The Harvard Longwood Campus Community Cookbook

A collection of recipes from our Harvard neighbors, colleagues and friends.
APPETIZERS

VEGAN MEDITERRANEAN SALAD

INGREDIENTS

• Kale
• Lemon
• Red bell pepper
• Red onion
• Cucumber
• Cherry Tomatoes
• Kalamata olives
• Garbanzo beans
• Parsley
• Vinaigrette dressing
• Hummus (optional)

NOTES

*Quantities will range depending on how many are being fed by the salad.

DIRECTIONS

Marinate kale, remove stems and julienne the kale leaves.

Place in medium size bowl, with juice from one large lemon, toss the leaves in lemon and let rest while preparing rest of ingredients. Lemon will soften kale leaves.

In a different small bowl, whisk together vinaigrette, lemon Dijon, olive oil, oregano, salt and pepper. Set aside.

Prep the ingredients by dicing the bell pepper, onion cucumber tomatoes, olives and chickpeas. Add to the kale and top with the dressing.

Add a dollop of hummus if you want to add just a little something more!

Submitted by Anthony Elias

** Indicates the Option is Allergy-Friendly (either dairy-free, gluten-free, vegetarian, vegan, or some combination)
SWEET CORN PUDDING

INGREDIENTS
- 4 cups frozen corn (about 19 oz)
- 4 large eggs
- 1 cup whipping cream
- ½ cup whole milk
- ¼ cup sugar
- ¼ cup butter
- 2 tbs flour
- 2 tsp baking powder
- 1 tsp salt

COOK TIME
80 Minutes

DIRECTIONS
Preheat oven to 350.

Butter an 8x8x2 glass baking dish.

Blend all ingredients in a food processor, reserving half of the frozen corn *(I have to divide in half and do in two batches, or my Cuisinart overflows under the blade).*

Stir in the remaining corn.

Pour into prepared baking dish.

Bake pudding until brown and center is just set, about 55-65 minutes.

Cool 10 minutes.

Serve.

NOTES
* Very easy to double or halve ... depending on how big your holiday crowd is.
* Pairs really well as a side to ham.

Submitted by Genevieve Saphier

VEGETABLE CUTLETS

INGREDIENTS
- Potato – 3 big
- Carrot – 2-3 medium
- Green beans – 10-12 strings
- Green peas - 1/4 Cup
- Beet root - 1 small
- Mint – 1/4 bunch (finely chopped)
- Coriander-1/2 bunch (Finely chopped)
- Bread crumbs – 1 bowl full for coating)
- All purpose flour - 2 tsp (mixed with water and made into a thick paste).
- Ginger-garlic–green chili paste -1 large spoon
- Roasted cumin powder - 1/2 tsp
- Salt - 2 tsp (adjust to taste)
- Oil for shallow frying

DIRECTIONS
Peel potatoes and beet root and cut roughly. Add them to a pressure cook along with beans and carrots. Pressure cook for about 3 whistles. Allow a few minutes after turning off the gas and release pressure. Can use an instapot pressure cooker too.

Mash the vegetables and keep aside to cool off.

Heat a frying pan and add 2 tsp oil. Add ginger garlic paste and sauté till cooked on low flame. To this add the mashed vegetables.

Add roasted cumin powder and salt (adjust to taste). Mix well and add finely chopped coriander and mint leaves and sauté on low-medium flame.

Let this cool off and then shape them into round shaped patties.

On the side, mix all–purpose flour with water and make a flour paste and keep aside.

Spread the bread crumbs on a plate.

Heat the oil in a shallow frying pan. While the oil is heating up start dipping the patties you had set aside into the flour paste and then roll it over the powered bread crumbs to get a nice coat of the crumbs around the patty.

Start shallow frying (about 2 mins) by flipping each side until golden brown. Once done, remove the patty from the oil and place on a paper towel to remove excess oil. Repeat this for all the other patties.

Ready to be served.

Submitted by Vandana Toretii
CITRUS JALAPENO & CRANBERRY RELISH

COOK TIME
18 Minutes

DIRECTIONS
Using a zester or vegetable peeler, strip the zest (colored part only – no white) from the orange, lemon, and lime. Cut the zests into very thin 1 1/2-inch-long strips. Peel the citrus fruits using a sharp paring knife, making sure to remove all the bitter white pith. Working over a bowl, cut in between the membranes to release the sections; squeeze the juice from the membranes into the bowl. Discard the membrane.

Put the sugar in a heavy-bottomed medium saucepan and cook over moderate heat, stirring with a wooden spoon, until a clear amber syrup forms, 3 to 4 minutes. Don’t let the sugar get too dark or it will become bitter. As soon as it turns golden, immediately add the citrus zests and stir constantly for 30 seconds, then stir in the citrus fruits and juices and cook for 30 seconds more. Add the cranberries and bring to a gentle boil. Cook, stirring occasionally, until the relish is jam-like, about 12 minutes. Remove from the heat and stir in the julienned jalapeno pepper. Let cool completely, then refrigerate.

