

Food As Medicine



# Food As Medicine Cookbook



*Food as Medicine is a collaboration between Alameda County Community Food Bank, Alameda County Public Health Department, Dig Deep Farms and UCSF Benioff Children's Hospital Oakland brought together by ALL IN Alameda County.*

Dear Patients and Families,

We are very excited to share with you recipes from our Food as Medicine Project. Food as Medicine is a collaboration between ALL IN Alameda County, the Alameda County Public Health Department, Dig Deep Farms, the Alameda County Community Food Bank, and UCSF Benioff Children's Hospital Oakland. Food as Medicine is designed to help make people healthier by increasing the amount of healthy foods they eat.

Many people now know that reducing the amount of sugary drinks we have, and including more fruits, vegetables, and whole grains in our diets will help improve our health. These healthy habits are especially important for children and youth, so that they can get the best start in life.

It can be challenging at times to find healthy foods that are both appealing to children and affordable to families. Food as Medicine is an Alameda County initiative that is aimed towards increasing access to low cost healthy foods including fruits, vegetables and whole grains and providing families with cooking classes in their neighborhoods and easy recipes to be used at home.

If you would like to include more healthy foods in your family's weekly routine, but you are having trouble finding or affording them, you can contact the food banks in the county where you live. They are there to help.

**Alameda County Community Food Bank: 1-800-870-3663**  
**Contra Costa and Solano County Community Food Bank:**  
**1-855-309-3663**

Together, we can make the children in Alameda and our surrounding counties the healthiest children in the nation!

Sincerely,  
Wilma Chan



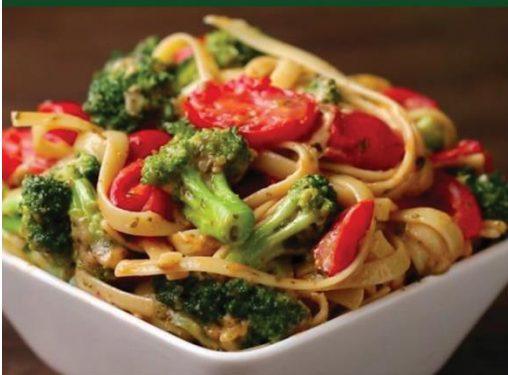
President, Alameda County Board of Supervisors

Dr. June Tester



Principal Investigator, Food as Medicine Study

# Broccoli and Fettuccine



## 4 servings

This pasta provides dark green vegetables and grains

## Ingredients

- 6 ounces fettuccine noodles
- 3 tablespoons green onion/scallions, chopped
- 2 cups broccoli florets
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1 can stewed tomatoes (14.5 ounce)
- 2/3 tablespoon Parmesan cheese, grated

## Directions

1. Cook fettuccine according to package instructions (do not include oil or salt) and drain.
2. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add thyme, oregano, pepper, and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over pasta and top with Parmesan cheese.

# Chicken Curry Casserole



**6 servings, 1 serving is ¾ cup**

Each serving provides 1 ¼ oz equivalent meat/meat alternate and ¾ oz equivalent grains.

## Ingredients

- 1 cup brown rice, long-grain, regular, dry
- 1 tablespoon canola oil
- ¼ cup low-sodium chicken broth
- 1 ¼ cup fresh carrots, shredded
- ¾ cup fresh celery, diced
- 1 cup fresh onions, chopped ½ inch
- 1 ½ teaspoons curry powder
- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- ¾ tsp salt
- ½ cup lowfat yogurt, plain
- 1 ½ cups cooked fajita chicken strips, diced 1 inch (12 oz)

## Directions

1. Preheat oven to 400 °F.
2. Combine brown rice and 2 ½ cups water in large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Set aside. A rice cooker may be used with 1 cup brown rice and 1 cup water.
3. In a large pan, heat canola oil and chicken broth over medium heat for 2-3 minutes. Add celery, onions, and carrots. Cook an additional 5-7 minutes or until vegetables are tender.
4. In a large mixing bowl, combine curry powder, garlic powder, pepper, salt, and yogurt. Add vegetables, brown rice, and chicken. Mix well.
5. Pour mixture into a 9" x 9" nonstick baking pan. Bake uncovered at 400 °F for 15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer).  
Serve hot.

# Chicken Soup with Kale



**3 servings, 1 serving is 1/3 of the recipe**

Each serving provides 1 1/4 ounces of protein and 3/4 ounces of whole grains

## Ingredients

- 2 tsp vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup carrot, chopped
- 1 tsp thyme, ground
- 1 clove garlic, minced
- 2 cups water (or chicken broth)
- 3/4 cup tomatoes, diced
- 1 cup chicken, cooked, skinned, and cubed
- 1/2 cup brown rice, cooked
- 1 cup kale, chopped (about one large leaf)

## Directions

1. Heat Oil in medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken, and kale.
4. Simmer for 5-10 minutes.

# Easy Red Beans and Rice



**8 servings**

1 serving provides 1.5 oz  
equivalent grains.

