

CITY OF BOSTON COMMUNITY COOK BOOK

Recipes gathered from families across Boston



TABLE OF CONTENTS

1 Introduction

2 Shoppers' Guidelines

3 Boston Food Resources

5 Farmers Markets 2022

RECIPES

8 Bengali Chicken Curry

9 Carrot Soup

12 Blueberry Bread

13 Di Farro

16 Grandpa Gallo's Arincini

17 Breakfast Quesadilla

20 Pupusas de espinacas

21 Aunt Elizabeth's
Chicken Paprikash

24 Hashbrowns

25 Chicken Lo Mein

28 Barb's Chocolate Chip Cookies

29 Pepperoni Pizza Dip

32 Stone Soup



33 White Bean Turkey Chili
36 Cod Fish Salad
37 Pancakes
40 Vegan Baked Spinach
Artichoke Dip
41 Smashed Potato!
44 Turkey Chili with
Butternut Squash
45 Spicy Italian Sausage and
Pepperoni Flatbread Pizza

48 Sour Cream Banana Bread
49 Bacalhau à Brás
52 Tortilla Soup
53 Auntie Wesha's Cookies
56 Lazy Burrito
57 Pecan Pie
60 Shrimp Scampi

INTRODUCTION

BOSTON FOOD JUSTICE

Our mission is to build a food system that is equitable, resilient, sustainable, and just. In pursuit of this mission, Food Justice will work to expand equitable access to nutritious food with respect to affordability, physical accessibility, and cultural connectedness; support Boston's food economy; and promote environmentally sustainable and resilient food production.

COMMUNITY COOKBOOK

This Community Cookbook is a collection of recipes from families across Boston. Recipes were submitted from BPS families, community partners, and community members across the City. We wanted to create a book that shows the diversity and culture of the City and bring a piece of home to your home.

SHOPPERS' GUIDELINES

FARMERS MARKET COUPON PROGRAM

Help your neighborhood Farmers Market Manager by following these rules and guidelines.

SHOP IN 3 EASY STEPS



1. FIND

Participating markets at boston.gov/farmers-market



2. SPEND

Your Farmers Market Coupons on any of the eligible food items:

- Fruits and Vegetables
- Meat, Poultry, and Fish
- Dairy Products
- Eggs and Honey
- Dried Goods
- Veggie Seeds and Plants



3. COME BACK

If you still have coupons come back to spend them before they expire at the end of the month.



IMPORTANT INFORMATION

- You cannot receive change from a coupon.
- Coupons expire on a monthly basis.
- Make sure the vendor you are buying from accepts Farmers Markets Coupons.

BOSTON FOOD RESOURCES

PICK UP FOOD



YOUTH MEALS SITES

Breakfast and lunch at no cost for youth 18 and under.

Visit boston.gov/bostoneats



FAIR FOODS SITES

Fair Foods sites offer bags of fresh produce for only \$2.

Visit bit.ly/fairfoods20



FOOD PANTRIES

Food pantries provide groceries to those in need, regardless of immigration status. Visit gbfb.org/need-food



FARMERS' AND MOBILE MARKETS

Buy fresh local produce at Boston farmers' markets.

Find the nearest location at boston.gov/farmersmarkets

OLDER ADULTS



MEALS ON WHEELS

Nutritious meals delivery for home bound elderly residents.

Call 617-292-6211 or visit ethocare.org/contact-ethos

AGE+

AGE STRONG COMMISSION

Call the City of Boston Age Strong Commission at 617-635-4366 or dial 3-1-1.

FOOD BENEFIT PROGRAMS



APPLY FOR SNAP

SNAP can help you or your family afford food.
Call Project Bread at **1-800-645-8333**



SHOP AT DOUBLE UP STORES

Shop with SNAP to get 50% off your fresh fruits and vegetables.
Save up to \$10 each day. Visit **boston.gov/doubleup**



USE HIP AT FARMERS' MARKETS

Save when you shop with your EBT card at participating HIP farm vendors. For more information visit **boston.gov/healthy-incentives**



SHOP WITH WIC

WIC is a nutrition and support program for Women, Infants, and Children under 5. Visit **mass.gov/wic-information-for-participants**



ACTIVATE AND USE YOUR P-EBT

P-EBT is a program for families whose children qualify for free and reduced lunch. Call the DTA Line at **877-382-2363**

HOUSING STABILITY



Call **617-635-4200** or visit **boston.gov/housing-stability**

FARMERS MARKETS 2022

BACK BAY

Copley Square Farmers Market

139 Saint James St,
Boston, MA 02116
Tuesday and Friday
11 a.m. - 6 p.m.

BRIGHTON

Brighton Farmers Market

30 Chestnut Hill Ave,
Brighton, MA 02135
Wednesday
2 - 6:30 p.m.

CHARLESTOWN

Charlestown Farmers Market

Main St and Austin St,
Boston, MA 02129
Wednesday
2 - 6:30 p.m.

CHINATOWN

Chinatown Farmers Market

Rose Kennedy
Greenway (Auntie
Kay/Uncle Frank Park)
Saturday
10 a.m. - 2 p.m.

DORCHESTER

Ashmont Farmers Market

1900 Dorchester Ave,
Dorchester, MA 02124
Friday 3 - 7 p.m.

Blue Hill Farmstand

38 Fabyan St,
Dorchester, MA 02124
Thursday 3 - 6 p.m.

Codman Square Farmers Market

360 Talbot Ave,
Dorchester, MA 02124
Saturday
11 a.m. - 2 p.m.

DotHouse Farmers Market

1353 Dorchester Ave,
Dorchester, MA 02122
Tuesday
11:30 a.m. - 1 p.m.

Fields Corner Farm Stand

Fields Corner
Dorchester, MA 02124
Saturday 9 - 11:30 a.m.

DOWNTOWN

Boston Public Market @ Dewey Sq

600 Atlantic Ave,
Boston, MA 02210
Thursday
11 a.m. - 4 p.m.

EAST BOSTON

East Boston Farmers Market

200 Border St,
East Boston, 02128
Wednesday
3 - 6:30 p.m.

JAMAICA PLAIN

Egleston Farmers Market

179 Amory St, Jamaica
Plain MA 02130
Saturday
10 a.m. - 2 p.m.

JP Centre St Farmers Market

677 Centre St,
Boston, MA 02130
Tuesday and Saturday
12 - 5 p.m.

MATTAPAN

Boston Nature Center

500 Walk Hill Street,
Mattapan, MA 02126
Thursday
3:30 - 6:30 p.m.

Fowler Clark Epstein Farm Stand

487 Norfolk St,
Mattapan, MA 02126
Friday 1 - 4 p.m.

Mattapan Square Farmers Market

City Parking Lot # 14
Cummins Highway and
Fairway Street,
Boston, MA 02126
Saturday
10 a.m. - 1 p.m.

