



Brown Rice and Orange Salad

Adapted from *Cooking Matters* (2012)

Serves about 40, 1/2 cup/serving • Prep Time: 25 minutes • Cook Time: 8-10 minutes

Ingredients

- 4 cups brown rice
- 3 cups clementine oranges
- 9 green onions
- 3 large lemons
- 3 cups slivered almonds
- 3 cups shelled edamame beans (frozen)
- 3 cups dried cranberries
- 1/3 teaspoon ground black pepper
- 3/4 cup extra virgin olive oil

Directions

1. Cook rice ahead of time.
2. Preheat oven to 350°F.
3. Peel oranges. Separate and cut into thirds.
4. Rinse and chop green onions.
5. On a baking sheet, spread slivered almonds. Bake until golden brown, about 8-10 minutes. Watch closely so they do not burn.
6. Fill small pot with about 2 inches of water. Bring to a boil. Add edamame. Cook for 3 minutes. Drain and set aside.
7. In a large bowl, combine rice, oranges, edamame, green onions, almonds, and dried cranberries. Mix together.
8. Rinse lemon and cut in half. In a small bowl, squeeze juice from halves. Discard seeds.
9. To lemon juice, add pepper. Slowly drizzle in oil while whisking until a dressing forms.
10. Pour the dressing over the salad. Mix well. Let salad rest at room temperature for 10 minutes so flavor can combine.



Southwestern Black-eyed Pea and Corn Salad

Adapted from Cooking Matters for Adults, Share Our Strength (2012)

Serves about 45, ½ cup/serving • Prep time: 20 minutes • Cook time: None

Ingredients

- 6 (15½-ounce) cans black-eyed peas, no salt added
- 3 (15¼-ounce) can corn kernels, no salt added
- 3 medium bell peppers
- 2 small red onions
- ¾ cup fresh cilantro leaves
- ½ cup olive oil
- ⅜ cup red wine vinegar
- 1 Tablespoon ground cumin
- ¾ teaspoon salt
- 1½ teaspoon ground black pepper

Directions

1. In a colander, drain and rinse black-eyed peas and corn.
2. Rinse and dice bell pepper, removing core and seeds. Peel, rinse and dice onion.
3. Rinse and chop cilantro leaves.
4. In a large bowl, add black-eyed peas, corn, peppers, onions, cilantro and remaining ingredients. Mix well.



Quinoa Tabouli

Adapted from Cooking Matters for Adults, Share Our Strength (2012)

Serves about 40, 1 cup per serving • Prep time: 30 minutes • Cook time: 20 minutes

Ingredients

- 1 (14-ounce) bag uncooked quinoa
- 14 lemons
- 7 cups fresh parsley
- 2 cups fresh mint leaves
- 14 green onions
- 7 large tomatoes
- 7 small cucumbers
- 4 (15-ounce) cans chickpeas
- $\frac{3}{4}$ cup extra virgin olive oil
- 1 Tablespoon salt
- 2 teaspoons ground black pepper
- 1 teaspoon cayenne pepper

Directions

1. In advance, rinse quinoa well and cook according to instructions. Chill.
2. Rinse and cut lemons in half. Squeeze juice in a large bowl and discard seeds.
3. Mix the cooked quinoa with the lemon juice. Let rest while preparing other ingredients.
4. Rinse parsley, mint, green onions, tomatoes, and cucumbers. Pat dry.
5. Chop parsley and mint leaves.
6. Trim ends off green onions. Thinly slice, using white and green parts.
7. Remove core from tomatoes. Dice.
8. Slice cucumber in half lengthwise. Scoop out seeds with a spoon and discard. Dice.
9. Drain and rinse chickpeas in a colander.
10. Add parsley, mint, green onions, tomatoes, cucumber, chickpeas and remaining ingredients. Mix well to combine. Mix gently before serving.



