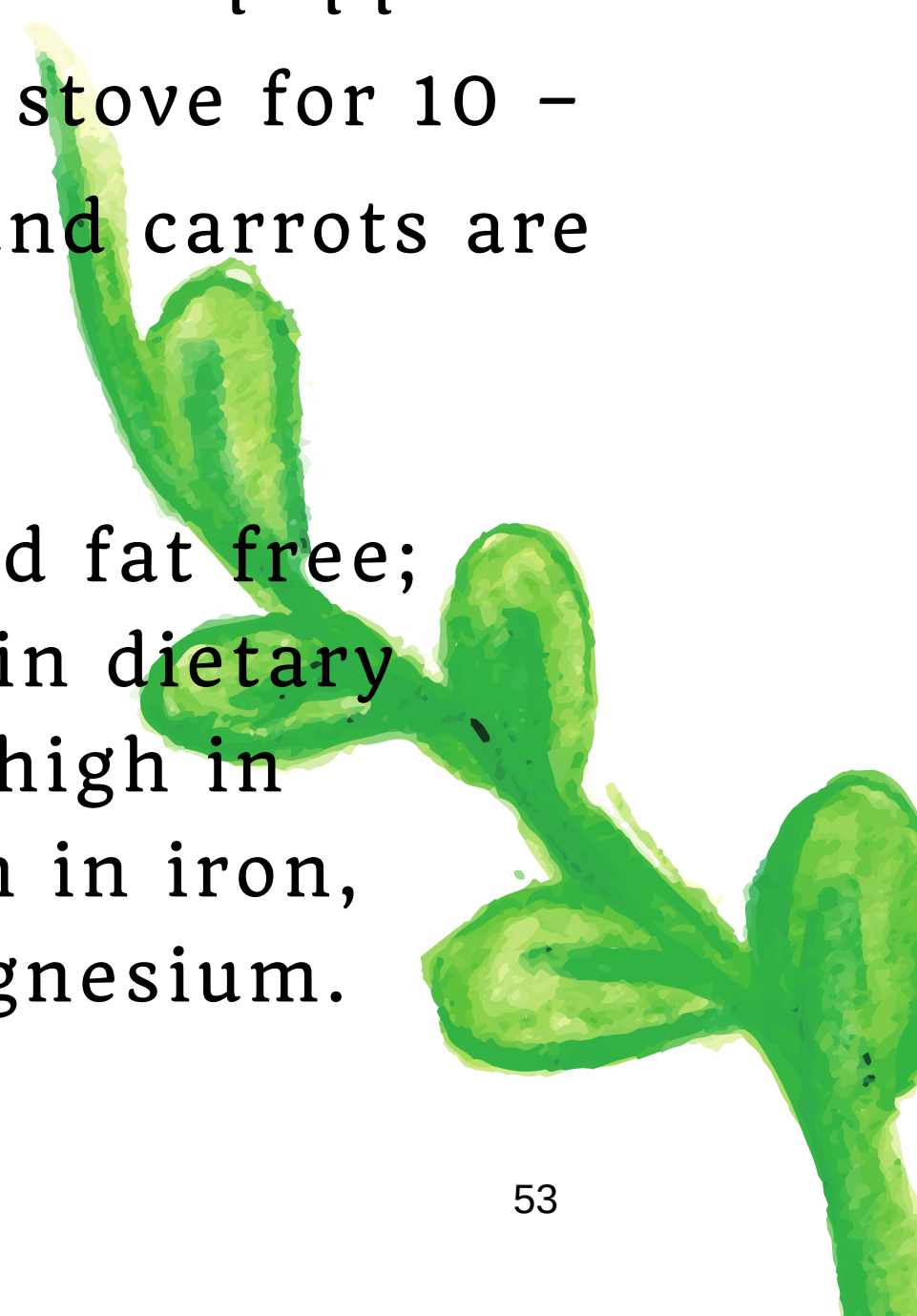
1 bag of callaloo, rolled and chopped  
1 small onion, minced  
1 scotch bonnet peppers, seeded and minced  
2 carrots, chopped  
½lb bora (long beans), chopped in 1 inch pieces  
1 clove garlic  
1 teaspoon of paprika  
¼ cup olive oil  
1 teaspoon of black pepper  
Salt to taste

### DIRECTIONS

Roll callaloo leaves and chop. Mince peppers, onions, and garlic. Chop carrots and bora (long beans). In a small pot, heat oil and add onions and peppers. Cook until golden brown. Add bora (long beans) and stir until lightly browned. Add the carrots and cook for 2 minutes. Then add malabar spinach. Add the paprika, black pepper and salt to taste. Let it cook on the stove for 10 – 15 minutes until the greens, bora, and carrots are tender.

### NOTES

Malabar Spinach: Fat free; saturated fat free; cholesterol free; low calorie; high in dietary fiber; excellent source of fiber; high in vitamin A; high in vitamin C; high in iron, high in folate; good source of magnesium.



# Onion And Potato Soup

## INGREDIENTS

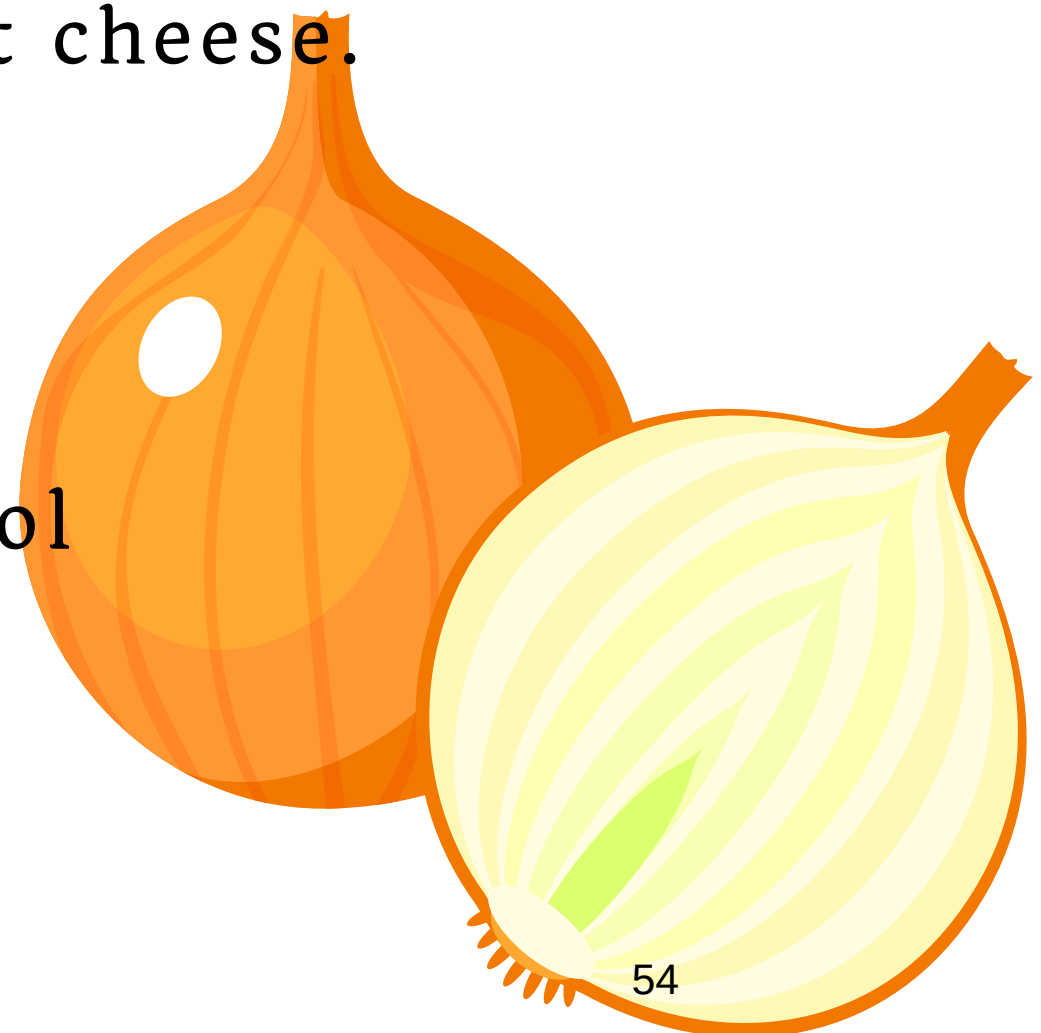
2 white onions, thinly sliced  
3 tablespoons of olive oil  
2 tablespoons chopped fresh parsley  
2 cloves garlic, finely chopped  
2 bay leaves  
1/2 cup of prosciutto  
3 cups water  
1 teaspoon of pepper  
4 potatoes, shredded  
1/4 cup grated Romano low-fat cheese

