WELCOME
Welcome to your recipe and food go-to, made for UC Davis students by UC Davis students. This collection of recipes comes to you straight from the Teaching Kitchen cooking classes. Each recipe was created to inspire even the busiest student body to cook.

You will find recipes that are easy to create, low in cost, high in nutrition, and short on time from start to finish. You will also find evidence based nutrition tips, tricks of the trade and cooking skills along the way.

So pick your favorite recipe category and have fun experimenting in your own kitchen with these recipes!
WHAT IS A HEALTHY BALANCED MEAL?

What is a healthy balanced meal? An easy way to put a meal together is to use the balanced plate: **50% of your plate coming from all the different colors of fruits and vegetables, 25% of your plate coming from carbohydrate sources**, examples include **dairy** and **whole grain products** like breads, cereals, and cooked grains, with the remaining **25% of the meal coming from a source of protein**. Don’t forget the heart healthy fats that are from plants such as avocados, olive oil, canola oil, nuts, and seeds.

Still not sure how to make it happen? We are here to help! Each recipe you will see the balanced plate logo; it will tell you what category of food the recipe falls under. For example, if you make our Massaged Kale Salad, the logo will show the vegetable portion of the plate colored in. That means to make it a complete meal you will want to add a carbohydrate (maybe some brown rice [link to cooking chart here] and a protein (maybe our oven roasted chicken breast). It’s that easy!

**Explanation of Icons**

- **Budget Friendly**: Recipes with this icon are particularly affordable.
- **Food Safety**: Preparing these dishes is great fun, but getting sick from foodborne illness is not; learn how to avoid cross-contamination, cook foods to appropriate temperatures, and how to store them appropriately.
- **Fast Facts**: Fruits and vegetables are good for you, but have you ever wondered why? What’s the deal with fiber? Look no further than this icon to learn quirky and interesting facts about your favorite dishes.
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Breakfast is the most important meal of the day, or so you have heard, but why? Studies show that those who eat breakfast have a healthier body weight and have improved focus and attention. Read on to find fresh breakfast smoothie recipes, savory frittata muffins and say hello to an energetic, focused and alert you. You may not be a natural morning person, but suddenly the promise of a delicious breakfast makes rolling out of bed for that 8 am class almost appealing.

Blueberry Muffins

Grab-N-Go Egg Muffins

Scrambled Eggs with Leeks & Sun-dried Tomatoes

Blueberry Parfait

Green Tea Smoothie

Strawberry Spinach Smoothie

Breakfast Quinoa

Holiday Fruit Smoothie
Snacks get a bad rap as most people think of candy and chips. But what if you thought of snacks as mini meals to give your brain and body fuel. Use the balanced plate to plan for snacks and Viola! You will be eating snacks that won’t let your energy and focus bonk.
The trick to eating on the go on a budget is planning ahead. Use these recipes to plan for the week. For example, if you have a Tuesday evening class, you don’t need to skip a snack and wait until you are over-hungry at dinner. Make the avo-pea dip over the weekend and put it in a portable container with some whole wheat crackers to get you through class until you can make it home for dinner. Easy-Peasy!
Comfort food generally elicits fond memories of warm, stress free holidays and cherished time spent with loved ones. Here are some recipes to create in your apartment/home that will warm your tummy and won’t break your budget. Click away to discover impressive nutrient profiles and flavors that are sure to become new household favorites.
Recipes here are indulgent and delicious - that’s no secret; but each one is also chock-full of good-for-you ingredients including fiber, whole grains, and antioxidants. With a few clever tricks and ingredient swaps, the age-old saying still holds true: You can have your cake and eat it too.
Who says you can’t make satisfying food on a budget? Impress your friends with a dish that looks like you spent all day cooking.

**Ingredients:**

- 1-15 oz. can low-sodium black beans
- 1-15 oz. can corn (no salt added)
- 1-15 oz. can fire-roasted diced tomatoes
- ½ tsp. chili powder
- ½ tsp. garlic powder
- ¼ tsp. cumin
- ¼ tsp. oregano

**Directions:**

1. Place all ingredients into a large pot, mix well, heat, and serve.

Note: Do not drain beans or tomatoes.

**Cost Breakdown:**

$3.95 to make whole recipe, if you have it for 4-6 servings that is $.66-.98 a serving.

**Thaw Frozen Leftovers Safely:**

Microwave thawing is the fastest method, be sure to heat your food until it reaches 165°F as measured with a food thermometer.

For other thawing methods see our USDA food safety resource.
The healthy fat and protein content is impressive, but you’ll really love this Avo-pea dip for its smooth texture and great flavor. Use it as a spread or as the perfect accompaniment for veggie sticks.

**Ingredients:**
- 2 medium ripe avocados
- 1 tbsp. lemon juice
- ¼ tsp. garlic powder or ½ clove garlic, minced
- 2 cups green peas, defrosted
- salt to taste (~¼ tsp)

**Optional Add-ins:**
- ¼ cup plain non-fat yogurt
- Veggies! Try black olives, diced onions, tomatoes, and bell peppers!
- Soft diced tofu
- Your favorite hot sauce

**Directions:**
1. Put all ingredients into a blender and pulse until smooth.

**Recipe created by:** Sara Naiafi
Blueberry Muffins Recipe

Muffins are great snacking and breakfast foods. They pack easily, taste delicious and can be healthy too! Store-bought muffins may not be the healthiest and so we have provided a great muffin recipe here for everyone to enjoy. Bake these and your apartment will smell amazing, then eat them throughout the week.

