



Rivers Edge Cookbook

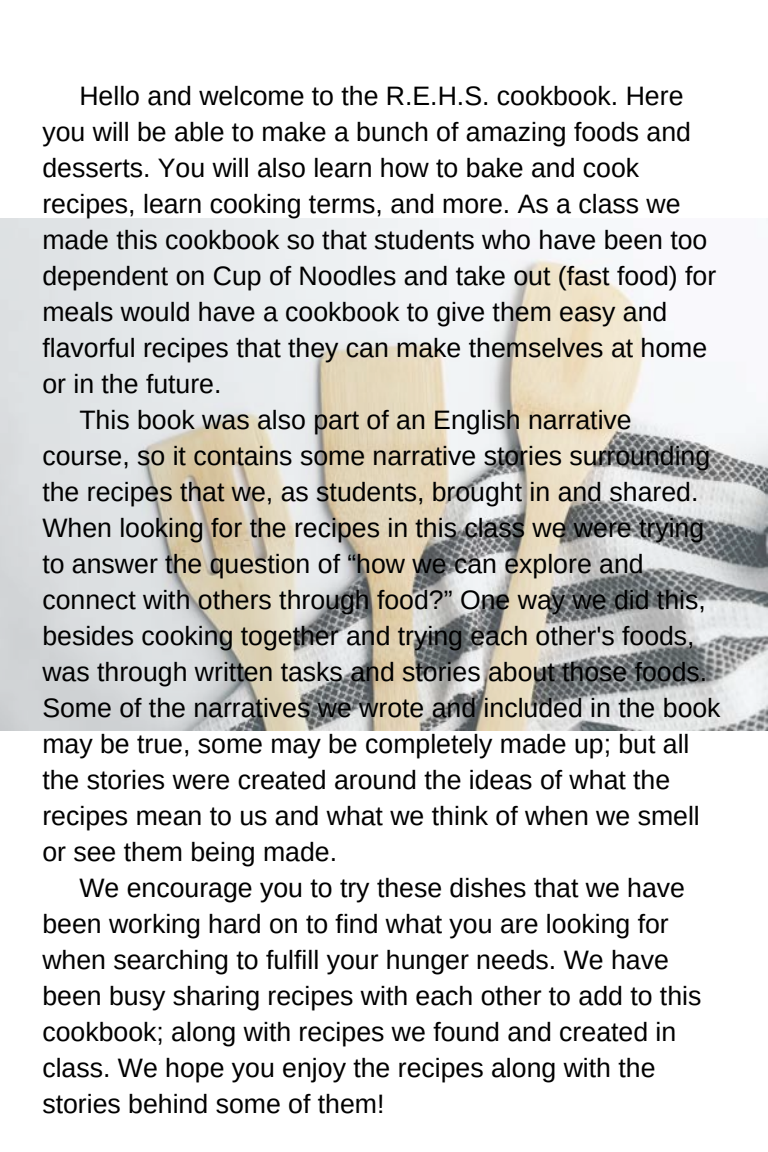
*These recipes will have
you on the edge.*

*Recipes provided from
students at Rivers Edge
High School.*

Cover made by Reid Lewis
and James Helms

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Hello and welcome to the R.E.H.S. cookbook. Here you will be able to make a bunch of amazing foods and desserts. You will also learn how to bake and cook recipes, learn cooking terms, and more. As a class we made this cookbook so that students who have been too dependent on Cup of Noodles and take out (fast food) for meals would have a cookbook to give them easy and flavorful recipes that they can make themselves at home or in the future.

This book was also part of an English narrative course, so it contains some narrative stories surrounding the recipes that we, as students, brought in and shared. When looking for the recipes in this class we were trying to answer the question of “how we can explore and connect with others through food?” One way we did this, besides cooking together and trying each other's foods, was through written tasks and stories about those foods. Some of the narratives we wrote and included in the book may be true, some may be completely made up; but all the stories were created around the ideas of what the recipes mean to us and what we think of when we smell or see them being made.

We encourage you to try these dishes that we have been working hard on to find what you are looking for when searching to fulfill your hunger needs. We have been busy sharing recipes with each other to add to this cookbook; along with recipes we found and created in class. We hope you enjoy the recipes along with the stories behind some of them!



~Cooking Terms~



Al dente: In Italian, it means “to the tooth.” It is when pasta is cooked to just firm.

Bake: To cook food with dry heat in an oven. It is called roasting when it involves meat, poultry, or vegetables.

Barbecue: To cook food on a roast or spit over coals.

Baste: To moisten food while it is cooking to keep it from drying out and to add flavor.

Beat: To rapidly stir a mixture of ingredients with a spoon, whisk or mix until the desired consistency is reached.

Blend: To thoroughly mix two or more ingredients with a whisk or a blender.

Boil: To heat water until 212°F

Broil: To cook over or under high heat

Brown: To cook over high heat on the stove to brown the outside of food to seal flavor and moisture into meat or poultry.

Dice: Cutting food into small cubes

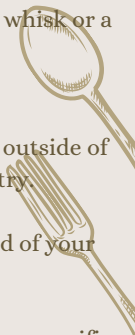
Marinate: To have food in a container or pot with a liquid of your choice for a certain amount of time

Chill: refrigerate till cooled thoroughly

Simmer A technique where food is cooked in liquid within a specific temperature where bubbles form and gently rise to the surface but not at a full boil.

Dissolve: Stir a dry ingredient into a liquid component until the dry element dissolves.

Drain: Pour off the liquid by putting the food into a strainer or colander set in the sink.



Nutrients Pyramid Chart from Least to Most Nutritious at the Top of the Pyramid

fruits,
peanuts

veggies and
oils

meats, eggs, nuts, seeds

bread, beans and sugar



Measurement Abbreviation Guide

DON'T BE AFRAID TO LOOK BACK ON THESE
WHENEVER YOU ARE COOKING, NO SHAME IN
FORGETTING AND HAVING TO REMIND YOURSELF



- tsp = teaspoon.
- tbsp = tablespoon.
- pt = pint.
- qt = quart
- oz = ounce(s)
- lb = pound(s)
- min = minute(s)
- hr = hour(s)
- doz = dozen
- ml = milliliter
- l/L = liter
- pkg = package(s)
- XL = extra large
- C = cup



Equipment Needed for Cooking

Whisk



Ladle



Slotted Spoon



Blender



Spatula



Silicone cooking spoon



Frying pan set



Griddle



Strainer



Cooking pot



Lg, Med, Sml bowl set



Sauce pan



Lg, Med, Sml Stainless steel bowl set



Baking trays



Baking sheet/Cake tray



Knife Set & Purposes for each knife

PIZZA	
PEEL	
VEGETABLES	
UNIVERSAL	
COOK'S	
SPATULA	
FILLET	
BREAD	
AXE	

Peeler: used for peeling vegetables, potatoes, and fruits.

Cooks knife: is used for mincing, slicing, chopping vegetables, slicing meat, and disjointing large cuts.

Spatula Knife: its uses are for baking tasks that require you to level, lift, or compress.

Fillet Knife: it is used for filleting fish and getting rid of bones.

Axe/Cleaver: its use is for splitting up large pieces of soft bones and slashing through thick pieces of meat.

OUR CLASS RECIPES

In the following pages you will find recipes that we brought into class after interviewing a friend or family member about the recipe. We hope you enjoy!



Chocolate Chip Pancakes

Ingredients

- (1/2 stick)
unsalted butter
- 1 cup whole, 2 percent fat, or 1 percent fat milk
- 1 1/4 cups flour
- 1 tablespoon sugar
- 4 teaspoons baking powder
- 3/4 teaspoon salt
- 2 eggs
- 6 ounces chocolate chips
- Butter, for cooking

The Steps

1. In a small saucepan, combine the butter and milk. Place over low heat just until warm and the butter is melted. Let cool slightly. In a bowl, combine the flour, sugar, baking powder, and salt; mix well.
2. In a large bowl, whisk the eggs with a fork. Whisk in the milk mixture. Add the dry ingredients and mix just until barely blended. Add the chocolate chips and mix.
3. Heat a griddle or large skillet over medium heat. Add about 1 teaspoon of butter and melt until bubbly. Ladle 3 tablespoons of batter for each pancake onto the hot surface and cook until bubbly on the top and golden brown on the bottom. Turn and cook until golden brown on the other side, about 30 seconds more. Repeat until all the batter is used up. Serve hot.

www.DeliciouslyDivine.com

Good Old Pancakes

“Grandpa,” I called.

I had just woken up and remembered I was at his house. I got excited with what I was guessing was coming for breakfast.

“Grandpa,” I called again.

It hit me, the sweet smell of the mixture of flour, milk, eggs, and chocolate chips...pancakes I thought! Whenever I smell flour, it instantly makes me think of pancakes or my grandma’s chocolate sponge cake. I then listened for the pancakes to be mixed, I knew if that were the smell, I would find Grandpa in the kitchen.

I love Grandpa’s pancakes; they are absolutely delicious. He used to make them during camping and hunting trips, but then the stove broke in his camper, and he quit making them. I looked forward to each time I got to eat them. I always eat them with two sides of maple syrup and whipped cream. Grandpa always had two kinds of maple syrup, winter cabin maple syrup and sweet home maple tree. To me, the winter cabin syrup was the best, with the pile of whipped cream on my pancakes, like a mountain of snow.

“You shouldn’t be using that much syrup on your pancakes Lily; you will rot your teeth like me!”

Lilly looked up at me and giggled and kept pouring. Grandpa chuckled and said, “We all have poor teeth, she’s ok.”

Although after this, I have noticed that the whipped cream mountain has gotten smaller and smaller over the years.

With the pancakes melting chocolate in my mouth, I raised the side glass of homemade apple juice. When Grandpa still had his apple tree in the backyard, I remember he would pick over 20 apples, peel them with his pocketknife, and squeeze them until all the juice came out with some type of net tool. He would then put the leftover apples in a grinder, one by one each apple would be turned into juice and served to everyone. I will never forget the juicy fruity taste, with some left-over apple chunks, that always went with the wonderful pancakes. The tree got an illness that ruined the fruit and he had to chop it down, but the pancakes still were the same.

Million Dollar Fudge

Cooper Dorsett

INGREDIENTS

1/2 cup of butter or margarine
4-1/2 cups sugar
1 can (13 oz) evaporated milk
3 pkg (12 oz. each) of BAKER'S
semisweet chocolate chunks
1 jar (7 oz) JET-PUFFED
marshmallow creme
3 cups chopped PLANTERS pecans
1 tsp. salt
1 tsp. vanilla

SERVE

makes six pounds

DIFFICULTY



INSTRUCTIONS

Bring butter, sugar and milk to a full rolling boil in heavy 4-quart saucepan, stirring constantly. Boil for 5 minutes on medium heat, stirring constantly to prevent scorching.

Remove from heat, gradually stir in chocolate chunks until melted. Add remaining ingredients; beat until well blended

Pour into greased 13 x 9-inch pan. cool; cut in to squares and enjoy.



The Story Of My Moms Million Dollar Fudge

Did you know that fudge was first made in 1886? Many believe the first batch of fudge was created by accident when American bakers “fudged” a batch of caramels. Hence the name “fudge”. So this story starts in my room playing games with my friends having a great time when all of a sudden my mom shouted, "Gosh Darn it!" from the kitchen in an angry tone. So, I told my friends I would be right back! I turned off my game and ran downstairs with a look of shock on my face as I saw the look of disappointment from my moms face.

I asked what was wrong and she said “I ruined the frosting for your dad's cake”.

I encouraged her saying, “you could not have messed up that bad” trying to calm her down. I went over to the pot where the “failed frosting” was and dipped my finger in it and tasted it and it tasted like the best thing ever. I asked my mom if I could save it for later in a Tupperware for a yummy treat later with a graham cracker.

She replied “I don't care, go for it, but now I have to make it all over again”

I proceeded to put the “ruined frosting” in a Tupperware and stored it in the fridge.

After mom stored it in the fridge she frustratingly told me “I am just going to make your grandmas million Dollar Fudge instead” so she went to the store and grabbed every ingredient she needed and rushed home as fast as she could go cause dad could be home any minute. And that is what she did she made the fudge without messing up this time and served the cake with the million dollar fudge; he loved it. Dad said “this is the best thing ever we should make it more often” and my mom agreed and she made it for almost everything.



Pesto Pasta

Solomon Feser

A pasta that bring more than flavors together

Ingredients :

1/2 cup of chopped onion
2 tablespoons pesto
2 tablespoons olive oil
2 tablespoons grated Parmesan cheese
1 (16 ounce) packaged pasta
salt for taste
grounded black pepper for taste

Procedure :

1. Fill a large pot with lightly salted water and bring to a rolling boil. Stir in pasta and return to a boil. Cook pasta uncovered, stirring occasionally, until tender yet firm to the bite, about 8 to 10 minutes. Drain and transfer into a large bowl.
2. Meanwhile, heat oil in a frying pan over medium-low heat. Add onion; cook and stir until softened, about 3 minutes. Stir in pesto, salt, and pepper until warmed through.
3. Add pesto mixture to hot pasta; stir in grated cheese and toss well to coat.

Prep Time : 5 min

Cook Time : 10 min

Servings : 8

Enjoyed best when shared.



