



In the Kitchen with WorkWell NYC

Creative and Flavorful
Recipes for the City
Workforce



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When we lead busy lives, healthy eating can sometimes be more of a wish than a reality. To help City employees eat a bit healthier, WorkWell NYC has put together a recipe book with delicious, nutritious, and simple healthy recipes everyone can prepare and enjoy.

Check out our "In the Kitchen" cooking videos, where you can view demonstrations of how to cook many of these recipes, and more! To view our videos, visit on.nyc.gov/cookingvideos and for additional health and wellness resources, visit our website at www.nyc.gov/WorkWellNYC.



Ingredients

- 2 tablespoons coconut oil
- 1 onion, medium dice
- 2 carrots, medium dice
- 4 garlic cloves, minced
- 3 stalks scallions, sliced thin
- 2 teaspoons curry powder
- 2 teaspoons turmeric
- 1 teaspoon cinnamon
- 2 cans chickpeas, rinsed
- Sea salt to taste
- ¼ cup raisins
- ½ teaspoon apple cider vinegar
- ⅓ cup coconut milk
- ¼ cup cilantro, chopped
- Baby spinach, a handful
- Tortillas/ roti/ or cabbage leaves

Supplies

- Cutting board
- Knife
- Large sauté pan
- Wooden spoon



Curried Chickpeas & Spinach Wrap

- In a large sauté pan, over medium heat, combine the oil, onions and carrots. Once it becomes fragrant, add the chickpeas. Cover and let cook for about 5-7 minutes, stirring occasionally.
- Add the garlic, scallions and spices and sauté for another 5 minutes. Taste and adjust the flavors as needed.
- Salt and add in the raisins, apple cider vinegar, coconut milk, herbs and spinach. Simmer for a few minutes, until the spinach has wilted. Taste and adjust the flavors as needed.
- Serve with roti, tortillas, on cabbage wraps, over brown rice or right out of the pot with a spoon!

Ingredients

- 2 tablespoons coconut oil
- 1 cup onions, minced
- 2-3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2-3 tablespoons red curry paste
- 1 medium sweet potato, diced
- 1 (15-oz.) can pumpkin puree
- 1 (13.5-oz.) can coconut milk
- 1/2 - 1 cup chicken or vegetable broth
- 1 teaspoon sea salt (or to taste)
- 2-3 teaspoons maple syrup
- 1/2 - 1 teaspoon fennel seeds
- Juice from half a lime

Toppings

- 2 Bartlett pears, chopped
- 1/4 cup fresh fennel
- 1/2 teaspoon ground cardamom
- 1/2-1 teaspoon fresh ginger, grated
- 1 teaspoon maple syrup
- 1 tablespoon lime juice
- Sprinkle of salt

Supplies

- Measuring cups
- Measuring spoons
- Chef's knife
- Medium bowl
- Vegetable peeler or paring knife
- Blender or immersion blender
- Can opener
- Cutting board
- Large saucepan



Coconut Curry Pumpkin Soup

- Saute the onions in a large saucepan until slightly golden.
- Add the garlic, ginger, fennel seeds, and red curry paste and cook until fragrant.
- Add the sweet potato, pumpkin, coconut milk, broth, maple syrup, lime juice, and salt to taste. Bring to a boil and then reduce heat.
- Cover and simmer for 15-20 minutes until reduced and thick.
- In a medium bowl, mix the pears, fresh fennel, cardamom, ginger, maple syrup, lime juice and salt.
- Remove the soup from the heat and cool slightly.
- Blend until smooth in a blender or using an immersion blender.
- Top with pear mixture and enjoy!

Ingredients

- 1 tablespoon olive oil
- 6 cloves of garlic
- 3-4 sprigs of fresh thyme
- Red pepper flakes
- 1 15-oz. can of cannellini beans, rinsed
- 1 bunch of thin asparagus, trimmed and cut into 2-inch pieces
- 1 teaspoon organic lemon zest
- Water
- Sea salt and black pepper to taste

Supplies

- Chef's Knife
- Cutting board
- Medium frying pan/ skillet
- Can opener
- Wooden spoon
- Micro plane or grater
- Citrus Juicer (optional)



Lemon-Garlic Asparagus with Cannellini Beans

- Heat the oil in a pan over medium heat.
- Add the thyme and garlic until fragrant, about 1 minute.
- Add the cannellini beans, stir to combine, and cook over medium heat until they begin to soften, about 10 minutes.
- Add the asparagus and lemon zest, and season with sea salt and black pepper to taste.
- Taste and adjust flavors as needed.
- Cook the asparagus, stirring occasionally, until cooked through but still bright green, about 4 minutes.
- Transfer the asparagus and beans to a platter and garnish with lemon.
- Serve and Enjoy!

