**FOODS 1 Personal Cookbook Recipes**

**Table of Contents**

**Measuring**

Jumbo Chocolate Chip Cookie

Ice Cream in a Bag

Coffee Cake Muffin

**Nutrient**

Healthy/MyPlate

**Dairy**

Biscuits and Gravy

Grilled Cheese and Tomato Soup

**Protein – Egg/Poultry**

Hard boiled Eggs – deviled eggs and egg salad

Baked Chicken Tenders / Light, Crispy Waffles

**Carbohydrate – Bread / Cookies**

Homemade Pizza

Cookies – all types

**Thanksgiving Homework**

Recipe that you made

**Measuring**

**Jumbo Chocolate Chip Cookie**

**Ingredients**

2 ½ c flour

1 t. baking soda

1 t. salt

1 c. butter, softened

¾ c. granulated sugar

¾ c. brown sugar

1 t. vanilla

2 eggs

2 c. chocolate chips

**Directions**

1. Preheat oven to 375 Degrees
2. Grease a jelly roll pan.
3. Mix first three dry ingredients and set aside.
4. In the stand mixer, cream butter, sugars and vanilla.
5. Slowly add dry mixture to creamed mixture.
6. Add eggs (one at a time) to the batter until blended
7. Add chocolate chips by hand.
8. Place batter on to greased pan and spread out evenly
9. Bake for 15 minutes or until done.

**Liquid Measurement lab**

**Ice Cream in a Bag**

Ingredients:

½ c. milk

1 heaping T. sugar

¼ t. vanilla

1 qt. ziplock freezer bag

1 gal. ziplock freezer bag

Directions:

1. Pour milk into qt. bag. Add sugar and vanilla
2. Zip bag closed (remove as much air as possible)
3. Place qt. bag inside gal. bag.
4. Add ice to larger bag until ½ full
5. Add rock salt to ice. Zip gal. bag shut.
6. Shake bags for 5-10 minutes. Longer = firmer ice cream
7. Remove qt bag from the ice water and rinse off.
8. Enjoy your ice cream.

**Cooking Terms Lab: Coffee Cake Muffins**

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

\*\*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. Whisk 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.

**Nutrient Lab**

**Nutrient Lab**

**Bacon Quiche Tarts**

**Protein**

**Ingredients**

4 (3 ounce) packages cream cheese, **softened**

3 T plus 1t milk

4 eggs

1 cup shredded Colby cheese

¼ cup chopped green pepper

2 tablespoons finely chopped onion

2 (8 ounce) package refrigerated crescent rolls

10 Canadian bacon slices, diced and cooked

**Directions**

1. Pre-Heat oven to 375 degrees
2. In a small mixing bowl, beat cream cheese and milk until smooth. Add the eggs, cheese, green pepper and onion; mix well.
3. Separate dough into 16 triangles; press onto the bottom and up the sides of greased muffin cups.
4. Sprinkle half of the bacon into cups. Pour egg mixture over bacon; top with remaining bacon.
5. Bake, uncovered, at 375 degrees F for 18-22 minutes or until a knife comes out clean. Serve warm.

**Nutrient Lab**

**Italian Ranch Chicken Strips**

**Protein**

**Ingredients**

* 4 cups crushed cornflakes
* 3 tablespoons Italian seasoning
* 1 ½ tablespoons garlic powder
* 1 ½ cups reduced-fat ranch salad dressing
* 2 tablespoon water
* 5 skinless, boneless chicken breast halves – trimmed and cut into strips

**Directions**

1. Pre-Heat oven to 400 degrees
2. In a zip lock bag, combine the cornflake crumbs, Italian seasoning and garlic powder.
3. In another shallow bowl, combine dressing and water.
4. Dip chicken into dressing mixture, then place in zip lock bag to coat with crumb mixture.
5. Arrange chicken on a parchment paper lined baking sheet.
6. Lightly spray top of chicken with nonstick cooking spray.
7. Bake, uncovered, at 400 degrees F for 12-15 minutes or until juices run clear.

**Nutrient Lab**

**Rainbow Pasta Salad**

**Carbohydrates**

**Ingredients**

* 1 (16 ounce) package tricolor spiral pasta
* 2 cups broccoli florets
* 1 cup chopped carrots (peeled)
* 1/2 cup chopped tomato
* 1/2 cup chopped cucumber
* 1/4 cup chopped onion
* 1 (15.25 ounce) can whole kernel corn, drained
* 1 (6.5 ounce) jar marinated artichoke hearts, drained and halved
* 1 (8 ounce) bottle Italian salad dressing

**Directions**

1. Cook pasta according to package directions; drain and rinse in cold water.
2. Wash and chop broccoli, carrots, tomato, cucumber, and onion.
3. Place in a large bowl; add remaining ingredients and toss to coat.
4. Cover and refrigerate until ready to serve.

