

HEALTHY RECIPES

NEW YORK COMMON PANTRY

HOLIDAY COOKBOOK



by the Live Healthy! Team

Healthy and delicious holiday
recipes from our kitchens to yours





RECIPES

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STAY HEALTHY THIS HOLIDAY SEASON!

Does maintaining a balanced diet during the season of food-focused celebrations seem impossible? We agree - it's not easy, and many of us struggle with eating healthy during the fall and winter months. To help, we've revamped holiday favorites to make your festivities more nutritious and just as delicious. It's our hope you love the recipes we've come up with so much that they will spark new traditions for you and your loved ones. Happy cooking!

The Live Healthy! team





*"Great workshop. [I am]
learning a lot and putting
what I learned into practice.
Thank you very much!"*



HOW TO

3 WAYS TO SAFELY THAW YOUR

TURKEY

1. COLD WATER THAWING


- Submerge frozen turkey in cold water.
- Change water every 30 minutes until thawed.
- Cook immediately after thawing.

2. REFRIGERATOR THAWING

- Place frozen turkey in refrigerator.
- For every 4–5 lbs. of turkey, allow 24 hours to thaw.
- Safe to store in the refrigerator for 1–2 days before cooking.

3. MICROWAVE

- Place frozen turkey on microwave-safe plate.
- Cook immediately after thawing.
- Use defrost function on microwave based on weight.



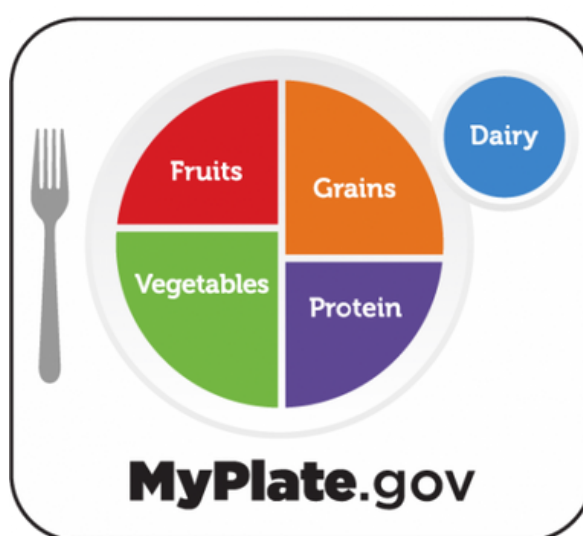
"I realized that I should cook more vegetables, fruits, whole grains, lean protein, low-fat milk, eggs, meat and fish to absorb comprehensive nutrition. Let a healthy diet make you healthier!"

OUR CONCEPT

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate. A healthy eating routine is important at every stage of life. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

KEY MESSAGES:

- Make half your plate fruits and vegetables
- Choose whole grains
- Vary your protein, including lean sources
- Pick low-fat or fat-free dairy, milk or yogurt
- Choose water!



Find More at
WWW.SNAPEDNY.ORG



"The advice they give us is good. I have learned a lot, combined the colors of vegetables and learned to eat much healthier and richer, thanks to the workshop"

DIETARY RECOMMENDATIONS

Vegetables

1600-1800: 2-2.5 cups/day

2000-2200: 2.5-3 cups/day

2400-2600: 3-3.5 cups/day

Fruits

1600-1800: 1.5 cups/day

2000-2200: 2 cups/day

2400-2600: 3-3.5 cups/day

Protein

1600-1800: 5 oz/day

2000-2200: 5.5-6 oz/day

2400-2600: 6.5 oz/day

Dairy

1600-1800: 3 cups/day

2000-2200: 3 cups/day

2400-2600: 3 cups

Grains

1600-1800: 5-6 oz/day

2000-2200: 6-7oz/day

2400-2600: 8-9 oz/day

ADULTS & SENIORS

Estimated Daily Calories for Adults Ages 19-59

Female: 1600 to 2200 (Inactive--> Active)

Male: 2200 to 3000 (Inactive--> Active)

*It is important to note that calories can vary depending on age, gender, height, weight, and level of activity.



PORTION CONTROL GUIDE

2 Cups



1Cup/8oz.



1/2 Cup/4oz.



3 oz.



