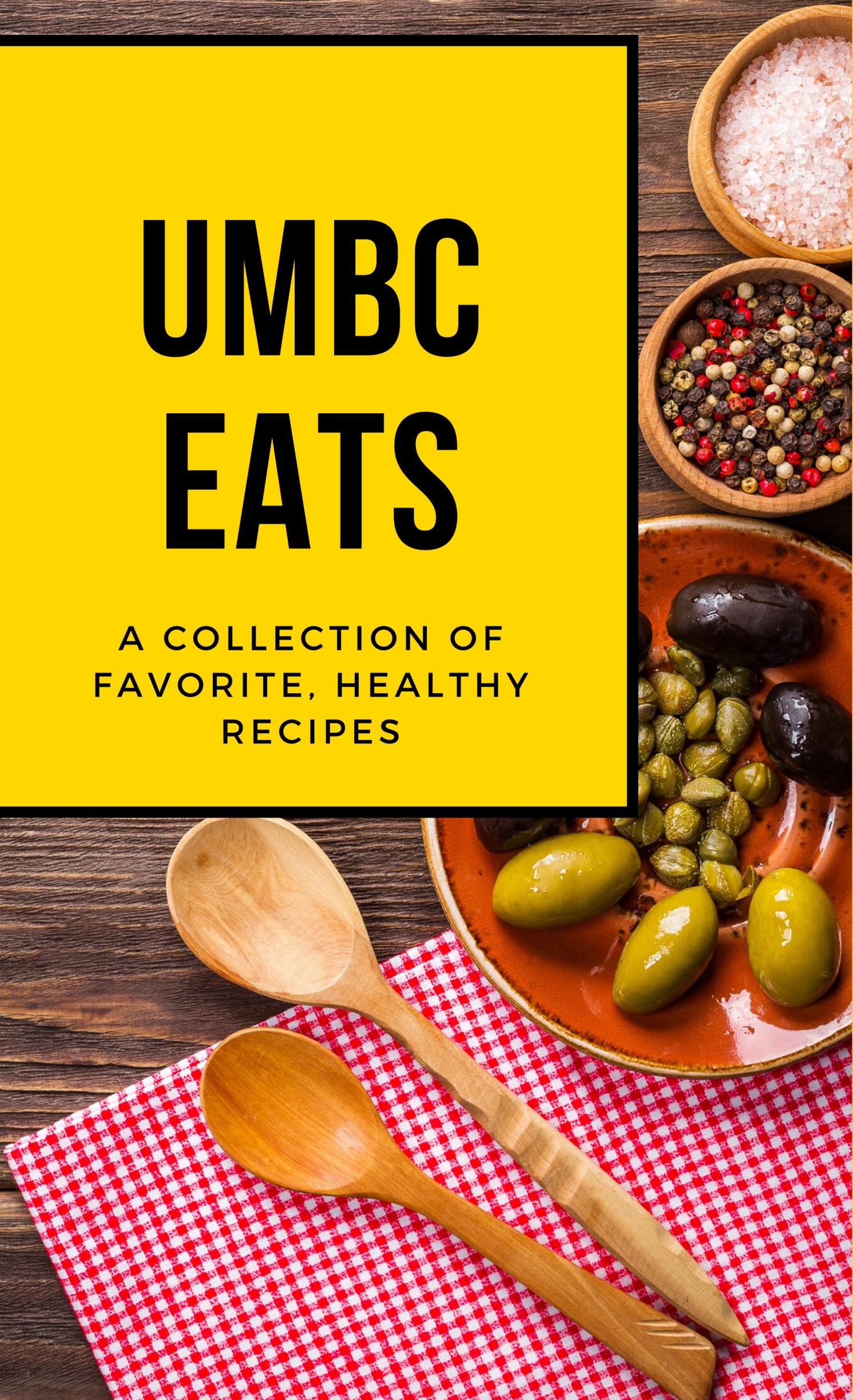


# UMBC EATS

A COLLECTION OF  
FAVORITE, HEALTHY  
RECIPES



"Welcome to the first edition of UMBC Eats, our wellness-inspired cookbook! We are excited to be launching this faculty/staff community cookbook in the hopes that it will inspire us to make healthier choices every day. With the start of 2020, we invite you to recommit to healthier eating. You can start small by observing what you eat, how much you eat, and how you feel as a result. Our hope is that this awareness will help us choose foods that deeply nourish and sustain us for the days, months, and years to come. Allow yourself to be inspired by the following recipes, many of which showcase the various cultures and family traditions of our wonderfully diverse community."

*Freeman A. Hrabowski*

# MOM'S ZUCCHINI BREAD

## INGREDIENTS

3 cups all-purpose flour  
1 tsp. salt  
1 tsp. baking soda  
1 tsp. baking powder  
1 tbsp. ground cinnamon  
2¼ cups grated zucchini  
1 cup chopped walnuts

3 eggs  
1 cup unsweetened  
applesauce  
½ cup white sugar  
1 cup brown sugar  
3 tsp. vanilla extract



## INSTRUCTIONS

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C). Sift flour, salt, baking powder, soda, and cinnamon together in a bowl. Beat eggs, applesauce, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

Submitted by Zahira Meyers

# TOPSIDE GRANOLA

## INGREDIENTS

### Dry Ingredients:

9 cups old fashioned  
oats

1 cup shredded  
coconut

1 cup sunflower kernels

3 cup chopped nuts  
(pecans, almonds, &  
walnuts)

