

A wooden cutting board is the central focus, surrounded by a variety of fresh produce. In the top left, there are green leafy herbs, a bunch of carrots, and a red onion. The top right features cherry tomatoes, fresh basil, and several parsnips. The bottom left shows more green herbs and a few cherry tomatoes. The bottom right includes a purple beet, more herbs, and another red onion. The background is a light-colored wooden surface.

Harvest & Health

Sun River Health



Staff Recipes



Sun River Health



Staff Recipes

On behalf of the Sun River Health Workforce Wellness Program, we are excited to provide you with this collection of Sun River Health staff recipes.

This book collects cultural, traditional, and family recipes from staff across the organization. Alongside many of the recipes included here, you will find information about from where the recipe originated, special facts or information about it, and other information that speaks to the individual staff member who submitted the recipe.

We hope that you and your family will try some of these recipes at home. If you do, please let us know and share a photo via the Workforce Wellness Program's Microsoft Team Page.

If you have a recipe that you would like to submit, you may upload it to the Workforce Wellness Program's Microsoft Forms Page at any time.



Harvest
&
Health

Breakfast & Brunch



Strawberry Oatmeal Bars

Stephanie Rivera - Patient Care Advisor (Elsie Owens)

Category: Breakfast and Brunch

Ingredients

1 cup old fashioned rolled oats
3/4 white whole wheat flour
1/3 cup light brown sugar
1/4 teaspoon ground ginger
1/4 teaspoon ground kosher salt
6 tablespoon unsalted butter (melted)
2 cups small-diced strawberries
1 teaspoon cornstarch
1 tablespoon freshly squeezed lemon juice
1 tablespoon granulated sugar

Vanilla Glaze

1/2 cup powdered sugar
1/2 teaspoon pure vanilla extract
1 tablespoon Milk (add more for thinner consistency)



Instructions

01. Preheat oven to 375 degrees
02. Line 8x8 baking pan with wax paper (let hang over sides)
03. Medium bowl combine oats, flour, brown sugar, ginger and salt.
04. Pour in melted butter and stir until forms clumps and all ingredients are evenly moist
05. Set aside 1/2 of the crumble mixture
06. Press the rest onto prepared oven pan
07. Add half the strawberries scattered over the crumble crust
08. Evenly sprinkle cornstarch over the top
09. Evenly sprinkle the lemon juice over the top and 1/2 teaspoon of the sugar
10. Scatter the rest of the strawberries on top and the rest of the sugar
11. Sprinkle the rest of the crumble on top
12. Bake 35-40 min. until the fruit is bubbly and the crumb topping smells toasty and is a golden brown
13. Remove from oven and let cool completely
14. While bar cools prepare glaze

Glaze

Whisk in medium bowl powdered sugar, vanilla extract, and milk
Enjoy for breakfast or even as a snack

Hulk Muffins

Christina Caras - Foundation (Tarrytown)

Category: Breakfast and Brunch

Ingredients

2 eggs
2 medium to large extra ripe bananas (w. brown spots)
1/3 cup milk of choice (I use almond milk)
3 cups spinach
1 teaspoon vanilla extract
1 cup packed almond flour
1 cup oat flour (I just blend regular oats up to make this)
1 teaspoon cinnamon
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
Mini Chocolate Chips (measure with your heart)

Optional:

2 tablespoons hemp seeds
1/4 cup flaxseed meal



Instructions

01. Preheat the oven to 375 degrees F.
02. Line a muffin tin with 12 muffin liners, or just spray the inside of the muffin tin with nonstick cooking spray.
03. Add the eggs, bananas, maple syrup/honey, milk, spinach, and vanilla extract to a large, high-powered blender (I use a Vitamix) and blend on high for 1 minute or until completely smooth. Set aside.
04. In a large bowl whisk together the almond flour, oat flour, flaxseed meal (if using), cinnamon, baking powder, baking soda, and salt until well combined.
05. Pour the blended wet ingredients over the dry ingredients and mix with a wooden spoon until well combined.
06. Stir in chocolate chips and hemp hearts (if using).
07. Divide the batter between the muffin liners.
08. Bake for 20-25 minutes or until a toothpick comes out clean or with just a few crumbs attached.

Note : You can throw everything into the blender at once - I do this all the time - just make sure to blend well to make sure everything is incorporated. If blending everything together, just know that the heat of the blender will melt some of the chocolate chips when stirring in - which is a delicious option as well.

If these aren't sweet enough for your liking, you can add pure maple syrup, agave, or honey, but with super-ripe bananas, the recipe has some sweetness already. Again, measure with your heart here.

Appetizers



Crockpot Buffalo Chicken Dip

Victoria Brunton

Category: Appetizers

Ingredients

4 cups canned chicken drained OR shredded rotisserie chicken

16 ounces (2 packages) cream cheese

1 cup Franks Buffalo Sauce

1 cup Ranch dressing

2 cups cheddar shredded cheese



Instructions

01. Combined all ingredients into crockpot and cover.
02. Cook on high for 1-2 hours, stirring occasionally, until all cheese is melted.
03. Serve hot with Tostito chips or bread!

