

Feed the Gap

*Recipes
to fill the
Nutrition
Gap*



FIRST EDITION



In 2018, more than 100,000 visits to Cook County Health were related to diabetes and heart disease. The first step to managing these diseases is a healthy diet. But for some people, when it comes to knowing how or what to eat, there's a gap.

To help close that gap, Cook County Health, together with some of Chicago's top chefs and the team at our Lifestyle Centers, has created a cookbook filled with simple, healthy recipes made from accessible ingredients. Because we believe that every person, no matter who you are, where you come from, or how much experience you have in the kitchen, deserves to be healthy.

No one
should have
to sacrifice
a healthy
life because
they cannot
afford it.

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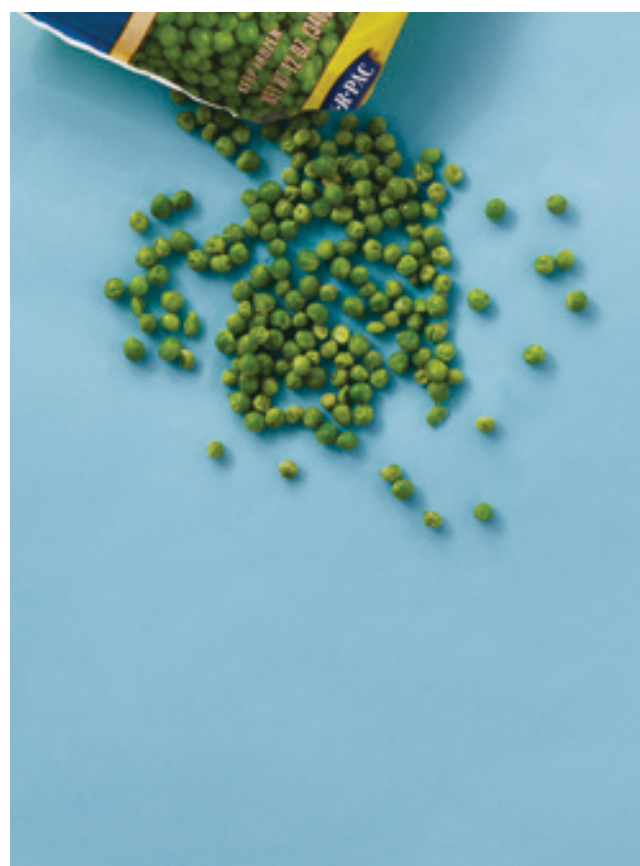
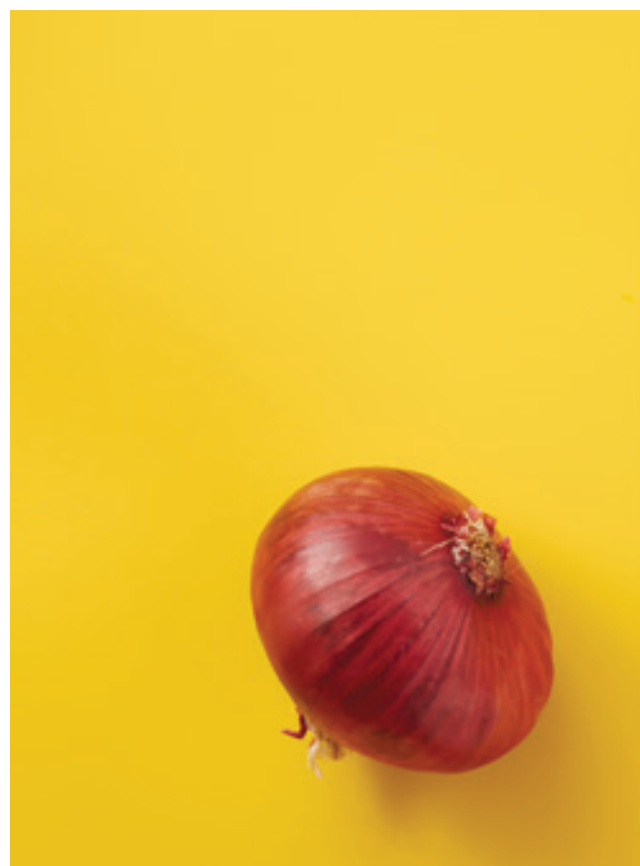
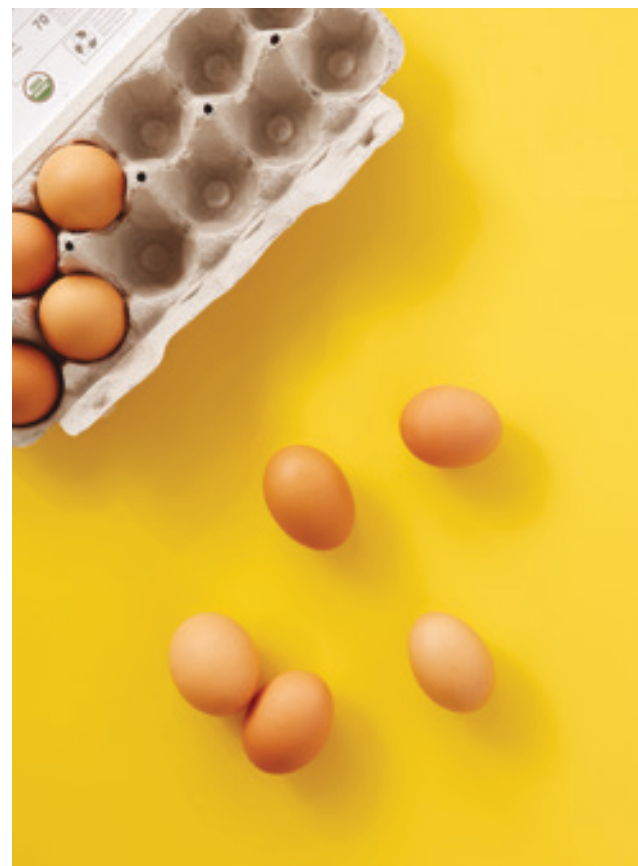
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Bridgette Flagg

