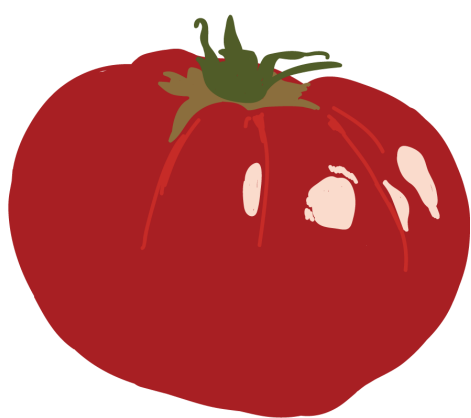


Vetri Cooking Lab

Summer 2023 Recipe Book



BBQ Blast Popcorn

Ingredients:

- ½ cup popcorn kernels
- 3 Tablespoons olive oil, divided
- 2 Tablespoon + 1 teaspoon smoked paprika
- 2 teaspoons brown sugar
- 1 ½ teaspoon garlic powder
- 1 ½ teaspoon onion powder
- 1 teaspoon parsley flakes
- Pinch of cayenne

Instructions:

1. Combine kernels with 1 Tbsp olive oil in a pan over medium-high heat. Stir frequently to prevent popcorn from burning. Once you can count 1 to 3 seconds between pops, remove from heat.
2. Combine paprika, brown sugar, garlic powder, onion powder, parsley flakes, salt, and cayenne in a small bowl. Mix thoroughly.
3. Drizzle the remaining 2 Tbsp olive oil over the popcorn. Spread the spice mix evenly over the popcorn and, using your hands or 2 large spoons, toss well to combine. Eat right away, or store in an airtight container.



FUN FACTS:

Did you know that corn is a "cereal grain"? A cereal grain is any type of grass that is grown for the edible components of its grain. However, popcorn is the only type of corn that actually pops.

Archaeologists found fossil evidence of popped corn in Peru that dated back as far as 4,700 BC!

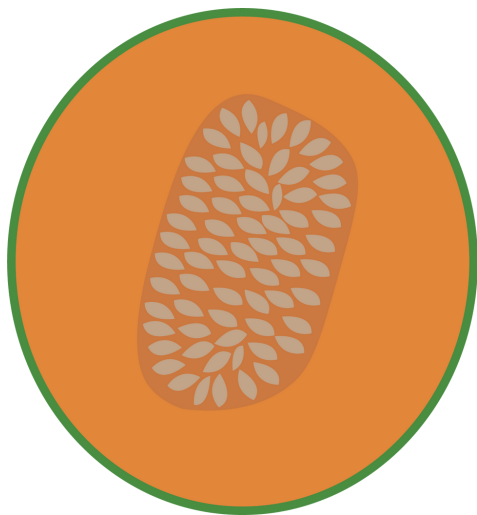
Cantaloupe Cooler

Ingredients:

- 1 large, very ripe cantaloupe
- 1 lime
- Fresh mint
- 1 cup coconut water, more as desired

Instructions:

1. Cut the cantaloupe in half width-wise. Cut each piece in half again, then carefully cut off the rind.
2. Cut the fruit into chunks and transfer to a high-sided container. Using an immersion blender, blend the fruit into a puree. Make sure there are no chunks!
3. Set a strainer over a large metal bowl, then pour the blended cantaloupe into the strainer. Set aside for a few minutes, allowing the juice to flow through.
4. While the juice is draining, use a spoon or the end of a rolling pin to muddle mint in the high sided container.
5. Use a spoon or spatula to press as much cantaloupe juice through the strainer as you can, then discard the pulp. Add the cantaloupe back to the container, add coconut water, stir to combine, and serve.



FUN FACTS:

After a worldwide search for the mold used to make penicillin in 1943, the highest yielding strain was found on a moldy cantaloupe in Illinois!

Did you know that a cantaloupe is 90% water?

In the 1400s, Pope Paul II became obsessed with melons. After he ate "two good big melons" in one sitting, and died shortly after, people started to believe that it was melons that killed him!

Chili Lime Fruit Salad

Ingredients:

- 1 pineapple, cut into sticks or large dice
- 1 small watermelon, cut into sticks or large dice
- Optional: 1 to 2 mangoes, cut into sticks
- Zest and juice of 2 limes
- 2 teaspoons chili powder
- ¼ teaspoon salt
- ¼ teaspoon sugar

Instructions:

1. Place prepared pineapple, watermelon, and mango (if using) into a large bowl.
2. In a smaller bowl, stir together lime juice, half of the lime zest, chili powder, salt, and sugar. Drizzle over the fruit and stir well to combine.
3. Before serving, garnish with remaining lime zest and enjoy!

