

# CITY OF BOSTON COMMUNITY COOK BOOK

Recipes gathered from families across Boston



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# INTRODUCTION

## **BOSTON FOOD JUSTICE**

Our mission is to build a food system that is equitable, resilient, sustainable, and just. In pursuit of this mission, Food Justice will work to expand equitable access to nutritious food with respect to affordability, physical accessibility, and cultural connectedness; support Boston's food economy; and promote environmentally sustainable and resilient food production.

## **COMMUNITY COOKBOOK**

This Community Cookbook is a collection of recipes from families across Boston. Recipes were submitted from BPS families, community partners, and community members across the City. We wanted to create a book that shows the diversity and culture of the City and bring a piece of home to your home.

# SHOPPERS' GUIDELINES

## FARMERS MARKET COUPON PROGRAM

Help your neighborhood Farmers Market Manager by following these rules and guidelines.

### SHOP IN 3 EASY STEPS



#### 1. FIND

Participating markets at [boston.gov/farmers-market](https://boston.gov/farmers-market)



#### 2. SPEND

Your Farmers Market Coupons on any of the eligible food items:

- Fruits and Vegetables
- Meat, Poultry, and Fish
- Dairy Products
- Eggs and Honey
- Dried Goods
- Veggie Seeds and Plants



#### 3. COME BACK

If you still have coupons come back to spend them before they expire at the end of the month.



#### IMPORTANT INFORMATION

- You cannot receive change from a coupon.
- Coupons expire on a monthly basis.
- Make sure the vendor you are buying from accepts Farmers Markets Coupons.

# BOSTON FOOD RESOURCES

## PICK UP FOOD



### YOUTH MEALS SITES

Breakfast and lunch at no cost for youth 18 and under.  
Visit [boston.gov/bostoneats](http://boston.gov/bostoneats)



### FAIR FOODS SITES

Fair Foods sites offer bags of fresh produce for only \$2.  
Visit [bit.ly/fairfoods20](http://bit.ly/fairfoods20)



### FOOD PANTRIES

Food pantries provide groceries to those in need, regardless of immigration status. Visit [gbfb.org/need-food](http://gbfb.org/need-food)



### FARMERS' AND MOBILE MARKETS

Buy fresh local produce at Boston farmers' markets.  
Find the nearest location at [boston.gov/farmersmarkets](http://boston.gov/farmersmarkets)

## OLDER ADULTS



### MEALS ON WHEELS

Nutritious meals delivery for home bound elderly residents.  
Call **617-292-6211** or visit [ethocare.org/contact-ethos](http://ethocare.org/contact-ethos)

**AGE+**



### AGE STRONG COMMISSION

Call the City of Boston Age Strong Commission at  
**617-635-4366** or dial **3-1-1**.

## FOOD BENEFIT PROGRAMS



### APPLY FOR SNAP

SNAP can help you or your family afford food. Call Project Bread at **1-800-645-8333**



### SHOP AT DOUBLE UP STORES

Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit **[boston.gov/doubleup](http://boston.gov/doubleup)**



### USE HIP AT FARMERS' MARKETS

Save when you shop with your EBT card at participating HIP farm vendors. For more information visit **[boston.gov/healthy-incentives](http://boston.gov/healthy-incentives)**



### SHOP WITH WIC

WIC is a nutrition and support program for Women, Infants, and Children under 5. Visit **[mass.gov/wic-information-for-participants](http://mass.gov/wic-information-for-participants)**



### ACTIVATE AND USE YOUR P-EBT

P-EBT is a program for families whose children qualify for free and reduced lunch. Call the DTA Line at **877-382-2363**

## HOUSING STABILITY



Call **617-635-4200** or visit **[boston.gov/housing-stability](http://boston.gov/housing-stability)**

# FARMERS MARKETS 2022

## **BACK BAY**

**Copley Square  
Farmers Market**  
139 Saint James St,  
Boston, MA 02116  
Tuesday and Friday  
11 a.m. - 6 p.m.

## **BRIGHTON**

**Brighton  
Farmers Market**  
30 Chestnut Hill Ave,  
Brighton, MA 02135  
Wednesday  
2 - 6:30 p.m.

## **CHARLESTOWN**

**Charlestown  
Farmers Market**  
Main St and Austin St,  
Boston, MA 02129  
Wednesday  
2 - 6:30 p.m.

## **CHINATOWN**

**Chinatown  
Farmers Market**  
Rose Kennedy  
Greenway (Auntie  
Kay/Uncle Frank Park)  
Saturday  
10 a.m. - 2 p.m.

## **DORCHESTER**

**Ashmont  
Farmers Market**  
1900 Dorchester Ave,  
Dorchester, MA 02124  
Friday 3 - 7 p.m.

**Blue Hill Farmstand**  
38 Fabyan St,  
Dorchester, MA 02124  
Thursday 3 - 6 p.m.

**Codman Square  
Farmers Market**  
360 Talbot Ave,  
Dorchester, MA 02124  
Saturday  
11 a.m. - 2 p.m.

**DotHouse  
Farmers Market**  
1353 Dorchester Ave,  
Dorchester, MA 02122  
Tuesday  
11:30 a.m. - 1 p.m.

**Fields Corner  
Farm Stand**  
Fields Corner  
Dorchester, MA 02124  
Saturday 9 - 11:30 a.m.

## **DOWNTOWN**

**Boston Public Market  
@ Dewey Sq**  
600 Atlantic Ave,  
Boston, MA 02210  
Thursday  
11 a.m. - 4 p.m.

## **EAST BOSTON**

**East Boston  
Farmers Market**  
200 Border St,  
East Boston, 02128  
Wednesday  
3 - 6:30 p.m.

## **JAMAICA PLAIN**

**Egleston  
Farmers Market**  
179 Amory St, Jamaica  
Plain MA 02130  
Saturday  
10 a.m. - 2 p.m.

**JP Centre St  
Farmers Market**  
677 Centre St,  
Boston, MA 02130  
Tuesday and Saturday  
12 - 5 p.m.

## **MATTAPAN**

**Boston Nature Center**  
500 Walk Hill Street,  
Mattapan, MA 02126  
Thursday  
3:30 - 6:30 p.m.

**Fowler Clark  
Epstein Farm Stand**  
487 Norfolk St,  
Mattapan, MA 02126  
Friday 1 - 4 p.m.

**Mattapan Square  
Farmers Market**  
City Parking Lot # 14  
Cummins Highway and  
Fairway Street,  
Boston, MA 02126  
Saturday  
10 a.m. - 1 p.m.

