

Your Culinary Journey

COOKBOOK

The enclosed collections of 26 everyday recipes for breakfast, lunch, dinner, and snacks will serve up a batch of healthy go-to meal ideas that are quick to prepare and budget friendly.



My name is Amelia Stefanac, RDN, former nutrition care coordinator with Kalamazoo Community Mental Health & Substance Abuse Services (KCMHSAS). It's been a treat to work with Kalamazoo Valley Community College as well as many of the future readers of this cookbook (that's you!). I'm so happy that this partnership has led to products like this cookbook – a well thought out collection of practical, healthy recipes that are adaptable and can lead to kitchen creativity. I hope that you will enjoy these recipes, and also add your own twist according to what you like or have on hand.

Kalamazoo Valley has really put forward a strong effort to make these recipes you will love and make again and again. For these efforts, we thank Lizzie Luchsinger and Camille White for their tremendously organized coordination in and heartfelt support of this partnership. Darci Schimp, RDN, for her detailed nutrition analysis and health tips, so you can ensure that these recipes meet your dietary needs. Chefs Stephanie Hughes, Matt Askelson, and Cory Barrett, for their recipe contributions, culinary guidance and fun teaching style. Our talented photographer, Anna Crahan, for capturing these beautiful recipes at their finest. We also thank Cortney Afton, RDN, our new nutrition care coordinator, for carrying through this project, teaching these recipes, and sharing the importance of good nutrition! To the leadership of both KCMHSAS and Kalamazoo Valley, thank you for your support of this collaboration along with grant funding from Michigan Department of Health and Human Services.

This book could not have been made without you, our readers and future chefs to these recipes. Whether you attended a cooking class and gave feedback about your favorite recipes, let us know the kinds of foods you'd like to learn more about, or came to a cooking demonstration –thank you for your inspiration. We hope that this cookbook is an important part of your journey with healthy food and good nutrition.

- Amelia Stefanac

Purpose Statement:

This cookbook was created through a collaboration between Kalamazoo Community Mental Health and Substance Abuse Services and Kalamazoo Valley Community College. The enclosed collections of 26 everyday recipes for breakfast, lunch, dinner and snacks will serve up a batch of healthy go-to meal ideas that are quick to prepare and budget friendly.

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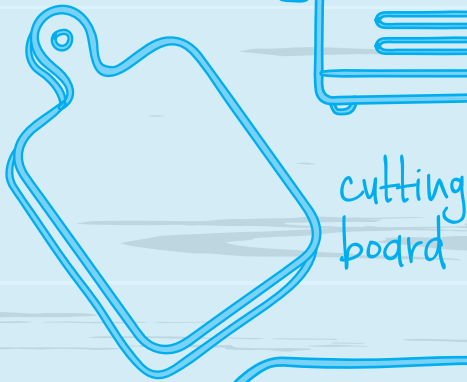
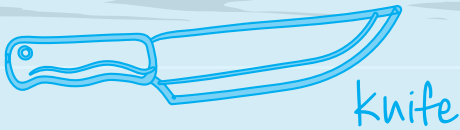
EQUIPMENT LIST

Box Grater
Can Opener
Colander
Cookie Sheet
Cutting Board
Fork
Fry Pan
Kitchen Timer
Knife
Ladle
Large Pot
Measuring Cup
Measuring Spoons
Microwave
Microwave Safe Bowl
Microwave Safe Mug
Mixing Bowl Large
Mixing Bowl Medium
Mixing Bowl Small
Mixing Spoon
Oven
Rubber Spatula
9"x 13" Pan
Peeler
Plate
Small Pot
Spatula
Spoon
Toaster
Tongs
Whisk

INGREDIENT LIST

DAIRY	Butter Cottage Cheese Egg Greek Yogurt, plain non-fat Shredded Cheese Skim Milk Vanilla Yogurt, low fat	CANNED ITEMS	Black Beans Garbanzo Beans Kidney Beans Pinto Beans Stewed Tomatoes Tuna Great Northern Beans Corn Salsa
GRAIN	Whole Wheat Bread Whole Wheat Tortilla Whole Wheat Bun	PANTRY ITEMS	Apple Cider Vinegar Bread Crumbs, unseasoned Brown Rice Brown Sugar Chopped Nuts Dried Fruit Flour Honey Maple Syrup Nonstick Cooking Spray Quick Cook Oats Olive Oil Pasta Vegetable Oil Walnuts
SPICE	Chili Powder Cumin Garlic Powder Garlic Salt Ground Cinnamon Pepper Salt		
FRUIT	Apple Banana Blueberries Peaches Pears Strawberries		
FROZEN ITEMS	Blueberries Corn Peas	MEATS	Bacon Chicken Deli Ham Turkey Sausage
VEGETABLES & HERBS	Asparagus Bell Pepper, green Bell Pepper, red Carrots Cherry Tomato Cilantro Corn Cucumber Fresh Dill Fresh Garlic Grape Tomato Green Onion Kale Lemon Juice Lettuce Lime Juice Red Onion Spinach Sweet Potato White Potato Yellow Onion Zucchini		

utensils



SEASONAL TOASTS
Serving Size: 1
Servings Per Recipe: 1

SPRING
Calories 130Kcal
Fat 2.5g
Carbs 16g
Protein 11g

SUMMER
Calories 150Kcal
Fat 2.5g
Carbs 20g
Protein 11g

FALL
Calories 120Kcal
Fat 2g
Carbs 15g
Protein 9g

WINTER
Calories 150Kcal
Fat 2.5g
Carbs 21g
Protein 11g

ingredients

SPRING

Whole Wheat Toast	1 slice
Cottage Cheese	1/4 cup
Cucumber	1/4 cup

SUMMER

Whole Wheat Toast	1 slice
Cottage Cheese	1/4 cup
Blueberries or Strawberries	1/4 cup

FALL

Whole Wheat Toast	1 slice
Cottage Cheese	1/4 cup
Peaches	1/4 cup

WINTER

Whole Wheat Toast	1 slice
Cottage Cheese	1/4 cup
Pears	1/4 cup

1. Using toaster or toaster oven, toast bread to desired doneness.

2. Spread cottage cheese on toast. If desired warm cheese in microwave for 15 seconds before spreading.

3. Place desired fruit or vegetable on top.

Seasonal Toasts



Did you know to create a well-balanced meal, you just need to add a small bowl of fruit?

Did you know that if you do not like cottage cheese, you can add peanut butter as a protein source?

utensils

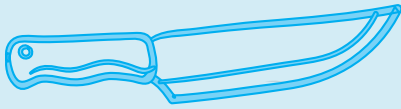
fork



bowl

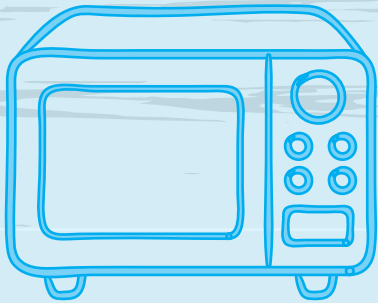


spoon



knife

cutting board



microwave

hot pads



ingredients

Sweet Potato or Yam	1 each
Yogurt, plain	1/4 cup
Maple Syrup	1 tsp
Cinnamon, ground	1/8 tsp
Chopped Walnuts	2 Tbsp

Optional Toppings: Pears, Bananas, Apples, Berries, Nuts, etc.

1. Using a fork, poke holes in sweet potato.
2. Microwave on high for 10 minutes, or until sweet potato is soft.
3. Carefully cut sweet potato in half (it will be HOT) and scoop pulp into a bowl.
4. Mash sweet potato with a fork. Mix in yogurt, syrup, cinnamon and nuts.
5. Add any other toppings that you would like.

BREAKFAST SWEET POTATO

Serving Size: 1
Servings Per Recipe: 1

Calories 260Kcal
Fat 10g
Carbs 35g
Protein 10g

Breakfast Sweet Potato

Did you know, to buy a sweet potato you should look for a potato that is firm, small to medium size with smooth skin. Avoid cracks, soft spots or blemishes.

