The Green Cart Initiative aims to increase the availability of fresh fruits and vegetables in underserved New York City neighborhoods.

In the spring of 2008, the Laurie M. Tisch Illumination Fund seeded the NYC Green Cart Initiative with a leadership grant so that more New Yorkers could buy fresh fruit and vegetables close to home. The grant funds business development assistance for 1,000 NYC Green Cart vendors, as well as design, marketing and community education to promote consumption and purchasing of fresh fruits and vegetables from Green Cart vendors.

Through a public/private partnership with the Mayor’s Fund to Advance New York City and the New York City Department of Health and Mental Hygiene, this innovative public health and economic development initiative has set a new national standard for health promotion and economic opportunity by creating new jobs and providing thousands of households with better access to healthier food choices.

Partners in the Green Cart program include: Mayor’s Fund to Advance New York City, New York City Department of Health and Mental Hygiene, Karp Resources, Acción, Aperture Foundation, Montefiore Medical Center, Children’s Museum of Manhattan, Food and Finance High School and Locarto.

Green Carts are stationed in the designated neighborhoods to the right. To find your local Green Cart, please see an interactive map at www.locarto.org or visit www.nyc.gov/greencarts.

About the NYC Green Cart Initiative

The Green Cart Initiative is a New York City based foundation that strives to improve access and opportunity for all New Yorkers. Founded in 2007 by philanthropist Laurie M. Tisch, the Illumination Fund supports innovative solutions to long-standing problems in the city through programs and initiatives such as the NYC Green Carts, Children’s Museum of Manhattan’s Healthy Lifestyles Initiative, the Lincoln Center’s Illumination Lawn and the NYC Civic Corps. For more information visit www.lmtilluminationfund.org.

Story of the Green Cart Cookbook

New York City, one of the greatest cities on earth, boasts the largest wholesale produce market and more food retailers than any U.S. city. Unfortunately, in many neighborhoods throughout New York City, residents don’t have ready access to quality fruits and vegetables. This inspired me to partner with Mayor Bloomberg and the New York City Department of Health and Mental Hygiene in 2008 to help bring the innovative Green Cart Initiative to life.

The Green Carts are not just tackling the problem of obesity in a fresh, innovative way, but they have also provided new jobs to hundreds of entrepreneurs. The goal of the Green Cart Initiative has always been to promote access to healthy food and increase economic opportunity, small business development and offer vendor support services.

Today, hundreds of Green Cart vendors are successfully selling fruits and vegetables in neighborhoods that previously had little or no access to fresh produce. And the program keeps growing as more partners and vendors join our cause to increase education around healthy eating and to fight obesity in the five boroughs and beyond.

This cookbook aims to be an inspiring showcase of New Yorkers who are working together to build healthy communities, as well as raise awareness about nutrition and encourage families to cook with more fruits and vegetables. The recipes in these pages are both healthy and delicious, and will help all who read it to learn a bit more about what to do with the produce sold at your local NYC Green Cart.

A big thank you to all of the chefs and our partners in this effort to make healthy eating accessible and most of all, fun.

We hope you enjoy this exciting collaboration.

Bon appétit!

Laurie M. Tisch
President, Laurie M. Tisch Illumination Fund
Table of Contents

2 About the NYC Green Cart Program
3 Introduction by Laurie M. Tisch
4 Table of Contents
6 A Forward from United States Senator Kirsten Gillibrand
7 A Message from New York City Health Commissioner Thomas Farley
10 Vegetable Bread Soup
Bill Telepan, Telepan
12 Minestrone Soup
Alice Waters, Chez Panisse
14 Potato Soup Two Ways
Melissa Hamilton and Christopher Hirsheimer, Canal House Cooking
16 Pumpkin Soup
The Sylvia Center
18 Shaved Raw Zucchini, Carrot & Radish Salad
Jonathan Waxman, Bar Buto
20 Roasted Vegetable Salad with Roasted Garlic Dres ting
Joy Pierson, Candle Café
22 Pear-Pumpkin Salad
Marcus Samuelsson, Red Rooster
24 Gotham Loaded Red Pimiento
Orlando Ramos, NYU Langone Medical Center
26 Ensalada de Aguacate (Avocado Salad)
Daniisha Nazario & Alfredo Diego, Coqui Mexicano
28 Bacon, Lettuce, Tomato with Mayonnaise
Tom Colicchio and Sisha Ortuzar, 'wichcraft
30 Gumbo riot
“Produce Pete” Napolitano
32 Tomato, Zucchini & Garlic Frittata
Montefiore Medical Center
34 Baked Ziti with Spinach & Mushrooms
The Scotto Family, Fresco by Scotto
36 Chicken & Vegetable Stir Fry
EATWISE Students, Food and Finance High School
38 French Tomatoes
Joan Nathan, NYC Chef & Author
40 Hay & Straw Pasta
Stephen Hanson, BR Guest
42 Bengali Spiced Green Beans
Mohammed Ali, Green Cart Vendor
44 Jewel Roasted Vegetables
Elle Krieger, Registered Dietician, Bestselling Author, Food Network & Cooking Channel Host
46 Spicy Ecuadorian Salsa
Gloria Lima, Green Cart Vendor
48 Tomato-Apple Chutney and Güisquiles (Chayotes) con Crema y Cebolla Dorada
Karp Resources
50 Kimchi Relish
Eddie Huang, Baohaus
52 Mango Guacamole
Nacxitl Gaxiola, Pulqueria
54 Veggie Cake
Jehangir Mehta, Graffiti and Mehtaphor
56 Apple & Pear Stir Fry
Cathy Nonas, NYC Department of Health and Mental Hygiene
58 Watermelon Ice
Hari Nayak, Chef, Restaurateur and Cookbook Author
60 Strawberry-Rhubarb Cobbler
Michael McCarty, Michael's restaurants
62 Index
The leading killers of our time – such as heart disease, stroke, cancer and diabetes – can often be prevented by maintaining a healthy diet. And a healthy diet means, more than anything, eating more fresh fruits and vegetables.

Every man, woman and child in this great city deserves access to these healthy foods. Unfortunately, far too many New Yorkers live in neighborhoods with an abundance of cheap, calorie-dense foods and a scarcity of affordable fresh fruits and vegetables. When healthy foods are not readily available within a neighborhood, people do not travel miles to buy them. Instead, they simply eat more of the unhealthy foods nearby.

If we’ve learned anything from our most successful public health programs, it is that if we want people to be healthy, we should create healthy environments. And so the Health Department is creating healthy “food environments” by bringing fresh fruits and vegetables to neighborhoods with the most limited availability. Our FRESH Initiative, for example, offers zoning and financial incentives to attract supermarkets to areas that have few of them. We also support local farmers markets and are helping bodegas and small corner stores increase the variety and amount of fresh produce on their shelves.

We are especially proud of the New York City Green Cart Initiative, which we launched in partnership with the Laurie M. Tisch Illumination Fund. And now, thanks to this cookbook, you have new ways to prepare fresh fruits and vegetables. The recipes, created by some of the city’s top chefs, prove that you don’t have to be a gourmet cook to put healthy produce on your table. I encourage you to try them all. Then go back to your local Green Cart and buy some more, because the more business we give the Green Carts, the more they will be around to help everyone.

Here’s to your health!

