Look n' Cook



RECIPE BOOK

JUST SAY YES

foodbank of the Southern Tier

Message from the authors

Welcome to our visual aid cookbook!

Our goal is to make cooking more accessible by providing real-life examples of essential kitchen skills, including:

- How to properly cut ingredients
- Accurate measurements for recipes
- What ingredients and equipment should look like
- Helpful tips and substitutions (e.g., no blender? Use a fork instead!)

This cookbook is a collaboration with the Health & Nutrition Team to help make cooking simple, fun, and practical for everyone.

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* If using a digital copy click on each lesson plan within the document to navigate directly to the respective page.



Click this icon to access the recipes and nutrition facts online

Cooking Terms

- **Bake:** This method uses dry heat in an oven, cooking food thoroughly and forming a crust. Ideal for breads, pastries, and casseroles.

- **Simmer:** A gentle technique where food cooks in liquid just below boiling. Perfect for soups, stews, and sauces, allowing flavors to meld.

- **Chop:** A basic cutting method using a knife to cut food into pieces, usually larger than dicing or mincing. Common for vegetables and herbs.

- **Dice:** This precise technique involves cutting food into small, uniform cubes. Used for vegetables, fruits, and meats for even cooking and presentation.

- **Mince:** Cutting or grinding food into very small pieces, smaller than diced. Ideal for ingredients like garlic and herbs to blend flavors.



Chopped



Diced



Minced

Photo Credit: https://www.pinterest.com/pin/the-difference-between-chop-dice-and-mince--373939575282368015/

Skills Section

How to Dice an Onion





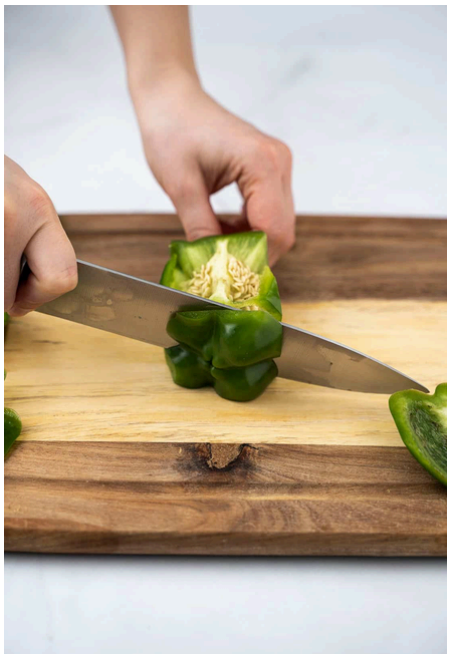



Photo credits: https://www.thespruceeats.com/how-to-easily-dice-an-onion-6260167

Skills Section

How To Slice a Bell Pepper





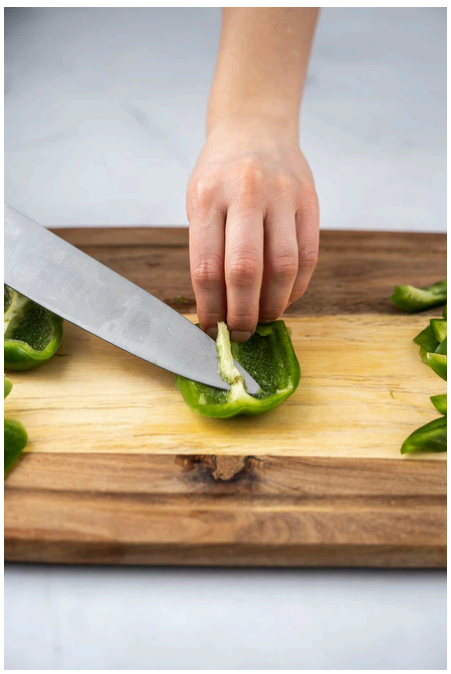
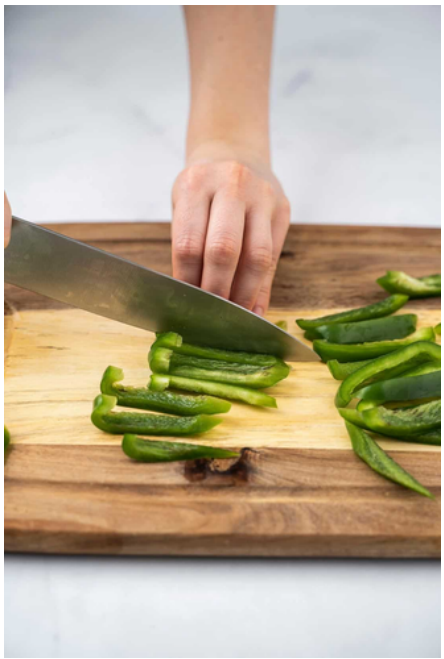



