



## **A Collection of Favorite Recipes**

*Developed by Health\*Matters,  
Wellness Program for Faculty and Staff*



We hope you enjoy this collection of recipes shared over several years through the Cook Well Berkeley workshops, offered by Health\*Matters Wellness Program for Faculty & Staff. From healthy appetizers, plant-based entrees, to lots of vegetables and salads, our goal is always to help you make cooking fun and simple!

Eating well is easy with the healthy meal model – just make half your plate vegetables! Get creative with healthy proteins and whole grains from the myriad of delicious food cultures to round out your plate.

Cheers to cooking your way to good health!

*The Health\*Matters Team*



We want to thank Kim Guess, RD; Jackie Armstrong, MPH, RD; and Kristen Rasmussen, MS, RD, Health\*Matters current and former Registered Dietitians, for sharing their cooking talents and favorite recipes through Cook Well Berkeley.



# Savory Oatmeal

Serves 4-6

- 1 cup steel cut oats
- 3-4 cups vegetable broth or water
- 1 tablespoon extra virgin olive oil
- 1 yellow onion, diced
- 10 ounces mushrooms, sliced
- 1 bunch of greens, such as chard or spinach, chopped

## Delicious additions (optional):

- Egg, poached or pan-fried
- Reduced sodium tamari or soy sauce
- Sesame seeds
- Green onion, sliced
- Hot sauce or crushed red pepper
- Add or substitute any of your favorite vegetables

1. In a saucepan, heat oats and broth. Bring to a boil, then reduce heat and simmer uncovered for about 20-30 minutes, or until oats reached desired texture, stirring occasionally.

2. Meanwhile, heat a skillet over medium heat and add oil. Add onions and cook for 1-2 minutes. Add mushrooms and continue cooking until onions become translucent. Add chopped greens and turn the heat to low, mixing the vegetables until the greens are wilted.

3. Combine cooked oats with vegetables and serve with any additional ingredients of your choice.



### Tip:

To reheat, add 1-2 tablespoons broth or water and microwave for 1-2 minutes.



# Frittata Muffins

Serves 6

- Oil to grease pan, such as olive oil
- 10 large eggs
- 2 cups vegetables
- 1/2 teaspoon salt

## Vegetable ideas:

- Sauteed mushroom and spinach
- Sauteed bell pepper and onion
- Cooked broccoli and tomato
- Roasted/grilled veggies of choice

1. Preheat oven to 350°F. Use a paper towel to grease a muffin pan with oil.
2. In a medium bowl, whisk the eggs with the salt. Stir in vegetables. Pour egg mixture into muffin pan.
3. Bake for 20-25 minutes, or until tops are light golden brown.
4. Serve warm. You can also refrigerate for up to 4-5 days.



## Tip:

To cut back on egg yolks, replace 5 whole eggs with 10 egg whites or 1 cup 100% liquid egg whites.



# Pizza Omelet

Serves 2

- 2 whole eggs
- 4 egg whites
- 1 teaspoon oil
- 1/2 cup pizza sauce
- Vegetable toppings of choice, sauteed
- Mozzarella cheese (optional)

## Vegetable topping ideas:

Mushrooms, spinach, broccoli, tomato, bell pepper, onion, artichoke hearts, olives, pesto, basil

1. Whisk eggs and egg whites in a medium bowl.
2. Heat a medium nonstick skillet over medium-high heat. Add the oil, then the eggs. Push eggs towards the center of the pan until they are fully cooked and form a solid round base for your pizza. Flip the eggs over and remove from heat.
3. Spread pizza sauce over the eggs, then vegetable toppings and cheese, if using (optional).
4. Turn on the broiler. If the pan is oven safe, place it under the broiler. If not, place the pizza omelet on a baking sheet and place under a broiler until eggs/cheese start to brown, about 3-5 minutes. Watch carefully to prevent burning. Cut into 4 slices and serve.



# Protein Packed Granola

Makes 24 servings (1/4 cup each)

- 3 tablespoons canola oil
- 4 cups old-fashioned rolled oats
- 1/4 cup flax meal
- 2 teaspoons ground cinnamon
- Pinch of salt
- 3/4 cup apple juice or cider
- 1/4 cup maple syrup
- 1/4 cup honey or agave nectar

## Delicious additions (optional):

- Nuts such as pecans, almonds, walnuts, or peanuts
- Sunflower seeds
- A very small portion of dried fruit such as cranberries, raisins, apricots, dates, unsweetened coconut

1. Preheat oven to 325°F.
2. Lightly grease baking sheet with canola oil (you may also use cooking-oil spray, or line baking sheet with nonstick foil or parchment paper).
3. In a medium bowl, combine the oats, flax meal, cinnamon, and salt. Mix well and set aside.
4. In a small bowl combine the apple juice, maple syrup, honey, and optional brown sugar. Heat in microwave for 30 seconds and whisk with a fork until a syrup forms.
5. Add the wet ingredients to the dry ingredients, stirring until the mixture is fully combined and moist. Spread the mixture onto the prepared baking sheet and bake for 15 minutes.
6. Remove from the oven and stir, breaking the large chunks into smaller pieces. Bake for an additional 8 minutes or until crisp. Remove from oven and allow to cool.
7. Add any additional ingredients and toss to combine. When completely cool, store the granola in an airtight container.



