



# Recipe Book

## Spring 2018

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# A2 Foods and Nutrition I

## Classic White Chicken Chili

Kitchen Group: Sydney McCaul, McKenna Staheli, Hadley Lewis, Tavia Landis

1 large chicken breast, cooked and diced	3 Tbsp. flour
1 (16 oz.) can great northern beans, drained	2 tsp. cumin
1 (14.5 oz.) can chicken broth	1 1/2 c. Monterey jack cheese, shredded (for garnish)
1 Tbsp. olive oil	1/4 c. sour cream (for garnish)
1 medium onion, finely chopped	1/4 c. salsa (for garnish)
1 (4 oz.) can chopped green chilies, drained	

1. Cut the chicken into small cubes. Season with salt and pepper if desired and cook in a large skillet until golden brown. When no longer pink, remove the chicken from the heat and save for later in the recipe.
2. Place the chopped onion and olive oil into a deep skillet. Cook on medium high heat until transparent.
3. Add the drained chilies, flour and cumin to the onions and stir until combined. Cook for an additional 2-3 minutes.
4. Add the drained beans and chicken broth. Stir until combined.
5. Bring the chili to a boil then reduce heat and simmer for 10-12 minutes, or until thickened.
6. Add the cooked chicken and heat through until hot. Stir occasional to prevent burning.
7. Serve warm and garnish with shredded Monterey jack cheese, sour cream and salsa.



## Teriyaki Chicken Over Rice

Kitchen Group: Stirling Jeppson, Ryan Karagory, Joe Arlotti, Chase Sullivan, Marcos Mejia

### For the Chicken:

1 large chicken breast, diced  
1 Tbsp. olive oil  
1/2 tsp. salt  
1/2 tsp. pepper  
Sesame seeds (for garnish)  
Sliced green onions (for garnish)

### For the Sauce:

1/3 c. soy sauce  
1/4 c. rice wine vinegar  
1 tsp. sesame oil  
2 Tbsp. honey  
2 cloves garlic, minced  
2 tsp. fresh ginger, minced  
2 tsp. cornstarch

### For the Rice and Broccoli:

1 c. white rice  
2 c. water  
1 head broccoli, cut into florets

### To Prepare the Rice and Broccoli:

1. Remove the white steamer basket from the rice cooker and plug it in. Add the 1 c. rice and 2 c. water and stir together.
2. Put the steamer basket back in the rice cooker and add the broccoli to the basket.
3. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

### To Prepare the Sauce:

1. Combine all of the ingredients for the sauce listed above into a small mixing bowl. Whisk until smooth. Set aside until chicken is cooked.

### To Prepare the Chicken:

2. Place the diced chicken and olive oil into a large skillet. Sprinkle the chicken with the salt and pepper until evenly coated.
3. Cook the chicken over medium heat until golden brown and no longer pink.
4. Add the sauce mixture to the chicken and simmer until the sauce has thickened.

### To Serve the Teriyaki Chicken:

1. When the rice is cooked, plate the rice and place a few pieces of cooked broccoli over the rice.
2. Serve the teriyaki chicken mixture over the rice and broccoli.



## Gorgonzola Stuffed Chicken Breasts Wrapped in Bacon

Kitchen Group: Vance Andersen, Gavin Booth, Kelton Heaton, Lindsey Bonzo, Emma Johnson

### For the Chicken:

2 chicken breasts  
1/4 tsp. salt  
1/4 tsp. pepper  
1/4 c. crumbled gorgonzola cheese  
2 Tbsp. fresh parsley, minced  
2 Tbsp. shallot, minced  
1 clove garlic, minced  
4 slices bacon

### For the White Sauce:

1/4 c. butter  
1/4 c. flour  
1/4 tsp. salt  
2 c. milk

### For the Chicken:

1. Preheat the oven to 375°.
2. Place one of the chicken breasts into a large Ziplock bag. Using a meat mallet, pound the chicken breast to about 1/2 inch in thickness. Repeat with the other chicken breast.
3. Combine the salt, pepper, gorgonzola cheese, parsley, minced shallot and minced garlic into a medium sized mixing bowl. Mash all of the ingredients together with a fork until well combined.
4. Divide the cheese mixture in half and spread the cheese filling on both chicken breasts.
5. Roll the chicken breasts around the cheese filling.
6. Wrap each chicken roll up with two slices of bacon each. Secure with toothpicks.
7. Line a cookie sheet with parchment paper and place the bacon wrapped chicken on it.
8. Bake at 375° for 25 to 35 minutes, or until a thermometer inserted into the center reaches 165°.
9. Remove from the oven when cooked through and allow to rest for a few minutes before slicing. Be sure to remove the toothpicks before serving.
10. Serve the white sauce and fresh parsley as a garnish.

### For the White Sauce:

1. Melt the butter in a medium sauce pan over medium heat.
2. Add the flour and salt and whisk until smooth.
3. Gradually whisk in the milk and bring to a boil. Cook and stir for 2 minutes or until thickened.
4. Serve warm over the chicken.

## Raspberry Fizz Drink

6 oz. ruby red grapefruit juice      18 oz. club soda, chilled  
3 oz. raspberry flavoring syrup      2 1/2 c. ice

1. Combine grapefruit juice, raspberry syrup, club soda into a pitcher. Mix until combined.
2. Add ice and serve chilled.



## Thai Chicken Lettuce Wraps

Kitchen Group: Lizzie Stuehser, