


CareSource[®]



CareSource Culinary Medicine
and Nutrition Program

Teaching Kitchen Cookbook

We know that good health is more than visiting the doctor. It's more than taking your medicine on time. **Good health means that you take care of yourself by staying active and eating healthy meals.**

At CareSource, we believe that nourishing your body with healthy food is key to your overall wellness. That's why we offer fun, hands-on classes that teach you to eat better without sacrificing the flavor. Eating healthy, nutritious meals doesn't have to be boring and bland. This cookbook has all the recipes we've cooked in our teaching kitchen, plus a few more. We hope that it helps you cook up healthy and tasty meals at home.

For more information about the CareSource Teaching Kitchen or our class schedules, email theteachingkitchen@CareSource.com.

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Sweet Oatmeal

INGREDIENTS

1 tbsp butter or olive oil

1 ½ cups steel cut oats for slow cooker. Use measurements on old fashioned oats for stove top.

1 tsp cinnamon

½ tsp nutmeg

⅛ tsp allspice

¼ tsp salt

5 cups of water, plant-based milk, or regular low-fat milk *

1 tsp vanilla

*Sometimes you can use apple juice as your liquid to provide sweetness without added sugar.

TOPPING ADD-INS

- Nuts or nut butter
- Coconut flakes
- Dried cranberries, raisins, or dates
- Plain Greek yogurt
- Fresh fruit such as bananas, blueberries, or apples
- Sugar substitutes

PREPARATION

1. Heat butter or olive oil.
2. Toast oatmeal lightly.
3. Add spices, salt, milk, and vanilla to oatmeal and stir

Slow Cooker:

4. Use steel cut oats, put lid on, and cook for 6-8 hours on low.

Stove Top:

4. Use old fashioned oats and follow package instructions.
5. Serve with topping suggestions or get creative and add your own!



Savory Oatmeal

INGREDIENTS

¼ cup olive oil

1 whole shallot or half of a medium red onion small dice

3 cloves of garlic minced

1 tsp ginger

1 14 oz can of diced tomatoes or two fresh diced, or ½ cup diced sundried.

1 ½ cup steel cut oats

5 cups water or low sodium veggie broth

1 tsp kosher salt

2 cups chopped spinach, arugula, spring mix or other tender bitter green

2 medium or large eggs beaten

PREPARATION

1. Heat oil on medium in a slow cooker (use steel cut oats) or in a pan on stove top (use old fashioned rolled oats).
2. Sautee shallot or onion and garlic until just starting to caramelize and add ginger.
3. Add steel cut oats (or rolled oats) and toast in the oil with spices. Deglaze pan with the tomatoes if they are canned or fresh.
4. Add broth/water, salt, and stir.
5. If using slow cooker put on lid and cook on low for 6 to 8 hours. If cooking on stove use old fashioned rolled oats and follow directions for amount of oats and cooking time then follow to step 6.
6. Beat egg and temper with some hot oatmeal before adding the whole amount to the pot.
7. Add the chopped spinach and stir.
8. Serve with topping suggestions or get creative and add your own!

TOPPING ADD-INS

- Parmesan cheese
- Toasted pecans, sunflower seeds or pine nuts
- Chopped scallions sautéed or raw
- Chili crisp
- Fresh chopped basil
- Sautéed or roasted mushrooms
- Bacon, sausage, or vegan meat substitute
- Drizzle of olive oil
- Avocado
- Lemon zest



Egg Muffin Bites



INGREDIENTS

- 6 whole eggs
- 4 egg whites
- 1 **tbsp** olive oil
- 1 shallot (or 1 small red onion, diced)
- 1 clove garlic, minced (OR ¼ tsp garlic powder)
- 1 **tsp** smoked paprika
- 2 **cups** spinach (or arugula, spring mix)
- 2 **cups** diced sweet potato
- 1 bell pepper, any color
- ¼ **cup** shredded cheddar cheese (optional)
- Nonstick cooking spray
- Salt and pepper

TIP: These muffins can be frozen in freezer Ziplock bag for up to 3 months. Let thaw overnight or microwave in paper towel for 1 minute.

PREPARATION

1. Coat 12-cup muffin tin with nonstick spray.
2. Sauté shallot, bell pepper, garlic, and sweet potato in olive oil until onions and sweet potatoes are browned. Add spinach and cook until just wilted.
3. Divide vegetables between muffin cups about two-thirds full.
4. In a large bowl whisk eggs, egg whites, salt, pepper, and smoked paprika until combined. Fill each muffin cup ¾ of the way to the top with egg mixture. Sprinkle cheese on top if using.
5. Bake at 350 degrees F for 24-28 minutes, until eggs are set.
6. Let cool and use a butter knife to go around the edges of the muffin to loosen it. Remove from pan and serve. Store covered in refrigerator for 3 days.

