

MMC & MMCSC
Employee Recipe
Round-up Cookbook
2022

Monmouth Medical Center
Monmouth Medical Center
Southern Campus

RWJBarnabas
HEALTH





Monmouth Medical Center and Monmouth Medical Center Southern Campus Employee Recipe Round-up Cookbook 2022

Food Allergy Disclaimer

Please be aware that recipes and ingredients in this book may contain common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. It is the responsibility of the reader to review all listed ingredients in a recipe before cooking to ensure that none of the ingredients may cause potential adverse reaction to anyone eating the food base in the recipes in this book. This includes allergies, pregnancy-related diet restrictions, etc.

Ingredients Disclaimer

Ingredients and preparation: The recipes in this book are a compilation of recipes from MMC employees and it is not meant to be a healthy recipe book or recommended diet. MMC does not endorse any specific ingredients or preparation methods in this book. It is the responsibility of the reader to choose the recipes that best fits their nutrition and lifestyle goals.

Photo Disclaimer

The photos in this book are not exact depictions of the actual recipes. Prepared recipes may come out differently than the pictures.

Celebrating a World of Flavors

On behalf of Monmouth Medical Center and Monmouth Medical Center Southern Campus, I would like to thank each one of you who participated in the 2022 Employee Recipe Roundup. The campaign, spearheaded by our Community Health Department as part of their National Nutrition Month programming, aimed to celebrate a “world of flavors.” We work to help all of our patients practice good nutrition and maintain a healthy lifestyle, but good food provides so much more than nutrition. The food we eat celebrates the very essence of who we are. Each recipe submitted is unique to you, your family, your culture, and your identity.

Our regional campuses strive to celebrate diversity and practice inclusion every day. The 2022 Employee Recipe Roundup Cook Book explores unique flavors from around the world including Italy, Ireland, Ukraine, Jamaica, India, and many more. By gaining an understanding and appreciation for different cultural traditions, we can build a stronger and more inclusive organization that celebrates our differences and recognizes our similarities.

Thank you for your contribution to this project and to this wonderful organization.



Eric Carney
President & CEO, Monmouth Medical Center
and Monmouth Medical Center Southern Campus

Celebrating a World of Flavors

At Monmouth Medical Center and Monmouth Medical Center Southern Campus, our main goal is to ensure the health and safety of every patient that steps through our doors. We don't treat diseases, we treat people. Nutrition remains at the forefront of healthy living and chronic disease prevention. By providing resources and educating the community on healthy lifestyle choices in an approachable and attainable way, we work together to achieve these goals.

To address this urgent need, we offer FREE community health education programs to residents at our new LiveWell Center in Eatontown. With a strong emphasis on nutrition and practical dietary changes, we can help improve the well-being of our fellow community members. We invite you and your families to join us at for healthy cooking demonstrations, cook-alongs, and nutrition lectures at the LiveWell Center. These programs run on various days and times for convenience and cover diverse dietary restrictions, goals, and affordability – all to promote inclusion and prevent chronic disease.

We thank every one of you for your submission to our employee recipe round-up. Your entries help us inspire one another to get creative and have fun in the kitchen. Keep an eye out to see MMC/MMCSC guest chefs featured at a demonstration!

Thank you for your submission and for your continued support of our shared goals. Together we can LiveWell!



Kenneth M. Granet, M.D., F.A.C.P.
Chief Medical Officer, Monmouth Medical Center



Appetizers: Soup, Salad, Bread, and Small Bites

My Grandma's Ukrainian Borscht Recipe

Submitted By:
Tatiana Pidgainy
Community Specific Medical Program, MMC

"This is my grandma's original borscht recipe I grew up with in Ukraine. She made it every week and I still cook it very often. It's simply the best borscht!"



INGREDIENTS

2 beets	1-4 sprigs of dill
300g cabbage	2 Tbsp tomato paste
4 potatoes	1 Tbsp vinegar
1 carrot	Pinch of sugar
2 onions	1 bay leaf
1-3 cloves garlic	2 L Water or broth
	Salt and pepper

Prep Tips:

Beets: Peel beets with a vegetable peeler and cut into thick matchsticks. You can also grate beets on a boxed grater or in a food processor. Beetroot stains your hands and cutting board. You can rub your hands and cutting board with a slice of lemon to remove!

Cabbage: Creating thin, uniformly shredded cabbage with a mandolin is my favorite. My grandma always shredded it with a knife and I prefer it that way.

Potatoes: Cube into smaller pieces to soak up more flavor.

Onion and carrots: Dice the onion like for frying and carrots into small rounds.

DIRECTIONS

1. Cook cabbage in broth with bay leaves and peppercorns for 20 minutes after bringing to a boil. Chop beets, potatoes, carrots, and onion in the meanwhile.
2. Sauté onion and carrots in a bit of olive oil until translucent, about 5 minutes. This makes the onion flavorful, making the entire borscht recipe more delicious.
3. Add beets and a bit more oil, cook for another 5 minutes.
4. Transfer sautéed veggies to the pot along with potatoes, tomato paste, and salt. Cook covered for 20 minutes. In the meantime, prep garlic, dill, and other seasonings.
5. Season borscht with vinegar, garlic, sugar and pepper. Stir, turn off heat and let borscht soup stand for 10 minutes covered to allow flavors to marry. Add dill and your borscht recipe is ready to serve!

You can use store bought or homemade beef stock or chicken stock.

Serve with Sour cream or yogurt, Rye bread, or additional garlic and dill.

Friday Night Chicken Soup

Submitted By:

Meyer Kleiner, DDS

Medical Education Dental, MMC



INGREDIENTS

- 1.5 lbs chicken bones
- 1 sweet potato
- 4 carrots
- 1 yellow onion
- 2 zucchinis
- 1 parsnip
- 1.5 Tbsp salt

DIRECTIONS

1. Place chicken bones in a cheesecloth and transfer to 8qt pot.
2. Peel all the veggies
3. Cut the zucchini into 1.5 inch slices.
4. Place all ingredients into the pot and add water until the pot is nearly full.
5. Bring the soup to a boil and let simmer for 4-6 hours.

Turkey Chili

Submitted By:

Dee Yard

The Jacqueline M. Wilentz Comprehensive Breast Center, MMC

"This is an awesome tailgating or football party recipe!"



INGREDIENTS

- 2 tsps olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne pepper
- 1/2 tsp salt, plus more to taste
- 1 - 28 oz. can diced or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 - 15 oz. cans dark red kidney beans, rinsed and drained
- 1 - 15 oz. can sweet corn, rinsed and drained

For topping: cheese, avocado, tortilla chips

DIRECTIONS

1. Place oil in a large pot and place over medium high heat.
2. Add in onion, garlic, and red pepper and sauté for 5-7 minutes, stirring frequently.
3. Next, add in ground turkey and break up the meat; cooking until no longer pink. Add in chili powder, cumin, oregano, cayenne pepper, and salt; stir for about 20 seconds.
4. Add in tomatoes, chicken broth, kidney beans, and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.

To make this recipe in the slow cooker: Reduce the chicken broth to 1/2 cup and brown the turkey and onions before adding to the slow cooker.

Vegetarian Split Pea Soup

Submitted By:
Laura Taddeo
Food & Nutrition Services , MMC

"A hearty meal for a cold winter day!"



INGREDIENTS

1 bag split peas
4 cups vegetable broth
6 small potatoes,
quartered
½ onion, chopped
2 Tbsp olive oil
1 cup water

DIRECTIONS

1. Soak Split Peas overnight.
2. Rinse.
3. In a stock pot heat up oil.
4. Add potatoes, onions, and carrots.
5. Sautee until browned.
6. Add vegetable broth.
7. Add water.
8. Bring to a boil 1 minute.
9. Simmer one hour.
10. Use an emulsifier to puree or put in a food processor.
11. Add salt and pepper to taste.

"Delicious served with crusty Italian Bread!"

Chicken Noodle Soup

Submitted By:
Sabrina Pitcher
Central Sterile Supply, MMC

*"I chose this recipe because
it's easy!"*



INGREDIENTS

2 boneless skinless chicken breasts
1 large onion, diced and chopped
3 carrots, peeled and sliced into pieces
2 stalks celery, sliced (optional)
1 tsp thyme
1 tsp rosemary (optional)
3 cloves garlic, minced (or more depending if you like garlic)
1 bay leaf
Salt to your liking
Freshly ground black pepper
10 cup low-sodium chicken broth
8 oz. egg noodles

DIRECTIONS

1. In a slow cooker, combine all of your ingredients besides the egg noodles.
2. Cover and cook on low, 6 to 8 hours. Remove chicken from slow cooker and shred. Return chicken to slow cooker and add egg noodles.
3. Cook on low, covered... check within 20 min.

Enjoy!

Pasta Fagioli with Escarole

Submitted By:

Jean McKinney

Community Health, MMC, MMCS



INGREDIENTS

3 Tbsps olive oil
4 cloves garlic, chopped
1 rib celery, finely chopped
2 -15 oz. cans cannellini beans,
rinsed and drained
1 - 8 oz. can tomato sauce
1 quart low sodium chicken stock
(or vegetable stock)
1 large head of escarole, washed
well and torn up
1 tsp oregano
1 tsp dried basil
½ to whole box of uncooked
Ditalini or another small variety of
pasta
Grated cheese (Locatelli Romano
or Parmigiano) to taste
Crushed red pepper flakes

DIRECTIONS

1. Boil ditalini pasta as per directions on the box. Remove & rinse in strainer. Set aside.
2. In large pot, heat 2 tablespoons of olive oil over medium heat and add chopped garlic, and celery (sometimes I add a chopped carrot for additional flavor and color). Sautee until softened.
3. When softened add tomato sauce. Heat & then add chicken stock, seasoning and escarole. Lower heat & simmer until escarole is almost tender.
4. Add beans to heat through. Tip: mash ¼ of the beans and add to thicken the soup. You can add red pepper flakes now or use after serving.
5. When heated through, add pasta to pot or individual portions to bowls.
6. Mix pasta with soup and serve.
7. Top with red pepper (optional) and grated Locatelli cheese and serve with Italian bread.

Gourd Soup

Submitted By:

Steven DeSouza

Project Management, SBHCS

"An adaptation of the original from the Tavern at Sturbridge Village"



INGREDIENTS

3lbs cubed butternut squash
(store bought saves time)
3 onions
¼ pound butter (1 full stick)
2 cans beef broth
2 cans chicken broth
Cayenne pepper – a dash or 2
Black pepper – a pinch or 2
Salt to taste (I don't add salt,
there is plenty in broth)

DIRECTIONS

1. Peel and slice onions into cubes, try to match the size of the butternut squash.
2. Melt ¼ pound of butter in stock pot and add squash. Let squash get a little soft and add the onions. Cover and stir until the contents are tender.
3. Add the broth and bring to a simmer. Cover and cook until the contents are very tender and ready to blend.
4. Turn off heat and run the contents through a blender on puree. You may need to do this in batches. Add the contents back to the stock pot with the black pepper and cayenne
5. Stir and allow to simmer for 5-10 minutes and you are done!

Note: If it is too thick, add some stock. If it's too thin, let it reduce. I like mine a little thinner than a bisque but some like it like a gravy.

If you buy full gourds try to get the smaller ones with thinner skin. If you are not sure how many pounds you have once peeled and cubed, just start with less broth and add more if needed. You'll be able to tell after you blend!

Okra Stew

Submitted By:
Gwendolyn Gunter Elliot
Department of Medicine, MMC

"Add any seasonings of your choice!"



INGREDIENTS

1-2 lbs of stew beef or
beef roast (whatever you
like)
1 - 16 oz. can of diced
tomatoes
1-2 12 oz. cans of corn
1 - 16 oz. bag of frozen
okra
2 cups of beef broth
Any seasonings you like!

DIRECTIONS

1. Put all ingredients in your crock pot either cook low = 6-8 hours or High = 4 hours
2. Add your seasonings: I use the Mrs. Dash Garlic No-Salt Seasoning.
3. Allow to slow cook, and enjoy!