**Nutrient Lab**

**Sticky Buns**

**Carbohydrates**

**Ingredients**

* 2 (10 ounce) cans refrigerated biscuit dough
* ½ cup margarine, melted
* 1 cup packed light brown sugar
* 2 teaspoons ground cinnamon
* 1/4 cup dark corn syrup
* 1/2 cup chopped pecans

**Directions**

1. Cut each biscuit in half and form each piece into a ball.
2. Grease two 8x8-inch cake pans.
3. Combine sugar, cinnamon and pecans in small bowl. Dip each biscuit into margarine, then into sugar mixture. Place into cake pans.
4. Mix remaining margarine and sugar and spoon over biscuits balls.
5. Drizzle corn syrup over all.
6. Bake at 450 degrees F (230 degrees C) for 10-12 minutes. Serve warm

**Nutrient Lab-Fat**

**Cheesecake with strawberry glaze**

**Ingredients**

* 2 (8 ounce) packages lite cream cheese- softened
* ¾ cup white sugar
* 2 eggs
* 1 teaspoon vanilla extract
* 1 cup vanilla wafers, crushed
* 2 tablespoons butter, melted
* ½ (21 ounce) can pie filling
* Paper liners

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C). Line muffin tins with paper liners.
2. Crush the vanilla wafers very finely and add melted butter.
3. Place 1 tablespoon of the crushed vanilla wafers into the paper lined muffin tins.
4. Cream together with an electric mixer the cream cheese, sugar, eggs and vanilla. Fill each miniature muffin liner with this mixture, almost to the top.
5. Bake at 350 degrees F (175 degrees C) for 15 minutes. Cool and then top with a teaspoonful of cherry (or any other flavor) pie filling.
6. Serves 12

Strawberry Glaze for cheesecakes

Directions:

**1 c. Sugar**

**3 T. cornstarch**

Blend together and add...

**2 c. water**

Boil till thick and add…

**1 pkg strawberry jello**

Cool and add…

**1 ½ c. Crushed strawberries**

Chill until needed

Dairy Unit

**Biscuits and Gravy**

**Quick Creamy Tomato Soup**
Yield:4 servings

**Ingredients**
3 c. chicken stock
3 c. crushed tomatoes
1 c. heavy cream
Coarse salt and black pepper
20 leaves fresh basil, cut into chiffonade, for garnish

**Directions**

1. Combine broth and tomatoes in a medium saucepan over moderate heat.
2. When soup bubbles, stir in heavy cream and reduce heat to low. Season with a little salt and pepper and simmer gently 15 minutes, stirring occasionally.
3. With an immersion blender or blender, carefully puree soup.

Serve bowls of soup with basil chiffonade and floating soup toppers.

**Grilled Cheese – Your choice**

**Protein – Eggs/Poultry**

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| **Perfect Hard Boiled Egg** |  |

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**Ingredients:**

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| 1 T. salt2 tablespoons distilled white vinegar | 6 cups water8 eggs |

**Directions:**

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| --- | --- |
| **1.** | Combine the salt, water, and eggs in a large stock pot. Bring to a rolling boil over high heat, cooking for 1 minute. Remove from heat and let set COVERED for 16 minutes. |
| **2.** | Once the eggs have cooked, remove them from the hot water, and place into a container of COLD water in the refrigerator. Cool completely, about 15 minutes. Store in a labeled baggie in the refrigerator. |

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| **Homemade Mayonnaise****INGREDIENTS:**1 egg yolk1 ½ t. lemon juice1 ½ t. apple cider vinegar½ t. saltPinch of sugar1 t. Dijon mustard¾ cup olive oil**DIRECTIONS:**1. Add all of your ingredients EXCEPT the olive oil to your blender.
2. Turn on the blender slowly pouring all of the olive oil into the top. Stop blending when combined as a white creamy mayonnaise.
3. Store and label in the provided container.

**Easy Egg Salad** |  |

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**Ingredients:**

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| --- | --- |
| 8 hard-cooked eggs, chopped¼ cup mayonnaise 1 T. prepared mustard | 1 T. relish (optional)Pinch saltPinch pepper |
|  |  |

**Directions:**

1. Peel and chop the hard boiled eggs
2. Mix chopped eggs, mayonnaise, mustard, salt and pepper together.
3. Let set in refrigerator until serving time.
4. Serve as a sandwich or with crackers.

