

Cooking Together



Serving 12 people:

Ingredient/ Amount	Group Member	Instruction on what needs to be done <u>PRIOR to GROUP:</u>
Burrito:		
Brown Rice – 2 cups		Cooked -
Black Beans - two (15 oz) cans		
2 Yellow Squash		Chopped in 1/2 inch cubes
2 Green Peppers		Chopped in 1/2 inch cubes
2 Mild Green Chile		Diced
1 Red Onion		Diced
2 Zucchini		Chopped in 1/2 inch cubes
8 cloves Garlic		Diced
4 Tomatoes		Chopped in 1/2 inch cubes
2 Limes		
Cilantro		Washed and chopped
12-14 Whole Wheat Tortilla		
Low-fat Shredded cheddar cheese – 2 cups		
4 Tbsp olive oil – for dressing and cooking		
Salad:		
Slivered Almonds 2/3 cup		
Baby Spinach 8 Cups		
Strawberries 2 qts		Chopped in Halves
2 tbsp Dijon Mustard		
Balsamic vinegar		
1 tsp honey		

Big Bite Burrito

Ingredients

Serving 4 people

1c. brown rice

2 c. water

1/2 t. sea salt

1 (15 oz) can black beans

1T olive oil

1 yellow squash (1/2 inch cubes)

1 green pepper (1/2 inch cubes)

1 mild green chile (pasilla or anaheim, we used jalapeno)

1/2 red onion, diced

1 zucchini (1/2 inch cubes)
4 cloves garlic
2 tomatoes (1/2 inch cubes)
2T lime juice
1 tsp each of chili powder, coriander and cumin
1/2 c. fresh cilantro

- 1) Boil rice
- 2) Heat beans & their liquid on med heat, bring to simmer, reduce to low and cook approx 3 min, set aside.
- 3) Heat oil in skillet. Add squash x 1 min.
- 4) Add pepper & chile x 1 min
- 5) Add onion x 2 min
- 6) Add zucchini, garlic, and spices and salt x 4 min
- 7) Add tomatoes. heat on low, cover, cook x 4 min
- 8) Add lime juice

To Serve: Lay tortilla on flat surface. add 1/4 of rice in column, 2 inches from each side. Then add beans, veggies, cheese, cilantro. Roll one edge, then sides, then roll other side. Transfer to plate, seam down.

Nutritional Info

- **Servings Per Recipe: 4**
- **Amount Per Serving**
- **Calories: 393.8**
- **Total Fat: 8.6 g**
- **Cholesterol: 0.0 mg**
- **Sodium: 1,019.0 mg**
- **Total Carbs: 69.5 g**
- **Dietary Fiber: 16.7 g**
- **Protein: 16.0 g**

Baby Spinach Salad

Ingredients

1/3 c almonds, slivered
4 c baby spinach
3/4 c strawberries, quartered
1 T balsamic vinegar
1 t Dijon mustard
1 t honey
3 T extra virgin olive oil
Salt and pepper to taste

Directions

Place the almonds in a dry skillet or saute pan. Cook over low heat, shaking the pan the entire time until the almonds are toasting. Almonds are done when you start to smell a "nutty" scent. Remove almonds from the pan to cool. (Do not cool in the skillet because they will burn from the heat that remains in the pan.) Wash and dry the spinach.

Prepare the dressing by placing the vinegar, mustard, and honey in a mixing bowl. Slowly whisk in the oil until all is incorporated. Place spinach in a large bowl. Add strawberries, almonds, and dressing. Toss to coat. If desired, season with a pinch of salt and pepper.

Number of Servings: 4

Nutritional Info

- Servings Per Recipe: 4
- Amount Per Serving
- Calories: 162.5
- Total Fat: 15.2 g
- Cholesterol: 0.0 mg
- Sodium: 49.5 mg
- Total Carbs: 6.2 g
- Dietary Fiber: 2.2 g
- Protein: 2.7 g