



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 plant-based 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.
- Then add in 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

- 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

- 1 cup farro
- ¾ cup corn
- 1 tablespoon extra virgin olive oil
- 1 cup cherry tomatoes, halved
- 1 medium cucumber, thinly sliced
- ½ red onion, diced
- ½ cup baby arugula
- ¼ 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

- 1 cup cooked quinoa
- 3 cups roasted/grilled mixed vegetables, cut into large pieces (i.e. bell peppers, carrots, eggplant, onion, and asparagus)
- 6 cups kale, chopped or torn into small pieces
- 1 cup baby tomatoes
- ¼ cup olive oil
- 2 tablespoons red wine vinegar or lemon juice
- 1 tablespoon finely minced shallot



Supplies

- Measuring cups and spoons
- Large mixing bowl
- Small bowl
- Wooden spoon

WorkWell NYC Summer Salad

- Combine all vegetables in a large mixing bowl.
- In a separate bowl, whisk together the olive oil and vinegar or lemon juice. Stir in the shallot and agave, if using.
- Toss everything together in the large bowl, mixing thoroughly.
- Taste and add more vinegar or lemon juice if necessary.
- When you are ready to eat, stir again and salt and pepper to taste.
- Serve and 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 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 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

- Sauté 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

Salad:

- 3-4 ears of corn cooked, shucked, and cut off the cob
- 1 cup cucumber, diced
- 1 small red bell pepper, chopped
- ½ red onion, finely diced
- ¼ cup cilantro, chopped
- 2 ripe avocados, cubed

Dressing:

- 2 tablespoons olive oil
- 1-2 limes, juiced
- 1 teaspoon cumin
- ½ teaspoon sea salt (or to taste)
- ¼ teaspoon cayenne pepper
- 2 cloves of garlic, minced

Supplies

- Cutting board
- Chef's knife
- Measuring cups and spoons
- Medium bowl
- Small bowl
- Wooden spoon

Substitutions

- Fresh corn - Canned corn
- Cayenne Pepper - Black pepper, chipotle powder
- Red bell pepper - Tomato, yellow/orange bell pepper
- Lime - Lemon



Quick Avocado & Corn Salad

- Combine the corn, cucumber, red bell pepper, red onion, and cilantro in a medium bowl.
- Mix the olive oil, lime juice, cumin, sea salt, cayenne pepper, and garlic in a small bowl.
- Add the avocado and dressing to the salad and combine well.
- Serve and enjoy!

Ingredients

Veggie Bowl:

- 1 cup dry quinoa
- 2-3 cloves of garlic, minced or grated
- 1 small onion, diced
- ¼ cup fresh parsley, chopped
- 1 cup carrots, grated
- 2 medium apples, diced small
- 2-3 cups baby spinach, chopped
- ½ cup vegan feta cheese
- ½ cup chopped pecans

Dressing:

- 2-3 tablespoons olive oil
- 1-2 tablespoons apple cider vinegar
- 1 tablespoon agave
- 1-2 teaspoons Dijon mustard
- 1 clove of garlic, minced or grated
- 1 teaspoon fresh lemon juice (optional)
- Salt and cayenne pepper to taste

Supplies

- Cutting board
- Chef's knife
- Measuring cups and spoons
- Large bowl
- Small bowl
- Medium saucepan
- Vegetable peeler
- Grater
- Citrus juicer

Substitutions

- Apple cider vinegar - White or red wine vinegar, sherry vinegar
- Spinach - Baby kale, arugula
- Pecans - Walnuts, almonds
- Quinoa - Farro, couscous, kamut



Quinoa Apple Veggie Bowl

- Prepare the quinoa according to instructions on the package. Add 2-3 cloves of minced garlic, diced onion, chopped parsley and a pinch of salt to flavor. Cook with vegetable stock instead of water for even more flavor!
- Add the dressing ingredients to a small bowl and whisk. Set aside.
- Add veggie bowl ingredients to a large bowl and mix.
- Drizzle with the dressing and mix. Taste and adjust as needed.
- Garnish with chopped pecans.
- Serve and enjoy!

Ingredients

- 2 large eggplants
- 3 garlic cloves
- 1 small yellow onion
- 1 cup spinach
- 1 cup kale
- 1 cup vegan 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

Substitutions

- Eggplant - Zucchini, mushrooms
- Yellow onion - Scallions, red or white onion
- Thyme and rosemary - Sage
- Spinach and kale - Cabbage or Swiss chard



Eggplant Pizza

- Wash all vegetables.
- 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

- ½ cup coconut oil
- ½ cup agave
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 3 cups old-fashioned rolled oats
- 1 cup raw nuts, sliced
- 1 cup raisins or other dried fruit, chopped

Supplies

- Measuring cups and spoons
- Large bowl
- Whisk
- Rimmed baking sheet
- Foil
- Spatula



Homemade Granola

- Arrange a rack in the middle of the oven and heat it to 300°F. Line a rimmed baking sheet with foil; set aside.
- Place the oil, agave, cinnamon, and salt in a large bowl and whisk to combine.
- Add the oats and almonds and stir to coat. You can measure the oats and almonds directly into the oil mixture — don't worry if you add a little more oats or almonds — granola is very forgiving. Stir to coat well.
- Transfer the mixture to the prepared baking sheet and spread it into an even layer. If the granola is clumpy, use a spatula to press it into the pan.
- Bake for 20 minutes- set a timer at the midway point of 10 minutes and give the granola a quick stir. The granola is ready when golden brown and the almonds have toasted — it will still feel wet coming out of the oven but will dry as it cools.
- Place the baking sheet on a trivet or cooling rack and sprinkle the raisins or dried fruit over top, and let cool.
- Serve and enjoy!