



The Loyola Student's Introduction to Sustainable Cooking

This cookbook will serve as a student's introduction to sustainable cooking. Recipes included inside are relatively easy to cook, and can be made on both a time and financial budget. Many ingredients used in recipes are available in on-campus marketplaces, improving the flexibility of students' meal plans.

Introduction

Let's face it – in between term papers, busy social lives, and a (very) limited budget, a sustainable and healthy diet quickly falls to the way-side for most college students. This cookbook can help keep you on the right track even when the stress of school seems overwhelming. It is full of recipes that will teach you how to cook meals that are both sustainable and cheap.

Meet the Compiler

I started cooking during my sophomore year at Loyola when my dorm finally supplied me with a kitchen. I'd barely touched a saucepan before in my life. Armed with very little



experience and a vegan cookbook, I began to realize that cooking didn't have to be difficult. I hope this cookbook will help you realize that no matter your age or experience level, you too can begin to implement sustainable means of eating into your diet. The 11 recipes I've included are my favorite adaptations of recipes from various sources and should serve as a great starting point. When subject to a meal plan, you have to work with what you're given. But an abundance of organic and locally produced goods are never far away in Rogers Park. Take advantage of Loyola's Farmer's Market in the warmer months, and do what you can with the means you have. But most of all, enjoy!

WHERE'S THE BEEF?

As you page through these recipes, you'll notice meat is absent from the cookbook. Cutting out meat is one of the quickest ways to improve the sustainability of your diet. Studies have proven that an omnivorous diet required 2.9 times more water, 2.5 times more primary energy, 13 times more fertilizer, and 1.4 times more pesticides than a vegetarian diet (Marlow et. al.). Even eating a partially vegetarian diet can make a difference, so give it a try!

Where to Begin?

Budget:

It's different for everyone, but I've found that \$40-50 a week is enough for a week of great food – two if you stretch it well. This is far less than you would spend in a week of eating fast-food, take-out, or at other restaurants, so cooking really is a money saver.

***If you're a first time chef, remember the price per trip will decrease as you collect the basics (spices, nonperishables, etc.)

Schedule and Shop:

Pick a day to go shopping that's convenient for you. Two hours is usually plenty of time to set aside for shopping. Lots of the ingredients used in this book are available in on-campus markets (these items are in bold type), though at times you'll have to venture off campus for supplies. Here are some of the area's best shopping locations, in no particular order:

1. Dominick's (6009 N. Broadway) offers a great selection but is pricier than other options; take 8-Ride or the 36 bus for a quick trip
2. Devon Market (1440 W. Devon) carries a smaller selection but is great for ethnic food; offers goods at a cheaper price than most supermarkets and has a terrific produce section

All ingredients in bold text are available on-campus, though this is subject to change with inventory, seasonal, and other changes.

3. Morse Market (1430 W. Morse) is comparable in price to Devon Market and offers a HUGE selection of vegan/vegetarian products and substitutes

4. Trader Joe's (44 E. Ontario) may seem far from Lake Shore Campus, but the shuttle and the 147 bus make this our favorite option; carries organic options at a great price

5. Loyola's Farmer's Market (Albion and Sheridan) is the most sustainable option, but is only available from June -October

Cook:

Consider cooking two recipes at once, then using the leftovers throughout the week. This reduces waste and makes your life easier. And don't be scared off by long recipes that seem complicated; nothing in this book is too difficult to make—I promise!

RECIPES

Tex-Mex Rice and Bean Casserole (adapted from Weight Watchers)

1 cup canned yellow corn, drained or frozen, thawed corn kernels

1 tbsp canned green chili peppers, chopped, mild or hot

15 oz. canned pinto beans, rinsed and drained

1 cup cooked brown rice

¾ cup shredded reduced-fat Mexican style cheese (cheddar works as well)

¼ tsp chili powder

¼ tsp salt

1/8 tsp black pepper

2 tbsp uncooked scallions, chopped

2 tsbp shredded reduced-fat Mexican style cheese (or cheddar)

Preheat oven to 350. Coat a 2-quart glass baking dish with cooking spray.

In a large bowl, combine corn, chilies, beans, rice, ¾ cup of cheese, sour cream, chili powder, salt and pepper; stir in scallions.

Spoon mixture into prepared baking dish and bake for 30 minutes. Remove from oven and sprinkle with remaining 2 tbsp of cheese. Return to oven and bake until cheese melts and casserole is slightly bubbly, about 10 minutes more. Let stand for 5 minutes to firm up before slicing into 6 pieces.