## DIRECTIONS

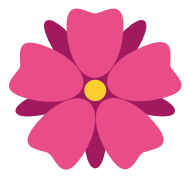
Cover and cook onions in butter in 4 Qt Dutch oven over medium-low heat 10 minutes. Stir in parsley, garlic, bay leaves, and prosciutto, raise heat. Cook, uncovered, over high heat for 5 minutes, stirring frequently. Stir in remaining ingredients except cheese. Bring to a boil. Reduce heat, cover and simmer 30 minutes, stirring occasionally. Remove bay leaves. Top each serving with cheese. Slow-simmering soup is enriched with diced prosciutto and freshly grated Romano low-fat cheese.

## NOTES

Onions: Fat free; saturated fat free; very low sodium; cholesterol free; high in vitamin C; good source of dietary fiber.







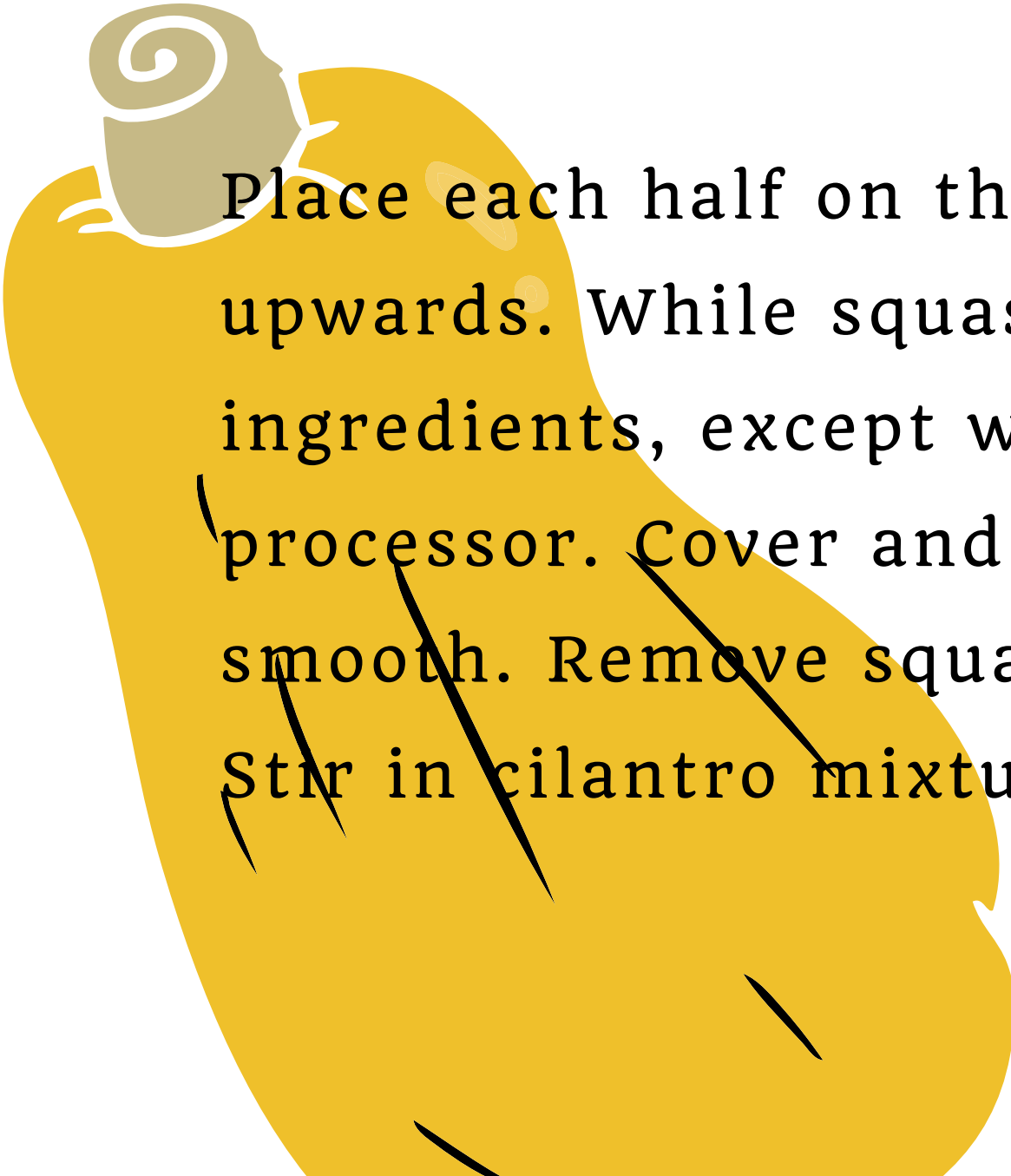
# Spaghetti Squash with Cilantro

## INGREDIENTS

1 medium Spaghetti squash  
(about 2-1/2 pounds)  
3/4 cup chopped fresh cilantro  
1/4 cup chopped fresh parsley  
1/4 cup grated parmesan cheese  
2 tablespoons olive oil  
1/2 teaspoon sea salt (optional)  
1/8 teaspoon black pepper  
2 cloves garlic  
1/2 cup coarsely chopped walnuts (toasted)

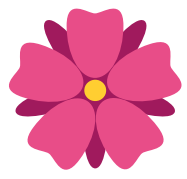
## DIRECTIONS

Wash the squash then pat dry. Preheat oven to 375° and line a baking pan with parchment paper. Cut spaghetti squash in half and scrape out seeds with a spoon. Brush each half with olive oil and sprinkle with salt and pepper. Roast for 45 minutes.



Place each half on the pan with the cut side facing upwards. While squash is baking, place remaining ingredients, except walnuts, in a blender or food processor. Cover and blend, until mixture is smooth. Remove squash strands with two forks. Stir in cilantro mixture and walnuts.

