COLLEGE OF PUBLIC HEALTH
our practice is our passion.

USF Health
PASSION RECIPE

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University of South Florida College of Public Health 35th Anniversary
As Dean of the USF College of Public Health (COPH), I am often asked what sets COPH apart from other schools and programs of public health. There are many things, but to me one of the most important is the clear sense of community within the college that is felt by everyone who enters our building. We are not just a college, we are a tight-knit community of faculty, staff and students who truly care for one another, like each other, are optimistic about the future, and value our collective power in practicing our passions.

The idea for this cookbook was born from a group of faculty and staff who, looking to form deeper connections within the COPH community, started hosting small themed potlucks in the college a few times per year. The event grew and was named Creative Corner. Faculty, staff and students were asked to participate by bringing their favorite themed dish when possible, but were always invited to attend, dish or no dish. Food is a wonderful translator of who we are, the cultures we represent, and the ways in which we nourish each other and over the years we came to appreciate more deeply what each of us brings to this very special community.

In honor of this community spirit, over the course of our 35th Anniversary year, we asked faculty, staff, students and friends of the college to submit their favorite recipes. In these pages, you will find a little bit of our history, a little bit of our optimism, some favorite photos and our best recipes to share from our family to yours. Enjoy!

Dean Donna Petersen: ScD, MPH, CPH
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Transforming the Master of Public Health (MPH) Core

Beginning in the fall of 2014, the USF College of Public Health first offered a transformed MPH core with the goals of simultaneously meeting the needs of 21st century public health problems and the changing Council on Education in Public Health (CEPH) competency requirements. In the transformed MPH core, students learn traditional public health content, but are required to apply those skills through case studies, communications assignments, and the analysis of public health data, as well as the development of public health promotion campaigns. Today more than 700 students have completed the transformed core at USF and have earned the Certified in Public Health (CPH) designation.

COPH graduate students presenting at the USF Graduate Research Symposium. (Photo by Anna Mayor)
APPETIZERS & BREAKFAST
Irish Soda Bread
Lisa Mobley: Staff

INGREDIENTS
4 cups of all-purpose flour
2¼ cups of buttermilk
1 tsp salt
1 tsp sugar
1 tsp baking soda

DIRECTIONS
1. Mix the dry ingredients and then add the buttermilk and mix in a large bowl.
2. Turn out on floured surface.
3. This dough needs to be lightly kneaded (too much kneading will make the bread tough).
4. Shape dough into a round loaf and put onto cooking stone or onto greased cookie sheet.
5. Cut X into the top of the loaf.
6. Bake at 425°F degrees for 45 minutes.
**Breakfast Pumpkin Pie**

*Peggy Smith: Staff*

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups water</td>
<td></td>
</tr>
<tr>
<td>2 cups milk of your choice</td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked steel-cut oats (<em>or 2 cups regular oats</em>)</td>
<td></td>
</tr>
<tr>
<td>¾ cup canned pumpkin puree (<em>not pumpkin pie mix</em>)</td>
<td></td>
</tr>
<tr>
<td>¼ cup packed brown sugar</td>
<td></td>
</tr>
<tr>
<td>1½ tsp cinnamon or to taste</td>
<td></td>
</tr>
<tr>
<td>1½ tsp pumpkin pie spice or to taste</td>
<td></td>
</tr>
<tr>
<td>1 tsp vanilla</td>
<td></td>
</tr>
<tr>
<td>½ tsp salt</td>
<td></td>
</tr>
<tr>
<td>1 tbsp coconut oil or oil of your choice</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS**

1. Spray the inside of crockpot well with cooking spray (*or use a crockpot liner*).

2. Add the water to the crockpot.

3. In a bowl, mix milk, oats, canned pumpkin, brown sugar and seasonings with a whisk.

4. Add mixture to crockpot.

5. Add coconut oil and stir all together.

6. Set crockpot on low, cover and cook overnight (*6-7 hours*).

7. Stir before serving.

8. Sprinkle brown sugar, pecans, raisins or other toppings on top just before eating.

9. Any leftovers keep in the refrigerator for about a week. Re-heat by moistening with a little water or milk.
Blueberry Flax Muffins  (Serves 12)

**USF COPH Dietetic Interns: Student**

**INGREDIENTS**

- 2½ cups old fashioned oats
- ⅔ cup low fat Greek yogurt
- 2 eggs, large
- ½ cup raw honey
- 1 tsp baking soda
- 2 tsp baking powder
- 2 tsp flax seed, ground
- 1 tsp vanilla extract
- 1 cup blueberries, fresh/frozen
- 2 tsp baking powder
- 2 tsp flax seed, ground
- 1 tsp vanilla extract
- 1 cup blueberries, fresh/frozen

**DIRECTIONS**

1. Preheat oven to 350°F.

2. Line a 12 muffin tin with liners or lightly coat with canola oil.

3. Place oats in a food processor or blender and pulse for about 10 seconds.

4. Add all of the ingredients, except for the blueberries and mix until smooth.

5. Carefully fold in the blueberries.

6. Pour the batter into the muffin tin and bake for 18-20 minutes, or until a toothpick comes out clean.

*Chef’s note: Switch out the blueberries for bananas or add ¼ cup of your favorite nuts.*
Pineapple Guacamole (Serves 4-6)

USF COPH Dietetic Interns: Student

INGREDIENTS

2 avocados

2/3 cup chopped pineapple (fresh or canned)

1/2 cup chopped red onion

2 tbsp chopped cilantro

2-3 garlic cloves, minced

Lime zest of ½ a lime

1 tbsp lime juice

¼ tbsp ground cumin

Pinch of salt

DIRECTIONS

1. Mash avocado into small chunks.

2. Mix all other ingredients into the mashed avocado so it is evenly distributed.

3. Serve at room temperature or chill before serving.

4. Makes about 2 1/2 cups.
Chocolate Banana Muffins

Tony Masys: Faculty

INGREDIENTS

1½ cups all purpose flour  
⅛ to ⅛ cup unsweetened cocoa powder  
1⅛ tsp baking powder  
½ tsp of baking soda  
½ tsp salt  
¼ cup sugar

½ cup canola oil

1 egg

¼ cup milk

2 large ripe bananas

1 cup of semisweet chocolate chips

DIRECTIONS

1. Preheat oven to 350ºF.

2. Combine flour, cocoa, baking powder, baking soda and salt in large bowl.

3. Mix sugar, oil, egg and milk in separate bowls.

4. Stir liquid mixture into flour mixture.

5. Fold in bananas and chocolate chips.

Rosemary Spiced Almonds  (Serves 16)

USF COPH Dietetic Interns: Student

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>almonds, raw</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>olive oil, extra virgin</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>rosemary, fresh, finely chopped</td>
</tr>
<tr>
<td>1 tsp</td>
<td>chili powder</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>black pepper</td>
</tr>
<tr>
<td>⅛ tsp</td>
<td>salt</td>
</tr>
</tbody>
</table>

DIRECTIONS

1. Preheat oven to 325°F.

2. In a large bowl toss almonds with olive oil, rosemary, chili powder, black pepper and salt.

3. Place on a large sheet pan and roast in oven for approximately 20 minutes, rotating the pan halfway through.

4. Let cool completely and store in an airtight container in a cool dry place.

Chef’s note: Any raw nuts would be great with this recipe!
Vegan Tofu Ricotta Cheese  (Serves 8)
USF COPH Dietetic Interns: Student

INGREDIENTS

14 oz package of firm tofu  2 tsp onion powder
3 cloves garlic, minced  2 tsp garlic powder
2 tbsp nutritional yeast  2 tbsp apple cider vinegar
2 tsp fresh basil  ½ tsp salt

DIRECTIONS

1. Drain the excess water from the tofu using a tofu press or with paper towels. Some water may remain.

2. Break the tofu into small pieces then blend in a food processor.

3. Add the remaining ingredients to the food processor and blend until smooth and creamy.
No-Knead Bread

Danielle Secker: Staff

INGREDIENTS

3 cups all purpose flour
¼ tsp active dry yeast
½ tbsp salt
1½ cups warm water

DIRECTIONS

1. The day before baking, combine the flour, yeast and salt in a large bowl and stir until they’re well combined. Stir in 1½ cup warm water until a shaggy, sticky ball of dough forms and there is no dry flour left on the bottom of the bowl. Cover the bowl loosely with plastic and let it sit at room temperature for 12-18 hours.

2. When you’re ready to bake, sprinkle a little flour on top of the fermented dough, and scrape it out of the bowl (the dough should be very light, fluffy and bubbly by this time). With well-floured hands, shape the dough into a ball and place it on a piece of parchment paper. Let the dough rise for an additional 30-60 minutes at room temperature.

3. Place a covered Dutch oven inside the oven and preheat to 425ºF, or the highest recommended temperature listed on the packaging for your parchment paper.

