



Humboldt Senior
Resource Center

FAVORITE RECIPES

From the Staff at

Humboldt Senior Resource Center
Program of All-inclusive Care for the Elderly
Adult Day Health & Alzheimer's Services

2021



The cookbook contains favorite recipes from the staff at the Humboldt Senior Resource Center. Here is a list of everyone that contributed a yummy recipe.

Thank you again for all of your contributions!

Allison Isaacson
Andrea Crittenden
Charlene Van Reusen
Christina Chohlis
Christine Ross
Craig Seery
David Van Reusen
Debbie Davenport
Harla Santos
Ronni Sayres
Roxanne Heiob
Tim Harkins
Tim Haskett
Tony DeLaurentis

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Appetizers



THE BEST HUMMUS RECIPE

[HTTPS://COOKIEANDKATE.COM/BEST-HUMMUS-RECIPE/](https://cookieandkate.com/best-hummus-recipe/)



"Here is one of my favorite recipes."

~

Dave Van Reusen, Assistant Director, Redwood Coast PACE

Yield: 8 Serving Size: 1/4 cup Time: 40 mins

Ingredients

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1/2 teaspoon baking soda
- 1/4 cup lemon juice
- 1 garlic glove clove, roughly chopped
- 1/2 teaspoon fine salt, to taste
- 1/2 cup tahini
- 2-4 tablespoons ice water, more as needed
- 1/2 teaspoon ground cumin
- 1 tablespoon extra-virgin olive oil
- Any of the following garnishes: drizzle of olive oil or spicy cilantro sauce, sprinkle of ground sumac or paprika, chopped fresh parsley

THE BEST HUMMUS RECIPE

[HTTPS://COOKIEANDKATE.COM/BEST-HUMMUS-RECIPE/](https://cookieandkate.com/best-hummus-recipe/)

INSTRUCTIONS

1. Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine-mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).
2. Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.
3. Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.
4. While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)
5. Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.
6. Taste, and adjust as necessary—I almost always add another 1/4 teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.
7. Scrape the hummus into a serving bowl or platter, and use a spoon to create nice swooshes on top. Top with garnishes of your choice, and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.



CHICKEN WINGS

This recipe is great for a pot luck!

~

Debbie Davenport, Receptionist, Humboldt Senior Resource Center

Yield: 4-6 Serving Size: 1-2 drumsticks Time: 2-2 1/2 hour



Ingredients

- 4-5 lbs. chicken wings (I buy the 3lb bag of frozen drumettes)
- ¾ cup white wine
- ½ cup soy sauce
- ½ cup white sugar
- ½ cup brown sugar
- 1 teaspoon dry mustard
- ¼ teaspoon garlic powder

Instructions

1. Preheat oven to 325°F.
2. Mix together and pour over chicken pieces which have been placed on a rimmed baking sheet.
3. Bake between 2 – 2 ½ hours. Turn chicken after 1 hour. Watch closely after 1 ½ hours because they can caramelize quickly.

CRISPY PARMESAN AIR FRYER BRUSSELS SPROUTS

[HTTPS://DOMESTICSUPERHERO.COM/AIR-FRYER-CRISPY-PARMESAN-BRUSSELS-SPROUTS/](https://domesticsuperhero.com/air-fryer-crispy-parmesan-brussels-sprouts/)

"This is my favorite dish to share with family and friends. It can act as an appetizer or a side dish with dinner. It's delicious and simple to prepare in the air fryer, but you can also roast them in the oven."

~

Andrea Crittenden, Registered Dietitian Nutritionist, Redwood Coast PACE, Adult Day Health & Humboldt Senior Resource Center

**Servings: 4 Serving Size: 1/2 cup
Time: 15 mins**

Ingredients

- 1 pound Brussels sprouts, chop off stem and cut in half
- 1 Tablespoon extra virgin olive oil or avocado oil
- 1 Tablespoon balsamic vinegar
- Salt and pepper to taste
- 1/4 cup fresh parmesan cheese, shredded
- 1/4 cup whole wheat bread crumbs or panko bread crumbs

Air Fryer Instructions:

1. In a large bowl, combine Brussels sprouts, oil, balsamic vinegar, salt and pepper, toss to coat.
2. Spread the Brussels sprouts into the basket and set air fryer to 400 ° F and set timer for 5 minutes.
3. Once the timer beeps, open air fryer and mix the Brussels sprouts around into an even layer.
4. Sprinkle bread crumbs and cheese over the top and set air fryer timer for 5 more minutes at 400 ° F.
5. Remove the crispy Brussels sprouts from air fryer and serve immediately.



Oven Instructions:

1. Preheat oven to 400 degrees and roast Brussels sprouts for 30-40 minutes.
2. Add bread crumbs and cheese during the last 5-10 minutes. Serve immediately.