Ingredients

Corn Cakes:

- 1/2 cup plain yellow cornmeal
- 1/2 cup flour
- 4 tsp baking powder
- 1½ teaspoon sea salt, divided
- ½ teaspoon freshly ground black pepper
- 2 cups whole milk yogurt
- 4 large eggs
- 2 tablespoons extra virgin olive oil
- (2) 15 oz. cans of corn
- Green onions, diced
- Tiny piece of Scotch bonnet pepper, minced

Peach Salsa:

- (2) 15.25 oz. can of peaches, drain and reserve the juice
- 4 cloves of garlic, minced
- 1 red pepper, diced
- 1 red onion, diced
- 2 tomatoes, diced
- 1 lime, juiced
- Fresh cilantro
- Crushed red pepper flakes
- Salt and pepper to taste

Supplies

- Measuring cups and spoons
- Large mixing bowls (3)
- Wooden spoon
- Whisk
- Large cast iron skillet or non-stick pan (without Teflon)
- Cutting board
- Chef's knife



Corn Cakes with Peach Salsa

- Combine flour, cornmeal, baking powder, salt, and pepper into a large bowl.
- In a separate bowl, combine yogurt, eggs, and oil. Stir until smooth.
- Add yogurt mixture, along with the corn, green onions and scotch bonnet pepper to the flour mixture; stir just until combined.
- Heat a large skillet over medium-high heat.
- Divide corn mixture into 16 equal portions (about 1/3 cup each); shape into patties.
- Add patties to griddle; cook 6 minutes on each side.
- Combine salsa ingredients into a bowl, mix to combine.
- Taste and add some of the reserved fruit juice for sweetness if you like; taste again and adjust ingredients accordingly.
- Place corn cakes on a plate and top evenly with salsa.
- Serve & enjoy!

Ingredients

- 1 tablespoon avocado oil
- 4 garlic cloves, chopped or grated
- 1 yellow onion, diced
- 1 tablespoon fennel seeds
- 4-6 fresh thyme sprigs (or 1 teaspoon of dried thyme)
- 1 teaspoon dried red pepper flakes
- 2 bay leaves
- 1 butternut squash, peeled and cubed
- 2 15-oz. cans of white beans, low sodium, rinsed
- 6 cups low-sodium vegetable stock
- 1 bunch of kale, stems removed and cut into ribbons
- 2 teaspoons salt
- 2 teaspoons black pepper

Supplies

- Cutting board
- Chef's knife
- Stock pot
- Wooden spoon/potato masher



Butternut Squash & White Bean Soup

- Wash and cut all vegetables to the size indicated in the Ingredients section.
- Add avocado oil to the stock pot. Once the oil is hot, add garlic, onions, fennel seeds, thyme, red pepper flakes, and bay leaves.
- Sauté until onions become translucent, about 4-5 minutes.
- Add the beans and butternut squash and stir until they are combined with the onion mixture.
- Add the vegetable stock and bring it to a boil.
- Stir in the salt, pepper, and kale and cook for an additional 3-5 minutes.
- Serve and enjoy!

Ingredients

- 2 small onions, chopped
- 2 green or yellow bell peppers
- 2 tablespoons olive oil
- 6 cloves garlic, minced
- 2 teaspoons oregano
- 2 teaspoons cumin
- 1 teaspoon cayenne (based on your desired level of heat)
- 2 teaspoons cinnamon
- 3 bay leaves
- 8 oz. canned chickpeas, rinsed and drained
- 8 oz. canned black beans, rinsed and drained
- 2 cups or 16 oz. stewed tomatoes
- 2 splashes of red wine or red wine vinegar
- 4 tablespoons tomato paste
- 2 sweet potatoes (about 4 cups) peeled and diced into small cubes (to reduce cooking time, roast ahead to soften)
- Salt and black pepper
- 1 cup green olives, sliced
- 1 tablespoon brine from the olive jar
- Cilantro and diced scallions to garnish

Supplies

- Cutting board
- Chef's knife
- Measuring cups and spoons
- Large, heavy-bottomed skillet
- Wooden spoon
- Fork



Cuban Picadillo

- Drizzle a tablespoon or two of olive oil (just enough to cover the bottom of the pan when you swirl it around) into a large pan or skillet.
- Sauté the onion, pepper, and garlic until the onion starts to caramelize. About 2 minutes on medium-high heat.
- Spice it up: add in the oregano, cumin, cayenne, cinnamon, and bay leaves. Cook until fragrant. Another 3-4 minutes or so.
- Add in your beans: stir to combine to make sure all the beans get covered with the spices. Taste and adjust the flavor as needed.
- Pour in the stewed tomatoes, red wine, tomato paste, potatoes, salt, and pepper. Stir together.
- Add the olives to the pot. Taste and adjust the flavor of the sauce as needed.
- Cook on medium partially covered for 10 minutes or until potatoes are cooked through.
- Stew on the stove for another 5-10 minutes.
- Taste and if the sauce could use an extra kick, add the olive brine during the last few minutes of cooking.
- Serve and enjoy!