This story is more than just about a recipe, it includes compassion, emotions, and happiness. A story about me, Solomon, when I was about ten years old. Eating a dish, I loved more than my dog and more, but also how it brought me and my family together over a simple yet delicate smell of pesto in the kitchen.

As I was growing up, I realized my mom did the majority of cooking for every meal, like breakfast, lunch and dinner. And my dad was more of a BBQ kind of guy or if there were ever burgers or hotdogs, I knew who made them. My mom was more into healthy food, so it was hard to eat some of the meals she would make. But now I'm more likely to eat whatever she makes nowadays because I can stand eating my vegetables now. One of my favorite dishes she would make is chicken pesto pasta. This pesto was a recipe my family and I would never back down from. It's a loveable dish by many. The pesto sauce is made from fresh herbs & oils, and the pasta is homemade or is store-bought. Most of the time, the items were store-bought but there were other occasions my mom would make it from scratch, which could take a bit longer.

I can remember the first time I had the dish, and as soon as I took the first bite, I knew this was going to be something I will never ever forget. I would ask my mom what she put in the pasta, and she would reply back saying "I put some herbs, love and chicken just the way my tough boy likes it". It would come down to times I would ask her after school if she could make pesto pasta and she would tell me "we don't got anymore pasta or pesto, we ate it all up", I would leave a little upset but ready for next time she makes the dish. As the day went on, she would be on her way home from running errands with ingredients for dinner. Well I was bringing in the groceries I seen the jar of pesto sauce and knew exactly what she was making for dinner. Months go by and it's been awhile since I've had the dish, and one day I woke up and went on with the day doing schoolwork, and after I walked home and caught a familiar smell that pulled my interest to what my mom could be making. After I walked inside and saw what she made for me and us for dinner, my jaw dropped. It was the smell of some fresh chicken pesto pasta. The one and the only thing I was looking forward to when I got home from school.

Coming home and realizing my favorite dish was made for me by someone I cherished was a big thank you for doing your best! I will never forget this dish/recipe for the rest of my life.



VANILLA COOKIES

With Chocolate Chips

Gavin Gomez

INGREDIENTS

3 1/2 cups of all purpose
flour
2 teaspoon of baking
soda
(1 teaspoon of salt if
unsalted butter)
3 sticks of salted butter
3/4 cup of granulated
sugar
1 1/4 cup of brown sugar
(packed)
2 packages of vanilla
pudding mix
2 eggs
2 teaspoon of vanilla
extract
chocolate chips (about
half a bag)

DIRECTIONS

1. Sift dry ingredients together in large bowl
2. Melt butter in saucepan and let cool, then add both sugars to separate bowl and mix till well combined. Next add eggs and vanilla extract
3. Heat oven to 350 convection bake
4. slowly add dry ingredients to wet mixing a little at a time till all are incorporated. Add chocolate chips last
5. Let dough chill for 30 mins to an hour. When chilled pull out and weigh dough balls at 55g (just a little smaller than the palm of your hand) lightly flatten and put on a sheet. cook for exactly 15 minutes
6. If the silicone baking sheet is unavailable put it on a metal baking tray for alternative

NOTES

It tastes better with more chocolate chips.

A STORY ON THE BEST COOKIES

So, there I was, phone in hand laying on my bed scrolling through cat videos while the clock ticked in the background. Then suddenly my bedroom light flashed on while my dad stood in the doorway waiting for me to adjust to the light while asking me what I was watching which I replied "cats missing their jumps" with a grin across my face to which he asked if I wanted to bake cookies. He wasn't even halfway done saying "cookie" by the time I was already out of bed and by the stairs waiting eagerly for him. We raced down the stairs barely keeping our footing to not fall, screeching around the corner into the kitchen where the sudden weight of the situation hit us. None of our baking utensils were clean! My dad and I looked at each other dumbfounded. We got ourselves together and darted towards the bowls, pans and various other measuring cups and whisks scrubbing and drying simultaneously; one by one we dried everything.

Afterwards my hands were tainted by the smell of dish soap while my dad and I took a break. We sat down and watched some TV for a bit before asking me if I was ready. While he preheated the oven and got the mixer ready, I started mixing the ingredients together one by one. First flour and sugar then the brown sugar and baking soda, then finally I dumped the pudding mix into the sifter and sifted it thoroughly.

On the other side of things my dad was melting butter on the stove while the oven was heating up just below it. When it was melted we both shimmied into the corner of the kitchen which housed the mixer we cracked our eggs. and poured our vanilla extract into it finally putting our concoction of flours and sugars in slowly. I flicked the switch on the mixer and it came to life mixing the ingredients together slowly, then faster and faster until it become this glob of heaven.

Then my father and I looked each other in a deadly stare straight out of an old western movie waiting to see who would make the first move, we pulled our hands up while no word was spoken then we started our battle rocking our hands up and down 3 times finally we shot he chose paper I chose scissors. I was victorious yet again. So I grabbed the chocolate chip bag and cut it open slowly pouring it into the bowl until I was satisfied with the cookie dough to chocolate chip count.

We didn't even wait for the dough to cool before forming them into little dough balls and spreading them out in a cooking sheet and throwing them in the oven my dad and I both sat in front of the oven making small talk about Star Wars and video games then *Bing* they were done. I got the oven mitts on my hands while my dad turned off and opened the oven. I slid the tray out and put it on the counter while my dad pried them off the sheet with a spatula and put them on a plate. We victoriously walked upstairs with our cookie plate without even cleaning the kitchen, we sat down and put on Star Wars while eating our cookies.



Oatmeal raisin cookies

RECIPE BY JAMES HELMS

ingredients

1/4 cup of butter
1 cup of brown sugar
1/2 tsp of vanilla extract
3 quarters cup of flour
half tsp of baking soda
half tsp of cinnamon
3 cups of oats
1 cup of raisins

directions

- add 3-quarters of a cup of unsalted butter to a bowl
- add a cup of brown sugar to the bowl then mix until smooth
- add 1 egg
- add 1/2 tsp of vanilla extract mix
- get a different bowl then add 3 quarters of a cup of flour
- add half of a tsp of baking soda
- add half a tsp of salt
- tsp of cinnamon then mix
- add 3 cups of oats then mix

Mix the dry and wet ingredients separately. When your done mixing add the dry ingredients to the wet ingredients, then add a cup of raisins and mix again. Bake at 350 degrees for about 12 to 13 minutes.

James' ugly Oatmeal Raisin Cookies

One morning I woke up and I got a whiff of someone baking cookies. I got up from bed trying to keep my eyes open because I was so tired.

I thought to myself, "what is that sweet scent it sort of smells like brown sugar?"

Wondering what that smell was I stumbled over to my door and then I walked to the kitchen. I saw my grandma baking oatmeal raisin cookies. I thought "hmm I wonder what those taste like? They smell so good they smelt like brown sugar cookies with oatmeal". My mouth was watering with anticipation of the taste.

I asked her what the recipe was and that was the day I found out the recipe for oatmeal raisin cookies. My grandma was kind enough to walk me through how to make these delicious cookies. As we were making them together, I heard my grandma talking about where she got the recipe. She was saying that she got the recipe from her grandparents and the recipe has been passed on she told me how she saw her grandparents make the same cookies. I replied, "oh can you tell me more about the recipe." She grimmiced with "I sure can!"

As we were making them, she was telling me about the history of how the recipe was passed down. My grandma exclaimed, "my grandparents they put ingredients together that they had available and ended up making oatmeal raisin cookies and somehow they turned out delicious." My grandmother did a slight change to the recipe, and she told me all the things that she added to the recipe. And how they showed her how to bake the cookies. And then when we made them, they were the best cookies I have ever made. They were soft, sweet, and chewy. They were so good, and they made my mouth water. And then we showed my mother how to make them.

After we made the cookies, we wrote down the recipe and now we make them on special occasions like Christmas, Thanksgiving, and the 4th of July. It has become a tradition to share our recipe with friends and family.



CHERRY RHUBARB BARS

Angel Peiffer

Ingredients:

- ~Rhubarb Filling~
- 4 cups chopped rhubarb
- 2 tbs lemon juice
- 1 cup white sugar
- 1/3 cup cornstarch
- 1 (20oz) Cherry pie filling
- ~Cake~
- 3 cups flour
- 1 cup white sugar
- 1 tsp baking powder
- 1 tsp salt
- 1 cup cold butter (cubed)
- 1 cup buttermilk
- 2 eggs lightly beaten
- 1 tsp vanilla extract
- ~Topping~
- 1 1/2 cup sugar
- 1 1/2 cup flour
- 1/2 cup cold butter, cubed

Procedure:

Step 1 ~Combine rhubarb and lemon juice in a large saucepan over medium-low heat; cook, often stirring, for 5 minutes.

Step 2 ~Mix 1 cup sugar and cornstarch together in a bowl; stir into the rhubarb mixture. Cook and stir until the rhubarb mixture thickens and bubbles about 5 minutes. Stir in pie filling; remove from heat and excellent packing, about 10 minutes.

Step 3 ~Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Step 4 ~Combine 3 cups flour, 1 cup sugar, baking powder, baking soda, and salt in a large bowl and cut in 1 cup cubed butter until the mixture resembles fine crumbs.

Step 5 ~Beat buttermilk, eggs, and vanilla extract together in a separate bowl. Add to the flour mixture and stir just until the batter is moistened.

Step 6 ~Spread a little more than half of the batter into the prepared baking dish and top with cherry-rhubarb filling. Drop teaspoonfuls of remaining batter over the filling.

Step 7 ~Combine 1 1/2 cup sugar and 1 1/2 cups flour in a bowl; cut in 1/2 cup cubed butter until the mixture resembles coarse crumbs. Sprinkle mixture over batter.

Step 8 ~Bake in the preheated oven until a toothpick inserted in the center comes out clean, 40 to 45 minutes.

GRANNYS RHUBARB BARS

In the summer, when I was 5 or 7, I went to my grandma's, and we spent time together for a bit. After a while, she asked if I wanted to make something with her, and little did I know it was Cherry Rhubarb bars. I had never tried Rhubarb before and did not like how it looked.

I thought it would be easy to help her, but she pulled out several measuring tools. I was so confused about what they were for at first until she explained that they helped get the exact measurements for the recipe.

As we continued and my grandma was reading the recipe, I thought I was going to mess it up and became extremely nervous. I got the feeling that I was going to mess up...big time...I did not feel confident or comfortable at all. I quickly backed away from the counter and was looking to escape. She then pointed at me (unknowingly with the knife she had been cutting the Rhubarb with) and said that I needed to get back up there to help her. I became even more scared because she was telling me to get back up there with a knife. Then Grandma looked down, set the knife down, and looked at me. I got back up on the stool and started again...this time, I got a little dirty.

While we were preparing the recipe, and once we were done, I thought we had done all right. I was both glad that I had stuck through it and also glad that the entire experience was done and over with. We put the Cherry Rhubarb bars in the oven, and I walked away for a good 45 mins and went to watch Wheel of Fortune with Grandma, her favorite show to watch.

After we smelt it was done, we went over and got it out of the oven. I poked a toothpick into the center of the cake to make sure that nothing came out on it, that the toothpick was clean, and then we let it cool for 20 minutes or so to make it just the right temperature to eat. My Grandma began dishing it up and put some ice cream on top to get me to try it...I couldn't resist ice cream. It was so good, and I loved it, we also had a glass of milk on the side to wash it all down.

Then my Grandpa walked through the door and said, "what is that delicious smell?" Grandma proceeded to explain to him that it was the food we had made and eaten some of. He asked where his part was to try!

After he got a piece, we all settled down to continue watching Wheel of Fortune together.

INGREDIENTS

6 green tomatillo
1 garlic clove
tortilla
Knorr(seasoning de res)
Knorr de pollo
tomato paste
sour cream
3 tomatoes
half onion
10 total green chiles
(jalapenos)
2 bunch of cilantro
2 cups white rice
2 cups of beans
mozzarella
cheese
2 pounds of skirt beef
sliced avocado

pico de gallo ingredients:

1 small bunch of cilantro
3 tomatoes
half onion
5 chiles

hot sauce :

a small bunch of cilantro
6 green tomatillo
1 garlic clove
5 green chiles (jalapenos)
a little salt

Adrian Linares



BURRITOS

the good old way

DIRECTIONS

pico de gallo recipe:

dice/chop tomatos, onion, 5 green chile, a little bunch of cilantro & mix everything together with a little salt.

cook the beans(optional)

frying the carne asada:

heat up a pan and add your chopped up asada on high heat while frying add your seasoning, 1 spoon of add knorr de res, and seasonings of your choice. once fully cooked through remove from stove and enjoy

Rice recipe:

add oil to your pan & wait for your pan to heat up. then your rice to your pan on high heat. stir until your rice starts to change in color then add your tomato paste. mix rice with paste until its fully mixed in, then add your 1 spoonful of knorr de pollo along with your other spices and mix into rice. after fully mixing in add 4 cups of water to the pan and let simmer for 15 minutes. after 15 minutes remove off pan and enjoy

sauce:

add to a blender and add 6 green tomatillos 1 garlic clove, and 5 green chiles blend together and add a bit of salt
after everything is made and a 1 serving spoon of meat rice and beans, and pico, sour cream, sauce,
sliced avocado and cheese is how much you would like but not to much because you still have to wrap the burrito

NOTES

A burrito is a very flexible food because it allows you to make them in different ways! You can fill it with eggs and hash brown along with beans to make a breakfast or make a burrito with only the meat changed! dont be afraid to try new and different ways to enjoy your burrito!

