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Welcome to The Teaching Kitchen at Lenox Hill Neighborhood House Cookbook for Families!

This cookbook is designed for families and children to eat delicious, healthy meals.

Lenox Hill Neighborhood House
Founded in 1894, Lenox Hill Neighborhood House is a settlement house on the East Side of Manhattan that has become the frontrunner in the local farm-to-institution movement by creating a model program serving 390,000 healthy meals annually to low-income New Yorkers through two senior centers, a homeless shelter, a Head Start/UPK program, after school program, summer camp, and an Alzheimer’s day program.

Lenox Hill Neighborhood House transformed our 365-days-a-year Food Services to a farm-to-institution model emphasizing healthy, fresh foods to improve our clients’ overall health and well-being. We use approximately 90% fresh produce – 30-40% of it locally sourced – and regionally grown and milled whole grains.

The Teaching Kitchen
Lenox Hill Neighborhood House’s farm-to-institution training and technical assistance program works with organizations for a full year to help them serve healthier food made with more fresh and local ingredients - without raising costs. To date, we have worked with over 100 program sites – senior centers, homeless shelters, early childhood programs, soup kitchens, food pantries, supportive housing residences, afterschool programs, and more – serving more than 10 million meals annually.
About This Cookbook

These recipes were created by our wonderful Food Services team at Lenox Hill Neighborhood House. The children, aged 3-5, in our Early Childhood Center love these recipes, but they are truly for all ages. These dishes are satisfying but more importantly healthy. All the ingredients should be easy to find, even though some may depend on the season more than others. We designed these recipes to be cost-effective. We teach all of these to the families of our Early Childhood Center, and we want to share that experience of delicious, easy food with you!
Breakfast
Bulgur Wheat and Coconut Hot Porridge

This recipe is a great whole-grain and dairy-free hot breakfast cereal. This dish can also be made with regular milk. Soak bulgur in water overnight for a softer porridge

Serves 4-6 adults

Ingredients

- 2 cups coconut milk
- 2-3 cups water
- 2 cups bulgur
- ½ teaspoon salt
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

Directions

1. Bring the coconut milk and half of the water to a boil. Stir in the bulgur and bring back to a boil. Lower the heat to a simmer.
2. Stirring often, allow the mix to simmer until the bulgur is tender but still with a slight bite. If the bulgur is drying out, add more water to prevent burning.
3. Stir in the salt, honey, vanilla, and spices. Taste and adjust seasoning as needed.
GRANOLA

Homemade granola is much cheaper and healthier than packaged granola or cereal. Oats contain high amounts of fiber and are a great breakfast food. We serve our granola over yogurt or with milk for breakfast and as a snack. This granola will keep up to two weeks in an airtight container.

MAKES 5 CUPS OR 20-2 OUNCE PORTIONS

INGREDIENTS

- 4 cups of rolled oats
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup oil
- ¼ cup honey, brown sugar, or white sugar
- 1 teaspoon vanilla
- Zest** and juice of 1 orange
- ½ cup raisins or dried cranberries
- ½ cup dried unsweetened coconut flakes, optional

DIRECTIONS

1. Preheat oven to 350°F degrees.
2. In a small pot, mix orange zest, orange juice, oil, honey, cinnamon, and vanilla. Warm the oil and honey mixture for one minute.
3. Pour over rolled oats and mix well.
4. Spread very thinly on baking sheet lined with paper.
5. Bake 8-10 minutes, stirring once after about 5 minutes.
6. Take out while still soft. The oat mixture will become crisper as it cools. Transfer mixture to a large bowl and add raisins and coconut and stir well.
7. Cool and store in airtight bags or plastic container with lid.

**Zesting: scrape off the thin outer layer of colorful skin of citrus with a small grater or a microplane.
**Banana French Toast Casserole**

This recipe was created to help us use up whole wheat bread and overripe bananas. It is always helpful to have cost-saving recipes that can also use up ingredients that will become potential waste. The amount of sugar added can be adjusted depending on the ripeness of the bananas used. It is a great recipe to prepare the night before and bake off the next day.