INGREDIENTS
• 1 navel orange
• 1 lemon
• 1 lime
• 1 cup sugar
• 3 cups fresh cranberries
• 1 jalapeno pepper, seeded and julienned

NOTES
* The relish can be refrigerated for up to 1 week
* Serve at room temperature
* Makes around 3 cups of relish

Submitted by Marcia Feldman

BARSZCZ WIGILIJNY (CHRISTMAS BEET SOUP)

COOK TIME
60 Minutes

DIRECTIONS
Make the mushroom stock:
• Heat oil over medium heat in 3qt or larger pot
• Add the onion and cook until translucent and fragrant
• Add garlic and cook another 1 minute
• Add water and dried mushrooms
• Simmer until the stock is a rich brown color, about 30 minutes
• Strain the stock into another container, leaving the mushrooms and any sediment behind

Make the soup:
• Wash the pot, and add the strained mushroom stock, beets and their canning liquid, bay leaf, and peppercorns
• Simmer over medium-low heat until reduced by half, about 30 minutes.
• Strain out the solids
• Gradually add salt and lemon juice, tasting as you go
• Add sugar if desired

INGREDIENTS
Strong mushroom stock:
• 1 Tbsp olive oil
• 1 onion, chopped
• 1 clove garlic chopped
• 8 cups water
• 4 oz dried mushrooms (cepes/porcinis are traditional, but I use a cheaper “forest blend” and still get great results
Barzcz:
• 2 13oz cans of sliced beets including their liquid, or 4 large raw beets, peeled and grated
• 1 bay leaf
• 12 black peppercorns
• 2-4 Tbsp lemon juice, to taste
• Salt, to taste
• Sugar (optional)
• Sour cream (optional)

NOTES
* Recommended to be served in consommé cups with optional sour cream at the table.
* Serves 4

Submitted by Jessica Donnoly Reed
### AVOCADO FETA SALSA

**INGREDIENTS**

- 2 plum tomatoes (chopped)
- 1 avocado (halved, seeded, peeled and chopped)
- ½ cup onion (finely chopped)
- 1 clove garlic (minced)
- 1 Tbsp fresh parsley (snipped)
- 1 Tbsp fresh oregano (snipped) (can use dried)
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 4 oz feta cheese (coarsely crumbled)

**DIRECTIONS**

In a medium bowl, combine tomatoes, avocado, onion, garlic, parsley, oregano, oil and vinegar. Stir gently to mix. After mixed, add in feta cheese and continue to stir. Cover and chill for 2 hours. Serve salsa with pita chips or tortilla chips. Enjoy!

Submitted by Debra Lansberry

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### FRENCH BAGUETTE

**INGREDIENTS**

- 700 g All Purpose Flour
- (If you want to use wheat flour, use 200 g wheat and 500 g AP)
- ½ tsp Instant Dry Yeast
- 1 ½ tsp Kosher Salt
- 520 g Water

**DIRECTIONS**

In a large bowl, bring together flour, dry yeast and salt and whisk together to insure even disbursement of ingredients. Pour in water and then mix together with the back of a wooden spoon, until the dough has formed. Cover with a towel for 45 minutes.

Using a bread scraper, remove the dough from your large bowl onto an un-floured counter-top. Turn the dough using the slap fold method for only 3 or 4 turns. Return to the bowl and cover with towel for another 45 min. rise.

Repeat the aforementioned step twice.

Define a work space with a thin dusting of fresh flour. Using a bread scraper remove the dough from your large bowl onto your floured counter-top and sprinkle a light dusting of flour on your dough. Using bread scraper divide your dough into 4 even pieces. For each individual piece, use your fingers to press into the dough, creating a rectangular shape about the size of your hand. Then fold in the corners and turn over, working it into a bun shape. Do this for each piece. Cover these four pieces with a lightly oiled piece of cling wrap. (I always use EVOO). Let sit for 15 minutes.

Shape into Baguette. One at a time, take the dough onto a lightly floured counter top and using your fingers press into the dough, shaping it into a rectangle a little larger than the size of your hand. Fold the top of the rectangle to its center, and using the heel of your hand press lightly to seal the fold. Fold the top down to the bottom of the rectangle and seal again with the heel of your hand. Pressing gently and evenly roll the dough back and forth on the counter, moving your hands toward the outside of the roll as you go. You want to roll your dough into about 12 inch baguette. Final rise. Prepare a Bakers Couche. (I use a clean pillow case, it is cheaper and does the same thing). Lightly flour. Place each prepared loaf down length wise, lifting a wave of the pillowcase between each loaf. Once all four loaves are placed, cover with the excess sheet for 30 minutes. Start pre-heating the oven to 450 degrees. Place a pan with boiling water at the bottom of the oven to create a steamy environment for your bread to bake in. Heat oven with the baking sheet you will be using.

Cut parchment paper, the appropriate size to line your baking sheet. Transfer your risen loaves to your heated baking sheet. Holding your towel, that you’ve placed over the bowl during the proving, create a hammock for your dough between your hands and roll two of your baguettes, one loaf at a time to the baking sheet. Optional – At this point I like to sprinkle either sesame, poppy seeds or everything but the bagel seasoning. However, you can also bake it plain and it is still incredible! Cut your dough to help direct the rise. Using a sharp flat blade, the traditional cut is three individual, diagonal slashes every 3 inches. Spray your loaves with water, to keep the heat close to the dough.

Baking two loaves at a time place your baking sheet into the oven length wise. Spray water into the oven, to ensure a nice and steamy environment. Bake for 8 minutes. Rotate baking sheet. Bake for an additional 8 to 10 minutes to achieve a beautiful golden brown. Remove from oven to a cooling rack and let sit for a few minutes before enjoying!

Submitted by Tom Kelleher
ENTREES

CHICKEN AND VEGETABLES ENCHILADAS

INGREDIENTS

- ½ pound boneless, skinless chicken cut into strips or small pieces
- 2 Tbsp. vegetable oil
- ½ cup chopped onion
- ½ chopped green pepper
- 2 Tbsp. sweet red pepper
- ½ cup corn
- ½ cup canned black beans, rinsed
- ½ cup cream cheese
- 2 Tbsp. Sour cream
- 1 cup grated Cheddar/Jack cheese, divided
- ½ tsp. cumin
- ½ tsp. red chili powder
- Dash of salt and pepper
- 4 large flour tortillas

DIRECTIONS

Grease a 9 x 13-inch pan. Pre-heat the oven to 350 degrees.

