



UMass Memorial Health FOOD IS MEDICINE RECIPE BOOK

Anchored  in Our
Community


UMass Memorial Health

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Cooking Basics

- Food Safety
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- Common Kitchen Equipment



Fives Steps to Safe Food

1

Keep a clean kitchen

Wash your hands, cooking surfaces, and all utensils. Rinse all fresh fruits and vegetables.

2

Avoid cross contamination

When preparing, storing, and cutting food, keep meats separate from produce.

3

Cook to the proper temp

Heat whole cuts of beef, pork, and veal to 145F and poultry, ground meat, and leftovers to 165F.

4

Don't leave food out

Refrigerate food within 2 hours and always thaw frozen foods in the refrigerator.

5

Date and label leftovers

Pay attention to how long leftovers are in the fridge and avoid having food go bad.

Knife Skills

Types of Knives:



Chef's Knife

great for all purposes

Bread Knife

long and serrated



Vegetable Knife

great for slicing vegetables and fruit

Steak Knife

table knife for meals with meat



Paring Knife

good for small fruits/vegetables or fish

Styles of Slicing Vegetables:

Dice:



cut into small cubes

Chop:



cut into bite-sized pieces

Mince:



cut into very small pieces

Julienne:



cut into strips like match sticks

Common Equipment



Box Grater



Vegetable Peeler



Masher



Ladle



Whisk



Can Opener



Colander



Tongs



Blender



Food Processor



Frying Pan



Hand Mixer



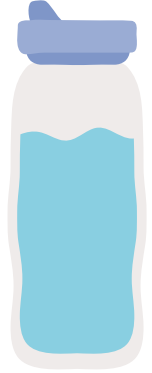
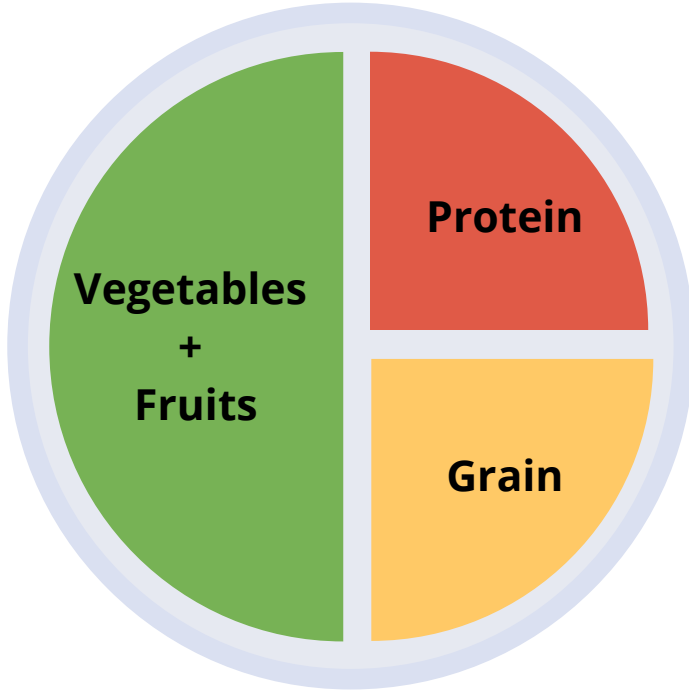
Baking Sheet



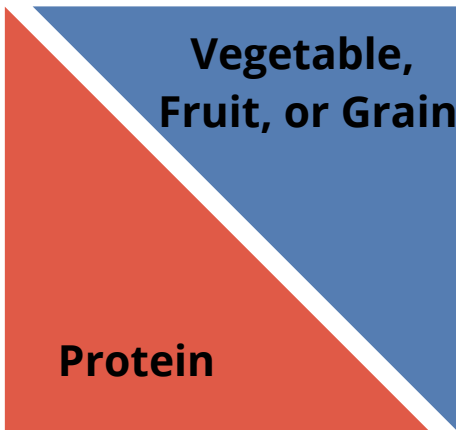
Loaf Pan

Nutrition Basics

How to Make a Balanced Meal:



How to Make a Balanced Snack:



Examples:

- Crackers & Cheese
- Carrots & Hummus
- Apple & Peanut Butter
- Dried fruit & Nuts
- Berries & Yogurt
- Peppers & Guacamole

Vegetables

- Carrots
- Summer Squash
- Sweet Potato
- Eggplant
- Greens
- Potato
- Cabbage
- Winter Squash

Vegetables are a
great source of:

Fiber

Vitamin A

Vitamin C

Potassium



CARROTS



Type: Root Vegetable

Season: Summer

STEAM

STOVETOP

1. Add water to a pot and bring to a boil.
2. Peel and cut carrots into equal-sized pieces.
3. Add carrots to steamer basket and cover. Cook until tender, around 10-12 minutes.

MICROWAVE

1. Peel carrots and cut into bite-sized pieces.
2. Place carrots in a microwave-safe bowl with 2 tablespoons of water.
3. Cover with plastic wrap or a microwave-safe plate and cook for 3 minutes.
4. Allow carrots to sit for 1-2 minutes after heating.

ROAST

1. Preheat oven to 425F.
2. Wash, peel, and cut carrots into bite-sized pieces.
3. Place carrots on a baking sheet and sprinkle with oil, salt, and pepper. Mix so all sides are covered.
4. Bake carrots for 20 minutes or until tender.

PAN FRY

1. Wash, peel, and cut carrots into bite-sized pieces.
2. Heat 3 tablespoons oil in frying pan over medium-high heat.
3. Add carrots to pan and cook for 7-10 minutes, stirring frequently, until tender. Top with spices and serve.

Optional: Halfway through cooking sprinkle 1 tablespoon brown sugar or honey for caramelized carrots.

