



# Recipe Book Summer 2015



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#### Guide to understanding measurements

c = cup

Tbsp = tablespoon

tsp = teaspoon

oz = ounce

lb = pound



# Overview

This book is the collection of recipes that the Mission Thrive Summer crew cooked during Summer 2015. Each crew cooked two different recipes every week and had plenty of opportunities to cook with a variety of foods and to develop kitchen their skills. From learning to read recipes, knowing how to keep food separate and safe, and practicing knife skills like dicing, mincing, and butterflying meat, this group tackled recipes as a crew and made healthy recipes from scratch. They demonstrated enormous progress, learning to think ahead and plan the steps to prepare a dish.

During the course of the program, we also hosted guest chefs from local restaurants that exposed the group to unique different foods and cooking techniques. Thank you to our guest chefs for sharing their time, knowledge, and food with us!

To wrap up the program, each crew took what they learned over the five weeks and prepared their own meal for a fun, competitive crew cook-off.

Aside from cooking skills, the groups have learned how to work together in a team. They have learned how to highlight their strengths, hold each other accountable, and lend a helping hand. Along the way, they learned that cooking nutritious, whole foods can be fun and easy!

# Week 1

## Apple and Cheddar Whole Wheat Quesadillas

**Servings:** 6

### Ingredients

- 1 ½ c sharp cheddar cheese, shredded
- 6 whole wheat tortillas
- 1 large or 2 small apples, cored and thinly sliced
- Natural cooking spray



### Directions

1. Sprinkle 2 tablespoons cheese over one half of each tortilla.
2. Arrange apple slices, barely overlapping, on top of each pile of cheese.
3. Sprinkle 2 more tablespoons cheese over apples on each tortilla.
4. Fold each in half.
5. Generously spray a large skillet with oil spray.
6. Heat over medium high heat.
7. Arrange half of the quesadillas in the skillet without overlapping and cook.
8. Gently flipping once, until cheese is melted and tortillas are golden brown on both sides, 2 to 3 minutes per side.
9. Transfer to plates.
10. Repeat process.
11. Serve warm.



## Chicken Fried Rice

**Prep Time:** 10 minutes

**Time:** 15 minutes

**Servings:** 8

### Ingredients

- 4 cups cooked brown rice
- 2 12.5 oz cans of chicken
- 2 Tbsp canola or grape seed oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1/4 inch piece ginger, minced (optional)
- 2 carrots, diced
- 1 can peas or corn
- Any other veggies desired greens beans, peppers, etc. chopped
- 6 eggs
- 1/3 cup soy sauce
- 5 tsp sesame oil
- 1 bunch scallions or cilantro, chopped

### Directions

1. In a large pan or wok, heat 1 to 2 tablespoons of oil.
2. Add onion, garlic, ginger, and carrots and cook for 5 minutes.
3. Add the rest of the vegetables and cook 3-5 more minutes until all veggies are soft.
4. In a separate pan, heat 1 tablespoon oil.
5. Add eggs and scramble until they are cooked. Add eggs, rice, chicken, soy sauce, and sesame oil to the veggies.
6. Cook another 3-5 minutes, stirring constantly until all is mixed and hot.
7. Add scallions or cilantro as a garnish.



# Week 2

## Sesame Shrimp Stir-Fry

**Prep Time:** 15 min

**Cook Time:** 40 min

**Servings:** 4

### Ingredients

- 2 c water
- 1 c uncooked brown rice
- 1 lb medium shrimp, peeled and deveined
- 1/2 tsp ginger, minced
- 1/4 tsp cayenne pepper
- 1 clove garlic, minced
- 1 Tbsp sesame seeds
- 1/4 tsp ground black pepper
- 2 Tbsp sesame oil
- 1 red bell pepper, cut in thin strips
- 3 green onions, sliced
- 3 Tbsp teriyaki sauce
- 1 head broccoli
- 1/8 c cornstarch
- 3/4 c chicken broth
- 1/4 tsp salt



### Directions

1. In a medium saucepan, bring salted water to a boil.
2. Add rice, reduce heat, cover and simmer for 20 minutes.
3. While rice is simmering, combine shrimp, ginger, cayenne pepper, garlic, sesame seeds and black pepper in a large plastic food storage bag. Allow to marinate in the refrigerator.
4. Heat sesame oil in a large wok or skillet.
5. Add red bell pepper and green onions; sauté 3 to 4 minutes to soften slightly.
6. Add teriyaki sauce.
7. Add broccoli and shrimp with seasoning; sauté 4 minutes or until shrimp are opaque
8. Stir cornstarch into chicken broth and add to wok; cook, stirring until mixture boils.
9. Sprinkle with salt.
10. Spoon shrimp mixture over rice.