# Gingerbread Granola

Makes 18 servings (1/4 cup each)

- 2 cups old-fashioned rolled oats
- 1/2 cup unsweetened coconut flakes
- 1/4 cup raw pumpkin seeds
- 1/4 cup sliced almonds
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 tablespoons virgin coconut oil, melted
- 1/2 cup unsweetened applesauce
- 1 1/2 tablespoons molasses
- 3 tablespoons maple or agave syrup
- 1/2 teaspoon vanilla extract
- 1/2 cup dried cranberries
- 1/2 cup shelled pistachios

1. Preheat oven to 325°F.
2. In a large bowl, combine oats, coconut flakes, pumpkin seeds, and almonds. Mix ginger, cinnamon, and salt in a small bowl, then toss with oat and nut mixture.
3. In a medium bowl, combine coconut oil, applesauce, molasses, maple or agave syrup, and vanilla, then stir to combine. Pour mixture over oat mixture and toss until oat mixture is well coated.
4. Spread the mixture evenly on a baking sheet and bake for about 30 minutes, stirring every 10 minutes and watching carefully for the last 10 minutes to prevent burning. Remove from oven when granola is golden brown.
5. Let cool, then add pistachios and dried cranberries. Store in an air-tight container

**Tip:**

You can replace the applesauce with pumpkin puree.

# Popped Corn -- Season it Your Way!

*Did you know that corn is a whole grain?*

Makes 4 servings (3 cups each)

- 2 tablespoons of oil, such as canola, grapeseed, or coconut
- 1/2 cup popcorn kernels

## Parmesan-Thyme Popped Corn

- 1/4 cup Parmesan cheese, finely grated
- 1 teaspoon ground thyme
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

## Sweet and Savory Popped Corn

- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1 1/2 teaspoons brown sugar

1. Heat oil in a large pot over medium heat, add a few kernels of popcorn, and cover.
2. Once the kernels pop, add remaining kernels. Cover and gently shake the pot by moving it back and forth until the popping slows to 5 seconds between pops.
3. Toss popcorn with desired seasonings.



### Tip:

Watch the video, *Stove-top Popped Corn*, on the Cook Well Berkeley webpage. You can use an air-popper instead of the stovetop method, if desired.



## Kale Chips

Serves 6

- 1 bunch kale
  - 2 teaspoons olive oil
  - $\frac{1}{2}$  teaspoon salt (sea salt preferred)
1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
  2. Remove the thick stems of the kale from the leaves and chop leaves into bite sized pieces. Wash and dry kale thoroughly, then toss with olive oil and salt.
  3. Bake until edges are browned, but not burned, about 10-15 minutes.



**Tip:**

In addition to or in place of salt, try herbs and spices such as paprika, cumin, basil or cayenne.

## Brussels Sprouts Chips

Serves 6

- 1 pound Brussels sprouts
  - 1 tablespoon olive oil
  - Salt and pepper to taste
1. Preheat oven to 400°F.
  2. Cut off the stems of the sprouts and peel off the leaves. Cut off a little more of the stem to continue removing the leaves until you get to the tight, lighter color leaves in the middle. Reserve these cores for later use.
  3. Toss leaves with olive oil and use your hands to rub the oil into the leaves. Season with salt and spread into a single layer on baking sheet.
  4. Bake 10-15 minutes, stirring every few minutes. Remove from oven when leaves are crisp but not burned. Serve immediately.



**Tip:**

Separately roast reserved cores with olive oil, salt, and pepper until tender.

# Savory Roasted Chickpeas

Serves 6

- 1 15-ounce can garbanzo beans (chickpeas)
- 1 tablespoon extra virgin olive oil
- $\frac{1}{2}$  teaspoon paprika
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon garlic powder

1. Preheat oven to 425° F.
2. Rinse and drain the beans. Place onto a towel and pat completely dry, removing any loose skins.
3. In a medium bowl, whisk together oil, paprika, salt, pepper, and garlic powder. Add beans and mix well to coat.
4. Place beans on a baking sheet lined with parchment paper. Roast for 20 minutes, stir, then continue roasting another 20-30 minutes, watching closely and stirring every 10 minutes, until crunchy and golden brown (total 40-50 minutes).