Cauliflower Vegetable Soup

Submitted By:

Jodi Wolff

Laboratory Department, MMCSC



INGREDIENTS

1 Tbsp olive oil
½ small onion, chopped
2-3 cloves garlic, minced
¼ tsp ground turmeric
1 tsp peeled, minced fresh gingerroot
2 small potatoes (white or sweet potato)
½ head cauliflower chopped (about 1 ½ cups)
1 medium zucchini, chopped (about 1 ½ cups)
2 large carrots chopped
2 stalks celery chopped
Salt and pepper to taste
4 cups vegetable broth
Juice of 1 lemon (2 Tbsps)
¼ - ½ tsp cayenne pepper
Option: Cannellini beans or black beans

DIRECTIONS

1. In a large saucepan, sauté onions, garlic, celery, and carrots.
2. Add your seasonings and stir until onions are translucent.
3. Add your vegetable broth to the pot and stir.
4. Add all remaining veggies in the pot. Let the soup come to a boil, then reduce heat to simmer until the potatoes are fork tender.

Enjoy!

Vegetarian Chili

Submitted By:

Thomas Daly

Central Sterile Supply, MMCSC



INGREDIENTS

- 1 bag frozen chopped onions
- 2 Tbsps butter
- Small amount of oil
- Shitake mushrooms (a handful)
- Beans (canned) at least one type, if fresh be sure to soak for about a day
- 1 jar tomato sauce
- 3 garlic cloves – crush and cut into small pieces
- Broccoli – cut into small pieces
- Cauliflower – cut into small pieces
- Carrots – cut into small pieces
- Cilantro – (to taste)
- Basil – (to taste)
- Rosemary – (to taste)
- Any hot spices – (to taste)
- Tofu dices if desired

DIRECTIONS

1. Sauté onions, herbs, and spices until onion turns yellow.
2. Then add other ingredients (while on low flame).
3. Continue to heat until veggies are soft. Be sure to mix at least every 20 minutes.

Enjoy!

Zucchini Salad

Submitted By:
Heather Schmidt
Food & Nutrition Services, MMCSC



INGREDIENTS

2 pounds green and yellow zucchini
1 clove garlic
1 Tbsp lemon zest
 $\frac{1}{3}$ cup lemon juice
 $\frac{1}{3}$ cup olive oil
Freshly ground black pepper
 $\frac{1}{4}$ cup cubed feta
2 Tbsps toasted pine nuts
 $\frac{1}{2}$ cup chopped chives, mint and basil

DIRECTIONS

1. Using a mandolin or vegetable peeler, slice the zucchini thinly.
2. Using a micro plane, grate the garlic into a small bowl, add the lemon zest, lemon juice and oil and mix together.
3. Season the zucchini with pepper and toss with the lemon mixture.
4. Cover and refrigerate for 4 to 6 hours.

24 Hour Salad

Submitted By:

Barbara Mihelic

Clinical Research, MMC



INGREDIENTS

6 cups iceberg lettuce (2 heads), shredded
6 hard-boiled eggs, sliced
1 - 10 oz. package frozen peas
1 lb. cooked bacon, crisp and crumbled
8 oz. Swiss cheese, shredded
4 green onions, chopped
1 cup mayonnaise
2 Tbsp sugar
Salt and pepper to taste
Paprika to taste

DIRECTIONS

1. Using a large bowl with a lid, place half of the lettuce in the bowl and sprinkle with pepper and sugar.
2. Layer the eggs on top of the lettuce and sprinkle with salt.
3. Continue layering in the following order: frozen peas, second half of lettuce, bacon, and Swiss cheese.
4. Cover with mayonnaise to the edge of the bowl.
5. Top with green onions and paprika, then cover and allow to chill for 24 hours.
6. Toss well before serving and enjoy!

Challah Bread

Submitted By:
Sari Shamah
Patient Satisfaction Department, MMC

"Challah- Ceremonial bread eaten on the Sabbath Friday night and Saturday."



INGREDIENTS

5 lb bag of flour
3 Tbsps kosher salt
1 cup oil
1.5 cups sugar
5 cups of warm water
5 packets yeast (2.5 tsp packets)
1 egg to top dough with egg wash
Seeds of your choice to sprinkle over the top (optional)

DIRECTIONS

1. Dissolve 1.5 cups of sugar into 5 cups of warm water.
2. Add yeast packets into the sugar-water mixture and gently mix.
3. Let rise for 5-10 minutes until approximately 1 inch of foam forms.
4. Mix dry ingredients in bowl and set aside.
5. Add wet mixture to dry mixture along with oil and knead the dough very well.
6. Place plastic wrap loosely over the top of the dough and cover with a warm damp towel.
7. Let rise for one hour.
8. Separate the dough into two and then braid it together.
9. Re-cover dough and let rise for one more hour.
10. Egg wash your dough (optional- add seeds of your choice to the top).
11. Bake at 350 degrees for 20-25 minutes.

Irish Soda Bread

Submitted By:

Brian Sullivan

Environmental Services, MMC



INGREDIENTS

3 ½ cups flour

½ cup sugar

½ tsp baking soda

2 tsp baking powder

1 tsp salt

2 eggs

1 pint sour cream

¾ cup raisins

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all dry ingredients together in a large bowl.
3. In a separate bowl beat eggs and sour cream mixture to dry ingredients and stir with a wooden spoon.
4. Batter will be very thick dough.
5. Add raisins and stir or knead with hands (dust hands with flour to keep from sticking.)
6. Form in a ball and place in a cast iron pan. With knife make a shallow crisscross on the top.
7. Bake for 50 minutes.

Enjoy!

(Kid-Approved) Zucchini Lemon Bread

Submitted By:

Kelly DeLeon

Community Health, MMCSC



INGREDIENTS

- ½ C. vegetable oil
- 1 ½ C. all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon ground cinnamon
- 2 teaspoons lemon zest

DIRECTIONS

1. Preheat oven to 325. Grease an 8x4 inch loaf pan.
2. In a bowl, beat together the zucchini, sugar, egg, and oil.
3. In a separate bowl, sift together the flour, salt, baking soda, and baking powder; stir in the cinnamon and lemon zest.
4. Combine the flour mixture into the zucchini mixture just until blended. Pour the batter into the prepared pan.
5. Bake for 45 minutes in the preheated oven, until a knife inserted in the center comes out clean.
6. Remove from heat, and cool about 10 minutes before turning out onto a wire rack to cool completely.

Enjoy!

Stromboli

Submitted By:
Claire Verruni
Community Health, MMCSC



INGREDIENTS

Pizza dough
Slices of Italian salami
Shredded mozzarella cheese
Peperoni
Pizza Sauce
1 egg for eggwash

DIRECTIONS

1. Preheat oven to 400 degrees. Roll the dough out and stretch it on a piece of floured parchment paper. Top with Italian salami, then the cheese, and end with pepperoni.
2. Roll up the dough like a cinnamon roll and pinch the edges to seal, then fold where the seam is.
3. Lay the Stromboli seam-side down. Brush with the egg wash and cut small slats on the top.
4. Bake for 15-20 minutes or until golden brown on top. Serve with warm pizza sauce.

Enjoy!

Dr. Kenneth and Wendy Granet's Crowd Pleasing Guacamole

Submitted By:

Dr. & Mrs. Kenneth Granet
Chief Medical Officer, MMC



INGREDIENTS

Guacamole

3 Haas avocados halved,
seeded and peeled
1 lime, juiced
½ tsp kosher salt
½ medium red onion, diced
½ jalapeno pepper, seeded
+ diced
2 Roma tomatoes, seeded +
diced
1 Tbsp cilantro, chopped
1 clove garlic, minced

Handmade Corn Chips

1 package corn tortillas
Oil

DIRECTIONS

1. In a large bowl, place the seeded avocado pulp with lime juice. Toss to coat.
2. Using a potato masher, add the salt and pepper and mash.
3. Then fold in the onions, tomatoes, jalapeno, cilantro, and garlic.
4. Let sit at room temperature for 1 hour. Serve guacamole with fresh warm chips or sliced carrots, cucumber, celery or turnips as a healthy alternative.

Handmade Corn Chips

Prep: Stack tortillas to make cutting quicker. Cut tortilla stack into 6-8 wedges.

1. Pour oil to fill a heavy bottomed skillet (like cast iron) ¼ -1/2 inch deep, then heat over medium/high heat. Aim to keep the temperature around 360 degrees Fahrenheit.
2. Fry: Working in batches, gently drop tortilla triangle into hot oil. Fry for 2-3 minutes, flipping as needed, until chips are paper-bag golden and crispy.
3. Use a metal slotted spoon to remove tortilla chips, placing them on paper towels to soak up excess oil.
4. Immediately sprinkle with salt and let cool slightly before eating.

Dr. Kenneth and Wendy Granet's Amazing Pineapple Salsa

Submitted By:

Dr. & Mrs. Kenneth Granet
Chief Medical Officer, MMC



INGREDIENTS

2 ripe plum or Roma tomatoes
¼ fresh pineapple, peeled and sliced
½ finely diced red onion
2 tsps fresh lime juice
1 cup fresh cilantro, chopped
½ small diced red or yellow pepper
Salt + pepper to taste

DIRECTIONS

1. Dice tomatoes, pineapple, red onion and cilantro.
2. Add all ingredients to a bowl.
3. Add fresh lime juice.
4. Season with salt and pepper.

Enjoy!

Uncle Norm's Clam Dip

Submitted By:
Sarah Noreika
Food & Nutrition Services, MMC

*"Don't be afraid to measure
breadcrumbs and parmesan with the
heart!"*



INGREDIENTS

2 Tbsps olive oil
1 small onion, minced
1 clove garlic, minced
1 can chopped minced
clams, NOT drained
1/4 cup seasoned
breadcrumbs, separated
Parmesan cheese to
taste

DIRECTIONS

1. Sautee onions and garlic in olive oil.
2. Add chopped clams.
3. Mix in half the breadcrumb mixture and transfer to baking dish.
4. Sprinkle remaining breadcrumbs and parmesan cheese on top.
5. Bake at 350 degrees for 30 minutes or until bubbling and slightly brown.
6. Serve with Melba toast, crackers, or crostini.

Dorito Chicken Fingers

Submitted By:
LaTonya McRae
Corporate Care, MMC

"This zesty version of tasty chicken strips is a favorite of all ages – especially those that like a corn coating cheesy flavor. It is a quick and easy recipe with lots of personality!"



INGREDIENTS

1- 10 oz. bag of Doritos,
Nacho Cheese flavor
2 lbs. of boneless
chicken
½ stick of butter
2 eggs
3 Tbsp of milk
Pinch of Salt (to taste)
Garlic powder

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Cut chicken into strips. Set aside.
3. Crush Doritos into tiny crumbs for your breading (place in a container suitable for rolling your chicken strips in.)
4. Add garlic powder/granules and salt to season the breading.
5. Scramble eggs well and add milk.
6. Dip strips into egg mixture and then roll into Doritos breading.
7. Cover completely with seasoned Doritos breading and place on pan.
8. Melt butter (not too hot) and drizzle over the chicken strips.
9. Place in the oven for 25-30 mins, or until crispy and browned.
10. Now enjoy the Dorito Chicken fingers! Yummy!

Stuffed Mushrooms

Submitted By:

Diane Circillo

The Jacqueline M. Wilentz Comprehensive Breast Center, MMC



INGREDIENTS

Mushrooms, stems removed and finely chopped
2 sticks of butter
2 medium onions, finely chopped
4 cloves of garlic
5 Tbsps fresh parsley
2 tsp oregano
Salt and pepper to taste
2 cups breadcrumbs
5 Tbsps parmesan cheese

Optional: Chopped sausage

DIRECTIONS

1. Clean and remove the stems from the mushrooms. Finely chop stems and set aside.
2. Melt 2 sticks of butter in a pan.
3. Sauté the veggies and seasonings in a large frying pan until the onions are tender.
4. Add the breadcrumbs and parmesan, stir.
5. Stir in chopped mushroom stems.
6. Fill mushroom caps with mixture and place on a baking tray.
7. Place a small amount of water in the pan and cover with aluminum foil.
8. Bake at 350 degrees until the mushrooms are done, approximately 15-20 minutes.



