

The Rangel Resolution

Recipe Book



Smoothies, oatmeal,
crab cakes and more!

SMOOTHIES



RANGEL'S TROPICAL SMOOTHIE

-Congressman Charles Rangel

Ingredients

1 cup ice
1 banana, peeled, sliced,
and frozen
5 large strawberries hulled
1 cup pineapple slices
1 cup ginger tea (unsweet
ened)

Preparation

Combine ingredients in
blender and blend until
smooth!



"Most days in Congress, I make a smoothie to get my extra serving of fruit. This is my signature smoothie."

GRAPE AND BERRY

-Eat Like You Love Yourself
@EatLikeULoveU



Smoothies are rocking my world right now. I know I'm only like 20 years late to the party but here I am and I'm making these from fruit and juice, no bananas, no dairy, just masses of fruit.

I took this with me on my drive to work the other day and it was like a zingy fruit bomb in my drinks holder as I was negotiating through the snow. It just made me feel so darn healthy!

Three portions of fruit in one breakfast. Awesome. And it filled me up till lunch.

"Smoothies are rocking my world right now. I know I'm only like 20 years late to the party."

SMOOTHIE

Servings

Makes one large smoothie



Ingredients

- 100g, 3.5oz Black grapes
- 80g, 3oz Blueberries
- 80g, 3oz Raspberries
- 200ml, 7 floz Grape juice
- A few drops vanilla extract



Preparation

Blend all of the ingredients together (you can use the fruit from frozen).



PROTEIN / VEGGIE SMOOTHIE

-Laura Benjamin



Ingredients

Baby kale,
Baby spinach
Baby arugula
Non-sweetened soy milk
Tablespoon of non
sweetened greek yogurt
One frozen banana

Preparation

Combine all ingredients
and blend until mixed
together.

Tip: "If you peel a banana right before
it goes bad and put it in a ziplock in the
freezer - you never have to throw out a
rotten black banana again."



MY ALL-THE-TIME SMOOTHIE

1 mango (without skin and pit) and a peeled banana, with 2 cups 1% milk, ice cubes, and a few drops of vanilla extract.

Put it all into the blender and there you go!

Delivers 2-3 generous servings.

