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Dirt Cheap Nutrition

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EST 2023

DIRT CHEAP NUTRITION

FOOD PANTRY COOKBOOK
BY: RAIN DELUCIA



The aim of this project is to reach a range of people who are suffering from food insecurity. Food insecurity is a spectrum; people have varying access to not only food, but to related resources such as cooking equipment and knowledge. Food insecurity is a broad term since there are varying reasons as to why people cannot access food such as transportation, money, and access. In most cases food insecurity is a symptom of a much bigger issue known as poverty. The typical person struggling with food insecurity suffers from both mental and physical complications such as decline in academic focus, lowered graduation rates, diabetes, obesity, and mental health disorders. I think another challenge it is associated with is having to choose between resources; for example, does a college student buy food or books or does a parent buy food or gas to get to work. Whether you are a student on campus or a community member, there may be periods in your life where the only cooking equipment you have access to is a microwave, and it is not always easy to create a meal that can be made completely in a microwave.

The Goals of this Cookbook

I started this project with three goals. The first was to create a free resource for those who may want or need ideas on how to prepare the food that can be found in a food pantry. In order to create accessible recipes, I first focused on creating recipes that require a low number of ingredients: specifically, ingredients that are available in the local food pantries such as B-eats (the Bucknell University on-campus food pantry) and the Union County Food Hub in Lewisburg, PA.

My second goal was to focus on making recipes that were accessible in terms of cooking appliances. I found a few ways to accomplish this; one being to create recipes that only require a microwave or creating recipes with different preparation methods. Providing options in preparation recognizes that food insecurity lies on a spectrum. It allows for the same recipes to be recreated by people with access to minimal appliances while providing an option for those who do have access to more appliances to utilize them.

The third goal of this cookbook is highlighting ingredients that tend to sit on the shelves of pantries. These foods may require extra steps to prepare, such as dried beans, or may be seasonal, such as canned cranberry sauce or pumpkin puree. While dried beans may be difficult to use, they can be used the same as canned beans once prepped. Foods such as canned cranberry sauce may seem one dimensional, as only a side to holiday dinners. This is a very versatile ingredient, it can be added to a sandwich plain or in an aioli, baked into cookies, or added to anything that could use sweetness.

Food Insecurity Around Bucknell University

Food Insecurity is a prevalent issue in both the local community of Lewisburg Pennsylvania and on Bucknell University Campus. While there are programs to provide access to food for people in need within the Lewisburg area, such as food pantries and a weekly meal program, there are few resources dedicated to educating people on how to utilize the food provided. Food access is a major hurdle that many outreach programs try to tackle, and I commend those leading the efforts as well as those who lend helping hands along the way. However, many people who lack access to food also lack access to transportation, cooking equipment, and knowledge. When an individual receives or has access to food that they do not know how to utilize, does it solve the problem? If someone only receives canned goods, but does not have a can opener, can they really access the food? When we focus so intensely on providing access to food, we can sometimes miss associated issues.

The current resources provided on Bucknell University campus are B-eats and the B-swipes program. B-eats is a food pantry on campus that is open during the week to all students regardless of financial need. Through this project I was able to interview Jennifer Albright, the Operation Administrator in the Department of Student Affairs. We discussed the inner workings of B-eats. The pantry is funded through monetary donations which are used to purchase food on a weekly basis, surplus from the dining hall, and fresh produce from the Bucknell University Farm and Lewisburg Community Garden.

Those who frequent the pantry may notice the inconsistency in shelf stocking. This can be attributed to a few complications I see with the food pantry. No one person or department is officially in charge of the pantry; in other words, it is not a part of any job descriptions on campus. This means that pantry stocking is done by a multitude of different departments within student affairs. As you can imagine, with not only different people but different departments doing the stocking there are bound to be inconsistencies.

Another complication of the on-campus food pantry is that the entire student body, regardless of need, has equal access to the on-campus food pantry. Unfortunately, this means that the food provided in the pantry does not always make it to those who need it. [Some students who have not faced food insecurity in their lifetime feel entitled to these resources and feel they cannot justify spending \$2 on a granola bar when there is a free one in the pantry.] In my opinion this is due to a lack of knowledge and education around food insecurity and the purpose of the pantry. While the pantry does have signs posted saying only take what you need, people do not always follow this as there have been instances where students have taken an entire box of granola bars from the pantry for student club meetings.

I also had the opportunity to speak with Rachel Herman, the Community Food Initiatives Coordinator at the Union County Food Hub. The Food Hub is located in the Miller Center in Lewisburg, PA and acts as a food pantry itself when people have a sudden need for food, hosts a pop-up produce stand in the summer months, and distributes food to other organizations. The food hub acts as a distribution center for local food pantries, where it collects donations from local farms and gardens as well as pantry donations from the USDA, grocery stores, community members, and food drives. Many food pantries only distribute food once or twice a month and only have storage space for shelf stable goods. However, the food hub has access to cold storage giving them the ability to accept donations of fresh produce or refrigerated goods from farms, grocery stores, or another source. The fresh produce and refrigerated goods can then be delivered to the local food pantries on the day of distribution, this enables more food pantries to distribute fresh produce to those in need. In some scenarios the food hub will also function as a food pantry. [Since people can and will experience food insecurity in between pantry distribution days, this is when the food hub functions as a pantry for people to come and acquire food.]

What you'll find here

In this cookbook you will find a multitude of recipes ranging from breakfast, dessert, and how to prep dried beans. The first stop on the journey into this cookbook is the index. In the first part of the index, you will find recipes ordered based on the following categories: breakfast, dinner, sandwich, soup, sides, snacks, dessert, and other. "Other" is a very broad category in the sense that there are recipes to create food, but there are also recipes to create ingredients such as vegetable stock. In the second part of the index, the recipes are broken down by ingredient and their ability to be made in a microwave.

Throughout the cookbook recipes include a brief description, ideas for what to pair with the recipe, and links to other recipes within the cookbook that can be used in the recipe. There are several recipes that call for vegetable stock, and there is a recipe for how to make your own stock from vegetable scraps. There are recipes like veggie stir fry that require a lot of vegetables and produce a lot of scraps that would be great for making a stock. By using the vegetable scraps from the stir fry to make stock, you are only reducing food waste, but you are also taking something that would have gotten thrown away and stretching it into another meal. If you have bread that is going stale do not throw it away, instead check out the recipe for breadcrumbs. A tips section is provided under many of the recipes; it is best read before preparing a recipe as it suggests alternative ingredients or hints about the cooking methods.

