

FALL 2021

THE \$10 COOKBOOK



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

At FEAST, we believe good food and good health should not be a luxury, which is why all of the recipes in our wellness programs cost \$10 or less and feed a family of four.

In Fall 2021, we challenged professional chefs and home cooks to take the \$10 Challenge and create their own recipe on a \$10 budget. A panel of judges graded the \$10 recipes based on their nutritiousness, creativity, and presentation. These are the recipes you will find in The \$10 Cookbook.

Through the \$10 Challenge, we aimed to show the world it's possible to cook creative, delicious, and nutritious meals even with limited resources.

We hope these recipes make you feel nourished and a part of the FEAST family.

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FEAST COMMUNITY

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MEXI-FALAFEL TACOS

CONTRIBUTED BY: TREJO'S TACOS



INGREDIENTS:

1/4 cup tahini	1 1/2 cups finely sliced Tuscan kale (from about 4 leaves)
2 Tablespoons pure olive oil	1/2 cup Pickled Red Onions
juice of 1 lemon	1 lime cut into 6 wedges
1/4 teaspoon ground cumin	
1/4 teaspoon kosher salt	
1 16-ounce box falafel mix (such as Trader Joe's brand)	
2 cups neutral oil, such as safflower or canola	
8 6-inch corn tortillas	

PICKLED RED ONIONS RECIPE

1/2 medium red onion, thinly sliced
1/4 cup apple cider vinegar
1/2 Tablespoon sugar
1 teaspoon salt

DIRECTIONS:

Step 1: In a medium bowl, combine the tahini, olive oil, lemon juice, cumin, salt, and 2 tablespoons of water and stir well. Set aside. Prepare the falafel mixture according to the package instructions, and then form it into 1-inch balls. Fry the falafel in the oil per the box instructions.

Step 2: Preheat the oven to 250 degrees F.

Step 3: Stack the tortillas, wrap them in aluminum foil, place them in the oven, and let them warm until they're fragrant and pliable, about 15 minutes. Remove the tortillas from the oven. Unwrap the stack and line up the tortillas, assembly-line-style, on your work surface. Drizzle each tortilla with the tahini sauce in a zigzag pattern. Place the kale in a straight line down the center of each tortilla. Set the falafel balls in a straight line on top of the kale. Top the falafel with the pickled onions and serve a lime wedge with each taco.

INSTRUCTIONS FOR PICKLED RED ONIONS

Step 1: Place the onion slices in a large heat-safe bowl.

Step 2: In a medium saucepan, combine 1/2 cup of water with the vinegar, sugar, and salt and bring to a boil over high heat. Remove from the heat and stir until the sugar and salt have dissolved. Then pour the hot liquid over the onions.

Step 3: Let the liquid cool to room temperature, and then cover the bowl with plastic wrap and refrigerate it overnight to allow the flavors to meld and mellow.



Cost \$8.00 to make in Santa Monica, CA.

BEEF CONGEE WITH EGG AND SPICY CUCUMBER SALAD

CONTRIBUTED BY: ELIZABETH CHAN



INGREDIENTS:

4 cups homemade stock or water	2 Tablespoons soy sauce
3 cups cooked rice	1.5 Tablespoons rice vinegar
4 eggs	2 large garlic cloves, minced
1/2 pound ground beef	red pepper flakes
1/2 pound bok choy	4 teaspoons black sesame seeds
cilantro	kimchi
4 cucumbers	3 Tablespoons fried onions
2 Tablespoons salt	chili oil, to taste
2 Tablespoons sugar	
2 teaspoons sesame oil	

DIRECTIONS:

Step 1: Wash the cucumbers. Slice lengthwise and then slice those slices lengthwise again. Then cut into 1 inch sections. Put the flat end of the knife on the cucumber slice and press down until the skin breaks a little and the seeds come a little loose.

Step 2: Put the cucumbers into a sieve set on top of a bowl. Sprinkle the sugar and salt onto the cucumbers. Place a bag of ice on top of the cucumbers and set in the fridge for at least several hours.

Step 3: Pour the rice into a pot and rinse twice in cool water. Cover the rice with an amount of water double the amount of rice. I judge this by putting my finger to the bottom of the pot and seeing a layer of water equal to the layer of rice.

Step 4: Set the pot on the stove and boil. Once the water has boiled, lower the temperature to medium-low, cover 3/4 of the pot with a lid, and come back every few minutes until the rice is cooked.

Step 5: Put the rice in a slow cooker and cover with stock. Put it on low and check in a few hours.

Step 6: When the rice is almost porridge-like, crack four eggs into the slow cooker.

Step 7: When the eggs are done, scoop into a bowl with an egg on top. Garnish with fried onions, kimchi, black sesame seeds, fried onions, and chili oil.

Step 8: Take the cucumbers out of the fridge, drain the water from the bottom bowl. Toss with the minced garlic cloves, red pepper flakes, soy sauce, rice vinegar, and sesame oil.



Cost \$8.66 to make in Arlington, VA.

CHIPOTLE SQUASH AND TORTILLA STEW WITH MEXICAN SLAW

CONTRIBUTED BY: MARY SUE MILLIKEN

INGREDIENTS:

4 strips bacon, sliced (optional)	MEXICAN SLAW
1 onion diced	1 pound red and white cabbage, shredded
2 cloves garlic, chopped	2-3 Jalapeno peppers, stemmed, seeded, and sliced
1 teaspoon ground chipotle chile	3 Tablespoons salad oil
2 quarts chicken broth (canned or bouillon)	1 1/2 Tablespoons RWV
1 can chopped tomatoes (14 ounces)	1 teaspoon dried Mexican oregano, crushed between palms
2 pounds kabocha, acorn or butternut squash	salt and pepper
4 cups tortilla chips	8 round provolone slices (optional)
1/2 bunch cilantro chopped	
2 ounces Queso Fresco	

DIRECTIONS:

Step 1: Make slaw by mixing cabbages, jalapeno, oil, vinegar, oregano, salt and pepper. Keep refrigerated.

Step 2: Cut bacon strips into ½” strips and sauté in a large pot. Add onion and sauté until golden, then add garlic and ground chipotle chile. Cook, stirring until aromas are released. Peel and scrape seeds out of squash, chop into ¾” chunks add to the pot with tomatoes, season with salt and pepper, simmer 30 minutes or until squash is soft. Taste and adjust seasoning. Just before serving, add tortilla chips and stir vigorously. Serve stew in warm bowls, top with chopped cilantro and queso fresco. Serve immediately with Mexican Slaw.

Optional: Make crispy cheese taco shells by heating a non stick pan over medium heat. Place the slice of cheese in and turn off flame. When cheese has browned and cools down, flip and turn heat back on high to crisp up the second side. Slide round of crispy cheese out of pan onto cool countertop, blot with paper towel, then bend over a thin rolling pin or the neck of a bottle. When entirely cool, fill and eat.



Cost \$9.82 to make in Los Angeles, CA.

SOYBEAN CEVICHE

CONTRIBUTED BY: ERIKA ÁVILA

INGREDIENTS:

8 ounces dehydrated soybeans

1/2 onion

4 tomatoes

1 bunch of cilantro

1 cucumber

1 1/2 pound of lemon

salt to taste

avocado (optional)

DIRECTIONS:

Step 1: Put 1 liter of water to boil, when it has boiled turn off the heat and drop the soybeans into the water for 8 to 10 minutes to hydrate. Once the soy is hydrated, drain the water and rinse the soy by pressing by hand so that all the flavor comes out, rinse the soy until the white water stops coming out and taste, the soy should not have any flavor, if it has any flavor, continue rinsing and squeezing until the taste is gone. Once the soy has no flavor, we are going to squeeze it and transfer it to a container.

Step 2: Squeeze the lemon over the soybeans, add the salt to taste, mix and press with a spoon so that the lemon protrudes from the soybeans in the container. Let stand for 20 minutes.

Step 3: Chop the onion, cucumber and tomato into cubes, finely chop the cilantro and mix them.

Step 4: After 20 minutes, mix the soy with the rest of the ingredients and our dish is ready! You can add avocado to each portion of ceviche to garnish and give it a special touch of extra flavor!



Cost \$8.78 to make in Los Angeles, CA.

BUDDHA BOWL

CONTRIBUTED BY: PLANT-BASED ALINA

INGREDIENTS:

1 cup of red quinoa	1 garlic clove
2 1/2 cups of water	2 teaspoons of lemon juice
3 teaspoons of sea salt	1 kabocha squash
1 teaspoon of garlic powder	4 ounces of lettuce
1/2 teaspoon of curry powder or chili powder	1 avocado
1 zucchini	1/4 cup of sauerkraut
20 cashews	hemp seeds, pumpkin seeds, and red pepper flakes to top

DIRECTIONS:

FOR THE SPICED QUINOA

- Step 1:** In a medium saucepan, add 1 cup of quinoa to 2 cups of water and bring to a simmer over medium heat.
- Step 2:** Add in 1 teaspoon of sea salt, garlic powder, and curry powder.
- Step 3:** Let the mixture simmer with the lid slightly vented for about 20 minutes or until the quinoa is fluffy and mostly dry.
- Step 4:** Once the quinoa is cooked, allow it to rest off the heat with the lid on for about 10 minutes.

FOR THE ROASTED SQUASH

- Step 1:** Preheat the oven to 400 degrees F.
- Step 2:** Peel and chop the kabocha squash into 1/2 inch cubes.
- Step 3:** Place the cubes onto a baking sheet lined with parchment paper.
- Step 4:** Toss the pieces with 1 tablespoon of olive oil, 1 teaspoon sea salt, and 1/2 teaspoon garlic powder.
- Step 5:** Roast in the oven for about 35-40 minutes or until the pieces are soft and golden brown.

FOR THE ZUCCHINI NOODLES

- Step 1:** Thinly slice or spiralize 1 zucchini.
- Step 2:** In a small bullet blender, add in the cashews, 1/2 cup of water, garlic clove, lemon juice, and 1 teaspoon of sea salt.
- Step 3:** Blend the ingredients on high until creamy and smooth.
- Step 4:** Pour the sauce over the zucchini slices and toss in a large bowl until well coated. Set aside.

TO ASSEMBLE THE BOWLS

- Step 1:** Place one portion of the lettuce, spiced quinoa, zucchini noodles, and roasted squash in each bowl.
- Step 2:** Slice the avocado and portion into quarters. Add to each bowl.
- Step 3:** Add on 1 tablespoon of sauerkraut to each bowl.
- Step 4:** Top with hemp seeds, pumpkin seeds, red pepper flakes (optional), and lemon juice to taste.



Cost \$9.70 to make in New York, NY.

VEGGIE POWER BOWL

CONTRIBUTED BY: REBECCA QUINN

INGREDIENTS:

1 cup dry tri-color quinoa	1/4 teaspoon salt
1 vegetable bouillon cube	1 (or more) jalapeno peppers, to taste
3-4 green onions, sliced	1 large or 2 small avocados, peeled and sliced
1/2 cup chopped cilantro, divided	2 medium size orange sweet potatoes
2 limes, quartered	1/2 pound broccoli crowns, cut into pieces with some stem attached
1 (15.5 ounces) can garbanzo beans	1 (15.5 ounces) can black beans
4 cloves garlic, peeled	
1/2 teaspoon ground cumin, divided	
2 large or 4 small tomatoes	
1/2 small red onion, peeled and diced	

DIRECTIONS:

Step 1: Prepare the quinoa first because it needs time to cool. You can make it a day or two ahead if you prefer. Prepare according to package directions, adding a bouillon cube to the water. Cool thoroughly.

