



SHARP

# 2023 S.E.A. Cookbook



A Compilation of Culturally Diverse Recipes  
Shared by our Sharp Equality Alliance Members

*Cookbook curated by: Sharp Best Health*

# Background

Food connects our minds and bodies in powerful ways. The familiar warm smells of a grandmother's kitchen or the sweet nostalgia brought by a fair funnel cake can transport us to a particular space and time while simultaneously connecting us to one another. The stories and recipes we share across dining room tables help us to bridge boundaries, unite communities, and honor past generations to reveal the best in all of us. As colleagues, neighbors and friends, we contribute to potlucks and cookouts, we drop off meals to new parents, and we nourish each other through all phases of life.

At Sharp HealthCare, we value all individuals and the diverse communities they represent. This cookbook is a compilation of recipes collected by [Sharp Equality Alliance](#). It is a celebration of the rich diversity that makes Sharp HealthCare. By sharing personal and family recipes, we can travel the world without leaving the table.

# Breakfast Recipes



# German Apple Pancakes



8 servings



45 minutes

Submitted by: Kimberley Blackburn  
Sharp System Services

Culture Connection:  
German



## INGREDIENTS

- 8 eggs
- 1 1/2 cups flour
- 1 1/2 cups milk
- 1 tsp salt
- 1/2 cup butter
- 3 medium apples, thinly sliced
- 1/2 cup sugar
- 1/2 tsp ground cinnamon

## DIRECTIONS

1. Preheat oven to 400° F.
2. Place a 9" x 13" pan in the oven to heat.
3. Beat eggs, flour, milk and salt in a small mixer bowl on medium speed for 1 minute.
4. Remove pan from oven. Place butter in the pan and rotate until melted and coats sides of pan.
5. Arrange the apples on the bottom of the pan and pour the batter on top.
6. Sprinkle sugar mixture over the batter. Bake uncovered until puffed and golden brown.

## NOTES

Be sure to serve them as soon as they are done, for they sink rapidly, like souffles.

# Syrniki with Raisins



8-10 servings



20-22 mins

Submitted by: Olga Hays  
Sharp System Services

Culture Connection:  
Russian



## INGREDIENTS

- 1 1/2 cups farmer's cheese
- 2 Tbsps sugar
- 1 tsp vanilla
- 1/4 cup flour, plus more for dredging
- 1/4 cup raisins, chopped or berries (optional)
- 2 eggs, whisked
- 1 Tbsp olive oil (or other neutral oil)

## DIRECTIONS

1. Steam raisins (1 handful) in hot water, allow them to dry.
2. In a large bowl, combine farmer's cheese, sugar, vanilla, flour and raisins. Add in eggs and mix until well combined.
3. Sprinkle a few Tbsps flour on a flat surface. Using your hands, form balls from about 1/4 cup of farmer's cheese mixture. Dredge lightly on both sides in flour, patting them down so they're flat and about 1 inch thick.
4. Heat olive oil over medium high heat in a large pan. Add pancakes and cook for about 2 - 3 minutes on each side, until nicely browned.

Adapted from: <https://food52.com/recipes/67822-syrniki-russian-pancakes>

## NOTES

Syrniki are made from a farmer's cheese called Tvorog in Russian. Major supermarkets in North America carry this item under the name of Farmer's Cheese or quark. You can always find it in any Russian or Eastern European store if there is one close by. Syrniki (seer-nee-kee) were one of my mother's Saturday treats and one of my childhood memories. I grew up with a single mom who worked full time. And as a child I always liked Saturday mornings. They meant my Mom would make syrniki for me (I still remember waking up to the wonderful smells coming from the kitchen), we would enjoy breakfast together and then would go see a movie in a nearby movie theatre. I hope you will enjoy syrniki like I did!

# Piña Colada Rolls



24 servings



2 h 45 m

Submitted by: Christy Decker-Weber  
Sharp System Services

Culture Connection:  
American



## INGREDIENTS

### Dough for Rolls:

- 1 packet fast-acting dry yeast
- 1/4 cup sugar
- 6 Tbsps melted butter
- 2 large eggs
- 1/2 cup sour cream
- 1 tsp salt
- 2 3/4 - 3 cups flour

### Sugar and Coconut Mix:

- 3/4 cup sugar
- 3/4 cup shredded (unsweetened) coconut

### Pineapple Glaze:

- 1/4 cup melted butter
- 1/4 cup sour cream
- 6 Tbsps crushed pineapple (in 100% juice)

## DIRECTIONS

### Rolls:

1. Add 1/4 cup warm water (110 - 120° F) to 1 packet fast-acting dry yeast in a small bowl and add a pinch of sugar; stir until “creamy” and let bubble/activate for approximately 15 minutes.
2. In a large mixing bowl, pour in the activated yeast, add sugar, melted butter, eggs, sour cream, salt – stirring after adding each ingredient; gradually add flour to form a stiff dough. Cover and let dough rise for 2 hours.
3. After dough has risen, knead dough on a well-floured surface 15 times.
4. Take 1/2 the dough, form into a ball and roll out to a 12” circle. Brush with 1 Tbsp melted butter and sprinkle 1/2 the sugar/coconut mix over the dough circle. Cut into 12 wedges (pizza cutter works great).
5. Roll each wedge (starting at the wide end rolling towards short end) and place in a well-greased 9” x 13” baking pan (with the short end/tip of the roll facing bottom of pan).
6. Repeat with 2nd 1/2 of the dough and place rolls in a separate 9” x 13” baking pan.
7. Cover and let rise for 1 hour.

# Piña Colada Rolls

(Cont.)

## INGREDIENTS

Additional:

- 2 Tbsps (melted) butter to brush on rolled-out dough
- 1/4 cup shredded (unsweetened) coconut to sprinkle on the baked rolls

## DIRECTIONS

8. Bake 350° F for 25 - 30 minutes (until top of rolls are golden-brown). Leave in pan and cool for 10 - 15 minutes; then pour pineapple glaze over the top of the rolls and sprinkle with shredded coconut.

Pineapple Glaze Preparation:

1. Add butter to a medium saucepan and melt, add sour cream and melt, then add 6 Tbsps crushed pineapple (with 100% juice).
2. Boil for 3 minutes; stirring occasionally.

Serve warm; cover (air-tight) leftovers and store at room temperature for 3 - 4 days. Warm up rolls for 15 - 30 seconds in microwave.

## NOTES

Growing up, my family and I were members of a nearby neighborhood church. The Pastor's wife, Betty, would make these amazing rolls for the entire congregation every Christmas. As a small girl, I have fond memories of spending time with Betty and my mother "assisting" with making hundreds of these rolls every year. As an excuse to have these special rolls more than once a year, my immediate family adopted the practice, which soon became a tradition, to make the rolls to have for breakfast every Thanksgiving and Christmas Day. The smell brings back fond childhood memories and sparks the joy of the holidays within me. I hope you also taste and feel the joy and warmth of the holidays while enjoying these delicious rolls!

# Ranchero Sauce



5 servings



25 minutes

Submitted by: Latanya Rodriguez  
Sharp System Services

Culture Connection:  
Mexican



## INGREDIENTS

- 4 fresh tomatoes, diced
- 1 onion, diced
- 2 jalapeños
- 1 small can tomato sauce
- 1 small can-size of water
- 2 Tbsps of chili powder (Gebhardt) or any
- 1 handful of desired cheese
- 1 Tbsp cooking oil
- salt, garlic and pepper to taste

## DIRECTIONS

1. In a medium to large skillet, add cooking oil on medium heat.
2. Add onions and chiles. Sauté until onions are translucent.
3. Add diced tomatoes and sauté all with salt, garlic and pepper until desired tenderness of the tomatoes.
4. Add chili powder and a can of tomato sauce. Fill the same can with water and add water until it is your desired thickness.
5. Reduce heat to low, add cheese and keep low until serving time.
6. Add more spices to taste.

This sauce should be served hot or warm. Not only can it be used for breakfast, but it can be added to meat dishes, as well.

## NOTES

This is a family recipe handed down from my Ama Stella May Rodriguez. We had this as a weekend breakfast in our home with over easy eggs, potatoes, and bacon or sausage. Pour the sauce over the eggs and enjoy! You can also put over easy eggs on top of fried corn tortillas and then smother with Ranchero Sauce and a side of beans. BAM!!! Juevos Rancheros! Enjoy!