Ingredients:
- 1 1/2 cups Quaker quick oatmeal
- 1 cup unsweetened almond milk (or skim milk)
- 1/2 cup packed brown sugar
- 2 Tbsp. agave (or sugar or honey)
- 1/2 cup unsweetened apple sauce
- 2 egg whites
- 1 Tbsp. vanilla extract
- 1/2 cup whole wheat flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 cup fresh blueberries
- Cooking spray

You will also need:
- Medium sized muffin tin that holds 12 muffins (or 2 muffin tins that hold 6 muffins each)
- Paper muffin liners
- Food processor (or blender)

Directions:
1. Preheat oven to 400° Fahrenheit.
2. Line muffin tin(s) with paper muffin liners and lightly spray with cooking spray.
3. Place oats in food processor (or blender) and pulse a few times.
4. Remove oats from food processor (or blender) and soak oats in a small bowl with milk for about 30 minutes.
5. In a medium bowl combine brown sugar, agave, applesauce, vanilla, egg whites, and oil. Mix well.
6. In another medium bowl combine whole wheat flour, salt, baking powder, and baking soda. Whisk ingredients together.
7. Combine oats and milk with sugar and applesauce mixture. Mix well.
8. Slowly add in the dry ingredients. Mix until just incorporated.
10. Spoon the final mixture into the muffin tin(s).

Recipe created by: Amanda Nieh, 2013-2014
An oldie but a goodie: Make this classic Blueberry Parfait for whenever the mood strikes. Try it in a portable Tupperware to take to school for an on the go breakfast or snack.

**Ingredients:**
- 1 cup plain, nonfat Greek yogurt
- ½ cup blueberries (or your favorite berry!)
- ½ Tbsp. honey
- 2 Tbsp. sliced almonds
- 2 Tbsp. low-fat granola
- Cinnamon, to taste

**Directions:**
2. Using half the amount of the following ingredients create layers in your dish. The layers should be as follows: yogurt, berries, almonds, and granola.
3. Repeat to create a second layer. Serve and enjoy!
Breakfast Quinoa Recipe

Quinoa...for breakfast? Yes, please! Give this Breakfast Quinoa a spin for a high-protein, high-fiber, delicious morning meal.

Ingredients:
- 3 cups vanilla almond milk
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 1 Tbsp. honey
- 1 cup quinoa, dry
- 2 Tbsp. sliced almonds
- 1 cup fresh berries

Directions:
1. In a saucepan, bring vanilla almond milk, cinnamon, nutmeg, honey, and quinoa to a boil. Reduce to simmer and let cook until all of the liquid is absorbed, about 10 minutes.
2. Top quinoa with berries and milk, if desired. Enjoy warm or cold!

Recipe created by: Katy Hillegass, 2014-2015
During the fall and winter, butternut squash is cheaper and more available because fall and winter are the peak seasons for butternut squash. Check out this delicious way to cook butternut squash with pasta. This recipe is not only healthy and sustainable, but also quick and easy.

**Ingredients:**
- 24 oz butternut squash, peeled and cubed
- ¼ tsp each: salt, pepper, and nutmeg
- 2 Tbsp unsalted butter
- 1 small shallot, chopped
- 1 Tbsp flour
- ½ cup nonfat Greek yogurt
- 1 cup nonfat milk
- 1 lb whole wheat penne pasta
- Parmesan and fresh sage to garnish

You will also need:
- Baking Sheet
- Potato masher (optional)
- Casserole baking dish

**Directions:**
1. Preheat oven to 400°F. Toss squash with olive oil and seasonings and arrange on baking sheet. Roast for approximately 30 minutes, flipping halfway through. Transfer to bowl and mash with spoon, fork, or potato masher.
2. Cook pasta. Heat butter and shallots in saucepan over medium heat until tender. Whisk in flour, cooking for 1-2 minutes. Add milk, yogurt, and mashed squash, stirring until combined.
3. Add pasta to casserole baking dish and coat with sauce. Top with shredded Parmesan and sage leaves and bake for 25-30 minutes.

**Recipe created by:** Katy Hillegass, 2014-2015
CAULIFLOWER PIZZA CRUST

Pizza Crust Recipe

Found in: At Home Comfort Foods

Pizza crust gets a bad rap for being full of refined carbs. Instead, let cauliflower transform your pie into a vegetable-loaded masterpiece.

Ingredients:
- 2 small/medium cauliflower heads
- 1/2 tsp. salt
- 4 Tbsp. almond meal
- 2 Tbsp. deactivated nutritional yeast
- 2 Tbsp. olive oil
- 2 eggs
- 1/2 cup whole grain cornmeal
- Pizza toppings of your choosing

You will also need:
- Strainer
- Microwave
- Parchment paper
- Cheesecloth or a thin kitchen towel
- Food processor or blender (if you use a blender you may need to add a little more water and may need to strain the dough for more time)

Directions:
1. Preheat oven to 450°F Fahrenheit.
2. Wash and dry cauliflower. Cut off florets (the clusters at the head of the cauliflower).
3. Pulse cauliflower florets in food processor for about 30 seconds. This will create a rice-looking mixture.
4. Place the cauliflower rice in a microwave safe bowl and cover. Microwave for 4 minutes.
5. Dump cooked cauliflower rice onto cheesecloth lined strainer and allow to cool slightly for about 5 minutes. Then gather the cloth around the cauliflower and squeeze out the excess water into the sink. Ring out water as much as possible with cloth. Do this for about 5 minutes.
6. Mix all ingredients except cornmeal and put in the eggs last.
7. Once ingredients are mixed, with a large piece of parchment paper, spray nonstick cooking oil and place on baking sheet.
8. Toss cornmeal on parchment paper. Divide the dough in half and form 2 thin crusts about 1/4-inch-thick depending on how thin you like your pizza crust. Toss cornmeal on top of dough.
9. Bake for 12 minutes.
10. Add toppings and bake another 5 minutes.

Recipe created by: Amanda Nieh, 2013-2014

One Balanced Kitchen
Traditional Alfredo sauce gets its creaminess from loads of saturated fat (Read: Heavy cream and butter). Top your whole grain pasta with Cauli-freddo sauce to keep the flavor, but leave those unhealthy ingredients.

**Ingredients:**
- 1 large head of cauliflower, chopped
- 6 cups vegetable broth
- 6 garlic cloves, minced
- 1 Tbsp. butter
- Salt, pepper, and nutmeg to taste
- ¼ cup heavy cream
- 1 cup water

**Directions:**
1. Boil broth in a large pot over medium heat. Add cauliflower and cook until tender, about 15 minutes.
2. Melt butter and add garlic to a skillet and cook until fragrant, about 4 minutes.
3. Transfer cauliflower and 2 cups of broth to a blender, adding garlic and seasonings. Puree until smooth, adding more broth if needed. Return to skillet, adding milk and water. Cook until warm and serve over pasta!

