

# **MARY MARTHA OUTREACH RECIPE BOOK**

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# SALADS (AND DRESSINGS)

## **CABBAGE SALAD**

Serves 4

Prep Time: 10 minutes

Total Time: 10 minutes

### Ingredients

5 cups shredded green cabbage

2 cups shredded red cabbage (or more green)

1 cup shredded carrot (or more cabbage)

### Dressing:

1/4 cup cider vinegar

2 tablespoon oil (vegetable or canola, or light olive oil)

1 1/2 - 2 tbsp white sugar (adjust to taste)

1 teaspoon dijon mustard

1/2 teaspoon salt

### Instructions

1. Shake Dressing ingredients in a jar. Start with 1 1/2 tablespoon sugar and adjust to taste.
2. Place Salad ingredients in a large bowl. Pour over Dressing, toss. Set aside 20 minutes - mound will reduce by almost half and become juicy! Serve.

## **CUCUMBER SALAD**

Serves 6

Total Time: 15 minutes

### Ingredients

2 tablespoons rice vinegar (can substitute regular vinegar)

4 teaspoons soy sauce

1 tablespoon olive oil (can substitute canola oil)

2 teaspoons minced ginger (or 1/2 teaspoon ginger powder)

2 teaspoons sesame oil (can substitute canola oil or extra olive oil)

1 teaspoon honey

1/4 teaspoon Sriracha chili sauce (optional)

2 English cucumbers (can substitute regular cucumbers)

1 teaspoon sesame seeds, toasted (optional)

Thinly sliced green onions (optional)

### Instructions

1. For dressing, mix first 7 ingredients. Trim ends and cut cucumbers crosswise into 3-in. sections. Cut sections into julienned strips (cut cucumbers in half (horizontal) then cut into lengthwise into strips. They should look like matchsticks. The cutting can be skipped and cut however if desired instead, though.)
2. To serve, toss cucumbers with sesame seeds and dressing. Sprinkle with green onions.

## **TOMATO CUCUMBER SALAD**

Servings: 4

Prep Time: 10 minutes

Total Time: 10 minutes

### Ingredients

2 cups diced tomatoes  
2 cups diced cucumber  
1 cup orange bell pepper, or any color (optional)  
1/4 cup diced red onion (can substitute any type of onion)  
1/3 cup finely chopped flat-leaf parsley (can substitute curly parsley)  
2 tablespoon finely chopped mint (optional)  
2 tablespoon lemon juice  
1 tablespoon olive oil (can substitute canola oil)  
salt and pepper, to taste

### Instructions

1. Add all of the ingredients to a mixing bowl and stir to combine.
2. Serve immediately or refrigerate for up to 2 days.

## **BLACK BEAN SALAD WITH CORN AND AVOCADO**

Serves 4 to 6 as a side dish

Prep Time: 15 minutes

Total Time: 15 minutes

### Ingredients

1 (15-ounce) can black beans, drained and rinsed  
1 (15-ounce) can corn kernels, drained and rinsed  
1 medium tomato, diced  
1 medium avocado, pitted, peeled, and diced  
1/2 small red onion, finely diced (can substitute any type of onion)  
1/2 cup packed fresh cilantro leaves, finely chopped (optional)  
1 medium jalapeño, ribs and seeds removed, finely diced (optional)  
1 teaspoon minced garlic (or 1/4 teaspoon garlic powder)  
2 tablespoons freshly squeezed lime juice (from about 1 lime), plus more as needed

1 tablespoon canola or other neutral-tasting oil  
1/2 teaspoon ground cumin  
1/4 teaspoon kosher salt, plus more as needed  
1/4 teaspoon freshly ground black pepper

#### Instructions

1. Toss all the ingredients together in a large bowl. Taste and season with more lime juice or salt, if needed.

# BREAKFAST

## PANCAKES

Serves 8

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

#### Ingredients

1 ½ cups all-purpose flour (can substitute any type of flour, except self-rising flour)  
3 ½ teaspoons baking powder  
1 ¼ cups milk  
1 egg  
3 tablespoons oil or melted butter

#### OPTIONAL PANCAKE ADD-INS:

Berries  
Bananas  
Pumpkin spice  
Chocolate chips  
Apples (and cinnamon)

#### OPTIONAL PANCAKE TOPPINGS:

Peanut butter  
Fruit  
Maple syrup  
Nuts  
Whipped Cream

#### Instructions

1. In a large bowl mix ingredients and desired add-ins until smooth.
2. Heat a lightly oiled electric skillet or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot with desired toppings.

## **MICROWAVE OATMEAL**

Servings: 1

Time: 5 minutes

### Ingredients

½ cup milk (or water)

½ cup Old Fashioned Oats (Don't use quick cooking oats as it will make the oatmeal mushy)

### OPTIONAL ADD-INS:

1 teaspoon vanilla

¼ teaspoon cinnamon

2 Tablespoons cacao powder

maple syrup (brown sugar or banana slices )

Fruit

2 Tablespoons peanut butter

2 Tablespoons Greek yogurt

1 scoop protein powder

### OPTIONAL TOPPINGS:

Granola

Maple syrup

Fruit

Peanut Butter

### Instructions

1. Place the milk, oats, and desired add-ins in a microwaveable bowl and stir to combine.
2. Microwave on high for 90 seconds for a chewy consistency or longer for a softer consistency.
3. Sweeten to taste with maple syrup, brown sugar or banana slices. Add desired toppings.

## **BASIC SMOOTHIE**

Servings: 2

Time: 5 minutes

### Ingredients

2 cups frozen fruit (any kind)

1 cup liquid (almond milk, orange juice, water, etc.)

### OPTIONAL ADD-INS:

1/2 cup nonfat Greek yogurt (or any kind of yogurt)

1/2 tablespoon ground seeds (flax or chia)

1/4 cup protein powder (whey, plant-based, soy, etc.)

handful of greens (spinach, kale, etc.)  
½ teaspoon flavored extracts  
2 tablespoons peanut butter  
1/4 cup cocoa powder

#### Instructions

1. Place frozen fruit, liquid, and any optional add-ins into a high-speed blender.
2. Blend on high until smooth. You may need to add a little bit more liquid depending on how thick you like your smoothie.
3. Enjoy!

## ENTRES

### **CALIFORNIA ROLL WRAPS**

Serves 6

Time: 20 minutes

#### Ingredients

1/2 cup wasabi mayonnaise\* (can substitute with regular mayo)  
6 tortillas (8 inches)  
2 packages (8 ounces each) imitation crabmeat (can substitute with julienned\*\* tofu)  
1 medium ripe avocado, peeled and thinly sliced  
1-1/2 cups julienned peeled jicama (optional)  
1 medium sweet red pepper, julienned (can substitute any bell pepper or optional)  
1 small cucumber, seeded and julienned  
3/4 cup bean sprouts (can substitute lettuce)

#### Instructions

1. Divide the wasabi mayonnaise evenly among the 6 tortillas and spread to within 1/2 inch of edges. Layer with crabmeat (or tofu), avocado, jicama, red pepper, cucumber and bean sprouts. Roll up tightly.

#### \*WASABI MAYO RECIPE

#### Ingredients

1/2 cup mayo  
2 teaspoons wasabi paste  
1 teaspoon lemon juice  
1/4 teaspoon ginger powder

#### Instructions

1. Combine ingredients in a small mixing bowl; whisk until smooth.
2. Let stand at least 10 minutes before serving

Store in an airtight container in the refrigerator for up to 1 month.

\*\*definition of 'julienned' in COOKING TERMS

### **UPGRADED RAMEN**

Serves 1

Total Time: 10 minutes

#### Ingredients

1/2 tablespoon cooking oil (any vegetable oil)  
1/2 teaspoon minced garlic (or 1/8 teaspoon garlic powder)  
1/8 teaspoon ginger powder  
1 handful sliced mushrooms (optional)  
1 cup any flavored broth  
1 cup water  
1 package instant ramen (seasoning discarded)  
1 handful fresh spinach  
1 egg  
1 green onion, sliced (optional)  
sriracha to taste

#### Instructions

1. Add the oil, garlic, and ginger to a small sauce pot and sauté over medium for about one minute.
2. Add the sliced mushrooms and sauté for about a minute more.
3. Add the broth and water, and bring to a boil.'
4. Once boiling, add the uncooked ramen noodles. Boil for about 3 minutes, or just until they are tender. Do not overcook the noodles.
5. Stir in the spinach until wilted. Turn the heat down to low, crack the egg into the broth, and let sit for about six minutes, or until the egg whites are cooked and the yolk is still runny.
6. Transfer the soup to one or two bowls, then top with sriracha and sliced green onion.

