

## **Cheesy Potato Soup**

- 2 c. Potatoes, diced and cooked
- 3 c. thin white sauce
- 1 c. cheddar cheese, shredded
- 2 slices bacon (optional)
- $\frac{1}{4}$  c. onion, diced
- $\frac{1}{4}$  c. celery, chopped fine

1. Make the thin white sauce following the directions below.
2. Add cooked potatoes and stir.
3. Add cheese and stir to melt.
4. Ladle soup into bowls and garnish with a sprinkling of shredded cheddar cheese.

## **Basic White Sauce (Thin)**

- 2 T. butter or margarine
- 2 T. flour
- $\frac{1}{2}$  t. salt
- 3 c milk

1. Melt butter in saucepan over low heat.
2. Blend in flour and salt.
3. Add milk-stirring constantly, until mixture thickens and bubbles.
4. Remove from heat. Continue with the recipe as directed.
5. Makes 3 cups of white sauce.



# Healthy Food Lab

## Apple Chicken Quesadillas

Yield: 6 servings

### Ingredients:

- 2 apples, tart, medium, sliced
- 1 c. chicken, diced and pan fried (1 lg breast)
- $\frac{1}{2}$  c. cheddar cheese, fat-free and shredded
- $\frac{1}{2}$  c. mozzarella cheese, part-skim and shredded
- $\frac{1}{2}$  c. corn, frozen and thawed
- $\frac{1}{2}$  c. tomatoes, chopped
- $\frac{1}{2}$  c. onion, chopped
- $\frac{1}{4}$  t salt
- 6 flour tortillas (8")
- $\frac{3}{4}$  c. lettuce, shredded
- $\frac{3}{4}$  c. salsa
- 6 T. sour cream, fat-free

### Directions:

1. In a bowl, combine the first eight ingredients. Place about  $\frac{3}{4}$  c. on half of each tortilla. Fold tortilla in half over filling and secure with toothpicks. Place on a baking sheet lined with parchment paper. Bake at 400 degrees for 8 - 10 minutes or until golden brown.
2. Carefully turn quesadillas over: bake 5 - 8 minutes longer or until golden. Discard toothpicks. Cut each quesadilla into three wedges: Serve with lettuce, salsa and sour cream.

### Nutritional Analysis:

One serving (3 wedges) equals 257 calories, 6 g fat (2 g saturated fat), 28 mg cholesterol, 500 mg sodium, 34 g carbohydrate, 5 g fiber, 19 g protein.

# Healthy Food Lab

## Ranch Ham 'N' Cheese Pasta

Yield: 10 servings

### Ingredients:

1 lb pasta, penne  
1 T. butter  
1 T. flour  
1 c. fat-free milk  
2 t. parsley flakes, dried  
1 t. garlic slat  
1 t. salt-free lemon-pepper seasoning  
 $\frac{1}{2}$  t. garlic powder  
 $\frac{1}{2}$  t. dried minced onion  
 $\frac{1}{4}$  t. onion powder  
 $\frac{1}{8}$  t. pepper  
1 c. sour cream, reduced fat  
6 oz Mexican cheese blend, shredded and reduced fat  
 $\frac{1}{4}$  c. Parmesan cheese, shredded

### Directions:

1. Cook pasta according to directions; drain.
2. In a stock pot, melt butter; whisk in flour until smooth. Gradually add milk and seasonings.
3. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; fold in sour cream until blended.
4. Add ham and pasta; cook and stir until heated through. Remove from the heat; stir in Mexican cheese blend until melted. Sprinkle with parmesan cheese.

### Nutritional Analysis:

One serving ( 1 cup ) equals 306 calories, 9 g fat (5 g saturated fat), 27 mg cholesterol, 612 mg sodium, 38 g carbohydrate, 2 g fiber, 20 g protein.



## Bacon Quiche Tarts

### Protein

#### **Ingredients**

- 4 (3 ounce) packages cream cheese, **softened**
- 3 T plus 1t milk
- 4 eggs
- 1 cup shredded Colby cheese
- $\frac{1}{4}$  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.

