

NEW COMMUNITY OUTREACH

CUCUMBERS



NUTRIENT INFO

Cucumbers are rich in nutrients and have several health benefits. They are also particularly rich in antioxidants, which reduce the risk of chronic diseases including cancer and lung disease. Because cucumbers are made up of about 96% water, they can be a good source of hydration.

Potassium helps our cells function properly and reduces the risk of high blood pressure.

Vitamin C aids in preventing infections and healing wounds as well as supporting skin health as you age.

Vitamin K is important for maintaining bone strength and plays an important role in making sure blood clots properly.

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HOW TO PREPARE

To slice: Cut the cucumber in half lengthwise. Take each half and slice horizontally to create semicircle.

To dice: Cut the cucumber in half lengthwise, and then cut each half again. Cut each quarter piece into vertical sticks by slicing lengthwise. Chop each stick into smaller cubes.

SIMPLE MEALS USING CUCUMBER

Cucumber salad:

Peel a cucumber. Slice cucumber lengthwise two times to create four vertical slices. Take each slice and cut horizontally. Combine the cucumber pieces with 2 to 3 tablespoons of seasoned rice vinegar and 1 to 2 tablespoons of chopped basil or dill in a bowl. Mix thoroughly.

Sauteed cucumbers:

Slice 1-2 cucumbers and toss with $\frac{1}{4}$ teaspoon of salt. Let sit for about 30 minutes to drain, before patting dry. Add a tablespoon of canola oil and a sliced garlic clove to a saute pan, cooking on medium heat for a couple of minutes. Add the cucumbers, along with a tablespoon of soy sauce and a pinch of chili flakes. Cook for an additional couple of minutes before cucumbers become too soft.

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NUTRIENT INFO

Collard greens, a type of leafy green vegetable, are often staples in Southern U.S. cooking. There has been evidence that they help lower cholesterol and improve digestive health.

Collards have high amounts of **Vitamin K**, which strengthens our bones and can help reduce the risk of osteoporosis.

Vitamin A and **Vitamin C** both protect the body from illness and infection, contributing to a healthy immune system.

Potassium helps the cells in our body function properly, including regulating the heartbeat and in turn, reducing the risk of high blood pressure.



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COLLARD GREENS



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HOW TO PREPARE

Wash the collards in a large pan of water. Fold the leaves in half and remove the stem/thick ribs. Stack the leaves together and roll them up. Slice crosswise to your desired size.

SIMPLE MEALS USING COLLARD GREENS

Southern Collard Greens:

Cut 1 bunch of collards into 2 inch pieces. Heat 1 tablespoon of olive oil in a large pot over medium high heat. Add 1 chopped onion and cook for about 5 minutes before adding 2 cloves of garlic. Cook until fragrant and then add the collards. After they are slightly wilted, pour in 3 cups of chicken broth and season with salt, pepper, and red pepper flakes. Reduce heat and simmer for about 45 minutes or until the greens are tender.

Salad with Peanut Dressing:

Remove stems from 1 bunch of collards greens and cut leaves into strips. Combine with 1 can of black-eyed peas, 1 cup of grated carrots, ¼ cup of peanuts. In a separate bowl, whisk ¼ cup of peanut butter, 2 tablespoons of lime juice, 2 tablespoons of soy sauce, 1 tablespoon of honey, 2 tablespoons of chopped cilantro, and 1 clove of minced garlic. Mix everything together.

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SWISS CHARD



NUTRIENT INFO

A leafy green with colorful stalks and a slightly bitter taste, Swiss chard has lots of nutritional benefits. They contain high amounts of Vitamin A and Vitamin K, among many other nutrients.

Vitamin K plays a crucial role in helping our blood clot and preventing excessive bleeding. It also contributes to heart and bone health.

Vitamin A helps organs like the heart, lung and kidneys function properly. It is also important for our vision.

Among many other benefits, **magnesium** is involved in building proteins and regulating our nervous system.

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HOW TO PREPARE

Both the leaves and stem of Swiss chard can be eaten.

To slice: Trim the leaves off by cutting along each side of the stem. You can cut the stem into smaller pieces by cutting it crosswise. Stack leaves on top of one another and cut crosswise. You can also roll the leaves up before cutting to create ribbons of Swiss chard.