Note:

This recipe can also be made in the oven-combine all ingredients in a glass Pyrex or disposable tray (great to bring to parties!). Bake at 400 degrees covered for 20-30 min., checking frequently!

Hummus

Mildred Ramos - 822 Substance Use

Category: Appetizer

Ingredients

1 can of garbanzo
3 garlic cloves
juice of half a lemon
3 tablespoons of olive oil
3 tablespoons of water
1/2 teaspoon of ground cumin
1/4 teaspoon of salt

Optional

If you like spice, you could add 1/4 teaspoon cayenne pepper



Instructions

01. First drain and rinse the beans.
02. Take the outer shells off from the garbanzos.
03. Place garbanzo, garlic, olive oil, water, lemon juice and spices into food processor or blender and blend everything together until smooth.
04. Place in a bowl rake with fork add little olive oil on top and sprinkle little paprika and parsley on top cover and chill.
05. Enjoy.

Nicole's Spinach Dip

Maria Barreto - Westchester Square

Category: Appetizer

Ingredients

1 box (10 oz.) chopped spinach leaves
1 package (8 oz.) cream cheese, softened
3/4 cup Hellmann's® mayo
Lots of Sharp cheddar cheese and Monterey Jack cheese
1 package Knorr® Vegetable recipe mix
1 can (8 oz.) water chestnuts
2-3 cloves minced garlic
Two big scoops of sour cream



Instructions

01. Preheat oven to 350°.
02. Combine all ingredients.
03. Bake 35 minutes.

Note:

Best served with Pizza or Pretzels Chips.

Soup & Salads



Scooped & Chopped Taco Salad

Tracey Adams - Behavioral Health Peekskill

Category: Soup and Salad

Ingredients

2lbs ground beef, chicken or turkey- browned
2 packets of any taco seasoning
head of Iceberg, shredded into small pieces
2 large tomatoes, diced
1 red onion, diced
1 can of Mexi corn
1 can of black beans
1 can medium pitted black olives, sliced
2 bags of shredded taco cheese mix
1 large bottle of Ranch
1 bag scoops



Instructions

01. Brown meat with EVOO (extra virgin olive oil), drain fat, place back in pan and add taco seasoning packets according to directions.
02. After completed, set aside to cool down.
03. Prepare vegetables into a salad, add meat, beans, cheese, and dressing, crumble two handfuls of "Scoops" chips into salad for crunchy effect, toss together for a colorful dish
04. Take your scoops and place onto a platter, take a scoop of taco salad mix with tablespoon and put inside a Scoop chip. I place a medium sized bowl with salad mixture in center of platter.

Big Dee Dee's Quinoa Salad

Dawn Walters - Genesis (Riverhead/Shirley)

Category: Soup and Salad

Ingredients

- 1 Medium Red Onion - Diced
 - 1 Boiled and husked ear of corn/ or one can of corn *NO JUDGING HERE! LOL*
 - 1 Bunch of Cilantro - Chopped
 - 1 Lemon, 1 Lime- Squeezed
 - 2 Cups of Quinoa- Follow directions on package
 - 1 16oz package of Feta Cheese
 - 1 Jar of Kalamata Olives drained
 - 1 Can of Chick Peas or Red Kidney Beans
 - 1 Cucumber
 - 1 Container of assorted tomatoes or whatever tomatoes you like.
 - 1 1/4 Cup of Extra virgin olive oil
 - 1 1/4 Cup of Red Wine Vinegar
 - 1 Pinch of the following spices (*yes I mean a pinch, whatever you grab between your thumb and index finger*)
Salt, Pepper, Sugar, Italian Seasoning, Oregano, Cumin, Harissa, Garlic Powder, Onion Powder.
-



Instructions

01. Once you have all the ingredients prepared, you mix them all together in a bowl.
02. Make sure to add just the right amount of LOVE and Bon Appetit, Guten Appetit, Buen Provecho, Smaczno, Enjoy.

Main dish



5 Minute Salad Pizza

Chelandra Holcombe / (Noi) - Peekskill / Call Center

Category: Main Dish

Ingredients

1 Stonefire pizza Round/or Naan Bread
1 Laughing cow cheese wedge Garlic and Herb
Shredded Lettuce 1 cup
chopped tomatoes chopped 3/4 cup
Thinly sliced red onion/or sliced scallions /amount your choice
Red Wine Vinegarette/ or Italian dressing
Italian seasoning /amount your choice

Optional

Crushed red pepper



Instructions

01. Bake bread in the oven until desired crispiness
02. Remove from oven and let cool
03. Spread on laughing cow cheese wedge to cover pizza round or Naan
04. Layer with lettuce tomato red onion /scallions
05. Sprinkle with Italian seasoning
06. Drizzle with dressing
07. Enjoy!

