

**THE HEALTHCARE  
FOUNDATION OF NJ**  
founded by the Jewish community

**EAT HEALTHY AND FIGHT LEAD**



**SUPERHERO  
FOODS  
COOKBOOK**

**GREATER NEWARK CONSERVANCY  
32 PRINCE ST, NEWARK  
973-642-4646 CITYBLOOM.ORG**

# *Introduction*

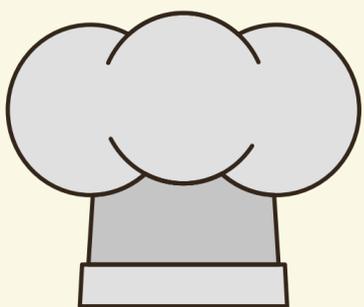
Thank you for choosing  
Greater Newark Conservancy's  
"Superhero Foods" Cookbook to create fun and  
healthy recipes for you and your family!

This cookbook was created as part of  
Greater Newark Conservancy's Lead Safe Early Care  
program, generously funded by the Healthcare  
Foundation of NJ.

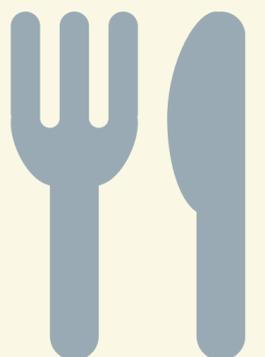
Inside, you will find recipes that utilize nutrients  
that help prevent lead uptake in the body: **calcium**,  
**iron**, and **vitamin C**. These recipes range from  
snacks to meals.

We hope that the whole family can participate in  
creating these recipes and engaging in discussions  
about the importance of healthy eating. With that  
in mind, we've included coloring pages and other  
interactive components for some of the recipes.

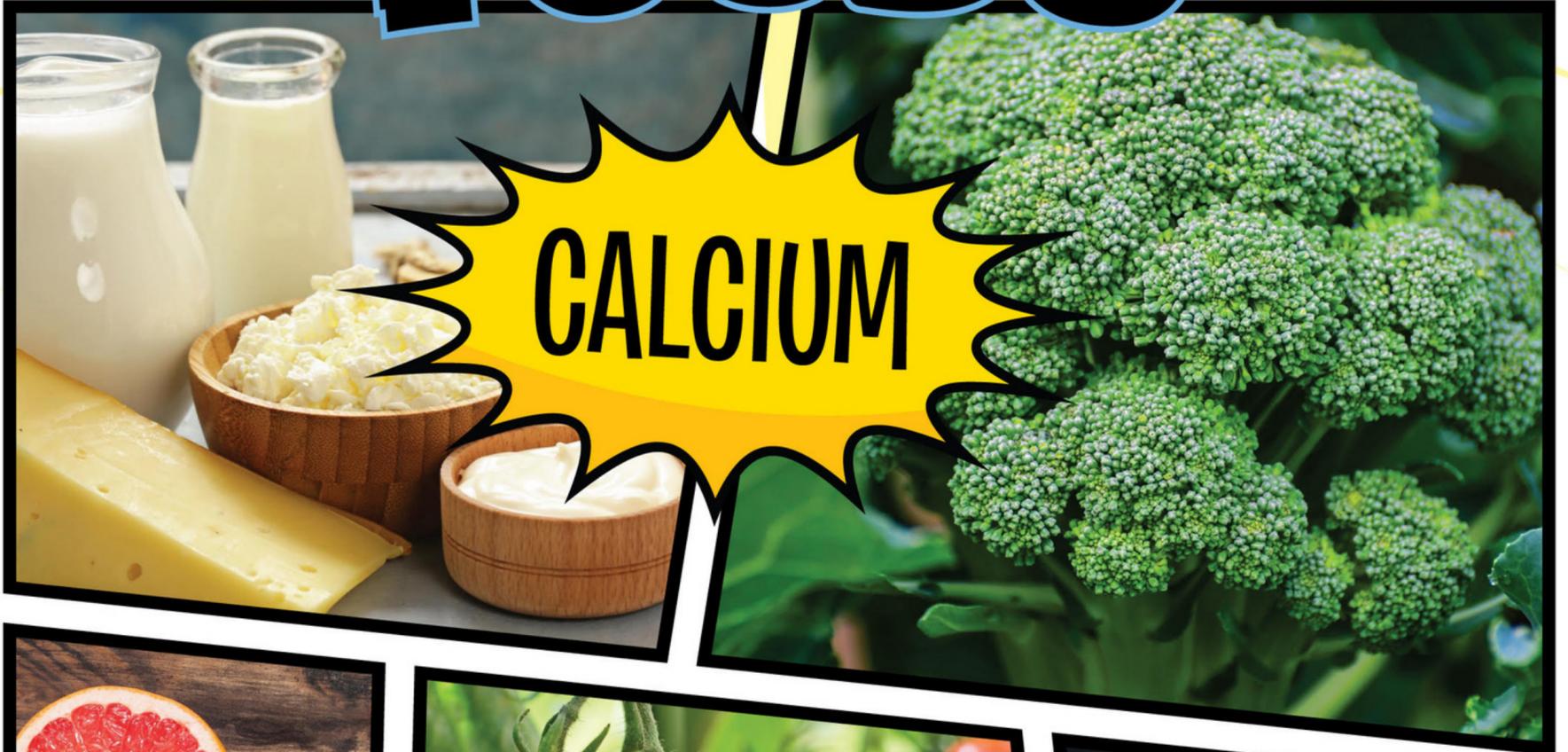
While healthy eating alone cannot prevent lead  
poisoning, it is one important step that you can  
take for your family's wellbeing.



