

THANK YOU ON #GIVINGTUESDAY

A gift of recipes from



The mission of *The Sylvia Center* is to inspire young people and their families to eat well so that they may lead healthy and productive lives.



TABLE OF CONTENTS

Tostadas Camarónes

By Manuel Lopez

4

Rosemary Apple Pie

By Samantha Kwok

6

Harvest Puffs

By Nicole Mera

8

Jeera Stew Bites

By Kenneth Sookoo

10

Quesadilla de Finca

By Ashley Paredes

12

photos **AMANDA GENTILE**

TOSTADAS CAMARÓNES

By Manuel Lopez, graduate of the *Teen Apprenticeship Program* in Williamsburg, Brooklyn

Serves 6

Ingredients

1/4 c. vegetable oil
6 corn tortillas
2 c. refried black beans, pureed
1/2 lb. shrimp
1/4 c. crumbled queso fresco
3 c. shredded lettuce or green of your choice
1/2 c. sour cream

Preparation

1. Heat oil in a thick-bottomed skillet over medium-high heat. Place one tortilla in pan at a time for about 10-30 seconds, until browned and cooked. Lay the tortillas on a paper towel to absorb excess oil. Repeat for remaining tortillas.
2. In a medium saucepan, add black beans with just enough water to cover the beans. Bring to a boil, stirring continuously. Once thickened, set aside.
3. Season shrimp with your favorite spices and sauté in a pan until cooked through.
4. To prepare tostada, spread a large spoonful of beans over the corn tortilla. Sprinkle with queso fresco, greens, and shrimp. Top with a dollop of sour cream.



ROSEMARY APPLE PIE

By Samantha Kwok, graduate of the *Cooks for Health* teen program on Lower East Side, Manhattan

Serves 6-8

Ingredients

Apple Pie

2 c. flour
1 tbsp. + 1 tsp.
 rosemary
3 tbsp. sugar
Pinch of salt
1 stick of butter
2 tsp. cinnamon
1/4 c. water
4 apples, cored and
 sliced

Egg Wash

1 tbsp. heavy cream,
 half and half, or milk
1 large egg yolk

Beat egg yolk with
cream and brush on
the surface of the pie
with a pastry brush.

Tip

No food processor?
Use a bowl and fork
to work the butter in.

Preparation

1. Place flour, 1 tablespoon of rosemary, 2 tablespoons sugar, salt, and butter in a food processor Pulse for 30 seconds, until mixture has the consistency of sand. Add water and mix together by hand until dough is formed. Press into a disk and allow dough to rest for 20 minutes in the refrigerator.
2. Slice apples and toss with remaining sugar and cinnamon.
3. Remove dough from refrigerator. Divide in two. Sprinkle clean surface with flour, place one disk of dough on top, and roll out to about 1/8" thickness. Repeat with the second piece of dough.
4. Place one of the rolled out dough rounds into a pie dish, setting it into the bottom and trimming away excess around the edges. Bake for 7-10 minutes, using pie weights or dried beans on parchment to weigh the center of the pie down. Remove from oven and allow to cool.
5. Add apple filling evenly around the center of the crust. Place second rolled out dough on top. Trim away any excess around the edges. Crimp edges by pinching even sections between your thumb and forefinger.
6. Brush with egg wash and use a sharp pairing knife to make several slits down the center.
7. Bake for 15-20 minutes or until golden brown.



HARVEST PUFFS

By Nicole Mera, graduate of the *Teen Apprenticeship Program* in Mount Eden, Bronx.

Serves 12

Ingredients

2 c. butternut squash,
mashed
1 tbsp. olive oil
1/2 feta, crumbled
1 onion, chopped
1 clove garlic, minced
1 bunch of spinach,
chopped
Salt and pepper to
taste
1 pack puff pastry
1 egg wash

Preparation

1. Preheat oven to 375 degrees.
2. Steam and mash butternut squash.
3. Sauté onion in olive oil for 5 minutes, until translucent. Add garlic and spinach. Drain off liquid.
4. Combine mashed squash, feta, spinach, onion, and garlic in a bowl. Season to taste with salt and pepper.
5. Cut pastry dough into 2" squares.
6. Set dough squares into a muffin pan. Fill centers with squash and spinach filling.
7. Brush with egg wash (see page 6)
8. Bake for 15-20 minutes or until golden brown.



JEERA STEW BITES

By Kenneth Sookoo, graduate of the *Cooks for Health* teen program in Lower East Side, Manhattan
Serves 12-15

Ingredients

2 tbsp. oil
1 onion, chopped
2 garlic cloves
1 15-oz. can chickpeas,
rinsed and drained
1 bunch spinach,
chopped
2 lbs. shredded duck
1 tsp. cumin
1/2 tsp. pepper
1/2 tsp. of salt
1/2 tsp. cayenne
1 package phyllo
dough

Preparation

1. Thaw phyllo dough according to package directions.
2. Preheat oven to 375 degrees.
3. Heat oil and sauté onion and garlic. Add spinach and sauté until wilted. Fold in chickpeas and duck. Then, add cumin, salt, pepper, cayenne
4. Take one sheet of phyllo dough, fold each side into the center, overlapping. Brush with olive oil, and add a spoonful of spinach mixture into the bottom right corner. Fold across and up to the left. Continue the pattern, forming triangles.
5. Bake for 15-20 minutes or until golden brown.



QUESADILLA DE FINCA

By Ashley Paredes, graduate of the *Teen Apprenticeship Program* in Williamsburg, Brooklyn
Serves 6

Ingredients

1/2 head cauliflower,
roasted
16 oz. Monterey Jack
Cheese, shredded
1 bunch kale,
chopped
1 bunch cilantro,
chopped
12 flour tortillas

Preparation

1. Preheat oven to 400 degrees.
2. Break down the cauliflower into small florets. Coat with a thin layer of olive oil and roast in an oven for 7-10 minutes.
3. Heat pan to medium heat. Sauté kale for 3-5 minutes or until wilted. Set aside.
4. Layer tortilla with cheese. Top with sautéed kale, cauliflower, more cheese, and another tortilla.
5. Heat a heavy bottomed skillet on the stove. Place quesadilla in the pan, pressing down to sear it on one side. After 1 minute, flip and cook until cheese has melted and tortilla is a golden to dark brown.
6. Cut into wedges and top with guacamole, sour cream, and salsa.

