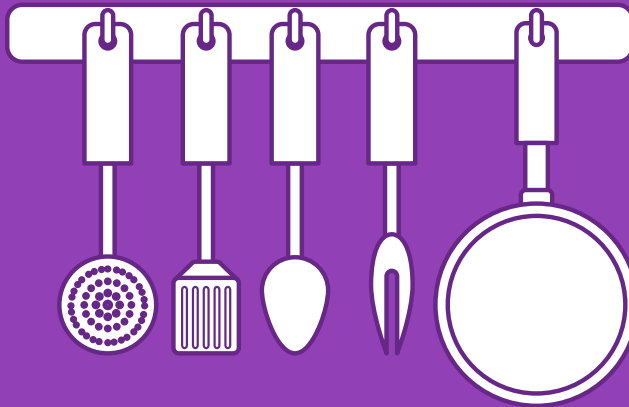




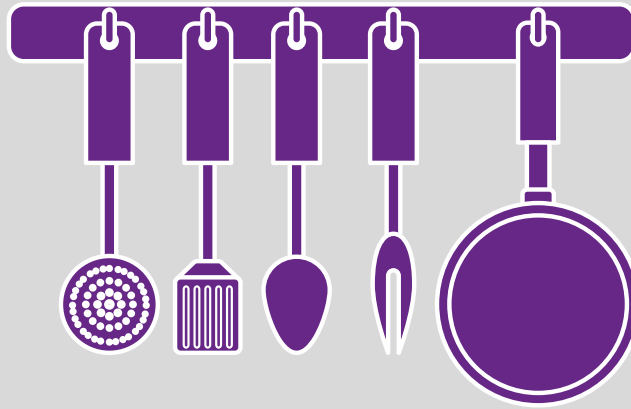
THE COMMITTEE ON
TEMPORARY SHELTER



THE COTS COOKBOOK

Recipes from the
Kids in the Kitchen program

Easy healthy dishes to cook with your family
using in-season produce. Plus, traditional
recipes from countries around the world.



THE COTS COOKBOOK

Recipes from the
Kids in the Kitchen program

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ABOUT THE COTS COOKBOOK

The COTS Cookbook was developed using recipes that were made during the 2019 Summer and Fall sessions of the Kids in the Kitchen program at COTS' Main Street and Firehouse Family Shelters. This program was designed to help children learn how to cook while exposing them to new fruits and vegetables. Kids in the Kitchen also helped children learn about food safety, problem solving, following directions, and working as a team.

This book contains a collection of easy and healthy recipes that can be made using in-season produce. You also will find an assortment of traditional recipes from countries around the world, including Syria, Lebanon, Zimbabwe, India, and many more.

FOOD SAFETY

There are lots of ways that you can get hurt or get sick when cooking or handling food. That's why food safety guidelines are important and need to be taken seriously. The tools we use in the kitchen deserve respect, and we must treat them with care.

These rules are in place to make sure you don't make yourself or anyone else sick. Germs spread quickly and easily through food. Be sure to follow these guidelines whenever you are in the kitchen, especially when you are using sharp knives, or handling fruits, vegetables, and meats.

BEST PRACTICES:

→ WASH YOUR HANDS

It is VERY important that you always wash your hands before you begin cooking. You also may need to wash them throughout your cooking process as well. Any time you touch your face, hair, or other parts of your body, you need to re-wash your hands. Every time you handle meat, eggs, or produce you also will need to wash your hands. This is to make sure you don't spread germs into your food or to anyone else. Wash your hands well with warm soapy water, and be sure to get underneath your fingernails, too.

→ WASH ALL FOODS - CANNED OR FRESH

Make sure that you wash all fresh and canned food. If you cut into fresh produce without washing the outside, your knife can introduce bacteria into the fruit or vegetable through the cutting of unclean skin. Rinse and wipe off cans before opening to wash away any bacteria that might be on the surface.

→ AVOID DAMAGED PRODUCTS

Dented/rusty cans, or torn/ripped boxes might be contaminated. Also, make sure your frozen vegetables are loose in the bag - you should be able to feel individual carrots or peas. This is to make sure the vegetables haven't thawed and refrozen, which can create a food-safety risk. A big frozen clump of vegetables can indicate this has happened.

→ REMOVE/AVOID WEARING JEWELRY

Bracelets, long earrings, and rings can get caught in food and cause contamination due to bacteria buildup. Remove these items. Only plain ring bands should be worn while cooking.

→ CLEAN YOUR TOOLS & WORK SPACE

Make sure your utensils, tools, cutting boards, and cooking surfaces are clean. Wash all surfaces including tables and countertops, even if they appear to be clean.

SAFELY HANDLING MEATS:

Cooking with meats can open up more possibilities for contamination and bacteria growth. Make sure to follow these precautions when cooking with meats and meat products.

→ AVOID CROSS-CONTAMINATION:

Have specific and separate cutting boards for meat and vegetables. You also can avoid cross-contamination by cutting your meats first. Once you are finished handling the meat, clean your tools and put away the meat-only cutting board. It's important to wipe down your surfaces after handling meat as well. Cross-contamination can cause salmonella, a type of bacteria that can lead to food poisoning.

→ AVOID THE "DANGER ZONE"

When you are cooking with fresh chicken, beef, or fish, keep it in the fridge until you are ready to cook. If it is required to be cold, it needs to be 40 degrees (in the fridge) until being cooked. The "danger zone" exists between 40-140 degrees. These are the temperatures where bacteria grows the fastest. Do not leave food lying around if it is meant to be refrigerated. Make sure that all meats are cooked to reach the proper internal temperature. You can measure this by using a meat thermometer.

→ CONSIDER A MEAT-LESS MEAL

Consider cooking recipes without meat. Many tasty, healthy, and inexpensive recipes exist that don't use meat products at all. This is a great way to try new fruits and vegetables. Use this cookbook as a guide for cooking without meat products. Most recipes in this book take advantage of other protein sources, such as beans and leafy greens.

FOOD SAFETY

3 IMPORTANT TAKEAWAYS:

1. Wash your hands.
2. Avoid cross-contamination.
3. Avoid the "danger zone."

BREAKFAST DISHES



PINEAPPLE MUFFINS

When is pineapple in season?