Did you know that sweet potatoes should be stored in a cool, dark place and used within 3-5 weeks?



utensils

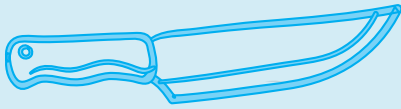
fork



bowl



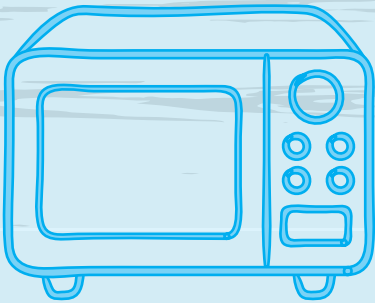
spoon



knife



cutting board



microwave

hot pads



MICROWAVE FRENCH TOAST

Serving Size: 1
Servings Per Recipe: 1

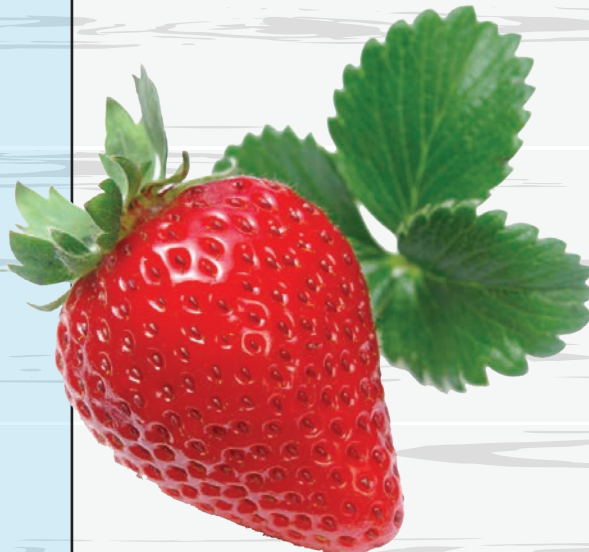
Calories 210Kcal
Fat 10g
Carbs 19g
Protein 11g

ingredients

Butter	1 tsp
Milk, skim	3 Tbsp
Maple Syrup	1 tsp
Cinnamon, ground	1/4 tsp
Vanilla Extract	1/4 tsp
Egg, large	1 each
Whole Wheat Bread, torn pieces	1 slice

Optional Toppings: Banana, Berries, Nuts, etc.

1. In a microwave-safe bowl, place butter, milk, syrup, cinnamon, vanilla and egg.
2. Using a fork, mix the ingredients together.
3. Stir in bread pieces and allow to soak for 1 minute.
4. Microwave for 2 minutes.
5. Add additional toppings, if desired.



Microwave French Toast

Did you know you can reduce the fat content, if you skip the butter and only use the egg whites?

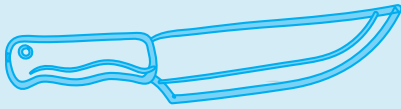


utensils

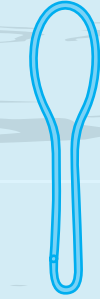
fork



bowl & whisk

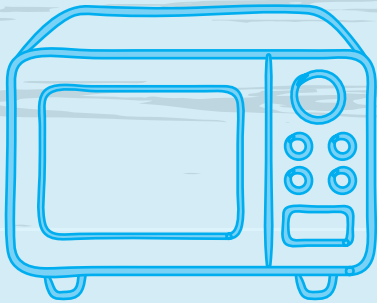


knife



spoon

cutting board



microwave

hot pads



MICROWAVE VEGGIE STRATTA

Serving Size: 1
Servings Per Recipe: 1

Calories 210Kcal
Fat 12g
Carbs 8g
Protein 17g

ingredients

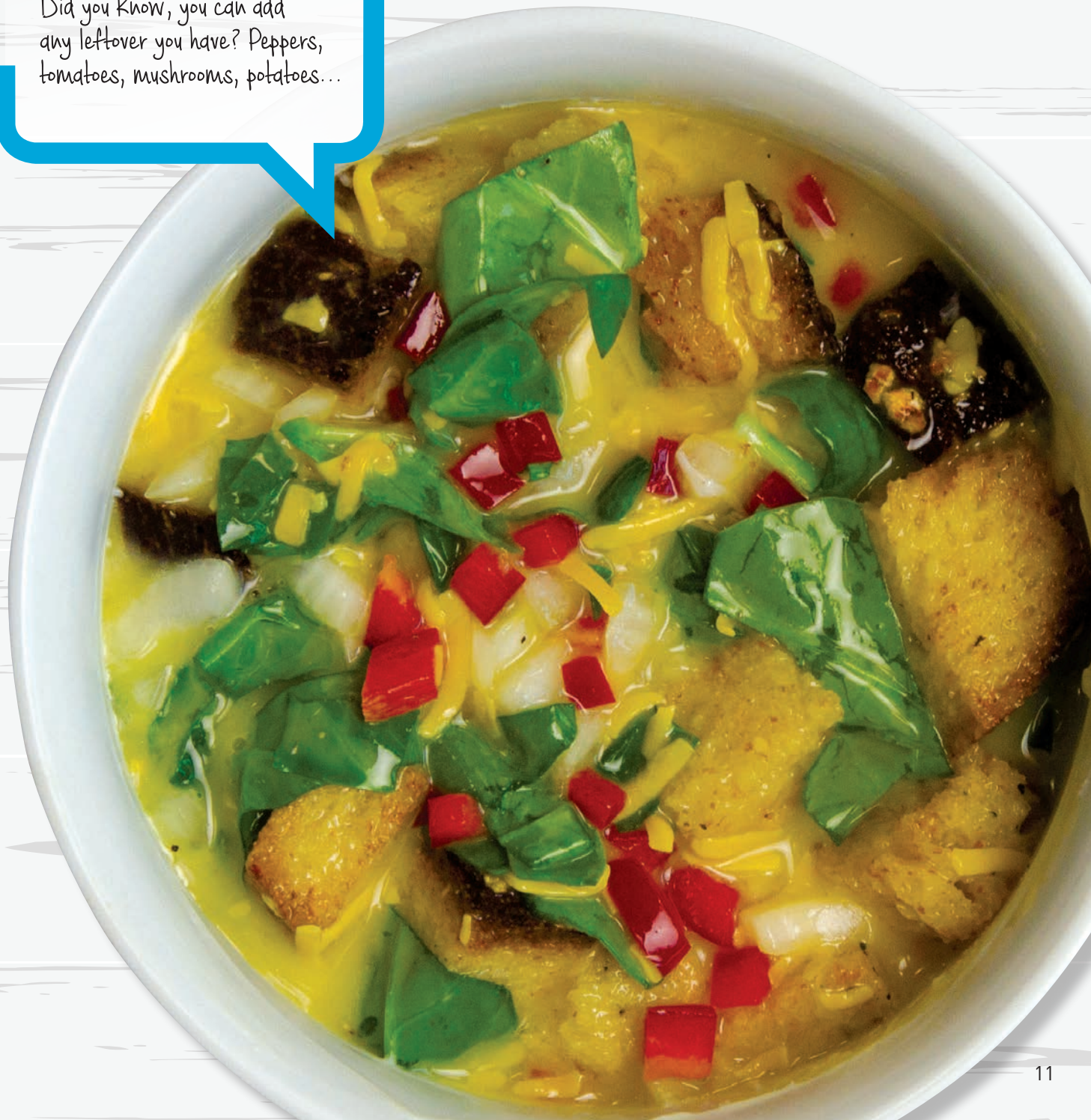
Egg	2 each
Milk, skim	1 Tbsp
Cheese, shredded	1 Tbsp
Onion, minced	1 tsp
Bell Pepper, minced	1 tsp
Spinach, chopped	1/4 cup
Whole Wheat Bread, torn	1/2 slice
Salt	pinch
Pepper	pinch



