

Black Berry Sage Water

Ingredients

2 quarts of flat or sparkling water

4 springs of fresh sage

1 cup black berries fresh or frozen

Directions

Wash herbs and fruit.

In large mason jar or water pitcher place sage sprigs. Use the rounded side of the spoon gently crush and bruise the sage leaves.

Add berries and gently smooch.

Fill jar with water. Allow to sit for at least 30 minutes up to 24 hours. The longer it sits the stronger the flavors will become.

Tangerine Thyme Water

Ingredients

2 quarts of flat or sparkling water

4 springs of fresh thyme

2 tangerines, washed and thinly sliced

Directions

Wash herbs.

In large mason jar or water pitcher place thyme sprigs. Use the rounded side of the spoon gently crush and bruise the leaves. Add citrus slices.

Fill jar with water. Allow to sit for at least 30 minutes up to 24 hours. The longer it sits the stronger the flavors will become.

Ingredients

15 oz chickpeas or cannellini , 1 can, drained and rinsed

1 tablespoon olive oil

Choose your spice blend:

Spicy: 1 teaspoon ground cumin, 1 teaspoon chili powder, ½ teaspoon cayenne pepper, ½ teaspoon salt

Ranch: 1 teaspoon garlic powder, ½ teaspoon onion powder, 1 teaspoon dried dill, 1 teaspoon dried parsley, ½ teaspoon salt

Mustard Dill: 1 teaspoon garlic powder, 1 teaspoon dried dill, 1 teaspoon dried mustard powder, ½ teaspoon salt

Cinnamon: 2 teaspoon sugar, 3 teaspoon cinnamon, ½ teaspoon salt

Warm Spice: 1 teaspoon sugar, 1 teaspoon cinnamon, 1 teaspoon nutmeg, ½ teaspoon ground cloves, ½ teaspoon salt

Chia Tea: 1 teaspoon sugar, 1 teaspoon cinnamon, 1 teaspoon cardamom ½ teaspoon ground ginger, ½ teaspoon allspice, ½ teaspoon salt

Directions

Preheat oven to 400°F.

Drain and rinse beans. Carefully dry the chickpeas, by rubbing them between two dish towels.

In a medium bowl, add dried chickpeas, and preferred spice mixture (see above). Toss well to coat evenly.

Spread chickpeas out on a parchment paper-lined baking sheet.

Roast for 15-20 minutes.

Mix around on baking sheet and roast for additional 15-20 minutes, or until browned.

Cool for 5-10 minutes. Enjoy!

Coconut Dal with Carrots

Adapted from [Heavenly Carrot Coconut Dal with Rice - Pass the Love \(wafflesandmochi.org\)](https://wafflesandmochi.org/recipe/heavenly-carrot-coconut-dal-with-rice/)

Ingredients

- 1 small onion
- 1 large carrot
- 2 garlic cloves
- 2 Tbsp vegetable oil
- 4 tsp curry powder
- 1 cup dried red lentils
- 1 can tomato sauce (8 oz)
- ½ can coconut milk (13.5 oz)
- 2 ½ cup water
- 1 tsp salt
- 2 tsp sugar
- 1 cup quinoa rinsed
- 2 cups water

Step 1

Wash and cut vegetables. Small dice the onion and carrot and mince the garlic.

Step 2

In a medium sized pot, heat vegetable oil over medium high heat. Add diced onion and minced garlic cloves. Sauté for 3-4 minutes or until vegetables become translucent and aromatic.

Step 3

Open tomato sauce and coconut milk.

Step 4

Stir in curry powder and cook for about 1 minute or until you begin to smell the curry powder. Add lentils, tomato sauce, coconut milk, salt, sugar, diced carrot and 2 ½ cups of water. Stir to combine and bring curry to a boil.

Once it reaches a boil, reduce the curry to a low simmer and cook lentils uncovered for 25-30 minutes, stirring frequently, until the water is absorbed, and the lentils are soft and tender. Add 1 teaspoon garam masala and stir to combine.

Step 5

Meanwhile make quinoa. Rinse quinoa in a fine mesh sieve until water runs clear.

Transfer quinoa to a medium pot with 1 cup water (or broth). Bring to a boil, then lower heat and simmer, uncovered, until quinoa is tender, and a white "tail" appears around each grain, about 15 minutes.

Cover and set aside off the heat for 5 minutes; uncover and fluff with a fork.

Step 6

Serve carrot dal on top of quinoa. Try using naan or roti to scoop the dal up with your hand.



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Buffalo Cauliflower

Recipe adapted from NY Times Cooking

[Buffalo Cauliflower Recipe - NYT Cooking
\(nytimes.com\)](https://www.nytimes.com/recipes/1015481-buffalo-cauliflower)

Ingredients

1 large head cauliflower (about 2½ pounds), cut into medium and large florets (about 8 cups)
3 tablespoons extra-virgin olive oil or avocado oil
Kosher salt and black pepper

For the Buffalo Sauce

2 tablespoons unsalted butter
2 tablespoons extra-virgin olive oil or avocado oil
½ cup Buffalo-style hot sauce

Step 1

Heat oven to 400 degrees and place a rack close to the broiler and another in the middle of the oven. (If your broiler is in a drawer below the oven, no need to move the racks.)

Step 2

Wash and cut cauliflower into medium florets

Step 3

In a large bowl, toss the cauliflower with the oil to evenly coat, then season with salt and pepper. Spread out the cauliflower on a baking sheet in an even layer (arrange flat edges pan-side down for extra browning). Bake the cauliflower on the middle rack, stirring occasionally, until just tender, about 15 minutes.

Step 4

As cauliflower roasts, make the sauce: Melt the butter and oil with the hot sauce in a medium saucepan or skillet over low heat, and stir to combine. Season to taste with salt and pepper. Once melted, turn off the heat, but keep the saucepan on the stove.

Step 5

Pull the cauliflower out of the oven and turn on the broiler. Transfer the cauliflower to the hot sauce-butter mixture, stirring the cauliflower to fully coat with the sauce. Then, using a slotted spoon, transfer the cauliflower back to the baking sheet in an even layer.

Step 6

Turn stove to broil low. Broil until the cauliflower is singed in spots and cooked throughout, about 5 minutes. (Depending on your broiler, you may need to rotate the pan after 2 or 3 minutes for even cooking.)

Ingredients

2 quarts of flat or sparkling water

4 springs of fresh mint

1 20 oz can of pineapple slices in natural juices

Directions

Wash herbs and open pineapple can – ask adult for help

In large mason jar or water pitcher place mint sprigs. Use the rounded side of the spoon gently crush and bruise the leaves. Add pineapple slices and juice.

Fill jar with water. Allow to sit for at least 30 minutes up to 24 hours. The longer it sits the stronger the flavors will become.