### **STIR FRY**

Serves 4

Prep Time: 8 minutes

Cook Time: 10 minutes

Total Time: 18 minutes

#### Ingredients

1 lb boneless, skinless chicken breast or thigh cut into 1 inch cubes (can substitute tofu)



2 tablespoons oil, divided  
3 1/2 cups vegetables (fresh or frozen) (example: 2 cups broccoli florets, 1/2 yellow bell pepper cut into 1 inch pieces, 1/2 red bell pepper cut into 1 inch pieces, 1/2 cup carrots chopped)  
2 teaspoons minced ginger (or 1/2 teaspoon garlic powder)  
salt and pepper, to taste  
2 minced garlic (or 1/2 teaspoon garlic powder)

#### Stir Fry Sauce:

1 tablespoon corn starch  
2 tablespoon cold water  
1/4 cup any flavor broth  
3 tablespoon soy sauce  
1/4 cup honey  
1 tablespoon sesame oil  
1/2 teaspoon crushed red pepper flakes (optional)

#### Instructions

1. In a medium size bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, and toasted sesame oil, red pepper flakes) and whisk to combine. Set aside.
2. Add one tablespoon of olive oil to a large skillet or wok and heat over medium high heat.
3. Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3 to 5 minutes or until cooked through. Remove from skillet.
4. Reduce heat to medium and add remaining tablespoon of oil to the skillet.
5. Add vegetables and cook, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.
6. Add chicken back into the skillet and stir to combine.
7. Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine.
8. Bring to a boil, stirring occasionally, and let boil for one minute.
9. Serve with rice and/or chow mein if desired.

\*Other vegetables to consider: bok choy, water chestnuts, onion

\*\*Sugar snap peas can also be added but they must be added near the end of cooking.

## **SESAME GINGER TOFU POKE BOWL**

Serves 4

Prep Time: 30 minutes

#### Ingredients

For the tofu:

14 to 16 ounces extra-firm tofu, drained  
1/4 cup tamari or soy sauce  
1 to 2 teaspoons minced garlic (or 1/4 to 1/2 teaspoon garlic powder)  
1 tablespoon lime juice  
1/4 to 1/2 teaspoons ginger powder

1 teaspoon sesame seeds

1 teaspoon sesame oil

For the cucumbers:

2 cups cucumbers, halved lengthwise, then thinly sliced into half moons

Salt, to taste

1 tablespoon lime juice

For the bowls:

2 cups cooked sushi rice or quinoa

Any combination of the following: shredded purple cabbage, cubed avocado, sliced scallions, fresh cilantro leaves and tender stems, sliced radishes, shelled edamame, bean sprouts, shaved carrot ribbons, spiralized veggies, wasabi peas, lime wedges, sesame seeds

Instructions

1. Press the tofu: Wrap the block of tofu in a few layers of paper towels, then place on a dinner plate or cutting board. Weigh it down with a heavy object like a skillet, pot, or large can for at least 20 minutes.
2. Meanwhile, place cucumbers in a medium bowl and add a few pinches of salt. Gently squeeze and toss with your hands until they begin to release liquid. Drain, return to the bowl, add the lime juice, and toss to coat; set aside.
3. Pat the tofu dry and cut into small cubes. Whisk together the tamari, garlic, lime juice ginger, sesame seeds, and toasted sesame oil in a large bowl. Add the tofu and gently toss to coat. Let sit for 10 minutes. Drain, reserving the excess marinade.
4. Assemble the bowls: Divide the rice or quinoa between 4 shallow bowls. Top with the tofu, cucumbers (seasoning them with more salt, if needed), and any other desired toppings. Drizzle with the reserved marinade, if desired.

## **MICROWAVE QUESADILLA**

Servings: 1

Time: 2 minutes

Ingredients

2 Tortillas

Cheese (as much as your heart desires)

Instructions

1. Take tortilla and place on a large microwave plate and sprinkle cheddar cheese on it. Place the other tortilla on top of the cheddar cheese layer. Microwave on high for 1 minute until cheddar cheese is melted. Cut it into triangles and serve hot.

## **SPAGHETTI**

Serves 8

Prep Time: 10 minutes

Cook Time: 1 hour 5 minutes

Total Time: 1 hour 15 minutes

#### Ingredients

1 pound ground beef  
1 medium onion, chopped (or 2 teaspoons onion powder added with the rest of the herbs)  
1 (28 ounce) can diced tomatoes  
1 (16 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
2 teaspoons dried oregano  
1 teaspoon garlic powder  
2 teaspoons dried basil  
1 teaspoon salt  
½ teaspoon ground black pepper

#### Instructions

1. Combine ground beef, onion, in a large saucepan over medium-high heat. Cook and stir until meat is browned and crumbly and vegetables are tender, 5 to 7 minutes. Drain grease.
2. Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, garlic powder, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

### **SLOW COOKER CHICKEN AND DUMPLINGS**

Serves 4

Prep Time: 10 minutes

Cook Time: 4 hours

Total Time: 4 hours 10 minutes

#### Ingredients

1 1/4 pound boneless skinless chicken breasts or thighs  
1 teaspoon dried oregano  
Salt and pepper, to taste  
2 (10.5-oz.) cans cream of chicken soup  
2 cups chicken or vegetable broth  
2 teaspoons dried thyme  
1 bay leaf  
1 onion, chopped  
2 stalks celery, chopped  
2 large carrots, peeled and chopped (or frozen carrots)  
1 cup frozen peas, thawed  
2 teaspoons minced garlic (or 1/4 teaspoons garlic powder)  
1 (16.3-oz.) can refrigerated biscuits

## Instructions

1. Scatter onion in the bottom of a large slow cooker then top with chicken. Season with oregano, salt, and pepper.
2. Pour soup and broth over chicken, then add thyme and bay leaf. Cover and cook on High until the chicken is cooked through, about 3 hours.
3. Discard thyme and bay leaf, then shred chicken with two forks. Stir in celery, carrots, peas, and garlic. Cut or tear biscuits into small bite-sized pieces then stir into chicken mixture. Spoon liquid over any biscuits at the top.
4. Cook on High until vegetables are tender and biscuits are cooked through, stirring every 30 minutes, about 1 hour to 1 hour 30 minutes more.

## HAMBURGER SOUP

Serves 6

Prep Time: 10 minutes

Cook Time: 8 hours 10 minutes

Total Time: 8 hours 20 minutes

## Ingredients

- 1 medium yellow or white onion, diced
- 1 tablespoon oil
- 2 pounds ground beef
- 2 stalks celery, chopped
- 5 large carrots, peeled and sliced on the diagonal
- 1 red bell pepper, seeded and diced (optional)
- 1 yellow bell pepper, seeded and diced (optional)
- 4 potatoes, scrubbed and cut into 1-inch chunks
- 1 6-ounce can tomato paste
- 1 teaspoon garlic powder (or minced garlic)
- 1 teaspoon Italian seasoning (or 1/4 teaspoon of each: basil, oregano, thyme, and rosemary)
- 3 teaspoons salt, divided
- 1 quart broth
- 1 cup water
- 2 teaspoons red wine vinegar (optional)

## OPTIONAL SUGGESTIONS FOR TOPPING:

chopped green onion, chopped parsley, grated cheese

## Instructions

1. Heat 1 tablespoon olive oil in a medium skillet pan over medium heat. Add the onion and cook for 3-4 minutes, stirring occasionally. Add the ground beef, sprinkle with 1 teaspoon salt, and cook until browned and no longer pink. Drain any excess grease.
2. To a 6-quart slow cooker, add the cooked onion and ground beef, celery, carrots, bell pepper, potatoes, tomato paste, garlic powder, Italian seasoning, 2 teaspoon salt, chicken stock, and water, stirring until well combined.
3. Cover and cook on high for 4-5 hours or low for 7-8 hours, or until the vegetables are tender and cooked through. Uncover and add the red wine vinegar, stirring to combine.

Taste and add additional salt, vinegar or pepper to taste. Serve with toppings of your choice.

