



BY ANIKAIT RAWAT

COOKBOOK

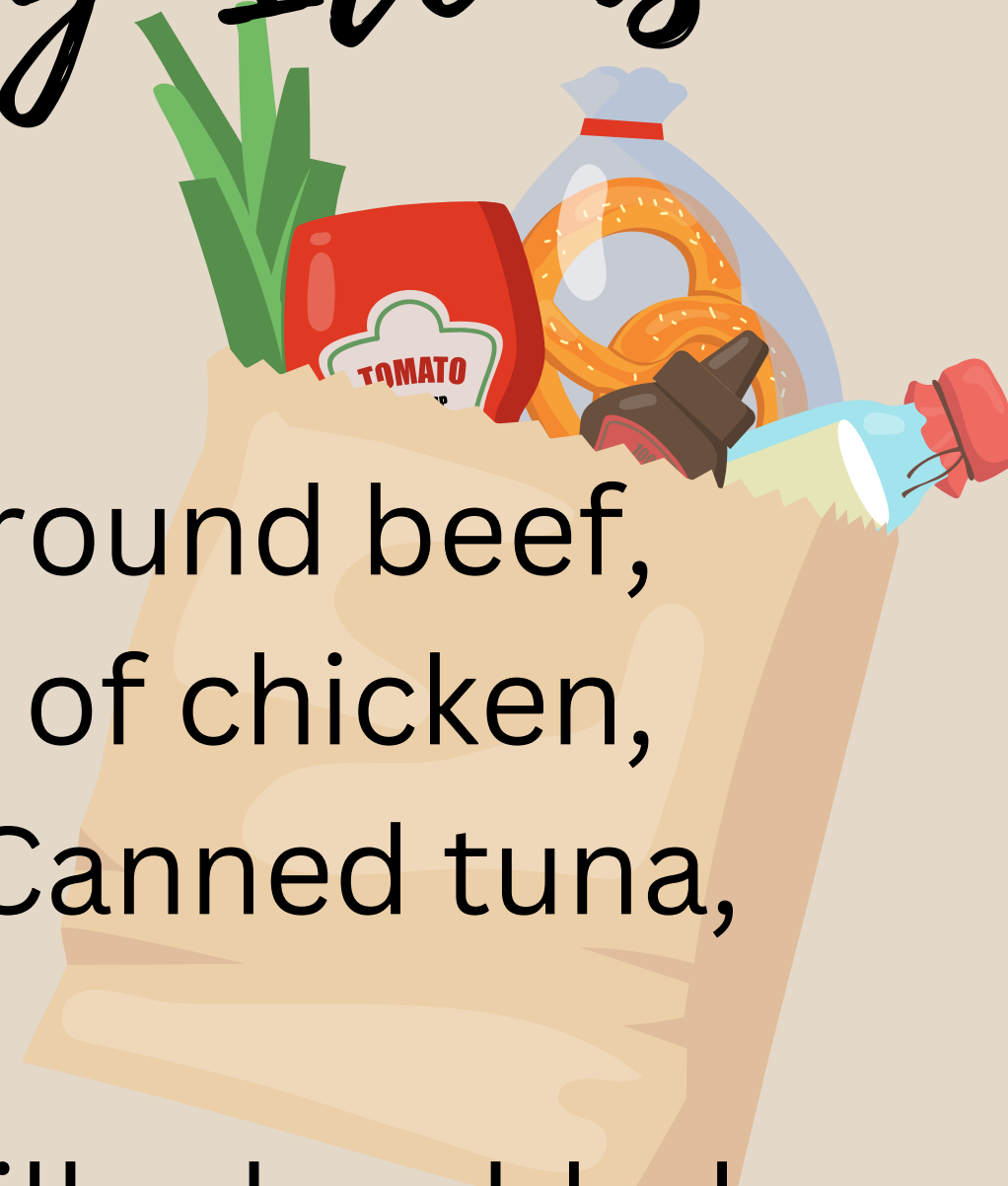
— *simply recipes* —

HEALTHLY LIFESTYLE BOOK



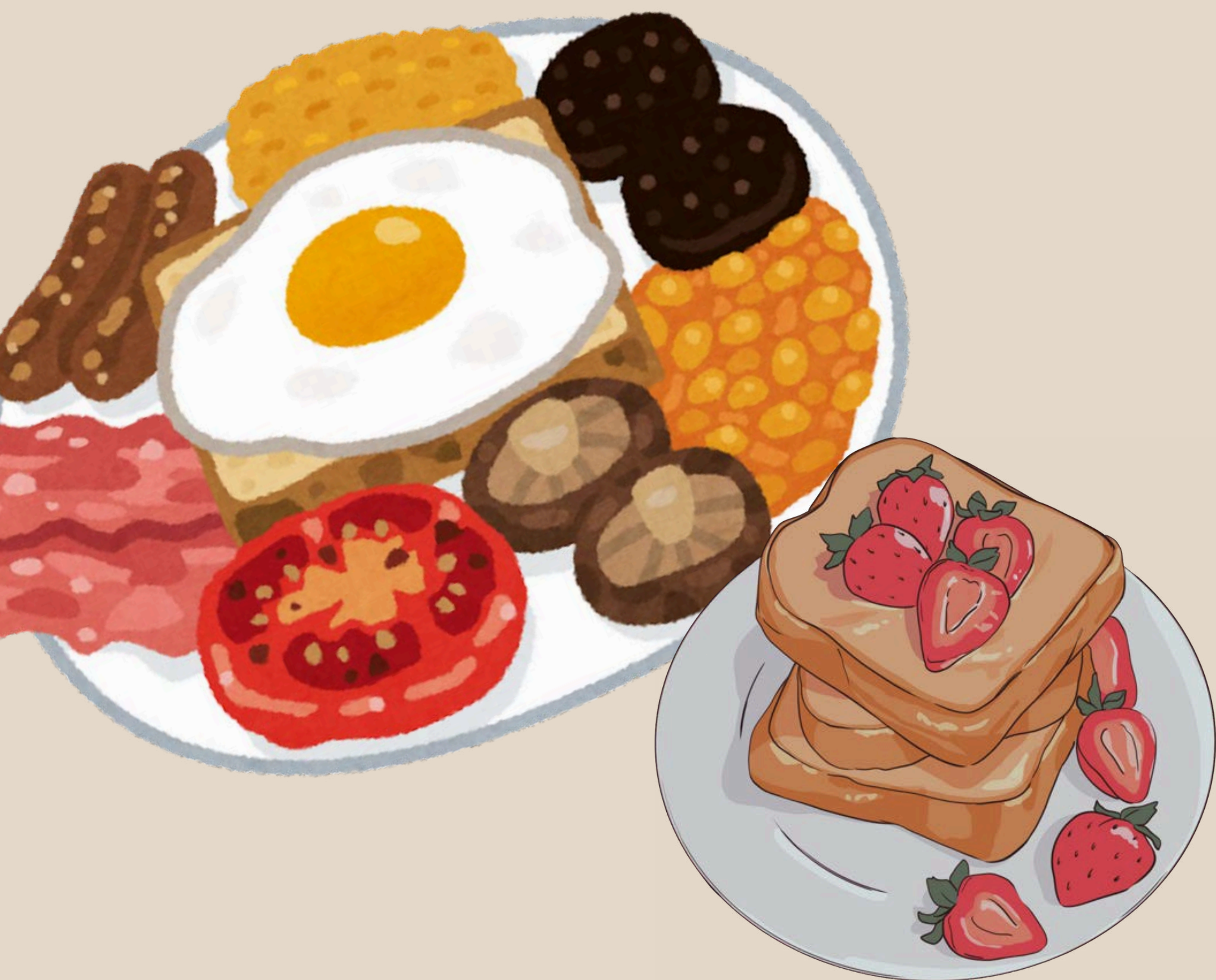
Common Pantry Items

- **Protein:** ground turkey, ground beef, whole and variety of cuts of chicken, tilapia, salmon and tofu. Canned tuna, chicken, beef.
- **Dairy:** 2% milk, almond milk, shredded cheddar, slice cheese, butter, margarine.
- **Vegetables:** potatoes, sweet potatoes, onion, garlic, carrots
- **Fruit:** oranges, apples, pears, bananas
- **Bread:** we try to offer a variety, such as sandwich bread, hamburger buns, tortillas, bagels, English muffins
- **Non-perishable foods:** cereal, dry pasta, pasta sauce, canned vegetables, mac and cheese, dinner helpers, rice, dry beans, canned beans, dry potato, canned corn, canned green beans, canned tomatoes, baking items: oil, flour

