

Peas and Justice:

A Community Cookbook

***Recipes, and
Not-Recipes, from
Prescott College***

Published Fall 2025



Welcome to the Peas and Justice Cookbook

Last year, the Peas and Justice Cookbook was dreamt up during the inaugural Social Justice Residency, over a shared meal at a local restaurant. In the social justice fields, people will often talk about justice and community organizing beginning at the kitchen table - over a shared meal or a drink. And over the years at Prescott College folks like ourselves have learned from our brethren in the field (rock climbing and kayaking and so much more) that the meals they eat matter to, to our community members in the field and their work.

So it felt right to start compiling a cookbook - made up of recipes from across the college, with a heavy emphasis on soup (because it's a Prescott College *Tradition*). We tried to collect recipes from as many people as we could, and we're so excited that this is a living cookbook - one we get to keep adding to over time. If you make something you love and want to share, send us the recipe, the ingredients, and a note on how to make it. A photo is welcome, too.

This cookbook is available for every member of the Prescott College community. We hope you remember it when you're trying to figure out breakfast or dinner, prepping your meals for a week, or just sitting down for a shared meal with friends and family.

We hope you enjoy the food, that you get to spend some time in the kitchen, and that your garden is abundant.

A note about this cookbook...

Inside these pages, you'll find more than just recipes. Many of the dishes shared come from family stories, others come from folks who are making dishes and meals happen from what they have. Some entries are precise: ingredient lists, measurements, and steps. Others are what we lovingly call *not-recipes*: reflections, methods, sketches, or the kinds of instructions you'd only get from a friend in your kitchen.

This cookbook is a living and imperfect project. We've tried to catch every edit, but it's likely we missed something. Our apologies in advance - please let us know so we can strengthen the next edition.

Peas and Justice holds recipes from students, faculty, alumni, staff, friends of the college and more, each offering a piece of themselves through the stories and dishes they share. This cookbook is not a comprehensive collection—it's emblematic of this moment in time at the college and in our community.

About the Recipes

The recipes collected here come from members of our community, near and far — from alumni and faculty to potential students, administrators, and staff.

Most recipes lean vegetarian, and you'll find a lot of soups, because Prescott College loves a good soup.

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Cookbook Legend

GF - Gluten-Free

DF - Dairy-Free

V - Vegan

VEG - Vegetarian

NF - Nut-Free

\$ - Budget-Friendly

FF - Freezer Friendly

MAF - Make Ahead Friendly

You'll see these tags listed just under each recipe title. If you're cooking for dietary needs, we recommend double-checking ingredients when possible.



Breakfast

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Cranberry Nut Granola

DF, VEG, MAF, FF, V, can be GF

Makes 6 Cups

Yogurt parfaits in the morning are such a great savory-sweet combination. And the best parfaits start with a good yogurt - I like to make my own and this cranberry nut granola is one of my favorites, although it came together the first time because I was trying to use up some extra ingredients in my pantry.



Ingredients

3 cups old-fashioned rolled oats
1 cup raw nuts (like almonds,
pecans, or walnuts, mix and match if
you'd like)
1/2 cup raw pumpkin seeds (pepitas)
or sunflower seeds
1 teaspoon cinnamon
1/2 teaspoon salt
1/3 cup maple syrup or honey
1/3 cup neutral oil (like coconut,
avocado, or grapeseed)
1 1/2 teaspoon vanilla extract
1 cup dried cranberries

Directions

Preheat the oven to 325°F (160°C). Line a baking sheet with parchment paper.

In a large bowl, combine the oats, nuts, seeds, cinnamon, salt, and any optional dry add-ins.

In a small saucepan (or microwave-safe bowl), warm the maple syrup and oil together until just warm. Stir in vanilla. Pour over the dry mixture and stir well to coat evenly.

Spread the granola mixture in an even layer on the baking sheet. Bake for 20–25 minutes, stirring halfway through, until golden brown and fragrant. (Keep an eye on it—nuts can burn quickly at the end.)

Let the granola cool on the baking sheet, it crisps up as it cools. Once cool, stir in the dried cranberries. Store in an airtight jar or container for up to 2–3 weeks (longer if frozen).

DIY Granola Formula

DF, MAF, \$, V (optional), VEG, FF, can be GF

Makes 6-8 Cups

Ingredients

3 cups old-fashioned rolled oats (not quick oats)

1½–2 cups mix-ins, such as:

- Nuts (almonds, pecans, walnuts, pistachios, hazelnuts)
- Seeds (pumpkin, sunflower, sesame, flax, chia)
- Coconut flakes
- Grains (puffed rice, millet, quinoa flakes)

1–2 teaspoon spice: cinnamon, ginger, cardamom, nutmeg, pumpkin pie spice, etc.

½–1 teaspoon salt

⅓–½ cup oil (coconut oil, olive oil, avocado oil, etc.)

⅓–½ cup liquid sweetener (honey, maple syrup, etc.)

Optional:

- Up to 1 cup dried fruit (cranberries, raisins, cherries, chopped dates, mango, apricots)
- Chocolate chips or chunks (add when completely cool!)
- Crystallized ginger, freeze-dried fruit, yogurt chips, etc.

Directions

Preheat the oven to 325°F (160°C). Line a baking sheet with parchment.

Mix oats, nuts/seeds, spices, and salt in a big bowl.

Heat oil & sweetener just until warm (microwave or stovetop). Stir in any flavor boosters.

Combine wet and dry ingredients until evenly coated.

Spread on a baking sheet in an even layer. Press slightly for clusters.

Bake 25–35 minutes, stirring once halfway.

Cool completely (do not stir until cool if you like big clusters).

Stir in dried fruit or chocolate, then store in an airtight jar.

Granola Parfait

MAF, \$, V (optional), VEG, DF (optional)

Makes 2 servings

I love granola parfaits - preferably with homemade granola - for breakfast. Breakfast isn't a meal I enjoy or remember to eat, but if I know a granola parfait is an option I definitely look forward to it! I tend to do my parfaits with non-dairy yogurt, but you can switch things up easily with this type of recipe. Also, I recommend some of my favorite fruits below - but you can so easily switch it up using fresh or frozen fruit you already have on hand.



Ingredients

1–1½ cups non-dairy yogurt (options below)

1 ripe nectarine or peach, sliced

½ cup fresh cherries, halved and pitted

½ cup berries (strawberries, blueberries, or raspberries)

¾ cup granola (store-bought or homemade)

Optional: a drizzle of maple syrup or agave over fruit if it's not super sweet

Optional: 1–2 tablespoons toasted seeds or chopped nuts for crunch (pumpkin seeds, almonds, walnuts)

Optional Add-ins:

- 1 tablespoon chia seeds or flax seeds
- A spoonful of nut butter or tahini swirl
- Sprinkle of cinnamon or cardamom

Assembly Instructions

Layer 1: Spoon half the non-dairy yogurt into the bottom of two glasses or bowls.

Layer 2: Add half the fruit mix on top.

Layer 3: Sprinkle a generous handful of granola.

Repeat: Add another layer of yogurt, more fruit, and finish with granola on top.

Top it off: Drizzle with a touch of maple syrup or nut butter if desired

Cheese, Spinach, and Egg Savory Oatmeal

\$, VEG, can be GF
Makes 1-2

Ingredients:

- ½ cup old-fashioned oats
- 1 cup water or low-sodium broth
- ½ cup fresh spinach, chopped
- ¼ cup shredded cheddar or parmesan
- 1 egg (fried, soft-boiled, or poached)
- Salt, pepper, and chili flakes to taste
- Olive oil or butter, for serving

Directions:

Bring water or broth to a simmer in a saucepan. Stir in oats and cook for 5–7 minutes until creamy.

Stir in chopped spinach until wilted. Add cheese and mix until melted.

Season with salt, pepper, and chili flakes.

Top with your egg of choice and a drizzle of olive oil or a pat of butter.

Savory Oats with Roasted Veggies and Tahini Drizzle

\$, VEG, V, can be GF
Makes 1-2

Ingredients

- ½ cup old-fashioned oats
- 1 cup water or low-sodium broth
- ½ cup roasted vegetables (like sweet potato, cauliflower, or squash)
- 1 tablespoon tahini
- 1 teaspoon lemon juice
- Salt, pepper, cumin, and chili powder to taste

Directions

Bring water or broth to a simmer in a saucepan. Stir in oats and cook for 5–7 minutes until creamy.

Stir in spices and season to taste.

Top with warm roasted vegetables.

Mix tahini with lemon juice and a splash of water until pourable, then drizzle over everything.

Oatmeal with Sautéed Garlic, Greens & Feta

V, VEG, NF

Makes 1-2

Ingredients

- ½ cup old-fashioned oats
- 1 cup water or low-sodium broth
- 1 clove garlic, minced
- ½ cup kale, chard, or spinach, chopped
- 2 tablespoons crumbled feta
- Olive oil
- Black pepper and red chili flakes

Directions

In a small skillet, heat 1 teaspoon olive oil over medium heat. Add the minced garlic and sauté for 30 seconds, just until fragrant (don't burn it).

Toss in the greens and sauté for 1–2 minutes until wilted. Remove from heat and set aside.

Cook oats in water or broth until they are fully cooked, using package directions.

Stir the sautéed garlic and greens into the cooked oats.

Top with the feta, a drizzle of olive oil, and a pinch each of black pepper and red chili flakes. Taste and adjust seasoning.



Sausage, Egg, and Cheese Sandwich

VEG (if vegan sausage is used), BF. NF
Makes 1

This sandwich came along because I was sick of spending money for breakfast sandwiches elsewhere. This isn't fancy by any stretch of the imagination, but you can play with it how you will - adjusting the type of bread you use, adding vegetables, seasoning your eggs in lots of ways - and it's easy to put together.

Ingredients

2 slices of bread (or use an English muffin, bagel, or biscuit if you prefer)
1–2 breakfast sausage patties
1 egg
1 slice of cheese (American, cheddar, pepper jack, etc.)
Butter or oil for cooking
Salt and pepper to taste

Directions

Toast 2 slices of bread until golden brown. You can butter them lightly for extra flavor.

In a skillet over medium heat, cook the sausage patty until browned and cooked through (about 3–4 minutes per side if raw). If using pre-cooked sausage, heat until warmed through and slightly crispy.

Crack the egg into a bowl and beat it with a fork (or leave whole if you like it fried). Pour into a lightly buttered skillet and cook scrambled-style or as a small folded omelet. Season with salt and pepper. Cook until just set (about 2–3 minutes).

To assemble, place the cooked sausage on one slice of bread, then top with the egg and one slice of cheese, then the second slice of bread

For extra meltiness, you can pop the whole sandwich back in the skillet and press it down with a spatula or lid for 1–2 minutes per side (like a grilled cheese).

Notes

Add hot sauce or a dash of chili flakes to the egg.

Swap the sausage with a plant-based patty or sautéed mushrooms/spinach

Make a batch, wrap individually in foil or parchment, and freeze. Reheat in a toaster oven or microwave.

Blueberry-Chocolate Baked Oatmeal

BF, MAF, FF, NF

Makes 6-8 Servings

This recipe isn't pretty but let me tell you - it is absolutely cozy, hearty, and perfect for the cooler months. You can mix and match the ingredients, but blueberries and chocolate are my favorite.



Blueberry-Chocolate Baked Oatmeal

Ingredients

- 2 cups old-fashioned oats
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 2 ripe bananas, mashed
- 2 eggs
- 1 ¾ cup milk (dairy or non-dairy)
- 2 teaspoons vanilla extract
- 1 cup blueberries (fresh or frozen)
- ½ cup chocolate chips or chopped chocolate (bittersweet or semi-sweet)
- 2 tablespoons melted butter or neutral oil (optional, but makes it richer)

Directions

- Preheat oven to 375°F (190°C).
- Grease an 8x8 or 9x9-inch baking dish.
- In a large bowl, whisk together oats, baking powder, salt, and cinnamon. In another bowl, combine mashed bananas, eggs, milk, maple syrup, vanilla, and melted butter/oil if using.
- Mix the wet into the dry until combined.
- Fold in blueberries and chocolate chips. Don't overmix — ugly is fine.
- Pour into your prepared baking dish.
- If you want it extra indulgent, sprinkle a few extra chocolate chips or blueberries on top.
- Bake for 35–40 minutes, until the top is golden and set but still soft inside. If you like it more firm, give it a few more minutes.
- Cool for 10–15 minutes before slicing. Serve warm, at room temp, or reheated.

Notes: Feel free to use other kinds of berries in this dish - fresh or frozen



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A Simple Sourdough

Submitted by Molly Peterson

MAF, FF, BF, NF

I truly believe that sourdough making has changed me as a person. It encourages me to share with others, to be attentive, and to accept failure. It is one of the oldest forms of baking, so it makes me feel connected to people both dead and living. This recipe was taught to me by a classmate, Audrey, who learned it from Delicious Earth, a local small farm in Prescott. She gifted me with some of her starter, and through a class taught by Eleanor Tison I learned to make my own starter. What I'm getting at here is that my passion for bread is a product of kind people willing to teach me. Sourdough is a living, breathing thing at first, and with our hands and just a few ingredients, we turn it to sustenance. How cool is that.



A Simple Sourdough

Ingredients

900g of bread flour

100g of whole wheat flour (This ratio could be changed, as long as it all adds up to 1 kg. I've done a 7:3 ratio before, just because I wanted to!)

150g of leaven (50g starter and 100g water, all mixed together!)

20g of salt

Directions

The great thing about this recipe is that it is very forgiving! I've made it so many times now that I eyeball everything. Let's begin!

Start with the leaven in a large bowl. Pour in 50g of your fed starter, which should be at its peak. This means it has double in size and there are many bubbles. You'll know it's at peak if it floats in the water, which we'll add now!

Add 90g of water and gently mix until the starter-water mixture is now soupy. The remaining water will be used later!

Add the 1kg flour mixture in small increments, that way it doesn't get all clumpy. You can mix the flour in with your hands, a dough whisk, a standard whisk, a fork, you name it! Remember, people have been doing this before whisks.

Once the dough is together, cover it and set it aside for an hour. This is the autolyse! It's starting to do science-y things while we're not looking.

Directions continue on the next slide

Directions

Now we add salt and the last bit of water! Sprinkle a bit of salt and water, massage it into the dough, sprinkle a bit more and do it again. Pouring the salt all at once might cause salt pockets, which we don't want. One bite is bland, the other is all salt! No good. So make sure the salt is evenly distributed. The dough is going to be a little scary at this stage. It might look like Frankenstein. We'll get there.

Now is the stage that takes the most time. The stretch and fold! I recommend watching a video as the action is hard to explain. But essentially, you take the dough in your hands, stretch it out a bit, and fold the two ends into the middle. Do it a few times, not too many. You're trying to shape it into a boule-like shape. Because we just added salt and water, the dough is slippery and a little hard to shape. But don't worry!

