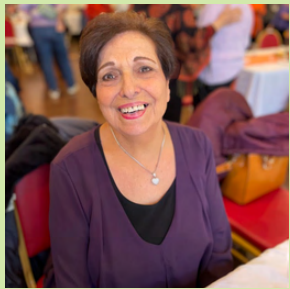




JASAEats Cookbook 2023

A collection of family recipes from JASA Seniors



About JASA

As the go-to non-profit serving older New Yorkers, JASA supports and partners with 40,000 seniors and their families each year.

JASA's programs include:

- Home-Delivered Meals
- Legal Services
- Older Adult Centers
- Mental Health Support
- Home Care
- Affordable Senior Housing
- Elder Abuse Prevention
- Adult Protective Services
- Art and Education
- And so much more!



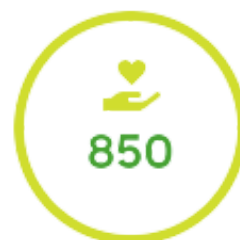
MEALS SERVED



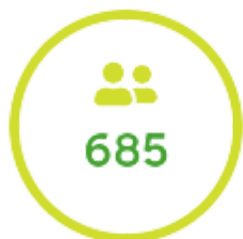
RECEIVE LEGAL ASSISTANCE



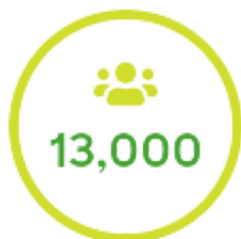
LIVE IN AFFORDABLE HOUSING



RECEIVE HOME CARE



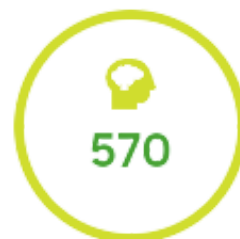
CAREGIVERS SUPPORTED



ATTEND OLDER ADULT CENTERS



QUESTIONS ANSWERED BY HELP CENTER



RECEIVE MENTAL HEALTH SERVICES



JASAEats Cookbook Recipes 2023

Appetizers.....	1
Soups & Salads.....	2
Vegetables & Side Dishes.....	4
Main Dishes.....	5
Breads & Rolls.....	14
Desserts.....	15

JASA seniors want to share some of their favorite recipes for you to share with the special people in your life. Enjoy!



Tuna Mousse

Submitted by Maria Brenes

1 envelope of unflavored gelatin
1 can tomato soup
1 block cream cheese, diced
1 (17 oz.) can of tuna (drained)

1 cup mayonnaise
¼ cup chopped onion
¼ cup chopped celery

1. Dissolve 1 envelope of gelatin (unflavored) and one can of tomato soup into a saucepan over medium heat.
2. Chop one block of softened cream cheese into cubes, and then add it in small pieces. Combine with gelatin and tomato sauce mixture until creamy and smooth.
3. Take mixture off the heat and add one (17 oz.) can of tuna (drained), 1 cup of mayonnaise, ½ cup of finely chopped onion, and ¼ cup celery. Mix well.
4. Spray mold with Pam, and put the mixture in. Refrigerate overnight.





Curry Corn Chowder

Submitted by
Gladys Baez

1/2 diced celery
1/2 chopped onion
1 1/4 cup of water
1 1/2 cups frozen corn,
thawed

1 tablespoon potato flour to thicken
Vegetable broth
Salt, pepper, and curry powder to taste

1. Wash and dice all celery and onion, and add to a saucepan with all other ingredients. Cook until vegetables are soft.
2. Remove from heat. Pour into a blender or hand-held emulsifier and mix well. Done!!

"This is my grandchildren's favorite soup. I try to get them to eat healthy things. It's great on a cool fall day paired with a sandwich for lunch or as I do an appetizer for Thanksgiving it's a go to and they love it. Enjoy!"



Lentil and Vegetable Soup

Submitted by
Phyllis Edelman

1 cup lentils
2 ½ cups water or vegetable broth
1 large carrot
1 yam
1 can mung beans or kidney beans

Broccoli to taste
1 tablespoon cilantro
1 tablespoon oregano
1 teaspoon salt
Pepper to taste

1. Wash and chop vegetables and wash lentils.
2. Add everything to a pot and cook on medium heat for 45 minutes

Enjoy!

“My mother is a great cook - but this recipe is mine. I like to make soup this time of year. During the holidays I love to spend time with family and friends.”



Candied Carrots

**Submitted by
Norma Nelson**

3 tablespoons shortening
4 cups sliced carrots
3 tablespoons orange juice

1 ½ teaspoon salt
¼ teaspoon cinnamon
4 tablespoons honey

1. Wash and slice carrots. Combine with all other ingredients in a saucepan.
2. Cover and cook over low heat for 25 minutes, stirring occasionally. Makes 6 servings.