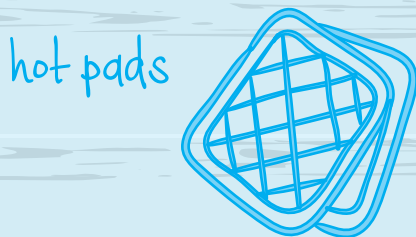
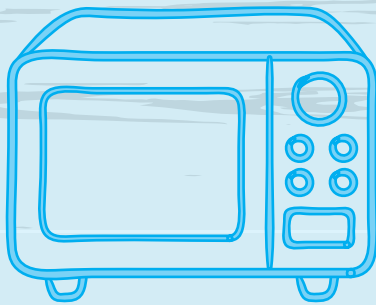
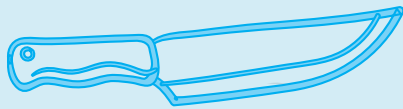
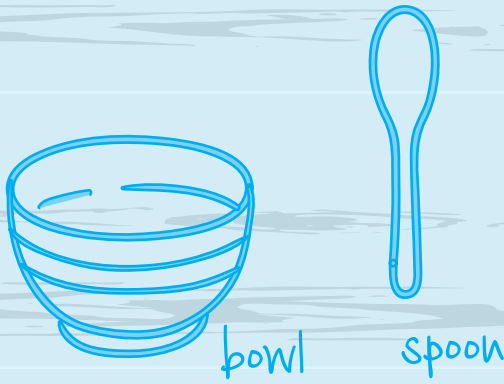
1. In a microwave-safe bowl, whisk eggs with a fork.
2. Stir remaining ingredients into whisked eggs.
3. Microwave for 2 1/2 minutes.

Microwave Veggie Stratta

Did you know, you can add any leftover you have? Peppers, tomatoes, mushrooms, potatoes...



utensils



BLUEBERRY BANANA OATS

Serving Size: 1
Servings Per Recipe: 1

Calories 240Kcal
Fat 3g
Carbs 47g
Protein 8g

ingredients

Oatmeal	1/3 cup
Water	2/3 cup
Vanilla Yogurt	1/3 cup
Blueberries, frozen	1/4 cup
Banana, sliced	1/2

1. In a microwave safe bowl stir together oats and water.
2. Microwave oats for 1 1/2 minutes or until oats are fully cooked.
3. Top with cold yogurt, blueberries and sliced banana.



Blueberry Banana Oats

Did you know that canned fruit can also be used in place of fresh? Just make sure to drain any syrup to reduce the sugar content.

Did you know instant oatmeal could also work? It is just rolled oats that are ground up to cook quicker.



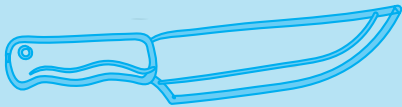
utensils



bowl & whisk



spoon



knife



cutting board



hot pads



baking pan

BATCH BREAKFAST BURRITOS

Serving Size: 1 Burrito
Servings Per Recipe: 10

Calories 340Kcal
Fat 16g
Carbs 31g
Protein 18g

ingredients

Whole Wheat Tortillas	10 each
Eggs	12 each
Salsa	1 - 15.5 oz jar
Cheese, shredded	1.5 cups
Canned Beans, drained and rinsed	1-15.5 oz can
Onion, yellow	1 each
Salt	1/4 tsp
Pepper	1/4 tsp

Optional Toppings: Scallions, Avocado, etc.

Freeze extra servings for a quick breakfast.

1. Preheat oven to 350° degrees.
2. In a large bowl whisk eggs.
3. Mix in cheese, beans, onion and 1/2 of the salsa.
4. Bake in greased 9"x13" baking pan at 350° degrees for 20 minutes, or until eggs have cooked through.
5. Serve rolled in warm tortillas with extra salsa and preferred toppings.



Batch Breakfast Burritos

Did you know that by rinsing and draining a can of beans, you are able to reduce the sodium content almost in half.

Did you know a scallion is a small green onion and can be used interchangeably?



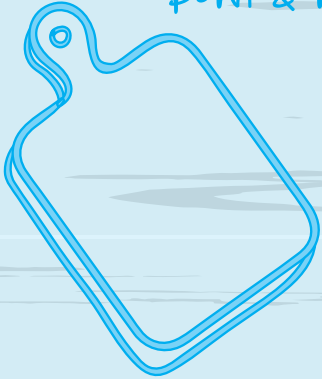
utensils



bowl & whisk



spoon



cutting board



knife



hot pads

BATCH SEASONAL FRITTATA

Serving Size: 1 Slice
Servings Per Recipe: 9

SPRING

Calories 140Kcal
Fat 10g
Carbs 1g
Protein 10g

SUMMER

Calories 190Kcal
Fat 11g
Carbs 12g
Protein 11g

FALL

Calories 160Kcal
Fat 10g
Carbs 5g
Protein 10g

WINTER

Calories 150Kcal
Fat 10g
Carbs 4g
Protein 10g

ingredients

SPRING

Eggs	12 each
Milk, skim	1/2 cup
Cheese, shredded	1/3 cup
Butter	2 Tbsp
Spinach	1 cup
Asparagus	1 cup
Salt	1/4 tsp
Pepper	1/4 tsp

SUMMER

Eggs	12 each
Milk, skim	1/2 cup
Cheese, shredded	1/3 cup
Butter	2 Tbsp
Corn Kernels	3/4 cup
Cherry Tomato	1 cup
Salt	1/4 tsp
Pepper	1/4 tsp

FALL

Eggs	12 each
Milk, skim	1/2 cup
Cheese, shredded	1/3 cup
Butter	2 Tbsp
Onion	1/2 cup
Zucchini	1 cup
Salt	1/4 tsp
Pepper	1/4 tsp
Sweet Potato, diced	1/2 cup

WINTER

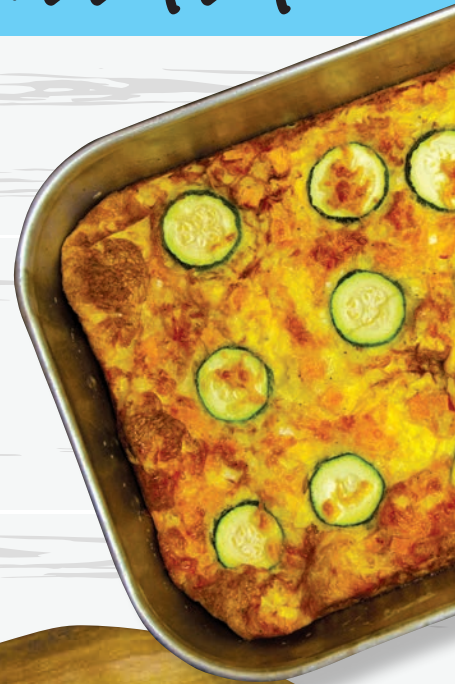
Eggs	12 each
Milk, skim	1/2 cup
Cheese, shredded	1/3 cup
Butter	2 Tbsp
Kale	1 cup
Onion	1/2 cup
Salt	1/4 tsp
Pepper	1/4 tsp
Potato, diced	1/2 cup

Batch Seasonal Frittata

Optional Toppings: Avocado, Salsa, etc.

Freeze extra servings with English muffin to make egg sandwiches.

1. In a large bowl, whisk eggs.
2. Mix in other ingredients.
3. Pour into greased 9"x13" baking pan.
4. Bake at 350° degrees for 20 minutes, or until eggs have cooked through.



Did you know the best way to pick out asparagus is to look for odorless stalks with dry, tight tips? Avoid limp or wilted stalks.

Did you know the best way to store asparagus is to refrigerate it up to 4 days by wrapping the ends of the stalks in a wet paper towel and store in a plastic bag.