RECIPE: CARROT SLAW

Ingredients:

- 1 cup grated carrots (about 5 medium carrots)
- 1/4 cup raisins or dried cranberries
- 1/8 cup vinaigrette dressing
- 1/4 cup walnuts or almonds, optional
- 1 tablespoons green onions, minced chives, or ½ tablespoon minced onion

Steps:

1. Wash and peel the carrots.
2. Shred the carrots with a box grater or cheese grater.
3. Add all of the ingredients above with the carrots and mix until combined.
4. Carrot slaw is ready to eat immediately or can be refrigerated. Serve with sandwiches, tacos or as a side dish. Carrot slaw will stay fresh for up to a week in your refrigerator.

SPICES, SAUCES, & DIPS

- Rosemary & Thyme
- Lemon & Dill
- Cinnamon & Nutmeg
- Garlic & Ginger
- Parsley
- Hummus
- Guacamole
- Ranch

**Trying dipping raw
carrots in
Herbed Yogurt Dip
(see page 43)**

SUMMER SQUASH



Types: Yellow, Zucchini/Green

Season: Summer

STEAM

STOVETOP

1. Add water to a pot and bring to a boil.
2. Slice squash.
3. Add squash to steamer basket and cover. Cook until tender, around 5 minutes.

MICROWAVE

1. Slice squash.
2. Place squash in a microwave-safe bowl with 1 tablespoon of water.
3. Cover plastic wrap or a microwave-safe plate and cook for 2 minutes and 30 seconds. Salt and pepper to taste.

ROAST

1. Preheat oven to 450F.
2. Wash and slice the squash into 1/2-inch slices or thick strips.
3. Place sliced squash on a baking sheet and sprinkle with oil, salt, and pepper. Mix so all sides are covered.
4. Bake squash for 5-10 minutes until crispy and browned.

PAN FRY

1. Wash and dice squash into bite-sized pieces.
2. Heat 3 tablespoons oil in frying pan over medium-high heat.
3. Add squash to pan and cook for 5-7 minutes, stirring frequently, until tender. Top with spices and serve.

Optional: Sprinkle grated cheese on top.

RECIPE: CRUNCHY ZUCCHINI FRIES

Ingredients:

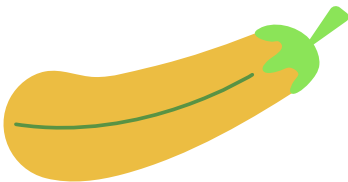
- 3 Medium Zucchini
- 1 Egg
- 1 cup Yellow Corn Meal or Corn Flake Cereal
- Salt and Pepper
- Olive Oil or Vegetable Oil to Coat Pan

Steps:

1. Preheat oven to 400F.
2. Wash and dry zucchini and cut into thick strips.
3. Beat egg in a bowl and season with salt and pepper.
4. Toss the zucchini in with the beaten egg until the strips are coated.
5. In a larger bowl or plastic bag add cornmeal and coated zucchini and toss until the cornmeal sticks to the zucchini.
6. Line a baking sheet with parchment paper or coat with oil.
7. Spread coated zucchini out on the pan and bake until crisp and tender

SPICES, SAUCES, & DIPS

- Rosemary & Thyme
- Lemon & Pepper
- Basil & Parsley
- Red Pepper Flakes
- Curry & Garam Masala



**Pairs well with the
BBQ Turkey Mini-
Burgers on page 33.**

SWEET POTATOES



Type: Root Vegetable

Season: Winter

STEAM

1. Wash, pat dry, and pierce sweet potato 3-4 times with a fork.
2. Place sweet potato on a microwave-safe plate and microwave for 5 minutes.
3. Remove from microwave and test with a fork to see if tender. If too firm, continue microwaving in 30-second increments until tender.

ROAST

1. Preheat oven to 425F.
2. Wash, peel, and cut sweet potatoes into bite-sized pieces or thick strips.
3. Place sweet potatoes on a large baking sheet and sprinkle with oil, salt, and pepper. Mix so all sides are covered.
4. Bake for 30 minutes, flipping halfway through to prevent burning, until tender and crispy on all sides.

PAN FRY

1. Wash, peel, and dice sweet potatoes into cubes.
2. Heat 3 tablespoons oil in frying pan over medium-high heat.
3. Once hot, add diced sweet potato to the pan and cook for 15-20 minutes, stirring frequently, until tender. Top with spices and serve.

SPICES, SAUCES, & DIPS

- Cinnamon & Nutmeg
- Cumin, Paprika, & Garlic
- Chili Powder & Black Pepper (spicy!)

Check out the recipe for **Sweet Potato and Black Bean Tacos** on page 58.

RECIPE: SWEET POTATO PANCAKES

Ingredients:

- 6 cups shredded sweet potatoes
- 1/3 cup flour
- 2 eggs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon oil

Steps:

1. Place shredded sweet potatoes in a microwave-safe bowl and microwave on high for 3 to 4 minutes, until softened. Let cool for 2 minutes.
2. Add eggs, flour, salt and black pepper. Mix until combined.
3. Heat oil in a large skillet over low heat. Scoop one heaping tablespoon of batter into clean hands and shape into a patty. Place on skillet and cook for 5 to 7 minutes.
4. Flip and cook for 5 to 7 more minutes, until golden brown.

RECIPE: MASHED SWEET POTATO

Ingredients:

- 6 medium sweet potatoes
- 1/2 stick butter
- 1/2 cup cream
- 1/2 tsp ground cinnamon
- Salt to taste

Steps:

1. Bring a large pot of salted water (the water should taste salty, almost like seawater) to a boil over medium heat.
2. Peel the sweet potatoes, and cut them in half lengthwise, then cut each half into quarters. Each sweet potato should end up cut into eight pieces.
3. When the water boils, add the cut sweet potatoes to the water and lower heat to a simmer. Simmer for 15 minutes or until the sweet potatoes can easily be pierced with a knife.
4. Drain the sweet potatoes and return to the pot and mash lightly with a potato masher.
5. Add cinnamon, cream, and butter to potatoes and serve.

EGGPLANT



Season: Summer

ROAST

1. Preheat oven to 450F.
2. Wash and slice the eggplant into 1/2-inch slices or cubes.
3. Place sliced/cubed eggplant on a baking sheet and sprinkle with oil, salt, and pepper. Mix so all sides are covered.
4. Bake eggplant for 30 minutes total, flipping halfway through.

