

**COOKING THROUGH  
QUARANTINE**

Recipes from  
the Wellness Center  
at Hudson Valley  
Community College



The State University  
of New York



# FOOD IS THE INGREDIENT THAT BINDS US TOGETHER

*Quote - Author Unknown*

While we may be apart during these uncertain and stressful times, we can come together through food. The staff at the Wellness Center has shared with you, their favorite family recipes, connecting our kitchens to yours. Whether you are trying out a new hobby, challenging your current cooking skills, or broadening your taste bud's horizons through new dishes, we hope these recipes help you to find joy during these difficult times.

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**PASTA**



# Simple Sesame Noodles

*From the Kitchen of Katie Weeks, Mental Health Counselor/Outreach Coordinator*

Recipe by Ree Drummond, the Pioneer Woman from the Food Network

## **Ingredients:**

- 12 oz Thin Noodles
- ¼ C Soy Sauce
- ¼ C Canola Oil
- 3 TBSP Pure Sesame Oil
- 2 TBSP Sugar (1 TBSP can be used instead of 2)
- 2 TBSP Rice Vinegar
- ¼ tsp Hot Chili Oil (regular chili oil will suffice)
- 4 Cloves of Garlic, minced
- 4 Green Onions/ Chives chopped for garnish



## **Directions:**

1. Bring a large pot of water to a boil. Cook the noodles according to the package instructions.
2. Meanwhile, whisk together the soy sauce, canola oil, sesame oil, sugar, rice vinegar, chili oil, and garlic in a bowl. Taste and adjust the ingredients as needed.
3. Drain the noodles. Pour the sauce over the warm noodles and toss to coat. Sprinkle with the green onions and toss. Serve in a bowl with chopsticks. YUM!

# Tuna Noodle Casserole

*From the Kitchen of Katie Weeks, Mental Health Counselor/Outreach Coordinator*

## **Ingredients:**

2 cans Cream of Chicken Soup  
1 C Milk  
8 oz Shredded Extra Sharp Cheddar Cheese  
2-3 Small Cans of Tuna  
1 pkg Egg Noodles  
Bread Crumbs  
Salt and Pepper  
Can of Peas (optional)



## **Directions:**

1. Bring a large pot of water to a boil. Cook the egg noodles according to directions on the bag.
2. Meanwhile combine remaining ingredients: cream of chicken soup, milk, shredded extra sharp cheddar cheese (put some shredded cheese aside to sprinkle on top of dish later), tuna.
3. Add salt and pepper to taste.
4. Drain egg noodles.
5. Add drained egg noodles to mixture and stir.
6. Put mixture in greased casserole dish.
7. Sprinkle remaining shredded extra sharp cheddar cheese and bread crumbs on top.
8. Cook at 350 degrees for 20 minutes.

# “So Easy & So Good” Macaroni and Tomatoes

*From the Kitchen of Sara Donnelly, Senior Mental Health Counselor*

## **Ingredients**

1 Box of Elbow Macaroni

1 Lg. Yellow Onion

1lb. Bacon

Large Can of Crushed Tomatoes



## **Directions:**

1. Cook elbow macaroni according to directions on the box.
2. Chop onion into small pieces.
3. Chop bacon into small pieces
4. Sauté chopped onion and bacon.
5. Add crushed tomatoes and cooked macaroni.
6. Mix together and serve.

# Spinach Pasta

*From the Kitchen of Larry Ellis, Associate Director Counseling Services*

## Ingredients

1 lb Bow Tie Pasta  
1 box Frozen Chopped Spinach  
1 Garlic Clove, minced  
Olive Oil  
2 TBSP Butter  
Grated Parmesan Cheese  
Salt and Pepper

## Directions

1. Cook pasta according to directions on the package.
2. Remove spinach from package, cook on high in the microwave for 5 minutes.
3. Squeeze excess water from the spinach using a clean kitchen towel.
4. Drain the pasta
5. Using the pasta pot, saute garlic in 2 TBSP of olive oil and 2 TBSP of butter for 30 seconds.
6. Add spinach to the pot. Season with salt and pepper and saute until its warm.
7. Add pasta to the pot with  $\frac{1}{4}$  C of olive oil, more or less to your taste.
8. Stir until combined.
9. Add grated parmesan cheese to taste. Stir until combined.
10. Serve and Enjoy!





**SOUPS & STEWS**



# Ham and Potato Corn Chowder

*From the Kitchen of Kaitlyn Fuller, Program Assistant Health Services*

Recipe Courtesy of Closetcooking.com

## Ingredients

3 TBSP Oil or Butter  
 1 Onion, diced  
 2 Carrots, diced  
 2 Stalks Celery, diced  
 2 Cloves Garlic, chopped  
 1 tsp Thyme, chopped  
 ¼ C Flour (or rice flour for gluten free)  
 2 C Ham Broth or Chicken Broth  
 2 C Milk (or Heavy cream)  
 1 ½ lbs Potatoes, diced small, optionally peeled  
 8 oz Ham, diced  
 1C Corn  
 Salt and Pepper to taste

## Directions

1. Heat the oil in a large sauce pan over medium-high heat, add the onions, carrots and celery and cook until tender, about 8-10 minutes.
2. Mix in the garlic, thyme and flour and cook until the flour is lightly browned, about 2-3 minutes.
3. Slowly stir in the broth, deglazing the pan as you go, add the milk and potatoes, bring to a boil, reduce the heat and simmer until the potatoes are tender, about 10-12 minutes.
4. Add the ham and corn, cook until heated and season with salt and pepper.

**Option:** Start by cooking 4 strips of bacon, crumbling and setting aside before using the bacon grease to cook the veggies instead of the oil and then use the crumbled bacon as garnish.