## Italian Ranch Chicken Strips

### Protein

#### **Ingredients**

- 4 cups crushed cornflakes
- 3 tablespoons Italian seasoning
- 1  $\frac{1}{2}$  tablespoons garlic powder
- 1  $\frac{1}{2}$  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.

## 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.



## Sticky Buns

### Carbohydrates

#### **Ingredients**

- 2 (10 ounce) cans refrigerated biscuit dough
- $\frac{1}{2}$  cup margarine, melted
- 1 cup packed light brown sugar
- 2 teaspoons ground cinnamon
- $\frac{1}{4}$  cup dark corn syrup
- $\frac{1}{2}$  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

## Cheesecake

### Fat

#### **Ingredients**

- 2 (8 ounce) packages lite cream cheese- softened
- $\frac{3}{4}$  cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup vanilla wafers, crushed
- 2 tablespoons butter, melted
- $\frac{1}{2}$  (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



## Vegetarian Lab

# Chocolate-Almond Tofu Pie

Servings: 8

### Ingredients:

1/3 cup butter, melted	3 cups semisweet chocolate chips
1 package graham crackers, broken into small pieces	2 (12 ounce) packages silken tofu, drained
1/2 cup almonds	2 tablespoons vanilla extract

### DIRECTIONS:

1. Preheat an oven to 400 degrees F (200 degrees C).
2. Place the butter, graham crackers, and almonds into a food processor. Cover, and pulse until the mixture resembles a coarse crumb. Transfer the crumbs to a 9-inch pie plate, and press into the bottom of the plate to form a crust. Wash and dry the bowl of the food processor; set aside.
3. Bake in the preheated oven until lightly golden, about 15 minutes. Remove from oven, and cool for 15 minutes.
4. Meanwhile, melt the chocolate in the top of a double boiler over just-barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. Place the chocolate, tofu, and vanilla extract into the cleaned food processor. Blend until smooth, scraping down the sides several times. Pour chocolate mixture into the prepared crust. Chill overnight.



# Tofu and Cheese Stuffed Shells

## INGREDIENTS:

- 1 (16 ounce) package jumbo pasta shells
- 1/3 cup grated carrot
- 1/4 cup shredded zucchini
- 3 tablespoons chopped onion
- 1 (8 ounce) container tofu
- 1/2 cup shredded Monterey Jack cheese
- 1 cup shredded mozzarella cheese, divided
- 1/2 cup ricotta cheese
- 2 egg white
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 (8 ounce) cans diced tomatoes
- 1/3 cup tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1 teaspoon minced garlic

## DIRECTIONS:

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- 3 Meanwhile, in a small saucepan over medium heat combine carrot, zucchini and onion. Pour in just enough water to cover; cook until tender and drain.
- 4 In a large bowl, mash the tofu with a fork. Stir in carrot mixture. Monterey jack cheese, 1/2 cup mozzarella cheese, ricotta cheese, egg white, salt and pepper. Mix well and set aside.
- 5 In a medium saucepan over medium-high heat, combine tomatoes, tomato paste, basil, oregano, garlic powder and garlic. Bring to a boil; reduce heat to low and simmer for 10 minutes.
- 6 Stuff each cooked pasta shell with about 1 rounded tablespoon of the filling. Place shells in an ungreased 2-quart baking dish. Pour sauce over shells.
- 7 Cover and bake in preheated oven for 25 minutes, or until heated through. Sprinkle with remaining 1/2 cup mozzarella cheese.

Vegetarian Lab  
Grape and Quinoa Salad

1  $\frac{1}{4}$  c. chicken broth

1 c quinoa

2 c red grapes, seedless

2 T. olive oil, divided

2 T. balsamic vinegar, divided

4 oz fat free feta, crumbled (1 c.)

