

don't
forget
to
eat!
♥

This is
NOT
a "cook
book"!



It's not designed
to teach you how
to cook, or to
provide complete
instructions.

...but if you need more
detail, there are lots
of recipes online!



These are
drawings to
help you
remember
easy, tasty
things to eat!





When I'm
feeling
over-
whelmed
or sad,

I often forget how
to turn ingredients
into meals.

...but even a small
reminder can get me
thru a basic meal.



(all food is good food)

Healthy food
is vital to get
you through
tough times!



organized by
season!

Use these zines
as inspiration!

You
deserve
healthy,
delicious
food!

♥ Jam!
2020



WINTER

Mac & Cheese!



Try:



Cauliflower
instead of
pasta!



butternut
squash
(instead of
some
cheese)



Panko
bread
crumb
topping

Risotto

- try:
- mushroom
 - squash or pumpkin
 - asparagus & lemon
 - tomato



onion & garlic

2c raw rice

4c stock

3/4c white wine or apple cider vinegar

optional: miso paste

sauté in 2tbsp butter + 1tbsp oil

sauté raw rice until translucent

cook while stirring until liquid absorbs (or instant pot 7m)

*split
pea*
SOUP!



bibimbap!

☆ use what you've got! ☆

"greens"

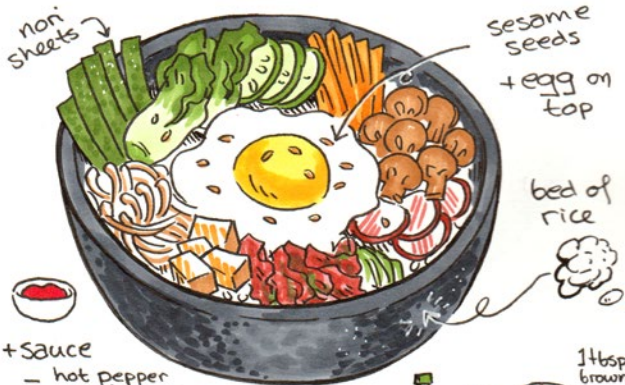
- bok choy
- sliced cucumber
- sautéed spinach
- zucchini

+ "reds"

- KIMCHI
- mushrooms
- shredded carrot
- radishes

+ "whites"

- bean sprouts
- tofu
- shredded cabbage



+ sauce

= hot pepper
paste 2tbsp



GOCHUJANG

+ soy sauce 1tbsp
sesame oil 1tbsp
rice vinegar 1tsp
water 1tbsp



1tbsp
brown
sugar



1tsp
garlic
(minced)

shakshuka



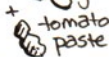
sauté



pepper
onion



garlic



+ tomato
paste

add &
cook tomatos



diced



drop
in eggs



salt, pepper
& paprika

cover pan
& cook until
eggs are
done



top with
feta



cilantro
or parsley
or green
onion

Shepherd's* pie

mashed
potatoes



corn

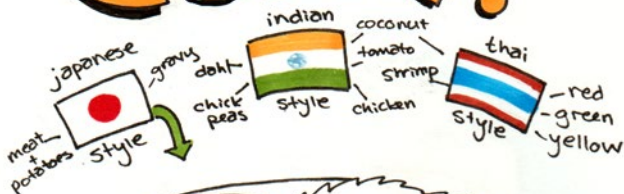
peas &
carrots

veg filling:

- Lentils &/or
- mushrooms &/or
- Veg "meat" substitute

*or "cottage pie"
idk w/e

CURRY!



Oranges!