Baked Corned Beef Brisket

Sally Mullaney - Hudson Health Center

Category: Main Dish

Ingredients

Corned Beef Brisket with seasoning packet
Potatoes



Instructions

01. Preheat the oven to 325°F, and put a grate (roasting rack) in the bottom of a roasting pan or baking dish large enough to hold the meat. If you don't have a rack, you can put the potatoes in the bottom of the pan and put the brisket on top.
02. Rinse the corned beef to remove packing liquid and additional salt.
03. Trim the fat cap within 1-inch of the meat and put it fat-side up on the grate or potatoes. Fill the bottom of the pan with water up to the edge of the grate or potatoes. Place the meat on the grate and sprinkle it with the seasoning packet.
04. Cover the pan with a lid or foil. Bake the meat covered for 2 hours. Remove the lid and roast for an additional 1 hour or until an instant-read thermometer reads 185°. Vegetables such as potatoes (quartered), carrots, and cabbage can be added the last hour and a half.
05. Allow the meat to rest for 15 minutes and then cut across the grain.

“My father was born in Ireland, and this is the way he made corned beef. Boiling can give corned beef a rubbery consistency. Try it this way and you’ll never go back!”

Chicken Biryani (Bangladeshi style)

Sajia Rim - (The Hub)

Category: Main Dish

Ingredients

For Biryani masala:

Black pepper 6 to 7 pieces
Cinnamon stick 3 medium piece
Cardamom 4 to 5 pieces
Black cardamom 2 pieces
Nutmeg 1 piece
Mace 3 piece
Bay leaf 2 piece
Star anise 1
(Blend all the spices together and make a biryani masala powder)

For Marinating Chicken:

Chicken 1 kg
Salt to taste
Ginger paste 2 tablespoons
Garlic paste 2 tablespoons
Cumin pastes 1 tablespoon
Coriander powder 1 tablespoons
Red chilli powder 1 tablespoons
Turmeric powder 1 tablespoons
Plain yogurt ½ cup
Lemon juice 1 tablespoons
Green chilli pastes 1 teaspoon
Fried onions ½ cup
Homemade biryani masala 2 Tablespoons (see next column)

For rice:

Pulao rice 1 kg
4/5 cup water
Ghee 1 tablespoons
Cumin 1 teaspoons
Cinnamon 1 medium piece
Cloves 3 to 4 pieces
Cardamom 3 pieces
1 Bay leaf pieces
Salt to taste

For Biryani:

Ghee 2 tablespoons
Rose water 1 teaspoons
Kewra water 1 teaspoons
½ cup hot milk
saffron water 1 teaspoons
Fried onion

Instructions

01. First, take a bowl and pour pulao rice then rinse 2 to 3 times until excess starch is washed off. Drain the starchy water then soak in water for 30 minutes.
02. Now take another bowl to add chicken, yogurt, garlic paste, ginger paste, green chili paste, cumin pastes, coriander powder, red chili powder, Turmeric powder, Lemon juice, cinnamon powder, cardamom powder, Fried onions, biryani masala, salt to test mix it well and marinate for at least 20 to 30 minutes. It is better if it is marinated for 3 to 4 hours.
03. Heat a big deep pan on medium flame and boil 4 liters of water. Add ghee, cumin, cinnamon, cloves, cardamom, bay leaf, salt, mix them very well and cook for 2 minutes, add soaked rice and cook it until the rice is 80% cooked.
04. After the rice is cooked 80% then with the help of a strainer, The rice has to be sifted on another plate. keep it aside.
05. Then in a set pan on medium flame and add 2 tablespoons ghee, when the ghee is melted then add the marinated chicken, cook the chicken until the oil comes out of the spice and the chicken is 90% done. Then put the chicken on another plate.
06. Now you have to layer the cooked rice and chicken, rose water, saffron, and kewra water in a pot and with hot milk and fried onion on top, cook for 15 minutes on the lowest heat. Now the Biryani is ready. Mix the Biryani before serving and enjoy.

Note:

If you don't have all of the ingredients, you can skip some of them and add other spices according to your taste.



Crab Casserole

Barbara Zeller - Primary Care (Sidney R. Baer Clinic)

Category: Main Dish

Ingredients

2 cup crab meat or 1 package Sealegs imitation crab flakes.
1 cup mayonnaise
1 cup whole milk
1.5 cup Pepperidge Farms stuffing (no substitutions - important for the particular seasonings)
1/2 cup parsley
1 medium vidalia onion sliced thin not chopped
6 hard boiled eggs sliced into circles



Instructions

01. Combine milk and mayonnaise and whisk until smooth.
02. Mix other ingredients and add milk and mayonnaise
03. Delicious cold with some stuffing on top as a hearty salad or heated in a casserole dish.

