



# FOOD!

Everyone loves it,  
so let's make our  
bodies love it too!



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Link to youtube video: <https://www.youtube.com/watch?v=mMpDabj89Tg>





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**rsquaredpgc** We can guarantee better burgers are really better. We created a black bean burger, with a side of chickpea pasta, a fruit smoothie and our very own recipe of (n)ice cream. The full video can be found in our bio and the recipe for the black bean burgers is right here: If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.

In a medium bowl, mash black beans with a fork until thick and pasty.

In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.

In a small bowl, stir together egg, chili powder, cumin, and chili sauce.

Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.

If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side. After add

condiments and other toppings and Enjoy!!! #PGC2017 #FLOSNS @foe\_us

@turninggreenorg @betterburgernow

# Shopping List

- Driscoll's Organic Blueberries \$2.99
- Driscoll's Organic Strawberries \$2.99
- 4 Bananas \$1.09
- Yogurt \$0.50
- 1 box of Banza Chickpea Pasta \$1.99
- Olive Oil
- Black Pepper
- Parmesan Cheese
- Bread Crumbs
- Bread Buns \$3.00
- Organic Tomatoes \$0.50
- Organic Lettuce: \$0.75
- Organic Cucumbers \$0.50
- Square Cheese \$1.99
- Onions \$.25
- Green Peppers \$.50
- Garlic \$.10



We only used small amounts so the price of the whole container is not a good representation of the amount of product we used

Everything was bought from Whole Foods, except the yogurt (Apna Bazar- indian grocery store).

**GRAND TOTAL: \$17.15**

**TOTAL COST PER PERSON: \$3.43**

# Drink ~ Organic Blueberry, Strawberry, Banana Smoothie

Serving Size: 4 drinks

## Ingredients:

1 cup of blueberries (frozen)

2 cups of strawberries (frozen)

1 peeled banana (frozen)

1 and a half cups of plain yogurt

## Steps:

1. Add all the fruits and yogurt into the blender.
2. Blend until smooth and no chunks are present.
3. Serve cold. Add ice if needed.

# Appetizer ~ Chickpea Pasta with oil sauce

Serving Size: 6 servings

## Ingredients:

1 box of Banza chickpea pasta

4 tablespoons of olive oil

15 fresh basil leaves

2 tablespoons of black pepper

3 tablespoons of parmesan cheese

## Steps:

1. Boil half a pot of water. Once boiling add 1 tablespoon of salt and add pasta.
2. Cook until pasta is done. Strain and add olive oil.
3. Cut the basil into very fine pieces. Add basil, black pepper and parmesan cheese.
4. Mix well and serve warm.

# Main Course ~ Better Veggie Burger

Serving Size: 8 burgers

## Ingredients:

1.5 cups of black beans

1 bell pepper

1 Onion

2 tablespoons cumin powder

2 tablespoons chili powder

2 teaspoons chili sauce

1 cup of breadcrumbs

2 eggs

6 cloves of garlic

## Steps:

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.
7. Add condiments and other toppings of choice.
8. Enjoy with family and friends!

# Dessert ~(N)ice Cream

Serving Size: 4 servings

Ingredients:

3 bananas

A pinch of cumin powder

A blender

Steps:

1. Freeze the bananas in the freezer 6 hours before.
2. After 6 hours, put bananas in the blender until it has a creamy texture.
3. Add cumin powder and mix well.
4. Serve right after, when still cold.



# Food Scraps Plan

We had extra black beans, lettuce and tomatoes after making our better burgers.

We decided to to make a taco salad out of these leftovers and eat it with some homemade fried tortilla chips.

It was really tasty, who knew that food scraps could be so yummy!