## Ingredients

Cooking oil spray

- 1 large onion, peeled and chopped
- 1 medium green bell pepper,  
washed, seeded, chopped
- 1 teaspoon garlic powder
- 2 cans diced tomatoes (14.5  
ounces)
- 1 can kidney beans (15.5 oz,  
drained and rinsed)
- 6 cups cooked brown rice

## Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

# Fiesta Wrap



## 6 wraps

Each wrap provides 1 oz grains  
and 1 oz protein

## Ingredients

- 1/4 cup quinoa, dry
- 2 1/4 cups canned low-sodium black beans, drained, rinsed
- 1/4 cup fresh red bell pepper, seeded, diced
- 1/4 cup fresh red onions, peeled, diced
- 1/2 cup fresh carrots, peeled, diced
- 1/4 cup reduced-fat white cheddar cheese, shredded (1 oz)
- 1 teaspoon chili powder
- 1 1/4 teaspoons ground cumin
- 1 1/4 teaspoons fresh lime juice
- 6 whole-wheat tortillas, 6"
- 1 tablespoon vegetable oil

## Directions

1. Preheat oven to 325°F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3/4 cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring only appears when it is fully cooked. Fluff with a fork and set aside.
3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash beans.
4. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
5. For each wrap, place 1/2 cup of filling on the bottom half of tortilla and roll in the form of a burrito. The wrap may also be folded in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325°F. Wraps will be lightly brown. Serve hot.

# Fried Rice



**6 servings**

1/2 oz protein equivalent to 1 oz grains

## Ingredients

2 tbsp vegetable oil  
3 cups cooked brown rice  
1 carrot, cut into 1/4-inch slices  
1/2 bell pepper, chopped  
1/2 cup onion, chopped  
1/2 cup broccoli, chopped  
2 tbsp soy sauce, low-sodium  
1/2 tsp black pepper  
1 tsp garlic powder  
2 medium eggs, beaten  
3/4 cup cooked bite-size pieces of chicken

## Directions

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable mix and rice back in the pan and mix with scrambled eggs.
7. Add chicken and cook until hot.



# Lentil Minestrone



## 6 servings

Each serving provides 1 oz protein equivalent and 1.5 cups vegetables

## Ingredients

- 1 tablespoon olive or vegetable oil
- 1 yellow onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- 3 carrots, scrubbed and diced
- 1 celery stalk, diced
- 1 sweet potato, scrubbed and diced
- 1 zucchini, diced or 1 cup of frozen zucchini
- 2 cups canned low-sodium, diced tomatoes (including liquid) or fresh tomatoes
- 1/2 cup lentils (brown or red)
- 8 cups water
- 1 cube low-sodium chicken bouillon
- 4 cups kale, chopped

## Directions

1. Put a soup pot on the stove over medium-high heat. When the pot is hot, add oil. Add onion and garlic and cook about 7 minutes until golden.
2. Add carrots, celery, sweet potato, and zucchini and cook about 10 minutes until slightly tender.
3. Add tomatoes, lentils, water, and chicken bouillon cube and bring to a boil over high heat. Turn the heat down to low, cover and cook for 40 minutes.
4. Add the kale and cook for another 20 minutes.
5. Serve right away or cover and refrigerate for up to 3 days.

# Mediterranean Quinoa Salad



## 6 servings

1 serving provides 1 oz grains and  
1/4 cup vegetables

## Ingredients

1 cup quinoa, dry  
2 cups low-sodium chicken broth  
2 tablespoons lemon juice  
2 tablespoons red wine vinegar  
1 teaspoon garlic, minced  
1 1/2 tablespoons olive oil  
1/2 teaspoon salt  
1/8 teaspoon ground white pepper  
1/4 cup red bell peppers, seeded,  
diced  
2 tablespoons green onions, diced  
2 tablespoons red onions, peeled,  
diced  
1/2 cup cherry tomatoes, halved  
1/8 cup black olives, sliced  
2 tablespoons Feta cheese,  
crumbled  
1 tablespoon fresh parsley,  
chopped

## Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Cover and refrigerate.
2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

# Oodles of Noodles



## 6 servings

This pasta provides vegetables and whole grains

## Ingredients

- 2  $\frac{3}{4}$  cups penne pasta, whole-wheat, dry
- 1  $\frac{1}{2}$  tablespoons olive oil
- 2  $\frac{1}{4}$  cups fresh grape tomatoes, halved
- 1  $\frac{1}{2}$  teaspoons dried basil
- $\frac{3}{4}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 tablespoon garlic, minced
- 3 tablespoons flour, whole wheat
- 2  $\frac{1}{3}$  cups low-sodium vegetable broth
- 4 cups Swiss chard, fresh, stems removed, chopped

