FACS RECIPES

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Simmons Middle School

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Standard Abbreviations

tsp. = teaspoon

Tbsp. = Tablespoon

c. = cup

pt. = pint

qt. = quart

gal. = gallon

oz. = ounce

lb. = pound

lbs. = pounds

pkg. = package

sq. = square

min. = minute

Equivalent Measures & Weights

3 tsp. = 1 Tbsp.

16 Tbsp. = 1 c.

5 Tbsp. + 1 tsp. = 1/3 c.

8 fl.oz. = 1 c.

2 c. = 1 pt.

2 pt. = 1 qt.

4 qt. = 1 gal.

8 qt. = 1 peck

4 pecks = 1 bushel

Choose My Plate

Everyone needs food daily, however, as we are all different, so are our needs for nutrition.

The new Food Guide Pyramid has been adapted to take into account variables like age, gender and activity level as all these things will change your dietary needs.

The information provided below is based on a calorie level for 14 year old males and females who are physically active 30 to 60 minutes a day. Other information can be gathered from

[www.choosemyplate.gov](http://www.choosemyplate.gov)

|  |
| --- |
| 14 year old male – activity 30-60 min |
| **Grains** | 8 ounces |
| **Vegetables** | 3 cups |
| **Fruits** | 2 cups |
| **Milk** | 3 cups |
| **Meat** | 6.5 ounces |

|  |
| --- |
| 14 year old female – activity 30-60 min |
| **Grains** | 6 ounces |
| **Vegetables** | 2.5 cups |
| **Fruits** | 2 cups |
| **Milk** | 3 cups |
| **Meat** | 5.5 ounces |

What we eat provides our body with the fuel it needs to move and grow. Nutrients are the chemical substances in food that provide the tools for growth and health. There are six categories of nutrients that our bodies need each day. While all of the following are good for the body, you can get too much of a good thing. It is best to get you nutrients from food rather than supplement pills.

Protein

* Used by the body to build and repair body cells and tissue and to provide energy
* Made up of amino acids found in both plant and animal sources
	+ Plant sources do not contain all essential amino acids - incomplete
	+ Animal sources do contain all essential amino acids – complete

Carbohydrates

* Provide the body’s main source of energy
* Made up of starches and sugars.
* Carbohydrates are not inherently bad, but when consumer in large quantities without a balance of other foods they can result in weight gain.
* Fiber is also necessary in the diet for good health and digestion.

Fats

* Supply energy, keep the skin healthy and promotes normal growth
* Transport Fat-Soluble Vitamins ADE&K in the body
* Fats are broken down in to groupings based on their state at room temperature.
	+ Saturated – solid at room temp – raises cholesterol levels
	+ Unsaturated – liquid at room temp – tends to help lower cholesterol levels

Water

* Water is essential for life
* Regulates body temperature, carries other nutrients though the body, & rids the body of wastes.
* 6-8 glasses of water a day

Minerals

* Many are necessary for good health and all have different purposes in the body.
* Calcium – strong bones and teeth, helps heart, muscles and nerves work properly
* Iron – helps red blood cells carry oxygen to the cells
* Other minerals – Phosphorus, Potassium, Zinc, Copper, Magnesium, Selenium, Iodine, Manganese, Chromium, Sodium

Vitamins

* Like minerals there are many different kinds and their function in the body varies
* They are grouped in two categories – Water-Soluble and Fat-Soluble
* Water-Soluble – transported through the body in water – extra are not stored in the body
	+ Vitamin C – builds & maintains healthy body, helps fight infection & heal wounds
	+ B Complex – help body use carbohydrates, keep nerves and muscles healthy
		- Thiamin, Riboflavin, Niacin, Folate, B6, B12
* Fat-Soluble – transported and stored in the body fat
	+ Vitamin A – helps bones, teeth, skin & hair stay healthy, helps our eyes adjust to changing light
	+ Vitamin D – Help the body use calcium to build strong bones and teeth

MY FAVORITE RECIPES

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6th

Grade

Recipes

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**Quesadillas** Serves 4

1 c. Colby-Jack Shredded Cheese 4 6in. flour tortillas

Sprinkle ¼ c. cheese on each tortilla. Fold in half and press gently. Cook quesadillas over medium heat for 2-3 min. turning once. Remove from skillet and repeat until all are done. Serve warm.

Variations: Spread ½ Tbsp. pizza sauce, pepperoni and 1/3 c. cheese, fold and cook as above

Spread ½ Tbsp. margarine, sprinkle with cinnamon and sugar, fold and cook as above

**Mini Pizzas** Serves 1

½ English muffin 4 pepperoni

1 Tbsp. pizza sauce 2 Tbsp. shredded cheese

Preheat oven to 400 degrees. Line a cookie sheet with foil. Place the English muffin on the cookie sheet. Spread sauce onto the muffin. Add toppings. Bake for 9-10 min in 400 degree oven until cheese is melted.

**Orange Julius** Serves 4

1 can frozen Orange Juice (12 oz can) 1 c. water

1 c. milk 1 tsp. vanilla

½ c. sugar 10 ice cubes

Place orange juice, water, milk and vanilla in blender. Add sugar. Add ice cubes a few at a time. Cover and blend until smooth. Serve immediately.

Using the Blender

When using the blender, check to see that the blender cup is assembled properly to avoid spills. As with any appliance, make sure the blender is off before plugging it in. To avoid having to clean a large mess, do not blend without the cover in place.

**Strawberry Delight** Yield: 4 Servings

1 10oz. pkg. frozen strawberries (thawed) 1 c. milk

¼ tsp. vanilla extract 8 ice cubes

In blender combine strawberries, milk, vanilla and ice cubes. Cover and blend until smooth.

**Chocolate Chip Cookies** Yield: About 4 dozen

1 c. butter softened ¾ c. granulated sugar

¾ c. brown sugar 1 tsp. vanilla

2 eggs 1 tsp. baking soda

1 tsp. salt 2 ¼ c. all-purpose flour

2 c. chocolate chips

Preheat oven to 375 degrees. In medium bowl, combine flour, soda and salt. Set aside.

In large bowl, combine softened butter, granulated sugar, brown sugar and vanilla. Beat until creamy. Add eggs one at a time, beating after each egg. Add flour mixture a little at a time until all is combined. Stir in chocolate chips. On parchment lined cookie sheets, drop dough by rounded teaspoon full. Bake 8 to 10 min until cookies are golden. Move cookies to cooling rack to cool.

**Milk Shakes** Serves 4

Chocolate Vanilla

2 c. chocolate ice cream 2 c. vanilla ice cream

2 c. milk 2 c. milk

1 tsp. Cocoa powder 1 tsp. vanilla

Combine ingredients in blender and blend until smooth. Do not over blend.

## The Right Tool for the Right Job

 Having the right equipment will make a job easier and will go a long way to helping your recipe turn out. Gather all your equipment before beginning a job. This way you can be sure you are ready and you will not have to go rummaging after you begin working. Make sure you wash your equipment in hot, soapy water once you are done.

7th

Grade

Recipes

Notes

**Rice Krispies Treats** Yield: 6 servings

2 Tbsp. butter

3 c. miniature marshmallows

3 c. Rice Krispies

Lightly coat and 8x8 cake pan and rubber scraper with cooking spray. In a casserole dish, combine butter and marshmallows. Microwave for 1min. and 30 sec, stir. Microwave for an additional 30 seconds and stir until smooth. Add Rice Krispies and stir until well coated. Press mixture into cake pan with greased rubber scraper. Allow to cool before cutting.

**Fruit Dumplings** Yield: 4 servings

½ medium apple, peach or pear 4 Grands refrigerator biscuits

1 Tbsp. sugar ¼ tsp. cinnamon

1 Tbsp. butter 1 Tbsp. butter melted

Preheat oven to 375 degrees. Peel, core and chop fruit into bite size pieces. Line jelly roll pan with tin foil and coat with cooking spray. Pat biscuits into large circles. Divide chopped fruit between the biscuits, keeping fruit to one side. Combine cinnamon and sugar and sprinkle over biscuits. Divide 1 Tbsp. of butter into four piece and place on top of fruit. Using your finger wet the edge of the biscuit and fold over into a half circle. Use a fork to crimp the edge or flute with fingers. Brush melted Tbsp. of butter over the surface. Bake for 10-12 min. until golden brown. Move to cooling rack to cool.

# On Snacking

 Snacks are a great way to help meet your daily servings of the food groups. Remember that even though it is not a meal, the food still counts into you daily calorie intake. Choose nutrient-dense snacks or those snacks that provide good amounts of different nutrients as compared to the calories. Avoid snacks that would be considered empty-calorie. These are snacks that provide large amounts of calories but little or no nutritional benefit.

 Avoid foods that are processed, as they will usually contain large amounts of sodium. Remember low fat does not necessarily mean low calories.

**Chex Party Mix** Serves 6

3 Tbsp. butter ½ tsp. seasoned salt

¼ tsp. garlic powder 2 tsp. Worcestershire sauce

1 ½ c. Corn Chex 1 ½ c. Rice Chex

1 ½ c. Wheat Chex ¾ c. mixed nuts

1 c. mixed pretzels

Melt margarine in large round casserole on high. Stir seasonings into melted butter. Gradually stir in remaining ingredients until well coated. Microwave on 70% power for 2 min. Remove and pour into large mixing bowl to stir. Return to casserole and repeat. Remove any pieces that begin to burn. Spread on cookies sheet covered by paper towel to cool. Store in airtight container.

