

## WELCOME to the Spring Cook Along with Cornell Wellness!

### This is what you need to know:

- The LIVE event will be: **Wednesday March 10th, 2021, 12-1pm**, live through Zoom
- In this interactive cooking demo, Erin Harner, Cornell Wellness Registered Dietitian Nutritionist, invites you to cook along with her in your kitchen as she cooks in hers. We'll make 3 simple recipes together and discuss strategies for bringing the fresh flavors of springtime into your meals.
- All are welcome. No Wellness Recreation Membership required to attend. The class will be recorded and sent to registered participants. Contact Erin at [eah267@cornell.edu](mailto:eah267@cornell.edu) with any questions.
- In this cook along we will make the following recipes which combine beautifully for a delicious lunch or dinner:
  - Baked Sweet Potatoes
  - Chipotle Black Bean Chili
  - Grow Your Own Sprouts
- Plan to cook along with Erin or watch the demo now and cook along with Erin later at your convenience by viewing the recording or recipes. Either way, try to gather the ingredients, equipment, and supplies you'll need ahead of time so you're ready to start cooking when the class starts. The only ingredient required to prep ahead is the black beans (if you plan to cook them from dried beans).
- The ingredients and equipment/supplies needed for all three recipes are as follows:

### Ingredients List:

#### Produce:

4 medium sweet potatoes  
1 yellow onion  
3 ribs celery  
3 carrots  
1 red bell pepper  
2 cloves garlic  
1 tablespoon lime juice (fresh lime or bottled)  
Cilantro (optional for garnish)  
Scallions (optional for garnish)  
Avocado (optional for garnish)



## Other:

1 tablespoon sprouting seeds of your choice ie. brassica blend, broccoli seeds, radish seeds, lentils, peas, beans, etc.  
2 cups/1 pound dried black beans, cooked (OR 4 14.5-ounce cans black beans)  
1 tablespoon cumin, ground  
1 chipotle pepper, chopped (canned in adobo sauce) (OR 1-2 tablespoons chili powder or chipotle chili powder)  
1 14.5 ounce can diced tomatoes  
Avocado oil or extra virgin olive oil  
Sea salt

## Equipment/Supply List:

- Range/stove-top
- Oven or toaster oven
- Medium baking sheet
- Parchment paper or silicone baking sheet liner
- Paring knife
- Chef's knife
- Cutting board
- Soup pot
- Wood spoon or silicone spatula
- Measuring cups
- Measuring spoons
- Blender or immersion blender (optional)
- 1 quart mason jar (or other glass jar or bowl)
- Piece of cheesecloth, sprouting lid, or sprouting bag



## Baked Sweet Potatoes

**Yield:** 4 servings

**Prep time:** 2 minutes

**Total time:** 50 to 60 minutes

**Ingredients:**

4 medium sweet potatoes



**Directions:**

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper or a silicone mat.
2. Wash sweet potatoes and pat dry with a towel. Pierce in several spots with a fork or sharp knife.
3. Bake for about 45 to 60 minutes or when soft when poked with a fork.
4. Serve and enjoy.

**Notes:** Sweet potatoes make an amazing base for so many different dishes and cuisines. Try topping with chili and fresh herbs, spinach and hummus, your favorite nacho toppings, etc. Loaded sweet potatoes are so simple and delicious, they are sure to become a favorite in your kitchen.

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>
<b>Amount per</b> 114 g		<b>Total Fat</b> 0.2g	0%	<b>Total Carbohydrates</b> 24g	8%
1 serving (4 oz)		Saturated 0.1g	0%	Dietary Fiber 4g	15%
<b>Calories</b> 103		Trans Fat		Sugars 7g	
From fat 1		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 2g	5%
<i>HappyForks.com</i>		<b>Sodium</b> 41mg	2%	<b>Vitamin A</b> 438% • <b>Vitamin C</b> 37%	
		<b>Calcium</b> 4% • <b>Iron</b> 4%			

