

YOUR CULINARY JOURNEY COOKBOOK PART 2

The enclosed collection of 25 everyday recipes for breakfast, lunch, dinner, snacks and desserts will serve up a batch of healthy go-to meal ideas that are quick to prepare and budget friendly.



*Bulgur Bowl,
see page 18*

In 2016, Integrated Services of Kalamazoo (ISK), formerly known as Kalamazoo Community Mental Health and Substance Abuse Services, and Kalamazoo Valley Community College established a partnership to improve health outcomes through an interdisciplinary approach. Combining nutrition care coordination and culinary medicine, this collaboration seeks to provide innovative services to educate and engage community.

Your Culinary Journey Part 2, is a resource developed as a part of those services. Dishing up 25 recipes along with valuable culinary and nutrition guides, this cookbook demonstrates that healthy cooking doesn't have to be difficult, time consuming or expensive. We welcome you to explore the recipes on the following pages, and make at-home cooking part of your regular routine. Studies show that healthy at-home cooking is linked to improved diet quality, weight loss and diabetes prevention.

We hope this cookbook serves as an important part of your journey. We wish you good health and healthy plates!

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EQUIPMENT LIST



Baking sheet/tray



Blender



Can opener



Cutting board



Fork



Freezer



Grater (zester optional)



Hot pad



Knife/Spreading knife



Measuring cups



Measuring spoons



Microwave



Microwave-safe bowl



Microwave-safe plate/Serving plate



Mixing bowl/Serving bowls



Parchment paper



Pots, non-stick, with lids



Sauté pan/Skillet or wok



Rubber spatula/Spatula



Spoon/Mixing spoon



Strainer



Toaster



Whisk

MEASUREMENT RESOURCES

3 tsp. = 1 Tbsp.

4 Tbsp. = ¼ cup

8 Tbsp. = ½ cup

1 cup = 8 oz.



= ¼ cup



= ½ cup



= 1 cup

BREAKFAST





APPLE SANDWICH STACKERS

DID YOU KNOW?

Apples contain a soluble fiber known as pectin, which may relieve constipation and help lower cholesterol.

UTENSILS



INGREDIENTS

1 apple
1 Tbsp. peanut butter
1 Tbsp. yogurt
Granola, nuts, seeds
and/or fruit

DIRECTIONS

1. In a bowl, mix yogurt and peanut butter until combined.
2. On a cutting board use your knife to slice the apple into even rounds. Cut four rounds. This will make two "sandwiches."
3. Remove seeds from center of the rounds.
4. On two of the rounds, spread the yogurt/peanut butter dip. There will be approximately one tablespoon on each round.
5. Sprinkle remaining toppings over the dip.
6. Place remaining two rounds on top, creating two apple "sandwich" stackers.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	9g
CARBS	23g
PROTEIN	5g

BREAKFAST SMOOTHIE

DID YOU KNOW?

Smoothies are a great way to use up leftover produce and add nutrients that otherwise may not make it onto our plate.



UTENSILS



INGREDIENTS

Frozen banana

1 cup frozen fruit of
your choice

½ cup low-fat milk

¼ cup low-fat yogurt

1 cup ice cubes

DIRECTIONS

1. Place all ingredients in a blender and blend until smooth.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	2.5g
CARBS	48g
PROTEIN	8g



PEANUT BUTTER OATMEAL

DID YOU KNOW?

Pairing a fiber-rich food source such as oatmeal with a protein is a great breakfast option to keep blood sugar stable.

