



Nourish Joy

**An American Public Health Association
Cookbook**

**SPREAD JOY THROUGH THE SHARING OF
CHERISHED RECIPES**



Nourish joy.

Every year, the American Public Health Association brings communities together in observance of National Public Health Week, which takes place the first full week of every April. The week celebrates and honors public health workers, raises awareness about top public health issues, and rallies communities around the goal of creating the healthiest nation. The theme for NPHW 2021 is “Building Bridges to Better Health.”

To help celebrate NPHW 2021 — especially in a time where potlucks, house parties, family gatherings and holidays are put on hold — APHA introduces “Nourish Joy,” a cookbook in honor of the week and as a resource to highlight one of 2021’s daily NPHW themes: Uplifting Mental Health and Wellness.

Although many of us can’t gather quite yet, we can still learn from and experience the joy that comes from sharing recipes among loved ones and across cultures in our own kitchens. This cookbook is a new, unique way for our APHA staff to connect with each other and strengthen ties with communities across the U.S. in a time of physical distancing.

All the recipes featured in the following pages are from staff members and were picked because of their importance to their families, cultures and well-being. Each recipe has a story behind it. You’ll meet someone new, learn something about them and be inspired to cook more meals that will bring happiness and new memories in the years to come.

We would like to thank all the APHA staff who contributed to sharing bite-sized pieces of themselves with us. Thank you to the interns who contributed to the creation of the cookbook. Together, although apart, we can nourish ourselves and communities with joy.

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**Check ingredients for further allergen clarification*

Gluten Free



Contains Nuts



Dairy Free



Vegan





BREAKFAST

“There has never been a sadness that can’t be cured by breakfast food.”

Ron Swanson



Recipe courtesy [Paula Wolfer](#)

Semolina Pancakes

Ingredients

- 3 cups water
- 2 tsp baking powder
- 1 3/4 cups fine semolina (also called durum flour)
- 1/3 cups all purpose flour
- 1/3 cup honey, warmed
- 6 tbsp unsalted butter, melted
- 2 tsp active dried yeast
- 1 tsp sugar
- 1 tsp salt
- Vegetable oil, for cooking

Directions

1. In a medium bowl, combine 1/4 cup of the warm water and the baking powder. In a food processor or blender, combine the semolina with the flour, yeast, sugar and the remaining cups of warm water and blend for 30 seconds, until smooth. Add the salt and baking powder mixture and blend for 30 seconds longer. Pour the mixture into a larger bowl, cover with a towel, and let rise at room temperature until doubled in bulk, about 1 hour.
2. Heat a nonstick skillet and coat it with a thin layer of oil. In a smaller bowl, combine the honey with the melted butter.
3. Whisk the batter until creamy. Ladle batter into the skillet, tilting the skillet to distribute it evenly. Cook the pancake over moderate heat until it bubbles and the bottom is pale golden, about 2 minutes. Shake the skillet to loosen the pancake, then slide the pancake onto a plate. Top with the honey butter as desired and serve hot. Repeat by adding more oil and the remaining batter and honey butter.

"I've been making these delicious pancakes for my family for years now. I only tried this recipe and I do not know how authentic they are. I hope one day to try these pancakes in Morocco. You need a good nonstick skillet or pan. Depending on the quality of your skillet and heat level, it may involve some trial and error at first to prevent these pancakes from sticking to the pan. Once you figure that out, these cook up very quickly and easily. I keep the pancakes warm in the oven while I finish making the full batch. They freeze well for quick weekday breakfasts. Just reheat a few in the microwave for about a minute. In addition to the honey butter, I like to fill these with nut butter, jam, yogurt or fruit and roll them up like a taco."

– Mariza Silva, Meetings Manager of Convention Services

Greek Goddess's Breakfast

Ingredients

- Greek Gods Vanilla Yogurt (or any brand you have available)
- Berries of choice
 - Suggested: strawberry or banana
- Ground flaxseed
- Chia seeds
- Honey Bunches of Oats cereal with almonds
- Halved walnuts or almonds



Photo courtesy Asma Shethwala Yu



Directions

1. Mix the ingredients together in amounts desired and enjoy yourself!

"I love yogurt so I always find creative ways to eat it with different things. You just made yourself an energy-packed, super healthy breakfast that is ready in less than five minutes."

