



Senegal

Featured Recipe:
West African-Spiced
Peanut Soup

To cook along with us, join with the following ingredients:

- 2/3 cup onion, diced
- 1 Tablespoon toasted sesame oil
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 cup cooked skinless chicken breast, diced (or tofu)
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon pepper
- 1/2 teaspoon crushed red pepper flakes
- 3 cups reduced sodium fat-free chicken or veggie broth
- 1 can (6 ounces) tomato paste
- 2 cans (14 1/2 ounces) stewed tomatoes, unsalted
- 6 Tablespoons reduced-fat peanut butter

SNAP-ED NY PRESENTS:

Food Around the World

Taste of Senegal

Savor flavors of the world during this **free** online food demonstration full of tips to save money, make it healthy, and mix it up in the kitchen with simple, low-cost ingredients!



July 27, 2021 | 3:30 PM- 4:30 PM

Email jdm458@cornell.edu to register!

For questions or modifications, please contact in advance.

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Mexico

**Featured Recipe:
Our Version of Easy
Cheesy Enchiladas**

To cook along with us, join with the following ingredients:

- 2 cans (15 ounces each) pinto beans, drained and rinsed
- 1 ½ cups corn (fresh or frozen, or a 15-ounce can drained and rinsed)
- ½ cup chopped mild green chiles (4-ounce can)
- ½ teaspoon garlic powder or 2 cloves garlic, finely chopped
- 1 ½ cups shredded cheese
- 8 whole wheat flour tortillas (10-inches) or 12 corn tortillas (6-inches)
- 1 can (15 ounces) enchilada sauce
- Avocado (optional)

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Food Around the World

Taste of Mexico

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August 3, 2021 | 3:30 PM- 4:30 PM

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Mexico

**Featured Recipe:
Spinach and Black
Bean-Style Enchiladas**

To cook along with us, join with the following ingredients:

- 2 cans (15 ounces each) pinto beans, drained and rinsed
- 1 ½ cups corn (fresh or frozen, or a 15-ounce can drained and rinsed)
- ½ cup chopped mild green chiles (4-ounce can)
- ½ teaspoon garlic powder or 2 cloves garlic, finely chopped
- 1 ½ cups shredded cheese
- 8 whole wheat flour tortillas (10-inches) or 12 corn tortillas (6-inches)
- 1 can (15 ounces) enchilada sauce
- Avocado (optional)

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Food Around the World

Taste of Mexico

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August 3, 2021 | 3:30 PM- 4:30 PM

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India

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Food Around the World

Taste of India

Savor flavors of the world during this **free** online food demonstration full of tips to save money, make it healthy, and mix it up in the kitchen with simple, low-cost ingredients!

Featured Recipe:

Indian-Spiced Lentils (Dal)

To cook along, join with the following ingredients:

- 1 Tablespoon vegetable oil
- 1 large onion, chopped
- 2 cloves garlic finely chopped or 1/2 teaspoon garlic powder
- 3 cups water
- 1 can (15 ounces) diced tomatoes, with juice
- 1/2 cup dry red lentils, rinsed
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 cup rice
- 1/4 cup fresh cilantro, chopped



August 10, 2021 | 3:30 PM- 4:30 PM

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India

SNAP-ED NY PRESENTS:

Food Around the World

Taste of India

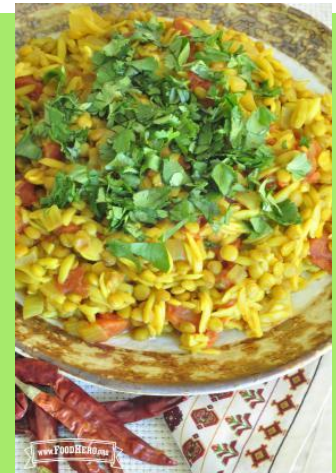
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- 1 large onion, chopped
- 2 cloves garlic finely chopped or 1/2 teaspoon garlic powder
- 3 cups water
- 1 can (15 ounces) diced tomatoes, with juice
- 1/2 cup dry red lentils, rinsed
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1/4 teaspoon red pepper flakes (optional)
- 1/4 cup fresh cilantro, chopped



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Thailand

Featured Recipe: Thai-Spiced Green Curry

To cook along with us, join with the following ingredients:

- - 1 1/2 pounds fish fillets (flounder salmon or other mild fish) or tofu
- coarsely ground black pepper, to taste
- 1 tablespoon olive oil
- 1 can sliced potatoes (drained)
- 1 can low-sodium chicken or vegetable broth
- 1 teaspoon garlic (chopped)
- 1 cup canned, light coconut milk
- 2/3 tablespoon Thai green curry paste
- 2 tablespoons chopped parsley (optional)

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Taste of Thailand

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August 17, 2021 | 3:30 PM- 4:30 PM

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Thailand

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Food Around the World

Taste of Thailand

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Featured Recipe: Thai-Spiced Fish Curry

To cook along with us, join with the following ingredients:

- - 1 1/2 pounds fish fillets (flounder salmon or other mild fish) or tofu
- coarsely ground black pepper, to taste
- 1 tablespoon olive oil
- 1 can sliced potatoes (drained)
- 1 can low-sodium chicken or vegetable broth
- 1 teaspoon garlic (chopped)
- 1 cup canned, light coconut milk
- 2/3 tablespoon Thai green curry paste
- 2 tablespoons chopped parsley (optional)



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Lebanon

Featured Recipe:
Tabouli Bulgur Salad

To cook along, join with the following ingredients:

- 1 cup dry bulgur wheat
- 1 cup boiling water
- 1/2 chopped cucumber
- 2 stalks celery, chopped
- 1 tomato, chopped
- 4 green onions, chopped
- 1/4 cup mint, chopped
- 1 cup parsley, chopped
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1/4 cup lemon juice
- 2 tablespoons oil
- 1 teaspoon pepper
- 1/4 teaspoon salt

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Food Around the World

Taste of Lebanon

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August 24, 2021 | 3:30 PM- 4:30 PM

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To cook along, join with the following ingredients:

- 1 cup dry bulgur wheat
- 1 cup boiling water
- 1/2 chopped cucumber
- 2 stalks celery, chopped
- 1 tomato, chopped
- 4 green onions, chopped
- 1/4 cup mint, chopped
- 1 cup parsley, chopped
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1/4 cup lemon juice
- 2 tablespoons oil
- 1 teaspoon pepper
- 1/4 teaspoon salt

SNAP-ED NY PRESENTS:

Food Around the World

Taste of Lebanon

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August 24, 2021 | 3:30 PM- 4:30 PM

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Jamaica

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Food Around the World

Taste of the Caribbean

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Featured Recipe: Jamaican Rice

To cook along, join with the following ingredients:

- 2 cups uncooked brown rice
- 4 cups water
- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 (16 oz) cans red beans
- 1 (13 oz) can light coconut milk or ½- 1 cup chicken broth
- ½ teaspoon dried thyme
- Salt
- Pepper



August 31, 2021 | 3:30 PM- 4:30 PM

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- 4 cups water
- 1 tablespoon olive oil
- 1 medium onion, diced
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- 1 (13 oz) can light coconut milk
or ½- 1 cup chicken broth
- ½ teaspoon dried thyme
- Salt
- Pepper

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Food Around the World

Taste of the Caribbean

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