FUN FACTS:

Watermelons and peppers grow on vines, and mangoes grow on trees. But pineapples actually grow right out of the ground!

The combination of chili, lime, salt, and sugar is a traditional Mexican flavor base. Tajin, a spice mix that contains those flavors, has actually become synonymous with "chili lime flavor"!



Pasta Salad with Zucchini, Sizzled Scallions, Corn, and Beans



Ingredients:

- 4 bunches scallions, thinly sliced
- 1/2 cup olive oil
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1/2 teaspoon crushed red pepper flakes
- 4 medium zucchini, thinly sliced
- 6 Tablespoons drained capers, more as desired
- 16 ounces dried pasta
- 4 garlic cloves, finely grated
- 4 lemons, juiced
- 1 can of cannellini beans
- 1 can of corn
- 1 cup parmesan, coarsely chopped, more as desired
- 2 cups fresh herbs, such as parsley, cilantro, dill, and/or basil

Instructions:

1. Thinly slice about 1/3 of the scallions and set aside. Coarsely chop the remaining scallions (white and green parts!) and add to the skillet with oil. Season with 1/4 teaspoon each of salt and pepper and cook over medium-high heat until they're lightly browned at the edges and completely tender, 8 to 10 minutes.
2. If using, add red pepper flakes, then add half of the zucchini. Season with remaining salt and pepper, and let it cook down until tender and translucent, 10 to 15 minutes. Be patient - every zucchini is different, and timing may vary!
3. Once the zucchini in the pan is tender, add the uncooked zucchini. Taste, and add more salt or pepper as needed.
4. Add capers. Cook zucchini for another 5 to 8 minutes.
5. Meanwhile, cook pasta according to package directions for al dente noodles. Drain and rinse under cold water, then set aside.
6. Transfer zucchini and scallion mixture to a large bowl. Add garlic, lemon juice, corn, beans, and the remaining scallions. Toss to combine, taste, and adjust seasoning as needed.
7. Add pasta and toss gently to coat. Add parmesan and chopped herbs, and serve!

Grilled Summer Fruit

Ingredients:

- ¼ cup brown sugar
- 1 orange, zest and juice
- Pinch of salt
- 1 large or 2 small pineapples, cut into wedges, rings, or pieces
- 4 - 5 ripe peaches, sliced

Instructions:

1. In a large bowl, mix together the brown sugar, orange zest and juice, and salt to create a sauce.
2. Preheat a griddle or frying pan to medium or medium high heat. Carefully place pineapple and peach pieces on the griddle.
3. Flip once the fruit is caramelized and cook for an additional 5 or so minutes or until both sides are browned.
4. Place grilled fruit in the bowl of sauce and toss to coat. Enjoy warm or at room temperature!



FUN FACTS:

Because of their pits, peaches belong to the stone fruit family - but did you know that peach pits taste like almonds?

In the United States, Georgia has been nicknamed the Peach State, but the fruit actually originated in China almost 10 thousand years ago! To this day, a majority of the worlds' peaches actually come from China. There, the fruit symbolizes immortality, longevity, and good luck.

Crunchy Granola

Ingredients:

- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 1/3 cup coconut flakes
- 1 Tablespoon olive oil
- 1 cup rolled oats
- 1 teaspoon cinnamon
- 1 1/2 Tablespoons honey
- 1/2 teaspoon vanilla
- 1/3 cup golden raisins
- Optional add-ins: dried fruit, sesame seeds, nuts, etc.



Instructions:

1. Place all ingredients except for honey into a quart container or a container with a lid and shake to combine. Add honey and shake again, mixing if needed to avoid clumping.
2. Preheat a skillet to medium heat. Place mixture into the skillet to toast, stirring occasionally, until fragrant and golden brown (about 3-5 minutes). Be sure to watch carefully to avoid burning!
3. Unplug skillet and cool in an even layer in pan or on parchment paper. Use as a smoothie bowl topping or for snacking!



FUN FACTS:

Granola was invented in 1863 by a doctor who was trying to supplement treatment he was giving patients at his sanitarium (an antiquated hospital). It was so crunchy that it had to be soaked in milk overnight to be edible!

Layton Gentry, the man who claimed to have invented granola, was nick named "Johnny Granola-Seed" by Time Magazine.

Tropical Smoothie Bowl

Ingredients:

- 3 mangoes
- 4 bananas
- 1 -14 ounce can pineapple, drained
- 1/2 bag of baby spinach (about 4 packed cups)
- 1 1/2 cups plain Greek yogurt
- 1 cup water or more, as needed
- Optional Toppings: Granola, chopped fruit, berries, seeds, coconut flakes, cinnamon, dried fruit, etc.