Head Cook / Owner, Soulé

Born and based in Chicago, Bridgette is head chef and owner of Soulé, an award-winning, Creole-infused soul food restaurant in west Chicago. As a little girl, Bridgette discovered her passion for cooking through her grandmother, Beatrice “Bea” Tolliver, who was the head cook for Chicago Public Schools. When it comes to food, Bridgette’s mission is to cook with as much soul as Bea and her mother did, to ultimately unite communities.

Tsadakeeyah Emmanuel

Executive Chef / Managing Partner, Majani

Tsadakeeyah has been a vegan for 28 years and a self-taught vegan chef for 20. His passion for cooking began when he watched his father cook for him and his 15 siblings. His restaurant, Majani (which means “green” in Swahili), serves “vegan soul food” that proves healthy eating can be delicious, nutritious and appealing to the eye.

Lamar Moore

Executive Chef, The Swill Inn

Born and raised in Chicago, Lamar began showing his love for the culinary arts as early as age eight. While growing up, he spent the summers cooking alongside his grandmother in Tupelo, Mississippi, where he learned the importance of cooking with love and taking care of people. When he’s not adding soulful flair to bar food classics at the Swill Inn, Lamar mentors aspiring chefs and shares his culinary experience with students from Chicago Public Schools through demonstrations and workshops.

Diana Dávila

Chef / Owner, Mi Tocaya Antojeria

A Chicago native, Diana began working in her parents’ taqueria at the age of 10. In 2018, she was named one of the 10 best chefs in the nation by *Food & Wine* magazine. At Mi Tocaya, Davila takes on familiar Mexican favorites, lesser-known regional specialties, and completely new dishes that are inspired by her Mexican heritage – using food and drink to share her love for her food and culture.

01 Broccoli & Apple Salad

by
Cook
County
Health



Broccoli & Apple Salad by Cook County Health

serve
size



prep
time



cook
time

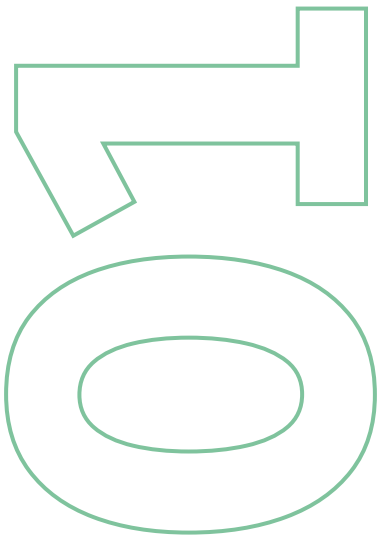


Ingredients

- 1 large head of broccoli
- 2 apples
- 1/4 c. red onion, chopped
- 1/2 c. almonds, roughly chopped
- 1 lemon, juiced
- olive oil
- salt and pepper

Directions

1. Cut broccoli into florets.
2. Halve and core apples and cut into thin slices.
3. Add broccoli and apples to bowl with remaining ingredients.
4. Toss and serve.



02

Basic Butternut Squash

by
Tsadakeeyah
Emmanuel



Basic Butternut Squash

by Tsadakeeyah Emmanuel

serve
size



prep
time



cook
time

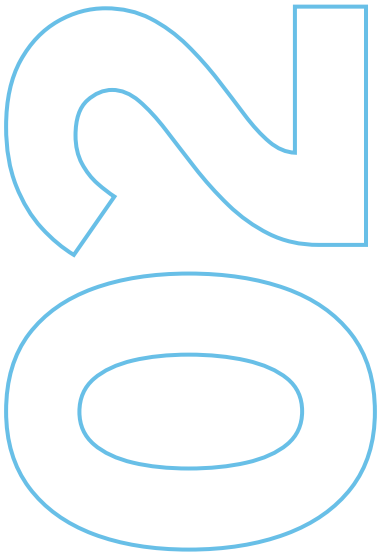


Ingredients

- 1 butternut squash, peeled and cut into 1" slices,
with seeds removed
2 tsp. sea salt
olive oil
sprinkle of Cajun seasoning

Directions

1. Preheat oven to 350°F.
2. Peel the squash.
3. Combine all ingredients in a mixing bowl, place them on a sheet pan, and bake for 25 minutes.
4. Serve warm.



