

# •Virtual Cooking Class Materials• Heart Healthy Soup & Salad

Thanks so much for signing up for my cooking class with the Ossining Public Library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe cards to keep them handy during class!**•

Please read through the **recipe cards** (pages 2-3 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

If you want to keep the recipes heart-healthy, taste for seasoning before adding any salt, then add half of the recommended amount listed in the recipe if it needs more seasoning.

**In addition to the ingredients, here's a list of the cookware/tools you'll need:**

- Stovetop
- Large saucepan
- Chef's knife
- Cutting board
- Wooden spoon or silicone spatula
- Measuring cups and spoons
- Immersion blender or blender (optional)
- Ladle, for serving
- Small skillet
- Small bowl or ramekin
- Chef's knife
- Cutting board
- Large bowl
- Citrus juicer (optional)
- Tongs or salad tossing tool (optional)



If you have any questions, comments, or concerns, feel free to email me at [bigflavorstinykitchen@gmail.com](mailto:bigflavorstinykitchen@gmail.com).

**See you in the kitchen!**

*-Ashley Covelli*

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

[bigflavorstinykitchen.com](http://bigflavorstinykitchen.com)



# Curried Pumpkin Soup



Recipe from [Big Flavors from a Tiny Kitchen](#)

**Category:** Soup

**Makes:** 6 Servings

**Prep Time:** 5 Minutes

**Cook Time:** 20 Minutes

**Total Time:** 25 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

## Ingredients

2 tablespoons unsalted butter  
8 ounces crimini mushrooms, sliced  
1/4 cup yellow or red onion, chopped  
2 tablespoons all-purpose flour  
1 tablespoon curry powder  
3 cups chicken stock  
1 (29-ounce) can pumpkin  
1 tablespoon honey

1/2 teaspoon kosher salt  
1/4 teaspoon freshly grated nutmeg  
1/4 teaspoon fresh cracked black pepper  
1 (12-ounce) can evaporated milk  
Sour cream, for garnish  
Cilantro leaves, for garnish  
Chili oil, for garnish (optional)

## Instructions

1. Melt butter in a large saucepan over medium heat. Add mushrooms and onion and cook until tender, about 4-5 minutes, stirring often.
2. Stir in flour and curry powder and let cook, stirring constantly, for 1 minute. Gradually pour in chicken stock, continuing to stir until combined. Allow soup to simmer over medium heat, stirring constantly, until mixture is thickened, about 5-7 minutes longer.
3. Stir in pumpkin, honey, salt, nutmeg, and black pepper. Reduce heat to low and simmer for 10 minutes, stirring occasionally. Stir in evaporated milk and cook, stirring constantly, until heated through. Taste for seasoning and add more salt if needed.
4. Use an immersion blender to purée soup, if desired, before ladling into bowls. Serve soup topped with dollops of sour cream, a sprinkle of cilantro, additional fresh cracked black pepper, and a drizzle of chili oil, if desired.

## Tips:

- Feel free to substitute vegetable stock for chicken stock in order to keep this vegetarian.

Recipe from Ashley Covelli at  
**Big Flavors from a Tiny Kitchen**



Get more recipes online at:  
[bigflavorstinykitchen.com](http://bigflavorstinykitchen.com)

# Massaged Kale Salad with Pepitas, Pine Nuts, and Dried Cranberries



Recipe from [Big Flavors from a Tiny Kitchen](#)

**Category:** Salad

**Makes:** 4 Servings

**Prep Time:** 10 Minutes

**Cook Time:** 5 Minutes

**Total Time:** 15 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

## **Ingredients**

- 1/4 cup pine nuts
- 1 bunch kale (about 10 cups lightly packed)
- 1 ripe avocado, halved, pitted, and peeled
- 2 teaspoons honey
- 1/2 teaspoon kosher salt
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon garlic powder
- 1 teaspoon nutritional yeast
- 1/4 cup dried cranberries or currants
- 1/4 cup pepitas (pumpkin seeds)

## **Instructions**

1. Toast the pine nuts: place 1/4 cup pine nuts in a single layer in a small dry skillet. Place on the stovetop over medium-low heat and let them cook, stirring occasionally or tossing the skillet, until they start to brown and smell nutty, about 3-5 minutes total. Transfer the toasted nuts to a small bowl to cool.
2. Wash kale, remove stems, and chop. Place chopped kale in a large bowl with the avocado, honey, and salt. Massage kale with your hands until it wilts down and softens a bit.
3. Add lemon juice, garlic powder, nutritional yeast, dried cranberries, pepitas, and toasted pine nuts. Toss well to combine.

## **Tips:**

- Don't leave the pine nuts in the skillet after they're toasted. The heat remaining in the skillet may cause them to overcook and burn.
- It's OK to use salted pepitas here. Just note that if you do, you may want to taste the salad for seasoning before using any additional salt.
- Feel free to add more nutritional yeast and lemon juice, to taste.

Recipe from Ashley Covelli at  
**Big Flavors from a Tiny Kitchen**



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