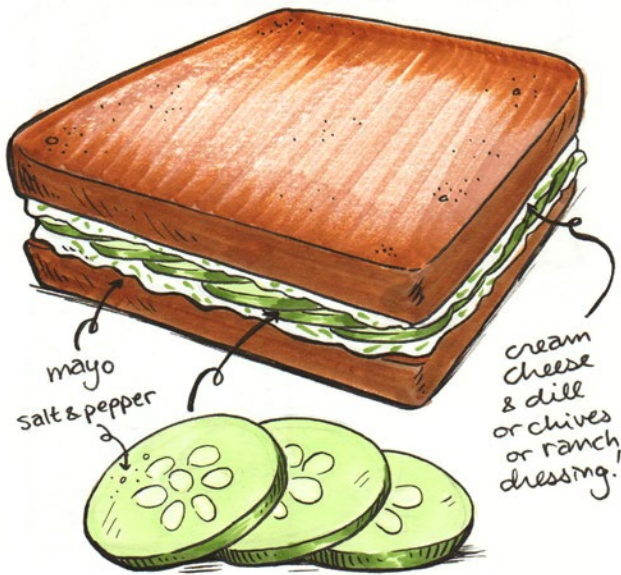
- easy snack or dessert
- add to salads
- use as glaze/sauce



SPRING

cucumber SANDWICH!

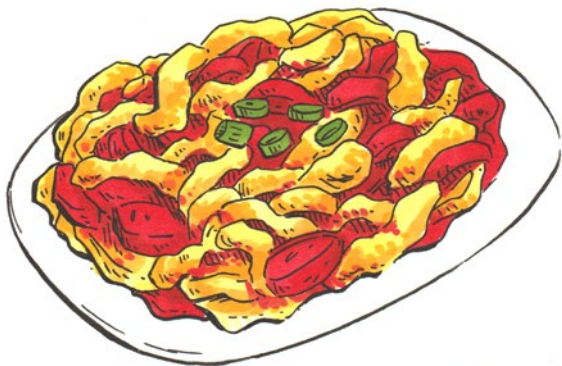
✧ easy and ✧
✧ refreshing! ✧



mayo
salt & pepper

cream
cheese
& dill
or chives
or ranch
dressing!

