



SAN JOAQUIN COUNTY
WELLNESS COOKBOOK

SAN JOAQUIN
COUNTY
Greatness grows here.

sjc
engage

Recipes submitted by the employees of
San Joaquin County



FOOD RECIPES

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SJC ENGAGE WELLNESS COOKBOOK

Get your taste buds ready for a treat with the SJC Engage Wellness Cookbook, packed with delicious recipes whipped up by the talented employees of San Joaquin County!

BREAKFAST



Low Carb Pumpkin Chocolate Chip Mug Muffin

Submitted by: Dawn Sanchez, HSA - Department of Aging

DIRECTION

Spray a coffee mug with the avocado spray.

Add all the dry ingredients and mix to combine.

In a separate bowl, add the wet ingredients, combine, and then add to the dry mixture with the chocolate chips.

Stir to combine just until the mixture comes together.

Microwave 90 seconds and enjoy!



INGREDIENTS

- 1/4 cup almond flour
- 1 tsp baking powder
- 1/8 tsp salt
- 2 packets stevia
- 1/4 tsp pumpkin pie spice
- 1 egg
- 1/2 tsp vanilla extract
- 1 tsp avocado oil
- 1 tbsp 100% Pumpkin
- 1 tbsp sugar free chocolate chips
- Avocado spray

SERVING	PREP TIME	TOTAL TIME
1	5 mins	7 mins



APPETIZERS & SNACKS

Egg Roll in a Bowl

Submitted by: Courtney Flores, Behavioral Health Services

DIRECTION

In a 10-inch skillet over medium-high heat, brown the ground chicken or turkey, breaking it up with a wooden spoon.

Stir in the whites of the green onions, ginger, garlic, and coleslaw mix. Cook, stirring occasionally, until the coleslaw becomes tender, about 5 minutes. Stir in soy sauce and siracha and cook for 1 minute more.

Divide into bowls and garnish with cilantro, greens of green onions, and sesame oil. Serve over rice and top with a fried egg if desired.



INGREDIENTS

- 1 lb ground turkey or chicken
- 4 green onions
- 2 tsp ginger, grated
- 4 cloves garlic, minced
- 1 lb coleslaw mix
- 3 tbsp soy sauce
- Siracha, to taste
- 1 tsp sesame oil
- Cilantro, to garnish

SERVING

4

PREP TIME

5

mins

TOTAL TIME

20

mins

Sweet & Spicy Cranberry Salsa

Submitted by: Annie Lee, San Joaquin General Hospital

DIRECTION

Rinse and drain cranberries. Discard damaged berries. Pulse until finely chopped in a food processor, do not mush or puree.

Stir in green onions, jalapenos, ginger, sugar, cilantro, and lemon juice.

Cover and refrigerate for 4 hours or overnight to allow the flavors to blend and develop. Tasting immediately after preparation will be tart.

To serve, arrange the salsa around a block of cream cheese with cilantro and cranberry garnish.

To eat, spread cream cheese on cracker and top it with salsa for a flavorful bite! You can also try this salsa over salad, turkey, or in your sandwich.

Store leftovers in the refrigerator for up to 4 days.



INGREDIENTS

- **3 cups fresh cranberries (12 oz bag)**
- **4 green onions, minced (1/2 cup)**
- **2 small jalapeno peppers, seeded & minced (about 2 tbsp)**
- **1/2 cup sugar**
- **1/4 cup fresh cilantro, chopped**
- **2 tbsp fresh ginger, finely grated**
- **1 lemon (2 tbsp juice)**
- **1 8-oz package low-fat cream cheese**
- **Whole grain crackers**
- **Fresh cranberries (for garnish)**
- **Cilantro (for garnish)**

SERVING

8-10

PREP TIME

20
mins

TOTAL TIME

20
mins

Eggplant Lasagna

Submitted by: Soma Azizi, San Joaquin General Hospital

DIRECTION

Skin the eggplant and cut into round 1 inch pieces.

Cut the tomatoes ½ round pieces.

Fry the eggplant pieces until golden brown and slightly cooked, set aside.

In the same pan lay and line the base of a large frying pan with the fried eggplant pieces until the base of the pan is covered.

Add a layer of round ½ inch cut tomatoes and then sprinkle chicken Knorr powder and cumin and sprinkle either garlic or dry garlic until the eggplant is covered.

Repeat the same process until all eggplant and tomatoes are used-like a lasagna dish. Make sure to sprinkle chicken Knorr, cumin and garlic in each layer of eggplant and tomatoes.