### Wet Ingredients:

1½ cups canola oil  
(or ½ cup applesauce  
and ¾ cup canola oil to  
reduce fat)

1½ cups honey

½ cup molasses

2 Tbsp. vanilla extract



### Toppings:

1 cup dried  
cranberries

1 cup raisins

½ cup dried cherries

## INSTRUCTIONS

Preheat oven to 325 degrees. Mix dry ingredients in a large bowl. In a microwavable container mix wet ingredients. Cook in microwave on high until hot but not boiling (5-7 minutes), and stir. Pour over dry mixture and stir well, coating all of the dry with wet ingredients. Pour mix into 2 large sheet pans (sprayed lightly with oil) and spread evenly. Place pans into preheated oven for 15 min. Remove pans from oven and stir well. Repeat 3 more times for a total of 4 baking sessions. The last two sessions may need to be shorter to avoid burning. It should be dark & golden brown. Cool on the pan, stirring periodically to avoid big lumps. Stir in toppings. Can be stored in airtight container in the refrigerator or frozen.

“ Shared with me from an amazing BnB in Boothbay Harbor, Maine ”

Submitted by Gary Wohlstetter

# SWEET POTATO NACHOS



## INGREDIENTS

- 3 large sweet potatoes, washed and sliced into ¼ inch rounds
- 1 tbsp. olive oil
- Salt and pepper to taste
- ½ cups shredded Cheddar cheese
- 1 cup black beans, drained and rinsed
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 1 large avocado, diced
- Sour cream or Greek yogurt

## INSTRUCTIONS

Preheat oven to 400°F. Place the sweet potato rounds on a large baking sheet. Toss the sweet potatoes in olive oil and season with salt and pepper. Bake for 20 minutes. Use a spatula to flip the sweet potato rounds. Bake for an additional 10 min. or until sweet potatoes are crisp. Remove the pan from the oven and sprinkle cheese and black beans over the sweet potatoes. Bake until cheese is melted, about 5-7 min. Remove pan from oven and top with green onions, cilantro, avocado, and sour cream or Greek yogurt. Serve immediately.



*“Healthy twist on a yummy favorite! My sister and I make these all the time.”*

Submitted by Kristen Coffey

# ARTICHOKE AND ONION APPETIZER

## INGREDIENTS

- 1 can artichoke hearts (drained and chopped)
- 1 medium onion (chopped)
- 2 cloves garlic (minced)
- 4 eggs
- 1 cup shredded cheese (cheddar or hot pepper)
- ½ cup bread crumbs
- 2 tbsp. parsley
- 2 tbsp. basil
- 1 tbsp. oregano
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. cayenne pepper (optional)

## INSTRUCTIONS

Add artichoke, onion, and garlic in pan and cook with a little olive oil until onion is cooked. Blend eggs, cheese, bread crumbs, and spices in a mixing bowl. Combine all ingredients and place mixture in an 8x8 greased pan and cook at 350°F for 30 minutes. Cut into 2-inch squares. Enjoy!

# SPINACH BAGELS

## INGREDIENTS

2 packs of frozen spinach  
1 container grated Parmesan cheese  
Granulated garlic  
A dash of salt  
1 tbsp. of olive oil or butter  
5 whole bagels  
(sliced in halves)  
10 pieces of provolone cheese



## INSTRUCTIONS

On stovetop, add spinach, olive oil or butter, salt, granulated garlic (to taste), and grated parmesan cheese until spinach is a creamy mixture. Place 10 bagel halves on a cookie sheet. Place cookie sheet in the oven until bagel has a light crust (Don't cook all the way). Take bagels out of the oven and put 2 tbsp. of spinach mixture on each bagel. Top each spinach bagel half with 1 slice of provolone cheese. Place in the oven until cheese bubbles and gets a little brown. Take out and cool. Enjoy!

“ A friend of mine used to buy this spinach bagel from a Jewish bakery in Pikesville, MD. When I ate one, I said, “I can make this.” When I make them, my family goes crazy. You can serve as an entree or just a nice snack after a cold football game. ”

Submitted by Justine Johnson

# HOMEMADE HUMMUS

## INGREDIENTS

1 15.5 oz. can chickpeas

¼ cup fresh lemon juice

¼ cup tahini

1 small garlic clove

2 tbsp. olive oil

½ tsp. ground cumin

½ tsp. salt

Paprika to taste

## INSTRUCTIONS

In a food processor, combine tahini and lemon juice and process for 1 minute. Scrape sides and process for 30 seconds more. Add olive oil, garlic, cumin, salt and paprika and process until well-blended. Drain the chickpeas, reserving some of the liquid from the can. Add half the chickpeas to the food processor and process for 1 minute. Scrape sides and add remaining chickpeas. Process until smooth, 1-2 minutes more. If the mixture is too thick, add reserved chickpea liquid and process until it reaches a creamy consistency. Taste and add additional lemon juice, olive oil, cumin, salt, or paprika to your liking.