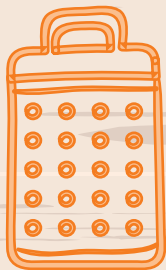


utensils



knife

cutting board



grater



strainer



spatula



spoon



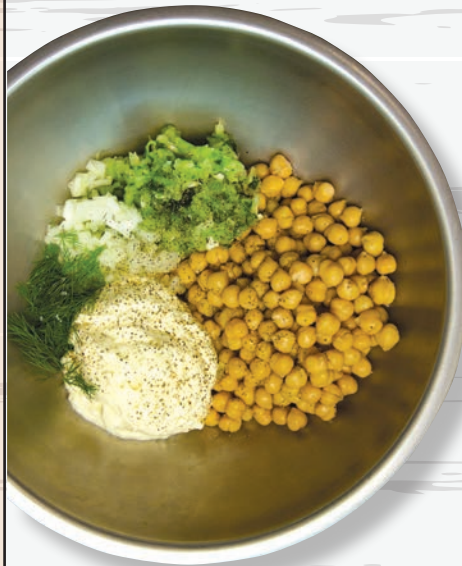
bowl

GREEK-STYLE GARBANZO BEAN
AND CUCUMBER SALAD
Yield: 2 portions

Calories 230Kcal
Fat 4.5g
Carbohydrates 33g
Protein 17g

ingredients

Garbanzo Beans, drained & rinsed	15.5 oz can
Greek Yogurt, plain	1/2 cup
Cucumber, peeled, seeded and grated	1/2 cup
Fresh Dill, chopped	1 Tbsp
Onion, diced	1 Tbsp
Salt	to taste
Pepper	to taste



1. Drain and rinse beans. Place in medium sized mixing bowl.
2. Wash cucumber. Grate and add to bowl.
3. Chop dill and onion. Add to bowl.
- 4 Add yogurt to bowl. Stir to combine.
5. Add salt and pepper to taste. Stir to combine.
6. Cover and place in refrigerator for 30 minutes before serving.

Notes: Salad is best served cold the next day. This salad is delicious served with fish or other seafood.

Greek-Style Garbanzo Bean & Cucumber Salad

Did you know that Greek yogurt has twice the protein as regular yogurt?

Did you know that garbanzo beans and chick peas are the same bean?



utensils



knife



cutting board



bowl



spoon

ingredients

Deli Ham, diced	1/2 cup
Peas, frozen (thawed)	1 1/2 cup
Greek Yogurt, nonfat, plain	1/2 cup
Onion, thinly sliced	1/4 cup
Lemon juice or vinegar of choice	2 tsps
Salt	to taste
Pepper	to taste



1. Dice ham and place in small mixing bowl.
2. Thinly slice onion and add to bowl.
3. Add peas, yogurt and lemon juice to bowl.
4. Stir to combine.
5. Add salt to taste. Stir to combine.
6. Cover and place in refrigerator for 30 minutes and serve.

HAM AND PEA SALAD
Yield: 2 portions

Calories 160Kcal
Fat 2g
Carbohydrates 18g
Protein 18g

LUNCH | EASY

Ham and Pea Salad

Did you know that peas are very high in protein and fiber?



utensils



knife



cutting board



strainer



fork



bowl



spoon

TUNA SALAD WITH GARBANZO BEANS

Yield: 2 portions

Calories 260Kcal

Fat 6g

Carbohydrates 25g

Protein 28g

ingredients

Garbanzo Beans, drained & rinsed	15.5 oz can
Tuna, packed in water, drained	4 oz can
Greek Yogurt, nonfat, plain	1/2 cup
Fresh Dill, chopped	1 Tbsp
Onion, diced	1 Tbsp
Salt	to taste
Pepper	to taste



1. Drain and rinse garbanzo beans. Place in medium mixing bowl. Mash slightly with a fork.
2. Drain tuna. Add to bowl.
3. Add yogurt, chopped dill and diced onions to bowl. Stir to combine.
4. Add salt and pepper to taste. Stir to combine.
5. Serve cold.

NOTE: Makes great sandwiches.

Tuna Salad With Garbanzo Beans

Did you know that canned tuna is packed with healthy fats (omega-3) that are known to lower cholesterol levels and support our heart?



utensils



knife



cutting board



strainer



bowl



spoon



fork

COWBOY CAVIAR
Yield: 2 portions

Calories 240Kcal
Fat 4.5g
Carbohydrates 38g
Protein 12g

ingredients

Canned Black Beans, drained and rinsed	1-15.5 oz can
Corn, canned, fresh or frozen	1/4 cup
Red Onion, diced	2 Tbsp
Red Bell Pepper, diced	2 Tbsp
Cilantro, fresh, chopped	1/2 Tbsp
Garlic, fresh minced	1/4 tsp
Salsa	1/4 cup
Chili powder	3/4 tsp
Cumin powder	1/2 tsp
Lime juice (or lemon or vinegar)	3/4 tsp
Vegetable oil	1 tsp
Salt	to taste
Pepper	to taste

1. Drain and rinse beans and place in medium mixing bowl.
2. Add corn to bowl.
3. Dice red onion and add to bowl.
4. Wash red pepper. Remove seeds and stem. Dice and add to bowl.
5. Mince garlic and add to bowl.
6. Chop fresh cilantro and add to bowl.
7. Add salsa, chili powder, lime juice and vegetable oil to bowl. Stir to combine.
8. Add salt and pepper to taste. Stir to combine.

Note: Can be served cold or warm.

LUNCH | MEDIUM

Cowboy Caviar

Did you know that black beans helps your metabolism and bone health?



utensils



knife



cutting board



strainer



bowl



fork



spoon

PASTA SALAD
Yield: 2 portions

Calories 260Kcal
Fat 2.5g
Carbohydrates 46g
Protein 13g

ingredients

Pasta, cooked	2 cups
Peas, frozen, thawed	1/2 cup
Greek Yogurt, nonfat, plain	1/4 cup
Cucumber, diced	1/2 cup
Green Onion, sliced thinly	1 each
Salt	to taste
Pepper	to taste



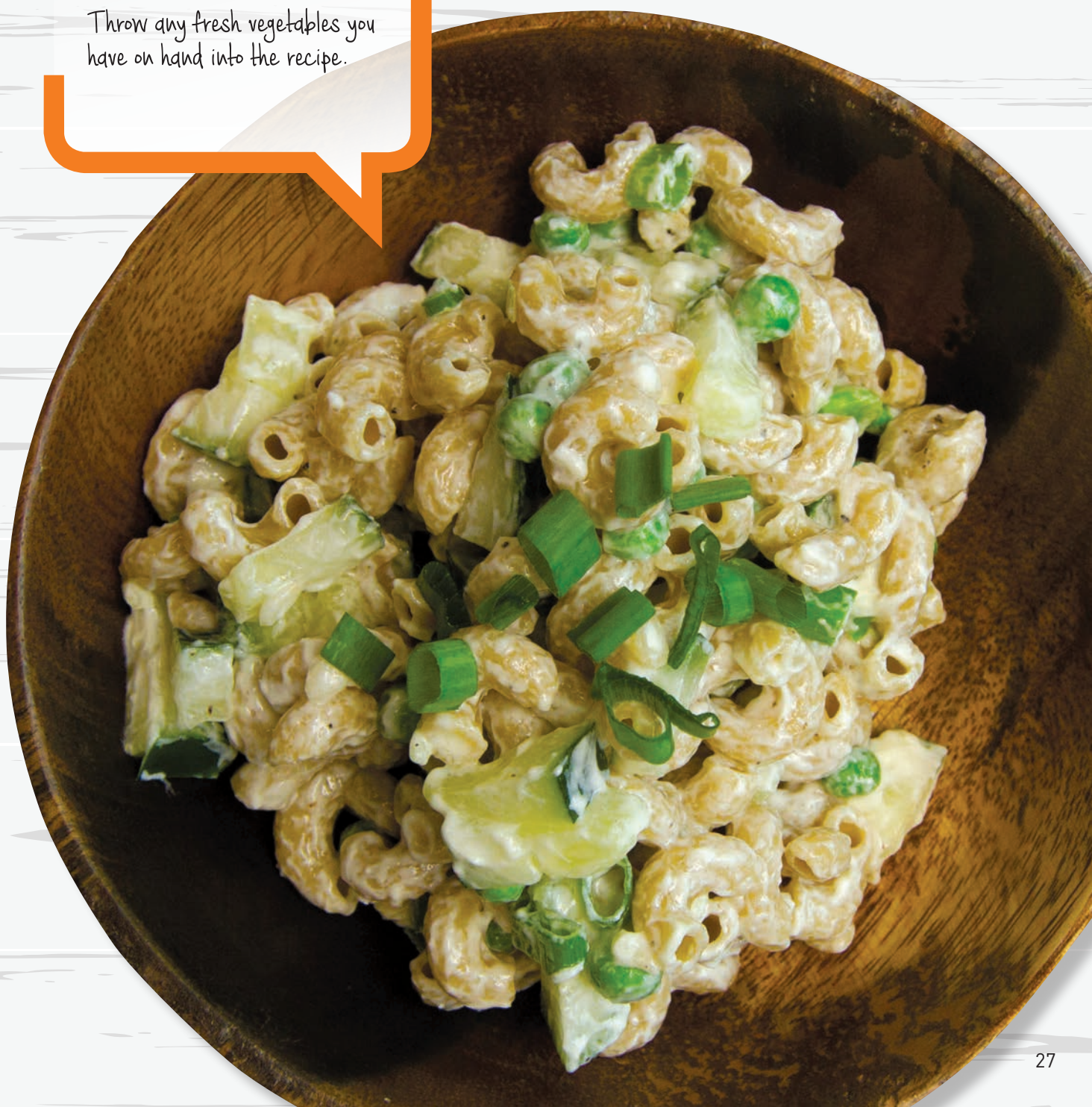
1. Wash, peel and slice cucumber. Place in medium sized mixing bowl.
2. Thinly slice green onion. Place in bowl.
3. Add peas, yogurt and pasta to bowl. Stir to combine.
4. Salt and pepper to taste. Stir to combine.
5. Cover and place in refrigerator for 30 minutes. Serve.

