UNSM Student Wellness Cookbook

2014
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Cooking Tips with Essential Oils
Cherry, Almond & Cinnamon Granola
Lisa Stevenson, HR Personnel Technician

4 cups rolled oats
2 cups sweetened shredded coconut
2 cups sliced almonds
1 1/2 cups dried cherries (chopped)
1/2 cup vegetable oil
1/3 cup honey
2 teaspoon ground cinnamon

1. Preheat oven to 350 ºF.
2. Toss oats, coconuts, almonds, and cherries together in a bowl.
3. Pour the vegetable oil and honey over the oat mixture.
4. Add the cinnamon and stir until all the oats and nuts are coated with the liquids.
5. Pour onto a sheet pan.
6. Bake, stirring occasionally with a spatula, until the mixture turns a nice, even golden brown, about 25-30 minutes.

Tips: Be careful not to burn the granola. Have alone or with milk cereal.

Paleo Crunch “Granola” (VG, GF)
Alex Morrison, Class of 2017

1 cup raw pumpkin seeds
1 cup raw sunflower seeds
3 cups sliced almonds
1 1/2 cups almond meal
1 1/2 cups shredded unsweetened coconut
3-4 teaspoons pumpkin pie spice (Or: cinnamon, ground cloves, ground ginger, and nutmeg)
1/2 teaspoon salt
1/2 raw honey (or a mixture of maple syrup + honey)
3 teaspoons pure vanilla
1/2 cup melted coconut oil

1. Mix together all dry ingredients.
2. Combine wet ingredients and pour them over dry ingredients. Toss together until coated.
3. Line a baking sheet with tinfoil and spread the mixture out evenly.
4. Bake at 325ºF for 20 min (stir at 15 min).
5. Let cool for 10 min
6. Enjoy alone as a snack, in a bowl with milk, sprinkled on top of yogurt, etc. Keep on hand like you would regular cereal.

*VG = Vegan
*GF = Gluten Free
Two Timer Granola
Dr. Patty Charles
Assistant Director, Nevada Geriatric Education Center
Program Specialist, Nevada AIDS Education and Training Center

4 cups rolled or thick cut oats (variety is great!)
1/2 cup sliced almonds
1/2 cup raw sunflower seeds
1/2 cup sesame seeds
1/4 cup flax seeds
1/3 cup grapeseed oil or canola oil
1/3 cup honey
1/8 cup water

1. Combine and mix dry ingredients in large bowl.
2. Combine and heat (in microwave for 45-60 s) honey, oil and water; stir and pour over dry ingredients and stir in until all are moist.
3. Pour out onto baking sheet
4. Put in a 325 ºF oven. Set one timer for 45 min and the other timer for 12 min. When the timer rings take the granola out and redistribute in the pan. Return to oven and set timer for 9 minutes, 8 minutes, 7 minutes, 6 minutes and 5 minutes and remove from oven and stir at every interval. This will assure that the granola is toasted evenly and you will not risk overcooking it.

Apple Oat Ricotta Muffins (GF)
Alex Morrison, Class of 2017

1 1/4 cup wheat/oat/almond flour
1 cup oats (can be GF)
2 teaspoons baking powder
1 teaspoons baking soda
1 tablespoons cinnamon
3/4 teaspoon nutmeg
1/2 teaspoons salt
2 eggs
1/3 cup sugar
1/2 cup canola oil or butter
1 cup low-fat ricotta cheese
1 cup grated carrot
1/2 cup chopped walnuts
2 chopped apples

1. Mix everything together
2. Bake at 350ºF for 15-20 min
“Banana Bread” Pancakes (VG, GF)
Alex Morrison, Class of 2017

1/3 cup walnuts
2/3 cup oats (can be GF)
1 teaspoon baking soda
1 banana
1 teaspoon vanilla
1 teaspoon olive oil
2/3 cup soy/almond/regular milk
2 teaspoons maple syrup
1 egg (can sub a flax egg)
Pinch of salt

1. Pulse the walnuts and oats together in a blender or food processor.
2. Add the rest of the ingredients
3. Let batter sit for 30 min, then make like regular pancakes.

These taste EXACTLY LIKE BANANA BREAD but you can make them in 5 min and they are actually healthy!

Harvest Grains Pancake/Waffle Mix
Laura Stodtmeister & Rusty Stodtmeister, Class of 2016

9-1/4 cups flour (half white/half wheat)
1-1/8 cups quick oats
3-1/2 cups cornmeal
1 cup wheat germ
3/4 cup sugar
1-1/2 cups finely chopped nuts (any variety or combo that you prefer)
5-3/4 tablespoons baking powder
2-1/2 teaspoons baking soda
1-3/4 teaspoons salt
2-1/3 tablespoons dry malt (optional)
Store in container until ready to use.

Use 2 cups mix with:
1. 3/4 cups buttermilk (I often use regular milk for 1/2 of the amount)
2 large eggs
2 teaspoons vanilla
6 tablespoons melted butter
1 teaspoon water
Oat Pancakes with Blackberry Rum Sauce
Amy Lilly, Class of 2017

Oatmeal Pancakes

1-1/4 cup milk, soy milk, or rice milk
1 cup old-fashioned rolled oats
1/2 cup whole wheat pastry flour, whole wheat flour or unbleached white flour
1 tablespoon plus 1 teaspoon baking powder
1/2 teaspoon sea salt
2 large eggs
4 tablespoons unsweetened applesauce (or ¼ stick butter, melted)
1 tablespoon and 1 teaspoon of honey
1 teaspoon vanilla extract

1. Bring 1 cup milk to a boil in a small saucepan. Add the oats, reduce heat to very low, cover and simmer for 5 min. Remove from heat, uncover, stir, and let stand, stirring a few times until most of the milk is absorbed, about 15 min.
2. Combine flour, baking powder, and salt in large bowl. Whisk together the eggs, remain 1/4 cup milk, applesauce, honey, and vanilla in a small bowl. Add to the dry ingredients along with the oat mixture and stir just until moistened
3. Lightly coat a skillet with spray oil, or butter and preheat over medium heat. Pour ¼ cup batter into the pan, spread it a bit with the side of a spatula or measuring cup, and cook until bubbles form on top and the underside in nicely browned, 1-1/2 to 2 min. Flip the pancake over, press gently with the back of a spatula to flatten, and cook until the other side is browned, about 1 min. Continue until all the batter is used. The finished pancakes can be kept warm in a 150ºF oven. For crisper pancakes, place on a baking sheet; for softer pancakes, cover the baking sheet with foil. Serve hot.

Blackberry Rum Sauce for Pancakes

2 cups blackberries or mixed berries (fresh or frozen)
1/4 cup granulated sugar
1/2 cup water
1 tablespoon vanilla extract
1 tablespoon dark rum

1. Combine all ingredients in a medium saucepan over medium-high heat.
2. Bring to a simmer and cook for 8-10 min, stirring occasionally, until the liquid reduces and a sauce is left.
3. Remove from heat immediately and serve on top of pancakes.
Herbed Oatmeal Pan Bread
Amy Lilly, Class of 2017

1-1/2 cups boiling water
1 cup old-fashioned oats
2 packages (1/4 ounce each) active dry yeast
1/2 cup warm water (110° to 115°)
1/4 cup sugar
3 tablespoons butter, softened
2 teaspoons salt
1 egg, lightly beaten
4 to 4-3/4 cups all-purpose flour

Topping:
1/4 cup butter, melted, divided
2 tablespoons grated Parmesan cheese
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder

1. In a small bowl, combine boiling water and oats; cool to 110°-115°. In a bowl, dissolve yeast in warm water. Add sugar, butter, salt, egg, oat mixture and 2 cups of flour; beat until smooth. Add enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 45 minutes.