Kirsten E. Gillibrand, United States Senator for New York

Tom Farley, MD, MPH, Commissioner, New York City Department of Health and Mental Hygiene

“The facts are alarming. Over half of New York City adults are overweight or obese. Over half a million New Yorkers have been diagnosed with diabetes, and the New York Department of Health estimates that another quarter million New Yorkers are diabetic, but don’t know it. Cardiovascular disease is the leading killer in America, taking the lives of 70,000 New Yorkers each year.

Obesity is an epidemic that is not only harming America’s health, but causing our children to perform poorly in school. It is costing our economy a massive $150 billion a year in health care costs and lost productivity.

Healthy foods are absolutely vital to our well-being and success. But for too long, millions of New York City families have lived in food deserts – out of reach of the fresh, whole foods we need to lead healthy lives. It puts the health of our families at risk, and holds us back as a city and nation. But today, the NYC Green Cart initiative is bringing affordable fresh fruits and vegetables to street corners in communities all across New York City, right where we need them most, and taking steps towards ending food deserts for good.

As New York’s first member of the Senate Agriculture Committee in nearly 40 years, I’ve been proud to work together with New York City leaders to secure more of the resources we need to bring healthy, nutritious foods within reach of more of our families, serve healthier food in lunchrooms so our children can succeed in the classroom, and connect our schools with local farms to help feed hungry New Yorkers.

NYC Green Carts are exactly the right prescription to the challenges we are facing in neighborhoods across our city. No child, no family – in New York or anywhere in America – should be geographically cut off from reliable access to fresh, healthy, nutritious food.

When children and families don’t have access to a local supermarket it leaves them with few alternatives to fast and highly processed foods – which are usually high in fat and lead to rising obesity rates, diabetes and cardiovascular disease. Now, NYC Green Carts are empowering New Yorkers with fantastic new recipes that will keep them and their families healthy and thriving. These recipes from New York chefs can help bring fresh Green Cart produce to life in your own home with delicious, simple recipes for healthy meals and snacks that all families can enjoy and feel great about eating.

Kirsten E. Gillibrand

If we’re going to end the obesity and food insecurity crises that are cutting lives short, holding our children back, and draining our economy, more families need better access to fresh, healthy, nutritious food. Right now, 23.5 million Americans, including 3 million in New York City, and almost 4 million in New York City, look for our Green Carts, and buy some more, because the more business we give the Green Carts, the more they will be around to help everyone.

Here’s to your health!

Kirsten E. Gillibrand, United States Senator for New York

Green Carts bring affordable fresh fruits and vegetables to neighborhoods with a shortage of healthy choices. The model has attracted national attention and now other organizations and jurisdictions are attempting to replicate it. If you are in New York City, look for our Green Carts, and buy some more, because the more business we give the Green Carts, the more they will be around to help everyone.

Here’s to your health!
Pre-heat oven to 450 degrees. Drizzle the 4 slices of bread with ¼ cup of the olive oil and sprinkle each with a tablespoon of parmesan. Place in the oven and cook until golden brown, about 6 minutes. Remove from oven and when cool enough to touch, cut the crust off each slice and cut the slices into ½ inch pieces. Reserve for later.

Over a medium-low flame, heat ¼ cup oil in an 8-quart pot until hot, but not smoking. Add onion and garlic and cook for 5 minutes to soften. Add carrots and celery and cook for 5 minutes, stirring occasionally. Tie basil stems into a bundle using kitchen string and add to pot along with stock (or water). Simmer 20 minutes. Add potatoes and simmer 7 minutes. Add diced bread, cooked shell beans, and spinach and simmer 3 minutes. Remove soup from heat and discard basil stems. Season soup with salt and pepper.

While soup is cooking, make the pesto: bring a pot of lightly salted water to a boil and have a bowl of ice and cold water ready. Boil basil leaves for 20 seconds, drain, and plunge into ice water for 2 minutes to stop cooking. Gather basil together with your hands, squeeze out liquid, and put into jar of a blender or food processor with remaining ½ cup oil, grated cheese and blend smooth. Season pesto with salt and pepper.

Spoon soup into warm bowls and swirl in a spoonful of pesto. Serve soup with extra grated parmesan on the side.

Yield: 6 to 8 servings
Prepare the beans by soaking for a few hours, or overnight if possible. Drain after soaking and use fresh water for cooking them.

To cook the beans, use a wide pot; the water level should always be an inch above the beans. When done, the beans should be tender but not falling apart. Start testing them after an hour and salt is best added towards the end of the cooking. When they are fully cooked, let the beans cool in the liquid before draining and reserve the liquid.

Heat the olive oil in a heavy-bottomed pot over medium heat. Add the onion and fennel and cook for 15 minutes or until tender. Do not let the fennel brown.

Add the leeks and cook for 5 minutes. Add the peas, asparagus and beans and cook for 5 minutes.

Add the water (or broth), bring to a boil and simmer for 10 minutes.

Add the garlic, thyme, bay leaf and salt and cook for 5 minutes longer.

Add the spinach and the bean cooking liquid, and cook for 5 minutes. If the soup is too thick, add more bean cooking liquid. Remove the bay leaf.

Serve in bowls, each one garnished with 2 teaspoons olive oil and Parmesan cheese to taste.

Yield: 8 servings
Potato Soup
Two Ways

1. Melt 2 tablespoons of the butter in a large heavy-bottomed pot over medium heat.
2. Add the leeks or onions, season with salt and pepper, and cook until the leeks or onions have softened, not browned, about 10 minutes.
3. Add the potatoes, chicken stock, bay leaves, and nutmeg. Cover and cook over medium to medium-low heat until the vegetables are soft, 20–30 minutes.

FOR THE PURÉED SOUP
Discard the bay leaves, add the remaining tablespoon of butter, and purée the soup in a blender. Adjust the seasonings. Serve the soup hot or cold garnished with a generous spoonful of yogurt and some chopped chives.

FOR THE CRUSHED SOUP
In the pot, lightly crush the potatoes into pieces using the back of a large spoon. Stir in the cream or milk and adjust the seasonings. Add the remaining tablespoon of butter to the soup. Serve the soup garnished with fresh chives or chopped parsley.

Yield: 4 to 6 servings

15 cups chicken stock
2 bay leaves
pinch of nutmeg
1 cup thick Greek yogurt (optional)
1 cup heavy cream or milk
fresh chives or chopped parsley (optional)

Christopher and Melissa cook together all the time but they will both have their own way with a recipe. They both love this recipe but finish it differently. Christopher usually likes to serve it puréed, hot or cold, depending on the weather and her mood. Melissa likes the gutsier texture of the crushed soup. Then sometimes they switch. Potatoes and onions are always available on the Green Carts, so this is an easy, economical soup that can be served in the winter/hot or summer/cold.

3 tablespoons butter
6 leeks, trimmed, washed and thickly sliced crosswise (trim off the leaves/darkgreen portion) *can substitute 3 medium yellow onions, peeled and chopped
salt and pepper
6 small russet potatoes, peeled and thickly sliced

**Photo courtesy of Canal House Cooking**
Even though the title says pumpkin, this delectable and velvety soup can be made from any ripe winter squash. The Sylvia Center, which addresses issues in children’s health by providing hands-on experiences with growing and cooking healthy food, always begins its Autumn programs with this fool-proof recipe. The kind of squash that ends up in the pot depends on what the Chef Instructor finds in the neighborhood. This Fall, the kids at P.S. 171 in East Harlem got to try it with a kabocha; the students at the Williamsburg Community Center worked with butternut; and at the Sotomayor Center in the Bronx, they used a mixture of acorn and sugar pumpkin. All worked beautifully and the kids gobbled it up.

