



Health-Full Eating & Nutrition



Recipes You Can Cook With Your Kids Or Virtually With Friends!

Cooking

Cooking is a great activity that truly connects us and brings people together. Given the current circumstances, the need and desire to feel connected with others is at an all time high. Now is the perfect time to cook with the ones you love, but how? You can either cook with those already in your home, or virtually with anyone else you can imagine! Apps such as FaceTime, Zoom, and Microsoft Teams allow you to seamlessly connect with family and friends. Check out the recipes below, grab your family and friends, and get cooking!

Recipe #1: Pasta Puttanesca

Total Cook Time: 20 Minutes

Makes: 4 Servings

Ingredients: 8 ounces whole-wheat thin spaghetti (vermicelli or angel hair), 1 tablespoon extra-virgin olive oil, 2 cloves minced garlic, 1/3 cup chopped flat-leaf parsley, 1/4 cup pitted chopped Spanish or Greek olives, 2 tablespoons capers, 1 teaspoon anchovy paste, 1 tablespoon fresh oregano leaves or 1 teaspoon dried, 1/8 teaspoon crushed red pepper flakes, 1 (14-ounce) can diced tomatoes (preferably no salt added), 3/4 cup chopped fresh arugula, 1/4 cup grated Parmesan.

Cooking Instructions: Bring a large pot of water to a boil, add pasta and cook according to the directions on the package. While the pasta is cooking, heat the oil in a large skillet over a medium flame. Add the garlic and sauté until fragrant, about 1 minute. Add the parsley, olives, capers, anchovy paste, oregano and crushed red pepper to the skillet, and sauté for 2 minutes more. Add the tomatoes and simmer for about 5 minutes. Stir in the arugula and simmer for 1 minute more, until the greens wilt slightly. When the pasta is done, drain it and add it to the skillet, tossing it with the sauce to combine. Top with grated cheese.



Recipe #2: Pan-Fried Chicken with Lemony Roasted Broccoli

Total Cook Time: 35 Minutes

Makes: 4 Servings

Ingredients: 1 1/2 lb. broccoli cut into florets, 2 cloves garlic thinly sliced, 3 tbsp. olive oil, Kosher salt and pepper, 4 boneless skinless chicken breast (6oz each), 1 c. all-purpose flour, 1 lemon (cut into 1/2-inch pieces), 2 tbsp. lemon juice.

Cooking Instructions: Heat oven to 425°F. On rimmed baking sheet, toss broccoli and garlic with 1 Tbsp oil and 1/4 tsp each salt and pepper; roast 10 minutes. Meanwhile, pound chicken breasts to even thickness, season with 1/4 tsp each salt and pepper, then coat in flour. Heat 1 Tbsp oil in large skillet on medium-high and cook chicken until golden brown, 3 to 5 minutes per side. Nestle chicken amidst broccoli and roast until chicken is cooked through and broccoli is golden brown and tender, about 6 minutes. Return skillet to medium heat; add remaining Tbsp oil, then lemon pieces, and cook, stirring until beginning to brown, roughly 3 minutes. Add lemon juice and 1/3 cup water and cook, stirring and scraping up any browned bits. Spoon over chicken and serve with broccoli.



Recipe #3: Crunchy Chickpea Kale Caesar

Total Cook Time: 35 Minutes

Makes: 4 Servings

Ingredients: 2 (15-oz.) cans chickpeas rinsed and drained, 2 tbsp. extra-virgin olive oil, Kosher salt, Freshly ground black pepper, 4oz mayonnaise, 2 tbsp. lemon juice, 2 tbsp. finely grated Parmesan, 1 tbsp. Dijon mustard, 2 cloves garlic finely chopped, 1 tsp. anchovy paste, 1 large bunch kale (tough stems removed and chopped), 2 small peppers (seeded and thinly sliced).

Cooking Instructions: Pat chickpeas dry with paper towels. On rimmed baking sheet, toss with olive oil, 1/4 teaspoon salt and 1/2 teaspoon pepper. Roast in 425°F oven for 30 minutes, shaking occasionally; let cool. In a large bowl, whisk mayonnaise, lemon juice, Parmesan, Dijon, garlic, anchovy paste, and 1/4 teaspoon salt. Add kale and peppers; toss to coat. To serve, top salad with chickpeas.



References:

<https://www.foodnetwork.com/recipes/ellie-krieger/pasta-puttanesca-recipe-1945199>

<https://www.goodhousekeeping.com/food-recipes/healthy/a28650977/pan-fried-chicken-roasted-broccoli-recipe/>

<https://www.goodhousekeeping.com/food-recipes/a38876/crunchy-chickpea-kale-caesar-recipe/>