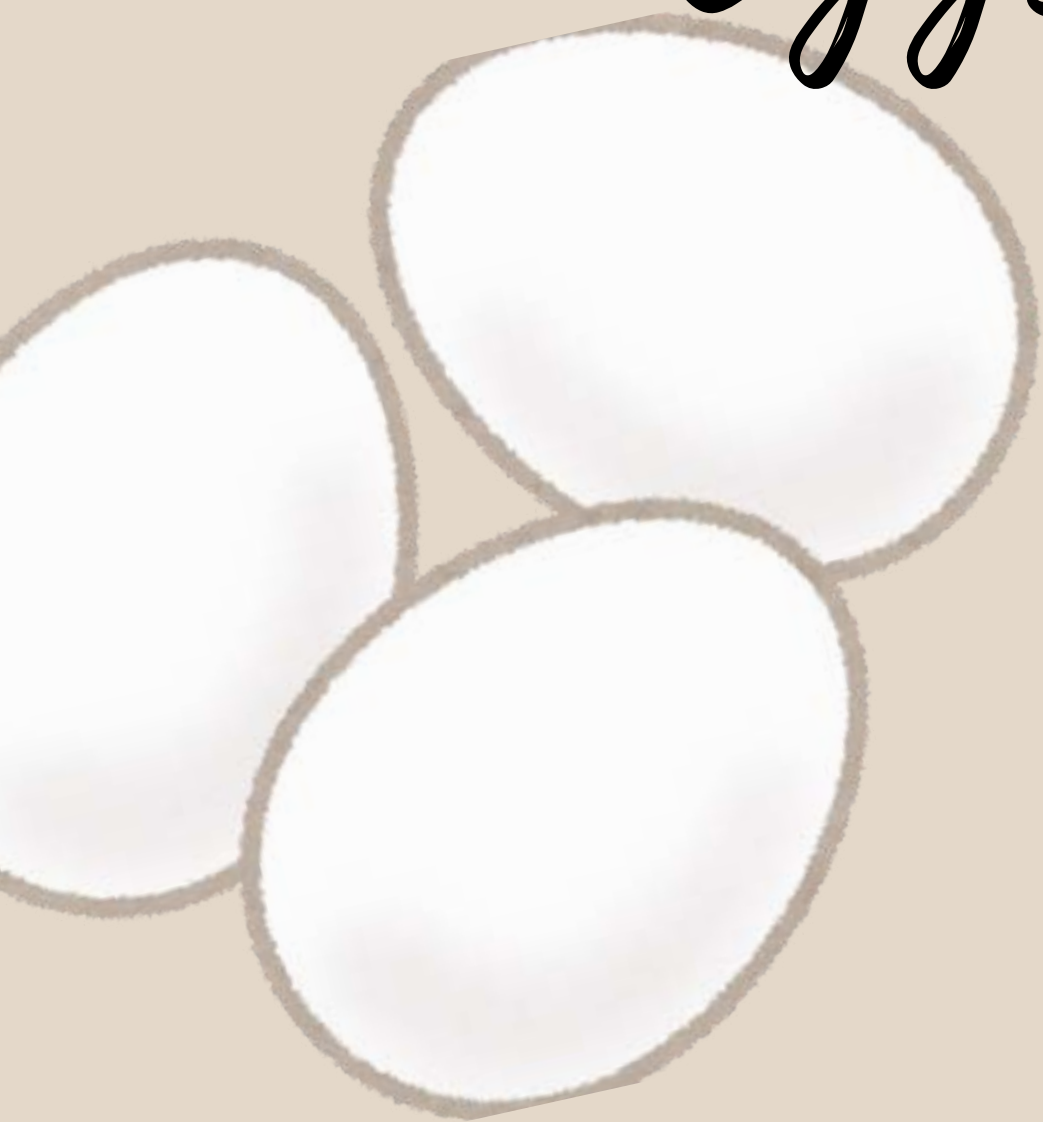




Breakfast



Eggs n Sausage



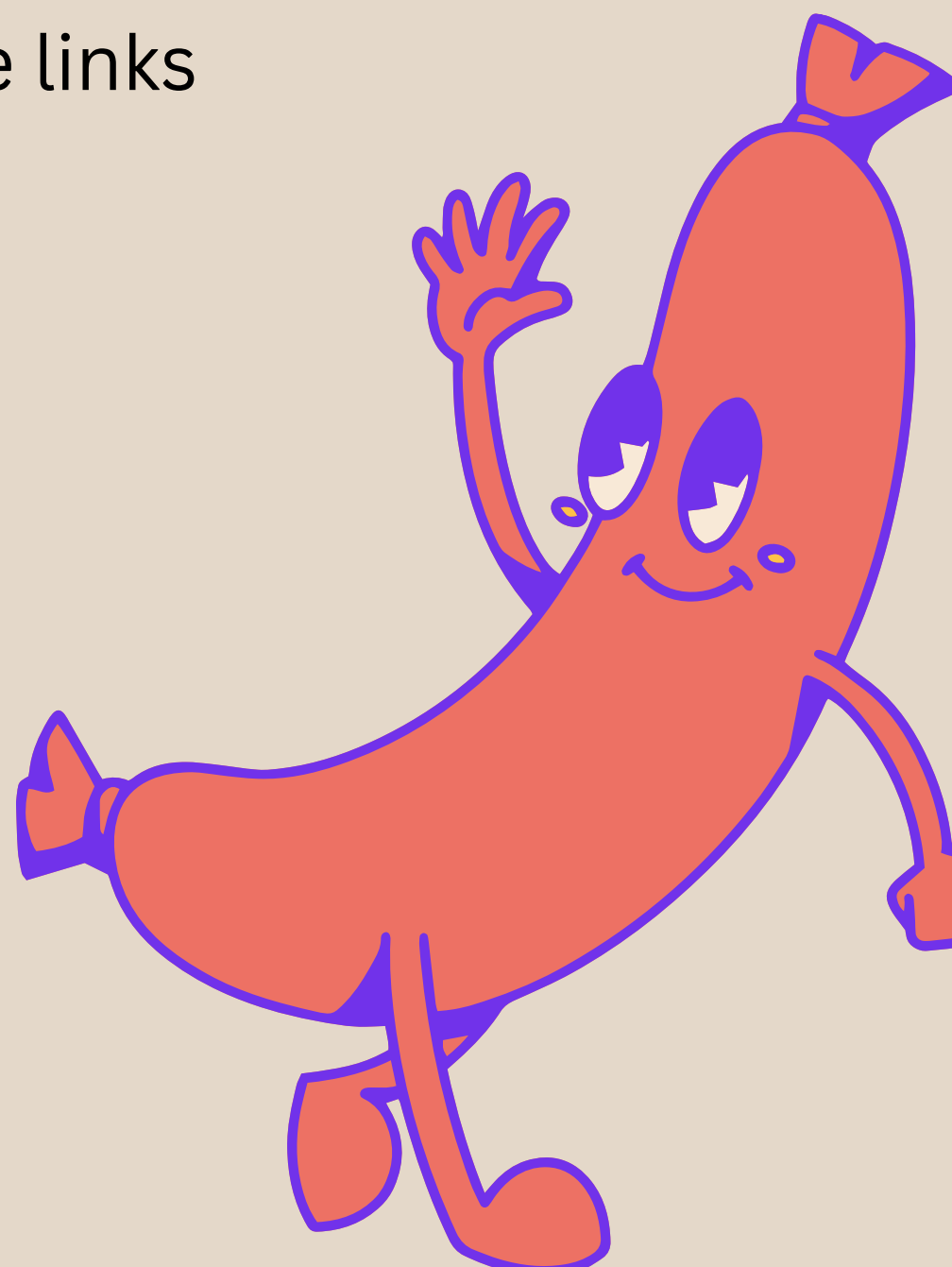
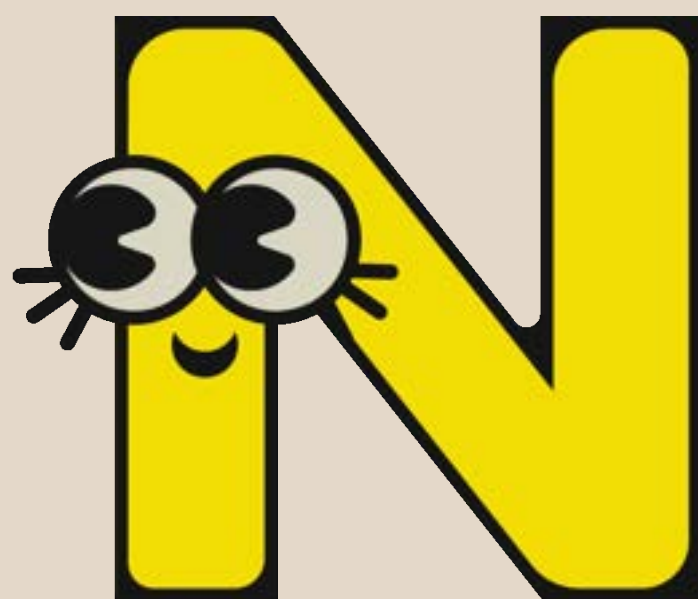
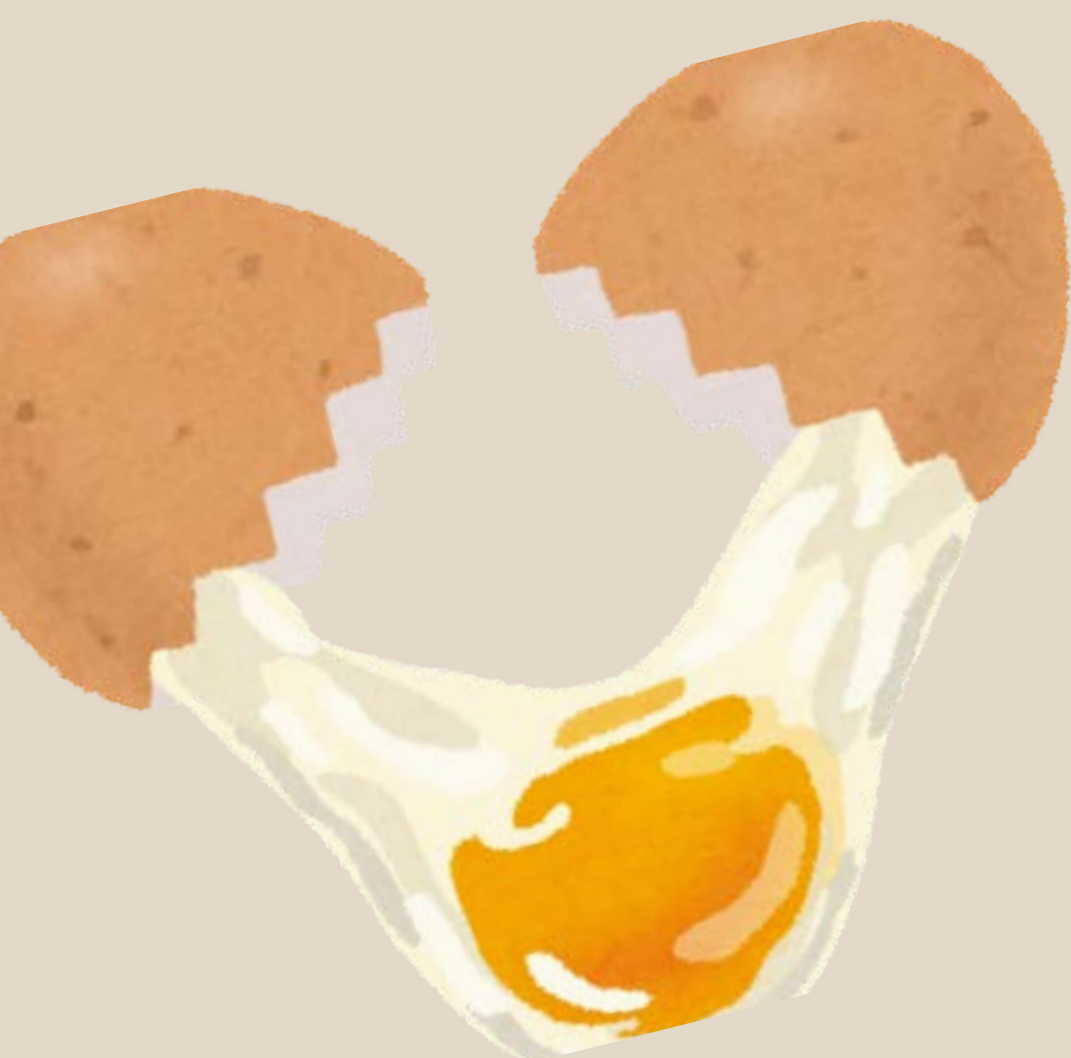
Ingredients

2 eggs
1 tablespoon oil
2 sausage links
A dash of salt and pepper



Procedure

- Crack the eggs into a bowl
- Season to taste
- Microwave eggs for 3 minutes
- Place sausage on a plate
- Microwave for 3 minutes on each side
- Serve the eggs and sausage links