*“Hummus has been my go-to snack for years, and after perfecting this homemade recipe, I can't go back to store-bought!”*

Submitted by Laura Taylor

# COCOA ENERGY BARS



## INGREDIENTS

- 18-20 medjool dates, pitted
- 2 cups cashews or walnuts
- $\frac{3}{4}$  cup unsweetened cocoa powder
- $\frac{1}{2}$  cup natural almonds
- Pinch sea salt
- $\frac{1}{2}$  cup unsweetened shredded coconut
- 2 tbsp. vanilla extract
- 3 tbsp. cold water

## INSTRUCTIONS

Place dates, cashews/walnuts, cocoa powder, almonds and sea salt in a food processor. Pulse until coarsely chopped. Add coconut and extract; pulse again adding water a little at a time until mixture makes a moist but not sticky dough. Press firmly into a 9-inch square baking dish. Chill for 1 hour before serving. Precut and store in freezer. Can be enjoyed right out of the freezer.

“ I love brownies but am trying to limit refined sugars. These cocoa energy bars taste like brownies but are actually healthy! ”

Submitted by Romy Hübler

# TURMERIC COCONUT CHICKEN SOUP WITH YOGURT & HERBS

## INGREDIENTS

### **Crispy Chickpeas:**

1 (15 oz) can chickpeas,  
rinsed and drained

2 tbsp. olive oil

1 tsp. harissa powder

½ tsp. kosher salt

¼ tsp. granulated garlic

¼ tsp. ground cardamom

### **Toppings:**

Greek yogurt

Parsley leaves

Fresh dill leaves

Sliced green onions

Lime juice

### **Soup:**

Olive oil

1 onion, diced

Kosher salt

2 garlic cloves, minced

1 tsp minced ginger

1 lb. carrots, peeled and sliced to  
⅛ inch slices

1½ tsp. ground turmeric

1 tsp. harissa powder

¼ tsp. ground cardamom

1 can full-fat coconut milk

1 quart chicken stock

1 lb. cooked, shredded chicken

2 tbsp. lime juice



Submitted by Beth Holt

# TURMERIC COCONUT CHICKEN SOUP WITH YOGURT & HERBS



## INSTRUCTIONS

### **Crispy Chickpeas:**

Preheat the oven to 425°F. Spread the drained chickpeas out onto paper towels and pat completely dry. Toss the chickpeas in a small bowl with the olive oil and spices. Spread them out onto a sheet pan in one, even layer. Roast for 25 minutes until crispy. Let cool before consolidating.

### **Soup:**

Heat a large, heavy-bottom pot (or Dutch oven) over medium heat. Add enough olive oil to coat the bottom of the pot. Once the oil is hot, add the onions and a good pinch of salt. Sauté for about 6 minutes, stirring often, or until tender and slightly caramelized. Stir in the garlic and ginger. Cook for another minute. Add the carrots. Cook for 2–3 minutes. Lastly, stir in the turmeric, harissa powder, and cardamom. Pour in coconut milk and chicken stock. Whisk until smooth. Bring liquid to a simmer over medium heat. Reduce the heat to medium-low and let the soup simmer for about 15 minutes, stirring often. Stir in the shredded chicken. Lastly, stir in the lime juice. Season with more salt as needed. Ladle soup into bowls and garnish with a dollop of Greek yogurt, parsley, dill leaves, green onions, the crispy chickpeas, and lime juice.

# ITALIAN-STYLE EGG DROP SOUP

## INGREDIENTS

6 cups vegetable or poultry broth

1 tsp. Italian seasoning

¼ tsp. garlic powder

4 eggs

¼ cup shredded Parmesan cheese

2 cups spinach or similar green, sliced into thin strips

Salt and pepper to taste

## INSTRUCTIONS

Heat broth in a deep pan with herbs and garlic on medium heat until near boiling. While the broth is heating, slice the fresh spinach leaves and reserve. Scramble eggs in a container with a spout, then stir the Parmesan into the scrambled eggs. When broth is about to boil, slightly reduce the heat, and slowly pour the egg-and-cheese mixture (as a thin, lumpy stream of liquid) into the hot broth, which will quickly poach the "dropped eggs". After the eggs have been added, fold in the spinach strips until they wilt for 1-2 minutes. Remove the pan from the heat, adjust the salt and pepper seasoning to taste, and serve immediately. .

*We enjoy this soup as a light day-after-a-celebration  
light meal accompaniment often the broth is  
simmered into being with what is leftover or as  
excess vegetables from The Big Meal. It's very  
versatile*

Submitted by Stephanie Lazarus

# RED LENTIL SOUP

*Gluten-Free*

## INGREDIENTS

1 Onion

2 Carrots

2 Celery

Garlic

Lentils (I prefer red ones)

2 cartons Veggie Broth

Olive Oil

Chicken Andouille Sausage  
(or veggie sausage)

Spices (Paprika, Cumin,  
Coriander, Italian Seasoning  
and Red Pepper Flakes - Try  
Todd's Dirt blend)

### **Garnish:**

Lemon

Cheese (feta or goat)

Herbs



## INSTRUCTIONS

Rinse Lentils. Chop onions, carrot, celery and garlic. If using, slice sausage into thin rounds. Drizzle 1-2 Tablespoons of olive oil in soup pot. Saute chopped veggies and sausage and seasoning. Saute until veggies are soft and sausage is browned. Pour in lentils and add any additional seasoning. Cook about 30 seconds. Pour in Veggie broth and bring to a boil. Once boiling cover and reduce to a simmer until lentils are soft (about 30 min). For smoother texture: Pour mixture into blender until desired texture is achieved. Garnish with lemon, feta or goat cheese, leftover sausage pieces, fresh herbs, etc.