## **MISSION HILL**

**Mission Hill  
Farmers Market @  
Brigham Circle**  
725 Huntington Ave,  
Boston, MA 02115  
Thursday  
11 a.m. - 6 p.m.

**Roxbury Crossing  
Farmers Market**  
1400 Tremont St  
(Roxbury Crossing  
Station),  
Boston, MA 02120  
Tuesday and Friday  
11 a.m. - 6 p.m.

## **ROSLINDALE**

**Roslindale  
Farmers Market**  
4236 Washington St,  
Boston, MA 02131  
Saturday  
9 a.m. - 1:30 p.m.

## **ROXBURY**

**Dudley Town  
Commons  
Farmers Market**  
378 Dudley St,  
Boston, MA 02119  
Thursday  
2:30 - 6:15 p.m.

**Nubian Sq  
Farmers Market**  
145 Dudley St,  
Boston, MA 02119  
Saturday  
11 a.m. - 3 p.m.

## **SOUTH BOSTON**

**South Boston  
Farmers Market**  
446 W Broadway,  
Boston, MA 02127  
Monday 12 - 6 p.m.



## **MONDAY**

### **South Boston Farmers Market**

446 W Broadway,  
Boston, MA 02127  
12 - 6 p.m.

## **TUESDAY**

### **Copley Square Farmers Market**

139 Saint James St,  
Boston, MA 02116  
11 a.m. - 6 p.m.

### **DotHouse Farmers Market**

1353 Dorchester Ave,  
Dorchester, MA 02122  
11:30 a.m. - 1 p.m.

### **JP Centre St Farmers Market**

677 Centre St,  
Boston, MA 02130  
12 - 5 p.m.

### **Roxbury Crossing Farmers Market**

1400 Tremont St  
(Roxbury Crossing  
Station),  
Boston, MA 02120  
11 a.m. - 6 p.m.

## **WEDNESDAY**

### **Brighton Farmers Market**

30 Chestnut Hill Ave,  
Brighton, MA 02135  
2 - 6:30 p.m.

### **Charlestown Farmers Market**

Main St and Austin St,  
Boston, MA 02129  
2 - 6:30 p.m.

### **East Boston Farmers Market**

200 Border St,  
East Boston, 02128  
3 - 6:30 p.m.

## **THURSDAY**

### **Blue Hill Farmstand**

38 Fabyan St,  
Dorchester, MA 02124  
3 - 6 p.m.

### **Boston Public Market @ Dewey Sq**

600 Atlantic Ave,  
Boston, MA 02210  
11 a.m. - 4 p.m.

### **Boston Nature Center**

500 Walk Hill Street,  
Mattapan, MA 02126  
3:30 - 6:30 p.m.

### **Dudley Town Commons Farmers Market**

378 Dudley St,  
Boston, MA 02119  
2:30 - 6:15 p.m.

### **Mission Hill Farmers Market @ Brigham Circle**

725 Huntington Ave,  
Boston, MA 02115  
11 a.m. - 6 p.m.

## **FRIDAY**

### **Ashmont Farmers Market**

1900 Dorchester Ave,  
Dorchester, MA 02124  
3 - 7 p.m.

### **Copley Square Farmers Market**

139 Saint James St,  
Boston, MA 02116  
11 a.m. - 6 p.m.

### **Fowler Clark Epstein Farm Stand**

487 Norfolk St,  
Mattapan, MA 02126  
1 - 4 p.m.

### **Roxbury Crossing Farmers Market**

1400 Tremont St  
(Roxbury Crossing  
Station),  
Boston, MA 02120  
11 a.m. - 6 p.m.

## **SATURDAY**

### **Chinatown Farmers Market**

Rose Kennedy  
Greenway  
(Auntie Kay/Uncle  
Frank Park)  
10 a.m. - 2 p.m.

### **Codman Square Farmers Market**

360 Talbot Ave,  
Dorchester, MA 02124  
11 a.m. - 2 p.m.

### **Fields Corner Farm Stand**

Fields Corner  
Dorchester, MA 02124  
9 - 11:30 a.m.

### **Egleston Farmers Market**

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### **Mattapan Square Farmers Market**

City Parking Lot # 14  
Cummins Highway and  
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10 a.m. - 1 p.m.

### **Roslindale Farmers Market**

4236 Washington St,  
Boston, MA 02131  
9 a.m. - 1:30 p.m.

### **Nubian Sq Farmers Market**

145 Dudley St,  
Boston, MA 02119  
11 a.m. - 3 p.m.

### **JP Centre St Farmers Market**

677 Centre St,  
Boston, MA 02130  
12 - 5 p.m.

## **SUNDAY**



# BENGALI CHICKEN CURRY

Shared by Dita Joarder, Mason Elementary

## INGREDIENTS

---

### COOKING OIL

4 tablespoons

### TURMERIC

½ teaspoon

### GROUND CUMIN

2 teaspoons

### GROUND CORIANDER SEED

1 teaspoon

### CAYENNE PEPPER

½ teaspoon

### SALT

1 ½ teaspoon

### TOMATO PASTE

1 tablespoon

### 2 MEDIUM ONIONS

cut into quarters

### 2 CLOVES GARLIC

peeled

### 1 INCH OF GINGER

peeled

### 2 CINNAMON STICKS,

split in half lengthwise

### 6 WHOLE CLOVES

### 4 GREEN CARDAMOM PODS,

split a little open so they don't burst in the pan

### 8 CHICKEN THIGHS

skinned, trimmed of fat and cut in half across the bone

## STEPS

---

- 1** Chop onions, garlic and ginger together finely, or put everything into a mini food processor and process to a paste.
- 2** Heat oil on medium, high heat in a large pot. Add cinnamon sticks, cloves and cardamom pods until they sizzle and release their aromas.
- 3** Immediately add onion, garlic and ginger mixture and sauté until translucent.
- 4** Add chicken pieces, turning heat to high, and stir constantly until seared browned (no pink showing, until it is light brown).
- 5** Add turmeric, cumin, coriander seed, cayenne pepper, salt and tomato paste and stir thoroughly for about **2 minutes**.
- 6** Add water to pot until chicken pieces are covered. Bring to a boil, then cover and bring heat to low. Cover and simmer for **15-20 minutes**.
- 7** Check with a fork if chicken is tender and cooked through, otherwise cover and simmer until done. If there is too much sauce in the pot at the end, uncover and remove chicken pieces and turn heat up to high to boil off excess water until you get the desired consistency.
- 8** Serve over rice or eat with Indian bread. As you experiment, you can play with the measurement of spices to your taste. Enjoy!

