

## Colcannon

*An old Irish classic*

### **Ingredients**

1 lb. cabbage, chopped roughly  
1 lb. potato, peeled and chopped for boiling  
2 large leeks, chopped  
1 c milk  
Salt and pepper to taste  
1 pinch mace  
1/3 c butter

### **Preparation**

In a large pot, simmer cabbage until tender; either shred with a fork, or chop again. Set aside but keep warm. In another large pot, cook potatoes; in a saucepan simmer the chopped leeks in just enough milk to cover the leeks, until tender. Combine leeks w/milk and potatoes, salt and pepper and pinch of mace- mash well. Add cabbage; stir. Create a well in the mashed vegetables for the butter; insert full stick of butter into the "well". Mix prior to serving.

## Pinto Posole

### **Ingredients**

2 to 4 green chiles roasted, seeded and chopped  
2 tbsp vegetable oil  
1 large white onion, finely diced  
2 tbsp minced garlic  
1 tbsp cumin  
1/2 c tomato paste  
1 bay leaf  
6 c pinto beans, rinsed, cooked and drained  
2 c hominy, rinsed and drained  
4 c vegetable broth  
2 c water  
1/2 tsp salt or to taste  
1/4 c chopped cilantro, divided  
1 lime, halved

Recommended garnishes: sliced avocado, shredded green cabbage, chopped radish, onion and/or jalapeño

### **Preparation**

In a large pot over medium high heat, add oil and onion. Sauté the onion until translucent, then add the garlic and cumin until toasty, then add the tomato paste and cook, stirring consistently for another minute. Add the toasted chili peppers, bay leaf, hominy, beans, vegetable broth and water to the pot. Stir in 1/2 teaspoon salt and raise the heat to medium-high. Bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer, stirring occasionally, and cook for 25 minutes. Remove the chili peppers and bay leaf from the soup and discard them. Stir the cilantro and juice of 1/2 lime into the soup. Cut the other 1/2 of the lime into wedges for garnish, and use garnish of choice.

## Crispy Bean and Cheese Burritos

### **Ingredients**

2 c refried beans  
1 tbsp or to taste of favorite salsa  
1/2 tsp red chile powder  
1/4 tsp garlic powder  
1/4 tsp cumin  
6 flour tortillas

### **Preparation**

Add the refried beans, salsa, chili powder, garlic powder and cumin to a mixing bowl and stir until smooth. Spoon about three tablespoons of the bean mixture onto the center of a flour tortilla and smooth into a thin layer. Sprinkle with a large pinch of shredded cheese. Roll tightly. Repeat with remaining tortillas. Heat 1-2 tablespoons of oil in a large saucepan over medium-high heat. Place a few burritos, seam side down, into the pan. Turn them every 30 seconds or so as they cook until they are golden and crispy on all sides.



**Apple Ladybug Treats** (you can let the kids play with their food on this one!)

### **Ingredients**

2 red apples  
1/4 c raisins  
1 tbsp peanut butter  
8 thin pretzel sticks

### **Preparation**

Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

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