

* MOVEON'S STAFF *

RECIPE BOOK

MOVEON

*a collection of MoveOn's
fan-favorite recipes*

Welcome to MoveOn's first-ever staff recipe book!

This book came about because food is a way to nourish community and bring people together no matter what is going on in the world. Even when times are tough, we can sit alongside each other in shared grief or deliver a tasty dish to a friend in need. And over the course of the meal, it's likely that a smile will appear or laughter will break out. Regardless of the occasion, food is best when shared.

That's why we've brought you a collection of MoveOn's fan-favorite recipes, all contributed by our talented MoveOn team members. It's the fuel we need to keep building the momentum of our people-powered movement.

From savory appetizers to sweet desserts, each dish represents a bit of the creativity, commitment, camaraderie, and culture that makes MoveOn unique. Whether you're looking to add a new favorite to your repertoire or simply enjoy a taste of some new flavors, these recipes are yours to enjoy from us.

As always, thank you for all that you do. 

PEARLED COUSCOUS SALAD *from Yara*

[LINK TO RECIPE](#)

“On our first holidays together, my then-boyfriend/now-husband gifted me ‘Palestine on a Plate,’ a cookbook by Joudie Kalla. Out of that cookbook, this recipe became a staple in our home that I still make eight years later. This salad is an easy and modern twist on traditional and ancient ingredients from my homeland, and it is vegan (add feta for vegetarian)! I hope you get to enjoy it as much as we do!”

Ingredients (Serves 4-6)

- 450g (1 lb) maftoul (Palestinian pearl couscous)
- 700ml (1.5 pints) water
- 5 tomatoes
- a bunch of spring onions
- a large bunch of fresh flat-leaf parsley
- juice of 3 lemons
- 1 tablespoon sea salt
- olive oil

To serve (optional):

- cos (Romaine) lettuce leaves
- 1 chopped green chilli

Method

1. Begin by boiling the maftoul and the water in a saucepan for 25-30 minutes, until it has just passed the al dente stage. Remove and rinse under cold water, drain, and set aside.
2. Meanwhile, chop the tomatoes and spring onions into small equal-sized pieces. Chop the parsley until it is small, but don’t overdo it, as you don’t want to bruise the leaves.
3. Mix all the chopped ingredients together in a bowl. Add the lemon juice, salt, and olive oil to taste. This salad should be sharp and tangy to contrast against the creaminess of the maftoul, and there should be plenty of parsley mixed through (it is essentially a parsley salad). *

"This is nostalgic for me. My grandmother, the matriarch of the family and mother of 9+, grandmother of 20+, would make a massive batch every Saturday morning. We would sit around as a family and share stories, have real conversations, and fill up on food prior to heading out to the beach."

Ingredients

- 2 pounds of cooked shrimp (if you buy raw shrimp, I suggest you poach them in beer or coconut milk for amazing flavor) – 2lbs=1kg
- 2 red onions sliced very thinly
- 4 tomatoes sliced very thinly or diced
- 1 bell pepper finely diced (optional)
- 10-15 limes freshly squeezed
- the juice of 1 orange
- $\frac{1}{2}$ cup of freshly blended or grated tomato for a fresher-style ceviche* (or 2-3 tbsp of ketchup) – $\frac{1}{2}$ cup = 120 ml
- 1 bunch of cilantro chopped very finely
1 bunch = ~50 grams
- salt to taste
- oil (sunflower, avocado, or light olive oil) to drizzle on top

Instructions

1. Soak the onion slices in salt water for about 10 minutes, rinse well, and drain. This will help remove the bitterness from the onions.
2. Mix all the ingredients together in a large bowl and let it marinate in the fridge for 1 to 2 hours.
3. When ready to serve, give it another mix and taste. Add additional salt, lime juice, orange juice, or other ingredients to your taste.
4. Serve with your choice of garnishes: patacones (tostones) or chifles (thin plantain chips), tostado corn nuts (or popcorn), aji hot sauce, avocado slices, etc.

*Note: You can add some of the broth from cooking the shrimp to the ceviche marinade for extra shrimp flavor. You can also blend the shrimp peels/heads with a fresh tomato and some broth – strain it and use this mix instead of the ketchup. **

ECUADORIAN BOLON (PLANTAIN STUFFED W/ CHEESE, AND PORK BELLY)

[LINK TO RECIPE](#)

"It's my favorite breakfast. Plantains, cheesy goodness, and crispy pork belly ... What's not to love! If you don't eat pork, feel free to exclude it."

