

Eat well, Stay Healthy!



Simple Recipes:
Transforming Pantry Staples
into Hearty Meals!

This resource is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$5,117,633 with 80 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



Have you received the FREE COVID-19 vaccine? Not sure where to go?
Check out these locations below that provide services in English, Bengali, and Urdu.

Walk-in



Queens Public Library - Flushing Library
41-17 Main Street, Queens, NY 11355
(877) 829-4692

Korean Community Services
203-05 32nd Avenue, Queens, NY 11361
(877) 829-4692

Citi Field
36-2 126th St, Flushing, NY 11368
Cars enter through gate 11
(877) 829-4692

Flushing Hospital
4500 Parsons Blvd, Flushing, NY 11355
(718) 670-5000



Walgreens/ Duane Reade
44-15 Kissena Blvd, Flushing, NY 11355
718-461-8112

Walgreens/ Duane Reade
136-02 Roosevelt Avenue, Flushing, NY 11354
718) 886-3212

Rite Aid

144-29 Northern Boulevard, Flushing, NY 11354
(718) 886-1515



Appointment Only



Labra Vegetable (Mixed Vegetable)



Ingredients:

Cubed vegetables
2 cups of cauliflower, papaya, lau (long squash)
1 cup carrot
1 red bell pepper or capsicum
1 tomato
1 medium potato
1 tbsp ginger paste
1 tbsp garlic paste
5 green chilies
1 medium onion
2 tbsp of oil
Salt to your discretion
2 tsp turmeric powder
1/2 teaspoon of Panch puran

- Panch puran recipe
 - 1 tsp of mustard seeds
 - 1 tsp cumin
 - 1 tsp fennel seeds
 - 1 tsp nigella seeds
 - 1/4 tsp fenugreek

1/3 cup coriander leaves
3 dried red chilies

Instructions

1. First boil the papaya a little, and pour it into a sieve and add water.
2. Heat two tablespoons of canola oil in a pan, add 1 pinch of turmeric powder in oil. Add chopped onion and raw green chilies and fry till soft. Cook over medium heat.
3. Now add ginger and garlic pastes, 3 dried red chillies, 1/2 teaspoon turmeric powder, two tablespoons water and stir the spices for 3 to 4 minutes.
4. Then add the boiled papaya in the pan, add the remaining vegetables one by one, add salt to taste, cover and cook on medium heat for 5 to 6 minutes.
5. After five minutes, check if the vegetables are soft and if additional salt should be added. Then add coriander leaves and cook on low heat for another 5 to 6 minutes. (Remember to keep the vegetables green. Do not overcook the vegetables, the longer you cook the vegetables, the more nutrients will be lost.)
6. Serve with bread.



Whole Wheat Roti

Ingredients

1 cup 100% Whole Wheat Flour
1 1/2 cups water, 1/4 tsp salt, 1/2 tsp oil

Instructions

How to make the Roti

1. Put 1.5 cup water in a pot and a 1/4 teaspoon of salt, 1/2 teaspoon of oil, place on stove on medium heat and let boil. Slowly add in the whole wheat flour into the mixture and cover the pot for 5 minutes. After 5 minutes, stir the mixture well with a spoon, mixture will form into dough. Take the mixture off the stove. Put the dough in a bowl to knead. Wet hands with water and knead the dough slowly, until the dough becomes soft. If the dough still feels hard, add in 1-2 tablespoons of water. Knead the dough again, the more you knead, the softer the dough will be. When touching the dough, the dough should feel soft and will not have too much resistance, this is how you will know that the dough is ready.

How to roll the Roti

1. Roll small balls of dough using the palm of your hands.
2. Flatten the ball and lightly dip the ball into dry flour and place it onto a wooden base. Using a rolling pin, flatten out the dough into a circle form. Do not apply too much pressure when rolling out the dough, be gentle.
3. Lightly put flour on both sides of rolled out roti and roll out again using the rolling pin.
4. The roti should be rolled out according to your preferred size.