# CARROT SOUP

Shared by Amanda A. Johnson, Washington Irving Middle School

## INGREDIENTS

---

### ONION

1 cup (chopped)

### BUTTER

¼ cup (cubed)

### HEAVY CREAM

1 cup

### CARROTS

2 cups (sliced)

### CHICKEN STOCK

2 cups

### SALT/PEPPER

Season with salt/pepper

### 1 LARGE POTATO

(cubed)

### WATER

½ cup

### ROSEMARY

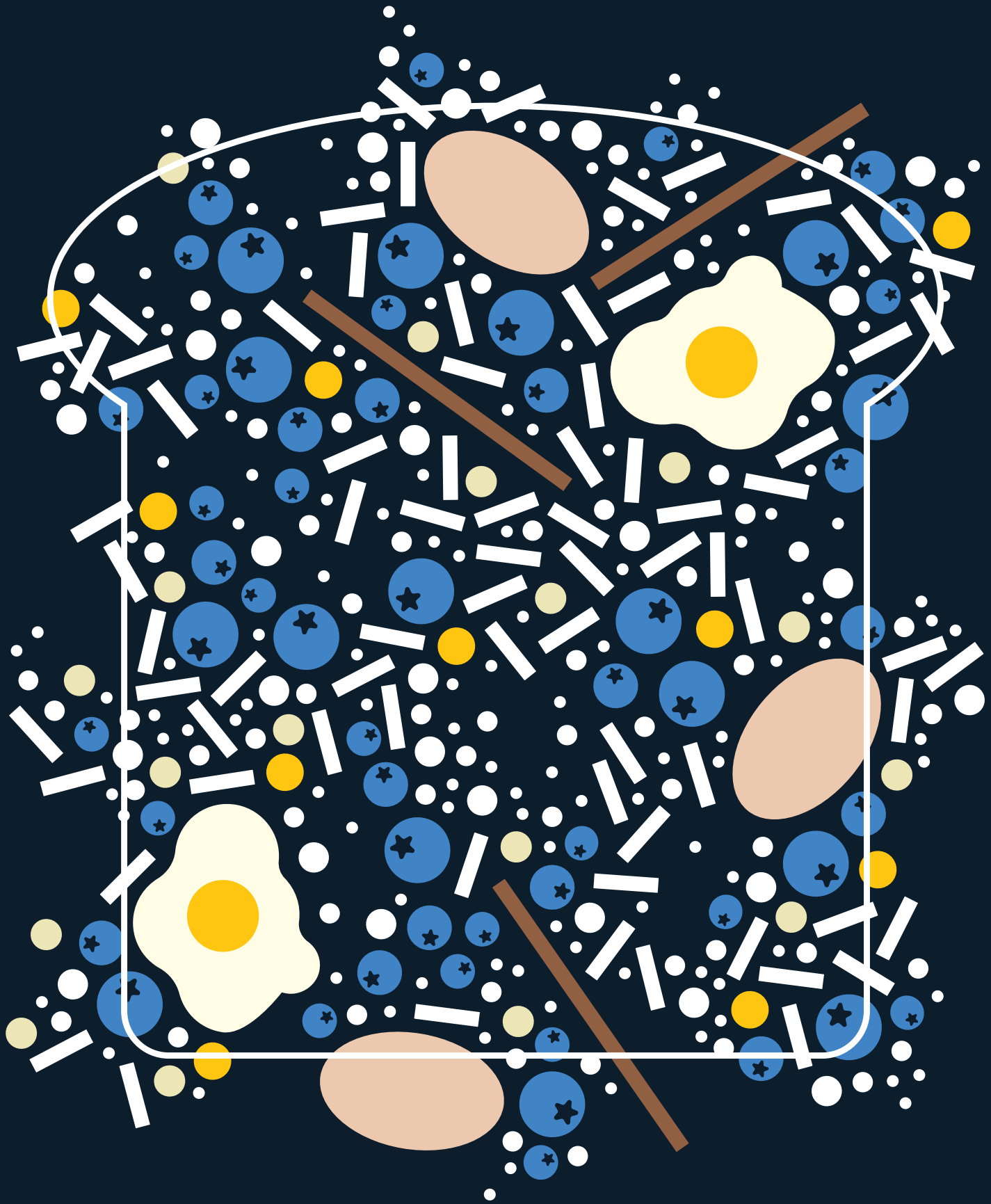
Top with sprinkle  
of rosemary

## STEPS

---

- 1** In a 6qt pot, melt the butter and sauté the carrots, potatoes, and onion over med-high heat until onions begin to soften (about **10 minutes**, stirring a few times).
- 2** Add the chicken broth, water, and seasonings. Bring to a boil. After **10 minutes**, reduce heat to medium and cook for **30-40 minutes**, half covered with a pot lid.
- 3** When carrots are tender and the liquid has reduced, with a hand blender or a blender, blend the carrot to the texture or consistency you like for the soup.
- 4** Add the heavy cream and blend until incorporated. Pour into bowls and garnish with a dash of rosemary.





# BLUEBERRY BREAD

Shared by Johnny Olevitz, Joseph P. Tynan Elementary

## INGREDIENTS

---

### BLUEBERRIES

1 ½ cups

### BAKING POWDER

2 teaspoons

### OIL

¼ cup

### FLOUR

1 ½ cups

### SALT

½ teaspoon

### VANILLA

½ teaspoon

### SUGAR

½ cup

### MILK

½ cup

### 1 EGG

## STEPS

---

**1**

Preheat the oven to **350 degrees**.

