

E3 COOKS!

Recipes and Reflections



27 teen-tested and approved recipes you can make on a budget!



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Recipes and Reflections

*Dedicated to those living with food insecurity
and to those working to end hunger.*



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Appetizers/Light Fare



Bruschetta

Ingredients

3 medium sized apples
1 medium yellow onion
1 lb turkey bacon
½ lb of cheese
1 loaf of bread

Instructions

Remove cores from apples. Cut apples into slices approximately 1/4" thick. Remove skin from onion, cut into very thin slices. Melt butter over medium/high heat in medium skillet. Add sliced apples and onion. Cook until apples begin to turn transparent, and both the onions and apples begin to caramelize.

While the onion and apples are cooking, slice the turkey bacon into small pieces. Once the onion and apple is cooked through and caramelized, add the bacon. Continue until bacon is cooked through.

Slice the bread on an angle, just under 1/2" thick. Spread the bread onto a baking sheet. Broil for 3-5 minutes or until bread is golden brown. Remove the toasted bread from the oven; top with the apple, onion, and bacon.

Heat the oven to 350 degrees. Top each toast with a small amount of grated cheese. Return the now topped toast to the oven and bake for 10-15 minutes or until cheese is completely melted.

Per Serving

Protein: 5 g
Carbs: 20 g
Fats: 10 g
Calories: 179

Comments

It looks so delicious - with melted cheese you can never go wrong!



5-Minute Black Bean Dip

Ingredients

2 (14oz) low-sodium black beans-rinsed and drained
¾ cups salsa
4 cloves of garlic-minced
2 tsp fresh lime juice
1 tsp ground cumin
1 tsp water
⅛ tsp salt
¼ cup cilantro-minced

Directions

In a food processor, puree the black beans, salsa, garlic, lime juice, cumin, water, and salt until smooth. Add the cilantro and pulse until just combined. Serve with tortilla chips or raw vegetables.

Per Serving

Protein: 3 grams
Carbs: 13 grams
Fat: 3.5 grams
Calories: 120

Comments

It was to die for! The scent of it was luxurious.



Super Easy Hummus

Ingredients

1 (15 ounce) can garbanzo beans, drained, liquid reserved
1 tbs lemon juice
1 tbs olive oil
1 clove garlic, crushed
½ tsp ground cumin
½ tsp salt
2 drops sesame oil, or to taste (optional)

Directions

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

Per Serving

Protein: 3.6 grams
Carbs: 16.5 grams
Fat: 4.7 grams
Calories: 121

Comments

Delectable! Loved the garlic!

Throughout the trimester we had decided to make a cookbook out of all the recipes we have cooked. This recipe book helps our E3 students come together in a group and work more efficiently with each other.

In this process I have learned many things that I did not know. I have learned to be more confident while working with other students, though I noticed I work faster when I am alone. I have realized how relaxing and fun cooking food can be. I have learned how to properly cut different foods with different knives. I have also learned how to properly read a recipe in the right order.

- Kim

Black Bean Quesadillas

(Makes about 4 servings)

Ingredients

1 15-ounce can black beans, rinsed
½ cup shredded pepper jack cheese
½ cup prepared fresh salsa, divided in half
(4) 8 inch whole wheat tortillas
2 tsp canola oil, divided
1 ripe avocado

Directions

Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortilla in half, pressing gently to flatten.

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add two quesadillas at a time and cook, turning once, until golden on both sides, 2-4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Per Serving

Protein: 13 g
Carbs: 46 g
Fats: 16 g
Calories: 377

Comments

Use sour cream and salsa. Pepper jack and jalapeno will be good.
Recipe was not difficult to make.



Fish Tacos with Cabbage-Carrot Slaw and Spicy Crema

(makes 4 servings, 2 tacos each)

Ingredients

½ C light sour cream
1 tsp adobo sauce from canned chipotle chilies
1 cup jicama, peeled and coarsely shredded
1 cup red cabbage, shredded
1 cup carrots, shredded
¼ cup cilantro leaves
Juice and zest of 1 lime
1 tbs plus 1 tsp olive oil, divided
¾ tsp salt, divided
¾ tsp black pepper, divided
1 ¼ lbs tilapia fillets
½ tsp chili powder
½ tsp paprika 1/2 tsp cumin
8 (6-inch) corn or flour tortillas, warmed slightly

Directions

Preheat broiler with rack 3 inches from heat. Crema: Combine sour cream and adobo sauce in a small bowl, whisking well; set aside and allow flavors to meld. Meanwhile, combine jicama, cabbage, carrots, cilantro leaves, lime juice and zest, 1 tbs olive oil, and ¼ tsp each of salt and black pepper in a medium bowl; toss well. Chill until ready to use.

Place the fish in a broiler pan; brush with remaining tsp of olive oil. Sprinkle with the chili powder, paprika, cumin, and remaining salt and pepper. Broil until the fish is cooked through and slightly charred around the edges (6-8 minutes). Remove fish from oven; flake with fork.