Photo credits: https://healthyfitnessmeals.com/how-to-cut-bell-peppers/

Lesson 1

YIELD: 8 SERVINGS

MINESTRONE SOUP



INGREDIENTS









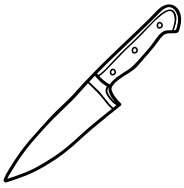



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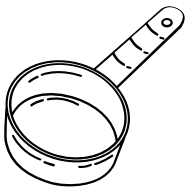


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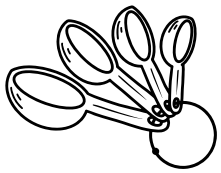
Chef Knife



Dry Measuring Cup



Measuring Spoons



Note: *This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.*

Nutrition Facts:

Calories: 100
Total Fat: 1g
Cholesterol: 0g
Sodium: 150mg
Total Carbohydrates: 17g
Dietary Fiber: 6g
Sugars: 4g
Protein: 7g



Lesson 1 MINESTRONE SOUP

INGREDIENTS

1 chopped onion, peel removed

1 cup chopped carrots

2 minced garlic cloves

3 cans (14.5 ounces each) low sodium chicken broth

1 tablespoon tomato paste

2 cups chopped cabbage

1 teaspoon basil (optional)

1 teaspoon oregano (optional)

2 cups cooked red kidney beans, drained and rinsed

1 tablespoon vegetable oil

Salt and pepper to taste

DIRECTIONS

Heat oil in a large pot over medium heat. Cook onions, carrots, and garlic for 5 minutes.

Add broth, tomato paste, cabbage, basil, and oregano.

Bring to a boil; reduce heat to medium and cook for 15 minutes or until all vegetables are tender.

Add kidney beans and cook for 5 more minutes.

Add salt and pepper to taste. Enjoy! Refrigerate leftovers.

Quick Tip: *Place remaining tomato paste in a sandwich bag and score 9 squares with the back of a butter knife. Place in freezer, breaking off squares as needed. One square equals one tablespoon.*

Lesson 2

YIELD: 2 SERVINGS

APPLE RAISIN SALAD



INGREDIENTS







OPTIONAL

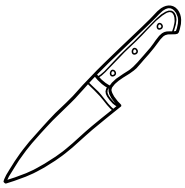




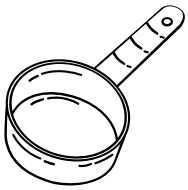


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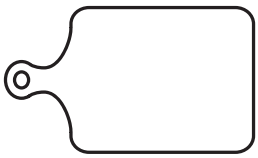
Chef Knife



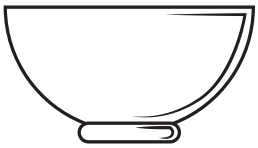
Dry Measuring Cup



Cutting Board



Mixing Bowl



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 220
Calories from Fat: 10
Total Fat: 1g
Cholesterol: 5mg
Sodium: 55mg
Total Carbohydrates: 48g
Dietary Fiber: 5g
Sugars: 42g
Protein: 4g



Lesson 2

APPLE RAISIN SALAD

INGREDIENTS

1 chopped apple, core removed

1/2 cup raisins

1/2 cup yogurt

Cinnamon to taste (optional)

DIRECTIONS

In a small bowl, combine all ingredients. Chill.

