



SUMMER PROGRAM
COOKBOOK
SUMMER 2009

URBAN SPROUTS
GARDEN FOR THE ENVIRONMENT

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CHICKEN WITH QUINOA

Makes 6 servings

Fun Fact: Quinoa, a grain used in Latin American cooking, is a whole grain that makes you fuller faster and keeps you fuller longer than refined grains like white rice!!

INGREDIENTS

1 cup quinoa
1 teaspoon of salt
4 tbsp olive oil
1 tbsp rice vinegar
3 tbsp soy sauce
1 lemon juice of half a medium lemon
2 cups chopped kale/collards
6 boneless, skinless chicken thighs
½ tsp thyme
½ tsp oregano
2 garlic cloves, finely chopped
1 medium onion
10 carrots chopped
3 cups of chicken broth
Salt and pepper



DIRECTIONS

1. Cut chicken into bite-sized pieces and marinate with salt, black pepper, garlic, thyme, oregano and 1 tbsp olive oil for about 30 minutes.
2. Sauté onions and carrots in 3 tbsp of olive oil for 5 minutes. Add vinegar and soy sauce and sauté for 2 additional minutes.
3. Add marinated chicken to the mix and cook covered for 25 minutes or until chicken is no longer pink inside.
4. Add the kale to the carrot, onion and chicken mixture. Cook until kale is wilted. Squeeze on lemon. Season with salt and pepper to taste.
5. Add chicken broth and stir in quinoa and stir, reduce the heat and cook uncovered for 15 minutes.



Garden Potato Salad

A Value & Savings

Fun Food Fact: Usually the potato gets a bad wrap but they are full of vitamins and minerals. Just one potato provides you with 100% of your daily requirement for Vitamin C!

INGREDIENTS

6 cups diced peeled cooked potatoes
4 hard-cooked eggs, chopped
1/2 cup chopped celery
1/2 cup chopped sweet pickles
1/3 cup chopped onion
1/3 cup chopped radishes
1/2 cup mayonnaise
1 tablespoon vinegar
1 1/2 teaspoons prepared mustard
1/2 teaspoon salt
Paprika (optional)

DIRECTIONS

1. Chop eggs and potatoes into bite-sized pieces.
2. In a bowl, combine potatoes, egg, celery, pickles, onion and radishes.
3. In another small bowl, add mayonnaise, vinegar, mustard and salt. Mix well.
4. Add sauce mixture to potato and egg bowl. Stir until potatoes are coated with sauce.
5. Sprinkle with paprika and serve!



NO KNEAD BREAD

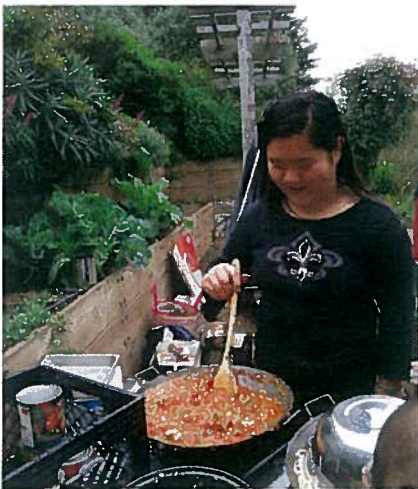
Makes 1 loaf

Fun Food Fact: Whole wheat flour has more fiber than white flour which can help prevent certain cancers!!!

STEP ONE

¼ C. starter
1 1/3C. bread flour (King Arthur is the best)
1 C. warm water

1. Combine in a glass bowl
2. Mix, cover with a towel and set aside in a protected and warm location.



STEP TWO

After 12-24 hours check to see if bread has risen. If so, remove ¼ C. of this mixture and store in fridge as reserve starter.