**Serves 6-7 Portions**

**Ingredients**

1. 12 leftover whole-grain rolls or multigrain bread or combination
2. 1 cup rolled oats, optional
3. 2 cups milk
4. 7 eggs
5. 4 bananas, overripe, mashed
6. ¾ cup brown sugar
7. 1 tablespoon vanilla extract
8. 1 teaspoon ground cinnamon
9. ¼ teaspoon ground nutmeg

**Directions**

1. Preheat oven to 350° F.
2. Tear leftover bread into bite-size chunks and spread evenly into a greased baking dish. Sprinkle oats over bread, if using.
3. In a large stainless-steel bowl, crack eggs and whisk. Add milk and combine.
4. Add mashed bananas, brown sugar, vanilla, and spices to egg mixture, and mix.
5. Pour liquid over the bread and allow it to sit for 10-15 minutes to absorb or overnight.
6. Cover with foil and bake for 35 minutes or until center is cooked. Uncover and allow to cook for an additional 10 minutes until lightly brown on top.
Spinach Frittata

This frittata can also be made with any combination of vegetables; feel free to use broccoli or add vegetables such as peppers or other in-season vegetables you have on hand. It is a great breakfast, lunch, or dinner recipe.

SERVES 4–6

INGREDIENTS

- 10 eggs
- ¾ cup cheddar cheese, shredded
- 1 cup fresh or frozen spinach
- 1 teaspoon salt
- 1 teaspoon black pepper

DIRECTIONS

1. Preheat oven 350 °F.
2. Grease baking dish using oil or vegetable spray.
3. In a large bowl, beat eggs until frothy.
4. Add spinach, cheese, salt, and black pepper. Mix well.
5. Pour egg mixture into greased pan. Bake uncovered 20-25 minutes or until egg mixture is firm and top is lightly golden.
Vegetarian Main Courses
Cauliflower Chickpea Bulgur Wheat Bake

This is a great fiber-and protein-packed vegetarian casserole. While we recommend bulgur, you can also make it with rice or quinoa or a mix of grains. You can add any vegetables you have on hand, and the cheese brings it all together and makes it a favorite.

Serves 4–6

Ingredients

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<tbody>
<tr>
<td>1 ½ cups</td>
<td>bulgur wheat</td>
</tr>
<tr>
<td>2 cups boiling</td>
<td>water</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>oil for bulgur</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>oil for roasting cauliflower</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 medium cauliflower head, cut into florets</td>
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</tr>
<tr>
<td>1 clove garlic, minced</td>
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</tr>
<tr>
<td>1 teaspoon</td>
<td>basil</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>oregano</td>
</tr>
<tr>
<td>1 14-ounce can chickpeas, drained and rinsed</td>
<td></td>
</tr>
<tr>
<td>1 ½ cups</td>
<td>shredded cheddar or mozzarella</td>
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Directions

1. Preheat oven to 350°F.
2. In a medium saucepan, bring water to a boil and add dried bulgur and oil. Season with salt, and pepper, stir. Cook covered for 25-30 minutes or until tender.
3. While bulgur is cooking, toss the cauliflower with garlic, basil, oregano, and oil. Roast 15 minutes or until golden and tender. (The cauliflower can also be steamed.)
4. In a large bowl, combine cooked bulgur, chickpeas, 1 cup shredded cheese, and roasted cauliflower. Place mixture into a greased baking dish.
5. Top with remaining shredded cheese. Bake uncovered for 10 minutes or until cheese melts and is lightly golden brown.
Black Bean and Sweet Potato Chili

A hearty vegetarian twist on a familiar favorite. A meat variation of this recipe can be made with the addition of ½ lb. of ground turkey meat.

Serves 4-6

Ingredients

| 1 small onion, diced | 2 tablespoons oil |
| 1 clove garlic, minced | 1 stalk celery, sliced thinly |
| 2 tablespoons oil | 1 green bell pepper, diced |
| 1 teaspoon oregano | ½ teaspoon chili powder |
| 2 teaspoons paprika | 2 14-ounce cans black beans, drained and rinsed or 1 lb. dried beans cooked |
| 1 14-ounce can diced tomatoes | 2 cups of water * more if needed |
| 4 tablespoons tomato paste | Salt and pepper to taste |

Directions

1. In a medium pot, sauté onions and garlic in oil for about 5 minutes until soft. Add bell peppers, celery, and spices and cook for 2 minutes.
2. Add black beans, tomato paste, and diced tomatoes, stir to dissolve tomato paste.
3. Add sweet potatoes and water, bring to a simmer. Cook for 30-35 minutes or until sweet potatoes are soft.
4. Add more water if needed. Season with salt and pepper to taste.
# Butternut Squash Macaroni and Cheese

Macaroni and Cheese is a very popular dish enjoyed by many of our clients. We developed a healthier version of this favorite by adding fresh butternut squash, which matches the cheddar cheese in color and is therefore almost undetectable. The addition of butternut squash adds a tremendous amount of nutrients to the dish.