About the Author

I am currently (but not for much longer) a graduating senior at Bucknell University where I will be receiving a Bachelor of Science in Cell Biology/Biochemistry and a minor in Food Systems. I will officially be an alumnus of Bucknell University in early May of 2023. At Bucknell I was involved in a few different things; Chemistry Club, Food Residential College, and Student Dining Committee. I worked at The Bucknell University Farm and Lewisburg Community Garden as a student farm leader and in the chemistry department as an organic chemistry lab teaching assistant. Through my work at the farm, I was able to give a presentation at the First Annual Northeastern Student Farmer Conference (2023), on Tackling Food Insecurity Through Community Engagement with Maya Asante. The summer after my second year at Bucknell I participated in an internship through The Office of Civic Engagement called Shepard Higher Education Consortium on Poverty. In this internship I worked with the Georgia Prevention Project in creating resources and disseminating information about drug misuse. While there are other opportunities that I was presented with at Bucknell University, I felt the ones highlighted above were the ones I found most impactful.

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Breakfast

Egg Bake

Serves: 4-5

Time: 1.5 hours

Ingredients

1 cup Cubed Potato	¼ cup Milk
½ cup Bell Pepper	6 eggs
½ cup Onion	1 tsp Salt
2 cloves Garlic	½ tsp Pepper
½ tbsp oil	½ cup Cheese (optional)

Preparation

Oven Cooking

1. Preheat oven to 375°F.
2. Cube potato, onion, garlic, and pepper. Cover in ½ tbsp oil then dump into a baking dish and bake in the oven for 35 minutes.
3. While vegetables are baking, combine remaining ingredients into a bowl and mix well.
4. After 35 minutes pull baking dish out of the oven and pour egg mixture over the top of the vegetables.
5. Bake at 350°F for 40 minutes or until eggs are cooked through.

Tips

1. 2 cups of any vegetables can be used instead of potatoes, pepper, and onion.

French Toast Bake

Serves: 6-8

Time: Oven: 45 minutes; Microwave: 20 minutes

Ingredients

3 cups Cubed Bread (Approx. 6 slices)	$\frac{3}{4}$ cup Milk
1 block Cream Cheese (8oz)	$\frac{1}{2}$ tsp Cinnamon
1 cup Fruit (fresh, canned, or jam)	$\frac{1}{2}$ cup Maple Syrup
5 Eggs	

Preparation

Oven Cooking

1. Cut bread into approximately 1-inch cubes. Then cut cream cheese into $\frac{1}{2}$ inch cubes.
2. Make sure to wash and dry your fruit when using fresh. If using canned fruit, drain all the liquid out and dry with a towel.
3. For the 1st layer place half, the bread in the bottom of a baking dish. In the 2nd layer spread the cream cheese cubes and prepped fruit. For the 3rd layer top with remaining bread cubes.
4. In a large bowl combine eggs, milk, cinnamon, and maple syrup; mix well.
5. Distribute the egg mixture evenly over top of the layers in the baking dish. Cover and refrigerate overnight.
6. The next morning preheat oven to 350°F and bake for 30-35 minutes or until the french toast bake is golden brown on top and firm to the touch.

Microwave Cooking

1. Cut bread into 1-inch cubes, cut cream cheese into $\frac{1}{2}$ inch cubes, and wash and dry fruit.
2. Combine eggs, milk, cinnamon, and maple syrup in a bowl and mix well.
3. Add cubed bread to egg mixture and gently mix so that bread does not crumble. Allow for the bread to absorb egg mixture before proceeding to next steps.
4. Scoop some of the bread mixture into the bottom of microwave safe bowl, then add a layer of cubed cream cheese and fruit, and finally top with more of the bread mixture.
5. Microwave for 60-90 seconds or until mixture is firm. Cooking time will depend on the size of mug used.

Tips

1. Canned cranberry sauce makes a great fruit component in this dish.
2. This recipe can easily be cut in half, this will result in 3-4 servings.

Microwave Shakshuka

Serves: 1

Time: 15 minutes

Ingredients

1 tbsp Olive oil	1 clove Garlic
¼ can Tomatoes	1 Egg
¼ chopped Bell Pepper	¼ tsp Salt

Preparation

Microwave Cooking

1. Chop garlic and peppers. Brush the inside of a microwave safe bowl with olive oil.
2. Combine tomatoes, pepper, garlic, and salt in the microwave safe bowl.
3. Create a dimple in center of mixture and fill with cracked egg.
4. Microwave covered for 1 minute then in 30 second bursts until white of egg is set.

Dinner

Cheesy Chicken Noodle Casserole

Serves: 6

Time: 40 minutes

This Casserole makes for a simple weeknight meal that will please most. It can easily be adjusted to incorporate your favorites such as your favorite type of noodle, meat, or vegetable. See Breadcrumbs page 42.

Ingredients

1 can Cream Based Soup	Pepper and salt
1 cup Milk	1 can Chicken or other canned meat
½ lb. Velveeta Cheese	1 lb. Dried Macaroni or other dry pasta (cooked al dente)
¼ cup chopped White Onion	2 cups Breadcrumbs
1 tbsp Mayonnaise	1 cup Vegetable of choice (cooked)

Preparation

Oven Cooking

1. Preheat oven to 350°F.
2. Prepare dried pasta by boiling water and cooking to al dente.
3. Combine soup and milk in a large bowl, heat in microwave for 3 minutes.
4. Cut up cheese and to the mixture, heat in microwave for 30 second intervals stirring at end of each until cheese is melted.
5. Add onion, mayonnaise, vegetables, salt, and pepper then stir to combine.
6. Add canned chicken to mixture then stir in cooked noodles.
7. Dump mixture into 1.5qt. casserole dish, top with breadcrumbs
8. Bake for 20 minutes or until breadcrumbs start to brown.

Tips

3. Mixture can be dumped into multiple smaller baking dishes, note this will lead to a shorter baking time.
4. Canned vegetables can be used if properly drained of liquid. Fresh or Frozen vegetables must be cooked.

Sweet Potato Gnocchi

Time: 1.5 hours

Gnocchi are great eaten fresh or prepared ahead of time and frozen for up to 3 months. Once Gnocchi is boiled, they can be added to several sauces such as butter, red, or creamy. My favorite way to enjoy these gnocchi is to serve them with butter and herb sauce. Simply melt the butter in a pan then add herbs, garlic, and gnocchi. For a well-rounded meal combine gnocchi with your favorite protein or Roasted Vegetables (page 26) such as brussel sprouts or tomatoes.

Ingredients

3 cups cooked and mashed Sweet Potatoes	3 cups Flour
Salt	water

Preparation

Oven Cooking

1. Bake sweet potatoes in oven until soft at 400°F. Approximately 40 minutes.
2. In a large Bowl mash sweet potatoes then mix in the flour while still warm.
3. Form Dough into a ball then split dough into approximately 4 sections and roll out into logs 1 inch thick. Cut logs every 1/2 inch to create gnocchi shaped pasta. Allow cut gnocchi to rest for 20 minutes before cooking.
4. Boil large pot of water on stove, Season water with salt until water tastes salty like the ocean.
5. Once the water is boiling add gnocchi and allow to cook for approximately 5 minutes. Gnocchi will float to top of water when cooked once they rise to the top scoop them out of the boiling water.