## Seasoning suggestions:

Experiment with other flavors according to your tastes (ex: chili powder, cumin and lime juice; garlic and parmesan; garlic and buffalo sauce)

# Rosemary Sesame Pecans

Serves 16

- 1 pound pecan halves (about 4 cups)
- ¼ cup sesame seeds
- 2 large egg whites
- 2 teaspoons salt
- 1 tablespoon fresh rosemary, minced

1. Preheat oven to 300°F. Line two baking sheets with parchment paper.
2. Combine sesame seeds, salt, and rosemary in a small bowl.
3. In a large bowl, whisk the egg whites until slightly frothy, then add pecans and toss to coat.
4. Add the herb mixture to the pecans and toss to coat evenly.
5. Spread the pecans into an even layer on the prepared baking sheets and bake 20-25 minutes or until the nuts are toasted and the coating is dry.



**Tip:**

Try this recipe with other nuts -- walnuts, almonds, cashews, etc.

# Spinach Artichoke Hummus

Makes 3-5 cups

- 1 15-ounce can garbanzo beans, drained (juice reserved)
- 4 cups fresh spinach, loosely packed
- 1 cup artichoke hearts (frozen and thawed, or canned)
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic
- Salt and pepper to taste

1. Combine all ingredients in a food processor or high power blender and blend until smooth. For a thinner consistency, add a few extra tablespoons of reserved garbanzo bean juice until desired consistency is reached.

2. Serve with raw veggies such as carrots, sugar snap peas, radishes, bell peppers, cucumbers, or celery.



## Tip:

**Got leftover spinach? Its easy to add it to your meals!**

- Make a baby spinach salad
- Add to omelets or egg dishes
- Blend into a smoothie
- Add to a stir fry
- Saute and add to lasagna or other pasta dishes

# Guacamole Deviled Eggs

Serves 3-6

- 6 large eggs
- 1 large avocado
- 1 tablespoon red onion, minced
- 2-3 teaspoons fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 cloves garlic, minced
- 1/8 teaspoon garlic powder (optional)
- Paprika for garnish
- Salt and pepper to taste

1. Hard boil the eggs. One method is to put the eggs in pot, cover with water, and bring to a boil. Remove from heat and cover for 12 minutes. Drain and let sit in ice water to cool.

2. Peel the eggs, cut in half lengthwise, and remove the yolks. Reserve 2 yolks and discard the rest.

3. Mash the avocado and add the two yolks, red onion, lime juice, salt, pepper, garlic, and garlic powder. Mix well but leave the avocado slightly chunky.

4. Fill the egg whites with the avocado mixture. Sprinkle with paprika and serve.



## Tip:

Serve the same day because the guacamole will turn brown after several hours.

# Asian Chicken Salad

Serves 4-6

- 1 rotisserie chicken
- 1 head romaine lettuce, chopped
- 1 head napa cabbage, chopped
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 cup sugar snap peas, chopped
- 1 ½ cups clementines, peeled and separated into segments OR 1 can mandarin oranges, in water, drained
- 4 stalks green onion, sliced
- ¼ cup sesame seeds
- ¼ cup sliced almonds

## Dressing

- 1/3 cup rice wine vinegar
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 3 tablespoons olive or canola oil
- 1 teaspoon sesame oil
- ¼ cup reduced sodium tamari or soy sauce

1. Remove meat from rotisserie chicken and discard skin. Shred into bite-sized pieces and set aside.
2. Combine lettuce and cabbage in a large bowl.
3. Top lettuce mixture with bell peppers, snap peas, clementines, and chicken. Toss, or leave the vegetables separated for a nice presentation.
4. Combine dressing ingredients in a small bowl. Toss with salad just before serving. Garnish with green onions, sesame seeds, and almonds.

## Alternative to rotisserie chicken:

- 1 to 1 ½ pounds boneless skinless chicken
  - 3 tablespoons reduced sodium tamari or soy sauce
  - 1 tablespoon rice wine vinegar
  - 1 tablespoon cooking oil, such as canola or grapeseed
  - 1 tablespoon minced garlic
  - 1 teaspoon minced ginger
1. Combine all ingredients and marinate the chicken for 2-24 hours.
  2. Grill or bake chicken until internal temperature reaches 165°F.



# Mediterranean Quinoa Salad

Serves 4-6

- 3-4 cups vegetable broth
- 1 ½ cups quinoa, uncooked
- ½ cup kalamata olives, sliced (optional)
- 1/3 cup fresh parsley, chopped
- 1/3 cup fresh cilantro, chopped
- 1 red onion, diced
- 1 cup cherry tomatoes, cut in half
- 1 cup garbanzo beans, rinsed and drained
- ½ cup crumbled feta cheese
- Salt and pepper to taste

## Dressing

- ¼ cup red wine vinegar
- 3 tablespoons olive oil
- 1 lemon, juiced, about 2 tablespoons
- 2 cloves garlic, minced

1. In a medium or large saucepan, simmer the quinoa in vegetable broth for 15-20 minutes, until tender, stirring occasionally. Allow to cool.