03 Simple String Beans

by
Tsadakeeyah
Emmanuel



Simple String Beans by Tsadakeeyah Emmanuel

serve
size



prep
time



cook
time



Ingredients

1 lb. string beans, trimmed
2 cloves garlic
1/4 onion, sliced
1 c. button mushrooms, sliced
olive oil
1 tsp. Cajun seasoning
1 tsp. sea salt

Directions

1. Toss all ingredients in a skillet and cover with a lid.
2. Cook on medium heat for 10 minutes.
3. Serve hot.

03

04 Blackened Chicken Tacos

by
Lamar
Moore



serve
size



prep
time



cook
time



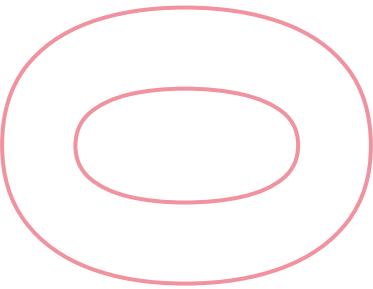
Blackened Chicken Tacos by Lamar Moore

Ingredients

- 1/4 tsp. crushed garlic
- 1/4 tsp. oregano
- 1/4 tsp. paprika
- 1/8 tsp. cayenne
- 1 tsp. black pepper
- 1/8 tsp. sea salt
- 4 boneless, skinless chicken thighs
cut into 1/4" strips
- 4 corn tortillas
- 1 c. shredded green cabbage
- 2 ears corn, cut off the cob
- 2 bunches chopped cilantro
- olive oil
- lime wedges

Directions

1. Mix the garlic, oregano, paprika, cayenne, black pepper, and salt together.
2. Toss seasoning in bowl with chicken.
3. On medium heat in cast-iron skillet, sear chicken until golden brown. Remove from skillet.
4. Heat each tortilla in pan until soft.
5. Toss shredded green cabbage, corn, and cilantro in olive oil.
6. Pile cabbage mixture and chicken into the tortillas.
7. Serve with lime wedges.



05 Quick Cajun Salmon

by
Bridgette
Flagg



Quick Cajun Salmon by Bridgette Flagg

serve
size



prep
time



cook
time

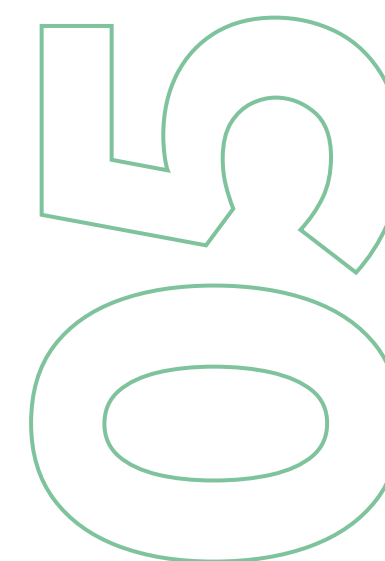


Ingredients

olive oil
6 oz. salmon fillet
1/2 tbsp. Cajun seasoning
1 tsp. freshly squeezed lemon juice
pinch of coarse black pepper
pinch of granulated garlic
pinch of granulated onion
parsley flakes
sliced lemons

Directions

1. Preheat oven to 350°F.
2. Drizzle olive oil in nonstick skillet.
3. Season salmon with Cajun seasoning, lemon juice, black pepper, garlic, and onion.
4. Place seasoned salmon in the skillet flesh-side down for 5 minutes, or until cooked to your liking.
5. Remove pan-seared salmon from skillet and place in a Pyrex baking dish.
6. Top salmon with parsley flakes and sliced lemons, and bake in oven for about 10 minutes.



06 Bridgette's Baked Chicken Wings

by
Bridgette
Flagg



Bridgette's Baked Chicken Wings by Bridgette Flagg

serve
size

prep
time

cook
time

Ingredients

chicken wings or mixed pieces of chicken
1 tbsp. granulated garlic
1 tbsp. granulated onion
1 tsp. salt
1 tbsp. black pepper
1 tbsp. paprika
olive oil
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 green bell pepper, sliced
1 yellow onion, sliced
4 c. chicken broth
2 c. water

Directions

1.

Preheat oven to 375°F.

2.

Season chicken with garlic, granulated onion, black pepper, and paprika.

3.

Place seasoned chicken in Pyrex baking dish coated lightly with olive oil.

