



Cardiovascular Wellness Program

Folsom Hall, 3rd floor, NE corner
7667 Folsom Blvd, Room 3030
Sacramento, CA 95826



Phone: 916-278-4402;
Fax: 916-278-1949
Mail: c/o Foundation for Health,
PO Box 736, Davis CA 95617
Email: csuscwwellness@gmail.com
Website: <http://www.cardiovascularwellnessprogram.org/>

Cooking Towards A Healthy Heart!

A HEART HEALTHY COOKBOOK
FROM THE CSUS CARDIOVASCULAR
WELLNESS PROGRAM

BY KAREN LUIS

**California State University,
Sacramento**

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Gerontology Department

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Dr. C. Tissa Kappagoda developed the Cardiovascular Wellness Program in 2013. It is located on the 3rd floor of Folsom Hall on the California State University, Sacramento campus. The non-profit Program offers exercise and education geared toward adults seeking to improve or maintain good health. Exercise programs, cooking demonstrations and lectures on health and wellbeing are offered. The program's volunteers include students, exercise physiologists, nurses, dietitians, physicians, and psychologists. I collected these recipes from some of the participants, student interns, and volunteers of the program. Though the people in the program change over time, there is always a sense of togetherness and shared goals.

Introduction

About the Author

My name is Karen Luis, a Senior Gerontology major at Sacramento State University. I came to the Cardiovascular Wellness Program as an intern my senior year. The Program offers many activities that promote a healthy lifestyle and that made being part of it more enjoyable. Seeing people around me taking care of their health has motivated me to do the same. My time as an intern is coming to an end, but my memories and these recipes will always be with me. I hope they help you as much as they helped me. My three recipes are my on-the-go recipes for my hectic college life. They are easy to make, use low cost

ingredients, and can last for days. I will take the growth I experienced in this internship with me on to nursing school. I hope to go on to become a nurse practitioner and keep on serving the older adult population.



Ensalada de Nopales

Ingredients

- 2 cups cooked nopales
- 1 small onion, chopped (purple or white)
- ¼ cup cilantro, chopped
- 1½ red tomatoes, chopped
- 2 limes, juiced (2 Tbs)
- Pinch of salt (optional)

Directions

1. Nopales can be bought cooked or fresh. For fresh nopales, rinse them off and cut into strips or dice. It is easier and faster to buy nopales that already have the spines removed. Put nopales in a pan with water, bring a boil and then simmer for about 20 minutes on medium low. When they are ready, they will look dark green instead of light green.
 2. Once cooked, strain nopales and add to rest of ingredients. You can add avocado and *queso fresco* (fresh cheese) if you wish. Enjoy!
- *Tip: For those who do not like the slime, rinse nopales once cooked. I also like to add a few jalapeños and radishes for a spicy kick.*



Purple Juice

Ingredients

- 2-3 medium beets
- 1 celery stick
- 1 medium carrot
- 1 apple
- 1 cup of water

Directions

1. Wash and cut ingredients. Do not peel them, most of the vitamins are found in the skin of fruits and vegetables.
2. Place all ingredients in a blender or juicer. If juice comes out too thick, you can add more water or strain.
3. Serve and enjoy.

I like to make extra and have it throughout the week for breakfast on the go. More than one professor has asked what my purple juice is.



Beets and Potato Salad

Ingredients

- 1 can of beets (14 oz)
- 1 celery stick
- 2 tablespoons chopped chives
- 2 teaspoons mustard (I prefer Dijon)
- ¼ cup of nonfat yogurt
- ½ small red onion finely chopped
- 4 small-medium potatoes
- black pepper to taste

Directions

1. Dice potatoes into ½ inch pieces and boil until tender for ~ 20 minutes.
2. Dice beets into ½ inch pieces.
3. Combine all ingredients in a bowl and serve immediately or refrigerate.



Linda Paumer, Program Coordinator

I have a life-long passion of working with older adults and had a 30+ year career at the UC Davis Medical Center overseeing the exercise components of the cardiac rehabilitation program. I have been rather instrumental in the development of our Program as all the contacts I made during my career are the people helping pull this Program together. My cooking contributions are not because of a love of living in the kitchen but because I like to help reinforce our plant-based eating goals.