Sauté the chicken until cooked in the oil in a medium saucepan over medium/high heat. Add onions, green peppers, and red peppers. When the onions are lightly browned, turn the heat to medium/low and add the corn, beans, cream cheese, sour cream, cumin, chili powder, salt and pepper, and 2/3 cup of the cheese. Stir well for two to three minutes until the cream cheese is melted.

Remove from the heat.

Place tortillas on a paper towel and cover with another paper towel. Microwave for 10 seconds to soften the tortillas. Repeat for the other tortillas.

On each tortilla, spread 1 tablespoon salsa, then spoon a heaping ¼ cup of the filling down the middle of the tortilla. Fold the edges over and place folded side down in the pan. After all the tortillas are in the pan, garnish with the remaining salsa and 1/3 cup cheese.

Cover the pan with aluminum foil and bake for 10 minutes. Serve with more salsa and cheese, if desired.

NOTES

* Serves 4
* You can change the protein in the enchiladas by substituting chicken (pollo) for meat (carne) or eggs (huevos) for the beans (frijoles).

Submitted by William Budding
WINTER SQUASH SOUP WITH SAGE & THYME

INGREDIENTS

- 1 T butter
- 1/2 small onion, finely chopped
- 3 large garlic cloves, chopped
- 28 ounces chicken broth (or could do veggie – I use “Better than bouillon”)
- 1 honeynut squash
- 1 red kuri squash (or could use acorn if not available)
- 1 teaspoons minced fresh thyme
- 1 teaspoons minced fresh sage
- 1/4 teaspoons ground cayenne
- 1/4 teaspoon ground ginger (or use fresh)
- 1 T whipping cream

NOTES

*To make this dish allergy friendly: cook using olive oil instead of butter and skip cream for dairy free

DIRECTIONS

Cut squash in half and roast in oven with a tiny bit of olive oil for about 30 min at 400 F.
Let cool, and then scoop out flesh (not seeds) from skin. Meanwhile, melt butter in large pot over medium-low heat. Add onion, garlic, thyme, and sage (and fresh ginger) and sauté until tender, about 10 minutes.
Add broth and squash; bring to simmer for about 20 minutes. Working in batches, puree soup in blender.
Return soup to same pot. Stir in cream and bring to simmer. Season with salt and pepper. (Can be made 1 day ahead.
Chill.
Rewarm over medium heat before serving.
Serve with grilled bread.

Submitted by Lorelei Mucci

LEMON ARUGULA PASTA

INGREDIENTS

- 1 tablespoon olive oil
- 2 cloves minced garlic
- 2 cups heavy cream (1 pint)
- 2 lemons
- 1 pound pasta (short pasta works best)
- Baby arugula (half a bag or more depending on preference)
- ½ cup Freshly grated Parmesan- more needed when served!
- 1 pint grape or cherry tomatoes, halved

NOTES

*You can add chicken or even fish to serve with this.
*This can either be an entree or just a side dish.

DIRECTIONS

Heat olive oil in a medium saucepan over medium heat, add the garlic, and cook for 60 seconds.
Add cream, Parmesan, zest and juice of 2 lemons, salt and pepper.
Bring to a boil, then lower the heat and simmer for 15 to 20 minutes, until it starts to thicken.
Cook pasta according to package directions.
While pasta is cooking, half cherry tomatoes.
Drain the pasta and add it to the cream sauce. Cook it over medium-low heat for 3 minutes, until most of the sauce has been absorbed in the pasta.
Pour the pasta into a large bowl, add the arugula, more Parmesan, tomatoes.

Submitted by Marcie Naumowicz
SWEET POTATOES WITH BALSAMIC ONIONS & GOAT CHEESE

INGREDIENTS
- 2 medium sweet potatoes
- 1 + 2 tbsp olive oil
- 1 small yellow onion, diced
- 1/2 tbsp balsamic vinegar
- 1/2 tsp garlic powder
- 1/2 tsp dried rosemary
- Sea salt and pepper to taste
- 1/4 cup Parmesan cheese
- 4 oz log goat cheese
- Parsley for garnish

DIRECTIONS
Preheat the oven to 350 degrees. Line a tray with foil.

Poke holes on all sides of each sweet potato. Rub the potatoes with olive oil and sprinkle with sea salt.

Roast for 1 hour, or until easily pierced with a fork.

Remove the sweet potatoes from the oven, let them cool for 10 minutes or until you can safely handle them.

While the potatoes are roasting, sauté the onions in 2 tbsp of olive oil for 5-8 minutes. Add the balsamic vinegar, stir to combine and cook for 1-2 additional minutes until all the vinegar has been absorbed.

Mix the balsamic onions, garlic powder, dried rosemary, salt, pepper, and half of the goat cheese until the cheese is fully combined.

Slice open sweet potatoes. Add onion and cheese mixture to sweet potatoes, top with extra goat cheese, Parmesan cheese, and a sprinkle of rosemary. Put the stuffed potatoes back in the oven for 15 minutes.

Remove the sweet potatoes from the oven, drizzle extra balsamic vinegar over the top and a sprinkle of parsley to garnish.