Note:

I think the Sealegs are better than the more expensive crab meat

Grandma's Homemade Veggie Chili

Crystal Marr - Genesis (MAT)

Category: Main Dish

Ingredients

2 cans black beans
1 can red beans
Optional: add 1 can of dark red kidney beans or Roman Beans
1 cup sliced/diced egg plant
1 cup sliced/diced squash
1 cup sliced/diced peppers
Handful or two of chili powder (eyeball it/add to taste)
1 tablespoon of minced onion
Four shakes of garlic powder
12 ounces of freshly diced tomatoes or diced tomatoes from a can
1 jar of mild medium or hot salsa (your choice)

Optional: add other types of beans: Roman, pinto, pink, or Kidney beans and mix all together in the pot.

Non Veggie Option: add one pound of 93% lean cooked hamburger meat (Also, add two more handfuls of chili powder or add to taste)



Instructions

01. Pour all ingredients and everything from the can/jar into one large pot, mix and let cook for 30 minutes on stovetop. If adding meat, cook thoroughly in frying pan first and then add to pot of chili.

02. Additions:

- Rice can be cooked separately and mixed with the prepared chili.
- Add sour cream or cheddar cheese as topping on chili.
- Pour chili into the Tositos Scoops and serve as an appetizer or add as an addition to your main meal.
- Add to hot dogs.
- Be Creative! Simply delish, enjoy!

Pro tip:

Many times the chili tastes better if you put in the refrigerator and leave overnight or cook in a slow cooker for a day to give flavors more of a chance to blend longer.

Orange Balsamic Chicken

(From Weight Watchers)

Vicki Sandoval - Nursing (Riverhead)

Category: Main Dish

Ingredients

4 4 ounce skinned boned, chicken breast
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup all purpose flour
1 tablespoon margarine
2/3 cup canned no-salt added chicken broth
1 1/2 teaspoons corn starch
1/2 cup low-sugar orange marmalade
1 1/2 tablespoons balsamic vinegar

Optional:

Orange slices



Instructions

01. Place chicken between 2 sheets of heavy duty plastic wrap. Flatten them to 1/2 inch thickness using a meat mallet or rolling pin. Sprinkle with salt and pepper. Dredge in flour.
02. Melt margarine in a large nonstick skillet over medium-high heat. Add chicken and cook 8-10 minutes or until done, turning once. Remove chicken from skillet, keeping warm.
03. Meanwhile, combine broth and cornstarch. Stir in the marmalade. Stir broth mixture into skillet. Cook, stirring constantly until mixture is thickened. Stir in vinegar. Reduce heat to medium. Add chicken turning to coat. Cook an additional 1-2 minutes or until thoroughly heated. Garnish with orange slices if desired.

Rasta Pasta

Elizabeth L. Phillips - Community Engagement (Peekskill)

Category: Main Dish

Ingredients

1 pound (450 grams) pasta
2 chicken breasts or 2 cups of shredded rotisserie chicken
2 tablespoons vegetable oil 1 tbsp for frying chicken and 1
tbsp for sauteeing bell peppers
3 tablespoons jerk seasoning 1.5 tbsp with the chicken,
and 1.5 tbsp goes in the sauce
3 bell peppers preferably in different colors - sliced
½ cup green onions sliced
2 cloves garlic minced
¼ cup (60 ml) vegetable or chicken stock
½ cup (120 ml) heavy cream
½ cup (80 grams) parmesan cheese grated



Instructions

01. Cook pasta according to the package instructions, take it out at “al dente” as you will cook it more in the next steps.
02. I’m using rotisserie chicken in this recipe, but if you are using raw chicken breast then cube it, toss in jerk seasoning and cook until it’s golden and cooked through. Then remove from the pot, and set aside to add later.
03. Add vegetable oil to a heavy bottomed pot, and saute bell peppers with green onions. Add the minced garlic and cook until it’s fragrant.
04. Add jerk seasoning to the pot.
05. Add heavy cream, chicken and vegetable stock to the pot. Simmer for a few minutes or until the sauce thickens, mix in the parmesan in the sauce and then mix in the pasta.
06. Garnish with chopped chives, green onions or parsley and serve.!

Slow Cooker Dublin Coddle

Sally Mullaney - Hudson Health Center

Category: Main Dish

Ingredients

8-10 slices thick cut bacon, cut into 1" pieces
1 pound bratwurst sausage or Irish sausage
3 tablespoons all-purpose flour
2 ½ pounds red potatoes, cubed
2 sweet onions, medium sized, sliced thin
1 teaspoon garlic, minced
½ cup fresh minced parsley
3 bay leaves
1 teaspoon thyme
cracked black pepper
4 cups beef broth