**Recipe created by:** Katy Hillegass, 2014-2015
CHOCOLATE BANANA SOFT SERVE

Maybe it's the creamy, soft, melt-in-your-mouth texture of soft serve that makes it so delicious. Or maybe it's the sweet, flavorful, and cooling aspect it. Regardless of what it is that makes soft serve so delectable, we can all agree that it is delicious! As a student at UC Davis, you may be tempted to go out for a cold treat when the weather heats up, however; we have provided a recipe for soft serve that is quick, easy, and inexpensive. Rather than going out, you can save money and use this recipe to make your own delicious soft serve!

I Scream, You Scream, We All Scream for Soft Serve
The increasing popularity of soft serve in America is all due to one of the most popular fast food chains – Dairy Queen. In the 1930's Dairy Queen wanted to come up with a new ice cream product for their customers. The result – soft serve. What made soft serve so popular and unique from ice cream was the temperature. Soft serve is actually served at a higher temperature than regular scooped ice cream. Because it is served at a higher temperature, our taste buds are able to taste it better. Soft serve also has a silkier texture than ice cream. This allows our taste buds to not only detect the flavors better, but also enjoy the texture more than regular ice cream.

Ingredients:
• 2 diced frozen bananas
• 1/3 cup almond milk
• 1/4 cup unsweetened Cocoa powder
• Crushed nuts and dark chocolate for topping

You will also need:
• Food processor or blender

Directions:
1. Add ingredients to food processor or blender and puree until smooth. If using a blender you may need to add little more almond milk for a smoother consistency.
2. Add desired topping and eat immediately or freeze for later.

Recipe created by: Amanda Nieh, 2013-2014
Fiber and protein make these Chocolate Quinoa Drops ideal for a snack, but the indulgent sweetness makes for a great dessert too.

**Ingredients:**
- 1/3 cup quinoa, pre-rinsed
- 2/3 cup water
- 16 whole (pitted) dates, no sugar added
- 1/2 raw almonds with skin
- 1/3 cup dark chocolate chips
- 2 Tbsp. nut butter (peanut butter, almond butter, etc.)

**You will also need:**
- Small saucepan
- Food processor (or blender)
- Medium-sized mixing bowl

**Directions:**
1. Add quinoa and water to a small saucepan. Cover and bring to a boil. Reduce heat to a simmer and cook approximately 12-15 minutes, or until all water has been absorbed. Quinoa should still be warm when adding to the ingredients below.
2. Using a food processor (or blender) add dates and pulse until they form a ball. If using a blender, you may need to add a little water when blending.
3. Remove dates and place in a medium-sized mixing bowl.
4. Add almonds to the food processor (or blender) and pulse until finely minced. Be careful not to turn almonds into meal.
5. Add dates, minced almonds, nut butter and warm quinoa to the food processor (or blender) and pulse until ingredients are well combined.
6. Add chocolate chips and pulse until combined and chips are melted into mixture.
7. Return ingredients to the mixing bowl.
8. Shape into 24 1-inch drops or balls. Roll drops or balls in crushed almonds if desired.
9. Place on a dish, refrigerate until set.

**Fun Facts about Fiber**
Fiber is the name for the substance in vegetables, fruits and grains that our bodies are unable to digest fully. There are two types of fiber: soluble and insoluble. Soluble fiber turns into a gel in our intestines. This gel helps slow down digestion and is found in oatmeal, nuts, beans, apples and blueberries. Insoluble fiber passes through our body quickly and speeds up our digestion. This type of fiber is found in seeds, grains and the stringy part of fruits and vegetables (think celery). For optimal health, our body needs both soluble and insoluble fiber.
As if you weren’t already a fan of one-pot meals, this chunky lentil soup offers amazing flavor and a host of nutritional benefits.

**Ingredients:**
- 4 cloves garlic
- 1 yellow onion, chopped
- 4 carrots, chopped
- 4 stalks celery, chopped
- 2 cups kale
- 2 Tbsp. extra virgin olive oil
- 2 cups lentils
- 2 Tbsp. cumin
- 1-quart vegetable broth
- 1 bay leaf
- 1.5 Tbsp. thyme
- Salt and pepper to taste

**Directions:**
1. Set large pot on medium heat, add garlic cloves with peel on and toast until fragrant; set aside.
2. Add chopped veggies and EVOO to pot and sauté until tender.
3. Peel and mince garlic, then add to pot with lentils and cumin, cooking for about 1 minute.
4. Add broth, bay leaf, kale, and remaining seasonings and let simmer until cooked, about 30 minutes.

**Recipe created by:** Katy Hillegass, 2014-2015
Not only is it OK to eat this cookie dough dip raw; it’s encouraged! Garbanzo beans offer ideal cookie-dough consistency without any raw ingredients that could otherwise make you sick.

**Ingredients:**
- 1 can chickpeas, drained and rinsed
- 2 tsp. vanilla extract
- ¼ cup peanut butter
- ¼ cup nonfat milk
- 1/3 cup brown sugar
- 1/3 cup chocolate chips
- 2 Tbsp. oats

**Directions:**
1. Combine all ingredients except chocolate chips in food processor and blend until smooth.
2. Transfer to serving bowl and stir in chocolate chips
3. Eat by the spoonful or serve with graham crackers, fruits, or cookies for dipping!

**Recipe created by:** Katy Hillegass, 2014-2015
Falafel is a traditional middle-eastern food made with ground chickpeas and many spices.

