



CHN Eats

Healthy and Simple Recipes



Community
Healthcare Network

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Please note that the pictures are for illustration purposes only.
Your experience with these recipes may lead to different results.

Welcome!



Welcome to Community Healthcare Network's updated cookbook: *CHN Eats - Healthy and Simple Recipes*. For more than 30 years, our health centers across the city have given the best primary care, mental health care, and social services to women, men, and children. We want to help our patients live healthy lives by preventing and managing long term illnesses.

CHN Eats brings you the best in today's healthy eating. This cookbook is full of simple and fun recipes for all diets and across many cultures.

CHN believes that good food keeps you healthy when you are well, and helps heal you when you are sick. All cultures throughout the world turn to food as medicine. We hope you use these recipes for your best health.

Be well!

Bob Hayes, CEO
Melissa Olson, Director of Nutrition





What does a balanced meal look like?

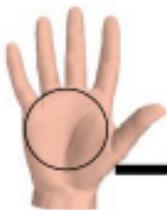
Size of Fist

Amount of Rice, Pasta, Corn Cereal, Potato, Peas, Starches, and Grains



Size of your Hand

Amount of Vegetables



Size of your Palm

Amount of Lean Meat and Protein

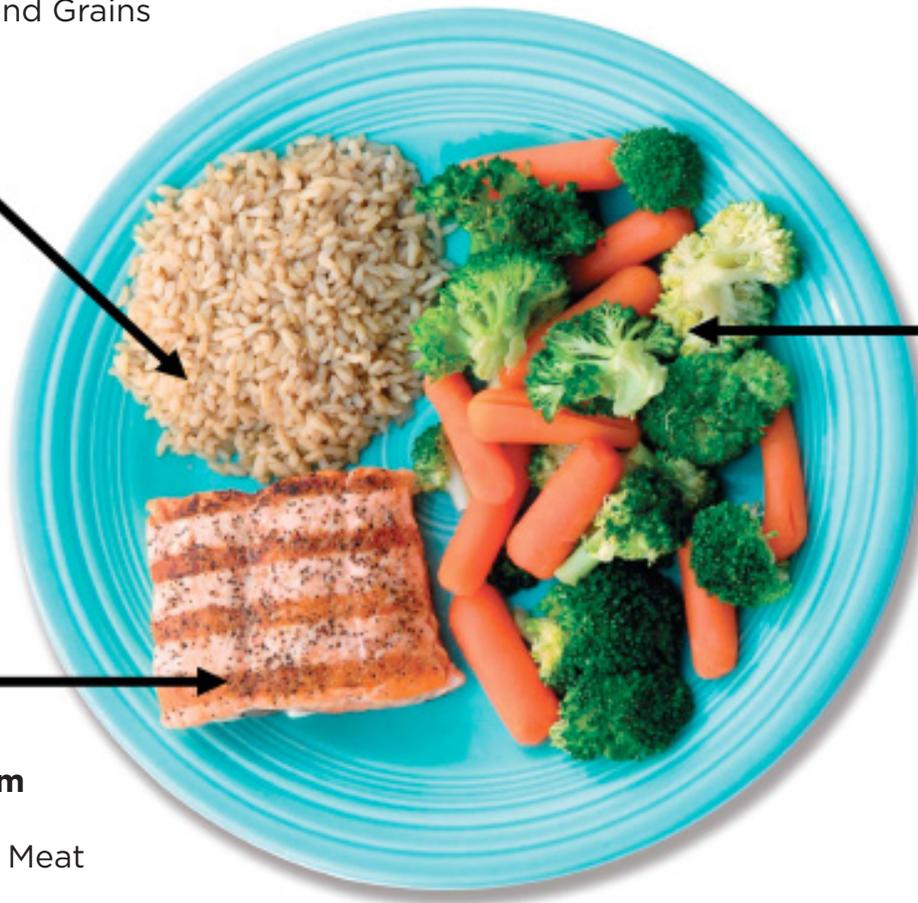


Plate Method

Measurement Conversions

Unit of Measure <i>(Dry or Solid)</i>	Equals
1 tablespoon	3 teaspoons
$\frac{1}{16}$ cup	1 tablespoon
$\frac{1}{8}$ cup	2 tablespoons
$\frac{1}{4}$ cup	4 tablespoons
$\frac{1}{3}$ cup	5 tablespoons + 1 teaspoon
$\frac{3}{8}$ cup	6 tablespoons
$\frac{1}{2}$ cup	8 tablespoons
$\frac{2}{3}$ cup	10 tablespoons + 2 teaspoon
$\frac{3}{4}$ cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces	1 cup
1 pint	2 cups
1 quart	4 cups
1 gallon	4 quarts
16 ounces	1 pound



Breakfast



Learn how to make this recipe on
www.youtube.com/CHNorg

Makes 4 servings

Ingredients

- 1 tablespoon canola oil
- ½ pound spinach
- ⅛ teaspoon garlic powder
- ⅛ teaspoon red pepper flakes
- Pepper
- 4 large eggs

Instructions

1. Preheat the oven to 400 degrees. Coat a 2 quart casserole dish with non-stick spray.
2. Meanwhile, add canola oil to pan, sauté spinach on the stovetop for about 2 minutes. Then transfer the spinach to the casserole dish. Season the spinach with the garlic powder, red pepper flakes, and some freshly cracked pepper.
3. Crack the eggs on top of the spinach. Bake the dish in the oven for 15-20 minutes, or until the whites are opaque, but still soft and moist (they should jiggle slightly when you shake the dish). The exact cooking time will depend on the size and shape of your dish, so begin checking for doneness at around 15 minutes.



Banana Split

Makes 1 serving

Ingredients

- 1 banana, cut the long way
- ½ cup non-fat plain yogurt
- ¼ cup granola cereal or ¼ cup unsweetened cereal
- ¼ cup blueberries or other berries
- Fat-free whipped cream, 1 maraschino cherry (optional)

Instructions

1. Place banana in a bowl and top with yogurt.
2. Sprinkle granola or cereal over yogurt and top with berries.
3. Put some fat-free whipped cream and a cherry on top (optional).