Heat tortillas. Place ¼ cup of slaw on each tortilla; top with ¼ cup cooked fish. Top each taco with about 1 tablespoon sauce. Serve with lime wedges.

Per Serving

Protein: 34 g
Carbs: 29 g
Fats: 25 g
Calories: 357

Comments

The colors were beautiful! The flavors were zesty, and it had great spice!

Soups



Kale and Bean Soup

Ingredients

1 15 oz. can cannellini beans, drained
1 onion, chopped
2 tbs olive oil
4 garlic cloves, chopped
4 cups chicken broth
2 qts water
2 tsp salt
½ tsp black pepper
1 lb kale

Directions

Cook onions in oil in an 8 qt. pot. Stir occasionally, until softened, 4-5 minutes. Add garlic and cook, stirring, 1 minute. Add beans, broth, 1 qt. water, salt, pepper. Bring to simmer.

While soup is simmering, stir in kale and remaining water. Simmer an additional 30 minutes.

Per Serving

Protein: 6.68 g
Carbs: 18.57 g
Fats: 5.38 g
Calories: 133

Comments

This was great! The broth was so well seasoned!

The first time cooking at the UNO Center, I was nervous and I didn't know what to do or where to find the materials I needed. At first, I struggled with asking for help, and I was nervous to work in a group. As we started going on field trips and started working in groups, I started to feel more confident about participation and asking questions if I was confused. At first, I doubted myself a lot, there were things I thought I couldn't do, but I proved myself wrong.

We got to learn about what types of things go on at farms and the things the farmers have to do to keep their crops healthy and make sure their food is growing properly. We learned that a lot of healthy food may not be cheap to buy. We also learned about which vegetables grow in different seasons.

- Aubrey

Roasted Butternut Squash Soup

Ingredients

4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed
2 tbs unsalted butter (1/4 stick)
1 medium Granny Smith apple (about 8 ounces), medium dice
1/2 medium yellow onion, medium dice
8 fresh sage leaves
2 1/2 cups low-sodium vegetable or chicken broth
2 1/2 cups water
1 1/2 tsp kosher salt, plus more as needed
1/4 tsp freshly ground black pepper, plus more as needed
1/3 cup heavy cream
1/2 cup toasted pumpkin seeds, for garnish (optional)

Directions

Heat the oven to 425°F; arrange rack in the middle. Line a baking sheet with aluminum foil. Place the squash pieces cut-side up on the baking sheet. Melt 1 tablespoon of the butter and coat tops and insides of the squash halves (alternatively, you can rub it on evenly with your fingers). Season generously with salt and pepper. Roast until knife tender, 50 minutes to 1 hour. When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle.

Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the diced apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes. Remove the pan from the heat and set aside.

Using a large spoon, scoop the cooled squash flesh into the saucepan with the sautéed apples and onions; discard the skins.

Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes. Remove the pan from the heat and stir in the cream.

Using a blender, purée the soup in batches until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off). Alternatively, use an immersion blender. Taste and season with salt and pepper as needed. Serve garnished with the pumpkin seeds, if using.

Per Serving

Protein: 7 g
Carbs: 30 g
Fats: 28 g
Calories: 350

Comments

The recipe calls for using a blender, but we chose to serve it chunky, and it was delicious!

Apple Squash Soup

Ingredients

1 acorn squash, halved and seeded
1 can (13.75 oz) low-sodium chicken broth, divided
½ cup butter
1 large onion
2 apples, peeled, cored, and sliced

Directions

Cut each squash half into 3 wedges. Arrange in the bottom of a large stockpot with the skin side facing up. Pour 1 cup of the chicken broth over the squash. Bring the broth to a boil, reduce heat to medium-low, place a cover on the stockpot, and cook until the squash is tender, 20 to 30 minutes. Set the squash aside to cool and reserve the liquid. Reserve remaining chicken broth for later.

Melt the butter in a large skillet over medium heat. Cook the onion in the melted butter until softened, about 5 minutes; add the apples and continue cooking and stirring until the apples are tender, 15 to 20 minutes.

Scoop the flesh of the cooled squash into the pitcher of a blender. Pour the reserved cooking liquid over the squash. Blend the squash until smooth. Add the onion and apple mixture and the remaining chicken broth; blend again until smooth.

Pour the blended soup back into the stockpot, and place over medium heat until warmed through.

Per Serving

Protein: 2.3 g
Carbs: 26 g
Fat: 23 g
Calories: 312

Comments

I wasn't sure about the apples, but they blended perfectly with the squash!

The project this trimester was to help out those with food insecurities, and understand how to work together as a group. I learned how to cook healthy food on a budget. We cooked a variety of different foods and tasted them. We went to three farms, and we went to the Berkshire Food Project.