Adrian's Exquisite Burrito

I was shaking; my knees were weak, and my arms were heavy. It was the weekend, and I oversaw feeding my sister and me. I was worried that this was one of my first cooking all alone.

I had just been picked up from school by my mom on a Monday afternoon and was on our way back home. I was excited for the weekend to relax and sleep all day. Suddenly as we were walking out of the car, my mom said, "hey do you think you can do me a huge favor?" I thought it would be a simple favor and did not think much of it. "Sure, what's up?" I replied. My mom then just drops a truth bomb. "Your father and I will be visiting Vegas for the weekend with family, do you think you can watch over the house and your sister?" I reluctantly agreed but in a more nervous tone. She said that I would have to watch the dogs and clean the house; simply, I could do that. What made me nervous was the fact I would have to make food for my sister. After our interaction, I kept thinking about how to make food for my sister, so I asked my mom, "hey do you think you can help me make burritos?" My mom agreed, so for dinner, I made burritos by myself with the aid of my mom. They came out all right but felt I could have done better. I worried that I would mess up over the weekend and/or cause a mess. But this was all the practice I was going to get.

The weekend arrived, and I was apprehensive. My parents had already left, and so I was on my own. I decided that I would make the burritos for Sunday and Monday, order pizza Friday, and make mac-n-cheese and eggs on Saturday. So, for the first 2 days, I was incredibly nervous, dreading the day I would have to cook. Finally, the day came when I would have to make my own burritos...without help. I mustered up the courage and began to make the burritos. I started by getting all my ingredients, which did not take long. I then washed my hands thoroughly and my vegetables. I heated up a pan, added my rice, and let it cook a bit before adding my paste and spices to give it flavor. After, I added water and let it simmer for 20 minutes. While that was simmering, I decided to fry my meat, which was not hard, like I imagined it would be. In fact, I was breezing through it all without worry.

After 20 minutes of rice and meat cooking, they were done, and I set them aside to make my Pico and salsa. I also made those without worry, and after making everything, I finally made myself a burrito. I was delighted with myself as it even tasted good! It was a success! When everything was set and done, I felt proud of myself for doing this all alone and it actually turning out great.

Monday came along, and my parents finally arrived home and were incredibly pleased with my food and work around the house. I was glad that I could be even more independent than I initially thought. I even got tipped \$100 by my parents because I had made a bet on a boxing match with my mom, so when she was in Las Vegas, she placed a real money bet on that fight and won! She gave me the money for doing such an excellent job.



BACON CHICKEN WRAPS

Ingredients :

- 2 lbs of boneless skinless chicken breast
- 2 eggs
- 1/4 cup of milk
- 1 box of breadcrumbs
- 1 cup
- salt and pepper to taste
- shredded cheese
- 1 onion (chopped)
- 1 tomato
- 1 bag of lettuce

Prep Time : 15

Cook Time : 15

Servings : 4

Procedure :

1. Take your chicken pat them dry then filet them all
2. In a medium bowl whisk your eggs and a little bit of milk, in a separate bowl add your breadcrumbs
3. Dredge the chicken in the egg mixture then breadcrumbs and repeat
4. In a skillet add a half a cup of oil on medium when you start to see little bubbles add the chicken gently turning after 3 to 4 minutes on each side
5. Get a cookie sheet lay pieces of bacon close as possible bake on 350 until bacon is crispy
6. Dice up Chicken and bacon then in a bowl add diced up chicken and bacon and mix it up
7. Then get a tortilla put some ranch dressing in it add chicken bacon mixture Cover with some shredded cheese, some onions, lettuce, and tomato if you like and roll
8. Enjoy

Bacon-Chicken Wrap Story

I woke up on a crisp beautiful Monday evening around 2:30pm while still half asleep. I fumbled out of the bed and hopped straight into the shower. After the shower I felt a little more awake and ready for the rest of the day. So I got changed and headed downstairs to a delicious scent of bacon. I walked up to my grandma to say hello and asked, "What are you making? All I can smell is the bacon"

I said, to which she responded with "Bacon-chicken wraps." ... "Sounds good" I said. The thought of a new meal excited me so I was ready to eat and very impatient. I decided that with all my energy I should not waste it. I got a couple friends together and we headed to the gym. We got to the gym around 3:30pm and we worked out for about 2 hours and on the way home I just could not stop thinking about the bacon-chicken wraps. They just sounded delicious! I finally arrived home ready for the amazing smell of bacon and chicken deliciousness. But when I walked into the house, I could only smell a tiny hint of bacon. I walked towards the kitchen in hopes there was going to be a tasty meal awaiting me. But instead I only saw a plate of cooked bacon, 2 pounds of raw chicken, 1 tomato, 1 onion, a bag of lettuce, flour, and breadcrumbs.

I was confused so I started looking for my grandmother to ask what had happened and she was upstairs in bed "What happened with the chicken bacon wraps?," Grandma replied tiredly, "I was not feeling the best so I could not finish it." I decided I was going to make my family dinner. I headed downstairs and began cooking. I took the 2 lbs boneless chicken and started filleting each piece of chicken. I then set up the dunking and crumbing part of the counter. I started out by taking 2 eggs and cracking in a bowl then adding $\frac{1}{4}$ a cup of milk and whisk it all together. Once it was fully combined I filled a separate bowl I filled with a box of breadcrumbs and set it aside. Once everything was prepared I grabbed a skillet, put it on a medium heat, and filled it a little under half way with oil. I started seeing little bubbles so I began repeating dredging the chicken in the egg mixture and breadcrumbs and putting them gently into the oil. I was gently turning the chicken after about 3 to 4 minutes on each side. I had to cook a little more bacon as well so I laid pieces of bacon as close as possible and baked them on 350 until the bacon was crispy. After the bacon was cooked, I grabbed a bowl and began dicing up the chicken and bacon and adding it to the bowl and mixed it. With the bowl of the chicken and bacon mixture was ready I set it aside and started dicing up 1 full onion and 1 full tomato and adding each into separate tiny bowls.

I finished cooking, set up the table and called my family down for dinner shouting, "dinner ready!!" I yelled throughout my house, everybody excitedly headed downstairs and sat down for dinner. We all talked and laughed and enjoyed dinner talking about the day, "this is so delicious" I said to my family.

chocolate chip peanut butter cookies

A RECIPE BY ABBY LEAVER

ingredients

- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 cup butter softened
- 1 teaspoon vanilla
- 1 egg
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup coarsely chopped nuts
- 1 cup peanut butter
- 1 package (12 ounces) semisweet chocolate chips (2 cups)

directions

- Heat oven to 375°F.
- Mix sugars, butter, vanilla egg, and peanut butter in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Stir in nuts and chocolate chips.
- Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
- Bake 8 to 10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet. Cool on wire rack.

• Heat oven to 375°F.

• Mix sugars, butter, vanilla egg, and peanut butter in large bowl. Stir in

Lookie Here at My Cookie

What is one thing you need when you are stuck inside all day? Chocolate chip cookies, obviously! During the 2020 quarantine, many people were struggling with a new way of living. Something simple that felt like a constant in my life was my mom's chocolate chip peanut butter cookies. Sometimes the simple things are what keep you going at a rough time.

When Covid-19 struck in 2020 and everyone had to stay inside to protect themselves, it was a significant and scary change for me and my family. I had to start an online schooling program that I was unfamiliar with and I was unable to see many of my loved ones. It was frightening to not know what could be in the news the next day, or if someone I knew was in danger. My mom noticed I was struggling with these big changes, and she knew that there were few things she could do to help me at the time. During this time, her and I started baking together because of the free time we had inside. Eventually, we discovered a recipe for cookies that we both really liked.

After we found this recipe and altered it to how we like, baking them together was something we began to do often. I quickly found out that baking with my mom helped relieve my anxiety. No matter what was happening in the world at the time, we could come together and make something to cheer us both up.

Shortly after the pandemic started, my grandmother was diagnosed with Covid-19. She already had many health problems at the time, and so it was not much of a surprise when she passed, but it still hit me and my mother very hard. My mom recounted the times to me in which her and her own mom had baked together when my mother was young. At the time, they did not have the internet to rely on for recipes, and their access to cookbooks was limited. This meant that while baking, they had made many mistakes and would have to learn from them for the next time that they baked. At the time, my mom would get frustrated after messing up, but it taught her many things about baking and connected her with her mom. She wishes that she had been more grateful for this time she had with her mom at the time.

In conclusion, the hard times we had in quarantine had many hardships, but it also brought my family closer through baking. My mom passed down the tricks she learned from baking with her mom to me, and it not only brought me closer to her, but also my late grandmother. My mom and I still make these cookies together, and although they are simple, they signify the importance of loved ones and making the most of your time with them.



Recipe



Name of Recipe

Baby Ruth Bars

Haylee Dean

Time

**4 hours 10
min**

INGREDIENTS

- **4 cups oats**
- **1 bag semi-sweet chocolate chips**
- **1/2 cup melted butter**
- **1 bag butterscotch chips**
- **1/4 cup dark Karo syrup**
- **1 XL Hershey bar**
- **1 cup brown sugar**
- **1 1/2 cup peanut butter**



INSTRUCTIONS

Cookie part: Mix together oats, melted butter, dark karo syrup, brown sugar and peanut butter well.

Line bottom of pan with parchment paper, put cookie crust in pan and bake at 450 for 10 min. Let cool completely.

Chocolate part: In a double boiler combine 1 cup peanut butter bag of chocolate chips, butterscotch chips, XL hershey bar. Melt completely and pour over cookie crust put in fridge until completely chill once set cut and enjoy!



Spaghetti

Alex Brooks

ingredients

1. a box of spaghetti.
2. a jar of marinara sauce.
3. 1-2 pounds of ground beef or Italian sausage.
4. two large pots, one for boiling the pasta and the other for making the sauce.
5. serving utensils.
6. salt.
7. water.

directions

- Use a large pot. ...
- Load up the pot with lots of water. ...
- Salt the water. ...
- Bring the water to a full, rolling boil. ...
- Stir to keep the pasta from sticking. ...
- Test the pasta two minutes before it's "ready" ...
- Save a scoop of pasta water. ...
- Drain, toss with sauce, and serve hot.



Spaghetti

One thing I remember when I was younger was my mom would always make spaghetti on Mondays and Saturdays. We used to eat it all the time then it just became my favorite food. I remember we never used to get good ingredients because we would always be low on money because we lived in Brooklyn where everything was overpriced.

One thing I'll always remember is when me and my mom would go to the corner store and get the noodles, we didn't even get the actual spaghetti noodles we always got the noodles for chicken alfredo because they were always cheaper than the actual spaghetti noodles. What made it so special to me was my mom would always make it better and better every time she cooked it what also made it the best was she would always put Mexican shredded cheese on top and topped it off with parmesan cheese.

The sauce we always used was four cheese spaghetti sauce or marinara. But now that I'm thinking about it there was a lot of cheese. It never really looked the best, but it tasted amazing.

Another amazing thing about my mom's spaghetti was the smell. I would always smell it from downstairs and run upstairs to eat her amazing food. But in my opinion the best part of the spaghetti was the noodle texture, it was literally perfect. Also, she would always make the meat perfectly and the seasoning she would always put on it made it better.



Chicken And Rice Recipe

Naven Homann

1 1/2 Chicken breast,diced Parsley Optional
4 Tablespoons Butter 1/4 Cup Grated Parmesan
1 Tablespoon Paprika 1/2 Cup Heavy Cream
1 Large Onion,Diced 1 Cup White Rice
3 Cloves Garlic,Minced 2 1/2 Cups Chicken Stock
2 teaspoons Italian Seasoning Salt and Pepper

Directions

1:Season diced chicken with paprika.Toss quickly coat
2:Heat butter in a large skillet over medium heat.cook onion for 2-3 minutes
3:Add diced chicken to pan along with italian seasoning,pepper, and salt.Cook for 5 minutes until chicken is golden,stirring regularly
4:Add garlic to the skillet,cook for one more minute,then stir in the chicken stock and rice.Bring to a boil,then reduce the heat to medium-low.Cover with and simmer for 15-20 minutes until rice is cooked and tender



Chicken and Rice

Naven Homann

One thing I can remember from when I was younger was always being with my mom. Something I remember about being with my mom is I could talk to her about anything.

Anyways we are not here to talk about me and my mom, the thing I want to talk about is her cooking. When I was 8 or 9, I lived in a small town and it was me, my mom, and my little brother. We lived in a white house on top of a hill; it was in the middle of nowhere and it was quiet. When I was young I wanted to talk about my mom's cooking. I wanted to talk about a specific meal. It was so good that it would make your taste buds jump with joy.

When I said I wanted to tell you about the meal I wanted to tell you how to make it. Some of the things you are going to need is a box of Spanish Rice and pork chops. You will need a big pot to boil the rice and a fry pan to cook the pork chops. You want to cook the rice for 15 to 20 minutes. Now for the pork chop you want to butter the pan, after the butter is fully melted you want to cook the pork chop for 375 at 22 to 25 minutes. When the pork chop is done cooking use an oven mitt to pull it out when it cools down for a little after you want to cut it up into little pieces and mix it in with the rice. It is quite simple I know but I will always remember coming home and eating it I've for leftover and I do not really like to eat leftovers.