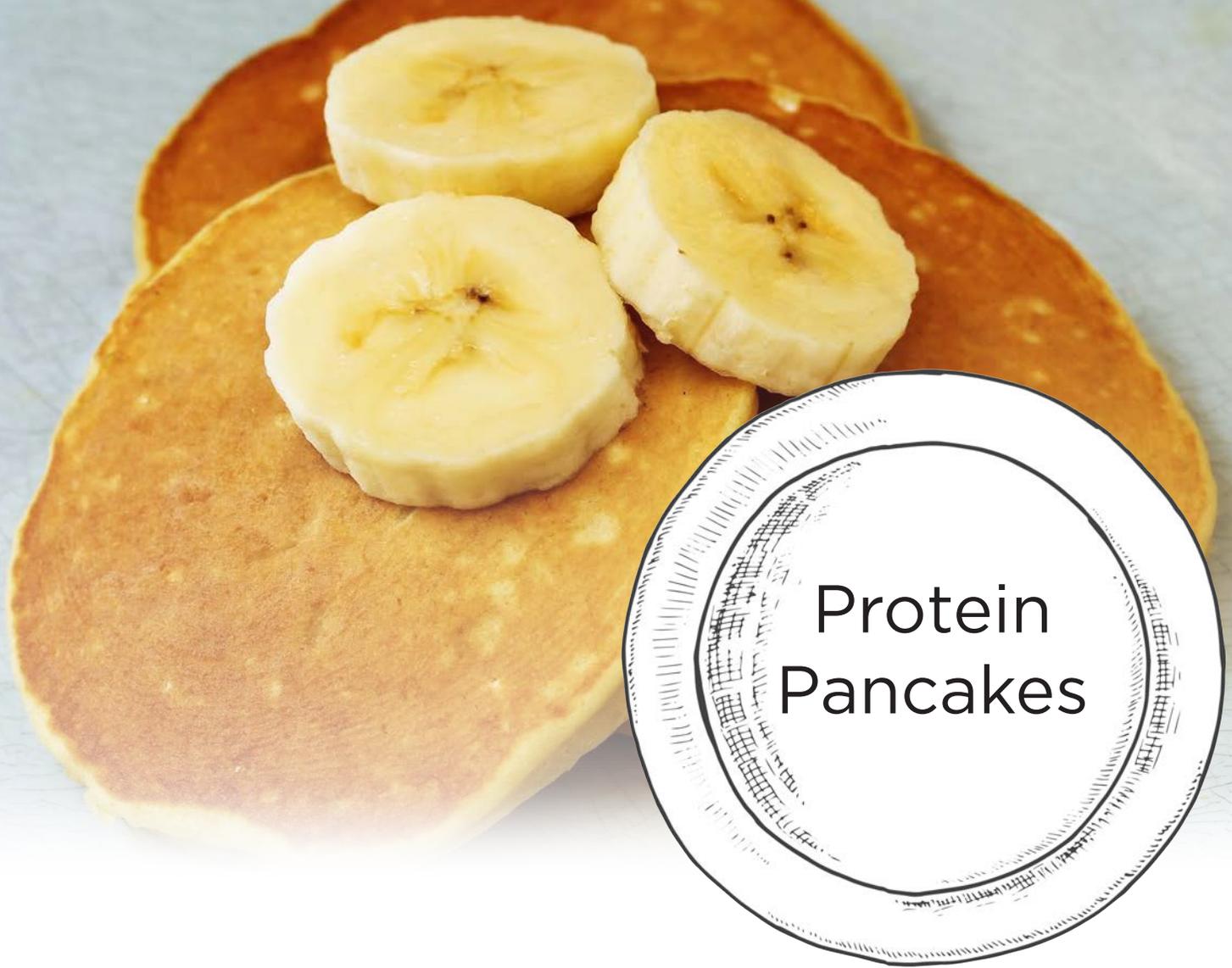
Makes 1 serving

Ingredients

- ½ cup plain oats
- ¾ cup low fat milk
- ⅓ cup unsweetened applesauce
- ¼ cup chopped walnuts or pumpkin seeds
- ½ teaspoon ground cinnamon

Instructions

1. Heat the oatmeal with milk either on the stovetop (medium-high heat for 5 minutes) or in the microwave for 2 minutes.
2. When oatmeal is heated, stir in applesauce.
3. Sprinkle nuts or seeds and cinnamon on top.



Makes 2 servings

Ingredients

- 1 mashed banana
- ¼ cup of rolled oats
- 1 egg
- Cinnamon (optional)

Instructions

1. Blend all ingredients together (can use a blender or just mix together very well).
2. Spray skillet with non-stick cooking spray.
3. Spoon batter on to hot skillet to form pancakes (whatever size you like).
4. Flip over when first side starts to brown.
5. Sprinkle with cinnamon (optional).



Eggs “Mexican Style”



Makes 1 serving

Ingredients

- 1 tablespoon of canola oil
- 2 eggs (scrambled)
- ¼ cup chopped onion
- ¼ cup chopped tomato
- 1 chopped Serrano pepper
- Salt and pepper (optional)
- 1 corn tortilla

Instructions

1. Heat the oil in a pan using a medium flame; scramble eggs, set apart.
2. Add the onions to the pan and let cook for 3-5 minutes, until soft.
3. Add the peppers and cook for 2 more minutes. Then add the tomatoes and cook for 2 more minutes.
4. At the end, add in the scrambled eggs and cook for 5 more minutes. Add salt and pepper to taste (optional).
5. Heat the tortillas; serve together.



Makes up to 6 servings

Ingredients

- $\frac{3}{4}$ cup long grain rice
- 9 cups water
- 1 teaspoon salt

* Turkey, chicken, fish, vegetables, and peanuts can be added as desired

Instructions

1. In large pot, bring water and rice to a boil, then reduce heat to medium-low.
2. Place lid on the pot, tilting it to allow steam to escape.
3. Cook on medium-low heat, stirring occasionally, 60-75 minutes until thickened.
4. Add salt and serve with your choice of meat, vegetables, and nuts.



Lunch and Sides



Jerk Chicken

Makes up to 4 servings

Ingredients

- 1 bunch scallions, chopped
- 1 large onion, chopped
- 2 Scotch Bonnet peppers*
- 10 thyme (leaves)
- 10 garlic cloves
- ½ cup fresh lime juice
- 1 cup soy sauce
- ½ cup sugar
- 1 whole chicken, cut up

Spices:

- ½ of one nutmeg
- 1 cinnamon stick
- 1 tablespoon coriander seeds
- 6 pimiento seeds
- 1 teaspoon black peppercorns

*Wear gloves to handle peppers

Instructions

1. Grind spices and toast in a dry skillet. Set aside.
2. In a food processor, puree scallions, onion, Scotch Bonnet peppers, thyme, and garlic. Mix with spices in a bowl. Stir in lime juice, soy sauce, and sugar.
3. Score chicken and season with salt. Spoon jerk marinade over chicken and rub into score.
4. Marinate in fridge for 2 hours.
5. Bake at 350° F for 35 minutes.



Avocado Bean Salad

Makes 1 serving

Ingredients

- ½ avocado
- Handful of cherry tomatoes
- 1 green onion
- 1 small cucumber
- ½ can (15-ounce) of cannellini beans (drained and rinsed off)
- Pepper, to taste
- Garlic powder, to taste
- 1 lemon

Instructions

1. Place all ingredients together in a bowl.
2. Squeeze lemon in as dressing.



Easy Day Vegetable Lasagna

Makes up to 10 servings

Ingredients

- 1 tablespoon olive oil
- 8 scallions, chopped
- 2 garlic cloves, minced
- 1 cup mushrooms, sliced
- 48 ounce jar of spaghetti sauce
- 8 ounces each: part-skim ricotta cheese and shredded part-skim mozzarella
- 10 ounces frozen spinach
- 1 egg
- ½ teaspoon garlic powder
- 8 ounces lasagna noodles

Instructions

1. Heat oven to 350° F; heat olive oil in a pan to cook scallions, garlic, and mushrooms. Add sauce and set aside. In a bowl, mix ricotta cheese, spinach, egg, and garlic powder.
2. In a greased casserole dish, layer sauce mixture, noodles, and spinach mixture. Repeat layers; then top with noodles and remaining sauce. Cover with foil and bake for 45 minutes. Top with mozzarella and bake 15 minutes more.



Carrot Raisin Salad

Makes up to 6 servings

Ingredients

- 4 cups shredded carrots (about 3-4 large carrots)
- 8 ounces canned crushed pineapple, liquid drained and saved
- $\frac{1}{3}$ cup raisins
- $\frac{1}{3}$ cup plain yogurt
- 2 tablespoons light mayonnaise
- Pinch of salt

Instructions

1. In a medium bowl, mix carrots, pineapple and raisins.
2. In a separate bowl, mix 2 tablespoons saved pineapple juice with yogurt, mayonnaise, and salt.
3. Add yogurt mixture into carrots and stir well.
4. Chill in refrigerator until ready to serve.



