



THE GLOBAL CUISINE

Cookbook



The Global Cuisine Cookbook

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The American Cultures Engaged Scholarship (ACES)

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Africa



ETHIOPIAN CUISINE

Spicy Red Lentil Sauce

by **Wintana Kiros, RDN, LDN**

www.ResetLifestyle.com

Spicy Red lentil sauce is a staple recipe in most Ethiopian homes as it is easy to make and lentils are a shelf stable source of plant protein. Most Ethiopian, who are orthodox christians, are vegan 180-250 day out of the 365 days. Spicy Red lentil sauce is consumed frequently during the fasting season.




INGREDIENTS

- 4 cups water
- 2 cups red lentils
- 1 cup chopped onion
- ¼ cup olive oil
- ¼ cup berbere* (Ethiopian pepper powder)
- 2 fresh medium tomatoes, diced
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- Salt to taste

NOTES

- This is not culturally done but a helpful cooking technique to decrease bloating and gas before eating food with legumes – Rinsing and boiling red lentils before using them is a crucial step to reduce the content of antinutrients, such as oligosaccharides, complex sugars, that cause bloating & gas when consumed, difficult for some people to digest as they lack the enzyme necessary to break them down effectively.
- Berbere is our “curry” to Indian cuisine. I have found a vendor selling it online, but if for some reason they don’t ship to your state or country, <https://tinyurl.com/BerberSpice> has a recipe of how you can make your own Berbere spice.

DIRECTIONS

 6 servings


1. Place the red lentils in a fine-mesh sieve and rinse them under cold running water until the water runs clear.
2. Transfer the rinsed 2 cups of lentils to a large pot and add enough water (about 4 cups) to cover them by at least 2 inches.
3. Bring the water to a boil over high heat. Once boiling, reduce the heat to a simmer and cook for 10-15 minutes, or until the lentils are tender but not mushy.
4. Drain the lentils using a sieve and rinse them once more under cold running water to remove any remaining oligosaccharides.
5. While the lentils are cooking, add the onions and oil to a sauce pan, cover, and heat over medium heat for about 2 minutes. Stir to coat. Saute for another 5 minutes until onions are translucent.
6. Add the berbere, tomato, garlic, and ginger to the saucepan with onions. Lower the heat and stir to combine, adding a few tablespoons of water if needed, making sure the vegetables do not burn. Cook for about 10 minutes until the vegetables are softened.
7. Add the cooked lentils to the vegetables and add salt to taste. Stir well to combine.
8. If the sauce seems too thick, add up to an additional cup of water and simmer for 10 minutes, stirring occasionally until the mixture is similar to the consistency of chili. Serve with injera (or pita bread or chips) that you can dip into the sauce.

* Tip: This sauce is quite spicy, so consider halving the amount of berbere if you don't like things too hot.

Asia



DIRECTIONS

 4 servings

1. Put your frying pan on medium heat. Add the raw rice.
2. Roast the rice for about 5 minutes, stirring every now and then, until deep golden brown all over.
3. Set the roasted rice aside in a small bowl to cool.
4. In the meantime, grab your mortar and pestle or set yourself up with a cutting board, your fist-sized smooth rock and plastic sandwich bag. If using the rock and plastic bag method, add your rice to the bag and close the bag up firmly.
5. Grind the rice until its texture is somewhere between rough and fine sand. Set the ground rice aside for later.
6. Put the pan back on high heat. Add about 1 cup of water to cover the bottom of the pan. Add a good pinch of salt.
7. Once the water comes to a boil, add half of the shallots ($\frac{1}{4}$ cup) and all of the mushrooms.
8. Stir continuously to encourage cooking of mushrooms and shallots, about 5 minutes. The mushrooms will have released some liquid.
9. Pour cooked mushroom and shallot mix into the mixing bowl, being careful to hold back most of the accumulated liquid.
10. Add all the herbs and the remaining $\frac{1}{4}$ cup thinly sliced shallots into your mixing bowl with the mushrooms.
11. Sprinkle the mixture with 3 tbsp of lime juice, 2 tbsp fish sauce or thin soy sauce, 1 tsp of sugar, and as much dried red chili flakes as is your preference. Mix everything well.
12. Taste the dressing. It should taste sharply and deliciously sour, salty, (spicy, if using), with a tiny bit of sweetness at the end.
13. Adjust your dressing by adding a bit more fish sauce and/or lime juice to achieve a punchy balance between sour and salty, (spicy), and sweet at the tail end of the bite.
14. Sprinkle the roasted, ground rice over the dish and give it one last good mix. Plate on the serving plate with green cabbage wedges, crunchy salad leaves, cucumber slices, more of the above herbs in sprig form.
15. Serve with cooked sticky rice or jasmine rice.



THAI CUISINE

Larb Mushroom

by **Toi Sennhauser, MPH, RDN**

Larb is a dish that originated in Laos. In Thailand it is associated most with the foodways of the Northeast Isan region, though other versions of Larb exist throughout the north and other parts of the country. In its essence, larb is a dish of cooked or raw minced meat, here we use cooked mushrooms, that is seasoned generously with lime, fish sauce, and dried red chili flakes, a mixture of alliums and herbs, and tossed with toasted, ground rice powder. In Thai households, larb is eaten with crunchy green vegetables and sticky rice or jasmine rice, and usually presented with other dishes on the family table.



Larb is a great example of Thai food culture in that it showcases the Thai eater's value of balance—balance of flavors and textures. This balance is present both within the dish and in relation to other dishes on the table. The earthiness of the mushrooms is balanced by the tart-salty-spicy brightness of the "dressing", the herbs, and the crunch of the toasted rice. The salad itself might balance out a creamy, rich, spicy curry, a mild soup, and a stir fry of slightly bitter greens.

INGREDIENTS

- ½ cup raw jasmine rice or raw jasmine sticky rice
- 1 pound mixed mushrooms (e.g., button, cremini, king trumpet, shimeji, oyster), sliced or ripped into bite-sized pieces [Try to avoid shitake, its strong flavor is a little out of place for this dish.]
- ½ cup shallots, sliced thinly; divided into two portions
- Good pinch of salt
- ¼ cup green onions, green and white parts sliced into thin rings
- ¼ cup cilantro, stems and leaves roughly chopped
- ¼ cup mint leaves, torn into pieces
- Optional herb: ½ cup dill, picked from stem and roughly chopped
- Juice of 1-2 limes, about 3-5 tbsp total
- 2-3 tbsp fish sauce or thin soy sauce
- 1-2 tsp sugar
- Optional: ½ tsp dried red chili flakes, to taste

NOTES

- Serve the larb with cooked jasmine rice, green cabbage wedges, crunchy salad leaves, cucumber slices, more of the same herbs used in the recipe in sprig form.
- Larb lends itself well to adjustments. Make it vegan by switching thin soy sauce for fish sauce, like dill more than cilantro—adjust that to your liking, omit chilies for the toddler, add twice the chilis for the spice-loving auntie.

LEBANESE CUISINE

Sweet Potato Kibbe be saniye, served with Tarrator



by *Nina Dahan, MS, RDN, CDN*
Instagram: @Nina_Dahan_RD

Dedicated this recipe to the wonderful Lebanese women of all religious backgrounds who pass their traditions onto the next generation, through thick and thin.

Kibbe saniye is a traditional Lebanese dish, often an easier, faster to make and a less oily alternative to fried kibbe balls. And, it can be easily modified to meet various dietary restrictions and preferences. Traditionally, the crust/base is made with bulgar and ground beef/lamb, with a stuffing of cooked ground meat and pine nuts in the center. During Lent, when Lebanese Christians eat only vegan foods, the Kibbe saniye is made with beets or pumpkin in the crust (instead of meat); and sautéed greens and chickpeas as an alternative to the meat in the middle. Lebanese Jews do not eat leavened wheat on Passover, and traditionally, the bulgar is substituted with ground rice; also a nice gluten free alternative to the bulgar. Being on the Mediterranean, and having fresh fish readily available, some recipes call for fish in the crust, instead of the meat.

Personally, I have a kibbe saniye pan (a large round pan with high sides) that I inherited from my mother in law. And using that pan to make the kibbe, when all the extended family of Dahans are around, it's just a lovely way to remember her and her love for cooking.