— Asma Shethwala Yu, Executive Assistant to Executive Director

Sweet Potato Pumpkin Yogurt Bowl

Ingredients

- 1/2 medium sweet potato, diced
- 1 cup plain Greek yogurt (or flavor of choice)
- 1/2 cup 100% pumpkin puree
- Dash of cinnamon
- Frozen/fresh blueberries (or fruit of choice)
- Granola
- 1-2 tbsp peanut butter or nut butter



Photo courtesy Madeleine Kinscher



Directions

1. Dice half a medium sweet potato and cook in the microwave until soft but not shriveled (about 3:30 minutes).
2. While the potato is cooking, combine yogurt, pumpkin and cinnamon in a bowl and mix.
3. Once the potato is done, add the granola, fruit and potato as toppings to the yogurt.
4. Dollop peanut butter on top of the sweet potato and enjoy!

"I usually get a lot of questionable looks from people when I describe this recipe, that is until they try it. It is one of my favorite quick, post-workout meals during the work week. I may have to hoard canned pumpkin before it goes out of season, but it is completely worth it."

— Madeleine Kinscher, Intern of Affiliate Affairs

Oma's Pancakes

Ingredients

- 3 eggs
- 1 cup milk
- 1/2 tsp salt
- 1 cup flour
- Oil, for pan

Toppings: jam or jelly, ham, cheese, asparagus



Photo courtesy Madeleine Kinscher

Directions

1. Heat oil in a pan until it's hot (this is key).
2. Mix all the ingredients together. Add milk if thinner consistency is desired.
3. Once mixed and oil is hot, pour mixture into pan quickly. Lift and move the pan to have mixture reach the edges. Consistency may appear runny.
4. Once the bottom appears to be cooked (slightly brown), flip the entire pancake to cook the other side.
5. When cooked, remove from the pan onto a plate. Add any desired toppings, then roll up the pancake to enjoy!

"Oma grew up in Germany and immigrated to Milwaukee, WI. The origin of the recipe is unknown but we think the meal came to be because 'the ingredients were cheap to feed her six germmy kids.'"

— Madeleine Kinscher, Intern of Affiliate Affairs



SNACKS AND APPETIZERS

*"I am creating new recipes all the time...
I taste the possibilities in my mind as I go."*

Madhur Jaffrey



Eggless Pumpkin Bread

Ingredients

Dry

- 1 cup all-purpose flour
- 3/4 cup wheat flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon powder
- 1/2 tsp pumpkin pie spice
- 1 cup brown sugar

Wet

- 3 tbsp honey
- 1 cup pumpkin puree
- 1/2 cup oil
- 4 tbsp water

Optional toppings: chopped walnuts, chocolate chips

Directions

1. Preheat the oven to 350 F degrees and grease and dust a loaf pan.
2. Add all dry ingredients to a bowl and mix. In a separate bowl, mix all the wet ingredients.
3. Add the wet ingredients to the dry mixture and mix until well incorporated. Do not overmix.
4. Fold in walnuts, chocolate chips or your choice of topping.
5. Bake for 55-60 minutes.
6. Remove loaf from the oven when done and let it cool for 5-10 minutes.



Photo by vonEisenstein/iStockphoto



Cheesy Potatoes

Ingredients

- 1 2-pound bag of hash browns (the cubed/diced kind with no onions or peppers are best. The shreds are a close second, but the cubes give you good texture.)
- 2 cups shredded cheddar cheese
- 1 cup sour cream (Mom's recipe says one pound, but I have tinkered slightly here and I think it's no worse for the wear.)
- 1/2 cup grated yellow onion (about half an onion)
- 1/2 tsp salt
- 1 can cream of whatever soup (if you can find a cream of potato, you'll maximize flavor. Cream of mushroom can add a nice earthiness. Cream of broccoli could give you that fully loaded baked potato feeling.)
- 1/4 cup (half a stick) butter, melted
- Corn Flakes cereal, to taste

Directions

1. Preheat the oven to 350 degrees F.
2. Mix all ingredients except the corn flakes together in a large bowl. Use your hands or a wooden spoon to break up clusters of hash browns so everything gets sauced and cheesy.
3. Pour into a 9"x13" cake pan or casserole dish. Top with corn flakes.
4. Bake uncovered for one hour. If the top starts to look a little toasted, cover with tin foil and continue to cook. Serve hot!

"Every Midwestern family seems to have their own version of a cheesy potato casserole. This one is my mom's. I think the corn flakes really make the whole recipe sing. It's good for every meal: a great breakfast casserole, a good side for lunch or dinner, a fine snack. It also microwaves for leftovers really well – just make sure to add fresh corn flakes on top after reheating, because they can get a little wilted in the fridge."

