

PRESENTED BY



UCLA FARMERS' MARKET & JANE B SEMEL HCI EATWELL POD

community

collaborative

cookbook

UCLA FM X SEMEL HCI



# welcome friends!

I am the Community Collaborative Cookbook — a long-awaited, community-focused, people-inspired virtual recipe book!

I'm here today not to boast the healthiest, vegan-ist, elite-ist recipes, but to amplify your stories of food, of community, of togetherness during this weird COVID time. UCLA Farmers' Market and Semel HCI's Eatwell Pod, guided by the mission to support local farmers and uplift meals as vehicles for culture and community, collaborated to create me.

And what's inside me? I am composed of beautiful breakfasts, scrumptious lunches, and delightful dinners—each featuring ingredients that can be found at your local farmers' market that have been collected by YOU! Yes, YOU! And it's for you too. I am home to the stories and faces behind meals, not just the ingredients, and I am home to the intersecting voices of the UCLA community. This past year has most certainly been a special one, and although we couldn't all come together at the market or gather around a big table to share a meal, I hope I can still bring a piece of community to you all. So, gather (fully-vaccinated and safe as can be, of course!) and create a story yourself from the meals that live inside me. Cheers.

**Community Collaborative Cookbook:  
by UCLA Farmers' Market + Semel HCI Eatwell**



### About UCLA Farmers' Market:

UCLA FM is a sustainability-minded and community-obsessed student organization, bringing local farmers and vendors to Bruin Plaza Wednesdays 2-6 pm four times a quarter. During non-covid times, we create accessible workshops discussing all things sustainability, food equity, and fresh produce for the UCLA community. Come join us next year!

### About Semel HCI Eatwell:

EatWell's mission is to enhance food literacy, promote equal access to fresh food, offer nutritious and sustainable food choices to everyone at UCLA, and build community around the topic of food, human, and planetary health. To achieve these goals, the pod supports innovative projects led by students, staff, and faculty across campus, ranging from sustainable gardens, to food-focused courses, to cooking workshops. Through these projects, EatWell aims to be a leader in food research and programming by building partnerships, sharing lessons learned, and bringing relevant and emerging issues to the forefront of dialogues.

The following symbols are used throughout this book for your convenience:



Vegetarian    Vegan    Gluten-Free

\*bolded, starred ingredients can be found at your local farmers' market!

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GOOD MORNING

# it's breakfast time.

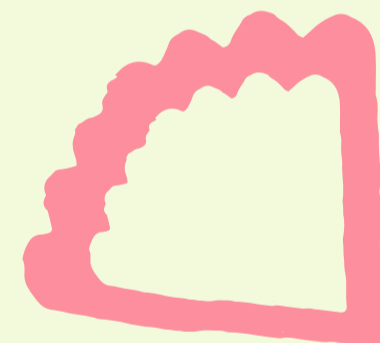
we think breakfast is about more than just food. breakfast is about starting the day off on the right foot. breakfast is about comfort. breakfast is good for dinner though too...  
**guess breakfast is just about happiness.**

LET'S DIG RIGHT IN



## CHOCOLATE MOCHI WAFFLES

Recipe from Miranda Kim



## UGANDAN ROLEX BREAKFAST WRAP

Recipe from UCLA GlobeMed



## SOMEWHERE BETWEEN NEW YORK AND MONTREAL BAGELS

Recipe from Kayla Wisnowski



CHOCOLATE

# mochi waffles

Serves 2-3

Cook time: 25 min.

Recipe from Miranda Kim

This recipe started off as an experiment based on a "Vegan Coconut Mochi Bites" recipe by Jamie (Drive Me Hungry). Since my sisters don't really like coconut, I decided to make the mochi bites with melted chocolate and chocolate chips. I also adjusted the recipe so that I could use almond milk instead of coconut milk and added bananas. After receiving a mini waffle iron for Christmas, I decided to try the batter in waffle form. It was a winner! Now my sisters ask for mochi waffles every day!

1. In a bowl mix all the dry ingredients: mochiko flour, flour, sugar, and baking powder. Optional: use a sieve to mix evenly
2. Melt ½ cup of chocolate chips by heating in the microwave.
3. Mix in the vanilla extract, milk, and melted chocolate
4. Mash the banana and mix into the bowl along with the remaining ½ cup of chocolate chips
5. Grease the waffle iron with coconut oil
6. Add batter to the iron and cook until golden brown

### YOU NEED:

- 1 ½ cups Mochiko flour
- ¼ cup other GF flour (e.g. almond, oat)
- 2 tbsp brown or coconut sugar
- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 cup milk (e.g. almond, oat, soy)
- 1 cup of (vegan) chocolate chips
- \*1 ripe banana
- Coconut oil

### About Miranda:

I'm a fourth-year undergraduate student studying economics and psychology, and I'm from the South Bay! I grew up loving ALL types of food but after being asked to pinpoint a "favorite" I've settled on saying Mediterranean and Korean food. I also have a major sweet tooth - particularly for chocolate-flavored desserts. When I'm not eating or studying, I enjoy reading, dancing, and going on walks with my family.



# ugandan rolex

## BREAKFAST WRAP

Recipe from UCLA Globe Med

Serves 1

Cook time: 15-20 min.

This is a healthy breakfast meal that UCLA GlobeMed members often eat when they are visiting Uganda to visit the projects that we fund in Mpoma, Uganda!

1. Crack eggs into a large mug. Add the cabbage, tomato, red onion, and salt. Stir together with a spoon until well combined.
2. Preheat a large skillet over medium-high heat. Oil well. Nonstick pans make the job even easier.
3. Add the eggs and spread out into a flat circle with the back of your spoon. Let cook until mostly set and the bottom is browned.
4. Flip and cook another couple of minutes. Top with chapati to heat it up.
5. Remove from pan and, when cool enough to handle, roll it up! Enjoy your bite of Uganda.

### YOU NEED:

- \*2 eggs
- \*¼ cup green cabbage (thinly sliced)
- \*¼ cup tomatoes (seeds removed and finely diced)
- \*1 Tbsp red onions (minced)
- Salt, to taste
- Vegetable oil
- 1 large chapati
- Hot chili pepper (optional for topping)

#### About GlobeMed:

GlobeMed is a non-profit, student-run organization that has university-based chapters throughout the nation. Founded in 2008, the UCLA GlobeMed chapter is partnered with Mpoma Community HIV/AIDS Initiative. Located in South Central Uganda, Mpoma Community HIV/AIDS Initiative has been working on the WASH (Water, Sanitation and Hygiene) project.



## SOMEWHERE BETWEEN NEW YORK & MONTREAL

# bagels

Recipe from Kayla Wisnowski

Serves 5-8

Cook time: 2-3 hours

There's something extremely satisfying about watching dough grow. And something even more satisfying about knowing that you can easily make a better version of something served at The Study. This bagel recipe is a hybrid of sorts: somewhere between a fluffy, New York-style bagel and a dense, Montreal-style bagel. The main difference: the amount of yeast and pâte fermentée, similar to a sourdough starter. One of the best aspects of any bagel is that it'll taste great with anything and everything! It's a perfect landing for leftovers.

This recipe is adapted from a bagel shop where I worked in Boulder. I've made this dough countless times and everytime I slap it, I still get a little excited. The original recipe was for 285 bagels, so I've scaled it back, made it home kitchen friendly, and thrown on some garnishes. This recipe has been adapted from a high-altitude recipe and I haven't been able to test it at sea level, so if the flour proportions seem off, please! Take it down a few grams/tablespoons. Oh, and be careful with the cooking times—it takes longer to cook at higher altitudes. My best advice is to make sure you have the counter and your schedule cleared.

### YOU NEED:

#### For the Dough:

- \*1 small egg
- \*¼ C & 1 tbs honey
- ¼ c & 2 tsp. neutral oil or grapeseed oil
- 13 g of Active dry yeast (about 2 packets)
- 32 g of Barley malt (2 ½ tbsp.)
- 1 ½ tbsp. Kosher salt
- 6 ¾ C bread flour

#### For the boiling:

- \*½ C of Honey or Barley Malt
- 6 qts of Water

#### For the fun:

Add any sort of toppings that you think would taste good! My favorites are raspberry jam or fig compote and cream cheese!