Submitted by Lauren Jett

AUTUMN OMELETTE & ROASTED SQUASH

INGREDIENTS
- 2-4 eggs (can vary depending on how many you are serving)
- 1 shallot, or small onion, minced
- 1 clove garlic, minced
- Butter and/or olive oil
- 1/4 cup roasted squash, cut into small pieces
- Some crumbles of feta cheese (or Gorgonzola, or could be omitted)
- Pinch of oregano (thyme or sage would work too)
- Salt
- Pepper

DIRECTIONS
Roast butternut squash by peeling it, discarding the pulp and seeds, chopping it into pieces, and mixing in a bowl with olive oil, salt and pepper. Spread the pieces on a sheet pan with foil and roast at 400 F until browned at the edges.

To make the omelette:
Melt the butter and/or olive oil in a skillet. Slow-cook the shallot (or onion) at a low heat, with the oregano or spice, until it is very soft and starts to caramelize (10+ minutes). Add the garlic and squash, and cook until all the flavors start to meld.

You can crush the squash a bit with the back of a spoon while it’s in the pan. Meanwhile, crack the eggs in a bowl and whisk with salt and pepper. Then add the cheese and eggs to the pan. Cook at a very low heat.

Submitted by Beth Chaplin

COOK TIME

1 Hour & 25 Minutes

COOK TIME

15 - 25 Minutes

NOTES
* Could be dairy-free if cheese is omitted and butter is replaced by olive oil.
CHICKEN FAJITAS

INGREDIENTS

• 1 lb chicken breasts, boneless, skinless (cut in 1-inch cubes or slices)
• 1 tomato sliced
• 1 red pepper (sweet, diced)
• ½ medium onion (diced)
• 1 lime
• 2 Tbs. olive oil
• ½ C. fresh cilantro
• 4-6 (10-12 inch) flour tortillas
• Sour cream
• Shredded cheese
• Lettuce
• Salsa

NOTES

* Can be gluten free if you substitute flour tortillas for corn tortillas.

DIRECTIONS

Heat oil in cast iron or heavy frying pan on medium high temperature.

Add chicken and brown on all sides and cook thoroughly.

Add cubed peppers and onions until tender.

At this time, heat tortillas in microwave or in another pan on the stove top.

Add tomatoes, cilantro and squeeze both halves of lime over meat and vegetables. Heat thoroughly.

Typically serve meat and vegetables in a warm tortilla.

Wrap with a dollop of sour cream, shredded cheese, lettuce, and salsa.

COOK TIME

35 - 40 Minutes

Submitted by William Budding

CHICKPEA SHAKSHUKA

INGREDIENTS

• 1 Tbsp olive or avocado oil
• 1/2 cup diced white onion or shallot
• 1/2 medium red bell pepper (chopped)
• 3 cloves garlic, minced (3 cloves yield ~1 1/2 Tbsp)
• 1 28-ounce can tomato puree OR diced tomatoes with salt
• 3 Tbsp tomato paste
• 1 Tbsp coconut sugar or maple syrup (or stevia to taste)
• Sea salt to taste
• 2 tsp smoked or sweet paprika
• 1 tsp ground cumin
• 2 tsp chili powder
• 1/4 tsp ground cinnamon
• 1 1/2 15-ounce cans cooked chickpeas

NOTES

*Garlic bread pairs nicely with the shakshuka.

DIRECTIONS

Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Sauté for 4-5 minutes, stirring frequently, until soft and fragrant.

Add tomato puree or diced tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder, cinnamon, cayenne pepper (optional), cardamom, and coriander (optional). Stir to combine.

Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently. If you’re OK with a chunkier texture, leave as is. Or, scoop 3/4 of the sauce in the blender and blend until smooth for a creamier result!

Add chickpeas and olives (optional). Stir to combine. Then reduce heat to medium-low and simmer for 15-20 minutes to allow the flavors to develop and marry with the beans.

Serve as is or with bread, pasta, or rice

Garnish with fresh lemon juice, additional olives, and cilantro or parsley for extra flavor

COOK TIME

30 Minutes

Submitted by Anthony Elias
**GREEN BEAN CASSEROLE**

**INGREDIENTS**
- 12 ounces of haricots verts
- 2 tbs of Canola oil
- 3 cups of fresh sliced mushrooms
- 1/2 cup of chopped onions
- 1 tbs of all purpose flour
- 1 cup of unsalted chicken stock
- 2 tbs heavy cream
- 1/2 tsp of black pepper
- 3/8 tsp of kosher salt
- 1/4 cup of whole wheat panko
- 3 tbs of grated Parmesan cheese
- Cooking spray

**NOTES**
*Swapping the traditional canned soup for homemade mushroom sauce makes this dish a bit healthier than other green bean casseroles!*

**DIRECTIONS**
Trim and blanch haricots verts. Place in an 11x7in baking dish.

Heat canola oil in a large skillet over medium-high. Add sliced fresh mushrooms and chopped onions; cook until browned, 6-8 minutes. Add all-purpose flour to the skillet. Stir constantly for 1 minute.

Add unsalted chicken stock, heavy cream, black pepper, and kosher salt. Cook, stirring until thick and smooth - around 1-3 minutes.

Spoon the mixture over haricots verts. And sprinkle with whole wheat panko and Parmesan cheese.

Spray with cooking spray and broil until golden brown. About 2 minutes and then serve.