— Lindsey Wahowiak, Director of Affiliate Affairs

Lazy Hummus

Ingredients

- 2 cans chickpeas, drained (save the juice)
- 8 cloves garlic
- 1/2 cup olive oil
- 1/2 cup chickpea juice
- 1/2 cup tahini
- 3/4 cup lemon juice
- 1 tbsp cumin
- Salt, to taste



Photo courtesy Courtney Taylor



Directions

1. Using a food processor, mix garlic, chickpeas and chickpea juice together, then slowly add olive oil, lemon juice, tahini, cumin and salt. Blend for approximately 2 minutes until smooth.

“This is from my late aunt, passed on to me, which she learned from her Syrian mother-in-law. My aunt is the bride in the photo and her mother-in-law is on the left.”

— Courtney Taylor, Governance Consultant

Cornbread Muffins

Ingredients

- 1 box Jiffy corn muffin mix
- 1 red onion
- 1 egg
- 1/3 cup of milk
- 1 can of sweet corn
- 1 bag of Mexican shredded cheese

Optional: 1 jar of pickled jalapeños



Photo by bhofack2/iStockphoto

Directions

1. Preheat the oven to 400 degrees F and grease a muffin pan.
2. Dice the red onion and drain and rinse the can of corn.
3. In a large bowl, combine Jiffy corn muffin mix, red onion, egg, milk, corn, half a bag of shredded Mexican cheese and jalapeños (if desired).
4. Mix until everything is combined and smooth.
5. Fill muffin cups about 1/2 full.
6. Bake for 15-20 minutes or until golden brown.

“As a child, I would remember waking up to the smell of my mom’s cornbread muffins on Thanksgiving. My mom finally passed the recipe down to me and now we find ourselves together in the kitchen making these muffins on a regular basis. They pair well with chili and, of course, are a great addition to your Thanksgiving plate.”

— Sakshi Handa, Intern of Affiliate Affairs

Corn and Basil Brown Butter

Ingredients

- 4-5 ears corn
- 1/2 cup basil, torn
- 3 tbsp butter
- Salt and pepper



Photo courtesy Michele Late



Directions

1. Boil corn until just tender, then cool and shuck. Put in a serving bowl.
2. Put butter in a pan on medium-high heat. Once it foams, keep stirring until it turns medium brown. Avoid over browning; it'll taste burnt.
3. Pour butter over corn. Add basil, salt and pepper. Stir together.

Holiday Brussels Sprouts

Ingredients

- 2 pounds Brussels sprouts
- 4 tbsp unsalted butter
- 3/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 1/2 tbsp cider vinegar
- 3/4 cup glazed pecans, coarsely chopped



Photo courtesy Michele Late



Directions

1. Cut Brussel sprouts into thin slices. Toss them in a large bowl to separate the layers.
2. Melt the butter in a nonstick skillet over medium-high heat until the foam subsides, then add sprouts, salt and pepper. Cook, stirring, for 3 to 5 minutes, until sprouts have wilted. Add cider vinegar and cook for 1 minute, stirring, then add the glazed pecan pieces and cook for 1 minute. Transfer to a serving dish and serve hot.

“The corn and Brussels sprouts are things I usually make for Thanksgiving. One year, Fran came to my and my sister's Friendsgiving and loved the sprouts. She was amazed, because before that she had always disliked sprouts. They are very good!”

— Michele Late, Deputy Director of APHA Communications



MAIN COURSES

"The people who give you their food give you their heart."

Cesar Chavez



Jerk Chicken

Ingredients

- 6-8 chicken thighs or legs
- One medium onion, diced
- 1 1/2 tbsp season salt
- 3/4 tbsp black pepper
- 3/4 tbsp oregano
- 3/4 tbsp thyme
- 3/4 tbsp oregano
- 3/4 tbsp thyme
- 4-6 tbsp soy sauce
- 1-2 tsp Grace Mild or Hot Jerk marinate/paste (can find in international section of most supermarkets)

Optional: Serve with white rice

Directions

1. Mix ingredients early and refrigerate throughout the day until close to serving time.
2. Cook for 35-45 minutes at 375 degrees. Then enjoy!

Fran's parents are from Jamaica, and she usually doesn't eat jerk chicken unless she is there to use a dry rub pit. She would bring this dish to staff holiday parties where it was incredibly popular and eaten fast!

