



Week 7 Participant Manual: **Cooking**



Week 7 Contents

- Recipes to Make without the Use of an Oven
- Super Salads
- Cold Soups
- Perfect Popsicles
- Food Sources of Iron and Vitamin C

Journaling

- Do you feel you eat out too often? If so what is one thing you can do to start eating in the home more often?
- What are some of your favorite dishes to prepare during the summertime? When was the last time you prepared them? When will you prepare them again?



Recipes to Make without an Oven

Easy Black Bean Salsa

This is a recipe that can be prepared in a short amount of time. You can always use the beginning as a base and build on it in order to create a quick meal. To absorb the iron out of the beans you must consume them with a food source that contains Vitamin C. That is why it is helpful to top your salsa with some lime juice.

You'll Need

- 1-14 .5 oz. Can Black Beans, drained (or use the same amount of cooked beans)
- 1-14.5 oz Can Corn, low sodium, drained (or use the same amount of fresh corn)
- 1-12 oz. Jar Salsa
- ¼ cup Cilantro, chopped
- 1 ½ Tablespoon Fresh lime juice

Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad or baked potato, in a wrap or on top of some corn chips.

Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, green onion, avocado, or tomato.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.



Hummus

You'll Need

- 1 ½ cups cooked chickpeas
- ¼ water
- ¼ c tahini (sesame seed paste)
- 1 ½ tablespoons lemon juice from a fresh lemon
- 1 ½ tablespoons extra virgin olive oil
- 1-2 garlic cloves, crushed

Directions

- Place all ingredients in a blender except olive and mix until smooth but thick.
- Put on a plate and decorate with spices, herbs and olive oil.

- Enjoy with raw vegetables such as carrots, celery, and bell pepper or with pita bread or crackers.

Play with Your Food

- Spices and herbs to season: examples: cumin powder, dried or fresh parsley, sweet paprika, curry powder
- When everything is in the blender, try adding some roasted red pepper or sun dried tomato.



Super Salads

Greek Salad

You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into ¼ inch pieces
- ¾ cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- ¼ cup extra virgin olive oil
- 3 Tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper

Directions

- Combine vegetables in a bowl. In a small bowl mix oil, vinegar, and oregano then pour over salad and season with salt and pepper to taste. Before serving salad place feta slices on salad.

Play with Your Food

- Add some pepperoncini peppers or red bell pepper.
- Try using a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.



Spinach, Strawberry, Pecan Salad

You'll Need

Salad

- Spinach
- Sliced Strawberries

Nuts

- 1 cup sliced pecans
- ¼ cup sugar

Dressing

- 1/3 cup olive oil
- 1 teaspoon sugar
- 2 Tablespoons rice vinegar
- Poppy seeds (optional)

Directions

- Stir the sugar, in a large skillet over medium heat until the sugar melts approximately 3 minutes.
- Then mix in the pecans and stir until the syrup evenly coats the nuts.
- Next place the nuts on a piece of parchment paper or foil to cool and with a knife separate the nuts.
- Then mix all ingredients for dressing in a bowl.
- To prepare the salad plate some spinach topped with strawberries and candied nuts. Then add a drizzle of dressing

Note

These nuts can also be stored in an airtight container for up to one month.

Play with Your Food

- Try a different nut
- Use brown sugar instead of white sugar
- Add other vegetables of choice
- Do not candy nuts and just serve salad with toasted nuts.
- Choose a different fruit.



Cold Soups

Cantaloupe Soup

You'll Need

- 1 cantaloupe
- 1 orange
- ½ cup whipping cream
- 1 teaspoon sugar
- A pinch of salt

Directions

- Quarter cantaloupe melon; remove seeds and outer rind.
- Cut melon into small pieces.
- In blender or food processor, process melon until smooth; transfer to a bowl.
- Grate rind from orange and reserve for garnish.
- Squeeze juice from orange; add to the bowl along with the cream, sugar, and salt.
- Cover and refrigerate for at least 4 hours or until chilled.
- Sprinkle with the grated orange rinds.

