

A close-up photograph of several golden-brown, fried spring rolls or dumplings arranged on a white plate. The rolls are stacked and overlapping, showing their flaky, layered texture. In the top left corner, a portion of a green vegetable, likely lettuce, is visible. The text "Small Plates" is overlaid in the center in a white, cursive font.

Small Plates

Avocado Egg Rolls with Tamarind Cashew Sauce

Uno's Chicago Grill, by way of CEO Frank Guidara '68

1. Stir together vinegars, tamarind, honey, and saffron in a microwave-safe bowl, and microwave for 1 minute. Stir until tamarind is dissolved. In a blender, purée tamarind mixture, cashews, 2/3 cup cilantro, garlic, onions, sugar, pepper, and cumin. Pour mixture into a bowl and stir in oil. Refrigerate until ready to use.
2. Gently stir together avocado, tomatoes, onion, 1/2 teaspoon cilantro, and salt. Distribute filling evenly onto center of each egg roll wrapper. Position a wrapper so that a corner is pointing toward you; fold the bottom corner up, 1/4 of the way over the filling.
3. Brush remaining corners and edges of the wrapper with egg, roll up from side to side, fold top corner over all and press to seal. Repeat with remaining wrappers. Continue by deep-frying the egg rolls in 375°F oil for 3-4 minutes, until golden brown. Drain on brown paper bags. Slice egg rolls diagonally across middle and serve with prepared dipping sauce!

Tamarind cashew sauce:

3-4 teaspoons white vinegar

1 teaspoon balsamic vinegar

1/2 teaspoon tamarind pulp

1/2 cup honey

1/2 cup chopped cashews

2/3 cup fresh cilantro

2 garlic cloves

1 tablespoon granulated sugar

1 teaspoon ground black pepper

1/4 cup olive oil

Egg rolls:

1 large avocado, peeled, pitted, & diced

2 tablespoons sun-dried tomatoes packed in oil, chopped

1 tablespoon minced red onion

1/2 teaspoon fresh cilantro, chopped

1 pinch salt

3 egg roll wraps

1 egg, beaten



Brown Rice Pilaf with Mango and Dried Cranberries

From Uno's Chicago Grill

1 ounce olive oil

1/4 cup onion, yellow, small diced

1/4 cup carrots, small diced

1 teaspoon garlic, minced

8 ounces brown rice

1 1/2 teaspoon kosher salt

3/4 teaspoon black pepper

1 teaspoon fresh thyme, chopped

1/4 cup dried cranberries

24 ounces water

1/2 cup mango, ripe, small diced

1. In a heavy bottom sauce pan, heat olive oil. Add onions and carrots and sauté until onions are translucent. Add garlic and sauté briefly—do not brown. Add the brown rice, salt, pepper, and thyme and mix thoroughly. Cook for a minute while stirring to coat the rice. Add the dried cranberries and water and mix. Bring rice mixture to a boil, cover pot, and reduce to simmer.
2. Cook for approximately 16-18 minutes or until all the water is absorbed. Remove rice from pot and place on sheet pan lined with parchment paper to cool. When cool, fold in diced mango.

Serves: 4 to 6



Did you Know?

Uno's CEO **Frank Guidara '68** has led a revolution of the restaurant's menu to be "deeper than pizza," to include more healthful and family-friendly options. Parents magazine rated it the fourth-best family restaurant and Health magazine named Uno's the healthiest chain restaurant in America.

"In this business, you eat and eat," says **Mike Hislop '77**, chairman and CEO of Il Fornaio restaurants. He has built the California-based chain of 21 restaurants into a chef-centered company. Il Fornaio's Executive Chef Maurizio Mazzon is Venetian born and trained and is committed to using imported Italian ingredients with California's freshest regional products. Illustrated step-by-step instructions for Mazzon's simple, homestyle cannellini (below) and other recipes, as well as the company's products, such as olive oil, wine, and cookbooks, are available at Ilfornaio.com.

Quando la pancia e piena il cuore e contento.