**Serves 4-6**

## Ingredients

- 1/2 pound whole-wheat elbow macaroni, cooked according to the box’s instructions
- 1 small butternut squash or approximately 1 1/2 cups, roasted and mashed
- 1 tablespoon oil for roasting
- 2 1/2 cups 1% milk
- 1 1/2 tablespoons butter
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 tablespoon salt
- 1 cup cheddar cheese, shredded

## Directions

1. Preheat oven to 350°F
2. Cut butternut squash in half, scoop out seeds using a spoon, and drizzle with oil. Season with salt and black pepper. Roast for 30 minutes or until fork-tender. Set aside until cool.
3. Scoop out squash into a bowl and mash with a fork until smooth.
4. In a large pot, heat milk, butter, garlic, paprika, and salt.
5. Add butternut squash, cooked pasta, and shredded cheese to milk mixture. Mix well and check for seasoning.
6. Transfer mixture into a greased baking dish, top with cheddar cheese, cover with foil, and bake for 20 minutes.
Moroccan Chickpea Stew with Chard

An array of Moroccan-influenced spices gives this stew a complex, rich flavor. You can substitute other hearty greens in the summer and replace them with sweet potato in the winter. This stew can be served hot over bulgur, barley, or brown rice.

SERVES 4-6

INGREDIENTS

- 2 tablespoons oil
- 1 small onion, diced
- 1 tablespoon garlic, minced
- ½ tablespoon fresh ginger, minced
- ½ teaspoon turmeric
- ½ teaspoon paprika
- ½ teaspoon cinnamon
- ½ teaspoon cumin
- ½ teaspoon black pepper
- 1 teaspoon salt
- 2 teaspoons tomato paste
- ½ pound Swiss chard, stems and leaves separated and chopped
- 1 small carrot, chopped
- 2 cups cauliflower, cut into bite-sized pieces
- 2 14-ounce cans low-sodium chickpeas, drained and rinsed
- 1 tablespoon cilantro, chopped

DIRECTIONS

1. In a large pot, heat oil over medium heat.
2. Add onion, garlic, ginger, and cook for 5 minutes until soft and fragrant. Add dry spices and cook for another 2 minutes.
3. Add tomato paste and stir for 2 more minutes until slightly darkened, careful not to burn. Add chard stems, carrots, cauliflower and continue to cook. Stir for 10 minutes until stems begin to soften.
4. Add chickpeas and water just to cover. Bring to a simmer and cook over low heat for 30 to 35 minutes.
5. Add chard leaves and cilantro. Cook for 5 more minutes.
Poultry Main Courses
Bulgur con Pollo

Initially, we were making only arroz con pollo, but in a desire to serve more diverse grains, we made the dish with bulgur. It is now just as popular as the original.

SERVES 4-6

INGREDIENTS

- 2 cups bulgur wheat
- 5 cups boiling water
- 2 tablespoon oil
- 1 pound bone-out chicken thigh, cut into bite-size pieces
- ½ onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- ¼ cup fresh cilantro
- 1 clove garlic, minced
- 1 teaspoon oregano, dried
- 1 teaspoon black pepper
- 1 teaspoon salt

DIRECTIONS

1. In a small pot, bring water to a boil. Add bulgur, half of the oil, and salt. Stir, cover, and allow to cook for about 25 minutes or until cooked. Set aside.
2. In a separate pot, heat oil and add meat. Cook until brown and cooked.
3. Add onions and bell peppers. When vegetables start to become tender, add garlic, spices, and herbs. Cook for 5-7 minutes.
4. Add cooked bulgur to chicken and vegetable mix and stir well.
**Chicken Stew with Ginger and Pumpkin**

This stew is perfect as a hearty fall and winter dish when butternut squash and pumpkin are in season. Experiment with different squashes during peak season. We do not peel our butternut squash because the peel has nutrients and softens upon cooking. Butternut squash is very high in Vitamin A.