Once you've stretched it and folded it in on itself, cover it and let it rest again for 30 minutes. You will repeat this process for 3 hours, folding and stretching each 30 minutes. This is the bulk fermentation. As it rests, gluten is developing, which makes each stretch and fold easier. This dough is gaining strength right before our very eyes! 6 stretches and folds later, you're ready to shape it!

On a floured surface, place the dough and pull it toward you with cupped hands on the side. You'll shape it into a boule gently- we don't want to disturb the gluten strands! Turning and pulling, it will take shape! Now, place the boule into a bowl lined with a cloth or towel. Cover it tightly and put it in a cold fridge to proof. It will likely double in size, so be mindful of the size of your bowl. Let the dough proof in the fridge for 6-8 hours. I typically start my dough at 5pm so it can proof overnight.

It's finally time to bake! Take the dough out of the fridge and allow it to reach room temperature. I bake in a dutch oven, but you can use a pan for this. Set your dutch oven in the oven and preheat it to 500°F. We want the vessel we're baking in to be blazing hot!

Directions continue on the next slide

Directions

Turn the shaped dough onto some parchment paper. Lightly flour the surface and score the top with a sharp knife. There are fun designs you can do! Carefully place the dough into your baking vessel. Now, steam is vital to a good loaf. So we want a steamy oven! This can be achieved in a number of ways. Some place ice cubes at the bottom of their dutch oven, I've taken to having a pan of hot water below the pan of bread to create a steam chamber. Whatever you can think of to introduce some water to surround the baking dough! That keeps it from being dry and encourages a nice crust. Bake at 450° with the lid on your dutch oven for 10-12 minutes. Remove the lid and bake at 425° for 8-10 more minutes. If you think it's necessary, add more water/ice to the bottom when you lower the heat.

Remove the bread from the oven and allow it to cool completely for at least an hour or two. Cutting into the bread too early can cause it to collapse on itself and make the texture gummy. There's still science-y things happening as it cools, we can't interrupt!

The fruits of your labor are finally here! I'm so proud of you. It's a bit of effort, but I promise you, this is an accomplishment you want to achieve.

Oatmeal Cranberry Cookies

BF, MAF, FF, NF, \$

Makes 24 cookies (serves 1 person)

These cookies are beyond delicious and it's impossible to have just one. Great with milk (dairy or non-dairy) or a cup of tea, these are great holiday cookies, but I also love them in the summer. These cookies are meal-prep friendly, as well. I prefer to use fresh cranberries, but frozen or dried cranberries work just as well.



Directions

Ingredients

¾ cup unsalted butter, softened
¾ cup brown sugar, packed
¼ cup white sugar
2 large eggs
1½ teaspoon vanilla extract
1¼ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon ground cinnamon
½ teaspoon salt
2¾ cups old-fashioned rolled oats
1 cup fresh or dried cranberries
½ cup chopped walnuts or white chocolate chips (optional but recommended)

Preheat the oven to 350°F (175°C). Line two baking sheets with parchment paper or a silicone mat.

Cream the butter and sugars in a large bowl until light and fluffy (2–3 minutes). Add eggs one at a time, then stir in vanilla.

In a separate bowl, whisk together flour, baking soda, cinnamon (if using), and salt.

Stir the dry ingredients into the wet mixture until just combined. Then fold in the oats, cranberries, and any extras (like nuts or white chocolate).

Scoop dough into 2-tablespoon-sized balls and place them 2 inches apart on the baking sheet.

Bake for 10–12 minutes, or until the edges are golden and the centers are just set. They'll firm up as they cool.

Cool on the pan for 5 minutes, then transfer to a wire rack to cool completely.

Notes:

- For extra chewiness, soak the cranberries in warm water or orange juice for 10 minutes, then pat dry before adding.
- Swap cranberries for chopped dried apricots, cherries, or dates for variation.
- These cookies freeze beautifully once baked — or freeze the dough balls for baking fresh anytime.

Banana Bread

BF, MAF, FF, NF, \$

Makes 8-10 Slices

Banana bread is one of the easiest baked goods to make for a first-time baker. I love it with a glass of tea or hot cocoa. It's a great way to use old bananas and the perfect baked goods to share with others.



Ingredients

3 ripe bananas (the more ripe the better)
 $\frac{2}{3}$ cup white sugar (you can add up to 1 cup but I like mine to have slightly less sweetness --- $\frac{2}{3}$ cup is perfect if you want to top your banana bread with honey butter or jam once it's cooked)

1 egg

$\frac{1}{4}$ cup melted butter (just add $\frac{1}{4}$ a stick to a pan and warm it up for a few minutes carefully or you can microwave your $\frac{1}{2}$ a stick)

1 $\frac{1}{2}$ cups all-purpose flour (make sure you level your flour but do not pack the measuring cups)

1 teaspoon baking soda

1 teaspoon salt

Directions

Preheat the oven to 350 degree fahrenheit. Prepare a loaf pan - spread some oil or butter in the pan. Sometimes I use a bundt, sometimes I split the load into two smaller loaf pans and slice and freeze the second load for future banana bread.

Peel and mash the bananas. Melt $\frac{1}{4}$ cup melted butter. Crack an egg - don't crack this into your butter because you don't want to lose any shell in the butter

Combine the mashed banana, sugar, cracked egg, and butter. In a separate bowl, mix the flour, baking soda, and salt. Stir the flour mixture into the banana mixture until it's just-mixed.

Pour the just-mixed batter into the pan.

A bundt pan takes 45 minutes or so. A regular size loaf pan might take around 30 minutes. Start checking around 25 minutes. Your banana bread is ready to be taken out of the oven when an inserted toothpick comes out clean.

Let your banana bread sit for 5 minutes before taking it out of the pan. Let it continue sitting on a cooling rack until it's fully cool

Notes: You can serve your banana bread plain, but it's also delicious with butter, jam, honey, or even a bit of maple syrup. I love it on the side of a granola parfait or as a midnight snack.

Zucchini Bread

BF, MAF, FF, NF

Makes 8-10 Slices

Zucchini bread is my specialty. I make it 1-2 times/month and I always use the same recipe. It's crucial to use green zucchini. You can let the water drain off the zucchini a bit, but no need to dry it out completely. Make sure you grease your pan well, but don't over-grease it.



Ingredients

3 cups zucchini, shredded (not too finely)

1 $\frac{1}{3}$ cup white sugar

$\frac{1}{3}$ - $\frac{2}{3}$ cup of instant vanilla pudding powder

2 teaspoons vanilla extract

4 eggs

1 $\frac{1}{2}$ teaspoons cinnamon

3 cups all-purpose flour (can be substituted for whole wheat)

2 teaspoons baking soda

1 teaspoons salt

$\frac{1}{2}$ teaspoon baking powder

Directions

Preheat your oven to 350 degrees Fahrenheit

Grease a bundt pan, loaf pan, or cake pan

In a large bowl, stir your zucchini, sugar, vanilla pudding powder, vanilla extract, eggs, and cinnamon

In another bowl, stir your flour, baking soda, baking powder, and salt. If I feel like it I might throw another dash of cinnamon into this mixture.

Combine the dry ingredients with the wet ingredients, stirring well but not over-stirring so that the mixture does not become too dense and stretchy.

Your baking time will depend on your pan, but for a bundt pan I typically cook my zucchini bread for 45 minutes or so. Your zucchini bread is ready when a toothpick inserted comes back clean.

Once the zucchini bread is out of the oven, let it sit for five minutes and then turn it over onto a cooling rack until fully cool.

Blueberry Biscuits

Submitted by Gary Sullivan

BF, MAF, FF, NF

Makes 10 biscuits

In honor of my mother,
grandmothers, and my Prescott
College professors!



Ingredients

1 cup + 1 tablespoon. of all-purpose flour
2 teaspoon of baking powder
1 teaspoon of kosher Salt
1 tablespoon of granulated sugar
6 tablespoon of unsalted butter – cold from the fridge
Buttermilk; I used one cup
 $\frac{2}{3}$ cup of fresh (not frozen) organic blueberries

Directions

Set the oven to 425 degrees and put parchment paper on a baking sheet. For 10 minutes, put the butter in the freezer.

After washing and drying the blueberries well, put them in a small bowl with 1 teaspoon of flour to help soak up any extra liquid.

Put the flour, baking powder, salt, and sugar into a large bowl. To accurately measure flour, use a spoon to scoop some out of the bag and put it in the cup.

Then, use a butter knife to level off the top. Mix the dry ingredients together and set them aside.

After 10 minutes in the freezer, take the butter out and grate it with a cheese grater.

Add the butter to the dry ingredients and use your fingers to break up any big clumps.

This helps the butter get spread out evenly in the dough.

Stir the buttermilk into the biscuit dough until the flour is just mixed in. Be careful not to mix the biscuits too much, because that can make them tough and hard.

Quickly mix the blueberries into the dough. The blueberries should be spread out evenly in the dough, but try not to work with the dough too much.

Using a quarter-cup measure, make 10 drop biscuits and place them on the pan so that they are touching. The dough will stick together a bit.

Bake in the oven for approx. 15–18 minutes.

Let the biscuits sit on the pan for approximately 5 minutes when done cooking, then move them to a cooling rack to sit.

Lemon Poppyseed Muffins

BF, MAF, FF, NF

Makes 12 muffins

These muffins are moist, zingy,
lightly sweet, and so easy to make!



Ingredients

Dry:

2 cups all-purpose flour
1 tablespoon poppy seeds
2 teaspoons of baking powder
½ teaspoon of baking soda
½ teaspoon of salt

Wet:

½ cup (1 stick) unsalted butter, melted and slightly cooled
¾ cup granulated sugar
2 large eggs
1 cup plain Greek yogurt (or sour cream)
¼ cup fresh lemon juice (about 2 lemons)
1 tablespoon lemon zest
1 teaspoon vanilla extract

Optional glaze:

½ cup powdered sugar
1–2 tablespoon lemon juice

Notes:

You can freeze them! Just cool completely, wrap individually, and pop them in the freezer.

Directions

Set your oven to 375°F (190°C). Line a muffin tin with paper liners or grease it up with a bit of butter or nonstick spray.

In a medium bowl, whisk together flour, poppy seeds, baking powder, baking soda, and salt. Set it aside while you move on to the goodies.

In a large bowl, whisk together the melted butter and sugar until smooth. Then stir in the eggs, one at a time, followed by the yogurt, lemon juice, lemon zest, and vanilla.

Gently add the dry ingredients to the wet. Stir until *just combined*. Don't overmix—nobody wants a tough muffin.

Scoop the batter into your prepared muffin tin, filling each cup about ¾ full. Bake for 18–22 minutes, or until the tops are lightly golden and a toothpick comes out clean.

Let the muffins cool for 10–15 minutes. If using the glaze, whisk together powdered sugar and lemon juice and drizzle over the tops while the muffins are still slightly warm.

Banana Chocolate Chip Walnut Muffins

BF, MAF, FF,

Makes 12 muffins

I love these chocolate walnut cookies!
They're creamy and delicious and
chunky and so good with tea or coffee.



Ingredients

1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon (optional but cozy)
1/2 cup unsalted butter, melted and cooled slightly
3/4 cup brown sugar, packed
1 large egg
1 teaspoon vanilla extract
2 ripe bananas, mashed
1/2 cup plain yogurt or sour cream (or use buttermilk for a lighter texture)
1/2 cup chopped walnuts
1/2 cup semisweet chocolate chips or chunks (plus a few extra for topping)

Directions

Preheat oven to 350°F (175°C). Line a muffin tin or grease well.

Dry Bowl: In a medium bowl, whisk together flour, baking soda, salt, and cinnamon.

Wet Bowl: In a larger bowl, beat together melted butter and brown sugar. Add egg, vanilla, mashed bananas, and yogurt. Mix until smooth.

Add the dry ingredients to the wet and stir *just* until there are no flour streaks left. Don't overmix!

Gently fold in chocolate chips and walnuts.

Divide the batter between muffin cups, filling each about 3/4 full. Sprinkle a few extra chocolate chips on top if you like a bit of flair.

Bake for 20–22 minutes, or until a toothpick comes out with a few moist crumbs (not wet batter).

Cool in the tin for 5 minutes, then move to a rack. Eat warm with a smear of butter or let them cool completely for later snacking.

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Chicken Noodle Soup

\$, MAF, FF, NF, DF

Makes 6 servings

Comfort in a bowl. Chicken noodle soup is simple, healing, and perfect for one, two, or a crowd.



Ingredients

1 tablespoon olive oil
1 medium onion, diced
2-3 carrots, sliced
2 stalks celery, diced
2-3 cloves of garlic, minced
8 cups chicken broth or stock
2 cups cooked shredded chicken
(homemade or rotisserie)
1 cup frozen peas
1 ½ cups egg noodles or fusilli
1 teaspoon dried thyme or italian
seasoning
Salt and pepper, to taste
Parsley, for brightness

Directions

In a large pot or Dutch oven, heat olive oil over medium heat. Add onion, carrots, and celery. Cook 5-7 minutes until softened.

Stir in garlic and cook 30 seconds, just until fragrant
Pour in the broth.

Add in shredded chicken, herbs, salt, thyme, and pepper.
Bring to a boil. Reduce to a simmer for 15 minutes.

Add the noodle and simmer until they are tender, around 8-10 minutes.

Stir in peas during the last 2-3 minutes of cooking, and taste adjusting the seasoning as needed.

Serve hot with crusty bread or crackers, with parsley sprinkled on top.

Coconut Curry Lentil Soup

\$, MAF, FF, NF, VEG, V, DF

Makes 6 servings

Coconut curry lentil soup is such an easy-to-make soup. It's fiber-packed because of the lentils and bright and vibrant because of the splash of lime. Naturally vegetarian and easily vegan.



Ingredients

1 teaspoon olive oil or coconut oil
1 medium onion, diced
3 cloves garlic, minced
1 tablespoon fresh ginger, minced (or 1
teaspoon ground ginger)
1-2 tablespoons curry powder (or a mix of
turmeric, cumin, coriander, and paprika)
1 1/2 cup red lentils
2 medium carrots, sliced or diced
4 cups vegetable broth
1 can (14 oz) full-fat coconut milk
2-3 cups fresh spinach
Juice of one lime plus extra wedges for
serving
Optional: Chili flakes

Directions

In a large pot over medium heat, warm the oil. Add the onion and sauce for 3-4 minutes until translucent. Add garlic, ginger, and curry powder. Stir for 1-2 minutes until fragrant.

Add lentil, carrots, and broth. Bring to a boil, then reduce heat and simmer uncovered for 15-20 minutes until lentils are soft and broken down. Add some of your spices here.

Stir in the coconut milk and simmer for another 5-10 minutes. If using spinach or kale, add it now so it wilts gently. Add a bit more of your spices here.

Adjust the seasoning, and add lime juice. This would also be a good time to add your chili flakes.

To serve, top with lime wedges, chopped cilantro, or a swirl of coconut milk. Serve with naan, flatbread, or over rice

Notes: This dish is very freezer-friendly, and actually tastes much better the next day.