Submitted by Pernille Konow

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**SPICED CHICKEN**

**INGREDIENTS**
- 2 tbs vegetable oil
- 2-3 onions course chopped
- 8-12 garlic cloves course chopped
- Spice mix:
  - 1 tbs paprika
  - 1 tsp cumin
  - 1 tsp coriander
  - 1/2 tsp turmeric
  - 1 tsp Salt
  - 1/2 tsp cayenne pepper (Optional)

**DIRECTIONS**
Cut up whole chicken into chunks. Cut the breast in half, remove leg from thigh, cut wings from breast.

If using boneless chicken breast cut each breast into thirds

Mix the spice mix in a bowl.

Coat each piece of chicken with the spice powder and let it sit while you chop up the onions and garlic.

Heat oil in a large pan or wok on medium heat

Put chicken, onions and garlic into the pan and let it sit until everything is browned.

Cover on low heat until chicken is cooked through and the onions and garlic have dissolved into the oil to make a sauce (about 25 minutes). Stir occasionally to keep the bottom from scorching.

Serve with rice or couscous.

Submitted by Michelle Ocana
EASY HAYSTACK

INGREDIENTS

- 1 packages Frito’s corn chips
- 1/2 cup shredded cheddar cheese
- 1/2 cups chopped lettuce
- 1/2 cup salsa
- 2 tablespoons sour cream
- 1 can (15 ounces) vegetarian chili with beans
- You can add jalapeños to add more spicy

DIRECTIONS

In a small saucepan, heat chili. You can add jalapeños to add more spicy

Divide corn chips between two plates; top with cooked chili. (2 minutes)

Layer with cheese, chopped lettuce, salsa, and sour cream.

Serve immediately.

 Submitted by Aprillia Powers

THE BEST BRAN ROLLS

INGREDIENTS

- 1 cup (2 sticks) butter, softened
- ¾ cup + 1 teaspoon sugar
- 1 cup boiling water
- 1 cup All Bran cereal (Kellogg’s brand is traditional)
- 1 ½ teaspoon salt
- 2 packets (1/2 oz) dry yeast
- 1 cup lukewarm water
- 2 eggs, beaten
- 6 cups flour + extra for rolling

DIRECTIONS

In a large bowl, combine butter, ¾ cup sugar, salt, bran, and boiling water. Stir until the butter is melted. Cool to lukewarm.

In a small bowl, add yeast and 1 tsp sugar to lukewarm water and let sit 5 minutes. Yeast should start to bubble. (If not, your yeast is dead.)

Add the yeast mixture to the bran mixture. Add eggs. Mix thoroughly

Add flour gradually, stirring as you go. Mix well. Cover and let rise in a warm space 1 hour. Grease a cookie sheet. Flour your fist and punch the center of the rising dough down.

On a generously floured surface, roll the dough into a circle (you may divide the dough in two and do this twice, depending on the size of the rolls you want).

Cut the circle into wedges and, starting at the edge of the triangle opposite the point, roll each wedge up. Place on the cookie sheet so the point of the triangle is on top and curve the ends in to form a crescent. Space 2 inches apart on sheet

Let rise for ~20 minutes. While the rolls rise, preheat the oven to 400F. Bake at 400F for 20 minutes.

 Submitted by Cecilia Washburn
DESSERTS

GINGER CRINKLES

INGREDIENTS

- 2 ¼ cups all-purpose flour
- 2 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp ground cloves
- ¾ cup butter at room temperature
- 1 cup packed brown sugar
- ¼ cup light or dark molasses
- 1 large egg
- ¾ granulated sugar (for rolling balls)

DIRECTIONS

Mix flour, baking soda, cinnamon, ginger and cloves. Set aside.

Beat butter and brown sugar in a large bowl with electric mixer until pale. Beat in molasses and egg (mixture will look curdled)

Gradually beat in flour mixture until blended. Cover and refrigerate 1 hour or until firm enough to handle.

Heat oven to 350 Degrees F. Have cookie sheets ready.

Put granulated sugar into a small bowl. Shape tablespoonfuls of dough into 1 ¼ inch balls. Roll in sugar to coat.

Place 1 ½ inches apart on ungreased cookie sheet.

Bake 10 to 12 minutes until tops crack but cookies are still soft to touch. Remove to wire rack to cool completely. Store airtight at room temperature up to 3 weeks.

NOTES

* Makes 56 cookies. 73 cal per cookie.

Submitted by William Budding
STANTON FAMILY PUMPKIN RAISIN BREAD

**INGREDIENTS**
- 1 1/2 cups sugar (can reduce to 3/4 cup and it’s just as great)
- 1 3/4 cups all-purpose flour
- 1/2 tsp. cinnamon
- 1/2 tsp. ground cloves
- 1/2 tsp. nutmeg
- 1/2 tsp. kosher salt
- 1 tsp. baking soda
- 1/4 cup canola or vegetable oil
- 1/3 cup water
- 1 can of Libby’s 100% pure pumpkin, 15 oz
- 1/2 cup raisins or dried cranberries
- 1/2 cup chopped walnuts or pecans (optional)

**DIRECTIONS**
Preheat oven to 350 degrees.
Sift dry ingredients together in a large bowl.
Add wet ingredients and mix well.
Optional – add raisins, dried cranberries, nuts, etc.
Pour mix into an ungreased loaf or 8” square baking pan.
Bake at 350 for 1 hour (or until done in the middle with a cake tester). Should be moist and dense, but not overdone. Let stand for 20 minutes to cool before removing from pan.