2. Make the dressing in a small bowl by whisking together the vinegar, olive oil, lemon juice, and garlic.

3. Gently toss the quinoa with the olives (if using), parsley, cilantro, red onion, cherry tomatoes, and garbanzo beans.

4. Pour the dressing over the quinoa. Gently stir in the feta cheese and add salt and pepper to taste.



## Tip:

You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas or diced bell pepper.



# Springtime Buckwheat Salad

Serves 6-8

- 1 cup buckwheat groats (toast the buckwheat before cooking, if desired)
- 1 bell pepper, any color, chopped
- ½ medium red onion, diced
- 1 bunch asparagus, tough ends removed, cut into 1-inch pieces
- 1 zucchini, chopped
- 2 carrots, diced
- 1 cup frozen quartered artichoke hearts, thawed
- 2 tablespoons extra virgin olive oil
- 1 lemon, juiced, about 2 tablespoons
- Salt and pepper to taste

## **Delicious additions (optional):**

- Beans (white, kidney, etc.)
- Tofu
- Edamame
- Chicken
- Fresh herbs
- Parmesan

1. Rinse buckwheat, then add to a saucepan. Add 2 cups water and bring to a boil. Reduce heat and simmer 10-12 minutes until tender. Let cool.

2. Preheat oven to 425°F.

3. Toss vegetables with olive oil, salt, and pepper, and spread evenly onto a baking sheet in an even layer, using multiple baking sheets if necessary. Roast until tender and golden brown, about 10-15 minutes, depending on the size of the vegetables. Let cool.

4. Toss buckwheat with vegetables in a large bowl.

5. Make the dressing in a small bowl by combining olive oil and lemon juice, add salt and pepper to taste, then dress the salad.





# Rainbow Thai Chopped Salad

Serves 5-6

- 1 cup red cabbage, shredded
- 1 cup shelled edamame
- 1 English cucumber, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 cup carrots, thinly sliced

## Dressing

- $\frac{1}{3}$  cup natural peanut butter
- $\frac{1}{4}$  -  $\frac{1}{3}$  cup water
- 2 tablespoons reduced sodium tamari or soy sauce
- 1 lime, juiced, about 1  $\frac{1}{2}$  tablespoons
- 1 teaspoon sesame oil
- 1 clove garlic, minced

## Delicious vegetable additions (optional):

- Cherry tomatoes
- Cucumber, sliced
- Green cabbage, shredded
- Sugar snap peas, chopped
- Avocado, chopped
- Mango, chopped

## Garnishes (optional):

- Crushed or chopped peanuts
- Cashews
- Cilantro leaves
- Green onion, sliced

1. In a large bowl, toss all veggies.

2. Whisk together dressing ingredients in a medium bowl. If serving immediately, toss with dressing. If serving later, dress and toss salad just before serving.

3. Garnish with optional nuts, cilantro, and/or green onion.



## Cumin Lime Slaw

Serves 6-8

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• 4 cups cabbage (about 1 medium), finely shredded</li> <li>• 1 ½ cups carrots (about 2-3), grated</li> <li>• 1 medium onion, diced</li> <li>• 1 jalapeño pepper, seeded and finely diced</li> <li>• ¼ cup cilantro, chopped (optional)</li> </ul> | <p><b>Dressing</b></p> <ul style="list-style-type: none"> <li>• 2 tablespoons vegetable or olive oil</li> <li>• Zest of 2 limes</li> <li>• 2 limes, juiced</li> <li>• 2 tablespoons vinegar (cider, white, or red wine)</li> <li>• 1 teaspoon ground cumin</li> <li>• Salt to taste, about ½ teaspoon</li> <li>• Pinch of cayenne pepper</li> </ul> |
|---|---|

1. Combine all of the vegetables and herbs in large mixing bowl.
2. In a small bowl, whisk together the dressing ingredients.
3. Pour the dressing on the vegetables and mix thoroughly.

## Asian Snap Pea and Turnip Slaw

Serves 6-8

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• 2 medium salad turnips, thinly sliced</li> <li>• 2 medium carrots, grated</li> <li>• 2 cups sugar snap peas, thinly sliced</li> <li>• ¼ cup scallions (green onion), diced</li> <li>• ¼ cup toasted peanuts or cashews (optional)</li> </ul> | <p><b>Dressing</b></p> <ul style="list-style-type: none"> <li>• ¼ cup rice vinegar</li> <li>• ¼ cup vegetable oil</li> <li>• 1 teaspoon sesame oil</li> <li>• 1 tablespoon honey or agave syrup</li> <li>• ½ teaspoon salt</li> </ul> |
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1. Toss turnip slices with carrots and snap peas.
2. Whisk together vinegar, oils, honey or agave and salt. Pour over vegetables and mix thoroughly.
3. Garnish with scallions and nuts.