1/3 c raisin

1/3 c almonds, slivered, coarsely chopped

$\frac{1}{4}$  c. parsley, chopped

1 T onion, finely diced

Directions:

1. In a medium saucepan, bring broth to boiling. Stir in quinoa, reduce heat to low.
2. Cook, covered, 15-20 minutes or until quinoa is tender. Remove from heat and fluff with a fork, set aside.
3. Preheat oven to 375 degrees. Place grapes in a large bowl. Drizzle with 1t oil and 1 T vinegar, toss to coat.
4. Spread grapes in a single layer on a jelly roll pan. Bake 10-12 minutes stirring once. Remove from oven, let cool completely.
5. In a large bowl, combine quinoa, grapes, feta, raisins, almonds, parsley and shallot.
6. In a small bowl, whisk together remaining oil and vinegar. Drizzle over quinoa mixture, toss to coat. Serve immediately or cover and refrigerate until ready to serve.

Yields: 6

Vegetarian Lab  
Edamame Hummus

1  $\frac{1}{2}$  c edamame, shelled and blanched

1 T olive oil

1 t salt

$\frac{1}{2}$  t ground cumin

$\frac{1}{2}$  t ground coriander

2 garlic cloves, peeled

$\frac{1}{2}$  c fresh parsley

2-3 T tahini paste

3-4 T water

4 T fresh lemon juice

1-2 dashes hot sauce

1-2 t paprika

1 pkg pita bread

Directions:

Dip

1. Steam the edamame as per the package
2. Place oil, salt, cumin, coriander and garlic in food processor, pulse.
3. Add edamame, parsley, tahini, water and lemon juice, process until smooth.
4. Spoon into a bowl, cover and refrigerate, allowing flavors to marry.
5. Dust with paprika and serve with prepared pita chips or fresh vegetables.

Chips



Split pita bread in half then cut into wedges. Place onto a baking sheet single layer and spray with olive oil spray, flip and spray again. Sprinkle with sea salt. Bake at 400 degrees for 10-12 mins, flipping half way through.

## Vegetarian Kale Soup

Serves:8

### INGREDIENTS:

2 tablespoons olive oil

1 yellow onion, diced

2 tablespoons chopped garlic

1 bunch kale, stems removed and leaves chopped

8 cups water

6 cubes vegetable bouillon

1 block extra firm tofu, diced

1 (15 ounce) can diced tomatoes

6 purple potatoes, peeled and cubed

2 (15 ounce) cans cannellini beans, drained

1 tablespoon Italian seasoning

2 tablespoons dried parsley

salt and pepper to taste

### DIRECTIONS:

1. Heat the olive oil in a large stock pot; sauté the onion and garlic until soft.
2. Stir in the kale and cook until wilted, about 2 minutes.
3. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley.
4. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through or fork tender. Season with salt and pepper to taste



## Baked Pork Spring Rolls

Servings 12

### Ingredients:

1/2 pound ground pork	2 teaspoons grated fresh ginger root
1 cup finely shredded cabbage	1 1/2 teaspoons minced garlic
1/4 cup finely shredded carrot	1 teaspoon chile sauce
2 green onions, thinly sliced	1 tablespoon cornstarch
2 tablespoons chopped fresh cilantro	1 tablespoon water
1/2 teaspoon sesame oil	12 (7 inch square) spring roll wrappers
1/2 tablespoon oyster sauce	4 teaspoons vegetable oil

### Directions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Place pork in a medium saucepan. Cook over medium high heat until evenly brown. Remove from heat and drain.
3. In a medium bowl, mix together pork, cabbage, carrot, green onions, cilantro, sesame oil, oyster sauce, ginger, garlic and chile sauce.
4. Mix cornstarch and water in a small bowl.
5. Place approximately 1 tablespoon of the pork mixture in the center of spring roll wrappers. Roll wrappers around the mixture, folding edges inward to close. Moisten fingers in the cornstarch and water mixture, and brush wrapper seams to seal.
6. Arrange spring rolls in a single layer on a medium baking sheet. Brush with vegetable oil. Bake in the preheated oven 20 minutes, until hot and lightly browned. For crispier spring rolls, turn after 10 minutes