## Herby Chicken Pita Pockets

**Prep Time:** 20 min

**Cook Time:** 15 min

**Servings:** 6

### Ingredients

- Crunchy Veggie Medley (See recipe below)
- Fresh Herb Sauce (See recipe below)
- 1 lb chicken breasts, diced
- ¼ c plain nonfat Greek yogurt
- 2 cloves garlic, minced
- 3 Tbsp lemon juice
- 1 tsp hot sauce
- 1 Tbsp olive oil



### Directions

1. Mix yogurt, garlic, lemon juice, and hot sauce. Add chicken and marinate for 1 hour in the refrigerator.
2. After 1 hour, heat olive oil on a skillet over medium high heat.
3. While chicken is marinating, prepare Crunchy Veggie Medley, and Fresh Herb Sauce as per directions below
4. Cook chicken and remaining marinade together until chicken is cooked through and no longer pink inside.
5. Dice chicken and combine with Crunchy Veggie Medley
6. Cut each pita pocket in half and line the inside with spinach leaves, so the mixtures don't make the bread soggy.
7. Stuff each pita pocket with about ½ cup of Chicken and Veggie Mixture and top with Fresh Herb Sauce
8. Enjoy!



## Crunchy Veggie Medley

### Ingredients

- 1 pint grape tomatoes, quartered
- 2 medium cucumbers, diced
- ½ celery, thinly sliced
- 1 clove garlic, minced
- 1 c. fresh parsley leaves, chopped
- ½ c. fresh mint leaves, chopped
- 1 tsp honey
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp red wine vinegar
- ½ tsp salt (optional)
- ¼ tsp black pepper

### Directions

1. In a small bowl, mix the honey, olive oil, lemon juice, vinegar, salt, and pepper. Stir in the herbs and garlic.
2. In a large bowl, mix the tomatoes, cucumbers, and onion.
3. Add the dressing to the veggies and toss to mix well.



## Fresh Herb Sauce

### Ingredients

- ¾ cup plain nonfat Greek yogurt
- 4 oz feta cheese
- ½ cup fresh dill, mince
- ¾ cup fresh cilantro, minced
- 2 tsp lemon juice

### Directions

Mix all ingredients together in a small bowl.





## Chicken Broccoli Cheddar Pita

**Prep Time:** 15 min

**Cook Time:** 20 min

**Serves:** 6



### Ingredients

- 1/4 c milk
- 4 oz cream cheese
- 3 Tbsp water
- 1 Tbsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp ground black pepper
- 1/4 tsp sea salt
- 1 c broccoli florets, blanched
- 1 medium carrot, shredded (about 1/2 cup)
- 2 c cubed cooked chicken or turkey
- 1/4 c cheddar cheese
- pita breads (6-inch), cut in half, forming 2 pockets



### Directions

1. Mix milk and cream cheese in a separate bowl until creamy
2. Blanch broccoli florets and chop.
3. Combine cream, cooked broccoli, and the rest of the ingredients in a 2-quart saucepan and heat over medium-low heat.
4. Add cheese and stir until melted.
5. Spoon the chicken mixture into the pita pockets.



# Week 3

## Half'n'Half Turkey Veggie Burgers

Servings: 8-10

### Ingredients

- ¼ cup breadcrumbs
- 2 Tbsp olive oil, divided
- 1 small or ½ large onion, diced
- 6 cloves garlic, minced
- ½ zucchini, shredded (about ½ cup)
- 1 large carrot, shredded (about ½ cup)
- ½ cup sliced almonds, coarsely chopped
- 1 Tbsp Worcestershire sauce
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp cayenne
- ½ tsp oregano
- ½ tsp grain mustard
- 1 tsp balsamic vinegar
- 1 egg
- ½ lb ground turkey
- Cornmeal, for dusting

### Directions

1. Prepare onions and garlic
2. Heat 1 Tbsp of olive oil in a large skillet and add onion and garlic, cooking until fragrant and soft.
3. Shred the zucchini and carrots and squeeze out excess moisture through a paper towel. Add to the skillet along with the almonds, and stir well.
4. Meanwhile, in a large bowl mix the Worcestershire sauce, smoked paprika, cumin, cayenne, oregano, mustard, and vinegar. Add to the skillet and stir well. Turn off heat.



5. In the large mixing bowl, crack and beat the egg. Add the contents of the skillet, the bulgur, and the turkey. Mix well with your hands, then form 10-12 patties and dust both sides with cornmeal.
6. Add the remaining 1 Tbsp of olive oil to the skillet. When hot, add the patties and cook for about 4 minutes on each side. They are ready to flip when they no longer stick to the skillet.
7. Serve on whole wheat buns or bread, along with desired toppings and condiments.