PAN FRY

1. Wash and slice eggplant into 1/2-inch rounds. Sprinkle salt on top and let sit on paper towels for 20-30 minutes to dry.
2. Heat 3 tablespoons oil in frying pan over medium-high heat.
3. Add eggplant to the pan and cook for 2-3 minutes on each side.

Optional: Sprinkle grated cheese or spices on top.

RECIPE: SPICY EGGPLANT

Ingredients:

- 1 medium eggplant
- 5 cloves garlic
- 1 can diced tomatoes
- ¼ cup olive oil
- ½ teaspoon red pepper flakes
- ½ teaspoon salt

Steps:

1. Dice eggplant into cubes and mince the garlic.
2. In a large pot or skillet, heat the oil over medium heat until hot.
3. Sauté the eggplant until lightly browned. Stir in the garlic, salt, and red pepper flakes and cook for 30 seconds.
4. Stir in the tomatoes with the juice and cook until the eggplant is very tender.

RECIPE: CHOPPED EGGPLANT SALAD

Ingredients:

- 1 eggplant, sliced into ¼-inch slices
- 3 tbsp chopped parsley
- 1 tablespoons oil, divided
- 1 teaspoon vinegar
- 4 hardboiled eggs, diced
- ¼ teaspoon salt

Steps:

1. Preheat the oven to 425F degrees. Brush two baking pans with oil and arrange eggplant in rows. Roast 20 minutes, flip and cook 5-10 more minutes until browned.
2. Allow to cool slightly, transfer to a cutting board and roughly chop.
3. In a large bowl, combine the eggs, parsley, vinegar and salt. Add the eggplant and mix to combine.

RECIPE: EGGPLANT PIZZA

Ingredients:

- 2 teaspoons oil
- 1/2 cup onion, chopped
- 1 large eggplant
- 1 cup tomato Sauce
- 1/2 cup canned/frozen spinach, drained and rinsed
- 1/2 cup low-fat shredded mozzarella

Steps:

1. Preheat oven to 400°. Heat oil in a skillet over medium heat.
2. Add onion to skillet. Cook for 5 minutes.
3. Add sauce, spinach, and garlic to the skillet. Stir to mix.
4. Grease sheet pan with oil.
5. Place eggplant rounds on a baking sheet. Turn eggplant rounds over, so both sides have oil on them.
6. Bake for 8 minutes. Remove from oven.
7. Spoon sauce onto each eggplant round.
8. Sprinkle cheese and herbs, if using, on top of sauce.
9. Bake for 5-7 minutes until the cheese melts and starts to brown.

GREENS



Types: Kale, Collard, Chard

Season: Summer

STEAM

STOVETOP

1. Add water to a pot and bring to a boil.
2. Cut or tear greens into large, bite-sized pieces
3. Add greens to steamer basket and cover. Cook until tender, around 5 minutes.

ROAST

1. Preheat oven to 400F.
2. Wash and dry greens. Remove stems and roughly chop.
3. Place greens on a baking sheet and sprinkle with oil, salt, and pepper. Mix so all sides are covered.
4. Bake for 15-20 minutes, stirring every 5 minutes, until crispy and slightly browned.

PAN FRY

1. Wash and dry greens. Remove stems and roughly chop.
2. Heat 3 tablespoons oil in frying pan over medium heat.
3. Add greens to pan and cook for 5-7 minutes, stirring frequently, until tender. Top with spices and serve.

SPICES, SAUCES, & DIPS

- Garlic
- Lemon
- Onion & Red Pepper Flakes

Check out the Smashed Potatoes and Greens recipe on page 20.

RECIPE: CIDER-BRAISED WINTER GREENS

Ingredients:

- 2 tablespoons oil
- 1 onion, diced
- 2 bunches of greens, washed, stemmed, and chopped
- 1 cup apple cider or apple juice
- 1/2 teaspoon salt

Steps:

1. Heat oil in large pot over medium heat. Add onion and salt. Cook, stirring frequently, 4-5 minutes.
2. Add half of the greens and stir until beginning to wilt, about 1 minute.
3. Add remaining greens and apple cider (or juice). Cover pot and reduce heat to medium-low. Allow to braise for 10 minutes with the lid on.
4. Remove the lid and increase the heat to medium-high. Cook until most of the apple juice has evaporated about 20 to 25 minutes for kale and 30 to 35 minutes for collard greens. Serve and enjoy.

RECIPE: KALE SALAD

Ingredients:

- 2 bunches kale, rinsed and dried
- 1/3 cup oil
- 1/4 teaspoon salt
- 1/2 cup grated Parmesan cheese
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1/2 teaspoon pepper

Steps:

1. Tear the kale leaves into bite-size pieces, and place in a large bowl.
2. Add oil and salt. Firmly massage the oil into the leaves until they are darker and shiny.
3. Add the Parmesan, lemon juice, garlic, soy sauce, and pepper. Toss together.

POTATOES



Type: Root Vegetable

Season: Winter

STEAM

1. Wash, pat dry, and pierce potato 3-4 times with a fork.
2. Place potato on a microwave-safe plate and microwave for 5 minutes.
3. Remove from microwave and test with a fork to see if tender. If too firm, continue microwaving in 30-second increments until tender.

ROAST

1. Preheat oven to 425F.
2. Wash, peel, and cut potatoes into bite-sized pieces or thick strips.
3. Place potatoes on a large baking sheet and sprinkle with oil, salt, and pepper. Mix so all sides are covered.
4. Bake for 15 minutes, turn over to prevent burning then continue baking for an additional 15 minutes or until tender and crispy on all sides.

PAN FRY

1. Wash, peel, and dice potatoes into cubes.
2. Heat 3 tablespoons oil in frying pan over medium-high heat.
3. Once hot, add diced potato to the pan and cook for 15-20 minutes, stirring frequently, until tender. Top with spices and serve.