Add pepper as per your taste. Do not add any more oil as the eggplants are already fried. When all the eggplant and tomatoes are layered, add 1 cup of water to the pan carefully, cover the pan and cook on low med heat, until the eggplant is very tender with fork (15-20 minutes or less).

Keep checking the eggplant with a fork for complete tenderness.

If the eggplant is not cooked enough add a little more water and cover until fully cooked.

While the eggplant is cooking, mix 1 & 1/2 cups of yogurt with ½ teaspoon of dry garlic powder or fresh minced garlic with salt in a separate bowl and set aside.

When the eggplant is soft and the water has evaporated, spread or line the serving platter with half cup yogurt and carefully take out the eggplant and tomato lasagna and lay on the yogurt bed.

Empty all the liquid from the pan onto the dish.

Use the other half yogurt to add mounds of yogurt onto the eggplant lasagna, sprinkle slightly with dried mint, or skip this step.

Serve with bread, tortillas, or any bread you have. Bon appetite, it is yummy!



SERVING

4-5

PREP TIME

10
mins

TOTAL TIME

30
mins

INGREDIENTS

- **2 big eggplants**
- **1 and 1/2 cup plain full fat yogurt**
- **3 medium sized tomatoes**
- **Oil for cooking**
- **1 clove garlic**
- **Knorr chicken powder**
- **2 tablespoons cumin**
- **1 teaspoon of dry red chilies or less as per taste**



Balsamic Chicken Avocado Caprese Salad

Submitted by: Breanna Williams, Public Health Services

DIRECTION

Mix the marinade/dressing ingredients together and whisk them to combine.

Put chicken in a shallow dish or a Ziploc bag and pour 4 tbsp of the marinade onto the chicken, evenly coating it with the mixture. (Reserve the remaining marinade as dressing)

In a large grill or skillet, heat 1 tsp of oil over medium-high heat. Grill or sear the chicken on each side for about 4-5 minutes, until golden, crispy, and cooked through. Once done, set the chicken aside to rest.

After 5-10 minutes, slice chicken into strips and prepare salad with lettuce, avocado slices, tomatoes, mozzarella balls and chicken. Top with basil strips and drizzle on the remaining dressing. Season with a dash of salt and pepper and serve!



SERVING	PREP TIME	TOTAL TIME
4	15 mins	20 mins

INGREDIENTS

Marinade/Dressing:

- **1/4 cup balsamic vinegar**
- **2 tbsp olive oil**
- **2 tsp brown sugar**
- **1 tsp minced garlic**
- **1 tsp dried basil**
- **1 tsp salt**

Salad:

- **4 boneless chicken thighs or breast (your preference)**
- **5 cups romaine lettuce**
- **1 sliced avocado**
- **1 cup sliced cherry or grape tomatoes**
- **1/2 cup mozzarella balls**
- **1/4 cup fresh, sliced basil leaves**
- **Salt and pepper**

Healthy Salad

Submitted by: Debbie Hill, San Joaquin General Hospital

DIRECTION

Clean and cut the broccoli and Cauliflower into small pieces.

Defrost the frozen peas

Cut the green onion

Mix ½ cup of Mayonnaise and ½ cup of Ranch Dressing together

Planters Peanuts (Salted)

Place all ingredients into a large bowl

Pour the Mayonnaise and Ranch Dressing over all ingredients

Mix well

INGREDIENTS

- **Broccoli**
- **Cauliflower**
- **Frozen Sweet Peas**
- **Green Onion**
- **Mayonnaise**
- **Ranch Dressing**
- **Salted Peanuts**

<i>SERVING</i>	<i>PREP TIME</i>	<i>TOTAL TIME</i>
6-8	20 <i>mins</i>	25 <i>mins</i>



Spaghetti Salad

Submitted by: Gloria M. Lopez, Employment & Economic Development Department

DIRECTION

Cook spaghetti noodles as directed on the package until it is al dente, drain well.

Transfer noodles to a large mixing bowl.

Dice the cucumber, green and red bell peppers, purple onion, slice in half the cherry tomatoes and sliced olives.

Add the fresh vegetables to the bowl. Sprinkle 2 tbsp of seasoning and toss with Italian dressing.

Cover and refrigerate the bowl to chill until your ready to serve.

Garnish with freshly grated parmesan cheese.



SERVING

6-8

PREP TIME

5

mins

TOTAL TIME

10

mins

INGREDIENTS

- **Spaghetti Noodles**
- **English cucumber**
- **Green bellpepper**
- **Red bellpepper**
- **Purple onion**
- **Cherry tomatoes**
- **Black olives**
- **Zesty Italian dressing**
- **McCormicks salad supreme seasoning**
- **Grated parmesan cheese**

Crispy Romaine Salad

Submitted by: Ginny Glover, Human Resources

DIRECTION

Crispy Romaine Salad:

Trim and toss together.