Roasted Brussels Sprouts with Quinoa and Cranberries

Serves about 40, $\frac{3}{4}$ cup per serving • Prep time: 20 minutes • Cook time: 20 minutes

Ingredients

6 pounds Brussels sprouts
4 Tablespoon canola oil
4 cups quinoa
7 cups water
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{3}$ cups toasted almonds
1 $\frac{1}{3}$ cups dried cranberries
1 cup chopped parsley
Salt and pepper to taste

Dressing:

10 garlic cloves, minced or crushed in garlic press
 $\frac{5}{8}$ cup red wine vinegar
 $\frac{1}{2}$ cup lemon juice
2 $\frac{1}{2}$ Tablespoons Dijon mustard
1 Tablespoon olive oil

Directions

1. Heat oven to 400°F (if using convection oven, reduce temperature to 380°F).
2. Rinse and cut sprouts into quarters (or halves if they're small). Toss with oil. Spread on large baking sheets.
3. Roast until sprouts are golden, with some browned spots (about 15-20 minutes). Stir midway through roasting.
4. While sprouts roast, rinse quinoa so it isn't bitter. To large stockpot, add quinoa with water and pinch of salt. Bring to boil over medium heat. Cover and simmer over low heat until tender and all the water is gone (15-20 minutes). Drain off any excess water. Set aside.
5. To small mixing bowl, add dressing ingredients and mix well.
6. Mix quinoa, sprouts and dressing together in serving bowl. Coarsely chop almonds. Add almonds, cranberries, parsley, salt and pepper. Mix.
7. Serve warm or at room temperature.



Mexican Cabbage

Serves about 40, $\frac{3}{4}$ cup/serving • Prep time: 25 minutes • Cook time: 15 minutes

Ingredients

- 2 cabbage heads (about 6 cups/head)
- 4 teaspoons canola oil
- 4 onions
- 8 garlic cloves
- 4 (15-ounce) cans stewed tomatoes
- 4 (4.5-ounce) cans green chilies
- $\frac{1}{2}$ cup tomato paste
- 4 teaspoons ground cumin
- 2 teaspoons oregano
- 1 teaspoon black pepper
- 4 cups corn, frozen
- 2 (15.5 ounce) cans black beans

Directions

1. Chop cabbage into thin strips, set aside. Dice green chilies, set aside.
2. Dice onions and mince garlic.
3. Heat oil in a pan and sauté onions and garlic over high heat, until translucent.
4. Add cabbage, stewed tomatoes, chilies, tomato paste and spices. Reduce heat to medium and cook until cabbage is tender.
5. While cabbage cooks, thaw corn. Rise black beans.
6. Turn off heat. Stir in corn and black beans.



Sweet Potato Black Bean Soup

Adapted from "Appetite for Reduction," by Isa Chandra Moskowitz, 2011

Serves about 40, 1 cup per serving • Prep time: 30 minutes • Cook time: 40 minutes

Ingredients

- 5 large sweet potatoes (about 7 pounds)
- 4 quarts low-sodium vegetable stock
- 3 Tablespoon canola oil
- 3 large red onions
- 8 cloves garlic
- 4 serrano peppers
- 20 roma tomatoes
- ¼ cup ground cumin
- 3 Tablespoon smoked paprika
- 2 Tablespoon salt
- 5 (16-ounce) cans black beans
- 1 large bunch fresh cilantro (2 ½ cups)
- 40 ounces orange juice

Directions

1. Scrub and peel sweet potatoes. Cut into ½-inch cubes.
2. To a large stockpot, add vegetable stock and sweet potatoes. Cover and bring to a boil. Turn down heat. Simmer 15 minutes, or until potatoes pierce easily with a fork.
3. Use a potato masher to mash potatoes lightly, leaving some whole.
4. Peel onions and garlic. Rinse onions, serrano peppers and tomatoes.
5. Slice onions into thin strips. Seed and mince peppers. Mince garlic.
6. Remove tomato cores and cut into ½-inch cubes.
7. Rinse and drain beans in colander. Rinse and chop cilantro leaves.
8. Heat the largest stockpot over a medium flame. Add canola oil and onions; sauté onions for about 7 minutes, until softened. Add serrano peppers and garlic; sauté for another minute.
9. Add tomatoes, cumin, smoked paprika, and salt. Turn up heat to medium-high, and cook down the tomatoes for about 5-10 minutes.
10. Carefully add sweet potato mixture. Add black beans, and continue cooking until heated through. Turn off heat.
11. Stir in cilantro and orange juice. Serve.