## **CHILI**

Serves 10

Prep Time: 15 minutes

Cook Time: 2 hours

Total Time: 2 hours 15 minutes

### Instructions:

1 pound ground beef  
1 pound Italian sausage or spicy Italian sausage or more ground beef  
1 medium yellow or white onion diced  
1 red bell pepper seeded and chopped (optional)  
1 to 2 teaspoons minced garlic (or ½ teaspoon garlic powder)  
30 ounces kidney beans rinsed well and drained (2 15 oz cans)\*  
15 ounces pinto beans rinsed well and drained (1 can)\*  
29 ounces diced tomatoes use the entire can, juice and all (2 14.5 cans)  
3 ounces tomato paste  
8 ounces tomato sauce  
2 tablespoons Worcestershire sauce  
1 cup beef broth  
1 teaspoon hot sauce (optional)  
2 tablespoons chili powder  
1 teaspoon ground cumin (optional)  
1 teaspoon paprika (optional)  
¼ teaspoon cayenne (optional)  
½ teaspoon salt  
½ teaspoon pepper  
1 tablespoon sugar

### Instructions:

1. Brown the ground beef and sausage in a large skillet over medium heat until mostly cooked through. A little pink is fine.
2. Add the diced onion, bell pepper, and garlic and stir to combine. Cook over medium heat until onion is translucent.
3. Transfer the beef mixture to a 6 quart crockpot or slow cooker.
4. Add the kidney and pinto beans.
5. Top with diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, beef broth and hot sauce.
6. Next add the seasonings (chili powder, cumin, paprika, cayenne, salt, pepper and sugar). Stir to combine
7. Place the lid on the slow cooker and cook on low for 4 to 6 hours or on high for 2 to 3 hours, stirring occasionally.
8. Serve with desired toppings such as shredded cheese, sour cream, corn chips, tortilla chips, etc.

\*Homemade 'canned' beans recipe found under 'Sides'.

## **MINISTRONE SOUP**

Serves 6

Prep Time: 10 minutes  
Cook Time: 4 hours 25 minutes  
Total Time: 4 hours 35 minutes

#### Ingredients

2 cans (14.5 oz) diced tomatoes  
2 tablespoons tomato paste  
4 cups vegetable stock (or chicken stock)  
2 cups water  
1 cup carrots, diced  
1 1/4 cup celery, diced  
1 1/2 cup yellow or white onion, diced  
4 - 5 cloves garlic, minced (or 1 teaspoons garlic powder)  
1 teaspoon dried oregano  
1 sprig rosemary (or 1/2 teaspoon dried)  
2 bay leaves  
salt and pepper to taste  
2 (15 oz) cans beans, drained and rinsed (example beans: kidney beans, great northern beans, cannellini, navy)  
1 1/2 cups zucchini, diced  
1 1/2 cups pasta (examples: macaroni, tubular (ditalini))  
1 cup frozen green beans, thawed  
2 1/2 cups spinach, chopped  
Finely shredded Parmesan cheese, for serving (optional)

#### Instructions

1. Add the diced tomatoes, tomato paste, vegetable stock, water, carrots, celery, onions, garlic, oregano, rosemary, and bay leaves to a slow cooker. Season with salt and pepper to taste and cook on low heat 6-8 hours or high 3-4 hours.
2. Add in red kidney beans, great northern beans, zucchini, and pasta and cook on high heat for an additional 20- 25 minutes until pasta is tender. Stir in the spinach and green beans and cook for an additional 5 minutes until heated through. Serve warm topped with parmesan cheese.

### **ARROZ CON POLLO**

Serves 4

Prep Time: 10 minutes  
Cook Time: 45 minutes  
Total Time: 55 Minutes

#### Ingredients

3 large red, orange, and/or yellow bell peppers, chopped  
1 small onion, chopped

3 teaspoons minced garlic (or  $\frac{3}{4}$  teaspoon garlic powder)  
1 (15 ounce) can tomato sauce  
1 (15 ounce) can diced tomatoes, undrained  
1  $\frac{1}{2}$  cups chicken broth  
2 tablespoons chili powder  
1 tablespoon paprika  
 $\frac{1}{2}$  teaspoon ground pepper  
 $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{4}$  teaspoon ground turmeric  
2 pounds boneless, skinless chicken thighs or breast  
2 cups instant rice, such as Minute Rice  
1 cup frozen peas  
 $\frac{1}{4}$  cup chopped fresh cilantro (Optional)

#### Instructions

1. Combine bell peppers, onion, garlic, tomato sauce, diced tomatoes, broth, chili powder, paprika,  $\frac{1}{2}$  teaspoon salt, pepper, cumin, and tumeric in a 6-qt. slow cooker. Nestle chicken into the mixture until submerged. Cover and cook on Low for 5  $\frac{1}{2}$  hours.
2. Stir in rice, peas, and the remaining  $\frac{1}{2}$  teaspoon salt. Cover and cook until the rice is tender and most of the liquid is absorbed, about 30 minutes more.
3. Using 2 forks, shred the chicken in the slow cooker. Top each serving with 1 tablespoon olives and garnish with cilantro, if desired.

### **CROCKPOT ROAST BEEF**

Serves 6

Prep Time: 25 minutes

Cook Time: 8 hours

Total Time: 8 hours 25 minutes

#### Ingredients

1  $\frac{1}{2}$  tablespoon oil, divided  
1 (3 lb) chuck roast (can substitute rump roast)  
Salt and pepper  
1 medium yellow or white onion, peeled, halved and cut into thick slices  
5 garlic cloves, minced (1 teaspoon of garlic powder)  
1  $\frac{1}{4}$  cups beef broth  
2 tsp Worcestershire sauce  
1 tablespoon thyme  
1 tablespoon rosemary  
2.5 pounds small potatoes, left whole (or big potatoes cut into about one inch pieces)  
5 carrots (about 1 pound), peeled and cut into one inch pieces  
2  $\frac{1}{2}$  tablespoons cornstarch mixed with 3 Tbsp beef broth (optional, for thickening gravy)  
2 tablespoons parsley

### Instructions

1. Heat 1 Tbsp olive oil in a large pot over medium-high heat. Dab roast dry with paper towels, season all over with salt and pepper.
2. Sear roast in pot until browned on both sides, about 4 - 5 minutes per side. Transfer roast to slow cooker.
3. Add remaining 1/2 Tbsp olive oil to pot. Add onion and saute 2 minutes, add garlic and saute 30 seconds longer. Pour onion mixture over roast in slow cooker.
4. Return pot to heat, pour in beef broth, Worcestershire, thyme and rosemary and cook about 15 seconds, just long enough to scrape up browned bits from the bottom of the pot. Remove from heat.
5. Layer potatoes and carrots over onion layer in slow cooker, pour beef broth evenly over top then season with salt and pepper.
6. Cover slow cooker and cook on low heat until roast and vegetables are tender, about 8 - 9 hours.
7. Remove roast and vegetables, shred roast (discard fat) and cut potatoes if desired.

If you'd like to thicken the broth and make a gravy, pour broth from slow cooker through a fine mesh strainer into a small saucepan\*\*. Heat over medium-high heat. Whisk cornstarch with 3 Tbsp beef broth then pour into saucepan. Bring to a simmer, stirring constantly, let simmer 30 - 60 seconds.

Plate roast and vegetables, pour gravy over the top and sprinkle with parsley.

### **CHICKEN (OR TUNA OR CHICKPEA) SALAD**

6 servings

Prep time: 15 minutes

Total time: 15 minutes

#### Ingredients

2 cups cooked or canned chicken chopped (OR canned tuna OR canned chickpeas)

1/2 cup mayonnaise

1 stalk celery chopped

1 green onion diced (or chives or red onion)

1 teaspoon dijon mustard

Salt and Pepper, to taste

1 teaspoon fresh dill (optional)

#### Instructions

1. Combine all ingredients in a small bowl and mix well.
2. Season with salt and pepper to taste.
3. Serve as a sandwich, over salad, in a wrap, or plain.