Lemony Spring Vegetables

Slow Cooker Style

Sides & Salads



INGREDIENTS

- 4 medium carrots halved lengthwise and cut in one-inch pieces
- 1 large sweet onion coarsely chopped
- 1 ½ **lbs** of radishes cut in half-moon slices
- 3 **tbsp** butter or olive oil
- ¾ **tsp** salt
- ¼ **tsp** pepper
- 1 **cup** frozen or fresh peas
- Zest and juice of one lemon
- Minced chives and or parsley to garnish

ALTERNATIVE GARNISH

- Parmesan cheese
- Chili crisp
- Fresh chopped basil
- Bacon
- Sun Dried tomatoes

PREPARATION

1. Wash, dry and chop all vegetables. Set the tops of radishes aside. Place carrots and onion in a slow cooker; top with radishes. Drizzle with melted butter; sprinkle with salt and pepper.
2. Cook, covered, on low until vegetables are tender, 4-5 hours.
3. Add peas and optional radish greens to the slow cooker. Cook, covered, on high until heated through, 10-15 minutes.
4. Stir in lemon zest. Sprinkle with chives, parsley, or alternative toppings.

Money Cakes

INGREDIENTS

2 cups corn kernels, fresh, frozen or leftover corn on the cob

½ cup all-purpose flour

¼ cup cornmeal

1 egg

¼ cup onion, chopped

½ tsp garlic powder

½ tsp salt

¼ tsp black pepper

½ cup shredded cheddar cheese

¼ cup milk

¼ cup frozen broccoli, thawed and chopped into small pieces

¼ cup canned beans, any variety, mashed

1 package of taco or chili seasoning mix OR
1 teaspoon of each: chili powder, cumin, coriander, smoked paprika, garlic powder, and onion powder.

PREPARATION

1. Preheat air fryer to 375 degrees F and preheat for 3-5 minutes
2. Add all ingredients to large mixing bowl except the milk
3. Mix everything together until fully combined, then add ¼ cup milk
4. Stir until a thick batter is formed – the batter should be sticky and thick but not too wet. If batter is thick add more milk.
5. If too thin, add cornmeal or flour one tablespoon at a time until desired consistency is reached. Can add some oil or spray with cooking spray to increase crispiness.
6. Divide mixture into 8 pieces and form with hands into a flat disk ¾ inch thick
7. Place each fritter at the bottom of preheated air fryer basket in a single layer. Set timer for 10 minutes. At halfway mark use a spatula and flip for even cooking.
8. Cook for an additional 5-8 minutes or until fritter is golden brown on the outside and cooked through on the inside.
9. Remove and serve with favorite toppings such as yogurt or salsa.



Asian Style Vinaigrette

INGREDIENTS

1 tsp Mustard

½ cup Olive Oil

½ cup Apple Cider Vinegar, Balsamic or other of choice

1 tbsp soy sauce

1 tbsp ginger

Orange zest (optional)

1-2 packets of sugar substitute or 2 tbsp honey

¼ tsp Garlic powder or crushed clove of garlic

¼ tsp dried thyme, oregano, red pepper flake. (Add other salt free seasonings to taste)

Salt (optional) Add more citrus to avoid salt.

PREPARATION

1. Combine mustard, vinegar, and or lime juice, and sugar substitute or honey.
2. Add other flavorings to taste.
3. Wisk while slowly drizzling the olive oil to make oil and vinegar blend.
4. Use it to dress any salad.

Salad with Simple Vinaigrette

INGREDIENTS

- 2 tbsp** olive oil
- ½ tsp** smoked paprika
- 1** medium onion diced
- 1** bell pepper diced
- 1 cup** corn or rice
- 1** cucumber
- 1 cup** canned diced tomato
- 2 cups** of cooked black beans
- 1** half jalapeño (optional)
- ¼ cup** queso or other cheese
- 1** bunch of cilantro chopped

PREPARATION

1. Make vinaigrette: combine mustard, olive oil, vinegar or lime juice, and sugar substitute. Add other flavorings to taste. Shake or whisk to blend well.
2. Toss diced onion and bell pepper into olive oil with smoked paprika. Place in the air fryer at 400 degrees for 7-10 minutes.
3. Mix cooked vegetables with the remaining ingredients and toss with dressing and garnish with cilantro.



