

# Cornell Cooperative Extension

## Warren County

Cornell Cooperative Extension-Warren County applies local experience and research-based solutions to help rural upstate New York families and communities.

*Cornell students worked with Nutrition Educator MB Mitcham to create recipes accessible to low-income families who live far from grocery stores and often shop for food at gas station convenience stores.*

### Community partner

MB (Marybeth) Mitcham

Association Resource Educator

Cornell Cooperative Extension | Warren County

### Cornell Students

- Rebekah Robinson
- Kate McKeon
- Matt Hu
- John Ninia

### Recipes

- Smoothie [Video]
- Buffalo Cauliflower Bites [Video] ----- 1
- Slow Cooker Vegetarian Chili ----- 3
- Green Mac and Cheese ----- 5
- Veggie Burger ----- 7
- Fruit Salad ----- 10

### Educational Infographics

- Why vegan? ----- 11
- A vegan diet can save ----- 12
- Plant based diet is good for your health ----- 13
- Plant based diet is good for the environment ----- 14

Cornell University Civic Ecology Lab  
2020 Fall





## Buffalo Cauliflower Bites

**Prep Time:** 10 minutes **Cook Time:** 20 mins **Serves:** 4

**Recipe Description** A great, inexpensive, alternative to buffalo wings. Great for game-day!

### Ingredients:

- One head of cauliflower cut into bite-sized pieces
- ½ cup flour
- ½ cup of water
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tbsp unsalted butter - melted
- ⅔ cup buffalo sauce

### Directions:

1. Preheat oven to 450 degrees F. Spray a large baking sheet with non-stick cooking spray and set aside.
2. In a large bowl whisk together flour, water, garlic powder, salt, and pepper.
3. Add cauliflower florets and toss to coat evenly.
4. Spread cauliflower evenly onto your prepared baking sheet and place in the oven.
5. Bake for 15 minutes, flipping once.
6. Remove cauliflower from the oven but leave the oven ON.
7. In a separate bowl stir together melted butter and buffalo sauce.
8. Add cauliflower and toss to coat evenly.
9. Spread evenly onto the baking sheet, place back in the oven and bake for 25-30 minutes or until crispy, flipping once.
10. Remove from the oven and let sit 10 minutes before serving warm or at room temperature. Serve with your favorite dressing for dipping.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>(209g)</b>
Amount Per Serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 1490mg	<b>65%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.4mg	8%
Potassium 470mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CAULIFLOWER, FRANK'S RED HOT ORIGINAL BUFFALO SAUCE, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM, NATURAL FLAVOR), GARLIC POWDER, SALT, BLACK PEPPER

**Source:** Real Housemoms, Crissy Cavanaugh

## BUFFALO CAULIFLOWER BITES



1. Add Flour, Water, Salt, Pepper, Garlic Powder and whisk them together

2. cover cauliflower in mixture, and bake in preheated oven at 450 degrees F. for 15 mins



3. cover cauliflower with buffalo sauce and bake again for another 25-30 mins



## Buffalo Cauliflower Bites

Easy Game Day Favorite



## Buffalo Cauliflower Bites Recipe in Description



Serves: 4

Prep time: 5 Minutes

Cook time: 45 Minutes

## Ingredients



One head of cauliflower cut into bite sized pieces



1/4 cup flour



1/2 cup of water



1 tsp garlic salt  
1/2 teaspoon salt  
1/4 teaspoon black pepper



2 tbsp unsalted butter - melted



1/2 cup buffalo sauce



dipping sauce

On Sale This Week at TOPS

11/8 - 11/14/2020



Pillsbury All Purpose Flour

\$1.99



Cabot Butter Quarters

\$2.99



Wishbone Salad Dressing

2 FOR \$4



## Slow Cooker Vegetarian Chili

**Prep Time:** 10 minutes **Cook Time:** 6-8 hours

**Serves:** 6

*Recipe Description* (insert here)