MISSION HILL

Mission Hill Farmers Market @ Brigham Circle

725 Huntington Ave,
Boston, MA 02115
Thursday
11 a.m. - 6 p.m.

Roxbury Crossing Farmers Market

1400 Tremont St
(Roxbury Crossing
Station),
Boston, MA 02120
Tuesday and Friday
11 a.m. - 6 p.m.

ROSLINDALE

Roslindale Farmers Market

4236 Washington St,
Boston, MA 02131
Saturday
9 a.m. - 1:30 p.m.

ROXBURY

Dudley Town Commons Farmers Market

378 Dudley St,
Boston, MA 02119
Thursday
2:30 - 6:15 p.m.

Nubian Sq Farmers Market

145 Dudley St,
Boston, MA 02119
Saturday
11 a.m. - 3 p.m.

SOUTH BOSTON

South Boston Farmers Market

446 W Broadway,
Boston, MA 02127
Monday 12 - 6 p.m.

MONDAY

South Boston Farmers Market

446 W Broadway,
Boston, MA 02127
12 - 6 p.m.

TUESDAY

Copley Square Farmers Market

139 Saint James St,
Boston, MA 02116
11 a.m. - 6 p.m.

DotHouse Farmers Market

1353 Dorchester Ave,
Dorchester, MA 02122
11:30 a.m. - 1 p.m.

JP Centre St Farmers Market

677 Centre St,
Boston, MA 02130
12 - 5 p.m.

Roxbury Crossing Farmers Market

1400 Tremont St
(Roxbury Crossing
Station),
Boston, MA 02120
11 a.m. - 6 p.m.

WEDNESDAY

Brighton Farmers Market

30 Chestnut Hill Ave,
Brighton, MA 02135
2 - 6:30 p.m.

Charlestown Farmers Market

Main St and Austin St,
Boston, MA 02129
2 - 6:30 p.m.

East Boston Farmers Market

200 Border St,
East Boston, 02128
3 - 6:30 p.m.

THURSDAY

Blue Hill Farmstand

38 Fabyan St,
Dorchester, MA 02124
3 - 6 p.m.

Boston Public Market @ Dewey Sq

600 Atlantic Ave,
Boston, MA 02210
11 a.m. - 4 p.m.

Boston Nature Center

500 Walk Hill Street,
Mattapan, MA 02126
3:30 - 6:30 p.m.

Dudley Town Commons Farmers Market

378 Dudley St,
Boston, MA 02119
2:30 - 6:15 p.m.

Mission Hill Farmers Market @ Brigham Circle

725 Huntington Ave,
Boston, MA 02115
11 a.m. - 6 p.m.

FRIDAY

Ashmont Farmers Market

1900 Dorchester Ave,
Dorchester, MA 02124
3 - 7 p.m.

Copley Square Farmers Market

139 Saint James St,
Boston, MA 02116
11 a.m. - 6 p.m.

Fowler Clark Epstein Farm Stand

487 Norfolk St,
Mattapan, MA 02126
1 - 4 p.m.

Roxbury Crossing Farmers Market

1400 Tremont St
(Roxbury Crossing
Station),
Boston, MA 02120
11 a.m. - 6 p.m.

SATURDAY

Chinatown Farmers Market

Rose Kennedy
Greenway
(Auntie Kay/Uncle
Frank Park)
10 a.m. - 2 p.m.

Codman Square Farmers Market

360 Talbot Ave,
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Boston, MA 02130
12 - 5 p.m.

SUNDAY



BENGALI CHICKEN CURRY

Shared by Dita Joarder, Mason Elementary

INGREDIENTS

COOKING OIL

4 tablespoons

TURMERIC

½ teaspoon

GROUND CUMIN

2 teaspoons

GROUND CORIANDER SEED

1 teaspoon

CAYENNE PEPPER

½ teaspoon

SALT

1 ½ teaspoon

TOMATO PASTE

1 tablespoon

2 MEDIUM ONIONS

cut into quarters

2 CLOVES GARLIC

peeled

1 INCH OF GINGER

peeled

2 CINNAMON STICKS,

split in half lengthwise

6 WHOLE CLOVES

4 GREEN CARDAMOM PODS,
split a little open so they
don't burst in the pan

8 CHICKEN THIGHS

skinned, trimmed of fat and cut
in half across the bone

STEPS

- 1** Chop onions, garlic and ginger together finely, or put everything into a mini food processor and process to a paste.
- 2** Heat oil on medium, high heat in a large pot. Add cinnamon sticks, cloves and cardamom pods until they sizzle and release their aromas.
- 3** Immediately add onion, garlic and ginger mixture and sauté until translucent.
- 4** Add chicken pieces, turning heat to high, and stir constantly until seared browned (no pink showing, until it is light brown).
- 5** Add turmeric, cumin, coriander seed, cayenne pepper, salt and tomato paste and stir thoroughly for about **2 minutes**.
- 6** Add water to pot until chicken pieces are covered. Bring to a boil, then cover and bring heat to low. Cover and simmer for **15-20 minutes**.
- 7** Check with a fork if chicken is tender and cooked through, otherwise cover and simmer until done. If there is too much sauce in the pot at the end, uncover and remove chicken pieces and turn heat up to high to boil off excess water until you get the desired consistency.
- 8** Serve over rice or eat with Indian bread. As you experiment, you can play with the measurement of spices to your taste. Enjoy!