**Hot Cheese Dip** Serves 8

¼ lb. Velveeta cheese cubed ¼ c. Pace picante sauce

1 Tbsp. milk

Place cheese in glass dish and microwave on 70% power until cheese is melted.

Stir in milk and picante sauce and microwave at 70% power 1 min.

Serve with vegetable sticks

**Fruit Dip** Serves 8

1 7oz. jar marshmallow cream 1 4oz. pkg. cream cheese

1 Tbsp. lemon or orange juice (room temperature)

Using an electric mixer, blend together all ingredients in a bowl. Chill. Serve with fruit.

When working with the microwave oven, here are a few things to keep in mind.

\*Never run the microwave when it is empty.

\*Never use metal bowls or utensils in the microwave.

\*Cover food to keep in heat, but allow a vent for steam to escape

\*Be sure to allow for standing time to allow the cooking to complete

**Smoothies**

Smoothies are a great way to get extra servings of fruit in the diet. Combine different fruit and juices for unique flavors. To get the smooth texture be sure to include yogurt or frozen bananas.

**Berry Smoothie**

1 frozen banana, peeled and sliced 2 Tbsp. honey

2 c. frozen strawberries or mixed berries 1 c. milk

½ c. plain, vanilla or strawberry yogurt ½ c. orange or apple juice

Cut up any large pieces of fruit. Add ingredients to blender and blend until smooth.

**Sherbet Smoothie**

1 c. orange juice 1 c. orange sherbet

1 banana, sliced 1 ½ c. peaches

½ tsp. vanilla extract 1 c. crushed ice

Cut up any large pieces of fruit. Add ingredients to blender and puree until smooth.

**Basic Sugar Cookie**

1 c. butter 1 tsp. vanilla extract

2/3 c. sugar ½ tsp. salt

1 egg 2 ½ c. sifted flour

In a large mixing bowl, cream together butter and sugar. Beat in egg. Add vanilla and salt, mix. Slowly add flour, mix until all ingredients are well blended. Chill dough 3-4 hours before rolling.

Preheat oven to 350 degrees. Sprinkle counter lightly with flour and flour you rolling pin. Roll dough to approximately ½ inch thick and cut into desired shapes. Bake cookies for 8-10 minutes or until barely colored.

Decorating options – Sprinkle cookies with colored sugar before baking or frost with colored frosting after cookies have cooled.

**Apple Tarts** Yield: 4 servings

4 refrigerator biscuits 1 Tbsp apple jelly

1 medium apple 2 Tbsp. cinnamon/sugar

Preheat oven to 350 degrees. Line a cookie sheet with tin foil and coat with cooking spray. Melt jelly for 20 seconds in microwave until liquid. On pan, flatten dough in to circles. Brush melted jelly onto dough. Peel, core and slice apple. Arrange apples in single layer on biscuits. Sprinkle with cinnamon and sugar. Bake at 350 for 12 to 14 minutes.

Variations: Choose different combinations of fresh fruits and jellies for variety. Fresh peaches and peach jelly or pears with apple jelly for example

**Ugly Cake** Yield: 1 cake

4 Tbsp. flour 4 Tbsp sugar

2 Tbsp. cocoa powder 1 egg

3 Tbsp. milk 3 Tbsp. oil

2 Tbsp. mini chocolate chips ¼ tsp. vanilla

In a large coffee cup, combine the flour, sugar and cocoa. Add eggs and mix thoroughly. Add the milk and oil and mix well. Stir in the chocolate chips and the vanilla. Place cup in microwave and cook on high for 3 minutes. The cake will rise over the cup. Do not panic. Remove with potholder and allow to cool for 2 minutes. Tip out onto a plate.

8th

Grade

Recipes

Notes

**Super Monkey Bread** Serves 4

1 can refrigerator biscuits

3 Tbsp. butter 1/3 c. packed brown sugar

1/3 c. vanilla ice cream Cinnamon (optional)

In round casserole combine margarine, brown sugar and ice cream. Microwave on high for 1 min., stir to melt butter. Tear each biscuit into 4 pieces. Add to sugar mixture and stir to coat. Place a glass, rim side down, in the center of the casserole dish pushing bread away from center. Microwave uncovered 1 min. and 30 seconds until dough is firm. Allow the dish to stand in the microwave for 1 min. Remove glass. Cover with large plate and invert plate and casserole. Sprinkle with cinnamon if desired. Serve warm.

**QUICK BREADS**

Quick breads are characterized by their quick preparation time. Once you add the baking powder or baking soda to a liquid, the less time there is until the product is in the oven, the better your product will turn out.

Quick breads are either dough, which is thick enough to be shaped by hand or they are a batter, which is thin enough to be poured.

**Baking Powder Biscuits** Yield: About 1 dozen

2 c. flour 4 tsp. baking powder

½ tsp. salt ½ c. butter – cut-up

1 Tbsp. sugar 1 egg

¾ c. milk

Preheat oven to 350°. Sift together flour, baking powder, salt and sugar into a large bowl. In a separate bowl, whisk together milk and egg. Using a pastry blender, cut butter into flour until it resembles coarse crumbs. Add milk mixture and stir with a fork until a soft dough forms. Lightly sprinkle counter and hands with flour. Turn dough onto counter and lightly knead about 15 strokes. Pat dough to about ¾ of an inch thick. Cut dough using a floured biscuit cutter. Place biscuits onto a baking pan and light press down center with thumb. Bake for 15 minutes until dough is set. For a browned crust, brush biscuits with milk or egg whites before baking.

**Blueberry Muffins** Yield: 1 dozen

2 c. flour, sifted ¼ c. sugar

1 Tbsp. baking powder 1 tsp. salt

1 egg ½ c. milk

¼ c. salad oil 2/3 c. blueberries

1 Tbsp. sugar

Preheat oven to 425˚. Grease muffin tin. Rinse and drain blueberries thoroughly in a strainer. Sift all the dry ingredients together. In a separate bowl, beat the egg and stir in the milk and oil. Pour the liquid ingredients into the dry and mix with wooden spoon. Add the blueberries, sprinkle with sugar and stir only to combine. Divide batter into muffin cups. Bake at 425° for 20-25 min. Toothpick test. Serve immediately.

**Spiced Pear Muffins** Yield: 16 Muffins

2 c. flour 1 egg

½ c. packed brown sugar 1 c. (8 oz.) plain yogurt

2 tsp. ginger ½ c. vegetable oil

1 tsp. baking soda 3 Tbsp. molasses

1 tsp. cinnamon 2 medium pears

½ tsp. salt ½ c. raisins

1/8 tsp. nutmeg 1/3 c. chopped walnuts

1/8 tsp. ground cloves

Preheat oven to 400°. Line muffin cups with paper liners. In large mixing bowl, combine flour, sugar, soda, salt and spices. Set aside. Peel, core and finely chop pears. In a medium mixing bowl, beat egg, yogurt, oil and molasses until smooth. Stir wet ingredients into dry stirring just until moistened. Fold in pears, raisins and walnuts. Divide batter evenly among muffin cups. Bake at 400° for 18-22 min or until muffins test done with a toothpick. Cook in pan 5 min before moving to a wire rack

**Golden Peach Muffins** Yield: 1 dozen

1 ½ c. flour 1 c. sugar

¾ tsp. salt ½ tsp. baking soda

1/8 tsp. cinnamon 2 eggs

½ c. vegetable oil ½ tsp. vanilla extract

1 (15 oz) can peaches, drained and finely chopped

Preheat oven to 350°. Line muffin cups with paper liners. In medium bowl combine dry ingredients. In separate bowl combine eggs, oil and vanilla. Add to dry ingredients and stir just until moistened. Fold in peaches. Fill muffin cups 2/3 full. Bake at 350. for 25 to 30 min. or until toothpick comes out clean. Cool for 5 min. before removing from pan.

**Chocolate Chip Muffins** Yield: 1 dozen

2 c. flour 1/3 c. packed brown sugar

1/3 c. sugar 2 tsp. baking powder

2/3 c. milk 1/2 c. melted butter

2 beaten eggs 1 tsp. vanilla

1 pkg. chocolate chips (regular or mini)

Preheat oven to 400 degrees. Grease muffins or use papers. Mix flour, sugars, and baking powder. In a separate bowl combine liquids. Combine liquids and dry ingredients and stir until blended. Add chips. Bake 15-20 minutes.

**Coffee Cake Muffins** Yield: 1 dozen

**3 Tbsp. flour 3 Tbsp brown sugar**

**¼ tsp. cinnamon 2 Tbsp. butter**

1 ½ c flour ½ c. sugar

1 ¼ tsp. baking powder ½ tsp. ground cinnamon

¼ tsp. ground ginger ¼ tsp. baking soda

¼ tsp. salt ¼ c. butter

1 beaten egg ½ c. buttermilk

Preheat oven to 400˚. Grease or line 12 muffin cups. **Topping – mix together dry ingredients. Cut in 2 Tbsp. butter until mixture resembles coarse crumbs – set aside.**  Muffin – In medium bowl combine dry ingredients. Cut in ¼ c. butter until resembles crumbs. In separate bowl combine egg and buttermilk. Add to dry mixture and stir just until moistened. Spoon ½ the batter into muffin cups, layer ½ the topping. Add remaining batter, then remaining topping. Bake at 400° for 15 to 16 min. until golden or toothpick is clean. Cool for 5 min. Serve warm.