# SOMEWHERE BETWEEN NEW YORK AND MONTREAL

## bagels

(continued)

### Dough Assembly

1. Make sure your yeast is alive and well. Combine it with  $\frac{1}{2}$  a cup of water and stir until frothy on top and well dissolved. Let it rest for 10 minutes. This is called proofing and it lets the yeast bloom.
2. Combine the wet ingredients in a large bowl (water, egg, honey, oil, yeast, barley malt). Just give it a nice gentle stir, nothing too crazy.
3. Stir together the salt and the flour and make a little crater in the middle. Slowly pour half the wet mixture into the dry ingredients. Using the bread twisty attachment on your mixer, pulse until the flour is fairly incorporated and begin to mix on a higher setting. If you're using a spatula, start folding in the wet ingredients until a shaggy dough forms. From this, knead the mixture in the bowl several times, folding it over and onto itself to bring it together into a solid mass, then turn it out onto a clean work surface. Continue kneading until there are no dry spots, then, adding more flour only if needed to prevent stubborn sticking. Usually takes 15 minutes.
4. Gather the dough into a ball and place it in a large, clean bowl, seam-side down. Cover with a damp towel and let the dough rise at room temperature (if it is cold where you are, place the dough in the turned off oven with the light on) until it has doubled in size and passes the poke test, 1 to  $1\frac{1}{2}$  hours.
5. Using your hand, lightly slap down the dough to release some of the air, and turn it out onto a clean work surface. Roll out the dough into a long rectangular slab to make cutting more convenient. Cut the dough into 12 equal pieces, either eyeballing it or using a scale to weigh 130-gram pieces. Remove the top wire rack from the oven and place it next to your stove. Be sure to place paper towels under the wire rack to make cleanup easier. Preheat your oven to 450°F.
6. Start rolling out each piece of dough. Make sure to start with either a teardrop shape or a rectangular shape so that the dough is evenly distributed. Place both hands near the middle of the piece of dough and begin rolling until the sides are sealed. Be sure to leave the ends

just a bit thicker than the middle since we still have to roll the ends together. With the about 5 inch tube of dough, bring the two ends to overlap, about 1 inch in, and press firmly into while rolling. Try to use the base of your hand slightly above your wrist for optimal pressure, rolling it onto the palm and repeating the process until a sturdy loop forms.

7. Place 6 bagels on a cookie sheet lined with parchment paper.

### Boiling

1. Bring out your biggest soup pot. Fill it up with water, about  $\frac{3}{4}$  of the way and add in  $\frac{1}{2}$  a cup of honey or barley malt. Bring this to a boil and plop in one bagel at a time. If the bagels have not properly risen, then they will sink and stay down for longer than 10 seconds. If they have properly risen, they will sink then rise to the top fairly quickly.

Once the bagel has reached the surface, use any tool really but a spider or slotted spoon is ideal to fish out the bagel. Place the bagel on the wire rack. Repeat this process until you've reached the number of bagels you want to be seasoned with one seasoning. Align the bagels  $\frac{1}{2}$  an inch apart and sprinkle the seasoning on the bagels. Flip the bagels around and repeat the process. Do this with as many seasonings as you'd like.

### Baking

Move the bagels to the parchment lined cookie sheets. Place the sheet on the middle rack of the oven. Cook for about 10-12 minutes. While cooking, be sure to rotate the pan if your oven heats unevenly (you can tell this if some have more crispy spots than others). Once you've removed them from the oven, let them cool for about 10 minutes.

They should be eaten on the same day, but the freezer will keep them safe for up to three months!

#### About Kayla:

Kayla is an undergrad Environmental Science student from Colorado. She enjoys baking, skiing, and tasteless television.



THE HOLY TRINITY

# soups, salads, & stews

whether you're a slurp-er, a crunch-er, or anything in between, you can't tell us you don't love a good soupsaladstew moment.

LET'S DIG RIGHT IN



## THE KAY-LE & AVA-CADO SALAD

Recipe from Kayleigh Ruller & Ava Blanchette

## DOENJANG JIGAE

Recipe from Marissa Hong

## THAI RED CURRY

## COCONUT NOODLE SOUP

Recipe from USAC Facilities Commission: Project L.I.T.

## THUNDER SOUP

Recipe from Jaime Hattori

## WARM BRUSSEL SPROUT SALAD

Recipe from Kendall Lafranchi & Hana Chen

## SEASONAL QUINOA SALAD

Recipe from Lauren Brizzolara

## CZECHOSLOVAKIAN GOULASH

Recipe from Ava McCandless

THE

# kay-le & ava-cado

SALAD



Serves 2-3

Cook time: 30-60 min.

Recipe from Kayleigh Ruller & Ava Blanchette

I'm visiting Ava's delightful home in Seattle for a few weeks and this recipe came to life one cozy evening after a long day of zoom, meetings, and school. Inspired by simplicity and accessibility, The "Kay"le and "Ava"cado salad features brain-boosting healthy fats, easy-to-find fresh veggie staples, and adjustable ingredients! This isn't just a delicious end-product, but a perfect meal to make while jamming to songs, dancing around your kitchen, and cutting veggies with your best friend!

1. Wash your hands. You know the drill.
2. If choosing to enjoy this salad with chicken, set the oven for 375 degrees, and coat your chicken breasts with olive oil on a sheet pan.
3. Sprinkle your fav seasonings- salt, pepper, garlic, chili peppers- on the olive-oil coated chicken.
4. Once the oven is ready, pop those babies in for 23 minutes or so. Keep an eye on it tho for a nice golden brown coat :)
5. While the chicken is cooking, prep the salad by first placing 2-3 handful of baby kale in a big bowl along with a handful of sprouts. (PRO TIP: Salads are supreme served in big bowls!)
6. Cut the veggies: cut the 2 avocados into cubes, slice half of red onion into small slivers, remove the cucumber skin, and slice cucumber into cubes.

## YOU NEED :

- \*4 cups or 2 big handfuls of kale (baby or tuscan)
- \*2 fresh avocados
- \*Half of a red onion
- 1 cup garlic croutons! (\*homemade or store bought!)
- \*1 english cucumber
- 2 chicken breasts (optional)
- \*1 cup cherry tomatoes
- Salt, pepper, and your favorite seasoning for chicken (e.g. 1 teaspoon garlic w/ thyme)
- \*1 cup sprouts
- Primal Kitchen Vegan Ranch Dressing

# THE kay-le & ava-cado

## SALAD

(continued)

7. Dash the veggies with a friendly pinch of salt & pepper.
8. Pour the freshly sliced-and-salted veggies into the kale bowl along with whole cherry tomatoes. I personally like to keep the cherry tomatoes whole for the extra crunch & punch in the salad.
9. Mix a 2 tablespoons (or to taste) Vegan Ranch into the salad bowl. Be sure to toss the ingredients well so they're dispersed evenly.
10. Once a lovely light golden brown, take the chicken out of the oven and cut it into strips as you please
11. Served in bowls, place the chicken on top of the beautiful bed of leaves along with a sprinkle of croutons.
12. Put your phone down, close your laptop, and enjoy your meal mindfully with good company (COVID-safe though!)

### About Kayleigh & Ava:

Hi there! I'm Kayleigh and I'm the Co-Director of UCLA Farmers Market, lover of lakes, mountains, and warm drinks! I like watching planes at night and laughing with Ava. And I'm Ava, good friend of Kayleigh, who likes walking and dancing preferably near lakes and mountains also. Unlike Kayleigh, I like cold drinks.



# doenjang jigae

Recipe from Marissa Hong

Serves 2

Cook time: 30 min.

My mother and grandma used to cook this stew for me all the time when I was younger. I've always associated it with Korean culture and I never really craved it before coming to college. I find it crazy how now I've become the one making it.

It's been so fun to cook it for my roommates and see them enjoy it :) It's also been nice to make something relatively healthy for a change as opposed to our go-to ramen noodles and buttery fried rice!!

1. Chop vegetables and cut tofu.
2. Simmer water, dried anchovies, and kelp on stove for around 10 min.
3. Remove the dried anchovies and kelp.
4. Add in the doenjang paste.
5. Add in chopped zucchini and let it boil for around 5 min.
6. Add in tofu and let it boil for around 5 min.
7. Add in chopped green onion and garlic. Let boil for around 5 min.
8. Serve with rice and enjoy!

## YOU NEED:

- 3 cups rice water or water
- 1 handful dried anchovies
- 1 dried kelp
- 2 tbsp doenjang paste
- \*1 zucchini
- ½ pack extra firm tofu
- \*1 tsp garlic
- \*1 green onion



### About Marissa:

Hi! I'm a UCLA undergraduate student studying art! This year has been my first time living in an apartment and having a kitchen of my own. At first, I have to admit it, cooking was a bit daunting...however, overtime I've really enjoyed trying new recipes and cooking with my roommates! It's especially been fun and cool to make dishes that I grew up eating, such as Korean soups!





# THAI RED CURRY COCONUT noodle soup



Recipe from USAC Facilities Commission: Project L.I.T.

Serves 3-4

Cook time: 30 min.

This recipe has got it all. Not only is it boosted with flavors and super easy to throw together, but it's also vegan! We hope you enjoy :)

1. Heat avocado oil in a large pot on medium-high heat.
2. Add the onion and cook for 2-3 minutes until translucent.
3. Add the ginger and garlic and cook for another minute.
4. Add the Thai red curry paste, curry powder, turmeric powder, vegetable broth, and coconut milk. Bring to a boil while stirring, then lower the heat to medium-low and let simmer for 5 minutes.
5. Add in the soy sauce, maple syrup, and lime juice, and stir. Reduce heat to low and let simmer for another 5 minutes.
6. While the soup is simmering, cook the rice noodles according to package instructions.
7. Add the rice noodles to the soup.
8. Serve with fresh cilantro and a lime wedge.

