

Rangel Resolution 2.0 Superfood Cookbook



**Affordable, Accessible and
Delicious Recipes to Fuel Your Day**

Foreward

Dear Reader,

Last year, I introduced the Rangel Resolution, an initiative that encouraged people to make small life changes to get healthier. I was proud to see people across my congressional district and across America take the pledge to get healthy, and I wanted to keep up the positive momentum by launching Rangel Resolution 2.0 this year.

One component of the new Rangel Resolution is the Superfood Challenge, which encourages people to incorporate natural, healthy and affordable ingredients into their diet. I know that when I eat more superfoods, like fruits and vegetables, I have significantly more energy and stamina to power me through the day. Good food is truly fuel for the mind, body and soul, and I am excited to share these delicious and healthy superfood recipes that are sure to improve your health and well-being. Try to incorporate at least one of these recipes into your weekly meals, and I guarantee you'll look and feel better for it. Healthy living begins at home, so let's get cooking for a longer, happier life!

-Congressman Charles B. Rangel



Try Rangel Resolution 2.0

1. Drink a glass of **water** upon rising each morning
2. Eat a **superfood** every day
3. Try a new **fitness** activity every week



My Four Superfoods



Mangoes contain more than 20 different minerals and vitamins, including about half of your daily recommended dose of Vitamin C, but I love them because they're so versatile! They're great in smoothies, salsas, salads or by the slice. They're tart, sweet and delicious.



Fresh ginger root is a smart investment that will go a long way in your kitchen. Grate a little into any dish for sweetness and spice. High amounts of vitamins and minerals give it medicinal properties that have been shown to treat nausea, arthritis and other ailments.



Bananas are the main ingredient in my signature tropical smoothie and are a great way to start your day. They're loaded with potassium that gives you a kick in the morning, and cheaper than a cup of coffee!



I try to start my morning with a bowl of oatmeal as often as I can because it powers me through long days in DC. Oatmeal is packed with protein and can lower your risk of heart disease. But it's not just for breakfast! Savory oatmeal makes a great lunch or dinner.

Blueberry Ginger Smoothie Bowl



Ingredients

- 1 large banana, frozen and sliced
- 3/4 cup frozen blueberries + 1/4 cup for topping
- 3/4 cup skim, soy, or almond milk
- 1 tsp grated ginger (or substitute 1/2 teaspoon powdered ginger)
- 1/4 cup rolled oats
- 1 tbsp slivered almonds
- 1 tbsp chopped walnuts

Preparation

1. Place the frozen banana in a blender, reserving a few of the slices to decorate the smoothie bowl. Add 3/4 cup frozen blueberries, 3/4 cup milk, and the grated ginger. Blend on high till ingredients are smooth, adding more milk as needed.
2. Pour the smoothie into a serving bowl. Top with banana slices, the remaining blueberries, the almonds, the oats, and the walnuts. Serve.

Submitted by Gena Hamshaw of @thefullhelping

Savory Oatmeal with Baby Spinach and Black Beans



Ingredients

- 1/2 cup rolled oats
- 1 cup water
- Pinch of salt and pepper
- 1/2 cup frozen, chopped spinach or 1 heaping cup baby spinach
- 1/4 tspn ground cumin (optional)
- 1/2 tspn ground chili powder (optional)
- 1/3 cup cooked black beans (or another bean of choice)

-Optional toppings: avocado slices, hot sauce, chopped red onion, chopped green onion, toasted, chopped walnuts or almonds

Preparation

1. Place the rolled oats, water, and salt and pepper into a small saucepan. Bring to a boil. Reduce the oats to a simmer and add the spinach. Cover and allow them to simmer for about 2 minutes. Uncover the oats and continue to cook, stirring constantly, until the spinach is wilted or cooked through and the oats have absorbed all of the water. Add the cumin and chili powder, if you like, along with extra salt and pepper to taste.
2. Top with black beans and your toppings of choice. Serve.

Submitted by Gena Hamshaw of @thefullhelping

Creamy Avocado Toast with Mango and Raspberry



Ingredients

- 1/2 avocado
- Pinch of salt and pepper
- Pinch of red pepper flakes
- Sliced mango
- 1 tsp lemon juice
- Whole wheat bread (toasted)

Preparation

1. Combine avocado, salt, pepper, lemon juice and mash with fork
2. Toast bread until brown
3. Spread avocado on toast
4. Sprinkle red pepper flakes
5. Add mango slices

"I interned for Congressman Rangel this Spring in his DC office and was really inspired by the Rangel Resolution's commitment to healthy living. I decided to contribute this recipe that I've been making for years. I'm a rising senior at Boston University and this snack always gives me quick energy before exams or a busy day at school. I hope you try it out and discover the magic of avocado!!"