**Option:** Omit the carrots and celery.

**Option:** Replace the potato with cauliflower.

**Option:** Fry the ham until slightly crispy on the outside before adding it to the soup.

**Option:** Add 1-2 tablespoons white miso paste by taking some of the hot broth and mixing it into the miso in a bowl and then mixing it back into the chowder as you remove it from the heat. (The miso adds a nice umami flavour!) Note: miso is salty so you will not need to season with as much salt.



# Beef Stew

*From the Kitchen of Sara Donnelly, Senior Mental Health Counselor*

## Ingredients

1 lb Boneless Beef Cubes  
3 TBSP Vegetable Oil  
2 Onions, chopped fine  
Salt & Pepper  
1 TBSP Tomato Paste  
2 Garlic Cloves, minced  
¼ C Flour  
3 C Chicken Broth  
1 ½ TBSP dark brown sugar  
1 tsp minced fresh thyme  
1 ½ Yukon potatoes  
1 lb Carrots  
2 TBSP Minced Parsley



## Directions:

1. Preheat Oven to 325 degrees
2. Heat oil in Dutch oven
3. Add onions & 1/4 tsp salt & pepper 10 minutes.
4. Add tomato paste and garlic 2 minutes.
5. Stir in flour 1 minute.
6. Whisk broth, brown sugar & thyme 3 minutes.
7. Stir in beef, transfer to oven cook uncovered 90 minutes.
8. Stir in vegetables, cook 1 hour at 350.
9. Stir in parsley & cook an additional hour at 375 until vegetables are cooked through.

# Tortellini Soup with Italian Sausage

Recipe Courtesy of Pure Wow

## Ingredients:

2 tablespoons extra-virgin olive oil  
1 sweet onion, diced  
2 carrots, peeled and diced  
3 celery stalks, diced  
3 garlic cloves, minced  
1 pound Italian sausage, casings removed  
One 28-ounce can crushed tomatoes  
4 cups chicken broth  
1 dried bay leaf  
1 teaspoon dried oregano  
½ teaspoon dried thyme  
Salt and freshly ground black pepper  
12 ounces store-bought cheese tortellini  
¼ cup Parmesan cheese, for serving  
¼ cup chopped fresh basil, for serving



## Directions:

1. In a large sauté pan, heat the olive oil over medium heat. Add the onion, carrots and celery and sauté until tender, 5 to 6 minutes. Add the garlic and sauté until fragrant, 1 minute more.
2. Crumble the sausage into the pan and cook until it's well browned, 5 to 6 minutes. Stir in the crushed tomatoes and broth, and bring the mixture to a simmer over medium heat.
3. Add the bay leaf, oregano and thyme, and season with salt and pepper. Simmer 30 to 35 minutes, until the soup's flavor develops.
4. While the soup simmers, bring a large pot of salted water to a boil over high heat. Add the tortellini and cook according to the instructions on the package. Drain well.
5. Stir the tortellini into the soup. To serve, ladle the soup into bowls and garnish each serving with Parmesan cheese and basil.

# Quick & Easy French Onion Soup

*From the Kitchen of Katie Weeks, Mental Health Counselor/Outreach Coordinator*

## Ingredients

5 small yellow onions, thinly sliced  
2- 14 oz Cans of Low Sodium Beef Broth  
2- 10 oz. Cans of Beef Consume  
1 pkt. Lipton Onion Soup Mix



## Directions

1. Thinly slice onions.
2. Add ingredients to crockpot.
3. Cook on high for 4 hours or low for 8 hours in the crockpot.
4. Enjoy the scent of French Onion Soup throughout your whole house.
5. When ready to eat, add soup to your bowl, add a thick slice of bread (if desired) and cover with provolone cheese.



**VEGETARIAN**



# General Tso's Cauliflower

Recipe Courtesy of Pure Wow

## **Cauliflower**

½ cup all-purpose flour  
 ⅓ cup cornstarch  
 ¾ teaspoon baking powder  
 1 teaspoon salt  
 2 eggs  
 3 tablespoons soy sauce  
 1 tablespoon rice vinegar  
 ½ cup neutral oil (like peanut or vegetable)  
 1 head cauliflower, cut into bite-size florets

## **Sauce**

2 teaspoons sesame oil  
 6 scallions, white part finely sliced, green part chopped into 1-inch pieces  
 3 cloves garlic, minced  
 1 tablespoon minced ginger  
 5 small dried chiles (optional)  
 ¼ cup vegetable broth  
 ¼ cup soy sauce  
 3 tablespoons rice vinegar  
 2 tablespoons mirin  
 3 tablespoons sugar  
 1 tablespoon cornstarch  
 Sesame seeds, for garnish (optional)



## **Directions**

1. **Make the Cauliflower:** In a medium bowl, whisk the flour, cornstarch, baking powder and salt to combine. In a liquid measuring cup, whisk the eggs, soy sauce and vinegar to combine. Slowly pour the egg mixture into the flour, whisking constantly. You should end up with a thick but still dip-able batter (thin with a little water if needed).
2. Heat the oil in a medium cast iron skillet until very hot (you can test it by dropping a small amount of batter into the oil--it should immediately sizzle and float).
3. Dip each piece of cauliflower fully in the batter, then place in the oil. Pan-fry the cauliflower until it's golden on all sides, 4 to 5 minutes. Drain on absorbent paper towels.
4. **Make the Sauce:** In a medium pot, heat the sesame oil over medium heat. Add the finely-chopped white scallions, garlic, ginger and chiles, and cook until fragrant, 1 to 2 minutes.
5. Add the broth, soy sauce, rice vinegar and mirin, and bring to a simmer over medium heat. Simmer for 5 minutes.
6. In a small bowl, whisk the sugar and cornstarch to combine. Pour about ¼ cup of the hot sauce over the mixture, whisking constantly until the mixture is smooth and lump free. Return the mixture to the pot and bring to a simmer. Stir in the large pieces of green scallion.
7. Cook, stirring occasionally, until the mixture thickens and has good flavor, 7 to 9 minutes more.
8. Add the cauliflower to the pot and toss to coat until the cauliflower is rewarmed, 4 to 5 minutes. Serve immediately, garnished with sesame seeds and with a side of steamed rice.