# Lunch and Dinner Recipes



# Neelam's Spicy Shrimp



4 servings



40 minutes

Submitted by: Sandra Lock

Sharp Grossmont Hospital/Sharp HospiceCare

Culture Connection:

Indian



## INGREDIENTS

- 3 Tbsps olive oil
- 6 garlic cloves, chopped
- 2 onions - medium, finely chopped
- 1 lb shrimp - fresh, peeled and deveined
- 1 potato - large, cut into cubes
- 1/2 tsp turmeric powder
- 1 tsp Indian chili powder
- 2 Tbsps cilantro, finely chopped
- 1 tsp lemon juice
- salt to taste

## DIRECTIONS

1. Heat oil to low-medium and add chopped garlic; stir until slightly brown.
2. Add chopped onion; stir until golden brown.
3. Add shrimp, potato, turmeric and chili powder. Stir for 2 minutes.
4. Reduce heat and cover the pot. Simmer until potato is cooked, about 15 minutes.
5. Turn off heat; stir in salt, cilantro, and lemon juice.
6. Serve hot.

## NOTES

Our now retired coworker, Neelam, used to make Indian dishes to share with her employees. We would get to sample all of her favorite homemade recipes throughout the years. She would return from India with her family's uniquely made "red and yellow spices" which she shared with me to make this delicious dish. My fondness of Indian food started because of Neelam. She was fiercely passionate with her friends and food. She had the perfect combination.

# English Beans, Potatoes, and Sauerkraut & Polish Kapusniak



8 servings



60 minutes

Culture Connection:

Polish

Submitted by: Unknown



## INGREDIENTS

- 16 oz bag dried Great Northern beans
- 1 ham bone with some meat on it
- 1 medium-large onion, quartered
- 2 bay leaves
- salt & pepper to taste
- 4 lbs of potatoes peeled and cut into bite-sized chunks
- 32 oz (2 pounds) sauerkraut

## DIRECTIONS

1. Rinse beans well and pick out the “oopsies.” Cover with plenty of water and allow to soak overnight.
2. Next morning, drain off water, rinse a couple of times, and pick out any remaining ugly beans.
3. Put beans and ham in large pot and cover beans with water, with a couple of inches of water above the beans. Fire should be medium-high heat.
4. While waiting for the boil, add bay leaves, diced onion, salt, and pepper.
5. Cover and bring to a boil, then reduce heat to a simmer.
6. Taste a bean or two in an hour or so until they are cooked thoroughly. Cover and turn off heat.

Serve hot. Also tastes wonderful served with Amish buttered cornbread, hot from the oven. Note: You can buy Amish butter at Keils Grocery Store on Jackson Drive, La Mesa/San Carlos 92119

## NOTES

My paternal grandparents were sponsored and immigrated to America from Poland around 1910. My mother married my dad during World War II, and dad taught mom how to cook this great Polish family dinner.

# Lentil Tacos with Mango Guacamole



4 servings



35 minutes

Culture Connection:  
Latin Inspired

Submitted by: Evangelina Lucero  
Sharp Grossmont Hospital/Sharp HospiceCare



## INGREDIENTS

### Mango Guacamole:

- 2 ripe avocados, cubed
- 1 1/2 cups ripe mango, cubed
- 1/4 cup red onion, diced
- 1/2 cup cilantro, chopped
- juice of 2 limes
- 1/2 tsp sea salt

### Taco Filling:

- 2 Tbsps grapeseed or coconut oil for sautéing (or use water)
- 2 roma tomatoes, diced
- 2 cups cooked lentils
- 4 leaves of kale
- 4 - 6 cups torn into smaller pieces, or 4 - 6 cups baby kale
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp sea salt
- 8 - 12 small tortillas warmed in the oven, stovetop, or microwave

## DIRECTIONS

1. Place the guacamole ingredients in a mortar and mash until your desired texture is reached. I like mine with some chunks in it. Set aside.
2. Heat 2 Tbsps of oil in a large skillet on medium heat. Add the tomatoes and cook until they've lost their shape.
3. Stir in the lentils and kale. Cook until kale is tender, about 5 minutes.
4. Stir in the seasonings, and season with more sea salt to taste if necessary.
5. Fill each tortilla with the lentil filling, then top with mango guacamole.

TIP: Serve hot.

Adapted from: <https://sweetpotatosoul.com>.

## NOTES

When I changed my lifestyle to vegan (including my 2 teenagers), I was determined to find recipes they would love. Taco Tuesday continues to be a day we look forward to. My 16 - year old daughter loves making this and has shared with many of her friends. I don't always make the guacamole and opt for slices of avocado instead. It's simply delish and easy to make.

# Chicken Tostadas



servings depend on  
amount of protein

🕒 2 hours

Submitted by: Leticia Waltz

Sharp Mary Birch Hospital for Women and Newborns

Culture Connection:

Mexican



## INGREDIENTS

- 1 head of iceberg lettuce
- 1 pack of chicken breasts or shredded beef
- 1 Tbsp chicken bouillon
- 1 can (or homemade) refried beans
- 1 onion, 1/2 quartered, 1/2 diced
- 1 container of salsa
- 1 pack of cotija cheese
- 1 pack of ready-to-eat tostadas
- sour cream

### NOTES

This recipe is from my childhood. My mother was born in Sinaloa, Mexico and immigrated to the United States before I was born. My mother has always felt proud of her heritage and has shared recipes and stories about her time as a child in Mexico. I am proud to be part of her amazing journey and my Hispanic heritage.

## DIRECTIONS

Preparing the chicken tostadas:

1. Place boneless chicken in a deep pot with enough water to cover the chicken. Add half an onion and 1 tablespoon of chicken bouillon. Cook on medium - high heat and boil until fully cooked.
2. While chicken is cooking, heat refried beans on the stove or microwave and finely chop the head of lettuce and set aside.
3. Turn off heat and remove chicken from pot and pat dry with a paper towel. Shred chicken using a fork or wait until chicken cools off then shred.
4. Begin topping tostadas by spreading refried beans evenly on tostada.
5. Add shredded chicken, lettuce, cheese, salsa and sour cream last, then top with cotija cheese to your liking.
6. Mix sour cream well before using as a topping.

Salsa:

1. Slice tomatoes in half.
2. Dice onions.
3. Remove stems and seeds from chiles serrano and slice in half.
4. Add all ingredients to pot of enough water to cover the vegetables (about 4 cups). Bring water to a boil and reduce to low heat.
5. Simmer for 20 minutes.
6. Blend all ingredients including cilantro and salt.

TIP: For a shortcut, use rotisserie chicken and ready - made salsa.

# Rich Alfredo Pizza



4 servings



40 minutes

Submitted by: Marcy Mishiwiec  
Sharp System Services

Culture Connection:  
Italian



## INGREDIENTS

- 1 pizza crust (home made or store - bought not Boboli!)
- 1 1/2 cups cooked chicken breast, cubed or shredded \*OR\* 8 oz cooked shrimp, small or medium sized
- 2 1/2 tsps butter
- 4 garlic cloves, minced
- 1/2 tsp onion powder
- 1 cup heavy cream
- 6 Tbsps freshly grated Parmesan cheese
- 1/4 tsp pepper
- 1/4 tsp salt (taste sauce first)
- 1 Tbsp fresh parsley or 1 tsp dried parsley
- 1 cup baby spinach
- 8 oz fresh mushrooms, sliced (you can sauté in butter for 5 minutes if desired)
- 2 cups shredded mozzarella cheese (optional)

## DIRECTIONS

1. Pre-heat oven to 400° F (or temperature crust package requires).
2. In a small, heavy saucepan, melt butter. Add garlic and cook about 30 - 60 seconds until fragrant. Add cream and heat to a simmer. Cook about 15 - 20 minutes until reduced by half.
3. Add parmesan cheese, onion powder, pepper, salt if needed. Cook until sauce thickens. Remove from heat, stir in parsley.
4. Pre-bake the pizza crust - follow directions on package or recipe, usually 7 - 8 minutes.
5. Spread about 2/3 of sauce on top of prepared crust. Dot with baby spinach, mushrooms (if used), and chicken or shrimp. Spread remaining sauce over top.
6. Top with mozzarella cheese.
7. Bake at 400° F for 8 - 10 minutes - until all ingredients are heated and cheese is melted.
8. Serve hot with a fresh green salad on the side.

## NOTES

My background is Sicilian-American. Our family life is centered around delicious food - eating meals together, sharing with extended family and friends. Most Sicilian foods focus on fresh ingredients and lots of olive oil and vegetables. A typical Sicilian pizza may be crust/flatbread with flavored olive oil and grilled tuna with fresh herbs - not what most Americans are used to. This recipe merges two fun Italian meals - pizza and Alfredo sauce. While not Sicilian per-se, it is a favorite in our home. Enjoy!