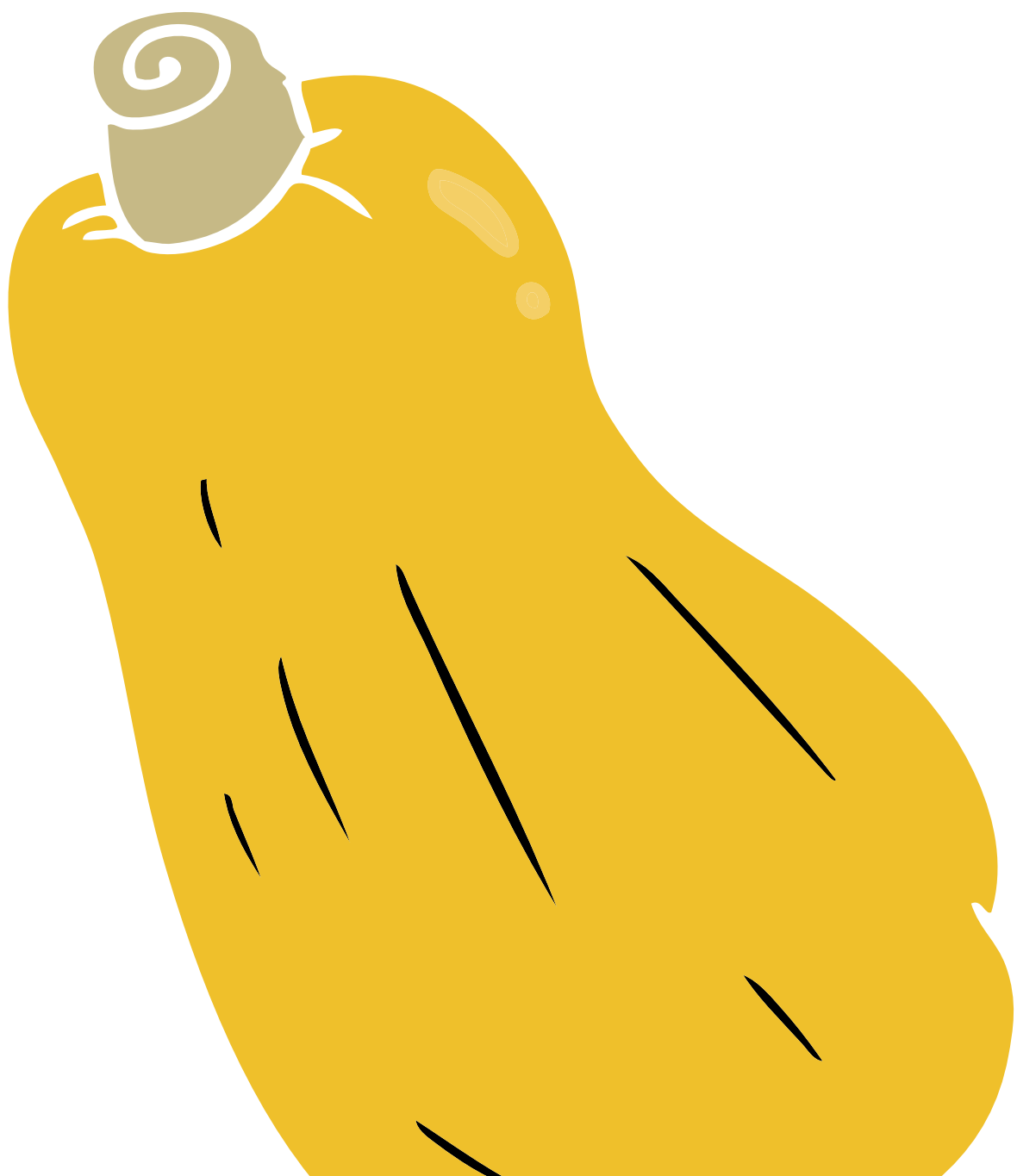
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# Spaghetti Squash with Cilantro

## NOTES

Spaghetti Squash: Low calorie, cholesterol free, low saturated fat, high fiber, good source of protein, low sodium; excellent source of vitamins A and C; excellent source of potassium; good source of calcium and iron.

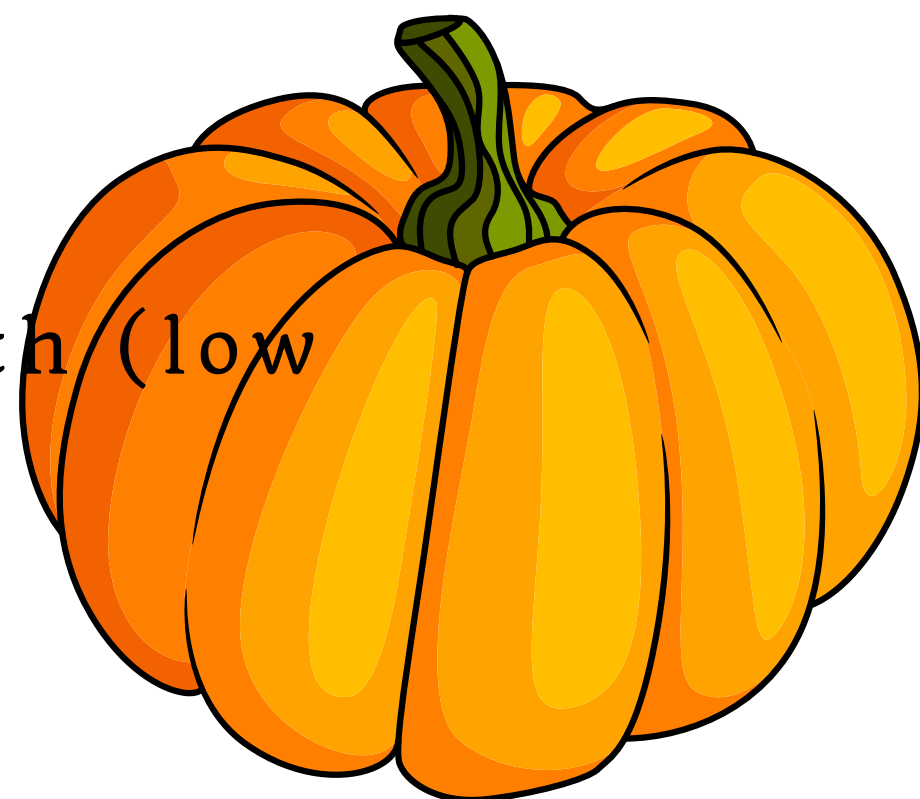




# Simple Pumpkin Soup

## INGREDIENTS

1 cup onion, chopped  
4 cups vegetable or chicken broth (low sodium)  
3 teaspoons olive oil or butter  
 $\frac{1}{4}$  teaspoon nutmeg  
1 small pumpkin  
Salt and pepper to taste  
2 cups coarsely chopped walnuts (toasted)



## DIRECTIONS

Wash the pumpkin and cut it in half. Scoop out the seeds. Place the cut side down on a cutting board and cut into 1 inch thick slices. Peel and cut into 1-inch cubes. Chop carrot into 1 inch pieces. Put in a pan with enough water to cover. Simmer until tender, drain thoroughly. Chop the onions and gently brown with oil or butter in a pan. Add the salt, nutmeg and black-pepper. Puree onions and pumpkin in a blender or food processor. Pour contents into a large pot. Slowly add broth and heat thoroughly, do not boil. Dilute the puree to the consistency you like, using water or milk. Grate in a little nutmeg and season lightly with salt and pepper.

## NOTES

Canned pumpkin, with no added sugar or salt, is a healthy alternative to fresh pumpkin.