MARCH - JULY

What you will need:

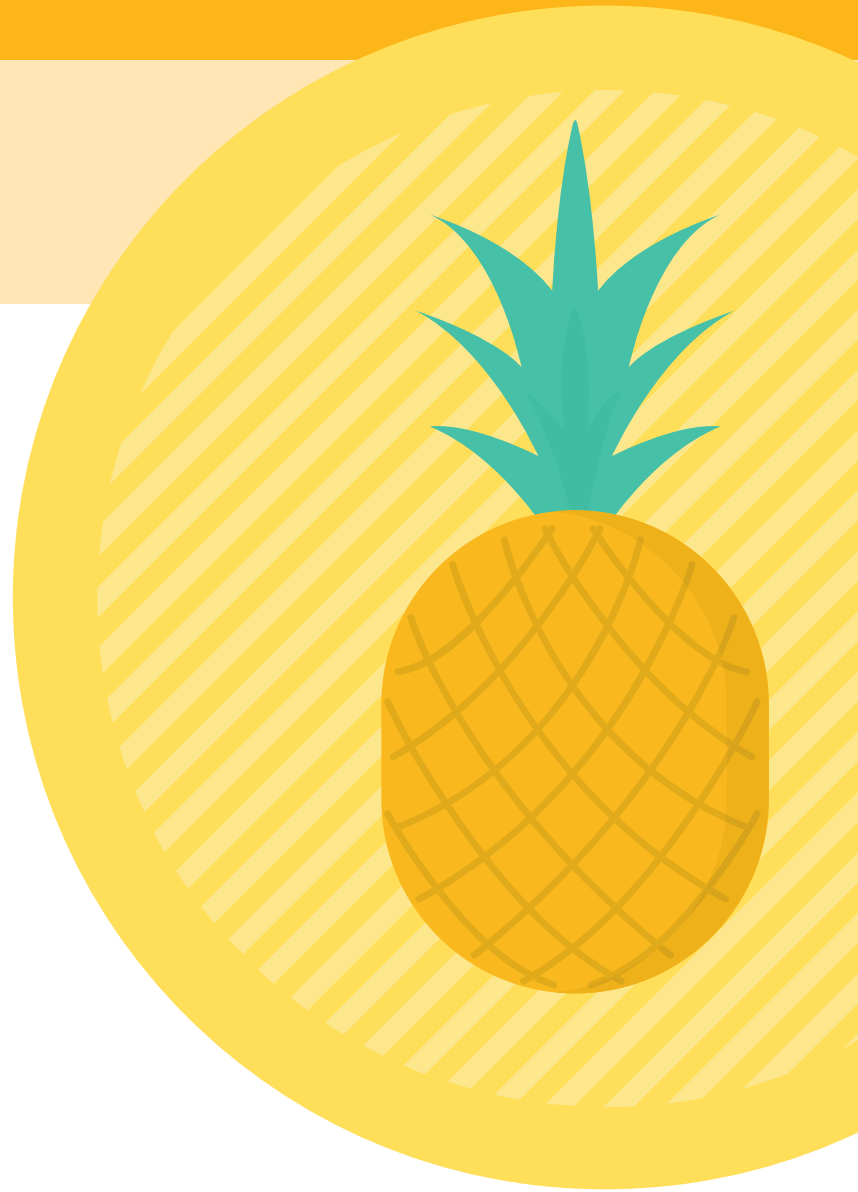
- 1 cup crushed pineapple with juice
- 1/2 cup low-fat milk
- 3/4 cup packed brown sugar
- 1/3 cup vegetable oil
- 1 egg
- 3 shredded carrots
- 2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup raisins
- 1/2 teaspoon cinnamon

Directions:

1. Preheat oven to 375 °F.
2. In a large bowl, combine pineapple, milk, brown sugar, oil, egg, and carrots.
3. In small bowl, mix flour, baking powder, salt, raisins, and cinnamon.
4. Add the small bowl ingredients into the large bowl. Mix well.
5. Spoon into a greased muffin tin.
6. Bake 20-25 minutes. Enjoy!

Yield: 12 Servings, Serving Size: 1 muffin, Calories: 250

Recipe from: Just Say Yes to Fruits & Vegetables



BANANA PANCAKES

When are bananas in season?

ALL YEAR ROUND

What you will need:

- 2 bananas, peeled
- 1 egg
- 3/4 cup low fat milk
- 1 tablespoon vegetable oil
- 1 cup pancake mix
- 1/2 cup raisins (optional)
- 1/2 teaspoon cinnamon (optional)

Directions:

1. Mash bananas in a bowl.
2. Stir in egg, milk and oil.
3. In another bowl, combine pancake mix, raisins, and cinnamon.
4. Add pancake mix to banana mixture. Stir until moist.
5. Lightly grease a frying pan. Heat frying pan over medium-high heat.
6. Pour 1/4 cup batter onto frying pan.
7. When bubbles appear on the surface, flip the pancakes and brown the other side.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

Yield: 6 Servings, Serving Size: 4 ounces, Calories: 180



PUMPKIN PANCAKES

When are pumpkins in season?

SEPTEMBER - NOVEMBER

What you will need:

- 1 & 1/4 cups all-purpose flour
- 1/4 cup white sugar
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup milk
- 1/2 cup pumpkin puree
- 1 egg, beaten
- 1 tablespoon vegetable oil

Directions:

1. Sift flour, sugar, baking powder, cinnamon, and nutmeg together in a bowl.
2. Whisk milk, pumpkin, egg, and oil together in another bowl.
3. Pour milk mixture into flour mixture; stir until just moistened. The batter will be slightly lumpy.
4. Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry, 1 to 3 minutes.
5. Flip and cook until browned on the other side, about 1 minute more.
6. Repeat with remaining batter. Serve and enjoy!

Yield: 8 Servings, Serving Size: 2 pancakes, Calories: 282





LUNCH DISHES



RAW CORN SALAD

When is corn in season?

MAY - SEPTEMBER

What you will need:

- 4 ears corn
- 1 red onion, chopped
- 2 tomatoes, chopped
- 2 carrots, grated
- 2 tablespoons vegetable oil
- 1/4 cup vinegar
- 1 cup fresh cilantro, chopped
- Salt and pepper, to taste

Directions:

1. Remove husks from corn, and cut kernels off the cob.
2. Combine corn, onion, tomatoes, and carrots in a large bowl.
3. In a small bowl, combine oil, vinegar, cilantro, salt, and pepper. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

