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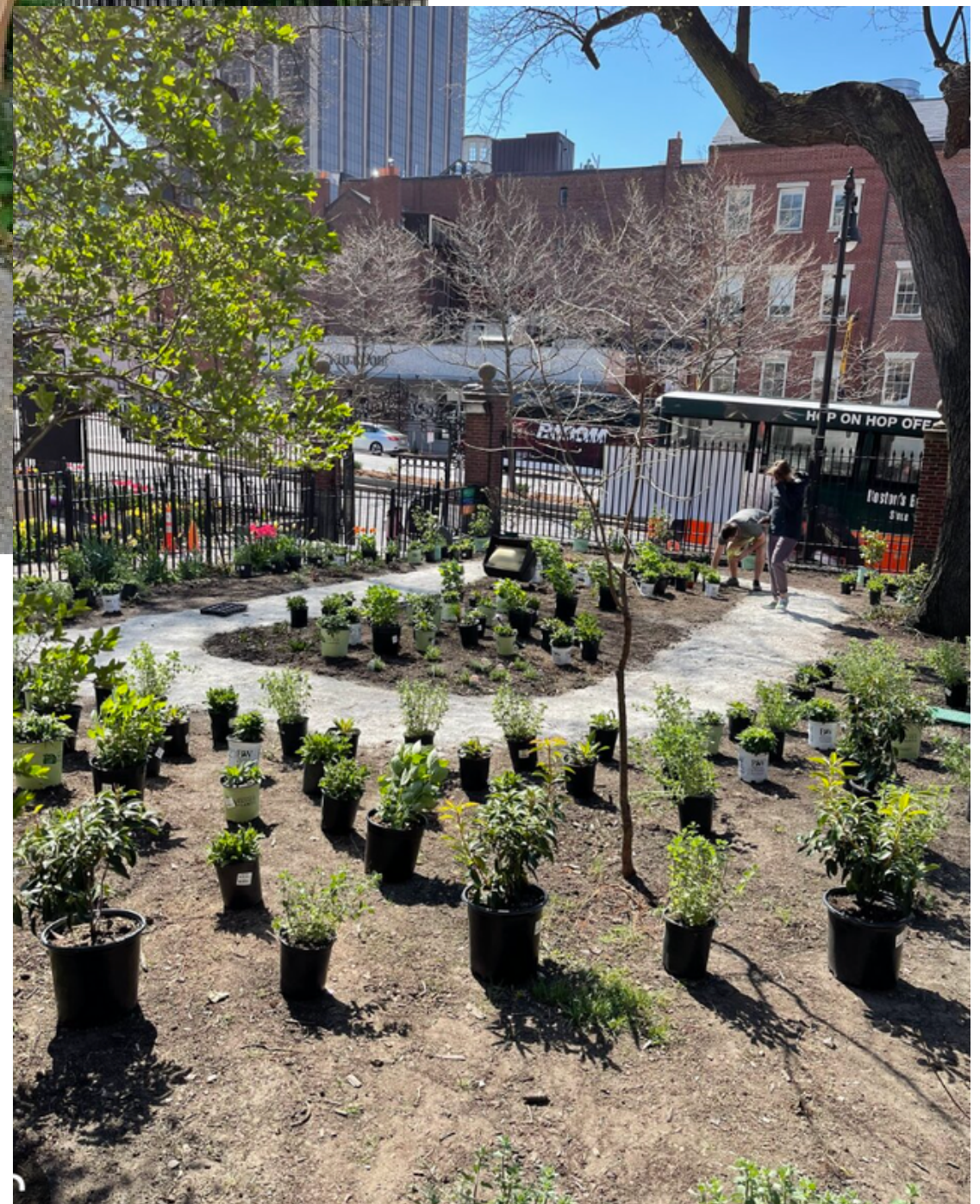
RECIPE BOOK



Spring 2023

Culturally sensitive, affordable, and nutritious recipes developed for families in Boston





## INSPIRATION FROM OUR PARTNER: **OLD WEST CHURCH FOOD FOREST**

Over the course of the semester, students learned about nutrition while also volunteering at various organizations to improve food insecurity around Boston.

One of our partners, Old West Church, has a food forest, in which they grow sustainable fruits, vegetables, and herbs to help support the community. The recipes that our students developed use foods grown in the food forest, are targeted for the ethnicities represented by the people Old West Church serves, and aim to provide healthy and affordable substitutions. These recipe cards were requested by and shared with Old West Church to be a resource.