tomato egg



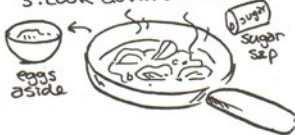
1. beat egg & chop tomato



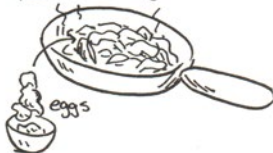
2. pre-cook eggs halfway



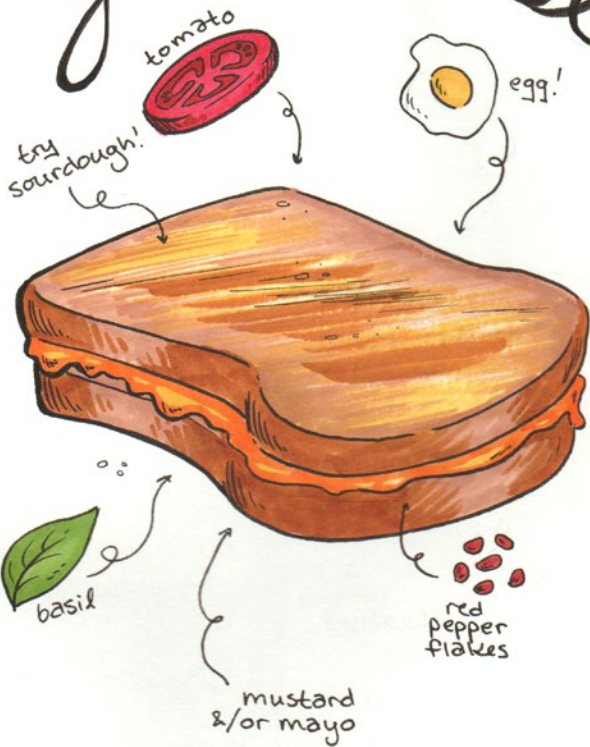
3. cook down tomatoes



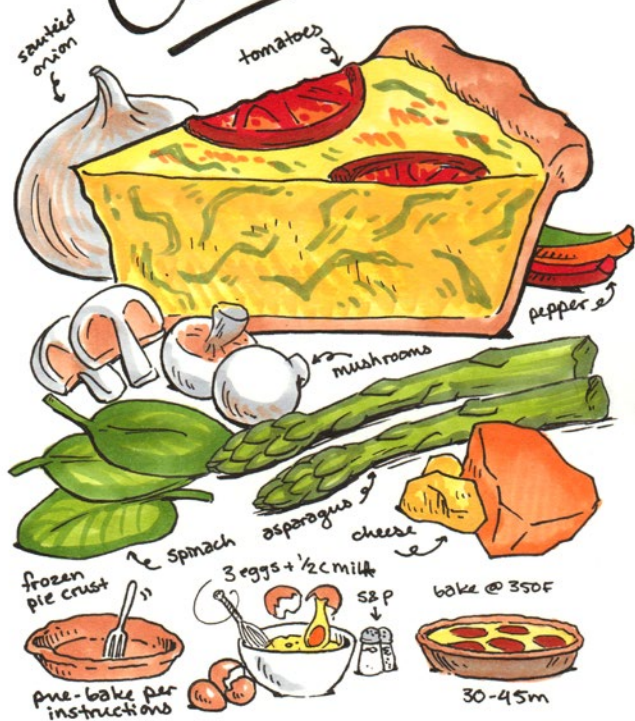
4. cook all together!



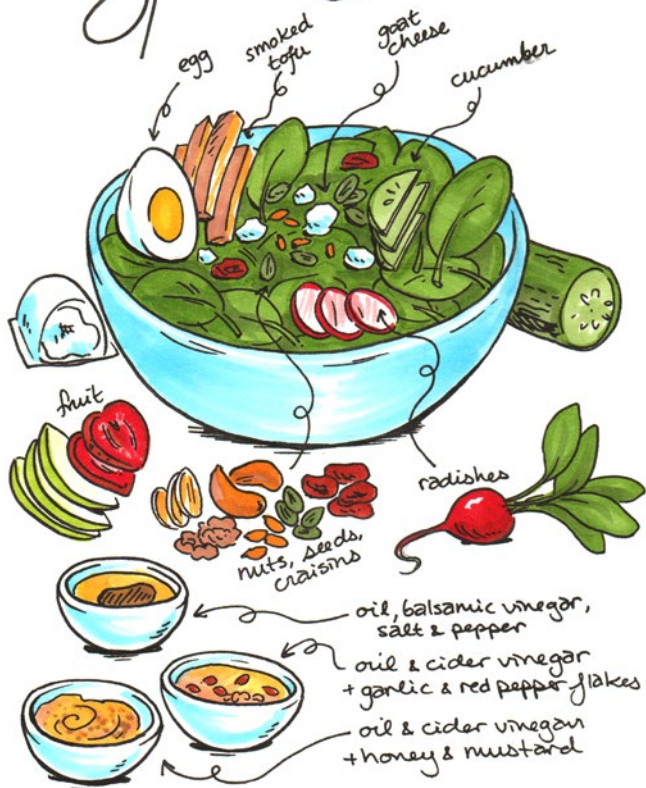
grill cheese



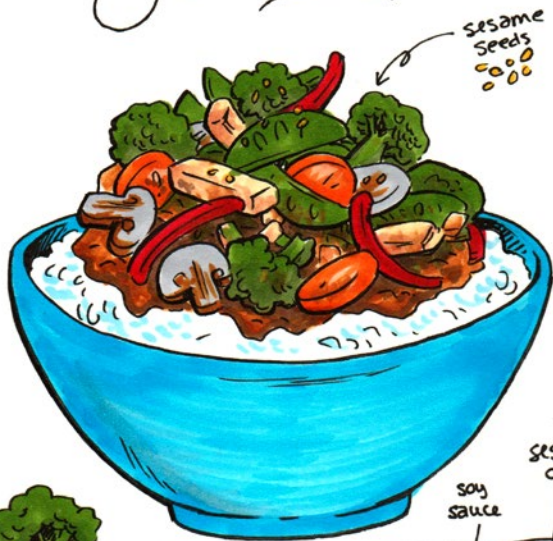
Quiche!