## Ham and Egg Salad Tortilla Rolls

### **Ingredients**

- 6 flour tortillas day 2
- 1 cup diced, pan fried ham steak
- 2 slices bacon, crisp-cooked, drained, crumbled
- 1/4 cup mayonnaise
- 1 teaspoon Dijon-style mustard
- 2 hard-cooked eggs, chopped
- 1 small avocado, chopped
- 1 Roma tomato, seeded and chopped
- 2 ounces blue cheese, crumbled
- Leaf lettuce or romaine, shredded - day 2

### **Directions for Hard Cooked Egg**

1. Place **eggs** in single layer in saucepan. Add enough tap **water** to come at least 1 inch above eggs.
2. Cover. Quickly bring just to boiling. Turn off heat.
3. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, **covered**, in the hot water about 15 minutes for large eggs (12 minutes for Medium, 18 for Extra Large).
4. Immediately run cold water over eggs or place them in ice water until completely cooled. Store in refrigerator
5. Day 2: Remove shells and chop eggs.

### **Directions for Salad Assembly**

1. Combine mayonnaise and mustard in a medium bowl.
2. Fold in eggs, diced ham, avocado, tomato, and blue cheese until combined. Store in refrigerator.
3. Day 2: Fold eggs and cooked bacon into mixture
4. Layer each tortilla with some of the shredded lettuce. Divide the egg/ham mixture evenly among each tortilla.
5. Roll tortillas and secure with a toothpick.
6. Cut each in half. Serve!

# Mexican Style Shredded Pork

**Prep Time:** 15 Minutes

**Ready In:** 7 Hours 30 Minutes

**Cook Time:** 7 Hours

**Servings:** 6

## Ingredients:

1 (3 pound) boneless pork loin roast, cut into 2 inch pieces	1/4 cup chipotle sauce
1/2 teaspoon salt	3 1/4 cups water, divided
2 (4 ounce) cans diced green chile peppers	1 1/2 cups long grain white rice
3 cloves garlic, crushed	1/4 cup fresh lime juice
	1/4 cup chopped cilantro

## Directions:

### Day 1

1. Place the roast in a slow cooker, and season with salt. Place chile peppers and garlic on top of roast. Pour in the chipotle sauce and 1/2 cup water.
2. Cover, and cook 7 hours on Low.
3. In a pot, bring remaining 2 3/4 cups water and rice to a boil. Mix in the lime juice and cilantro. Reduce heat to low, cover, and simmer 20 minutes.

### Day 2

4. Remove roast from the slow cooker, and use two forks to shred. Return pork to the slow cooker, and allow to sit 15 minutes to absorb some of the liquid. Serve over the cooked rice

# Sausage 'n' Spinach Pockets

## INGREDIENTS

3/4 pound bulk pork sausage  
1/2 cup chopped onion  
1 garlic clove, minced  
1 ½ cup chopped fresh spinach  
1/3 cup chopped fresh mushrooms  
1 cup shredded part-skim mozzarella cheese  
3/4 teaspoon salt  
1/4 teaspoon pepper  
¼ cup grated Parmesan cheese,  
2 ½ tubes (8 ounces *each*) refrigerated crescent rolls(share ½ with  
1 egg other kitchen)  
1 ½ tablespoon water  
1 tablespoon cornmeal

**SERVINGS 12**

### Nutrition Facts

One serving: (1 each)

