



CHICKEN AND CAULIFLOWER "RICE" BOWL

Recipe Submitted by Eleane Muñiz



Ingredients:

(Grilled Corn Salsa)

4 Ears of Fresh, Grilled, and Sliced Corn (Frozen is ok)
 3 Tbsp Diced Red Onion
 4 Tbsp Orange Bell Pepper (any color works)
 2 Tbsp Chopped Cilantro
 Juice of 1/2 a Lime
 1/2 tsp Lime Zest
 5 Tbsp Diced Tomatoes
 1/2 tsp Minced Garlic
 (Optional) 1/2 tsp Minced Habañero
 Salt to Taste

(Stewed Black Beans)

1 Can Black Beans (Preferably Low Sodium)
 1/2 C Diced Tomatoes
 3 Tbsp Diced Red Onion
 1/2 Tsp Minced Garlic
 2 Tbsp Chopped Cilantro
 2 Tbsp Olive Oil
 1/2 tsp Garlic Powder
 1/2 tsp Onion Powder
 1/2 tsp Dried Oregano
 1/4 Tsp Dried Thyme
 1 Bay Leaf
 1 C Water (Vegetable stock would be great, too)
 Salt + Pepper to taste

(Chipotle Pepper Marinade and Grilled Chicken Breast)

1/2 Can Chipotle Pepper in Adobo Sauce
 1/2 tsp Minced Garlic
 1 Tbsp Lime Juice
 1 Tbsp Olive Oil
 1/2 tsp Garlic Powder
 1/2 tsp Onion Powder
 1/2 tsp Oregano
 1/2 tsp Salt
 1/2 tsp Pepper
 2 Tbsp Water
 4 Chicken Breasts

(Cauliflower Rice)

2 Packets of Frozen Riced Cauliflower
 2 Tbsp Olive Oil
 Salt + Pepper

(Lime Scented Light Sour Cream Drizzle)

1 C Light Sour Cream
 1 tsp Lime Zest
 2 Tbsp Lime Juice

(Pickled Onions)

1/2 Red Onion (Sliced)
 2 C White Vinegar
 3/4 C Water
 2 Tbsp Sugar
 1 Bay Leaf

Directions:

(Grilled Corn Salsa)

Chop all the veggies and add into a bowl. You can always adjust the amount of a certain veggie or flavoring you want...So less garlic, more onion, etc..., chill the salsa in the fridge until ready to serve.

(Stewed Black Beans)

Drain 1/2 the liquid of the beans out, heat small pot (Medium), add oil and veggies and cook them down until soft. Add beans, water, and seasoning, cook for 10 minutes or until soft, then adjust taste to your liking.

(Chipotle Pepper Marinade and Grilled Chicken Breast)

Blend all ingredients together to make a smooth paste. Pound the thicker part of the chicken breast until you have an even surface on the chicken so it can cook evenly. Next in a Ziploc bag add your chicken and marinade for 10 mins. Grill the chicken until the inside is fully white...cook time depends on the size of the chicken breasts... Let your chicken rest for about 3 mins after it's done grilling to to maintain its' juiciness, then cut your chicken into 1 inch cubes. *If you don't have a grill, you can cook in a pan lightly covered in oil, following the same procedures.

(Cauliflower Rice)

Heat pan (medium high), add oil and cauliflower, cook down for 5 mins, add salt and pepper to taste.

(Lime Scented Light Sour Cream Drizzle)

Mix all ingredients in a bowl, add the mixture into a Ziploc bag, cut a very small hole on the corner of the bag and drizzle away!

(Pickled Onions)

In a container, add your sliced onions. Add the liquids, sugar and bay leaf in a pot. Once the liquid begins to boil, add it to the container of onions. Chill the onions and garnish.



CLASSIC RIBEYE AND SAUTEED KALE

Recipe Submitted by Joshua Kellett



Ingredients:

- 1.5 inch ribeye about 1.5 lbs
- 2 cloves
- ½ shallot, sliced
- rosemary & thyme
- ¼ stick of butter
- 1 pound washed and de-stemmed kale
- 1 shallot diced
- ½ onion diced
- 2 cloves garlic, minced
- 1/2 lemon, zested and juiced
- Red pepper flakes
- Salt & pepper to taste
- Olive oil
- High heat oil for the steak

Directions:

1. Begin by getting the pan for your steak hot, almost smoking with your high heat style oil.
2. For the steak, salt it and get it room temperature, pat dry with a paper towel.
3. Sear two minutes on the main sides, then sear the sides, length, and tops (especially that fat cap).
4. Turn down the heat. Add the butter and the aromatics (rosemary, thyme, sliced shallots, garlic).
5. Tilt the pan towards you as the butter melts and spoon over the steak for about a minute.
6. Reserve ½ of the pan juices and put the steak in the oven at 425 degrees for 5-7 minutes. Check with a meat thermometer, shoot for 135 degrees.
7. Wipe the pan clean (less dishes) and bring up to heat with olive oil.
8. Add the diced onion and diced shallot, wait until they start to get translucent and add the garlic.
9. Add your kale. When it is sufficiently wilted, squeeze ½ a lemon, add some red pepper flakes to taste and salt and pepper.
10. Allow Steak to rest about 6-8 minutes. If you can't wait, I know I couldn't, then cut and slice it up.
11. Serve with whatever you like. If you're a purist, add some flaky salt and some reserved basting butter. Or in all honestly however you like. We served ours with the shallots from basting and some soft boursin cheese.

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THE HUNGER DIARIES' BUFFALO CHICKEN MAC AND CHEESE FETA PASTA

Recipe Submitted by Kathryn O'Neil



Ingredients:

- A block of feta
- A block of cream cheese
- 6 cups of milk
- About 450g elbow macaroni
- 2 1/2 to 3 cups shredded cheddar cheese
- 1/2 cup buffalo sauce
- A few teaspoons of garlic powder
- Shredded rotisserie chicken (or whatever chicken you have on hand) – however much you'd like to add
- Salt and cracked pepper

Directions:

Popping this combination into a baking dish, mixing and throwing it in the oven results in a creamy “perfect” pasta dish that will seemingly leave hungry bellies satisfied, and dairy-intolerant bellies cramp-ridden.

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CROCKPOT BRAISED SHORT RIB WITH CAULIFLOWER PURÉE AND ASPARAGUS

Recipe Submitted by Brandon Ojakian



Ingredients:

Short Rib

- 4 beef short ribs (1 package)
- 4 cloves of garlic, crushed or minced
- 1 can tomato sauce (15 ounce can)
- 1 can beef broth (15 ounce can)
- 4 tablespoons honey
- 4 tablespoons worcestershire sauce
- 2 tablespoons olive or coconut oil
- 2 sprigs thyme

Cauliflower Puree

- 1 head cauliflower
 - 1 can chicken broth (15 ounce can)
- Optional:
- Butter, salt, pecorino romano cheese

Asparagus

- Drizzle with olive oil
- Add optional ingredients: balsamic glaze or romano/parmesan cheese

Directions:

Short Rib

1. In a large pan, cook the short rib in the oil 3 to 4 minutes on each side until brown. Remove from pan
2. Add garlic to the same oil and cook 30 seconds, but don't let it burn. Remove and put to the side in a container
3. In a large bowl mix together beef broth, tomato sauce, worcestershire sauce, and honey. Whisk together and add to the crock pot
4. Add short rib, thyme, and garlic to the to the crock pot and cook on low heat 7-9 hours

Cauliflower Puree

1. Bring chicken broth to a boil
2. Add cauliflower and bring back to a boil
3. Reduce heat to low and cover steaming for 20 minutes
4. Transfer the cauliflower to a food processor, blender, or if you are mashing by hand to a bowl (food processor recommended if you have one)
5. Add 3 tablespoons of chicken broth from the pot to the food processor. If you have butter or romano cheese or salt that you'd like to add, add these now as well
6. Process until smooth and whipped

Asparagus

Cook at 400 degrees for 15 to 20 minutes or until asparagus is tender but still firm enough to give it a snap (not stringy texture)

To serve, plate the cauliflower puree on the middle of a plate, add short rib on top and drizzle with as much broth as you would like. Add asparagus on the side and enjoy

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GRILLED CHICKEN WITH LEMON PARMESAN ASPARAGUS

Recipe Submitted by Ariela Castagno



Ingredients:

Grilled Chicken

- 1lb 20 oz of chicken tenderloin
- 2 tablespoons of olive oil
- 1 teaspoon each: garlic powder, ground pepper, and cayenne pepper

Lemon Parmesan Asparagus

- 1 bunch of asparagus
- Olive oil
- Salt
- Pepper
- Parmesan cheese
- Lemon juice

Directions:

Grilled Chicken

1. Cut up 1lb 20 oz of chicken.
2. Lightly cover the bottom of the pan you are using with olive oil.
3. Place the chicken into the pan.
4. Use a teaspoon each of garlic powder, ground pepper, and cayenne pepper to flavor the chicken.
5. Turn the stove on low and let the chicken simmer.
6. Keep an eye on the chicken and turn in approx. 15 minutes.
7. Check back in another 10 minutes until it is fully cooked through.