**Bon appetit!**



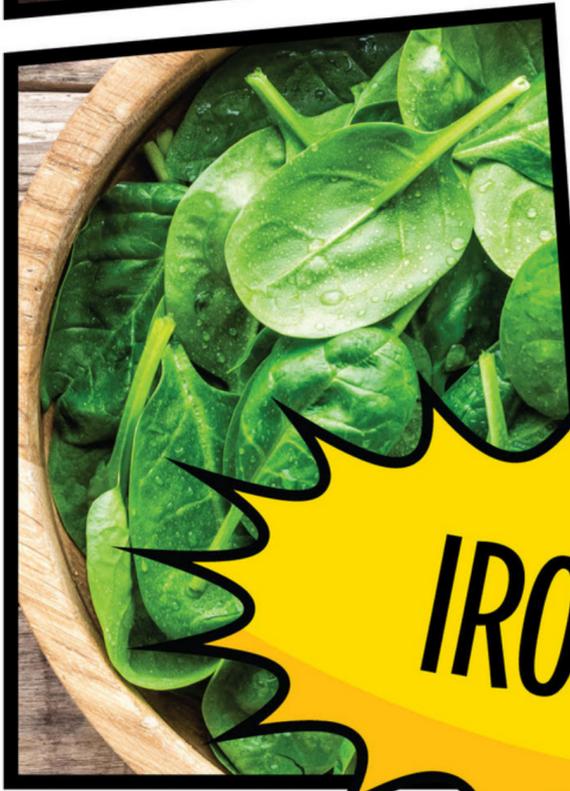
# SUPER HERO FOODS



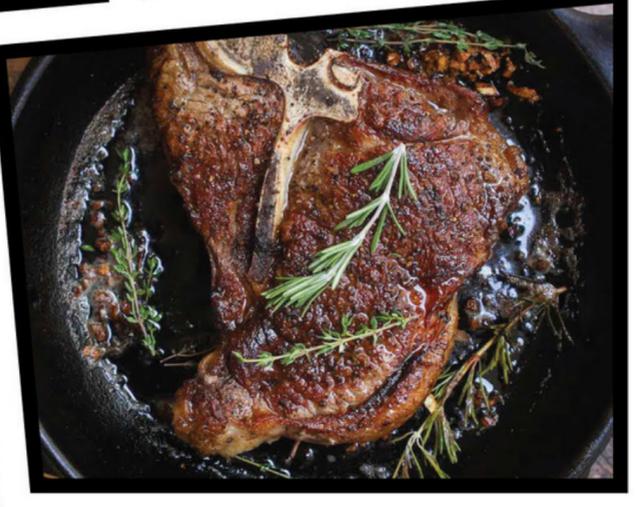
**CALCIUM**



**VITAMIN C**

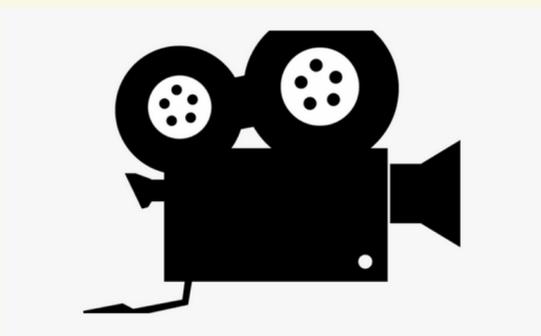


**IRON**



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**Check Out Our  
Cooking Videos!**

Many of these recipes, and more, have been created in cooking videos that also teach knife skills and more!

Search for Greater Newark Conservancy on :



# Ants on a Log

This recipe is a good source of calcium, iron, and vitamin C. These nutrients help prevent lead uptake in the body.



## Ingredients:

- Celery (1 or 2 stalks)
- Peanut butter, nut butter, sunflower seed butter, or cream cheese
- Raisins
- Other dried fruit for other insects! Dates, dried apricots, etc.