CARROT SOUP

Shared by Amanda A. Johnson, Washington Irving Middle School

INGREDIENTS

ONION

1 cup (chopped)

BUTTER

¼ cup (cubed)

HEAVY CREAM

1 cup

CARROTS

2 cups (sliced)

CHICKEN STOCK

2 cups

SALT/PEPPER

Season with salt/pepper

1 LARGE POTATO

(cubed)

WATER

½ cup

ROSEMARY

Top with sprinkle of rosemary

STEPS

- 1** In a 6qt pot, melt the butter and sauté the carrots, potatoes, and onion over med-high heat until onions begin to soften (about **10 minutes**, stirring a few times).
- 2** Add the chicken broth, water, and seasonings. Bring to a boil. After **10 minutes**, reduce heat to medium and cook for **30-40 minutes**, half covered with a pot lid.
- 3** When carrots are tender and the liquid has reduced, with a hand blender or a blender, blend the carrot to the texture or consistency you like for the soup.
- 4** Add the heavy cream and blend until incorporated. Pour into bowls and garnish with a dash of rosemary.





BLUEBERRY BREAD

Shared by Johnny Olevitz, Joseph P. Tynan Elementary

INGREDIENTS

BLUEBERRIES

1 ½ cups

BAKING POWDER

2 teaspoons

OIL

¼ cup

FLOUR

1 ½ cups

SALT

½ teaspoon

VANILLA

½ teaspoon

SUGAR

½ cup

MILK

½ cup

1 EGG

STEPS

- 1** Preheat the oven to **350 degrees**.
- 2** Wash and dry blueberries. Set aside.
- 3** In a large bowl, mix flour, sugar, baking powder, and salt.
- 4** In a separate bowl, mix milk, oil, vanilla, and egg.
- 5** Add wet ingredients to the dry ingredients. Mix until blended.
- 6** Fold in blueberries.
- 7** Pour batter into a greased and floured loaf pan. Sprinkle with 1 tablespoon of sugar.
- 8** Bake for **60 - 70 minutes**.

INSALATA DI FARRO

Shared by Helen Gallo Bryan, Boston Latin Academy

INGREDIENTS

1 CUP FARRO

OLIVE OIL

1/4 cup extra virgin olive oil

SEA SALT

1/2 teaspoon

BALSAMIC VINEGAR

2 tablespoon of concentrated balsamic vinegar

8 - 10 CHERRY TOMATOES

halved (more if you like)

1 BAG OR HEAD

OF SHREDDED ARUGULA LEAVES

rinsed (you can use more if you use baby Arugula)

PECORINO CHEESE

Grated or shaved

STEPS

1 The fast way to cook farro is to cover it with water the night before you plan to cook it. The next day, drain off the water and rinse a couple of times. This will get rid of some of the starch. Then put the farro in a 1-quart saucepan. Cover it with fresh water and cook until it is tender but not mushy. This will take about **15 minutes**.

2 Farro can be cooked without presoaking, but it will take a longer time to cook, about **30 minutes**. There are many different brands of farro, and some require longer cooking times.

3 Drain and transfer to a bowl.

4 Drizzle with olive oil to prevent the farro from sticking, especially if you plan to refrigerate.

5 In a large bowl, mix the cherry tomatoes, arugula, and farro. Then dress the salad with salt, olive oil, and balsamic vinegar. You can get everything ready and dress the salad just before serving. Shave the Pecorino Romano cheese onto the salad right before mixing and again after mixing for a garnish.





GRANDPA GALLO'S ARINCINI

Shared by Hellen Gallo Bryan, Boston Latin Academy

INGREDIENTS | MAKES 40 RICE BALLS

MOZZARELLA CHEESE

6 - 8 oz. (you can use the small balls in a container)

BREADCRUMBS

Progresso Italian flavored

CHICKEN BROTH

4 quarts

HEAVY CREAM

½ cup

1 ONION

1 medium onion

DRY WHITE WINE

1 cup

BUTTER

2 tablespoons

OLIVE OIL

2 tablespoons. (Canola Oil or another type of high heat oil)

SAFFRON

to your liking or just a few threads

PARMESAN CHEESE

½ cup imported Reggiano

RICE

2 lbs. Arborio or Carnaroli (Italian)

STEPS

1

In a large pan, sauté chopped onion in oil & butter until translucent.

2

Add rice and mix with onion and wine. Heat until wine “burns” off.

3

On a separate burner, bring the broth to a boil. Gradually add the rice until the rice has absorbed the broth, stirring constantly until thick and creamy.

4

Add saffron, cheese, and cream to the mixture.

5

Let the mixture set overnight in the refrigerator.

6

Make meatball size balls (about 3”) and stuff with ½ square inch pieces of fresh mozzarella or mozzarella pearls.

7

Roll each ball in breadcrumbs. Set aside.

8

In a pan, heat canola oil to **375 degrees**. Gently place rice balls (2 or 3 at a time) in hot oil and deep fry until rice balls are golden and crispy. Serve immediately.

BREAKFAST QUESADILLA

Shared by Ahlani Jackson,

INGREDIENTS

1 TORTILLA

Small flour tortilla

CHEDDAR CHEESE

¼ cup shredded

1 EGG

MILK

1 tablespoon

OIL

BREAKFAST SAUSAGE/MEAT

2 tablespoons

RED ONION

½ tablespoon

TOMATO

½ tablespoon (chopped)

1 HASH BROWN

SEASONING BLEND:

SALT | ¼ teaspoon

PEPPER | ¼ teaspoon

GARLIC POWDER

⅛ teaspoon

ONION POWDER

⅛ teaspoon

STEPS

- 1** In a bowl, whisk the eggs with the milk and seasoning blend until they are well blended and set aside.
- 2** In a medium skillet, brown the breakfast sausage on medium high heat. Once browned, transfer to bowl and set aside.
- 3** Using the same skillet, add a little oil and and cook the hash brown until golden brown.
- 4** Season each side with seasoning blend, and, once cooked, transfer to a cutting board and let cool.
- 5** Cut up hash brown into a bowl and set aside ½ teaspoon of the hash brown.
- 6** Using the skillet, add oil and cook red onion and chopped tomatoes for **2 minutes**. Once done, transfer to bowl and set aside.
- 7** In the skillet, pour in the egg mixture and add the vegetables. Stirring often until the eggs set, about **2-3 minutes**.
- 8** Transfer the mixture to a bowl and set aside.
- 9** In the skillet, warm the tortilla over medium heat. Once the tortilla is warm, sprinkle cheese to cover the tortilla.
- 10** Once the cheese is melted, layer the hash brown, sausage and eggs on one half. Press the empty tortilla half over the toppings.
- 11** Let the quesadilla cook until golden and crispy on the bottom, about **1 to 2 minutes**, reducing the heat if necessary to prevent burning the tortilla.
- 12** Flip it and cook until the second side is golden and crispy.
- 13** Serve with your favorite salsa or guacamole on the side!





