

A photograph of a plate of food on a wooden table. The plate contains a salad with green and purple leaves, two breadsticks, and two golden-brown fried items. A glass of wine is visible in the upper right corner.

RECIPES for HEALTH

AN ONLINE COMMUNITY COOKBOOK

PHILLYHEALTH *info*.ORG
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Red and Bronze Salad with Warm Chèvre

Ingredients for Two Servings

Egg white from 1 large egg
1 teaspoon of water
4 (1/3 inch thick) rounds of soft mild chèvre (goat cheese)
2 tablespoons of dry bread crumbs (Japanese Panko are preferred)
1 teaspoon of apple cider or raspberry vinegar
¼ teaspoon of Dijon mustard
2 tablespoons of extra virgin olive oil
Pinch of sugar to taste
Salt and fresh cracked pepper to taste
2 oz of red and green tipped mesclun greens

Whisk together egg white and water. Dip chèvre rounds in egg mixture and dredge through breadcrumbs. Chill for 10 minutes.

Whisk together vinegar, salt, mustard, pepper, sugar and then slowly add olive oil until emulsified.

Heat a bit of olive oil and lightly brown the chèvre wheels (30-45 seconds per side). Serve over lightly dressed greens.

Recipe provided by:



Exclusive in-house caterer for:



The College of Physicians of Philadelphia

Throughout its 200 year history, the College has provided a place for both medical professionals and the general public to learn about medicine as both a science and as an art. This historic spirit continues in our current mission: advancing the cause of health, while upholding the ideals and heritage of medicine.

Eggplant Parmesan Summer-Style

Serves 2

Ingredients:

1 medium to large eggplant
¼ cup olive oil, for brushing
½ ts salt
2 cloves garlic, minced (or 1 shallot, minced)
2 tbs olive oil, for sautéing
4 cups chopped ripe tomato
12 basil leaves, torn into pieces, or chopped
1½ cup shredded mozzarella (preferably fresh)
4 tbs toasted breadcrumbs
2 tbs grated parmesan

Preparing the eggplant:

Cut the eggplant into even ½-inch-thick slices. (This is important. Take care that the slices are an even ½ inch thick.) Brush both sides lightly with olive oil and sprinkle with salt, and cook on a hot grill for 3 to 5 minutes on each side until the slices are browned on the outside and soft, not solid, when tested with a fork.

Preparing the sauce:

Meanwhile, heat shallots or garlic in 2 tbs olive oil, then add the chopped tomato and heat for 5 minutes, until the tomatoes are no longer raw but heated through. Season with salt and pepper and a splash of red wine if you wish. Toss in the basil when you remove the pan from the heat.

Assembly:

Layer the hot eggplant slices and mozzarella on a platter, and pour the tomato sauce over to cover. Sprinkle breadcrumbs and parmesan on top, and serve.



Lansdowne Farmers Market

May 23 to October 31, 2009

Every Saturday, Rain or Shine

9:00 AM to 1:00 PM

Lansdowne Avenue parking lot,

between Todaro's Music and PNC Bank

<http://www.lansdownefarmersmarket.com>

Black Bean Soup

taken from the Pennsylvania Dietetic Association's cookbook *Recipes from Pennsylvania Dieticians*

1 large onion, chopped
2 garlic cloves, minced
8 cups canned vegetable broth
2 cups canned black beans
2 carrots, cut into 1/2-inch slices
1/4 cup orange juice
1 1/2 teaspoons cumin
1 teaspoon chili powder
1/4 cup chopped fresh cilantro
1/2 cup nonfat sour cream

Coat a large saucepan with nonstick cooking spray. Add onion and garlic and saute until tender. Add broth and black beans and bring to a boil. Stir in carrots, orange juice, cumin and chili powder. Reduce heat and simmer for 45 minutes. Pour soup into a blender, reserving 1 cup. Process until smooth. Return soup to the saucepan. Stir the reserved 1 cup soup and 2 tablespoons of the cilantro. Ladle into soup bowls and top each serving with 2 tablespoons of sour cream and the remaining cilantro.



