

# EAST BALTIMORE EATS COOKBOOK



Sofia Velculescu

East Baltimore Eats // Day at the Market

# about

Our goal: Through many interactions and conversations with patrons at Baltimore's Northeast Market, I created a cookbook with favorite recipes from market participants which not only highlights the voices of the East Baltimore community but also promotes healthy and accessible foods for all.



# potato salad

## Ingredients needed

- Potatoes
- Mayonnaise
- Celery
- Celery seed
- Onions
- Mustard

## How is this healthy?

- Potatoes have high concentrations of potassium which help reduce blood pressure
- Celery is a low-calorie vegetable

# Recipe:

1. Place whole unpeeled potatoes in a pot and let them cook for about 15 minutes
2. After draining the potatoes, season them with celery seed and let them cool
3. Create the sauce by mixing the mayonnaise, celery, onions, and mustard together
4. After the sauce is done, cut the potatoes in bite sized cubes
5. Serve cold and enjoy

<https://www.delish.com/cooking/recipe-ideas/recipes/a53128/classic-potato-salad-recipe/>

<https://healthyfitnessmeals.com/easy-mustard-potato-salad/>



# deviled eggs

## Ingredients needed How is this healthy?

- Large eggs
  - Dijon mustard
  - Fresh chives
  - Paprika
  - Green onion
  - Mayonnaise
- Eggs provide protein and vitamins, while also being low in calories and carbohydrates
  - Paprika helps reduce the risk of cancer and other diseases
  - The eggs in mayonnaise are high in vitamin E, which may reduce risk of heart disease and assure fewer age-related eye disorders. Nevertheless beware that mayo is high in fats so make them

## Recipe:

1. Boil eggs for about 12 minutes
2. After the eggs are cooked, drain them and let them cool
3. Cut the eggs and remove the yolk middle
4. Add the mayonnaise and garnishes to the inside of the eggs
5. Serve cold and enjoy

<https://cooking.nytimes.com/recipes/6866-classic-deviled-eggs>

<https://healthyfitnessmeals.com/keto-deviled-eggs/>





# chicken caesar salad

## ingredients needed:

- Chicken breast
- Eggs
- Red onion
- Cucumber
- Romain lettuce
- Caesar dressing

## How is this healthy?

- Chicken is a good source of protein, and it helps with maintaining a healthy weight
- Cucumbers are filled with many vitamins like Vitamin B, C, and K
- Red onions are packed with minerals and vitamins

# Recipe:

1. Season the chicken breast with salt and pepper and cook it for 8-10 minutes on one side and another 4-6 minutes on the second side
2. Boil the eggs for about 12 minutes
3. Once the eggs and chicken are done cooking, chop the lettuce and place in salad bowl
4. Add the Caesar dressing as well as the sliced eggs and chicken breast
5. Serve cold and enjoy





# beef stir fry

## Ingredients needed:

- Steak
- Broccoli
- Gravy
- Sweet chili
- Hot sauce
- Oil

## How is this healthy?

- Broccoli is a nutrient rich vegetable which helps maintain a good blood sugar balance and also reduces the risk of cancer (especially broccoli florets and sprouts)
- Sweet chili sauce helps increase the rate of metabolism

## Recipe:

1. Slice the steak in thin slices and cut the broccoli
2. In a small bowl, whisk together the gravy, sweet chili and hot sauce which will become the stir fry sauce and allow it to marinate
3. In a pan, saute the steak and add broccoli, and marinade
4. After the steak is cooked and the sauce is thick, remove them from the heat
5. Serve warm with rice and enjoy.



<https://www.thespruceeats.com/healthy-beef-and-broccoli-stir-fry-2238573>

<https://healthyfitnessmeals.com/beef-and-broccoli-stir-fry/>



# mushroom pizza

## Ingredients needed:

- Mushrooms
- Mozzarella cheese
- Almond flour

## How is this healthy?

- Mushrooms are low calorie, a great source of protein, and prevent serious health issues
- Almond flour may be hard to find so whole wheat flour is a

- Eggs
- Pizza sauce

## Recipe:

1. Preheat oven to 180-200°C
2. In a bowl combine grated mozzarella cheese with almond flour, and place in a microwave for 1 minute to melt
3. Add eggs and stir until the dough is formed
4. Roll out the dough on parchment paper and spread the pizza sauce and mushrooms on it

5. Bake the pizza for about 15 minutes
6. Serve warm and enjoy

<https://leitesculinaria.com/294376/recipes-mushroom-pizza-ricotta.html>

<https://healthyfitnessmeals.com/low-carb-pizza/>





# pasta salad

## Ingredients needed:

- Rotini pasta
- Tomatoes
- Bell peppers
- Cucumbers
- Italian dressing

## How is this healthy?

- Bell peppers are low in calories and contain high amounts of Vitamin C
- Tomatoes are a good source of fiber and contain high amounts of water