*“I am not a vegetarian or gluten free and generally prefer meat and pasta in everything... this soup (when sausage is excluded) is one of the only meals I crave that is both veggie and gluten-free!”*

Submitted by Eloise Grose

# JILL'S IMPROVISED PAN-ASIAN SALAD



## INGREDIENTS

- 1 pomegranate
- 2 large bunches of watercress
- 1 large, firm daikon radish
- 2 tbsp. sesame seeds

## Dressing:

- 1 part Marukan Rice Vinegar
- 3 parts Kadoya Sesame oil

## INSTRUCTIONS

Toast the sesame seeds in a nonstick skillet over low heat until their aroma is released. Meanwhile, wash the watercress and dry thoroughly - leave the stems intact as they are nutrient dense. Place the pomegranate in the sink and cut it in half (make sure to wear a smock to keep your clothes safe from the juice that spatters upwards!) With your hands, break open each half and remove the firm berries (discard any dark, mushy ones) and conserve them in a bowl. Peel the daikon radish, slice in ½ inch rounds and then quarter. Add the watercress to a salad bowl and top with pomegranate seeds, daikon radish, and toasted sesame seeds. For the dressing, experiment with the ratio of oil to vinegar to taste.

*“Adventure club... Add some store bought seaweed on top for an extra punch! Shazam!”*

Submitted by Jill Wardell

# ASIAN SALAD

## INGREDIENTS

1 head of lettuce, chopped  
1 can mandarin oranges rinsed  
sliced chicken  
toasted almonds  
1 can water chestnuts rinsed  
1 can chow mein noodles

## INSTRUCTIONS

Mix all ingredients together and serve. This is also a super easy meal to have if you have unexpected guests. Use your favorite salad dressing.

“ *Super easy, versatile and nutritious. Can be modified for most diets.* ”

# SALAD NICOISE

## INGREDIENTS

1 can tuna fish, drained  
1 head Lettuce  
Steamed asparagus  
Steamed baby potatoes  
Hard boiled eggs, sliced  
Lemon, cut in wedges

## INSTRUCTIONS

Refrigerate to cool all ingredients. Wash and cut the lettuce and place on a serving plate. Spoon tuna in the center and surround with alternating asparagus, baby potatoes and sliced hard boiled eggs. Cover and refrigerate until ready to serve. Garnish with lemon wedges if desired.

“ *A quick and easy dinner that is good for unexpected guests.* ”

Submitted by Julie Rosenthal

# QUICK QUINOA SALAD

## INGREDIENTS

1 head romaine lettuce

Quinoa

Cherry tomatoes, halved

1 Avocado, sliced

Hard boiled eggs

## INSTRUCTIONS

Wash and cut the romaine lettuce and put in a bowl. Add cooked quinoa (amount can be adjusted). Add cherry tomatoes, sliced avocado, and eggs. Adjust ingredient portions to your liking.

*“Quick and easy dinner that is nutritious. This is my “throw together” dinner. Just add the amounts of each ingredient that you'd like. You can add salt and/or pepper or use your favorite salad dressing.”*

Submitted by Julie Rosenthal

# BROCCOLI-CAULIFLOWER SALAD

## INGREDIENTS

1 head of broccoli

1 head of cauliflower

1 (16 oz.) can black beans

1 (16 oz.) can of garbanzo beans

½ a red onion

1 cup (or less) Italian dressing

Salt & Pepper to taste

## INSTRUCTIONS

Cut florets off heads of broccoli and cauliflower (If desired: Chop stems too). Open, drain, and rinse both black and garbanzo beans. Chop red onion and place all ingredients in bowl. Dress with Italian Dressing. Season with salt and pepper to taste

*“This recipe is better when you let it sit in the refrigerator for a couple hours!”*

Submitted by Katie Hodge

# MARINATED TOMATO VEGETABLE SALAD

## INGREDIENTS

½ of 9 oz. pkg. frozen cut green beans  
or 8 oz. can cut green beans  
2 medium tomatoes cut into wedges  
1 small thinly sliced onion  
1 medium sliced zucchini  
3 tbsp. snipped parsley

### **Dressing:**

⅓ cup vinegar  
2 tbsp. Rosé wine  
1 tbsp. salad oil  
2 tsp. sugar  
¼ tsp. salt  
¼ tsp. dried basil

## INSTRUCTIONS

Cook frozen green beans according to pkg.; drain (or drain canned green beans). Mix and pour dressing over vegetables and refrigerate several hours or overnight, stirring occasionally. Drain to serve. Makes 6 servings.

“ My late friend and colleague, Teresa Lupinek ”  
gave me this recipe.

# BROCCOLI SALAD

## INGREDIENTS

1 cup mayo  
½ cup sugar  
3-4 tbsp. apple cider vinegar  
4 bunches chopped broccoli  
4 scallions, chopped  
¾ cup crushed pecans  
10 slices crispy bacon, chopped  
⅓ cup raisins

## INSTRUCTIONS

Combine 1 cup mayo, ½ cup sugar & 3-4 tbsp. apple cider vinegar. Pour over remaining ingredients and mix.

“ One of my mother-in-law's favorite ”  
recipes to take to outings.