SPICES, SAUCES, & DIPS

- Garlic, Salt, & Pepper
- Rosemary, Garlic, & Thyme
- Smoked Paprika & Chili Powder

The Fork Test:
when properly cooked, a fork should easily pierce a potato

RECIPE: MEDITERRANEAN POTATO SALAD

Ingredients:

- 1 pound potatoes,
- ¼ cup lemon juice
- 3 tablespoons oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 scallions (green onions), thinly sliced
- ¼ cup chopped fresh parsley leaves (optional)

Steps:

1. Place the potatoes in a medium pot, and cover with cold water.
2. Bring to a boil over high heat and cook until tender, 20 to 25 minutes.
3. Drain and cover with cold water. Let cool for 10 minutes, then drain again.
4. Cut the cooled potatoes into 1/2-inch pieces.
5. Whisk the lemon juice, oil, salt, and pepper in a large bowl. Add the potatoes and toss to coat. Add scallions and parsley to the salad, and toss to mix well.

RECIPE: SMASHED POTATOES + GREENS

Ingredients:

- 2 pounds chopped
- 1 bunch greens, stemmed, chopped
- ¼ cup oil
- ½ teaspoon garlic powder
- 1 teaspoon paprika
- ½ cup milk
- 1 teaspoon salt
- ½ teaspoon pepper

Steps:

1. Fill a large pot with water and bring to a boil. Add the potatoes, and cook 15 minutes.
2. Add the collards and cook 10 more minutes or until tender. Drain.
3. In the same pot, heat oil over medium heat. Add garlic and paprika and cook 30 seconds. Turn the heat to low, return the potatoes and collards to the pan, add the milk and mash using a potato masher. Season with salt and pepper.

CABBAGE



Types: Red, Green, Napa

Season: Fall/Winter

STEAM

STOVETOP

1. Add water to a pot and bring to a boil.
2. Remove the core and cut into wedges.
3. Add wedges to steamer basket and cover. Cook until tender, around 12 minutes, flipping halfway through.

MICROWAVE

1. Remove core and cut into thin strips
2. Place cabbage in a microwave-safe bowl with water to cover the bottom.
3. Cover plastic wrap or a microwave-safe plate and cook for 8 minutes. Salt and pepper to taste.

ROAST

1. Preheat oven to 450F.
2. Wash, remove the core, and slice the cabbage into wedges.
3. Place wedges on a baking sheet and sprinkle with oil, salt, and pepper.
4. Bake cabbage for 30 minutes, flipping halfway through, until crispy and browned.

PAN FRY

1. Wash, remove core, and chop cabbage into bite-sized pieces.
2. Heat 3 tablespoons oil in frying pan over medium-high heat.
3. Add cabbage to pan and cook for 10-15 minutes, stirring occasionally, until tender. Mix in spices and serve.

RECIPE: MEXICAN LIME COLESLAW

Ingredients:

- 1 small head of cabbage, cored and shredded, using the large holes of a box grater
- 1 carrot, shredded, using the large holes of a box grater
- 1 bunch of scallions, chopped, using the white and light green parts
- 1 bunch of fresh cilantro, finely chopped
- 5 tablespoons lime juice, to taste
- $\frac{3}{4}$ cup mayonnaise
- Salt and pepper

Steps:

1. Combine all ingredients in large bowl
2. Let sit, refrigerated, for at least one hour.

SPICES, SAUCES, & DIPS

- Lemon & Pepper
- Red Pepper Flakes
- Curry & Garam Masala
- Paprika

Use your cabbage in an Egg Roll in a Bowl on page 34.



To remove the core, slice into wedges then cut at an angle

WINTER SQUASH



Types: Acorn, Butternut

Season: Fall/Winter

STEAM

STOVETOP

1. Add water to a pot and bring to a boil.
2. Slice the squash in half, remove the stem, seeds, and peel.
3. Cut peeled squash into 1-inch cubes.
4. Add squash to steamer basket and cover. Cook until tender, 9-11 minutes.

MICROWAVE

1. Slice squash.
2. Place squash in a microwave-safe bowl with 1 tablespoon of water.
3. Cover plastic wrap or a microwave-safe plate and cook for 9 minutes until fork-tender. Salt and pepper to taste.

ROAST

1. Preheat oven to 400F.
2. Slice the squash in half, remove the stem, seeds, and peel.
3. Cut peeled squash into 1-inch cubes.
4. Place cubed squash on a baking sheet and sprinkle with oil, salt, and pepper. Mix so all sides are covered.
5. Bake squash for 20-25 minutes until fork tender.

PAN FRY

1. Slice the squash in half, remove the stem, seeds, and peel.
2. Cut peeled squash into 1-inch cubes.
3. Heat 3 tablespoons oil in frying pan over medium-high heat.
4. Add squash to pan and cook for 15 minutes, stirring frequently, until fork tender.

RECIPE: BAKED ACORN SQUASH

Ingredients:

- 2 tablespoons butter
- 2 acorn squash (1.5 lbs each)
- 2 tablespoons brown sugar

Steps:

1. Preheat oven to 425 degrees. Generously butter a rimmed baking sheet.
2. Halve squash crosswise. Scoop out seeds; discard. Slice a small piece off bottom of each squash half just enough to level.
3. Set squash halves, scooped sides down, on prepared sheet.
4. Bake until golden, 20 to 25 minutes. Turn squash; prick insides all over with a fork. Divide 2 tablespoons butter and sugar among halves. Season with salt and pepper.
5. Continue to bake until flesh is easily pierced with the tip of a paring knife, 25 to 30 minutes. Serve warm

RECIPE: BUTTERNUT SQUASH SOUP

Ingredients:

- 1 medium butternut squash
- 2 tablespoons oil
- 4 cups chicken or vegetable broth
- Salt and pepper to taste

Steps:

1. Slice the squash in half, remove the stem, seeds, and peel.
2. Cut peeled squash into 1-inch cubes.
3. Cook squash in a pot for about 5 minutes until lightly brown on all edges.
4. Add broth. Simmer butternut squash for about 20 minutes or until squash is completely tender.
5. Wait for the soup to cool then transfer to a blender and blend until smooth. Add salt and pepper to taste.