## Directions:

- Wash and trim a stalk of celery.
- Cut celery stalk into 4 equal pieces. These celery pieces are the logs.
- Take a butter knife and smear the peanut butter (or other nut butter) or cream cheese onto the celery.
- Place raisins on the peanut butter/cream cheese. These are the ants! Add your other favorite dried fruits, too.



**What other nature-inspired recipes can you create?**

# Hummus



## Ingredients:

- 2 cans of chickpeas, drained and rinsed
- 4 cloves garlic
- 3 Tb olive oil
- Juice of a lemon (3 Tb)
- 1 tsp cumin
- 1 tsp salt
- 1/4 tsp paprika
- 1/4 cup water

## Directions:

- Drain and rinse chickpeas. Peel garlic.
- Add everything to food processor. Blend until smooth and creamy.
- Alternatively, mash everything together in a bowl with a fork or in a mortar and pestle. You can microwave the chickpeas first to soften.
- Transfer to a bowl. Sprinkle with paprika.
- Serve with veggies (carrots, celery, bell pepper), Triscuits, pita chips, or on a sandwich or wrap!

What superhero foods can you find in this recipe?



*Answer: chickpeas, lemon, and veggies that you eat with it!*

# Mix 'n Match Trail Mix



## Ingredient Possibilities:

- Nuts/peanuts (unsalted, unsweetened): almonds, pistachios, cashews, walnuts, and peanuts
- Seeds: pumpkin, sunflower, sesame, flax, hemp
- Grains: Shredded wheat cereal, Cheerios, Chex, granola, toasted oats, puffed rice cereal
- Dried fruit (in moderation because these can be sugary): apples, cherries, apricots, cranberries, raisins, figs, dates, mango
- Seasonings: ground ginger, cinnamon, curry, cumin, nutmeg, cayenne
- And even some sweets! Throw in a few chocolate chips, peanut butter chips, M&M's, chocolate-covered espresso beans, yogurt-covered raisins, or chocolate-covered nuts

## Directions:

- Choose a few ingredients from each category, depending on your preferences. Combine and enjoy!

**Tip: bring trail mix next time you go to the park or on a hike - it will give you energy on the move!**

**Pictured: Mt. Tammany, NJ**



# Fruit Smoothie

## Ingredients:

- 1 6-oz container of yogurt
- 3/4 cup low-fat milk
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1 banana
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- A few leaves of kale or spinach



## Directions:

- Add all ingredients to a blender. Blend until smooth and enjoy!

What are your favorite fruits?  
Draw them below!

A large white rectangular area intended for drawing, framed by a decorative border of red dots. The border consists of a single row of dots along the top and bottom edges, and two vertical columns of dots along the left and right edges.

# Sweet Potato Hash



## Ingredients:

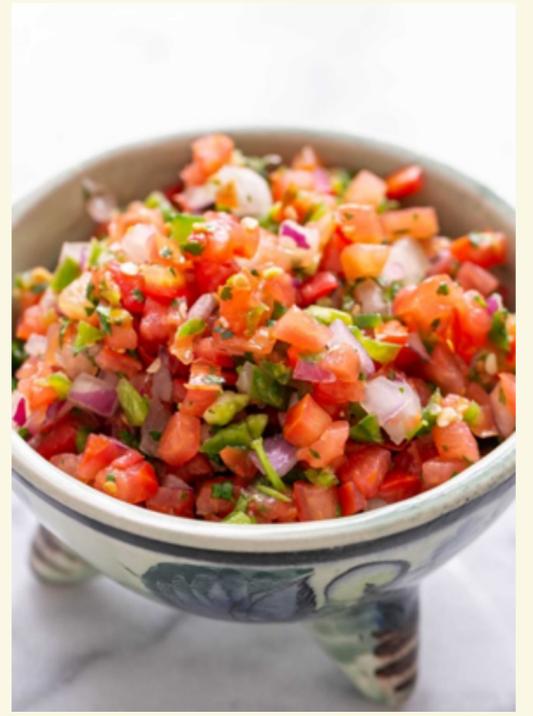
- Olive oil
- 5 cups sweet potatoes, cut into 1/2-inch cubes
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup cilantro, finely chopped
- 1/4 cup scallions/green onions, thinly sliced

## Directions:

- In a large skillet, heat oil over medium heat.
- Add sweet potatoes and saute for 5 minutes, stirring occasionally.
- Add some more oil and the onion. Stir. Reduce heat to medium-low and cover with a lid and cook for 5 minutes.
- Add garlic, salt and pepper and stir to combine.
- Just before serving, sprinkle sweet potatoes with cilantro and green onion. Tastes good left over, too!