But anyway, that is the meal I will always remember eating from my childhood. But one thing I remember from making this meal is that when we were making it I remember it was storming out and there was really bad wind and it was raining. After the rain slowed down it started hailing and the hail was the size of a golf ball and I remember my mom said "go close the windows down stairs before it floods down there!" I raced down to close the windows. After we got done eating the amazing meal, we were all getting ready to go to sleep; I heard my mom yelling "THE BASMENT IS FLOODED" and all I could hear was my mom and my stepdad freaking out. I will always have that memory from that night and have a delicious meal to eat.



Eggs Benedict

Ash Broyles

ingredients

1. 2 sticks un-salted butter
2. 3 large egg yolks
3. 4 teaspoons of fresh lemon juice
4. 2 pinches cayenne pepper
5. Kosher salt
6. 2 tablespoons of distilled white vinegar
7. 8 large eggs
8. 2 tablespoons of unsalted butter plus more for spreading
9. 8 slices of Canadian bacon
10. 4 English muffins split in half
11. chopped fresh chives, for topping

directions

- Melt the butter in a small saucepan over medium heat until no longer foamy (but not browned), 6 to 8 minutes.
 - Transfer the clear butter to a liquid measuring cup, leaving the milk solids on the bottom of the pan; discard the solids
 - Heat 1 inch of water in a medium saucepan over medium heat until steaming but not simmering.
 - Combine the egg yolks, 1 tablespoon water, and 2 teaspoons lemon juice in a medium stainless-steel bowl. Set the bowl on the saucepan (do not let the bowl touch the water).
 - Cook, whisking constantly, until the egg mixture is pale yellow and thickened, 3 to 5 minutes.
 - Check periodically to make sure the water isn't boiling or the egg yolks might overcook
-
- Remove the bowl from the saucepan; slowly pour in the melted butter, a drop at a time at first, whisking constantly until thick. Whisk in the remaining 2 teaspoons of lemon juice, the cayenne, and ¼ teaspoon salt.
 - If the sauce is too thick, whisk in some warm water, 1 tablespoon at a time, to loosen it. Return the bowl to the saucepan of water with the heat turned off to keep warm; whisk occasionally.
 - Making the Eggs Benedict: Fill a large wide pot with 3 inches of water. Heat over medium-high heat until steaming with small bubbles; reduce the heat as needed to maintain a bare simmer. Stir in the vinegar. Crack 4 eggs into individual small bowls or ramekins. Carefully tip the eggs into the water, spacing them as far apart as possible.
 - Cook until the whites are set but the yolks are still runny 3 to 3½ minutes. Remove the eggs with a slotted spoon and transfer them to a plate lined with a kitchen towel. Gently blot the eggs dry and trim off any wispy pieces. Repeat with the remaining 4 eggs.
 - Melt the butter in a large skillet over medium-high heat. Add the Canadian bacon and cook until lightly browned and warmed through, 1 to 2 minutes per side. Meanwhile, toast the English muffins and spread them with butter.
 - Top each English muffin half with a slice of Canadian bacon and a poached egg. Thin the hollandaise sauce with more warm water, if necessary, and season with salt. Spoon over the poached eggs and sprinkle with chopped chives.

Who doesn't love eggs Benedict?

Who doesn't love Eggs Benedict? I for one love it and so does the rest of my family, especially my 2 brothers and grandparents. My grandparents would mostly make it for us on special occasions at their house, it could be one of our birthdays, Christmas or if we succeeded in something.

The first time I had it my grandma woke my brothers and me up early in the morning by shaking us gently and saying she was prepping breakfast for us. I remember going upstairs to the living room and looking at the pendulum clock that they had on their wall and seeing it was 7:15 in the morning. I thought to myself "Why did grandma wake us up so early?" I figured my brothers felt the same way. We all sat on the couch like we had not had any sleep that night. Meanwhile, my grandpa had already set up the TV for us he asked us "what cartoon would you guys like to watch." We all agreed on Dexter's Laboratory. In the meanwhile my grandma started breakfast for everyone. She excitedly asked us "are you guys all right with eggs benedict?" To which we responded with "what is that?" She described it and said we would "love it." As she was cooking and creating the sauce she smelled something that my nose could not comprehend. I snuck my way into the kitchen and peaked my head over the counter to see what she was doing. She was vigorously whisking in a steel bowl over a pot on the stove and I asked her what the smell was, she told me that "it was the hollandaise sauce for the Eggs Benedict!" With a smile she asked, "would you like to try some after she was finished with it?" Of course I said yes and waited patiently at the counter while she finished with the sauce, once she was done she handed me a steaming spoonful of it and told me "to blow on it." After it cooled off, I put a spoonful of sauce in my mouth. This sauce was flavorful, rich and creamy. It became my favorite breakfast meal up to this point in my life.

After I had it for the first time it was the meal I requested for my birthday every year for as long as I can remember and also on special occasions. It is a dish I will never get enough of, and I am sure it will not ever change. Whenever my mom asked us what we wanted for breakfast, lunch or dinner at our house we would all usually vote for eggs benedict knowing that she would say no! She would give in most of the time, but I'm sure she got tired of making it. She knew that we loved it and we always watched her make it. The smell was incredible and had me salivating every time I smelled it and the same goes with my brothers. We were like a pack of dogs waiting to get our bowls of food. But there was one Christmas I'll never forget when my mom woke us all up for breakfast and already had all the food done and prepared for us, she handed us our stockings and said, "we could eat once we went through it all." All my brothers and I got a video game, some candy, and Transformers. We were all insanely happy and it is one of my fondest memories of my mom and the meal she made for us.

It will always be a meal that I will cherish and enjoy, it shares so many good memories with my family. In the future, I cannot wait to start making it for my family or friends on special occasions just like my family did. In the end, it is still my favorite meal, and I am happy that my family made it for me and my brothers growing up.

SNICKERDOODLES



Sophia Risk

INGREDIENTS

-
- 1 CUP SHORTENING (PART BUTTER OR MARGARINE)
- 1-½ CUPS SUGAR
- 2 EGGS
- 2-¾ CUPS FLOUR
- 2 t. CREAM OF TARTAR
- 1 t. SODA
- 1/4t. SALT
- 2 Tbs. SUGAR
- 2 t CINNAMON

DIRECTIONS

- HEAT OVEN TO 400°.
- MIX SHORTENING, 1½ CUPS SUGAR, AND EGGS
- THOROUGHLY. BLEND FLOUR, CREAM OF TARTAR, SODA, AND SALT;
- STIR IN. SHAPE DOUGH IN 1" BALLS. ROLL IN MIXTURE OF 2 T.
- SUGAR AND CINNAMON. PLACE 2"
- APART ON UNGREASED BAKING
- SHEET. BAKE 8 TO 10 MINUTES. THESE COOKIES PUFF UP AT FIRST,
- THEN FLATTEN OUT. MAKES 6 DOZEN COOKIES.

Grandmas Snickerdoodles

Every Christmas we make food and eat delicious food. My grandma always makes snickerdoodles and she never made them with anyone. She did that so no one new her recipe.

On Christmas she would bring her cookies and they where always gone first. When you warm them up they taste the best and the smell is electric. But when they are gone everyone begs her to make more and she always says no.

“ Why not ?”

“Not till next year” my grandma told all of the family

“NEXT YEAR?” every one shouted

“yup next year!” grandma said

We all decided to start a count down for 365 days. After everything was cleaned up we gathered all of our stuff and put it in the car. Than we help everyone else get their things and put it all away in their cars. After we were done with that we did more cleaning up around the house. Than we all ordered a count down to get delivered in a week. But no one really knew what she meant when she said next year. A week later everyone's count down got delivered on New Years Eve. My grandma was so excited to surprise us with telling everyone her recipe at midnight. My grandma can't drive so my aunt picked her up and we all met at my house. We had been making food most of the day and no one knew she was bringing snicker doodles . She taped the recipe to the bottom of the plate. It was like hide and seek with a recipe. She placed it there so that at the end of the night when we cleaning up we would find it.

It was almost 12 o'clock and almost all the cookies were gone! My grandma suggested that we slow down on eating the cookies and save some for later. We looked at each other, “ok we will save some for later.”

After that not much happened; we watch the show until 11:55 and began the countdown At 11:59 we all watched the clock carefully "...54321... Happy New Year” everyone shouted! After we did that we ripped a paper off of our paper countdown for the year so that we can get the recipe for her cookies. We all started cleaning; we put everything in bags and containers then we stacked up the dishes to wash. We all took turns washing dishes but when we got to her plate my mom felt something and she said, "there's something on the bottom of this plate!" And my aunt excitedly said “what is it?” My grandma ran into the kitchen and watched the reaction as they saw it was the Snickerdoodle recipe. They were happy and mad at the same time because they bought a 365 day countdown for nothing! But all were happy that they finally had the loved Snickerdoodle cookie recipe.

Peanut Butter Blossom Cookies

Ingredients

- 48 Hershey kisses
- ½ cup shortening
- ⅓ cup granulated sugar
- ⅓ cup brown sugar
- 1 egg
- 2 tbsp milk
- 1 tsp vanilla extract
- 1 ½ cups all purpose flour
- ½ tsp salt
- ⅓ cup granulated sugar for rolling
- ¾ cup peanut butter
-



Vanaye Dellaripa

Instructions

1. Heat oven to 375 degrees
2. Beat shortening and peanut butter in a large bowl until well blended. Add both granulated sugar and brown sugar; beat until fluffy. Add egg, milk and vanilla, make sure to beat well.
3. Stir together flour, baking soda, and salt, then gradually mix into peanut butter mixture
4. Shape dough into 1 inch balls, roll in granulated sugar and place on ungreased cookie sheet
5. Bake cookies for 8 to 10 minutes or until lightly browned. Unwrap Hershey kisses while cookies are baking. Immediately press chocolate into the center of the cookie when pulled out; the cookie will crack around the edges. Remove from cookie sheet to wire rack.

Googling Recipes

Vanaye Dellaripa

Have you ever had a peanut butter blossom cookie? What's that you ask? A peanut butter blossom is a peanut butter thumbprint cookie with a little Hershey kiss placed on top. I'll let you know it is delightful. My family does a lot of baking, as we love sweets! There tends to be brownies, cookies, something made once to twice a week in our home. We have a lot of cookies, though we have never had set recipes. We are a family who will google a cookie recipe and just use the first one that pops up. That was up until about two months ago when I made the best peanut butter blossoms I had ever eaten.

These cookies were the first cookies I've made that were all eaten in less than a day and weren't thrown away four days later when they were remembered being on top of the fridge again. I had been thinking about these perfect cookies for a couple of weeks every night before I decided I needed these cookies again. Shortly after starting the recipe I realized when the dough starts to form this is not the same recipe I made before, though I have no reason to worry as the cookies will be good anyway, I know that. When I went to pull the cookies out, I once again came to the realization, these are not the same cookies I had made before. There harder, less fluffy, smaller, the chocolate needs to be pushed in, not just set on top and dented the fluffy cookies the others did. Still, I have no reason to worry, it's a cookie. Eating the cookies where the high hopes fell, it was a good cookie sure, but it was NOT the cookie I had craved. I quickly realized it was absolutely not going to do. The cookie I spent 3 weeks going crazy chasing in my mind every night is what I wanted, I didn't want anything else. I could tell by everyone else's face too when they took a bite there was slight disappointment. Carson like me pointed out exactly as I said "I thought you were making the ones you did last time? Not that these are bad but the cookies you made before were just SO good"

Now, I am determined, I need to find the recipe I used, and I need it asap. I will spend the next couple of weeks following recipes that I thought could be it, writing down every step in case I found the recipe, just for it to fall short every stinking batch. Every three days I make a batch, spaced enough that everyone can try a cookie every night without being completely over them but close enough I can find out now.

After two long weeks, 6 batches of peanut butter cookies, rounding to about 144 peanut butter blossoms, I started to feel discouraged. Here we've come, my 7th batch, as my hopes started to fall with every cookie I decided by the end of the third week, I would be done if I did not find it, using far too many ingredients and way too much time and money into these few cookies.

Anyways, back to the 7th batch. I started to let my hopes get up but kept my expectations at a minimum; when I saw how the mixture was coming together, the way the balls started to form in my hand so smoothly. This was exactly like the first batch, not sticky but not crumbly, just gliding across the palm leaving oils remaining on your hands, making each ball easier to roll after the next. Once I pulled them out of the oven, I knew I had found my recipe, but putting the Hershey kisses on top locked my conclusion in. After spending three entire weeks trying to recreate this recipe the rest of the house was tired of peanut butter cookies pleading "Please Nay, put the peanut butter away" when they'd find me in the kitchen, regardless they watched me do this every three days for weeks now and they trusted my excitement, practically jumping foot to other foot with joy as if I were a tap dancer.

Very quickly I'd started to feel the agony and anger of not being able to just find the cookies wearing off. My mom started to applaud determination

"Jesus kid I was starting to think you were going to give up, you know I would've after the first two batches."

"Yeah Tabi, we know you would have, and can we please stop making peanut butter cookies in this house for AT LEAST a month and a half???", came from dad, who obviously thought he was hilarious as we all just blankly stared at him.

"Shut up you know I'm joking, and when am I ever mad about cookies?" he remarks. I just laughed, I knew what I'd done was impressive without absolutely losing my mind even if no one else knew, I don't blame them though it sounds much easier than it had been.