PUPUSAS DE ESPINACAS

Shared by Alba Palma, PJ Kennedy

INGREDIENTS

ESPINACA

QUESO

STEPS

- 1** Picamos la espinaca muy finamente y revolvemos con el queso especial para pupusas.
- 2** Luego revolvemos harina maseca con agua calculado una masa que puedas palmar con las manos o bien usar un molde de aser tortia pones la mezcla dentro y serramos la masa redondinada muy bien se acompaña con salsa de tomate y curtido de repollo.

AUNT ELIZABETH'S CHICKEN PAPRIKASH

Shared by Constance Martin, Boston Saves (OFE)

INGREDIENTS

BUTTER

6 tablespoons (or margarine if you prefer)

OLIVE OIL

2 tablespoons

BONELESS CHICKEN BREASTS

1 pound (cut into slices)

1 PEPPER

1 green or red

PAPRIKA

2 tablespoons

WHITE WINE

½ cup (or chicken broth if you prefer)

LEMON JUICE

2 tablespoons

SOUR CREAM

1 cup

TOMATO PASTE

2 teaspoons concentrated (I use tomato sauce if no paste handy)

PEPPER

½ teaspoon

NOODLES

16 oz

1 ONION

STEPS

- 1** In a large skillet, melt butter with oil over moderate heat.
- 2** Cut chicken, onion, and pepper into pieces, and, when butter foams, add them to the skillet.
- 3** Sauté for **5 minutes** or until chicken is cooked.
- 4** Add paprika and stir for **1 more minute**.
- 5** Add wine and lemon juice. Gently boil for **5 minutes**. Stir occasionally.
- 6** Stir in sour cream. Reduce to a low simmer for **3 minutes**.
- 7** Serve over noodles.





HASHBROWNS

Shared by Jacqueline Perry, BCYF

INGREDIENTS

RED POTATOES

2 medium

SWEET ONION

½ small sweet onion

SALT

PEPPER

GREEN PEPPER

½ small green pepper

MAPLE BACON

2 slices of

RED PEPPER

½ small red pepper

BUTTER

1 teaspoon

STEPS

- 1** Dice or slice potatoes and bring to a boil.
- 2** Chop bacon.
- 3** Chop peppers and onion into small pieces.
- 4** Saute bacon, peppers, and onion with butter until the bacon is crispy.
- 5** Drain the water from the potatoes and add to the skillet. Stir gently, tossing ingredients. Add salt and pepper to taste.
- 6** Cover and let cook for **7 minutes**.
- 7** Stir gently again, and cover for **5 minutes**.

CHICKEN LO MEIN

Shared by Lauren Zaremba, BCYF

INGREDIENTS

SAUCE:

HOISIN SAUCE*

3 Tablespoons

SOY SAUCE

3 tablespoons low sodium soy sauce

SESAME OIL

1 teaspoon sesame oil

LO MEIN:

LO MEIN NOODLES

8 ounces uncooked

SESAME OIL

1 teaspoon sesame oil

OLIVE OIL

2 teaspoons

MINCED GARLIC

1 ½ tablespoons

2 CHICKEN BREASTS

2 medium boneless, skinless chicken breasts, cut into thin strips

FRESH SPINACH

3 cups fresh spinach

SNOW PEAS

1 cup

CARROTS

1 cup shredded carrots

STEPS

- 1** Bring a large pot of water to a boil. Add the lo mein noodles and cook until al dente. Drain and set aside.
- 2** In a large nonstick sauté pan set over medium heat, add the olive oil and sesame oil. Once hot, add the garlic and chicken and cook, stirring constantly, until the chicken is cooked through. Remove the chicken from the pan and set it aside.
- 3** Add the carrots and snow peas to the pan and cook, stirring constantly, until the vegetables are tender (about 3 minutes). Add the spinach, cooked noodles, chicken and prepared sauce to the pan and cook, stirring, until combined and the spinach is wilted (about 2 minutes). Serve immediately.



To make your own hoisin sauce whisk together: (Recipe from Just a Taste)

SOY SAUCE | 4 tablespoons

PEANUT BUTTER | 2 tablespoons

MOLASSES OR HONEY | 1 tablespoon

RICE VINEGAR | 2 teaspoons

1 GARLIC CLOVE | finely minced

SESAME SEED OIL | 2 teaspoons

HOT SAUCE |

1 teaspoon (more or less to taste),

BLACK PEPPER | ⅛ teaspoon





BARB'S CHOCOLATE CHIP COOKIES

Shared by Barbara Pecci, BCYF, Brighton

INGREDIENTS

FLOUR
2 $\frac{3}{4}$ cups

LIGHT BROWN SUGAR
 $\frac{2}{3}$ cup

BAKING SODA
1 teaspoon

WHITE SUGAR
 $\frac{2}{3}$ cup

BUTTER
 $\frac{1}{2}$ lb (2 sticks)

CHOCOLATE CHIPS
2 cups semi-sweet
chocolate chips

2 EGGS

VANILLA EXTRACT
3 teaspoons

STEPS

- 1** Pre-heat oven to **400 degrees**.
- 2** Carefully melt two sticks of butter to liquid form and set aside.
- 3** Crack two eggs into a large bowl.
- 4** Add sugar, light brown sugar, baking soda, vanilla extract and mix until smooth.
- 5** Add 1 cup of flour and mix together.
- 6** Add melted butter, remainder of flour (1 $\frac{3}{4}$ cups), and blend .
- 7** Add chocolate chips and blend.
- 8** Scoop a generous lump of dough and place on a cookie sheet.
- 9** Cook the tray of cookies at **400 degrees** for **11-12 minutes** .
- 10** Total recipe should give you 26 to 30 cookies all together. Enjoy!