### Ingredients:

- 1 tablespoon olive oil
  - 1 medium yellow onion -diced (if you don't have an onion add 1 tbsp onion powder instead)\*
  - 2 tablespoons ground cumin\*
  - 2 tablespoons granulated sugar (or sugar substitute)\*
  - 2 tablespoons tomato paste
  - 1 tablespoon garlic powder\*
  - 1 1/2 teaspoons salt\*
  - 1/2 teaspoon ground black pepper\*
  - 1 (15 oz.) can petite diced tomatoes
  - 1 (16 oz.) can red kidney beans (not drained)
  - 1 (16 oz.) can black beans, drained and rinsed
  - 1 (8 oz.) can tomato sauce
- \*All spices could be replaced with a packet of McCormick's chili seasoning mix

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>(563g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>500</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 91g	<b>33%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 81mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 856mg	<b>20%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

18% calories from fat

### Directions:

1. Heat oil in a medium skillet over medium heat, add the onion, and cook for about 10 minutes. If you are using onion powder you can skip this step.
1. Turn the slow-cooker on low heat.
2. Add the tomato paste, diced tomatoes, both types of beans, tomato sauce, and spices.
3. Stir.
4. Let cook for 6-8 hours on low, If you need it done faster you can turn it up to high and cook for only 3-4 hours.



# SLOW COOKER CHILI RECIPE

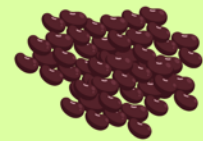
Onions  
(Chopped)



Chili  
(Sliced or Chopped)



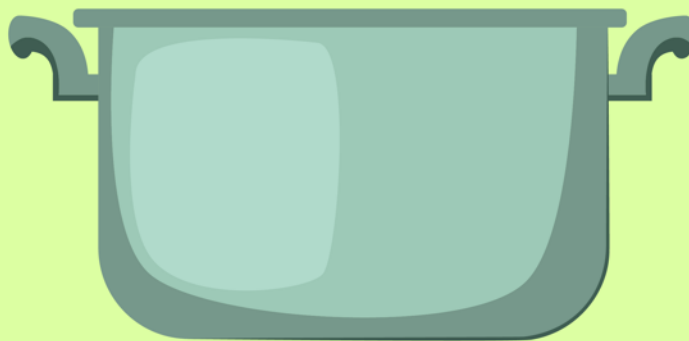
Beans

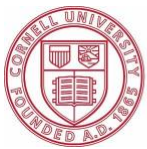


Tomatoes  
(Diced with  
their juice)



Add the ingredients to the  
cooking pot and cover  
Slow cook for 6 to 8 hours





## Green Mac and Cheese

Prep Time: 5 Cook Time: 30 Serves: 6

*Recipe Description* (insert here)

### Ingredients:

- 1 cup cauliflower, chopped (about 1/4 of a head)
- 1 cup cooked potato, about 1 medium potato
- 1/4 of a medium onion
- 1 cup fresh spinach
- 1 clove garlic, medium size
- 3/4 cup raw cashews (see note)
- 1/2 cup unsweetened cashew or almond milk, I use Silk brand
- 1 tablespoon apple cider vinegar
- 2 teaspoons fresh lemon juice
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon mustard seed powder
- 16 ounces your favorite pasta

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>(563g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>500</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 91g	<b>33%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 81mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 856mg	<b>20%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Directions:

1. Preheat oven to 450 F/ 230 C
2. Chop cauliflower and sprinkle with a bit of broth or oil. Spread out on a parchment lined cookie sheet. Bake for 20 minutes until slightly crisp.
3. Meanwhile, cook potato and onion by boiling until soft.
4. Once cauliflower, potato and onion are done, put them in a high speed blender with all other ingredients, except pasta, and blend until smooth.
5. Cook your favorite pasta according to package directions. Drain and rinse, then return to pot.
6. Pour sauce over pasta and mix over low heat until thick and gooey. Serve!