Dressing:

Bring these ingredients to a boil, then allow to cool.

INGREDIENTS

****contains walnuts**

Crispy Romaine Salad:

- 1 Head Romaine lettuce (can use other lettuce if desired)
- 1 Bunch Broccoli heads
- 4 Spring onions
- Trim and toss together.
- 1 Packet plain Ramon Instant Noodles (discard flavoring)
- 1 Cup chopped walnuts.
- 4 Teaspoon unsalted butter
- Lightly brown these ingredients together, then drain on a paper towel.
- Sprinkle on the salad before serving.

Dressing:

- ½ Cup vegetable oil
- ½ Cup white sugar
- ¼ Cup white vinegar
- 1 ½ Tablespoon Soy Sauce
- Salt & Pepper to taste.
- Bring these ingredients to a boil, then allow to cool.
- To change things up: add avocado, and cherry tomatoes.



SERVING

6

PREP TIME

5
mins

TOTAL TIME

30
mins

ENTREES



Pomme Puree Acadien

Submitted by: Jesse Smith, Public Defender

DIRECTION

Place unpeeled potatoes in a pot and cover with water. Bring to a boil, then reduce heat to a rapid simmer and cook for 35 to 40 minutes or until tender. Drain and peel. Transfer to a bowl and let potatoes cool slightly.

Turn potatoes through a ricer or a food mill on the finest setting, back into the cooking pot. Heat pot over medium heat stirring until heated through and steam begins to come off the bottom of the pot. Add butter in 5 additions, allowing each addition of butter to be almost melted before adding the next until it all has been incorporated.

Stir in warm milk until combined. Using a whisk, vigorously stir potatoes until fluffy. Season with salt.

INGREDIENTS

- **1kg Yukon gold potatoes**
- **454g unsalted butter - chilled, unsalted, cubed**
- **1/4 cup milk**
- **Salt to taste**



SERVING	PREP TIME	TOTAL TIME
5.5 CUPS	30 mins	60 mins

Sticky Baked Mango Chicken

Submitted by: Carin Rhodes, Behavioral Health Services

DIRECTION

Preheat the oven to 200 degrees Celsius/ 400 degrees Fahrenheit.

Browning chicken: Sprinkle the chicken with salt and pepper on both sides and place on a large skillet, skin side up. Brown chicken pieces. Once pieces are brown nicely, add mango jelly to chicken legs and coat nicely on low heat.

Prepare potatoes: Thoroughly clean and dry the potatoes but leave the skin on. According to their size, you can either leave them whole or halve and quarter the larger ones. They should all have pretty much the same size. Spread them on the baking tray around the chicken legs.

Bake chicken in the preheated oven for about 20 - 30 minutes.

Prepare green onions: In the meantime, clean, top and tail the green onions and cut them into 5 cm/2-inch pieces. After the 20 minutes baking time, spread them on top of the potatoes in the baking tray.

Continue baking for another 15 minutes, or until the chicken juices run clear, the potatoes are fully cooked, and the onions are tender and slightly brown.



SERVING

PREP TIME

TOTAL TIME

4

20
mins

55
mins

INGREDIENTS

- 4 chicken thighs
- 4 chicken drumstick
- 4-5 tbsp. mango jelly
- 1.7lbs sm new potatoes
- 2 bunches green onions
- Fine sea salt
- Black pepper

Chicken Preparation substitution - (Instead of Browning Chicken) - Sprinkle the chicken with salt and pepper on both sides and place on a large baking tray, skin side up. Smear the mango jelly on the chicken legs. Follow the rest of the recipe above.

Potato substitution: can use regular potatoes or new potatoes.

Mango Jelly substitution - Mango Pepper Jelly or Mango Chutney. Mango Chutney is not easy to find, but can be purchased on Amazon.com.

Chicken Korma

Submitted by: Hilary Crowley, County Administrator's Office

DIRECTION

Melt ghee or oil in a large skillet over medium heat. Add onion and cook until translucent, about 5 minutes. Add red bell pepper and stir for a moment or 2, then add ginger and garlic and stir for about 3 minutes being careful not to burn the garlic.

Add chicken (or turkey) and stir to combine into the fragrant onion mixture, then add all the spices and blend well. Sauté until the meat is almost cooked through (5 minutes~) then add the can of coconut milk, tomatoes, honey, and cashews. Simmer on low heat for 10 minutes. Serve with rice and receive your praise.

Prep note: Combine all the spices in a small bowl for efficiency.