4.

Top chicken with sliced bell peppers and onion.

5.

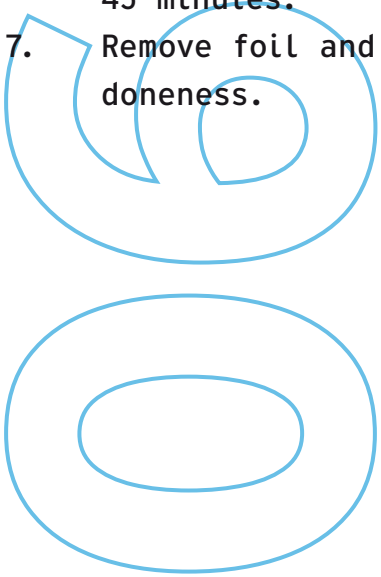
Fill bottom of dish with chicken broth and water.

6.

Cover dish with aluminum foil and bake in oven for 45 minutes.

7.

Remove foil and continue cooking to desired doneness.



07 Soulé's Jerk Chicken Salad

by
Bridgette
Flagg



serve
size



prep
time



cook
time



Soulé's Jerk Chicken Salad by Bridgette Flagg

Ingredients

2 boneless chicken breasts
1 tbsp. jerk seasoning
olive oil
romaine lettuce
1 c. spinach
red, yellow, and green peppers
1/4 red onion, chopped
1 cucumber
1/4 c. carrots, shredded
mild cheddar cheese, shredded

Directions

1. Season chicken with jerk seasoning.
2. Place seasoned chicken breasts in non-stick skillet, drizzle with olive oil.
3. Cook chicken breasts on medium heat, 5 to 7 minutes each side.
4. Place chopped romaine and spinach in a big serving bowl.
5. Add peppers, red onion, cucumber, and carrots.
6. Chop cooked chicken and place on top of vegetables.
7. Sprinkle with cheese.



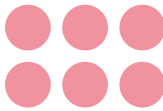
08 Salsa Two Ways

by
Diana
Dávila



Salsa Two Ways by Diana Dávila

serve
size



prep
time



cook
time



Salsa #1

Ingredients

- 1 medium can tomatoes
- 1 small can pickled peppers
- 1 bunch cilantro
- salt
- olive oil

Directions

1. Blend tomatoes, peppers, and cilantro in a saucepan.
2. Bring to a boil.
3. Add salt and olive oil.

Salsa #2

Ingredients

- 10 tomatoes
- 1/2 head of garlic
- 6 to 8 green chiles (serranos or jalapeños)
- salt
- olive oil

Directions

1. Char tomatoes, garlic, and chiles.
2. Blend tomatoes, garlic, and chiles in a saucepan.
3. Bring salsa to a boil.
4. Add salt and olive oil.

09

Hearty
Lentil
& Kale
Soup

by
Tsadakeeyah
Emmanuel



serve
size



prep
time



cook
time



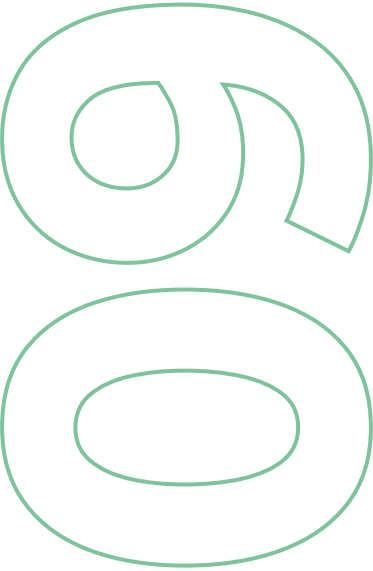
Hearty Lentil & Kale Soup
by Tsadakeeyah Emmanuel

Ingredients

- 2 c. Turkish red lentils
- 3 cloves garlic, diced
- 1 bunch kale, diced
- 1 tbsp. sea salt
- 1/4 c. olive oil
- 1 sprig fresh thyme
(tied in a bunch with string)
- 8 to 10 c. water

Directions

- Combine all ingredients in a 4-quart pot and bring to a boil.
- Simmer over medium heat for approximately 15 minutes, stirring often.
- Remove thyme. Serve hot.



10 Broiled Breakfast Grapefruit

by
Cook
County
Health



serve
size



prep
time



cook
time



Broiled Breakfast Grapefruit by Cook County Health

Ingredients

1 grapefruit*
1 tsp. brown sugar or to taste
salt to taste

Directions

1. Turn on broiler.
2. Cut grapefruit in half and place on baking tray.
3. Sprinkle evenly with brown sugar and a little bit of salt.
4. Place grapefruit halves under broiler until brown, approximately 3 minutes.

*grapefruit may interfere with some medications.