- Tarrenz



Kale and Bean Ragu

Ingredients

2 tbs olive oil
1 onion, chopped
1 lb kale, stems removed and leaves coarsely chopped
1 – 14 oz can of diced tomatoes with green chili peppers
2 cloves garlic, minced
1-1/2 cups water
2 bay leaves
¼ tsp cumin
1 tsp onion powder
2 – 15 oz cans cannellini beans, drained and rinsed
1 tbs chopped fresh oregano
1 tsp chopped fresh basil
Salt and pepper to taste

Directions

Heat the olive oil in a large deep skillet over medium-high heat. Add the onions and kale. Cook and stir until the onions become transparent and the kale wilts and reduces in volume, 5 to 7 minutes.

Reduce the heat to medium. Stir the tomatoes and green chilies, garlic, water, bay leaves, cumin, and onion powder into the kale mixture. Simmer the vegetable mixture until the kale is soft, about 1 hour. Stir in the cannellini beans and continue simmering until beans are heated through, about 10 minutes. Stir in the oregano and basil. Add salt and pepper to taste.

Per Serving

Protein: 8 g
Carbs: 32 g
Fat: 6 g
Calories: 206

Comments

Reminds me of my dad's homemade soup – fun and delicious!



Salads



Strawberry Fields Salad

(6 servings)

Ingredients

¾ cup olive oil
¼ cup red wine vinegar
¼ cup honey
¼ cup white sugar
1 tbs Dijon mustard
salt and pepper to taste
1 pint strawberries, sliced
1 (8 ounces) bag of mixed baby greens (lettuce)
1 cup sweetened dried cranberries
1 small red onion, sliced thin
¼ cup crumbled feta cheese (optional)

Directions

Dressing: Whisk the olive oil, vinegar, honey, sugar, mustard, salt, and pepper together in a bowl.

Salad: Toss the strawberries, baby greens, cranberries, and onion together in a bowl. Top with feta cheese. Drizzle dressing over the salad to serve.

Per Serving

Protein: 2 g
Carbs: 44.7 g
Fat: 28.6 g
Calories: 425

Comments

Really bright and colorful – a great salad before dessert!

The things I cooked with my fellow classmates I never thought I could ever cook. I never thought they'd come out right, the way it looks in the picture. Putting this cookbook together was a great idea. This is a way for families that have low income to cook healthy meals using little money. The main goal was to use most of the food that they have in the food pantry to make the meals we did. Everything in this cookbook is fun to make and great to eat!!! I hope you all have a great time cooking!

- Alyah



Spinach Salad with Avocado Ranch Dressing

(makes 4 servings, about 1 ¾ cups each)

Ingredients

1 ripe avocado, halved and pitted
½ cup buttermilk
2 tbs fresh dill, chopped (or you could use 2 tsp of dried dill)
1 tbs white vinegar
½ tsp garlic powder
¼ tsp salt
¼ tsp black pepper, freshly ground
1 (5 to 6 oz) package baby spinach (about 8 cups)
1 medium red bell pepper, sliced
1 (15oz) can chickpeas, rinsed and drained

Directions

Scoop half an avocado into a blender. Add buttermilk, dill, vinegar, garlic powder, salt and pepper. Puree until smooth, about 10 minutes. For best results chill the dressing in the refrigerator for 24 hours.

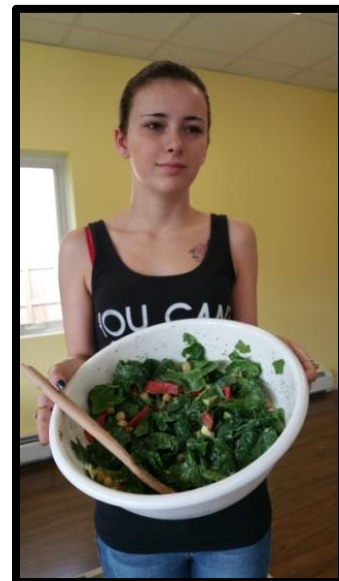
Cut the remaining avocado half into 1/2-inch chunks. Combine spinach, bell pepper and chickpeas in a large bowl. Add the dressing; toss to coat. Divide among 4 salad plates and top with the chopped avocado.

Per serving

Protein: 7 g
Carbs: 27 g
Fat: 9
Calories: 207

Comments:

It was dill-iscious! Great dressing – loved the chickpeas!



Confetti Slaw with Poppy Seed Dressing

Ingredients

2 tbs cider vinegar
1-1/2 tsp honey
1-1/2 tsp Dijon mustard
1-1/2 tsp chopped fresh dill
1 tsp poppy seeds
1 tsp olive oil
¼ tsp salt
¼ tsp pepper
1 cup thinly sliced green cabbage
1 cup thinly sliced red cabbage
½ cup pre-cut matchstick carrots

Directions

Combine first 8 ingredients (through pepper) in a bowl. Add cabbage and carrots; toss to coat.

Per Serving

Protein: 1 g
Carbs: 6 g
Fat: 2 g
Cals: 40

Comments

Really great purple color! Note – we added roasted squash seeds for a nice crunch!