—Fran Atkinson, Acting Director of Membership Services

Lamb Sfiha and Pomegranate Labneh

Ingredients

Labneh

- 16 oz Greek yogurt
- 1/2 tsp salt
- 1 tbsp pomegranate molasses
- 2 tbsp olive oil
- 2 tbsp ground sumac
- 1/2 cups pomegranate seeds



Photo by Yana Margulis Rubin/iStockphoto (Labneh)



Dough

- 4 cups flour
- 3 tbsp powdered milk
- 2 1/4 tsp dry yeast
- 1/4 tsp salt
- 2 tbsp granulated sugar
- 3/4 cups olive oil
- 2 eggs
- 1 cups water

Filling

- 2 tbsp ghee
- 1 onion, diced
- 3 tomatoes, diced
- 1 pound ground lamb (or beef)
- 2 tsp kosher salt
- 1 tsp each of ground clove, nutmeg and cayenne pepper
- 2 tbsp each of ground sumac, pine nuts and za'atar

- 3 tbsp lemon juice
- 4 tbsp tahini paste
- 2 tbsp pomegranate molasses

Directions

Labneh

1. You can either purchase labneh or make your own by adding salt to Greek yogurt, pouring it into a muslin-lined sieve and allowing it to drain — while refrigerated — for at least 24 hours.
2. To serve, transfer the labneh to a bowl, stir in molasses, then top with olive oil, sumac and pomegranate seeds.

Sfiha

1. For the dough, mix flour, milk, yeast, salt and sugar by hand in a large bowl; then slowly add oil, eggs and water while continuing to mix. When fully combined, knead the (wet) dough for 3-4 minutes before covering and allow to prove for 1 hour.
2. While the dough proves, heat the ghee in a large skillet and sauté onions for 3-5 minutes until translucent. Add the ground meat and brown for 10-12 minutes on medium-high heat, then add the tomatoes and simmer for 8-10 minutes until wilted.
3. Add the spices, lemon juice, tahini and molasses before removing from heat and allowing to cool for 15 minutes.

Assemble

1. Preheat the oven to 425 degrees F.
2. When the dough has risen and the filling has cooled, divide the dough into 16 pieces and flatten into 5" circles on a floured surface. Place 2 tbsp of filling in the center of each circle, then fold the sides over the filling to form a triangle, pinching to create a seal.
3. Let the sfiha rest for 15 minutes before baking on a lined sheet until golden brown, about 12-15 minutes. Serve warm or at room temperature with labneh.

“Breakfast? Snack? Lunch? All of the above! I had a version of this for the first time several years ago as just one component of a dinner in the West Bank; in the time since, it’s become a favorite on its own and at any time. In this particular instance, credit is owed to my friend Muhammad for what I consider a Palestinian dish, but sfiha and labneh both are broadly Middle Eastern in origin. For a meatless snack that is equally delicious, skip the lamb, keep the dough flat, and go heavy on the za’atar to make manakish instead!”

— C. Pluff, Program Manager of Center for School, Health and Education

Red Quinoa Salad



Ingredients

- 1 cup organic red quinoa
- 2 cups vegetable broth
- 1-2 tbsp olive oil
- Two cloves garlic, chopped
- 1 cup shelled edamame
- 2/3 cup roasted, salted pepitas or pumpkin seeds

Directions

1. Place broth in a medium-size pot. Bring to boil and add rinsed quinoa. Cook for 10 minutes.
2. Remove pot from burner and drain and place cooked quinoa in a large bowl.
3. Add garlic, olive oil and edamame.
4. Before serving, add roasted pepitas or pumpkin seeds.

— Ashell Alston, Director of Publications Services

Recipe courtesy [Epicurious](#)

Black Pepper Tofu



Ingredients

- 1 3/4 pounds firm tofu
- Vegetable oil, for frying
- Cornstarch, to dust tofu
- 11 tbsp butter
- 12 small shallots, thinly sliced
- 8 fresh red chilies, thinly sliced
- 12 garlic cloves, crushed
- 5 tbsp coarsely crushed black peppercorns
- 16 small green onions, cut into 1 1/4 segments
- 3 tbsp chopped ginger
- 3 tbsp sweet soy sauce
- 3 tbsp light soy sauce
- 3 tbsp dark soy sauce
- 2 tbsp sugar

Directions

1. To prepare the tofu, pour oil into a large frying pan or wok to come 1/4 inch up the sides and heat. The tofu should be cut into large cubes, about 1 x 1 inch. Dust them in cornstarch, shaking off excess, then add to the hot oil. Fry the tofu pieces in a few batches, so they don't stew in the pan. Turn them around as you fry until they are golden and have a thin crust. Once cooked, move them to a paper towel on the side.
2. Remove the oil and any sediment from the pan and add butter to melt it. Add the shallots, chiles, garlic and ginger. Sauté, stirring occasionally, on low to medium heat for about 15 minutes until the ingredients are soft. Add and stir in the soy sauces and sugar, topping with crushed black pepper.
3. Warm the tofu in the sauce. Finally, stir in the green onions and serve hot with steamed rice.