**Tip: You can add black beans to this recipe, or serve the hash with eggs! Either would add protein and make this recipe more filling.**

# Salsa Fresca



## Ingredients:

- 2-3 medium sized fresh tomatoes
- 1/2 red (or white) onion
- 1 pepper (bell, banana, or other sweet)
- 2 serrano chiles or 1 jalapeño chile (stems, ribs, seeds removed), less or more to taste
- 3 garlic cloves
- 1 cucumber
- Juice of two limes (4 Tb lime juice)
- 1/2 cup chopped cilantro
- Salt and pepper to taste
- 1 teaspoon cumin
- Variations: add black beans and
- corn, or mango, peaches, or other fruit

## Directions:

- Finely chop all ingredients and combine in a large bowl. Be very careful handling chile peppers. Use gloves or a plastic sandwich bag to touch the cut peppers/seeds. Wash your hands thoroughly with soap and water after handling and don't touch your eyes.
- Eat immediately, or chill for 30 minutes or more to let the flavors infuse. Serve as a dip with chips, or add to salad, burritos, tacos, quesadillas, eggs, or on top of chicken or fish.

**What superhero foods can you find in this recipe?**

*Answer: tomatoes, pepper, lime*



# Plant Part Salad

## Ingredient Possibilities:

- Roots: carrots, beets, radishes
- Stems: asparagus, celery
- Leaves: spinach, kale, lettuce, cabbage
- Flowers: broccoli
- Fruits: tomatoes, peppers, cucumber, olives, avocado, strawberries, mango
- Seeds: pumpkin seeds/pepitas, sunflower seeds

