



*UCANR Staff Assembly
Healthy Snack Day 2019*

South Coast REC Good Eats Cookbook

Recipes from the Orange County Staff



Recipe for _____ *Spicy & Crispy Garbanzos* _____
 Serves _____ *6* _____
 From the kitchen of _____ *Hipcooks.com* _____

Healthy



Snacking

Ingredients

1 cup dried garbanzos,
 soak overnight then cook until tender,
 lay out on paper towels to dry
 4 T Olive oil
 Maldon Salt
 Thyme Leaves
 Spanish Paprika

Directions

Preheat oven to 400°F.

Toss the cooked garbanzos with olive oil, put on a cookie sheet in a single layer and bake until brown and crispy in oven.

Toss with a touch more olive oil, thyme, salt & Spanish paprika.



Recipe for _____ *Stuffed Piquillo Peppers with Quinoa & Manchego Cheese* _____
 Serves _____ *6* _____
 From the kitchen of _____ *Hipcooks.com* _____

Healthy



Snacking

Ingredients

1 cup uncooked quinoa - we love using red quinoa, or a combination of colors
 ½ cup finely chopped onion
 1 garlic clove, chopped
 ¼ cup chopped parsley
 sea salt, pepper and olive oil
 a squeeze of lemon, if desired
 1 16 oz tin piquillo pepper
 ½ pound manchego cheese, cut into 1/8 inch strips about as long as the piquillo peppers

Directions

Sweat the onions and garlic in a saute pan. When just beginning to impart their flavor, add the quinoa and cook for about half a minute. Then add 1 3/4 cup of water and cook until perfect - it shouldn't take long - about 15 minutes or so.
 Season with salt, pepper, a sprinkle of parsley and a little squeeze of lemon if you are so inclined.
 Scoop filling into the piquillo peppers and manchego.
 Serve sprinkled with a little parsley.



Recipe for Beef & Lamb Meatballs in Tomato Anchovy Sauce

Serves 12

From the kitchen of Hipcooks.com

Healthy



Snacking

Ingredients

1 pound ground lamb and beef (1/2 each, or any combo)
1 egg, beaten
1/4 cup dried breadcrumbs
2 T chopped parsley
1 medium onion, finely chopped
2 garlic cloves, chopped
1/2 cup wine - either red or white work!
1/2 cup broth - beef or chicken
1 cup tomato puree
3-5 anchovy, depending on your tastebuds

Directions

Mix the ground meat with breadcrumbs and parsley. Season with salt and pepper. Form into 1-inch balls. Sauté in olive oil until just browned; transfer to a plate. Heat a small swirl of olive oil in a skillet; add chopped garlic and onion and sweat for several minutes. Next add anchovy; it will melt in the pan. Add the wine and reduce by about half. Stir in the tomato and broth; remove from heat. In a blender or food processor, whiz sauce until smooth. Return to skillet, adjust seasonings if you need, and add the meatballs. Simmer for about 5 - 10 minutes.



Recipe for Red Onion and Olive Salad in Endive Boats

Serves 12

From the kitchen of Hipcooks.com

Healthy



Snacking

Ingredients

1/2 red onion, cut into the thinnest slivers and soaked in cold water
2 oranges
1/4 cup pitted black olives, roughly chopped
2 T olive oil
Maldon sea salt
Black pepper
Orange Muscat champagne vinegar
3 heads of endive (you can buy a tri-pack at TJ's)

Directions

"Supreme" the orange by removing the peel and pith and cutting along the segments.

Make salad by combining the onion, orange, olives, olive oil, salt and pepper with a dash of infused vinegar.

Stuff into endive leaves and garnish with fennel fronds or parsley.