3. Punch dough down and press evenly into a greased 13-in. x 9-in. baking pan. With very sharp knife, cut diagonal lines 1-1/2 in. apart completely through dough. Repeat in opposite direction, creating a diamond pattern. Cover and let rise in a warm place until doubled, about 1 hour.

Grain-Free Banana Bread
Kathleen Murray, Class of 2016

3/4 cup mashed bananas
1/2 cup almond butter
1/4 cup honey or maple syrup
2 eggs
2 teaspoons cinnamon
1 teaspoon vanilla extract
1/4 teaspoon sea salt
1/2 teaspoon baking soda

1. Preheat oven to 350°F and grease an 8” x 8” pan generously with coconut oil or butter.
2. Combine all of the ingredients in a medium bowl, and mix well until a smooth batter forms. Bake at 350 for 20-25 minutes.

Corn Bread
Amy Lilly, Class of 2017

1/4 cup butter
1 cup flour
1/2 cup sugar
1/2 cup cornmeal
1/2 teaspoon salt
1/2 teaspoon baking soda
2-1/2 teaspoon baking powder
1 beaten egg
1 cup milk

1. Turn oven on: 400°F
2. Put butter in 8x8 square pan and place in oven to melt - you can usually put the other ingredients together before the butter burns, but keep an eye on it!
3. Combine dry ingredients
4. Beat together egg and milk and add them to dry ingredients. Stir well.
5. Take square pan out of oven, rotate so that the melted butter lines the walls – about ½ way up or so.
6. Pour the melted butter into the other ingredients – stir as you pour.
7. When mixed together, pour back into the square pan. Place pan in oven and bake for 15-20 min, until golden on the edges and a knife inserted in the center comes out clean.
APPETIZERS
Zippy Roasted Kale Chips
Rachel Miceli, Class of 2017

1 cup kale
1 tablespoon olive oil
2 teaspoon balsamic vinegar
1/2 teaspoon salt

1. Preheat oven to 350 °F with roasting pan.
2. Wash kale and pat dry. Rip form stems, lightly toss with oil, vinegar, and salt.
3. Bake 10-15 min until crispy

Spiced Rosemary Mixed Nuts
Alex Morrison, Class of 2017

1 lb. (4 cups) mixed nuts
1/2 teaspoon ground coriander
1/2 teaspoon ground cumin
2 tablespoons butter
2 tablespoons brown sugar
2 tablespoons chopped fresh rosemary
1/4 teaspoon cayenne
1 1/2 teaspoon salt

1. Scatter nuts on baking sheet and bake at 350°F for 10-15 min, mixing a few times during baking
2. Toast coriander and cumin in a skillet over med-high heat for 30 s. Remove pan from heat and add butter, brown sugar, rosemary, and cayenne.
3. Return skillet to low heat and stir until butter melts and sugar dissolves (2-2 1/2 min). Keep warm.
4. Put nuts in bowl and toss with spiced butter mixture. Add salt and toss again.
5. Let cool completely before serving. Store in airtight container.

KJ's Salsa
Karen A Thiele, Class of 2016

8-10 fresh roma tomatoes, diced
1/4 to 1/2 red onion, diced fine
2-3 fresh jalapeno peppers, diced fine (seeded if you don't want it hot)
1 bunch (or less, depending on your taste) fresh cilantro, coarsely chopped
Juice of 2 limes. Sometimes I add a teaspoon of lime zest too.
Kosher salt to taste
A few grinds of black pepper
Sometimes I've added a can of corn.

This can easily be done with a food processor to save time, just use the pulse setting so it doesn't get liquefied.
Salsa Recipes
Martha Norheim
Residency Coordinator & Medical Student Administrator, Department of Psychiatry

“I use salsa instead of dressing for my salads which makes them fat free. Salsa goes on anything while adding flavor and a healthy dose of antioxidants”

Fresh Salsa

5-6 tomatoes
2-3 Serrano Peppers
1/2 bunch of cilantro
1/2 of a small onion
Garlic salt

Roasted Salsa

5-6 tomatoes
2-3 Serrano peppers or any pepper of your choice
Garlic salt

Roast the peppers on the grill or in your oven until they are slightly charred. Put them in either blender or food processor until chopped. I prefer the food processor since it comes out thicker and not so watery.

Chipotle Tomatillo Salsa

8-10 medium size Tomatillos
2-3 garlic cloves
1/4 small white onions
Garlic Salt
One small can chipotle pepper (entire can, don’t drain)

Boil first three ingredients for a couple of minutes or until they start to soften. Once they are soft transfer them to blender or food processor. Add garlic salt and one small can of chipotle pepper. Blend a few minutes and pour into bowl and enjoy!

Tomatillo Salsa

6-8 large tomatillos – husks removed and washed
¼ white or yellow onion
2-3 cloves garlic
1-2 jalapeno or Serrano peppers
1 large or 2 small avocado
1/2 bunch of cilantro

Quarter tomatillos and place in blender or food processor. Add rest and finish blending.
**Easy Ceviche**
Martha Norheim
Residency Coordinator & Medical Student Administrator, Department of Psychiatry

One 2 pound bag of large shrimp cooked, deveined with tail off
Half yellow onion finely chopped
1 small bunch of cilantro rinsed and chopped
2 canned chipotle peppers as well as the sauce in the can.
1 cucumber peeled and finely chopped
1 small jar of mild salsa
1-2 avocado cut into small pieces
Salt and pepper to taste
1/4 cup lime juice
1/4 cup lemon juice
1 cup orange juice
1 bag of tortilla chips

Combine all of the ingredients together. Mix well and season with salt and pepper. Let it sit for at least 2-4 hours so the shrimp can absorb the flavors. Serve with your favorite tortilla chips and enjoy.

**Curry Humus**
Amy Lilly, Class of 2017

Using a food processor, mince 2 garlic cloves

Add the following and blend:
- 1 can chickpeas
- Tablespoon olive oil
- Juice from ½ a lemon
- 1 tablespoon curry powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon cayenne
- 1/2 tablespoon tahini
- 1 tablespoon honey
- 1/2 teaspoon cumin

Slowly add water until right consistency (up to 3 tablespoons)
Salt and pepper to taste
Roasted Pepper & Basil Crustless Quiche Bites (VG, GF)
Alex Morrison, Class of 2017

3 eggs
3 egg whites
1/4 cup ricotta
2 tablespoons flour
1/4 cup green onion, chopped
1/4 cup roasted red peppers, chopped (comes in a jar pre-made)
2 tablespoons basil, chopped
Salt and pepper

1. Whip eggs, ricotta, and flour until well combined.
2. Add veggies, salt, and pepper.
3. Spray mini muffin pans with oil spray.
4. Scoop into muffin pan and bake at 350F for 15-20 min.