# Chicken Pot Pie

 6-8 servings  80 minutes

Submitted by: Melinda Dunn  
Sharp Chula Vista Medical Center

Culture Connection:  
American



## INGREDIENTS

- 2 chicken breasts
- salt and pepper to taste
- 1 cup chicken broth
- 1 1/2 cups milk
- 1 1/2 cups flour
- 1 bag of frozen mixed vegetables
- 1 cup butter
- 1 small white onion, chopped
- 1 package of Pillsbury pre-made refrigerator pie crusts

## DIRECTIONS

1. Pre heat oven to 425°F and take crusts out of the fridge to bring to room temperature.
2. Saute chicken breasts in medium pan. Cook thoroughly.
3. In the same pan that the chicken was cooked in, add butter and onion, simmer until onions are soft. Then add salt and pepper to taste. Gradually stir in broth, milk and then flour - cook until thick and bubbly (may need to add more milk or flour depending on consistency). then mix in veggies and chicken.
4. Place on crust in the bottom of a round baking pan. Add mixture on top, then other crust on top. Cut slits in the crust and bake uncovered for 45 minutes until crust is crispy.

## NOTES

My mom shared this with me years ago. I have made it for potluck parties and I have won awards! Super yummy.

# JoJo's Famous Italian Meatballs



8-13 servings



75 minutes

Culture Connection:

Italian

Submitted by: Johannah "JoJo" Johnson

Sharp Rees-Stealy



## INGREDIENTS

- 1 - 2 lbs ground beef
- 2 - 3 eggs
- 1 - 2 cups seasoned breadcrumbs (like Progresso)
- salt and pepper
- 1/4 cup fresh parsley, chopped
- 1/2 - 1 Tbsp garlic powder
- olive oil to cook meatballs in frying pan

## DIRECTIONS

1. Mix all ingredients together.
2. Roll meatballs - larger than a golf ball but smaller than a bocce ball!
3. Cook in oil on frying pan for 20 - 30 minutes on medium flame, the outside should be crispy and inside cooked through (no pink), so don't make the meatballs too big.
4. Serve with Pasta, slice and put on pizza and best of all? Meatball sandwiches!!

## NOTES

Growing up working in my family's Italian restaurant in the 70's and 80's, I made A LOT of meatballs! I have made the family recipe all mine with a few small changes. In my large Italian family, everyone says my meatballs are the BEST! Mangia!!



# Ed McMahon's Favorite Mushrooms



4 servings



50 minutes

Submitted by: Gregory Wall  
Sharp System Services

Culture Connection:  
Asian Inspired



## INGREDIENTS

- 2 trays - button top mushrooms
- 5 Tbsps garlic, minced

Sauce:

- 30% - Soy Sauce
- 30% - Balsamic Vinegar
- 30% - Honey
- 10% - Sriracha

## DIRECTIONS

1. Wash and rinse all mushrooms.
2. Slice all mushrooms into slices that are  $\frac{1}{4}$  thick - about 4 slices per mushroom.
3. Add all mushrooms to a wide/large sauce pan on your stove-top.
4. Add the four sauce ingredients in the portions marked below. The percentage is more important than the actual measure of each.  
30% - soy sauce (low salt) 30% - balsamic vinegar, 30% - honey, 10% - sriracha
1. Set to level 2 or 3 heat on the stove.
2. Continue stirring everything until the sauce begins to reduce
3. Add the minced garlic.
4. Continue stirring until the sauce is reduce to a glaze and the mushrooms are about  $\frac{1}{3}$  their original size.
5. Add (pour) the final product over the top of your Beef, Pork, or Chicken main dish. ENJOY!

TIP: This is not to be eaten alone... it was designed to be added over the top of a Filet Mignon or New York Strip specifically.

## NOTES

This recipe was created by Ed McMahon's personal chef and taught to me by Ed's stepson's roommate, who was my boss at the time.

# Bulgur Salad with Roasted Peppers and Spiced Cumin Dressing



4-6 servings



30 minutes

Culture Connection:  
Middle Eastern

Submitted by: Kris Skelly

Sharp System Services



## INGREDIENTS

- 1 1/2 cups fine grain bulgur
- 3 cups boiling water
- 5 Tbsps fresh lemon juice
- 2 tsps honey
- 2 tsps ground cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp salt (to taste)
- 1/2 cup extra virgin olive oil
- 1 can chickpeas, rinsed and drained
- 1 red pepper, roasted, peeled, seeded and diced (jar is fine)
- 6 oz feta cheese, drained and crumbled
- 1/4 cup fresh parsley leaves, minced

## DIRECTIONS

1. Place the bulgur in a large bowl; add the boiling water and set aside, stirring occasionally until the bulgur has softened (15 - 20 minutes).
2. Drain the excess water, remove as much as possible (press out the excess moisture in a strainer)
3. Whisk the lemon juice, honey, cumin, cayenne and salt together then whisk in oil until dressing is smooth.
4. Add chickpeas, roasted peppers, feta cheese and parsley to the bulgur, stir to combine, drizzle in the dressing.

TIP: Chill, or serve immediately (it gets better as it sits and is great the next day!!). Can serve as a side dish, with pita, or in lettuce leaves.

## NOTES

I got this recipe 10 years ago during a wine tour in Napa with my Mom and sister and it has become a family favorite. I cannot show up at a family pot luck with any other dish.

# Sopa de Conchitas



2-4 servings



20-25 minutes

Submitted by: Ben Moraga  
Sharp System Services

Culture Connection:  
Mexican



## INGREDIENTS

- 2 cups medium pasta shells
- 1 small white onion, diced
- 2 - 3 cloves of garlic, minced
- 2 serrano peppers
- 1/2 cup tomato sauce
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp pepper
- 1 tsp salt
- 3 cups chicken stock
- olive oil

## DIRECTIONS

1. In a large pan, preheat 3 Tbsps of oil to medium heat.
2. Add the pasta and cook for a few minutes, until pasta starts to toast.
3. Add the onions and garlic and cook for another minute or so. Add all of the remaining ingredients, stir well to combine.
4. Bring to a boil, lower heat, add salt to taste. Cover and cook for about 15 minutes, stirring occasionally.
5. Once pasta is cooked, remove from heat and let stand for 5 minutes.

TIP: Best served warm.

## NOTES

Sopa de Conchitas is classic Mexican dish. My grandmother made it for my father growing up and I was raised on it. My family grew up poor and in Section 8 housing. This recipe reflects those roots and that of the Mexican American culture. It is a simple, cost effective, hearty meal that has been passed down for generations and one that I continue to prepare today.

The main memory I have of that recipe was it was the first thing my father ever taught me how to cook. It was a staple for him growing up since it was a cheap and easy dish to make. They grew up very poor and this was a special meal. Once I was exposed to it, I started to ask my grandmother about it. She said they would have it mainly with water, but when it was a big occasion, they would try and get the tomato sauce to make it special. That really stayed with me. Having tomato sauce in this dish was a luxury for them.

# Okroshka



8 servings



40 minutes

Submitted by: Andy York  
Sharp System Services

Culture Connection:  
Russian



## INGREDIENTS

- 8 cups cold water
- 1/3 cup sour cream
- 3 1/2 Tbsps vinegar, divided
- 2 1/2 Tbsps salt
- 3 Tbsps dill, chopped (fresh or frozen)
- 1/2 cup green onion, finely chopped
- 1/2 lb ham, diced
- 3 - 4 medium cooked potatoes, peeled and diced
- 3 hard-boiled eggs, diced
- 3 - 4 cucumbers, diced

## DIRECTIONS

1. Peel potatoes and dice them into 1/4" cubes. Place diced potatoes in a medium pot and cover with water. Add 1 Tbsp vinegar and bring to a boil then continue boiling for 10 minutes or until the potatoes are cooked, but not falling apart. Drain well and set aside to cool.
2. While potatoes are cooking, boil 3 eggs and cool them in ice water.
3. Dice 3 eggs, 3 - 4 cucumbers, 1/2 lb of ham. Also chop 3 Tbsp of dill and 1/2 cup of green onions. Place everything in a large pot. (you can add 5 - 6 chopped radishes as well for an extra crunch).
4. In a separate large bowl, whisk together 8 cups of cold water, 1/3 cup of sour cream, 2 1/2 Tbsps of vinegar, 2 1/2 tsps of salt until combined.
5. Pour the mixture in the pot with the rest of ingredients. Stir to combine.