Instructions

01. In a large pan over medium-high heat, add in the bacon and cook until crispy. Remove the bacon to drain on paper towels.
02. Add sausage links to the pan, and cook on each side until you get a golden brown color. We don't want to cook the sausage all the way. We just want to sear for color. Remove, once done. Allow 5 minutes to cool and slice into about 1" pieces.
03. Remove approximately ½ bacon grease. Add garlic and onions to the pan, and sauté for approximately 2-3 minutes. We are adding some flavor to the onion. Remove onions, and set to the side.
04. Reduce the heat to low, and then whisk in the flour. Cook for 2 minutes, whisking constantly. While whisking, add in 2 cups of beef broth. Cook until slightly thickened, and then remove from heat.
05. Place half of the potatoes in the gravy, followed by half of the onions, half of the garlic, half of the bacon, half of the sausages, half of the parsley, the thyme, and black pepper. Repeat layers with the remaining ingredients.
06. Pour remaining broth on top, and finish with bay leaves. Cook for 4 hours on high or 7 ½ hours on low.

Notes:

- Be careful with adding any additional salt. There is plenty of salt from the bacon, sausage, and broth. Even if you use low sodium broth, still double-check after it's finished cooking.
- If you can't find bratwurst or bangers (Irish pork sausage), then you can use a high-quality pork Italian sweet sausage.
- If you want to use a stout beer, you can. Replace 1 can/bottle of stout beer and reduce the beef broth by ½.
- You can add other types of root vegetables: carrots, turnips, fennel, celeriac, and rutabaga.

Spaghetti (Dominican Style)

Fraydelin Munoz - Inwood Health Center

Category: Main Dish

Ingredients

- 1 pound or 16 oz of spaghetti
- ½ pound of porkchop in cubes
- 1 small can or 8 oz of whole sweet corn
- 1 chicken bouillon cube
- 3 tbsp of tomato paste
- 2 mashed garlic cloves
- ¼ of an onion chopped
- 1 pack of shredded cheese of your choice
- 1 can of evaporated milk



Instructions

01. Put enough water in a pot, add the spaghetti when the water is boiling. Turn it off when the pasta is soft to your taste.
02. In another pot fry without oil the porkchop. Once is cooked, add the onion, the garlic, the chicken bouillon, the tomato paste and stir.
03. Slow the heat and add the spaghetti, the corn, the evaporated milk, and the cheese. Stir until everything is combine.
04. Serve with either rice, tostones or bread.

Stuffed Cabbage Casserole

Jeramie Barber - Foundation (Tarrytown)

Category: Main Dish

Ingredients

2 tsp olive oil, divided
1 lb. 95% lean ground beef
1 large onion, chopped fine
1 tbsp finely minced garlic
1/2 tsp. dried thyme
1 tsp sweet Hungarian Paprika
salt and fresh ground black pepper to taste
1 1/2 heads green cabbage, coarsely chopped
1 can (14.5 oz.) petite dice tomatoes with juice
1 can (15 oz.) tomato sauce
1/4 cup water
2 cups cooked brown rice



Instructions

01. Preheat oven to 350°F. Spray a large glass casserole dish with non-stick spray. (12" x 10")
02. Heat a large frying pan on medium heat; add ground beef and cook until it's browned and cooked through, breaking it apart as it cooks. Remove ground beef and set aside.
03. In the same pan, add 1 tsp olive oil, chopped onion and cook over medium heat until the onion is translucent and starting to brown, about 5 minutes. Add the minced garlic, dried thyme, and paprika and cook about 2 minutes more. Then add the diced tomatoes with juice, tomato sauce, and ground beef. Add water to the pan. Simmer until it's hot and slightly thickened (15-20 minutes).
04. While it simmers, cut cabbage in half, cut out the core, and remove any wilted outer leaves; chop the cabbage coarsely into 1" pieces.
05. Heat remaining olive oil in a large frying pan; add the cabbage and cook over medium-high heat until the cabbage is wilted and about half cooked, turning it over several times so it all wilts and cooks. Season with salt and fresh-ground black pepper.
06. When the meat and tomato sauce mixture has cooked and thickened, stir in the 2 cups of cooked rice and gently combine.
07. Spray casserole dish with non-stick spray and the layer half the cabbage, half the meat mixture, remaining cabbage, and remaining meat mixture. Cover tightly with foil and bake 40 minutes (until the mixture is just starting to bubble on the edges).
08. Remove foil and Bake uncovered an additional 20 minutes, or until the cheese is melted and starting to slightly brown. Serve hot.
09. Freezer friendly if you have leftovers. To reheat, thaw overnight in the refrigerator and then either microwave until hot or heat in the oven in a glass dish covered with foil.