## Directions

1. In a large pot, bring 2 quarts of water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.

# Pasta Primavera



**3 servings**

This pasta provides vegetables and grains

## Ingredients

- 1 cup pasta, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables, chopped
- 1 cup tomatoes, chopped
- 1 tablespoon margarine
- ¼ teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

## Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomatoes and sauté 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

# Pasta Salad



**6 servings**

This pasta provides vegetables and whole grains

## Ingredients

- 2 cups whole-wheat rotini
- 1/4 cup celery, chopped
- 1 medium bell pepper, chopped
- 1/2 cup fresh or frozen broccoli, chopped
- 2 tablespoons fat-free Italian salad dressing
- 1/8 teaspoon black pepper

## Directions

1. Cook rotini according to instructions on box. Let cool.
2. Mix rotini, celery, bell pepper, broccoli, dressing, and black pepper in a bowl or pan and mix well.
3. Refrigerate for at least one hour before serving.

# Penne Pasta



## 6 servings

Each serving provides 1 oz protein, 1/8 cup dark green vegetable, and 1 3/4 ozs whole grains

## Ingredients

- 3 cups penne pasta, whole-wheat, dry
- 1 tsp granulated garlic
- 2 cups broccoli florets
- 1 cup cooked diced chicken
- 1 1/2 cups fat-free half and half
- 1 tbsp enriched all-purpose flour
- 1/8 cup low-sodium chicken broth
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/2 cup reduced-fat shredded cheddar cheese
- 1/2 cup low-fat shredded mozzarella cheese, low-moisture, part-skim

## Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with 1/2 teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (8" x 11") coated with non-stick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix 1/2 cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from oven. Serve hot.

# Peppy Quinoa



## 6 servings

1 serving provides 1 ¼ oz grains  
and ¼ cup vegetables

## Ingredients

- 1/8 cup pepitas or pumpkin seeds
- 1 ¼ cups quinoa, dry
- 3 teaspoons low-sodium chicken base
- 1/2 cup onion, peeled, diced
- 1/2 cup canned diced green chilies
- 2 1/4 teaspoons garlic, minced
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh green onions, diced
- 2-4 tbsp lime juice (optional)

## Directions

1. Preheat oven to 350 °F.
2. Toast pepitas in oven for 10 minutes or until light brown and aromatic. Set aside.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, 2 1/2 cups water, and chicken base in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Set aside.
4. Mix quinoa, onions, green chilies, and garlic in an 8" x 8" nonstick baking pan sprayed with nonstick cooking spray. Cover pan and bake at 350 °F for 40 minutes.
5. Toss in cilantro, green onions, pepitas, and optional lime juice to taste. Serve hot.

# Picadillo with Black Beans



**4 servings**

1 slider provides 2 oz equivalent meat/meat alternate 1.5 oz equivalent grains

## Ingredients

- 1 cup uncooked brown rice
- 2 cups water
- 2 teaspoons vegetable oil
- 1 yellow onion, peeled and diced
- 1 bell pepper, cored, seeded, and diced
- 2 cloves garlic, peeled and minced
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/4 teaspoon Kosher salt
- 3/4 pound lean ground turkey or beef
- 1 can 14.5 ounce low-sodium diced tomatoes, including liquid
- 1 can 15.5 ounce low-sodium black beans, drained and rinsed with cold water
- 1/4 cup green olives, chopped
- 1/4 cup raisins

## Directions

### Prepare the rice:

1. Cook as instructed on the package.

### Prepare the picadillo:

2. Place the skillet on the stove over medium heat, and when hot, add oil. Add the onion, pepper, and garlic. Cook and stir about 10 minutes until the onion is softened and lightly browned.
3. Add oregano, cumin, pepper, and salt, stir well.
4. Add beef in small amounts. Stir well and cook about 5 minutes until the beef is cooked throughout.
5. Add beans and tomatoes and simmer about 15 minutes until mixture blends together.
6. Add olives and raisins. Stir well and cook about 2 minutes until heated through.
7. Serve over rice or refrigerate in an airtight container for up to 3 days. Serve with avocado if desired.



# Porcupine Sliders



## 6 sliders

1 slider provides 2 oz equivalent meat/meat alternate, and 1 oz equivalent grains

## Ingredients

- 1/8 cup brown rice, long-grain, regular, dry
- 1 tsp canola oil
- 1 1/2 tbsp onion, peeled, diced
- 1/4 cup celery, diced
- 1 1/2 tsp garlic, minced
- 1 lb raw ground turkey, lean
- 1 egg, beaten
- 5 tbsp dried cranberries, chopped
- 3/4 cup baby spinach, chopped
- 1 tsp Worcestershire sauce
- 1/2 tsp Salt
- 1/2 tsp ground black pepper
- 1 dash ground white pepper

## Directions

1. Preheat oven to 350 °F.
2. Combine brown rice and 1/2 cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until cooled. A rice cooker may be used with 1/8 cup brown rice and 1/8 cup water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer. Do not over- cook. Remove from oven and serve on a mini whole-wheat roll.