UTENSILS



INGREDIENTS

- ½ cup oats
- 1 cup water
- ¼ tsp. cinnamon
- 2 Tbsp. peanut butter

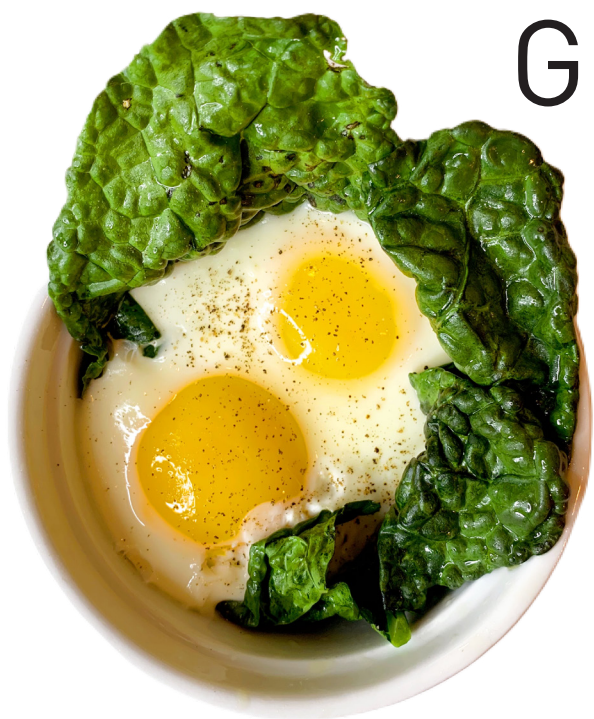
OPTIONAL TOPPINGS

- Sliced banana
- 2 Tbsp. dried fruit
- 2 Tbsp. chopped nuts
- ¼ cup granola

DIRECTIONS

1. Combine oats, water, peanut butter and cinnamon in a microwave-safe bowl.
2. Microwave for 2½ to 3 minutes until oats are a desired consistency.
3. Carefully remove bowl from microwave and stir.
4. Add toppings of your choice.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	19g
CARBS	35g
PROTEIN	12g



GREEN EGGS AND SEASONING

DID YOU KNOW?

Dark leafy greens are high in the mineral magnesium; an important nutrient that supports our bones, heart and blood sugar.

Be sure to talk with a doctor prior to taking a magnesium supplement.

UTENSILS



INGREDIENTS

2 eggs

½ cup leafy greens of your choice

Seasoning mix to taste

OPTIONAL INGREDIENTS

Diced veggies

DIRECTIONS

1. In a microwave-safe bowl, lay greens in the bottom of the bowl, creating a cup shape.
2. Crack eggs over the greens.
3. Place in microwave. Microwave for approximately one minute.
4. Check eggs and increase/decrease cook time to achieve desired doneness.
5. Remove from microwave and sprinkle with seasoning mix.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	7g
CARBS	4g
PROTEIN	15g



SALSA SHAKSHUKA

DID YOU KNOW?

Tomatoes contain the antioxidant lycopene, which lends to its color and helps to reduce inflammation.

UTENSILS



INGREDIENTS

- 1 tsp. oil
- ½ cup leafy greens of choice
- ¼ cup low-sodium, mild salsa
- ½ cup water
- 2 eggs

DIRECTIONS

1. In a small sauté pan, heat oil at medium heat.
2. Add greens to pan and sauté for 1 minute.
3. Add water and salsa. Bring to a simmer.
4. Crack eggs into the simmering liquid.
5. Turn temp to low, cover and simmer until eggs are set (approximately 10 minutes).
6. Remove from stove and let cool.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	12g
CARBS	6g
PROTEIN	15g



TECHN



SOUTHWEST SWEET POTATO "TOAST"

DID YOU KNOW?

Rich carbohydrate sources, such as black beans and sweet potatoes, are packed with B vitamins. B vitamins help support our brain function.

UTENSILS



INGREDIENTS

½ sweet potato
2 tsp. chipotle salsa
2 Tbsp. black beans
1 tsp. cheese of choice
Cilantro or seasoning to taste

DIRECTIONS

1. Drain and rinse beans. Set aside.
2. Slice sweet potato. You will need two thin slices, approximately one centimeter thick.
3. Place sweet potato slices into the toaster. Toast on frozen setting until tender to touch.
4. Remove from toaster.
5. With a spoon, spread 1 tsp. of chipotle salsa on top of each of the sweet potato slices.
6. Add 1 Tbsp. of beans to each slice.
7. Top with cheese and herbs or seasoning to taste.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	1.5g
CARBS	18g
PROTEIN	4g

PESTO RAINBOW WRAP



DID YOU KNOW?

While purchasing a jarred sauce may be more expensive, utilizing it in many different recipes can stretch the cost. Flip to the dinner section to see how pesto is used a second time!

UTENSILS



INGREDIENTS

- 1 spinach tortilla
- 1 Tbsp. cream cheese
- 1 Tbsp. pesto
- 1 cup veggies/greens of choice

DIRECTIONS

1. Wash and slice veggies/greens. Set aside.
2. Lay tortilla out flat.
3. Spread cream cheese onto one side of tortilla.
4. Spread pesto onto the cream cheese.
5. Along the middle of the tortilla, pile the veggies/greens.
6. Roll the wrap like a burrito and cut in half.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	15g
CARBS	28g
PROTEIN	8g



HUMMUS VEGGIE WRAP

DID YOU KNOW?

Hummus is made from garbanzo beans, otherwise known as chickpeas. This bean is high in the mineral potassium, which may help lower blood pressure.