SERVING

4-5

PREP TIME

25
mins

TOTAL TIME

40
mins

INGREDIENTS

***Gluten free and Paleo (without rice)*

- 1 tbs ghee or olive oil
- 1.5 lb chicken thighs cut into chunks (or ground turkey)
- 1 medium onion, diced
- 1 15 oz can coconut milk
- 5 cloves garlic
- 1 nub of fresh ginger
- 1 cup raw cashews
- 2 large tomatoes, diced
- 1 red bell pepper, diced
- 4 tsp paprika
- 2 tsp garam masala
- 2 tsp curry powder
- 1 tsp ground coriander
- 1 tsp fresh ground pepper
- 1 tsp cumin
- 2 tbs raw honey
- 1 serrano chili (optional)
- 1 tsp salt (more to taste)

Slow Cooker Chana Masala

Submitted by: Barbara Fischer, Human Services Agency

DIRECTION

Bring $\frac{1}{4}$ cup of water to a boil in a large skillet. Add the onions, garlic, and ginger; cook over medium-low heat for 10 minutes or until onions are starting to turn golden, stirring occasionally and adding additional water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in the tomatoes, curry, coriander, cumin, turmeric, cayenne, and black pepper. Cook for 10 minutes or more until tomatoes are softened, stirring occasionally.

Transfer the tomato mixture to a 4- to 5-quart slow cooker. Stir in the potato, chickpeas, and 2- $\frac{1}{2}$ cups of water. Cover and cook on high heat for 5 hours or until the stew is thick and chickpeas are tender.

Stir in the lemon juice and cilantro, season with salt. Serve over brown basmati rice or your favorite whole grain. Enjoy!

INGREDIENTS

- **2 onions, chopped**
- **6 cloves garlic, minced**
- **1 tablespoon grated fresh ginger**
- **1- $\frac{1}{3}$ cup chopped tomatoes**
- **1 tablespoon mild curry powder**
- **1 tablespoon ground coriander**
- **$\frac{1}{2}$ teaspoon ground cumin**
- **$\frac{1}{2}$ teaspoon ground turmeric**
- **$\frac{1}{4}$ teaspoon cayenne pepper**
- **1 pinch of freshly ground black pepper**
- **1 large russet potato, cut into $\frac{1}{2}$ -inch cubes (2 cups)**
- **1 cup dried chickpeas, rinsed**
- **1 tablespoon fresh lemon juice**
- **1 teaspoon snipped fresh cilantro**
- **1 pinch of sea salt**



SERVING

4-6

PREP TIME

40
mins

TOTAL TIME

5
hours

Goulash

Submitted by: Emily Litz, Public Health Services

DIRECTION

In Dutch Oven caramelize onions in olive oil.

Add carrots and mushrooms and stir until they likewise caramelize.

Add beef and paprika.

Add beef broth and caraway seeds once beef is browned.

Cook at 400 Fahrenheit in oven or 3 hours, stirring every thirty minutes to prevent burning.

Add sour cream once done.

INGREDIENTS

- Olive oil 1/4 cup
- Beef, chuck roast, 3 lbs, cut into one inch cubes
- Carrots, five, peeled and sliced,
- Cremini mushrooms, sliced 1 cup
- Paprika 1/4 cup
- Onions, yellow, four (4) julienned
- Beef broth - 1 pint
- Sour cream 1/4 cup
- Caraway seeds 1 tsp
- Kosher salt to taste
- White pepper to taste
- White rice, steamed to serve with



SERVING

6

PREP TIME

30
mins

TOTAL TIME

4
hours

Zereshk Polo - Saffron Barberry Rice Pilaf

Submitted by: Farideh Mozayani, Public Health Services

DIRECTION

Chicken

- In a large frying pan, saute the onions over medium heat for 10 minutes until translucent. Add turmeric and pepper and continue to saute for 2 additional minutes.
- Remove the onions from the pan and set aside.
- In the same pan, add the remaining 1 tablespoon of oil and saute the chicken on medium high heat for 5 minutes on each side.
- Return the onions and add water to the chicken. Cover and cook over low heat for 60 minutes.
- Add the tomato paste and salt and mix well. Cover and cook on low heat for 30 minutes or until the chicken is fork tender.