1 Tsp



NY
COMMON
PANTRY

HOLIDAY RECIPES

TURKEY SOUP WITH WHITE BEANS & KALE



INGREDIENTS

- Olive Oil, 1 tbsp
- White Onion, 1 cup
- Garlic, 4 cloves
- Low-Sodium Vegetable Broth, 8 cups
- Low-sodium White Beans, 15 oz can
- Turkey, 2 cups
- Kale, 3 cups

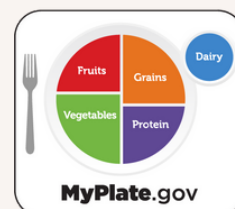
DIRECTIONS

- Heat a large pot over medium heat. Once hot, add olive oil. Let heat for 1 minute, stirring occasionally. Then add onion.
- Sauté for 4-5 minutes, stirring occasionally, or until onion is translucent and fragrant. Then add garlic and sauté 2-3 minutes
- Next, add broth, drained white beans, and turkey and bring to a simmer.
- Cook for 10 minutes to blend the flavors. Then taste and season with salt and pepper to taste.
- In the last few minutes of cooking, add the kale, cover, and cook until wilted. Serve hot!

HOW NUTRITIOUS IS THIS RECIPE?

This turkey soup with white beans and kale is packed with protein, fiber, and potassium! If you would like to add more nutritional content, add your favorite vegetables for more nutrients.

Adapted from: minimalistbaker.com



CAULIFLOWER JOLLOF RICE



INGREDIENTS

- Olive Oil, 3 -4 tbsp.
- White Onion, 1 Medium
- Fresh Thyme, 2 tsp
- Garlic, 1 tsp
- Cauliflower, 3 cups
- Paprika, 1 tsp
- Tomato Sauce, 14oz
- Low- Sodium Chicken broth, 4 cups
- Hot pepper, 3/4 tsp
- Peas, Carrots, Green Beans, or Corn, 1lb
- Parsley, for garnish,
- Salt and Pepper, to taste.

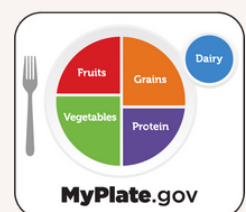
DIRECTIONS

- Chop the cauliflower into large pieces. Place them in a food processor and pulse until it has the texture of rice.
- Heat oil in a medium saucepan over medium-high heat. Then add onions, thyme, and garlic, and cook for about 2 minutes or until the onion becomes soft and translucent.
- Add cauliflower, and season with paprika, salt, and pepper. Cook for about 2-3 minutes
- Pour tomato sauce, chicken broth, and hot pepper, if any, into the saucepan. Bring to a boil, and simmer until rice is tender and liquid is absorbed, for 10-15 minutes.
- Remove pan from heat, let it sit covered for 5 minutes, then fluff cauliflower rice with a fork or serving spoon. Then throw in sautéed veggies, and chicken (if desired) and mix. Garnish with Parsley!

HOW NUTRITIOUS IS THIS RECIPE?

A Classic West African dish, incorporates cauliflower rice for a lower-carbohydrate alternative. Butter was substituted with olive oil to decrease the saturated fat content in the recipe.

Adapted from: africanbites.com



CHINESE EGGPLANT WITH MINCED PORK



INGREDIENTS

- Asian eggplants, 2 each
- Minced Lean Pork, 1/4 cups
- Minced Ginger, 1 tsp
- Chinese Cooking Wine, 1/2 tsp
- Avocado Oil, 1-1.5 tsp
- Sliced Garlic Cloves, 2 each
- Sliced Green Onions, 1 each
- Doubanjiang, 1 tsp
- Low-Sodium Light Soy Sauce, 1 tsp
- Sugar, 1/8 tsp
- Sesame Oil, 1/2 tsp

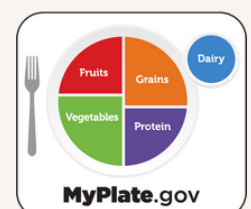
DIRECTIONS

- Remove the ends of Asian eggplants and then cut into small cubes (for the best flavor, try to cut each cubes with some skin).
- Heat avocado oil in wok and fry the eggplants for 6-9 minutes until they become soft and withered. Transfer eggplants out and leave the oil in.
- Add minced pork to stir-fry until slightly golden brown. Transfer to the edges of the wok and place the ½ tbsp. doubanjiang in to fry for a minute. Lower the heat.
- Add sliced garlic, green onions (white part), and ginger until aroma.
- Return the eggplants along with fried minced pork, 1 tbsp. light soy sauce, ⅛ tsp. sugar, and ½ tsp. sesame oil. Mix well.
- Garnish chopped green onion (green parts) and serve with steamed brown rice.