**2**

Wash and dry blueberries. Set aside.

**3**

In a large bowl, mix flour, sugar, baking powder, and salt.

**4**

In a separate bowl, mix milk, oil, vanilla, and egg.

**5**

Add wet ingredients to the dry ingredients. Mix until blended.

**6**

Fold in blueberries.

**7**

Pour batter into a greased and floured loaf pan. Sprinkle with 1 tablespoon of sugar.

**8**

Bake for **60 - 70 minutes**.

# INSALATA DI FARRO

Shared by Helen Gallo Bryan, Boston Latin Academy

## INGREDIENTS

---

### 1 CUP FARRO

### OLIVE OIL

1/4 cup extra virgin olive oil

### SEA SALT

1/2 teaspoon

### BALSAMIC VINEGAR

2 tablespoon of concentrated balsamic vinegar

### 8 - 10 CHERRY TOMATOES

halved (more if you like)

### 1 BAG OR HEAD

### OF SHREDDED ARUGULA LEAVES

rinsed (you can use more if you use baby Arugula)

### PECORINO CHEESE

Grated or shaved

## STEPS

---

- 1** The fast way to cook farro is to cover it with water the night before you plan to cook it. The next day, drain off the water and rinse a couple of times. This will get rid of some of the starch. Then put the farro in a 1-quart saucepan. Cover it with fresh water and cook until it is tender but not mushy. This will take about **15 minutes**.
- 2** Farro can be cooked without presoaking, but it will take a longer time to cook, about **30 minutes**. There are many different brands of farro, and some require longer cooking times.
- 3** Drain and transfer to a bowl.
- 4** Drizzle with olive oil to prevent the farro from sticking, especially if you plan to refrigerate.
- 5** In a large bowl, mix the cherry tomatoes, arugula, and farro. Then dress the salad with salt, olive oil, and balsamic vinegar. You can get everything ready and dress the salad just before serving. Shave the Pecorino Romano cheese onto the salad right before mixing and again after mixing for a garnish.







# GRANDPA GALLO'S ARINCINI

Shared by Hellen Gallo Bryan, Boston Latin Academy

## INGREDIENTS | MAKES 40 RICE BALLS

---

### MOZZARELLA CHEESE

6 - 8 oz. (you can use the small balls in a container)

### BREADCRUMBS

Progresso Italian flavored

### CHICKEN BROTH

4 quarts

### HEAVY CREAM

½ cup

### 1 ONION

1 medium onion

### DRY WHITE WINE

1 cup

### BUTTER

2 tablespoons

### OLIVE OIL

2 tablespoons. (Canola Oil or another type of high heat oil)

### SAFFRON

to your liking or just a few threads

### PARMESAN CHEESE

½ cup imported Reggiano

### RICE

2 lbs. Arborio or Carnaroli (Italian)

## STEPS

---

**1**

In a large pan, sauté chopped onion in oil & butter until translucent.

**2**

Add rice and mix with onion and wine. Heat until wine “burns” off.

**3**

On a separate burner, bring the broth to a boil. Gradually add the rice until the rice has absorbed the broth, stirring constantly until thick and creamy.

**4**

Add saffron, cheese, and cream to the mixture.

**5**

Let the mixture set overnight in the refrigerator.

**6**

Make meatball size balls (about 3”) and stuff with ½ square inch pieces of fresh mozzarella or mozzarella pearls.

**7**

Roll each ball in breadcrumbs. Set aside.

**8**

In a pan, heat canola oil to **375 degrees**. Gently place rice balls (2 or 3 at a time) in hot oil and deep fry until rice balls are golden and crispy. Serve immediately.

# BREAKFAST QUESADILLA

Shared by Ahlani Jackson,

## INGREDIENTS

---

### 1 TORTILLA

Small flour tortilla

### CHEDDAR CHEESE

¼ cup shredded

### 1 EGG

### MILK

1 tablespoon

### OIL

### BREAKFAST SAUSAGE/MEAT

2 tablespoons

### RED ONION

½ tablespoon

### TOMATO

½ tablespoon (chopped)

### 1 HASH BROWN

### SEASONING BLEND:

**SALT** | ¼ teaspoon

**PEPPER** | ¼ teaspoon

### **GARLIC POWDER**

⅛ teaspoon

### **ONION POWDER**

⅛ teaspoon

## STEPS

---

- 1 In a bowl, whisk the eggs with the milk and seasoning blend until they are well blended and set aside.
- 2 In a medium skillet, brown the breakfast sausage on medium high heat. Once browned, transfer to bowl and set aside.
- 3 Using the same skillet, add a little oil and and cook the hash brown until golden brown.
- 4 Season each side with seasoning blend, and, once cooked, transfer to a cutting board and let cool.
- 5 Cut up hash brown into a bowl and set aside ½ teaspoon of the hash brown.
- 6 Using the skillet, add oil and cook red onion and chopped tomatoes for **2 minutes**. Once done, transfer to bowl and set aside.
- 7 In the skillet, pour in the egg mixture and add the vegetables. Stirring often until the eggs set, about **2-3 minutes**.
- 8 Transfer the mixture to a bowl and set aside.
- 9 In the skillet, warm the tortilla over medium heat. Once the tortilla is warm, sprinkle cheese to cover the tortilla.
- 10 Once the cheese is melted, layer the hash brown, sausage and eggs on one half. Press the empty tortilla half over the toppings.
- 11 Let the quesadilla cook until golden and crispy on the bottom, about **1 to 2 minutes**, reducing the heat if necessary to prevent burning the tortilla.
- 12 Flip it and cook until the second side is golden and crispy.
- 13 Serve with your favorite salsa or guacamole on the side!





# PUPUSAS DE ESPINACAS

Shared by Alba Palma, PJ Kennedy

## INGREDIENTS

---

ESPINACA

QUESO

## STEPS

---

- 1** Picamos la espinaca muy finamente y revolvemos con el queso especial para pupusas.
- 2** Luego revolvemos arina maseca con agua calculado unamasa que podas palmiar con las manos o bien usar un molde de aser tortia pones la mezcla dentro y serramos la masa redondinada muy bien se acompaña con salsa de tomate y curtido de respollo.