# Mediterranean Potato Salad

Serves 6-8

- 2 pounds red or new potatoes, scrubbed, cut into 1-inch cubes
  - ½ pound green beans, trimmed and cut into 1-inch pieces
  - 2 red bell peppers, thinly sliced
  - ½ cup green and/or kalamata olives, minced (optional)
  - ¼ cup red onion, minced
  - Handful baby arugula
- Dressing**
- 3 tablespoons extra virgin olive oil
  - 3 tablespoons red wine vinegar
  - 1 tablespoon whole grain mustard
  - ½ teaspoon dried oregano
  - ¼ teaspoon salt

1. Place potatoes in a saucepan and cover with cold water by 2 inches. Stir in 1 teaspoon of salt. Bring to a boil over medium-high heat. Once boiling, reduce heat to a simmer. Do not cover. Begin checking potatoes after 5 minutes of boiling. Potatoes are tender and done when a fork or knife slides all the way through without resistance, about 5-15 minutes. Drain the potatoes.

2. Meanwhile, bring another pot of water to a rolling boil. Add green beans and blanch 2-3 minutes for thin beans or 4-5 minutes for regular green beans. Once tender and bright green, drain and place into a bowl of ice water to stop the cooking.

3. Make the dressing in a small bowl by combining the olive oil, vinegar, mustard, oregano, and ¼ teaspoon salt.

4. Pour the dressing over potatoes, then add bell pepper, red onion, green beans, and olives and toss. Let marinate until ready to serve.

5. When ready to serve, add arugula and toss.



**Tip:**

This recipe will last several days in the refrigerator.



# Farmers' Market Pasta Salad

Serves 6-8

- 1 tablespoon olive oil
- 5 shallots, thinly sliced
- 4 cups broccoli florets (or other vegetables), blanched
- 12 ounces of your favorite sausage, chopped (optional)
- 6 cups cooked whole grain pasta (penne, rotini, shells), cooked
- ½ cup prepared or homemade pesto
- Salt, pepper, and chili flakes to taste
- ¼ cup toasted pine nuts

1. Sauté shallots in olive oil over medium-high until soft, about 3 minutes. Set aside. Sauté blanched broccoli for 3-5 minutes until slightly browned and remove from pan.

2. If adding sausage, sauté the sausage until cooked through.

3. Toss cooked pasta with shallots, broccoli, pesto, and seasonings. Garnish with pine nuts.

## **Tip:**

To toast pine nuts, place nuts in small pan over medium and heat for about 2 minutes, stirring often, until lightly browned.



# Arugula Persimmon Pear Salad

Serves 4

- 1 persimmon, sliced
- 1 pear, sliced
- $\frac{1}{2}$  cup walnut pieces, toasted
- 4 cups arugula
- Salt and pepper to taste

## Dressing

- 1 teaspoon Dijon mustard
- $\frac{1}{2}$  lemon, juiced, about 1 tablespoon
- $\frac{1}{4}$  cup olive oil
- 1 shallot, minced

1. Make the dressing in a small bowl by whisking together the mustard, lemon juice, olive oil.

2. In a serving bowl, combine the persimmon, pear, walnuts, and arugula.

3. Add the dressing and mix well to coat the salad ingredients. Season to taste with salt and pepper.



# Black Bean Vegetable Enchiladas

Serves 6-8

- 3 tablespoons olive oil, divided
- 1 cup vegetable broth
- 8-ounce can plain tomato sauce
- Herbs/spices to taste: Cumin, paprika, cayenne, white and black pepper, oregano, cilantro, salt
- 1 medium onion, diced
- 5 garlic cloves, finely diced or minced
- 1-2 cups seasonal vegetables, chopped (If using winter squash or sweet potato, vegetables must first be steamed or boiled until softened)
- 15-ounce can black beans, rinsed and drained
- 3 cups chopped chard, kale, or spinach, chopped
- About 12 tortillas, corn tortillas preferred
- 1 cup shredded cheese, optional (e.g. jack, cheddar, or queso fresco)
- 5 scallions, chopped

Preheat oven to 400°F. Use 1 tablespoon of the oil to grease a casserole dish.

1. Prepare sauce: Heat 1 tablespoon olive oil in a saucepan over medium heat, whisk in vegetable broth and tomato sauce, reduce heat and simmer 5-8 minutes until thickened. Add spices to taste (cumin, paprika, peppers, salt, etc). Remove from heat and allow to cool.

2. Prepare filling: Heat remaining olive oil over medium-high heat. When hot, add the onion and garlic and cook until soft, about 3-5 minutes. Stir in seasonal vegetables, black beans, greens, cilantro, and salt to taste. Sauté another 3-5 minutes until vegetables are cooked.