SIMPLE MEALS USING SWISS CHARD

Swiss Chard Salad:

Cut 1 bunch of Swiss chard into ribbons. Warm $\frac{1}{4}$ cup of olive oil in a small skillet and add $1\frac{1}{2}$ cups of bread crumbs until they turn crispy. Add 1 clove of minced garlic and a pinch of salt and pepper flakes before removing from heat. Zest 1 lemon and add to the bowl of chard, along with a few more pinches of salt and $\frac{1}{4}$ cup of olive oil. Add $\frac{3}{4}$ cups of shredded Parmesan and combine with bread crumbs.

Sauteed Swiss Chard with Garlic and Lemon:

Cut 2 bunches of Swiss chard leaves and stems into 2 inch pieces. Heat $\frac{1}{8}$ cup of olive oil in a pot. Add in 2 cloves of thinly sliced garlic and Swiss chard in large handfuls. Cook until leaves are soft and liquid has evaporated. Remove the leaves from pot, before adding 2 tablespoons of olive oil and cooking the stems for about 5 minutes. Stir in wilted leaves and add salt and pepper to taste. Sprinkle with lemon zest and serve.

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NUTRIENT INFO

Tomatoes are extremely versatile and can be added to many different dishes, like salads and pasta, for an additional burst of flavor. They contain high amounts of lycopene, Vitamin B9, and Vitamin C.

Lycopene, the pigment that gives tomatoes its deep red color, protects cells from damage and can lower the risks of certain cancers.

One medium tomato can provide 28% of the recommended daily intake of **Vitamin C**, which helps repair body tissues and heal wounds.

Vitamin B9 (folate) helps produce red blood cells and aid cell function. It is also needed during periods of rapid growth, such as during pregnancy and fetal development.

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TOMATOES



HOW TO PREPARE

To slice: Use a serrated knife is used to cut a tomato. Common methods of cutting a tomato include dicing it, cutting it into wedges, or slicing into circular pieces.

To remove seeds: Cut the tomato in half and use a small spoon to scoop the seeds out. You can also cut a tomato into wedges and use a sharp knife to cut away the seeds from the tomato flesh.

SIMPLE MEALS USING TOMATOES

Roasted Tomatoes:

Preheat the oven to 450 degrees. Wash 2 pounds of tomatoes and cut in half (quarters if large). Toss tomatoes with 1 tablespoon of olive oil, ½ tablespoon of balsamic vinegar, 1 clove of minced garlic, and 1 tablespoon of chopped basil. Place the tomatoes on a baking sheet and roast for about 10 to 20 minutes.

Caprese Pasta:

Chop and remove seeds from 6 tomatoes. Bring a large pot of salted water to a boil. Add 12 ounces of pasta and cook before draining. In a large skillet, heat 6 tablespoons of olive oil. Add 2 cloves of minced garlic and tomatoes. Cook for about 2 minutes before adding pasta. Remove from heat and add 8 ounces of mozzarella and ½ cup of basil leaves. Season with salt and pepper.

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KALE



NUTRIENT INFO

Kale is extremely nutrient-dense, yet it is low in calories and has a high water content. Kale can help lower the risk of cancer, stroke, and heart disease. It has also been shown to help manage diabetes, as its fiber content can reduce blood glucose levels.

Vitamin A protects the body from illness and infection. It contributes to the proper functioning of the immune system.

Vitamin K helps our blood clot, preventing wounds from continuously bleeding. It has also been linked to bone health.

Kale also contains **calcium**, which is crucial to bone loss prevention and regulating muscle contractions, like our heartbeat.

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HOW TO PREPARE

To chop: Submerge kale into a large bowl of water to get rid of dirt, before rinsing off. Dry the leaves with a towel. Fold the kale leaves together and cut off the long stem. Roll the leaves up and cut into 1-inch wide strips. If you want to cut the strips into smaller pieces, rotate the slices and cut in the other direction.