-David Calvert



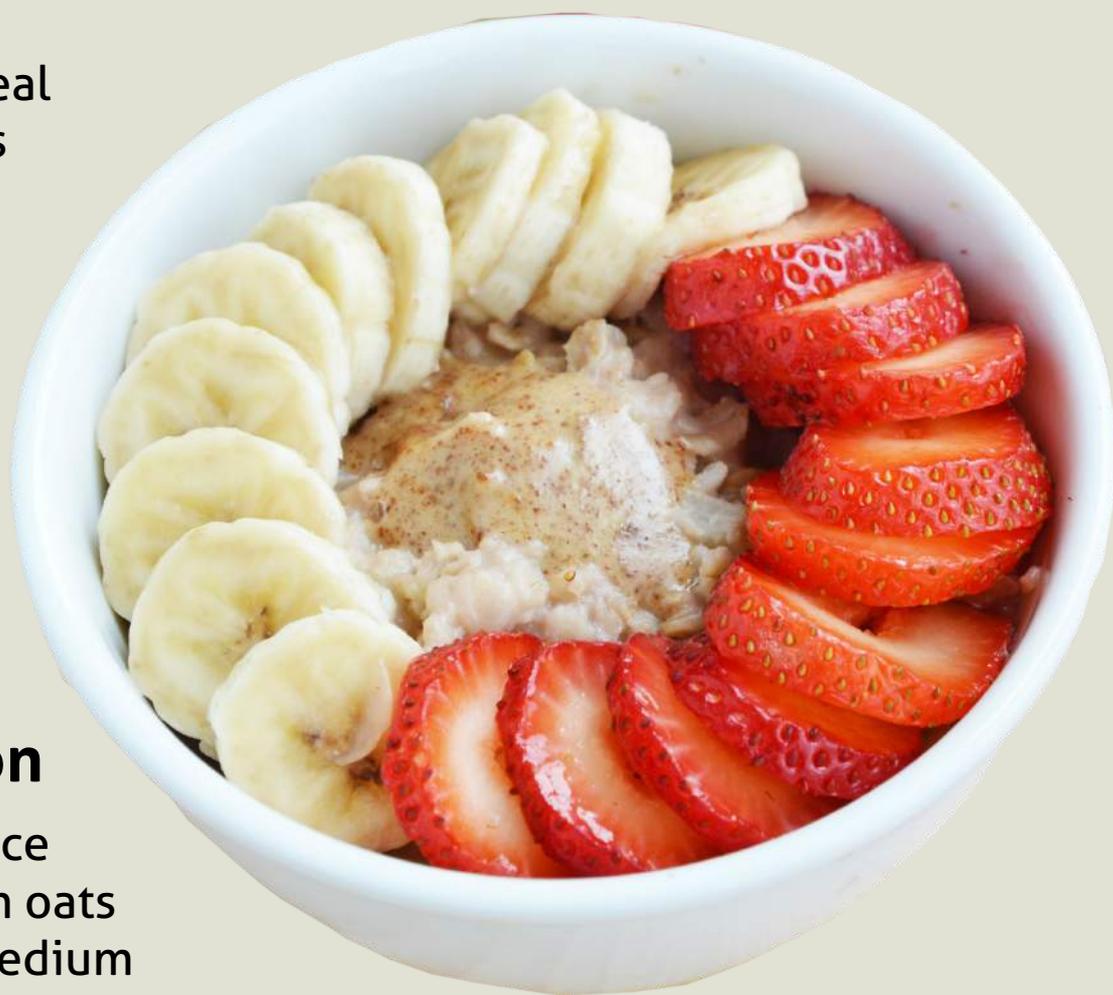
BREAKFAST

HEARTY OATMEAL

-Congressman Charles Rangel

Ingredients

1 cup water
1/2 cup oatmeal
4 strawberries
1 banana



Preparation

Boil water. Once boiling pour in oats and cook at medium heat for about 5 minutes. Cut strawberries and banana and serve with oatmeal in a bowl.

"Make sure to eat breakfast everyday, so that you don't binge on unhealthy food later in the day as I used to do."



PORRIDGE

-Eat Like You Love Yourself

"Porridge has been one of the few breakfasts I'd go for while trying to eat 'clean', eggs being another but apart from that, so many breakfast offerings are packed with sugar, salt or processed so heavily. What has made breakfast the meal where we just can't be bothered? This is when you realise it takes about 5 minutes to make porridge and 6 minutes to boil an egg. Are we really that busy? Porridge, eggs, they both fill you up and set you up. How could you be offered eggs or porridge and then say "no thanks, I'd rather have Froot Loops?"

Ingredients

50, 1.5oz Porridge oats
240ml, 8.5fl oz milk

Preparation

Mix the oats and the milk in an oversized bowl or jug. Go at least 4 times the volume if not more as it may boil over.

Heat in a microwave on high for 4-5 minutes stirring once during cooking. Once cooked, slowly mix in extra cold milk to the texture you prefer. This also helps cool it slightly. Serve as it is or with honey or syrup if you prefer.



MICROWAVE SCRAMBLED EGGS

-@eatfresh_org

"If your kitchen is limited, this is an easy way to start your day with protein."

Ingredients

Serves 2
4 eggs
4 tbsp water or milk
Salt & Pepper

Preparation

Crack eggs into a microwave safe dish. Whisk in water or milk, salt and pepper. Cook for 30 seconds on high, stir, cook for an additional 30 seconds. If the eggs are still runny, continue to cook at 30 second intervals until the eggs are cooked through.