UTENSILS



INGREDIENTS

- 1 wrap or tortilla
- 1/3 cup hummus
- 1/2 grated cucumber
- 1 grated carrot
- 2 grated radish
- 1 cup chopped lettuce
- 1/4 cup chopped herbs

OPTIONAL INGREDIENTS

Hard boiled egg

DIRECTIONS

1. Wash all produce, lettuce and herbs. Set aside.
2. Grate cucumber, carrot and radish. Set aside.
3. Chop lettuce and herbs. Set aside.
4. Spread hummus over wrap.
5. Layer grated cucumber, carrot and radish over the hummus.
6. Add chopped lettuce and fresh herbs.
7. If desired, add hard boiled egg.
8. Roll the wrap like a burrito.
9. Cut in half and serve.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	12g
CARBS	57g
PROTEIN	12g



HONEY MUSTARD CABBAGE SALAD

DID YOU KNOW?

Components in cabbage protect against heart disease and is considered a high source of antioxidants.

UTENSILS



INGREDIENTS

¼ cup apple cider vinegar
2 Tbsp. Dijon mustard
2 Tbsp. honey
2 Tbsp. olive oil
Salt and pepper to taste
1 small head cabbage
2 carrots
1 apple

DIRECTIONS

1. Wash all produce. Set aside.
2. In medium bowl, mix apple cider vinegar, Dijon mustard, honey, olive oil, salt and pepper. Whisk until combined.
3. Grate carrots and apple. Add to the bowl with the dressing.
4. Thinly slice the cabbage. Add to the bowl.
5. Mix all together.

SERVING SIZE	1½ cups
SERVINGS PER RECIPE	4
FAT	7g
CARBS	24g
PROTEIN	2g



LENTIL SALAD

LETTUCE CUPS

DID YOU KNOW?

Lentils are a plant-based source of protein and are low in saturated fat.

UTENSILS



INGREDIENTS

4 leaves iceberg lettuce

½ cup lentils

1½ cups water

½ cup cucumber

½ cup tomato

¼ cup red onion

Italian dressing to taste

DIRECTIONS

1. Separate leaves from the iceberg lettuce, creating cups from the leaves.
2. Wash each lettuce cup and set aside.
3. In the strainer, rinse the lentils.
4. In the small pot, bring water to a boil.
5. Once boiling, add the lentils to the water.
6. Reduce heat to low, and simmer until the lentils are tender (approximately 15 minutes). *Add more water if needed, making sure the pan does not dry out.
7. Chop cucumber, tomato, and onion into small dice. Add to medium mixing bowl.
8. Once lentils are tender, strain off excess water and let cool for 5 minutes. Once cooled, add lentils to the medium mixing bowl with the tomatoes, cucumbers and onion.
9. To the lentil mix, add Italian dressing and toss to coat.
10. Spoon lentil salad into lettuce cups.

SERVING SIZE	1 cup
SERVINGS PER RECIPE	4
FAT	1g
CARBS	18g
PROTEIN	7g



DINNER



ZUCCHINI WHITE BEAN “PIZZAS”

DID YOU KNOW?

Make this a low-sodium recipe by choosing low sodium or no salt added marinara sauce. Take it one step further and use fresh tomatoes!

UTENSILS



INGREDIENTS

- 1 zucchini
- 2 Tbsp. white beans, drained and rinsed
- ½ cup marinara sauce
- ½ cup diced vegetables of choice
- 2 Tbsp. mozzarella cheese

DIRECTIONS

1. Wash zucchini and other vegetables.
2. Cut zucchini in half (lengthwise) and scoop out the seeds in the center.
3. Divide the marinara between the two zucchini halves, filling the indentation where the seeds were.
4. Divide the beans between the two zucchini halves, adding them on top of the marinara.
5. Spread the vegetables/greens evenly on top of each half.
6. Top with cheese.
7. Place zucchini pizzas on a microwave-safe plate.
8. Microwave for approximately 3 minutes, until the zucchini is fork tender and the cheese has melted.

SERVING SIZE	1
SERVINGS PER RECIPE	1
FAT	9g
CARBS	32g
PROTEIN	15g



BULGUR BOWL

DID YOU KNOW?

Bulgur is a high source of protein and fiber.

UTENSILS



INGREDIENTS

- 3 Tbsp. olive oil
- 3 Tbsp. lemon juice
- Salt and pepper to taste
- ¼ cucumber
- ¼ cup tomato
- 1 cup bulgur, cooked and cooled

OPTIONAL TOPPINGS

- ¼ cup mint
- 2 Tbsp. non-fat Greek yogurt

DIRECTIONS

1. Wash all produce and set aside.
2. In a medium bowl, mix olive oil, lemon juice and salt and pepper. Whisk until combined.
3. Dice cucumber and carrot. If using mint, cut into thin ribbons.
4. Add cucumber, tomato, mint and bulgur to bowl. Stir together to coat.
5. Enjoy on its own or top with yogurt!

SERVING SIZE	1½ cups
SERVINGS PER RECIPE	1
FAT	41g
CARBS	38g
PROTEIN	6g



MINISTRONE SOUP

DID YOU KNOW?