Recipe for _____ Ceviche and mango salsa on mini tostadas _____

Serves _____ 6 _____

From the kitchen of _____ Hipcooks.com _____

Healthy



Snacking

Ingredients

¼ - ½ pound white fish, thinly sliced (such as mahi mahi, turbot, monkfish) and 6 shrimp, halved lengthwise
1 mango, diced
2 scallions, diced
1 sweet red pepper, diced
1 large handful cilantro, chopped
juice of 5 limes or lemons
a swirl of olive oil (extra-virgin, first cold pressed)
1 fresh jalapeño or Serrano chili pepper, diced finely
sea salt and pepper

Directions

Soak the fish and shrimp in the citrus juice until the shrimp turns pink and the fish changes from translucent to white.

Combine with the other ingredients.

Spoon onto a freshly toasted tortilla round to serve.



Recipe for _____ Eggplant Hummus (Baba Ganoush) _____

Makes _____ about 2 cups _____

From the kitchen of _____ Rita Jakel _____

Healthy



Snacking

Ingredients

1 large eggplant, grilled to tenderness
Juice and zest of 1 lemon
2 T tahini (sesame paste)
1 small shallot, chopped
1 T no salt seasoning (such as Kirkland organic)
sea salt and pepper to taste
3 T extra virgin olive oil

Directions

Grill eggplant until charred on the outside and tender on the inside or slice longwise and grill to tenderness. Scoop flesh out of skin, discard skin. Blend eggplant with juice and zest of lemon, shallot, tahini, seasoning in blender or processor until smooth.

Drizzle olive oil and continue to process until creamy, adding water if mixture is too thick. Adjust seasonings. Serve with crudité and pita chips, crackers or bread toasts.



Recipe for _____ Goat Cheese Ice Cream with Red Wine Syrup _____

Makes _____ 1 quart of ice cream _____

From the kitchen of _____ Hipcooks.com _____

Healthy



Ingredients - for the ice cream

3 cups whole milk
2 T cornstarch
2.5 oz goat cheese, softened (this is high in casein proteins which gives ice cream body)
pinch of sea salt
1¼ cup heavy cream
¼ cup sugar
zest of one lemon

Directions

Mix a couple of tablespoons or so of the milk with the cornstarch to dissolve. Add the rest of the milk, cream, and sugar into a pot and heat until boiling. Boil for a few minutes.

Remove from heat and stir in the cornstarch. Stir slowly for about a minute, until the mixture thickens slightly. Add the goat cheese, lemon zest and a pinch of salt and stir until smooth.

Chill the mixture and when cold, churn in an ice cream maker according to manufacturer's directions.

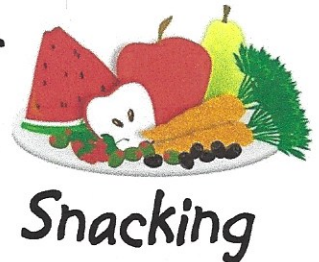


Recipe for _____ Goat Cheese Ice Cream with Red Wine Syrup _____

Makes _____ 1 cup of syrup _____

From the kitchen of _____ Hipcooks.com _____

Healthy



Ingredients - for the syrup

1 750-ml bottle red wine
1 cup + 1 tbs. sugar
2 cinnamon sticks

Directions

Bring wine, sugar, and cinnamon to boil in large saucepan, stirring until the sugar dissolves.

Boil until the mixture reduces to one cup, about 18 minutes, and then cool the syrup completely.

Drizzle over the ice cream.



Recipe for _____ Jamon y Queso Empanadas v. 1 _____

Serves 8

From the kitchen of _____ Hipcooks.com _____

Healthy



Snacking

These mini-empanadas are lovely for a party – easy to make in advance, freeze, and heat in the oven to order. Our favorite wrappers are called "La Saltena" and are specifically for empanadas. To simplify life, use round potsticker (wonton) wrappers that you can find at Asian markets and many grocery stores. Or use puff pastry dough rolled out and stamped into circles with a drinking glass. This yields a flakier-pastry empanada. Depends what you like – flaky pastry or thin and crunchy pastry.