Tips

1. Uncooked gnocchi can be frozen for up to 3 months.
2. How to freeze Gnocchi:
 - a. After cutting raw gnocchi, space them out on a baking sheet or other flat surface so that they are not in contact with each other.
 - b. Put the entire baking sheet in freezer for 30 minutes or until gnocchi no longer sticks together.
 - c. Transfer to freezer safe bag or container for long term storage, up to 3 months.

Veggie Stir Fry

Serves: 4

Time: 45 minutes

This stir fry is great to make in the summer using fresh produce, in the winter months using canned vegetables, or anytime using a combination of fresh and canned vegetables. This stir fry is best served over/with rice, noodles, quinoa, potatoes, or other starch. While this recipe does not include protein, it can be cooked on the side and served with the meal. For Vegetable Stock see page 41.

Ingredients

2 tbsp Oil	3 cloves Garlic
3 cups Hard Veggies (Broccoli, Carrots, Cabbage, Cauliflower)	1-2 cups Soft Veggies (Bok Choy, Kale, Spinach)
2 cups Medium Hard Veggies (Onions, Mushrooms, Peppers, Peas, Green Beans)	½ tbsp ginger (optional)

Sauce

¼ cup Soy Sauce	1 clove Garlic	1 tbsp Honey or Sugar
¼ cup Vegetable Stock	½ tbsp Cornstarch	1 tsp ginger (optional)

Preparation

1. Mix sauce in microwave safe bowl then heat in microwave, for 30 second intervals until fragrant.
2. Heat oil in large sauce pan over medium-high heat, approximately 5 minutes.
3. Add in Hard veggies, cook until veggies begin to change color (5 minutes), stirring occasionally.
4. Then add medium veggies along with garlic and ginger and cook until fragrant, stirring occasionally.
5. Add in the Soft veggies stirring until they begin to wilt.
6. Finally add sauce over veggies and stir to ensure all veggies are coated with the sauce.

Tips

1. Any combination of vegetables (up to 7 cups) can be used.
2. Fresh or frozen veggies are best, however canned vegetables can be used when thoroughly drained. All canned vegetables should be considered medium.

Microwave Enchiladas

Serves: 3-4

Time: 30 minutes

Ingredients

1 lb. canned Meat (chicken, beef, or other)	½ cup Plain Yogurt
½ a chopped Onion	1 tsp Salt
1 cup Spinach or other leafy veggie (kale)	½ tsp Pepper
1 cup Shredded Cheese	6 Tortillas

Enchilada Sauce

1 can Tomato Sauce	2 cloves Garlic
¼ cup water	1 ½ tsp Chili Powder
¼ tsp Cumin	1 tsp Oregano

Preparation

Microwave Cooking

1. Start by chopping the onion.
2. Combine onion and canned meat into a microwave safe bowl, cover the bowl and microwave for 3-4 minutes. After 2 minutes stop and stir the mixture. After cooking is completed, drain any liquid out.
3. Combine the spinach, ¾ cup cheese, yogurt, salt, and pepper with the meat and mix.
4. Fill tortillas with ⅓ cup of cheese filling, roll tortilla, and place in microwave safe dish seam down.

For The Enchilada Sauce

1. Combine all ingredients in a microwave safe bowl.
2. Cover and microwave for 4-5 minutes, stopping and stirring every few minutes.
3. Dump sauce over top of enchiladas and microwave for another 2-3 minutes.
4. Top the finished Enchiladas with remaining cheese and serve.

Tips

1. Canned tomatoes can be used instead of tomato sauce. Simply crush the canned tomatoes by hand or using a blender.
2. Add other vegetables to enchiladas by cooking them with the meat.

Tuna Patties

Serves: 4

Time: 30 minutes

These tuna patties are a great weeknight meal and come together easily. They are great served on a bun with lettuce and tomato, on top of a salad, cut up in a wrap, or on its own. See page 42 for a breadcrumb recipe.

Ingredients

12 oz Tuna (Other canned meat can be used)	1 tbsp Mayonnaise
1 Egg	Juice from ½ a Lemon
¼ cup Onion, Chopped	½ cup Breadcrumbs
¼ tsp Salt	3 tbsp Cooking Oil
2 tbsp Fresh Herbs (optional)	2 tsp Sriracha (optional)

Preparation

Stove Cooking

1. Chop onion. Add tuna to a large bowl with onion, salt, and fresh herbs then mix.
2. In a second smaller bowl whisk together the egg, mayonnaise, sriracha and lemon juice.
3. Combine the tuna and egg mixtures in the large bowl and mix. Once mixed, add the breadcrumbs, and mix until evenly distributed.
4. Divide the mixture into 4 parts and use your hands to create a total of 4 patties about 1 inch thick.
5. Heat the cooking oil in a pan over medium heat. Once the oil shimmers lay the patties into the pan and cook until golden brown on each side. Approximately 3-4 minutes per side.
6. Once cooked top the patties with additional salt and pepper as desired and they are ready to serve.

Bean Tacos Baked

Serves: 2-3

Time: 40 minutes

These tacos can be made using the vegetable stock found on page and served with cheese, sour cream, or salsa (page 31).

Ingredients

15 ounces Beans (canned or dried)	2 cloves Garlic
4 tbsp cooking Oil	½ cup Vegetable stock
½ an Onion	4-5 Tortillas
½ cup canned Corn (optional)	

Preparation

Oven Cooking

1. Preheat the oven to 425°F. Coat a baking sheet with about 2 tbsp of oil.
2. Heat 1 tbsp of oil in a large frying pan over medium heat until shimmering.
3. Add onions to frying pan and cook until soft then stir in garlic. After 1-2 minutes add the beans and continue cooking for 2-3 minutes.
4. Next add in the vegetables stock, then mash the bean mixture with potato masher or back of spoon until it comes together.
5. Drain corn and stir into bean mixture.
6. Microwave tortillas for 20 seconds wrapped in damp paper towel.
7. Add approximately 3 tbsp of bean mixture to half of the tortilla then fold over.
8. Arrange folded tortillas on baking sheet and bake for 8 minutes, flip, and bake for another 8 minutes.

Tips

1. Bean suggestions:
 - a. For dried beans see page 46 for Preparing Dried Beans.
 - b. For Canned Beans drain and rinse the beans with water.

Sandwich

BBQ Tofu

Serves: 4

Time: 40 minutes + Tofu Draining

This BBQ tofu makes a great sandwich, wrap, taco, or salad topping. Top sandwich with a citrus coleslaw, cranberry aioli (page 47), or something spicy to kick up the flavor.