Enjoy!

Refrigerate leftovers.

Quick Tip: If you don't have an apple slicer, cut the apple into quarters. Then, placing a quarter flat on a cutting board, slice the section of core off.

Lesson 3

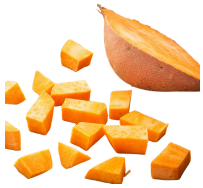
YIELD: 4 SERVINGS

SWEET POTATO & RED BEAN CHILI



INGREDIENTS







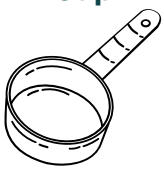



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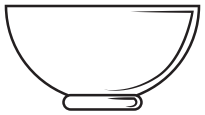
Chef Knife



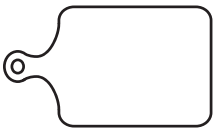
Dry Measuring Cup



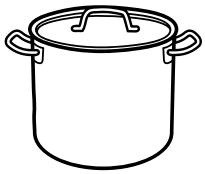
Mixing Bowl



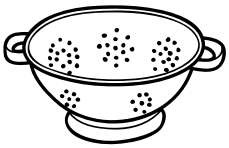
Cutting Board



Large Cooking Pot



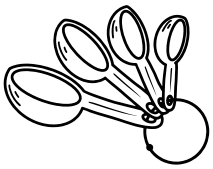
Strainer



Mixing Spoon



Measuring Spoons



OPTIONAL





Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 280
Total Fat: 3.5g
Cholesterol: 0mg
Sodium: 320mg
Total Carbohydrates: 56g
Dietary Fiber: 9g
Sugars: 15g
Protein: 8g



Lesson 3 SWEET POTATO & RED BEAN CHILI

INGREDIENTS

2 teaspoons vegetable oil

1 diced medium onion

3 cups diced sweet potatoes, with peels

2 finely chopped garlic cloves

2 cups chopped tomatoes, or 1 15-ounce can diced tomatoes, drained and rinsed

1 1/2 tablespoons chili powder

2 teaspoons ground cumin (optional)

1 1/2 cups water

1 1/2 cups cooked, or 1 15-ounce can red kidney beans, drained and rinsed

2 tablespoons chopped cilantro (optional)

Salt and pepper, to taste

DIRECTIONS

Heat oil in a large pot over medium heat.

Add onions and sweet potatoes and cook for 4 minutes.

Stir in garlic, tomatoes, chili powder, cumin (if using), and water. Cook for 10 minutes.

Add beans. Cook until the beans are heated, about 5 minutes.

Add cilantro (if using), salt, and pepper.

Serve warm and enjoy!

Refrigerate leftovers.

Quick Tip: *Draining and rinsing canned beans can reduce sodium content by up to 40%!*

Lesson 4

YIELD: 4 SERVINGS

BLACK BEAN WRAP



INGREDIENTS



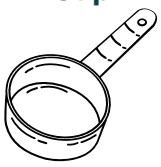


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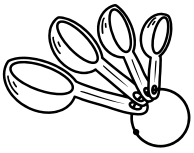
Dry Measuring Cup



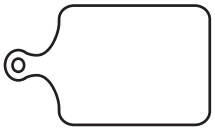
2 Mixing Bowls



Measuring Spoons



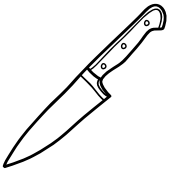
Cutting Board



Mixing Spoon



Chef Knife



OPTIONAL



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 320
Total Fat: 5g
Cholesterol: 5mg
Sodium: 790mg
Total Carbohydrates: 54g
Dietary Fiber: 9g
Sugars: 4g
Protein: 16g



Lesson 4 BLACK BEAN WRAP

INGREDIENTS

2 cups cooked and drained black beans

1 cup low-fat shredded cheese

2/3 cup salsa

1/2 cup cooked brown or white rice

1 1/2 cups shredded lettuce

4 medium flour tortillas

Salt and pepper, to taste

DIRECTIONS

In a medium bowl, combine black beans, cheese, salsa, and rice.