SIMPLE MEALS USING KALE

Kale and Cabbage Slaw:

Toast $\frac{1}{4}$ cup of walnuts, almonds, or pecans by baking in the oven for about 10 minutes, making sure to check and turn them over frequently. Cut about 5 medium leaves of kale into strips. Cut or shred $\frac{1}{2}$ head of medium cabbage and add to kale. In a separate bowl, mix 2 teaspoons of Dijon mustard, 1 clove of minced garlic, 3 tablespoons of balsamic vinegar and $\frac{1}{3}$ cup of olive oil. Add 3 tablespoons of this dressing to the salad.

Crispy Kale Chips:

Preheat the oven to 300 degrees. After removing the stem, tear the kale into bite-sized pieces. Wash and dry the kale pieces with a salad spinner. In a bowl, toss the kale with 1 tablespoon of olive oil. Lay out the kale pieces on a parchment paper lined baking sheet and sprinkle with salt. Bake for about 20-30 minutes or until edges start to brown.

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NUTRIENT INFO

Not only do they give a satisfying crunch, but carrots are also packed with nutrients. They are rich in carotenoids, a type of pigment that gives carrots their vibrant coloring.

Carotenoids are also known for reducing the risk of heart disease and providing benefits to the immune system.

Vitamin A is important for eye health and healthy skin. It also helps support cell growth.

Carrots are high in **fiber**, which supports gut and digestive health.

Vitamin C is vital for body tissue growth and development, as well as the maintenance of our bones and teeth.

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CARROTS



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HOW TO PREPARE

To dice: Peel the carrot and cut off both ends. Cut the carrot crosswise. Larger carrots may need to be cut into 3 or 4 pieces. Cut each of these pieces lengthwise in half. Try to get an even thickness for each; you can also keep slicing lengthwise if you want thinner carrot sticks. Cut these carrot sticks crosswise into even pieces.

SIMPLE MEALS USING CARROTS

Carrot Salad with Lemon Dijon Vinaigrette:

Shred or cut about 5 medium-sized carrots into thin slices. In a bowl, combine 2 teaspoons of Dijon mustard, 1 tablespoon of lemon juice, 1 teaspoon of honey, 1 tablespoon of olive oil, and 1 tablespoon of vegetable oil. Add 2 thinly sliced scallions and chopped parsley to the bowl, along with the shredded carrots. Mix well. Add salt and pepper to taste.

Brown Butter Honey Garlic Carrots:

Preheat the oven to 425 degrees. Cut about 5 medium-sized carrots into 2-inch pieces. Add ¼ cup of butter to a saucepan over medium heat, and whisk until butter turns frothy. Add 1 ½ tablespoons of honey and a chopped garlic clove, then remove from heat. In a bowl, combine the carrots and sauce, making sure the carrots are completely coated. Bake for 15 minutes on baking sheet until tender. Garnish with chopped parsley.

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RADISHES



NUTRIENT INFO

Radishes are known for their crunchy texture, reddish hue, and nutritional value.

Glucosinolates and **anthocyanins**, compounds found in radishes, offer heart-related benefits like reducing high blood pressure and preventing artery inflammation.

Vitamin C is a key antioxidant that boosts your immune system and protects your body from free radicals, which are molecules that could potentially contribute to heart disease and other health conditions.

Radishes are full of **fiber**, which can help improve digestive health and lower cholesterol.

Potassium can decrease high blood pressure and control blood cell damage.

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HOW TO PREPARE

Radishes are often cut into circles and can be a great addition to salads for additional crunch.

To cut: First, wash the radish and cut off both ends. Cut across the radish into even, circular slices. You can also further cut these circles into thinner, rectangular slices.

SIMPLE MEALS USING RADISHES

Radish Salad with Herbs:

Thinly slice 3 bunches of radishes and 1 small shallot. In a bowl, mix 3 cups of cold water and 2 teaspoons of salt until dissolved before adding the radishes and shallot. Let it sit for about 15 minutes. In another bowl, whisk together ½ cup of plain Greek yogurt and 2 tablespoons of fresh lemon juice. Add drained radishes and shallot, along with ¼ cup of chopped herbs. Season with salt and pepper.

Crispy Roasted Radishes:

Preheat the oven to 400 degrees. Trim about 1 pound of radishes and cut into halves. Toss radishes with 1 ½ tablespoon of olive oil, ½ teaspoon of onion powder, ½ teaspoon of garlic powder, and ¼ teaspoon of smoked paprika. Arrange on a baking sheet and roast for about 30 minutes. Season with salt and pepper to taste.