Broccoli Salad

Ingredients

Dressing:

- 1 cup non-fat yogurt
- $\frac{1}{3}$ cup Splenda
- $\frac{1}{3}$ cup flavored vinegar – red wine, raspberry, or pomegranate

Salad:

- 2 cups raw broccoli florets
- 1 red onion, chopped
- 1 red apple, chopped
- 2 mandarin oranges, peeled, sectioned
- $\frac{1}{2}$ cup dried cranberries

Directions

1. Mix dressing ingredients together.
2. Combine salad ingredients and toss with dressing.



Daily Dozen Salad

Ingredients

Salad:

- 3-4 cups spinach, chopped
- 2-3 cups Romaine lettuce
- 2-3 cups broccoli slaw
- 1 red bell pepper chopped
- 4 green onions chopped
- 2 apples, chopped
- 1½ cups cooked chickpeas (or bean of choice)
- 1 cup cooked quinoa or rice
- ½ cup of almonds (or pepitas, sunflower seeds, nut of choice)
- ½ cup dried cranberries
- 1 cup fresh blueberries
- 3-4 tomatoes, chopped

Dressing:

- ½ cup balsamic vinegar
- 1 Tbs olive oil
- 1 Tbs honey
- 1 Tbs Dijon mustard

Directions

Combine all ingredients in a large bowl. Mix dressing, and toss with salad. Ready to serve once finished!



Fruit Crisp

Ingredients

- 2 apple, cored and chopped
- 2 cups fresh peaches, chopped
- 2 cup mixed berries (fresh or thawed if frozen)
- OR** 6 cups mixed fruit, whatever is available
- ½ cup raisins
- 1½ cups old fashioned oats
- 2 Tbs flaxseed meal
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp freshly grated ginger
- ½ cup applesauce
- ¼ cup water

Directions

1. Preheat oven to 375°F. Lightly spray 13x9 rectangular baking dish with nonstick cooking spray.
2. Add fruit and raisins.
3. In separate bowl, combine oats, flaxseed meal, spices, applesauce and water. Stir until mixed well.
4. Spread mixture over fruit in baking dish.
5. Bake for 25 minutes.
6. Cool for about 5 minutes before serving.



Mary Sheikh, Program Assistant



Mary is a volunteer who takes vital signs of all the participants before, during, and after exercises and keeps exercise sessions running smoothly. She worked at UC Davis Medical Center as an EKG Tech, retiring in 2012. Actively recruited by Linda, Mary decided to volunteer at the Cardiovascular Wellness Program and has been involved since its inception.

Vegan Strawberry Cheesecake

Crust:

- $\frac{3}{4}$ cup oats
- $\frac{1}{4}$ cup almonds
- 1 cup dried figs/dates/raisins
- dash of water/ dash of sea salt

Cheesecake Filling

- $1\frac{1}{2}$ cups cashews, soaked 2-3 hours, or overnight
- $1\frac{1}{2}$ cups cooked chickpeas
- 2 cups strawberries, rinsed and hulled
- 1-2 Tbs almond butter
- $\frac{1}{4}$ cup fresh lemon juice
- 1 Tbs lemon zest
- 2 Tbs apple cider vinegar
- $1\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{3}$ cup maple syrup



Directions

1. For the crust, pulse the oats and almonds in a food processor to a fine flour. Add the remaining crust ingredients and blend until you have a sticky dough. Press the dough into the bottom of a parchment paper-lined round cake pan.
2. Filling: Preheat the oven to 320°F. Add all ingredients to blender. Blend on high for 3-4 minutes, until thoroughly blended and creamy. Pour the filling over the crust and place in the oven for 45-50 minutes. Once it's done, take it out, let cool down and store in the fridge overnight.



Cedrick Franklin

Cedrick is a senior Kinesiology major and plans to become a physician's assistant. Cedrick helps take blood pressure on participants as well as helping wherever he can at the program.

Beverly Phan

Beverly is a senior Kinesiology major. She plans to be a physical therapist and run her own place which will incorporate prevention exercises and classes for people of all age. She currently leads group resistance training at the Wellness Program three days a week.



Kale Salad & Tilapia

Ingredients

- 2 tilapia filets
- 1 Tbs lemon juice
- ½ bell pepper
- 1 garlic clove, finely chopped
- ¼ cup green onions, chopped
- ½ cup cooked black beans (or bean you prefer)
- 2 small sweet potatoes, diced
- 1 cup of kale, chopped

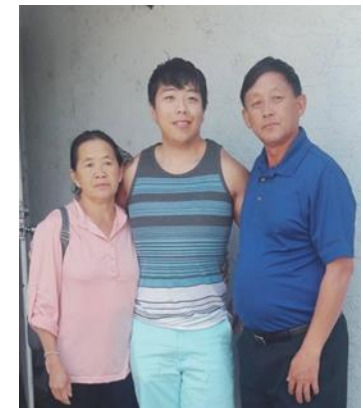


Directions

1. Preheat oven to 350°F.
2. Place tilapia in foil with lemon juice, onion, garlic, and bell peppers. Bake until tender for 30 minutes.
3. Bake sweet potatoes in separate foil for 45 minutes.
4. Combine all ingredients together.

