



# A SHARED TABLE: DELICIOUS, CLIMATE-FRIENDLY RECIPES FROM KING COUNTY



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# LETTER FROM DR. FAISAL KHAN



Food sustains life, but it also does much more. It connects us to one another, builds community, and carries traditions from generation to generation. The meals we cherish are often symbols of love and belonging, passed down through families and shared across tables.

At Public Health – Seattle & King County, we recognize the essential role food plays in health and community well-being. That is why “fresh, local food for everyone” is a flagship outcome of the King County’s 2025 Strategic Climate Action Plan. We’re supporting both food security and climate resilience by investing in small and underrepresented farmers, improving food recovery and distribution, and making sure culturally relevant, nutritious food reaches the communities who need it most. These actions will help us continue to enjoy food together for many years to come.

This cookbook reflects the diversity of King County. It is a celebration of the rich cultural traditions of our residents and of the abundance grown here. We’re proud to live in a region that has supported farmland preservation and invested in local agriculture. This work and care have made it possible for our communities to enjoy fresh, climate-friendly, and nourishing food.

For me, food is also deeply personal. Growing up I remember eating Bhindi Do Pyaza, a delicious okra dish with onions. It remains a reminder of home and of the ways food can root us in memory and connection. I’ve shared our family’s recipe in this book.

I hope this collection of recipes offers not only nourishment but also inspiration. May it remind us of the strength and diversity of our community and encourage us to share climate-friendly meals with one another.

Dr. Faisal Khan,  
Director of Public Health – Seattle & King County, November 2025

# WHAT'S THE CONNECTION BETWEEN FOOD AND CLIMATE CHANGE?

Changes to the climate—such as more heat waves and changing patterns in snow and rainfall—have consequences for the food available in King County. It affects what kinds of crops will thrive and how much we pay for food. It can also create shifts in water temperature, leading to more algae and toxins, impacting harvests of local fish and shellfish.

It's not just climate change that affects food production. Food production can also impact climate change. When forests are cleared for grazing livestock, fewer trees are left to help reduce the greenhouse gases that lead to climate change. Cattle and other livestock also emit sizeable amounts of these gases. Transporting livestock and food across long distances requires fossil fuels that contribute to the greenhouse gas problem. Even food waste in landfills produces greenhouse gases.

But sustainable food practices can help decrease greenhouse gas production and also improve our health. That's why more people are choosing climate-friendly approaches to food that consider the environmental impact of what we eat.

In this book, we feature the work of organizations and people in King County who are making healthy food available that are also good for our planet. They are making locally grown produce accessible to more people, educating their communities about sustainable and healthy foods, and reducing the amount of food waste in King County.

We're also proud to share recipes that reflect the vibrant cultures and foods enjoyed by people who live here. These local recipes celebrate food that is friendly to the climate, delicious and healthy! And by using local ingredients and eating low-meat and vegetarian dishes, you'll be part of efforts to slow climate change.

Enjoy!



# RECIPES TO START THE DAY



# SIMPLE VEGAN OVERNIGHT OATS



## Recipe shared by: Derek – Auburn

The easiest make-ahead breakfast! Derek shares this convenient – and vegan! - recipe for people on the go.

"You can prep several jars at once and enjoy a nourishing, ready-to-eat breakfast all week—no chia seeds or hard-to-find ingredients needed. Enjoy!"



## Ingredients

- ½ cup rolled oats
- ½ to 1 cup non-dairy milk (vanilla soy milk recommended)

### Optional Toppings and Mix-Ins:

- Sliced banana
- Drizzle of pure maple syrup
- 1–2 Tbsp natural peanut butter or almond butter
- Fresh or frozen blueberries
- Diced apples
- Chopped dates or raisins
- Chopped walnuts or almonds
- Hemp seeds or ground flaxseeds
- Sprinkle of cinnamon

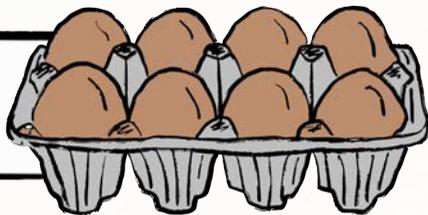
## Directions

Combine oats and non-dairy milk in a small jar or container with a lid. Cover and refrigerate overnight.

In the morning, eat cold or heat in the microwave for 1 minute if you prefer your oats warm. Add toppings of your choice.

► *Recipe Tips: Derek says you can add whatever mix-ins that you like. He has suggested a few, but his favorite combination includes banana slices, blueberries, walnuts, and a drizzle of maple syrup.*

# MIGAS



## Recipe shared by: Roberto – Seattle

Inspired by his childhood to make this dish, Roberto recalls how much his family loved migas. His mother taught his sisters and him how to make this recipe so that when she and their father were at work, the children could make migas themselves.

He describes how this is truly a food derived from love of Mexican/Indigenous moms making it for their children, and the name “Migas” always made them happy growing up hearing it.

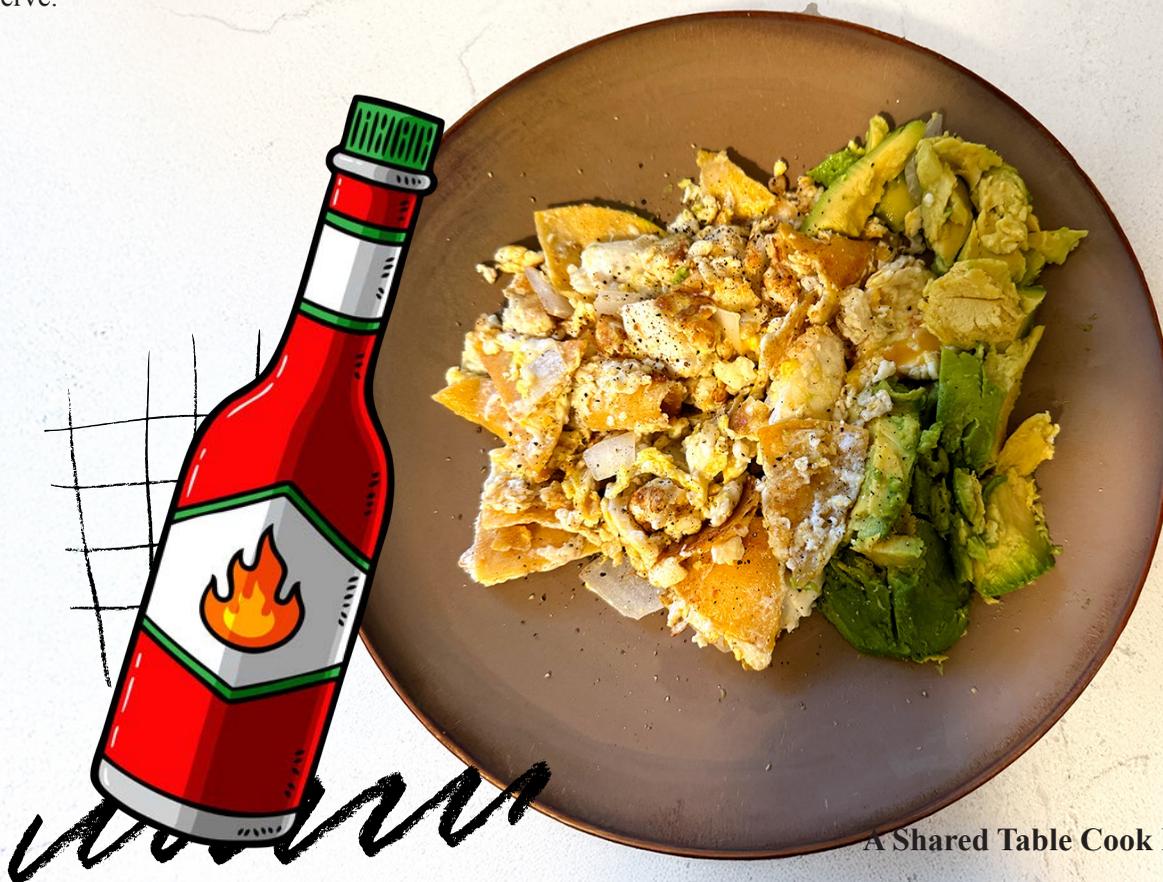
This dish is fun and easy to make, and can be adapted by adding vegetables, cheese, or various salsas. Migas is a recipe for people of all cooking skill levels! It requires minimal animal products and can easily modify with plant-based alternatives.

## Ingredients

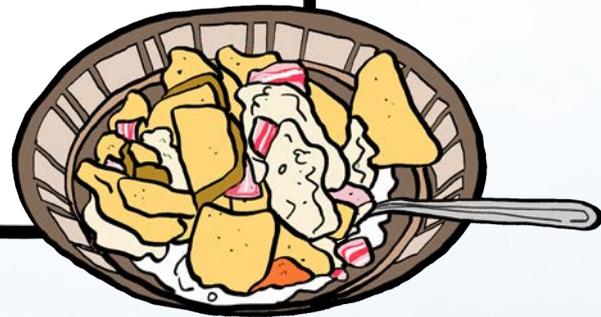
- Corn tortillas ( 2 to 3 tortillas per person)
- Olive oil (2 Tbs)
- Eggs (1 to 2 per person)
- Salt/Pepper (to taste)
- Salsa (optional, to taste)
- Cheese of any kind (optional, to taste)
- Avocado, diced (optional)

## Directions

Cut tortillas into small triangles or squares, then place tortillas in pan with oil and fry until golden crispy. Once tortillas are crispy, add in eggs and cook. Once eggs and tortillas are cooked, then add cheese until slightly melted. If using, add avocado and/or salsa and any other ingredients of your choice. Plate and serve.



# COLUMBIA RIVER “FISHERMAN STEW”



Recipe shared by: **Michael – Seattle**

A breakfast staple, this recipe can be traced back as early as the 1930's from a traditional Yakama tribal fishing village near Dalles, Oregon. From birth to early age, Michael's father grew up in a large family that spent many months on the Columbia River fishing for a living. Michael's grandparents would wake up extra early and begin preparing this dish for the family, knowing that much energy would be required to fish all day on the Columbia River.