Top each tortilla with 3/4 cup of the black bean mixture and some lettuce.

Roll up tortillas and slice in half to serve.

Refrigerate leftovers.

Quick Tip: *Draining and rinsing canned beans can reduce sodium content by up to 40%!*

Lesson 5

YIELD: 4 SERVINGS

LETTUCE AND CHICKPEA SALAD



INGREDIENTS





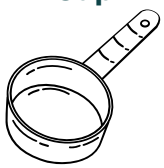




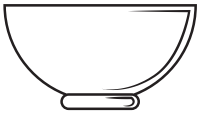


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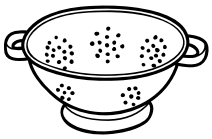
Dry Measuring Cup



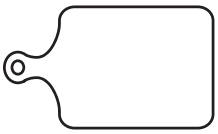
Mixing Bowl



Strainer



Cutting Board



Mixing Spoon



OPTIONAL



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 210
Calories from Fat: 50
Total Fat: 6g
Cholesterol: 0mg
Sodium: 160mg
Total Carbohydrates: 33g
Dietary Fiber: 9g
Sugars: 9g
Protein: 10g



Lesson 5 LETTUCE AND CHICKPEA SALAD

INGREDIENTS

6 cups shredded lettuce

2 cups cooked chickpeas

2 chopped tomatoes

1 chopped cucumber

1/2 cup chopped onion

1 tablespoon vegetable oil

¼ cup apple cider vinegar

1 tablespoon fresh parsley or 1 teaspoon dried parsley (optional)

Salt and pepper to taste

DIRECTIONS

Place lettuce in a large bowl.

Add chickpeas, tomatoes, cucumber, and onions to lettuce. Toss lightly.

in a small bowl, mix oil, vinegar, parsley, salt and pepper.

Pour dressing over lettuce salad and toss.

Serve immediately.

Refrigerate leftovers.

Quick Tip: *Take this opportunity to add extra veggies, such as sliced bell peppers. Also, if you have leftover meat from a previous meal, adding it to the wrap is a great way to use it up!*

Lesson 6

YIELD: 6 SERVINGS

STRAWBERRY PEPPER SALSA



INGREDIENTS



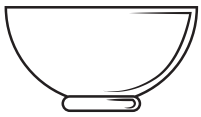






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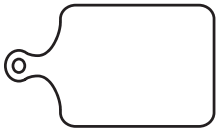
Mixing Bowl



Chef Knife



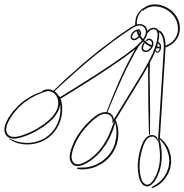
Cutting Board



Mixing Spoon



Measuring Spoons



OPTIONAL




Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 50
Calories from Fat: 25
Total Fat: 2.5g
Cholesterol: 0mg
Sodium: 100mg
Total Carbohydrates: 8g
Dietary Fiber: 2g
Sugars: 5g
Protein: 1g



Lesson 6 STRAWBERRY PEPPER SALSA

INGREDIENTS

2 cups chopped strawberries

1/2 thinly sliced red onion

1 diced jalapeno pepper

1/2 chopped red pepper

1/2 chopped orange bell pepper

2 tablespoons lemon juice

1 tablespoon vegetable oil

Salt, pepper and, cilantro to taste

DIRECTIONS

Combine all ingredients in a bowl and mix well.