### Tips:

- opt for a whole wheat pasta or bean pasta to reduce carbohydrates and increase fiber for a more diabetic friendly meal
- best way to cook the potatoes is by boiling them with the onion
- if you do not have a high speed blender you can soak the cashews overnight, boil them with the potatoes and onions, or grind them with a coffee grinder

## GREEN DAIRY-FREE MAC AND CHEESE



1/4 of a medium onion



2 teaspoons fresh lemon juice

3/4 cup raw cashews



1 clove garlic , medium size

1 cup cooked potato



1 cup cauliflower

1 cup fresh spinach



1 1/2 teaspoons sea salt

1 tablespoon apple cider vinegar

1/2 cup unsweetened cashew  
or almond milk

serve with 16 oz your favorite pasta



Cornell University

## Custom Veggie Burgers

**Prep Time:** 50min **Cook Time:** 8-10

**Serves:** 8

**Recipe Description:** With this easy formula, you can create your own awesome veggie burger recipe with whatever you have lying around! Feel free to use fresh or frozen vegetables and leftover grains from a previous dinner (or last night's takeout!) to make these burgers even easier.

**Formula:** 2 Cups of Chopped Veggies + 1 Cup Cooked Grains + 1 and 1/2 Cups Cooked Legumes + 1/2 Cup Flavor-Texture Booster + 3 Tsp. Spices + 1/2 Cup Dry Base

### STANDARD INGREDIENTS

1 medium onion, diced  
1-2 garlic cloves  
1/2 teaspoon salt  
oil for cooking (e.g. olive oil, coconut oil, peanut oil)

### 2 CUPS VEGETABLES, FINELY DICED OR CHOPPED (PICK 1-3)

sweet potatoes  
beets (golden or red)  
carrots  
mushrooms  
spinach  
kale  
corn  
squash  
broccoli  
cauliflower  
artichokes  
zucchini  
bell peppers

### 1 CUP COOKED GRAINS (PICK 1)

millet  
quinoa  
bulgur  
rice  
buckwheat

### 1 1/2 CUPS COOKED LEGUMES, LIQUID RESERVED (PICK 1-2)

canned beans (e.g. black, pinto, cannellini, kidney)  
lentils (red or green)  
chickpeas  
soybeans  
mung beans  
adzuki beans  
black eyed peas

### 1/2 CUP FLAVOR/TEXTURE BUILDERS (PICK 2)

fresh herbs, finely chopped (e.g. cilantro, basil, dill, parsley, thyme, sage, chives)  
scallions, thinly sliced  
chopped nuts (e.g. walnuts, almonds, pecans, cashews)  
chopped sundried tomatoes [Insert Nutrition Label Here](#)  
chopped olives  
flax seeds  
chia seeds  
sesame seeds  
mashed avocado  
unsweetened nut butter (e.g. peanut, almond, cashew)  
tahini

### 3 TEASPOONS SPICES (PICK 2-4)

cumin  
chili powder  
smoked paprika  
cayenne powder  
Italian seasoning  
black pepper  
fennel  
oregano  
curry powder  
coriander  
cinnamon  
turmeric  
citrus zest

### 1/2 CUP DRY BASE (PICK 1)

ground oats  
cornmeal  
bread crumbs  
panko  
almond meal



**Directions:**

1. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the onion, garlic, and salt and cook until the onion is translucent, 2-3 minutes. Add vegetables and cook until soft, 5-10 minutes.
2. Transfer the cooked vegetables to a food processor\*. Add all remaining ingredients except the reserved bean liquid and frying oil. Pulse 5-10 times to combine. Don't overdo it; you don't want a paste!
3. Press the mixture between your fingers. If you can form a patty with it, you're good to go. If it's too crumbly, add the reserved bean liquid, 1 tablespoon at a time, until it sticks together. If the mixture is too wet, add more of the dry base ingredient, 1 tablespoon at a time, until you reach the right consistency. Taste the mixture and add salt to your taste.
4. Form the mixture into 8 patties (about  $\frac{1}{3}$  cup of the mixture each) and place on a baking sheet lined with parchment paper. Refrigerate the patties uncovered for 30 minutes. (Don't skip this step! Resting will help the patties stay together.)
5. When ready to cook, heat 1 tablespoon of oil in a large skillet over medium-high heat until shimmering. Cook 3-4 patties at a time until brown on one side, then flip and brown the other side. It should take about 3-4 minutes per side. Heat 1 tablespoon of oil in the pan before cooking each batch of burgers.
6. Serve immediately or cool and then wrap each burger in foil, place them in a freezer bag, and freeze for later. Reheat in a dry pan on the stove, in the oven or in the microwave.