Toulee Vue

"I was born in California but my mom is from Thailand and my dad is from Laos. My career plan is to continue school and aim for a Doctorate in Physical Therapy." Toulee was a Gerontology major at the program for a year.



Pineapple Poke Bowls from Beverly

Ingredients

- 1 14 oz block of firm tofu, cut into ½ inch slabs
- 2 Tbs reduced sodium soy sauce
- 2 Tbs pineapple juice
- ¼ cup rice vinegar
- ½ tsp Sriracha
- ½ garlic clove, crushed
- 1 lime juice and zest
- 2 cups cooked white or brown rice
- 1 cup pineapple, chopped
- ½ cup cucumber, sliced
- 1 carrot shredded
- avocado, sliced
- 1 lime, juiced



For Serving:

- ½ jalapeño or red Fresno chili, seeded and sliced
- Lime slices, chopped chives

Directions

1. Set tofu slabs on layers of paper towels. Cover with more paper towels and press out excess moisture.
2. Whisk, soy sauce, pineapple juice and rice vinegar to create marinade. Adjust to your level of spiciness with sriracha, garlic, lime juice.
3. Dice up tofu into ½ inch cubes. Combine tofu with marinade and refrigerate.
4. Drizzle lime juice onto avocado to keep it from browning.
5. Place one spoon of rice in a serving bowl. Top off with pineapple, avocado, cucumber, carrots, and marinated

tofu. Drizzle with leftover marinade and garnish with chilis, limes, chives, and sesame seeds.

Spicy Eggplant from Toulee

Ingredients

- 2-4 Japanese eggplant
- 10-15 Thai chilis
- 1 Tbs salt
- ½ green onion
- ½ cup cilantro
- 1-2 Tbs fish sauce



Directions

1. Peel eggplant and cut into three portions. Put in pan, cover with water and bring to a boil. Simmer on high heat for 30-40 minutes until the outer portion of eggplant is transparent and soggy. Remove from water and cool in freezer for 10 minutes.
2. Add the Thai chili peppers with salt in a large mortar and mash for about 5 minutes (or until peppers are completely mashed).
3. Add green onion and cilantro into mortar and mash 2-3 minutes mix with the peppers.
4. Add the eggplant into the mortar and continue mashing another 5-7 minutes until it is completely mixed.
5. Add in fish sauce into the mortar and mix thoroughly.

Sarah Gonzalez

Saria is a senior Nutrition major and hopes to continue on to nursing school next fall.



Apple Pie Oatmeal

Ingredients

- ½ cup rolled oats
- 1 medium apple, peeled and chopped
- 1 Tbs chia seeds
- ½ cup unsweetened apple sauce
- 1 cup almond milk
- 1 tsp ground cinnamon
- ¼ tsp ground ginger
- ½ tsp vanilla extract
- 1 Tbs maple syrup or honey
- 1 Tbs chopped walnuts
- 1 Tbs hemp seeds
- Pinch of unsweetened coconut flakes



Directions

1. In a saucepan, over medium heat, combine oats, chia seeds, apple, applesauce, almond milk, cinnamon, and ginger. Bring the mixture to a low boil and simmer for 8 to 10 minutes. Stir often.
2. When the mixture has thickened, and liquid has been absorbed, remove from the heat and add vanilla extract and maple syrup or honey.
3. Pour the oatmeal into a serving bowl and top off with walnuts, hemp seeds, a pinch of cinnamon, pinch of shredded coconut, and a drizzle of light maple syrup.

Carolyn Wyler

An RN for over 10 years after being an LVN for 15 years, Carolyn worked in the cardiology clinic at UC Davis. She now volunteers with the Wellness Program.