Pasta

Short Beef Ragu

Submitted By:
Sari Shamah
Patient Satisfaction Department, MMC

"While we toured the Jewish quarters of Rome, there was a restaurant there that served one of the best beef and pasta dishes we have ever tasted. It was like being surrounded by love, it was like eating a warm hug. It represented family to us. I know this sounds strange but that's the feeling we had."



INGREDIENTS

3 lbs bone-in beef Short ribs or Flanken (visible fat trimmed)
28 oz. can crushed tomatoes
14 oz. canned diced tomatoes
1 Tbsp tomato paste
1 lb pappardelle pasta
2 Tbsp olive oil
3 garlic cloves, chopped
1 medium onion, diced
1 rib of celery, diced
1 carrot, diced
1 cup red wine
Reserved pasta water if needed to thin out the sauce

DIRECTIONS

1. In a large Dutch oven or pot, heat olive oil over medium-high heat and then brown short ribs or Flanken on all sides. Set aside.
2. Pour out all fat with the exception of about one tablespoon.
3. Lower heat to medium and add carrots, onions, and celery and sauté for about 5 minutes. Then, add garlic and sauté for a minute more.
4. Add tomato paste and mix for another minute or so.
5. Add red wine and scrape whatever bits are stuck on the bottom. Cook the wine down a bit and then add ribs back to the pot along with crushed and diced tomatoes.
6. Cover and cook on low for 2-2 ½ hours until ribs are falling off the bones.
7. Remove meat and bones and cut meat to desired size and discard bones. Place meat back in and continue to cook another 10 minutes.
8. Cook pasta according to package instructions close to end of cooking the ragu.
9. Drain cooked pappardelle, add to pot, and toss well. Enjoy!

No-Noodle Zucchini Lasagna

Submitted By:

Eric Carney

President & CEO, MMC and MMCSC



INGREDIENTS

3 1/2 lb. zucchini
Kosher salt and freshly ground
black pepper
2 Tbs. olive oil
1 onion, diced
3 garlic cloves, chopped
2 tsp. dried oregano
1/4 tsp. red pepper flakes
1 can (28 oz.) crushed tomatoes
1 1/2 cups (1 1/2 oz.) fresh basil,
plus more for garnish
2 cups (1 lb.) fresh full-fat ricotta
5 1/2 cups (1 lb. 6 oz.) shredded
mozzarella cheese
2 cups (8 oz.) grated Parmesan
cheese
1 egg

DIRECTIONS

1. Preheat an oven to 375°F (190°C).
2. Using a mandoline, slice the zucchini lengthwise about 1/4 inch thick. Arrange the slices in a single layer on baking sheets and sprinkle with salt. Let sit for 15 minutes, then gently blot the zucchini with paper towels to soak up any moisture.
3. Bake the zucchini until it is tender and slightly dried out, 8 to 10 minutes. Set aside.
4. In a large sauté pan over medium-high heat, warm the olive oil. Add the onion and sauté until translucent, 3 to 4 minutes. Add the garlic, oregano, red pepper flakes and a pinch of salt and pepper and cook for 30 seconds more. Add the tomatoes with their juice and bring to a boil. Reduce the heat to medium and continue to cook until the sauce is slightly thickened, 5 to 7 minutes.
5. In a food processor, combine the basil, ricotta, 2 cups of the mozzarella, 1 cup of the Parmesan, the egg, and pinch of salt and pepper. Pulse until the mixture is smooth.
6. To assemble the lasagna, spread 1 cup of the sauce in the bottom of a lasagna pan. Arrange a quarter of the zucchini slices on top of the sauce followed by 1 cup of the ricotta mixture. Gently spread to evenly cover. Sprinkle 1 cup of the mozzarella cheese and 1/4 cup of Parmesan. Repeat 2 more times with sauce, zucchini slices, and cheese. Top the lasagna with the remaining zucchini slices and spoon the remaining sauce and cheese on top.
7. Bake the lasagna, uncovered, for 30 minutes. Increase the temperature to broil and continue to bake until the cheese on top is brown and bubbling, 3 to 5 minutes.
8. Remove the lasagna from oven and let stand for 15 minutes before serving.

Vegetarian Hakka Noodles

Submitted By:
Nilika Gulati
Medical Education Dental, MMC

"You can also add meat of your choice to make this non-vegetarian!"



INGREDIENTS

1 box of spaghetti or egg noodles
1/2 cup spring onions
1-3 green chili peppers or jalapenos, finely chopped (depending on how spicy you want)
1 onion, cut into long, thin strands
4 cloves garlic, finely chopped
3 Tbsp ginger, finely chopped
3 Tbsp oil (sesame oil works best)
Vegetables of your choice (I like cabbage, carrots, green/red/orange peppers, mushrooms, corn)- about a cup each, cut into long thin strands
3 Tbsp vinegar
3 Tbsp chili sauce
3 Tbsp soy sauce
1 tsp ginger powder
1 tsp garlic powder
1 tsp onion powder
1 tsp red chilli powder
Salt and black pepper, to taste
Tofu, cut into cubes and fried (if desired)

DIRECTIONS

1. Boil spaghetti or noodles as per package instructions. Drain and rinse with cold water, drizzle with oil, and set aside.
2. In a large wok, heat oil and add onion, garlic, chili peppers, ginger, and spring onion. Stir fry on high flame for about 2 minutes.
3. Add vegetables and stir fry for about 8 minutes, until vegetables shrink and soften.
4. Add chili sauce, soy sauce, ginger powder, onion powder, red chili powder, and garlic powder.
5. Stir fry for another 5 minutes, mixing thoroughly.
6. Add boiled spaghetti or noodles.
7. Add vinegar, stir fry.
8. Add fried tofu, if desired.
9. Garnish with fresh spring onions and enjoy!

*You can also add meat of your choice to make this non-vegetarian.
Add as many veggies as you'd like! Be warned that veggies, especially cabbage, almost doubles the size of the dish!*

Yummy Sausage and Escarole Pasta

Submitted By:
Laurie Zalepka
PR & Marketing, MMCSC

"This was adapted from 'Hungry Girl' while I was on Weight Watchers. Family loves it. It's healthy and hearty."



INGREDIENTS

¼ cup onion (chopped)
¼ cup garlic (chopped)
Olive Oil
1 tsp (or to taste) crushed red pepper
1 package of Hot Turkey Sausage in casings
1 can of petite diced tomatoes
1 can of low sodium chicken broth
Mushrooms (if desired)
Parmesan cheese
1lb box of bow tie pasta
2 heads of fresh escarole (rinsed)

DIRECTIONS

1. Brown the garlic and onion in the olive oil in a large skillet/pot.
2. Slice the sausage casings and squeeze the sausage into the pan so it's in small pieces and brown.
3. Add mushrooms now, if desired. Cook.
4. When all sautéed, add can of chicken broth and bring to a slight boil.
5. Begin to tear the escarole into small pieces and add to mixture – it will steam and shrink.
6. Add the crushed red pepper, stir all together and turn down heat.
7. Add the can of petite diced tomatoes and simmer about 10-15 minutes.
8. Sprinkle on parmesan cheese.
9. Boil pasta
10. Put pasta in single serve bowl/plate and add the sausage and escarole mixture. Sprinkle additional cheese and serve.

Pesto Orecchiette

Submitted By:
Miranda Blasco
Surgical Nursing, MMC

"This recipe is a modern twist on an Italian dish, utilizing fresh ingredients with classic cultural staples. My wife, who is half Italian, has been a great cook her whole life and continues to teach me certain skills needed to hold my own in the kitchen!"



INGREDIENTS

1 lb orecchiette (or pasta of your choice)
3-5 garlic cloves, finely chopped
1-2 shallots, chopped
2 Tbsp olive oil
1 lb chicken sausage removed from casing (spicy or sweet or a combo of both)
1 bushel of kale, washed and de-spined (curly or lacinato)
1/2 cup of pesto (can be homemade if preferred)
Pasta water saved from boiling pasta
Salt
Pepper
Pecorino Romano to taste
Red pepper flakes to taste

DIRECTIONS

1. Bring pasta to a boil, cook to al dente, and save 1 cup of water before straining.
2. Sauté chopped garlic and shallots in the oil in a pan.
3. Add sausage, break it up while it's cooking.
4. Season with salt and pepper to taste.
5. Incorporate kale to fully cooked sausage pan.
6. Deglaze with pasta water.
7. Stir in pesto.
8. Fold in cooked pasta.
9. Top with pecorino Romano and red pepper flakes in your bowl.

Spaghetti Aglio e Olio

Submitted By:
Dr. Megha Jain
Pediatrics, MMC



INGREDIENTS

60 grams whole grain spaghetti
30 grams sundried tomatoes
Veggie protein crumbles
19 grams garlic (fresh)
3 cups spinach
9 tsp egg whites

DIRECTIONS

1. Cook spaghetti according to package directions.
2. In a skillet, sauté the sundried tomatoes, garlic, and veggie protein crumbles. Cook until crisp. Add to cooked drained spaghetti.
3. Add salt and red chili to taste.
4. Using the same pan, fry eggs and spinach mix with spaghetti and enjoy!

Irish Lady's Vodka Sauce

Submitted By:
Mary-Ellen Deckhut
Administration, MMC

*"Enjoy over Penne, Bowe Ties, or the
pasta of your choice with garlic bread
and glass of Chianti or Ocean Spray
100% grape juice!"*



INGREDIENTS

2 - 28oz. cans of peeled plum
tomatoes
1 medium onion
1 pint of vodka
1 pint of heavy whipping cream
2 to 3 Tbsps of olive oil
Salt and pepper to taste
Italian Seasoning
1-2 bay leaves
Prosciutto di Parma (Optional)
4-5 garlic cloves
Pinch of red pepper flakes
Parmigiano-Reggiano cheese

DIRECTIONS

1. Combine the vodka and red pepper flakes in a small bowl; set aside. I like to do this an hour or so prior to preparing the meal giving it a good chance to season but can be from 15 to 30 minutes if you really want to do a quick sauce.
2. Chop the onion and garlic and place in the heated pan until onion is translucent. Drop in the bay leaf (leaves).
3. Add the two cans of tomatoes to the onion and garlic mixture. Using a potato masher, crush the tomatoes into chunks. Mix it well and then add the vodka, red pepper flakes, and other seasonings.
4. Let the mixture simmer until it becomes slightly thick or until the vodka cooks off (TIP: smell the sauce after adding the vodka and once it cooks off, you will no longer be able to smell it).
5. Slice the Prosciutto di Parma into strips and add to the mixture. Give it a minute or so to blend and then add the pint of heavy whipping cream; mix well.
6. Add Parmigiano-Reggiano Cheese to taste.

Tuscany Chicken Pasta Bake

Submitted By:
Nancy Fitch
Radiology Department, MMC

*"A Fitch Family favorite so delicious
they always come back for more!"*



INGREDIENTS

1 lb chicken breast
1 tsp salt
1/2 tsp pepper
1 tsp garlic powder
1 tsp oregano
1 tsp Italian seasoning
2 Tbsps butter
1/4 cup sun-dried tomatoes,
drained and chopped
3 cups baby spinach
8 oz. penne pasta, uncooked
15 oz. Alfredo sauce
2 cups boiling water
2 cups shredded mozzarella
cheese

DIRECTIONS

1. Combine and coat the chicken with salt, pepper, garlic powder, oregano, and Italian seasoning.
2. Fry coated chicken in the butter for 4 minutes on each side. Do not drain the liquid from the chicken.
3. Add the sun-dried tomatoes, baby spinach, penne pasta, Alfredo sauce and boiling water to the pan and stir to coat.
4. Transfer to a casserole dish and bake covered for 30 minutes.
5. Uncover and stir after 30 minutes.
6. Sprinkle mozzarella over the top and bake for an additional 10 minutes, uncovered.
7. Sprinkle with fresh parsley for garnish.

