**Culinary Arts & Nutrition 1 Recipe Book**

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[](http://www.google.com/imgres?biw=1024&bih=600&tbm=isch&tbnid=_IArUhVcDrjNNM:&imgrefurl=http://www.dreamstime.com/thread_25409&docid=IzYxQTsWHtM2sM&imgurl=http://thumbs.dreamstime.com/z/chef-cook-baker-fruti-food-veges-17750784.jpg&w=1300&h=1390&ei=XepKUtzjEaa6yQG-w4DADQ&zoom=1&ved=1t:3588,r:64,s:0,i:288&iact=rc&page=6&tbnh=183&tbnw=171&start=64&ndsp=12&tx=84&ty=73)

**Additional Recipes (not prepared every semester):**

1. Oven Baked Apple Donuts
2. Pumpkin Pie
3. Pumpkin Soup
4. Smoked Gouda and Pumpkin Mac and Cheese
5. Homemade Cheese-Its
6. Fried Donut Holes

Updated: May 27, 2015

**Mystery Lab (no bake cookies)**

**Ingredients**

¼ c. butter

¾ c. sugar

¼ c. brown sugar

¼ c. milk

¼ c. cocoa

Pinch of salt

¼ c. peanut butter

½ tsp. vanilla

1 ½ c. quick oats

¼ c. flour

**Directions**

1. Mix butter, sugar, brown sugar, milk, cocoa, and salt in a medium saucepan.
2. Boil for 1 minute using medium to high heat. Remove from heat.
3. Add peanut butter, vanilla, oats, and flour. Stir.
4. Drop by spoonfuls onto waxed paper on cookie sheet or tray. Allow to cool in the refrigerator for 5-10 minutes.
5. Enjoy!!!

**Coffee Cake Muffins – Cooking Terms**

**Muffin Ingredients**

1 ½ c. flour, sifted

½ c. sugar

2 t. baking powder

½ t. Salt

½ c. butter

1 egg, beaten

½ c. milk

**Filling Ingredients**

¼ c. brown sugar

1 T. flour

1 t. cinnamon

2 T. butter

**Directions**

\*\*Preheat oven to 350 degrees.

1. Place paper muffin cups in muffin tin, set aside.
2. Using a hand mixer cream filling ingredients together in a small bowl, set aside.
3. Stir dry ingredients together in a large bowl.
4. Using a pastry blender, cut butter into the dry ingredients until the mixture resembles coarse crumbs.
5. Wisk eggs and milk together in a separate bowl.
6. Fold egg mixture into dry ingredients until moistened. (Avoid over-mixing!)
7. Place ½ the batter in prepared muffin cups, filling cups ¼ of the way full.
8. Spoon filling mixture equally over top of batter.
9. Top with remaining batter. Muffin cups should be approximately ½ -2/3 full.
10. Bake for 15-20 minutes or until a toothpick inserted in the center of a muffin comes out clean. Cool on wire rack.

**Microwave Caramel Corn**

**Ingredients**

2 bags microwave popcorn

Note: Adjust cook time according to size of bag

1 c. brown sugar

1 stick butter

¼. C light corn syrup

½ tsp. baking soda

1 brown paper grocery bag

Wax paper (1 sheet)

**Directions**

1. Pop popcorn in microwave.
2. Pour popped corn into brown grocery bag.
3. Combine brown sugar, corn syrup, and butter in a medium sized glass bowl. Microwave for 1 min. then stir with wooden spoon; continue microwaving for 1 minute at a time, followed by stirring until mixture comes to a boil. (2-3 minutes)
4. Remove from microwave and add baking soda. Mix well with wooden spoon until foamy.
5. Pour foamy syrup over popcorn in brown paper bag. (Don’t pour all in one spot)
6. Close bag and shake well to coat popcorn, turning bag in all directions.
7. Put bag in microwave and heat on high for 1 minute.
8. Take bag out of microwave and shake well. Not crazy!!
9. Microwave for 1 more minute and shake well again.
10. Microwave for 30 seconds, then take out and shake well again.
11. Microwave another 30 seconds, shake well again.
12. Pour out on wax paper to cool.
13. Enjoy!!!

**Broccoli with Garlic and Parmesan Cheese**

**Ingredients**

2 heads of broccoli, washed and cut

¼ c. olive oil

8 cloves garlic, finely chopped

½ c. parmesan cheese, grated

**Day 1 Directions**

1. Take the measured parmesan cheese and place it in a bag. Label with class period and kitchen number and store it in the refrigerator.
2. Add water to a large sauce pan approximately, 1 inch deep. Bring to a boil.
3. Prepare the broccoli and garlic (2 people).
4. Add the steamer basket to the large sauce pan and add the broccoli. Place a lid on the pan and steam for 4 minutes.
5. Drain and remove broccoli from pan, set aside.
6. Place a skillet on stovetop over medium heat. Add oil and garlic. Sauté 3 minutes, stirring often.
7. Add cooked broccoli spears and coat with the oil. Sauté for 2 minutes.
8. Remove the broccoli from the heat and let it cool. Place into a storage container for the next day. Label with class period and kitchen number.

**Day 2 Directions**

* 1. Heat broccoli in the microwave until steaming.
  2. Toss with the parmesan cheese and serve!

**Sweet Potato Pancakes**

**Ingredients**

1 ½ cups canned sweet potato

1 ½ c. flour

3 ½ t. baking powder

1 t. salt

½ t. ground nutmeg

2 eggs, beaten

1 ½ c. milk

¼ c. butter, melted

**Directions**

1. Mash sweet potatoes in a small bowl.
2. In a medium bowl, sift together flour, baking powder, salt, and nutmeg.
3. In a large bowl stir together mashed sweet potatoes, eggs, milk, and butter.
4. Fold the sweet potato mixture into the flour mixture to form a pour batter.
5. Pre-heat a lightly greased griddle over medium-high heat.
6. Drop batter mixture onto the prepared griddle by spoonful’s and cook until golden brown, turning once with a turner when the surface begins to bubble (make one small pancake for each person in class).