CANNED VEGGIES

Canned vegetables are great as a side to any meal but also can be used in sauces, soups, and baked goods to add some extra nutrients. When able, try to get low sodium versions or strain and rinse the canned vegetables before putting them in your favorite dish!

HERBED CANNED VEGETABLES

Ingredients:

- 1 Can (16 Oz) of Vegetables
- 1/4 Cup Chopped Onion
- 1/2 Teaspoon Italian Herbs
- 1 Tablespoon Butter

Steps:

1. Drain vegetables saving 2 tbsp of liquid from the can.
2. Cook onion, herbs, and garlic in butter until the onions are tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.



Fruits

Fruits are a great source of fiber, vitamin C, potassium, and many other micronutrients. Also, fruit helps keep you hydrated with its high water content. Fruit is a great snack when paired with a protein.

- Apples
- Bananas
- Berries



APPLES



Season: Fall

BAKED APPLES

Ingredients:

- 2 medium apples
- 1 teaspoon brown sugar
- 1 cup water
- 1/2 teaspoon cinnamon

Steps:

1. Preheat oven to 350°F.
2. Cut apples in half lengthwise. Remove seeds and core.
3. Place apple halves, cut side up, in a baking dish. Pour water around apples.
4. Evenly sprinkle brown sugar over apples.
5. Cover and bake for 25-30 minutes or until apples are tender. Sprinkle with cinnamon and serve.

APPLE SAUCE

Ingredients:

- 4 cups chopped apples (with peels or without)
- 1 cup water
- Ground cinnamon to taste or a cinnamon stick
- Honey or sugar to taste (Optional)

Steps:

1. Toss the chopped apples, water, and cinnamon into a pot. Bring to a boil, then reduce the heat to low and cook with a lid on, stirring occasionally, until the apples have broken completely apart (about 20-30 minutes). Sweeten it a little with honey or sugar, or leave it deliciously tart if you prefer.
2. Let cool and refrigerate.

BANANAS



BANANA PANCAKES

Ingredients:

- 2 bananas, peeled
- 1 egg
- 3/4 cup milk
- 1 tablespoon oil
- 1 cup pancake mix

Steps:

1. Mash bananas with a fork in a bowl.
2. Stir in egg, milk, and oil.
3. Add pancake mix and stir until moist.
4. Lightly grease frying pan and heat over medium heat.
5. Pour 1/4 cup batter onto frying pan. When bubbles appear on the surface, flip pancakes to cook the other side.

BANANA COOKIES

Ingredients:

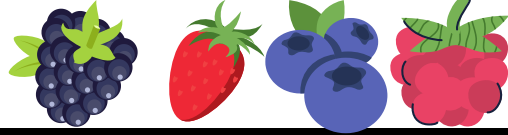
- 2 over-ripe bananas
- 1 cup quick oats
- ½ cup of chocolate chips

Steps:

1. Using a fork mash the bananas in a bowl. The consistency should be gooey, try to get the lumps out.
2. Pour in oats and chocolate chips and mix well.
3. Form 2-inch balls of dough and place on greased cookie sheet about 1 inch apart.
4. Bake at 350 degrees For 15 to 20 minutes or until golden brown.
5. Let cool and enjoy!

Optional: Try adding raisins, craisins or nuts!

BERRIES



Types: blueberries, black berries, raspberries, strawberries
Season: summer

STRAWBERRY SALAD

Ingredients:

- 1 pound strawberries
- 1-2 teaspoons sugar
- ½ tablespoon mint or basil, chopped (optional)
- 1 tablespoon balsamic vinegar (or lemon or lime juice)

Steps:

1. Remove stems from strawberries.
2. Slice strawberries into thin pieces and place in a medium-sized bowl.
3. Add (sugar, mint, and balsamic vinegar to the bowl.
4. Stir gently until all strawberries are coated with the mixture.
5. Let strawberries marinate for 30 minutes to 1 hour before serving. Great on top of yogurt, oatmeal, or ice cream.

MIXED BERRY & SPINACH SMOOTHIE

Ingredients:

- 1 bag frozen berries (10 oz)
- 1 1/4 cups milk
- 1 banana
- 1 1/2 cups packed baby spinach

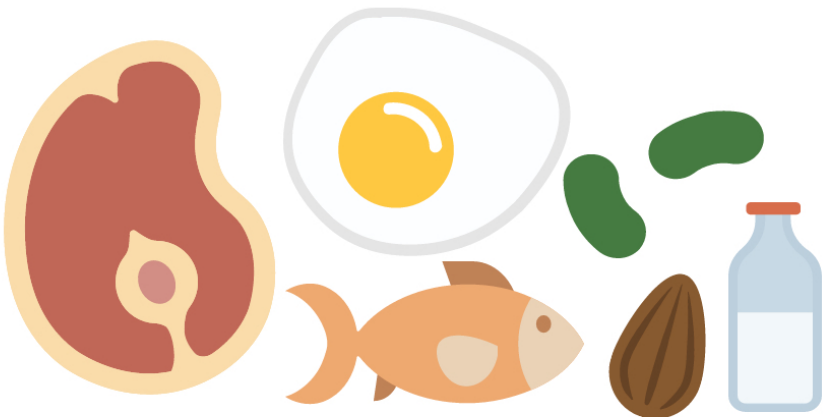
Steps:

1. In blender, purée the berry medley and milk. Add the banana, and spinach, and blend until smooth.
2. Divide among 4 glasses and serve.

Proteins

Protein foods are important for building and maintaining muscle mass. Try to have a protein at every meal and snack!