Ingredients

4 tbsp cooking Oil of choice	1 cup BBQ sauce
1 block Tofu	1 tbsp spice of choice (optional)

Preparation

Stove Cooking

1. After draining the tofu, crumble it by hand or shred tofu with grater.
2. Add oil to frying pan over medium heat. Once heated and oil shimmers add tofu to pan.
3. Stir tofu occasionally, cook overheat until a majority of mixture has a light brown color (approximately 20 minutes).
4. Add BBQ sauce and incorporate through mixing allow to cook in sauce for another 5 minutes.

Microwave Cooking

1. Add tofu to microwave safe bowl and heat in 30 second intervals, until it is hot.
2. Drain any liquid from the bowl after cooking.
3. Add BBQ sauce to bowl with tofu and mix.
4. Heat for 30 seconds to 1 minute in the microwave, allow to cool before serving.

Tips

1. See Pressing Tofu page 48.
2. Can use a sauce other than BBQ to coat tofu. Some great variations would be hot sauce, ranch and hot sauce, or sauce from Veggie Stir Fry page 12.

Sweet BBQ

Serves: 4

Time: 20 minutes

This Sweet BBQ makes a great sandwich, wrap, or salad topping. Top sandwich with a citrus coleslaw (page 29) or something spicy to add another dimension of flavor.

Ingredients

16 oz Canned Meat (beef, chicken, pork, tuna)	1 cup BBQ Sauce
½ cup canned Cranberry sauce	

Preparation

Stove Cooking

1. Heat meat in pan over low to medium heat for approximately 10 minutes or until hot.
2. Combine BBQ and cranberry sauce in a bowl and mix until well combined.
3. Once the meat is hot adding the BBQ sauce mixture and cook for another 5 minutes.

Microwave Cooking

5. Add meat to Microwave safe bowl and heat in 30 second intervals, until it is hot.
6. Drain any liquid from the chicken after cooking.
7. Combine the cranberry sauce and BBQ sauce in a bowl and mix until well combined, then add to the bowl with meat.
8. Heat for 30 seconds in the microwave, allow to cool before serving.

Tips

1. Can use a sauce other than BBQ to coat the meat. Some great variations would be hot sauce, ranch and hot sauce, or butter and seasoning.

Buffalo Chickpeas

Serves: 4

Time: 20 minutes

These Buffalo Chickpeas are best served in a wrap or sandwich topped with ranch dressing. These chickpeas also make a great addition to a salad.

Ingredients

1 can Chickpea	½ tsp salt
½ tsp garlic	1 tbsp Oil
5 tbsp Hot sauce	

Preparation

Stove Cooking

1. Drain and rinse chickpeas with water.
2. Combine garlic, 4 tbsp hot sauce, salt, and chickpeas in a bowl.
3. Heat oil in pan over medium heat, allow oil to heat up then add chickpea mixture.
4. I prefer to mash some of the chickpeas while they cook to add a different texture. Once chickpeas are cooked (approximately 10 minutes) remove from heat.
5. Add in the remaining 1 tbsp hot sauce.

Hot Chicken Salad

Serves: 4

Time: 15 minutes

Best served in wrap, sandwich, or on a salad.

Ingredients

1 can of Chicken	1 cup Mayonnaise
½ a Bell Pepper	1 tbsp Paprika (smoked or regular)
¼ an Onion	¼ tbsp Cumin
2 cloves of Garlic or ½ tbsp Garlic Powder	¼ tbsp Chili Powder
2 tbsp Cooking Oil	1 tbsp Sugar

Preparation

Stove Cooking

1. Dice onion, pepper, and garlic. Mix seasonings in a bowl.
2. Heat cooking oil (1 tbsp) in large frying pan over medium to high heat. Once oil shimmers add onion, pepper, and fresh garlic to pan and cook until softened, about 5-7 minutes. Once cooked set aside in a bowl.
3. Add the remaining 1 tbsp oil to pan along with canned chicken and fry until browned. Break up the chicken in the pan using a spatula to separate it.
4. Once chicken is cooked add the vegetables back to the pan and mix in the seasonings.
5. Once everything is combined remove from heat and move chicken mixture into a bowl.
6. Add the mayonnaise to the chicken mixture while still hot and mix.
7. The chicken salad can be served hot (maybe a little runny) or after setting for approximately 15 minutes.

Tips

1. When dicing vegetables, larger chunks will result in longer cooking time and more texture within the chicken salad.

Soup

Tomato Soup

Serves: 6

Time: 1 hour

Tomato Soup makes for a delicious meal anytime of the year. Enjoy your soup with a grilled cheese or your favorite sandwich. It is also great topped with cheese, fresh herbs, or croutons. Make your own croutons by looking at the tips section in the recipe for Breadcrumbs on page 42.

Ingredients

¼ Cup Oil or Butter	2 cups Vegetable Stock
1 cup Chopped Onion	2 cans of Tomatoes
4 Cloves Garlic	½ tbsp of salt
1 cup Milk (dry, evaporated, coconut, almond)	

Preparation

Stove Cooking

1. Heat oil in a medium sized pot over low-medium heat. While oil is heating chop up the onion and garlic
2. Add Onion add garlic to oil and allow to cook until onions are translucent, stirring occasionally.
3. Once onions are translucent, add the vegetable stock and allow to simmer.
4. Add the tomatoes and salt then bring to a boil for then allow to simmer for 5 minutes.
5. Add Milk and allow soup to simmer for another 5 minutes.
6. 2 Options
 - a. For Smooth soup add soup in batches to blender.
 - b. For Chunky soup use masher or fork to break up some of the tomato chunks.
7. Ready to serve, store in fridge for up to 5 days, or freeze for 2-3 months.

Tips

1. When making a chunky soup, chop onions to desired bite size.
2. If using dry milk, make sure to rehydrate it before use.

Microwave Chili

Serves: 2

Time: 15 minutes

This recipe is great on a rainy day and is very flexible. I hope you find yourself mixing this recipe up either by adding your favorite vegetables or adding some different spices. This chili can be served with rice, noodles, cheese, or topped with sour cream.

Ingredients

½ Onion	1 can Tomatoes, chopped
1 clove Garlic	Pinch of Chili Flakes or Powder (or small amount fresh spicy pepper)
1 tbsp Butter	400 grams of Canned or Dry Beans
½ tsp Paprika	¼ cup Vegetable Stock
½ tbsp Dark Chocolate (Optional)	

Preparation

Microwave Cooking

1. Finely chop the onion and garlic. Add onion, garlic, butter, and spices to microwave safe bowl and stir. Then microwave for 30-40 seconds.
2. Drain tomatoes and reserve liquid, drain, and wash canned beans if using them.
3. Then add tomatoes, beans, stock, and chocolate.
4. Cover bowl and microwave for 2-3 minutes, allow to stand for 1 minute. If the chili appears dry add some of the reserved tomato juice.
5. Microwave covered for another 2-3 minutes and allow to cool before serving.