## Recipe:

1. Cook the pasta and drain it
2. After the pasta is drained, combine the pasta, tomatoes, bell peppers, and cucumbers in a new bowl
3. Add the Italian dressing so it lightly coats all the ingredients
4. Serve warm and enjoy

<https://healthyfitnessmeals.com/italian-pasta-salad/>



# chicken with veggies

## Ingredients needed:

- Chicken breast
- Onions
- Broccoli
- Red bell peppers
- Salt & pepper

## How is this healthy?

- Baked chicken is a healthier alternative than fried chicken or chicken thighs or legs as it is low in calories and fat
- Onions contain specific compounds that help prevent heart disease



## Recipe:

1. Preheat oven to 400°F and place raw chicken coated with salt and pepper in it
2. In a separate bowl mix together the other vegetables, adding salt, pepper, and other seasoning
3. Place the veggies and chicken in the oven, and let them bake for 20-25 minutes
4. Serve warm and enjoy



<https://healthyfitnessmeals.com/sheet-pan-chicken-recipe/>



# pan seared salmon

## Ingredients needed:

- Salmon
- Avocado

## How is this healthy?

- Salmon is a lean source of protein which contains healthy fats, vitamins, and minerals
- Cilantro not only adds a kick to

Salsa or:

- Cilantro
- Tomato
- Lime juice

**Recipe:**

1. Choose a near ripe avocado.
2. Place salmon, skin down, on a large skillet and cook on medium heat
3. While the salmon sears, prepare the fresh salsa by tossing together the

avocado, tomato, cilantro, and lime  
juice

4. Once the salmon is cooked add the salsa on the plate and garnish the dish with cubed avocado
5. Serve warm and enjoy

<https://healthyfitnessmeals.com/spice-crusted-salmon-with-avocado-salsa/>



# cherry snow cone

## Ingredients needed:

- Cherries
- Shaved ice
- Monk fruit sweetener or
- Water

## How is this healthy?

- Cherries are packed with potassium, fiber, vitamin C,
- Monk fruit sweetener or Stevia contains 0 calories and is a healthier alternative than other sweeteners which use up to 10 grams of sugar

## Recipe:

1. Remove pits from the cherries and place them as well as the monk fruit sweetener in a pan set to a medium-high heat
2. When the cherries liquify and create a syrup consistency, turn off the heat
3. Create some shaved ice by blending ice in a blender



4. Then add the syrup onto the shaved ice
5. Serve cold and enjoy

<https://www.simplylowcal.com/fresh-cherry-vanilla-snow-cone-syrup/>



# roasted turkey

## Ingredients needed:

- Turkey breast
- Sage
- Rosemary leaves
- Salt & pepper
- Garlic cloves

## How is this healthy?

- Turkey is a great source of protein and is also low in fat
- Rosemary contains essential nutrients that help the body heal faster from injuries and prevent cancer

## Recipe:

1. Preheat the oven to 350°F, and season the turkey breast with sage, salt, pepper, rosemary leaves, and garlic cloves
2. Once the oven is preheated, place the turkey in the oven and let it cook for approximately 13 minutes per pound.
3. Serve warm and enjoy

<https://healthyfitnessmeals.com/roasted-turkey-breast/>



# shrimp alfredo pasta

## Ingredients needed:

- Fettucine pasta
- Milk
- Shrimp
- Light cream cheese

## How is this healthy?

- Alfredo sauce contains lots of dairy products which helps significantly increase your calcium intake
- Shrimp has high amounts of protein and minerals

- Freshly grated parmesan



## Recipe:

1. Cook the pasta and drain it
2. Next cook the shrimp by placing them on a frying pan over medium heat for 2-3 minutes
3. On the same frying pan at medium heat combine the garlic, milk and cream cheese and whisk the sauce until it gets a thick
4. Then add the cooked pasta, shrimp, parmesan, and other seasonings to the sauce and mix thoroughly

## 5. Serve warm and enjoy

<https://healthyfitnessmeals.com/easy-shrimp-fettuccine-alfredo/>



# baked cajun catfish

## Ingredients needed:

- Catfish
- Collard greens
- Cider vinegar
- Oil
- Red pepper flakes

## How is this healthy?

- Catfish is a low-calorie fish that contains healthy fats, vitamins, and minerals
- Collard greens are extremely healthy as they contain high amounts of vitamins, minerals, and fiber

- Thinly sliced onions

# Recipe:

1. Preheat the oven to 425°F and then place the catfish which is seasoned with salt, pepper, and other seasonings of your choice in it
2. In a large skillet cook the onions for 2-3 minutes and then add the collard greens, red pepper flakes, and vinegar and let those cook for about 20 minutes
3. Serve warm and enjoy