Serve and enjoy!

Refrigerate leftovers.

Quick Tip: *Feel free to leave the jalapeno pepper out! Or, cut the pepper in half, lengthwise, and remove the seeds and the white pith inside.*

Lesson 7

YIELD: 5 SERVINGS

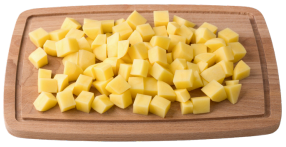
POTATO CORN SOUP



INGREDIENTS







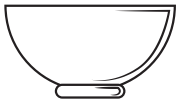






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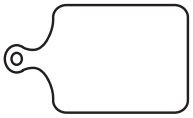
Mixing Bowl



Chef Knife



Cutting Board



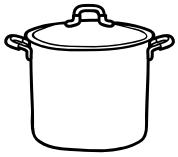
Mixing Spoon



Liquid Measuring Cup



Large Pot



OPTIONAL



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 180
Calories from Fat: 40
Total Fat: 4.5g
Cholesterol: 5mg
Sodium: 180mg
Total Carbohydrates: 31g
Dietary Fiber: 3g
Sugars: 6g
Protein: 7g



Lesson 7 POTATO CORN SOUP

INGREDIENTS

1 tablespoon oil

1 cup chopped onions

3 cups diced potatoes

2 cups low sodium broth

1 cup low-fat milk

1 1/2 cups corn

Salt and pepper to taste

DIRECTIONS

In a large pot, heat oil over medium heat. Add onions and cook until soft.

Add potatoes, broth, and 1 cup water. Bring to a boil.

Lower heat and simmer for 30 minute.

Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.

Add milk and corn. Reheat for 10 minutes. Serve hot and enjoy!

Refrigerate leftovers.

Quick Tip: *Try topping the soup with sliced green onions, for a bit of sharpness. This is another recipe for adding leftover meat, such as chicken.*



Lesson 8

YIELD: 12 SERVINGS

SPICED APPLE BEAN MUFFINS

INGREDIENTS















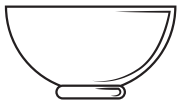






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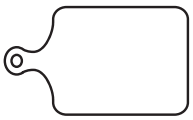
Mixing Bowl



Chef Knife



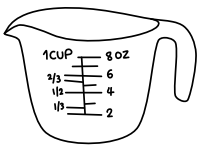
Cutting Board



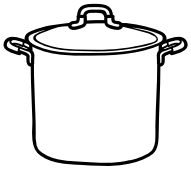
Mixing Spoon



Liquid Measuring Cup



Large Pot



OPTIONAL





Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 220
Total Fat: 9g
Cholesterol: 20mg
Sodium: 170mg
Total Carbohydrates: 32g
Dietary Fiber: 4g
Sugars: 16g
Protein: 4g



Lesson 8 SPICED APPLE BEAN MUFFINS

INGREDIENTS

I 1/2 cup sugar

1/4 cup canola oil or vegetable oil

1 beaten egg

2 cups cooked and mashed pinto beans

1 cup flour

1 teaspoon baking soda

1 1/2 teaspoons cinnamon

2 cups peeled and diced apples

1 teaspoon vanilla

1/2 cup raisins

1 teaspoon ground cloves (optional)

1/2 cup chopped pecans (optional)

DIRECTIONS

Preheat oven to 375° F.

In a large bowl, blend sugar and canola or vegetable oil.

Add eggs and beans and mix well.

Stir in the remaining ingredients.

Scoop into a greased muffin tin.

Bake for 15-20 minutes or until a toothpick comes out clean.

Cool and enjoy!

Refrigerate leftovers.