## YOU NEED:

- 1 ½ tbsp avocado oil
- \*1 onion, roughly chopped
- \*4 garlic cloves, roughly chopped
- \*1 inch of ginger, roughly chopped
- 1-2 tbsp of Thai red curry paste
- 2 tsp curry powder
- ½ tsp turmeric powder
- 1 L low-sodium vegetable broth
- 1 cup full-fat coconut milk
- 2-3 tbsp soy sauce
- 2 tbsp maple syrup
- \*Juice of ½ lime
- 7 oz rice noodles
- \*Cilantro to garnish

**About Project L.I.T.:**  
As a part of USAC's Facilities Commission, Project L.I.T. advocates for the best possible lighting, infrastructure, and transportation on campus. They work to ensure that lighting on campus and In Westwood promotes student safety and accessibility and work closely with UCLA Transportation and the Transportation Advisory Board to publicize public transportation in and around the UCLA area.



# thunder soup



Recipe from Jaime Hattori

Serves 4

Cook time: 40 min.

The reason why this recipe is called "thunder soup" is because the tofu crackling while it cooks mimics thunder! This is one of my absolute favorite Japanese dishes, and it's so comforting and easy. I add in whatever veggies I have on hand and sauté them with the mushrooms and daikon!

1. Chop up all of your veggies and press your block of tofu under heavy books or in a tofu press!
2. In a big non-stick pan or wok, coat the bottom with sesame oil. Be generous!
3. After the oil has heated up, crumble your block of tofu in with your hands. This is where you will hear the "thunder"!
4. While your tofu cooks, you can start sautéing your daikon and mushrooms in a big pot. I just use a little sesame oil to keep it from sticking!

## YOU NEED:

- \*1 block tofu
- Sesame oil
- \*½ head Napa cabbage
- \*2 heads baby bok choy
- \*A handful of wild mushrooms/shiitake mushrooms/maitake mushrooms
- Daikon (Japanese radish), peeled and sliced into thin half moons
- ¼ cup white miso
- 5 cups water or vegetable broth
- 2 tbsps mirin
- 2 tbsps rice vinegar
- Soy sauce or Tamari (gluten-free option) to taste
- Chili oil or chili paste

# thunder soup

(continued)

5. Keep stirring the tofu until it gets crispy on all sides of the little pieces. Add a pinch of salt, then set aside!
6. Add vegetable broth or water to your veggies and bring to a boil.
7. Add in your miso, vinegar, mirin, and soy sauce. If it needs more miso or soy sauce, adjust accordingly!
8. Once your daikon is tender and almost translucent, add in the Napa, bok choy, and tofu. Place a lid on your pot to let the greens steam quickly.
9. Stir and serve with your preferred amount of chili oil or paste!



**About Jaime:**

Hi! I'm a third year Communications major from Sacramento, CA. I have been vegan for 6 years now and have finally gotten into veganizing all the Japanese dishes I loved when I was younger. Besides that, I love roller skating, sewing, and reading : )

# warm brussel sprout

## SALAD

Serves 2-4

Recipe from Kendall Lafranchi & Hana Chen

Cook time: 40-50 min.

In the fall and winter, we love to make warm salads and this brussel sprout salad is a favorite among our friends and family. The sweetness of the balsamic caramelized onions balances the bitter notes of the brussel sprouts so well, and a makeshift dressing is created from those juices, the creamy chevre, and egg yolk (optional but highly recommended!). Plus, you can get almost all of these ingredients at a farmers market!

1. Preheat your oven to 425°.
2. While that's heating up, cut your brussel sprouts into halves or quarters depending on how big they are.
3. Spread them evenly onto a sheet pan and drizzle with olive oil and honey (we find that it balances the bitterness really nicely). Then season with salt, pepper, and any other seasonings you like, and toss the sprouts around so everything is evenly coated.
4. Put them in the oven for 20-30 min or until the sprouts are crispy and tender. We like ours almost burnt on the edges for the crispiness.
5. While that's in the oven, thinly slice the onion into half rings.

### YOU NEED :

- \*2 eggs
- \*¼ cup green cabbage (thinly sliced)
- \*¼ cup tomatoes (seeds removed and finely diced)
- \*1 Tbsp red onions (minced)
- Salt, to taste
- Vegetable oil
- 1 large chapati
- Hot chili pepper (optional for topping)

# warm brussel sprout

## SALAD

(continued)

6. Put the onions into a pan on medium heat with a little bit of oil or butter and let them reduce for at least 10 minutes. Then, add the balsamic vinegar and sugar to the pan, stir, and continue to sauté until they are fully caramelized and nearly translucent.

7. Add your brussel sprouts and balsamic onions into your salad bowl. Crumble your cheese in the bowl and toss to combine and enjoy!

You could stop here, but we think these other additions add new levels to your salad.

\* Fry or poach an egg if you're feeling fancy, and toss this in with the salad so the gooey yolk is incorporated throughout.

\* Adding dried fruit like cranberries and toasted nuts is another great addition if you want a variety of textures in your salad.



### About Kendall & Hana:

We are seniors at UCLA studying Cognitive Science and Economics. We love cooking together in our apartment and especially enjoy yummy and cozy roasted veggies in the winter and fall.

## SEASONAL

# quinoa bowl

Recipe from Lauren Brizzolara

Serves 1

Cook time: 15 min.

This is a super quick and easy recipe that is a staple in my kitchen because it can really be switched up based on what produce is found at the market! It requires little to no knowledge of intense cooking skills while also tasting DELICIOUS!

1. Preheat oven to 420°
2. Cut veggies into bite size pieces and coat in olive oil, pepper, salt, and red chili flakes to taste
3. Lay veggies onto sheet pan and pop into the oven for at least 20 minutes, or until they are soft enough for you
4. While the veggies are cooking, cook your quinoa according to instructions
5. When finished, pour quinoa into final bowl, and put however many veggies you want on top
6. Add your leafy green to the bowl
7. Squeeze the lemon on top of the bowl and drizzle with olive oil and season to taste!
8. If you're looking for a little pop of flavor add Parmesan cheese!

### YOU NEED:

\*Any amount of any veggie  
(my favorites include  
broccoli, cauliflower, sweet  
potato, onion)

\*2 handfuls of leafy greens  
(my favorite is arugula!)

1/4 cup quinoa

\*1/2 lemon

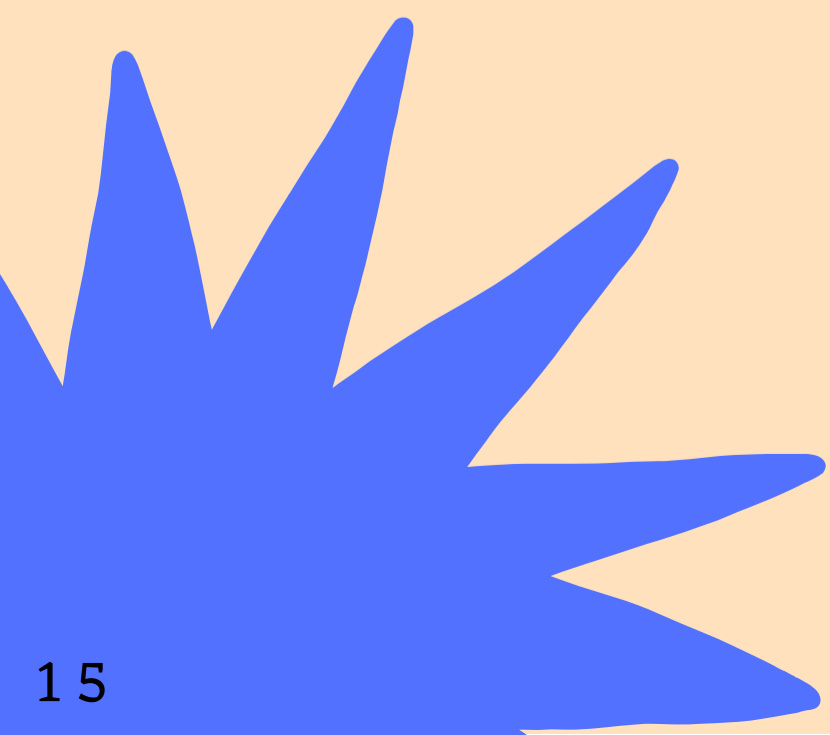
Salt, pepper, red chili flakes  
to taste

Olive oil



### About Lauren:

I'm a third year Communication and Economics double major that loves to cook but only has time for simple recipes. Luckily my mom's passed down some staples that I make frequently!



