



The Food Pantries for the Capital District Holiday Cookbook



Cookbook Guide

In this holiday cookbook, you'll find simple, easy to make recipes that are cost-conscious and utilize common foods you may already have in your home or that you can find in your nearest pantry.

Tips & Tricks:

Olive oil, avocado oil and coconut oil are healthier options than vegetable oil or canola oil, but can be used interchangeably.

Use fat-free or low-fat milk when possible. If vegan or dairy-free, substitute with milk alternatives like soy, almond, oat, cashew, hemp or coconut milk.

Choose “whole wheat” or “whole grain” when choosing pasta, bread and tortillas. These have more nutrients than their white or refined counterparts. You can also replace with the gluten free option.

Chicken or beef broth/stock can be replaced with vegetable broth/stock. Be sure to use low sodium when possible.

Use lean meat for a healthier alternative. Choose beef that is at least 93% lean.

Buy fresh vegetables that are in season as they'll be cheaper. Anything that calls for fresh can be replaced with canned or frozen. When buying canned vegetables, look for low-sodium or no added salt.

Fresh herbs can be substituted with dried herbs.
(1 Tbsp. fresh herbs = 1 tsp. dried herbs)

Cut up meats and vegetables yourself. Precut meats and vegetables are generally more expensive.

All recipes can be made vegetarian by omitting the meat.



Corn Chowder

Ingredients

- 3 Tbsp. oil
- 2 ribs of celery, diced
- 1 onion
- 1 bell pepper, seeds removed and chopped
- 1 cup vegetable stock or water
- 3 cans of corn, liquid strained and saved
- ⅓ cup milk
- 3 medium potatoes, rinsed and chopped
- 3 tsp. salt
- 2 tsp. black pepper
- 1½ tsp. dried thyme

Directions

1. Place 2 Tbsp. oil in a large saucepan over medium heat. Add celery, onion and pepper. Place a lid on top and sweat gently until soft. Add the stock or water, as well as liquid from canned corn, and bring to a boil, then turn to low temperature.
2. Take 1½ cups of corn and sauté in a pan with 1 Tbsp. oil or butter, over medium heat until browned. Place browned corn in a blender with milk and pulse until smooth. Add stock/corn liquid to pot.
3. Add remaining corn, potatoes, salt, pepper and thyme into a pot and cook for 15-20 minutes until potatoes are tender.
4. Serve with garnish of choice.





Breakfast Egg Cups

8 servings

Ingredients

Cooking spray (or oil)

6 large eggs

$\frac{1}{4}$ cup milk

$\frac{1}{8}$ tsp. salt

$\frac{1}{8}$ tsp. ground black pepper

1 red medium bell pepper

$\frac{3}{4}$ cup spinach

1 oz. cheddar cheese

Directions

1. Spray a muffin tin with cooking spray and set aside. Preheat oven to 375°F.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack the spinach leaves, roll them up and slice them in. (This method is called chiffonade.)
4. Add the peppers, spinach and shredded cheddar to the egg mixture.
5. Fill muffin cups $\frac{3}{4}$ full and bake for 20-25 minutes until centers are set and no longer runny.
6. Allow to cool slightly before serving.

Buffalo Chicken Dip

8 servings

Ingredients

3 cup cooked shredded chicken (about 1 lb. raw)

1 cup mayonnaise

⅓ cup hot sauce (or more to taste)

1 cup sliced green onions

¼ cup nutritional yeast (or Parmesan cheese)

1 tsp. onion powder

1 tsp. garlic powder

½ tsp. dried dill

½ tsp. salt

¼ tsp. ground black pepper

¼ tsp. celery seeds

Directions

1. Preheat oven to 350°F.
2. Place all ingredients in a large bowl and mix well. You can taste and add more hot sauce if you prefer.
3. Transfer to a small baking dish and smooth out the top with a spatula.
4. Bake in the preheated oven for 20 minutes until the edges are lightly browned and bubbly.
5. Serve warm with celery, carrots, cucumbers and/or your favorite veggies. You can also enjoy with crackers or tortillas.





Hearty Mashed Potatoes

6 servings

Ingredients

- 4 potatoes, baked, peeled and cut into chunks (about 2 lbs.)
- 1 can garbanzo beans (15 oz., drained)
- $\frac{3}{4}$ cup milk, non-fat (or milk alternative)
- $\frac{1}{4}$ cup Parmesan cheese (optional)
- $\frac{1}{2}$ tsp. garlic powder
- Black pepper (to taste)

Directions

1. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat, then reduce to a simmer.
2. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese and seasonings.
5. Reheat if necessary. Serve hot.

