

Ace Marasigan's CHICKEN ADOBO



Ingredients

Chicken and Marinade

1 lb chicken thighs (and/or drumsticks),
boneless and skinless (5 - 6 pieces)

2 garlic cloves, minced

1/3 cup soy sauce

1/3 cup vinegar

2 bay leaves

For Cooking

2 tablespoons oil

3 garlic cloves, minced

1 1/2 cups (375 ml) water

2 tablespoons brown sugar

1 tablespoon whole black pepper (or sub 2
teaspoon coarse cracked pepper)

For Serving

2 green onions/scallions, sliced (garnish)

Directions

Combine Chicken and Marinade ingredients in a bowl. Marinate for at least 20 minutes, or up to overnight.

Heat 1 tbsp oil in a skillet over high heat. Remove chicken from marinade (reserve marinade) and place in the pan. Sear both sides until browned – about 1 minute on each side. Do not cook the chicken all the way through.

Remove chicken from skillet and set aside.

Heat the remaining oil in skillet. Add garlic and onion, cook 1 1/2 minutes.

Add the reserved marinade, water, sugar, and black pepper. Bring it to a simmer then turn heat down to medium-high. Simmer 5 minutes.

Add chicken smooth side down. Simmer uncovered for 20 to 25 minutes (no need to stir), turning chicken at around 15 minutes, until the sauce reduces down to a thick jam-like syrup.

If the sauce isn't thick enough, remove chicken onto a plate and let the sauce simmer by itself - it will thicken much quicker - then return chicken to the skillet to coat in the glaze.

Coat chicken in glaze then serve over rice.

MI RECIPE

WGUV.ORG/MI-RECIPE

Marcelle Suazo's

ENSALADA DE AGUACATE

Ingredients

Avocado Salad

2 avocados (or 3 small ones)

2 tablespoons lime juice

1/2 small red onion (minced)

1/2 bell pepper (minced)

1/2 yellow bell pepper (minced)

2 tablespoons olive oil

1 tablespoon apple cider vinegar

3/4 teaspoon salt (or more, to taste)

Pepper (freshly-cracked, or ground)
(to taste)

For Serving

A handful of cilantro leaves (optional)

Directions

Making salad: Peel and dice the avocados and mix with the lime juice. Combine with onions and peppers.

Making dressing: Mix the vinegar, oil, and salt.

Serving: Drizzle the vinaigrette over the avocado salad, and sprinkle with pepper to taste and more salt if you find it necessary. Decorate with cilantro leaves. Serve immediately.*

*To make ahead, mince onions and pepper, make the vinaigrette, but only cut and dice the avocados shortly before serving as they'll oxidize and darken soon after.

MI RECIPE

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Marcelle Suazo's

SOPA BOBA

Ingredients

Vegetable Soup

- 1 quart of vegetable broth (1 liter)
- 1 tablespoon fruit vinegar
- 1 cup potatoes (cut into small cubes)
- 2 sprigs of thyme (optional)
- 7 allspice berries (malagüeta) (optional)
- 1 cup yuca (cassava) (cut into small cubes)
- 1 celery stalk (sliced)
- 2 cloves garlic (sliced)
- 1 cup auyama (kabocha squash) (West Indies pumpkin) (cut into small cubes)
- 1 cup angel hair noodles
- 1 sprig of cilantro (chopped)
- 1/4 teaspoon pepper (freshly-cracked, or ground)
- 1 teaspoon salt

Directions

Boiling vegetables: Mix in a pot vegetable broth, 1 quart of water (1 liter), vinegar, potatoes, thyme, allspice berries, yuca, celery, garlic, and auyama.

Bring to a boil over medium heat.

Cooking noodles: Add the noodles and stir.

Cook covered over medium heat until all the ingredients are cooked throughout. Stir occasionally to avoid sticking.

Seasoning: Add cilantro and season with pepper and salt to taste. Discard allspice berries.

Serving: Serve hot alongside toasted rustic bread or pan de agua.

MI RECIPE

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Marcelle Suazo's

TIPI LI

Ingredients

Bulgur Salad

- 1 cup bulgur*
- 6 cups water
- 1 cup diced tomato
- 1 medium red onion (diced into small cubes)
- 1 bunch parsley (chopped)
- 1 sprig mint (chopped (optional))
- 2 tablespoons olive oil
- Juice of 1 lime
- 1 teaspoon salt (or more, to taste)

Directions

Soaking: Pour the bulgur into a deep bowl and add enough water to cover it. Soak the bulgur in water for at least two hours.

Draining: Drain the water and squeeze the bulgur to get rid of as much liquid as possible.

Combining: Mix the bulgur with the tomatoes, onion, parsley, mint, oil and lime juice. Season with salt to taste.

Serving: Best served right away so the parsley doesn't wilt.

*Bulgur is sometimes sold under the name coarse bulgur wheat. It would not be hard to find in Middle Eastern and Latino communities.