**Bacon and Cheddar Mashed Potatoes**

**Ingredients**

6 potatoes, washed, peeled, and quartered

¾ c. milk

¾ c. mayonnaise

6 slices bacon, crisply cooked, diced

½ t. garlic powder

salt and pepper to taste

1 ½ c. cheddar cheese, shredded

**Directions:**

1. Prepare the potatoes.
2. Dice the uncooked bacon.
3. Using a medium skillet cook the bacon until crispy. Place on a paper towel to cool.
4. Fill a stock pot halfway with water, bring to a boil. Add the potatoes and cover to cook for 20 minutes or until tender.
5. Drain the water from the potatoes.
6. Mash potatoes in a large bowl. Add milk, salad dressing, bacon, and garlic powder; mash until fluffy. Season with salt and pepper. Stir in cheese.
7. Place in a storage container labeled with your class period and kitchen number and in the refrigerator. Reheat the following day until steaming.

**Greens Gratin**

**Ingredients**

1 Tbsp. butter

12 ounces mushrooms, sliced

2 cloves garlic, minced

1 pound greens, rinsed with stems removed

Kosher salt and fresh ground black pepper

4 egg yolks, beaten

1 cup ricotta

½ cup grated Parmesan cheese

½ tsp. salt

10 crackers, crumbled

**Day 1 Directions**

1. Crumble the crackers and place in a bag to use the next day.
2. In a large bowl, combine the egg yolks, ricotta, Parmesan cheese, and salt. Set aside for later.
3. Melt the butter in a large skillet. Add the mushrooms and garlic and sauté 3 minutes, until the mushrooms are golden brown.
4. Add the greens and mix well. Remove pan from heat. Season with salt and pepper.
5. Combine everything and put into a lightly oiled 9 by 11-inch baking dish.

**Day 2 Directions**

1. Preheat the oven to 375 degrees F.
2. Top with the crumbled crackers and bake for 30 minutes covered. Uncover and bake for an additional 15 minutes.

**Corn Salsa**

**Ingredients**

3 T. butter

1 can whole kernel corn, drained

1 red bell pepper, diced

½ zucchini, diced

2 green onions, diced

1 jalapeno pepper, seeded and minced

½ c. salsa

2 T. fresh cilantro, chopped

**Directions**

1. Wash and dice vegetables (two people).
2. Wash and chop cilantro.
3. In a large skillet, melt the butter over medium-high heat.
4. Add the corn, bell pepper, zucchini, green onions, and jalapeno pepper.
5. Sauté until vegetables are tender, about 6 minutes.
6. Remove from heat and add the salsa and chopped cilantro to the vegetable mixture.
7. Stir and season with salt and pepper, to taste. Place in storage container labeled with your class period and kitchen number. Chill in refrigerator overnight.

**Mashed Cauliflower with Bacon**

**Ingredients**

2 heads cauliflower, washed and cut into small pieces

2 T. cream cheese

½ c. parmesan cheese, grated

12 slices bacon, crisply cooked, crumbled

2 cloves garlic, minced

¼ t. chicken base

Pepper to taste

¼ c. plus 2 T. butter

**Directions**

1. Fill a stockpot ½ way with water. Bring to a rolling boil over high heat.
2. Clean and cut cauliflower into small pieces.
3. Cook in boiling water for about 6 minutes, or until tender. Drain well; do not let cool.
4. Pat cooked cauliflower very dry between several layers of paper towels.
5. Using kitchen shears cut the uncooked bacon into ½ inch pieces.
6. Using a medium skillet cook the bacon until crispy. Place on a paper towel to cool.
7. In a bowl with an [immersion blender](http://www.foodterms.com/encyclopedia/immersion-blender/index.html), puree the hot cauliflower with the [cream cheese](http://www.foodterms.com/encyclopedia/cream-cheese/index.html), [parmesan](http://www.foodterms.com/encyclopedia/parmesan/index.html), garlic, chicken base, butter, and pepper until smooth.
8. Mix in the bacon. Place into a storage container labeled with your kitchen number and class period. Reheat the next day until steaming.

**Banana and Ham Grilled Cheese Sandwiches**

**Ingredients**

12 pieces white bread

12 slices of ham (1/2 pound)

12 slices of Monterey jack cheese

3 bananas, peeled and sliced ¼ inch thick

2 T. butter

**Directions**

1. Layout 6 pieces of the bread and top with one piece of cheese.
2. Top each sandwich with 2 pieces of ham. If there is extra add a little ham to each sandwich.
3. Place the banana slices on top of the ham. Use all of the banana slices equally on each sandwich.
4. Top the banana slices with a piece of cheese and then finish with the second piece of bread, to complete the sandwich.
5. Melt the butter onto the griddle. Cook side one of the sandwich until it is lightly golden brown.
6. Flip the sandwiches to cook side two.
7. Cut each sandwich in half and serve.

**Apple Crisp**

Serves: 6

**Ingredients**

4 tart cooking apples, peeled, cored, and sliced thinly

2/3 c. brown sugar

1/2 c. flour

1/2 c. oats, quick cooking

1/3 c. margarine, softened

3/4 t. ground cinnamon

1/4 t. ground nutmeg

**Day 1 Directions**

1. Heat oven to 375 degrees.
2. Grease bottom and sides of glass baking dish, 8”x8”, with cooking spray.
3. Arrange apples in baking dish.
4. In a separate bowl, mix remaining ingredients. Then sprinkle over apples.
5. Bake 30 minutes or until topping is golden brown and apples are tender.
6. Serve warm and if desired, with ice cream.

