

# NO COOK COOKING COOKBOOK



*Fruit Salad- an excellent way to get Vitamins, Minerals and Fiber*

## Recipes from our No Cook Cooking Class

Fall 2015

# Class #1: Fruit Salad

You will need:

- A Mixing bowl
- A Large Spoon
- A knife to cut with
- A Cutting board
- 3-5 kinds of fruit of your choice.

Step 1. Shop for your favorite Fruits



Step 2. Wash Fruits



Step 3. Cut up your fruit.



Step 4. Put Fruit in the bowl and gently mix.



Step 5.  
ENJOY (Share with friends!)



You can also serve it on top of yogurt and Granola,  
or store some in containers in your freezer for  
future Smoothies.

## Class #2: Hummus

You will need:

- 1 can Garbanzo Beans
- 4 Cloves of Garlic
- 2 tablespoons Olive Oil
- 1 Lemon
- 1/3 cup Tahini (Sesame Seed Paste)
- A Cutting Board
- A strainer or Colander
- A pinch of Salt
- A can opener
- A serving bowl
- A spoon or spatula
- A Blender or Food Processor

Step 1. Open the can of Beans and rinse in a Colander or Strainer



Step 2. Peel the Garlic.



Step 3 Cut up the lemon and squeeze the juice. Use a strainer to catch the seeds.



Step 4. Put all ingredients into the Food Processor or Blender



Step 5. Blend until smooth.



Step 6. Put in serving bowl and serve with Chips, Crackers or sliced vegetables and share with friends or use as salad dressing.





# Class # 3: Salad with Balsamic Vinaigrette

You will need:

- A Large mixing bowl.
- Colander
- Dark Leafy greens (Lettuce, Kale, Spinach, Arugula, or spring mix)
- An Apple, or other fruit or vegetables (Cucumber, Onion greens, bell pepper, carrots, or broccoli for example)
- Toasted nuts (Optional)

Dressing:

- A small jar for mixing dressing
- ¼ cup Balsamic Vinegar
- ¼ cup Olive Oil (or sesame oil)
- A pinch of salt, and pepper to taste
- Italian Seasoning

Step one. Wash the vegetables.



Step 2. Cut vegetables into bite sized pieces.



Step 3. Toss all vegetables together in a bowl



Step 4. Put all ingredients for the dressing in a small jar. Put the lid on well and shake. Pour over salad. Toss gently so the dressing evenly coats the salad.



Step 5. Serve and ENJOY!!

## Class #4: Aram Sandwich rolls

You will need:

- Large flour Tortillas
- 1 tablespoon Cream Cheese.
- Lettuce
- Tomatoes, sliced thinly
- Cucumbers, Sliced thinly.
- 2 slices of Turkey Lunchmeat
- A cutting board and Knife

Step 1. Lay down your Tortilla on the cutting board.



Step 2. Spread Cream cheese on  $\frac{1}{2}$  of the tortilla, closest to you.



Step 3. Layer all the other ingredients



Step 5. Roll the sandwich up



Step 6. Cut into slices and enjoy!



# Class #5: Stuffed Medjool Dates

You will need:

- 2-4 Medjool dates per person
- 4-8 Pecan, Walnut halves per person
- 1 Package of Chevre Cheese
- 1 Bunch fresh Mint Leaves
- A knife
- A cutting board
- A teaspoon

Step 1. Cut the dates in half and remove the pit.





Step 2. Fill each half with a small spoonful of Chevre Cheese, about 1 teaspoon per Date.



Step 3. Place a mint leaf and a nut on top of each Date. (Leave off the nuts if you are allergic!)



Enjoy no more than 3-4 per person as dates are very high in sugar and fiber.) Great paired with Mint Tea.

## Class #6: Smoothies

You will need:

- A blender
- 2-3 fruits such as Bananas, Berries, pears, or apples
- 2-3 veggies such as Kale, Dandelion leaves, Carrots, or Cucumber
- Yogurt (Optional)
- Ice (Or you can use some frozen fruit)

Step 1. Put any leafy greens into the blender first and blend on high with the ice (or frozen fruit).



Step 2. Roughly chop up remaining fruits and veggies (and Yogurt if you are using some) and add them to the blender. Blend on high until smooth.



Pour in glasses and enjoy!



# Class #7: Caprese Kabobs

You will need:

- Skewers
- Cherry Tomatoes
- Basil Leaves
- Mozzarella balls
- A little Olive Oil or Italian dressing

Step 1. Slide a tomato onto a skewer.



Step 2. Slide a leaf of Basil on to the Skewer.



Step 3. Slide a ball of Mozzarella onto the skewer.



Step 4. Repeat steps 1-3 until the Skewer is full. Drizzle Olive oil or Italian dressing on top.



Enjoy!