

Recipe Book Special Edition – Winter Holidays

Created by the:

Student Wellness Committee





Pasta Salad

Serve: 4

Total Time: 30 Min



Ingredients

- *Elbow or bowtie pasta
- *Red (& or garbanzo) beans
- Cucumbers (1)
- Spinach (1/2 bunch) (can also use arugula)
- Pomegranate and/or dried cranberries
- Feta Cheese
- Olive oil
- Red wine vinaigrette
- Salt/pepper
- * Find these in our community cupboard!

Directions

Make pasta and run under cold water until cool, strain and place in bowl

Dice cucumbers and wash and chop spinach

Strain and rinse red beans (and or garbonzo beans!)

Combine in large bowl and mix gently so as not to crush noodles

For dressing drizzle with olive oil and red wine vinaigrette to your liking and add salt and pepper

Mix in dressing and sprinkle with pomegranate seeds, dried cranberries and feta cheese (can also use goat cheese)



Coconut Rice Curry

Serve: 4

Total Time: 45 min

Ingredients:

For rice:

* 2 cups rice (can also use quinoa)

1 can of coconut milk (whole fat or light)

2 cups water

1 teaspoon salt

For stir fry:

*1 can peas or string beans

*1 can carrots

*1 can coconut milk

1 onion

4 cloves garlic

1 head broccoli

sliced mushrooms

2 cup chicken or vegetable broth

1 tablespoon red pepper paste

3 tablespoon turmeric

4tablespoons cumin

2 tablespoons olive oil

salt and pepper to taste

* Find these in our community cupboard!

Also add tofu, garbanzo beans or meat for extra protein!

Directions

For rice:

Shake coconut milk and combine with other ingredients in large pot

Bring to boil, cover and simmer 20 min

For stir fry:

Chop onion and garlic and brown in pan with olive oil

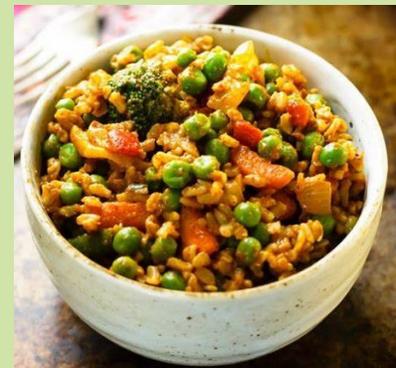
Drain/chop vegetables, rinse and add to pan. Cook on medium heat for about 5 minutes while stirring

Add broth and coconut milk to vegetables

Add spices and bring to boil over medium heat, stirring occasionally

Add salt and pepper to taste

Spoon on top of rice



Butternut Squash and Carrot Soup

Ingredients

- 1 large butternut squash, peeled, seeded and cut into ½-inch chunks
- *1 can carrots, drained and rinsed
- 1 onion
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 3 cloves garlic, minced
- 2 cups chicken or vegetable broth
- 1 can coconut milk (whole or low fat)
- * Find these in our community cupboard!

Serve: 6

Total Time: 40mins



Directions

Heat oven to 450° F

Toss the squash and sliced onion with 1 teaspoon oil and salt on a rimmed baking sheet

Roast in a single layer until browned and soft, about 25-30 minutes, stirring occasionally

Transfer the roasted vegetables to a large saucepan with the remaining 1 teaspoon oil and cook over medium-low heat, stirring often, for 3-5 minutes

Add garlic and cook for another 30 seconds

Add the broths, coconut milk and bring to a boil

Reduce heat to medium-low, cover and simmer for 5 minutes

Transfer squash mixture to a blender and puree until smooth

Garnish with cilantro, sesame seeds and chili powder if you have it!



Italian Biscotti Cookies



Ingredients

Serve: 3-4 dozen
Total Time: 40mins

1/2 cup vegetable oil
1 cup white sugar
3 1/4 cups all purpose flours
3 eggs
1 tablespoon baking powder
1 tablespoon anise extract (or vanilla extract if preferred)

Directions

Preheat the oven to 375 degrees F

Grease cookie sheets or line with parchment paper.

In a medium bowl, beat together the oil, eggs, sugar and anise flavoring until well blended

Combine the flour and baking powder, stir into the egg mixture to form a heavy dough

Divide dough into two pieces. Form each piece into a roll as long as your cookie sheet. Place roll onto the prepared cookie sheet, and press down to 1/2 inch thickness

Bake for 25 to 30 minutes in the preheated oven, until golden brown

Remove from the baking sheet to cool on a wire rack

When the cookies are cool enough to handle, slice each one crosswise into 1/2 inch slices. Place the slices cut side up back onto the baking sheet

Bake for an additional 6 to 10 minutes on each side. Slices should be lightly toasted



Risgrynsgröt— Swedish Christmas Rice Porridge

Serve: 4

Total Time: 40 Min



Ingredients

*1 cup rice

2 cups water

Dash of salt

3/4 cups milk (whole or milk alternative)

Optional: a cinnamon stick or ground cinnamon

* Find these in our community cupboard!

Directions

Add the rice, water and salt into a large pot and bring it to a boil

Let it simmer on a low heat for about ten minutes, stirring occasionally so it doesn't stick to the bottom

Add the milk and bring it to a boil. Pay attention to the pot, as milk considers it a sport to boil over or burn...

Once it has boiled, put it on a low temperature. Add a cinnamon stick, if you want. Cover the pot with a lid and let it simmer for 30-40 minutes. Stir occasionally

Serve the rice porridge however you like. The traditional way means milk on the side and sugar and cinnamon sprinkled on top. Of course, you can always add one (or several) almonds, too. You can also sweeten with honey or sugar