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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

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

FAIR FOODS SITES
Fair Foods sites offer bags of fresh produce for only $2. Visit bit.ly/fairfoods20

FOOD PANTRIES
Food pantries provide groceries to those in need, regardless of immigration status. Visit gbfb.org/need-food

FARMERS’ AND MOBILE MARKETS
Buy fresh local produce at Boston farmers' markets. Find the nearest location at 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

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.

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.

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

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

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

Nubian Square 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
Mattapan Square Farmers Market
City Parking Lot # 14 Cummins Highway and Fairway Street, Boston, MA 02126
10 a.m. - 1 p.m.
BENGALI CHICKEN CURRY
Shared by Dita Joarder, Mason Elementary

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COOKING OIL</strong></td>
<td>4 tablespoons</td>
</tr>
<tr>
<td><strong>TURMERIC</strong></td>
<td>½ teaspoon</td>
</tr>
<tr>
<td><strong>GROUND CUMIN</strong></td>
<td>2 teaspoons</td>
</tr>
<tr>
<td><strong>GROUND CORIANDER SEED</strong></td>
<td>1 teaspoon</td>
</tr>
<tr>
<td><strong>CAYENNE PEPPER</strong></td>
<td>½ teaspoon</td>
</tr>
<tr>
<td><strong>SALT</strong></td>
<td>1 ½ teaspoon</td>
</tr>
<tr>
<td><strong>TOMATO PASTE</strong></td>
<td>1 tablespoon</td>
</tr>
<tr>
<td><strong>2 MEDIUM ONIONS</strong></td>
<td>cut into quarters</td>
</tr>
<tr>
<td><strong>2 CLOVES GARLIC</strong></td>
<td>peeled</td>
</tr>
<tr>
<td><strong>1 INCH OF GINGER</strong></td>
<td>peeled</td>
</tr>
<tr>
<td><strong>2 CINNAMON STICKS</strong></td>
<td>split in half lengthwise</td>
</tr>
<tr>
<td><strong>6 WHOLE CLOVES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>4 GREEN CARDAMOM PODS</strong></td>
<td>split a little open so they don't burst in the pan</td>
</tr>
<tr>
<td><strong>8 CHICKEN THIGHS</strong></td>
<td>skinned, trimmed of fat and cut in half across the bone</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>ONION</th>
<th>BUTTER</th>
<th>HEAVY CREAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (chopped)</td>
<td>¼ cup (cubed)</td>
<td>1 cup</td>
</tr>
<tr>
<td>CARROTS</td>
<td>CHICKEN STOCK</td>
<td></td>
</tr>
<tr>
<td>2 cups (sliced)</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>1 LARGE POTATO</td>
<td>WATER</td>
<td>SALT/PEPPER</td>
</tr>
<tr>
<td>(cubed)</td>
<td>½ cup</td>
<td>Season with salt/pepper</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>BLUEBERRIES</th>
<th>BAKING POWDER</th>
<th>OIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ cups</td>
<td>2 teaspoons</td>
<td>¼ cup</td>
</tr>
<tr>
<td>FLOUR</td>
<td>SALT</td>
<td>VANILLA</td>
</tr>
<tr>
<td>1 ½ cups</td>
<td>½ teaspoon</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>SUGAR</td>
<td>MILK</td>
<td>1 EGG</td>
</tr>
<tr>
<td>½ cup</td>
<td>½ cup</td>
<td></td>
</tr>
</tbody>
</table>

**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

1 BAG OR HEAD OF SHREDDED ARUGULA LEAVES
rinsed (you can use more if you use baby Arugula)

8 - 10 CHERRY TOMATOES
halved (more if you like)

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.
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)

GRANDPA GALLO’S ARINCINI
Shared by Hellen Gallo Bryan, Boston Latin Academy

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

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

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.

Add saffron, cheese, and cream to the mixture.

Let the mixture set overnight in the refrigerator.

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

Roll each ball in breadcrumbs. Set aside.