Quick Tip: *The best way to soak dried beans is to cover them in cold water and bring them to a gentle boil, turn off the heat, and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.*



Lesson 9

YIELD: 5 SERVINGS

BRUSSELS SPROUTS WITH PEANUT DRESSING

INGREDIENTS



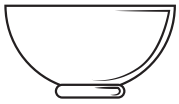






EQUIPMENT

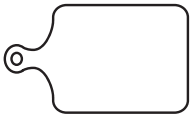
Mixing Bowl



Chef Knife



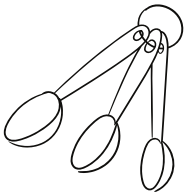
Cutting Board



Mixing Spoon



Measuring Spoons



OPTIONAL



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 100
Total Fat: 4.5g
Cholesterol: 0mg
Sodium: 150mg
Total Carbohydrates: 12g
Dietary Fiber: 4g
Sugars: 6g
Protein: 4g



Lesson 9 BRUSSELS SPROUTS WITH PEANUT DRESSING

INGREDIENTS

5 cups sliced brussel sprouts

1 tablespoon creamy peanut butter

1 tablespoon vegetable oil

1 tablespoon honey

1 tablespoon vinegar

1 tablespoon low-sodium soy sauce

Black pepper, to taste

DIRECTIONS

Place Brussels sprouts in a large bowl.

Mix peanut butter, oil, honey, vinegar, and soy sauce in a small bowl.

Pour dressing over Brussels sprouts.

Add black pepper to taste.

Serve and enjoy!

Refrigerate leftovers.

Quick Tip: *Many stores carry bags of pre-sliced brussels sprouts in the salad section.*

Lesson 10

YIELD: 4 SERVINGS

FRUITY BANANA SMOOTHIE



INGREDIENTS









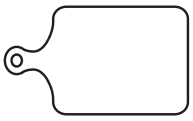


EQUIPMENT

Chef Knife



Cutting Board



Blender



OPTIONAL



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 150
Total Fat: 1g
Cholesterol: 5mg
Sodium: 45mg
Total Carbohydrates: 33g
Dietary Fiber: 4g
Sugars: 25g
Protein: 4g



Lesson 10 FRUITY BANANA SMOOTHIE

INGREDIENTS

1 peeled banana

1 cup vanilla yogurt

2 cups sliced peaches

2 cups frozen strawberries

1/4 cup skim milk

DIRECTIONS

Mix all ingredients in a blender.

Blend until smooth.

Serve and enjoy!

Refrigerate leftovers.

Quick Tip: *This smoothie can also be made by hand. Use fresh strawberries instead of frozen. Mash the ingredients together. Stir with a spoon until well blended. Serve and enjoy!*

Lesson 11

YIELD: 6 SERVINGS

APPLE AND PEAR STIR-FRY



INGREDIENTS





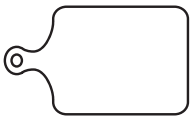



EQUIPMENT

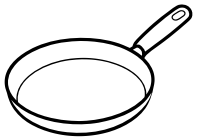
Chef Knife



Cutting Board



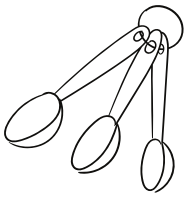
Frying Pan



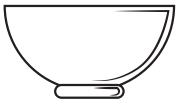
Mixing Spoon



Measuring Spoons



Mixing Bowl



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 60
Total Fat: 1.5g
Cholesterol: 0mg
Sodium: 0mg
Total Carbohydrates: 13g
Dietary Fiber: 3g
Sugars: 9g
Protein: 0g



Lesson 11 APPLE AND PEAR STIR-FRY

INGREDIENTS

2 teaspoons vegetable oil

2 chopped apples

1 chopped pear

2 tablespoons lemon juice

1/2 teaspoon cinnamon

1/8 teaspoon ground nutmeg

DIRECTIONS

Heat oil in a large pot over medium heat

.

Add apples and cook for 3 minutes.

Add pears and lemon juice. Cook for another 3 minutes.

Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.

Serve immediately.

