Ellie’s Yellow Rice – Serves 4
2 Tbsp vegetable oil, 1 clove garlic, 1 tsp salt
1 tsp turmeric, 1 1/2 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
Sauté onions, garlic. Add cooked beans with water, bring to a boil and simmer for 10 minutes. Mesh with with a potato masher, add smoked paprika.

Ellie 15 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
1/4 cup sharp cheddar, shredded
Hot sauce to taste, paprika to serve
Cook pasta, drain and return to pot with butter
Wisk eggs, milk and spices. Add to pasta. Stir. Add cheese. Cook everything on low heat until creamy, 3 min.

MAX MIX CHILI 1 vegetarian
1/2 c. TVP, optional  optional veggies: onion, pepper, red bell
2 tsp onion powder
2 tsp garlic powder
3 Tbsp chili
1 Tbsp cumin
2 tsp salt
1/4 tsp cayenne
1 tsp smoked paprika
2 tsp oregano
1 tsp black pepper

Add to the crockpot:
6 cups of beans (mix of kidney and chickpeas) into
3 cups stew or diced tomatoes
3 cups tomato sauce
(Add liquid, broth or water
To cover beans. Cook 8 hrs
on low.
SLAW DRESSING

BY JIM WELCH

10 MINS. BEFORE USE MIX 1/2 TBSP CORNSTARCH WITH 1 TBSP OF WATER. SET ASIDE.

OVER MEDIUM HEAT, COMBINE 1/4 CUP CIDER VINEGAR, 1 TBSP COURSE MUSTARD, 1 TBSP HONEY OR BROWN SUGAR AS IT BEGINS TO BOIL, ADD CORNSTARCH MIXTURE AND 1 TBSP OF SPICES (OLD BAY SEASONING IS GOOD)

ADD 2 TBSP 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 1/2 cup of liquid of choice: orange juice, etc.
1/2 cup of yogurt: low fat vanilla
1/2 cup of mix of different fruits and vegetables like: a) banana, berries, beet
b) banana, avocado, orange juice.
c) Banana, carrots, orange juice, pineapple, pear, kale.
Sweet and Spicy Almonds by Dawn Graham
1 egg white
1 tsp water
1 pound of almonds
1/4 c sugar
1/4 c brown sugar
1/2 tsp salt
1 tsp cinnamon
Beat egg white and water until frothy. Add almonds, sugar, salt and cinnamon. Top until coated. Bake at 350°F for 1 hr on ungreased cookie sheet.

Youth Media Sanctuary: Peanut Butter Energy Bar
1/2 c butter, melted
2/3 c agave, or superfine sugar
1/2 tsp salt
2 cups creamy peanut butter
1 tsp vanilla
6 cups rice puff cereal
1/3 c chia seeds
1/3 c old fashion rolled oats
Mix butter, sugar, peanut butter, salt, and vanilla. Add chia seeds, seeds. Press into a 11 x 13 pan.
Granola:
4 cups oats
3/4 tsp salt
1 tsp cinnamon
1/2 cup shredded coconut
1/4 cup sliced almonds
1/4 cup chopped walnuts
1/4 cup oil
1/4 cup maple syrup
1 tsp vanilla
1/2 cup dried fruit + 1/2 cup chocolate chips
Mix oats, cinnamon, nuts, coconut. Mix oil, maple, and vanilla. Pour liquids into oats. Bake 300°F, stirring every 10 minutes. Take out to cool, add dried fruit + chocolate chips.

Vegan Chocolate Cake (16 servings):
1 1/2 cups all purpose flour
1 cup sugar
1 tsp baking soda
1 tsp salt
1/3 cup cocoa
1/2 cup oil
1 c water (or coffee for mocha flavor)
1 tsp vanilla
1 tsp vinegar
Mix everything well. Bake layer cake 350°F for 35 minutes.
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