4. Once the bread has risen and the Dutch oven is fully heated (allow for 15 minutes inside fully heated oven before baking), carefully remove the Dutch oven. Lift the parchment with the dough straight into the Dutch oven and cover it with the lid.

5. Return the Dutch oven to the oven and bake for 30 minutes. Carefully remove the lid and bake for another 15-20 minutes, or until the crust is a deep golden brown. Remove the Dutch oven from the oven, lift the bread out using the parchment paper, and allow it to cool before cutting open and serving.
Summer Afternoon Zucchini Fritters  (Serves 2-3)

Donna Petersen: Dean, Faculty

INGREDIENTS

2  zucchini, julienned  
1  large egg  
12-16 mint leaves, chopped  
1  tbsp olive oil  
2  tbsp butter  
½  tsp baking powder  
salt and pepper to taste  
grated parmesan cheese

DIRECTIONS

1. Mix zucchini, beaten egg, baking powder, mint leaves, salt and pepper in a bowl. The mixture should be runny. If not, add another egg.

2. Heat olive oil and butter in a heated non-stick skillet. Lift a small handful of zucchini mix in your hand and drop into the hot oil. Cook thoroughly on one side, flip, and cook on the other side.

Patty’s Guacamole

Patricia Roque: Staff

INGREDIENTS

3 avocados, ripe
½ small onion, finely diced
2 Roma tomatoes, diced
3 tbsp, fresh cilantro, chopped
1 jalapeno pepper, seeds removed and finely diced

2 garlic cloves, minced
1-2 limes, juiced or more to taste
½ tsp sea salt or more to taste

DIRECTIONS

1. Slice three ripe avocados in half, remove the pit and skins and scoop them into a mixing bowl.

2. Then use a fork to gently mash them to your desired level of chunky or smooth.

3. Add the onions, tomatoes, cilantro, jalapeno pepper, garlic, lime juice and salt and stir everything together.

4. Chill in fridge for an hour.

5. Serve with corn tortilla chips.
Master of Public Health (MPH) in Nutrition and Dietetics

The USF College of Public Health offers an online MPH with a concentration in nutrition and dietetics. The 42-credit concentration is available to those accepted into an Accreditation Council for Education and Dietetics (ACEND) accredited dietetic internship or registered dietitians with two or more years of experience.

The college also offers a dietetic internship that is integrated with the MPH program. After completion of the 20-month integrated program, graduates are eligible to sit for the credentialing examination to become registered dietitians. You will notice seven recipes (blueberry flax muffins, pineapple guacamole, rosemary spiced almonds, BBQ pulled pork lettuce wraps, traditional macaroni and cheese, vegan tofu ricotta cheese, and black bean brownies) throughout this cookbook submitted by the 2020 USF dietetic intern cohort.

The COPH’s second dietetic internship cohort graduated in December 2019. (Photo by Caitlin Keough)
SOUPS & SALADS
Shaker Tomato Celery Soup

Max Salfinger: Faculty

INGREDIENTS

1. small chopped onion
2. cup finely chopped celery
2 tbsp butter
1-10 ½ oz can tomato soup
1 can water
1 tsp minced parsley
1 tbsp lemon juice
1 tsp sugar
¼ tsp salt
¼ tsp pepper

DIRECTIONS

1. Sauté onion and celery in butter; do not brown. Celery will remain crisp.

2. Add tomato soup, water, parsley, lemon juice, salt and pepper. Let simmer for 5 minutes.

3. Top with unsweetened whipped cream and extra chopped parsley.
Chili

Gidi Hendrix: Staff

INGREDIENTS

1 lb grass-fed ground beef  
1 lb ground pork  
2 16 oz cans of pinto beans, drained  
1 16 oz can of kidney beans, drained  
1 16 oz can of diced tomatoes  
2 cans of Rotel  
½ of a small onion, minced  
2 garlic cloves, minced

2 tsp onion powder  
2 tsp garlic powder  
2 tbsp chili powder  
1 tsp chipotle  
1 tsp cocoa powder  
½ bottle of beer  
salt and pepper to taste

DIRECTIONS

1. In a large pot, brown ground beef and ground pork.

2. Before the meat is fully cooked, add minced onion and garlic until softened.

3. Add the remaining ingredients and stir to incorporate seasoning.

4. Cook on medium-low for about 30 – 45 minutes.

5. Serve with suggested toppings and enjoy!

TOPPING OPTIONS

1. Sour cream, diced red onions, diced jalapenos, chopped cilantro, shredded cheese, Frito lay chips
Montana Whole Wheat Chili
Faye Maciaszek: Staff

INGREDIENTS
3 - 3½ lbs hamburger or any ground meat
1 medium onion chopped
3 tbsp chopped green pepper
1 fresh tomato chopped (Important)
1½ tsp salt
½ tsp pepper
1½ tsp chili powder (or to taste)
¼ tsp granulated garlic (or 1 fresh clove chopped)
1 15 oz can of tomato sauce
1 15 oz can of water
1 cup ketchup
3 cups cooked whole wheat (as prepared for cereal)

INGREDIENTS (WHOLE WHEAT CEREAL)
1 cup cleaned raw wheat berries
(can be found at health food stores)
3 cups water
½ tsp salt

DIRECTIONS
1. Cook whole wheat cereal overnight in a crockpot on low setting.
2. Brown the ground meat slightly and drain grease.
3. Add meat to the cooked whole wheat cereal in the crockpot along with all the other ingredients.
4. Stir and let simmer on low for 3-4 hours.

Chef’s note: Tastes best if mixed and left overnight in the fridge. Simmer the next morning in crockpot.
Crockpot Coconut Curry Butternut Squash Soup

Jaime Corvin: Director of MPH Programs, Faculty, Alumna

INGREDIENTS

1 tbsp extra-virgin olive oil
1 medium yellow onion diced (about 1 1/2 cups)
2 medium butternut squash - about 6 pounds total
2 medium apples (I like tart apples such as Granny Smith; if you like a sweeter soup try a McIntosh or other red apple)
2 large carrots peeled and cubed
2 cups low-sodium vegetable broth or low-sodium chicken broth
2 cloves fresh garlic, chopped (just kidding, I’m Italian, I always use at least 4)
1 tsp kosher salt
1/2 tsp ground nutmeg
1/4 tsp cayenne pepper
1 tbsp red curry powder (more to taste)
1 can light coconut milk
**INGREDIENTS FOR TOPPING** (OPTIONAL)

- Toasted pumpkin seeds
- Crumbled bacon
- Toasted pumpkin seeds
- Mexican Crème or Greek Yogurt for a dollop on top
- Chopped green onion

**DIRECTIONS**

1. Trim the top and bottom ends off of the butternut squash and peel with a vegetable peeler. Cut it in half lengthwise and scoop out the center seeds. Cut into \( \frac{3}{4} \)-inch cubes.

2. To the slow cooker, add the butternut, carrots, apples, broth, salt, pepper, nutmeg, garlic, and cayenne pepper. Cover and cook on LOW for 6 hours or HIGH for 3 hours, until the squash and apples are tender.

3. Puree the soup with an immersion blender or carefully transfer it to a food processor fitted with a steel blade or a blender and puree it in batches. Slowly add the coconut milk. More milk will yield a creamier soup. Adjust to taste. Serve hot with any of your favorite toppings. I love to sprinkle some paprika, toasted pumpkin seeds and green onion, or crumbled bacon and green onion. A dollop of Mexican crème will also take this dish to another level!

**Chef’s note:** Swanson makes a Thai Curry Chicken Broth seasonally. When this is available, I use this in place of the regular vegetable broth and adjust my seasoning accordingly (adding only garlic, red pepper and sometimes smoked paprika). I love to play with the recipe to use up what I have in fridge and change up the tastes from sweet to savory. I also adjust seasonings based on how I am feeling.
Siningang or Sour Soup/Stew

Alma Hurd: Staff

**INGREDIENTS**

1. 1 lb pound meat of your choice
2. 5 cups water or broth
3. ½ onion, peeled and quartered
4. ½ tbsp fish sauce *optional*
5. 3 small pieces of taro, peeled and halved *optional*
6. 1 finger chili pepper as desired
7. 1 small white radish or 6 small red radishes, peeled and cut into ½-inch thick half rounds
8. 7 large tamarind pieces or 1½ (1.41 oz each) packages tamarind base powder or use tamarind paste
9. 1 bunch spinach
10. 1 bunch broccoli, cut to desired size
11. 2 zucchini, cubed
12. salt and pepper to taste

**DIRECTIONS**

1. In a pot over medium heat, combine meat and water. Bring to a boil. When broth has cleared, add onions and fish sauce. Lower heat, cover and cook for about 1 hour or until meat is fork tender.

2. Add taro and cook for about 6-8 minutes or until soft. Add chili and radish. Continue to simmer for about 2 minutes. Add the rest of the veggies.

