





ONE MEAL MAKES A DIFFERENCE



ENJOY THESE RECIPES FROM CHEF CHRIS GEORGE!

Chris is an award-winning volunteer with the North Texas Food Bank who teaches the nonprofit's Cooking Matters course on how to cook healthy foods on a budget.

Collard Greens with Beans

- 2 large carrots
- 1 large onion
- 1 clove garlic
- 1 large bunch (about 2 pounds) collard greens
- 2 tablespoons olive oil
- 1 - 14.5 ounce can diced tomatoes
- 1 - 15 ounce can Great Northern Beans (can substitute with Lima, Cannellini, or White beans)
- ½ cup stock (can use vegetable stock, chicken stock, or water)
- 2 teaspoons oregano
- 2 teaspoons crushed red pepper flakes (can substitute 1 serrano chili)
- 1 tablespoon white vinegar (or apple cider vinegar)
- Salt, to taste
- Black pepper, to taste

Instructions

Rinse collard greens, more than once if necessary to remove all the grit. Remove the stems that run down the center by holding the leaf in one hand and stripping the leaf down with your other hand. The tender young leaves in the heart of the collards do not need to be stripped. Stack 6 to 8 leaves on top of one another, roll up like a cigar, and slice into ½ to 1-inch thick slices.

Dice the onions and garlic. Grate the carrot using a cheese grater.

In a large pan, heat the olive oil over medium heat. Add the onions and cook for about 5 minutes. Next, add the garlic and carrots, cooking for an additional 3 minutes. Add the collard greens, stock, tomatoes, oregano and crushed red pepper. Continue to cook over medium-heat until the greens start to wilt and the liquid begins to bubble, about 5 minutes. Turn the heat down to low.

Drain and rinse the beans in a colander. Add the beans and vinegar and if needed, a little more stock in order to make a sauce. Mix the greens and beans together and cook over low heat for another 15 minutes.

Baked Tilapia with Mint Pesto

- 1 pound Tilapia filets
- olive oil
- salt
- pepper

Mint Pesto

- 1 clove garlic
- 1/2 cup mint leaves
- 1/4 cup olive oil
- 1 cucumber, peeled, seeded and cut into small pieces

Mint Pesto Instructions

Peel the cucumber, then slice it in half lengthwise. Next, remove the seeds by running a utensil (the non-eating end of a spoon, perhaps) through the seeds. Once the seeds have been removed, sprinkle the cucumber with salt and set it aside for at least 10 minutes. Then, wrap the cucumber in a paper towel and gently squeeze, which will remove a lot of the moisture. This is mostly done if you plan on using the relish the next day, so that the cucumber will stay fresh. After the cucumber has been salted, slice each cucumber half into 3 strips (once again lengthwise), followed by cuts widthwise to make small portions of cucumber.

Chop the garlic into very small pieces. Next, chop the mint leaves. Combine the mint and garlic in a small bowl. Add the olive oil, followed by the chopped cucumber. Allow the mixture to set for 2 hours in the refrigerator for the flavors to combine.

Fish Instructions

Wash the fish fillets and pat dry with a paper towel. Place the fillets on a baking sheet that has been lined with aluminum foil. Season the fillets with salt and pepper, then lightly drizzle the fish with olive oil. Bake the fillets in an oven that has been pre-heated to 375 degrees F for 8-12 minutes.