Potato/Pea Samosa Filling

Ingredients

- 1 tsp oil
- ½ tsp mustard seeds
- 2 ½ oz onion, chopped
- 1 tsp ginger, finely chopped
- 2 ½ oz frozen peas
- 1 Tbs ground coriander
- 1 tsp ground cumin
- ¼ tsp red chili powder
- ½ - ¾ tsp garam masala
- 1-2 tsp dried mango powder (or juice of ½ a lemon)
- splash of water
- 1 lb 5 oz potatoes, peeled, boiled until soft and crushed into large lumps
- 4 Tbs fresh cilantro, chopped



Directions:

1. Heat the oil in a nonstick pan and sauté the mustard seeds for ~ 10 seconds, until they splutter.
2. Add onion and ginger, cook 2-3 minutes over high heat. Add peas, stir well, then add spices, mango powder (or lemon juice), and a splash of water.
3. Cook for 1-2 minutes. Add potatoes and coriander and cook for 2-3 minutes. Taste and adjust the seasoning.

Roberta Seyman

Bobbie is a retired neuroscience nurse.

Lentils with Vegetables

Ingredients (vegetables can be whatever combination you create on your own)

- 1 cup lentils
- ½ cup uncooked wild rice /quinoa
- ½ cup mixed dry beans
- ¼ cup green beans, cut up
- 1 zucchini, diced
- 1 yam or sweet potato, diced
- 1 red potato,diced
- ¼ cup mushrooms, chopped
- 1 cup broccoli or cauliflower, chopped
- 1 carrot, chopped
- 1 parsnip, chopped
- 1 butternut squash, diced
- ½ red onion, chopped
- ¼ cup Brussels sprouts
- 1 cup kale and spinach
- 1 Tbs berbere (spice mix)
- 1 qt vegetable stock + 2 cups water
- 2 bay leaves
- 2-3 garlic cloves, minced



Directions

Cut all ingredients into small pieces and place in a slow cooker. Make sure there is enough water to cover all ingredients. Turn slow cooker on high for 2-4 hours; turn to low for 2-6 hours.

Blueberry Fruit Quinoa

Ingredients

- ½ cup blonde quinoa
- 1 cup organic blueberry juice
- ½ cup organic granola
- 1 cup nonfat plain yogurt
- ½ tsp vanilla extract
- ⅓ cup sliced strawberries
- ⅓ cup fresh blueberries
- 2-3 bananas, sliced
- ½ cup roasted coconut slices



Directions

1. Cook quinoa per directions. Add blueberry juice to quinoa and cover; put in refrigerator to cool down.
2. Cover the bottom of a flat bowl with organic granola. Put blueberry-soaked quinoa in center.
3. Blend yogurt and vanilla together, can also sprinkle in some cinnamon, to consistency of a milkshake. Drizzle over the quinoa and granola.
4. Place the fruit (strawberries, banana, and blueberries) around dish. Sprinkle coconut chips around dish.

Tips You can add different fruits such as kiwi, pineapple, mango, or papaya. You can also soak quinoa in organic mango juice or pineapple juice.

William Seyman

Willie is a talented artist and valued Program participant.

Broccoli Soup

Ingredients

- 1 cup steamed broccoli
- 1 cup spinach OR
- 1 cup steamed asparagus
- 1 cup water
- ½ Tbs Italian seasoning
- ½ Tbs cayenne pepper
- 1Tbs garlic powder
- 1 Tbs olive oil (optional)
- ½ cup rice pilaf

Directions

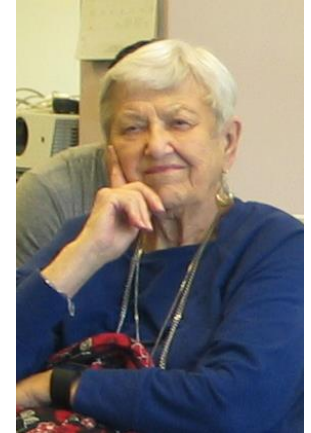
Put green vegetables in stock pot with water, Italian seasoning, cayenne pepper, and garlic powder. Simmer for 8 minutes. Add oil if desired. Blend to purée until smooth.

Note: You can add a cup of rice pilaf or baked potato for extra creaminess as you are puréeing.



Rose Heston

Rose is a military wife who traveled extensively and lived many years in Japan and Turkey.



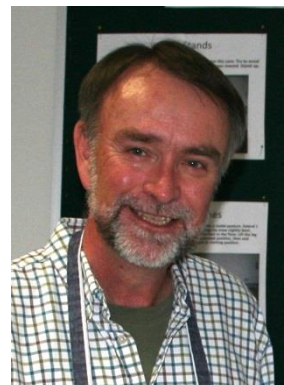
Tita Callender

Tita is from Panama and was a nurse who primarily worked with newborn babies.



John Skarstad

John is a retired archivist/librarian from U.C. Davis.