Gyoza (Japanese Pot stickers)
Amy Lilly, Class of 2017

2 cups cabbage
2 lb. ground pork
1 tablespoon ginger, minced
2 tablespoons green onion (green part), chopped finely
1 teaspoon salt
4 teaspoons red miso
2 teaspoons sesame oil
2 cloves garlic
1/2 teaspoon sugar
Gyoza/potsticker wrappers

1. Chop ingredients fine. Mix well.
2. Place by teaspoonful on potsticker wrapper.
3. Moisten edges with water. Fold diagonally and seal.
4. To cook: Brown the bottom of the gyoza in a tablespoon of oil and then add 1/8 cup water; steam 5 min
5. Dipping sauce (optional): combine mustard, soy sauce and vinegar to taste.
Soups
**Borscht**
Amy Lilly, Class of 2017

8 cups beef broth
1 lb. slice of meaty bone-in beef shank
1 large onion, peeled, quartered
4 large beets, peeled, chopped
4 carrots, peeled, chopped
1 large russet potato, peeled, cut into 1/2-inch cubes
2 cups thinly sliced cabbage
3/4 cup chopped fresh dill
3 tablespoons red wine vinegar
1 cup sour cream
Salt and pepper to taste

1. Bring 4 cups of the beef broth, the beef shank, and onion to boil in large pot. Reduce heat, cover, and simmer until meat is tender (~ 1 hour 30 min)
2. Transfer meat to work surface; trim fat, sinew and bone and discard. Chop meat; cover and chill.
3. Optional: Cool broth slightly. Spoon fat from top of chilled broth and discard.
4. Add remaining 4 cups broth, beets, carrots, and potato; bring to a boil. Reduce heat, cover, and simmer until vegetables are tender, about 30 min
5. Stir in meat, cabbage and 1/2 cup dill; cook until cabbage is tender, about 15 min.
6. Season to taste with salt and pepper. Stir in vinegar.
7. Ladle soup into bowls. Top with sour cream and remaining 1/4 cup dill.

**Miso Soup**
* Amy Lilly, Class of 2017

1/2 to 1 tablespoon Miso (depends on how strong you like it)
1/2 to 1 teaspoon dashi no moto (depends on how fishy you like it)
6-8 small cubes of tofu
1/2 to 1 tablespoon slices of green onion
1 cup boiling hot water

1. Place miso, dashi, tofu, and green onion in soup bowl.
2. Pour in hot water. Stir gently.
3. Slurp from bowl using chopsticks to scoop up tofu and onions

* This makes a great, quick breakfast!
**Mexican Meatball Soup**
Martha Norheim
Residency Coordinator & Medical Student Administrator, Department of Psychiatry

1 small onion diced
1 cup chopped carrots
1 cup chopped celery
4 garlic cloves finely chopped
1 bunch cilantro chopped
1 package of ground turkey 93/7% fat
2 cups zucchini chopped
2 cups mixed vegetables
1 tablespoon of chopped mint
1 jar salsa
1 cup rice basmati or jasmine
2 tablespoons of chicken bouillon

1. Sauté onion and celery until soft (~ 5 min) then add enough water to fill your soup pot about half full. Once boiling add the remainder of the ingredients.
2. Meat balls: mix in garlic salt, oregano and diced mint and form balls. Drop them slowly into boiling water. Keep water at a hard boil because once you start adding the meat ball it lowers the water temperature and you want the water hot so the meatballs keep their shape.
3. Add salt, pepper oregano to soup and cook on medium heat for about another hour.

**Curried Potato and Leek Soup**
Rachel Miceli, Class of 2017

3 tablespoons butter
4 cup chopped leeks (white and pale green parts)
1 lb. boiling potatoes (peeled, 1/4 in pieces)
1 teaspoon curry powder
1 teaspoon salt
1/4 teaspoon pepper
2-2/3 cup water
1 3/4 cup chicken stock
1 cup whole milk

Heat butter over medium heat until foam subsides.
Add leeks, potatoes, curry, salt and pepper. Cook until leeks are soft (5 min)
Stir in water and stock. Simmer for ~ 20 min uncovered until potatoes are tender.
Puree all/part until smooth
Add milk, bring to a simmer, ~ 1min
Optional: add 5 oz. chopped spinach with milk, simmer until wilted
SALADS
Miramonte Salad
Laura Stodtmeister & Rusty Stodtmeister, Class of 2016

1/2 cup extra virgin olive oil
1/3 cup fresh squeezed lemon juice
2 cloves garlic, minced
Salt
Freshly ground black pepper
1 to 2 heads romaine lettuce, torn into bite-sized pieces
4 slices bacon, crisply fried and crumbled
Chicken breasts, cut into strips or bite-sized pieces
1 cup (4 oz.) grated mozzarella cheese
1/3 cup (1 oz.) freshly grated parmesan cheese
2/3 cup toasted slivered almonds
Croutons

1. Combine first five ingredients (through pepper), stirring or shaking vigorously to emulsify.
2. Combine remaining ingredients in large bowl and drizzle dressing on top.
3. Toss well and serve.

Citrus Salad
Stephanie Rogers, Class of 2017

2 oranges
1 grapefruit
1 green apple
1 small jicama
1 medium cucumber
1/4 cup of cilantro, packed
Red pepper flakes
1 teaspoon honey
1/4 cup walnut oil

1. Peel and supreme the oranges and grapefruit over a bowl to catch the juices. Reserve the juice. Slice the apple into thin wedges. Slice the cucumber into thin rounds and cut the jicama into matchstick sized pieces or dice into small pieces.
2. Mix the orange and grapefruit segments, jicama, apple and cucumber in a shallow dish
3. Remove stems from cilantro and sprinkle over the mixture.
4. Whisk 1/4 cup of the reserved juice with 1/4 cup of walnut oil and teaspoon of honey. Pour dressing over salad and mix. Sprinkle with red pepper flakes to taste.
**Ginger Peanut Asian Slaw** (VG, GF)  
Alex Morrison, Class of 2017

**Dressing:**
- 2 tablespoons honey
- 2 tablespoons canola oil
- 2 tablespoons rice vinegar
- 1-1/2 teaspoons soy sauce
- 1/2 teaspoon Asian sesame oil
- 2 teaspoons peanut butter
- 1/2 teaspoon salt
- 1/2 teaspoon Sriracha
- 1-1/2 teaspoons minced ginger

**Slaw:**
- 4 cups shredded coleslaw mix
- 2 cups shredded carrots
- 1 red bell pepper, sliced into thin strips
- 1 cup cooked/shelled edamame (can buy these ready-to-go at Trader Joe’s)
- 2 scallions, sliced
- 1/2 cup chopped salted peanuts
- 1/2 cup chopped cilantro (optional)

1. Toss slaw ingredients together and toss with dressing. Add more salt to taste.
2. This gets better with age so make the day before if possible!

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**Quinoa Vegetable Salad with Lemon-Basil Dressing**  
Adrienne Delucchi, Graduate Assistant, UNSOM Wellness Program

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup uncooked quinoa</td>
<td></td>
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<tr>
<td>15 oz. can garbanzo beans, rinsed and drained</td>
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<tr>
<td>6 cherry tomatoes</td>
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<tr>
<td>1 bell pepper (can use a combo of red, orange, and yellow)</td>
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<tr>
<td>1-1/2 cups corn (I used frozen, thawed)</td>
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<tr>
<td>4 green onions</td>
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**For the dressing**
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1-1/2 teaspoons basil (fresh if possible)

1. Rinse quinoa and cook according to package directions.
2. Meanwhile, whisk together olive oil, lemon juice, and basil.
3. Slice green onions, dice tomatoes and bell pepper.
4. Let quinoa cool when done cooking. Then place all salad ingredients in a large bowl.
5. Pour dressing over and mix well to combine.
6. Eat immediately or chill before serving.
Asian Quinoa Salad
Karen A Thiele, Class of 2016

1/2 cups broth or water
3/4 cup uncooked quinoa
1 tablespoon rice vinegar
2 tablespoons hot pepper jelly or marmalade
2 teaspoons sesame oil
1 tablespoon fresh gingerroot, grated
4 cups broccoli slaw (one bag)
Half a thinly sliced yellow or red pepper
3 tablespoons fresh cilantro
2 tablespoon sliced scallions
1 tablespoon sesame seeds

1. Combine broth or water and quinoa. Bring to boil and simmer 15 min.
2. Whisk together vinegar, jelly, oil, ginger to make the dressing.
3. Combine broccoli slaw, pepper and cooked quinoa. Pour on the dressing and mix well.
4. Top with cilantro, scallions, sesame seeds.
5. Served warm, cool or cold.