NOTES

- Sourcing – all ingredients are readily available on line or at a local middle eastern grocery store. Cooking tips – this freezes VERY well, before baking. When ready, defrost, drizzle with oil and bake.

INGREDIENTS

For the hashweh (stuffing):

- 2 tablespoons olive oil
- 1 medium yellow onion, ¼-inch dice
- 1 15 oz can chickpeas, drained, roughly mashed
- 1 teaspoon kosher salt
- 2 tsp Lebanese 7 spices* OR 1 tsp cinnamon + 1 tsp allspice
- Few grinds black pepper
- 10 oz frozen (or 2-3 cups packed fresh) spinach, squeeze out as much water as possible
- Juice of 1 lemon OR 1 tsp sumac
- 1 tbsp pomegranate molasses
- 1 cup shelled lightly salted pistachios, roughly chopped



For the kibbe “dough”:


- 2 cups boiled, mashed sweet potato (traditionally made with pumpkin, but it is also done with sweet potato)
- 1 medium sweet onion, finely grated (can be grated on box grater)
- ¼ cup flour, can use whole wheat if you want, the recipe is very forgiving
- ¼ cup olive oil + 2 tbsp additional olive oil for drizzling
- 1 tsp kosher salt
- ½ tsp black pepper
- 2 tsp ground cumin (some people use cinnamon instead)
- ¼ tsp cayenne pepper (optional)
- 2 cups fine bulgur (burghol), soaked with 1½ c warm water, for about ½ hour, until soft
- Additional shelled pistachios to decorate

For the tarrator:

- ½ cup tahini paste
- Juice of 1 lemon (~ ¼ c)
- ¼ tsp granulated garlic powder (fresh minced garlic can also be used; sauce will not be perfectly smooth; also, it won't last as long in the fridge, it spoils faster)
- ¼ tsp Kosher salt
- ¼ cup ice cold water, and more as needed



DIRECTIONS

 8 servings

For the hashweh (stuffing):

- Heat the olive oil in a large skillet over medium heat. Add the onion, season with a little salt, and sauté until soft and translucent but not browned.
- Add the chickpeas, and season with salt, cinnamon/allspice or 7 spice, and pepper, and stir to combine.
- Add spinach and combine well, or until fresh spinach has wilted.
- Remove from the heat, stir in the lemon juice/sumac, and molasses.
- Transfer to a bowl, add the pistachios and set aside.



For the kibbe “dough:”

1. In a large bowl, add the sweet potato, onion, flour, oil, seasonings, and about half the cooked bulgur.
2. Knead the “dough” to combine well, adding a little bit of water if it looks too dry. Keep adding more bulgur and a little water, until it’s fully incorporated. It should be the consistency of playdough.

To assemble:

1. Preheat the oven to 375. Grease a 12 inch round springform pan, or cake pan. I like to use parchment paper because then I can pop it out and serve on a platter instead of the pan.
2. Split the kibbe dough into 2 halves. Put a little water on the palms of your hands and spread the first half of the kibbe mixture evenly on the base of the baking dish, leaving a small lip at the edges.
3. Spoon the hashweh over the bottom layer and spread evenly.
4. With the remaining kibbe, using a handful at a time, press into flat patties, and place them over the hashweh. Repeating until the hashweh is completely covered. Use wet hands to smooth and join the edges of the flat patties, to create a smooth top layer.
5. Using a large knife, slice the kibbe to make your design – easiest is diagonally to form diamond shaped slices, then decorate with pistachios by pressing them gently into the top layer. Leave them partially exposed.
6. Drizzle with ~ 2 tbsp olive oil and bake until it is fully cooked and top is browned, about 45 min.

For the tarrator:


1. Whisk the tahini with the lemon juice, garlic powder and salt. Don’t worry if it seizes and becomes stiff and clumpy.
2. The trick to smooth tahini is ice cold water, add a tablespoon or 2 at a time, whisking with each addition, until smooth.



Fish Sinigang

FILIPINO CUISINE



 4 servings

by **Jonathan Valdez, MBA, RDN, CDN, CCM, CDCES, ACE-CPT**
Owner of Genki Nutrition
www.GenkiNutrition.com

I chose this recipe because it's easy to make and reminds me of my brother-in-law's mother, who only cooks Filipino food. It reminds me of her warm heart and love. I always look forward to seeing her when I'm back in Hawai'i. She is from Pampanga, where it is said all the best cooks are from.

INGREDIENTS

- 1 pound white fish, cut into 3-4 pieces (recommend fatty fish with skin, in descending order, recommend to use: Alaskan Cod, Red Snapper, Striped Bass, Rock Fish, Flounder)
- 1 tomato, cut into wedges
- 2 stalks green onion, or one medium round onion (optional to use both)
- 1 small ginger root, minced
- 3 cups water
- 2 long eggplants, cut in 3 inch lengths
- 1 cup green pepper leaves (can substitute with ong choy (water spinach), marungay, or Indian spinach)*
- Salt or MSG to taste

If you use skinless or non-fatty fish, add:

- Sesame oil to taste
- Fish sauce to taste

DIRECTIONS

1. In a deep pot with water, combine fish, tomato, medium onion and ginger. Bring to a boil.
2. Reduce heat, add eggplant, and simmer for 10 minutes, or until eggplant is almost tender.
3. Add green pepper leaves and salt. Cover and cook until leaves are wilted.
4. Add MSG, sesame oil, and/or fish sauce to taste.
5. If you used green onions, garnish the dish with green onions.
6. Serve hot with a side of rice.

NOTES

The best place to get foods from are Asian and Pacific Islander markets. When you're first cooking this recipe, consider how you like your vegetables, whether firm or soft. This will determine how long you will cook the foods.

Where to purchase ingredients:

- Pepper leaves, ong choy (water spinach), and marungay- Southeast Asian supermarket.
- Indian spinach, ong choy (water spinach)- Chinese supermarket.
- If you are unable to find any of these ingredients, you can use spinach.

CHINESE CUISINE

Singapore Noodles


www.EatingWell.com

by **Breana Lai Killeen, MPH, RD**



Singapore noodles - a classic Cantonese dish that we both made at home and ordered when we went out for Chinese food growing up. Since HK was a British colony, Chinese chefs were looking for a way to use curry powder, which was brought first from India to the British, then to HK.

It's very simple —curry flavored rice noodles with vegetables, eggs, shrimp, and char siu — so it's quick enough to make on a weeknight. Singapore, the country, has many different cultures, and these noodles are a nod to that multi-cultural mashup, as they are not from Singapore themselves.

 4 servings

INGREDIENTS

- 6 oz thin rice noodles or rice sticks
- 1 tbsp Shaoxing rice wine/dry sherry
- 1 ½ tsp reduced-sodium tamari or soy sauce
- 1 tsp toasted sesame oil, plus more for serving
- ½ tsp salt
- ¼ tsp ground white pepper
- 1 tsp canola oil + 2 tablespoons, divided
- 2 large eggs, lightly beaten
- 8 oz peeled and deveined raw shrimp (26-30 per pound)
- ¼ cup thinly sliced Chinese sausage or ham (1 ounce)
- 1 14-oz package tri-color coleslaw mix
- 1 cup thinly sliced onion
- 1 tbsp curry powder
- Sliced scallions for garnish

DIRECTIONS

1. Bring a medium saucepan of water to a boil. Add rice noodles (or rice sticks) and remove from heat. Let stand for 5 minutes. Drain in a colander and rinse with cold water. Set the colander on top of the saucepan and place near the stove.
2. Combine Shaoxing (or sherry), tamari (or soy sauce), sesame oil, salt and pepper in a small bowl. Place near the stove.
3. Heat 1 teaspoon canola oil in a large flat-bottomed carbon-steel wok or large cast-iron skillet over high heat. Add eggs and cook, undisturbed, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into thin strips.
4. Add 1 tablespoon canola oil, shrimp and sausage (or ham) to the pan. Cook, stirring, for 30 seconds. Add the remaining 1 tablespoon canola oil, coleslaw mix and onion; cook, stirring, until softened, 1 to 2 minutes. Sprinkle with curry powder and stir for 10 seconds. Add the noodles, egg strips and sauce mixture. Cook, stirring, until hot, 1 to 2 minutes more. Serve sprinkled with scallions and more sesame oil, if desired.

