



Crenshaw Christian Center's Community

Recipe Book

This recipe book brings together a diverse range of delicious and healthy dishes designed to support your brain health!

Created by CCC's Care Advisors, who are passionate about wellness, these recipes are traditional, nourishing, and perfect for anyone looking to fuel their mind and body.



**HEALTHY
MINDS INITIATIVE**
INTERNATIONAL

Spicy Coconut Black Beans

INGREDIENTS

- 2 cups (360 grams) dried black beans
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 1 red onion, diced
- 1 brown onion, diced
- 1 carrot, thinly sliced
- 4 cloves of minced garlic
- 1 can coconut milk
- 7 tablespoons of cumin
- 7 cups (about 1,660 milliliters) water
- Salt to taste
- Fresh Habanero or Scotch Bonnet Pepper to taste, halved and deseeded

HOW TO MAKE

- 1 In a pot over medium heat, add 1 tablespoon of oil and saute the onions, bell peppers, carrots until tender (about 5 minutes).
- 2 Then add the minced garlic and cumin, cook for 2 more minutes.
- 3 Add black beans, habaneros and water. Bring to a boil then simmer covered till the beans are tender and most of the water has cooked out (several hours).
- 4 Taste and add habaneros to your spice liking. Be sure to stir the pot periodically and add more water as needed so the beans won't burn at the bottom.
- 5 Stir in 1 can of coconut milk and allow to simmer for about 5 minutes.



Uncle Michael's Tableside Guacamole

INGREDIENTS

- 10 Ripe Haas Avocados
- 1 Medium brown onion, finely diced
- 1/2 Lemon, Juiced
- 1 Bunch Fresh Cilantro, Finely chopped
- 1/2 cup of La Victoria Salsa Ranchera or salsa of your choice
- 6 Cloves of garlic, diced or equivalent of minced garlic
- 1 TBSP of cumin
- Seasoned Salt and Gourmet Pepper to taste

HOW TO MAKE

- 1 Cut avocados, remove and discard pits, place in large mixing bowl.
- 2 Add other ingredients, stir and mash with a potato masher until you reach your desired consistency.
- 3 Cover tightly and refrigerate. Serve chilled with “baked” corn chips or better yet, cut vegetables for an even healthier alternative.
- 4 Serves a bunch. Can reduce quantity by 1/2 for smaller servings.



Deconstructed California Roll Salad

INGREDIENTS

- Cucumber, diced
- Spinach, chopped
- Avocado, diced
- Tofu - extra firm, diced
- Plant-based Mayonnaise
- Everything Bagel Seasoning
- Nori furikake, (for seafood flavor)
- Coconut aminos sauce or soy sauce
- Wasabi Peas (optional)

HOW TO MAKE

- 1 Place all dry ingredients in a bowl.
- 2 Use a bowl to whisk the mayonaise, everything bagel seasoning, coconut aminos sauce or soy sauce.
- 3 Add the wet ingredients to the bowl, mix, toss gently.
- 4 Add the wasabi peas and Nori furikake if using. Mix gently and enjoy!



Tasty Cauliflower-Crust Pizza

INGREDIENTS

- 2 cups finely grated cauliflower
- 2 cups shaved mozzarella cheese, plus extra for topping.
- 2 large eggs
- Tomato sauce
- Pizza toppings of your choice (I like mushrooms, fresh tomato slices, red onions, and fresh basil.)

HOW TO MAKE

- 1** Pre-heat oven to 450°F. Cut parchment paper to match the size and shape of your pizza pan. Using parchment paper is the best way to prevent your crust from sticking to the baking surface.
- 2** Finely grate your cauliflower and remove any large chunks. You want a fine, uniform texture like rice. Squeeze out all the moisture using a paper towel or cheese cloth.
- 3** Mix together cauliflower, mozzarella cheese, and two eggs until well-combined. At this point, it may not look like it could possibly turn into pizza crust, but it will bake to a thin, crunchy, flexible crust—you'll see!
- 4** Place the cauliflower mixture at the center of the parchment paper on the pizza pan. Spread the mixture thinly but evenly throughout up to the edges of the pan. Bake crust at 450°F for 15 minutes.
- 5** Assemble the rest of your toppings. Place a small dollop of tomato sauce – start with less than you think you'll need – at the center of your crust and spread it out nearly to the edge. Be conservative with the sauce – putting too much sauce was one of my mistakes when I was perfecting this recipe!
- 6** Top the food with cheese, followed by other toppings of your choice, like fresh tomatoes, spinach, fresh herbs, zucchini, artichoke hearts, and other types of fresh veggies.
- 7** Return it to the oven and bake until the cheese is evenly melted and just beginning to turn golden on the surface.