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**

<table>
<thead>
<tr>
<th>1 TORTILLA</th>
<th>BREAKFAST SAUSAGE/MEAT</th>
<th>SEASONING BLEND:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small flour tortilla</td>
<td>2 tablespoons</td>
<td>SALT</td>
</tr>
<tr>
<td>½ cup shredded</td>
<td>RED ONION</td>
<td>PEPPER</td>
</tr>
<tr>
<td>1 EGG</td>
<td>½ tablespoon</td>
<td>GARLIC POWDER</td>
</tr>
<tr>
<td>MILK</td>
<td>TOMATO</td>
<td>ONION POWDER</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>½ tablespoon (chopped)</td>
<td></td>
</tr>
<tr>
<td>1 HASH BROWN</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>ESPINACA</th>
<th>QUESO</th>
</tr>
</thead>
</table>

STEPS

1. Picamos la espinaca muy finamente y revolvemos con el queso especial para pupusas.

2. Luego revolvemos arina maseca con agua calculado una masa que podas palmar con las manos, obien usar un molde de aser tortia pones lamescla dentro iserramos lamasa redondinado muy bien seacompañá con salsadetomate y curtido derepollo.
AUNT ELIZABETH’S CHICKEN PAPRIKASH

Shared by Constance Martin, Boston Saves (OFE)

INGREDIENTS

<table>
<thead>
<tr>
<th>BUTTER</th>
<th>6 tablespoons (or margarine if you prefer)</th>
</tr>
</thead>
<tbody>
<tr>
<td>OLIVE OIL</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>BONELESS</td>
<td>CHICKEN BREASTS 1 pound (cut into slices)</td>
</tr>
<tr>
<td>PAPRIKA</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>WHITE WINE</td>
<td>½ cup (or chicken broth if you prefer)</td>
</tr>
<tr>
<td>LEVON JUICE</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>SOUR CREAM</td>
<td>1 cup</td>
</tr>
<tr>
<td>TOMATO PASTE</td>
<td>2 teaspoons concentrated (I use tomato sauce if no paste handy)</td>
</tr>
<tr>
<td>PEPPER</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>NOODLES</td>
<td>16 oz</td>
</tr>
<tr>
<td>1 PEPPER</td>
<td>1 green or red</td>
</tr>
<tr>
<td>1 ONION</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>RED POTATOES</th>
<th>SWEET ONION</th>
<th>SALT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 medium</td>
<td>½ small sweet onion</td>
<td></td>
</tr>
<tr>
<td>GREEN PEPPER</td>
<td>MAPLE BACON</td>
<td></td>
</tr>
<tr>
<td>½ small green pepper</td>
<td>2 slices of</td>
<td></td>
</tr>
<tr>
<td>RED PEPPER</td>
<td>BUTTER</td>
<td></td>
</tr>
<tr>
<td>½ small red pepper</td>
<td>1 teaspoon</td>
<td></td>
</tr>
</tbody>
</table>

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 | ⅛ teaspoon
BARB’S CHOCOLATE CHIP COOKIES
Shared by Barbara Pecci, BCYF, Brighton

INGREDIENTS

<table>
<thead>
<tr>
<th>FLOUR</th>
<th>LIGHT BROWN SUGAR</th>
<th>BAKING SODA</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 ¾ cups</td>
<td>⅓ cup</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>WHITE SUGAR</td>
<td>BUTTER</td>
<td>CHOCOLATE CHIPS</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>½ lb (2 sticks)</td>
<td>2 cups semi-sweet</td>
</tr>
<tr>
<td>2 EGGS</td>
<td>VANILLA EXTRACT</td>
<td>chocolate chips</td>
</tr>
<tr>
<td></td>
<td>3 teaspoons</td>
<td></td>
</tr>
</tbody>
</table>

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 ¾ 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