RECIPES

Curried Lentils with Sweet Potatoes (adapted from Smitten Kitchen)

2 tbsp extra virgin olive oil

1 medium onion, chopped

4 garlic cloves, minced

1 1-inch piece fresh ginger root, peeled and grated

1 ½ tsp garam masala (easy to find on Devon)

1 ½ tsp curry powder

1 jalapeno pepper, seeded if desired (to reduce spiciness), then minced

4-5 cups vegetable broth, as needed

2 lbs sweet potatoes, peeled and cut into ½ inch cubes

1 ½ cups dried lentils

1 bay leaf

1 tsp salt

½ tsp ground black pepper

1/3 cup chopped fresh cilantro

Juice of ½ lime

¼ chopped scallions

In large saucepan, heat oil over medium heat. Add onion and sauté until translucent (5-7 minutes). Add garlic, ginger, garam masala, curry powder, and jalapeno. Cook, stirring, for 1 minute.

Stir in 4 cups broth, sweet potatoes, lentils, and bay leaf. Increase heat to high and bring to a boil; reduce heat to medium, partially cover, and simmer for 25 minutes. Add broth as needed. Stir in salt and pepper. Continue cooking until lentils are tender and chard is cooked, about 30-45 minutes total.

Just before serving, stir in cilantro and lime juice. Garnish with scallions. Remove bay leaf before serving. Makes 6 servings.

RECIPES

Acorn Squash Quesadilla (adapted from Smitten Kitchen)

1 small/medium acorn squash

4 tbsp vegetable oil

3 tbsp diced white onion

1 tbsp minced jalapeno

1 clove garlic, minced

Salt and pepper to taste

10-inch flour tortillas

1 cup shredded cheese

Garnishes: sour cream, salsa

Roast the acorn squash. Preheat oven to 400. Halve the squash, scoop out the seeds, and cut each half into half-inch slices. Lay them on the baking sheet and roast for about 20 minutes (until soft but not mushy).

When cool enough to work with, peel the skin off each slice of squash. Lightly chop and set aside.

Saute the onions, garlic, and jalapeno in the oil until translucent. Add squash and cook for 5-10 minutes, until the squash is tender. Season with salt and pepper and remove from heat.

Use this mixture to make quesadillas, adding cheese and other garnishes.

RECIPES

Quick Potato Pierogi (adapted from Smitten Kitchen)

1 1/2 lbs potatoes, peeled and cut into chunks

4-5 tbsp unsalted butter + a little extra to melt and drizzle over the dumplings

3 onions, finely chopped

Salt and black pepper to taste

1-2 packages of premade empanada dough (carried at Morse Market)

3-5 green onions, to serve

Sour cream, melted butter or vinegar, to serve

Cook the potatoes in a large pot of salted boiling water until just tender. Drain and set aside. Melt the butter in a large heavy frying pan and cook the onions until they soften.

Mash the potatoes in a bowl then mix in the onions and their cooking butter. Season generously with salt and pepper.

Place a spoonful of filling in the center of each empanada circle. Fold dumpling in half, pressing the edges together to thoroughly seal.

Place each dumpling on a parchment or waxed paper lined baking sheet and repeat until all filling has been used.

Bring a large pot of salted water to a boil and add the dumplings one at a time, until the surface of the pan is covered with dumplings. Do not overcrowd; you'll have to work in batches. When they are done, about 2-3 minutes, remove.

Transfer to bowls and serve sprinkled with green onions, parsley or chives, drizzled with a little melted butter or vinegar or topped with sour cream. Serves 4-6.

RECIPES

Everyday Yellow Dal (adapted from Smitten Kitchen)

1 cup yellow split peas, soaked in cold water for 1 hour

1 large tomato (about 8 ounces), cut into 8 wedges

1/4 cup canola oil

1/2 tsp cumin seeds

1 medium red onion, finely chopped

5 large garlic cloves, thinly sliced

1 tsp ground coriander seeds

3/4 tsp ground turmeric

1/2 tsp cayenne (less if you're not into the spicy flavor)

1/4 cup minced cilantro leaves

1 tbsp unsalted butter

1 tsp salt

Drain the dal (split peas) and place in a large saucepan. Add the tomato and 3 cups of water and bring to a boil.

Reduce the heat to a simmer, cover and cook until peas are tender (45 minutes to 1 hour). Pick out any tomato skins and whisk dal to emulsify it. Keep warm over very low heat.