# AUNT ELIZABETH'S CHICKEN PAPRIKASH

Shared by Constance Martin, Boston Saves (OFE)

## INGREDIENTS

---

### BUTTER

6 tablespoons (or margarine if you prefer)

### OLIVE OIL

2 tablespoons

### BONELESS CHICKEN BREASTS

1 pound (cut into slices)

### 1 PEPPER

1 green or red

### PAPRIKA

2 tablespoons

### WHITE WINE

½ cup (or chicken broth if you prefer)

### LEMON JUICE

2 tablespoons

### SOUR CREAM

1 cup

### TOMATO PASTE

2 teaspoons concentrated (I use tomato sauce if no paste handy)

### PEPPER

½ teaspoon

### NOODLES

16 oz

### 1 ONION

## STEPS

---

- 1** In a large skillet, melt butter with oil over moderate heat.
- 2** Cut chicken, onion, and pepper into pieces, and, when butter foams, add them to the skillet.
- 3** Sauté for **5 minutes** or until chicken is cooked.
- 4** Add paprika and stir for **1 more minute**.
- 5** Add wine and lemon juice. Gently boil for **5 minutes**. Stir occasionally.
- 6** Stir in sour cream. Reduce to a low simmer for **3 minutes**.
- 7** Serve over noodles.







# HASHBROWNS

Shared by Jacqueline Perry, BCYF

## INGREDIENTS

---

### RED POTATOES

2 medium

### SWEET ONION

½ small sweet onion

### SALT

### PEPPER

### GREEN PEPPER

½ small green pepper

### MAPLE BACON

2 slices of

### RED PEPPER

½ small red pepper

### BUTTER

1 teaspoon

## STEPS

---

**1**

Dice or slice potatoes and bring to a boil.

**2**

Chop bacon.

**3**

Chop peppers and onion into small pieces.

**4**

Saute bacon, peppers, and onion with butter until the bacon is crispy.

**5**

Drain the water from the potatoes and add to the skillet. Stir gently, tossing ingredients. Add salt and pepper to taste.

**6**

Cover and let cook for **7 minutes**.

**7**

Stir gently again, and cover for **5 minutes**.

# CHICKEN LO MEIN

Shared by Lauren Zaremba, BCYF

## INGREDIENTS

---

### SAUCE:

#### **HOISIN SAUCE\***

3 Tablespoons

#### **SOY SAUCE**

3 tablespoons low sodium soy sauce

#### **SESAME OIL**

1 teaspoon sesame oil

### LO MEIN:

#### **LO MEIN NOODLES**

8 ounces uncooked

#### **SESAME OIL**

1 teaspoon sesame oil

#### **OLIVE OIL**

2 teaspoons

#### **MINCED GARLIC**

1 ½ tablespoons

### **2 CHICKEN BREASTS**

2 medium boneless, skinless chicken breasts, cut into thin strips

### **FRESH SPINACH**

3 cups fresh spinach

### **SNOW PEAS**

1 cup

### **CARROTS**

1 cup shredded carrots

## STEPS

---

**1** Bring a large pot of water to a boil. Add the lo mein noodles and cook until al dente. Drain and set aside.

**2** In a large nonstick sauté pan set over medium heat, add the olive oil and sesame oil. Once hot, add the garlic and chicken and cook, stirring constantly, until the chicken is cooked through. Remove the chicken from the pan and set it aside.

**3** Add the carrots and snow peas to the pan and cook, stirring constantly, until the vegetables are tender (about 3 minutes). Add the spinach, cooked noodles, chicken and prepared sauce to the pan and cook, stirring, until combined and the spinach is wilted (about 2 minutes). Serve immediately.



To make your own hoisin sauce whisk together: (Recipe from Just a Taste)

**SOY SAUCE** | 4 tablespoons

**PEANUT BUTTER** | 2 tablespoons

**MOLASSES OR HONEY** | 1 tablespoon

**RICE VINEGAR** | 2 teaspoons

**1 GARLIC CLOVE** | finely minced

**SESAME SEED OIL** | 2 teaspoons

**HOT SAUCE** |

1 teaspoon (more or less to taste),

**BLACK PEPPER** | ¼ teaspoon





# BARB'S CHOCOLATE CHIP COOKIES

Shared by Barbara Pecci, BCYF, Brighton

## INGREDIENTS

---

### FLOUR

2  $\frac{3}{4}$  cups

### LIGHT BROWN SUGAR

$\frac{2}{3}$  cup

### BAKING SODA

1 teaspoon

### WHITE SUGAR

$\frac{2}{3}$  cup

### BUTTER

$\frac{1}{2}$  lb (2 sticks)

### CHOCOLATE CHIPS

2 cups semi-sweet  
chocolate chips

### 2 EGGS

### VANILLA EXTRACT

3 teaspoons

## STEPS

---

- 1** Pre-heat oven to **400 degrees**.
- 2** Carefully melt two sticks of butter to liquid form and set aside.
- 3** Crack two eggs into a large bowl.
- 4** Add sugar, light brown sugar, baking soda, vanilla extract and mix until smooth.
- 5** Add 1 cup of flour and mix together.
- 6** Add melted butter, remainder of flour (1  $\frac{3}{4}$  cups), and blend .
- 7** Add chocolate chips and blend.
- 8** Scoop a generous lump of dough and place on a cookie sheet.
- 9** Cook the tray of cookies at **400 degrees** for **11-12 minutes** .
- 10** Total recipe should give you 26 to 30 cookies all together. Enjoy!