Vegan BBQ Ribs

Mildred Ramos - 822 Substance Use

Category: Main Dish

Ingredients

2 Cans of Jack Fruit
1 Pack of Impossible meat
1/4 cup diced onion
1/8 cup dark brown sugar
2 tsp granulated onion
2 tsp granulated garlic
1 tsp black pepper
2 tsp smoked paprika
2 tsp liquid smoke
1/2 cup BBQ sauce



Instructions

01. Preheat oven to 375, Drain and rinse Jack fruit.
02. Then shred Jack Fruit with your hands into a middle sized bowl and add impossible meat. Add the rest of the ingredients and mix well.
03. Put on a sheet pan lined with aluminum foil and sprayed with cooking spray. Shape into a slab of ribs.
04. Bake for 1 hour and 10 mins then remove from oven and pour BBQ Sauce and spread it and place back into the oven for 20 minutes.
05. Then slice into ribs and enjoy

Desserts



EJ's Banana Bread

Edna Fantauzzi - EMR Systems

Category: Dessert

Ingredients

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
1 cup of white sugar
½ cup vegetable oil
2 eggs, beaten (room temperature)
1 ½ cup mashed bananas (about 3 medium bananas)
3 tablespoons milk
½ teaspoon vanilla extract
Powdered sugar for dusting



Instructions

01. Preheat oven to 350. You can use 2 smaller bread pans and make 2 mini-loaves or make 1 loaf in a regular bread pan. Grease your pan and coat it with powdered sugar.
02. In a separate bowl mix the dry ingredients.
03. Place the overripe bananas in a large bowl and smooch them with a potato masher or fork.
04. Add the eggs and beat them.
05. Then add the rest of the wet ingredients into the large mixing bowl and mix until they combined but do not over mix.
06. Combine the dry ingredients with the wet ingredients and stir just until the mixture is combined.
07. Add the mixture to a prepared loaf pan. I sprinkle sugar on top to give it a crust.
08. Bake about 50 minutes -1 hour for the large pan or 35-45 minutes in mini loaf pans until the top of the bread is golden brown.
09. I use a glass pan and it takes an hour.
10. Let cool on a wire rack for at least a few minutes before you cut it into individual slices. It will fall apart if you cut it too soon, but it is so yummy when it is warm.
11. Store in an airtight container for up to 3 days or place in a freezer bag until you want to eat it! You can also cover it with aluminum foil, plastic wrap or bag

EJ's Pumpkin Bread

Edna Fantauzzi - EMR Systems

Category: Dessert

Ingredients

2 cups all-purpose flour
1 1/2 cups granulated sugar
1 tsp baking soda, sifted to eliminate lumps
2 tsp baking powder
2 tsp cinnamon
3 large eggs, room temperature
1 cup extra light olive oil, (or vegetable or corn oil)
15 oz pumpkin puree



Instructions

01. Preheat oven to 350 ° F. Butter and lightly dust with flour, two 8 1/2" x 4 1/2" bread pans.
02. In a large mixing bowl, whisk together the dry ingredients: 2 cups all-purpose flour, 1 1/2 cups sugar, 1 tsp baking soda, 2 tsp baking powder, and 2 tsp cinnamon.
03. In a second medium mixing bowl, whisk together the wet ingredients: 3 room temp eggs, 1 cup oil, and pumpkin puree.
04. Pour wet ingredients over dry ingredients then whisk together until smooth. Divide evenly between 2 prepared bread pans and bake at 350 ° F for 45-55 minutes*, or until a toothpick comes out clean (my oven took 50 min). Let cool in the pans for 10-15 minutes then transfer to a wire rack to fully cool.

Bailey's Brownies

Sally Mullaney - Hudson Health Center

Category: Dessert

Ingredients

- 1 box of brownie mix (19.5 ounces)* (see notes)
- 1 teaspoon espresso powder
- 2 eggs
- 1/2 cup vegetable oil
- 3 tablespoons Bailey's Irish Cream liqueur



Instructions

01. Preheat oven to 350 degrees and spray a 9x9 pan with nonstick spray.
02. In a large mixing bowl, combine all ingredients and mix until well combined. Transfer to the pan and place in oven to bake for the length of time the brownie mix box you are using says (mine was 35-40 minutes of a 9x9 pan).
03. Remove from oven and let cool before slicing and serving.

Notes

The amount of Bailey's in this recipe is a direct substitute for water in the boxed brownie recipe. While most say that the recipe needs 3 tablespoons of water, confirm that before you substitute in the Bailey's. If it needs more, then use more Bailey's.

Grandma Harkin's Babka

Colleen Blake - Risk/Quality (23rd Street Manhattan/Remote)

Category: Dessert

Ingredients

1/2 cup milk
1 package of Fleischmann's active dry yeast (not rapid rise version)
1/4 cup butter
1 tsp vanilla extract
3 eggs
2 cups flour
1/3 cup sugar
Prune filling - pre bought
Black raisins
Orange zest (grandma says a tsp, I just did a whole orange to make my life easier)

Crumble topping

1/2 stick butter
Flour - measure with your heart to make a sand like texture
Sugar