Yield: 6 Servings, Serving Size: 6.9 ounces, Calories: 150



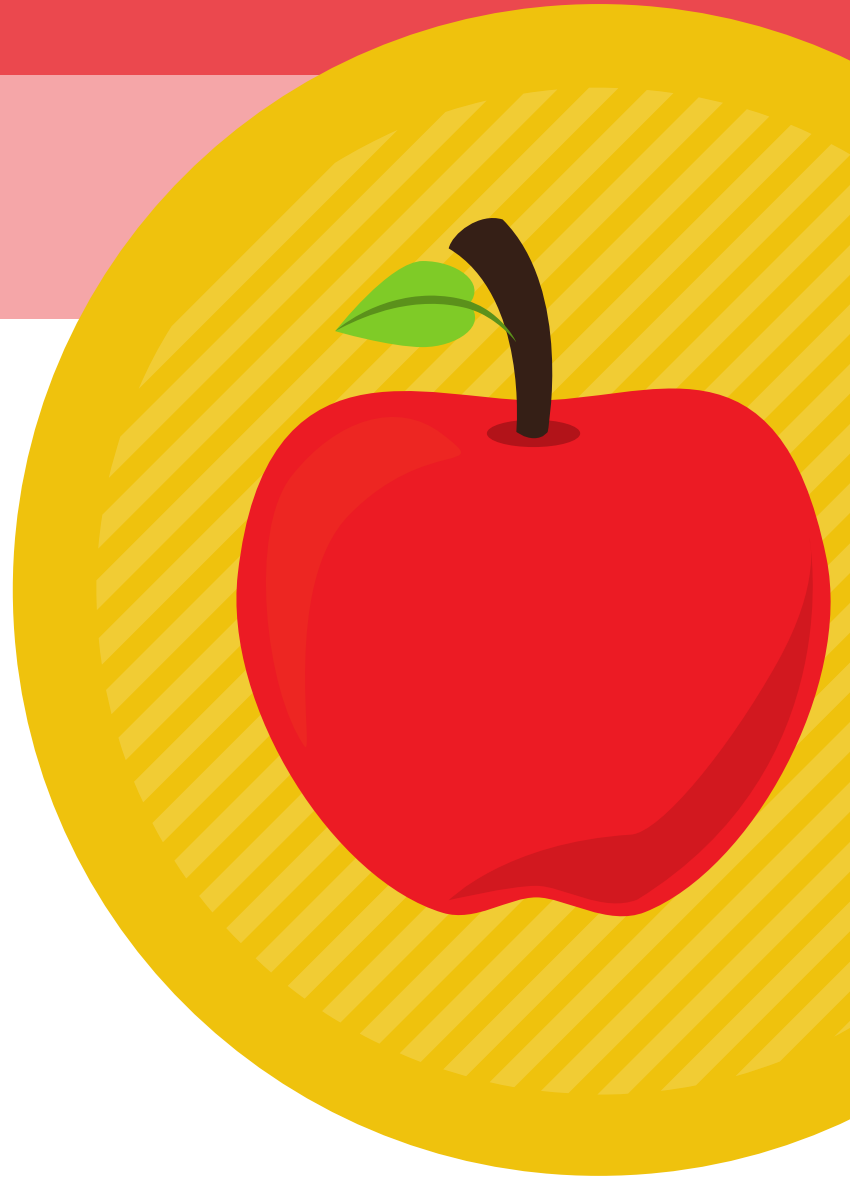
PINTO BEAN SALAD WITH APPLES

When are apples in season?

AUGUST - NOVEMBER

What you will need:

- 2 cups cooked pinto beans
- 2 apples (use green for a more tart taste), cored and chopped
- 1/4 cup celery, finely chopped
- 1/4 cup green chilies, diced
- 1 1/2 tablespoons cider vinegar
- 1 1/2 tablespoons vegetable oil
- 1/2 teaspoon onion powder
- 1/8 teaspoon hot sauce (optional)
- Salt and pepper, to taste



Directions:

1. *Make the salad:* In a medium bowl, add beans, apples, celery, and green chilies. Mix well.
2. *Make the dressing:* In a small bowl, combine vinegar, vegetable oil, onion powder, and hot sauce. Mix well.
3. Pour dressing over the salad and toss.
4. Cover and refrigerate for 30 minutes before serving.
5. Serve and enjoy!
6. Refrigerate leftovers.

Yield: 12 Servings, Serving Size: 4.3 ounces, Calories: 100

Recipe from: Just Say Yes to Fruits & Vegetables



STRAWBERRY SOUP

WHAT IS STRAWBERRY SOUP?

In Poland, people love eating bowls of cold soup made from vegetables and fruits. Barszcz (pronounced BOORSht) is a cold beet soup. It's tasty, but most kids prefer strawberry soup because it's sweet. Some actually drink it out of a glass!

What you will need:

- 1 pound fresh strawberries
- 1 & 3/4 cups water
- 3 tablespoons sugar
- 1 tablespoon lemon juice
- 1 cup light cream

Directions:

1. Wash the strawberries. Cut off the green tops, then slice the strawberries, and place them in a pot filled with water.
2. Bring the strawberries to a boil on high heat, then simmer on medium heat for about 30 minutes. Stir occasionally.
3. Let the mixture cool, then pour it into the blender, and puree the mixture.
4. Pour the puree back into the pot. Add the sugar, lemon juice, and light cream. Stir. Simmer on medium heat for a few minutes.
5. Let cool completely, then chill the soup in the refrigerator for a few hours before serving.





SNACKS & SIDE DISHES



SWEET & SPICY CUCUMBERS

When are cucumbers in season?