# **Three Potato Salad**

## **INGREDIENTS**

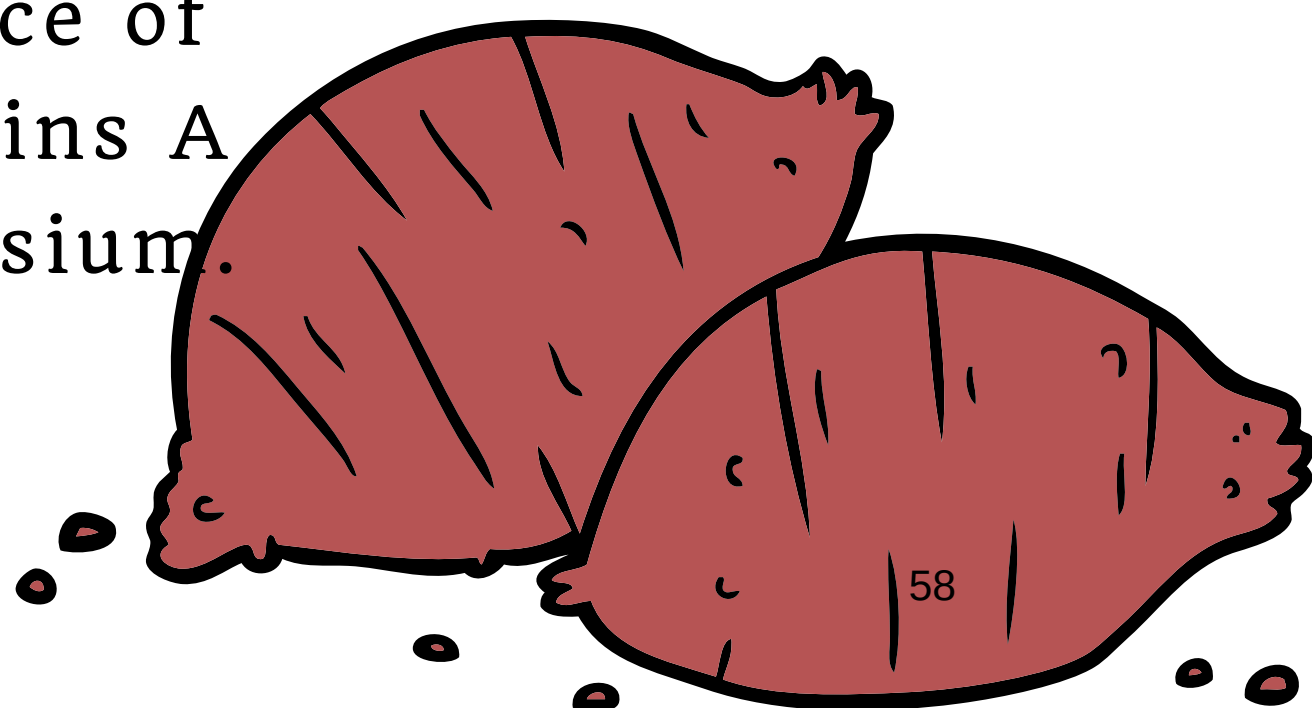
2 pounds red skinned sweet potatoes  
2 pounds Yukon gold potatoes  
2 pounds small purple potatoes  
 $\frac{3}{4}$  cup mayonnaise (low-fat)  
 $\frac{1}{2}$  cup fresh squeezed lemon juice  
1 tablespoon dijon mustard  
1 teaspoon celery seeds  
1 cup chopped scallions  
Salt and pepper to taste

## **DIRECTIONS**

Heat a grill or oven to 375 degrees and wrap the potatoes in heavy-duty foil in three batches (sweet, Yukon, purple). Cook about 35 min or until tender. Remove from foil and cool, then cut into 1-inch pieces. Mix mayo, lemon juice, mustard, and celery seed in a large bowl. Add the potatoes and scallions and toss to coat. Season with salt and pepper to taste.

## **NOTES**

Sweet Potatoes: Fat free;  
saturated fat free; low sodium;  
cholesterol free; good source of  
dietary fiber; high in vitamins A  
and C; good source of potassium.







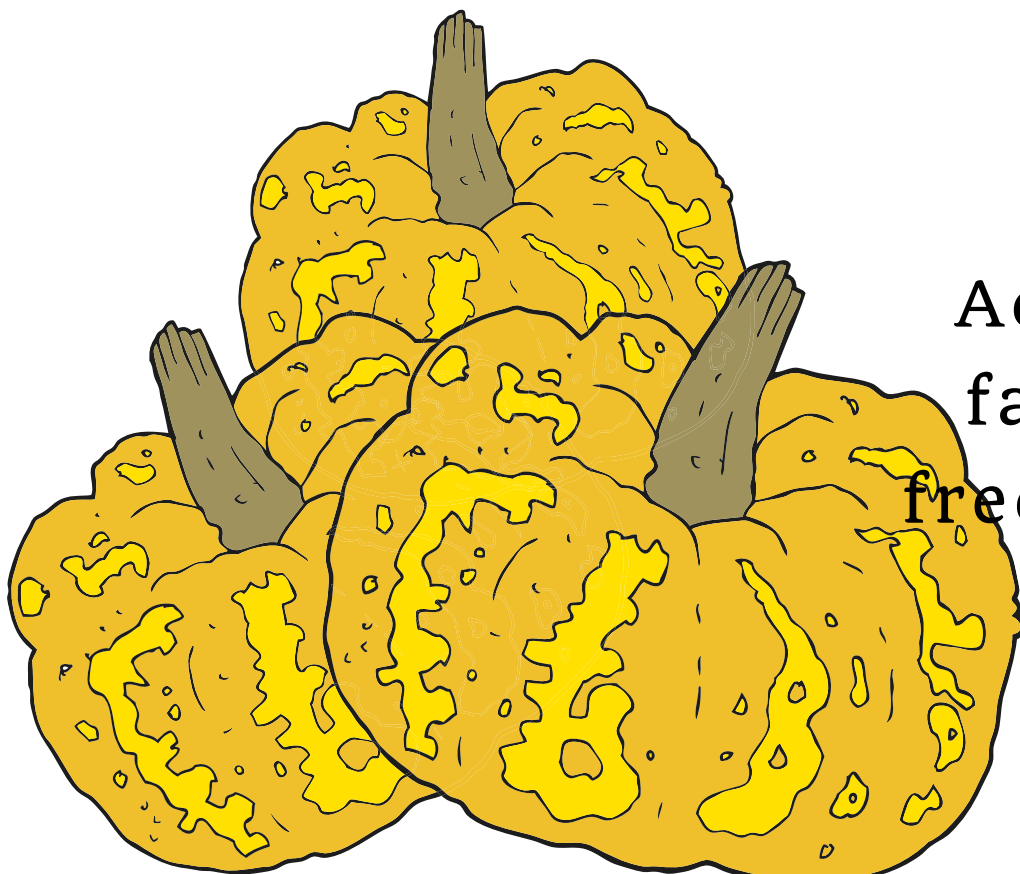
# Winter Soup

## INGREDIENTS

2 medium carrots, finely diced  
2 turnips, finely diced  
1 large onion, finely diced  
4 garlic cloves, minced  
1 small acorn squash, cubed with skin and seeds removed  
2 tablespoons olive oil  
1 tablespoon sea salt (optional)  
1 bay leaf  
1 teaspoon fresh rosemary, chopped  
2 1/2 quarts filtered water  
3 tablespoons low sodium soy sauce

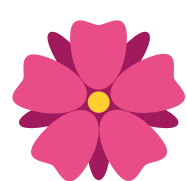
## DIRECTIONS

Place an 8-quart pot on the stove on low heat. Add 2 tablespoons olive oil and the carrots, celery, onions and salt. Cook, stirring occasionally, until softened, about 30 minutes. Add the tomatoes, sage, rosemary and garlic, and cook for 5 minutes, stirring to break up the tomatoes. Add the water, soy sauce, increase the heat to high and bring to a boil, about 15 minutes. Decrease heat to low, add the squash, cooked beans and kale, cover and cook until tender, 40 to 45 minutes.



## NOTES

Acorn Squash: Fat free, saturated fat free, cholesterol free, sodium free and a good source of vitamin C.



# Curried Pumpkin Soup

## INGREDIENTS

1 small onion, chopped (1 cup)  
2 Medium apples, peeled, cored, and  
chopped (2-1/2 cups)  
2 cups of pumpkin puree (made  
from scratch 1-2 medium pumpkins)  
2 tablespoons all-purpose flour  
2 tablespoons unsalted butter  
1 teaspoon cumin (optional)  
2 tablespoons curry powder  
1/8 teaspoon chili powder  
1 box vegetable broth  
Sea salt & pepper to taste

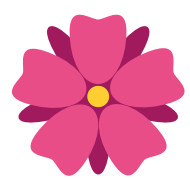
## DIRECTIONS

Preheat the oven to 375 degrees. Slice the stem off the pumpkin and cut in half. If it's large enough, cut it in half once or twice more. Remove the seeds with a spoon (a grapefruit spoon with a serrated edge works well). Place the pumpkin wedges on a baking sheet skin-side down. Roast for 45 to 50 minutes until the skin begins to shrivel and the pumpkin is fork tender. Remove from the oven and let it cool until you can touch it. Remove the pumpkin from the skin and discard any pieces on top that may be tough.