“During my first few years at APHA, I noted the dietary preferences of our diverse staff and noticed some people couldn’t eat my potluck dishes. So, to try to cater to a wider audience and my boss, who is vegan, I thought of incorporating one of my favorite recipes to try to check all the boxes. It’s not my recipe but something similar to what my grandma used to make. I think you can impress first-time tofu eaters with this recipe.”

— Phat Nguyen, Digital Publication Specialist of Publication Services

Recipe courtesy [Ambitious Kitchen](#)

Slow Cooker Black Bean Pumpkin Turkey Chili

Ingredients

- 1 tbsp olive oil
- 1 pound ground turkey (99%)
- 1 medium onion, chopped
- 1 jalapeno, seeded and finely diced
- 3 garlic cloves, minced
- 2 1/2 tbsp chili powder
- 1 1/2 tsp cumin
- 1/4 tsp red cayenne pepper
- 1/4 tsp ground cinnamon
- 1/8 tsp ground cloves
- 1 tsp salt, plus more to taste
- Freshly ground black pepper
- 2 tbsp pure maple syrup (or brown sugar)
- 1 28oz can diced tomatoes (preferably no salt added)
- 3/4 cup low sodium chicken broth
- 1 15oz can pumpkin puree (or 1 3/4 cup fresh pumpkin puree)
- 1 15oz can black beans, rinsed and drained

Optional garnish: cilantro, sour cream (or Greek yogurt), guacamole, cheddar cheese



Photo by Eat Love Eat

Directions

1. Place olive oil in a large pot over medium high heat. When hot, add in onion, jalapenos and garlic. Stir for 2 minutes, then add in turkey, gently breaking up the meat and cook until brown (about 5 minutes).
2. Add all of the spices to meat. Stir to combine, cook 30 seconds longer, then transfer to a slow cooker.
3. Add the remaining ingredients to the slow cooker: maple syrup, diced tomatoes, chicken broth, pumpkin puree and black beans. Stir until well combined. Cover and cook for 6-7 hours on low or 2-3 hours on high.

"This is one of my favorite go-to recipes. I make this at home for my small family of three and also for parties and family gatherings (when those were a thing). Even people who usually aren't into chili, like this one! It's a great combination of warming spices and hearty flavors that make it a total comfort food."

— Tia Taylor Williams, Director of Centers for Health Policy and School, Health and Education

Estelle's Cabbage Soup



Ingredients

- 1 can tomato soup
- 1 large can tomatoes
- 1 medium can tomato sauce
- 1 large onion, sautéed
- 1 3/4 tsp sour salt
- 1 handful raisins
- 1 head of cabbage, shredded
- 1 1/2 cup of sugar
- 12 ginger snaps

Directions

1. All ingredients to a big pot.
2. Once all added, cover with water and cook for 1 1/2 hours.
3. Crumble the ginger snaps and add to soup to thicken and flavor.
4. Serve and enjoy! Perfect for a cold night.

— Lynn Schoen, Exhibits Manager of Convention Services

Lasagne

Ingredients

Ragù

- About 7 tbsp butter
- 2-3 stalks celery, minced
- 1 carrot, minced
- 1 medium red or yellow onion, chopped
- 1/2 pound ground pork, finely chopped
- 1 1/4 pounds ground beef, chopped
- 1 cup red wine
 - Suggested: Chianti
- 21 oz tomato puree
 - Suggested: Mutti purée
- 2 cups whole milk
- Salt and black pepper, to taste

Besciamella

- 4 1/4 cups milk
- 7 tbsp butter
- 3/4 cup flour
- Nutmeg, to taste
- Salt, to taste

Lasagne

- Lasagne pasta
 - Suggested: DeCecco
- Parmigiana (Reggiano), grated

Directions

Ragù

1. Melt the butter in a large skillet.
2. Sauté the celery, carrot and onion.



Photo by IriGri8/iStockphoto

3. Once this mix is translucent, clear out space in the middle of the skillet and add the pork there.
4. Once the pork is cooked, mix ingredients and clear out space in the middle of the skillet to add the beef.
5. After the beef is cooked, add the wine little by little and mix each time.
6. After the wine evaporates down, add the tomato.
7. Cover and cook over low heat for 2 hours.
8. Slowly add milk after two hours, cover and cook for another hour over medium-low.

