

# Recipes

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On May 15<sup>th</sup>, we featured recipes and tips for cooking with foods that are normally found in food pantries, food boxes, or favored in the SNAP and WIC programs. They essentially use beans, rice, onions, peppers and eggs as a common thread – among other ingredients to make the recipes healthy and tasty. On May 1<sup>st</sup>, we did another show on cooking with kids. Those recipes are also included in this document. We hope you enjoy experimenting with these recipes!

## Hummus

- 1 can garbanzo beans, drained (but keep half liquid, aside)
- Olive oil, 1/4 cup
- 4 cloves of garlic, minced (or more to taste)
- 3 tbl tahini
- ½ tsp salt (more if needed later)
- ½ tsp black pepper
- ½ lemon, fresh squeezed



Put first 6 ingredients (except liquid from beans) into a food processor or blender. Squeeze lemon into mixture. Blend until creamy. Add enough liquid to make the hummus creamy, but firm for good dipping.

Add various ingredients, individually, to create new flavors. Common add-ons might include smoked red pepper in marinade, olives, spinach, artichokes in marinade, sun-dried tomato, pesto or pine nuts. One new flavor at a time for batches is best.

Try having a competition with kids, making smaller batches with different flavors to see which they like best. Serve in a bowl for dipping with pita chips, carrots, celery, naan, crackers or anything else that sounds appealing.

## Jambalaya

- 1 ½ cup diced onions
- 1 cup diced celery
- 1 cup diced green peppers
- 4 oz andouille sausage
- 3 oz smoked turkey or chicken
- 1 cup med. Shrimp cut in big chunks
- 2 TBL butter
- 4 cloves garlic, minced
- 8 oz tomato sauce
- 1 ½ cup chicken broth
- 2 cups uncooked rice
- 1 tsp. salt
- ½ tsp. white pepper
- ½ tsp black pepper
- 1 tsp red pepper
- 1 tsp. oregano
- ½ tsp thyme

Mix the last six ingredients (spices) and set aside. Chop the onions, celery and peppers. Mix together and set aside. Chop the sausage and smoked turkey into small pieces. Chop the shrimp. Set all aside. Heat butter in large skillet.

Add 1/3 the onion, pepper, celery mix (called the holy trinity) and 1/3 the seasoning. Turn heat to high. Cook until the onions are dark brown, turning occasionally. Push the mixture to the outside of the pan. Drop the sausage in the center and cook until dark brown and crispy on the edges.

Add half the remaining onion mixture, the turkey and half the remaining seasoning. Cook for about 8 minutes, covered, but stirring a couple times. Add tomato sauce, shrimp, remaining onion and seasoning mixtures. Cover.



Cook for about 5 minutes. Add rice and broth. Cover. Lower the heat and simmer for about 25 minutes, stirring occasionally. Cook until the rice is tender, but not mushy. You might want to add more pepper, or tabasco sauce to add more spiciness. I like to serve this with crusty French bread and a bright salad.

## Thai Fried Rice

4 tablespoons canola or sesame oil  
5 garlic cloves, minced or pressed  
½ cup carrot diced small  
1/2 cup broccoli florets, small pieces  
2 oz. chicken breast, diced  
2 oz beef, sliced and diced thinly – 1inch pieces  
½ cup medium shrimp  
3 eggs, beaten, seasoned with salt and pepper  
2 TBS chopped cilantro

3 cups cooked rice, preferably Thai jasmine rice  
2 to 3 tablespoons Thai or Vietnamese fish sauce (to taste)  
2 to 3 teaspoons Thai or Indonesian chili sauce (to taste)  
1 bunch scallions, both white and green parts, chopped  
2 tsp minced serrano pepper  
Soy or Bragg's Amino Liquid to taste