<https://recipes.heart.org/en/recipes/baked-cajun-catfish-and-easy-collard-greens>





# turkey meatloaf

## Ingredients needed:

- Ground turkey
- Fennel bulb
- Egg
- Onion
- Garlic cloves
- Breadcrumbs

## How is this healthy?

- Fennel bulbs are high in water and vitamin C which helps with tissue repair
- Turkey is a better option than

Note: fennel is not essential if it is unavailable

## Recipe:

1. Preheat the oven to 375°F and then in a skillet sauté the onions, fennel, and garlic
2. Then in a large mixing bowl mix the ground turkey and other ingredients (egg and breadcrumbs) together
3. Once the vegetables are cooked, transfer them to the mixing bowl and combine all together
4. Transfer the meat mixture into a pan and allow it to bake for 50-55 minutes in the oven
5. Serve warm and enjoy



# raisin cookies

## Ingredients needed:

- Quick cook oats
- Raisins
- Bananas
- Vanilla extract
- Peanut butter

## How is this healthy?

- Raisins contain high amounts of iron as well as fiber which help with easier digestion
- Peanut butter contains omega-6 and helps prevent heart disease





# Recipe:

1. Preheat the oven to 350°F.
2. In a large bowl mix together the banana, peanut butter, vanilla extract, and raisins
3. Measure the oats and then combine them in the large bowl with mixture
4. Then place small spoonfulls of this mixture onto a greased cookie sheet and let it bake for 12-15 minutes
5. Serve warm and enjoy

<https://healthyfitnessmeals.com/healthy-oatmeal-raisin-cookies/>



# french toast

## Ingredients needed:

- Eggs
- Wholewheat bread
- Skim milk
- Cinnamon and nutmeg
- Maple syrup

## How is this healthy?

- Wholewheat bread is a healthier alternative than white bread as it has lower calories and more fiber
- Skim milk is healthier than regular milk as it is lower in fat



## Recipe:

1. In a bowl mix the eggs, cinnamon, nutmeg, and maple syrup
2. Then fully submerge the slices of bread into the mixture
3. In a frying pan, fry both sides of the bread until brown
4. Serve warm with syrup and enjoy

<https://www.jessicagavin.com/french-toast/>

<https://hungryhealthyhappy.com/healthy-french-toast/>



# fruit salad

Ingredients needed:

How is this healthy?

- Fresh mint is a herb that is high in vitamin A



- Strawberries
- Blueberries
- Banana
- Kiwi
- Lime juice
- Fresh mint

## Recipe:

1. Cut the fruits and place them together in a small bowl
2. Then drizzle lime juice over the fruits and add the fresh mint
3. Serve cold and enjoy

<https://healthyfitnessmeals.com/mixed-berry-fruit-salad/>

<https://www.cookingclassy.com/honey-lime-rainbow-fruit-salad/>



# blueberry pancakes

## Ingredients needed:

- Plain Greek yogurt
- Rolled oats
- Whey protein (vanilla flavor)
- Eggs
- Almond milk

## How is this healthy?

- Greek and regular yogurt provides protein while also being low in carbohydrates when sugar is not an added ingredient

# Recipe:

1. In a bowl, mix all the ingredients (rolled oats, yogurt, protein, eggs, almond milk, vanilla extract, baking powder, and blueberries) together
2. Then preheat a large skillet on medium heat
3. Pour a cup of batter on the skillet and flip until brown (repeat until out of batter)
4. Serve warm and enjoy

<https://www.thespruceeats.com/vegan-blueberry-pancake-recipe-3376521>

<https://healthyfitnessmeals.com/blueberry-banana-pancakes-recipe/>



# chicken drumsticks

## Ingredients needed:

- Chicken drumsticks
- Honey
- Coconut aminos
- Sesame oil
- Cornstarch
- Salt & pepper

## How is this healthy?

- Coconut aminos is an alternative to soy sauce, which is low in sodium, sugar, and carbohydrates
- Honey is a nutritional natural sugar that helps treat sore throats





## Recipe:

1. In a bowl, mix all the ingredients (honey, coconut aminos, sesame oil, salt and pepper) to make the marinade
2. Preheat the oven to 400°F
3. Coat the chicken drumsticks with marinade
4. Place the chicken in the oven for around 45 minutes, flipping every 15 minutes
5. Serve warm and enjoy



# Broiled crabcakes

## Ingredients needed:

- Crab meat
- Panko breadcrumbs
- Eggs
- Lemon
- Dijon Mustard
- Seasoning

## How is this healthy?

- Broiling crabcakes rather than frying them is a healthier option as it reduces the overall fat of the dish
- Dijon mustard not only helps keep the crabcake stay together but it is also high in vitamins and iron