Tips

2. Bean suggestions:
 - a. For dried beans see page 46 for Preparing Dried Beans.
 - b. For Canned Beans drain and rinse the beans with water.

Microwave Black Bean Soup

Serves: 2

Time: 10 minutes

Looking for something simple to make in the microwave, this soup makes a great meal and can be customized in a variety of ways. Consider adding sour cream, fresh herbs, or salsa page 31 to this recipe to add a bit of freshness.

Ingredients

¾ cup Black Beans (canned or dried)	1 tsp Lime/Lemon Juice
¾ cup Broth or Stock	2 tbsp Onion
¼ cup canned Corn or other Vegetable	1 tbsp Pepper (Bell or Spicy)
½ cup Shredded Cheese (optional)	

Preparation

Microwave Cooking

1. Combine black beans, broth, canned vegetables, onion, and pepper in a microwave safe bowl.
2. Cover the bowl and microwave for 2 minutes or until heated through.
3. Top the chili with lemon juice and cheese then serve.

Tips

1. Bean suggestions:
 - a. For dried beans see page 46 for Preparing Dried Beans.
 - b. For Canned Beans drain and rinse the beans with water.
2. Other types of beans dried or canned can be used in this recipe. Or you could use a mixture of different beans in this recipe.
3. Fresh vegetables can also be used in this recipe, but they should be cooked prior to addition. See Microwave Steamed Vegetables page 27.

Sides

Cabbage Salad

Time: 20 minutes

Recipe Provided By: Patrons of the Union County Food Hub Pop Up Produce Stand.

Ingredients

3 cups grated Cabbage	1 cup halved Green Grapes
½ cups shredded Mozzarella	1 ½ cups cooked Chicken
⅓ cup Dried Cranberries	¼ cup Raspberry Vinaigrette

Preparation

1. Begin by grating the cabbage then cutting the grapes in half and chopping the chicken into bite sized chunks.
2. Combine all ingredients in a large bowl and once mixed the salad is ready to serve.

Tips

1. When preparing this recipe, I suggest that you cook the chicken the day before you are planning to make this salad. This way the chicken will be cold and ready to go when you want to prepare the salad.
2. If you have left-over chicken from a previous meal, consider giving it a new life in this salad.
3. This recipe can also be used as creative inspiration for foods you have. Such as using canned chicken, chopped apples, or a different dressing.
4. For a vegetarian version of this salad simply omit the chicken.

Cabbage and Potato

Time: 45 minutes

Provided by: Patrons of the Union County Food Hub Pop Up Produce Stand.

Ingredients

1 whole Cabbage (chopped)	2 tsp Olive Oil
3 Potatoes (in 1-inch cubes)	1 cup finely chopped Onion
1 tsp of Mustard Seed	Salt, Pepper, and Lemon Juice

Preparation

1. Begin by chopping cabbage, onion, and potatoes.
2. Heat oil in sauce pan over medium heat. Then add mustard seeds and cook until they begin to pop.
3. Add cabbage, potatoes, and onion to pan and stir until mixed together.
4. Continue to cook until cabbage and onions are soft and you can easily poke potatoes with a fork.

Potato Cakes

Serves: 4-6 potato cakes

Time: 30 minutes

Ingredients

2 cups cubed Potato	2 ½ tbsp Oil
½ cup Onion	1 Egg
½ cup Bell Pepper	¼ cup Flour
1 clove garlic	½ tsp Salt

Preparation

Stove Cooking

1. Boil water, add cubed potatoes and boil until soft.
2. While potatoes are boiling, sauté peppers, garlic, and onions in pan with ½ tbsp of oil.
3. Once potatoes are soft remove from heat and strain. Pour potatoes into a bowl then mash, once mashed add sauteed vegetables and mix.
4. Heat the remaining oil in a pan over medium heat.
5. While pan is heating add egg, salt, and flour to potato mixture and mix until combined.
6. Form patties out of mixture and place in hot pan. Allow to cook on each side until a golden-brown crust forms, approximately 2-3 minutes each side.
7. Place finished potato cakes on paper towel to drain excess oil.

Tips

1. Potato skins can be left on or peeled off before cutting potatoes.
2. Other vegetables can be used instead of onion and pepper; however, they should be cooked down so that they do not release water when the potato cakes are frying.

Roasted Vegetables

Time: 45 minutes

Ingredients

3 cups Vegetables of choice	3 cloves Garlic (fresh or powdered) (optional)
2 tbsp Cooking Oil	Salt and Pepper

Preparation

Oven Cooking

1. Preheat oven to 425°F.
2. Chop all vegetables into similar sized chunks for even cooking approximately 1-inch bites. And dice garlic.
3. Toss vegetables, oil, garlic, salt, and pepper in a bowl.
4. Spread vegetables evenly across baking sheet and place in oven for approximately 25-30 minutes. Or until the desired texture is reached.

Tips

1. Larger sized chunks of vegetables will require a longer baking time, and the opposite is true of smaller vegetables.
2. Add other spices or herbs as desired to change flavor profile.

Microwave Steamed Vegetables

Serves: 1

Time: 4-10 minutes

These steamed vegetables can be eaten plain, with a sauce, or in one of the many recipes that calls for cooked vegetables.

Ingredients

½ cup Vegetables	Salt and Pepper
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Preparation

Microwave Cooking

1. Wash vegetables in water, then give them a rinse and place the wet vegetables directly in microwave safe bowl. Cover bowl to keep the steam in.
2. Microwave vegetables depending on hardness and water content.
 - a. Hard vegetables like potatoes: 6-8 minutes
 - b. Medium hard vegetables like broccoli: 4-6 minutes
 - c. Soft vegetables like spinach: 1-2 minutes
3. Add salt and pepper to taste.

Ramen Noodle Coleslaw

Serves: 6-8

Time: 20 minutes

Ingredients

6 cups shredded Cabbage	3 tbsp White Vinegar
$\frac{3}{4}$ cup Sunflower Seeds	$\frac{1}{2}$ cup Oil
2 tbsp Sugar	1 pack Ramen Noodles
1 Ramen Noodle Seasoning Pack	

Preparation

1. Begin by shredding or finely chopping the cabbage.
2. Make the dressing by combining sugar and vinegar, whisk or shake in closed container until well combined. Then add oil and seasoning pack and mix again.
3. Crush ramen noodles to desired bite size.
4. Once ready to serve combine cabbage, sunflower seeds, dressing, and ramen noodles in a large salad bowl. Mix until combined.