**Fruit Pizza**

**Ingredients**

1 Roll refrigerated sugar cookie dough

1 (8 oz.) package cream cheese, softened

1/3 c. sugar

1 t. vanilla

Assorted sliced/diced fruit (kiwi, strawberries, grapes, bananas, mandarin oranges, etc.)

**Day 1 Directions**

1. Preheat oven to 350 degrees and lightly grease a 12” pizza pan

2. Open roll of dough and spread it evenly on the pan so it makes one large cookie. Bake for 10-12 minutes or until lightly brown. Let dough cool.

3. Soften cream cheese in the microwave for 10-15 seconds in a bowl. Add vanilla and sugar to the bowl and mix together with the hand mixer on low speed until smooth and well blended.

4. Spread cream cheese mixture entirely over the cooled cookie crust.

5. Cover with saran wrap and refrigerate until ready to serve.

**Day 2 Directions**

1. Cut up fruit. Be sure fruit is free from excess liquid.
2. Arrange cut up fruit toppings on the top of the cream cheese frosting.
3. Cut pizza into wedges before serving.

**Cheesy Potato Soup**

**Prep. Work Ingredients**

3-4 potatoes, diced (peeling optional)

3 slices of bacon

¼ onion, minced

**Béchamel Ingredients**

3 T. butter or margarine

3 T. Flour

½ t. salt

½ t. garlic powder

3 c. milk

1 ½ c. cheddar cheese, shredded

**Prep. Work**

1. Fill a stock pot half way with water and bring to a boil.
2. Boil diced potatoes for 10 min. or until they split easily when poked with a fork. Drain.
3. Using kitchen shears cut bacon into ¼ inch pieces and cook in a skillet over medium heat. Spoon cooked bacon onto a paper towel. DO NOT THROW AWAY GREASE!
4. Sauté onion with left-over bacon grease.
5. Scoop out cooked onion with a slotted spoon and drain on a paper towel.

**Béchamel**

1. Melt butter in large sauce pan over medium heat.
2. Blend in flour, salt, and garlic powder. Remove from heat.
3. Add milk slowly, **stirring constantly**.
4. Turn heat up to medium-medium-high. Stir constantly until mixture thickens and bubbles (about 5 min.).
5. Remove from heat. Add cheese and stir to melt.
6. Add cooked, drained potatoes to soup and stir.
7. Add onion and bacon.
8. Ladle soup into bowls and season with salt and pepper to taste.

**Macaroni n’ Cheese**

**Ingredients**

2 garlic cloves, minced

2 T. butter

2 T. flour

½ t. salt

½ t. ground mustard

¼ t. pepper

½ t. Worcestershire sauce

1 c. milk

2/3 c. shredded cheddar cheese

2/3 c. shredded Monterey Jack cheese

1 ½ c. elbow macaroni

**Directions**

1. Fill a stock pot half way with water and bring it to a boil over high heat.
2. Boil elbow macaroni (about 10 minutes or until tender).
3. In a large saucepan, melt butter with the garlic. Cook until tender (1 minute).
4. Stir in the flour, salt, mustard, and pepper until smooth. Remove from heat.
5. Gradually add milk, stirring constantly.
6. Over medium/high heat bring sauce to a boil. Cook and stir for 1 minute. Reduce heat to low.
7. Add the cheeses and Worcestershire sauce. Stir until cheese is melted.
8. Fold macaroni into sauce.
9. Pour into an 8x8 baking dish coated with non-stick cooking spray. Cover and label.
10. DAY 2 – Preheat oven to 400°F.
11. DAY 2 - Bake uncovered for 10-15 minutes or until bubbly, stirring half way.

**White Spinach Lasagna Bake**

**Ingredients**

1 onion, diced

1 can (15 oz.) diced tomatoes

2 c. spinach leaves

2 T. tomato paste

1 t. beef bouillon granules

2 t. Italian seasoning

1 t. garlic powder

2 T. flour

2 T. margarine

2 c. Milk

1 c. mozzarella cheese

½ c. ricotta cheese

2 cups cavatappi noodles

salt and pepper to taste

**Directions**

1. In a stock pot bring water to a boil. Add the noodles, cook for 5-8 minutes.
2. Wash and remove stems of spinach.
3. In a large skillet, combine the tomatoes, onion, spinach, tomato paste, bouillon and Italian seasoning. Season with salt and pepper.
4. Cover and cook over medium-low heat for 10 minutes, stirring occasionally.
5. Pour the tomato sauce over the noodles in the stock pot. Add the ricotta cheese and stir until combined.
6. Pour the noodle mixture into a greased 8x8 baking dish. Set aside.
7. Melt butter in a large saucepan; stir in the flour, garlic powder, salt and pepper until blended. Remove from the heat.
8. Gradually add the milk, stirring constantly.
9. Turn the heat back on to medium/high and bring to a boil; cook and stir until thickened.
10. Remove from the heat. Stir in half of the mozzarella cheese; set aside.
11. Pour the white sauce over noodles.
12. Sprinkle with remaining cheese. Wrap, label, and store in refrigerator.
13. DAY 2 - Bake at 400° uncovered for 15 minutes or until bubbly and noodles are tender.

**Overnight Baked French Toast**

**Ingredients**

4 eggs  
½ loaf French bread, sliced into 1” pieces   
1 ½ c. milk  
¾ T. sugar  
¼ t. salt  
1 T. vanilla  
2 T. butter, cut into small pieces

1 c. frozen blueberries   
Cinnamon to taste

**Directions**

1. Mix eggs, milk, sugar, salt and vanilla in large bowl.
2. Grease an 8x8 pan.
3. Spread bread evenly onto the bottom of the pan.
4. Pour egg mixture evenly over bread.
5. Evenly spread frozen blueberries over the top of the bread.
6. Place the butter evenly over the top of the bread.
7. Sprinkle with cinnamon over the top.
8. Cover and refrigerate overnight.
9. Bake at 350 degrees for 45 minutes.

