



Eating Healthfully and Sustainably on a Tight Budget

Kathy Blair Koch
Health Education
Coordinator II
Environmental
Health and
Community
Wellness
SSCHC



SCROLL DOWN TO SEE ALL THE RECIPES



Garbanzo Hummus

Ingredients

2 cups of chickpeas cooked (or one 15 oz can)
1-2 medium garlic cloves to taste (or 1/4 - 1/2 teaspoon garlic powder)
1/4 cup tahini (sesame seed puree)
2 tablespoons lemon juice
2 tablespoons extra virgin olive oil
4 tablespoons water, more as needed
1/2 - 3/4 teaspoon salt, to taste

1/2 teaspoon black pepper (optional)
1 teaspoon cumin (optional)
Fresh parsley or cilantro, chopped, or red pepper flakes as optional garnish

Directions

1. Add chickpeas, garlic, tahini, lemon juice, and seasonings to the bowl of a 2-quart food processor or blender. Blend until smooth.
2. While blending, slowly add in the olive oil and water as needed until hummus is creamy and smooth.
3. Blend longer than appears necessary as this results in a even creamier texture!
4. Garnish with red pepper flakes, chopped parsley/cilantro, and a drizzle of olive oil if you like.
5. The recipe freezes and keeps well. Consider making extra to have for a fast lunch.



FOLLOW US ON





Mediterranean White Bean Dip

Ingredients

2 cups cooked white "Great Northern" beans OR one 15 oz. can, drained & rinsed
1/4 teaspoon garlic powder OR 1 clove garlic very finely minced
2 teaspoon onion powder OR 2 tablespoons very finely minced green onions, whites only
1 teaspoon oregano leaves, dried or to taste
1/2 teaspoon dried basil, or to taste
2 tablespoons extra virgin olive oil
1 1/2 Tablespoons of lemon juice, or to taste
1 tablespoon water, to start, more as needed
1/2 teaspoon salt or to taste.
Freshly ground black pepper, to taste

*Home cooked beans always preferable to canned when possible.

*May substitute another white bean if preferred.

Directions

1. Combine all ingredients in a bowl and mash well with a potato masher (or if you prefer a smoother spread, puree in blender container. If using a blender, fresh onion & garlic, if used, do not have to be finely minced.)
2. You may need to add water, one tablespoon at a time to get the right consistency.
3. Serve with raw vegetable pieces, slightly steamed broccoli or cauliflower, or with whole grain crackers or bread (or on bread pita as a sandwich).
4. Freezes and thaws well, so consider making extra to have on hand for lunches or snacking.

FOLLOW US ON





Red Lentil Hummus

Ingredients

- 2 cups water
- 1 cup dried red lentils
- 2 cloves garlic (or more to taste)
- 2 tablespoon tahini sesame paste
- ¼ cup olive oil
- 3 tablespoon lemon juice from a lemon
- 1 teaspoon salt
- 1 teaspoon smoked paprika (optional but nice!)
- ½ teaspoon freshly ground black pepper

Directions

1. Prep the lentils: Bring the water to a boil and cover the lentils. Reduce the heat to a simmer and cook until all the water is absorbed, stirring occasionally, it should take 15 to 20 minutes. Let the lentils cool for 5 to 10 minutes. Drain any remaining water.
2. Make the hummus: Add the cooked lentils to a food processor or blender with the rest of the ingredients. Pulse until everything is blended and smooth. If needed, add water 1 tablespoon at a time. Blend longer than apparently needed for a creamier texture!
3. Scoop the hummus into a bowl, garnish with smoked paprika. Chill until ready to serve.

Notes

1. Store your hummus in the fridge for **4-7 days**. You can keep it in the same bowl you've served it in covered with plastic wrap, or transfer it to an airtight container.
2. Surprisingly, this is a dip that can be frozen without ruining the consistency! Transfer your red lentil hummus to an airtight container, drizzle a thin layer of oil over the top, and store up to 4 months. When you're ready to eat, let it thaw fully. Give it a stir to mix the layer of oil.
3. Delicious for dipping raw and steamed veggies!

FOLLOW US ON





Red Lentil Curry with Zucchini

Ingredients

2 tablespoons olive oil
1 large onion chopped
1 teaspoon of ground "turmeric"
½ teaspoon ground cumin
1 medium jalapeño pepper, minced or to taste
1 bay leaf
1 cup of red lentils
¾ teaspoon salt
1 teaspoon of honey, agave, or sugar
2 cups of water
2 cups zucchini or summer squash, cut into "1/4 rounds"
(quartered slices) OR other quick cooking vegetables cut into
bite sized pieces.
Optional: Cilantro and/or green onion, finely sliced, as
garnish as serving.