Serves 6-8

**Ingredients**

- 2 tablespoons oil
- 1 green or red pepper, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh ginger, peeled and chopped
- 6 boneless chicken thighs, cut into bite-size pieces
- 2 teaspoons paprika
- 2 teaspoons thyme or any herb on hand
- ¾ cup canned diced tomato
- 2 teaspoons tomato paste
- 1 small butternut squash or approximately 1 1/2 cups, peeled and chopped
- ¾ cup water *or as needed
- Salt to taste

**Directions**

1. In a large pot heat oil. Season chicken thighs with salt and pepper. Add chicken and brown for about 5 minutes.
2. Add peppers, onions, garlic, and ginger and sauté until tender, 5-7 minutes.
3. Add paprika and herbs to mixture and sauté for 2 minutes.
4. Add tomatoes, tomato paste, and pumpkin. Add water, stir, and cover. Cook for 15 minutes or until pumpkin is tender. Serve with brown rice or grain of choice.
CHICKEN STIR-FRY

Stir-fries are a great way to use up any vegetables, frozen and/or fresh, that you may have on hand. You can replace the chicken with tofu or any other protein. It’s also great served over any whole grain.

SERVES TO 4-6

INGREDIENTS

1 ½ pounds chicken breast, cut into ½ inch by 1-inch strips
1 clove garlic, minced
1 teaspoon fresh ginger, minced
1 small onion, cut into strips
1 bell pepper, cored and cut into ½ inch to 1-inch strips
1 medium carrot, peeled and sliced thinly on the diagonal
1 pound broccoli, cut into bite-sized florets
¼ cup low-sodium soy sauce
1 teaspoon cornstarch
2 tablespoons oil

DIRECTIONS

1. In a large pan heat oil. Add sliced chicken and sauté until almost cooked through and slightly browned.
2. Add garlic, ginger, onion, bell peppers, and carrots, stir to combine. Cook for 10 minutes until slightly soft.
3. Add broccoli and cook, stirring often for about 5 more minutes.
4. Combine soy sauce and cornstarch, stir and add to pan.
5. Stir for 5 minutes to incorporate. Turn down heat and cook for 10 minutes or until the sauce has thickened and the vegetables are tender.
Turkey Meatballs

Turkey meatballs are a delicious and healthy alternative to the classic beef meatballs. We also serve these meatballs with our baked polenta instead of whole wheat pasta for another delicious alternative.

Serves to 4-6

Ingredients

**Meatballs**
- 1 1/2 lb. ground turkey
- 1 egg
- 1/3 cup bread crumbs
- 1/2 cup Parmesan cheese
- 2 tablespoons dried or fresh chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoons garlic powder or 1 clove garlic, minced
- 2 teaspoons dried oregano
- 2 teaspoons dried basil

**Tomato Sauce**
- 2 14-ounce cans crushed plum tomatoes
- 1 teaspoon oil
- 1 clove garlic, minced
- 1/4 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Preheat oven to 350° F.
2. In a large bowl, combine meatball ingredients and mix well.
3. Form into about 12 2-ounce meatballs.
4. Place on a baking sheet lined with foil or parchment paper and bake for 20 minutes.
5. While meatballs are cooking, make tomato sauce.
6. For sauce: In a pot, sauté garlic in oil for about 5 minutes, then add the remaining ingredients. Simmer for 20 minutes.
7. Drop cooked meatballs into the tomato sauce and cook for another 10 minutes.
8. Serve 2 meatballs with sauce and whole-wheat spaghetti or baked polenta.
Baked Chicken

There are many cuts of chicken, but we recommend using chicken thighs because they are more flavorful, less expensive, and do not dry out as much.

Serves 4-6

Ingredients

- 4-6 chicken thighs with bone, or drumsticks
- 2 tablespoons lemon juice (from bottled or fresh)
- ½ cup oil
- 1 clove garlic, minced
- ½ tablespoon paprika
- ½ tablespoon black pepper
- 1 tablespoon dried oregano leaves or 3-4 sprigs fresh rosemary (remove stems and chop finely)

Directions

1. Season chicken with all the ingredients. Let marinate for 2 hours or overnight.
2. Preheat oven to 350° F. Line baking sheet with parchment paper or foil. Place chicken on baking sheet.
3. Cook chicken for approximately for 35-40 minutes or until done.
**Spaghetti Carbonara with Turkey Bacon and Green Peas**