**Ingredients:**
- 15-19 oz. can of chickpeas, drained
- Small onion, minced (1/2 cup)
- 2 cloves of garlic, minced
- 1 Tbsp. fresh or dried parsley, chopped
- 2 Tbsp. all-purpose flour
- 1 tsp. each coriander and cumin
- ½ tsp. baking powder
- 2 Tbsp. olive oil
- Salt and pepper to taste

**Directions:**
1. Preheat oven to 350°F. Drizzle olive oil on baking sheet.
2. Mash chickpeas in Ziploc bag (or food processor). Combine with remaining ingredients.
3. Shape into Ping-Pong size balls and place on baking sheet.
4. Bake for 15-20 minutes turning halfway through. Increase temperature to 450°F for last 5 minutes.

**Recipe created by:** Kristin Arkin, 2012-2013
GRAB-N-GO EGG MUFFINS

Have a busy week ahead of you? Try making these easy grab-n-go egg muffins, as featured in one of our cooking classes for quick, healthy breakfasts that you can make ahead of time!

Ingredients:
• A dozen eggs
• 1 tomato, diced
• 1 cup spinach
• ½ cup yellow onion, diced
• Salt and pepper to taste

You will also need:
• 1 muffin pan

Directions:
1. Preheat oven to 350°F and spray a muffin tin with nonstick cooking spray
2. Whisk eggs in a large bowl and stir in all other ingredients until combined.
3. Fill each muffin tin halfway with the egg mixture.
4. Bake for 20-25 minutes, until eggs are set in the middle. Cool and enjoy!

Eggs: Do We Hate Them or Love Them?
The debate over eggs seems to have gone on forever. Are they good or bad for us? Most of the fear has stemmed from the American Heart Association’s recommended daily cholesterol intake, which is no more than 300 mg per day. With up to 200 mg of cholesterol in one egg, it can be easy to go over the limit. However, recent studies have revealed that consuming eggs everyday is not necessarily bad for you. Healthy individuals can have about 7 eggs a week without increasing their risk of heart disease. If you are worried about the level of cholesterol in your diet, try eating more egg whites and limiting yourself to no more than one yolk a day. Egg whites are an excellent source of protein. Egg yolks are also filled with nutrients, including vitamins, potassium, and protein. So rejoice, egg lovers! The days of fearing eggs are officially over.
You’ve probably heard of (or tried) hot green tea and green tea ice cream. This Green Tea Smoothie beautifully showcases the versatility of this leaf.

**Ingredients:**
- 1 frozen banana
- 6 frozen strawberries (1 cup frozen fruit or 1 cup raw fruit + 6 ice cubes)
- 2 cups green tea

**Add-ins:**
- Protein powder
- Baby spinach
- Yogurt
- Silken tofu
- Dairy or non-dairy milk

**Directions:**
1. Add 4 tea bags to 3 cups of just boiling water. Steep for 2 minutes with a lemon rind. Remove bags and cool.
2. Combine all ingredients in a blender. Blend and serve.

**Recipe created by:** Kristin Arkin, 2012-2013
Have you heard of the new food fad? Mixing in your whole grains into a vegetable salad is a trend that will make your taste buds thank you.

**Ingredients:**
- 2 cups wild rice, cooked
- 2 large sweet potatoes, diced and peeled
- 1 tsp. chili powder
- Salt and pepper, to taste
- 3 cups arugula
- ⅓ cup lemon juice
- 1/3 cup Extra-Virgin Olive Oil (EVOO)
- 2 cloves garlic, minced

**Directions:**
1. Cook wild rice in a rice cooker or on stove.
2. Whisk together lemon juice, EVOO, garlic, salt, and pepper in a small dish and refrigerate.
3. Preheat oven to 350F. Arrange sweet potato on a baking sheet and season with chili powder, salt, pepper, and a drizzle of EVOO. Roast for 20 minutes.
4. Toss arugula, sweet potatoes, and wild rice with dressing. Serve warm or cold!

**Recipe created by:** Katy Hillegass, 2014-2015
Holiday Fruit Smoothie Recipe

‘Holiday’ may be in this recipe’s name, but that doesn’t mean it can’t be an everyday favorite! Festive and tasty, give this Holiday fruit smoothie a spot in your smoothie rotation. A smoothie is a fast and easy way to meet your nutrition needs, and it’s also great for your digestive system. Try making our Holiday Fruit Smoothie today, and don’t forget to share!

**Prep Time:** 5 minutes  
**Cook Time:** 3 minutes  
**Ingredients:**  
- ½ cup water  
- 1 gala apple, halved and seeded, then quartered  
- 1 ripe D’anjou pear, halved and seeded, then quartered  
- 1 Tbsp honey  
- 1 Tbsp applesauce  
- ¼ cup cranberries (fresh or frozen)  
- ½ tsp cinnamon  
- 1 cup ice cubes  

**You will also need:**  
- Blender  

**Directions:**  
1. Place ingredients in the order they are listed in the blender and blend for about 45 seconds or until desired consistency. Serve and enjoy!

**Recipe created by:** Amanda Nieh, 2013-2014
KALE CHIPS

Want a crunchy snack that’s loaded with flavor? Look no further than kale chips to really hit the spot. This recipe is by far the biggest hit in the Teaching Kitchen. After you have tried these easy to make chips you will see why even the most skeptical students have gone to Kale. You can try them with your favorite flavors or plain. Play with cumin, chili powder, lemon juice, basil, and oregano to find your favorite combination.

Ingredients:
- 1 bunch kale
- 1 Tbsp. olive oil
- 1 tsp. salt
- Your favorite seasonings!

Directions:
1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Carefully remove kale leaves from their stems and wash thoroughly. Tear into bite-size pieces and arrange on baking sheet, drizzling with olive oil and seasonings.
3. Bake for 10-15 minutes until crispy. Let cool and snack away!

Recipe created by: Katy Hillegass, 2014-2015

The big tip here is to dry the kale the best you can with a clean dishtowel, this will ensure a dry cooking method leaving the chips crunchy. If the leaves are wet it will be a wet cooking method and it will more likely leave soggy chips (still good and edible but not what we look for in this recipe).
Mashed Potatoes & Cauliflower Recipe

The secret ingredient to these creamy mashed potatoes is...wait for it...cauliflower! Eating your vegetables will never be boring after trying a bite of this genius combination.

