



Sustainable Food Challenge

Recipes from the First Season

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Class of 2019

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Please visit <https://www.go.umd.edu/terpsvspros>

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Episode 2: The Campus Pantry

Mushroom and Spinach Orzotto

Serves 3-4

Ingredients

½ small onion, finely chopped
3 Tbsp extra virgin olive oil, divided
2 cups chopped mushroom
3/4 cup pearl barley
Juice of ½ lemon
4 cups vegetable stock (just use 1 box plus some extra water if needed)
4 cups spinach, rinsed and roughly chopped
Salt and black pepper to taste
Parsley to garnish (optional)



Method

1. Warm 2 Tbsp of olive oil in a large saucepan over medium heat. Sweat the onion until translucent but without any color. Add chopped mushrooms and sauté until soft. Season with black pepper and a small pinch of salt.
2. Add pearl barley and toast for 2 minutes or until it gives off a nutty aroma. Add one splash of lemon juice and stir until absorbed. Add all but ½ cup of the vegetable stock and stir. Cover and simmer for 25-30 minutes. Remove lid and stir for 5 minutes until dish has thickened but some liquid still remains.
3. When the barley is cooked all the way through, add spinach and stir through to wilt. Stir in the remaining 1 Tbsp of olive oil and mix until creamy. Check the seasoning and garnish with parsley.

Tips: Wash and slice any leftover onions, mushrooms, and spinach and freeze for easy omelet fillings.

Quick Apple Crumble

Serves 3-4

Ingredients

2 apples, stem removed, cut in half at poles and core scooped out with a metal spoon, large diced
1 tsp of ground cinnamon
2 Tbsp extra virgin olive oil, divided
2 Tbsp brown sugar, divided
 $\frac{1}{4}$ c quick cooking oats
1.5 Tbsp whole wheat flour
Small pinch of salt
Vanilla frozen yogurt to serve (optional)



Method

1. To make the crumble topping, mix 1.5 Tbsp of the brown sugar, quick oats, whole wheat flour, and the small pinch of salt together in a bowl. Add 1 Tbsp of olive oil and work until mixture is crumbly.
2. In a small, oven-proof frying pan warm the remaining tablespoon of olive oil over medium heat. Add apples and cinnamon and fry until apples are just soft enough to stick your fork through. Glaze apples with the remaining brown sugar.
3. Warm up the oven's broiler on low and position the top rack 6-8 inches from the heating element.
4. Spread the apples into an even layer in the pan. Sprinkle on crumble topping. Place under the broiler until crumble is golden brown, 1-2 minutes. It's best not to walk away from the oven since the crumble can go from brown to burnt in a matter of seconds.
5. Serve warm with vanilla frozen yogurt

Thai Tuna Fishcakes

Serves 3

Ingredients

2 5-oz cans of solid white albacore tuna in water, drained
2 Tbsp finely chopped water chestnuts from a can
1 finely chopped jalapeño (seeds removed for less spice)
2 scallions, finely sliced
1 tsp freshly grated ginger
Zest of $\frac{1}{2}$ lime (juice reserved for serving)
1 tsp of fish sauce
1 egg, beaten
Pinch of salt
Pinch of ground black pepper
2 Tbsp canola oil for frying



Method

1. Mix all of the ingredients (except the canola oil) together in a small bowl until well combined. Shape into 6 patties no more than an inch thick.
2. In a non-stick frying pan warm 2 Tbsp of canola oil over medium heat. Add fish patties like a clock around the pan. Cook on each side for 2-3 minutes until golden brown and firm.
3. Serve with limes, Asian stir-fried greens and steamed brown rice

Asian Stir-Fried Greens

Serves 2

Ingredients

1 medium bunch of fresh baby bok choy, leaves separated, washed and bottom $\frac{1}{4}$ inch of stems trimmed if rough
1 Tbsp canola oil
1 clove of garlic, sliced
1 pinch crushed red pepper flakes
Salt and pepper to taste

Method

1. Heat oil in a large frying pan over medium-high heat, making sure the oil does not overheat and start smoking. Add the garlic and pepper flakes and stir to flavor the oil and cook out the raw flavor, about 30 seconds.
2. Add the baby bok choy and stir-fry until the greens have slightly wilted but the stems are still crunchy, 3-4 minutes. Season with salt and pepper and serve warm.