# SIDES

## **CROCKPOT BEANS**

Serves 8

Cook Time: 8 hours

### Ingredients

1 Pound (3 cups) Dried Beans (Pinto Beans, Black Beans, Kidney Beans, Navy Beans, Etc.)

Water (Enough To Cover Beans By About 3 Inches)

¼ teaspoon garlic powder (or 1 teaspoon minced garlic)

¼ Teaspoon Salt

¼ Teaspoon Pepper

### Instructions

1. Rinse and sort beans, discarding any broken beans and stones.
2. Add beans, garlic, salt and pepper to a 5 quart or larger slow cooker.
3. Add enough water to the slow cooker to cover the beans by about 3 inches.
4. Cover and cook on LOW for 8 to 10 hours or until the beans are fully cooked and tender.

Use as you would canned beans in any recipe. Freeze extras in freezer containers for up to 6 months with cooking liquid.

## **COLESLAW**

Serves 6

Prep Time: 20 minutes

Chill Time: 1 hour

Total Time: 1 hour 20 minutes

### Instructions

5 cups cabbage finely shredded

1 cup carrot finely shredded

### Dressing

½ cup mayonnaise

1 tablespoon white vinegar (or rice vinegar)

½ tablespoon cider vinegar

2 teaspoons sugar

½ teaspoon celery seeds (optional)

salt and pepper, to taste

### Instructions

1. Combine all dressing ingredients in a bowl.
2. Toss with cabbage & carrots. Refrigerate at least 1 hour before serving to allow flavors to blend.

Freeze to store longer. Keeps in the refrigerators for up to one week.

### **SAUTEED GREEN BEANS**

Serves 4

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

#### Ingredients

1 ½ tablespoons oil

¾ pound (2 ½ - 3 cups) fresh or frozen green beans

½ teaspoon onion powder

½ teaspoon garlic powder (or 2 teaspoons minced garlic)

freshly ground pepper, to taste

#### Instructions

1. Heat olive oil in a skillet over medium heat; cook and stir green beans, onion salt, garlic salt, garlic powder, and black pepper together until desired tenderness is reached, 5 to 10 minutes.

### **STEAMED BROCCOLI AND/OR CAULIFLOWER**

Serves 2

Prep Time: 2 minutes

Cook Time: 3 minutes

Total Time: 5 minutes

#### Ingredients

1 large head broccoli and/or cauliflower, chopped

3 tablespoons water

1 tablespoon butter (optional)

Salt and pepper, to taste (optional)

#### Instructions

1. Place chopped broccoli and/or cauliflower in a microwave-safe bowl and pour water over the top.
2. Cover with a plate or lid and microwave on high for 2 1/2 to 4 minutes, until broccoli and/or cauliflower is tender. Be careful when you remove the broccoli and/or cauliflower from the microwave. The steam will be hot!
3. Transfer broccoli and/or cauliflower to a serving dish. If desired, top with butter, tossing to coat. Sprinkle it with salt and pepper to taste.

### **MICROWAVE MAC AND CHEESE**

1 serving

Total Time: 5 minutes

### Ingredients

½ cup elbow macaroni  
½ cup water  
3 tablespoons milk  
Salt and pepper, to taste  
¼ cup shredded cheddar cheese

### Instructions

1. Mix the macaroni, water, and salt in a microwaveable mug.
2. Microwave for 2-3 minutes, then stir.
3. Add the milk, cheese, salt, and pepper, then stir.
4. Microwave for another 30 seconds, stir, serve!

## **CROCKPOT RICE**

Serves 6

Cook Time: 3 hours

Total Time: 3 hours

### Ingredients

4 cups Rice  
8 cups Water  
1 tsp Salt (optional)

### Instructions

1. Place the rice on the bottom of the crockpot and season with the salt.
2. Pour water over the rice. (You want double the water as rice, so if you have 2 cups of rice, you will need 4 cups of water).
3. Cook on high for 1 ½ to 2½ hours for white rice.
4. Fluff with a fork and serve (or freeze to store)

## **MICROWAVE RICE**

Serves 4

Cook Time: 25 minutes

Total Time: 25 minutes

### Ingredients

1-1/2 cups rice (examples: jasmine, basmati, white rice or sushi rice)  
2-1/4 cups water  
Salt (optional)

### Instructions

1. Scoop the rice into the microwave-safe container or pot. Fill the pot with water and swish the water and rice with your hands. Pour out the water, keeping the rice in the pot (just

cup your hands around the rice to prevent it from pouring out). Repeat for 2-3 more times until the water is just barely cloudy. The last time, make sure you pour as much water as possible (without losing any rice grains down the drain!) If there is too much water in the pot, the next step's water measurement will be off.

2. Add 2 1/4 cups water. Cover with lid.
3. Microwave on high for 5 minutes at full power. Microwave 15 minutes at 50% power. Let rest covered for 5 minutes before fluffing. Give the rice a quick taste. Does it need more time? If so, cover and cook for an additional 1 minute on high.

## **CROCKPOT AU GRATIN POTATOES**

Serves 6

Prep Time: 15 minutes

Cook Time: 3 hours

Total Time: 3 hours 15 minutes

### Ingredients

3 pounds russet or Yukon Gold potatoes

1 onion, chopped

4 tablespoons butter

1/4 cup all purpose flour

2 cups milk

2 teaspoons garlic powder

salt and pepper, to taste

2 cups shredded cheese (examples: Monterey Jack, sharp cheddar)

### Instructions

1. Wash your potatoes (they don't need to be peeled but can if you wish). Slice to 1/8" thick, set aside.
2. Generously coat the slow cooker with non-stick spray.
3. In a medium saucepan, melt the butter over medium-low heat. Add flour and whisk to combine. Whisk in the milk, garlic powder, pepper, and a generous amount of salt. (I use at least a teaspoon.) Cook, stirring frequently just until it starts to thicken. Remove from heat and stir in cheeses.
4. Place 1/3 of the sliced potatoes in the bottom of the slow cooker. Sprinkle with 1/3 of the chopped onion. Pour 1/3 of the cheese sauce over the potatoes and onions. Repeat this 2 more times. Cover and cook on high for 3-4 hours or low for 4-6 hours or until potatoes are tender. Let sit for 20 minutes before serving.

## **CROCKPOT MASHED POTATOES**

Serves 8 to 10

Prep Time: 10 minutes

Cook Time: 5 hours

Total Time: 5 hours 10 minutes

## Ingredients

5 pounds russet potatoes  
2 teaspoons garlic powder  
1 teaspoon kosher salt, plus more to taste  
black pepper, to taste  
3 to 3 1/2 cups milk, or a mixture of milk and cream  
1/2 cup butter

## Instructions

1. Peel and chop the potatoes. Lightly grease the slow cooker insert with butter or cooking spray. Peel the potatoes and chop into small pieces, about 1 inch to a side. The smaller the potatoes, the faster they will cook, obviously. Transfer the potatoes to the slow cooker.
2. Add the seasonings. Smash the garlic cloves, if using, and drop on top of the potatoes. Stir in the salt and a generous quantity of black pepper.
3. Pour in 1 1/2 cups milk. Pour in 1 1/2 cups milk and stir the potatoes once.
4. Cook until tender. Cover the slow cooker and cook 4 to 5 hours on HIGH or until the potatoes are very tender and soft. Turn the heat to WARM.
5. Melt the butter. When the potatoes are done, melt the butter in a saucepan over low heat.
6. Warm the dairy. Stir 2 cups milk, or a mixture of milk and cream, into the melted butter and warm gently over low heat.
7. Mash the potatoes. Use a potato masher or ricer to mash the potatoes right in the pot.
8. Slowly stir in the dairy. When the potatoes are as smooth as you like, slowly stir in the warmed dairy and butter. The potatoes will look soupy at first but the potatoes will quickly soak up the liquid. Add an additional 1/2 cup of milk or cream if you want them to be even creamier.
9. Taste and season. Taste and season with more salt or pepper as needed.

To keep the potatoes warm, leave in the covered slow cooker on the WARM setting for up to 4 hours.

## **MICROWAVE BAKED POTATO**

Serves 1

Prep Time: 1 minute

Cook Time: 11 minutes

Total Time: 12 minutes

## Ingredients:

Potato

Desired toppings (cheese, butter, sour cream, etc.)

## Instructions

1. Scrub potato and prick with a fork. Place on a microwave-safe plate.

2. Microwave on full power for 5 minutes. Turn potato over, and microwave until soft, about 5 more minutes.
3. Remove potato from the microwave, and cut in half lengthwise. Season with salt and pepper and mash up the inside a little with a fork.
4. Add butter and Cheddar cheese (if desired). Microwave until melted, about 1 more minute.
5. Top with sour cream (if desired), and serve.