**Omelet**

(Each person MUST MAKE their own!!)

**Ingredients**

\*\*\*Each of the ingredients needs to be multiplied for the number of people in your group\*\*\*

2 eggs

1 t. butter

1 T. water

2 T. cheese

**Directions**

1. In a small bowl, beat together eggs and water.
2. Melt the butter in a small skillet over medium heat.
3. Pour the egg mixture into the skillet.
4. Follow steps from video.

Pull mixture to the center – then tilt the pan to cook the remaining uncooked liquid

* + (REPEAT this process until cooked through)

1. Add the cheese to the top and fold in half.
2. Serve!

**Chicken Parmesan using Easy Homemade Pasta Sauce**

**Ingredients**

2 t. [olive oil](http://www.food.com/about/olive-oil-495)

½ [onion](http://www.food.com/about/onion-148), chopped

2 garlic cloves, minced

2 c. [tomato sauce](http://www.food.com/about/tomato-sauce-153)

3 T. [tomato paste](http://www.food.com/about/tomato-paste-393)

½ t. [oregano](http://www.food.com/about/oregano-334)

½ t.  [rosemary](http://www.food.com/about/rosemary-340)

½ t. [salt](http://www.food.com/about/salt-359)

Pepper to taste

½ teaspoon [sugar](http://www.food.com/about/sugar-139) (optional)

2 chicken breasts, trimmed and cubed into 1” pieces

¼ c. parmesan cheese

¼ c. bread crumbs

1 t. Italian seasoning

3T. butter

½ lb. spaghetti noodles – these will be waiting in your kitchen

**Directions**

**Noodles: 1 person (then help with chicken)**

1. Fill a stock pot ½ way with water and bring to a boil. Add the noodles and cook until al dente. AVOID OVERCOOKING!
2. When the noodles are finished drain them and place them in a greased 8x8 baking dish.

**Sauce: 2 people**

1. In a skillet, heat olive oil over medium heat.
2. Add onion and sauté until soft.
3. Add garlic and cook for another minute.
4. Stir in tomato products, oregano, rosemary, salt, pepper, red pepper flakes, and sugar (if using).
5. Bring to a low boil, then reduce heat and simmer for about 10 minutes, until it is thickened up a bit.
6. Pour over prepared spaghetti noodles.

**Chicken: 2 people**

1. Mix parmesan cheese, Italian seasoning, and bread crumbs together in a bowl.
2. Melt butter in a glass bowl in the microwave.
3. Dip each piece of chicken in the butter and then in the parmesan mixture.
4. Place coated chicken on top of the sauce and noodles.
5. Cover, label, and store in refrigerator.

**Day 2 Directions**

1. On day 2 bake for 25 minutes at 350 degrees or until largest piece is no longer pink in the middle.

**Beef Stroganoff**

**Ingredients: Day 1**

1 lb. ground beef

1 c. mushrooms, sliced

½ medium onion, diced

2 garlic cloves, minced

2 T. butter

2 ½ c. beef broth (½ c. put aside)

1 t. salt

2 t. Worcestershire sauce

¼ c. flour

**Ingredients: Day 2**

½ c. sour cream

3 c. egg noodles

**Day 1 Directions**

1. Cook mushrooms, onions and garlic in butter in a 10-inch skillet over medium heat, stirring occasionally, until onions are tender; remove from skillet and place into a bowl.
2. Cook beef in the same skillet over medium heat until brown.
3. Stir in 2 cups of the beef broth, the salt, and Worcestershire sauce. Heat until boiling; reduce heat. Cover and simmer 15 minutes.
4. Stir remaining ½ cup broth into flour; stir into beef mixture.
5. Add onion/mushroom mixture; stir until combined. Pour into an 8x8 baking dish to cool.
6. Cool, cover, label, and refrigerate.

**Day 2 Directions**

1. Fill a stock pot ½ way with hot water and heat till boiling. Cook the noodles until tender, drain the water.
2. Heat beef mixture in a 10 inch skillet until hot (steaming).
3. Stir in sour cream; heat until hot (**do not boil**).
4. Serve over noodles.

\*If making this at home you do not need to divide over two days\*

**Sloppy Joes**

**Ingredients**

1 lb. ground beef

½ onion, diced

2 stalks celery, diced

½ green bell pepper, diced

1 t. salt

1 pinch ground black pepper

1/3 c. ketchup

1 T. white vinegar

1 T. white sugar

2 T. Worcestershire sauce

1 (8 oz.) can tomato sauce

6 hamburger buns

**Directions**

1. Cook ground beef in a large skillet over medium heat until no longer pink. Stir frequently and break into pieces. Drain grease and dispose of accordingly.
2. Add onion, celery, and green pepper to the meat in the skillet. Season with salt and pepper, to taste. Cook, stirring until onion is soft—about 5 minutes.
3. Stir in ketchup, vinegar, sugar, Worcestershire sauce, and tomato sauce. Cover, reduce heat to low, and simmer for 10 minutes. Cool before storing.
4. Day 2: Spoon meat mixture onto buns equally. Cut in half. Serve!