Add it to a food processor or blender and puree until smooth. If the pumpkin seems dry, add a few tablespoons of water until it is moist and resembles the puree you see in a can. Pumpkin puree can be stored in the refrigerator in a sealed container for about a week!

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# Curried Pumpkin Soup

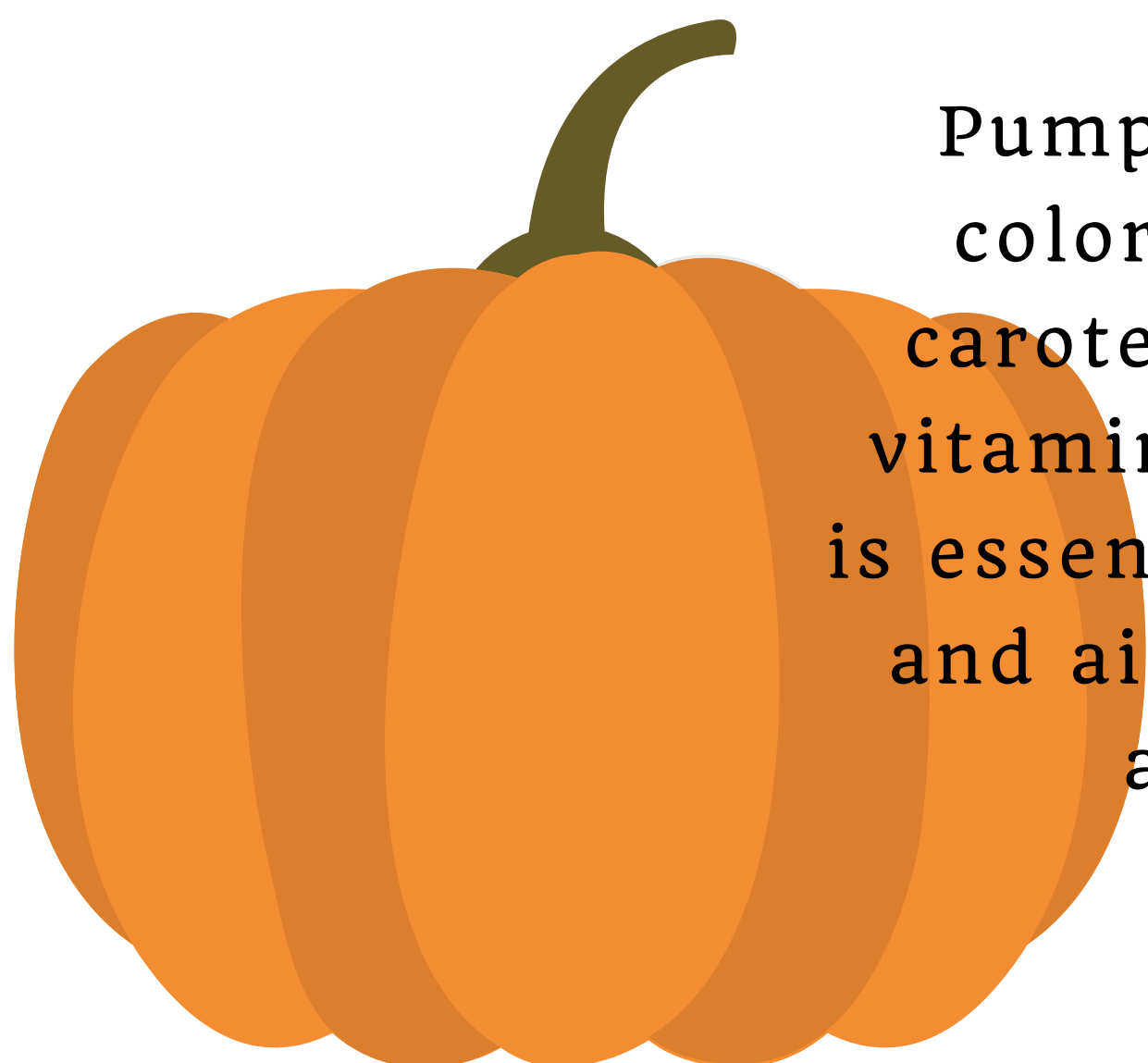
## DIRECTIONS

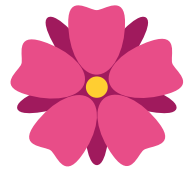
Melt butter in a large pot over medium heat. Add onion, apples and ginger and sauté until tender, about 8 minutes. Sprinkle flour, cumin, curry and chili powders over onion mixture and stir for 1 minute (mixture will be dry). Gradually whisk in broth and cook, stirring occasionally, until mixture begins to thicken, about 6 minutes. Whisk in pumpkin puree and coconut milk. Season generously with salt and pepper. Bring to a low boil and cook for 5 minutes, stirring often. Reduce heat and simmer for 10 minutes. Remove from heat and let cool slightly.

If you like your soup creamy blend in small batches and return to pot. Serve hot, topped with sour cream and sprinkled with spicy pumpkin seeds or nuts.

## NOTES

Pumpkin with its deep orange coloring is packed with beta-carotene, which is converted to vitamin A in the body. Vitamin A is essential for preserving eyesight and aids the retina in absorbing and processing light.





# Jamaican Callaloo

## INGREDIENTS

bundle of Callaloo (about 2lbs)  
1/2 scotch bonnet pepper  
1/2 teaspoon black pepper  
1 teaspoon thyme (couple sprigs)  
1 cup sweet pepper  
2 tablespoon olive oil or butter  
1 tomato  
1 onion  
Salt to taste



## DIRECTIONS

Give the callaloo a good wash under running water, then get ready to trim and cut. Remove all the leaves from the stems and get rid of any leaves that are discolored. You can now use the tender stems (they may look thick, but the majority will be tender). Using a pairing knife or potato peeler, peel the thin skin on the outside of the stems (see the video below), The idea is to remove the waxy exterior so it cooks down to be tender.

Give the leaves and cleaned stems a good rinse in water and shake dry. The final step in preparing is to create small bundles and chop about 1/2 inch shreds.

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# Jamaican Callaloo

## DIRECTIONS

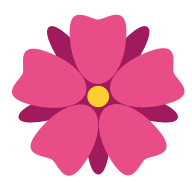
Heat the oil on a medium heat in a fairly deep sauce pan, then add the onion and cook for a couple minutes. Just long enough to soften the onion and flavor the oil. Now add the thyme, black pepper and slices of scotch bonnet pepper and cook for another couple minutes.

Start adding the chopped callaloo to the pot. It will pile up, but rest assured it wilt down quickly. Give it a good stir, add the water and bring it up to a boil. Now lower the heat to a very gentle simmer, cover the pot and allow to cook for about 15 minutes.

After 15 minutes, it's time to add the tomato. Then give it a good stir, cover the pot and allow to cook for another 10-15 minutes. If you find that you don't have any liquid it means your heat is too high. Add a bit of water and continue cooking. After 10 minutes the callaloo should be fully cooked. It will not be as bright green as when you first started off, but don't be fooled it will taste amazing.

## NOTES

Callaloo: Cholesterol free; excellent source of vitamins A and C; good source of iron and potassium.



# Young Collards and Sweet Potato Steam Down

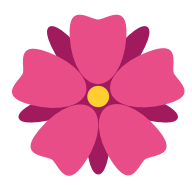
## INGREDIENTS

1 bunch or 5-6 leaves young collard greens  
2 small sweet potatoes or pumpkin  
2-3 fresh garlic cloves (2 tsp crushed)  
1 shallot  
2-3 twigs fresh thyme  
1-2 scallions (green onion), sliced  
1 fresh turmeric peeled & diced fine  
1/2 garlic powder  
1 lemon, juiced  
2 tablespoons olive oil  
1/2 cup water  
Salt to taste

## DIRECTIONS

Mince garlic, slice scallions, turmeric and chop shallot. Slice collards thinly & peel and dice sweet potato into cubes. Cut small so they soften quickly when cooking. Now pour into a slowly heated frying pan 2 tablespoons olive oil or 1 tbsp each for flavor, sautéed garlic and onions and threat of the fresh seasonings sauté another 3 minutes, then add the collards stir fry for 6-7 minutes add water about 1/2 inch. Let simmer then add the diced sweet potatoes. Add garlic powder. Squeeze juice from 1/2 lemon in one circle around the greens. Stir, taste add more flavor if you prefer.