Add to remaining mixture:

2 C. bread flour
½-5/8 C. warm water
1.5-2 teaspoons salt

1. Mix ingredients together. Cover and let rise for 12-24 hours.
2. Place on floured wax paper on counter and knead 5- 10 times. Loosely cover with wax paper for 3 hours or so.
3. Turn on oven to 470°F with Dutch oven in oven. When 470 is reached, place dough in hot Dutch Oven, cover with lid, and place in oven for 30 min at 470°F.
4. Turn heat down to 460°F and bake an additional 8 minutes covered with lid.
5. When done, place bread on a rack to cool for a minimum of 30 minutes before cutting.



HONEY MUSTARD VINAIGRETTE

Makes ½ cup

FWD Food Fact: Honey, mustard, and olive oil are great sources of powerful antioxidants such as the mineral selenium. This recipe is just an antioxidant party!!

INGREDIENTS

2 tablespoons honey
1 tablespoon Dijon mustard
2 tablespoons lemon juice
1/2 cup olive oil
salt and black pepper, to taste

DIRECTIONS

1. Whisk together 1/4 cup olive oil, 2 tablespoons lemon juice, 1 tablespoon Dijon mustard, 1 tablespoon honey, and salt and pepper.
2. Cover and chill up to 4 days.
3. Serve over mixed salad greens with your favorite toppings.



ZESTY CORN SALAD

Makes 6-8 servings

FUN FOOD FACT: In one red bell pepper, you get 291% of your daily requirement of Vitamin C, and 104% of your daily requirement for Vitamin A! In just one delicious pepper!

INGREDIENTS

8 ears fresh corn (or 6 cups frozen or canned corn)
1 small red onion, diced
1 medium red bell pepper, diced
1 medium green bell pepper, diced
1/2 cup fresh cilantro, chopped, plus a few sprigs for garnish (optional)
1/3 cup olive oil
Juice of 1 lime (approximately 2 tablespoons)
1 tablespoon rice wine vinegar
salt and black pepper, to taste

DIRECTIONS

1. Boil fresh corn, if using, in boiling salted water for 10 minutes, then remove and plunge into cold water to stop cooking.
2. Cut kernels off cobs. (Alternatively, follow package instructions to cook frozen corn, if using.)
3. Combine all ingredients in a large bowl, mixing well. Chill.
4. Before serving, garnish with cilantro sprigs, if using.



FRESH GARDEN SALSA!

MAKES ABOUT 2 1/2 CUPS

Fun Food Fact: Tomatoes contains a phytochemical called lycopene which helps protect against certain cancers and help maintain heart health!

INGREDIENTS

3 garlic cloves, finely chopped
1 Onion, finely chopped
1 Large Green bell pepper, finely chopped
1 whole jalapeño, seeded and chopped
8 Roma tomatoes, finely chopped
1 small bunch of cilantro, finely chopped
Juice from 1 lemon

DIRECTIONS

1. Mix ingredients together and serve, altering the recipe to suit your own taste preferences.
2. Store covered in the refrigerator.
3. Serve with delicious tortilla chips!



BASIL & GRAPE TOMATO SAUCE

Makes 4 servings

FUN FOOD FACT: Garlic is very good at attacking infections and viruses, so eating a lot of it helps you from getting sick!

INGREDIENTS

2 cups of grape tomatoes, cut in half
1 bunch Basil, , remove leaves and coarsely chop
2-3 cloves garlic, , chopped
¼ cup olive oil
1 onion, medium chopped
¼ cup grated parmesan cheese
Salt & Pepper, to taste

DIRECTIONS

1. Boil water for pasta.
2. Add pasta once water boils and cook until pasta is done (or as the Italians say, al dente!).
3. While pasta is cooking, heat olive oil in pan. Add onion and cook until translucent. Toss in chopped garlic. Cook for 2 minutes.
4. Mix in halved grape tomatoes and cook until tomatoes are soft and seeds are starting to fall out; stirring occasionally.
5. Add chopped basil and mix in. Cook for several minutes.
6. Serve over pasta and add Parmesan cheese, optional.