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



## Chipotle Black Bean Chili

**Yield:** 8 servings

**Prep time:** 10 minutes

**Total time:** 40 minutes

### Ingredients:

- 2 cups/1 pound dried black beans, cooked  
(OR 4 14.5-ounce cans black beans, drained)
- 1 tablespoon olive or avocado oil
- 1 yellow onion, chopped
- 3 ribs celery, chopped (about 1 cup)
- 3 carrots, chopped (about 1½ cups)
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 tablespoon cumin, ground
- 2 teaspoons salt
- 1 chipotle pepper, chopped (canned in adobo sauce)  
(OR 1-2 tablespoons chili powder or chipotle chili powder)
- 1 14.5 ounce can diced tomatoes
- 1 cup water
- 1 tablespoon lime juice
- Cilantro, scallions, avocado, lime wedges to garnish (optional)



### Directions:

1. Prepare beans: Soak beans overnight then pressure cook at high pressure for 8 minutes or pressure cook at high pressure for about 25 minutes for unsoaked black beans. If using canned beans, drain and rinse.
2. In a large pot, heat oil over medium heat. Add onions, celery, and carrots and cook until vegetables are soft, stirring frequently.
3. Add bell pepper, garlic, cumin, salt, chipotle pepper, diced tomatoes, water, and beans. Stir to combine and bring to a boil.
4. Reduce heat, cover, then simmer for about 20 minutes. Remove lid to thicken if needed.
5. Remove from heat. Add lime juice. If desired, blend about 2 cups of the chili in a blender then add back to the pot or use an immersion blender to blend some of the chili until creamy.
6. Try garnishing with cilantro, scallions, avocado wedges, and/or lime wedges. Enjoy!

**Notes:** Save any leftover chili for lunches or quick dinners or freeze portions in freezer safe jars/containers like wide mouth pint mason jars. If you'd prefer to pressure cook this recipe, combine prepared beans with remaining ingredients except lime juice and cook at high pressure for 5 minutes then allow pressure to release naturally for about 15 minutes before removing the lid. Continue with steps 5 and 6.

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



## Chipotle Black Bean Chili (cont.)

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>				
<b>Amount per</b>	215 g	<b>Total Fat</b>	4.2g	6%	<b>Total Carbohydrates</b>	43g	14%		
1 serving (7.6 oz)		Saturated	0.6g	3%	Dietary Fiber	11g	46%		
<b>Calories</b>	255	Trans Fat	0g		Sugars	5g			
From fat	37	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	14g	27%		
<i>HappyForks.com</i>		<b>Sodium</b>	678mg	28%	<b>Calcium</b>	12%	<b>Iron</b>	22%	
		<b>Calcium</b>	12%	<b>Iron</b>	22%	<b>Vitamin A</b>	93%	<b>Vitamin C</b>	71%

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

### Grow Your Own Sprouts

**Yield:** 8 servings

**Prep time:** 5 minutes

**Total time:** 3-6 days

**Ingredients:**

1 tablespoon sprouting seeds of your choice ie. brassica blend, broccoli seeds, radish seeds, lentils, peas, beans, etc.

**Directions:**

1. In a quart size mason jar, add seeds, fill with filtered water, and soak for about 8 hours or overnight. Cover with a fine sprouting lid or cheesecloth and a rubber band.
2. Drain water. Add filtered water to cover seeds, swirl, and drain. Tip jar upside down at an angle in a bowl or dish rack out of direct sunlight.
3. Repeat step 2 two to three times daily until sprouts are desired size.
4. To store, cover DRY sprouts with a lid and refrigerate for 3-4 days. Enjoy!



**Notes:** Try sprouting a variety of good quality seeds, beans, or nuts. Some are great for cooking, others are great for eating raw. Beans, peas, and lentils usually take 3 to 4 days to sprout fully while leafy greens like broccoli or radish often need 4 to 6 days. Instead of a jar, you can also try using a hemp sprouting bag or damp dish towel to help keep sprouts moist but not wet.