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOUR CREAM</td>
<td>8 ounces</td>
</tr>
<tr>
<td>CREAM CHEESE</td>
<td>8 ounces of</td>
</tr>
<tr>
<td>GREEN/RED PEPPERS</td>
<td>¼ cup chopped</td>
</tr>
<tr>
<td>ONIONS</td>
<td>¼ cup chopped</td>
</tr>
<tr>
<td>PEPPERONI</td>
<td>¼ cup of chopped or sliced</td>
</tr>
<tr>
<td>TOMATO SAUCE</td>
<td>4 ounces</td>
</tr>
<tr>
<td>MOZZARELLA CHEESE</td>
<td>½ cup</td>
</tr>
<tr>
<td>RED HOT PEPPER</td>
<td>Pinch of red hot pepper (optional)</td>
</tr>
<tr>
<td>OREGANO</td>
<td>Pinch of oregano</td>
</tr>
<tr>
<td>CHIPS</td>
<td>Bag of chips</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>OLIVE OIL</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>BROTH, STOCK, OR WATER</td>
<td>5 cups of either</td>
</tr>
<tr>
<td>V</td>
<td>1 can of cooked beans</td>
</tr>
<tr>
<td>ONION</td>
<td>1 cup chopped</td>
</tr>
<tr>
<td>CORN</td>
<td>1 can</td>
</tr>
<tr>
<td>PEPPERS/PEAS</td>
<td>½ cup chopped</td>
</tr>
<tr>
<td>3 POTATOES</td>
<td>peeled and chopped</td>
</tr>
<tr>
<td>Diced TOMATOES</td>
<td>1 can of petite diced tomatoes</td>
</tr>
<tr>
<td>2 LARGE CARROTS</td>
<td>peeled and sliced</td>
</tr>
<tr>
<td>COOKED MEAT</td>
<td>1 to 2 cups (beef or chicken)</td>
</tr>
<tr>
<td>SEASONING MIX</td>
<td>1 teaspoon of either Italian or taco seasoning mix</td>
</tr>
<tr>
<td></td>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

STEPS

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

<table>
<thead>
<tr>
<th>WHITE BEANS</th>
<th>SALSA VERDE</th>
<th>SWEET ONION</th>
<th>GARLIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two 15.5 oz. cans of cannelli beans</td>
<td>2 jars medium salsa verde</td>
<td>1 large sweet onion chopped</td>
<td>2 cloves chopped</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TURKEY BREAST</th>
<th>CHICKEN BROTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lbs. ground</td>
<td>2 cups of chicken broth or stock</td>
</tr>
</tbody>
</table>

### 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**

<table>
<thead>
<tr>
<th>COD FISH</th>
<th>OREGANO</th>
<th>PAPRIKA</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 packages</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1 MEDIUM CABBAGE</th>
<th>OREGANO</th>
<th>PAPRIKA</th>
</tr>
</thead>
<tbody>
<tr>
<td>cut into small pieces</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1 GREEN PEPPER</th>
<th>ORENGANO</th>
<th>PAPRIKA</th>
</tr>
</thead>
<tbody>
<tr>
<td>chopped</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1 RED PEPPER</th>
<th>PARSLYE</th>
<th>PAPRIKA</th>
</tr>
</thead>
<tbody>
<tr>
<td>chopped</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4 GARLIC CLOVES</th>
<th>SAZON</th>
<th>RICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>smashed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOMATOES</th>
<th>SAZON</th>
<th>RICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>diced</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OLIVE OIL</th>
<th>SAZON</th>
<th>RICE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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 it 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

<table>
<thead>
<tr>
<th>FLOUR</th>
<th>BAKING POWDER</th>
<th>1 EGG</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>3 teaspoons</td>
<td>beaten</td>
</tr>
<tr>
<td>MILK</td>
<td>SALT</td>
<td></td>
</tr>
<tr>
<td>¾ cup</td>
<td>½ teaspoon</td>
<td></td>
</tr>
<tr>
<td>SUGAR</td>
<td>MELTED BUTTER</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
<td></td>
</tr>
</tbody>
</table>

STEPS

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

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>OLIVE OIL</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>GARLIC</td>
<td>3 large cloves diced</td>
<td></td>
</tr>
<tr>
<td>ARTICHOKE HEARTS</td>
<td>12 oz. marinated artichoke hearts chopped into bite size pieces</td>
<td></td>
</tr>
<tr>
<td>BABY SPINACH</td>
<td>4 cups chopped</td>
<td></td>
</tr>
<tr>
<td>VEGAN CREAM CHEESE</td>
<td>8 oz.</td>
<td></td>
</tr>
<tr>
<td>VEGAN MAYO</td>
<td>¼ cup (optional)</td>
<td></td>
</tr>
<tr>
<td>GARLIC POWDER</td>
<td>½ teaspoon</td>
<td></td>
</tr>
<tr>
<td>SALT</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>PEPPER</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>PANKO BREAD CRUMBS</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bread slices or tortilla chips to serve</td>
<td></td>
</tr>
</tbody>
</table>