Shrimp and Peppers with Rice

Submitted by
Elizabeth Adler

1 lb shrimp
1 onion
1 red bell pepper
1 green bell pepper
1 yellow bell pepper
1 bunch of parsley
1 cup of rice

Salt
White pepper
Soy sauce
Cooking oil
Cornstarch
Cooking wine

1. Take one pound of shrimp and remove the shell, wash thoroughly.
2. Add salt and pepper to taste and add one quarter cup of soy sauce.
3. Chop onion, pepper, and parsley.
4. Wash rice thoroughly and add to rice cooker.
5. Place shrimp, onion, pepper, and parsley into a frying pan and fry until shrimp are done.
6. Put rice on the plate and place the other ingredients on the top.

Top Round Roast Beef

Submitted by Kathy Greco

3 pound top round roast
1 tablespoon kosher salt
2 teaspoons black pepper
2 teaspoons garlic powder
2 teaspoons onion powder
2 tablespoons paprika

1 bottle KRAFT BBQ Sauce, plain or honey
Water for roasting pan
Sliced carrots, potatoes and onions (optional)

1. Preheat your oven to 450°F.
2. Combine all spices together in a bowl and rub all over the roast, then pour the BBQ sauce on the roast. Do your best to cover not only the top and bottom but also the sides.
3. Place the seasoned roast in a roasting pan and fill with an inch of water, add vegetables if using.
4. Roast (uncovered) in the oven for 15 minutes. Then reduce the heat to 325°F. Roast 20 minutes per pound.
5. Remove from the oven, loosely tent with foil, and allow the roast to rest for 10 minutes. Slice thin, and enjoy.



Chicken and Rice

Submitted by Maria Vargas

6 tablespoons butter, divided

1 large onion, diced

3 ribs celery, diced

3 boneless, skinless chicken thighs
(or 2 breasts), cut into 1" pieces

3 cups chicken stock

1 ½ cups rice (long grain white,
basmati, or brown)

2 teaspoons salt

1 teaspoon ground black pepper

2 tablespoons chopped, fresh
parsley (optional)

1. In a large deep skillet, melt 4 tablespoons of the butter over medium heat. Add the onion and celery and cook until softened, but not browned.
2. Add the chicken and cook, stirring frequently, until the chicken has stiffened and starts to brown slightly.
3. Add the stock, rice, salt, pepper, remaining butter, and parsley. Bring to a boil. Reduce heat to low, cover and cook for 20 minutes or until rice is tender.





Artichoke and Mushroom Chicken Breast

Submitted by
Miriam Gersten

½ chicken breasts
1 onion (diced)
5 cloves garlic (diced)
2 tablespoons white wine
Salt and pepper to taste

1 package sliced white button mushrooms
1 (12 oz.) jar artichoke hearts

1. Take two chicken breasts and cut into two-inch pieces and set aside.
2. Finely dice onion and saute in olive oil until it is soft. Then, add the diced garlic.
3. Add 1 package of sliced white button mushrooms and 1 (12 oz.) jar of artichoke hearts (discard liquid).
4. Add chicken, 2 tablespoons of white wine, salt and pepper to taste. Bring to a boil, then lower to a simmer and cover it for a half hour. Check to see if chicken is cooked thoroughly.

"I love to cook, and I have four grandchildren who love food so I always cook for them! Cooking is so relaxing."



Friday Night Fish Dinner Submitted by Kathy Rollman

Half an onion

2 heads of radicchio

1 can white cannellini beans

2 white fish filets of choice (flounder,
sole)

Flour

Salt and pepper

2 tablespoons olive oil

1. Heat up 2 tablespoons of olive oil in a saucepan. Cut half an onion and saute until soft. Add radicchio and wilt it down. Put in a can of white cannellini beans (drained and rinsed).

2. Take out another pan - flour the fish on both sides with salt and pepper.

3. Transfer fish to pan and saute it, 3-4 minutes on the first side, and then another 2-3 minutes on the other side.

4. Once fish is done, remove from heat and place on a platter - put the vegetable mixture on the bottom of the platter, and place fish on top.

"I'm a healthy eater. I like to have dishes with a lot of veggies. I like cooking my own food. It's fast and it's healthy! I just picked up cooking. I like to watch the cooking shows."



Quick Easy Cassoulet

Submitted by
Laura Silverberg

1 (16 oz) can black beans, drained	½ cup dry red wine or beef broth
1 (16 oz) can navy beans, drained	
1 (16 oz) can dark red kidney beans, drained	2 tablespoon brown sugar, firmly packed
1 lb turkey or chicken sausage sliced diagonally into 1 inch pieces	2 cloves garlic, chopped
1 (15 oz) can tomato sauce	2 teaspoons fresh thyme leaves or 1 ½ tsp dry
½ cup thinly sliced carrots	
2 small onions thinly sliced into rings	

1. Heat oven to 375°F.
2. Mix all ingredients in an ungreased quart casserole dish. Cover.
3. Bake about 1 hour or until hot and bubbly, and carrots are tender.
4. Serve with thick slices of rye bread and tossed salad.