The Pennsylvania Dietetic Association, an affiliate of the American Dietetic Association, is the advocate of the dietetics profession serving the public through the promotion of optimal nutrition, health and well being. They are an organization of nearly 3,200 members throughout the Commonwealth of Pennsylvania.

Bangin' Apple Salad (For Fall)

Stayman Apples

Scallions

Yoghurt

Cheese

Coriander

Pepper

Allspice

Cut up the apples into chunks, same with the cheese (I like to use Lancaster cheddar) and the scallions into little scallion rings. Then take your yoghurt and mix in really quite a lot of coriander (grows very well here!) Mix up and grind some pepper and allspice. Serve with good bread and good wine of your choice. Enjoy!

Submitted by Dan Ryan, Farm to City Winter Harvest member



Farm to City is a Philadelphia-based program whose goal is to unite communities, families, and farmers year-round through good locally grown food. For more information, visit <http://www.farmtocity.org/>

Granny Smith Apple & Tofu Curry

adapted from California Apple Commission (<http://www.calapple.org>)

1 tablespoon canola oil
1 medium yellow onion, chopped
2 organic carrots, scrubbed and chopped
2 stalks celery, thinly sliced
1 tablespoon freshly grated gingerroot
3 cloves garlic, finely minced
1 tablespoon curry powder
1 cup light coconut milk
2 cups vegetable stock
1 cup cubed butternut squash
1 small organic sweet potato, scrubbed and chopped
3 medium organic Granny Smith apples, peel on, chopped
2 cups firm tofu, cut into large dice
1 cup frozen green peas
sea salt and freshly ground black pepper to taste
1/4 cup freshly chopped cilantro

1. In large deep skillet, heat oil over medium high heat. Add onion, carrot and celery; cook, stirring occasionally, until tender but not browned, about 5 minutes. Stir in gingerroot, garlic, curry powder, and cook one minute.
2. Pour in coconut milk and vegetable stock and bring to a boil. Add squash and sweet potato and reduce heat to simmer for 15 minutes until vegetables are barely tender. Add apple, tofu, and green peas and cook until apples are soft but still hold their shape, about 10 minutes. Season to taste with salt and pepper.
3. Sprinkle with cilantro and serve with hot cooked basmati rice.
4. Invite guests to top their curry with a few of the above garnishes.

Curry Garnishes

Use small dishes and spoons for serving:

unsweetened coconut
golden raisins
chopped cilantro
plain nonfat yogurt
chutney, small jar
chopped peanuts



The mission of **The Wellness Community of Philadelphia (TWCP)** is to help people affected by cancer enhance their health and well-being through participation in a free professional program of emotional support, education, and hope. Visit TWCP's website at www.twcp.org for more information.

Nutrition Matters

These educational programs, offered several times each month, focus on specific nutritional concerns for people with cancer, as well as information about healthy eating and cooking. Participants can share ideas, resources, and recipes. Light nutritious meals are typically included

Portobello Salad with Chipotle Portobello Vinaigrette

5 Portobello Mushrooms (stems removed)
1/2 cup parsley leaves (picked and washed)
1/2 cup fresh basil leaves
4 cloves of garlic
1 crushed dried chipotle pepper or 1 canned chipotle pepper
1/2 extra virgin olive oil
4 tablespoons balsamic vinegar
1 lb. Baby Greens or Mushlin Mix
1/2 cup walnut halves

Over a direct flame, lightly oil the 5 Portobello mushrooms and grill approx. 3-4 minutes per side or until lightly golden brown. Take one (1) Portobello mushroom and lightly chop. Add all other ingredients into food processor until well combined. Place one Portobello in middle of plate. Toss greens with vinaigrette. Mound 1/4 of greens onto each mushroom cap. Drizzle remaining balsamic vinaigrette around plate and garnish with walnut halves.