Adapted from: <https://natashaskitchen.com/okroshka-recipe-russian-summer-soup/>

TIP: This dish is served cold. I usually chill it in the refrigerator for an hour. I have left out the ham for my vegetarian friends and have used greek yogurt instead of sour cream

## NOTES

Okroshka is a cold soup usually served in the summer. It originated in the Volga region of Russia where my paternal grandparents were from (city of Saratov). I never met my grandparents (they died before I was born) but my Mom made this soup for my Dad when I was young. It was one of his favorites because his Mom used to make it during the short Russian (and later Michigan) summers. It gives me a feeling of connection to a side of my family I have never spoken too. As for the recipe, you can substitute sausage or beef instead of ham. I have used kielbasa and actually prefer it. I will occasionally add chopped radishes as well.

# Smothered Chicken



4 servings



45 minutes

Submitted by: Amy Jenkins  
Sharp Coronado Hospital

Culture Connection:  
African-American



## INGREDIENTS

- 1 (3 1/2 pound) chicken, rinsed and cut into 8 pieces
- 1/2 tsp salt, plus more to taste
- 1/4 tsp freshly ground black pepper, plus more to taste
- 1 cup flour
- 1/2 cup vegetable oil
- 2 onions, chopped
- 2 celery ribs, chopped
- 1 garlic clove, minced
- 3 cups chicken broth

## NOTES

This recipe came from from my ex-mother in law, who lived in Virginia, and was a master of African- American cuisine. It's very simple to prepare and feeds a whole family.

## DIRECTIONS

1. Season the chicken with 1/2 tsp salt and 1/4 tsp pepper. Place the flour in a large bowl. Roll the chicken in the flour to coat, shaking off excess flour. Transfer 3 Tbsps of the flour to a medium bowl and set aside.
2. In a large skillet, heat the oil over medium-high heat. Add the chicken and cook, turning halfway during cooking, until golden brown, about 10 minutes. Transfer to a plate and set aside.
3. Pour off all but 3 Tbsps of the oil from the skillet. Reduce the heat to medium.
4. Add the onions, celery, and garlic and cook, stirring often, until tender, about 5 minutes. Sprinkle with the reserved flour and stir well. Gradually stir in the broth and bring to a simmer.
5. Return the chicken to the skillet. Reduce the heat to low. Cover and simmer, stirring occasionally, until the chicken is cooked through and shows no sign of pink when pierced at the bone, about 35 minutes.
6. Transfer the chicken to a deep platter and cover with foil to keep warm.
7. Bring the sauce to a boil over high heat and cook, stirring often, until thickened, about 5 minutes.
8. Season the gravy with salt and pepper and pour over the chicken.

TIP: Serve hot over rice or with your choice of pasta.

# Debbie's Chicken Tortilla Soup



10-12 servings ⌚ 4 hours

Culture Connection:  
Mexican

Submitted by: Debbie Cabanas  
Sharp System Services



## INGREDIENTS

- 1 whole fryer chicken
- 6 cloves garlic
- 2 large onions, sliced into quarters
- 2 Tbsps of fresh cilantro
- 1 sprig fresh oregano
- 8 medium tomatoes
- 1, 10 oz can tomato puree
- 1 medium poblano chile, deveined and seeded
- 1 serrano chile, deveined and seeded
- 1 small can of chipotle chile in adobo sauce
- 2 tsps of olive oil
- 4 leaves fresh epazote
- corn tortillas
- cotija cheese
- avocados
- monterey jack cheese
- limes

## DIRECTIONS

1. In large stock pot place chicken, 1 onion cut in quarter, 3 cloves of garlic and salt. I am liberal with the salt so that it gives the broth and chicken more flavor.
2. Let boil for a couple of hours until the meat is falling off the bone.
3. While chicken is boiling: devein and cut into half the poblano and Serrano chiles. Place them in the oven under the broiler to brown both sides.
4. Strain chicken and broth into large pot and let cool.
5. Once cooled begin taking the bones out and shredding the chicken by hand. This helps to make sure you got all of the little bones out as well as getting the chicken ready for the soup.
6. While the chicken and broth are cooling: in a blender or food processor puree 4 tomatoes, 3 cloves garlic, 2 quarters of onion, 1/2 of poblano chile, whole serrano chile, one chipotle chile, can of tomato puree and 2 Tbsps adobo sauce.
7. Place stock pot with broth from chicken and add remaining 2 quarter of onion, 4 leaves of epazote and bring to slow rolling boil for 15 minutes.
8. At the same time take the stock pot used to boil chicken and place olive oil and heat. Once oil is hot pour in the puree from tomatoes and garlic and cook until turns color. This takes about 10 - 15 minutes.

# Debbie's Chicken Tortilla Soup

(Cont.)



10-12 servings ⌚ 4 hours

Submitted by: Debbie Cabanas  
Sharp System Services

Culture Connection:  
Mexican

## DIRECTIONS

9. Remove onion and epazote from boiling broth and add heated puree.
10. Dice up 4 more tomatoes and place in soup and cook for another 20 minutes.
11. While soup is cooking slice tortillas lengthwise and in half. Heat vegetable oil or olive oil (which ever you prefer) and fry tortilla strips.
12. In bowls crumble cotija cheese, add soup, avocado and drained tortilla strips. I squeeze some lime juice in for the flavor. You can also add Monterey jack cheese if you want more cheese or substitute for cotija cheese.

TIP: Serve hot.

## NOTES

This is a Hispanic version of Chicken soup. This is a comfort food. You can adjust the heat level by adding more Chipotle, Adobo sauce, Serrano and Poblano chiles. I use both Cotija and Jack cheese as I like the flavors that they give.

# Cilantro-Lime Chicken with Avocado Salsa (Gluten Free)



4 servings



30 minutes

Submitted by: Hanna Brezinski  
Sharp Rees-Stealy

Culture Connection:  
Mexican



## INGREDIENTS

- 2 Tbsps fresh cilantro, minced
- 2 1/2 Tbsps fresh lime juice
- 1 1/2 Tbsps olive oil
- 4 (6 oz) skinless, boneless chicken breast halves
- 1/4 tsp salt
- cooking spray

Salsa:

- 1 cup plum tomato, chopped (about 2)
- 2 Tbsps onion, finely chopped (yellow or white)
- 2 tsps fresh lime juice
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 avocado, peeled and finely cubed

## DIRECTIONS

1. To prepare chicken, combine cilantro, lime juice, olive oil, and chicken in a large bowl; toss and let stand 3 minutes. Remove chicken from marinade; discard marinade.
2. Sprinkle chicken evenly with 1/4 tsp salt.
3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 6 minutes on each side or until done.
4. To prepare salsa, combine tomato, onion, lime juice, salt, and pepper in a medium bowl. Add avocado; stir gently to combine. Serve salsa over chicken.

Adapted from: <https://www.myrecipes.com/recipe/cilantro-lime-chicken-with-avocado-salsa>

TIPS: Serve immediately, or refrigerate and reheat. Recommended side dish: saffron rice. Grilling the chicken or cooking in a cast-iron pan imparts the best flavor. The chicken can be chopped and the ingredients added to a green salad if you prefer. Marinate your protein for more time for more flavor, and make extra salsa as you will want more! Saffron butter rice is recommended as a side with this dish and definitely dresses it up for a fancier evening. You can substitute fish like tilapia, haddock, mahi mahi, or tuna steak in lieu of chicken.

## NOTES

This recipe makes for great leftovers and is easy to prep for my work lunches. I've been making this for years and it's always well-received.



# Japanese Toasted Sesame Soba Noodles



3-6 servings



25 minutes

Submitted by: John Aganon-Riedling  
Sharp System Services

Culture Connection:  
Japanese



## INGREDIENTS

- 1 package soba noodles, approx. 10 oz
- 1/3 cup soy sauce.
- 3 Tbsps sesame oil
- 2 Tbsps rice vinegar
- 1 Tbsp sugar to taste
- 1/4 tsp freshly ground black pepper
- 1/2 of lemon juice
- 1/4 tsp of ground Himalayan sea salt
- 4 Tbsps toasted sesame seeds
- 3 cups of chopped green onions
- sprinkle of furikake seasoning
- cooked shrimp (I like to add this to the dish), but you can add chopped chicken breast or thighs glazed with hoisin or teriyaki sauce, or even salmon.
- soft boiled egg (optional)
- chopped green onions
- 1/2 cup asparagus tips cut from the stalk
- 10 small cherry tomatoes cut in half
- 1/2 cup mushrooms

## DIRECTIONS

Prepare the proteins first:

1. Quickly cook or reheat (microwave) your fresh or frozen deveined tail off shrimp. I like to put precooked frozen shrimp in a cup and then run hot water over the shrimp letting it defrost but not necessarily cook. Set aside.
2. Soft boil 3 eggs approximately 4 minutes in boiling water and place immediately in cold ice bath. Carefully remove eggshells. Set aside.