Note: Great way to use up extra vegetables. Try carrots, spinach or olives.

LUNCH | EASY

Pasta Salad

Throw any fresh vegetables you have on hand into the recipe.



utensils



SEASONAL WRAPS
Serving Size: 1 Wrap
Servings Per Recipe: 1

SPRING
Calories 210Kcal
Fat 6g
Carbohydrates 27g
Protein 13g

SUMMER
Calories 340Kcal
Fat 10g
Carbohydrates 51g
Protein 15g

FALL
Calories 310Kcal
Fat 9g
Carbohydrates 47g
Protein 12g

WINTER
Calories 410Kcal
Fat 14g
Carbohydrates 48g
Protein 22g

ingredients

SPRING

Cottage Cheese	1/4 cup
Peas, frozen, thawed	1/4 cup
Green Onion, chopped	1
Lettuce, shredded	2 Tbsp
Salt	to taste
Pepper	to taste
Whole Wheat Tortilla	1

SUMMER

Tomato, diced	1/4 cup
Corn	1/2 cup
Black Beans, drained and rinsed	1/3 cup
Lettuce, shredded	2 Tbsp
Cheddar Cheese, shredded	1/8 cup
Salt	to taste
Pepper	to taste
Whole Wheat Tortilla	1

FALL

Sweet Potato, cooked	1/4 cup
Apple, sliced	1/2 each
Lettuce, shredded	2 Tbsp
Cheddar Cheese	1/8 cup
Greek Yogurt, non fat, plain	2 Tbsp
Salt	to taste
Pepper	to taste
Whole Wheat Tortilla	1

WINTER

White Beans, drained and rinsed	1/4cup
Bacon, cooked and chopped	1 slice
Lettuce, shredded	2 Tbsp.
Pear, sliced	1/2each
Salt	to taste
Pepper	to taste
Greek Yogurt, non fat, plain	2 Tbsp.
Whole Wheat Tortilla	1

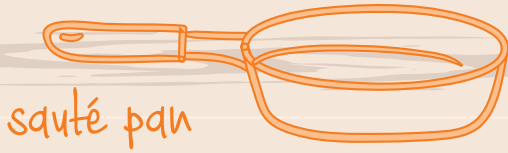
Seasonal Wraps

1. Wash and chop all vegetables/fruit. Place in small mixing bowl.
2. Add other filling ingredients. Stir to combine.
3. Salt and pepper to taste. Stir to combine.
4. Place filling in center of tortilla shell. Fold as you would a burrito.

Did you know that you can add 4 more grams of fiber if you use a whole wheat tortilla?



utensils



ingredients

Garbanzo Beans, drained, rinsed	1-15.5 oz can
Zucchini, grated	2 cups
Bread Crumbs	1/2 cup
Egg	1 item
Salt	1/2 tsp
Pepper	1/2 tsp
Whole Wheat Buns	4 items

1. Drain and rinse garbanzo beans. Place in large mixing bowl and smash.
2. Wash zucchini and grate. Place in bowl.
3. Add bread crumbs, egg, salt and pepper to bowl. Stir to combine.
4. Make 4 patties and cook in a nonstick pan sprayed with pan spray.
5. Cook patties over medium heat for about 4 minutes per side.
6. Serve on whole wheat buns with tomato and condiments of choice.

ZUCCHINI BURGER
Yield: 4 servings

Calories 200Kcal
Fat 4.5g
Carbohydrate 30g
Protein 10g



Zucchini Burger

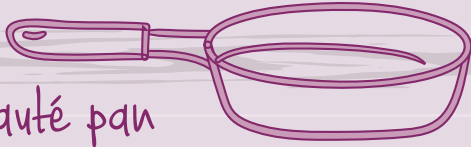
Try adding grated or chopped zucchini to lasagna, meatloaf, mashed potatoes, pasta sauce and rice dishes.



utensils



knife



sauté pan



cutting board



strainer



spatula



bowl



CHICKEN & SPINACH QUESADILLA
Yield: 1 serving

Calories 340Kcal
Fat 20g
Carbohydrates 20g
Protein 20g

ingredients

Baby Spinach	1/3 cup
Chicken, cooked and shredded	1/4 cup
Ground Cumin	Large pinch
Chili Powder	Large pinch
Garlic Powder	Large pinch
8 inch Whole Wheat Tortilla	1 item
Cheddar Cheese, shredded	1/4 cup
Olive Oil	1 tsp

1. In a medium bowl combine spinach, chicken, cumin, chili powder, and garlic powder and stir with large spoon or fork until evenly mixed.
2. Place tortilla on a clean counter or cutting board. Brush with oil and flip over.
3. Add 1 tablespoon of cheese to one side of tortilla, and spread the spinach and chicken mixture on the same side of the tortilla. Top with the remaining cheese and fold over.
4. Heat large sauté pan to medium. Add quesadilla to hot pan. Once one side is brown (2-3 minutes), use spatula to flip and brown the other side.
5. Allow to cool 2-3 minutes and cut into 3 pieces. Serve with salsa or pico de gallo and/or Greek yogurt, if desired.

DINNER | EASY

Chicken & Spinach Quesadilla

Did you know spinach can help improve blood pressure, bone health and eyesight?



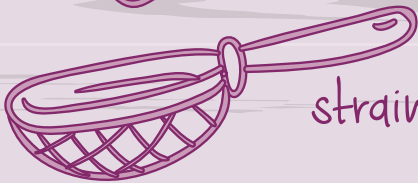
utensils



knife



cutting board



strainer



spoon

bowl

ingredients

Black Beans, drained and rinsed	1/2 cup
Brown Rice, cooked	1/4 cup
Salsa	1/4 cup
Grape Tomatoes, halved	1/4 cup
Spinach Leaves	1/2 cup
Green Onion, chopped	1



1. Drain and rinse beans. Place in mixing bowl.
2. Cut grape tomatoes in half, quarters if large, add to bowl.
3. Chop green onion. Add to bowl.
4. Add rice, spinach, and salsa to bowl.
Stir to combine.