Lemon Parmesan Asparagus

1. Preheat oven to 400 degrees.
2. Wash 1 bunch of asparagus. Cut off bottom 2-3 woody inches of stalk.
3. Please in a single layer on baking sheet.
4. Sprinkle with salt, pepper and olive oil. Spread evenly with your hands.
5. Lay out in a single layer again.
6. Sprinkle with grated Parmesan cheese.
7. Roast for about 10-12 minutes.

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INSTANT POT BEEF STEW

Recipe Submitted by Knockout Fitness, Antony and Rachel Atallah



Ingredients:

- 2 lbs. chuck stew meat
- 1 tsp avocado oil
- 2 cups carrots, chopped
- 2 cups celery, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 6oz tomato paste
- 2 cups chicken or beef broth
- 1Tbs Italian seasoning
- 1 Tbs dried parsley
- 1 tsp cumin
- Salt and pepper to taste

Directions:

1. Brown stew meat in a skillet in 1 tsp avocado oil on medium high heat (about 2-3 minutes per side).
2. Add carrots, celery and garlic to pan with meat, stir and let cook for 5 minutes. Then turn off stove.
3. Add ALL ingredients to instant pot, close/seal, and pressure cook for 40 minutes.
4. Serve warm by itself or over rice, spaghetti squash or anything else you'd like, and enjoy!!

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PHO YO SOUL SOUP

Recipe Submitted by Norman McMillan



Ingredients:

- Chicken Thighs (3lbs)
- Big Y Soup Mix
- Hot House Red Pepper
- Parsnip
- Celery
- Carrots
- Peppers
- Onions
- Fingerling potatoes
- Olive oil
- Roasted garlic and herb seasoning
- Black pepper
- South African smoke seasoning

Directions:

1. Roast all the veggies on a baking pan with olive oil, black pepper, and garlic
2. Bake 365° for 20 minutes
3. Cut up chicken thighs into pieces. Take the skin off. Season the chicken with a roasted garlic and herb seasoning. Cook chicken in a pan.
4. Boil a pot with 2 cups of water. Put the chicken skin into boiling water to make a chicken stock.
5. Cut up your fingerling potatoes and add them to a pan with a little bit of olive oil. Add some of the chicken stock to the pan with the potatoes in it.
6. Once everything is cooked, add the chicken, veggies, and potatoes into a bowl. Add the chicken stock to the bowl and enjoy!

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SARAH'S KITCHEN SINK SALAD

Recipe Submitted by Sarah Laub



Ingredients:

Salad

- Hard Boiled eggs
- Lettuce
- Cucumber
- Red pepper
- Apple or fruit of your choice
- Pistachios
- Sweet potatoes
- Garlic
- Mustard spice
- White balsamic vinegar
- Rice vinegar
- Salt
- Pepper
- Olive oil

Mustard Vinaigrette Dressing

- ½ tsp garlic
- ½ tsp mustard spice
- 1 tbsp white balsamic vinegar
- 1 tbsp rice vinegar
- ¼ tsp salt
- ¼ tsp pepper
- ¼ cup olive oil

Directions:

Salad Instructions:

1. Chop up your ingredients and add to large bowl of lettuce. Stir.
2. Add dressing to taste.

Dressing Instructions:

1. Combine all the ingredients and slowly add the olive oil.

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SHRIMP FAJITAS WITH GREEN RICE

Recipe Submitted by Mackenzie Manning



Ingredients:

Shrimp Fajitas

- 1 lb. of frozen shrimp (unpeeled/uncooked)
- 3 bell peppers
- 1 small red onion
- 1 pack of tortillas (optional)
- 4 limes (halved)
- 3-4 tablespoons of olive oil
- 1 tablespoon of rotisserie chicken seasoning
- ½ tablespoon of Cajun seasoning (to taste)
- Pinch of salt

Sour Cream Sauce

- ½ cup of sour cream
- Juice from 1-2 limes
- ¼ cup of cilantro and scallions, chopped small