Step 2: Wash, dry, and chop all produce while waiting for the quinoa to cook or chill.

Step 3: Once quinoa is cold, add sliced green onions, 1/4 cup chopped cilantro, juice from 1 lime quarter. Mix well and refrigerate until ready to serve.

HOMEMADE HUMMUS: Drain garbanzo beans, reserve liquid. To blender, add garbanzo beans, garlic, juice from 2 lime quarters, 1/4 teaspoon of cumin. Blend until smooth. You can add the bean liquid back in little by little, as needed, to desired consistency. Set aside in refrigerator.

SALSA FRESCA (FRESH TOMATO SALSA): Mix together diced tomatoes, chopped red onion, 1/4 cup chopped cilantro, 1/4 teaspoon each of salt and cumin, juice of one lime quarter, and finely diced jalapeno. Taste test to make sure it is as spicy as you like. Add more jalapeno if needed. Set aside in refrigerator.

Step 4: Peel and slice avocado before serving.

Step 5: Prepare sweet potatoes as you prefer. Bake in microwave or oven, poking lots of holes in potatoes first. If microwaving, check at about 6 minutes, adding a minute or two each time until done. You can also steam or boil them. After cooking, peel if desired, dice in chunks, set aside.

Step 6: Add several inches of water to a medium pot, add steamer basket if you have one. Bring to a boil over medium heat, add broccoli. Cover, lower heat, simmer gently for approximately 5 minutes. Test by poking with a fork to determine if done to your liking. Remove from heat, set aside. May be microwaved instead.

Step 7: Rinse and drain black beans, if desired. Heat beans in microwave safe dish or in a pot on the stove until hot. You may add your preferred seasonings or leave as is.

Step 8: Assemble your bowls. Arrange the ingredients in large bowls (or on plates) in an attractive manner, alternating colors around the bowl. Use 1/4 of each ingredient (sweet potato, avocado, salsa, black beans, broccoli, quinoa) for each bowl. Add a scoop of hummus in the center. Garnish each bowl with a lime quarter and serve immediately.

***Cooking Tips: Substitutions:** This recipe is very forgiving. You can substitute anything! Use ingredients you already have on hand or incorporate ingredients from free food programs. In the days before making the Veggie Power Bowls, cook extra of something you're making anyway, then use it in the Bowls.*



Special Anecdote: A powerhouse of health in a bowl. A mix of hot and cold. An explosion of flavors: Sweet potato, avocado, fresh salsa, black beans, broccoli, quinoa, hummus. The garlicky hummus, spicy salsa fresca, and tangy lime take the place of less healthy salad dressings and salt. And it's always fun to eat a meal out of a bowl!

Cost \$8.35 to make in Los Angeles, CA.

CARAMELIZED ONION AND SQUASH PIE

CONTRIBUTED BY: JILL PARSH

INGREDIENTS:

- | | |
|--|---|
| 8 medium yellow onions, halved and thinly sliced | 2 Tablespoons chopped fresh sage, (adjust if using dried) |
| 1 large butternut squash, peeled and diced | 2 regular or 1 large (deep dish) pie crust(s) |
| 3 Tablespoons oil or butter | salt & pepper, to taste |
| 3 garlic cloves, diced | optional: salty cheese like Parmesan or feta |
| 2 Tablespoons balsamic vinegar | |

DIRECTIONS:

- Step 1:** Caramelize the onions. Add oil or butter to a pan. Add the onions and cook on medium heat until very soft and starting to brown. Can take 20 minutes. At the end add the balsamic vinegar and garlic and stir to incorporate.
- Step 2:** While onions are cooking, toss the diced squash in some oil and sprinkle with salt and pepper to taste.
- Step 3:** Add squash to a 13x9” baking dish as roast at 425 for about 20 minutes or until tender.
- Step 4:** Pre bake the pie shell according to instructions.
- Step 5:** Add the tender squash to the Caramelized onion mixture and gently incorporate.
- Step 6:** Add the mixture to the pie crusts. Add the sage and (cheese if using).
- Step 7:** Bake according to pie crust instructions or until crust is slightly brown.
- Step 8:** Serve with a side salad. Enjoy!



Cost \$10.00 to make in Redondo Beach, CA.

COCONUT RICE WITH CHICKPEAS AND BROCCOLI

CONTRIBUTED BY: KERI GLASSMAN

INGREDIENTS:

- 1 cup jasmine rice
- 1 14-ounce can coconut milk
- 1 cup water
- 2 15-ounce cans chickpeas
- 1 10-ounce bag frozen broccoli
- 1/4 teaspoon turmeric
- 1/2 teaspoon cinnamon
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- red pepper flakes

DIRECTIONS:

- Step 1:** In a saucepan, combine rice, coconut milk, water, and salt. Bring to a boil over medium heat. Cover, reduce heat, and simmer 18 to 20 minutes, until rice is tender.
- Step 2:** Cook broccoli according to package.
- Step 3:** When rice is cooked, add cooked broccoli and chickpeas to pan.
- Step 4:** Add turmeric, cinnamon, salt and pepper.
- Step 5:** Serve and sprinkle with dash of red pepper flakes.



Cost \$9.94 to make New York, NY.

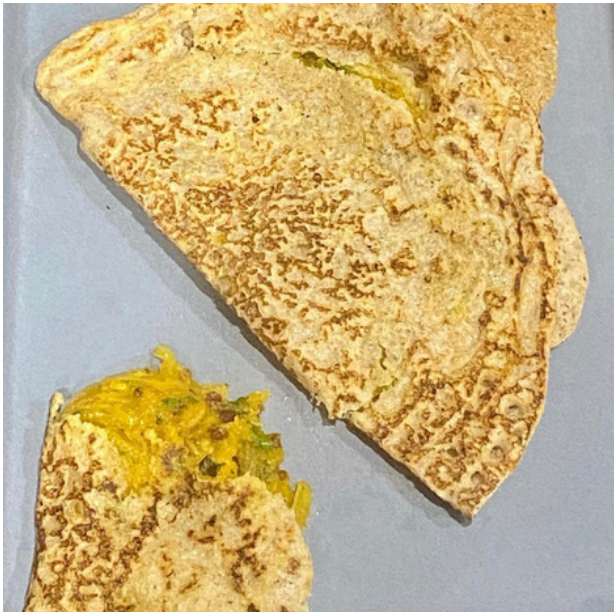
ACORN SQUASH MASALA DOSA

CONTRIBUTED BY: ADAM SCHUMAN @THECLAMJAR

INGREDIENTS:

DOSA BATTER

- 10 ounces jasmine rice (1.5 cups)
- 5 ounces black split lentils (Urad Dal, 1/2 cup)
- 2.5 ounces red lentil (1/4 cup)
- 1 teaspoon fenugreek seeds (whole)
- 1+ cup water (reserved after soaking rice and lentils)
- salt to taste (about 1/2 teaspoon)



ACORN SQUASH MASALA

- | | |
|---|---|
| 1 pound acorn squash (cooked) - start with 2 pounds raw squash | 1 Tablespoon red lentils |
| 3 Tablespoons vegetable oil, coconut oil or ghee + 1 Tablespoon | 2 teaspoons mustard seed (yellow) |
| 1/2 pound yellow onion (peeled, thinly sliced) | 1 teaspoon cumin seed |
| 3 cloves garlic (peeled) | 3 each cardamom pods (cracked, seeds only or 1/4 teaspoon powder) |
| 1 each Thai green chili (finely sliced, other chilies are fine too) | 8 each curry leaves (fresh, or 2 teaspoons dried) |
| 1 Tablespoon ginger root (freshly grated or finely chopped) | 1 teaspoon turmeric powder |
| | 1/4 teaspoon Asafoetida or Hing powder (optional) |
| | 1/2 cup cilantro (chopped) |

DIRECTIONS:

DOSA BATTER

- Step 1:** Measure jasmine rice and wash under cold water until water runs clear. Add to 2-quart container and fill 3/4 of the way with cold water.
- Step 2:** Measure black lentils, red lentils and fenugreek seeds. Rinse briefly under cold water. Transfer to a 1+ quart container and fill 3/4 up with cold water.
- Step 3:** Allow to soak separately for 6 hours on table top.
- Step 4:** Strain lentil/fenugreek combo, but make sure to reserve 1-2 cups soaking liquid for later use.
- Step 5:** Strain rice, but make sure to reserve 1-2 cups soaking liquid for later use.
- Step 6:** Transfer lentil/fenugreek mixture to a blender. Add 1/4 cup of reserved soaking liquid to blender to loosen mixture as you blend. Increase blender from low to high. Blend until smooth consistency (approximately 5 minutes). Add additional liquid as needed until lentils are smooth and the texture of pancake batter.
- Step 7:** Transfer smooth lentil batter to a medium mixing bowl.
- Step 8:** Clean blender and repeat blending process with rice. Add reserved rice soaking liquid to loosen batter. Blend until smooth, adding just enough reserved liquid to ensure batter is smooth in texture.
- Step 9:** Combine rice batter with lentil/fenugreek batter in mixing bowl.
- Step 10:** Add 1/2 teaspoon salt, whisk to incorporate the two batters and salt.
- Step 11:** Cover bowl with a kitchen towel and set aside in a warm place for 12 hours, allowing mixture to ferment. CO2 bubbles will appear in the batter, the mixture will rise in volume slightly and the batter will take on a slightly sour aroma. If needed, put a medium sauce pot with a quart of water on the stove and heat until warm (but not hot). Place bowl of batter atop of warm pot of water to encourage fermentation.
- Step 12:** After 12 hours, transfer Dosa Batter to an appropriately sized, covered vessel and hold in refrigerator for up to 1 week.

ACORN SQUASH MASALA

- Step 1:** Preheat oven to 375 degrees F.
- Step 2:** Prepare acorn squash by slicing the top and bottom off, allowing for a flat surface to cut. Cut squash in half top to bottom, and remove squash seeds with a spoon.

Step 3: Brush squash flesh with oil and sprinkle with a pinch of salt. Bake for 45-60 minutes or until squash is tender but not mush.

Step 4: Scoop squash flesh from skin and discard skin.

Step 5: In a medium saute pan, add 3 tablespoons of oil of your choosing and turn on medium heat.

Step 6: When oil begins to move from heat, add red lentils and toast for 30 seconds. Add mustard seeds, cumin and cardamom seeds. Toast for an additional 15-30 seconds. Watch oil and adjust heat down if oil appears too hot to prevent burning. If spices start popping out of the pan, you've gone too long.

Step 7: Remove curry leaves from the stem and add to toasting spice mixture. Immediately add onion, garlic, green chili, and grated ginger, turmeric and *asafoetida powder. Cook for 3-5 minutes, or until onions are translucent.

Step 8: Turn heat off and add cooked acorn squash to pan. Add cilantro and salt to taste. Incorporate/mash with a spoon or rubber spatula and transfer to a vessel for use.

TO ASSEMBLE

Step 1: Place a large saute pan on medium high heat. Once pan is hot, add 1 tablespoon oil.

Step 2: With a 2-ounce ladle (1/4 cup), ladle dosa batter into the middle of the pan. Using the bottom of the ladle, an offset spatula or some other tool that suits your fancy, work the batter outwards from the center evenly, trying to arrive at a large circle that covers 75% of the pan. If you end up with a shape that is not a circle, do not worry. It all tastes the same and comes out very different than the way it goes in.