Calories: 213

Fat: 14 g

Saturated Fat: 5 g

Cholesterol: 43 mg

Sodium: 547 mg  
Carbohydrate: 14 g

Fiber: 0 g

Protein: 8 g

## DIRECTIONS

1. In a large skillet, cook the sausage, onion and garlic over medium heat until meat is no longer pink; drain. Remove from the heat; stir in spinach and mushrooms.
2. Add mozzarella cheese, salt, pepper and Parmesan cheese if desired; mix well and set aside.
3. Unroll crescent dough(if you don't know how, ask!) into eight rectangles; seal perforations and flatten slightly to 5-in. x 4-1/2-in. rectangles. Place about 1/3 cup sausage mixture on **half** of each rectangle to within 1/2 in. of edges.
4. Beat egg and water; brush on **edges** of dough. Bring unfilled half of dough over filling; press edges with a fork to seal. Brush tops with egg mixture. Sprinkle the cornmeal on a parchment papered baking sheet; place pockets on baking sheet.
5. Parbake at 350° for 10 - 15 minutes. Cool and store in refrigerator

### Day 2

Bake in 350 oven 10-15 minutes until golden brown. Serve

# Sweet and Spicy Pork and Napa Cabbage Stir-Fry with Spicy Noodles

## INGREDIENTS:

2 ounces dry Chinese noodles	2 tablespoons cooking oil
3 tablespoons soy sauce	2 onions, cut into bite-size pieces
1/4 cup sweet chili sauce	1/8 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder	3 tablespoons sweet chili sauce
1/4 teaspoon ground ginger	3 cups chopped napa cabbage
3 tablespoons sesame oil	3/4 cup sliced celery
1/2 cup soy sauce	1 cup sliced carrots
1/2 teaspoon garlic powder	3 red bell peppers, chopped
(1 pound) pork loin, cut into 2-inch strips	2 teaspoons cornstarch
	1/4 cup cold water

## DIRECTIONS:

1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the Chinese noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.
2. Whisk together the soy sauce sweet chili sauce, garlic powder, the ground ginger, and the sesame oil in a large bowl; add the drained Chinese noodles and toss to coat. Store in refrigerator
3. Whisk together the 1/2 cup soy sauce and 1/2 teaspoon garlic powder in a large bowl; add the pork and stir to coat. Allow to marinate overnight in refrigerator

### Day 2

1. Heat the cooking oil in a wok or a large, deep skillet over medium-high heat. Add the pork, onions, and red pepper flakes to the oil; cook until the pork is browned completely. Stir in 3 tablespoons sweet chili sauce, the Napa cabbage, celery, carrots, and bell peppers; cook and stir until vegetables are completely heated, about 5 minutes.
2. Whisk together the cornstarch and water and add to the stir fry, stirring until the mixture thickens.
3. Serve the stir-fry over the noodles.





## Cinnamon Roll Yeast Bread Day 1

### Dissolve:

$\frac{1}{4}$  C. warm water  
1 pkg. yeast

### Dissolve and add to above:

1 C. warm water  
 $\frac{1}{4}$  C. sugar  
 $\frac{1}{2}$  T. salt

### Add to above:

2 cups flour  
 $\frac{1}{4}$  t. baking powder  
 $\frac{1}{4}$  t. baking soda

### Add to above:

$\frac{1}{4}$  C. shortening  
 $\frac{1}{2}$  egg (beat egg in custard cup and use 2 T. give the remaining egg to another kitchen)

### Gradually add to above:

2 C. flour

### Directions:

1. Knead the dough 7-10 minutes until all ingredients are combined and you have created a soft ball. Knead in remaining flour if needed.

### Filling Ingredients:

$\frac{1}{2}$  c butter  
 $\frac{3}{4}$  C. brown sugar  
 $\frac{1}{2}$  T. flour  
1  $\frac{1}{2}$  T. cinnamon

Dental Floss 12"  
Cooking Spray

### Directions:

1. Combine the brown sugar, flour and cinnamon and cut in the butter. Set aside.
2. Roll dough into a  $\frac{1}{4}$ " thick rectangle, using the jelly roll pan as a template.
3. Roll jelly roll style and cut with dental floss every inch, resulting in 12 rolls.
4. Place on greased jelly roll pan, spray rolls with cooking spray, wrap with plastic wrap and refrigerate.