Spinach Salad



Stir Fry!





peas



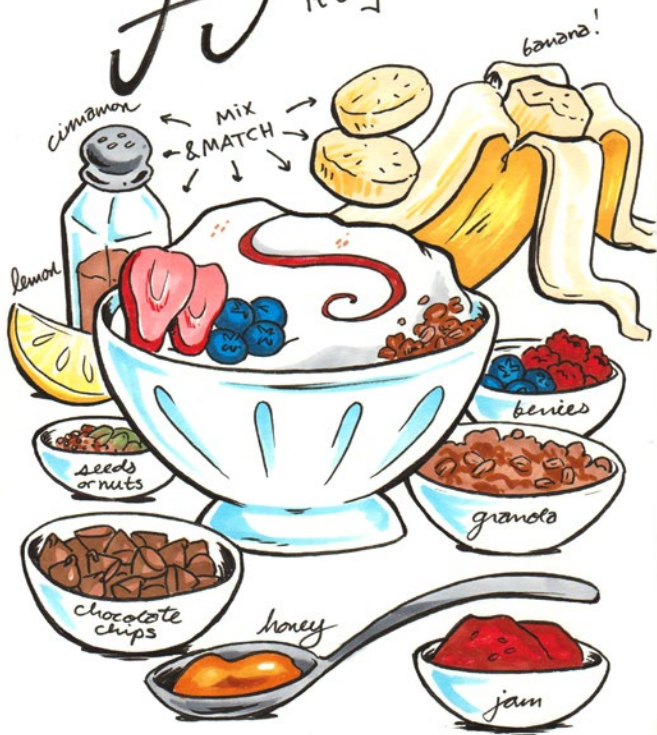
pad thai



SAUCE		
2tbs	2tbs	1tsp
		
soy sauce	mushroom sauce	sugar

yogurt!

it's good!





SUMMER

Cubed Watermelon



...



Sometimes you
can get it pre-chopped!

