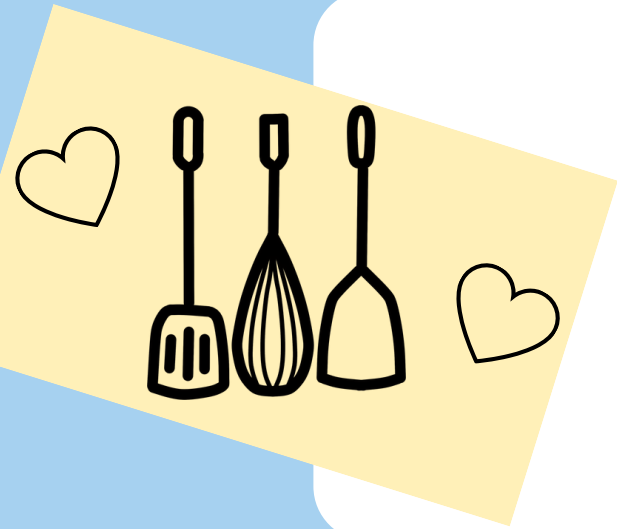




Recipes & Cooking Tips



Cooking is a great activity to do while safely separating from others. It can help you lower your exposure to others, and is a fun way to pass the time and share love with yourself and others.

This booklet has recommendations for finding and making cheap and healthy recipes.

Table of Contents:

Recipes	page 2
How to Pair Flavors	page 5
How to Find Recipe Nutrition	page 9
Safety Tips	page 11
Knife Safety & Uses	page 12

Recipes

Looking for new recipes to cook? Here are a few places where you can find healthy, cheap, and fun recipes to try.



Good and Cheap: Eat Well on \$4 a Day.

A cook book full of healthy recipes that can be made on a budget. The full pdf of the book is available for free at: leanebrown.com

Turn to the next page to see some sample recipes.

The Culinary Literacy Center at the Free Library of Philadelphia offers over 350 classes a year covering cooking concepts for adults, teens, and children. One of the programs is **the Edible Alphabet Program**, you can practice speaking, writing, and listening in English while learning how to cook new recipes. Weekly courses are offered virtually. Call **215-686-5323** or visit bit.ly/EAEnglish to sign up for a class.

The University of Pennsylvania's Adult Senior Nutrition Program offers free cooking and nutrition courses for adult community members and caregivers aged 18 and older.

The program will give you a printed copy of each recipe to take home after class. Email eandrade@sas.upenn.edu for more information.

The Bounce Back Philly Creative Corner Newsletter is a monthly newsletter for Philadelphians by Philadelphians. Each monthly issue has a new recipe. Some of the recipes are included in the next few pages. To view the previous newsletters, go to bit.ly/bbp-cc-download. To submit your own recipe to the newsletter, go to bit.ly/bbp-cc-forms.

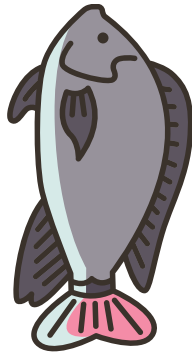


Broiled Tilapia with Lime

2 Servings

Ingredients:

- 2 filets of tilapia or white fish
- 1 tsp salt
- ½ tsp pepper
- 1 tsp cayenne
- 1 tsp cumin
- ½ tsp garlic powder
- ½ tsp oregano
- ½ lime juiced



Adapted from page 126 of Good and Cheap.

Directions:

1. Turn your oven's broiler to high.
2. Mix the spices together in a small bowl. Sprinkle them over both sides of the fish and massage gently with your fingers to cover thoroughly in the spices.
3. Lay the fish on a baking pan lined with aluminum foil. Broil for 4 to 7 minutes. The fish will cook very quickly, so after 4 minutes, check to see if they're done by gently inserting a butter knife into the thickest part. If it goes through easily and the fish flakes apart, you're done. If the knife meets resistance and the fish stays together, put the fillets back under the broiler for another few minutes. Once you've done this once or twice, you'll be able to tell when your fish is done at a glance.
4. When the fish is done, squeeze a lime over it. Serve with rice or a favorite side dish like spicy green beans.