Butternut Squash Quinoa Salad
Amanda Hartman, Class of 2017

1 cup quinoa, rinsed well (may also be good with farro or pasta)
2 cups chicken broth or water
9 oz. shaved or chopped brussels sprouts
Salt and pepper
2 tablespoons butter
2 cups of 1/2” cubed butternut squash
1-1/2 tablespoon brown sugar
1/3 cup grated parmesan cheese
1/4 cup roasted pumpkin seeds
2-3 chicken breasts, cooked and chopped
White wine vinegar
Olive oil

1. Bring chicken broth to a boil in a saucepan.
2. Rinse quinoa well, then add to broth. Place a lid on top then turn heat down to medium-low and simmer until tender, about 15-20 min. Fluff with a fork.
3. Meanwhile, preheat oven to 375 °F.
4. Line a baking sheet with foil and add brussels sprouts and drizzle with olive oil, then add garlic salt, and pepper. Toss with fingers to coat. Roast for 15 min or until golden brown.
5. Melt butter in a skillet over medium-high heat. Add brown sugar and butternut squash and sauté, stirring every so often – more so near the end – until tender and caramelized, about 15 min
6. Combine quinoa, brussels sprouts, butternut squash, parmesan cheese, chicken, and pumpkin seeds in a large bowl, then toss with more olive oil and white wine vinegar as a sort of dressing.
Roasted Vegetable and Quinoa Salad
Amy Lilly, Class of 2017

1/2 cup red wine vinegar
1/3 cup extra virgin olive oil
Salt and pepper
500g fresh crimini mushrooms stems removed, caps halved
1 zucchini, chopped into bite size pieces
1 red pepper, chopped into bite size pieces
1 cup quinoa
Small bag baby spinach or kale
Small bag baby lettuce
Feta cheese crumbled

1. Make the dressing: combine red wine vinegar, olive oil, salt and pepper.
2. Toss mushrooms, zucchini, and pepper in half of the dressing. Broil in the oven for 20 min, stirring every 5 min. The vegetables are done when they are soft but there is still liquid in the pan.
3. Meanwhile, in a small saucepan cook quinoa according to box instructions until it is tender.
4. In a large bowl, mix the spinach and lettuce, hot vegetables + cooking liquid, and quinoa. Add feta and mix. Serve with the rest of the dressing on the side.

Quinoa, Fennel, and Pomegranate Salad
Amy Lilly, Class of 2017

1/4 cup and 1 tablespoon of olive oil
2 medium fennel bulbs (2-1/2 pounds), cut lengthwise into 1/4'-thick slices
Kosher salt and freshly ground black pepper
2 tablespoons fresh lemon juice
1 1/2 teaspoons ground cumin
1 teaspoon sugar
1 cup quinoa, rinsed
1 lemon
1 serrano chili, seeded, chopped (can use red pepper flakes instead)
1/2 cup chopped fresh cilantro (optional)
1/2 cup chopped fresh mint (optional)
1 teaspoon chopped fresh dill (optional)
1/4 cup pomegranate seeds (from 1/2 small pomegranate)

1. Heat 1/4 cup oil in large skillet over medium heat. Add fennel; season with salt and pepper. Cook, stirring occasionally, until fennel is tender and lightly golden, 10–12 min. Stir in lemon juice, cumin, and sugar; cook for 1 min. Season with salt and pepper.
2. Meanwhile, cook quinoa according to box directions and transfer to a large bowl.
3. Using a small sharp knife, cut all peel and white pith from lemon. Cut between membranes to release segments; discard membranes and roughly chop. Add lemon with any juices and remaining 1 tablespoon oil to quinoa; stir. Add fennel mixture, chili, and herbs. Toss gently to incorporate. Season with salt and pepper. Transfer salad to a platter; sprinkle with pomegranate seeds.
MAIN DISHES
**Basic Chili**
Natalie E Mazzullo,  
Assistant Director, Nevada Geriatric Education Center  
Program Specialist, Nevada AIDS Education and Training Center

1 pound lean ground beef  
1/2 medium onion, chopped  
1 can (15 ounces) pinto beans  
1 can (15 ounces) diced tomatoes  
1 can or jar (28 ounces) tomato sauce  
1 drop each oregano, rosemary, and wild orange essential oils*  
OR 1 teaspoon each oregano and rosemary, and 1/2 orange, juiced  
2 tablespoons chili powder  
Sea salt and pepper to taste

1. Brown beef and onion in a large pot.  
2. Drain meat and add beans, tomatoes, and tomato sauce.  
3. Bring to a boil and simmer on low for an hour, stirring every 15 minutes.  
4. During the last 15 minutes, add essential oils AND/OR seasonings and stir through.

* For Natalie’s tips about essential oils, see the end of the cookbook!

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**Quick and Hearty Chili**  
Laura Stodtmeister & Rusty Stodtmeister, Class of 2016

3 cups onion, minced  
3 cloves garlic, minced  
1 teaspoons cumin  
3 teaspoons chili powder  
1 teaspoons salt  
1 lb. ground beef  
1 lb. ground Italian sausage  
48 oz. spaghetti sauce  
1 can kidney beans, drained and rinsed  
1 can pinto beans, drained and rinsed  
1 can black beans, drained and rinsed

1. Cook beef and sausage with onions and garlic.  
2. Dump everything else in and heat through.  
3. Serve with cheese, sour cream, or whatever you like on your chili.
Vegetarian Quinoa Chili
Adrienne Delucchi, Graduate Assistant, UNSOM Wellness Program

2 cups cooked quinoa
1 tablespoon extra-virgin olive oil
1 large yellow onion, diced
4 cloves garlic, minced
2 - 14.5 oz. cans diced tomatoes
15 oz. can tomato sauce
1-1/2 to 2 cups of chicken or vegetarian broth
7 oz. can diced green chilies
2-1/2 tablespoon chili powder
2 teaspoon ground cumin
2 teaspoon cocoa powder
1-1/2 teaspoon paprika
1/2 teaspoon granulated sugar
1/2 teaspoon ground coriander
1/2 teaspoon cayenne pepper, or to taste (optional)
Salt and freshly ground black pepper, to taste
2 (15 oz.) cans kidney beans, drained and rinsed
1 (15 oz.) can black beans, drained and rinsed
1-1/2 cups fresh or frozen corn
1/2 cup cilantro, chopped
Juice of lime

1. Heat olive oil in a large pot over medium-high heat. Once oil is hot add onion and sauté until tender, about 4 minutes, adding in garlic during last 30 seconds of sautéing. Add in diced tomatoes, tomato sauce, cooked quinoa, water (start with 1 1/2 cups then add more later if desired), green chilies, chili powder, cumin, cocoa, paprika, sugar, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture a boil, then reduce heat to a simmer, cover pot and allow to simmer 30 minutes.
2. Add in all beans, corn, cilantro and lime and cook until heated through. Serve warm with optional toppings and sides (shredded cheese, sour cream, avocados, or tortilla chips).