### Directions:

1. Heat a wok or skillet over medium-high heat. Add 2 Tbl oil and meats and cook, stirring constantly, until crisp, about **2 minutes**. You can substitute tofu instead of meat if you like. Add garlic and white parts of green onions and cook until fragrant, about **1 minute**. Use a slotted spoon to transfer meats and seasonings to a large mixing bowl, leaving any oil in the pan.
2. To the hot pan, add vegetables and sauté until tender (not mushy), about **3 minutes**. Transfer vegetables to the mixing bowl with the meat.
3. To hot pan, add mixed eggs and scramble. Transfer to the bowl.
4. To the hot pan, add fish sauce, chili sauce, remaining oil and mix. Add rice and stir to combine. Stop stirring and let rice sit in the hot pan for long enough to brown on the bottom but not burn (this isn't necessary, but if your pan is quite hot, it results in brown crispy bits of rice that we love; don't do this for more than a minute or the rice will overcook ). Add the meat, egg and vegetables back into the pan along with green parts of green onions and stir to combine. Add soy or Bragg's to taste, if preferred. Transfer rice to a serving dish. Garnish with more chopped cilantro and lime wedges.



## Thai Curry Chicken

1(13.5-ounce) can light coconut milk  
1 tablespoon Thai curry paste  
2 tablespoons curry powder  
2 teaspoons minced fresh ginger  
3 cloves garlic, minced  
Dash cayenne pepper  
Salt and freshly ground black pepper  
4 TBL Coconut oil  
1medium onion, chopped into large pieces and then pulled apart so there are larger flat pieces.

1pound boneless skinless chicken breast, fat removed, cut into small pieces  
1 cup thinly sliced roasted red peppers  
2 tablespoons curry powder  
2 tablespoons peanut butter  
1 cup scallions, white and green parts, thinly sliced  
cilantro leaves, for garnish  
Lime wedges, for serving

### **Directions**

1. For the sauce: In a medium bowl, combine first 7 ingredients, whisk until thoroughly combined and set aside.
2. For the chicken, add coconut oil a large nonstick skillet with coconut oil and add onions. Cook until translucent and beginning to brown, about 5 to 10 minutes. Add the chicken, season with salt and pepper and stir in curry powder. Sauté chicken until lightly brown. Add the peanut butter and allow it to melt to coat the chicken.
3. Add the roasted red peppers, water chestnuts and scallions and season with salt and pepper as you like. Sauté for a few minutes just to release flavor.
4. Pour the coconut curry sauce over the chicken and vegetables and stir gently. Cook just until warmed through and thickened a bit, about 3 to 5 minutes. Season with salt and pepper, as needed. Garnish with chopped cilantro. Serve with lime wedges, if desired.



## Chili Con Carne

2 lb. ground beef  
½ lb. chorizo  
1 can (15 oz) kidney beans  
1 can (15 oz) cannoli beans  
1 medium onion, chopped  
5 garlic cloves, chopped  
1 cup tomato sauce

Cook Ground Beef in sauté pan, in course pieces. Add chorizo (if you want a little spice). Add onions and garlic. Brown until tender. Transfer mixture to larger pan or slow cooker. Add beans, tomatoes, sauce and spices. Cook on low for about 1 hour so all the flavors absorb, and the liquid thickens. Great served with a sprinkle of cheddar cheese, with salad and corn bread on the side.

1 can (15 ounce) can diced tomatoes  
3 TBL chipotle chili power  
¼ tsp cumin  
Salt and additional black or chili pepper to taste



## Adrian Miller's Black-eyed Peas with Ham Hocks

1 lb. dried black-eye peas  
1 smoked ham hock or smoked turkey wing  
1 med. Yellow onion, chopped

Crushed red pepper flakes  
Salt to taste

### **Directions**

Rinse peas in a colander and pick through them to discard any pebbles or broken peas. Pour peas into a large saucepan and cover with cold water by 2 inches. Bring to a boil and cook for 5 minutes. Remove pot from the heat, cover, and let stand for an hour.

Meanwhile, make a stock by placing the ham hock or turkey wing in another large saucepan. Cover with water by 2 inches. Bring to a boil, reduce the heat, and simmer until the stock is flavorful, about 1 hour. Remove hock or wing.

Drain the soaking liquid from the peas and add them to the stock. Make sure the peas are submerged. Stir in onion and pepper flakes. Simmer until the peas are nearly tender, about 30 minutes. Season with salt and continue simmering until the peas are tender and well-seasoned, about 10 minutes more. Serve the peas warm. If desired, you can pull meat from the hock or wing and add it to the beans.