Chicken and Wild Rice Soup

\$, MAF, FF, NF

Makes 6 servings

Chicken and wild rice soup is a hearty and comforting soup. Wild rice is a grain taken care of by the Indigenous Dakota tribe in Minnesota. Wild rice is grown in the water and it is cultivated and cared for as an Indigenous practice. While you can buy wild rice and most grocery stores, I do recommend looking up the roots of wild rice. It's a special grain and something easy to learn more about. The soup as a whole is a Midwestern comfort food, perfect for the autumn or colder winter months.



Ingredients

2 tablespoons butter or olive oil
1 small onion, diced
2 carrots, peeled and diced into small pieces
2 celery stalks, diced
3 cloves garlic, minced
¼ cup all-purpose flour
6 cups chicken broth
1 cup wild rice blend
2 cups cooked chicken, shredded or cubed
(rotisserie chicken works great here)
1 teaspoon dried thyme
1 teaspoon dried parsley
Salt and black pepper to taste
1-2 cups heavy cream (or half-and-half)

Directions:

In a large pot or Dutch oven, melt butter over medium heat. Add onion, carrots, and celery. Cook for 5-6 minutes until softened. Add the garlic and cook for another 30-45 seconds.

Sprinkle in the flour and stir constantly for 1-2 minutes to form a paste and cook out the raw flour taste.

Slowly whisk in the broth to avoid lumps. Add the wild rice, thyme, parsley, salt, and pepper. Bring to a boil.

Reduce the heat, cover, and let it simmer for about 45 minutes, or until the rice is tender. Stir occasionally to avoid sticking.

Stir in cooked chicken and cream. Summer uncovered for 5-10 more minutes until heated through and slightly thickened.

Taste and season with more salt, pepper, or herbs as needed

Tofu Miso Ramen

\$, MAF, FF, NF, VEG, V, DF

Makes 2 servings

This isn't necessarily an authentic recipe, but it is a delicious recipe. It's got two forms of protein - edamame and tofu, lots of vegetables, and an easy broth.



Ingredients

For the broth:

4 cups vegetable broth (low sodium if preferred)
2 tablespoon white or yellow miso paste
1 tablespoon of soy sauce or tamari (more to taste)
1 teaspoon toasted sesame oil
1 teaspoon grated ginger

For the ramen:

1 block firm or extra-firm tofu, cubed
2–3 packs ramen noodles (discard seasoning)
1 cup baby bok choy or spinach
1/2 cup julienned carrots
1/2 cup cooked edamame
1/2 cup sliced mushrooms (shiitake, cremini, or button)
Neutral oil for sautéing (like canola or avocado oil)

Toppings (optional)

Sesame seeds (black or white)
Chili oil

Directions:

Press tofu for at least 10–15 minutes to remove excess water.

Cube and optionally pan-fry it in a bit of oil until golden for added texture, or add it directly to the broth if you prefer soft tofu.

In a large pot, heat sesame oil over medium heat.

Add garlic and ginger and sauté for 30 seconds until fragrant.

Add vegetable broth, soy sauce, mushrooms, and vinegar (if using).

Simmer gently for 5–7 minutes to allow the mushrooms to soften and flavor to build.

In a small bowl, mix miso paste with a ladleful of hot broth until dissolved, then stir it back into the pot. (Don't boil the miso, it can kill the probiotics and dull the flavor.)

Add carrots, bok choy or spinach, edamame, and tofu. Simmer for another 3–5 minutes until the veggies are just tender.

In a separate pot, boil ramen noodles according to package instructions. Drain and rinse with warm water to remove excess starch.

Divide noodles into bowls.

Ladle the hot broth, veggies, and tofu over the noodles.

Top with sesame seeds, chili oil/sriracha, and any other desired toppings.

Lemon Chickpea Soup

\$, MAF, FF, NF, VEG, DF

Makes 2 servings

I only recently discovered this soup and it's one of my favorites already. It's so quick to come together, cooks together so well, and is fresh and light and vibrant.



Ingredients

2 tablespoons olive oil
1 small yellow onion, finely diced
2–3 garlic cloves, minced
2 stalks celery, sliced
2 medium carrots, sliced into coins or half-moons
1/2 teaspoon dried thyme (or 1 teaspoon fresh)
1/2 teaspoon dried oregano
1/4 teaspoon red pepper flakes (optional)
1 can (15 oz) chickpeas, drained and rinsed (*or 1.5 cups cooked from dry*)
6 cups vegetable broth (or more, depending on your preferred consistency)
2 packed cups fresh spinach (or kale, chopped small)
Zest of 1 lemon
Juice of 1–2 lemons (start with 1, taste, then add more)
Salt and black pepper to taste

Directions:

Heat olive oil in a large pot over medium heat. Add the onion and sauté for 3–5 minutes until softened. Stir in the garlic, celery, and carrots, and cook for another 5 minutes.

Add thyme, oregano, and red pepper flakes. Stir to coat the vegetables

Add chickpeas and broth. Bring to a boil, then reduce heat and simmer for 15–20 minutes, until carrots are tender.

Add the spinach and cook just until wilted (1–2 minutes). Stir in lemon zest and juice. Taste and adjust salt, pepper, and lemon juice as needed.

Ladle into bowls. A drizzle of olive oil or a sprinkle of fresh herbs (parsley or dill) takes it over the top.

Lentil Minestrone

\$, MAF, FF, NF, VEG, V, DF

Makes 2 servings

If you're a farmer's market person like me, then this recipe is for you - it's naturally vegetarian, easily vegan, chock full of vegetables and plant-based protein, and absolutely delicious.



Ingredients

Base Veggies

2 tablespoons olive oil

1 yellow onion

4-5 cloves garlic, minced

4 large carrots, chopped

3 celery stalks, chopped

1 ½ - 2 cups baby potatoes, chopped small

2 medium zucchini, sliced into rounds or half-moons

Add-Ins

1 ½ cups green or brown lentils, rinsed

1 can (28 oz) whole peeled tomatoes, crushed by hand or with a spoon

6-8 cups vegetable broth

1-1 ½ cups chopped kale (or spinach)

1 cup frozen or fresh peas

¾ cups small pasta (like ditalini or elbow)

Seasoning

3 - 4 teaspoons italian seasoning

Salt and pepper to taste

1 tablespoon tomato paste

Optional: Parmesan rind (for depth, skip if vegan)

Directions

Heat olive oil in a large Dutch oven or soup pot over medium heat. Add onion, carrots, and celery. Sauté 4-6 minutes. Around the 5-6 minute mark, add your garlic. Continue sautéing.

Stir in potatoes and zucchini. Use some of the italian herb seasoning + some salt and pepper to season this first layer. Cook for another 5-7 minutes, letting the veggies get a bit of color.

Add the vegetable broth. Then add your tomatoes, tomato paste, peas (if fresh), and lentils. Season again with a bit of italian seasoning + some salt and pepper as needed. Stir well to combine everything. Keep tasting the soup and adjust your seasoning as needed.

Bring the soup to a boil, then reduce to a simmer.

Let the soup simmer covered for 25-30 minutes, or until the lentils and potatoes are tender. Stir occasionally and add more broth or water if it gets too thick. If you're using a parmesan rind, this is a good time to use it.

Stir in your pasta and kale. Cook for another 8-10 minutes until the pasta is al dente and the kale is wilted. Adjust your seasoning as needed. In the last 2-3 minutes of cooking, add your peas, if frozen.

If you're using a parmesan rind, this is the time to remove it. Let sit for 10 minutes before serving so the flavors can settle.

Note: Freezes beautifully (freeze before adding pasta or cook the pasta separately when reheating to avoid mushiness)

Italian Wedding Soup

Submitted by Finch Johanson

\$, MAF, FF, NF

Makes 4 servings

My great-great grandparents were Italian immigrants who came to America when fascism was starting to rise in Italy. My grandma makes this soup for me whenever I'm not feeling good or if I just need a pick-me-up. It's a favorite of mine. Fun fact, Italian wedding soup is actually not traditionally served at weddings. In Italian, the name of this soup is minestra maritata which translates to "married soup" This is because the greens and meat are married together in flavor.



Ingredients

Soup

2 tablespoons olive oil
1 cup chopped onions
1 cup diced carrots
3/4 diced celery
10 cups chicken broth
1 cup small pasta
12 oz baby spinach

Meatballs

1 pound ground beef or chicken
2/3 cup bread crumbs
3 tablespoons milk
1 extra large egg
2 teaspoons garlic
1 tablespoons parsley
1/4 cup grated parmesan cheese
Salt and Pepper

Directions

Preheat oven to 350 degrees

Mix all ingredients for meatballs together. Drop a teaspoon of the mixture on a cookie sheet (around 40 meatballs). Bake for 30 minutes

In a Dutch oven or soup pot, heat olive oil over medium heat in soup pot

Add onions, carrots, and celery, sauté until soft, while stirring occasionally. (5-6 minutes). Add salt and pepper to taste

Add chicken broth and bring it to a boil

Add dry pasta and cook for 6-8 minutes

Add meatballs and simmer for 1 minute

Stir in spinach and cook for 1 minute

Serve

Brothy Beans with Vegetables

\$, MAF, FF, NF, DF, VEG

Makes 4 servings

This dish is just delightful! It's fiber-rich, flavor-full, and so so easy to put together mixing together some household staples and some basic vegetables.



Ingredients

2 tablespoons olive oil
1 small yellow onion, diced
3–4 garlic cloves, minced
2 carrots, sliced into rounds
2 medium zucchini, halved and sliced
4 cups cooked white beans (like cannellini or great northern; or 2 cans, drained and rinsed)
4–5 cups vegetable broth or water (more for soupier consistency)
1–2 cups baby spinach or chopped greens (e.g., kale, chard)
1 teaspoon dried thyme
1 teaspoon dried oregano or Italian seasoning
Salt and pepper, to taste
Optional: 1–2 teaspoons lemon juice or a splash of vinegar for brightness

Notes

- Add a parmesan rind during simmering for more depth (remove before serving).
- Don't have zucchini? Sub in any seasonal veg: green beans, potatoes, or celery work great.
- For extra richness, mash a few beans into the broth.

Directions

In a large pot, heat the olive oil over medium heat. Add the diced onion and a pinch of salt. Cook until softened and translucent, about 5–6 minutes. Stir in garlic and cook another 1–2 minutes until fragrant.

Add the carrots and zucchini. Stir to coat in the oil and aromatics, then add the thyme, oregano, salt, and pepper. Cook for 5–7 minutes until the vegetables begin to soften.

Stir in the white beans and pour in the broth. Bring to a boil, then lower the heat to a simmer. Let it cook uncovered for 15–20 minutes to allow the flavors to meld and the broth to thicken slightly.

Stir in the spinach or other greens and let cook until just wilted, about 2–3 minutes. Taste and adjust seasoning. Add a splash of lemon juice or vinegar for brightness if desired.

Ladle into bowls and drizzle with a little more olive oil. Serve with crusty bread.

Chicken Pot Pie Soup

\$, NF, DF

Makes 4 servings

This chicken pot pie soup is warm, hearty, and honestly so easy to put together. This recipe is also very flexible - sometimes I just want a vegetable pot pie, sometimes turkey. You can switch things up quite easily and either way it's delicious.



Ingredients

2 tablespoons butter
1 tablespoon olive oil
1 small yellow onion, diced
2 cloves garlic, minced
3 medium carrots, peeled and sliced
2 ribs celery, chopped (optional)
1/3 cup all-purpose flour
4 cups chicken broth
1 cup milk or half-and-half
2 cups cooked shredded chicken
1 cup frozen peas
Salt & pepper, to taste
1 teaspoon dried thyme or 1 tablespoon fresh thyme

Homemade Buttermilk Biscuits

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
6 tablespoons cold butter, cut into cubes
3/4 cup cold buttermilk (plus more as needed)

Soup Directions

In a large pot or Dutch oven, heat butter and oil over medium heat. Add onion, garlic, carrots, and celery (if using). Cook until veggies soften, about 5–7 minutes. Sprinkle in the flour and stir to coat veggies; cook for 1–2 minutes to eliminate raw flour taste. Slowly whisk in the broth, scraping up any browned bits. Add milk or half-and-half. Simmer until thickened (about 10 minutes), stirring often. Stir in shredded chicken, peas, thyme, and seasonings. Simmer for another 5–10 minutes. Taste and adjust salt and pepper.

Biscuit Directions

Preheat oven to 425°F (218°C). Whisk dry ingredients together. Cut in ice cold butter using a pastry cutter or fork until mixture resembles coarse crumbs. Stir in buttermilk until a dough forms. Don't overmix. Turn out onto a floured surface and gently pat into a 1-inch thick rectangle. Fold once or twice, then cut biscuits using a cutter or glass. Bake for 12–15 minutes until golden brown.

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Spinach Strawberry Salad

\$, NF, V (if chicken is not used), DF

Makes 2-3 servings

This salad is so fresh and bright, perfect for the hot summer days. The recipe is foundational, but you should and could totally adjust along the way!



Ingredients

4 cups fresh baby spinach
1 cup strawberries, hulled and sliced
1/3 cup crumbled goat cheese (or feta if preferred)
2–3 tablespoons sunflower seeds or pepitas
(lightly toasted, optional)
Sliced avocado (optional)
Red onion, thinly sliced (optional)
Grilled chicken or chickpeas (optional)
Fresh mint or basil (optional)

Poppy Seed Balsamic Dressing

2 tablespoons balsamic vinegar
1 tablespoon maple syrup or honey
1 teaspoon Dijon mustard
1/3 cup olive oil
1 teaspoon poppy seeds
Pinch of salt and black pepper

Directions

In a small jar or bowl, whisk together the balsamic vinegar, maple syrup, and Dijon mustard. Slowly stream in the olive oil while whisking until emulsified. Stir in poppy seeds, salt, and pepper to taste. Set aside.

In a large bowl or on individual plates, layer the spinach, sliced strawberries, goat cheese crumbles, and sunflower seeds.

Drizzle the salad with the poppy seed balsamic dressing just before serving. Toss lightly if desired.

Spinach Apple Salad

\$, NF, V (if chicken is not used), DF

Makes 2-3 servings

I'm a big fan of fresh spinach salads, and I've got a recipe for each season. This is a favorite autumn salad - and it's flexible enough that you can adjust the recipe or the ingredients as needed.



Ingredients

5 oz baby spinach (about 4 cups)
1 crisp apple, diced (Honeycrisp or Pink Lady work great)
2 tablespoons pumpkin seeds (raw or roasted pepitas)
1–2 tablespoons finely chopped shallot or red onion (optional, but adds a nice bite)
Salt and pepper to taste (to season your vegetables)

Dressing

2 tablespoons olive oil
1 tablespoon apple cider vinegar
1 teaspoon honey or maple syrup
1/2 teaspoon Dijon mustard
Pinch of salt & freshly ground black pepper

Directions

In a small bowl or jar, whisk together olive oil, apple cider vinegar, honey, Dijon mustard, salt, and pepper until well combined.