Citrus Coleslaw

Serves: 3-4

Time: 20 minutes

Ingredients

2 cups Cabbage	2 tbsp Mayonnaise (optional)
½ cup Carrots	Juice of 1 Lime
½ cup Onion	Juice of half a Lemon
½ cup Cilantro	1 tbsp Sugar, Honey, or Maple Syrup

Preparation

1. Chop cabbage, carrots, onion, and cilantro into desired sizes.
2. Combine mayonnaise, lemon juice, lime juice, and sugar and mix until well combined.
3. Place all the ingredients in a medium sized bowl and mix until combined.

Tips

1. Add some diced jalapenos or other spicy pepper to give this citrus slaw a kick.

Oven Fries

Serves: 4

Time: 1.5 hours

Fries make a great side to many meals such as sandwiches. They can also be used as a salad topping or eaten as a snack.

Ingredients

3-4 large Potatoes	Salt and Pepper
2 tbsp oil	1-2 tbsp Seasoning

Preparation

Oven Cooking

1. Preheat oven to 400°F.
2. First wash and dry potatoes, then cut potatoes into desired fry shape.
3. Soak potatoes in cold water for 30 minutes then remove and dry the potatoes.
4. In either a large bowl or plastic bag add oil, salt, pepper, and any other desired seasoning then mix.
5. Add potatoes to oil and toss in order to cover the potatoes in oil.
6. Lay potatoes out on baking sheet and bake for 40 minutes, turning them halfway through.

Snacks

Fresh Salsa

Serves: 4

Time: 15 minutes

Salsa makes for a refreshing summer snack with tortilla chips or with oven toasted bread. Consider adding salsa to your egg breakfast, top a taco, salads, add to quesadillas, or black bean soup page 22. This salsa recipe can be adapted for winter months by using canned tomatoes and warming the salsa up in the microwave or on the stove.

Ingredients

2 cups Tomatoes	2 tsp Salt
¾ cup Onion	¼ cup Cilantro
1 tbsp Lime Juice	1 Jalapeno or other spicy pepper (optional)
2 cloves Fresh Garlic	

Preparation

1. Cut tomatoes and onion into small chunks of similar size. Add tomatoes and onion to a bowl with salt and allow to sit.
2. While the tomato sits in the salt, finely dice garlic. Chop cilantro into small pieces as well as pepper. Mix all ingredients into tomato and onion.
3. For best results allow salsa to rest in fridge for 30-60 minutes before serving.

Tips

1. Amount of Pepper should be adjusted based on 2 things:
 - a. Your spice tolerance.
 - b. The peppers spice level.
2. This salsa can be made with canned tomatoes instead of fresh. The tomatoes juice can be drained or used in salsa. Simply cut the canned tomatoes up into bite sized chunks or mash with your hands before adding to the salsa.
3. In the winter I enjoy warming the salsa up in in one of two ways:
 - a. Microwave using 1-minute intervals until warm.
 - b. On the stove over medium to low heat until warm.

Crispy Chickpeas

Time: 1 hour

These chickpeas make a great sweet or savory snack that packs a protein punch. They can also be used as a crunchy salad topping.

Ingredients

1 can Chickpeas	2 tsp Paprika or Cinnamon
1 tbsp Oil	½ tsp Salt and Pepper (optional)
1 tsp Sugar	

Preparation

Oven Cooking

1. Preheat oven to 375°F. Line a Baking sheet with aluminum foil, parchment paper or coat in oil.
2. Drain, rinse, and dry chickpeas. When rinsing chickpeas use your hands to toss chickpeas and remove some of the skins. Removing some skins results in crispier chickpeas.
3. In a small bowl toss chickpeas with oil, sugar, and spices.
4. Evenly spread chickpeas on a baking sheet.
5. Bake for 1 hour or until desired crispiness is reached.

Tips

1. For savory chickpeas use sugar, paprika, salt, and pepper.
2. For sweet chickpeas use cinnamon and sugar.

Kale Chips

Time: 20 minutes

Kale chips make for a great and healthy snack. Refer to seasoning mixes in the section labeled Seasonings page 49-52 to add more flavor to these chips.

Ingredients

1 bunch of Kale or 6 cups (approximately)	1 tbsp Seasonings or 1 tsp Salt
2 tbsp Oil	

Preparation

Oven Cooking

1. Preheat oven to 300°F. Line a Baking sheet with aluminum foil, parchment paper or coat in oil.
2. Rinse Kale and dry well by patting the leaves dry. Then tear leaves into desired size.
3. Toss kale in large bowl or in plastic bag with oil until evenly coated.
4. Spread kale out on baking sheet and sprinkle evenly with seasoning. Use your hands to gently rub the seasoning around the leaves.
5. Bake kale for 10 minutes. After 10 minutes remove kale then shake and rotate pan. Bake for another 10-15 minutes.
6. Allow chips to cool on pan for a few minutes before storing in a plastic bag, mason jar, or glass container.

Tips

1. See seasoning section for suggestions (page 49-52).

Dessert

Fruit Crumble

Time: 1 hour

Ingredients

Filling	Filling Alternative
3 cups Canned fruit (drained) or Fresh fruit (Sliced or cubed)	2 cans Pie filling
¼ cup Sugar or Honey	1 tbsp Lemon Juice
1 tbsp Lemon Juice	1 tsp Cinnamon
1 tsp Cinnamon	

Topping	Topping Alternative
1 ½ cups Oats	4 Pack of Instant Oatmeal
4 ½ tbsp Butter	4 tbsp Butter
¾ cup Brown sugar	Water (as needed)
½ cup Nuts (optional)	
Water (as needed)	

Preparation

Oven Cooking

1. Preheat oven to 375°F.
2. For the filling combine all ingredients in a bowl and mix.
3. For topping mix all ingredients except for water in a bowl. Add water in small amounts until mixture becomes crumbly.
4. Dump filling into baking dish then evenly spread topping over fruit.
5. Bake until the topping is browned, and filling is bubbling, around 40 minutes.

Tips

1. Canned fruit used for recipe had no added sugar and was in fruit juice not syrup. If your canned fruit contains sugar, simply skip adding the extra sugar.

No-Bake Chocolate Peanut-Butter Cookies

Time: 30 minutes

Ingredients

2 cups Granulated Sugar	1 tsp Vanilla
4 tbsp Cocoa	½ cup Peanut Butter or other nut butter
½ cup Milk	3 cups Oatmeal
¼ cup Butter	

Preparation

Stove Cooking

1. Line a small area of counter, tabletop, or pans with wax paper.
2. On the stove in a medium sized pot add Sugar, Cocoa, Milk, and Butter. Heat over medium heat, stirring constantly until boil is reached.
3. Allow mixture to boil for 3 minutes.
4. Add Vanilla and Peanut butter and continue stirring until peanut butter is fully incorporated.
5. Then mix in the Oatmeal until coated in mixture.
6. Drop mixture by spoonful onto wax paper and allow to cool completely.