Minestrone soup's history begins with using whatever leftover vegetables are on hand. Try adding zucchini, bell pepper or potatoes!

UTENSILS



INGREDIENTS

1 Tbsp. oil of choice
½ onion, diced
½ can diced tomatoes
¾ cup kidney beans, drained and rinsed
4 cups broth of choice
1 cup dry pasta noodles
1 cup frozen mixed vegetables
Salt and pepper to taste

DIRECTIONS

1. Peel and dice onions. Set aside.
2. Drain and rinse kidney beans. Set aside.
3. Sauté onion and oil in pan until fragrant.
4. Add diced tomatoes and kidney beans and sauté.
5. Add broth and let it come to a boil.
6. Add noodles and frozen vegetables.
7. Bring to a simmer and cook until noodles are done.

SERVING SIZE	1½ cups
SERVINGS PER RECIPE	4
FAT	4.5g
CARBS	36g
PROTEIN	9g



VEGGIE PESTO PENNE PASTA

DID YOU KNOW?

Choosing whole wheat noodles over regular noodles is an easy swap to increase fiber intake.

UTENSILS



INGREDIENTS

1½ cups penne pasta
1½ cups vegetables and/or greens of choice
2 Tbsp. pesto
Optional
Parmesan cheese

DIRECTIONS

1. Fill a medium pot $\frac{2}{3}$ full with water. Set over medium/high heat and bring to a boil.
2. Wash and chop vegetables. Best to chop them all a similar size to allow for even cooking.
3. Preheat sauté pan to medium/high. Once hot, add vegetables and 1 Tbsp. of water. Stir to sauté.
4. Place pasta in boiling water. Cook until tender.
5. Cover vegetables and cook until tender.
6. Drain pasta in strainer. Add back to warm pan and stir in pesto.
7. Add vegetables to pasta with pesto. Stir to mix evenly.
8. Divide into two portions and serve.

SERVING SIZE	1½ cups
SERVINGS PER RECIPE	2
FAT	9g
CARBS	56g
PROTEIN	11g



VEGETABLE STIR FRY

DID YOU KNOW?

Swapping a grain, if the one listed in the recipe isn't in your pantry, is okay!

UTENSILS



INGREDIENTS

3 Tbsp. oil of choice
 1 bell pepper
 2 cups carrots
 1 cup broccoli
 1 cup mushrooms
 ½ cup low-sodium soy sauce
 2 Tbsp. rice wine vinegar
 1 cup rice
 2 cups water
 2 green onions

DIRECTIONS

1. Add water to a pot and bring to a boil.
2. Rinse the rice.
3. Once the water is boiling, add rice. Stir, cover and reduce heat to low.
4. Let cook for 10-12 minutes or until water is absorbed.
5. Wash all vegetables. Slice bell pepper, carrots and mushrooms. Chop broccoli and green onion.
6. Heat cooking oil in large skillet or wok over high heat.
7. Add vegetables to the heated skillet and sauté. Cook for 6-8 minutes, stirring occasionally.
8. Drizzle vegetables with low-sodium soy sauce and rice wine vinegar. Remove from the burner.
9. Combine rice and vegetables in a bowl and top with chopped green onion.

SERVING SIZE	1 bowl
SERVINGS PER RECIPE	4
FAT	11g
CARBS	55g
PROTEIN	12g



SNACK



EDAMAME

DID YOU KNOW?

Edamame is a plant based source of protein that contains a whopping 9 grams of fiber per ½ cup serving; almost 40% of the daily recommended allowance.

UTENSILS



INGREDIENTS

- 1 cup frozen edamame pods
- 1 Tbsp. low-sodium soy sauce

DIRECTIONS

1. Bring pot of water to boil.
2. Once boiling, add edamame pods to water and cook until tender, about 6 minutes.
3. While edamame is boiling, measure soy sauce and pour into the empty bowl.
4. Once tender, drain the edamame in a strainer and pat dry.
5. Add edamame pods to bowl with soy sauce, and toss to coat.
6. When ready to enjoy, eat the edamame by squeezing the beans out of the pods with your teeth. Discard the pod.

SERVING SIZE	1 cup
SERVINGS PER RECIPE	1
FAT	6g
CARBS	10g
PROTEIN	15g

ENERGY BITES

DID YOU KNOW?

Recipes like this travel well throughout the day and utilize items that have long shelf lives.