In a large bowl, toss the spinach, diced apple, and pumpkin seeds together. Add shallots or onions if using.

Drizzle the dressing over the salad just before serving. Toss gently to coat. Taste and adjust seasoning if needed.

Watermelon Goat Cheese

NF, Vef, GF

Makes 2-3 servings

Light, refreshing, and just bougie enough to brighten up a grey day.



Ingredients

3 cups watermelon, cubed (about 1/4 of a medium melon)

1/3 cup soft goat cheese, crumbled

2–3 tablespoons of fresh mint leaves, torn or thinly sliced

1–2 tablespoon of red onion, very thinly sliced (optional, for bite)

1 tablespoon of olive oil (extra virgin if you have it)

1–2 teaspoon(s) fresh lime juice or balsamic vinegar

Pinch of salt

Cracked black pepper, to taste

Directions

Chop the watermelon into bite-sized pieces and place in a large bowl.

Gently fold in goat cheese crumbles, mint, and red onion if using.

Drizzle olive oil and lime juice or balsamic over the top. Sprinkle with salt and black pepper.

Give it a gentle mix—don't overdo it or the cheese will vanish into the juice.

Best eaten cold and fresh. You can chill everything ahead of time and toss right before serving.

Nectarine Caprese Salad

NF, Veg, DF

Makes 2-3 servings

This is such a bright and sunny summer salad. It takes about 2 minutes to put together. And, if you're in Prescott, there's a great little store that sells amazing balsamic vinegars including the ones I regularly use in my salads. There's a lot of flexibility here so please use the recipe as a base and go from there. I personally love to also add avocado and red onion when I'm making this for myself.



Ingredients

1 whole tomato, sliced OR ten or so
cherry tomatoes also sliced into halves
½ cup of mozzarella pearls OR slices of
mozzarella cheese.
¼ cup basil - torn in smaller pieces
1 nectarine sliced
Balsamic vinegar to taste
Olive oil to taste
Salt and pepper to taste

Notes:

- Avocado and red onion are also delicious
in this dish

Directions

Gently mix the cherry tomatoes, mozzarella, and
nectarine in your bowl OR place each ingredient
onto a plate like so. Add your basil.

Add salt and pepper to taste - season your salad
veggies!

Then drizzle the olive oil

Finally, drizzle the balsamic vinegar - you can use a
white balsamic, a traditional balsamic, a flavored
balsamic, but I do recommend you use a thicker
balsamic.

Farmers Market Salad

NF, Can be Veg, DF

Makes 2-3 servings

This is my favorite salad. It's perfect with seasonal vegetables but it's delicious even out of season. This recipe uses whatever you have and so every ingredient is optional. The recipe below is what I use but you can totally experiment.



Directions

Ingredients

Spinach
Five cherry tomatoes, sliced into halves
One carrot, peeled and diced
One small cucumber, peeled or not peeled (to your choosing), sliced thin
One sweet pepper, sliced to your choosing
½ cup of blueberries
¼ small apple, raw and ¼ small apple to be sautéed
⅓ pumpkin seeds
1 cup sliced asparagus, broccoli, and zucchini
1 cup shredded rotisserie chicken OR chickpeas

Dressing

2 tablespoons balsamic vinegar
1 tablespoon olive oil + a bit more for your pan
1 tablespoon maple syrup or honey
Salt and pepper to taste

Note:

- This dressing is perfect for whatever ingredients you've got. In the photo I've also incorporated nectarines, for example. Occasionally I'm not in the mood for spinach so I'll replace it with defrosted green pea
- For the sautéed vegetables, you can definitely use frozen vegetables. Sautee them a bit longer to ensure they're cooked through and be aware the texture will be a bit softer.

Plate the raw vegetables with your greens at the bottom

Combine your dressing into a single cup. Add salt and pepper to the dressing and to the raw vegetable base.

Warm up some olive oil in the pan on medium-low.

Add your vegetables and saute them for a few minutes until they've begun to soften. Add your apples. Continue sauteing.

Add your shredded rotisserie chicken or chickpeas. Saute for a minute or two.

Pour a bit of the dressing on the raw vegetables on your plate and then pour the rest on the sauté mixture. Cook it all for a few minutes until it's warmed through and the dressing has thickened.

Spoon the cooked mixture on top of your salad with the rest of the dressing. Add the blueberries, apples, and pumpkin seeds on top.

Carrot & Chickpea Salad

NF, Veg, V, \$, MAF

Makes 2-3

This dish is so simple and so much fun. I love it as an afternoon lunch or on the dinner table.



Ingredients

2–3 medium carrots, julienned or thinly sliced
1 can (15 oz) chickpeas, drained and rinsed
2–3 tablespoons raw pepitas (pumpkin seeds)
2 tablespoons olive oil
1 tablespoon balsamic vinegar
Salt and black pepper to taste

Add-Ins

A pinch of cumin or smoked paprika
Crumbled feta or goat cheese
Fresh herbs (parsley, mint, or dill would be great)
A tiny bit of honey or maple syrup for a sweeter edge
Thinly sliced shallots or green onions for extra bite

Directions

In a small bowl or jar, whisk together olive oil, balsamic vinegar, salt, and pepper. Taste and adjust to your liking.

In a mixing bowl, combine carrots, chickpeas, and pepitas.

Pour the dressing over the salad and toss until everything is evenly coated.

You can serve immediately, but it gets even better if it sits for 15–30 minutes so the flavors meld.

Apple, Pecan, and Goat Cheese Salad

\$, NF, MAF

Makes 2-3 servings

Ingredients

Mixed greens (e.g., arugula, spinach, and romaine)
1 apple, thinly sliced (Honeycrisp or Fuji)
⅓ cup candied or toasted pecans
¼ cup crumbled goat cheese (or feta)
¼ cup dried cranberries
½ cup roasted butternut squash or delicata squash

Maple-Dijon Vinaigrette

2 tablespoon of olive oil
1 tablespoon of apple cider vinegar
1 tablespoon of maple syrup
1 teaspoon Dijon mustard
Salt & pepper

Warm Roasted Veggie and Farro Harvest Salad

BF, NF, MAF

Makes 2-3 servings

Ingredients

1 cup cooked farro (or quinoa)
1 cup roasted sweet potato cubes
½ cup roasted Brussels sprouts (halved)
¼ cup crumbled blue cheese or aged cheddar
¼ cup chopped walnuts
Baby kale or spinach as the base
Optional: Pomegranate arils or chopped dates for sweetness

Balsamic-Tahini Dressing

2 tablespoon of tahini
1 tablespoon of balsamic vinegar
1 tablespoon of lemon juice
1 teaspoon maple syrup
Water to thin, salt to taste

Pear, Hazelnut, and Arugula Salad

\$, NF, MAF

Makes 2-3 servings

Ingredients

Arugula or mixed baby greens

1 ripe pear, thinly sliced

¼ cup toasted hazelnuts or almonds

¼ cup shaved Parmesan

Optional: Roasted beets or fennel

Shallot Vinaigrette

2 tablespoons of olive oil

1 tablespoons of red wine vinegar

½ teaspoon Dijon

1 small shallot, minced

Salt & pepper

Sweet Potato, Chickpea, and Kale Salad

BF, NF, MAF, DF

Makes 2-3 servings

Ingredients

Curly or lacinato kale, massaged with olive oil

1 small sweet potato, roasted

½ cup crispy roasted chickpeas

¼ cup sunflower seeds or pumpkin seeds

¼ avocado, sliced

Optional: Diced apple or pear

Lemon-Garlic Tahini

2 tablespoons of tahini

1 tablespoon of lemon juice

1 small garlic clove, minced

Water to thin, salt and pepper

Couscous Bowl with Canned Chickpeas

\$, NF, MAF, Veg, DF

Makes 2-3 servings

Ingredients

1 cup couscous
1 ¼ cups boiling water or broth
½ cup cherry tomatoes, halved
½ cucumber, diced
¼ cup red onion, thinly sliced
⅓ cup Kalamata olives, halved
¼ cup crumbled feta
2–3 tablespoons of chopped fresh parsley or mint
Optional: roasted chickpeas or grilled chicken

Dressing

2 tablespoons of olive oil
Juice of 1 lemon
1 teaspoon of red wine vinegar
1 garlic clove, minced
Salt and pepper to taste

Directions

Pour boiling water or broth over couscous, cover, and let sit for 5 minutes. Fluff with a fork.

Toss couscous with veggies, olives, feta, and herbs.

Drizzle with dressing and top with roasted chickpeas or chicken if using.

Lemony Shrimp Couscous Bowl

\$, NF, MAF, DF

Makes 2-3 servings

Ingredients

1 cup couscous
½ lb shrimp, peeled and deveined
1 zucchini, spiralized or thinly sliced
1 cup spinach or arugula
1 garlic clove, minced
Juice and zest of 1 lemon
2 tablespoons of olive oil
Salt, pepper, red pepper flakes

Directions

Cook couscous and fluff.

Sauté shrimp with garlic, lemon zest, and olive oil until pink (about 2–3 minutes per side).

Sauté zucchini for 1–2 minutes just to soften.

Layer couscous with greens, shrimp, and zucchini. Squeeze lemon juice over the top and finish with a drizzle of olive oil and chili flakes

Cucumber, Avocado, and Lime Salad

\$, NF, MAF, V, DF

Makes 2-3 servings **Directions**

Ingredients

1 large English cucumber (or 2 Persian cucumbers), thinly sliced
1–2 ripe avocados, diced
Juice of 1–2 limes (about 2–3 tab)
Zest of 1 lime (optional but adds a citrusy boost)
1–2 tablespoons of finely chopped red onion or scallion
1 tablespoon of olive oil (or avocado oil)
Salt and pepper to taste
Red pepper flakes or Tajín (optional, for kick)

Thinly slice the cucumber and dice the avocado. Soak the chopped onion in a little lime juice for 5 minutes to mellow it out.

In a bowl, combine the cucumber, avocado, red onion, and cilantro

Drizzle with olive oil and squeeze in the lime juice. Add lime zest, salt, pepper, and optional red pepper flakes or Tajín.

Gently toss everything together. Be careful not to mash the avocado.

You can serve it right away, or refrigerate it for 10–15 minutes before serving if you want it extra refreshing.

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Apple Nachos

\$, NF, V, MAF, DF

Makes 2-3 servings

This could be a dessert, but it's also just a delicious snack. I love it when I am at my desk or watching TV.



Ingredients

One large apple (I love Honeycrisp or Pink Lady here)

One tablespoon cookie butter (melted in the microwave for about 15 seconds)

One tablespoon nut or seed butter of your choice (creamy or crunchy)(melted in the microwave for about 15 seconds)

One tablespoon caramel sauce (melted in the microwave for about 15 seconds)

One tablespoon chocolate chips

One tablespoon butterscotch chips

One tablespoon nuts or seeds

Optional: One teaspoon of sea salt

Directions

Slice the apple into thin wedges and arrange them on the plate however you wish

Warm the cookie butter, nut/seed butter, and caramel in the microwave

Drizzle the cookie butter and nut/seed butter over the apples. Then drizzle the caramel.

Sprinkle the chocolate chips, butterscotch chips, nuts, or seeds on top

This is optional but a sprinkle of sea salt on top cuts through the sweetness just a bit.

Swiss Chard Patties (a Narrative)



Recipes have power, real and imagined. The response to this dynamic can be intimidation. Fears of inadequacy or failure can prevent some of us from ever trying to make food. Because food is about love as much as it can be a form of resistance, I offer an alternative to the recipe. My submission to this cookbook is an informal narrative—a series of suggestions for engaging with food as a liberatory act. In the spirit of validating the legitimacy of intuition, calling on your capacities for observation, reflection, creativity, and joy, championing sensory experiences, and establishing the kitchen as a safe-space, I humbly share a most enjoyable and adaptable dish that spotlights one of my favorite vegetables: Swiss Chard (but even this can be substituted!)

~ Lisa Trocchia

This is a veggie patty that is fried. I'm sure they can also be baked, so experiment. I prefer them fried in extra virgin olive oil, but any oil or fat can be used. They are good hot or served at room temperature. You will need a large skillet and a spatula (or anything you can use to flip them over while cooking).

Preparation

Begin with the chard, or whatever dark leafy green you would like to use. Substitute suggestions include spinach, kale, amaranth greens (aka pigweed, callaloo, vleet), beet or turnip greens, or a combination of any! Gather a large bowl full.

If using chard or kale, or any green with a hard center rib, separate the rib from the leafy part. Chop the rib sections into small pieces. Chop the leafy parts into narrow ribbons—or whatever.

Chop up a small yellow onion and a clove of garlic. If you don't like these things, don't use them. They are simply ingredients that add depth of flavor. If you want to put in something other than, or instead of onions and garlic, you might consider finely chopped carrots, celery, kohlrabi, beets—whichever crunchy vegetable sounds good to you. You'll saute these on med-high heat in some oil or fat. It doesn't really matter how much oil; the point is just to soften the vegetables. Season this mixture however you'd like. Salt and pepper is perfect, but smoked paprika or chili powder can work too. Less is more.

Recipe continues onto the next page.

Add the ribs of your chard to the onion and garlic mixture pretty much right away and saute them all together for a couple of minutes. When everything has softened, add some liquid. The amount shouldn't be more than what's needed to get everything sort of suspended in liquid, not drowned. Water is fine, white wine works, as does chicken broth or water with any kind of broth cube. Let that cook with the vegetables for several minutes until some of the liquid has cooked away and the rib pieces are tender. I like to add the juice of a small lemon at this point.

Add the leafy part of the greens and cook until slightly wilted and tender. Taste and make sure you like your seasonings.

Remove the mixture from the skillet and place into a bowl to cool slightly. Wipe out the skillet for use later.

Sprinkle a few spoonfuls of flour over the greens mixture, or toasted breadcrumbs—or both. If you can't tolerate wheat, you can use rice flour, oat flour, GF flour, or cornstarch will work too. It's just a bit—you are trying to help create a consistency that will eventually hold together and make a patty. So, in addition to the flour, I like adding a bit of cheese at this point. It does not matter what kind. Use what you like. The cheese (with the flour or breadcrumbs) acts as a binding agent but if you don't eat cheese, you might try something like a big spoonful of applesauce, or even mashed banana. Additional add-ins at this point can include things like chopped nuts (walnuts, toasted pecans or pine nuts), fresh herbs like dill, chives, or parsley, or I like a few sweet raisins. Throw in however many you want, but now is a great time to taste the mix and see what you think!

Rec

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At this point I mix in one egg. If you don't want to use an egg, try a flax egg (1 tablespoon ground flaxseed mixed with 2.5 tablespoons of water and let sit for 5 minutes until thick. Oops—that's a recipe!)

Mix everything together until well combined. If it is too dry to hold a patty shape, add something that will bind it better—an additional egg, more cheese, etc. If it's too wet to hold its shape, add more flour or breadcrumbs.

Heat the oil or fat in the skillet. You'll need enough to cover the bottom of the pan and a little more. Medium-high heat is good—just give it a few minutes to get nice and hot.