Heat the oil in a medium skillet over high heat. When the oil begins to smoke, add the cumin seeds, covering the pan with a lid. After the seeds have stopped sputtering, add the onion and saute over medium heat. About 3 minutes later, add the garlic and saute until most of the onion has turned dark brown (about 5 minutes altogether). Add the coriander, turmeric and cayenne, stir and pour mixture over the dal. Add the cilantro, butter and salt to the dal and simmer for another 5 minutes. Serve hot. Serves 4.

RECIPES

Roasted Tomato Soup with Broiled Cheddar (adapted from Smitten Kitchen)

Soup

3 pounds plum tomatoes, halved lengthwise

2 tbsp olive oil

2 large or 4 small cloves garlic, unpeeled

1 tsp finely chopped fresh thyme leaves (or 1/4 tsp dried)

1/4 tsp dried crushed red pepper

4 cups vegetable stock

Lid

4 1-inch slices from a large loaf of rye bread, whole wheat sourdough or bread of your choice (or 16 1-inch slices from a baguette), toasted until hard and lightly buttered on one side

1 tablespoon grated raw onion

1 cup coarsely grated cheddar (or more to taste)

Make soup: Preheat oven to 400°F. Place tomatoes, cut side up, on large baking sheet. Sprinkle generously with salt and pepper. Drizzle tomatoes with olive oil. Wrap garlic cloves in a tight foil packet and add to tray. Roast until tomatoes are brown and tender (about 1 hour). Cool slightly.

Unwrap garlic packet and peel cloves. Transfer cloves, tomatoes and any juices to a blender or food processor and pulse machine on and off until tomatoes are a chunky puree. Transfer tomatoes to medium pot and add thyme, crushed red pepper and stock and bring to a boil. Reduce heat to a simmer and cook, uncovered, for 25 minutes. Remove from heat and adjust seasonings to taste.

Create cheddar lid: Preheat oven to 350. Arrange four ovenproof soup bowls, crocks or large mugs on a large, foil-lined baking sheet. Stir grated onion into the warm soup. Float toast slice(s) in each bowl, buttered side up and divide grated cheese generously over top. Bake soups on tray for 15 to 20 minutes, until cheese on top is bubbling and brown at the edges. Serves 4-6.

RECIPES

Spicy Vegetarian Lasagna (adapted from allrecipes.com)

1 (16) oz. package lasagna noodles	1 ½ cups water
2 tsp olive oil	1 dash crushed rep pepper flakes
1 large red bell pepper, diced	¼ cup grated Parmesean cheese
1 large orange bell pepper, diced	1 (15) oz. container ricotta cheese
1 large yellow bell pepper, diced	1 (8 oz.) package shredded mozzarella cheese
1 large green bell pepper, diced	4 eggs
1 small yellow onion, diced	¼ tsp black pepper
2 (14.5 oz) cans diced tomatoes	¼ tsp dried oregano, crushed
1 (6 oz) can tomato paste	

Boil a large pot of water. Cook pasta for 8-10 minutes. Drain, rinse with cold water, and let cool.

Cook bell peppers and onion in olive oil in a large pan until onions are translucent. Stir in diced tomatoes, tomato paste, water, and red pepper flakes. Simmer for 30 minutes.

Preheat oven to 375. In a bowl, combine cheeses, eggs, black pepper, and oregano.

Place a small amount of sauce in the bottom of a 9x13 baking dish. Set ½ cup of the sauce aside. Place three lasagna noodles lengthwise in pan. Layer some of the cheese mixture and the veggie sauce on top of noodles. Repeat layering with remaining ingredients, ending with noodles. Spread reserved sauce over noodles. Sprinkle with cheese.

Cover dish with foil and bake for 30 minutes. Remove foil and bake for 10 more minutes.

Serves 12.

RECIPES

Acorn Squash and Black Bean Empanadas (adapted from Veganomicon)

1 package pre-made empanada dough (available at Morse Market)

1 acorn squash

2 tbsp olive oil

1 red onion, sliced into 1-inch pieces

2 jalapenos, sliced thinly (remove seeds for less spiciness)

2 tsp ground coriander

2 cloves garlic, minced

1 tsp ground cumin

1/2 tsp salt

About 2 tbsp water

1 cup cooked black beans, rinsed and drained

Juice of 2 limes

2 tsp pure maple syrup

Preheat the oven to 400. Roast the squash (cut in half lengthwise, scoop out seeds, and place face down on a baking sheet) for 50 minutes. When cooked, remove to cool.