Veggies



Roasted Rutabaga

Ingredients

1 large rutabaga, peeled and cubed
3 tbs olive oil
salt/pepper
1 tsp of apple cider vinegar
chopped parsley

Directions

Toss rutabaga with olive oil, salt, and pepper. Spread out on a baking sheet. Roast at 425 degrees until golden and soft, about 40 minutes. Toss with apple cider vinegar and chopped parsley.

Per Serving

Protein: 2 g
Carbs: 16 g
Fats: 10.5 g
Calories: 160

Comments

Perfect little bite sizes – tasted like fries!

Throughout this whole experience I've learned that even if you really can't afford the "best of the best" you can still make the best of what you've got, and it can still be the greatest dish you've ever eaten. An inexpensive meal can just mean that you put your heart and soul and the effort to make something that tastes like top iron chef quality! To me this was the best experience and opportunity to ever have, to be able to help those who are struggling. I know how it is, I'm in that rut with trying hard to make the best of a sloppy situation. But you just can't let it get to you. When life hands you cheap lemons, make a gourmet lemon meringue pie!

- Kimba



Buttermilk Mashed Potatoes

Ingredients

1 ½ lbs new potatoes (4 medium sized), peeled and cut into 1 inch chunks
Coarse salt and ground pepper
¼ to ½ cup buttermilk
2 tbs butter, cut into small pieces
Snipped chives for garnish (optional)

Directions

Place potatoes into a large saucepan; add enough water to cover by 2 inches. Bring to a boil; add 1 tablespoon of salt, and cook until potatoes are very tender when pierced with the tip of a paring knife, 20 to 25 minutes.

Drain; place in a large bowl. Mash with a potato masher, then add buttermilk and butter. Season with salt and pepper. Mash until smooth and combined. If desired, garnish with snipped chives.

Per Serving

Protein: 5 g
Carbs: 30 g
Fats: 2 g
Calories: 144

Comments

These potatoes came out surprisingly good! The smell of the warm butter with the potatoes was an intoxicating aroma. The taste of the small potato chunks were a great touch. Overall if I had some sour cream and some gravy I would've melted!



Cheesy Leftover Mashed Potato Waffles

Ingredients

2 tbs vegetable oil
¼ cup buttermilk
2 large eggs
2-1/2 cups leftover mashed potatoes
3 tbs chopped scallions
1 cup shredded cheddar cheese
½ cup all-purpose flour
½ tsp baking powder
¼ tsp baking soda
Sour cream, for serving

Directions

Preheat the waffle baker and grease it with cooking spray In large bowl, whisk together oil, buttermilk and eggs. Stir in the mashed potatoes, scallions and cheese until well combined In a separate small bowl, whisk together the flour, baking powder and baking soda. Fold the flour mixture into the potato mixture until it's well combined. Scoop 1/2 to 2/3 cup (depending on the size of your waffle baker) of the mixture into the prepared waffle baker, spreading it into an even layer. (The potato mixture will not spread or expand as much as a regular waffle, so it's important to spread it in an even layer.) Close the lid and let the waffle bake until golden brown and the egg is cooked throughout. Transfer the waffle to a serving plate then repeat the filling and baking process with the remaining potato mixture. Serve the potato waffles topped with sour cream and garnished with additional chopped scallions.

Per Serving

Protein: 7g
Carbs: 35 g
Fat: 6 g
Calories: 250

Comments

Perfect use of leftover mashed potatoes! Don't forget some chive at the end!

I learned quite a bit from this process. I now know how to cook potatoes properly, which I never knew before. I learned a lot about food insecurity, and what a shocking amount of people are food insecure in not only our town but the U.S. as a whole. I learned the long process the people that make our school lunch go through, and what rules they have to go by to put it together. We put our cookbook together to sort of do our part to help out the community, and do what we can to help people in need find ways to make cheap, yet healthy, meals to feed their families.

- Miranda

Stir-Fry Cabbage

Ingredients

2 tsp canola oil
1 small onion, sliced
1 clove garlic, minced
1 tsp minced ginger
1 head Napa cabbage, cleaned and sliced
2 tbs soy sauce
1 tbs rice vinegar
2 tsp toasted sesame oil

Directions

In a large sauté pan over medium-high heat, add the canola oil and heat. Add the onion, garlic and ginger and sauté, stirring, for 1 minute. Add the cabbage and cook until just starting to wilt, about 2 minutes. Add the soy sauce and rice vinegar and stir well and cook just until cabbage is wilted, about 3 minutes. Remove from heat and drizzle with the sesame oil.

Per Serving

Protein: 4 g
Carbs: 9 g
Fat: 5 g
Calories: 100

Comments

Great color! The vinegar gives it a sweet taste, which counter balances the onion.



Broccoli and Cheddar Cheese

4-6 servings

Ingredients

3 pounds broccoli, cut into florets, stems discarded
Kosher salt+ freshly ground black pepper
Cheddar cheese sauce (recipe follows)
2 tablespoons butter
2 tablespoons all-purpose flour
1 ½ cup whole milk
Kosher salt and freshly ground black pepper
1 cup grated sharp cheddar

Directions

Fill a medium saucepan with 1 inch of water and place a steamer inside. Bring the water to a boil, place the broccoli in the steamer, reduce the heat to a medium, cover and steam until tender and bright green, about 5 minutes. Transfer the broccoli to a bowl and sprinkle lightly with salt and pepper. Top the broccoli with cheddar cheese sauce, or serve it on the side.