**Oat Bran Muffins** Yield: 1 dozen

1 ¼ c. oat bran 1 c. flour

2 tsp. baking powder ¼ tsp. baking soda

¼ tsp. salt 1 beaten egg

¾ c. applesauce ½ c. milk

¼ c. honey 1 Tbsp. cooking oil

½ c. raisins

Preheat oven to 400˚. Lightly coat bottom of muffin cups with spray. In medium bowl combine dry ingredients. Make a well and set aside. In separate bowl combine egg, applesauce, milk, honey and oil. Add mixture to dry ingredients. Stir just until moistened. Fold in raisins. Divide batter evenly among muffin cups. Bake at 400° for 16 to 18 min. until golden brown or toothpick comes out clean. Cool for 5 min., serve warm.

**Banana Poppy Seed Muffins**  Yield: 1 dozen

2 ripe bananas 1 egg

½ c. sugar ¼ c. vegetable oil

½ c. milk 2 ½ tsp. poppy seed

1 ½ c. flour 2 tsp. baking powder

½ tsp. salt ¼ tsp. baking soda

Preheat oven to 400˚. Line muffin tins. Mash bananas with fork. In small bowl combine egg, sugar and oil, milk, poppy seed and mashed banana. In medium bowl sift together flour, baking powder, salt and baking soda. Add banana mixture and stir just until moistened. Divide mixture into muffin cups. Bake at 400° for 20 min. until golden brown or until tooth pick comes out clean.

**Butterscotch Muffins** Yield: 1 dozen

2 c. flour 1 c. water

1 c. sugar 4 eggs

1 (3 ½ oz. pkg.) butterscotch pudding ¾ c. vegetable oil

1 (3 ½ oz. pkg.) vanilla pudding 1 tsp. vanilla extract

2 tsp. baking powder 1 ½ c. butterscotch chips

1 tsp. salt

**2/3 c. packed brown sugar 2 tsp. ground cinnamon**

Preheat oven to 350°. Line muffin cups with paper liners. In a large mixing bowl combine flour, sugar, pudding mixes, baking powder and salt. Set aside. In a medium bowl, beat together water, eggs, oil and vanilla extract until smooth. Add the wet ingredients to the dry and stir just until moistened. Gently fold in butterscotch chips. Fill muffin cups 2/3 full. In a separate dish combine **2/3 c. packed brown sugar and 2 tsp cinnamon.** Sprinkle mixture onto each muffin top. Bake at 350° or until a toothpick tests clean. Cool muffins in pan 5 min before moving to a wire rack.

**Chocolate Muffins** Yield: 1 dozen

2 c. flour ½ tsp. baking soda

½ tsp. salt 1 ¼ c. sugar

¾ c. cocoa powder 1 Tbsp. baking powder

½ c. butter – melted 2 eggs – slightly beaten

1 c. buttermilk 2 tsp. vanilla

1 c. chocolate chips

Preheat oven to 400˚, grease or line muffin cups. In medium bowl combine dry ingredients (flour, baking soda, baking powder, salt, sugar, and cocoa). In a separate bowl combine eggs, butter, vanilla and buttermilk. Add liquid ingredients to flour mixture, stir just until moistened. Fold in chocolate chips. Divide batter into muffin cups. Bake at 400˚ for 18-20 min or until toothpick comes out clean.

**Blueberry Spice Muffins** Yield: 1 dozen

1 ¾ c. flour ½ c. sugar

2 ½ tsp. baking powder ¾ tsp. cinnamon

½ tsp. salt ¼ tsp. ground nutmeg

1 egg, lightly beaten ¾ c. milk

1/3 c. butter, melted 1 ¼ c. frozen blueberries

**1 Tbsp. sugar ¼ tsp. cinnamon**

Preheat oven to 400˚, grease or line muffin cups. In medium bowl, combine dry ingredients. In separate bowl combine egg and milk. Add egg mixture and butter to dry ingredients, stir just until moistened. Fold in blueberries. Fill muffing cups 2/3 full. **Combine the topping ingredients, sprinkle over batter.**  Bake at 400° for 16 to 20 min. or until toothpick comes out clean. Cool for 5 min. before removing from pan.

**Strawberry Muffins** Yield: 1 dozen

¾ c. sugar divided 1 ¾ c. flour

¼ tsp. salt ½ tsp. baking soda

1 ½ c. mashed strawberries ¼ tsp. nutmeg

2 eggs (lightly beaten) ¼ c. butter (melted)

1 tsp. vanilla

Preheat oven to 425˚, grease or line muffin cups. Combine strawberries and ¼ c. sugar and set aside for 30 min. After 30 minutes drain and save liquid. In a medium bowl combine the dry ingredients (flour, nutmeg, soda and salt). In a separate bowl combine eggs, butter, vanilla ½ c. sugar and berry juice. Add flour mixture, stir just until moistened. Fold in berries. Fill muffin cups 2/3 full. Bake at 425˚ for 20 min or until a toothpick comes out clean. Cool in pan 5 min. before removing.

**Fudge Chocolate Muffins** Yield: 1 dozen

½ c. sugar ½ c. applesauce

1 c. flour ½ c. margarine, softened

½ tsp. baking soda ½ c. packed brown sugar

1 egg ½ tsp. vanilla extract

¼ c. unsweetened cocoa powder 1 c. chocolate chips

 Preheat oven to 350º. Line muffin tin with paper cups. In a large bowl, beat butter, sugar, brown sugar, egg and vanilla until well combined, add applesauce and blend well. In medium bowl combine dry ingredients (flour, cocoa, baking powder). Add liquids to dry ingredients, stir until moistened. Fold in chocolate chips. Fill muffin cups 2/3 full. Bake at 350º for 22-26 minutes or until toothpick comes out clean. Allow to cool in muffin pan for 5 minutes before removing.

**Apple Bran Muffins** Yield: 1 dozen

1 ¼ c. flour 1 ¼ c. bran flakes cereal

1/3 c. packed brown sugar 1 tsp. cinnamon

1 Tbsp. baking powder 1 ¼ c. apple juice

¼ c. margarine, melted 1 apple – peeled, cored and chopped fine

Preheat oven to 375º. Line muffin tin with paper cups. In large bowl, combine bran flakes, flour, brown sugar, cinnamon and baking powder. In medium bowl, combine apple juice, margarine, vanilla and apple. Add liquid to dry and stir to combine – just until moistened. Divide evenly into muffin cups. Bake at 375º for 25-30 minutes or until a toothpick comes out clean.

**Apple Cinnamon Muffins** Yield: 1 dozen

2 c. flour 2 tsp. baking powder

¼ c. sugar ½ tsp. cinnamon

½ tsp. salt 1 c. milk

1 egg, beaten ¼ c. butter – melted

1 c. apple – peeled, cored and chopped 2 tsp. lemon zest

1 Tbsp. sugar 1 tsp. cinnamon

Preheat oven to 400º. Line muffin tin with paper cups. In large bowl stir together flour, baking powder, sugar, cinnamon and salt. In a medium bowl, combine milk, egg, butter, and lemon zest. Add liquid to dry and stir just until combined. Fold in apples. Divide evenly into muffin cups. Combine 1 Tbsp. sugar and 1 tsp. cinnamon together and sprinkle over muffins. Bake at 400º for 20 minutes or until a toothpick comes out clean.

**Spiced Apple Muffins** Yield: 1 dozen

1/3 c. sugar 1 c. diced apple without peel

1 ¾ c. flour 1/3 c. applesauce

½ tsp. salt ¾ c. milk

1 ½ tsp. baking powder ¼ tsp. ginger

½ tsp. cinnamon ½ tsp. anise seed

Preheat oven 400º. Line muffin tine with paper cups. In a large bowl, mix flour, baking powder, sugar, cinnamon, ginger, anise seeds and salt. In a medium bowl combine the milk and applesauce. Add milk mixture to dry goods and mix until moistened. Fold in apples. Divide evenly between the muffin cups. Bake at 400º for 20-25 minutes or until a toothpick comes out clean.

**Pizza Muffins** Yield: 1 dozen

1 14.5 ounce can petite diced tomatoes 2 c. flour

3 tsp. baking powder 1 tsp. sugar

1 tsp. dried oregano ½ tsp. salt

2 tsp. Chef Paul Pizza and Pasta Magic

1 egg ¼ c. melted butter

½ c. shredded mozzarella cheese, divided

2 Tbsp. grated Parmesan cheese, divided

20 slices of pepperoni, diced

Preheat oven to 350º. Prepare a 12 cup muffin tin with paper liners, or by greasing the cups. Drain tomatoes, reserving ¼ c. of liquid. In a bowl, combine the flour, baking powder, sugar, and seasonings. In a separate bowl, combine the egg, butter, tomatoes and reserved juice. Stir into dry ingredients just until moistened. Stir in ¼ c. mozzarella cheese, 1 Tbsp. Parmesan cheese and pepperoni. Fill muffin cups 2/3 full. Sprinkle with remaining cheeses. Bake at 350º for 20-25 minutes or until a toothpick comes out clean. Cool in pan for 5 minutes before removing to a wire rack.