Instant Pizza Crust
Anna Louie, Class of 2017

2 1/4 teaspoon active dry yeast
1 teaspoon white sugar
1 cup warm water (110°F/45°C)
2-1/2 cups bread flour
2 tablespoons olive oil
1 teaspoon salt

1. Preheat oven to 450°F
2. In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.
4. Turn dough out onto a lightly floured surface and pat or roll into a round. Transfer crust to a lightly greased pizza pan or baker’s peel dusted with cornmeal. Spread with desired toppings and bake in preheated oven for 15 to 20 minutes, or until golden brown. Let baked pizza cool for 5 minutes before serving.
**Pesto**  
Catriona Moody, Class of 2017

2 large bunches basil  
1 clove of garlic (more as desired)  
3/4 cup freshly grated parmesan cheese  
(domestic is fine)  
1/4 cup pine nuts  
1/2 cup olive oil  
Juice of 1/2 a lemon

1. Pick over and thoroughly wash basil leaves. Large soft leaves make the best pesto. Be picky here – this is the most important part! Dry the leaves well and pack them down in a glass measuring jug. You need 2 cups of packed leaves.  
2. Grind the cheese in the food processor, and set it aside. (Same blade for everything)  
3. Peel the garlic and grind it.  
4. Add the basil leaves, pine nuts and about 1/4 teaspoon salt (adjust salt later if not enough). Pulse to combine. Add the grated cheese, and pulse again.  
5. Combine the olive oil and lemon juice. We replace 1/6 of the volume of olive oil with lemon juice – ending with a 1/2 cup combined. Adjust this to your own taste.  
6. Switch on the processor and add the olive oil/lemon juice in a. Process until the pesto is as smooth as you would like. Taste and adjust salt and lemon. If you are storing the pesto, cover the surface tightly with plastic wrap so that it won’t discolor. This recipe freezes well. Thaw in the fridge or at room temperature – do not heat. This recipe makes enough for a pound of pasta.

**Ratatouille recipe**  
Catriona Moody, Class of 2017

1 onion, sliced into thin rings  
3 cloves garlic, minced (optional)  
1 small eggplant, peeled and cubed  
2 - 4 zucchini, cubed or sliced depending on size  
2 small yellow squash (or more zucchini)  
1 yellow bell pepper, diced  
1 red bell pepper, diced  
1 can chopped tomatoes with garlic and oregano  
Olive oil  
1 bay leaf (optional)  
Dried oregano to taste  
Fresh or dried basil to taste  
Salt and pepper to taste  
* Green beans and carrots are also great!

1. Put a couple of tablespoons of olive oil (or other oil, if you don’t have olive) in the base of a large pan on medium heat.  
2. Add onion and garlic (if used) and coat in the oil.  
3. Add the peppers and allow onions and peppers to cook for 5 minutes while you chop the zucchini, squash and eggplant.  
4. Add zucchini, squash and eggplant to pan and stir them around to coat in oil.  
5. Add canned tomatoes and herbs. You can keep some fresh basil to sprinkle on top if you want. Allow mixture to warm up and bubble gently. Takes just a few minutes.  
6. Turn the heat down to the lowest possible to keep a few bubbles coming up. Put the lid on the pan unless the mixture is very soupy and you want to dry it out. Remember that it will cook faster when the lid is on so check the bubbling once the lid is on.  
7. Cook until the vegetables are soft enough to eat.  
8. Enjoy with pasta, rice, French bread, crepes, or just on its own.
Spaghetti with Mascarpone, Meyer Lemon, Spinach, and Hazelnuts
Amy Lilly, Class of 2017

1 Meyer lemon, zested and juiced (about 3 tablespoons juice)
1/2 cup mascarpone cheese
1/2 teaspoon salt
A few grinds of fresh pepper
1/4 teaspoon freshly grated nutmeg
1/2 pound spaghetti
5 cups (loosely packed) fresh spinach, washed, spun dry, and roughly chopped
1/2 cup chopped, toasted hazelnuts

1. Combine the zest, lemon juice, mascarpone, salt, pepper, and nutmeg in a bowl. Whisk to combine.
2. Bring a pot of water to boil and salt generously. Cook the pasta (homemade is best!) until al dente, taking it off the heat about 1 to 2 minutes before you would normally remove it. Drain, reserving about 1/2 cup of the pasta water.
3. Return the pasta to the pot, and set over low heat. Stir in the mascarpone sauce. Add the spinach and toss so that the spinach begins to wilt. Add about 1/4 cup of the pasta water (more if necessary) to keep the sauce fluid but not too watery. Continue to cook and toss until the spinach is cooked. Add the hazelnuts and stir to combine. Serve immediately.

Spaghetti Squash Marinara
Adrienne Delucchi, Graduate Assistant, UNSOM Wellness Program

For the squash
1 spaghetti squash or butternut squash
2 tablespoons olive oil
Sea salt

For the sauce
1 can crushed tomatoes
2 teaspoon dried basil
1/2 teaspoon dried oregano
1-1/2 1 can chickpeas, drained and rinsed
Sea salt and black pepper, to taste
Fresh basil leaves for garnish
Freshly grated Parmesan cheese (optional)

1. Preheat oven to 375°F. Cut the squash lengthwise and scoop out and discard the seeds. Put the halves cut side up in a greased baking dish and bake for 45 min, or until a fork goes in easily.
2. While the squash bakes, prepare the sauce: In a large frying pan over medium heat, add olive oil, sliced onion, and a pinch of salt. Cook until onion becomes soft and translucent
3. Add garlic and cook for 30 seconds and then add the crushed tomatoes, dried basil, oregano, and cooked chickpeas. Bring to simmer and reduce heat to low. Cook for about 15 min, then taste and adjust for seasoning. Set aside.
4. Remove squash from the oven and let cool. Gently scoop out the squash flesh with a fork and place in a large bowl. You should have nice strands of squash “noodles.” Discard the squash skin.
5. Serve the spaghetti squash with chickpea tomato sauce, freshly grated Parmesan and fresh basil.
**Tomato Basil Penne Pasta**  
Jessica Kim, Class of 2017

2 cans of Hunt’s Diced Tomatoes (28 oz.)  
1 cup heavy whipping cream  
7 cups penne pasta  
5 garlic cloves (diced)  
1 cup parmesan cheese  
1/2 cup chopped basil (~12 leaves)  
Crushed red pepper  
Olive oil

1. Sauté garlic in olive oil, add 1/2 teaspoon salt, 1/2 teaspoon crushed red pepper  
2. Pour in tomato cans  
3. Add 6 cups of water  
4. Add 7 cups of penne (+1/2 teaspoon salt) to boil (~8 min; very al dente (firm))  
5. Add parmesan, heavy whipping cream, and chopped basil  
6. Transfer to baking dish  
7. Lay 2 cups of mozzarella on top  
8. Heat in oven at 475°F for 10-15 min (until cheese gets bubbly)

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**Tomato Sauce with Butter and Onions**  
Anna Louie, Class of 2017

28 oz. (800 grams) whole peeled tomatoes from a can, diced also work  
5 tablespoons (70 grams) unsalted butter  
1 medium-sized yellow onion, peeled and halved  
Salt to taste