★ PASTA ★ ★ SALAD ★



rotini
cooked &
cooled



yogurt, mayo
or oil & vinegar



chickpeas



peas



dill or
cilantro

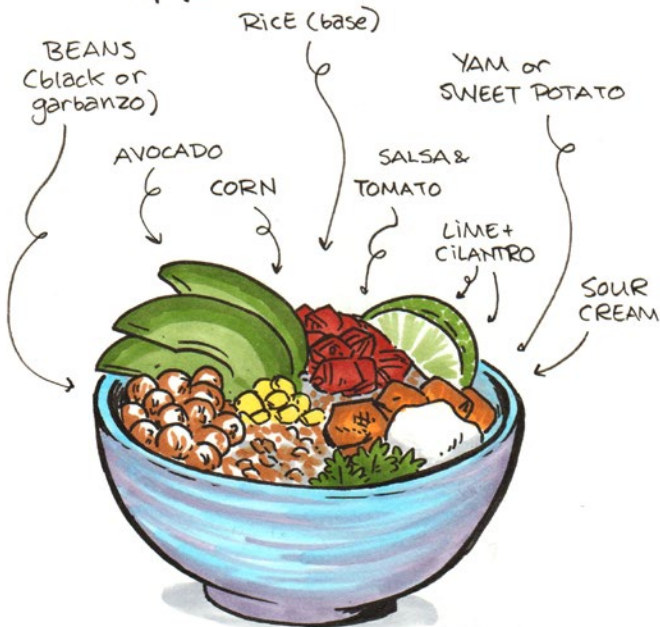


cheese
or
smoked
tofu



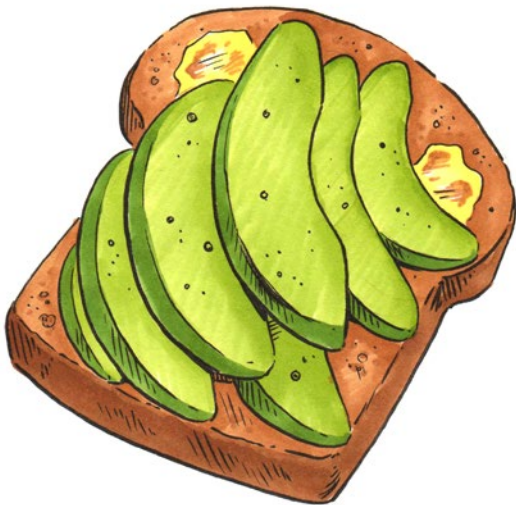
red
onion

❖❖ Taco Bowl! ❖❖



+ cheddar cheese!
+ beef

Avocado Toast



toast



butter



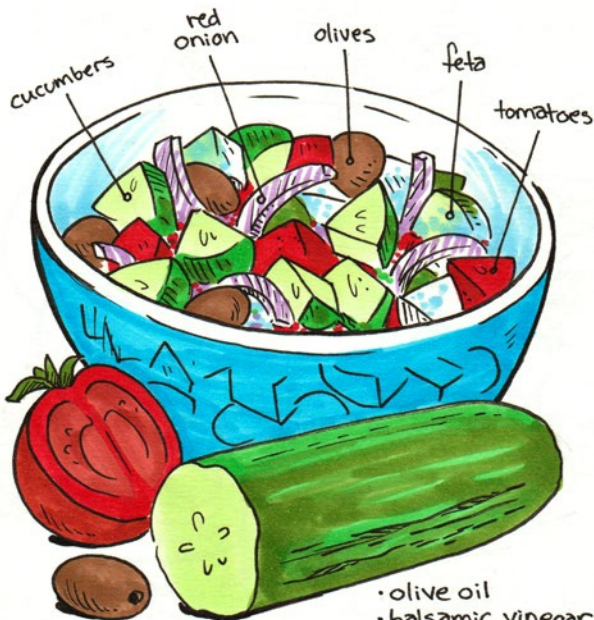
avocado



salt + pepper

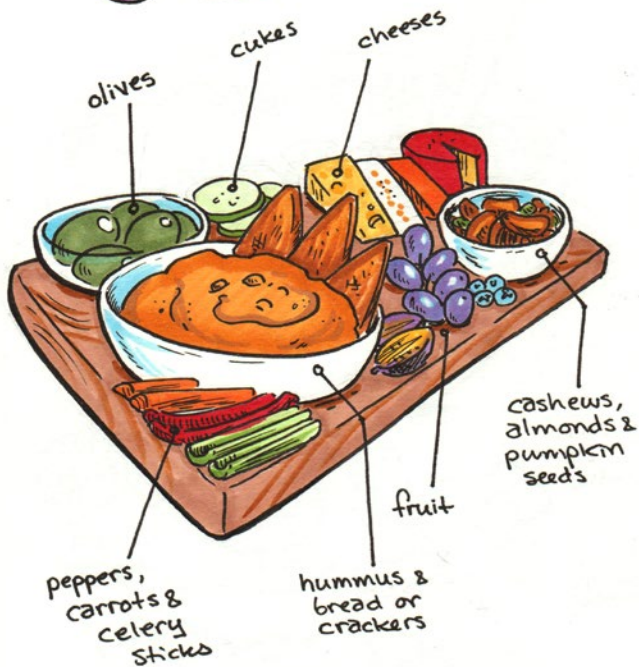
GREEK

- SALAD -

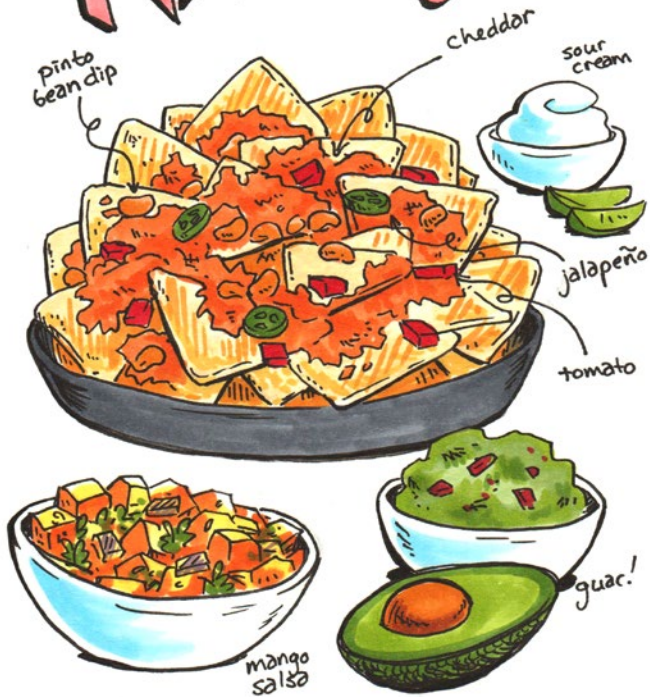


- olive oil
- balsamic vinegar
- garlic
- oregano

Charcuterie



NACHOS!