01

11 Black Bean & Quinoa Salad

by
Tsadakeeyah
Emmanuel



Black Bean & Quinoa Salad by Tsadakeeyah Emmanuel

serve
size



prep
time



cook
time

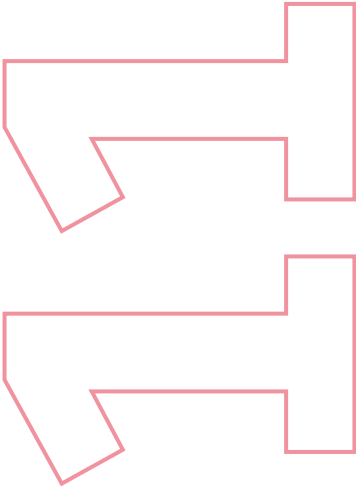


Ingredients

- 2 c. cooked quinoa
(see package for cooking instructions)
- 1/2 can black beans
- 1/4 red bell pepper, diced
- 2 cloves garlic, chopped
- 1/4 c. diced red onion
- 1 scallion, diced
- 1 lemon, zested
- juice of 1 lemon
- 1 tsp. sea salt
- olive oil

Directions

1. Combine all ingredients, toss, serve warm or chilled.



12 Roasted Cauliflower Steaks

by
Cook
County
Health



serve
size



prep
time



cook
time



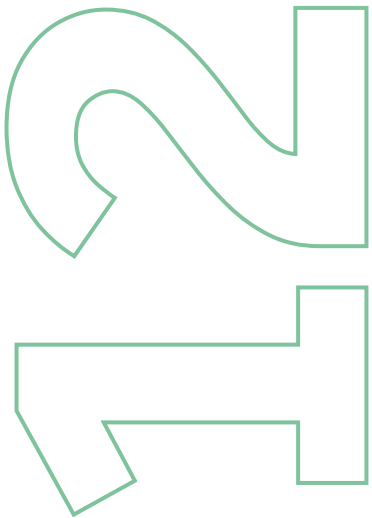
Roasted Cauliflower Steaks by Cook County Health

Ingredients

- 1 large head cauliflower, sliced lengthwise through the core into 4 “steaks”
- 2 cloves garlic, unpeeled
- olive oil
- 1 tsp. smoked paprika
- 1/2 tsp. cayenne pepper
- salt and pepper

Directions

1. Preheat oven to 400°F.
2. Place cauliflower steaks on baking tray with cloves of garlic.
3. Pour olive oil over cauliflower steaks and sprinkle with spices.
4. Use hands to thoroughly coat the steaks with oil and spice mix.
5. Roast for 15 minutes; turn and continue roasting until tender and golden (approximately 15 to 20 minutes).



13

Anytime Omelette

by
Cook
County
Health



serve
size



prep
time



cook
time



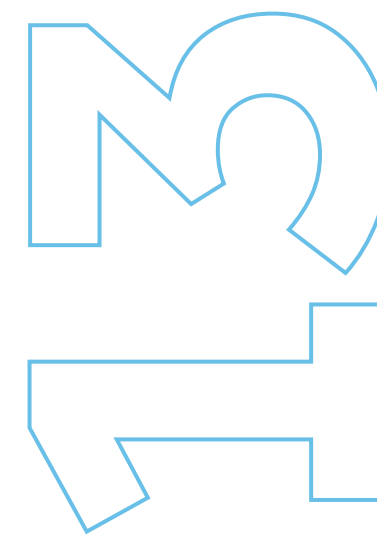
Anytime Omelette
by Cook County Health

Ingredients

2 eggs (or egg whites)
salt and pepper
1 tsp. olive oil for the pan
1/4 c. grated low-fat cheese
vegetables as desired (optional)

Directions

1. Crack the eggs into a bowl.
2. Add salt and pepper and beat with a fork.
3. Add oil to a saucepan on medium heat.
4. Once the oil is hot, add the eggs to the pan.
5. Tilt and rotate the pan to coat the surface evenly.
6. Once the eggs have set (approximately 30 seconds), add cheese plus any raw or cooked vegetables you feel like adding.
7. Once all of the egg mixture is cooked, fold the omelette in half with a spatula and slide it onto a plate.



14

Flautas

by
Diana
Dávila



serve
size



prep
time



cook
time



Top flautas with:
tomatoes
lettuce
onion
radishes
cabbage
cheese
(queso fresco)
sour cream
salsa

Flautas
by Diana Dávila

You will need

4 qt. water
6-qt. sauce pot
12" frying pan
toothpicks
paper towels

Ingredients

3 lbs. chicken breasts
1/2 onion
salt
3 bay leaves
3 green chiles (serranos or jalapeños)
1/2 head of garlic
2 dozen tortillas
vegetable oil for frying

Directions

1. Add 4 quarts of water to sauce pot with chicken, onion, salt, bay leaves, chiles, and garlic.
2. Bring to a boil.
3. Set to simmer for 20 minutes or until chicken is completely cooked.
4. Strain water.
5. Finely shred chicken into strings by hand.
6. Set chicken aside.
7. Warm each tortilla on both sides in frying pan.
8. Place chicken in a horizontal line on each tortilla and roll the tortillas into tight flutes.
9. Skewer each tortilla with two toothpicks.
10. In frying pan, heat up oil.
11. Cook flutes until golden brown.
12. Set flutes on a plate lined with paper towels.

