THE best LITTLE COOKBOOK IN DENVER

Featuring Recipes from Employees of the City and County of Denver 2015
Breakfast Oat Bars
Submitted by Marcia Walker

Ingredients
1 c milk (nut milk is ok)
1 c oats
⅛ c dates (about 4-5 dates)
1 ripe banana
½ cup nuts of choice
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp vanilla

Directions
Preheat oven to 350
Heat milk and pour over oats to soak for a half hour to an hour. Mash banana until liquid.
Dice dates in small pieces. Chop nuts in small pieces.

Add these ingredients plus the flavoring to the milk-oat mixture. Stir well, and pour into smaller (9-inch) casserole. Bake for 30 minutes. Cut into desired bar sizes.
Makes 4 large bars or 6 smaller bars.

Pumpkin Spice Oatmeal in the Crock Pot
Submitted by Marla Trevor

Ingredients
2 cups water
2 1/2 cups milk*
1 cup pumpkin puree
1 teaspoon pumpkin spice
1 cup steel cut oats

Directions
1. Place all the ingredients in the crock pot and stir to combine.
2. Cover and cook on low for 5-9 hours (note that the cooking time can vary depending on your crock pot. Crock pots without non-stick surfaces tend to get hotter, so you’ll want to stick closer to a 5 hour cooking time).

*You can also use rice, almond or soy milk if you want to make a dairy free or vegan version of this recipe.
Serves 4-6
Healthy Organic Smoothie

Submitted by Lisa Hoskins

The ingredients are as follows and you may do any combination based upon personal taste and need:
1 cup - Frozen Organic Blueberries
1 banana (frozen or fresh)
1 cup strawberries (frozen or fresh)
1 cup – Organic Baby Spinach
1 Tbsp – Hemp Hearts
1 Tbsp – Cacao Powder
1 Tbsp – Fage 2% yogurt
1 cup – Coconut Water
1 small piece of Ginger Root (peeled)
¼ organic cucumber (with peel)
¼ Avocado

Directions
Throw everything in the blender and pulse until smooth.
Chicken Noodle Soup

Submitted by Martha Calderon

Cook in this order:

**Water**

In large pot, bring 10 cups filtered or distilled water to boil (fill pot with water to about 2 inches from top)

**Vegetables** – add the following veggies to boiling water

Cook for 15 minutes on med heat (until semi-soft)

- Dice 1 or 2 med size onion(s)
- Dice and gently pound 4 cloves garlic
- Dice 2 large potatoes
- Dice 2 – 4 stems celery
- Dice 2 – 4 carrots
- Add 1 cup frozen peas (if desired)

**Spices and Chicken** – add the following ingredients after cooking vegetables

Cook soup 10 more minutes after adding spices and chicken

- 1 tablespoon iodized sea salt
- 1 tablespoon all-purpose seasoning
- ½ or 1 lb. ground chicken breast meat (or whole chicken breast cut into small pieces)

**Noodles** – add these last

Cook soup 10 more minutes or until noodles are soft

- 1 cup elbow noodles
Aguadito de Pollo

Submitted by Brandy Davis

Ingredients

1 Store-Bought Rotisserie Chicken (keep in mind that often, these chickens are not oiled... the power of the rotisserie is that they add simple salt and pepper and let the heat and rotation do the rest)

1 bunch of cilantro

5 cloves of garlic

½ a sweet onion

3 medium potatoes (I prefer Yukon gold)

¼ cup olive oil

1 red bell pepper

2 cups of frozen sweet corn

2 cups of frozen sweet peas

Salt to taste

1 tsp cumin

4 cups chicken broth (low sodium if you’re watching your salt intake)

Directions

Bring the chicken broth to a boil.

Remove the skin from the chicken and dice. Dice the potatoes around the same size as the chicken. Cut the red bell pepper into large strips (maybe 6 strips from one bell pepper) Add the chicken, potatoes, and red pepper to the boiling broth

Peel the garlic and onion. Remove the leaves from the cilantro – this should be about 1-1/2 cups of cilantro. Add garlic, onion, cilantro, cumin and olive oil to the blender. Add salt to taste.