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NUTRIENT INFO

While you would need to eat a lot of chives to satisfy your daily nutritional needs, a portion of chives contains a significant amount of folates, Vitamin A, Vitamin K and Vitamin C. These vitamins are all essential to our survival.

Folates allow for blood cells to be produced, and helps reduce our risk of heart disease.

Vitamin A plays an essential role in a healthy immune system, good vision, and cell growth.

Vitamin C aids in preventing infections and healing wounds as well as supporting skin health as you age.

Vitamin K is important for maintaining bone strength and plays an important role in making sure blood clots properly.

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CHIVES



HOW TO PREPARE

To chop: Wash in the sink, then take the bundle of chives, and use a kitchen knife to chop them horizontally into small 1/8 inch tubular pieces. Once chopped, chives can be used raw as a garnish on salads or toast or used to season many dishes.

SIMPLE MEALS USING CHIVES

Chive cream cheese:

Chives pair well with cream cheese, cheese spreads and sour cream, so add some chopped chives to these dairy products for some extra flavor.

Chive omelets:

First prepare an omelet and then add a tablespoon or two of chopped chives as a garnish to sweeten your breakfast.

Chive and tomato toast:

First mix a very finely grated garlic clove, one teaspoon of lemon juice, salt and half a cup of mayonnaise. Spread your mayo mixture onto a toasted slice of bread. Add some tomato slices on top and finish off this dish with chopped chives, salt pepper, and a bit more lemon.

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PARSLEY



NUTRIENT INFO

Parsley is one of the most nutrient dense herbs, and it contains a high amount of vitamin K and vitamin C. One serving of parsley is 1 cup or 3/4 of a parsley bundle.

Vitamin A is important for eye health, and it can also boost the immune system and help the body repair damage.

Vitamin C helps control infections and heal wounds.

Iron is very important in the process that delivers oxygen around our body.

Magnesium plays a supportive role in many different bodily functions that are important for digesting food, maintaining blood pressure, regulating blood sugar and more.

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HOW TO PREPARE

Fresh Parsley: Rinse well under cold water, slide the leaves off of the stems, and then chop the leaves to whatever size your recipe calls for. Including bits of the stems will not ruin your recipe, but try to avoid big pieces.

To dry: remove the leaves from the stem, boil them for 20-30 seconds and then put them on a baking sheet. Cook at a very low heat (120°F) for 2-4 hours until the leaves crumble in your fingers. Crush the leaves and store them in a cool, dry location.

SIMPLE MEALS USING PARSLEY

Parsely Chicken:

Cut a chicken breast into small cubes, season chicken with flower and salt, let it brown on the stove, add 2 tbsp of chopped parsely and one to two cloves of garlic. Cook until garlic is cooked through and serve.

Parsley and Tomato Salad:

Dice tomatoes, chop parsley and slice some red onions. Mix ingredients in a bowl. Dress the salad with lemon juice and olive oil and season with salt and pepper.

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NUTRIENT INFO

Mint is known to aid digestion, so a cup of mint tea is often nice after a meal. A typical portion of mint is just a few leaves. Mint leaves contain vitamin A as well as small amounts of iron and magnesium.

Vitamin A is important for eye health, and it can also boost the immune system and help the body repair damage.

Iron is very important in the process that delivers oxygen around our body. People with iron deficiencies often feel tired, or lightheaded.

Magnesium plays a supportive role in many different bodily functions that are important for digesting food, maintaining blood pressure, and regulating blood sugar.

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MINT



HOW TO PREPARE

Mint can be either dried or prepared fresh. Dried mint can be made by leaving mint leaves on a baking tray in the oven at 150°F until the leaves are dried. This can take between 1-3 hours, so be careful not to burn the leaves. Store in a dry container.

Fresh mint leaves can be used as a garnish or crushed to release more flavor.

SIMPLE MEALS USING MINT

Mint pairs well with salads, or pasta dishes, so mix ome crushed mint or dried mint into these dishes to add some extra flavor.

Fresh mint leaves can be added to water, or juice for a fuller flavor. Also, dried mint can be cooked in hot water to make mint tea.