3. Fill: Heat tortillas by covering with foil and heating for 5 minutes in the oven, or covering with a paper towel and heating for about 20 seconds in the microwave. Fill each tortilla with 1/4 cup filling, roll and place seam side down in casserole dish.

4. Pour enchilada sauce evenly over top and sprinkle with cheese, if using. Bake in for about 20 minutes. Top with diced scallions.



## Tip:

Experiment with different vegetables, beans, cheeses, herbs, spices, even other protein sources such as chicken, shrimp, or tofu.



Entrees

# Tempeh Tacos with Avocado

Serves 4

- 1 package soy tempeh, crumbled
- 1 small onion, diced
- 1/4 cup water
- 1 lime, juiced
- 8-10 six-inch corn tortillas
- 1 avocado, chopped

## Taco Seasoning

- 3 tablespoons chili powder
- 1 ½ tablespoons cumin
- 1 ½ tablespoons paprika
- 1 tablespoon cayenne (or less to taste)
- 1 tablespoon garlic powder
- ½ teaspoon ground cinnamon

1. Make taco seasoning by sifting all ingredients together. Set aside.
2. Heat pan over medium-high heat and sauté tempeh and onion in water until onion is translucent. If all water evaporates, add a few more tablespoons.
3. Add lime juice and 2 tablespoons of taco seasoning to pan and mix well (feel free to alter amounts to suit your tastes). Save remaining taco seasoning for another recipe.
4. Top corn tortillas with warm mixture and avocado.



### Tip:

Taco seasoning also works great in chili or as a topping for nachos or salads.



# Lentil Burgers

Makes 8 patties

- 1 ½ cups dried lentils
- 3 cups vegetable broth
- 2 large cloves garlic, peeled
- 1 cup walnuts
- ½ teaspoon kosher salt
- 4 slices whole-wheat sandwich bread, torn into pieces
- 2 tablespoons chopped fresh marjoram or 2 tsp dried
- ½ teaspoon black pepper
- 1 tablespoon reduced sodium tamari or soy sauce
- 1-2 tablespoons canola oil

1. Prepare lentils: Wash lentils and pick over to remove any debris. Thoroughly rinse under running water. Combine lentils with vegetable broth in saucepan and bring to a rapid simmer over medium-high heat. Reduce heat and gently simmer, uncovered, for 20-30 minutes.

2. Coarsely chop garlic and walnuts. Place into a food processor and add salt, bread pieces, marjoram and pepper. Process until coarse crumbs form.

3. Add cooked lentils and tamari or soy sauce; process until the mixture just comes together in a mass. Form eight, 3-inch patties (about 1/3 cup each).

4. Heat oil in a large skillet over medium heat. Cook patties until slightly browned, 2-4 minutes, then flip and cook until browned on the other side and heated through, 4-6 more minutes. Serve immediately or freeze for future meals.



# Smoky Spice Rub (with Salmon)

Serves 4

- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon dried parsley
- ½ teaspoon dried oregano
- ¼ teaspoon smoked paprika
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1-2 tablespoons maple syrup
- 1 tablespoon olive oil
- 4 (5-ounce) salmon fillets, skin and bones removed

1. Combine the chili powder, cumin, parsley, oregano, smoked paprika, salt, and pepper in a small bowl.

2. In a separate bowl, whisk together maple syrup and olive oil then brush onto salmon. Coat the tops of the fish evenly with spice mixture.

3. Place fish on a plate, cover, and refrigerate for one hour.

4. Preheat oven to 375°F.

5. Place salmon on a greased baking sheet. Bake for 15-20 minutes or until salmon is opaque and separates easily with a fork. This recipe may also be grilled on the barbeque.



## Tip:

This makes a great rub for all types of meats, tofu, and firm vegetables.



Entrees



# Roasted Vegetables

*Roasting vegetables is simple, brings out the sweetness, and intensifies the natural flavors. Here are some basic directions for roasting vegetables.*

## Basic Directions to Roast Vegetables

1. Preheat oven to 400°F. Chop vegetables of choice, toss with olive oil, salt, pepper, and other desired ingredients. If mixing both slow and quick-cooking vegetables, cut the slower cooking veggies into smaller pieces.
2. Cook according to appropriate times (see chart) or until veggies are as soft as desired and begin to brown on the edges.
3. Remove from oven and serve warm or even cold. Try tossing them with whole grains for a quick and easy lunch.