Add this mixture to the boiling broth

When the potatoes are softened (approx. 15 -20 minutes) and are easily punctured with a fork (not falling apart), add the peas and corn to the broth.

Let the soup boil for 5 more minutes.

Serve HOT. Also, can be served over rice.
ITALIAN ZUCCHINI AND TOMATOS

Submitted by Debrah Binard

Serves: 3-4

INGREDIENTS:
2 small (6”) or 1 9” green or yellow zucchini or summer squash, sliced ¼” thick
¾ large red onion, roughly chopped
1 clove garlic, minced
1 Tbsp. butter
1 Tbsp. olive oil
5 large basil leaves, chopped
1 large tomato, cored and roughly chopped (about 1-1/4 cup)
½ tsp Italian seasoning
Salt and pepper to taste
Parmesan cheese, grated (optional)

DIRECTIONS:
Sauté onion in oil and butter over medium heat until wilted.
Add minced garlic and continue to sauté for about a minute more (do not burn).
Add the remaining ingredients, stir and bring almost to a boil. Cover and reduce heat to simmer for 7 minutes.
Sprinkle with Parmesan cheese if desired.
Kale Pesto Pork Chop

Submitted by Victoria Watson

Ingredients

1/2 small bunch kale (about 12 ounces)
3/4 cup olive oil
Kosher salt and freshly ground black pepper
1/2 cup walnut halves
4 center-cut bone-in pork chops, about 3/4 inch thick (2 pounds total)
1/4 teaspoon dried rosemary, crushed with your fingers
1 small clove garlic, quartered
Pinch crushed red pepper flakes
2 tablespoons fresh lemon juice

Directions

Preheat the broiler.
Strip the kale leaves from the tough stems and discard the stems. Toss the leaves on a rimmed baking sheet with 2 tablespoons of the olive oil and 1/4 teaspoon salt, and spread them out in an even layer. Broil the greens, stirring once or twice until they turn a brighter green with bits of charred leaves, about 4 minutes. Stir in the walnuts and broil until the walnuts are fragrant but not burned, about 2 minutes. Set aside to cool.

Pulse the garlic and the cooled kale and walnuts in a food processor until chopped. Add the pepper flakes, lemon juice, 1/4 teaspoon salt and the remaining 1/2 cup olive oil and continue to process to make a slightly chunky pesto. Adjust the consistency as desired with up to 1/4 cup water. Season to taste with salt and pepper.
Baked Chicken Strips with Honey Mustard Sauce
Submitted by Marla Trevor
AUTHOR: Danielle Walker - AgainstAllGrain.com

SERVES: 4
INGREDIENTS:
1 pound chicken tenders
2 eggs
1 cup dried shredded coconut, unsweetened
½ cup coconut flour – I use regular flour
½ teaspoon coarse salt
¼ teaspoon pepper
¼ teaspoon garlic salt
¼ teaspoon ground mustard seed
¼ teaspoon onion powder
2 teaspoons whole grain mustard
4 teaspoons honey

INSTRUCTIONS:
Preheat oven to 375 degrees and line a baking sheet with parchment paper.
Mix all of the spices and coconut flour in a shallow bowl.
Pour the olive oil into a separate shallow bowl, and the shredded coconut into a third bowl.
Dip each tender in the coconut flour first, then lightly shake off the excess. Next, dip in the bowl with the olive oil and shake off the excess oil. Lastly, dip the chicken in the coconut shreds and use your fingers to press the coconut onto the strips.
Place the chicken strips on prepared baking sheet. Bake for 10 minutes, then turn the chicken over and bake another 10 minutes.
Turn the oven to broil, and continue baking for another 3-5 minutes until the chicken has evenly browned.
While the chicken is cooking, mix the mustard and the honey in a small bowl.
Serve the chicken strips hot with the honey mustard sauce or sauce of your choice!
Mini Meat Loaves
Submitted by Bea Westhoff