1. Preheat oven to 375 degrees.
2. Cut pumpkin into sections and roast in the oven until tender. Let cool.
3. Sauté onions and curry powder in oil until soft and fragrant.
4. Add apples and continue to sauté another few minutes.
5. Peel the pumpkin and add to soup pot.
6. Add stock, bring to a boil, then simmer for another five minutes.
7. Puree. Add salt and pepper to taste.
8. Roast the pumpkin seeds separately for garnish. Coat lightly with oil and roast at 375 degrees until brown and fragrant and serve (optional).

Yield: 4 to 6 servings

**Pumpkin Soup**

- 2 small pumpkins or winter squash
- 1 tablespoon vegetable oil
- 1 large onion, diced
- 2 apples, diced
- 1 quart chicken or vegetable stock
- 1 tablespoon or more curry powder
- salt and pepper
- shelled pumpkin seeds for garnish (optional)

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17
I love vegetables more than life. And I wanted to explore healthy, yet simple methods of preparing them.

I developed this dish as a seasonal salad, something unusually beautiful, easy to make and nutritious.

The technique uses only a good vegetable peeler. It takes a short amount of time to master the technique; you will be rewarded with a gorgeous salad. One can be very seasonal with the ingredient choice and substitute other vegetables or any hard fruit that can be sliced: Brussels sprouts, turnips, rutabaga, beets, bell peppers, apples and other hearty and healthy vegetables. All I add to flavor the salad is olive oil, orange slices and lemon, salt.

1 Wash and dry zucchini. Peel the carrots. Wash the radishes and cut off the tops. Slice off the outer rind and pith of the orange and cut into ¼ inch-thick rounds.

2 In a bowl, shave the zucchini, carrots and radishes into 2 inch by ½ inch, very thin shavings. When the shaving is complete, add the rounds of orange, the juice of half of the lemon, olive oil and a pinch or two of salt.

3 Toss with two wooden spoons and scoop onto four plates.

Yield: 4 servings

I love vegetables more than life. And I wanted to explore healthy, yet simple methods of preparing them.

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Roasted Vegetable Salad

This luscious salad full of roasted seasonal vegetables from your local Green Cart combined with the roasted garlic dressing is a taste sensation. This mix of flavor and color also makes this a great main course salad. Our chefs at Candle Café and Candle 79 love to use their creativity to create culinary masterpieces with local and seasonal produce. Making great meals with food fresh from farm to table — or from NYC Green Cart to table — makes your meal and your health more sustainable. As we say in the restaurants, “All’s well that eats well.” Bon Appétit!

1. Preheat oven to 400 degrees.
2. Toss the vegetables with the salt, pepper and olive oil in a large mixing bowl. Spread in a single layer on a baking sheet and bake until just tender, 35-40 minutes. Toss the 2 cups potatoes, cut into bite-sized pieces 1 fennel bulb, trimmed and cut into bite-sized pieces 2 medium red bell peppers, seeded, deveined and cut into thin strips 1 cup turnips, peeled and cut into bite-sized pieces 2 medium-sized beets, peeled and cut into bite-sized pieces with about 2 tablespoons of Roasted Garlic Dressing to lightly coat the vegetables, and set aside.
3. To serve the salad, arrange the spinach on 4 plates, then top with equal amounts of the warm vegetable mixture. Sprinkle with toasted walnuts or pecans, if desired, drizzle with a bit more dressing, and serve at once.

Yield: 4 servings

ROASTED GARLIC DRESSING
1. Preheat oven to 350 degrees.
2. Put the peeled garlic cloves in a baking dish, and cover with olive oil. Cover the dish with foil and roast 25 minutes or until golden brown. When cool, remove the garlic with a slotted spoon and transfer to a blender.
3. Add the rest of the ingredients and blend until smooth. Add a bit more water if it’s too thick.

Yield: 2 cups

* Reserve roasted garlic oil for another use, such as drizzling over pasta, veggies or salad. It will keep in the refrigerator for up to a week.

Joy Pierson
Candle Café
Adapted from the Candle Café Cookbook
Growing up as a kid in Sweden, I learned to love and appreciate foods that were local and seasonal. Through simple and affordable ingredients, we can create beautiful and delicious dishes that celebrate our roots and bring people together. The Green Carts do just that for us, the people of Harlem, a neighborhood filled with rich culinary culture. My recipe is the perfect way to introduce seasonal fall produce into family dinners, just as we do at the Red Rooster, while keeping the meal light and healthy by using the fresh produce available at the local Green Cart.

**Pear-Pumpkin Salad**

*Yield: 6 servings*

1. Heat the olive oil in a large sauté pan over medium heat. Add the onion and pumpkin, season with salt and pepper, and sauté until pumpkin is lightly browned, about 10 minutes.

2. Remove from heat and transfer to a bowl. Let cool slightly, then toss with the pear, endive, chives and vinegar.

3. Garnish with feta and drizzle with the Pumpkin Seed Vinaigrette.

### PUMPKIN SEED VINAIGRETTE

1. Heat a small sauté pan over low heat. Add the seeds and toast until golden and fragrant, about 3 minutes.

2. Blend the egg yolk, cream and garlic in a blender until frothy and lemon colored.

3. With the blender running, add the olive oil in a thin, steady stream until emulsified.

4. Add the lime juice and pumpkin seed oil (oil optional).

5. Season with salt and pepper and then stir in the pumpkin seeds.

*Yield: ½ cup*
Preheat oven to 350 degrees.

1. Sauté onions, add garlic, then add dry spices. When onions are soft and translucent, add black beans, corn and diced tomatoes. Season with salt and pepper, bring to a boil and shut off. Chill ingredient mixture.

2. Combine rice and ingredient mix, add cilantro, scallions and cheese and season with salt and pepper if necessary.

3. Stuff peppers with rice filling.

4. Set in aluminum pans and fill all pans with the tomato sauce.

5. Bake for 25 minutes and serve with mango jalapeño salsa.

Yield: 6 servings

Our Gotham Loaded Red Pimiento with savory rice, black beans and corn, served with mango jalapeño salsa was conceived as a tribute to the diverse flavors of New York City and reflects the medical center’s commitment to healthy living. Our chef was inspired by the multi-ethnic food ingredients at the many grocers and markets in the city. This dish is a nutritional bonanza for those on a budget: rich in protein, fiber, vitamins, and phytochemicals, which all promote optimal health and meet the USDA guidelines for healthy adults by increasing whole grains in the diet. We feature this dish on both our patient and café menus—to rave reviews. The ease of preparation and year-round availability of the ingredients make it a winner on anyone’s diet. But more importantly, it allows Green Cart shoppers to experience the possibility of tasting how wonderful healthy food can be while using easily available ingredients.

MANGO JALAPEÑO SALSA

Combine all ingredients in a bowl. Chill in the refrigerator. Can be made one day in advance.