**Tostada Pizza**

**Ingredients**

1 lb. lean ground beef

1 (4 oz.) can diced green chili peppers, drained

2 T. taco seasoning mix

1 t. chili powder

1 (10 oz.) pkg. refrigerated pizza dough

1 (15 oz.) can pinto beans, mashed with a fork

¾ c. water

1 c. cheddar cheese, shredded

10 black olives, sliced thin

1 tomato, diced

2 green onions, thinly sliced

**Directions**

1. Preheat oven to 400 degrees.
2. Grease a baking sheet. Unroll pizza dough and pat into a rectangle on the baking sheet without any holes. Bake for 5 minutes.
3. Prepare vegetables and store individually in labeled plastic bags.
4. Spread mashed beans evenly over partially baked dough leaving a ½ inch of open dough around the edges.
5. In a large skillet, cook meat until brown. Drain off fat. Dispose of accordingly.
6. Stir in ¾ c. water, chili peppers, taco seasoning mix, and chili powder. Bring to a boil. Reduce heat. Simmer, uncovered, 10 minutes, or until most of the liquid is gone.
7. Spoon meat mixture over beans. Bake, uncovered, for 10 minutes or until crust is just golden brown.
8. Day 2: Sprinkle with cheese. Bake until cheese melts.
9. Day 2: Top with vegetables. Serve!

**Raspberry Oat Bars**

**Ingredients**

¼ c. plus 2 T. butter, softened

½ c. light brown sugar, packed

1 ½ c. rolled oats

¾ c. all-purpose flour

½ t. salt

¼ t. baking powder

1 c. raspberry preserves

**Directions**

1. Preheat oven to 400 degrees.
2. In a large bowl using your hand mixer, cream together the butter and brown sugar until smooth.
3. Combine oats, flour, salt, and baking powder; stir into the creamed mixture.
4. Using wax paper press half of the crust mixture into the bottom of a lightly greased 8x8 pan, press firmly.
5. Spread the raspberry preserves over the crust.
6. Crumble the remaining mixture over the raspberry layer.
7. Bake for 15 minutes or until light brown. Cool completely before cutting into bars and serving.

**Southwest Barley Salad**

**Salad Ingredients**

½ cup uncooked barley

1 ½ cups chicken stock

½ can black beans, rinsed

¾ cup frozen corn

1 plum tomato, seeded and diced

¼ c. cilantro, chopped

2 green onions, sliced

**Dressing Ingredients**

¼ cup water

2 T. lemon juice

1 T. olive oil

2 cloves garlic, minced

½ t. chili powder

¼ t. cumin

**Directions**

1. Using the chicken stock and uncooked barley. Cook the barley following the timing on the package instructions.
2. Prepare the black beans using a colander.
3. \*2 people\* Prepare all vegetables, separate creating 2 cutting stations.
4. Combine the cooked barley, black beans, all vegetables, and salt/pepper into a bowl.
5. Combine the dressing ingredients together.
6. Store and label the dressing and salad in different containers. Place in the refrigerator.
7. On day 2 combine the salad and dressing together. Serve!

**\*If making this at home you do not need to divide over two days\***

**Fried Rice**

**Ingredients**

3 cups day old cooked rice

¼ of a green pepper, diced

1/3 c. bean sprouts

¼ c. soy sauce

2 t. chicken bouillon

2 T. oil, divided

1 egg

**Directions**

1. Combine soy sauce and chicken bouillon, set aside.
2. Crack the egg into a small bowl and beat it with a fork.
3. Heat ½ of the oil in a large skillet on medium heat. Add, and quickly scramble egg until cooked and in small particles.
4. Add bell pepper and bean sprouts. Stir fry for 2 minutes.
5. Add soy sauce mixture and oil to stir fry.
6. Stir in cooked rice. Continue to cook until all ingredients are thoroughly warmed.

**Whole Grain Pancakes**

**Ingredients**

1 ½ c. whole-wheat flour

2 T. wheat germ

2 T. sugar

1 1/2 t. baking powder

1/2 t. salt

1 ½ c. milk

¼ cup canola oil

1 large egg

1 t. pure vanilla extract

Cooking spray

**Directions**

**\*practice with one pancake first! It is usually a dud ☺**

1. In a large bowl, combine together flour, wheat germ, sugar, baking powder, and salt.
2. In another bowl, whisk together milk, oil, egg, and vanilla.
3. Stir egg mixture ***into*** flour mixture and mix until just combined.
4. Set up two large skillets, over medium heat. Coat each with cooking spray.
5. Pour pancake batter in ¼ c. measurements. 2-4 pancakes will fit in a skillet at one time.
6. When several small bubbles begin to appear on top and pop – flip the pancakes, cook for an additional 1-2 minutes.
7. Serve with preferred toppings.

**Biscuits and Gravy**

**Ingredients (Biscuits)**

2 c. all-purpose flour

1 T. baking powder

¼ - ½ tsp. salt

1/3 c. butter

¾ c. milk

**Ingredients (Gravy)**

½ lb. sausage

3 T. butter

3 T. flour

¾ c. milk

¾ c. chicken broth

¼ t. thyme

Salt & pepper to taste

**Biscuit Directions**

1. Preheat oven to 450 degrees.
2. In a medium mixing bowl, stir together flour, baking powder, and salt.
3. Using a pastry blender, cut butter into the flour mixture until it resembles coarse crumbs.
4. Make a well in the center of the flour/butter mixture. Add the milk all at once.
5. Using a fork, stir until moistened. Turn dough out onto a lightly floured surface.
6. Quickly knead dough by gently folding and pressing dough until smooth.
7. Lightly roll dough to 1 inch thickness.
8. Cut dough with a biscuit cutter.
9. Place biscuits 1 inch apart on an ungreased cookie sheet. Bake in oven for 10-12 minutes or until golden brown. Let cool…

**Gravy Directions**

1. Cook the sausage in a large skillet over medium-high heat, breaking the meat up until brown and cooked through.
2. Using a slotted spoon, transfer the meat to a bowl.
3. Melt butter in the same skillet the sausage was cooked in.
4. Sprinkle flour into the skillet, stir constantly. Remove from heat.
5. Slowly add the milk, add the broth, whisking constantly until the mixture is smooth.
6. Return skillet to the heat and cook until the gravy is slightly thickened, 2-3 minutes.
7. Add thyme and season with salt and pepper. Stir.
8. Add the crumbled sausage meat and combine well.
9. Cook over medium heat until warmed through.
10. Serve over biscuits.