## Pizza Dough Recipe

### Day One

#### Ingredients

1 pkg. yeast  
 $\frac{3}{4}$  C. warm water  
 $\frac{1}{2}$  t. salt  
1 T. sugar  
2 T. oil  
2 C. flour

#### Directions:

1. In a small bowl, stir yeast and sugar into warm water. When dissolved, add the oil. Set aside until foamy.
2. Stir salt into flour in a medium sized bowl. Add foamy mixture and stir until well blended.

**This dough will remain sticky. Do not knead.**

3. Spray sides of a bowl and the top of the dough with cooking spray.
4. Cover tightly with plastic wrap and label with your block and kitchen number.
5. Place in a draft-free location until it doubles in size. It is okay to let it sit out overnight on counter.

#### **Sauce**

8 oz. tomato sauce  
8 oz. undrained diced tomatoes  
 $\frac{1}{2}$  cup onion, diced  
1 T. basil  
1 t. sugar  
1 t. oregano  
2 cloves garlic, minced  
 $\frac{1}{4}$  t. pepper

#### Steps to Make Sauce

1. Combine the above ingredients in a medium sized saucepan and bring to a boil.
2. Reduce heat. Simmer, uncovered for about **ten** minutes or until the onion is tender. Label and store in fridge when cooled.

# Banana Cream Pie (pie shell)

## INGREDIENTS:

3/4 cup white sugar  
1/3 cup all-purpose flour  
1/4 teaspoon salt  
2 cups milk  
3 egg yolks, beaten  
2 tablespoons butter  
1 1/4 teaspoons vanilla extract  
1 (9 inch) pie crust, baked  
4 bananas, sliced

## DIRECTIONS:

### DAY 1

1. In a saucepan, combine the sugar, flour, and salt. Add milk in gradually while stirring gently. Cook over medium heat, stirring constantly, until the mixture is bubbly. Keep stirring and cook for about 2 more minutes, and then remove from the burner.
2. Stir a small quantity of the hot mixture into the beaten egg yolks, and immediately add egg yolk mixture to the rest of the hot mixture. Cook for 2 more minutes; remember to keep stirring. Remove the mixture from the stove, and add butter and vanilla. Stir until the whole thing has a smooth consistency.
3. Place in a storage container with saran wrap sealing out the air and refrigerate.

### DAY 2

1. Slice bananas into the cooled baked pastry shell. Top with pudding mixture.

# Mini Apple Pie

You will do this lab in pairs. Each of you will end up with **your own mini pie!**

## Person #1

2 c. flour  
2/3 c. shortening  
 $\frac{1}{2}$  t. salt  
5-6 T. cold water

## Person #2

3 small apples  
2/3 c. sugar  
3 T flour  
2 t. butter  
 $\frac{1}{4}$  t. cinnamon

## Person #1

1. Mix flour and salt together. Cut in shortening until particles are the size of cornmeal.
2. Sprinkle water over the flour mixture and stir lightly with a fork until particles start to cling together. Form into two balls.

## Person # 2

1. Wash, peel and thinly slice apples.
2. Combine sugar , cinnamon and flour in bowl. Cut in butter.
3. Add apples and toss.

## Individually...

1. Separate your ball of dough into two parts-one slightly bigger than the other. Using wax paper, roll out the larger portion (bottom crust) into  $\frac{1}{8}$ "thickness and as close to a circle as possible. When pastry is  $1\frac{1}{2}$ " bigger than the pie pan, fold in half and place carefully into the pan.
2. Fill pie crust with half of the fruit filling. Give remaining portion to partner.
3. Roll top crust in the same way, making it to cover the top. Using your fingers, dot water on the bottom crust, enough to dampen. Place the top crust on top, firmly pressing edges together to "glue" them. Fold edges under and flute. Cut a small opening or slit so the steam can escape.
4. Lightly brush an egg wash over the pie when finished to produce a golden shine.
5. Place a sheet of parchment onto a jelly roll pan with the mini pies. Label the parchment with kitchen # and period.
6. Bake at 400 for 30 minutes until golden brown. Next class will remove and store them.