When the stomach is full, the heart is happy.

—Il Fornaio's Executive Chef, Maurizio Mazzon



Fagioli all'Uccelletta

Mike Hislop '77, Il Fornaio

1. Soak the cannellini beans in four cups of water overnight; drain in the morning.
2. In a four-quart pot, add remaining 10 cups of water, cannellini beans, 1 teaspoon salt, celery, onion, one garlic clove and carrot. Cook on low heat for approximately 1 hour or until beans are al-dente. Drain the water into a bowl and set aside for later. Remove the onion, garlic, carrot and celery. Let the cannellini beans cool.
3. In a 4-quart pot, add 2 tablespoons olive oil, 3 garlic cloves and sauté until golden. Add the torn sage leaves to the pot and stir. Sauté sage for 15-30 seconds and then add the tomatoes, 1 teaspoon salt and cannellini beans. Bring to a boil and add 5 cups of the reserved water. Bring back to a low boil and cook for 15-20 minutes or until the sauce is reduced and thick.
4. Plate the prepared cannellini beans on an oval platter and add 1 tablespoon extra virgin olive oil before serving. Salt and pepper to taste, and serve hot. In Tuscan tradition, serve the beans with your choice of meat or poultry.

Servings: 7 cups, 6-8 side dishes

1 package Il Fornaio Cannellini Beans (300 grams or about 1/2 pound)

14 cups water

2 teaspoon salt

1 celery stalk (whole)

1 yellow onion (whole)

3 cloves garlic (whole and peeled)

1 small carrot (whole and peeled)

3 tablespoons extra-virgin olive oil

18-20 sage leaves, torn into thirds

10 ounces canned tomatoes, peeled and chopped

1 teaspoon pepper (to taste)

Cheese and Loroco (or Zucchini) Pupusas

Zoraia Barros, PhD candidate, Plant, Soil and Insect Sciences

1/3 cup loroco (canned or frozen) or zucchini, chopped

1/3 cup mozzarella, part-skim cheese (three ounces)

1/3 cup farmer's cheese or white semi-soft cheese

1 tablespoon light cream

2 cups of Maseca (whole-grain white corn flour)

1 cup warm water

1. In a medium bowl, mix the loroco with both cheeses and light cream. Set aside.
2. In a large bowl, mix the Maseca and water and blend (knead) well. Cover and set aside to rest 5-10 minutes.
3. Divide dough into four parts, making a ball with each one.
4. Press a hole in each ball with your thumb. Put about 1-2 tablespoon of cheese filling in each hole and fold the dough over to cover the filling. Flatten each filled ball between the palms of your hands to form a flat circle about 1/2 inch thick.
5. Heat an ungreased skillet over high heat. Cook each pupusa for about 1-2 minutes on each side until lightly browned.
6. Remove to a plate and cover until all pupusas are done.



Loroco, *Fernaldia pandurata*, is native to Central America, and was called *Quilite*, which in the indigenous language means "edible herb." The flowers are harvested and used in regional cuisines. Loroco's unique, pungent flavor is featured in pupusas, this corn-based dish popular in El Salvador. Loroco is a perennial plant that produces flowers from May to October in El Salvador, but with irrigation can be produced year-round. It is one of the crops being researched for production in New England by UMass Amherst Plant, Soil, and Insect Sciences' ethnic crops program, worldcrops.org.





“We came to Amherst in the fall of 2008. Typically, we eat traditional Korean food at home. Jab Chae is not a dish that we would eat every day. Although it’s quite simple to cook, it’s regarded as a special party food in Korea. I love inviting friends over and introducing Korean food to them. Jab Chae is always on the menu for such occasions. Non-Koreans, even kids, seem to enjoy Jab Chae a lot. I think its simple taste appeals to people who might not be familiar with Korean food, and adding meat or vegetables are easy variations.” —Jume Lee, married to Associate Professor of Electrical and Computer Engineering Do-Hoon Kwon. Kwon researches wideband and small antennas, and cloaking and transformation electromagnetics.