**Banana Crumb Muffins**

**Ingredients**

1 ½ c. flour

1 t. baking soda

1 t. baking powder

½ t. salt

3 bananas, mashed

¾ c. sugar

1 egg, lightly beaten

1/3 c. butter, melted

1/3 c. packed brown sugar

2 T. flour

1/8 t. ground cinnamon

1 T. butter

**Directions**

1. Preheat oven to 375 degrees F. Lightly grease 12 muffin cups, or line with muffin papers.
2. In a large bowl, mix together 1 ½ cups flour, baking soda, baking powder and salt.
3. In another bowl, beat together bananas, sugar, egg and melted butter.
4. Stir the banana mixture into the flour mixture just until moistened. Spoon batter into prepared muffin cups.
5. In a small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.
6. Bake in preheated oven for 15 to 18 minutes, until a toothpick inserted into center of a muffin comes out clean.

\*\*You need to make 12 muffins!

\*\*Original recipe is for 10 muffins—bake for 18—20 minutes.

**Chocolate Chip Muffins**

**Muffin Ingredients**

2 c. all-purpose flour

½ c. white sugar

3 t. baking powder

½ t. salt

¾ c. milk

1/3 c. vegetable oil

1 egg

¾ c. mini semi-sweet chocolate chips

**Topping Ingredients**

3 T. white sugar

2 T. brown sugar

**Directions**

1. Preheat oven to 400 degrees.
2. Place muffin cups in muffin tin, set aside.
3. Combine topping ingredients in a small bowl and set aside.
4. In a medium bowl, combine flour ½ sugar, baking powder, chocolate chips, and salt.
5. In a small bowl, combine milk, oil, and egg. Blend well.
6. Add liquid ingredients to the dry ingredients. Stir until dry ingredients are moistened (batter will be lumpy).
7. Fill muffin liners 2/3 full.
8. Before baking, sprinkle tops of muffins cinnamon and sugar combination.
9. Bake for 20-25 minutes or until a toothpick inserted in the center of a muffin comes out clean.
10. Cool 1 minute before removing from pan.

**Pizza Muffins**

**\*Yield: 12 muffins**

**Ingredients**

2 ½ c. flour

2 t. baking powder

½ t. baking soda

½ t. salt

1 t. basil

½ t. oregano

2 T. sugar

3 sun-dried tomatoes packed in oil, drained and diced

2 ½ c. sharp cheddar cheese, divided

1 egg

1 ½ c. buttermilk

**Directions**

1. Preheat oven to 375 degrees F. Line a muffin tin with paper muffin liners.

2. In a large bowl, combine flour, baking powder, baking soda, salt, basil, oregano and sugar; stir until well blended.

3. Mix the tomatoes and 1 ½ cups of cheese into the dry ingredients.

4. In another bowl beat egg and buttermilk until combined. Incorporate this mixture into the dry ingredients.

5. Spoon the batter into the muffin liners until half full. If any batter remains distribute it equally onto all the muffins.

6. Sprinkle the remaining 1 cup cheese on top of the muffins equally.

7. Bake in a preheated oven for 15 to 20 minutes, until a toothpick inserted into center of the muffin comes out clean.

**Sweetheart Cookies**

**Ingredients**

3/4 cup [butter](http://allrecipes.com/recipe/sweetheart-cookies-2/detail.aspx?event8=1&prop24=SR_Title&e11=sweetheart%20cookie&e8=Quick%20Search&event10=1&e7=Recipe) (no substitutes), softened

1/2 cup [sugar](http://allrecipes.com/recipe/sweetheart-cookies-2/detail.aspx?event8=1&prop24=SR_Title&e11=sweetheart%20cookie&e8=Quick%20Search&event10=1&e7=Recipe)

1 [egg](http://allrecipes.com/recipe/sweetheart-cookies-2/detail.aspx?event8=1&prop24=SR_Title&e11=sweetheart%20cookie&e8=Quick%20Search&event10=1&e7=Recipe) yolk

1 1/2 cups all-purpose flour

2 tablespoons strawberry jam

confectioners' sugar sprinkled over top – see instructor for amount

**Directions**

1. In a mixing bowl, cream butter and sugar. Add egg yolk; mix well.
2. Stir in the flour by hand.
3. On a lightly floured surface, gently knead dough for 2-3 minutes or until thoroughly combined.
4. Roll into 1-in. balls. Place 2 in. apart on greased baking sheets.
5. Using your thumb, make an indention in the center of each.
6. Fill each with 1/4 teaspoon jam.
7. Bake at 350 degrees F for 13-15 minutes or until edges are lightly browned. Remove to wire racks. Dust warm cookies with confectioners' sugar if desired. Cool.

**Oswego East Pinwheels**

**Ingredients**

4 cups all-purpose [flour](http://allrecipes.com/recipe/christmas-pinwheel-cookies/detail.aspx?event8=1&prop24=SR_Title&e11=christmas%20pinwheel&e8=Quick%20Search&event10=1&e7=Recipe)

1 teaspoon baking powder

1/4 teaspoon [baking soda](http://allrecipes.com/recipe/christmas-pinwheel-cookies/detail.aspx?event8=1&prop24=SR_Title&e11=christmas%20pinwheel&e8=Quick%20Search&event10=1&e7=Recipe)

1 teaspoon salt

1 1/3 cups butter

1 cup packed [brown sugar](http://allrecipes.com/recipe/christmas-pinwheel-cookies/detail.aspx?event8=1&prop24=SR_Title&e11=christmas%20pinwheel&e8=Quick%20Search&event10=1&e7=Recipe)

2/3 cup white sugar

2 eggs, beaten

1 ½ teaspoons vanilla extract

1 drop blue food coloring, or as needed

**Day 1 Directions**

1. Sift the flour, baking powder, baking soda, and salt together into a bowl. Resift again into another bowl.
2. Beat the butter with the brown and white sugars in a mixing bowl until light and fluffy. Beat in the eggs and vanilla until smooth. Gradually stir in the flour mixture until evenly blended.
3. Gather the dough into a ball, and divide into two equal parts. Place one half in a second bowl. Add BLUE food coloring to the dough in one bowl, and leave the other white. Use a fork to blend the food coloring into the dough until evenly blended. Wear gloves if using hands.
4. Roll out the blue dough to 1/4 inch thickness. Roll out the white dough to 1/4 inch thickness, and place on top of the blue dough.
5. Beginning on one edge, roll the dough together to make a log so the two colors spiral inside each other. Wrap the log in waxed paper, then with plastic wrap, and refrigerate until needed.