Apple Berry Crisp (Gluten-free)

Adapted from Share Our Strength's Cooking Matters® for Adults, 2012

Serves 40, 2-inch square servings • Prep time: 15 minutes • Bake time: 40 minutes

Ingredients

- 5 medium apples
- 10 cups frozen mixed berries, thawed
- 2 cups light brown sugar, packed, divided
- 1½ cups gluten free all-purpose flour mix or whole grain oat flour
- 1½ teaspoons ground cinnamon
- ¾ teaspoon ground nutmeg
- Canola oil
- 1½ sticks cold, unsalted butter
- 4½ cups certified gluten-free quick oats
- 1½ cups hazelnuts, husked and chopped (can substitute walnuts or almonds)

Directions

1. Preheat convection oven to 325 °F (350 °F for regular oven).
2. Rinse and cut apples in half. Cut out center core of apples that contains seeds. Do not peel.
3. Place apples cut-side down. Use a sharp knife to cut apples into 1/8-inch slices.
4. Thaw berries in refrigerator overnight or in a microwave.
5. In a large bowl, combine sliced apples, berries, ½ cup brown sugar, 3 Tablespoons flour, cinnamon and nutmeg. Mix well.
6. Drizzle about 1 teaspoon canola oil in each baking dish. Use a clean paper towel to spread oil evenly over bottom and sides of two baking dishes.
7. Pour half of apple berry mixture into each baking dish. Spread evenly.
8. Dice butter into small cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar, flour, oats and butter. Mix with hands until crumbly. Add chopped nuts.
9. Spread oat mixture evenly over berry mixture. Bake uncovered for 30-40 minutes or until top is lightly browned or bubbly.
10. Let sit for 15 minutes before serving.



Tropical Fruit with Coconut-Lime Yogurt Topping

Serves about 36, $\frac{3}{4}$ cup fruit and 2 Tablespoons topping/serving

Prep Time: 40 minutes • Cook Time: none

Ingredients

- 6 bananas, sliced in $\frac{1}{2}$ -inch rounds
- 6 oranges, segmented and cut into 1-inch pieces
- 1 fresh pineapple, cut in 1-inch pieces
- $\frac{1}{2}$ cup shredded coconut
- 6 limes
- 38 ounces fat free vanilla Greek yogurt

Directions

1. Wash, peel, and cut the banana and orange and place in a large mixing bowl.
2. Wash, peel and cut pineapple into 1-inch chunks. Add to the mixing bowl.
3. Wash, zest and juice the limes. Reserve 2 tablespoons lime juice and 1 tablespoon zest for yogurt mixture.
4. Add remaining lime juice, zest and coconut to the fruit and stir until coated evenly. Cover and refrigerate until serving.
5. In a medium mixing bowl, combine yogurt, lime juice and lime zest. Cover and refrigerate until serving.
6. Serve in small bowls topped with yogurt.

Virginia Cooperative Extension



Northwest Apple Salad

Adapted from *Cooking Matters* (2012)

Serves about 36, 1/2 cup/serving • Prep Time: 20 minutes • Cook Time: 5 minutes

Ingredients

- 14 medium Granny Smith Apples
- 1 cup dried fruit, such as raisins, cranberries or currants
- 1 1/4 cups plain, non-fat yogurt
- 1/2 cup whole, shelled walnuts
- 1/4 teaspoon cinnamon

Directions

1. Rinse and remove cores from apples. Cut into 1-inch pieces. Place in medium bowl.
2. Add dried fruit and yogurt to bowl. Mix well.
3. In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Remove from pan and let cool.
4. Chop cooled nuts and add to bowl.
5. Add cinnamon.
6. Toss and serve.