Smoothies!

Mix & match!

green
↓
avo

peach



dates



banana



milk



yogurt



OJ

mango



honey



coffee



cocoa



Pb



tumeric



chia/hemp



coconut flakes

pineapple



berries



ginger



spinach

cauliflower



avo



FALL

CHILI!



①



②

2 cans beans
(Kidney, garbanzo,
black or pinto, or mix!)



20-30m
simmer

30m
natural release



to
cover



③

optional:



liquid
smoke

S & P

dump [♥] *lings!*



boil



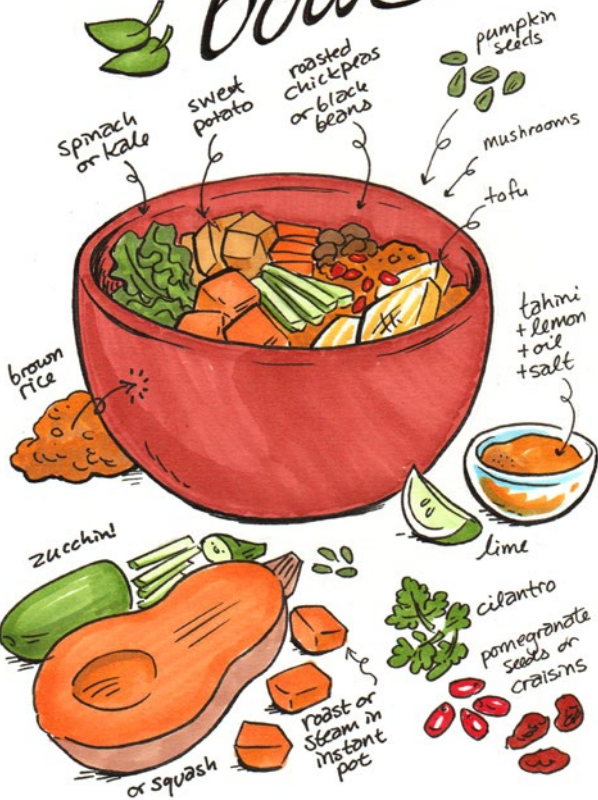
pan fry



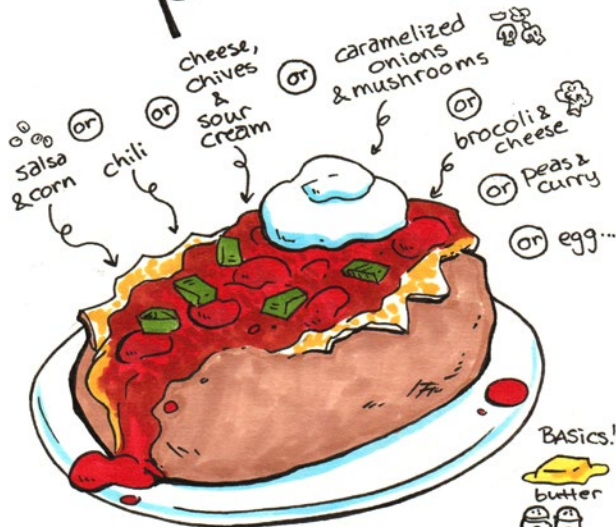
bake

sesame oil
chili oil
garlic
soy sauce
rice vinegar

harvest bowl



baked potato!



foil + oven
400°F/1h



instant pot
1c water/14m



microwave
7-10m

no foil!