Broccoli Apple Salad

4 Servings

Ingredients:

- 1 large crown and stem of broccoli
- 2 apples

Lemon Dressing:

- 1 lemon, juiced
- 1 tbs olive oil
- Salt and pepper

Yogurt dressing:

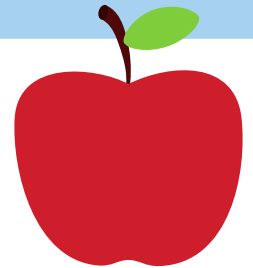
- 1 tbs yogurt
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tsp fresh dill, chopped
- Salt and pepper



Adapted from page 54 of Good and Cheap.

Directions:

1. Slice the stem of the broccoli into thin 1/8" discs.
2. Once you reach the crown of the broccoli, cut each of the florets off and slice each of them as thinly as you can. Set the broccoli in a bowl.
3. Halve and core the apples, then place the apples flat side down on your cutting board to make them easier to slice.
4. Slice the apples into 1/8" pieces, then dump them into the same bowl. Choose the lemon or yogurt dressing option and prepare it by slowly mixing the ingredients together in a small bowl.
5. Taste it and season with more salt and pepper to match your preferences. Pour the dressing over the bowl of vegetables and mix it all together. If you put a plate in the fridge for 10 minutes before serving the salad, it'll stay crisp slightly longer. For the best presentation, pile the salad as high and tight as you can manage.



Pasta with Eggplant and Tomato



2 Servings

From page 90 of Good and Cheap.

Ingredients:

- ½ lb pasta
- 2 tbsp olive oil 1 large eggplant, cubed
- 4 cloves garlic, finely chopped
- ½ tsp chili flakes 2 cups canned tomatoes, finely diced
- ¼ cup Romano or Parmesan, grated
- Salt and pepper
- Fresh basil, finely chopped (optional)

Directions:

1. Put a pot of water on high heat and add a good shake of salt. Bring it to a boil and cook pasta according to the package instructions.
2. While the water is coming to a boil, splash the olive oil in a wide pan on medium-high heat. Let it get hot. Add the eggplant cubes and sprinkle them with salt, then cook for about 5 minutes. **Tip:** If the eggplant starts to look too dry, add a bit of water.
3. Once the cubes are a little brown on all sides, add the garlic and chili flakes and stir.
4. Add the tomatoes and cook for about 15 minutes, stirring occasionally. Again, if it looks too dry, add a bit of water.
5. Everything will shrink up and become a sort of loose, thick sauce. Add half the cheese and half the basil, if you have it.
6. Once the pasta is cooked, drain it and add it to the saucepan. Toss everything together, then turn off the heat.
7. Add salt and pepper to taste. Serve it in bowls sprinkled with cheese and basil.

Roasted Potatoes with Chilies

4 Servings

From page 125 of Good and Cheap.

Ingredients:

- 4 medium potatoes, chopped into bite-sized pieces
- 4 medium chilies, chopped into bite-sized pieces
- 2 cloves garlic, unpeeled
- 1 tbsp butter, melted
- salt and pepper



Directions:

1. In a large roasting pan, tumble together the potatoes, peppers, and garlic. **Tip:** When you chop the peppers, be sure to get rid of the seeds and white placenta inside.
2. Pour the butter over top and sprinkle liberally with salt and pepper. Use your hands to mix everything up.
3. Roast for 1 hour, or until you can spear the potatoes easily with a fork and everything is a little crispy. Squish the garlic cloves, discard their skins, and spread the roasted garlic throughout.

Frozen Melon Sorbet

4 Servings

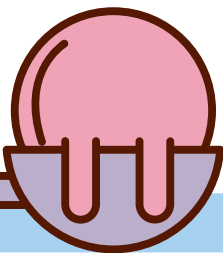
From page 158 of Good and Cheap.

Ingredients:

- 2 cups frozen melon
- ½ cup plain yogurt
- ¼ cup sugar
- 1 tsp vanilla or lime juice (optional)

Directions:

1. When you see lovely watermelons, honeydews, and cantaloupes on sale, buy them up. Eat half, then cube and freeze the other half. When you want a quick dessert or smoothie, pull out a bag of frozen melon and whip this up.
2. Add all the ingredients to a food processor or blender until just smooth. Don't blend too much, or the sorbet will become too soft. Serve immediately or stick it into the freezer to enjoy later.