Play with Your Food

- Before serving add a squirt of lime.
- Mix in some freshly grated ginger



Cool Yogurt Soup

You'll Need

- 3 medium cucumbers
- 6 cups yogurt
- 2 Tablespoons white vinegar
- 1 Tablespoon olive oil
- 3 garlic cloves, minced
- 1 Tablespoon chopped mint
- 1 ½ teaspoons chopped dill
- Salt

Directions

- Peel cucumbers and slice lengthwise into halves.
- Scoop out seeds from each half with spoon.
- Coarsely grate cucumbers to measure about 3 cups.
- Place yogurt in deep bowl and whisk or stir until completely smooth.
- Gently but thoroughly stir in grated cucumbers, vinegar, oil, garlic, mint and dill.
- Season to taste with salt.
- Refrigerate soup 2 hours or until thoroughly chilled.

Makes 2 to 2 1/2 quarts

Play with Your Food

Substitute the dill with chopped fresh parsley.



Vegetable Gazpacho Soup

You'll Need

- 2 garlic cloves, chopped
- 6 large tomatoes
- 1 large onion
- 1 green pepper
- 2 small cucumbers
- ½ cup olive oil
- 1/3 cup lemon juice
- 3 cups tomato juice
- Salt
- Cayenne pepper

Directions

- Peel the tomatoes and blend with the garlic in a blender.
- Add 1/4 of the green pepper, 1/4 of the onion, and 1/2 of the cucumber.
- Chill.
- Chop remaining vegetables and put in refrigerator.
- Put tomato juice in refrigerator.
- Just before serving, blend olive oil, lemon juice, salt, cayenne and tomato juice.
- Add to blender mixture.
- Ladle into soup dishes and add chopped vegetables.
-
- Top with croutons as a garnish.

Play Your for Food

Top soups with some fresh herbs of choice. Try cilantro, basil or parsley.



Popsicles

Banana Popsicles

You'll Need

- Bananas
- Chocolate sauce (see recipe below)
- Chopped nuts of choice
- Popsicle sticks

Directions

- Peel bananas.
- Insert popsicle stick into banana, cover and freeze.
- Dip frozen bananas in chocolate sauce (see recipe below) and roll in nuts.
- Freeze again to allow chocolate to harden.



Bittersweet Chocolate Sauce

You'll Need

- ½ cup sugar
- ¼ teaspoon salt
- ¼ cup unsweetened cocoa powder
- ½ cup water
- 2 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

Directions

- Whisk sugar, salt and cocoa powder in heavy small saucepan to blend.
- Whisk in 1/2 cup water. Add chopped chocolate. Stir over medium heat until chocolate melts and mixture is smooth and begins to simmer, about 5 minutes.
- Let slightly cool before dipping bananas.
- Any unused chocolate can be refrigerated and reheated before using again.

Play with Your Food

Add a pinch of cinnamon to sauce.



Vanilla Popsicles

You'll Need

- 2 cups milk
- 1 ½ Tablespoons sugar
- 1 Tablespoon vanilla

Directions

- Mix all ingredients until sugar is dissolved.
- Pour into Popsicle molds.
- Freeze until solid (approximately 4 hours).

Play with Your Food

Try making your own vanilla extract from a vanilla bean. And use the extract in the Popsicle. This is a great cooking activity for kids to be involved with.



Frozen Fruit Popsicles

You'll Need

- 1 cup bananas, mashed
- 9 ounces frozen strawberries
- Approximately 14 ounces crushed pineapple
- 2/3 c. evaporated milk

Directions

Blend in blender and put in Popsicle molds. Freeze well.

Play with Your Food

Substitute the strawberries with a different frozen fruit.



Examples of Iron Rich and Vitamin C Rich Foods

Heme Iron Sources

Iron from Heme Iron food sources is directly absorbed into the body.

Clams	Beef
Pork	Shrimp
Oysters	Sardines
Chicken	Turkey
Mussels	Sardines

Non Heme Iron Sources

Non heme iron food sources should be consumed at the same time with a food that is a good source of vitamin C. This aids in the body's ability to absorb the iron. When consuming a heme iron food source, a vitamin c food source is not necessary.

Soybeans
Beans (all kinds, examples: lentils, black beans, chick peas, pinto beans)
Seeds
Blackstrap molasses
Eggs
Potatoes with skin
Turnip greens
Asparagus

Vitamin C Food Sources

Oranges	Red peppers
Pineapple	Broccoli
Cantaloupe	Tomatoes
Strawberries	Onions
Grapefruit	

Examples of good combinations:

Black beans and Pineapple
Pinto beans and Salsa
Hummus sandwich topped with tomato slices
Lentils topped with caramelized onions