

Center On The Hill
...the place for active adults
ENTRANCE

Get Cooking!

Summer 2020 Cookbook!



Center on the Hill

Summer 2020 Cookbook!

Thank you to all who contributed recipes to share for this fun digital cookbook. I have found myself cooking a lot during these days of staying at home, and finding new favorites is always a treat. I hope you enjoy trying out these delicious offerings and maybe find some new things you might like to make more often on your own!

Keep cool and stay well! Enjoy!

Mariangela Saavedra

Director, The Center on the Hill

COTH Cookbook

Snacks and Salads



Skewers- Not just for the grill anymore

Skewers

From Cathy McKinney

Buy a pack of Kabob Sticks from the grocery store. Then make up as many as you want, in advance and put them in the refrigerator wrapped in saran wrap!

Unwrap and enjoy anytime!

Endless combinations like:

pineapple chunks, peaches, apples
blueberries, strawberries, raspberries, grapes
add marshmallows with fruit for for the kids
cheese and olives
pickles and pepperoni
peppers (yellow, red, green)
banana and grapes
cucumber and cherry tomatoes

Watermelon and pears

Get creative and try out combinations of your own!

Tip: Fruit skewers can be stored in a ziplock freezer bag and kept in the freezer for up to two weeks to enjoy when you want them!

A top-down view of a large metal tray filled with granola. The granola is a mix of golden-brown oat clusters, sliced almonds, pecans, and green pumpkin seeds. A silver spoon is scooping up a portion of the granola from the center of the tray. A red banner with white text is overlaid across the middle of the image.

Seedy Granola

Seedy Granola

From Kirsten Puskar, *Ambler Nutrition*

Ingredients

2 cups certified gluten-free old fashioned oats
1/2 cup sliced almonds
1/2 cup chopped walnuts
1/2 cup raw sunflower seeds
1/2 cup pepitas (also called pumpkin seeds)
3 tablespoons ground flax seed
3 tablespoons chia seeds
1/4 cup maple syrup
Drizzel (2T) olive oil (or your preferred oil - coconut, etc.)
1 teaspoon vanilla extract
1/2 teaspoon iodized sea salt
1/2 cup unsweetened coconut chips

Preparation:

Preheat the oven to 350 degrees.

Line a baking sheet with parchment paper.

Mix all ingredients except coconut chips in a large mixing bowl .

Transfer to the baking sheet and spread out evenly.

Bake for 20-25 minutes or until golden brown.

Halfway through baking add the coconut chips and stir. *(Don't add the coconut at the beginning of baking or it will burn.)*

If chunky granola desired, pat down with the wooden spoon or a spatula to create an even layer.

Transfer to a cooling rack and allow to cool completely before breaking into chunks.

Serve with milk and berries, or as a topping for yogurt or cereal or desserts!



Quinoa Salad

Quinoa Salad

From Dr. Wendy Romig, *Sage Integrative Health Center*

Ingredients:

1 Cup Quinoa

2 Cup Water

1 Lemon

Handful Fresh cilantro

sm. Handful Fresh dill

1/4 Cup Olive oil

2 Carrots - grated

1 Cucumber - diced

1/4 tsp Salt

1/4 tsp Black pepper

Preparation: Add 1 tbsp of olive oil to your pan and pour in the quinoa. Sautee the quinoa in the oil for a few minutes until it starts to get slightly brown. Then add your water. For cooking grains, you generally want to follow a 2:1 ratio of water to grains.

Bring to a boil and then immediately reduce the heat to a simmer until the water has been absorbed and the quinoa is fluffy with small tails. Let cool and then add all of the remaining ingredients.

Additional seasoning to taste.



Guacamole

Guacamole

From Dr. Wendy Romig, *Sage Integrative Health Center*

Ingredients:

3-4 ripe avocados cubed

2 ripe tomatoes diced

1 fresh lime

1/2 bunch fresh cilantro finely diced

1/2 tsp salt

1/4 tsp black pepper

Directions:

Scoop the avocados from the shell and mash with a fork. Add the tomatoes and cilantro.

Squeeze in the juice from the lime and add the salt and pepper to taste. Enjoy on top of tacos, with corn chips or on your favorite wrap.

A close-up photograph of a black bean and corn salad. The salad is a colorful mix of ingredients: dark black beans, bright yellow corn kernels, chunks of green avocado, diced red tomatoes, and small pieces of red onion. Fresh green herbs are scattered throughout, adding a pop of color and freshness. The salad is served in a white bowl, which is partially visible at the top left and bottom left corners. The lighting is bright, highlighting the textures and colors of the ingredients.