3. If using packaged tamarind base or paste, add into pot and stir until completely dissolved. Season with salt and pepper to taste. Add spinach and continue to cook for about 1 minute. Serve hot.

If using fresh tamarind

4. Wash tamarind and place in a pot with 1 cup water. Bring to a boil and cook until soft and outer skins begin to burst.

5. With a fork, mash tamarinds. In a fine mesh strainer set over a bowl, pour tamarind and liquid. Continue to mash with a fork, returning some of the liquid into the strainer once or twice, to fully extract juice. Discard seeds and skins. Pour tamarind juice into the soup/stew.
Avocado Chicken Salad Bowl (Serves 4)

Theresa Crocker: Faculty

INGREDIENTS

12 oz rotisserie chicken, shredded
1 large avocado
1 cup sweet corn
8 slices of bacon, crumbled
4 hard boiled eggs

INGREDIENTS (Lemon Dressing)

3 tbsp lemon juice freshly squeezed
3 tbsp extra virgin olive oil
1 tsp sea salt *(or to taste)*

DIRECTIONS

1. Shred rotisserie chicken into a large bowl.

2. Peel and pit avocado. Slice it into bite-sized pieces and add to bowl.

3. Add corn and bacon crumbles to bowl.


5. Add dressing ingredients to a separate bowl and stir together. Drizzle over salad and toss to combine.
Brussels Sprouts Salad

Jessica Grossman: Staff

INGREDIENTS (Dressing)

3/4 cup vegetable oil
1/4 cup extra virgin olive oil
2 tbsp apple cider vinegar
1 tbsp honey
1 tbsp whole grain mustard
2 cloves garlic (grated)
salt and pepper
zest and juice of 1 lemon

INGREDIENTS (Salad)

16 oz brussels sprouts
3 tbsp dried cranberries
3 tbsp slivered almonds
2 oz Asiago cheese shredded

DIRECTIONS

1. Make the dressing: whisk the vegetable oil and olive oil in a small bowl. Add (whisk) the vinegar, honey, lemon zest and juice, mustard, garlic, salt and pepper. Refrigerate for at least one hour.

2. Wash brussels sprouts. Cut off the stem and remove first layer of outer leaves, discard. Add additional leaves to a bowl for the salad. *Save core in a separate dish, you can shred the cores in a food processor to mix with salad.

3. Mix the almonds, cranberries and cheese with the brussels sprouts leaves.

4. Add dressing.

5. Top with cranberries, almonds and shredded cheese.
Quinoa Salad with Blackened Salmon

USF COPH Dietetic Interns: Student

INGREDIENTS (Dressing)

8 oz salmon
2 tbsp blackening spice
4 cups arugula spinach blend
1 cup bell pepper, sliced
1 cup tomato, wedges
2/3 cup strawberries, fresh, sliced
1/2 cup mandarin oranges, peeled, wedges

1/4 cup red onion, sliced
1/4 cup vinegar, red wine
1/2 cup quinoa, rinsed
1 each lemon, juice and zest
1/2 tbsp olive oil
1/4 cup basil, fresh picked

DIRECTIONS

1. Place sliced red onion and vinegar in an airtight container and let sit for at least 15 minutes.

2. In a medium sized sauce pot place 1 cup of water and quinoa. Bring to a boil then reduce to a simmer, cover, and let cook for 15 minutes. Set aside to cool.

3. Heat a medium sized non-stick sauté pan on high and spray with pan spray. Season salmon with blackening seasoning and sear for approximately 6 minutes on each side and golden brown crust is achieved. Set aside.

4. For the salad dressing place basil, lemon juice and zest, and olive oil in a blender and blend until smooth, if too dry add a touch of the red wine vinegar from the onions. Set aside.

5. In a large bowl, combine greens, bell pepper, tomato, strawberries, oranges, red onion (strained), quinoa and salad dressing. Toss until combined.

6. Place in desired bowl, top with salmon, and ENJOY!

Chef’s note: You can substitute any of the vegetables for others that you prefer!
Kale Mix Salad

Sheri-Lee Shakes: Staff

INGREDIENTS

2 12 oz bags of kale
½ tsp ginger minced
½ tsp garlic minced
1 cucumber (diced)
1 zucchini (diced)
1 green pepper (diced)
1 red pepper (diced)
1 yellow pepper (diced)
1 honey crisp or granny apple (diced)
½ red onion
1 avocado (diced)
½ tsp dried cranberries
1 tsp pumpkin seeds
1 tsp 100% pure maple syrup or raw honey
½ cup extra-virgin olive oil

INGREDIENTS (Dressing)

2 tbsp fresh lemon juice
2 tbsp fresh orange juice
½ tsp black pepper

DIRECTIONS

1. Prepare kale mix (bags) wash and drain in a colander as desired.

2. Prepare the following ingredients: Minced ginger (small amounts/less than a teaspoon) and minced garlic (less than a teaspoon).

3. Chopped fine the following: cucumber, zucchini, green, red, yellow peppers, honey crisp or other kinds of apples to your liking.

4. Add red onions, 1 tsp cranberries and pumpkin seeds.

5. Add all ingredients to kale mix, toss and add kale mix dressing and toss!
USF Genomics Program

The USF Genomics Program is a multi-college program that is housed in the USF College of Public Health. It includes 31 faculty from the USF College of Public Health, Morsani College of Medicine, College of Nursing, College of Arts and Sciences and College of Marine Science. The mission of the program is to provide an interdisciplinary and collaborative approach, with the goal of integrating modern genomic approaches, to understand and develop solutions for some of the major challenges affecting global health and, especially, our Florida community.
American Shepherd's Pie
Rebecca Wood: Staff

INGREDIENTS
1 lb ground beef, lamb or bison
2 medium carrots, peeled and chopped
1 small tomato, chopped
1 small onion, chopped
1 cup mushrooms, diced
4 cloves garlic, minced
1½ tsp chili powder
½ tsp dried rosemary or dried herb of choice
3 oz tomato paste (about 6 tbsp)
1 tbsp Worcestershiresauce
salt and pepper to taste

DIRECTIONS
1. Preheat oven to 375°F.
2. In a skillet on medium heat, add the ground meat, chopped carrots, onions, peppers, mushrooms and minced garlic.
3. Cook over medium heat until carrots are soft, about 12-15 minutes. Begin making the topping while the meat filling cooks (step 5).
4. Once the carrots are soft, stir in tomato paste, water, seasonings, salt and pepper.

INGREDIENTS (Sweet Potato Topping)
2 large sweet potatoes, peeled and cubed
3 tbsp bacon pepper jam (plus more for topping, optional)
2 tbsp butter
½ tsp chili powder
½ tsp salt

DIRECTIONS
5. Steam or bake the sweet potatoes until fork tender. Mash with the remaining topping ingredients with a hand masher, mixer or food processor until smooth.
6. Transfer the meat filling to a 9” x 9” greased casserole dish or 10” cast–iron skillet and top the meat filling with the sweet potato mash. Sprinkle the top of the mash with salt and chili powder.
7. Bake for 15 minutes. Remove from oven and serve hot.
George’s Marinara
Megan Ditizio: Staff

INGREDIENTS

- $\frac{1}{3}$ cup olive oil
- 2 28oz cans crushed tomatoes or one can crushed and one can sauce
- 1 small can tomato paste
- 2 carrots
- 2 stalks celery
- 1 small yellow onion
- 2 cloves garlic or 1 shallot
- 2 bay leaves
- 2 tbsp dried parsley
- 2 tbsp dried basil
- 1 tbsp dried marjoram (or oregano)
- salt, pepper and red pepper flakes to taste
- 3 fresh basil leaves

DIRECTIONS

1. In large heavy pan on medium heat, heat olive oil until it begins to simmer.

2. Chop carrots, celery, onion and shallot/garlic into small dice. *(If you hate chopping, create a paste in a food processor).*

3. Add vegetables to the oil, stirring constantly for about 7 minutes or until vegetables begin to sweat and become golden.

4. Add bay leaves and spices and continue to cook for two minutes.

5. Add tomato paste and stir for an additional two minutes.

6. Pour the canned tomatoes, along with basil, parsley, oregano or marjoram and salt/pepper into the pot.

7. Rinse both cans with about $\frac{1}{2}$ cup of water each and add that as well.

8. Bring to a simmer, then cook covered, lid on for at least 15 minutes.

9. Take lid off and continue to simmer on low for an additional 90 minutes.

10. Remove bay leaves before serving and adjust seasonings. Smack the basil leaves in your hands and pot when you turn off the heat.