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## HEART-HEALTHY SHEET PAN CHICKEN FAJITAS

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

### INGREDIENTS

- 1/2 pound boneless skinless chicken breasts
- 3 green bell peppers
- 1/2 cup cherry tomatoes
- 1 onion
- 1/4 cup fresh cilantro
- 1 lime
- 1 tablespoon olive oil
- 1 package taco-seasoning



### DIRECTIONS

1. Lightly grease large sheet pan and preheat oven to 425 degrees F.
2. Slice chicken, peppers, and onion into strips. Lay vegetables evenly on pan and place chicken on top.
3. Sprinkle seasoning and olive oil over entire pan and mix.
4. Cook for 15-20 minutes or until chicken is fully cooked.
5. Remove from oven and squeeze fresh lime juice over chicken and vegetables and sprinkle with cilantro.



### NOTES

Serve with complex carb such as quinoa, brown rice, baked sweet potato for added fiber and satiety! Easy recipe that can be adapted to use any vegetables you have on hand or are in season.



## INGREDIENTS

For the salad:

- 1 cup dry brown lentils
- 1 bay leaf
- 1/2 cup carrots
- 1/2 cup red bell peppers
- 1/2 cup onion
- 1/2 cup cucumber
- 1/4 cup parsley
- For the dressing:
  - 1 clove garlic
  - 4 tbsp fresh lemon juice
  - 1 tbsp sherry vinegar
  - 2 tsp lemon zest
  - 1/4 tsp ground cumin
  - 1/4 tsp smoked sweet Spanish paprika
  - 1/3 cup extra virgin olive oil
  - 1/4 tsp freshly ground black pepper

## INSTRUCTIONS

1. Put the dry lentils and bay leaf into a pot and cover with two inches of water.
2. Bring the lentils to a boil and then lower to a simmer and cover. Cook according to package instructions (usually for 15-25 minutes) until al dente (cooked through but still firm to the bite). Start tasting around the 15-minute mark so that you don't overcook.
3. While the lentils are cooking, prepare the vegetables by dicing everything into small and even pieces. Put everything into a large serving bowl.
4. To prepare the dressing, combine the cumin, paprika, lemon juice, sherry vinegar, lemon zest, and minced garlic in a bowl. Slowly whisk in the olive oil. Taste and adjust for salt and pepper. When the lentils are tender but not mushy, drain in a colander and rinse with cold water. Make sure they're well-drained so that the salad isn't watered down.
5. When the lentils are tender but not mushy, drain in a colander and rinse with cold water. Make sure they're well-drained so that the salad isn't watered down.
6. Add the lentils to the large salad bowl with the rest of the vegetables. Mix everything together and pour on the dressing. Taste and adjust for salt and pepper. Enjoy immediately or keep in the fridge for up to four days.



# Spanish Lentil Salad



4 servings



20 minutes

Lentils are a big part of the Spanish diet, and lentil salad has become very popular in recent years in Spain as healthy eating. Lentils are high in fiber, folate and potassium which are all great for your heart. Not only this but lentils are also a source of energising iron and vitamin B1 which helps maintain a steady heartbeat.

## NOTES

- You can use the lentil of your choice, but it should be one that holds its shape and doesn't get too mushy. Brown, black, and green lentils work well. You cannot use canned lentils, they will be too mushy.
- Make sure to cook the lentils until al dente (tender, but not mushy).
- Feel free to substitute different veggies if needed.
- Try to get smoked Spanish paprika (pimentón dulce) — it has a great, unique flavor.
- You can prepare this salad in advance (it tastes even better after marinating for a couple of hours) and it will last up to four days in the fridge.



## White bean, chorizo and herb salad

A white bean salad with spicy chorizo added for Spanish influence

**Prep Time: 10 mins    Cook Time: 10 mins    Servings : 4**

### **INGREDIENTS**

- 1 tbs of red wine vinegar
- 1 garlic clove
- 1 tsp of dijon mustard
- pinch of stevia or sugar substitute
- 1/4 cup of extra virgin olive oil
- 1 cup of lean chorizo sausage cut into slices
- 2 cans of cannellini beans
- 1 cup of cherry tomatoes
- 2 handfuls of greens (spinach, parsley, beet greens, leaf vegetables etc.)

### **PROCEDURE**

1. Whisk together vinegar, garlic, mustard and sugar substitute and season with salt and pepper. Gradually add oil.
2. Heat frying pan using medium heat and fry chorizo thoroughly. Pat oil using paper towels. Add beans to same pan and half of the dressing and transfer to a bowl.
3. Add tomatoes, herbs and sausage to the same bowl and toss to combine using remaining dressing.