**Orange Poppy Seed Muffins** Yield: 1 dozen

1 ¾ c. flour 3 Tbsp. poppy seeds

2 tsp. baking powder ½ c. milk

½ tsp. baking soda 2 large eggs, beaten

¼ tsp. salt ¾ c. sugar

1 Tbsp. grated orange zest 6 Tbsp. butter, melted

3 Tbsp. Turbinado sugar ¼ c. orange juice

Preheat oven 400º. Line muffin tine with paper cups. In a medium mixing bowl, combine poppy seeds with milk and let stand 20 minutes. In a large mixing bowl, combine flour, baking powder, baking soda, salt, and orange zest. Set aside. Add melted butter, beaten eggs, sugar, and orange juice to the milk and stir to combine. Add wet ingredients to dry and stir just until moistened. Fill muffin cups about 2/3 full. Sprinkle each muffin with Turbinado sugar. Bake at 400 for 15-18 minutes or until a toothpick comes out clean. Cook in pan 5 minutes before moving to cooling rack.

**Cranberry Orange Muffins** Yield: 1 dozen

2 c. flour 1 large egg

1/3 c. sugar ¼ c. vegetable oil

1 Tbsp. baking powder ¾ c. milk

½ tsp. salt ¼ c. orange juice

1 c. dried sweetened cranberries 1 tsp. grated orange zest

**¼ c. brown sugar ½ tsp. cinnamon**

Preheat oven 400º. Line muffin tine with paper cups. In a large mixing bowl, combine flour, sugar baking powder and salt. Add cranberries and toss to coat. In a medium mixing bowl combine egg, oil, milk, orange juice and grated orange zest. Add wet ingredients to dry and stir just until moistened. Fill muffin cups about 2/3 full. In a custard cup, combine **brown sugar** and **cinnamon**. Sprinkle each muffin with brown sugar mixture. Bake at 400 for 18-20 minutes or until a toothpick comes out clean. Cook in pan 5 minutes before moving to cooling rack.

**YEAST BREADS**

Yeast breads take longer than quick breads as they require time for the yeast to grow. There is usually one, if not two sessions of rising time allowed in the recipe ranging from 1-3 hours to allow the dough to double in size. Another way to let dough rise would be in the refrigerator overnight.

**Pizza Dough** Yield: 8 slices

6 oz. warm water (110-115°F) ½ tsp. salt

½ tsp. sugar 1 pkg. active dry yeast

10 oz. all-purpose flour 1 Tbsp. vegetable oil

In large bowl, dissolve yeast in water, stirring with fork until light beige color. Add half the flour (5 oz.), ½ tsp. sugar and ½ tsp. salt and mix thoroughly. Add half the remaining flour and mix to combine. Sprinkle some of the remaining flour a little onto clean counter and hands. Turn dough onto counter and knead in remaining flour (push, pull, turn) a little at a time until dough is no longer sticky, about 8 to 10 min. Pour oil into clean bowl and add dough, rotating dough until entire surface is coated; cover. Let rise in warm place for 1 ½ to 2 hours (or in refrigerator overnight) until dough doubles in size. Punch down dough and knead for 1 to 2 min. Press dough onto greased pizza pan using heel of hand and fingertips. Add desired toppings. Bake in a 375° oven for 12 to 15 min. or until desired doneness.

**Traditional Roll Dough**

1 pkg. dry yeast ¾ c. warm milk (scalded)

¼ c. warm water ¼ c. sugar

1 tsp. salt 1 egg

¼ c. butter 3 ½ to 3 ¾ c. flour

Dissolve yeast in warm water. Stir in milk, sugar, salt, egg, butter and 2 cups flour. Beat until smooth. Mix in the rest of the flour to make dough easy to handle. Knead 5 minutes. Place in greased bowl turned greased side up; cover. Let rise in warm place 1 ½ - 2 hours until double. Punch dough down. Shape into desired shapes. Let rise until double. Preheat oven to 400˚ and bake until golden brown (about 10-20 minutes depending on size and shape). Remove from pan, brush with butter if desired.

**EGGS**

Because eggs are a protein food and protein is sensitive to heat, remember to cook eggs over low or medium heat to prevent having a tough or rubbery product. If you plan to cook an egg in the microwave, remember that steam builds up in enclosed places, so poke a hole in the yolk first.

**Mini Egg Bakes** Yield: 4 Serving

4 eggs 2 Tbsp. milk

½ c. cheddar cheese 2 Tbsp. butter

MEATS - ½ c. cooked sausage or 4 strips cooked bacon torn into pieces

CRUST - ½ c. frozen hash browns or 1 c. cubed bread

Salt and Pepper to taste

Preheat oven to 375°. In microwave safe dish, melt butter – brush in to 4 outer cups of a 6-cup muffin tin. Arrange 2 Tbsp hash browns or ¼ c. cubed bread into each cup. Top with 2 Tbsp cooked sausage or 1 strip of bacon (torn). In a small bowl, beat 1 egg with ½ Tbsp. milk. Add salt and pepper as desired. Pour egg mix over meat slowly – do not overfill muffin cup. Top with 2 Tbsp cheddar cheese. Gently transfer pan to top rack of oven. Place a cookie sheet on a lower rack to catch any spills. Bake egg bakes at 375° for 18-20 min. Let egg bakes stand in pan for 2 min. Run a butter knife around the edge of the muffin cup to remove from pan.

This recipe lends itself well to add-ins like dried onions, fresh or dried peppers, mushroom, etc. Just remember to not overfill the muffin cup.

The Microwave version of this recipe can be found in the “other recipes” section.

**French Toast** Yield: 4 Servings

8 slices bread (older bread is better) 4 eggs

½ c. milk

Cinnamon/Sugar if desired

In bowl beat eggs until foamy. Add milk and mix well. If desired add cinnamon and sugar to taste. Grease griddle or frying pan and place on medium heat. To check if the griddle is hot, flick a little water onto the pan. If the water dances the griddle is ready. Dip bread in egg/milk mixture to coat both sides. Do not let the bread soak in the mixture. Fry the bread until golden brown, cooking on both sides.

**Breakfast Burrito** Serves 4

6 eggs 4 flour tortillas

4 slices American cheese 1 c. cooked loose sausage

Pepper to taste Salt to taste

Crack eggs and using a whisk beat eggs making sure to break all the yolks. Cook eggs over medium heat stirring frequently. Salt and pepper to taste. Add sausage to eggs when eggs begin to set. Place on slice of cheese on each tortilla. Top with sausage and egg mixture. Roll up to eat. If desired top with salsa.

**Egg Sandwich** Makes 1 serving

1 English muffin split 1 large egg

2 slices precooked bacon 1 slice American cheese

Cut muffin in two. Scoop out a depression in one side. Crack egg carefully onto the muffin with the depression. Using a toothpick, poke a few holes in the yolk of the egg to allow steam to escape. Microwave on high for 40 seconds. Fold the bacon in half and place on top of egg. Top with one slice of cheese and the other half of the muffin. Microwave on high 30-40 seconds until white is set and the yolk thickens around the edge. Serve immediately or wrap in tinfoil for a carry along breakfast.

Variation: You could substitute the bacon for precooked sausage or precooked Canadian bacon.

**VEGETABLES**

 When working with vegetable, be sure to select quality veggies, as they will retain the most nutrients. Wash fresh veggies with cold water. To prevent nutrient loss during cooking, limit cooking time and exposure to water as both heat and water will draw out nutrients. Choose vegetables with dark, vibrant colors for more nutritional benefit.

**Spaghetti Sauce** Serves 4

2 Tbsp. minced onion 1 Tbsp. vegetable oil

2 Tbsp. minced green pepper 2 Tbsp. minced garlic

1 tsp. dried parsley ¼ tsp. dried basil

½ tsp. oregano 2/3 c. beef broth

1 tsp. salt 1 Tbsp. sugar

1 16oz. can crushed tomatoes 2 Tbsp. tomato paste

1 c. browned hamburger

½ lb. spaghetti noodles 4 c. water

In a large sauce pan bring 4 c. water to a boil with a pinch of salt. When water boils, add spaghetti noodles. Boil uncovered for 7-10 minutes or until tender, stir occasionally. Drain pasta and move to a serving bowl.

Combine minced onion and oil in a sauce pan. Cook on medium-low heat stirring frequently until onion is soft. (2 min) Add peppers and garlic and cook 2 more minutes. Add tomatoes, tomato paste and seasonings and broth to sauce pan. Cook over medium low heat for 15-20 minutes, stirring frequently until the sauce thickens. Serve over cooked noodles

**Vibrant Veggie Stir-Fry**

4 c. broccoli flowerets ¾ c. baby carrots

2 tsp. veggie oil 1 medium zucchini

¼ tsp. pepper ¼ tsp. salt

Quarter all carrots lengthwise. Cut zucchini in half and quarter lengthwise. In skillet stir-fry broccoli and carrots in oil for 5 min. over medium heat. Add zucchini salt and pepper. Stir-fry 4-5 min longer until veggies are crisp/tender. Serve immediately.

**Apple Carrots**

16 oz. baby carrots 1 c. apple juice

1/3 c. honey ¾ c. water

Combine all ingredients in a large sauce pan. Bring contents to a boil. Reduce heat, cover and simmer for 10-14 min until carrots are tender. Serve with slotted spoon.