Baked Oatmeal with Fruits and Toppings

INGREDIENTS

- 2 cups (480ml) soy milk
- ½ cup (100g) monkfruit sweetener (or date powder/sugar)
- 2/3 cup (100g) nuts
- ½ cup (90g) nut butter
- 1 cup (80g) fruit
- 2 tsp spice
- 2 tsp vanilla
- 2 cups (200g) rolled oats
- 4 tbsp ground flaxseeds
- 2 tsp baking powder

FLAVOR SUGGESTIONS

- PB and Banana ‘Chunky Monkey’: 1 large banana, roughly mashed, peanut butter, walnuts, cinnamon, and ¼ or ½ cup (40–80g) of chocolate chips
- Blueberry: Blueberries, almond butter, almonds, and soy yogurt.
- Peaches and Cream: Peaches, cashew butter (or tahini), almonds, pecans, soy yogurt, and a sprinkling of brown monkfruit or date sugar.
- Apple Cinnamon: Apples, almond butter, walnuts, hazelnuts, cinnamon, and soy yogurt.
- Saffron and Rose: Strawberries: cashew, almond, or pistachio butter, pistachios and/or almonds, ½ tsp ground saffron mixed with the 2 cups of soy milk, 1 tbsp rose water, and 1 tsp cardamom.

HOW TO MAKE

- 1 Heat oven to 350°F or 175°C. Line a 9 x 9” baking dish with parchment paper.
- 2 In a large bowl, mix the soy milk, sweetener, nut butter, fruit, and vanilla. Add the oats, flaxseed, baking powder, and the spice(s). Stir until well combined.
- 3 Pour the mixture into the prepared pan and spread out so it’s not uneven. Bake for 40 minutes. It should be firm on top when it’s done and not wet.
- 4 Drizzle/sprinkle with a topping of choice (see the table above). Let it cool for five minutes before cutting into squares.
- 5 Cover and refrigerate for up to 5 days, or freeze for up to a month. Warm in the oven at 300°F (150°C) for 30 minutes, in a microwave, or warm up a slice in a toaster oven.



Roasted Butternut Squash Mac & Cheese

INGREDIENTS

- 1 lb diced butternut squash (about 4 cups)
- ½ cup raw cashews, soaked in 2 cups of hot water
- Extra Virgin Olive Oil (EVOO) spray
- 1 small yellow or sweet onion, chopped
- 3 garlic cloves, sliced
- 1 cup vegetable broth
- 2 tbsp arrowroot or tapioca powder
- ½ cup nutritional yeast
- 1 tbsp Dijon mustard
- 2 tbsp lemon juice
- 16 oz pasta (shells or preferred shape, whole wheat, lentil)
- Optional toppings: thawed frozen peas or roasted broccoli
- 1 cup panko bread crumbs for topping

HOW TO MAKE

- 1 Preheat oven to 400°F (200°C). Peel and cut squash to make about 4 cups or 1 lb of pieces. Arrange on a baking sheet, spray with olive oil, and bake for 30 minutes until soft and golden.

- While the squash is baking, bring a pot of water (8-10 cup) to a boil for the pasta. Add some salt to the water (1–2 teaspoons). In a skillet, sauté the chopped onion in olive oil spray for about 10 minutes until translucent. Add garlic and cook for 1 minute. Pour in
- 2 the broth, letting the mixture soften. Let the liquid evaporate for about 2–3 minutes on high heat. In a blender, combine the roasted squash, onion mixture, soaked cashews, arrowroot powder, nutritional yeast, Dijon mustard, lemon juice, and a pinch of salt. Blend until very smooth.

- 3 Cook pasta according to package directions, aiming for al dente. Reserve 1 cup of pasta water before draining.

- In a large pot over medium heat, pour in the butternut cheese sauce and heat, stirring for 1–2 minutes until slightly thickened. Add the drained pasta and stir, adding
- 4 reserved pasta water if needed for a creamier texture. In a small pan, dry sauté the panko for 1-2 minutes to make it crisper. Remove from heat and add ¼ cup of walnut parmesan. Pour the mac and cheese in a serving dish. Sprinkle with panko mix and serve immediately.



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Have a healthy recipe you want to share?

Found a way to make grandma's famous "fill-in-the-blank" with healthier ingredients?

Send them to us, and we'll add them to the recipe book for the whole community to make and share!



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