**DELICIOUS NUTRITIOUS COOKING CLASS**

**NOVEMBER 13, 2015**

Campus Recreation & Auxiliary Services Present

Instructors: Sarah Formoza MA, RD, CDN, Registered Dietitian, and Jen Little
(315) 312-3284 • sarah.formoza@oswego.edu

---

**ROSY GINGER PEACH SMOOTHIE**

**INGREDIENTS:**
Yield: 2 servings
(serving size: 1-½ cups, 10 oz.)
- ¼ cup Cashews, soaked 2-4 hours in a cup of water.
- ½ tsp. Peeled and Grated Fresh Ginger or 1/8 tsp. Ground Ginger
- 1 cup Frozen Sliced Peaches
- 1 cup Fresh Sliced Strawberries
- 1 cup Vanilla Almond Milk

**DIRECTIONS:**
1. Drain and rinse cashews.
2. Combine all ingredients in blender and blend until smooth.

---

**NUTRITION FACTS**

- **FRESH SUMMER ROLLS**
  Nutrition Facts per 1 Roll: 130 calories, 4.5g fat, 100mg sodium, 17g carbohydrates, 2g fiber, 1g sugar, 6g protein

- **THAI PEANUT DRESSING**
  Nutrition Facts per Serving Size: 120 Calories, 8g Fat, 370mg Sodium, 8g Carbohydrate, 0g Fiber, 6g Sugar, 8g Protein

- **JAPANESE NOODLE SALAD**
  Nutrition Facts per Serving: 240 calories, 3.5g fat, 400mg sodium, 64g carbohydrates, 9g fiber, 9g sugar, 13g protein

- **ASIAN QUIONA MEATBALLS**
  Nutrition Facts per 1 meatball: 60 calories, 3g fat, 250mg sodium, 3g carbohydrates, 0g fiber, 1g sugar, 5g protein

- **ROSY GINGER PEACH SMOOTHIE**
  Nutrition Facts per Serving: 200 calories, 9g fat, 28g carbohydrates, 4g fiber, 20g sugar, 4g protein
FRESH SUMMER ROLLS

INGREDIENTS:
Yield: 10 Rolls
• 10 spring roll rice paper wrappers
• 1 large carrot, peeled and julienened
• 1 large cucumber, julienened (you can peel, but I don’t)
• ½ of a large red pepper, julienened
• ⅓ cup chopped purple cabbage
• 1 ounce cooked rice noodles/rice vermicelli (optional)
• 1 avocado, sliced (optional)
• ½ of a large red pepper, julienned (you can peel, but I don’t)
• 1 large cucumber, sliced, plus more for garnish
• 2 green onions, thinly sliced, plus more for garnish
• 3 cloves garlic, minced
• ¾ cup cooked quinoa
• 1 pound ground chicken

DIRECTIONS:
1. Prepare the rice paper wrappers: pour warm water into a large bowl or 9-inch square or round baking pan. The baking pan is what I always use. Working with one at a time, dip the rice paper wrapper into the warm water for 15-20 seconds (or whatever the package suggests). Usually it’s around that time. You want the wrapper to be soft, yet still slightly firm and pliable. Immediately remove from the water and place flat onto a work surface such as a large plastic or ceramic cutting board. Sometimes I use a large wood cutting board, but the wrappers stick to it a little more. Pat the wrapper slightly dry.

2. Fill the rolls: place a few sticks of carrot, cucumber, red pepper, and a sprinkle of cabbage on bottom ⅓ of the rice paper. Then, a small amount of noodles (if using), a slice or two of avocado and a bit of cilantro. Lay 1/2 of a lettuce leaf on top and 4 slices of shrimp on top-- as pictured above. Remember, do not overstuff the roll. Start small then add more, as needed, as you roll each one.

3. Roll them: Roll everything up tightly. To do so: gently pull up the bottom of the roll and roll over the filling. Then, roll and use your hands to tuck the filling in as you go. It’s basically like you’re rolling a burrito! Remember, you want a very tight roll. You can fold in the sides of the rice paper roll if you wish, but sometimes I don’t.

4. After rolling each, place on a serving plate. Cut in half, sprinkle with sesame seeds, and serve with peanut sauce.

THAI PEANUT DRESSING
Great with Fresh Summer Rolls!

INGREDIENTS:
Yield: 1 Quart Dressing (32 servings)
• 2 cup peanut butter (1-16 oz. jar)
• ⅓ cup rice vinegar
• ½ cup soy sauce
• ½ cup honey
• 1 tsp sesame oil
• ⅓ cup lime juice (juice of 2 limes)
• 1 Tbsp Sriracha (or more to taste)
• ⅓ - ⅓ cup hot water

DIRECTIONS:
1. Whisk (or put in mixer) all ingredients, except for hot water, until combined. Add hot water and whisk to desired consistency.

JAPANESE NOODLE SALAD

INGREDIENTS:
Yield: 3 servings
(serving size: 8 oz. about 1 cup)
For the meatballs:
• 3 oz. dry whole wheat spaghetti
• 1/2 red pepper, sliced thinly
• 1 carrot, cut into matchsticks
• 10 snow peas, trimmed and strings removed, sliced thinly
• ⅓ tsp soy sauce, or to taste
• ⅓ tsp canola oil
• 2 tsp rice wine vinegar
• ⅓ tsp sugar
• 1 tsp cornstarch

DIRECTIONS:
1. Cook pasta in boiling water per package instructions. Drain water.
2. While pasta is still hot, add remaining ingredients and toss to combine. Taste and add more soy sauce if desired.

ASIAN QUINOA MEATBALLS

INGREDIENTS:
Yield: 20 meatballs
For the Meatballs:
• 1 pound ground chicken
• ⅓ cup cooked quinoa
• 3 cloves garlic, minced
• 2 green onions, thinly sliced, plus more for garnish
• 1 large egg
• 1 Tbsp soy sauce
• 2 tsp sesame oil
• 1 tsp Sriracha
• Salt & Pepper to taste
• Toasted sesame seeds for garnish

DIRECTIONS:
1. Preheat oven to 400 degrees F. Coat 9x13 baking dish with nonstick spray.
2. In a large bowl, combine chicken, quinoa, garlic, green onions, egg, soy sauce, sesame oil, Sriracha, salt & pepper. Using spoon or clean hands, mix until well combined
3. Roll the mixture into ⅛ inch meatballs.
4. Place meatball onto prepared baking dish and bake 18-20 minutes, until meatballs are cooked through and read 165°F on an instant read thermometer.
5. While meatballs are baking, make sauce. Whisk together soy sauce, rice vinegar, ginger, brown sugar, sesame oil, Sriracha and ¼ cup of water in a small sauce pan over medium high heat, bring to boil.
6. Mix corn starch & 1 Tbsp water. Stir into boiling soy sauce mixture, whisk until thickened.
7. Serve meatballs with sauce, garnished with toasted sesame seeds & green onion.

Notes: Make-ahead for lunch-take it to school or work in a thermos, hot or cold.