<table>
<thead>
<tr>
<th>1 cup mango, diced</th>
<th>1/2 cup tomato, diced</th>
<th>1/4 cup red onion, diced</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons olive oil</td>
<td>1/4 cup minced onion</td>
<td>1 tablespoon minced garlic</td>
</tr>
<tr>
<td>1/2 teaspoon cumin</td>
<td>1/2 teaspoon dark chili powder</td>
<td>1 cup canned black beans, drained and rinsed</td>
</tr>
<tr>
<td>1/8 cup scallions, sliced thin</td>
<td>1/8 cup cilantro, finely chopped</td>
<td>1/8 cup shredded cheddar cheese</td>
</tr>
<tr>
<td>1/8 teaspoon salt</td>
<td>1/8 teaspoon black pepper</td>
<td>1/8 teaspoon salt</td>
</tr>
<tr>
<td>1 cup cooked brown rice</td>
<td>1 cup unsalted tomato sauce</td>
<td>1 cup lime juice</td>
</tr>
</tbody>
</table>
Danisha Nazario and Alfredo Diego, owners of Coqui Mexicano, a Latin-fusion restaurant in the Melrose section of the South Bronx, contributed this healthy, flavorful recipe inspired by their own Puerto Rican and Mexican heritages. Ensalada de Aguacate is not only delicious and easy to prepare, but virtually all the ingredients can be found on an NYC Green Cart. In fact, Nazario and Diego often visit their own local Green Cart to purchase fresh produce to prepare and serve in their restaurant. This recipe is versatile, as you can substitute pineapple for the citrus and use any variety of avocado you prefer, although the Caribbean avocado (large and bright green) is traditionally used.

**ENsalada de AGUACATE**

(Avocado Salad)

1. In a large bowl, combine all ingredients to coat except the avocado.
2. Very gently mix in the avocado.
3. Taste and re-season, if necessary.
4. Serve as a snack, a side dish, or on top of portabella mushrooms, tofu, or your favorite grilled meat.

**Yield:** 4 to 6 servings

| 1 tomato, cut into wedges |
| 1 small red onion, thinly sliced |
| 1 pink grapefruit or navel orange, peeled and cut into bite-sized pieces |
| 1 avocado, pitted, peeled, and cut into bite-size chunks |
| 1 lime or lemon, juiced |
| 2 tablespoons extra virgin olive oil |
| ¼ cup cilantro, coarsely chopped |
| 1 tablespoon vinegar |
| salt and pepper to taste |

Danisha Nazario and Alfredo Diego, owners of Coqui Mexicano, a Latin-fusion restaurant in the Melrose section of the South Bronx, contributed this healthy, flavorful recipe inspired by their own Puerto Rican and Mexican heritages. Ensalada de Aguacate is not only delicious and easy to prepare, but virtually all the ingredients can be found on an NYC Green Cart. In fact, Nazario and Diego often visit their own local Green Cart to purchase fresh produce to prepare and serve in their restaurant. This recipe is versatile, as you can substitute pineapple for the citrus and use any variety of avocado you prefer, although the Caribbean avocado (large and bright green) is traditionally used.
In a heavy skillet, over medium-high heat, cook the bacon until golden brown and crisp on both sides. Transfer to paper towels to drain.

Toast the bread on one side only. Evenly spread the mayonnaise on the toasted side of 4 slices of bread.

Place the tomatoes on top of the mayo, making sure that the slices don’t overlap and the surface of the bread is covered. Season the tomatoes with salt and pepper.

Place the bacon over the tomatoes, followed by the lettuce.

Close the sandwiches with the remaining 4 bread slices, toasted side down.

Carefully cut into halves and serve.

Yield: 4 servings

At ‘wichcraft, we believe that ‘healthy’ isn’t just about calories, it’s about nutritionally complete, well-made food in proper portion sizes. Tomatoes are low in sodium and loaded with Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper, and contain loads of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Potassium and Manganese. This BLT is as balanced and simple a sandwich as you can get. This American classic is available at deli counters year-round, but at ‘wichcraft, it’s a seasonal sandwich served only when local tomatoes are at their peak.

1 pound thick-cut bacon
8 slices country bread
4 tablespoons mayonnaise
1 pound tomatoes, sliced into ½-inch rounds
salt and freshly ground black pepper
4 large leaves of lettuce

Tom Colicchio and Sisha Ortuzar
‘wichcraft
Adapted from ‘wichcraft: Craft a Sandwich into a Meal - And a Meal into a Sandwich (Clarkson Potter/Publishers 2009)
When my father was a youngster, one of his favorite dishes was gumbroit, which is like ratatouille, made with eggplant, squash, tomatoes, and other vegetables. Clean-out-the-refrigerator time! Everyone raved about Nonna’s gumbroit. All of these vegetables are available on the Green Cart during the year. Gumbroit is also a favorite of mine, which brings back memories of my childhood. Enjoy!

1 In a large skillet, pour in the oil and add the diced onions and garlic.
2 Sauté until golden brown.
3 Add the zucchini, eggplant, peppers and string beans and sauté until soft.
4 Add the fresh tomatoes, oregano and salt.
5 Stir and sauté for an additional 5 minutes.

Yield: 4 to 6 servings

Gumbroit

3 tablespoons olive oil
2 onions, diced
2 cloves fresh garlic
2 zucchini, cubed
1 eggplant, cubed
1 pound fresh string beans, cut into pieces
2 fresh tomatoes
1 tablespoon oregano
dash of salt

“Produce Pete” Napolitano
Chef, Produce Expert and Weekend Today in New York Personality

Photo courtesy of Karp Resources
Cooking demonstrations are a great way to illustrate quick, easy and affordable preparation of fruits and vegetables. We use simple recipes like this one to teach patients seated in health center waiting rooms that dishes prepared with fruits and vegetables can taste delicious as well as be nutritious. Patients are then directed to nearby Green Cart vendors for the purchase of ingredients. We find this is a great way to teach patients about the benefits of eating well.

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**Tomato, Zucchini & Garlic Frittata**

4 eggs, only use 2 yolks

¼ cup grated parmesan

½ cup fresh basil, thinly sliced

1½ cups cherry tomatoes, halved

1 zucchini, chopped into ½-inch cubes

½ teaspoon salt

½ teaspoon black pepper

4 garlic cloves, thinly sliced

2 tablespoons olive oil

1 Whisk together eggs, half of the parmesan, basil, half of the salt and pepper. If cholesterol is a concern, use 6 egg whites or egg beaters instead of whole eggs.

2 In a medium-heavy skillet, heat oil over medium heat and add garlic. Cook for 1 minute.

3 Add tomatoes and cook until slightly brown, about 2 minutes.

4 Add zucchini and cook and for about 2 minutes, until tender. Add remaining salt and pepper.

5 Pour egg over vegetables.

6 Lift cooked egg up and let the uncooked egg flow underneath.

7 Cook for about 3 minutes, or until edges are slightly brown.

8 Cut into 4 wedges and sprinkle parmesan to serve.

Yield: 4 servings

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Montefiore Medical Center
Office of Community Health
"To Your Health" Wellness Initiative
My family lives to eat! We love to cook and enjoy comfort food whether it’s in our home or at our restaurant. One of our favorite pasta dishes is baked ziti with spinach and mushrooms. The ingredients are easy to find and affordable. We try to keep portion sizes moderate for a healthy lifestyle. Mangia!