HAM AND EGG SANDWICH

**-Diana aka LadydeeLG
@dianalimongi**

Ingredients

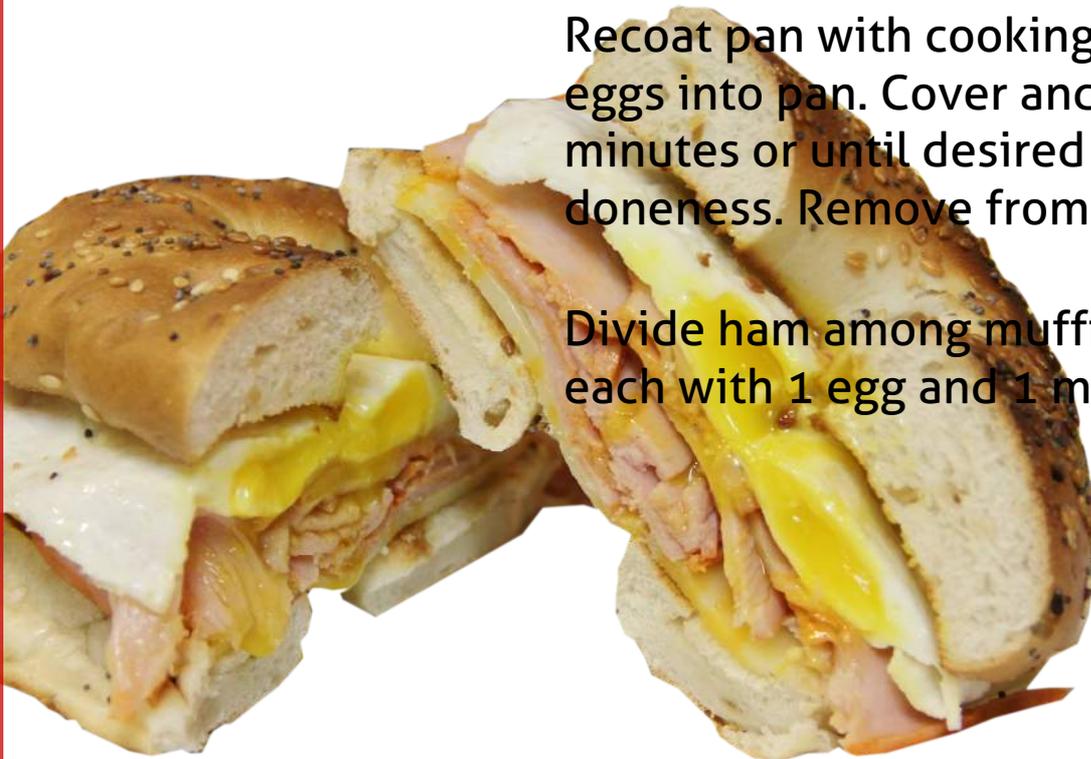
Cooking spray
1 oz thinly sliced low-sodium deli ham
1 large egg

Preparation

Heat a nonstick skillet over medium-high heat. Coat the pan with cooking spray. Add ham to pan; sauté 2 minutes or until lightly browned. Remove from pan.

Recoat pan with cooking spray. Crack eggs into pan. Cover and cook for 4 minutes or until desired degree of doneness. Remove from heat.

Divide ham among muffin halves; top each with 1 egg and 1 muffin half.



"I was heading to class so needed [breakfast] to be a good one to help me focus!"



SARENE ALSHARIF'S BEST BREAKFASTS

Breakfast latte, dried figs and raw walnuts

Chia seed pudding with fruit and nuts

Fresh fruit salad with greek yogurt



ENTRÉES



WINTER ROOT VEGGIE HOME FRIES

-Corbin Hill Food Project

Ingredients

2 tbsp. olive oil
1 tsp. cumin
1 medium onion,
chopped
2 cups chopped potatoes
1 cup chopped turnips
1 cup grated carrots
1 cup frozen lima or
butterbeans, thawed
1 tbsp. tomato paste
1/4 cup water
Pepper and salt to taste

Preparation

1. Heat the oil in a skillet over medium heat. Then add the cumin and cook one minute until the air smells delicious and fragrant.
2. Add the onions and cook one minute more, then add the potatoes and cook one minute more. Remember to stir.
3. Add turnips, carrots, lima beans and tomato paste, and cook two more minutes. Then add water, lower the heat and simmer 10-15 more minutes until all vegetables are tender.