Black Bean Chili

from Rose

Ingredients

- 1 Tbs olive oil
- 2 cups chopped onion
- 1½ cups chopped red pepper
- 6 cloves of garlic
- 2 Tbs chili powder
- 2 tsp dried oregano
- 1½ tsp ground cumin
- ½ tsp cayenne pepper
- 4½ cups cooked black beans
- ½ cup water, from beans
- 1½ cups tomato sauce



Directions

1. Heat oil on medium high heat. Add onions, bell peppers and garlic. Sauté until onions are soft for about 10 minutes. Mix in chili powder, oregano, cumin, and cayenne. Stir for 2 minutes.
2. Mix in beans, ½ cup reserved bean liquid, and tomato sauce. Reduce heat to medium low and simmer until flavors blend and chili thickens. Stir occasionally for about 15 minutes.
3. Garnish with what you would like such as chopped green onions, grated Monterey Jack cheese, and fresh cilantro.

Lobhia (black-eyed peas)

from Rose

Ingredients

- 1 Tbs olive oil
- ½ tsp whole cumin seeds
- 1½ medium-sized onions, peeled & chopped
- ½ tsp salt
- ¼ tsp ground turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 cup tomato sauce (no salt)
- 3 cups cooked black-eyed peas
- ¾ cup water
- ¼ - ½ tsp cayenne pepper (optional)



Directions

1. In heavy-bottomed pan, heat the oil over medium-high heat; when hot, put in cumin seeds. As soon as they darken (a few seconds) put in the chopped onions. Cook 7-8 minutes, until lightly browned.
- 2 Add the turmeric, coriander and cumin and cook, stirring, another minute.
- 3 Add tomato sauce, lower heat and simmer 5 minutes, stirring occasionally.
4. Add the black-eyed peas, water, salt & cayenne pepper to taste, and the tamarind paste or lemon juice. Bring to a boil. Cover, lower heat, and simmer gently for 20-35 minutes.
5. Lift cover; turn up heat to boil down if too saucy, stirring. All the sauce must adhere to the peas.

Carrot Raisin Cookies

from Tita

Ingredients

- ½ Tbs vanilla bean powder
- 1½ Tbs pumpkin pie spice
- 1 cup whole raisins
- 4 dates, finely chopped
- ½ cup chia seeds
- ½ cup water
- 4 cups carrots, grated

Directions

1. In a large bowl, mix all ingredients except carrots.
2. Let sit for 5 minutes. Add in grated carrots.
3. On parchment paper, drop in 3 tablespoon balls and flatten to ¾ inch thick circles.
4. Dry on 115°F in your dehydrator until firm, but not hard. If you do not have a dehydrator, you can use an oven's warmer drawer.



Raw Creamy Pea Soup

from Tita

Ingredients

- 4 cups frozen peas, thawed
- ½ cup raw cashews
- ½ cup small sweet onion
- 1 small garlic clove
- ¼ cup fresh lemon juice
- 2 cups distilled water
- 1½ tsp sea salt (optional)

Directions

1. Put everything in a blender starting at low and moving to high speed until creamy.
2. Serve and enjoy!



Spinach and Kale Bites

from John

Ingredients

- 1 small yellow onion, chopped
- 6 oz fresh baby spinach
- 2 cups kale, chopped, stems removed
- 1 large scallion, chopped
- 1 egg white
- ⅔ cup breadcrumbs
- ¼ tsp nutmeg
- dash cayenne pepper
- olive oil cooking spray



Directions

1. Preheat oven to 375°F.
2. Heat a large nonstick skillet. Add onion, sprinkle with a tablespoon of water, sauté until translucent, about 5 minutes. Add spinach and kale, cook for 1-2 minutes.
3. Pulse cooked contents in food processor along with chopped scallions for a couple of seconds. Transfer mixture to medium bowl.
4. Add egg white, nutmeg, and breadcrumbs. Mix until well combined. Take a spoonful of the spinach and kale mix into your hand and roll into a small ball.
5. Lightly spray baking sheet with cooking spray. Place bites onto baking sheet. Bake for 15 minutes.

Guacamole Hummus

from John

Ingredients

- 1 -1½ cups cooked chickpeas
- 1 ripe avocado
- 1 jalapeño, seeded and chopped
- ¼ cup cilantro, chopped
- 2 Tbs lime juice
- 1 clove garlic



Directions

Blend all ingredients together in a blender or food processor. Enjoy!

Joyce Matsumoto

Joyce is a retired nurse, active in bridge and Renaissance Society.