Rice

- Wash the rice thoroughly and set aside to soak for at least one hour. Rinse.
- In a large covered pot, bring 8 cups water and salt to a boil. Add the rinsed rice and boil on high heat uncovered for about 6-8 minutes, or until the rice has slightly softened.
- Drain the rice in a colander and set aside while you prepare the pan.
- Add 2 tablespoons of oil to a non-stick pot.
- In a small bowl, mix 1 cup of the lightly cooked rice with 1 tablespoon of saffron-water mixture, gently mix and spread evenly in the bottom of the pot. This will be the crispy rice referred to as Tah-dig.
- Pour the remainder of the rinsed rice to the pot and lightly fluff with a fork.
- Evenly drizzle the remaining 2 tablespoons of oil over the top of the rice.
- Pour the remaining 1/4 cup of water over the rice. Wrap the lid with a clean towel and place on top of the pot. This will allow the rice to steam.
- Allow the rice to steam over medium-low heat for 45 minutes.
- Pour the remaining 1 tablespoon saffron water over the top of the rice. Turn off the heat and allow to sit for 5 minutes before serving.

Barberries

- In a small sauce pan, gently melt the butter and add the rinsed barberries, sugar and saffron water.
- Stir over low heat until the sugar has dissolved and barberries have come to life and brightened.
- This step is done over low heat and no more than 2-4 minutes. Take care to not burn the berries.

Assembly

- Select a large serving platter to place on top of the pan and carefully and swiftly invert the rice onto the platter.
- Decorate the barberries around the edges and on top of the rice and garnish with pistachios or almonds.
- Arrange the chicken pieces around the rice and serve.

Zereshk Polo - Saffron Barberry Rice Pilaf cont.

Submitted by: Farideh Mozayani, Public Health Services

INGREDIENTS

Chicken

- 1 onion, diced
- 3 tablespoons olive oil
- 1/2 teaspoon turmeric, ground
- 1/2 teaspoon pepper, ground
- 4 chicken pieces, with bones and skin
- 1 cup water
- 2 tablespoons tomato paste
- 1/2 teaspoon salt

Rice

- 2 cups white basmati rice, soaked and rinsed
- 8 1/4 cups water, divided
- 2 tablespoons salt, for parboiling the rice; will be rinsed out
- 4 tablespoons neutral oil, divided
- 1/4 teaspoon ground saffron dissolved in 2 tablespoons hot water, divided

Barberries

- 2 tablespoons butter
- 1/2 cup barberries, rinsed
- 2-4 tablespoons sugar, adjust to your taste
- 1 tablespoon saffron water

Garnish

- 1 tablespoons pistachios or almonds, slivered



SERVING

4

PREP TIME

10
mins

TOTAL TIME

1 H 45MINS

Creamy Paprika Chicken

Submitted by: Heather Albright, Capital Projects

DIRECTION

Season chicken with salt and pepper.

In a large skillet, add butter and sear chicken on both sides until golden brown. Do not cook chicken all the way. Take out of pan and set aside.

In a large mixing bowl. Add can of cream of chicken soup, sour cream, pepper and paprika and mix well. Set aside.

Return chicken back to pan and pour in mixture. Simmer on med/low for 25 minutes. Continue to baste chicken with sauce while cooking.

Sprinkle with fresh cut parsley.

Serve over rice or noodles.

INGREDIENTS

- **4 Boneless, skinless chicken breasts**
- **2 Tbsps. of Butter**
- **1 can of Cream of Chicken soup**
- **8 oz. of Sour Cream**
- **1 ½ tbsp. of Paprika**
- **1/8 tsp of Black Pepper**
- **Additional pepper to season chicken**
- **Salt**
- **Parsley**



SERVING

4

PREP TIME

10
mins

TOTAL TIME

35
mins

Easy Cheese Tortellini

Submitted by: Lisa Nebe, Human Resources

DIRECTION

Brown the sausage.

Stir in the tomatoes to the browned sausage.

Cut the cream cheese into chunks and add to the sausage and tomatoes mixture.

Stir all ingredients until cream cheese is melted.

5. Cook tortellini per package directions. Drain.

Return tortellini to pot and pour the sausage, tomatoes, and cream cheese mixture over cooked tortellini. Stir and serve.



INGREDIENTS

- **1 (19oz) bag of frozen cheese tortellini**
- **1 (14.5 oz) can of Italian style diced tomatoes, undrained**
- **1 block (8 oz) of cream cheese**
- **1 lb of Italian sausage or chicken sausage**

SERVING

4-6

PREP TIME

5
mins

TOTAL TIME

20
mins

Tomato Basil Soup & Grilled Cheese Sandwich

Submitted by: Carin Rhodes, Behavioral Health Services

DIRECTION

Heat your skillet over a medium heat and a small pot over medium heat.

For your skillet, use ½ tbsp. butter on one side of each slice of bread or spray each side with PAM (butter or original). For your pot, empty half or all of the soup in to it and cover it.