Submitted by Dawn Stoute

# GOLABKI

(POLISH STUFFED CABBAGE)

## INGREDIENTS

1 whole head cabbage  
1 large onion, chopped  
2 tbsp. butter  
1 lb. ground beef  
½ lb. ground pork  
1½ cups rice, cooked  
1 tsp. garlic, finely chopped  
1 tsp. salt  
¼ tsp. black pepper  
1-2 cups beef stock

## Tomato sauce:

1 cup tomato sauce  
½ of onion, chopped  
1 tbsp. butter (or olive oil)  
2-3 tbsp. heavy cream  
Freshly ground pepper and salt

## Mushroom sauce:

1 lb. white mushrooms  
1 onion, chopped  
2 tbsp. butter or olive oil  
1 cup beef broth  
1 tsp. white flour  
2 tbsp. heavy cream  
2 tbsp. fresh Italian parsley,  
chopped

## INSTRUCTIONS

Remove core from cabbage. Place whole head in a large pot filled with boiling salted water. Cover and cook 3 minutes until softened enough to pull off individual leaves. You will need 18 leaves. When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through. Chop remaining cabbage and place in the bottom of a lidded casserole dish or Dutch oven.



# GOLABKI

## INSTRUCTIONS



Sauté the chopped onion in butter in a large skillet until tender, and let it cool. Mix cooled onions with beef, pork, rice, garlic, salt, and black pepper until well combined. Don't over-mix or the meat will become tough. Place about ½ cup of meat on each cabbage leaf. Flip the right side of the leaf to the middle, then flip the left side. Roll away from you to encase the meat and make a neat little roll. The bottom of the leaf and you will have something that looks like an envelope.

Heat oven to 350 F. Place the cabbage rolls on top of the chopped cabbage in the casserole dish or Dutch oven, seasoning each layer with salt and pepper. Pour beef stock over rolls, cover, and place in heated oven. Bake for 1 hour or until cabbage is tender and meat is cooked. Serve with pan juices or with one of the following sauces.

### **Tomato sauce:**

Sauté the chopped onion in butter in a large skillet until tender. Add tomato sauce, slow cook for about 1 to 2 min. Add pepper and salt to taste. Remove from heat, add heavy cream. Pour over cabbage.

### **Mushroom sauce:**

Sauté the chopped onion in butter in a large skillet until tender. Add sliced white mushrooms, sauté until juices evaporate, add broth, mix flour with 2 tbsp. of broth, and add to mushroom/broth mixture. Boil until thickened (1 min). Remove from heat and add heavy cream and Italian parsley. Pour over cabbage.



*“ I am Polish and as every Pole, I love galabki! Stuffed cabbage is one of the signature Polish dishes ”*

Submitted by Bogda Soltys

# VAL'S CRABCAKES



## INGREDIENTS

16 ounces jumbo lump Maryland crab meat

Old Bay seasoning to taste

1 egg

Mustard to taste

6-8 unsalted Tops crackers (ground fine)

1/4 cup mayonnaise

## INSTRUCTIONS

Preheat a broiler. Mix the mayonnaise, mustard and egg in a bowl. Add the remaining dry ingredients along with the crab to the bowl. Combine ingredients and form into crabcake patties and broil at 500 degrees for 20 minutes.

*Entrée*

# SWEET & SPICY SALMON

## INGREDIENTS

1 tbsp. firmly packed  
brown sugar  
1 tbsp. Old Bay  
seasoning  
1 lb. salmon fillets

## INSTRUCTIONS

Mix brown sugar and Old Bay seasoning in a small bowl. Place salmon fillets, skin side down, on a baking pan lined with aluminum foil for easy clean-up. Brush salmon lightly with olive oil. Rub generously with seasoning mixture. Bake at 400°F for approximately 20 minutes or until fish flakes easily with a fork. Can broil on high for a few moments to brown top of salmon.

Submitted by Michele Kimery

# PASTA AGLIO E OLIO

## INGREDIENTS

1 lb. Linguine pasta  
3 garlic cloves  
1 lemon  
4 tbsp. parsley, finely chopped  
4 tbsp. extra virgin olive oil  
1 tbsp. red pepper flakes  
Salt and pepper to taste

## INSTRUCTIONS

Cook the pasta according to box directions. In a large saucepan, heat the olive oil over medium heat. Thinly slice the garlic and add to the hot oil. Add the cooked pasta to the saucepan. Squeeze in the juice of 1 lemon, and add in pepper flakes. Add about ¼ cup of pasta water and cook everything in the saucepan for an additional 1-2 minutes. Remove from heat and serve.

Submitted by Morgan Mantell

# SKILLET SHRIMP FAJITAS



## INGREDIENTS

- 1½ lbs. shrimp (peeled, deveined, tails removed)
- 1 yellow bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 1 red onion, thinly sliced
- 1½ tbsp. extra virgin olive oil
- 1 package of fajita seasoning
- 1 lime
- Fresh cilantro (for garnish)
- Tortillas, warmed

## INSTRUCTIONS

Heat 1 tbsp. of olive oil over high heat in a 12 inch cast iron pan. Add onions and bell peppers and ½ of seasoning mixture. Cook for about five minutes until onions and bell peppers are tender. Add rest of fajita seasoning and toss well. Push onions and bell peppers to the side of the skillet to make room for shrimp or place in another bowl. Add remaining olive oil and shrimp to skillet. Sauté shrimp until pink and cooked through. Squeeze juice from 1 lime over skillet and sprinkle with cilantro. Serve in warm tortillas.