Banana Pancakes

Ingredients

2 cups all-purpose flour

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

2 tsp baking powder

1 tsp baking soda

1 tsp salt

2 bananas, mashed

2 eggs

$1\frac{1}{2}$ cups milk

2 bananas, sliced

butter

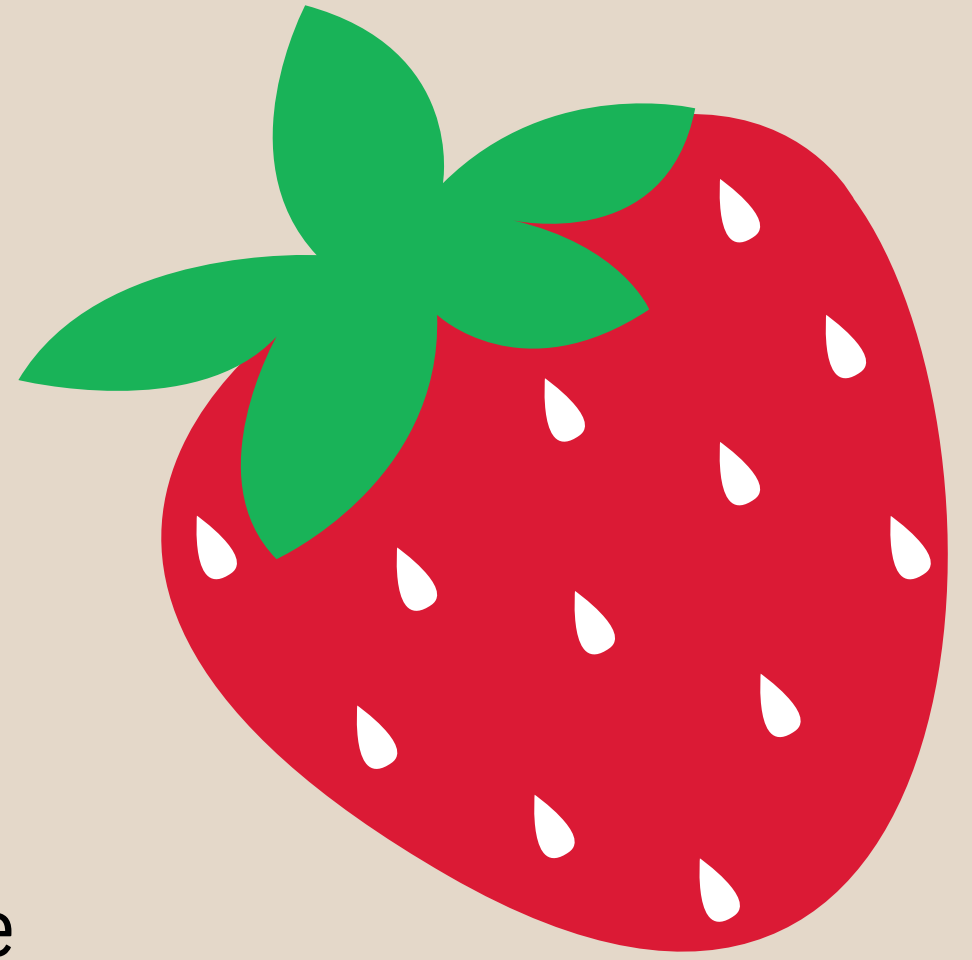


Directions

- In a bowl, add flour, sugar, baking powder, soda and salt, then mix.
- In another bowl, add the mashed bananas, eggs, milk, and vanilla, then mix.
- Mix both mixtures and let it sit for 10 to 15 minutes.
- Heat the pan, melt butter, then ladle some pancake batter.
- Place 3 to 4 banana slices atop of the uncooked side of the pancake.
- Once the edges of the pancake start to dry up and you can see the middle start to bubble, flip the pancake over.
- Cook until it is browned on both sides.
- Serve hot, with butter and syrup.

Berries with Banana Cream

Ingredients



- 1/2 cup Yogurt
- 1/2 banana ripe
- 1/2 ounce fruit juice
- 2 cups strawberries
- 1 teaspoon honey (optional)
- 1 teaspoon cinnamon (optional)

Directions

- Combine yogurt, banana, and juice and mash with fork until most chunks go away.
- Wash & slice berries
- Top the berries to banana yogurt mixture
- Top with honey and cinnamon.





Scrambled Egg Bread

Ingredients

- 1 loaf (1 pound) unsliced French bread
- 2 tablespoons butter, softened
- 1 small onion, chopped
- 1 cup cubed cooked ham
- 1 large tomato, chopped
- 6 large eggs
- salt & pepper
- 1 cup shredded cheddar cheese,

Directions

- Cut bread crosswise in half
- Spread 1 tablespoon softened butter over bread.
- Heat it and Set aside.
- In a pan, heat butter. Add onion; cook and stir until tender.
- Stir in ham and tomato.
- In a small bowl, whisk eggs and pepper.
- In same pan, heat remaining butter. Pour in egg mixture; cook and stir until eggs are thickened.
- Stir in ham mixture, 1 cup cheese.
- Transfer to a disposable foil pan; cover with foil.
- Bake for 8-10 minutes until cheese is melted.
- Cook reserved bread halves, buttered side down, 1-2 minutes or until toasted.





Soups & Salads





Chicken Salad

Ingredients

2 cups canned chicken
1/2 cup mayonnaise
choice of greens, celery or green onion
salt & pepper



Directions

- Chop cool chicken
- Mix with choice of greens
- Mix mayo, salt & pepper
- Serve!!!



Pasta Salad

Ingredients

2 cups cooked pasta
choice of veggies; 1 sliced bell pepper,
zucchini, tomatoes
1 cup parmesan cheese
dressing (optional)
herbs (optional)

Directions

- Cook pasta as per directions on the box
- Mix veggies, parmesan, salt & pepper,
- Mix cooked pasta
- Serve it cold!!!





Lentil Soup

Ingredients

- 1 cup brown or green lentils
- 4 cups vegetable broth
- 2 cups water
- 1 cup diced tomatoes
- 2 tbl spoon oil
- 1 cup greens
- salt & pepper



Directions

- Warm the oil
- Add tomatoes and cook for 2-3 minutes
- Pour rinsed lentils, broth, and water
- Bring mixture to boil
- Cook for 25 - 30 minutes
- Partially blend the soup
- Add chopped greens and cook for 5 minutes.
- Add salt & pepper.
- Serve while hot!!!!



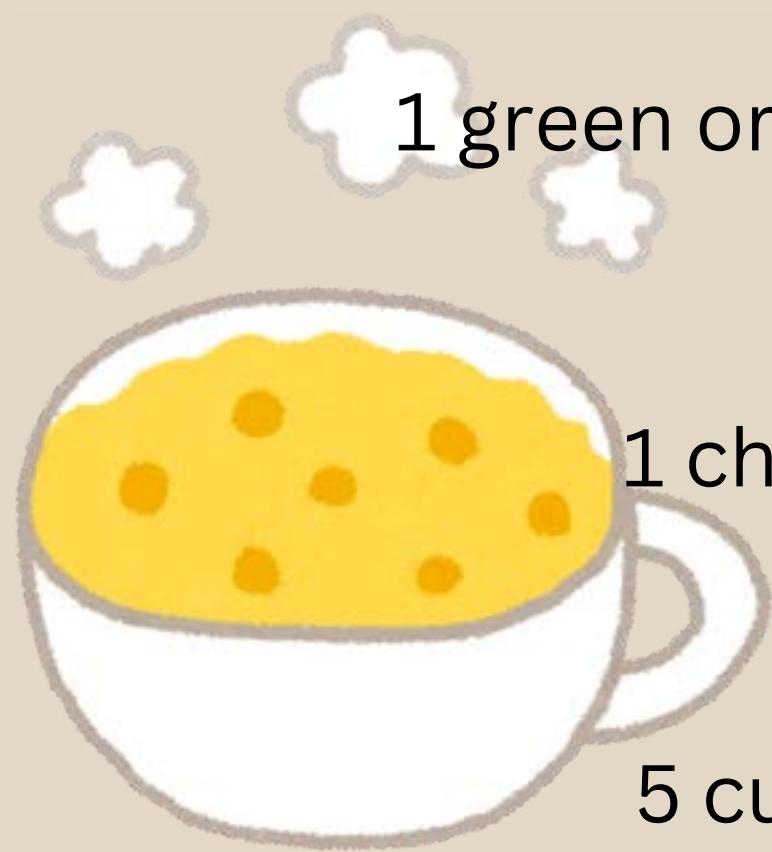


Corn Soup

Ingredients



- 4 cups corn
- 1 tbsp butter
- 1 onion, finely chopped
- 2 sticks celery, finely chopped
- 1 green or red bell pepper, finely chopped (optional)
- 1 small potato, diced (optional)
- 4 cloves garlic
- 1 chili pepper, finely chopped (optional)
- 1 tbsp cornmeal or flour
- Salt & pepper
- 5 cups vegetable broth or chicken stock



Directions

- Melt the butter in a large pot
- Add onion, celery, bell pepper, and potato, then stir.
- Cover the pot and let everything fry and steam for about 5 minutes.
- Add the garlic and vegetables
- Add the corn and cornmeal or flour to the pot and stir.
- Cover with about 5 cups of broth and bring to a boil, then turn the heat down to low and simmer for about 30 minutes. The broth will thicken and become opaque.
- Add salt and pepper to taste.
- Serve hot!!!