For your skillet, place your two slices of bread with the buttered side down.

Place your cheese on one of the exposed side of a slice of bread and cover it with the other slice of bread.

Allow the bread to toast once on both sides to your desired color of toasting.

Stir your pot bring the soup to a mild boil and remove from the heat but keep covered until your grilled cheese is ready.

Once all is ready, place in appropriate dish, garnish with your favorite item and serve. Enjoy with a cool glass of water, tea or beverage of your choice!!

INGREDIENTS

- **2 slices mild or sharp cheddar cheese slices.**
- **2 slices of Oroweat Whole Grains Multi-Grain bread**
- **1/2 of a 19oz can of Progresso Tomato Basil soup**
- **Butter 1/2 tbsp.**

Cheese substitute: Chao Creamy Original Cheese Slices (lactose free) - Lactose free cheese tastes just like the real-deal.

Butter substitute: Pam spray (butter or original).



SERVING

1

PREP TIME

3-5
mins

TOTAL TIME

10
mins

Vegan Chili

Submitted by: Kristy Swanson, Human Services Agency

DIRECTION

Add all of your ingredients into your crockpot. Give it a good stir and let it cook on low for 6-8 hours. Cook time depends on how firm or soft you'd like your ingredients.

Once finished, you can add shredded cheese, sour cream, or other toppings. This chili is great as a main dish or on top of baked potatoes.



SERVING	PREP TIME	TOTAL TIME
6-8	20 <i>mins</i>	6-8 <i>hours</i>

INGREDIENTS

***All canned ingredients are 15.5oz unless specified**

- 1 can vegetarian baked beans
- 1 can crushed tomatoes (28oz)
- 1 can whole kernel corn, drained
- 1 can black beans, rinsed/drained
- 1 can kidney beans, rinsed/drained
- 1 can garbanzo beans, rinsed/drained
- 1 can chopped green chiles (4oz)
- 1 onion, chopped
- 2 zucchini, chopped
- 1 green bell pepper, chopped
- 2 stalks of celery, chopped
- 2 gloves garlic, chopped
- 1-2 jalapenos, chopped
- 1 tablespoon chili power, or to taste
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried basil

Indian Poha

Submitted by: Gauri Patole, San Joaquin General Hospital

DIRECTION

Add 2 cups poha (flattened rice) and clean it with water keep it aside to get soaked, soft and dry.

Meanwhile, in a cooking pan, add oil/ ghee, add curry leaves, cumin seeds and mustard seeds to the medium hot oil oil/ghee.

Add peanuts and cook peanuts for few seconds.

Add ½ onions, ½ chopped carrots, green peas and 1 potato, green chilies to oil & cook them.

Add a pinch of salt, turmeric, pinch of sugar (optional) and a teaspoon of lemon juice to the mixture and stir it well.

Lastly add the soaked flattened rice (poha) to the mixture and cover the pan with the lid.

After few mins, stir it well again add coriander.

Serve it in dishes. Your super delicious, instant, healthy, vegan, gluten-free poha is ready to eat.

INGREDIENTS

****Contains nuts**

- Flattened rice
- Onions
- Peanuts
- Herbs
- Lemon juice
- Potatoes
- Carrots
- Green peas
- Curry leaves
- Coriander
- Yogurt



SERVING

3-4

PREP TIME

5
mins

TOTAL TIME

10
mins

Indian Poha cont.

SERVING TIPS

Serve it in dishes and top your poha with sev(fine gram flour vermicelli) garnish it with finely chopped coriander leaves or even grated coconut is a miss.

You can eat it with yogurt (Gauri's style beetroot salad)

- Mix yogurt (1/2 cup) and grated beetroot (1/2 cup) together.
- Add small, chopped onions with 1 or 2 green chillies and black pepper, chaat masala.
- Mix in a few chopped coriander leaves.
- Add tadka to it. Tadka is basically hot oil on a medium flame, to the oil add a pinch of mustard, cumin and curry leaves. Add this special Indian tadka to the yogurt and beetroot mixture and mix well.

You can have it with sauces (coconut sauce/tomato sauce/mint sauce/tamarind sauce)

Lastly you can have it as a side of Indian Chai (Tea) for people who prefer hot and spicy combination.

Apple Cider Brined Turkey

Submitted by: Roman Plateau, Human Resources

DIRECTION

Brining is an overnight process, so if you're using a frozen turkey, be sure to thaw it well in advance. Choose turkey-sized plastic oven bags for brining the turkey. Use two bags to prevent brine from leaking and place the turkey in a large stockpot as another precaution.