## Recipe:

1. In a bowl, mix the egg, Dijon mustard, lemon, panko breadcrumbs, and other seasonings together
2. Carefully add the crab meat and create 6 cakes
3. Set the oven to broil and place crabcakes until golden brown
4. Serve warm and enjoy

<https://www.runninginaskirt.com/broiled-crab-cakes/>



# baked scallops

## Ingredients needed:

- Scallops
- Unsalted butter
- Lemon juice
- Parsley
- Salt & pepper
- Spices

## How is this healthy?

- Scallops are rich in nutrients and protein
- Unsalted butter is low in salt concentration which helps lower risks of strokes, heart attacks, and high blood pressure
- Parsley is high in vitamin K



- Parmesan cheese

## Recipe:

1. In a bowl, mix the butter, lemon juice, parmesan, and spices together
2. Place mixture on top of the scallops in a baking dish, while the oven preheats to 350°F
3. Then put scallops in the oven and allow them to bake until brown and crispy, careful not to overcook
4. Sprinkle some parsley over the baked scallops
5. Serve warm and enjoy

<https://healthyrecipesblogs.com/buttery-baked-scallops/>



# cheeseburger slider

Ingredients needed:

- Whole wheat buns

How is this healthy?

- Whole wheat buns in comparison to white buns are higher in natural vitamins and

- Beef
- Onions
- Tomatoes
- Romaine lettuce
- Spices

## Recipe:

1. Mix the beef and spices together to create slider patties
2. Then in a large skillet, place the slider patties and allow them to cook until browned, flipping between both sides
3. Then place the patties on top of the whole wheat buns and top them off with lettuce, tomatoes, onions, and other spices
4. Serve warm and enjoy



<https://www.cookinglight.com/recipes/smashed-double-cheeseburger-sliders>



# raisin bread

## Ingredients needed:

- Whole wheat flour
- Brown sugar
- Dry yeast
- Milk
- Molasses
- Raisins
- Unsalted butter

## How is this healthy?

- Brown sugar is a healthier alternative than white sugar as it is lower in calories and contains iron, calcium, and potassium
- Raisins, which are fibrous fruits, help with digestion



## Recipe:

1. In a bowl mix the whole wheat flour, brown sugar, dry yeast, milk, molasses, unsalted butter, and raisins together
2. When the dough is formed, knead it for about 8 minutes
3. Allow dough to rise for 20-40 minutes, until double in size
4. Preheat the oven to 350°F
5. Then place the dough in the oven and bake 40 minutes or until brown and a knife inserted comes out clean
6. Serve warm and enjoy

<https://www.thespruceeats.com/whole-wheat-raisin-bread-recipe-428185>



# mac and cheese

How is this healthy?

- Chicken broth not only is high in



## Ingredients needed:

- Macaroni
- Chicken broth
- Whole milk
- Cheese
- Butter and flour in equal amounts

## Recipe:

1. In a large pot, to create the creamy sauce combining the butter, flour, cheese, whole milk, and chicken broth together
2. Then cook the macaroni according to package instructions, usually allowing them to boil for 8-10 minutes
3. Once the macaroni is cooked add the sauce
4. If desired , top with bread crumbs and place in an oven at 350 F for 40 minutes until brown

## 5. Serve warm and enjoy

<https://ifoodreal.com/healthy-mac-and-cheese/>

<https://www.lilvienna.com/quick-stovetop-mac-and-cheese/>



# chicken tacos

## Ingredients needed:

- Chicken
- Whole wheat tortillas
- Buffalo sauce
- Avocado
- Cheese
- Sour cream
- Cubed tomatoes or salsa

## How is this healthy?

- Avocados are not only fibrous but also contain high amounts of vitamin C, E and K
- Whole wheat tortillas are the healthiest type of tortillas as they are low in both calories and fats

## Recipe:

1. Place the chicken in a pan and over medium heat cook it for 5-8 minutes or debone a rotisserie chicken
2. Once cooked, coat the chicken in buffalo sauce
3. In the whole wheat tortillas, add the chicken, avocado, cheese, sour cream, cheese, tomatoes or salsa
4. Serve warm and enjoy

<https://healthyfitnessmeals.com/buffalo-chicken-tacos/>



# caprese salad

## Ingredients needed:

- Tomatoes
- Mozzarella
- Basil

## How is this healthy?

- Basil not only contains high amounts of vitamins and minerals, but it also helps lower blood pressure



- Olive oil
- Balsamic vinegar
- Salt & pepper

# Recipe:

1. Carefully slice the tomatoes and mozzarella into thin slices
2. Then place some basil leaves and salt & pepper on the tomatoes and mozzarella
3. Finally drizzle some balsamic vinegar and olive oil on top
4. Serve cold and enjoy

<https://www.loveandlemons.com/caprese-salad/>

<https://healthyfitnessmeals.com/caprese-salad-recipe/>