Pasta with Beans, Sage, Rosemary & Squash

Makes 4 Servings

Fun Food Fact: Kidney beans are an excellent source of protein, as well as fiber, which helps keep cholesterol levels low!

INGREDIENTS

1 box pasta (rigatoni, penne or ziti with lines – broad, short tube-shaped pasta)
1 14 oz can red kidney beans
2 tbsp olive oil
1 medium Onion (finely chopped)
3 cloves garlic (crushed/minced)
Salt & Pepper (to taste)
Parmesan cheese (grated)
1 sprig Rosemary (finely chopped)
6-8 Sage leaves (finely chopped)
3- 4 Winter Squash / Summer Squash
Beans

DIRECTIONS

Pasta:

1. Cook in boiling water for 8- 10 minutes (until done!)

Squash:

1. Bake squash (cut in half and place on a baking tray. Add a small amount of water to the tray and bake so the squash are steamed.)
2. Cut the squash into quarters. Peel off the skin. Scoop out the seeds. Chop the squash into ½ inch cubes.
3. Heat up a wok or frying pan.
4. Place 1 teaspoon of oil in the wok.
5. When the oil is runny, add the squash cubes to the wok.
6. When the squash is brown on one side, turn it over. Repeat until browned on all sides. Ready to serve!

Sauce:

1. Place 1 teaspoon of oil in a heated wok, or pot.
2. When the oil is runny, add the onions and stir until they begin to look see-through (translucent).
3. Add chopped garlic, sage and rosemary and stir. Cook for one minute and turn the heat down.
4. Strain beans and add to the wok. Mash about ½ of the beans (leave some whole!).
5. Add a little of the liquid from the beans.
6. Add salt and pepper to taste and stir thoroughly.
7. Add the cooked pasta to the wok/pan and toss (mix it up).
8. Top with grated cheese, and serve with squash.



URBAN SPROUTS BURRITOS!

Makes 2 servings

FUN FOOD FACT: Pinto beans are a great food choice for people with diabetes because they keep blood sugar levels from rising too much after meals!

INGREDIENTS

2 whole wheat flour tortillas
1 14 oz organic pinto beans
1 cup brown rice
½ cup cheddar cheese
2 cups fresh lettuce/other greens
Fresh salsa (see recipe on page 6)
2 cups water

DIRECTIONS

1. Put tortillas on a plate (after heating if desired).
2. Heat up beans in a pot with a bit of oil, and then place in serving bowl.
3. Put rice and water in medium saucepan and turn stovetop on high. Once the water starts to boil, reduce heat to low and cover. Cook for 20- 25 minutes or until all the water has evaporated.
4. Place in serving bowl.
5. Grate cheese and put in serving bowl.
6. Put salsa in serving bowl.
7. Each person puts beans, rice, cheese, lettuce and salsa in tortillas and wrap them up. Enjoy!



COLLARDS AND KALE COLE SLAW MAKES 4-6 SERVINGS

FUN FOOD FACT: Collards have tons of potassium (880% of your daily requirement!) and also help your body to get toxins out!

INGREDIENTS

3 cups Collard Greens (thinly chopped)
3 cups Kale (thinly chopped)
1 Onion, medium sized (finely chopped)
2 carrots (grated)
1 bunch radishes (grated)
3 tbsp mayonnaise or plain yogurt
1 tbsp vinegar
1 tbsp mustard



DIRECTIONS

Salad:

1. Chop up collard greens and kale in thin pieces.
2. Dice onion into small pieces.
3. Grate carrots and radishes.
4. Mix all together and set aside in a serving bowl.

Dressing:

1. In a mixing bowl, mix 3 parts mayonnaise with 1 part mustard.
2. Add 1 part vinegar, while stirring the mixture.
3. Dress the cole slaw with this mixture and serve it up!