**Day 2 Directions**

1. Preheat oven to 400 degrees F (200 degrees C).
2. Lightly grease 2 baking sheets.
3. Unwrap the dough log, and place on a clean, lightly floured surface. Slice the log into rounds 1/8 inch thick, and place on prepared baking sheets.
4. Bake in preheated oven until set, approximately 5 minutes. **Watch carefully to prevent edges from browning.** Remove from oven, and cool on racks.

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| **Chocolate Crinkles** |  |

**Ingredients**

|  |  |
| --- | --- |
| 1 cup unsweetened cocoa powder  2 cups white sugar  1/2 cup vegetable oil  4 eggs  2 teaspoons vanilla extract | 2 cups all-purpose flour  2 teaspoons baking powder  1/2 teaspoon salt  1/2 cup confectioners' sugar (needed day 2) |

**Day 1 Directions**

1. In a medium bowl, mix together cocoa, white sugar, and vegetable oil. Beat in eggs one at a time, and then stir in the vanilla.
2. Combine the flour, baking powder, and salt; stir into the cocoa mixture. Cover dough, and chill for at least 4 hours.

**Day 2 Directions**

|  |
| --- |
| 1. Preheat oven to 350 degrees F (175 degrees C). 2. Line cookie sheets with parchment paper. 3. Roll dough into one inch balls. Coat each ball in confectioners' sugar before placing onto prepared cookie sheets. |

1. Bake in preheated oven for 10 to 12 minutes. Let stand on the cookie sheet for a minute before transferring to wire racks to cool

**Lemon Crinkles**

**Ingredients – Day 1**

2 cups all-purpose flour

2 t. baking powder

½ t. salt

10 T. unsalted butter, softened

1 C. + 2 T. sugar

1 T. lemon zest (2 lemons)

1 large egg

1 large egg yolk

1 ½ T. fresh lemon juice

¾ t. lemon extract

½ t. vanilla extract

5 drops yellow food coloring

**Directions – Day 1**

1. In a mixing bowl whisk together flour, baking powder and salt.
2. In the bowl of an electric stand mixer fitted with the paddle attachment, whip together butter, sugar and lemon zest until pale and fluffy (occasionally scrape down bowl throughout entire mixing process if not using a paddle attachment that constantly scrapes bowl).
3. Mix in egg then blend in egg yolk.
4. Add lemon juice, lemon extract, vanilla extract and yellow food coloring and mix until combined.
5. With mixer set on low speed, slowly add in dry ingredients and mix just until combined.

**Ingredients – Day 2**

½ C. powdered sugar

**Directions – Day 2**

1. Preheat oven to 350 degrees.
2. Pour powdered sugar into a small bowl.
3. Scoop dough out about 1 ½ T. at a time and shape into a ball, then drop in powdered sugar and roll to evenly coat.
4. Transfer to a parchment paper lined baking sheet, and space cookies 2-inches apart. Repeat until all dough is used.
5. Bake in preheated oven 10 - 13 minutes.
6. Cool on baking sheet several minutes then transfer to a wire rack to cool.

**Peanut Butter and Nutella Cookies**

**Ingredients**

1 cup butter (softened)

2/3 cup peanut butter

1 cup sugar

1 cup brown sugar

2 eggs

2 t. vanilla

2 2/3 cup flour

2 t. baking soda

1 t. salt

1/3 cup Nutella (heaping)

**Directions**

Day 1

1. Cream together butter, peanut butter, sugar, brown sugar, eggs, and vanilla in a large bowl until smooth.
2. Combine flour, baking soda, and salt into a large bowl. Add this to the creamed mixture.
3. Add the nutella in dollops over the top of the dough.
4. Use a butter knife to swirl the nutella into the dough. DO NOT OVER MIX!
5. Chill in the fridge for 15 minutes so the nutella can set.

Day 2

1. Pre heat oven to 350 degrees.
2. Spoon the dough onto the cookie sheet. Bake approximately 8-10 minutes. Let cool before transferring.

**Additional**

**Recipes**

**Oven-Baked Apple Donuts**

Makes about 24 mini donuts **Ingredients**

¼ c. brown sugar  
¼ c. white sugar  
1 ½ c. apples, peeled, corded, and diced   
1 ½ c. flour  
1 ¾ tsp. baking powder  
½ tsp. kosher salt  
1 tsp. nutmeg  
1/3 c. cold butter, cut into small pieces  
1 egg  
¼ c. milk  
  
To Coat:   
1/4 c. of butter, melted  
1/3 c. of sugar  
1 tsp. cinnamon

**Directions**

1. Preheat your oven to 350F.

2. Whisk the flour, baking powder, sugars salt and nutmeg in a bowl.

3. Add the cold chopped butter. Rub the pieces of butter with the flour mixture until the mixture resembles coarse crumbs.