Sides & Salads



VAN REUSEN SPECIAL FRIED RICE - VEGANIZED

Charlene Van Reusen, Housing Coordinator, Humboldt Senior Resource Center

Yield: 3-4 Serving Size: 1/2 cup Time: 15 minutes

Ingredients

- 1 package of smart grounds
- 1 1/2 cups brown rice (cooked)
- 1/2 container of Just Egg (vegan sub for eggs)
- 1 package of Sweet Earth Benevolent Bacon
- 1 diced zucchini
- 1 diced yellow squash
- A handful of baby carrots roughly chopped
- 1/2 of a medium yellow onion
- 6 cloves of chopped garlic (we love garlic in our household, so you can go crazy or as light as you'd like)
- Soy sauce to taste
- Green onions
- olive oil for cooking
- Siracha/ hot chili paste



Instructions

1. In a large skillet add about 2 tbsp of olive oil and add your onions and garlic. Cook until fragrant and almost translucent.
2. Add your carrots next and cook for about 3-4 minutes or until softened, but not too soft.
3. Throw in your zucchini and squash, and sauté. Take your veggies off the heat and set them aside in a large serving bowl.
4. Using the same skillet from your veggies, add a little more oil to the pan and heat up for about a minute. Add about half of the Just Egg and scramble them like you would regular eggs. (They cook fast, so keep an eye on them.) Once they are cooked, set them aside in a small bowl.
5. Using the same skillet, you guessed it, add a little cooking oil, heat up and place your Benevolent Bacon and cook according to the directions. Once cooked and crisp, roughly chop and set to the side.
6. Again, using the same skillet (yep, this is a one skillet meal!), add a little bit of oil to your pan once more, heat up and add your smart grounds and cook according to the directions on the box. I like to jazz it up with cumin, paprika, onion and garlic powder.
7. Once it is heated through, add your Just Egg, veggies and cooked brown rice. Mix all of your cooked goodies together and add as much or as little soy sauce to the mix as you would like.
8. Garnish with green onions, Sweet Earth Benevolent Bacon and siracha/hot chili paste.

FORBIDDEN RICE SALAD

"To change it up, I'll use this as a side dish. The black rice helps the fruit's color pop. I like to make this for my family and there isn't usually leftovers."

~

Harla Santos, Administrative Assistant, Redwood Coast PACE

Ingredients

- 2 cups forbidden black rice
- 1 teaspoon salt
- 3 ¾ cup water
- 2 mangoes, diced
- 3 oranges, sectioned and membranes removed, then diced
- ½ cup onion, chopped
- 1 cup fresh cilantro, stems removed and chopped
- 3 jalapenos, chopped
- 1 cup pecans, toasted
- Dressing:
 - ¼ cup lime juice
 - 2 tablespoons orange juice
 - 3-4 tablespoons honey
 - 1 tablespoon balsamic vinegar
 - 2 tablespoons soy sauce
 - 3 tablespoons sesame oil
 - 2 teaspoons lime zest
 - 2 teaspoons orange zest
 - Salt and pepper



Yield: 4-6 Serving: 1 /2 cup Total Time: 50 minutes

Instructions

1. Wisk the dressing ingredients together and set aside for the flavors to develop.
2. Bring the water, vinegar, and salt to a boil. Add the rice - stir, cover and turn heat to simmer. Allow the rice to cook for 20 minutes.
3. Turn heat off and leave rice covered for 20 more minutes.
4. Turn rice out on a cookie sheet and spread out to cool quickly. Add rice to a large bowl.
5. Top with the remaining ingredients. Pour the dressing over the top and stir gently to blend.

RASPBERRY BLUE CHEESE SPINACH SALAD

"This is a tasty green salad that includes fruit. It will get your taste buds jumping!"

~

Harla Santos, Administrative Assistant, Redwood Coast PACE

Yield: 2-3 Serving: 1 -2 cups Time: 10 min

Ingredients

- 1 – 10 oz bag of fresh baby spinach
- 2 Cups fresh raspberries
- 1 cup blue cheese crumbles
- 1 cup glazed walnuts
- 6 tablespoons aged balsamic vinegar
- 3 tablespoons honey
- Kosher salt and white pepper to taste



Instructions

1. Combine spinach, raspberries, crumbled blue cheese and candied walnuts in a salad bowl.
2. In a small bowl, whisk vinegar, honey, olive oil, salt, and pepper until well blended. Add the vinaigrette to the salad and toss well.
3. Drizzle any additional vinaigrette on the plates.



High in
Vitamin C
and Iron

ZESTY LIME & SHRIMP AVOCADO SALAD

[HTTPS://WWW.SKINNYTASTE.COM/ZESTY-LIME-SHRIMP-AND-AVOCADO-SALAD/](https://www.skinnytaste.com/zesty-lime-shrimp-and-avocado-salad/)

"It's my go to meal for half the year. I don't feel guilty eating literally as much as I want because its all good foods. Plus, it saves really well for a day or two, or three if I'm really not in the cooking mood."

~

Allison Isaacson, Social Worker, Redwood Coast PACE

Yield: 4 Serving Size: 1 cup Time: 10 mins



Ingredients

- 1/4 cup chopped red onion
- Juice of 2 small limes
- 1 teaspoon olive oil
- 1/4 teaspoon kosher salt
- Freshly ground black pepper
- 1 pound peeled and cooked jumbo shrimp, cut into bite-sized pieces
- 1 medium Hass avocado, 5 ounces, chopped
- 1 medium tomato, chopped
- 1 fresh jalapeno pepper, seeded and finely chopped
- 1 tablespoon chopped fresh cilantro

Instructions

1. In a small bowl, combine the onion, lime juice, olive oil, salt, and pepper to taste. Let sit for at least 5 minutes.
2. In a large bowl, combine the shrimp, avocado, tomato, and jalapeno.
3. Add the onion mixture and the cilantro, and toss gently. Season with pepper, if desired.