Ingredients:
1 pound ground turkey breast
1 egg
½ cup almond meal
3/4 cup grated zucchini
1 finely chopped white onion
2 cloves chopped garlic
1 teaspoon sea salt
1/4 teaspoon chili powder of choice
Glaze (recipe below)

Glaze
½ cup low sugar marinara sauce
¼ cup sugar-free maple syrup
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard

Directions:
Preheat oven to 350 degrees
In a small bowl, mix together Glaze ingredients and set aside.
In a large bowl, mix all the Meat Loaf ingredients. Add ½ cup of the glaze, reserve the remaining glaze for topping
Grease muffin pan, the larger 6-muffin pan works best. This recipe will yield about 8 “regular” sized muffins.
Fill the muffin pan with the meat mixture, and top with Glaze.
Cook for 30 minutes, test for doneness.
Slow Cooker Turkey Stuffed Peppers
Submitted by Nicole Monaco

Ingredients
8 oz. Extra Lean (99%) Ground Breast of Turkey
1 tsp cumin
1 tsp oregano
1 tsp chili powder
1 tsp onion powder
1 tsp garlic powder
1 tsp dried cilantro (fresh works too)
2 cups Whole Grain Brown Rice
1 Cube, Instant Bouillon Chicken or Beef Cubes – Low sodium
1 Red Bell Pepper (diced)
1 roma tomato (diced)
1 15oz can Organic Tomato Sauce
2/3 can 15 oz. Great Northern Beans
5 Green Bell Peppers
½ cup of water
1 ¼ cup, Kraft Natural Shredded Fat Free Cheddar Cheese
5 tbsp. light sour cream (optional)

Directions:
Cut 1/2 inch of the tops of the green bell peppers and remove seeds, discard.
In a skillet over medium high heat brown the turkey with all seasonings.
In a medium bowl combine cooked brown rice, diced red bell pepper, diced roma tomato, tomato sauce and great northern beans. Add in turkey once browned.
Stuff the green bell peppers with the filling and place in crock pot. Add ½ cup of water and 1 bouillon cube to the bottom of the crock pot. Cover and cook 8 hours on LOW.
Just before serving top each stuffed pepper with ¼ cup Kraft Natural Fat Free Cheddar Cheese and allow to melt for 4-5 minutes.
Optional garnishment: sour cream and hot sauce.
Chipotle Turkey Burgers
Submitted by Laurie McNulty

Ingredients
1 pound ground turkey
2 tablespoons chopped fresh cilantro
3 chipotle chile in adobo sauce, finely chopped
½ teaspoon cumin
3 chopped green onions
1 teaspoon salt
1/4 teaspoon black pepper
4 Whole Wheat buns, split and toasted

Directions
Preheat an outdoor grill for medium-high heat, and lightly oil grate. Place the ground turkey, onion, cilantro, chipotle chile pepper, cumin, onion r, salt, and black pepper in a mixing bowl; mix well. Form into 4 patties.
Cook the hamburgers on the preheated grill until the turkey is no longer pink in the center, about 4 minutes per side. Place the mozzarella slices on the patties 2 minutes before they are ready. Serve on the toasted buns.
Slow Cooker Quinoa Tex Mex
Recipe
Submitted by Magen Elenz

1 1/2 cup quinoa, well rinsed
1 (15oz) can black beans, drained and rinsed
1 (14 oz.) can diced tomatoes, undrained
1 (15 oz.) can corn, drained and rinsed
1 cup sweet peppers, chopped
1 pablano pepper, chopped
1/2 t minced garlic
1/2 cup yellow onion, chopped
2 T chili powder
1 1/2 t ground cumin
3 cup water (or chicken/vegetable broth)
1/4 c cilantro, chopped
1 T lime juice
2-4 T taco seasoning
1 1/2 cups mozzarella cheese
(optional: chopped green onions)

Directions
Place first 8 ingredients in slow cooker and stir well. Add chili powder, cumin and water. Stir. Cook on high 3-4 hours or low 5-6 hours, or until water is absorbed and quinoa is cooked through.

Remove from heat, add cilantro, lime juice and taco seasoning and optional green onions. Mix well. Serve with mozzarella cheese.