### Recipe Notes:

Have shrimp, bell peppers and onions prepared before you start cooking. This recipe only takes a few minutes to cook and you want to have all the ingredients ready to go. Can serve with cheese, guacamole, and/or sour cream

“ Easy and quick to make for on the go families ”

Submitted by Tiffany Shorter

Entrée

Vegan

# VEGAN "CHICKEN" SALAD

## INGREDIENTS

1 15 oz. can garbanzo beans

½ cup red bell pepper, finely chopped  
(orange and yellow work too)

3 stalks celery, finely chopped

2-3 tbsp. vegan mayonnaise

1.5 tsp. Dijon mustard

2 tsp. lemon juice

½ tsp. dried dill weed (or 2 tsp. chopped fresh)

Black pepper to taste

Toasted bread for sandwiches  
(or crackers for dipping)

### For Topping:

Greens of choice

Sliced tomato

Pickles

## INSTRUCTIONS

Rinse the beans and add them to a medium bowl. Mash to a paste with a potato masher. Add bell pepper, celery, and mayonnaise. Stir to mix. Add mustard, lemon juice, dill, and pepper. Stir to mix. Toast bread and build sandwiches with toppings of your choice.

*This recipe goes well with fresh fruit for a super quick and easy summer dinner - no oven or stove to heat up the house! Very adaptable recipe. Chopped grapes, raisins, or slivered almonds mix it up. Adding garlic, onions, or pickles directly to the mixture is also an option. Play around and find your perfect blend!*

Submitted by Sarah Hansen

# ITALIAN DRESSING MARINATED PORK CHOPS

## INGREDIENTS

4 boneless pork chops

2 cup Italian dressing

¼ cup soy sauce

½ tsp. pepper



## INSTRUCTIONS

Mix Italian dressing, soy sauce, and pepper (to taste). The mixture can be increased as needed for larger amounts of meat. Place pork chops in a skillet and cover with the mixed sauce. Cover the skillet and let simmer for 20–30 minutes, or until cooked through, flipping occasionally. Serve with rice, pasta, veggies, or any side dish of your choosing.

“ *This is the first recipe I ever memorized, and one of my mother's favorites.* ”

Submitted by Michelle Moyer

# COFFEE RUB PORKCHOPS

## INGREDIENTS

4 (6oz.) pork loin or rib chops

1 tbsp. finely ground coffee

2 tsp. brown sugar

1 tsp. cumin

1 tsp. cayenne pepper

Garlic powder

Ground cinnamon

1-2 tbsp. canola oil

Salt and pepper to taste

## INSTRUCTIONS

Preheat the oven to 300°F. Combine the coffee, cumin, cayenne, brown sugar, a pinch of cinnamon, and a pinch of garlic powder in a small bowl. Pat dry the pork chops and season liberally with salt & pepper. Cover pork chops in coffee rub on all sides. Heat a cast iron pan to medium-high heat. Add the canola oil and heat until shimmering. Sear one side of the pork chops for 3-4 minutes, or until a golden brown crust forms on the bottom. Flip pork chops over and place pan into the oven. Cook until the chops reach 145°F. remove from oven and place on a plate. Allow to rest for 5 minutes before serving.

*Entrée*

*Vegetarian*

# THAI CHILI

## INGREDIENTS

1½ tsp. red curry paste  
1 tsp. ground cumin  
4 cups low-sodium  
vegetable broth, divided  
½ cup uncooked bulgur  
½ medium sweet potato,  
peeled and cubed  
1 large green bell pepper,  
chopped  
3 cups canned kidney  
beans, drained  
½ cup light coconut milk  
(unsweetened)  
2 cups tomato puree  
2 scallions, chopped  
Fresh ground black pepper,  
to taste



## INSTRUCTIONS

In a 4 quart pot, mash together red curry paste, cumin and a bit of broth until a paste forms, without lumps. Add remaining broth, bulgur, sweet potato, and bell pepper. Set over high heat and bring mixture to a boil. Cover tightly, reduce heat to medium-low and cook for 10 minutes. Then, add beans, coconut milk, and tomato puree to pot and stir. Cook, uncovered, for 7 minutes, until bulgur is tender and chili is thick. Stir in scallions and black pepper, (or use them as garnish), and serve.

“ *It is healthy, tasty and filling. It mixes up quickly so it's good for weeknights after busy work days!* ”

Submitted by Lori Smith-Watson

*Entrée*  
*Gluten-Free*

# CROCKPOT NO-BEAN CHILI



## INGREDIENTS

2 cups chicken broth  
1 cup quinoa  
2 sweet potatoes,  
peeled and diced  
1 cup carrots, chopped  
3 fresh tomatoes,  
chopped  
½ can of corn  
1 small can tomato  
sauce  
1 can tomato paste  
1 pack ground turkey,  
cooked (can be  
substituted or  
omitted)  
Seasoning

## INSTRUCTIONS

Cook the ground meat in a skillet over medium high heat. Combine all ingredients in a crockpot and set on high for 4 hours (or low for longer) until the sweet potatoes are soft.