After all the anger, top of the burns, peanut oil, sticky and crumbly cookie dough, but most importantly my determination I've never felt more accomplished than I did finding that recipe despite all the times I told myself I'd never eat another peanut butter cookie again.



Prep Time : 5 mins

Cook Time : 5 mins

Servings : 14 crepes

Ingredients:

- 2 cups milk , I use 2%
- 4 large eggs
- 3 Tablespoons unsalted butter , melted and slightly cooled
- 1 Tablespoon granulated sugar
- 1 teaspoon vanilla extract
- ½ teaspoon fine sea salt or table salt
- 1 ½ cups all-purpose flour , sifted if desired

Procedure:

1. Combine ingredients in blender: Mix until batter is smooth (about 15-20 seconds). Refrigerate batter for at least 30 minutes, or overnight.
2. Cook on small skillet: Spray non-stick cooking spray onto an 8-inch frying pan. Pour about 1/4 cup crepe batter into the pan and cook over medium-low heat. Turn pan immediately from side to side to form an even circle. Cook for about 1-2 minutes, then flip and cook an additional 1-2 minutes, or until the crepes are lightly browned.
3. Serve with favorite toppings: The topping choices are endless (see below). We love making them sweet and savory.

Note:

It's important to let the batter rest for at least 30 minutes, or longer if you can. I like to make the batter the night before and let it chill in the fridge overnight. This allows the gluten time to rest, which gives your crepes a light and airy consistency.

My dad always makes crepes for my family on Christmas and occasionally on normal days at our house. They're my favorite! They are always very light and tasty! I help him mix the batter while my dad either is making more batter or cooking bacon. Then he puts them in the oven on very low to keep them warm while he's cooking other food.

I like crepes because you can really put whatever you want on them. You can make savory or sweet crepes; you can put on syrup, peanut butter or whipped cream.

My dad says "whenever we get crepes at restaurants it's never as good as my crepes." I usually put vanilla pudding and whipped cream on my crepes. You can also put a sweet filling of your choice in a crepe. I like putting filling on them and roll the crepes up to make like a "burrito". I usually go for sweet crepes because I enjoy them more, however I love savory crepes too. I put eggs, sausage or bacon, and cheese in the crepe for a savory crepe.

In conclusion crepes are a great food for the holidays and crepes have a wide variety of toppings to put on them and they still taste delicious.



Bacon Ranch One Pot Chicken And Rice

Bacon Ranch One Pot Chicken and Rice - The easiest and most flavorful chicken and rice recipe ever! Packed full of juicy chicken, crisp bacon, ranch, rice, and gooey cheese!

Prep Time
5 mins

Cook Time
25 Mins

Total Time
30 Mins

Course: Main Course

Cuisine: American

Servings: 4

Author: Nicole

NOTE: I recommend seasoning with salt and pepper to taste. However, because the bacon and ranch mix tend to be salty, I typically only add pepper and no extra salt to this recipe.

Ingredients

- 6 Slices Bacon Diced
- 1 Tablespoon Olive Oil
- 1 Large Onion Diced
- 1 1/2 Pounds Chicken Cut into bite-sized pieces
- Salt To Taste
- Pepper To Taste
- 1 Teaspoon Garlic Powder
- 1 Cup Long Grain White Rice
- 1 Packet Ranch Mix
- 2 1/2 Cups Chicken Broth
- 1 Cup Shredded Cheddar Cheese



Instructions

1. Cook the diced bacon in a large skillet over medium-high heat until cooked through. Remove bacon from pan to a plate using a slotted spoon. Wipe any excess grease from the pan.
2. Add the onion, chicken, and seasonings to the pan. Cook until chicken is golden brown on all sides.
3. Add the rice, ranch mix, and chicken broth to the chicken mixture.
4. Bring mixture to a boil then turn heat to medium-low. Cover and simmer for 17-20 minutes until rice is tender.
5. Turn off the heat and stir in the cooked bacon and cheese until melted.
6. Serve immediately.





Classic Meat Loaf

What's better than a hearty meatloaf? This is a recipe that's easy and foolproof. No bells and whistles - just a few ingredients including beef, egg, bread crumbs and a simple tomato-based topping.

1 HR 15 MIN 6 SERVINGS 280 CAL 28 G PROTEIN

INGREDIENTS:

*1-1/2 pounds Ground Beef (93% lean or leaner)
3/4 cup panko bread crumbs
3/4 cup ketchup, divided
1/2 cup minced onion
1 egg
1 tablespoon Worcestershire sauce
2 teaspoons minced garlic
1 teaspoon dried thyme
3/4 teaspoon pepper
1/2 teaspoon salt*

276 CALORIES 3.5g SAT FAT 28g PROTEIN 3.5 mg IRON 6.6 mg ZINC

** Based on a 2,000 calorie diet*

*** Percent Daily Values are based on a 2,000-calorie diet*

COOKING

. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, 1/2 cup ketchup, onion, egg, Worcestershire, garlic, thyme, pepper and salt in large bowl, mixing lightly but thoroughly. Shape beef into 8 x 4-inch loaf on rack in aluminum foil-lined broiler pan.

. Place on upper oven rack in 350°F oven. Bake 45 to 55 minutes, until instant-read thermometer inserted into center registers 160°F; brush with remaining 1/4 cup ketchup during last 10 minutes, if desired. Let stand 10 minutes. Cut into slices.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

TEST KITCHEN TIPS

Use a gentle touch with ground beef. Over-mixing will result in burgers, meatballs or meatloaves with a firm texture.

Wash hands with soap and water before cooking and always after touching raw meat.

Separate raw meat from other foods.

Wash all cutting boards, utensils, and dishes after touching raw meat.

Do not reuse marinades used on raw foods.

Wash all produce prior to use.

Cook beef until temperature reaches 145°F for medium rare steaks and roasts 160°F for ground beef. Refrigerate food promptly.

276 CALORIES 3.5g SAT FAT 28g PROTEIN 3.5 mg IRON 6.6 mg ZINC

* Based on a 2,000 calorie diet

** Percent Daily Values are based on a 2,000-calorie diet

Nutrition information per serving: 276 Calories; 80.1 Calories from fat; 8.9g Total Fat (3.5 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 115 mg Cholesterol; 630 mg Sodium; 19 g Total Carbohydrate; 0.5 g Dietary Fiber; 8.4 g Total Sugars; 28 g Protein; 6 g Added Sugars; 33.1 mg Calcium; 3.5 mg Iron; 529 mg Potassium; 0.2 mcg Vitamin D; 0.3 mg Riboflavin; 6.7 mg NE Niacin; 0.5 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 253 mg Phosphorus; 6.6 mg Zinc; 24 mcg Selenium; 123.9 mg Choline.

This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Iron, and Potassium.



Classic No Bake Cookies

A traditional no bake cookie that sets up soft and delicious.

Prep Time
10 mins

Cook Time
5 Mins

Total Tim
15 Mins

Course: Dessert
Calories: 528kcal

Cuisine: American
Author: Rachel Ballard

Servings: 10

Nutrition
Calories: 528kcal

Ingredients

- 1 stick butter or margarine
- 2 cups granulated sugar
- 1/2 cup evaporated milk
- 1/2 cup cocoa
- 3 cups quick cooking oats
- 1 cup creamy peanut butter almond or sunflower may work as well
- 1 teaspoon vanilla



Instructions

1. Cook the first four ingredients in a sauce pan over medium high until the butter melts completely and the sugar dissolves most of the way.
2. Allow the mixture to just start to bubble and cook one minute over medium-low heat.
3. Turn off heat and add the peanut butter, oats and vanilla and stir well.
4. Drop by spoonfuls onto wax paper to cool. Allow a longer set time for humid days or you may need to place them in the fridge to firm.





The Best Green Bean Casserole

Green bean casserole is an American baked dish consisting primarily of green beans, cream of mushroom soup, and french fried onions. It is a popular side dish for Thanksgiving dinners in the United States and has been described as iconic. The recipe was created in 1955 by Dorcas Reilly at the Campbell Soup Company

Prep Time
25 mins

Cook Time
25 Mins

Total Time
50 Mins

Course: Side Dish

Cuisine: American

Servings: 8

Author: Holly

Ingredients

- 1 1/2 pounds fresh green beans rinsed, trimmed then halved
- 2 Tablespoons butter
- 2 cloves garlic minced
- 2 Tablespoons all-purpose flour
- 3/4 cup chicken broth
- 1 1/4 cups half-and-half or use whole milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup French's fried onions



Instructions

1. Preheat oven to 400 degrees F. Grease a 9x13-inch baking dish with cooking spray.
2. In a large pot of salted boiling water, cook green beans for 5 to 7 minutes. Drain water. Pour cooked green beans in the prepared dish in an even layer.
3. In a medium saucepan, over medium heat, melt butter. Once melted add garlic and stir for 30 seconds. Whisk in flour until smooth. Cook for 1 minute while constantly stirring.
4. Pour in chicken broth. Stir and cook for 3 minutes.
5. Next, pour in half-and-half or whole milk. Decrease heat to low and continue to stir and cook until sauce thickens. About 10 minutes. Season sauce with salt and pepper.
6. Pour sauce evenly over the green beans in dish. Sprinkle the fried onions on top.
7. Bake in preheated oven for 20 to 25 minutes. *Place a piece of tinfoil over the top the last 10 minutes to prevent onions from burning.*
8. Remove from oven and let rest 5 minutes or so before serving. Enjoy!





Peanut Butter Cornflake Bars

Peanut Butter Cornflake Bars were one of my favorite treats when I was a little girl. They are very versatile. A friend likes to spread a cup of melted chocolate chips over the top. Be sure to let the chocolate set before cutting into these simply delicious bars. —Laura Campbell, Lisbon, Maine

Prep Time
15 mins

Cook Time
15 Mins

Total Time
+ Standing

20 servings

Ingredients

1-1/2 cups creamy peanut butter
1 cup sugar
1 cup light corn syrup
6 cups cornflakes

Directions

1. In a large saucepan, combine peanut butter, sugar and corn syrup. Cook and stir over medium-low heat until sugar is dissolved. Remove from heat; stir in cereal. Spread into a greased 13x9-in. pan; press lightly. Let stand until set, about 1 hour.
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Chocolate Chip Zucchini Brownies

Rich and fudgy brownies made with zucchini, but you will never know it. They are SO good!

Prep Time
10 mins

Cook Time
30 Mins

Total Time
40 Mins

Course: Dessert
Servings: 18

Cuisine: American
Calories: 248kcal

Keyword: zucchini brownies

Nutrition

*Calories: 248kcal | Carbohydrates: 34g | Protein: 2g | Fat: 11g |
Saturated Fat: 3g | Sodium: 223mg |
Potassium: 139mg | Fiber: 1g | Sugar: 21g | Vitamin A: 35IU | Vitamin
C: 2.5mg | Calcium: 14mg | Iron:
1.7mg*

Ingredients

- 1 1/2 cups granulated sugar
- 1/2 cup canola oil or vegetable oil
- 2 cups all-purpose flour
- 1/4 cup unsweetened cocoa
- 2 cups shredded zucchini don't squeeze out the moisture
- 2 teaspoons vanilla extract
- 1 teaspoon salt
- 1 1/2 teaspoons baking soda
- 1 1/4 cups semi-sweet chocolate chips divided



Instructions

1. Preheat oven to 350 degrees F. Grease an 9x13 baking pan with cooking spray, set aside.
2. In a stand mixer, combine sugar, oil, and flour, combine until mixture resembles wet sand. It will be dry looking and that is ok. While mixing, on low, add cocoa, shredded zucchini, vanilla extract, salt and baking soda. Mix until well combined. The mixture will moisten once the zucchini is added. Stir in one cup of the chocolate chips.
3. Pour brownie batter into prepared pan and sprinkle with remaining chocolate chips. Bake for 28-32 minutes or until a toothpick comes out clean and the brownies are set.
4. Cool completely on a wire rack. Cut brownies into squares and serve.





Mom's Zucchini Bread

This easy chocolate zucchini bread will remind you of your favorite chocolate cake!