Korean Glass Noodles or Jab Chae

Jumee Lee and Do-Hoon Kwon, Associate Professor of Electrical and Computer Engineering

1. Drizzle the vegetable oil in a skillet over medium-high heat. Sauté sliced onion and carrots, and shiitake mushrooms separately with a pinch of salt until the vegetables soften.
2. Parboil spinach in boiling water and then quickly rinse with cold water. Drain and squeeze water from the parboiled spinach.
3. Fill a large pot with water and bring to a rolling boil over high heat. Once the water is boiling, stir in the noodles, and return to a boil. Cook the noodles uncovered, stirring occasionally, until the noodles are cooked through, but are still firm to the bite, for about five minutes.
4. Rinse the noodles with cold water and drain well in a colander.
5. Toss noodles with 1 tablespoon of soy sauce and 1 tablespoon of sesame oil. Set aside.
6. In a large skillet combine the noodles and the vegetables/mushrooms over medium-high heat. Add the rest of soy sauce and sugar. Stir until the noodles are well mixed with vegetables/mushrooms and the noodles are warmed through, 2 to 3 minutes.
7. Remove from heat and toss with sesame seeds and the remaining tablespoon of sesame oil.

Serves: 6

12 ounces Korean glass noodles (sweet potato vermicelli called dang myun in Korean)

9 ounces spinach

1 medium onion, thinly sliced

2 carrots, julienne

7 ounces shiitake mushrooms, sliced into strips

5 tablespoons soy sauce

2 1/2 teaspoons white sugar

2 tablespoons sesame oil

1 tablespoon vegetable oil

1 tablespoon toasted sesame seeds

Salt

Moroccan Couscous

Professor Nancy Cohen, Nutrition

1 cup couscous

1/4 cup Craisins

1 cup water

2 tablespoon olive oil

1 onion, chopped

1 1/2 teaspoon cumin

1/2 teaspoon ginger

1/4 teaspoon cinnamon

1 can chickpeas (16 oz), drained

1/4 cup cilantro or parsley, chopped

Dressing:

3 tablespoon rice wine vinegar

3 tablespoon orange juice

3 tablespoon olive oil

1. Boil water in small pot. Add couscous and turn off burner; let it sit covered for 5-10 minutes. Add Craisins on top so they steam a little while couscous is cooking.
2. Heat two tablespoons of olive oil in skillet and sauté onions. Add cumin, ginger, and cinnamon and mix. Place onions, couscous and Craisins, chickpeas, cilantro in a bowl. Whisk dressing ingredients and add to the couscous mixture. Serve warm or cold.



“I love this recipe because it uses ingredients that I almost always have in stock, is fast, is versatile, and is healthy. It can be used warm as a main dish or side dish, or cold on a bed of lettuce as a salad. You can also add other vegetables such as carrots or green peppers, or substitute apricots, raisins, or other dried fruit for Craisins. For more fiber, you could use whole-wheat couscous.”

—Professor Nancy Cohen, Head of the Department of Nutrition, UMass Amherst



UMass Extension runs federally funded Nutrition Education Programs (NEP) in 46 communities across Massachusetts. Nutrition professor **Jean Anliker '85PhD** is NEP director and offered this recipe from *Growing Healthy Together*, one of the many curricula Extension uses in its efforts to teach about healthy food choices, physical activity, food safety, and stretching food dollars. The recipe cards are colorful takeaways for participants, written in both English and Spanish.