½ cup olive oil
½ pound mushrooms, sliced
1 onion, chopped
3 garlic cloves, chopped
1 quart canned plum tomatoes, diced
2 pounds fresh spinach, washed and cleaned, stems removed, chopped rough
1 pound uncooked ziti pasta
¾ pound low-fat mozzarella cheese, cubed
1 pound low-fat ricotta cheese
1 cup grated parmesan cheese
salt and pepper to taste

1 Preheat oven to 375 degrees.
2 In a large skillet, make the tomato sauce: heat olive oil over low to medium-high heat, add mushrooms, and onions, cook until brown. Add garlic and sauté for 1 minute then add tomatoes, salt and pepper and simmer for 10 to 15 minutes. Remove from heat, stir in spinach and set aside.
3 Cook ziti according to package directions and place in a large serving bowl.
4 Add one cup of the cooked tomato sauce to the ziti and toss.
5 In the same bowl, add mozzarella, ricotta, and ½ cup parmesan cheese, and mix. Cheese quantities can be reduced in order to improve health and reduce calories of dish.
6 Add a small amount of tomato sauce to cover the bottom of a baking dish then add the entire ziti cheese mixture. Top with the remaining tomato sauce and parmesan cheese. Bake until the sauce is bubbling and the cheese is melted, about 10 minutes.

Yield: 4 to 6 servings
**Chicken & Vegetable Stir Fry**

1. Slice the chicken into about 1 ½ inch cubes and place in the bowl with the marinade, cover with plastic wrap, and put in the refrigerator for 10 minutes.

2. Cut peppers into slices and chop the mushrooms and red onion. Strain and rinse chickpeas.

3. Heat the vegetable oil and garlic in a medium size pan. A wok is ideal, but a pan will serve the same purpose. Cook the chicken for about 8 minutes.

4. Once the chicken is cooked, remove it from the pan and set aside for later use. Heat the pan with garlic and vegetable oil and add the peppers, red onion, and mushrooms. Cook for about 5 minutes, occasionally moving around the vegetables to evenly cook them.

5. Add chickpeas and spinach, cook for a few minutes until the spinach begins to wilt.

6. Add chicken broth and continue to move around ingredients to evenly cook them. Lower the heat of the pan to a low simmer and cover.

7. Cook pasta in a pot of boiling water according to package directions and toss with a touch of vegetable oil. Serve stir fry with the pasta.

**Yield: 6 servings**

**MARINADE FOR CHICKEN**

- 1 cup orange juice
- ¼ cup soy sauce
- 1 pinch corn starch
- 1 tablespoon Srlitcha hot sauce
- 1 pinch powdered ginger

In a large bowl, mix the orange juice, soy sauce, Srlitcha hot sauce, powdered ginger and corn starch.
6 ripe but firm tomatoes (beefsteak are great for this), cored and cut in half horizontally
coarse salt and freshly ground pepper to taste

½ cup extra-virgin olive oil
2 tablespoons sugar
5 cloves garlic, minced
¾ cup chopped fresh flat-leaf parsley

1 Season the cut sides of the tomatoes with coarse salt and freshly ground pepper.

2 Heat the oil in a large nonstick skillet. When very hot and beginning to smoke, carefully place the tomatoes, skin-side down, in the oil. You may have to do this in batches so as to not crowd the pan. The tomatoes should not be touching. Sear until the skin starts to brown, about 10 minutes.

3 Sprinkle the sugar over the cut sides and flip, continuing to cook over high heat. When the tomatoes are caramelized and beginning to turn very dark, remove to a serving plate, and sprinkle the garlic and parsley over the top.

4 Serve warm or at room temperature.

Yield: 6-8 servings

Nothing tastes so good to me as the intense flavor of a fresh tomato, picked at the height of summer, cooked-down and seasoned with fresh parsley, garlic, and olive oil. This recipe exemplifies southern French vegetable cooking at its best. I have served these tomatoes as an accompaniment to roast lamb or, in the summer, as a scrumptious first course. This is a great dish for this cookbook because when tomatoes begin to appear on the Green Carts, you won’t be able to resist them!
## Hay & Straw Pasta

<table>
<thead>
<tr>
<th>Step</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>In skillet, heat oil. Add garlic; cook 30 seconds.</td>
</tr>
<tr>
<td>2</td>
<td>Add chicken. Cook 3 minutes or until chicken is done.</td>
</tr>
<tr>
<td>3</td>
<td>Stir in tomatoes and mushrooms; cook 2 minutes.</td>
</tr>
<tr>
<td>4</td>
<td>Pour in wine and cook 2 minutes or until reduced by half (optional step).</td>
</tr>
<tr>
<td>5</td>
<td>Add chicken broth and cook 2 minutes or until reduced by half.</td>
</tr>
<tr>
<td>6</td>
<td>Stir in butter, thyme and salt and pepper to taste.</td>
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<tr>
<td>7</td>
<td>Add parmesan and cream; cook 1 minute or until heated.</td>
</tr>
<tr>
<td>8</td>
<td>Meanwhile, add pasta to boiling salted water; cook 6 minutes.</td>
</tr>
<tr>
<td>9</td>
<td>Place arugula or spinach in colander. Drain pasta into colander.</td>
</tr>
<tr>
<td>10</td>
<td>Add pasta and arugula/spinach to skillet. Toss with sauce to coat evenly.</td>
</tr>
</tbody>
</table>

**Yield:** 4 to 6 servings

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**Ingredients:**
- 1 tablespoon olive oil
- 1 clove garlic, peeled and minced
- ½ cup diced chicken breast
- ¼ cup chopped tomato
- 2 sun-dried tomatoes, chopped
- ¼ cup mushrooms
- ¼ cup dry white wine (optional)
- ½ cup chicken broth
- 2 tablespoons butter
- ¼ teaspoon fresh thyme
- 2 tablespoons grated Parmesan cheese
- ¼ cup heavy cream (optional)
- 2 oz linguine pasta
- 2 oz spinach linguine
- ½ cup arugula or spinach leaves

*Stephen Hanson*

BR Guest

Adapted from Isabella’s

Isabella’s has fed the Upper West Side for over 20 years. Of course, what we have fed hungry locals, tourists, and celebrities alike has changed, except for our Hay & Straw pasta. As our most popular pasta dish, it has created a reputation for itself! This is an easy and healthy dish that New Yorkers can recreate at home, buying local ingredients from NYC Green Carts.
Mohammed Ali
Green Cart Vendor

This fragrant combination of fresh green beans and savory Bengali spices was contributed by Green Cart vendor, Mohammed Ali. Originally from Bangladesh, these days Mohammed can be found selling fresh fruits and vegetables at his Green Cart located across the street from Woodhull Hospital in the Bushwick-Bedford Stuyvesant area of North Brooklyn.

Ingredients:
- 1 pound of string beans
- 2 teaspoons minced ginger
- 1 onion, chopped
- 2 teaspoons favorite oil
- 1 teaspoon mustard seeds

Instructions:
1. Boil water and cook the string beans 4-5 minutes. Strain and set aside.
2. Heat a large skillet and add oil. When very hot, add mustard seeds, and cook until seeds begin to pop, about 30 seconds.
3. Add onion and cook until they become brown, 3-4 minutes. Add ginger and cook 1 minute more.
4. Add the green beans to the skillet and cook, stirring until hot. Serve!

Yield: 4 to 6 servings
Preheat the oven to 375 degrees.

2 Put the beets into a small baking dish and rub them with 1 tablespoon of the oil. Cover the dish with aluminum foil and roast for 30 minutes.