- Chicken
- Ground Meat
- Fish
- Eggs
- Tofu
- Beans

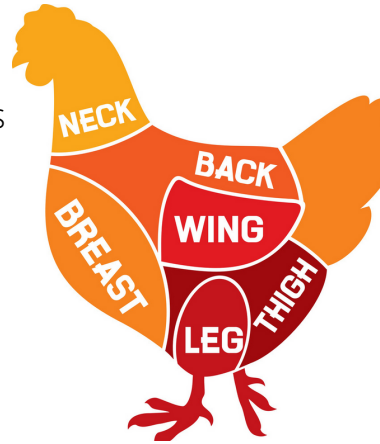


CHICKEN

CHICKEN, TOMATO, AND MOZZARELLA

Ingredients:

- 2 tablespoons oil, divided
- 1 pound boneless, skinless chicken breast, pounded to an even thickness
- 3 cloves garlic, finely chopped
- 1/2 teaspoon Italian seasoning or oregano
- 1 can (15-oz) of diced tomatoes with juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup shredded mozzarella cheese



Steps:

1. Heat 2 tablespoons oil in a large skillet over medium heat.
2. When the oil is hot, add the chicken, and cook 4 minutes.
3. Flip and cook another 4 minutes.
4. Turn off the heat, transfer the chicken to a cutting board, cut it into 1-inch strips, and set aside.
5. Heat the pan over medium and add the remaining 1 tablespoon oil to the pan.
6. When the oil is hot, add the garlic and dried herbs, and cook 15 seconds, being careful not to burn the garlic.
7. Add the tomatoes with juice and bring to a boil; lower heat and simmer for 5 minutes until sauce thickens a bit. Season with salt and pepper.
8. Return the sliced chicken to the pan, stir to coat with sauce, and allow to warm through, about 5 minutes.
9. Top with shredded mozzarella cheese.

CURRIED CHICKEN SALAD

Ingredients:

- ¼ cup mayonnaise
- ½ teaspoon curry powder
- 1 (10-oz) can chicken, drain and reserve liquid
- 1 carrot, peeled and shredded
- 1 small apple, cored and chopped
- 2 tablespoons chopped red onion

Steps:

1. In a large bowl, mix the mayonnaise with the curry powder and 1 tablespoon of the reserved chicken liquid.
2. Add the chicken, and mix together.
3. Stir in the carrots, apples and onions.

BAKED CHICKEN DINNER

Ingredients:

- 1½ cups brown rice, cooked
- 6 boneless, skinless chicken thighs
- 3 cups chicken stock, boiling
- ½ teaspoon salt
- ½ teaspoon pepper
- 12oz bag frozen mixed peas and carrots

Steps:

1. Preheat oven to 375 degrees. Evenly spread brown rice on the bottom of a 9×13 baking dish.
2. Place chicken on top.
3. Pour in the hot chicken stock and season with salt and pepper.
4. Bake 45 minutes.
5. At the end of cooking, add mixed vegetables and bake 5 more minutes until warmed through.

GROUND MEAT

Types: beef, turkey, chicken, pork

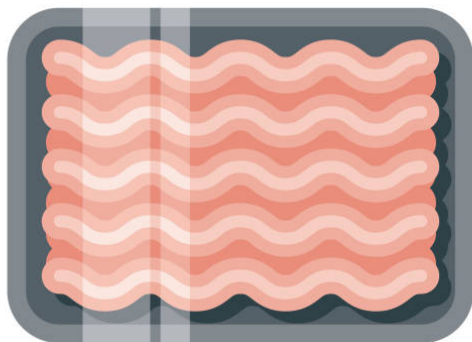
BBQ TURKEY MINI-BURGERS

Ingredients:

- 1 can (15 oz) white beans
- 1 lb. ground turkey
- 1 small onion
- ½ cup barbecue sauce
- 2 Tbs. canola oil
- 8 small green or red leaf lettuce leaves

Steps:

1. Drain and rinse beans.
2. In a large bowl, lightly mash beans with a fork.
3. Grate onion on a box grater.
4. Mix together the turkey, onion, barbecue sauce and beans.
5. Form into 8 small burgers.
6. In a large, non-stick pan, heat 2 Tbs. oil over medium heat.
7. Fry the burgers in two batches until well browned on both sides, about 5 minutes per side.
8. Serve the burgers on the lettuce leaves. Fold lettuce around the burger.



EGG ROLL IN A BOWL

Ingredients:

- 1 tablespoon oil
- ½ small onion, chopped
- 1 pound ground meat
- 1½ cups cabbage, chopped
- 1 carrot, chopped
- 2 tablespoons low-sodium soy sauce

Steps:

1. Heat oil in a large non-stick skillet.
2. Add onion and cook until it begins to soften, about 5 minutes.
3. Add meat and cook, breaking into small pieces with the back of a spoon.
4. Add cabbage, carrot, and soy sauce and cook until tender, about 10 minutes. Remove the cover and cook 5 more minutes.
5. Serve with chopped peanuts on top.

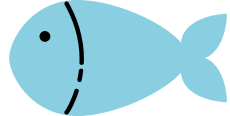
MEATLOAF WITH VEGETABLES

Ingredients:

- 1½ pounds ground meat
- 1 pound frozen spinach
- 2 medium carrots, grated
- 1 large egg, beaten
- ¼ cup Parmesan cheese
- ½ cup vegetable or tomato juice
- 1 tablespoon Worcestershire sauce
- ¼ cup bread crumbs
- ¼ cup onion, chopped
- ¼ teaspoon black pepper
- 2 teaspoons brown sugar

Steps:

1. Preheat oven to 350°F.
2. Combine all ingredients in a medium bowl and mix well.
3. Pat the mixture into a loaf pan. Bake for 45 minutes or until an inserted thermometer reads 155°F for 15 seconds.



DIRTY RICE WITH SALMON

Ingredients:

- 2 tablespoons canola oil
- 1 onion, finely chopped
- 1 bell pepper, finely chopped
- 1 (15-oz) can kidney beans, rinsed and drained
- 2 (5-oz) cans pink salmon, drained
- 4 cups cooked brown rice
- ½ teaspoon salt
- ¼ teaspoon black pepper

Steps:

1. Heat 2 tablespoons oil in a large skillet over medium heat.
2. When the oil is hot, add the onions and peppers, and cook until veggies start to soften, about 7 minutes.
3. Add the beans and salmon, and allow them to heat through, stirring occasionally.
4. Fold in the brown rice, salt, and pepper.