Michael views this “Fisherman Stew” recipe as climate-friendly because it requires minimal and accessible ingredients that are budget-friendly to many socioeconomic backgrounds. Many of the ingredients can be found in home gardens or at local farmers markets. While the original version of this recipe uses pork bacon, he has suggested swapping out the pork for salmon for a pescatarian version or using plant-based bacon (such as Lightlife Smart Bacon) to make a vegetarian version. Michael says this recipe speaks to the hearts of generations of Yakama people.

## Ingredients

*Makes approximately 4 to 6 servings.*

- 4 to 5 large Russet potatoes or 15 small red/golden potatoes
- 12 eggs
- 1 package (approximately 15 slices) plant-based bacon for vegetarian version
- 1 to 2 filets of salmon, or two cans of salmon + 1 Tbs olive oil for pescatarian
- 2 Tbs black pepper
- 1 quart water
- Optional ½ onion, sliced



## Directions

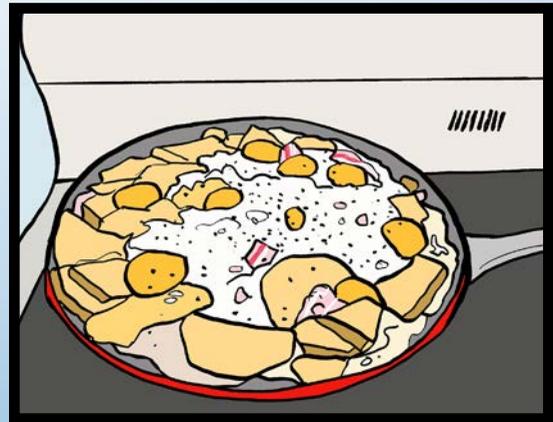
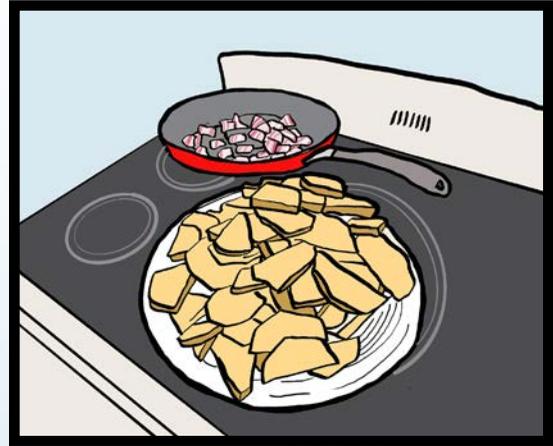
First, slice the plant-based bacon, if using, in many small pieces and cook in large frying pan on medium heat according to packaging. If using salmon filets, cook in large frying pan with olive oil for 4 to 5 minutes. If using canned salmon, ignore this step.

While the plant-based bacon or salmon cooks, peel potatoes and cut into thin slices.

After cooking plant-based bacon or salmon, drain any grease out of the pan. Pour the quart of water into the frying pan with the cooked plant-based bacon or the salmon. If using canned salmon, start with this step. Add potatoes to the pan as well. A quick rule of thumb: the level of water should be even, or a little above food level of pan.

Adjust heat level to medium high and cook until boiling level is reached, then turn down heat to a low boiling point. Add eggs on top of the cooking mixture. If using, slice up and add onion to the frying pan at this stage. Sprinkle pepper over the top of eggs and cook at low boil temperature for about 40-45 minutes. For faster cooking time, cover the pan and boil for about 15 minutes, then add eggs and boil for an additional 5 minutes with food covered.

▶ *Recipe Tips: For a smaller portion (serving 2 to 3), you can halve the ingredients.*



# LOCAL SUSTAINABLE FISHING: FOR THE HEALTH OF THE PEOPLE AND THE PLANET

Noé Cáceres is at the Duwamish River People’s Park pier in South Seattle, with fishing rod in hand. A lifelong fisherman, he reminisces about his time fishing as a child. In El Salvador, where he grew up, Cáceres fished the rivers with gill nets.

“I’d go with my uncle, we’d throw the net, and a ton of fish would come,” he says in Spanish. It’s August, which means salmon season has begun. Here in Washington, he’s had to adapt to using a line and hook, learning how to use bait and when to reel a fish in. He’s also had to learn which fish in the river are safe or toxic to eat.

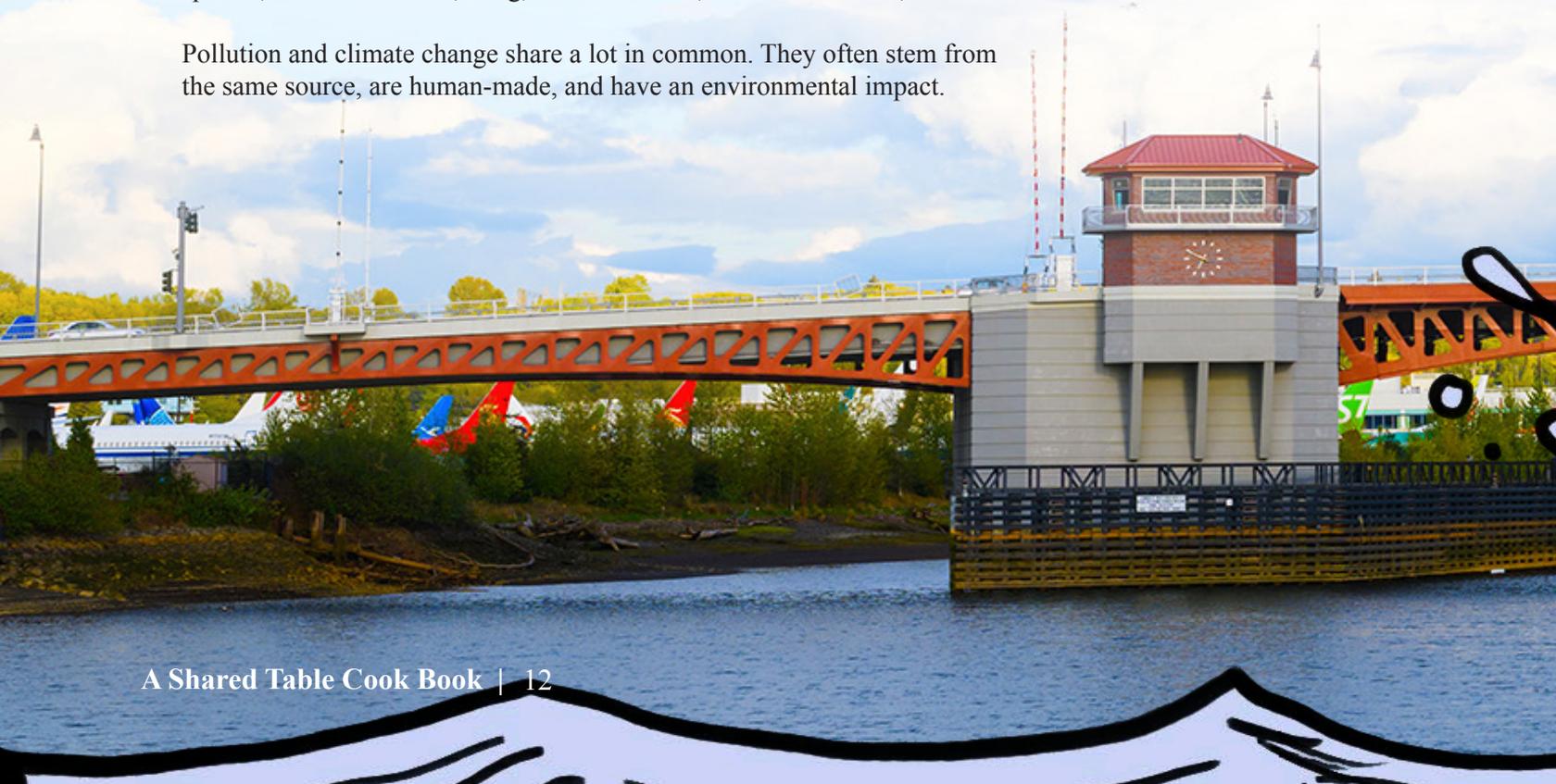
“You can’t eat fish that live in the Duwamish year-round because it’s contaminated,” he says.

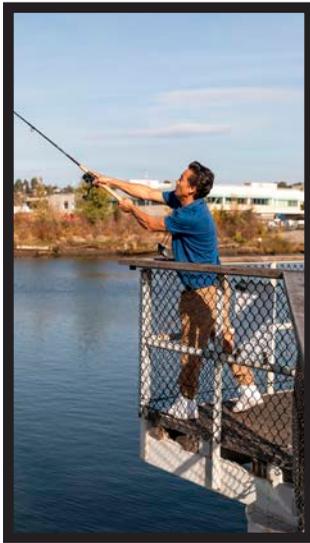
Cáceres is a community health advocate with Grupo Acesor Latino (GAL). GAL helps circulate information from King County’s “Fun to Catch, Toxic to Eat” program. Cáceres warns other Latinos about the dangers of eating resident fish from the river.

Five miles of the Duwamish River is a Superfund site. Superfund sites are some of the country’s most polluted environments, where industrial contamination has occurred. They can take decades to clean up. Fish can absorb harmful chemicals found in the Duwamish River, and these chemicals can be harmful to humans if eaten.

That’s why Cáceres encourages other local fishers to only eat certain salmon they catch from the Duwamish river. Salmon live the majority of their life in the ocean, only returning to the rivers where they were born to spawn. As a result, they spend less time in the polluted river. People fishing in the Duwamish should only eat a palm-sized portion of salmon, two to three times a week at most. Look for posted advisories if fishing the Duwamish, as some species, such as Chinook, King, or Blackmouth, have lower limits, such as two meals a month maximum.

Pollution and climate change share a lot in common. They often stem from the same source, are human-made, and have an environmental impact.





“Most human use transforms ecosystems,” says Ray Hilborn, a professor at University of Washington’s School of Aquatic and Fishery Sciences. He’s spent more than 50 years researching fisheries, especially salmon. Recently, he’s focused on fish in the global food system and the environmental cost.