**Cottage Fried Potatoes**

2 Tbsp. margarine ½ small onion

1 ½ potatoes ¼ tsp. garlic powder/pepper mix

¼ tsp. salt

Peel potato and slice into thin even circles. Slice onion and separate into rings.

Melt margarine in frying pan. Layer potatoes in skillet in a single layer. Sprinkle with salt and garlic mix. Cook covered over medium heat for 8 min. turning frequently. Add onion rings. Cook uncovered for 8 to 10 min. or until potatoes are tender and browned, turning frequently.

**Zucchini Fries**

1 medium zucchini 1 tsp. onion salt

½ tsp. garlic powder 1/3 c. Milk

4 c. corn chex, (or 3 c. crushed bread crumb) 1 tsp. oregano

1 egg 1 tsp. oil

½ c. flour Oil for frying

Cut zucchini in half, widthwise – then cut each half lengthwise into 8 wedges. In mixing bowl combine, flour, onion salt, oregano and garlic powder. Combine beaten egg, milk and 1 tsp. oil, then stir into dry ingredients. Place 4 cups cereal into another large bowl and crush into fine pieces. In electric skillet heat oil to 375°. Dip zucchini in batter, then roll in crush cereal or bread crumbs. Fry zucchini slices a few at a time for 3-4 minutes or until golden brown. Remove from oil and lay on paper towel covered plate. Serve hot.

**Tomato Soup**

¼ c. butter 1 tsp. curry powder

1 46oz. can tomato juice ¼ tsp. onion

¼ c. flour ¼ c. sugar

In large saucepan, melt butter over medium heat. Stir in flour, curry powder and onion powder until smooth. Gradually add tomato juice and sugar stirring constantly to help dissolve the roux. Cook until thick, and heat through, about 8 minutes, stirring frequently. Serve immediately.

**Creamy Mashed Potatoes**

3 c. mashed potatoes (made w/ milk & butter) ¼ c. milk

1 1/3 c. French-fried onions 1 c. sour cream

2 Tbsp. garlic powder 1 c. shredded cheddar cheese

Preheat oven to 350°. Combine potatoes, sour cream, milk and garlic powder in mixing bowl. Spoon ½ of mixture in to 2 qt. casserole. Sprinkle with 2/3 c. onions and ½ c. cheese. Top with remaining potatoes. Bake for 30 min. Top with remaining onions and cheese. Bake for 5 min. until cheese is melted. Serve hot.

**Corn Cakes with Chives**

1 ½ tsp baking powder 1 c. cornmeal

¼ c. milk ½ c. frozen corn

1 egg 1 Tbsp. chives

3 Tbsp. oil 2 Tbsp. flour

1 tsp. sugar ½ tsp. salt

1 c. boiling water

In small bowl, combine flour, baking powder, salt and sugar. In a separate bowl combine boiling water and corn meal, mix to make a stiff mush. Wisk in milk until smooth. Stir in beaten egg, corn pieces and chives. Add flour mixture and stir just until combined. Heat 2 Tbsp oil in a skillet over medium heat. Drop half the batter by rounded Tbsp. making 6 cakes. Cook 3-4 min turning once. Remove to a plate and cover to keep warm. Repeat with remaining batter adding extra oil if needed. Serve with sour cream and chives.

**FRUITS**

 As with vegetables, select fruits of the highest quality, wash under cold water and limit cooking time. Keep in mind when fruits are cooked their texture and sometimes their flavor will change. Different varieties of the same fruit will result in different flavors in the final product. (Red Delicious vs. Fuji Apples for example) Choose a wide variety of fresh fruits, but limited your intake of juices with added sugar.

**Fruit Crisp**  Serves 4

CRISP

 ½ c. quick oats 1/3 c. flour

 ¼ c. butter - softened 1 tsp. cinnamon

 ½ c. packed brown sugar ¼ tsp. nutmeg

In medium bowl combine, ingredients for the until crumbly, set aside

FRUIT

\*Apple – 4 medium apples (peel, core and slice)

\*Peach – 2 15oz. cans peaches (drained and sliced)

\*Blueberry – 2 ½c. Frozen blueberries, 1 Tbsp cornstarch – Toss together

\*Pear – 4 medium pears - (peel, core and slice) - ¼ tsp. almond ext. – toss

\*Apple, Cranberry Pear – 2 medium apples (peel, core, slice), 2 medium pears (peel, core, slice), ¼ c. dried cranberries, ½ Tbsp. cornstarch, 1 Tbsp honey, ½ Tbsp. lemon juice – combine together

\*Blueberry, Peach – 1 15oz. can peaches (drained and sliced) – 1 ½ c. blueberries, toss together.

Prepare fruit choice as listed above. Arrange fruit in an even layer in a glass pie pan that has been sprayed with cooking spray. Cook fruit in microwave for 4 minutes, stirring at 2 minutes. Sprinkle CRISP mixture over fruit in an even layer (DO NOT MIX IN) Microwave for 4-6 minutes until fruit is tender and topping begins to bubble. Serve with cool whip or ice cream/

**Blackberry Banana Smoothie**

2 c. orange juice 1/3 c. vanilla yogurt

2 medium bananas (frozen) ½ c. fresh or frozen blackberries

Peel and cut bananas into thirds. Add ingredients to the blender, liquid first. Cover and blend until smooth.

**Apple Sauce**

4 medium cooking apples ¼ c. sugar

Water

Wash, peel and quarter apples – remove all traces of core. Place in saucepan and add just enough water to cover the bottom of the pan. Simmer in covered pan until apples are tender, about 10 min, stirring frequently. Puree apples and water in blender. Stir in sugar. Serve warm or cool.

**Pineapple Orange Drink**

3 c. orange juice ½ c. pineapple juice

3 Tbsp. lemon juice 6 c. water

1 cinnamon stick ¾ c. sugar

In large pan combine water, juices and sugar. Cook over medium heat until sugar is dissolved. Add cinnamon stick. Simmer for 5-8 minutes. Serve hot.

**Cinnamon Apple Rings**

3 large cooking apples ¼ c. red hots

1 c. water ½ c. sugar

Peel, core and slice apples into ½ inch slices. Dip in water and lemon juice mixture to prevent browning. In saucepan, combine water, sugar and red hots. Bring to a boil, stirring until sugar and candies dissolve. Add apple rings. Simmer until tender, about 15 min. Let cool 10 min. in liquid. Drain.

**Crispy, Crunchy Salad**

1 medium golden apple 1 medium red apple

2 celery ribs ½ c. golden raisins

½ c. toasted pecans ¼ c. honey

Core and chop apple into bite size pieces, do not peel. Dip apples in lemon juice water mixture to prevent browning. Slice celery ribs into small piece. Combine apples, celery, raisins and pecans in mixing bowl. Add honey and mix well.

**Frosty Lemon Drink**

¾ c. cold water 1/3 c. sugar

¾ c. lemon concentrate 1/8 tsp. almond extract

3 drops yellow food coloring ½ c. nonfat dry milk

16 ice cubes

Combine lemon concentrate, milk, sugar, water and almond in blender. Blend on high until mixed. Add ice cubes a few at a time. Cover and blend until slushy.

**Strawberry Orange Shakes**

2 tsp. sugar 2 c. orange juice

1 10oz. pkg. frozen strawberries ½ c. milk

6 ice cubes

In blender combine orange juice, milk, strawberries and sugar. Blend until smooth. Add ice cubes – blend until smooth.

**Instant Strawberry Sherbet**

2 Tbsp vanilla-flavored instant breakfast drink mix

1 20 oz pkg. frozen strawberries

¼ tsp vanilla

½ c. water

1 Tbsp sugar

Check to see the blender is assembled properly. Add water, drink mix, strawberries, vanilla and sugar to blender. Cover and blend until all strawberries have be processed. Serve immediately.

Alternative – For a slightly different flavor and sweetness try freezing fresh strawberries for use in this dessert. The strawberries need to be frozen solid. If using fresh strawberries omit the added sugar.

**Tropical Fruit Pie**

1 ½ 8oz. pkgs. Cream cheese, softened 2/3 c. sifted powdered sugar

¼ c. whipping cream 1 Tbsp. orange juice

1 tsp. vanilla 2 -2 ½ c. assorted fruits

2 Tbsp. apricot preserves (kiwi, strawberries, papaya

½ tsp. orange juice raspberries, mango etc)

1 pastry shell

In a bowl beat cream cheese and powdered sugar until combined. Add whipping cream, 1 Tbsp. orange juice and vanilla. Beat until combined. Spoon filling into pastry shell. Cover and chill 1-4 hours. To serve, arrange fruit on top of filling. Heat preserves and ½ tsp. juice until melted, drizzle over pie.

**Rosy Cinnamon Applesauce**

1 24oz. jar unsweetened applesauce 1 Tbsp. cinnamon (red hot) candies

1/8 tsp. ground cinnamon

Combine applesauce, candies and cinnamon in medium saucepan. Place saucepan on burner on medium heat. Stir applesauce mixture for 3 minutes or until candies are melted. Remove from heat and let stand slightly cooled.