Makes up to 4 servings

Ingredients

- 4 bunches baby bok choy
- 1 ½ tablespoons vegetable oil for stir-frying
- 2 slices ginger, minced
- 2 tablespoons soy sauce
- 1 teaspoon sugar, or to taste
- ¼ teaspoon salt
- ¼ cup water
- A few drops sesame oil

Instructions

1. Wash bok choy and drain; slice bok choy stalks and leaves lengthwise.
2. Heat vegetable oil in wok or pan. Add ginger and stir-fry for 30 seconds. Add the bok choy stalks, then the leaves.
3. Stir in soy sauce, sugar, and salt. Stir-fry on high heat for 1 minute, then add water.
4. Cover and simmer 2 minutes.
5. Stir in sesame oil and serve.

A top-down photograph of a wooden cutting board with several avocado halves filled with a tuna salad. The salad contains chunks of tuna, diced avocado, red onion, and dried cranberries. A white circular graphic with a black border and a decorative inner pattern is overlaid on the left side of the board, containing the title 'Avocado Tuna Salad'.

Avocado Tuna Salad

Makes 1 serving

Ingredients

- 1 (5-ounce) can of tuna fish in water
- ½ ripe avocado
- 1 cup chopped celery
- ¼ cup chopped onions
- ¼ cup dried cranberries
- Salt and pepper to taste

Instructions

1. In a bowl, mash up avocado with the back of a fork.
2. Drain water from tuna can and add tuna to bowl with mashed avocado.
3. Add chopped celery, onion, dried cranberries to the mashed avocado.
4. Sprinkle with salt and pepper to taste.



Learn how to make this recipe on
www.youtube.com/CHNorg

Makes 4 servings

Ingredients

- 1 cup quinoa
- 2 cups water or broth
- 1 ½ cups or 1 (15-ounce) can of black beans, drained and rinsed
- ½ onion, diced
- 2 garlic cloves, minced
- 2 cups baby spinach, washed
- 1 tablespoon olive oil
- 4 large bell peppers
- 1 cup shredded mozzarella cheese
- 2 teaspoons cumin
- 1 ½ teaspoon chili powder
- Garnish: yogurt, scallions, or chili peppers

Instructions

1. Preheat oven to 350 ° F.
2. Put quinoa and cold water in a pot, bring to boil, cover and cook for 15 minutes or until water is absorbed. Turn off heat and let stand for 10 minutes.
3. In a frying pan, sauté onion and garlic in oil until soft. Then add cooked quinoa, beans, cumin, chili powder and spinach to the frying pan, stirring over low heat for 3-5 minutes.
4. Slice tops off the peppers and remove seeds. Place peppers upright in medium casserole dish and fill each pepper with the mixture.
5. Cover the tray with aluminum foil and bake at 350° F for 15-20 minutes.
6. Uncover dish, top peppers with shredded cheese, and bake for another 5 minutes.
7. Garnish with toppings of choice: plain yogurt in place of sour cream, scallions, chili peppers, etc.



Stir-Fried Tofu with Vegetables

Makes up to 4 servings

Ingredients

- ½ cup low-sodium vegetable broth
- 1 tablespoon soy sauce
- 1 tablespoon rice wine
- 2 teaspoons sesame oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- ⅛ teaspoon red pepper flakes
- 12 ounces firm tofu
- 2 tablespoons canola oil
- 1 cup mixed vegetables of choice

Instructions

1. Mix vegetable broth, soy sauce, rice wine, sesame oil, garlic, ginger, and red pepper flakes in a small bowl.
2. Cut tofu into 1-inch squares and blot dry.
3. Heat canola oil in pan on medium-high heat and stir-fry tofu 1-2 minutes, until brown.
4. Add vegetables and broth mixture to pan. Cook for 4 minutes, until vegetables are soft. Serve over a whole grain, such as brown rice or quinoa.



Lentil Chowder

Makes up to 4 servings

Ingredients

- 1 pound lentils
- 7 cups of water
- 2 tomatoes, halved, seeds removed
- 3 ounces tomato paste
- 1 potato, peeled and diced
- ½ acorn squash, peeled
- 1 green bell pepper, chopped
- 2 stalks celery, diced
- 1 tablespoon dried thyme
- 2 bay leaves

Instructions

1. Rinse and soak lentils for 30 minutes in lukewarm water.
2. Fill a large pot with 7 cups of water, lentils, veggies, and seasonings.
3. Bring to a boil and cook on low heat for 1 ½ hours. Stir occasionally and add more water as needed.



Crab Meat Salad

Learn how to make this recipe on
www.youtube.com/CHNorg

Makes 2 servings

Ingredients

- $\frac{1}{3}$ cup chopped yellow bell pepper
- $\frac{1}{3}$ cup chopped red onion
- $\frac{1}{4}$ cup chopped celery
- 2 tablespoons white wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ tablespoon hot sauce
- 1 (6-ounce) can lump crabmeat, drained or 12 ounces fresh cooked crabmeat
- 1 (15-ounce) can of chickpeas, drained and rinsed
- 6 cups torn gourmet salad greens

Instructions

1. Mix first 10 ingredients (bell pepper to chickpeas) in large bowl gently.
2. Cover and chill for 20 minutes, then serve over the salad greens.



Learn how to make this recipe on
www.youtube.com/CHNorg

Makes 6 servings

Ingredients

- 3 tablespoons low-fat, plain yogurt
- 2 tablespoons light mayonnaise
- 2 tablespoons mango chutney
- ¼ teaspoon salt
- Freshly ground pepper, to taste
- 2 teaspoons curry powder
- 14-ounce package extra-firm water-packed tofu, drained, rinsed, and finely crumbled
- 2 stalks celery, diced
- ½ cup golden raisins
- ½ cup sliced scallions
- ¼ cup chopped walnuts
- 6 cups torn gourmet salad greens

Instructions

1. Whisk yogurt, mayo, chutney, curry powder salt and pepper in a large bowl.
2. Stir in crumbled tofu, celery, raisins, scallions, and walnuts.
3. You can serve the salad on top of greens or on a piece of whole wheat toast.



Masoor Dal

Makes up to 4 servings

Ingredients

- 1 cup red lentils or beans
- 1 inch of ginger, finely diced
- ¼ teaspoon ground turmeric
- 1 teaspoon salt
- ½ teaspoon cayenne pepper or to taste
- 4 teaspoons vegetable oil
- 4 teaspoons dried onion
- 1 teaspoon cumin powder

Instructions

1. Rinse lentils; place in saucepan with ginger, turmeric, salt, and cayenne.
2. Cover with 1 inch of water and bring to a boil, skim off foam that forms on top. Reduce heat and simmer, stirring occasionally, until lentils are tender and soupy, about 25 minutes.
3. In a microwave safe dish, mix oil, onion, and cumin powder.
4. Microwave on high for 45-60 seconds. Stir into lentil mixture.



Makes up to 6 servings

Ingredients

- 1 cup coconut milk
- 6 cups water
- 2 pounds callaloo or collards, washed and trimmed
- 1 pound okra, sliced
- ½ onion, sliced
- 6 garlic cloves, chopped
- Salt and pepper to taste
- 1 hot pepper (Habanero or Scotch Bonnet)*

* Wear gloves to handle pepper

Instructions

1. Boil coconut milk and water in a large pot over medium heat.
2. Add all of the other ingredients.
3. Cover the pot, turn heat to low, and simmer for 1 hour.
4. Remove hot pepper and stir mixture into a soup consistency.
5. Serve hot over brown rice.