Roasted Winter Vegetables

From UMass Extension

Vegetable oil cooking spray	10 cloves garlic, peeled and chopped
1 small butternut squash, peeled, and cut into 1-inch cubes	1 teaspoon dried sage, crumbled
1 large onion, cut into 1-inch wedges	1 teaspoon dried rosemary, crumbled
4 medium carrots, peeled, cut into 2 inch long pieces	1 teaspoon dried oregano, crumbled
1 sweet potato, peeled or unpeeled, cut into 1-inch cubes	1/4 cup olive or vegetable oil
1 potato, unpeeled, cut into 1-inch cubes	Juice from 1/2 fresh lemon or 1 tablespoon bottled lemon juice, (optional)
	Salt and pepper, to taste

1. Preheat oven to 425°F. Place very large metal roasting pan or cookie sheet in oven and heat for 15 minutes (or 2 large metal roasting pans – vegetables should be in a single layer).
2. Wash vegetables, especially those you intend to use with peels on. Cut into pieces. Place vegetables in a very large bowl, mix with oil, lemon juice and herbs.
3. Remove pan(s) from oven. Spray pan(s) generously with vegetable oil cooking spray. Add vegetables in a single layer to pans.
4. Roast in oven until tender, stirring occasionally, about 45 minutes.
5. Let roasted vegetables sit out of the oven for 10 minutes before serving. Season with black pepper and salt to taste.

Servings: 10

Soba Noodle Salad

From Dining Services' annual *Taste of Home* cookbook

1 package soba noodles (about 12 ounces)	1 tablespoon minced fresh ginger
1 cup snow peas, blanched	1 tablespoon sesame oil
1/4 cup vegetable stock	2 teaspoons lime juice
3/4 teaspoon arrowroot or kuzu	1 teaspoons lime zest
2 tablespoons water	1 1/2 teaspoons rice-wine vinegar
3 to 4 sprigs of parsley, chopped	1 tablespoon vegetable oil
2 cloves garlic, minced	1/2 cup shiitake mushrooms, sliced into strips
1 tablespoon soy sauce	

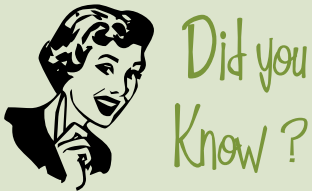
1. In a large pot of boiling, salted water, cook the noodles according to package directions. While the noodles are cooking, add the snow peas to the water and boil three minutes. With a slotted spoon, scoop out the peas and shock in cold water to stop the cooking. When the noodles are cooked, drain them, give them a good rinse under cold water, and let cool.
2. To make the vinaigrette, use a small pot and bring the vegetable stock to a boil. Meanwhile, dissolve the arrowroot in water. Stir the arrowroot into the stock (it will thicken quickly). Remove from the heat and let cool. Once cool, stir in the parsley, garlic, soy sauce, ginger, sesame oil, lime juice, zest, and vinegar.
3. In a sauté pan over medium-high heat, warm the vegetable oil. Add the mushrooms and sauté until tender. Add the snow peas and continue to sauté for a few minutes more. Toss the noodles with the vinaigrette. Gently fold in the sautéed vegetables and serve chilled or at room temperature.

Serves 4 to 6



This recipe was submitted by Trish Bachteler, mom of **Tonya Eckert '10**. "This is a favorite dish of my daughter's...I hope everyone else enjoys it too." Eckert (above) helped compile and edit this cookbook as part of her internship with UMass Amherst magazine. During her senior year, she also entered and won the campus's first video contest.

The UMass Extension Nutrition Education Program develops healthy eating curricula with funding from USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP helps low-income people buy the food they need for good health, with an emphasis on stretching food dollars. Each month UMass Extension publishes recipes in the Food Explorer newsletter, with an emphasis on what's fresh and in season. Recipes are accompanied by tips on how to choose and store fresh foods, nutrition information, culture and history facts, and additional tips and ideas for incorporating lower-cost seasonal produce into family menus.



Did you Know?

When the English arrived in Massachusetts nearly 400 years ago, the first residents, native peoples from a variety of Indian tribes, had a working food system composed mainly of gathering, growing, and hunting. Edible plants, roots, herbs, fruits, berries, fish, game, and corn, beans and squash (the "three life-giving sisters") made up most of the local food supply and diet. "Three Sisters" were grown in mounds planted with corn stalks surrounded at the base by bean plants that could trellis on the stalks, and squash plants, to creep between the rows and keep weeds in check.

