# Garden for Healthy Sooners

Recipe Book

Garden for Healthy Sooners 2011



## Salads 3

bean salad - 4

crispy-crunchy salad - 5

heather's cucumber and tomato salad - I

lucy's green bean salad - 8

green bean confetti salad - 9

lenora's salad dressing - 10

## Appetizers & Snacks 11

amy's asparagus - 12

cheese-stuffed zucchini - 13

creole okra - 14

garry's potatoes - 15

sweet and spicy refrigerator pickles - 17

whole-wheat zucchini muffins - 19

## Main Dishes 21

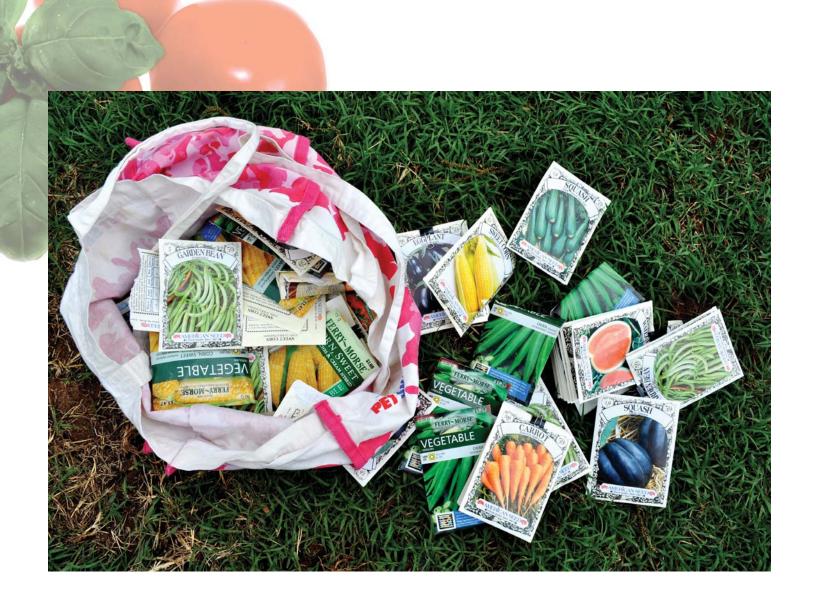
amy's spagnetti - 22

paola's chicken salad radish sandwich - 23

andrea's tomato and okra scramble - 24

vegetarian lasagna - 25

malinda's healthy chicken parmesan - 27



## **The Garden for** Healthy Sooners

The Garden for Healthy Sooners is a gardening education program that offers participants an opportunity to learn where their food comes from and helps them to be better stewards of the environment by designing, cultivating, and harvesting the community garden. The program is designed to encourage participants to try new and healthier foods because they have the opportunity to eat the produce they grow as well as obtain exercise from tending to the garden.

The Garden for Healthy Sooners program aims to achieve these goals with participants:

- -increase their consumption of fruits and vegetables,
- -improve their nutritional habits,
- -teach work ethic, cooperative learning, and team building skills,
- -develop gardening skills, and
- -increase their environmental awareness.

The Garden for Healthy Sooners program was conducted on a daily basis at the designated garden site during the summer. The Fitness and Recreation staff led the program activities and worked directly with participants. Plots were assigned to individuals and groups to maintain.

Participants are able to taste fresh fruits and vegetables, develop an outdoor garden, and engage in numerous hands-on activities related to nutrition and plant science.

Over 40 volunteers from seven departments campus-wide participated in the first year of the Garden for Healthy Sooners program. The resounding success served as a precursor for a great and healthy future of this program.

> Amy M. Davenport, Ph.D. Director Fitness and Recreation













## bean salad

## ingredients

- 1 can black beans
- 1 can corn
- 1 can kidney beans
- 1 bunch cilantro chopped
- 3 green bell peppers chopped

- 2 teaspoons lemon juice
- 1 teaspoon olive oil
- 1/2 small onion garlic for taste

#### directions

- Drain the black and kidney beans and rinse with water.
- Drain the corn as well.
- Pull the leaves off and chop (or tear) the cilantro.
- Add lemon juice and olive oil
- Mix all ingredients in bowl.
- Add generous amounts of garlic for taste.

