

Recipes from the **CELLAR**



*a cookbook compiled by HealthWorks
using fresh ingredients available at the Cellar Market*

ABOUT THE CELLAR

<http://horticulture.psu.edu/node/356>

The Cellar Market is located on Eisenhower Road, on the Penn State University Park campus. The market is behind (east of) the Tyson Building and beneath (south of) the Horticulture greenhouses. The structure itself is still a functioning root cellar for some horticultural crops like potatoes. The market is fully enclosed, so it is open rain or shine!

The days and hours that the Cellar is open fluctuate with the seasons. As there is more food to sell, the market is open two days, and as the fall and winter approach, it is open one day, and the hours shorten (as the days shorten and get colder). Please check the Cellar Market website for specific dates.

An updated list of available produce is posted weekly on the Cellar Market website. Not all fruits and veggies are available all season long. So check back every week to see what's new!

ABOUT HEALTHWORKS

www.sa.psu.edu/uhs/wellness/hw.cfm

HealthWorks is a peer education/outreach group that promotes health among Penn State students. The mission of HealthWorks is to:

- increase awareness and knowledge of health issues, such as sexual health, nutrition and fitness, wellness, alcohol, tobacco and other drugs, and body image and eating disorders;
- promote healthy lifestyle choices;
- provide health education, information and materials to students;
- and advocate for a healthy Penn State community.

To learn more about this program, visit the HealthWorks website, call 814.863-0461 or e-mail promotinghealth@psu.edu.

CELLAR RECIPE KEY

The recipes contained in this cookbook use fruits or vegetables that can be found at the Cellar Market. These ingredients are **bolded**.

Recipes are also coded in the outside upper corner for:

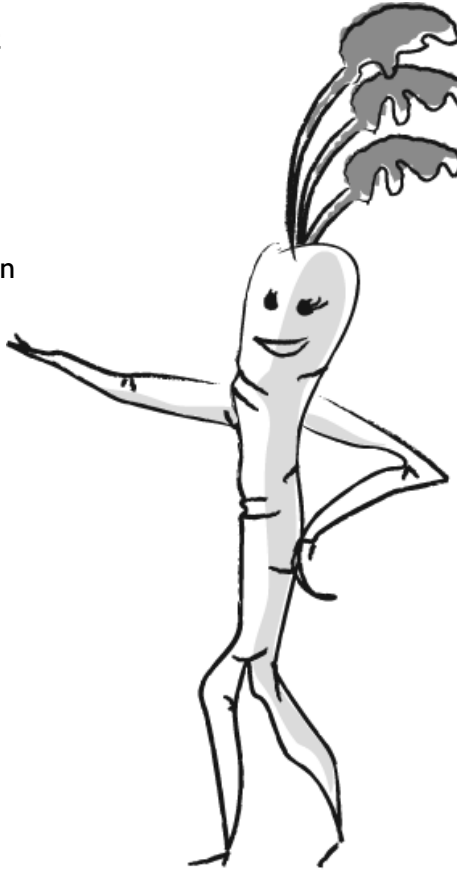
B =Breakfast

L =Lunch

D =Dinner

S =Snack

V =Vegetarian



SPINACH BERRY SALAD

Adapted from www.mayoclinic.org

2 servings

ingredients:

- 1 1/2 cups fresh spinach leaves
- 1 cup sliced fresh strawberries
- 1 cup fresh or frozen **blueberries**
- 1 small **sweet onion**, sliced
- 1/2 cup of chopped pecans



Dressing: raspberry vinaigrette

preparation:

1. In a large bowl combine, spinach leaves, strawberries, blueberries, onion, and pecans.
2. Drizzle the desired amount of dressing over salad.
3. Place a plate over the bowl covering the top. Hold the plate and bowl together at the same time, and shake, mixing the dressing and ingredients together inside.

TIP: Include pecans to add protein and polyunsaturated fats to your salad.

If you don't like pecans, try cashews or almonds.

B L D S V AUTUMN APPLE SALAD

Adapted from www.cheaphealthygood.com

8 servings (serving = 1/2 apple)

ingredients:

4 tart **green apples**

1/4 cup toasted blanched
slivered almonds

1/4 cup dried cranberries

1/4 cup chopped dried cherries

1 container (8 oz) light or
fat-free vanilla yogurt



Preparation:

1. In a medium bowl, stir together the cut apples, almonds, cranberries, cherries and yogurt until evenly coated.

TIP: Choose yogurt that is low in sugar and fat to get the nutritional benefit of dairy while decreasing your intake of saturated fat.