Food production can contribute to increases in carbon dioxide, a greenhouse gas that is one of the causes of climate change. These gases are released when raising animals for food during processes like manure management, the use of land for grazing, and the transportation of meat products. On average wild fisheries emit less carbon dioxide than chicken. A hundred grams of wild fish only produces about four kilograms of carbon dioxide. Compare that to a similar serving size of beef, which produces ten to fifteen times the amount of carbon dioxide.

“Agriculture requires taking a forest and cutting it down, or taking a grassland and plowing it,” Hilborn says. “But fisheries can maintain ecosystems.”

Responsible fisheries promote the sustainable management and conservation of fish stocks and aquatic habitats where they live. Salmon can be one of the more sustainable fish to eat. “It depends a lot on what kind of fish, what species, what gear,” Hilborn says.

Unfortunately, climate change has been devastating for Washington state salmon. Experts have sounded alarms about Washington state’s diminishing snowpack year after year. It makes for less-than-ideal spawning grounds for local salmon.

“Warmer temperatures means less snowpack, which means bigger winter flows when you have rainstorms instead of snowstorms. It also means lower summer flows, and both of those are bad for most salmon,” Hilborn explains. Back at the pier with Cáceras, the dock has filled with other fishermen.

“I do worry that someday it will be too hot to fish,” Cáceras laments.

*NOTE: Do you want to make sure your seafood is sustainably sourced? Look for certification logos from either the Marine Stewardship Council or the Aquaculture Stewardship Council. The Monterey Bay Aquarium “Seafood Watch” program offers free recommendations and guides for sustainable seafood choices depending on species and origin.*



# 5 TIPS FOR EATING LOCAL AND HEALTHY ON A BUDGET

- Buy fruits and vegetables in season. They are typically cheaper and have lower transport costs.
- Frozen fruits and vegetables are often much cheaper than fresh produce. Because they're frozen at the peak of their ripeness, they often have better preserved quality and nutrients than fresh produce shipped out of season. For example, fresh strawberries shipped from California or Mexico may lose nutrients and quality during shipping and packaging.
- Dry pantry beans, lentils, and other legumes are great staples since they're packed with protein and store well.
- Uncooked whole grains like oatmeal, farro, and brown rice are cheaper and healthier than instant varieties.
- Canned fish like tuna, albacore, trout, and oysters are filled with nutrients and are a good source of protein. Try them in pastas, soups, and stews, as well as in sandwiches!



# LIGHTER BITES



# AVOCADO CUCUMBER SALAD

## Recipe shared by: Zoe – Sammamish

Zoe (age 7) likes this salad because it has a lot of cucumbers, and she really likes cucumbers. She thinks that this dish is very refreshing.

Zoe suggests adding salt to the cucumbers and draining them before mixing them in so that you don't have a juicy salad – the salt helps get all the water out. Enjoy this delicious recipe that Zoe created in partnership with Patra, her former teacher.

## Directions

Partially peel cucumber with a vegetable peeler, leaving skin on in an alternate stripe pattern. Cut into bite-sized pieces of your choosing, diced or sliced. Place in a colander after tossing in a teaspoon of salt. Set aside while preparing the remaining ingredients.

Whisk oil, lemon juice, cumin, pepper together in a large bowl. Add chickpeas, bell pepper, avocado, onion to dressing and gently toss to cover.

Shake cucumber in the colander to release moisture then add to the large bowl, toss once more. Add in feta, if using.

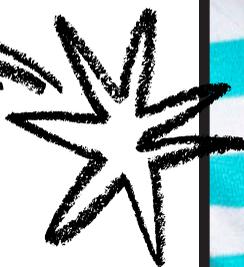
## Ingredients

*Serves 4*

- 2 Tbs olive oil
- 1 Tbs lemon juice
- 1/4 tsp ground cumin
- 1 tsp salt
- 1/4 tsp pepper
- 1 15 oz can of chickpeas
- 1 avocado, diced
- 1/2 red bell pepper, diced
- 1/4 cup red onion thinly, sliced
- 1 English cucumber or 4 Persian cucumbers
- Optional 1/2 c crumbled feta



GIRL



# BOLAANI

## Recipe shared by: Parniyan – Kent

Parniyan shared this recipe because it is one of her favorite meals made by Afghans during holidays, weekends, and any other occasion where family gathers. She says it brings to mind the sound of women chit chatting while preparing Bolaani, as children and men eagerly wait for it to be served. She considers it one of the most delicious foods from Afghanistan, and it brings back all her memories and traditions from childhood from back home.

Bolaani is traditionally served with a yogurt sauce called “chaka” that is mixed with dried mint and salt on hot summer days. Chaka recipes can be found online. Greek yogurt can be served and flavored as a substitute.

## Directions

Mix flour with water and salt to make a medium-soft dough. Let it rest for a few minutes. Chop spinach, spring onions finely. Carefully chop chiles, using gloves if you would like. Add 2 tbsp oil, salt, and black pepper to the mix.

Divide dough into portions, roll flat, add vegetable filling on half, fold over, and seal edges.

Preheat a pan and lightly oil it. Cook bolaani on one side until golden, then flip to cook the other side.

Serve with chaka or plain.

▶ *Recipe tip: You can adjust your spice level by reducing the number of chiles for a milder heat.*

## Ingredients

- 1 bunch spinach
- 1 bunch spring onions
- 8 cups (1 kg) flour
- 2 ½ cups water
- 6 Tbs vegetable oil
- 1 tomato
- 3 green chiles
- 1 tsp black pepper
- Salt to taste
- 4 Tbs Chaka



# BURANI BADINJAN (AFGHAN-STYLE EGGPLANT)

## Recipe shared by: Pakiza – Kent

Burani Badinjan is an Afghan-style eggplant dish that is ideal for cold weather. Pakiza loves this dish, describing it as one of her favorite meals from Afghanistan. Her family makes it for lunch and dinner, especially when it is chilly outside.

This eggplant dish is fully plant-based, using seasonal vegetables that are cooked in one pot, minimizing food waste. Burani Badinjan reminds Pakiza of family and home, which is why she chose to share this recipe with you!

## Directions

Wash and peel the eggplants, cut into pieces. Fry eggplants in oil until golden. Put on a plate.

Sauté grated onion and garlic in oil. Add tomato paste and grated tomatoes. Cook until the oil separates. Add chili peppers and salt, then layer the fried eggplants on top. Cover and steam on low heat for 15–20 minutes. Serve on a dish, drizzle with chaka or strained yogurt, and enjoy with warm bread.

► *Recipe tip: Pakiza likes to serve her Burani Badinjan (eggplant) with chaka on the side. She recommends making a sauce using a medium bowl and putting strained or Greek yogurt with some tangy grape juice or water to make it thin, adding a pinch of salt and a fleck of cilantro. Design your way and serve.*

*Cooking tip: To reduce bitterness in eggplant, Pakiza suggests soaking it in salted water for 10 minutes.*

## Ingredients

- 500 g (approximately 1 lb.) eggplant
- 600 g (approximately 1¼ lbs.) tomatoes, grated
- 1 medium onion, grated
- 4 cloves garlic
- 4 fresh chili peppers
- 1 Tbs tomato paste
- 100 ml (5 to 6 Tbs) cooking oil
- 4 Tbs strained or Greek yogurt
- Salt & black pepper: to taste
- Cilantro, optional for garnish



# PINEAPPLE CUCUMBER SALAD

## Recipe shared by: Patra – Seattle

Born and raised in Seattle, Patra enjoys shopping at locally owned tiendas (shops) in Beacon Hill, Rainier Avenue, and Renton where the prices are affordable and produce is of a very high quality. She often trades recipes with her sister and a neighbor who also enjoys cooking. This dish was first made by Patra's sister Pam, who raved about it and then shared the salad recipe with her.

Made with easy to find ingredients, Patra thinks this vegetarian dish is climate-friendly because the simplicity of the recipe guarantees that nothing will be wasted. Food waste is an unfortunate contributor to the world's methane emissions, a powerful greenhouse gas that is the second highest contributor to the rise in global temperatures after carbon dioxide emissions.

This recipe does not require an oven or a stove and can be made on hot days when you want to keep the kitchen cool.

## Directions

Zest the lime first, saving the zest for later. Then juice the lime into a small bowl. Add preferred sweetener (honey or maple syrup), olive oil, vinegar, then whisk all ingredients together. Pour dressing over the salad mixture, chill for an hour to allow flavors to develop. Sprinkle with salt & pepper optional. Tastes great by itself or spooned onto a bed of salad greens.

## Ingredients

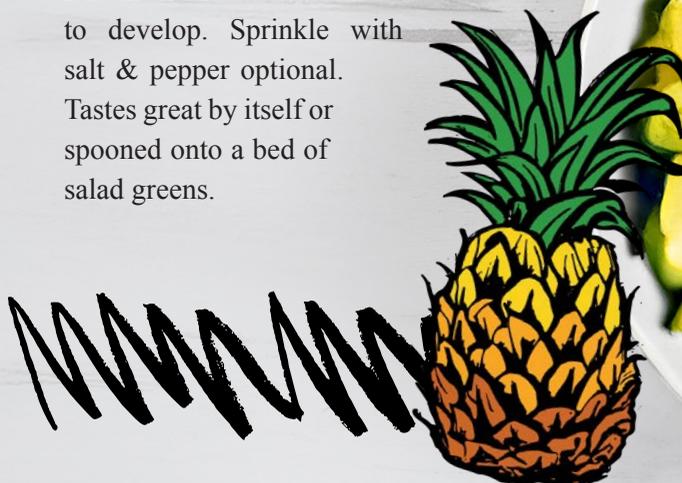
*Serves 6*

Salad:

- 1 large cucumber, thinly sliced
- 2 cups fresh pineapple, sliced into bite-sized pieces
- 1/2 small red onion, thinly sliced
- 1/4 c Thai basil or Italian basil, chopped
- 1 bell pepper, diced

Dressing:

- 1 lime, zested & juiced
- 2 Tbs honey or maple syrup
- 1/4 cup olive oil
- 1 tsp vinegar of choice (apple cider, rice, white, etc)
- Salt and pepper, to taste.