#### notes

This is better after it sits for at least a few hours. Avocado is a wonderful complement. Onions are optional. For a sweeter taste, green bell peppers can be substituted with red ones. You can add some variety by using garbanzo beans instead and leaving out the corn.



## crispy-crunchy salad

### ingredients

- 1 cup cucumber, pared and diced
- 1 cup diced zucchini
- 1/2 cup diced green pepper
- 4 teaspoons reduced-fat mayonnaise
- 1 teaspoon chopped fresh parsley
- 1/2 teaspoon lemon juice
- 1/4 teaspoon salt dash of thyme leaves and white pepper

#### directions

Combine all ingredients; chill thoroughly.







# heather's cucumber and tomato salad

### ingredients

- 2 medium tomatoes, sliced and quartered
- 1 large cucumber, peeled and sliced
- 4 green onions, chopped

- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup cider vinegar
- 1 cup water

- In a bowl, combine the tomatoes, cucumber and onions.
- In a small bowl, combine the sugar, salt and pepper.
- Whisk in the vinegar and water.

- Pour over vegetables and toss to coat.
- Cover and refrigerate for 4 hours or overnight.
- Serve with a slotted spoon.



## lucy's green bean salad

### ingredients

- teaspoons olive oil 1/2 teaspoon dill weed
- 2 1/2 cups green beans, blanched, cut into 2-inch pieces
- cup celery, diagonally sliced, 1/4-inch thick dash of salt and pepper

- 2 1/2 teaspoons lemon juice
- 1/2 teaspoon chopped fresh mint
- teaspoons coarsely chopped fresh parsley
- 1/2 cup quartered peeled tomatoes

- Sauté with olive oil, dillweed, green beans, celery, 
  Before serving, toss again salt, and pepper in skillet for about 2 minutes.
- Add lemon juice, mint, and parsley.
- Toss and refrigerate.
- and add tomatoes.



## green bean confetti salad

ingredients

- 2 cups green beans
- 1/3 cup diced carrots
- 1/3 cup diced green bell pepper
- 1 tablespoon chopped scallion
- 3 tablespoons rice vinegar

- 2 teaspoons olive oil
- 1 small clove garlic, minced
- 1/8 teaspoon each salt and pepper
- 1/2 teaspoon chopped fresh parsley dash of pepper

- Cook green beans in steamer basket until tender but firm, about 5-7 minutes.
- Plunge in cold water to cool.
- Combine beans, carrots, green pepper, and scallion.
- Add vinegar, oil, garlic, salt, pepper, and parsley.
- Toss well and chill 4 hours.