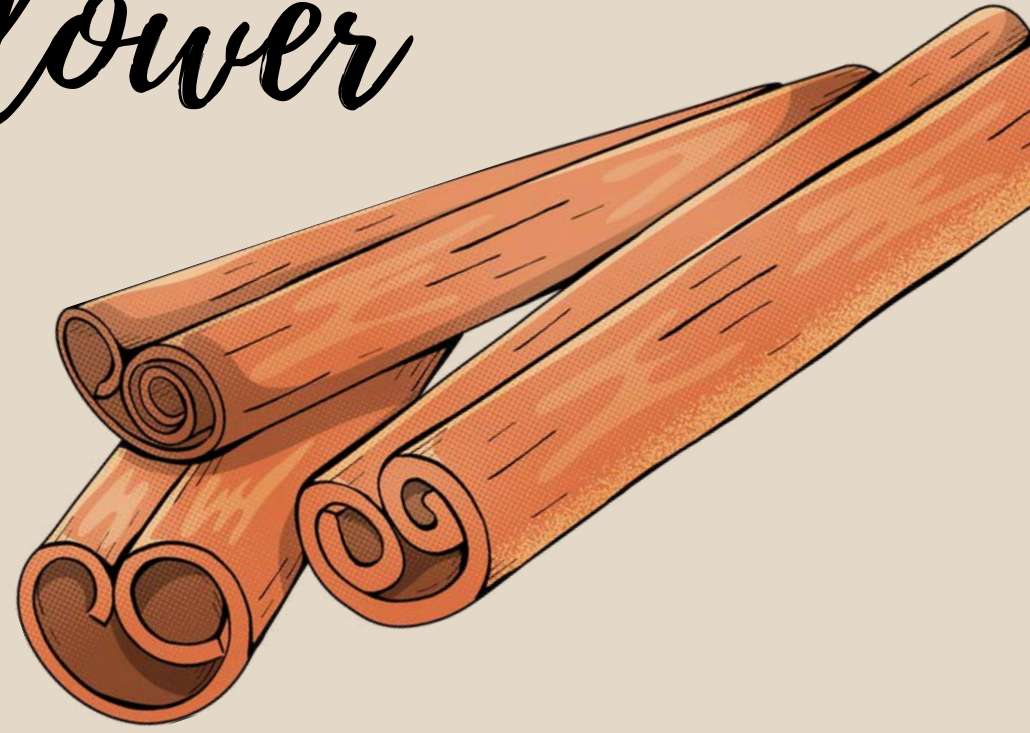
Entrees



Smokey & Spicy Roasted Cauliflower



Ingredients



1 head cauliflower, cut into small pieces

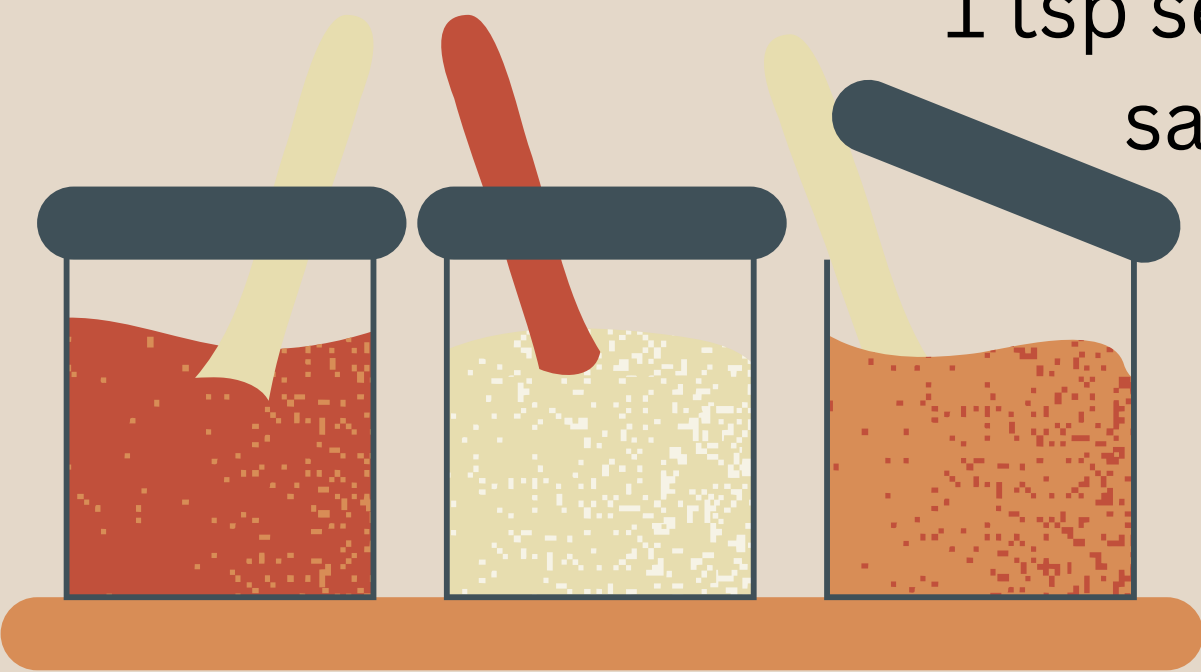
2 cloves garlic, unpeeled

1 tbsp butter, melted

1 tsp smoked paprika ½ tsp cayenne pepper (optional)

1 tsp seasoning of choice

salt and pepper



Directions

- Turn the oven to 400 °F.
- In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic.
- Pour the butter over the cauliflower and then sprinkle the spices over top.
- Use your hands to thoroughly coat the cauliflower with butter and spices.
- Bake for 45 minutes to 1 hour, depending on how crispy you like the florets.
- Squeeze the roasted garlic throughout and trash the skins





Terrific Tacos

Ingredients

- 1 pound ground beef (or can of black beans for vegetarian option)
- 1 package Taco Seasoning Mix
- 3/4 cup water
- 12 taco shells
- 1 8-oz package of shredded cheese
- 2 Roma tomatoes
- 1 Lettuce
- 1 jar of salsa



Directions

- Brown meat in large skillet on medium-high heat. Drain fat.
- Stir in Seasoning Mix and water. Bring to boil. Reduce heat to low; simmer 5 minutes, stirring occasionally.
- Dice tomatoes
- Shred lettuce
- Spoon into warmed taco shells.
- Serve with assorted toppings.





Chicken Jambalaya

Ingredients

- 1 tablespoon olive oil
- $\frac{1}{2}$ pepper, diced
- $\frac{1}{4}$ - $\frac{1}{2}$ medium onion, diced
- 1 can (10 oz) chicken
- 3 teaspoons taco seasoning
- 1 can (16 oz) chicken broth
- 1 can (8 oz) diced or crushed tomatoes
- 1 cup instant rice