Quick Thai Coconut



Shrimp Curry

-Kraive Nutrition

Ingredients

1 lb (454g) frozen shrimp
21-30 per pound, thawed
1 tsp red or yellow curry paste
(like THAI Kitchen)
1 can (14oz) light coconut
milk
1 cup sliced bamboo shoots
(small can), drained
1 cup sliced water chestnuts
(small can), drained
1/2 large green pepper, sliced
1/2 Tbsp fish sauce
4 packets Krisda stevia

Preparation

Preheat large skillet to medium heat. Rinse thawed shrimp well in colander and remove tails if needed. Pour coconut milk in skillet, add curry paste and whisk until blended. Add fish sauce and stevia and cook for 1 minute. Add in green pepper, water chestnuts and bamboo shoots and cook until green pepper starts to get tender (3-4 minutes). Add shrimp and cook until just pink.

QUINOA VEGGIE SALAD

-@eatfresh_org

Ingredients

2 cups quinoa
3 cups water, vegetable broth, or chicken broth
2 tblsp olive oil
1 tsp. lemon rind grated
2 tsp. lemon juice
½ tsp. salt
1 cup cherry tomatoes quartered
1 green bell pepper chopped
½ cucumber chopped
⅓ cup feta cheese crumbled (optional)
2 scallions finely sliced

Preparation

Rinse quinoa. Bring water or broth to a boil in large saucepan; stir in quinoa. Cover and simmer 15 minutes, or until absorbed.

Whisk together olive oil, grated lemon rind, lemon juice and salt for dressing, in a small bowl.

Add dressing and remaining ingredients to quinoa in a large bowl; toss well and serve.



ALMA RANGEL'S

Ingredients

2 tablespoon of freshly squeezed lemon juice
1 tablespoon of Dijon mustard
1/2 cup nonfat sour cream
1/4 teaspoon of black pepper
2 large eggs (free-range organic, beaten)
1 pound crab meat picked over for shells
2 tablespoon extra virgin olive oil
1/2 cup of sweet onion minced
1/2 cup of diced celery
1 cup of sliced mushrooms
1/2 teaspoon dried thyme
2 slices of whole wheat bread, toasted (crumbs for the mix)
1 cup of chopped parsley
1 full cup of slivered almonds
Olive oil free
1 lemon, sliced