Refrigerate leftovers.

Quick Tip: *Serve with a small portion of ice cream or top with whipped cream for dessert.*

Adapted from www.diabetic-recipes.com

Lesson 12



YIELD: 6 SERVINGS

PEACH AND BERRY BAKE

INGREDIENTS













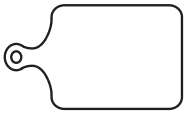


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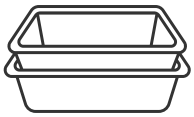
Chef Knife



Cutting Board



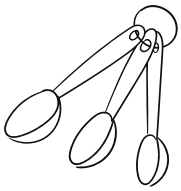
Small Baking Dish



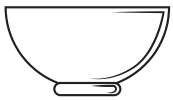
Mixing Spoon



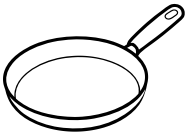
Measuring Spoons



Mixing Bowl



Frying Pan



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 230
Total Fat: 8g
Cholesterol: 5mg
Sodium: 40mg
Total Carbohydrates: 39g
Dietary Fiber: 6g
Sugars: 31g
Protein: 4g



Lesson 12 PEACH AND BERRY BAKE

INGREDIENTS

3 halved and pitted peaches

1 tablespoon lemon juice

2 tablespoons vegetable oil

3 tablespoons brown sugar

2 cups raspberries

1 teaspoon cinnamon

1 cup vanilla yogurt

DIRECTIONS

Heat oven to 350˚F.

Put peaches in a small baking dish. Drizzle with lemon juice and vegetable oil.

Bake for 45 minutes to 1 hour, until soft. Remove from oven.

Combine brown sugar, raspberries, and cinnamon in a medium size frying pan.

Cook ingredients over medium heat for 5 minutes. Remove from heat and stir in yogurt.

Top peaches with berry mix. Serve warm.

Refrigerate leftovers

Quick Tip: *Use frozen raspberries, and/or feel free to substitute with your favorite berry!*

Lesson 13



YIELD: 6 SERVINGS

LEAFY GREENS SALAD WITH APPLE DRESSING

INGREDIENTS

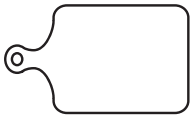


EQUIPMENT

Chef Knife



Cutting Board



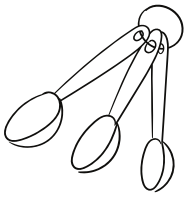
Mixing Bowl



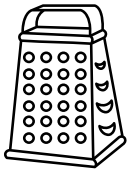
Mixing Spoon



Measuring Spoons



Grater



OPTIONAL



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 80
Total Fat: 4g
Cholesterol: 0mg
Sodium: 30mg
Total Carbohydrates: 11g
Dietary Fiber: 3g
Sugars: 7g
Protein: 2g



Lesson 13 LEAFY GREENS SALAD WITH APPLE DRESSING

INGREDIENTS

2 apples

12 cups sliced leafy greens (kale, mustard greens, spinach)

2 tablespoons apple cider vinegar

1 teaspoon lemon juice

2 tablespoons vegetable oil

Black pepper to taste

DIRECTIONS

Chop 1 apple and add to a large bowl. Add greens.

To make dressing: shred 1 apple on the smallest holes of a box grater into a small bowl. Add vinegar, lemon juice, and oil.

Add dressing to greens, mix well with hands. Add pepper to taste.

Serve and enjoy!

Refrigerate leftovers.