How to Make A Cherry Pie



From Bounce Back Philly Creative Corner, July 2021
Recipe by: Ryan Higgins

Ingredients:

- 1.5 cups flour
- 1.5 tsps baking powder
- ¾ cup brown sugar
- 4 oz butter melted (115 g)
- 1 egg beaten
- Spices (cinnamon or anything else you like)
- Oats (whole, not minute cooking type)
- 1 can of cherry pie filling

Directions:

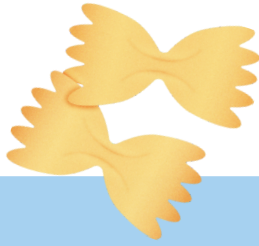
1. Melt butter in a microwavable bowl big enough for the rest of the ingredients.
2. Add the rest of the ingredients and begin by mixing with a spoon. Then use your hands until you have added as much oats as you would like.
3. Put half of the mixture in the bottom of a pie pan as a crust.
4. Add the fruit mixture (1 can of cherry pie filling or any other fruit like apples that have been cooked).
5. Crumble the rest of the mixture over the fruit. Bake at 350 °F for 30 minutes.
Tip: After baking for 20 minutes, check the pie every 5 minutes until it is golden brown

Tuna Pasta

4 Servings

Ingredients:

- ½ box of bow-tie pasta
- 2 cans of tuna
- 3-4 cloves of garlic, sliced thin
- Red pepper flakes (optional)
- 3 tbs olive-oil, plus more if needed
- Salt and black pepper
- Parmesan cheese, grated
- Fresh, flat-leaf parsley, minced (optional)



Recipe by: Sam Raines

Directions:

1. Add a generous sprinkle of salt into a pot of water. Bring to a boil.
2. Chop the garlic and parsley (if using) and open the cans of tuna while you wait for the pot to boil.
3. Pour olive oil into a frying pan, and add garlic and red pepper (if using). Keep this pan off the heat for now.
4. When the pot is at a boil, add pasta and cook to the package's directions.
5. While the pasta cooks, put the frying pan over medium-low heat, and stir continuously until the garlic is light gold.
6. Raise the heat on the frying pan and add the tuna. Sprinkle on salt and black pepper. Cook the tuna until it is to your liking, then turn off the heat.
7. Drain cooked pasta and add to the frying pan with parsley and parmesan. Stir to combine.

Home-Cooked Pot Roast

Ingredients:

- 3 to 5 lbs chuck roast
- 2 small onions, diced
- 16 oz of baby carrots
- 2 cups small potatoes, halved with skin on
- 1 stalk of celery, cut into 2 inch chunks.
- 2 envelopes onion soup mix
- 8 cups of water



From Bounce Back Philly Creative Corner, August 2021

Recipe by: Denise La Kier

Directions:

1. Line the bottom of a large roasting pan with vegetables.
2. Place the chuck roast on top of the vegetables.
3. Mix onion soup mix with 8 cups of water.
4. Pour the soup mix into the roasting pan and cover the top with aluminum foil.
5. Put the pot roast in the oven for 325°F for 3 hours or until the meat is tender.
6. Add more soup mix or water to taste.

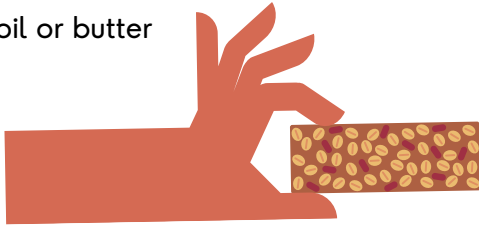


Peanut Butter & Jelly Oat Bars

12 Servings

Ingredients:

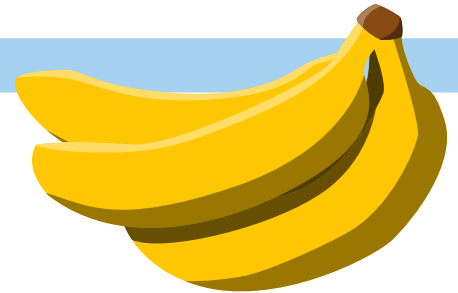
- 3 cups rolled oats
- ½ cup peanut butter
- ½ cup jelly or jam
- ¼ cup hot water
- ¼ tsp oil or butter



Adapted from page 25 of Good and Cheap.

Directions:

1. Butter or oil a baking pan and heat the oven to 350 °F. Any size baking pan will work. You will get thicker bars with small pans, and thinner bars with large pans.
2. Pour the oats into a large bowl.
3. Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until it's smooth.
4. Mix the peanut butter and jelly concoction into the oats until all the oats are coated and you have a sticky mass. Dump the mixture into the oiled pan and press it into an even layer. Spread the remaining jelly over the top.
5. Pop the pan into the oven for 25 minutes, until it's toasty and brown around the edges. Mmm. Crunchy. Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.