Step 3: Dosa will begin to bubble and set within 60 seconds, turning golden brown around the edge. *While cheese is not part of this recipe, if you wanted to add shredded mozzarella cheese (or shredded Queso Oaxaca!), now is the time, evenly, across the entire surface of the dosa.

Step 4: Spoon 2-3 tablespoons of squash mixture onto 1/2 of the dosa and spread with spatula..

Step 5: Fold 1/2 of dosa over the 1/2 containing the squash mixture.

Step 6: Serve immediately with yogurt/mint/cilantro/chili dipping sauce or hot sauce of your choosing (not part of recipe).

Special Anecdote: I want to start by saying, this recipe reads and sounds far more complicated than it is. A dosa is nothing more than a crepe/thin pancake. The major difference is the process of fermentation, which takes time and knowhow. Not crazy skills knowhow, just time and temperature, neither of which are exact. People have been fermenting foods as a method of preservation (and by default) across the world long before there was refrigeration, or a scientific understanding to explain how or why. Turns out that the fermentation process also makes foods easier to digest, as well as promoting a healthier microbiome. This is a healthy way to eat, while not sacrificing portion size or satiation.



Cost \$7.75 - \$9.00 to make in Brooklyn, NY.

Yours in Hospitality
A. Schu

Cooking Tip: Most ingredients are available at your local grocery store, with the exception of curry leaves and Asafoetida, which is like the msg of Indian cooking and totally optional. You can add a spoon of a curry powder and come pretty darn close if fresh curry leaves are unavailable. And if you hate curry, skip it altogether. Worth noting that both the lentils and the spices can burn quite easily, so make sure the oil isn't too hot and be prepared to add your onion/other aromatics pretty quickly to mitigate mustard/cumin seeds from jumping out of the pan. You will notice that in my directions I included cheese. This is not called for in the recipe, but if you are feeling crazy or have the extra change to spare, it adds some extra fat that is most welcomed and, well, delicious, although by no means needed for this dosa recipe. I have found the most effective method of making the dosa is to pour a 2oz ladle in the middle of a well oiled pan and then using a small offset spatula, to work your way out from the center. The dosa sets up in under 60 seconds, although can take a fair bit of heat without burning. You want it thin, so use a wide, shallow skillet or french top if you are blessed with having one.

ONE-PAN BUTTER ROASTED CHICKEN THIGHS AND CRISPY CABBAGE

CONTRIBUTED BY: FATIMA COOK

INGREDIENTS:

- 4 skin-on, bone in chicken thighs
- 1 medium head of cabbage (green or red)
- 4-6 garlic cloves, peeled
- 2 Tablespoons butter, melted
- olive oil for greasing the pan
- kosher salt and freshly ground black pepper, to taste
- a squeeze of lemon (optional)

DIRECTIONS:

- Step 1:** Preheat the oven to 450 degrees F.
- Step 2:** Lightly oil the surface of an oven proof pan or baking dish.
- Step 3:** Brush the chicken thighs with about 1 tablespoon of melted butter and season to taste with salt and pepper. Set aside.
- Step 4:** Half the head of cabbage and cut each half into 1/2-1-inch slices.
- Step 5:** Arrange the cabbage pieces snugly into your greased pan. Cut the cabbage into smaller pieces if need be so that they are tightly packed into the pan. Depending on how large your head of cabbage and pan are, you may not be able to fit all of the cabbage.
- Step 6:** Arrange the chicken thighs over the cabbage. Tuck the garlic cloves underneath the chicken thighs.
- Step 7:** Roast for 20 minutes.
- Step 8:** Remove from the oven and brush with remaining butter.

- Step 9:** Return to the oven and roast for another 15 minutes, or until the internal temperature of the thighs reach 160 degrees F.
- Step 10:** Take the pan out of the oven and place the thighs on a plate to rest.
- Step 11:** Flip the cabbage wedges and return to the oven to further caramelize and crisp, about 5-10 minutes.
- Step 12:** Check for seasonings.
- Step 13:** Serve the chicken with the cabbage and squeeze the whole thing with lemon, if desired.



Cost \$8.00 to make in Santa Monica, CA.

MOFONGO VEGANO

CONTRIBUTED BY: CARMEN KARLSGODT

INGREDIENTS:

3/4 cup of olive oil	1 cup of brown rice, cooked
8 medium cloves of garlic	1 cup of black beans, cooked
4 ounces of mushrooms, chopped	salt to taste
4 green plantains	1/2 teaspoon of oregano
1 onion, in slices	1/2 teaspoon of smoked paprika
2 tomatoes, in wedges	1 teaspoon of cilantro, chopped
1 zucchini, in slices	1/2 cup of water
1 red bell pepper, in slices	

DIRECTIONS:

- Step 1:** On medium heat, fry cloves of garlic until golden on all sides. Mask and set aside.
- Step 2:** In the same pan fry mushrooms until golden brown. Set aside on a paper towel.
- Step 3:** Peel and cut plantains into round 1/2-inch slices. Fry in the same pan until golden (4-5 minutes each side).
- Step 4:** Mash plantains then mix in with the garlic (save 1 teaspoon), mushrooms, salt and smoked paprika.
- Step 5:** In the same pan cook the saved garlic, onions, tomatoes, bell pepper, zucchini. Add 1/2 cup of water, salt and oregano.
- Step 6:** In a separate bowl, mix in the brown rice and the beans.
- Step 7:** Once veggies are cooked you can plate the rice and beans, add 1/2 cup of plantains molded as a sphere using your hands or small bowl, and add the veggies on the side.

- Step 8:** Pour some of the veggie broth over the plantains.
- Step 9:** Garnish with chopped cilantro.



Cost \$8.00 to make in Hawthorne, CA.

ROASTED BUTTERNUT SQUASH COCONUT SOUP

CONTRIBUTED BY: SARA HAAS

INGREDIENTS:

- | | |
|--|--------------------------------------|
| 1 medium butternut squash (about 2 1/4 pounds), seeded, peeled and diced into 1-inch pieces (about 3 cups diced) | 1/2 teaspoon ground coriander |
| 1/2 medium onion, quartered | 1/8 teaspoon ground cayenne |
| 2 medium carrots, cut into 1-inch pieces | 1/2 teaspoon ground cinnamon |
| 2 ribs celery, large dice | 2 Tablespoons packed brown sugar |
| 1 Tablespoon + 2 teaspoons extra virgin olive oil | 4 cups no-salt-added vegetable broth |
| 2 cloves garlic | 1 cup light coconut milk |
| 2 teaspoons minced fresh ginger | 1 Tablespoon fresh lemon juice |
| | 1/4 teaspoon kosher salt |
| | 1/4 cup chopped cilantro |

DIRECTIONS:

- Step 1:** Preheat oven to 425 degrees F. Line a large baking sheet with foil and coat with oil or non-stick cooking spray.
- Step 2:** Toss squash, onion, carrots and celery with 1 tablespoon of the oil. Spread mixture out evenly on the prepared pan. Place the garlic on a square of foil, drizzle with 1 teaspoon oil, wrap up and place on the pan. Bake, stirring once halfway through cooking, until vegetables are golden and fork tender, about 30 minutes.
- Step 3:** Remove pan from the oven. Transfer veggies to a large pot along with the roasted garlic, ginger, coriander, cayenne and cinnamon. Cook, stirring over medium heat for 1 minute. Add the brown sugar and vegetable broth and simmer for 10 minutes. Puree soup using a blender or stick blender. Stir in the coconut milk and lemon juice. Season with salt.
- Step 4:** Portion into bowls and garnish with chopped cilantro.

Cost \$9.00 to make in Los Angeles, CA.



SPICY PAKISTANI CHICKEN WITH BUTTERNUT SQUASH

CONTRIBUTED BY: SARA ALLEN

INGREDIENTS:

1 pound boneless skinless chicken thighs	1 teaspoon chili powder
6 ounces plain yogurt	1 teaspoon garlic powder (or 2 teaspoons fresh minced garlic)
1 tomato (optional)	1 teaspoon ginger powder (or 2 teaspoons fresh minced ginger)
1/2 sweet yellow onion (optional)	1 teaspoon black pepper
1 cubed butternut squash (can substitute brown rice or sweet potatoes)	1/2 teaspoon cumin
olive oil	1/2 teaspoon turmeric
2 teaspoons fennel seed	1/2 teaspoon caraway seed
1 teaspoon coriander	1/2 teaspoon cardamom

DIRECTIONS:

CHICKEN

- Step 1:** 12-24 hours before cooking, add all spices to yogurt and stir to combine. Add yogurt spice mixture to the chicken thighs, drizzle with olive oil and marinate overnight in a sealed container.
- Step 2:** Heat a large pot on medium high heat; add olive oil.
- Step 3:** Thinly slice onion and add to pot. Stir until it begins to turn translucent. Add tomatoes and chicken thigh. Cook chicken for 4 minutes on one side then lower heat to medium. Turn thighs to the other side and cook for 4 minutes.
- Step 4:** Flip thighs again and cook for another 4 minutes.
- Step 5:** Lower heat to just below medium, add 1/4 cup warm water if pan begins to dry up at the bottom, and cover pot. Cook for 4 more minutes.

- Step 6:** Remove lid, stir everything together in the pot, and recover. Cook for 4 more minutes.
- Step 7:** Continue to simmer until thighs are golden brown and fully cooked. You may wish to remove one and slice it open to check. Meat should be fully cooked but still tender and juicy.
- Step 8:** When fully cooked, remove the thighs, cut into cubes, and return to the pot with tomatoes/onions, which should at this point be like a sauce, and let the flavors continue to marinate for 5 minutes on very low heat. Do not let the pot dry out! Keep a layer of liquid or oil to maintain the moisture of the chicken.

SQUASH

- Step 1:** Pre-heat oven to 375 degrees F.
- Step 2:** Peel butternut squash with a carrot peeler, slice in half lengthwise, scoop out seeds and discard them, and cut the squash into 1-inch cubes. Spread on a parchment paper sheet lined baking sheet.
- Step 3:** Drizzle with olive oil and sprinkle with garlic powder, salt and pepper.
- Step 4:** Once oven is to temperature, bake squash for about 30 minutes - when tender when poked with a fork and just starting to brown at the edges.
- Step 5:** Remove from the oven to cool.
- Step 6:** If substituting sweet potatoes, poke each potato with a fork, drizzle with olive oil, and sprinkle with salt and pepper. Bake at 375 degrees F for about 45 minutes, until tender when poked with a fork.
- Step 7:** If substituting brown rice, prepare according to instructions on the bag.



Step 8: Serve a chicken thigh with a portion of butternut squash (or sweet potato or rice). Drizzle some sauce from the chicken mixture onto the side dish, if desired. Enjoy!

Cost \$9.74 to make in Arlington, VA.

MONSTER BAGEL

CONTRIBUTED BY: CHRISTINA GILMOUR

INGREDIENTS:

- everything bagel
- 2 Tablespoons hummus
- 5-6 slices cucumber
- 1/4 sliced avocado
- salt and pepper to taste

DIRECTIONS:

- Step 1:** Toast the bagels to your liking.
- Step 2:** Spread hummus onto bagel, layer cucumber slices, then avocado slices on top. Sprinkle with salt and pepper to taste and serve.



Cost \$9.92 to make in Los Angeles, CA.