# Vegetable Spring Rolls with Peanut Sauce

Recipe Courtesy of Damn Delicious

## **INGREDIENTS:**

8 to 10 (10-inch) rice paper wrappers  
 5 green leaf lettuce leaves, torn into large pieces  
 1 cup fresh basil leaves  
 3/4 cup fresh mint leaves  
 3/4 cup chopped fresh cilantro leaves  
 1 cup matchstick carrots  
 1 cup shredded purple cabbage  
 1 red bell pepper, thinly sliced  
 1/2 English cucumber, seeded and cut into long matchsticks  
 1 avocado, halved, peeled, seeded and thinly sliced  
 Kosher salt and freshly ground black pepper, to taste

## **FOR THE PEANUT SAUCE**

1/4 cup creamy peanut butter  
 4 teaspoons reduced sodium soy sauce  
 1 tablespoon freshly squeezed lime juice  
 2 teaspoons brown sugar  
 1 teaspoon chili garlic sauce, or more, to taste  
 1 teaspoon freshly grated ginger

## **DIRECTIONS:**

1. To make the peanut sauce, whisk together peanut butter, soy sauce, lime juice, brown sugar, chili garlic sauce and ginger in a small bowl. Whisk in 2-3 tablespoons water until desired consistency is reached; set aside.
2. Working one at a time, wet rice paper for 10-15 seconds and transfer to a work surface. Place lettuce, basil, mint and cilantro in the center of each wrapper; top with carrots, cabbage, bell pepper, cucumber and avocado; season with salt and pepper, to taste.
3. Bring the bottom edge of the wrap tightly over the filling and then folding in the sides, rolling from bottom to top until the top of the sheet is reached, being careful not to tear the rice paper; cover with damp paper towels. Repeat with remaining wrappers and filling.
4. Serve immediately with peanut sauce.



# Buffalo Cauliflower Nuggets

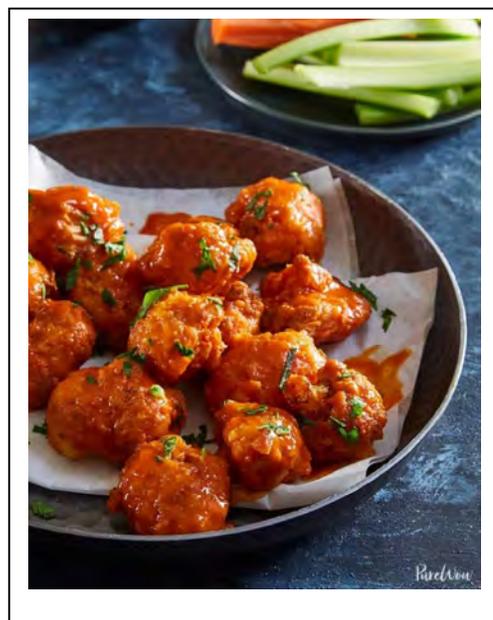
Recipe Courtesy of Pure Wow

## CAULIFLOWER NUGGETS

Oil, as needed for frying  
 2 eggs  
 1½ cups all-purpose flour  
 1 teaspoon garlic powder  
 1¼ teaspoons salt  
 ¾ teaspoon freshly ground black pepper  
 Pinch of cayenne pepper  
 1 head cauliflower, cut into bite-size florets

## BUFFALO SAUCE

6 tablespoons butter  
 1¼ cups buffalo-style hot sauce (such as Frank's)  
 ¼ cup chopped fresh parsley (optional)  
 Carrots and celery sticks, as needed for serving  
 Blue cheese dressing, as needed for serving



## Directions:

1. *Make the Cauliflower Nuggets:* Pour 2 to 3 inches of oil into a large sauté pan. Heat the oil over medium-high heat until it shimmers on the surface and reads about 350°F on a thermometer. (Or you can test the oil with a piece of cauliflower: If it bubbles and stays at the surface after you drop it in the oil, then you're good to go.)
2. Line a baking sheet with a few layers of paper towels. Whisk the eggs in a large, shallow bowl.
3. In another large, shallow bowl, whisk the flour with the garlic powder, salt, black pepper and cayenne.
4. Working with a few pieces at a time, dip the cauliflower florets into the egg until they are well coated. Then dip them into the flour mixture and toss well to coat. Repeat with the remaining cauliflower.
5. Working in batches, fry the cauliflower until the pieces are evenly golden brown, 6 to 9 minutes. Remove the cauliflower with a slotted spoon and drain on the prepared paper-towel-lined baking sheet.
6. *Make the Buffalo Sauce:* In a small pot, melt the butter over medium heat. Whisk in the buffalo sauce until well combined.
7. Add the fried cauliflower to the sauce and gently toss to coat. Garnish with parsley, if desired.
8. Serve the cauliflower immediately, hot, with the carrots and celery on the side and the blue cheese dressing for dipping.