Method for Brine ~

Step 1

To prepare brine, combine the first 8 ingredients in a large saucepan; bring to a boil. Cook for 5 minutes or until sugar and salt dissolve. Cool completely.

Step 2

Remove giblets and neck from turkey, and reserve for another use. Rinse turkey with cold water; pat dry. Trim excess fat. Stuff the body cavity with orange quarters. Place a turkey-sized oven bag inside a second bag to form a double thickness. Place bags in a large stockpot. Place the turkey inside the inner bag. Add cider mixture and ice. Secure bags with several twist ties. Refrigerate for 12 to 24 hours, turning occasionally.

Step 3

Preheat oven to 500°.

Step 4

Remove turkey from bags, and discard brine, orange quarters, and bags. Rinse turkey with cold water; pat dry. Lift wing tips up and over back; tuck under turkey. Tie legs together with kitchen string. Place garlic, sage, thyme, parsley, onion, and broth in the bottom of a roasting pan. Place roasting rack in pan. Arrange turkey, breast side down, on a roasting rack. Brush turkey back with 1 tablespoon butter; sprinkle with ½ teaspoon pepper and ¼ teaspoon salt. Bake at 500° for 30 minutes.



SERVING

DEPENDING ON
SIZE OF TURKEY

PREP TIME

ABOUT AN HOUR,
OVER 2 DAYS

TOTAL TIME

3-4 HOURS,
DEPENDING ON
BURD AND OVEN

Apple Cider Brined Turkey cont.

Step 5

Reduce oven temperature to 350°.

Step 6

Remove turkey from oven. Carefully turn the turkey over (breast side up) using tongs. Brush turkey breast with 1 Tablespoon butter; sprinkle with ½ teaspoon pepper and ¼ teaspoon salt.

Bake at 350° for 1 hour and 15 minutes or until a thermometer inserted into the meaty part of the thigh registers 170° (make sure not to touch the bone).

Keep an eye on the bird: if it browns too quickly, shield the turkey with foil.

Remove turkey from oven; let stand 20 minutes.

INGREDIENTS

- **8 cups apple cider**
- **2/3 cup kosher salt**
- **2/3 cup sugar**
- **1 Tablespoon black peppercorns, coarsely crushed**
- **1 Tablespoon whole allspice, coarsely crushed**
- **8 [1/8-inch-thick] slices peeled fresh ginger**
- **6 whole cloves**
- **2 bay leaves**
- **1 12-pound fresh or frozen turkey, thawed**
- **2 oranges, quartered**
- **6 cups ice**
- **4 garlic cloves**
- **4 sage leaves**
- **4 thyme sprigs**
- **4 parsley springs**
- **1 onion, quartered**
- **1 14-ounce can fat-free, less-sodium chicken broth**
- **2 Tablespoons freshly ground black pepper, divided**
- **½ teaspoon salt, divided**

VEGETABLES



Bell Pepper Sandwich

Submitted by: Tilly Andrade, Human Services Agency

DIRECTION

Cut bell pepper in half.

Spread cream cheese on both bell pepper halves.

Add deli meat.

Add tomato slices.

Add alfalfa sprouts

Add avocado slices.

Join both halves together, or eat each half individually.

INGREDIENTS

- **1 bell pepper**
- **Cream cheese**
- **Deli meat of your choosing**
- **Tomato slices**
- **Avocado slices**
- **Alfalfa sprouts**



SERVING	PREP TIME	TOTAL TIME
1	5 mins	10 mins

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DESSERTS



Healthy Apple Bran Muffins

Submitted by: Katelynn Peirce, Public Health Services

DIRECTION

Preheat the oven to 375F and line your muffin tin with paper liners.

Mix the eggs, oil, milk, honey, yogurt, and vanilla together in a large mixing bowl until well blended. Add 1 cup of the rolled oats and the crushed bran. Let soak for 10 minutes.

In another bowl, mix together flour, baking soda, baking powder, cinnamon, and salt. Add the wet ingredients in and mix until blended {the batter will be quite thick}. Stir in the grated apple.

Scoop the batter into the muffin tin and fill up almost to the top {they rise very little}.

Mix brown sugar and the remaining oats together and sprinkle on top.

Bake for 15-20 minutes {until a toothpick inserted into the center of the muffin comes out clean}. Makes 16.