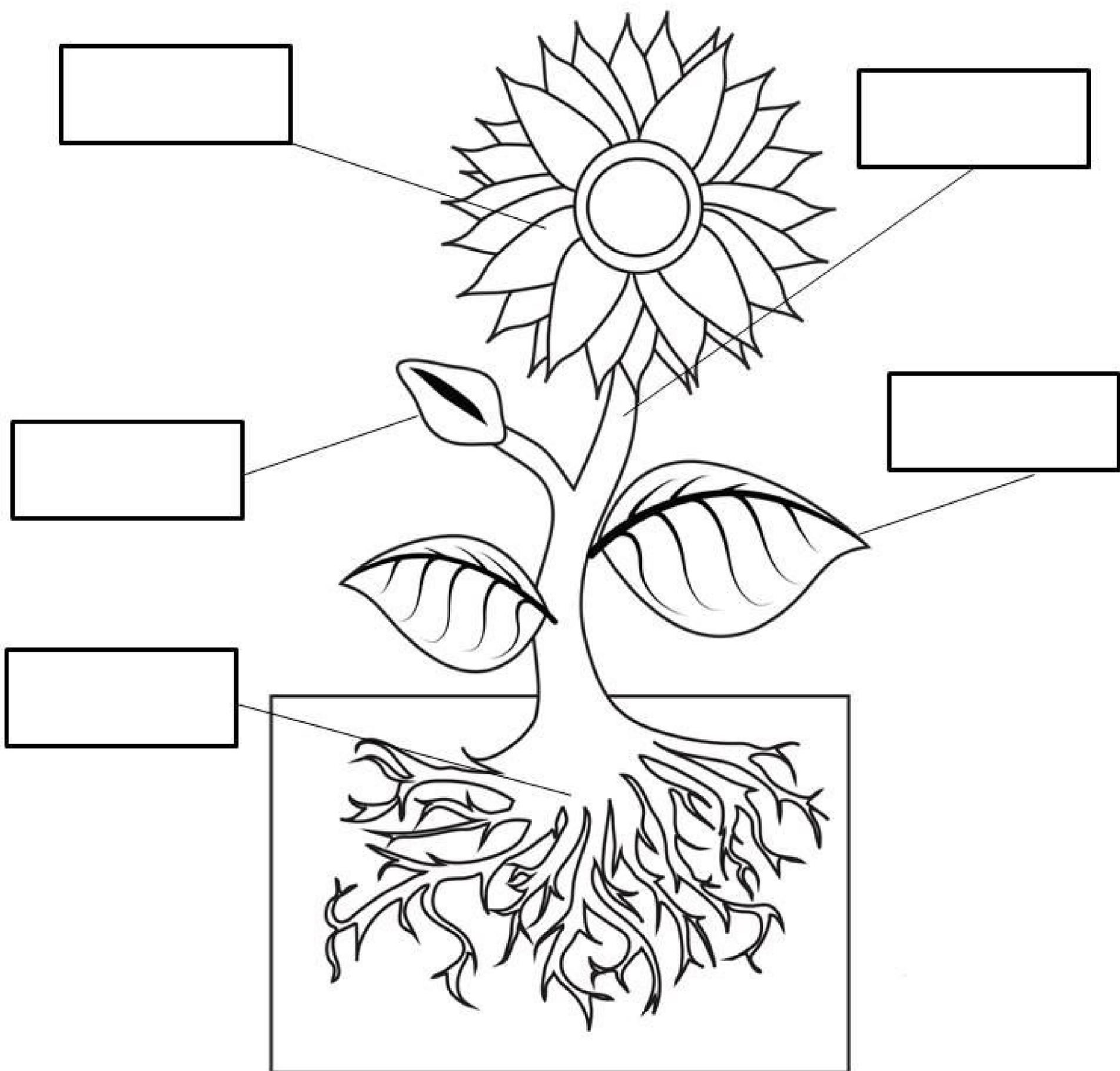


## Directions:

- Wash all of the produce and pat dry.
- Roll up your leaves (lettuce, spinach, kale) and thinly slice into ribbons. Alternatively, tear the leaves into tiny pieces. Add to bowl.
- Carefully slice/chop the roots, stems, and fruits.
- Sprinkle seeds on top.
- Serve with your favorite salad dressing - balsamic vinaigrette is a tasty one!



# Coloring Page: Plant Parts



Word Bank: roots, stem, leaves, flower, seed

# Oodles of Zoodles

## Ingredients:

- 3 large summer squash or zucchini, spiralized or julienned
- 1 cucumber, spiralized or julienned
- 1 large celery stalk, thinly sliced
- 1 tablespoon finely chopped fresh basil
- 1 teaspoon finely chopped fresh mint
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons freshly squeezed lemon juice
- 1/2 teaspoon freshly grated lemon zest (optional)
- 1/4 teaspoon ground cumin
- Pinch crushed red pepper flakes
- Sea salt and freshly ground black pepper, to taste

## Directions:

- Spiralize the squash into noodles.
- In a large bowl,
- combine all the ingredients, toss to coat, and serve.

What superhero foods can you find in this recipe?

Answer: squash,  
cucumber.



# Naan Pizza



## Ingredients:

- Flatbread (such as regular or whole wheat Stonefire naan from Shoprite)
- Olive oil
- Garlic, minced
- No salt added canned crushed tomatoes or pesto
- Shredded low-fat mozzarella cheese
- Topping suggestions: my favorites are tomatoes, spinach, mushrooms, additional garlic, and kalamata or black olives, blobs of pesto.
- Others: broccoli, peppers, onions.
- Seasonings: crushed red pepper flakes, Italian seasoning or oregano, fresh basil, sea salt and pepper

## Directions:

- Preheat oven to 400 degrees F.
- Put flatbread on a cutting board and brush with olive oil. Sprinkle with minced garlic (or garlic powder)
- Spoon blobs of crushed tomatoes (or pesto) on the flatbread and spread with the back of a spoon. Sprinkle with Italian seasoning
- Sprinkle with cheese, then add toppings, plus salt, pepper, crushed red pepper flakes.
- Place on baking sheet.
- Carefully place in oven and bake for 15 minutes until crust is golden. Let cool for at least 5 minutes before enjoying.
- Alternative Cooking Method: heat olive oil in a pan on top of the stove. Add pizza and cook for 10 minutes until crust is crispy and cheese is melted.

# Rainbow Veggie Wraps



## Ingredients:

- 8 whole wheat tortillas (look for ones that are higher in calcium)
- 1 cup hummus (store-bought, or use the recipe earlier in this cookbook!)
- 1 red bell pepper, cut in sticks
- 1 orange bell pepper, cut in sticks
- 8 spinach or kale leaves, rolled up and thinly sliced
- 1 cucumber, cut in sticks
- 1 carrot, cut in sticks
- 1/4 red cabbage, shredded
- Your other favorite veggies!
- Optional: shredded cheese

## Directions:

- Spread hummus or bean spread of your choice thinly on tortillas. If you have a ripe avocado, spread that on, too!
- Add the vegetables (and optional cheese).
- Roll up each tortilla.

What superhero foods can you find in this recipe?



Answer: hummus, bell peppers, spinach, kale

# Lettuce Tacos

## Ingredients:

- 1 head of lettuce (Romaine, Bibb)
- 1 can black beans, drained and rinsed
- Small onion, chopped or sliced
- 1/2 bell pepper, chopped or sliced
- 3 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp paprika
- 1 Tb soy sauce
- 1 tsp balsamic vinegar
- Salt and pepper to taste
- Fave vegetables for toppings: tomato, spinach, avocado, red onion, corn



## Directions:

- Add olive oil to a skillet and heat on medium. Add onions and peppers and sauté for five minutes. Add garlic, spices, black beans, soy sauce, vinegar and heat for another few minutes.
- Cut up remaining ingredients that will be toppings for your lettuce tacos.
- Assemble your lettuce tacos.