Whole Wheat Garlic Bread Sticks

6 servings

Ingredients

6 slices of bread (100% whole wheat)

2 Tbsp. oil

½ tsp. garlic powder

1 Italian seasoning packet (or basil, oregano, rosemary, thyme and marjoram) as needed to sprinkle on top

Directions

1. Spread each slice of bread with 1 tsp. oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300°F for about 25 minutes or until crisp and lightly browned.





Maple Sweet Potatoes

2 servings

Ingredients

- 2 large sweet potatoes
- 2 Tbsp. non-fat yogurt
- 1 Tbsp. maple syrup
- 1 Tbsp. orange juice

Directions

1. Prick potato skins with a fork. Microwave on high for 3-4 minutes until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup and orange juice. Transfer to a microwave safe serving bowl and microwave for 1-2 minutes to heat through.

Cranberry Sauce Overnight Oats

1 serving

Ingredients

3 Tbsp. cranberry sauce
¼ cup old fashioned oats
¼ cup almond milk
2 Tbsp. sliced almonds
a dash of cinnamon (optional)

Directions

1. Add 2 Tbsp. cranberry sauce into a jar. Add the oats and milk. Top with more cranberry sauce and sliced almonds. Close the jar and refrigerate overnight. Top with more milk in the morning if desired.





Roasted Butternut Squash

6 servings

Ingredients

2 lbs. butternut squash

¼ cup walnuts (or pecans or hazelnuts)

2 Tbsp. oil

1 tsp. dried sage

¼ tsp. salt

¼ tsp. ground black pepper

1 Tbsp. oil

¼ cup dried cranberries (or raisins or dried cherries)

1 ½ Tbsp. maple syrup

Directions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash in half and scoop out seeds with a spoon. Cut into ¾-inch, even-sized cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Waffle-Maker Latkes

6 servings

Ingredients

2 cups shredded russet potatoes (about 8 oz.)

½ cup shredded sweet onion

½ tsp. salt

1 large egg, lightly beaten

¼ tsp. ground pepper

Olive oil or cooking spray

Directions

1. Toss potato, onion and salt in a large bowl. Transfer to a sieve set over a medium bowl; let drain for about 15 minutes.
2. Preheat a classic waffle iron to high.
3. Squeeze the potato mixture, a handful at a time, over the bowl to release excess moisture (don't oversqueeze - some moisture should remain). Pour out the liquid and return the squeezed potato mixture to the bowl. Stir in egg and pepper.
4. Liberally coat the hot waffle iron with cooking spray or oil. Place a heaping Tbsp. of the potato mixture in each quadrant and spread each to a 2-inch wide circle. Close the lid and cook the latkes until golden brown, 6-8 minutes. Repeat with the remaining mixture.





Sour Apple Slaw

12 servings

Ingredients

- 8 cups shredded green cabbage (½ of a medium head)
- 1½ tsp. salt
- ¼ cup cider vinegar
- 2 Tbsp. maple syrup
- 1 tsp. Dijon mustard
- ½ tsp. ground pepper
- 3 medium Granny Smith apples, julienned or shredded
- 3 cups spinach leaves, thinly sliced
- 2 scallions, sliced
- 1 tsp. minced fresh flat-leaf parsley
- 1 tsp. minced fresh tarragon (optional)

Directions

1. Toss cabbage and salt in a colander set over a large bowl. Let cabbage wilt for 30 minutes.
2. Plunge the cabbage into a bowl of cold water. Drain and pat dry.
3. Whisk vinegar, maple syrup, mustard and pepper in a large bowl. Add the cabbage, apples, spinach, scallions, parsley and tarragon; toss to coat well.

Tabbouleh

6 servings

Ingredients

- 2 medium lemons
- 1 cup bulgur wheat (can substitute quinoa, brown rice or couscous)
- 1½ cups boiling water
- 1 cup fresh parsley
- 3 green onions
- 1 large tomato
- 1 small cucumber
- 2 Tbsp. oil
- ¾ tsp. salt
- ¼ tsp. ground black pepper
- Pinch of ground cayenne pepper or paprika
- ¼ cup mint leaves (optional)
- 4 oz. feta cheese (optional)

Directions

1. In a medium bowl, squeeze lemon juice, add bulgur and boiling water. Cover and let rest until bulgur is soft and chewy, about 30 minutes.
2. Chop parsley and mint, thinly slice green onions and dice tomato, cucumber and feta.
3. In a colander, drain excess liquid from bulgur mixture. Return bulgur to bowl and add all ingredients. Mix well to combine.