Preparing the Soba noodles:

1. Bring a large pot of water to a boil and cook the soba noodles for about 4 minutes or just until tender (I prefer Soba noodles al dente, avoid overcooking) stirring occasionally so the noodles don't clump.
2. Before draining into a colander for the cold rinse, use this opportunity to place your asparagus tips into a wire strainer with handle to dip into the cooking Soba noodle pot. Once you see the colors darken slightly (about 30 seconds) remove from the pot, place in ice cold bath to stop the cooking process. Set aside.
3. Place your al dente cooked soba noodles into a colander and rinse well under cold water, tossing to remove the starch.

Preparing the sauce:

1. While the noodles are cooking, in a medium bowl, whisk together the soy sauce, sesame oil, rice vinegar, (sugar if desired), black pepper, and freshly squeezed 1/2 of lemon. Set aside.

# Japanese Toasted Sesame Soba Noodles *(Cont.)*

6. Chop your green onions and add  $\frac{3}{4}$  of them to the above sauce mixture. Save  $\frac{1}{4}$  of chopped green onions for later addition. The rice vinegar in the sauce will “cook” the green onions.
7. Toast your sesame seeds into a small skillet on medium to low heat carefully moving the seeds so they don't burn. Remove them as soon as you see them toasting to your desired color. Set aside.

Final combination:

1. In a large pasta bowl, add your cooked soba noodles, your blanched asparagus tips, your small cut ( $\frac{1}{3}$ -inch size) raw lionsmane mushrooms, your sauce with the green onions included, your (shrimp) protein, and toasted sesame seeds (saving  $\frac{1}{4}$  of toasted sesame seeds for final sprinkle.) Gently toss together carefully mixing the ingredients.
2. Using tongs, serve Soba noodles on a dish or bowl.
3. Gently slice soft boiled eggs in half, place on top of soba noodle serving, sprinkle with a pinch of toasted sesame (from saved), a pinch of fresh green onions (from saved) and a pinch of ground Himalayan sea salt (as desired). You can choose to dust the top with your choice of Furikake seasoning.
4. Serve this dish as is or put the pieces together the next morning for a COLD Soba noodle experience.
5. For a HOT SOBA noodle dish, using a large skillet, add the sauce mixture and cook for 30 seconds, quickly add the noodles and toss in the toasted sesame seeds, cook until noodles are heated through. Add the remaining minced green onion, freshly heated Shrimp, asparagus tips and lion's mane mushrooms. Gently place your soft-boiled eggs sliced in two. Garnish with the remaining seeds and serve warm or room temperature.

TIPS: Serve this dish hot as is or put the pieces together the next morning for a COLD Soba noodle experience.

## NOTES

I love Japanese cuisine and the complexity of flavors using very simple but high quality ingredients. I like this dish because it's so easy to make and so tasty whether it's served hot or cold. This Soba noodle dish blends together the earthy flavors of buckwheat, sesame seeds and mushrooms, with the savory sweetness of Soy Sauce, Sesame oil and the acidic tanginess from the Rice vinegar.

I love to include this dish in family and friends gatherings for brunch, lunch or dinner. Although a Japanese dish, in my Filipino culture serving long noodle dishes is a tradition. Long noodles represent long life, health and prosperity. Often times you will see Pancit at gatherings, a Filipino rice noodle dish, or even spaghetti at Filipino gatherings. Regardless of the origins of the noodle dish, the symbolism of a long noodle dish is important to Filipinos.

The complex flavors of this dish make it a nice addition to any meal, or as an exotic dish to bring to a potluck. It tastes complex and looks like you spent a lot of time creating, but on the contrary, it's simple. It can be served hot, or cold. I prefer to eat it cold the next day. It can be added as a base to any kind of noodle bowl, or soup, or used instead of rice with any kind of protein.

Soba Noodles are lower in carbs than pasta. The high fiber content helps to slow down how fast the carbs are digested making it less likely to spike blood sugar levels. This particular brand and package of Soba noodles that I use are made from a blend of Hard Red Winter and Hard Red Spring Wheat Flours, Whole Buckwheat Flour, Mugwort Leaf Powder and Sea Salt—very simple ingredients. And as an aside, there is a difference between buckwheat and wheat. Buckwheat is the seed of the flowering plant, the *Fagopyrum tataricum*, which is NOT a grass, whereas wheat refers to any of the several cereal grains of the genus *Triticum*. Buckwheat is completely gluten-free, while wheat contains gluten.

You can find Soba Noodles that are simply Buckwheat Flour and Salt. Buckwheat protein is a higher quality protein than Wheat Flour. Eating buckwheat has been shown to have benefits for blood sugar, heart health, inflammation and cancer prevention. This may be due to buckwheat's fiber and plant compounds, including rutin. Pure 100% buckwheat soba noodles are a healthy food anyone can enjoy. They're naturally gluten-free if made solely with uncontaminated buckwheat flour (though allergies to buckwheat is possible.) The addition of proteins make this simple base, or side dish a great main course meal.

Source: <https://www.healthline.com/nutrition/soba-noodles#what-they-are>

With this particular recipe, I've added the protein shrimp, lionsmane mushrooms, asparagus tips and sweet cherry tomatos. Outside of the toasted white and black sesame seeds, I also like to give the end product a dusting of Furikake seasoning. You can find this in any Japanese or Asian Market. There are many varieties of Furikake seasoning. To spice up this dish, you can add chili flakes to your end product on an as needed basis. This should give it the kick you want.

# Midwestern Lasagna



12 servings



70 minutes

Submitted by: Elisabeth Heath  
Sharp System Services

Culture Connection:  
American



## INGREDIENTS

- 3/4 lb ground beef (or turkey)
- 3 cups spaghetti sauce
- 6 dry lasagna noodles
- 15 oz container cottage cheese
- 2 cups shredded mozzarella cheese
- 1/4 cup water

## DIRECTIONS

1. Brown meat in skillet & drain any excess fat.
2. Add spaghetti sauce & heat through.
3. In 9" x 13" casserole dish, spread an even layer of sauce. Top with the noodles, then add 1/2 of the cottage cheese and 1/2 of the mozzarella cheese.
4. Repeat sauce, noodles, cheese. Top with sauce.
5. Slowly pour water around the inside edge of dish. Cover with a lid or foil.
6. Bake at 375° F for 45 minutes.
7. Remove foil, bake an additional 10 minutes. Remove from oven and let rest for 10 minutes before serving.

TIPS: Serve with salad and garlic bread. My momma says to double the cheese in the recipe to make it really good.

## NOTES

My mom made this for special occasions growing up, but it's so easy! It's great for any old Tuesday. After moving to San Diego, I had a friend ask if I had a good lasagna recipe, because she wanted to make it for a neighbor. I asked my mom for hers & I got a picture from a well-worn church cookbook (where all the congregation submits their own family favorites) and it had Mom's penciled-in notes in it that said, "Very Good!!!", and was double underlined. It also to double the cheese. It made me laugh. I like to make it for friends with new babies or whenever I need a good taste of the Midwest.

# Air-Fryer Lumpia



12 servings



40 minutes

Submitted by: Leslie Aquinde  
Sharp Chula Vista Medical Center

Culture Connection:  
Filipino



## INGREDIENTS

- 24 egg roll wrappers
- vegetable oil
- sweet chili sauce, for serving

### Filling:

- 1/2 lb ground beef
- 1/2 cup carrots, minced
- 1/2 cup onions, minced
- 1/2 cup water chestnuts, minced
- 1/8 cup green onions, chopped
- 1 Tbsp soy sauce
- 1/2 tsp chicken flavor bouillon
- 1/2 - 1 tsp garlic salt
- 1/2 - 1 tsp ground black pepper
- 1 large egg

### Egg wash:

- 1 large egg
- 1 Tbsp water

## DIRECTIONS

### Prepare the filling:

1. In a large mixing bowl, add the ground beef (or any protein of your choice), carrots, onions, water chestnuts, green onions, soy sauce and chicken flavor bouillon. Add the garlic salt and ground black pepper, adjusted to taste.
2. Add 1 large egg and thoroughly mix all ingredients together by hand, using an appropriate cooking glove, until all ingredients bind together.

### Roll the lumpia:

1. Prepare the egg wash: In a small bowl, beat 1 large egg and 1 Tbsp water. Set aside for use later.
2. Transfer filling into a piping bag for easier preparation or keep filling in the bowl and use a spoon and your hands when rolling the lumpia.
3. On a cutting board or plate, lay 1 egg roll wrapper in a diamond shape. Add 1 - 2 Tbsps of filling, depending on whether you like your lumpia thin or thick.
4. Roll the lumpia and tuck in the sides of the wrapper. Lightly coat each end of the wrapper with the egg wash to seal.
5. Repeat this step for each wrapper, until all the filling is used. Once finished, you can either refrigerate or freeze the lumpia to cook later or continue to the next step.