Quick Tip: *Place box grater on a piece of wax paper to shred the apple for easy clean-up.*

Adapted from: https://www.bonappetit.com/



Lesson 14

YIELD: 10 SERVINGS

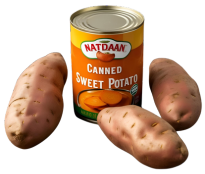
CRANBERRY AND SWEET POTATO BREAD

INGREDIENTS















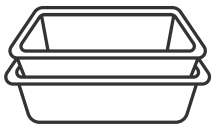




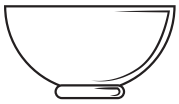


EQUIPMENT

Small Baking Dish



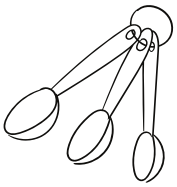
Mixing Bowl



Mixing Spoon



Measuring Spoons



Fork to mash ingredients



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 320
Total Fat: 9g
Cholesterol: 45mg
Sodium: 170mg
Total Carbohydrates: 56g
Dietary Fiber: 3g
Sugars: 28g
Protein: 4g



Lesson 14 CRANBERRY AND SWEET POTATO BREAD

INGREDIENTS

3 teaspoons cinnamon

1 teaspoon baking soda

1 3/4 cup flour

1 can (15 ounces) sweet potatoes, drained

2 large eggs

1/2 cup packed brown sugar

1/3 cup vegetable oil

1 teaspoon vanilla

1/2 cup orange juice

1 1/3 cup dried cranberries

DIRECTIONS

Preheat oven to 350°F.

Spray a loaf pan with non-stick cooking spray

In a small bowl, stir together the cinnamon, baking soda and flour.

In a large bowl, mash sweet potatoes. Add eggs, brown sugar, oil, vanilla and orange juice to the large bowl. Mix well.

Add flour mixture from the small bowl to the large bowl. Mix just until blended.

Stir the cranberries into a large bowl.

Pour into prepared pan. Bake for 60 minutes, or until the toothpick comes out very clean.

Quick Tip: *When preparing baked goods, use the bottom rack of your oven.*

Lesson 15

YIELD: 8 SERVINGS

INDIAN SPICED VEGETABLES



INGREDIENTS















OPTIONAL

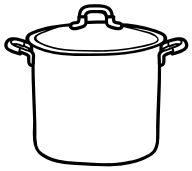




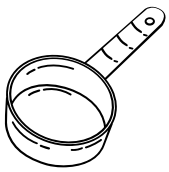


EQUIPMENT

Large Pot



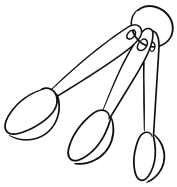
Measuring Cup



Mixing Spoon



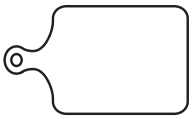
Measuring Spoons



Chef Knife



Cutting Board



Note: This page provides a visual representation of the ingredients and equipment needed. For the full list of exact ingredients and step-by-step directions, please see the next page.

Nutrition Facts:

Calories: 120
Total Fat: 3.5g
Cholesterol: 5mg
Sodium: 240mg
Total Carbohydrates: 15g
Dietary Fiber: 5g
Sugars: 6g
Protein: 6g



Lesson 15 INDIAN SPICED VEGETABLES

INGREDIENTS

1 tablespoon vegetable oil

3 minced garlic cloves

1 chopped onion

1 cup peas

1 3/4 cups cooked chickpeas (also called garbanzo beans)

1 package (10 ounce) frozen chopped spinach, thawed

1 cup plain low-fat yogurt

Salt and pepper to taste

1 teaspoon hot sauce (optional)

2 tablespoons curry powder (optional)

DIRECTIONS

In a large pot, add oil, garlic, onion, hot sauce and curry powder. Cook over medium heat until soft (about 3 minutes).

Add peas, chickpeas, spinach, yogurt and 1/2 cup water.

Add salt and pepper to taste.

Cook and stir until heated through (about 5 minutes).

Serve and enjoy!

Refrigerate leftovers.

Quick Tips: *Start with half the amount of curry powder so it doesn't end up being too spicy. Also, eat with rice or whole wheat pita bread*

Look n' Cook



RECIPE BOOK

JUST SAY YES

foodbank of the Southern Tier