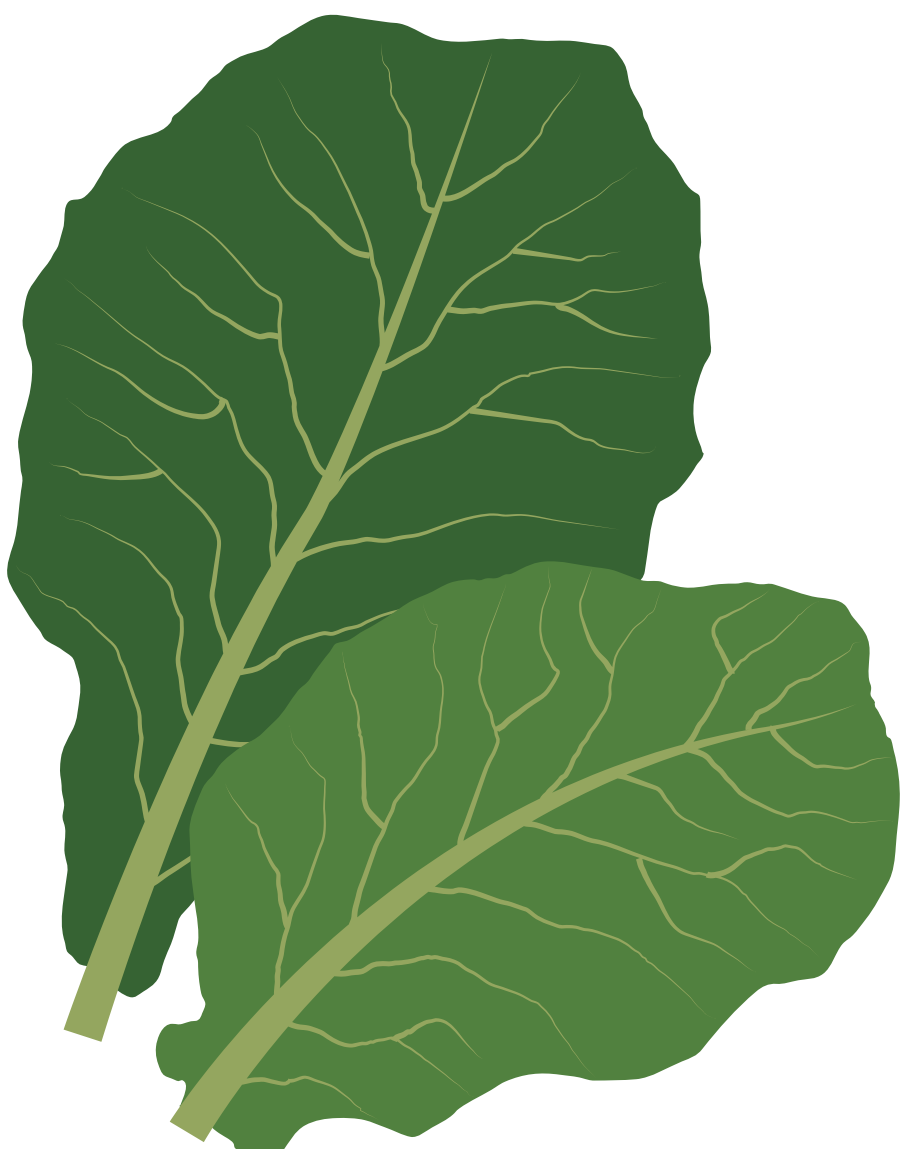


# Young Collards and Sweet Potato Steam Down

## NOTES

A high intake of plant foods, such as collard greens, appears to decrease the risk of a number of health conditions, including obesity and overall mortality, diabetes, and heart disease.

It may help people with type 2 diabetes to achieve better levels of blood sugar, lipids, and insulin.



# Plant Based Nacho Cheese

## INGREDIENTS

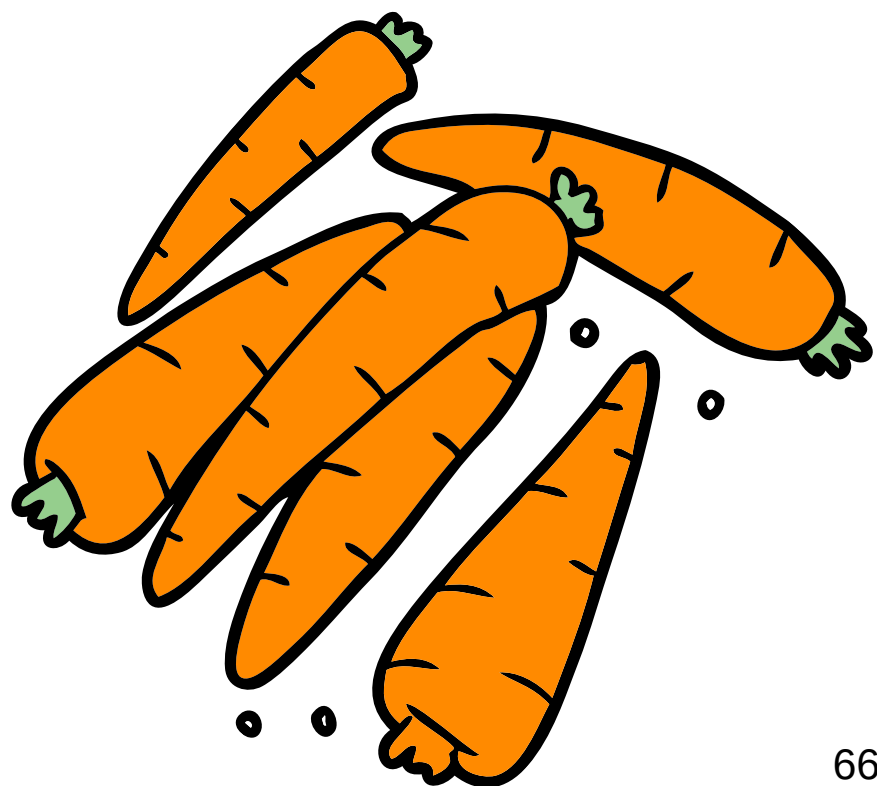
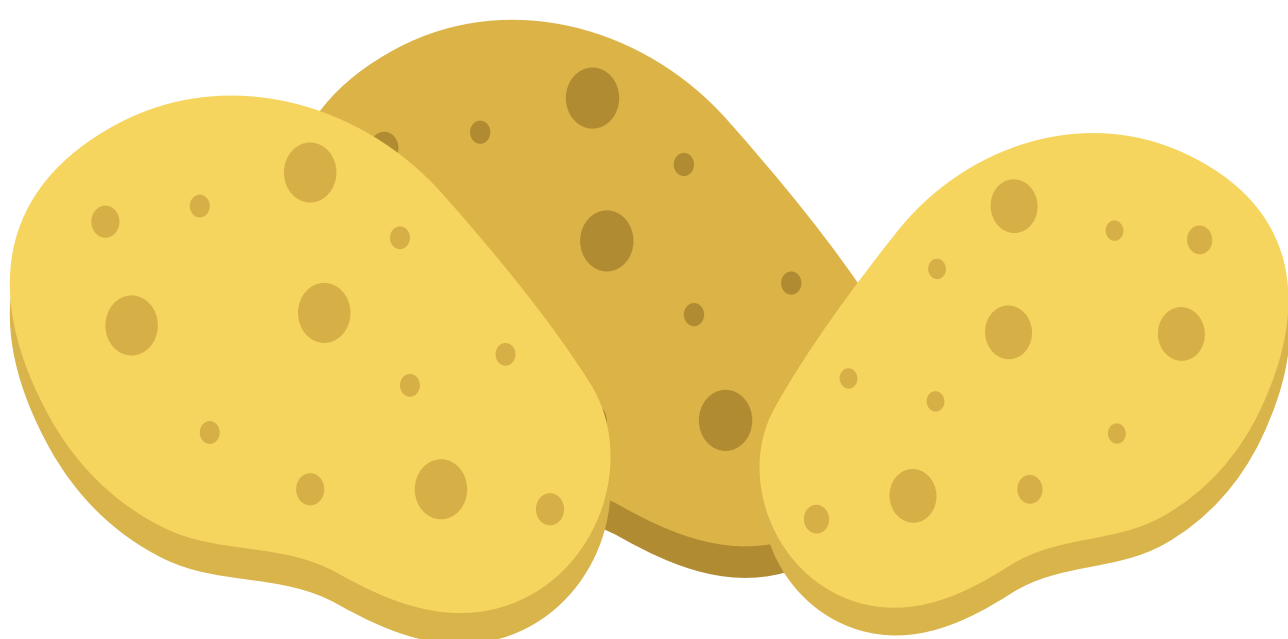
1 cup soft boiled potato cubes  
1/4 cup soft boiled carrot cubes  
3 tablespoons olive oil  
1 cup soy milk  
1 tablespoon nutritional yeast  
1 tablespoon garlic powder  
1 tablespoon onion powder  
Salt to taste  
3-4 jalapeño slices