Cheddar cheese sauce:

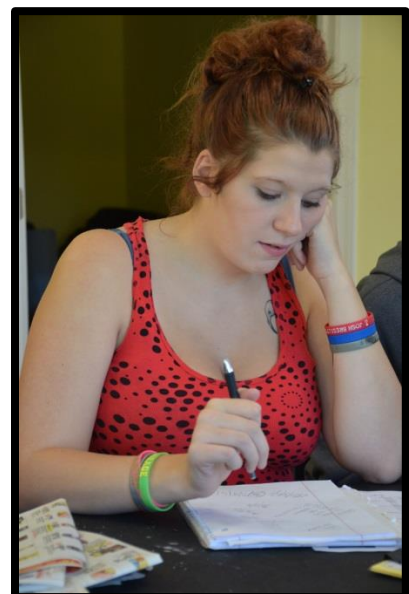
Melt in a medium saucepan over medium heat until foamy. Spoon the flour over the butter and cook, while stirring, until the flour becomes pasty. Pour in the milk while whisking and season with salt and pepper. Bring to a boil, reduce the heat to a medium simmer and cook for 5-8 minutes. Slowly add the cheese by handfuls and stir with a wooden spoon until melted and smooth.

Per Serving

Protein: 17 g
Carbs: 29 g
Fat: 20 g
Calories: 233

Comments

The cheesy broccoli smells divine! Looks like a restaurant quality dish – and there's nothing wrong with melted cheese!



Brussels Sprouts Gratin

Ingredients

2 tbs unsalted butter, cut into pieces
Kosher salt
1 lb Brussels sprouts, outer leaves and stems removed
Pinch of red pepper flakes
Freshly ground pepper
½ cup heavy cream
½ cup grated white cheddar cheese
½ cup breadcrumbs

Directions

Preheat the oven to 400 degrees. Butter a 2-quart baking dish.

Bring a large pot of salted water to a boil. Add the Brussels sprouts and cook until tender, 8 to 10 minutes. Drain the Brussels sprouts and coarsely chop. Transfer to the prepared baking dish and toss with red pepper flakes, salt and pepper to taste, then spread out evenly. Pour the cream on top, sprinkle with the cheese and breadcrumbs and dot with butter pieces.

Bake until bubbly and golden brown, about 15 minutes.

Per Serving

Protein: 8 g
Carbs: 21 g
Fats: 32 g
Calories: 286

Comments

Smells amazingly delicious! The cheese was melted perfectly and the breadcrumbs couldn't have been crunchier! This tastes and reminds me of my grandma's cooking!



Sweet Sides



Orange Glazed Carrots

(makes 4 servings)

Ingredients

1 lb carrots
1 cup orange juice
1 tbs butter
salt/pepper

Directions

Peel carrots. Cut into 1-inch chunks.

Combine carrots and orange juice in sauce pan. Add enough water to cover carrots. Bring to a boil, then reduce to a simmer. Cook until tender, about 20 minutes

Drain carrots. Add butter, salt and pepper (to taste). Serve when butter melts.

Per Serving

Protein: 2 g
Carbs: 17 g
Fats: 3 g
Calories: 100

Comments

I like the texture. I wish I had more- they were decadent and delicious.

This trimester we spent most of the time focused on food insecurity and being able to cook healthy food on a limited budget. When we found out that more people use the food pantry than we expected, we started putting together a cookbook that had food that was inexpensive and healthy for you. Every other Thursday we would gather up our food, head down to UNO, break up into our groups, and start cooking. I think this was a very useful trimester for those who didn't know how to cook. It taught me to read the whole recipe before you start, and it also helped me learn how to work in a group productively. I feel this trimester prepared me for when school is over and I have to cook for myself. I feel confident about it.

- Charles



Stuffed Sweet Potatoes with Pecan and Marshmallow Streusel

(Makes about 12 servings)

Ingredients

12 large sweet potatoes
¾ cup (1-1/2 sticks) unsalted butter, at room temperature
¾ cup light brown sugar
¾ cup all-purpose flour
¼ tsp ground cinnamon
¼ tsp salt
1 cup toasted pecan pieces
1 cup miniature marshmallows

Directions

Preheat oven to 400 degrees F. Wash sweet potatoes, scrubbing them well to remove any dirt. With a fork, prick the sweet potatoes in a couple of spots and place them on a sheet pan. Bake for about 45 minutes, or until a knife inserted in the center goes in easily.

In a large bowl, mix the butter, brown sugar, and flour together until it's crumbly-looking. Add the cinnamon, salt, pecans, and marshmallows; fold the streusel topping together to combine.