Green Rice

- 1 bag Success Boil in Bag Rice
- 2 Tablespoons butter or butter substitute
- Juice from 1-3 limes
- 1 tsp of Cajun seasoning
- 2 tsp of rotisserie seasoning
- ½ cup scallions and cilantro, chopped small

Directions:

Shrimp Fajitas

1. Preheat oven to 400 degrees
2. Cut bell peppers and red onion into thin strips, place on baking sheet in one layer
3. Peel shrimp and place on baking sheet
4. Toss contents of baking sheet with olive oil and seasoning
5. Put into preheated oven, cook for 15-20 minutes. Flip half way through to ensure dish is cooking evenly
6. Remove from oven and serve with tortillas (optional), green rice, and sour cream sauce

Sour Cream Sauce

1. Just before serving fajitas, mix ingredients to form sauce

Green Rice

1. Prep rice per the instructions
2. In a large bowl, combine rice with butter until the butter is melted in
3. Add seasonings
4. Add lime juice (to taste)
5. Incorporate scallions and cilantro
6. Serve with fajitas

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TUNA TACOS

Recipe Submitted by John Atallah



Ingredients:

- 2 packages of tuna
- 4 tablespoons Sriracha aioli
- Lettuce taco shells
- 1 cup of tomatoes
- 1 whole avocado
- Pinch of pink Himalayan salt
- Pinch of black pepper

Directions:

Tuna Salad:

1. 2 packages of tuna
2. 2 tbsp sriracha more or less to taste

To Assemble Wraps:

1. romaine lettuce leaves
2. Add toppings: tomatoes, avocado, tuna, and seasonings

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TUSCAN CHICKEN

Recipe Submitted by Sharmaine Wolfson



Ingredients:

- 5 chicken thighs
- Cherry tomatoes
- Fresh basil
- 1 onion
- 1 garlic
- 4 pcs of provolone cheese
- Parmesan cheese (for garnish)
- 8 oz tomato sauce
- 16 oz coconut milk
- Chicken broth
- Paprika
- Parsley
- Garlic & onion powder
- Dried basil (substitute for fresh)
- Salt
- Pepper

Directions:

1. Gather your ingredients then prep your chicken. Season it up with paprika, garlic and onion powder, parsley, salt and pepper to taste. Set it aside until the pan is ready.
2. Heat up your saucepan (or cast-iron skillet) on medium-high heat. While the skillet heats up, dice your onion and garlic, and slice your fresh basil. Add 1 tbs olive oil, then sear your chicken on both sides and let it cool and save for later.
3. Sauté the onion and garlic until it is lightly toasted, then mix in the cherry tomatoes. Deglaze your skillet with 1/2 cup chicken broth then cover with a lid and let it simmer until the tomatoes are soft. Once the tomatoes are soft and poppable, crush them together until it is well blended. Add in your sliced basil, coconut milk, and spinach and let it simmer on medium low until the greens are blended in with the sauce.
4. Add the seared chicken in the sauce, top it off with some parmesan, and provolone. Let it simmer until the chicken cooks, cover it with a lid.
5. Garnish with fresh basil and serve with as much parmesan as you want!

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VEGAN BUFFALO CHICKPEA STUFFED SWEET POTATOES

Recipe Submitted by Paris Smith



Ingredients:

- 4 small sweet potatoes
- 1 can of chickpeas
- Buffalo sauce
- Lemon
- Spinach
- Tahini
- Salt & pepper
- Olive oil
- Garlic
- Cumin
- (Avocado optional)

Directions:

1. Place sweet potatoes in the oven at 400 degrees until soft (35-40 minutes).
2. Let them cool. Rinse and shell the chickpeas. Toss them in 1 tablespoon of buffalo sauce, salt, pepper, and cumin. Add to tinfoil-wrapped pan and roast for 15 minutes.
3. While chickpeas are roasting, sauté spinach, garlic, and olive oil until wilted.
4. Slice sweet potatoes and fluff the inside with a fork.
5. Make the Tahini Dressing: 3 tablespoons of tahini, 1 tablespoon lemon juice, 1 tablespoon olive oil
6. When chickpeas are done, remove them from the oven.
7. Now it is time to stuff your potatoes! Add spinach, chickpeas & top with a drizzle of tahini sauce. You can add whatever you want for condiments (I added avocado)!

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