Submitted by Jeffrey Stanton

BARBARA’S GINGER SNAPS

**INGREDIENTS**
- 3/4 cup butter (room temperature)
- 1 cup sugar, plus more for rolling
- 1/4 cup molasses
- 1 egg (unbeaten)
- 2 cups flour
- 1/2 tsp salt
- 2 tsp baking soda
- 1 tsp cinnamon
- 1.5 tsp ground ginger

**DIRECTIONS**
Preheat oven to 375.
Combine flour, salt, baking soda, cinnamon, and ginger in a small bowl.
Cream butter and sugar in an electric mixer until light and fluffy.
Add egg and beat until mixed.
Add molasses and beat until mixed.
Add dry ingredients to wet and mix until combined.
You can chill the dough here if you want, but I never do – too impatient!
Use a medium cookie scoop (probably about two tablespoons) and make a ball of dough and roll in white sugar.
Bake on silpat or parchment lined cookie sheets for 12 minutes (original range given 10 – 15 minutes depending on oven).
Cool on a wire rack.

Submitted by Ivanna Pena
CHOCOLATE MINT COOKIES

INGREDIENTS
• ¾ cup butter
• 1 ½ cup brown sugar
• 12 oz package of semi-sweet chocolate chips
• 2 eggs
• 2 ½ cups flour
• 1 ¼ teaspoon baking soda
• ½ teaspoon salt
• 1-2 packages of Andes mints, cut in half
• 4-5 candy canes, crushed

DIRECTIONS
Heat the butter, brown sugar, and 2 tablespoons of water in a saucepan until the butter melts.

Turn off the heat and add the chocolate chips. Stir until melted.

Pour the chocolate mixture into a mixing bowl and let cool.

Add two eggs, one at a time, at medium speed.

Add the flour, baking soda, and salt. Mix until just blended.

Refrigerate for at least 1 hour. Preheat over to 350 degrees.

Roll the dough into small balls and place them approximately 2 inches apart on a cookie sheet.

Bake for about 12-13 minutes.

As soon as the cookies come out of the oven, while still on pan, place ½ piece of an Andes mint on top of each hot cookie.

When soft, swirl the melted mint around each cookie to ice it.

Sprinkle crushed candy canes on the top of cookies while the mint icing is still wet.

Submitted by Laura Ann Sampson

CHOCOLATE CHIP COOKIE CHEESECAKE BARS

INGREDIENTS
• For the chocolate chip cookie base:
  • ¾ c granulated sugar
  • ¾ c brown sugar
  • 1 cup of butter (softened)
  • 2 eggs
  • 1 tsp vanilla
  • 2 1/4 c flour
  • 1 tsp baking soda
  • 1/4 tsp salt
  • As many chocolate chips as you desire! (I usually use 1.5-2 cups.)

• For the cream cheese topping:
  • 1 block cream cheese (softened)
  • 1 cup granulated sugar
  • 1 egg
  • 1 tsp vanilla

DIRECTIONS
Preheat oven at 375 F and line a 9x9 square baking pan with parchment paper.

For the chocolate chip cookie base, cream both sugars and the butter together. When smooth, mix in the eggs, one at a time. Add vanilla.

Combine dry ingredients (flour, baking soda, and salt) and mix into wet ingredients, a third at a time. Stir in chocolate chips. Use about ¾ of the dough to cover the bottom of the prepared pan, and save the remaining ¼ to bake on top of the cheesecake layer!

To prepare the cream cheese mixture, first mix the softened cream cheese and sugar together. Then add the egg and vanilla and mix until smooth. It may be a little runny, but it will solidify in the oven. Pour the cream cheese mixture on top of the chocolate chip cookie base. Then, sprinkle the remaining chocolate chip cookie dough on top!

Bake in preheated oven for about 40-50 minutes, but check after about 30 minutes, rotating if desired. When the bars jiggle less and the cream cheese mixture is puffy and the cookie dough on top is slightly browned, they’re ready to take out.

Let cool before enjoying! Bars refrigerate and freeze well.

Submitted by Jillian Baker
### VEGAN COCOA COCONUT BITS

**INGREDIENTS**
- 1 1/2 cups dried, unsweetened coconut
- 1/2 cup natural cocoa powder
- 1/3 cup rolled oats
- 1/2 cup maple syrup
- 1/4 cup extra virgin coconut oil
- 1/2 tsp. vanilla extract
- 1/4 tsp. cinnamon (optional)

**DIRECTIONS**
In a mixing bowl, combine the unsweetened coconut, cocoa powder, and rolled oats together. Stir in the maple syrup, coconut oil, vanilla, and optional dash of cinnamon. Mix to coat everything evenly. Set in the fridge for 20 minutes.

Preheat the oven to 215°.

Line a baking sheet with parchment paper. Using a mini scooper or your hands, make 1-inch balls and set them on the baking tray (they don’t spread, so ample space between is not important). Bake them on the middle rack for 20 minutes.

Remove to cool.

*Because these are vegan, they can also be enjoyed raw by scooping them into balls and chilling them for about an hour. Baking them at a low heat gives them a texture of somewhere between truffle and cookie, with a crisp crust and a soft center. They can also be made gluten-free by using gluten-free rolled oats.*

Submitted by Ellen Levine

### EASY FUDGE

**INGREDIENTS**
- 4 1/2 cups sugar
- 1 tall can of Carnation Evaporated Milk
- 18 oz Nestle Semi-sweet Chocolate bits
- 1/2 pound butter
- 1 tsp. vanilla
- 2 cups pecans

**DIRECTIONS**

Boil sugar and evaporated milk, stirring all the time. Once it starts a rolling boil, cook for 6 minutes, stirring constantly.

Add chocolate bits, butter, vanilla and pecans.

Pour into 2 buttered 9 x 13 inch cake pans or 11 x 17 pan.

When cooled, cut into pieces.

Fudge can be frozen for up to four months. Always take from the freezer one day ahead of use.