INGREDIENTS

- 2 eggs
- 2/3 cup vegetable oil
- 1/2 cup whole milk
- 2/3 cup honey
- 1/4 cup plain yogurt or vanilla yogurt
- 1/2 tsp pure vanilla extract
- 1 cup rolled oats + 3 tbsp for topping (quick or old fashioned)
- 1 1/4 cup crushed bran cereal
- 1 1/2 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 large Granny Smith apple peeled and coarsely grated
- 1 tbsp brown sugar



SERVING

6-8

PREP TIME

5
mins

TOTAL TIME

10
mins

Almond Biscotti

Submitted by: Paramjit Kaur, Human Services Agency

DIRECTION

Mix all the ingredients.

Set up the baking tray with parchment paper on it.

Preheat oven to 300 degrees.

Spread the mixture as a log on the tray.

Bake it for 35 min.

Let it cool for 15-20 min.

Cut the pieces into biscotti sizes.

Bake again for 40 min.

INGREDIENTS

- **2 cup almond flour**
- **1/4 cup sunflower seeds (do not process too long or you will make sunflower seed butter)**
- **1/2 cup chopped pecan or walnut or almond**
- **Teaspoon baking powder**
- **Mix dry ingredients.**
- **2 tbsp flax seeds**
- **6 tbsp water**
- **Mix and let flax eggs for 15 minutes.**
- **4 tbsp melted coconut oil**
- **3 tbsp brown sugar**
- **1 teaspoon almond extract**



SERVING	PREP TIME	TOTAL TIME
10-12	20 mins	75 mins

S'mores Poke Brownies

Submitted by: Lisa Nebe, Human Resources

DIRECTION

Preheat oven to 350° and line an 8"-x-8" pan with parchment. Prepare brownie mix according to package directions and pour into prepared pan. Bake per package instructions until a toothpick inserted into center of brownies comes out with a few moist crumbs. Let cool, 20 minutes.

Heat broiler. Using the bottom of a wooden spoon, poke holes all over brownies.

Microwave marshmallow fluff with 1 tablespoon water until pourable, 20 seconds. Pour into poke holes.

Top with a layer of mini marshmallows and broil until golden, 2 minutes.

Drizzle with hot fudge and garnish with crushed graham crackers.



INGREDIENTS

- **1 box brownie mix, plus ingredients called for on box**
- **1 cup marshmallow fluff**
- **30 mini marshmallows**
- **2 Tbsp hot fudge sauce, warmed**
- **Crushed graham crackers (for garnish)**

SERVING
8-12

PREP TIME
20
mins

TOTAL TIME
60
mins

Paleo Pumpkin Muffins

Submitted by: Anastacia Stanley, Behavioral Health Services

DIRECTION

Preheat oven to 350 F.

Coat muffin tins with coconut oil (or use paper muffin cups and add 1/2 teaspoon melted coconut oil to batter).

Mix all ingredients and pour evenly into tins (about 70% filled in each cup).

Bake for 25-35 minutes on the middle rack.

Sprinkle almonds on top immediately after taking them out of the oven.

INGREDIENTS

- **1 ½ cups almond flour**
- **¾ cup pumpkin puree, organic**
- **3 large eggs (or egg substitute if you want this recipe to be vegan friendly)**
- **1 teaspoon baking powder**
- **1 teaspoon baking soda**
- **1 ½ teaspoons cinnamon**
- **1 ½ teaspoons pumpkin pie spice**
- **1/8 teaspoon sea salt**
- **2 teaspoons vanilla extract**
- **1/4 cup honey, raw (optional)**
- **2 teaspoons almond butter**
- **1 tablespoon sliced almonds**
- **1 package paper muffin liners**
- **Coconut oil (if not using muffin cups; see below)**



SERVING

12

PREP TIME

15

mins

TOTAL TIME

50

mins

Mimi's Italian Cream Cake

Submitted by: Katie Albertson, Board of Supervisors

DIRECTION

Cream butter and shortening. Add sugar and beat until smooth. Add egg yolks and beat well.

In a separate bowl, combine flour and baking soda. Add to the egg and butter mixture alternately with buttermilk. Stir in vanilla. Add coconut and nuts. Fold in egg whites.

Pour into 3 greased 8-in cake pans.

Bake at 350 degrees for 25 minutes. Cool. Frost with cream cheese frosting.

*Substitute 1 c. milk mixed with 1 T. vinegar for buttermilk

INGREDIENTS

**Includes coconut, eggs, milk, gluten and tree nuts.*

- 1 stick of butter
- 2 cup sugar
- 2 cup flour
- 1 cup buttermilk*
- 8 oz shredded coconut
- 5 egg whites, stiffly beaten
- 1/2 cup shortening (Crisco)
- 5 egg yolks
- 1 tsp baking soda
- 1 tsp vanilla
- 1 cup chopped pecans



SERVING	PREP TIME	TOTAL TIME
THREE 8" CAKES	15 mins	45 mins