Directions

1. Heat in a large skillet with 2 tablespoons of olive oil
2. Add:
 - 1 large onion chopped
 - 1 teaspoon of ground "turmeric"
 - ½ teaspoon ground cumin
 - 1 medium jalapeño pepper, minced or to taste
 - 1 bay leaf
3. Fry for 1-2 minutes
4. Add:
 - 1 cup of red lentils
 - ¾ teaspoon salt
 - 1 teaspoon of agave honey or sugar
 - 2 cups of water
5. Bring to a boil, reduce heat, cover, and cook over
heat under some 15 minutes. Stir occasionally.
6. Add:
 - 2 cups zucchini, cut into "1/4 rounds" (or other
vegetable, see below)
7. Mix and return to a boil.
8. Cook covered, moving it from time to time, until all
the water is absorbed and the lentils and vegetables
are cooked.
9. Serve hot over rice. (Preferably whole grain.)
10. You can put more chili and plain yogurt on top.

**The zucchini can be substituted with another vegetable
according to your taste. Cut and adapt the cooking time
with what is chosen

FOLLOW US ON





Black Bean Walnut Tacos

Ingredients

(8 servings)

1 cup raw walnuts
3 Tablespoons extra virgin olive oil
1 medium onion, diced
3 garlic cloves, minced
2-3 Tablespoons chipotles in adobo sauce, pureed OR option to use sauce from the chipotles only (more or less, to taste)
½ teaspoon paprika (optional)
½-1 teaspoon cumin, ground (to taste)
1/4 teaspoon salt (optional)
¼ teaspoon black pepper
1/2 Tablespoon soy sauce, reduced sodium preferred
2 cups or 1 can (15 oz.) cooked black beans, rinsed and drained

Notes

You may also serve over brown rice as a bowl meal instead of taco style.

Directions

1. Place the walnuts into a bowl and pour boiling water on top. Cover with a lid and steep for 10 minutes. (While the walnuts are steeping, it's a great time to prep the rest of the ingredients).
2. Drain the walnuts and add them to a food processor or a chopper. Add 2 tablespoons of water and pulse until you have meat like crumbles. (Be careful not to over process or you will end up with walnut butter).
3. In a large non-stick skillet, add the oil and onions. Cook over medium heat until the onions soften and start to turn golden.
4. Add the garlic and chipotle to the onions and cook for 1 minute.
5. Now add the walnut crumbles, paprika (if using), cumin, salt, pepper, and soy sauce. Cook for about 3-4 minutes.
6. Finally, add the black beans. As you cook them, press them with a spoon (you'll want to smash about half of the beans. Smashing some of the beans helps them to hold together.) Turn off the heat.
7. Assemble your tacos. Top with desired topping: suggest onion, tomato, radishes, finely chopped lettuce or cabbage, etc.

FOLLOW US ON





Wheat Salad, Mediterranean Style ("Tabouli")

Ingredients

2 cups of bulgur whole wheat
2 medium-sized cucumbers, cut into small pieces
6 large tomatoes (~4 cups) cut into small pieces
1/2 - 1 cup to taste finely chopped parsley
1/2 cup to taste, finely chopped mint leaves
1/2 cup finely chopped red or sweet onion (or 7-8 scallions, white and green, finely chopped)
1/2 cup olive oil or to taste
1/2 cup lemon or lemon juice
1/2 tablespoon salt or to taste
Feta cheese, crumbled 4-5 oz or to taste, como adorna (opcional)

Directions

1. In a covered heatproof glass or ceramic bowl, add 4 cups of boiling water to the 2 cups of Bulgar wheat and cover for about 45-60 minutes. Drain and squeeze out any extra water.
2. Set the bulgur aside and let it cool.
3. While the bulgur is cooling, prepare and combine the ingredients in a large serving bowl; the oil, lemon juice, parsley, mint, onion, tomatoes and cucumbers, salt (and chickpeas, if using - see note below.)
4. Add the cooled bulgur and mix .
5. Add feta cheese over each serving as a garnish.
6. Enjoy!

Optional

- To make a heartier main dish salad, you can add 2 cups (or one 15 oz can) of chickpeas.
- You can substitute cooked white quinoa instead of the bulgur whole wheat.

FOLLOW US ON 




Sixteenth Street
AT THE HEART OF OUR HEALTHY COMMUNITY



Creamy Sesame Tahini Dressing

Ingredients

1/3 cup tahini
1/4 cup water (Note: use less for a thicker Dip consistency)
2 tablespoons extra virgin olive oil
1 1/2 - 2 tablespoons lemon/lime juice (or rice vinegar), to taste
1/4 teaspoon garlic powder (or 1 clove fresh garlic, finely minced)
1/2 teaspoon salt

Directions

1. Whisk or shake well in a wide mouth jar with a tight lid or blend with a blender.
2. Adjust consistency with water if needed, tends to thicken when refrigerated or thin when comes to room temperature.
3. Shake or stir well before serving.
4. Can store for ~5-7 days refrigerated, can store for a few days longer, if only dried rather than fresh ginger, garlic, and herbs are used.
5. To prepare a thicker dressing to use as a dip, reduce water.