PEPPERONI PIZZA DIP

Shared by Pat Kenney, West Roxbury, BCYF

INGREDIENTS

SOUR CREAM

8 ounces

PEPPERONI

¼ cup of chopped or sliced

RED HOT PEPPER

Pinch of red hot pepper
(optional)

CREAM CHEESE

8 ounces of

TOMATO SAUCE

4 ounces

CHIPS

Bag of chips

GREEN/RED PEPPERS

¼ cup chopped

MOZZARELLA CHEESE

½ cup

ONIONS

¼ cup chopped

OREGANO

Pinch of oregano

STEPS

- 1** Preheat the oven to **350 degrees**.
- 2** Mix cream cheese, sour cream, oregano and hot pepper, spread in a round pie pan.
- 3** Spread tomato sauce evenly over the mixture.
- 4** Sprinkle the pepper, onion and pepperoni over the tomato sauce.
- 5** Bake for about **15 minutes** or until it's bubbling. Or you can microwave on high for **15 minutes**.
- 6** Remove from oven and sprinkle the mozzarella, return to oven allowing cheese z to melt.
- 7** Let cool and serve with chips.





STONE SOUP

Shared by Lisa Zinck, BCYF, Dorchester

INGREDIENTS

OLIVE OIL

1 tablespoon

BROTH, STOCK, OR WATER V

5 cups of either

1 can of cooked beans

ONION

1 cup chopped

CORN

1 can

PEPPERS/PEAS

½ cup chopped

3 POTATOES

peeled and chopped

DICED TOMATOES

1 can of petite diced tomatoes

SEASONING MIX

1 teaspoon of either Italian or taco seasoning mix

2 LARGE CARROTS

peeled and sliced

COOKED MEAT

1 to 2 cups (beef or chicken)

Salt and pepper to taste

STEPS

- 1** In a large pot heat the oil.
- 2** Add the onions and cook, stirring on medium-low for **five minutes**.
- 3** Stir in the broth and then add in the potatoes and carrots. Continue cooking for another **five minutes**.
- 4** Add the corn, diced tomatoes, meat, beans, peppers or peas, and seasonings. Stir well and bring to a simmer.
- 5** Simmer for about **30 minutes** until all the vegetables are tender.
- 6** Add salt and pepper to taste.

WHITE BEAN TURKEY CHILI

Shared by Karen M. Olevitz, Joseph P. Tynan

INGREDIENTS

WHITE BEANS

Two 15.5 oz. cans of cannelli beans

SALSA VERDE

2 jars medium salsa verde

SWEET ONION

1 large sweet onion chopped

TURKEY BREAST

2 lbs. ground

CHICKEN BROTH

2 cups of chicken broth or stock

GARLIC

2 cloves chopped

STEPS

- 1** In a large dutch oven, brown turkey with chopped onion and garlic.
- 2** Add chicken stock, two jars of salsa verde, and two cans of rinsed beans.
- 3** Cover and heat over medium, stirring occasionally, until heated through (about **15 minutes**).





COD FISH SALAD

Share by Gloria Muguia, BCYF, Jamaica Plain

INGREDIENTS

COD FISH

2 packages

1 MEDIUM CABBAGE

cut into small pieces

1 GREEN PEPPER

chopped

1 RED PEPPER

chopped

OREGANO

PARSLEY

TOMATOES

diced

OLIVE OIL

4 GARLIC CLOVES

smashed

PAPRIKA

SAZÓN

RICE

STEPS

- 1** Soak the fish in water for about **1/2 hour**.
- 2** Discard salty water and place the fish in a medium or large pan to cook until it boils for a **few minutes**.
- 3** After boiling, take the fish out and place in a bowl of cold water for a **few minutes**.
- 4** Cut the fish into small pieces and rinse with water.
- 5** In a big pan, heat oil and garlic. Add cabbage, peppers, sazón, and paprika. Cook on low heat for **few minutes** while stirring.
- 6** Add the cut cod fish.
- 7** Add additional olive oil, oregano, parsley, and stir until it's just cooked (veggies don't have to be cooked too much).
- 8** Serve with rice on the side.

PANCAKES

Shared by Lauren Hurley, BCYF, West Roxbury

INGREDIENTS

FLOUR

1 cup

BAKING POWDER

3 teaspoons

1 EGG

beaten

MILK

$\frac{3}{4}$ cup

SALT

$\frac{1}{2}$ teaspoon

SUGAR

1 tablespoon

MELTED BUTTER

2 tablespoons

STEPS

- 1** Beat egg and all the ingredients in a mixing bowl.
- 2** Let mixture sit for a minute before spooning onto a hot buttered pan.
- 3** Cook until you see bubbles and flip.
- 4** Try with blueberries or Strawberries.





VEGAN BAKED SPINACH ARTICHOKE DIP

Shared by Melissa Hector, Dorchester, HHS

INGREDIENTS

OLIVE OIL

1 tablespoon

BABY SPINACH

4 cups chopped

PANKO BREAD CRUMBS

⅓ cup

GARLIC

3 large cloves diced

VEGAN CREAM CHEESE

8 oz.

SALT

to taste

ARTICHOKE HEARTS

12 oz. marinated artichoke hearts chopped into bite size pieces

VEGAN MAYO

¼ cup (optional)

PEPPER

to taste

GARLIC POWDER

½ teaspoon

Bread slices or tortilla chips to serve

STEPS

- 1** Preheat oven to **400 degrees**.
- 2** Heat olive oil in a pan over medium heat.
- 3** Add garlic and saute for **1 minute**, stirring frequently.
- 4** Add artichoke hearts and spinach and saute until spinach is wilted.
- 5** Add cream cheese, mayo, garlic powder, salt and pepper to the pan and stir to combine.
- 6** Transfer to a baking dish, top with panko bread crumbs and bake in the oven for **5 minutes**.
- 7** Turn oven to broil and cook for an additional 3-5 minutes, or until the top begins to brown.
- 8** Remove from the oven and serve with bread slices or tortilla chips.

SMASHED POTATO!

Shared by Robert Chan, BCYF, Mission Hill

INGREDIENTS

SALT

2 tablespoon

OIL

4 tablespoon

PEPPER

1 tablespoon

3 POTATOES

STEPS

- 1** Wash and clean potatoes.
- 2** Add 1 tablespoon of salt to water and boil potatoes for **20 minutes** and then drain.
- 3** Preheat oven to **375 degrees**.
- 4** Coat a pan with oil and add potatoes to the pan.
- 5** Smash down potatoes to a $\frac{1}{4}$ or $\frac{1}{2}$ inch thickness – a mug works great for this.
- 6** Sprinkle with salt and pepper (you can also add more oil to the top to make a little more crispy).
- 7** Bake for **10 minutes** on the bottom rack.
- 8** Move to the top rack and bake for another **10 minutes** until the skin is crispy. Enjoy!