## Johnetta Miller's Mixed Greens

Makes 8 servings

2 smoked ham hocks or smoked turkey leg or wings (about 1 pound)  
1 1/2 pounds turnip greens  
1 1/2 pounds mustard greens  
1 tablespoon granulated garlic or 2 minced garlic cloves

1 medium onion, chopped  
Pinch of crushed red pepper flakes  
Pinch of baking soda  
Pinch of sugar  
Pinch of salt

### **Directions:**

1. Stir in the onion, pepper flakes, baking soda, sugar, and salt.
2. Simmer until the greens are tender, about 30 minutes. Check the seasoning and serve hot.
3. If desired, shred smoked turkey meat and mix with greens before serving.
4. Rinse the hocks, leg or wings, place them in a large pot, and cover with water. Bring to a boil and cook until the meat is tender, and the cooking liquid is flavorful, 20 to 30 minutes. Discard the hocks, leg or wings.
5. Rinse the hocks, leg or wings, place them in a large pot, and cover with water. Bring to a boil and cook until the meat is tender, and the cooking liquid is flavorful, 20 to 30 minutes. Discard the hocks, leg or wings.



6. Meanwhile, remove and discard the tough stems from the greens. Cut or tear the leaves into large, bite-sized pieces. Fill a clean sink or very large bowl with cold water. Add the leaves and gently swish them in the water to remove any dirt or grit. Lift the leaves out of the water and add them to the hot ham stock, stirring gently until they wilt and are submerged.
7. Stir in the onion, pepper flakes, baking soda, sugar, and salt.
8. Simmer until the greens are tender, about 30 minutes. Check the seasoning and serve hot.
9. If desired, shred smoked turkey meat and mix with greens before serving.

### **Russian Vegetable Pie** (from The Vegetarian Epicure)

#### Pastry:

1/1/2 cups flour  
 1 tsp. sugar  
 1 tsp. salt  
 4 oz softened cream cheese

#### Filling:

1 small head cabbage (about 3 cups)  
 ½ ob. Mushrooms  
 1 med. Yellow onion

1TBL basil  
 1TBL tarragon  
 1 TBL marjoram  
 1 tsp salt  
 1 tsp pepper  
 3 TBL butter  
 4 oz. softened cream cheese  
 4 hard-boiled eggs  
 dill

Make the pastry by sifting together the dry ingredients, cutting in the butter and the cream cheese. Roll out ½ the pastry and line a 9 in. pie dish. Roll out the remaining pastry, making a circle large enough to cover the dish. You can use ready-made pie pastry, for ease.

Shred the cabbage. Chop the onion. Wash the mushrooms and slice them thinly.

In a large skillet, melt 2 TBL butter. Add cabbage and onions and sauté for several minutes. Add spices and continue cooking until the cabbage is tender. Remove from pan and set aside.

Add another TBL of butter to the pan, then sauté the mushrooms lightly for about 5 minutes, stirring constantly.

Carefully spread softened cream cheese along the bottom crust of the pie. A teaspoon helps to spread. Slice the hard-boiled eggs and spread them across the cream cheese. Sprinkle them with a little bit of fresh dill. Add the cabbage and onion mixture, then spread a layer of mushrooms on top. Add the top crust and flute the edges around the pie pan. Put a few slashes in the top crust. Bake at 400 degrees for about 15 minutes, then turn the temperature down to 350 and cook for another 20- 25 minutes, until the crust is light brown.



# Simple, Healthy Recipes for Families to Make During Quarantine

Most ingredients will be available with SNAP, WIC purchases and with food baskets from Hope.

## Breakfast Recipes

### **Breakfast Burritos**

4 flour tortillas	1 medium onion
4 eggs	1 can mild green chilis
½ cup milk	4 slices bacon
1 medium red bell pepper	1 cup Mexican blend cheese
4 small potatoes	1/8 cup vegetable oil

#### Directions:

Fast way to prepare potatoes. Pierce potatoes and then microwave on high for 8 minutes. Check them but depending on the exact size that should be about the right time. You want them to be just a little firm...not quite done like a baked potato. When they cool just a bit, pull the skins off and dice into about ¼ inch cubes. Put in a pan with half the oil. Cook on medium. After just a couple minutes, put onion and sliced (strips that are about ¼ inch wide and 1 inch long) red bell pepper and mild green chilis. Continue to cook on medium until the onions and peppers are a little soft and the potatoes are starting to brown. Add salt and pepper to taste.