## DIRECTIONS

Place all ingredients in a blender. Puree until smooth. Serve warm.

## NOTES

This recipe is excellent for people with lactose intolerance and soy or gluten allergies. Perfect for recipes like nachos, tacos, broccoli and cheese soup, french fries etc.





# Beet Salad with Apples and Raisins

## INGREDIENTS

1 cup sour cream, low fat or non fat  
2-3 teaspoons Dijon mustard  
2-3 tablespoons cider vinegar  
3 small bunches of beets ( $\frac{3}{4}$  pound)  
trimmed, peeled and grated using large  
holes on grater  
3 sweet crisp apples (fuji, gala, or honey  
crisp) cored and cut into  $\frac{1}{2}$  inch cubes  
5 tablespoons golden raisins  
3 tablespoons toasted chopped hazelnuts  
3 tablespoons chopped chives  
Sea salt and pepper to taste

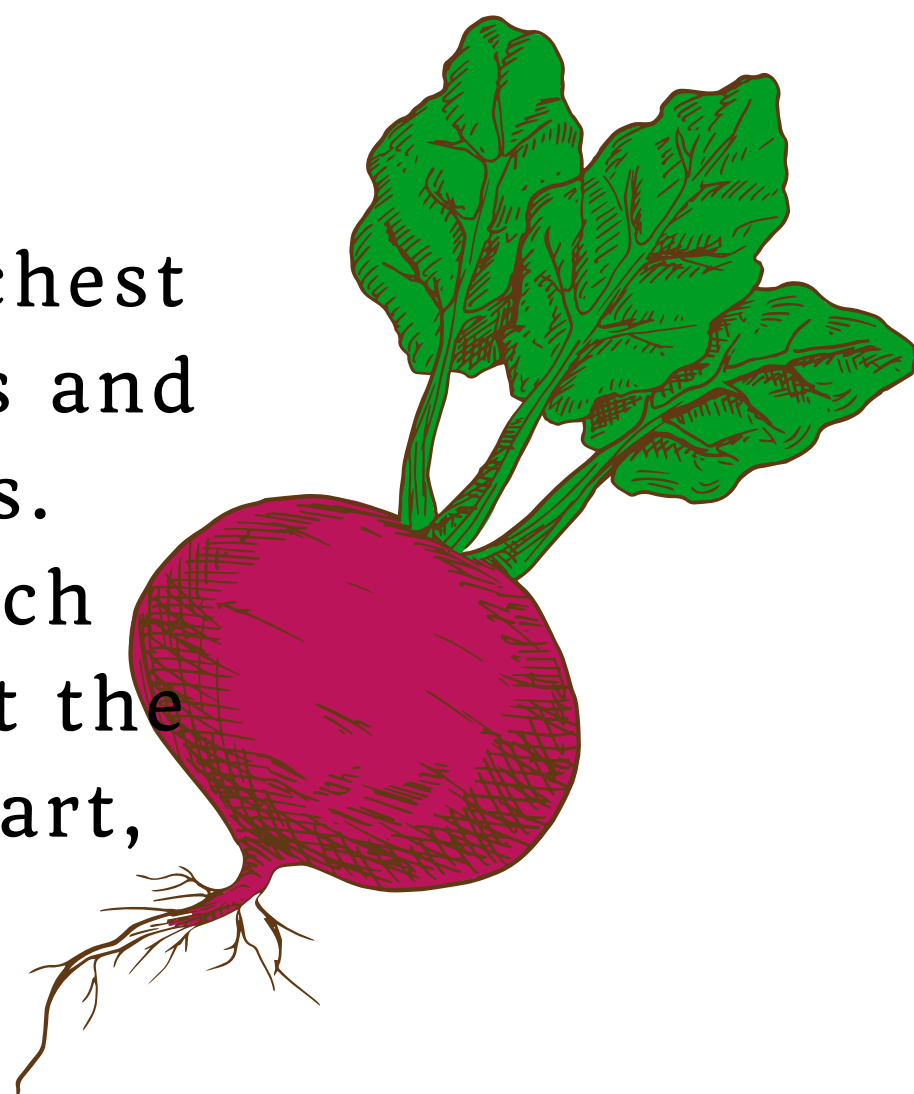
## DIRECTIONS

In a small bowl prepare dressing, by mixing sour cream, mustard and vinegar and set aside. In a large bowl combine beets, apples, raisins, nuts, add chives. Season with salt and pepper. Toss with dressing and serve.

## NOTES

Beetroot juice is one of the richest dietary sources of antioxidants and naturally occurring nitrates.

Nitrates are compounds which improve blood flow throughout the body—including the brain, heart, and muscles.





# Patacopi Bajha

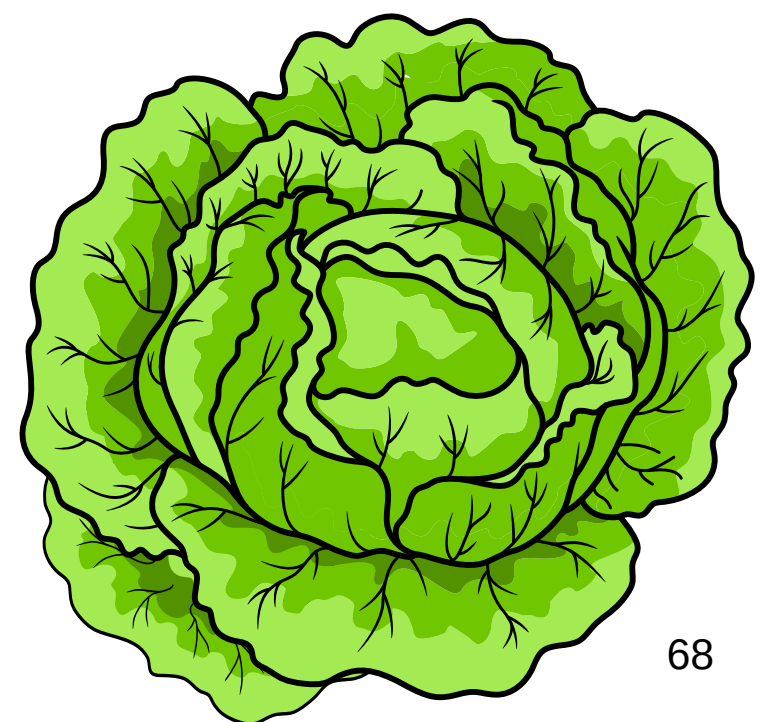
## "Fried Cabbage"

### INGREDIENTS

1 cabbage, chopped  
2 hot peppers (green or red), seeded and chopped  
1 small onion, chopped  
1-2 cloves garlic, minced  
2-3 teaspoons cilantro, chopped  
2-3 teaspoons vegetable oil  
¼ teaspoon chili powder  
Sea salt to taste

### DIRECTIONS

Chop cabbages into small pieces. Mince hot peppers (wear gloves to protect your hands). Chop onions into small pieces. Mince garlic. Put oil in the frying pan and heat. Add onions and garlic to the pan. When they turn golden brown, add cabbages and peppers. Let cook 2-3 minutes, stirring occasionally. Add chili pepper and salt to taste. Cover and cook for 5-10 minutes. Add a little water if pan looks dry (1/4 cup). Cook for 5 more minutes until the cabbages become light green. Add chopped cilantro. Cook for 2 more minutes.