Green Noodles

Submitted By:
Dionne Carrion
Case Management, MMC

"This is my mother in law's recipe that we make frequently. She and my husband are from Peru and it is a delicious dish from there. In Spanish it is called Tallarines Verdes"



INGREDIENTS

- ½ yellow onion
- 2 garlic cloves
- 2 bunches of basil
- ½ bag of spinach
- 1 cream cheese bar
- 1 Tbsp olive oil
- 1 box of spaghetti

DIRECTIONS

1. Cook the pasta in boiling salted water as indicated on the package instructions. Drain the pasta.
2. In a blender, combine the onion, garlic cloves, basil leaves, spinach, cream cheese, and olive oil.
3. Process. For a less thick sauce, add a splash of milk. For a thicker sauce, add more greens.
4. Add salt and pepper to taste.
5. Mix the cooked pasta with the sauce. Serve immediately (feel free to sprinkle with grated parmesan cheese).

Healthier Tips:

1. Replace ½ bag of spinach with a ¼ bag of spinach + kale.
2. Try whole-wheat pasta instead of regular pasta.

Italian Pasta with Broccoli and Lemon

Submitted By:
Cheryl Solon
Foundation, MMC

"This Pasta with Broccoli is a one-pot meal ready in about 30 minutes and it is a family recipe from southern Italy - Enjoy!"



INGREDIENTS

Kosher salt (to salt water)
1 lb rigatoni
1 lb broccoli, heads cut into florets (3 1/2 cups)
2 cloves garlic, crushed or finely minced
2/3 cup extra-virgin olive oil
Juice of one lemon (approx. 3-4 Tbsps)
1/2 cup finely grated pecorino romano cheese (but parmigiano reggiano is great too.)
Crushed red pepper flakes to taste

DIRECTIONS

1. Heat oil in a small saucepan over low - med heat. Once hot, add crushed garlic, sauté and stir until the garlic softens and is fragrant. Do not let the garlic brown. Set oil aside. You can also microwave the oil with garlic if you are short on time.
2. Meanwhile, bring a large pot of salted water to a boil. Add pasta and broccoli together. Cook pasta just under al dente and broccoli is tender.
3. Drain, then add pasta and broccoli back to pot. Note: broccoli may be soft and it's okay if it breaks down into the sauce!
4. Toss pasta with garlic oil then add the lemon juice. Serve, topped with cheese and red pepper flakes to taste.

Vodka Pasta el Steven

Submitted By:
Steven DeSouza
Project Management, SBHCS

*"This is a recipe I developed
some years ago after I
discovered vodka pink sauce!"*



INGREDIENTS

2.5 Tbsps butter
0.5 cup vodka
0.5 tsp crushed red pepper
1- 35 oz. can whole peeled
tomatoes (I like Tuttorosso Italian
pear shaped with basil)
1 cup heavy cream
1 very large clove of garlic (or 2-3
small ones), crushed
0.5 cup grated parmesan cheese
1 tsp sugar
1 tsp onion powder
2 tsp Italian seasoning (use
oregano if you don't have Italian)
Pinch of salt and black pepper

DIRECTIONS

1. Prep the tomatoes – pour the contents of can into a blender with all of the seasonings. Press grate, liquify, grate, then stop. This is a 1,2,3 process, you do not want to liquify the tomatoes. Only 1 second per press of the buttons.
2. In a medium saucepan, melt the butter and add the crushed garlic. Sauté for a few minutes without browning or burning.
3. Add the vodka and crushed red pepper. Simmer for 3 minutes.
4. Add the tomatoes and bring to a brisk simmer for 5 minutes. It may help speed up the process by turning the heat up, then bring it back down to a simmer. Stir frequently for 5 minutes.
5. Add the parmesan cheese and stir. Then, add the cream and stir again.
6. Bring it to a brisk simmer for 5-7 minutes, stirring plenty.

That's it!

Note: for more tomato flavor, try reducing the vodka to 1/3 cup and the crushed red pepper to ¼ tsp. I usually prepare 1 lb of penne or ziti for this, but I like a lot of sauce on my plate!

Manna Sauce

Submitted By:
Annamaria Manna
Laboratory Department, MMCS

"This is a family recipe!"



INGREDIENTS

1 lb hamburger meat
1 lb sweet sausage
2 large cans tomato sauce
1 medium can tomato puree
1 small can tomato paste
1 tsp olive oil
1 clove of garlic
oregano to taste
1 lb pasta

DIRECTIONS

1. Brown hamburger meat and sweet sausage in a pan. Drain fat off.
2. Put the tomato sauce, puree, and paste in a crockpot. Add olive oil, garlic and oregano.
3. Place the browned meat in to the crockpot and turn on high. Cook for at least 6 hours.
4. Boil water in a pot, adding the pasta. Cook for 10 minutes and serve with sauce. Enjoy!



Main Course

Palak Paneer (Spinach with Cheese)

Submitted By:
Sanjna Shah MD FAAP
Pediatrics, MMC

"I chose this recipe to share because it highlights that flavor does not need to be compromised for simplicity. It is vegetarian (and easily can be made vegan), nutritious, delicious, and cost effective. It's also an easy introduction to Indian food, which can seem unapproachable to some."



INGREDIENTS

- 1Tbsp of ghee (clarified butter)
- 1 heaping tsp of cumin seeds
- 1 medium onion, diced
- 1/2 inch piece of fresh ginger, minced.
- 4 cloves garlic, minced.
- 1 lb frozen spinach
- 1/5 cup water
- 1 tsp salt

Topping:

Chunks of your favorite cheese (see notes).

DIRECTIONS

1. Turn on instant pot and set to sauté. Heat 1 tablespoon of ghee. If unavailable, use any cooking oil (vegan option).
2. Add cumin seeds and allow to crackle.
3. Add onion and sauté until it starts to become translucent (approximately 2 minutes)
4. Add minced ginger and minced garlic. Sauté for about 1 minute.
5. Optional: add green chili or jalapeno for heat (can remove stems/seeds for flavor without the heat)
6. Add frozen spinach, water, and salt to taste.
7. Mix everything together and close instant pot lid – cook on “HIGH” pressure for 1 minute – then perform quick release.
8. Use immersion blender to blend the cooked spinach mixture (can also transfer to regular blender)
9. Serve warm with roti, naan, tortilla, or rice.

Optional: You can make it creamy with adding 1 tablespoon of cream or for a vegan version one can blend soaked cashews with non—dairy milk or water.

Or, add chunks of cheese! Traditional recipes call for Paneer, but alternatives include tofu or fresh mozzarella.

Taiwanese Popcorn Chicken with Fried Basil

Submitted by:

Will Slowenski

Food & Nutrition Services, MMC



INGREDIENTS

- 1 ½ lbs skinless boneless chicken thighs cut into 1 inch pieces
- 2 Tbsps soy sauce
- 2 Tbsps sugar
- 1 ½ tsp Chinese 5 spice
- 1 teaspoon white pepper
- 4 tsps kosher salt
- 6 cups vegetable oil
- 1 Tbsp Szechuan peppercorns
- 1 cup tapioca flour
- 1 cup fresh basil leaves

DIRECTIONS

1. In a large bowl season chicken thighs with soy sauce, sugar, 5 spice, white pepper, and 2 tsp salt. Set aside to marinate 1 hour at room temperature or overnight in the fridge.
2. In medium pot add oil and heat to 350 degrees.
3. Coarsely grind peppercorns and mix with remaining salt in small bowl and set aside.
4. Wet hands and toss marinated chicken with tapioca flour to coat until flour looks like small beads on chicken.
5. Work in batches to fry chicken pieces until brown and crisp 5-7 minutes.
6. Season each batch with peppercorn and salt mixture.
7. Fry basil leaves until translucent and crisp. Take care, oil will pop.
8. Sprinkle basil over chicken and serve.

Salmon Ala Tango

Submitted By:
Jonathan Tango
Operations, MMCSC



INGREDIENTS

3/4 lbs fresh salmon fillet
Himalayan pink salt to
taste
Honey
Spicy mustard

DIRECTIONS

1. Rinse fish, place skin down on foil and on a griddle.
2. Season the salmon with sea salt.
3. Broil salmon on 400 degrees for about 10 minutes.
4. During that 10 minutes, in a bowl mix a generous amount of honey and spicy mustard (your favorite).
5. Spread the mix over the salmon generously.
6. Finish cooking for another 10-15 minutes depending on your cook preference.

Salmon ala tango is served with a crispy skin and the honey mustard glaze coating the entire top.

"A great side dish is Brussel sprouts cut in half, cooked in the same broiler, coated with virgin olive oil, same salt, and sprinkled lightly with bread crumbs."

Chicken with Basil Cream Sauce

Submitted By:
Melanie Vernacchia
Geriatrics and Palliative Care, MMC

"I frequently serve this as an appetizer and just double or triple sauce ingredients depending on the quantity!"



INGREDIENTS

2 whole large boneless skinless chicken breast
1/4 cup milk
1/4 cup seasoned breadcrumbs
3 Tbsps butter or margarine
1/2 tsp chicken bouillon
1 cup heavy cream
4 oz. jar of pimentos, sliced 1/4 inch thick
1/2 cup basil leaves, packed, thinly sliced, plus extra for garnish
1/2 cup parmesan cheese
1/8 tsp pepper

DIRECTIONS

1. Cut each chicken breasts into bite sized, nugget pieces.
2. Pour milk into pie plate and place breadcrumbs on waxed paper.
3. Dip chicken breasts into milk and then into breadcrumbs to coat.
4. In a 12-inch skillet over medium-high heat, cook the chicken breasts in the butter until fork tender and golden brown on both sides, about 10 minutes. Arrange chicken on a warm platter and keep warm.
5. In the same skillet, stir chicken bouillon and 1/2 cup of water over medium-high heat. Bring to a boil, stirring to loosen the brown bits in the pan.
6. Stir in the cream and sliced pimentos and bring to a boil. Stir frequently for one minute and then reduce heat to medium.
7. Add basil, parmesan, and pepper.
8. Pour sauce over the chicken and garnish with basil.
9. Serve with pasta of your choice!

KC's Sausage & Potatoes

Submitted By:
Kisha Green
Patient Access Management, MMC

"This is one of my favorite quick meals to make for my daughter and I as I am a single mom who works full time and also taking online courses so this is a household fave."



INGREDIENTS

Turkey Kielbasa
2 red potatoes diced
½ white onion diced
½ green bell pepper
diced
½ tsp garlic powder
Olive oil

DIRECTIONS

1. Slice kielbasa into 1/4-inch thick rounds.
2. Place sliced kielbasa into a large skillet and cook over medium heat until they start to brown. Make sure to occasionally stir, so that they do not stick.
3. Drain kielbasa for any grease.
4. Add a little olive oil to diced potatoes, garlic powder, salt, and pepper. Stir the potatoes and then cover the skillet. Cook for 8-10 minutes, stirring occasionally, or until potatoes start to soften and become fork tender. (Make sure to stir so nothing sticks to the pan).
5. Remove lid and add in diced onion and diced peppers and cook for 6-8 minutes or until they start to soften.
6. Add in kielbasa and let warm through.
7. Optional garnish with Parsley. Serve hot.

"This is a great quick meal as is or you can even add some scrambled eggs the next day from the leftovers as a nice hearty breakfast meal."

One Pan Chicken Francese

Submitted By:
Mary-Ellen Deckhut
Administration, MMC

"Tip: Using rice flour to coat the chicken helps avoid the clumping you get from regular flour and keeps the chicken light!"



INGREDIENTS

2 to 4 chicken breasts
2 cups of white cooking wine or Chardonnay
2 lemons
2 cups chicken stock
1 cup of rice flour*
2 eggs
½ cup of vegetable or canola oil (I prefer olive oil)
2 Tbsps butter
2 Tbsps of regular flour
Salt and pepper to taste
1 or 2 cloves of garlic
Parsley

DIRECTIONS

1. Clean the fat from the chicken breasts. Slice them lengthwise in half and cut off the fillet/chicken tender. Place the chicken and tenders between two pieces of wax paper. Using a cooking mallet, pound the chicken down.
2. Put the cup of rice flour and salt and pepper into the large freezer bag; shake it. Once thoroughly mixed, add the pieces of flattened chicken and shake it up to give it a good coating.
3. Mix the two eggs in a bowl and dip in the coated chicken. If it looks like you are running low on the egg, add a ¼ cup of water.
4. Place the olive oil and garlic in a heated skillet. Brown the chicken in the heated skillet; approximately 4 minutes on each side, or until the edges turn white. Once done, put on a plate and set aside.
5. Next, make a roux; between low and medium heat, whisk the butter in the pan with the chicken drippings and add the regular flour. Slowly add the white wine and chicken stock along with juice of one of the lemons and just a bit of lemon zest. Once all is mixed and almost thick, add the chicken back into the pan.
6. Put a lengthwise slit in the remaining lemon but do not cut all the way through. Then slice into thin rounds; this will enable you to make an "S" design. Place on and around the chicken.
7. Let simmer for approximately 5 to 10 minutes on low to medium heat, until chicken is heated through. Garnish with parsley.