Ingredients (Serves 2-3)

- 2 banana-sized green plantains
- $\frac{1}{2}$ cup white cheese, cubed
- $\frac{1}{4}$ cup onion, chopped
- 2 cloves garlic, finely chopped
- oil for cooking
- salt to taste
- other seasonings as desired

Note: I like a little hot pepper and a little leftover meat, cubed (recommended!).

Instructions

Use unripe, green plantains for this bolon recipe; it's a very starchy ingredient, and green plantain can be used as a substitute in many potato recipes.

1. First, get a pot of salted water on the boil.
2. Peel your green plantains and slice into $\frac{1}{2}$ -inch pieces.
3. Add sliced plantain to the boiling water, reduce to a simmer, cover and cook for 15 to 20 minutes or until the plantain is tender enough to easily pass a fork into.
4. While the plantain simmers, chop the onion, cube white cheese, and cube a little pre-cooked meat to add later.

You need just a little meat for flavor, maybe a $\frac{1}{4}$ cup;

it's optional but highly recommended. If you're in a meat-free mood, just leave it out and add more cheese.

5. Heat oil in a skillet on medium heat and add in the chopped onion and sauté for 2 minutes.
6. Add in the meat and garlic and continue to sauté.
7. Add salt to taste and any other desired seasoning. I like a little dried hot pepper.
8. Remove the cooked plantain from the pot, reserving some of the water.
9. Mash the plantain and then add it to the skillet with onion and meat and seasonings. Mix ingredients together well. Add a bit of the reserved water if needed, but not too much.
10. Remove mixture from the skillet into a bowl.
11. When the plantain mixture is cool enough to handle, add in the cubed cheese and mix by hand, then form the mixture into balls, aka "bolones." Now you've got bolones ready to fry and eat whenever you like.
12. To fry, simply heat a little oil in a skillet on medium heat and turn the bolones in the skillet until fried to your liking. I love to serve this bolon recipe with a fried egg and avocado. *

PERUVIAN ROASTED CHICKEN WITH SPICY CILANTRO SAUCE *from Emma*

[LINK TO RECIPE](#)

"This recipe works as an impressive-looking dish for company but is easy enough to be a weeknight staple! The first time I made it, my partner said they'd happily have it every single night forever."

Ingredients (Yield: 4 Servings)

For the Chicken

- 6 garlic cloves, finely grated or minced
- 3 tablespoons soy sauce
- 1 tablespoon aji amarillo paste or another chile paste such as sriracha or sambal
- 1 tablespoon lime juice
- 1 teaspoon aji panca paste or 1 teaspoon pasilla chile powder
- 1 teaspoon Dijon mustard
- 1 teaspoon ground cumin
- 1 teaspoon freshly ground black pepper
- $\frac{1}{2}$ teaspoon fine sea salt
- 1 (3 $\frac{1}{2}$ - to 4 $\frac{1}{2}$ -pound) chicken, halved (see Note) or 4 pounds bone-in, skin-on chicken parts
- Extra-virgin olive oil, as needed

For the Sauce

- 1 cup cilantro leaves and tender stems
- 3 to 4 jalapeños, seeded and diced
- $\frac{1}{4}$ cup/1 ounce crumbled feta cheese
- 1 garlic clove, chopped
- 1 $\frac{1}{2}$ tablespoons lime juice, more to taste
- 2 teaspoons chopped fresh oregano or basil
- $\frac{3}{4}$ teaspoon fine sea salt, more to taste
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{2}$ tablespoon aji amarillo or other chile paste
- $\frac{1}{2}$ teaspoon honey
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ cup extra-virgin olive oil
- Lime wedges, for garnish

Preparation

1. For the marinade: In a large bowl, whisk together garlic, soy sauce, aji amarillo paste, lime juice, aji panca paste, mustard, cumin, pepper, and salt.
2. Add chicken halves, turning to coat them all over with marinade. Cover and refrigerate at least 2 hours and up to 12 hours.
3. Heat the oven to 450°F. Remove chicken from marinade and pat dry with paper towels. Arrange skin-side up on a rimmed baking sheet and drizzle with oil.
4. Roast until skin is golden and chicken is cooked through, 35 to 45 minutes (if using chicken parts, remove the breasts after 25 to 35 minutes). Remove from oven and let sit, loosely covered with foil, for 10 minutes before serving.
5. While chicken is roasting, make the sauce. In a blender, blend cilantro, jalapeños, feta, garlic, lime juice, oregano, salt, mustard, aji amarillo paste, honey, and cumin until smooth. With the motor running, slowly drizzle in oil until mixture is emulsified. Taste and adjust the seasonings with salt or lime juice or both.
6. Carve the chicken and serve with the sauce and lime wedges on the side.