MI RECIPE

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Odessa Yonker's

RASPBERRY AND CABBAGE SALAD AND BALSAMIC VINAIGRETTE DRESSING

Ingredients

Salad

- 1 small/medium cabbage, shredded
- 1 6oz container of raspberries
- 2 oz blueberries
- 2 medium-sizes pears (preferably Asian pears)
- 4 oz feta or blue cheese crumbles
- Toasted walnuts

Dressing

- 1 1/2 cups fresh raspberries
- 1 tablespoon granulated sugar
- 2/3 cups balsamic vinegar
- 1/4 cup olive oil
- 2 tablespoon honey
- 1/2 teaspoon salt
- 2 tablespoons red wine vinegar

Directions

Arrange shredded cabbage in a medium-large bowl. Top with remaining salad ingredients. Toss.

For dressing, place fresh raspberries and sugar in a food processor and pulse about 5 times.

Add balsamic vinegar, olive oil, honey, salt, and red wine vinegar to the sweetened raspberry mixture. Combine in a food processor until the mixture is smooth. Serve with salad and enjoy!

Conveniently store the salad dressing in the refrigerator.

MI RECIPE

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Amy St. Germain's

PLUM AND SPINACH SALAD

Ingredients

Salad

4 cups watermelon
4 cups cantaloupe
3 plums
2 cups baby spinach leaves
1 cup crumbled feta cheese
Fat free raspberry vinaigrette dressing

Directions

Gently toss together first 5 ingredients, and place on a serving platter.

Drizzle with vinaigrette, and season with salt and pepper to taste.

MI RECIPE

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Amy St. Germain's

PINEAPPLE CARROT MUFFINS

Ingredients

Muffins

1 carrot
1 cup canned crushed pineapple with juice
5 tablespoons canola oil
1/4 cup cold water
1 tablespoon white distilled vinegar
1 1/2 cups flour
3/4 cup brown sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
1 pinch ground nutmeg, pumpkin pie spice, or apple pie spice

Directions

Preheat oven to 350°F.

Rinse and peel carrot. Shred with a grater. Measure out 3/4 cup shredded carrot.

In a medium bowl, add pineapple with juice, oil, water, vinegar, and shredded carrot. Mix with a fork to combine.

In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.

Add wet ingredients to dry ingredients. Mix until just combined.

If using walnuts or raisins, gently stir in now.

Coat muffin pan with non-stick cooking spray. Fill each muffin cup about 3/4 full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20–25 minutes.

MI RECIPE

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Amy St. Germain's

SEASONAL FRITTATA



Ingredients

Main

- 1 1/2 cups seasonal vegetables
- 2 medium onions
- 4 ounces low-fat cheddar cheese
- 12 medium eggs
- 1 teaspoon dried dill, thyme, or oregano
- Non-stick cooking spray
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Optional

- 8 ounces of mushrooms
- 1/4 cup fresh parsley, thyme, or basil (fresh preferred)

Directions

Preheat oven to 350°F. Rinse and cut seasonal veggies evenly into small pieces. Peel, rinse, and dice onions. If using, slice mushrooms and rinse and chop fresh herbs. Grate cheddar cheese.

Bring a large pot of water to boil. Add seasonal veggies to boiling water. Briefly boil, about 30 seconds. Using a colander, drain the veggies.

In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.

Coat medium skillet with non-stick cooking spray. Heat over medium-high heat. Add onions and cook until soft, about 5 minutes. If using mushrooms, add now.

Add boiled seasonal veggies. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.

Coat 9-by-13-inch baking dish with non-stick cooking spray. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt, and pepper.

Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F.

If using, garnish with chopped fresh herbs. Cut into 8 equal-size portions and enjoy!

MI RECIPE

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Camren Stott's

BLUE CORN WAFFLES WITH DUCK EGG

Ingredients

Waffles

- 1 cup oat milk
- 1 tablespoon lemon juice
- 1/4 cup vegan butter
- 2 tablespoon maple syrup
- 1 1/4 cup "Rise Bakery" GF Flour
- 3/4 cup blue corn flour
- 2 tablespoon flaxseed meal or vegan egg mixture
- 1 1/2 teaspoon baking powder
- 4 duck eggs
- 1 tablespoon sugar

Directions

- Add dry ingredients to a large mixing bowl and combine well.
- Wet the dry ingredients until well incorporated and let sit.
- Coat a waffle iron with non-stick spray and pour in 1/2 cup of the batter.
- Do this until the batter is gone and store in the oven at 200°F to keep warm.

MI RECIPE

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Camren Stott's WILD RICE CONGEE

Ingredients

Congee

1 cup wild rice
7 cups stock
1 tablespoon ginger (grated)
2 tablespoons maple syrup
2 tablespoons pumpkin seeds
2 tablespoons sunflower seeds
Salt and pepper to taste
1/2 cup cranberries

Directions

Add salt, stock, and wild rice to a pot and bring to a boil. Reduce to a simmer and cook for about an hour.

Simmer for an hour until thick and creamy.

Add cranberries, maple syrup to sweeten, grated ginger, pinch of sunflower seeds, pinch of pumpkin seeds.

MI RECIPE

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