FAUX MASHED POTATOES

Created by a HealthWorks student

4 servings

Ingredients

1 medium-sized head of **cauliflower**

1/4 cup skim milk

Salt and pepper (if desired)

Parmesan cheese (if desired)



Preparation:

1. Chop or break up cauliflower into little florets.
2. Place in a microwave-safe bowl with about 1/4 cup water and cover with paper towel (but leave a small section to vent). Cook for 3-4 minutes.
3. Drain water and add milk.
4. Mash up cauliflower with a fork or a hand blender.
5. Add more milk if needed.
6. Add a little salt and pepper or some Parmesan cheese if you like, but this dish is just as good without any toppings.

TIP: Use cauliflower as an alternative to potato if you are trying to get more fiber.

The Institute of Medicine recommends a total daily fiber intake of 38 grams for men (14-50 yrs) and 25 grams for women (19-50 yrs).

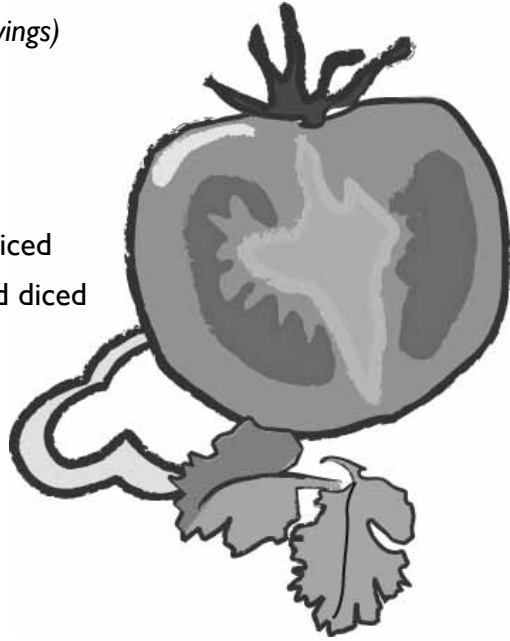
B L D S V VEGETABLE SALSA

Adapted from www.mayoclinic.com

20 servings (10 cups with ½ cup servings)

ingredients:

- 1 cup diced **zucchini**
- 1 cup chopped **red onion**
- 2 **red bell peppers**, seeded and diced
- 2 **green bell peppers**, seeded and diced
- 4 **tomatoes**, diced
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 1/4 cup lime juice
- 1 teaspoon salt



Preparation:

1. Wash and chop vegetables.
2. In a large bowl, combine all the ingredients. Gently mix.
3. Cover and refrigerate for at least 30 minutes to allow the flavors to blend.
4. Serve with corn chips.

TIP: Store-bought salsa can have as much as 800 milligrams of sodium in 1/2 cup. This thick vegetable salsa has less sodium — 150 milligrams in 1/2 cup. If you prefer hotter salsa, dice hot peppers instead of 2 red peppers. Raw vegetables are full of vitamins and minerals.

CANTALOUPE AND COTTAGE CHEESE

Created by a HealthWorks student

2 servings

ingredients:

1 cantaloupe

2 cups low or non-fat
cottage cheese

preparation:

1. Cut the cantaloupe in half.
2. Spoon out the seeds from the middle of each side.
3. Add 1 cup of cottage cheese to each side of the cantaloupe.



TIP: Cottage cheese is a great source of calcium and protein. Choose non-fat or low-fat cottage cheese to decrease your intake of saturated fat. For variety, try this recipe with pineapple.

B **L** **D** **S** **V** **BAKED POTATO**

Created by a HealthWorks student

1 serving

ingredients:

1 **potato**

Margarine or butter (if desired)

preparation:

1. Microwave the potato for about 8-10 minutes. The time needed depends on the size of the potato. Cook until soft.
2. Add margarine or butter to potato if desired.



TIP: Flavor with salt and pepper, fresh garlic or herbs. Try low-fat cheese instead of regular cheese to reduce the number of calories from saturated fat.