## SNACKS

### ENERGY BALLS

Serves 12

Prep Time: 10 Minutes

Total Time: 40 Minutes

Ingredients:

2/3 cup peanut butter

1/2 cup chocolate chips

1 cup old fashioned oats

2 tablespoons honey

Instructions

1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
2. Roll into 12 bites and store in the fridge for up to a week.

### MICROWAVE NACHOS

Serves 1

Total Time: 5 minutes

Ingredients

Handful of tortilla chips

Handful of cheese

Cooked ground beef

OPTIONAL TOPPINGS:

Avocado or guacamole, tomatoes or salsa or pico de gallo, beans, sour cream, onions, green onions, olives, jalapenos, etc.

Instructions

1. Place tortilla chips on a microwave safe plate. Top with ground beef and cheese.

2. Microwave for 1 minute or until cheese has melted and beef has been warmed.
3. Top with desired toppings.

## **BOILED EGGS**

Serves 6

Time: 10 minutes

Ingredients:

6 eggs

1 teaspoon salt

Instructions:

1. Place eggs in a large saucepan. Cover them with cool water by 1 inch. Add salt to water.
2. Cover with a lid and bring water to a boil over high heat; when the water has reached a full rolling boil, reduce the heat to medium-high and set the timer for the desired time. Boil for 10 minutes over medium-high heat for perfect hard-boiled eggs.
3. Using a slotted spoon, transfer them to a large bowl of ice water and let them cool for a few minutes. Or you can place them under cool running water to stop the cooking.
4. Peel and serve the eggs immediately. You can sprinkle some paprika or chives on top.

Peel or store for later:

I find it easiest to peel the eggs under a bit of running water.

The best way to store hard boiled eggs is unpeeled in a covered container in the refrigerator.

They should be eaten within 5 days.

## **SALSA**

Serving Size: 12

Time: 5 minutes

Ingredients:

2 cups chopped tomatoes (fresh or canned)

½ cup chopped onion

2 tablespoons canned green chilies (or canned or fresh jalapenos)

2 tablespoons lime juice (optional)

2 tablespoons chopped fresh cilantro

2 cloves garlic, peeled (or ½ teaspoon garlic powder)

1 teaspoon ground cumin (optional)

¼ teaspoon salt (optional)

Instructions:

1. Combine tomatoes, red onion, yellow onion, green chilies, lime juice, cilantro, garlic, cumin, and salt in a food processor or blender. . Pulse until mixture is combined but still chunky. If you don't own a blender, the ingredients can be finely chopped instead. Either works fine.
2. Serve with tortilla chips

## **GUACAMOLE**

Serving Size: 4

Time: 5 minutes

### Ingredients:

2 ripe avocados

1/4 teaspoon salt (optional)

1 tablespoon lime or lemon juice

2 to 4 tablespoons minced onion or thinly sliced green onion

1 to 2 serrano (or jalapeño) chilis, stems and seeds removed (or leave seeds in if you want spicy guacamole), minced

2 tablespoons cilantro (leaves and tender stems), finely chopped

Pinch pepper

1/2 ripe tomato, chopped (optional)

OR

2 ripe avocados

1/3 cup salsa

1 tablespoon fresh lime or lemon juice (optional)

### Instructions:

1. Cut the avocados in half. Remove the pit. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon into a bowl.
2. Using a fork, roughly mash the avocado.
3. Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will provide some balance to the richness of the avocado and will help delay the avocados from turning brown.
4. Add the chopped onion, cilantro, black pepper, and chilis. Chili peppers vary individually in their spiciness. So, start with a half of one chili pepper and add more to the guacamole to your desired degree of heat. If using salsa instead, add salsa to mashed avocado and mix.
5. Serve with tortilla chips.

### Storing:

Place plastic wrap on the surface of the guacamole and press down to cover it to prevent air reaching it. (The oxygen in the air causes oxidation which will turn the guacamole brown.)

## **QUICK SNACK IDEAS**



Peanut butter and crackers  
Yogurt (with peanut butter, cut bananas, cut apples, berries, granola, nuts, jelly, ect.)  
Peanut butter and apples  
Peanut butter on celery  
Peanut butter and jelly sandwich  
Crackers and cheese  
Chips and salsa  
Chips and guacamole  
Fruit salad (an assortment of chopped fruits mixed together)

## DESSERTS

### NO-BAKE CHEESECAKE

Serves 8

Prep Time: 15 mins

Total: 6 hrs

Ingredients:

For the Crust:

2 cups graham cracker crumbs

5 tablespoons butter, melted

For the Filling:

16 ounces plain, cream cheese (two 8-ounce packages)

$\frac{3}{4}$  cup sugar

4  $\frac{1}{2}$  teaspoons lemon juice (about 1 lemon)

$\frac{1}{4}$  teaspoon vanilla extract

1  $\frac{1}{2}$  cups heavy cream (12 ounces)

Instructions:

1. For the Crust: Combine cookie crumbs and melted butter in a small bowl, then stir in a pinch of salt to taste. Sprinkle into a 9-inch tart pan or pie plate, spread into an even layer, then compress firmly with a flat-bottomed drinking glass or measuring cup; this will naturally push the crumbs up the sides of the pan. Keep pressing until the crumbs are in a compact, even layer across the bottom and sides of the pan. Refrigerate until needed. (The crust can be made and held for a day or two if wrapped in plastic.)
1. For the Filling: Combine cream cheese, sugar, lemon juice, vanilla, and salt in the bowl of a stand mixer fitted with a paddle attachment. Mix at low speed to form a thick paste, then increase to medium speed until soft and smooth.

2. Scrape bowl and beater with a flexible spatula, then switch to the whisk attachment and pour in cream. Mix at low speed to combine, then increase to high and whip until the mixture can hold stiff peaks, 3 to 5 minutes depending on the horsepower of your mixer.
  3. Scrape filling into prepared crust and spread into an even layer, using the back of a spoon to sculpt filling into swoops and swirls. Cover with plastic and refrigerate until the filling is firm and cold, about 6 hours or to an internal temperature of 40°F (4°C).
1. To Serve: Can be topped with fresh fruit. Cut cheesecake and serve!

## **KEY LIME PIE**

Serves 8

Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 3 hours 45 minutes

### Ingredients

#### For the Crust:

1½ cups finely crushed graham cracker crumbs, from about 12 whole graham crackers

⅓ cup packed brown sugar

4 tablespoons butter, melted

#### For the Filling:

2 14-oz cans sweetened condensed milk

1 cup plain yogurt

1 tablespoon grated lime zest

¾ cup lime juice

#### For the Topping:

1 cup cold heavy cream

2 tablespoons confectioners' sugar

1 teaspoon grated lime zest (optional)

8 to 10 thin lime slices (optional)

### Instructions

#### For the Crust:

1. Preheat oven to 375 °F and set an oven rack in the middle position.
2. In a medium bowl, combine the graham cracker crumbs, brown sugar, and melted butter; stir with a fork first, and then your hands until the mixture is well combined. Using your fingers and the bottom of a glass or dry measuring cup, press the crumbs firmly into the bottom and up the sides of a 9 x 1.5-inch (deep-dish) pie pan. The crust should be about ¼-inch thick. (Tip: do the sides first.)
3. Bake for 10 minutes, until just slightly browned. Let the crust cool on a wire rack.

For the Filling:

1. Lower the oven temperature to 350°F.
2. In a large bowl, whisk together the sweetened condensed milk, yogurt, lime zest, and lime juice. Pour the thick mixture into the warm graham cracker crust. Bake for 15 minutes, until the filling is almost set; it should wobble a bit. Let cool at room temperature for 30 minutes, then place in the refrigerator to chill thoroughly, about 3 hours.

For the Topping:

1. In the bowl of an electric mixer, beat the heavy cream until soft peaks form. Add the confectioners' sugar and beat until medium peaks form. Top the pie with the whipped cream. Decorate with the lime zest and lime slices. Store the pie in the refrigerator until ready to serve. Slice the pie into wedges, wiping your knife clean between slices, and serve cold.

Make-Ahead Instructions: You can make the crust a day ahead of time, but the filling should be added on the day of serving, otherwise the crust will get soggy.