SMOKY TURKEY TAMALE PIE

CONTRIBUTED BY: NANCY NOLAN

INGREDIENTS:

3 Tablespoons extra virgin olive oil	1 cup corn, frozen, no need to thaw
1 onion (yellow), peeled and chopped	1/2 cup water
3 cloves garlic, peeled and minced	salt and pepper, to taste
1 1/2 teaspoons cumin	4 ounces cheddar cheese, shredded
1 teaspoon smoked paprika	1 1/4 cups masa harina
1-2 chipotle peppers, canned in adobo sauce, minced	1 teaspoon baking powder
1 Tablespoon adobo sauce (from canned chipotles)	1/2 teaspoon salt
1 (15.5 ounces) can black beans (do not drain)	1 1/2 cups water
	1/4 cup butter, melted
	cilantro leaves, for garnish

DIRECTIONS:

FOR THE FILLING

Step 1: Preheat oven to 400 degrees F.

Step 2: In a medium dutch oven (or medium skillet with high sides) heat oil over medium heat. Add onions and cook, stirring frequently until light brown, about 5 minutes.

Step 3: Add ground turkey, breaking up as you add. Cook 8 minutes, stirring and breaking up meat with spoon. Reduce heat to medium low and add garlic, cumin, smoked paprika, chipotle, and adobo sauce. Stir and cook 2 minutes.

Step 4: Add black beans (with liquid), corn and water and bring to a simmer. Season with salt (about 2 teaspoons) and pepper (about 1 teaspoon) to taste and simmer 5 minutes. Remove from heat and sprinkle shredded cheese on top.

FOR THE TOPPING

Step 1: In a medium bowl, whisk together masa harina, baking powder, and salt. Add water and melted butter and continue to whisk until it forms a thick batter.

Step 2: Pour batter over turkey mixture, cover with lid (or foil) and bake until the topping feels firm and set, about 30 minutes. Let rest 5 minutes and serve.



Cost \$9.85 to make in La Grange, IL.

EASY SHAKSHUKA

CONTRIBUTED BY: SALIMA SAUNDERS

INGREDIENTS:

- 6-8 large eggs
- handful of chopped cilantro leaves (no stems)
- 2 cans diced tomatoes (with juices)
- 2 Tablespoons tomato paste
- 3 cloves garlic, sliced thinly
- 2 teaspoons olive oil
- 1/2 teaspoon cumin
- 1/4 teaspoon red chili flakes
- salt and pepper to taste
- 1 packet of whole wheat flatbread or pita

DIRECTIONS:

- Step 1: Place a large frying pan on the stove and add 2 teaspoons of olive oil.
- Step 2: Add garlic and sauté over low heat for about 3-5 minutes. You do not want the garlic to brown, just get melty and soft.
- Step 3: Add canned tomatoes, tomato paste, salt, pepper, cumin, red pepper flakes, and bring mixture to simmer.
- Step 4: Crack your eggs into the pan and cover with lid.
- Step 5: While the eggs cook, toast whole wheat flatbreads or pitas in the toaster oven until warm.
- Step 6: After 7-8 minutes remove the pan's top and turn off the heat.
- Step 7: Top shakshuka with cilantro leaves and serve with toasted whole wheat flatbread.

Special Anecdote: This warming dish is perfect for a brunch or weeknight dinner. I have made this dish frequently for friends and family. It comes together easily and is delicious!



Cost \$9.06 to make in Santa Monica, CA.

CALDO VERDE

CONTRIBUTED BY: DAVID RUIVO

INGREDIENTS:

- 6 large russet potatoes
- 1 onion
- 5 garlic cloves
- chicken stock and water
- 1 stick of linguica cut finely
- a bunch of collard greens finely chopped
- 3 Tablespoons of olive oil

DIRECTIONS:

- Step 1:** Cut potatoes, onion, and garlic into big pieces and boil in the water and stock.
- Step 2:** Cook until tender then puree.
- Step 3:** Return to pot, add collard greens and linguica and let boil until cooked.
- Step 4:** Add olive oil at the very end.



Cost \$8.50 to make.

'I AM GRATEFUL' COMMUNITY BOWL

CONTRIBUTED BY: EXECUTIVE CHEF DREUX ELLIS OF CAFE GRATITUDE

INGREDIENTS:

COMMUNITY BOWL

- 4 cups loosely packed chopped kale
- 3 cups cooked grain of your choice, such as brown rice or quinoa
- 1/2 cup Mexican black beans
- 1 cup Garlic Tahini Dressing

GARLIC TAHINI DRESSING

- 1/2 cup olive oil
- 1 lemon
- 1 Tablespoon sunflower seeds
- 2 garlic cloves
- 1 1/2 Tablespoons of sesame tahini
- 1/4 teaspoon Himalayan sea salt
- 1/4 cup chopped parsley

DIRECTIONS:

BOWL: In a large serving bowl, combine the kale, cooked grains, black beans, and dressing. Toss thoroughly to combine.

DRESSING: In a blender, combine all ingredients with 3 tablespoons of water. Blend until smooth.

Special Anecdote: This signature bowl was conceived during the economic downturn of 2008, when a lot of people were really suffering financially. In exchange for a small donation, anyone could come into Cafe Gratitude and enjoy an organic vegan meal, despite their economic situation.



Cost \$7.00 to make in West Hollywood, CA.

CAULIFLOWER TACOS

CONTRIBUTED BY: MICHELLE W

INGREDIENTS:

1 head of cauliflower, cut into bite-sized pieces	1/4 teaspoon cayenne pepper
1 poblano pepper, diced	1/4 teaspoon oregano
1 Tablespoon chili powder	1 bay leaf
2.5 Tablespoons olive oil	1/4 - 1/2 cup of oat milk (or other non-dairy milk)
1 can of black beans	whole wheat tortilla
1/2 medium sized onion, diced	1 avocado
1 clove garlic, minced	salt and pepper, to taste
1/2 teaspoon paprika	
1/2 teaspoon cumin	

DIRECTIONS:

Step 1: Drizzle approximately 2 tablespoons of olive oil over the cauliflower and poblano pepper pieces. Sprinkle the chili powder evenly over the cauliflower and poblano pieces.

Step 2: Roast in the oven at 400 degrees F for approximately 20 minutes. You can leave it in a little bit longer if you want the cauliflower to be a bit more toasted/crunchy. Don't crowd the cauliflower on the baking dish, otherwise, it will steam instead of roast

Step 3: Saute the garlic and onion in 1/2 tablespoon of olive oil in a shallow pan. Add the spices to the pan to toast the spices. Once the onions have wilted, add the beans and oregano. Let the beans mix in with the onions, garlic, and spices, approximately 5 minutes.

Step 4: Roughly puree the bean mix to the desired consistency. Return the bean mix to the stove. Add the bay leaf and let the bean mix continue to cook and the flavors to blend. Add the non-dairy milk slowly, stirring to incorporate it into the bean mixture. Turn down the heat to simmer for 2 minutes, just until the milk has been incorporated and warmed.

Step 5: Heat the tortillas over the stove. If you want them slightly charred, you can warm them directly on a gas range flame. Otherwise, you can heat them on a pan.

Step 6: Assemble: spread the bean dip on the tortilla, add some of the cauliflower mix, and garnish with a slice of avocado.



Cost \$9.75 to make in Santa Monica, CA.

ZUCCHINI BASIL PASTA

CONTRIBUTED BY: ASHLEY CATUZZI

INGREDIENTS:

2-3 medium zucchinis, thinly sliced	3 Tablespoons of olive oil (basil-parmesan sauce)
1 bag spaghetti	1 /2 teaspoon of salt (basil-parmesan sauce)
4 Tablespoons of olive oil	1 cup of pasta water, reserved after cooking pasta
2-3 medium garlic cloves, minced	salt and red pepper, to taste
1 cup fresh basil, packed well	
2-3 Tablespoons lemon juice	
1/3 cup parmesan cheese	

DIRECTIONS:

- Step 1:** Slice zucchini as thin as possible. Use a mandolin if you have. Sprinkle a little salt, toss and set aside to let moisture release from zucchini.
- Step 2:** On high speed blend 1 cup basil, 1/3 cup of parmesan, 3 tbsp of olive oil, 1/2 teaspoon of salt and 2 tablespoons lemon juice. Blend until combined well and then set aside.
- Step 3:** Sauté garlic in 3-4 tbsp olive oil on medium-low until fragrant and then add your zucchini. Mix carefully and lay flat to the pan so there are no holes and then cover half way with a top. Stir frequently and cook until zucchini’s are soft and slightly falling apart, about 7 minutes.
- Step 4:** Boil pasta al dente and reserve about a cup of pasta water.
- Step 5:** In the zucchini pan add your pasta, basil-parmesan sauce and half of your pasta water. Lower heat and while mixing add a little more pasta water as you go. If you feel its getting too watery do not add the entire cup of pasta water. Cook and stir until water has evaporated and you have a creamy sauce. About 5 minutes.
- Step 6:** Serve immediately with more parmesan, red pepper flakes and fresh basil.

Special Anecdote: This is a meal I make when I don't have a lot of time to cook and I want something easy and satisfying. The red pepper flakes are a great addition with the flavors but totally optional.



Cost \$9.95 to make in Los Angeles, CA.

TURKEY CHILI

CONTRIBUTED BY: PAULA CORLETT MINTEK

INGREDIENTS:

- | | |
|--|------------------------------------|
| 2 Tablespoons olive oil | 1 pound ground turkey |
| 1 medium onion, peeled and chopped | 32 ounces chicken broth |
| 3 cloves garlic, peeled and minced | 1 lime, juiced |
| 4 stalks celery, chopped 1/2-inch pieces | 2 15.5-ounce cans cannellini beans |
| 2 teaspoons ground cumin | black pepper to taste |
| 2 teaspoons chili powder | salt to taste |
| 4 teaspoons coriander | |

DIRECTIONS:

- Step 1:** In a Dutch oven, soup pot or large deep fry pan, sauté onion in olive oil on medium heat until limp and starting to turn golden.
- Step 2:** Add celery and garlic. Stir with onion for about 3 minutes, still on medium heat. Lower heat if garlic starts to brown.
- Step 3:** Stir in cumin, chili powder and coriander and keep stirring for a few minutes.
- Step 4:** Add ground turkey using wooden spoon to break it up, stirring it in pan until it just begins to brown.
- Step 5:** Add chicken broth. Stir well.
- Step 6:** Add juice of lime.
- Step 7:** Stir in drained cannellini beans.
- Step 8:** Add salt and pepper to taste.
- Step 9:** Cook chili on low for 25 minutes, or longer, until celery is soft and some beans have fallen apart helping to thicken the chili a bit.
- Step 10:** (Optional) Add a dollop of sour cream to each portion.



Cost \$9.97 to make in Allegan, MI.

BUTTERNUT SQUASH RISOTTO WITH PEPITA PARSLEY PESTO

CONTRIBUTED BY: CLEMENCE GOURMANDISE

INGREDIENTS:

- 1 butternut squash

1 bunch parsley

1/3 cup olive oil

1 lemon, zested and juiced

1 head garlic

1/4 cup pepitas

6-8 cups vegetable broth

salt and pepper, to taste

1 yellow onion

2 cups short grain starchy rice, such as Arborio

DIRECTIONS:

- Step 1:

Heat oven to 375F.
- Step 2:

Peel, split in half lengthwise and scrape out the seeds of your squash. Slice and cube and toss squash with a large pinch of salt and drizzle of olive oil.
- Step 3:

Peel all of the garlic cloves. Bring the broth and half of your garlic cloves to a simmer in a medium sauce pan. Cover and set aside to stay warm.
- Step 4:

Finely dice the onion. Heat a large pot or Dutch oven over medium heat. Add 2 Tbsps oil, followed by the onions and sweat them for 2 minutes, or until translucent, while stirring. Add the rice and coat with onions.
- Step 5:

Add just enough warm broth to cover the rice. Cover and bring to a gentle simmer until most of the broth has been absorbed. Lift the lid, stir vigorously and cover the rice again with just enough broth to cover the grains. Repeat three or four more times, stirring well between each addition of broth to create a starchy, creamy texture, until the broth has all been absorbed and the rice is cooked.