Serving Size: makes 6-8 servings

Nutritional Info
Servings Per Recipe: 8
Amount Per Serving
Calories: 166.5
Total Fat: 1.9 g
Cholesterol: 0.0 mg
Sodium: 800.1 mg
Total Carbs: 32.4 g
Dietary Fiber: 7.7 g
Protein: 6.9 g
Tilapia Fish Tacos
Submitted by Ginger Abetya

Feeds a family of 4

Ingredients
18 Corn Shells
1 bunch green onions
2 Carrots
3 Roma tomatoes
2 Jalapenos
Half a head of green leaf lettuce
2 limes
4 Tilapia Fish Fillets
Virgin Olive Oil
Kosher Salt and Pepper
Garlic Powder

Directions
Preheat oven to 300°

Dice tomatoes.
Peel and Julienne carrots.
Slice green onions on the bias (diagonally).
Cut the lettuce into very thin strips.
Dice Jalapenos after removing seeds and membranes. Be sure you wash your hands after doing this to prevent burns.
DO NOT TOUCH YOUR FACE!!
Cut limes in sections with peel on.
Place corn shells single layer, close but not over lapping, on cookie sheet and spray lightly with cooking spray. Place in 300 oven for 5 minutes, checking occasionally to be sure they don’t over brown. Once golden, remove from oven.

Place in basket or on plate and cover to keep warm.
Finish rest of corn shells in the same way. Using as many as your family needs out of the 18 shells.
Using a non stick skillet, wiped with virgin olive oil put on medium low heat. When pan is heated, lay fillets on pan and sprinkle with salt, pepper and garlic powder.
Cook for about 3-5 minutes or until they lifts easily and are golden brown. Flip and repeat. Remove cooked fish from heat and place on towel to absorb any grease.
Once cool enough to touch, place on cutting board and slice into chunks.

Place corn shell on plate. Place 4-5 chunks of fish on shell, add, tomatoes, carrots, green onions, and a sprinkle of jalapeno. Add a bit of green lettuce to side of plate. Squeeze a bit of lime over it. Serve. Repeat.
Gluten-Free Vegan Banana Peanut Butter Chocolate Chip Cookies
Submitted by Marla Trevor

Yield: 2 1/2 dozen cookies
Prep Time: 15 minutes
Cook Time: 12-14 minutes

Ingredients:
3 large, very ripe bananas, peeled
1/2 cup creamy all-natural peanut butter – or you can sub almond butter
1 tablespoon coconut oil, slightly warmed, but not melted
2 tablespoons agave nectar – or honey
1 teaspoon vanilla extract
2 1/2 cups gluten-free oats
1 teaspoon baking powder
1/4 teaspoon ground cinnamon
1/4 teaspoon sea salt
3/4 cup vegan chocolate chips – or regular chocolate chips

Directions:
1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper or a Silpat baking mat and set aside.
2. In a large bowl, mash the ripe bananas with a fork. Stir in the peanut butter, coconut oil, agave, and vanilla extract. Mix until smooth.
3. In a separate medium bowl, stir together the oats, baking powder, cinnamon, and salt. Add the dry ingredients to the wet ingredients and stir until combined. Stir in the chocolate chips.
4. Drop spoonfuls of dough onto prepared baking sheet. Bake for 12-14 minutes or until cookies are set. Let cool on baking sheet for two minutes. Transfer to a wire cooling rack and cool completely.

Note-If you don't need the cookies to be vegan, you can use honey instead of agave nectar and regular chocolate chips. I love these cookies eaten right out of the freezer.
Almond Coconut Balls
Submitted by Dani Brown

Ingredients
1c. finely shredded UNSWEETENED coconut, divided
1c. almond butter (NO sugar, salt or other additives)
1c. dried cranberries
½ c. raw honey
½ t. salt
2 T. chia seeds
3-5 drops food grade orange essential oil

Directions
Place all ingredients into mixer except for ½ c. shredded coconut. Mix until well combined. Roll into balls and coat the balls in the reserved half cup of shredded coconut.

Store in the refrigerator and eat when you need a boost of energy or before a workout.