Instructions:

1. Carefully peel and cut bananas and mangos.
2. Place all fruit in a container with high sides (if using an immersion blender) or into a blender. Add yogurt, spinach, and water.
3. Blend until smooth, adding more water until desired consistency is reached (For a smoothie bowl, it should be thicker than a drinkable smoothie).
4. To build the smoothie bowl: Place desired amount of smoothie into a small bowl. Top granola and any other desired toppings. Enjoy!



FUN FACTS:

One reason smoothies are more filling than fruit juice is that there's more fiber! Instead of drinking only a part of your fruit, you're having whole ingredients.

Smoothies have been made in South American, Eastern, and Mediterranean cultures for centuries, but the invention of the modern fridge and blender allowed the market to increase massively. In 2021, the global smoothie market was valued at nearly 15 billion dollars!

Algerian Couscous



Ingredients:

- 4 teaspoons olive oil
- 2 medium onions, chopped
- 2 small red bell peppers, cut lengthwise into 2 x ¼-inch strips
- 2 small zucchinis, halved lengthwise, diagonally sliced
- 2 medium carrots, diagonally sliced
- 2 medium ribs of celery, cut crosswise into thin slices
- 2 teaspoons minced garlic (about 2 cloves)
- 2 15.5-ounce cans no-salt-added dark red kidney beans, drained and rinsed
- 4 cups low-sodium vegetable broth, divided
- 2 small sweet potatoes, peeled, cut into 1-inch cubes
- 2 large tomatoes, diced
- 2 teaspoons dried thyme, crumbled
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- Pinch of cayenne, more as desired
- 2 cups uncooked whole wheat couscous
- 1/2 cup minced fresh parsley

Instructions:

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, bell pepper, zucchini, carrot, and celery for 5 minutes, stirring frequently. Stir in the garlic. Cook for 30 seconds, stirring occasionally.
2. Stir in the beans, 1 cup of broth, sweet potatoes, tomatoes, thyme, cumin, paprika, salt, and cayenne. Increase the heat to high and bring to a boil. Reduce the heat to low. Cook, covered, for 12 to 15 minutes, or until the vegetables are tender.
3. Meanwhile, in another skillet, bring 3 cups of vegetable broth to a boil. Add the couscous, cover, and cook for 5 to 10 minutes (or according to package directions). Watch until all the liquid has been absorbed.
4. Fluff the couscous with a fork and transfer to a large bowl. Spoon the vegetable mixture over the couscous. Top with parsley, and serve!

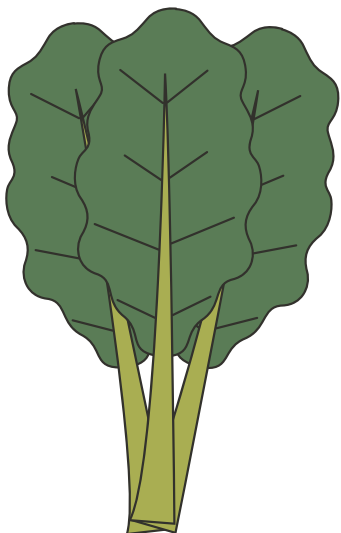
Tangy Collard Greens

Ingredients:

- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 1 Tablespoon extra-virgin olive oil
- 1 Tablespoon Dijon mustard
- 1/4 lemon, juiced
- 2 bunches collard greens, washed and cut into thin strips
- Kosher salt, to taste

Instructions:

1. Add olive oil to a skillet and set to medium heat.
2. Add onions and garlic. Cook for two to three minutes, or until the onions are golden.
3. Stir in the mustard and lemon juice.
4. Add collards. Toss well to combine!
5. Add a pinch of salt (1/4 teaspoon, if you prefer to measure) and a few splashes of water (2 - 3 Tbsp) to give your greens some moisture.
6. Cover, and cook for 10-12 minutes until collards are bright green. Add more water as needed - the greens should be moist but not wet.
7. Uncover and stir. Taste, and add more salt and lemon juice as needed.
8. Enjoy!



FUN FACTS:

Collard greens are the oldest leafy green in the cabbage family! It dates back over 2000 years, originally grown by ancient Greeks.

Did you know that 1 cup of cooked collard greens has even more calcium than 1 cup of milk? Collards are also rich in Vitamin K, another essential contributor to good bone density.