Ingredients:
- 2 medium Yukon gold potatoes, peeled and cubed
- 3 cups cauliflower florets
- 2 cloves garlic
- 1/3 cup milk
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper

Directions:
1. Cover potatoes and cauliflower with water in a 3-quart saucepan. Bring to a boil over high heat.
2. Reduce heat to low and simmer uncovered until veggies are very tender, about 15 minutes. Drain.
3. Return veggies to saucepan and mash. Stir in remaining ingredients.

Recipe created by: Chef Janos
Say goodbye to soggy salad once and for all! A bit of strategic layering is all it takes to create the perfect, crunchy salad. Make these on the go salads ahead of time, and take them with you to work, school, or a summer picnic. We like this recipe, featuring tangy apples, spicy radishes, and earthy walnuts, but you can easily change up the ingredients to your favorite salad toppings.

**Ingredients:**
- 2 Tbsp almond butter
- 1 Tbsp rice wine vinegar
- 1/8 tsp salt
- 1 Tbsp toasted sesame oil
- 3 cups mixed greens
- 1 stalk celery, diced
- 1-4 radishes, thinly sliced
- 2 green apples, thinly sliced
- 1/4 cup walnuts

**You will also need:**
- 1 large Mason jar

**Directions:**
1. Combine the first five ingredients in a Mason jar. Shake until emulsified, and transfer into a separate bowl.
2. Pour 2 Tbsp of dressing back into the Mason jar.
3. Layer radishes, apples, celery, and walnuts in the jar. Top with mixed greens.
4. Seal the jar and bring your salad with you on the go!

When you’re ready to enjoy your salad, pour it out into a large bowl, toss, and enjoy. This recipe is great for busy lifestyles, as you can make the salad beforehand and it will keep in the fridge for up to 4 days.

**Recipe created by:** Katy Hillegass, 2014-2015
Massaged Kale Salad with Tahini Recipe

Maybe you’re well-acquainted with kale and tahini, or maybe these words sound like gibberish; either way, this salad will surely be a hit. The nutritional yeast in this recipe adds a nutty flavor and is an ingredient all vegans and vegetarians should know about to add B12 and folate to your diet as well as a protein boost. This recipe calls for a “chiffonade” cut to the kale which means sliced very thin into a ribbon like shape.

Ingredients:
- 1 bunch kale, chopped
- 1 lemon
- Sea salt and pepper
- 2 Tbsp. nutritional yeast
- ¼ cup tahini
- ¼ cup olive oil
- ¼ cup water
- 5 springs fresh parsley, minced

Directions:
1. Wash kale and chiffonade, or chop into small pieces. Place in bowl and squeeze ½ lemon and pinch of salt. Massage kale with fingers until tender.
2. In a separate container, mix together additional ½ lemon, tahini, olive oil, water, nutritional yeast and parsley together for dressing. Add salt and pepper to taste.

Recipe created by: Dani Lee, 2012
Oven Roasted Chicken Breast Recipe

Show off your culinary know-how with a high-protein dish. This chicken pairs well with any vegetable and whole grain making it a versatile protein source to balance any meal.

Ingredients:
- Butter or olive oil
- 1 or more boneless, skinless chicken breasts
- Salt and pepper
- Other spices or seasonings

Directions:
1. Heat oven to 400°F with a rack in the middle position and prepare the pan. Rub the pan and one side of the parchment paper with butter or olive oil to prevent chicken from sticking.
2. Prepare the chicken – pat dry and rub with butter or olive oil, if desired. Sprinkle with seasonings.
3. Transfer chicken to baking dish, spaced slightly apart. You can also tuck in herbs or lemon wedges for extra flavor.
4. Lay the parchment, butter-side down, over the chicken. Tuck the edges into the pan and press the parchment down so it’s snug around the chicken and completely covers it.
5. Bake for 30-40 minutes, until the chicken is completely opaque all the way through and registers 165°F on an instant-read thermometer.

Recipe created by: Chef Janos
You can save money buying the lowest cost nuts and buying in bulk at the grocery store.

This salad may sound exotic, but the ingredients grow locally and can be a great way to inspire healthy habits. This Pomegranate and pear salad comes together in a pinch and offers natural sweetness and lots of antioxidants.

**Ingredients:**
- 8 cups mixed greens or spinach
- 1 pear, chopped
- Seeds from 1 pomegranate
- 1/3 red onion, thinly sliced
- ¼ cup crumbled feta cheese
- ¼ cup chopped walnuts

**Directions:**
1. Combine all ingredients and toss with your favorite dressing! Try with a basic balsamic vinaigrette!

**Recipe created by:** Katy Hillegass, 2014-2015
Quinoa has a light and subtly nutty flavor on its own, but it beautifully picks up flavors of whatever it’s cooked with. It is actually a seed but nutritionally it is similar to a high protein grain and can be used in recipes to replace refined grains.

**Ingredients:**
- 1 ½ cups quinoa
- 3 cups water
- 1 large handful fresh cilantro
- 2 Tbsp. olive oil
- 1 Haas avocado
- Drizzle of honey or agave nectar (optional)
- 1 ½ cup grape tomatoes
- 1 lemon or lime

**Directions:**
1. Rinse quinoa thoroughly in a small strainer. Bring 3 cups of water to a boil. Add quinoa to water and reduce heat to simmer. Cover and cook until all of the water is absorbed, about 10-15 minutes.
2. While quinoa is cooking, halve tomatoes and chop avocado and cilantro.
3. Drizzle quinoa with olive oil and agave/honey and sprinkle with salt and pepper.
4. Stir quinoa. Add avocado, tomato, and cilantro. Squeeze citrus over the top, toss, and enjoy!

**Recipe created by:** Chef Zach

**On the go tip:** to bring this salad on campus, have a portion in a sealed container ready in your refrigerator to grab on your way to your study group.
Cooking root vegetables for the first time can be a bit intimidating, as the concept of eating roots can be strange for people. Don’t let their strange appearance fool you, though, as root vegetables are incredibly simple to cook and absolutely delicious. They are also filled with healthy nutrients absorbed from growing up under soil. Many root vegetables, including onions, beets, carrots, and more, are full of healthy vitamins and very low calorie. They are also a great source of fiber, which is great for your digestive system.