Cheese Grits

Makes up to 2 servings

Ingredients

- 1 cup low-fat milk
- 1 cup water
- ½ cup grits (dry)
- ¼ cup of 2% cheddar cheese, grated
- Dash of paprika

Instructions

1. Boil milk and water in a saucepan on medium heat.
2. Stir in grits and reduce heat to low.
3. Cover pot with a lid and simmer 5-7 minutes, stirring occasionally.
4. Remove from heat and spoon grits into a bowl.
5. Sprinkle grated cheese and paprika on top.



Lettuce Fish Wrap

Makes up to 2 servings

Ingredients

- 1 cup of shredded purple cabbage
- ½ of a red pepper cut in strips
- 2 tablespoons of chopped cilantro
- ¼ onion, finely chopped
- 1 lemon (juice)
- 2 fish filets (salmon or tilapia)
- 1 teaspoon of garlic powder
- ½ teaspoon of pepper
- 1 tablespoon of coconut oil
- Sliced avocado
- 1 heart of romaine lettuce

Instructions

1. In a medium bowl, mix all the vegetables and lemon juice, set apart.
2. Cut the fish in small pieces, add garlic and pepper, set apart.
3. In a medium pan, heat the oil and add the fish. Cover the fish and cook for 5-7 minutes, stirring occasionally, cut avocado into thin slices.
4. Serve on a leaf of lettuce, add fish and vegetables, top with avocado slices.



Dinner



Edamame, Avocado, Mango Salad

Makes 2 servings

Ingredients

- 1 cup cooked edamame (soy beans)
- 1 to 2 avocados, chopped
- 1 mango, chopped
- 2 teaspoons sesame oil
- 1 teaspoon olive oil
- 1 tablespoon rice vinegar
- 1 tablespoon soy sauce
- Sesame seeds

Instructions

1. Boil 1 cup of frozen edamame for 5 minutes (or as per package instructions).
2. Add chopped avocado and mango.
3. In a jar or bowl, mix sesame oil, olive oil, rice vinegar and soy sauce; add to salad and toss.
4. Top with raw or toasted sesame seeds and refrigerate before serving.



Crispy “Oven-Fried” Chicken

Makes 2 servings

Ingredients

- 2 skinless chicken breasts
- 1 egg, beaten
- ½ cup breadcrumbs
- 1 tablespoon canola oil

Instructions

1. Line a baking sheet with aluminum foil.
2. Mix canola oil and breadcrumbs in a bowl.
3. Dip each chicken breast into the beaten egg, then into the breadcrumbs to coat.
4. Place on baking sheet and bake at 450° F for 30 minutes.



Caribbean Shepherd's Pie

Makes 4-6 servings

Ingredients

- 2 pounds yucca or potato, peeled and cubed
- 1 tablespoon butter
- 1 tablespoon canola oil
- 1 large onion, diced
- 1 medium carrot, diced
- 1 pound lean ground beef
- 2 tablespoons store-bought Jerk seasoning
- Salt, pepper, and paprika to taste

Instructions

1. Boil yucca for 15-20 minutes.
2. Drain and mash the yucca, then mix in the butter.
3. Sauté onion and carrots in oil for 5 minutes; set aside.
4. Brown ground beef in pan. Add onion, carrots and Jerk seasoning.
5. Layer beef and yucca in a 2 quart casserole dish; sprinkle with seasonings.
6. Bake at 350° F for 25 minutes.



Spinach Pesto with Pasta and Shrimp

Makes up to 4 servings

Ingredients

For the pasta:

- 1 box whole wheat pasta
- 1 pound package frozen, cooked shrimp

For the pesto:

- 1 cup spinach
- 1 bunch basil, leaves separated from stem
- ¼ cup walnuts
- ¼ cup grated parmesan cheese
- ¼ cup olive oil and ½ tablespoon, divided

Instructions

1. Cook the whole wheat pasta following the directions on the box.
2. While pasta is cooking, make the pesto: in a small food processor or blender, add spinach, basil leaves, walnuts, parmesan cheese and olive oil. Blend until smooth.
3. Place the frozen shrimp in a colander and rinse under cool water until thawed.
4. Once shrimp is thawed, heat in a large pan with ½ tbsp of olive oil, cooking until just pink (about 3 minutes).
5. Remove the whole wheat pasta when cooked and drain.
6. Once shrimp becomes pink, add whole wheat pasta and pesto to the pan, mix and serve.



Baked Salmon with Dill Sauce

Makes 2 servings

Ingredients

- Two, 4-ounce salmon fillets
- Juice of $\frac{1}{2}$ a lemon
- Black pepper to taste
- $\frac{1}{4}$ cup shredded carrots
- $\frac{1}{2}$ cup plain non-fat yogurt
- $\frac{1}{4}$ cucumber, seeds removed and diced
- 1 tablespoon dill, chopped
- 1 teaspoon red wine vinegar

Instructions

1. Place salmon fillets on aluminum foil. Squeeze lemon juice and sprinkle black pepper on top of salmon. Top with shredded carrots.
2. Wrap each salmon fillet in foil. Bake at 350° F for 20-25 minutes.
3. Cucumber dill sauce: mix the rest of the ingredients and chill. Serve on top of cooked salmon.



Sautéed Greens and Chickpeas

Makes 4-6 servings

Ingredients

- 2 pounds mixed baby cooking greens (kale, chard, spinach)
- ¼ cup extra virgin olive oil
- 8 garlic cloves, sliced
- ¼ teaspoon red pepper flakes
- ¼ cup sundried tomatoes, finely chopped
- 1 (15-ounce) can of no salt added chickpeas, not drained
- 2 tablespoons red wine vinegar
- Freshly ground black pepper
- Garnish: sliced red onion

Instructions

1. Steam the cooking greens until tender, for about 2-3 minutes.
2. Run greens under cold water, then roughly chop.
3. In a large skillet, heat the oil over medium-low heat. Sauté the garlic until lightly golden, for about 1-2 minutes.
4. Stir in red pepper flakes, sun-dried tomatoes, chickpeas with their liquid and the cooking greens, heat through.
5. Remove from heat, stir in vinegar and season with ¼ teaspoon of salt and pepper to taste. Garnish with sliced red onion.



Spaghetti Squash Vegetable Sauté

Makes 2 servings

Ingredients

- 1 spaghetti squash
- ½ tablespoon of olive oil
- 2 cloves of minced garlic
- ½ yellow onion, chopped
- 1 tomato, chopped
- 1 bag of baby spinach

Instructions

1. Slice the spaghetti squash in half and scoop out the seeds.
2. Put spaghetti squash, cut side down in a microwave-safe dish. Add 1 inch of water, microwave on high for 10-12 minutes.
3. Meanwhile, heat oil in a pan and add garlic.
4. Cut up the onion and sauté with garlic for 3-5 minutes, then add tomato and spinach.
5. When the spaghetti squash is done, use a fork and scoop the squash into the pan to sauté together with the rest of the vegetables.



Arroz Con Pollo

Makes 5-8 servings

Ingredients

- 1 pound diced chicken breast
- ¼ cup olive oil
- 2 cups of chopped carrots and celery
- 8 ounces of tomato sauce
- ½ cup Sofrito (finely chopped cilantro, garlic, onion, peppers, scallion, salt, oil)
- 2 cups brown rice
- 4 cups boiling water

Instructions

1. In a large pan, brown the chicken and set aside.
2. Heat oil over medium heat and cook vegetables, tomato sauce, and Sofrito for 5 minutes. Stir in the chicken and rice.
3. Add boiling water until about 1 inch above the rice. Boil uncovered until water is absorbed.
4. Cover and continue to cook over low heat for 30 minutes.