*To make more allergy friendly, pecans are optional and can be omitted. May use other chocolate bits that are produced in nut-free facilities.*

Submitted by William Budding
**AUNT MARTHA'S APPLE CAKE**

**INGREDIENTS**
- 2 eggs
- 3/4 cup sugar
- 1/2 cup vegetable oil
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 2 ripe apples, cored and sliced

**DIRECTIONS**
Preheat the oven to 350 degrees. Grease and flour a 8x8 baking dish.

Beat eggs and then gradually mix in the sugar. Stir in the oil.

In a separate bowl combine the flour, baking powder and 1 tsp cinnamon and then mix the dry ingredients into the wet mixture. Toss apple slices in remaining cinnamon and then fold into the batter. Pour batter into the prepared pan.

Bake for 45 minutes to 1 hour, until top is brown and set. Check with a cake tester to make sure the batter cooked all the way through. Cool slightly on a rack before serving.

Submitted by Sarah Sholes

**COOK TIME**
45 - 60 Minutes

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**SUSAN’S CLASSIC BROWNIES**

**INGREDIENTS**
- 1 cup (4 oz) pecans or walnuts chopped medium (optional)
- 1 ¼ cups cake flour
- ½ tsp salt
- ¾ tsp baking powder
- 6 oz unsweetened good quality chocolate chopped fine
- 12 tbs (1 ½ sticks) unsalted butter cut into six 1 inch pieces
- 2 ¼ cups sugar
- 4 large eggs
- 1 tsp vanilla extract

**DIRECTIONS**
Adjust oven rack to middle position and heat oven to 325.
Cut 18 inch length foil and fold lengthwise to 8 inch width. Fit foil into length of 13 x 9 inch baking dish pushing into corners and up sides of pan in same manner, perpendicular to the first sheet. Spray foil with nonstick cooking spray.

If using nuts spread evenly on rimmed baking sheet and toast in oven until fragrant 5-8 mins. Set aside to cool.
Whisk and combine flour, salt and baking powder in medium bowl and then set aside.

Melt chocolate and butter in large heatproof bowl set over saucepan of almost simmering water stirring occasionally until smooth. (or microwave 45 sec and then 10 sec intervals until smooth stirring in between). When chocolate is completely smooth remove bowl from saucepan and gradually whisk in sugar. Add eggs one at a time whisking after each addition until thoroughly combined. Whisk in vanilla. Add flour mixture in three additions folding with rubber spatula until batter in completely smooth and homogenous.

Transfer batter to prepared pan using spatula spread batter into corners of pan and smooth surface. Sprinkle with toasted nuts evenly over batter (if using). Bake until toothpick inserted into center of the brownies comes out with few moist crumbs attached about 30-35 minutes. Cool on wire rack to room temperature about 2 hours then remove brownies from pan by lifting foil overhang. Cut brownies into 2 inch pieces and serve, leftovers in airtight container at room temperature for up to 3 days.

Submitted by Susan Flaherty

**NOTES**
* Be sure to test for doneness before removing brownies from the oven. If under baked the toothpick has batter clinging to it. The texture of the brownies will be dense and crummy. If over-baked the toothpick will come out clean and the brownies will be dry and cakey.
GRAM REESE COOKIES

INGREDIENTS
• 1 cup butter (softened)
• 1 cup white sugar
• 1 large egg
• 3 cups flour
• 1 teaspoon ground nutmeg
• 0.25 (one quarter) cup inexpensive cream sherry; i.e. Taylor (do not use cooking sherry)

DIRECTIONS
In a large bowl: soften the butter; I soften in the microwave until it’s melting. Add sugar and cream thoroughly. Add in the egg and mix thoroughly. Sift in the flour and nutmeg; mix thoroughly. Add cream sherry; I fill the quarter cup measure until it overflows into the batter. Mix thoroughly. Dough will be very sticky.

Split dough in two batches, wrap each in wax paper. Chill the dough in the refrigerator overnight.

Preheat oven to 375 degrees.

Roll out on a floured surface with a rolling pin and cut with cookie cutters or cut shapes with a knife.

You can also chill the dough in a tube shape and slice the cookies instead of rolling the dough.

Bake for 8-10 minutes; until brown around the edges.

Submitted by Barbara Sweeny

TOFFEE

INGREDIENTS
• 1 cup butter
• 1 1/3 cup sugar
• 3 tbsp water
• 1 tbsp Karo syrup
• 6 Hershey chocolate bars or 1 cup of milk chocolate pieces
• 1/2 cup finely chopped nuts

DIRECTIONS
Melt butter.

Add sugar, water and Karo syrup.

Bring to a hard crack stage (305° F)

Pour into butter 9 x 13 pan.

Put six Hershey chocolate bars (or chocolate pieces) on top.

Let them meld and spread over top.

Sprinkle with finely chopped nuts.

* Nuts can be omitted and you can substitute chocolate produced in a nut-free facility for the Hershey’s.

Submitted by William Budding
SOUR CREAM COFFEE CAKE

INGREDIENTS

Cake Ingredients
- 1 ½ cups butter (room temperature)
- 1 ½ cups sugar
- 4 eggs
- ½ tsp. Salt
- 2 tsp. Baking soda
- 1 ½ cups sour cream
- 3 cups flour
- 1 ½ tsp vanilla
- 1 ½ tsp baking powder

Filling Ingredients
- 3 cups sugar
- 2 tsp. Cinnamon
- ½ cup walnuts

DIRECTIONS

In a small bowl mix the filling (the tenth and eleventh ingredients together first, then mix in the twelfth ingredient – set aside.