15 Brussels Sprout Hash

by
Cook
County
Health



serve
size



prep
time



cook
time



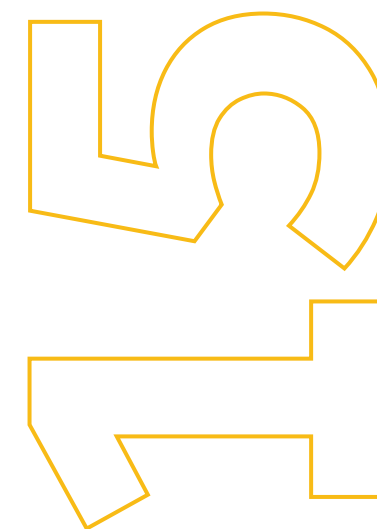
Brussels Sprout Hash by Cook County Health

Ingredients

4 c. brussels sprouts
olive oil
3 cloves garlic, finely chopped
6 olives, finely chopped
3 eggs (or egg whites)
salt and pepper
lemon juice

Directions

1. Trim ends off sprouts and remove any damaged outer leaves.
2. Shred the sprouts by cutting them into very thin slices.
3. Heat oil in skillet over medium-high heat.
4. Add shredded sprouts and garlic and cook for 1 minute.
5. Add olives and toss to mix.
6. Create 3 wells in the mixture using a spoon. Crack an egg into each of the wells, sprinkle with salt and pepper, add 2 tablespoons of water and cover with a lid.
7. Let the eggs steam for 2 minutes. Once the egg whites are cooked through, remove lid.
8. Top with lemon juice and freshly ground pepper.



16 South Shore Kale Salad

by
Tsadakeeyah
Emmanuel



South Shore Kale Salad by Tsadakeeyah Emmanuel

serve
size



prep
time



cook
time

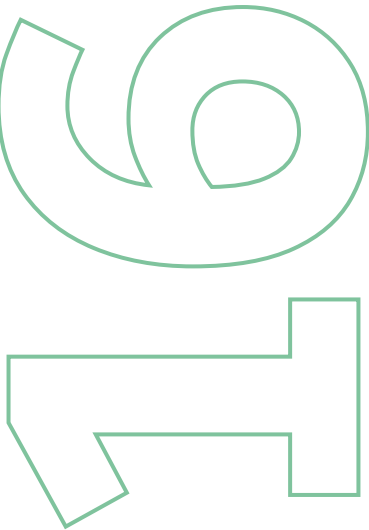


Ingredients

- 1 bunch kale, washed and chopped
- 1 Granny Smith apple, diced
- juice of 1 lemon
- zest of 1 lemon
- 1/4 c. diced red pepper
- 2 cloves garlic, diced
- 1/4 c. diced red onion
- 1 tsp. diced fresh ginger
- olive oil
- toasted sesame oil
- 1 tsp. sea salt
- 2 tbsp. dried cranberries

Directions

1. Combine all ingredients, toss, serve at room temperature.



17 Easy Peasy Toast

by
Cook
County
Health



Easy Peasy Toast by Cook County Health

serve
size



prep
time



cook
time

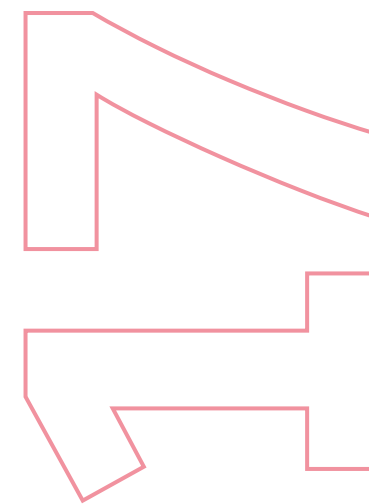


Ingredients

olive oil
2 cloves garlic, finely chopped
1 c. peas, fresh or frozen
2 tbsp. water
1 tsp. lemon juice
salt and pepper
whole wheat toast

Directions

1. Heat olive oil in pan on medium heat.
2. Add garlic, peas and water.
Cook until peas turn bright green.
3. Add lemon juice, salt and pepper
and remove from heat.
4. Mash with fork and spread on whole
wheat toast.



4 easy steps for cooking vegetables



01

Choose your vegetables

Choose fresh, frozen, or rinsed canned vegetables. Make a large batch – 6 cups or more – so leftovers can be used.

- bell peppers
- broccoli
- tomatoes
- mushrooms
- onions
- carrots
- greens
- garlic
- spinach
- green beans
- brussels sprouts

02

Add a touch of healthy fat

Add 1 – 2 tbsp. of one of these healthy-fat items with vegetables.