Ingredients

- 1 cup farro
- $\frac{3}{4}$ cup corn
- 1 tablespoon extra virgin olive oil
- 1 cup cherry tomatoes, halved
- 1 medium cucumber, thinly sliced
- $\frac{1}{2}$ red onion, diced
- $\frac{1}{2}$ cup baby arugula
- $\frac{1}{4}$ cup cilantro or parsley, minced

Supplies

- Cutting board
- Knife
- Blender/food processor
- Medium skillet
- Measuring cups and spoons
- Large salad bowl



Corn and Farro Salad

- Rinse farro under cold water.
- Bring a large pot of salted water to a boil and add the farro.
- Cook until tender, 20–25 minutes. Taste for doneness and drain any excess water.
- Cook the corn (optional): heat the oil in a large skillet over medium heat.
- Add the corn and cook, stirring occasionally, until the kernels are bright and crisp, about 5 minutes.
- Transfer to a large bowl to cool.
- Arrange the Salad: add the cooked farro to the large bowl of corn. To this add the tomatoes, cucumber, red onions, and cilantro.
- Season with salt, pepper, and red pepper flakes.
- Serve and enjoy!

Ingredients

- 2 large eggplants
- 3 garlic cloves
- 1 small yellow onion
- 1 cup spinach
- 1 cup kale
- 1 cup shredded mozzarella cheese
- 1 cup of pizza sauce of your choice
- 2 tablespoons olive oil
- 2 sprigs of fresh thyme
- 1 sprig of fresh or dried rosemary
- Salt and pepper to taste
- Dried oregano to taste, optional
- Crushed red pepper, optional

Supplies

- Cutting board
- Chef's knife
- Spatula
- Small bowls
- Grater
- Frying pan with lid
- Spoon



Eggplant Pizza

- Cut the spinach and kale into ribbons. Dice the onion and grate 2 garlic cloves.
- In the frying pan, heat $\frac{1}{2}$ tablespoon of olive oil then add the onions, 2 grated garlic cloves, thyme and rosemary. Once the mixture becomes fragrant, add in the kale, spinach and salt and pepper to taste. Allow the greens to wilt (about 2-3 minutes), then remove from the pan and set aside.
- Cut the eggplant in slices lengthwise about $\frac{1}{3}$ of an inch thick. Then take the remaining garlic clove, cut it in half and rub it on both sides of the eggplant.
- Add the remaining oil to your pan. Once hot, place as many eggplant slices as you can in the pan without the eggplant overlapping. Cook the eggplant for five minutes on each side until the edges have browned.
- Next add the pizza sauce to the eggplant slice followed by the kale and spinach mixture and top with the mozzarella cheese. Add the oregano or crushed red peppers at this point if you would like. Cover and cook until the cheese is melted.
- Serve and enjoy!

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large red onion, chopped
- 1 large red bell pepper, chopped
- 4-5 cloves garlic, minced
- 1 jalapeño, seeded and minced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2-3 teaspoons smoked paprika
- 2 teaspoons oregano
- 1 teaspoon thyme
- 1 large can (28 oz.) or 2 small cans (15 oz.) of diced tomatoes
- 1 can (15 oz.) cannellini beans, rinsed and drained
- 1 can (15 oz.) chickpeas, rinsed and drained
- 1 can (15 oz.) Great northern beans, rinsed and drained
- 16 oz. frozen corn
- 1 bunch of Swiss chard, roughly chopped
- 2-3 cups low sodium broth (vegetable or chicken)
- 2 tablespoons maple syrup
- 2 bay leaves
- 1-2 teaspoons sea salt
- Lime juice, to taste
- ½ - 1 cup chopped fresh cilantro

Supplies

- Cutting board
- Chef's knife
- Large pot
- Medium bowl
- Can opener
- Utensils
- Measuring spoons



White Bean Veggie Chili

- Heat oil in a large pot over medium heat. Add onion, pepper, and jalapeno and sauté until the vegetables are soft and the onions translucent.
- Add the garlic, chili powder, cumin, smoked paprika, oregano, and thyme and stir for about 1 minute until fragrant.
- Add the tomatoes and their juice along with the beans, corn, broth, maple syrup, and bay leaves.
- Stir to combine.
- Add the salt and lime and adjust the flavor as desired.
- Turn heat to medium-high and bring to a boil.
- Once boiling, turn the heat down to medium-low and let simmer for 15 minutes, stirring occasionally.
- Add the swiss chard and cook until just wilted.
- Remove the chili from the heat and discard the bay leaves. Add the chopped cilantro and stir to combine.
- Top with avocados and enjoy!