## lenora's salad dressing

ingredients

1 tablespoon olive oil

1/2 teaspoon dried basil

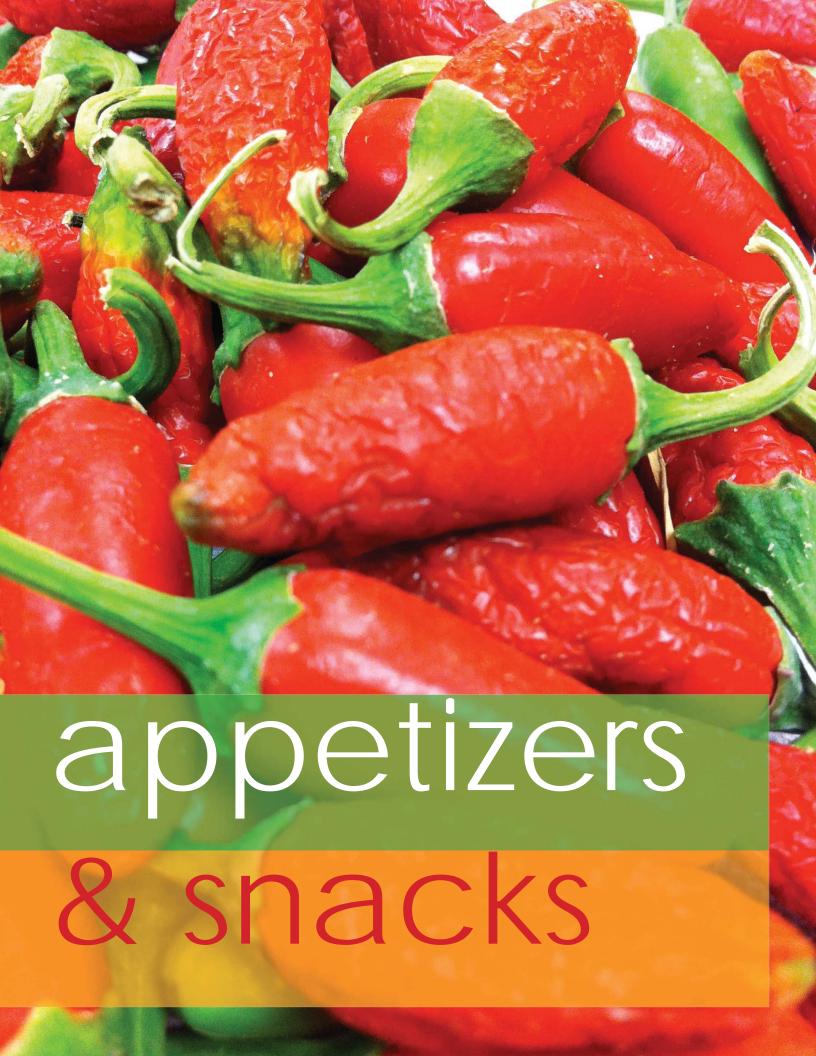
1 tablespoon freshsqueezed lemon juice

#### directions

Stir together and pour over salad.

#### notes

Serving size is for two. Refrigerate leftovers. Use withing two days. This will need to be increased for larger salads serving multiple people.





## amy's asparagus

## ingredients

asparagus olive oil garlic

onion red bell peppers

- Drizzle a bit of olive oil in the Add garlic or onion or red bottom of a 9 1/2" pan.
- Wash the asparagus and trim the cut ends off (enough so that they fit well in the pan).
- Drizzle a bit of olive oil on top (very slight - a little goes a long way).

- bell peppers to taste.
- Throw it in the oven at 400 degrees until it is to the tenderness you desire.
- Cook for 25-30 minutes.

## cheese-stuffed zucchini

## ingredients

- 2 medium zucchini
- 2 teaspoons olive oil
- 1 cup sliced mushrooms
- 1 teaspoon minced garlic
- 4 ounces mozzarella cheese, shredded
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried)
- tablespoon chopped fresh parsley (or 1 tea spoon dried) dash of salt, pepper, and ground nutmeg
- 2 teaspoons grated parmesan cheese

- Trim ends off each zucchini; slice lengthwise and scoop out pulp, reserving shells.
- In saucepan, sauté zucchini pulp, mushrooms, and garlic in oil until soft.
- Transfer to bowl and add mozzarella cheese, basil, parsley, and seasonings; toss well.
- Spoon 1/4 of mixture into each shell and arrange side-by-side in casserole dish.
- Sprinkle each with1/2 teaspoon parmesan.
- Cover and bake 30 minutes at 350 degrees; remove cover and continue baking 15 minutes longer.

## creole okra

## ingredients

- 2 tablespoons butter or bacon drippings\*
- 1/4 cup minced onion
- 3 tablespoons minced green pepper
- 1 1/2 cups sliced okra

2 cups canned or fresh tomatoes peeled and chopped\*\* pinch of basil salt and freshly ground black pepper to taste

#### directions

- Heat the oil, add the onion and green pepper and cook until soft but not brown.
- Add the okra and sauté over medium heat about 5 minutes, stirring constantly.
- Reduce the heat, add the

- remaining ingredients and simmer, covered, 20 minutes.
- Add a small amount of water if necessary to prevent scorching and give a moist consistency.