Slice the sweet potatoes lengthwise down the center and push the ends towards the middle so it opens up. Stuff the sweet potatoes generously with the streusel topping and return to the oven. Bake for another 20 minutes, or until the topping is bubbly and brown.

Per Serving

Protein: 25 g
Carbs: 181 g
Fats: 84 g
Calories: 1417

Comments

Never tried sweet potato streusel – found out I love it! The melted marshmallow was a party in my mouth!

Rice/Beans/Pasta



Three Bean Salad

Ingredients

1 (15oz) can of cannellini beans, rinsed and drained
1 (15oz) can of kidney beans, rinsed and drained
1 (15oz) can of garbanzo beans, rinsed and drained
½ red onion, finely chopped
2 celery stalks, finely chopped
1 cup fresh parsley, finely chopped
1 TBS fresh rosemary, finely chopped
⅓ cup apple cider vinegar
¼ cup granulated sugar (more or less to taste)
¼ cup olive oil
1 ½ tsp salt
¼ tsp black pepper

Directions

In a large bowl, mix the 3 different types of beans with the celery, onion, parsley, and rosemary.

In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat. Chill the beans in the refrigerator for about two to three hours, to allow the beans to soak up the flavor of the dressing.

Per Serving

Protein: 6 grams
Carbs: 36 grams
Fat: 0 grams
Calories: 160

Comments:

The dressing was on point. Reminds me of cooking with my dad.



Cold Tortellini Salad

Ingredients

1 package (9 ounces) refrigerated cheese-filled tortellini
1 package (9 ounces) refrigerated chicken-filled tortellini
4 cups shredded leaf lettuce
3 tbs chopped fresh basil leaves or 1 teaspoon dried basil leaves
2 medium tomatoes, chopped (1 1/2 cups)
½ tsp pepper
3 tbs olive or vegetable oil
2 tbs cider vinegar
1 tbs Dijon mustard

Directions

Cook and drain tortellinis as directed on packages. Set aside to cool.

Mix lettuce, basil, tomatoes, and pepper in medium bowl. Stir in tortellinis.

Mix oil, vinegar and mustard; toss with tortellini mixture. Cover and refrigerate about 1 hour or until chilled.

Per Serving

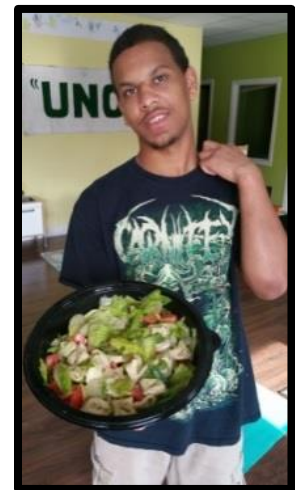
Protein: 8.21 g
Carbs: 27.76 g
Fats: 4.38 g
Calories: 180

Comments

The pasta combines beautifully with the green salad and dressing!

The Uno Center I think is a great place to be at. I enjoy working with each and every one of you there. It's so peaceful and fun. Cooking makes my day, but what I loved about cooking was that we somehow, some way manage to work in great groups. Everyone creates unique and extravagant dishes that are out of this world. All the fun field trips I think connect with all of this because we're learning about healthy food products. Cooking is a really great experience.

- Bri



Mexican Rice

(8 servings)

Ingredients

2 tbs oil
1 cup uncooked rice
5 cloves garlic
1 small onion
½ cup water
½ tsp salt
1 cup boiling water or broth
2 medium green peppers, cut in strips
1 cup canned or frozen corn
8oz. sour cream
sharp cheeses, shredded, to cover

Directions

In large heavy fry pan, heat oil. Add uncooked rice. Fry 1-2 minutes, stirring gently. Add onion, garlic, water and salt. Cook, stirring constantly, until water is absorbed.

Add 1 cup boiling water or broth, green peppers, corn. Cover and simmer about 20 minutes without stirring, until liquid is absorbed. Remove from heat.

Spread cream cheese and sharp cheese over the top, to cover. Cover and let stand for 5-10 minutes, until cheese melts.

Per Serving

Protein: 4.55 g
Carbs: 14.52 g
Fat: 19.04 g
Calories: 244

Comments

Our suggestion? Feel free to use more sour cream than called for!

The trimester had a lot to do with food and cooking. I learned several things on the way of the cooking journey. We went to different places, such as Berkshire Food Project. We cooked for 70+ people. I learned you don't need a lot of ingredients to cook a big meal. I learned how to work with a group or team of people to help. It really feels good knowing we served these people that were maybe struggling to get their daily meals. Not only that, but I wasn't too good a cook before this trimester started, and I'm thankful that I learned a lot on cooking on the journey.

- Alex

American Style Red Beans and Rice

(Makes about 4 servings)

Ingredients

1 tablespoon olive oil
1 (15 ounce) can kidney beans
1 1/2 cups tomato sauce
4 1/2 cups water, divided
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1 pinch dried thyme
salt and pepper to taste
5 teaspoons adobo seasoning, divided
2 cups uncooked white rice

Directions

In a large saucepan combine olive oil, kidney beans, tomato sauce, 1/2 cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat.