PARMESAN & HERB CHICKEN STRIPS

MAKES 6 SERVINGS

FUN FOOD FACT: CHICKEN IS A GREAT SOURCE OF LOW-FAT PROTEIN! ONE BREAST PROVIDES 67% OF YOUR DAILY REQUIREMENT FOR PROTEIN, WITH NOT VERY MUCH FAT AT ALL!

INGREDIENTS

2 lbs. boneless skinless chicken breasts / 2 pkgs chicken tenders
1 cup breadcrumbs (have extra on hand)
4 tbsp dried oregano or basil
1 tbsp garlic powder
1/4 cup Parmesan cheese, very fine shred
2 eggs
Salt & pepper
Vegetable oil for frying

DIRECTIONS

1. If using chicken breasts cut into strips, equal in size. Sprinkle with 2 TB oregano, garlic powder & salt & pepper.
2. Add breadcrumbs & Parmesan cheese to a large bowl; add a pinch of salt & pepper & 2 T oregano.
3. In a bowl crack 2 eggs & beat lightly with a fork.
4. Set up assembly line: bowl of seasoned chicken, bowl of beaten eggs & bowl of breadcrumbs.
5. Use one hand to handle the raw chicken and keep the other one clean!
6. Place 4 chicken strips at a time in the egg, lift out fork and shake off excess. Next dip in the breadcrumbs. be sure the chicken is well coated. Shake off the excess and place on a large plate.
7. Heat 1-2 teaspoons vegetable oil in a large frying pan; add chicken strips a few at a time. Fry until golden on both sides.
8. Serve with homemade Ranch dressing (see next page)



RANCH DRESSING

MAKES ABOUT 1 CUP

GREAT WITH PARMESAN AND HERB CHICKEN STRIPS!

INGREDIENTS

- 1/2 cup mayonnaise
- 1/2 cup sour cream/buttermilk
- 1/2 cup buttermilk (or less, adjust for desired thickness)
- 1/2 teaspoon dried chives
- 1/2 teaspoon dried/fresh parsley
- 1/2 teaspoon dried/fresh dill weed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

DIRECTIONS

1. In a large bowl, whisk together the mayonnaise, sour
2. cream, buttermilk, chives, parsley, dill, garlic powder, onion powder, salt and pepper.
3. Adjust seasonings to taste.
4. Cover and refrigerate for 30 minutes before serving.



HONEY BUTTER

MAKES 6 SERVINGS

RECIPE FROM THE HEALTHY COLLEGE COOKBOOK

A PERFECT MATCH WITH THE NO KNEAD BREAD!!!!

INGREDIENTS

- 2 tbsp honey
- 2 tbsp butter
- 1 tsp vanilla

DIRECTIONS

1. Melt the butter in a small saucepan over medium heat.
2. Add honey and vanilla, and mix well.
3. Use immediately or refrigerate for later.



SUPER TASTY CHILI

Makes 35 servings

INGREDIENTS

3 onions, diced

8 carrots, diced

1 bunch celery

5 lbs ground turkey

4 ½ cans kidney beans

2 32 oz cans diced tomatoes

Canola Oil

Chili powder, cumin, salt, and pepper to taste

Apple cider vinegar (optional)

DIRECTIONS

1. Saute onions and carrots, and celery for 5 min.
2. Add chili powder, cumin, salt and pepper.
3. Add meat, season again with salt and pepper and cook until browned.
4. Add kidney beans and tomatoes.
5. Let simmer until done.
6. Season and add apple cider vinegar if needed.
7. Enjoy!



COOKBOOK ARRANGED BY ERICA LEE

Urban Sprouts

415 Hayes Street

San Francisco, CA 94102

(415) 648-4596

<http://urbansprouts.blogspot.com>

sprout@urbansprouts.org

Garden for the Environment

7th and Lawton

San Francisco, CA 94117

(415) 731-5627

www.gardenfortheenvironment.org

info@gardenfortheenvironment.org