Step 6: While the risotto is cooking, check on your squash (it just be just tender to the fork) and make your pesto. Using a food processor, chopper or finely mincing with a knife, combine 3-4 cloves of garlic, the leaves from your bunch of parsley, the zest and juice of a lemon, pepitas and remaining olive oil until smooth. Place in a small bowl. Taste and adjust with salt and pepper.

Step 7: Stir the squash into the finished risotto. Spoon pesto over the dish.



Cost \$9.63 to make in Los Angeles, CA.

GRILLED CHICKEN AND ZUCCHINI WITH CUCUMBER TOMATO SALAD AND BROWN RICE

CONTRIBUTED BY: INGRID ROMAN

INGREDIENTS:

1/2 cup brown rice (uncooked)	1 cucumber
4 chicken breasts	1 tomato
2 lemons	1/4 onion
3 cloves garlic	salt and pepper to taste
2 zucchinis	3 Tablespoons olive oil

DIRECTIONS:

Step 1: Cook the brown rice according to its directions.

Step 2: Marinate the chicken breast in 2 tablespoons olive oil, juice from 1 lemon, 1/2 teaspoon salt, 1 teaspoon pepper. Let sit for 15-30 minutes.

Step 3: Cut the zucchinis long ways into 4 pieces shaped like triangles. Marinate the zucchini with 1 tablespoon olive oil, 1/4 teaspoon salt, and 1/2 teaspoon pepper. Let sit for 15-30 minutes.

Step 4: For the salad, cut the cucumber and tomato into bite size pieces. Thinly slice the onion. Add juice from 1/2 the other lemon. Salt and pepper to taste, adding more lemon juice if desired.

Step 5: Grill the chicken until fully cooked (about 10 minutes) flipping at the halfway point.

Step 6: Grill the zucchini covered for about 2 minutes. Flip and continue cooking on high, covered, 1 to 2 minutes more.

Step 7: Serve fresh off the grill with a slice of lemon.



Cost \$10.00 to make in Los Angeles, CA.

ROASTED CHICKEN THIGH | BUTTERMILK BRAISED RADISH, CHIVE

CONTRIBUTED BY: CORWIN KAVE

INGREDIENTS:

- | | |
|------------------------------------|-----------------------------|
| 4 boneless skinless chicken thighs | 1 lemon juiced |
| 2 bunches radish | 1 Tablespoon chives chopped |
| 2 teaspoons kosher salt | kosher salt to taste |
| 2 Tablespoons olive oil | 1 Tablespoon olive oil |
| 1 cup buttermilk | |

DIRECTIONS:

Step 1: Preheat oven to 375 degrees F. Season chicken thighs with kosher salt on both sides. Wash the radish greens and spin dry in a salad spinner. Layout the radish greens vertically, flat on a cutting board so they overlap slightly, and wrap each chicken thigh in the greens. Set aside.

Step 2: Wash the radishes, cut them in quarters and set aside.

Step 3: In a medium sized, oven proof, saute pan over medium-high heat, add 2 tablespoons of olive oil and sear the chicken thighs on both sides until they get a little color and crispy, approximately 90 seconds per side. Once the second side is seared transfer the whole pan to the oven for 10-12 minutes or until the chicken is cooked through. Remove the chicken from the pan and let rest on a cutting board.

Step 4: Place the same pan back on a burner and add the radishes and roast on medium-high heat until well-colored approximately 2 minutes. Add your buttermilk, cover the pan with a lid and simmer for approximately 2 minutes. The radishes should be tender and the liquid reduced by 2/3. Turn off the heat and season with lemon juice and salt to taste. Transfer radishes and the cooking liquid to a serving platter.

Step 5: Cut the chicken thighs in half and arrange them on top of the radishes. Garnish with a drizzle of olive oil and chopped chives.



Cost \$9.06 to make in Tannersville, NY.

GRITS AND GREENS

CONTRIBUTED BY: PAT WALSH

INGREDIENTS:

FOR THE GREENS

- 1 medium onion, chopped (1 cup)
- 1 red bell pepper, chopped (1 cup) (can use any color pepper)
- 2 14.5-ounce cans diced tomatoes, undrained
- 1 15-ounce can red or pinto beans, rinsed and drained
- 1/4 teaspoon smoked paprika (optional)
- 1/4 teaspoon crushed red pepper (optional)
- 1 16-ounce package frozen cut leak kale or spinach (can use fresh as well)
- 1 Tablespoon apple cider vinegar
- salt and pepper to taste
- hot sauce (optional)
- lemon wedges (optional)

FOR THE GRITS

- 32 ounces vegetable broth (either one carton, or make your own with hot water and bouillon cubes)



Cost \$10.00 to make in Los Angeles, CA.

- 4 cloves garlic, minced (can use pre-minced in a jar)
- 1 1/2 cups instant grits (also called polenta)

DIRECTIONS:

- Step 1:** In a large saucepan bring vegetable broth and 1 clove garlic to boiling. Stir in grits. Reduce heat. Cover and cook 45 minutes or until grits are thickened and creamy, stirring occasionally. (Mixture will splatter, use long handled spoon to avoid burns). If needed add up to 1/2 cup water to thin to desired consistency.
- Step 2:** Meanwhile, in an extra-large skillet cook the remaining 3 cloves of garlic, the onion and bell pepper over medium heat 3-4 minutes, stirring occasionally and adding water 1 to 2 tablespoons full at a time, as needed to prevent sticking. Add tomatoes, beans, paprika, crushed red pepper (if using). Bring to boiling. Gradually add kale or spinach, cooking until it has all wilted. Stir in vinegar. Season with salt and black pepper.
- Step 3:** Spoon greens over grits (or rice or pasta if you used that). Serve with hot sauce and lemon wedges if desired.

HAINANESE CHICKEN RICE

CONTRIBUTED BY: ALICE MAI

INGREDIENTS:

1 whole chicken, approximately 4 pounds
0.5 bulb whole garlic
2 ounces ginger
0.5 bunch green onion/scallion
10 ounces jasmine rice, uncooked
3 Tablespoons blended oil
kosher salt to taste

DIRECTIONS:

Step 1: Trim any excess skin and fat from the whole chicken. Reserve for later. Sprinkle the chicken with salt inside and out. Rub gently to smooth the chicken skin. Smash 5 cloves of peeled garlic and 1 ounce of ginger (thick sliced). Stuff into the cavity along with 2 whole stalks of scallion. Place chicken into a large deep stockpot. Cover with cold water and bring to a boil over medium high heat. Cover with a lid and let simmer for 20-30 minutes.

Step 2: Peel and finely mince the remaining ginger and set aside in a small bowl. Thinly slice the green part of the remaining scallion. Finely chop the white part of the scallion. Set aside in the same bowl as the ginger. Season with kosher salt to start drawing out the moisture. Finely chop the remaining garlic and set aside separately.

Step 3: Meanwhile, in a large shallow pot, slowly heat 3 tablespoons of oil along with chicken fat and skin trimmings on medium low heat. After 5 minutes, increase the heat until the chicken bits start to brown and the oil becomes very hot. Pour out most of the hot chicken fat liquid over the bowl of ginger and scallion. Set aside - this will be the sauce to serve with the dish at the end.

Step 4: Lower the heat and add the uncooked rice to the pan with the remaining chicken fat and trimmings. Toss gently until the grains of rice are all coated. Add 1 tablespoon chopped garlic and saute until fragrant but not browned. Add 1 teaspoon of ginger scallion sauce and stir. For 1 part rice, add 1.25 parts liquid, so measure approximately 12 ounces of broth. Cover and lower the heat to a simmer.

Step 5: Test the chicken for doneness. Remove from stockpot and immediately shock in a bath of ice water for 5 minutes. This prevents the chicken from overcooking and also makes the skin taut and firm. Remove the chicken from the ice bath and set aside on a cutting board to rest.

Step 6: Carve the chicken for serving - remove the legs and separate into drumstick and thigh pieces. Remove the wings. Carve the breasts off the center bone and slice. The chicken is traditionally served at room temperature but can be rewarmed in the hot chicken broth.

Step 7: Serve each guest with the aromatic rice, portion of cut chicken, ginger-scallion sauce, and a cup of chicken broth. Enjoy!



Special Anecdote: There are few dishes as universal as chicken and rice. From the hawker stalls of Singapore to the streets of Thailand, this dish has absorbed the influences of its surroundings to constantly improve on its humble beginnings. In Vietnam this dish is called com ga hai nam. The Hainanese chicken rice that I grew up with, and that I enjoy making now, is a labor of love. It starts with gently poaching a whole chicken with aromatics like ginger, scallion, and garlic. Meanwhile, the fat trimmings are rendered to make a ginger scallion dipping sauce which is set aside for serving. The remaining fat and the stock from poaching the chicken are used to make an incredibly flavorful rice. And that's the beauty of this dish. The rice is just as important as the chicken itself.

CHAWANMUSHI

CONTRIBUTED BY: BEHZAD JAMSHIDI

INGREDIENTS:

- 4 whole eggs
- 4 1/2 cups water
- 1/2 ounce dried seaweed
- 1/4 cup packed dried bonito (fish flakes)
- 3/4 ounce dried shitake mushrooms
- 2 Tablespoons soy sauce
- 1/2 teaspoon sugar or mirin
- 1/2 cup chopped deveined shrimp

DIRECTIONS:

Step 1: In a heavy based pot, add 2 cups of water and dried seaweed and let stand for 10 minutes so that the seaweed can soften and hydrate.

Step 2: To the pot of seaweed and water, add bonito, dried shitake mushrooms, soy sauce and sugar (or mirin) and bring to a light simmer over medium-low heat.

Step 3: Allow your broth to simmer slightly covered for 25-30 minutes to extract the full flavor and nutrients from your seaweed, bonito and shitake mushrooms. Once your broth has simmered, strain out the seaweed, bonito and shitake mushrooms and reserve the broth. Add salt or more soy sauce into the broth to taste, erring on the side of a fuller flavored broth as it will be blended with eggs in the next step and will soften the flavor of the broth considerably.

Step 4: Pick out the mushrooms from the strained solids, if they are soft to the touch, you can cut small pieces around the stem and incorporate them into your chawanmushi custard along with your chopped shrimp. Cut small 1/2 inch pieces around the stem of the mushrooms which will be quite tough and would be best to discard.

Step 5: Once your broth has cooled to around room temperature, crack your eggs into an appropriately sized bowl and whisk your Dashi broth directly into the eggs until fully incorporated and your mixture feels smooth and silky.

Step 6: Arrange some shrimp and mushrooms at the bottom of either a ramekin or heat proof bowl of your choosing and ladle the Chawanmushi custard batter ovetop of your shrimp, leaving just half an inch or so from the top of the ramekin.

Step 7: Place ramekins in a wide pot or lidded pan, place just enough water into the pot or pan to cover the ramekins 3/4 of the way up and bring to a light simmer over medium-low heat, once at a light simmer, steam the Chawanmushi for 10-15 minutes, checking after 10 minutes and giving the ramekins a light jiggle to see if the center is set. The texture will resemble jello or soft tofu once done. It's best to treat the steaming of the custard as a patient process as an aggressive boil can curdle the Chawanmushi and overcook it.