# Air-Fryer Lumpia

(Cont.)

## DIRECTIONS

Air fry:

1. In the air fryer basket or on the tray, line the lumpia a half inch apart and lightly brush each one with vegetable oil on both sides. Set the air fryer at 350° F for 5 minutes. Flip the lumpia and continue cooking for an additional 5 - 6 minutes.
2. Serve with sweet chili sauce and enjoy!

TIPS: While lumpia, the popular Filipino meat and veggie-filled roll, is usually deep-fried, this version gets a healthy kick in the air fryer.

## NOTES

Filipino American History Month is celebrated in October to honor the earliest documented arrival of Filipinos in Morro Bay, California on October 18, 1587. According to the latest U.S. Census, approximately 200,000 Filipino Americans live in San Diego County. They have since shared their culture and cuisine at local, authentic restaurants and as a staple dish for parties and family gatherings.

Filipino cuisine embodies generations of families who have passed down their recipes, including lumpia — one of the most widely known Filipino dishes. Derived from the Chinese spring roll, this air-fryer lumpia recipe is a perfect starter for any occasion.

# Egg Pasta Dough

 depends on the pasta you cut  depends on the pasta you cut

Submitted by: Valerie Mattas  
Sharp System Services

Culture Connection:  
Italian



## INGREDIENTS

- 100 gr (3.5 oz or 3/4 cup) Italian “00” flour (or all-purpose flour)
- 70 gr (2.5 oz or 1/2 cup) semolina flour
- 2 eggs
- large cutting board or clean kitchen counter
- fork
- bench scraper (also known as bench knife, board scraper or dough cutter)

### NOTES


My dad was born in Italy and adopted by an Italian-American couple who immigrated to New York, but wanted to have an Italian child. Feeling connected to Italy and Italian food has been a part of my identity since childhood. Our large, loud family gathers around my parents table for dinner on Sundays with plenty of food to share. My husband and I planned our honeymoon around my dream of visiting my dad's birthplace. As part of that trip, we took a course on making pasta with a wonderful couple, Luca and Lorenzo. We learned about pasta, about Italy, and about the importance of sharing a meal with the people you love - something I was already familiar with. Making homemade ravioli is time consuming and a labor of love and that is exactly why it is my favorite meal to prepare for others when I host. I find it relaxing to listen to music and make something beautiful.


## DIRECTIONS

1. Put both flours on a cutting board or clean the kitchen counter and mix them together. Set aside about three tablespoons of the flour on the corner of your work surface.
2. Shape the remaining flour mixture into the shape of a volcano, making a large hole in the center with a fork.
3. Crack the eggs into the hole and SLOWLY beat them with the fork, gradually incorporating the flour from the sides of the volcano until you reach a consistency that can be worked by hand. It will be shaggy to start. Set aside.
4. Using the bench scraper, clean your work surface by scraping up the dough stuck to the board. Set the dough scrapings aside.
5. Sprinkle a little of the reserved flour on the cleaned work surface. Place your dough on the cutting board, flatten a little bit, then place the dough scrapings in the center. Knead the scrapings into the main ball of dough and continue kneading for at least ten minutes, adding flour from the reserved flour pile a little bit at a time if the dough is too sticky. Stop kneading when the dough obtains a smooth, even consistency throughout.
6. Shape the dough into a ball and wrap it in plastic wrap. Place it in refrigerator to rest for half an hour. Clean your work surface again.
7. After the dough has rested, take it out of the refrigerator and knead it again for a few seconds. At this point, the dough can be rolled to the thinness that is required for whatever recipe you are going to make (spaghetti alla chitarra, ravioli, lasagna, etc.), either using a pasta machine or by hand.

TIPS: Remember to consider the size of the eggs and the weather conditions when you make your pasta dough. It is easier to start with less flour and a very soft dough consistency, adding flour as needed, to obtain the perfect final texture. If you have added too much flour and the dough becomes too stiff to knead, you can moisten your hands with water and return to kneading. Repeat the same action as many times as needed.

# Ravioli with Ricotta and Pecorino

 10 servings

 70 minutes

Culture Connection:

Italian

Submitted by: Valerie Mattas

Sharp System Services



## INGREDIENTS

### Ravioli Filling:

- 14 oz (400g) of fresh ricotta cheese (preferably sheep's milk ricotta)
- 3 oz (80g) freshly grated pecorino cheese (pecorino romano)
- 1 tsp freshly grated black pepper
- salt, for cooking the ravioli (see note about how much salt to use)

### Sage Butter Sauce:

- 4 Tbsps butter
- 8 fresh sage leaves
- freshly grated black pepper
- freshly grated pecorino romano cheese, for serving

## DIRECTIONS

1. Make the pasta dough according to the recipe. While dough rests, make the filling.
2. Make the filling: In a large bowl, place the ricotta, pecorino cheese and black pepper, mix with a large spoon or spatula until well blended and smooth.
3. Roll the pasta dough with a rolling pin or with a pasta machine. If rolling dough out by hand, roll until 2mm in thickness (quite thin) and cut rectangular strips of dough 6.5" (160mm) wide. If using a machine, divide the dough into four pieces and roll through the machine, flouring the dough lightly as needed. You should have several 6.5" (160mm) wide strips of dough of varying lengths (if using a Marcato brand machine, roll until setting number 7). Set the strips aside under a towel while you fill the ravioli.

### Fill the ravioli:

4. On a lightly floured surface, lay one strip of dough in front of you, with the long side facing you. Put 1 heaping teaspoon of filling along the length of the pasta dough in the center of the dough, starting 0.5" (2cm) from the short edge and leaving 1" (3cm) of space in between each spoon of filling (the number of spoons of filling will vary depending on the length of your piece of dough). Take the farther, long edge of the dough and fold it over the top of the filling to meet the long edge of the dough that is closer to you.

# Ravioli with Ricotta and Pecorino *(Cont.)*

## INGREDIENTS

Equipment:

rolling pin or pasta rolling machine  
ravioli cutter wheel, preferably made from brass

a large pot, for cooking the ravioli  
a colander, for draining the ravioli  
a large sauté pan, for making the sauce

## DIRECTIONS

5. Press closely around the filling with the first two fingers of both hands, pressing the air towards the open edge of the dough. It is very important to press all of the air out, otherwise the ravioli will explode during cooking!
6. Once the dough is sealed around the filling, cut the ravioli with a ravioli cutter to give them the traditional square ravioli shape. Set the finished ravioli aside in one layer while you fill the other ravioli in the same manner.

Cook the ravioli:

7. Bring a large pot of water to a boil, then add salt\* and bring back to a rolling boil. Place your colander in the sink. While the water is boiling, make your sauce (see our sauce suggestion, below).
8. Add the ravioli to the salted, boiling water. Cook until al dente, about 6 - 8 minutes. The timing is approximate and will depend on how far ahead you have made the pasta, how soft your dough is, how thick the dough is, etc. Start tasting the ravioli after 6 minutes.
9. When the ravioli are ready, scoop out some of the pasta cooking water in a cup and set aside to use in the sauce, then drain the ravioli in the colander. Put the ravioli directly into the pan with the sauce. Toss the ravioli in the sauce for a few seconds, adding some of the reserved pasta cooking water to give the sauce a creamier consistency (the starch in the pasta water does the trick). Serve immediately with freshly grated pecorino cheese over the top.

Sauce suggestion:

I learned to serve these ravioli with a sauce of sage, butter and pepper. While the ravioli are cooking, melt the butter in a large sauté pan. Add the sage leaves and pepper, and cook the leaves in the butter for a few minutes, just until the leaves and butter start to brown. At this point your ravioli should be cooked and added to the sauce immediately. If the ravioli are not yet ready, take the sauce off the heat otherwise it will burn. When the ravioli are ready, add them to the sauce, reheat the sauce with the ravioli briefly, adding some of the reserved pasta cooking water, and serve as above.

\*A note on how much salt to use in pasta cooking water: To cook 100 gr/3.5 oz of pasta, you need one quart/liter of water and 2 - 3 tsps of coarse salt according to the saltiness of the final sauce. In the case of the butter and sage sauce, it is better to use 3 tsps of salt because the sauce is very delicate.

