

Eggplant Crust Pizza

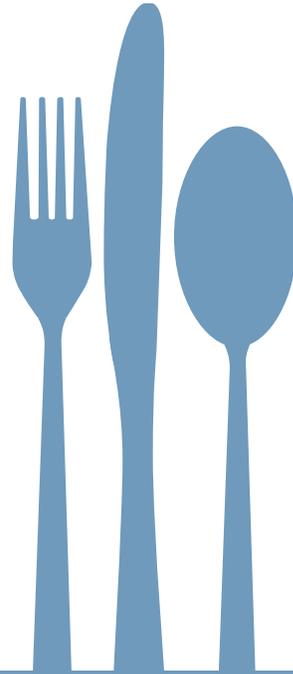
DIRECTIONS

1. Preheat oven to 350 degrees and line baking sheet with parchment paper.
2. Peel and grate eggplant into a bowl and let sit for a few minutes. Then, wrap grated eggplant in a cheesecloth and squeeze to remove excess water.
3. Put eggplant back in bowl and add rest of ingredients and mix until well combined.
4. Place pizza dough on baking sheet and roll out. Bake for 15 minutes.
5. Pull another sheet of parchment paper, lay over top of dough and flip it, then bake for another 10-15 minutes.
6. Add toppings of choice and place back in oven and broil on high for 5 minutes.



INGREDIENTS

- 1 large eggplant, peeled and grated
- 1/2 cup whole wheat flour (+1-2 Tbsp. as needed)
- 2 Tbsp. ground flaxseed
- 1-2 eggs (depends on amount of eggplant/flour)
- 1 tsp. Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. red pepper
- Toppings: tomato sauce, pesto, grilled chicken, spinach, onion, basil, cheese



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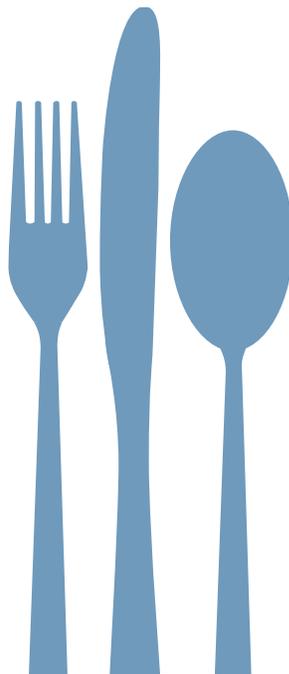
Tomato and Lentil Soup

DIRECTIONS

1. Heat olive oil in a large pot over medium-high heat. Add onion and sauté. Add curry powder.
2. Add carrots, celery, lentils, passata, water, and cube. Bring to a boil then simmer for 30-60 minutes.
3. Puree soup in batches in a food processor.

INGREDIENTS

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1.5 tsp. curry powder
- 2 medium carrots, sliced
- 2 celery sticks, sliced
- 1/2 cup red lentils
- 3 cups tomato passata
- 6 cups water
- 1 vegetable stock cube



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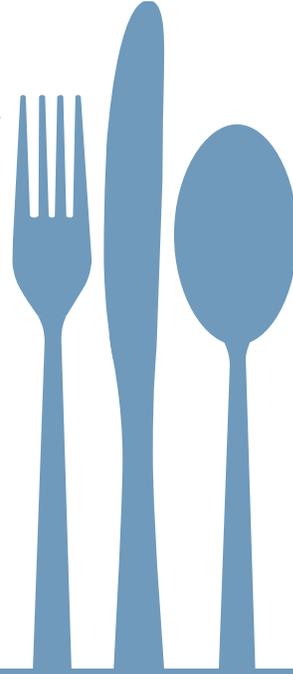
Guacamole Grilled Cheese

DIRECTIONS

1. Lightly coat the outside pieces of bread with butter.
2. Make your sandwich, stuffed with fillings of choice.
3. Cook on the stovetop or in a panini press.

INGREDIENTS

2 slices bread
1/3 cup guacamole
Cheddar, Pepper Jack or Havarti cheese slices
Sandwich Filling:
Fresh cilantro, tomato slices, spinach
Butter



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Butternut Squash Mac & Cheese

DIRECTIONS

1. In a saucepan, add butternut squash, vegetable stock and milk. Bring to a boil and cook until tender (20 minutes).
2. Remove and add to blender. Add Greek yogurt. Blend.
3. Add cooked pasta to large saucepan, add shredded cheese and butternut squash mixture.
4. Stir until well combined and cheese melted. Add black pepper to taste.



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INGREDIENTS

- 3 cups cubed butternut squash
- 1 1/4 cup vegetable stock
- 1 1/2 cup milk
- 2 Tbsp. plain Greek yogurt
- 2 cups shredded cheddar cheese
- 1 cup grated Parmesan cheese
- 1 pound whole-wheat pasta cooked according to package
- Black pepper to taste