WHITE BEAN, OLIVE AND TOMATO SALAD

"I found this recipe when I was living in San Francisco. It has a zippy flavor and is a tasty alternative from your usual green salad."

~

Harla Santos, Administrative Assistant, Redwood Coast PACE



Yield: 4 Serving: 1 cup Time: 15 mins

Ingredients

- 1 can (15 oz) white beans, drained and rinsed
- 1 cup pitted California ripe olives, halved
- ½ cup chopped red onion
- 1 cup tomatoes, seeded and diced (1/2 pound)
- 1/3 cup minced parsley
- 2 tablespoons lemon juice
- ½ teaspoon each basil, thyme and oregano
- ¼ teaspoon pepper
- 2 tablespoons olive oil

Instructions

Combine all ingredients; toss gently to mix. Taste and add lemon juice if desired. Chill until ready to serve.



Soup



THAI COCONUT SOUP

[HTTPS://THEKITCHENGIRL.COM/THAI-COCONUT-SOUP/](https://thekitchengirl.com/thai-coconut-soup/)

"Here is one of my favorite soup recipes. I make it every week. "

~

Home Care Team, Redwood Coast PACE

Yield: 12 Serving Size: 1 cup Time: 30 mins



Ingredients

- 2 Tbsp Coconut Oil
- 2 Green Onions sliced (white and green part separated)
- 2 Carrots chopped
- 2 Celery Stalks chopped
- 1 Tbsp fresh Ginger finely grated
- 2 Garlic Cloves minced
- 2 Tbsp Green Curry Paste
- 2 cups Vegetable Broth
- 1 15oz can Coconut Milk
- 2 cups Mushrooms sliced
- 2 cups Broccoli chopped
- 2 cups Cauliflower chopped
- 1 cup Green Beans
- 2 cups Cabbage chopped
- 1/2 cup Cilantro
- 1 Lime cut into wedges



THAI COCONUT SOUP

[HTTPS://THEKITCHENGIRL.COM/THAI-COCONUT-SOUP/](https://thekitchengirl.com/thai-coconut-soup/)

Instructions

Instant Pot Instructions

1. Select "Sauté" on the Instant Pot and heat the coconut oil.
2. When the display reads "Hot", add green onions, carrots, celery, ginger, and garlic; sauté a few minutes until tender, stirring as needed.
3. Stir in curry paste to coat vegetables; sauté a few minutes until fragrant.
4. Add coconut milk, vegetable broth, mushrooms, broccoli, cauliflower, green beans, and cabbage. Stir to combine.
5. Press "Cancel" on the Instant Pot. Secure the lid and set pressure release valve to "Sealing" position.
6. Select "Manual" or "Pressure Cook" for 1 minute on HIGH pressure, followed by a 10 minute natural pressure release (NPR).
7. Carefully turn the pressure release knob to release any remaining steam and open the lid.
8. Serve warm. Enjoy as is, or garnish with green onion, cilantro, thai basil and lime.

Stove Top Instructions

1. In a 4-quart soup pot, heat coconut oil on medium-high.
2. Sauté green onions, carrots, and celery until tender and fragrant.
3. Add garlic and ginger; sauté a few minutes to release flavor.
4. Stir in curry paste to coat vegetables; sauté a few minutes until fragrant.
5. Add coconut milk, vegetable broth, mushrooms, broccoli, cauliflower, green beans, and cabbage; stir to combine.
6. Turn heat to high, bring just to a boil, reduce heat to low, and simmer for 20 minutes, or until vegetables are cooked to your desired tenderness.
7. Serve warm. Enjoy as is, or garnish with green onion, cilantro, thai basil and lime.



INSTANT POT KALE SOUP

WWW.RUNNINGONREALFOOD.COM

Charlene Van Reusen, Housing Coordinator, Humboldt Senior Resource Center

Yield: 6 Serving Size: 1-2 cups Time: 30 Mins



Ingredients

- White onion, diced (approx. 2 cups)
- 4 cloves garlic, minced
- 3 carrots, peeled and sliced (approx. 1 heaping cup)
- 2 ribs celery, chopped (approx. 1 heaping cup)
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp dried parsley
- 2 lbs. Yukon gold or red potatoes, chopped into cubes (approx. 6 cups)
- 3 1/2 cups vegetable broth
- 2 cups de-stemmed and finely chopped kale
- Salt and pepper, to taste
- Squeeze of fresh lemon juice