Coconut Rice Pudding

Serves 4

Ingredients

- 1 15-oz can light coconut milk, divided
- $\frac{1}{2}$ tsp grated ginger
- 1 cup cooked brown rice
- 3 Tbsp instant vanilla pudding mix (about $\frac{1}{2}$ of a 3.4-oz box)
- 2 Tbsp golden raisins (optional)

Method

1. Bring $\frac{1}{2}$ can of coconut milk and grated ginger to a simmer in a medium saucepan. Add the brown rice and stir until coconut milk has been absorbed. Take off the heat.
2. Add the remaining coconut milk and sprinkle on the pudding mix. Stir until combined and allow to thicken. Mix in golden raisins, if desired. Serve warm.



Episode 3: Sustainable Food Choices

Roasted Carrots

Serves 2

Ingredients

1 bunch of carrots unpeeled and split in half longways, leaves reserved, stems discarded
1 Tbsp Olive oil
A pinch of salt
A pinch of ground black pepper
A pinch of dried oregano

Method

1. Preheat oven to 400°F. Toss carrots in the olive oil and season with salt, pepper, and oregano. and spread out.
2. Toast for 25 minutes or until fork tender.

Butternut Squash Soup

Serves 4

Ingredients

1 Tbsp Olive oil
1 medium yellow onion, peeled and roughly chopped
1 small Butternut squash, peeled and cubed, seeds reserved
32 oz low sodium vegetable stock
1 apple, stem removed, cut in half at poles and core scooped out with a metal spoon, diced
2 Tbsp garam masala
Salt and ground black pepper

Method

1. Warm olive oil in a large saucepan. Sweat onions until translucent.
2. Add squash, apple, and stock and bring to a boil. Reduce heat to a simmer and cover. Cook until squash is very soft (20-30 minutes, depending on the size of the chunks).
3. Put mixture into a blender and blend until smooth. Add garam masala and salt/pepper to taste.
4. Serve with toasted butternut squash seeds.

Carrot Top Pesto

Ingredients

1 cup of carrot top leaves (packed)
½ cup of fresh basil leaves (packed)
3 Tbsp Pine nuts/Walnuts/Pecans
2 cloves of garlic
¼ cup Olive oil

Method

1. Put the nuts and garlic into the bowl of a food processor and pulse into a fine paste
2. Add carrot tops and basil and process until combined.
3. Drizzle in olive oil until desired consistency is reached. Serve with roasted carrot



Kale Salad with Roasted Veggies

Serves 2 (4 cups total)

Ingredients

½ lb. curly or flat leaf kale, leaves chopped into bite-sized pieces, stems julienned into matchsticks
1 can of unsalted chickpeas (garbanzo beans), drained and rinsed, reserve liquid for dressing
1 medium sweet potato, unpeeled and cubed into pieces about the size of the chickpeas
1.5 Tbsp Olive oil
1 tsp paprika
½ tsp garlic powder
pinch of cayenne pepper (optional for spice)
pinch of salt
pinch of black pepper
2-3 Tbsp (to taste) creamy vegan dressing (next page)

Method

1. Preheat oven to 400°F. Use a few drops of olive oil and your fingers to lightly grease a rimmed baking sheet. In a medium sized bowl, place the drained and rinsed chickpeas and sweet potato, olive oil, and seasonings and stir until evenly coated. Spread out onto the baking sheet and bake for 12-14 minutes, until nicely browned.
2. When ready to serve, toss together the kale, stems, some of the vegetables, and dressing.

Note: Reheat the leftover roasted chickpeas and sweet potatoes for a fiber and Vitamin A filled snack!