Moroccan Carrot Salad

6 servings

Ingredients

- 6 medium carrots
- ½ small onion
- 1 large lemon
- 3 Tbsp. oil
- 1 tsp. curry powder
- 1 tsp. salt
- ¼ tsp. ground black pepper
- ¼ cup dark or golden raisins

Directions

1. Peel carrots and onion.
2. Shred carrots with a grater and dice onion.
3. In a small bowl, squeeze 2 Tbsp. lemon. In a medium bowl, combine carrots and onions.
4. Add oil, curry powder, salt and pepper to lemon juice. Mix well and let marinate for 5 minutes.
5. Pour liquid mixture over carrots and onions. Stir in raisins and mix well.

Spicy Stewed Okra + Tomatoes

4 servings

Ingredients

1 lb. fresh okra, trimmed

2 medium ripe tomatoes, chopped (or one 28 oz. can, drained and chopped)

1 habanero (or 2 jalepeño peppers) pierced with a fork

¼ tsp. salt

Ground pepper (to taste)

Directions

1. Place okra, tomatoes and chile(s) in a heavy saucepan. Bring to a boil. Cover and cook over medium heat until okra is tender, about 8-13 minutes. Season with salt and pepper and serve.



Sweet Potato + Turkey Enchilada Skillet

4 servings

Ingredients

- 2 cups red enchilada sauce
- 2 tsp. olive oil
- 1 medium white onion, diced
- 2 cloves garlic, minced
- 1 cup leftover mashed sweet potato (from 2 small or medium sweet potatoes)
- 2 cups leftover cooked turkey or chicken, shredded (about 1 lb.)
- 6 yellow corn tortillas, cut into 1-inch strips
- 1 cup shredded Mexican cheese, divided
- Cilantro, green onions and greek yogurt or sour cream, for serving

Directions

1. Heat olive oil over medium-high heat in a large skillet. Add onions and garlic and cook 4-5 minutes until onions become translucent and garlic is fragrant. Add turkey and spoonfuls of mashed sweet potatoes and stir together to combine.
2. Add the corn tortilla pieces and all of the enchilada sauce; stir to combine. Reduce heat to medium-low and sprinkle in $\frac{1}{2}$ cup of cheese. Stir again and simmer for a few minutes.
3. Sprinkle another $\frac{1}{2}$ cup of cheese over the top and cover for 5 minutes to help melt the cheese. Serve with cilantro, green onions, or greek yogurt.





Hearty Vegan Vegetable Soup

Ingredients

- 8 cups vegetable broth
- 1 cup canned corn
- 1 cup canned green beans
- 1 cup fresh okra
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 onion, finely chopped
- 3 tomatoes, diced
- 2 large russet potatoes, diced
- 1 clove garlic, crushed
- 1 Tbsp. oil
- Pinch of Italian seasoning (or use any or all of these; basil, oregano, thyme, rosemary and marjoram)
- Salt and pepper (to taste)

Directions

1. In a large pot, combine oil, garlic, onions, celery, tomatoes and carrots. Cook 4-5 minutes until tender; add salt and pepper to taste.
2. Add 4 cups vegetable broth, potatoes and okra. Cook until potatoes and okra are tender.
3. Add corn, green beans, Italian seasoning and more salt and pepper to taste. Slowly add remaining broth.
4. Garnish with any fresh herbs you have on hand and serve.



Homemade Hamburger Helper

4 servings

Ingredients

- 2 Tbsp. oil
- 1 large yellow onion, diced into ½-inch pieces
- 3 medium carrots, diced into ¼-inch pieces
- ½ tsp. salt
- ¼ tsp. black pepper
- 3 garlic cloves, minced (about 1 Tbsp.)
- 1 lb. lean ground beef
- 2-3 Tbsp. hot sauce
- 1 tsp. dijon mustard (optional)
- 2 tsp. smoked paprika
- 1 14 oz. can reduced sodium beef broth
- 2 cups water (plus additional as needed)
- 8 oz. whole wheat elbow pasta
- ½ cup plain nonfat greek yogurt
- 1½ cups grated sharp cheddar cheese
- ¼ cup chopped chives (optional)

Directions

1. Heat large skillet over medium-low heat. Add oil, onion, carrot, salt and pepper. Let cook until onion turns brown and soft, about 10 minutes. Add garlic and cook until fragrant, about 30 seconds.
2. Increase heat to medium-high and add ground beef, stirring until meat is browned and cooked through, about 6 minutes. Stir in hot sauce, dijon and smoked paprika. Add beef broth and water. Stir and bring to a boil. Once boiling, add pasta and cook until al dente.
3. Remove from heat and add cheddar cheese and greek yogurt. Stir until combined. Add chives and serve.