Mix some peas with mint, garlic salt and melted butter. This makes a fantastic side dish for any meal.

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BASIL



NUTRIENT INFO

Basil has traditionally been used to help those with high blood pressure. It is a particularly rich source of Vitamin K, and calcium.

One serving of basil is about a handful of leaves, but different recipes call for varying amounts.

Calcium is critical to bone loss prevention and regulating muscle contractions, like our heartbeat.

Vitamin K is important for maintaining bone strength and plays an important role in making sure blood clots properly.

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HOW TO PREPARE

To prepare: First wash the leaves remove the leaves from the stem. Basil can be included in a dish whole, or sliced.

To slice: Stack leaves, roll them into a tube, and slice the tube lengthwise.

To dry: Put the rinsed leaves on a plate, microwave the leaves in 30 second intervals until the leaves look dried up.

SIMPLE MEALS USING BASIL

Fresh basil leaves are a great addition to any pasta sauce or pizza, and dried leaves can be substituted as well.

Pesto Sauce:

Blend a 1/3 cup of pine nuts, 1/2 cup of parmesan cheese and 3 cloves of garlic together. Add 2 cups of fresh basil leaves, 1/8 tsp pepper and salt to taste. Blend again while adding olive oil (about 1/2 a cup) until the pesto is about the same consistency as red sauce. Pesto can be refrigerated and used as a sauce or substitute for mayo on sandwiches.

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NUTRIENT INFO

Sage is an herb that has a strong, earthy smell, and contains large amounts of vitamin K as well as iron and vitamin B6.

Iron is very important in the process that delivers oxygen around our body. People with iron deficiencies often feel tired, or lightheaded.

Vitamin K is important for maintaining bone strength and plays an important role in making sure blood clots properly.

Vitamin B6 is necessary for immune and brain health. It benefits the central nervous system and metabolism, turning food into energy and helping to produce serotonin and dopamine, which are associated with our feelings of happiness and motivation.

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SAGE



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HOW TO PREPARE

Remember to always rinse fresh sage leaves under cold water and remove the stems before use.

To dry: Put the leaves on a plate. Microwave the leaves in 15 second intervals until the leaves look dried. Throw away the stems, and store dried leaves in a cool, dark place.

SIMPLE MEALS USING SAGE

Sage pasta:

Boil a pound of pasta. In another pan, brown 2 tablespoons of butter and 30 sage leaves until they shrivel up. Add 3/4 of a cup of pasta water and cook until the water is absorbed by the sauce. Add the cooked pasta to the pan with sage and stir in a cup of parmesan cheese.

Sage peas:

Melt 3 tbs of butter in a pan, then add a chopped onion and cook for 3 minutes. Add 2 cloves of garlic and 4 chopped sage leaves. Cook for 30 seconds, reduce the heat and add 3.5 cups of frozen peas. Cook for 5 minutes and serve with salt and pepper.

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THYME



NUTRIENT INFO

Thyme is known for its therapeutic smell, but it has been used in herbal medicine to soothe coughs and treat pain. A typical serving is 1-2 tablespoons. Thyme contains Vitamin A, Vitamin C, and Iron.

Vitamin A is important for eye health, and it can also boost the immune system and help the body repair damage. It also supports cell growth.

Vitamin C helps control infections and heal wounds by repairing bodily tissues.

Iron is very important in the process that delivers oxygen around our body. People with iron deficiencies often feel tired, or lightheaded.

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HOW TO PREPARE

When cooking with thyme, you only want to use the leaves.

To remove stems: The easiest way to take the leaves off the stem is to hold the plant with one hand and then slide your fingers along the stem pulling the leaves off as you move them.

To dry: Put thyme in the oven at 150° F for around 1-3 hours. Remove and store dried leaves in a dry container.

SIMPLE MEALS USING THYME

Vegetable and meat pairings:

Thyme pairs well with cooked vegetables, especially carrots. Add sliced carrots to a covered pan with oil and cook for four minutes. Then sprinkle in some thyme (dried or fresh) and a pinch of salt, and cook uncovered for another 3 minutes.

Thyme is also great addition to many meat dishes, so add some thyme to your favorite chicken, steak or fish recipe for some extra flair.

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