Ingredients - For one empanada filling type

1 cup your favorite grated cheese (like emmental, gruyere, mozzarella or even a shredded quatro formaggio mix)

3-4 slices of jamon serrano (or any variety of ham), chopped

Directions

Preheat oven to 400°F.

Combine both ingredients in a bowl until blended.

Fill empanadas with a scoop of filling and seal.

If you are using La Saltena wrappers or puff pastry, then prick each empanada with a fork before baking.

For wonton wrappers, lightly brush with egg wash (one egg plus 1 T water) before baking to ensure a nice toasty-looking empanada. Bake until browned.



Recipe for _____ Jamon y Queso Empanadas v. 2 _____

Serves 8

From the kitchen of _____ Hipcooks.com _____

Healthy



Snacking

These mini-empanadas are lovely for a party – easy to make in advance, freeze, and heat in the oven to order. Our favorite wrappers are called "La Saltena" and are specifically for empanadas. To simplify life, use round potsticker (wonton) wrappers that you can find at Asian markets and many grocery stores. Or use puff pastry dough rolled out and stamped into circles with a drinking glass. This yields a flakier-pastry empanada. Depends what you like – flaky pastry or thin and crunchy pastry.

Ingredients - For one empanada filling type

1 cup your favorite grated cheese (like emmental, gruyere, mozzarella or even a shredded quatro formaggio mix)

1 cup thinly sliced yellow onion, cooked until softened in a pat of butter and splash of Cognac

Directions

Preheat oven to 400°F.

Combine both ingredients in a bowl until blended.

Fill empanadas with a scoop of filling and seal.

If you are using La Saltena wrappers or puff pastry, then prick each empanada with a fork before baking.

For wonton wrappers, lightly brush with egg wash (one egg plus 1 T water) before baking to ensure a nice toasty-looking empanada. Bake until browned.



Recipe for _____ Patatas Bravas with Orange Saffron Aioli _____

Serves _____ 6 _____

From the kitchen of _____ Hipcooks.com _____

Healthy



Snacking

Ingredients

4 Red Bliss Potatoes, cut into large dice
1 T butter
1 T Paprika
1/8 t Cayenne
4 Cloves garlic, minced

Directions

Toss potatoes in olive oil and crisp up the potatoes in oven at 400°F.
Melt butter in a sauté pan and add garlic.
Add potatoes and spices, toss to coat and finish crisping in oven.
Serve with Aioli.



Recipe for _____ Orange Saffron Aioli _____

Makes _____ about 1½ cup _____

From the kitchen of _____ Hipcooks.com _____

Healthy



Snacking

Ingredients

2 cloves garlic
1-2 egg yolks (depending on size), completely free of whites and room temp
½ cup extra virgin olive oil
½ cup grapeseed oil
pinch saffron, softened in tablespoon hot water
juice of half a lemon
grated zest of 1 orange

Directions

Crush garlic and sprinkle with 1 t coarse sea salt. Make into a smooth paste either in a mortar or on cutting board. Add garlic mash into room temperature yolks; combine to make a sticky, thick paste. Begin blending paste in a food processor or blender. Drizzle oil into whisking emulsion, a little at a time. After a minute or so the aioli gets very thick. Add the lemon juice, whisk well, then continue adding oil until you get the texture you'd like. Always add a little at a time so the whisking mixture can emulsify. Drizzle in saffron liquid and orange zest.
Taste and whisk in more salt or a little orange or lemon juice if needed. If it breaks, you can make more paste and possibly bring it back together with fresh paste, adjusting seasoning as you need, or just drizzle over your dish.