### **NOTES :**

Substitutions made for those suffering from hypertension

<https://www.delicious.com.au/recipes/white-bean-chorizo-herb-salad/9be1dc51-7f31-40e5-ae82-1fbfbd334ef9>





# Shrimp and Spinach Ceviche

SERVINGS: 2-3

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

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## Ingredients

2 cup of thawed shrimp

3/4 cup of diced cucumber\*

1/2 cup of chopped cherry tomatoes\*

3/4 cup of diced green bell pepper\*

1/2 cup of diced red onion\*

2 tbsp apple cider vinegar

2 tbsp olive oil

1 tbsp lemon juice

1 tbsp lime juice

4 cups of spinach\*

Salt and Pepper to taste

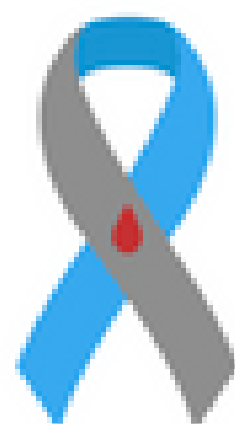
*\*sourced from Old West Church Food Forest*

## Directions

1. Add thawed shrimp to a pan over medium heat. Cook until pink, then remove tails. Chop shrimp into 1/4 inch pieces, then add to large bowl.
2. Dice all vegetables and add them to the bowl with the chopped shrimp.
3. Add in the apple cider vinegar, olive oil, lemon and lime juice, and finally the spinach.
4. Toss the ceviche in the bowl till everything is evenly coated, then serve and enjoy.

## Nutrition Facts

- Whole and Dark colored vegetables like spinach and cherry tomatoes are full of important nutrients and fiber.
- Limited starches, like this meal, are great for a diabetic diet.
- Olive oil provides important fatty acids and some fat-soluble vitamins.



# CHICKEN AFRITADA

FILIPINO CHICKEN DISH IN TOMATO SAUCE

6 SERVINGS | 45 min prep | 45 min cook time

## INGREDIENTS

- 2 LBS CHICKEN (MIX OF THIGHS AND DRUMSTICKS)
- 2 TBSP LEMON JUICE
- 2 TBSP SOY SAUCE
- 2 TBSP OLIVE OIL
- 2 CLOVES GARLIC, CHOPPED
- 1 MEDIUM ONION, CHOPPED
- 1 MEDIUM TOMATO, DICED
- 2 TBSP FISH SAUCE
- SALT AND PEPPER, TO TASTE
- 1 CUP TOMATO SAUCE
- 1 CUP WATER
- 1 LARGE POTATOES, CUBED
- 1 CARROT, CUBED
- 1 RED BELL PEPPER, CUBED

## DIRECTIONS

1. Marinate the chicken with soy sauce and lemon juice. Let it sit for about half an hour; this is a good time to prep the rest of the vegetables.
2. In a large pot over medium heat, add oil and sauté the onions, garlic, and tomatoes.
3. Add the marinated chicken into the pan and cook until it is no longer pink.
4. Stir in the fish sauce, tomato sauce, and water and let it boil before turning heat to low and letting the broth simmer for 20 minutes. Stir occasionally.
5. Add in the rest of the vegetables and cover the pot until potatoes are tender (about 10 mins).
6. Season to taste with salt and pepper.
7. Serve and enjoy with steamed rice.



**Afritada** is a classic dish originating from the Philippines. This dish is great for families and is easy to make many servings of to save time! It is usually made with a source of protein such as chicken, beef, or fish that is braised in a hearty tomato sauce. Vegetables such as potatoes, onions, peppers, and carrots commonly compliment the dish, along with a side of steamed rice. American influences on Filipino cuisine are apparent in the use of tomato sauce and sometimes, sausages. Asian influences are also apparent in Filipino cuisine — shown through use of soy sauce and fish sauce. Pairing the dish with rice is also a common Asian eating pattern. Many other traditional Filipino dishes show the blend of many cultures — East Asia, America, Spain, etc.



