

Yarendy Lopez

VEXPO Artifact Write-Up

During the eight weeks of service learning, I was partnered at East Boston Neighborhood Health Center (EBNHC). Part of my service learning at EBNHC included reviewing EBNHC food recipes and calculating the serving size and number of people each recipe served. The ingredients and calculations for each recipe are listed below, and I have also attached the actual recipes that will be distributed to EBNHC participants, where I have included my findings. The second part of my service learning project was to find three appropriate breakfast, lunch, and dinner recipes for a batch cooking workshop that EBNHC plans to incorporate into their Let's Get Movin' program.

1. Find serving sizes and serving number

1. Turkey Meatballs

1 pound = 16 oz. raw, cooked = 12 oz (1.5 cups)
1 large egg = .25 cup
All of the teaspoons = 2.25 teaspoons
1 jar of tomato sauce = 24 oz (3 cups) (it's an extra to have w/meatballs)
Make 2 in meatballs = 8 meatballs /2 = 4 servings

Serving Size: 2 meatballs

It serves 4 people

2. Beanie Burger

1 large egg = .25 cups
1 (16oz) can black beans, drained and rinsed = 2 cups
leftover rice, barley, or Panko bread crumbs = ½ cup
2 scallions, greens and whites, minced (about ¼ cup)
2 tablespoons chopped fresh cilantro or basil leaves

1 garlic clove, peeled and minced or chopped

¼ teaspoon ground cumin, or more, to taste

¼ teaspoon dried oregano or basil

1 teaspoon olive oil

½ teaspoon kosher salt

½ teaspoon black pepper

Serving Size: 2 burger

It serves 2 people

3. Lentil Salad

Uncooked lentils = 2 cups, cooked lentils 2 ½ cups

Cherry tomatoes, diced = ½ cup

1 ripe avocado, diced = 1 cup

1 12-ounce can corn, drained = 1.5 cups

1 bell pepper, diced = ½ cup to 1 cup

½ medium red onion, diced = 1 cup

2 green onions, diced = ½ cup

Cilantro, chopped (optional) = 1/3 cup

Serving Size: 2 cups

Serves 3 people

Dressing: does not recommend adding the dressing in the calculation

¼ cup olive oil

1 ½ tablespoons lime juice

1 ½ tablespoons red wine vinegar

¼ teaspoon salt

¼ teaspoon pepper

4. Banana Oatmeal Pancakes

Quick oats = 2 cups

2 ripe bananas = 1-1/3 cups

1 large egg = .25 cups

1 Tablespoon olive oil

1 pinch of salt

Cinnamon to taste

Vanilla (optional)

2-3 tablespoons

Conversion 4 cups of 64 tablespoons = 20 pancakes

Serving Size: 3 pancakes

Serves 6 people

5. Chicken & Veggie Fried Rice

8 oz chicken breast = 6 oz or .75 cups cooked

3 cups cooked brown rice

1 carrot

½ cup purple cabbage

½ cup frozen peas

½ cup frozen corn

All veggies = 1.5 cups

2 green onions

2 eggs = .25 cups

2 tablespoons olive oil

2 Tbsp low sodium soy sauce

½ tsp black pepper

½ tsp garlic powder

Serving Size: 2 cups

Serves 3 people

Turkey Meatballs

Serving Size: 2 meatballs
It serves 4 people



Ingredients

1 pound ground turkey

1 large egg

1 teaspoon garlic powder

1 teaspoon oregano

1/8 teaspoon salt

1/8 teaspoon black pepper

1 jar tomato sauce (24 ounces)

Materials: baking dish or pot, large mixing bowl, spoon

Instructions (can be cooked in oven OR in stove top)

1. If using oven, preheat to 400F degrees
2. Place all ingredients except tomato sauce in a large bowl and mix just to combine
3. Shape turkey mixture into $\frac{1}{4}$ inch balls
4. Empty tomato sauce into a baking dish or pot
5. Place meatballs in tomato sauce
6. Either cook meatballs on the stove **or** in the oven (choose only one).
 - a. On the stove: boil, covered for 10 minutes, take lid off and cook 5 more minutes over medium heat to reduce sauce.
 - b. In the oven: bake for 20-25 minutes

Beanie Burger

Recipe from ChopChop

Serving Size: 2 burgers
It serves 2 people



Materials: can opener, colander or strainer, fork, measuring cup, sharp knife, cutting board, large mixing bowl, large skillet, heatproof spatula

Instructions:

1. Crack the egg into the bowl and whisk until pale yellow. Add the beans and, using the fork, mash until chunky.
2. Add the rice, scallions, cilantro, garlic, cumin, and oregano to the egg mixture and mix until well combined.
3. Divide the mixture into 4 or 5 portions and form each into a patty about $\frac{3}{4}$ to 1 inch thick. Sprinkle the patties with salt and pepper.
4. Put the skillet on the stove and turn the heat to high. When it is hot, add the oil. Add the burgers and cook until the patties are crusty brown on both sides and heated throughout, 4 to 5 minutes per side.
5. Serve with avocado or yogurt dip

Ingredients:

- 1 large egg
- 1 (16oz) can black beans, drained and rinsed
- $\frac{1}{2}$ cup leftover rice, barley, or Panko bread crumbs
- 2 scallions, greens and whites, minced (about $\frac{1}{4}$ cup)
- 2 tablespoons chopped fresh cilantro or basil leaves
- 1 garlic clove, peeled and minced or chopped
- $\frac{1}{4}$ teaspoon ground cumin, or more, to taste
- $\frac{1}{4}$ teaspoon dried oregano or basil
- 1 teaspoon olive oil
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper

Lentil Salad

Serving Size: 2 cups
Serves 3 people



Ingredients:

- 2 cups uncooked lentils
- ½ cup cherry tomatoes, diced
- 1 ripe avocado, diced
- 1 12-ounce can corn, drained
- 1 bell pepper, diced
- ½ medium red onion, diced
- 2 green onions, diced
- 1/3 cup cilantro, chopped (optional)

Dressing:

- ¼ cup olive oil
- 1 ½ tablespoons lime juice
- 1 ½ tablespoons red wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon pepper

Materials: measuring cups and spoons, cutting board, sharp knife, pot, large bowl, small bowl, spoon

Instructions:

1. Cook lentil according to package directions and allow to cool.
2. Dice tomatoes, red onion, green onion, bell pepper, and combine in large bowl.
3. Drain and rinse corn and add to bowl.
4. Dice avocado and mix into bowl.
5. Chop cilantro and mix into bowl.
6. Add lentils and mix all ingredients.
7. In a small bowl, combine all dressing ingredients and mix well.
8. Pour dressing over lentils and vegetables and toss to coat.
9. Refrigerate until ready to serve.

Banana Pancakes

María's Recipe

Serving Size: 3 pancakes

Serves 6 people



Ingredients:

2 cups quick oats

2 ripe bananas

1 large egg

1 Tablespoon olive oil

1 pinch of salt

Cinnamon to taste

Vanilla (optional)

Materials: Blender, spatula, skillet

Instructions:

1. In blender, add oats, banana, egg, oil, salt, cinnamon, vanilla (optional). Blend well.
2. Coat large skillet with oil. Heat over medium-high heat. Pour 2-3 tablespoons of mixture for each pancake.
3. Flip pancakes when bubbles appear on top of batter and edges are slightly browned (about 3-4 minutes). Cook until second side is slightly browned (about 2-3 minutes).

Panqueques de Banana

Receta de María



Ingredientes:

2 tazas de avena

2 bananas bien maduras

1 huevo grande

1 Cucharada de aceite de oliva

1 pizca de sal

Canela al gusto

Vainilla (opcional)

Materiales: licuadora, espátula, sartén

Instrucciones:

1. En licuadora, combinar avena, banana, huevo, aceite, sal, canela y vainilla (opcional). Mezclar bien.
2. Cubrir sartén con capa fina de aceite. Verter 2-3 cucharadas de masa en sartén caliente para cada panqueque. Ajustar temperatura a medio-alto para evitar que se quemen.
3. Voltar panqueque cuando aparecen burbujas en parte superior de la masa y los bordes estén ligeramente dorados (unos 3-4 minutos). Cocinar hasta que el segundo lado esté ligeramente dorado (unos 2-3 minutos).

Chicken & Veggie Fried Rice

Recipe adapted from *Cooking Matters*

Serving Size: 2 cups

Serves 3 people



Ingredients

8oz chicken breast

3 cups cooked brown rice

1 carrot

½ cup purple cabbage

½ cup frozen peas

½ cup frozen corn

2 green onions

2 eggs

2 tablespoons olive oil

2 Tbsp low sodium soy sauce

½ tsp black pepper

½ tsp garlic powder

Materials: large pan, sharp knife, bowl

Instructions

1. Cook brown rice (40 minutes approx. or 10 minutes, depending on bag/box directions).
2. Chop carrot into small pieces. Place in bowl and save for later.
3. Chop green onion and cabbage. Place in separate bowl and save for later.
4. Rinse chicken and pat dry. Cut into 1 inch pieces.
5. Heat 1 Tbsp oil in large pan over medium-high heat. Add chicken and cook until browned and cooked through, 6 to 8 minutes. Remove chicken to a plate.
6. Heat 1 Tbsp oil (if needed) in large pan over medium-high heat and add carrot. Cook until soft while stirring, about 5 minutes.
7. Add cooked rice and stir for 3-5 minutes.
8. Add chicken, cabbage, corn, peas, green onion, soy sauce, pepper, and garlic powder to pan. Stir for 5 minutes.
9. Whisk eggs in a bowl. Clear a spot in pan and add eggs, stirring often until scrambled. (Can

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2. Breakfast, Lunch, & Dinner Recipes For A Batch Cooking Workshop

1. Breakfast: Fruit and Granola Parfait

<https://www.hy-vee.com/recipes-ideas/recipes/fruit-and-granola-parfait>

Servings: 4

Prep: 10 mins

Total: 10 mins

12 tbsp. Fruit and nut granola

16 tbsp. Frozen unsweetened tropical fruit blend, thawed, divided

2 c. Plain Greek yogurt

Honey, for serving

2. Lunch: Veggie Wraps

<https://cookingmatters.org/recipes/veggie-wrap/>

Servings: 4

Total: 15 mins

1. 4 large radishes

1 small carrot

1 cup salad greens

3 sprigs fresh herbs (parsley, dill, cilantro, or combination)

1 lemon

2 ounces low-fat Swiss or cheddar cheese

1 large, ripe avocado

¼ cup nonfat plain yogurt

3 (8-inch) whole wheat flour tortillas

3. Dinner: Turkey Chili with Vegetables

<https://cookingmatters.org/recipes/turkey-chili-with-vegetables/>

Servings: 6

Total: 45 mins

1 medium onion

2 medium carrots

3 cloves garlic

1 large green bell pepper

1 (15½-ounce) can red or white kidney beans, no salt added

1 Tablespoon canola oil
1 pound ground turkey
2 (14½-ounce) cans diced tomatoes, no salt added
1 cup water
3 Tablespoons chili powder
1 Tablespoon ground cumin
¾ teaspoon salt
1 medium lime
2/3 cup low-fat plain yogurt (Optional)