WELCOME to the Fall Seasonal Cooking Demo with Cornell Wellness!

This is what you need to know:

- The LIVE event will be: **Wednesday October 13th, 2021, 12-1pm**, live through Zoom
- There are so many options for amazing meals featuring local fall produce. In this engaging cooking demo, Cornell Wellness Registered Dietitian Nutritionist Erin Harner, invites you to follow along as she cooks three healthy wholesome dishes in her kitchen so you can go home and cook them in yours.
- The class will be recorded and sent to registered participants. Contact Erin at eah267@cornell.edu with any questions.
- In this demo, Erin will make the following recipes which combine beautifully for a delicious lunch or dinner with some fresh greens:
  - 1. Shaved Kale, Carrot, and Apple Salad
  - 2. Veggie Fritters
  - 3. Creamy Green Dipping Sauce
- The ingredients needed for all three recipes are as follows:

<table>
<thead>
<tr>
<th>Produce:</th>
<th>Other Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bunch kale (approx. 7-8 leaves)</td>
<td>Avocado oil or other neutral oil</td>
</tr>
<tr>
<td>2 medium carrots</td>
<td>¼ cup roasted pumpkin seeds (or raw or roasted sesame seeds)</td>
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<tr>
<td>1 medium tart apple</td>
<td>½ cup Greek yogurt (or vegan yogurt)</td>
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<tr>
<td>1 medium avocado</td>
<td>2 large eggs (or ⅓ cup whipped aquafaba)</td>
</tr>
<tr>
<td>¼ cup fresh herbs (mint or parsley)</td>
<td>½ cup (or more) chickpea flour or all-purpose flour</td>
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<tr>
<td>1 ½ lb veggies of choice, grated or chopped finely (beets, carrots, sweet potatoes, hearty leafy greens like kale or collards, zucchini, broccoli, bell pepper, etc.)</td>
<td>Coriander, ground</td>
</tr>
<tr>
<td>3 green onions(or shallot or red/white onion)</td>
<td>Ground spices of choice</td>
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<tr>
<td>1 clove garlic</td>
<td>Kosher salt</td>
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<tr>
<td>Fresh herbs like mint or parsley (or dill, chives, cilantro, etc.)</td>
<td>Black pepper mill</td>
</tr>
<tr>
<td>1 lemon (or bottled lemon juice)</td>
<td></td>
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<tr>
<td>1 orange</td>
<td></td>
</tr>
<tr>
<td>3 limes (or bottled lime juice)</td>
<td></td>
</tr>
<tr>
<td>Fresh greens like mesclun mix to complete meal, if desired</td>
<td></td>
</tr>
</tbody>
</table>
Shaved Kale, Carrot, and Apple Salad

Prep time: 10 minutes  
Total time: 30 minutes  
Yield: 6 servings

Ingredients for the salad:
1 bunch kale (approx. 7-8 leaves)  
2 medium carrots  
1 medium tart apple  
¼ cup fresh herbs (mint or parsley)  
¼ cup roasted pumpkin seeds (or raw or roasted sesame seeds)

Ingredients for the dressing:
¼ cup lime juice, freshly squeezed is ideal  
2 tablespoons orange juice, freshly squeezed is ideal  
¼ cup olive oil or avocado oil  
½ teaspoon ground coriander  
½ teaspoon kosher salt  
Black pepper, to taste

Directions:
1. Remove stems from kale, roll leaves, and chiffonade or cut into thin ribbons. Grate, julienne peel, or julienne cut carrots. Julienne or grate apple. Place carrots, kale, and apple in a large bowl and set aside. Add mint, chopped.
2. In a jar with a lid, add all dressing ingredients. Shake until well combined.
3. Pour dressing over kale mixture and stir well or massage into veggies. Add dressing slowly and save any extra as a salad dressing.
4. Allow the salad to rest at room temperature for at least 20 minutes before serving. Add roasted pumpkin seeds before serving and toss to combine.
5. Serve and enjoy! The salad and dressing will keep well in the fridge for about 3 days.

Recipe adapted from:  

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Amount per 1 serving (3.8 oz)</th>
<th>% Daily Value*</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>11.8g</td>
<td>18%</td>
<td>Total Carbohydrates</td>
<td>10g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.6g</td>
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<tr>
<td>Sodium</td>
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<td>9%</td>
<td>Vitamin A</td>
<td>101%</td>
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<tr>
<td>Calcium</td>
<td>4%</td>
<td>4%</td>
<td>Vitamin C</td>
<td>45%</td>
</tr>
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</table>

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

Prep time: 10 minutes  
Total time: 20 minutes  
Yield: 4-6 servings

Ingredients:
1 ½ lb veggies of choice, grated or chopped finely (beets, carrots, sweet potatoes, hearty leafy greens like kale or collards, zucchini, broccoli, bell pepper, etc.)  
3 green onions, diced (or shallot or red/white onion)  
1 clove garlic, minced  
2 large eggs (or ⅓ cup whipped aquafaba)  
½ cup (or more) chickpea flour or all-purpose flour  
1 tablespoon fresh herbs, finely chopped (like parsley, cilantro, dill) or 1 teaspoon dried herbs  
1 teaspoon ground spices (like cumin, coriander, curry powder, garam masala), optional  
½ teaspoon kosher salt  
Fresh black pepper  
2 tablespoons avocado oil or other high temp neutral oil

Directions:
1. Prepare veggies so all are grated or chopped finely and put in a large bowl. Add the onions and garlic (optional).
2. Add the eggs, flour, herbs, spices, salt, and pepper and stir well to combine. Add a little more flour if it’s too wet. Mixture should hold together on a spoon.
3. Heat a large skillet and when hot, add the oil. Drop ¼ cupfuls of batter into the pan and press gently to flatten if needed. Cook for about 3 minutes on each side or until golden brown. Serve hot.

Note:
Add ¼ cup of grated cheese to this recipe if desired. This recipe keeps very well in the fridge for several days once cool. The fritters also make a great salad topper for lunch. Reheat in a toaster oven or oven so they get crispy although they also taste great cold. Instead of pan frying, you can alternatively bake these fritters in the oven at 375 degrees F for 15 to 20 minutes or until golden brown (although they won’t be as crispy).

Recipe adapted from:  

Nutrition facts based on 6 servings/recipe.
Creamy Green Dipping Sauce

Total time: 5 minutes
Yield: ~1 cup

Ingredients:
½ cup Greek yogurt (or vegan yogurt)
½ medium avocado, ripe
2 teaspoons lemon juice, fresh squeezed is ideal
2 teaspoons fresh herbs, chopped (parsley, dill, chives, cilantro, etc.)
1 teaspoon ground spices or hot sauce, optional
¼ teaspoon salt

Directions:
1. In a blender, food processor, or bowl, combine all ingredients. Puree until smooth and creamy or mash/stir until smooth.
2. Thin with water if needed.
3. Serve with fritters or thin with water and use as a salad dressing. Store remaining sauce in the fridge for up to 1 week.

Note:
This recipe can easily be multiplied to make more at one time. Use herbs and spices that complement what you’re serving it with.