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**Main Dishes**

**Zighni — Spicy Chicken Stew** (Eritrea | Oakland, CA)  
Communal circle warms friends on a cold and foggy day.  

**Guatemalan Tamales** (Guatemala | East Tennessee)  
Sunday afternoon meetings and meals provide support for workers affected by raids.  

**Chicken Biryani** (Bangladesh | New York, NY)  
Biryani tradition brings communities together across the boroughs.  

**Shrimp in Aguachile** (Mexico | San Diego, CA)  
Spicy shrimp with cooling cucumber: a fresh combination after a long day of organizing.  

**Miss Beverly’s “Po Man’s Steak”** (Shelbyville, TN)  
Dinner and dialogue in Tennessee help people embrace their changing communities.  

**Coachala** (Mexico | Austin, TX)  
Handed from mother to daughter and featured at Cocina Latina.  

**Nasi Lemak - Rice in Coconut Cream** (Malaysia | San Leandro, CA)  
A potluck of yellows to celebrate Bersih, the clean movement.  

**Tamales de Rajas** (Mexico | New York, NY)  
A staple meal rises in popularity and sustains food vendors and their communities in NY.  

**Champurrado** (Mexico | New York, NY)  
The perfect compliment to serve with Tamales de Raja.  

**Mborokhé** (Guinea Conakry | Senegal)  
Migrant workers organizing for rights and blending regional recipes in West Africa.  

**Colombian Lentils** (Columbia | Houston, TX)  
Lentils, always lentils…  

**Pasta alla Norma** (Sicily, Italy | San Francisco, CA)  
Pasta and opera: the perfect union.  

**Quinoa Salad** (Oakland, CA)  
Quinoa’s health benefits offer women a delicious alternative.  

**Mestre Ombrinho’s Seafood Soup** (Brazil | Oakland, CA)  
Dance, food and communal meals – building family across borders.  

**Pimento Cheese Grilled Sandwich** (Raleigh, NC)  
The Grilled Cheese Bus: Powered by Community and Fueled by YUM!
Rita’s Bread Cutlets & Julie’s Upma (India | Muscat, Oman)
Rainy day favorites at the women’s shelter.

Mommy’s Guyanese Curried Chicken (Guyana | Jersey Shore, NJ)
Staying connected through the nuance of flavor.

Japchae — Korean noodles with stir-fried beef and vegetables (Korea | Oakland, CA)
Historic noodle dish brings AIWA members together and helps recharge batteries.

Caldo de Queso (Sonora, Mexico | Tucson, AZ)
Warm soup to support the work of Derechos!

Jollof Rice (Nigeria | Jackson, MS)
Feeding the Immigrant Workers Freedom Ride and beyond!

Khoresh Fesenjoon (Iran | Montreal, Canada)
What’s better than walnut and pomegranate?

Desserts

Asparagus Cake (Hart, MI)
The asparagus harvest and Mexican Migrant culture in Michigan.

Suji da Halwa (Pakistan | Los Angeles, CA)
A favorite dessert shared at temples, mosques and grassroots community meetings.

Kamoteng Kahoy na Bibinka Galing sa Asingan (Philippines | Oakland, CA)
Sweet Filipino cake wins Best Overall in community cook-off.

Kheer — Indian Rice Pudding (India | Fresno, CA)
Friends gather for the Hindu festival of lights and carry on family traditions.

Dulce de Higos (Columbia | Houston, TX)
Las penas compartidas pesan menos … the weight of shared sorrow is lighter.

Rustic Sweet Concord Wine (Washtenaw County, MI)
The Grape Festival! Pick, stomp, stir and taste!

Baklawa bil Keshta (Palestine | San Francisco)
Sharing with our friends outside of Palestine.