



Ellie's Yellow Rice - serves 4  
2 Tbsp vegetable oil, 1 clove of garlic, 1 tsp salt  
1 tsp turmeric, 2 cups hot water (plus)  
1 cup rice, rinsed and dried  
Mash garlic and salt with a mortar and pestle  
Heat the oil in a saucepan, add the rice and fry  
stirring until golden. Add hot water ~~very~~ carefully  
to rice, covering by 1/2 inch. Add garlic salt and  
turmeric. Cook until water is reduced, repeat by  
adding water one more time. When water is reduced,  
turn off heat and leave rice covered for 10 minutes - serve.

### Feijão Refogado (Refried beans)

3 cups of cooked pinto beans

1/2 C chopped onion

3 garlic cloves, chopped

2 Tbsp parsley, 2 Tbsp green onions, 1 tsp smoked paprika

Sautee onions, garlic. Add cooked beans with water, bring to a boil and simmer for 10 minutes, mashing with a potato masher, add smoked paprika.

### Ellie's Pulled Chicken

2 tsp paprika

1 tsp onion

1 tsp garlic

1 tsp cumin

1 tsp coriander

1 tsp thyme

1 tsp turmeric

1 tsp oregano

1 tsp parsley

1 tsp salt, 1/4 tsp pepper

Add to the crockpot:

4 chicken breasts

all the spices

8 ounces of tomatoes

cook on low for 8 hrs

or high for 6 hrs

### Stove Top Mac - N - Cheese - serves 6

1/2 pound elbow macaroni

4 TBSP butter

2 eggs

1 cup milk

1 tsp salt, 3/4 tsp dry mustard

1 1/4 cup sharp cheddar, shredded  
hot sauce to taste, paprika to serve

cook pasta, drain and return to pot with butter  
whisk eggs, milk and spices. Add to pasta. Stir. Add  
cheese. Cook everything on low heat until creamy, 5 minutes

### MAX MIX CHILI, vegetarian

1/2 c TVP, optional      optional veggies: onions, peppers, celery

2 tsp onion powder      Add to the crockpot:

2 tsp garlic powder      6 cups of beans (mix of

3 TBSP chili      kidney, one and chickpea or pinto

1 TBSP cumin      3 cups stew or diced tomatoes,

2 tsp salt      3 cups tomato sauce

1/4 tsp cayenne      (add liquid, broth or water

1 tsp Smoked paprika      to cover beans. Cook 8 hrs

2 tsp oregano      on low.

1/4 tsp black pepper

## SLAW DRESSING

BY JIM WELCH

- 10 MINS. BEFORE USE MIX  $\frac{1}{2}$  TBSF CORNSTARCH WITH  $\frac{1}{4}$ C OF WATER. SET ASIDE.
- OVER MEDIUM HEAT, COMBINE  $\frac{1}{4}$  CUP CIDER VINEGAR, 1 TBSF COARSE MUSTARD, 1 TBSF HONEY OR BROWN SUGAR
- AS IT BEGINS TO BOIL ADD CORNSTARCH MIXTURE AND 1 TBSF OF SPICES (OLD BAY SEASONING IS GOOD)
- ADD 2 TBSF OF OIL OR RENDERED FAT AND STIR UNTIL IT THICKENS AND THE OIL IS FULLY COMBINED. POUR ON SLAW WHILE HOT.

## Smoothies

For one serving.

Start with one banana in the blender

Add  $\frac{1}{2}$  cup of liquid of choice - orange juice, etc

$\frac{1}{2}$  cup of yogurt - low fat vanilla

$\frac{1}{2}$  cup of mix of different fruits and vegetables like 1) bananas, berries, beet

2) Banana, avocados, orange juice.

3) Banana, carrots, orange juice, pineapple  
pear, kale

Sweet and Spray Almonds by Dawn Graham

1 egg white

1 tsp water

1 pound of almonds

$\frac{1}{4}$  c sugar

$\frac{1}{4}$  c brown sugar

$\frac{1}{2}$  tsp salt

1 tsp cinnamon

Beat egg white and water until frothy. Add almonds, sugars, salt and cinnamon. Toss until coated. Bake  $250^{\circ}\text{F}$  for 1 hr on ungreased cookie sheet.

Youth Media Sanctuary Peanut Butter Energy Bar

$\frac{1}{2}$  c butter, melted

$\frac{2}{3}$  c agave, or superfine sugar

$\frac{1}{2}$  tsp salt

2 cups creamy peanut butter

1 tsp vanilla

6 cups rice puff cereal

$\frac{1}{3}$  c chia seeds

$\frac{2}{3}$  c old fashion rolled oats

Mix butter, sugar, peanut butter, salt. Mix well. Add vanilla, cereals, seeds. Press into a 11 x 13 pan.

### Granola

4 cups oats

3/4 tsp salt

1 tsp cinnamon

1/2 C shredded coconut

1/4 C sliced almonds

1/4 C chopped walnuts

1/4 C oil

1/4 C maple syrup

1 tsp vanilla

1/2 C dried fruit + 1/2 C chocolate chips

Mix oats, cinnamon,  
nuts, coconut

Mix oil, maple + vanilla  
pour liquids into oats

Bake 300°F, stirring  
every 10 minutes

Take out to cool, add  
dried fruit + cool completely

### Vegan Chocolate Cake (16 servings)

1 1/2 cups all purpose flour

1 cup sugar

1 tsp baking soda

1 tsp salt

1/3 C cocoa

1/2 C oil

1 C water (or coffee for mocha flavor)

1 tsp vanilla

1 Tbsp vinegar

Mix everything well, bake layer cake 350°F for 35 minutes

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