4. In a separate bowl, beat the egg. Mix in the milk and fold in the chopped apples.

5. Add the egg mixture to the flour mixture. Stir using a spatula making sure not to over mix.

6. Place a spoonful of batter into each mold of a greased mini muffin pan.

7. Bake for 15-18 minutes or until the donuts are just golden. Remove from the oven, unmold and lightly brush each donut with the melted butter.

8. Dunk in a bowl with the sugar and cinnamon. Shake off excess sugar and serve immediately. Enjoy!

**LIBBY'S® Famous Pumpkin Pie**

**Ingredients**

3/4 c. granulated sugar

1 tsp. cinnamon

½ tsp. salt

½ tsp. ground ginger

¼ tsp. ground cloves

2 eggs

1 can (15 oz.) [LIBBY'S® 100% Pure Pumpkin](http://www.verybestbaking.com/Libbys/Products/PurePumpkin15oz.aspx)

1 can (12 fl. oz.) [NESTLÉ® CARNATION® Evaporated Milk](http://www.verybestbaking.com/Carnation/Products/Evaporated-Milk.aspx)

1 *unbaked* 9-inch (4-cup volume) deep-dish pie shell

**Directions**

1. **MIX** sugar, cinnamon, salt, ginger and cloves in small bowl.
2. Beat eggs in large bowl.
3. Stir in pumpkin and sugar-spice mixture to the eggs.
4. Gradually stir in evaporated milk.
5. **POUR** into pie shell.
6. **BAKE** in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

**Pumpkin Soup**

**Ingredients**

1T. butter

1 medium onion, finely chopped

2 cloves garlic, crushed

1 pound pumpkin, peeled, seeded, cut into 1-inch cubes

3 c. chicken broth

1 T. tomato paste

1 T. parmesan cheese

¼ tsp. salt

¼ tsp. pepper

**Day 1 Directions**

1. Melt butter in a large stock pot over medium heat. Add onions and garlic and cook until translucent, 3 to 4 minutes, stirring.
2. Add pumpkin and cook 3 minutes, until lightly softened.
3. Add chicken broth and tomato paste and stir to mix. Bring to a boil over high heat, lower to a simmer, and cover. Cook 20 minutes, until pumpkin is very tender.
4. Remove from heat and using an emulsion blender puree the soup until smooth. Let cool.

**Day 2 Directions**

1. Reheat the soup on the stove.
2. Add cheese, salt, and pepper; mix and serve warm.

**Smoked Gouda and Pumpkin Mac and Cheese**

### Ingredients

1 lb. macaroni noodles   
1 T. olive oil   
1 T. butter  
1 small shallot, chopped  
3 garlic cloves, chopped  
1 can (15 oz) pumpkin puree  
1 c. 2% plain Greek yogurt  
1 c. vegetable stock  
½ tsp. cayenne pepper  
1 ½ c. grated smoked gouda  
1 ½ c. grated sharp cheddar  
½ c. Italian bread crumbs  
salt and pepper to taste

### Directions

* 1. Bring water to a boil in a large sauce pan and cook pasta.
  2. Prepare garlic/shallots.
  3. Heat olive oil and butter over medium heat in a large stock pot. Add shallots and cook until translucent.
  4. Add garlic and cook for 1 minute.
  5. Add the pumpkin puree and Greek yogurt, stir until smooth, cooking for a minute.
  6. Turn the heat down to medium low. Pour in the vegetable stock and cayenne pepper, stir until smooth, cooking for 3 minutes.
  7. Add in all of the gouda cheese and 1 cup of the sharp cheddar cheese, reserving 1/2 cup for later. Stir until melted. Season with salt and pepper to taste.
  8. Add cooked elbow macaroni to sauce, tossing gently to combine.
  9. Spoon mixture into an 8x11 baking dish.
  10. Top the macaroni with the remaining cheddar cheese and breadcrumbs.

**DAY 2:** Preheat oven to 350 degrees F. bake for 15 minutes and serve.

**Homemade Cheese-Its**

**Ingredients**

8 oz. extra sharp cheddar cheese, shredded

\*\*This needs to be weighed for accuracy – see instructor\*\*

¼ c. unsalted butter, room temperature

1 t. kosher salt

1 c. flour

2 T. water, **COLD**

**Directions**

1. In a stand mixer, cream the cheese, butter, and salt until combined.
2. Add the flour until a medium crumb mixture forms.
3. Slowly add water until the dough forms a ball.
4. Remove dough from mixer.
5. Place on a lightly floured surface. Pat dough into a disk.
6. Cover the dough with plastic wrap, label and place in the refrigerator overnight.

The next day…

1. Preheat oven to 375°.
2. Return dough to floured surface. Roll out the dough until it is 1/8 inch thick.
3. Cut the dough into 1 inch squares using a pastry wheel/cutter or pizza cutter.
4. Poke a hole in the center of each square with a toothpick.
5. Place squares on a baking sheet lined with parchment paper.
6. Bake for 12 minutes or until golden brown.

**Donut Holes**

**Ingredients**

1-1/2 cups all-purpose flour

1/3 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

1/2 teaspoon ground nutmeg

1 egg

1/2 cup milk

2 tablespoons butter, melted

Oil for deep-fat frying – see instructor

¼ c. powdered sugar

These ingredients are for rolling the donuts in. Only take what you will use.

1 T. sugar

1 T. cinnamon

**Directions**

1. In a large bowl, combine the flour, sugar, baking powder, salt and nutmeg.
2. Melt the butter in the microwave.
3. In a small bowl, combine the egg, milk and butter.
4. Add egg mixture to dry ingredients and mix well.
5. Heat oil in a large skillet over medium heat. Test a small piece of dough. When it sizzles you are ready.
6. Drop dough by spoonfuls, five or six at a time, into oil. Fry until browned, about 1-2 minutes, turning once.
7. Drain on paper towels.
8. Roll warm doughnut holes in confectioners' sugar or a cinnamon and sugar combo.

\*\*Yield: about 3 dozen.