INSTANT POT KALE SOUP

WWW.RUNNINGONREALFOOD.COM

Charlene Van Reusen, Housing Coordinator, Humboldt Senior Resource Center

Instructions

1. Add the onion, garlic, carrots and celery to the Instant Pot with 1/4 cup water or vegetable broth. Press “Sauté” and allow to come to heat. Once it’s hot, cook, stirring often, for 5-6 minutes until starting to soften and become fragrant.
2. Add the oregano, thyme and parsley. Stir to combine and cook for another couple of minutes.
3. Add the potatoes and vegetable broth. Stir to combine.
4. Seal the lid and make sure the venting knob is turned to “Sealing”. Press “Pressure Cook” and set the timer to 10 minutes. There is no need to press start. The display will now read “On”. The Instant Pot will take 10 minutes or so to come to pressure at which point, you will hear a beep and the timer will begin.
5. Once the timer has finished, carefully turn the Vent Knob to “Quick Release”. Allow all the pressure to release until the Float Valve drops, at which point you can remove the lid.
6. Once the soup has finished cooking, you can either scoop half of it out and into a blender or use an immersion blender right in the Instant Pot. I would recommend the blender method for the a creamier soup, just make sure you allow the steam to escape while blending. Once you’ve blended half the soup, pour it back into the Instant Pot with the unblended portion.
7. Stir in the chopped kale then season with salt and pepper and a squeeze of fresh lemon juice, if desired.
8. Serve right away. Optional toppings include chopped chives, green onion, crumbled tempeh bacon or grated vegan cheese.
9. Leftovers can be stored in the fridge in a sealed container for up to 5 days or freezer for up to 3 months.



SOUPA AVGOLEMONO (EGG LEMON SOUP)

[HTTPS://WWW.FOOD.COM/RECIPE/SOUPA-AVGOLEMONO-EGG-LEMON-SOUP-11078](https://www.food.com/recipe/soupa-avgolemmono-egg-lemon-soup-11078)

"This is one of my favorite recipes because it is a true comfort food. It reminds me of my father and the Greek cooking he used to do. It is perfect for a rainy day when you want something warm and filling."

~

Christina Chohlis, Human Resources Manager, Humboldt Senior Resource Center



Yield: 6 Serving Size: 1 cup Time: 25 mins

Ingredients

- 6 cups chicken broth
- 3/4 cup rice or 3/4 cup orzo pasta
- 3 eggs
- Juice of one lemon



Instructions

1. Bring broth to boil in saucepan, and add rice or orzo.
2. Cover and cook on medium low heat for 20-25 minutes (rice) or 10 minutes (orzo).
3. While the rice cooks, lightly beat the eggs and the lemon juice together.
4. Remove the broth from heat.
5. Slowly mix about one cup of the hot broth into egg-lemon mixture.
6. Add to the soup gradually while stirring.
7. Place saucepan back on the heat, and stir until soup is heated through (DO NOT BOIL).
8. Serve.

INSTANT POT VEGAN LASAGNA SOUP

WWW.VEGANRICHA.COM/INSTANT-POT-LASAGNA-SOUP-VEGAN/

Charlene Van Reusen, Housing Coordinator, Humboldt Senior Resource Center

Yield: 3 Serving Size: 1-2 cups Time: 30 Mins

Ingredients

- 1 tsp oil
- 1/2 onion chopped
- 4 cloves of garlic chopped
- 1 cup veggies; combination of peppers, carrots, zucchini
- 1/4 cup red lentils (uncooked) - quick cooking red lentils (split ones)
- 1 cup tomato puree
- 1 to 1.5 cup diced tomato
- 2 tsp Italian seasoning
- 1/4 tsp each onion powder, garlic powder
- 1/2 tsp salt
- 2 cups water or veggie broth
- 5 oz lasagna sheets, broken into small pieces, or use pasta of choice
- (I use no boil as they work out the best)
- dash of black and white pepper
- pepper flakes to taste
- 1 tbsp nutritional yeast
- 1 cup packed spinach, optional
- Vegan pesto, vegan ricotta or mozzarella, vegan butter/ garlic bread to serve optional
- a tbsp tomato paste, lemon, fennel seeds (optional add ins)



INSTANT POT VEGAN LASAGNA SOUP

WWW.VEGANRICHA.COM/INSTANT-POT-LASAGNA-SOUP-VEGAN/

Charlene Van Reusen, Housing Coordinator, Humboldt Senior Resource Center

Instructions

1. Heat oil in Instant pot on sauté mode. When hot, add onion, garlic and a pinch of salt. Cook for 2 mins, stirring occasionally. (See Recipe notes for Saucepan instructions)
2. Add veggies and mix in. Add red lentils, tomato, salt, seasoning, onion powder, garlic powder and mix in. Add a tbsp. of tomato paste for additional tomato flavor (optional). Add lasagna sheets and water and mix in. (make sure to use small pieces and mix them in well else they tend to stick)
3. Close the lid and Pressure cook on manual hi for 3 mins **. Let the pressure release for 10 minutes, then if there is still pressure in the pot, manually release carefully and open.
4. Mix in the black pepper, pepper flakes and nutritional yeast. Taste and adjust salt and flavor (Italian herbs, onion/garlic powder). Add some more salt, broth, tang (lemon) if needed to balance.
5. Fold in the spinach if using. Let sit for a minute. Then serve with pesto/basil and/or vegan ricotta/mozzarella, and garlic bread. You definitely need some vegan cheese for a more lasagna like flavor. Fold in some into the soup while still hot and use more for garnish.