MAY - AUGUST

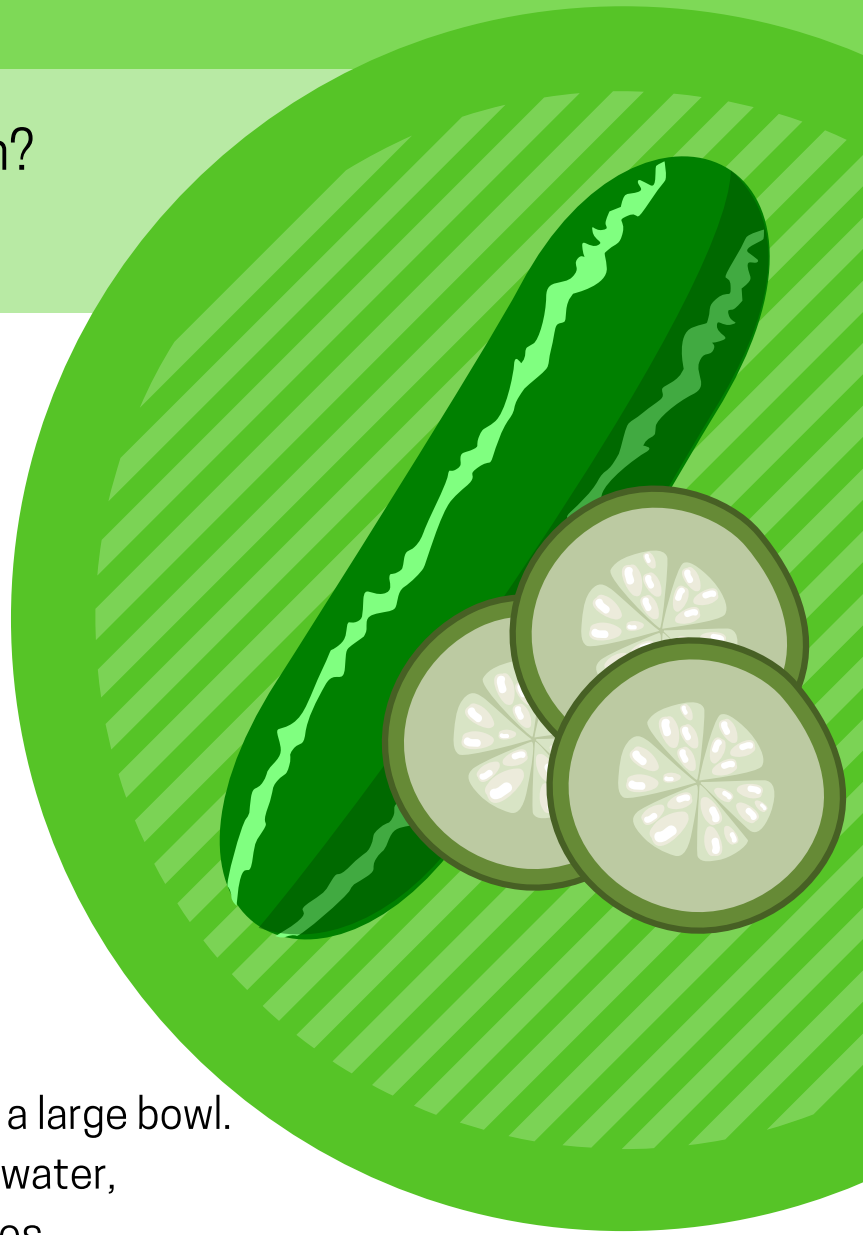
What you will need:

- 3 cucumbers, thinly sliced
- 1/2 red onion, chopped
- 1/2 cup red wine vinegar
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes

Directions:

1. Combine cucumbers and red onion in a large bowl.
2. In a small bowl, stir together 1/2 cup water, vinegar, sugar, salt, and red pepper flakes.
3. Pour dressing on cucumbers, and stir.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

Yield: 6 Servings, Serving Size: 6.5 ounces, Calories: 50



PITA BREAD

WHAT IS PITA BREAD?

This round bread is thicker than the pita bread you find in North American grocery stores. In many parts of the Middle East, a meal wouldn't be complete without it.

What you will need:

- 1 tablespoon yeast
- 2 cups warm water
- 1 tablespoon honey
- 2 teaspoons salt
- 6 cups all-purpose flour

Directions:

1. In a large mixing bowl, dissolve the yeast in water, and stir in the honey. Add the salt and the flour, 1 cup at a time. Stir until you can't mix the dough anymore.
2. Turn the dough onto a lightly floured countertop. Knead for 10 minutes, or until the dough is elastic. Place the dough in a buttered bowl. Turn to coat all sides, and cover with a damp cloth or plastic wrap. Let the dough rise until it has doubled in size, about 2 hours.
3. Punch it down and shape into 10 balls. Let the balls rest for 15 minutes, then shape them into 7-inch rounds.
4. Preheat the oven to 450°F, and bake the rounds on a cookie sheet on the lowest rack of the oven for 10-12 minutes.
5. Wrap pita bread in a cloth napkin until ready to serve.



SKILLET SUMMER SQUASH

When is summer squash in season?

JUNE - AUGUST

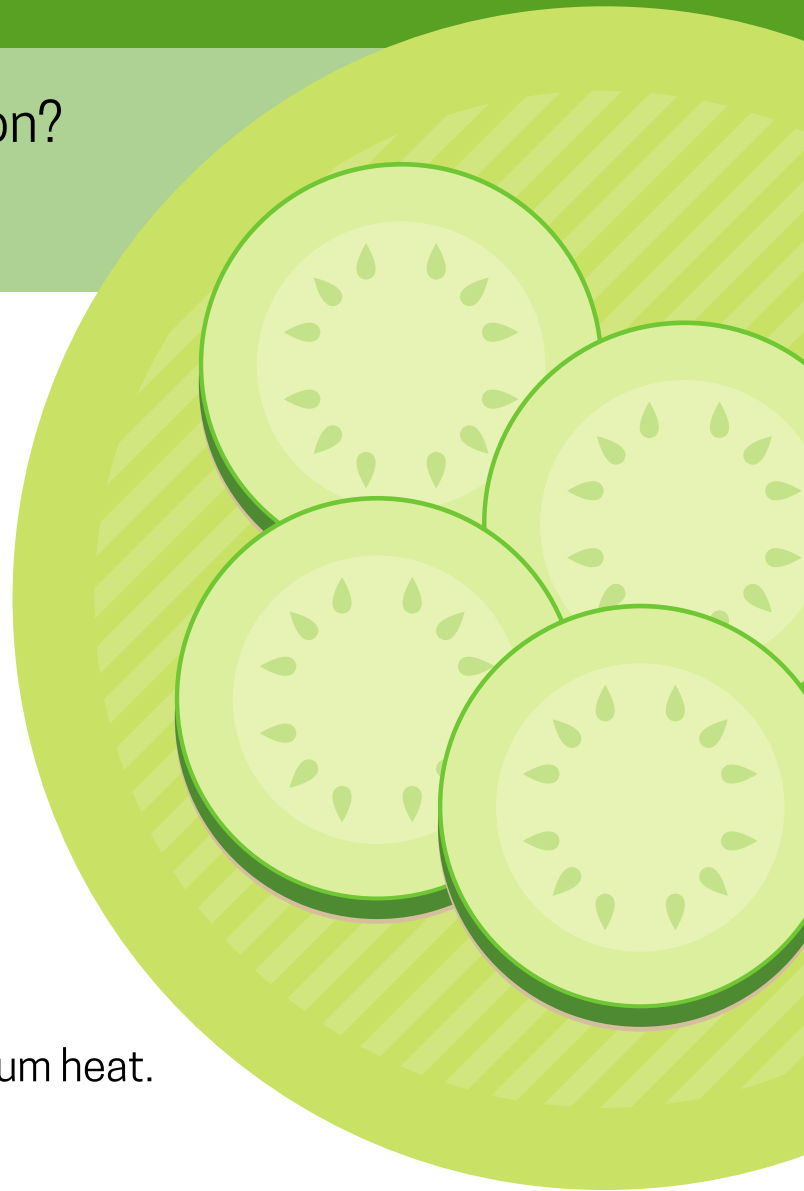
What you will need:

- 2 teaspoons vegetable oil
- 2 garlic cloves, minced
- 3 yellow or green summer squash, thickly sliced
- 1 cup corn
- 1 & 3/4 cups tomatoes, chopped
- Black pepper, to taste (optional)

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic, summer squash, and corn.
3. Cook for 2 minutes.
4. Add tomatoes and black pepper.
5. Cover pan and simmer for 5 minutes or until squash is tender.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

Yield: 8 Servings, Serving Size: 5.2 ounces, Calories: 50



RAW CAULIFLOWER SALAD

When is cauliflower in season?