HOW NUTRITIOUS IS THIS RECIPE?

Eggplants are antioxidant-rich and support heart and brain health; ginger, renowned for its anti-inflammatory properties, aids digestion and reduces nausea; while low-sodium soy sauce provides protein and promotes bone health.

Adapted from: chinasichuanfood.com



JALAPEÑO CORNBREAD



INGREDIENTS

- Eggs, 2 whisked
- Vegetable Oil, 1/4 cup
- Light Buttermilk, 1 cup
- Cornmeal, 1 cup
- All-Purpose Flour, 1/2cup
- Baking Powder, 2 tsp
- Baking Soda, 1/2 tsp
- Garlic Powder, 1/2 tsp
- Low Fat-Cheddar Cheese, 1.5 cups shredded
- Corn Kernels, 1 cup
- White Onion, 1/2 diced
- Jalapeno Peppers, 2 seeded and diced

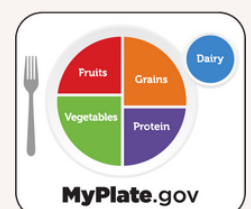
DIRECTIONS

- Place a greased 8-inch cast-iron skillet into a cold oven. Preheat the oven to 350°F, allowing the skillet to heat up with the oven.
- In a medium bowl, combine eggs, oil, buttermilk, and cornmeal. Set aside.
- In a separate bowl combine flour, baking powder, baking soda, salt, and garlic powder. Whisk together until combined.
- Pour the egg mixture into the flour mixture and mix until well combined.
- Fold in cheese, corn, onion, and jalapeños
- Carefully remove the skillet from the oven. Pour the batter into the hot skillet.
- Bake 45-50 minutes, or until golden brown. (An inserted toothpick should come out clean)
- Let it cool for about 20 minutes before serving.

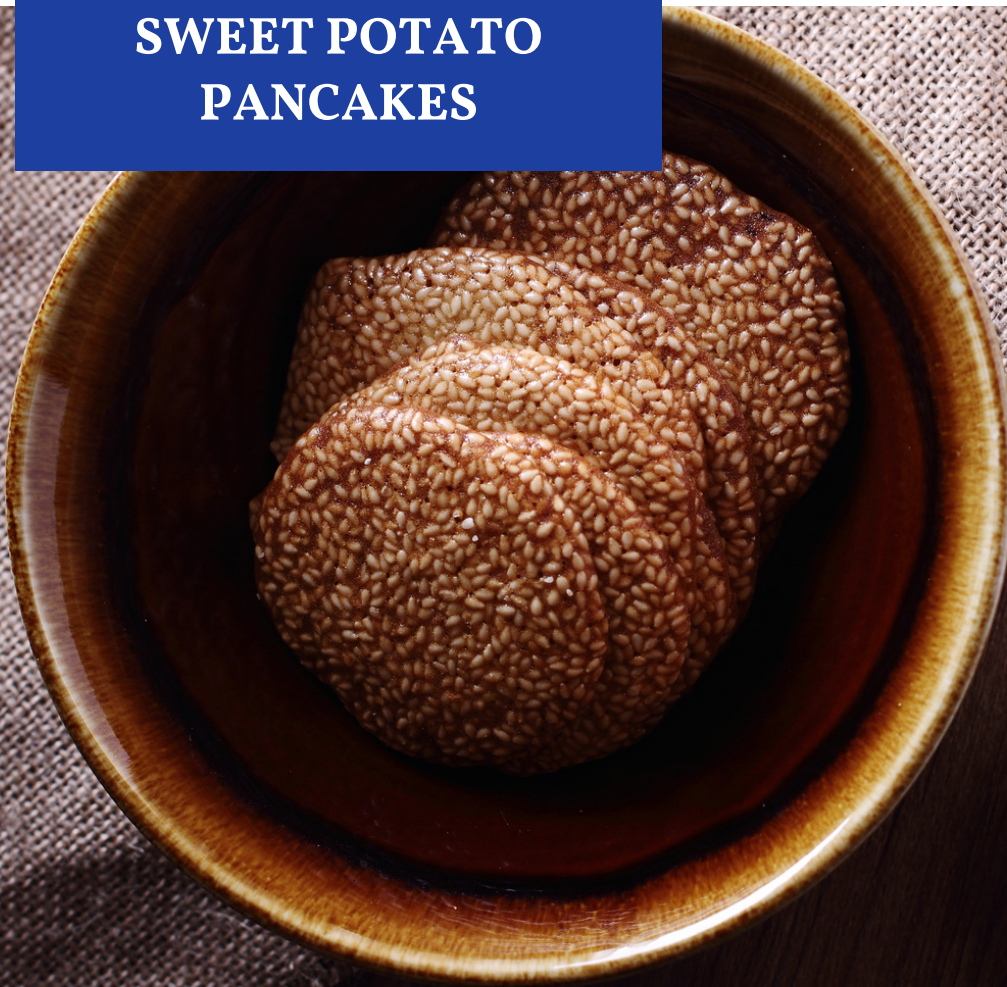
HOW NUTRITIOUS IS THIS RECIPE?