Preparation

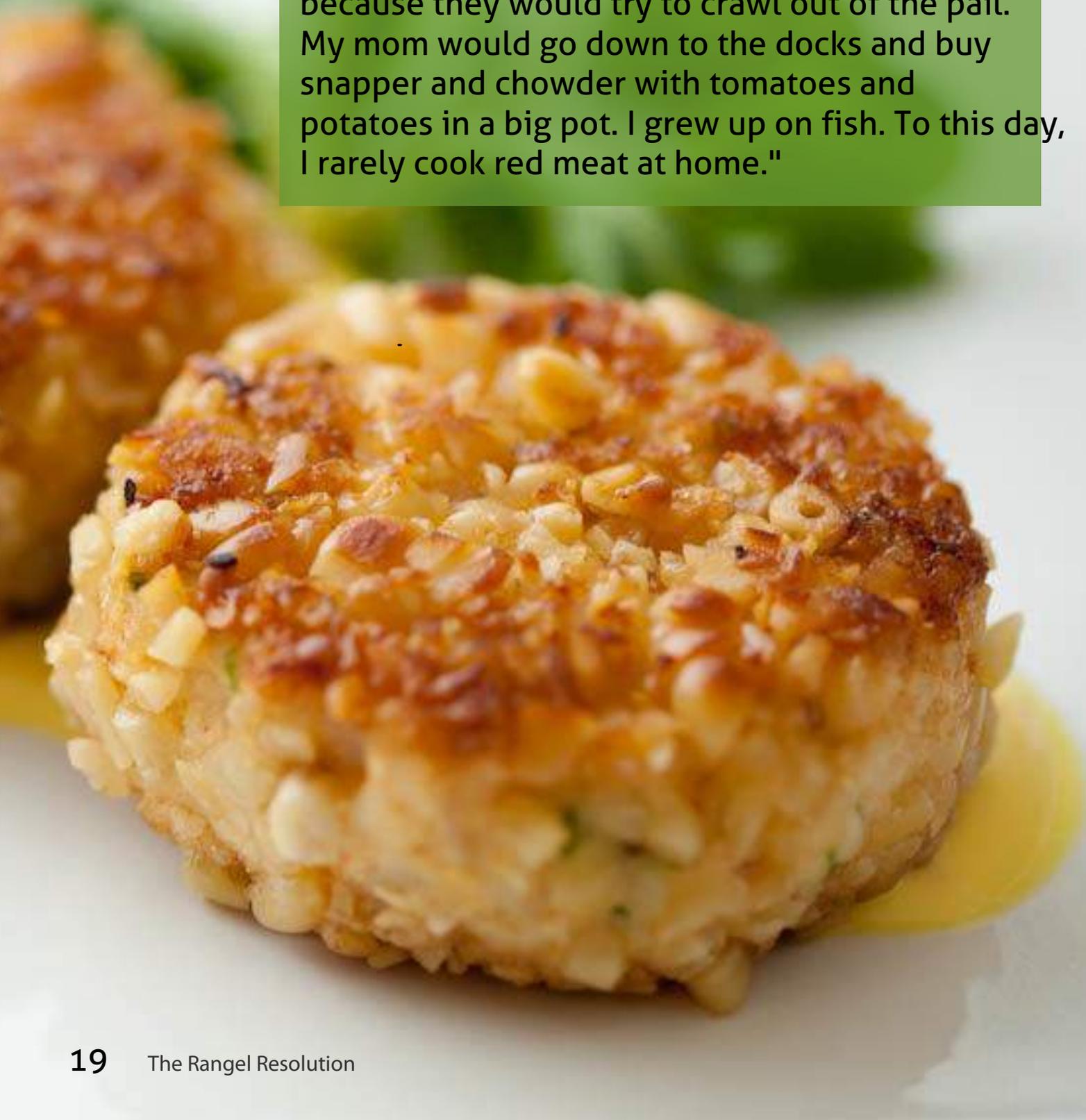
Preheat the oven to 350 F. Combine the lemon juice, mustard, sour cream, pepper and eggs in a bowl. Add the crab, mix and set aside.