## Seasonings to add before roasting:

- Spices -- cumin, coriander, cinnamon, black or white pepper, cayenne, paprika, turmeric
- Herbs -- basil, thyme, oregano, dill, sage, fennel, rosemary, parsley, cilantro
- Garlic (diced or smashed whole cloves)
- Flavored olive oil, nut or seed oils
- Orange juice
- Beans -- white, black, garbanzo, kidney

## Seasonings to add after roasting:

- Lemon juice or rind
- Sautéed or fresh greens
- Balsamic vinegar
- Grated cheese (may be mixed in or added to the top right at the end of roasting)

*Use this table as a reference for roasting, sauteeing, and grilling vegetables*

Quick Cooking 5-10 minutes	Less Quick 20-25 minutes	Slow Cooking 40-45 minutes
<ul style="list-style-type: none"><li>• Asparagus</li><li>• Chard</li><li>• Corn</li><li>• Kale</li><li>• Mushrooms</li><li>• Summer squash</li><li>• Tomatoes</li><li>• Zucchini</li></ul>	<ul style="list-style-type: none"><li>• Bell pepper</li><li>• Broccoli</li><li>• Brussels sprouts</li><li>• Cauliflower</li><li>• Eggplant</li><li>• Fennel</li><li>• Leek</li><li>• Onion</li><li>• Shallot</li></ul>	<ul style="list-style-type: none"><li>• Beets</li><li>• Carrots</li><li>• Parsnips</li><li>• Potatoes</li><li>• Sweet potatoes</li><li>• Turnips</li><li>• Winter squash</li><li>• Yams</li></ul>

# Sauteed and Grilled Vegetables

*Although quick-cooking vegetables work best for sautéing and grilling (see table on left), slower cooked vegetables such as carrots or potatoes work great if first blanched or steamed for a few minutes until soft prior to sautéing or grilling.*

## Basic Directions to Sauté Vegetables

1. Heat a saute pan over low-medium heat and add olive oil. Diced garlic can be added at this point and cooked until soft before including vegetables.
2. Chop vegetables and add to pan with other desired ingredients. Cook over medium heat until tender, around 5-10 minutes.
3. Remove from pan and add any other ingredients of choice. Serve warm.

## Basic Directions to Grill Vegetables

*Grilled vegetables make beautiful additions to a fresh vegetable platter, or work great in sandwiches, lasagna, pasta or grain salad. Or, just enjoy on their own.*

1. Slice vegetables- lengthwise is best.
2. Drizzle, brush, or toss sliced veggies with olive oil, salt, and/or other seasonings of choice.
3. Grill until grill marks appear on each side and veggies are cooked through.
4. Remove from grill and serve warm or cold!

## Enjoy your veggies raw, too!

- Grate root vegetables and add a little dressing for a root vegetable salad.
- Experiment with dressing dark, leafy greens (such as kale) with lemon juice and olive oil and letting sit for a few minutes before eating.

# Mashed Cauliflower with Leeks

Serves 4

- 1 head cauliflower, cut into florets
- 2 cloves garlic
- 1 leek, white only, split into 4 pieces
- 1 tablespoon olive oil
- Salt & pepper to taste

1. Break cauliflower into small pieces. In a large covered saucepan, steam cauliflower, garlic and leeks in about one inch of water until completely tender (about 20-30 minutes).

2. While cauliflower is hot, puree mixture in a food processor or blender until the vegetables resemble mashed potatoes. Process only a small portion at a time for desired consistency.

3. Stir in oil, salt and pepper to taste. Add a little hot water if vegetables seem dry.

# Butternut Squash, Sweet Potato, and Apple Hash

Serves 6-8

- 1 medium butternut squash
- 2 small sweet potatoes, diced into 1/2 inch pieces
- 3 tablespoons olive oil, divided
- 2 medium apples, chopped
- 1/2 medium yellow onion, diced
- 2 tablespoon fresh sage, minced
- 1/4 cup pecans, roughly chopped
- Salt and pepper to taste

1. Preheat oven to 400°F.

2. Peel butternut squash, cut in half lengthwise, and scoop out seeds. Dice into 1/2-inch pieces. Toss squash with sweet potatoes together with 2 tablespoons of oil. Spread onto a baking sheet in a single layer. Bake until tender, about 20 minutes.

3. Meanwhile, heat remaining olive oil in large skillet over medium heat. Add onion and cook until it starts to turn light brown, about 3-5 minutes. Add apples and sage, then the roasted butternut squash and sweet potatoes.

4. Continue cooking until everything is heated through, about 2-3 minutes. Add pecans and season with salt and pepper to taste.



Add or omit any of your favorite ingredients such as Brussels sprouts, leeks, jicama, dried cranberries, dried figs, rosemary, or thyme.

# Roasted Spaghetti Squash with Melted Leeks

Makes 8 large servings (~1 cup each)

- 1 medium spaghetti squash
- 4 medium leeks
- Olive oil for brushing
- Salt and pepper to taste
- Herbs and/or grated cheese (optional)

1. Preheat oven to 375°F. Grease baking pan with oil.
2. Slice squash in half lengthwise, remove pulp and seeds and place face down in prepared baking pan.
3. Trim leeks at root and where dark green starts, cut in half lengthwise, wash well and brush all over with olive oil. Place in pan alongside squash and season with salt and pepper.
4. Bake for 30-45 minutes or until squash and leeks are soft. Leeks may need to be sprinkled with water during cooking to keep moist.
5. Let squash cool slightly then scoop out “spaghetti.” While squash is cooling, slice leeks and add to squash once served. Top with herbs and/or grated cheese, if desired.



