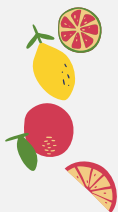


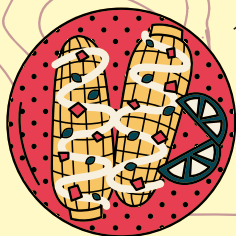
UIC Heritage Garden Recipe Zine

College friendly recipes
"Fall, 2021"



CORN WITH MAYO & CHEESE

For a quick and easy taste of Mexican street food, try this!



You will need:

- 1 can of whole kernel sweet corn
- Mayonnaise
- Queso Fresco
- Chili powder

Step 1. Crumble up cheese and set aside

Step 2. Open can of corn

Step 3. Place corn in bowl

Step 4. (Optional) heat up corn on stovetop or microwave

Step 5. Mix the corn with a spoonful of mayo and queso fresco

Step 6. Enjoy!



Tostada

This is a delicious simple mexican meal. All you need is tostadas, valentine, or Tapatio, sour cream preferably Salvadorian sour cream, lettuce *optional, leftovers that make sense.

Steps

1. get a tostada,
 - 2 smears sour cream
 3. pour hot sauce to your liking,
 4. add leftovers that you think will taste good*optional,
 - 5.chop lettuce and add on top *optional.
- done!!!



Iraqi Bagila and eggs for breakfast

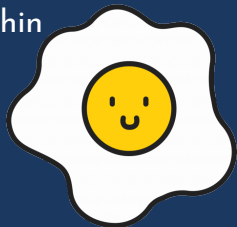
Ingredients

1 can flava beans with cumin or whatever spice you're feeling

2 eggs or however many youd like to scramble

1/2 cup onion or whatever quantity you like

1 or more pita breads, preferably thin



Method

Open the can of beans, place in a pan, heat the beans up with the water, and wait till it boils. On the side, get a plate and thin pita bread and rip it to make smaller pieces. Put beans on the bread. Sautee onions to the same pan as the beans so the same seasoning goes on the onions as well. Additional spices can be added to the onions as well like cumin if the beans were not spiced. Place onions on plate with beans and bread. Make scrambled eggs in same pan and then place on the plate with the rest of the ingredients.

Pasta with basil

This recipe is important to me due to my dad always incorporating basil with every type of pasta he makes. Pasta can be made in different shapes and the freedom of choosing whatever toppings you like.

Recipe [thai basil, sweet basil, any type of basil, different types of pasta as well, and add any vegetables, sauces, whatever you'd like]

1. Fill your chosen cooking pot with $\frac{3}{4}$ of water, if you are cooking less pasta, $\frac{2}{3}$ of the cooking pot filled
2. Place the pot on the stove and wait until you see the water boiling
3. Place your pasta inside the pot and grab a pinch of salt with your fingers
4. Let your pasta cook 15 to 18 minutes
5. Once it's done, drain your pasta and add basil, sauce, vegetables, whatever you'd like to add



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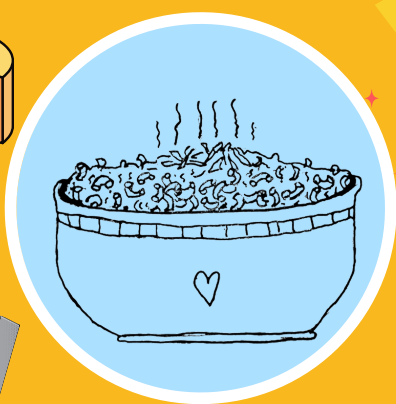
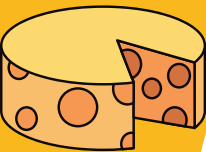
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Dorm Mac and Cheese

Ingredients:

Kraft Mac and Cheese bowl

Salt

Pepper

Butter

Shredded cheese of choice



Step 1. Follow Directions on Mac and Cheese Cup

Step 2. Add Butter to Cup

Step 3. Stir butter into macaroni and cheese mix

Step 4. Add shredded cheese into macaroni and mix

Step 5. Add more shredded cheese on top

Step 6. Let it until cheese is melted

Step 7. Add salt and pepper (or seasoning of choice)

Step 8. Serve :)



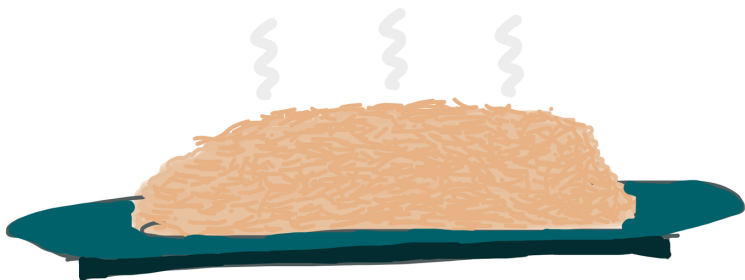
Flavorful Rice

Ingredients:

- 1 cup basmati rice (dried)
- 1 $\frac{3}{4}$ cups water
- 1 chicken/beef/vegan bouillon cube
- 1 $\frac{1}{2}$ tablespoons chili flakes
- 1 tablespoon oil

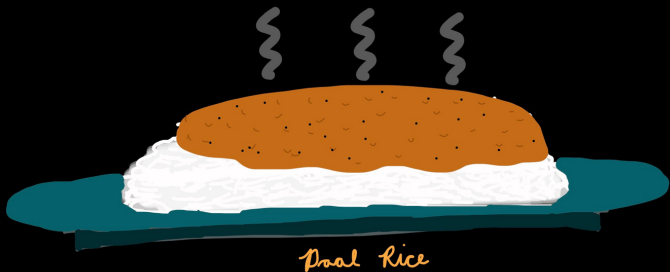
Method:

Wash your rice 3 times or till it runs mostly clear, then add the necessary amounts of water to the cooker if you are using a rice cooker or pot if using a stovetop. In a pan, heat up oil. When hot, mix in the chili flakes and the bullion cube and break it up. Once it is broken up, add the oil to the rice and water. Cook the rice and this can be eaten plain or with any protein of choice because it's really good.