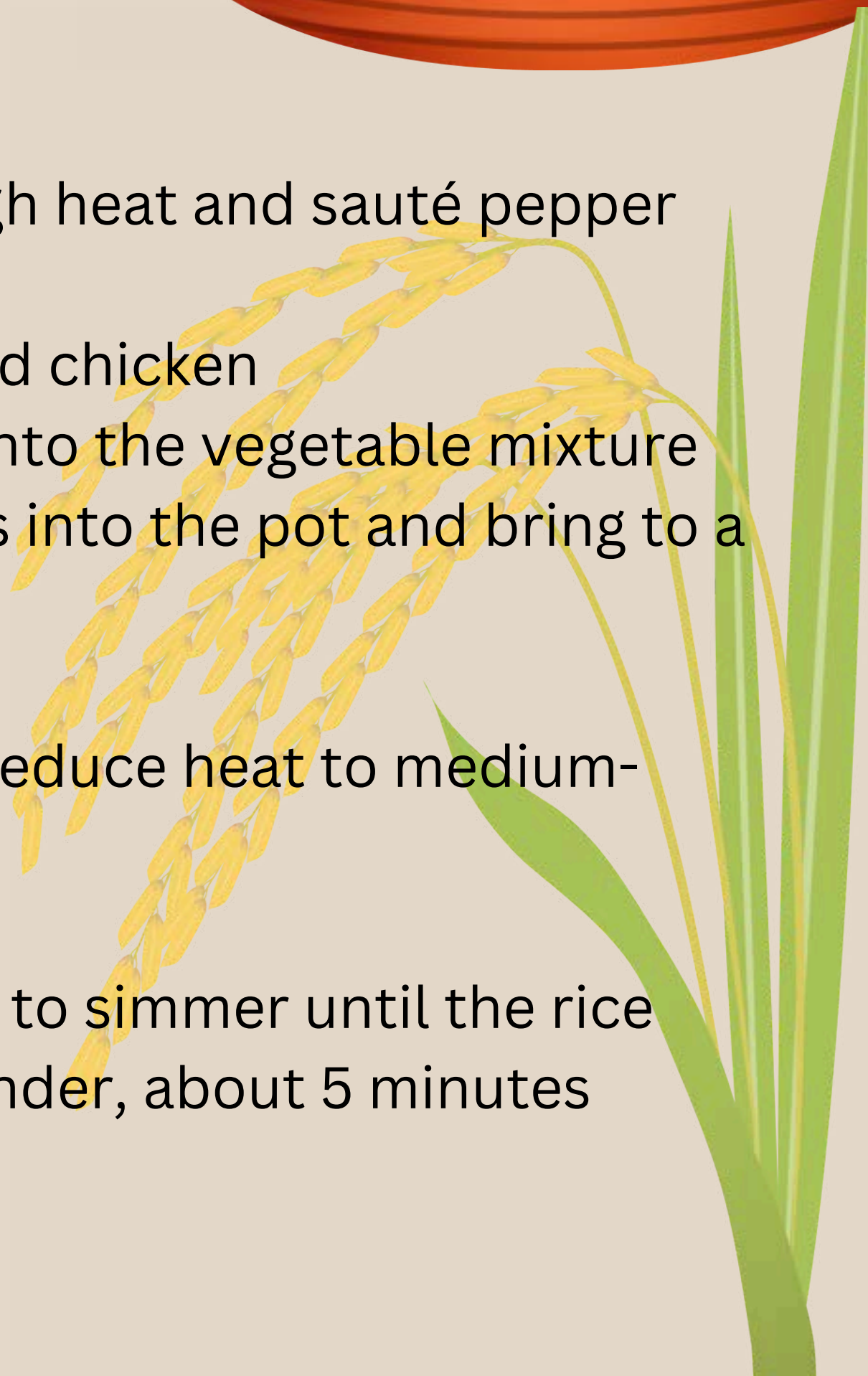
Ingredient replacement: The fresh pepper can be replaced with a can of your favorite canned vegetable



Directions



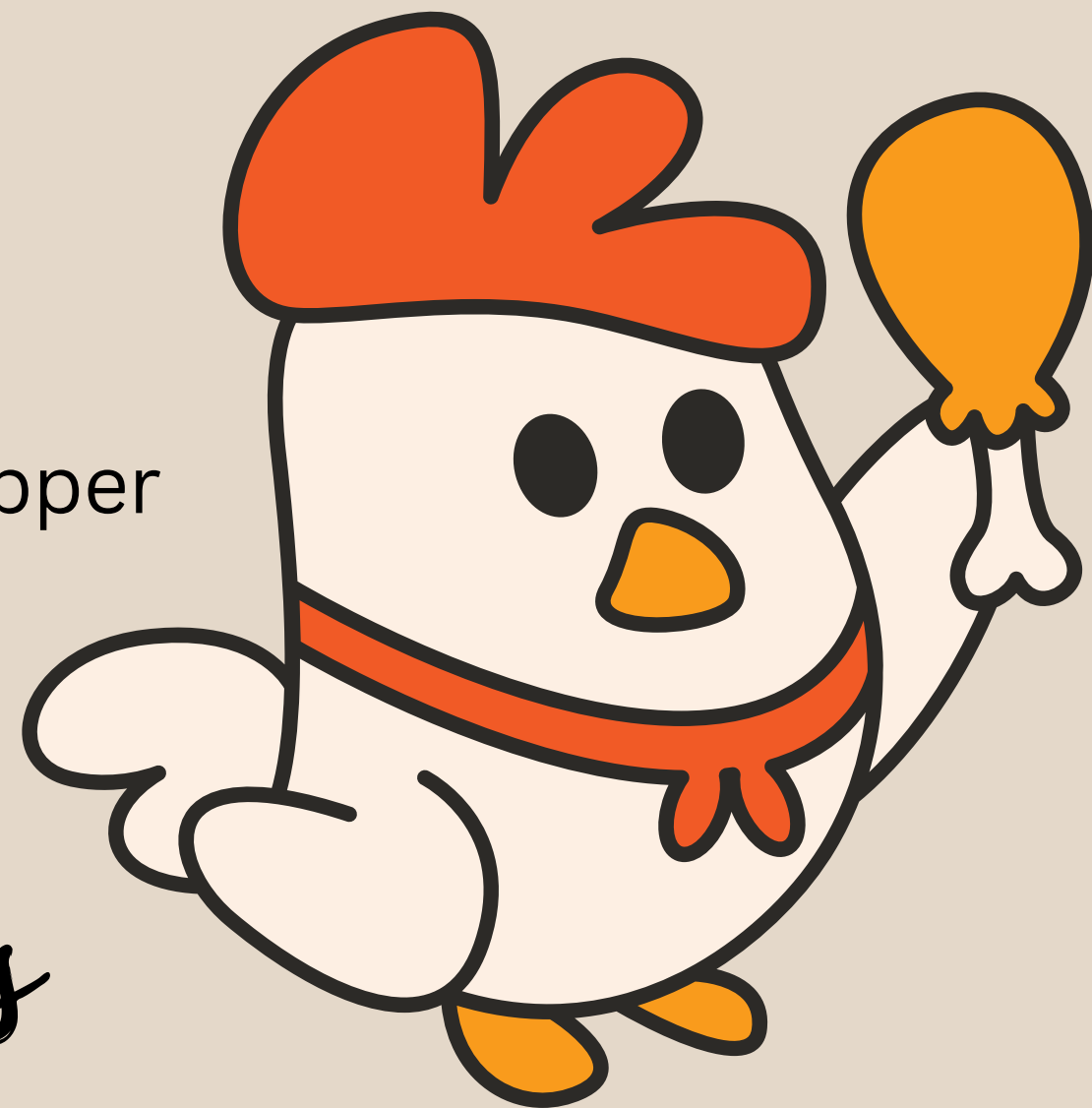
- Heat oil in a pot over medium-high heat and sauté pepper and onion for about 5 minutes
- Drain, rinse, and shred the canned chicken
- Stir chicken and taco seasoning into the vegetable mixture
- Pour chicken broth and tomatoes into the pot and bring to a boil
- Add the instant rice and stir
- Bring the mixture to a boil, then reduce heat to medium-low, cover and
- Simmer for 5 minutes.
- Remove cover, stir, and continue to simmer until the rice has absorbed the liquid and is tender, about 5 minutes more.