Step 8: Using tongs or a towel, carefully remove the Chawanmushi from the water bath and allow to cool over a cooling rack or on top of a kitchen towel for a few minutes before serving.



Cost \$7.25 to make in Brooklyn, NY.



Cooking Tips: The first time cooking through the recipe may be slightly intimidating if steaming is an entirely new technique to you but once you're comfortable with the process, making variations on the recipe is easy as can be. In Japan, the broth used to make the Chawanmushi is referred to as Dashi and is a starter for many recipes and dishes, with all the ingredients being entirely pantry stable and quick to put together. Dashi can also be made in advance and kept in the fridge for 2-3 days or in the freezer indefinitely. The key to both Dashi and Chawanmushi is very light and patient heat to create a delicious and nutritious meal that you'll be proud to share with your loved ones.

BEST BLACK BEAN BURGER

CONTRIBUTED BY: EMILIE BERNER

INGREDIENTS:

- 1/2 cup red onion

1 red bell pepper, about 1 cup

4 garlic cloves

1/4 teaspoon ground chipotle pepper

1 teaspoon smoked paprika

2 teaspoons ground cumin

1 teaspoon sea salt

1/2 cup toasted unsalted almonds

1/2 cup sunflower seeds or pepita seeds, toasted
- 3/4 cup rolled oats

1/2 cup fresh cilantro, chopped

1 (15 ounces) can cooked black beans, drained and rinsed

water as needed

DIRECTIONS:

- Step 1:

Preheat oven to 375 degrees F. Pulse red onion, bell pepper, and garlic in a food processor until finely minced. Remove from the processor and set aside in a bowl.
- Step 2:

In the processor again, add the ground chipotle pepper, smoked paprika, cumin, salt, almonds, sunflower seeds, and oats. Pulse until the texture resembles breadcrumbs. Add cilantro and pulse until the cilantro is well incorporated.
- Step 3:

Add the black beans and process until well mixed but not pureed. Transfer mixture to the bowl with the onion and pepper.
- Step 4:

Shape the mixture into patties. Make sure the patties are not too thin or they will fall apart. Place them on a parchment lined sheet pan.
- Step 5:

Bake at 375 F for 20-30 minutes until heated through. If you would like them browned evenly on both sides, then flip them halfway through the cooking time. Serve them with a lettuce wrap, or on a bun with your favorite burger toppings.

Special Anecdote: I was looking for great plant-based burgers at the supermarket and all I found were products loaded with salt and sugar, and lacking in flavor. I decided to fix that by making my own!



Cost \$10.00 to make in Cold Spring, NY.

CREAMY MUSHROOM CHARD WRAP

CONTRIBUTED BY: ANA GUZMAN

INGREDIENTS:

1 basket of mushroom	1 chile poblano
1 cup of lentils	1 cup of Greek Yogurt
1/4 of Epazote bunch	2 bunches of chard
3 garlic cloves	1 poblano pepper
1/2 onion	salt and pepper

DIRECTIONS:

- Step 1:** Chop garlic, onions, epazote and mushrooms and save a side.
- Step 2:** Cook lentils as disire.
- Step 3:** Grill the poblano pepper on the stove when is done put it in a plastic bag to steam.
- Step 4:** Put a little olive oil in a pan add garlic and onions satee for 1 minute add mushrooms and epazote and cook until you disire add the lentils and cook for two more minutes.
- Step 5:** Boil water in a pot and submerge you chard leave to make more manageable about 4 seconds.
- Step 6:** Peel the skin off the poblano pepper put it in blender with garlic onion salt and pepper and Greek yogurt and blend warm a little.
- Step 7:** Put the mushrooms and lentils mix inside the chard and wrap top with the creamy poblano cream and enjoy.



Cost \$8.75 to make in Los Angeles, CA.

SAVORY FALL VEGETABLE CRUMBLE

CONTRIBUTED BY: ALIYA LEEKONG

INGREDIENTS:

FOR THE CRUMBLE

- 1/4 cup flour
- 2 Tablespoons breadcrumbs
- 2 Tablespoons unsalted butter, cold and cut into cubes
- 1 Tablespoon parmesan cheese
- 1/4 teaspoon salt
- pinch of ground black pepper

FOR THE VEGETABLES

- 7 cups mixed vegetables, cut into a 1/2-inch dice (butternut squash, sunchoke, sweet potatoes, salsify, parsnips)
- 1 shallot, minced
- 2-3 garlic cloves, minced
- 2-3 Tablespoons dried currants or pitted dried cherries
- 3 Tablespoons pine nuts or crushed almonds
- salt and freshly ground pepper to taste
- olive oil

DIRECTIONS:

Step 1: Preheat the oven to 375 degrees F.

FOR THE CRUMBLE: To the bowl of a food processor, add all of the crumble ingredients and pulse until it forms a coarse meal. Set aside.

FOR THE VEGETABLES: In a large bowl, combine the mixed vegetables with the minced shallot, garlic, dried currants and nuts. Season with salt and pepper and drizzle with olive oil. Toss to coat evenly.

Step 2: Transfer the vegetables to a 2-quart baking dish and smooth out the top. Sprinkle the crumble on top and bake for an hour.

Step 3: Serve hot and immediately.



Cost \$10.00 to make in Los Angeles, CA.

BUTTERNUT SQUASH CHILI

CONTRIBUTED BY: AMY VU

INGREDIENTS:

- half of a butternut squash, cubed

1 can black beans, drained and rinsed

1 can pinto beans, drained and rinsed

1 can corn, drained and rinsed

1 can diced tomatoes

2-3 Tablespoons tomato paste

(depending on how thick you want the chili to be)

1 onion, diced

5 garlic cloves, minced
- 2 Tablespoons chili powder

2 teaspoons cumin

2 cups broth or water

paprika or hot sauce to taste, optional

salt to taste

optional: avocado, plain yogurt, cilantro, cheese, or other toppings

DIRECTIONS:

- Step 1: Chop and prepare ingredients.

Step 2: Place ingredients into slow cooker.

Step 3: Set slow cooker on low for 4-6 hours. Cooking time and speed may vary between brands. After the first 2-3 hours, taste the chili and add extra spices if needed. Tomato paste helps to thicken the liquid. If there is still a lot of liquid after 6 hours, you can turn the setting on high and leave the lid off for the last 30 minutes of cooking.

Special Anecdote: Autumn season is here and butternut squash is the star of this slow cooker chili recipe. Prep the ingredients in 15 minutes and go on with your day. Come back to a delicious pot of soul-warming chili.



Cost \$10.00 to make in San Francisco, CA.

PENNE WITH BROCCOLI AND SAUSAGES

CONTRIBUTED BY: VIRGINIE DEGRYSE

INGREDIENTS:

- 1 pack of mild Italian sausages
- 1 pack of penne pasta (1 pound)
- 1 bag of frozen peas (1 pound)
- 1 bag of frozen broccoli (1 pound)
- 2 Tablespoons of olive oil
- 2 garlic cloves, minced
- 1 pinch of chili flakes
- Pecorino Romano to finish
- salt and pepper to taste

DIRECTIONS:

- Step 1:** Heat up a large pot of water and cook the pasta according to the packaging instructions. During the last 2 minutes of cooking add in the frozen veggies. Drain when pasta is cooked (reserve 1 cup of pasta water).
- Step 2:** In a large pan, heat up the olive oil with the garlic and chili flakes. Slice the sausages and add them to the pan. Cook until cooked through and golden brown.
- Step 3:** Toss in the pasta in the pan with the sausages and add 1/2 cup of the pasta water, some salt and pepper. Taste and add more water if necessary and adjust seasoning if you want.
- Step 4:** Grate some fresh cheese on top and enjoy!



Cost \$8.26 to make in Beverly Hills, CA.

SAVORY CHICKPEA PANCAKES WITH TOMATO JAM AND POACHED EGG

CONTRIBUTED BY: DANA RIZER

INGREDIENTS:

CHICKPEA PANCAKES	TOMATO JAM
1 1/4 cup chickpea flour	1 can whole peeled tomatoes
1/4 teaspoon kosher salt	3 Tablespoons olive oil
1 1/3 cup water (more if needed)	1 garlic clove
1/4 cup chopped parsley (or any other savory herb mix)	splash of balsamic vinegar
3 Tablespoons of butter	
POACHED EGGS	SAUTEED SPINACH
4 eggs	1 Tablespoon olive oil
6 cups water	1 garlic clove
	1/2 bag washed baby spinach

DIRECTIONS:

TO MAKE THE PANCAKE BATTER

Pour chickpea flour into a large mixing bowl. Add the salt, and whisk to combine. Slowly pour in the water a little at a time, whisking throughout to ensure that there are no lumps in the batter. You want the batter to be fairly thin (imagine the consistency of half and half, not cream). Add more water if needed. Then, add the chopped herbs, stir to combine and set aside.

TO MAKE THE TOMATO JAM

Pour the tomatoes into a large bowl with their liquid. Use your hands or a potato masher to crush the tomatoes, then set aside. In a dutch oven or deep saute pan, warm 3 tablespoons of olive oil over medium heat. Add the chopped garlic and cook until fragrant and just barely golden. Add the tomatoes and allow them to come to a high simmer. Season with salt and a splash of balsamic vinegar. Turn the heat down and allow the tomatoes to simmer on low until reduced by half. The final consistency should be thick and jammy, not soupy.

TO COMPLETE THE DISH

- Step 1:** Heat your oven to 200 degrees F and place a cookie sheet into the oven.
- Step 2:** Pour 6 cups of water into a dutch oven or deep saute pan, and a pinch of salt, and bring to a simmer in preparation for poaching the eggs. Crack the eggs into a small bowl and set aside.
- Step 3:** Warm 1 tablespoon of butter in a nonstick pan, swirling to coat the entire surface. Pour 1/4 of the batter into the pan to make a medium sized pancake. Watch for small bubbles to appear around the edges. Once the surface is speckled with bubbles, turn the pancake over. Cook the second side for about 2 minutes, or until golden and toasty. Place the pancake into the warm cookie sheet to keep warm and repeat until the batter is gone.
- Step 4:** Wipe out the nonstick pan, add 1 tablespoon of olive oil and 1 clove of garlic. Cook until fragrant. Add your spinach and saute until just wilted. Season to taste with salt and pepper. Set aside.
- Step 5:** Once all of the other components are ready, begin poaching your eggs 2 at a time by gently pouring them from the small bowl into your small, shallow saucepan. Cook until the whites are completely set, about 3 minutes. Remove with a slotted spoon and place in a clean bowl. Cook the remaining 2 eggs.
- Step 6:** To plate, take a chickpea pancake, add a swoosh of tomato jam, top with sauteed spinach, then add the poached egg. Sprinkle more chopped herbs, season with salt and pepper, maybe a little hot sauce, dig in and love your life.



Cost \$9.64 to make in Los Angeles, CA.

ROASTED KALE AND CHICKPEAS WITH SOYRIZO AND FRIED EGG

CONTRIBUTED BY: CHRISTINA GILMOUR

INGREDIENTS:

2 15-ounce cans chickpeas
1 bunch kale
8 ounces soyrizo
4 eggs
2 Tablespoons olive oil
salt and pepper

DIRECTIONS:

Step 1: Drizzle chickpeas and kale with olive oil and sprinkle with salt and pepper. Roast at 350 degrees F for 20 minutes.

Step 2: Cook soyrizo in a sauté pan.

Step 3: Mix chickpeas into soyrizo in sauté pan and toss in kale. Top with a fried or poached egg.



Cost \$9.65 to make in Los Angeles, CA.