# PEPPERONI PIZZA DIP

Shared by Pat Kenney, West Roxbury, BCYF

## INGREDIENTS

---

### SOUR CREAM

8 ounces

### CREAM CHEESE

8 ounces of

### GREEN/RED PEPPERS

¼ cup chopped

### ONIONS

¼ cup chopped

### PEPPERONI

¼ cup of chopped or sliced

### TOMATO SAUCE

4 ounces

### MOZZARELLA CHEESE

½ cup

### OREGANO

Pinch of oregano

### RED HOT PEPPER

Pinch of red hot pepper  
(optional)

### CHIPS

Bag of chips

## STEPS

---

- 1** Preheat the oven to **350 degrees**.
- 2** Mix cream cheese, sour cream, oregano and hot pepper, spread in a round pie pan.
- 3** Spread tomato sauce evenly over the mixture.
- 4** Sprinkle the pepper, onion and pepperoni over the tomato sauce.
- 5** Bake for about **15 minutes** or until it's bubbling. Or you can microwave on high for **15 minutes**.
- 6** Remove from oven and sprinkle the mozzarella, return to oven allowing cheese to melt.
- 7** Let cool and serve with chips.







# STONE SOUP

Shared by Lisa Zinck, BCYF, Dorchester

## INGREDIENTS

---

### OLIVE OIL

1 tablespoon

### BROTH, STOCK, OR WATER V

5 cups of either

1 can of cooked beans

### ONION

1 cup chopped

### CORN

1 can

### PEPPERS/PEAS

½ cup chopped

### 3 POTATOES

peeled and chopped

### DICED TOMATOES

1 can of petite diced tomatoes

### SEASONING MIX

1 teaspoon of either Italian or taco seasoning mix

### 2 LARGE CARROTS

peeled and sliced

### COOKED MEAT

1 to 2 cups (beef or chicken)

Salt and pepper to taste

## STEPS

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- 1** In a large pot heat the oil.
- 2** Add the onions and cook, stirring on medium-low for **five minutes**.
- 3** Stir in the broth and then add in the potatoes and carrots. Continue cooking for another **five minutes**.
- 4** Add the corn, diced tomatoes, meat, beans, peppers or peas, and seasonings. Stir well and bring to a simmer.
- 5** Simmer for about **30 minutes** until all the vegetables are tender.
- 6** Add salt and pepper to taste.

# WHITE BEAN TURKEY CHILI

Shared by Karen M. Olevitz, Joseph P. Tynan

## INGREDIENTS

---

### WHITE BEANS

Two 15.5 oz. cans of cannelli beans

### SALSA VERDE

2 jars medium salsa verde

### SWEET ONION

1 large sweet onion chopped

### TURKEY BREAST

2 lbs. ground

### CHICKEN BROTH

2 cups of chicken broth or stock

### GARLIC

2 cloves chopped

## STEPS

---

- 1** In a large dutch oven, brown turkey with chopped onion and garlic.
- 2** Add chicken stock, two jars of salsa verde, and two cans of rinsed beans.
- 3** Cover and heat over medium, stirring occasionally, until heated through (about **15 minutes**).





# COD FISH SALAD

Share by Gloria Muguia, BCYF, Jamaica Plain

## INGREDIENTS

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### COD FISH

2 packages

### 1 MEDIUM CABBAGE

cut into small pieces

### 1 GREEN PEPPER

chopped

### 1 RED PEPPER

chopped

### OREGANO

### PARSLEY

### TOMATOES

diced

### OLIVE OIL

### 4 GARLIC CLOVES

smashed

### PAPRIKA

### SAZÓN

### RICE

## STEPS

---

- 1** Soak the fish in water for about **1/2 hour**.
- 2** Discard salty water and place the fish in a medium or large pan to cook until it boils for a **few minutes**.
- 3** After boiling, take the fish out and place in a bowl of cold water for a **few minutes**.
- 4** Cut the fish into small pieces and rinse with water.
- 5** In a big pan, heat oil and garlic. Add cabbage, peppers, sazón, and paprika. Cook on low heat for **few minutes** while stirring.
- 6** Add the cut cod fish.
- 7** Add additional olive oil, oregano, parsley, and stir until it's just cooked (veggies don't have to be cooked too much).
- 8** Serve with rice on the side.

# PANCAKES

Shared by Lauren Hurley, BCYF, West Roxbury

## INGREDIENTS

---

**FLOUR**

1 cup

**BAKING POWDER**

3 teaspoons

**1 EGG**

beaten

**MILK**

$\frac{3}{4}$  cup

**SALT**

$\frac{1}{2}$  teaspoon

**SUGAR**

1 tablespoon

**MELTED BUTTER**

2 tablespoons

## STEPS

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- 1** Beat egg and all the ingredients in a mixing bowl.
- 2** Let mixture sit for a minute before spooning onto a hot buttered pan.
- 3** Cook until you see bubbles and flip.
- 4** Try with blueberries or Strawberries.







# VEGAN BAKED SPINACH ARTICHOKE DIP

Shared by Melissa Hector, Dorchester, HHS

## INGREDIENTS

---

### OLIVE OIL

1 tablespoon

### BABY SPINACH

4 cups chopped

### PANKO BREAD CRUMBS

⅓ cup

### GARLIC

3 large cloves diced

### VEGAN CREAM CHEESE

8 oz.

### SALT

to taste

### ARTICHOKE HEARTS

12 oz. marinated artichoke hearts chopped into bite size pieces

### VEGAN MAYO

¼ cup (optional)

### PEPPER

to taste

### GARLIC POWDER

½ teaspoon

Bread slices or tortilla chips to serve

## STEPS

---

- 1** Preheat oven to **400 degrees**.
- 2** Heat olive oil in a pan over medium heat.
- 3** Add garlic and saute for **1 minute**, stirring frequently.
- 4** Add artichoke hearts and spinach and saute until spinach is wilted.
- 5** Add cream cheese, mayo, garlic powder, salt and pepper to the pan and stir to combine.
- 6** Transfer to a baking dish, top with panko bread crumbs and bake in the oven for **5 minutes**.
- 7** Turn oven to broil and cook for an additional 3-5 minutes, or until the top begins to brown.
- 8** Remove from the oven and serve with bread slices or tortilla chips.