# czechoslovakian



## GOULASH

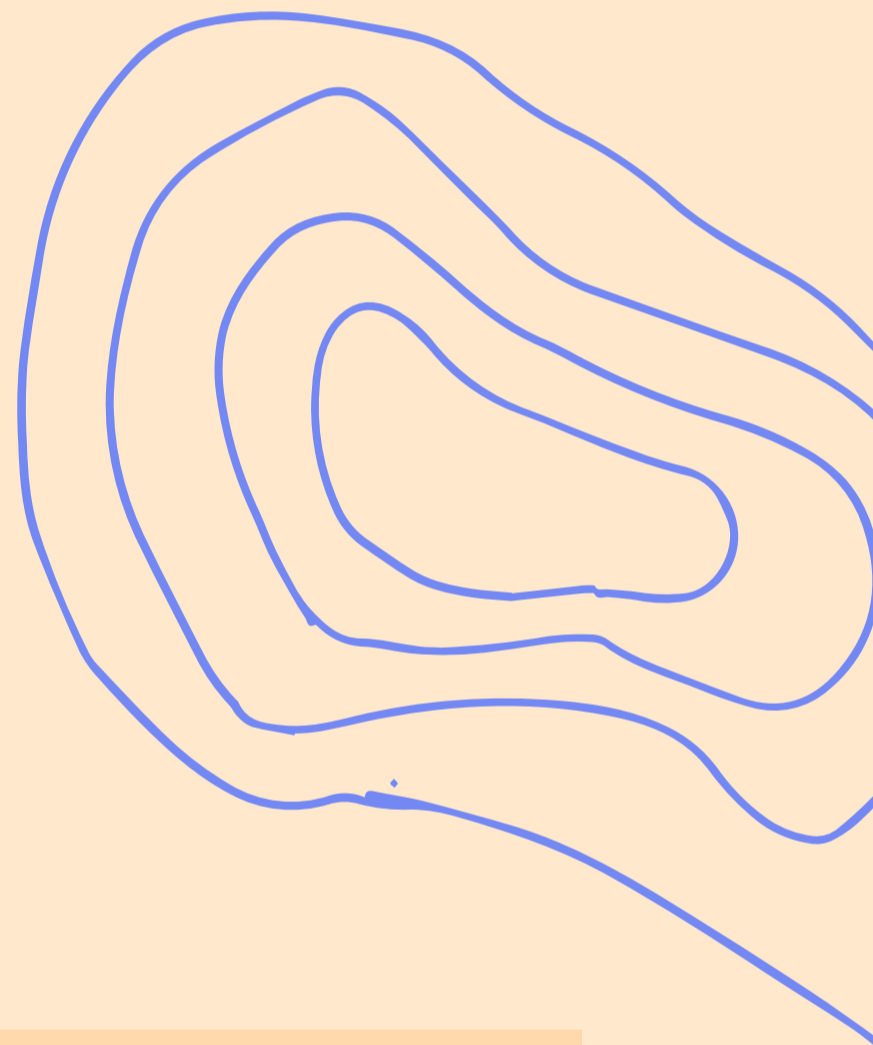
Recipe from Ava McCandless

Serves 3-4

Cook time: 1 hour

My grandparents, Anthony (Tony) and Rosemary Salamack, both grew up in the little town of Johnstown, New York. Both of Rosemary's parent were Italian, whereas Tony's father was Italian and his mother, Sadie, was Czechoslovakian. Tony remembers sitting in his father's bar as a child, eating goulash made by Sadie, my great-grandmother. The recipe was then given to my Nana when she married Tony, who passed it on to my mother. Like my Papa, it was my favorite dish growing up, too.

Traditionally, it is a stew with beef, but I do not eat beef for ethical and climate reasons, so I have chosen to omit the meat. The comforting, nostalgic flavor remains, though, in the fragrant, tomatoey broth that will always remind me of my sweet grandparents.



### YOU NEED:

- \*4 Russet Potatoes
- \*4 Carrots
- \*1 Yellow onion
- 1 Bay leaf
- Olive oil
- \*1 clove garlic
- Ketchup
- Paprika
- Water
- Salt and pepper

1. Dice the onion and sauté in about a tablespoon of olive oil until translucent.
2. Add salt, pepper, garlic, and paprika
3. Add 2-3 wooden spoonfuls of ketchup
4. Slice carrots into "coins" and then slice the coin-sized pieces in half again, into half circles.
5. Add carrot to pot along with enough water to cover the carrots by several inches.
6. Add the bay leaf, and cover and cook for 30 minutes.
7. Dice the potatoes and add to the pot, along with salt and pepper to taste.
8. Cover again for an additional 15-20 minutes, until potatoes are soft and tender.
9. The sauce will gradually thicken to a nice stew and then you are ready to serve! Add any other toppings that might suit your fancy and top with croutons or parsley if you have it!
10. Enjoy!

#### About Ava:

I am an undergraduate environmental science student from Walnut Creek, CA. Going vegan when I was fourteen introduced me to the wonderful world of vegetables and kindled my passion for understanding where my food comes from. When I'm not studying, I love to sew my own clothes, garden, and make stop motion videos.

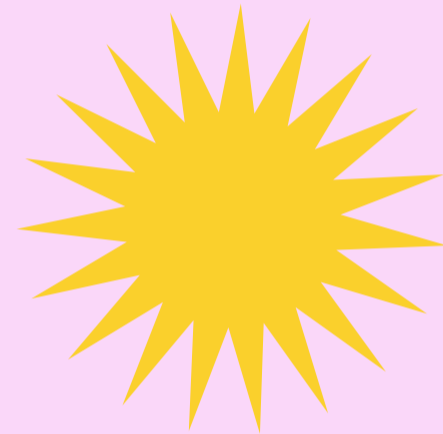


NOW YOU'RE HUNGRY?

# the whole shebang

eat them for lunch. eat them for dinner. eat these recipes for a very large snack. we've got it all for lunch and dinners.

LET'S DIG RIGHT IN



## TOASTED SESAME VEGGIE DUMPLINGS

Recipe from Zoë Womack & Mark Biedlingmaier

## LEAFY GREEN STUFFED RICE ROLLS

Recipe from Katie Oliveira

## SWEET POTATO & BLACK BEAN

## ENCHILADAS

Recipe from Grace Fratello-Hakim & Brooke Rosenberg

## MAPO EGGPLANT

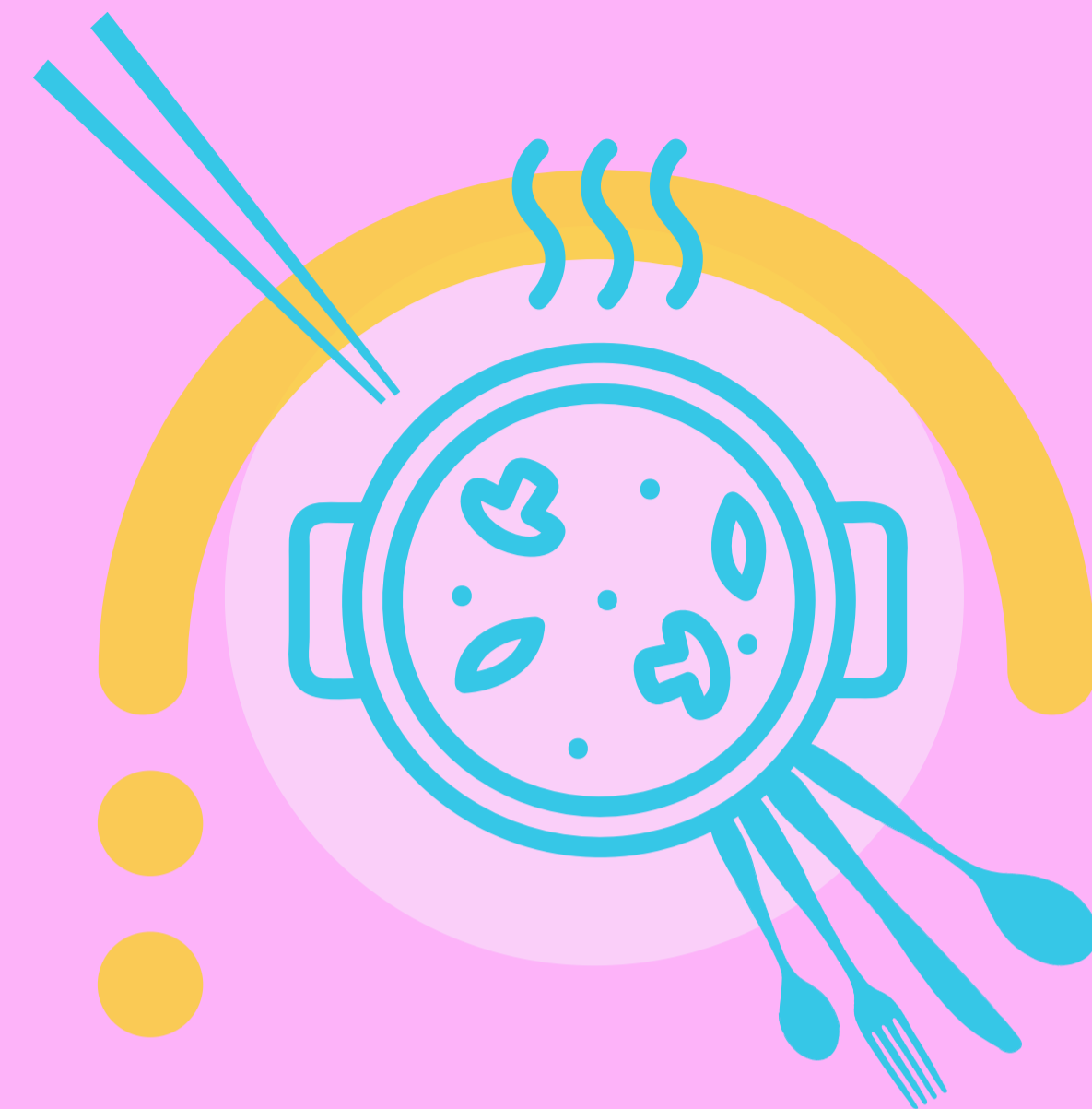
Recipe from USAC Facilities Commission: Graphics Committee