TUNA SALAD

Ingredients:

- 2 cans (5-oz) tuna
- 2 tablespoons mayonnaise
- 1 tablespoon mustard
- 1 tablespoon relish
- Salt and pepper to taste

Steps:

1. Drain tuna and place in a medium bowl.
2. Add in remaining ingredients, stir until well mixed.
3. Serve with crackers, pretzels, cucumber slices, or on a



BREAKFAST EGG CUPS

Ingredients:

- Non-Stick Cooking Spray
- 4 Eggs
- ¼ cup Low-Fat Milk
- 1 cup Frozen Spinach, thawed
- Salt and Pepper

Steps:

1. Preheat oven to 350°. Spray six cups of a muffin tin with non-stick cooking spray.
2. Crack eggs into a bowl. Beat eggs.
3. Add milk, spinach, salt and black pepper. Stir to mix.
4. Pour egg mixture into 6 muffin cups. Bake for 20 to 25 minutes, until the tops of the egg cups are puffed.
5. Store in an airtight container in the refrigerator for 1 week. To reheat, microwave for 45 to 60 seconds until hot.

BAKED EGGS OVER CRISPY RICE CAKE

Ingredients:

- 2 tablespoons oil
- 3 cups cooked brown rice
- 4 eggs
- 2 tablespoons chopped cilantro

Steps:

1. Heat oil in a large nonstick skillet over medium heat.
2. Add the rice to the pan, and evenly spread the rice to the edge of the pan, forming a circle. Lower the heat and cook until the bottom starts to brown, about 10 minutes.
3. Make 4 indentations with a spoon and crack the eggs on top.
4. Cover and cook for 5 minutes; longer for a firm yolk.
5. Cut into slices and top with your favorite condiments.

TOFU

CRISPY RICE WITH TOFU AND VEGETABLES

Ingredients:

- 2 cups water
- 1 cup rice, brown, cooked
- 1 pound tofu, firm, drained well
- 1 cup corn
- 1 cup peas
- 6 green onions, sliced
- 1 carrot, shredded
- ¼ cup basil, chopped
- ¼ teaspoon salt
- 2 tablespoons oil

Steps:

1. Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.
2. Once rice is fully cooled, add it to the bowl and mix well.
3. Put the skillet over medium high heat and add the oil.
4. Add the rice and tofu mixture; reduce heat to low and press down the rice mixture with a spatula. Cover and cook 10 minutes.
5. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.

BAKED TOFU

Ingredients:

- 2 tablespoons soy sauce
- ¼ teaspoon garlic powder
- ¼ teaspoon ginger (optional)
- 1 teaspoon oil
- 1 package firm or extra firm tofu, drained

Steps:

1. Wrap tofu in paper towels and press for 5 minutes.
2. Combine soy sauce, garlic, ginger, and oil in a small bowl.
3. Slice tofu into 1/2 inch thick slices. Place on baking sheet.
4. Pour soy sauce mixture over tofu, flip to coat both sides.
5. Bake tofu at 350F for 30 minutes, flipping halfway through.

37 Tofu should be light golden brown and firm.

BEANS

SWEET POTATO AND BLACK BEAN TACOS

Ingredients:

- 2 tablespoons oil
- 1 onion, chopped
- 1 tablespoon chili powder
- 1 sweet potato, bite-sized pieces
- 1 (15-oz) can of black beans, rinsed, drained
- ½ cup salsa
- 8 corn or flour tortillas

Steps:

1. Heat oil in a large frying pan over medium heat.
2. When the oil is hot, add the onion and cook until it begins to brown, about 5 minutes.
3. Add chili powder and sweet potatoes with a little water, cover, and cook until tender, about 10 minutes.
4. Mix in the black beans and salsa and warm through.
5. Serve mixture on a tortilla.

NACHOS WITH VEGGIES AND SMASHED BEANS

Ingredients:

- 1 bag tortilla chips
- 2 cups cheddar cheese, grated
- 1 can corn, rinsed, drained
- 2 cans beans, rinsed, drained, mashed
- 1 pint cherry tomatoes, quartered
- 1 avocado, chopped
- 2 teaspoons chili powder

Steps:

1. Arrange tortilla chips on two baking sheets. Sprinkle with the cheese and corn, and bake at 400F for 5 minutes until the cheese is melted.
2. Meanwhile, in a bowl, combine the beans, corn, tomatoes, avocado, and chili powder.
3. Top nachos with spoonfuls of the beans or enjoy as a dip.

Grains

Grains are a great source of fiber and B vitamins. Oftentimes grains are fortified or enriched to contain additional micronutrients. Try to make grains your 1/4 of your plate.

- Rice
- Pasta
- Oats





Types: white, brown, long grain, jasmine, basmati

BROWN RICE TABBOULEH

Ingredients:

- 3 cups rice, brown, cooked
- 3/4 cup cucumber, chopped
- 3/4 cup tomato, chopped
- 1/2 cup parsley, chopped
- 1/4 cup mint, chopped
- 1/4 cup oil
- 1/4 cup lemon juice
- Salt & pepper to taste

Steps:

1. Combine rice, cucumber, tomato, parsley, mint, green onions, oil, lemon juice, salt, and pepper in a large bowl.
2. Toss well and chill.

Optional: Feel free to replace rice with any other grain like bulgur or couscous.

Check out some more recipes with rice:

- **Dirty Rice with Salmon (page 35)**
- **Baked Eggs Over Crispy Rice Cake (page 36)**
- **Crispy Rice with Tofu and Vegetables (page 37)**

PASTA



Types: white, whole wheat, veggie, chickpea, semolina

SKILLET PASTA DINNER

Ingredients:

- 1/2 pound ground meat
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (15-oz) can diced tomatoes
- 1 cup tomato sauce
- 1 cup water
- 8 ounces pasta
- 2 cups mixed vegetables frozen

Steps:

1. Brown the ground meat, onion, and garlic in a pot or pan over medium-high heat, for 8 minutes. Drain off any grease.
2. Add the tomatoes, tomato sauce, water, and uncooked pasta
3. Cover and simmer for 10 minutes. Stir occasionally.
4. Add the vegetables, stir and continue cooking until the pasta and vegetables are tender (about 5 more minutes).