A jalapeño cheddar cornbread goes perfect as a side for your holiday plate! With this recipe you get a high amount of protein and calcium for healthy bones!

Adapted from: iamhomesteader.com



BLACK SESAME SWEET POTATO PANCAKES



INGREDIENTS

- Black Sesame Seeds, 2 tbsp.
- Granulated Sugar, 2.5 tbsp.
- Brown Sugar, 2 tbsp.
- Sweet Potato, 3/4 cup cooked and mashed
- Rice Flour, 10 tbsp.

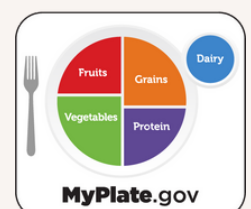
DIRECTIONS

- Rinse sesame seeds and toast in a skillet over medium heat until they roast. Let them cool before adding them to a food processor along with the sugars. Process until fully combined and the seeds have reached the consistency of rough sugar (do not over-process to a paste).
- Stir the sweet potato together with sweet rice flour and sugar until fully combined. Add more rice flour, a tablespoon at a time if the dough seems unmanageable and sticky-the less rice flour you add, the more tender the pancakes will be.
- Start preheating a lightly greased pan over medium heat. Scoop out slightly mounded tablespoons of dough at a time and flatten in your palm. Fill with ½ teaspoon of black sesame sugar and gently fold the edges of the pancake over the mound of sesame sugar. Wetting your hands with a little water helps keep the dough from sticking. Press a few sesame seeds on top if you like.
- Nudge the tablespoon of dough directly from your palm into the pan. There can be no transferring of the pancakes from your palm to anywhere else (say, a plate, and then from the plate to the pan) lest you tear them. Cook for a few minutes on each side until golden. Eat warm!

HOW NUTRITIOUS IS THIS RECIPE?

Black sesame sweet potato pancakes are low in sodium and calories making it a healthy snack! It will keep you feeling full until dinner time because of its high fiber content!

Adapted from: food52.com



STUFFED CABBAGE ROLLS



INGREDIENTS

- Water, 1/2 Cup
- Brown Rice, 1/3 Cup
- Cabbage, 8 Leaves
- Lean Ground Turkey, 1 Lbs.
- Onion, 1/4 Cup
- Egg, 1
- Low-Sodium Tomato Sauce, 10.5 Ounce
- Salt, 1 tsp
- Ground Black Pepper, 1/4 Tsp

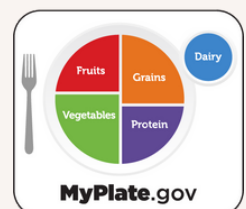
DIRECTIONS

- Bring water and rice to a boil in a saucepan. Reduce heat to low, cover, and simmer until rice is tender and liquid has been absorbed, about 20 minutes.
- Meanwhile, bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
- Combine ground beef, 1 cup of cooked rice, onion, egg, 2 tablespoons of tomato sauce, salt, and pepper in a large bowl; mix thoroughly.
- Spoon about 2 tablespoons of beef mixture onto each cabbage leaf; bring one end of the cabbage leaf over the mixture, rolling and tucking in the ends to prevent the filling from falling out.