Cream the butter with a mixer, then add in the sugar and eggs (first, second and third ingredients)

Then add the next five ingredients to the mixer.

Grease a tube pan. Spoon some (1/4) of the filling (the tenth, eleventh, and twelfth ingredients) on the bottom of the pan.

Pour in half of the batter. Spoon ½ of the filling that remains.

Pour remaining batter. Spoon remaining filling on top.

Bake for 50-60 minutes at 350 degrees.

Submitted by Jeff DiCiaccio

HOLIDAY CRANBERRY CRUMBLE BARS

INGREDIENTS

Shortbread crust/crumble
- 2 1/4 cup all-purpose flour sifted
- 3/4 cup granulated white sugar
- 1 tsp salt
- 12 tbsp unsalted butter cut into 1-inch cubes
- 4 tbsp vegetable shortening (Crisco)
- 1/4 cup light brown sugar

Cranberry Filling
- 12 ounces (1 bag) fresh or frozen cranberries
- 1 cup granulated white sugar
- 3 tbsp orange juice
- 1 tbsp orange zest
- 3/4 cups water

DIRECTIONS

Preheat oven to 350 degrees F and grease a 9-inch square pan on the bottom and sides.

Sift flour into a medium bowl. Mix in 3/4 cup white sugar and salt. Add the unsalted butter cubes and shortening and toss to coat with flour mixture. Using two knives, cut the butter and shortening into the flour mixture until it looks shaggy with pea-sized chunks of butter and shortening. The mixture should just come together when you squeeze in your hand. Do NOT knead the mixture or it will become tough.

In the prepared pan, press 2/3 of the flour mixture into the bottom until evenly distributed but do not overwork. Just press enough so it comes together and is even. Prick the crust with a fork.

Bake the bottom crust for about 15-18 minutes until it just starts to brown.

While crust is baking, wash cranberries and place in a heavy bottomed sauce pan over medium heat with 1 cup white sugar, orange zest and juice, and water. Stir until sugar dissolves and let come to a simmer.

Stirring frequently, cook the cranberries until they start to pop and forms jam, about 10 -12 minutes. If the mixture starts to look a little dry before cranberries fully cook add a few more tablespoons of water. It should be a jam consistency, not overly runny or too set. Set aside to let cool.

To the remaining flour mixture add the 1/4 cup light brown sugar and using your hands and press the mixture together to form crumbs (big and small). Spread the cooled cranberry mixture over the crust and sprinkle the crumb mixture on top. The cranberry jam does not have to be completely covered. Lightly press crumbs. (There might be some crumb mixture leftover depending on your preference).

Bake for about 25-30 minutes until the crumb is golden brown. Make sure to watch the sides as they tend to burn given the sugar in the jam.

Place pan on a cooling rack and let cool completely before cutting.

Enjoy!

Submitted by Jamie Gunnerson

NOTES

* If you want a smoother jam consistency, you can sieve the cranberry jam mixture before spreading on the crust but you will have less filling.

* Makes 9 large bars.
**RUM RAISIN EGG NOG**

**INGREDIENTS**

- 3.0 oz eggnog
- 1.5 oz gold/dark rum
- 0.5 oz bourbon
- 0.5 oz east India sherry
- 0.5 oz maple syrup
- Cinnamon + nutmeg to taste (~1/4 tsp per serving)

**COOK TIME**

10 Minutes

**DIRECTIONS**

Add the eggnog to a large mixing vessel.

Then stir in the remaining ingredients one at a time.

Bottle and enjoy within 30 days.

Submitted by Karyn Aiello
GRAPEFRUIT & ROSEMARY MOCKTAIL

INGREDIENTS

Rosemary Simple Syrup:
• 1 cup water
• 1 cup granulated sugar
• 3 sprigs of rosemary

Mocktail per 4 glasses:
• 2 cups fresh pink grapefruit juice
• ¼ cup of the rosemary simple syrup
• 4 cups sparkling water

DIRECTIONS

Rosemary Simple Syrup: In a small saucepan on the stove, add 1 cup of water and 1 cup of granulated sugar over medium heat. Dissolve the sugar for about 5 minutes. Do not let the mixture boil or crystals will form.

Once the sugar has dissolved, pour the simple syrup into a heat safe container. Add 3 sprigs of rosemary and let steep for at least one hour. The syrup will keep in the refrigerator for ten days.

Mocktail per glass: Add ½ cup fresh pink grapefruit into a serving glass. Add 1 Tablespoon (1/2 oz) of rosemary simple syrup. Stir. Fill the remainder of the glass with sparkling water (about 1 cup).

Garnish with rosemary sprig.

Served chilled.

Submitted by Adriana Robertson

A NOTE FROM THE ECOOPPORTUNITY TEAM

In these challenging times, holidays will look quite different. While working from home, we are finding ways to make our routines (and celebrations!) more sustainable. For those who are able to join our efforts, here is a tip to make this holiday more sustainable — go for more plant-based food!

The EAT-Lancet Commission presented a "planetary health diet." It highlights the importance — for our health and the environment — of consuming a greater variety of vegetables, fruits, nuts, and legumes. You can learn more about the EAT-Lancet Commission scientific targets and sustainable food at the Nutrition Source website.

The EcoOpportunity Team wishes the HLC community a safe and healthy holiday.

EcoOpportunity is the Harvard Longwood Campus Green Team. Connect with the group at ecoop@hsph.harvard.edu.
The Office of Employee Development and Wellness would like to say thank you to all that contributed.

Stay safe and healthy during the holidays!