Instructions

01. Heat milk for 30 seconds in a bowl in the microwave. Get it warm but not too hot. Don't want to damage the yeast.
02. Add 1 tsp of sugar to milk.
03. Add yeast and stir to activate. Let sit until you see bubbles.
04. Melt butter.
05. Add vanilla extract to melted butter.
06. Combine flour sugar and orange zest in bowl while yeast is activating.
07. After yeast milk mixture is very bubbly and foamy, add to kitchen aide mixing bowl. Use the dough hook.
08. Add butter and vanilla mixture.
09. Add a few spoonfuls of the flour mixture and turn on the mixer. Let the mixture combine.
10. Add in 3 eggs (*don't forget this part like me because I'm an idiot*)
11. Gradually add the rest of the flour until fully combined. You can add a little more flour if the batter/ dough feels too wet. It should just slide off the dough hook.
12. Cover with plastic wrap and a damp towel for an hour. Dough needs to double in size in bowl.
13. Prep the bread pan with butter/crisco/non stick spray and flour while waiting.
14. Prep the crumble topping while waiting. Melt butter. Mix flour and sugar.
 - a.(equal parts of each and eyeball it). Mix until you get a wet sand consistency
15. Punch down dough with hands.
16. Add raisin and mix.
17. Put half the dough into the pan.
18. Dollop in prune filling.
19. Place the rest of the dough on top.
20. Sprinkle top liberally with crumble topping.
21. Cover with plastic wrap and/ or damp towel for another 30 min to an hour.
22. Pre-heat oven at 350
23. Bake at 350 for 35-40 min until cooked through. Gradually add the rest of the flour until fully combined. You can add a little more flour if the batter/dough feels too wet. It should just slide off the dough hook.

“This is my grandma’s recipe for Polish Babka. It is a cross between a cake and a bread and it is delicious as a breakfast, snack or dessert.”

Banana Bread

Vicki Sandoval - Nursing (Riverhead)

Category: Dessert

Ingredients

2 cups all purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup butter
3/4 cup brown sugar
2 eggs beaten
2 1/3 cups mashed overripe bananas



Instructions

01. Preheat oven to 350 degrees. Lightly grease a 9x5 inch loaf pan.
02. In large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
03. Bake in preheated oven for 60-65 minutes, until a toothpick inserted into the center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack

Mini Pecan Tarts

Elizabeth L. Phillips - Community Engagement Dept. (Peekskill)

Category: Dessert

Ingredients

Makes 48 tarts

Tart Dough

- 1 cup butter softened
- 6 oz cream cheese, softened
- 2 cup all-purpose flour

Filling

- 4 tbsp (30 mL) butter or margarine, melted
- 1 1/2 cup packed brown sugar
- 2 egg
- 2 tsp vanilla
- 2 cup (250 mL) pecan halves, finely chopped

Optional:

- Rum- 1/4 - 1/2 cup



Instructions

01. Preheat the oven to 350°F (180°C). For the tart shells, beat the butter and cream cheese in a Classic Batter Bowl until well blended. Add the flour; mix until a soft dough forms.
02. Using the Small Scoop, shape the dough into 1" (2.5-cm) balls. Place the dough balls into the ungreased cups of the Mini Muffin Pan. Dip the Mini Tart Shaper in the flour, and press into the dough with even pressure until the dough rises slightly above the rim of the pan.
03. For the filling, place the butter in a Small Batter Bowl; microwave on HIGH for 30 seconds or until melted. Stir in the brown sugar, egg, and vanilla. Finely chop the pecans using the Food Chopper; add them to the batter bowl contents and mix well.
04. Using the scoop, fill each tart shell with a level scoop of the filling (do not overfill). Bake for 20-25 minutes or until the cookies are light golden brown. Remove the pan from the oven, and let the cookies cool in the pan for 3 minutes. Remove the cookies from the pan to a Stackable Cooling Rack and let them cool completely. Sprinkle with powdered sugar, if desired.

Yield:

24 servings of 1 tart

Flan

Lauren Jutchenko - 23rd St. Admin; Quality & Risk

Category: Dessert

Ingredients

1 cup of sugar
3 eggs (whole)
1 can evaporated milk
1 can condensed milk
1 tablespoon of vanilla

Optional:

Rum- 1/4 - 1/2 cup



Instructions

01. Preheat oven to 350 degrees.
02. Caramelize sugar in pan over low-medium heat. Keep an eye on it and continuously stir. Once sugar is caramelized and an amber color (no sugar crystals), pour into a 9 inch round baking pan (you can also divide these into individual ramekins). Allow it to cover the entire base of the dish and then set to the side for the next step.
03. In a separate bowl, whisk together your eggs, milks, and vanilla. If chosen, whisk in your rum as well. Once whisked, pour into your prepared pan with caramel base.
04. Put your dish on a cookie sheet and prepare a water bath to allow for even bake. Bake in oven for about a half hour. You will know its ready when its firm to the touch and slightly brown around the edges. It will have a bit of a bounce to it as well. Once ready, remove and allow it to set. Once cooled down, you can gently use a knife around to score around the rim to separate the flan from the pan. Take a plate and place on top of the dish and flip over the flan. The caramelized bottom will now be on top. Refrigerate until cold and then serve.