Every week, WHYY's Chef Jim Coleman invites you into his kitchen for great conversations with nationally-known chefs and food experts on 91FM. Together, they cook up mouthwatering recipes and explain cuisines and techniques. Chef Coleman takes you on culinary adventures across the country - he'll visit fine restaurants as well as hidden roadside cafes and diners. The program also offers sound nutritional advice, cookbook reviews, and the latest trends in the world of food. For more about A Chef's Table, visit <http://www.whyy.org/91FM/chef/about.html>

Grilled Vegetable Flatbreads Stuffed with Zucchini, Eggplant, and Tomato adapted from Self Magazine's Diet & Healthy Eating Section

1 zucchini, cut into 1/3-inch slices
1 eggplant, cut into 1/3-inch slices
1 beefsteak or heirloom tomato, cut into 1/4-inch slices
1 roasted red bell pepper, cut into 2-inch slices
Approximately 1/4 cup olive oil (will be used in tablespoon proportions)
1/2 - 1 onion, chopped
1 cup lima beans
1/4 cup fresh grated Parmesan
1 tbsp chopped parsley
1 tsp lemon zest
1/4 tsp fresh thyme
2 tbsp vegetable or chicken broth
2 flatbreads or pitas, uncut

Brush zucchini, eggplants, tomatoes, and peppers with extra-virgin olive oil and season with salt and pepper, grill until tender.

Put 2 tbsp olive oil and onion in a nonstick pan and sauté over medium-low heat, stirring until onion becomes brown and syrupy, about 15 to 20 minutes.

In a food processor, puree onion, lima beans, Parmesan, parsley, lemon zest, and thyme. While machine is running, add remaining 2 tbsp olive oil and broth. Season with salt and pepper.

Grill or toast both sides of each flatbread. Remove from heat and spread with bean puree. Layer on vegetables. Cut in half.

Serves 4, double the recipe for 8! Enjoy!



The Food Trust is responding to the contemporary epidemic of diet-related disease and malnutrition by working to increase access to affordable and nutritious food and helping people to improve their diets. For more information, visit <http://www.thefoodtrust.org/>

Grilled Peach and Heirloom Tomato Salsa

adapted from Simply in Season

What you need:

5 large peaches

4-5 heirloom tomatoes (depending on size)

1-2 hot peppers of your choice

1/2 cup of honey

2 tbs of fresh basil or cilantro (add more if you like!)

Salt and pepper to taste

Tortilla chips of your choice

Wash, half peaches, and remove the pit. Brush the grill grate with vegetable oil. Grill peaches face down for several minutes. Flip with tongs until skin begins to darken. Remove peaches from the grill when they become tender. Let them cool, remove skins, and chop. Cut tomatoes to desired size (on the small side), and hot peppers with or without seeds. Add this to the cut peaches. Then add the honey, basil/cilantro, salt and pepper. Taste test, and add seasoning until desired flavor. Serve with your favorite tortilla chips!



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Beet Risotto with Greens, Goat Cheese, and Walnuts

adapted from CookingLight

2 teaspoons olive oil
1 cup chopped onion
1 cup Arborio rice
1 tablespoon minced fresh ginger
2 teaspoons finely chopped fresh rosemary
1/2 cup dry white wine
3 cups finely chopped peeled beets
1/2 cup water
1 (14 1/2-ounce) can vegetable broth
6 cups finely chopped beet greens and Swiss chard greens
1/2 cup crumbled goat cheese
1/4 cup chopped toasted walnuts
fresh sea salt to taste

Heat oil in a Dutch oven or large skillet over medium-high heat. Add onion; sauté 3 minutes. Add rice, ginger, and rosemary; sauté 1 minute. Add wine; cook 3 minutes or until liquid is nearly absorbed, stirring constantly.

Add beets, water, salt, and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until beets are tender, stirring occasionally. Stir in greens; cook 5 minutes. Add cheese, stirring until blended. Sprinkle each serving with 1 tablespoon walnuts.