Personal Pita Pizzas

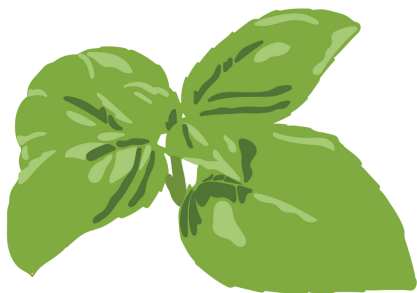
Ingredients:

- 1 cup warm water
- 2 1/4 teaspoons quick-rise yeast
- 1 teaspoon honey
- 2 cups whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 Tablespoon olive oil
- Tomato Sauce (see recipe)
- 8 to 12 oz mozzarella cheese, shredded
- Toppings of choice: bell pepper, mushroom, onion, olives, fresh basil, red pepper flakes, parmesan, etc!



Instructions:

1. Combine water, yeast, and honey in a liquid measuring cup or quart container. Stir together the remaining ingredients in a large bowl. Add the water, yeast, and honey mixture to the flour mixture and mix to combine until dough comes together.
2. Knead the mixture in the bowl for two to three minutes. To knead, use the heels of your hands to push the dough flat, fold it onto itself, and push flat again. Continue until the dough can be formed into a ball. Cover with a dishtowel and rest for 30 minutes (or up to an hour).
3. Portion dough into 6 (or more) pieces. Using a rolling pin or your hands, spread the dough out to desired thickness.
4. Turn skillet to medium-high and cook flatbreads until cooked through and lightly toasted, about 3 to 5 minutes per side.
5. Spoon 1 to 2 Tablespoons of sauce onto each piece of pita, top with cheese and toppings of choice, and add back to the skillet until toppings are warmed and cheese is melted. Remove from the skillet and enjoy!



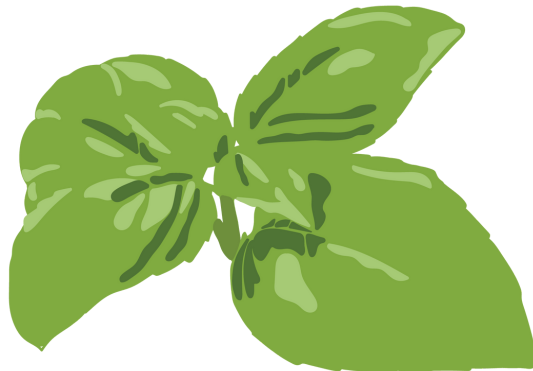
Tomato Sauce

Ingredients:

- 3 Tablespoons olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 1 stalk celery, diced
- 4 cloves garlic, minced
- 1 Tablespoon oregano
- 1 Tablespoon basil
- 2 teaspoons salt
- 1 teaspoon black pepper
- 10 large plum tomatoes, roughly chopped
- ½ cup to 1 cup water, plus more, if needed
- Pinch of cayenne or red pepper flakes, if desired

Instructions:

1. Heat olive oil in a large pot or skillet on medium heat.
2. Add onions and carrots to the skillet and sauté for about 5 to 7 minutes. Add the celery, garlic, oregano, basil, salt, and pepper. Stir well and cook for another 4 to 5 minutes.
3. Add tomatoes and ½ cup of water and cook down on medium low for at least 20 minutes, stirring frequently. Add extra water if mixture looks too thick or water has evaporated quickly.
4. Transfer mixture to a blender or a container with high sides. Using an immersion blender, blend sauce to break up chunks until it reaches desired texture. Taste and season, adding cayenne or red pepper flakes if a spicier sauce is preferred.
5. Spread desired amount over cooked pizza dough. Add toppings, heat in a covered skillet until they reach the desired consistency, and enjoy!