UTENSILS



INGREDIENTS

3 Tbsp. ground oats
1 cup oats
½ tsp. cinnamon
½ cup peanut butter
4 Tbsp. honey
½ tsp. vanilla extract
¼ cup raisins

DIRECTIONS

1. In your blender, grind 3 Tbsp. of oats to a flour-like texture.
2. Combine all ingredients in large mixing bowl. Use rubber spatula to mix until combined.
3. Use your hands to roll into 1 inch size balls.
4. Place energy bites on a plate and refrigerate for 20 minutes or until fully set.
5. Store in a sealed container in your refrigerator.

SERVING SIZE 2

12

SERVINGS PER RECIPE 6g

16g

FAT 4g

CARBS

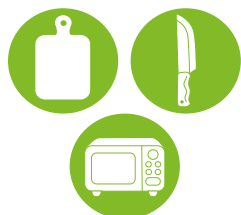
PROTEIN

MICROWAVE VEGGIE CHIPS

DID YOU KNOW?

This recipe is a great low-sodium option compared to other chips in the snack aisles. It is also an excellent way to use up vegetables and prevent food waste.

UTENSILS



INGREDIENTS

- 1 carrot
- 1 zucchini
- 1 sweet potato
- 1 beet
- Seasoning of choice
- *Optional 1 tsp. olive oil

DIRECTIONS

1. Wash whole vegetables.
2. Thinly slice vegetables into rounds (like chips). The carrot and zucchini are best sliced on the bias to make a bigger "chip." You can leave the skin on.
3. If using, brush (or spray) olive oil on both sides of the sliced rounds. Sprinkle with seasoning to taste.
4. Place vegetable rounds on microwave safe plates. Use separate plates for each type of vegetable used.
5. Microwave each vegetable type separately to account for different cooking times. Cooking times will vary depending on microwave and thickness of the slices.
Suggested times:
 - Carrot about 6 minutes
 - Zucchini about 4 minutes
 - Sweet Potato about 6 minutes
 - Beet about 7 minutes
6. Once cooked and crispy; remove from microwave, sprinkle with seasoning, and let cool.
7. Enjoy with your favorite dip, like hummus!

SERVING SIZE

1 cup

SERVINGS PER RECIPE

4

FAT

1g

9g

CARBS

1g

PROTEIN

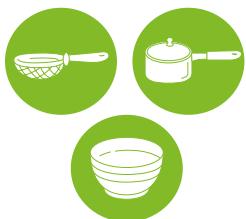


HARD BOILED EGG

DID YOU KNOW?

Don't throw away the yolk! The yolk contains essential vitamins and minerals; notably vitamin D, which may help regulate mood.

UTENSILS



INGREDIENTS

6 raw eggs
Seasoning of choice

DIRECTIONS

1. Place eggs in the pot.
2. Pour cool water over the eggs until fully submerged.
3. Put the pot over high heat and bring to a boil.
4. Once the water is at a rolling boil, turn off the heat and cover the pot with the lid.
5. Allow the eggs to sit in the hot water for 12 minutes.
6. Prepare a bowl of ice water. Transfer the cooked eggs to the ice water to cool.
7. Peel when cool enough to touch.
8. Store in sealed container in refrigerator.
9. When ready to eat, sprinkle with your favorite seasoning, such as paprika shown here.

SERVING SIZE	1 egg
SERVINGS PER RECIPE	6
FAT	3.5g
CARBS	0g
PROTEIN	6g



AIR POPPED POPCORN

DID YOU KNOW?

Popcorn is a healthier option for increased snacking when trying to quit smoking or vaping.