HOW NUTRITIOUS IS THIS RECIPE?

This recipe is flavorful and easy to prepare. It's a great way to incorporate lean protein, whole grains, fruits, and vegetables to your holiday meals.

Adapted from: allrecipes.com



THANKSGIVING TURKEY



INGREDIENTS DIRECTIONS

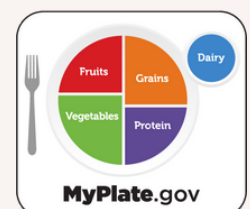
- Turkey, 12 lbs.
- Onion, 1 peeled and quartered
- Lemon, 1 quartered
- Apple, 1 quartered
- Fresh Rosemary, .75 oz.
- Fresh Thyme, 0.75 oz.
- Fresh Sage, .75 oz.
- Unsalted Butter, 0.5 cup softened
- Black Pepper, 0.5 tsp
- Garlic, 6-8 cloves minced
- Herbs, to your liking

- Preheat oven to 325°F. Prepare the herb butter by combining room temperature butter, minced garlic, salt, pepper, one tablespoon fresh chopped rosemary, one tablespoon fresh chopped thyme, and half a tablespoon of fresh chopped sage. (Save the remaining fresh herbs).
- Remove turkey from packaging and remove the neck and giblets from the inside. (Reserve them for gravy, or discard them). Pat the turkey very dry with paper towels. Season the cavity of the turkey with salt and pepper. Stuff it with the quartered lemon, onion and apple and leftover herbs.
- Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath. Tuck the wings of the turkey underneath the turkey and set it on a roasting rack inside a roasting pan.
- Microwave the remaining herb butter mixture for 30 seconds until softened. Use a basting brush to brush the remaining herb butter all over the outside of the turkey, legs and wings.
- Roast for about 13-15 minutes per pound, or until internal temperature (inserted on middle of thigh and breast) reaches about 165 degrees.
- Check the turkey about halfway through cooking, and once the skin gets golden brown, cover the top of the turkey with tinfoil. Alternately, you could start cooking the turkey with it tented in foil, then during the last hour of cooking you can take the foil off to let the turkey brown.

HOW NUTRITIOUS IS THIS RECIPE?

It is a great recipe to enjoy once a year and contains high amounts of protein! Turkey is a great substitution for red meat when you want to cut down on saturated fats!

Adapted from: tastesbetterfromscratch.com



DOMINICAN SWEET BEANS



INGREDIENTS

- Red Kidney Beans (boiled), 4 cups
- Water (beans boiled in), 6 cups
- Coconut Milk, 2 cups
- Almond Milk, 3 cups
- Salt, 1/2 tsp.
- Sugar, 1/4 cup
- Vanilla Extract, 1 tsp.
- Cinnamon, 2 sticks
- Cloves, 10 each
- Sweet Potato, 1/2 lbs.
- Raisins, 1/2 cup

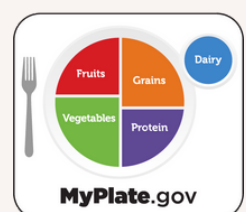
DIRECTIONS

- Place beans and water in a blender to puree.
- Strain the beans to get rid of skin and any undissolved solids.
- Pour beans, coconut milk, evaporated milk, salt, sugar, vanilla, cinnamon, cloves, and sweet potatoes into a pot. Simmer over very low heat until sweet potatoes are cooked.
- Stir regularly. Add raisins and simmer for another 10 mins. Remove cinnamon sticks and cloves if you like
- Remove from heat and cool at room temperature. Chill before serving!

HOW NUTRITIOUS IS THIS RECIPE?

Dominican sweet beans is a popular traditional dish that uses beans as a dessert instead of a side dish! Enjoy this recipe over the holidays that is rich in protein and vitamin D and low in Sodium!

Adapted from: dominicancooking.com



PLANTAIN EMPANADAS



INGREDIENTS

- Ripe Plantains, 2 each
- Water, 4 cups
- Cinnamon Sticks, 3 sticks
- Cornstarch, 3 tbsp.
- Nonfat Milk (or Beans), 3/4 cups
- Vanilla, 1/2 tsp
- Sugar, 1/2 tbsp.
- Cinnamon Powder, 1/2 tbsp.