Form your greens mixture into patties, or spoon drop them into the skillet. Fry them until browned on the bottom. Flip and cook until browned on the other side. Remove and drain on a rack or on a paper towel to remove excess oil.

Eat them as you are inspired to. I sometimes like them plated on a whipped feta-yogurt mixture, or simply stacked with sour cream on top. They make a great sandwich filling as well.

Bottom line: Enjoy yourself and what you have created! Feel free—enjoy the shape, sound, color, texture, taste, and transformation of food. Share with friends and strangers, and try another variation next time!

RECIPE: **Calabacitas** (Sautéed squash & veggies)

TIME: **45 minutes**

INGREDIENTS and ITEMS

1 Tomato
6 Garlic Cloves
1 Onion
1 Roasted Chile
3 Mexican Zucchini
3 Yellow Squash
1 tsp Garlic Powder
1 tsp Onion Powder
1 tbs Salt
Any Additional Spices
 $\frac{1}{4}$ Cup Olive Oil
Spatula
Skillet
Compost Bucket

DIRECTIONS

1. Slice tomato and dice into small pieces and add to a skillet.
2. Peel and dice onion, add to skillet.
3. Slice off the stem of chiles, chop and add to the skillet.
4. Add olive oil to the skillet then turn on low heat.
5. Cook tomato, chile and onion until aromatic and onion begins to become clear.
6. Peel and dice garlic, add to skillet, cook until aromatic. Careful not to burn.
7. Slice off the ends of zucchini and squashes, then chop into triangle pieces. Add to the skillet, increase heat to medium.
8. Add salt, garlic, onion powders, and additional spices available.
9. Cook all ingredients until soft, or preferred texture.
10. Taste and season more if necessary.

NOTES

Ingredients and steps can vary based on availability and preferred taste. Include a variety of bell peppers for added color, taste and texture. All food scraps should be placed into the compost bin. Additional spices can include taco seasoning, cumin, thyme, etc.

Sweet Potato & Black Bean Bake

\$, NF, Veg, V, MAF, DF

Makes 2-3 servings

I love this dish. It's so easy, so filling, and just crazy-delicious. It generally uses pantry staples and the spices can easily be swapped around to your taste. It's a vegan recipe though I do sometimes choose to add sour cream to the side for a pop of freshness. This meal is budget-friendly, meal prep-friendly, and potluck-friendly if you up the ingredients to meet your needs. I like to serve this bake with chips and sour cream or straight from the bowl - in all ways it's delicious. As a note, this is a dish I love to adjust - sometimes I want or have more corn, sometimes I throw an extra sweet potato in there, sometimes I want pinto beans instead of black beans.



Ingredients

Two medium sweet potatoes - wash, peel, and cut them into cubes
One can of black beans, drained and rinsed
One cups of corn (frozen, canned, or fresh)
1-2 tablespoons of olive oil
1 teaspoon chili powder
½ teaspoon cumin
½ teaspoon paprika
½ teaspoon salt
½ teaspoon black pepper
Optional: Sour cream, tortilla chips, avocado, hot sauce, and/or limes

Directions

Preheat the oven to 425 degrees fahrenheit. Line a baking sheet with parchment paper or lightly oil it.

Toss your sweet potatoes with olive oil, chili powder, cumin, paprika, salt, and pepper. Spread on the baking sheet in a single layer.

Roast the sweet potatoes for 20 minutes flipping once. The edges should be lightly browned and the insides soft.

Add the black beans and corn to the baking sheet, mixing them in gently (being careful as the baking sheet is quite hot). Return the baking sheet to the oven for 10-15 minutes.

The dish is done when a skewer pierces the sweet potatoes easily.

Optional: Add a tablespoon of sour cream, some hot sauce, or slices of avocado. I also love to serve this with tortilla chips.

Broccoli & Cheese Baked Potato

\$, NF, Veg, MAF

Makes 2-3 servings

A broccoli & cheese baked potato is one of my favorite lunches. It's the type of dish that intimidated me for a really long time because I was not sure how to do it so it would be like the fast food restaurants I ate at that had really delicious versions of this potato. But this recipe is actually better - it's filling, comforting, and so easy to make. There are two versions of this recipe - I've included both.



Ingredients

A russet potato

½ cup broccoli florets (steamed (fresh or frozen) or even lightly sauteed)

½ cup shredded cheese

⅓ cup cream cheese

Salt

Pepper

Optional: Butter, garlic powder, green onions, onion powder, hot sauce, or even a dry ranch seasoning

Directions: Oven-Friendly Version

Preheat the oven to 400 degrees Fahrenheit. Scrub the potatoes and piece each one a few times with a fork.

Wrap your potatoes in aluminum foil.

Bake your potatoes for 45-60 minutes. You want them tender with a crusty outside, but not so crusty that it dries up.

While the potatoes are cooking, steam or saute the broccoli until just tender.

In a small bowl, mix the salt (to taste), pepper (to taste), cream cheese, cheddar, and any other seasonings you may want to add. Then stir in t

Once potatoes are nearly-done (do NOT turn off the oven), cut open the potato and spoon a bit of the potato into the cream cheese mixture. Mix it together, stirring in your steamed or sauteed broccoli, and then add the potato-cheese mixture back to the remaining potato.

Add your potato back to the oven for about five minutes, until the cheese is nice and melty.

Add any other toppings you may want to add. Serve hot.

Directions: Microwave-Friendly Version

Place broccoli in a microwave-safe bowl with a splash of water. Cover with a plate or a microwave safe lid or even a wet paper towel. Microwave for 2 minutes until just tender. Drain all the excess water.

Scrub the potatoes and poke them a few times with a fork. Microwave them on a plate for 7-10 minutes, flipping halfway through, until tender.

In a small bowl, mix the salt (to taste), pepper (to taste), cream cheese, cheddar, and any other seasonings you may want to add .

Once the potatoes are done, slice open the hot potatoes, cut open the potato and spoon a bit of the potato into the cream cheese mixture. Mix it together, stirring in your steamed or sauteed broccoli, and then add the potato-cheese mixture back to the remaining potato.

Microwave again for 30 seconds to melt it all together if needed.

Add any other toppings you may want to add. Serve hot.

Savory Toast

\$, Veg

Makes 1-2 servings

Savory toasts below are great for breakfast or even as a study snack! I like to mix mine up and these recipes are more of inspiration than how-to's set in stone. Consider these “no-recipe” recipes.



Avocado + Chili Flakes

Multigrain or oat-crust bread, toasted
½ avocado, mashed with a pinch of salt
Optional: drizzle of olive oil or squeeze of lemon

Labneh + Za'atar

Whole wheat or rye bread, toasted
2 tablespoons of labneh (or full-fat Greek yogurt as substitute)
½ teaspoon za'atar
Optional: olive oil drizzle

Hummus + Cucumber + Sumac

Toasted sourdough
2 tablespoons hummus
Thinly sliced cucumber
A pinch of sumac
Optional: Black pepper

Goat Cheese + Roasted Tomato + Basil

Toasted baguette
Spreadable goat cheese
Roasted cherry tomatoes
Torn basil
Balsamic drizzle

Cream Cheese + Radish + Chives

Toasted rye or pumpernickel
Cream cheese
Thinly sliced radishes
Chopped chives

Smoked Salmon + Herbed Yogurt + Dill

Toasted dark rye or seeded bread
Herbed Greek yogurt (dill + lemon + garlic)
Smoked salmon
Capers
Red Onions

Mushroom & Thyme Toast

- Sauté mushrooms with olive oil, garlic, salt, and thyme until browned.
Serve warm over cream cheese or ric

Sweet Toast

\$, Veg

Makes 1-2 servings

Toast is about the easiest snack there is, and these are easy ways to turn basic toast into something a bit more satiating.



Strawberry & Chocolate Hazelnut Toast

1 slice whole grain toast
1 tablespoons of chocolate hazelnut spread (or chocolate tahini for a twist)
3–4 strawberries, sliced

Peanut Butter & Apple Toast

1 slice hearty grain or seed bread
1 tablespoon of natural peanut butter
½ small apple, thinly sliced
Optional: cinnamon or honey drizzle

Ricotta & Honey & Figs or Berries

Toasted sourdough
Fresh ricotta
A drizzle of honey
Sliced fresh figs, strawberries, or blackberries
Optional: lemon zest

Tahini & Banana & Date Syrup

Toasted multigrain
Tahini + banana slices
A drizzle of date syrup or molasses
Sesame seeds on top

Yogurt & Granola Toast

Toasted bread
Thick non-dairy or Greek yogurt
A sprinkle of granola
Fresh fruit
A spoon of jam or fruit compote

Almond Butter & Pear

Almond butter
Thin pear slices
A dusting of ground cardamom or cinnamon

Jam & Cream Cheese (or Labneh)

Swirl your favorite jam over cream cheese or labneh on toast.
Add sliced almonds or chia for texture.

Roasted Vegetables

\$, Veg, NF, MAF, V

Makes 1-2 servings

Listen, I just really love roasted vegetables. Whatever I can find in whatever combinations (or not) I can find. Delicata squash, for example, is absolutely delicious.



Ingredients

1 small head cauliflower, cut into florets
1 lb baby potatoes, halved
2–3 carrots, peeled and sliced into ½-inch coins
1 medium sweet potato or golden beet, peeled and cubed
2–3 tablespoons olive oil
1 ½ teaspoons kosher salt (adjust to taste)
½ teaspoon black pepper
1 teaspoon garlic powder (or 3 minced garlic cloves)
½ teaspoon smoked paprika (*optional*)
1 teaspoon dried thyme or Italian seasoning
Fresh herbs (like parsley or dill), for garnish (*optional*)

Directions

Preheat the oven to 425°F (220°C). Line a large baking sheet with parchment paper or lightly grease it.

Prep your veggies: break your cauliflower into florets, halve or quarter baby potatoes, peel and chop carrots and sweet potatoes, etc.

Toss everything in a large bowl with olive oil, salt, and pepper

Spread veggies in a single layer on the baking sheet. Make sure you don't overcrowd them, or they'll steam instead of roast. Use two pans if needed.

Roast for 35–45 minutes, tossing halfway through. They're done when the edges are golden and crispy, and the insides are fork-tender.

Optional: Garnish with fresh herbs or a splash of balsamic vinegar before serving.

Bean Salad

\$, Veg, NF, MAF, V

Makes 4-6 servings

This dish is so much fun - it combines fresh veggies + beans, and is as colorful as it can get.



Ingredients

1 can (15 oz) chickpeas, drained and rinsed
1 can (15 oz) kidney beans, drained and rinsed
1 can (15 oz) black beans or cannellini beans,
drained and rinsed
1/2 cup red bell pepper, finely chopped
1/2 cup green bell pepper, finely chopped
1/2 cup yellow or orange bell pepper, finely
chopped
1/3 cup red onion, finely diced
1/3 cup corn kernels (frozen & thawed, or canned
& drained)
1/4 cup chopped parsley or cilantro (optional)

Dressing:

1/4 cup olive oil
1/4 cup apple cider vinegar (or red wine vinegar)
1 tablespoon maple syrup or honey
1 clove garlic, finely minced or grated
Salt and black pepper, to taste

Notes:

- Remember to rinse your beans well. Canned beans often have a thick, salty liquid. Rinse them under cold water until it runs clear.
- This salad gets way better after a few hours or overnight in the fridge. The beans soak up the dressing and everything becomes more flavorful.

Directions

In a small bowl or jar, whisk together olive oil, vinegar, maple syrup, garlic, Dijon mustard (if using), salt, and pepper.

In a large mixing bowl, combine all the beans, chopped vegetables, and corn.

Pour the dressing over the salad and toss until everything is well coated.

Refrigerate for at least 30 minutes before serving—ideally a few hours—to let the flavors meld.

Serve cold or at room temperature. Keeps well in the fridge for up to 4–5 days.

Fruit Plates

MAF, NF, Veg, V

Serves 1-2

I'm a big fan of fruit plates while I work at my desk. It's something cool and refreshing to snack on, and I especially like to seek out seasonal fruit when I'm able to.

**Here's a few of my favorite fruit plates
(when it's not just a random assortment)...**



Summer Brunch Fruit Plate

Watermelon triangles
Pineapple chunks
Mango slices
Blueberries
Kiwi (peeled and sliced into rounds or quarters)
Mint leaves for garnish
Optional: Serve with lime wedges and Tajín for a sweet-savory twist

Spring Floral Fruit Plate

Strawberries (halved)
Raspberries
Green grapes
Melon balls (cantaloupe and honeydew)
Edible flowers (like pansies or violets) for garnish
A small bowl of honey-lime yogurt dip in the center

Tropical Vibes Plate

Mango chunks
Papaya slices
Dragon fruit
Banana coins (lightly brushed with citrus juice)
Passionfruit halves (leave whole for scooping)
Coconut flakes for garnish

Cozy Autumn Fruit Plate

Apple slices (dip in lemon water to prevent browning)
Pear slices
Figs (halved)
Red grapes
Pomegranate arils
Dried apricots or dates

Moody Berry Plate

Blackberries
Dark cherries (pitted or halved)
Blueberries
Purple grapes
Sliced plums
A drizzle of balsamic glaze (if you're feeling fancy)

Picnic-Perfect Plate

Apple slices
Mandarin orange segments
Grapes
Dried cranberries
Banana chips or trail mix clusters
A few mini skewers or toothpicks for easy grab-and-go

Fruit and Cheese Plates

MAF, NF, Veg, V, NF

Serves 1-2

Fruit & cheese plates are the slightly more fancy version of a fruit plate. These are great desk plates, amazing for a picnic, or even just for movie night. You can change up the fruit, change up the cheese, and even change your choice of crackers.



Cheese

Go for variety in texture and flavor. Try one soft, one hard, and one funky or aged.

- Soft & Creamy: Brie, Camembert, goat cheese, Boursin, fresh mozzarella
- Firm & Nutty: Cheddar, Manchego, Havarti, Gruyère, Gouda
- Aged & Funky: Blue cheese, Roquefort, aged Parmesan, Gorgonzola
- Vegan options: Miyoko's, Violife, Treeline cashew cheese, Kite Hill

Cube harder cheeses, slice semi-soft ones, and wedge soft cheeses.

Fresh fruit

Choose what's in season, colorful, and with a mix of sweet/tart textures.

- Berries: Blueberries, blackberries, strawberries, raspberries
- Stone Fruit: Cherries, peaches, plums, nectarines
- Citrus: Orange wedges, mandarins, blood orange slices
- Apples & Pears: Thinly sliced, with lemon juice to prevent browning
- Grapes: Red, green, or champagne grapes
- Tropical: Pineapple chunks, mango slices, kiwi rounds

Crackers or bread

Choose 1-2 kinds of crackers or bread as your base

- Water crackers, multigrain crackers, pita chips
- Thin slices of baguette, crostini, or breadsticks
- Gluten-free: rice crackers, seed crackers, or almond flour crisps

You can also add some nuts to the plate for some added crunch!

