

Dish on Delish



Sautéed Mixed Greens

1 tbs Olive oil
1 cup diced onions
2 garlic cloves, chopped
½ ts chili seeds
4 cups kale
4 cups collard greens
2 oz cider vinegar

Directions: Steam or boil chopped mixed greens for 15-20 minutes. Drain well. Heat olive oil in a pot large enough to hold the greens. Add the diced onions, chopped garlic and cook for a few minutes. Add hot chili peppers then add cooked greens. Continue to cook for 10-15 minutes. Add cider vinegar to taste.

From Episode 1 of Dish on Delish - Not Your Grandma's Soul Food
<https://www.youtube.com/watch?v=xppkk7WLXu8>
Sept. 2014

Dish on Delish

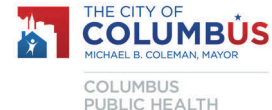


“I can’t believe it’s not fried” Chicken

8 chicken strips
1 cup butter milk
1 tbs hot sauce
3 cups panko bread crumbs
Olive oil spray

Directions: Mix butter milk and hot sauce together. Pour over chicken strips and marinate for at least 4 hours. Drain marinated chicken. Taking one piece of chicken at a time, roll in panko bread crumbs until all are complete. Lay on a cookie pan, spray with olive oil, and bake in a pre-heated 400 degree oven for 10-15 minutes until breading is golden brown.

*From Episode 1 of Dish on Delish - Not Your Grandma's Soul Food
<https://www.youtube.com/watch?v=xppkk7WLXu8>
Sept. 2014*



Dish on Delish



Good for You Macaroni and Cheese


1 lb whole wheat elbow pasta, cooked
1 ½ cups butternut squash, cooked and puréed
1 cup low fat milk
1 tbs butter
3 tbs Greek yogurt

1 12/3 cup low fat shredded Mexican cheese
Salt and pepper to taste
¼ cup parmesan cheese
4-5 shakes of Tabasco or hot sauce

Directions: preheat oven to 400 degrees. Place butternut squash puree in a large pan over medium heat. Add milk, butter, yogurt, and Tabasco and continue to stir until well blended. When the mix starts to simmer, slowly add the cheeses, mixing the entire time. When all the cheese is blended, season with salt and pepper and begin to stir in the cooked pasta. When completely mixed, pour the mixture into a casserole dish, sprinkle with the parmesan cheese and bake for 20 minutes. Let cool of a few minutes. Serve.

From Episode 1 of Dish on Delish - Not Your Grandma's Soul Food
<https://www.youtube.com/watch?v=xppkk7WLXu8>
Sept. 2014

 **THE OHIO STATE UNIVERSITY**
WEXNER MEDICAL CENTER

 **THE CITY OF COLUMBUS**
MICHAEL B. COLEMAN, MAYOR
COLUMBUS
PUBLIC HEALTH