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| **Deviled Eggs** |  |

**Ingredients:**

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| --- | --- |
| 8 eggs, hard boiled eggs1 t. prepared mustard2 T. mayonnaise  | salt and pepper to taste1 t. paprikaSmall bundle of dill, chopped |

**Directions:**

1. Peel and cut eggs in half lengthwise.
2. Remove yolks and combine with mustard, mayonnaise, paprika, salt, and pepper. Mix together until smooth.
3. Refill each egg half with the yolk mixture.
4. Sprinkle with dill on top.

**Oven-fried Chicken Tenders**

Serves 4

Ingredients:

¼ c. flour

1 egg

1 T water

1 c. breadcrumbs or panko

½ c grated Parmesan cheese

1 lb. chicken tenders

Directions:

1. Heat oven to 425 degrees. Line cookie sheet with foil; spray with cooking spray.
2. In a shallow dish, place flour. In another shallow dish, beat egg and water. In a third shallow dish, mix bread crumbs and cheese. Coat chicken with flour; dip egg mixture, then coat with bread crumb mixture. Place on cookie sheet
3. Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center or until chicken temps with a thermometer at 160 degree.

**Light, Crispy Waffles**

Serves 4

Ingredients:

¾ c. flour

¼ c. cornstarch

½ t. baking powder

¼ t. baking soda

¾ c. buttermilk

¼ c. milk

6 T. canola oil, separated

1 egg, separated

1 T. sugar

½ t. vanilla

Directions:

1. Heat oven to 200 degrees and heat the waffle iron. Mix the flour, cornstarch, salt, baking powder, and baking soda in a medium bowl. Measure the buttermilk, milk, and oil in a pyrex measuring cup; mix in the egg yolk and set Aside.
2. In another bowl, beat the egg white almost to a soft peak. Sprinkle in the sugar and continue to beat until the peaks are firm and glossy. Beat in the vanilla.
3. Pour buttermilk mixture into the dry ingredients and whisk until just mixed. Drop the whipped egg white into the patter in dollops and fold in with a spatula until just incorporated.
4. Pour batter onto the hot waffle iron (bout 2/3 c., depending on your iron) and cook until the waffle is crisp and nutty brown. Set the waffle onto the oven rack to keep it warm and crisp. Repeat with the remaining batter, holding the waffles in the oven (don’t stack them). When all waffles are cooked, serve immediately.

**Carbohydrates – Bread/Cookies**

**Easy Pan Pizza**

Makes: Makes one 10-inch pizza

Ingredients:

1 1/2 cups flour

1/4 teaspoon active dry yeast

3/4 teaspoon salt

3/4 cup cold water

1 Tablespoon olive oil for greasing pan

1/3 cup pizza sauce

4 oz. part skim mozzarella cheese, hand shredded

toppings of your choice (I use reduced fat turkey pepperoni, peppers, onions, and mushrooms)

Instructions:

1. ORIGINAL WAY/Cold water: Combine flour, yeast, and salt in a medium bowl. Add water and combine well. Cover tightly with plastic wrap and let stand on counter top 12 to 18 hours.
2. NEW OPTION/Warm water: Cover and let stand on counter top for 3 hours.
3. After the long rise, dough will be double in size, puffy & soft, and dotted with bubbles. Sprinkle the dough with a little flour and stir briefly until it forms a ball.
4. Grease a 10-inch cast iron skillet.
5. Place dough in skillet, spreading close to the edge with oiled fingers. Cover with a pot lid or plate and let rest at least an hour, preferably two. It will continue spreading as it rests.
6. Preheat oven to highest temperature - 500/550° F.
7. Add sauce, cheese, and toppings.
8. Cook on a stove-top burner on med-hi for 3 minutes.
9. Place in oven and bake about 15 minutes (start checking at 12).

**Refrigerator - Cinnamon Sugar Cookies**

Ingredients

1 1/4 cups all-purpose flour

1/4 teaspoon baking soda

1/4 teaspoon salt

1/2 cup butter

1/4 cup white sugar

3/4 cup packed light brown sugar

1 egg

1 teaspoon vanilla extract

1/2 cup white sugar

2 1/2 tablespoons ground cinnamon

Directions

Day 1

1. Sift together the flour, baking soda, and salt; set aside.
2. In a medium bowl, cream butter with 1/4 cup white sugar and brown sugar. Mix in egg and vanilla.
3. Add the sifted dry ingredients, and mix until well blended.
4. Divide dough into 3 equal portions. Roll into logs 2 inches in diameter, wrap, and refrigerate for 3 to 4 hours. These logs can be frozen for up to 6 weeks.

