



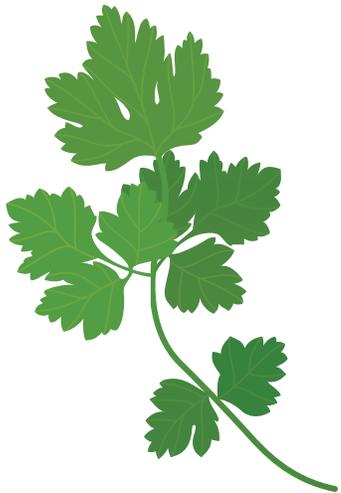
**FIDELIS CARE®**



**NEW YORK RESTORATION PROJECT**

Need some healthy food ideas from the garden?

# YOU'RE GOOD TO GROW!



## **HERBS** CILANTRO, BASIL

Just one handful is rich in antioxidants, flavonoids and anti-inflammatory properties.

**Recipe to try:**  
Black Bean Tacos with Avocado Cilantro Lime Sauce



## **FRUITS** CHERRIES, APPLES, PEACHES

Filling and flavorful, yet low in calories and high in essential nutrients like potassium, vitamin C and folate.

**Recipe to try:**  
Apple Nachos with Peanut Butter and Chocolate (or dried fruit!)



## **GREENS** SPINACH, KALE, COLLARDS

Helps lower cholesterol (collards), filled with Vitamins A and K (kale), and packs more iron than a hamburger patty (spinach)!

**Recipe to try:**  
Ethiopian Collard Greens



## **SAVORY** CORN, ONIONS, EGGPLANT

Filled with beneficial phytochemicals that help with everything from vision to digestion, these staples translate to any season and compliment many dishes.

**Recipe to try:**  
Tomato and Corn Salsa

## BLACK BEAN TACOS WITH AVOCADO CILANTRO-LIME SAUCE

*Vegan, gluten-free, makes about 8 tacos (can easily cut in half if desired)*

### INGREDIENTS:

Two 15 oz. cans black beans  
1 cup salsa (restaurant-style or other)  
1 tsp. cumin  
Corn tortillas  
Toppings of your choice: lettuce, tomato, onion, roasted red peppers, corn, avocado, cilantro, etc.

{For the sauce}

1/2 ripe avocado  
3/4 cup cilantro, stems removed  
Juice from 1 lime  
1 clove garlic  
1 Tbsp. olive oil  
1 tsp. agave/honey  
1/8 tsp. salt

### DIRECTIONS:

For avocado sauce: in food processor or blender, add sauce ingredients and blend. Add water to thin, tweak seasonings as desired. Set aside, or refrigerate. In a pan over medium heat, add black beans (rinsed and drained), salsa, and cumin. Heat for 5 minutes stirring occasionally, until heated through. While the beans are heating, chop and prepare toppings. Warm tortillas if desired. Spoon black bean mixture in center of tortillas, drizzle avocado sauce over the top, and add your toppings.

*From thegardengrazer.com*

## TOMATO AND CORN SALSA

*Makes about 2 cups*

### INGREDIENTS:

1 small red onion, chopped  
1/2 teaspoon salt  
Juice of 2 limes  
4 red or green jalapeño chiles, seeded and finely chopped  
4 medium tomatoes, chopped  
1 cup fresh or frozen (thawed) corn kernels  
1 cup chopped cilantro

### PREPARATIONS:

Place the chopped onion in a bowl, sprinkle with the salt, squeeze the lime juice over, and set aside for 15 to 20 minutes. Add the chopped chiles, tomatoes, corn, and cilantro to the onion mixture, and stir. Serve immediately.

*By Robin Donovan, Campfire Cuisine from Epicurious.*

## APPLE NACHOS WITH PEANUT BUTTER AND CHOCOLATE

*Fruit, nuts and chocolate make this a great healthy snack at any time!*

### INGREDIENTS:

1 Fuji apple (or slicing apple of your choice), cut into 32 thin slices\*  
1/4 cup smooth peanut butter, melted  
1/4 cup semi-sweet chocolate chips, melted\*\*  
handful of chocolate chips, for sprinkling

### DIRECTIONS:

Arrange apple slices on a plate. Drizzle melted peanut butter over apple slices with a spoon, and do the same with the melted chocolate. Sprinkle handful of chocolate chips over the plate as topping. Serve immediately.

*From trialandeater.com*

## E'ABESHA GOMEN (ETHIOPIAN COLLARD GREENS)

*Serves: 3-4*

### INGREDIENTS:

Collard Greens/Kale chopped (10 ounce)  
3 or more tablespoons Niter(Ethiopian Spiced Butter) or cooking oil  
1 teaspoon minced ginger  
2 teaspoon minced garlic  
1 large white onion chopped  
1 teaspoon smoke paprika  
1/2 teaspoon cardamom spice  
1 teaspoon coriander/Cumin  
1-2 Fresh Chili pepper or teaspoon cayenne pepper or more  
1 fresh lemon

### INSTRUCTIONS:

In a large skillet, add oil, spiced butter, garlic, ginger, chili pepper, cumin, cardamom, paprika, sauté for about 30 seconds or more, be careful not to let the ingredients burn. Then add onions, mix with the spices. Sauté for about 3-5. Throw in chopped collards, cayenne pepper, lemon juice, Continue cooking for another 7-10 minutes until flavors have blend and greens are cooked, according to preference. Adjust seasonings -Salt and pepper, turn off the heat. Remove from the heat and let it cool.

*From africanbites.com*

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