Spicy Green Beans

From *Choices: Steps Toward Health* developed by UMass Extension Nutrition Education Program

1. Wash green beans if using fresh.
2. Cook green beans until crisp-tender. Drain. Set aside. (Skip this step if using canned beans.)
3. Chop onion and cook in margarine until tender.
4. Add flour, oregano, and garlic powder to onions. Blend and cook for 1 minute.
5. Add tomatoes and green beans to onion mixture. Cook over low heat until heated thoroughly.

Servings: 8

1 pound green beans, fresh, frozen or canned

1 teaspoon tub margarine

1 onion, chopped

1 teaspoon flour

1/4 teaspoon garlic powder

1 teaspoon dried ground oregano

1 16-ounce can crushed tomatoes



Stuffed Maxixe

Celina Fernandes '11G, Plant, Soil and Insect Sciences

10 maxixes, washed

1 small white onion, chopped

3 cloves fresh garlic, crushed

1 bell pepper, chopped

2 tablespoons fresh chives, chopped, or 2 teaspoons dried chives

2 tablespoons fresh cilantro, washed and chopped, or 2 teaspoons dried cilantro

Vegetable oil cooking spray

1 pound ground lean turkey, chicken or beef

1 12-ounce can tomato purée or sauce

Salt and pepper to taste (optional)

1. Wash and prepare vegetables and herbs (if using fresh).
2. Cut tops off maxixé. Remove seeds and hollow out.
3. Spray a skillet with vegetable oil spray. Add meat, onion and garlic, and cook over medium-high heat.
4. Sauté the lean ground meat with seasonings until cooked thoroughly.
5. Drain fat from meat.
6. Stuff 1 1/2 tablespoons meat mixture into each hollowed-out maxixe.
7. Heat tomato purée or sauce in a sauce pan.
8. Add bell pepper and simmer for 4 minutes.
9. Stir in chives and cilantro.
10. Place the stuffed maxixe, open end up, in the sauce pan, and cover.
11. Cook the maxixe for about 15 minutes, or until slightly soft. Use a fork to test firmness. Maxixe should be slightly firmer than a boiled potato. Overcooking will decrease the quality of taste in the maxixe.
12. Add salt and pepper to taste, if desired. Serve hot.

Serves: 5

Tip: Serve with 1/2-cup brown rice and a green salad for a complete meal.

Maxixe is an extremely rich source of zinc and it is low in calories—just five calories per 100 grams of fruit. Native Brazilian **Celina Fernandes '11G** studies production methods for maxixe to help farmers in the Northeast add it to their list of viable, and profitable, crops.



Cheryl Storozuk submitted this side dish recipe to Prize Recipes of Amherst published by the Earl J Sanders Auxiliary #754 VFW (date unknown). The cookbook is one of 7,500 books, pamphlets, and ephemeral items relating to the history of cookery in New England preserved in the W.E.B. Du Bois Beatrice McIntosh Cookery Collection. Although there are many commercially-produced cookbooks reflecting New England cuisine from the early 19th century forward, the heart of the collection lies in three areas: cookbooks prepared by community organizations, usually for fundraising or charitable purposes; cookbooks prepared by corporations as marketing tools; and ephemera associated with food production, marketing, or consumption.

Walnut Broccoli

From the Beatrice McIntosh Cookery Collection, W.E.B. Du Bois Library

1. Cook broccoli until just tender. Drain and place in shallow 9 x 13 inch greased baking dish.
2. Melt butter or margarine; blend in flour and instant chicken bouillon. Simmer, stirring for 3 to 4 minutes. Blend in milk; cook, stirring until thickened.
3. Pour over broccoli. Heat water and 6 tablespoons butter or margarine together and pour over stuffing; stir in nuts. Top broccoli with this mixture and bake in a preheated 400°F oven for 20 minutes or until thoroughly heated through and stuffing begins to brown.