## RATATOUILLE

Recipe from UCLA Model United Nations

## KING TRUMPET MUSHROOM JOOK

Recipe from Semel HCI Center: EatWell Pod



## PASTA AGLIO E OLIO

Recipe from UCLA Farmers' Market

## ZHAJIANGMIAN "FRY SAUCE" NOODLES

Recipe from Karen Yi

## SWEET POTATO CURRY

Recipe from Izze Best

## TOASTED SESAME

# veggie dumplings

Serves 5-8

Recipe from Zoë Womack & Mark Biedlingmaler

Cook time: 1-2 hours



These dumplings are the real deal. Made from scratch with lots of love, putting it all together truly makes cooking fun. And there's of course the added bonus that after the dumpling-making journey is over, you get to fill your tummy with warm, delicious dumplings. Enjoy!

### YOU NEED:

- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- \*2 shallots, chopped
- \*2 cups shitake mushrooms, chopped
- 1 cup silken tofu, pressed and cubed
- \*1 cup bok choy, roughly chopped
- \*1 cup finely chopped green beans
- \*2 green onions, finely chopped both green and white sides
- 2 tablespoons tamari or low-sodium soy sauce
- black pepper
- ~30 wonton wrappers
- 1/3 cup raw, unsalted sesame seeds

1. Prep all veggies, chopping finely (remember they have to fit into a small dumpling!)
2. Heat both oils in a large skillet over medium-high heat and wait until it shimmers.
3. Cook shallots until fragrant and lightly cartelized (~2 minutes).
4. Add mushrooms, sprinkling a little salt over mushrooms to help them let go of their moisture). Allow moisture to cook off before adding additional ingredients. You can also pour some of it off, but you ideally want to keep the oil in the pan. (~5 mins)

5. Add the tofu, bok choy, and green beans, cooking for about 3 minutes until wilted but not charred.
6. Turn off heat and place veggie mixture into a bowl. Add chopped green onions, tamari, and black pepper to taste.
7. Prepare a small bowl with warm water for dumpling preparation.
8. Using a small spoon, or a tablespoon, scoop veggie mixture on to center of wonton wrapper.
9. Dip finger into warm water and trace the perimeter, getting lightly sticky. Seal wonton by bunching all corners together at the top. You can use several different folding methods, and I promise it will taste the same!
10. Place sesame seeds in a small plate and make sure they are evenly spread out.
11. Take the sealed dumpling, use your finger to wet the bottom of the dumpling, and then dip it on the plate of sesame seeds. The seeds should stick to the dumpling.
12. Once all dumplings are prepped, heat a few tablespoons of oil (we used avocado oil) until it shimmers. Place dumplings in hot oil (sesame seed side down) and let fry for 2-3 minutes.
13. Place 1/4 cup water into pan and cover to steam for 5-6 minutes (use caution when putting water into pan, it will spit oil!).
14. Remove dumplings from pan and place on paper towel to remove excess oil.
15. Enjoy with your favorite dipping sauce!

#### About Zoë & Mark:

We are both passionate UCLA alumni working as public health professionals with a strong focus on creating healthier food systems. During our time at UCLA we were both very involved with groups like EatWell, UCLA Farmers Market, DIG, Public Health Nutrition Club, and more...so it is great to be connected via food :) We love trying various recipes from friends and family and hope you enjoy our dumpling recipe. It has helped us get through the pandemic with a smile and satiated belly!



# LEAFY GREEN STUFFED rice rolls



Serves 2-3

Cook time: 45-50 min

Recipe from Katie Oliveira

This recipe was ultimately inspired by my most recent trip to the farmers' market where I picked up some Lacinato kale (basically kale but with bigger flat leaves) and had no idea what it was. I ended up buying it and later happened upon a similar recipe to this one but made with collard greens. After a couple experiments, I've found that this recipe works great with almost any leafy green with large, flat leaves and it's also so fun to make your little leaf burritos! So I hope you enjoy this craft & meal all in one!

## YOU NEED:

\*1 bunch of Lacinato kale or collard greens (sub for any large leafed leafy green!)

1 cup of rice

2 ½ cups veggie broth

½ block of tofu

\*½ medium yellow onion

1 tsp paprika

1 tsp garlic powder

Red pepper flakes to taste

½ tsp. salt

½ tsp apple cider vinegar

1. In a pot, add 2 ½ cups of veggie broth or use vegetable bullion and water to make the same amount of broth. Add 1 cup of rice, cover, and bring to a soft boil. Reduce the heat to low and simmer for 10-14 minutes, or until liquid is absorbed and rice is tender. Fluff the rice with a fork, and set aside.
2. While the rice is cooking bring a large pot of water to boil. Prepare an ice bath in a large bowl and set nearby.

3. While the water comes to a boil, prepare the collard greens by cutting off the extra long stem bits. You can cut out into the leaf as well, in a V-shape, depending how much hard stem you want left. If your leaves are too long, feel free to cut them in half!

4. When your pot of water is boiling, carefully lay each leaf into the boiling water, piling them on top of one another and using tongs to submerge. Then cover and let sit for 2 minutes, remove with tongs and plunge the leaves in the ice bath to stop the cooking.

5. Drain the ice bath and lightly squeeze any excess water out of your leaves. You can also use a towel to pat them extra dry! Set aside.

6. Dice up the yellow onion and use your fingers to crumble up your tofu into bits (like tofu scramble!)

7. Heat 2 tbsp of olive oil at medium-heat in a pan and add in the onion, paprika, garlic powder and red pepper flakes. Stir occasionally so the onions don't burn for around 7 minutes until the onion are soft and golden.

8. Add in the cooked rice, tofu crumbles, salt, and apple cider vinegar to the onions. Stir well, then cook for 3-4 minutes, until heated through. Optionally, crumble up some vegan sausage and heat that as well. Then set aside and get ready to assemble!

9. Lay a collard green on a cutting board and scoop in a big spoonful of the rice mixture. Fold in the tops and then roll in from the side, like a mini leaf burrito! Repeat until all your leaves are gone.

10. Once done, serve any extra rice as a side, and enjoy!

### About Katie:

I'm a third-year UCLA student studying Communications and Food Studies, and I also am the Social Media Director for the UCLA Farmers' Market! I've been vegan for over a year now, and one of my favorite things to do in cooking is find creative ways to cook up the veggies I find myself eating everyday and try and veganize as many recipes as I can find. I'll admit, I'm no experienced chef, but I do love to cook and it's always fun to see how my experiments turn out (often times, a bit different than expected.) :)



# sweet potato &

## BLACK BEAN ENCHILADAS



Recipe from Grace Fratello-Hakim & Brooke Rosenberg

Serves 2-3

Cook time: 45 min

Brooke and I first made this dish while living in a Workaway in Alaska! We were tasked with creating a dish using fresh ingredients for our host mom and were excited to craft this recipe! We happily ate it as leftovers for a couple days afterwards as well and are eager to make it again for our apartment!

### YOU NEED:

#### For enchilada stuffing:

- \*2 medium Sweet Potatoes
- 1 can Black Beans
- \*1 onion
- \*3 cloves of Garlic
- \*1 bell Pepper
- 3 tbsp Oil
- Tortillas
- Pinch of cumin, cinnamon, chili powder, and salt to taste

#### For enchilada sauce:

- 3 tbsp oil
- 3 tbsp flour
- Chili powder, cumin, garlic powder, cayenne pepper flakes, cinamon, salt, and pepper to taste
- 1 tsp apple cider vinegar
- 1 ½ cups veggie broth or water
- 2 tbsp tomato paste

### To make the enchilada red sauce:

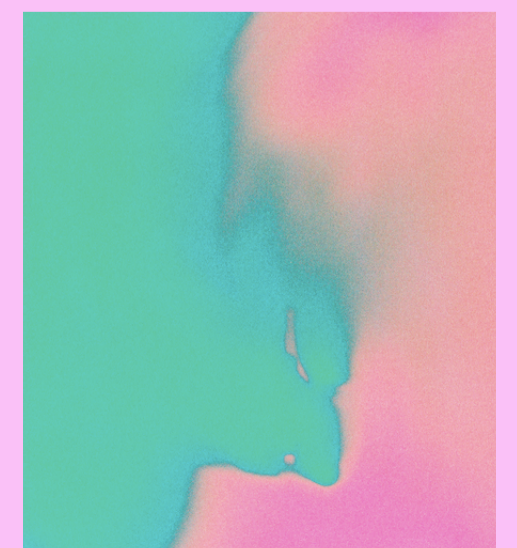
1. Begin by heating up your oil in your pan and add the flour, spices, and tomato paste once hot
2. As you whisk, begin adding your vegetable broth to the mixture, letting it simmer for 5-10 minutes once a sauce like texture has been achieved.
3. Add the apple cider vinegar and stir the completed sauce!