Besciamella

1. Heat the milk in a pan to a near boil, then remove from heat.
2. In a large pot, melt the butter and add the flour little by little while stirring quickly.
3. Stir until smooth and then add the milk little by little while stirring quickly.
4. Add a pizzico (pinch) of salt and nutmeg to taste.
5. Increase the heat and continue stirring. The besciamella should be thickening. Continue stirring until it can stick to and coat a utensil.

Lasagne

1. Coat the bottom on an 8 x 11 inch lasagne pan with besciamella.
2. Add a layer of lasagne (prepared al dente) — cut if you must to cover the entire width and length of pan.
3. Spread a layer of ragù.
4. Spread half a cup of besciamella.
5. Sprinkle 4 tbsp of parmigiana.
6. Repeat 4 times.
7. Place in a preheated oven at 400 degrees F and cook for about 25 minutes.
8. Cool a bit, cut, e mangiamo (and we eat!). Buon appetito!

“How we make decadent lasagne (5 layer) when I’m back in Italia.”

— Alan Giarcanella, Graphic Design Manager of Strategic Communications

Grilled Eggplant with Spicy Chickpeas and Walnut Yogurt Sauce

Ingredients

- 4 tbsp olive oil
- 1 onion, finely chopped
- 1 red chili, finely chopped (or 1/2 tsp red chili)
- 1 inch ginger, finely chopped
- 1/2 tsp each ground cumin and coriander
- 1/4 tsp ground cinnamon
- 2 cloves garlic
- 1 can chickpeas, drained
- 1 can chopped tomatoes
- Juice from 1/2 lemon
- 2 medium eggplants, half-inch slices
- 1 cup Greek style yogurt
- 2 cloves garlic, crushed/pressed
- 1/4 cup chopped walnuts
- Handful of cilantro leaves, roughly chopped



Photo courtesy Anna Keller



Directions

1. Heat 2 tbsp oil, add onions, cook until soft and lightly browned, about 10 minutes. Add the chili, ginger and spices. Mix well. Add in chickpeas, tomatoes and 5 tbsp water, bring to a boil and simmer for 10 minutes. Add salt pepper and lemon juice.
2. Oil a baking sheet. Arrange sliced eggplant on the sheet, brush with oil and sprinkle with salt and pepper. Cook for 15 minutes at 400 degrees F, flip, brush the other side with oil and cook for an additional 15 minutes.
3. To make the sauce, mix yogurt with garlic and walnuts.
4. Arrange warm eggplant on a warm plate, spoon over chickpea mix, drizzle with walnut sauce and sprinkle with cilantro.

— Anna Keller, Director of Convention Services

Easy College Dinner: Stuffed Peppers



Photo by StephanieFrey/iStockphoto

Ingredients

- 4 bell peppers (any colors work)
- 1 pound ground chicken
- Ortega low sodium taco seasoning (any seasoning works)
- 1/2 red onion
- 2-3 cloves of garlic
- Mexican blend cheese

Optional: Pickled jalapeños

Directions

1. Preheat the oven to 400 degrees F.
2. Lightly grease cake pan.
3. On medium heat add ground chicken to a pan and cook till half-way brown for about 5 minutes.
4. Once half-way brown, add diced red onion, minced garlic cloves and jalepeños if desired to meat.
5. Add taco seasoning to meat once cooked for about 10 minutes.
6. Once cooked keep meat to the side and prep peppers.
7. Cut off the top part of the peppers and clean out all seeds from inside. Stuff all peppers with the meat mixture and add desired amount of cheese to the top of the peppers.
8. Place all 4 peppers in each corner of the cake pan.
9. Place the cake pan carefully in the oven and cook until the cheese has melted.

“As a college student, my roommates and I are always planning fun roomie dinner nights where one of us will cook a meal and we all eat together with a movie. This recipe was something I whipped together one night for my roommates and it has quickly become a favorite and staple in my apartment!”

— Sakshi Handa, Intern of Affiliate Affairs

Mediterranean Chicken with Quinoa



Ingredients

- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1 tsp olive oil
- 1 pound chicken breast, cubed
- 1 large yellow onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 1/2 cups quinoa uncooked, rinsed (suggested: red quinoa)
- 1 (14.5 oz) can no-salt-added, petite-cut tomatoes (one with garlic and basil)
- 1 medium zucchini, chopped
- Juice and zest from 1 lemon
- 1 small jar artichokes, chopped and drained
- 2 1/2 cups low-sodium chicken broth
- 1 tsp fresh basil, chopped
- Feta cheese

Directions

1. Season cubed chicken with salt and pepper. Coat a large skillet with olive oil, add cubed chicken and brown on all sides, about 8 minutes. Remove chicken and set aside.
2. Add onion, red pepper and garlic. Cook until soft, about 5 minutes.
3. Add quinoa, canned tomatoes, zucchini, lemon juice, artichokes and chicken broth. Bring to boil, simmer for 15-20 minutes until most of the liquid is absorbed.
4. Add back chicken and heat through, about 5 more minutes. Top with lemon zest, basil and feta cheese.