NOTES

- Prep all your ingredients before starting to cook as everything cooks fast.
- The sweet-and-salty hard Chinese sausage, also called lap cheong, adds richness here. Look for it in Asian markets.

Cucumber Raita



by **Vandana Sheth, RDN, CDCES, FAND**

www.VandanaSheth.com

This recipe is from my cookbook - My Indian Table: Quick & Tasty Vegetarian Recipes. I selected this recipe because it is a regular staple in Indian cuisine.

Raita is a common accompaniment to many meals enjoyed in India. While there are different variations of raita, cucumber raita is one of the more common ones.

INGREDIENTS

- 1 cup Siggis plain skyr (can be substituted with plant-based yogurt)
- ½ cup water
- 1 cup cucumber (diced or grated)
- 2-3 tablespoons cilantro, finely chopped
- ½-1 small serrano chili, minced (optional)
- Salt (optional)

DIRECTIONS 4 servings

1. In a bowl, stir the yogurt and water to a smooth consistency.
2. Add cucumber, cilantro, chili, and salt.
3. Mix well. Cover and chill before serving.

NOTES

It's a very simple recipe similar to tzatziki (Mediterranean) but slightly different herbs and spices. You should be able to source all the ingredients at your local grocery store - no specialty products required.

KOREAN CUISINE

Miyeok-guk Korean Birthday Seaweed Soup

by Maggie Moon, MS, RD

I grew up eating my mom's umami-rich, fortifying, yet light seaweed soup on birthdays, and only later learned that it's a Korean tradition to enjoy seaweed soup on birthdays as a call back to when it was prepared for pregnant and breastfeeding moms because of its high nutrient content. Soup is eaten at nearly every meal in Korean homes, and though this one's a birthday classic, it's simple enough to enjoy year-round.




INGREDIENTS

- 9 cups water
- 14 large dried anchovies, heads and guts removed (leave out to make soup vegan)
- 2 pieces dashima (3x4" pieces)
- ½ cup miyeok (aka sea mustard seaweed)
- 5 cloves garlic, minced
- 2 tbsp gukgangjang (soup soy sauce)
- Optional: serve with a few drops of sesame oil per bowl

NOTES

- Go to <https://kimchicurious.com/recipes/tteokbokki/> for Maggie's tutorial on how to prep anchovies (scroll down page until you see subheading "Some tricky tteokbokki mis en place").
- Dashima is also sold as kelp or kombu. It is often sold in small sheets. It is different from, and will be thicker than, "snack seaweed." Here is an example: <https://tinyurl.com/Pre-cutKELP>
- Look for a dried miyeok that does not require soaking such as the one used in testing: Pulmuone Miyeok, <https://www.hmart.com/8801114308455>. Alternative: <https://tinyurl.com/DriedMiyeok>
- Gukgangjang is a soup soy sauce that is used for soups; it is lighter in color, less sweet, but saltier than basic soy sauce. <https://tinyurl.com/SoupSoySauce>

DIRECTIONS

 6 cups

1. Combine water, trimmed anchovies, and dashima in a large pot over high heat. Bring to a boil, lower heat and simmer for 15 minutes.
2. Strain out the anchovies and dashima.
3. Add miyeok, garlic, and 1 tablespoon of gukgangjang. Taste. Optional: add additional gukgangjang to taste. Simmer for 10 minutes.
4. Serve hot. Optional: add a couple drops of sesame oil to each serving to taste.

VIETNAMESE CUISINE

Canh Khoai Môn Sườn Non - Savory Taro Soup with Pork Ribs

by **Tien Hung, MS, RDN**




I love taro soup not only because it's delicious and comforting but also symbolic of the Vietnamese people's cultural strength and resilience. Taro is incredibly resilient. It thrives in many less than ideal conditions from saturated swamps to dry sandy soil. Taro is able to grow where other crops struggle because of its ability to uptake nutrients efficiently. Vietnamese people shares the same adaptability and perseverance throughout history from Chinese ruling to French colonization, Vietnam war and post war diaspora. This soup is a great reminder of the enduring spirit and resilience that define Vietnamese culture.

INGREDIENTS

- ~1 pound pork spare ribs or bone-in dark chicken meat, chopped into 2 inch pieces (small enough to pick up with chopsticks)
- 2 garlic cloves, minced
- 1-2 scallions, minced (white parts for marinating ribs, greens reserved for garnish)
- ½ teaspoon chicken bouillon powder/[mushroom seasoning](#)/[MSG](#) (see links for examples) - another option is to use shrimp paste
- 1 teaspoon salt
- Freshly ground pepper to taste
- 1-2 tablespoons vegetable cooking oil
- ~1 pound taro, peeled and cubed (can be substituted with starchy vegetables like potato or winter squash) - malanga or eddoes also work.
- Garnish: Ginger leaves (can substitute with chopped scallion greens, cilantro, or Thai basil) - can substitute for cilantro.

DIRECTIONS

 4 servings

- Season ribs with minced garlic, minced scallion white, ½ tsp mushroom powder, salt, and pepper. Set aside while preparing taro root.
- In a pot with oil over medium-high heat, toss in ribs and cook until firm (about 3-5 minutes).
- Add 6 cups of water and bring to a boil before adding taro.
- Skim off any foam on top. Reduce heat to simmer until taro is tender and can be forked through (about 12-15 minutes).
- Add ginger leaves, if using. (If you are using scallions/cilantro/Thai basil, add when serving.)
- Ladle into a serving bowl and sprinkle in garnish of choice.

NOTES

- <https://tinyurl.com/CanhKhoai> has a video Tien created to see how to small to chop vegetables and how to marinate pork
- Malanga or eddoes are both from the same family as taro. Malanga is native to the South America and eddo is native to Japan and China.
- Tien suggests sourcing ingredients from your local Asian market or Weee! which is an online store that sells many Asian products and vegetables
- Take care to wear gloves while handling taro root because they can irritate the skin

TAIWANESE CUISINE

Chhá Èng-Chhài (蒜炒空心菜) Stir-Fried Water Spinach




by **Cindy Chou, RDN** 周昀 (she/her/她)

Chef and nutrition expert sharing nourishing recipes at [TheSoundOfCooking.com](https://www.TheSoundOfCooking.com)

Stir-fried water spinach was the most memorable vegetable dish I had as a kid in Taiwan. It's commonly served at home, in restaurants, and even at small food stands. There are many variations of this dish across different cultural cuisines, but I'm sharing my favorite in its simplest form. With a well-seasoned hot wok or pan, you can transform this leafy green with the most delicious crunchy stems into a flavorful and unforgettable side dish.

Water spinach, called 蕹菜 (èng-chhài) in Taiwanese Taigi or 空心菜 (kōng xīn cài) in Mandarin translates to "hollow heart vegetable." As you can see, it's named after its hollow and crunchy stems.

INGREDIENTS

 4 servings

- 1 (8-ounce) bunch water spinach (also called morning glory or ong choy)
- 1 tablespoon canola oil
- 3 cloves garlic, peeled and sliced
- ½ teaspoon Diamond Crystal kosher salt (use half the amount if using sea salt)

DIRECTIONS

Prep:

1. Cut the water spinach into 3-inch sections starting from the bottom (stem) end.
2. Keeping the stems separate from the leaves, thoroughly rinse the water spinach with cold water until the water runs clear, then drain in a colander. Allow the washed vegetables to drain well so there's minimal excess water. Otherwise, you won't get the "breadth of the wok" flavor.



Cook:

1. Heat a 14-inch seasoned wok or cast iron pan over medium-high heat until the pan is hot (about 15 seconds for a wok or 3 minutes for a cast iron pan).
2. Add the canola oil, tilt the pan to evenly coat the cooking surface, and add in the sliced garlic. Stir for about 10 seconds until the garlic is fragrant. Add the water spinach stems, turn the heat to high, and cook for 1 minute while stirring with a spatula. Then add the leaves and continue stirring.
3. Stir-fry the contents in the pan by constantly flipping and moving the vegetables with your spatula to prevent burning. Season with salt and continue to toss the water spinach until the stems and leaves turn brighter green (about 3 minutes) and immediately turn off the heat.
4. Transfer to a serving platter and serve immediately.