## **NO-BAKE ECLAIR CAKE**

Serves 12

Prep Time: 20 minutes

Total Time: 9 hours

Ingredients:

2 (3.5 ounce) packages instant vanilla pudding mix

3 cups milk

8 ounce whipped topping, at room temperature (like Cool Whip®)

2 sleeves graham cracker squares (about 10 ounces)

16 ounce container chocolate frosting

Instructions:

1. In a medium bowl, mix together 2 (3.5 ounce) packages instant vanilla pudding mix, 3 cups milk and 8 ounces whipped topping, thawed.
2. In an 9×13-inch baking dish, arrange a single layer of the 2 sleeves graham cracker squares on the bottom. You may have to break them up a bit to get enough crackers to cover the bottom of your dish.
3. Spread half of the pudding mixture on top of the crackers.
4. Layer another layer of graham crackers over the pudding mixture.
5. Then layer the other half of the pudding mixture on top of crackers.
6. Top with a final layer of graham crackers.
7. Put plastic wrap over dish and put in fridge for about 30 min to an hour to allow pudding to set.
8. When ready, put the 16 ounce container chocolate frosting (remove lid and aluminum foil top before microwaving).

9. in the microwave for about 15 seconds to soften
10. Take out and stir frosting. It should be easily spreadable now.
11. Remove plastic wrap from dish and evenly spread chocolate frosting all over the top layer of graham crackers.
12. Place plastic wrap over top of dish and put back in fridge and let it chill overnight.
13. This dessert gets better over time. The graham crackers need plenty of time to soften up.
14. When ready, slice and serve!

## **PEANUT BUTTER PIE**

Serves 8

Prep Time: 20 minutes

Total Time: 2 hours 20 minutes

Ingredients:

1 (8 ounce) package cream cheese, softened

½ cup peanut butter

½ cup confectioners' sugar

1 (16 ounce) container frozen whipped topping, thawed, divided (like Cool Whip®)

1 (9 inch) prepared graham cracker crust

Instructions:

1. Mix cream cheese, peanut butter, and confectioners' sugar together until smooth. Fold in 1/2 of the whipped topping, then spoon the mixture into graham cracker crust.
2. Spread remaining whipped topping over the peanut butter mixture. Chill for at least 2 hours or overnight before serving.

## **MUG CAKE**

Serves 1

Prep Time: 5 minutes

Cook Time: 2 minutes

Total Time: 7 minutes

Ingredients:

¼ cup all-purpose flour

¼ cup white sugar

2 tablespoons unsweetened cocoa powder

⅛ teaspoon baking soda

⅛ teaspoon salt

3 tablespoons milk

2 tablespoons oil

1 tablespoon water

¼ teaspoon vanilla extract

OPTIONAL ADD-INS: peanut butter, chocolate chips, etc.

Instructions:

1. Mix flour, sugar, cocoa powder, baking soda, and salt in a large microwave-safe mug; stir in milk, canola oil, water, and vanilla extract.
2. Microwave until cake is done in the middle, about 1 minute 45 seconds.

### **CROCKPOT POUND CAKE**

Serves 10

Prep Time: 10 minutes

Cook Time: 4 hours

Total Time: 4 hours 10 minutes

Ingredients:

- 1 cup butter
- 2 cups sugar
- 6 eggs
- 2 cups flour
- 2 teaspoon vanilla extract

Instructions:

1. Beat together butter & sugar until creamy. Stir in eggs & vanilla. Finally Mix in flour until smooth.
2. Pour batter into a well greased 4 quart crock pot. Prop the lid open a little with a toothpick or spoon. You may even want to place a couple paper towels between the lid and the crock to keep the moisture off of the top of the cake.
3. Bake for 3 1/2 - 4 hours on high or until a toothpick inserted in the center comes clean.

### **BERRY TRIFLE**

Serves 8

Prep Time: 25 Minutes

Total Time: 25 Minutes, plus at least 8 hours to chill

Ingredients:

- 1 pound cake (store-bought or homemade. Homemade recipes in dessert section), sliced
- 2 (6-ounce) containers of blueberries (about 2 cups)
- 1 ½ quarts strawberries
- 16 ounces cream cheese, room temperature
- 1 ½ cups heavy whipping cream
- 2 cups confectioners' sugar
- 1 teaspoon vanilla extract

Instructions:

1. Cut the tops off the strawberries and cut them in half. Reserve 1 cup of mixed berries to garnish the top of the trifle.
2. Cube the pound cake.
3. In a large bowl, with an electric mixer, whip the cream until stiff peaks form. Set aside.
4. Into another bowl, add the room temperature cream cheese and confectioner's sugar; beat until smooth and creamy. Then, beat in the vanilla and 1/3 of the whipped cream. With a spatula, fold in the remaining whipped cream until combined. I like to add the pastry cream to a large ziplock bag with the corner snipped off. It makes it easy to add the cream to the trifle dish with smearing it on the sides.
5. Assemble the trifle: Begin and end with a pastry cream layer as follows: Add 1/3 of the pastry cream to the bottom of the trifle dish. Top with 1/2 of the cubed pound cake and 1/2 of the berries. Then add a second layer of pastry cream, followed by remaining cubed pound cake and remaining berries. Add a final pastry cream layer to the top.
6. If serving now, top with berries. If serving later, cover and store in the refrigerator for up to 24 hours. Just before serving, decorate the top with berries.

\*can substitute blueberries and strawberries for other berries (blackberries, raspberries, etc.)

## **BERRY COBBLER**

(With or without cake mix)

Serves 8

Prep Time: 5 minutes

Cook Time: 3 hours

Total Time: 3 hours 5 minutes

Ingredients:

1 cup raspberry

1 cup blueberry

1 cup strawberry

1 cup blackberry

(Or just 4 cups of any berries)

1 tablespoon cornstarch

(cake mix version)

8 tablespoons butter, cut into pieces

1 package vanilla cake mix

OR (No cake mix)

1 cup all purpose flour (130g)

1/4 cup sugar (50g)

1 teaspoon baking powder

1/4 teaspoon cinnamon (optional)

1/4 cup milk

1 egg  
2 tablespoons oil

Instructions:

1. Add raspberries, blueberries, strawberries, and blackberries into the bottom of the slow cooker.
2. Sprinkle cornstarch on top and mix gently.
3. Pour cake mix on top of the berries and spread out so it covers the berries.

OR

1. (Same as 1. above)
2. (Same as 2. above)
3. Make the batter. In another large bowl, stir together the ingredients. The batter will be thick.  
Drop by tablespoonfuls over the berries in the crockpot.
4. Place pieces of butter on top of the cake mix and cover.
5. Cook on high for 2½ to 3 hours, until the cake is fully cooked.
6. Serve topped with ice cream and Enjoy!

## **NO-BAKE COOKIES**

Serves 30

Prep Time: 5 minutes

Cook Time: 8 minutes

Rest Time: 20 minutes

Total Time: 33 minutes

Ingredients:

1/2 cup butter or margarine  
1 3/4 cups granulated sugar  
1/3 cup unsweetened cocoa powder  
1/2 cup milk  
1 tsp vanilla extract  
2/3 cup peanut butter  
3 cups oats

Instructions:

1. Line two baking sheets with parchment paper or set out approximately 29 cupcake liners.
2. In a 2.5 to 3 quart medium saucepan combine butter, sugar, cocoa, and milk.
3. Set over medium heat, and cook stirring frequently until it reaches a full boil.
4. Allow mixture to boil 60 seconds without stirring.
5. Remove from heat, immediately add in vanilla, peanut butter, and quick oats.
6. Stir the mixture until well combined then, using a medium (2 Tbsp) cookie scoop or two spoons drop the mixture onto lined baking sheets or into cupcake liners.
7. Allow to rest at room temperature until set, about 20 - 30 minutes (to speed up setting refrigerate).

Store cookies in an airtight container at room temperature.

## **EDIBLE COOKIE DOUGH**

Serves 7

Prep Time: 15 minutes

Cook Time: 7 minutes

Total Time: 27 minutes

### Ingredients

1 cup flour, heat treated to kill bacteria\*  
1/2 cup butter, softened  
1/2 cup packed light brown sugar  
3 tablespoon granulated sugar  
1/4 teaspoon salt  
1 1/2 tablespoon milk, then more as needed  
1/2 teaspoon vanilla extract  
1/2 cup chocolate chips

### Instructions

1. Add butter, brown sugar and granulated sugar to a medium mixing bowl, sprinkle salt evenly over.
2. Using an electric hand mixer whip together until pale and fluffy, about 3 minutes.
3. Mix in 1 1/2 Tbsp milk and the vanilla extract.
4. Add in flour and blend just to combined, while adding milk 1/2 Tbsp at a time to thin if needed
5. Using a rubber spatula fold in chocolate chips.