Meanwhile, bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes, or until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

Per Serving

Protein: 17.7g
Carbs: 101.1 g
Fat - 1.5 g
Calories: 511

Comments

Great color, good taste! We added cilantro as a yummy garnish!



Macaroni and Cheese with Bacon

Ingredients

2 boxes uncooked elbow macaroni
2 cups milk
3 tbs butter
2 cups shredded sharp cheddar cheese, divided
3 slices bacon, cooked and crumbled

Directions

Heat oven to 350 degrees

Cook macaroni as directed on box; drain.

Meanwhile, melt butter in large saucepan on low heat. Stir in flour; cook 2 minutes or until bubbly. Gradually stir in milk; cook on medium heat until mixture comes to boil, stirring constantly. Simmer on low heat, 3 to 5 minutes or until thickened. Add 1 ½ cups cheese; cook and stir for 5 minutes or until melted.

Add the sauce with bacon; mix lightly. Spoon into 1 ½ quart casserole dish; top with remaining cheese. Bake for 20 minutes or until heated thoroughly.

Per Serving

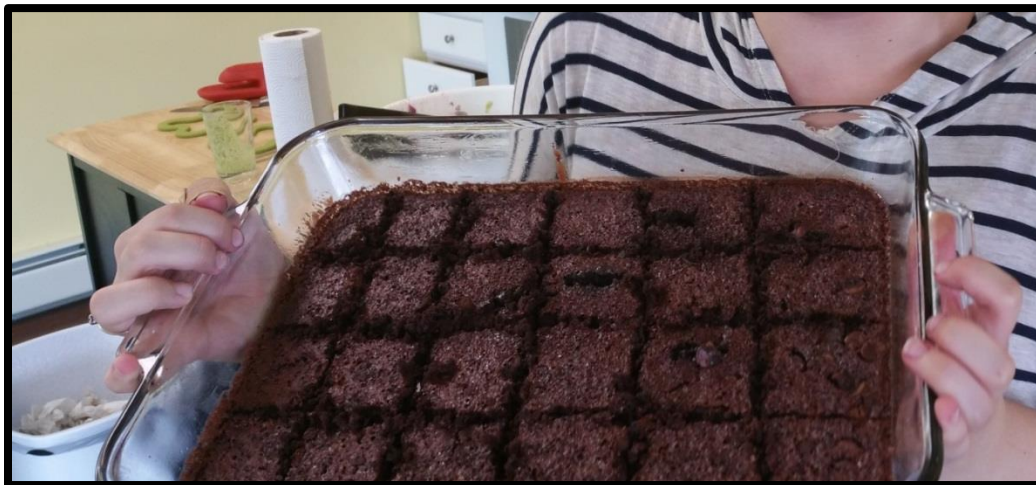
Protein: 16.5 g
Carbs: 30 g
Fats: 21.8 g
Calories: 385

Comments

You can smell the sharp cheddar, and it just makes you want to melt. And just the taste of the bacon with cheddar cheese makes your taste buds scream with joy!



Treats



Kale and Mango Smoothie

(Makes about 1 serving)

Ingredients

1 cup cubed frozen mango
1 cup packed kale leaves, stems
Or collard green leaves, stems trimmed
½ cup plain yogurt or kefir
1/3 cup vanilla protein powder
4 ice cubes
2 tbs chopped pistachio, peanuts

Directions

Place all the ingredients in the blender along with 1/4 to 1/2 cup cold water. Blend everything until smooth. Serve immediately.

Per Serving

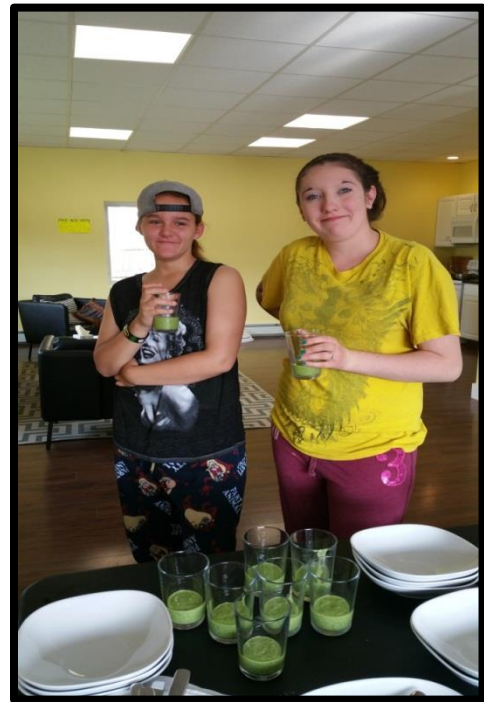
Protein: 12g
Carbs: 4mg
Fats: 7g
Calories 296

Comments

The color was lovely, and the taste was fresh and interesting!