# Veggie Sheet Pan Nachos

Recipe Courtesy of Two Peas and Their Pod

## Ingredients:

Tortilla chips enough to cover the sheet pan  
2 cups shredded Mexican or cheddar cheese  
1 14 oz can black beans, rinsed and drained  
3 tablespoons diced red bell pepper  
3 tablespoons yellow bell pepper  
3 tablespoons diced orange bell pepper  
1 cup halved grape tomatoes  
1/2 cup fresh corn kernels  
1/2 cup shredded Romaine lettuce  
1/4 cup finely chopped purple cabbage  
1 large avocado diced  
4 radishes thinly sliced  
1/4 cup chopped green onion  
1/4 cup chopped cilantro  
1/3 cup crumbled queso fresco  
Salsa for serving



## Directions:

1. Preheat the oven to 400 degrees F.
2. Place the tortilla chips evenly on a large sheet pan, making sure the entire pan is covered with chips. Top the chips with shredded cheese, black beans, and diced peppers. Place the nachos in the oven and bake until the cheese is melted, about 7-10 minutes.
3. While the nachos are in the oven, make sure you have all of your veggie toppings ready to go. Remove the nachos from the oven and top with tomatoes, corn, lettuce, cabbage, avocado, radishes, green onion, cilantro, and queso fresco. Serve immediately.

# Pico De Gallo

*From the Kitchen of Katie Weeks, Mental Health Counselor/Outreach Coordinator*

**Ingredients:**

6 Whole Roma (Plum) Tomatoes, gutted and diced  
1/3 lg. Vidalia Onion, diced  
Handful of Cilantro, stems removed and minced  
1 Jalapeno pepper, minced and seeded if you want a milder taste  
1-2 Limes, freshly squeezed  
1 Garlic Clove, minced or pressed  
Salt to taste  
A few dashes of Frank's Red Hot Sauce

**Directions:**

1. Gut and dice plum tomatoes.
2. Dice large Vidalia onion.
3. De-stem and mince cilantro.
4. Seed (if desired) and mince jalapeno pepper.
5. Mince or press clove of garlic.
6. Combine ingredients.
7. Add salt, freshly squeezed lime juice, and Frank's Red Hot sauce.
8. Mix together and serve.





# CHICKEN



# 12 Minute Chicken and Broccoli

Recipe Courtesy of Gimme Some Oven

## *STIR-FRY INGREDIENTS:*

2 TBSP Olive Oil, divided  
 2 Boneless Skinless Chicken Breasts, cut into bite-sized pieces  
 Salt and Pepper  
 1 batch Stir-Fry Sauce (see below)  
 1 Bunch Broccoli, chopped into small florets, stem discarded  
 1 tsp Toasted Sesame Oil  
 Toppings: Sliced Green Onions, Toasted Sesame Seeds

## *STIR-FRY SAUCE INGREDIENTS:*

2/3 C Water  
 1/3 C Reduced-Sodium Soy Sauce  
 3 tablespoons rice vinegar  
 2 TBSP Cornstarch  
 2 TBSP Honey  
 2 Cloves Garlic, peeled and minced  
 1 tsp Ground Ginger



## **Directions**

### *TO MAKE THE STIR-FRY:*

1. Heat 1 tablespoon olive oil in a large sauté pan over medium-high heat. Add chicken breasts, and season with a generous pinch of salt and pepper. Cook for about 5 minutes, stirring occasionally, until the chicken is browned and mostly cooked through.
2. While the chicken is cooking, make your sauce. (*See below.*)
3. Once the chicken is browned, add the remaining 1 tablespoon of olive oil and broccoli, and stir to combine. Continue cooking for an additional 3 minutes, until the broccoli is bright green. Stir in the sauce, and cook for an additional 1 minute until the sauce has thickened. Remove from heat and stir in the sesame oil until combined.
4. Serve warm, garnished with green onions and toasted sesame seeds. Or transfer to a sealed container and refrigerate for up to 3 days.

### *TO MAKE THE SAUCE:*

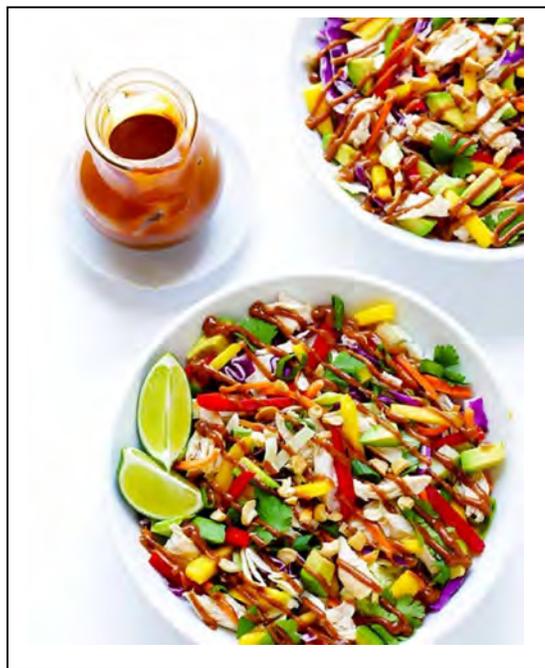
1. Whisk all ingredients together in a small bowl until combined.

# Rainbow Thai Chicken Salad

Recipe Courtesy of Gimme Some Oven

## THAI CHICKEN SALAD INGREDIENTS:

- 3 cups shredded cooked chicken
- 2 cups shredded purple cabbage
- 1 cup shredded green cabbage
- 1 avocado, diced
- 1 mango, peeled, pitted and diced
- 1 (large) carrot, julienned or shredded
- 1 red pepper, cored and julienned (or diced)
- 1 cup roughly chopped fresh cilantro leaves
- 1/2 cup chopped green onions
- 1/4 cup chopped cashews or peanuts



## PEANUT DRESSING INGREDIENTS:

- 1/2 cup natural peanut butter
- 2–3 tablespoons hot water
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce (if you are gluten-free, use GF soy sauce or tamari)
- 2 tablespoons honey
- 1/4 teaspoon sesame oil
- juice of 1 lime
- pinch of red pepper flakes

## DIRECTIONS

### TO MAKE THE SALAD:

1. Toss all salad ingredients together until combined. Drizzle with dressing or toss to combine, then serve immediately.

### TO MAKE THE DRESSING:

1. Whisk all ingredients together until combined. If the dressing is too thick, add hot water a teaspoon at a time until it reaches the consistency you desire.