This Rainbow Roasted Root Salad can be served as a main course or as a nutritious side for your next meal. It’s perfect during the fall and winter, when many of these vegetables are in season, so make sure to try it out today!

**Ingredients:**
- 1 large red onion, cut into wedges
- 2 medium carrots, sliced into ¼ inch coins
- 1 medium fennel bulb
- 1 medium beet, cut into ½ inch cubes
- 2 Tbsp extra virgin olive oil
- 1 Tbsp Italian seasoning
- ¾ tsp kosher salt, ½ tsp black pepper
- 6 oz mixed greens
- 8 oz cherry tomatoes

**You will also need:**
- A large bowl
- A baking sheet

**Directions:**
1. Preheat oven to 400°F.
2. Combine all ingredients except the mixed greens and tomatoes in a large bowl.
3. Spread mixture evenly on a baking sheet and bake for 20 minutes.
4. Flip and rotate mixture, then continue cooking for 15-20 more minutes, until tender.
5. Let the roasted roots cool to room temperature.
6. Toss in the mixed greens and tomatoes, serve, and enjoy!
Spaghetti squash is a popular alternative to traditional pasta. This squash is a wonderful source of fiber, potassium, and vitamins, and is low in saturated fat and cholesterol. Best of all, it’s incredibly versatile and can be paired with our popular Cauli-freddo sauce or any other sauces you may enjoy. Whether you’re interested in a gluten free pasta option or simply a squash fan, try making our roasted spaghetti squash for a quick, easy, and delicious meal!

**Ingredients:**
- One spaghetti squash, halved with seeds removed
- 1 Tbsp extra virgin olive oil
- Salt and pepper to taste

**You will also need:**
- 1 baking sheet

**Directions:**
1. Preheat oven to 375°F
2. Lightly drizzle olive oil across each half of the spaghetti squash and season each half with salt and pepper.
3. Lay squash flesh side down on a baking sheet and roast for 25-40 minutes, depending on the size of the squash.
4. Remove from oven and let cool for 15 minutes.
5. Using a fork, scrape out “spaghetti” strands from the squash into a large bowl. Mix with your favorite sauce and enjoy!

**Recipe created by:** Katy Hillegass, 2014-2015
Ingredients:
- 1 Tbsp. chopped fresh rosemary
- 2 tsp. olive oil
- 3 garlic cloves, unpeeled and crushed
- 1.5 lbs. peeled sweet potato, cut into ¾ in pieces
- 3 cups orange sections (~6 oranges)
- ½ cup vertically sliced red onion
- 3 Tbsp. pine nuts, toasted
- 1-6 oz. bag prewashed baby spinach

Directions:
1. Preheat oven to 400°F. Combine first 4 ingredients, tossing well. Place potato mixture on jell-roll pan lined with parchment paper. Bake at 400°F for 40 minutes, stirring occasionally.
2. Remove from oven; cool and discard garlic.
3. Combine potato mixture, orange sections, onion, pine nuts, and spinach in a large bowl. Combine with dressing if desired.

Recipe created by: Ryann Miller, RD, CSSD
Who says it’s hard to eat the daily recommended servings of vegetables? This recipe is easy on the budget and helps you reach your veggie intake goals! Make it ahead of time and pack a veggie pita for lunch the next day, or impress your friends and family with this recipe at your next get-together. We promise it won’t disappoint!

**Ingredients:**
- 1 head cauliflower, chopped
- 1-14 oz. can chickpeas, drained and rinsed
- 1 tsp cayenne pepper
- 1 tsp cumin
- 2 Tbsp. olive oil
- Salt and pepper to taste
- 4 small whole wheat pitas, or pita pockets

**You will also need:**
- Baking Sheet

**Directions:**
1. Preheat oven to 425°F.
2. Arrange cauliflower and chickpeas in a single layer on a baking sheet.
3. Drizzle with olive oil and seasonings.
4. Roast for 15-20 minutes and stir. Continue roasting until the cauliflower looks golden brown and chickpeas feel semi-crunchy.
5. Warm the pitas on the stovetop for about 1-2 minutes on each side.
6. Stuff the veggie mixture inside the pita or layer on top. Try garnishing with a dollop of the avocado dip, featured below!
The chef brought in some UC Davis flare with this recipe by using Russell Ranch Dried Tomatoes which are grown at UC Davis' Russell Ranch Sustainable Agriculture Facility, a 300-acre farm west of campus. This scrambled egg dish is a true UC Davis staple, try it atop whole-wheat toast or reheated leftover grains like brown rice to make it a meal!

**Ingredients:**
- 1 tsp. olive oil
- 1 fresh leek
- ¼ cup sundried tomatoes
- 6 large eggs

**Directions:**
1. Clean leeks and slice very thin. In a skillet, heat oil and sauté the leeks for 90 seconds.
2. Add tomatoes to the skillet and sauté the leeks until they are clear and the tomatoes are soft.
3. Add eggs and sauté to desired doneness.
4. Serve hot with choice of grain or toast.

**Recipe created by:** Dani Lee, 2012-2013
Zesty spices add a kick to this Southwestern Bean Soup and the tofu gives an extra protein boost. Experiment in your own kitchen and replace the tofu with leftover chicken or add leftover cooked vegetables to this quick cooking soup. Even better, try dried beans to save even more money.

**Ingredients:**

- 8 oz. can tomato paste
- 15 oz. can black beans
- 15 oz. can kidney beans
- 1 large onion
- 7 oz. tofu
- 1 Tbsp. canola oil
- Salt, pepper, and chili powder to taste

**Directions:**

1. Sauté onion and tofu in about canola oil in a large pan.
2. Add remaining ingredients to a large pot with the sautéed onion and tofu and cook in ¼ cup of water for about 10 minutes. Add a pinch of salt, pepper, and chili powder.