-Jaime Bennis, BU Class of 2017 and proud member of Team Rangel



Ginger Berry Smoothie Bowl



Ingredients

- 1 frozen banana
- 1 cup frozen berries
- 2 tbsp grated ginger root
- 1 cup 2% milk (or non-dairy like almond or soy milk)

Toppings

- 1 Manila mango, peeled and cubed (or 1/2 a large mango)
- 2 tbsp chopped almonds
- 2 tbsp shredded coconut
- 2/3 cup granola

Preparation

1. Peel and finely grate ginger. Peel and cut mango into bite-sized pieces. Keep separate.
2. Place frozen banana, berries, grated ginger, and milk in a blender. Blend until smooth. Mixture will be thick.
3. Divide smoothie evenly into two bowls. Top each smoothie bowl with mango pieces, almonds, shredded coconut, and granola. Enjoy!

Alternative topping suggestions: chia seeds, walnuts, fresh berries

Submitted by Danielle Boule of @leahspantry and @eatfresh_org

Honey Gingered Fruit Salad



Ingredients

- 1 large mango, peeled and cut into chunks
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwi fruit, peeled and sliced
- 1/3 cup 100% Orange Juice
- 2 tbsp lemon juice
- 1 tbsp honey
- 1/8 tsp ground nutmeg
- 1/8 tsp ground ginger

Preparation

1. In a large bowl, combine fruit.
2. In a small bowl, mix all honey ginger sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes and serve chilled.

A couple of tips: dress up your fruit salad with a sprinkling of chopped almonds for a sweet and crunchy treat and cut the recipe in half to save money!

-@leahspantry



Sinfully Healthy Banana and Peanut Butter Smoothie



Ingredients

- 1 large banana, peeled
- 1/2 cup ice cubes
- 1/2 cup almond milk
- 2 tbsp peanut butter
- 1 tbsp cacao nibs

Preparation

1. Put all ingredients in blender and blend for 1 minute, or until smooth

"This healthy smoothie is packed with protein but also tastes really decadent thanks to the cacao nibs! They're made from raw cacao beans and have a rich and delicious chocolate flavor. I just throw a few nibs in my smoothie to add chocolately decadence without a lot of extra sugar. Cacao nibs are truly a miracle superfood for chocoholics like me!"

-Thuy Pham, Presidential Management Fellow
in the office of Congressman Rangel



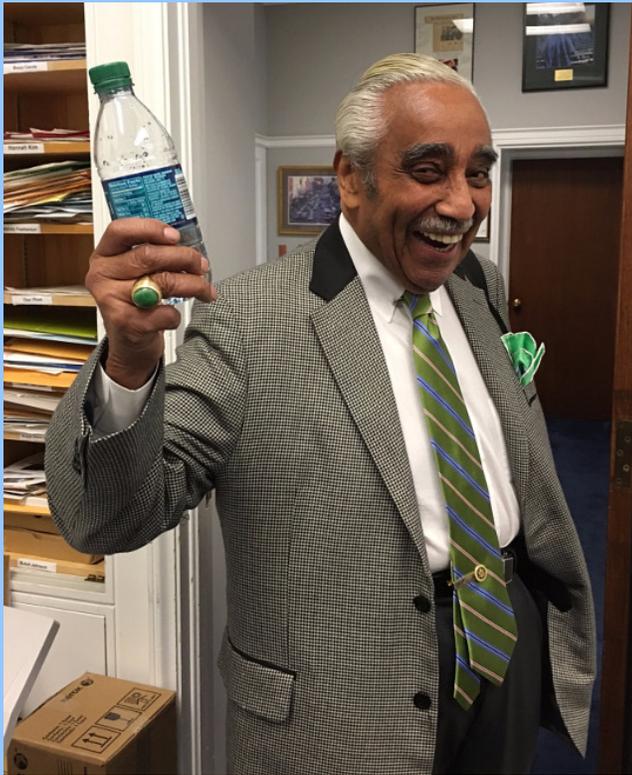
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Don't Forget to Exercise

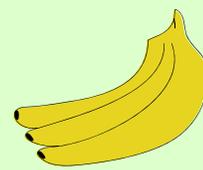
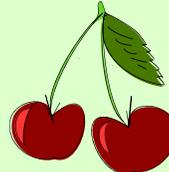
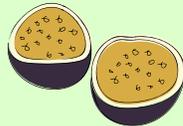
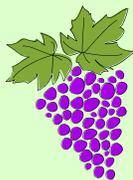


Exercise is another important ingredient to the recipe for good health. Regular exercise not only promotes a healthy weight, but can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, arthritis, and many more.

Take a Water Break!



More than 60% of our body is composed of water, so it's important to always keep it hydrated! Those who followed this year's Rangel Resolution pledged to drink a glass of water each day upon rising and some of you got your H2O on during the March Madness #SipWhenUCMe challenge. Doesn't matter when or where you drink water, just remember to stay hydrated!



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#RangelRes

@CBRangel