NOTES


- See <https://thesoundofcooking.com/stir-fried-morning-glory/> for step-by-step photos, a video, and details on how to pick, cut, and store water spinach
- Water spinach can be found at your local East Asian market or Weee!, an online store selling many Asian products and vegetables.
- Water Spinach – If you're only able to find water spinach with thicker stems, you can trim 2-3 inches off the ends. You'll be able to tell if the stems are fibrous by bending them. You shouldn't feel too much resistance when trying to bend the stems.
- Substitutes – yu choy or a choy will work with this same cooking method, though the taste and texture will vary
- Salt – This recipe uses Diamond Crystal kosher salt since it has lower sodium levels per volume, making it easier to layer the seasoning without accidentally oversalting a dish. It can be found in some grocery stores or online. *If using sea salt, use half of the amount listed in the recipe.





by *Michelle Routhenstein,*
MS RD, CDCES, CDN
Registered Dietitian
Nutritionist who specializes
in heart disease at
www.EntirelyNourished.com

Ash Eh Anar reminds me of my childhood, when I craved warmth and nourishment during the winter months. My mom would prepare this vibrant dish, brimming with leafy greens, lentils, and beets, to comfort me, strengthen my immune system, and provide me with essential nutrients.

 6-8 servings

INGREDIENTS

- 1 tablespoon avocado oil
- 1 medium red onion, thinly sliced into half-moons
- 2 cups leeks, diced
- 2 cups flat Italian parsley, roughly chopped
- 1 cup of cilantro, tough stems removed, roughly chopped
- 1 cup red swiss chard, stems included, roughly chopped
- 16 ounces frozen chopped spinach
- 4 cups hot water
- 1 cup green lentils
- 3 cans of whole beets, liquid from 2 cans reserved
- ½ teaspoon ground turmeric
- ¼ teaspoon table salt
- ¼ teaspoon black pepper
- 2 cups of Pomegranate Juice
- ½ cup basmati rice, washed
- ½ cup pomegranate molasses*

DIRECTIONS

1. In a medium pot on medium to low heat, add 1 tablespoon avocado oil and red onions. Cook onions until caramelized, about 25 minutes.
2. Add in leeks, parsley, cilantro, swiss chard, spinach, water, lentils, and reserved liquid from 2 cans of beets. Cover and bring to a boil.
3. Then add turmeric, salt, and black pepper. Cook on medium to low for about 10 minutes.
4. Add pomegranate juice and 3 cans of whole beets, and cook on medium to low heat for about 30 minutes.
5. Add rice and pomegranate molasses and cook for another 20 minutes, until the stew thickens. Serve warm.

NOTES

You can purchase pomegranate molasses at a specialty health food store, or you can make it your own ahead of time. See recipe to make ahead of time.

Homemade Pomegranate Molasses

INGREDIENTS

- 2 cups Pomegranate Juice
- ¼ cup sugar
- 1 tablespoon lemon juice

DIRECTIONS

1. In a medium uncovered saucepan, heat pomegranate juice, sugar, and lemon juice on medium high until the sugar has dissolved and the juice simmers. Reduce heat just enough to maintain a simmer.
2. Simmer for about an hour, or until the juice has a syrupy consistency, and has reduced to ¾ - ½ cup.
3. Store chilled in the refrigerator.



Europe



Svekolnik (Cold Borscht)



by **Inga Voloshin, RDN, CDN**

Instagram: [@food_and_feelings](#) (2 underscores)

Youtube: [@FoodAndFeelings](#)


[FoodNest.site/FoodAndFeelings](#)

Svekolnik is a cold beet soup popular in Eastern Europe. While some may mistake this soup for cold borscht, its ingredient list (with the exception of beets) is quite different from that of traditional hot borscht. The version that I grew up eating was a fuschia colored bowl of crunchy, tangy, sweet perfection. This light and satisfying soup was always a great way to cool off, hydrate, and nourish in the hotter months!

INGREDIENTS

- 1 large beet (4 small beets or 1 whole 8 oz package of cooked beets), cooked & grated. Reserve any beet juice that remains from the cooking process.
- 4 hard-boiled eggs, finely chopped
- 3 medium Persian cucumbers or 1 medium English cucumber, grated
- 5 radishes, grated
- 3 scallions, thinly sliced
- 2 tablespoons fresh dill, finely chopped
- 1 32-oz bottle plain Kefir
- 2 cups cold water
- 2 tablespoons hot Russian mustard or spicy brown mustard (*If you are able to get your hands on these - some brands available for purchase either on Amazon or local international markets if you have one near you are: Zakuson Gourmet Mustard or Stolichnaya Russian Mustard. Otherwise, spicy brown mustard is fine!)
- Kosher salt, to taste
- Ground black pepper, to taste

DIRECTIONS

 6-8 servings

1. Combine all ingredients in a large bowl or pot, reserving a teaspoonful of the first 6 ingredients for garnish.
2. Stir together until bright pink and chill for at least 2 hours before serving. Sprinkle with reserved ingredients when serving.

NOTES

To ensure optimal flavor and color, I recommend roasting the beets. Small beets are simplest for this method, but you can also halve or quarter larger beets. Place beets on a large sheet of aluminum foil. You can double up with a layer of parchment on top of the foil if you prefer. Drizzle beets with a hint of oil and fold foil over, crimping edges of packet tightly to seal. Place onto a sheet pan and roast in a preheated 375 degree oven until beets are fork tender, about 35-45 minutes. Once cool enough to handle, the skins should peel right off. *I suggest sporting some gloves to avoid pink fingers!

NORDIC CUISINE


Poached Cod with Grated Horseradish

by Karin von Zelowitz, MS,
dietitian licensed in Sweden

www.NordicHealthAndWellness.com



Cod is a fish that has been eaten a lot in Scandinavia. In general fish is one of the staples in our food. Cod is easily accessible fresh or frozen. Boiled fish as in this recipe is typical for Scandinavia as well. Plain methods with ingredients that shine through. Fresh Horseradish is grown in Sweden and typically used for fish. Potatoes is what pasta is for Italy or rice for Asia and are widely used in most traditional dishes.

 2 servings

INGREDIENTS

- 4 – 6 yukon gold or small yellow potatoes
- 2 cod filets; 6 oz each, fresh or frozen
- 10 oz sugar snaps or green peas
- 1 ½ tablespoons fresh horseradish root; finely grated
- 2 tablespoons melted butter
- 1 hard-boiled egg; peeled and chopped
- Garnish: Fresh dill, chopped
- Salt and white pepper to taste

NOTES

- Easily accessible fresh or frozen, boil fish in a shallow pan per instructions in recipe, don't be afraid of the amount of salt in the water it makes the fish meat white and firm and taste good.
- The water-to-salt ratio is 1 quart of water to 1 tablespoon of salt.
- Prepared horseradish can be used as alternative but fresh horseradish root is ideal.

DIRECTIONS

1. Boil potatoes in salted water until tender.
2. Bring a shallow pot of water to a boil, salt the water generously. Add the cod and reduce the heat to simmering. Cook the cod for 5-6 minutes. You should be able to see it just starting to flake.
3. Boil the Sugar snaps/green peas in salted water for about 2 minutes or until tender (but they should still have a slight crunch).
4. Peel the Horseradish with a potato peeler and grate finely
5. Melt the butter
6. Plate the fish, put the eggs on top, then Horseradish and pour some of the butter over and sprinkle some chopped Dill on top. Serve with potatoes and vegetables.

GREEK CUISINE

Spanakopita (Greek Spinach Pie)



by **Stefani Sassos, MS, RDN, CDN**


www.StefaniSassos.com

This savory Greek dish is by far my favorite thing to eat, not only for its incredible depth of flavor and fresh ingredients, but also the heritage of the dish. Greeks have been eating these pies since ancient times, and you'll still find them at practically every corner and restaurant in Greece. Even Athens' airport has fantastic Spanakopita!