What superhero foods can you find in this recipe?

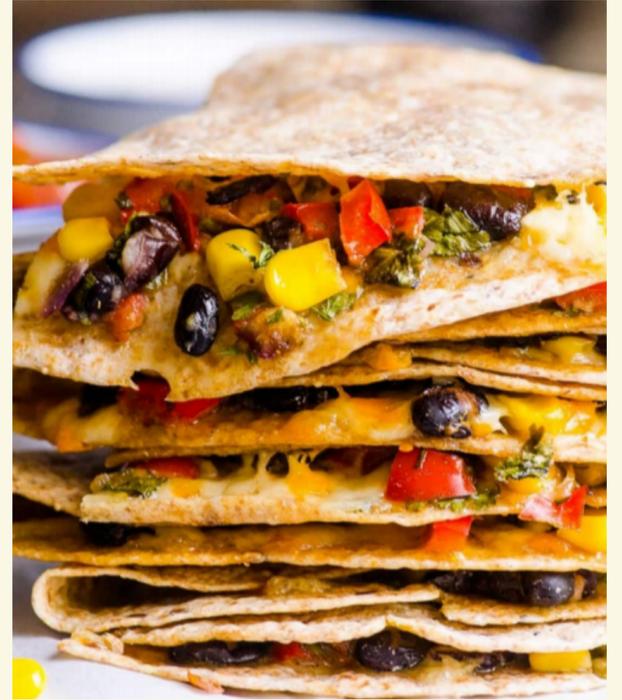


Answer: black beans, bell pepper, tomato, spinach

# Quesadillas

## Ingredients:

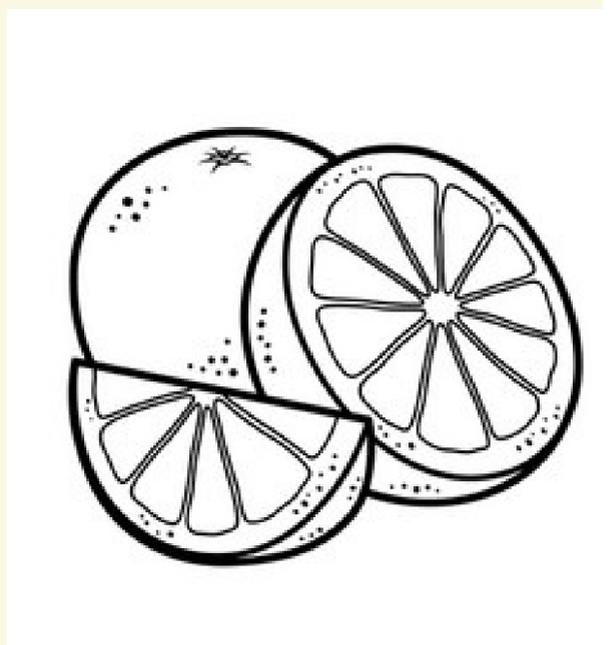
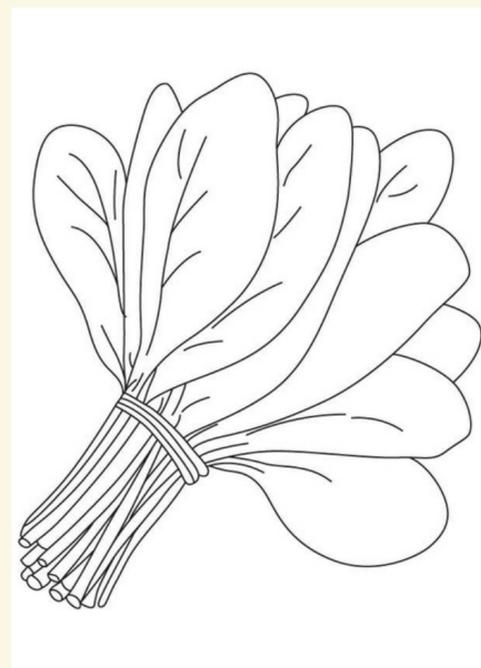
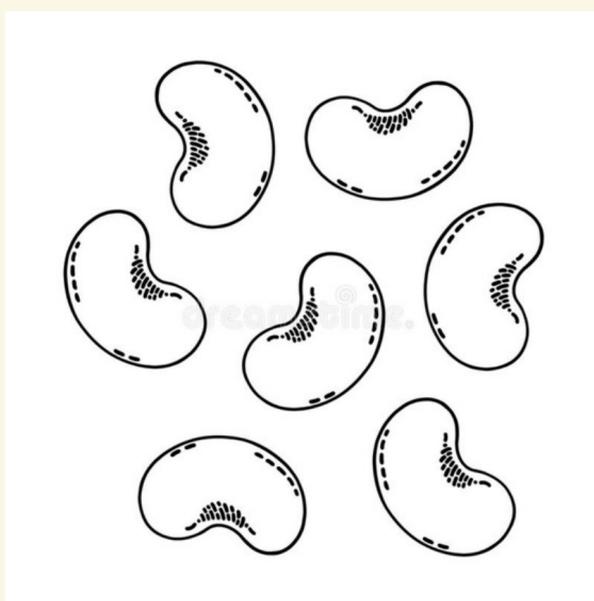
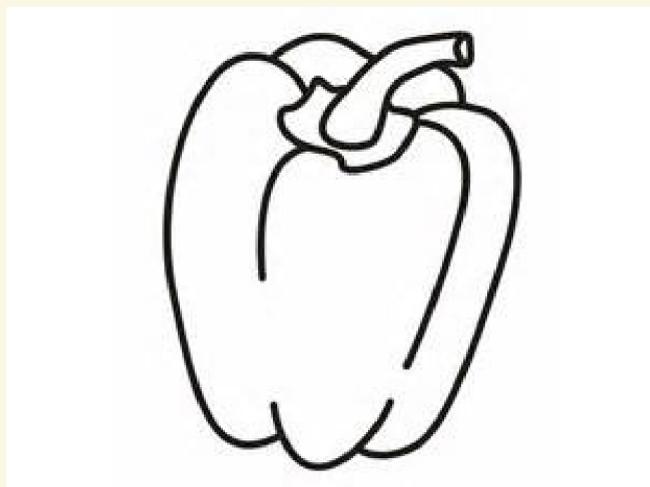
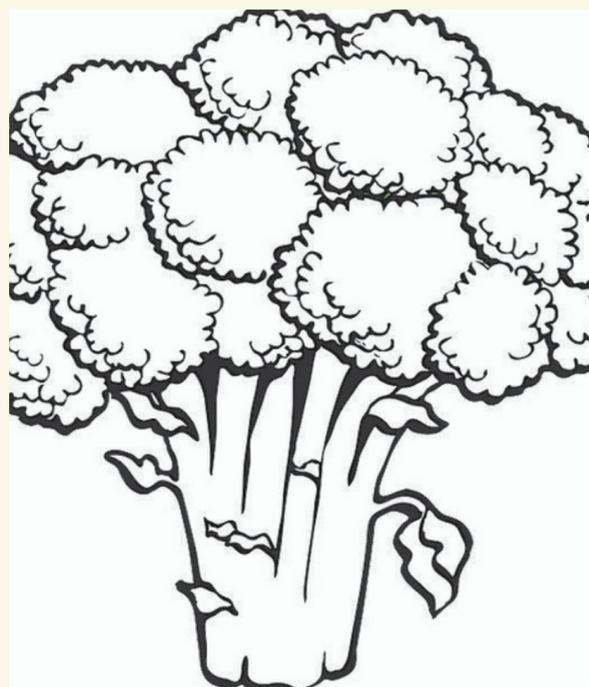
- 1/2 can of no salt added black beans
- 1 or 2 medium zucchini
- 1 red bell pepper
- 1 bunch fresh spinach (about 4 cups)
- 1 cup corn (frozen or canned)
- 4 ounces low-fat cheddar cheese
- 1 tablespoon canola oil or olive oil
- Optional: pinch cayenne pepper
- 1/2 teaspoon ground black pepper
- 6 8-inch corn or whole wheat flour tortillas
- Salsa, for serving



## Directions:

- Drain and rinse black beans. Rinse zucchini and cut into thin slices or shred on a grater. Rinse and chop bell pepper. Rinse and chop spinach. Drain corn, if canned. Grate cheese or buy pre-shredded.
- In large skillet over medium-high heat, heat oil. Add zucchini, bell pepper and cayenne pepper. Cook until zucchini and bell pepper are semi-soft, about 5 minutes.
- Add corn and spinach. Cover and cook until tender, stirring a few times, 2 minutes more. Remove from heat.
- Add black beans to the veggie mix and stir. Smash beans lightly with a fork to make a bean veggie paste (add 1-2 teaspoons of water if necessary). Season mixture with black pepper and transfer to bowl.
- Spread mixture evenly on half of each tortilla. Top with cheese. Fold tortilla over. Press lightly to flatten.
- Spray skillet lightly with cooking spray. Heat over medium-high heat. Add one or two folded tortillas. Cook about 4 minutes per side, or until both sides are golden brown. Repeat until all quesadillas are cooked. Serve with salsa!