TURKEY CHILI WITH BUTTERNUT SQUASH

Shared by Raymond Health Jr., BCYF, Mattapan

INGREDIENTS

BUTTERNUT SQUASH
2 cups

GREEN PEPPER
½ cup

TOMATO SAUCE
One 8 oz can

CUMIN POWDER
1 tablespoon

GROUND TURKEY
1 lb.

RED PEPPER
½ cup

CHILI POWDER
3 tablespoons

CHICKEN BROTH
2 cups

BLACK/KIDNEY BEANS
1 cup

YELLOW ONION
½ cup

SALT
1 teaspoon

OLIVE OIL
2 tablespoons

GARLIC
2 cloves chopped

BLACK PEPPER
1 teaspoon

STEPS

- 1** Using 1 tablespoon of olive oil, heat your skillet on medium heat.
- 2** Add peppers, onions and butternut squash and cook until tender. **2-3 minutes**. Set aside.
- 3** Using same skillet add remaining olive on medium heat.
- 4** Add ground turkey and garlic to skillet, add salt and pepper and cook until no longer pink.
- 5** Combine peppers, onions and butternut squash and to ground turkey. Carefully mix well.
- 6** Add chili powder, cumin and mix well.
- 7** Add tomato sauce and chicken broth. Mix well.
- 8** Let chili simmer for **15 minutes** and stir every few minutes.
- 9** Serve with vegetarian cornbread or rice.

SPICY ITALIAN SAUSAGE AND PEPPERONI FLATBREAD PIZZA

Shared by Ahlani Jackson

INGREDIENTS

2 NAAN FLATBREADS

PIZZA/MARINARA SAUCE

1 cup

MOZZARELLA CHEESE

1 cup shredded or sliced

PARMESAN CHEESE

½ cup of shredded

2 HOT ITALIAN SAUSAGES

PEPPERONI

½ cup (chopped)

OLIVE OIL

2 tablespoons

FRESH BASIL LEAVES

2-3 chopped (optional)

STEPS

- 1** Preheat oven to **450 degrees**. Line a large baking sheet with foil and set aside.
- 2** Heat 2 tablespoons of olive oil on medium heat. Remove Italian sausage from its casings and add meat to the pan. Cook for **5-6 minutes** breaking up the sausage into smaller pieces. Once browned, remove the sausage and set aside.
- 3** Chop pepperoni and set aside
- 4** Place both pieces of naan on lined baking sheet. Divide pizza or marinara sauce between the two pieces of naan. Spread evenly over the top.
- 5** Evenly top naan pieces with mozzarella cheese, parmesan, sausage and pepperoni.
- 6** Place in oven and bake for **10-15 minutes** or until cheese is melted and browned and is bubbly!
- 7** Remove from oven, let rest for **2 minutes**. Top with chopped basil, slice and serve!





SOUR CREAM BANANA BREAD

Shared by John Jackson, BCYF, Mission Hill

INGREDIENTS

SUGAR

1 cup (7.5 ounces)
granulated sugar

BANANAS

1 cup mashed ripe
bananas (about 8 ounces)

FLOUR

1 ½ cup (7.5 ounces)
(see note)

OIL

½ cup (see note)

3 RIPE BANANAS

SALT

½ teaspoon

2 EGGS

SOUR CREAM

½ cup (4 ounces)

VANILLA

1 teaspoon

BAKING SODA

1 teaspoon

STEPS

- 1** Preheat the oven to **350 degrees F**.
- 2** Grease and flour a 9 x 5 inch loaf pan (or several mini loaf pans).
- 3** In a large bowl, whisk together the sugar and oil. Add the eggs, bananas, sour cream and vanilla; blend well.
- 4** Add the flour, baking soda and salt; stir just until dry ingredients are moistened.
- 5** Spread the batter evenly in the prepared pan.
- 6** Bake for **50-60 minutes** until toothpick inserted in the center of the loaf comes out clean.
- 7** Cool for **five minutes** in the pan. Gently turn out onto a cooling rack and cool completely. Store covered at room temperature (the bread also freezes great).

BACALHAU À BRÁS

Shared by Joy DePina, BCYF Marshall

INGREDIENTS

DRIED SALT COD

1 pound

OLIVE OIL

7 tablespoons, divided

ONION

1 large onion, thinly sliced

SALT

½ teaspoon

8 LARGE EGGS

1 BAY LEAF

18 GREEN/BLACK OLIVES

BLACK PEPPER

½ teaspoon freshly ground

PARSLEY LEAVES

4 tablespoons chopped
flat-leaf parsley leaves, divided

RUSSET POTATOES

1 ½ pounds, peeled, cut
into matchstick-size strips
(about 6 cups)

OPTIONAL:

2 garlic cloves and dry red
pepper flakes

STEPS

- 1** Rinse the fish and place it in a bowl. Add enough cold water to cover. Chill overnight, changing the water several times.
- 2** The next day, drain the fish and transfer to a large saucepan. Cover with water, bring to a boil, and simmer until the fish flakes easily, about **15 minutes**. Drain and cool. Flake the fish, discarding any bones.
- 3** Heat 4 tablespoons of the oil in a heavy, large nonstick skillet over medium-high heat. Add the potatoes in batches and saute until crisp and golden, about **7 minutes** per batch. Transfer the potatoes to paper towels to drain.
- 4** Add 1 tablespoon of the oil to the same skillet. Add the onion and bay leaf and saute until golden, about **15 minutes**. Discard the bay leaf. Reduce the heat to low. Add the remaining 2 tablespoons oil to the onion slices in the skillet. Mix in the fish and potatoes.
- 5** Whisk the eggs, the ½ teaspoon salt, and the ½ teaspoon pepper in a large bowl to blend. Add the egg mixture and 3 tablespoons of the parsley to the fish mixture in the skillet. Cook over medium heat until the eggs are softly set, stirring occasionally, about **3 minutes**. Transfer the everything to a platter. Garnish with the olives and the remaining 1 tablespoon parsley.