Store cookie dough in refrigerator (note that it will harden up once chilled because the butter will solidify, you can let it rest at room temperature if desired).

\*To heat treat flour: preheat oven to 350 degrees. Evenly spread flour onto a rimmed baking sheet. Bake in preheated oven 5 minutes or until flour registers 160 degrees on an instant read thermometer. Cool completely

## **AIR FRIED COOKIES**

Serves 18

Prep Time: 5 minutes

Cook Time: 8 minutes

Total Time: 13 minutes

### Ingredients:

1/2 cup (1 stick) -unsalted butter  
1/4 cup white sugar  
1/2 cup brown sugar  
1 egg  
1 tsp vanilla extract  
1 tsp baking soda  
1/2 tsp sea salt  
1 1/2 cups all-purpose flour  
2 cups chocolate chips

### Instructions:



1. In a microwave-safe bowl, microwave the butter for 20 seconds. You want some of it melted, but the vast majority of the butter should be soft but solid.
2. Add the brown and white sugar and mix.
3. Add the egg and vanilla. Mix
4. Add the dry ingredients, and mix until everything is about 50% combined. Add the chocolate chips and mix. Optional: Refrigerate dough for an hour at this point.
5. Make dough balls about 2-inches wide.
6. Place a piece of parchment in the air fryer basket. Arrange cookies on parchment. Bake at 300 degrees F for 8 minutes.
7. Allow the cookies to rest on the pan for 4-5 minutes before removing.

## **HOMEMADE ICE CREAM**

Serves 10

Prep Time: 10 minutes

Total Time: 4 hours 10 minutes

Ingredients:

2 cups heavy whipping cream

14 ounces sweetened condensed milk

1/2 teaspoon vanilla extract

### **OPTIONAL ADD-INS**

Chocolate chips

Peanut butter

Chopped nuts

Candy

Extracts (like almond or mint, but these can easily be overdone so be sure to add a bit at a time, checking to see if its too much. I would start with 1/2 - 3/4 teaspoon of extract)

8 oz cream cheese (cheesecake flavored ice cream. You could do something like strawberry cheesecake. Cream cheese needs to be beat with the sweetened condensed milk before folding into heavy whipping cream.)

Fruits

3/4 cups Cocoa powder mixed with 4 ounces melted chocolate

Caramel

Graham crackers

Marshmallows

Marshmallow fluff

Cookies/Cookie dough

Brownies

Espresso powder

Instructions:

1. In a large bowl, use a hand mixer or a stand mixer to whip the cream until stiff peaks occur, be careful not to over whip. The cream will be done when you pull the beaters out and the cream stands.
2. Use a spatula to gently fold in the condensed milk, vanilla.
3. Fold in any desired flavorings in
4. Pour into a resealable container, cover the surface of ice cream with plastic wrap, then seal. Freeze for at least 4 hours, or until firm. Keep stored in the freezer.

## MICROWAVE LEMON BARS

Serves 9

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

### Ingredients

#### Crust:

- 1 cup all-purpose flour
- 3 tbsp powdered sugar
- 1 tbsp lemon zest from 1 lemon
- 6 tbsp butter melted

#### Filling:

- 1 cup granulated sugar
- 2 tbsp lemon zest from 2 lemons
- 3 large eggs room temperature
- 1/3 cup lemon juice from your zested lemons
- 1 tbsp all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt

#### Instructions:

1. Lightly grease a 9×9 inch microwave-safe baking dish or line with parchment paper.

#### Crust:

1. Whisk flour, sugar and lemon zest together.
2. Stir in melted butter.
3. Press crust into prepared dish.
4. Microwave for three minutes at 80% power. Check to make sure the crust is firm. If not, heat for an additional 30 seconds at 80% power.
5. Set aside.

#### Filling:

1. Beat sugar, lemon zest, eggs, and lemon juice together.
2. Beat in flour, baking powder and salt and continue beating for 2-3 minutes.
3. Pour the filling over the crust and microwave for three minutes at 80% power. Check the filling. It should be set with just a little jiggle. If it hasn't set, microwave for an additional minute at 80% power and check again.
4. Let the lemon squares cool completely and then refrigerate for several hours or overnight.
5. Cut into squares, dust with powdered sugar and sprinkle additional lemon zest on if desired.

Keep refrigerated.

## COOKING TERMS

Folding: The gentle folding motion forms layers, usually done with a plastic spatula to gently combine ingredients.

Cream: The complete blending of a soft ingredient, like butter, with a dry or granular one, like sugar. When the two have been blended until they form a smooth paste, we say that they have been creamed.

Beat: Mixing rapidly, usually done with a beater or whisk.

Whisk: Mixing done with a whisk.

Knead: To work a dough, like bread or pasta dough, usually with your hands by stretching, folding, and pushing. This is done in order to develop the gluten in the dough, which will add strength and texture to the final product.

Whip: To beat food with a whisk or mixer in order to incorporate air and build volume.

Dice: To dice means to cut something into small but still recognizable chunks of about the same size and shape. Think game dice and you're on the right track.

Mince: To chop something into very tiny pieces. Smaller than dicing.

Julienned: slice into thin strips (about the size of matchsticks)

Skewer: A thin wooden or metal shaft that is used to hold together meat and/or vegetables for grilling, broiling, or roasting.

Boil: Bring a liquid to its boiling point, creating rapid, large bubbles.

Simmer: A more relaxed boil. Simmering is just below the boiling point. There should be small quick bubbles that don't burst.

Steam: To cook in a boiler or pressure cooker with a tight-fitting lid where the steam indirectly cooks the food.

Saute: to cook food quickly over high heat

Braise: To cook meat or vegetables first by browning and then by gently simmering in a small amount of liquid in a covered pan until very tender.

Double Boiler: A special pot that consists of two saucepans that fit together so that water can be put in the lower pan to boil, sending heat up into the second saucepan in which food is cooked. A double boiler can also be improvised with a heat-safe bowl that is placed on top of a saucepan.

Reduce: To thicken a liquid or sauce by boiling, in order to concentrate the flavor.

Roast: To cook a large piece of meat or poultry, uncovered, using dry heat in an oven. Or to cook vegetables, coated in a small amount of oil, in a high, dry heat.

Sear: To brown the surface of meat with a quick cook over a high heat so that the juices are sealed in.

Seep: To soak coffee, tea, or herbs in hot or boiling water so that the liquid takes on the flavor of the food being soaked.

Zest: The outer, colored part of the peel of citrus fruit. Often used as a flavor enhancer. Use a zester to get the rind of the fruit into small pieces.

Tsp: teaspoon

Tbsp: tablespoon

# CUTTING TECHNIQUES

## WASH BEFORE CUTTING FRUITS OR VEGETABLES

## GENERAL KNIFE SKILLS

- Stay sharp. A dull knife is far more dangerous than a sharp one because you have a tendency to press harder and use more force. He suggests learning to use a steel, which can straighten the blade and aid chopping, for a few seconds before every big meal prep session. That way, you won't have to take your knives to get sharpened. The knife company Wüstop offers a tutorial for using a steel to sharpen your knives.
- Keep your fingers down and stay connected. The reason chefs can cut so quickly, is a simple technique: Either plant your fingertips on the cutting board or curl them under completely — either way, the widest part of the knife should be against your knuckles. Having the knife work up and down against your fingers takes your fingertips out of the equation. Be sure to tuck the thumb in, too.
- Point down. Although some chefs chop by lifting the knife up and down — still firm against their fingers — a good method for home cooks is to keep the point on the cutting board, so it's more like a rocking motion than a full chop.
- Use what's comfortable. Look at the knife display at kitchen specialty shops often enough, and you'll be convinced you need at least 10 different options, but people usually need only a few: a small paring knife for peeling, a larger knife for chopping, and a serrated bread knife for, well, bread. The main consideration is that the knife should feel comfortable in your hand, he advises.
- Clear the clutter. Once you're done chopping one fruit or vegetable on your cutting board, clear it by placing the cut pieces in a bowl or on a plate. Having multiple piles of chopped items on a cutting board makes your chop surface smaller and that makes you try to navigate in potentially unsafe ways.