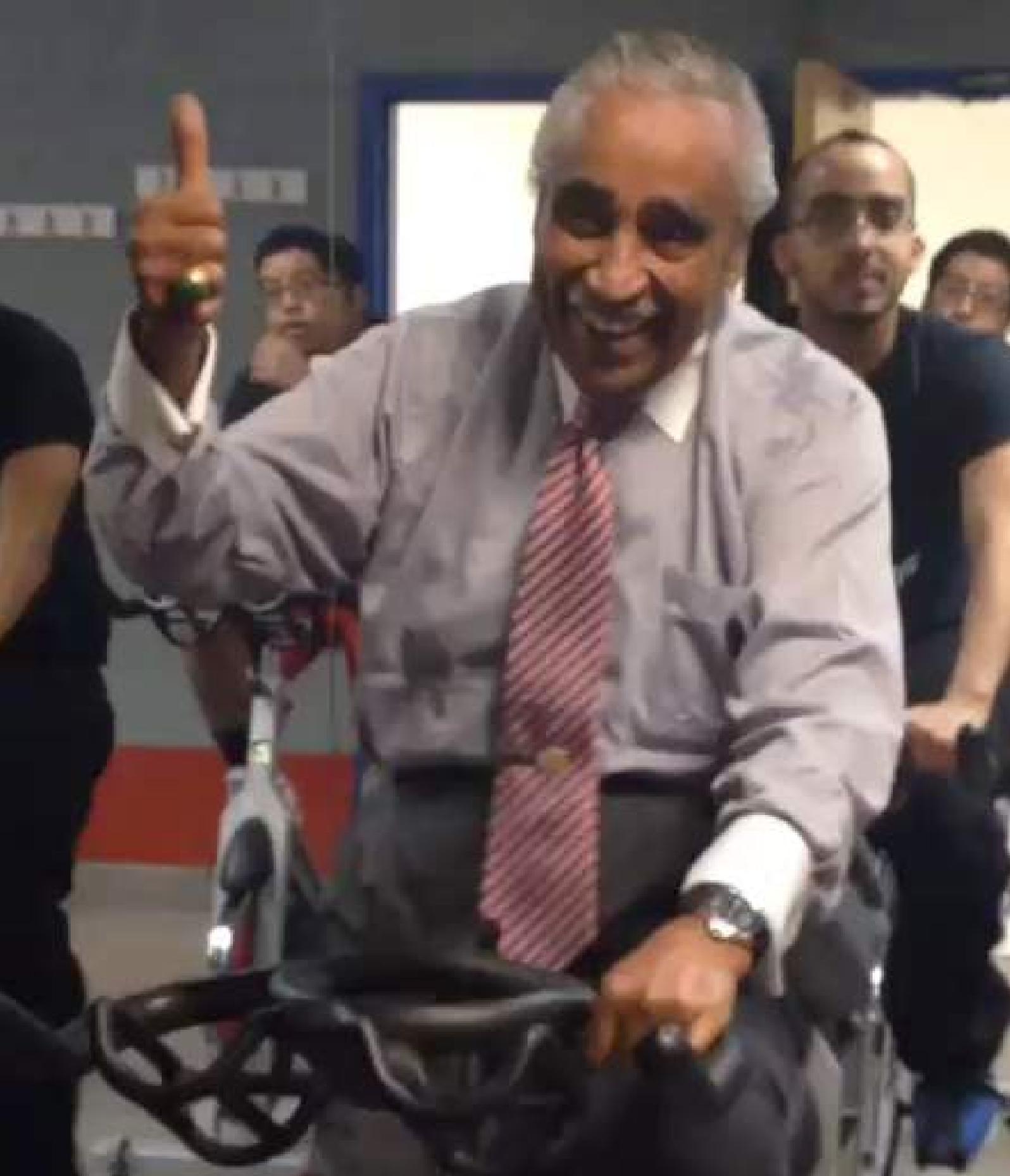
Heat the pan in high heat and add oil. Sauté the onion, celery, mushroom and thyme until the onion is translucent. Remove from heat and add the bread crumbs, parsley and almonds. Add the onion mixture to the crab and form small 8 patties.

Place on cookie sheet sprayed with oil. Spray 1-2 spoon of olive oil on top of each patty. Let stand for 5-10 minutes before putting it in the oven. Bake for 20 minutes until golden. Serve with sliced lemon.

CRAB CAKES

"I am a Floridian and grew up on the Gulf of Mexico where we would go to catch the crabs with our nets. We had to keep up with the crabs because they would try to crawl out of the pail. My mom would go down to the docks and buy snapper and chowder with tomatoes and potatoes in a big pot. I grew up on fish. To this day, I rarely cook red meat at home."





Let's get healthy, not heavy!

The Rangel Resolution
Rep. Charles B. Rangel