**Stove Top Mac-n-Cheese** Yield: 6-8 Servings

½ lb. elbow macaroni 4 Tbsp butter

2 eggs 6 oz. evaporated milk

½ tsp. hot sauce 1 tsp. salt

Black pepper ¾ tsp. dry mustard

10 oz. sharp cheddar, shredded

In a large pot of boiling, salted water, cook the pasta to al dente and drain. Return to the pot and melt the butter. Toss to coat. In a mixing bowl, whisk together the eggs, milk, hot sauce, pepper and mustard. Stir into the pasta and add the cheese. Over low heat, continue to stir for 3 minutes or until creamy.

Other

Recipes

Notes

The following recipes are taken from various cookbooks found in the Family and Consumer Sciences room at Simmons Middles School. They are included as a chance to try some different recipes and continue to improve skills learned in FACS class – Happy Cooking.

**Sautéed Apples**

5 medium apples ¼ c. margarine

¼ c. water ½ c. sugar

½ tsp. cinnamon

Peel, core and thinly slice apples. Sauté apples in butter for 1 min. Add water and bring to a boil. Sprinkle with cinnamon and sugar, cover and simmer for 10-12 min. or until apples are tender.

**Ramen Noodle Salad**

2 pkgs. ramen noodles, crushed 1 bag coleslaw mix

½ c. sugar ½ c. oil

8 oz. slivered almonds, fried in butter ¼ c. sunflower seeds

1/3 c. vinegar ramen noodle spice packets

Combine the first 4 ingredients together in a bowl. Mix the next four ingredients together and pour over noodles and coleslaw. Stir to combine.

**Fluffy Peanut Butter Dip**

½ c. creamy peanut butter ½ c. vanilla yogurt

1/8 tsp. ground cinnamon (if desired) ½ c. thawed frozen whipped topping

Place peanut butter, yogurt and cinnamon in 1 qt. batter bowl, stir with whisk until thoroughly blended. Using whisk, gently stir whipped topping into peanut butter mixture until blended. Serve with apples and pears for dipping. Store extra dip in the refrigerator.

**Patchwork Party Mix**

4 c. popped popcorn ½ c. raisins

2 c. rice or wheat cereal squares. ½ c. nuts

¼ c. margarine 1 tsp. maple extract

In large bowl combine popcorn, cereal squares, raisins, and nuts. Melt margarine in microwave. Stir in maple extract. Pour over popcorn mixture and toss to coat.

**Root Beer Float Cake**

1 pkg. white cake mix 2 c. COLD root beer

¼ c. vegetable oil 2 eggs

2 envelopes whipped topping mix

Preheat oven to 350°. Grease and flour a 9 x 13 inch baking pan. In a large mixing bowl, combine cake mix, 1 ½ c. root beer, oil and eggs. Beat on a low speed for 2 minutes. Bake at 350 for 30-35 minutes until a toothpick tests clean. – Allow cake to cool completely

In a medium bowl combine ½ c. COLD root beer with whipped topping powder. Beat at high speed until soft peaks form. Frost cake – Store frosted cake in the refrigerator.

**Cheesecake**

1 8oz pkg. Cream cheese, softened 1/3 c. sugar

1 Tbsp. Lemon juice 1 tsp. vanilla

1 egg

Beat cream cheese in a small mixing bowl for three minutes. Add lemon juice, vanilla, sugar and egg beat for two minutes. Line glass custard cups with cupcake liners. Put 1 tsp. of crushed graham crackers or chocolate crumbs in the bottom of each custard cup. Fill cups ¾ full with cheese mixture. Put in microwave on power level 5 for 2 ½ minutes, rotate dishes. Microwave for 2 more minutes at level 5. Let cake set for 2 minutes. Top with pie filling if desired.

**Fruit Torte**

CRUST

¼ c. + 2 Tbsp. butter ¼ c. powdered sugar

¾ c. flour

Preheat oven to 350°. Stir together the flour and powdered sugar in a mixing bowl. Add the butter and cut in with a pastry blender until a crumbly mixture forms. Pat the mixture into a 9x9 inch pan. Bake at 350° for 15-20 minutes. Cool.

FILLING

4 oz. cream cheese (room temperature) ¼ c. sugar

Fresh or drained canned fruit ½ tsp. vanilla

In medium mixing bowl, cream the cream cheese, sugar and vanilla until very smooth. Spread the filling on the cool crust. Arrange fruit on top in patterns. When fruit is arranged, drizzle with topping.

TOPPING

½ c. fruit juice 1 ½ tsp. lemon juice

1 Tbsp. cornstarch ¼ c. sugar

In small saucepan, stir together the cornstarch and sugar. Slowly add the juices while stirring. Cook over medium heat until thick and clear. Cool and then pour over the fruit layer.

**Speedy No-Egg Cocoa Snack Cake**

1 ½ c. all purpose flour 1 c. water

1 c. granulated sugar ½ c. vegetable oil

½ c. unsweetened cocoa powder 1 tsp. baking soda

2 Tbsp. distilled white vinegar 2 tsp. vanilla extract

½ tsp. salt

Mix flour, sugar, cocoa, baking soda and salt in an 8 or 9 inch square microwave safe dish. Mix remaining ingredients in a separate bowl. Stir into flour mixture until well blended. Microwave on high 6 to 7 minutes, rotating dish ¼ turn twice, until pick inserted near center comes out clean. Place dish on flat heatproof surface for 10 min. to allow moist spots to dry, and then place on wire rack. Serve warm or room temperature.

**Fry Bread**

1 pkg. quick acting yeast 1 tsp. sugar

1 c. warm water 7 to 8 c. flour

2 Tbsp. sugar 1 tsp. salt

2 c. warm water

Mix yeast with 1 tsp. sugar and 1 c. warm water. Let stand for 10 minutes. In a large bowl put 7 to 8 cups of flour, 2 Tbsp. sugar and 1 tsp. of salt. Add yeast mixture and 2 cups of warm water or enough to make a soft dough – dough should start to form a ball. Knead by hand for 10 minutes or until dough is smooth and elastic. Let dough rise for 1 hour. Shape into round fry bread shapes and fry in hot oil. Serve with cinnamon and sugar or dip in wojapi or use as Indian tacos.

**Aztec Brownies**

1/3 c. butter 1 c. sugar

2 eggs 1 tsp. vanilla

¾ c. flour ¼ tsp. baking powder

1/3 c. cocoa

Preheat oven to 350 degrees. Either grease a 9x9 inch pan or place paper liners in a 12 cup muffin pan. In a mixing bowl, cream the butter and sugar. Beat in the eggs and vanilla. In a second mixing bowl, sift together the dry ingredients. Beat the dry ingredients into the butter mixture. Pour the batter into the pan or paper liners. Smooth the batter with spatula or rubber scraper. Bake for 25 minutes or until a toothpick inserted in the center comes out clean. Set the pan on a wire rack to cool. If baked in a 9x9 pan, slice into 12 pieces of equal size.

**Magic Marshmallow Crescent Puffs**

2 Tbsp. Sugar 8 large marshmallows

½ tsp. Cinnamon 2 Tbsp. Butter, melted

1 can crescent rolls 2 Tbsp. Chopped nuts

**Glaze**

¼ c. powdered sugar ¼ c. vanilla

1-2 tsp. milk

Preheat oven to 375°. Combine cinnamon with sugar. Separate crescent rolls into 8 triangles. Dip a marshmallow in melted butter; roll in sugar-cinnamon mixture. Wrap a dough triangle around each marshmallow, completely covering the marshmallow and squeezing edges of dough tightly to seal. Dip in melted butter and place buttered side down in deep muffin cups. Repeat with all marshmallows. (Place muffin pan on a cookie sheet to prevent spills into the oven.) Bake in 375° oven for 10-15 minutes until golden brown. GLAZE – Combine all ingredients until thin enough to drizzle. When biscuits are done, remove from pan and drizzle with glaze. Sprinkle with nuts.

**No Bake Cookies**

¼ c. butter 1/8 tsp. salt

¾ c. sugar ¼ c. peanut butter

¼ c. brown sugar ½ tsp. vanilla

¼ c. milk 1 ½ c. quick oats

¼ c. cocoa ¼ c. flour

Mix butter, sugars, milk, cocoa and salt in saucepan. Boil for 1 minute at low heat. Remove from heat. Add peanut butter, vanilla, oats and flour. Stir. Drop on waxed paper on cookie sheet or tray. Allow to cool in refrigerator.

**Three Fruit Pops**

½ c. orange juice

1 red medium apple, cored and chopped

1 medium orange, peeled and sectioned

1 small banana, peeled and cut up

In a blender combine orange juice, apple, orange and banana. Cover and blend until smooth. Pour into six 3-ounce paper cups. Cover each cup with foil. Make a small hole in the foil with a knife. Insert a wooden stick into each cup through the hole. Freeze 4 to 6 hours or until firm. Remove from freezer 10 minutes before serving. Remove foil and tear paper from cups.

**Purple Cow** Serves 4

1 can (6 oz.) frozen grape juice concentrate

1 ½ c. milk

2 c. vanilla ice cream

Combine all ingredients with a blender. Mix well and pour into glasses. Serve immediately.