West African Sweet Potato Stew

6 servings

Ingredients

- 1Tbsp. oil
- 1 medium onion, sliced
- 1 tsp. chili powder
- ½ tsp. ground ginger
- ¼ tsp. cayenne pepper
- ½ tsp. salt
- ¼ cup peanut butter
- 3 large sweet potatoes, cubed
- 1 28 oz. can diced tomatoes, with liquid
- 1 15 oz. can whole kernel corn, with liquid
- 1 15 oz. can black beans (or Great Northern beans), with liquid

Directions

1. Heat oil in large pot over medium-high heat. Add onion and cook until tender, about 5 minutes.
2. Add spices and stir until fragrant.
3. Add remaining ingredients and stir. Bring to a boil, then reduce to low.
4. Cover and cook for 20-25 minutes, stirring occasionally, until potatoes are tender. Serve with brown rice.





Curried Turkey Salad

4 servings

Ingredients

¼ cup mayonnaise

½ tsp. curry powder

10 oz. leftover turkey

1 carrot, peeled and shredded

1 small apple, chopped (or grapes, chopped)

2 Tbsp. red onion, chopped

Directions

1. In a large bowl, mix the mayonnaise with the curry powder. Add the turkey and mix. Stir in the carrots, apples and onions and serve.

Taco Pasta with Pumpkin

8 servings

Ingredients

- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 1 Tbsp. oil
- 2 Tbsp. taco seasoning (paprika, chili powder, cumin, garlic powder, onion powder, oregano, salt)
- 1 lb. ground turkey (or leftover turkey)
- 1 15 oz. can black beans, rinsed and drained
- 2 cups corn, frozen (or canned)
- 1 14 oz. can diced tomatoes
- 1 14 oz. can pumpkin purée (or tomato sauce)
- 2 cups water
- 1 ¼ tsp. salt
- Ground black pepper to taste
- 4 cups whole wheat (or gluten free) penne pasta, uncooked
- 1 cup (4 oz.) sharp hard cheese, shredded
- 3 avocados, diced (optional)
- ½ cup green onions, chopped

Directions

1. Put large pot on medium-high heat. Add oil, onion and garlic. Sauté for 4 minutes, stirring occasionally.
2. Add taco seasoning and ground turkey. Sauté for 5 minutes, stirring occasionally. Add beans, corn, diced tomatoes, pumpkin puree, water, salt and pepper. Stir and bring to a boil.
4. Add pasta, cover and cook on low for 10 minutes. Turn off heat and add avocado, cheese and green onions. Cover for a few minutes to let cheese melt. Serve.



Turkey Noodle Soup

Ingredients

- 2 tsp. oil
- ½ yellow onion, chopped
- 2 large carrots, cut into half circles
- 2 large celery stalks, chopped
- 3 garlic cloves, minced
- 1 Tbsp. fresh sage, minced
- 1 Tbsp. fresh rosemary, minced
- 1 Tbsp. fresh thyme, minced
- ¼ tsp. salt
- ¼ tsp. ground pepper
- 7 cups turkey (or chicken) broth
- 2 cups uncooked egg noodles
- 1 lb. (4 cups) leftover turkey (or chicken), cooked
- 3 Tbsp. flat leaf parsley, minced

Directions

1. Heat oil in a large, nonstick saucepan. Add onion and cook until softened, about 3-4 minutes. Add carrots and celery and cook until softened, about 2-3 minutes. Stir in garlic, sage, rosemary, thyme, salt and pepper. Cook for 1 minute.
2. Add turkey broth and bring to a boil, then reduce to a simmer. Simmer for 15 minutes. Turn up the heat so the soup is boiling gently and stir in the egg noodles and chopped turkey. Cook until the noodles are tender, about 6-7 minutes.
3. Remove from heat, stir in parsley and serve.