While the potato mixture is browning, mix the eggs and milk in a bowl. Heat another skillet on medium low. Melt butter and pour the eggs into a skillet. Salt and pepper to taste. Stir occasionally until eggs are fluffy. While the eggs are cooking and the potatoes are turned off and waiting, put four pieces of bacon in the microwave, between paper towels on a plate. Cook until crispy, then crumble.

Heat the tortillas, inside paper towels, at 90 percent in the microwave, for 25 seconds. They should be warm and flexible.

Lay four tortillas flat. Add ¼ the potato and egg mixtures across the middle of each tortilla. Add ¼ the bacon and 1/4 cup of cheese in each. Fold the sides in (about the last 2 inches). Then roll the tortilla from one end to the other. Place seam down in the center of a plate. You could add a dollop of salsa and another of guacamole to the side, though many people will like the burrito just the way it is.

### **Easy French Toast**

This is the easiest French toast you will ever make! You don't have to individually dip and cook each slice just have the kids line up the bread in the baking dish, then pour the topping over everything at once and pop it in the oven.

- 6 slices whole wheat bread
- 6 eggs, beaten
- 1 cup milk
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

Preheat oven to 375 degrees. Grease 9 x 13 baking pan. Line the bottom of the pan with the bread slices. In a bowl, mix together the milk, eggs, brown sugar, cinnamon, and vanilla. Slowly pour the mixture over bread slices. Bake for 20 minutes. To serve, separate the French toast slices and place on individual plates or a serving dish and sprinkle with powdered sugar. Baked French toast slices can also be frozen and defrosted for a quick breakfast when you are pressed for time.

Make sure to cook foods thoroughly. Use a thermometer to make sure meats are fully cooked by measuring the internal temperature: Ground beef and pork: 160 °F Eggs and egg dishes: 160 °F All poultry, ground or whole: 165 °F Leftovers and casseroles: 165 °F Hotdogs and reheated deli meats: 165 °F or steaming hot

## **Yogurt Parfaits**

These parfaits are quick and simple to make but feel very fancy! Kids will have fun layering together all of the ingredients. Parfaits are great for breakfast or snacks.

1 cup yogurt - plain or flavored

1/2 cup fruit - fresh or frozen

1/8 cup crunchy cereal

Spoon half of the yogurt in a dish or glass and top with 1/2 of the fruit and 1/2 of the cereal. Repeat layers. Grab a spoon and enjoy this tasty treat!

## **Lunch Recipes**

### **Quesadillas with Vegetables**

- ½ cup Red bell peppers, chopped
- ½ cup Green onion, chopped
- ½ cup mild green chilis, chopped
- 2 tablespoons Fresh cilantro, cut and discard bottom two inches of stems, chopped
- 8 Corn tortillas
- 1 cup Monterey jack cheese or cheddar cheese, shredded

1. In a skillet, over medium heat: cook corn kernels and bell pepper until soft, about 5 minutes.
2. Add green onions and tomato, continue to cook for 1-2 minutes, until tomato is soft.
3. Turn heat off and add cilantro.
4. Preheat a large skillet over medium-high heat.
5. Heat tortillas on the skillet just enough to make them soft.
6. Place equal parts of cheese and vegetables on each tortilla, fold in half and continue to cook until cheese melts and tortillas are crispy and golden brown (Remember to turn quesadillas over to prevent from burning).
7. Serve warm.

FYI – you can make quesadillas with any ingredients you want. On the show, I just put cheese and green chilis. Some people like shredded chicken or other meats.



## Grilled Ham, Cheese and Tomato Sandwiches

- 4 pieces bread (whole wheat or oat bran preferred)
- 2 slices cheddar cheese
- tomato, sliced
- 2 slices deli ham
- 4 TBL butter
- 1 medium

Butter bread on one side. Put butter side down in skillet. Place one slice cheese and one slice ham on each piece of bread in the skillet. Put two slices of tomato on each sandwich. Butter remaining two slices on both sides; place top slice of bread on each sandwich. Brown first side of sandwich, flip and brown the second. The cheese in the middle should be melted when both sides are browned. Slice and eat!