## Quick Cheese Burger Pie

### Ingredients

- 1 pound lean ground beef
- $\frac{1}{2}$  c onion, diced
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 cup all-purpose flour
- 1/3 cup dill pickle juice
- 1/3 cup milk
- 1/2 cup dill pickle, chopped
- 2 cups shredded Swiss cheese, divided
- 1 (9 inch) pie crust, prebaked - 5 minutes (Single crust Recipe)

### Directions

#### Day 1

1. Preheat oven to 425 degrees F (220 degrees C).
2. **To Make Filling:** Crumble ground beef into a large skillet and sauté over medium heat for 1 minute. Add onion and garlic. Continue to sauté until onion is tender, about 10 minutes. Drain grease from mixture and pat with a paper towel.
3. Sprinkle beef mixture with salt and flour. Stir in pickle liquid, milk, pickles, and 1 cup shredded cheese. Spoon mixture into pastry shell.
4. Bake in preheated oven for 15 minutes. Remove, allow to cool and store wrapped product in the refrigerator with remaining cheese.

#### DAY 2

5. Sprinkle top with remaining 1 cup cheese and bake 10 - 15 minutes, until pastry is golden brown and cheese is bubbly.

## Homemade Pasta

### Ingredients:

- 2 eggs
- 2 cups flour
- 1 tbsp olive oil
- 2 tbsp cold water

### Directions:

1. Wisk the water, eggs, and olive oil together in a liquid measuring cup.
2. Measure 2 cups flour and place it on the table.
3. Form a well (hole) in the center of the flour.
4. Have one person keep the sides of the flour stable.
5. Have one person slowly pour the olive oil, water, and egg mixture into the well.
6. Have one person use their fingers slowly combine all of the ingredients.
7. When the ingredients have formed a ball, knead the dough for four minutes (if the dough is dry and crumbly, gradually add water).

**Keep in mind you may not use all of the flour on the table...that is ok!!!!**

8. When you are finished kneading, place a damp cloth over the dough and let it rest for ten minutes.

### Making the Noodles

1. Section the dough into 4 equal pieces.
2. Keep the pieces you are not using wrapped in the damp cloth so they do not dry out.
3. Set the roller of the pasta machine on 7.
4. Slowly insert the dough through the pasta machine rotating the roller clockwise.
5. Repeat this process decreasing the size of the opening on the roller until you have reached desired thinness.
6. Lightly flour each piece of rolled dough to absorb any moisture.
7. Cut the strips of flattened dough in half.
8. Run each strip through the pasta cutter.
9. Place noodles into boiling water for 4-5 minutes.

**Cooking, Drying, or Freezing the Pasta:** To cook the pasta immediately, bring a large pot of water to a boil, salt the water, and cook the pasta until al dente, 4-5 minutes. To dry, lay the pasta over a clothes drying rack, coat hangers, or the back of a chair, and let air dry until completely brittle. Store in an airtight container for several weeks. To freeze, either freeze flat in long noodles or in the basket-shape on a baking sheet until completely frozen. Gather into an airtight container and freeze for up to three months. Dried and frozen noodles may need an extra minute or two to cook

### Video on how make this

<http://www.youtube.com/watch?v=twG7PCPDPEE>

<http://www.youtube.com/watch?v=sNzA0wxy3w>

## Low fat Alfredo Sauce

### Ingredients:

- ¼ cup light margarine
- 2 cloves garlic, minced
- 2 T. flour
- 2 cups fat-free half and half
- ½ cup skim milk
- 3 T. chopped fresh chives
- 1 cup parmesan cheese

### Directions:

1. For sauce, heat butter in medium sauce pan over medium heat.
2. Add garlic and cook for about one minute until fragrant but not brown.
3. Add the flour and whisk until smooth.
4. Gradually add the cream and milk and whisk until the mixture begins to thicken and bubble.
5. Add the parmesan cheese and stir until melted.