Black Bean and Corn Salad

Black Bean and Corn Salad

From Linda Baldwin

Whisk together (Dressing):

1/3 C olive oil

1/4 C lime juice

2 tsp honey

1/3 C fresh cilantro leaves, chopped

1 tsp chili powder

1 tsp cumin

salt & pepper, to taste

Pour dressing over veggies, mix gently and refrigerate, covered.

Flavor is better the next day.

Place in a serving bowl:

1 can black beans, drained and rinsed

1 1/2 Cup Corn kernels (fresh, frozen or canned, drained)

1/4 Cup red onion, minced

1 red bell pepper, diced small

1 avocado, peeled and diced

1 ripe tomato, diced small

1 jalapeño pepper (ribs & seeds removed), minced



Best Ever Broccoli Salad

Best Ever Broccoli Salad

From Kirsten Puskar, Ambler Nutrition

Combine, chill and serve

Makes 16 Heaping 1/2 Cup Servings.

Ingredients

4 cups broccoli florets and grated stems (peeled)

- or include cauliflower mixed 50/50

1/2 lb bacon, (or meatless bacon) cooked, crispy
(approx. 1/2 cup)

1 red onion

1/2 cup Dried cranberries

1/2 cup grated carrots

1/2 cup chopped celery

1/2 cup Sunflower seeds

1 cup Miracle Whip

1/3 cup Apple Cider vinegar

2 Tbsp sugar

1 tsp salt



The Best Chicken Salad

Best Chicken Salad

From Jerri Kohut

Makes 6 servings

Ingredients:

4 large boneless, skinless
chicken breasts, grilled and cooled

1/2 cup mayonnaise

1/4 cup finely diced celery

1/4 cup finely diced red onion

4 cup toasted and roughly chopped walnuts

1/4 cup dried fruit such as apricots, cranberries,
cherries, or pears

2 tablespoons apple cider vinegar

Directions:

Cut cooled chicken into large dice and combine
in a large bowl with the remaining ingredients.

Season to taste and add more mayonnaise as
desired.

Serve on bread or over lettuce.

COTH Cookbook

Hearty Meals

Orange Sesame Seitan



Orange Sesame Seitan

From Kirsten Puskar, *Ambler Nutrition*

INGREDIENTS

2 Tbsp cornstarch
1 Tbsp sesame seeds
8 oz seitan
12 oz green beans
2 Tbsp lite olive oil
1 cup cooked rice
1 oz fresh ginger
2 cloves garlic
1 orange
2 Tbsp soy sauce
1 Tbsp rice vinegar

INSTRUCTIONS:

1 Cook the rice - or use some of the leftover rice from Chinese take-out!

Combine the sushi rice, 1¼ cup water, and a pinch of salt in a small saucepan and bring to a boil. Cover, reduce heat to low, and cook until the grains are tender and all water is absorbed, about 15 to 18 minutes.

2 Prepare the orange sauce

Peel and mince 2 tsp ginger. Peel and mince the garlic. Zest and halve the orange. Juice the orange into a medium bowl and add

the minced ginger, minced garlic, orange zest, tamari, rice vinegar, and turbinado sugar. Whisk the orange sauce to dissolve the sugar.

3 Crisp the seitan

In a large bowl, whisk together the cornstarch, sesame seeds, 1 tbsp water, and a pinch of salt and pepper. Thinly slice the seitan. Add the sliced seitan to the bowl and toss to coat.

Place a large nonstick skillet over medium-high heat with 2 tbsp vegetable oil. Once hot, add the seitan and cook, tossing frequently, until crispy in places, about 4 to 5 minutes.

4 Add the green beans

Add the green beans to the skillet along with ¼ cup water. Cover and cook until crisp-tender, about 1 to 2 minutes.

Add the orange sauce to the skillet and cook until the sauce is slightly thickened, about 2 to 3 minutes.

5 Serve

Divide the sticky rice between plates and top with the orange sesame seitan and green beans. Enjoy!