# RAJAS CON BERENJENA Y ELOTE (RAJAS WITH EGGPLANT AND CORN)

**Recipe shared by: Mercedes – Renton**

When Mercedes makes Rajas con Berenjena y Elote, it reminds her of her mother trying to teach her and her sisters how to cook, followed by the entire family gathered around the dining table eating, talking, laughing, and sharing stories. This dish also reminds her of more recent times, loving to cook and experimenting with this recipe by blending in Mediterranean flavors.

Mercedes says that this recipe is climate-friendly because the ingredients can mostly be found at local grocery stores and farmers' markets. This is a budget-friendly dish as well with affordable ingredients.

While the original recipe calls for chicken bouillon, you can make a vegetarian version by switching to vegetable bouillon instead.

## Ingredients

*Serves 4-6*

- 1 eggplant
- 3 roasted poblano peppers, sliced
- 1 cup corn (fresh or canned)
- 1 cup Mexican crema
- ½ cup sliced onions and fresh garlic, to taste
- 1 large or two medium tomatoes, sliced
- 1 Tbs chicken or vegetable bouillon
- ½ cup water
- 1 Tbs butter or olive oil
- 1 cup shredded Oaxaca cheese (or your preferred melting cheese)
- ¼ teaspoon black pepper and oregano to taste
- Salt and oregano, to taste



## Directions

Roast poblano peppers: You can roast the pepper on your stovetop over an open flame or in a skillet. Wash, dry well, and drizzle Poblanos lightly with oil. Roast until skins blister on all sides. Transfer to a zip-top bag (use tongs) or covered bowl to steam for 15 minutes. Peel off skins, remove stems and seeds for mild heat, or keep some seeds medium-hot. Slice it into strips and reserve.

Wash, dry, and cut eggplant into 1-inch cubes. In a medium saucepan or skillet, add butter or olive oil and lightly brown the eggplant. When the eggplant is brown, add the tomato, corn, and onions over medium heat. Add the garlic, pepper, salt, and oregano. Sauté until the onion and tomato start to soften.

Add water and bullion. Lower the heat and cook for 8 minutes until the eggplant is tender but not mushy. Add roasted poblano strips. Cook for two to three minutes, stirring often.

Lower the heat to medium-low, add the cream cheese and Mexican crema (or your substitute). Mix well and cook for about 5 minutes or until the cream starts to bubble. Finally, add the shredded cheese, cover the pot, and turn off the heat. Let it rest for a few minutes before serving

- *Recipe Tips: If you can't find Mexican crema, heavy whipped cream or sour cream works just as well. Plain Greek yogurt is also fine! You may substitute the eggplant with potatoes or incorporate shredded chicken (if you eat meat) and/or other veggies during the final step. This dish can be served alongside Mexican rice and tortillas or presented on its own.*



# GROWING FARMERS: SNOVALLEY TILTH



On a recent Monday morning, Sean Stratman looks out over the 20 acres of land he manages in Carnation, Washington – about 30 miles east of Seattle. Stratman was once an archeologist, but about 30 years ago he decided to throw his whole self into growing food.

“Currently, we have 12 farm businesses operating on our site,” he says, looking out onto an open field at SnoValley Tilth. People from all backgrounds tend to the lots of land: immigrants from Africa, India, Eastern Europe, as well as American-born people and LGBTQ folks. Stratman’s job is to ensure they succeed as farmers. “Everyone here has farming experience, so they’ve either been to some sort of farm training school, or most of them have worked on other farms,” Stratman explains.

Stratman says there’s room for all types of farming because the need is so great. “There are more hungry mouths here in the King County area to feed than our farmers can possibly grow food for. And so it’s just a matter about marketing your product the right way.”

The shifting seasons brought on by climate change has created challenges, but it’s also opened doors to experimentation.





“It’s about the experience of learning how to farm, learning how to work with the changing climate,” Stratman says. “When we talk about climate change, and farmers adapting to it, there’s some pluses and minuses, like with anything in nature. And we’re trying to figure out what the pluses are.”

Some plants are able to live longer in the winter because they’re less likely to freeze now. Because of warmer weather, some farmers are also experimenting with growing more tomatoes and beans, crops that typically do well in drier regions. “Having a diversity of crops that we can put in the ground, not knowing what the weather is going to bring us is, it’s not only good business, it is good food security,” Stratman says.

But there are also pests like flea beetles that are more of a problem. “They like dry, crumbly soil. And so usually when we have periods of moisture and then extreme heat, like we’ve had some real early heat cycles in the spring, these pest populations get an early boost,” Stratman says.

Michael Lufkin is King County’s local food economy manager. To address the impact climate change is having on farmers, Lufkin says King County hopes to hire a climate smart agriculture specialist to help farmers with developing smart practices. The specialist, for example, might train farmers on how to better use compost in their soil.

Despite challenges, both Stratman and Lufkin say the interest in farming remains.

“A lot of us, we’ve been doing it so long, we can’t imagine doing anything else anyway,” Stratman says.



# HOW TO GET FOOD ASSISTANCE IN KING COUNTY

For many people in King County, having enough food to feed themselves and their families is a worry, especially as food costs rise. Several emergency food assistance programs in King County can help:

- **Basic Food/SNAP:** The Supplemental Nutrition Assistance Program, otherwise known as SNAP, offers an Electronic Benefits Card (EBT) that can be used for food purchases. The amount someone receives is based on their family size, income and monthly expenses. King County's Access and Outreach Team can help you apply and answer questions about [Washington State's Basic Food program](#). Call the [Community Health Access Program \(CHAP\)](#) at 1-800-756-5437
- **SNAP Market and Produce Match:** The match program helps people buy more fresh vegetables and fruit at participating farmers markets and grocery stores. When you use your SNAP EBT card to purchase produce, you will receive the same amount to spend in SNAP Match dollars. Visit the website at [SNAP Produce Match](#), email [SNAP.ProduceMatch@doh.wa.gov](mailto:SNAP.ProduceMatch@doh.wa.gov), or call 360-236-3148.
- **School Meals and SUN Bucks EBT:** Families can apply for free or reduced-price school meals for their children at any time during the school year directly through their school or school district. School children who receive free or reduced-price school meals qualify for SUN BUCKS, a program that helps parents buy food during the summer.
- **Women, Infants, and Children (WIC) Supplemental Nutrition Program:** The WIC program provides families with healthy food, nutrition counseling, and breastfeeding support. You may be eligible for WIC if you are pregnant or postpartum, have an infant, or child under age 5. To learn more, see Public Health WIC Services at [kingcounty.gov/wic](http://kingcounty.gov/wic) or call 206-263-9300.
- **Seattle Fresh Bucks:** Eligible Seattle residents with household income below 80% area median income can enroll in the Fresh Bucks program to receive \$40 in vouchers a month by mail. Use the vouchers to buy fruits and vegetables at any participating retailer including farmers markets, Seattle Safeways, and participating Seattle neighborhood grocers and farm stands. See [www.seattlefreshbucks.org](http://www.seattlefreshbucks.org) or call 206-684-2489 for more information.
- **Food Banks:** There are about 50 food banks in King County, some of which offer home delivery and other services like online ordering and curbside pick-up. Washington state helps bring thousands of dollars' worth of fresh farm produce to these food banks. Find your closest food bank by visiting Hunger Free Washington at [www.hungerfreewa.org/foodbanks](http://www.hungerfreewa.org/foodbanks).



# MAIN DISHES



# BHINDI DO PYAZA (OKRA WITH ONIONS)

Recipe shared by: Faisal – Seattle

## Directions

In a pan, heat 2 tbsp oil and fry 1 onion until it turns translucent. Once the onion shrinks, set aside.

In the same oil, add 20 bhindi (okra) and cook on medium heat. Sauté until the bhindi (okra) shrinks and turns non-sticky. Add fried onion and cook for a minute. Set aside.

In a large kadai (frying pan), heat 2 tbsp oil. Add cumin and garlic. Sauté until the garlic is aromatic and a light, golden brown color. Add remaining chopped onions and ginger paste. Sauté until the onions turn golden brown.

Over low heat, add turmeric, chili powder, coriander powder, cumin powder, garam masala and 1 tsp salt. Sauté over low heat until the spices turn aromatic. Add tomatoes and sauté until tomatoes turn soft and mushy.

Add fried onion and bhindi (okra), and mix gently. Add spring onion and tomatoes. Cover and simmer for 5 minutes.

Once the flavors are absorbed well, add cilantro and kasuri methi (fenugreek). Serve with rice or roti.

This recipe is adapted from Hebbars Kitchen's Bhindi do Pyaza.

## Ingredients

For frying bhindi (okra):

- 2 Tbs oil
- 1 onion cubed
- 20 bhindi (okra) chopped

For sabzi:

- 2 Tbs oil
- 1 tsp cumin
- 10 cloves garlic, finely chopped
- 2 onions, finely chopped
- 1 tsp ginger paste
- ½ tsp turmeric
- 1 tsp chili powder
- 1 tsp coriander powder
- ½ tsp cumin powder
- 1 tsp garam masala
- 1 tsp salt
- 2 tomatoes, chopped
- 2 Tbs spring onions, chopped
- 2 Tbs cilantro, chopped
- 2 Tbs kasuri methi (fenugreek), crushed



# DASHI FISH



## Recipe shared by: Khadija – Kent

Khadija's Dashi Fish is an all-season recipe that Afghans in her community cook and enjoy with family. She enjoys making this delicious dish for friends and family, as it brings back memories of when the entire family all lived together.

Khadija enjoys this dish especially in cold weather, with garlic and spices that warm you right up. She says it's a climate-friendly recipe because the ingredients are all fresh, minimal and locally sourced which makes it even more special.

## Directions

Wash and clean the fish thoroughly. Prepare a marinade by mixing oil, lemon juice, kebab spice, garlic powder, ginger powder, black pepper, and salt. Coat the fish well with this mixture, cover, and let it marinate for at least two hours. Preheat the oven to 400°F (200°C).