Note: This is great served warm with fried eggs.

BLACK BEAN & TOMATO SALAD
Yield: 1 serving

Calories 170Kcal
Fat 1.5g
Carbohydrates 31g
Protein 9g

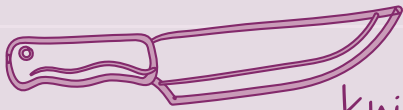
DINNER | EASY

Black Bean & Tomato Salad

Try serving cold and dip with unsalted tortilla chips!



utensils



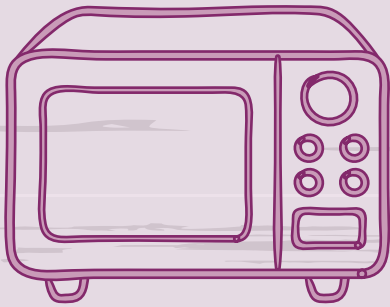
knife



cutting board



fork



microwave



spoon



hot pads

ingredients

Sweet Potato or Yam	1 item
Choice of toppings	3 items

1. With a fork, poke holes into sweet potato.
2. Microwave for 10 minutes, or until sweet potato is soft; or bake at 350° for 1 hour
3. Remove from oven, serve warm with your choice of toppings

Topping choices:

1/3 cup cottage cheese + 2 tablespoons ham, chopped + 1 green onion chopped

or

1/4 cup cooked chicken + 1 tablespoon chopped nuts + 1/8 teaspoon cinnamon

or

1/4 cup plain Greek yogurt + 1 slice of bacon cooked and crumbled + 1 green onion chopped



STUFFED SWEET POTATO

Serving Size: 1

Servings Per Recipe: 1

Calories 230Kcal

Fat 4.5g

Carbohydrates 31g

Protein 16g

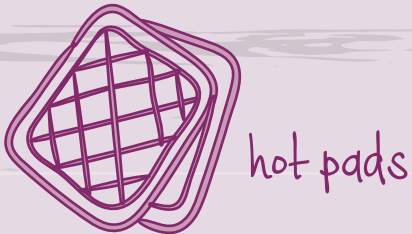
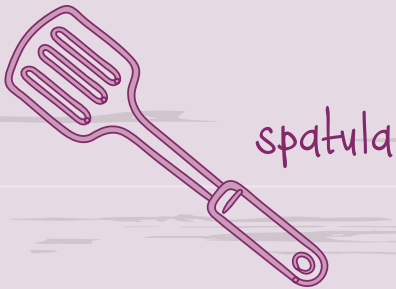
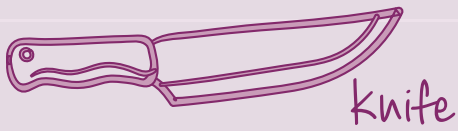
DINNER | EASY

Stuffed Sweet Potato

Try adding toppings such as ham, herbs, Greek yogurt and walnuts.



utensils



RAINBOW CHICKEN
Servings: 4

Calories 250Kcal
Fat 7g
Carbohydrates 19g
Protein 28g

ingredients

Chicken Breast or Thighs	1 pound
Vegetables, sliced	4 cups
Vegetable Oil	1 Tbsp
Salt	to taste
Pepper	to taste
Spices of your choice	

1. Preheat oven 350° degrees. Line sheet pan with aluminum foil.
2. Wash desired vegetables. Cut into pieces about 1 inch in size. Place on sheet pan.
3. Season vegetables with half the oil, salt and pepper. Stir to combine.
4. Place chicken on top and season it with remaining oil, salt and pepper.
5. Bake it all in a 350° degree oven, for 30 minutes or until chicken is done.



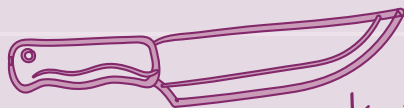
DINNER | MEDIUM

Rainbow Chicken

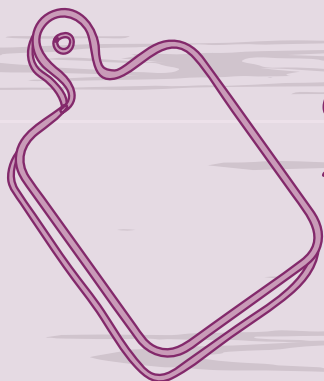
Use fresh or frozen vegetables.



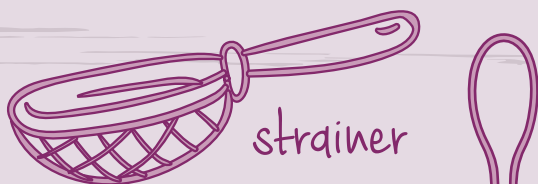
utensils



knife



cutting board



strainer



spoon



sauce pan

KIDNEY BEAN & CORN CHILI

Yield: 2 portions

Calories 290kcal

Fat 2.5g

Carbohydrates 56g

Protein 16g

ingredients

Kidney Beans, rinsed and drained	1-15.5 oz can
Salsa	1 cup
Corn	1 cup
Cumin	1/2 tsp
Onion, diced	1 Tbsp
Salt	to taste

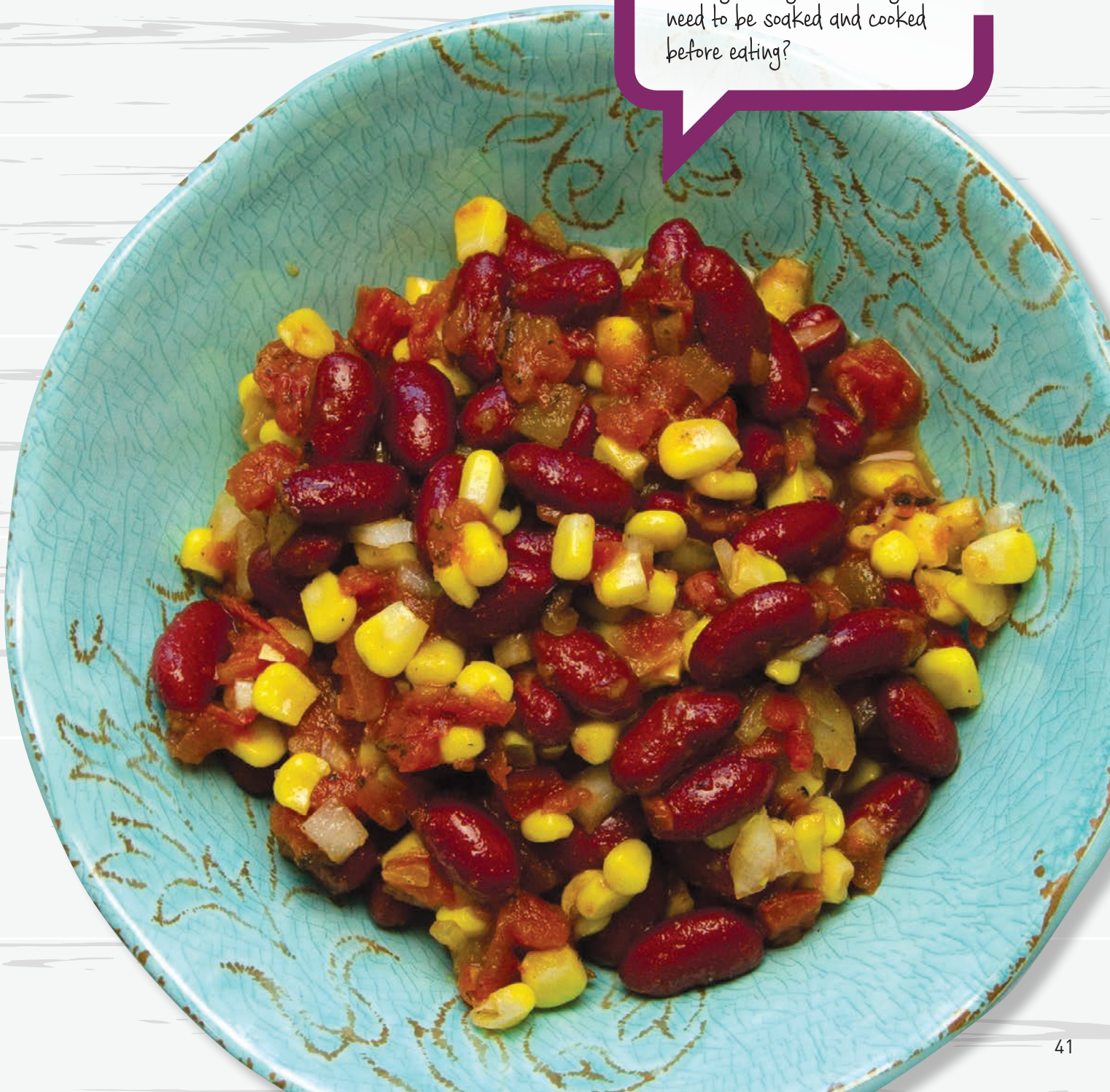
1. Place all ingredients into a sauce pan and bring to boil.
2. Simmer for 5 minutes.
3. Serve hot.