# Chicken with Sun-Dried Tomato Cream Sauce

Recipe Courtesy of Damn Delicious

## INGREDIENTS:

8 bone-in, skin-on chicken thighs  
Kosher salt and freshly ground black pepper, to taste  
3 tablespoons unsalted butter, divided  
3 cloves garlic, minced  
1/4 teaspoon red pepper flakes, or more, to taste  
1 cup chicken broth  
1/2 cup heavy cream  
1/3 cup julienned sun dried tomatoes in olive oil, drained  
1/4 cup freshly grated Parmesan  
1/4 teaspoon dried thyme  
1/4 teaspoon dried oregano  
1/4 teaspoon dried basil  
1/4 cup basil leaves, chiffonade



## DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Season chicken thighs with salt and pepper, to taste.
3. Melt 2 tablespoons butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; set aside.
4. Melt remaining tablespoon butter in the skillet. Add garlic and red pepper flakes, and cook, stirring frequently, until fragrant, about 1-2 minutes. Stir in chicken broth, heavy cream, sun dried tomatoes, Parmesan, thyme, oregano and basil.
5. Bring to a boil; reduce heat and simmer until slightly thickened, about 3-5 minutes. Return chicken to the skillet.
6. Place into oven and roast until completely cooked through, reaching an internal temperature of 175 degrees F, about 25-30 minutes.
7. Serve immediately, garnished with basil, if desired.

# Crispy Baked Chicken Tenders

Recipe Courtesy of Pure Wow

## Ingredients:

Nonstick cooking spray  
1¼ cups all-purpose flour  
1¼ teaspoons salt  
¾ teaspoon black pepper  
¼ teaspoon cayenne pepper  
2 eggs  
2 cups panko bread crumbs  
⅓ cup sesame seeds  
16 boneless, skinless chicken tenders  
1¼ teaspoons paprika  
Coarse salt, to taste

## Directions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and then grease it with nonstick cooking spray.
2. In a medium-size shallow bowl, whisk the flour with the salt, black pepper and cayenne to combine. In a second medium-size shallow bowl, whisk the eggs. In a third medium-size shallow bowl, stir the panko with the sesame seeds.
3. Working one at a time, dredge each chicken tender in the flour to coat, dip it into the egg and then dredge in the panko to coat. Transfer to the prepared baking sheet. Repeat with the remaining tenders.
4. Spray the surface of the tenders with nonstick cooking spray. Bake until they're golden brown and fully cooked, 18 to 22 minutes. Turn the tenders halfway through cooking and sprinkle with the paprika and coarse salt.
5. Serve warm, immediately, with your favorite dipping sauces. (We love honey-mustard.)





**BEEF, TURKEY & PORK**



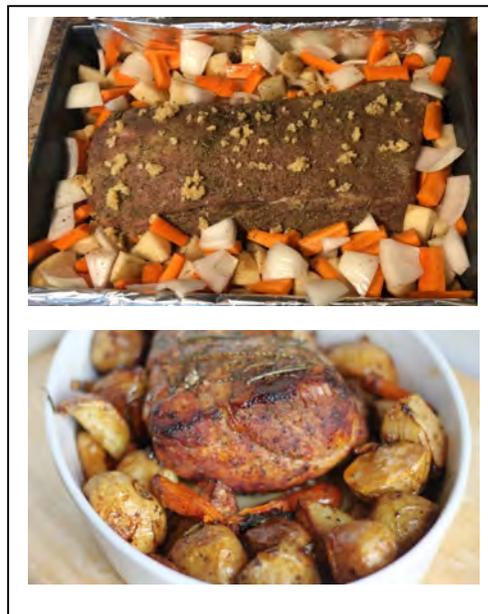
# Incredible Boneless Pork Loin with Roasted Vegetables

*From the Kitchen of Kaitlyn Fuller, Program Assistant Health Services*

Recipe Courtesy of Food.com

## Ingredients:

4-5 lbs Boneless Pork Loin  
 1 TBSP Garlic Powder  
 1 TBSP Onion Powder  
 1 TBSP Parsley  
 1 TBSP Rosemary (fresh or dried)  
 1 TBSP Seasoning Salt  
 1 TBSP Extra Virgin Olive Oil  
 1 tsp Black Pepper  
 10 Fresh Garlic Cloves, chopped  
 5-6 Yukon Gold Potatoes, quartered  
 8-16 oz Baby Carrots  
 1 Lg Spanish Onion, quartered  
 8 oz Beef Broth (must be beef!)



## Directions:

1. Place Pork Loin fat side down in a 9 x 13 pan and arrange vegetables around it.
2. In a small bowl mix Garlic powder, onion powder, seasoned salt and black pepper until combined and rub it onto the pork (top only, not the bottom).
3. Sprinkle the parsley on top, and then the garlic. Drizzle the olive oil over top of the pork. You can season the vegetables as well, I recommend to. Just sprinkle all of the same dry seasonings over top.
4. Add beef broth from one of the corners of the pan, do not pour over pork. Place foil, slightly vented, over the pork, and fitting the pan. Cook it on 325 for 2 1/2 hours. Midway through rotate the pork so it is fat side up and replace the foil so it is covered again.
5. After its done take the foil off and put the broiler on HIGH. Flip the pork again to meat side up and broil for 10 minutes. You will do this twice (meat side up, 10 mins, fat side up 10 mins, and then meat side up one last time for 10 mins.) For a total of 30 minutes You may need a few mins longer depending on your oven. Just look to see how browned its getting.
6. Let meat rest for 30 minutes.
7. Enjoy! The vegetables will have an incredible flavor and so will the meat.
8. \*\*You may add more veggies but you'll probably have to go with a bigger pan size.
9. \*\*If you'd really like to kick it up, make a roux and add PAN JUICES and some red wine and let it reduce, stirring often to make a nice gravy!