Salmon with Spinach-Mashed Potatoes & Asparagus

Submitted By:

A'Liah Moore

Diversity and Inclusion, MMC



INGREDIENTS

Salmon

Asparagus

Potatoes

Spinach

Red & green bell peppers

Heavy cream

Tomato paste

Cheese of your choice

DIRECTIONS

1. *Mashed Potatoes:* Peel and cube your potatoes. Place them in a large bowl of salted boiling water for 30-45 minutes until they are fork tender. Mash with butter, salt, and seasonings of your choice.
2. *Spinach:* Add olive oil to your sauté pan and cook your spinach down until the leaves are wilted. Once they're done, set aside until you're ready to add them to your potatoes.
3. *Asparagus:* Chop the bottoms off of your asparagus and place them in a sauté pan that has been greased with olive oil and butter. Cook them at medium heat until tender, adding garlic, salt, and pepper.
4. *Salmon:* Season your salmon with whatever seasonings you like best. Drizzle sauté pan with olive oil and allow the pan to get hot on medium heat (the oil should be sizzling). Place your salmon in the pan and cook for 5 minutes on each side.
5. *Special sauce:* Chop your red and green bell peppers and sauté with olive oil. Add in tomato paste and sauté briefly. Slowly stir in heavy cream and then add cheese of your choosing.
6. *Plating:* Mix your spinach into your mashed potatoes and scoop onto plate. Place asparagus on top and cover with half of special sauce. Put salmon on top and drizzle with the rest of your special sauce. Enjoy!

Chicken Divan

Submitted By:
Donna Zbranak
Rehabilitation Department, MMCSC

"For a healthy choice, use fat free soup, fat free mayo, or fat free cheddar!"



INGREDIENTS

Base:

1 can cream of chicken
soup
½ cup mayonnaise
1 tsp of lemon juice
1 lb cooked and cubed
or chunked chicken

Topping and Sides:

White or brown rice
Cranberry sauce
Shredded cheddar
cheese

DIRECTIONS

1. Mix the casserole ingredients together in a casserole dish.
2. Spread into an even layer.
3. Top with shredded cheddar cheese and bake until heated through and melted.
4. Serve over white or brown rice and with a side of cranberry sauce.

Chicken Tikka Masala

Submitted By:
Priya Angi, MD
Geriatrics Department, MMC

"Boneless chicken marinated in different spices and shallow fried in olive oil. Chicken being white meat is a much better choice of animal protein than red meat!"



INGREDIENTS

1 lb boneless chicken (tender loins are better than chicken breast), cut into 2 inch pieces
1 tsp turmeric
1 tsp salt
2 tsps red chili powder or cayenne pepper (Adjust this as per your taste)
1 tsp black pepper
1 Tbsp coriander powder
1 Tbsp cumin powder
A pinch of cinnamon
½ Tbsp dried fenugreek leaves (Indian grocery store or amazon)
1 cup low fat yogurt
1 tsp of lemon juice
Red color (optional)
One spoon of olive oil

DIRECTIONS

1. Mix all the ingredients together except chicken and taste test for salt and spiciness, adjust if needed. Then, add the chicken pieces.
2. Let it marinate for an hour minimum (the more you marinate the better it is!).
3. Take a wide shallow skillet, put a couple of spoons of olive oil on medium flame.
4. Place the marinated chicken pieces in the skillet in a single layer (each chicken piece should touch the pan.) Cover it and let it cook for 5/6 minutes and turn them to the other side and cook for another 5/6 minutes.
5. If you find there is some liquid left then increase the flame and let it Evaporate.
6. Sprinkle finely chopped coriander and enjoy !!!

Added Benefits:

Turmeric – anti-inflammatory , good for arthritic pains

Pepper – relieves nasal congestion

Cinnamon and fenugreek leaves are good for blood sugar control, and fenugreek has anticancer properties as well.

Cumin and coriander are good for digestion

Lemon juice being rich in vitamin c is good for your immunity

Yogurt has lot of lactobacilli which help the gut

Olive oil has monounsaturated fats and antioxidants

The Heartburn Meal

Submitted By:
Nicole Ziegler
OR Scheduling Department, MMC

"I had bariatric surgery almost 3 years ago and I try to eat healthier now but getting my husband on board is difficult because he's a very picky eater. I created a recipe and tweak it now and then but he now requests it almost every week and he named this recipe."



INGREDIENTS

1lb ground chicken or turkey
(tastes the same with either)
1 yellow onion, diced
1 bell pepper, diced (I use
yellow or orange for the
sweetness)
2 small cans of tomato paste
1 can (drained) or frozen
package of corn kernels
1 can black beans, drained
Salt and pepper to taste
Cumin to taste
Garlic powder to taste

DIRECTIONS

1. Before I put the meat in the pan with olive oil, I season the top of it with salt, pepper, garlic powder and cumin.
2. Put the seasoned side down in the pan, then do the same for the bottom breaking it up in to pieces. Once I brown the meat, I drain some of the fat out of the pan.
3. Then, I add the tomato paste and make sure that's fully incorporated.
4. Add the peppers and onions and cook them down about 10-15 minutes.
5. Add the corn and black beans, then cook that for another 10 minutes. Every time I add something to the pan, I season in-between with the same salt, pepper, garlic powder, and cumin.
6. Once done, I'll either serve with cauliflower rice for myself or without anything else but my husband like to top it with shredded cheddar cheese!

Ackee and Saltfish

Submitted By:
Keisha Gayle
Psychiatric Nursing, MMC

"One of our traditional recipes. It is easy to make and delicious. It is the national dish of Jamaica."



INGREDIENTS

1 tsp black pepper
1 small green pepper,
chopped
1 can ackee in brine,
drained
1 tsp scotch bonnet
pepper (optional)
1 medium onion,
chopped
1 tsp vegetable oil
2 stalks scallion, chopped
1/2 pound saltfish
2 cloves garlic, chopped

DIRECTIONS

1. Soak saltfish for 1 hour in water and pour off liquid. Add fresh water and cook until tender.
2. Debone and flake salt fish.
3. Heat cooking oil and sauté onion, garlic, scallion, tomatoes, scotch bonnet pepper, and sweet pepper.
4. Add flaked fish and Ackee.
5. Add black pepper.
6. Toss lightly.
7. Cover and simmer for about 2 minutes

"Enjoy with bread, rice, fried dumplings or other favorites!"

Comida Facil

Submitted By:
Diane Gordon
Bariatrics Department, MMC

"Set it and forget it.

Es Muy Bueno!"



INGREDIENTS

(4) 3-4 oz. frozen skinless
and boneless chicken
breasts (must be frozen)
2 large cans kernel (or
Mexican) corn, drained
2 large cans black beans,
drained
(2) 10-16 oz. jars salsa –
mild, medium or hot

Garnish:

Shredded lettuce
Shredded cheese
Chopped tomatoes
Chopped onions
Taco shells

DIRECTIONS

1. Place all ingredients in a slow cooker, set to medium heat. Go to work (or the beach, library, market...). This is the *SIFI part!
2. Let cook for 6+ hours, though I've left it as long as 9.
3. Open slow cooker and, using two forks, break apart chicken, which should shred.
4. Serve it however you wish: Traditional tacos, tortillas, over a salad (hot, room temperature or cold), over a baked potato. Your choice!

One Pan Autumn Chicken Dinner

Submitted By:

Dee Yard

The Jacqueline M. Wilentz Comprehensive Breast Center, MMC

"This is such a comforting and easy one pan chicken recipe! Everyone will love it on those chili autumn nights. It's brimming with flavor and loaded with seasonal veggies. You'll love those sweet apples pieces and salty bits of bacon."



INGREDIENTS

5 (6 - 7 oz.) bone-in, skin on chicken thighs
4 Tbsp olive oil, divided
1 1/2 Tbsp red wine vinegar
3 cloves garlic, minced
1 Tbsp each minced fresh thyme, sage and rosemary
Salt and freshly ground black pepper to taste
1 large sweet potato, unpeeled, and chopped into 3/4-inch cubes
1 lb Brussels sprouts, sliced into halves
2 medium fuji apples, cored and sliced into half-moons, about 3/4-inch thick
2 shallot bulbs, peeled and sliced about 1/4-inch thick
4 slices hickory smoked bacon, chopped into 1-inch pieces
2 Tbsp chopped parsley, for garnish

DIRECTIONS

1. Preheat oven to 450 degrees.
2. Pour 2 Tbsp olive oil, red wine vinegar, garlic and herbs into a gallon size resealable bag. Add chicken, season with salt and pepper then seal bag and massage mixture over chicken while working to evenly distribute herbs. Set aside and let rest while chopping veggies.
3. Place sweet potato, Brussel sprouts, apples, and shallot on an 18 by 13-inch rimmed baking sheet.
4. Drizzle with remaining 2 Tbsp olive oil then toss to evenly coat, season with salt and pepper to taste. Spread into an even layer.
5. Set chicken thighs over veggie/apple layer. Separate any pieces of bacon that may be stuck together then sprinkle bacon over veggie apple mixture.
6. Roast in preheated oven until chicken and veggies are golden brown, about 30 - 35 minutes (chicken should register 165 in center). Broil during last few minutes for a more golden brown crispy skin on chicken if desired.
7. Garnish with parsley if desired and serve warm.

Corned Beef Glaze

Submitted By:
Donna Salin
Patient Experience Department, MMSC



INGREDIENTS

Corned beef
2 Tbsps margarine
4 Tbsps powdered
mustard
1/3 cup brown sugar
5 Tbsps ketchup
3 Tbsps vinegar

DIRECTIONS

1. Boil corned beef for 3-4 hours – skim off fat about 80%.
2. Mix the glaze ingredients (margarine, powdered mustard, brown sugar, ketchup, and vinegar) together in a mixing bowl.
3. Baste meat with half of the glaze mixture. Wrap loosely in foil.
4. Bake at 350 – 400 degrees for 40 minutes or until hot and bubbly.
5. Baste with the rest of the glaze while cooking. Continue to loosen the foil until it is completely open when done.

Enjoy!

Aroz con Pollo

Submitted By:
Michelle Fields
Patient Satisfaction Department, MMC

"This recipe reminds me of my grandmother. It's the best comfort food in the world for me! It's easy to remember and easily adaptable (can add shrimp, or chorizo, or just keep it vegetarian)."



INGREDIENTS

Pink Beans:

- 1 can pink beans, rinsed
- 1 can tomato paste
- 1 can Rotel (Diced tomatoes and Green chilies)
- 1 Spanish onion, diced, 3-6 cloves garlic, diced
- 1 red bell pepper or drained jar of roasted red peppers, diced

Chicken and Rice:

- Whole cut up chicken (bone-in)
- Medium grain rice, rinsed
- 1-2 Spanish onions, diced, plus if desired 1 shallot for more flavor
- 5-10 cloves garlic, minced
- 2 red bell peppers, diced
- Spanish olives (jarred) with brine from jar
- Capers (jarred)
- Cilantro and parsley, chopped
- Achiote-infused oil
- Saffron (can bloom a pinch in ½ cup water for 10 mins or just add a pinch to pot when indicated)
- Chicken broth
- Spices: Salt, pepper, paprika, garlic powder, onion powder

DIRECTIONS

Achiote-Infused Oil:

1. Gently heat up in small saucepan a mixture of olive oil and avocado oil. Add several shakes of achiote (whole pieces of the spice, not ground) to the oil and cook on lowest heat setting. Watch carefully, swirling oil, to avoid burning. Once oil has achieved a lovely golden red color, strain out achiote pieces and use oil for cooking. Alternatively, leave several shakes of achiote in a mason jar with oil mixture over several days, and strain out when ready to use.