Chicken Quesadillas

Makes 4 servings

Ingredients

- 1 tablespoon vegetable oil
- 2 green and 2 red bell peppers, chopped
- 1 onion, chopped
- 1 pound chicken breast, diced
- ¼ cup chopped cilantro
- 8 whole wheat tortillas
- 8 ounce low-fat cheddar cheese, shredded
- 8 ounce part-skim mozzarella cheese, shredded

Instructions

1. Preheat oven to 350° F.
2. Heat oil in a large saucepan. Stir in the peppers, onions, and chicken. Cook for 10 minutes until the vegetables are soft and chicken is cooked through.
3. Layer half of each tortilla with the chicken mixture. Sprinkle cilantro and cheese on top, fold tortillas in half.
4. Bake on a greased sheet pan until cheese has melted, about 10 minutes.



Baked Potato Boat

Makes 2 servings

Ingredients

- 2 medium size Russet Potatoes
- 1 (15-ounce) can of vegetarian chili (or low sodium canned beans, rinsed)
- ¼ cup shredded cheese
- ¼ cup salsa
- 1 scallion, diced
- ¼ cup sliced olives
- ¼ cup diced tomato
- 1 head of broccoli, cut into spears

Instructions

1. Wash and dry the potatoes, then poke holes all over it with a fork. Microwave the potatoes with the skin on for 9-12 minutes, or until soft when you push on it.
2. At the same time, boil a pot of water, add broccoli and cover to steam for about 3-5 minutes. Drain and set aside in bowl.
3. Heat the chili (or beans) in a pot on the stove over medium-low heat, stirring occasionally.
4. Slice potatoes in half and add chili, broccoli, and the rest of toppings.



Sancocho

Makes 4 servings

Ingredients

- 2 tablespoons olive oil
- 5 garlic cloves, chopped
- 1 ½ pounds lean beef, cubed
- ½ cup each: chopped yellow onion, green pepper, celery
- ¼ cup of cilantro, chopped
- 4 quarts low-sodium beef stock
- 4 medium tomatoes, chopped
- 1 each: cubed yellow plantain, sweet potato, and chayote
- 3 medium potatoes, cubed
- 2 ears corn, kernels sliced off

Instructions

1. In a pot over medium-low heat, mix oil, garlic, beef, and onions. Stir until beef is brown on all sides, about 8-10 minutes.
2. Add in peppers, celery, cilantro, tomatoes, and 1 quart of stock. Cook down until reduced by half. Season with salt and pepper to taste.
3. Add in all the remaining vegetables and stock. Cook until meat is tender and the vegetables are soft, about 30 minutes.



Bistec Encebollado

Makes 4 servings

Ingredients

- 2 pounds lean beef or chicken, thinly sliced
- ½ cup olive oil
- 2 tablespoons minced garlic
- 2 large white onions, sliced in rings
- 2 large carrots, chopped
- 2 green or red peppers, sliced
- ¼ cup white vinegar
- 1 ½ cups water
- 1 teaspoon salt

Instructions

1. Put all ingredients in a gallon-size plastic bag and shake to mix. Refrigerate for 4 hours or overnight.
2. Put all ingredients from the bag in a skillet and bring it to a boil.
3. Cover and cook over low heat for about 40 minutes.
4. Serve with brown rice and a green salad.



Makes 4 servings

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 cup chopped tomatoes
- 1 teaspoon chili powder
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- 3 cooked skinless chicken breasts, diced
- 1 cup part-skim mozzarella
- 10 corn tortillas
- Garnish: lettuce, cilantro, and low-fat sour cream

Instructions

1. Preheat oven to 450° F. Heat oil in pan and cook onions until translucent, about 5 minutes. Add tomatoes, spices and chicken. Cook for 15 minutes, stirring occasionally.
2. Spoon chicken mixture onto tortillas and roll up tightly. Place in a greased casserole dish and bake for 15 minutes until crispy. Sprinkle cheese on top and bake 5 minutes more. Garnish with lettuce, low-fat sour cream, and cilantro on top.



Mangu

Makes 4 servings

Ingredients

- 4 green plantains
- 1 tablespoon olive oil
- 2 red onions, chopped
- 1 tablespoon vinegar
- 1 tablespoon butter
- 1 cup cold water
- 1 teaspoon sea salt

Instructions

1. Peel the plantains and cut into 8 pieces. Boil the plantains for 25-30 minutes.
2. Heat oil in a shallow pan. Cook onions with vinegar for 3-4 minutes. Set aside.
3. Drain cooked plantains and mash with a fork. Add butter, cold water, and salt.
4. Keep mashing until smooth. Place cooked onions on top. Serve with eggs or low-fat cheese.