1. Put the tomatoes, onion and butter in a heavy saucepan over medium heat. Bring the sauce to a simmer then lower the heat to keep the sauce at a slow, steady simmer for about 45 minutes, less if you're in a rush. Stir occasionally, crushing the tomatoes against the side of the pot with a wooden spoon. Resting the spoon over the pot will stop it from boiling over.  
2. Puree the sauce to your desired chunky-ness. An immersion blender works great here, if you have one.  
3. Remove from heat, discard the onion, add salt to taste and keep warm while you prepare your pasta.  
4. Serve with spaghetti, with or without grated parmesan cheese
Cheesy Vegan (or can make un-vegan) Enchilada Casserole (VG, GF)
Alex Morrison, Class of 2017

“Cheese sauce”:
1/2 cup flour
1/2 cup nutritional yeast
1 teaspoon salt
1 teaspoon garlic powder
2 cups water
4 tablespoons of Earth Balance (can use regular butter)
1 teaspoon yellow mustard

Enchiladas:
2 (10-oz) cans enchilada sauce
3 (14.5-oz) cans black beans, drained
1 (15-oz) can olives, drained & chopped
Chili powder, cumin, garlic powder
2 medium onions, chopped
3 bell peppers (any colors), chopped
(Can add any other veggies you want: zucchini, mushrooms, etc.)
(Can also unveganize and add shredded cheddar cheese & shredded chicken)
10 whole wheat corn tortillas

1. In a medium-large saucepan, combine flour, nutritional yeast, salt, and garlic powder. Whisk in water. Heat on medium heat until bubbling and thick, whisking frequently. Remove from heat and add Earth Balance and mustard. Set aside 1/2 cup of the sauce in a separate bowl. Add beans and olives to the large pot of sauce.
2. Lightly sauté onions, bell peppers, and any other veggies in a pan sprayed with olive oil. Season with chili powder, cumin, and garlic powder. Add to the pan of cheese sauce (if it all fits!).
3. Coat the bottom of a 9 x 13” pan with 1/2 cup enchilada sauce. Cover with a layer of tortillas. Lightly cover with more enchilada sauce.
4. Layer veggies, cheese sauce, (meat and cheese if using), more enchilada sauce, more tortillas, and repeat until the pan is full. End with cheese or reserved 1/2 cup cheese sauce.
5. Bake at 350 °F until brown for 30-45 min
6. Top with hot sauce, salsa, sliced avocado, sour cream, etc.
7. These leftovers are good for days! You can also freeze it and have ready-to-go-Mexican-deliciousness for as long as you want. Worth the extra 20 minutes of work for a week’s worth of meals!

Ortega Chile Chicken
Karen A Thiele, Class of 2016

4 large boneless skinless chicken breasts, cut into bite-sized pieces
1 can condensed cream of mushroom soup
1 can condensed cream of celery soup
1/4 cup white wine
7.5 ounce can of Ortega chilies (or more)
1/2 teaspoon cayenne pepper
2 cups of shredded Monterey jack cheese

1. Mix up the soups, wine and chilies in your crock pot. Stir in the cheese. Stir in the chicken breast chunks. Cook all day in the slow cooker on Low.
2. Can also be done in the oven: 1.5 hours at 350°F, covered; then uncover for another 1/2 hour or so.
Mexican Rice and Beans
Amy Lilly, Class of 2017

Rice

3 tablespoons vegetable oil
1 cup long grain rice, uncooked
1 teaspoon fresh minced garlic
1/2 teaspoon kosher salt
1/2 teaspoon cumin
1/2 cup tomato sauce
1 can (14 oz.) can chicken broth
3 tablespoons finely chopped fresh cilantro

1. Heat oil in a large saucepan over medium heat. Add the rice and gently stir until rice begins to lightly brown.
2. Add the garlic, salt, and cumin and stir the rice until it looks golden.
3. Add the tomato sauce, chicken broth and turn the heat up to medium high. Bring the mix to a boil then turn the heat to low and cover the pan with a lid.
4. Simmer for 20 to 25 minutes. Remove from heat and fluff with a fork and sprinkle on cilantro

Black Beans

2 can black beans, rinsed and drained
1 onion, diced
2-3 garlic clove, minced
A little tomato sauce
Some cumin and cayenne
1 tablespoon light olive oil or butter
1/4 cup chicken broth (use vegetable broth to keep this vegetarian)
1 sweet potato diced (optional but delicious!)

1. Heat oil on medium heat in a saucepan. Add onion and sauté until translucent.
2. Add sweet potato and fry until tender
3. Add garlic, cumin, cayenne and sauté until fragrant and soft.
4. Add black beans, tomato sauce, chicken broth, and salt and bring to a rapid simmer.
5. Reduce the heat so that the pot comes to a simmer, cover and let it cook for about 15 minutes or until the sauce thickens.
6. Serve topped with fresh cilantro, onion, tomato, and/or cheese.
**Baked Chicken Taquitos**  
Natalie E Mazzullo  
Assistant Director, Nevada Geriatric Education Center  
Program Specialist, Nevada AIDS Education and Training Center

4 oz. softened cream cheese  
1/4 cup green salsa  
1/2 teaspoon cumin  
1 teaspoon chili powder  
1/2 teaspoon onion powder  
1 clove garlic, minced  
3 drops lime essential oil OR 1/2 lime, juiced  
3 tablespoons chopped cilantro  
2 tablespoons chopped green onions  
2 cups shredded cooked chicken  
1 cup shredded pepper jack cheese  
Whole wheat or flour tortillas  
Sea salt and pepper, to taste

1. Preheat oven to 425 degrees.  
2. Add green salsa, spices, lime essential oil (OR lime juice to softened cream cheese); stir until combined.  
3. Continue, by adding cilantro, green onions, shredded chicken, and shredded cheese. Mix thoroughly.  
4. Add 2-3 tablespoons of chicken and cheese mixture to the bottom half of the tortilla, keeping it about 1/2” from the edges. Roll up tightly. Place seem down on a non-stick baking sheet.  
5. Brush tops of tortillas with extra virgin olive oil.  
6. Bake for 15-20 minutes until the edges are golden brown. Serve with Salsa.

* For Natalie’s tips about essential oils, see the end of the cookbook!

**Slow Cooker Chili Lime Chicken Tacos**  
Laura Stodtmeister & Rusty Stodtmeister, Class of 2016

1 1/2 lbs chicken  
3 tablespoons fresh lime juice  
1 teaspoon chili powder  
1 cup frozen corn  
1 cup chunky salsa  
1 can black beans, drained (optional)

1. Slow cook chicken with lime and chili powder on Low for 5-6 hours.  
2. Shred chicken, then add the corn, salsa and black beans.  
3. Warm though and serve with tortillas and your favorite taco toppings.
**Slow Cooker Cuban Pork Stew**  
Karen A Thiele, Class of 2016

1 pound sweet potatoes, peeled, cut into 1/2 inch cubes  
1 pound pork loin, cubed into 1 inch pieces  
14.5 ounce can diced tomatoes with green chiles  
1 clove garlic  
1/4 cup orange juice  
2 chopped scallions  
1/2 teaspoon salt  
1/4 teaspoon cumin  
1/4 teaspoon black pepper  
2 tablespoons lime juice  
2 tablespoons chopped fresh cilantro

1. Throw everything but the lime juice and cilantro into the slow cooker and cook on low for 10-12 hours.
2. Add the lime juice and cilantro and cook for another few minutes. Serve with rice.