*This recipe is a perfect way to use less meat without sacrificing flavor.*

**Serves 4–6**

**Ingredients**

- 8 ounces whole wheat spaghetti, cooked according to the box’s instructions
- 6 ounces turkey bacon, cut into ½” pieces
- 1½ tablespoons oil
- 1 clove garlic, minced
- 1 cup green peas, frozen
- ¼ cup part-skim ricotta
- 1 cup 1% milk
- 1½ cups baby spinach or arugula
- ¼ cup parmesan, grated

**Directions**

1. Heat oil and sauté turkey bacon and garlic for 2 minutes. Add peas into the tilt skillet with the bacon and garlic. Stir to break up clumps.
2. In a bowl ricotta and milk. Add mixture slowly over other ingredients and cook on medium heat until peas are just done. Do not simmer or boil. Add pasta and mix well.
3. Add parsley and parmesan and toss to combine well.
Quick and Delicious Fish Sauces
**Spinach-Basil Pesto**

This delicious sauce can be made with cilantro or any other greens in place of the traditional basil. You can also use kale instead of spinach. This sauce is flavorful and extremely versatile; add it to fish, pasta, chicken, roasted vegetables, and salads.

**Makes 4 Cups**

### Ingredients

- 4-6 pieces of fish: pollack or cod seasoned with garlic, onion powder, and paprika
- 4 cups fresh spinach, cleaned
- 2 cups basil
- 3 cloves garlic
- 1 cup oil
- Juice of 1 lemon
- Zest of 1 lemon
- ¾ cup Parmesan cheese, grated
- ½ tablespoon salt
- ¼ cup water to thin, if needed

**Zesting:** scrape off the thin outer layer of colorful skin of citrus with a small grater or a microplane.

### Directions

1. Preheat oven to 350°F.
2. Place spinach, basil, garlic, lemon juice, and oil in blender or food processor and puree.
3. Add parmesan cheese, salt, and lemon zest. If too thick, thin with water. Refrigerate until ready to use.
4. Place fish on lined and greased baking sheets and brush pesto sauce. Place in the oven for 7 to 10 minutes until cooked through. Brush on more pesto over fish if desired before serving.

Note: Pesto can be made without a food processor. Chop spinach and basil and garlic very well. Add all other ingredients and refrigerate.
Sweet Potato Coconut Curry Fish

This naturally sweet and hearty sauce helps keep fish hot and moist longer. The sweet potatoes are high in Vitamin A, making the sauce more nutrient-dense.

Sauce for 4-6 people

Ingredients

- 4 - 6 pieces of fish: pollack or cod, seasoned with garlic, onion powder, and paprika
- 2 tablespoons oil
- 2 cloves garlic, minced
- 1 small onion, sliced thinly
- 1 stalk celery, sliced thinly on an angle
- 1 medium sweet potato, washed and diced ½ inch pieces
- 1 red or green or mixture peppers, sliced thinly in ½ inch pieces
- 1 tablespoon mild curry powder
- 1 cup coconut milk
- ½ cup water *more if needed
- 1 tablespoon brown sugar
- ¼ cup cilantro, washed and chopped (optional)

Directions

1. Preheat oven to 350°F.
2. In a small pot, sauté garlic, onions, celery in oil. Cook for 5 minutes. Add sweet potatoes and green/red peppers and cook for 10 minutes. When vegetables begin to soften, add curry powder, stir, and cook for 2 minutes.
3. Add coconut milk, brown sugar, water. Cover and cook until sweet potatoes are soft, about 10-15 minutes simmering.
4. Stir in cilantro and mix well.
5. Arrange fish on lined and greased baking trays. Place in the oven for 7 to 10 minutes until cooked through. Serve baked fish with a spoonful of warm sauce.
Baked Fish with Corn and Potato Sauce

We’re always looking for ways to keep our fish hot and moist longer. This chowder-like corn and potato sauce adds flavor and nutrients and helps make any serving of fish more filling.

