



## 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 1/4 inch pieces
- 3/4 cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- 1/4 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
- 1/4 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