RECIPE: Refried Beans

TIME: 35 minutes stovetop
8 hours crockpot

INGREDIENTS and ITEMS

1 lb Bag Pinto Beans

6 Garlic Cloves

1 Onion

1 Jalapeno

1 tsp Garlic Powder

1 tsp Onion Powder

1 ¹/₄ tbsp Salt

¹/₂ cup of Lard, Olive Oil or
Vegetable Substitute

Compost Bucket

Large Skillet

Bean Smasher

Crockpot

DIRECTIONS

1. Sort through beans, removing any rocks, broken or discolored beans.
2. Discard rocks and broken/dyscolored beans into compost.
3. Place all remaining beans into a crockpot.
4. Fill the crockpot with water to cover beans with enough water to cover over two inches above.
5. Soak beans overnight in the refrigerator.
6. In the morning rinse beans then refill with water to cover beans over an inch above.
7. Slice off the stem of jalapeno and add to the crockpot.
8. Peel and slice onion in half, add to crockpot.
9. Peel and smash garlic, add to crockpot.
10. Add Salt to the crockpot.
11. Heat the crockpot on low for 8 hours.
12. After beans are cooked, heat a large skillet, add in lard, oil, or vegetable substitute.
13. Scoop beans, jalapeno, onion and garlic out and into skillet, smashing inbetween scoops.
14. Add bean juice to the skillet as needed to reach desired smooth consistency.
15. Season with garlic and onion powder, add salt if needed.

NOTES

Ingredients and steps can vary based on availability and preferred taste. Beans are ready when easily smashed between fingers. Top beans with cheese and cilantro for additional flavor and texture. All food scraps should be placed into the compost bin.

Energy Balls

MAF, NF, Veg, V

Recipe servings size vary

Energy bites are another kind of dish that can be created using things you have on hand. These make for quick snacks on the go - I tend to mix up my “butter” of choice - using whatever nut butter, seed butter, or cookie butter I have and then whatever mix-ins I have too.



Peanut Butter Energy Bites

1 cup old-fashioned oats
1/2 cup natural peanut butter (creamy or crunchy)
1/3 cup honey or maple syrup
1/3 cup mini chocolate chips or chopped dark chocolate
2–3 tablespoons ground flaxseed or chia seeds (optional)
1/2 teaspoon vanilla extract
Pinch of salt

Cookie Butter Energy Bites

1 cup oats
1/2 cup cookie butter (like Biscoff or Trader Joe's Speculoos)
1/4 cup maple syrup
2 tablespoons ground flaxseed
1/4 cup chopped dried cranberries or white chocolate chips
1/2 teaspoon cinnamon

Almond Joy Energy Bites

1 cup oats
1/3 cup almond butter
1/4 cup honey
1/4 cup shredded unsweetened coconut
2 tablespoons cocoa powder
1/4 cup mini chocolate chips
1/4 teaspoon almond extract
Pinch of salt

Pumpkin Spice Energy Bites

1 cup oats
1/4 cup pumpkin puree
1/4 cup almond butter or peanut butter
1/4 cup maple syrup
1/2 teaspoon pumpkin pie spice
1/4 cup chopped pecans or walnuts
1/4 cup raisins or dried cranberries

Directions

Mix all ingredients in a bowl until well combined.

Chill in the fridge for 20–30 minutes to make rolling easier.

Roll into balls (~1" in size).

Store in an airtight container in the fridge for up to 1 week or freeze for up to 2 months.

Hummus

MAF, NF, Veg, V, \$

Recipe servings size vary

Hummus is a popular levantine dish with roots in Palestine, Jordan, Syria, and Lebanon. It's a dish I grew up with - typically my family uses the canned chickpeas here in the states (Ziyad brand, always) but it can be more accessible for non-Arabs who don't have access to a Middle Eastern grocery store to make it from scratch.



Directions

Ingredients

1 cup dried chickpeas (or 2 cups cooked/canned, but dried is better)
½ teaspoon baking soda (for boiling)
½ cup tahini (light, runny tahini is best)
¼ cup fresh lemon juice (or more to taste)
1–2 cloves garlic, crushed
½ teaspoon salt (adjust to taste)
Cold water or ice water (start with 2–4 tablespoons and add more as needed)
Olive oil (for serving)
Optional: a pinch of chopped parsley, za'atar, or paprika for garnish

Soak chickpeas overnight in water. Drain, rinse, and boil with baking soda until very tender (skins should fall off easily). Skim off skins if desired — this creates smoother hummus.

In a food processor, blend the chickpeas while still warm until crumbly. Add tahini, lemon juice, garlic, and salt. Blend again.

With the processor running, drizzle in cold water (or ice water) a bit at a time until the hummus is creamy and smooth. This can take a few minutes.

Add more lemon, garlic, or salt if needed. Traditional hummus is tangy but balanced.

Spoon into a shallow dish. Use the back of a spoon to swirl a crater in the center. Drizzle good olive oil in the dip and garnish with a sprinkle of za'atar, paprika, or chopped parsley.

Note: Traditionally, hummus is served with pita bread (preferably warm). I also love it with baby carrots, snap peas, broccoli florets, spicy pickles and/or sliced cucumbers, but - with the exception of the pickles - that's generally less traditional, but still delicious.

Zucchini & Tomato Stew

MAF, NF, Veg, V, \$

Recipe servings size vary

This stew is delicious and uses just a few core ingredients: zucchini, onion, and tomato, alongside olive oil, salt, and pepper.



Directions

Ingredients

2 medium zucchinis, diced
1 medium yellow onion, finely
chopped
1½ cups chopped fresh tomatoes
or 1 heaping cup canned diced
tomatoes
2 tablespoons olive oil
Salt, to taste
Black pepper, to taste

In a medium saucepan or skillet, heat the olive oil over medium heat. Add the chopped onion and a pinch of salt. Cook for 5–7 minutes, stirring occasionally, until the onion is soft and translucent.

Stir in the diced zucchini. Cook for another 5–8 minutes, until the zucchini starts to soften and pick up a bit of color.

Stir in the chopped tomatoes (with juice if using canned). Add salt and black pepper to taste

Reduce the heat to low, cover, and let the stew simmer gently until the zucchini is tender and the tomatoes have cooked down into a saucy consistency. Stir occasionally and add a splash of water if it gets too thick.

Once everything is soft and stewy, taste and adjust the seasoning as needed.

Notes

- With pita: Serve warm with pita bread for scooping.
- Over rice: Spoon over a bed of plain white or brown rice for a more filling option.

Entrees

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Sukuma Wiki O Orgali

Submitted by Mary Poole, PhD

MAF, NF, Veg, V, \$

Recipe servings size vary

Sukuma wiki o orgali is an adapted Kenyan food. Sukuma wiki translates back to “stretch the week” and combines polenta and collard greens.



Ingredients

Two bunches of collard greens, stems removed (and fed to the goats) and leaves cut into the thinnest slivers possible.

A quarter of a medium sized onion, also cut into the smallest pieces possible.

One roma tomato, the same small pieces

Salt

Two cups of white polenta meal

Directions

Orgali

Use a pan that you don't mind getting messed up! A non-stick pan would work.

Bring about 4 cups of water to a boil (no salt in traditional orgali)

Add polenta meal while stirring with a wooden spoon

Continue to stir while the corn meal cooks, for about 10 minutes, until the mixture begins to harden and puff up.

Turn the heat way down and cover with a lid for another 5 minutes or so. Moisture should build up in the pan to finish the cooking.

Turn the orgali out on a plate and let it cool, and then slice it

Sukuma Wiki

Cover the slivered collard greens in cold water and then drain

Heat a couple of tablespoons of high-heat oil

Add the onions to the oil and stir for a couple of minutes

Add the tomato which will become a kind of paste with the onions

Add the collards. They will sizzle because of the remaining water. Stir so that the oil coats all of the collards as they cook.

Cover so that they are cooked both by the heated oil and steam. Check constantly to make sure that there is still moisture in the pan--you don't want the collards to dry out.

Steam and stir until very soft, and add salt

Arizona Desert Curry

Submitted by Pavel Cenkl, PhD

NF, GF

Serves 1-2



Ingredients

2 lbs. boneless chicken thighs
1 medium yellow onion, finely chopped
4 cloves garlic, crushed & minced
2 tablespoons fresh ginger, grated
2 tablespoons fresh turmeric, grated
2 dried ancho chilis, rehydrated and blended into a paste
1 can coconut milk (13.5 oz)
1 cup chicken broth
1 can diced tomatoes (13.5 oz)
2 tablespoons ghee (or olive oil)
Fresh Cilantro
Green onion
1 lime
Red pepper (optional)
Avocado (optional)

Spices

1 tablespoon ground cumin
1 tablespoon ground coriander
½ teaspoon smoked paprika
6-8 fennel seeds
4 green cardamom pods
1 tablespoon garam masala
Salt and pepper
Ground dried chipotle chili (or Kashmiri chili powder) to taste

Directions

Prepare the ancho paste: soak chilis in hot water for 10-15 minutes and blend with a splash of the soaking liquid into a smooth paste.

Sear the chicken. Heat 1 tablespoon of ghee in a Dutch oven or deep skillet over medium-high heat. Season chicken with salt and pepper, then sear until lightly browned. Remove and set aside. Note that the chicken will finish cooking when returned to the curry in step 6

Build the curry base. Add the remaining ghee to the pan. Sauté onions until translucent, then stir in garlic, ginger, turmeric, and all other spices. Cook 2–3 minutes until fragrant.

Stir in ancho chili paste and let it deepen for a minute.

Add diced tomatoes and chicken broth.

Simmer and return the chicken to the pan. Cover and cook for 25–30 minutes until chicken is tender and flavours are rich.

Add coconut milk

Finish by stirring in lime juice and most of the chopped cilantro. Adjust seasoning to taste.

Serve by spooning over rice (or quinoa, or roasted squash). Garnish with remaining cilantro, green onion, and, if you like, red pepper and sliced avocado.

Notes:

- Vegan protein - including tofu - can be used in place of chicken in this dish.

Shepherd's Pie

Submitted by McKenzie Kemper

MAF, NF, \$

Serves 6

This shepherd's pie a full meal in and of itself, but sometimes I will pair it with a simple salad and a bread roll.



Ingredients

2 cups seasoned vegetables (e.g.,
diced carrots, celery, lima beans,
and sliced onions)

2 cups diced cold meat (e.g.,
leftover cooked beef, veal, lamb, or
pork)

1 cup gravy

2 cups hot mashed potatoes

1/4 teaspoon salt

Dash of pepper

Celery salt (to taste)

Directions

Preheat oven to 425°F.

Heat the leftover vegetables and place them into a greased, hot
casserole dish.

Heat the leftover cooked meat and gravy together. Season with
salt, pepper, and celery salt.

Pour the meat and gravy mixture over the vegetables in the
casserole dish.

Cover with a layer of hot mashed potatoes.

Bake for about 15 minutes, or until the potatoes are browned.

Carne en su jugo

Submitted by Itzel Vargas

NF, \$, GF

Serves 4-6

This is a traditional dish from the state of Jalisco, Mexico, my home. I grew up eating this delicious comfort food; it's simple, yet incredibly flavorful. There are many variations depending on the region, and of course, within families (I've even found different versions among my own family). But this is the way I make it, the way my mom taught me.



Ingredients

1 lb of bacon (of your choice, but pork is better)

2 lbs of beef cut into squares (can be a thin cut steak such as thin sliced sirloin or cubed beef for stew, I recommend "bistec suave" - top sirloin, from a carniceria)

3-6 green onions

2 cups of cooked beans or 1 15oz can of pinto or black beans

Salt and pepper to taste

Garlic powder to taste

2 quarts of water

1 Bunch of cilantro

Optional:

- Chopped onion
- Sliced radish

For the tomatillo salsa:

Half a pound of tomatillos or 6-8 pieces

1/4 cup of chile de arbol or 2 to 3 jalapeños (if you want a green, less spicy sauce instead)

2 garlic cloves

1 handful of cilantro

Salt to taste

Directions

This is a meal that can be cooked all in one pot! And it's fairly quick.

Start by cutting up your bacon into pieces and throwing them in a pot.

While that's cooking, cut up your beef if needed (if you get the thinly sliced, for example), and season with salt, pepper, and garlic powder; set aside.

Once the bacon is crispy, remove it from the pot, and remove some of the bacon fat, but leave enough to fry/roast your veggies.

Next, add the green onions and fry until tender, and remove.

While the onions are frying, cut your dehusked and washed tomatillos in halves or quarters if they are large.

Throw them into the pot, along with the garlic cloves.

If you are making green salsa, add jalapeños along with the other ingredients, and fry until they become tender and have a nice “roast”

Directions continue on the next page

Directions

If you are making red salsa, throw the chile de arbol (dried serranos) into the mix when the tomatillos begin to turn color - if you put them in too soon, they will "toast" too much and have a burnt flavor that can be bitter. Another option is to toast the chiles separately, in a dry pan or "comal", and not in the oil. Whichever technique you use, make sure there's good ventilation, roasting peppers releases chemicals that can make you cough a lot.

Once all is roasted to your liking, put all veggies in the blender, add a handful of cilantro (about a quarter of a whole bunch), add salt to season, and blend. Put salsa on the side.

In the same oil/fat we have been using, throw your beef into the pot and stir so it cooks evenly. You want the beef to reach a sort of nice pan-fried seal, and it looks nice and brown.

When you have reached that point, throw the bacon back in and add about two quarts of water (or enough that it covers all the meat but doesn't seem excessive).

Throw the rest of the cilantro into the pot (about $\frac{3}{4}$ of a bunch), and cook over medium heat for about 30 minutes. Once that's cooked, the meat should feel tender, especially if you used the thin-cut steak. If you used a thicker cut, it may take a little longer to cook tenderly.

Add the beans and fried green onions to the pot, cook on low heat for another 10-15 minutes.

Serve in a bowl, accompanied by corn tortillas, chopped onion, radishes, and salsa. And enjoy!

Recipe details continue on the next page.

Recipe Variations

Recipe Variation: For a spicier version of carne en su jugo, you can cook the meat directly in the salsa instead. Simply pour your blended salsa into the pot after browning the beef. Add the crisped bacon, cilantro, and green onions, one cup of water, then simmer everything together until the meat is tender. Once it's cooked through, stir in the beans and simmer for another 10 minutes.

Tip: This method infuses the dish with spice from the beginning. I personally prefer to make my salsa separately so I can better control the heat level when serving.

Chickpeas and Veggies Over Rice

MAF, NF, Veg, V, \$

Makes 4-6 Servings

This is a cozy, hearty, flexible dish based on a Middle Eastern dish known as “Bazayla” (quite literally translating to “Peas”). It’s a favorite of mine - I usually season mine with curry, cumin and a few other spices as shown below, but you could easily use just salt, pepper, and olive oil and it would still be delicious. The recipe below uses chickpeas, but you could also use chicken or beef in this recipe.