Vegetarian Meatloaf

Vegetarian Meatloaf

From Kirsten Puskar, *Ambler Nutrition*

Makes 2 loaves, serves 6

In a food processor or blender add ingredients one at a time:

1 onion, chopped (2 cups)
2 carrot, chopped
3 ribs celery, chopped
2 cup sweet peppers chopped, any color
2 cup cabbage, chopped

In your Large 16” frypan on Med-High heat, add:

1 Tbs lite oil
Add veggie mixture and sauté, Stir consistently
Add 2 Tbs ground Flax seed

Then add:

16 oz Beyond burgers, chopped
12 oz Smart Ground Plant-based crumbles

You should not have to add more oil, veg has plenty of juices.

Add Salt and Pepper to taste.

When the combination has nicely browned, place in 2 loaf pans, **bake 375 degrees for 30 min** or until 165 degrees interior temp.

Remove from oven, top with catchup, Thousand Island, BBQ or other sauce if desired.

Slice and serve with salad and ½ cup noodles, potato or garlic bread!



Cheddar Egg Muffins

Cheddar Egg Muffins

From Kirsten Puskar, *Ambler Nutrition*

INGREDIENTS

1/2 lb cooked, drained low-sodium turkey sausage
2 cups broccoli, finely chopped
1 cup shredded cheddar cheese
1/4 cup sun-dried tomatoes (soaked in oil), finely chopped
1 teaspoon dried basil
1/4 teaspoon dried oregano
1/2 teaspoon onion powder
1/2 teaspoon sea salt
8 large eggs
1 tablespoon chives

DIRECTIONS

1. Preheat the oven to 350 degrees. Insert 12 foil muffin cups in muffin pan and spray with non-stick oil
2. In a medium skillet over medium heat, cook onion and garlic for five minutes or until onion has browned and softened. Add crumbled turkey sausage, Remove from skillet
3. In a large bowl, combine broccoli, sausage mixture, cheese, tomatoes, herbs and salt.
4. In a medium bowl, whisk the eggs. Pour into the broccoli mixture and mix thoroughly. Divide the mixture evenly among the 12 muffin cups and top with chives.
5. Bake for 30 minutes or until a wooden pick inserted in the center of a muffin comes out clean.

A top-down view of a Hunter's Chicken dish. The main focus is a white oval bowl filled with chicken thighs, sliced red and yellow bell peppers, mushrooms, and onions, all served over a bed of wide, flat egg noodles. The chicken is coated in a reddish-brown sauce. In the background, there are three glasses of a dark red beverage, possibly sangria, and a light blue napkin. In the foreground, a silver fork and knife are visible next to a white plate.

Hunter's Chicken

Hunter's Chicken

From Marcia Jones, *Watermedia Instructor*

INGREDIENTS

4 lbs chicken, cut up
2 tablespoons olive oil
1 medium onion, sliced
1 green pepper, sliced
2 garlic cloves, crushed
1/2 cup tomato paste, 1 6 oz.can (1 small can tomato paste)
2 cups chicken broth
1/2 cup dry white wine
1 teaspoon salt
1/2 teaspoon black pepper
1 bay leaf
1 teaspoon dried sweet marjoram
1/2 teaspoon dried thyme (or more)
1-2 teaspoon dried basil
1 cup sliced mushrooms (optional)
2 tablespoons brandy (optional)

DIRECTIONS

Skin chicken pieces and brown in hot olive oil.

Remove chicken.

Sauté onion, green pepper, optional mushrooms, and garlic.

Add all remaining ingredients to pan. Stir to combine.

Simmer, covered, about 1 hour.

Serve over hot cooked pasta.

COTH Cookbook

Sweet Treats



Chocolate Chip Cake

Chocolate Chip Cake

From Trudy Roman

CAKE MIXTURE

Cream together:

1/4 lb (1/2 cup) Butter softened

1 cup Sugar

2 Eggs

Add to that and beat well:

1 cup Sour Cream

1 tsp vanilla

2 cups flour

1 1/2 tsp baking powder

1 tsp baking soda

Chocolate Chip Mixture

Mix together in small bowl:

6 oz package of chocolate chips

1/2 cup Sugar and 1 tsp cinnamon

Grease a 9 x 13 pan and cover the bottom with half of the cake mixture. Then sprinkle half the chocolate chip mixture over that. Then pour remaining cake mixture over that, topped with the remaining chocolate chip mixture.

Bake at 350 for 40 min.

Enjoy!



Grilled Apples

Grilled Apples

From Mariangela Saavedra

Grilled apples make the best summer dessert! Grill them with sugar and spices until tender, then serve them with “a la mode” with melty vanilla ice cream. It’s easy to make up a packet and cook it while preparing the rest of your dinner. When you’re ready for dessert just pop open the packet and get out some forks!