DINNER | MEDIUM

Kidney Bean & Corn Chili

Did you know if you choose to use dry kidney beans they will need to be soaked and cooked before eating?



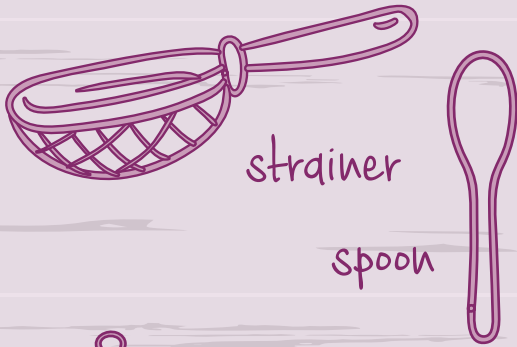
utensils



knife



cutting board



strainer

spoon



sauce pan

SWEET POTATO & SAUSAGE SOUP

Yield: 4 servings

Calories 370Kcal
Fat 10g
Carbohydrates 40g
Protein 31g

ingredients

Chicken or Turkey Sausage, ground	1 pound
Yellow Onion, diced	1 large
Sweet Potatoes, peeled and diced	2
Kale chopped	1/2 bunch
White Beans, drained and rinsed	14 oz
Water	5 cups
Salt	to taste
Pepper	to taste

1. Peel and dice onion.
2. Wash, peel and dice sweet potato.
3. Wash kale. Remove stems and chop.
4. Drain and rinse white beans.
5. Brown sausage in large sauce pan.
6. Add onions and sauté until fragrant.
7. Add water, sweet potato, kale and white beans to pan. Season with salt and pepper.
8. Bring to a simmer and cook for 20 minutes or until sweet potatoes are tender.



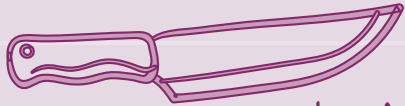
DINNER | HARD

Sweet Potato & Sausage Soup

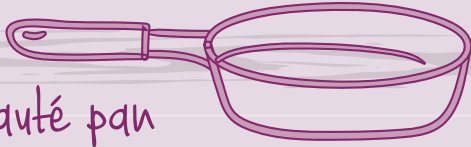
Use a white potato in place of the sweet potato if desired.



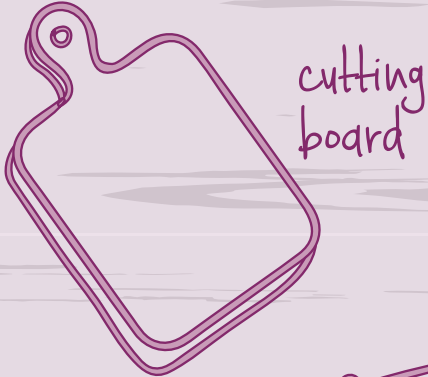
utensils



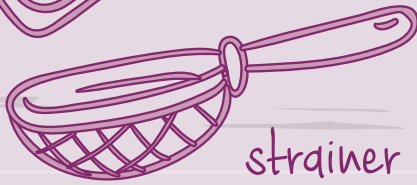
knife



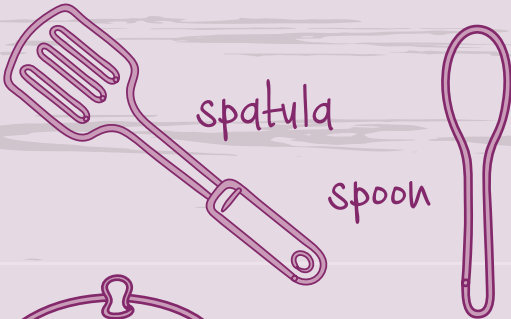
sauté pan



cutting board



strainer



spatula

spoon



sauce pan

TURKEY GOULASH

Yield: 4 servings

Calories 460Kcal

Fat 8g

Carbohydrates 70g

Protein 28g

ingredients

Pasta, cooked	4 cups
Stewed Tomatoes	1-14.5 oz. can
Turkey Sausage, ground	1/2 pound
Kale	2 cups
White Beans, drained and rinsed	1 cup
Zucchini, diced	1 cup
Salt	to taste
Pepper	to taste



1. Wash zucchini. Cut in 1/2 in slices.
2. Wash kale. Remove large stems. Chop.
3. Drain and rinse white beans.
4. In large pan, brown sausage.
5. Add stewed tomatoes, zucchini, white beans and kale. Season with salt and pepper.
6. Bring to simmer and cook for 5 minutes.
7. Add cooked pasta to pan. Stir to combine. Simmer for 10 minutes.

DINNER | HARD

Turkey Goulash

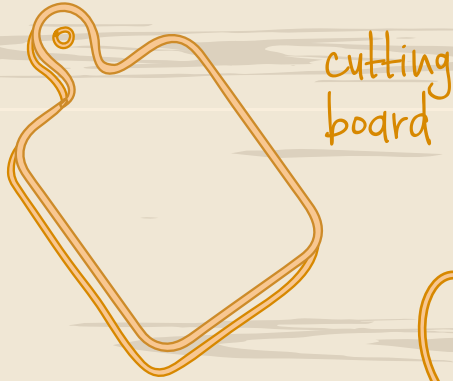
Divide portions into plastic containers and freeze.



utensils



knife



cutting board



spoon



mixing bowl

ingredients

Greek Yogurt, nonfat plain	1 cup
Green Onion, diced	1
Garlic salt	1/2 tsp
Pepper	1/4 tsp

Mix all ingredients together in a bowl. Serve with your favorite raw vegetables.



YOGURT DIP FOR VEGETABLES

Yield: 2 servings

Calories 70kcal
Fat 0g
Carbohydrates 5g
Protein 12g

Yogurt Dip For Vegetables

Did you know you are able to decrease the fat content of this dip by 300 calories by substituting yogurt for sour cream?



utensils



spoon



mixing
bowl

ingredients

Greek Yogurt, nonfat, plain	1 cup
Honey	1 Tbsp
Cinnamon	1/2 tsp

Mix all ingredients together in a bowl. Eat with your favorite fruit.



YOGURT DIP FOR FRUIT
Yield: 2 servings

Calories 100Kcal
Fat 0g
Carbohydrates 13g
Protein 12g

Yogurt Dip For Fruit

Put the dip in individual containers for an easy take along snack.



utensils

spoon



hot pads

baking pan



ingredients

Walnuts	1 cup
Oil	1 tsp
Salt	to taste
Pepper	to taste
Chili Powder	to taste

1. Preheat oven to 350° degrees.
2. Line baking pan with aluminum foil.
3. Place walnuts on pan. Coat with oil, salt, pepper and chili powder.
4. Bake for 10 minutes.
5. Allow to cool before eating.