## 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

<table>
<thead>
<tr>
<th>SALT</th>
<th>OIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoon</td>
<td>4 tablespoon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PEPPER</th>
<th>3 POTATOES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon</td>
<td></td>
</tr>
</tbody>
</table>

STEPS

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 ¼ or ½ 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUTTERNUT SQUASH</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>GROUND TURKEY</td>
<td>1 lb.</td>
<td></td>
</tr>
<tr>
<td>BLACK/KIDNEY BEANS</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>GREEN PEPPER</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>RED PEPPER</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>YELLOW ONION</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>GARLIC</td>
<td>2 cloves chopped</td>
<td></td>
</tr>
<tr>
<td>TOMATO SAUCE</td>
<td>One 8 oz can</td>
<td></td>
</tr>
<tr>
<td>CHILI POWDER</td>
<td>3 tablespoons</td>
<td></td>
</tr>
<tr>
<td>SALT</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>BLACK PEPPER</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>CUMIN POWDER</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>CHICKEN BROTH</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>OLIVE OIL</td>
<td>2 tablespoons</td>
<td></td>
</tr>
</tbody>
</table>

## 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**

<table>
<thead>
<tr>
<th>2 NAAN FLATBREADS</th>
<th>PARMESAN CHEESE</th>
<th>OLIVE OIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>½ cup of shredded</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PIZZA/MARINARA SAUCE</th>
<th>2 HOT ITALIAN SAUSAGES</th>
<th>FRESH BASIL LEAVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>½ cup (chopped)</td>
<td>2-3 chopped (optional)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MOZZARELLA CHEESE</th>
<th>PEPPERONI</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup shredded or sliced</td>
<td>½ cup (chopped)</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>SUGAR</th>
<th>BANANAS</th>
<th>FLOUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (7.5 ounces)</td>
<td>1 cup mashed ripe bananas</td>
<td>1 ½ cup (7.5 ounces)</td>
</tr>
<tr>
<td>granulated sugar</td>
<td>(about 8 ounces)</td>
<td>(see note)</td>
</tr>
<tr>
<td>OIL</td>
<td>3 RIPE BANANAS</td>
<td>SALT</td>
</tr>
<tr>
<td>½ cup (see note)</td>
<td>SOUR CREAM</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>2 EGGS</td>
<td>½ cup (4 ounces)</td>
<td></td>
</tr>
<tr>
<td>VANILLA</td>
<td>BAKING SODA</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>DRIED SALT COD</th>
<th>8 LARGE EGGS</th>
<th>RUSSET POTATOES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound</td>
<td>1 BAY LEAF</td>
<td>1 ½ pounds, peeled, cut</td>
</tr>
<tr>
<td></td>
<td></td>
<td>into matchstick-size strips (about 6 cups)</td>
</tr>
<tr>
<td>OLIVE OIL</td>
<td>18 GREEN/BLACK OLIVES</td>
<td></td>
</tr>
<tr>
<td>7 tablespoons, divided</td>
<td></td>
<td>OPTIONAL:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 garlic cloves and dry red</td>
</tr>
<tr>
<td></td>
<td></td>
<td>pepper flakes</td>
</tr>
<tr>
<td>ONION</td>
<td>BLACK PEPPER</td>
<td></td>
</tr>
<tr>
<td>1 large onion, thinly</td>
<td>½ teaspoon</td>
<td></td>
</tr>
<tr>
<td>sliced</td>
<td>freshly ground</td>
<td></td>
</tr>
<tr>
<td>SALT</td>
<td>PARSLEY LEAVES</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon</td>
<td>4 tablespoons chopped</td>
<td></td>
</tr>
<tr>
<td></td>
<td>flat-leaf parsley leaves, divided</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RUSSET POTATOES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ pounds, peeled, cut</td>
</tr>
<tr>
<td>into matchstick-size</td>
</tr>
<tr>
<td>strips (about 6 cups)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 garlic cloves and dry</td>
</tr>
<tr>
<td>red pepper flakes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STEPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
</tr>
<tr>
<td>Rinse the fish and place it in a bowl. Add enough cold water to cover. Chill overnight, changing the water several times.</td>
</tr>
</tbody>
</table>