Tips

1. The mixture will begin to slowly cool/thicken after removal from heat so try to drop it onto the wax paper quickly before the mixture becomes too stiff.

Almond Butter Cookies

Serves: 20 Cookies

Time: 30 minutes + 1-2 hours of rest time

Ingredients

2 cups Flour	½ cup Oil (olive or vegetable)
1 ½ tsp Baking Powder	5 tbsp warm water
½ tsp Baking Soda	⅓ cup Almond Butter
1 ⅓ cups Brown Sugar (Packed)	1 tsp Vanilla Extract (optional)
½ tsp Salt	1 cup Chocolate Chips

Preparation

Oven Cooking

1. Combine flour, baking soda, baking powder, and salt in a bowl.
2. Combine sugar, oil, water, almond butter, and vanilla then mix until smooth.
3. Lightly stir the dry ingredients into the wet ingredients until just combined. Then add chocolate chips.
4. Let dough rest at room temperature for 1-2 hours or refrigerate overnight.
5. Preheat oven to 350°F. Create approximately 30 cookie portions using about 1 ½ tbsp of cookie dough and place 2 inches apart on cookie sheet.
6. Bake for 9-11 minutes, take out when middle is still soft and allow to cool on sheet.

Pumpkin Cranberry Cookies

Serves: 30 Cookies

Time: 1 hour

Ingredients

¾ cup Oil	4 cups Flour
1 cup White Sugar	2 ½ tsp Cinnamon
½ cup brown Sugar	½ tsp Baking Powder
¾ cup Canned Cranberry sauce	1 ½ tsp Baking Soda
¾ cup Canned Pumpkin	½ tsp Salt

Preparation

Oven Cooking

1. Preheat oven to 350°F.
2. Combine Oil, white and brown sugar; mix until smooth. Then add cranberry sauce and pumpkin.
3. In a second bowl combine flour, cinnamon, baking soda, baking powder, and salt.
4. Fold the dry ingredients into liquid ingredients. Note dough will be wet.
5. Scoop heaping tablespoon portions of dough onto cookie sheet approximately 1 ½ inches apart.
6. Bake for 12-15 minutes, then move cookies to rack to dry.

Mug Cake

Serves: 1

Time: 10 minutes

Ingredients

4 tbsp Flour	3 tbsp Milk (non-dairy, evaporated, or regular)
¼ tsp Baking Powder	1 tbsp Oil or Apple Sauce
2 tbsp Sugar	1 tsp Vanilla Extract

Preparation

Microwave Cooking

1. Add all ingredients to a microwave safe mug or bowl. Mix until ingredients create a smooth mixture.
2. A microwave at 700W requires a cooking time of 1 minute 45 seconds. A wider container will require less cooking time than a thin mug would.
3. Enjoy immediately and add your favorite topping such as fruit, jelly, yogurt, ice cream, nut butter, or enjoy plain.

Tips

1. Mug size will determine length of cooking time. A wider mug will result in a shallower cake and shorter cooking time. A thin mug will result in a taller cake requiring more cooking time.
2. Adding flavor to cake
 - a. Banana Cake - replace the oil with an equal amount of mashed banana.
 - b. Nut Butter Cake - replace oil with equal amount of nut butter and add an additional 1 tbsp of milk.
 - c. Chocolate Cake - add 2 tbsp of cocoa powder and a splash of milk.
 - d. Lemon Cake - replace milk with equal amount of lemon juice.

Peanut Butter Mug Cake

Serves: 1

Time: 5 minutes

Ingredients

3 tbsp Peanut Butter	1 Egg
2 tbsp Sugar	1 tbsp Chocolate Chips (optional)

Preparation

Microwave Cooking

1. Combine all ingredients in a microwave safe mug or bowl and mix until incorporated.
2. Heat in microwave for 1-2 minutes depending on microwave strength.

Simple Peanut Butter Cookies

Time: 30 minutes

Ingredients

1 cup Peanut Butter	1 Large Egg
1 cup Sugar	1 tsp Vanilla Extract (optional)

Preparation

Oven Cooking

1. Preheat oven to 325°F.
2. Combine all ingredients in a bowl and mix until combined.
3. Shape dough into 1 inch ball and place 1 inch apart on baking sheet.
4. Bake cookies for 12-15 minutes or until golden brown.

Other

Vegetable Stock

Time: 1 hour

This stock is a great way to use up any vegetable scraps from the week, giving them a new life. Use vegetable scraps from other recipes such as Veggie Stir Fry. Collect scraps such as onion skin, broccoli stalks, ends of carrots, excess vegetables, or those about to go bad. Collect scraps for up to a week and store them in a sealed container in the fridge before use. The Stock can be used in many recipes such as the Veggie Stir Fry (page 12), Tomato Soup (page 20), Chili (page 21), or Black Bean Soup (page 22).

Ingredients

Vegetable Scraps	Water
Salt (optional)	

Preparation

Stove Cooking

1. Fill a stock pot with all your vegetable scraps.
2. Add water to pot until vegetables are covered.
3. Bring to boil for 5 minutes then allow to simmer for an hour.

Tips

1. For a more concentrated stock simply add less water, but make sure there is enough to cover the vegetables.
2. Bones from meat can be used to make chicken or beef stock with the same preparation.

Breadcrumbs

Makes: 2 cups

Time: 15 minutes

This recipe is a great way to use bread that is going stale or already stale. It can be used in recipes like the Cheesy Chicken Noodle Casserole page 10.

Ingredients

2 cups Bread of any kind	1 tbsp Italian Seasoning (optional)
2 tbsp cooking Oil	½ tbsp Garlic Powder (optional)
Salt	

Preparation

Oven Cooking

1. Preheat oven to 350°F.
2. Tare and crumble bread into the size of breadcrumbs. Spread out on baking sheet.
3. Drizzle oil over breadcrumbs and add salt. Optionally add additional spices.

Tips

1. Use bread that is starting to or has already gone stale, it works the best.
2. To make croutons: cut bread into 1-inch cubes and follow preparation steps.

Garlic Confit (Garlic in Oil)

Time: 30 minutes to 2 hours

This recipe creates soft and spreadable garlic that tastes great alone on toast (add salt for a flavor boost). Garlic cloves can be used in place of fresh garlic or added to any recipe. The oil can be used to cook other food such as eggs, tofu, vegetables, or meat. This will add more depth to the flavor since the oil was infused with garlic.