Serves 4-6

**Ingredients**

- 4 - 6 pieces of fish: pollack or cod, seasoned with garlic, onion powder, and paprika
- 1 teaspoon of butter
- 1 tablespoon oil
- ½ onion, medium dice
- 2 cloves garlic, minced
- 1 small red bell pepper, chopped
- ½ cup celery, chopped finely
- 1 cup corn, thawed
- 1 teaspoon thyme
- ½ teaspoon paprika
- ½ teaspoon black pepper
- 1 tablespoon flour
- 1 cup 1% milk, heated
- 1 cup water, heated
- 1 bay leaf
- 1 large yellow potato, diced
- *½ cup of half and half, optional

**Directions**

1. Preheat oven to 350°F.
2. In a pot, heat butter and oil. Sauté onion, garlic, celery, and red bell pepper. Add spices and sprinkle flour. Stir for 5 minutes, careful not to brown.
3. Add hot milk and water slowly, stirring constantly. Add bay leaf.
4. Bring to a simmer. Add potato and corn. Cook until potatoes are tender, about 10 minutes. *Five minutes before serving add half and half, if using.
5. Arrange fish on lined and greased baking trays. Place in the oven for 7 to 10 minutes, until cooked through. Serve baked fish with a spoonful of warm sauce.
Sides
**Roasted Winter Squash**

Winter squash is a delicious and naturally sweet alternative to roasted white potatoes. It is an excellent source of Vitamin A and best when served in the fall and winter when it is in season.

Serves 4-6

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>1 large acorn or butternut squash (4-5 pounds)</td>
<td>1. Preheat oven to 400°F.</td>
</tr>
<tr>
<td>2 tablespoons oil</td>
<td>2. Line baking sheet with greased parchment paper or aluminum foil.</td>
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<tr>
<td>1 teaspoon salt</td>
<td>3. Cut squash of choice in half, scoop seeds, and cut into 1-inch wide wedges widthwise.</td>
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<tr>
<td>½ teaspoon black pepper</td>
<td>4. Toss squash in oil, salt, and pepper. Place onto baking sheet.</td>
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<tr>
<td></td>
<td>5. Roast for 30 to 40 minutes or until golden brown and tender</td>
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</table>
**POLENTA**

Polenta is cornmeal or ground corn. Baking the polenta and topping it with cheese makes it easier to cut it into squares. Polenta can be served with pesto or meatballs in place of pasta. It can also be cooked into a sweet breakfast porridge on the stovetop with a little cinnamon and sugar or honey.

**SERVES** 4-6

**INGREDIENTS**

- 5 cups water
- 1 tablespoon butter
- 1 cup polenta
- 1 cup cheddar cheese, shredded
- 2 tablespoons grated Parmesan *optional
- ¼ cup 1% milk

**DIRECTIONS**

1. Preheat oven to 350°F.
2. In a pot with a heavy bottom, heat water and add butter.
3. When water is boiling, sift in polenta gradually while stirring. Stir constantly for approximately 10-15 minutes.
4. Lower heat and add parmesan if using, half of the cheddar, and milk. Stir well to combine.
5. Pour polenta into a greased oven-safe dish or pan. Sprinkle remaining cheese on top. Cover with foil and bake for about 15 minutes. Remove foil and cook for 5 minutes or until golden brown. It will firm up as it cools.
Barley with Brown Rice

We love serving several types of whole grains to our young clients. Introducing new grains with more familiar grains such as brown rice is a great way to train their palates into trying new foods slowly.

Serves 4-6

Ingredients

- ½ cup brown rice (parboiled)
- ½ cup pearled barley
- 1 ½ cups boiling water
- ¼ teaspoons salt
- 1 ½ teaspoons oil

Directions

1. In a small pot, bring water to a boil.
2. Add grains to boiling water.
3. Add salt and oil to grains and stir well.
4. Cover the pot and cook on low heat for 25-30 minutes or until tender.
Salads with Home-made Dressings
**Arugula Carrot Beet Chickpea Salad**

Salads serve as a great way to introduce new vegetables. Our salads are packed with ingredients that not only provide nutrition and flavor but also texture and color. Salads are not limited to just greens and other vegetables -- add grains, fruits, nuts, and seeds!

**Serves 4-6**

**Ingredients**
- 6 ounce bag arugula or mixed salad greens
- 1 medium carrot, shredded
- 1 medium beet, peeled and shredded or cooked and diced
- 1 cup canned chickpeas, drained and rinsed

**Directions**

1. Place all vegetables in a large bowl and toss with a homemade dressing of choice.

* If using cooked beet: in a small pot of water, boil beet until just tender (about 20 minutes). Allow to cool, peel, and dice. Roast beets are also a great option. Peel, dice, and toss with oil, salt, and pepper. Roast in a 350°F oven for 15 minutes or until tender.
Barley, Corn, and Black Bean Salad

This delicious grain salad uses one of the grains we recommend the most: barley. Consider preparing this salad using half brown rice and half barley, for an easier introduction. Barley is the lowest on the glycemic index, so it is recommended for diabetics; it will not spike your blood sugar as other processed white grains will.