## Personal Pizzas

1 roll Pizza dough (could substitute 2 English muffins)

Tomato sauce – 2 cups

cheese (1 cup mozzarella)

Other toppings: ham and pineapple, ground beef or other meats (I bet goat would be good on this), veggies (onions, mushrooms, green pepper, black olives...)

Heat oven at 400 degrees.

Break pizza roll into four pieces. Roll and then spread out in circles on lightly oiled cookie sheet. Spread ½ cup sauce on each circle. Spread ¼ cup cheese and any toppings you prefer.

Pop in oven for 15 minutes, or until cheese is melted and edges of dough are brown.

# Dinner Recipes

## Crispy Oven-Fried Chicken

- ½ cup Fat-free milk or buttermilk
- 1 teaspoon Poultry seasoning
- 1 cup Cornflakes, crumbled
- 1½ tablespoons Onion powder
- 1½ tablespoons Garlic powder
- 2 teaspoons Black pepper
- 2 teaspoons Dried hot pepper, crushed
- 1 teaspoon Ginger, ground
- 8 pieces Chicken, skinless (4 breasts, 4 drumsticks)
- Paprika, a few shakes
- 1 teaspoon Vegetable oil

1. Preheat oven to 350° F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs, and place in plastic bag. Pour milk into medium size bowl.
4. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs and remove the chicken from the bag.
5. Refrigerate chicken for 1 hour.
6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.
7. Space chicken evenly on greased baking pan.
8. Cover with aluminum foil and bake for 30 minutes. Remove foil and continue baking for another 30–40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy “skin.”

## Stuffed Manicotti

- 1 package (8 ounces) **manicotti shells** (14 shells)
- 1 **egg**
- 1 carton (15 ounces) low-fat **ricotta** or **cottage cheese**
- 6 ounces shredded **mozzarella cheese** (about 1 1/2 cups)
- 1/2 cup **fresh parsley**, minced, or 3 tablespoons dried parsley
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1 Tablespoon **Italian seasoning**
- 1/2 teaspoon **garlic powder** or 2 cloves **garlic**, minced
- 1 jar (24 to 26 ounces) **pasta sauce**

1. Preheat oven to 350 degrees.
2. Cook pasta according to package directions and drain.
3. While pasta is cooking, beat egg in medium bowl. Add ricotta or cottage cheese, mozzarella cheese, parsley, salt, pepper, Italian seasoning and garlic powder. Mix well.
4. Pour a little of the pasta sauce in the bottom of a rectangular baking pan to prevent pasta from sticking.
5. Stuff shells with filling (about 2-3 rounded teaspoons per shell). Arrange stuffed shells in pan. Pour remaining sauce evenly over pasta.
6. Bake for 10 to 15 minutes or until bubbly throughout.
7. Let rest 10 minutes outside of oven before serving.

## Asian Slaw

- ½ head Napa Cabbage, sliced thinly (about 6 cups)
- ½ bunch fresh cilantro
- 2 medium carrots, shredded
- 1 fresh lime
- 1 mango, washed, peeled and diced

Wash Napa Cabbage. Slice thinly (about ¼ inch thick) and about 2 inches long. Grate carrots, add to bowl with cabbage. Peel fresh mango. Slice fruit from around pit, dice into 4-inch cubes and add to mixture. Rinse and then dice fresh cilantro, including stems, into very small pieces. Add to cabbage mixture. Squeeze juice from fresh lime across the salad. Add salt and pepper to taste. Mix.

## Greek Pasta Salad

- Rotini pasta – 3 uncooked cups
- 1 Sliced red bell pepper – into slivers
- 1/3 medium red onion – sliced into thin pieces about 1 inch long
- 1 cup Feta cheese crumbles
- Juice from 1/2 lemon
- ¼ cup olive oil
- 1/3 cup sliced black olives
- Salt and pepper to taste
- Optional, ½ cup chopped marinated artichokes
- Baked chicken breast, ½ cup, sliced about 1 inch long

Cook pasta for about 12 minutes – until firm, but cooked. Cool. Add all ingredients in large bowl. Mix. Let kids add vegetables of their choice and have fun with this beautiful, healthy, delicious pasta salad!