SEPTEMBER - NOVEMBER

What you will need:

- 1 head cauliflower, thinly sliced
- 3 red apples, diced
- 1 cup sliced celery
- 3 green onions, sliced
- 3/4 cup parsley, chopped
- 1 garlic clove, minced
- 1/4 cup vinegar
- 2 tablespoons vegetable oil
- Salt and pepper, to taste

Directions:

1. In a large bowl, combine cauliflower, apples, celery, green onions, and parsley.
2. In a small bowl, mix garlic, vinegar, and oil.
3. Pour the dressing over the cauliflower, and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Yield: 6 Servings, Serving Size: 10 ounces, Calories: 130



BABA GHANOUJ

WHAT IS BABA GHANOUJ?

Baba Ghanouj (pronounced Bah-bah GAN-OOSH) is a traditional Middle Eastern spread made from eggplant, garlic, and tahini, a paste made from ground sesame seeds. It goes great with pita bread!

What you will need:

- 1 large eggplant
- 2 cloves of garlic
- Salt, to taste
- 3 tablespoons of tahini paste
- 1 tablespoon of lemon juice
- Paprika
- 1 tablespoon olive oil
- *Serve with pita bread (see page 16)*

Directions:

1. Preheat oven to 350°F.
2. Place the eggplant on a cutting board, and cut off the stem. Poke holes in the eggplant with a fork and place it on a baking sheet.
3. Bake for about 45 minutes. Remove the eggplant from the oven, and let it cool completely.
4. Cut the eggplant in half lengthwise, and use a spoon to scoop out the insides. Scoop out the insides and put in a blender.
5. Peel the garlic and crush it using a garlic press, or the flat part of a knife. Put it in a blender and sprinkle with some salt.
6. Add the tahini and lemon juice in the blender.
7. Put the cover on the blender, and blend in quick short spurts until the mixture is blended. You don't want to over-blend the mixture or it will be too smooth. Taste the mixture and add some salt if needed.
8. Place the mixture in a bowl, sprinkle on some paprika, and drizzle olive oil over the top. Serve with pita bread and enjoy!



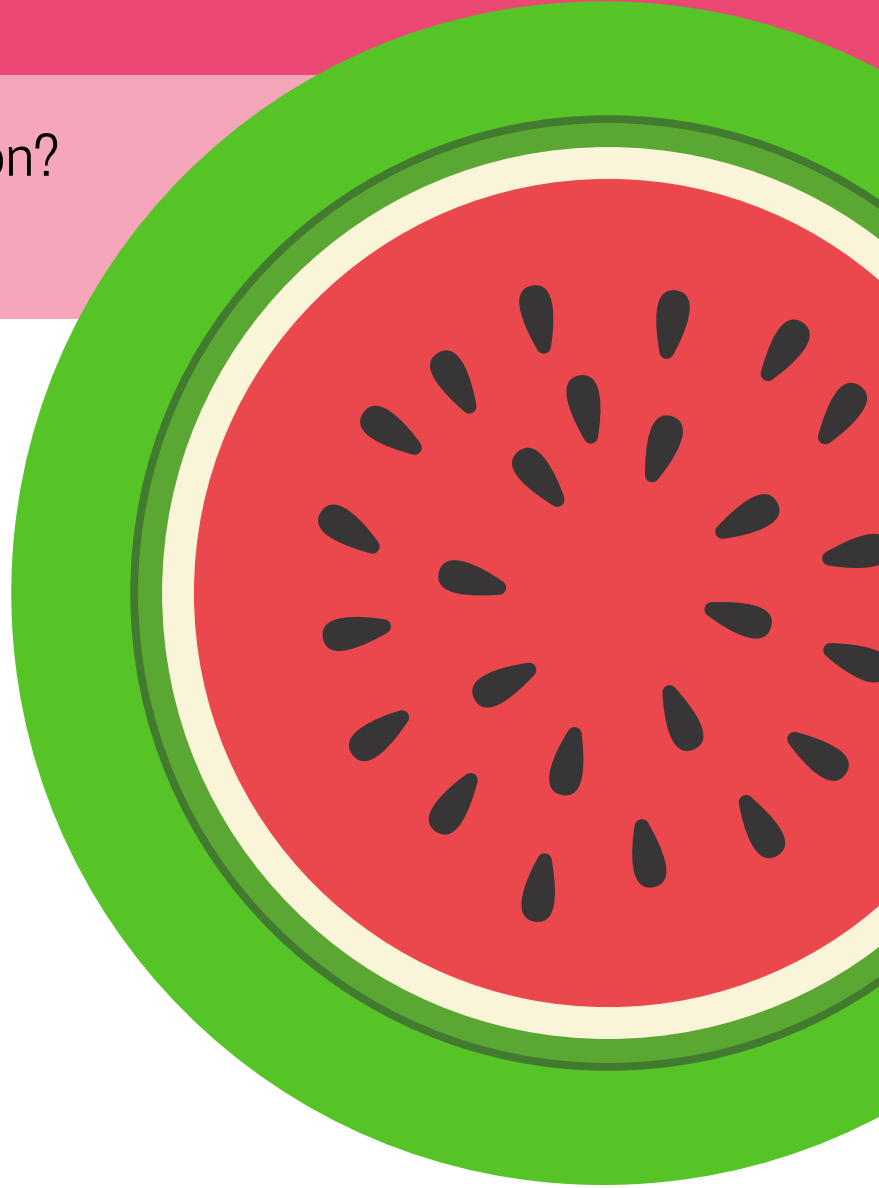
WATERMELON BLACK BEAN SALSA

When is watermelon in season?

MAY - SEPTEMBER

What you will need:

- 2 cups watermelon, chopped with seeds removed
- 1 cup cooked black beans
- 1/2 cup onion, chopped
- 1 tablespoon green chilies, chopped
- 1 garlic clove, minced
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon cilantro, chopped (optional)
- Salt, to taste (optional)



Directions:

1. In a large bowl, gently mix all ingredients together.
2. Cover and chill in the refrigerator.
3. Stir and serve with tortilla chips or with chicken or fish.
4. Refrigerate leftovers.

Yield: 6 Servings, Serving Size: 5.5 ounces, Calories: 120

HUMMUS



WHAT IS HUMMUS?