# SMASHED POTATO!

Shared by Robert Chan, BCYF, Mission Hill

## INGREDIENTS

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### SALT

2 tablespoon

### OIL

4 tablespoon

### PEPPER

1 tablespoon

### 3 POTATOES

## STEPS

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- 1** Wash and clean potatoes.
- 2** Add 1 tablespoon of salt to water and boil potatoes for **20 minutes** and then drain.
- 3** Preheat oven to **375 degrees**.
- 4** Coat a pan with oil and add potatoes to the pan.
- 5** Smash down potatoes to a  $\frac{1}{4}$  or  $\frac{1}{2}$  inch thickness – a mug works great for this.
- 6** Sprinkle with salt and pepper (you can also add more oil to the top to make a little more crispy).
- 7** Bake for **10 minutes** on the bottom rack.
- 8** Move to the top rack and bake for another **10 minutes** until the skin is crispy. Enjoy!





# TURKEY CHILI WITH BUTTERNUT SQUASH

Shared by Raymond Health Jr., BCYF, Mattapan

## INGREDIENTS

---

**BUTTERNUT SQUASH**  
2 cups

**GREEN PEPPER**  
½ cup

**TOMATO SAUCE**  
One 8 oz can

**CUMIN POWDER**  
1 tablespoon

**GROUND TURKEY**  
1 lb.

**RED PEPPER**  
½ cup

**CHILI POWDER**  
3 tablespoons

**CHICKEN BROTH**  
2 cups

**BLACK/KIDNEY BEANS**  
1 cup

**YELLOW ONION**  
½ cup

**SALT**  
1 teaspoon

**OLIVE OIL**  
2 tablespoons

**GARLIC**  
2 cloves chopped

**BLACK PEPPER**  
1 teaspoon

## STEPS

---

- 1** Using 1 tablespoon of olive oil, heat your skillet on medium heat.
- 2** Add peppers, onions and butternut squash and cook until tender. **2-3 minutes**. Set aside.
- 3** Using same skillet add remaining olive on medium heat.
- 4** Add ground turkey and garlic to skillet, add salt and pepper and cook until no longer pink.
- 5** Combine peppers, onions and butternut squash and to ground turkey. Carefully mix well.
- 6** Add chili powder, cumin and mix well.
- 7** Add tomato sauce and chicken broth. Mix well.
- 8** Let chili simmer for **15 minutes** and stir every few minutes.
- 9** Serve with vegetarian cornbread or rice.

# SPICY ITALIAN SAUSAGE AND PEPPERONI FLATBREAD PIZZA

Shared by Ahlani Jackson

## INGREDIENTS

---

**2 NAAN FLATBREADS**

**PIZZA/MARINARA SAUCE**

1 cup

**MOZZARELLA CHEESE**

1 cup shredded or sliced

**PARMESAN CHEESE**

½ cup of shredded

**2 HOT ITALIAN SAUSAGES**

**PEPPERONI**

½ cup (chopped)

**OLIVE OIL**

2 tablespoons

**FRESH BASIL LEAVES**

2-3 chopped (optional)

## STEPS

---

- 1** Preheat oven to **450 degrees**. Line a large baking sheet with foil and set aside.
- 2** Heat 2 tablespoons of olive oil on medium heat. Remove Italian sausage from its casings and add meat to the pan. Cook for **5-6 minutes** breaking up the sausage into smaller pieces. Once browned, remove the sausage and set aside.
- 3** Chop pepperoni and set aside
- 4** Place both pieces of naan on lined baking sheet. Divide pizza or marinara sauce between the two pieces of naan. Spread evenly over the top.
- 5** Evenly top naan pieces with mozzarella cheese, parmesan, sausage and pepperoni.
- 6** Place in oven and bake for **10-15 minutes** or until cheese is melted and browned and is bubbly!
- 7** Remove from oven, let rest for **2 minutes**. Top with chopped basil, slice and serve!







# SOUR CREAM BANANA BREAD

Shared by John Jackson, BCYF, Mission Hill

## INGREDIENTS

---

### SUGAR

1 cup (7.5 ounces)  
granulated sugar

### BANANAS

1 cup mashed ripe  
bananas (about 8 ounces)

### FLOUR

1 ½ cup (7.5 ounces)  
(see note)

### OIL

½ cup (see note)

### 3 RIPE BANANAS

### SALT

½ teaspoon

### 2 EGGS

### SOUR CREAM

½ cup (4 ounces)

### VANILLA

1 teaspoon

### BAKING SODA

1 teaspoon

## STEPS

---

**1**

Preheat the oven to **350 degrees F**.

**2**

Grease and flour a 9 x 5 inch loaf pan (or several mini loaf pans).

**3**

In a large bowl, whisk together the sugar and oil. Add the eggs, bananas, sour cream and vanilla; blend well.

**4**

Add the flour, baking soda and salt; stir just until dry ingredients are moistened.

**5**

Spread the batter evenly in the prepared pan.

**6**

Bake for **50-60 minutes** until toothpick inserted in the center of the loaf comes out clean.

**7**

Cool for **five minutes** in the pan. Gently turn out onto a cooling rack and cool completely. Store covered at room temperature (the bread also freezes great).

# BACALHAU À BRÁS

Shared by Joy DePina, BCYF Marshall

## INGREDIENTS

---

### DRIED SALT COD

1 pound

### OLIVE OIL

7 tablespoons, divided

### ONION

1 large onion, thinly sliced

### SALT

½ teaspoon

### 8 LARGE EGGS

### 1 BAY LEAF

### 18 GREEN/BLACK OLIVES

### BLACK PEPPER

½ teaspoon freshly ground

### PARSLEY LEAVES

4 tablespoons chopped  
flat-leaf parsley leaves, divided

### RUSSET POTATOES

1 ½ pounds, peeled, cut  
into matchstick-size strips  
(about 6 cups)

### OPTIONAL:

2 garlic cloves and dry red  
pepper flakes

## STEPS

---

- 1** Rinse the fish and place it in a bowl. Add enough cold water to cover. Chill overnight, changing the water several times.
- 2** The next day, drain the fish and transfer to a large saucepan. Cover with water, bring to a boil, and simmer until the fish flakes easily, about **15 minutes**. Drain and cool. Flake the fish, discarding any bones.
- 3** Heat 4 tablespoons of the oil in a heavy, large nonstick skillet over medium-high heat. Add the potatoes in batches and saute until crisp and golden, about **7 minutes** per batch. Transfer the potatoes to paper towels to drain.
- 4** Add 1 tablespoon of the oil to the same skillet. Add the onion and bay leaf and saute until golden, about **15 minutes**. Discard the bay leaf. Reduce the heat to low. Add the remaining 2 tablespoons oil to the onion slices in the skillet. Mix in the fish and potatoes.
- 5** Whisk the eggs, the ½ teaspoon salt, and the ½ teaspoon pepper in a large bowl to blend. Add the egg mixture and 3 tablespoons of the parsley to the fish mixture in the skillet. Cook over medium heat until the eggs are softly set, stirring occasionally, about **3 minutes**. Transfer the everything to a platter. Garnish with the olives and the remaining 1 tablespoon parsley.