TIPS: Serve with white wine or lemon water



# Filipino Chicken Adobo



3-6 servings



50 minutes

Submitted by: John Aganon-Riedling  
Sharp System Services

Culture Connection:  
Filipino



## INGREDIENTS

- Boneless skinless chicken thighs – do not substitute with breast (sauce won't thicken chicken will be dry.)
- Low sodium soy sauce – or all purpose or light soy sauce. Do not use DARK labeled soy sauce. It's too concentrated.
- Rice wine vinegar – you can substitute with any white vinegar, clear vinegar, apple cider vinegar, sherry vinegar.
- Peanut oil – you can use sesame oil, canola oil, vegetable oil.
- Onion and garlic– cooked and added with addition of chicken.
- Peppercorns – whole pepper, can substitute cracked peppercorn.
- Brown sugar – brown is preferred, but you can substitute white sugar.
- Bay leaves – dried, or fresh
- Red cherry tomato – sliced in half added to dish at the very end (so it's only ½ cooked.)
- Green onion – chopped and sprinkled on top for garnish when plating
- Thinly sliced carrots – added to dish while simmering to cook through (use sparingly)
- Small green broccoli florets – cooked separately and added at very end (optional)
- Basil – sprig of basil (optional garnish)
- Sesame seeds– sprinkle on top as (optional garnish)

### Chicken Marinade

- • 750g (1.5 lb) chicken thigh filets (I prefer boneless and skinless 6 pieces)
- • 4 garlic cloves minced
- • 1/3 cup (8ml) low sodium soy sauce (you can use all-purpose soy sauce if you prefer)
- • 1/3 cup Rice Wine Vinegar (common white vinegar is also used)
- • 4 bay leaves (fresh or dried)

# Filipino Chicken Adobo

(Cont.)

## Cooking

- 2 Tbsps peanut oil (can use sesame, canola or vegetable)
- 4 garlic cloves minced
- 1 small brown onion
- 1 ½ cups of water
- 1 Tbsp whole black pepper
- 2 Tbsps brown sugar (optional)
- 6 thinly sliced carrots about 3 inches long, half inch wide, ½ inch thick (optional)

## At Serving

- 2 green onions/scallions (chopped and sprinkled on top as garnish)
- 5 cherry tomatoes sliced in half and added at the very end of cook time so its ½ cooked and red but not soft or soggy
- sprinkle of sesame seeds on top as garnish (optional)

## Protein/Vegetable

- This dish is made with boneless skinless chicken thighs (dark meat preferred, white meat comes out too dry). You can use any kind of fowl, or you can use pork, or beef as well.
- Cherry tomatoes are my favorite additions for acid and color, the tomato flavor fully compliments the savory chicken and sauce mixture
- Sesame seeds sprinkled on top is another of my go to additions for garnish, its nutty flavor compliments the rich dark cooked soy sauce marinade
- Chopped green onions are another a great addition to add color and flavor
- Sliced cooked carrots is a wonderful addition for flavor and color (optional, use sparingly)
- Small broccoli fleurettes can also be a great addition when plated. But cook al dente, avoid mushy and over cooked (optional)

## DIRECTIONS

1. Combine Chicken and Marinade ingredients in a bowl. Marinate for at least 20 minutes, or up to overnight.
2. Heat 1 tbsp oil in a skillet over high heat. Remove chicken from marinade (save the marinade) and place in the pan. Sear both sides until browned – about 1 minute on each side. Do not cook the chicken all the way through.
3. Remove chicken from skillet and set aside.
4. Heat the remaining oil in skillet. Add garlic and onion, cook 1 ½ minutes (and optional carrot slices)
5. Add the reserved marinade, water, sugar, and black pepper. Bring it to a simmer then turn heat down to medium high. Simmer about 5 minutes.
6. Add chicken smooth side down. Simmer uncovered for 20 to 25 minutes (no need to stir), turning chicken at around 15 minutes, until the sauce reduces to desired thickness.
7. If the sauce isn't thick enough, remove chicken onto a plate and let the sauce simmer by itself - it will thicken much quicker - then return chicken to the skillet to coat in the thickening sauce.
8. Plate chicken over rice, spoon on sauce from the skillet and add your garnish.

# Filipino Chicken Adobo

(Cont.)

## TIPS:

1. I prefer boneless/skinless chicken thighs – Not recommended to substitute with breast. You need the fat in thighs for the sauce to reduce to a glaze. Can also use bone in thighs, wings, or drumsticks (add 3/4 cup water and simmer 30 minutes). Unless its crispy, I'm just not a fan of chicken skin.
2. I prefer low sodium soy sauce – but many use all purpose or light soy sauce. Do not use dark soy sauce. Dark soy (labeled) is too intense for this sauce once reduced.
3. Save the leftovers and sauce mixture and use it to make adobo rice. A little bit goes a long way. Filipinos often refry rice with chicken adobo leftovers and garlic to make a kind of Filipino fried rice. Family would make this with left over Chicken Adobo and serve it at breakfast with eggs and Filipino sausage called Longanisa, or eggs and a cured sweet pork dish called Tocino.

## NOTES

Chicken Adobo is a staple in Filipino households... Its flavor is savory and sweet with a hint of tanginess. It has a distinctly soy taste and the garlic and onion with bay leaves give it a richness unlike any other.

Originally cooked in clay pots, it was the Spanish settlers in the 16th century that called the native dish “adobo” which is the Spanish word for marinade. There are many varieties of Adobo in the Philippines which you might find vastly different depending on what island you're on, but all utilize soy sauce, vinegar, bay leaves and peppercorn. On some islands you might see the addition of coconut milk to mellow the flavor or the addition of honey to give it more sweetness. Other islands use coconut vinegar or cane vinegar and include vegetables like ginger, onion, or root vegetables that complement the flavor without overpowering the dish.

Because of the warm climates, this dish may have gained its popularity due to how well it kept and how much better it tasted the following day. The acids in the vinegar, and the salt in the soy sauce act as a natural food preservative making it a less than perfect environment for bacteria and spoilage.

This dish is commonly served with white fluffy long grain rice, but may be added to brown rice, quinoa, or black rice. Because much of the food from the Philippines stews in savory sauces, dishes like this tend to have a brown appearance. This is why I like to add thinly sliced carrots to the cooking time. I use carrots sparingly. My go to is adding fresh cherry tomatoes at the end of cook time to add acid and color to the dish. After plating I like to add chopped green onions and sesame seeds. Some people steam broccoli or any kind of squash and add it to the dish when serving, this is optional and not something I personally do.

This recipe uses boneless skinless chicken thighs, but beef, pork and even fish can be substituted. For white meat chicken, I cook the chicken breast separate and carefully so as not to overcook. I do same with fish, so it doesn't fall apart. Once I have these proteins plated, I cook up the sauce marinade mixture, reduce it and drizzle it on top of chicken breast, or fish. I prefer a milder white meat fish like seabass over something like tuna or salmon.

Regardless which variety of adobo you make, you can play around with cooking the sauce separately and adding it to any protein you wish for a deliciously savory, sweet, and uniquely spicy dish.

# Chicken Tinola

4 servings

50 minutes

Submitted by: Melissa Vivas  
Sharp System Services

Culture Connection:  
Filipino



## INGREDIENTS

- cooking oil (1 Tbsp)
- medium onion – white (chopped)
- garlic cloves (2, minced)
- fresh ginger (1.5 inches, peeled and thinly sliced)
- fish sauce (1 Tbsp)
- chicken legs and thighs (3 lbs)
- chicken broth (2, 14 oz cans)
- chayote squash (1 peeled and cut into small cubes)
- bok choy (1 head, chopped)
- spinach (1 package, chopped)
- salt and ground black pepper to taste

## DIRECTIONS

1. Heat oil in a large pot over medium heat. Add onion and garlic; cook and stir until fragrant, about 2 minutes. Add ginger and fish sauce; cook and stir for 1 - 2 minutes. Stir in chicken and cook for 5 minutes.
2. Pour in chicken broth and bring to boil, cook for 5 minutes. Add squash and simmer until chicken is no longer pink in the center, about 10 minutes. Season with salt and pepper.
3. Add bok choy and spinach; cook until spinach is just wilted, 1 to 2 minutes. Serve hot.

TIPS: Served hot over white rice. Drinking the broth on its own has a lot of great benefits as well.

## NOTES

I consider this dish the ultimate “Chicken Soup for the Soul”, but with extra love and flavor (Filipino style). There’s something about this dish that immediately warms my belly and heart. It’s perfect for cold and cloudy days or when you need a pick-me-up. The recipe I’m sharing here is borrowed from the internet (to abide by the rules of the submission), but to be honest, I make it the way my mom taught me, and her mom taught her- without measurements and all by taste. It used to drive me crazy when my mom couldn’t give me exact measurements for her recipes, there was a lot of trial and error in my kitchen, but now that I have a family of my own, I realize you learn how to cook for those you love by meeting their preferences and needs, and that kind of love can’t be measured. You learn and figure it out! Please use this recipe as a foundation and then I encourage you to color outside the lines – try different measurements until you find the flavor that suits you and your family best! Happy cooking!