FENNEL CITRUS SALAD

Adapted from www.cdc.gov

4 servings

Ingredients:

1 medium, about 1-1/2 lbs,
fennel bulb, thinly sliced

4 medium oranges,
peeled and sliced

1/4 cup thinly sliced **red onion**

1/4 cup olives, pitted

2 teaspoons olive oil

2 tablespoons fresh lemon juice



Preparation:

1. Combine fennel, oranges, red onion and olives.
2. Drizzle with olive oil and lemon juice.
3. Toss gently and serve.

TIP: Fennel adds variety to your salad.

It is good source of fiber and other nutrients.

B **Very veggie salad**

Adapted from www.cdc.gov

4 servings

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Ingredients:

4 cups raw spinach

4 cups **romaine lettuce**

2 cups chopped **red, yellow, orange bell pepper**

2 cups **grape or cherry tomatoes**

1 cup chopped **broccoli**

1 cup chopped **cauliflower**

1 cup sliced **yellow squash**

1 cup sliced **zucchini**

2 cups sliced **cucumber**

2 cups chopped **baby carrots**



Preparation:

1. Wash all of the vegetables and mix them together in a large mixing bowl.
2. Top this colorful meal with a fruity vinaigrette dressing of your choice.

TIP: Combining these vegetables is a great way to get multiple serving of vegetables in one meal. Aim to eat 3 cups or more of vegetables a day.

BLUEBERRY YOGURT PARFAIT

Created by a HealthWorks student

1 serving

ingredients:

1 container (6 oz) of plain low-fat yogurt

1 oz of granola

½ cup of **blueberries**

1 teaspoon of honey (if desired)



preparation:

1. Empty yogurt into a bowl.
2. Add 1 oz of granola.
3. Add ½ cup of blueberries.
4. Drizzle 1 teaspoon of honey on top.
5. Mix together or enjoy in layers.

TIP: Chose yogurt that is low in sugar and fat to get the nutrition benefits without consuming unnecessary calories. Eating yogurt contributes to your dairy intake.

Three servings of dairy are recommended daily.

B **STUFFED TOMATO**

Created by a HealthWorks student

2 servings

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ingredients:

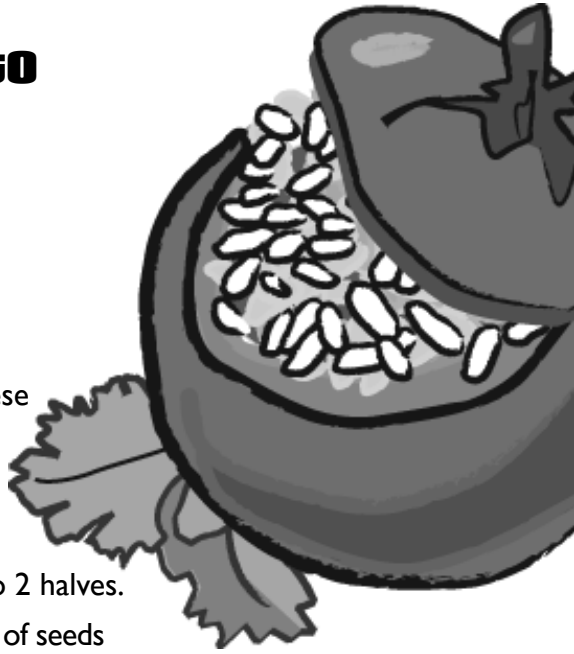
1 large **tomato**

1 bag of microwavable rice
(any flavor you choose)

2 oz of shredded low-fat cheese
(cheddar or your preference)

preparation:

1. Cut tomato across the middle so it is divided into 2 halves.
2. Remove some (but not all) of seeds and insides from the tomato.
3. Place bag of rice in microwave and prepare according to package directions.
4. Place cooked rice inside of tomato halves.
5. Sprinkle shredded cheese on top of rice and place tomatoes in microwave until cheese is slightly melted.



TIP: Choose low-fat cheese to reduce your intake of saturated fat while increasing your intake of dairy.

Watermelon Salsa

Adapted from www.cdc.gov

4 servings

Ingredients:

2 cups chopped seedless **watermelon**

3/4 cup Walla-Walla **sweet onion**

3/4 cup canned black beans, rinsed and drained

1/4 cup chopped and seeded **jalapeno chilies**

1/4 cup chopped fresh cilantro

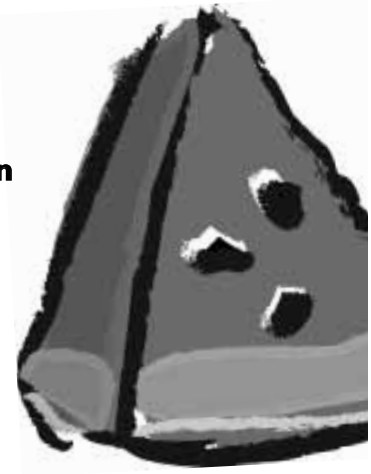
1 large clove garlic, finely chopped

1 tablespoon brown sugar

Pinch of salt

Preparation:

1. Stir together all ingredients in bowl.
2. Cover and refrigerate at least 1 hour to blend flavors.
3. Stir before serving.