## **PINEAPPLE**

1. Place the pineapple on its side on a cutting board. With a sharp chef's knife, slice off the top green crown and about a half inch of the top of the pineapple.
2. lay pineapple on its side and cut off the top
3. stand the pineapple upright after cutting off the top
4. Stand the pineapple upright on the cutting board.
5. Use a sharp knife to carefully cut away the outer peel, from top to bottom, following the contours of the pineapple. You'll want to cut off the outer skin of the pineapple close to the edge all the way around
6. Do not cut so deep as to cut away the eyes. The outer edge of the pineapple has the sweetest flesh, so you want to retain that if you can.
7. Cut off the bottom half inch or so of the pineapple
8. Cut the pineapple lengthwise into quarters.
9. Cut out the tough core, then cut each quarter lengthwise again. Then cut each piece into chunks.

## **WATERMELON**

1. Slice it in half crosswise (you'll end up with two circular, versus oblong pieces).
2. Cut off the stem end.
3. Place the watermelon cut side down on a cutting board.

4. Holding your knife at an angle, cut down towards the cutting board to remove the rind and white flesh. You should see the dark pink insides of the watermelon (pictured above) after you've made the cuts.
5. Continue cutting until all the rind has been removed.
6. Cut the watermelon into thirds, making 3 full circle pieces.
7. Slice the circles into sticks.
8. Slice the sticks into cubes.
9. Repeat with the other circular pieces, then with the other watermelon half.

Refrigerate watermelon cubes in an airtight container for up to four days.

### **DRAGONFRUIT**

1. Place the fruit on a cutting board and lay the dragon fruit on its side.
2. Use a sharp chef's knife to cut the fruit in half lengthwise, starting from the top of the fruit down to the stem.
3. Use a large spoon to scoop out the flesh. Alternatively, use fingers to peel away the skin.
4. Cut the flesh into slices or cubes in the desired size.

Refrigerate cut dragonfruit in an airtight container for up to five days.

### **POMEGRANATE**

1. Use a sharp knife to cut the top of the pomegranate, about 1/4 inch.
2. Holding the fruit, you might notice that there are 5-6 gentle ridges in its surface. Use your knife to make thin slits along those ridges. You should be cutting along the fruit's white pith, not slicing open any of the red seeds (the seeds are what you eat). After you make the cuts, use your hands to peel the fruit open and gently divide it into segments.
3. Fill a large bowl with water. Submerge the segments, and use your hands to remove the seeds from the skin and membranes. (you can do this without the bowl of water, but the water bowl makes the process easier)
4. The seeds will sink to the bottom of the bowl, while the white, spongy membranes will float to the top. Skim off the white bits, and drain the seeds.

### **MANGO**

1. Mangos have a flat-ish pit in the center of it, making it harder to get around. Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit.
2. Then repeat with the other side. You should end up with three pieces: two halves, and a middle section that includes the pit.
3. Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel. Invert the mango half, so the cut segments stick out like a hedgehog.
4. At this point you may be able to peel the segments right off the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel.

5. Take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel. You may be able to extract a little extra mango from around the pit.

## **GRAPEFRUIT**

(looks like a larger orange)

To eat:

1. Use a small like to cut in half lengthwise (not through the stem ends)
2. Cut around the white part membrane part that separates the flesh of the grapefruit. Also, cut around the edge of the grapefruit where the flesh is. (You basically want to cut the flesh out by cutting in a triangle. Cut as close to the edge to get the most of the flesh. You're just cutting around each section.)
3. Use a spoon to eat the flesh out of the grapefruit.

Grapefruit slices:

1. Slice both ends of the grapefruit off, careful not to lose too much of the flesh in the process.
2. Set the grapefruit on your cutting surface. Slide a sharp, serrated knife along the edge of the peel, exposing the flesh. Work all the way around the grapefruit in small strips.
3. Now it's time to cut out the sections! Slide your knife along the membrane of one section, then the adjacent membrane of the same section.
4. Pop the sections out.
5. Once you cut a few section out, you can slide your knife down the side of one membrane, then back up along the other side. This way you can cut the flesh out with one fluid motion.

## **AVOCADO**

1. An avocado is ripe and ready to cut when you can squish it gently and it gives. It shouldn't be rock hard.
2. Using a small knife, cut the avocado lengthwise, from top to bottom, going around the pit.
3. Once you have cut a straight line around the pit, you can twist the two sides in opposite directions to open up the avocado.
4. Now, you can discard the pit in the center and use a spoon to scoop the flesh out of the skin.

## **PAPAYA**

1. Use a sharp knife to trim the ends off the fruit.
2. Halve the fruit lengthwise.
3. Use a spoon to scrape away the seeds and pulp from each half. Be careful not to scoop too deeply into the fruit or you'll lose some of the flesh.
4. Use a vegetable peeler to remove the skin. (See our picks for the best vegetable peelers.)
5. Cut each half lengthwise into long strips.

6. Chop into bite-size cubes and enjoy!

### **CARROTS**

1. Cut it crosswise (though the skinny part of the carrot)
2. Cut both lengthwise (you should have four carrot pieces now)
3. Lay it down so that the inside of the carrot is lying on the cutting board and the rounded part is on top. Now, you can cut it into smaller chunks.

### **LEEKS**

1. Cut off the root end of the leek.
2. Locate the intersection of the light green stem and dark green leaves. Make a cut and discard the green leaves.
3. For half-moon slices: Slice the leek in half lengthwise and cut into thin slices.
4. For round slices: Starting at one end cut the leek into round slices.

### **CABBAGE**

(shredded)

1. Remove any outer layers of the cabbage that seem tough or are not fresh, and discard them.
2. With a large chef's knife, slice off the root of the cabbage.
3. Cut the cabbage in half through the stem.
4. Cut the cabbage into quarters.
5. Remove the root of the cabbage by cutting it out diagonally.
6. Thinly slice the cabbage in the short direction, using a circular motion with the knife. Since typically shredded cabbage for coleslaw doesn't need to be in long pieces, slicing it in the short direction makes it easier to eat!

### **BELL PEPPERS**

1. Lay the pepper on its side on a cutting board. Use a sharp knife to slice off about ½ inch from the stem end and ½ inch from the bottom of the pepper. You can use these for snacking or in soups and stews. Then follow one of the steps below for rings, sliced peppers or diced peppers
  - Rings: Run the knife around the inside of the flesh to remove the core; discard. Lay the pepper on its side and thinly slice into rings.
  - Slices: Cut two vertical slits through the flesh of the bell pepper. Open the pepper and use the knife to remove the core; discard. Lay the pepper halves on the cutting board, skin-side down, and use a sharp knife to thinly slice into strips.
  - Diced: Cut two vertical slits through the flesh of the bell pepper. Open the pepper and use the knife to remove the core; discard. Lay the pepper halves on the cutting board, skin-side down, and use a sharp knife to cut into strips. Rotate the pieces by 90 degrees and cut the strips into diced peppers.

### **BROCCOLI AND CAULIFLOWER**

1. Using a large chef's knife, cut off the broccoli floret right where its stem meets the larger stalk. This leaves the stem long (instead of making stubby florets). If you're cutting very small broccoli pieces like for broccoli soup or if you'd like less of a stem for a veggie tray, you can cut the stem shorter.
2. Separate any very large florets: cut the base of the stem of any large florets in half, then pull the floret apart with your fingers. Try to make the florets as similar in size as possible, which results in the most even cooking (it doesn't have to be perfect!).
3. If you'd like, you can eat the stalk too! Slice off the irregular outer skin on all 4 sides to make a large rectangle. Then cut the rectangle into long matchsticks.

## OTHER COOKING TIPS

Preserving fresh herbs:

Chop herbs and fill the sections of an ice cube tray with them. Carefully pour water into each herb-filled compartment and freeze. Remove from the ice cube tray as needed. If you need the cube tray, move the frozen herb cubes to a plastic freezer bag and put them back in the freezer.

Thoroughly washing fruits and vegetables:

Use distilled vinegar water (1 part vinegar, 3 parts water (for example, 1 cup of vinegar and 3 cups of water)) to soak produce for 15 minutes to clean. Pat the produce dry with a towel.