TORTILLA SOUP

Shared by Jennifer Valenzuela, Roslindale

INGREDIENTS

4 CHICKEN BREAST

halves, quartered

BLACK BEANS

two 15 oz cans undrained

STEWED TOMATOES

Two 15 oz cans

CORN

2 cans drained

SALSA

1 cup (whichever temp you prefer, tastier when it's fresh and not from a jar)

GREEN CHILI

One 4 oz can chopped green chili

TOMATO SAUCE

One 14 ½ oz can

TORTILLA CHIPS

SHREDDED CHEESE

CILANTRO

AVOCADO

Sliced

SOUR CREAM

STEPS

- 1** Combine all ingredients except cheese, chips, avocado and sour cream in a large slow cooker.
- 2** Cover, cook on low for **8 hours**.
- 3** Just before serving, remove chicken breasts and shred. Then put it back in the soup.
- 4** Serve in soup bowl. Garnish with shredded cheese, cilantro, sliced avocado, sour cream, and serve with chips.

NOTE:

If you are not eating all of the soup at one time, then don't shred all of the chicken. Only shred what you're eating. Otherwise, the shredded chicken absorbs all of the liquid and then you have a thick stew! This also goes great in the freezer in single size containers!

AUNTIE WESHA'S COOKIES

Shared by Patricia Romano, BCYF, North End

INGREDIENTS

FIRST SET:

CHERRY JUICE

2 tablespoons

SUGAR

1 cup

3 LARGE EGGS

VEGETABLE OIL

½ cup (I use Crisco)

VANILLA

1 ½ teaspoons

SECOND SET:

FLOUR

3 cups

BAKING POWDER

1 ½ teaspoons of

WALNUTS

½ cup chopped

CHOCOLATE CHIPS

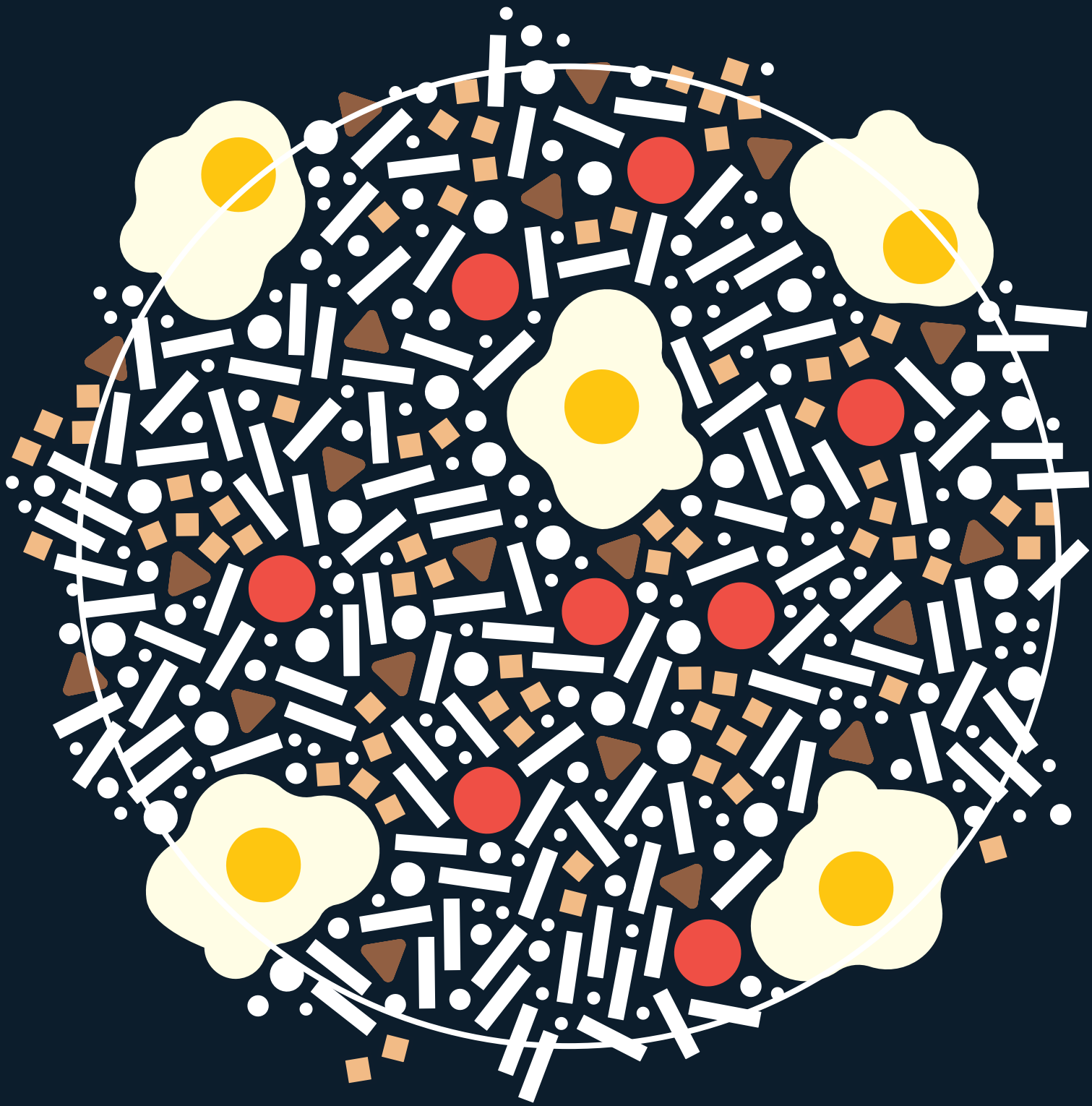
6 ounces

20 CHERRIES

Quartered (Maraschino or Salad Cherries)

STEPS

- 1** Mix the first set of ingredients in a large bowl by hand. Then mix the second set of ingredients and add it to the first set. Mix by hand until incorporated. If sticky add a bit more flour.
- 2** Bake at **350 degrees** for **20 - 25 minutes** on a greased cookie sheet. Should be golden brown on edges.
- 3** You can double bake these cookies. Cut when cool on the diagonal and place cut side up until golden brown. About **6 minutes** a side. Cookies will then be harder like a biscotti.