Shrimp Ceviche

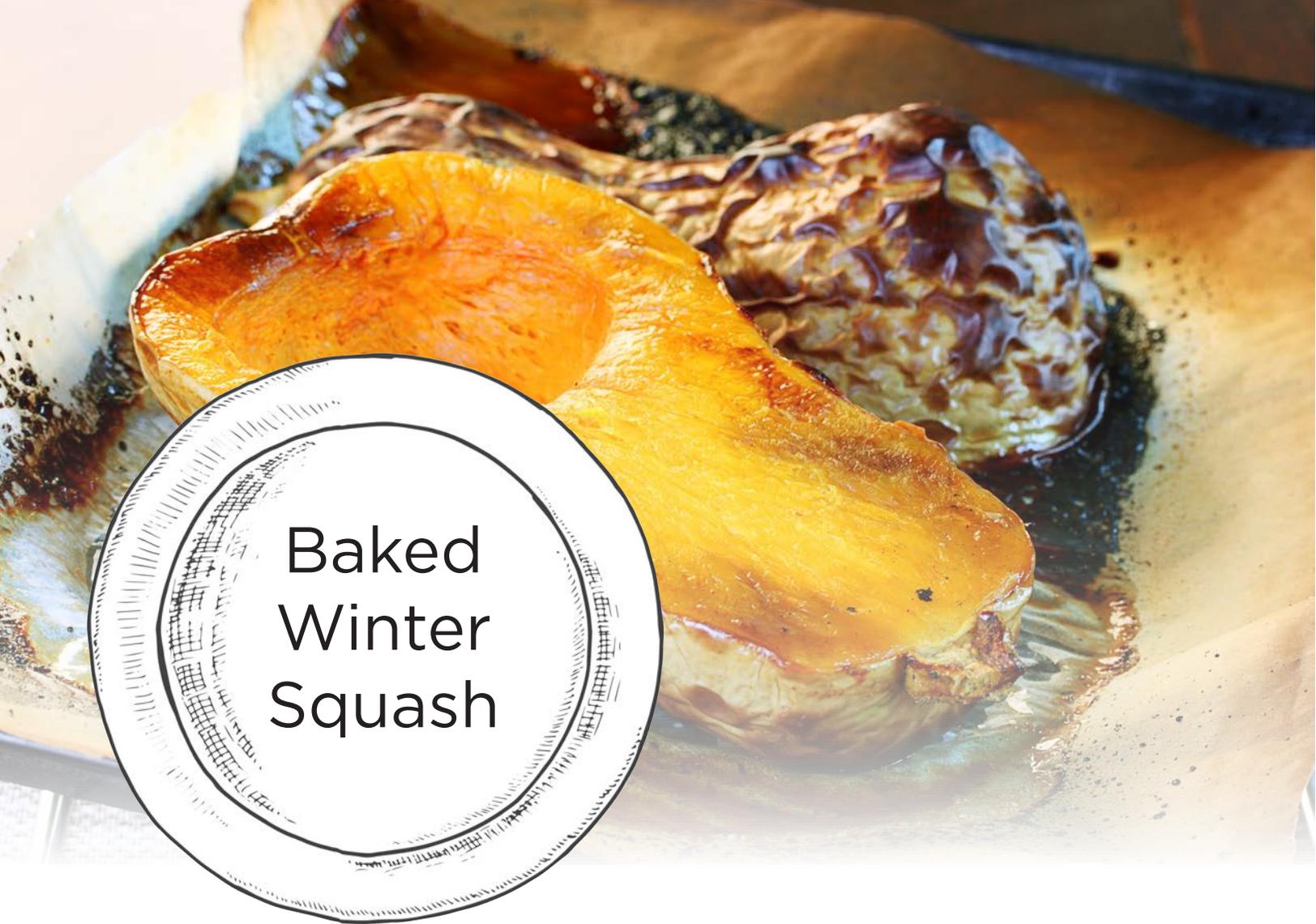
Makes up to 5 servings

Ingredients

- 2 pounds shrimp, peeled
- 2 red onions, sliced
- 2 tablespoons and ½ teaspoon sea salt, divided
- 3 tomatoes, diced
- 3 cups fresh orange juice
- 1 cup fresh lemon juice
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 1 tablespoon fresh cilantro or parsley, chopped
- 2 tablespoons olive oil
- Pepper to taste

Instructions

1. Boil shrimp in salted water for 1 minute. Drain water and let shrimp cool in fridge.
2. Soak onions in a bowl with water and 2 tablespoons of sea salt for 10 minutes to sweeten onions.
3. In a bowl, mix onions, tomatoes, orange juice, lemon juice, ketchup, mustard, cilantro, oil, ½ teaspoon salt and pepper to taste; then mix in chilled shrimp.



Baked Winter Squash

Makes 2-4 servings

Ingredients

- 1 butternut or acorn squash
- 1 tablespoon butter
- 1 tablespoon honey
- Dash of cinnamon

Instructions

1. Preheat oven to 400° F.
2. Cut squash in half; take out seeds (seeds can be saved for roasting).
3. Place squash skin side down on a baking sheet lined with aluminum foil.
4. Heat butter and honey in microwave for 15-30 seconds (or on stove top). Mix well; brush both halves of squash with butter/honey mixture.
5. Sprinkle both halves with a dash of cinnamon.
6. Bake until soft (45-60 minutes).



Coconut Cookies

Makes up to 24 cookies

Ingredients

- 4 tablespoons butter
- ½ cup sugar
- 1 egg
- ½ teaspoon lime juice
- ¼ cup low-fat milk
- 2 cups all purpose flour
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- 2 cups grated coconut

Instructions

1. Cream together butter and sugar in large bowl with an electric beater.
2. Stir in egg, lime juice, and milk.
3. In a separate bowl, mix dry ingredients and coconut. Add to egg and butter mixture.
4. Drop 1 tablespoon of dough for each cookie onto a baking sheet lightly greased with butter.
5. Bake 350° F for 15-20 minutes.



Baked Apples

Makes 2 servings

Ingredients

- 2 apples (Fuji or Gala or Granny Smith)
- 2 tablespoons raisins
- ¼ cup chopped walnuts
- 2 tablespoons maple syrup
- 1 tablespoon butter

Instructions

1. Core apples, making $\frac{3}{4}$ inch wide cavity in middle of the apple, stopping before the bottom. Peel skin off top inch of each apple.
2. Fill with raisins and walnuts.
3. Place apples in a baking dish. Drizzle with syrup and top with butter.
4. Bake at 350° F for 45-60 minutes.



Chia Pudding

Makes up to 4 servings

Ingredients

- 2 ½ cups of unsweetened coconut milk
- ½ cup of chia seeds
- 1 tablespoon of stevia
- 1 tablespoon of vanilla extract
- 1 cup of cherries
- ½ tablespoon of cinnamon

Instructions

1. Put chia seeds, coconut milk, stevia and vanilla extract in a 1-quart glass jar with lid or in a bowl.
2. Shake well and mix thoroughly.
3. Refrigerate overnight.
4. When ready to serve, stir well. Spoon into bowl and top with cherries and cinnamon.



Stuffed Medjool Dates

Makes one serving

Ingredients

- 4 medjool dates
- 2 tablespoons natural peanut butter
- 4 almonds

Instructions

1. Slice each date longways, open the date and remove each pit.
2. Stuff each date with $\frac{1}{2}$ tbsp of peanut butter.
3. Place one almond on top of peanut butter inside date.



Chocolate Covered Bananas

Makes 4 servings

Ingredients

- 2 ripe bananas, frozen
- $\frac{3}{4}$ cup of chocolate chips, melted
- 4 wooden popsicle sticks

Instructions

1. Cut banana in half and stick wooden popsicle into one end. Place on baking sheet lined with wax paper in freezer until frozen, about one hour.
2. Melt chocolate chips in a saucepan or double boiler or for 30 seconds in microwave.
3. Roll frozen bananas in the melted chocolate mixture.
4. Place chocolate-covered bananas back in freezer to harden.



5-Minute Chocolate Peanut Butter Chews

Makes up to 7 servings

Ingredients

- ¼ cup smooth all-natural peanut butter
- 3 tablespoons honey
- ½ teaspoon pure vanilla extract
- 1 tablespoon dark chocolate chips
- 1 teaspoon cocoa powder
- 1 cup crispy rice cereal

Instructions

1. Line a plate with parchment paper. In a medium sized bowl, stir together the peanut butter, honey, vanilla extract, and chocolate chips.
2. Microwave on high for 25-30 seconds, stir well. Add in cocoa powder and rice cereal until all rice crispies are coated.
3. Wet hands well and shape the mixture into small balls; press mixture together firmly so balls will hold.
4. Place balls on parchment paper and freeze for 5 minutes. When ready to eat, let sit at room temperature for about 5-10 minutes before eating.



Colombian Corn Cakes (Arepas)

Makes up to 4 servings

Ingredients

- 5 cups fresh corn kernels
- ½ teaspoon brown sugar
- ½ teaspoon sea salt
- 1 tablespoon unsalted butter, plus more if needed
- 4 slices part-skim mozzarella cheese to serve

Instructions

1. In a blender, puree all the ingredients until a thick batter is formed.
2. Melt butter in skillet over medium heat. Add ¼ cup of batter onto the skillet for each arepa.
3. Cook 2 minutes until golden brown; flip over to cook other side.
4. Transfer to foiled platter; serve with cheese on top.



Turkey Roll-Ups

Makes 1 serving

Ingredients

- Sliced deli turkey
- 1 small cucumber, sliced length-wise
- Low-fat string cheese, cut into halves
- 1 tablespoon of mustard (optional)

Instructions

1. Wrap 1-2 slices of turkey around half of a string cheese and sliced cucumber.
2. Spread mustard on the inside of a roll-up (optional).