Roasted Chicken

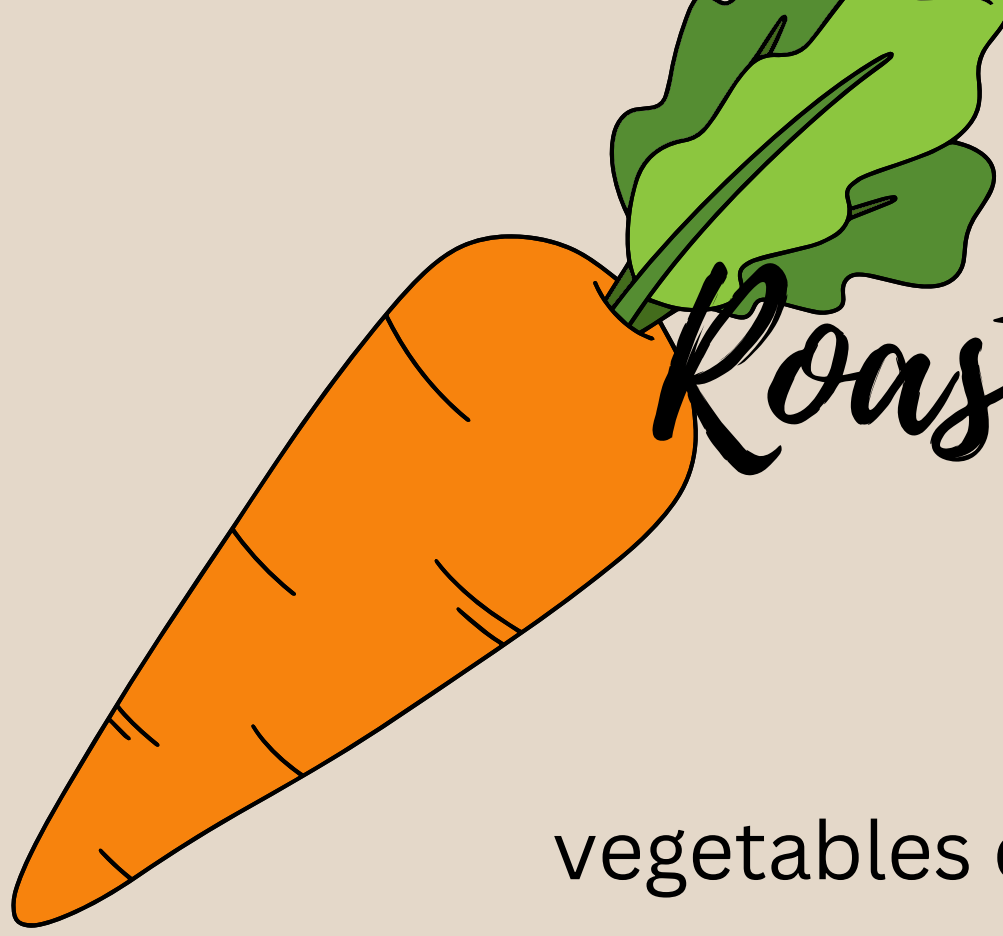
Ingredients

1 whole chicken
1 tbsp butter
2 cloves garlic
1 lemon salt and pepper



Directions

- Heat the oven to 400 °F. Remove the giblets and neck from the chicken. Keep them for stock later.
- Rub the entire bird with butter, then sprinkle it with salt and pepper.
- Smash the garlic cloves with the side of your knife and slice the lemon in half. Stuff the garlic and lemon into the chicken's body cavity.
- Place the chicken in a roasting pan or an oven-proof skillet.
- Let it cook for 1 hour. If you have a meat thermometer, check to make sure the chicken is at 165 °F, the temperature when chicken is completely safe to eat.
- Let the chicken rest for at least 10 minutes before you carve it to make sure you don't lose any of the tasty juices.
- **Pro Tip:** You can make stock later from the bones and any meat too difficult to get off. The leftovers can be used in sandwiches, tacos, over a salad, or tossed with sauce and mixed into pasta. This is a base recipe: add spices to the butter or sprinkle over the surface of the chicken to change up the flavor in any way you like.



Roasted Vegetables

Ingredients

vegetables olive oil or butter salt and pepper

Vegetable Options –

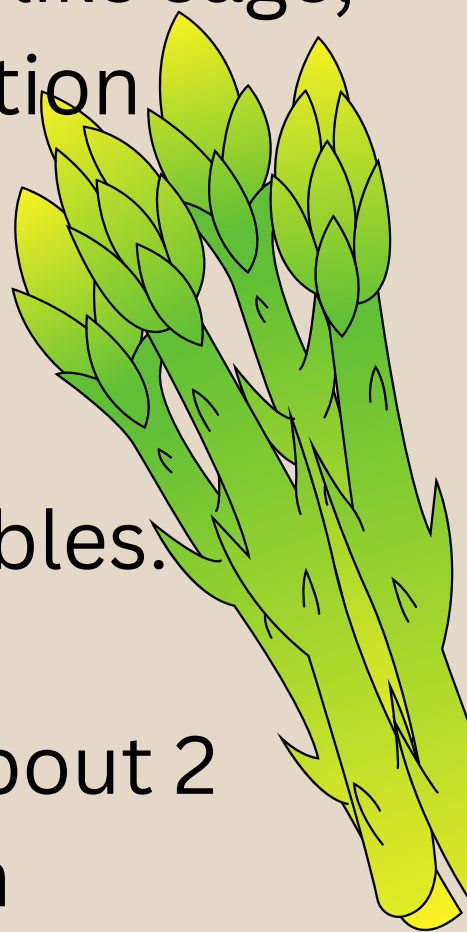
Roots: potatoes, sweet potatoes, beets, turnips, onions, parsnips, carrots, sunchokes, kohlrabi, fennel

Non Roots: bell peppers, winter squash, broccoli, Brussels sprouts, cauliflower, asparagus, eggplant

Extras: whole garlic cloves (unpeeled), lemon slices or lemon zest, anything you would pair with roast chicken, tough herbs like sage, oregano, thyme, bay leaves, any dry spice combination



Directions



- Set the oven to 400 °F. Clean and chop your vegetables.
- Dump your vegetables into a roasting pan.
- Drizzle everything with olive oil or melted butter—about 2 tablespoons per medium-sized roasting pan. Season generously with salt and pepper.
- Use your hands to coat the vegetables thoroughly with the oil and spices. Pop the pan in the oven for 1 hour or longer, but check on the vegetables after 45 minutes.
- Test them by poking them with a knife.
- After you pull the vegetables out of the oven, push them around with a spatula to free them from the pan.
- Remove any garlic cloves and smash them into a fine paste (removing the skins at this point), then put the garlic back in the pan and mix together.
- Squeeze the juice out of any lemons and discard the woody bits of any cooked herbs.

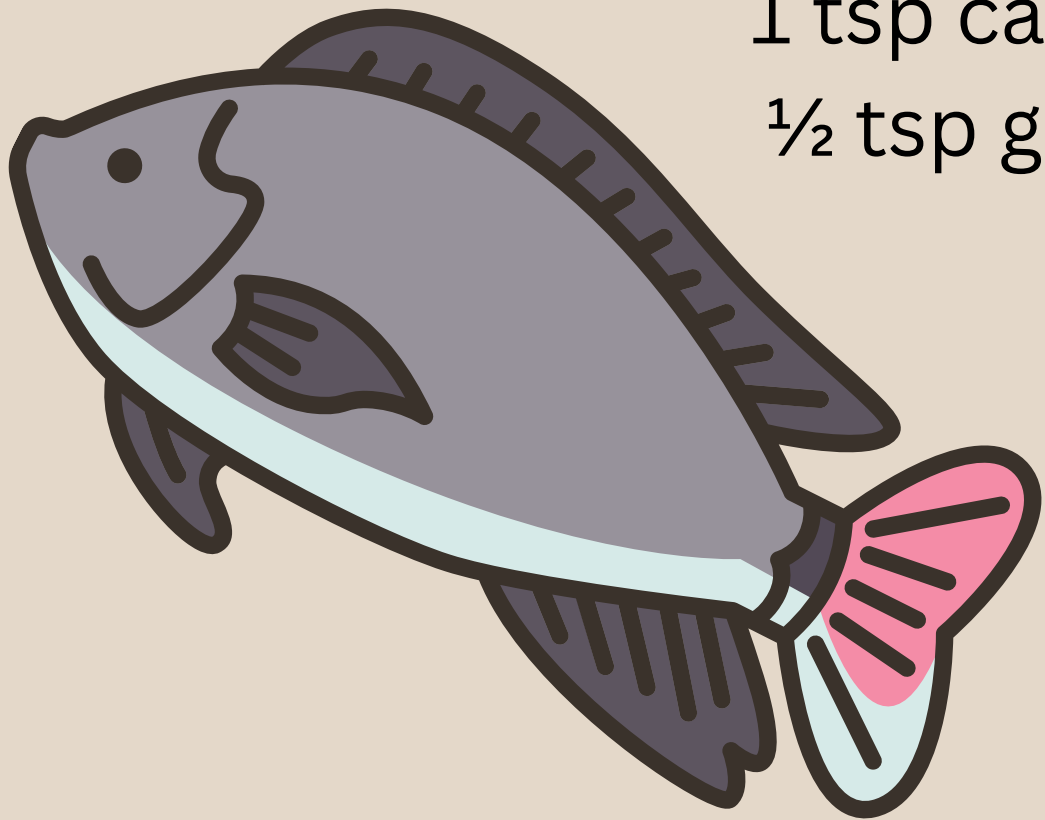
Add a little more butter, a bit of favorite sauce, a little soft cheese or mayonnaise, and serve.