This recipe serves 4 people.



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Mexi-Mushroom Wraps

adapted from Meadow Mushrooms.

17-18 oz. crimini mushrooms quartered
15 oz. Mexican chili beans (or kidney beans)
1 tbsp fresh raw ginger - freshly grated
1 onion, finely sliced
2 whole carrots peeled and cut julienne
1 red or green pepper cut julienne
1 small cucumber (or half of a large) cut julienne
Sprigs of mint and snow pea shoots (you can swap alfalfa sprouts)
6-8 tortillas or pieces of naan bread

Coat a mid-sized frying pan with olive or vegetable oil and add ginger. Put in the mushrooms and continue to sauté for 3-5 minutes. Stir in the beans, onion, carrots, and peppers and sauté for an additional 5-7 minutes.

Warm wraps, then place mint and snow pea shoots inside.

Place large spoonfuls of the mushroom mix in the center of each wrap and fold the wrap around the mixture to make a parcel.

Serves 4



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Hearty Turkey Soup

Turkey Broth:

1 turkey carcass with meaty bones
Water to cover (about 3 qts.)
2 cloves garlic
¼ tsp. basil
4 peppercorns
1 Tbsp. (or less) salt
1/8 tsp. pepper
4 stalks celery with leaves
4 carrots, peeled
1 large onion, quartered

Place turkey carcass in stock pot; add water to cover; add seasonings and bring to boil.

Add vegetables; cover; reduce heat and simmer 6-8 hours.

Strain, discard bones and vegetables (as they will be greasy).

Remove meat from bones and reserve for later use.

Refrigerate broth overnight; skim off and discard fat from on top; reheat broth (or freeze); broth will keep for up to 2 weeks in refrigerator.

Turkey Soup:

1 recipe of broth
3 carrots, peeled and diced
2 stalks celery, peeled and diced
4 cups cooked pasta or barley
½ lb. fresh mushrooms, sliced

Heat broth to boiling; add carrots and celery; cover. Reduce heat and simmer until carrots and celery are tender; add pasta and mushrooms; heat. Serves 8-10



Since 1986 SHARE has worked to create and serve a network of locally based community organizations engaged in self-help food distribution systems, economic development, community service and educational programs. For more information, visit <http://sharefoodprogram.org/>

Baked Apple Pancake

fat-free milk 1 cup
all-purpose flour 3/4 cup
egg whites 2 ea
whole egg 1 ea
baking powder 1/2 tsp
sugar 2 Tbsp
margarine, melted 2 Tbsp
pure vanilla extract 2 tsp
grated lemon zest 1 tsp
large tart apple, peeled, cored, and thinly sliced 1 ea
brown sugar 2 Tbsp
lemon juice 2 tsp
cinnamon 1/4 tsp

- 1) Preheat the oven to 400 degrees F. Spray a 10-inch ovenproof skillet with non-stick pan spray.
- 2) Combine all the pancake ingredients in blender or food processor; blend until smooth.
- 3) Pour into the prepared skillet; bake for 20 to 25 minutes or until puffed and browned.
- 4) Meanwhile, spray a small skillet with nonstick pan spray. Add the apples slices, brown sugar, lemon juice, and cinnamon. Saute over low heat until the apples are softened and slightly caramelized, about 10 minutes.
- 5) Spoon over the pancake. Cut the pancake into 6 servings and serve immediately.

Number of Servings: 6 Serving Size: 6



The American Diabetes Association is the nation's leading 501(C)3 nonprofit health organization providing diabetes research, information and advocacy. For more information, visit <http://diabetes.org/>

Fresh Herb Omelet

olive oil 1 Tbsp
red pepper, diced 1 cup
fresh mushrooms, sliced 1 cup
scallions, sliced 1 cup
garlic clove, minced 2 ea
whole wheat bread, crusts removed (3 oz. total) 4 slices
low-fat cottage cheese 1 cup
eggs 4 ea
egg whites 8 ea
evaporated (fat-free) skim milk 3/4 cup
fresh basil, minced 1 Tbsp
fresh rosemary, minced 1 Tbsp
fresh chives, minced 2 tsp
fresh parsley, minced 1 Tbsp
fresh ground pepper and salt to taste 1 pinch

1) Preheat the oven to 350 degrees F. Heat the oil in a skillet over medium high heat. Sauté the pepper, mushrooms, and scallions for 6 minutes. Add the garlic and sauté for 3 more minutes.