Hummus is a traditional Middle Eastern dish made from pureed chickpeas combined with fresh lemon and garlic. It is a delicious and healthy snack full of protein. Try it with pita bread, or fresh carrots and cucumbers.

What you will need:

- 19-ounce can chickpeas
- 3 cloves garlic
- Juice of 1/2 lemon
- 1/4 teaspoon pepper
- 1/3 cup olive oil
- Pinch of cumin (optional)
- 2 tablespoons water
- *Serve with pita bread (see page 16)*

Directions:

1. Drain the chickpeas using a colander, and place them in a blender.
2. Peel the garlic and crush it using a garlic press, or the flat part of a knife.
3. Place the garlic and the rest of the ingredients (except the pita bread) into the blender. Blend together until smooth.
4. Use the spatula to scoop out the hummus into a serving bowl.
5. Tear the pita bread into pieces to scoop up the hummus.



A stylized landscape illustration. The background is a gradient from light yellow at the top to orange at the bottom. Three white, fluffy clouds are scattered in the upper half. In the lower half, a red sun is partially obscured by a dark green mountain range. Below the mountains is a yellow field, and at the very bottom is a green hill.

DINNER DISHES

PEPPER PIZZA

When are bell peppers in season?

JULY - SEPTEMBER

What you will need:

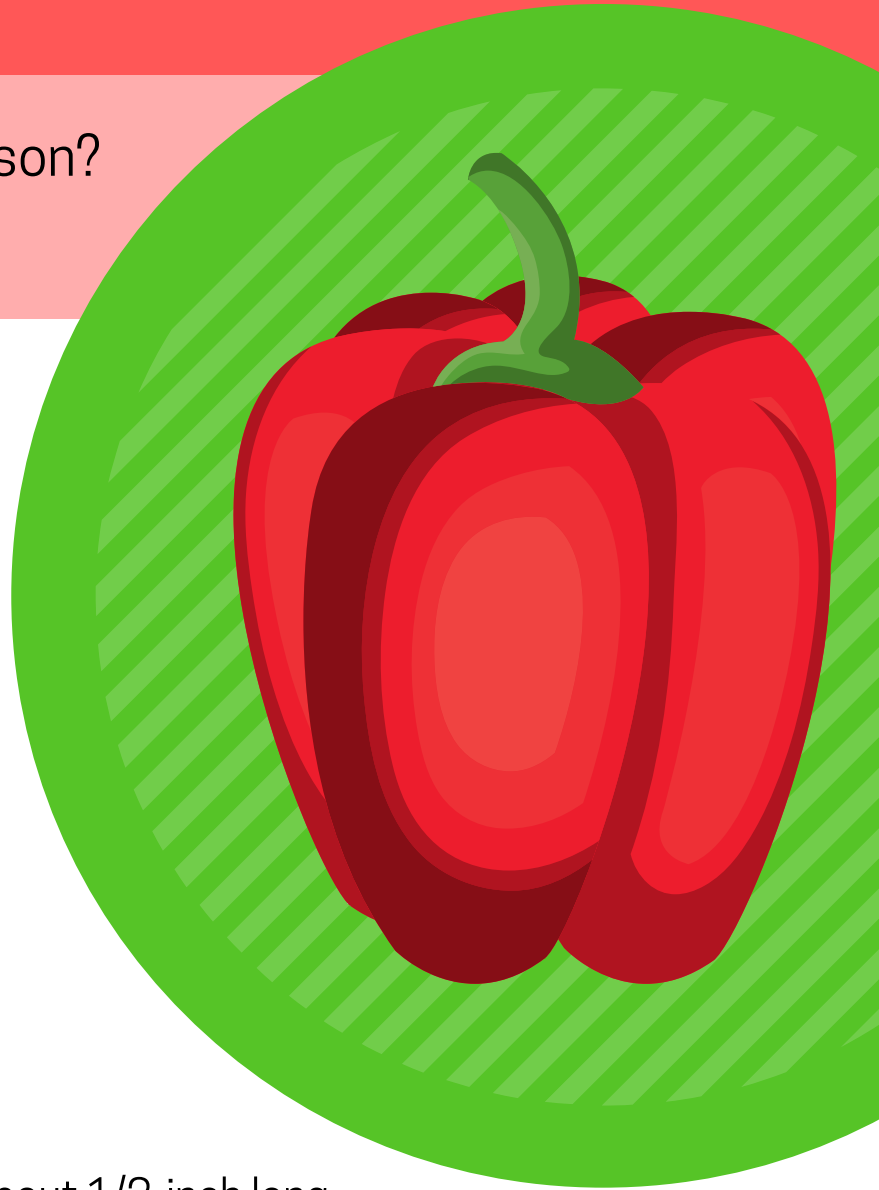
- 4 English muffins, split and toasted
- 1 cup tomato sauce
- 1 bell pepper, chopped
- 1/2 teaspoon garlic powder (optional)
- 1 teaspoon oregano (optional)
- 1/2 cup shredded low-fat mozzarella cheese

Directions:

1. Preheat oven to 400°F.
2. Chop peppers into small slices, about 1/2-inch long.
3. Place English muffin halves on a baking sheet (you will have 8 halves).
4. Top each muffin half with 2 tablespoons of tomato sauce.
5. Divide chopped pepper evenly on top of the sauce.
6. Sprinkle each pizza with garlic and oregano.
7. Top each pizza with 1 tablespoon of cheese.
8. Bake for 10-15 minutes or until cheese is melted and slightly brown.
9. Refrigerate leftovers.

Yield: 4 Servings, Serving Size: 6 ounces, Calories: 200

Recipe from: Just Say Yes to Fruits & Vegetables





VEGETABLE FRIED RICE

WHAT IS FRIED RICE?

All across Asia, people cook fried rice to use up leftover rice from the previous night. Fried rice isn't really "fried" but cooked in a skillet or wok. In Southeast Asia, street vendors make fried rice to order, adding ingredients that the customer chooses.

What you will need:

- 3 tablespoons vegetable oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 garlic clove, minced
- 2 cups cooked white or brown rice
- 1/2 cup green peas
- 1 carrot, peeled and finely shredded
- 2 large eggs
- 3 tablespoons soy sauce

Directions:

1. Heat 2 tablespoons of oil in a wok or large frying pan over medium-high heat. Add the onion, pepper, and garlic. Cook, stirring constantly, until softened, about 3 minutes.
2. Add rice, peas, and carrot. Cook, stirring constantly, until vegetables are tender, about 4 minutes.
3. Push the cooked ingredients to the edge of the pan. Add the remaining 1 tablespoon of oil to the center of the pan. Pour in the eggs, and stir until scrambled. Slowly stir in the rice mixture until blended.
4. Add soy sauce. Cook, stirring constantly, until well blended. Serve hot.