Lightly grease a baking tray with oil and place the marinated fish inside for about 10 minutes. Bake the fish until it is fully cooked and golden brown, which usually takes around 20–25 minutes depending on the thickness.

Serve hot with fresh salad.

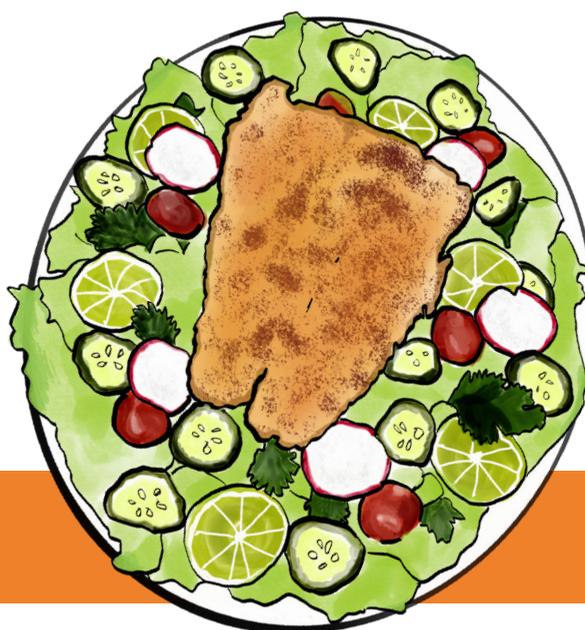
► *Recipe Tips: Khadija suggests using the lettuce, chopped radish, sliced lemons, some cherry tomatoes and some chopped cilantro to make a fun design, and then serve it.*

## Ingredients

- 500 g (roughly 16 oz or 1lb.) fresh fish (Khadija uses salmon)
- 4 Tbs cooking oil
- 2 Tbs lemon juice
- 1 Tbs Kebab spice
- 1 tsp garlic powder
- 1 tsp ginger powder
- 1 tsp black pepper
- Salt, to taste

### *For garnish:*

- Fresh cilantro, chopped
- Red radish, chopped
- Two lemons, sliced in circles
- Cherry tomatoes, whole or halved
- Half of cucumber, sliced



# DEEP-FRIED TOFU IN CLAY POT

## Recipe shared by: Meredith – Seattle

Meredith's daughter became a vegetarian at age three, even though neither of her parents were, so her parents learned to expand their cooking into vegetarian meals. Fortunately, their daughter always loved tofu, and this "clay pot" dish became a favorite, with familiar flavors from Cantonese cooking. It also is deeply comforting on a chilly, Pacific Northwest evening. While her daughter is all grown up, Meredith still tries to cook more vegetarian dishes for her health and to reduce her impact on the climate.

You don't have to have a traditional Chinese clay pot to cook this dish, but you do need a covered casserole dish that can go on a burner at medium heat or a Dutch oven. Deep fried tofu cubes are sold at most Asian grocery stores and some mainstream grocery stores in the Asian refrigerated items section (the locally made Vietnamese fried tofu is excellent). Meredith's mother taught her to cut vegetables for stir frying at an angle--she's not sure if that's for maximizing surface area or if it just looks pleasing in those shapes, but she always does it.



## Ingredients

### Serves 4

#### For the tofu:

- 1 package deep fried tofu cubes (10-13 oz.)
- 5 large leaves napa cabbage
- 1 carrot, peeled
- 3 Tbs peanut oil or canola oil
- 2 thin slices fresh ginger root, peeled
- Salt

#### For the sauce:

- 2 Tbs cornstarch
- 1/3 cup vegetable (or chicken) stock
- 4 tsp soy sauce
- 4 Tbs mushroom-flavored stir fry sauce (or oyster sauce)
- 1/4 tsp white pepper
- 2 cloves garlic, peeled and chopped fine
- 2-3 scallions, cut into 1-inch sections, white and green parts separated
- 8-10 fresh shiitake mushrooms, stemmed
- 1/2 teaspoon sesame oil

#### Optional Garnish:

- 1 Tbs chopped cilantro and/or 1 Tbs toasted sesame seeds for garnish
- chili crisp or chili oil for serving



## Directions

Cut the carrot crosswise at a slight diagonal into pieces about ¼” thick. Cut the napa cabbage leaves in half lengthwise and then into 2-inch segments. Cut each fried tofu cube in half diagonally to make triangles.

Heat a wok or large skillet over high heat until you can feel the heat rising if you hover your hand above it. Add a tablespoon of oil and swirl it around. Add the ginger, stir for a few seconds, and then add the carrot slices. Stir fry for a couple of minutes, then add the cabbage. Toss the cabbage with a spatula for about 30 seconds. Add a little salt, then lower the heat, cover, and cook for 2-3 more minutes, or until the cabbage is tender but still a little crisp. Put into the clay pot or casserole dish and cover to keep warm.

Add another tablespoon oil to the wok, swirl it around, and bring the heat back up to high. Add the tofu and stir fry until hot. Add it to the clay pot/casserole and keep covered.

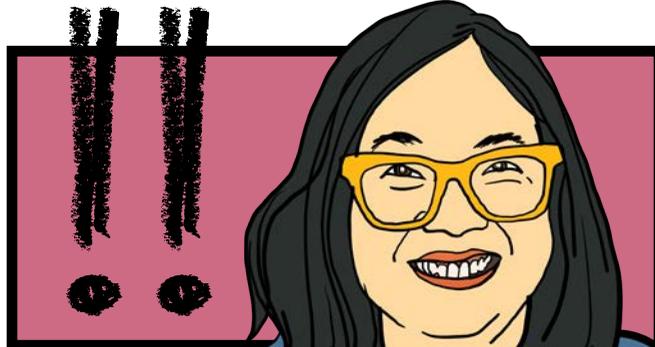
Thinly slice the mushroom caps.

Mix the cornstarch, stock, soy sauce, white pepper, and mushroom/oyster sauce.

Heat the wok/skillet on high heat. Add the remaining tablespoon of oil to the wok and add garlic and white scallion chunks and the mushrooms. Stir fry until the mushrooms soften.

Give the sauce a quick stir, then add to the wok and turn the heat to low. Stir until the sauce thickens. Pour over the tofu and vegetables. Then drizzle with sesame oil and add the green parts of the scallions. Put the clay pot/casserole dish on a burner on medium and heat for a couple of minutes.

Garnish with cilantro and/or toasted sesame seeds if you like. Put a trivet on the table and serve the pot at the table, with steamed rice and chili oil as a condiment.



# ELA BATU (EGGPLANT) CURRY

Recipe shared by: Chamila – Bothell

Ela Batu is an eggplant variety that is native to Sri Lanka, where Chamila is originally from. She has fond memories of her mother and grandmother preparing curry with ela batu, and the taste of this dish reminds her of home. In Sri Lanka, “Alms Giving” is a celebration in which gifts are presented to Buddhist monks. Chamila prepared her family’s traditional curry recipe using ela batu for a recent Alms Giving, and everyone enjoyed the curry so much that she decided to share it with the rest of the King County community.

Because Sri Lanka is close to India, they share a lot of staple ingredients. Several of the ingredients in this recipe can be found for budget friendly prices at your local Indian and/or Asian market. Ela batu is in the same family of eggplants that you find in typical American grocery stores, but they are physically very different. Sometimes ela batu grows on thorny bushes with thorny leaves that aren’t removed, so be careful not to prick yourself when preparing it.

This Ela Batu (Eggplant) Curry is pescatarian with the Maldive fish, however the fish can easily be removed to make it vegan while still being very flavorful. The dish is packed with ingredients that are high in dietary fiber, omega-3 fatty acids, vitamins, and antioxidants. This recipe is climate-friendly because ingredients require no animal farming, and therefore help protect biodiversity and do not contribute to deforestation.

Many people in King County are unfamiliar with Sri Lankan cuisine with its refreshing and bold flavors, and Chamila is changing that.

## Ingredients

*Makes 4 to 6 servings.*

- 25 to 30 medium size green ela batu eggplants, quartered
- Large bowl of water
- 2 tsp of turmeric powder
- 2 Tbs of avocado oil (or preferred neutral oil)
- 1 tsp of mustard seeds
- 10-13 garlic cloves, sliced
- ¾ of an onion, sliced
- 1 to 1 ½ tsp of chili powder
- ¾ Tbs curry powder
- 1 to 1½ cups coconut milk
- Salt to taste
- Chopped Maldive Fish (\*optional, can leave out to make the dish vegan/vegetarian)
- ½ of a pandan leaf
- 1 sprig of curry leaves
- 1 inch of a Ceylon cinnamon stick



## Directions

Cut each ela batu eggplants into quarters (or 2-inch chunks if using Japanese or Chinese eggplants) and scoop out the seeds with a spoon and then set to the side. In a large bowl, add water and turmeric powder. Add the scooped eggplant to the water to soak.

While the eggplant soaks, chop up your onions and garlic. After 5 to 6 minutes, strain the water and remove the ela batu. Add the oil to a large pan over medium heat. Once heated, add the mustard seeds. When the mustard seeds are about to pop, add sliced garlic and onion, and fry them until they reach a golden-brown color. Then add the Maldive fish (if using), pandan leaf, curry leaves, and cinnamon. Reduce the heat and cook for about 4 minutes. Then, add the ela batu and cook for 8-10 minutes. If food is sticking to the bottom of the pan, add a bit of water. Add chili powder, curry powder, salt, coconut milk, and cook for 8-10 minutes. Remove the pot from the burner.

Serve with cooked rice, quinoa, or as a standalone dish.

- ▶ *Recipe Tips: Dried anchovies can be substituted for Maldive fish if you cannot find it. Japanese or Chinese eggplants (4 to 5) can be substituted for ela batu eggplants if you cannot find them.*

*Cooking Tip: Prevent eggplant / ela batu from turning brown by soaking in turmeric water. You can use this tip to keep other veggies from browning too.*



# FUEGO Y CREMA POBLANO SOPA (FIRE & CREAM POBLANO SOUP)

**Recipe shared by: Sal – Renton**

When the Northwest cold air moves in, this soup warms you from the inside out. Inspired by Sal's mother's love of poblano peppers and his own PNW rainy-day craving for something rustic and creamy, this soup combines charred corn and roasted chiles with tender potatoes. A swirl of heavy cream to finish and a splash of heat to taste at the end culminate in a bowlful of comfort, memories, and firelight.