# Italian Sausage Hoagies

Recipe Courtesy of Chelsea's Messy Apron

## Ingredients

- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1/2 teaspoon minced garlic
- 1 and 1/2 teaspoons Italian seasoning
- 4 hoagie buns
- 3 (about 10 ounces) Johnsonville Hot (or mild) Italian sausages
- 1/2 of 1 yellow onion, diced
- 1 tablespoon minced garlic
- 1/2 of 1 large red pepper, very thinly sliced
- 1/2 of 1 large green pepper, very thinly sliced (or use just 1 bell pepper)
- 1 cup chunky marinara sauce
- 1 tablespoon Italian seasoning
- Freshly cracked black pepper, to taste
- heaping 1/2 cup freshly grated mozzarella cheese



## Instructions

1. Preheat the broiler to high. In a skillet, add in the olive oil and butter. Melt and then stir in the garlic and Italian seasoning. Remove from heat and brush this mixture generously over the hoagie buns - inside and out. Place the hoagie buns on a sheet pan and broil for 1-2 minutes on high until very lightly golden brown (you'll add them back later).
2. Begin the sausages cooking. Remove the casing and follow package directions to grill the sausages. If you don't have the sausage grill, remove casings, slice the sausages into 1-inch thick pieces and add to a skillet (same one you used earlier for the butter) over medium heat. Cook for about 2 minutes stirring occasionally and then add in the onion and garlic. Cook for another minute.
3. Add in the bell peppers, marinara sauce, Italian seasoning, and pepper. Bring the mixture to a boil and then simmer for 5-6 minutes or until the peppers are crisp tender.
4. Separate the mixture evenly among the hoagie buns and sprinkle generously with cheese.
5. Return the hoagies to the oven and broil for another 1-2 minutes or until cheese is melty.
6. Top with fresh basil or parsley if desired and enjoy immediately.

# Swedish Meatballs

Recipe Courtesy of Pure Wow

## MEATBALLS

1 tablespoon olive oil  
 1 onion, diced  
 2 garlic cloves, minced  
 1 pound ground beef  
 1 egg  
 1¼ teaspoons salt  
 1 teaspoon freshly ground black pepper  
 ½ teaspoon ground allspice  
 ¼ teaspoon ground nutmeg  
 ¾ cup plain bread crumbs

## SAUCE

2 tablespoons unsalted butter  
 3 tablespoons all-purpose flour  
 1½ cups beef broth  
 Salt and freshly ground black pepper, to taste  
 Chopped fresh parsley, for garnish



## DIRECTIONS

1. Preheat the oven to 375°F. Line a baking sheet with aluminum foil and grease it lightly with nonstick spray.
2. **MAKE THE MEATBALLS:** In a medium skillet, heat the olive oil over medium heat. Add the onion and cook until translucent, 4 to 5 minutes. Add the garlic and cook until fragrant, 1 minute more. Cool to room temperature.
3. In a medium bowl, mix the cooled onion mixture with the beef, egg, salt, pepper, allspice and nutmeg to combine. Add the bread crumbs and mix to combine.
4. Form the mixture into 1-inch meatballs and then transfer the meatballs to the prepared baking sheet. Bake until golden brown and cooked through, 15 to 18 minutes.
5. **MAKE THE SAUCE:** In a medium pot, melt the butter over medium heat. Whisk in the flour and cook, whisking constantly, until the mixture is golden brown, 3 to 4 minutes.
6. Gradually whisk in the beef broth and bring the mixture to a simmer. Simmer until the sauce is thick enough to coat the back of a spoon. Season with salt and pepper.
7. When the meatballs are fully cooked, transfer them to the sauce and toss to coat. Serve warm (preferably over mashed potatoes), garnished with parsley.

# Slow Cooker Pork Carnitas

Recipe Courtesy of Pure Wow

## Ingredients

1 white onion, halved and thinly sliced  
5 garlic cloves, minced  
1 jalapeño, minced  
3 pounds cubed pork shoulder  
Salt and freshly ground black pepper  
1 tablespoon cumin  
2 tablespoons chopped fresh oregano  
2 oranges  
1 lime  
½ cup chicken broth

## Directions

1. Place the onion, garlic, jalapeño and pork in the base of a slow cooker. Add the salt, pepper, cumin and oregano.
2. Zest the oranges and lime over the pork, then halve them and squeeze the juice over the pork. Pour the broth over the pork as well.
3. Put the lid on the slow cooker and set the heat on low. Cook for 7 hours, or until the meat is tender and easy to shred with a fork.
4. Use two forks to shred the meat. The pork can be served immediately (we prefer it in tacos) or stored in an airtight container in the refrigerator for up to five days, or in the freezer for up to a month.



# White Turkey Chili with Avocado

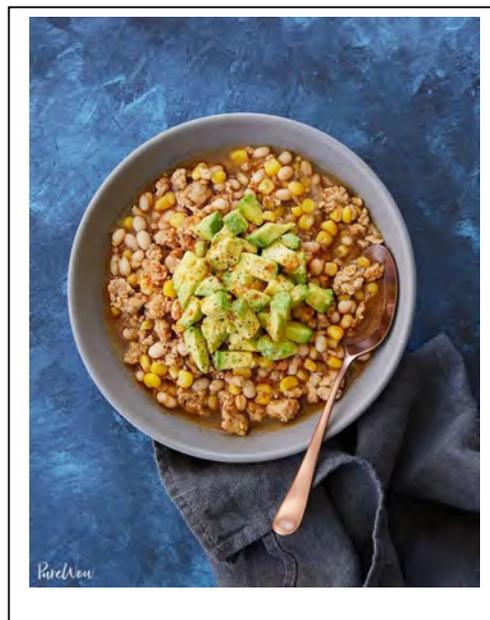
Recipe Courtesy of Pure Wow

## Ingredients

2 tablespoons extra-virgin olive oil  
1 large white onion, diced  
4 garlic cloves, minced  
1 pound ground turkey  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 teaspoon cayenne pepper  
Salt and freshly ground black pepper  
4 cups chicken broth  
One 15-ounce can corn kernels  
One 15-ounce can white beans  
1 avocado, diced