UTENSILS



INGREDIENTS

¼ cup corn kernels

Seasoning of choice

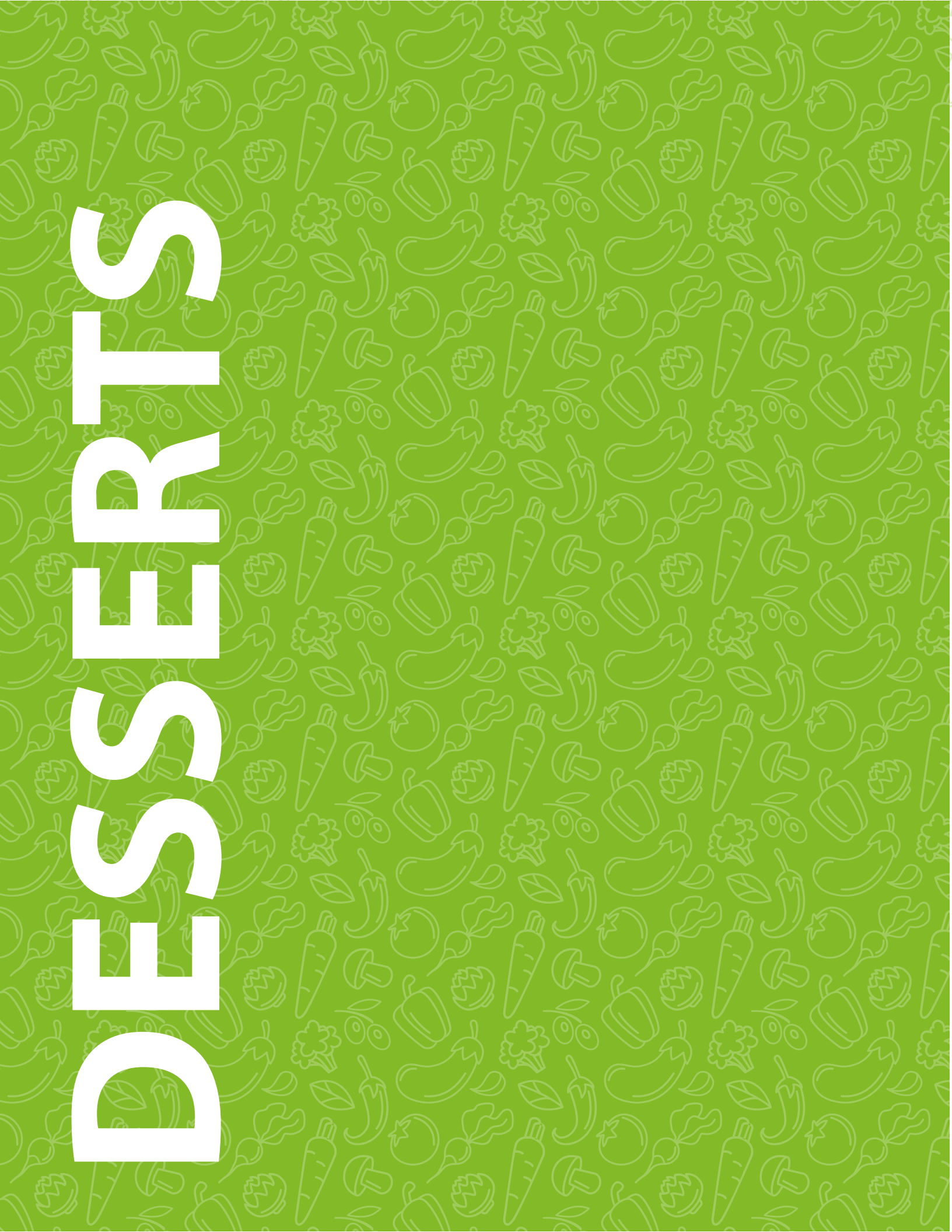
*Optional spray oil or butter

DIRECTIONS

1. Preheat non-stick pot to medium heat.
2. Once heated, add kernels to the pot and cover with the lid.
3. Shake the pot back and forth to move the kernels around. Do this for approximately 2 minutes.
4. Listen for the popping. Once the popping sound has slowed, remove the lid and check the popcorn.
5. If popped, add to a bowl and season immediately.

SERVING SIZE	1 cup
SERVINGS PER RECIPE	8
FAT	0g
CARBS	5g
PROTEIN	1g

STRESS





MANGO WITH LIME AND TAJIN

DID YOU KNOW?

Tajin is easy to make at home: simply mix ground chili peppers, sea salt and some lime juice.

UTENSILS



INGREDIENTS

1 cup frozen mango

1 lime

Tajin seasoning to taste

DIRECTIONS

1. Measure out frozen mango and place on serving plate. Let sit on counter for 10 minutes to soften slightly.
2. Cut lime wedges. Squeeze lime wedge (to taste) over the mango. Reserve the rest for future use.
3. Sprinkle desired amount of Tajin seasoning over mango.

SERVING SIZE	1 cup
SERVINGS PER RECIPE	1
FAT	0.5g
CARBS	35g
PROTEIN	1g

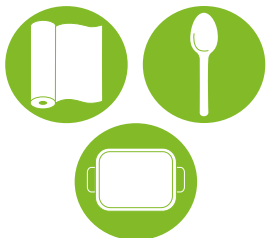


FROZEN YOGURT BARK

DID YOU KNOW?

Yogurt is a lower sugar alternative to ice cream as well as a blank canvas to add whatever flavor sounds good!

UTENSILS



INGREDIENTS

1 cup low-fat greek yogurt

2 Tbsp. jam of choice

¼ cup fruit of choice

OPTIONAL INGREDIENTS

Nuts

Seeds

Granola

Spices (like cinnamon)

DIRECTIONS

1. Place parchment paper over baking sheet.
2. In the center of the parchment sheet, spread yogurt to desired thickness.
3. Dollop jam evenly across the yogurt. Use the end of the spoon to swirl jam around, creating a marbled pattern.
4. Scatter fruit on top.
5. Place in freezer for a minimum of 2 hours.
6. Once frozen, remove from freezer and break-off (or cut) pieces to your desired size.