Variations: In step 4, stir in 1 cup diced firm tofu, or 1 cup diced cooked meat, chicken, or shrimp.



BRUSSELS SPROUTS WITH APPLES & ONIONS

When are Brussels sprouts in season?
SEPTEMBER - FEBRUARY

What you will need:

- 1 tablespoon vegetable oil
- 1 cup onion, diced
- 4 cups Brussels sprouts, sliced
- 2 cups apple, diced
- 4 tablespoons lemon juice
- 1 teaspoon black pepper
- Salt, to taste

Directions:

1. Heat oil in a large pan over medium heat.
2. Add onion. Cook for 5 minutes, stirring often, until soft.
3. Add Brussels sprouts, and cook 5 minutes, stirring often.
4. Add the apple and cook 5-10 minutes, or until apples are soft.
5. Remove from heat. Add lemon juice, pepper, and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

Yield: 8 Servings, Serving Size: 2/3 cup, Calories: 60



RATATOUILLE

WHAT IS RATATOUILLE?

Ratatouille is a vegetable stew that comes from a region of France called Provence. Its name comes from the French word "touiller," which means "to stir." Once you've made it, you'll understand why!

What you will need:

- 1 small eggplant
- 1 medium zucchini
- 4 tablespoons olive oil
- 1 yellow bell pepper, chopped
- 6 green onions, cut into 1-inch pieces
- 1 garlic clove, minced
- 1 teaspoon fresh thyme leaves
- 18 cherry tomatoes, cut in half
- 1 tablespoon balsamic vinegar
- Salt and pepper, to taste

Directions:

1. Trim off both ends of the eggplant, and cut into 1-inch chunks.
2. Trim off both ends of the zucchini. Cut into 1/2-inch thick slices.
3. Heat the oil in a large skillet over medium heat. Add the eggplant and peppers. Cook, stirring frequently, until almost tender, about 8 minutes.
4. Add the zucchini, green onions, garlic, and thyme. Cook, stirring frequently, until all the vegetables are tender, about 5 minutes.
5. Add the tomatoes and vinegar. Season with salt and pepper. Cook, stirring frequently, until the tomatoes soften, about 2 minutes. Serve hot or cold.





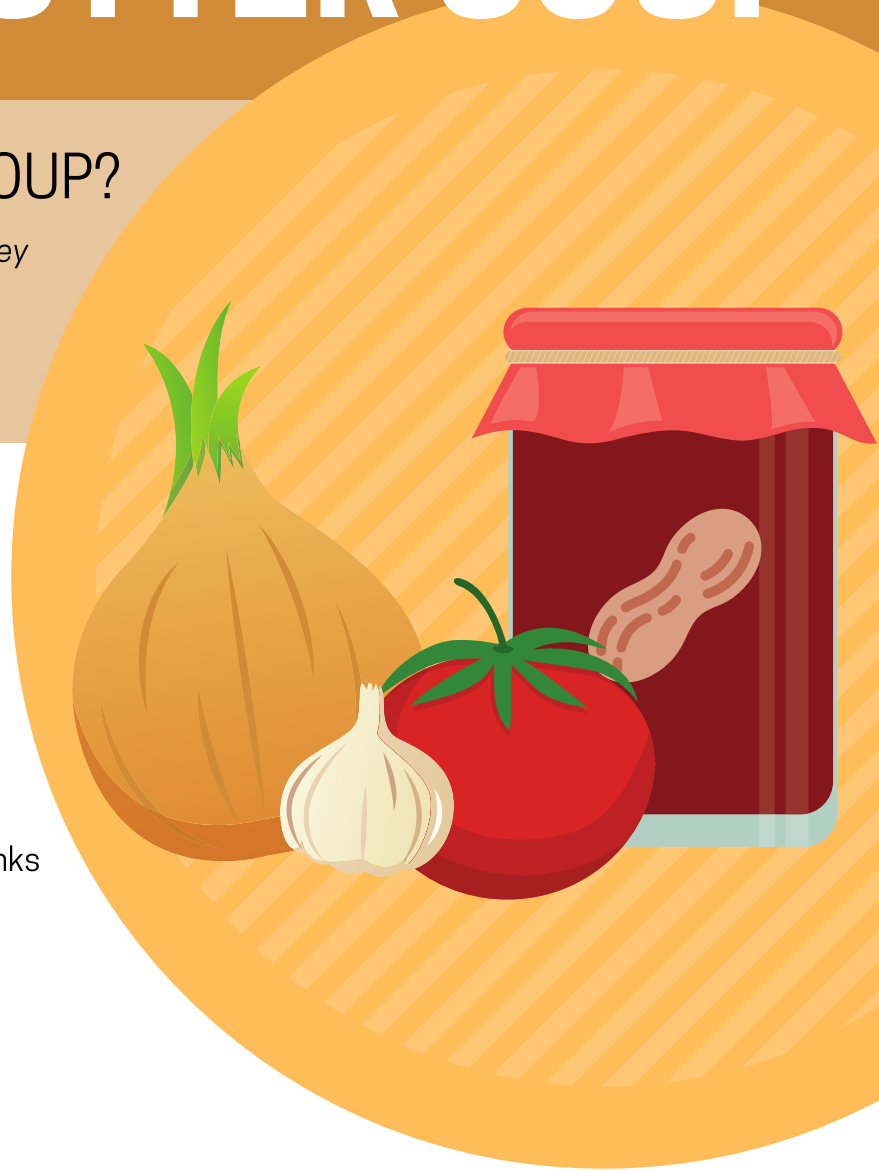
PEANUT BUTTER SOUP

WHAT IS PEANUT BUTTER SOUP?

How do people in Ghana eat their peanut butter? They make creamy peanut butter soup. If you're a fan of peanut butter, you'll enjoy this healthy soup.

What you will need:

- 2 medium onions, chopped
- 1 garlic clove, crushed
- 1 tablespoon vegetable oil
- 1 28-ounce can crushed tomatoes
- 1 14.5-ounce can chicken broth
- 4 cups water
- 2 large sweet potatoes, peeled and cut into chunks
- 1 cup creamy all-natural peanut butter
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 2 cups cooked chicken pieces (optional)
- 1/2 cup crushed peanuts (optional)



Directions:

1. In a large saucepan, sauté the onions and garlic in the oil over medium-low heat for 5 minutes.
2. Add the tomatoes, broth, water, and sweet potato. Cook over medium-low heat for 20 minutes or until the sweet potatoes feel soft when poked with a fork.
3. Stir in the peanut butter, cayenne pepper, and salt. Turn off heat, and cool for 30 minutes.
4. Puree the soup in a blender or food processor. Pour it back into the saucepan, and warm it up over low heat.
5. Pour the soup in bowls, and sprinkle with the cooked chicken and crushed peanuts (optional).