SPLICED WALNUTS
Yield: 1 serving

Calories 200Kcal
Fat 20g
Carbohydrates 4g
Protein 4g

Spiced Walnuts

Did you know that walnuts contain high amounts of omega-3 essential fatty acids, which promote heart health and help lower blood pressure?



utensils



knife



cutting board

mixing bowl



SEASONAL YOGURTS

Servings Per Recipe: 1

SPRING

Calories 150Kcal
Fat 1.5g
Carbohydrates 28g
Protein 7g

SUMMER

Calories 160Kcal
Fat 1.5g
Carbohydrates 30g
Protein 7g

FALL

Calories 170Kcal
Fat 1.5g
Carbohydrates 34g
Protein 6g

WINTER

Calories 170Kcal
Fat 1.5g
Carbohydrates 35g
Protein 7g

ingredients

SPRING

Vanilla Yogurt, low-fat	1/2 cup
Strawberries, cut	1/2 cup
Honey	1 tsp

SUMMER

Vanilla Yogurt, low-fat	1/2 cup
Peaches, cut	1/2 cup
Honey	1 tsp

FALL

Vanilla Yogurt, low-fat	1/2 cup
Pear, cut	1/2 cup
Cinnamon	to taste
Maple Syrup	1 tsp

WINTER

Vanilla Yogurt, low-fat	1/2 cup
Dried Fruit	1/8 cup
Maple Syrup	1 tsp

1. Put yogurt in a bowl.

2. Put on top.

Seasonal Yogurts



utensils

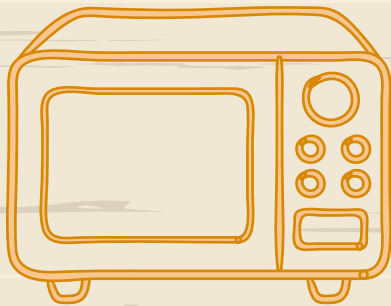
fork



spoon



bowl



microwave



hot pads

MICROWAVE FRUIT CRISP

Yield: 1 serving

Calories 280Kcal

Fat 11g

Carbohydrates 46g

Protein 3g

ingredients

Quick Cook oats	1 Tbsp
Brown Sugar	1 Tbsp
Walnut, pieces	1 Tbsp
All-Purpose Flour	1/2 Tbsp
Cinnamon	1/8 tsp
Butter, cold	1/2 Tbsp
Pear	1 medium
Vanilla Yogurt (optional)	1/4 cup

1. In small mixing bowl combine oats, brown sugar, walnuts, flour and cinnamon.
2. Add butter using fork to cut in until mixture is fully combined and crumbly.
3. Wash and slice fruit into bite-sized pieces.
4. Place fruit into microwave safe bowl.
5. Top with oat mixture.
6. Microwave on high for 2 minutes.
Warning: May be hot.
7. If desired, top with 1/4 cup vanilla yogurt.

Microwave Fruit Crisp

Try substituting apples, blueberries or other berries and fresh fruit you might have on hand.



TERMS | DEFINITIONS

Batch cooking – preparing large quantities at one time, allowing for extra food for other meals.

Boil – when a liquid temperature is high enough to produce bubbles.

Burrito – a tortilla rolled around a mixture of ingredients (like beans and cheese) usually placed in a casserole dish and baked. They are typically topped with salsa, lettuce or sauce.

Calorie – the energy food provides. We use this to grow, have energy and live.

Carbohydrate – the part of food that provides energy, known as starches and sugars. Found in fruits, vegetables, honey, dairy, pasta, potatoes and beans. The majority of your diet should include carbohydrates.

Chop – to cut into small pieces.

Cook – to prepare food for eating.

Cooked through Eggs – when the whites of the eggs are firm and the yolk is thickened.

Cumin – a seed spice often used ground. Used in Mexican, Tex Mex, curries and many other food types.

Destemmed – to remove the stem.

Dice – to cut into small cubes.

Drain – to pour off extra liquid.

Fat – the part of food that insulates us, protects our body, and helps our body retain the nutrients it needs. Found mainly in dairy, margarine, oils, nuts, seeds and avocados. Fat is also found in meat such as beef, chicken, fish and pork. Fat may have a bad reputation, but good fats keep us full and support brain health.

Fold – to add a food ingredient to a mixture by lifting one part over the other.

Fragrant – the smell of an item.

Frittata – an egg dish that is baked slowly. It contains a mixture of cheese, meat or vegetables. It is usually baked in a casserole dish.

Goulash – a casserole that contains ground meat, tomatoes and pasta. It is usually put together and cooked like a stew or soup.

Grate – to turn large solid foods into smaller pieces by rubbing against a grater.

Grease a Pan – to cover the interior of a pan with a coating of oil.

Line – to place paper in the bottom of a pan.

Maple Syrup – the sap of a sugar maple tree that is boiled down to create a syrup. It takes 10 gallons of sap to make 1 quart.

Mash – to make into a soft pulpy form by applying pressure.

Mince – to cut into tiny pieces.

Mix – to make into one form by stirring together.

Peel – to remove the outer layer of a food item.

Preheat – to warm something before you begin cooking.

Prep – to get things ready.

Protein – the part of food that helps us build strength and supports growth of hair, bone and skin. Found mainly in meat, eggs, dairy, cheese, nuts, beans and peas. Protein is needed as part of a healthy diet.

Quesadilla – a tortilla filled with a mixture of cheese, meat or vegetables folded and the grilled, toasted or cooked until cheese melts.

Rinse – to clean off with running water.

Sauté – to cook in a small amount of liquid on a stove top.

Season – to flavor food with spices, salt or pepper.

Shred – to cut, pull, grate or process into smaller pieces.

Simmer – when a liquid reaches a hot temperature that is just below boiling.

Slice – to cut thinly.

Stir – to mix, dissolve or combine by making a constant circular movement.

Strata – an egg mixture of meat, vegetables or cheese that contains bread. It is typically baked or microwaved.

Tear – to pull apart by force.

Tender – soft enough to easily bite into.

Thaw – to let frozen food become warmer, until it is ready to cook.

To Brown – to make brown.

To Taste – to taste the food, and adjust seasoning to your liking.

Top – to place on top.

Vanilla extract – a flavoring made from the pod of a special orchid.

Whisk – to mix or fluff by using a whisk.

KALAMAZOO VALLEY COMMUNITY COLLEGE

MOBILE MEDICAL CULINARY COOKBOOK RESOURCE LIST

211 – For all Kalamazoo County referral needs.

Double Up Food Bucks – Doubles the value of EBT/food stamps when used for fresh fruits and vegetables. For participating locations, visit www.doubleupfoodbucks.org/resources.

Family Valley Church – Provides free “Friday Groceries” for the community.

Gospel Mission – Provides shelter along with other basic needs.

Housing Resources Inc. – Can help individuals find housing during a housing crisis.

Kalamazoo Community Mental Health and Substance Abuse Services

Kalamazoo Loaves and Fishes – Individuals can visit this food pantry one time per 30 days or receive referrals from appropriate provider.

Lending Hands – Lends various kinds of home medical and other related equipment, for free and on a temporary basis.

Ministry with Community – Provides food, daytime shelter and other supportive services.

Michigan State University Extension

Portage Community Outreach Center – Provides citizens of Portage emergency assistance, youth development as well as several programs.

Salvation Army

Senior Services – Provides citizens with various services such as meals on wheels, congregate meals, senior and behavioral health, home care services, nursing facility, etc.

Supplemental Nutrition Assistance Program (SNAP) – SNAP is an entitlement program. Its benefits can be used to purchase food at grocery stores, convenience stores, and some farmers’ markets and co-op food programs.

Women, Infant, and Children (WIC) – Supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding and non-breastfeeding postpartum women.

YWCA – Primary resource for economic, gender and racial justice for all women and girls.

www.fns.usda.gov
www.myplate.gov
www.eatright.org
www.nutrition.gov
www.kazoocmh.org

KALAMAZOO COMMUNITY
Mental Health
& Substance Abuse
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