



# Cooking School

**Developed by  
Winy Chen MS RD**

**Find Us  
Facebook/Youtube**



## Recipe: Bean Dip

### Ingredients

- 1 (15 oz) white bean/garbanzo bean/black bean
- 2 Tablespoons olive oil
- Juice from 1/2 lemon and its rinds
- 1 teaspoon minced garlic
- 2 Tablespoon water
- Spices
  - Black Bean: 2 Tb. chopped cilantro, 1 Tb. basil, 2 Tb. chopped onion, optional: ¼ tsp. ancho chili pepper and ½ tsp cumin
  - White Bean 1/2 tsp. finely chopped sage & rosemary
  - White Bean 1 cup lightly packed arugula, 1 roma tomato, diced
  - Garbanzo Bean
- Salt and Pepper to season

*Note: This food sampling is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 24 hours.*

### Instruction

1. Combine all ingredients except salt and pepper.
2. Add them into a food processor. Mix and pulse until well combined.
3. Season with salt and pepper to taste
4. Serve with cooked veggie sticks ( sugar snap peas, broccoli florets, cauliflower florets, carrot sticks, celery sticks, cucumber chips)



## Recipe: Roasted Pepper & Tomato Soup

### Ingredients

- 2 Tb. olive oil
- 1 medium onion or ½ large onion, diced
- 3 garlic bulbs, minced
- 6 Roma tomatoes, diced or 1 can ( 24 oz) stewed tomatoes
- 1 bag ( 12 oz) frozen roasted bell pepper
- 2 cups of chicken broth, low salt or 2 teaspoons chicken bouillons
- 6 cups of water
- Salt and Pepper
- Optional: ½ cup chopped basil, croutons, or old country breads.

### Instruction

1. Sautee onion for about 4 minutes under medium heat in a large soup pot.
2. Add garlic and sauté for 2 minute.
3. Add tomatoes and stir for another 2 minutes.
4. Add roasted bell pepper and chicken broth, and water.
5. Cook until boil. Blender everything in a blender.
6. Season with salt and pepper.
7. Optional: Served with chopped basil, sour cream, heavy cream, or bread or croutons for toppings.



## Recipe: Cauliflower & Carrot Cumin Soup

### Ingredients

- 2 Tb. olive oil
- 1 medium onion or ½ large onion, diced
- 2 cloves garlic, minced ( 2 teaspoons)
- 1 head of Cauliflower, broken into florets
- 1 Large carrots, peeled and diced
- 2 cups of chicken broth, low salt or 2 teaspoons chicken bouillons
- 6 cups of water
- 2 teaspoon cumin
- Salt and Pepper

### Instruction

1. Sautee onion for about 4 minutes under medium heat in a large soup pot.
2. Add garlic and sauté for 2 minutes.
3. Add cauliflower florets and stir for another 2 minutes.
4. Add carrot and chicken broth, and water.
5. Cook until boil. Blender everything in a blender.
6. Season with cumin. Then add salt and pepper to taste.



## Recipe: Broccoli Slaw

### Ingredients

- Solid Base
  - 1 lb. broccoli florets
  - ½ red onion, diced
  - ½ cup dried cranberries or 1 cup mandarin oranges
  - Optional: Bacon bites and roasted nuts
  
- Slaw Dressing
  - ½ cup vanilla yogurt or light sour cream
  - ½ cup light mayonnaise
  - Juice from ½ lemon or 1 Tb. white vinegar
  - Sugar or honey to taste

*Note: This food sampling is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 24 hours.*

### Instruction

8. In a large bowl, mix broccoli & onion together
9. In a small bowl, mix the slaw dressing together
10. Add the slaw dressing to the salad mix. Mix well. Top with mandarin oranges ( or dried cranberries) and nuts and bacon bites.



## Recipe: Roasted Vegetable

### Ingredients

- Solids
  - 8 cups freshly cut vegetables (broccoli florets, zucchini, cauliflower, carrots, Brussels sprouts)
- Seasoning
  - ¼ c olive oil
  - ½ teaspoon garlic powder
  - ½ teaspoon onion powder
  - ½ teaspoon herbs of choice
  - Salt & Pepper to taste

*Note: This food sampling is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 24 hours.*

### Instructions

1. In a medium bowl, mix all the vegetables together
2. In a small bowl, mix all the seasoning together
3. Coat the vegetables with the seasoning mix
4. Roasted at 450 F degrees for 20 minutes. Stir the vegetables every 7-8 minutes for even cooking.