Sauté the onions and jalapenos over medium-high heat for 5-7 minutes. Meanwhile, peel the skin off of the squash and cut into chunks.

Add the coriander and garlic to the pan and sauté for a minute more. Add the cumin, salt, and a few splashes of water. Add the squash and cook for about 5 minutes, stirring often to coat. Add the black beans and heat through. Add more water if the mixture looks dry. Add the lime juice and syrup, and stir. Turn off heat.

Fill each round of pre-made dough with filling, pinching the sides together at the top of a dumpling formation. Place on a baking sheet and bake for 25-30 minutes. Serve warm. Makes 12 empanadas.

RECIPES

Creole Stuffed Peppers (adapted from Veganomicon)

4 large bell peppers	1 tsp dried basil
2 tbsp olive oil	2 tsp paprika
1 yellow onion, finely chopped	3 sprigs fresh thyme
2 jalapenos, finely chopped (seeded for less heat)	1 tsp salt
1 cup finely diced carrots	15 oz. can of diced tomatoes
4 cloves garlic	30 oz. black-eyed peas (canned or frozen), drained and rinsed
2 dried bay leaves	1/4 cup chopped fresh parsley
1 tsp dried oregano	

Preheat oven to 350 and grease a casserole dish. Bring a pot of water to boil.

Cut the top off of the pepper, scooping out membranes and seeds. Submerge them in boiling water and cover for 5 minutes. Drain and rinse with cool water.

Sauté oil, onions, jalapenos, and carrots for 10 minutes, until browned. Add garlic after about 5 minutes.

Add the bay leaves, herbs, and spices, and sauté for 1 more minute. Add the tomatoes and peas, cover, and cook for 10 more minutes. Remove some liquid if necessary. Mix in the parsley. Remove the bay leaves and thyme sprigs.

Spoon the mixture evenly into the 4 peppers. Bake them in the casserole dish for 25 minutes. Serves 4.

RECIPES

Pineapple Cashew Quinoa Stir Fry (adapted from Veganomicon)

Quinoa:

1 cup quinoa, well rinsed and drained

1 cup pineapple juice (from cans of pineapple used later)

1 cup cold water

1/4 tsp soy sauce

Stir-Fry:

4 oz cashews, raw and unsalted

3 tbsp peanut oil

3 tsbp vegetable stock

2 scallions, sliced thinly

2 cloves garlic, minced

1 hot red chile, diced

1/2 inch piece ginger, peeled and minced

1 red bell pepper, diced

1 cup frozen green peas or edamame

1/2 cup fresh basil leaves, chopped

10 oz pineapple (canned, in chunks)

3 tbsp soy sauce

Quinoa:

Combine quinoa, juice, water, and soy sauce in a pot. Cover and bring to a boil. Stir, lower heat, cover, and cook for 12-14 minutes (until liquid has been absorbed). Uncover, fluff, and let cool.

Stir-Fry:

Use a skillet or a wok, if you have one. Chop all ingredients beforehand. Place cashews in the pan and heat over low heat until lightly toasted (4-5 minutes). Remove from pan. Raise heat and add peanut oil, scallions, and garlic. When the garlic sizzles, add the chile pepper and ginger. Fry for 2 minutes, then add bell pepper and peas. When pepper is softened, add basil and stir before adding pineapple and quinoa.

In a small bowl, combine soy sauce and veggie stock. Pour over the quinoa mixture and stir well. Stir-fry for 10-14 minutes. Serves 4.

RECIPES

Penne Vodka (adapted from Veganomicon)

2 tsp olive oil

4 cloves garlic, minced

1/4 tsp crushed red pepper

28 oz can crushed tomatoes

1/4 cup vodka (sorry, minors)

1/4 tsp dried thyme

1/4 tsp dried oregano

1/2 tsp salt

Dash of black pepper

1/4 cup finely chopped basil

1/2 lb penne pasta

Boil water for the pasta. In a saucepan, sauté oil, garlic, and crushed red pepper for 1 minute (be careful not to burn). Add crushed tomatoes, vodka, thyme, oregano, salt and pepper. Cover and bring to a simmer for 20 minutes, stirring occasionally. Add pasta to the water and cook.

Drain pasta and set aside. Add the basil to the sauce, and combine sauce with pasta. Serves 4.