# Quinoa and Black Bean Salad



## 6 servings

This dish provides vegetables, whole grains, and protein.

## Ingredients

- 1/2 cup quinoa
- 1 1/2 cups water
- 1 1/2 tablespoons olive oil
- 3 teaspoons lime juice
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander, ground
- 2 tablespoons cilantro, chopped
- 2 scallions, minced
- 1 can black beans, rinsed, drained  
(15.5 oz)
- 2 cups tomato, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 2 green chiles, minced
- Black pepper (to taste)

## Directions

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

# Red Bean Quesadilla



## 4 servings

This dish provides vegetables, whole grains, and protein.

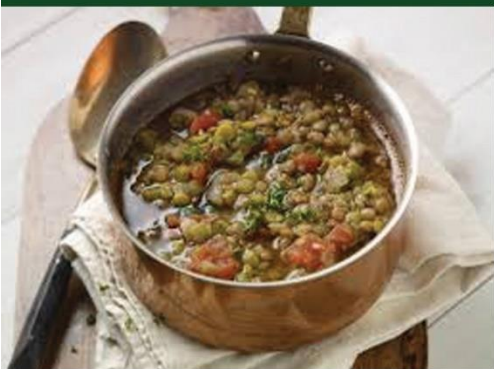
## Ingredients

4 8-inch whole wheat tortilla  
1 cup frozen spinach, thawed and squeezed to remove excess liquid  
1/2 cup shredded Monterey Jack or Cheddar cheese  
1 avocado, peeled, pitted, chopped  
1 can 15.5 ounce low-sodium red kidney beans, drained and rinsed with cold water  
Garlic powder or dry herb, stems removed, chopped

## Directions

1. Using a fork, mash beans in a bowl until slightly chunky. Add seasonings without salt such as garlic powder and dried or fresh herbs, if desired.
2. Place 1 tortilla on a plate and top with half the mashed beans.
3. Top the beans with 1/2 cup of the spinach. Top the spinach with half the cheese. Top the cheese with half the avocado (optional).
4. Put the other tortilla on top of the avocado, gently pressing it down so the top half sticks.
5. Repeat with the remaining tortillas.
6. Place a nonstick skillet on the stove over medium and heat until warm, then place 1 quesadilla in the dry skillet. Cook until golden brown, about 1–2 minutes on each side. (Or put the plate in the microwave and heat until the cheese melts, about 45 seconds.)
7. Repeat with the remaining quesadilla.
8. Cut each quesadilla into quarters. Serve warm.

# Southwest Lentils



## 6 servings

1 cup provides 1 oz equivalent  
meat alternate

## Ingredients

- 1/2 cup lentils, green or brown, dry
- 1 teaspoon extra virgin olive oil
- 2 tablespoons onions, peeled,  
diced
  - 1 teaspoon arlic, minced
  - 1 teaspoon ground cumin
  - 1 teaspoon ground red chili  
pepper
  - 1/2 teaspoon chili powder
- 1/2 cup canned low-sodium diced  
tomatoes
  - 1/2 teaspoon salt
- 2 tablespoons fresh cilantro,  
chopped

## Directions

1. In a small pot, combine the lentils and 1 1/4 cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.
2. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.
3. Add onion/garlic mixture to cooked lentils. Add 1/4 cup plus 2 tablespoons water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 minutes.

# Stuffed Bell Peppers



## 5 servings

1 serving provides 0.5 oz  
equivalent grains and 2  
meat/protein ounce equivalents

## Ingredients

- 5 bell peppers (red, orange, yellow,  
or green)
- 1 pound ground beef, 90% lean
- $\frac{3}{4}$  cup brown rice
- $\frac{1}{2}$  can diced tomatoes, low-  
sodium
- 3 tablespoons lemon juice
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon allspice
- $\frac{1}{4}$  teaspoon pepper

## Directions

1. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.
2. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture.
3. Place the stuffed bell peppers in large stock pot on stove, with tops facing up. Add 1-inch of water to bottom of pot and cover.
4. Place heat on medium, keeping covered for 30-40 minutes until rice is done.
5. Serve.

# Food As Medicine



*Cookbook designed by Jocelyn Hsu  
Recipes from What's Cooking? USDA Mixing Bowl!*



ALAMEDA COUNTY  
PUBLIC HEALTH  
DEPARTMENT



ALAMEDA COUNTY  
COMMUNITY  
FOOD BANK