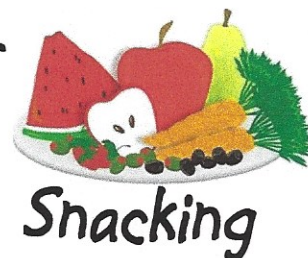


Recipe for _____ Watermelon & Kiwi Popsicles _____

Serves _____ 16 _____

From the kitchen of _____ Realfoodbydad.com _____

Healthy



Ingredients

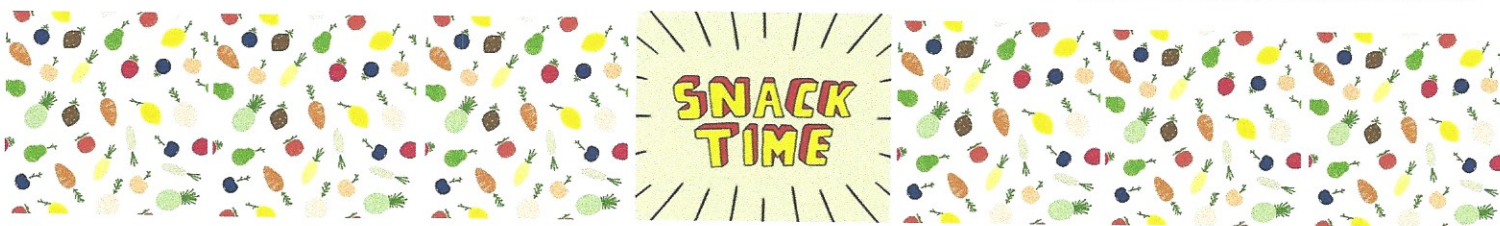
5 cups watermelon, pureed
(about ½ of a large melon)

5 medium kiwi, peeled and sliced

Directions

Place watermelon in a blender; process until smooth. Place kiwi slice in mold; fill popsicle wells with watermelon juice. Continue layering until wells are full. Insert popsicle stick and let freeze until solid.

****NOTES**** If your watermelon is not at its peak and lacking some sweetness, add 1 T of agave syrup at a time to the mixture until preferred sweetness is reached. The yield of this recipe will vary on the mold used. The mold used in the photo yields sixteen 3oz popsicles. If your popsicle mold does not have a top, cover the top with foil and outline each well with your fingers. Cut a tiny slit in the middle of each well; insert popsicle stick before freezing.



Recipe for _____ Zucchini Chips - Dehydrated _____

Makes _____ about 4 cups _____

From the kitchen of _____ adapted from lowcarb-nocarb.com _____

Healthy



Ingredients

3 Zucchini, thinly sliced
with a mandolin or by hand
2 Tablespoons of olive oil w/lemon
3 – 4 Tbsp Kraft parmesan cheese
2 tsp granulated garlic powder
1 tsp granulated onion powder
1-2 Tsp New Mexico red chile powder, to taste
½ teaspoon of salt
¼ teaspoon of ground pepper

Directions

Clean and dry zucchini; thinly slice. Place all the zucchini slices into a bowl, sprinkle with olive oil, parmesan cheese, and all seasonings. Gently mix all together and place onto the dehydrator plates. Set the dehydrator 150°F. Switch the plates every 2 hours to make the drying process happen evenly. Once done, store it in an airtight container, or enjoy Once cooled.



Recipe for _____ Bacon Stuffed Cherry Tomatoes _____

Serves _____ 15 _____

From the kitchen of _____ adapted from C. Lewis _____

Healthy



Snacking

Ingredients

8 slices bacon – cook until very crisp; crumbled
(Oscar Mayer Ready To Serve Thin Sliced works great!)
1 pint cherry tomatoes
½ tsp salt
½ tsp coarse ground pepper
½ tsp finely chopped basil
4 scallions, finely chopped
¼ to ½ cup mayonnaise
½ to 1 cup finely crumbled feta cheese – plain or
with herbs

Directions

Cook bacon as directed until very crisp. Crumble and set aside.
Remove stems from cherry tomatoes. Cut a thin slice from the bottom of each tomato. Scoop out tomato seeds and pulp. Lightly salt tomato cavities and drain upside down on paper towels for 20 minutes.
Combine bacon, pepper, basil and scallions with mayonnaise and feta cheese in a small bowl.
Spoon filling into tomato cavities mounding slightly.
Refrigerate up to two hours before serving.