Peanut Butter Pie

Ingredients

For Crust

- 1 cup walnuts or pecans
- 1 cup cashews
- 2 Tbs honey or maple syrup
- 3-4 Tbs milk of choice
- 2 tsp pure vanilla extract
- 1 tsp cinnamon

For Filling

- 1 cup unsalted peanut butter powder
- 3 medium ripe bananas
- 3 Tbs milk
- ½ cup dark chocolate chips



Directions

1. Crust: Put crust ingredients in a food processor until dough forms. Add a few tablespoons of milk until at desired consistency. Transfer crust to pie dish.
2. Filling: Place filling ingredients in food processor. Blend until smooth, pausing to scrape sides. Pour filling into pie crust, sprinkle chocolate chips, cover with plastic wrap and freeze. Thaw prior to serving.

Velma Parker

Velma works at the Arden Library, and is currently part of a health study with Kaiser Permanente.



Guadalupe Phillips

Guadalupe, “Lupe”, is from Departamento La Union, El Salvador.



Black Bean Brownies

from Velma

Ingredients

- 1½ cups cooked black beans
- 1½ cup date paste or maple syrup
- 2 Tbs ground flax seed
- ½ cup raw cacao powder
- 1 Tbs vanilla extract
- 1 tsp baking powder
- ½ tsp baking soda
- ¾ cup barley flour
- 1 cup chocolate chips



Directions

1. Preheat oven to 350°F.
2. Blend the black beans and date syrup in food processor until smooth.
3. Add in remaining ingredients, until well blended.
4. Place in a baking mold with parchment baking paper.
5. Place brownies in oven and bake for about 25 to 35 minutes. You can check by inserting fork, when it comes out clean they are ready.
6. Let cool off and serve!

Onion Jam

from Velma

Ingredients

- 4 lb sweet onion, peeled and sliced
- ½ cup maple syrup
- ¼ cup balsamic vinegar
- 1 tsp garlic powder
- ½ - 1 tsp red pepper flakes
- 1 tsp liquid smoke



Directions

1. Slice onions very thin; a food processor makes this easy. Put sliced onions in a slow cooker and add the remaining ingredients. Stir everything together.
2. Put lid on slow cooker and turn on low setting. Cook for 10 hours. After cooking time, onions should be brown.
3. Place onions in blender or food processor for a few seconds to get a chunky consistency. You can store this for a couple of weeks, done!

Sweet Potatoes & Lentils from Lupe

Ingredients

- 1 Tbs olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 Tbs curry powder
- 3 medium sweet potatoes, peeled & cut into 1 inch pieces
- 1 cup lentils, rinsed
- ½ cup white rice
- 1½ cups unsalted vegetable broth
- 2½ cups water
- ¼ cup cilantro leaves

Directions

1. In a nonstick skillet, heat olive oil over medium heat. Add onions and cook for 5 minutes. Add garlic and curry powder, cook for 1 minute while stirring constantly.
2. Stir in sweet potatoes, lentils, rice, broth, and water. Heat to boiling and then reduce heat to low, cover for 30 minutes or until lentils and rice are tender. Almost all liquid should be absorbed.
3. Let cool off for 5 minutes and sprinkle cilantro as desired.



Cabbage Bulgur Casserole

Ingredients

- 2 cups water
- 1½ cups bulgur
- 1 Tbs vegetable oil
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 red bell pepper, diced
- 12 cups Chinese cabbage, loosely chopped
- 3 garlic cloves, crushed
- 3 green onions; 2 Tbs ginger, minced
- 3 Tbs soy sauce; 2 Tbs rice vinegar
- 1½ cups diced tomatoes; 2 tbs fresh parsley

Directions

1. Preheat oven to 350°F.
2. In a saucepan, boil 1½ cups of water and stir in bulgur. Remove from heat, set aside.
3. Heat oil over medium-high heat. Add carrots, celery, and red pepper; cook for 5 minutes. Add cabbage stems, cook until tender. Reduce heat and add in garlic, green onions, and ginger. Cook for 1 more minute, keep stirring.
4. Add remaining ½ cup of water, bring to boil. Simmer for 1 minute. Remove from heat. Stir in 2 tablespoons of soy sauce, 1 tablespoon vinegar, and cooked bulgur.
5. In small bowl, combine tomatoes, parsley, remaining soy sauce and vinegar.
6. In a casserole, place ½ cabbage leaves, top with bulgur mix, and remaining leaves. Spoon tomato mix on top, cover and bake for 40 minutes.