Serves: 8 to 10

3 (10 1/2 oz.) packages frozen, chopped broccoli

1/2 cup butter or margarine

1/2 cup all-purpose flour

2 teaspoon instant chicken bouillon

2 cups milk

2/3 cup water

6 tablespoons butter or margarine

2/3 of a 7-ounce package fine bread stuffing

2/3 cup chopped walnuts



Warm German Potato Salad

From *What's Cooking at UMass*, the Financial Aid Services cookbook

4-5 potatoes

1 teaspoon sugar

2 tablespoons vinegar

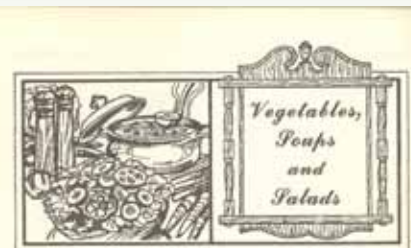
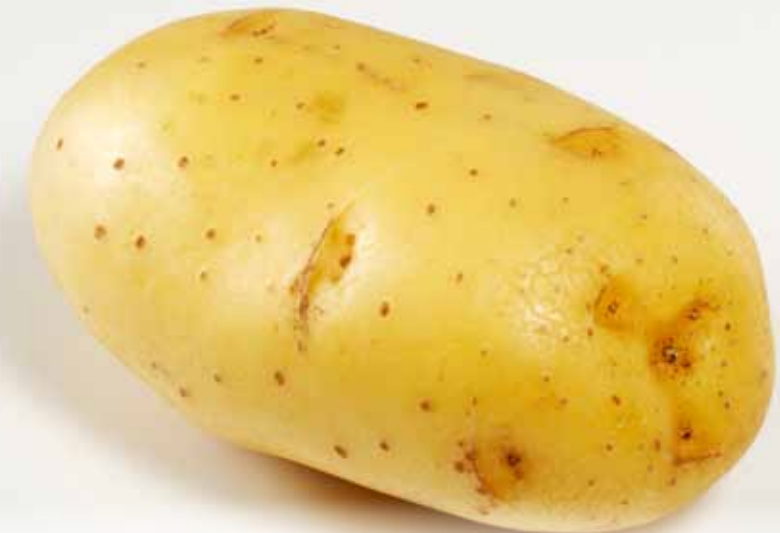
Salt and pepper to taste

1/4 cup chopped onions

3 slices bacon

Bacon drippings

1. Peel the potatoes, boil them until tender, and cut into chunks.
2. Fry the bacon until crisp, then drain and break into pieces.
3. Mix all the ingredients together and pour the drippings over the mixture. Mix well and serve warm.



CARROT FENNEL Jane McCullough

2 lbs. carrots
1 green pepper
1 can tomato sauce
1/2 c. salad oil
1/4 c. vinegar

1/2 c. sugar or honey
1 tsp. dry mustard
1 tsp. Worcestershire sauce
Salt and pepper, to taste

Wash and boil carrots. Drain carrots and add green pepper, sliced into rings. Set aside. Mix remaining ingredients together and pour over carrots and pepper. Cover and refrigerate overnight.

WALNUT BROCCOLI Cheryl Storozuk

3 (10 1/2 oz.) pkg. frozen chopped broccoli
1/2 c. butter or margarine
1/4 c. all-purpose flour
2 tsp. instant chicken bouillon
2 c. milk

1/2 c. water
8 Tbsp. butter or margarine
2/2 of a 7 oz. pkg. fine bread stuffing mix
1/2 c. chopped walnuts

Cook broccoli until just tender. Drain and place in shallow 9x13-inch greased baking dish. Melt 1/2 cup butter or margarine; blend in flour and instant chicken bouillon. Simmer, stirring for 3 to 4 minutes. Blend in milk, stirring until thickened. Pour over broccoli. Heat water and 8 tablespoons butter or margarine together and pour over stuffing; stir in nuts. Top broccoli with this mixture and bake in a preheated 400-degree oven for 20 minutes or until thoroughly heated through and stuffing begins to brown. Serves 8 to 10.