| 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4 CHICKEN BREAST</strong></td>
<td>halves, quartered</td>
</tr>
<tr>
<td><strong>BLACK BEANS</strong></td>
<td>two 15 oz cans undrained</td>
</tr>
<tr>
<td><strong>STEWED TOMATOES</strong></td>
<td>Two 15 oz cans</td>
</tr>
<tr>
<td><strong>CORN</strong></td>
<td>2 cans drained</td>
</tr>
<tr>
<td><strong>SALSA</strong></td>
<td>1 cup (whichever temp you prefer, tastier when it’s fresh and not from a jar)</td>
</tr>
<tr>
<td><strong>GREEN CHILI</strong></td>
<td>One 4 oz can chopped green chili</td>
</tr>
<tr>
<td><strong>TOMATO SAUCE</strong></td>
<td>One 14 ½ oz can</td>
</tr>
<tr>
<td><strong>TORTILLA CHIPS</strong></td>
<td></td>
</tr>
<tr>
<td><strong>SHREDDED CHEESE</strong></td>
<td></td>
</tr>
<tr>
<td><strong>CILANTRO</strong></td>
<td></td>
</tr>
<tr>
<td><strong>AVOCADO</strong></td>
<td>Sliced</td>
</tr>
<tr>
<td><strong>SOUR CREAM</strong></td>
<td></td>
</tr>
</tbody>
</table>

### 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.

**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

**FIRST SET:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHERRY JUICE</strong></td>
<td>2 tbsps</td>
</tr>
<tr>
<td><strong>SUGAR</strong></td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>3 LARGE EGGS</strong></td>
<td>3</td>
</tr>
</tbody>
</table>

**SECOND SET:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLE OIL</strong></td>
<td>½ cup (I use Crisco)</td>
</tr>
<tr>
<td><strong>BAKING POWDER</strong></td>
<td>1 ½ teaspoons of</td>
</tr>
<tr>
<td><strong>VANILLA</strong></td>
<td>1 ½ teaspoons</td>
</tr>
<tr>
<td><strong>WALNUTS</strong></td>
<td>½ cup chopped</td>
</tr>
<tr>
<td><strong>CHOCOLATE CHIPS</strong></td>
<td>6 ounces</td>
</tr>
<tr>
<td><strong>20 CHERRIES</strong></td>
<td>Quartered (Maraschino or Salad Cherries)</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>GROUND BEEF</td>
<td>CHOPPED TOMATOES</td>
<td>ONION</td>
</tr>
<tr>
<td>REFRIED BEANS</td>
<td>SOUR CREAM</td>
<td>GARLIC</td>
</tr>
<tr>
<td>SALSA</td>
<td>LETTUCE</td>
<td>Optional</td>
</tr>
<tr>
<td>TORTILLAS</td>
<td>SPICES OR SOFRITO</td>
<td>Optional</td>
</tr>
<tr>
<td>SHREDDED CHEESE</td>
<td>As desired</td>
<td></td>
</tr>
</tbody>
</table>

STEPS

1. Brown the ground beef and add about the same amount of refried beans. Then and 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 microwaveable 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

<table>
<thead>
<tr>
<th>BUTTER</th>
<th>2 table spoons, melted</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUGAR</td>
<td>½ cup</td>
</tr>
<tr>
<td>DARK CORN SYRUP</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>3 EGGS</td>
<td></td>
</tr>
<tr>
<td>VANILLA</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>SALT</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>FLOUR</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>PECAN HALVES</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>PIE CRUST</td>
<td>9-inch deep-dish pie crust, frozen and unbaked</td>
</tr>
</tbody>
</table>

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

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.