

# President’s Council on Sports, Fitness & Nutrition

## FEAST & FITNESS

*A Thanksgiving Cook Along with PA Governor Josh Shapiro, First Lady Lori Shapiro, Chefs Michael Solomonov, Jose Garces & Ben Jacobs*

Thank you for joining us to celebrate health this holiday season. Below you will find the grocery list and recipes for the dishes we will be cooking up on **Monday, November 13th at 6pm ET**. You can find more information about the event on [health.gov](https://health.gov).



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# Grocery List

## Caramelized Brussels Sprouts with Dried Cranberries & Almonds

- 1 pound Brussels Sprouts (fresh or frozen)
- Olive Oil
- Fresh Garlic
- Dried Cranberries (any brand)
- Unsalted Almonds
- White Vinegar
- Salt
- Pepper

## Sweet Corn Humitas

- Sweet corn (4 ears of Sweet Corn w/ Husks on, or canned or frozen corn kernels)
- Queso Fresco (substitutes: Queso Oaxaca, Dry Shredded Mozzarella, String Cheese)
- Milk (any type)
- Baking Powder
- White Maseca (White Corn Flour)
- Zucchini
- Fresh Garlic
- Dried corn husks
- Queso Oaxaca or Dry Shredded Mozzarella (optional)
- Agave or honey
- Salt
- Low-sodium vegetable or chicken stock (if not making the corn stock in the recipe below)

## Candied Pecans

- Pecan Halves
- Brown Sugar
- Unsalted Butter
- Salt
- Granulated Sugar
- Cinnamon
- Nutmeg
- Vanilla Extract

# Caramelized Brussels Sprouts with Cranberries & Almonds

by Michael Solomonov

## Ingredients

### Serves 4

- 1 pound brussels sprouts, trimmed and halved
- ½ cup olive oil
- 4 cloves garlic, slivered
- 1/2 cup dried cranberries
- 1/2 cup unsalted almonds, chopped or slivered
- ¼ cup white vinegar distilled
- Salt + Pepper to taste

## Directions

### STEP 1

Using a skillet, add the olive oil, brussels sprouts (cut-side down), and smashed whole garlic cloves to the cold pan. Season with salt & pepper. Make sure that the brussels sprouts are all cut-side down in the pan and bring to medium high heat for 4 minutes, leaving the brussels sprouts untouched.

### STEP 2

After 4-5 minutes the brussels sprouts should begin to brown and smell like popcorn, drain the excess oil and save for later. (The oil can be used in a salad dressing, or used as cooking oil for onions and garlic in stuffing).

### STEP 3

Once you've drained the oil, add the almonds to the pan and let toast for an additional 4 minutes over medium high heat.

### STEP 4

Remove from the heat & add the white vinegar to deglaze the pan to stop the cooking process.

### STEP 5

Toss the almonds, brussels sprouts and vinegar in the pan.

### STEP 5

Garnish with the dried cranberries and serve!

# Sweet Corn Humitas

by Jose Garces

## Ingredients

### Serves 4

- 2 cups Sweet Corn Kernels *\*if using canned or frozen corn, it should be rinsed, drained, and dried thoroughly to prevent the dough from being too liquidy*
- ½ cup Queso Fresco
- Queso Oaxaca - OPTIONAL (substitute with Dry Shredded Mozzarella or String Cheese)
- 1 cup Corn Stock (prepare ahead, recipe below)
- ¾ cup Milk
- 1 tsp Baking Powder
- 1 cup White Maseca
- 1 tablespoon Agave
- 2 tsp. Kosher Salt
- ½ cup zucchini
- 4x Corn Husks, rehydrated if dry

## Directions

### STEP 1

Add the corn kernels, corn stock, milk & agave to a blender, blend until smooth while still leaving pieces of corn present.

### STEP 2

Combine the blended corn puree, queso fresco, zucchini, baking powder, and maseca in a bowl & stir.

### STEP 3

Season with salt

### STEP 4

Fill each corn husk with about ½ cup of corn mixture

### STEP 5 -

Add the (OPTIONAL) queso oaxaca on top of each humita filling and roll the husk closed to seal the humita. Tie with string or husk strips.

### STEP 6

Steam for 20 minutes. Rest until ready to serve.

## **Corn Stock**

### **Ingredients**

- 1x Corn Cob, kernels removed & chopped into 2 inch pieces
- 5 cloves Garlic, chopped
- 2 cups Water

### **Directions**

#### STEP 1

Combine everything in a pot.

#### STEP 2

Bring to a gentle simmer over medium-low heat for 2 hours.

#### STEP 3

Reduce by half. Reserve.

# Candied Pecans

*A Shapiro Thanksgiving Favorite!*

## Ingredients

- 1 cups Pecans, Halved
- 1/4 cup Brown Sugar
- 1/4 cup Water
- 1 Tablespoon Unsalted Butter
- Salt to Taste
- 1 1/2 teaspoons Granulated Sugar
- Pinch of Cinnamon
- Pinch of Nutmeg
- 1/2 teaspoon Vanilla Extract

## STEP 1

Add the butter, salt, sugar, water, and nutmeg to a nonstick skillet over medium high heat and bring to a boil until the sugar dissolves.

## STEP 2

Add the pecans to the skillet and stir, stir, stir until all of the pecans are coated. This can take a bit of time and we recommend having family members take turns stirring!

## STEP 3

Add the vanilla extract, and spread out on parchment paper to cool.

## STEP 4

Serve and enjoy!