My Yiayia (Greek for Grandmother) still makes the best Spanakopita and even often makes the dough from scratch! She always has some ready just in case guests come over, and now my toddler and I get to enjoy a piece with my Yiayia and mother when we visit. It's amazing how one dish can bring four generations together, and I think about how my ancestors enjoyed this pie too.

TIPS

- Good feta makes a Spanakopita great. Look for feta that is made in Greece and packaged in brine. Opt for a block of feta when possible that you can crumble with your hands since the taste and texture are superior to that of the pre-crumbled varieties.
- Fresh herbs are important for making a Spanakopita flavorful. Parsley is most important to include, as is dill. You can also try adding a bit of chopped fresh mint to the mix.
- Spanakopita can be a bit time-consuming to make given all the ingredient prep. The good news is that you can prepare the dish as normal earlier in the day or even the day before, then cover with plastic wrap and refrigerate until you are ready to put it in the oven.

 6 servings



INGREDIENTS

- 8 sheets phyllo dough, defrosted overnight in the fridge
- 3 tablespoons extra virgin Greek olive oil (plus more for brushing the phyllo, about ½ cup)
- 1 large red onion, finely chopped
- 1 bunch scallions, chopped
- 2 garlic cloves, minced
- 16 oz fresh baby spinach, chopped
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh flat leaf parsley
- 1 cup feta cheese, crumbled
- Salt and pepper, to taste
- Nutmeg, to taste



DIRECTIONS

1. Remove the phyllo dough from the fridge and let it come to room temperature while preparing the filling. Preheat the oven to 350°F.
2. In a large skillet, heat olive oil over medium heat. Sauté the chopped onion, scallions and garlic until soft and lightly browned, about five minutes. Transfer the mixture to a mixing bowl and set aside.
3. In the same skillet, add the chopped spinach in batches and cook until the spinach is limp, about five minutes. Drain the spinach very well in a colander and then add to the onion mixture.
4. Mix in the chopped herbs and feta to the bowl with the cooked vegetables. Season to taste with salt, pepper and a sprinkle of nutmeg. Let the filling cool.
5. Lightly oil a 9 inch square baking pan. Layer one sheet of phyllo dough in the oiled pan, and then brush that lightly with olive oil. Layer another sheet of phyllo dough on top and brush with olive oil. Repeat the process with two more sheets for a total of four sheets of phyllo dough.
6. Add the filling mixture to the pan. Fold the overhanging phyllo dough over the filling, and brush with oil.
7. Layer the remaining four sheets of phyllo dough, brushing each with oil. Then, tuck the overhanging phyllo dough into the pan to seal the filling. Score into serving size pieces and brush the top layer with olive oil. Sprinkle a little water on the top layer.
8. Transfer to the oven and cook until golden brown, about 30 to 40 minutes. Remove, let cool slightly and enjoy.

Escarole and Beans

by **Barbara Baron MS, RDN, CND, FAND**

www.BarbaraBaron.com



Scarola" is Italian for escarole, and you will often hear "shkah-ROL" enthusiastically roll off the tongues of my family from Procida, an island near Naples. With its lush green leaves, escarole resembles the color of money and symbolizes wealth for many Italian Americans—the more you have, the richer you are!

This hearty green leafy vegetable from the endive family is packed with folic acid, fiber, vitamins A and K, manganese, copper, and potassium. As my grandmother always said, "If you have your health, you are indeed wealthy."


Enjoy escarole raw or cooked. The bottom white leaves are crunchy and perfect for a salad. In fact, in our Italian American household, escarole was more popular than iceberg lettuce! Growing up, we saved the white, crunchier bottom of the escarole for salads and cooked the green leaves for Escarole & Beans This fiber-rich, filling primo (first) dish comes that comes together in 30-minutes was served before a fish or meat course, both in my childhood and now in my own home.

ABBONDANZA!!!™ 'Always make time for a meal with family and friends!!!'™

NOTES

- For a quick demo, check out the cooking video at <http://youtu.be/8hxVRyvXcPs>
- To save time, Barbara suggests buying pre-washed packaged escarole from your supermarket and chopping it to the desired size. Also, to reduce sodium, rinse beans, and use a low-sodium chicken broth.
- Add more liquid to achieve a more soup-like consistency.
- Serving suggestions: Serve as a main dish for lunch, as a primo (first) dish, or as a side vegetable dish.



 3-4 servings

INGREDIENTS

- 1 ½ tablespoons olive oil
- 1 tablespoon garlic, minced
- 5 cups escarole greens, chopped in 1-inch pieces
- ¼ - 1 cup chicken or vegetable broth*
- ½ teaspoon low sodium chicken bouillon or salt, to taste.
- 1 can, 15.5 oz cannellini beans
- 1 piece of Parmigiano-Reggiano cheese rind. (optional) Any size you have on hand. I prefer a 2-inch square.
- ½ - ¼ teaspoon crushed red pepper flakes, to taste.

DIRECTIONS

1. In a large stock pot, bring heat to medium. Add olive oil and garlic, and sauté until fragrant (1-2 minutes).
2. Add the chopped escarole, toss and coat the leaves with the garlic and oil in the pan allowing the leaves to wilt, and not burn. If using bouillon seasoning, dissolve in chicken broth, and add to escarole. Bring to a boil, then reduce heat to maintain a low simmer. For stew-like consistency* start by adding ¼ cup broth, add more as needed; use ¾ to 1 cup of broth for soup-like consistency.
3. Add cannellini beans with liquid from the can and cheese rind. Simmer for 10 to 15 minutes.
4. Serve garnished with crushed red pepper flakes and with a slice of Italian bread on the side.



North America



AFRICAN AMERICAN CUISINE

www.GritsInc.org

Smoky Collards

by Sadé Meeks, MS, RD, Food Activist



Collard greens are a staple in African American cuisine. Although collards have European origins, their flavors, seasonings, and preparation methods are deeply rooted in African culinary traditions. Collard greens became popular among African Americans as they were grown in the gardens of the enslaved. To enhance the flavor, African Americans added smoked meats and peppery seasonings to the greens. This vegetarian version of collard greens uses smoked paprika and smoked for that smoky flavor.


INGREDIENTS

- Olive oil
- ½ cup diced white onion
- 1 ½ tsp minced garlic
- 2 cups low-sodium vegetable stock
- 1 tsp Lawry's Seasoning or. Morton's Season-It
- 1 tsp brown sugar
- ½ tsp smoked paprika
- ¼ tsp cayenne
- 2 lb collard greens, cleaned and picked
- Black pepper to taste
- Optional: Smoked salt

NOTES

- Wash greens thoroughly if you skip these steps, greens can taste gritty
- Blanching the greens is optional, but if you don't have time to cook them long, blanching can take some of the bitterness out of the greens.
- Liquid smoked can also be used if you don't have some of the smoked seasonings.

DIRECTIONS

 8-10 servings

To cook greens

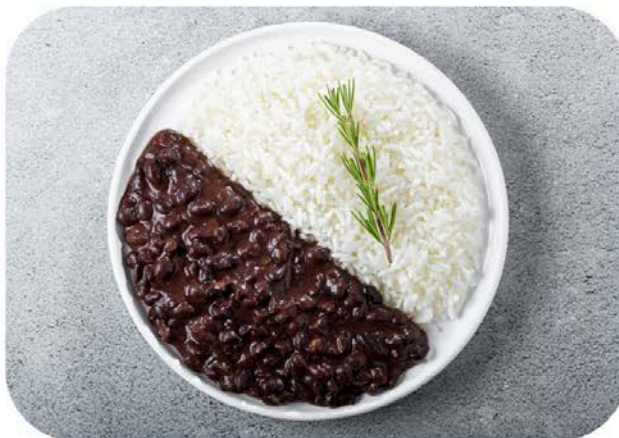
1. Coat a large pot with olive oil and heat.
2. Sauté onion in oil until almost tender over medium heat and then add in garlic.
3. Cook until onion and garlic are fragrant, about 2-3 minutes.
4. Add in vegetable stock and season with seasoning salt, smoked paprika, cayenne, and brown sugar.
5. Taste and adjust the seasonings if needed. If adding smoked salt towards the end, add slightly less seasoning salt.
6. Add collard greens to the pot and simmer for about 45 minutes-1 hour until greens are tender.
7. Optional: finish with a dash of smoked salt. Serve with a slice of cornbread.