TIP: Serve this salsa with a variety of raw vegetables such as bell pepper strips, zucchini coins, cauliflower and broccoli florets, or carrots and celery. This is a colorful way to add fiber to your diet.

B L D S V RADISH SANDWICH

Created by a HealthWorks student

2 servings

ingredients:

Cabbage leaves
(amount desired)

Radishes sliced

1 can of tuna in water

1/2 **tomato** – sliced

1/4 cup shredded low-fat cheddar cheese

2 slices of whole-wheat bread

Mustard (if desired)

Low-fat mayonnaise (if desired)

Pinch of salt (if desired)

preparation:

1. If desired, combine the tuna, mustard, salt and low-fat mayonnaise.
2. Place the cabbage, tomato, tuna, and radish slices between the bread and enjoy.



TIP: Cabbage leaves and radishes offer a new, interesting texture and taste to a familiar sandwich while simultaneously adding fiber and vitamins to your diet.

COOKED EGGPLANT

Created by a HealthWorks student

2 servings

ingredients:

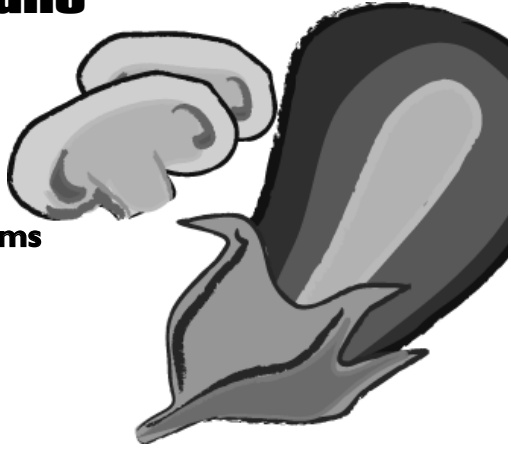
1/2 cup of sliced **eggplant**

1/4 cup of sliced **mushrooms**

2 tablespoons of olive oil

Salt and pepper

Parsley



preparation:

1. Coat the sliced eggplant with olive oil.
2. Microwave for 2 minutes and check to see if it is cooked all the way through. If not, microwave for another minute and check again.
3. Microwave the mushrooms for 1 minute and check to see if they are cooked all the way through. If not, microwave for another 30 seconds and check again.
4. Sprinkle with parsley, salt and pepper.

TIP: Try this recipe with tomatoes to add Vitamin C and more fiber to this healthy meal. Substituting eggplant for meat is a great tasting vegetarian option.

B L D S V **Steamed BRUSSELS SPROUTS and POTATOES**

Adapted from www.Cooks.com

2 servings

Ingredients:

5 large or 10 small **brussels sprouts**

1 potato (washed and quartered)

1/8 cup of diced **onions**

1 tablespoon margarine or butter

Fresh herbs

Garlic powder

Salt and pepper



Preparation:

1. In glass bowl add 1/2 cup hot water, brussel sprouts, onion, and quartered potatoes.
2. Cover with plastic wrap and microwave for 4 minutes.
3. Drain water.
4. Add margarine or butter and microwave for one minute.
5. Add garlic powder, salt and pepper.
6. Serve with chopped fresh herbs.

TIP: Garlic powder is a terrific flavor enhancer without the added sodium.

MIXED SALAD WITH KALE

Created by a HealthWorks student

1 serving

ingredients:

1/2 cup **green beans**

1 cup **mixed greens**
(you can use romaine lettuce,
cabbage and spinach)

1/2 cup **kale**

Sliced **tomatoes** (desired amount)

3 tablespoons of oil and vinegar
or Italian dressing



preparation:

1. Combine ingredients in a bowl.
2. Serve with dressing.

TIP: Dressing made with healthy oils helps with the absorption of fat-soluble vitamins from the vegetables in your salad.

UHS would like to thank
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HealthWorks

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