*Tip: To cut a chicken in half, use a sturdy pair of poultry shears to cut lengthwise through the breastbone. Turn over and cut again, along the backbone. If desired, cut along the other side of the backbone and remove it. **

JALAPEÑO BREAD BOWL DIP *from Julia*

"I am unwelcome to gatherings if I don't have this dip (sometimes two) in hand! It's a not-too-spicy instant crowd-pleaser. You'll need to be ready to make this again and again."

Ingredients

- 1 (4 oz) can diced jalapeño peppers
- 1 (4 oz) can chopped green chilies
- 1 cup shredded Parmesan cheese
- $\frac{1}{2}$ cup shredded Cheddar cheese
- 1 cup mayo
- 1 round loaf sourdough bread
- 1 bag of tortilla chips
(Scoops recommended)

Instructions

1. Preheat an oven to 350°F.
2. Combine jalapeño peppers, Parmesan cheese, cheddar cheese, mayo, and green chilies in a bowl.
3. Cut the top off of the sourdough bread and hollow out the center to create a bowl. Fill the bread bowl with the jalapeño mixture.
4. Bake in preheated oven for 30 minutes.

*Tip: Keep the leftover, scooped-out bread and cut it up for people to enjoy with dip alongside the chips! **

SPICY CRANBERRY SAUCE

[LINK TO RECIPE](#)

“Good with turkey, but also over soft cheese with crackers or on toast. We have a jar of this in our fridge as soon as fresh cranberries are available.”

Ingredients

- 16 ounces cranberries
- 4-5 habaneros
- 1-1½ cups sugar*
- ¼ cup apple cider vinegar

**Tip: You can use 1 or 1½ cups of sugar for this recipe depending on how sweet you want it. I sometimes go for 1 cup to keep the jelly slightly tart.*

Instructions

1. Wearing food-safe gloves, slice the habaneros in half lengthwise and remove stem, seeds, and ribs. Mince and set aside.
2. In a medium-sized pot, add all the ingredients and place on the stove over medium-high heat for 6-8 minutes, stirring occasionally. The berries will start to burst!
3. Reduce heat to medium and let cook another 10 to 15 minutes, stirring occasionally and using the back end of the spoon to squish the berries (I use a slotted spoon).
4. The jelly is done when the mixture has thickened and there is no liquid that drips off the spoon.
5. Store in an airtight container in the fridge. It will keep for up to one month. *

CHALLAH BREAD *from Amanda*

“Learning to make challah for family meals was taught to me at a young age. However, I started making it in my own home in college and have never stopped. This is my favorite recipe and one we make weekly in my home. I hope it brings together community and laughter for those who choose to make it.”

Ingredients

- 4 cups bread flour
- 3 tablespoons of sugar
- 1 teaspoon of salt
- 2 tablespoons of honey
- 1 cup water
- 2 eggs
- 2 tablespoons of oil
- 2½ teaspoons of yeast

Instructions

1. Add yeast, a teaspoon of sugar, and half a cup of warm water to a bowl and wait for it to bubble.
2. Once yeast is fermented, add all other ingredients together and let dough rise for one hour.
3. Punch it down and let it rise again.
4. Then braid and let it rise for 30 more minutes.
5. Paint with a beaten egg and put salt or seasoning on top.
6. Bake for 25 minutes at 350°F. *

BOLOGNESE from Alyssa

"This is one of the first recipes I ever really mastered. In my 20s I was just learning to get confident in the kitchen, so finding a recipe that was easy to adjust to my own taste felt like such an accomplishment. Once you've made this a couple times, you'll be able to cook it with your eyes closed!"

Ingredients

- olive oil
- salt and pepper
- 2/3 cup each of diced carrot, onion, and celery or 10 oz of pre-chopped mirepoix mix
- 2 cloves of garlic, crushed
- 1 lb of meatball mix or preferred ground meat
- 2 tbsp tomato paste
- $\frac{1}{4}$ - $\frac{1}{2}$ cup red wine
- 28 oz can of crushed tomatoes
- $\frac{1}{4}$ cup heavy cream
- Parmesan cheese for topping (optionally, grate your own and throw the leftover rind in with your sauce while it's cooking for extra flavor!)

Method

1. Warm up your Dutch oven over medium heat, or set your pressure cooker/Instant Pot to sauté. Add in about a tablespoon of olive oil. Add in your carrots, onion, and celery/mirepoix mix and cook until the onions get translucent and the celery and carrots take on some light browning (about 5 min).
2. Add in your garlic and sauté for another minute or two (don't do this early with the mirepoix, or it will very likely burn).