VINAIGRETTE

- 1 tsp** mustard
- ¼ cup** olive oil
- ⅓ cup** apple cider vinegar
- 1 tbsp** lime juice (optional)
- 1-2** packets sugar substitute or 2 tbsp honey
- ½ tsp** cumin
- ½ tsp** coriander
- ½ tsp** chili powder
- ¼ tsp** Tajin
- Salt, to taste

TIP:

Add spices to taste, if wanting less spice add less to vinaigrette. If wanting more spice, add more.



Roasted Chickpeas

DIRECTIONS

1. Preheat oven to 400°F.
2. Drain and rinse the chickpeas in a colander. Pat them dry with a paper towel. Removing excess moisture helps them become crispy.
3. In a bowl, combine the chickpeas with olive oil, smoked paprika, garlic powder, cumin, salt, and pepper. Toss until the chickpeas are evenly coated with the oil and spices.
4. Line a baking sheet with parchment paper and spread the seasoned chickpeas in a single layer on the baking sheet.
5. Roast in the oven for about 25-30 minutes, shaking the pan halfway through, until they are golden brown and crispy. Keep an eye on them near the end to prevent burning.
6. Remove the chickpeas from the oven and let them cool slightly. They will get even crunchier as they cool.

Roasted chickpeas are a simple and delicious snack that are packed with fiber and protein. Enjoy roasted chickpeas as a snack or add to salads and grain bowls for extra crunch!

INGREDIENTS

1 can (15 oz) chickpeas

1 tbsp olive oil

1 tsp smoked paprika (or your favorite seasoning)

½ tsp garlic powder

½ tsp cumin

Salt and pepper to taste

Use whichever spices you like the most. Try cinnamon and some honey for sweeter roasted chickpeas or try using herbs like rosemary for a more savory but less spicy taste.



Chicken Salad Lettuce Boats



Lunch &
Dinner

INGREDIENTS

1 cup cooked chicken, shredded or chopped into bite size pieces

Romaine lettuce leaves, washed and dried

1 rib celery, diced

2 tbsp red onion, diced (¼ of an onion)

1 tsp mustard

½ **cup** low-fat plain Greek yogurt

1 tbsp olive oil or mayonnaise

Lime juice to taste, optional

1-2 packets sugar substitute or 2 Tablespoons honey

PREPARATION

1. Combine mustard, Greek yogurt, olive oil or mayonnaise in a large bowl.
2. Add cooked chicken and stir.
3. Combine mustard, olive oil, vinegar or lime juice, sugar substitute or honey in a bowl.
4. Add other seasonings to taste.
5. Whisk and mix with chicken salad.
6. Add celery, onion, and any optional add ins. Stir.
7. Serve with romaine lettuce leaves.

OPTIONAL ADD INS:

- Dried cranberries (low-sugar preferred)
- Small handful chopped pecans, walnuts, or almonds
- 1 small apple
- 10 grapes, halved
- ¼ cup feta cheese
- 10 grape tomatoes, halved

Power Protein Dressings

INGREDIENTS

1 tsp Mustard

½ **cup** low fat or no fat Greek yogurt

1 tbsp olive oil or mayonnaise

Lime juice (optional)

1-2 packets of sugar substitute or 2 tbsp honey

LEMON OR ORANGE

Lemon pepper or lemon zest

Garlic powder

Onion Powder

1 Tbsp lemon juice

LATIN

Cumin

Coriander

Garlic powder

Chili powder

Tajin

ITALIAN

Italian spice blend or

Oregano

Basil

Thyme

Garlic Powder

Smoked Paprika



PREPARATION

Combine mustard, olive oil, vinegar, and or lime juice, and sugar substitute or honey. Add other flavorings to taste. Whisk and mix with chicken salad. The dressing can be used to dress any salad and can be kept in the refrigerator for 5 days.



Chicken Peanut Butter Stew

INGREDIENTS

- 1 tbsp** olive or vegetable oil
- 1 cup** diced yellow onion
- 1 bunch** scallions, chopped
- 4** cloves garlic, minced
- ½ medium** cabbage, chopped
OR **1 bag** coleslaw mix
- 1 cup** crushed or diced canned tomatoes
- 2 tsp** packed dark brown sugar
- 1** habanero pepper or scotch bonnet
- 2 tsp** thyme
- 1 tsp** smoked paprika
- ½ inch** fresh ginger
- 1 tsp** chili powder
- ½ tsp** ground allspice
- 1 tsp** cumin
- 1 tsp** coriander
- 2-3 cups** leftover shredded chicken
- 2 ½ cups** low sodium chicken stock
- 1 can** coconut milk (optional)
- 4 tsp** peanut butter (can use soy butter, almond butter, sunflower butter, or tahini)

PREPARATION

1. Add oil to slow cooker on high.
2. Chop or dice all vegetables and add to slow cooker. Once onions are transparent add brown sugar, spices, salt, and pepper.
3. Add tomatoes and stock and stir. Add chicken.
4. Turn to low and cook for 1-3 hours, until vegetables have softened.
5. Whisk in peanut butter and coconut milk if using.