# Dessert Recipes



# Chocolate Chip Biscotti



20 cookies



80 minutes

Submitted by: Chris Noble Power

Sharp Grossmont Hospital/Sharp HospiceCare

Culture Connection:

Italian



## INGREDIENTS

- 1/3 cup butter softened
- 1/2 cup firmly packed brown sugar
- 1/2 cup sugar
- 1 Tbsp instant coffee
- 2 Tbsps Kahlua (optional)
- 2 large eggs
- 2 cups all-purpose flour
- 1 1/2 tsps baking powder
- 1/8 tsp salt
- 1/2 tsp ground cinnamon
- 1 cup walnuts or pecans, chopped
- 1 cup semi sweet mini morsels

## DIRECTIONS


1. Preheat oven to 350° F.
2. Combine butter, brown sugar, sugar, and instant coffee in large bowl; beat at medium speed with an electric mixer until light and fluffy.
3. Add eggs 1 at a time, beating until blended add 1 - 2 Tbsps of Kahlua if desired. Mix well.
4. Combine flour with next baking powder, salt, and cinnamon. Add to butter mixture, stirring until blended.
5. Fold in nuts and chips.
6. Divide dough in half and shape each dough portion into a log on wax paper. Make each log approximately 10" x 2". Chill about 30 minutes in freezer.
7. Remove logs from wax paper and place on lightly greased baking sheet.
8. Bake at 350° for 25 minutes or until firm.
9. Remove from oven and cool on the baking sheet for 5 minutes.
10. Place on wire racks to cool almost completely, about 20 minutes.
11. Cut each log diagonally into 1/2-inch-thick slices with a serrated knife using a gentle sawing motion. Be careful of cutting into nuts. Place each cookie cut side down onto the cookie sheet.
12. Bake 10 minutes.
13. Remove from oven turn it over and bake another ten minutes.
14. Place it on the wire rack to cool completely.


### NOTES

My mom and I have baked biscotti for thirty years now. She was a great baker when she was younger, very precise. This recipe is a big hit wherever I bring it. Also, a biscotti, cup of coffee and hard boiled egg is a perfect breakfast!!

TIPS: I usually make several batches of dough in one day and freeze them wrapped in saran wrap. Then I have a baking day - this is a process cookie. It does take time but well worth your effort. Cookies can be stored in airtight container for two weeks. You can substitute a half cup of the white flour with whole wheat flour as an option. You can also substitute the chocolate chips with dairy free or sugar free chips.

# Chocolate Chip Cookies

 3 dozen

 20 minutes

Submitted by: Angie Bell  
Sharp System Services

Culture Connection:  
American



## INGREDIENTS

- 2 sticks melted butter, cooled
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 tsp vanilla
- 3 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 package chocolate chips

## DIRECTIONS

1. Preheat oven to 350° F.
2. Melt Butter and set aside to cool.
3. Mix together sugar, brown Sugar, eggs, and vanilla.
4. Mix in cooled melted butter.
5. Add flour, baking soda, and salt.
6. Fold in chocolate chips.
7. Place spoon-fuls of dough on cookie sheet.
8. Bake approximately 10 minutes or until desired doneness.

TIPS: Serve warm with a tall glass of milk

## NOTES

My family has been making this recipe for years. All of us can say it by heart. It was probably adapted from somewhere; I just don't know where. Maybe off the Nestle Toll House bag of chocolate chips. We like to slightly undercook them. Yummy!!!

Origin: The original recipe was created in the late 1930s by Ruth Wakefield who famously ran the Toll House restaurant in Whitman, Massachusetts.

# Lemon Bars

 30 servings  1 hour 45 minutes

Submitted by: Cindy McLaren  
Sharp System Services

Culture Connection:  
American



## INGREDIENTS

### For Crust:

- 1 cup unsalted butter, softened
- 1/2 cup sugar
- 2 cups all-purpose flour
- dash of vanilla
- pinch of salt

### For Filling:

- zest and juice of 3 lemons
- 6 eggs
- 2 1/4 cups sugar
- 1/4 cup + 2 Tbsps all-purpose flour

## DIRECTIONS

1. Preheat oven to 350 ° F.
2. In a medium bowl (or the bowl of a mixer with the paddle attachment), cream together butter and sugar until light and fluffy — 1 - 2 minutes.
3. Scrape down bowl and slowly add in flour.
4. Add in vanilla and salt.
5. Press into the bottom of a 9" x 13", ungreased baking dish.
6. Bake 15 - 20 minutes, or until firm and golden.
7. Meanwhile, in a medium bowl (or the bowl of a mixer with the paddle attachment), whisk together flour and sugar.
8. Add in eggs, lemon juice, and lemon zest. Mix well.
9. Pour on top of crust and bake immediately, for an additional 25 - 30 minutes.
10. Remove from oven and let cool completely before dusting with powdered sugar and slicing into bars. Lemon squares will keep, refrigerated in an airtight container, for up to 3 days.

## NOTES

I developed this recipe after being disappointed in others that were similar. It's a favorite of family, friends and everyone who's tried it - even those who say they don't like lemons! I'm lucky to have two lemon trees in my back yard. My grandparents also owned an orange grove in Riverside, CA from the 40s through 1980, so Citrus is in my blood!

Origin: The first printed lemon bar recipe was published in the Chicago Daily Tribune on August 27, 1962



# Southern Living Sour Cream Pound Cake Recipe



10-12 servings



2 hours 30 minutes

Submitted by: Monica Hinton

Sharp McDonald Center

Culture Connection:

American



## INGREDIENTS

- 3 sticks salted butter (softened)
- 3 cups sugar
- 6 eggs
- 3 cups all-purpose flour
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1 cup sour cream
- 2 tsp vanilla extract
- bundt pan (sheet pan or loaf pan works as well)

## DIRECTIONS

1. Preheat oven to 325 ° F.
2. In a medium bowl, mix together all-purpose flour, baking soda, and salt.
3. In large bowl, cream butter and sugar. Add eggs, one at a time, mixing well after each addition.
4. Add half of the flour mixture, followed by the sour cream, and then the other half of the flour mixture, blending well after each addition. Add vanilla extract and mix well.
5. Pour batter into a greased and floured Bundt pan.
6. Bake for 60 - 90 minutes, until cake springs back when lightly touched and has separated from the sides of the pan.
7. Cool for 20 minutes and then turn cake out on a cake rack.

Adapted from: <https://www.southernliving.com/recipes/grandby-stanton-sour-cream-pound-cake-recipe>

## NOTES

My mother baked this cake every Christmas and Easter until she taught it to me. At this point, I know it by heart. It is the best pound cake in existence. You can never go wrong. Once you have a good pound cake, it can be the foundation of other deserts, e.g. parfait, strawberry shortcake. Another thing you can do is mix chocolate in half of the batter and make a marble cake. You can always top it with some melted caramel or lemon curd.

# Sweet Potato and Apple



10-12 servings



1 hour 30 minutes

Submitted by: Valerie Mattas

Sharp System Services

Culture Connection:

English



## INGREDIENTS

- 4 Tbsps butter
- 1/3 cup brown sugar
- 1 tsp cinnamon
- 40 oz can of sweet potato (Mom uses Princella brand)
- 4 - 6 red delicious apples, depending on size (any sweet apple, not sour), peeled and thinly sliced
- 1.5 - 2 quarts round casserole dish

## DIRECTIONS

1. Preheat the oven to 350 ° F.
2. Peel and thinly slice apples.
3. Drain can of sweet potatoes and set aside.
4. Beginning with the sweet potatoes, slice the potatoes about 1/4 inch thick and layer the slices in a 1.5 - 2 quarts round casserole dish.
5. Once the bottom of the casserole dish is covered by the layer of sweet potatoes, arrange a layer of sliced apples on top.
6. Continue layer sweet potato then apple until about 1/2 - 1 inch from the top of the casserole dish.
7. Pour the butter mixture over the entire casserole.
8. Bake at 350 ° F for at least one hour.

TIPS: Serve warm as a side dish or with ice cream as dessert.

## NOTES

This recipe was handed down to my mom from her aunt. It is a staple in our family; an iconic dish that is on the table at every family gathering. It is comfort food in every sense and is a dish that I now serve to my daughter and at my hosted meals. It always stands out as something familiar but a little different, a little special. Like anything great, it gets better with time - the longer in the oven the better and it really shines as leftovers. I love it reheated with coffee in the morning and my little brother prefers reheated with some vanilla ice cream on top for dessert.