Cuban Rice and Beans

CUBAN CUISINE

by **Lourdes Castro, MS, RD**
Instagram: @lourdes.castro.rd

Choosing a recipe for the cookbook was tough, but I settled on rice and beans, a staple on every Cuban table. As a dietitian, I love this dish because it's a complete plant-based protein, high in fiber and micronutrients, quick to prepare, and incredibly flavorful. It works great as a side dish or as a main dish when paired with a green salad and some chopped avocado. Once seen as indulgent due to past low-carb thinking, it's now celebrated as a nourishing choice. I'm excited to share this delicious and nutritious dish!




INGREDIENTS

- 4 cloves garlic, peeled, minced
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 green pepper, chopped
- ¼ teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon Kosher salt
- 1 ½ cups white rice
- 2 15-ounce cans low-sodium black beans, NOT drained
- 1 cup water
- 1 tablespoon red wine vinegar

NOTES

- Make extra and store the leftovers! They can be refrigerated for about a week.
- To reheat, sprinkle some water over it and microwave until heated through (or do the same on the stovetop).
- This dish also freezes well—defrost it in the fridge and reheat it as above.
- The best part? Eating rice and beans as leftovers converts some of the starch to resistant starch, a type of fiber that's great for our gut microbiome.

DIRECTIONS

 8 servings

1. Place the garlic and olive oil in a pot and set it over medium-high heat. Sauté the garlic until it turns golden brown, about 3-4 minutes. Add the onion and green pepper and sauté until the vegetables turn limp and translucent, about 5 minutes. Add the cumin, oregano, salt, and rice and sauté until the rice is evenly coated in oil, about 1 minute.
2. Add the black beans and their liquid, along with the water and the tablespoon of vinegar to the pot. Bring to a boil, cover, and reduce to a simmer. Cook for 40 minutes or until all the water has been absorbed by the rice. Allow the covered pot to sit off the heat for 5 minutes.
3. Fluff the rice with a fork and transfer to a serving dish.

Beef & Cheese Empanadas




by *Sylvia Klinger,*
DBA, MS, RDN, CPT

www.HispanicNutrition.com

Empanadas are a family favorite in our home. They are a popular traditional recipe in Puerto Rico, where I am from, but they are also popular in many Hispanic countries. I love how versatile they are. They can be savory or made into a dessert with fruit fillings like pineapple or guava.

INGREDIENTS

 24 servings

- 24 empanada discs
- 2 tablespoons all purpose flour

Filling Ingredients:

- 2 teaspoons vegetable oil
- 1 pound (16 ounces) extra lean ground beef
- 2 cups chopped onion (2 medium)
- 1 ½ cups green bell pepper, chopped
- 2 cloves garlic, minced
- 1 ¼ cups canned diced tomatoes, drain some of the liquid
- 1 seasoning packet (Goya's Sazon with coriander and annatto preferred)
- ½ cup sofrito, premade (or see homemade recipe below)
- 1 teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- 8 whole green olives with pimientos, sliced
- 1 tablespoon raisins (optional)
- 2 cups cheddar cheese, shredded

Glaze Ingredients:

- 1 large egg, lightly beaten
- 1 tablespoon milk
- Pinch of salt



DIRECTIONS

1. In a large skillet, heat oil at medium heat. Add ground beef, onion, pepper, garlic, tomatoes, seasoning packet, sofrito, salt, and pepper. Stir occasionally and cook for 8 to 10 minutes or until juices run clear. Stir in olives and raisins; set aside.
2. To prepare empanadas, preheat oven to 400°F. Place empanada discs on lightly floured surface.
3. Spoon about ¼ cup filling and 1 to 2 tablespoons of cheese on the middle of each empanada round and moisten edges of the rounds with water. Fold in half and press edges together with the tip of fork to completely enclose the filling.
4. Place 2 inches apart on baking sheet lined with parchment.
5. In a small bowl, mix egg, milk, and salt to make a glaze and brush over tops of empanadas.
6. Bake for 15 to 17 minutes or until golden brown. Alternatively, you may try the Air Fry option below. Let cool slightly on a rack and serve warm.

Air fryer option: Place empanadas in air fryer 2" apart, add egg wash/glaze or spray with olive oil and air fry in a single layer for 8 – 10 minutes at 350°F turning halfway until golden.

NOTES

- You can use packaged empanada discs (usually found in the freezer section) or make your own with your favorite crust recipe.
- If using frozen empanada dough discs, make sure you allow enough time to properly thaw in the fridge or they will break trying to separate them.
- To make the recipe plant-based, you can use plant-based meat and vegan cheese. Instead of glaze, just brush with more vegetable oil.



Chicken Enchiladas with Homemade Tomatillo Sauce


by **Christy Wilson, RDN**

www.christywilsonnutrition.com



Enchiladas are a traditional Sonoran Mexican recipe that bring together so many unique and delicious flavors of the southwest into one dish. Classic red enchiladas made with dried New Mexico or California chiles, pasilla or guajillo chiles is the most well known variety. The red sauce is often referred to as chile colorado, but green enchiladas (or enchiladas verdes) made with tomatillos are equally delicious! The sauce has just the right amount of spice from jalapeno peppers, and tang from the tomatillos when poured over tender corn tortillas that wrap around juicy, seasoned chicken. Although thin and chewy flour tortillas are a Sonoran Mexican staple for burritos and quesadillas, corn tortillas are traditionally used for enchiladas, tacos and flautas. Unlike other border regions like Baja and TexMex, the dry, arid desert and mountainous region of the Sonoran Desert (that spans from southern Arizona to northwest Mexico) influences the cuisine that commonly includes foods like corn (maiz), squash, and beans that thrive in the hot and dry climate.

INGREDIENTS

 12-16 enchiladas

For tomatillo sauce:

- 1 ½ pounds tomatillos, husked and rinsed
- 1 jalapeño pepper, stem removed, deseeded and deveined
- 2 teaspoons canola oil
- ½ medium sized white onion, diced
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 1 teaspoon Mexican oregano
- 2 medium tomatoes
- 1 ½ teaspoons table salt
- ⅓ cup cilantro (about a handful)

Optional possible garnishes:

- Cilantro
- Sliced green onion
- Cotija cheese
- Diced tomato
- Diced avocado
- Mexican crema or sour cream

For enchiladas:

- 1 pound of roasted or boiled chicken, shredded
- ½ cup low sodium chicken broth
- 1 4-ounce can mild green chiles
- ¼ teaspoon ground cumin
- ½ teaspoon chili powder
- Juice of 1 key lime (or 1 tsp lime juice)
- 1 tablespoon cilantro, chopped
- 12-16 corn tortillas (5 or 6 inch diameter)
- 2 cups shredded Monterey jack cheese



NOTES

- Be sure to heat up the corn tortillas so they are more pliable and easy to work with when filling them and rolling them into the casserole dish
- Tomatillos are found in most grocery stores and are commonly available in Latin market
- Be sure to avoid touching your face after handling jalapeno chile peppers and chile powder
- Do not substitute the juice from green limes with lemon juice; the flavors are significantly different



DIRECTIONS

1. Preheat oven to 350 degrees F.
2. While oven is heating up, begin preparing tomatillo sauce. Over medium heat, add tomatillos and jalapeño to saucepan and fill it with enough water to cover the top of the tomatillos. Boil over medium heat until jalapeños soften and tomatillos darken, about 10 minutes. Drain carefully and discard water. Be sure not to break tomatillos—you don't want to lose any of that delicious juice.
3. While tomatillos and jalapeño boil, heat skillet over medium-high heat. Add canola oil and sauté onion until translucent, about 2 minutes. Add garlic, cumin and oregano to skillet and heat until fragrant, about 2 minutes. Remove from heat.
4. Once tomatillos and jalapeños are done, carefully transfer to a blender along with sautéed onion and garlic mixture, plus tomatoes, salt and cilantro. Blend to a smooth consistency then transfer sauce to large skillet. Keep warm over a low heat setting.
5. Add chicken to medium saucepan and add broth, green chile, cumin, chili powder and lime juice. Mix to combine. Stir in cilantro until incorporated. Simmer until heated through.
6. In a damp, clean dishcloth, heat corn tortillas in microwave for 1-2 minutes until warm and pliable.
7. Set up work space to assemble enchiladas efficiently with the tortillas, cheese, chicken, sauce and casserole dish all close by. Start by adding 1 cup of tomatillo sauce to casserole dish.
8. To assemble enchiladas, use tongs to quickly immerse each tortilla into warm tomatillo sauce. Set tortilla on a plate (or cutting board), then add about 1/4 cup chicken and a pinch of cheese in the center. Next, roll the filled tortilla and place, seam down, in casserole dish. Repeat process, placing rolled tortillas next to each other in a single layer.
9. Pour remaining sauce over the enchiladas and top with remaining cheese. Cover tightly with foil and bake until cheese melts, about 15 minutes.
10. Remove from oven and garnish with cilantro, green onion, crumbled cotija cheese, tomato, avocado, and crema or sour cream. Serve immediately or store in airtight container up to three days.