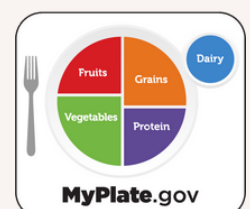
DIRECTIONS

- Boil 4 cups of water. Then, remove the tips of the plantains and cut them into pieces. Do not remove the peel.
- Add plantains, and cinnamon sticks to boiling water. Let the plantain boil until the ends have expanded from the peel.
- While the plantains are boiling, prepare milk filling. In a pot add 1/2 cup milk, vanilla, and sugar and bring it to boil.
- Dissolve cornstarch in the remaining 1/4 cups of milk and add the rest little by little to the boiling milk and stir.
- Keep stirring the milk to avoid burning. Once it has a creamy texture, remove it from heat and let it cool in a separate container.
- When the plantains are ready, remove the peel. With a fork or potato masher, mash plantains into a smooth paste.
- Once smooth, take a portion of the dough and shape it like a tortilla
- Place milk in the center and close it very well. Put some of the mashed plantain in the spaces where white "milk" is visible.
- Once the empanadas are sealed, brown them on a frying pan over medium heat for about 2-3 minutes per side. While they're still warm, sprinkle cinnamon powder and enjoy!.

HOW NUTRITIOUS IS THIS RECIPE?

Salvadoran empanadas with milk filling are a delicious treat that provides a significant amount of calcium, with each serving containing 15% of your daily value of this essential mineral, supporting strong bones and overall health

Adapted from: eng.conicamerica.com



GINGER PEAR MOCKTAIL



INGREDIENTS

- Ginger, 1 Inch Pcs
- Sparkling Water, 2 Cups
- Pear Juice, 1/2 Cup
- Honey, 1 tbsp.
- Rosemary, 2 Pcs

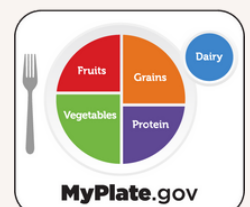
DIRECTIONS

- Grate or zest the ginger and split it between the two cups.
- Combine Sparkling Water, Pear Juice, and Honey in a glass and shake.
- Pour combined drink over Ginger in glasses
- Garnish with Rosemary and serve!

HOW NUTRITIOUS IS THIS RECIPE?

This mocktail is a healthier alternative to sugary sodas and cocktails. It's low in calories and provides the natural sweetness of pears without added sugars. Plus, the ginger adds a zesty kick and offers potential digestive benefits.

Adapted from: unboundwellness.com





SEASONINGS

TURKEY RUB SEASONING



INGREDIENTS

- Brown Sugar, 1tbsp.
- Paprika, 1 tbsp.
- Black Pepper, 1 tbsp.
- Dried Thyme, 1 1/12 tsp.
- Dried Rosemary, 1 1/12 tsp.
- Dried Sage, 1 tsp.
- Garlic Powder, 1/2 tsp.
- Onion Powder, 1/2 tsp.
- Kosher Salt, to taste

DIRECTIONS

- Place all the ingredients in a small bowl. Stir until combined.
- Rub the spice mixture all over your turkey, as well as under the skin, then cook as desired.
- Spice rub can be made up to 2 months in advance.

COOKING TIP

This recipe is made with a variety of herbs and spices will add plenty of flavor to your Thanksgiving turkey, and also works well with chicken, pork and beef.

Adapted from: www.dinneratthezoo.com



PUERTO RICAN ADOBO



INGREDIENTS

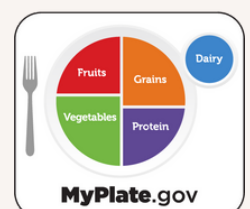
- Garlic Powder, 1 tbsp.
- Ground Coriander, 1 tbsp.
- Oregano, 1 tbsp.
- Ground Black Pepper, 1 tbsp.
- 1teaspoon Ground Cumin, 1
tbsp.
- Annatto, 1
- Paprika, 1 tsp.
- Sea salt, to taste

DIRECTIONS

- Mix the ingredients together, taste and adjust if necessary.
- Keep in a jar or sealed container.

COOKING TIP

This mixture of spices is the perfect way to season your perrnil, chicken or red meat. You can also add onion powder or a little ground aji if you like it spicy.