“Everyone has that one comfort meal their mom always makes when they haven’t been home for a while. This is ours. A few years ago, we found this recipe in one of the fliers from our local grocery store. We aren’t a big cooking family, often favoring a Chipotle or McDonald’s instead, but we decided to give this recipe a try. It’s been a family favorite ever since. It’s hearty and flavorful, and always makes me think of being back in St. Louis, cooking in the kitchen with my mom. Enjoy!”

— Holly Plackemeier, Affiliate Manager of Affiliate Affairs

Recipe courtesy [Liv B.](#)

Vegan Red Curry Pasta

Ingredients

- Noodles of choice, 4 servings
- 1 tbsp oil
- 1 red bell pepper, sliced
- 1 carrot, sliced
- 1 red onion, sliced
- 2/3 cup frozen green beans
- 1/2 cup frozen green peas
- Spinach, a couple handfuls
- 3 tbsp Thai Kitchen Red Curry Paste
- 1/2-3/4 cup full-fat coconut milk
- 1 tbsp soy sauce
- 1 tbsp sriracha or other chili/hot sauce
- 2 tsp maple syrup
- 1 lime, juiced



Photo courtesy [ItsLivB.com](#)



Directions

1. Cook noodles according to package directions. Then drain and set aside.
2. Cook the onion and then the other veggies in an oiled frying pan on medium heat for about 5 minutes until softened. Add the spinach last. Stir in curry paste to the veggies for 3-4 minutes.
3. Add the coconut milk in small portions, slowly cooking it with the curry paste.
4. Add in soy sauce, maple syrup, sriracha, lime juice and stir.
5. Stir in noodles to combine. If pasta looks dry, add more coconut milk.
6. Cook for a few minutes until the sauce thickens.

Optional: add your choice of protein/meat to the pasta.

— Preksha Malhorta, National Public Health Week Fellow



SWEETS

“Life is uncertain. Eat dessert first.”

Ernestine Ulmer



Grandma's Cookies

Ingredients

- 1 cup butter at room temperature
- 1 1/2 cups confectioners' sugar
- 1 egg, beaten
- 1 tsp vanilla
- 2 1/2 cups flour
- 1 tsp baking soda
- 1 tsp cream of tartar
- Sprinkles (preferably colored sugar, but you can go wild here)



Photo by HildeAnna/iStockphoto

Directions

1. Whip the butter with a hand or stand mixer. Once light and fluffy, mix in the confectioners' sugar, egg and vanilla.
2. Turn off your mixer. By hand, mix in the flour, baking soda and cream of tartar until a dough forms.
3. Cover and chill the dough for at least three hours and up to overnight (this is the hardest part!).
4. Preheat the oven to 375 degrees F.
5. Roll dough into small balls. Dip the balls in sprinkles and then press to be flat with your palm.
6. Place cookies on a baking sheet lined with parchment paper. Bake the cookies for 7-8 minutes, until BARELY golden. Enjoy!

"These were my favorite to make with my grandma growing up, and every year they're one of my favorite parts of coming home for Christmas. Since the pandemic kept me from heading back to my family this holiday season, I finally asked grandma for the recipe. I'm happy to share with you now!"

— Lindsey Wahowiak, Director of Affiliate Affairs

Forgotten Cookies



Ingredients

- 2 egg whites
- 2/3 cup granulated sugar
- 1 tsp vanilla
- Pinch of salt
- 1 cup pecans, chopped
- 1 cup chocolate chips

Directions

1. Preheat the oven to 350 degrees F.
2. Beat egg whites until stiff; gradually add sugar and salt and beat until stiff. Add nuts, chocolate chips and vanilla and stir.
3. Drop a spoonful on foil covered cookie sheets. Place in the oven and turn it off. Do not open for 24 hours.

“The Forgotten Cookies are a family favorite. We have made them for holidays since I was a kid. I think the recipe came from an elementary school group cookbook. I don’t like meringue, but I LOVE these. The secret is leaving them in the oven overnight.”