Apple and Peanut Butter

Makes one serving

Ingredients

- 1 apple
- 2 tablespoons of peanut butter

Instructions

1. Cut an apple into 8 slices.
2. Spread peanut butter on each apple slice.



Learn how to make this recipe on www.youtube.com/CHNorg

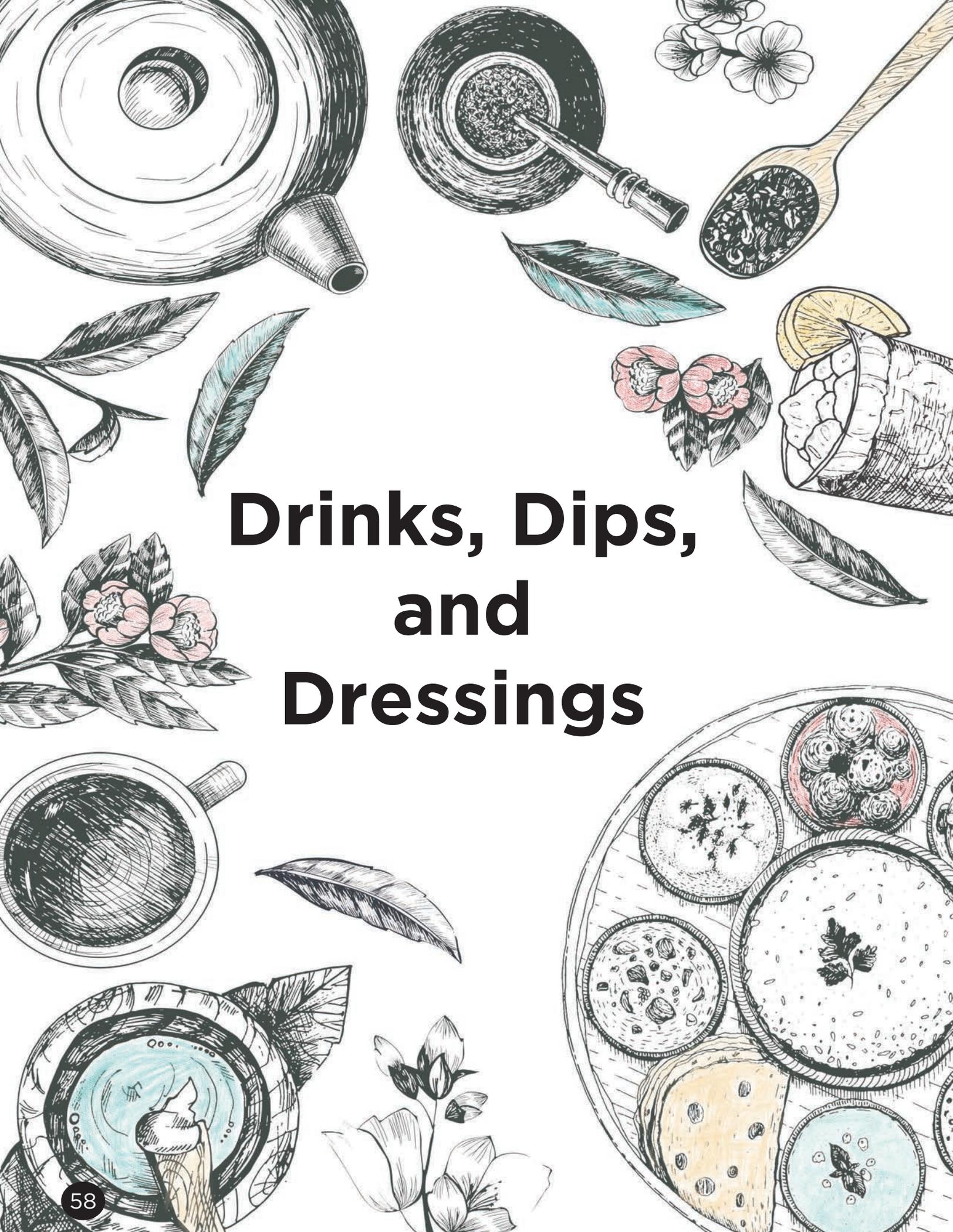
Makes up to 2 servings

Ingredients

- 1 (15-ounce) can of chickpeas
- 1 teaspoon of paprika
- 1 teaspoon of cumin
- 1 teaspoon of garlic powder
- 1 teaspoon of chili powder
- 1 pinch of salt
- 1 tablespoon of olive oil

Instructions

1. Preheat oven to 400° F.
2. Rinse and drain chickpeas from can, pat dry.
3. In a large bowl, mix the chickpeas, olive oil and spices until chickpeas are well-coated.
4. Spread chickpeas evenly over a baking sheet (with raised edges) and put in the oven for 20 minutes or until crispy. Stir with a spoon halfway through to evenly bake chickpeas.



Drinks, Dips, and Dressings



Real Hummus

Makes up to 3 servings

Ingredients

- 1 garlic clove
- 1 (15-ounce) canned garbanzo beans (chickpeas)
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic, chopped
- 1 teaspoon salt
- 2 tablespoons olive oil
- Pepper to taste

Instructions

1. In a blender, puree the garbanzo beans, lemon juice, tahini, garlic, and salt until creamy and well mixed.
2. Transfer the mixture to a medium serving bowl.
3. Pour olive oil on top and sprinkle with pepper.
4. Dip vegetable slices of choice for a healthy snack.

A photograph of a bowl of Baba Ghanoush. The bowl is light blue and contains a thick, creamy dip made of eggplant, topped with olive oil, fresh herbs, and a sprinkle of red spices. A lemon wedge is placed on the edge of the bowl. To the left, there are several pieces of golden-brown pita bread. In the background, there are more pita breads and a glass of yellow liquid, possibly olive oil. A white circular graphic with a black border and a decorative pattern is overlaid on the image, containing the text 'Baba Ghanoush'.

Baba Ghanoush

Makes up to 3 servings

Ingredients

- 1 eggplant
- ¼ cup lemon juice
- ¼ cup tahini
- 2 tablespoons sesame seeds
- 2 cloves garlic, minced
- 1 ½ tablespoons olive oil
- Salt and pepper to taste

Instructions

1. Place eggplant on greased baking sheet and pierce the skin with a fork.
2. Roast at 400°F for 30-40 minutes, turning occasionally, until soft.
3. Cool eggplant in bowl of cold water, then peel skin off.
4. In a food processor, puree eggplant with remaining ingredients. Refrigerate for 3 hours before serving.



Makes up to 6 servings

Ingredients

- 1 European cucumber or 3 Persian cucumbers, finely chopped or grated
- 2 cups plain yogurt, drained
- 2 to 3 garlic cloves, mashed with ¼ teaspoon salt
- 2 tablespoons chopped fresh mint
- Salt and pepper to taste
- 2 tablespoons olive oil

Instructions

1. Toss cucumber with a generous amount of salt and leave in a colander in sink for 15-30 minutes. Rinse and drain on paper towels.
2. Mix together yogurt, garlic, mint, salt, pepper, and olive oil. Stir in the cucumbers. Adjust seasonings to taste and serve.



Easy Salad Dressing

Makes up to 12 servings
1 serving equals 2 tablespoons

Ingredients

- ½ cup olive oil (or other oil)
- 1 teaspoon honey
- ¼ cup balsamic vinegar*
- ¼ teaspoon salt
- ½ clove garlic, minced

Instructions

1. Whisk ingredients in a bowl until well mixed.
2. Adjust to taste.
3. Pour over salad or cooked vegetables.
4. Use right away or store in air tight jar in the refrigerator for up to 1 week.

***Replace balsamic vinegar for other dressing options:**

- Citrus Dressing: use lemon, lime, orange or grapefruit juice in place of vinegar.
- Honey Mustard Dressing: use Dijon or stone ground mustard in place of vinegar.
- Ranch Dressing: use plain yogurt, pinch of fresh dill and chives, chopped in place of vinegar. Leave out honey.