SERVING SIZE	4 Tbsp.
SERVINGS PER RECIPE	5.5
FAT	1g
CARBS	7g
PROTEIN	4g

CHOCOLATE PUDDLES

DID YOU KNOW?

Choosing 70% dark chocolate or higher provides antioxidants as well as the nutrients: iron, magnesium, flavanols and zinc.

UTENSILS



INGREDIENTS

1 cup dark chocolate chips

8 Tbsp. toppings of choice
(nuts, seeds, zest, coconut,
dried fruit)

DIRECTIONS

1. Place a piece of parchment paper on a baking tray. Set aside.
2. Place chocolate chips in a microwave-safe bowl.
3. Place the bowl with chips in the microwave. Microwave for 30 seconds, stir and return to the microwave.
4. Microwave another 30 seconds, stir and check the chocolate. When most of the chocolate is melted remove from the microwave and stir until the remaining chips are fully gooey.
5. Once melted, spoon chocolate onto the parchment paper, making puddles that are approximately 2 Tbsp. of chocolate per puddle. Once the puddles are formed, top with your preferred ingredients.
6. Leave on counter to harden. Note: If you are in a hurry, you can place in the refrigerator to speed up the process.
7. Once hardened, store in a sealed container at room temperature for up to 6 days.

SERVING SIZE	1
SERVINGS PER RECIPE	8
FAT	8g
CARBS	18g
PROTEIN	2g



PEANUT BUTTER BANANA “ICE CREAM”

DID YOU KNOW?

This is a great dairy-free alternative for a quick, sweet treat.

UTENSILS



INGREDIENTS

2 frozen, peeled bananas
Note: Bananas should be frozen for about 2 hours prior to blending. Peel the banana, break into pieces and freeze in a sealed bag or container.

2 Tbsp. peanut butter

Cinnamon to taste

DIRECTIONS

1. Place frozen banana and peanut butter in blender.
2. Blend at medium speed until smooth, having the texture of soft serve ice cream.
Note: It is best to blend, stop, then manually stir with a spoon frequently.
3. Once fully blended and smooth, transfer to a serving dish. Sprinkle with cinnamon (if desired).

SERVING SIZE	1 cup
SERVINGS PER RECIPE	1
FAT	16g
CARBS	46g
PROTEIN	9g



COCONUT MILK RICE PUDDING

DID YOU KNOW?

Using coconut milk makes this a sweet, dairy-free option.

UTENSILS



INGREDIENTS

- 2 cups cooked rice
- 1 can unsweetened coconut milk
- ¼ cup of honey
- 1 tsp. vanilla
- Pinch of salt

OPTIONAL TOPPINGS

- Fruit
- Mint
- Cinnamon
- Shredded coconut

DIRECTIONS

1. In medium pot, combine coconut milk, honey, vanilla and salt.
2. Place on stove over medium heat. Stir, bringing mixture to a low simmer. Do not boil.
3. Add cooked rice.
4. Lower temperature to low and stir occasionally until mixture has thickened (approximately 10 minutes).
5. Once thickened, serve warm or let cool.
6. Top with desired ingredients.

SERVING SIZE	½ cup
SERVINGS PER RECIPE	5
FAT	2g
CARBS	34g
PROTEIN	2g

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Proteins

Dairy and Misc.

Grains/Starches

Fruits and Vegetables

S M T W Th F S

COOKING TERMS AND DEFINITIONS

Antioxidant – substance that can prevent or slow cell damage caused by free radicals, unstable molecules that the body produces as a reaction to environmental and other pressures.

Batch cooking – preparing large quantities at one time, allowing for extra food for other meals.

Boil – when a liquid temperature is high enough to produce bubbles.

Bulgur – a whole grain.

Burrito – a tortilla rolled around a mixture of ingredients (like beans and cheese) usually placed in a casserole dish and baked. They are typically topped with salsa, lettuce or sauce.

Calorie – the energy food provides. We use this to grow, have energy and live.

Carbohydrate – the part of food that provides energy, known as starches and sugars. Found in fruits, vegetables, honey, dairy, pasta, potatoes and beans. The majority of your diet should include carbohydrates.

Chop – cut food into similar size pieces.

Cook – to prepare food for eating.

Cooked through Eggs – when the whites of the eggs are firm and the yolk is thickened.

Cumin – a seed spice often used ground. Used in Mexican, Tex Mex, curries and many other food types.

Destemmed – to remove the stem.

Dice – to cut into small cubes.

Drain – to pour off extra liquid.

Edamame – a preparation of immature soybeans in the pod.