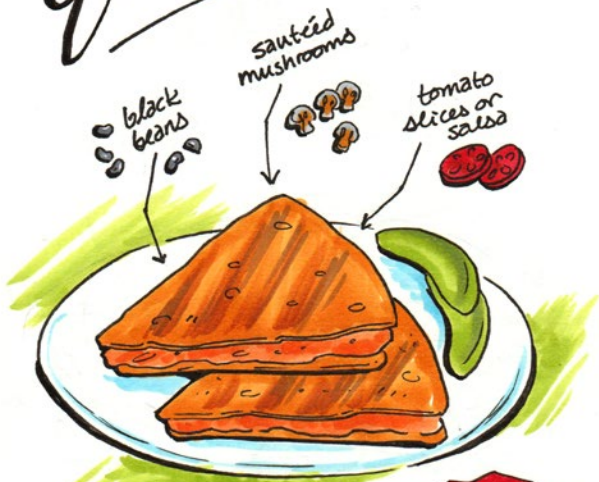
Basics!



don't forget
to pierce
with a
fork



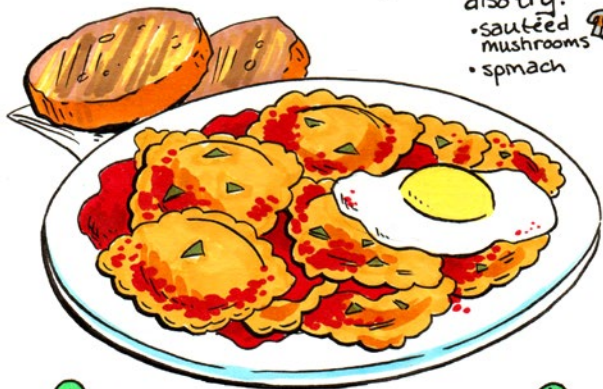
quesadilla!



Ravioli

w/ bonus
eg!

also try:
• sautéed mushrooms
• spinach



Store bought
ravioli is FAST
& freezes well!



Boil!

w/ a bit
of extra time,
you can make
sauce from
scratch



pasta
sauce



basil



cheese

tomato rice



Some veg
can be cooked
right in the
rice pot, too!



- mushrooms
- squash
- broccoli



place $\frac{1}{2}$ tomato face-down in a rice cooker with rice & lentils



when done, mash the tomato up in the rice

Fall Fruits

in
salads

in
oatmeal

Sliced
& raw

in
crumbles

in
muffins
& pies
& pancakes



Thanks to the patrons who made this zine possible!

Miles♥Aldous Russell♥Anna Walsh♥Sean Horn♥RJAR ♥Lisa ♥Christopher Chung
♥Yurgan Urjack♥HardZero ♥Damon Hart-Davis♥Wolfgang Behrens♥Capucine ♥Dylan
♥Stacy Nicole♥Probably Human♥Kai ♥Phill Peach♥Thomas Pritchard♥Ada Kerman
♥Boreas ♥kelly bush♥Anna Izenman♥Daniel DeRosia♥Amy Poli♥Wayne Dang
♥Andrew Swanton♥Tina Nichols♥Ilana ♥Tina Klassen♥Raphael ♥Amelia Meyer
♥Blake Rothwell♥Melissa Nurmi♥Ewe Knee Knot Know♥K Fung♥Glade
♥Patrick Bernier ♥Caleb Amos♥Christine ♥Matt Zweig♥Matthew Powell
♥Christopher Schurman♥Sune Ewert Astrup♥Christopher♥Tanya ♥Melissa Huston
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♥Patrick Naish♥Erik Edberg♥Holly B♥Patrick Hallal♥Iearch n'n'daCorna♥Elaine Short
♥Maddy B♥Amos Onn♥Tim Willmott♥Amanda Chou♥Dean Bailey♥kaitou
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♥Lauren Singer♥Scott ♥Daniel Karnes♥Bria Morgan♥Billy ♥Brandon Kirisaki
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♥Stefan Schmiedl♥Justin Sorbello♥Daniel Cornelius♥pikafoop ♥IcyMidnight
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♥Becky Landry♥Phil ♥Faith Nelson♥NJGR ♥Mattis Jensen♥Chris Russell♥calicosarah
♥Bryce Chidester♥Delta-Fox ♥Doctor Professor♥Parabet♥Ricardo Bittencourt♥Jeff Grafton
♥BearPerson ♥Dave Coleman♥Logan Arias♥

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by Jam
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2020