11. Serve with freshly grated Parmesan cheese, freshly grated cheese, red pepper flakes and fresh herbs *(chopped basil, parsley).*
Sindhi Chicken Biryani

Sandhya Srinivasan: Faculty

INGREDIENTS

2 medium onions
1 tsp of ginger paste
1½ tsp of garlic paste
6 tsp vegetable or olive oil
1 Sindhi Biryani Packet (purchase) shanfoods.com/product/recipe-mixes/rice/sindhi-biryani/
2 tsp of chili powder (to taste)
2 medium tomatoes
½ cup of frozen peas
1½ lbs of chicken (cubed sized)
4 cups Basmati Rice
7 cups of water
1 tsp cumin seeds
4-5 bay leaves finely chopped
cilantro for garnish
DIRECTIONS (Rice)

1. Heat 3 tsp of oil, add cumin seeds and bay leaves and roast for a few seconds.
2. Add rice to the oil and roast for approximately 5 minutes, stirring constantly. To this add 7 cups of water and bring to boil.
3. Reduce heat, cover and let rice cook. The rice should be completely cooked in about 10-15 minutes.

DIRECTIONS (Biryani Paste)

1. Heat remaining oil and sauté finely cut onions, add garlic and ginger pastes and sauté well.
2. Add chicken to the onion and cook until it is about ¼ done. To this add sindhi biryani powder and continue cooking. Typically, no salt is needed as there is enough in the powder, but you can add salt as needed. Add desired amount of chili powder, finely cut tomatoes and peas toward the end.
3. Cook this mixture well for approximately 15-20 minutes until chicken is cooked. Layer the rice in a flat pan and alternate with chicken mixture. The top and bottom layer should be rice.
4. Once layering is complete, garnish with finely cut cilantro leaves. Serve warm with Cucumber Raita (see directions below).

DIRECTIONS (Cucumber Raita)

1. Peel and remove seeds from one cucumber. Chop finely.
2. In a bowl place ½ cup plain yogurt and 1 tsp sour cream.
3. Add cucumber, pinch of cumin and mix well.
4. Garnish with cilantro leaves.
Easy Beef Tips (2-3 servings)

Tanya Armstrong: Staff

INGREDIENTS

1½ - 2 lbs stew meat or roast beef, cubed
1 cup 7up (yes 7up only)
1 can cream of mushroom soup (add small can of mushrooms if desired to recipe)
1 package of onion soup mix

DIRECTIONS

1. Preheat oven to 275º F.
2. Combine all ingredients in 1–quart casserole dish.
3. Cover and bake 4 hours. (Do not open the oven door.)
4. After 4 hours, turn oven off and let sit in the oven for about ½ hour longer.
5. Stir before serving. Great over egg noodles.
Fish Fillet with Roasted Vegetable Ragout

Tom Unnasch: Faculty

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>6-ounce pieces of skinless white fish fillet, such as, tilapia or cod</td>
</tr>
<tr>
<td>2</td>
<td>medium zucchini (about ½ lbs total), cut in 1¼-inch pieces</td>
</tr>
<tr>
<td>5</td>
<td>plum tomatoes (about ¾ lb), halved or quartered</td>
</tr>
<tr>
<td>2</td>
<td>medium red onions, cut into ½-inch wedges</td>
</tr>
<tr>
<td>1</td>
<td>large yellow bell pepper, cut in ½-inch wide strips</td>
</tr>
<tr>
<td>2</td>
<td>large garlic cloves, minced</td>
</tr>
<tr>
<td>4</td>
<td>fresh thyme sprigs</td>
</tr>
<tr>
<td>2</td>
<td>tsp vegetable oil</td>
</tr>
<tr>
<td>½ -1 tbsp</td>
<td>butter</td>
</tr>
<tr>
<td>¼ cup</td>
<td>breadcrumbs</td>
</tr>
<tr>
<td>1-2 tbsp</td>
<td>chopped fresh flat-leafed parsley leaves</td>
</tr>
<tr>
<td>2</td>
<td>tbsp water</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>soy sauce</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>fresh lemon juice</td>
</tr>
<tr>
<td>2 tsp</td>
<td>Worcestershire sauce</td>
</tr>
</tbody>
</table>

DIRECTIONS

1. Preheat the oven to 500ºF.

2. In a large, shallow baking pan toss zucchini, tomatoes, onions, bell pepper, garlic and thyme with oil and salt and pepper to taste. Spread in one layer. Roast vegetables in the middle of the oven for 20 minutes, or until they begin to brown.

3. Season the fillets with salt and pepper, then arrange them over the vegetables. Roast about 10 minutes, or until the fish just flakes with a fork.

4. While the vegetables and fish are roasting, melt the butter in a small pan and add the breadcrumbs. Toast the crumbs until they begin to brown. Remove from heat, cool and add chopped parsley.

5. In a small cup or bowl, mix the water, soy sauce, lemon juice and Worcestershire sauce.

6. When the fish is cooked, transfer it to a plate and keep warm. Add the water mixture to the vegetables and stir to loosen brown bits from the bottom of the pan and break up the tomatoes.

7. Divide the ragout among four plates. Top with the fish and breadcrumbs.
our practice is our passion
University of South Florida College of Public Health 35th Anniversary
BBQ Pulled Chicken Lettuce Wrap (4 servings)

USF COPH Dietetic Interns: Student

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅓ cup</td>
<td>low sodium Worcestershire sauce</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>apple cider vinegar</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>honey</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>onion powder</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>paprika</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>chili powder</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>dry mustard</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>ground black pepper</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>garlic</td>
</tr>
<tr>
<td>⅛ tsp</td>
<td>cayenne</td>
</tr>
<tr>
<td>1 tsp</td>
<td>liquid</td>
</tr>
<tr>
<td>1 dry Ancho chili</td>
<td></td>
</tr>
<tr>
<td>28 oz</td>
<td>peeled canned tomatoes, no added salt</td>
</tr>
<tr>
<td>2 tsp</td>
<td>vegetable oil</td>
</tr>
<tr>
<td>1½ tbsp</td>
<td>butter</td>
</tr>
<tr>
<td>¼ cup</td>
<td>breadcrumbs</td>
</tr>
<tr>
<td>1-2 tbsp</td>
<td>chopped fresh flat-leafed parsley leaves</td>
</tr>
</tbody>
</table>

DIRECTIONS (Sauce)

1. Combine all ingredients in a medium size sauce pot and simmer on low for approximately 1 hour.

2. Place in a blender or food processor and blend until smooth. Use right away or place in an airtight container until ready to use.

INGREDIENTS (Chicken)

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>chicken breast, boneless, skinless</td>
</tr>
<tr>
<td>1 cup</td>
<td>prepared sauce</td>
</tr>
<tr>
<td>¼ cup</td>
<td>cilantro, chopped</td>
</tr>
<tr>
<td>8</td>
<td>romaine lettuce leaves</td>
</tr>
<tr>
<td>2 tsp</td>
<td>vegetable oil</td>
</tr>
<tr>
<td>1½ tbsp</td>
<td>butter</td>
</tr>
<tr>
<td>¼ cup</td>
<td>breadcrumbs</td>
</tr>
</tbody>
</table>

DIRECTIONS

1. Place chicken breast in slow cooker.

2. Add barbecue sauce and chicken stock and cook on low for 5-6 hours or cook on high for 2-4 hours.

3. Once cooked, add cilantro. Take chicken out and shred chicken, then place back into the slow cooker and add the remaining barbecue sauce. Reserve until ready to serve.

4. Once ready to serve pluck and rinse the romaine lettuce leaves. They should resemble little boats.

5. Place approximately 2 oz of chicken in each lettuce leaf.

Chef’s note: This is a great heart healthy alternative to regular BBQ or even burgers!
Lamb Shanks Toulouse

Greg Alexander: Faculty (Deceased)

INGREDIENTS

4 lamb shanks
8-10 garlic cloves
1 large onion, chopped
1 shallot, chopped
2 leeks, chopped
1 turnip, chopped
2 carrots, chopped
2 stalks of celery, chopped
1/2 tsp thyme
14 oz can plum tomatoes
1/2 6 oz can tomato paste
1/2 cup of olive oil (or 1/2 stick of butter)
1 tsp liquid
2 tsp mignonette pepper (roughly 3/4 tsp each of black and white pepper and coriander)
4-8 anchovies (optional)

DIRECTIONS

1. Rub the shanks with 1 tsp salt and mignonette pepper and then dust with flour.

2. Heat the olive oil or butter in large, heavy pot with a lid. Two at a time, over medium heat, brown the shanks all over. Once browned, remove and set aside. Add garlic, onion, shallot, leeks, turnip, carrots and celery and cook over medium low heat, stirring occasionally to get up any brown bits on the bottom, until tender (about 10 minutes). Then, add anchovies, tomato paste and plum tomatoes, bay leaves and thyme, stir and simmer for 5 minutes.

3. Pour in the bottle of red wine and stir thoroughly. Season with salt and white pepper to taste. Return the lamb shanks to the pot, stir and bring to a boil. Cover, reduce heat and simmer for 2-3 hours until the meat is completely falling off the bone tender.