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# Patacopi Bajha

## “Fried Cabbage”

### NOTES

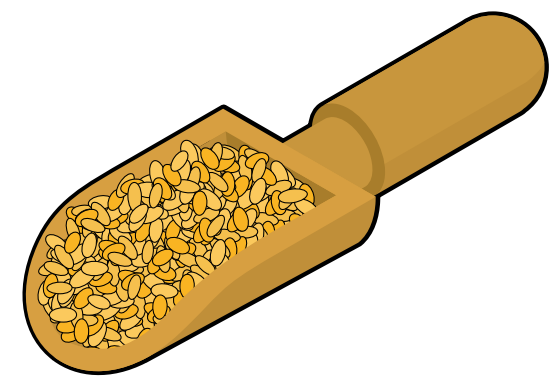
Cabbage, a versatile vegetable that makes an appearance in various cuisines. It can be eaten raw or it can be cooked in soups, stir-fries and braises. The raw leaves are peppery in flavor and becomes sweeter as they cook. You can find a variety of cabbages in New York from all around the world, such as green, purple, Napa, Savoy, bok choy, and choy sum.



# Couscous and Lettuce Wrap

## INGREDIENTS

2 tablespoons olive oil  
2 yellow bell peppers, cut into large chunks  
2 red bell peppers, cut into large chunks  
1 lb. cherry tomatoes  
2 zucchinis, thickly sliced  
Sea salt and pepper to taste  
1 tablespoon white wine vinegar  
1 teaspoon dijon mustard  
Pinch of sugar  
1 cup couscous  
1 cup boiling water  
1 cup feta cheese, crumbled  
Handful of mint leaves, chopped  
Handful of parsley, chopped  
Handful of basil, chopped  
Boston lettuce (for wrap)



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# Couscous and Lettuce Wrap

## DIRECTIONS

Heat 2 tbsp of olive oil in skillet and sauté bell peppers, tomatoes and zucchini in batches until softened, season with salt and pepper.

Put couscous in a large bowl and add 1 tablespoon of olive oil and a pinch of salt, stir to combine then pour in boiling water. Let stand for 5 minutes. When water is absorbed, fluff with fork.

In a small bowl, whisk together vinegar, mustard, sugar, 3 tablespoons of olive oil and season with salt and pepper.

Add the vegetables and any juices from the dish to the couscous along with the feta; add mint, parsley and basil. Pour in dressing, and toss to combine. Spoon a tablespoon of couscous mixture on a lettuce leaf and roll into a wrap.

## NOTES

Lettuce leaves have few calories and a hearty texture that makes them perfect for loading up with sandwich toppings and burgers









## 2019 ENYF! Community Educators

From left to right: Lyra Petrie, Esther Conway, Annette Parkins, Joyce French, Dylan Murphy, Bea Mora, Michelle Hanley, Elaine Scott, Niani Taylor and India Wayman.

We also want to acknowledge the community educators who are not photographed: Donna Davis and Omene-Afua El.



# Cooking Demonstration

## How to conduct a proper cooking demonstration?

### Before Cooking Demonstration

Step 1: Accessibility. Select or develop a recipe that is easily accessible to your audience and something you are comfortable with teaching. Read through the recipe to make sure you are familiar with the recipes and the instructions are clear.

Step 2: Purchase your ingredients. It is good to have several varieties to show your audience to use in the cooking demonstration.

Step 3: Materials. Print out any materials you want to highlight in your workshop or develop a poster board with information of the main ingredient in your dish. Include any warnings or substitutions for another ingredient. Be sure to mention health benefits.

Step 4: Prepare. Gather your equipment before the workshop. It is always important to obtain food supplies one day before the workshop. You can also pre-measure your ingredients.

Step 5: Check. Double check to make sure you have everything you need.

Step 6: Practice. Practice your workshop with friends or relatives. This will help with your facilitation and prepare you for your workshop.



# Cooking Demonstration

## How to conduct a proper cooking demonstration?

### Day of Cooking Demonstration

Step 1: Arrival. At the location introduce yourself to the coordinator of the event space or center.

Step 2: Examine. Before you begin the cooking demonstration, examine your work area before taking out any supplies.

Step 3: Sanitize. Make sure to wash your hands and equipment before, during, and after the cooking demonstration. Gloves must be worn at all times.

Step 4: Table setting. Place all the ingredients facing the audience. This will allow for the individuals to see what you are using during the cooking demonstration. Everything you will need during the cooking demonstration should be on the table and easily accessible.

Step 5: Introduction. Develop a script or speech you would like to use so you can engage your audience. Introduce yourself and your ingredients.

Step 6: Practice. Practice your workshop with friends or relatives. This will help you in facilitating and preparing for the workshop.

# Cooking Demonstration

## How to conduct a proper cooking demonstration?

### After Cooking Demonstration

Step 1: Closing. Take it further by encouraging your audience to try the meal you prepared. Make sure to have them complete an anonymous survey and sign in on the contact form so that they can stay connected.

Step 2: Incentives. Handout any incentives that is available for your audience to use at their local farmers markets.

Step 4: Gratitude. Thank your audience for participating. You can also highlight information you learned from them as well.

Step 5: Sanitizing. Make sure to wash your hands and equipment after the cooking demonstration and discard your gloves.

Step 6: Double check. Make sure to double check all the equipment you brought to the location and ensure that you have everything.



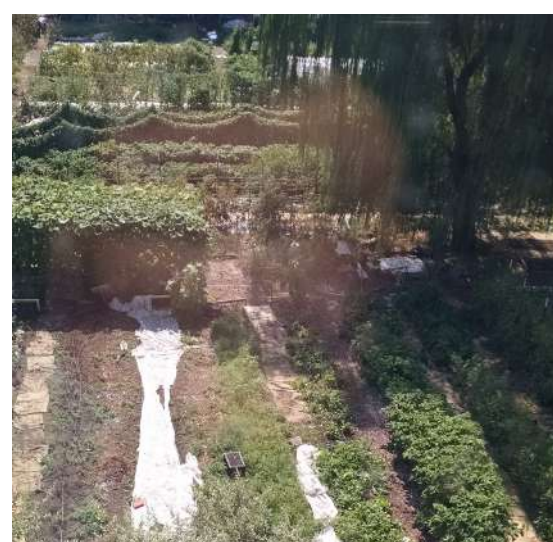


# Thank You

## Editors:

Natasha Hescott  
Jeremy Teperman  
Karen Alessi

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# EAST NEW YORK FARMERS' MARKET



**SATURDAYS**

**JUNE – NOV**

**9 AM – 3 PM**

**@ SCHENCK AVE.  
& NEW LOTS AVE.**

**WEDNESDAYS**

**JULY – OCT**

**1:30 PM – 6:30 PM**

**@ GEORGIA AVE.  
& NEW LOTS AVE.**

**WE ACCEPT EBT, HEALTH BUCKS, WIC & SENIOR FMNP**

Visit our farmers' markets to  
purchase locally grown organic  
produce.