- olive oil
- light salad dressing
- low-sodium marinade
- salsa
- cubed avocado
- low-fat shredded cheese



03

Spice it up

Italian

garlic
oregano
parsley
basil
rosemary

Latin

cumin
paprika
jalapeño pepper
crushed red pepper

Asian

ginger
sesame seed
clove
fennel

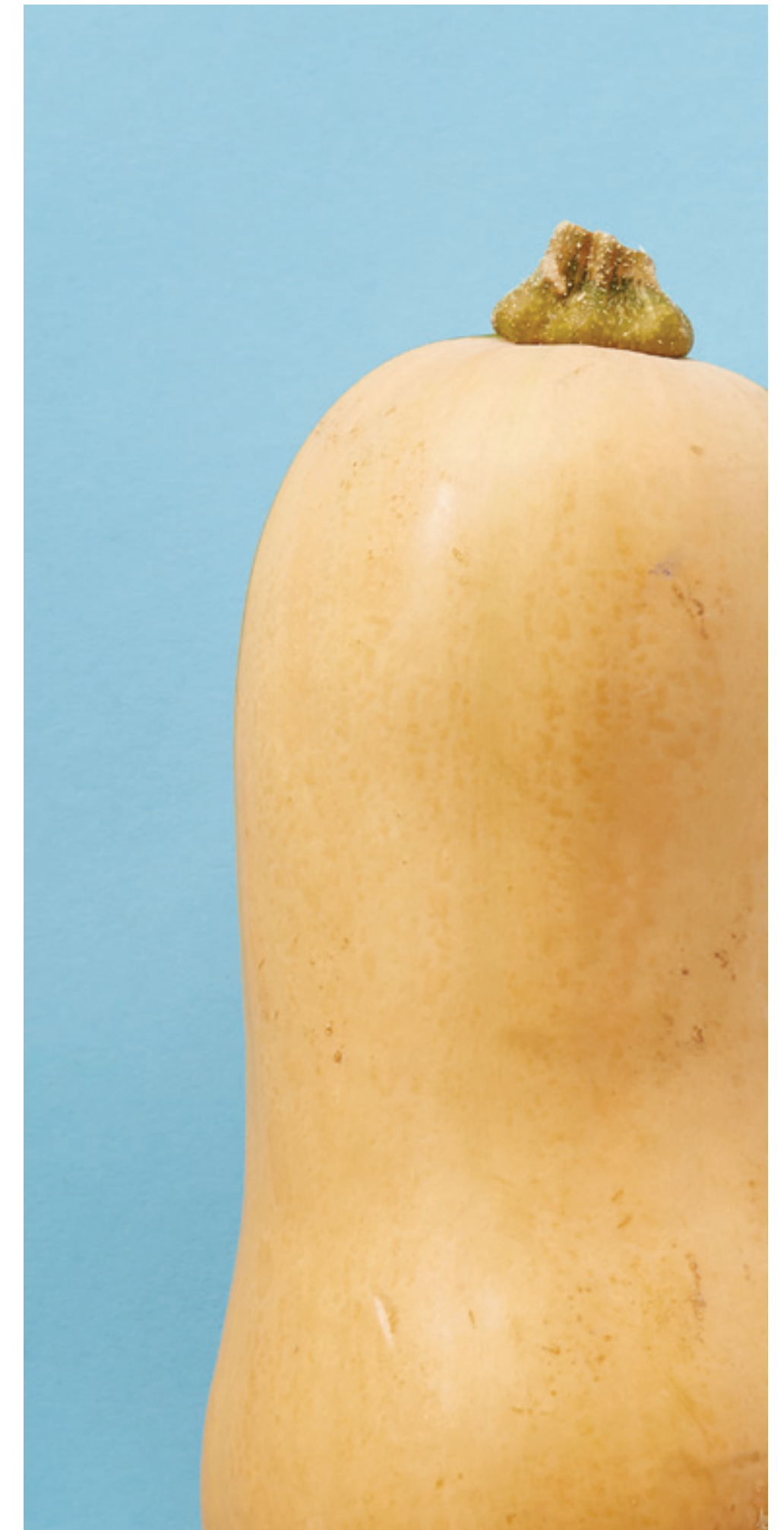
Indian

curry
celery seed
nutmeg
cinnamon

04

Shake it up

Throw all your ingredients into a container or bag. Shake to coat evenly with sauce and spices. Cook on high heat until crisp, tender, soft or however you like it!



What's in Season for Illinois?