Ingredients for grilled apples:

Apples: The best grilled apples are good baking apples: firm tart-sweet varieties like Honey Crisp, Jonathon, Granny Smith, Gala, Fuji, etc

Brown sugar and white sugar: Or substitute any type of sugar you like (coconut sugar, etc).

Cinnamon

Ginger

Nutmeg

Vanilla ice cream (optional): This adds the final bit of sweetness. If you want to omit, add a touch more sugar to the apples if you like.

Apples are easiest to grill in a foil packet.

Preheat a grill (or Convection Oven) to medium high heat: that’s 375 to 400 degrees Fahrenheit.

Cut the apples into thin slices.

Place them on foil and season with sugar and spices. Then add another sheet of foil on top, seal it, and poke holes for air to escape.

Grill over indirect heat or put in the oven for 20 to 25 minutes, until the apples are tender.

Serve with ice cream or whipped cream!



Philly Pound Cake

Philly Pound Cake

From Jerri Kohut

Ingredients:

1 1/2 cup sugar

1 80 package cream cheese

3/4 cup butter or margarine (softened)

4 eggs

1 1/2 tsp vanilla

2 cups sifted cake flour

1 1/2 tsp baking powder

Bake at 325 for 1 hour and 20 min.

Remove from oven and cool 5-10 min.

Remove from loaf pan and top with a dusting of confectioners sugar if desired.

Directions:

Pre-heat oven to 325

Combine: sugar, softened cream cheese, butter and vanilla. Mix till well blended.

Add: eggs and mix on low speed with mixer.

Gradually Add: Flour mixed together with baking powder on low speed till blended well.

Pour: into greased and floured 9 x 5 inch loaf pan.

COTH Cookbook

Smoothies & Drinks



Smoothies



Smoothies

From Dr. Wendy Romig, *Sage Integrative Health Center*

Directions: Place all ingredients in blender until creamy liquid.

Detox smoothie

1 avocado
1 handful parsley
1 cucumber
1/2 apple
1/8 Cup chia seeds
2 Cup spring water

Green Smoothie

Handful kale or spinach
Small handful of parsley or cilantro
1/2 cucumber or 1 stalk of celery
1/2 apple
1 inch of ginger peeled and diced
1/8 Cup of chia seeds, hemp seeds or cashews
1 tbsp raw honey
2 Cup of water

Fruit Smoothie (Berries)

1/2 C strawberries
1/2 C blueberries
1 banana
1/2 orange
1/8 Cup chia seeds
2 Cup spring water

Antioxidant Smoothie

Blueberries
Raspberries
Cherries
Cranberries
1/2 apple
1/4 Cup of chia seeds
2 Cup of water

Tropical Smoothie

From Linda Baldwin

Put in blender:

1 ripe mango, peeled, cored, cut in chunks

1-2 ripe bananas

1/2 pineapple, ripe, cut in chunks

1/3 Cup orange juice (or other fruit juice)

1/3 Cup crushed ice

Blend until thick and smooth. Very refreshing on a hot summer day!

(Proportions are arbitrary. Can be adjusted to your taste)

Strawberry Limeade

Melon Sorbet Float



Strawberry Limeade & Melon Sorbet Float

From Mariangela Saavedra

Strawberry Limeade

Ingredients

1/2 cup lime juice
1/3 cup sugar
1/3 cup water
1/2 lb sliced strawberries
20-30 mint leaves
2 cups cold water

Instructions

To make the simple syrup, combine the sugar and water in a saucepan, and cook over medium high heat for 5-10 minutes until the sugar is dissolved and the liquid is clear.

In a large mason jar or a pitcher, combine the lime juice, simple syrup, strawberries, mint, and water.

Let sit in the refrigerator for 2-3 hours. Serve and enjoy!

Melon Sorbet Float

Ingredients

assorted melon balls (watermelon, honeydew, cantaloupe)
2 scoops lemon, raspberry, or other fruity sorbet
fresh mint leaves
seltzer water

Instructions

Freeze the melon balls for at least three hours until frozen.

To make the drink, put the sorbet into the bottom of a glass, then top with the frozen melon balls.

Drop in as much fresh mint as you'd like (anywhere from a couple leaves to a handful), then top with seltzer water.

Let the sorbet melt to sweeten and flavor the drink. Enjoy!