Plant-Based Fettuccine Alfredo

Submitted by Cathy Connally

15 oz (425 g) canned white beans or cannellini beans
1/3 cup (20g) nutritional yeast flakes
2 tablespoons (30 ml) apple cider vinegar
2-4 cloves garlic, pressed
1/2 teaspoons tamari
1 1/2 (355 ml) cup water

16 oz (200 g) fettuccine
dried basil, to serve
8 cherry tomatoes (112 g), sliced, to serve
Fresh oregano leaves, to serve

“Cheese”

1/2 cup raw unsalted cashews, soaked
1 1/2 tablespoons (22 ml) apple cider vinegar
1 teaspoons tamari
4-6 tablespoons (34-51 g) nutritional yeast
2 teaspoons ground flaxseed
1 teaspoons ground ginger

1/8 teaspoon ground nutmeg or mace
2 tablespoons (40 g) hemp seeds, organic
1/8 teaspoon ground hot peppers
3 tablespoons (21 g) onion powder
1/4 cup (19 g) garlic powder

1. Place the beans, yeast flakes, vinegar, garlic, tamari, and water into a saucepan and cook over medium heat. Whisk until the beans form a thick sauce. Set saucepan aside.

2. Put all “cheese” ingredients into a food processor and pulse until the mixture has a grainy consistency.

Plant-Based Fettuccine Alfredo

Submitted by Cathy Connally (cont.)

3. Add the “cheese” to the bean sauce and mix thoroughly. If it is too thick, add a tablespoon of water at a time to get the desired consistency.

4. Boil the fettuccine noodles in 2-3 liters of water on medium-high heat. As the water boils, take the lid off to keep it from boiling over and turn down to medium heat. Cook until al dente, about 10-12 minutes.

5. Drain most of the water from the fettuccine using a colander, leaving a little water in the pot to prevent sticking. Stir the sauce through the noodles.

6. Serve with cherry tomatoes, dried oregano, fresh basil and oregano leaves.





Jiffy “Corn Casserole”

**Submitted by
Lynda Tepperman**

8 tablespoons margarine, melted
1 (8 oz.) can cream-style corn
1 (8 oz.) can kernel corn, drained
1 cup sour cream

2 eggs
1 package “JIFFY” Corn Muffin
Mix

1. Heat oven to 375°F. Grease a 1 ½ or 2 quart casserole dish.
2. In a greased casserole dish, add margarine and corn. Blend in sour cream.
3. Beat eggs together and stir into the casserole dish along with corn muffin mix. Blend thoroughly.
4. Bake for about 35 minutes.

“I add cumin or chili powder and a handful of Tex-Mex grated cheese!”



Mandel Bread

Submitted by Frieda Fogel

2 eggs
1 ½ teaspoon vanilla
1 cup sugar
2 cups flour
½ cup oil

2 teaspoons baking power
½ cup chocolate chips
½ cup chopped nuts

1. Cream sugar and oil.
2. Add eggs, one at a time beating well after each addition.
3. Mix flour and baking powder.
4. Fold into egg mixture.
5. Add ½ cup chocolate chips and ½ cup chopped nuts.
6. Grease and line a 9" x 13 cookie sheet (9" x 13") and form 3 or 4 rolls.
7. Bake in a 350°F oven for 40-45 minutes.
8. Slice while warm and place each slice on the cut side and put back in the oven for 15-20 minutes or until lightly browned.



Cranberry- Pineapple Minis

**Submitted by
Sheri Rothstein**

1 can (20 oz.) crushed pineapple in juice, undrained
2 pkg. (3 oz. each) JELL-O Raspberry Flavor gelatin
1 can (16 oz.) whole berry cranberry sauce
 $\frac{2}{3}$ cup chopped walnuts
1 apple, chopped

1. Drain pineapple, reserving juice. Add enough water to reserved juice to measure 2 $\frac{1}{2}$ cups; pour into saucepan. Bring to a boil.
2. Add to dry gelatin mixes in a large bowl; stir 2 minutes until completely dissolved. Stir in pineapple, cranberry sauce, nuts, and apples.
3. Spoon into 24 paper-lined muffin cups. Refrigerate for 2 $\frac{1}{2}$ hours or until firm.
4. Remove desserts from liners before serving.
5. Can substitute using Cherry JELL-O Flavor Gelatin or JELL-O Raspberry Flavor Sugar Free Gelatin.

"The Rothstein Family Favorite!!"