#### notes

<sup>\*</sup>For healthier option use olive oil or Smart Balance.

<sup>\*\*</sup>For added zing use canned tomatoes with chili peppers or chipotle peppers (Original recipe from Craig Claiborne, The New York Times Cookbook, page 385).

## garry's potatoes

### ingredients

- 4-5 red potatoes or 2-3 baked potatoes
- 2-3 medium squash
- 2-3 medium zucchini
- 2 packets dry italian salad dressing.

- 1/3 cup oil (add more if it does not coat well)
- 1/3 cup or butter salt and pepper
- 2 pieces aluminum foil at least 24" long.



#### directions

- Slice potatoes, zucchini, and squash 1/4" thick and place in a large mixing bowl.
- Combine oil, melted butter, salt and pepper and one Italian dressing packet to veggies.
- Mix well until veggies are coated with the oil, butter and seasoning mix. Use additional dressing if you desire more flavor. Use your hands, it works better.
- Use a spritzer or cooking spray to apply a coat of oil on to the foil then place veggies on the sheet of foil leaving at least 2" of foil on the edge.
- Take remaining foil and place on top to seal in veggies by crimping the edges over until you have a rim to

lock in steam.

- Place directly over the flame for about 8 minutes. You should be able to hear it bubbling inside.
- Shake packet to spread veggies and to avoid sticking to foil.
- After 8 minutes, turn packet over to continue cooking for 4-5 minutes.
- Be sure to use protection when handling the packet. Use a fork to open one end of the packet to visually see the veggies.
- Use the fork to taste for soft potatoes.
- Remove from heat and let sit for 2-3 minutes until packet is cool to bowl the ingredients.



## sweet and spicy refrigerator pickles

ingredients

- 5 1/2-6 cups cucumbers thinly sliced
- 2 medium sweet onions thinly sliced
- 1 medium bell pepper thinly sliced
- 4-8 jalapeno peppers thinly sliced
- 1/4 cup pickling spice

- 1/4 cup canning or kosher salt
- 4 cups apple cider vinegar
- 3 1/2 cups sugar glass jars with good seals (equivalent to 3 quarts)

- Wash and thinly slice vegetables and mix together in a large bowl, set aside.
- Place vinegar, spices, sugar, and salt in a large pot on med-high heat.
- Bring to a boil until sugar is melted.
- Simmer on med-low heat for 5 minutes.
- Place glass jars on a baking pan (to catch spills) and ladle liquid over vegetables.
- Use the end of a wooden spoon to stir vegetables to mix in liquid and remove air bubbles. Make sure all vegetables are covered by liquid.

- Allow to cool for a few minutes, cover, wash off jars and place on refrigerator.
- Allow to sit for at least 2 hours before service.
- Gently shake jars every day or so to mix spices. This will keep in refrigerator for 2 months - if they last that long!