This is Sal's go-to soup when the temperatures drop, or when he is sore from a long hike. The ingredients are vegetarian-based, which helps reduce weekly meat intake. Beef and poultry largely contribute to climate change due to greenhouse gas emissions. If we supplement our meat intake weekly with dishes such as this one, we may be able to improve climate change by lowering our individual footprint.

This dish is vegetarian if using vegetable broth / bouillon instead of chicken broth/bouillon.

## Ingredients

- 4 large Poblano peppers (for spice levels, mild: seeded; medium: leave some seeds; hot: add 1 jalapeño or serrano)
- 3 ears of fresh corn, husked (or 3 cups frozen corn, but fresh is best for charring)
- 2 medium russet potatoes, scrubbed and quartered (or Yukon Gold for creamier texture)
- 2 medium shallots, finely chopped (substitute 1 small white or red onion if needed)
- 3 cloves garlic, minced
- 4 cups of vegetable stock (or chicken stock, or water with bouillon)
- 1 cup heavy whipping cream
- 2 Tbs cooking oil (avocado, olive oil, or beef tallow recommended)
- 1 Tbs butter (optional, for extra richness, Kerry Gold is my favorite)
- Salt & black pepper to taste
- 1 Tbs chicken bouillon (substitute vegetable bouillon to make vegetarian)

For garnish:

- Fresh cilantro, chopped
- Chile de árbol flakes or red chile flakes, to taste
- Optional squeeze of lime



## Directions

First char the poblanos. If using a stovetop, heat a dry skillet or open flame. Drizzle poblanos lightly with oil, roast until skins blister on all sides. If using a grill, oven, or air fryer, roast at 425°F until skins bubble and blacken (10–15 minutes). Transfer blistered peppers to a zip-top bag or covered bowl to steam for 15 min. Peel off skins. See recipe note below to inform spice level. Remove stems and seeds for mild heat or keep some seeds for medium-hot. Slice it into strips.

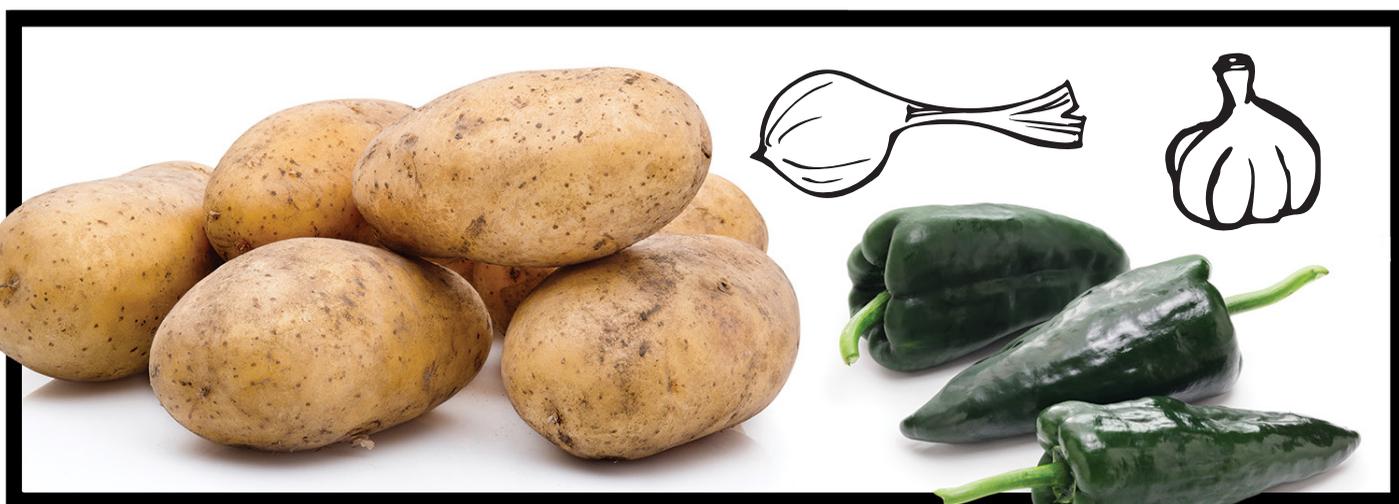
Then, char the corn. To do this, lightly brush the corn with oil. Char directly over a gas flame, hot grill pan, or grill until kernels are speckled with char. Let cool, then slice kernels off cob.

Start to build the base by heating oil (and butter, if using) in a large pot over medium heat. Add chopped shallots and sauté 2–3 minutes until soft and fragrant. Add garlic, cook 1 min more. Add quartered potatoes, sliced Poblanos, and charred corn kernels into the pot. Stir to coat. Pour in stock (and/or bouillon if using) and bring to a gentle boil. Reduce heat, cover, and simmer 20–25 minutes or until potatoes are fork-tender but not mushy.

Next, stir in heavy whipping cream. Simmer another 5 minutes, stirring gently. Season with salt and black pepper to taste. Adjust the heat with chili flakes if desired.

To serve and garnish, ladle into bowls and top with fresh cilantro and a pinch of Chile flakes. Optional: Brighten with a squeeze of fresh lime.

► *Recipe Tips: You can adapt spice level to your preference with how you prepare peppers. For mild spice, remove all poblano seeds. For medium, keep some of the seeds or add a dash of chile flakes at the end. For hot, add a diced jalapeño or serrano with the garlic. For extra rich soup, use butter to add depth. For even more body, blend half the soup with a food processor or blender and stir back in. As a finishing touch, queso fresco crumbles, crispy tortilla strips, or toasted pepitas make great toppings.*



# QORMA BAMIA ( OKRA STEW)

## Recipe shared by: Shafiullah – Kent

This healthy and fresh dish reminds Shafiullah of Mazar-e-Sharif, his hometown back in Afghanistan. In his family, they make Qorma Bamia (Okra Stew) often for lunch and dinner.

Shafiullah loves this recipe and recommends it for diabetes and to aid digestion.

Made with tomatoes and other fresh ingredients, this vegetarian meal can be served in all seasons. Shafiullah says that it tastes great with Chaka (strained yogurt).

### Ingredients

- 500 g (approximately 1 lb.) okra
- 600 g (approximately 1¼ lbs.) tomatoes, grated
- 1 medium onion
- 4 cloves garlic
- 1 Tbs tomato paste
- 100 ml (oz) vegetable oil
- 4 fresh green chili peppers
- Salt & black pepper: to taste
- Water

### Directions

Take off the top and bottom part of each okra and slice the okra in two pieces. Wash and dry the okra with paper towel. Grate the onion and garlic, then fry in oil until golden. Add the tomato paste and stir briefly, then add grated tomatoes and cook until the oil separates. Season with salt, black pepper, and fresh chilies, and mix well.

Add the okra, sauté for a short time, then pour in some water. Cover and let simmer on medium heat for about 30 minutes until fully cooked. Serve with warm bread.

- *Recipe Tips: Shafiullah recommends serving his Qorma Bamia (Okra Stew) with chaka on the side. He suggests making a sauce using a medium bowl and putting strained or Greek yogurt with some tangy grape juice or water to make it thin, adding a pinch of salt and a fleck of cilantro.*

*Design your way and serve.*



# TORTILLA DE ATÚN CON VEGETALES (TUNA AND VEGGIES TORTILLA)

## Recipe shared by: Gabriela – Kirkland

Gabriela wanted to share a recipe that is very easy, quick, and “that anyone can cook.” It is also nutritious, with a good share of protein and only approximately 220 calories per serving. The ingredients are easy to find and not expensive. She thinks of this dish as a quiche but with a burrito tortilla.

She says that this dish is “climate-friendly” because you can use fresh vegetables and eggs from your local farmers’ market!

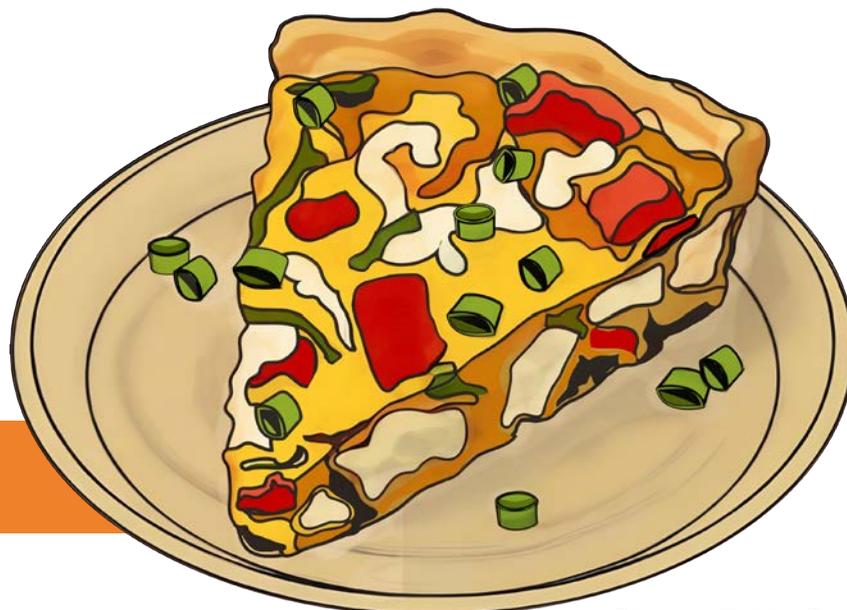
### Ingredients

- 4 eggs
- 1 can of tuna, drained
- 1½ cups of spinach, chopped
- 1/2 cup of sweet corn
- 12 cherry tomatoes sliced in half
- 1 Burrito tortilla
- Salt and pepper
- 4 Tbs of shredded parmesan cheese

### Directions

Preheat the oven to 400 degrees. Add the eggs, tuna, spinach, sweet corn, cherry tomatoes, salt, and pepper (to taste) in a bowl and mix all up. In a round baking pan, set the tortilla and add the mix on top. Add shredded parmesan cheese on top (to taste). Cook for 15-20 minutes. Let cool and take out of the pan. Cut into slices and enjoy!