# TORTILLA SOUP

Shared by Jennifer Valenzuela, Roslindale

## INGREDIENTS

---

### 4 CHICKEN BREAST

halves, quartered

### BLACK BEANS

two 15 oz cans undrained

### STEWED TOMATOES

Two 15 oz cans

### CORN

2 cans drained

### SALSA

1 cup (whichever temp you prefer, tastier when it's fresh and not from a jar)

### GREEN CHILI

One 4 oz can chopped green chili

### TOMATO SAUCE

One 14 ½ oz can

### TORTILLA CHIPS

### SHREDDED CHEESE

### CILANTRO

### AVOCADO

Sliced

### SOUR CREAM

## STEPS

---

- 1** Combine all ingredients except cheese, chips, avocado and sour cream in a large slow cooker.
- 2** Cover, cook on low for **8 hours**.
- 3** Just before serving, remove chicken breasts and shred. Then put it back in the soup.
- 4** Serve in soup bowl. Garnish with shredded cheese, cilantro, sliced avocado, sour cream, and serve with chips.

### NOTE:

If you are not eating all of the soup at one time, then don't shred all of the chicken. Only shred what you're eating. Otherwise, the shredded chicken absorbs all of the liquid and then you have a thick stew! This also goes great in the freezer in single size containers!

# AUNTIE WESHA'S COOKIES

Shared by Patricia Romano, BCYF, North End

## INGREDIENTS

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### FIRST SET:

#### **CHERRY JUICE**

2 tablespoons

#### **SUGAR**

1 cup

#### **3 LARGE EGGS**

#### **VEGETABLE OIL**

½ cup (I use Crisco)

#### **VANILLA**

1 ½ teaspoons

### SECOND SET:

#### **FLOUR**

3 cups

#### **BAKING POWDER**

1 ½ teaspoons of

#### **WALNUTS**

½ cup chopped

#### **CHOCOLATE CHIPS**

6 ounces

#### **20 CHERRIES**

Quartered (Maraschino or Salad Cherries)

## STEPS

---

- 1** Mix the first set of ingredients in a large bowl by hand. Then mix the second set of ingredients and add it to the first set. Mix by hand until incorporated. If sticky add a bit more flour.
- 2** Bake at **350 degrees** for **20 - 25 minutes** on a greased cookie sheet. Should be golden brown on edges.
- 3** You can double bake these cookies. Cut when cool on the diagonal and place cut side up until golden brown. About **6 minutes** a side. Cookies will then be harder like a biscotti.







# LAZY BURRITO

Shared by Cindy Dye, East Boston

## INGREDIENTS

---

**GROUND BEEF**

**CHOPPED TOMATOES**

**ONION**

Optional

**REFRIED BEANS**

**SOUR CREAM**

**GARLIC**

Optional

**SALSA**

**LETTUCE**

**TORTILLAS**

**SPICES OR SOFRITO**

As desired

**SHREDDED CHEESE**

## STEPS

---

**1**

Brown the ground beef and add about the same amount of refried beans. Then add some salsa. You can also add onion, garlic, or spices you like (or sofrito). You can let the meat/beans mix cool and refrigerate for later or use right away.

**2**

Assemble the burrito on a microwavable plate by putting the meat/bean mix into a rolled up tortilla and then covering it with a generous amount of shredded cheese.

**3**

Microwave until the cheese is melted and the inside is warm.

**4**

Top with chopped up tomatoes, a little more salsa, sour cream, and lettuce. Eat with a fork and a knife. Messy, but good!

# PECAN PIE

Shared by Paul Flagg, Brighton

## INGREDIENTS

---

### BUTTER

2 table spoons, melted

### VANILLA

¼ teaspoon

### PECAN HALVES

1 ½ cup

### SUGAR

½ cup

### SALT

⅛ teaspoon

### PIE CRUST

9-inch deep-dish pie crust,  
frozen and unbaked

### DARK CORN SYRUP

1 ½ cup

### FLOUR

2 tablespoons

### 3 EGGS

## STEPS

---

- 1** Preheat oven to **425 degrees Fahrenheit**.
- 2** Combine melted butter with sugar and corn syrup.
- 3** Beat eggs and add vanilla, salt, and flour.
- 4** Add butter and sugar mixture and combine well.
- 5** Pour mixture over pecans in frozen, unbaked pie crust.
- 6** Bake for **10 minutes**, then turn the temperature down to **325 degrees** and bake for an additional **50 minutes**. Let cool completely before serving.





# SHRIMP SCAMPI

Shared by Yvonne Apicella Fofana, East Boston

## INGREDIENTS

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### 10 RAW SHRIMP

### 4 CLOVES GARLIC

### 2 PLUM TOMATOES

chopped

### FLAT LEAF PARSLEY

1 tablespoon

### OLIVE OIL

4 - 5 tablespoons

### BUTTER

1 tablespoons

### WHITE WINE

½ cup white cooking wine  
or chicken broth

### LINGUINI

Cooked and save some water  
from cooked pasta

## STEPS

---

- 1** Sauté garlic and tomato until soft.
- 2** Add raw shrimp sauté for **1 min** and add liquid (wine or broth). Simmer **2-3 minutes**.
- 3** Add linguini to the pan (you have to judge the amount of pasta to the sauce). If it's too dry add a small amount of pasta water. It will be salty, so no salt needed.
- 4** Optional: Add crushed red pepper if you like it spicy.