## whole-wheat zucchini muffins

ingredients

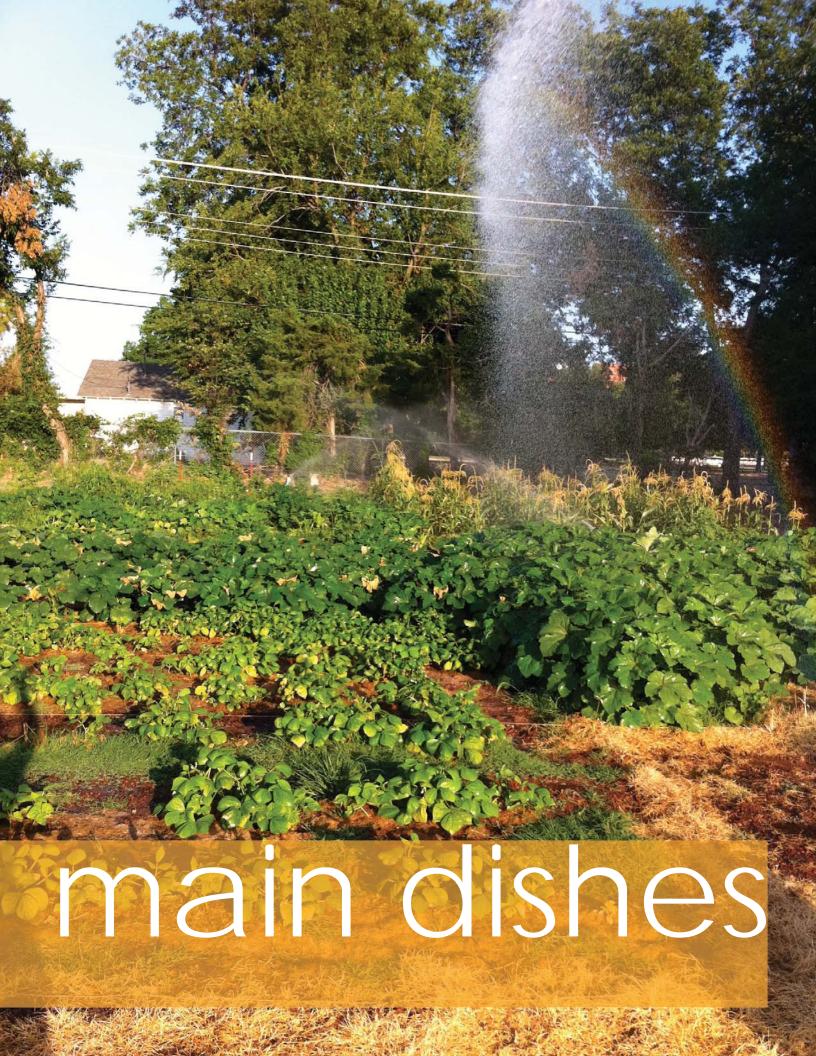
- 3 cups whole wheat flour
- 2 tablespoons ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground nutmeg
- 1 3/4 cups sugar

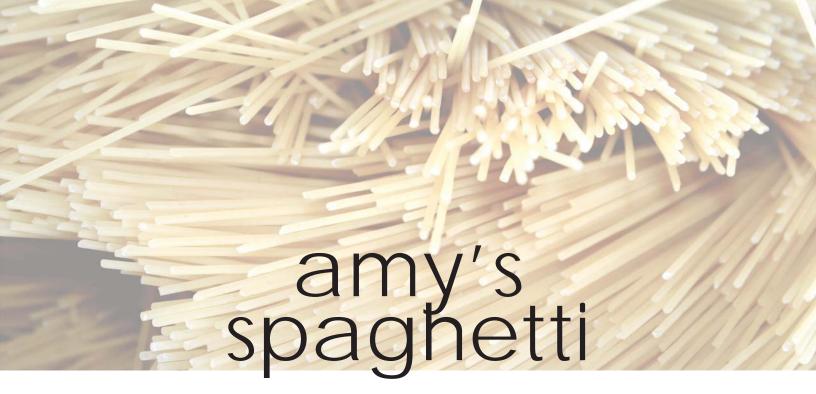
- 2 cups finely shredded unpeeled zucchini
- 1/2 cup apple sauce
- 1/4 cup canola oil
- 2 eggs or 4 egg whites
- 1/2 teaspoon finely shredded lemon peel
- 1/4 1/2 cup water
- 1 cup chopped walnuts (optional)

- Heat oven to 350 degrees.
- Mix flour, cinnamon, baking soda, salt, baking powder and nutmeg together in a bowl.
- In a separate bowl mix sugar, zucchini, apple sauce, oil, eggs and lemon peel.
- Fold dry mixture into wet.
- If mixture is too dry, add water as needed to loosen batter (should be a little

- thicker than pudding consistency).
- Stir in walnuts.
- Fill muffin cups 3/4 way full
   make sure to spray muffin tins 3/4 way up sides to get nice rounded tops.
- Bake approximately 20 minutes or until a tooth pick placed in center of muffin comes out clean.