DOMINICAN CUISINE

Pastelón de Plátano Maduros

by **Zariel Grullón RDN, CDN, LD**
www.LoveYourChichos.com



This recipe reminds me of my mami, who used to make this dish on special occasions. I love it not only because of the memories it brings me, but because it connects us to our culture and keeps our heritage alive. The ingredients used in this dish remind us of the major influences in Dominican cuisine. It's one of my favorites and every bite is like a piece of home and a connection to my roots.

INGREDIENTS 4-6 servings

For sofrito:

- ½ bunch of cilantro (~ 1 cup)
- ½ medium yellow onion or 1 small onion
- ½ red bell pepper
- ½ green bell pepper
- 4 cloves of garlic, peeled
- 1 tbsp Dominican dried oregano (or whatever variety you can find)
- 2 tbsp olive oil
- ½ tsp white or apple cider vinegar (optional)
- ½ tsp Kosher Salt



For pastelón:

- 1 lb ground turkey (or your favorite plant substitute)
- ¼ cup sofrito (from above)
- 3-4 ripe yellow plantains
- 2 tbsp of olive oil (as necessary)
- 2 tbsp tomato paste
- Pinch of sugar
- 3 tbsp Pitted Manzanilla Olives Pimientos & Capers
- 2 tbsp juice from olive and capers
- ½ cup shredded Cabot Cheddar Cheese (optional)



DIRECTIONS

1. Make sofrito. Blend all ingredients until ingredients are pulverized in a blender and set aside.
2. Season ground turkey. Pour the sofrito over the meat and mix to combine, set aside.
3. Prepare plátanos. Preheat oven to 350F. Fill a large pot with water (enough to cover platanos) and bring to a boil. Meanwhile, peel plátanos and cut in half cross-wise. When water comes to a boil, add plátanos and cook until tender, about 10-15 minutes.
4. Cook Ground Turkey. While plátanos are boiling, heat up olive oil in a skillet on medium heat and add turkey and tomato paste. When meat starts to brown, add a pinch of sugar, if using, as well as the olives and capers. Turkey should have an orange tint. Once turkey is cooked through, set aside.
5. Mash plátanos. Once the plátanos are cooked, take them out and place in a large bowl, reserving the cooking water. Mash plátanos, adding some of the cooking water, as needed until there are no chunks. Add olive oil and pinch of salt to taste, as well as a splash of cold water to help maintain a smooth consistency.
6. Assemble the pastelon. In a buttered or oiled loaf pan, add half of the mashed plátanos and press down. Pour the meat mixture over the layer of plátanos and spread the remaining layer of plátanos and smooth out. Cover with aluminum foil and bake at 350F for 30 min. Uncover and add cheese, if using, and cook for 5-10 minutes until top is golden brown.
7. Serve. Let cool and cut into slices, serve immediately with your favorite sides.

NOTES

- Make sure to purchase plantains that are ripe (yellow and black coloring), the more ripe they are the sweeter and easier to mash they will be.
- Don't let the plantains sit in the water too long after they boil, this will make them watery.
- Splash a spoonful of cold water after you take out the plantains for a smoother mash.





INDIGENOUS CUISINE

Banana-Walnut Neeshjizhii Pancakes

by **Denee Bex, MPH, RD, LD, CDCES**

Instagram: [@tumbleweed_nutrition](https://www.instagram.com/tumbleweed_nutrition)


www.TumbleWeedNutrition.com

These fluffy banana-walnut neeshjizhii pancakes put a tasty twist on a traditional Diné (Navajo) food! Neeshjizhii is roughly translated to underground dried roasted and steamed white corn in the Diné (Navajo) language. These pancakes call for neeshjizhii, which has been ground into a meal and combined with banana and walnuts to make for a delicious breakfast.

INGREDIENTS

- 1 ¼ cups all-purpose flour
- ¾ cup ground neeshjizhii (Navajo dried steamed corn); blue or yellow cornmeal can be substituted
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 tablespoon sugar
- 1 medium ripe banana
- 2 eggs
- 1 ½ cups milk
- 1 tablespoon oil
- 1 teaspoon vanilla
- ½ cup walnuts, chopped
- Non-stick spray or additional neutral oil for greasing pan
- Optional Ingredients: butter, maple syrup, nut butter, sliced bananas, or berries