# ALIPINO EGGPLANT OMELET (TORTANG TALONG)

 Servings: 1

 Prepping Time: 20 min

 Cooking Time: 30 min

## Ingredients

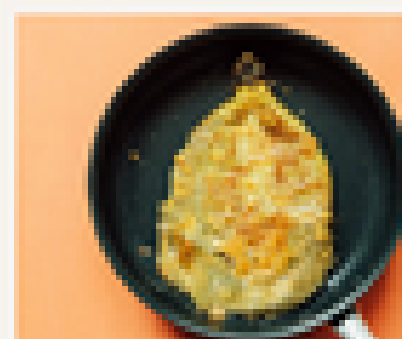
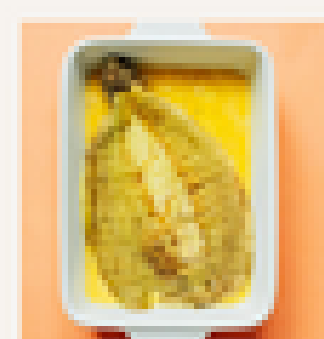
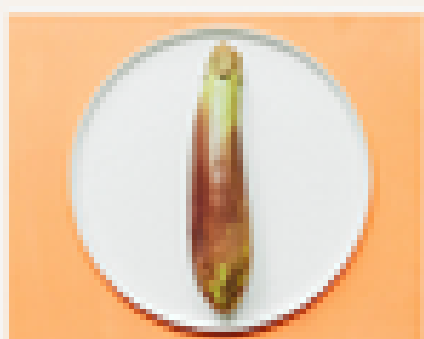
- 2 Eggs
- 1 Eggplant
- Salt & Pepper
- Oil
- Garlic
- Rice (1 cup)
- 1 cup of mixed greens

## Directions

- Step 1: Broil the eggplant- Set the oven to broil and remove the outside skin of the eggplant. Place the eggplant on a baking sheet and let it broil for about 15 minutes.
- Step 2: Steam the eggplant- Transfer the eggplant to a large Ziploc bag and let it sit for about 5 minutes to steam.
- Step 3: Egg time- whisk together the two egg, salt, and pepper.
- Step 4: Squish the eggplant- Remove the eggplant from the bag and peel off the skin, then Using a fork, gently flatten the eggplant .
- Step 6: Serve and garnish- serve with warm rice and a side of greens (Just add oil and salt).



## STEP BY STEP





# LUMPIANG UBOD

Philippine dish with a base  
of lettuce – “Fresh spring  
rolls with hearts of palm”



## INGREDIENTS

- 1 pack of lumpia wrapper/ substitute with spring roll wrappers
- 1 cup of cooked and sliced hearts of palm (ubod)
- 1 cup of shredded lettuce
- 1 cup of sliced carrots
- 1 cup of sliced cucumber
- 1 cup of sliced bean sprouts
- 1/4 cup of chopped peanuts
- 1/4 cup of chopped cilantro
- 1/4 cup of chopped mint leaves
- 1/4 cup of chopped basil leaves
- 1/4 cup of soy sauce
- 1/4 cup of vinegar
- 1/4 cup of sugar
- 2 cloves of garlic, minced
- 1/2 cup of water
- Cooking oil



# INSTRUCTIONS

1. In a bowl, mix together the hearts of palm, lettuce, carrots, cucumber, bean sprouts, peanuts, cilantro, mint leaves, and basil leaves.
2. In a separate bowl, make the dipping sauce by mixing together soy sauce, vinegar, sugar, garlic, and water. Set aside.
3. To assemble the lumpia, take a piece of lumpia wrapper and place a spoonful of the vegetable mixture on the bottom part of the wrapper.
4. Fold the sides of the wrapper towards the center, then roll the lumpia tightly, making sure to seal the edges with water.
5. Repeat until you've used up all the filling.
6. Heat the cooking oil in a pan and fry the lumpia until golden brown.
7. Serve the lumpia hot with the dipping sauce on the side.

The lettuce adds a refreshing and crunchy texture to the lumpia, making it a delicious and healthy meal. Enjoy!



# NUTRITION FACTS

The recipe generates 4 servings

## Nutrition Facts

Fresh Vegetable Lumpia

Serving Size:  roll (64g)

Amount Per Serving

Calories 148

Calories from Fat 56

% Daily Value\*

Total Fat 6.2g

10%

Saturated Fat 0.6g

3%

Trans Fat 0.1g

Polyunsaturated Fat 3.2g

Monounsaturated Fat 2.1g

Cholesterol 12mg

4%

Sodium 270mg

11%

Potassium 69mg

2%

Total Carbohydrates 19g

6%

Dietary Fiber 0.9g

3%

Sugars 0.9g

Protein 3.7g

Vitamin A

12%

Vitamin C

11%

Calcium

1.5%

Iron

6.9%

\* Percent Daily Values are based on a 2000 calorie diet.