## ingredients

spaghetti vegetables tomato sauce low-fat sausage or ground turkey

#### directions

 Load it up with veggies like squash, zucchini, and matchstick cut carrots.

#### notes

It will decrease the calories per serving and will increase veggie consumption. Low-fat sausage is great to add to it, as well as cooked, ground turkey.

## paola's chicken salad radish sandwich

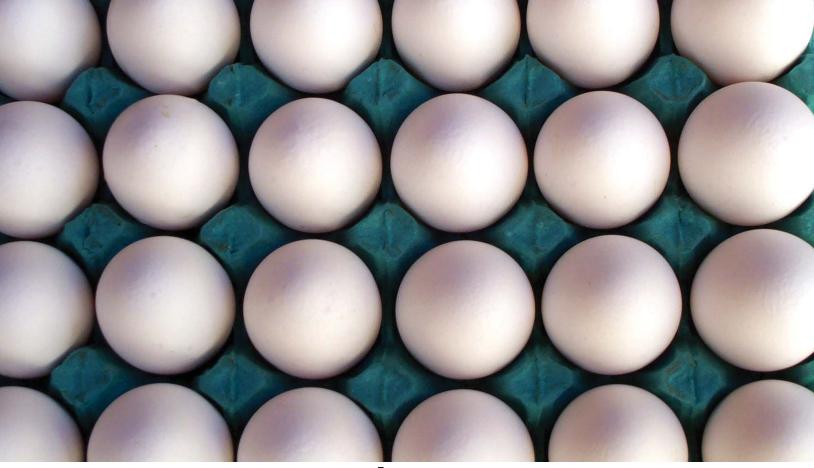
## ingredients

chicken breast (sliced) mayonnaise

radish toast (2 slices)

- Slice chicken breast and combine with mayonnaise.
- Thinly slice radish and placein sandwich to your liking.





## andrea's tomato and okra scramble

ingredients

tomato okra eggs

- Spray non-stick pan with cooking spray
- Add diced tomato and sliced okra, salt and pepper to taste.
- Sauté about 3 minutes.

- Add egg and scramble by stirring with a spatula.
- Remove from pan and enjoy!

## vegetarian lasagna

## ingredients

yellow squash (sliced) zucchini (sliced) 4-ounce container of 1% cottage cheese 1 package kraft shredded 2% mozzarella cheese jar of pasta sauce

- Preheat oven to 350 degrees.
- Spray an 11x9 baking dish with cooking spray.
- Put a layer of yellow squash covering the bottom.
- Top with the container of cottage cheese.
- Next, add a layer of zucchini, top with 1/2 jar of pasta sauce.
- Next, add a layer of yellow squash followed by the remaining sauce.

- Finally, add a layer of zucchini topped with the package of cheese.
- Cover with foil and bake for 45 minutes to one hour.
- Test by putting a fork through the center to see if the squash is soft.
- Remove the foil and bake an additional 15 minutes to melt the cheese.
- Let cool five minutes and enjoy!



## malinda's healthy chicken parmesan

### ingredients

- 1 pound boneless, skinless chicken breast cut into approximately 8 pieces
- 1 egg white plus 2 tablespoon of water, beaten in shallow dish
- 1 cup bread crumbs, panko bread crumbs, or ground rice and corn chex

- 1/2 cup shredded parmesan cheese
- 1-2 teaspoon italian season-ing
- 1/2 cup mozzarella cheese
- 2 cup pasta sauce

- Preheat oven to 400 degrees.
- Spray glass-cooking dish with cooking spray and set aside.
- Place chicken between two pieces plastic wrap and pound flat.
- Mix bread crumbs, parmesan cheese, Italian seasoning and salt/pepper (to taste) in a shallow dish.

- Dredge chicken in egg mixture, then coat with bread crumbs, place in cooking dish.
- Place aluminum foil over top of dish, bake for 10-15 minutes.
- Flip chicken over, evenly top with pasta sauce and mozzarella cheese. Continue cooking uncovered another 15 minutes or until chicken is cooked through.



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