**Fruit Lover’s Pops**

1 3 oz. pkg. fruit flavored gelatin 1 c. water

1 6oz. can frozen apple, orange or pineapple juice concentrate

1 c. cold water

In medium sauce pan combine the gelatin and 1 cup water. On high cook and stir until the mixture is bubbly. Add the frozen juice concentrate and stir until concentrate is melted. Stir in 1 cup cold water. Ladle the mixture into 3 ounce paper cups. Cover cups with foil. Make a small hole in the foil with a knife. Insert wooden Popsicle stick into each cup through the hole. Freeze about 6 hours until firm. Remove desired pops from freezer 5 minutes before serving. Peel off foil and paper cups.

**Peach Smoothie**

1 16oz. can peaches packed in own juices

1 ½ c. vanilla yogurt ¾ c. skim milk

2 Tbsp. frozen apple-juice concentrate ½ tsp. vanilla

ground nutmeg

Drain peaches. Put peaches in blender. Add yogurt to blender. Add milk to blender. Add apple-juice concentrate to blender. Add vanilla to blender. Cover and blend until smooth. Pour into glasses and sprinkle surface with nutmeg

**Snack Mix**

1 c. popped popcorn – remove un-popped kernels

1 c. rice or wheat cereal squares ¼ c. raisins

¼ c. peanuts 2 Tbsp. margarine

1 tsp. lemon juice 1 tsp. soy or teriyaki sauce

In a glass bowl or casserole dish combine the popcorn, cereal, raisins, and nuts. Melt margarine in microwave for 30 seconds, stir in lemon juice and sauce. Stir over popcorn mixture. Microwave on 70% power for 1 min. Stir and serve.

**Peanut Butter Cookies** Yield: 4 dozen

½ c. butter or margarine ½ c. peanut butter

½ c. granulated sugar ½ c. brown sugar

1 egg ½ tsp. vanilla

1 ¼ c. sifted flour ¾ tsp. baking soda

¼ tsp. salt

Preheat oven to 375 degrees. Thoroughly cream together butter, peanut butter, sugars, egg and vanilla. Sift together dry ingredients; blend into creamed mixture. Shape into 1-inch balls; roll in granulated sugar. Place 2 inches apart on ungreased cookies sheet. Press 5 peanut halves atop each or crisscross with fork tines. Bake at 375 degrees for 10-12 minutes. Cool slightly; remove from pan.

**Crunchy Peanut Butter Cookies** Yield: 4 doz

1 ¼ c. flour 1/3 c. sugar

½ tsp. baking soda 1/3 c. packed brown sugar

1/8 tsp. salt 1 egg

¼ c. margarine ½ tsp. vanilla

½ c. peanut butter 1/3 c. peanuts

Preheat oven to 375 degrees. In a small bowl stir together flour, soda, salt. In a mixer bowl beat margarine for 30 seconds. Add peanut butter, sugar and brown sugar. Beat until fluffy. Add egg and vanilla and beat well. Add dry ingredients to beaten mixture, beating until well mixed.

Finely chop peanuts. Divide dough in half. Shape each portion of dough into a 7-inch log. Roll the dough in chopped peanuts to coat outside of logs Wrap in clean plastic wrap or waxed paper. Chill for several hours or overnight. Cut dough into ¼ inch thick slices. (Cut only as many slices as you need.) Rewrap remaining un-sliced dough and return it to the refrigerator. Place cookie slices on an ungreased cookie sheet. Bake in 375 degree oven for 8 to 10 minutes. Cool about 1 minute. Using a turner, transfer cookies to a cooking rack.

**Rocky Road Squares**

6 oz. chocolate chips ½ of a 14oz. can sweetened condensed milk

1 Tbsp. butter ¾ c. dry roasted peanuts

½ of a 10oz. bag mini marshmallows

Place chocolate chips, condensed milk and butter in a microwave safe bowl. Cover bowl with plastic wrap leaving a vent and microwave on medium setting for 4 minutes, stir. Microwave an additional 2 minutes if needed. In a large bowl combine nuts and marshmallows. Add melted chocolate mixture to the marshmallow mixture and stir until well coated. Spread into a buttered 8x8 pan. Chill. Cut into squares and serve.

**Caramel Corn** Yield: about 8 cups

8 c popped popcorn ¾ c. packed brown sugar

6 Tbsp. butter 3 Tbsp. light corn syrup

¼ tsp. salt ¼ tsp. baking soda

¼ tsp. vanilla

Preheat oven to 300 degrees. Put popcorn into a 17x2x2 inch baking pan. Remove any un-popped kernels. Measure the brown sugar, butter, corn syrup and salt in a 1½ quart saucepan. Over medium heat cook and stir with wooden spoon until butter melts and everything is mixed. Continue cooking until mixture starts to boil, When the mixture boils, stop stirring. Cook for 5 minutes, and then remove from heat. Stir in the baking soda and vanilla. Pour mixture over popcorn, using rubber scraper to scrape the pan. With the scraper, gently stir the popcorn and hot mixture so all the popcorn is coated. Put pan in oven. Bake 15 minutes. Remove pan from oven and stir mixture with wooden spoon. Put pan back into the oven and bake 5-10 minutes longer. Use a turner to remove caramel corn from pan to a large bowl; cool.

**Microwave Chocolate Fudge**

1 ½ c. sugar

¼ c. + 2 Tbsp. butter

1/3 c. evaporated milk

½ a 7oz. jar marshmallow cream

1 6oz. pkg. chocolate chips (or peanut butter chips)

½ tsp. vanilla

½ c. walnuts (optional)

Butter well an 8x8 pan. In a glass casserole dish; combine sugar, butter and milk. Heat for 8-9 minutes on high until sugar is dissolved, stirring twice. Add remaining ingredients and stir until chips are melted. Pour into a well-buttered 8x8 pan. Cool until firm. Cut into squares.

**Fruit Loop Candy**

1 to 1 ½ lbs. almond bard 1 c. miniature marshmallows

3 c. Fruit Loops ¾ c. salted peanuts

Melt almond bark using a double boiler, or melt in the microwave. Combine the marshmallows, fruit loops and peanuts in a large bowl. Pour melted almond bard over the cereal mixture. Stir until coated. Drop by teaspoon on a cookie sheet on waxed. This could also be pressed into an 8x8 pan, cooled and then cut.

**Garlic Green Beans**

1 Tbsp. margarine 3 Tbsp. olive oil

1 med. head garlic peeled and sliced 2 cans green beans, drained

¼ c. grated Parmesan cheese

In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until lightly browned, stirring frequently. Stir in green beans and season with salt and pepper. Cook until green beans are tender, about 10 min. Remove from heat and sprinkle with Parmesan cheese.

**Tortilla Crisps**

12 6-inch corn tortillas Vegetable oil spray

½ tsp. salt

Preheat oven to 400 degrees. Lay 6 tortillas on cutting board. Spray tortillas with vegetable spray. Sprinkle 1/8 tsp. salt lightly over all tortillas. Turn tortillas over and repeat step two. Place tortillas in a stack. With pizza cutter cut stack into four triangles. Lay tortilla quarters in one layer on ungreased baking sheet. Repeat steps for remaining tortillas. Bake at 400 degrees 8-9 minutes or until crisp.

 Variations: Substitute salt for Mexican seasoning or cinnamon sugar mix.

**Banana Pancakes with Strawberry Sauce** Yield – 8 cakes

1/3 c. old-fashioned oats ¾ c. skim milk

2/3 c. flour ½ ripe banana

1 egg ½ tsp. baking powder

½ tsp. margarine 4 oz. frozen strawberries

1/3 c. orange juice 1 Tbsp. oil

Combine oats and milk into bowl, let stand 5 minutes. Peel and mash banana, combine with oat mix. Add egg and oil to oats and stir to combine. In a separate bowl, combine flour and baking soda. Add oat mix to flour and stir just until combined. Heat griddle over medium. Lightly grease griddle with margarine. Pour 2-3 Tbsp batter onto griddle for each pancake. Cook over medium heat, when tops bubble and edges brown, turn pancake.

Sauce – In blender combine strawberries and orange juice. Blend until smooth, serve over pancakes.

**Baked Potato Chips**

½ tsp. margarine 1 large potato

1 tsp. garlic powder 1 tsp. paprika

Preheat oven to 400 degrees. Line a baking sheet with foil. Spread margarine on foil to prevent sticking. Wash potato – DO NOT PEEL. Cut potato into thin slices. Spread potato slices onto baking sheet. Sprinkle with garlic powder and paprika. Bake 10-20 minutes. Thinner potatoes will be done sooner. Remove potatoes from pan as they turn brown and crispy.

**Snickerdoodles** Yield – 80 2-inch cookies

1 c. margarine, room temp 3 c. flour

1 1/3 c. sugar 1 ½ tsp. cream of tartar

2 eggs 1 tsp. baking soda

Pinch of salt

2 Tbsp sugar 1 ½ tsp. cinnamon

Combine 2 Tbsp sugar and cinnamon in a small bowl, set aside. Preheat oven to 375°. In a large bowl, bet together margarine, sugar and eggs until fluffy. Add flour, cream of tartar, baking soda and salt, beating until blended. Shape into 1-inch balls. Roll balls in cinnamon sugar mixture, covering completely. Place dough 2 ½ inches apart on an un-greased baking pan. Bake 10 minutes or until golden. Remove cookies form baking sheets: cool on racks.