Pink Beans:

1. Sauté onion in achiote-infused oil for 5 mins, then add garlic and sauté until fragrant. Add all other ingredients and season with salt and pepper. Simmer on low while main dish is cooking.

Chicken and Rice:

1. Cut up and pat dry chicken pieces. Marinate with a bit of achiote-infused oil and spices (salt, pepper, paprika, garlic powder, onion powder). Heat up achiote oil in large Dutch oven or cooking pot and brown chicken in batches, setting aside. In same pot used for chicken, sauté onions for 5 mins, then add diced bell peppers and sauté 5 mins more. Add garlic and sauté until fragrant. Return chicken to pot, add in 2 cups rice. Add 2 cups water and 2 cups chicken broth (or all water) so that chicken and rice is completely covered. Add in olives, brine, and capers to taste. Season with salt and pepper and stir gently. Add the bloomed saffron (or pinch of dry saffron), cover and cook on low until liquid is absorbed and rice is tender (try not to peek). Serve with pink beans on the side.

Justin's Easy and Healthy Chicken Pot Pie

Submitted By:
Adriana Fulginiti
OBGYN, MMC

*"It's the perfect indulgence
when trying to maintain a
healthy diet!"*



INGREDIENTS

- 1 can fat free cream of mushroom chicken
- 2 cups of shredded rotisserie chicken
- ½ cup fat free cheddar cheese
- 1 cup frozen pea/carrot mix
- 1 pie crust, pre-prepared
- 1 tinfoil pie pan

DIRECTIONS

1. Mix all ingredients together on stove top, and gently warm them.
2. Pour into tinfoil pie pan.
3. Cover with pie crust (Justin prefers not to line the pie pan with pie crust as a lower-fat version).
4. Bake at 400 degrees for 20 minutes.
5. Allow to cool.

Enjoy!

Puerto Rican Roast Pork

Submitted By:
Eric Bermudez
Patient Satisfaction Department, MMCSC



INGREDIENTS

8-10 pounds bone-in
pork shoulder (picnic cut
or Boston cut)
1 head of garlic, peeled
1 Tbsp olive oil
2 tsps black pepper
2 Tbsps adobo
2 packets of sazón

DIRECTIONS

1. Rinse pork in cold water and pat dry. With a pairing knife, stab 1-inch slits all over pork.
2. Using a food processor or with a pison, blend all the garlic, olive oil, black pepper, and oregano until smooth.
3. Fill each slit in the pork with about one teaspoon of garlic paste.
4. Sprinkle all sides of the pork with the adobo and sazón, and rub pork with the spices.
5. Place in a roasting pan that has sides at least 2 inches deep, cover with foil, and leave in fridge over night.
6. When ready to cook, preheat oven to 350 degrees. Leave the roast covered with foil and bake for 4-5 hours, approximately 30-45 minutes per pound. Pork should read 180 degrees on an internal thermometer and shred easily with a fork.
7. Uncover roast and bake for 15-20 minutes to crisp up the fat or broil at 500 degrees for 10 minutes watching carefully not to burn.

Japanese-Style Mapo Tofu

Submitted by:

Will Slowenski

Food & Nutrition Services, MMC



INGREDIENTS

2 cloves garlic
1 inch ginger
4 green onions
1- 4oz. soft tofu
1 Tbsp neutral oil
½ pound ground pork

Seasoning paste:
2 ½ Tbsps doubanjiang sauce
2 Tbsps Mirin
1 Tbsp Miso
½ Tbsp soy sauce
1 tsp sesame oil
1 tsp corn starch
4 Tbsps water

DIRECTIONS

1. Combine all seasoning ingredients in bowl and mix well.
2. Mince garlic and ginger
3. Slice green onion finely and separate tops and bottoms.
4. Drain tofu and cut into 1 inch cubes.
5. In wok, add neutral oil on medium heat. Sautee garlic, ginger, green onion bottoms until fragrant.
6. Add ground pork and brown. Once pork is brown add seasoning sauce and bring to a boil. Once boiling gently add tofu and stir to coat. Continue to stir gently until tofu is heated through. Turn off heat add green onion tops. Stir to incorporate.
7. Serve along side with your favorite white rice.

Asian Glazed Salmon

Submitted By:
Joanna Skinner
Emergency Department, MMC

"I don't measure anything - I add until my heart/brain says 'that's enough!'"



INGREDIENTS

Salmon fillets (frozen or fresh is fine – defrost if frozen)

Minced garlic

1 scallion - thinly sliced (separate whites and greens)

Minced or grated ginger

Sesame oil

Hoisin sauce

Soy sauce

Mirin or rice vinegar

Chili oil (optional)

Sesame seeds

DIRECTIONS

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
2. In a small pot, heat a drizzle of sesame oil (a little goes a long way!) and add garlic, ginger, and whites of scallions. Sautee until fragrant.
3. To the garlic, ginger and scallion mixture, add a good splash of mirin or rice vinegar and stir. Next, add a good dollop of hoisin sauce and a good splash of soy sauce. Mix to combine. If you like some heat in your food, now add chili oil to your liking.
4. Heat for a few minutes on a low-medium heat.
5. Place your salmon (skin side down if necessary) on the prepped baking sheet. With a pastry brush or spoon, brush the tops and sides of the salmon with your sauce being sure to get a good, thick coating.
6. Place the salmon in the preheated oven and bake for about 20 minutes. (Some white leakage is normal when cooking salmon, it's just the natural proteins releasing – like an egg white!)
7. When salmon is cooked, top with scallion greens and sesame seeds and serve with rice or noodles.

Herb Crust Lamb Rack with Port Wine Demi Glaze

Submitted By:

Neel Weerapura Archachilage

Food & Nutrition Services, MMCSC



INGREDIENTS

1 lamb rack

Mixed herbs (Rosemary,
Thyme, oregano, sage)

Bread crumbs

Dijon mustard

Salt and pepper

Garlic

Sauce: Homemade port
wine demi-glaze (made
by myself)

DIRECTIONS

1. Clean the lamb rack and season it with salt, pepper, and garlic. Brush mustard on meat with herb and bread crumb mix to form an herb crust.
2. Put oil in the sear pan and brown lamb until herb crust is light brown.
3. Keep in the pan and cook until it is 135 degrees F for medium rare.

Sauce: brown the port in thick bottom pan to form demi-glaze, then serve lamb with sauce!

Seared Ahi Tuna

Submitted By:

Dianne Beckly Kay

Nursing, MMC



INGREDIENTS

2 Ahi tuna steaks
2 Tbsps soy sauce
1 Tbsp sesame oil
1 Tbsp honey
½ tsp Kosher salt
¼ tsp black pepper
¼ tsp cayenne pepper
(optional)
1 Tbsp toasted sesame
seeds

DIRECTIONS

1. Pat Ahi tuna steaks dry with a paper towel.
2. Mix soy sauce sesame oil, honey and kosher salt, pepper until dissolved.
3. Pour over the tuna steaks for at least 10 minutes or overnight in fridge (reserve some marinade for drizzling on top).
4. Heat a medium skillet (cast iron or nonstick) on medium heat until hot put the canola oil in and cook 2-3 minutes each side for medium rare. Remove and let sit on cutting board 3 minutes.
5. Slice into ½ inch slices and put remaining marinade on top with toasted sesame seeds on top.

Hungarian Paprikash

Submitted By:

Judy Polgardy

Patient Financial Services, MMC



INGREDIENTS

Chicken (breast or thigh)
1 medium yellow onion
Butter
Hungarian sweet paprika
Full container of chicken
broth
Sodium-free chicken
bouillon cube
1 green bell pepper
1/2 container of sour cream
1/2 cup flour
Shell pasta- or whichever
pasta you like!

DIRECTIONS

1. Finely chop the onions and sauté in butter.
2. Cube your chicken breast or brown thighs in the onions and butter. Once browned, add lots of Hungarian sweet paprika to all pieces of the chicken. Add chicken broth and chicken bouillon. Add slice of green pepper.
3. Simmer on low for about 45 minutes until chicken is tender.
4. In a bowl, combine sour cream and mix with flour. You may need to add more of little corn starch if sauce doesn't thicken.
5. Add some of the hot broth to the sour cream and flour. Mix slowly and whisk constantly to prevent lumps. Slowly add to the chicken and broth and continue to stir.
6. Sauce will thicken and serve over mini shell pasta.

Pernil Pork

Submitted By:

Emerelyn Sanchez

Environmental Services, MMC



INGREDIENTS

Add quantities of everything to your liking!

1 pork shoulder
Chilis
Oregano
Sazon-azafran
Sofrito
Garlic
Garlic salt
Sazon con color
Vinegar
Oil
Salt to taste

Agrega cantidades de todo a tu gusto!

1 paleta de cerdo
Chiles
Orégano
Sazón-azafran
Sofrito
Ajo
Sal de ajo
Sazón con color
Vinagre
Aceite
Sal al gusto

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all ingredients and seasonings and rub onto the pork.
3. Bake for 2-4 hours, depending on the size of the pork you choose.
4. Remove from oven and allow the pork to sit for at least 20 minutes.
5. Using two forks, shred the pork and serve!

Enjoy!

1. Precalentar el horno a 350 grados.
2. Combine todos los ingredientes y condimentos y frótelos sobre la carne de cerdo.
3. Hornee durante 2-4 horas, dependiendo del tamaño de cerdo que elija.
4. Retire del horno y deje reposar el cerdo durante al menos 20 minutos.
5. ¡Usando dos tenedores, desmenuce el cerdo y sirva!

¡Disfrutar!

Southwestern Wrap

Submitted By:
Bennett
Food & Nutrition Services, MMCSC

*"Best Seller in Sodexo
University Campus"*



INGREDIENTS

Chicken Finger Strips
Wraps – large
Shredded lettuce (not
chopped)
Ranch dressing
Buffalo sauce
Shredded cheese
Optional

DIRECTIONS

1. Mix Ranch and buffalo sauce 50/50.
2. Spread the mixture onto your tortilla.
3. Place cooked chicken strips, shredded lettuce and cheese in the tortilla.
4. Roll up the wrap and enjoy!

Lion's Head Meatballs

Submitted by:

Will Slowenski

Food & Nutrition Services, MMC



INGREDIENTS

¾ tsp baking soda
½ tsp table salt
2 pounds pork
1 large egg beaten
2 green onions – whites minced, greens sliced thin
2 Tbsp soy sauce
2 Tbsp Shaoxing wine
4 tsp sugar
2 tsp fresh grated ginger
½ tsp white pepper
4 cups chicken broth
1 small Nappa cabbage cut into 2-inch strips
4 ounces Rice Vermicelli

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Whisk baking soda, salt, and 2 tablespoons water together.
3. Add ground pork to mixture and toss to combine.
4. Add egg, scallion whites, soy sauce, wine, sugar, ginger and white pepper. Mix to combine until mixture is well combined and starts to stiffen and pull away from sides of bowl while being mixed.
5. Using approximately ½ cup of pork mix, form 3-inch round meatballs.
6. Repeat with remaining mixture. Should make about 8 meatballs total.
7. Bring broth in large Dutch oven to a boil. Take off heat and arrange meatballs in pot. 7 around perimeter and one in the middle. Meatballs will not be totally submerged.
8. Cover pot and put in oven. Cook for 1 hour. Transfer meatballs to a plate. Add cabbage to pot, arrange meatballs on top of cabbage cover and return to oven for ½ hour.
9. While meatballs and cabbage cook, bring 4 quarts water to a boil. Remove from heat, add rice noodles and let sit, stirring occasionally until noodles are tender (10-15 minutes).
10. Drain and rinse noodles with cold water.
11. Add noodles to bowls, ladle broth, cabbage and meatballs over noodles. Sprinkle with green onion slices and enjoy!