Notes

** Pressure cook for about half the time listed on the package. So 5 or 6 mins if it says 11 mins boil time on the package. I prefer to use no boil lasagna sheets as they give me evenly cooked results more often than regular. **

Variations:

If using longer cook time brown/green lentils or beans, then use cooked. Add 3/4 cup cooked brown lentils/white beans/chickpeas/veggie crumbles.

Saucepan: Follow steps 1 and 2 over medium heat. Add 3 cups of water (don't add lasagna sheets). Partially cover and bring to a boil. Add lasagna sheets and cook for 10 to 12 minutes or until the pasta and lentils are cooked through. Proceed with the last 2 steps.



ZUPPA ARCIDOSSANA

[HTTPS://COOKING.NYTIMES.COM/RECIPES/1012507-ZUPPA-ARCIDOSSANA](https://cooking.nytimes.com/recipes/1012507-zuppa-arcidossana)

Here is one of my favorite recipes and it's easy to make!

Tim Haskett, Geriatric Nurse Practitioner, Redwood Coast PACE

Ingredients

- 2 tablespoons olive oil
- ¼ lb. sweet Italian sausage, removed from casings
- 1 cup ½" diced carrots
- 1 large onion, chopped
- 3-4 garlic cloves, chopped
- Salt
- Black pepper
- 1 cup stale bread (use coarse, country style bread), cut in ½" cubes
- ½ pound spinach, trimmed, washed and roughly chopped
- ¼ to ½ ricotta salata, cut in ½" cubes (feta may be substituted)
- ¼ cup freshly chopped parsley, optional

Yield: 4 servings

Time: 25 minutes



Instructions

Put oil in a large pot or deep skillet and brown sausage over medium-low heat, stirring occasionally. When sausage is cooked through and leaving brown bits in pan, add carrots, onion and garlic, and continue to cook until vegetables begin to soften and brown, about 10 minutes. Sprinkle with salt and pepper.

Add bread to pan and stir for a minute or 2; add spinach and continue cooking just until it wilts, a couple of minutes.

Add about 2 cups water and stir to loosen any remaining brown bits from pan. This is more of a stew than a soup, but there should be some broth, so add another cup of water if necessary. When broth is consistency of thin gravy, ladle stew into serving bowls and top with cheese and some freshly chopped parsley if you have it. Serve immediately.

Casseroles & More



BLACK BEAN AND QUINOA ENCHALADA BAKE

[HTTPS://WWW.TWOPEASANDTHEIRPOD.COM/BLACK-BEAN-AND-QUINOA-ENCHILADA-BAKE/](https://www.twopeasandtheirpod.com/black-bean-and-quinoa-enchilada-bake/)

**"This is definitely one of my favorite recipes.
It's so flavorful and you can put whatever
topping you like on it. "**

~

Ronni Sayres , Medical Assistant, Redwood Coast PACE

Yield: 10 Serving Size: 1 cup Time: 1 hour

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 tablespoon olive oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 jalapeño, seeds and ribs removed, diced
- 1 red bell pepper, seeds removed, diced
- 1 orange or yellow bell pepper, seeds removed, diced
- 1 cup frozen kernals
- Juice of 1 small lime
- 1 teaspoon ground cumin
- 1 tablespoon chili powder
- 1/3 cup chopped cilantro
- salt and pepper to taste
- 30 oz canned black beans, rinsed and drained
- 2 cups red enchilada sauce
- 2 cups shredded Mexican cheese
- Toppings: Sliced green onions, avocado slices, sour cream



BLACK BEAN AND QUINOA ENCHALADA BAKE

[HTTPS://WWW.TWOPEASANDTHEIRPOD.COM/BLACK-BEAN-AND-QUINOA-ENCHILADA-BAKE/](https://www.twopeasandtheirpod.com/black-bean-and-quinoa-enchilada-bake/)

Instructions

1. Preheat the oven to 350 degrees F. Grease a 9x13 baking dish with cooking spray and set aside.
2. Add quinoa and water to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Cover quinoa and set aside.
3. In a large skillet, heat the tablespoon of olive oil over medium-high heat. Add the onion, garlic, and jalapeño. Sauté until softened, about 5 minutes. Add in the peppers and corn. Cook for about 3-4 minutes. Add the lime juice, cumin, chili powder, and cilantro. Stir to combine. Season with salt and pepper, to taste.
4. In a large bowl, add the cooked quinoa and black beans. Add the sautéed vegetable mixture and stir to combine. Pour in the enchilada sauce and stir. Add ½ cup shredded cheese.
5. Pour the black bean and quinoa mixture into the prepared baking dish. Top with remaining shredded cheese. Cover the pan with foil. Bake for 20 minutes, then remove foil. Bake an additional 10 minutes, or until the cheese is melted and edges are bubbling. Remove from the oven, and let cool for 10 minutes. Garnish with toppings, if desired. Serve warm.
6. Note-this recipe freezes well! If you need the recipe to be gluten-free make sure you use a gluten-free enchilada sauce. We like to serve it with tortilla chips.



KIDNEY BEAN CASSEROLE

"This is a great side dish to bring to a BBQ."