4. Place the shanks in a deep serving dish. Skim any fat off the sauce and spoon over and around the shanks in the serving dish. Garnish with fresh mint leaves. Serves 4-6.
Zucchini Casserole

Hana Osman: Retired Faculty

INGREDIENTS

- 6 medium zucchini squash
  (cut in cubes of equal size)
- 1 pound ground beef or turkey or Italian sausage
- 1 large onion
- 4 cloves garlic
- ¼ cup spaghetti sauce (any type)
- 1 cup grated mozzarella cheese
- ½ cup parmesan or romano cheese
- 2 tsp oregano or Italian seasonings
- salt and pepper to taste
- olive oil
- 1/2 cup of water

DIRECTIONS

1. Brown sausage, beef or turkey and add oregano or Italian seasonings, salt and pepper.

2. Sauté onion, garlic, and zucchini until tender (10 minutes or so) in olive oil.

3. Add store bought (or homemade) spaghetti sauce and mozzarella cheese.

4. Place in buttered nonstick (and/or sprayed with Pam) baking dish.

5. Top with basic béchamel sauce.

6. Sprinkle top with ½ cup grated Parmesan or Romano cheese, ½ cup bread crumbs, spray with pam or drizzle olive oil.

7. Bake in 350˚F oven for 30-45 minutes until bubbly and top is brown.
Caribbean Style Chow Mein

Pam Sundown: Staff

**INGREDIENTS** (Meat Marinade)

1 lb boneless chicken (or beef, pork or shrimp) cut in bite size pieces

½ tsp 5 spice powder or garlic and onion powder, combined

½ tsp ginger (optional)

¼ tsp minced garlic

½ tsp white or black pepper

1 tsp oyster sauce or Worcestershire

1 tsp corn starch (optional)

**INGREDIENTS** (Chow Mein Sauce)

2 tbsp oyster sauce or Worcestershire

2 tbsp soy sauce

1 tsp sugar

½ tsp minced ginger (optional)

½ tsp minced garlic

½ tbsp sesame or olive oil
INGREDIENTS (Chow Mein)

8 oz spaghetti or egg noodles
3-4 tbsp vegetable, olive or canola oil
1 cup broccoli, sliced *(any variation of vegetables)*
1 small red bell pepper, julienned

2 cups carrot, julienned
1 cup long beans cut into 2 inch pieces, or snow peas
½ onion, sliced
1 chili pepper *(optional or siriracha)*

DIRECTIONS

1. Mix meat with marinade ingredients thoroughly. Let it rest while you prepare the vegetables and other ingredients.

2. Cook noodles according to package instructions and drain.

3. In a medium bowl, whisk all sauce ingredients.

4. In a large skillet or wok over medium-high heat, heat oil. Add meat and cook until golden and crispy, 7 to 8 minutes.

5. Move meat to one side of skillet and to the other side, starting with toughest vegetable first, *(broccoli)* add the vegetables and cook to desired tenderness.

6. Pour sauce over skillet and add cooked noodles, tossing to combine.

7. Garnish and serve.

GARNISH

1. 1-2 Tablespoons green onions, parsley and/or cilantro, radishes, cucumber.
Squid Ink Seafood Paella  (4-6 servings)

Pam Sundown: Staff

“A traditional paella with a twist by using squid ink. Create a fun cooking experiment by making this recipe your own, swapping out proteins according to your preference. You can use boneless chicken thighs and chicken broth instead, and can omit the scallops.”

INGREDIENTS

1 8 oz. bottle or can clam juice
2 tbsp squid ink
¼ cup cooking oil
½ tsp sweet smoked paprika
pinch of salt
4-6 chicken drumsticks
1 lb shrimp

1 lb mussels, rinsed well
1¼ cups Spanish rice or short-grain rice
1 tbsp cooking oil to sear scallops
12 large scallops - pat dry
1 large lemon
fresh cilantro leaves
tomato - seeded and diced
INGREDIENTS (sofrito)

1 small onion, peeled
1 large pipe tomato
8 cloves of garlic, peeled

1 large red bell pepper, seeded
1 small bunch of cilantro leaves

DIRECTIONS

1. Place the clam juice and squid ink in a small sauce pan. Bring to a gentle boil and then lower the heat to let it cook for another minute. Remove from the heat and set aside.

2. Place ingredient for the sofrito in a food processor and process until smooth. Preheat a large paella pan, large frying pan, or cast-iron skillet. Heat cooking oil on medium, sofrito and cook for about 5 minutes. Add in the smoked paprika, pinch of salt. Add rice and stir to combine. Add clam or chicken and squid ink broth into the pan. If using chicken drumsticks add then spread the rice evenly on the surface of the pan. Bring the broth to a boil and then lower the heat to maintain a gentle steady simmer. The rice will gradually absorb the broth, try not to disturb rice while cooking, this will take about 10 minutes or so. Arrange the shrimp and mussels pieces on top of the rice and let them cook again for another 5 minutes. If the rice is cooked but the mussels are still not cooked through, cover the pan with aluminum foil and lower the heat and let it continue to cook until the mussels are cooked through. The cooked mussels will open up and discard the ones that aren’t.

3. While the paella is cooking, preheat another non-stick pan with 1 tbsp oil. When the pan is hot place the scallops about 1 inch apart, season with salt and sear about 2-3 minutes on each side. Remove from the pan and arrange on top of the cooked paella. Remove from the heat and cover with the aluminum foil for 5 minutes before serving. Add some fresh cilantro leaves and fresh diced tomatoes for color contrast. Serve with lemon wedges.
Mom’s Brisket
Claudia Parvanta: Faculty

INGREDIENTS

3-4 lbs or more of beef brisket

1 lb baby carrots, or grown up carrots, ½ inch pieces
1 stalk of celery, cleaned and cut (keep the leafy parts) into ½ pieces
2 large yellow onions diced. (Don’t use sweet onions)

Add any other root veggies

1 6 oz can of tomato paste
4 tbsp balsamic vinegar or 1 tbsp sour salt

4 tbsp brown sugar or honey
2 tbsp salt (to taste)
2 tbsp fresh ground pepper
2 tbsp ground cumin
2 large garlic cloves
2 cups of beef stock broth

small potatoes (red or yellow creamer, cleaned and added in last half hour of cooking)
DIRECTIONS

1. Preheat oven to 350°F.

2. Chop up all your veggies (except potatoes) and put into roasting pan. Mix them around to distribute. Add half of your garlic to top of veggies.

3. Place brisket fat side down on paper towels on counter. (Put your gloves on) Smear with about ½ can, (3 tbsp) of tomato paste and sprinkle with about 1 tsp each of salt, pepper and cumin. (It should look like you’ve committed a murder).

4. Lay brisket on top of vegetables in roasting pan, fat side facing up. Smear with remaining tomato paste.

5. Sprinkle the brown sugar, or smear honey, on top.

6. Sprinkle the vinegar/sour salt/lemon juice on top of everything including the veggies.

7. Pour the broth or stock onto the veggies around the brisket. The liquid should come up to the bottom of the meat in the pan. If it doesn’t, add water.

8. Cover with aluminum foil and pierce foil with knife a few times for venting.


10. Check at 2 hours by poking with a fork. It will likely require 3-4 hours to reach proper tenderness.

11. In last hour place potatoes in pan and let them cook in the juice. Take the foil off the top for the last 20 minutes, so meat browns.

12. When done, (you can easily push fork into meat), take the pan out of the oven. Let cool. You can now cut up your meat and serve it with everything else. BUT--

13. The best thing to do at this point, once it has cooled to room temp, is put the whole thing into the refrigerator. The goal is that the fat hardens up on the surface so it can be easily skimmed off.

14. Slice the brisket across the grain into very thin slices.

15. Warm up the gravy and the veggies.

16. Cook noodles if desired.

Cheif Notes: It’s the same meat used in barbeque beef. This is the Austrian Jewish traditional way of cooking it.