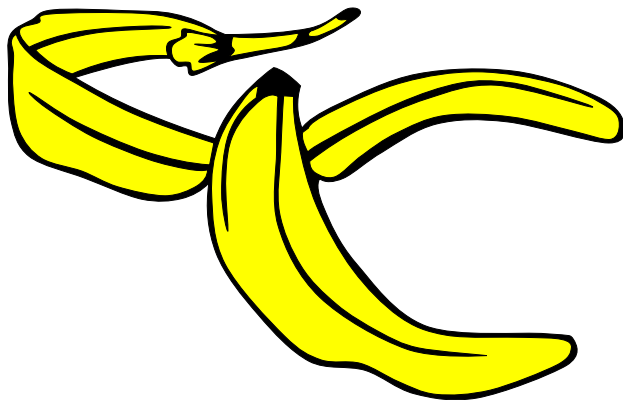
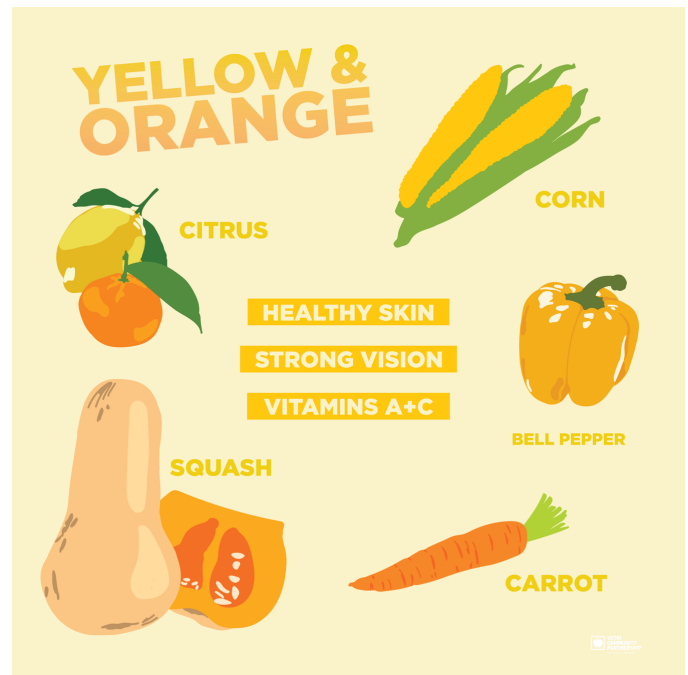
Banana Cocoa Smoothie

Ingredients:

- 2 cups low fat plain yogurt
- 4 to 5 peeled and frozen bananas, cut into chunks
- 1 Tablespoon cocoa powder

Instructions:

1. Combine all ingredients in a high sided container. Using an immersion blender, blend until smooth. Add water as needed to reach the desired consistency.
2. Serve immediately, or refrigerate if that's not possible. Enjoy!



FUN FACTS:

Technically, a banana is a berry! It's a fruit with a layered structure - the outer peel, the fruit within, and seeds on the inside.

The word banana comes from the West African word banaana, but the fruit is native to Australia! Some scientists even think bananas may have been the world's first fruit.

Vegetarian Banh Xeo (Vietnamese Crepes)



Ingredients:

For the batter:

- $\frac{3}{4}$ cup rice flour
- 1 Tablespoon cornstarch
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground turmeric
- $\frac{1}{3}$ cup unsweetened coconut milk
- 1 $\frac{1}{2}$ cups hot tap water

For the sauce:

- $\frac{1}{2}$ teaspoon red pepper flakes
- 1 garlic clove, minced
- 1 Tablespoon soy sauce
- 3 Tablespoon fresh lime juice (about 1 lime)
- 2 Tablespoons honey

For the crepes and serving:

- 4 Tablespoons vegetable oil, divided
- $\frac{1}{4}$ head of red cabbage, core removed, thinly sliced
- 1 small yellow or red onion, thinly sliced or grated
- 3 scallions, thinly sliced
- 1 medium carrot, grated
- Salt
- 1 head lettuce, washed and leaves separated
- 1 large handful fresh mint or basil leaves
- 1 large handful cilantro leaves, with tender stems

Instructions:

1. **Make the batter:** Whisk together rice flour, cornstarch, salt, and turmeric. Slowly pour in the hot water and whisk to combine, then stir in the coconut milk. Let batter sit, uncovered for about 30 minutes, until thickened slightly. Liquid will separate out to the top, so give it a good stir to check the consistency.
2. **Prepare the dipping sauce:** Combine all ingredients in a bowl, making sure the mixture is well stirred.
3. **Heat 2 teaspoons oil in a non-stick pan over medium-high heat until very hot and shimmering.** Add a small handful (about 1 cup) of the onions, scallions, and carrots to the pan and cook, stirring occasionally for about 30 seconds.
4. **Give the batter a good stir, ensuring even consistency throughout.** Pour $\frac{1}{3}$ cup of the batter over the onion, carrot, and scallion mixture, spreading around to cover the pan. Pile $\frac{3}{4}$ cup of cabbage onto one half of the crepe and cover pan, allowing cabbage to cook until softened, about 1 minute. Uncover and drizzle 1 teaspoon of oil around edges of crepe (this is to make sure it crisps).
5. **Reduce heat and continue cooking for 2-3 minutes until edges of crepe release from pan.** Using a spatula to fold crepe in half. If it is not lightly browned and crispy, leave in pan for additional minute or two.
6. **Move crepe to plate.** Cut into individual servings and wrap each piece in a leaf of lettuce. Add herbs and sauce as desired before tasting. Enjoy!