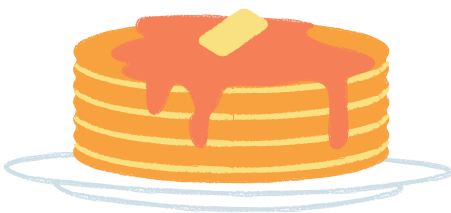


Banana Pancakes

10 to 14 Pancakes

Ingredients:

- 2 cups all-purpose flour
- ¼ cup brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 2 bananas, mashed
- 2 eggs
- 1½ cups milk
- 1 tsp vanilla
- 2 bananas, sliced
- Butter for cooking



Adapted from page 18 of Good and Cheap.

Directions:

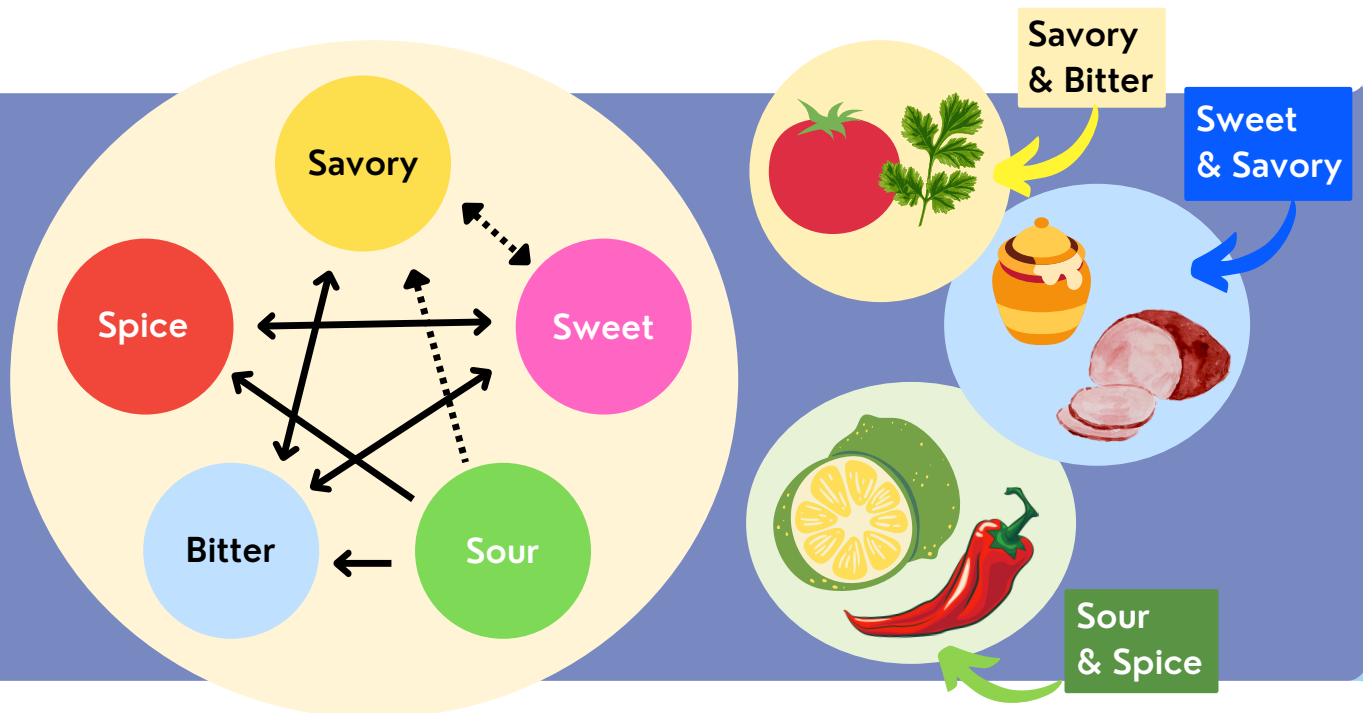
1. In a medium bowl, add the flour, brown sugar, baking powder, soda and salt. Mix thoroughly with a spoon.
2. In another bowl, add the mashed bananas, eggs, milk, and vanilla, then mix.
3. Add the dry mixture from the other bowl into the second bowl and gently stir it together until everything just comes together. **Tip:** Tender pancakes come from not over-mixing the batter.
4. Let mixture sit for 10 to 15 minutes.
5. Place a non-stick or cast-iron pan on medium heat. Once it's hot, melt a small amount of butter on the pan, then ladle some pancake batter into the center of the pan. You can make them as large or as small as you like.
6. Once the edges of the pancake start to dry up and you can see the middle start to bubble, flip the pancake over. Cook until it is browned on both sides.
7. Stack the finished pancake on a plate and repeat the above process until you run out of batter.