Serves 4-6

Ingredients

Barley Salad
¾ cup dry barley
¾ cup frozen corn, thawed
¾ cup canned black beans, drained and rinsed
¼ cup cilantro or parsley, chopped
1 red pepper, chopped finely

Dressing
2 tablespoons oil
2 tablespoons lemon juice
½ teaspoon ground cumin
½ teaspoon paprika
Salt and black pepper to taste

Directions

1. In a small pot, bring water to a boil. Add barley and oil. Season with salt and stir well.
2. Cover the pot and cook on low heat for 25-30 minutes or until tender. Set aside.
3. In a large bowl, combine the dressing ingredients and mix well.
4. Add barley salad ingredients and combine with dressing.
Honey Mustard Yogurt Dressing

This simple recipe for homemade dressing uses low-fat plain yogurt and honey to create a delicious, healthy, and inexpensive dressing. Use it on salads or as a dip for vegetables and snacks.

Serves 4-6

Ingredients

1 cup plain yogurt
¼ cup oil
½ cup honey
¼ cup Dijon mustard or 2 tablespoons of yellow mustard
3 tablespoons lemon or orange juice
1 clove garlic, minced
Salt and pepper to taste

Directions

1. In a large bowl, combine all the dressing ingredients and mix well.
### Apple Dressing

*Our apple dressing has been one of our most popular homemade dressing recipes with our clients. It serves as a great way to use up any leftover or bruised fruit. Consider using beets and pears in the fall and peaches, berries, and nectarines in the summer.*

**Makes about 2 cups**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 medium apples, cored and cut into bite-size pieces</td>
<td>1. In a blender add apples, vinegar, honey, Dijon mustard, salt and pepper, and puree for 20 seconds.</td>
</tr>
<tr>
<td>⅔ cup apple cider vinegar</td>
<td>2. With the motor running on low, slowly add oil and continue to puree until desired consistency is reached. Use water to thin dressing or to make less acidic. Season to taste.</td>
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<tr>
<td>1 tablespoon honey, more if desired</td>
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</tr>
<tr>
<td>½ cup oil</td>
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</tr>
<tr>
<td>2 teaspoons Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>Water if needed</td>
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</tbody>
</table>
Baked Goods
# Healthy Carrot Cookies

These cookies are a great alternative to processed snack foods and can also be served for breakfast, since they are packed with whole grains and fruit.

**Makes approximately 25 cookies 2” cookies**

## Ingredients

- 2 cups rolled oats
- 1 ½ cups whole wheat flour
- 3 teaspoons baking powder
- 3 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- ¼ cup oil
- ½ cup brown sugar
- 2 eggs, room temperature
- 2 teaspoons vanilla extract
- 2 ripe bananas, mashed
- 2 cups freshly grated carrots (about 2 medium carrot)
- 1 cup coconut flakes, *optional
- ½ cup raisins or dried cranberries, *optional

## Directions

1. Preheat oven to 350°F.
2. Line two baking sheets with parchment or wax paper.
3. In a medium bowl, whisk together oats, flour, baking powder, cinnamon, nutmeg, and salt.
4. In a separate bowl, whisk together oil, sugar, eggs, vanilla, and mashed banana.
5. Add the dry ingredients to the wet ingredients and mix well.
6. Gently fold in the carrots, coconut, and dried fruit, if using.
7. Drop the cookie dough in rounded scoops (about two tablespoons) onto a greased baking sheet. Flatten slightly with your hand.
8. Bake for 10 to 12 minutes or until golden brown, watch closely.
Zucchini Muffins

We use this recipe for monthly birthday cake celebrations for our kids and seniors during the summer. Instead of dropping the batter into a muffin tin, pour it into a cake pan. Once baked, ice with our yogurt frosting. Substitute carrots in the fall and winter to make this a seasonal recipe.