**Lemon Squares** Yield – 48 cookies

½ c. powdered sugar 1 tsp. baking powder

2 c. flour ¼ tsp. salt

1 c. butter or margarine 2 tsp. grated lemon peel

4 eggs ¼ c. fresh lemon juice

2 c. granulated sugar Powdered Sugar

Preheat oven to 350°. In a small bowl, combine ½ c. powdered sugar and flour. Using a fork or pastry blender, cut in butter until mixture is crumbly and size of small peas. Press mixture evenly in bottom of an ungreased 9x13 inch baking pan. Bake 15 minutes. Meanwhile, in a medium bowl, beat together eggs, granulated sugar, baking powder, salt, lemon peel and lemon juice until fluffy. Pour over hot crust. Bake 20-25 minutes longer or until no imprint remains when toughed lightly in center. Cool in pan. While hot, sift powdered sugar over top. Refrigerate 4 hours or overnight before cutting. This is an important step. Cut chilled cookies into squares. Store cookies in the refrigerator.

**Blonde Brownies**

2/3 c. butter – melted ½ tsp. baking soda

2 c. brown sugar – packed ½ tsp. baking powder

2 eggs ½ tsp. salt

1 tsp. vanilla 1 c. chocolate chips

2 ¼ c. flour

Preheat oven to 350°. Grease a 9x13 inch baking pan. In a large bowl, cream together butter and brown sugar. Add egg and vanilla and mix well. Stir in flour, baking soda, baking powder and salt. Stir in chocolate chips. Spread dough in a even layer in prepared pan. Bake fore 25-30 minutes until golden. Cool in pan before cutting.

**Raisin Puffs**

1 ½ c. raisins 1 tsp. vanilla

1 c. water 2 eggs

1 tsp. baking soda 3 ½ c. flour

1 c. margarine ¼ tsp. salt

1 ½ c. sugar Sugar for rolling

Preheat oven to 350°. In a small sauce, combine raisins and water. Simmer until water is gone then add the baking soda. In a large mixing bowl, cream together butter and sugar. Add in vanilla and eggs, mix well. Mix in flour and salt until. Fold in raisin mixture. Roll teaspoons of dough in sugar mixture until coated. Bake on an ungreased cookie sheet for 13 minutes.

**Scotcharoos**

1 c. sugar 1 c. white corn syrup

1 c. peanut butter 6 c. Rice Krispies

2 c. chocolate chips 2 c. butterscotch chips

In a heavy sauce pan combine sugar and corn syrup, cook on medium high until boiling, stirring very frequently. When a boil is reached, remove from heat. Stir in peanut butter. Pour syrup mixture over Rice Krispies in a large mixing bowl – SYRUP MIXTURE WILL BE VERY HOT! Mix thoroughly with a wooden spoon until well combine. Press into a greased 9x13 inch pan. In a double boiler, melt chocolate and butter scotch chips together over low heat. Stir well. Pour melted chocolate mixture over Rice Krispies mix, spread evenly. Allow to cool before cutting.

**Easy Chocolate Pudding Pie**

2 c. cold milk 1 6oz. graham pie crust

2 pkgs. (3.9oz) instant chocolate pudding 1 c. miniature marshmallows

1 8oz container whipped topping, thawed, divided

Beat together milk and pudding mixes with whisk for 2 minutes: spoon 1 ½ cups of mixture into pie crust. Top with marshmallows. Stir 1 ½ cups whipped topping into remaining pudding; spoon over pie. Refrigerate 3 hours. When ready to serve, top with remaining whipped topping.

**Chicken Noodle Soup** Yield: 4 ½ cups

4 c. chicken stock ¾ c. diced onion

¾ c. diced celery 1 Tbsp. minced garlic

2 oz. dried egg noodles, cooked to al dente

½ tsp. finely chopped tarragon leaves

2 tsp. finely chopped parsley leaves

Bring stock to boil for 2 minutes in a large stockpot with lid on, over high heat. Add onion, celery and garlic. Lower heat and simmer for 2 minutes. Add noodles and cook 5 more minutes. Remove from heat and add herbs and salt and pepper to taste.

**Feeling Grape**

2 c. red seedless grapes ½ c. grape juice

1 c. lime sherbet 2 c. ice

Combine ingredients in blender and BLEND until smooth.

**Peaches and Cream Smoothie**

3 bananas 2 c. frozen peach slices

2 c. apple juice

Peel and chop bananas. Combine all ingredients in blender and blend until smooth.

**Eclectic Smoothie**

2 bananas (frozen) 1 apple

1 orange 1 chunk fresh pineapple

1-2 c. apple juice

Peel and chop all fruit. Combine all ingredients in blender and blend until smooth.

**The High-C Smoothie**

2 bananas 1 orange

2 kiwi 10 frozen strawberries

½ c. frozen blueberries 1-2 c. orange juice

Peel and chop all fruit. Combine all ingredients in blender and blend until smooth.

**A BOP Smoothie**

2 bananas 2 oranges

3 chunks of fresh pineapple 10 frozen strawberries

1-2 c. orange juice

Peel and chop all fruit. Combine all ingredients in blender and blend until smooth.

**Exotic Smoothie**

2 bananas 1 mango

2 kiwi ½ a papaya

1-2 c. cranberry juice

Peel and chop all fruit. Combine all ingredients in blender and blend until smooth.

**Tart Treat**

2 c. lemonade 2 c. frozen strawberries

1 c. raspberry yogurt 1 c. ice

Combine ingredients in blender and BLEND until smooth.

**Orange Whip**

3 oz. frozen orange juice concentrate 2 Tbsp. sugar

3 oz. frozen lemonade concentrate 2 c. water

½ tsp. almond extract ½ c. ice

Combine ingredients in blender and BLEND until smooth.

**It’s Lime Time**

1 c. milk 1 c. lime sherbet

½ c. lime slices ½ c. raspberries

2 c. ice

Combine ingredients in blender and BLEND until smooth.

**Stress-Free Strawberry**

2 c. strawberries ½ c. milk

1 c. peaches 1 c. vanilla yogurt

2 c. ice

Combine ingredients in blender and BLEND until smooth.

**Pineapple Banana Slush**

1 Tbsp. frozen orange juice concentrate 1 banana

1 Tbsp. frozen lemonade concentrate 2 Tbsp. sugar

Combine ingredients in blender and BLEND until smooth.

**Cool-Off Smoothie**

1 16oz. container strawberries 1 c. orange juice

1 c. yogurt (strawberry) 10 ice cubes

1 banana

Combine ingredients in blender and BLEND until smooth.

**Microwave Mini Egg Bakes** Yield: 1 Serving

1 eggs ½ Tbsp. milk

2 Tbsp. cheddar cheese 1 tsp. butter

MEATS – 2 Tbsp. cooked sausage or 1 strips cooked bacon torn into pieces

CRUST – 2 Tbsp. frozen hash browns or ¼ c. cubed bread

Salt and Pepper to taste

In a 10-ounce custard cup, melt butter – brush butter around the sides of the custard cup. Place hash browns or cubed bread (pressed down) into the cup. Top with cooked sausage or strip of bacon (torn). In a small cup, beat 1 egg with ½ Tbsp. milk. Add salt and pepper as desired. Pour egg mix over meat slowly – do not overfill the cup. Top with 2 Tbsp cheddar cheese. Place custard cup on a microwave safe plate and cover the custard cup with a paper towel. Microwave for 1 minute and 30 seconds until the egg is set. Let it stand in the microwave for 1 minute. Run a butter knife around the edge of the muffin cup to remove from the custard cup.

This recipe lends itself well to add-ins like dried onions, fresh or dried peppers, mushroom, etc. Just remember to not overfill the muffin cup.

**Tres Leche Cake** Yield: 1 cake

The Cake

6 ¾ oz. cake flour (plus extra) 1 tsp. baking powder

¼ tsp. salt 4 oz. butter, room temp

8 oz. sugar 5 whole eggs

1 ½ tsp. vanilla extract

The Glaze

1 (12 oz.) can evaporated milk 1 c. half-and-half

1 (14 oz.) can sweetened condensed milk

The Topping

Whipping Cream

Preheat oven to 350 °F. Lightly grease and flour a 9x13 inch metal pan and set aside. Whisk together the cake flour, baking powder and salt in a medium mixing bowl.

Place the butter into the bowl of a stand mixer. Beat on medium speed until fluffy, approximately 1 minute. Decrease the speed to low and with the mixer still running, gradually add the sugar over 1 minute. Stop to scrape down the sides of the bowl, if necessary. Add the eggs, 1 at a time, and mix to thoroughly combine. Add the vanilla extract and mix to combine. Add the flour mixture to the batter in 3 batches and mix just until combined. Transfer the batter to the prepared pan and spread evenly. This will appear to be a very small amount of batter. Bake on the middle rack of the oven for 20 to 25 minutes or until the cake is lightly golden and reaches an internal temperature of 200°F.

Remove the cake pan to a cooling rack and allow to cool for 30 minutes. Poke the top of the cake all over with a skewer or fork. Allow the cake to cool completely and then prepare the glaze.

For the Glaze

Whisk together the evaporated milk, sweetened condensed milk and the half-and-half in a 1-quart measuring cup. Once combined, pour the glaze over the cake. Refrigerate the cake overnight.

Top the cake with whipping cream. Keep cake chilled until ready to serve. Refrigerate any remaining portions.