*I follow a Low  
FODMAP  
and Gluten Free Diet so this  
“ recipe is a new take on a cold weather  
favorite with no beans! ”*

Submitted by Kristen Coffey

# CHILI TORTILLA BAKE

## INGREDIENTS

- 1 lb. ground beef
- 15 oz. can tomato sauce
- 14½ oz. can black beans, drained and rinsed
- 8 ¾ oz. can whole kernel corn, undrained
- 4 ½ oz. can chopped green chilies, undrained
- 2 tbsp. chili powder
- 2 tbsp. minced onion
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- ½ tsp. oregano leaves
- 6 (8-inch) flour tortillas, divided
- 2 cups shredded cheddar cheese, divided

## INSTRUCTIONS

Preheat oven to 350 and spray the bottom of a 9x13 baking pan with nonstick cooking spray and spread with a little salsa to keep from sticking. In a large skillet, brown ground beef, drain. Add tomato sauce, beans, corn and green chilies. Stir in next 5 seasonings. Bring to a boil and reduce heat. Simmer uncovered for 15 min. In a 2 quart baking dish coated with cooking spray, place 3 flour tortillas to cover bottom, overlapping as needed (I cut my tortillas in half and layer them with the flat edges against the pan.) Layer with ½ of chili mixture and ½ of cheese. Top with remaining tortillas, meat mixture & cheese.

*“ I make this often when providing meals for people at my church. Everyone loves it and wants the recipe! ”*

Submitted by Dawn Stoute

# GRILLED CHICKEN WITH AVOCADO SALSA

## INGREDIENTS

1½ lb. skinless chicken breasts

### For the Marinade:

2 garlic cloves, finely minced

3 tbsp. olive oil

¼ cup cilantro, chopped

1 lime

½ tsp. cumin

½ tsp. paprika

½ tsp. salt or to taste

¼ tsp. black pepper

### Avocado Salsa:

2 avocados diced

2 small tomatoes, chopped

¼ cup red onion, chopped

1 jalapeno de-seeded and  
chopped (optional)

¼ cup cilantro, finely chopped

1 lime

Fresh cracked pepper

Salt



## INSTRUCTIONS

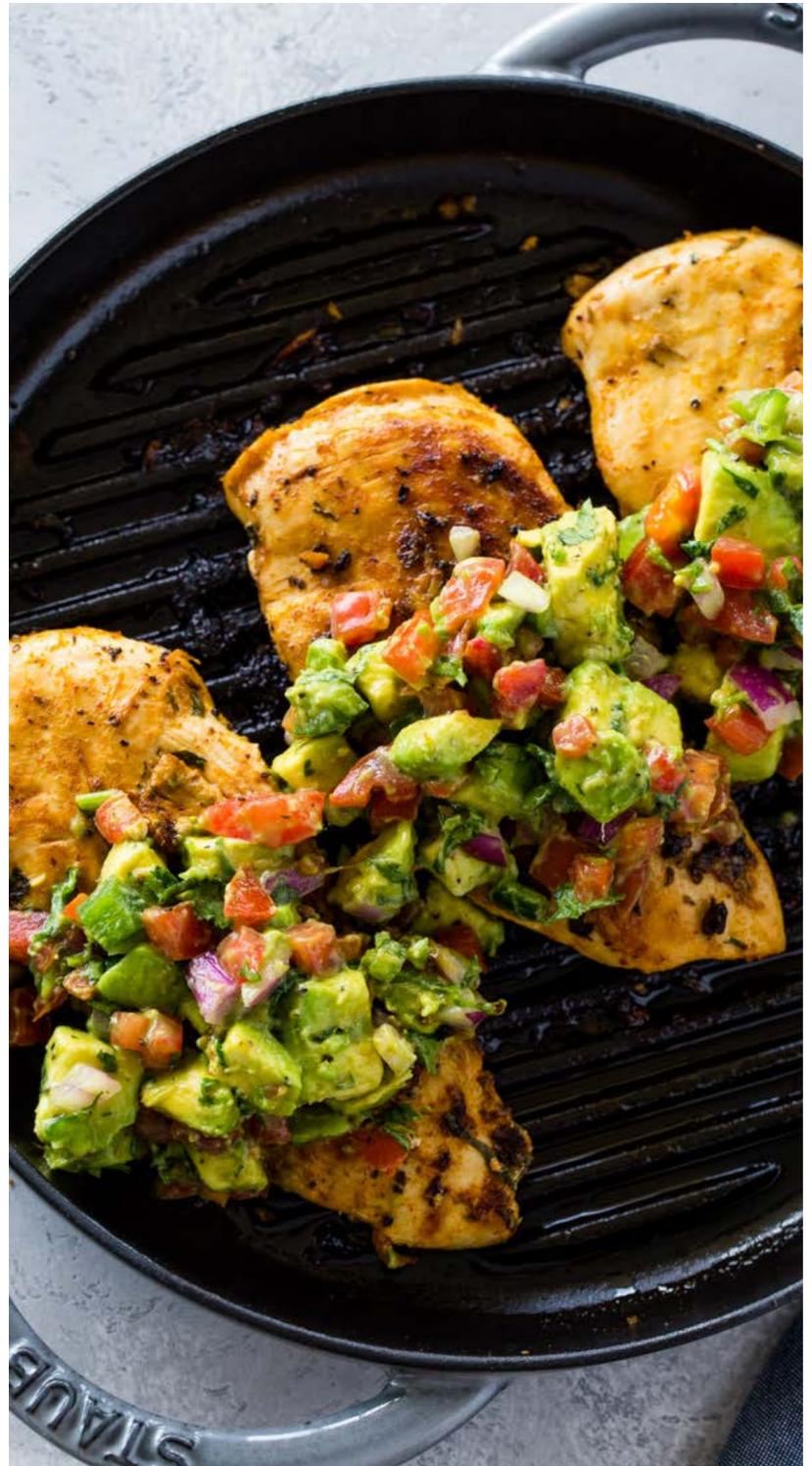
In a large bowl, whisk together garlic, olive oil, cilantro, cumin, paprika, salt, and black pepper. Set aside to use as marinade. Pound chicken breasts to even thickness or slice in half horizontally to get evenly sized breasts. Add breasts to the bowl of marinade. Saturate until the chicken is fully coated in the marinade. Marinate for 30-minutes (or up to 12 hours).