Serves 12

Ingredients

**Muffins**
- 2 cups flour
- 2 teaspoons baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon cardamom
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon ground ginger
- 1 teaspoon salt
- 3 eggs
- 2 cups brown sugar
- 1 cup oil
- 1 teaspoon vanilla extract
- 2 cups (3-4 small zucchini) grated, un-peeled zucchini (place grated zucchini in a colander and lightly squeeze excess moisture before measuring)

**Frosting**
- 3 ounces cream cheese softened to room temperature
- ¼ cup yogurt, room temperature
- 1 to 1 ½ cups of powdered sugar

Directions

1. Preheat oven to 350°F.
2. Grease a muffin pan or a 9x12 baking pan
3. In a medium bowl, combine the flour, baking soda, salt, baking powder, and spices. Set aside.
4. In a separate bowl, combine eggs, sugar, zucchini, vegetable oil, and vanilla. Add dry ingredients to wet ingredients.
5. Pour batter into desired pan and bake, muffins 15 minutes, cake 20-25 or until the top is golden brown and a knife inserted into the center comes out clean.
6. In a small bowl combine all frosting ingredients and mix well. Spread over cooled cake or muffins before serving.
Nutritional Benefits of Whole Grains

We recommend serving a diversity of whole grains, not just for cost but also because they have different nutrients that are good for your health. Whole grains are cholesterol free and are high in soluble and insoluble fiber, which improve our digestive function. These delicious grains cook similarly and as easily as rice.

**Barley**
- Closest to rice in taste and texture making it ideal/easy to add to your menu
- Lowest grain on the glycemic index for healthy blood sugar regulation
- May help lower cholesterol

**Bulgur Wheat/Wheat berries**
- Bulgur is made from partially boiled, dried, and cracked wheat berries
- Both contain more than twice the fiber found in brown rice
- Relieves constipation and clears the digestive tract
- Protective against childhood asthma
- Helps prevent iron deficiency and supports a healthy immune system

**Brown Rice**
- Brown rice contains the complete grain: bran, germ, and endosperm and all its nutrients, unlike white rice
- Helps with digestion
- Promotes fullness
- Contains Folate, a B vitamin that helps the body form new cells and can prevent certain birth defects

**Polenta (ground yellow corn)**
- Rich in beta carotene (Vitamin A) - an essential antioxidant
- Good source of carotenoids - good for eye health

**Rolled Oats**
- Rolled oats have been steamed and rolled for fast, convenient cooking
- Help maintain a healthy weight
- Great source of beta-glucan - a type of fiber that helps slow digestion, increase satiety, and suppress appetite and healthy blood sugar regulation

**Rye Berries**
- Aids in strong bone development
- Helps maintain healthy blood circulation
- Supports digestion, reduces the chances of constipation

References
1. https://www.healthline.com/nutrition/barley#risks
5. https://www.hsph.harvard.edu/nutritionsource/food-features/oats/
# Measurement

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# Temperature

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# Weight

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<td>397 g</td>
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ACKNOWLEDGEMENTS

This Farm-to-Institution Cookbook for Families was a long time in the making. It is based on years of experience developing and testing recipes in Lenox Hill Neighborhood House’s kitchens and programs to provide our clients with the healthiest, freshest, most local, sustainable, and delicious food possible. Many people have worked to make this book a reality. Teaching Kitchen founding Executive Chef Lynn Loflin originally developed most of these recipes during her years as Lenox Hill Neighborhood House’s Executive Chef, when she dramatically transformed our Food Services with the goal of serving more fresh, healthy and local food to the New Yorkers who depend on institutional meals for food security and nutrition. Sous Chef Hannah Roucher did the majority of the work to compile, scale, edit, photograph, and test the recipes. Teaching Kitchen Chefs Evelyn Garcia and Seema Pai developed additional recipes and helped to edit and test many others. Evelyn also led the work of translating the cookbook into Spanish, with support from Data and Evaluation Manager Aldo Dagostino. Many current and former members of our Food Services team also contributed, including Annie Melo-Abreu, Francisca Diaz, Gabriel Onofre, Hassina Muhammad, Jaime Nieves, Janet Sanchez, Jermaine Miller, Maria González, Olga Ortega, and Vicenta Nuñez, whose decades of experience preparing meals for our clients helped to inform these recipes and who daily bring them to life for our clients. Executive Chef Michael Mangieri continues to develop and refine our recipes and to implement innovations and best practices in our Food Services to make our meals more healthy, delicious, and sustainable. Hollis Maloney created the beautiful design for the cookbook. Teaching Kitchen Administration Manager Leah Gable and Director of Philanthropy and Healthy Food Initiatives David French also contributed. Thank you all -- this cookbook was truly a team effort, and we could not be prouder of it.