STUFFED BAKED VEGETABLES

CONTRIBUTED BY: DEBORAH SOFFEL

INGREDIENTS:

1 cup brown rice or mixed grain rice	4 large vegetables for stuffing- bell
1/2 cup dried lentils	peppers, tomatoes, or zucchini (any combo
1 small onion finely diced	of these vegetables)
1 stalk celery finely diced	
1 large carrot, small dice	TOPPING
4 cloves garlic, minced	1/2 cup grated cheese
1 jalapeño, finely diced	1/4 cup fine bread crumbs
1 teaspoon dried thyme or seasoning of your choice	1 teaspoon extra virgin olive oil

DIRECTIONS:

Step 1: Heat oven to 350 degrees F.

Step 2: Cook the brown rice and lentils in a rice cooker or rapidly boil in a large saucepan in 4 cups of lightly salted boiling water for about 25 minutes until the rice and lentils are tender. Drain in a strainer and set aside.

Step 3: Prepare the large vegetables for stuffing, any combination of four vegetables.

IF USING BELL PEPPER: Slice off the top of the pepper. With a spoon, scoop out and discard all the seeds and some of the rib. Don't worry if some of the white rib is left inside.

IF USING ZUCCHINI: Slice lengthwise into 2 pieces (boats). With a small spoon, run along the inside of the zucchini and scoop out the flesh, leaving about a 1/4 inch wall of flesh on the skin. They should resemble long boats. Chop up the flesh of the zucchini you have scooped out and set aside for the stuffing.

IF USING TOMATO: Slice the top off of the tomato. With a small spoon carefully scoop out the seeds and inner flesh of the tomato leaving about a 1/4 inch wall to create a small cup. Roughly chop the scooped out tomato flesh and reserve to add to the stuffing.

PREPARE THE STUFFING: Heat 2 tablespoons of olive oil in a sauté pan and add the onions, garlic, celery, jalapeño, and carrot. Cook on medium heat, stirring frequently until the vegetables start to become soft and translucent, 5-8 minutes. Season with salt and pepper to taste. Add a pinch of thyme or any other herb or spice you would like to use along with any reserved tomato and/or zucchini flesh. Add it to the pan and cook down another 5 minutes. Transfer the sautéed mixture into a large bowl and add the cooked brown rice and lentil mixture. Stir until well combined. Taste the stuffing to adjust for seasoning.

STUFF THE VEGETABLES: Prepare a baking pan that will hold all the large vegetables comfortably. They can be touching and snugly sitting side by side. Lightly salt and pepper the insides of the large vegetables you will be stuffing. With a spoon carefully fill each of the large vegetables completely with stuffing, slightly mounded its top. Use the spoon to press the stuffing mixture to fill the entire cavity of each vegetable so they are well filled. You will have some stuffing left over. You can consider more vegetables to fill, or serve the extra stuffing as a side dish or in place of the stuffed version if you have some picky vegetable eaters!

TO MAKE THE TOPPING: Mix the grated cheese, breadcrumbs and teaspoon of olive oil in a small bowl and combine well so the breadcrumbs are coated with the oil. Sprinkle the top of each filled vegetable with the mixture, lightly pressing the topping down into the stuffing so it doesn't fall off.

BAKE AND SERVE: Fill the bottom of the baking pan with a half inch of boiling water. Place the pan in the hot oven and cook for 30-40 minutes, until the large vegetables start to soften and can be easily pierced with a knife.



Cost \$9.75 to make in New York, NY.

CURRIED BLACK EYED PEAS WITH RICE AND SAUTEED SPINACH

CONTRIBUTED BY: YOLANDA MARTIN

INGREDIENTS:

- | | |
|-------------------------------|--|
| 1 cup dried black-eyed peas | Tablespoon onion powder |
| 3 cups water | 1 teaspoon smoked paprika |
| 1 small onion (chopped) | 1 teaspoon cumin |
| ½ red bell pepper (chopped) | 2 Tablespoons of avocado or oil of your choice |
| ½ green bell pepper (chopped) | 1 Tablespoon of avocado or oil of your choice |
| ½ cup brown rice | Salt and pepper to taste |
| ½ cup basmati rice | |
| 4 cloves garlic (sliced) | |
| 2 Tablespoons tomato paste | |
| 2 Tablespoons curry powder | |
| 1 Tablespoon onion powder | |

DIRECTIONS:

- Step 1:** Heat 2 Tablespoons oil in a heavy bottom pot over medium heat, add onions and bell peppers then sauté for 2 minutes.
- Step 2:** Next add spices and tomato paste to sauteed vegetables and continue to sauté for 1 minute.
- Step 3:** Finally add black eyed peas and water then cook according to package or until tender and sauce has thickened. (Remember, black eyed peas cook much faster than other beans so, cook them for less time or they will become mushy).
- Step 4:** Cook rice according to package instructions then combine the two (optional) you can use one or the other rice. Just remember the recipe calls for 1 cup rice.
- Step 5** Heat 1 Tablespoon oil in medium sauté pan then add garlic and sauté for 1 minute then add spinach and cook for another 2 minutes. Season to taste.



Cost \$9.49 to make in Los Angeles, CA.

CHICKEN KEBAB PLATE WITH BEET HUMMUS, MIXED CABBAGE SALAD, AND TZATZIKI

CONTRIBUTED BY: RACHEL SZABO

INGREDIENTS:

1 half head of green cabbage, chopped	8.5 ounces plain Greek yogurt
1/4 head of purple cabbage, chopped	1/2 cucumber, finely chopped
1 carrot, peeled and thinly sliced	5 Tablespoons EVOO
1 16-ounce can garbanzo beans, no salt added	1/4 cup dried dill
1/3 cup beets, canned	3/4 teaspoon salt
3 garlic cloves	1/4 teaspoon black pepper
1 pound boneless skinless chicken breasts	1 teaspoon garlic powder
3 Tablespoons lemon juice	1/2 teaspoon dried thyme

DIRECTIONS:

CHICKEN KEBABS

- Step 1:** Preheat oven to 450 degrees F. Line a rimmed broiler-safe baking sheet with foil.
- Step 2:** In a large bowl, whisk together the olive oil, salt, pepper, garlic powder, onion powder and thyme.
- Step 3:** Cut the chicken breasts into cubes. Add to the bowl and toss with the seasoned olive oil.
- Step 4:** Thread the coated chicken cubes on skewers. I use bamboo skewers. If you use bamboo or wooden skewers, soak them in water for 20 minutes before using them, and place thin foil strips on each end of the skewer to prevent them from burning.

Step 5: Bake the kabobs for 15 minutes. Switch the oven to broil, place the baking sheet under the broiler, and broil just until browned, about 1 minute.

BEET HUMMUS

- Step 1:** In a food processor or blender or Vitamix, place your beets, 2 cloves of garlic, a can of (drained but keep liquid aside) chickpeas, lemon juice, salt, and pepper. While pulsing in the food processor, if liquid is needed, add the liquid from the chickpeas into the food processor.
- Step 2:** You may need to scrape down the sides of the food processor with a spatula. Once done, serve as is.

CABBAGE SALAD

- Step 1:** In a small bowl, mix the ingredients of the dressing together.
- Step 2:** Place shredded green cabbage and carrot into large bowl.
- Step 3:** Pour the dressing over the coleslaw and toss to combine.
- Step 4:** Serve immediately.

TZATZIKI

- Step 1:** Place the cucumber on a towel and gently squeeze out a bit of the excess water.
- Step 2:** In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill.
- Step 3:** Chill until ready to use.



Cost \$8.92 to make in Playa Del Rey, CA.

WHOLE MILK GREEK YOGURT MAC N CHEESE

CONTRIBUTED BY: CLOVER SONOMA

INGREDIENTS:

- 2 cups elbow pasta
- 2 cups shredded Clover Organic Sharp White Cheddar Cheese
- 1/2 cup plain Clover Sonoma Organic Whole Milk Greek Yogurt
- 2 cups fresh spinach (optional)
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- salt & pepper, to taste

DIRECTIONS:

Step 1: Cook the macaroni according to the package directions until al dente.

Step 2: Reserve 1/2 cup+ of the pasta water.

Step 3: Return the cooked macaroni to the empty cooking pot.

Step 4: Add the 1/2 cup reserved pasta water to the pot, and stir in the cheese until melted.

Step 5: Stir in the Greek yogurt and onion & garlic powders until smooth and creamy. Season with salt and fresh ground pepper to taste. If too thick, stir in additional pasta water to achieve desired consistency. Grab a spoon and serve immediately!

Special Anecdote: Mac N Cheese is a basic staple meal, but it can be made in a more healthy way. The whole milk Greek yogurt adds protein, calcium and probiotics. You can also add veggies like diced carrots or peas for added nutritional value.



Cost \$8.50 to make in Santa Rosa, CA.

PERSIAN HERB FRITTATA (KUKU SABZI)

CONTRIBUTED BY: LAUREN REJVANI

INGREDIENTS:

1 cup flat-leaf parsley	1/4 teaspoon cumin
1 cup cilantro	1/2 teaspoon cinnamon
1 cup fresh dill	6 eggs
6 scallions, ends trimmed	salt and pepper to taste
2 Tablespoons olive oil	1/2 cup walnuts, toasted and chopped (optional)
1 Tablespoon flour	1/3 cup dried cranberries, coarsely chopped (optional)
3/4 teaspoon baking powder	
1/2 teaspoon turmeric	

DIRECTIONS:

- Step 1:** Pre-heat oven to 400 degrees F.
- Step 2:** Finely chop all herbs (you can use a food processor, it's easier). Set aside.
- Step 3:** Beat eggs. Add flour, baking powder, spices, salt, and pepper and mix well (you can also use a food processor for this step).
- Step 4:** Add egg mixture to herb mixture and stir in 1 tablespoon of the olive oil. Fold in chopped cranberries (reserving some for topping at the end).
- Step 5:** Drizzle the remaining tablespoon of olive oil into a pan (I use a cast iron, but you can use any oven-safe pan), coating the sides. Use a little extra oil if needed to ensure the frittata mixture won't stick. Put the well-oiled pan in the oven for about 5 minutes until it's hot.
- Step 6:** Pour the egg and herb mixture into the hot pan and level the top with a spatula. Optional: you can decorate the top with walnuts.
- Step 7:** Bake for about 30 minutes or until the top and walnuts are toasted.

Step 8: Decorate with remaining cranberries. Optional to serve with some flat bread and plain yogurt.

Cooking Tip: This is traditionally a dish served in the springtime! If you don't have cranberries, a squeeze of lime on the top after baking will add a nice bite of acidity!



Cost \$7.22 to make in Los Angeles, CA.

CAULIFLOWER FALL RICE

CONTRIBUTED BY: THALIA CARMONA

INGREDIENTS:

- 1 cauliflower head grated

1 chopped sweet potato

1 bag fiesta style vegetables (frozen aisle)

1 cup of chopped mushrooms

2 chopped carrots

2 chopped green onions
- 3 minced garlic cloves

3 cups chopped spinach

1/4 cup chopped onion

1 Tablespoon olive oil

1 Tablespoon soy sauce

1/4 Tablespoon sesame oil

DIRECTIONS:

- Step 1:

Wash and dry cauliflower head, grate with a cheese grater or food processor (set aside).
- Step 2:

After washing all other dry vegetables, cut onion and garlic in cubes, set aside.
- Step 3:

Heat 1 Tablespoon of olive oil in a large 10 or 12 inch nonstick skillet over medium heat.
- Step 4:

Add onion and cook until light transparent, then add minced garlic. Stir until garlic is slightly brown.
- Step 5:

Add carrots and sweet potatoes, cover skillet and lower heat. Let it cook while stirring until it is soft enough or to your preference in texture.
- Step 6:

Uncover skillet then add mushrooms, stir and let it cook until brown.
- Step 7:

Turn heat to medium high and add fiesta style vegetable (frozen).
- Step 8:

Add green onions and spinach and cook for 2 minutes.
- Step 9:

Add cauliflower rice and stir, let it cook for 1 minute then add soy sauce.