Prep Time
15 mins

Cook Time
50 Mins

Total Time
1 hr 5 Mins

Course: Snack Cuisine: American
bread, zucchini bread Servings: 12

Keyword: chocolate zucchini
Calories: 305kcal

Nutrition

*Calories: 305kcal | Carbohydrates: 35g | Protein: 4g | Fat: 17g |
Saturated Fat: 7g | Cholesterol: 38mg |
Sodium: 207mg | Potassium: 247mg | Fiber: 3g | Sugar: 22g | Vitamin
A: 200IU | Vitamin C: 2.8mg |
Calcium: 38mg | Iron: 2.5mg*

Ingredients

- 1 cup all-purpose flour
- 1/2 cup Dutch process cocoa or unsweetened cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 large eggs, at room temperature
- 1/4 cup unsalted butter melted and slightly cooled
- 1/4 cup canola, vegetable oil, or melted coconut oil
- 3/4 cup packed light brown sugar
- 1 teaspoon pure vanilla extract
- 1 1/2 cups packed shredded zucchini
- 1 cup semisweet chocolate chips, divided



Instructions

1. Preheat your oven to 350°F. Grease a 9-by-5-inch loaf pan with nonstick cooking spray and set aside.
2. In a medium bowl, whisk together the flour, cocoa powder, baking soda, and sea salt. Set aside.
3. In a large bowl, add the eggs, melted butter, oil, vanilla extract, and brown sugar. Stir until smooth. You might have a few small brown sugar clumps and that is fine.
4. Stir the dry ingredients into the wet ingredients, don't overmix. Stir in the shredded zucchini until just combined. Stir in 3/4 cup of the chocolate chips.
5. Pour batter into prepared pan. Sprinkle the remaining 1/4 cup of chocolate chips over the top of the bread. Bake for 50-60 minutes, or until a toothpick inserted into the center of the bread comes out mostly clean, you might have some melted chocolate chips on the toothpick and that is fine. You just don't want a lot of gooey batter.
6. Remove the pan from the oven and set on a wire cooling rack. Let the bread cool in the pan for 15 minutes. Run a knife around the edges of the bread and carefully remove from the pan. Let the bread cool on the wire cooling rack until slightly warm. Cut into slices and serve.
7. Note-if you use coconut oil, make sure it is melted and slightly cooled. The bread will keep on the counter, wrapped in plastic wrap, for up to 4 days. This bread also freezes well. To freeze, cool the bread completely and wrap in plastic wrap and aluminum foil. Freeze for up to 1 month. Defrost before slicing.





Peanut Butter Zucchini Cake

Really, really good and moist- my kids eat it as quickly as I can make it. Bread will freeze well, and keep in refrigerator for weeks.

Prep Time
20 mins

Cook Time
1 Hour

Additional
20 Mins

Total Time
1 hr 40 Mins

Course: Snack
Servings: 24

Cuisine: American
Calories: 305kcal

Keyword: Mom's Zucchini Bread
Yield: 2 y Vicki Monte

Nutrition Facts

Per Serving: 255 calories; protein 3.3g; carbohydrates 32.1g; fat 13.1g; cholesterol 23.3mg; sodium 179.8mg.

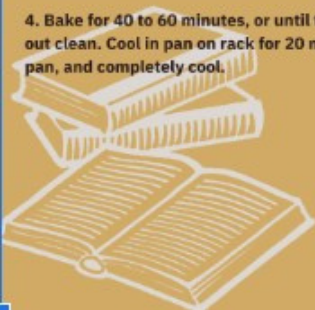
Ingredients

- 1 cup all-purpose flour
- 1/2 cup Dutch process cocoa or unsweetened cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 large eggs, at room temperature
- 1/4 cup unsalted butter melted and slightly cooled
- 1/4 cup canola, vegetable oil, or melted coconut oil
- 3/4 cup packed light brown sugar
- 1 teaspoon pure vanilla extract
- 1 1/2 cups packed shredded zucchini
- 1 cup semisweet chocolate chips, divided



Instructions

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sieved ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.





Funeral Potatoes

These easy and delicious Funeral Potatoes (also called cheesy potatoes) are a cheesy hash brown casserole that makes the perfect warm side dish for any meal, holiday dinner, or potluck.

Prep Time
10 mins

Cook Time
50 Mins

Total Time
1 Hour

Course: Side Dish
Calories: 336kcal

Cuisine: American
Author: Lauren Allen

Servings: 12

Ingredients

- 30 ounces frozen hash browns , diced or shredded will work, THAWED*
- 2 cups sour cream
- 10.5 ounce can cream of chicken soup (or homemade)
- 10 Tablespoons butter , divided, melted
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon dried minced onion
- 2 cups shredded cheddar cheese
- 2 cups corn flakes cereal



Instructions

1. Allow potatoes to thaw in your fridge overnight, or spread them on a baking sheet and warm them in the oven at 200 degrees for about 20 minutes, until thawed.
2. Preheat oven to 350 degrees F.
3. Combine sour cream, cream of chicken soup, 6 Tablespoons of melted butter, salt, pepper and dried onion in a bowl. Mix well.
4. Add potatoes and shredded cheese and stir to combine. Spoon mixture into a single layer in a 9x13" pan.
5. Add cornflakes to a large ziplock bag and crush gently with your hands or a rolling pin.
6. Add remaining 4 tablespoons of melted butter to the crushed cornflakes and combine well. Sprinkle mixture over potatoes.
7. Bake uncovered at 350 F for 40-50 minutes.
8. Serve these with baked ham, oven roasted turkey, or flank steak.

Notes

*Or substitute 10 small potatoes, parboiled and diced

To Freeze: To freeze funeral potatoes, make as directed, but do not add the cornflake topping. Cover and

store in freezer for up to 3 months. When ready to bake, thaw in the fridge overnight. Add cornflake topping before baking.

Nutrition

Calories: 336kcal | Carbohydrates: 17g | Protein: 7g | Fat: 26g | Saturated Fat: 16g | Cholesterol: 71mg

| Sodium: 666mg | Potassium: 257mg | Sugar: 1g | Vitamin A: 905IU | Vitamin C: 5.9mg |

Calcium:

191mg | Iron: 2.4mg





Blueberry Cobbler

Our FAVORITE Blueberry Cobbler recipe made with fresh or frozen blueberries and basic pantry ingredients. The end result is the perfect cobbler!

Prep Time
15 mins

Cook Time
35 Mins

Total Time
50 Mins

Course: Dessert
Calories: 297kcal

Cuisine: American
Author: Lauren Allen

Servings: 9

Ingredients

- 4 cups blueberries (fresh or frozen)
- 1/2 cup granulated sugar
- 1 teaspoon lemon zest
- 6 Tablespoons butter

For the batter

- 1 cup all-purpose flour
- 1 cup granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- ground cinnamon



Instructions

1. Preheat oven to 350 degrees F.
2. Slice butter into pieces and add to a 9x13 inch baking dish. Place the pan in the oven while it preheats, to allow the butter to melt. Once melted, remove the pan from the oven.
3. Add blueberries, sugar and zest to a bowl and stir to combine.
4. In a separate bowl mix together the batter ingredients: flour, sugar, baking powder, and salt. Stir in the milk, just until combined.
5. Pour blueberries over melted butter in pan. Drizzle batter over the top. Sprinkle with a little bit of cinnamon.
6. Bake at 350 degrees for about 35-40 minutes, or until lightly golden on top.
7. Serve warm, with a scoop of ice cream, if desired!

Nutrition

Calories: 297kcal | Carbohydrates: 54g | Protein: 2g | Fat: 8g | Saturated Fat: 5g | Cholesterol: 22mg |

Sodium: 142mg | Potassium: 182mg | Fiber: 1g | Sugar: 40g | Vitamin A: 300IU | Vitamin C: 6.7mg |

Calcium: 70mg | Iron: 0.9mg





Pineapple Zucchini Muffins

These are deliciously moist muffins that that'll disappear quickly! Use carrot or zucchini, or both if you prefer. I make a batch of each, then put some in the freezer (in Ziploc bags) for later, which usually isn't very long! My entire family just loves them!

*Prep Time
30 mins*

*Cook Time
25 Mins*

*Total Time
55 Mins*

Nutrition Facts Per Serving: 182 calories; protein 2.1g; carbohydrates 21.7g; fat 9.8g; cholesterol 29.3mg; sodium 177mg.

Author: Frost Servings: 48 Yield: 4 dozen

Ingredients

- 4 ½ cups all-purpose flour
- 2 ¾ cups white sugar
- 1 tablespoon baking powder
- 1 tablespoon baking soda
- 1 tablespoon ground cinnamon
- 1 ½ teaspoons salt
- 2 cups vegetable oil
- 6 eggs
- 3 cups shredded zucchini
- 1 (20 ounce) can crushed pineapple, drained
- 3 teaspoons vanilla extract



Instructions

1. Preheat oven to 325 degrees F (165 degrees C). Grease and flour 4 muffin pans, or use paper liners.
2. In a large bowl, combine flour, sugar, baking powder, baking soda, cinnamon and salt. Make a well in the center, and pour in the oil, eggs, zucchini, pineapple and vanilla. Mix until smooth. Fill muffin cups 2/3 to 3/4 full.
3. Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.





Jummy Zucchini Chocolate Cake

As a conrmed chocoholic, this is my all-time favorite treat. I found the original recipe more than 20 years ago, but have lightened it up quite a bit. Everyone asks for the recipe, and no one suspects that it's lighter than most chocolate cakes. —Carleta Foltz, Sunrise Beach, Missouri

*Prep Time
20 mins*

*Cook Time
30 Mins*

*Total Time
50 Mins*

1 piece: 285 calories, 12g fat (3g saturated fat), 21mg cholesterol, 159mg sodium, 43g carbohydrate (27g sugars, 2g ber), 4g protein.

Ingredients

- 1-3/4 cups sugar
- 1/2 cup canola oil
- 2 large eggs, room temperature
- 2/3 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 2-1/2 cups all-purpose flour
- 1/2 cup baking cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup buttermilk
- 2 cups shredded zucchini
- 1 cup miniature semisweet chocolate chips
- 1/2 cup chopped pecans, toasted



Instructions

1. Preheat oven to 350°. Coat a 13x9-in. baking pan with cooking spray.
2. Beat sugar and oil on medium speed 1 minute. Add eggs, applesauce and vanilla; beat 1 minute. In another bowl, whisk together flour, cocoa, baking soda and salt; add to sugar mixture alternately with buttermilk, beating just until blended. Stir in zucchini.
3. Transfer to prepared pan. Bake 20 minutes. Sprinkle with chocolate chips and pecans. Bake until a toothpick inserted in center comes out clean, 10-15 minutes. Cool in pan on a wire rack.





Homemade Pancakes

This delicious homemade pancake batter makes about 10 pancakes. My brother is hard to please and even he loves my recipe!

Prep Time
10 mins

Cook Time
25 Mins

Total Time
35 Mins

Nutrition Facts Per Serving: 127 calories; protein 3.6g; carbohydrates 17.3g; fat 4.7g; cholesterol 30.2mg; sodium 374.5mg, Servings: 10
Yield: 10 pancakes.

Ingredients

- 1 ½ cups all-purpose flour
- 1 ¾ cups milk
- 1 egg
- 3 tablespoons butter, melted
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- 1 teaspoon salt



Instructions

1. Mix flour, milk, egg, butter, sugar, baking powder, and salt together.
2. Heat a lightly oiled griddle over low heat. Scoop 1/4 cup batter onto the griddle and cook until top and edges are dry, 3 to 4 minutes. Flip and cook until lightly browned on the other side, 2 to 3 minutes. Repeat with remaining batter.





Baked Oatmeal Recipe

This baked oatmeal recipe hails from Pennsylvania Amish country. Everyone who tries it loves it! Serve this comforting dish topped with milk.

Prep Time
10 mins

Cook Time
40 Mins

Total Time
50 Mins

*Nutrition Facts Per Serving: 393 calories; protein 6.8g;
carbohydrates 59.2g; fat 15.3g; cholesterol 79.4mg; sodium 502mg.
Servings: 8 By BEANCHE*

Ingredients

- 3 cups rolled oats
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- ½ cup melted butter
- 2 teaspoons vanilla extract
- ¾ cup dried cranberries



Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Mix together oats, brown sugar, cinnamon, baking powder, and salt in a large bowl. Beat in eggs, milk, melted butter, and vanilla extract. Stir in dried cranberries. Spread into a 9x13 inch baking dish.
3. Bake in the preheated oven until top is golden, about 40 minutes.





Stuffed French Toast

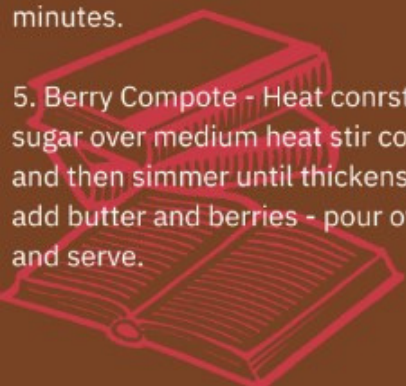
Ingredients

- 16 slices white bread*
- 1 - 8 ounce package cream cheese*
- 1 c. frozen mixed berries*
- 3 c. milk*
- 3 eggs*
- 1/3 cup maple syrup*
- 1 tsp vanilla*
- 1/4 c. sugar*
- Topping right before baking*
- 1/4 tsp nutmeg*
- 1/4 c. sugar*
- Berry compote*
- 2 tbsp corn starch*
- 1 c. sugar*
- 1 tbsp butter*
- 1 c. berries*



Method

1. Grease 9 x 13 pan, cut 10 slices of bread into 3/4 inch cubes. spread cream cheese over remaining 6 slices of bread. Arrange bread, cheese side up in baking dish.
2. Top with bread cubes.
3. Whisk together milk, eggs, syrup, vanilla and 1/4 cup sugar. Pour over bread cover and refrigerate overnight.
4. When ready to cook preheat oven to 350 degrees. Mix together nutmeg and sugar for topping - sprinkle over bread. Cover with tinfoil and bake for 25-30 minutes.
5. Berry Compote - Heat conrstarch, water, 1 cup of sugar over medium heat stir continually; bring to boil and then simmer until thickens. Remove from heat and add butter and berries - pour over top of baked bread and serve.





Banana Muffins

These banana muffins are easy for kids to make and absolutely delicious year round. Can be made for any occasion.