### To make the enchiladas:

1. Preheat the oven to 400 degrees. Chop your sweet potatoes into cubes, toss them with oil, and place them on a tray to roast for 20 minutes in the oven.
2. While the sweet potatoes are cooking, place the onion, bell pepper, garlic, and 1 tbs of oil in a pan to cook until the veggies have softened. Once cooked, add the spices, tossing to combine the mixture.
3. Add the sweet potatoes and black beans to the pan and mix everything together, removing from heat once hot and combined.
4. Using a casserole dish, begin the assemblage of the Enchiladas by covering the bottom of the pan with enchilada sauce. Then place tortillas to line the bottom of the dish. On top of the tortillas, create a layer of enchilada stuffing. Repeat this layering process of sauce, tortillas, and stuffing until you have utilized all of your materials!
5. Once finished crafting the dish, pour any remaining enchilada sauce over the casserole and place into the oven for 20 minutes. Serve once it has cooled and enjoy!

#### About Brooke & Grace:

Brooke and Grace are seniors at UCLA studying Environmental Science and Conservation Biology! We love cooking our meals together as roommates and go to the Farmer's Market every week to stock up on fresh produce for our meals! Hope you enjoy our take on vegan enchiladas!







# MAPO eggplant

Serves 3

Recipe from USAC Facilities Commission: Graphics Team

Cook time: 1 hour

Mapo eggplant was the first Chinese dish my mom made me that I enjoyed and was proud of eating. The vibrant colors from the eggplant skin, chili oil, and green onions look incredible and taste was better. I grew up with an instinct for the rich flavors of American food, but Mapo eggplant was one of the first true connections I made to my culture!

## YOU NEED:

- \*3 eggplants (cut into bite sized pieces)
- 1 tbsp vegetable oil
- 2 tsp Sichuan peppercorns
- 8 oz ground chicken (optional for vegan meals)
- 1 ½ to 2 tablespoons black bean garlic sauce
- \*4 green onions (sliced, reserve a handful for garnish)
- \*2 cloves garlic (minced)
- \*1 in ginger (minced)
- 1 cup chicken stock (sub with water for vegan meals)
- 1 tbsp rice cooking wine (or dry sherry)
- 1 tbsp chili oil
- 1 tsp soy sauce
- 1 tsp sugar

1. Cook Sichuan peppercorns and oil in a large pan on medium heat until the peppercorns are brown fragrant. Leaving the oil in the pan, remove the peppercorns and set them aside.
2. Add the ground chicken and spread it evenly across the bottom of the skillet. let the bottom of the chicken brown for about a minute before adding the black bean garlic sauce. Stir the chicken and black bean garlic sauce until the chicken is almost done.
3. Add the green onions, garlic, and ginger. Continue stirring until you can smell the green onions, garlic, and ginger.

4. Add the cooking wine to scrape off the brown bits from the bottom of the skillet.
5. Add the eggplant, stock, chili oil, soy sauce, and sugar. Stir gently until everything is mix well and evenly coated. When the sauce/liquid in the skillet begins to boil, cover the skillet and reduce heat to medium low. Simmer until eggplant is soft but does not disintegrate (or whatever texture floats your boat).
6. Transfer to bowl and garnish with remaining green onions.
7. Enjoy!

### About Graphics:

As a part of the USAC Facilities Commission (FAC), the Graphics Committee designs/illustrates posts for instagram and maintains FAC's brand identity across all platforms and collaborations



# ratatouille

Recipe from UCLA Model United Nations

Serves 3-4

Cook time: 1.5 hours

Inspired by the cinematic masterpiece, Ratatouille, and Model UN's passion for the international community's cultures and foods!

1. Preheat your oven to 375 F
2. SAUCE TIME: Heat some olive oil in a cast iron or oven-safe pan. Sauté your onion, bell peppers, and half your minced garlic until tender. Stir in the can of diced tomatoes and season to your liking with salt, pepper, and chili flakes. Remove from the heat after about 5 minutes and add 2tbs of the chopped basil.
3. Slice your zucchini, tomatoes, eggplants, and squash in quarter-inch slices. Start arranging them in the alternating color pattern you'd like on top of the sauce from the outer edge to the middle of the pan.
4. Now for some more seasoning: In a tiny bowl, mix more minced garlic, leftover basil, parsley, thyme, rosemary, and olive oil until it forms a paste-like consistency. Brush it over the veggies.
5. Cover the pan with foil and bake in the oven for 45 minutes. Uncover it, then let it crisp up in the oven for 15 more minutes.
6. Serve as a side dish or on its own with some grated Parmigiano Reggiano on top!

## YOU NEED:

- \*2 eggplants
- \*2 yellow squashes
- \*2 zucchinis
- \*6 Roma or Heirloom tomatoes
- Olive oil to taste
- \*½ Head of Garlic, sliced or minced
- \*1 yellow onion, diced
- \*2 medium bell peppers, diced
- 1 can of diced tomatoes
- 3tbs fresh basil, chopped
- 3tbs fresh parsley, chopped
- 1tbs thyme
- 1tbs rosemary
- Salt & pepper to taste
- Crushed chili flakes to taste
- Parmigiano Reggiano to taste

### About UCLA MUN:

Model UN is one of UCLA's largest organizations and is comprised of undergraduates with a passion for international relations and debate. We host one of the largest and most prestigious American high school conferences, the #1 West Coast collegiate conference, and our travel team is ranked Ninth nationally. Open to all majors and anyone interested in joining, we foster a unique and exciting community on campus!



## KING TRUMPET

# mushroom jook

Serves 4-5

Recipe from Semel HCI Center: EatWell Pod

Cook time: 1.5 hours.

Jook is life! My mother made it for me on slow weekend mornings and when I was burning with fever. It's one of my favorite things to eat when I go home to visit family in Hong Kong, where they serve huge bowls early in the morning with a side of savory doughnuts. Eating it reminds me of my mom, my grandma, and my godmother, who all produced this labor of love for me as a kid.

It's also an incredibly versatile dish - it can carry a variety of ingredients and toppings, including fish, century eggs, and preserved vegetables. I encourage you to adapt it to your tastes, just like I did!

The original recipe my mom used was chicken-based. Since going vegan, I've been involved in an ongoing process to reinvent my childhood Cantonese recipes. For jook, I used king trumpet mushrooms - called "chicken thigh mushroom" (鸡髀菇) in Cantonese - to add a comforting amount of umami to the dish.

## YOU NEED:

- 9 cups water
- 3-4 large king trumpet mushrooms
- 1 cup short-grain white rice
- 2 tsp salt
- 2 tsp of vegetarian bouillon (optional)
- 1 tbsp vegetable oil
- \*1 large finger of ginger (2-3 inches long)
- \*2 stalks of green onion/scallion
- Optional toppings: Preserved spicy mustard (榨菜), fermented bean curd (腐乳), Chinese doughnut (油炸鬼)

## KING TRUMPET

# mushroom jook

(continued)

### To make the stock:

1. Cut the king trumpet mushrooms into slices about 0.5-1 inches thick.
2. Bring water to boil and sliced mushrooms.
3. Turn heat down to mid-low and simmer for 25-30 minutes.
4. Strain out the mushrooms and set aside.

### To make the jook base:

4. Rinse the rice in water several times, until the water is mostly clear.
5. In a large pot, bring the mushroom stock (above) back to a rolling boil at high heat, then add washed rice. Cover the pot with a lid until it comes back up to a boil.
6. Watch the pot! Once it starts boiling, reduce heat to medium and move the lid so that it is only partially covering the pot. (If your lid won't do this, take it off completely. You may need to add more water to it if you do it this way!)
7. Boil for 45 minutes or until all the rice is broken up and the jook is an opaque white color and thick consistency.

### Put it all together!

8. Add sliced mushrooms, salt, and vegetarian bouillon to jook base. Add more salt and/or bouillon to taste.
9. Peel ginger, and slice into long, thin matchsticks. The thinner you can get them, the better!
10. Chop green onions.
11. Add ginger and green onions to the jook. With the heat still on, stir for 30 seconds.
12. Turn off the heat and serve! Enjoy with optional toppings, or alone.