Caramel Flan

Submitted by
Maria Lopez

1 $\frac{3}{4}$ cups water
1 (14 oz.) can of sweetened
condensed milk

$\frac{3}{4}$ cup sugar
4 eggs

1. Heat oven to 350°F. In a heavy skillet over medium heat, cook and stir sugar until melted and caramel-colored.
2. Pour into 8 (6 oz.) custard cups, tilting to coat bottoms completely.
3. Beat eggs in a medium bowl. Stir in water, sweetened condensed milk, vanilla, and salt.
4. Pour into prepared custard cups. Set cups in glass baking pans. Pour boiling water into baking pans until it reaches halfway up the side of the cups.
5. Bake for 45 to 50 minutes or until a knife inserted in the center comes out clean.
6. Remove cups from water. Cool completely. Chill for several hours.
7. Run the edge of a sharp knife around each custard cup to loosen. Invert onto individual serving plates.



Cranberry Upside-Down Cake

Submitted by
Yvette Williams

8 tablespoons unsalted butter, room temperature
1 cup sugar
½ teaspoon ground cinnamon
¼ teaspoon allspice
1 ¾ cups cranberries
1 large egg

1 teaspoon vanilla extract
1 ¼ cups all-purpose flour
1 ½ teaspoons baking powder
¼ teaspoon salt
½ cup milk

1. Preheat oven to 350°F with rack in center. Rub the bottom and sides of an 8-inch round cake pan with 2 tablespoons butter. In a small bowl, whisk together ½ cup sugar with the cinnamon and allspice. Sprinkle mixture evenly over bottom of pan; arrange cranberries in a single layer on top.
2. With an electric mixer, cream remaining 6 tablespoons butter and ½ cup sugar until light and fluffy. Add egg and vanilla; beat until well combined. In another bowl, whisk together flour, baking powder, and salt. With mixer on low speed, add flour mixture to butter mixture in three batches, alternating with the milk, until well combined.
3. Spoon batter over cranberries in pan, and smooth top. Place pan on a baking sheet; bake cake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Let cool on a wire rack for 20 minutes. Run a knife around edge of cake; invert onto a rimmed platter.

Ultimate Chocolate Chip Cookies (Kosher)

Submitted by Phyllis Lieber

2 cups flour (or gluten-free flour with xanthan gum)	$\frac{3}{4}$ cup brown sugar, lightly packed
1 teaspoon baking soda	2 eggs
1 teaspoon baking powder	2 teaspoon pure vanilla extract
$\frac{3}{4}$ teaspoon sea salt	2 $\frac{1}{2}$ cups chocolate chips
1 cup vegetable oil	Additional sea salt for sprinkling (optional)
$\frac{3}{4}$ cup granulated sugar	

1. In a medium bowl, combine flour with baking soda, baking powder, and salt.
2. In the bowl of an electric mixer fitted with the paddle attachment, beat together oil and sugars on medium-high speed until light, about 5 minutes. Beat in eggs one at a time, mixing well after each addition. Blend in vanilla.
3. Reduce speed to low; add flour mixture. Mix just until combined, 10-15 seconds. Fold in chocolate chips.
4. Press plastic wrap against the surface of dough; refrigerate for 24-36 hours.



Ultimate Chocolate Chip Cookies (Kosher)

Submitted by Phyllis Lieber (cont.)

5. Preheat oven to 350°F. Line two large baking sheets with parchment paper.

6. Using a large cookie scoop, drop mounds of dough the size of golf balls onto prepared baking sheets, leaving 2 inches between each mound. Sprinkle lightly with sea salt, if using.

7. Bake for 12-14 minutes until golden brown but still soft. Let cool on baking sheet. Store at room temperature in an airtight container.

*Dairy variation: Replace chocolate chips with 1 ½ cups chocolate chunks or white chocolate and 1 cup toffee bits.

**If baking two pans at once, place oven racks to divide oven evenly into thirds and switch pans halfway through baking, from front to back and from rack to bottom rack.





Sweet Kugel

Submitted by Michael Gertner

1 cup whole grain oats
1 banana
1 or 2 different fruits of choice:
Applesauce/Pears/Plums
2 oz vegetable oil

1 cup of water
Cinnamon (season to taste)

1. Preheat oven to 350°F. Mash or finely chop all fruit, and keep the skins for added nutrients. Combine all ingredients and pour into a greased or foil-lined loaf pan.

2. Bake uncovered for 20 minutes until golden brown. Bake an additional 20 minutes covered with foil until done.

*Substitutions: Substitute whole grain oats with bread or matzah, make sure to soak the bread and increase water as needed to make a thick batter.

“I like to cook! I make this recipe year-round, and my family really likes it. I was looking for something different. I cook the standard potato kugel but I wanted to make something sweet. I like sweet things.”