**Slow Cooker Lasagna**  
Karen A Thiele, Class of 2016

1 pound uncooked lean ground beef (or turkey)  
1 small onion, chopped fine  
1 clove garlic, minced  
28 oz. canned crushed tomatoes  
15 oz. can tomato sauce  
1 teaspoon salt  
1 tablespoon dried oregano  
Pinch of cinnamon (trust me)  
1/4 cup fresh basil, chopped  
1/4 teaspoon crushed red pepper flakes  
1 cup part-skim ricotta cheese  
1-1/2 cups shredded part-skim mozzarella cheese, divided  
6 uncooked lasagna noodles  
1/2 cup shredded parmesan or Asiago cheese

1. Heat up a big skillet with a little oil. Cook the ground beef, onion and garlic together, breaking up the meat into small pieces.
2. Stir in tomatoes and sauce and spices, and simmer for 10 minutes or so to blend flavors.
3. Meanwhile stir up the ricotta cheese and 1 cup of the mozzarella.
4. Spoon 1/3 of beef mixture into a 5 quart slow cooker. Break 3 lasagna sheets in half and arrange over beef mixture; top with half of ricotta mixture. Repeat with another layer and finish with remaining 1/3 of beef mixture.
5. Cover slow cooker and cook on low for 4-6 hours. Uncover and turn off heat.
6. Combine remaining 1/2 cup of mozzarella cheese and Parmesan; sprinkle over beef mixture. Cover and set aside until cheese melts and lasagna firms up, about 10 minutes.

* Can be done as a standard lasagna in the oven too. No need to cook the noodles; just layer as above into a 9x14 lasagna pan, and cover with foil; bake for about 1.5 hours at 350 °F then uncover to bake the top layer of cheese.
**Tomato, Mozzarella, and Basil Sandwich**

Caroline Perez, Class of 2016

Ripe tomatoes
Fresh mozzarella (this is the soft stuff in liquid - not the hard kind you put on pizza)
Italian bread or a baguette
Fresh basil
Olive oil
Balsamic vinegar
Salt and pepper
Additional: avocado, prosciutto, roasted peppers and/or whatever you want!

**Delicious Regular or Can-be-made-Vegan Tuna** (VG, GF)

Alex Morrison, Class of 2017

5 cans tuna or 2 cans mashed chickpeas
1/3-1/2 red onion, chopped finely
3 stalks celery, chopped finely
1/2 teaspoon pepper
1/2 teaspoon salt
2 tablespoon Dijon mustard
3/4 cup mayo (I sub almond milk yogurt for this and it is delish)
3/4 cup relish

Mix all together and WA-la! You can play around with the ratios for this to your liking.

**Study-abroad chicken**

Anna Louie, Class of 2017

8 chicken drumsticks, skin on
1 cup water
1/2 cup balsamic vinegar
1/3 cup soy sauce
2-1/2 tablespoons sugar
1 garlic clove, peeled and bruised
1 small hot chili pepper, slit open, seeds removed

1. Place all the ingredients in a saucepan over a high heat.
2. Bring to the boil, then reduce to a simmer for about 20 minutes.
3. Remove any scum that rises to the surface.
4. Increase the heat, turning the drumsticks frequently in the sauce, and cook until the liquid has reduced to a sticky glaze.
5. Arrange the chicken on a serving platter, remove the garlic clove and chili from the liquid, and spoon the glaze over.
Asian Turkey Lettuce Wraps
Rhonda Mittenzwei, Class of 2017

1 lb. ground turkey
1 tablespoon coconut oil or olive oil
2 cloves garlic, minced
1/8 teaspoon ground ginger
1 container of white mushrooms, chopped
1 bunch thinly sliced green onions
3 tablespoon Tamari
1-1/2 tablespoon rice vinegar or white wine

1. Heat the oil in a nonstick skillet over medium-high heat.
2. Add the turkey, garlic, and ginger and cook until the turkey is done.
3. Add the mushrooms, and cook until they’re done.
4. Remove from heat and add the green onions. Stir it all together.
5. In a little bowl combine and stir the tamari, vinegar, and Sambal Oelek. Pour over the turkey and mushroom mixture and stir it all together.

Sesame Seared Ahi Tuna with Wasabi Butter
Barré Guillen, Class of 2017

Ahi Tuna

1 Ahi tuna steak
4 Tablespoons of raw sesame seeds
Olive oil for frying
Salt

1. Heat olive oil in frying pan until you barely start to see some evaporation
2. Coat tuna steak in raw sesame seeds
3. Salt at least one side of the steak
4. Sear in olive oil for 1.5 to 2 minutes per side (longer if you want it less raw inside)

Wasabi Butter

1/2 cup butter
2 tablespoons wasabi paste (in the tube)
6 chives (diced)
1 tablespoon fresh lemon juice
Salt

1. Mash up butter with the other four ingredients (salt to taste)
2. Mold into a cylinder in tin foil and place in the refrigerator
3. Place a slice of butter on the Ahi steak as soon as it’s ready
4. Enjoy! (Delicious with sautéed spinach)
Oyako-don (Chicken and Egg with Rice)  
Amy Lilly, Class of 2017

5 oz. Chicken breast  
1 tablespoon Mirin  

_Dashi Mixture:_  
3 tablespoons light color soy sauce  
1 tablespoon caster sugar  
1 tablespoon sakea pinch of Hon-Dashi  

Some vegetable oil  
1 brown onion, sliced  
1 stem spring onion, sliced diagonally  
2 eggs, beaten  
2 bowls cooked rice

1. Cut the chicken into bite sized pieces and marinate with Mirin.  
2. To make dashi, heat the ingredients in a sauce pan and set aside.  
3. Pour a little oil in a frying pan and stir-fry chick until cooked through.  
4. Add onion and stir until brown. Then add spring onion and stir another minute.  
5. Add the dashi mixture and bring to a boil, then reduce heat.  
6. Pour beaten eggs in a circular motion over the simmering mixture. Set over low heat until the egg is just cooked.  
7. Place a portion of hot rice into each bowl and slide half of the chicken and egg toppings over the rice in each bowl.

Tofu Scramble  
Amy Lilly, Class of 2017

2 14-ounce blocks extra-firm tofu  
2 tablespoon vegetable oil  
1 small onion, chopped  
1 small green bell pepper, finely chopped  
1 small red bell pepper, finely chopped  
1/2 teaspoon ground coriander  
1/2 teaspoon ground cumin  
1-1/2 teaspoon ground turmeric  
1 15-ounce can black beans, rinsed, and drained  
1/4 cup coarsely chopped fresh cilantro  
Kosher salt, freshly ground pepper  
4-6 whole wheat tortillas, warmed  

Garnishes: salsa, chopped avocado, grated cheddar, sliced scallions, and hot pepper sauce (optional)

1. Place tofu on a plate lined with several layers of paper towels (to absorb liquid). Using a fork, smash tofu.  
2. Heat oil in a large skillet over medium-high heat. Add onion and peppers; cook, stirring occasionally, until softened, 3-4 min. Stir in coriander and cumin; cook until fragrant, about 1 min. Stir in tofu, then turmeric. Add beans; cook, stirring often, until heated through, 1-2 min. Stir in cilantro; season with salt and pepper.  
3. Serve scramble with tortillas and garnishes, as desired.
**Japanese Curry Rice**
Amy Lilly, Class of 2017

1/2 lb. sliced pork
1 potato, cut into 2/3” chunks (optional)
1 carrot, sliced – 2/3”
1 small onion – cut into 8 pieces
3 cups water
1 package Golden curry (available in Asian section of market)
1 can coconut milk

1. Brown pork then add water, carrot, and onion. Bring to a boil. Cook until pork is tender (1-2 hours) and make sure water does not completely evaporate. Replace water that evaporate.
2. Add Golden curry. Once dissolved, add 1/2-1 can of coconut milk depending on taste and heat through.