#### About Semel HCI Center EatWell Pod:

EatWell's mission is to enhance food literacy, promote equal access to fresh food, offer nutritious and sustainable food choices to everyone at UCLA, and build community around the topic of food, human, and planetary health. To achieve these goals, the pod supports innovative projects led by students, staff, and faculty across campus, ranging from sustainable gardens, to food-focused courses, to cooking workshops. Through these projects, EatWell aims to be a leader in food research and programming by building partnerships, sharing lessons learned, and bringing relevant and emerging issues to the forefront of dialogues.



# PASTA

## aglio e olio

Recipe from UCLA Farmers' Market

Serves 2-3

Cook time: 25 min

I first discovered this pasta dish in the movie "Chef" and was ecstatic when it was covered in "Binging with Babish". The recipe is quick, simple, and easy but trust me when I say that the dish is more than the sum of its parts. On paper, it may not look like much but magic happens in the pan and the pasta is absolutely delicious. Feel free to add in extra ingredients, but when you want some filling pasta and don't have much on hand, this is the perfect go-to!

1. Heavily salt a large pot of water, and bring to a boil. Cook pasta until slightly underdone while completing the steps below.
2. Slice the garlic cloves thinly, and set aside. Heat olive oil in a large sauté pan over medium heat until barely shimmering. Add sliced garlic, stirring constantly, until softened and turning golden on the edges. Add the red pepper flakes and lower the heat to medium-low.
3. Add the pasta, drained, with about 1/4 cup reserved pasta cooking water. Squeeze lemon juice over top, and mix into the pasta with the fresh parsley. If sauce is too watery, continue to cook for 1-3 minutes, until pasta has absorbed more liquid. Season with salt and pepper, and serve.

### YOU NEED:

- \*1/2 head garlic, separated and peeled
- \*1/2 cup flat-leaf parsley, rinsed and finely chopped
- 1/2 cup good quality olive oil
- 1 tsp red pepper flakes
- 1/2 pound dry linguine
- \*1/2 lemon
- Salt and pepper to taste



**About UCLA Farmers' Market:**  
It's us! One of the collaborators bringing this cookbook to you! The UCLA Farmers' Market is a team of passionate, veggie-loving humans who host a biweekly farmers' market on Bruin Plaza. We've taken this weird COVID year to explore some of the other ways we can encourage our values on campus, but are looking forward to bringing the market back to campus next fall! <3

# zhajiangmian

## "FRY SAUCE" NOODLES

Recipe from Karen Yi

Serves 2-3

Cook time: 35 min

Whenever my mom makes this dish for lunch on the weekends, I come RUNNING. I request this for birthdays and special occasions as well. The savory bean-based sauce paired with noodles and fresh cucumbers is the taste that represents home for me.

1. Cook noodles as directed on the package (usually boil for 5-12 min, depending on the noodle). Drain and set aside.
2. In a large pan or wok, fry onions in about 2 tbsp oil on medium heat until partly translucent, 2-3 min.
3. Add pork and rice wine (add 1 more tbsp oil if needed) and stir fry until cooked through and no longer pink, about 5-7 min.
4. Stir in doubanjiang, tianmianjiang, sugar, and water.
5. Serve noodles topped with several spoonfuls of fry sauce, chopped green onions, and chile crisp, if desired. Goes great with sliced fresh cucumbers from the farmers market (see note)!

Note 1: try finding any long, medium-width wheat noodles from your local Asian grocery store or on Amazon.  
Note 2: for a leaner version, use turkey, although this may make the sauce a little dry since turkey has less fat. For a vegetarian version, fry pieces of firm tofu in 1-3 tbsp oil BEFORE making the rest of the sauce and set aside. Then, make the sauce and toss the tofu in the sauce.  
Note 3: broad bean sauce and sweet soy bean sauce are admittedly hard to find, but they are the soul of this dish. You can find them at any Asian grocery store in the aisle with the soy sauce, or buy online.  
Note 4: this chili oil is getting trendy in the US lol. Highly recommend making your own!  
Note 5: for smashed cucumber salad, another favorite of my family, cut your mini cucumbers into pieces and smash them with the side of a cleaver. Then, mix with minced garlic, rice vinegar, soy sauce, sesame oil, and ground white pepper and enjoy:)

### YOU NEED:

- \*1 onion, diced
- 8oz ground pork (can sub firm tofu or ground turkey, see note)
- 2-4 handfuls dried lamian (Chinese ramen noodles, see note)
- 1 tbsp rice wine/mirin
- 4 tbsp doubanjiang (broad bean sauce, see note)
- 4 tbsp tianmianjiang (sweet soy bean sauce, see note)
- 1 tbsp sugar
- 3 tbsp water
- 1 tbsp chile crisp (optional, see note)
- \*1 stalk green onion (optional)

**About Karen:**  
I'm a third-year undergraduate student studying psychobiology. I'm American-Born Chinese (ABC) and have lived in Colorado for most of my life. I'm passionate about education and I love listening to music and reading the New York Times.



# sweet potato

## CURRY

Recipe from Izze Best

Serves 2-3

Cook time: 1 hour

This recipe is adapted from Lidey Heuck's recipe in the NYTimes. I discovered this dish at the beginning of COVID when I was trying to learn more about cooking and add a good staple curry to my repertoire. I ended up cooking a big pot the first time so that all my housemates could have a taste, and it became an apartment classic. It'll warm your tummy in the nicest way and also keeps really well in the fridge, so your dinner party dish can also work as meal prep! The recipe is relatively simple and straightforward, but has the added benefit (I think) of being a pretty substantive evening activity. I cook this dish before we leave for break, after long days of surfing, or when anyone I care about needs a good home-cooked meal.

### YOU NEED:

3 tbsp olive oil

**\*1 pound sweet potatoes (about 2 medium sweet potatoes), peeled and cut into 3/4-inch cubes**

**\*1 medium yellow onion, chopped**

3 tbsp Thai red curry paste

**\*3 garlic cloves, minced (about 1 tbsp)**

**\*1 (1-inch) piece fresh ginger, peeled and grated (about 1 tbsp)**

1 red chile, such as Fresno or serrano, halved, seeds and ribs removed, then minced

1 tsp ground turmeric

1 cup red lentils, rinsed

4 cups low-sodium vegetable stock

2 tsp kosher salt, plus more to taste

1 (13-ounce) can full-fat coconut milk

**\*1 (4- to 5-ounce) bag baby spinach**

**\*½ lime, juiced**

**\*Fresh cilantro leaves, for serving**

**\*1-2 avocados, for serving**

Sriracha, for serving

Rice, of your choice and amount, to serve with the curry.



1. In a Dutch oven or pot, heat 2 tablespoons olive oil over medium-high. Add the sweet potatoes and cook, stirring occasionally, until browned all over, 5 to 7 minutes. Transfer the browned sweet potatoes to a plate and set aside.
2. Add the remaining 1 tablespoon olive oil to the pot and set the heat to medium-low. Add the onion and cook, stirring occasionally, until translucent, 4 to 6 minutes. Add the curry paste, garlic, ginger, chile and turmeric, and cook until fragrant, about 1 minute.
3. Add the lentils, stock, salt and browned sweet potatoes to the pot and bring to a boil over high. Lower the heat and simmer, uncovered, stirring occasionally, until the lentils are just tender, 20 to 25 minutes.
4. Add the coconut milk and simmer, stirring occasionally, until the liquid has reduced and the lentils are creamy and falling apart, 15 to 20 minutes.
5. Add the spinach and stir until just wilted, 2 to 3 minutes. Off the heat, stir in the lime juice and season with salt to taste.
6. Divide among shallow bowls over rice and top with cilantro, avocado, and sriracha, if using.

#### About Izze:

I am a third year Geography major from the East Coast. I'm part of the Education team for the UCLA Farmer's Market, a co-director of the Westwood Food Cooperative, and a member of Swipe Out Hunger! I'm super passionate about making our food systems more sustainable, accessible, and equitable. Cooking to me is a form of love and I'm stoked to be part of this wonderful project so full of love!



YOU KNOW WHAT?

# let's get sauced.

in the wise words of Chef Gusteau, indeed, anyone can cook. but not everyone can take their cooking to the next level. and how exactly do you do that you ask? easy.  
**just get lost in the sauce.**

LET'S DIG RIGHT IN



## UMAMI-LAND GREEN SAUCE

Recipe from Meghan He



## NASTURTIUM PESTO

Recipe from jane b semel Healthy Campus Initiative Community Garden



# umami-land

## GREEN SAUCE

Recipe from Meghan He

Serves 4-6

Cook time: 10 min.

This sauce is universal -- add it to pasta, spoon over falafel, fold into wraps, pour it over roasted veggies to add sweet and savoury umami flavour. It brings color, creaminess and well-rounded taste to any dish.