Turkey Tortilla Soup

4 servings

Ingredients

1½ Tbsp. oil

1 medium onion, chopped

3 cloves garlic, minced

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. cumin

½ tsp. chili powder

1 tsp. chipotle chili powder

1 tsp. dried oregano

½ tsp. smoked paprika (optional)

1 tsp. salt

2 cups cooked turkey (or chicken), chopped

1 can fire roasted tomatoes, undrained

1 4.5 oz. can green chiles, undrained

1 12 oz. bag frozen cauliflower rice

1 14 oz. can full fat coconut milk, whisked until smooth

½ cup fresh cilantro, chopped (optional)

Sliced green onions, chopped fresh cilantro, fresh jalapeños, diced

Avocado, greek yogurt or sour cream, lime wedges, shredded cheese, tortilla strips or corn chips for toppings (optional)

Directions

1. Heat oil in large pot over medium heat. Add onion and cook until softened, stirring regularly, about 5 minutes. Add garlic, stirring constantly, until fragrant. Sprinkle spices and salt and stir.
2. Pour in stock, roasted tomatoes, chiles, cooked turkey, cauliflower rice and coconut milk and stir until smooth. Bring to a simmer over medium heat. When cauliflower rice is cooked through, stir in chopped cilantro and toppings and serve.



Pumpkin Muffins

12 servings

Ingredients

- ⅓ cup melted coconut oil (or olive oil)
- ½ cup maple syrup (or honey)
- 2 eggs, at room temperature
- 1 cup pumpkin purée
- ¼ cup milk of choice
- 2 tsp. pumpkin spice blend (or 1 tsp. ground cinnamon, ½ tsp. ground ginger, ¼ tsp. ground nutmeg and ¼ tsp. ground allspice or cloves)
- 1 tsp. baking soda
- 1 tsp. vanilla extract
- ½ tsp. salt
- 1¾ cups whole wheat flour
- ⅓ cup old-fashioned oats, and more for sprinkling on top
- 2 tsp. turbinado raw sugar, on top (optional)

Directions

1. Preheat oven to 325°F. Grease muffin tin with oil or cooking spray.
2. In a large bowl, beat the oil and maple syrup with a whisk. Add eggs, pumpkin purée, milk, pumpkin spice blend, baking soda, vanilla extract and salt. Beat well.
3. Add flour and oats until combined.
4. Divide batter evenly between muffin cups. Sprinkle tops with a tablespoon of oats and a light sprinkle of raw sugar. Bake muffins for 22-25 minutes or until cooked through.
5. Place muffin tin on cooling rack until cool.

Baked Apples

4 servings

Ingredients

4 medium apples

½ cup raisins

4 Tbsp. honey

1 tsp. oil

2 tsp. ground cinnamon

Directions

1. Preheat oven to 400°F and grease baking dish or baking pan.
2. Cut ¼ inch off bottom of each apple so they sit flat. Remove the cores, but leave about ½ inch base at the bottom. Place apples upright in baking dish.
3. Mix raisins, cinnamon and honey in a small bowl. Spoon about 2 tablespoons of mixture into the center of each apple.
4. Bake until apples are tender, about 30 minutes. Let cool 5 minutes before eating.





Apple Crisp

10 servings

Ingredients

5 medium apples

$\frac{3}{4}$ cup light brown sugar, packed and divided

$\frac{1}{2}$ cup whole wheat flour, divided

$\frac{1}{2}$ tsp. ground cinnamon

Cooking spray or oil

$\frac{1}{2}$ stick (2 oz.) cold, unsalted butter

$1\frac{1}{2}$ cups quick oats

$\frac{1}{4}$ tsp. ground nutmeg (optional)

Directions

1. Preheat oven to 350°F. Grease baking dish.
2. Cut apples into $\frac{1}{8}$ inch slices. In a large bowl, combine apples, $\frac{1}{4}$ cup brown sugar, 1 Tbsp. flour, cinnamon, and nutmeg. Mix well.
3. Pour apple mixture onto baking dish and spread evenly.
4. Dice butter into small cubes and combine remaining brown sugar, flour and oats. Mix with hands until crumbly.
5. Spread oat and flour mixture over apple mixture and bake for about 40 minutes or until top is slightly browned or bubbly.
6. Let sit for 15-20 minutes before serving.

Chocolate Dipped Bananas

12 servings

Ingredients

6 bananas, cut in half

3 oz. semisweet chocolate, chopped

$\frac{3}{4}$ tsp. unsalted butter

2 Tbsp. unsweetened shredded coconut, toasted

Directions

1. Line large baking sheet with wax paper. Insert short wooden skewer in one end of each banana.
2. Combine chocolate and butter in a medium bowl and microwave on high, about 1 minute. Stir until smooth.
3. Spoon chocolate over bananas to cover. Sprinkle bananas with coconut and place on baking sheet. Refrigerate until chocolate sets, about 15 minutes. Serve.



Wishing You and Yours a Happy, Healthy Holiday Season

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favorite holiday recipes, please share them with us!*

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