The background features a dark blue gradient sky filled with white stars and three light blue, fluffy clouds. Below the sky, there are stylized, layered mountain ranges in various shades of blue, creating a sense of depth and a serene night atmosphere.

DESSERTS

COCONUT MACAROONS

WHAT ARE MACAROONS?

Macaroons are an old-time British favorite. So why do kids in Kashmir, India eat them? Because India used to be under British rule. Back then, many British people came to Kashmir on vacation. Kashmiri people made macaroons out of coconut for the British visitors - and themselves, too. Today, the British no longer rule India, but the Kashmiri people still make and eat Coconut Macaroons!



What you will need:

- 1/4 cup flour
- 2 cups shredded coconut
- 2/3 sweetened condensed milk
- 1 teaspoon vanilla extract

Directions:

1. Preheat the oven to 325° F, and grease a cookie sheet.
2. Stir flour and coconut in a large mixing bowl with a wooden spoon. Add the milk and vanilla, and mix well.
3. Drop the dough by teaspoonfuls onto the cookie sheet. Make sure they are at least 2 inches apart.
4. Bake for 15 minutes or until the cookies turn golden brown.
5. Remove them from the cookie sheet with a spatula. Place them on a cooling wrack for 10 minutes. Serve and enjoy!

Yield: 24 cookies

CARROT COOKIES

When are carrots in season?

MAY - DECEMBER

What you will need:

- 1 cup flour
- 1 teaspoon baking powder
- 1 cup oats
- 1 teaspoon cinnamon
- 1 1/4 cups carrots, shredded
- 1 1/2 cups raisins
- 1/2 cup applesauce
- 1/4 cup vegetable oil
- 1/2 cup honey

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots, and raisins.
3. In a small bowl, stir together the applesauce, oil, and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets.
6. Bake for 10 minutes. Enjoy!
7. Refrigerate leftovers.

Yield: 12 Servings, Serving Size: 3 cookies, Calories: 220





SWEET POTATO COOKIES

WHAT ARE YAMS/SWEET POTATOES?

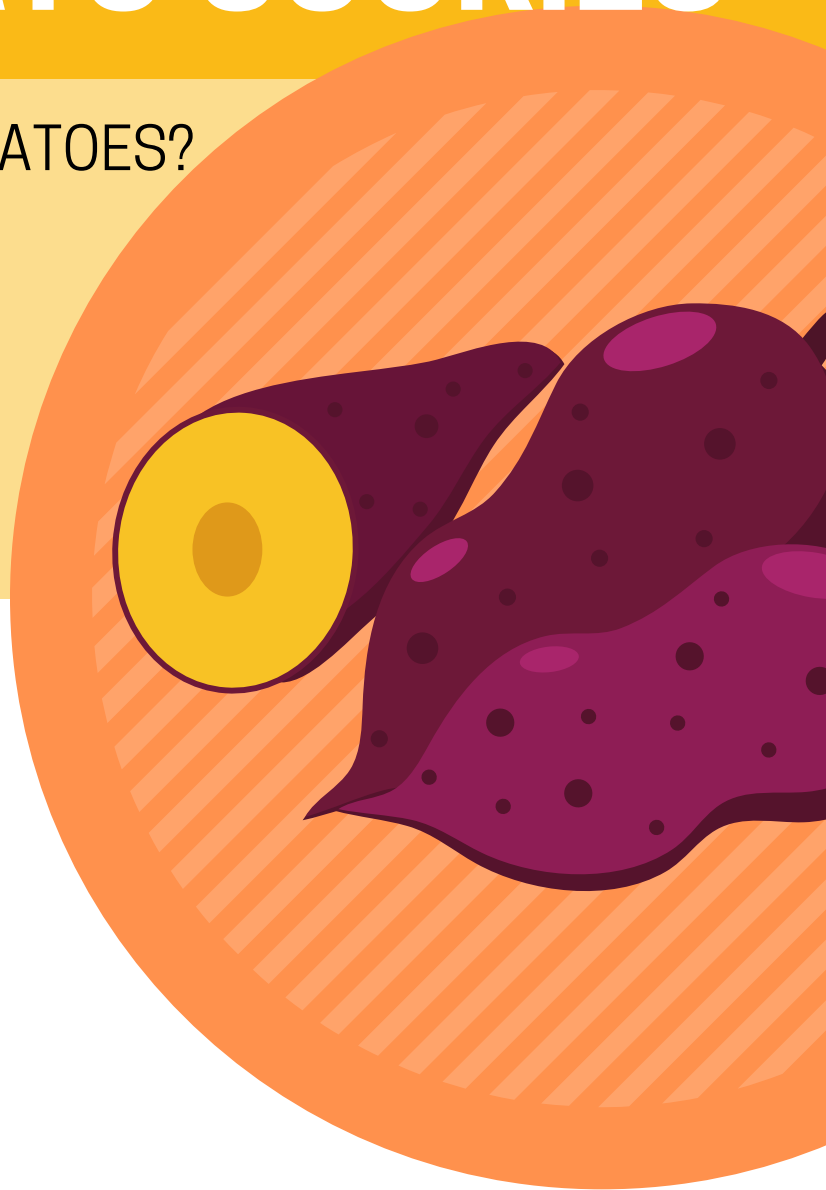
Yams, which are hard to tell apart from sweet potatoes, are a root vegetable, and an important part of most African cooking. They are easy to grow, and when stored in a cool place, they last for a long time. For a taste of yams or sweet potatoes, try these cake-like cookies. They are bright orange, sweet, and delicious.

What you will need:

- 2 & 1/2 cups all-purpose flour
- 1 & 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter or margarine
- 1/4 cup granulated sugar
- 1 tablespoon lemon peel, grated
- 1 teaspoon nutmeg
- 1/4 cup honey
- 1 egg
- 1 cup raw sweet potatoes, grated

Directions:

1. Preheat oven to 350° F.
2. Sift the flour, baking powder, baking soda, and salt into a medium bowl. Set aside.
3. Cream the butter or margarine with the sugar in a large mixing bowl. Mix in the lemon peel, nutmeg, honey, and egg. Then stir in the grated sweet potato.
4. Blend the flour mixture into the sweet potato mixture.
5. Place rounded teaspoons of the cookies dough onto an un-greased cookie sheet. The cookies should be spaced at least 1/2 inch apart.
6. Bake for 7 minutes. Remove cookies from the sheet and cool on a rack.





THE COMMITTEE ON TEMPORARY SHELTER



This program supported by the
Joy in Childhood Foundation.

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