DIRECTIONS

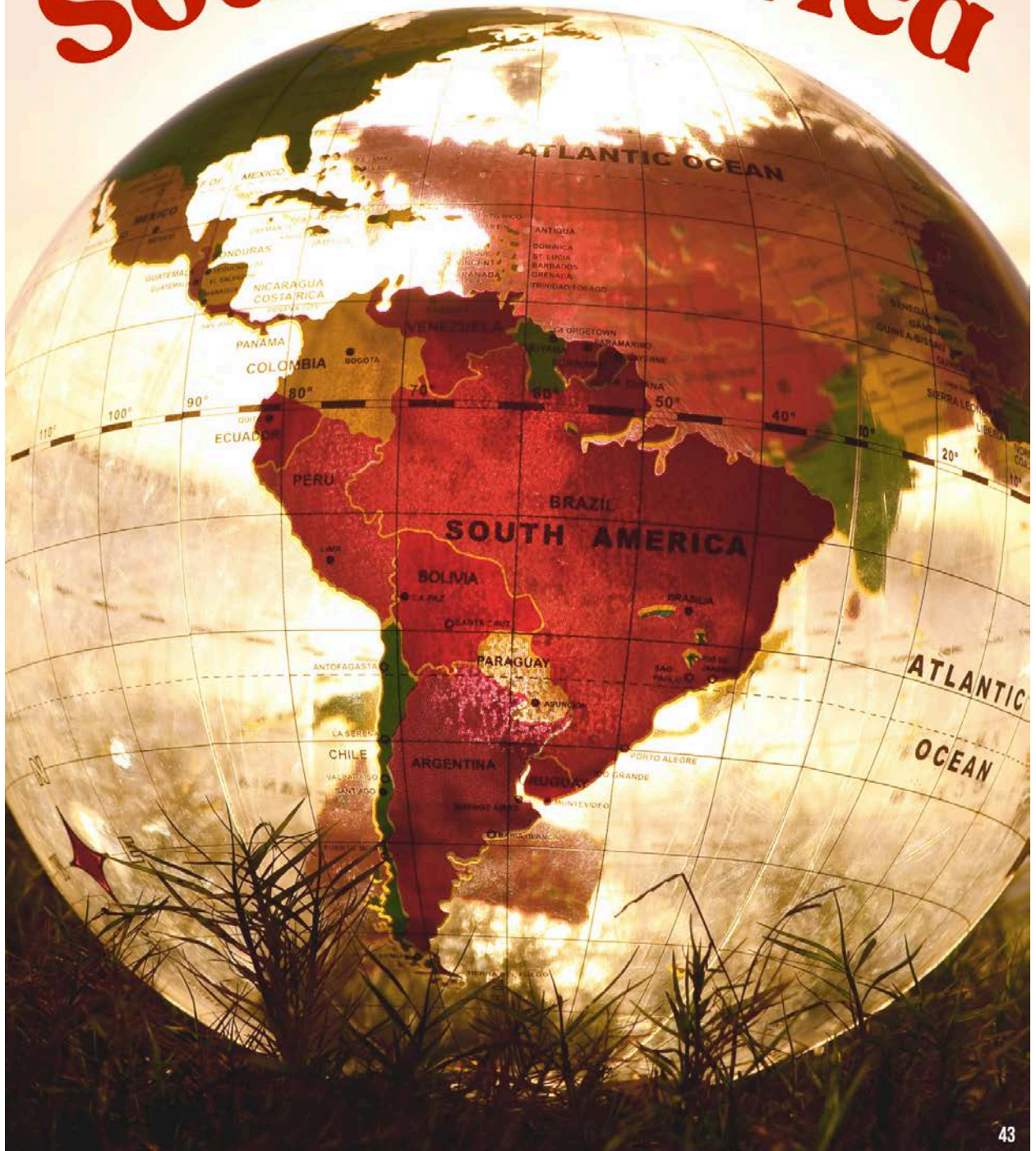
 10-12 pancakes

- In a medium bowl, mix together dry ingredients: flour, ground neeshjizhii, baking powder, salt, and sugar. Set aside.
- In another medium bowl, mash a banana with a fork or masher. Add eggs, milk, oil, and vanilla and whisk to combine.
- Gently stir wet ingredients into dry ingredients. Mix until only a few clumps are visible. Stir in walnuts, but do not over-mix.
- Heat griddle or skillet over medium heat. Spray with non-stick spray or 1 teaspoon of oil.
- When spray or oil starts to sizzle or shimmer, pour ½ cup batter onto the skillet.
- Flip pancakes when bubbles start to rise on top of the pancake and the edges brown, usually for 1 to 2 minutes.
- Cook the second side until brown, usually another 1 to 2 minutes.
- Serve with butter, maple syrup, peanut butter, or fruit.

NOTES

- Neeshjizhii has an earthy taste and is not sweet, but more savory.
- Neeshjizhii is available locally on the Navajo Nation, however you can also purchase online at bidiibabyfoods.org, beesezi.com, or doliifarms.com.
- Pre-ground neeshjizhii can only be purchased from Bidii Baby Foods LLC, but you can purchase the whole kernel version and grind it at home. If ground neeshjizhii is not available, you may use white or blue Native cornmeal instead, which are also Indigenous foods, too.

South America



Lomo Saltado Peruano



by **Manuel Villacorta, MS, RDN**

www.ManuelVillacorta.com


Lomo Saltado Peruano (Peruvian) reminds me of growing up in Peru. It brings together the flavors that I love so much. I've put my own nutritious spin with an extra addition of nutritious and balanced ingredients.

Lomo Saltado is a balanced combination of lean beef, vegetables, whole grains, and spices. Peruano means Peruvian in Spanish. Plus, "lomo" is Spanish for "loin." Sirloin, in addition to Flank Steak, are other lean cuts that would work great with this dish. I love this recipe because it is packed with nutrients such as monounsaturated fats, fiber, and phytonutrients that can support your heart health.

INGREDIENTS

- 2 tablespoons canola oil
- 1 pound Sirloin steak thinly sliced into stick-shaped pieces
- Salt and pepper to taste
- 1-2 teaspoons cumin to taste
- 2 red onions, sliced
- 1 medium bell pepper, sliced into matchsticks
- 1 clove garlic, minced
- 1 tablespoon aji sauce*
- 2 tablespoons balsamic vinegar
- 2 tomatoes, sliced
- 3 tablespoons soy sauce
- 2 tablespoons chopped cilantro
- 1 ½ cups (~6 oz) frozen sweet potato fries cooked in the air fryer (or substitute with brown rice)

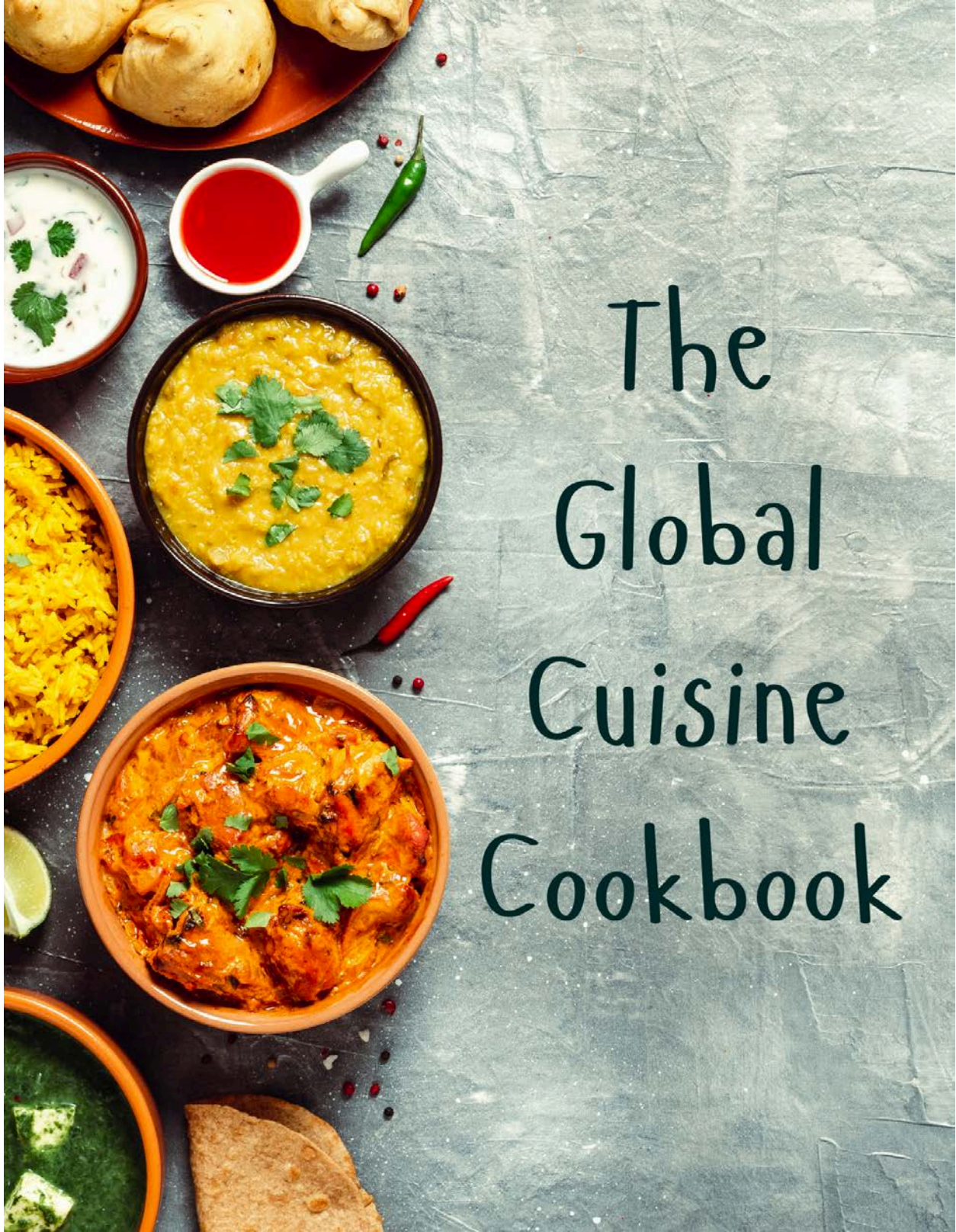
DIRECTIONS

 4 servings

1. Heat the oil and sauté the meat in a pan. Season with salt and pepper and stir in the cumin. Remove the meat from the pan.
2. Add the onions, peppers, garlic, aji, and vinegar to the pan. Cook for 2 to 3 minutes. Add the tomatoes and mix well. Return the beef to the pan, add the soy sauce, and sprinkle with cilantro.
3. Stir and serve immediately with sweet potato fries or brown rice as a whole grain substitute.

NOTES

- Sirloin, in addition to Flank Steak, are other lean cuts that would work great with this dish.
- Aji sauce easily be ordered online on Amazon. Or substitute any other chili paste you can find at the store



The Global Cuisine Cookbook