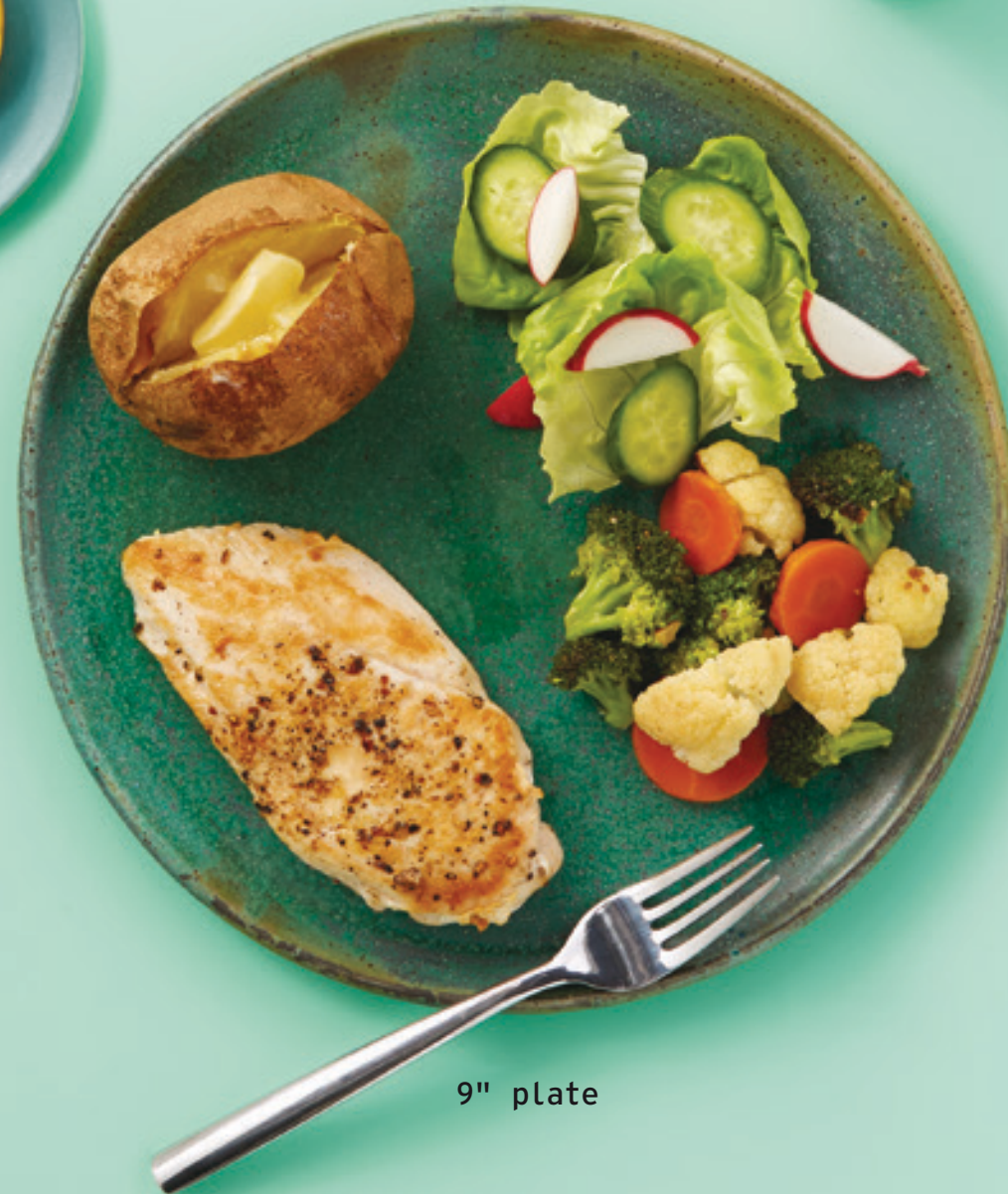
A calendar
of available
fresh
produce



- Apples
- Artichokes
- Asparagus
- Beans
- Bell Peppers
- Berries
- Cabbage
- Carrots
- Cauliflower
- Cherries
- Corn
- Cucumbers
- Eggplants
- Garlic
- Grapes
- Greens
- Herbs
- Horseradish
- Leeks
- Lettuce
- Melons
- Nectarines
- Okra
- Onions
- Peaches
- Peas
- Plums
- Potatoes
- Pumpkins
- Radishes
- Rhubarb
- Spinach
- Sprouts
- Squash
- Strawberries
- Sweet Potatoes
- Tomatoes
- Turnips



Plate Planner



9" plate

Methods

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 oz.
- Fill 1/4 of your plate with a starchy choice such as 1/2 c. mashed potatoes.
- Add 1 serving of fruit.
- Add 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

*For breakfast, use only half the plate.
For lunch and dinner, use the whole plate.*



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Cook County Health

Building healthy futures for people with diabetes and heart disease

This cookbook was created by the Cook County Health Foundation. Cook County Health provides high-quality care to more than 500,000 individuals through its health system and health plan, regardless of their ability to pay. This year, the Cook County Health Foundation is raising funds to improve the quality of health care for patients with diabetes and heart disease by expanding CCH Lifestyle Centers across the county.

To download these recipes or to find out how you can make a difference, visit

CCHHealthFoundation.org



**COOK COUNTY
HEALTH**