Fat – the part of food that insulates us, protects our body, and helps our body retain the nutrients it needs. Found mainly in dairy, margarine, oils, nuts, seeds and avocados. Fat is also found in meat such as beef, chicken, fish and pork. Fat may have a bad reputation, but good fats keep us full and support brain health.

Flavanol – chemical compound in food that are important for their anti-inflammatory, antiviral, and antioxidant properties.

Fiber – the parts of fruits and vegetables that cannot be digested and is vital for proper digestion.

Fold – to add a food ingredient to a mixture by lifting one part over the other.

Fragrant – the smell of an item.

Frittata – an egg dish that is baked slowly. It contains a mixture of cheese, meat or vegetables. It is usually baked in a casserole dish.

Goulash – a casserole that contains ground meat, tomatoes and pasta. It is usually put together and cooked like a stew or soup.

Grate – reduce food to small shreds by rubbing it on a grater.

Grease a Pan – to cover the interior of a pan with a coating of oil.

Heart disease – condition of the cardiovascular system with risk factors such as high blood pressure, high blood cholesterol, and smoking.

Line – to place paper in the bottom of a pan.

Low-sodium – 140mg of sodium or less per serving when looking at the food label.

Maple Syrup – the sap of a sugar maple tree that is boiled down to create a syrup.
It takes 10 gallons of sap to make 1 quart.

Mash – to make into a soft pulpy form by applying pressure.

Mince – to cut into tiny pieces.

Mix – to make into one form by stirring together.

Parchment paper – used for baking or freezing as a non-stick surface.

Peel – to remove the outer layer of a food item.

Preheat – to warm something before you begin cooking.

Prep – to get things ready.

Protein – the part of food that helps us build strength and supports growth of hair, bone and skin. Found mainly in meat, eggs, dairy, cheese, nuts, beans and peas. Protein is needed as part of a healthy diet.

Quesadilla – a tortilla filled with a mixture of cheese, meat or vegetables folded and the grilled, toasted or cooked until cheese melts.

Rinse – to clean off with running water.

Sauté – a cooking method that uses oil in a shallow pan over relatively high heat.

Season – to flavor food with spices, salt or pepper.

Shakshuka – a dish consisting of eggs poached in a spicy sauce of tomatoes and other vegetables.

Shred – to cut, pull, grate or process into smaller pieces.

Simmer – a cooking method where foods are cooked in hot liquids kept just below the boiling point of water.

Slice – to cut thinly.

Stir – to mix, dissolve or combine by making a constant circular movement.

Strata – an egg mixture of meat, vegetables or cheese that contains bread. It is typically baked or microwaved.

Tear – to pull apart by force.

Tender – soft enough to easily bite into.

Thaw – to let frozen food become warmer, until it is ready to cook.

To Brown – to make brown.

To Taste – to taste the food, and adjust seasoning to your liking.

Top – to place on top.

Vanilla extract – a flavoring made from the pod of a special orchid.

Whisk – beat or stir with a light, rapid movement. constant circular movement.

KALAMAZOO VALLEY COMMUNITY COLLEGE MOBILE MEDICAL CULINARY COOKBOOK RESOURCE LIST

211 – For all Kalamazoo County referral needs.

Double Up Food Bucks – Doubles the value of EBT/food stamps when used for fresh fruits and vegetables. For participating locations, visit www.doubleupfoodbucks.org/resources.

Family Valley Church – Provides free “Friday Groceries” for the community.

Gospel Mission – Provides shelter along with other basic needs.

Housing Resources Inc. – Can help individuals find housing during a housing crisis.

Kalamazoo Community Mental Health and Substance Abuse Services

Kalamazoo Loaves and Fishes – Individuals can visit this food pantry one time per 30 days or receive referrals from appropriate provider.

Lending Hands – Lends various kinds of home medical and other related equipment, for free and on a temporary basis.

Ministry with Community – Provides food, daytime shelter and other supportive services.

Michigan State University Extension

Portage Community Outreach Center – Provides citizens of Portage emergency assistance, youth development as well as several programs.

Salvation Army

Senior Services – Provides citizens with various services such as meals on wheels, congregate meals, senior and behavioral health, home care services, nursing facility, etc.

Supplemental Nutrition Assistance Program (SNAP) – SNAP is an entitlement program. Its benefits can be used to purchase food at grocery stores, convenience stores, and some farmers’ markets and co-op food programs.

Women, Infant, and Children (WIC) – Supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding and non-breastfeeding postpartum women.

YWCA – Primary resource for economic, gender and racial justice for all women and girls.

www.fns.usda.gov
www.myplate.gov
www.eatright.org
www.nutrition.gov
www.kazoocmh.org





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Kalamazoo Valley Community College's Medical Culinary Program bridges the gap between food and medicine with cutting edge programming designed to impact the long term health of the community.

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