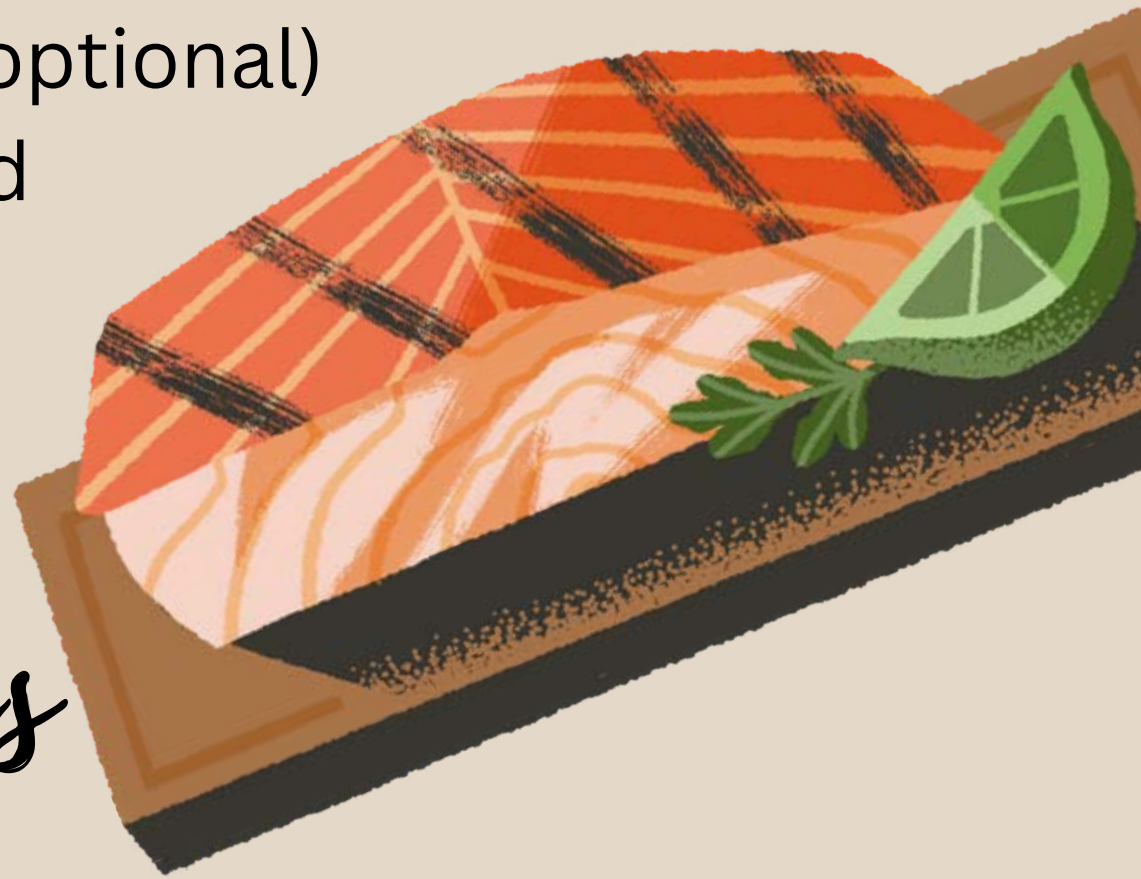
Broiled Tilapia

Ingredients

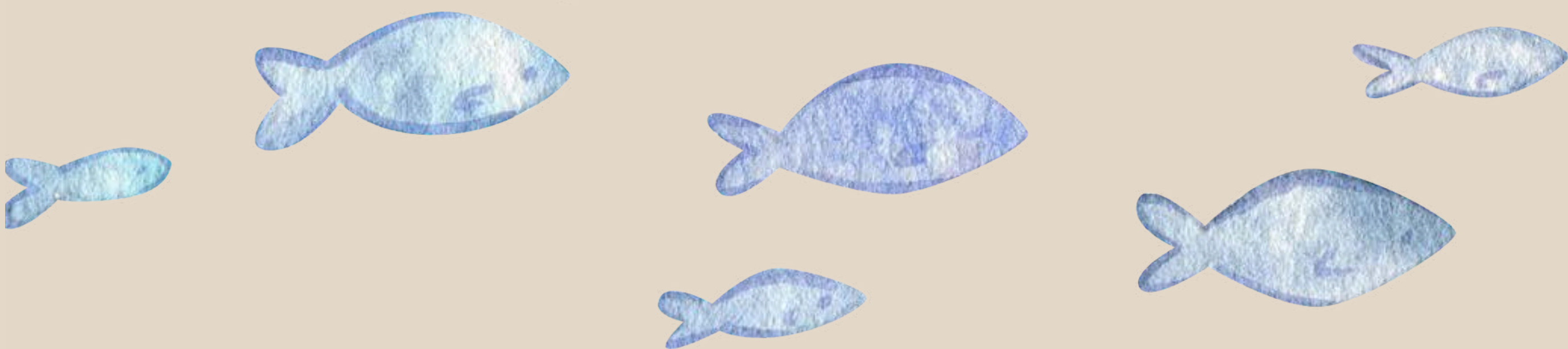
2 fillets tilapia or other fish
1 tsp salt ½ tsp pepper
1 tsp cayenne pepper (optional)
½ tsp garlic powder (optional)
½ lime, juiced



Directions



- Turn oven's broiler to high.
- Mix the spices together in a small bowl. Sprinkle them over both sides of the fish and massage gently with your fingers to cover thoroughly in the spices.
- Lay the fish on a baking pan lined with aluminum foil. Broil for 4 to 7 minutes.
- The fish will cook very quickly, so after 4 minutes, check to see if they're done by gently inserting a butter knife into the thickest part. If it goes through easily and the fish flakes apart, you're done. If the knife meets resistance and the fish stays together, put the fillets back under the broiler for another few minutes.
- Squeeze a lime over it.
- Serve with rice or a favorite side dish like spicy green beans.



Leftovers

Leftovers are convenient, but can seem unappealing, limp, and cold after sitting in the fridge for a couple of days. That's why the sandwich, the wrap, and the taco are your friend. Here are just a few ideas for how to give leftovers a makeover very quickly for a whole new meal!

Left Over Dishes!!



- **Tomato Scrambled Egg Wrap:** Throw the tomato eggs into a wrap and add some roasted potatoes or rice for bulk.
- **Sweet Potatoes Spread:** Mash up leftover baked sweet potatoes, then spread them in a bacon sandwich for a sweet counterpoint.
- **Toast Toppings On Anything:** Any of the toast toppings would work in a wrap, as a calzone filling, or as a pizza topping.
- **Cauliflower Tacos:** Tacos are the perfect re-use of roasted cauliflower.
- **Chana masala Wrap:** Sounds strange, but spread some herbed mayo on the wrap and then pile in the chana masala (chick peas).
- **Black-eyes peas and collard Wrap:** Fold the black-eyed peas and collards into a wrap with a little hot sauce or some tzatziki.
- **Vegetable Jambalaya Burrito:** Add some salsa or any leftover beans.
- **Cauliflower Cheese Sandwich:** Add some crunchy greens and mustard. Yum!
- **Roasted Vegetable Sandwich:** Add some extra spices or sauces to liven up the vegetables and grill the bread for some crunch.
- **Tilapia Tacos:** For a makeshift fish taco, chop up some crunchy cabbage and cilantro.