How to Pair Flavors

Just as painting is an art of paring colors, cooking is an art of paring flavors. You can use the chart below to experiment with different ingredients and make your own tasty recipes and meals. If a recipe calls for an ingredient you don't have, or are trying to limit to stay healthy, try replacing that ingredient with another ingredient available that is from the same flavor category.

Solid arrows show which flavors balance other flavors. If you add too much salt, you can balance it with something bitter. If you are eating a spicy dish, you can match it with a sweet drink.

Dashed arrows show flavors that enhance each other. Sweet and salty flavors are complementary.



You can substitute certain ingredients for other ingredients with the same flavor. This is helpful if you are missing an ingredient, or if you are trying to make the recipe healthier. For example, you could cut the added sugar and fat in a recipe by replacing corn syrup with honey or agave.

Here are some ingredients from each flavor group:

Savory	Spice	Bitter	Sour	Sweet
Salt	Pepper (fresh/dry/paste)	Arugula and Kale	Lemon and Lime	Granulated or Brown Sugar
Soy, Fish, and Oyster Sauce	Hot Sauce	Dill	Buttermilk	Fruits or Fruit Juice
Meats	Mustard	Sesame Seeds or Oil	Sour Cream	Honey or Agave
Mushrooms, Tomatoes, and Seaweed	Horseradish	Cilantro and Parsley	Kimchi	Corn Syrup

How to Find Nutrition Information for a Recipe

When you cook-up a favorite recipe, you may not have access to a nutrition label that shows you precise nutrition information (some published recipes include this information). You can make your own nutrition label for a recipe using the labels from each of the ingredients.

Here is an example of adding nutrition information with the peanut butter and jelly oats recipe on page 8:

First, write down the serving size, calories, sodium, trans fat, saturated fat, and added sugars as you find on the nutrition label of each ingredient. Different brands may have different nutrients.

Ingredient	Serving Size	Calories	Sodium	Trans Fat	Saturated Fat	Added Sugars
Rolled Oats (Quaker Whole Grain Old Fashioned)	1/2 cup	150	0	0	0.5	0
Peanut Butter (Bowl and Basket Creamy)	2 table spoons	180	130	0	2.5	2
Jelly (Bread and Basket Concord)	1 table spoon	50	0	0	0	7
Oil (Bread and Basket 100% Pure)	1 table spoon	120	0	0	2	0

Next, count how many servings of each ingredient the recipe calls for, and multiply that number with each of the nutrients.

Then, add the numbers for each nutrient.

Note: 1 cup = 16 table spoons.

Finally, divide the totals by the number of servings for the recipe (round to nearest whole number).

Ingredient	Servings	Calories	Sodium	Trans Fat	Saturated Fat	Added Sugars
Rolled Oats (Quaker Whole Grain Old Fashioned)	6 (3 cups)	900 (150 x 6)	0	0	3 (0.5 x 6)	0
Peanut Butter (Bowl and Basket Creamy)	4 (1/2 cup)	720 (180 x 4)	520 (130 x 4)	0	10 (2.5 x 4)	8 (2 x 4)
Jelly (Bread and Basket Concord)	1	50	0	0	0	7
Oil (Bread and Basket 100% Pure)	1	120	0	0	2	0
	Totals:	1790	520	0	15	15
	Per Serving	149 (1790/12)	43 (520/12)	0	1 (15/12)	1 (15/12)

Safety Tips

Foodborne illnesses cause over 48 million infections and 3,000 deaths in the United States every year (according to the United States Department of Agriculture). Here are some tips to keep cooking safe and fun:

1. Keep vegetables away from meat and cut them on two different cutting boards.
2. Bring sauces, soups, and gravy to a boil when reheating.
3. Never leave uncooked meat, chicken, fish, milk, or eggs out of the refrigerator for more than two hours, or one hour in a space that is above 90 degrees Fahrenheit.
4. Clean your hands and utensils with hot soapy water before and after handling food.
5. Use a probe thermometer to make sure you cook meat to the right temperature. You can find a good probe thermometer in the cooking aisle at a supermarket for around \$10-\$15.
6. Cook meats to a safe internal temperature as listed in the chart below:



SAFE MINIMUM INTERNAL TEMPERATURES *as measured with a food thermometer*

Food Type	Internal Temperature
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145°F with a 3-minute rest time
Ground Meat	160°F
Ham, uncooked (fresh or smoked)	145°F with a 3-minute rest time
Ham, fully cooked (to reheat)	140°F
Poultry (ground, parts, whole, and stuffing)	165°F
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
Fin Fish	145°F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oysters, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165°F

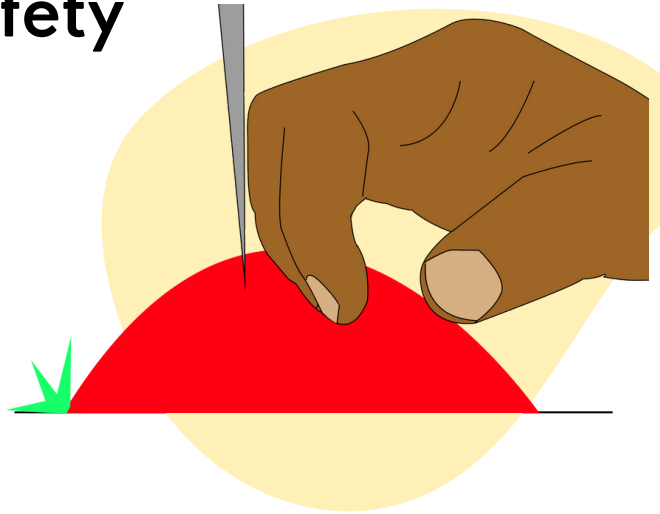
August 2017

 **U.S. FOOD & DRUG
ADMINISTRATION**

source: <https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

Knife Safety

1. **Curve** your fingers and use your knuckles to guide the knife.
2. **Sharpen** knives. Sharp knives are easier to control than dull knives.
3. **Go slow** when you chop and slice, put safety before speed.
4. **Always** monitor children when they use knives.

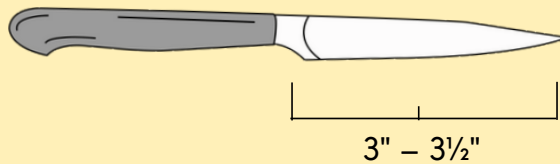


Knives and Uses

NOTE: Knives are not drawn to scale.

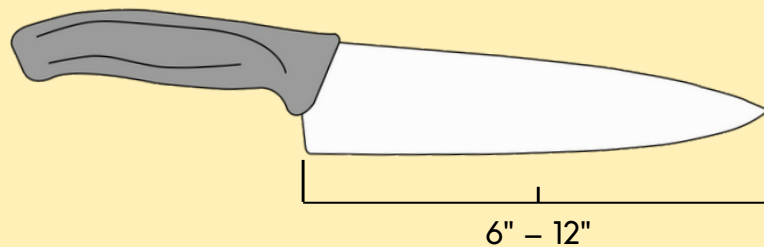
Paring

For peeling, coring, and cutting small pieces of fruit and vegetables.



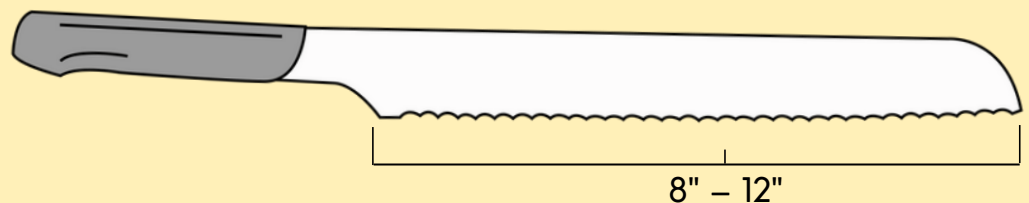
Chef's

For chopping and dicing vegetables, fruits, and meats.



Serrated

The best knife for slicing bread.



Carving

For slicing dense meat.