3 While the beets are roasting, peel and cut the carrots into 1-inch-thick rounds, and trim the Brussels sprouts and cut them in half lengthwise.

4 Put the carrots, sprouts, and garlic cloves in a large baking dish and toss with the remaining 2 tablespoons oil. Sprinkle with salt and pepper.

5 After the beets have been cooking for 30 minutes, add the large pan of vegetables to the oven separately, and cook everything for 1 hour more, stirring the vegetable mixture once or twice.

6 Remove the beets from the oven and transfer them to a cutting board to cool. Stir the thyme into the carrot and Brussels sprout mixture and let it continue to cook for another 10 minutes while the beets are cooled and cut.

7 When the beets are cool enough to handle, after about 5 minutes, peel, then cut them into 1-inch pieces. Remove the other vegetables from the oven, toss with the beets, season with salt and pepper, and serve.

Yield: 4 to 6 servings
Gloria Lima is a native of Ecuador, lives in Jackson Heights, Queens, and has her Green Cart set up in Bushwick, Brooklyn. This recipe for spicy salsa, also known as “agi”, is very common in Ecuador and can be used to flavor tacos, steamed or grilled vegetables, pasta, meat, potatoes, tofu, or sancocho (a popular Latin American stew). Some parts of Ecuador are known for spicy food while other parts are not. You may increase the heat in this salsa by leaving the veins and seeds in the jalapenos. Tomates de arbol are commonly used in this salsa and can be found in many Latin American groceries and on Green Carts, but you may also substitute plum tomatoes.

1. Boil the tomatoes in water for about 4 minutes, or until the skin begins to peel. Cool and peel off skins.
2. In a blender, combine the tomatoes, jalapenos, garlic, olive oil and a pinch of salt. Blend until the mixture is fairly smooth.
3. In a separate dish, combine the sliced onions, lime juice and salt. Let the mixture sit for 5 minutes and then rinse with water. This takes some of the bite out of the onions.
4. Add the onions and chopped cilantro to the tomato/jalapeno mixture, stir and serve!

Yield: 4 to 6 servings

Gloria Lima is a native of Ecuador, lives in Jackson Heights, Queens, and has her Green Cart set up in Bushwick, Brooklyn. This recipe for spicy salsa, also known as “agi” is very common in Ecuador and can be used to flavor tacos, steamed or grilled vegetables, pasta, meat, potatoes, tofu, or sancocho (a popular Latin American stew). Some parts of Ecuador are known for spicy food while other parts are not. You may increase the heat in this salsa by leaving the veins and seeds in the jalapenos. Tomates de arbol are commonly used in this salsa and can be found in many Latin American groceries and on Green Carts, but you may also substitute plum tomatoes.
The multilingual Green Cart team at Karp Resources provides support services to the vendors in the New York City Green Cart Initiative and these recipes reflect the diverse flavors of their homelands. The tangy chutney recipe submitted by its president, Karen Karp, combines flavorful Bengali seasonings with apples and is a culinary celebration of NYC Green Carts, which boast more than 100 Bengali-speaking fresh produce vendors. The second recipe, submitted by Green Cart field assistant, Ana Moran, features chayotes, which are members of the squash family and a very important staple of the ancient Mayan and Aztec diet. They remain a very popular food in the Guatemalan typical cuisine, where they are known as “guisquiles” and also as “peruleros” (the whiter variation).

**TOMATO-APPLE CHUTNEY**

3 medium tomatoes  
1½ grated apples  
1 teaspoon Panch Phoron (a mixture of similar amount of fennel, cumin, black cumin, mustard & fenugreek seeds)  
½ teaspoon turmeric powder  
½ teaspoon chili powder  
½ teaspoon salt  
1 tablespoon oil  
2 teaspoons white or brown sugar  
½ cup tamarind juice to taste

1. Grate the apple finely and cut the tomatoes in small pieces.  
2. In a pan, heat oil, add Panch Phoron and let it brown, then add apple and tomatoes. Stir for 2-3 minutes adding a little salt, turmeric and chili powder.  
3. Add about 2 cups of water and let it boil. When it starts boiling, add the sugar. Let it cook in medium flame.  
4. As sugar boils, the chutney will get thicker. When all the water gets absorbed and chutney takes a semi-thick consistency, add tamarind juice and mix well with chutney.  
5. Add the tamarind juice a little at a time, checking the taste as it will be sweet as well as little sour. Mix well and serve at room temperature or cold.

Yield: 4 to 6 servings

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**GUISQUILES (CHAYOTES) CON CREMA Y CEBOLLA DORADA**

6 guisquiles (chayotes)  
cooked, peeled, sliced into quarters  
2 medium onions  
3 tablespoons of sour cream  
2 tablespoons extra virgin olive oil  
1 sprig of parsley, chopped  
Salt and pepper to taste

1. Cook the onions in a sauté pan with the olive oil at a medium-high heat for about 5 minutes.  
2. Add the guisquiles, salt and pepper and cook until golden brown.  
3. Add the sour cream and stir, remove from heat.  
4. Add the parsley and serve.

Yield: 4 to 6 servings
Take 2 quarts of your favorite kimchi and mince in a food processor or blender. You want the kimchi to come out with the same consistency as relish.

Leave the kimchi in your blender and add the remaining ingredients.

Pulse lightly to mix and then pour into a large bowl or tupperware.

Let marinate in the fridge for 2 hours.

Serve over cold noodles, toast, salad or chips.

Yield: 4 to 6 servings

Kimchi
Relish

I had Asian-style spicy relish for the first time on my last trip to Taiwan. I had never seen it before and it reminded me of the Yemenite Salad Dressing that I would get at Yemen Cafe in Brooklyn. Every culture has something akin to salsa so when I came home, I wanted to create a dressing that had the consistency of salsa, but a distinctly East Asian flavor profile. Boom, kimchi dressing. For me, the challenge to eating healthy is that food still needs to be satisfying and hit all the flavor notes: sweet, spicy, sour. This dish achieves that and there’s no oil, no fat, and very minimal carbs from the sugar, and it’s a great New York City dish.

Recipe photo courtesy of Gia Storms
In a large bowl, combine mango, jicama, onion, Serrano pepper, garlic, lime juice, salt and pepper; toss together and set aside.

Cut the avocados in half, remove the seeds, and with a spoon remove all the pulp, discarding seeds and skins.

With a fork, mash the pulp until slightly chunky and mix with the mango and remaining ingredients. Add the cilantro and toss together. Taste and adjust salt to taste.

Serve the guacamole in a nice bowl and garnish with pomegranate seeds if desired. Serve with corn tortilla chips on the side.

Yield: 6 servings

1 ripe mango, peeled and cut into cubes
⅛ cup of jicama, diced
¼ cup red onion, finely chopped
1 tablespoon Serrano pepper, seeded, deveined, finely chopped
¼ teaspoon minced garlic
2 tablespoons lime juice
½ teaspoon salt
¼ teaspoon freshly ground black pepper
2 ripe avocados
3 tablespoons chopped fresh cilantro
2 tablespoons pomegranate seeds (optional)

There are few items that a chef can prepare that are as simple to make, good for you, and please so many people as this guacamole. There is nothing better than the richness and softness of a ripe avocado mixed with the sweet decadence of seasonal fresh mango, both available on your local Green Cart. As a twist on this Mexican classic, I recommend using manila mangoes as they are juicier and softer to eat.
Who knew that this classic blend of vegetables could make such a good dessert? You almost won’t believe that this is good for you, or even that you’re eating vegetables! Green Carts are a convenient place for sourcing local produce and the fresh vegetables from the cart make this simple recipe easy to prepare. I conduct a lot of healthy eating programs and classes for kids and suggest taking your children shopping at the Green Cart so they can pick the vegetables they need for this tasty and nutritious recipe. Then, get them involved in preparing the dough. Not only will kids have a delicious snack, but they will also have loads of fun from the experience.