I learned (and I know we learn this at a young age) how to share. We share our recipes, we share our thoughts, we share our tastes and we share our own skills. We as a group teach each other new things every day and I think that's the main reason as to why our teachers assigned this as a first term project. I learned how to calculate nutrition facts accurately, how to farm (EX: the farms we visited in the beginning of the year), I learned about respect and how to listen, I also learned a great deal of math during this time (measurements, cups, etc.).

- Mariah



Dark Chocolate Beet Brownies

(makes about 16 brownies)

Ingredients

2 large beets, peeled
3 large eggs
2/3 cup brown sugar
2/3 cup sugar
1/2 cup oil
2 tsp vanilla extract
1 1/4 cup cocoa powder
3/4 cup all-purpose flour
1 tsp baking powder
1/2 tsp kosher or sea salt
1 cup chocolate chips, at least 60% Cocoa

Directions

In a medium saucepan, cover the beets with water. Bring the water to a boil. Reduce heat to medium; simmer the beets until soft enough to cut in half, about 25 minutes. Drain the beets and puree them. Set puree aside to cool.

Preheat oven to 350 degrees.

In a large bowl, whisk together eggs, oil, and sugar. Add the vanilla extract and beet puree; and whisk to fully combine. Mix the flour, cocoa powder, baking powder and salt into the wet ingredients. Stir in the chocolate chips.

Pour batter into a 9x13 inch baking pan sprayed with cooking spray or lined with foil or parchment. Bake for 25-30 minutes, or until a toothpick inserted into the center of the brownies comes out clean. Cool the brownies completely before cutting.

Per Serving

Protein: 5.4 g
Carbs: 26.7 g
Fats: 8.7 g
Calories: 198.2

Comments

Chocolate is a happy treat! You can't really taste the beets, but you do know they're in there. They add a nice texture, like a chocolate chip!



Thank You!

The **E3 COOKS! Recipes and Reflections** cookbook would not have been possible without help from the following community partners:

- **Annie Rodgers and Shirley Davis, UNO Community Center** – Thank you for letting E3 use the kitchen at the UNO Center to cook and test our healthy recipes. We are also grateful that you accommodated us for our final cooking session for our families, followed by a drum session with Otha Day!
- **Molly Sauvain, The Food Bank of Western Massachusetts** – Thank you for coming and talking with us about food insecurity, and what we can do to help people in need.
- **Rich Davis and the Friendship Center** – Thank you for not only showing us the varieties of foods that are handed out, but also for showing us how and what we can do to help people figure out what to make with the food that is given to them.
- **Jen Munoz, Growing Healthy Gardens Program** – Thank you for helping us understand food insecurity, and for giving us some vegetables out of the Drury Garden to use for cooking our recipes. Thanks also for the garlic, which we planted in our own garden! We are excited for the next harvest!
- **Corbett Nicholas, Food Services Director, North Adams Public Schools** – Thank you for visiting E3 to talk to us about how Drury prepares lunches for its students, and for educating us about the nutrition requirements for school lunches.
- **Valerie Schwarz, Berkshire Food Project** – Thank you for talking with us and giving us an opportunity to prepare and serve a delicious meal.
- Thanks also to **Kim Wells, East Mountain Farm; Don Zasada, Caretaker Farm; Topher Sabot, Cricket Creek Farm; and Shannon Toye, Forager** for teaching us about how foods are grown, maintained, and harvested locally.
- **Anne French, Service-Learning Coordinator, North Adams Public Schools** – Thank you for your assistance in securing funding to make this project come to life!

About the Authors

The E3 Academy is a program of Drury High School with a unique approach to education, blending service-learning and competency-based education. Our students participate in projects that provide opportunities not only to help their community but also to acquire and practice the academic skills needed to earn a high school diploma. These ten students worked throughout the fall trimester testing recipes to create this cookbook for The Friendship Center. They are: (back row, left to right) Alex Heck, Alyah Hartman, Mariah Arnold, Brianna Crosby, Tarrenz LeClair, (front row, left to right) Charles Talis, Miranda Gagne, Kim Loring, Aubrey O'Dell and Kim Brames. The students were helped along the way by Humanities teacher Cathleen King, STEM teacher Jesse Egan Poirier and School Adjustment Counselor Abby Reifsnyder.



About the Friendship Center

The Friendship Center Food Pantry is a program of the Northern Berkshire Interfaith Action Initiative Inc. Located at 45 Eagle St., in North Adams. The Friendship Center serves families in need in North Adams, Clarksburg and Florida and is open every Wednesday from 11 to 2 and 4 to 6. In November 2015 it served an average of 172 households per week.

Open since 2011, the program has evolved into a true “Friendship Center.” A few years ago, to avoid long lines outside of the food pantry in all kinds of weather, the organization started using the Eagle Street room at the First Baptist Church of North Adams for a sign-in and waiting area. After their turn to sign in, pantry members proceed down the street to pick up their food at 45 Eagle St. This process provides the opportunity to bring in more services for them, including a nurse and representatives of numerous local social services organizations.



Originally Printed by Beck's Printing Company, North Adams, MA 2015
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