Ingredients

1 medium onion, diced
1 tablespoon of tomato paste
2–3 medium carrots, sliced
2 medium potatoes, peeled and cubed
1 cup frozen or fresh green peas
1 can (15 oz) chickpeas, drained and rinsed
1 can (15 oz) crushed or diced tomatoes
2 cups vegetable broth (or water + bouillon cube)
Salt and pepper to taste

Spices:

1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon turmeric
1/2 teaspoon paprika or smoked paprika
1/2 teaspoon mild curry powder
Pinch of cayenne (optional)

For Serving:

Cooked white rice (basmati or jasmine are great)

Directions

Heat oil in a Dutch oven or large pot over medium heat. Add onion and sauté until soft, 5–7 minutes. Add garlic and cook for 1 minute more, until fragrant.

Stir in tomato paste and all the spices. Let it cook for about 1 minute to deepen the flavor.

Add carrots and potatoes. Stir to coat in the spiced tomato mixture.

Add crushed tomatoes, chickpeas, and broth. Bring to a boil, then reduce heat to a simmer. Cover and cook for about 25–30 minutes, or until the carrots and potatoes are tender.

Stir in the peas during the last 5 minutes of cooking. If using frozen, no need to thaw first.

Taste and adjust with more salt, pepper, or spices as needed.

Spoon over cooked rice

Field Recipes

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Field-Ready Gado Gado

Submitted by Mary Jackson, PhD

Veg, \$

Serves 2-3

Peanut Sauce

- ½ cup natural peanut butter (creamy or crunchy)
- 2 tablespoons of soy sauce or tamari
- 1 tablespoon of brown sugar or maple syrup
- 1 tablespoon of rice vinegar or lime juice
- 1–2 teaspoon chili flakes or Sriracha (optional)
- 1 teaspoon garlic powder
- ½ teaspoon ground ginger (or 1 teaspoon grated fresh if available)
- Hot water to thin (~¼–⅓ cup)

Directions:

- Mix all ingredients in a bowl or jar.
- Add hot water gradually and whisk until smooth and pourable. Taste and adjust seasoning.

Base Ingredients

Starchy Base

- 3–4 cups cooked rice (white, brown, or instant)
 - OR 12 oz noodles (soba, ramen, or rice noodles, instant noodles are great in a pinch)

Vegetables (Choose 4-6)

- 1–2 cups shredded cabbage or bagged slaw mix
- 1 cup julienned carrots
- 1 cup blanched green beans or snap peas
- 1 cucumber, sliced or chopped
- 1 bell pepper, sliced
- 1–2 cups baby spinach or kale (massaged with oil)
- ½ cup bean sprouts or canned corn (optional)

Proteins

- 2–3 hard boiled eggs, halved or chopped
- OR 1 block of baked tofu, cubed (can be marinated ahead)
- OR 1 can chickpeas or white beans, drained
- Optional: ¼ cup roasted peanuts for crunch

Toppings (pack separately if needed):

- Fried shallots or crispy onions
- Crushed peanuts
- Lime wedges or a drizzle of hot sauce

Field-Ready Potato Rosti

Submitted by Mary Jackson, PhD
MAF, \$, Veg

Serves 4 or so

Ingredients

2 medium potatoes (Yukon Golds or russets)

2 tablespoons of oil (vegetable, olive, or whatever's available)

Salt + pepper

Optional: pre-grated cheese, powdered garlic, or dehydrated onion flakes

Directions

Grate or finely chop the potatoes. If you don't have a grater, slice thinly then chop fine. No need to peel. Squeeze out excess moisture using a bandana, clean T-shirt, or towel.

Season with salt, pepper, and any spices or dry mix-ins you have.

Heat your pan: Add oil to a well-heated skillet or mess tin on your camp stove/fire grate.

Cook: Press potato mixture into the hot pan and flatten with a spoon or spatula. Cook uncovered for 5–7 minutes until the bottom is crispy and the edges brown.

Flip (carefully!): Slide onto a plate or cutting board, flip, and return to pan. Cook another 5–7 minutes.

Serve: Eat as-is or top with a camp egg, canned beans, or shelf-stable cheese slices.

Field-Ready Thai Noodles

Submitted by Erin Lotz, PhD

Might serve 3. Unless it's a big mile day, then maybe 2

Ingredients

½ C spaghetti or 2 packages ramen noodles
4 cups water or whatever fills up about 2/3rds of your biggest pot
3 tablespoon oil
2 tablespoon. sunflower seeds, cashews, peanuts, almonds, or other nuts
1 Tbs. dried onion, rehydrated
1 chicken or vegetable bouillon cube and/or some appropriate spices from your kit
3 Tbs. brown sugar
1 teaspoon garlic or ½ teaspoon of garlic powder
½ teaspoon black pepper (optional)
3 Tbs. vinegar or lime juice
3 Tbs. soy sauce
3 Tbs. peanut butter (or almond or cashew butter)
Sliced green onions from home or foraged

Directions

Break pasta in half and put it into boiling unsalted water. Cook until done; drain immediately using your pot lid and a pot holder or thick pair of socks to hold pot and lid while draining carefully. Remember: 1) do this well away from camp if in grizzly bear country, 2) kitchen burns are one of the most common backcountry accidents.

In a fry pan, heat oil and add the seeds/nuts and rehydrated onion. Cook and stir over medium heat for 2 minutes.

Add the broth with the brown sugar, garlic, and other spices if desired.

Add the vinegar and soy sauce.

Add peanut butter and stir.

Add additional water (use the drained pasta water if short on resources) to make it saucy. Do not burn!

Add the noodles if you have room in the pan. If not, mix noodles and sauce in an empty ziplock if you have a clean one available. Can be served hot or cold.

Bean and Cheese Burritos

Makes 1-2

NF, MAF, \$



Ingredients

1 (15 oz) can refried beans (or 1½ cups homemade)

4 large flour tortillas

1 cup shredded cheese (cheddar, Monterey Jack, or a mix)

Optional: sautéed onions, hot sauce, salsa, pickled jalapeños, rice

Directions

Warm the beans in a pan or microwave.

Warm tortillas to make them pliable (microwave in a towel or heat in a skillet).

Spread beans onto each tortilla, sprinkle with cheese and any extras.

Fold sides in, roll up burrito-style.

Toast in a skillet (optional) for a crispy outside.

Posole Pie

Submitted by Cecil Goodman

MAF, \$

Makes 4-5 servings

Ingredients

- 1.5 lb ground beef
- 1-2 bags of shredded cheese
- 1 big pack of corn tortillas
- 1 can whole green chiles
- 2 cans of red/green enchilada sauce
- 2 cans of diced green chiles
- 1-2 cans of pinto beans
- 1-2 cans of black beans
- 1-2 cans of hominy beans
- 1 onion
- 1 can of diced tomatoes
- Optional: 1 red pepper

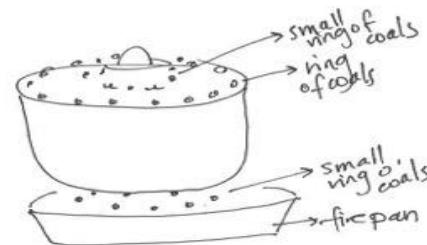
- ground beef 1.5 #
- shredded cheese 1-2 bags (1.5 #)
- corn tortillas (1 big pack)
- cornbread (+ eggs & milk)
- green chilis (whole) - 1 can
- enchilada sauce (red/green) x 2
- green chilis diced x 2
- pinto/chili beans x 1-2
- Black x 1-2
- Hominy x 1-2
- Onion - 1
- Diced Tomato - 1 can
- ~~Bell~~ peppers - optional - 1

Optional

- Sour cream
- chips 'n salsa
- Salad
- Pie
- Aros

STEPS

- #1 sauté meat
- #2 sauté any veggies (onions, bell peppers)
- #3 mix up beans + hominy in pot
- #4 layer:
 - sauce
 - tortillas
 - beans
 - meat (if not veggie)
 - cheese
 - repeat
- #5 leave enough room for cornbread (2" +)
pour in cornbread mix
- #6 cook → at least 45 minutes
more likely an hour



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Vegan Pesto

Submitted by Tess Hosman

Veg, V, \$, MAF, GF

Recipe size vary

My apologies for the lack of exact measurements as this is something you can adjust as you go according to your taste. I've always loved basil, the smell, the taste, everything. When I started working a farm for the first time in high school I would sneak away to the basil plants because I enjoyed dead-heading them and my fingers would smell like delicious basil. My favorite farm snack is always a slice of heirloom tomato, a pinch of sea salt, and a few basil leaves. Pesto adds a beautiful touch of green and a savory herb flavor to anything whether it's pasta, roasted veggies, or a slice of sourdough bread.



Ingredients

As much basil as you want

Handful of walnuts (much cheaper than pine nuts)

Enough olive oil to blend

A couple pinches of sea salt

Nutritional yeast (if you have it, not necessary)

Freshly minced garlic

Squeezed lemon

Directions

Throw it all in a food processor until blended together then store in the fridge. You can also freeze it over the winter for a taste of summer.

RECIPE: Chunky Red Salsa

TIME: 35 minutes



Molcajete=

INGREDIENTS and ITEMS

5 Tomatoes

6 Garlic Cloves

1 Onion

1 Jalapeno

2 Roasted Chiles

2 Limes

1 Bunch Cilantro

1 tsp Garlic Powder

1 tsp Onion Powder

1 ^{1/4} tbsp Salt

Compost Bucket

Large Bowl

Spoons

Molcajete

DIRECTIONS

1. Slice tomatoes into fours and chop into half an inch size pieces and add to a large bowl. *OR, use frozen tomatoes in Wren freezer*

2. Peel and dice onion, add to bowl.

3. Slice off the stem of chiles, chop and add to the bowl.

4. Peel garlic, add to molcajete and grind until consistency is a paste.

5. Add $\frac{1}{4}$ tbsp salt to molcajete.

6. Slice off the stem of jalapeno, add to molcajete and grind into paste.

7. Add garlic, salt and jalapeno mixture to bowl

8. Chop cilantro finely, including stems, add to the bowl.

9. Slice limes in half, squeeze juice into the bowl.

10. Add garlic and onion powders.

11. Mix all ingredients together, taste, add more salt if necessary.

NOTES

Ingredients and steps can vary based on availability and preferred taste. Allowing the salsa to rest in the refrigerator will produce optimal flavor. All food scraps should be placed into the compost bin, or shared with the chickens in their pen (except onion skins).

RECIPE: Guacamole

TIME: 25 minutes

INGREDIENTS and ITEMS

4 Avocados

1 Tomato

2 Garlic Cloves

$\frac{1}{2}$ Onion

1 Jalapeno

2 Limes

$\frac{1}{2}$ Bunch Cilantro

1 tsp Garlic Powder

1 tsp Onion Powder

1 tbsp Salt

Compost Bucket

Spoons

Molcajete



DIRECTIONS

1. Peel garlic, add to molcajete and grind until consistency is a paste.

2. Add salt to the molcajete.

3. Slice off the stem of jalapeno, add to molcajete and grind into paste.

4. Leave mixture in molcajete.

5. Slice open avocados and add to the molcajete, mash into preferred consistency.

6. Chop tomato, and onion, add to molcajete and mix with a spoon.

7. Chop cilantro finely, including stems, add to the molcajete, mix with a spoon.

8. Slice limes in half, squeeze juice into the bowl.

9. Add garlic and onion powders.

10. Mix all ingredients together, taste, add more salt if necessary.

NOTES

Ingredients and steps can vary based on availability and preferred taste. Use premade salsa in place of tomato, onion and cilantro to save time and add additional flavor. Add chiles for additional heat. All food scraps should be placed into the compost bin.

RECIPE: Tomatillo Salsa

TIME: 45-50 minutes

INGREDIENTS and ITEMS

10 Tomatillos

6 Garlic Cloves

1 Onion

1 Jalapeno

1 Bunch Cilantro

1 tsp Garlic Powder

1 tsp Onion Powder

1 ¹/₄ tbsp Salt

Compost Bucket

Large Bowl

Molcajete

Medium Pot

Blender

DIRECTIONS

1. Peel and wash off tomatillos then add to a large pot.

2. Peel onion and add to the pot.

3. Peel garlic cloves and add to the pot.

4. Add whole jalapeno to the pot.

5. Watch tomatillos closely, once color changes to darker green, remove and place in a blender. Allow lighter ones to continue to boil.

6. When the onion is translucent, turn off heat.

7. Remove garlic and place into the molcajete.

8. Remove the jalapeno, slice off the stem, then add to the molcajete.

9. Grind jalapeno and garlic into a paste.

10. Remove onion and add to blender with tomatillos. Blend to a smooth texture. Transfer to a bowl to cool.

11. Once cooled down, add back into the blender with cilantro, salt, onion and garlic powder. Blend to desired consistency.

12. Pour into a bowl, mix in garlic and jalapeno paste. Then place salsa into the refrigerator to chill.

NOTES

Ingredients and steps can vary based on availability and preferred taste. Allowing the salsa to rest in the refrigerator will produce optimal flavor. All food scraps should be placed into the compost bin. Keep a close eye on tomatillos, as if they over cook they will burst in the water.

Twarożek (Farmer's Cheese Dip)

Submitted by Emerson Wisniewski

Veg, \$, MAF, GF

Makes 3-4 servings

My grandmother used to make this for me growing up and she had it in this beautiful family cookbook, but when I was 12, a family of field mice decided to make a home in the cookbook; apparently we all loved my grandmother's cooking. So I have been searching for it since hearing about this community cookbook, and I found the closest recipe to it ~~with some alterations~~ I made personally.

Directions

Mix with your farmers cheese and 1 cup of greek yogurt and use a fork to blend (use sour cream if you'd like a less creamy dip)

Chop the cucumber and radishes into very fine pieces and mix together.

Finely chop the dill and chives, and then mix. Personally, I taste at this part to see if i'd like to add more dill.

Season with garlic salt, salt, and pepper to your liking and then mix thoroughly.

Enjoy on a piece of toast or make yourself some potato crisps!

Ingredients

9 oz of dry farmers cheese of choice
1 cup of greek yogurt (or sour cream)
4-6 small rashises
1/4 of a large cucumber
1 1/2 teaspoons of fresh or dry dill
1 1/2 teaspoons of chives
1 teaspoon oregano
garlic salt
salt and pepper to taste

Berry Chia Jam

Makes 1-2 cups of jam

DF, NF, MAF, Veg

There's a lot of ways to enjoy this berry chia jam, but my favorite is with french bread and butter. It's a delightful sweet jam and so easy to make. Just make sure you keep it in the fridge once it's cooked - it should last 1-2 weeks.

Ingredients

2 cups berries (any mix of strawberries, raspberries, blueberries, blackberries)

1–2 tablespoons of maple syrup or honey (adjust to taste)

2 tablespoons of chia seeds

Optional: ½ teaspoon of lemon juice (brightens flavor)

Directions

In a small saucepan, heat berries over medium heat until they begin to break down (5–10 mins).