**Spicy Vegan Curry (VG, GF)**
Alex Morrison, Class of 2017

1 tablespoon olive oil
1 yellow onion, diced
5 cloves garlic, minced
2 teaspoons ground cumin
1-1/2 teaspoon cayenne pepper
4 teaspoons curry powder
4 teaspoons Garam masala
Pinch of paprika
1 tablespoon fresh minced ginger (you can get it pre-minced in a tube)
2 teaspoons salt
Optional veggies: roasted cauliflower, spinach, green bell pepper, frozen peas, chopped carrots
1 (14.5-oz) can diced tomatoes w/ green chilies
1 (15-oz) can chickpeas, drained
1 (14-oz) light coconut milk (can use soy/almond milk too)

1. Heat oil in large saucepan over medium heat.
2. Add onion and garlic and cook 5 min until translucent.
3. Add the rest of the veggies, spices, and ginger, and cook 5 more min
4. Add tomatoes, beans, and milk, and bring to a simmer for at least 10 min
5. Add more spices as necessary, and cook until all thickened and all veggies cooked through.
6. Can serve with rice but I think it is good enough on its own so not completely necessary!
Aloo Phujia
Anna Louie, Class of 2017

1 onion, chopped
1/4 cup vegetable oil
1 pound potatoes, peeled and cubed
1 teaspoon salt
1/2 teaspoon cayenne pepper
1/2 teaspoon ground turmeric
1/4 teaspoon ground cumin
2 tomatoes, chopped

1. Lightly brown onion in oil in a medium size skillet.
2. Stir in salt, cayenne, turmeric and cumin. Add potatoes and cook 10 minutes stirring occasionally.
3. Add tomatoes, cover pan and cook until potatoes are soft, about 10 minutes.
4. Put some of the turkey mix in each lettuce leaf, or serve it over cabbage, or with broccoli.
DESSERTS
**The RAW “Brownie”** (VG, GF)
Alex Morrison, Class of 2017

2 cups walnuts
2 1/2 cups Medjool dates, pitted
1 cup cocoa
1 cup raw almonds, chopped
1/4 teaspoon salt
Splash of vanilla

1. Grind walnuts in a food processor until finely ground.
2. Add cocoa and salt and pulse to combine.
3. Add dates one at a time through feeder while running.
4. In a large bowl, mix almonds with the date mixture.
5. Line an 8x8 pan with tinfoil and spray with cooking spray. Press mixture firmly in until smooth.
6. I know it sounds weird. Just give it a try and trust me. Can double as a snack bar if it doesn’t cut it as dessert for you.

**Decadent Flourless Chocolate Cake** (GF)
Alex Morrison, Class of 2017

300g dark chocolate
1/2 cup butter
2/3 cup sugar
1-1/4 cup almond flour
3 eggs, separated

1. Add 225 g chocolate and butter to double boiler and melt. Add sugar (except 2 tablespoons). Remove chocolate from heat, add almond flour, and then add 3 egg yolks.
2. Beat egg whites with 2 tablespoons sugar until very stiff.
3. Add 1/3 egg whites into chocolate and mix with a fork. Keep adding bit by bit until completely mixed in.
4. Butter and flour a round cake pan and add batter to pan.
5. Bake at 325F for 30 min
6. Melt remaining 75g chocolate in the microwave (1-2 min) and cover the cake with it.
7. Let cool until chocolate hardens and enjoy! Yummy served with berries or raspberry sauce (mush up raspberries in a saucepan over medium heat with a few tablespoons of sugar).
**No Bake Cookies**  
Robert Childs, Class of 2017

1 3/4 cups white sugar  
1/2 cup milk  
1/2 cup butter  
4 tablespoons unsweetened cocoa powder  
1/2 cup crunchy peanut butter  
3 cups quick-cooking oats  
1 teaspoon vanilla extract

In a medium saucepan, combine sugar, milk, butter, and cocoa. Bring to a boil, and cook for 1 1/2 minutes. Remove from heat, and stir in peanut butter, oats, and vanilla. Drop by teaspoonful’s onto wax paper. Let cool until hardened.

**Banana Oatmeal Cookies**  
Travis Phillips, Class of 2017

1/2 cup oatmeal  
1 ripe banana  
1 tablespoon peanut butter

Combine all ingredients well (Optional: lightly pulse oats in a food processor first)  
Form cookies. Bake at 350 for 10-12 min.

**5 Minute Healthy Peach Frozen Yogurt**  
Adrienne Delucchi, Graduate Assistant, UNSOM Wellness Program

1 (16-oz.) bag frozen peaches or frozen berries (mixed or use your favorite)  
3 Tablespoons agave nectar or honey  
1/2 cup plain yogurt (non-fat, whole, or Greek)  
1 tablespoon fresh lemon juice

1. Add the frozen peaches, agave nectar (or honey), yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.  
2. Serve the frozen yogurt immediately or store in an airtight container and store for up to 1 month.
Cooking Tips with Essential Oils

Essential oils are different from other oils such as vegetable, olive, flax, sesame, peanut, or canola. While they have benefits, cooking with essential oils is a healthy alternative in flavoring foods. Only essential oils that are pure, certified, and therapeutic grade should be used in cooking.

The easiest way to cook with essential oils is to substitute those oils in recipes that call for dried herbs, spices or fruit juices. Because essential oils are more concentrated than the herbs or plants they are derived from, you will use much less. As an example, 1 drop of peppermint essential oil is equivalent to 28 cups of peppermint tea made from dried peppermint leaves.

Dried herbs lose up to 90% of their healing nutrients in the drying process, essential oils do not. Whenever possible, add the essential oil right before serving as the essential oils lose their therapeutic value if heated for an extended period of time.

Best of all, 100% pure, therapeutic food grade essential oils are readily available and safe for cooking, and not only that, they are delicious! If you are in need of essential oils, contact us at heartoils@me.com

Examples for replacing seasonings with essential oils or substituting seasonings for essential oils:
1 tablespoon zest = 8 to 14 drops of essential oil
1 tablespoon dried spice or herb = 1/2 - 1 drop of essential oil
1/2 - 1 teaspoon dried spice or herb = 1 toothpick dip*

*Dip a toothpick in the center of the dripper cap and then swirl the toothpick in your recipe or beverage. For stronger oils such as cilantro, cinnamon, oregano, and thyme make sure to always start with a lesser amount and add to taste.

Please check out David Keeling & Natalie Mazzullo’s cookbook, Everyday Recipes for Everyday Health: Healthy Cooking with Essential Oils, at:
http://www.mazzkeel.com/store/c1/Featured_Products.html

The cookbook was written by two dōTERRA IPCs (essential oils product consultants and features easy to follow recipes using safe and therapeutic essential oils. The recipe book takes you from beverages and weight management meal replacement smoothies, to soups, salads, appetizers, entrees, side dishes, and desserts. Using essential oils in your cooking gives optimum flavor and added health benefits.