### YOU NEED:

- \*1 bunch of spinach
- \* $\frac{1}{2}$  an avocado
- $\frac{1}{3}$  block of tofu
- \*1 large shiitake mushroom (soaked if from dry)
- 1 large pinch of sea weed (optional)
- \* $\frac{1}{3}$  cup diced red onion
- \*2 tsp minced garlic
- $\frac{1}{3}$  cup plant-based milk or water
- $\frac{1}{2}$  cup of nutritional yeast
- 1 tbsp oregano
- 1 dash of soy sauce or liquid aminos
- 1 drizzle of agave
- Salt and pepper to taste

1. Saute onion, garlic, shiitake mushroom, tofu and spinach with all spices, agave and soy sauce until onion is translucent and spinach is wilted
2. In a blender, blend all ingredients together until smooth

### About Meghan:

I'm a psychobiology undergraduate from Vancouver, Canada. My avid appetite has always been quite famous, and with quarantine, my cooking has gained a good amount of love as well. Vegan cooking really brings out the most creative dishes and allows you to think about each ingredient beyond its traditional use. Both my parents grew up on farms in rural China, so sustainable plant-based foods, seasonal ingredients and special attention paid to minimizing food waste are important themes in my cooking. Hope to see you in the garden and the kitchen one day!



# nasturtium



## PESTO

Recipe from jane b semel HCI Community Garden

Serves 8-10

Cook time: 15 min.

Our Garden Oversight Committee team used to bond over homemade pizzas using this nasturtium pesto!

1. Thoroughly wash and dry leaves and flowers, tear the larger leaves in half.
2. Add the leaves, flowers, garlic, olive oil, walnuts, and Parmesan to a blender or food processor.
3. Blend all ingredients until mixture is smooth.

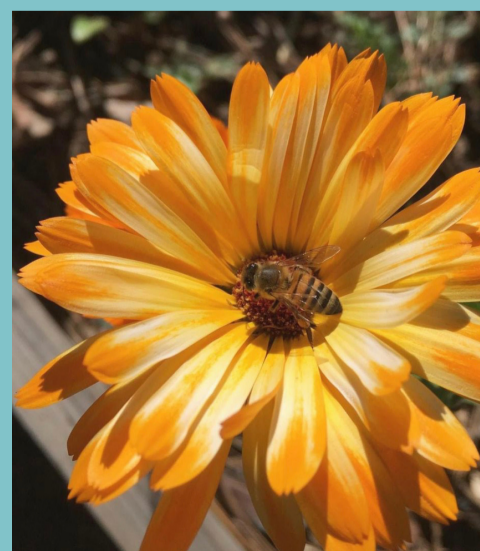
### YOU NEED:

- \*4 cups packed nasturtium leaves
- \*2 cups packed nasturtium flowers
- 1 ½ cups olive oil
- \*5 cloves garlic
- \*1-1 ½ cups walnuts OR pine nuts
- 1-1 ½ cups shredded Parmesan cheese
- Salt and pepper to taste



#### About the Community Garden:

The jane b semel HCI Community Garden provides an on-campus space for the UCLA community to grow healthy food and foster education of urban gardening practices. In partnership with the Semel Healthy Campus Initiative Center at UCLA, envisioned and supported by Jane and Terry Semel, this garden is intended to promote community building and address food insecurity on campus.



# a post-dinner pause

So now you've cooked up your dinner, and hopefully eaten it too, let's take a bit of a pause, sit with our food coma, and talk about something we care a lot about at HCI and the UCLA Farmers' Market: sustainability.

Part of our mission at the farmers' market is to bring the students of UCLA and our community in Westwood, fresh, locally sourced, and sustainable food. And buying from the farmers' market helps our sustainability mission in a couple different ways. First of all, the food at our markets doesn't have to travel nearly as far to make it into your grocery bag, drastically reducing transportation GHG emissions. And then socially, buying from the farmers' market helps out our local farmers and supports what they're doing and growing for good humans like you.

So what can you do, even in this mini-dinner break, to better invest in the sustainability of our planet, our farmers, and our food?

### Here are some of our favorite sustainability tips!

1. Keep shopping local! Make your food close to home!
2. Try your hand at some gardening! Don't toss all of your food scraps, things like the ends of lettuce, green onion stems, and potatoes can be placed in some water in a sunny spot and they'll sprout again!
3. Compost! If you can't do it at home, find a place near you to help you out! Or better yet, start your own community compost center!
4. When you head to the market, bring your reusable bags! Actually, just start bringing them everywhere!

Anyway, that's all from us! Happy cooking and stay sustainable, friends.

Love, The Cookbook

SOMETHING SWEET FOR YOU

# desserts

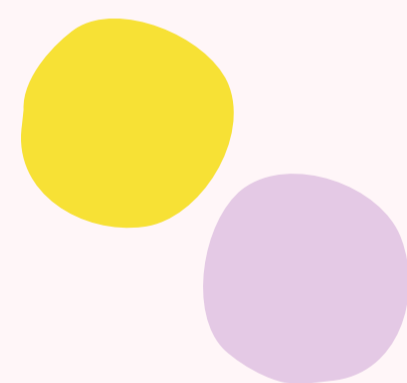
we're not even going to get into the debate of what meal is the best meal of the day. breakfast, lunch, or dinner, none of it really matters, because what really counts is **what are we having for dessert?**

LET'S DIG RIGHT IN



## KUEH BINGKA, CASSAVA CAKE

Recipe from Meagan & May Wang



## MOM'S BANANA NUT & CHOCOLATE CHIP CAKE BARS

Recipe from Maggie Rubin

# kueh bingka

## CASSAVA CAKE

Recipe from Meagan & May Wang

Serves 4-5

Cook time: 1 hour

This is one of the more successful recipes we've made for Kueh Bingka, a Singapore-Malaysian cassava cake with just the right amount of sweetness and chew. We hope you enjoy!

1. Combine coconut milk, sugar, and pandan leaves in a small saucepan. Bring to a simmer over medium low heat. Stir to dissolve sugar. Turn off stove and allow coconut milk mixture to cool.
2. Grease or line your pan of choice and pre-heat oven to 375°F
3. In a large bowl, combine your thawed packets of tapioca/cassava\*, eggs, and melted butter. Pour in coconut milk mixture. Stir to incorporate all the ingredients.
4. Pour mixture into prepared pan. Bake for 1 hour 30 minutes or until the top is a light golden brown color. Remove and allow cake to cool before cutting and serving. Wait for it to cool to at least room temperature to get that chewy texture!

### YOU NEED:

- 1 can coconut milk (400ml)
- 1 cup sugar
- \*2 pandan leaves (dried or frozen)
- 2 packets (900 g) frozen grated tapioca / cassava (we get these at the Chinese grocery store!)
- \*2 large eggs
- 2 tbsps melted butter

\*You can also use fresh tapioca or cassava and grate it yourself, but it's a lot more work!

### About Meagan & May:

We are a UCLA mother and daughter who are constantly on the quest for delicious Singapore food! When we can't find a dish we're craving, we will do our best to recreate the recipe at home.





# mom's banana nut &

## CHOCOLATE CHIP CAKE BARS

Serves 4-5

Recipe from Maggie Rubin

Cook time: 55 min.

This is my mom's "famous" recipe, so I asked her to share how she came up with it!

"Over the years, I've played with many baking recipes trying to combine all of the things I love in one yummy treat. This is the result. A dense, moist cake (similar in texture to a brownie), that is packed with flavor and guaranteed to hit the spot every time. I've tried many recipes since, but this is still the one that my family requests the most. Hope you enjoy!

(Hint- If it lasts, it's even better the 2nd day!) "

1. Preheat the oven to 350 degrees and grease a 9x9 baking dish to prepare
2. In a large bowl, cream butter and sugar.
3. Beat in banana, apple sauce, vanilla, and egg, and mix well.
4. Add dry ingredients mixing until combined.
5. Fold in nuts and chocolate chips.
6. Bake for 35 minutes and enjoy!

### YOU NEED:

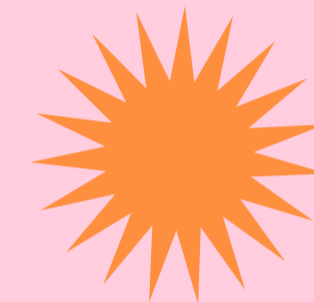
- 6 Tbsp Softened Unsalted Butter
- 1 Cup Brown Sugar
- 1 tsp Vanilla Extract
- \*1 Overripe Banana
- ½ Cup Unsweetened Apple Sauce
- \*1 Egg
- 1 & ¾ Cup Whole Wheat Flour
- 2 Tbsp Chia Seeds
- 1 & ½ tsp Baking Powder
- ½ tsp Salt
- \*¾ Cup Chopped Walnuts
- 2 Cups Chocolate Chips

#### About Maggie:

I'm a fourth year Human Biology and Society major from Temecula, CA. I've been a part of the UCLA Farmer's Market for two years and love the community of fellow foodies I've met through it! Some of my other hobbies are running, dancing, and spending as much time as possible at the beach!



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thanks for joining us  
&  
happy cooking!