\*You can also do this in a large bowl with a potato masher. Just make sure your veggies are cooked so they are soft enough to mash! Use a potato masher or large mixing spoon to mix and mash the ingredients together.

**Source:** <https://thecookful.com/veggie-burger-formula-make-perfect-burger/>

# PERFECT VEGGIE BURGUER FORMULA

## STANDARD INGREDIENTS



**½ CUP DRY BASE**  
(PICK 1)



**3 TEASPOONS SPICES**  
(PICK 2 - 4)



**½ CUP FLAVOR/TEXTURE BUILDERS**  
(PICK 2)



**2 CUPS VEGETABLES**  
(PICK 1 - 3)

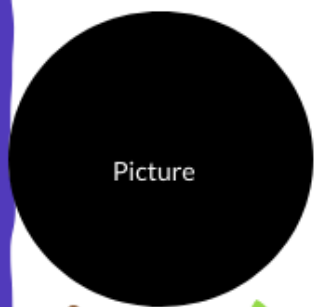


**1 CUP COOKED GRAINS**  
(PICK 1)



**1½ CUPS COOKED LEGUMES**  
**LIQUID RESERVED**  
(PICK 1 - 2)





# Fruit Salad



## Ingredients

### Whipped Cream

Choose ONE of the options below

1

Option 1:  
Make yourself

- Powdered Sugar
- 1 tsp Vanilla Flavor
- 1 pint Heavy Cream

2

Option 2: Buy  
from Store

- 8oz container  
of whipped  
topping

### Fruit

You can add any fruit and any amount of a fruit as you like. It depends on what you like.

-  1 Banana
-  4oz Mandarin Orange Slices (can be from can)
-  1 Apple
-  1 Pear
-  About 15 Marschino Cherries without their stems
-  A handful of Seedless Grapes

### Walnuts

- A Handful of walnuts

Prep time:



Serves:



Perfect for:

## Instructions

1

### Make Whipped Cream

Skip this step if you bought whipped cream from the store.

1a

If you decided to make your own whipped cream you need to pour the heavy cream into a mason jar until its about half-way full and place that mason jar in the fridge for 1 hour

1b

After the hour is up take the mason jar out of the fridge. Make sure the top is tightly on and then vigorously shake up and down until the liquid looks like whipped cream. (about 2--3 minutes)

1c

Add the vanilla flavor and powdered sugar and lightly stir evenly distribute.

2

### Prepare Fruit

2a

Peel banana and cut into bite sized pieces

2b

Chop apple and pear into bite sized pieces

2c

Cut grapes in half

3

### Combine

Add all of the fruit and walnuts to the whipped cream. Fold softly to mix evenly



## Nutrition

Think of goals, level of support / assistance, anything to keep the child safe [emotionally and physically], allergies, calming techniques, using other types of equipment to support my activities.

CREATED IN COLLABORATION WITH: HOLLAND BOSTON VIEW TRIUMPH REHABILITATION HOSPITAL

# why vegan?



## Improved Heart Health

vegans and vegetarians are up to one-third less likely to die of heart diseases

## Better Weight Control

vegetarian or vegan diets are less likely to become obese than individuals who are into an omnivore diet



## Reduced Risk of Cancer

A new study reported that vegans have lower rates of cancer than both meat-eaters and vegetarians

## Ethical Virtue

All animals can experience stress, pain, and fear. It is not fair that these animals have to die to satisfy an unnecessary dietary preference





# A VEGAN DIET CAN SAVED



**1** ANIMAL'S  
**LIFE**

**45**

**POUNDS  
OF GRAIN**



**30**<sup>FT<sup>2</sup></sup> OF  
**FORESTLAND**

**1**<sup>100</sup>

**GALLONS OF  
WATER**



**CO<sub>2</sub>**

**20**<sup>LBS</sup> **CO<sub>2</sub>**  
**EQUIVALENT**

# PLANT BASED DIET IS GOOD FOR THE ENVIRONMENT



Less pollution!  
Saves water and plants

You'll be saving animals lives!



# PLANT BASED DIET IS GOOD FOR YOUR HEALTH



Reduces heart diseases risk!

Helps you stay in shape!