**Store Leftovers Safely:**

This is a great soup to make in a large pot and eat for leftovers during the week. For food safety, you can keep it in your refrigerator for 3-4 days OR frozen for 3-4 months. Frozen foods can be considered safe indefinitely but after some time it can lose its flavor and moisture.
SPRINGTIME SALAD

Colorful and refreshing, this springtime Salad is perfect for a light lunch or as a starter. Enjoy Winter, Spring, Summer, or Fall!

Ingredients:
- 1 cup wild rice, raw
- 1 clove garlic, minced
- Juice of 1 lemon
- ¼ cup extra virgin olive oil
- ¼ tsp. each salt and pepper
- 1 head radicchio, thinly sliced into ribbons
- ½ cup apricot (fresh or dried), sliced
- ½ cup walnuts, toasted and chopped
- ½ cup chopped arugula

Directions:
1. Cook rice in rice cooker or on the stove and let cool.
2. Prepare dressing by whisking together garlic, lemon juice, olive oil, salt, and pepper.
3. Toss ingredients together with dressing and serve warm or at room temperature.

Recipe created by: Katy Hillegass, 2014-2015

This is a great salad that uses in season foods, feel free to swap out the wild rice for quinoa or brown rice, or swap out the radicchio or arugula for spinach or cabbage. Feel free to get creative in your kitchen!
Strawberries and spinach (really!) come together in this unique and delicious cold treat. Increasing your fruit and vegetable intake is now easier than you ever thought.

The Truth About Smoothies
Smoothies are served everywhere—from coffee shops to smoothie shops and restaurants and cafes. But often times these smoothies are loaded with juices and sorbets that are full of sugar. These smoothies may be more harmful and less healthful than making your own smoothie at home with fresh ingredients. We encourage all students to receive the most benefits they can from the beverages they consume. Smoothies are a great midday pic-me-up to nourish your mind and body and give you an extra energy boost. The best thing about smoothies is that they are incredibly easy to make!

Ingredients:
- 6 oz. fresh spinach
- 8 oz. frozen strawberries (or raspberries)
- ¼ cup honey
- 1-2 ripe bananas
- 4-5 cups soy milk or low fat milk
- ¼ cup flax seed meal (optional)

Directions:
1. Place all ingredients except frozen strawberries into the blender and blend until smooth.
2. Add frozen fruit and blend for another 30 seconds. Serve and enjoy immediately.

Recipe created by: Ryann Miller, RD CSSD
Did you know that one of the most popular breakfast items in the United States is a frittata? A frittata is an egg-like cake that often contains vegetables, meat, cheese or potatoes. Not only are frittatas incredibly easy to make, but they are healthy too! Eggs are the key ingredient in frittatas and therefore frittatas are a great source of protein. This is a simple and easy recipe for a vegetable frittata we encourage you all to give a try!

**Ingredients:**
- 4 eggs
- 6 egg whites
- 1/3 cup parmesan
- 1/4 cup parsley
- 2 cups spinach
- 1 cup mushrooms
- 1 tomato
- 2 garlic cloves
- 1 medium onion
- 1 tsp. salt
- 1 tsp. pepper

**You will also need:**
- Skillet
- Baking dish for oven (can be square, rectangle, or circle)
- Olive oil

**Directions:**
1. Dice garlic and chop onion into small pieces. Sauté garlic and onion in skillet and let cook until translucent.
2. Slice mushrooms and add them to skillet. Let cook for a few minutes.
3. Chop spinach and add to skillet.
4. Sprinkle salt and pepper to taste. Let vegetables sit in skillet to cook down.
5. Beat the eggs and egg whites and add them to baking dish coated in olive oil.
6. Add parmesan into baking dish with eggs.
7. Add vegetables and mix.
8. Bake at 350°F for 45 minutes.
Leftovers and Food Safety

Often when we cook at home or eat in a restaurant, we have leftovers. Safe handling of leftovers is very important to reducing foodborne illness. "How long can I keep leftovers in the refrigerator?" "To what temperature should I reheat leftovers?" "If I thaw leftovers, can I refreeze them?" To answer these questions and others, follow the USDA Food Safety and Inspection Service’s recommendations for handling leftovers safely.

Cook Food Safely at Home

The first step in having safe leftovers is cooking the food safely in the first place. Use a food thermometer to make sure that the food is cooked to a safe, minimum internal temperature.

- **Red meats**: Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

- **Ground meats**: Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.

- **Poultry**: Cook all poultry to an internal temperature of 165 °F as measured with a food thermometer.

Keep Food out of the "Danger Zone"

Bacteria grow rapidly between the temperatures of 40°F and 140°F. After food is safely cooked, hot food must be kept hot at 140°F or hotter to prevent bacterial growth. Within 2 hours of cooking food or holding it hot, leftovers must be refrigerated. Throw away all perishable foods that have been left at room temperature for more than 2 hours (1 hour if the temperature is over 90°F, such as at an outdoor picnic during summer).

Cold perishable food, such as chicken salad or a platter of deli meats, should be kept at 40°F or below. When serving food at a buffet, keep food hot in chafing dishes, slow cookers, or warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.

Cool Food Rapidly

To prevent bacterial growth, it’s important to cool food rapidly so it reaches as fast as possible the safe refrigerator-storage temperature of 40°F or below. To do this, divide large amounts of food into shallow containers. A big pot of soup, for example, will take a long time to cool, inviting bacteria to multiply and increasing the danger of foodborne illness. Instead, divide the pot of soup into smaller containers so it will cool quickly.

For whole roasts or hams, slice or cut them into smaller parts. Cut turkey into smaller pieces and refrigerate. Slice breast meat; legs and wings may be left whole.

Hot food can be placed directly in the refrigerator or be rapidly chilled in an ice or cold water bath before refrigerating.

Wrap Leftovers Well

Cover leftovers, wrap them in airtight packaging, or seal them in storage containers for storage in the refrigerator. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

Store Leftovers Safely

Leftovers can be kept in the refrigerator for 3 to 4 days or frozen (0°F or below) for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

USDA Meat & Poultry Hotline
1-888-MPHotline
(1-888-674-6854)
Leftovers and Food Safety

Thaw Frozen Leftovers Safely

Safe ways to thaw leftovers include the refrigerator, cold water and the microwave oven. Refrigerator thawing takes the longest but is safest the leftovers stay safe the entire time. After thawing, the food should be used within 3 to 4 days or can be refrozen.