TIP:

Serve with quinoa, brown rice, or barley.
Can also use canned chicken, turkey, or vegan meat substitute or use more vegetables and serve without meat.

Chicken Stock

INGREDIENTS

Chicken carcasses or leftover chicken bones equivalent to one small or medium chicken

1 onion, peeled and quartered

2 ribs celery, cut into large chunks

1 bunch celery tops

2 carrots, cut into large chunks

1 bay leaf

1 tsp parsley

1 tsp thyme

3-4 garlic cloves

3-4 whole peppercorns or ground black pepper

PREPARATION

1. Remove all edible meat from the carcasses/bones and put any bones into slow cooker along with any juices.
2. Add all vegetables, herbs, and spices.
3. Fill slow cooker with water within 1 inch to the top.
4. Cover and cook on low for 8-10 hours or overnight.
5. Turn off heat and let cool.
6. Strain through a fine mesh sieve.
7. Refrigerate or freeze in mason jars.



Slow Cooker Creamy Rice and Vegetable Soup

INGREDIENTS

¼ cup olive oil or vegetable oil

¼ cup flour

1 medium onion, diced

2 tsp minced garlic

2 tsp smoked paprika

1-2 tsp garlic lemon herb seasoning or salt free blend

2 bags frozen mixed vegetables

32 oz vegetable or chicken stock

1 cup brown rice

16 oz almond milk

Salt and pepper

Optional:

2 cooked chicken breasts, shredded

PREPARATION

1. Set stock pot to low or medium
2. Add flour and oil to make roux
3. Add spices, vegetables, stock, and rice
4. Cook on low for 1 hour
5. Add almond milk and season with salt and pepper and cook for another hour or until rice is tender. Add more almond milk if prefer a thinner soup.
6. Add shredded chicken if using
7. Serve and enjoy



Air Fry “Fried” Rice



INGREDIENTS

1 bag frozen mixed vegetables, thawed

1 bag frozen broccoli, thawed and chopped

1 large onion, diced

1 bell pepper, diced, any color (optional)

½ small to medium cabbage sliced into ribbons (optional)

1 can mushroom pieces, drained (optional)

2 tsp minced garlic

½ cup olive oil, canola oil, or vegetable oil

1 package onion soup mix OR 2-3 Tablespoons low sodium soy sauce

2 cups precooked rice (white or brown)

2-4 eggs

Red pepper flakes to taste

PREPARATION

1. Preheat air fryer to 375 Degrees F
2. Thaw frozen vegetables and dry with a kitchen towel
3. Put all vegetables in a bowl and coat with ½ cup oil
4. Toss to coat and add minced garlic, onion soup mix or soy sauce, red pepper flakes, and garlic
5. Place in a single layer in air fryer basket or on air fryer sheet pan. Work in batches for crispiness.
6. Cook for 10-15 minutes. When all vegetables are cooked, mix with rice and softly scrambled egg.
7. Garnish with cooked chicken, shrimp or ground beef if desired.



Desserts

Black Bean Brownies

Makes 8 servings

INGREDIENTS

1 15 oz can black beans, drained and rinsed

¼ cup vegetable oil

3 eggs

⅔ cup packed brown sugar

½ cup cocoa powder

1 tsp vanilla (regular or imitation)

½ tsp baking powder

¼ tsp salt

Optional:

½ cup chocolate chips

PREPARATION

1. Spray an 8x8 inch baking dish with cooking spray.
2. Use a fork to break up the beans.
3. Add oil to the mashed beans. Stir to mix and make sure all the beans are completely mashed.
4. Add the eggs and mix well.
5. Add brown sugar and cocoa powder and mix.
6. Add the vanilla, baking powder, and salt.
7. Pour into baking dish and bake at 350 degrees for 20-25 minutes.

English: Get free help in your language with interpreters and other written materials. Get free aids and support if you have a disability. Call **1-800-488-0134** (TTY: 711).

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