

Details:

- This is a “cook along” meaning we invite you to cook along with Erin Harner, MS, RDN, CHC and Cornell Wellness Registered Dietitian Nutritionist (eah267@cornell.edu) as she prepares three simple yet hearty and delicious recipes in her kitchen
- Below you’ll find everything you need to participate on **October 7th, 2020 from 12 to 1pm via ZOOM** or to make the recipes on your own later

Recipes:

- Oatmeal Banana Pumpkin Muffins
- Hearty Vegetable Black Bean Soup
- Rainbow Vegetable Slaw

Ingredients List:

Produce:

- 2 medium ripe bananas
- 2 yellow onions
- 1 red onion
- 3 ribs celery
- 4 carrots
- 1 red bell pepper
- 1 head garlic
- ¼ head green cabbage (about 8 ounces)
- ¼ head red cabbage (about 8 ounces)
- 1 small kohlrabi (or turnip or watermelon radish)
- ¼ cup fresh parsley
- ¼ cups cilantro

Other:

- ½ cup pumpkin puree (NOT pumpkin pie filling)
- 2 cups rolled oats (gluten free if needed)
- 2 eggs (OR 2 tablespoons chia seeds)
- ½ cup maple syrup
- 2 teaspoons pumpkin spice (OR 1 teaspoon cinnamon and a pinch each of nutmeg, clove, and ginger)
- 1 teaspoon baking soda



- 1 teaspoon vanilla extract
- ½ cup chopped walnuts (optional)
- 2 tablespoons olive or avocado oil
- 2 tablespoons cumin, ground
- ½ teaspoon red pepper flakes (optional)
- 2 cups dried black beans, cooked OR 4 15-ounce cans black beans, rinsed and drained
- 4 cups or 1 32-ounce carton vegetable broth
- 2 tablespoons lime juice (fresh or bottled)
- ¼ cup lemon juice (fresh or bottled)
- 2 tablespoons dijon mustard
- 1 tablespoon honey
- ¼ cup plain Greek yogurt or mayo (optional for creamy slaw)
- Extra virgin olive oil
- Avocado or coconut oil
- Sea salt
- Black pepper

Equipment/Supply List:

- Muffin liners
- Muffin tin
- Wire cooling rack
- Range/stove-top
- Oven
- Measuring cups
- Measuring spoons
- Liquid measuring cup
- Blender or food processor
- Hand grater
- Immersion blender (optional)
- Mixing bowls of varying sizes x3
- Medium storage container with lid
- Wooden spoons
- Whisk
- Soup pot
- Cutting board
- Chef's knife
- Paring knife



Oatmeal Banana Pumpkin Muffins

Yield: 12 muffins (1 muffin/serving)

Prep time: 10 minutes

Total time: 30 minutes

Ingredients:

- 2 medium ripe bananas
- ½ cup pumpkin puree (NOT pumpkin pie filling)
- 2 cups rolled oats (gluten free if needed)
- 2 eggs (OR 2 tablespoons ground chia mixed with 6 tablespoons water)
- ½ cup maple syrup
- 1 tablespoon avocado or coconut oil
- 2 teaspoons pumpkin spice (OR 1 teaspoon cinnamon and a pinch each of nutmeg, clove, and ginger)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ cup chopped walnuts (optional)



Directions:

1. Preheat the oven to 350 degrees F and put muffin liners in a muffin tin.
2. In a blender or food processor, add all ingredients except walnuts and process until smooth- about 1 minute.
3. If using, fold in walnuts (or other add-ins).
4. Fill muffin cups to about ¾ full.
5. Bake for 15 to 20 minutes or until a toothpick inserted in the center comes out clean.
6. Cool on a wire rack.

Notes: This recipe is versatile and adaptable! Try adding raisins, fresh cranberries, or chocolate chips to mix it up. A muffin can easily turn into a cupcake with a little frosting- try combining some almond butter (or other nut butter) with some cocoa powder and a little maple syrup and beat until smooth and creamy. Try making as mini-muffins, mini-loaves, or a full loaf. This recipe is also easy to double for 24 muffins or two full loaves if your blender or food processor are large enough.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 57 g		Total Fat 5.2g	8%	Total Carbohydrates 25g	8%
1 serving (2 oz)		Saturated 0.8g	4%	Dietary Fiber 4g	15%
Calories 136		Trans Fat 0g		Sugars 11g	
From fat 44		Cholesterol 0mg	0%	Protein 5g	9%
<i>HappyForks.com</i>		Sodium 217mg	9%	Vitamin A 0% • Vitamin C 3%	
		Calcium 4% • Iron 8%			

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



Hearty Vegetable Black Bean Soup

Yield: 12 servings
Prep time: 10 minutes
Total time: 45 minutes

Ingredients:

2 tablespoons olive or avocado oil
2 yellow onions, diced
3 ribs celery, chopped
2 carrots, diced
1 red bell pepper, diced
4 cloves garlic, minced
2 tablespoons cumin, ground
½ teaspoon red pepper flakes (optional)
2 cups dried black beans, cooked OR 4 15-ounce cans black beans, rinsed and drained
4 cups or 1 32-ounce carton vegetable broth
¼ cups cilantro, chopped
2 tablespoons lime juice
Sea salt and black pepper, to taste



Directions:

1. In a large pot, heat oil over medium heat. Add onions, celery, and carrots and cook until vegetables are soft stirring frequently.
2. Add bell pepper, garlic, cumin, and red pepper flakes and continue stirring for about 30 seconds.
3. Add beans and broth to the pot, bring to a boil then simmer for about 20 minutes.
4. Remove from heat. Blend about 4 cups of the soup in a blender then add back to the pot or use an immersion blender to blend some of the soup until creamy.
5. Add cilantro, lime juice, salt, and pepper. Serve and enjoy.

Notes: Try garnishing this soup with avocado chunks, fresh cilantro, or tortilla chips. Save any leftover soup for lunches or quick dinners or freeze portions in freezer safe jars/containers like wide mouth pint mason jars. If you prefer a smooth and creamy texture throughout, blend all of the soup.

Recipe adapted from <https://cookieandkate.com/spicy-vegan-black-bean-soup/>

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 167 g 1 serving (5.9 oz)		Total Fat 3.8g	6%	Total Carbohydrates 25g	8%
Calories 161		Saturated 0.6g	3%	Dietary Fiber 6g	24%
From fat 34		Trans Fat 0g		Sugars 3g	
<i>HappyForks.com</i>		Cholesterol 0mg	0%	Protein 8g	15%
		Sodium 409mg	17%	Vitamin A 42% • Vitamin C 21%	
		Calcium 7% • Iron 14%			

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