## Sweet Potato Hash

### Ingredients

- 2 Tbsp olive oil
- 1 medium onion, finely diced
- 1 bell pepper, sliced into strips
- 2 lbs sweet potatoes, diced
- 1 tsp spices, such as rosemary, thyme, paprika, cayenne, etc.
- Salt & Pepper



### Directions

1. Heat olive oil in a large skillet. Add onions and peppers, and a pinch each of salt and pepper. Cook for 5 minutes, stirring occasionally.
2. Stir in the sweet potatoes and spices, cover and cook, stirring occasionally until sweet potatoes are soft and begin to brown, about 15 minutes.



## Guest Chef Henry Hong

### Black Tip Shark and Summer Fruit Salad



**Yield:** 10 Servings

#### Ingredients

- 10 3 oz portions shark
- fresh herbs
- 10-20 blackberries
- 2.5 lbs mixed salad greens
- 1 1/4 lbs peaches, freestone if possible
- 3 ears of corn
- 1/2 lbs onions
- orange
- lemon
- 1/2 grapefruit
- olive oil, salt, pepper

#### Directions

1. Rinse peaches, and cut into eighths
2. Sprinkle peaches with sugar and brûlée with a kitchen torch
3. Shuck corn, and cut from cob (we will instruct the students on how to do this safely and efficiently)
4. Roughly chop onions and herbs
5. Zest and juice citrus
6. Season shark with salt and pepper, then either pan or oven roast
7. Blend citrus juice, citrus zest, onion, olive oil, and most of the herbs, adding salt and pepper to taste
8. Toss greens with dressing



## Serving

4 oz of greens per plate, topped with one shark portion, surrounded by 2 bruleed peach slices, 2 tbsp corn kernels, 1-2 blackberries, any other fruits, garnished with fresh herbs and black pepper



# Week 4

## Lean & Mean, Lo-So Jambalaya (Adapted from the Domestic Me blog)

### Ingredients

- 1 ½ Tbsp olive oil
- 6 oz Andouille chicken sausage, diced
- 1 large yellow onion, diced
- 1 ½ bell peppers, diced
- 6 stalks celery, diced
- 4 cloves garlic, minced
- 1 (14.5 oz) can diced fire roasted tomatoes
- 4 Tbsp smoked paprika
- 1 tsp cumin
- 1 tsp dried thyme
- 1 ½ tsp dried oregano
- ½ tsp cayenne pepper
- 1 ¼ cups brown rice
- 3 ½ cups low sodium chicken broth
- ¾ lb large shrimp, raw
- 1 ½ Tbsp lemon juice
- 6 scallions, sliced
- ¼ cup fresh cilantro, chopped



### Directions

1. In a large pot, heat the olive oil. When hot, add the diced chicken sausage and sauté for about 4 minutes, or until lightly browned.
2. Add the onion, peppers, celery, and garlic, and cook for 3 minutes.
3. Add the diced fire roasted tomatoes, smoked paprika, oregano, cayenne, cumin, and thyme. Cook for about 3 minutes until the mixture is simmering.
4. Mix in the brown rice and cook for 1 minute. Then add the chicken broth.
5. Bring to a boil and then lower to a simmer. Cover and cook for 50 minutes or until the rice is tender and most of the liquid has been absorbed.
6. Taste the jambalaya and add additional seasonings if necessary.
7. Mix the shrimp and lemon juice into the jambalaya, cover and cook for 5 minutes, until the shrimp are bright pink and no longer see-through.
8. Top with scallions and cilantro, and serve with hot sauce.

## Guest Chef Len

### Fajita Quesadilla and Quinoa and Brown Rice with Black Beans

#### Fajita Quesadilla

Servings: 4

#### Ingredients

- 1 Tbsp canola oil
- 1 lb chicken breast, boneless, skinless
- 4 oz yellow onion
- 1 pint chicken stock
- 4 oz bell peppers
- 4 tsp zesty pepper spice blend
- 1 tsp garlic and herb spice blend
- 4 flour tortillas
- 2/3 c shredded Colby jack cheese, low fat
- 1 c tomatoes, diced
- 2 tsp red onion, diced
- 2 tsp lime juice
- 1 tsp cilantro, fresh, chopped
- 1 tsp parsley leaves, dried
- ½ tsp dried chipotle chili pepper
- ½ tsp jalapeño, diced
- 1/8 tsp kosher salt

#### Directions

1. In a skillet on medium-high heat, sear chicken breast. Reduce heat and add onions and peppers, cook until softened. Add stock, cover and simmer until chicken just begins to pull apart, an internal temperature of 185° F. Strain contents and reserve liquid. Pull chicken with onions. Mix in Zesty Pepper and Garlic and Herb Blends.
2. Preheat and grease flat grill to 350° F. Place tortillas on grill. Distribute cheese evenly and top with an even amount of chicken mixture. When cheese is melted, fold in half and cut in 4's.
3. For Salsa, combine remaining ingredients in a small bowl. Mix Well and allow to marinate for 30 minutes. Serve with quesadillas.