1 cup medium size cauliflower florets
5 artichoke hearts, trimmed and cut into medium size dice *can substitute 17 oz can of artichoke hearts in water (not marinated)
1 cup medium size broccoli florets
¾ cup beets, cut into small chunks

½ pound (2 sticks) unsalted butter
½ cup sugar
2 ¼ teaspoons baking soda
1 cup all purpose flour
½ teaspoon kosher salt
½ teaspoon hot paprika
3 medium eggs

3 medium eggs

1 Preheat the oven 350 degrees.
2 Line a 10 by 4 by 4 inch loaf pan with parchment paper and spray with oil.
3 Bring a large pot of water to a boil. Separately boil the cauliflower, fresh artichokes, and broccoli for 1 minute each; remove with a slotted spoon or strainer and set in a bowl of ice and water. (This procedure partially cooks the vegetables while maintaining their firm texture. Skip this step for canned artichokes.)
4 Add the beets to the boiling water and cook for 5 minutes.
5 Drain all vegetables, place them in a bowl and set aside.
6 Put the butter and sugar in a bowl and beat it with an electric mixer on high speed until the butter is fluffy and light, about 5 minutes.
7 Mix baking soda, flour, salt and paprika together in a separate bowl. Add this flour mixture and eggs to the butter and sugar. Mix with a spatula for 5 minutes.
8 Add the vegetables and mix with a spatula for 5 minutes.
9 Pour into the prepared pan and bake for 25 minutes, or until a toothpick pressed into the center of the cake comes out dry.
10 When the cake is cool, remove it from the pan
11 Slice and serve, or store unsliced in an airtight box.

Yield: 9 servings
I love veggie stir fries so much that I tend to make them way too often, and then fall out of love with them for a while. During one of my fall outs, I found myself craving a stir fry but not the green beans, broccoli, carrots and peppers that usually go in mine. I was walking by the Green Cart in my neighborhood and the vendor had a beautiful display of apples and pears for sale. And then it hit me! Why not make a fruit stir fry? The apple-pear stir fry recipe is a favorite of mine that was adapted from recipes used by the federal Supplemental Nutrition Assistance Program (SNAP-Ed) funded Just Say Yes to Fruits and Vegetables and the Health Department’s Stellar Farmers’ Market program, which conducts healthy cooking demonstrations at farmer’s markets across the City.

I bought a half dozen apples and half dozen pears and worked on making the sweet and savory stir fry to go with the chicken breast I was making for dinner. It came out great! Now, I just have to work on not making it so often.

Apple & Pear Stir Fry

Recipe:

1. Peel, core and chop apples and pears.
2. Heat oil in a large pot over medium heat.
3. Add apples and cook for 3 minutes.
4. Add pears and lemon juice. Cook for another 3 minutes.
5. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
7. Refrigerate leftovers.

Yield: 4 servings

**Apple & Pear Stir Fry**

- 2 teaspoons vegetable oil
- 2 apples, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ground nutmeg

**Applesauce**

- 2 apples
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ground nutmeg

1. Peel, core and chop apples and pears.
2. Heat oil in a large pot over medium heat.
3. Add apples and cook for 3 minutes.
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Yield: 4 servings

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5. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
7. Refrigerate leftovers.

Yield: 4 servings
After a perfect holiday meal, this makes a very refreshing dessert. In many Indian households like mine, fresh watermelon is served at the end of the meal as a salad or sliced on a platter with mint. This is my version of refreshing watermelon. For some extra unique flavor I have added the classic rose water, which is available in Indian or Middle Eastern stores. Watermelon is available pretty much year round, and I would like all Green Cart shoppers to try this fresh, delicious recipe.

1. In a small saucepan, add sugar, water and fresh mint. Heat gently until the sugar dissolves. Pour into a large bowl through a strainer and set aside to cool. Discard the mint.
2. Purée the watermelon in a food processor and mix it into the sugar syrup. Chill the mixture for 3 to 4 hours.
3. Add the rose water (optional). Put into an ice cream maker and churn until it is firm enough to scoop. Freeze. Alternatively, pour this mixture into a flat container and place it in a freezer for 2 hours. Remove from the freezer and break up the ice crystals with a fork. Return the mixture to the freezer for another 2 hours, breaking up the mixture at half-hour intervals. Freeze until firm.
4. Scoop and serve in a sundae cup garnished with mint leaves.

Yield: 4 servings

<table>
<thead>
<tr>
<th>Watermelon Ice</th>
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</thead>
<tbody>
<tr>
<td>6 tablespoons sugar</td>
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<tr>
<td>7 tablespoons water</td>
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<tr>
<td>3-4 large fresh mint sprigs</td>
</tr>
</tbody>
</table>
Cobbler is one of the easiest, most comforting home-style baked desserts you can make. And when fresh, sweet strawberries and tangy rhubarb start filling the farmers’ markets and Green Carts in springtime, this recipe is a perfect way to welcome warmer, sunnier weather. The biscuit topping can also be formed separately and baked into individual cakes for fruit shortcake. I love to replace the strawberry-rhubarb combination with summertime peaches, too.

1 pound fresh rhubarb
2 pints fresh strawberries
1 cup plus 1 tablespoon sugar
¼ cup all-purpose flour
pinch of salt
3 tablespoons fresh orange juice
2 cups Sweet Biscuit Topping (see opposite page)
1 large egg, at room temperature
1 tablespoon heavy cream
vanilla bean ice cream or sweetened whipped cream (optional)

1 Preheat the oven to 375 degrees.
2 Trim and discard all the leaves from the rhubarb. Cut the stalks crosswise into 1-inch pieces. Hull the strawberries and cut them in halves lengthwise.
3 Combine the rhubarb, strawberries, and ¾ cup of sugar in a mixing bowl. Add the flour and salt, tossing to coat. Stir in the juice. Pour the mixture into a 13-by-9-inch baking dish.
4 Cover the surface of the fruit with the Sweet Biscuit Topping, leaving small holes and gaps so that the fruit juices can bubble up through the topping.
5 In a small mixing bowl, whisk together the egg and heavy cream. Using a pastry brush, lightly coat the topping with the egg wash. Sprinkle with the remaining tablespoon of sugar. Bake in the preheated oven until the top is golden brown and the juices have thickened slightly and are bubbling up, about 55 minutes.
6 Serve warm, adding your favorite vanilla bean ice cream or sweetened whipped cream if you like.