# GRILLED CHICKEN WITH AVOCADO SALSA

## INSTRUCTIONS

### Avocado Salsa:

Combine diced avocados, tomatoes, red onion, jalapeño, cilantro, the juice of 1 lime, cracked pepper, and salt in a small bowl. Cover with plastic wrap in the fridge until ready to use.



Grill chicken over medium-high heat or in a large heavy-duty skillet on the stove top for 5-6 minutes per side until the inside is cooked through and the outside is charred. Top with fresh avocado salsa and serve immediately.

“Healthy Cilantro Lime grilled chicken breasts topped with fresh avocado salsa making this dish a delicious low-carb and Keto Dinner in under 30 minutes!”

Submitted by Wanda Meinschein

# SANDWICH FOR A CROWD

## INGREDIENTS

- 2 loaves Italian bread (about 11 in. long)
- 1 (8oz.) package cream cheese, softened
- 1 cup shredded cheddar cheese
- $\frac{3}{4}$  cup sliced green onions
- $\frac{1}{4}$  cup mayonnaise
- 1 tbsp. Worcestershire sauce
- 1 lb. cooked ham, thinly sliced
- 1 pound roast beef, thinly sliced
- 14 thin slices of dill pickle (Klaussen are the best to use)



## INSTRUCTIONS

Cut bread loaves in half lengthwise. Hollow out both halves of each loaf, leaving a half inch shell (discard removed bread or save for another use). Combine cheeses, onions, mayonnaise and Worcestershire sauce; spread over cut sides of bread. Layer ham and roast beef on bottom and top halves; place pickles on bottom halves. Gently press halves together. Wrap and refrigerate for at least 2 hours. Cut each loaf into 7 individual sandwiches.

“ Can make a day or two before you need to serve it. ”

Submitted by Sandy Vance

# FRENCH DIP SANDWICHES

## INGREDIENTS

2 large onions, cut into

¼ inch slices

¼ cup butter, cubed

1 beef rump roast or bottom round roast (3-4 pounds)

5 cups water

½ cup soy sauce

1 packet onion soup mix

1½ teaspoons browning sauce (optional)

1 garlic clove, minced

12 to 14 French rolls, split

1 cup shredded Swiss cheese

## INSTRUCTIONS

In a large skillet, saute onions in butter until tender. Transfer to a 5 quart slow cooker. Cut roast in half and place over onions. In a large bowl, combine the water, soy sauce, soup mix, browning sauce (if desired), and garlic. Pour mixture over roast. Cover and cook on low until meat is tender for 7-9 hours. Remove roast with a slotted spoon and let stand for 15 minutes. Thinly slice meat across the grain. Place on roll bottoms; sprinkle with Swiss cheese. Place on an ungreased baking sheet. Broil 3-4 in. from the heat until cheese is melted, or about 1 minute. Replace roll tops. Skim fat from cooking juices. Strain juices and serve as a dipping sauce if desired.

“ *It is super easy and super yummy!* ”

Submitted by Sandy Vance

*Entrée*

*Vegetarian*

# FLYING FRUIT'S VEGGIE GRILLED CHEESE

## INGREDIENTS

2 slices multigrain bread

2 slices Swiss cheese

Pesto sauce

Sliced tomatoes

Spring mix lettuce

Grilled onions



## INSTRUCTIONS

Grab 2 slices of multigrain bread and spread some pesto on one side. Layer 1 slice of Swiss cheese, grilled onions, tomato slices, 3 Spring mix lettuce and another slice of Swiss cheese. Toast in toaster oven or press the sandwich on a panini grill. Slice down the middle and serve!

“ It's served Monday through Friday at the Flying Fruit Cafe operated by The Choice Program at UMBC ”

Submitted by Kasawn Woods

*Entrée*  
*Vegan*

# BLACK BEAN-OAT BURGER



## INGREDIENTS

- 2 (15oz.) cans black beans (drained and rinsed)
- $\frac{3}{4}$  cup uncooked old-fashioned regular rolled oats
- 2 garlic cloves, finely chopped
- 1 tablespoon soy sauce
- 2 teaspoons chili powder
- 3 scallions, thinly sliced
- 2 tablespoons canola oil
- 4 hamburger buns
- 1 cup salsa
- Lettuce
- Tomato slices
- Red onion slices

## INSTRUCTIONS

Process beans, oats, garlic, soy sauce, and chili powder in a food processor until ingredients begin to come together, about 30 seconds. Transfer bean mixture to a large bowl; stir in scallions. Shape mixture into 4 ( $\frac{3}{4}$  cup) patties. Let patties stand at room temperature 5 minutes, or refrigerate up to 3 hours.

Heat oil in a large nonstick skillet over medium-high. Cook patties in hot oil until browned, about 5 minutes per side. Place 1 patty on each hamburger bun bottom, and top each with  $\frac{1}{4}$  cup salsa. Add lettuce, tomato slices, and red onion slices, and cover with bun tops.

*“I’ve been cooking all night!”*

Submitted by Dr. Freeman Hrabowski



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