## Quinoa and Brown Rice with Black Beans

Servings: 4

### Ingredients

- 1/3 c quinoa, cooked
- 1/3 c brown rice, cooked
- 2/3 c black beans, cooked
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper
- 4 tsp tomatoes
- 4 tsp fresh corn
- 2 tsp bell peppers
- 2 tsp scallions
- 2 Tbsp avocado, diced
- 2 tsp jalapeno, diced
- 4 tsp lime juice
- 1/4 tsp kosher salt
- 1/3 c sour cream, fat-free
- 1 tsp dried zesty pepper blend
- 1/2 tsp lime zest

### Directions

1. In a large mixing bowl, combine quinoa, rice, black beans, onion powder, garlic powder and black pepper. Mix well to combine. Add tomatoes, corn, peppers and scallions
2. In a separate bowl, mix avocado, jalapeno, lime juice and salt. Toss well to coat. Add to grain mixture and toss well to combine.
3. In a separate bowl combine sour cream, zesty pepper blend and lime zest. Mix well and let marinate for 15 minutes. Serve with quinoa and rice.



# Week 5

## Fish Tacos and Mango Salsa and Avocado Crème Sauce and Corn Salsa

**Servings:** 7-8

### Ingredients

- 1 ½ lbs boneless skinless white fish fillets (e.g cod or halibut)
- 12-15 corn tortillas for serving
- Grapeseed oil or oil with high smoke point for frying

### *Batter Ingredients*

- 1 ½ c seltzer water
- 1 c flour
- 4 Tbsp cornstarch
- ¾ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 ¼ c panko breadcrumbs

### Directions

1. Cut the fish fillets into chunks that are roughly 2 inches long and 1 inch wide
2. In a medium mixing bowl, whisk together the seltzer, flour, cornstarch, salt, garlic powder and cayenne pepper. The batter should be thick like pancake batter, but if it appears clumpy or overly thick add more seltzer or water until the mixture is thin enough for dipping
3. Pour the panko breadcrumbs into another bowl. Have an empty plate handy for the breaded fish.
4. Dip each piece of fish into the batter. When you pull the fish out of the batter, let the excess batter run back into the bowl.
5. After dipping in the batter, gently roll each piece in panko crumbs to coat. Leaving too much batter on the fish will lead to clumping, so make sure your fish is only lightly coated with batter before breading. Use one hand for wet dipping and the other for dry, otherwise you'll end up with lots of clumps in the dry coating ingredients.
6. Place the breaded fish onto the empty plate.
7. When your fish is breaded, heat ½ inch of cooking oil in a skillet over medium high.



8. Fry the breaded fish pieces in batches of 6-8. If the oil is at the correct temperature, it should bubble and sizzle evenly- no splatters or popping.
9. Flip the fish when they turn dark golden brown. It will take 2-3 minutes per side for the fish to become golden and crisp.
10. While the fish fries, whisk together your sauce ingredients. Reserve the sauce
11. Place fried fish on a double layer of paper towels to drain. This will keep the fish as crisp as possible.
12. When all the fish pieces are fried, assemble your tacos. Heat the corn tortillas in a skillet until they become warm, fragrant and flexible. Place two pieces of fried fish in each taco.
13. Top with mango salsa or avocado cream and ENJOY!



### **To assemble**

Place a bit of fish on a warm tortilla and top with mango salsa or avocado lime cream sauce.

### **Mango Salsa**

#### **Ingredients**

- bell pepper (red, yellow, and/or orange), diced
- ½ small red onion, finely chopped
- jalapeno pepper, de-seeded and diced
- just-ripe mangoes, peeled and chopped into 1/2-inch square chunks
- handful cilantro, washed, dried, de-stemmed, and chopped
- cloves garlic, minced
- lime, juiced
- salt to taste



#### **Directions**

1. Prepare ingredients.
2. Mix all ingredients in a large bowl.
3. Serve on fish tacos or with chips.

## Avocado Crème Sauce

Servings: 8

### Ingredients

- 1 avocado, remove pit and peel
- 2 Tbsp cilantro
- 1/2 lime, juice
- sour cream
- 2 tsp Sriracha sauce
- 2 Tbsp organic full

### Directions

1. Prepare ingredients.
2. Add all ingredients to blender or processor and blend until creamy.
3. Serve over fish tacos.



## Fresh Corn Salsa

Servings: 4

### Ingredients

- 2 c cooked corn kernels (about 2 ears)
- 2 medium tomatoes, seeded and diced
- 2 jalapenos, finely chopped (include seeds for more heat)
- 4 Tbsp chopped, fresh cilantro
- 4 Tbsp fresh lime juice
- 2 cloves garlic, minced
- 1 tsp salt

### Directions

1. Combine all ingredients in a medium bowl and mix together.
2. Cover and let stand about 15 minutes to allow flavors to develop.