Yield: 6 to 8 servings

Photos by Steve Pool
APPLE
57 Apple & Pear Stir Fry, Cathy Nonas
56 Applesauce, Cathy Nonas
17 Pumpkin Soup, The Sylvia Center
49 Tomato-Apple Chutney, Karp Resources

ARTICHOKE
55 Veggie Cake, Jehangir Mehta

ASPARAGUS
13 Minestrone Soup, Alice Waters

AVOCADO
27 Ensalada de Aguacate (Avocado Salad), Danisha Nazario and Alfredo Diego
53 Mango Guacamole, Nacxitl Gaxiola

BEET
45 Jewel Roasted Vegetables, Ellie Krieger
21 Roasted Vegetable Salad, Joy Pierson
55 Veggie Cake, Jehangir Mehta

BELL PEPPER
37 Chicken & Vegetable Stir Fry, EATWISE Students
25 Gotham Loaded Red Pimiento, Orlando Ramos
31 Gumbroit, “Produce Pete” Napolitano
21 Roasted Vegetable Salad, Joy Pierson

BROCCOLI
55 Veggie Cake, Jehangir Mehta

BRUSSELS SPROUT
45 Jewel Roasted Vegetables, Ellie Krieger
19 Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman
11 Vegetable Bread Soup, Bill Telepan

CAULIFLOWER
55 Veggie Cake, Jehangir Mehta

CELER
17 Vegetable Bread Soup, Bill Telepan

CHAYOTES
48 Güisques con Crema y Cebolla Dorada, Karp Resources

CORN
25 Gotham Loaded Red Pimiento, Orlando Ramos

Eggplant
31 Gumbroit, “Produce Pete” Napolitano

FINCH
13 Minestrone Soup, Alice Waters
21 Roasted Vegetable Salad, Joy Pierson

GRAPEFRUIT
27 Ensalada de Aguacate (Avocado Salad), Danisha Nazario and Alfredo Diego

JALAPENO
51 Kimchi Relish, Eddie Huang
24 Mango Jalapeño Salsa, Orlando Ramos
47 Spicy Ecuadorian Salsa, Gloria Lima

JICAMA
53 Mango Guacamole, Nacxitl Gaxiola

KIMCHI
51 Kimchi Relish, Eddie Huang

LEEK
13 Minestrone Soup, Alice Waters
15 Potato Soup Two Ways, Melissa Hamilton and Christopher Hirshheimer

LETTUCE
29 Bacon, Lettuce, Tomato with Mayonnaise, Tom Colicchio and Sisha Ortuzar

MANGO
53 Mango Guacamole, Nacxitl Gaxiola
24 Mango Jalapeño Salsa, Orlando Ramos

MELON
19 Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman

ORANGE
19 Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman

PARSLEY
19 Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman

PUMPKIN
55 Veggie Cake, Jehangir Mehta

RADISH
11 Roasted Vegetable Salad, Joy Pierson

ROCK CORRAL
19 Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman

SQUASH
11 Roasted Vegetable Salad, Joy Pierson

SPINACH
19 Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman

SWEET POTATO
19 Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman

TOMATO
25 Gotham Loaded Red Pimiento, Orlando Ramos
| Index continued |
|-----------------|-----------------|
| **MUSHROOM**    | 35  Baked Ziti with Spinach & Mushrooms, The Scotto Family |
|                 | 37  Chicken & Vegetable Stir Fry, EATWISE Students |
|                 | 41  Hay & Straw Pasta, Stephen Hanson |
| **ORANGE**      | 27  Ensalada de Aguacate (Avocado Salad), Danisha Nazario and Alfredo Diego |
| **PEAR**        | 57  Apple & Pear Stir Fry, Cathy Nonas |
|                 | 23  Pear-Pumpkin Salad, Marcus Samuelsson |
| **POTATO**      | 15  Potato Soup Two Ways, Melissa Hamilton and Christopher Hirshheimer |
|                 | 21  Roasted Vegetable Salad, Joy Pioner |
|                 | 11  Vegetable Bread Soup, Bill Telepan |
| **PUMPKIN**     | 23  Pear-Pumpkin Salad, Marcus Samuelsson |
|                 | 17  Pumpkin Soup, The Sylvia Center |
| **RADISH**      | 19  Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman |
| **RHUBARB**     | 35  Strawberry-Rhubarb Cobbler, Michael McCarty |
| **SPINACH**     | 37  Baked Ziti with Spinach & Mushrooms, The Scotto Family |
|                 | 41  Chicken & Vegetable Stir Fry, EATWISE Students |
|                 | 21  Hay & Straw Pasta, Stephen Hanson |
| **STRING BEAN** | 31  Bengali Spiced Green Beans, Mohammed Ali Gumbroit, “Produce Pete” Napolitano |
| **TOMATO**      | 29  Bacon, Lettuce, Tomato with Mayonnaise, Tom Colicchio and Sisha Ortuzar |
| **TURNIP**      | 27  Ensalada de Aguacate (Avocado Salad), Danisha Nazario and Alfredo Diego |
| **WATERMELON**  | 59  Watermelon Ice, Hari Nayak |
| **ZUCCHINI**    | 31  Gumbroit, “Produce Pete” Napolitano |
| **POTATO**      | 31  Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman |
| **SPINACH**     | 33  Tomato, Zucchini & Garlic Frittata, Montefiore Medical Center |
| **STRING BEAN** | 33  Tomato, Zucchini & Garlic Frittata, Montefiore Medical Center |
| **TOMATO**      | 25  Gotham Loaded Red Pimiento, Orlando Ramos |
| **TURNIP**      | 41  Gumbroit, “Produce Pete” Napolitano |
| **WATERMELON**  | 41  Hay & Straw Pasta, Stephen Hanson |
| **APPLE**       | 47  Spicy Ecuadorian Salsa, Gloria Lima |
| **POTATO**      | 49  Tomato-Apple Chutney, Karp Resources |
| **PUMPKIN**     | 33  Tomato, Zucchini & Garlic Frittata, Montefiore Medical Center |
| **POTATO**      | 21  Roasted Vegetable Salad, Joy Pioner |
| **STRAWBERRY**  | 57  Strawberry-Rhubarb Cobbler, Michael McCarty |
| **STRING BEAN** | 31  Gumbroit, “Produce Pete” Napolitano |
| **POPCORN**     | 19  Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman |
| **TOMATO**      | 27  Ensalada de Aguacate (Avocado Salad), Danisha Nazario and Alfredo Diego |
| **WATERMELON**  | 25  Gotham Loaded Red Pimiento, Orlando Ramos |
| **RADISH**      | 41  Gumbroit, “Produce Pete” Napolitano |
| **RHUBARB**     | 47  Spicy Ecuadorian Salsa, Gloria Lima |
| **STRAWBERRY**  | 49  Tomato-Apple Chutney, Karp Resources |
| **POTATO**      | 33  Tomato, Zucchini & Garlic Frittata, Montefiore Medical Center |
| **RADISH**      | 21  Roasted Vegetable Salad, Joy Pioner |
| **STRING BEAN** | 31  Gumbroit, “Produce Pete” Napolitano |
| **POPCORN**     | 19  Shaved Raw Zucchini, Carrot & Radish Salad, Jonathan Waxman |

*Photo courtesy of Karp Resources*
Acknowledgements

A very special thank you to our partners who made this cookbook possible:

Melissa Hamilton and Christopher Hirsheimer, Canal House Cooking; Karen Karp and Cassandra Flechsig, Karp Resources; Stephen Sheppard; the staff at the Laurie M. Tisch Illumination Fund; Benjamin Branham, Gia Storms and Eiko Suzuki at Edelman Public Relations; and Firstline Creative Resources for the design of the book.