► *Recipe Tips: Add some slices of avocado and salsa on top for an extra kick and a touch of Mexican flavor.*



# CAUSA PERUANA VEGETARIANA CON CHAMPIÑONES (VEGETARIAN PERUVIAN CAUSA WITH MUSHROOMS)

**Recipe shared by: Val – Renton**

This recipe reminds Val of their family and the Peruvian cooking they grew up with. Instead of chicken or fish, Val chose sautéed mushrooms to make the dish lighter and more eco-friendly, since using local vegetables helps reduce environmental impact.

Val says this recipe is environmentally friendly because it mainly uses plant-based ingredients such as potatoes, avocados, and fresh vegetables. Traditional causa is made with chicken but can easily be adapted to a vegetarian version by replacing the chicken with tofu or mushrooms, like this version, keeping a delicious flavor and good texture.

Causa is very versatile – you can change the fillings based on what you have available at home. If you can't find yellow aji (aji amarillo), a bit of turmeric or sweet paprika will add a nice flavor and color too. Just make sure to use warm potatoes so the mash turns out smooth, and avocados that are ripe but still firm so that they hold their shape.

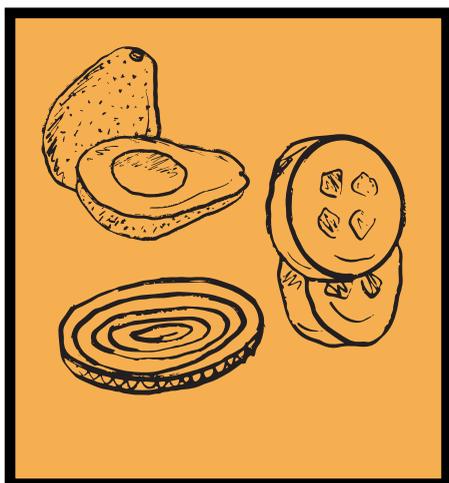
## Ingredients

*Makes 4 servings.*

- 4 to 5 medium potatoes (I used Yukon gold)
- Yellow Aji paste (or substitute with mild yellow chili paste)
- Juice of 2 limes
- 2 Tbs vegetable oil or butter
- 200 grams of fresh mushrooms, cleaned
- 1 ripe avocado, sliced or mashed
- 1/2 cup cooked mixed vegetables (for example: peas, carrots, corn)
- 2 Tbs mayonnaise (regular or vegan)
- Salt and pepper to taste

For garnish:

- 1 sprig of parsley or cilantro for garnish
- Food ring mold (optional, for individual plating)



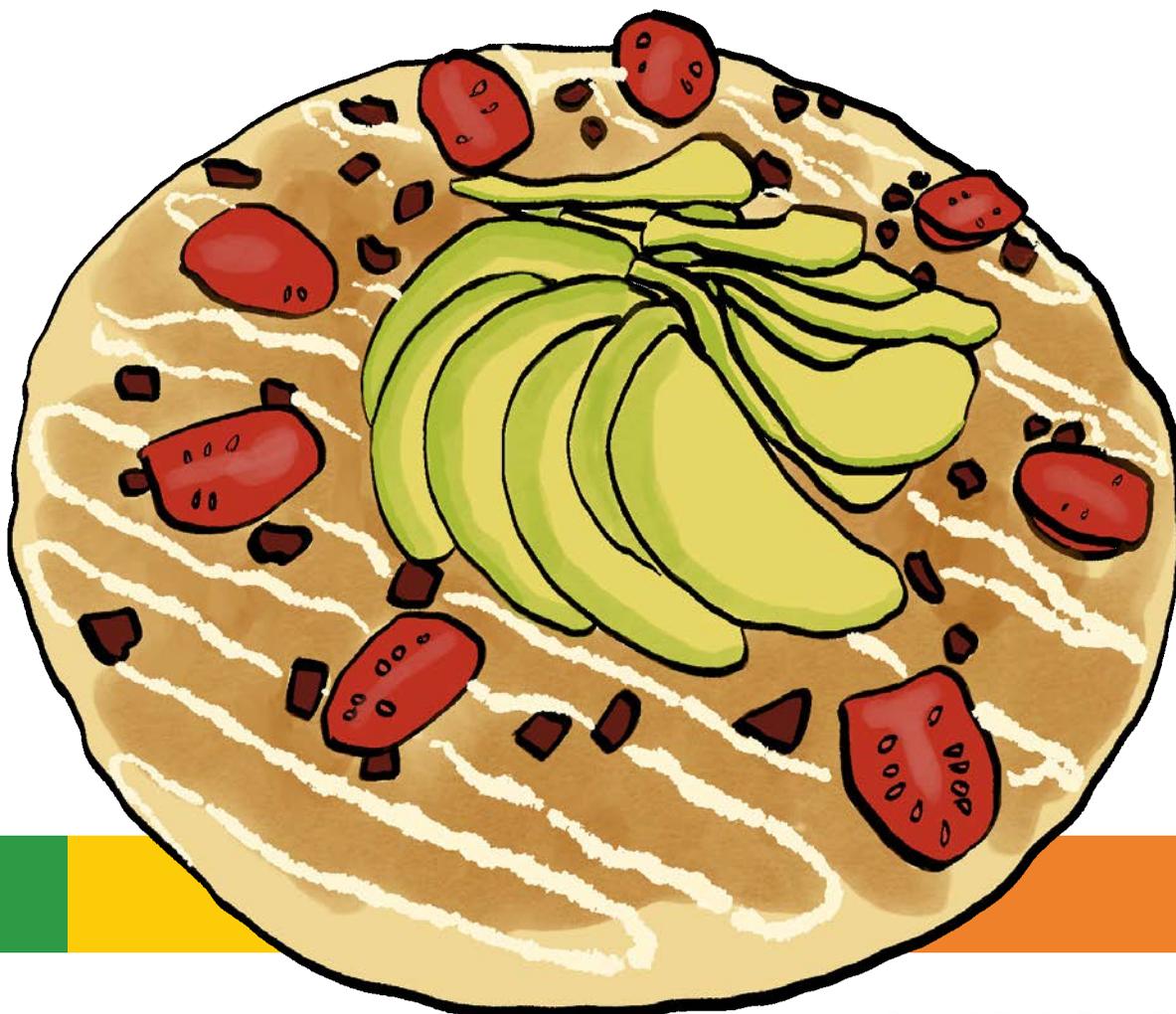
## Directions

Peel the potatoes and place them in salted water to boil until tender. Once ready, while still hot, mash them until smooth. Let cool for about 12 minutes. Add 2 to 3 tablespoons of yellow aji paste, the juice of two limes, a teaspoon of vegetable oil, salt, and pepper to the mashed potatoes. Mix well and adjust seasoning to taste.

Cut the carrots into small cubes. Boil the carrots and peas. In a separate pot, cook the corn. Once all is cooked, drain and remove the corn kernels. In a bowl, mix the carrots, peas, and corn. Add the mayonnaise, the juice of 1 lime, salt, and pepper to taste. Mix well.

In a skillet with a drizzle of oil or butter and the grated garlic, sauté the mushrooms over medium-high heat for about 5 minutes, until golden and they have released their moisture—season with salt and pepper to taste.

Lightly grease and set your mold on a plate. Add ingredients in layers. Take a handful of the potato mix and place it inside the mold, smoothing the surface well with a spatula or spoon. Create a one-inch layer. Add a layer of avocado (sliced or cubed), then about 2 tablespoons of the vegetable-mayonnaise mix, and finally 2 tablespoons of the sautéed mushrooms (amount is to taste but leave space to cover with more potato and decorate).



# NOURISHING COMMUNITY: WHITE CENTER FOOD BANK

Carmen Smith stepped into her leadership role at the White Center Food Bank just as COVID-19 infections were beginning to spread rapidly in 2020. When whole industries shut down and many paychecks came to a halt, the need was so high that food shortages were rampant around food banks all over King County.

In 2024, Smith led the food bank through another transition, albeit a happier one: the opening of the White Center Food Bank's new, state-of-the-art location in downtown White Center. Today, she manages an annual budget of nearly \$2 million, a \$10 million capital campaign, and oversees finances and operations. She even co-hosts the WCFB podcast, "Keep the Community Fed."



Smith grew up the daughter of an immigrant, a single mother who often worked multiple jobs in order to support and feed her daughter. She spent her earlier career working for international hunger relief agencies and grassroots food justice nonprofits.

"I got into food equity through environmental justice," Smith says, "I had discovered in college that food is a major contributor to greenhouse gases and then my personal connection to food just all matched for me."





Smith’s experience has helped her shape the direction of the White Center Food Bank, which offers food delivery, a baby pantry, a mobile food bank, after-hours services, and no-cook bags for those with limited access to kitchens. All in all, the food bank served more than 5,000 families in 2024 and the numbers continue to grow.

The food bank isn’t just a lifeline for low-income people. It’s also a lifeline for perfectly good food that would otherwise go to the landfill.

“We’re kind of the end of the food system in a lot of ways,” Smith says.

Food banks play an important role in King County’s Local Food Initiative (LFI), a program that has worked to transform the traditional food system. Typically, food products reach the landfill without any attempt to reuse or repurpose food, but LFI encourages local farms, food banks, grocery stores, and food businesses to all work together to save produce and reduce food waste.

For the White Center Food Bank, it means that they operate a grocery rescue program which collects imperfect produce.

“The food that we get through our grocery rescue program would otherwise end up in the landfill,” Smith explains. “An incredible amount of resources has gone into producing that food and putting that food in the landfill creates emissions.”

Smith estimates that about twenty percent of all food that the food bank distributes comes from their grocery rescue program. It’s an impressive example of how farms and food banks can bolster the local food economy and reduce waste and carbon impact.