## Directions:

1. In a large pot, heat the olive oil over medium heat. Add the onion and sauté until translucent, 6 to 8 minutes. Add the garlic and continue to cook until fragrant, 1 minute more.
2. Add the turkey and cook until browned and fully cooked, 5 to 7 minutes. Add the cumin, coriander and cayenne, season with salt and pepper, and cook until fragrant, 1 to 2 minutes.
3. Stir in the broth. Bring the soup to a simmer over medium heat. Reduce the heat to low and simmer until good flavor develops, 30 to 35 minutes.
4. Stir in the corn and beans, and simmer for 2 to 3 minutes.
5. To serve, ladle the chili into bowls and top with 1 to 2 tablespoons avocado. Serve immediately.



# Greek Turkey Burgers with Tzatziki Sauce

Recipe Courtesy of Pure Wow

## Ingredients

### **TURKEY BURGERS**

1 tablespoon extra-virgin olive oil  
 1 sweet onion, minced  
 2 garlic cloves, minced  
 1 egg  
 ½ cup chopped fresh parsley  
 ½ teaspoon dried oregano  
 ¼ teaspoon red-pepper flakes  
 1 pound ground turkey  
 ¾ cup bread crumbs  
 Salt and freshly ground black pepper

### **TZATZIKI SAUCE**

1 cup Greek yogurt  
 ½ European cucumber, diced  
 1 tablespoon extra-virgin olive oil  
 2 tablespoons lemon juice  
 1 pinch garlic powder  
 Salt and freshly ground black pepper  
 ¼ cup chopped fresh parsley

### **BURGER TOPPINGS**

4 whole-wheat hamburger buns  
 ½ red onion, sliced  
 8 Boston lettuce leaves  
 2 tomatoes, sliced

## Directions

- 1. MAKE THE TURKEY BURGERS:** In a small skillet, heat the olive oil over medium heat. Add the onion and cook until tender, 3 to 4 minutes. Add the garlic and sauté until fragrant, 1 minute more. Set aside to cool to room temperature.
- In a medium bowl, mix the cooled onion mixture with the egg, parsley, oregano, red-pepper flakes and ground turkey. Add the bread crumbs, season with salt and pepper, and mix until combined.
- Preheat the oven to 375°F. Form the meat mixture into four patties of equal size. Heat a large oven-safe skillet over medium-high heat and spray it generously with nonstick cooking spray.
- Place the burgers in the skillet and sear on each side until well browned, 4 to 5 minutes per side. Transfer the skillet to the oven and cook until the burgers are fully cooked through, 15 to 17 minutes more.
- 5. MAKE THE TZATZIKI SAUCE:** In a medium bowl, mix the yogurt with the cucumber, olive oil, lemon juice and garlic powder to combine. Season with salt and pepper, and then stir in the parsley.
- 6. MAKE THE TOPPINGS:** Place each burger on the bottom half of a bun and then top each with about ¼ cup tzatziki, two lettuce leaves, two tomato slices and the top half of the bun. Serve immediately.





# DESSERTS



# Jan Hagels - A Traditional Dutch Cookie

*From the Kitchen of Ingrid Blydenburgh, Nurse Practitioner*

## **Ingredients:**

1 cup Brown Sugar  
1 cup soft butter or margarine  
1 egg yolk  
1 tsp. vanilla  
2 cups Flour  
1/2 tsp. salt  
1 slightly beaten egg white  
1/4 cup granulated sugar  
1/2 tsp. ground cinnamon  
1/2 cup sliced almonds



## **Directions**

1. In mixing bowl cream together brown sugar and butter until light and fluffy
2. Beat in egg yolk and vanilla
3. Stir together flour and salt
4. Blend into a creamy mixture mixing well
5. Pat the dough evenly in a ungreased 15x10x1 inch baking pan
6. Combine granulated sugar and cinnamon. sprinkle mixture evenly over top of dough
7. Sprinkle sliced almonds evenly over dough.
8. Bake at 350 degrees for 15 minutes or until lightly browned.
9. Cut in 1 1/2 inch diamond shaped cookies while warm

Enjoy with a nice cup of hot tea!

# Coffee Cake

*From the Kitchen of Katie Weeks, Mental Health Counselor/Outreach Coordinator*

## **Ingredients:**

- 1 Yellow Cake Mix
- 1 lg. box Instant Vanilla Pudding
- $\frac{3}{4}$  C Canola Oil
- $\frac{3}{4}$  C Water
- 4 Eggs
- 1 tsp Vanilla



## **Topping Ingredients:**

- $\frac{1}{2}$  C Sugar
- $\frac{1}{8}$  C Melted Butter
- 3 tsp Cinnamon
- Chopped Walnuts (optional)

## **Directions:**

1. Mix yellow cake mix, instant vanilla pudding, canola oil, water, eggs and vanilla together with a mixer for 6-8 minutes.
2. Pour into a 13x9 inch greased pan.
3. Combine topping ingredients: sugar, melted butter cinnamon, and walnuts if desired.
4. Sprinkle toppings over the cake.
5. Swirl topping with a knife.
6. Bake at 350 degrees for 30-35 minutes.
  - a. For cupcakes bake at 350 degrees for 14-16 minutes.