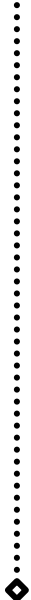
~

Harla Santos, Administrative Assistant, Redwood Coast PACE



Ingredients

- 3 cans kidney beans
- 1 small can of mushrooms
- 1 small jar pimento
- ½ lb. bacon-cut
- 4 onions
- 1 pepper
- 1 can tomato paste (2 sauce)
- 1 can tomato sauce (3 in all if no paste)
- ¼- ½ cup molasses
- ¼- ½ cup brown sugar
- 6 teaspoon mustard



Instructions

Mix all ingredients. Bake 1 hour at 400°F.



CHILE CON CARNE

"This is comfort food that you can enjoy with corn bread."

Harla Santos, Administrative Assistant, Redwood Coast PACE

Yield: 8-10 Serving: 1 cup Time: 1-1/2 hour



Ingredients

- 1 ½ lb. ground beef
- 2 red onions, sliced
- 1 – 28 oz can whole tomatoes
- 1 – 6oz can tomato paste
- 1 cup water
- 1 beef bouillon cube
- 1 – 16 oz can red kidney beans
- 2 tablespoons green bell peppers, diced
- 2 cloves garlic, minced
- 2 teaspoon salt
- 2 teaspoon oregano
- 2 teaspoon chili powder
- ½ teaspoon crushed red pepper
- 1 bay leaf

Instructions

1. Combine first two ingredients to a Dutch oven or a large sauce pan.
2. Brown meat, drain off fat and add rest of the ingredients. Stir to blend.
3. Cook and simmer 1 ½ hours, stirring occasionally.
4. Remove bay leaf before serving.

HALIBUT AND SWEET POTATO STIR FRY

FROM THE FARMHOUSE COOKBOOK BY SUSAN HERRMANN LOOMIS

This is one of my favorite recipes from this cookbook. You can buy good quality halibut at a reasonable price at a local grocery store.

~

Tim Harkins

Landscaper for Humboldt Senior Resource Center



Cooking Time: 2-2 1/2 hour Yield: 4-6

Ingredients

- 1 ¼ lb halibut
- 2 tablespoon peanut oil
- 3 thin slices of fresh ginger, about the size and thickness of a quarter, peeled
- 6 scallions (green onions), trimmed and sliced diagonally into 1-inch lengths
- 2 cloves garlic, peeled and thinly sliced crosswise
- 2 medium sweet potatoes, peeled and cut into thin 1 x 3 inch pieces. (We use yellow sweet potatoes rather than orange yams.)
- ½ cup water
- ¼ cup dry sherry
- 3 tablespoons light soy sauce
- 1 teaspoon minced fresh garlic
- Zest of 1 lemon, minced

HALIBUT AND SWEET POTATO STIR FRY

FROM THE FARMHOUSE COOKBOOK BY SUSAN HERRMANN LOOMIS

Instructions

1. Rinse the halibut and pat it dry. Cut into ½ x 1 inch pieces. Cover and refrigerate until ready to cook
2. Heat the oil with the ginger slices in a large heavy skillet or a wok until hot, but not smoking. When the ginger begins to turn golden, remove it from the oil and discard.
3. Add all but one tablespoon of scallions. Cook, stirring , until the scallions begin to turn translucent, about 3 minutes.
4. Add the sweet potatoes to the skillet and stir; than add the water. Cover and cook, stirring occasionally, until the sweet potatoes have softened, but are still somewhat crisp, about 4 minutes.
5. Add the halibut to the sweet potatoes, along with the sherry and the soy sauce. Cook, stirring gently, but constantly, until fish is nearly opaque through, about 5 – 7 minutes.
6. Return the scallions and garlic to the pan, and add the minced ginger and lemon zest. Toss and cook just until all the ingredients are warmed.
7. Transfer the mixture to a warm serving platter, and sprinkle the remaining scallions over all for garnish.



THE BEST VEGAN CALIFORNIA BURRITO

"This is one variation of a California vegan burrito. Sometimes I use Portobello mushrooms, sometimes I add smart grounds for a ground beef substitute. You can't really go wrong with any veggies you add. The key is to remember the fries. The french fries give it that extra PaZZaz.."

~

Charlene Van Reusen, Housing Coordinator, Humboldt Senior Resource Center

Yield: 2-4 Serving Size: 1 burrito Time: 1/2 hour
(Marinade 1-24 hours not included in total time)



Ingredients

Portobello Asada

- 6 Portobello mushrooms, rinsed, sliced 1/4" thick
- 1/4 cup soy sauce
- 1/3 cup water
- 1 tbsp. lime juice, fresh
- 3 garlic cloves, minced
- 1 tbsp. chopped cilantro
- 1 tsp chopped jalapeno or serrani

Oven Baked Fries

- 4 medium potatoes, peeled and cut into 1/4" matchsticks
- 1 tbsp. all-purpose flour
- 1 tsp. salt

Burrito

- 2 large flour tortillas or 4 medium ones
- 3/4 cup Pico de Gallo (see note)
- 3/4 cup salsa of your choice
- 2 avocados, pitted, flesh removed
- 1 Lime
- 3/4 cup vegan shredded cheddar cheese (optional)