“We have started dedicating a significant amount of our purchasing budget to purchasing locally sourced produce in order to close that climate change gap,” Smith says.

Under Smith, the food bank continues to innovate, putting solar panels on the building and eventually transitioning its delivery fleet to electric vehicles.

For Smith, innovating is about inspiring its customers to also be climate conscious. “We wanted to make sure we are being a responsible organization and a model for our community.”

# SWEETS



# FLAWLESS VEGAN WHITE CHOCOLATE MACADAMIA NUT COOKIES

**Recipe shared by: Wendy – South Seattle**

Growing up, Wendy loved classic white chocolate macadamia nut cookies but as a wellness coach she wanted to recreate them in a way that fits a plant-based, health-conscious lifestyle. Her Flawless Vegan White Chocolate Macadamia Nut Cookies recipe allows her to enjoy a childhood favorite while sharing something vegan, free of refined sugar, and still delicious with her family, friends, and community.

Wendy says that because these cookies are completely plant-based, they reduce reliance on dairy and eggs – making them climate-friendly due to lower greenhouse gas emissions. By using oat-flour, this recipe highlights a more sustainable grain. Natural sweeteners like coconut and maple syrup are minimally processed.

Always a hit at her church potlucks and family gatherings, Wendy loves that these cookies taste indulgent but are a little kinder to our bodies and planet.

These cookies freeze well, so you can prepare a batch of dough ahead of time and bake fresh cookies whenever you need them!

## Directions

Preheat oven to 350°F (175°C). Line baking sheets with parchment paper.

In a large bowl, cream together vegan butter and coconut sugar until smooth. Add maple syrup, oat milk, and vanilla, then beat until fluffy. Add the all-purpose flour, oat flour, baking soda, arrowroot powder, and salt. Stir until just combined — do not overmix. Fold in white chocolate chips and macadamia nuts.

Scoop dough into 1 1/2 tablespoon-sized balls, place on prepared sheets, and refrigerate for at least 30 minutes.

Bake for 9–11 minutes, until edges are golden and centers are soft. Let cookies cool on the tray for 5 minutes before transferring to a wire rack.

► *Recipe Tips: For best chewy texture, do not skip the chilling step. If you prefer less sweetness, reduce the chocolate chips slightly.*

*For a nut-free option, substitute macadamia nuts with pumpkin seeds or sunflower seeds.*

*For a gluten-free version, use a 1:1 gluten-free flour blend in place of all-purpose flour.*

## Ingredients

- 1/2 cup vegan butter (softened, unsalted — e.g., Miyoko's or Earth Balance)
- 1/3 cup packed coconut sugar
- 1/4 cup pure maple syrup (or date syrup)
- 3 Tbs unsweetened oat milk (or almond or soy milk)
- 1 tsp pure vanilla extract
- 3/4 cup all-purpose flour
- 3/4 cup oat flour (make by blending rolled oats if needed)
- 1 tsp baking soda
- 2 tsp arrowroot powder (or cornstarch)
- 1/4 tsp fine sea salt
- 3/4 cup vegan refined sugar-free white chocolate chips (brands: Pascha, Lily's)
- 1/2 cup roasted macadamia nuts, roughly chopped



# KING COUNTY FORAGED FRUIT CRISP

## Recipe shared by: Cat – Seattle

This simple dessert is inspired by the bounty of fruit that can be found and foraged in public spaces across King County. This recipe reminds Cat of how excited she was to forage for blackberries her first summer living in Seattle, after moving from New York City where foraged fruit is very hard to find. The catalogue of fruit that she has found growing across the county has expanded since then to include Italian plums, wild apples, salmonberries, and more. Friends and neighbors with fruit trees usually have more than they can consume and are often happy to share.

While this recipe was created with foraged fruit in mind, store bought fruit will work just as well – the plums in the photographs were purchased and not found. Oats are a budget- friendly pantry staple that can be bought in bulk. They also require less water than other crops like corn and almonds, and oats can help improve the health of soil. Cat says this easy and adaptable recipe is kind to both wallets and planet. Enjoy!

## Ingredients

- 1 lb fruit of choice (apples, plums, berries, pears, or whatever else is in season), sliced unless using berries, which can go in whole or halved
- 1 cup old fashioned oats
- 1 cup all-purpose flour, or flour of choice (ex: whole wheat, spelt)
- 1/2 cup light brown sugar
- pinch of salt
- 1/2 cup butter or vegan butter, cut into small square pieces and chilled
- 2 1/2 Tbs cornstarch
- 1 tsp lemon zest
- 1 Tbs lemon juice
- Optional 1/4 tsp ground cinnamon



## Directions

Preheat oven to 375°F.

In a bowl, combine oats, flour, 1/4 cup of brown sugar, and pinch of salt. Add butter and mix with clean, dry hands to work everything into a crumble, making sure there are no large chunks of butter and no dry spots remaining.

In a separate bowl, combine the fruit with the other 1/4 cup of brown sugar, cornstarch, a pinch of salt, lemon zest, lemon juice, and cinnamon if using. Carefully stir to combine. Add the fruit mixture to a 10” inch cast iron skillet, or a casserole dish.

Scatter the oat and flour mixture evenly over the fruit. Bake for 45-60 minutes until the fruit is bubbling and the topping is golden brown. Let cool for a few minutes before serving.

Best served slightly warm, either on its own or with your choice of yogurt, whipped cream, or a dollop of ice cream.

- ▶ *Recipe tip: This recipe uses butter but can be made vegan by swapping out with vegan butter or coconut oil. You can play around with the oat mixture by adding optional nuts (ex: hazelnuts, almonds) and/or coconut. The fruit mixture can also be modified –ground cardamom or fresh ginger can replace the cinnamon.*



# CASCADIA PRODUCE: RESCUING FOOD WASTE IN LANDFILLS

About ten years ago, Jeremy Vrablik and his wife Jillian established Cascadia Produce in Auburn, Washington. Vrablik had been working in wholesale produce for years but decided to start his own company and get involved in relieving hunger. During the COVID-19 pandemic, Vrablik worked with government agencies to provide emergency food boxes to people living in the region.

With the help of nonprofit partners, Cascadia Produce aimed to make the food boxes culturally appropriate so that people would eat more of the food delivered. They also started distributing medically tailored food boxes that are low salt, or low sugar, for example. Vrablik estimates Cascadia Produce delivers about 3,000 boxes per month, with most of the food coming from Washington state, including small organic growers and immigrant farmers.

In 2023, Vrablik began receiving foods rejected from retailers like Safeway and Fred Meyer. According to Vrablik, retailers require certain specifications for food delivered, such as the number of tomatoes on a vine. Often the farmer never gets paid because a vine with, say, six tomatoes, instead of four or five, is rejected and is either dumped or donated.

“So a perfectly good tomato gets rejected because it doesn’t meet that one spec,” Vrablik says.



Overall, Vrablik aims to ensure all food serves its highest purpose, which means first and foremost that farmers are being compensated for the food they are growing. He buys rejected food at a discount. He might pay half the price for a case of tomatoes and sell it at low cost, ensuring both him and the farmer get a cut.

If that isn't possible, then the food is donated. If the food still isn't eaten, then it is used for animal feed or composting. None of the food is dumped.

Heather Trim, executive director of Zero Waste Washington, an organization that drives policy change for a waste-free world, says about 30% of what's in landfills is food and yard waste. When that food rots, it creates methane, a greenhouse gas pollutant with the ability to trap heat. Composting, on the other hand, leads to significantly less methane gas. Composting also improves soil health.

When Cascadia Produce began dealing with food rejections Vrablik projected that he would save about 800,000 pounds of food. The company far exceeded that, salvaging three million pounds of food in its first year, he says.

In the future, Vrablik hopes to keep doing what Cascadia Produce is doing but on a larger scale, saying, "there will always be retail rejections."



# RESOURCES TO HELP YOU REDUCE FOOD WASTE

Reducing food waste can be the immediate and most impactful way to a more climate-friendly diet. Food waste accounts for about 10% of global greenhouse gas emissions—that’s nearly five times more than comes from airplanes and the aviation industry! More than 70,000 tons of edible food are discarded every year in King County, making up most of the organic material going into landfills.

[King County’s Food: Too Good to Waste program](#) has resources to help you reduce the amount you waste:

- A food storage guide in multiple languages that includes:
  - o a kitchen map to show you how to put away groceries to keep them fresh longer
  - o explanations of food expiration dates
  - o handy tips to avoid spoilage
- A strategic shopping list template to help you remember which foods to eat soon

Find these resources at King County’s Food Waste Prevention at Home webpage:

[kingcounty.gov/food-too-good-to-waste](http://kingcounty.gov/food-too-good-to-waste)

**Videos on what to do with the scraps of food** in your fridge and other tips for food storage can be found at the Washington Department of Ecology’s Use Food Well site at [UseFoodWell.org](http://UseFoodWell.org). The guide explains, as an example, that storing half an avocado in the fridge might keep longer if placed in an airtight container with half an onion. It also includes useful recipes for when a household has too many bananas, apples or other produce.

**King County’s Zero Waste Action Guide** offers tips for reducing food waste, including tips for prepping meals, creative cooking, and composting. The guide provides locations of community fridges where you can donate food and explains what “best if used by” means on food labels (it’s about the taste of the food, not food safety). See the guide at [kingcounty.gov/food-waste/reduction](http://kingcounty.gov/food-waste/reduction).



# MORE ABOUT CLIMATE AND HEALTH

Learn more about our efforts to help people and institutions prepare for and address the health impacts caused by climate change: [kingcounty.gov/climateandhealth](https://kingcounty.gov/climateandhealth)

Check out King County's Strategic Climate Action Plan for more information about King County's priorities and commitments to address climate change: [kingcounty.gov/scap](https://kingcounty.gov/scap)

We are grateful to all the community members and King County staff who shared their recipes, expertise, and experiences with us.

This book was developed by the Climate & Health Equity Initiative at Public Health – Seattle & King County.

We'd love your feedback on this cookbook! Leave comments at [redcap.link/PHCookbook](https://redcap.link/PHCookbook)



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