# Coloring Page: Superhero Foods



**Which is your favorite to eat/drink?**



# Smokin' Veggie Burgers

## Ingredients:

- 1 can of chickpeas or black beans, drained and rinsed
- 1/2 red or yellow onion, diced
- 1 small zucchini or carrot, grated
- 3 Tb balsamic vinegar
- 3 Tb cilantro, chopped
- 1/2 jalapeno, minced (optional)
- 1 egg
- 1 tsp cumin
- 4-5 cloves garlic, minced
- 2 tsp pepper
- Pinch of cayenne (optional)
- 1 cup whole oats, ground (in a coffee/spice grinder)
- 2 tb olive oil



## Directions:

- Mash chickpeas and mix with other ingredients in large bowl
- Form mixture into 6 patties.
- Heat large skillet with olive oil. Cook patties in skillet 3 minutes per side, until lightly browned.

What superhero foods can you find in this recipe?



*Answer: chickpeas, zucchini, oats*

# Sweet Potato Chili



## Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 onion, finely diced
- 1 sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon ground chipotle chile
- 1/8 teaspoon salt, or to taste
- 1 1/3 cups water
- 1 15-ounce can black beans, rinsed
- 1 cup canned diced tomatoes (reduced sodium or no-salt-added)
- Juice of 1 lime (or about 2 tablespoons lime juice)
- 2 tablespoons chopped fresh cilantro

## Directions:

- Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes.
- Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds.
- Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes.
- Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.
- Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes.
- Remove from the heat and stir in cilantro. Serve over rice.

# Hoppin' John

## Ingredients:

- Olive oil
- 1 medium green bell pepper, diced
- 1 medium onion diced
- 3 stalks celery, chopped
- 3 medium carrots, peeled and diced
- 4 large cloves garlic, minced
- 2 teaspoons smoked paprika
- 1.5 teaspoons chili powder
- 1 teaspoon oregano
- 1 teaspoon thyme
- 1 teaspoon kosher salt
- Optional ½ teaspoon cayenne pepper
- 1 small bunch greens (collards, kale, spinach)
- 2 cans black eyed peas (15 ounce cans) (about 3.5 cups), drained and rinsed
- 1 can garlic fire-roasted diced tomatoes (14 ounce can)
- 2 cups low sodium vegetable broth (or chicken)
- Prepared rice, for serving
- Chopped green onions for serving
- Tabasco sauce for serving



## Directions:

- Heat the oil in a large, deep skillet or Dutch oven over medium heat. Add the onion and green bell pepper, celery, carrots and cook, stirring occasionally, for five minutes.
- Then add the garlic and spices (smoked paprika, chili powder, oregano, thyme, salt, & optional cayenne) and cook for another 1- 2 minutes.
- Working in small handfuls, stir in the collards, stirring after each addition to let it wilt slightly before adding another handful. Cook and stir until you can fit all of the greens.
- Add the black-eyed peas and tomatoes with their juices. Add the vegetable stock. Stir and continue to cook until heated through, about 5-10 additional minutes.
- Taste and add additional spices as desired. Serve hot with brown rice and a sprinkle of green onions (plus Tabasco sauce, if you like it hot!).

# Sweet Potato Curry

## Ingredients:

- Olive oil
- 1 onion, finely chopped
- 4-5 garlic cloves, minced
- 1 tablespoon minced/grated ginger
- 1 tablespoon curry powder
- 1/2 tablespoon cumin
- Salt and pepper, to taste
- 1/2 - 1 teaspoon crushed red pepper flakes, to taste
- 14.5-ounce can of no salt added chickpeas
- 14.5-ounce can of no salt added diced tomatoes
- 1.5 pounds (2 medium) sweet potatoes, peeled and pre-steamed
- 2 cups vegetable stock (or water or chicken stock)
- 2 cups greens (spinach or kale), chopped
- Cooked rice or quinoa and cilantro, for serving



## Directions:

- Cook onion in hot skillet with oil for 5-6 minutes.
- Add the garlic, red pepper flakes, curry powder, cumin, salt, pepper and ginger and cook 3 minutes.
- Drain and rinse the chickpeas. Add to the pan with the tomatoes and pre-steamed sweet potatoes. Add vegetable stock (or water) and bring the skillet to a simmer to mix everything.
- Cover with a lid and bring it to medium-low heat, occasionally stirring for 10-15 minutes. Add the greens in halfway through the cooking time. Add salt and pepper to taste and serve immediately with the rice and cilantro.

***Invent and  
Draw Your Super  
Hero Below!***



# Tips for Preventing Lead Exposure:

- Test your child at age 1 and 2
- Wash your hands frequently, especially before you cook and eat
- Stay away from peeling paint
- Wet mop rather than sweep
- Take your shoes off at the door
- Use filtered water for drinking, cooking, and making infant formula
- Get your lead service line replaced



**Learn more about lead on our website:  
[citybloom.org](http://citybloom.org)  
or by emailing Megan Sweet at  
[msweet@citybloom.org](mailto:msweet@citybloom.org)**