THE BEST VEGAN CALIFORNIA BURRITO

FROM THE KITCHEN OF CHARLENE VAN REUSEN



Instructions

1. Preheat oven to 450F
2. Combine all the ingredients for the marinade in a Ziploc bag and add the sliced mushrooms to it. Let marinate for 1 hr. up to 24 hours.
3. In a large bowl toss the potatoes with the flour and salt. Arrange fries in a single layer on a sheet tray lined with parchment paper and bake for 15 min. then flip the fries and bake for 15 more minutes or until golden brown. Remove from oven and set aside.
4. Mash the avocados and season with salt and pepper and a splash of lime juice.
5. Heat a large sauté pan to medium-high heat, remove excess marinade from mushroom and add to the pan. Sauté mushrooms for 6-8 minutes or until almost all the liquid has evaporated and the mushroom are golden brown. Set aside.

Assemble Burritos

1. Heat tortillas on a comal or griddle. Add baked French fries, mushroom asada, Pico de Gallo, guacamole, salsa, and vegan cheese. Roll into a burrito. If your burrito is really big you will have to secure it with aluminum foil.
2. If you prefer, you can place your rolled burrito on the griddle or plancha and brown a couple of minutes on each side.

GARLIC HERB FLAT BREAD

FROM THE KITCHEN ON TONY DELAURENTIS

"I make this all the time at home. I also use the dough for pizza. I of course cook the dough first then top it and bake the pizza "

~

Tony DeLaurentis, Food Service Manager, Humboldt Senior Resource Center

Yields: 6-8 Serving Size: 1 Time: 30 mins

Ingredients

Dry

- 3 cup Flour
- 1 teaspoon Salt
- 1 teaspoon Baking Powder
- 1 teaspoon Granulated Garlic
- ½ teaspoon Thyme
- ½ teaspoon Basil

Wet

- 6 tablespoon plain greek yogurt
- 1 cup milk
- 2 tablespoon olive oil

Instructions

1. In a large bowl combine and whisk together dry ingredients.
2. In a small bowl combine and mix wet ingredients.
3. Add wet ingredients to dry ingredients and knead until combined (2 – 3 minutes). Let rest 20 minutes before forming into 6 to 8 equal portions.
4. Roll out dough to form a nice round bread about ¼ inch thick. Thinner if you can.
5. Cook on a dry griddle or frying pan (1 – 2 minutes per side)

Note: You can flavor your dough with any spices or seasonings you like just try keep the total amount of ingredients to about a 1 ½ tablespoons.



Sweets & Brunch



FANCY FRENCH TOAST

FROM THE KITCHEN OF ROXANE HEIOB

"I make this for my mom. She's spoiled now and won't let me make it the usual way anymore. I like to use whole grain with seeds, but my mom prefers sour dough "

~

Roxane Heiob, Family Nurse Practitioner, Redwood Coast PACE

Yield: 2-3 Serving Size: 1 sandwich Time: 15 minutes

Ingredients

- 1 egg
- 1 tablespoon milk
- Dash cinnamon
- Splash vanilla extract
- Cream cheese
- Bread of your choice

Instructions

1. Wisk together milk, cinnamon, and vanilla.
2. Slather cream cheese between two pieces of bread.
3. Dip into egg batter and brown in skillet.
4. Top with syrup or your favorite jam.



BRAN MUFFINS WITH PINEAPPLE

Craig Seery, Transportation Driver for Adult Day Health and Redwood Coast PACE

Yield: 15-18 muffins

Time: 25 minutes

Ingredients

- 1 cup raisins
- 1 cup wheat bran
- 1 cup flour
- $\frac{3}{4}$ cup wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- $\frac{1}{2}$ cup plain yogurt
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup molasses
- 1 stick unsalted butter, melted
- 1 large egg
- 1 – 20oz can crushed pineapple (in juice, not syrup)- drained



Instructions

1. Preheat oven to 350 and spray muffin tin wells with cooking spray.
2. Soak raisins in 1 cup of water, about 10 minutes. Drain.
3. In medium bowl combine dry ingredients.
4. In large bowl combine wet ingredients.
5. Add dry ingredients to wet ingredients gradually, mixing well.
6. Using $\frac{1}{4}$ cup or $\frac{1}{3}$ cup, measure and distribute batter into muffin tin.
7. Place on center rack of preheated oven and bake for 25 minutes.

MY THREE SONS FAVORITE JELLO SALAD

FROM THE KITCHEN OF CHRISTINE ROSS



"At Christmas, birthdays and picnics, my boys huddled around very excited because "Mom made her pink jello salad." It was nice to have a signature easy dish that was mine and different from what my mom made."

~

Christine Ross , Registered Nurse, Adult Day Health

Ingredients

- One large container Cool Whip
- One bag of mini marshmallows
- One large can fruit cocktail
- One small can mandarin oranges
- One large container cottage cheese
- One large packet of strawberry or any flavor Jell-O

Instructions

1. Combine cool whip, cottage cheese and jell-O packet in large bowl.
2. Drain fruit and add to mixture.
3. Add marshmallows and stir well.
4. Let chill in refrigerator for few hours prior to serving.