## Tip:

Watch the 4-minute *Cooking Spaghetti Squash* video available on the Cook Well Berkeley webpage.

# Quick Pickled Spring Vegetables

Serves 4

- 4-5 cups mixed spring vegetables, thinly sliced (try carrots, radishes, green beans, asparagus, zucchini)
- $\frac{1}{2}$  sweet onion, thinly sliced
- 4-inch long piece of ginger, peeled and thinly sliced
- 2 cloves garlic, minced
- 1  $\frac{1}{2}$  cups rice vinegar
- 1  $\frac{1}{2}$  cups water
- 2-3 limes, juiced
- 3-4 tablespoons sugar or honey
- $\frac{3}{4}$  teaspoon salt
- Seasonings to taste

1. Fill two clean quart-sized jars with the vegetables, garlic and ginger.
2. In a medium saucepan, bring the rice vinegar, water, lime juice, sugar and salt to a boil.
3. Pour liquid over vegetables and cover, tipping jar back and forth to disperse and coat vegetables.
4. Place the jar in the refrigerator and let sit for at least 4 hours or overnight. Store in the refrigerator.

# Blueberry Chia Jam

Makes about 1 1/2 - 2 cups

- 1 10-ounce bag frozen blueberries (about 2 cups), thawed
- 2 tablespoons chia seeds
- Optional: Sweetener to taste (honey, maple syrup, etc.)

1. Mash blueberries with a fork. Add optional sweetener to taste, then mix in chia seeds.

2. Refrigerate for at least 1 hour to set. Add more chia seeds to thicken if necessary. Store in the refrigerator up to 5 days.

## **Serving suggestions:**

Use to replace jelly or jam. Add to plain yogurt, oatmeal, or whole grain baked goods.



## **Tip:**

Try other berries, too -- raspberries, blackberries, or strawberries.





# No Bake Chocolate Pumpkin Pie

Serves 8

- 1 cup dark chocolate chips
- 15-ounces pureed pumpkin (or 1 can of pumpkin puree)
- 1-2 teaspoons cocoa powder
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon salt
- Sweetener of choice, to taste (optional)
- Store-bought whole wheat pie crust

1. Melt chocolate in a small bowl in the microwave, heating for 30 seconds at a time and stirring, repeating until melted.

2. Combine pumpkin, cocoa, vanilla, salt, and melted chocolate in a food processor and blend until very smooth. Add sweetener to taste if necessary.

3. Pour into pie crust and refrigerate until set, at least 2 hours.



**Tip:**

To make a chocolate pumpkin mousse, simply pour the filling into a bowl rather than a crust.

# Watermelon Cake

Serves 6-8

- 1 large watermelon, refrigerated
- 2 cans coconut milk or coconut cream, refrigerated for 24 hours
- 1-3 tablespoons powdered sugar (optional)
- 1 teaspoon vanilla extract
- Toasted almonds and fruit for decoration, such as strawberries and blueberries

1. Place a glass or metal mixing bowl in the freezer for 5-10 minutes to chill. Carefully open the can of coconut milk or cream and spoon out the thick layer of cream that will have separated from the liquid at the top of the can. Place into the chilled mixing bowl. Discard the liquid at the bottom of can, or save for another recipe.

2. Beat the cream with a hand or stand mixer on medium speed for 2-4 minutes, or until it becomes light and fluffy and small peaks form. Add sugar and vanilla and beat until just mixed. For best results, refrigerate for about an hour to cool frosting.

3. Cut off the round ends the watermelon, then place the watermelon on one of the flat ends. Remove the rind by using a large knife to cut vertically around the rind on the sides so that it forms a cylindrical shape. Keep the watermelon in the refrigerator until ready to frost.

4. Pat dry the sides of the watermelon. Frost the entire watermelon with frosting, flattening out the top and sides until it looks like a cake.

5. Decorate with desired toppings -- toasted, slivered almonds on the sides and a handful of mixed berries on top look beautiful!



**Tip:**

Avoid coconut milk with guar gum as an ingredient – it will not whip up as nicely.

# Balsamic Berries with Yogurt Mint

Serves 6-8

- 1 ½ cup berries of choice (fresh or frozen)
- 2 tablespoons honey
- 1 teaspoon balsamic vinegar
- 8 ounces plain, low-fat Greek yogurt
- Mint leaves

1. Wash fresh berries (if using fresh) or thaw frozen berries.
2. In a small bowl, mix the berries with the honey and balsamic vinegar.
3. Thinly chop the fresh mint leaves.
4. To serve, place a hearty scoop of yogurt in a bowl and top with berry mixture and mint.



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