## Ingredients

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- 1 large eggplant
  - 1 small yellow onion
  - 1-2 Tablespoons oil
  - 2 cloves of garlic
  - 2-3 cups tomato sauce
  - 1 16 oz. box of pasta noodles
  - salt & black peppers
  - fresh basil
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## Nutrition Facts

Roasted Eggplant Pasta

Amount Per Serving (113.4 g)

Calories 491      Calories from Fat 50

**% Daily Value\***

Fat 5.5g      8%

Cholesterol 0mg      0%

Sodium 16.1mg      1%

Carbohydrates 93.9g      31%

Sugar 7.7g      9%

Protein 16.4g      33%

Vitamin A 1IU      0%

Vitamin C 13mg      16%

\* Percent Daily Values are based on a 2000 calorie diet.

## Roasted Eggplant Pasta



4 servings



20 minutes

## Method

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1. Preheat oven to 400F.
2. Roast eggplant and onions:
  - a. Arrange sliced onions and diced eggplant on a sheet pan and toss with oil, minced garlic, and salt & pepper. Roast for 15 minutes – flip halfway through roasting time.
3. Cook pasta:
  - a. Bring a pot of well-salted water to a boil. Cook pasta as the box instructs.
4. Heat sauce:
  - a. In a saucepan, simmer the marinara on low. Fold in roasted eggplant and onions to the sauce after they are finished roasting.
5. Serve:
  - a. Serve pasta noodles with eggplant and marinara sauce, and chopped fresh basil.

# Berenjena Salteada

## Descripción

- Sabor rico, sabroso y dulce.
- Textura suave con bordes caramelizados
- Solo 5 ingredientes básicos
- Listo en 20 minutos en total
- Fácil de maridar con muchos platos (pollo, cordero, salchichas, pasta vegetariana, etc.)

## Ingredientes

- Berenjena
- Polvo de ajo
- Sal marina y pimienta negra
- Aceite de Oliva (en concreto Virgen Extra)

## Instrucciones

1. Corta la berenjena transversalmente en círculos de 1/4 de pulgada.
2. Saltear. Caliente el aceite en una sartén grande y agregue las rodajas de berenjena en una sola capa. Trabajando en lotes, saltee la berenjena por ambos lados, hasta que esté completamente suave y caramelizada. Repita con la berenjena restante, agregando aceite entre lotes, hasta que esté listo.
3. ¡Agregue ajo en polvo, sal y pimienta, y cualquier especia adicional de su elección!
4. Se puede refrigerar durante 3-5 días.





# Baked Yuca Cassava Chips

## Ingredients:

- Yuca/Cassava- \$0.33 each/\$1.89/lb
- Olive Oil
- Salt/preferred seasonings

## Preparation:

1. Wash the yuca, then peel the yuca
2. Cut the yuca into thin slices and place it into cold water for a few minutes
3. Place the the yuca slices onto a paper towel to dry them
4. Coat the slices with olive oil and season the slices to your liking
5. Preheat the oven to 450°F, line a baking sheet with parchment paper. Bake the chips for 5-8 minutes then flip them for 5 minutes or until both sides are golden brown and crispy





# Mondongo

## Preparation:

Bring water, lime juice, salt, pepper and tripe to boil over medium high heat in a large pot. Cook until tender.

Remove tripe from the pot and cut into bite sized pieces.

In a large pot, heat the oil. Add onion and garlic and cook until onion becomes translucent. Add the green peppers, tomato sauce, sazón and crushed red pepper. Stir to combine and let cook for about 1 minute.

Add the tripe, carrots and potatoes. Stir and simmer over medium heat for five minutes.

Add water and stir. Cover and let cook for about 20 minutes, until carrots and potatoes become tender, stirring occasionally. Season with salt to taste.

Add scallions and cilantro.

Serve hot with white rice, lime wedges and hot sauce.

## Benefits:

This recipe contains some generally healthy ingredients, and it is also fairly quick and easy to prepare. Once the ingredients are prepared, it only takes about 20 minutes to prepare and it's a meal that comes in a relatively large portion based on this recipe. This could be great for a family, or someone trying to prepare multiple meals at one time. It has many healthy vegetables like peppers, tomatoes, and carrots

## Ingredients List:

2 lbs Beef Tripe

1 Onion, Chopped

6 Cloves Garlic, Minced

1 Green Bell Pepper, Chopped

3 oz Tomato Sauce

1/2 tsp Red Pepper Flakes

1/2 tsp Pepper

1 1/2 tsp Salt

1 oz Packet of Sazon with  
Culantro and Achiote

1 Potato, Peeled and Chopped

1 Carrot, Peeled and Sliced

5 Cups Water

1 TBSP Scallion, Sliced

1 TBSP Cilantro, Chopped