Variation 1

Chipotle Tahini Dressing

1. Add 2 tablespoons or to taste, chipotle peppers in adobo (sauce only).

Variation 2

Curry Tahini Dressing

1. Add 1/2 to 1 teaspoon curry powder, 1/2 teaspoon ground turmeric and 1 teaspoon ground ginger (or 1/2 tablespoon fresh ginger root, grated or finely minced), 1 teaspoon real maple syrup or honey.

Variation 3

Green Tahini Dressing

1. Add 1/3 cup each fresh cilantro and parsley, stems and leaves, loosely packed and 1/4 teaspoon ground cumin. Blend with blender until smooth.



Basic Vinaigrette Salad Dressing

Ingredients

1 tbsp. of vinegar (apple cider vinegar, red wine vinegar, balsamic or rice vinegar) or other acid like lemon, lime, or orange juice.
3 tablespoons of extra virgin olive oil
Salt
Pepper

Garlic, minced or garlic powder to taste.
And other seasonings like Italian seasoning, oregano, basil, etc. You can use fresh or dried.
Adding a bit of Dijon mustard is nice.

Notes

This recipe may be multiplied as needed for larger quantities. Such as X4 = 1/4 cup vinegar with 3/4 cup oil with seasonings to taste.

Directions

1. Put all ingredients in an appropriately sized glass jar with a tight lid and shake vigorously. Agitate again before serving.

Notes

Store dressing in refrigerator for 5-7 days. A little less time if fresh herbs/fresh garlic is used rather than dried. Olive oil solidifies when refrigerated. Bring the jar out prior to use, or run the glass jar under hot water to re-liquify the oil.

FOLLOW US ON





Ginger Peanut Dressing

Ingredients

1/3 cup smooth peanut butter (no hydrogenated fats or sugar added)
3-4 Tablespoons water, or as needed
2 tablespoons soy sauce (reduced sodium preferred)
1 1/2 tablespoons lemon or lime juice (or rice vinegar)
1/2 tablespoon of honey (or real maple syrup)
1/4 teaspoon garlic power (or 1 clove fresh garlic, minced or to taste)
1 teaspoon ginger, ground (or 1/2 tablespoon fresh gingerroot, minced) or more to taste.
1/8 teaspoon cayenne pepper, ground (or substitute black pepper, ground) or to taste.

Directions

1. Whisk ingredients together in a wide mouth container with tight lid (or blend in blender until smooth). Taste and adjust seasonings as needed
2. Add more water, one tablespoon at a time if needed to make the right consistency.
3. Shake or stir well before using.
4. Note that it thickens when refrigerated.
5. Stores ~5-7 days refrigerated, longer if only dried rather than fresh seasonings are used.
6. *To make a thicker "dip"*, reduce the amount of water by several tablespoons.

Variation

1. Substitute almond butter or another nut or seed butter (smooth, no sugar added) for the peanut butter.

Note: Recipe may be easily multiplied for larger amounts.



Ingredients

Apples, in desired amount. ** Combining several different varieties of apples, especially tart with sweet ones may be even more flavorful!

Generous amount of ground cinnamon to taste, start with 1/2 teaspoon and increase accordingly.

Very small amount of real butter

Optional: If more sweetness is desired, consider adding some raisins or other dried un-sugared fruit in small pieces.



Directions

1. Scrub the apples well with water using a brush.
2. Cut the apples into uniform slices: depending on the size of the apples, from 8-16 slices.
3. Remove any seeds or hard center pieces, but no need to peel! Using an apple cutter makes this really fast!
4. Pile high in a baking dish. (They will cook down and reduce in size.)
5. Sprinkle with cinnamon to taste (perhaps 1/2 teaspoon) and add small amount of butter and raisins, if using, and toss together.
6. Cover tightly. Bake at 350 degrees for 30 minutes or so, depending on quantity and type of apple, until soft but not mushy
7. Or, instead of baking in the oven, you may choose to microwave the covered apples until softened, ~7-12 minutes depending on how thinly sliced and the quantity being cooked. Stir them once or twice during microwaving to help them cook evenly.

Notes

- Best served warm or at room temperature.
- Delicious as a simple dessert, consider adding a crunchy garnish like toasted green pumpkin or sunflower seeds, nuts, or coconut.
- Also delicious on cold cereal or oatmeal or yogurt or even as a topping on toast!
- Removing skin reduces the fiber, phytochemicals, and antioxidants found in apples. Eat them unpeeled often!

FOLLOW US ON