Creamy Vegan Dressing

Makes approx. ¼ cup

Ingredients

3 Tbsp vegan mayonnaise (recipe below)
1 Tbsp Dijon mustard (not all Dijon mustards are vegan, check the label for animal products!)
1 .5 tsp lemon juice or white wine vinegar
Pinch sugar
Salt and pepper to taste

Method

1. Mix vegan mayonnaise, Dijon mustard, lemon juice/white wine vinegar, and sugar together in a small bowl.
2. Season with salt and pepper to taste

Vegan Mayonnaise

Makes 1 cup

Ingredients

¼ c Aquafaba (reserved water from unsalted chickpea can)
1 tsp lemon juice
1 tsp mustard powder
¾ c oil (1/4 c olive oil, ½ c safflower)
Salt and black pepper to taste

Method

1. In a tall measuring cup, add the aquafaba, lemon juice, and mustard powder. Froth with an emulsion blender (stick blender).
2. Placing the tip of the stick all the way at the bottom of the cup, slowly add the oil so that it floats on top of the contents. Turn on the blender but do not pull it from the bottom. Allow it to mix for 15 seconds before you slowly raise the blender a millimeter at a time, slowly emulsifying the water and oil together. The mixture will blend together slowly into a mayonnaise-like consistency.
3. Season your mayonnaise with salt and pepper to use as a spread or use this as the base of a creamy vegan salad dressing.

Note: Not all aquafaba in the cans are the same concentration, and if it's too diluted it won't whip. Reduce the water by boiling strained aquafaba in a saucepan until the volume has decreased by half.

Whole Mandarin Orange Mug Cake

Makes 1 large mug cake

Ingredients

1 seedless clementine, washed, stem removed, and roughly chopped (keep the peel on)

1 egg

1 Tbsp Greek yogurt fat free plain

1/2 Tbsp extra virgin olive oil

1 Tbsp sugar

1/2 pinch of salt

3 Tbsp flour

1 tsp baking powder

Method

1. Prepare microwave-safe mug that is greased with nonstick spray and lined with parchment paper (parchment paper is optional but will make your cake taller).
2. Blend the clementine and all the wet ingredients in the blender until smooth and fluffy. Fold in the dry ingredients until fully incorporated.
3. Pour into the mug and microwave for 2 minutes or until the cake looks dry on the top and on the edges.

Vegan Whipped Cream

Makes 1 cup

Ingredients

Aquafaba $\frac{1}{2}$ of the liquid reserved from unsalted chickpeas

1 pinch Cream of tartar

1 tbsp powdered sugar (or to taste)

$\frac{1}{2}$ tsp vanilla extract

Method

1. Add the aquafaba and the cream of tartar to a medium sized bowl and whip with an electric mixer or a whisk (you'll get a good work out) until very foamy.
2. Sprinkle in the sugar and whip until firm peaks form. Gently fold in the vanilla extract and enjoy!

Episode 4: The Terp Farm

Tofu and Veggie Stir Fry Fried Rice

Serves 2

Ingredients

½ packet of extra firm tofu, diced (about 7 oz)
1.5 Tbsp canola oil, divided (or other neutral-flavored oil, such as vegetable, safflower, or peanut)
½ onion, finely diced
2 cloves garlic, minced
1 tsp ginger, finely grated
1 cup of chopped mixed veggies (napa cabbage, carrots, daikon radish, peas, bell pepper)
2 cups of leftover brown rice
1 Tbsp low sodium soy sauce
1 tsp sesame oil
Salt and pepper to taste

Method

1. In a large nonstick skillet, warm 1 Tbsp of oil over medium heat. Fry tofu until lightly browned on all sides. Set aside on a plate.
2. Add remaining oil and fry the onion until translucent. Add the garlic and ginger and fry until fragrant. Stir in the vegetables and cook until they begin to brown.
3. Add the leftover rice and break up any clumps as you put it into the pan. Mix rice and vegetables together. Once the rice is hot, gently stir in the tofu. Drizzle in soy sauce and sesame oil and mix. Season with salt and pepper to taste.