This is a beef main dish for those who eat meat. Lots of veggies. Normally served with egg noodles as well as its own veggies. Based on my mother, Edith Fishman’s, recipe. Equipment: oven, large roasting pan that will hold 3-5 lbs of meat, 2 lbs of veggies and liquid. What you’d cook a turkey in at Thanksgiving should do. Other kitchen stuff: aluminum foil, vinyl (exam) gloves are really nice for this.
Easy Paella

Samantha Barnes: Staff, Alumna

INGREDIENTS

<table>
<thead>
<tr>
<th>2 tbsp olive oil</th>
<th>2 lbs chicken</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbsp paprika</td>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>2 tsp dried oregano</td>
<td></td>
</tr>
</tbody>
</table>

DIRECTIONS

1. In a medium bowl, mix spices and olive oil. Coat chicken in mixture. Cover and store in fridge.

2. Heat oil in skillet.


4. Stir in saffron, bay leaf, parsley, chicken stock, and lemon zest.

5. Bring to a boil, cover, reduce heat to medium low. Cook for 20 minutes.

INGREDIENTS

<table>
<thead>
<tr>
<th>2 tbsp olive oil</th>
<th>1 pinch saffron</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cloves garlic (crushed)</td>
<td>1 bay leaf</td>
</tr>
<tr>
<td>1 tsp crushed red pepper</td>
<td>½ bunch fresh parsley</td>
</tr>
<tr>
<td>1 quart chicken stock</td>
<td>2 lemons, zested</td>
</tr>
<tr>
<td>2 cups uncooked rice</td>
<td></td>
</tr>
</tbody>
</table>

DIRECTIONS

1. Heat oil in pan.

2. Cook onion and chicken for 5 minutes.

3. Add peppers and sausage and cook for 5 minutes.

4. Add shrimp and cook until pink.

5. Serve meat over bed of rice.

INGREDIENTS

<table>
<thead>
<tr>
<th>2 tbsp olive oil</th>
<th>1 lb sausage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Spanish onion</td>
<td>1 lb shrimp</td>
</tr>
<tr>
<td>1 red pepper chopped</td>
<td></td>
</tr>
</tbody>
</table>
Activist Lab

In the USF College of Public Health, we value advocacy. In 2018, Dr. Karen Liller started the Activist Lab. The group is made up of graduate and undergraduate students with the goal of providing interdisciplinary advocacy, education, research and service opportunities for students to develop the skills that will promote their success as effective public health advocates and leaders. In just one year of existence, hundreds of students have taken part in the Activist Lab’s education and service opportunities, which include activism boot camps, seminars, guest speakers, journal clubs, writing groups, research efforts and public health in a minute videos. The Activist Lab serves as an exciting hub of learning and actions for student to become directly involved in practicing leadership and advocacy skills.
SIDE DISHES
our practice is our passion
University of South Florida College of Public Health 35th Anniversary
Granny Pritchard’s Sweet Potato Soufflé

Kelley Graff: Staff

INGREDIENTS (Soufflé)

6 large sweet potatoes
1 cup of sugar
3 eggs
1 tsp of vanilla extract
½ cup of evaporated milk
1 stick of melted butter

DIRECTIONS (Soufflé)

1. Boil sweet potatoes until soft then set aside to cool.
2. Preheat oven to 350ºF. Grease a 9x13 inch baking dish with Pam cooking spray.
3. Once potatoes have cooled enough to handle, peel the potatoes and place the flesh in a large mixing bowl.
4. Add sugar, eggs, vanilla extract, evaporated milk and melted butter to the sweet potatoes.
5. Combine well with an electric mixer or hand mixer.
6. Turn the mixture into the baking dish.

INGREDIENTS (Topping)

1 cup of chopped pecans
1 cup of brown sugar, packed
½ cup of self-rising four
½ stick of melted butter

DIRECTIONS (Topping)

1. In a medium bowl stir together the pecans, brown sugar and flour.
2. Add melted butter to mixture until well coated.
3. Spoon mixture over the sweet potatoes, making an even layer.
4. Bake casserole until slightly browned, about 40 – 45 minutes.
5. Let the casserole sit for 5 minutes before serving.
Baked Beans

Tom Bernard: Faculty

INGREDIENTS

3 large cans of baked beans – drained
(not washed) (brand is not important)

1 lb of beef kielbasa (Hillshire Farm)
(others do not work as well)

½ box of dark brown sugar

2 tsp dry mustard

¼ cup of chopped onions

20 oz of ketchup

DIRECTIONS

1. Preheat oven to 325°F.

2. Stir all ingredients together in a Dutch oven.

3. Bake for 1 hour covered and 1 hour uncovered.
Traditional Macaroni and Cheese

USF COPH Dietetic Interns: Student

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb box</td>
<td>large elbow, cavatappi, or radiatore pasta noodles</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>butter or margarine</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>all-purpose flour</td>
</tr>
<tr>
<td>¾ cup</td>
<td>2% milk</td>
</tr>
<tr>
<td>8 oz</td>
<td>shredded Colby-Jack cheese</td>
</tr>
<tr>
<td>8 oz</td>
<td>shredded Italian blend cheese</td>
</tr>
<tr>
<td></td>
<td>salt to taste</td>
</tr>
</tbody>
</table>

**DIRECTIONS** (Sauce)

1. Cook pasta according to package instructions, strain, and set aside in a large pot.

2. Add butter to saucepan on medium low heat.

3. Once butter has melted, gradually sprinkle flour into pan, continuously stirring. Butter and flour mixture should form a paste, or roux.

4. While stirring, add milk to saucepan. Continue stirring and increase the heat to medium. Stir until sauce begins to thicken, about 5 minutes.

5. Add in both Colby-Jack and Italian blend cheeses gradually while stirring. This should produce a smooth cheese once melted. If sauce is too thick, add 1-2 tbsp milk and continue to stir.

6. Once desired thickness is achieved, pour cheese sauce over cooked pasta. Stir until noodles and sauce are incorporated. Salt to taste.
Macaroni Salad

Brian Cullum: Staff

INGREDIENTS

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup white vinegar</td>
<td>3 eggs</td>
</tr>
<tr>
<td>½ cup water</td>
<td>½ pint of mayonnaise</td>
</tr>
<tr>
<td>2 tbsp butter</td>
<td>1 lb of cooked pasta</td>
</tr>
<tr>
<td>1 cup of sugar</td>
<td>3 hard-boiled eggs</td>
</tr>
<tr>
<td>2 tbsp cornstarch</td>
<td>1 cup diced celery</td>
</tr>
<tr>
<td>½ tsp dry mustard</td>
<td>1 cup diced white onion</td>
</tr>
</tbody>
</table>

DIRECTIONS

1. In a sauce pan mix the vinegar, water and butter together and bring to a boil.

2. In a separate bowl mix the sugar, cornstarch, mustard and eggs with a little water.

3. Slowly add the contents of the bowl to the boiling mixture and bring back to a boil. Continue to boil slowly until thick.

4. Once thickened, remove the pan from the stove and add the mayonnaise.

5. Pour the dressing over the drained pasta and add the diced onions, celery and hard-boiled eggs.
Jalapeño Potato Salad

Sandy Miller: Staff

INGREDIENTS

- 4 large potatoes
- ¼ cup white wine vinegar
- ½ tsp salt
- ½ cup olive oil
- 6 oz feta cheese
- ¼ cup dijon mustard
- 2 cloves garlic
- ½ tsp pepper
- ½ cup scallions thinly sliced
- 4 fresh jalapeno peppers chopped

DIRECTIONS

1. Peel, cube and cook potatoes.
2. Combine mustard, vinegar, garlic, salt and pepper.
3. Slowly whisk in the oil.
4. Add peppers, scallions and feta cheese.

Chef’s note: This salad is best served at room temperature.
# Bibi’s Sabzi (Grandma's Greens) (8 servings)

*Claudia Parvanta: Faculty*

## INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>bunches green onions (about 10), chopped (¼ inch) and separated (green from white part)</td>
</tr>
<tr>
<td>1</td>
<td>large bunch cilantro – washed, stems removed, chopped – about 1 cup.</td>
</tr>
<tr>
<td>1</td>
<td>large bunch curly parsley – washed, stems removed, chopped – about 1 cup.</td>
</tr>
<tr>
<td>2</td>
<td>stalks rhubarb (if available) – washed, cut up, cooked in a little water, keep water</td>
</tr>
<tr>
<td>2</td>
<td>boxes frozen chopped or whole leaf spinach defrosted – keep liquid</td>
</tr>
<tr>
<td>2</td>
<td>large garlic cloves (I use pressed). (You can chop or use jarred stuff).</td>
</tr>
<tr>
<td>2</td>
<td>tbsp (about) olive oil</td>
</tr>
<tr>
<td>1</td>
<td>cup water</td>
</tr>
<tr>
<td>1-2</td>
<td>tsp (about) dried cumin (powder)</td>
</tr>
<tr>
<td>½-1</td>
<td>tsp cinnamon (powder)</td>
</tr>
<tr>
<td>1</td>
<td>Lemon juice from 1-2 fresh lemons, squeezed</td>
</tr>
<tr>
<td>1</td>
<td>tbsp of salt for this amount (your call)</td>
</tr>
<tr>
<td>1</td>
<td>tbsp fresh ground pepper</td>
</tr>
</tbody>
</table>
DIRECTIONS

1. Heat oil in large sauté pan to medium and add white part of onion. Cook for about 2 minutes. Don’t brown.

2. Stir in cumin and cook 30 seconds (you should smell it).

3. Add green part of onions and cook about 2 minutes.

4. Add parsley and cilantro and cook about 3 minutes until soft.

5. Squeeze in garlic (add chopped garlic) and cook one minute.

6. Add defrosted spinach and liquid from spinach, cook about 3-4 minutes.

7. Bring everything up to low simmer. Add in salt and pepper.

8. Greens should look very wet and silky, kind of like creamed spinach. If not wet enough, add water 1 tbsp at a time (no more than ½ cup) until the consistency looks like creamed spinach.