*Prep: 10 mins Cook: 25 mins Total: 35 mins Servings: 12
Yield: 12 muffins, or 48 mini muffins.*

*Nutrition Facts Per Serving: 187 calories; protein 2.6g;
carbohydrates 32.3g; fat 5.8g; cholesterol 29.1mg; sodium
274.6mg.*

Ingredients

- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 large bananas, mashed
- ¾ cup white sugar
- 1 egg
- ½ cup butter, melted



Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Coat muffin pans with non-stick spray, or use paper liners. Sift together the flour, baking powder, baking soda, and salt; set aside.
2. Combine bananas, sugar, egg, and melted butter in a large bowl. Fold in flour mixture, and mix until smooth. Scoop into muffin pans.
3. Bake in preheated oven. Bake mini muffins for 10 to 15 minutes, and large muffins for 25 to 30 minutes. Muffins will spring back when lightly tapped.





Sausage Spaghetti Bolognese

Hello Fresh Recipe

A big bowl of pasta never fails to satisfy—it's quick, carby, comforting, and our go-to no matter the weather. When you add bites of Italian pork sausage, tender zucchini ribbons, and Parmesan to the equation, you've reached another level of deliciousness entirely. Ready to enjoy bite after bite of twirly spaghetti cloaked in this flavor-boosted bolognese? We thought so.

Tags: Quick • Family Friendly • Total Time 25 minutes • Cooking difficulty Easy

Nutrition Values/per serving

Energy (kJ) 3515 kJ, Calories 840kcal, Fat 40g, Saturated Fat 15g, Carbohydrate 82g, Sugar 11g, Dietary Fiber 6g, Protein 39g, Cholesterol 105mg, Sodium 1750mg

Ingredients

- 2 clove Garlic
- 1 unit Zucchini
- 6 ounce Spaghetti (*ContainsWheat*)
- 9 ounce Italian Pork Sausage
- 1 tablespoon Tuscan Heat Spice
- 14 ounce Marinara Sauce
- ¼ cup Parmesan Cheese (*ContainsMilk*)
- 1 teaspoon Olive Oil
- 1 tablespoon Butter (*ContainsMilk*)
- Kosher Salt
- Pepper



Instructions

1. Bring a large pot of salted water to a boil. Wash and dry all produce. Mince garlic. Trim ends from zucchini. Using a peeler, shave zucchini lengthwise into thin ribbons, rotating as you go, until you get to the seedy core; discard core.
2. Once water is boiling, add spaghetti to pot. Cook until al dente, 9-11 minutes. Reserve ½ cup pasta cooking water (1 cup for 4 servings), then drain.
3. While pasta cooks, remove sausage from casing; discard casing. Heat a drizzle of olive oil in a large pan over medium-high heat. Add sausage and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Stir in garlic and Tuscan Heat Spice; cook until fragrant, 30 seconds.
4. Add marinara to pan with sausage mixture, then reduce heat to medium. Simmer until flavors meld and sauce is slightly reduced, 3-4 minutes.
5. Add spaghetti, ¼ cup reserved pasta cooking water (½ cup for 4 servings), and 1 TBSP butter (2 TBSP for 4) to pan with sauce. Toss to thoroughly combine. Separate zucchini ribbons with your hands, then stir into pasta until slightly softened, 1-2 minutes. Taste and season with salt and pepper. TIP: If needed, stir in more reserved pasta cooking water a splash at a time until spaghetti is thoroughly coated in sauce.
6. Divide pasta between bowls; top with Parmesan and serve.



Kung Pao Chicken

Hello Fresh Recipe

You know that feeling? That insatiable, after-dark craving for a steaming white carton of takeout goodness? Yeah, us too. Fortunately, our chefs have got all your food desires covered—no carton required. In your new go-to, tender chicken is mixed with toasted peanuts, sautéed bell pepper and scallions, and coated in a thick sweet Szechuan sauce. Paired with fluffy jasmine rice and a pinch of chili flakes to garnish, we think you'll agree: Kung Pao is king.

Tags: Spicy • Total Time 30 minutes • Prep time 5 minutes • Cooking difficulty easy

Nutrition Values/per serving

Calories 760kcal, Fat 33g, Saturated Fat 11g, Carbohydrate 84g

Sugar 29g, Dietary Fiber 2g, Protein 35g, Cholesterol 130mg, Sodium 2000mg

Ingredients

- ½ cup Jasmine Rice
- 1 unit Bell Pepper
- 2 unit Scallions
- 1 clove Garlic
- 4 tablespoon Sweet Soy Glaze (*Contains Soy, Wheat*)
- 5 Teaspoon Rice Wine Vinegar
- 2 tablespoon Szechuan Paste (*Contains Soy, Wheat*)
- 1 tablespoon Cornstarch
- 10 ounce Chicken Breast Strips
- 1 Teaspoon Chili Flakes
- 2.5 teaspoon Sugar
- 2 teaspoon Cooking Oil
- 2 tablespoon Butter (*Contains Milk*)
- Kosher Salt
- Pepper



Instructions

1. In a small pot, combine rice, ¾ cup water (1½ cups for 4 servings), and a pinch of salt. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15–18 minutes. • Keep covered off heat until ready to serve.
2. Meanwhile, wash and dry produce. • Core, deseed, and dice bell pepper into ½-inch pieces. Trim scallions, then cut crosswise into ¾-inch pieces. Peel and mince garlic. • In a small bowl, whisk together half the vinegar, half the Szechuan paste, 2½ TBSP sweet soy glaze, 2 tsp cornstarch (you'll use the rest later), 2½ tsp sugar, and ¾ cup water. (For 4 servings, use all the vinegar and Szechuan paste, 5 TBSP sweet soy glaze, 4 tsp cornstarch, 5 tsp sugar, and 1½ cups water.)
3. Heat a large, dry pan over medium-high heat. Add peanuts and cook, stirring often, until golden brown and toasted, 2–4 minutes. • Transfer to a second small bowl; set aside. • Heat a drizzle of oil in same pan over medium-high heat. Add bell pepper; season with salt and pepper. Cook, stirring, until browned and just tender, 4–5 minutes. • Add scallions; cook until softened, 1–2 minutes more. • Transfer to a third small bowl; set aside.
4. Meanwhile, pat chicken* dry with paper towels. Place in a medium bowl and season with salt and pepper. Toss with remaining cornstarch until thoroughly coated. • Heat a drizzle of oil in pan used for veggies over medium-high heat. Add chicken in a single layer; cook, undisturbed, until browned, 3–4 minutes. • Stir and continue cooking until chicken is cooked through, 1–2 minutes more.
5. Return veggies to pan with chicken. Add garlic and cook until fragrant, 30 seconds. • Add sweet Szechuan sauce; cook, stirring, until sauce has thickened, 1–2 minutes more. • Remove pan from heat. Stir in peanuts, 1 TBSP butter (2 TBSP for 4 servings), and chili flakes to taste. TIP: If sauce seems too thick, stir in a splash of water.
6. Fluff rice with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings) and season with salt to taste. • Divide rice between bowls. Mound kung pao chicken to the side. Garnish chicken with any remaining chili flakes to taste and serve.



BBQ Pineapple Flatbreads

Hello Fresh Recipe

Sweet and savory is a combo we can always get behind (for dinner, dessert, and even snacks—hello, chocolate-covered potato chips). Here, these flatbreads have it all: a layer of tangy-sweet BBQ sauce, piles of pickled caramelized onions, poblano pepper, and juicy, lightly charred pineapple. Don't worry, we didn't forget the cheese! Melty mozzarella and Monterey Jack provide the ultimate cheese pull. Once you dig in, your taste buds will be sure to light up from the savory, sweet, and cheesy combo.

Tags: Veggie • Total Time 35 minutes • Prep time 10 minutes • Cooking difficulty easy

Nutrition Values/per serving

*Calories 740 kcal, Fat 33 g, Saturated Fat 12 g, Carbohydrate 89 g, Sugar 29 g
Dietary Fiber 5 g, Protein 22 g, Cholesterol 55 mg, Sodium 1170 mg*

Ingredients

- 1 unit Red Onion
- 4 ounce Pineapple
- 5 teaspoon Red Wine Vinegar
- 1 unit Poblano Pepper
- 4 ounce
- Fresh Mozzarella (ContainsMilk)
- ¼ ounce Cilantro
- 2 unit Flatbreads (ContainsWheat)
- 4 tablespoon BBQ Sauce
- ¼ cup Monterey Jack Cheese (ContainsMilk)
- 1 teaspoon Olive Oil
- 4 teaspoon Cooking Oil
- Kosher Salt
- Pepper



Instructions

1. Place a foil-lined baking sheet on top rack (for 4 servings, use 2 foil-lined sheets on top and middle racks) and preheat oven to 450 degrees. Wash and dry produce. • Halve, peel, and thinly slice onion. Drain pineapple over a small bowl, reserving juice. Stir ¼ of the onion, half the vinegar (you'll use the rest later), and a pinch of salt into bowl with juice. Set aside.
2. Heat a drizzle of oil in a large pan over medium heat. Add remaining onion; cook, stirring and adding splashes of water as needed to prevent sticking, until softened, 6-8 minutes.r.)
3. While onion cooks, halve, core, and very thinly slice poblano into strips. Toss in a second small bowl with a drizzle of olive oil, salt, and pepper. Dice mozzarella into ½-inch pieces. Finely chop cilantro.
4. Once cooked onion is softened, increase heat under pan to medium high. Add pineapple and a drizzle of oil; cook, stirring, until pineapple is lightly browned, 2-3 minutes. • Stir in remaining vinegar. Cook, stirring, until onion and pineapple are caramelized and jammy, 1-2 minutes more. Turn off heat and season with salt and pepper.
5. Brush or rub each flatbread with a drizzle of oil. Remove prepared baking sheet from oven; carefully place flatbreads on sheet. (For 4 servings, divide flatbreads between both prepared sheets.) • Evenly spread flatbreads with BBQ sauce, then top with caramelized onion and pineapple, poblano, Monterey Jack, and mozzarella.
6. Return flatbreads to top rack until cheese melts and edges are golden brown, 10-12 minutes. (For 4 servings, return to top and middle racks; swap rack positions halfway through baking.) • Transfer flatbreads to a cutting board and top with cilantro and pickled onion (draining first) to taste. Cut into pieces, divide between plates, and serve.





Sweet Chili Pork Bowls

Hello Fresh Recipe

Forget takeout: the path to sweet-and-savory dinner bliss is only 30 minutes away! In this recipe, pork, pepper, and onion are coated in a sumptuous sweet chili sauce, and peanuts are transformed into the perfect crunchy topping. Everything comes together over a bed of fluffy rice. The results? A symphony of flavors and textures so delicious, you might just lick the plate.

Tags: Easy Cleanup • Lightning Prep • Total Time 30 minutes • Cooking difficulty Medium

Nutrition Values/per serving

*Energy (kJ) 3291 kJ, Calories 930kcal, Fat 46g, Saturated Fat 16g
Carbohydrate 97g, Sugar 31g, Dietary Fiber 4g, Protein 31g,
Cholesterol 125 mg, Sodium 1220 mg*

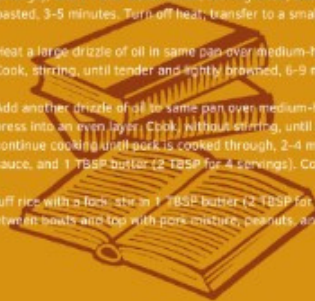
Ingredients

- 1 unit Bell Pepper
- 1 unit Yellow Onion
- ¼ ounce Cilantro
- 1 unit Lime
- ¾ cup Jasmine Rice
- ½ ounce Peanuts (Contains Peanuts)
- 10 ounce Ground Pork
- 4 tablespoon
- Sweet Soy Glaze (Contains Soy, Wheat)
- 1 ounce Sweet Thai Chili Sauce
- 1 tablespoon Vegetable Oil
- 1 teaspoon Sugar
- 2 tablespoon Butter (Contains Milk)
- Kosher Salt
- Pepper



Instructions

1. Wash and dry all produce. Halve, core, and thinly slice bell pepper into strips. Halve, peel, and thinly slice onion. Zest and quarter lime (for 4 servings, zest 1 lime and quarter both). Mince cilantro.
2. In a small pot, combine rice, 1 ¼ cups water (2 ¼ cups for 4 servings), and a pinch of salt. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
3. While rice cooks, heat a large, preferably nonstick, pan over medium-high heat. Add peanuts, 1 tsp sugar (2 tsp for 4 servings), and 2 TBSP water. Cook, stirring often, until water has evaporated and peanuts are coated and lightly toasted, 3-5 minutes. Turn off heat; transfer to a small bowl. Wipe out pan.
4. Heat a large drizzle of oil in same pan over medium-high heat. Add bell pepper and onion; season with salt and pepper. Cook, stirring, until tender and lightly browned, 6-9 minutes. Transfer veggies to a plate.
5. Add another drizzle of oil to same pan over medium-high heat. Add pork; season with salt and pepper. Using a spatula, press into an even layer. Cook without stirring, until browned on bottom, 3-4 minutes. Break up meat into pieces and continue cooking until pork is cooked through, 2-4 minutes. Stir in cooked veggies; then add sweet soy glaze, chili sauce, and 1 TBSP butter (2 TBSP for 4 servings). Cook, stirring, until mixture is thoroughly coated, 1-2 minutes more.
6. Fluff rice with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings) and lime zest to taste. Season with salt. Divide between bowls and top with pork mixture, peanuts, and cilantro. Serve with lime wedges on the side.