Cold water thawing is faster than refrigerator thawing but requires more attention. The frozen leftovers should be placed in a leak-proof package or plastic bag. If the bag leaks, water can get into the food and bacteria from the air or surrounding environment could enter the packaging bag. Change the water every 30 minutes to promote fast thawing. Food thawed by the cold water method should be reheated before refreezing.

Microwave thawing is the fastest method. When thawing leftovers in a microwave, reheat the food until it reaches 165°F as measured with a food thermometer. Foods thawed in the microwave can be refrozen after heating it to this safe temperature.

Reheating Leftovers without Thawing

It is safe to reheat frozen leftovers without thawing them first. Frozen leftovers can be reheated in a saucepan, microwave, or in the oven. Reheating will take longer than if the food is thawed first, but it is safe to do when time is short.

Reheat Leftovers Safely

When reheating leftovers, be sure they reach 165°F as measured with a food thermometer. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish, and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking. Microwaves can cook unevenly and leave “cold spots” where harmful bacteria can survive. Always allow a stand time to complete the cooking and before checking with a food thermometer.

Refreezing Previously Frozen Leftovers

Sometimes there are leftover “leftovers.” It is safe to refreeze any food remaining after reheating previously frozen leftovers to the safe temperature of 165°F as measured with a food thermometer.

If a large container of leftovers was frozen and only a portion of it is needed, it is safe to thaw the leftovers in the refrigerator, remove the needed portion, and refreeze the remainder of the thawed leftovers without reheating it.

Food Safety Questions?

Call the USDA Meat & Poultry Hotline
If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline (1-888-674-6854).
Send E-mail questions to MPHotline.fsis@usda.gov. The hotline is open Monday through Friday from 10 a.m. to 4 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at www.fsis.usda.gov.

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AskKaren.gov
FSIS’ automated response system can provide food safety information 24/7 and a live chat during Hotline hours.
Mobile phone users can access m.askkaren.gov

Pregunteleakaren.gov
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One Balanced Kitchen
Slicing and Chopping Guide

**Slicing & Chopping Guide**

**Easy to Slice:** Cook quickly, do not overcook

- Arugula
- Cherry Tomatoes
- Peppers
- Broccoli
- Eggplant
- Snow Peas
- Broccoli Rabe
- Garlic
- Spinach
- Brussels Sprouts
- Green Beans
- Sugar Snap Peas
- Cabbage
- Onions
- Summer Squash
- Cauliflower
- Peas
- Tomatoes

**Best Ways to Cook**

- On a grill
- In a steamer
- Sauté on a stovetop
- In a microwave

**Hard to Chop:** Cook until tender

- Artichokes
- Pumpkin
- Sweet Potatoes
- Beets
- Rhubarb
- Turnips
- Carrots
- Rutabaga
- Winter Squash
- Potatoes

**Best Ways to Cook**

- Roast in an oven
- Boil in a saucepan
- In a pressure cooker
- In a microwave

**Don’t Cook:** Most of these are served raw; follow food safety procedures and individual recipes.

- Avocados
- Lettuce
- Sprouts
- Cucumbers
- Radishes

**Best Ways to Prepare**

- Toss with vinegar and a dash of olive oil in a salad

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<table>
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<tr>
<th>GRAIN (1 cup dry)</th>
<th>CUPS WATER</th>
<th>COOK TIME</th>
<th>CUPS YIELD</th>
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<tr>
<td>Amaranth</td>
<td>2 1/2</td>
<td>20 - 25 min.</td>
<td>2 1/2</td>
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<tr>
<td>Barley, pearled</td>
<td>3</td>
<td>50 - 60 min.</td>
<td>3 1/2</td>
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<tr>
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<td>1 hr. 15 min.</td>
<td>3 1/2</td>
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<tr>
<td>Cornmeal (fine grind)</td>
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<td>8 - 10 min.</td>
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<tr>
<td>Cornmeal (polenta, coarse)</td>
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<td>20 - 25 min.</td>
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<tr>
<td>Millet, hulled</td>
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<tr>
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<td>45 - 55 min.</td>
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<td>1 hr.</td>
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<td>10 - 15 min.</td>
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<td>Wheat, bulgur *</td>
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Buckwheat is the exception to the basic directions. Because the grain is so porous and absorbs water quickly, it's best to bring the water to a boil first. Then, add the buckwheat. When the water returns to a boil, cover the saucepan, turn the heat down to low, and time the steaming process.

- *Buckwheat groats are available toasted and untoasted. Cooking times are the same.
- Quinoa should be well rinsed in a fine strainer for 1 to 2 minutes to remove the saponens, a natural, protective coating which will give a bitter flavor if not rinsed off.
- Short grain brown rice is sometimes labeled sweet, glutinous, or sticky brown rice.
- *Teff can be enjoyed raw as well as cooked. Sprinkle it on salads or over cooked cereals to increase fiber and nutrition.
- *Bulgur wheat can be covered with 1-inch of warm water and soaked for 1 hour to soften. It is then ready to use in raw salads such as tabbouli.

Basic cooking directions for all grains begins with measuring the grains and water into a saucepan. If you are cooking 1 cup of grains, use a 2-quart (2 liter) saucepan. Add 1/2 to 1 teaspoon salt if desired.

Cover the saucepan and bring to a boil over high heat. Turn the heat down to low, and steam for the recommended cooking time. Lift the lid and test the grains for tenderness. If the grains need more time, cover the saucepan and steam 5 to 10 minutes longer. If the grains need more cooking time and all the water has been absorbed, add up to 1/4 cup (60 ml) of water, cover, and continue steaming.

If tender, turn off the heat and allow the grains to rest 5 to 10 minutes before serving to fluff.
### Seasonal Availability

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<th>Mar</th>
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