9. Keep simmering for about 10 minutes. Add in rhubarb and cooking water.

10. Turn off heat and stir in lemon juice. If you like things sour, add more. Otherwise, just 1 lemon’s worth will suffice.

11. Taste and adjust salt, pepper, lemon to your liking.

12. Serve hot over fresh, hot white rice.
Sombra De Cacao - 70% dark chocolate

The USF College of Public Health has recently entered a partnership with Buena Fe. The COPH oversaw the market research and creation of a new chocolate brand Sombra De Cacao. A 70% dark chocolate bean to bar. Harvesting, processing and packaging was all done in Ecuador. On page 113, you will find a dark chocolate flourless cake recipe using the chocolate bar. Our hope is that with every bite of Sombra De Cacao, USF faculty, students, staff and chocolate lovers alike will feel that they are giving back by supporting farmers and families in Ecuador.
DESSERTS

College of Public Health

Sombra de cacao
our practice is our passion
University of South Florida College of Public Health 35th Anniversary
Easy Fruit Cobbler

Dee Jeffers: Staff, Alumna

INGREDIENTS

1 cup cold butter, sliced into ¼ inch pats
½ cup sugar
¼ cup lemon juice

Fresh blue berries, black berries or peaches
1 box of yellow “Jiffy” cake mix (an old Southern secret!)

DIRECTIONS

1. Preheat oven to 350°F.

2. In a glass pie dish mix fruit and sugar.

3. Cover the fruit with the cake mix right from the box, then evenly cover the cake mix with the pats of butter.

4. Bake at 350°F for 30-40 minutes or until golden brown and bubbly.

5. Serve with vanilla ice cream or whipped cream.
Soft Ginger Cookies

Dee Jeffers: Staff, Alumna

INGREDIENTS

1 cup butter, softened 1 tsp baking soda
1 cup sugar 2 tsp ground cinnamon
1 large egg ½ large egg
¼ cup molasses ¼ tsp salt
2-¼ cups all-purpose flour Additional sugar
3 tsp ground ginger

DIRECTIONS

1. Preheat oven to 350°F.

2. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and molasses. Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to the creamed mixture and mix well.

3. Roll into 1½ inch balls, then roll in sugar (optional). Place 2 inches apart on ungreased baking sheets. Bake until puffy and lightly browned, about 9-12 minutes. Remove to wire racks and cool.
Mint Chocolate Chip Pie

Alana Falcone: Staff

INGREDIENTS (CRUST)

24 oreos
¼ cup melted butter

INGREDIENTS (FILLING)

1¼ cups heavy cream
8 oz cream cheese, softened
1¼ cups powdered sugar
6 drops green food coloring
¼ tsp pure vanilla extract

¾ tsp peppermint extract
1 cup mini chocolate chips, plus more for garnish
1 cup Andes mints, roughly chopped, plus more for garnish
melted chocolate, for drizzling

DIRECTIONS

1. Make Crust: In a food processor, pulse oreos until they form coarse crumbs. Add butter and blend until completely combined.

2. Press crumb mixture into bottom and evenly up sides of a 9 inch pie dish. *(Try to make crust about 1/8 inch-thick evenly all around.)* Refrigerate at least 1 hour before adding filling.

3. Make Filling: Using a stand mixer with the whisk attachment, beat heavy cream until stiff peaks form. Transfer to a bowl.

4. Add cream cheese to the bowl and beat on medium-high speed, 2 minutes. Add powdered sugar and food coloring and mix on low until smooth. Add vanilla and peppermint extracts and mix until combined.

5. Fold whipped cream into the mixture, then fold in mini chocolate chips and chopped Andes mints.

6. Pour filling into prepared crust and smooth top. Sprinkle with mini chocolate chips and chopped Andes. Then, drizzle with melted chocolate.

7. Refrigerate until firm, 5 to 6 hours.
**Toffee Cracker Goodies**

Laura Rusnak: Faculty

**INGREDIENTS**

4 oz saltine crackers  
1 cup butter  
1 cup brown sugar  
2 cups semisweet chocolate chips  
¾ cup chopped pecans *(slightly more smashed than what comes in the package)*

**DIRECTIONS**

1. Preheat oven to 400°F.  
2. Line cookie sheet with foil. Add saltine crackers in a single layer.  
3. In a saucepan combine sugar and butter. Bring to a boil *(stir continuously)* and boil for 3 minutes.  
4. Pour mixture over saltines and spread to cover cracker completely.  
5. Bake at 400°F for 5 minutes.  
6. Remove from oven and sprinkle chocolate chips over the top. Let sit for 10 minutes to melt.  
7. Spread melted chocolate and top with chopped nuts.  
8. Cool completely and break into pieces.

*Chef’s Note: You can use crushed candy canes instead of nuts if you prefer.*
Black Bean Brownies

USF COPH Dietetic Interns: Students

INGREDIENTS

1 15 oz can black beans
3 large eggs
2 tbsp vegetable oil
1 tsp vanilla
¼ cup unsweetened cocoa powder
½ cup sugar

½ tsp baking powder
¼ tsp salt
1 tsp finely ground coffee
½ tsp cinnamon
½ cup semi-sweet chocolate chips

DIRECTIONS

1. Preheat oven to 350ºF.

2. Drain and rinse black beans, then add to food processor. Pulse until the beans form a rough paste.

3. Add eggs, oil and vanilla to processor and blend until combined and smooth. Transfer to large bowl.

4. In a medium bowl, whisk together cocoa powder, sugar, baking powder, salt, coffee and cinnamon to remove clumps.

5. Add dry ingredients to the wet and fold until just combined.

6. Grease a 9x9 glass baking dish, pour in batter and sprinkle the chocolate chips evenly over the top.

7. Bake for 30-40 minutes until the edges are visibly cooked and the center is soft.

8. Cool before cutting—Enjoy!

Source: www.liveatlearn.com/black-bean-fudge-brownies/
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University of South Florida College of Public Health 35th Anniversary
Million Dollar Cookie Recipe

Alison Oberne: Faculty, Alumna

INGREDIENTS

1 cup butter 1/2 tsp salt
1 cup sugar 1 tsp baking powder
1 cup brown sugar 1/2 tsp baking soda
2 eggs 12 oz chocolate chips
1 tsp vanilla 4 oz Hershey bar - grated
2 cups flour 1 1/2 cups chopped walnuts
2 1/2 cups oatmeal (measure and then blend into a fine powder)

DIRECTIONS

1. Mix together the butter and both sugars.

2. Add eggs and vanilla.

3. Add the flour, oatmeal, salt, baking powder, and baking soda.

4. Add the chocolate chips, grated chocolate and nuts.

5. Make into little balls and bake at 375ºF for 10 minutes.
**Anna’s Carrot Cake**

*Anna Armstrong: Faculty, Alumna*

**INGREDIENTS**

- 2½ cups unbleached all-purpose flour (12 1/2 ounces)
- 1 1/4 tsp baking powder
- 1 tsp baking soda
- 1 1/4 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ½ tsp table salt

- 1 lb carrots, peeled (medium 6 to 7 carrots about 3 cups)
- 1½ cups granulated sugar (10 ½ ounces)
- ½ cup light brown sugar, packed (3 ½ ounces)
- 4 large eggs
- 1½ cups safflower oil or 1½ cups canola oil
**DIRECTIONS** (for the cake)

1. Adjust oven rack to middle position; heat oven to 350°F. Spray 13 by 9 inch baking pan (or 3, 9” round cake pans) with nonstick cooking spray. Line bottom of pan with parchment and spray parchment. The 3 cake rounds make a more “impressive” cake and helps distribute frosting a little better.

2. Whisk together flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt in large bowl; set aside.

3. In food processor fitted with large shredding disk, shred carrots; transfer carrots to bowl and set aside. Wipe out food processor work bowl and fit with metal blade. Process granulated and brown sugars and eggs until frothy and thoroughly combined, about 20 seconds. With machine running, add oil through feed tube in steady stream. Process until mixture is light in color and well emulsified, about 20 seconds longer. Scrape mixture into medium bowl. Stir in carrots and dry ingredients until incorporated and no streaks of flour remain. Pour into prepared pan and bake until toothpick or skewer inserted into center of cake comes out clean, 35 to 40 minutes, rotating pan halfway through baking time. Cool cake to room temperature in pan on wire rack, about 2 hours.

**INGREDIENTS** (cream cheese frosting)

- 8 oz cream cheese, softened but still cool
- 5 tbsp unsalted butter, softened but still cool
- 1 tbsp sour cream
- ½ tsp vanilla extract
- 1¼ cup confectioners’ sugar (4 ½ ounces)

**DIRECTIONS** (for the frosting)

1. When cake is cool, process cream cheese, butter, sour cream, and vanilla in clean food processor work-bowl until combined, about 5 seconds, scraping down bowl with rubber spatula as needed. Add confectioners’ sugar and process until smooth, about 10 seconds.