LAZY BURRITO

Shared by Cindy Dye, East Boston

INGREDIENTS

GROUND BEEF

CHOPPED TOMATOES

ONION

Optional

REFRIED BEANS

SOUR CREAM

GARLIC

Optional

SALSA

LETTUCE

TORTILLAS

SPICES OR SOFRITO

As desired

SHREDDED CHEESE

STEPS

- 1** Brown the ground beef and add about the same amount of refried beans. Then add some salsa. You can also add onion, garlic, or spices you like (or sofrito). You can let the meat/beans mix cool and refrigerate for later or use right away.
- 2** Assemble the burrito on a microwaveable plate by putting the meat/bean mix into a rolled up tortilla and then covering it with a generous amount of shredded cheese.
- 3** Microwave until the cheese is melted and the inside is warm.
- 4** Top with chopped up tomatoes, a little more salsa, sour cream, and lettuce. Eat with a fork and a knife. Messy, but good!

PECAN PIE

Shared by Paul Flagg, Brighton

INGREDIENTS

BUTTER

2 table spoons, melted

SUGAR

½ cup

DARK CORN SYRUP

1 ½ cup

3 EGGS

VANILLA

¼ teaspoon

SALT

⅛ teaspoon

FLOUR

2 tablespoons

PECAN HALVES

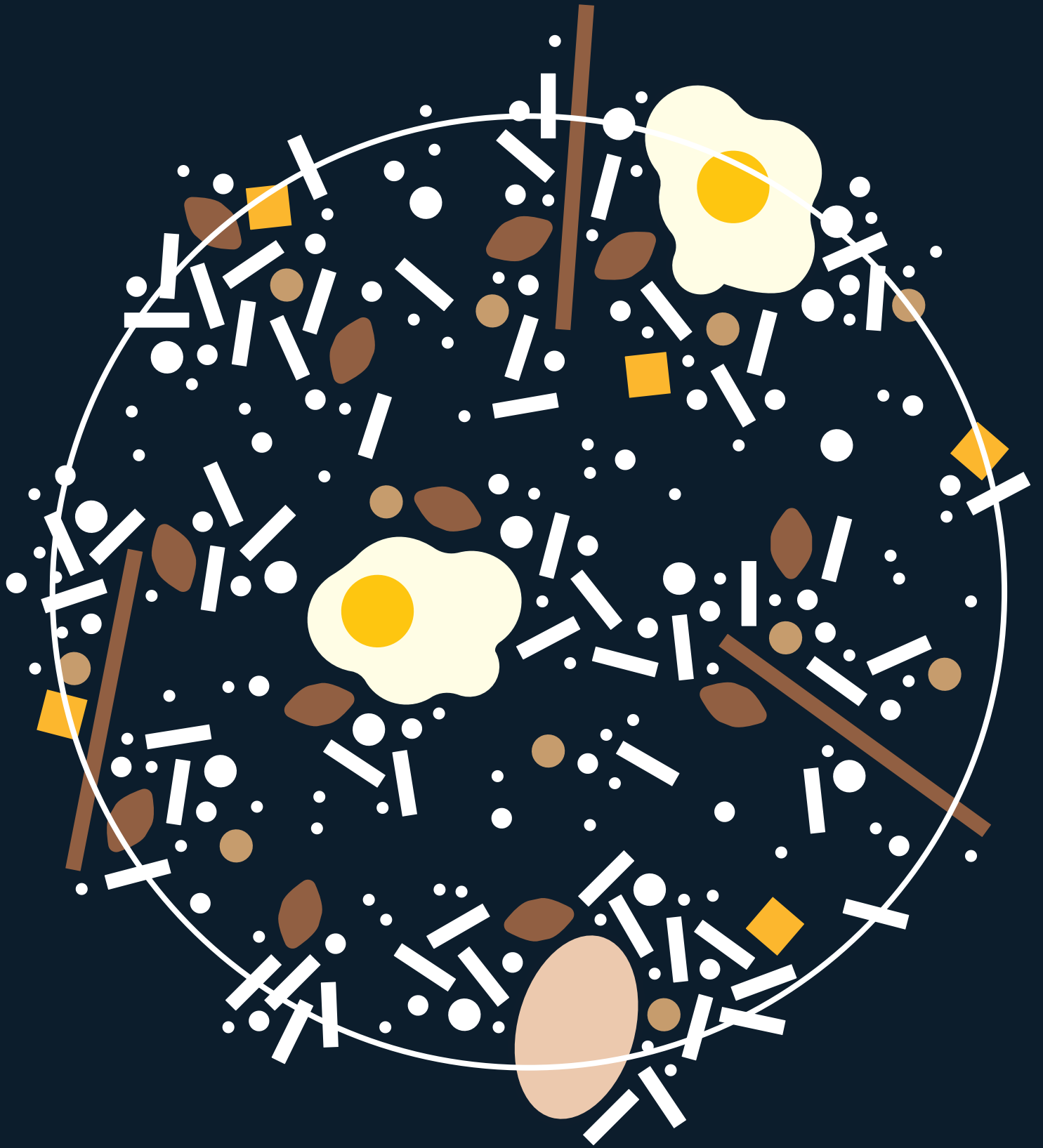
1 ½ cup

PIE CRUST

9-inch deep-dish pie crust,
frozen and unbaked

STEPS

- 1** Preheat oven to **425 degrees Fahrenheit**.
- 2** Combine melted butter with sugar and corn syrup.
- 3** Beat eggs and add vanilla, salt, and flour.
- 4** Add butter and sugar mixture and combine well.
- 5** Pour mixture over pecans in frozen, unbaked pie crust.
- 6** Bake for **10 minutes**, then turn the temperature down to **325 degrees** and bake for an additional **50 minutes**. Let cool completely before serving.





SHRIMP SCAMPI

Shared by Yvonne Apicella Fofana, East Boston

INGREDIENTS

10 RAW SHRIMP

4 CLOVES GARLIC

2 PLUM TOMATOES

chopped

FLAT LEAF PARSLEY

1 tablespoon

OLIVE OIL

4 - 5 tablespoons

BUTTER

1 tablespoons

WHITE WINE

½ cup white cooking wine
or chicken broth

LINGUINI

Cooked and save some water
from cooked pasta

STEPS

- 1** Sauté garlic and tomato until soft.
- 2** Add raw shrimp sauté for **1 min** and add liquid (wine or broth). Simmer **2-3 minutes**.
- 3** Add linguini to the pan (you have to judge the amount of pasta to the sauce). If it's too dry add a small amount of pasta water. It will be salty, so no salt needed.
- 4** Optional: Add crushed red pepper if you like it spicy.