Grilled Veggies with Lemon Basil Vinaigrette

Submitted By:
Jennifer Klein, MS, RD
Community Health, MMC

"This is my favorite summer side dish, but these veggies and vinaigrette are also great on crusty bread with fresh mozzarella!"



INGREDIENTS

Vinaigrette

- 2 cups packed basil leaves
- 1 clove garlic minced
- 2 Tbsps minced shallot
- 2 tsps fresh lemon juice
- 2 Tbsps white balsamic vinegar or red wine vinegar
- 1 tsp salt
- 1/2 cup olive oil
- Freshly ground black pepper to taste

Grilled Vegetables

- 1 medium zucchini, trimmed and sliced into 1/2-inch rounds
- half of 1 large red bell pepper, seeded and sliced into 1/2-inch strips
- half of 1 large yellow bell pepper, seeded and sliced into 1/2-inch strips
- 1 small eggplant, 1/2 inch rounds
- 6 baby Portobello mushrooms, cored
- 2 Tbsps olive oil
- 1/2 tsp salt, or to taste
- 1/2 tsp freshly ground black pepper

DIRECTIONS

Vinaigrette

1. Place the basil, garlic, shallot, lemon juice, vinegar, salt, olive oil, and pepper in a blender or food processor. Blend until smooth. Taste and season with additional salt and pepper, if necessary. Serve!

*Note- vinaigrette will keep in a jar or container in the fridge for up to 5 days.

Veggies

1. Heat a gas grill to medium-high heat or a grill pan over medium-high heat and spray with nonstick grill spray.
2. To a large bowl, add all the vegetables, except the eggplant (eggplant round will be too large for the bowl). Add 1 tablespoon oil, salt, pepper, and toss to coat evenly.
3. Lay the eggplant on the cutting board and sprinkle with salt, then brush with remaining olive oil. Make sure to season and brush both sides.
4. Arrange vegetables on grill in a single layer and cook for about 5 minutes on first side, flip and cook for about 5 minutes on second side, or until as done, tender, and as blackened as desired. You may have to work in batches depending on how large your grill is.
5. Remove vegetables from grill, arrange on a platter.
6. Serve with basil vinaigrette.

Crock-Pot Yapchick

Submitted By:
Chaim Sender
Diversity Equity and Inclusion, MMCSC

"The dish Yapchick is prepared in advance for the Shabbos (Sabbath) day meal. "



INGREDIENTS

5-6 Russet potatoes
1 onion, quartered
2 eggs
1-2 Tbsps oil
3 or more pieces of semi thick slices of meat (like minute steak or short rib)
Salt and pepper to taste

DIRECTIONS

1. Grate potatoes and onion. Rinse under cold water and then squeeze out the liquid.
2. Mix with beaten eggs, oil, salt and pepper.
3. Place a cup of water in crock pot before inserting the crock pot liner with half of the potato mixture.
4. Cut meat in half and place over potato mixture in crock pot. Pour the rest of the potato mixture on top of the meat.
5. Turn crock pot to low heat overnight.

Enjoy!!

Papa A La Huancaína

Submitted By:
Caroline Moncada
Crisis Counseling, MMC

Peruvian Recipe

"Any time I invite my friends from other cultures, they always ask for more!"



INGREDIENTS

1 lb of potatoes, boiled, peeled, and cut in halves.
1 can of evaporated milk
4 yellow Peruvian hot peppers, seedless
¼ lb. of fresh mozzarella cheese
½ of an onion, cut in small pieces
1 clove of garlic
4 boiled eggs
¾ cup of oil (avocado or vegetable) divided in 2 parts
Soda crackers
Lettuce
Kalamata or Peruvian olives to decorate the plate
Salt to taste

DIRECTIONS

1. In a medium size pan, fry the hot peppers along with the garlic and the onions until they get light golden. Let them cool off.
2. In a blender, place ½ can of evaporated milk, cheese, the contents of the pan, 4 crackers, salt and pepper, and one boiled egg. Start to blend, then open the small cap and start pouring the oil slowly, if it gets too dry pour more milk, check if it needs salt. If it gets too loose, use more crackers.
3. Once you have a desired consistency, decorate your plate with lettuce. Place the potatoes on the top, pour on the sauce, and decorate with olives.

Enjoy!

Zucchini Bake with Tomatoes, Garlic and Parmesan

Submitted By:

Dee Yard

The Jacqueline M. Wilentz Comprehensive Breast Center, MMC

"This a great recipe to make in bulk and include as a side to a portion of lean protein!"



INGREDIENTS

2 large or 2.5 lbs zucchinis, cut into quarters
10 oz. grape tomatoes, cut in halves or 2 large tomatoes, diced
5 garlic cloves, minced
1/2 cup Parmesan cheese, grated
1 tsp any dried herbs like basil, oregano or Italian
3/4 tsp salt and ground black pepper, to taste
1/3 cup parsley or basil, finely chopped
Cooking spray

DIRECTIONS

1. Preheat oven to 350 degrees and spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside.
2. In a large mixing bowl, add all ingredients, except parsley/basil; stir to combine.
3. Transfer to a prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. I recommend checking with a fork or knife after 25 minutes.
4. Remove from the oven, garnish with basil or parsley and serve hot/warm.

Sa Lone Jollof Rice

Submitted By:
Katrina Charles-Findlay
Nursing Administration, MMCSC

"Jollof rice is a very popular West African dish served on special occasions such as parties and during celebration."



INGREDIENTS

16 oz. of Jasmine rice
1/3 cup of oil
1 large onion
1 scotch bonnet pepper
(optional)
6 oz. of tomato paste
Salt to taste
Pinch of black pepper
1 bay leaf

DIRECTIONS

1. Chop onions and pepper.
2. Heat oil in sauce pan.
3. Sauté onions and pepper.
4. Add Jasmine rice (follow cooking directions on package to determine the amount of liquid.)
5. Add tomato paste and bay leaf.
6. Add salt to taste and pinch of black pepper.
7. Bring to a boil.
8. Cook slowly and covered, following directions on rice package.
9. Serve with your favorite side of poultry, meat, or vegetables.

"Sierra Leone a small country in the western region of Africa always boast of serving the best Jollof Rice in all of West Africa. The Locals call Sierra Leone 'Sa Lone'"



Beverages and Dessert

"Morir Sonando" (To die dreaming)

Submitted By:
Enedina De Los Santos
Patient Access, MMC

"The " Morir sonando" is a milk and orange juice mix, very popular in Dominican Republic during the summer since this juice is very fresh to drink, but also could be consumed any season of the year of course."



INGREDIENTS

4 cups evaporated milk
3/4 cup sugar (white, granulated)
*amount of sugar is optional
1 Tbsp clear vanilla extract (optional)
2 cups of ice cubes (crushed ice)
2 ½ cup orange juice (best fresh) –canned orange juice, sugar free, or low sugar can be used

DIRECTIONS

1. Chill the milk.
2. Add sugar to milk to taste.
3. Stir in vanilla, add ice, and stir.
4. Pour in the orange juice and stir. Must be serve immediately.

The trick for the milk not to curdle is keeping the milk and the whole drink at a very low temperature.

Instead of the orange juice, you can use lime juice (half the amount you would use of orange juice), or passion fruit juice (same amount as orange juice).

For a lower carb version, skip the sugar or use artificial sweetener instead.

Low fat evaporated milk can be used if concerned about getting too many calories.

The drink could be made with almond milk. The taste is different , but still delicious!

Dr. Kenneth and Wendy Granet's Virgin Margaritas

Submitted By:

Dr. & Mrs. Kenneth Granet
Chief Medical Officer, MMC



INGREDIENTS

1/2 cup limeade
1/4 lemon or lime
flavored sparkling water
1/4 fresh orange juice
Ice

*Optional garnish:
Salt or sugar for the rim
of the glass
Lime wedges

DIRECTIONS

1. Fill your favorite margarita glass with ice.
2. Pour the limeade and fresh orange juice into the glass and stir.
3. Top with your favorite lemon or lime flavored sparkling water.

Enjoy!

Pineapple Angel Food

Submitted By:
Donna Zbranak
Physical Therapy, MMCSC



INGREDIENTS

1 box of angel food cake mix
1 can of crushed pineapple

DIRECTIONS

1. Line the bottom of a 9 x13 pan with parchment paper.
2. Mix ingredients and pour in pan.
3. Bake at 350 degrees for 30 minutes, until brown on top.
4. Flip onto platter and peel off parchment paper.
5. Let cool completely. Cut and serve with whipped cream.

Enjoy!

Caramel Cake Recipe

"Must really love sweets!!"

Submitted By:
Sylvia Jacobs
Diversity and Inclusion, MMC



INGREDIENTS

Cake

1 box of yellow or butter cake mix with its respective additional ingredients

Caramel Frosting

1 cup granulated sugar
1 can evaporated milk

DIRECTIONS

1. Prepare your yellow or butter cake mix according to package instructions using either two 9" round pans or 1 rectangular pan.
2. Bake, then allow to cool completely while you prepare the icing.
3. Pour one can of evaporated milk into a medium sauce pan.
4. Add 1 cup of sugar and stir in slowly.
5. Cook on low for approximately 60 minutes or longer, stirring constantly. You must monitor to ensure it does not boil over!
6. Once fully cooked to your preferred thickness, remove from heat and let sit.
7. Spread onto each layer of cake evenly and cover the sides.

Enjoy!!!

Dominican Majarete (Corn pudding)

Submitted By:
Enedina De Los Santos
Patient Access, MMC

"This recipe is very common in rural zones around the country, it can be consumed any time of the year, hot or chilled that's depends on the consumers. It is delicious!"



INGREDIENTS

4 ears of corn on the cob, freshly husked
½ cup white sugar, to taste
1½ Tbsp cornstarch
½ tsp cinnamon powder
3 cups whole milk
¼ tsp salt
2 cinnamon sticks
Freshly grated nutmeg (optional)

DIRECTIONS

1. Prepare corn: shuck the corn cobs. Using a sharp knife, cut kernels from cob about $\frac{2}{3}$ the depth of the kernels.
2. In a blender, blend the corn kernels together with the sugar, cornstarch, cinnamon powder, milk, salt, and half a cup of water.
3. Pass the mixture through a strainer and keep the liquid (discard the solid parts).
4. Making the pudding: pour the blended mixture into a 3-quart saucepan. Add the cinnamon sticks and cook over medium heat, stirring constantly to avoid sticking.
5. When it thickens to the consistency of drinkable yogurt, remove from the heat (15 mins approx.). Taste and stir in sugar to taste if you find it necessary.
6. Cool the pudding: place the pot into another pot containing cold water, stir until the pudding cools down (this will prevent a crust from forming).
7. Pour into small bowls or ice cream glasses. Sprinkle with a small amount of nutmeg on the bowls. If you prefer, chill before serving. And Enjoy!

Ricotta Cookies

Submitted By:
Sherald Bianchini
Human Resources, MMC

"Italian ricotta cookies with
an almond, vanilla, or
other, flavored glaze."



INGREDIENTS

Cookie Dough

1/2 pound softened butter
1 $\frac{3}{4}$ cups white sugar
2 eggs
15 oz. ricotta cheese (room temperature)
2 Tbsps vanilla extract
4 cups all-purpose flour
1 tsp baking powder
1 tsp baking soda

Icing/Glaze

5 Tbsps milk
1 $\frac{1}{2}$ cups confectioners' sugar
1 tsp extract (flavor is your choice – I use fresh lemon)
 $\frac{1}{4}$ cup colored candy sprinkles (optional)

DIRECTIONS

1. Preheat oven to 350 degrees (175 degrees C).
2. In a medium bowl, cream together butter, sugar, eggs, ricotta cheese, and vanilla extract.
3. In another bowl combine flour, baking powder, and baking soda.
4. Slowly add dry ingredients into the creamed mixture, mixing in additional flour as necessary to form workable dough.
5. Roll dough into teaspoon-sized balls, and arrange on an ungreased cookie sheet.
6. Bake in a 350 degree oven for approximately 8 to 10 minutes.
7. In a medium bowl mix milk, confectioners' sugar and flavored extract until smooth. Spoon over warm cookies. Sprinkle with colored candy sprinkles (optional).
8. Let sit until cookies are cooled and icing has hardened.