Low-Fat Guacamole

Makes up to 4 servings

Ingredients

- 2 zucchinis, chopped
- 1 scallion, finely chopped
- 1 garlic clove, minced
- 1 jalapeno pepper, minced
- 1 tablespoon lime juice, plus more to taste
- 1 ripe avocado

Instructions

1. Steam zucchini for 5 minutes. Drain well and mash. Set aside to cool.
2. Mix scallion, garlic, jalapeno, lime juice, and salt in a medium bowl.
3. Mash avocado and mix into bowl with other ingredients until smooth with small chunks.
4. Squeeze extra lime juice on top.



Chimichurri Sauce

Makes up to 10-15 servings

Ingredients

- 1 cup fresh parsley
- $\frac{3}{4}$ cup extra virgin olive oil
- 4 tablespoons red wine vinegar
- 2 tablespoons dried oregano
- 1 $\frac{1}{2}$ teaspoons ground cumin
- 1 teaspoon salt
- $\frac{1}{2}$ tablespoon garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon chopped red onion

Instructions

1. Using a food processor, blend parsley, olive oil, red wine vinegar, oregano, cumin, salt, garlic, lemon, and red onion for 10 seconds on medium speed.
2. Use this sauce to marinate meats, seafood, or chicken.
3. It can also be added to cooked vegetable or meat dishes.



Salt-Free Adobo

Makes $\frac{1}{4}$ cup

Ingredients

- 1 $\frac{1}{2}$ teaspoons black pepper
- 1 tablespoon garlic powder
- 1 tablespoon oregano
- 1 tablespoon cumin
- 1 tablespoon onion powder
- 1 tablespoon turmeric

Instructions

1. Add each ingredient to a small bowl.
2. Mix until combined evenly.
3. Store mixture in an airtight container (like Tupperware) until you are ready to use.
4. You can use this in place of store-bought adobo in any of your recipes.



Strawberry Basil-Infused Water

Makes up to 8 servings

Ingredients

- 2 cups sliced strawberries
- ¼ cup fresh basil leaves
- 8 cups water or seltzer water
- Ice

Instructions

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water; stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator.



Ginger Tea

Makes up to 6 servings

Ingredients

- ½ cup sliced ginger root
- 6 cups of water
- 2 tablespoons lemon juice
- 2 tablespoons honey

Instructions

1. Place ginger and water in a pot and bring to a boil.
2. Cover pot, reduce heat, and let simmer for 10-15 minutes.
3. Mix in lemon juice and honey. Serve hot.



Morir Soñando

Makes up to 4 servings

Ingredients

- ¼ teaspoon brown sugar
- 2 cups of low-fat milk (soy or almond milk)
- ½ teaspoon vanilla
- 2 cups of fresh squeezed orange juice
- Crushed ice

Instructions

1. Mix milk, sugar, and vanilla until sugar has dissolved.
2. Add orange juice and whisk.
3. Pour over ice and serve with a straw.





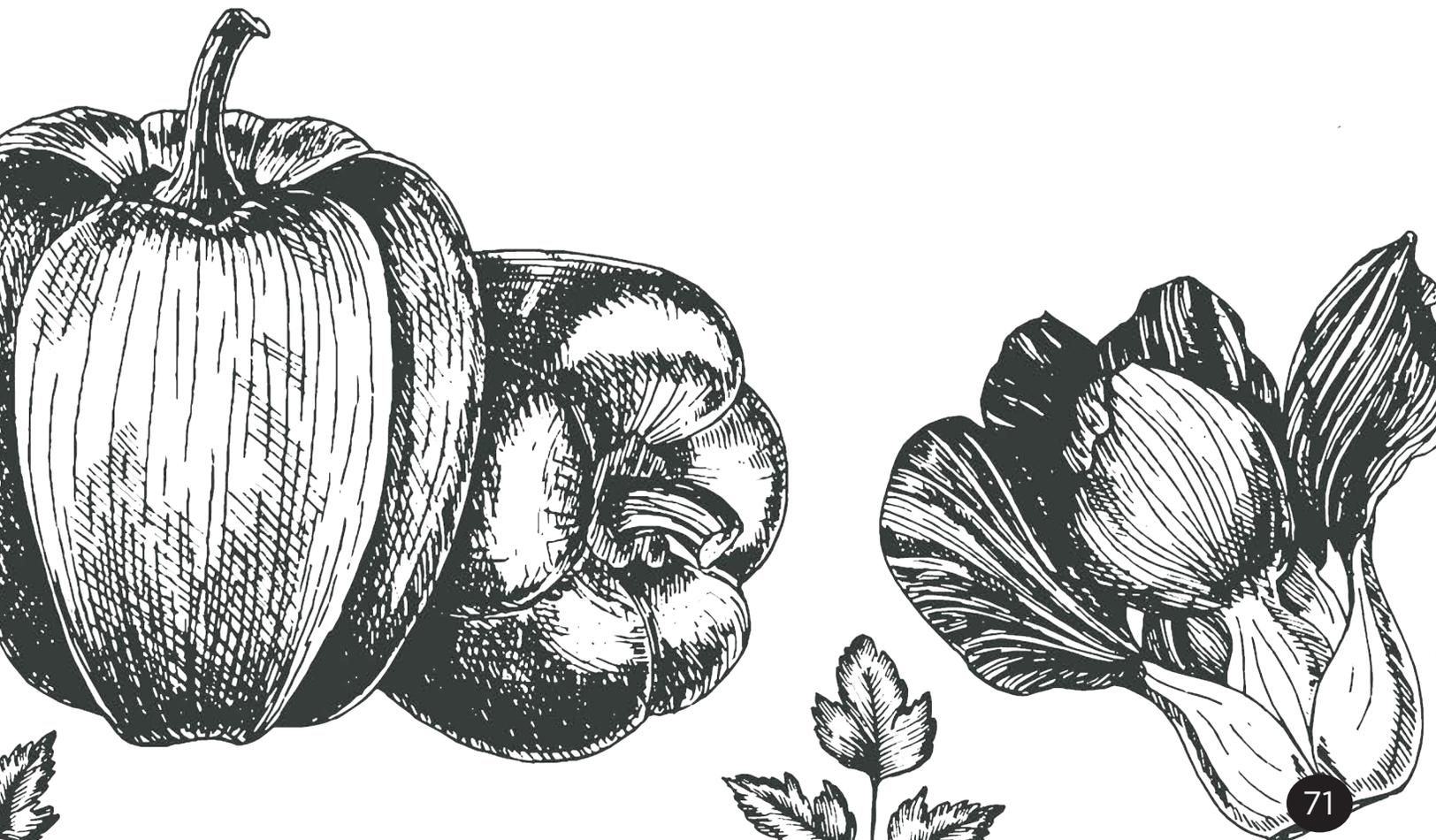
“Lettuce” say thanks

I want to extend special thanks to CHN’s Nutrition Team for their harmonious collaboration to create this collection of recipes, especially Juliana Shalek, Claudia Castaneda, Laura Malick, and Sara Pellegrini.

My eternal gratitude to Valerie Villanueva for taking these simple recipes and turning them into appealing inspiration with her graphic art design skills.

And extra credit to Rachel Larkey for her exemplary aptitude in demonstration cooking, as evidenced by our accompanying cooking video series at Community Healthcare Network’s YouTube video page.

Melissa Olson RD, CDN, Director of Nutrition





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