# Peanut Butter Cookies

*From the Kitchen of Sara Donnelly, Senior Mental Health Counselor*

Recipe Courtesy of Food Network Kitchen

## Ingredients

1 C Sugar, ¼ C additional Sugar to roll cookies in  
½ C Butter at room temperature  
1 Egg  
1 C Smooth Peanut Butter  
1 tsp Vanilla  
½ tsp Salt  
½ tsp Baking Soda  
1 ½ C Flour



## Directions

1. Preheat oven to 375 degrees
2. Grease a baking sheet
3. In a large bowl, cream together sugar and butter.
4. Beat in egg to mixture.
5. Mix in peanut butter and vanilla until smooth and creamy.
6. Stir in salt, baking soda and flour until well combined.
7. Roll dough into 1 inch balls and then roll in sugar.
8. Place on baking sheet and flatten with fork.
9. Bake for 12-15 minutes

Optional:

1. Melt ½ C of semi-sweet chocolate chips, add more as needed.
2. Dip cooled cookies in melted chocolate.
3. Let cool.
4. Serve and enjoy!



# Classic Creamy Cheesecake

*From the Kitchen of Debra Gregory, Counseling Services*

## Ingredients

### *Graham Cracker Crust:*

- 1 ½ C Graham Cracker Crumbs
- 2 TBSP. Sugar
- 1 TBSP. Brown sugar
- 7 TBSP. Butter (melted)

### *Cheesecake:*

- 32 oz. Cream Cheese (softened to room temperature)
- 1 C Sugar
- 2/3 C Sour Cream
- 1 ½ tsp. Vanilla Extract
- 1/8 tsp. Salt
- 4 Eggs (at room temperature and slightly beaten)



### Directions:

1. Prepare Graham cracker crust first by combining ingredients with a fork.
2. Pour crumbs into a 9" springform pan and press firmly into the bottom and up the sides of your pan.
3. Set aside.
4. In a large bowl beat cream cheese together until smooth. Add sugar and beat again until creamy.
5. Add sour cream, vanilla, and salt, beat on low until well combined. Gradually add eggs. Don't forget to scrape the sides and bottom of bowl with a spatula so that all ingredients are mixed together well.
6. Pour into prepared pan. Place on a lined cookie sheet and bake at 325\* for about 75 minutes. Edges should be slightly puffed and light golden brown. Center should spring back to the touch but still be slightly jiggly.
7. Remove from oven and allow to cool on top of oven for 10 minutes (this will allow the cheesecake to cool slowly to prevent splitting). Then, use a knife to gently release cake from side of pan before you release it from the springform pan. Cool cheesecake on counter for 1-2 hours before putting it in the refrigerator. (Cheesecake will need about 6 hours in the refrigerator to chill enough for cutting)
8. Enjoy!



# DOG TREATS



# Pumpkin Peanut Butter Pupcake

Recipe from [Personalcreations.com/blog/dog-cake-recipes](http://Personalcreations.com/blog/dog-cake-recipes)

If your dog loves to lick spoonfuls of peanut butter, this is the cake for them! Top it with dog beef jerky or a mini bone for decoration. If you add a candle for a photo op, make sure to remove it before your pup digs in. This recipe makes five mini bundt cakes.

## Ingredients:

- 1 C Oat Flour
- 1 C Pumpkin Puree
- ¼ C Peanut Butter
- 2 TBSP Honey
- 1 tsp Baking Powder
- 1 Egg



## Frosting:

- ½ C Nonfat Yogurt
- ¼ C Peanut Butter
- Mini Dog Treats for Decoration (optional)

## Directions

1. Preheat oven to 350°F .
2. Mix together pumpkin puree, peanut butter, eggs and honey. Then stir in flour and baking powder.
3. Grease tins with coconut oil and fill with batter. Bake for 20-25 minutes until the center is firm.
4. Mix together yogurt and peanut butter. Once cake has cooled, frost and decorate with dog biscuits.

# Peanut Butter, Banana, & Yogurt Popsicles

Recipe Courtesy of Good Housekeeping

## Ingredients

- 4 cups (32-ounce container) plain yogurt
- 1 large banana
- 4 tablespoons peanut butter
- Coconut or olive oil cooking spray
- Small dog treats for the popsicle "sticks"



## Directions

1. Blend yogurt, banana, and peanut butter in blender.
2. Place small cups in a rimmed baking pan and spray with cooking spray. (Instead of cups, you can use a silicone mold.)
3. Fill cups half way with yogurt mixture then place one treat in each cup to serve as an edible popsicle stick.
4. Transfer pan to freezer and freeze for 2 to 3 hours.
5. Remove a "popsicle" from the freezer and hold onto the stick as your furry friend enjoys his treat. Once the frozen portion gets to be a manageable size, your dog can enjoy the treat on his own.
6. For dogs who are overeager and will want to chow these down right away, consider letting them soften a bit before letting Fido dig in.

## 2-Ingredient Watermelon Popsicles

Recipe Courtesy of GrrFeisty

### Ingredients

- A quarter of a watermelon [[I opted for seedless]]
- One can of coconut milk

### Directions

- Scoop out about 1/4 of the melon
- Blend together with the can of coconut milk – add more watermelon if you want a darker pink.
- Pour into [ice cube tray](#) and wait.





## **The Wellness Center**

Hudson Valley Community College  
80 Vandenberg Avenue, Troy, NY  
Campus Center, Suite 270

### Phone:

(518) 629-7468 - Health Services  
(518) 629-7320 - Counseling Services

### Hours:

Monday - Thursday, 8 a.m. - 5 p.m.  
Friday 8 a.m. - 4:30 p.m.

The Wellness Center is a comprehensive health and counseling center, providing outreach services to students through a holistic model of student development and preventive wellness. We are committed to maintaining an environment that fosters academic success and personal well-being for all students.