2. Run paring knife around edge of cake to loosen from pans. Invert cakes onto wire rack, peel off parchment, then invert again onto serving platter. Using icing spatula, spread frosting evenly over surface of cake (either onto top of 9x13 or between each layer of 3 cakes, leaving enough to cover top of round stacked cake (but don’t ice the sides)). Sprinkle with pecans if desired. You can also use walnuts for a slightly different taste. Refrigerate for up to 3 days.
Pumpkin Oatmeal Chocolate Chip Cookies

Kristina Hamp: Student

INGREDIENTS

2 cups flour
2 cups old fashioned oats
1 box of instant french vanilla pudding mix
1 tsp cinnamon
1 tsp baking soda
½ tsp salt
1 cup butter, softened

1 cup packed brown sugar
1 cup granulated sugar
1 cup pumpkin puree
1 egg
1 tsp vanilla
2 cups (or less) semi-sweet chocolate chips

DIRECTIONS

1. Preheat oven to 350ºF.

2. Bake for 14-16 minutes, until the cookies are lightly brown at the edges and set in the middle.

3. Lightly grease 2 baking sheets.

4. In a medium sized bowl, whisk together the flour, old fashioned oats, instant french vanilla pudding mix, cinnamon, baking soda and salt.

5. In a large sized bowl, beat together the butter, brown sugar and granulated sugar until light and fluffy.

6. Add the pumpkin, egg and vanilla to the butter mixture and beat until well-blended.

7. Add the dry ingredients to the wet ones, blending well.

8. Fold in the semi-sweet chocolate chips.

9. Drop the batter by the spoonful onto the prepared baking sheets.

10. Bake until the cookies are lightly brown at the edges and set in the middle.

11. Cool on cookie sheets for 2 minutes then place on cooling racks.
Tiramisu

Jane Lundh: Staff

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1¼ cups</td>
<td>strong espresso</td>
</tr>
<tr>
<td>6 tbsp</td>
<td>Grand marnier or other orange liquor</td>
</tr>
<tr>
<td>40-45</td>
<td>Ladyfingers</td>
</tr>
<tr>
<td>160 oz</td>
<td>Mascarpone <em>(softened)</em></td>
</tr>
<tr>
<td>4</td>
<td>Large eggs separated <em>(pasteurized)</em></td>
</tr>
<tr>
<td>½ cup</td>
<td>granulated sugar</td>
</tr>
<tr>
<td>2 cups</td>
<td>heavy cream</td>
</tr>
<tr>
<td>1 tsp</td>
<td>vanilla</td>
</tr>
<tr>
<td>1¼ cups</td>
<td>dark rum</td>
</tr>
</tbody>
</table>

DIRECTIONS (assembly)

1. Mix the Espresso with the Grand Marnier, set aside.

2. Mix mascarpone with the rum until very smooth, set aside.

3. On top of double boiler whisk the egg yolks with ½ the sugar for about 5 minutes until the sugar dissolves and the eggs turn creamy yellow.

4. Mix the yolks with the mascarpone/rum until smooth.

5. Whip the heavy cream and vanilla to soft peaks and combine gently with mascarpone mixture.

6. Beat the egg whites with ½ the sugar to stiff peaks.

7. Fold into the mascarpone mixture.

8. Dip the ladyfingers in the expresso and Grand Marnier one at a time quickly-do not let them soak or get soggy *(they will soften when assembled)*.

9. In a deep dish *(9X13 or 2 smaller dishes)* layer the Lady fingers, touching side by side in even layers, alternating with the mascarpone mixture. End with the cream mixture on top.

10. Refrigerate overnight.

11. Sift cocoa powder over top before serving.

12. 2 cookie layers and 2 cream layers is expected. Depending on the volume produced by the eggs, there may be enough remaining to make another layer or an additional smaller pan. If you want to be dramatic use a smaller pan with higher sides to increase the number of layers. Bon appetito.
Millionaire Shortbread

Andy Cannons: Faculty

INGREDIENTS

| 2 cups plain flour | ½ cup muscovado brown sugar |
| ½ cup sugar | 4-5 bars good milk chocolate (eg. Cadburys) |
| ¾ cup European style butter | 1 can condensed milk |
| ½ cup butter |

DIRECTIONS (assembly)

1. Heat the oven to 350ºF. Lightly grease with butter a 13 x 9 inch pan.

2. To make the shortbread, mix the flour with the sugar and then rub in the butter until it resembles breadcrumbs. Alternatively use the bread dough mixer blades on an electric mixer.

3. Knead the mixture together until it forms a dough. Press into the base of the greased pan.

4. Prick the shortbread lightly with a fork. Bake for about 20 minutes, until it is lightly brown and firm to touch. Leave to cool in the pan (you can put it in the fridge if in a hurry!).

5. To make the caramel, place the butter, sugar and condensed milk in a pan and heat gently until the sugar has dissolved. STIR CONSTANTLY TO AVOID BURNING.

6. Carefully bring to boil, STIRRING ALL THE TIME. Reduce the heat and simmer, with stirring, for about 5-10 minutes. The mixture should thicken. Pour over the cooled shortbread. Leave to cool in the fridge.

7. For the topping, melt the chocolate in a bowl over hot water. Pour over the caramel and spread evenly. Leave to set in the fridge for approximately an hour. Take out and cut into squares (approx. 2” x 2”) and leave in the pan. Then return to the fridge to finish cooling. Cutting before it is completely cooled makes it easier to cut later on.

8. When cooled, get the squares out of the pan and cut into smaller squares (1” x 1”) and serve.

9. The shortbread can be frozen.
Flourless Dark Chocolate Cake

Angela Makris: Student

INGREDIENTS

4 large eggs, separated
3 tbsp butter
8 ounces Sombra De Caco 70% dark chocolate, chopped
1/3 cup plus 1/4 cup of sugar, divided

DIRECTIONS

1. Place egg whites in a small bowl; let stand at room temperature 30 minutes. Preheat oven to 350°F. Coat a 9-in. springform pan with cooking spray; place on a baking sheet.

2. In a small saucepan, melt butter and chocolate over low heat, stirring constantly. Remove from heat; cool slightly. In a large bowl, beat egg yolks on high speed 3 minutes or until slightly thickened. Gradually add 1/3 cup sugar, beating until thick and lemon-colored. Beat in baby food, vanilla and the chocolate mixture.

3. With clean beaters, beat egg whites on medium until soft peaks form. Gradually add remaining sugar, 1 tablespoon at a time, beating on high after each addition until sugar is dissolved. Continue beating until stiff glossy peaks form. Fold a fourth of the whites into chocolate mixture, then fold in remaining whites.

4. Pour into prepared pan. Bake until a toothpick inserted in center comes out with moist crumbs, 30-35 minutes. Cool on a wire rack 20 minutes. Loosen sides from pan with a knife; remove rim from pan. Cool cake completely. Dust with confectioners’ sugar before serving.
The USF College of Public Health values undergraduate education. In Fall of 2019, we welcomed the Bachelor’s of Science in Health Sciences (BSHS) to be offered alongside our existing Bachelor’s of Science in Public Health (BSPH). We are now home to over 2700 undergraduate students. The BSPH program highlights the values of public health: health promotion, injury and disease prevention, and a focus on population health. The BSHS offers a highly interdisciplinary curriculum for students interested in a health profession with concentrations in biological health, social and behavioral health, healthcare administration, aging, and health information sciences. Between the two majors we offer a solid foundation for any student interested in a future in health professions.
RECIPES
Our practice is Our passion

RECIPE CARD 1

For: ____________________________
Prep Time: _____ Cook Time: _____ Serves: _____

ingredients:
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directions:
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RECIPE CARD 2

For: ____________________________
Prep Time: _____ Cook Time: _____ Serves: _____

ingredients:
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directions:
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Fun Fact ‘1
In 1995, the American Public Health Association sponsored the first National Public Health Week to honor those working tirelessly to improve the public’s health.

Fun Fact ‘2
Each year, students nominate a faculty member who has made a major contribution to student development and education. The award, now in its thirteenth year, recognizes Elizabeth Dunn as the 2020 recipient.

Fun Fact ‘3
The first alumni awards were presented five years ago during the COPH’s 30th Anniversary. Twenty-eight alumni were honored.

Fun Fact ‘4
On December 13, 1998, nine students graduating from the USF COPH were the first students ever to earn their MPH degrees via satellite.

Fun Fact ‘5
The USF COPH was founded in statute by the Florida Legislature in 1984 as the first school of public health in the State of Florida.

Fun Fact ‘6
In 1991, Dale Eldred was commissioned to create an art piece for the COPH using its unique architecture and skylights. If you take a look around the college you might even see a rainbow or two produced by his light-reflecting art.