Others



Chipotle and Tamarind Braised Collard Greens

Elizabeth L. Phillips - Community Engagement (Peekskill)

Category: Others

Ingredients

3 large dried chipotle chiles, stemmed and seeded
1/2 cup extra-virgin olive oil
1 medium sweet onion, thinly sliced
4 large garlic cloves, thinly sliced
6 cups Rich Turkey Stock or low-sodium chicken broth
6 pounds collard greens, stems and inner ribs discarded, leaves cut into 1-inch ribbons (about 28 cups)
Salt and freshly ground pepper
3 tablespoons tamarind concentrate or 1/4 cup fresh lime juice



Instructions

01. Using kitchen shears, cut the chiles into very thin strips. In a stockpot, heat the olive oil until shimmering. Add the onion, garlic and chiles and cook over high heat until the garlic is just beginning to brown, about 7 minutes.
02. Add the stock and bring to a boil. Add the collard greens by large handfuls and stir to wilt each batch before adding more. Season with salt and pepper and bring to a simmer.
03. Cover and cook over moderately low heat until the collards are tender, about 40 minutes
04. Transfer 1/2 cup of the cooking liquid to a small bowl and stir in the tamarind concentrate, then stir this mixture into the collards. Season with salt and pepper. Transfer the collards and their liquid to a large bowl and serve.

Colcannon (Irish Mashed Potatoes)

Sally Mullaney - Hudson Health Center

Category: Others

Ingredients

1 medium head cabbage (about 2 pounds), shredded
4 pounds medium potatoes (about 8), peeled and quartered
2 cups whole milk
1 cup chopped green onions
1-1/2 teaspoons salt
1/2 teaspoon pepper
1/4 cup butter, melted
Minced fresh parsley
Crumbled cooked bacon



Instructions

01. Place cabbage and 2 cups water in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 10 minutes. Drain, reserving cooking liquid; keep cabbage warm in separate dish.
02. In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes; bring to a boil. Reduce heat; cook, uncovered, until potatoes are tender, 15-20 minutes. Meanwhile, place milk, green onions, salt and pepper in a small saucepan; bring just to a boil and remove from heat.
03. Drain potatoes; place in a large bowl and mash. Add milk mixture; beat just until blended. Stir in cabbage. To serve, drizzle with butter; top with parsley and bacon.

Grandma's Irish Soda Bread

Sally Mullaney - Hudson Health Center

Category: Others

Ingredients

1 and 3/4 cups (420ml) buttermilk
1 large egg (optional, see note)
4 and 1/4 cups (531g) all-purpose flour (spoon & leveled),
plus more for your hands and counter
3 Tablespoons (38g) granulated sugar
1 teaspoon baking soda
1 teaspoon salt
5 Tablespoons (70g) unsalted butter, cold and cubed

Optional:

1 cup (150g) raisins



Instructions

01. Preheat oven & pan options: Preheat oven to 400°F (204°C). There are options for the baking pan. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5 quart (or higher) dutch oven. Grease or line with parchment paper. If using a dutch oven, bake the bread with the lid off.
02. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour, but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour. **Do Not Over Mix!**
03. Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score a 1/2 inch deep X into the top. Bake until the bread is golden brown and center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For an accurate test, bread is done when an instant read thermometer reads 190°F (88°C).
04. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
05. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storing.

No Bake Energy Bites

Taylor Gueritey - WIC Program (Middletown)

Category: Others

Ingredients

- 1 cup Old Fashioned Oats
- 1 cup Peanut Butter (or your favorite type of nut butter)
- 1/3 cup ground flax seed
- 1/4 cup honey
- Dash of vanilla extract



Instructions

01. Combine all ingredients in a large mixing bowl.
02. Chill in refrigerator for 30 minutes.
03. Scoop 1 tbsp of mix into balls once chilled and place onto cookie sheet.
04. Freeze until set and store in freezer/refrigerator
05. Enjoy!

Super Easy Corn Pudding

Christina Caras - Foundation (Tarrytown)

Category: Others

Ingredients

- 1 Box Jiffy Corn Muffin Mix
- 1 8 oz Container of Sour Cream
- 2 Large Cans of Creamed Corn
- 1 Large Can of Kernal Corn (Drained)
- 1 Stick of Butter Cut Up into small slices
- 1 Egg



Instructions

01. Preheat oven to 350
02. You just need one bowl!
03. To ensure your casserole bakes up moist and tender, combine all of the wet ingredients first (sour cream, eggs, your two types of canned corn, and butter) before gently adding the corn muffin mix (be careful not to overmix)
04. Bake on the middle rack for one hour - let cool for a few minutes before serving. We serve with a spoon and this dish is gone every Thanksgiving!



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