Ingredients

2 cups Garlic Cloves whole	2-3 sprigs of fresh herb of choice (optional)
2 cups Olive Oil (or other preferred oil)	

Preparation

Oven Cooking

1. Preheat oven to 200°F.
2. Separate and peel the garlic cloves .
3. Combine all ingredients in a baking dish (ensure that garlic is covered by oil).
4. Bake in oven for 2 hours (until garlic is soft).

Stove Cooking

1. Separate and peel the garlic cloves.
2. Combine all ingredients in a frying pan (ensure that garlic is covered by oil).
3. Cook over low heat for 30 mins (until garlic is soft).

Tips

1. Garlic and oil can be stored in fridge for up to 2 weeks in an airtight container.
2. Recipe can be tailored to number of garlic you have, simply put garlic in pan and add oil until garlic is immersed.

Pumpkin Creamer

Serves: 5

Time: 10 minutes

This creamer can be used in coffee or tea and can be kept in the fridge for up to 6 days. Make sure to shake well before each use.

Ingredients

½ cup Evaporated Milk	½ tsp Cinnamon or Pumpkin Pie spice
¼ cup Milk (optional)	2 tsp Maple Syrup
2 ½ tbsp Canned Pumpkin	

Preparation

1. Combine all ingredients in a sealable container and shake until combined.

Tips

1. Refrigerate for up to a week.
2. Shake before every use because ingredients will separate.

Plain Creamer

Serves: 4

Time: 10 minutes

This creamer can be used in coffee or tea. It can be kept in the fridge for up to 6 days. This creamer can be customized to your taste or season we are in.

Ingredients

½ cup Evaporated Milk	2 tbsp Maple Syrup, honey, or Carmel Sauce
¼ cup Milk (optional)	½ tsp Vanilla, Cinnamon, or both (optional)

Preparation

1. Combine all ingredients in a sealable container and shake until combined.

Tips

1. Refrigerate for up to a week.
2. Shake before every use because ingredients will separate.
3. Flavor this plain creamer recipe by using suggested ingredients such as caramel, vanilla, or cinnamon.
4. For the non-dairy version use canned coconut milk or other non-dairy milk in place of evaporated milk.

Prepping Dried Beans

Time: Variable

Ingredients

Dried Beans	water
1 tsp Salt	

Preparation

1. Wash dried beans with cool water and remove any shriveled beans.
2. There are 2 options for soaking dried beans:
 - a. The overnight method, place beans in a large bowl and fill with water to double the height of the beans. Add tsp of salt, place in the fridge and soak overnight.
 - b. The quick soak method, add beans to a pot cover with water and add salt. Bring the beans to a boil, remove from the heat, and allow to soak, covered for an hour.
3. Cooking the beans; drain the soaking water from the beans. Add beans to a pot, cover with water and add any aromatic ingredients (optional) you have to boost the flavor.
4. Bring the beans to a boil, then reduce to a simmer and cook until the beans are tender.

Tips

1. Aromatics are typically vegetables and herbs such as garlic, onion, carrots, celery, basil, thyme, and many more.

Cranberry Aioli

Makes: 6 tbsp

Time: 5 minutes

This aioli makes a great spread to put on sandwiches or dip for fries.

Ingredients

3 tbsp Mayonnaise	¼ tsp Salt
3 tbsp Canned Cranberry Sauce	

Preparation

1. Combine all ingredients in a bowl and mix until smooth.
2. Serve immediately.

Pressing Tofu

Time: 40 minutes

A great way to press (drain) tofu and allows for the tofu to become crispier. However, tofu is not required to be drained before use.

Ingredients

Block of Tofu

Preparation

1. Remove tofu from container with liquid.
2. There are two options:
 - a. Allow tofu to drain as a block.
 - b. Cut lengthwise into thick strips.
3. Use either paper towels or a reusable towel and lay it out on a flat surface. Then lay tofu on top of the towel, and cover with a second towel.
4. Lay something flat like a cutting board on top of tofu and place something on top of cutting board to weigh it down.
5. Allow tofu to sit like this for around 30 minutes before use.

Tips

1. I usually use canned goods to press the tofu.

Seasonings

Ranch Seasoning

Time: 5 minutes

This seasoning can be added to any meal you feel needs some extra flavor. Try adding it either Oven Fries page 30 or Kale Chips page 33. If you are looking for something to dip vegetables or fries, try adding this seasoning to sour cream or plain yogurt.

Ingredients

1 tbsp Dried Parsley	2 tsp Onion Powder
1 tbsp Dried Dill (optional)	1/2 tsp salt
2 tsp Garlic Powder	1 tsp Black Pepper
1 tsp Dried Chives (optional)	

Preparation

1. Combine all ingredients in an airtight container and shake. Seasoning is then ready for use or can be stored in an airtight container.

BBQ Seasoning

Time: 5 minutes

This seasoning can be added to any meal you feel needs some extra flavor. Try adding it either Oven Fries page 30 or Kale Chips page 33. If you are looking for something to dip vegetables or fries, try adding this seasoning to sour cream or plain yogurt.

Ingredients

½ cup Brown Sugar	1 tbsp Garlic Powder
3 tbsp Paprika (smoked or regular)	1 tbsp Onion Powder
1 tbsp Black Pepper	1 tsp Mustard Powder
1 tbsp Salt	¼ tsp Cayenne (optional)

Preparation

1. Combine all ingredients in an airtight container and shake. Seasoning is then ready for use or can be stored in an airtight container.

Taco Seasoning

Time: 5 minutes

This seasoning can be added to any meal you feel needs some extra flavor. Try adding it either Oven Fries page 30 or Kale Chips page 33. If you are looking for something to dip vegetables or fries, try adding this seasoning to sour cream or plain yogurt.

Ingredients

2 tsp Chili Powder	½ tsp Salt
1 ½ tsp Paprika	½ tsp Garlic Powder
1 tsp onion Powder	½ tsp Cumin
½ tsp Oregano	¼ tsp Black Pepper
1 pinch Cayenne Pepper or Red Pepper Flakes	

Preparation

1. Combine all ingredients in an airtight container and shake. Seasoning is then ready for use or can be stored in an airtight container.

Cajun Seasoning

Time: 5 minutes

This seasoning can be added to any meal you feel needs some extra flavor. Try adding it either Oven Fries page 30 or Kale Chips page 33. If you are looking for something to dip vegetables or fries, try adding this seasoning to sour cream or plain yogurt.

Ingredients

2 tbsp Paprika	2 tsp Dried Thyme
2 tbsp Garlic Powder	2 tsp Onion Powder
1 tbsp Salt	2 tsp Cayenne Pepper
2 tsp Dried Oregano	1 tsp Red Pepper Flakes

Preparation

1. Combine all ingredients in an airtight container and shake. Seasoning is then ready for use or can be stored in an airtight container.