Vegetable Gyoza (Japanese Dumplings)

Makes 24 gyoza (4-6 servings)

Ingredients

For dumplings:

1 cup mushrooms, finely chopped
(preferably shitake or oyster, but any grocery store variety works)
2 scallions, finely sliced
2-inch piece of ginger, peeled and finely grated
1 cup shredded Napa Cabbage
 $\frac{1}{2}$ cup coarsely grated Daikon Radishes
 $\frac{3}{4}$ cup coarsely grated carrots
 $\frac{1}{4}$ tsp salt
1 pinch ground black pepper
2 tsp sesame oil, divided
24 gyoza dumpling skins, thawed

2 Tbsp canola oil, divided (or other neutral-flavored oil, such as vegetable, safflower, or peanut)

For dipping sauce:

3 Tbsp low-sodium soy sauce
2 Tbsp rice wine vinegar
2 Tbsp orange juice
1 tsp grated ginger
1 tsp sesame oil
1 pinch red pepper flakes (optional)
1 tsp thinly sliced scallions to taste (optional)

Method

1. Put mushrooms into a room temperature frying pan and put over medium heat. Stir and allow mushrooms to break down and evaporate their water. Add in the other vegetables and fry to release the water. Season with 1 tsp sesame oil, salt, and a pinch of black pepper. When no water remains pooled at the bottom of the frying pan, remove from the stove and allow to sit until the mixture is cool enough to handle.
2. Fill gyoza skins with roughly 1 Tbsp of vegetable filling. Fold and pleat into a half moon shape with a flat bottom. There are many tutorials on YouTube on how to shape.
3. Warm remaining tsp sesame oil in a frying pan over medium heat. Be careful, as sesame oil can burn easily. Swirl around pan to coat evenly. Place several gyoza into pan and allow to fry until light golden on the bottom. Add $\frac{1}{4}$ cup of water and cover quickly to steam the gyoza. Once the water has evaporated completely, remove lid and allow bottoms to crisp and turn a deep golden brown.
4. Serve warm with a dipping sauce made of soy sauce, rice wine vinegar, and sesame oil. For a little extra heat, add red pepper flakes.



Cajun Root Veg Hash with Fried Eggs

Serves Two

Ingredients

1.5 cups turnips, peeled and diced
1.5 cups radish, peeled and diced
2 Tbsp extra virgin olive oil
3 cloves garlic, roughly chopped
1.5 tsp creole seasoning
2 eggs
1 tsp butter (optional)
Chives or thinly sliced scallions to taste
Salt and pepper to taste



Method

1. Boil turnips in water until almost tender (3-5 minutes). Add radishes to the boiling water for the final minute or so, until soft. Strain once tender.
2. Warm a large skillet over medium high heat. Add olive oil to pan and garlic once shimmering. Toast garlic for 30 seconds, making sure it does not burn. Add root vegetables and cook until lightly browned, stirring occasionally. Season with creole seasoning, salt and pepper to taste.
3. When vegetables cooked to desired doneness, push to the parameter to make space for eggs to cook. Add a splash of olive oil or butter to the middle. Once shimmering, crack the eggs into the middle and allow to cook to desired doneness.
4. Take off the heat and garnish with chives or scallions

Chocolate Beet Brownies

Makes a 9 x 9 in pan of brownies

Ingredients

$\frac{3}{4}$ lb beets, roughly chopped
6 Tbsp of butter, unsalted, plus extra for greasing pan
6 oz semisweet chocolate
1 tsp vanilla extract
 $\frac{1}{2}$ cup demerara sugar (sugar in the raw)
2 eggs
 $\frac{1}{2}$ c all-purpose flour
3 Tbsp cocoa powder
1 tsp baking powder
 $\frac{1}{4}$ tsp kosher salt

Method

1. Preheat oven to 350°F and place rack in middle of oven. Grease a 9x9 inch square baking pan and line with parchment paper.
2. Put beets in a microwave safe container with a lid and steam the diced beets until very soft (about 3 minutes). Melt the butter and chocolate on low or 50% power in the microwave (about 1 minute). Once melted, place aside to cool to just above room temperature.
3. In the bowl of a blender, mix together eggs, sugar, and vanilla. Blend until frothy. Add the beats and the chocolate mixture and blend until smooth. Add the dry ingredients and blend until fully mixed.
4. Transfer batter to pan. Bake for 25 minutes or until set. Allow to cool before cutting and serving.



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