2) Place the bread slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the bread. Add the cooked vegetables. Bake for about 25-40 minutes until the omelet is slightly puffed and set.



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Easy Vegetable Soup

1 tablespoon cooking oil
1 medium onion, peeled and chopped
2-3 cloves of fresh garlic, peeled and chopped, or 2 teaspoons garlic powder
2 bay leaves
2 stalks celery, chopped
3 carrots, peeled and chopped
1 green pepper, seeded and chopped
1 cup corn kernels, fresh or frozen
1 cup lima beans or peas, fresh or frozen
1 baking potato cut into bite-size pieces
1 quart of water or vegetable broth
2 cups tomato sauce or fresh tomatoes
ground pepper to taste
1 teaspoon of dill weed, basil or curry powder (optional)

In a soup pot, heat the oil with the chopped onion and garlic. Cook for a 2 minutes.

Add the bay leaves and vegetables, and cook about 5 minutes on low heat.

Add the water or broth, and tomato sauce or fresh tomatoes. Cook for 20 minutes on low heat, covered on low heat.

Season with pepper. Season carefully with salt, if necessary, if using fresh tomatoes. Other seasonings, like 1 teaspoon of dill or basil or curry powder, will add additional flavor to the soup.

This will make 2 quarts, and serves 8. It can be refrigerated for a week. This soup freezes well for up to 6 months.



PUFFA (Philadelphia Urban Food and Fitness Alliance) is a citywide coalition engaged in a 2-year planning process funded by W.K. Kellogg Foundation's Food and Fitness Initiative. The overall objective of PUFFA is to create vibrant Philadelphia communities that support access to locally grown, healthy and affordable food and safe places for physical activity and play—for everyone.

Mango Salsa

Recipe from *Beyond Rice Cakes: A Young Person's Guide to Cooking, Eating & Living Gluten-Free* by Vanessa Maltin of the National Foundation for Celiac Awareness (NFCA)

- 1 (16 oz) can black beans
- 1 (16 oz) can corn or 2 ears of fresh corn
- 1 chopped mango
- 1/2 chopped red pepper
- 1/3 cup chopped red onion
- 1/3 cup chopped cilantro
- 1/4 cup lime juice

Mix all the ingredients together.

Drain excess liquid.

Refrigerate for 1 hour before serving.

Serve as side dish with gluten-free crackers, rice cakes or as a sauce for fish, chicken etc.



The Foundation's mission is to raise awareness and funding for celiac disease that will advance research, education and screening, and improve the quality of life of children and adults affected by this autoimmune disease through grant making and direct programming. www.CeliacCentral.org

Watermelon & Tomato Salad

Recipe from *Beyond Rice Cakes: A Young Person's Guide to Cooking, Eating & Living Gluten-Free* by Vanessa Maltin of the National Foundation for Celiac Awareness (NFCA)

4 lbs of watermelon (preferably seedless)
2 lbs vine-ripened tomatoes (about 6 medium; preferably yellow)
1 teaspoon coarse salt (preferably sea salt)
1/2 small red onion
2 Tablespoon fresh lime juice, or to taste
1 teaspoon finely grated peeled fresh gingerroot, or to taste
1/2 teaspoon sugar

Remove rind and seeds from watermelon.
Cut fruit into 1 1/2-inch pieces and put in a large bowl.
Cut tomatoes into 1 1/2-inch pieces.
Add tomatoes and salt to watermelon, tossing to combine.
Let mixture stand at cool room temperature 3 hours.



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