Flavorful Rice

Oh no, you made too much rice and simply do not know what to do? How about some daal, or lentils. Daal is a staple in many Southeast Asian households. It's not too intense, nutritious, and a nomz vegetarian option.



Ingredients

1 cup toor daal	3 tablespoon lemon juice
3 cups water	8 curry leaves
1 tablespoon salt or to taste	1 tablespoon oil
Optional:	1 tablespoon cumin seeds
1 tomato	1 tablespoon mustard seeds
(or 1 cup crushed tomato)	4 dried red chilis
1 tablespoon ginger	2 serrano peppers, chopped
1 tablespoon garlic	2 ½ tablespoons of
1 tablespoon red chili powder	tamarind
½ teaspoon turmeric	1 cup hot water

Method

To make an easy daal, wash the toor daal and then place in a pressure cooker or pot with water and salt and allow to cook till softened. If using a pressure cooker, wait for 3 whistles and if using a pot, put on a lid and leave on medium to low heat until softened and spice however you'd like. Serve with rice. However, for an elevated experience, put in the tomato, ginger, garlic, red chili powder, and turmeric with the toor daal, water, and salt. Then after it is done softening in either a pressure cooker or a pot, put in curry leaves, lemon juice, green chilis, and the tamarind water. Make tamarind water by boiling tamarind in water or buy the paste and put a few spoons of that instead. Allow the ingredients to be well incorporated and adjust the consistency to your liking, a thicker daal has less water added. Turn off the heat. Then in a pan, add oil and wait for it to heat up. Add mustard seeds, cumin seeds, and whole dried red chilis and allow to crackle and pop for a minute or two. Add to the daal. Serve with rice.

Fruta con Tajín y chamoy

In general, Mexicans are known for adding spice to everything, including our desserts. So although this is considered a dessert, it can be spicy! I eat it all the time with my family and especially love it during the summer because it's so refreshing. My favorite thing to do with the fruit is to freeze it and eat it later as a spicy fruit popsicle!



Fruit with Tajín & chamoy

Ingredients:

- ♥ Your choice of fruit; watermelon, mango, strawberries, pineapple, etc.
- ♥ Tajin
- ♥ Chamoy

Directions:

Step 1. Cut fruit however makes most sense to you

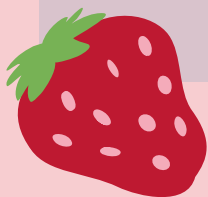
Step 2. Put all your fruit into a bowl

Step 3. Add tajin and chamoy (the more you add, the spicier it will be!)

Step 4. Enjoy!

Fresas con media crema

My dad has been making this very simple dessert for as long as I can remember. Every time I eat it I'm reminded of my childhood and fun times I had with my family. It is the perfect combination of sweet and creamy!



Strawberries & cream

Ingredients:

- ♥ 1 can of media crema table cream
- ♥ 3 cups of strawberries
- ♥ (Optional) sweetened condensed milk

Directions:

Step 1. Cut the stems off the strawberries

Step 2. Cut the strawberries however makes most sense to you

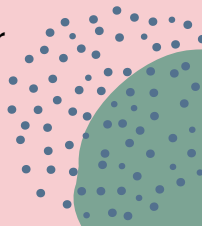
Step 3. Put strawberries into a bowl

Step 4. Add the can of media crema

Step 5. (Optional) add 1-3 tablespoons of sweetened condensed milk

Step 6. Mix everything together

Step 7. Enjoy!



Mango and creme

If you find yourself with a mango that isn't as sweet as you would like it to be, try making it into this easy dessert.

Ingredients

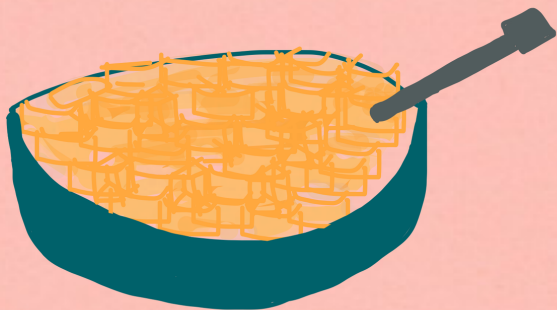
1 mango, cubed

4 tablespoons evaporated milk or milk of choice

1-2 tablespoons sugar

Method:

Mix all ingredients together!



Mango with creme

Recipe Coloring Page!

Recipes



Garlic



Avocado



Butter



Dates



Pear



Hibiscus



Dumplings



Cereal



Tea



Asparagus



Toast



Mint



Orange



chiles



Apple



Cup o' Noodles



Sriracha



Milk



Banana



Recipe Book



Tomato



Cheese



Squash



Watermelon



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