- Step 10:

Stir again to make sure the cauliflower rice absorbs all the flavors.
- Step 11:

Turn off heat and serve some on a plate. Add garnish (green onions) and optional squeeze of lemon juice. Enjoy !



Cost \$7.65 to make in Los Angeles, CA.

PASTA WITH TOMATOES, ZUCCHINI AND TUNA

CONTRIBUTED BY: CHRISTINA FORD

INGREDIENTS:

- 1 pack pasta of your choice (we used fusilli)

olive oil

4 cloves garlic

salt and pepper to taste (and for salting the pasta water)

crushed red pepper flakes (to taste)
- 1 basket cherry tomatoes

1 large or 2 small zucchini

1 can albacore tuna in olive oil

juice of 1/2 lemon (or to taste)

herbs for garnish/flavor (parsley and basil from our kitchen garden)

DIRECTIONS:

- Step 1:

Boil a large pot of salted water for pasta.
- Step 2:

Slice the tomatoes into halves.
- Step 3:

Cut the zucchini into thin round slices, then again into quarter slices.
- Step 4:

Roughly chop the garlic and herbs.
- Step 5:

When water is fully boiling, add pasta and stir once to separate.
- Step 6:

While the pasta cooks, begin working on the sauce. Add roughly 2 tablespoons of olive oil to a pan and heat over medium heat. Add garlic and saute for 1 minute (if you like spicy, you can add the red pepper flakes here as well). Sprinkle a pinch of salt and pepper into the pan. Add the tomatoes and saute, stirring from time to time until they begin to wilt and release their juices (roughly 3-5 minutes). Add the zucchini and continue sautéing until almost tender (roughly 2-3 minutes). Turn off heat, cover and let sit until pasta is done. Stir to blend the flavors well.
- Step 7:

Drain pasta, reserving 1 cup pasta water.

- Step 8:

Add tuna to the vegetable mixture and stir well, breaking up the chunks (You can use all the oil in the can for extra flavor).
- Step 9:

Add lemon juice and 3/4 of the herbs, stir well to mix.
- Step 10:

Add pasta to the sauce and toss well. Add some leftover pasta water to thin the sauce if it seems dry.
- Step 11:

Garnish with remaining herbs and enjoy!



Cost \$10 to make in Santa Monica, CA.

KIMCHI BROWN RICE BOWL

CONTRIBUTED BY: KIP PASTOR

INGREDIENTS:

1 cup uncooked short grain brown rice
8 large eggs
1 bunch of kale
1 avocado
1 cup kimchi
2 Tablespoons soy sauce
1 Tablespoon finely chopped ginger
1 Tablespoon rice wine vinegar
1/4 cup peanut oil

DIRECTIONS:

Step 1: Make 2 cups of cooked brown rice according to package instructions. Once it is cooked, fluff with a fork and set aside.

Step 2: In a small bowl, whisk together soy sauce, ginger, vinegar, and then add the peanut oil and whisky again.

Step 3: Steam kale in a steamer basket in a large pot filled with an inch of water. Place the kale in the basket and cook over medium heat until kale is tender, about 7 minutes.

Step 4: Meanwhile, bring a medium pot filled with water to a boil. Using a spoon carefully lower the eggs into the water and boil for 6 minutes. Transfer the eggs to a bowl of ice water to cool.

Step 5: Put 1/4 of rice in each of 4 serving bowls. Divide the kale evenly among the 4 bowls. Arrange avocado slices on top of the kale. Peel the eggs, cut in half, and place 4 halves on top of each bowl. Spoon soy-ginger dressing over bowls.



Cost \$10.00 to make in Los Angeles, CA.

CHEF WILL'S STUFFED CABBAGE CASSEROLE

CONTRIBUTED BY: FEAST VIRGINIA

INGREDIENTS:

- 1 large head cabbage, shredded

2 Tablespoons olive oil

1 medium onion, chopped

2 large carrots, chopped

1 Tablespoon garlic, minced

8 ounces mushrooms, sliced

1/2 teaspoon salt

1/2 teaspoon pepper

14 ounces fire-roasted tomatoes

16 ounces tomato sauce
- 6 ounces tomato paste

2 Tablespoons Italian seasoning

2 cups cooked rice

2 cups mozzarella cheese

DIRECTIONS:

- Step 1: Pre-heat oven to 350 degrees F.

Step 2: Boil cabbage for 5 minutes. Drain, rinse with cold water, and set aside. In same pot, warm oil. Add onion, carrots, and garlic. Cook for 5 minutes. Add mushrooms and sprinkle of salt and pepper. Cook 5 more minutes.

Step 3: Add Italian seasoning, tomato paste, diced tomatoes, and tomato sauce. Bring to a boil and then simmer for 10 minutes. Add rice.

Step 4: Assemble casserole as follows: place half of cabbage on bottom, top with half the sauce, top with remaining cabbage, top with remaining sauce, and then top with 2 cups cheese.

Step 5: Cook at 350 degrees F for 30 minutes. Turn on broiler for 5 minutes until cheese is bubbly and brown. Remove from oven and let sit for 5 minutes. Serve warm and enjoy!



Cost \$9.09 to make in Norfolk, VA.

SWEET POTATO CHILI

CONTRIBUTED BY: MICHELLE W

INGREDIENTS:

- 1 onion, diced

2 cloves of garlic, diced

1-1 1/2 Tablespoons EVOO

1-2 Tablespoons chili powder

1 teaspoon paprika

1 teaspoon cumin

1/2 teaspoon cayenne pepper

1 teaspoon oregano

1 bell pepper, diced

1 jalapeno, diced
- 1 bay leaf

1 medium sized sweet potato, cubed

1/2 bag of frozen corn

1 can of beans (black beans, cannellini beans, or garbanzo)

1 can of diced tomatoes (14 ounces)

1 small can of tomato paste (3 ounces)

salt and pepper to taste

DIRECTIONS:

- Step 1:

Sauté the onions and garlic in EVOO until the onions begin to soften.
- Step 2:

Add the spices and toast them with the garlic and onions for approximately 1 minute.
- Step 3:

Add in the bell pepper and the jalapeño, sauté for another 1-2 minutes.
- Step 4:

Transfer to a slow cooker. Add the rest of the ingredients and cook for 6-8 hours.



Cost \$9.50 to make in Santa Monica, CA.

DAL TADKA, FRIED BOILED EGG WITH RICE

CONTRIBUTED BY: RAVALI PRATAPA

INGREDIENTS:

- 8 eggs
- 1 cup of rice
- 1 cup of dal
- oil
- turmeric powder
- optional: mustard seeds, cumin seeds, chili powder, chopped green chilies, chopped garlic
- salt to taste

DIRECTIONS:

Step 1: Wash and pressure cook 1 cup of rice, add 1 1/2 cups of water, cook until 2 whistles.

Step 2: Wash and pressure cook 1 cup of dal, add 3 cups of water, 1 teaspoon of turmeric powder, cook until 3 whistles. After 3 whistles are done turn off the flame and let the pressure release. After releasing the pressure turn on the flame again, add 1 cup of water, add salt to taste. For tadka add oil, mustard seeds, cumin seeds, chopped green chilies, chopped garlic, add this to dal. Cook for 1 minute and turn off flame.

Step 3: Cook the eggs, peel off, make cuts with a knife, fry eggs as shown, once fried add salt, turmeric powder, chili powder. Serve hot.



Cost \$5 to make in Los Angeles, CA.

SWEET SUNSHINE BOWL

CONTRIBUTED BY: SHANNON MCDERMOTT

INGREDIENTS:

FOR THE BOWL

- 1 cup quinoa (uncooked)
- 3 Tablespoons olive oil
- 2 carrots
- 1 sweet potato
- 1 leek
- 1 red pepper
- 1 bunch kale
- 2 Tablespoons vinegar (apple cider, red, or white wine vinegar)

FOR THE SUN DRIED TOMATO SAUCE

- 1/3 cup extra virgin olive oil
- 2 Tablespoons vinegar (apple cider, red, or white wine vinegar)
- 1/2 Tablespoon Dijon mustard
- 1 teaspoon maple syrup or honey
- 4 sun-dried tomato halves (about 2 Tablespoons, roughly chopped)
- 1 clove of garlic
- a pinch of salt and pepper

DIRECTIONS:

- Step 1:** Preheat oven to 350 degrees F.
- Step 2:** Cook quinoa using instructions on the package.
- Step 3:** Cut the carrots and sweet potato into bite size pieces. Toss with olive oil, salt, and pepper. Lay flat on a baking sheet. Roast in oven for 25-35 minutes, tossing at the mid way point.
- Step 4:** Cut the white part at the end of your leek into thin slices. Heat 2 tablespoons of oil in a large pot. Cook the leeks on low, stirring frequently for 5 minutes.
- Step 5:** Dice the red pepper and add it to the pot with the leeks and peppers. Cook for about 10 minutes on low heat.

- Step 6:** Remove large stems from the kale and roughly chop. Add the kale to the pot and stir (you may have to add it in a few batches). Mix in 2 tablespoons of vinegar. Season with salt and pepper. Cook for 10 minutes on low-medium heat.
- Step 7:** For the sauce, mix all ingredients in a blender until smooth.
- Step 8:** Combine everything in a bowl with about 1 tablespoon of sauce and enjoy!



Cost \$10 to make in Los Angeles, CA.

CASARECCE WITH MUSHROOM CREAM SAUCE

CONTRIBUTED BY: TIFFITASTES

INGREDIENTS:

1/2 cup chicken broth
1/4 cup heavy cream
parsley
1 teaspoon oil
1 Tablespoon butter
8 ounces mushroom
thyme sprigs
sherry wine
1/4 cup parm cheese
pasta
salt and pepper

DIRECTIONS:

Step 1: Heat oil and butter in skillet and cook mushrooms until light golden brown.

Step 2: Add thyme sprigs and cook until thyme is fragrant.

Step 3: Add splash of sherry wine and cook until sherry is evaporated.

Step 4: Add chicken broth and continue to cook mushrooms until broth is almost absorbed.

Step 5: Add heavy cream and cook until sauce is desired consistency. Season with salt and pepper to taste.

Step 6: Turn off heat and stir in cheese. Add pasta and garnish with parsley when serving.



Cost \$9.99 to make in Los Angeles, CA.



ABOUT FEAST

FEAST was created to help families living in an inequitable food system build healthier, more nourishing lives. In a FEAST wellness group, we provide a safe, supportive environment where individuals and families come together to work on relationships with, and belief systems about, food and health. We share recipes and learn nutritional facts that promote healthy eating for the whole family.

FEAST is a 501(c)3 nonprofit headquartered in South Los Angeles. Through trained affiliate partners, our program operates in California, New York, Virginia, Vermont, Florida, Alabama, and Nebraska.

MISSION

To promote wellness and enrich lives through the power of healthy foods and human connection.

VISION

For all people, in every neighborhood, to have access to the ingredients that create health and wellness.



Visit feastforall.org to learn more about FEAST's programs, impact, and ways to get involved.