PAPRIKA ADOBO



INGREDIENTS

- Onion Powder, 1/3 cup
- Garlic Powder, 1/2 cup
- Black Pepper, 2 tbsp.
- White Pepper, 2 tbsp.
- Paprika, 2 tbsp.
- Cumin, 2 tbsp.
- Coriander, 3 tbsp.
- Dried Oregano, 4 tbsp.
- Turmeric, 3 tbsp.
- Sea Salt, to taste

DIRECTIONS

- Mix all the ingredients thoroughly in the bowl and use the funnel to pour into mason jar. Use about 2 tbsp. when seasoning, but it can be adjusted to your preference.
- Store in a dry, cool place.

COOKING TIP

You can add olive oil, vinegar, garlic cloves and adobo until it becomes a paste. You can Rub Adobo paste thoroughly making sure to get it in the meat.



HOMEMADE SAZON



INGREDIENTS

- Ground annatto seeds, 1 tbsp.
- Saffron, 1 tbsp.
- Turmeric, 1 tsp.
- Garlic powder, 1 tbsp.
- Ground coriander, 1tbsp.
- Ground cumin, 1 tbsp.
- Dried oregano, 2 tsp.
- Onion powder, 1 tsp.
- Paprika or Cayenne pepper, 1 tsp.
- Salt and black pepper, to taste

DIRECTIONS

- Mix all the ingredients together in a bowl until well combined. You can add salt to taste.
- Use as desired with your recipes.
- Store in a sealed container in a cool, dark place.

COOKING TIP

Saffron is a very popular ingredient, but it is quite expensive and often hard to find. Therefore, you can substitute it with annatto seeds or or equal amounts turmeric and paprika.



NUTRITION RESOURCES

- **NUTRITION EDUCATION**

Nutrition Education Workshops using evidence-based curricula to help communities to make healthy lifestyle choices.

- **FARMSHARE: FRUITS & VEGETABLES**

A farm to community program designed to create access to fresh fruits and vegetables at a subsidized price.

- **RECIPE CLUB: HEALTHY TASTY RECIPES**

LIVE cooking demonstrations showcasing easy to follow, healthy and delicious recipes using local and in-season produce.

- **FOOD MD**

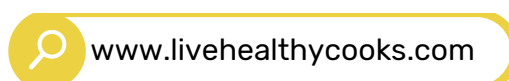
A prescription program designed to increase access to healthy fresh fruits and vegetables and decrease the risk for developing chronic diseases.

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STAY CONNECTED

For more easy, healthy and affordable recipes, please visit our website:

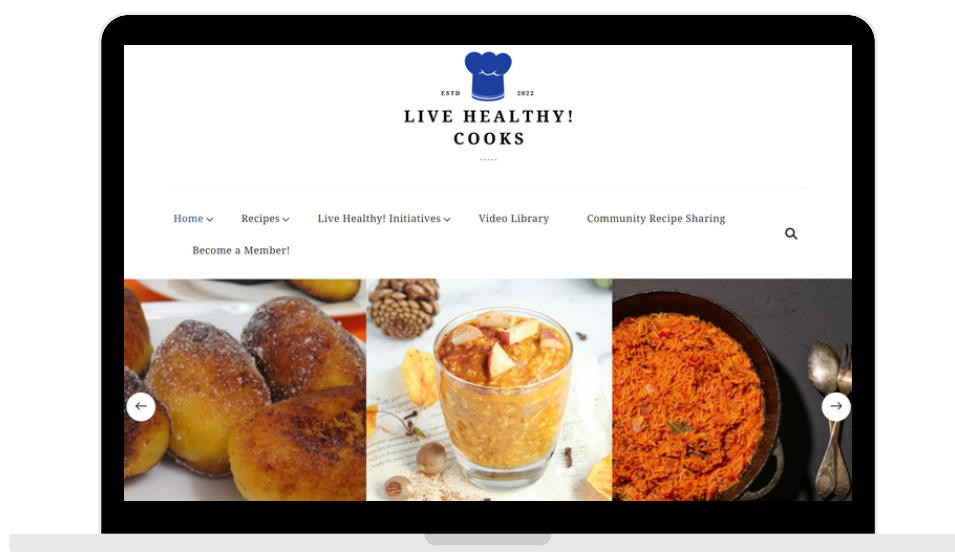


or



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HAPPY HOLIDAYS

FROM
NEW YORK COMMON PANTRY
& THE LIVE HEALTHY! TEAM