— Michele Late, Deputy Director of APHA Communications

Recipe courtesy of [Tasty](#)

One Bowl Chocolate Chip Banana Bread

Ingredients

- 3 ripe bananas
- 1/3 cup unsalted butter, melted
- 1/2 cup white cane sugar
- 1 egg
- 1 tsp of maple syrup
- 1 tsp baking soda
- Pinch of salt
- 1 1/2 cup all-purpose flour
- 1/2 cup mini semi-sweet chocolate chips

Optional: walnuts

Directions

1. Preheat the oven to 350 degrees F.
2. In one bowl, add bananas and mash with a fork until smooth. Add in melted butter and stir.
3. Add in sugar, egg, maple syrup, baking soda, salt and flour. Stir until well combined and the batter is smooth.
4. Add in 1/4 cup chocolate chips and mix in.
5. Pour the batter in a greased loaf pan.
6. Add the remaining 1/4 cup chocolate chips to the top of the batter.
7. Add walnuts if desired.
8. Bake for 50 minutes or until a toothpick comes clean out of the cake.

"I started making this banana bread early in the quarantine days when I would have nothing to do. My family fell in love with this bread and it became a weekly staple in my house. In my opinion, I think the secret ingredient, besides love, is substituting vanilla extract with maple syrup. Try this heated up with some whipped cream or vanilla ice cream!"

— Sakshi Handa, Intern of Affiliate Affairs

Kugel

(Noodle Pudding)

Ingredients

- 8 oz wide egg noodles
- 1 stick butter
- 8 oz cream cheese
- 2/3 cup sugar
- 2 eggs
- 1 1/4 cup milk
- Cinnamon

Optional: raisins



Photo courtesy Susan Polan

Directions

1. Heat oven to 380 degrees F.
2. Cook noodles in a large pot, drain and return noodles to pot while still warm.
3. Add butter and cream cheese and mix thoroughly. Make sure noodles are coated.
4. Add the rest of the ingredients, including cinnamon, to taste. Put in a greased glass dish that can go into the oven.
5. Cook until noodles on top are just the teeniest bit brown. Depending on the oven, dish size and type, it can take anywhere from 30-45 minutes. Do not let the noodles burn.
6. Let cool and cut into squares.

This recipe can easily be adjusted to make more for whatever reason. For example, egg noodles tend to come in 20 oz packages so just adjust accordingly. It can be a side dish, dessert or full meal if you want.

“Pictured is the recipe's creator, Granny Polan, on her honeymoon.”

— Susan Polan, Associate Executive Director, Public Affairs and Advocacy

Killer Brownies

Ingredients

- 2/3-1 cup butter
- 1 1/3-1 1/2 cup sugar
- 3 tbsp milk
- 24 oz semi-sweet chocolate chips
- 4 eggs
- 1 1/2 cup flour
- 1/2 tsp baking soda
- 1 tsp vanilla
- Cinnamon



Photo by Graham Parton/iStockphoto

Directions

1. Grease a 9x13 pan with butter.
2. Heat oven to 325-350 degrees F, depending on oven.
3. Mix butter, sugar and milk in a saucepan. Heat until slow boil (3-5 minutes). Mix flour and baking soda together. Set aside.
4. Remove from heat and add 12 oz of chocolate chips and stir until melted. Add eggs (2 at a time) and mix thoroughly. Add flour and baking soda mixture and vanilla and cinnamon (just a bit).
5. Take the rest of the chocolate chips (it is ok if you have eaten some) and pour into the greased dish.
6. Bake until the toothpick comes clean, you can underbake but do not overbake. Start checking around 15 minutes in.

— Susan Polan, Associate Executive Director, Public Affairs and Advocacy

TIME TO COOK

“One of the greatest pleasures of my life has been that I have never stopped learning about Good Cooking and Good Food.”

Edna Lewis



Explore more recipes from the original creators by visiting their sites:

Semolina Pancakes by Paula Wolfert

<https://www.foodandwine.com/recipes/semolina-pancakes>

Black Pepper Tofu by Yotam Ottolenghi

<https://www.epicurious.com/recipes/food/views/black-pepper-tofu-365129>

Slow Cooker Black Bean Pumpkin Turkey Chili by Monique Volz

<https://www.ambitiouskitchen.com/slow-cooker-black-bean-pumpkin-turkey-chili/>

Vegan Red Curry Paste by Liv B.

<https://itslivb.com/>

One Bowl Banana Bread by Shawn Syphus

<https://iwashyoudry.com/one-bowl-chocolate-chip-banana-bread/>

Illustrations courtesy Canva

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