Day 2

1. Preheat oven to 350 degrees F (175 degrees C). Mix 1/2 cup sugar and cinnamon on a flat plate or a piece of wax paper. Unwrap dough logs, and roll in the cinnamon mixture.
2. Cut into 1/4 inch slices, and place 2 inches apart onto ungreased cookie sheets.
3. Bake 12 to 15 minutes in the preheated oven. Remove from baking sheets to cool on wire racks. Baked cookies can be kept in an airtight container for up to 2 weeks

**Molded - Soft Peanut Butter Cookies – possible allergen**

Yield: 4 dozen

INGREDIENTS

1 cup creamy peanut butter

1 cup packed brown sugar

1 cup white sugar

1 cup butter or 1 cup margarine, softened

2 eggs

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon vanilla extract

2 1/2 cups flour

DIRECTIONS

1. Cream butter, peanut butter and sugars together.
2. Add eggs, one at a time, beating well.
3. Add baking soda, powder and vanilla.
4. Stir in flour.
5. Roll into balls, roll in sugar. Flatten cookies, using a fork, in a criss-cross pattern.
6. Bake on ungreased cookie sheet at 350 degrees for 6-7 minutes or adjust to suit your oven and size of cookies!

**Drop - Best Big, Fat, Chewy Chocolate Chip Cookie**

Ingredients

2 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

3/4 cup unsalted butter, melted

1 cup packed brown sugar

1/2 cup white sugar

1 tablespoon vanilla extract

1 egg

1 egg yolk

2 cups semisweet chocolate chips

Directions

1. Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets or line with parchment paper.
2. Sift together the flour, baking soda and salt; set aside.
3. In a medium bowl, cream together the melted butter, brown sugar and white sugar until well blended. Beat in the vanilla, egg, and egg yolk until light and creamy.
4. Mix in the sifted ingredients until just blended.
5. Stir in the chocolate chips by hand using a wooden spoon. Drop cookie dough 1/4 cup at a time onto the prepared cookie sheets. Cookies should be about 3 inches apart.
6. Bake for 15 to 17 minutes in the preheated oven, or until the edges are lightly toasted.
7. Cool on baking sheets for a few minutes before transferring to wire racks to cool completely.

**Bar - Fudgy Brownies**

Ingredients

3/4 cup unsweetened cocoa powder

1/2 teaspoon baking soda

1/3 cup vegetable oil

1/2 cup boiling water

2 cups white sugar

2 eggs

1/3 cup vegetable oil

1 1/3 cups all-purpose flour

1 teaspoon vanilla extract

1/4 teaspoon salt

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
2. In a large bowl, stir together the cocoa and baking soda. Add 1/3 cup vegetable oil and boiling water. Mix until well blended and thickened.
3. Stir in the sugar, eggs, and remaining 1/3 cup oil.
4. Finally, add the flour, vanilla and salt; mix just until all of the flour is absorbed. Spread evenly into the prepared pan.
5. Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the cake comes out clean. Allow to cool before cutting into squares.

**Butter Rich Spritz Butter Cookies**

Ingredients

2 1/2 cups all-purpose flour

1/2 teaspoon salt

1 cup butter, softened

1 1/4 cups confectioners' sugar

2 egg yolks

1/2 teaspoon almond extract

1 teaspoon vanilla extract

Directions

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Sift together the flour and salt; set aside.
3. In a medium bowl, cream together the butter and sugar. Stir in the egg yolks, almond extract and vanilla extract.
4. Gradually blend in the sifted ingredients. Fill a cookie press with dough and shoot cookies about 1 1/2 inches apart onto an ungreased cookie sheet. If you like, decorate with sugar or sprinkles at this time.
5. Bake for 6 to 8 minutes in the preheated oven.

**Rolled -Gingerbread Cookies**

Ingredients

3 cups flour

2 teaspoons Ginger, Ground

1 teaspoon Cinnamon, Ground

1 teaspoon baking soda

1/4 teaspoon Nutmeg, Ground

1/4 teaspoon salt

3/4 cup butter, softened

3/4 cup firmly packed brown sugar

1/2 cup molasses

1 egg

1 teaspoon Pure Vanilla Extract

Directions

1. Mix flour, ginger, cinnamon, baking soda, nutmeg and salt in large bowl. Set aside.
2. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; mix well.
3. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap and put into ziplock bag. Refrigerate 4 hours or overnight. (we will not be doing this because of time)
4. Preheat oven to 350 degrees F.
5. Roll out dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread men shapes with 5-inch cookie cutter. Place 1 inch apart on ungreased baking sheets.
6. Bake 8 to 10 minutes or until edges of cookies are set and just begin to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire racks; cool completely. Decorate cooled cookies as desired. Store cookies in airtight container up to 5 days.