Mash with a fork or potato masher until desired consistency

Stir in sweetener, chia seeds, and lemon juice

Simmer for another 2–3 minutes, then remove from heat

Let it cool for 15–20 mins and it will thicken as it cools

Quick-Pickled Red Onions

Makes 1-2 Cups

\$, NF, V, Veg, MAF

My family loves these quick-pickled red onions on salads, on sandwiches, on rice bowls - and mostly - right out of the jar. These are easily adjustable, both to taste, and ingredient-wise.



Ingredients

2 medium red onions, thinly sliced into rings or half-moons

1–2 cloves garlic, sliced

1 cup apple cider vinegar (or white vinegar for a sharper flavor)

1 cup water

1–2 tablespoons of sugar (adjust to taste)

2 teaspoons of kosher salt or pickling salt

1–2 teaspoon red pepper flakes, depending on your spice preference

Optional: 4–5 black peppercorns or mustard seeds, a sprig of thyme or oregano

Directions

Thinly slice red onions and garlic, and pack them tightly into a clean quart-sized mason jar.

In a small saucepan, combine vinegar, water, sugar, and salt. Heat over medium heat, stirring until the sugar and salt dissolve. No need to boil — just heat until steamy and dissolved.

Stir in red pepper flakes (and any optional spices/herbs) directly into the brine or sprinkle them into the jar with the onions.

Carefully pour the hot brine over the onions, making sure they're fully submerged. Use a spoon to press them down if needed.

Let sit uncovered at room temperature for about 30 minutes, then seal with a lid and refrigerate.

They're good within 30 minutes, better after a few hours, and keep for up to 2–3 weeks in the fridge.

Quick-Pickled Cucumbers

Makes 1-2 Cups

\$, NF, V, Veg, MAF

Ingredients

1 large cucumber, thinly sliced (English or Persian work best, or peel a regular one)
1/2 small red onion, thinly sliced (optional but lovely)
2 cloves garlic, smashed
1/2 teaspoon of red pepper flakes (or more/less to taste)
1/2 cup white vinegar (or apple cider vinegar for a fruitier version)
1/2 cup water
3 tablespoons of sugar
1 teaspoon kosher salt (or 3/4 teaspoon of fine sea salt)

Directions

Thoroughly wash and dry your pint jar
Add the cucumber slices, onion, garlic, and red pepper flakes to a clean pint jar or glass container with a tight lid.
In a small saucepan, combine vinegar, water, sugar, salt, and spices. Heat over medium heat just until the sugar and salt dissolve, no need to boil.
Pour the hot brine over the cucumber mixture until fully submerged. Let cool to room temp, then seal and refrigerate.
Wait at least 30–60 minutes, but best after 4–6 hours or overnight, keeps well in the fridge for up to 1 week.

Desserts

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Strawberry Custard Pie...



Gooballs

Submitted by Lisa Trocchia

Veg, \$

Serving sizes vary

Call them “gooballs,” or call them “zuzus,” or even “mersu,” a date and nut confection from ancient Mesopotamia—what’s clear is these high-fiber, high-protein treats have been around for millennia in many different forms and are known by many different names. They are easy to make using a wide variety of ingredients, and absolutely delicious.

Another contribution from my “no-recipe” collection.



Guiding principles:

Combine something sweet and moist with other things that have texture and substance. My go-to is to start with Medjool dates. Any dates will do, but if they are not Medjool, you may have to soak them in warm water for a few minutes until they become soft. Soaking is an opportunity to introduce more flavor. For example, if you want to try something other than water, you can use dairy, nut, or soy milks, coffee, or fruit juice, but the liquid needs to be warm to soften the dates.

When the dates are soft (and pitted if need be), remove from soaking liquid and put them aside. Save the liquid in case you need it. In a food processor, add some nuts. Any kind or a combination. Pulse until they are in small pieces.

 If you don't have a processor, the whole thing can be done by hand. Chop the nuts with a knife on a cutting board, and continue to chop up the other ingredients, combining together until you reach the desired consistency.

If using the food processor, add the dates to the nuts and throw in whatever else you'd like—ultimately creating a consistency that will form a firm ball. A non-exhaustive list of ingredients to consider:

- nut butter (peanut, tahini, hazelnut, pistachio, almond, etc.)
- rolled instant oatmeal (or buckwheat flakes)
- chocolate chips (white, dark, milk, or ruby)
- honey or agave syrup
- chopped dried fruits (raisins, apricots, figs, cranberries, dried blueberries, dried ginger, dried pineapple, etc.)
- Spices, such as cinnamon, vanilla, cardamom, pumpkin pie spice, etc.
- Mashed cooked sweet potato or pumpkin

Note: The more mushy stuff you add, the more things like nuts and oatmeal you'll need to bring it together. You can also add some of the soaking liquid if the mixture gets too stiff. Go slowly and be creative.

Once you have reached a good consistency, form into balls. These can be eaten right away, refrigerated, or frozen. Easy to pack away for a quick treat with extra energy on the trail or anywhere on the go.

Lemon Meringue Pie

Submitted by Barbara Morris

Veg

Makes 6-8 Slices

This lemony, creamy pie is a perfect citrus dessert
- tart and light and airy.



Ingredients

Ingredients: Lemon Pie

1 baked 8" pie shell
1 $\frac{1}{3}$ cup sugar
 $\frac{1}{2}$ cup cornstarch
 $\frac{1}{4}$ teaspoon salt
2 tablespoons butter
1 tablespoon lemon rind
 $\frac{1}{2}$ cup lemon juice (approximately 4 lemons)

Ingredients: Never-Fail Meringue

2 tablespoons sugar
1 tablespoon cornstarch
 $\frac{1}{2}$ cup water
3 or 4 egg whites
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ teaspoon vanilla
6 teaspoons sugar

Directions: Lemon Pie

Combine sugar, cornstarch, and salt in a medium sized saucepan
Gradually stir in water, cook over medium heat, stirring constantly, until mixtures comes to boiling and is thickened
Boil one minute
Remove from heat
Beat egg yolks slightly in a small bowl, slowly blend in about $\frac{1}{2}$ cup hot cornstarch mixture, slow stir back into remaining mixture in saucepan
Cook, stirring constantly, over low heat for two minutes. Remove from heat (do not overcook)
Stir in butter, lemon rind and lemon juice, pour into a cooled pastry shell. Cover with transparent wrap for 3 hours and then top with meringue

Directions: Never-Fail Meringue

Combine 2 tablespoons sugar and cornstarch in a small saucepan.
Add water.
Cook over medium-heat, stirring constantly until soft mounds form.
Add six tablespoons of sugar gradually to egg white, beating well after each addition.
Add cornstarch mixture
Continue beating until the meringue stands in soft peaks.
Cover pie with meringue
Brown in oven

Strawberry Custard Pie

Veg

Makes 6-8 Slices

This strawberry custard pie is delicious and creamy and fresh and tangy and so sweet. It came about by accident, and it's one of my favorites.



Ingredients

Crust

1 1/4 cups all-purpose flour
1/2 teaspoons salt
1 tablespoon sugar
1/2 cup (1 stick) cold unsalted butter, cubed
3–5 tablespoons of ice water

Custard

2 cups whole milk
1/2 cup sugar
1/4 cup cornstarch
1/4 teaspoon salt
4 large egg yolks
2 teaspoons vanilla extract
2 tablespoons butter

Homemade Strawberry Jam

1 1/2 cups chopped fresh strawberries
1/3 cup sugar
1 tablespoon lemon juice
Pinch of salt
Optional: 1 teaspoon cornstarch slurry (1 teaspoon cornstarch mixed with 1 teaspoon cold water), if needed to thicken

Strawberry Topping:

2–3 cups fresh strawberries, halved and/or quartered

Glaze:

1/2 cup water
1/2 cup sugar
2 tablespoons cornstarch
1–2 tablespoon(s) strawberry Jell-O powder *or* 1–2 tablespoon(s) mashed strawberries for color and flavor

Optional Whipped Cream:

1 cup heavy cream
2 tablespoons powdered sugar
1/2 teaspoon vanilla extract

Directions

Make and bake the crust:

Mix flour, sugar, and salt. Cut in butter until it resembles coarse crumbs. Add water gradually until dough holds together. Chill dough 30 min, roll out, press into 9-inch pie dish, prick with fork. Bake at 375°F for 20–25 minutes or until golden. Cool completely.

Make the vanilla custard:

In a saucepan, whisk milk, sugar, cornstarch, and salt.
In a bowl, beat egg yolks. Slowly temper with hot milk mixture, then return to pot.
Cook over medium heat, stirring constantly, until thickened and just bubbling. Remove from heat.
Stir in butter and vanilla.
Pour into cooled crust, cover with plastic wrap (touching the custard), and chill 1–2 hours.

Make the homemade jam layer:

In a saucepan, combine chopped strawberries, sugar, lemon juice, and a pinch of salt.
Cook over medium heat, stirring occasionally, until strawberries break down and mixture thickens (10–15 minutes).
Use the optional cornstarch slurry if it needs help thickening.
Let jam cool to room temp, then spread gently over the chilled custard layer.

Add the fresh strawberries

Arrange your halved or quartered strawberries evenly over the jam. You want a full, generous layer.

Recipe directions continued on the next page

Directions

Make the Glaze

In a small pot, whisk together water, sugar, cornstarch, and Jello or mashed strawberries. Bring to a simmer and stir until thick, glossy, and translucent. Cool slightly, then spoon or brush over the fresh strawberries.

Chill and Top:

Chill the whole pie for at least 1 more hour to set everything. Just before serving, whip the cream with powdered sugar and vanilla until soft peaks form. Dollop or pipe on top like it's your birthday.

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Traditional Lemonade

MAF, BF, Veg, V

Makes 2-3 cups

Ingredients

1 cup fresh-squeezed lemon juice (about 4–6 lemons)

1 cup granulated sugar

5 cups cold water

Ice

Lemon slices for garnish (optional)

Directions

In a small pot, combine 1 cup sugar and 1 cup water. Heat until the sugar dissolves. That's your simple syrup. Let it cool.

Mix the lemon juice, simple syrup, and the remaining 4 cups cold water in a pitcher.

Taste and adjust with more water or syrup depending on how tart/sweet you like it.

Chill and serve over ice.

Mint Lemonade

MAF, BF, Veg, V

Makes 2-3 cups

Ingredients:

1 cup fresh-squeezed lemon juice

$\frac{3}{4}$ cup sugar (or more to taste)

4–5 cups cold water

$\frac{1}{2}$ cup fresh mint leaves

Ice

Directions:

Add lemon juice, sugar, water, and mint to a blender.

Blend until the mint is fully incorporated and the sugar is dissolved.

Strain if you want a smoother version, or serve as-is for texture.

Pour over ice and garnish with mint.



Honey Lemonade

MAF, BF, Veg

Makes 2-3 cups

Ingredients

1 cup lemon juice

½ cup honey (or to taste)

5 cups cold water

Ice

Directions

Whisk honey with 1 cup warm water to dissolve.

Mix with lemon juice and remaining water.

Chill and serve over ice.

Strawberry Lemonade

MAF, BF, Veg

Makes 2-3 cups

Ingredients

1 cup lemon juice

$\frac{1}{2}$ – $\frac{3}{4}$ cup sugar

1 cup fresh or frozen strawberries

4 cups cold water

Ice

Directions

Blend strawberries with sugar and 1 cup water.

Strain if needed.

Mix with lemon juice and the remaining 3 cups water.

Serve cold with strawberry or lemon slices

Classic Hot Chocolate

MAF, BF, Veg

Makes 2-3 cups

Ingredients

2 cups whole milk (or any milk of your choice)

2 tablespoons unsweetened cocoa powder

2 tablespoons granulated sugar (adjust to taste)

1/4 teaspoon vanilla extract

Pinch of salt

1/4 cup semisweet chocolate chips (or chopped chocolate)

Directions

In a small saucepan, whisk together the cocoa powder, sugar, salt, and 2 tablespoons milk until smooth and lump-free.

Stir in the rest of the milk and heat over medium heat.

Add the chocolate chips and stir constantly until melted and smooth. Don't let it boil—just heat until steaming.

Remove from heat, stir in the vanilla, and pour into mugs.

Optional but highly recommended: top with whipped cream or marshmallows.

Spiced Mexican Hot Chocolate

MAF, BF, Veg

Makes 2-3 cups

Ingredients

2 cups milk (or milk + cream for extra richness)

2 tablespoons unsweetened cocoa powder

1–2 tablespoons brown sugar or honey

1/4 teaspoon ground cinnamon

1/8 teaspoon chili powder (optional, for a little heat)

Small pinch of cayenne (if you're brave)

1/2 teaspoon vanilla extract

1/4 cup dark chocolate, chopped

Directions

In a saucepan, mix cocoa, sugar, cinnamon, chili powder, and cayenne with 2 tablespoons milk to make a paste.

Slowly whisk in the rest of the milk and heat gently.

Add dark chocolate and stir until melted and smooth.

Add vanilla extract, taste and adjust spice or sweetness.

Serve hot with a dusting of cinnamon on top, or a cinnamon stick for stirring.

Spiced Mexican Hot Chocolate

MAF, BF, Veg

Makes 2-3 cups

Ingredients

2 cups whole milk (or your favorite milk)

1/2 cup Nutella (or any chocolate-hazelnut spread)

1 tablespoon unsweetened cocoa powder (optional, for extra depth)

Whipped cream

Crushed hazelnuts or chocolate shavings (optional topping)

Directions

Heat the milk in a saucepan over medium heat until hot but not boiling.

Whisk in Nutella and cocoa powder (if using) until smooth and completely melted.

Pour into mugs and top with whipped cream and whatever you've got to fancy it up.

Spiced Apple Cider

MAF, BF, Veg

Makes 8 cups

Ingredients

8 cups apple cider (not juice – look for cloudy, unfiltered cider)

1 orange, sliced into rounds (optional)

4 whole cloves

3 whole cinnamon sticks

3 star anise (optional)

1-inch piece of fresh ginger, sliced

1–2 tablespoons brown sugar or maple syrup (optional)

1/4 teaspoon ground nutmeg (or grate fresh on top at the end)

Directions

Pour the apple cider into a large pot or Dutch oven.

Add orange slices, cloves, cinnamon sticks, star anise, and ginger.

Bring to a simmer over medium heat—don't boil.

Once simmering, reduce to low and let steep uncovered for 30–45 minutes.

Taste. If you'd like it sweeter, stir in brown sugar or maple syrup.

Strain (or ladle around the spices), serve hot, and optionally garnish with a cinnamon stick or orange slice.

Thank you!

The Peas and Justice Cookbook was a labor of love on behalf of Prescott College community members to the Prescott College community.

This is a living cookbook! As you cook, grab a recipe, grab a photo, and send it on to cirien.saadeh@prescott.edu - we'll update future versions of the PDF with those recipes.

A special thank you to every recipe contributor!

And - as a last reminder - cooking is an art (baking is a science). We hope you take these recipes and get your hands dirty - experimenting, exploring, and creating new recipes along the way.