3. Add in your meat or meat substitute and sauté until brown (about 5 min). I tend to leave the cooked veggies in there, but if you can, certainly remove them first, brown your meat, and add them back in once it's browned and before moving on to step 4.
4. Add in your tomato paste and sauté until it begins to deepen to a dark red color (about 3 min).
5. Pour in your red wine and deglaze the pan, scraping up any of the cooked-on bits of meat, veggies, and tomato paste. Cook until the wine is mostly evaporated (about 10 min).
6. Add in your can of crushed tomatoes. If you have a leftover Parmesan rind, add it in now. Cover. If you're using a Dutch oven on the stovetop, you can leave this on low for anywhere from 2 to 4 hours. If you're using a pressure cooker, set to manual pressure for 1 hour and let the pressure naturally release.
7. Once done, raise your stovetop heat to medium, or set your pressure cooker to sauté again, and add in the heavy cream. Remove the Parmesan rind if you added it. Let it bubble for 5 min.
8. Serve over your favorite pasta. I prefer this on bucatini when I can find it, or parpadelle. Top with fresh Parmesan and enjoy! *

CREAMY VEGAN SWEET POTATO SOUP

from Amy

[LINK TO RECIPE](#)

"I make this recipe every fall and winter. It's so easy and very yummy!"

Ingredients

- 3 medium sweet potatoes, cooked
- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves minced garlic
- 3 cups vegetable broth
- 1 tablespoon maple syrup
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup unsweetened almond milk
(or other nondairy milk)

Instructions

1. Prepare your sweet potatoes first. Pierce your sweet potatoes with a fork and cook on the appropriate potato setting for your microwave. You'll want the potatoes cooked soft enough for them to be easily mashed with a fork.
2. While the potatoes are cooking, chop your onions and prep your other ingredients.

3. In a Dutch oven or large saucepan, heat the olive oil over medium heat. Add the diced onions and cook, stirring occasionally, until soft and tender, about 6-8 minutes. Add your garlic and cook for 1 minute. Scoop out your cooked sweet potatoes and add them to the pot, followed by the maple syrup, ginger, cinnamon, cayenne, salt, and pepper. Stir to combine.
4. Add the vegetable broth and bring to a boil. Reduce heat and simmer for 5-8 minutes.
5. Using an immersion blender, blend until smooth. If you don't have an immersion blender, carefully transfer mixture to a blender, blend until smooth, and return to pot.
6. Stir in almond milk and allow to heat for 1 to 2 more minutes. If you want a thinner consistency, just add a little more almond milk until desired consistency is reached.
7. Serve hot and top with nuts, olive oil, or maple syrup if desired.

*Note: Use frozen chopped sweet potatoes or canned sweet potato puree to cut down on prep time. **

ONE BOWL CHOCOLATE CAKE RECIPE *from Alyssa*

[LINK TO RECIPE](#)

“This is the world’s best, easiest chocolate cake. It ruined all other chocolate cakes for me. It’s light, goes with any fruit if you want to make it fancy, truly a treat.”

Ingredients

For the cake:

- 1 cup all-purpose flour
- 1 cup granulated sugar
- $\frac{1}{4}$ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 large egg
- $\frac{1}{2}$ cup vegetable oil

For the frosting:

- 5 tablespoons unsalted butter
- $\frac{1}{4}$ cup unsweetened cocoa powder
- $1\frac{1}{4}$ cup powdered sugar
- 2 to 3 tablespoons milk
- $\frac{1}{2}$ teaspoon vanilla extract

Method

1. Line an 8" square or round cake pan with parchment paper or aluminum foil. Set aside. Preheat oven to 350° F.
2. In a large mixing bowl, whisk together flour, sugar, cocoa, soda, baking powder, and salt.
3. Add egg, oil, and buttermilk and whisk well. Add hot water and whisk until the batter is smooth.
4. Pour into prepared pan. Tap gently against the counter to release any air bubbles.
5. Bake for 25 to 30 minutes OR until the toothpick inserted in a few places comes out clean.
6. Cool and make frosting in the meantime.
7. To make the frosting, melt butter in a saucepan over medium-low heat.
8. Add cocoa powder and whisk in. Cook for 2 minutes. Do not boil. Remove saucepan from heat.
9. Add sifted powdered sugar and whisk in. Sifting powdered sugar prevents clumps in the frosting. Add vanilla and milk, one tablespoon at a time. The frosting should be shiny and smooth.
10. Pour over warm cake and spread with a spatula. Let cool before cutting.

*Notes: To make homemade buttermilk, whisk 2 teaspoons of apple cider vinegar with enough whole milk or half-and-half to make $\frac{1}{2}$ cup of liquid. **



We're so glad we could share some
of our favorite recipes with you.

We are thankful for your
membership and we hope
these recipes will help fuel you
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