MEDITERRANEAN PASTA

Ingredients:

- 1 lb of pasta
- 1/3 cup oil
- 1 teaspoon oregano
- 1 (14-oz) can diced tomatoes
- 2/3 cup feta cheese
- 2/3 cup Kalamata olives, chopped
- 2 tablespoons olive juice

Steps:

1. Cook the pasta in a large pot as instructed on the package. Drain the cooked pasta and pour it into a large bowl.
2. Add the olive oil, oregano, tomatoes, cheese, olives, and olive juice to the pasta.
3. Mix well and serve.

OATS



OVERNIGHT OATS

Ingredients:

- 1/2 cup oatmeal
- 1 cup milk
- 1/2 cup fruit (fresh or frozen)
- 1 tablespoon chia seeds or flaxseeds (optional)
- 1 tablespoon maple syrup (optional)

Steps:

1. Mix all ingredients in a jar or plastic ware with a lid.
2. Place in refrigerator overnight and enjoy in the morning!

BAKED PB&J OATMEAL

Ingredients:

- 2 cups old fashioned oats
- 3 tablespoons peanut butter
- 4 tablespoons jam (any flavor)
- 2 cups boiling water
- 1/2 cup milk

Steps:

1. Preheat oven to 350F.
2. Add all ingredients except milk to a mixing bowl and stir until there are no chunks of peanut butter.
3. Once well mixed, add milk and stir.
4. Scoop mix into non-stick cupcake pan and bake for 10-12 minutes.

Optional: Add chopped peanuts on top!

DIPS & SAUCES

HERBED YOGURT DIP

Ingredients:

- 1 cup yogurt
- ¼ cup finely chopped fresh herbs or 2 tablespoons dried herbs (basil, oregano, thyme)
- ¼ cup lemon juice
- ¼ teaspoon salt
- Pepper to taste

Steps:

1. Combine all ingredients and enjoy as a dip or a meal topper.
2. For a thinner sauce, add water 1 tablespoon at a time until desired thickness.

FRESH TOMATO SAUCE

Ingredients:

- 3 pounds ripe tomatoes, quartered
- 3 tablespoons chopped basil
- Salt and pepper
- 2 tablespoons oil or butter

Steps:

1. Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. Keep an eye on the pot to make sure the pan isn't dry.
2. After about 10 minutes, pass the tomatoes through a food mill, food processor, or blender.
3. If you want the final sauce to be thicker, return it to the pot and cook over low heat, stirring frequently, until it's as thick as you want it. Season with salt and pepper to taste and stir in the oil.

WHITE CREAM SAUCE

Ingredients:

- 4 cups nonfat dry milk powder
- 1 cups all-purpose flour or 2/3 cup cornstarch
- 1/2 cup oil

Steps:

1. Mix all ingredients in a large bowl.
2. Once it has a cornmeal consistency, refrigerate in a sealed container.
3. Mix can be refrigerated for up to 3 months.
4. To serve, stir in saucepan over medium heat until it begins to bubble.

GUACAMOLE

Ingredients:

- 2 avocados, peeled, pit removed
- 1/2 cup red onion, diced
- 1 plum tomato, diced
- 2 tablespoons lemon or lime juice
- Salt and pepper to taste

Steps:

1. Mix all ingredients in a large bowl, mash with fork until smooth. Refrigerate and serve cold.

FRUIT DIP

Ingredients

- 1 cup vanilla yogurt
- 2 tablespoons orange juice
- 1 tablespoon lime juice
- 1 1/2 teaspoons brown sugar

Steps:

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice, and brown sugar. Mix well.
2. Serve with a variety of fruits, sliced.

SNACKS & DESSERTS

BLACK BEAN BROWNIES

Ingredients:

- 1 can (15oz) black beans, rinsed, drained
- ½ cup semisweet chocolate chips, divided
- 3 tablespoons oil
- 3 large eggs
- ½ cup packed brown sugar
- ½ cup baking cocoa
- 1 teaspoon vanilla extract
- ½ teaspoon baking powder
- 1/8 teaspoon salt

Steps:

1. Mix the beans, 1/4 cup chocolate chips, and oil into a food processor until blended or beat with a hand mixer.
2. Add eggs, brown sugar, cocoa, vanilla, baking powder, and salt, mix until smooth.
3. Transfer to a parchment paper-lined square baking pan and sprinkle with remaining chocolate chips.
4. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean.
5. Cool on a wire rack. Once cool, cut into bars.

BANANA SNACK WRAPS

Ingredients:

- 1 medium tortilla
- 1 banana, peeled
- 1 tablespoon peanut butter

Steps:

1. Spread peanut butter on the tortilla.
2. Place banana at one end of tortilla and roll. Cut into bite-sized rolls and enjoy!

HOMEMADE GRANOLA

Ingredients:

- 2 cups rolled oats
- ¼ cup raw sunflower seeds
- ½ teaspoon ground cinnamon
- 2 tablespoons oil
- 4 tablespoons honey
- ½ cup raisins

Steps:

1. Preheat oven to 325°F.
2. In a large bowl, combine the rolled oats, sunflower seeds, and cinnamon.
3. Mix in the oil and honey.
4. Pour the mixture onto a rimmed baking sheet and spread evenly.
5. Bake until browned, stirring every 10 minutes to ensure even baking, about 30 minutes.
6. Mix in the raisins, and allow to cool.

CAKE MIX COOKIES

Ingredients:

- 1 box cake mix (any flavor)
- 2 eggs
- 1/2 cup vegetable oil

Steps:

1. Preheat oven to 375°F.
2. In a large bowl combine all ingredients and mix until there are no clumps of powder.
3. Roll dough into balls and place on a baking sheet. Press down on cookies to flatten slightly.
4. Bake for 10-12 minutes until edges are slightly browned.



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