Sweet Chili Beef and Green Bean Bowls

Hello Fresh Recipe

Good news, friends: The path to sweet-and-savory dinner bliss is only 20 minutes away! In this recipe, ground beef and green beans are coated in a sumptuous sweet chili sauce, then topped with fresh cilantro and crispy fried onions. Everything comes together over a bed of fluffy rice. The results? A symphony of flavors and textures so delicious, you might just lick the plate.

Tags: Quick • Prep time 5 minutes • Total Time 20 minutes • Cooking difficulty Easy

Nutrition Values/per serving

*Calories 910kcal, Fat 44g, Saturated Fat 21g, Carbohydrate 97g,
Sugar 24g, Dietary Fiber 3g, Protein 29g, Cholesterol 125mg, Sodium 940mg*

Ingredients

- $\frac{3}{4}$ cup Jasmine Rice
- 6 ounce Green Beans
- 2 unit Scallions
- 1 unit Lime
- $\frac{1}{4}$ ounce Cilantro
- 10 ounce Ground Beef
- 4 tablespoon Sweet Soy Glaze (Contains Soy, Wheat)
- 1 ounce Sweet Thai Chili Sauce (Contains Soy)
- 1 unit Crispy Fried Onions (Contains Wheat)
- 1 teaspoon Cooking Oil
- 2 tablespoon Butter (Contains Milk)
- Kosher Salt
- Pepper
- $\frac{1}{2}$ teaspoon Sugar



Instructions

1. In a small pot, combine rice, $1\frac{1}{4}$ cups water ($2\frac{1}{4}$ cups for 4 servings), and a pinch of salt. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. • Keep covered off heat until ready to serve.
2. Meanwhile, wash and dry produce. • Trim green beans if necessary; cut crosswise into 2-inch-long pieces. Quarter lime. Pick cilantro leaves from stems; roughly chop leaves.
3. Heat a drizzle of oil in a large pan over medium-high heat. Add beef*; season with salt and pepper. Using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes. • Break up meat into pieces and continue cooking until beef is cooked through, 2-4 minutes more. TIP: If there's excess grease in your pan, carefully pour it out.
4. While beef cooks, in a medium microwave-safe bowl, add green beans and a splash of water; cover with plastic wrap. Microwave until tender, 1-2 minutes. TIP: No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes. • Carefully drain any excess water.
5. To pan with beef, stir in cooked green beans, chili sauce, $2\frac{1}{2}$ TBSP sweet soy glaze (be sure to measure), $\frac{1}{2}$ tsp sugar, and 1 TBSP butter. (For 4 servings, use 5 TBSP sweet soy glaze, 1 tsp sugar, and 2 TBSP butter.) Cook, stirring, until beef mixture is thoroughly coated, 1-2 minutes. • Remove from heat and stir in a squeeze of lime juice to taste.
6. Fluff rice with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings). Season with salt and pepper. • Divide rice between bowls and top with beef mixture. Sprinkle with crispy fried onions and chopped cilantro. Serve with any remaining lime wedges on the side.



Sesame Soy Chicken Bowls

Hello Fresh Recipe

When you have a hankering for sesame chicken, you know how it is—you've gotta have it immediately, and nothing else will do. Fortunately, this dish is super speedy to whip up in your very own kitchen. In just 20 minutes (yes, you read that right), you can dig into steamy rice topped with tender chicken and carrots in a stellar sauce that's tangy, nutty, and just a little bit sweet. For a finishing touch, it's drizzled with sriracha lime mayo, then sprinkled with scallions and sesame seeds to really take it over the top. Time to conquer that craving, folks.

Tags: Quick • Prep time 5 minutes • Total Time 20 minutes • Cooking difficulty Easy

Nutrition Values/per serving

*Calories 820kcal, Energy(kJ)3431kJ, Fat 34g, Saturated Fat 8g,
Carbohydrate 93g, Sugar 23g, Dietary Fiber 4g
Protein 31g, Cholesterol 120mg, Sodium 1910mg*

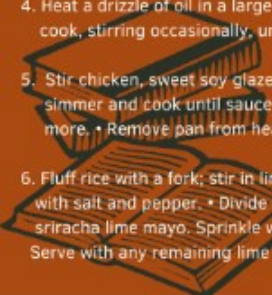
Ingredients

- $\frac{3}{4}$ cup Jasmine Rice
- 1 unit Lime
- 2 unit Scallions
- 9 ounce *Fully Cooked Chicken Breasts*
- 2 tablespoon Mayonnaise(ContainsEggs, Soy)
- 1 teaspoon *Sriracha*
- 4 ounce Shredded Carrots
- 4 tablespoon *Sweet Soy Glaze*
- 1.5 ounce Sesame Dressing (*Contains Soy, Wheat*)
- 1 tablespoon *Sesame Seeds*
- *Kosher Salt*
- *Pepper*
- 1 teaspoon Vegetable Oil
- 1 tablespoon *Butter (ContainsMilk)*



Instructions

1. In a small pot, combine rice, 1 $\frac{1}{4}$ cups water (2 $\frac{1}{4}$ cups for 4 servings), and a pinch of salt. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. • Keep covered off heat until ready to serve
2. While rice cooks, wash and dry all produce. • Zest and quarter lime. Trim and thinly slice scallions, separating whites from greens. • Dice chicken* into bite-size pieces.
3. In a small bowl, combine mayonnaise with as much sriracha and lime juice as you like.
4. Heat a drizzle of oil in a large pan over medium-high heat. Add carrots and scallion whites; cook, stirring occasionally, until slightly softened, 1-2 minutes.
5. Stir chicken, sweet soy glaze, and sesame dressing into pan with veggies. Bring to a simmer and cook until sauce is thickened and chicken is warmed through, 2-4 minutes more. • Remove pan from heat.
6. Fluff rice with a fork; stir in lime zest and 1 TBSP butter (2 TBSP for 4 servings). Season with salt and pepper. • Divide rice between bowls; top with chicken stir-fry. Drizzle with sriracha lime mayo. Sprinkle with scallion greens and as many sesame seeds as you like. Serve with any remaining lime wedges on the side.





One Pan Santa Fe Pork Tacos

Hello Fresh Recipe

We firmly believe taco night should be treated like a holiday—one that should be celebrated at LEAST once a week, if not more. If you agree, you've got to add this Southwest version to your repertoire. Spiced ground pork and onion are piled into steamy tortillas with Monterey Jack cheese, a tangy cilantro lemon slaw, and sour cream. Taco 'bout a killer meal.

Tags: Easy Cleanup • Easy Prep • Total Time 20 minutes • Prep time 5 minutes • Cooking difficulty easy

Nutrition Values/per serving

*Calories 920kcal, Fat 56g, Saturated Fat 19g, Carbohydrate 77g
Sugar 13g, Dietary Fiber 6g, Protein 35g, Cholesterol 130mg, Sodium 2060mg*

Ingredients

- 1 unit Yellow Onion
- ¼ ounce Cilantro
- 1 unit Lemon
- 10 ounce Ground Pork
- 1 tablespoon Southwest Spice Blend
- 4 ounce Shredded Red Cabbage
- 2 tablespoon Mayonnaise (ContainsEggs)
- 1 unit Tex-Mex Paste
- 6 unit Flour Tortillas (ContainsWheat, Soy)
- ¼ cup Monterey Jack Cheese (ContainsMilk)
- 2 tablespoon Sour Cream (ContainsMilk)
- 1 teaspoon Cooking Oil
- 1 teaspoon Sugar
- Kosher Salt
- Pepper



Instructions

1. Wash and dry produce. • Halve, peel, and finely dice onion. Finely chop cilantro. Quarter lemon.
2. Heat a drizzle of oil in a large pan over medium-high heat. Add onion and a pinch of salt; cook, stirring occasionally, until slightly softened and lightly browned, 2-3 minutes. • Add pork* and Southwest Spice. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. TIP: If there's excess grease in your pan, carefully pour it out.
3. While pork cooks, in a large bowl, combine cabbage, mayonnaise, half the cilantro, juice from half the lemon (whole lemon for 4 servings), 1 tsp sugar (2 tsp for 4), and a pinch of salt and pepper.
4. Stir Tex-Mex paste into pan with pork mixture until fully coated. Taste and season with salt and pepper. Remove pan from heat. • Wrap tortillas in damp paper towels and microwave until warm and pliable, 30 seconds. • Divide tortillas between plates and fill with pork filling, Monterey Jack, slaw, sour cream, and remaining cilantro. Serve with any remaining lemon wedges on the side.



Cooking Regulations

RULES EVERYONE SHOULD FOLLOW

The Danger Zone

- When food hits the danger zone (41-135 degrees), bacteria starts to grow back, so you want to maintain your food under 41 or over 135 degrees.

Hygiene

- You want to wash your hands when entering the kitchen and twice after using the bathroom; once in the bathroom and once more in the kitchen . You may not want to cook if you are sick because you might spread germs.

Cutting

When cutting vegetables, meats, or anything in general, you want to curl your fingers inwards when cutting so you do not cut yourself. You also want to wear a cutting glove on the opposite hand that you are holding the knife with, to reduce the chances of cutting yourself. Lastly you don't want to cross contaminate food, meaning you shouldn't cut raw meat with the veggie knife or put them close to one another.

Ingredient Substitutes

Cornstarch (as a thickener) 1 tbsp = 2 tbsp of flour

Lemon juice 1stsp = vinegar $\frac{1}{2}$ tsp

Garlic 1 = garlic powder $\frac{1}{8}$ stp

Oil (for baking) $\frac{1}{2}$ cup = apple sauce $\frac{1}{2}$ cup

Beer 1 cup = chicken broth 1 cup

Baking mix 1 cup = pancake mix 1 cup

Coconut milk 1 cup = whole milk 1 cup

Cream cheese 1 cup = fat-free ricotta cheese 1 cup

Beef or chicken broth 1 cup = soy sauce 1 tbsp + water 1 cup

Egg (1) = 2 egg yolks + 1 tbsp cold water

Or

3 tbsp vegetable oil + (for baking) 1 tbsp

Or

3 tbsp mayonnaise

Or

$\frac{1}{2}$ mashed banana + baking powder $\frac{1}{2}$ tsp

Or

$\frac{1}{4}$ cup silk tofu

Allspice 1 tsp = $\frac{1}{2}$ tsp cinnamon + $\frac{1}{4}$ tsp ginger + $\frac{1}{4}$ tsp cloves

Arrowroot 1 tsp = 1tbsp flour

Or

1 tsp cornstarch

Mayonnaise 1 cup = 1 cup sour cream

Or

1 cup plain yogurt

Or

1 cup pure cottage cheese

Baking powder 1 tsp = $\frac{1}{4}$ tsp baking soda

Or

$\frac{1}{4}$ tsp cornstarch + $\frac{1}{2}$ tsp cream of tarter



Honey 1 cup = 1 $\frac{1}{4}$ sugar + $\frac{1}{2}$ cup oil or water

Or

1 cup pure maple syrup

Bread crumbs 1 cup = 1 cup cracker crumbs

Or

1 cup matzo meal

Or

1 cup grounded oats

Brown sugar 1 cup = 1 tbsp molasses + 1 cup granulated sugar

Buttermilk 1 cup = 1 tbsp lemon juice

Or

1 tbsp vinegar = 1 cup milk

Or

1 cup plain yogurt

Unsalted butter 1 cup = 1 cup margarine

Or

1 cup shortening

Or

$\frac{7}{8}$ cup vegetable oil

Chocolate (unsweetened) 1 ounce = 1 tbsp coco + 1 tbsp unsalted butter

Heavy cream 1 cup = $\frac{1}{4}$ cup milk + $\frac{1}{3}$ cup melted butter (will not whip)

Sour cream 1 cup = $\frac{7}{8}$ cup buttermilk

Or

3 tbsp unsalted butter (melted)

All-purpose 1 cup = 1 cup & 3 tbsp cake flour

Or

1 cup self-rising flour

Or

1 cup mashed black beans

Corn syrup 1 cup = 1 $\frac{1}{4}$ cup white sugar + $\frac{1}{3}$ cup water

Conversion Chart

Dry Weights

1/2oz	1tbsp	1/16c	15g
1oz	2tbsp	1/8c	28g
2oz	4tbsp	1/4c	57g
3oz	6tbsp	1/3c	85g
4oz	8tbsp	1/2c	115g
8oz	16tbsp	1c	227g
12oz	24tbsp	1 1/2c	340g
16oz	32tbsp	2c	455g

Liquid Conversions

1 oz	6tsp	2tbsp	1/8 cup
2oz	12tsp	4tbsp	1/4cup
3oz	16tsp	5tbsp	1/3cup
4oz	24tsp	8tbsp	1/2cup
5oz	32tsp	11tbsp	2/3cup
6oz	36tsp	12tbsp	3/4cup
8oz	48tsp	16tbsp	1cup
16oz	96tsp	32tbsp	2cup
32oz	192tsp	64tbsp	4cup





Rivers Edge High School

Committed to Excellence

"REHS has been re-imagining our school for the past two school years. We are excited about the changes; it is a shift in the way we learn and in the way we teach. Change is challenging; however, with a bit of grace, perseverance, and enthusiasm, it will be an incredible adventure!"

~Nicole Anderson~