GLUTEN FREE CARROT CAKE

[HTTPS://WWW.ALLRECIPES.COM/RECIPE/257905/EASY-GLUTEN-FREE-CARROT-CAKE/](https://www.allrecipes.com/recipe/257905/easy-gluten-free-carrot-cake/)

"Because I have to eat gluten-free, finding desserts that are available and delicious can be tough. This is probably the best recipe I have found where you truly cannot taste the difference in the gluten-free version. I add cinnamon to the frosting because I'm obsessed with spices."

~

Christina Chohlis, Human Resources Manager, Humboldt Senior Resource Center

Yield: 12 Serving Size: 1 Time: 1 hr 25 mins

Ingredients

Cake:

- 1 cup white sugar
- 1 cup vegetable oil
- 3 eggs
- 1/2 tsp vanilla extract
- 1 - 1/3 cups gluten-free all-purpose baking flour
- 1-1/2 tsp baking powder
- 1-1/2 tsp baking soda
- 1-1/2 tsp ground cinnamon
- 1/2 tsp salt
- 2 cups grated carrots

Cream Cheese Icing

- 1/2 (8 ounce) package cream cheese
- 1/4 cup butter, softened
- 2 cups confectioners' sugar
- 1 tsp vanilla extract



GLUTEN FREE CARROT CAKE

[HTTPS://WWW.ALLRECIPES.COM/RECIPE/257905/EASY-GLUTEN-FREE-CARROT-CAKE/](https://www.allrecipes.com/recipe/257905/easy-gluten-free-carrot-cake/)

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan or two 8" cake pans.
2. Beat white sugar and vegetable oil together in a bowl using an electric mixer until smooth and creamy; beat in eggs, 1 at a time, mixing well after each addition. Add 1/2 teaspoon vanilla extract and mix.
3. Combine baking flour, baking powder, baking soda, cinnamon, and salt in a separate bowl; mix into sugar-vegetable oil until batter is smooth. Fold carrots into the batter; pour into the prepared baking pan.
4. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 35 minutes. Allow cake to cool completely, at least 30 minutes.
5. Beat cream cheese and butter together in a bowl using an electric mixer; beat in confectioners' sugar, a little at a time, until icing is smooth and creamy. Add 1 teaspoon vanilla extract and beat well. Spread icing onto cake.



CHOCOLATE SOUFFLE CAKE

Craig Seery, Transportation Driver for Adult Day Health and Redwood Coast PACE

Yield: one 10" cake

Time: 50-60 minutes

Ingredients

- 6 ½ ounces best quality semi-sweet chocolate chips, chopped
- ¾ cup, plus 1 tablespoon unsalted butter
- 3 egg yolks
- 1 egg
- 1 cup sugar plus, plus more for dusting plan
- 6 egg whites
- Cocoa powder or confectioner's sugar, for dusting



Instructions

1. Heat oven to 300 degrees. Grease 10-inch springform pan with one tablespoon butter and dust generously with granulated sugar.
2. Melt chocolate and butter over simmering water in a double broiler, until melted, about 6-8 minutes. Remove from heat and set aside to cool. (I melt mine in the microwave)
3. In an electric mixer, fitted with whisk attachment and bowl, whip the yolks and whole egg with 2/3 cup sugar on a high speed, until it is pale yellow and falls in a thick ribbon when the beater is raised, about 5 minutes. Scrape down the sides of the bowl once or twice during mixing. Set aside.
4. In an electric mixer, using a second whisk attachment and bowl, whip the egg whites with the remaining 1/3 cup of sugar on high speed until thick and foamy, about 3-4 minutes. Set aside. (The mixing bowl and whisk attachment must be clean and free of grease). While the whites are beating, slowly add the cooled melted chocolate slowly to the yolk mixture.
5. Temper the whipped egg whites by mixing a small amount of the chocolate yolk mixture. Then gently fold the whites into the chocolate yolk mixture, working quickly as not to lose the volume of the whites; the mixture will have a slightly marbled appearance.
6. Pour the batter into the prepared pan and place on a parchment lined baking sheet. Place in heated oven for 50-60 minutes. Remove from oven and allow to cool in the pan on a cooling rack. When completely cool, gently run a knife around the edges of the pan and release the spring. Dust with cocoa powder or confectioner's sugar before serving.

CAKE BOX COOKIES

"I'm all about preparing cookies from scratch, but this was a nice alternative that took less time and still tasted delicious. I baked a platter of various flavors and shared with my co-workers. There were no complaints..."

~

Andrea Crittenden, Registered Dietitian Nutritionist, for Redwood Coast PACE, Adult Day Health and Humboldt Senior Resource Center

Yield: ~35 Cookies Time: 15 minutes

Ingredients

- 1 box of cake mix (you pick the flavor)
- 1 egg
- ½ cup melted butter
- Optional: Melted Chocolate and chopped nuts for dipping

Instructions

1. Preheat oven to 350°F.
2. In a large bowl, combine all three ingredients until well blended.
3. Drop dough by rounded tablespoonfuls 2 inches apart on ungreased cookie sheets.
4. Bake for 8 minutes. Cool and serve.