Chia Pudding

Submitted By:
Brian Wildrick
Security, MMC & Children's Specialized Hospital

"Great as a healthy dessert,
breakfast, or snack!"



INGREDIENTS

3 Tbsp chia seeds
1 cup milk of your choice
1/4 cup blueberries
1/4 cup granola
3-4 strawberries
Drizzle of maple syrup or
honey

**Tip: Swap out berries for
whatever fruit you like that's in
season!*

DIRECTIONS

1. Measure your chia seeds into a bowl.
2. Add your milk to the bowl and stir for 5-10 minutes.
3. Cover your bowl and allow to chill for at least one hour, or overnight.
4. Remove from refrigerator and top with your blueberries, strawberries, and granola.
5. Drizzle your maple syrup or honey on top and sprinkle with cinnamon (optional).

Enjoy!

Rainbow Cookies (AKA 7 Layer Cookies!)

Submitted By:

Lauren Simmons

Medical Center Foundation, MMC



INGREDIENTS

2 ½ sticks of unsalted butter
2 cups flour
8 oz. almond paste (canned or boxed- hard to find- but usually by the cocoa powder in the baking aisle)
1 cup sugar
4 large eggs, separated
1/2 tsp kosher salt
2 colors of food coloring of your choice- depending on the holiday, I change the color
1 - 8 oz. jar of apricot, strawberry, or raspberry preserves
Cooking spray
1 lb bittersweet chocolate

DIRECTIONS

1. Pre-heat the oven to 350 degrees.
2. Butter and flour 3 9x12 inch pans or rimmed baking sheets, line with parchment paper.
3. Mix almond paste and 3/4 cup plus 2 Tbsp sugar in a stand mixer. Mix on medium speed until the mixture crumbles. Beat in 2 1/2 sticks butter, a little at a time, until well combined. Beat in the egg yolks, one at a time, until smooth. Add 2 cups flour and salt to the mixture.
4. In another bowl, whisk the egg whites until foamy; slowly add the remaining 2 Tbsp sugar and whisk until firm peaks form. Fold about 1/3 of the egg white mixture into the batter with a rubber spatula, then gently fold in the rest. The batter should be fluffy.
5. Divide the batter evenly among 3 bowls. Mix coloring in each bowl. Leave one bowl the color of the batter.
6. Put each color batter on a pan. Bake, switching the position of the pans halfway through, 8 - 10 minutes. Let cool completely in the pans on wire racks. Give it time!
7. Assemble the layers: Spread half of the preserves evenly over the first color cake layer. Unmold the plain cake layer by inverting it onto a cutting board.
8. Carefully slide the plain layer onto the second colored layer, and spread the remaining preserves on top of the plain layer. Unmold the other color cake layer and slide it onto the plain layer.
9. Cover the cake with plastic wrap and top with one of the empty pans. Refrigerate for at least 4 hours or overnight.
10. Remove the plastic wrap. Trim the sides with a knife to make straight edges. Spray a wire rack with cooking spray; set the rack over a baking sheet. Carefully slide the cake onto the rack.
11. Melt the chocolate and pour it over the cake. Dip a spatula in hot water to smooth the top and sides. Let set slightly. Scrape wavy lines into the chocolate with a fork; let cool a few more minutes until the chocolate is mostly set but still slightly tacky.
12. Slide the cake back onto the cutting board. Slice crosswise into 6 strips, then cut each strip into 8 pieces. Store in an airtight container at room temperature for up to 1 week.

Apple Pie (Unsweetened)

Submitted By:

Thomas Daly

Central Sterile Supply, MMCSC



INGREDIENTS

6 golden delicious or red delicious apples, peeled, cored, and quartered
¼ cup unsweetened applesauce
1 or 2 small boxes raisins (or dried unsweetened Cranberries)
2 Tbsps flour
2 pads butter
1 tsp vanilla extract
½ teaspoon cinnamon
Pie Crust: I use Marie Callenders Pastry Shell; and Pillsbury croissant to create top

DIRECTIONS

1. Mix together first 7 ingredients in a large bowl and set aside.
2. Lay one – unbaked – pie crust on a pie plate and fill with apple mixture.
3. Add a top crust to the pie and crimp or flute edges. Put a few slits on top to let heat escape.
4. Bake for 45-55 minutes at 375 degrees or until the top is golden brown.

Easy Ricotta Cake

Submitted By:
Mary Anne Suttles
Risk Management & Standards, MMCS

"A favorite with my family....So easy and tastes like you slaved. Remember to refrigerate leftovers - if you have any!"



INGREDIENTS

1 yellow or white "butter" cake mix
3 eggs
1 cup of water
1 stick of softened - not melted - butter
15-20 oz. ricotta
2/3 cup granulated sugar
3 eggs
2 tsps vanilla extract

Glaze

2 cups powdered sugar, sifted
1-2 tsp of flavored extract (vanilla, almond, lemon, or raspberry work well)
2 Tbsps of milk

Optional: Sliced berries for the top

DIRECTIONS

1. Preheat the oven to 350
2. Prepare the cake mix as on the package
3. Beat the cake batter until it's whipped, increased in volume by at least 1/3 and very creamy - about 6-8 minutes
4. Spread the batter evenly in a 9x13 pan - no need to butter the pan - I use glass.
5. In the same bowl using the same beaters, add ricotta, sugar, eggs, and vanilla, and beat for about 3-4 minutes (until smooth)
6. Pour the smooth ricotta mixture evenly over the top of the batter in the pan.
7. Bake it for 45-50 minutes until golden brown - a toothpick should come out clean

Glaze

1. In a bowl, add powdered sugar and flavored extract.
2. Add the milk one Tbsp at a time and stir after each addition until you reach spreading consistency (should fall in ribbons when poured off a spoon).

Aunt Minnie's Blueberry Boy Bake

Submitted By:

Abby Thompson

LiveWell Center, MMC



INGREDIENTS

2 cups of flour
1 ½ cups of sugar
2/3 cup of butter
2 tsp baking powder
1 tsp salt
2 eggs (yolks and whites used separately)
1 cup milk
1 cup of blueberries

DIRECTIONS

1. Sift together the flour and sugar in a large mixing bowl.
2. Cut in the butter until particles are the size of small peas. Measure $\frac{3}{4}$ cup of this mixture and reserve for later use for crumb topping.
3. Mix baking powder, salt, egg yolks, and milk into the remaining crumb mixture in bowl for 3 minutes until well blended (low speed).
4. Beat 2 egg whites until stiff but not dry. Fold gently but thoroughly into the batter. Spread mixture in a lightly floured and greased 12 x 8 pan.
5. Arrange 1 cup of blueberries over the batter, almost one pint. Sprinkle the reserved $\frac{3}{4}$ cup of crumb mixture over the blueberries.
6. Bake at 350 F for 40 to 50 minutes. Best served warm!

Cinnamon Scones

Submitted By:
Joseph Jaeger
Chief Academic Officer, MMC

"There is nothing better than a recipe that is good for breakfast OR dessert... if you can't decide whether to start your day or end it with these perfect cinnamon scones you are not alone! It is a Thanksgiving morning favorite in our house."



INGREDIENTS

- 1 3/4 cups all-purpose flour, plus more for counter
- 6 Tbsps granulated sugar, divided
- 1 Tbsp baking powder
- 1/2 tsp fine sea salt
- 8 Tbsps unsalted butter, cold, diced
- 1/4 cup half-and-half or 2 Tbsp each milk and heavy cream, cold
- 1 large egg
- 2 tsps ground cinnamon, divided

ALTERNATE FILLING

- 8 ounces semisweet chocolate
 - 4 Tbsp. light corn syrup
- melt gently in microwave and stir in karo/corn syrup

DIRECTIONS

1. Heat your oven to 375 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, combine the flour, 3 Tbsp of the sugar, baking powder, and salt. Pinch the butter into the dry mixture with your fingers or cut it in (with a pastry blender) until it resembles coarse cornmeal.
3. Make a well in the center and pour in the half-and-half, then the egg. Use a fork to gently combine the egg and cream in the center, then use it to combine everything into a rough mass. Dip your hands into the bowl and knead the mixture a few times into an even mass.
4. On a lightly floured counter, roll the dough to roughly a 10-by-6-inch rectangle. Sprinkle 1 Tbsp of the remaining sugar and 1 tsp of the cinnamon over half of the rectangle (it will seem like too much but trust me, these scones do not end up overly sweet), then fold it in half. [If using chocolate filling: In small microwave-safe bowl, microwave chocolate on medium for 20-second intervals, stirring after each, until chocolate is just melted. Stir in corn syrup until well combined. Spread on scone dough in place of cinnamon sugar mixture.]
5. Roll the dough out again into an 8-by-6-inch rectangle; sprinkle another of the remaining Tbsps of sugar and the last tsp of cinnamon over half, then fold in half again. Do not roll again, just pat the dough into roughly a 6-inch circle and cut with a sharp knife into 6 wedges.
6. Evenly space the wedges on the pan, sprinkle with final tablespoon of sugar, and bake until slightly golden at the edges, 15 to 17 minutes.

Matzo Candy

Submitted By:

Brian Sullivan

Environmental Services, MMC



INGREDIENTS

- 12 Matzo crackers
- 1 cup butter
- 1 cup brown sugar
- 1- 12oz. bag semi-sweet chocolate chips
- 1 cup chopped walnuts

DIRECTIONS

1. Preheat oven to 350 degrees
2. Line 2 baking sheets with tin foil.
3. Place Matzo crackers in a single layer on baking sheets, breaking to fit, if needed.
4. Bring butter and brown sugar to boil in a heavy bottom saucepan over medium heat. Continue to cook, stirring constantly until thick and smooth (about 3 minutes).
5. Pour hot sugar mixture over the Matzo and spread evenly.
6. Place caramel topped matzo in preheated oven for 10 minutes. Remove and evenly sprinkle chocolate chips on top.
7. Return pans to oven to melt chocolate (about 1 minute)
8. Smooth melted chocolate completely cover caramel. Sprinkle with chopped walnuts. Chill in refrigerator for 20 minutes or until set.
9. Break into small pieces to serve.

No-Bake Cranberry Chocolate Cookie Bites

Submitted By:
Jennifer Klein, MS, RD
Community Health, MMC

*"These are great to keep in the fridge
for a quick breakfast for afternoon
pick-me-up!"*



INGREDIENTS

1/2 cup natural peanut
butter (any nut butter will
do)
1/3 cup honey
1 tsp vanilla extract
1/4 tsp sea salt
1 cup old-fashioned oats
1/4 cup slivered almonds
1/4 cup dried cranberries
1/4 cup mini semi-sweet
chocolate chips
1/4 cup flax seed meal

DIRECTIONS

1. In a large mixing bowl, mix together the peanut butter, honey, vanilla and salt until well blended.
2. Stir in oats, almonds, cranberries, chocolate chips, and flaxseed meal.
3. Using a cookie scoop, scoop then form into (golf ball sized) balls by rolling between your hands (don't work it too much, the chocolate will melt)
4. Place rolled balls on to a plate, baking sheet, or drop the balls in to mini cupcake liners and chill for at least 30 minutes before serving.
5. Store in an airtight container in the fridge for up to 1 week (if they even last that long!)

Mighty Mousse

Submitted By:
Diane Gordon
Bariatrics Department, MMC

"Decadent dessert here to
save the day!"



INGREDIENTS

1 - 32 oz. container non-fat Greek yogurt
1 large box Jello Sugar-Free Instant pudding-your choice of flavors!
1 container Cool-Whip Free (or store brand), thawed

Additions: Assorted fresh or frozen fruit (no sugar added), cut in bite-size pieces

Super Protein Version:

To the above recipe, you may add:
1 scoop of protein powder

DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Fill your bowls or ramekins with the mixture and chill if desired.
3. Top your mousse with fruit of your choice.

Note:

If making the Super Protein version, the addition of protein powder will make the mixture very thick, unless you add some liquid. I've mixed protein powder with 6 oz. of protein drink, i.e. Premier Protein.

Enjoy!



Anne Vogel Family Care & Wellness Center

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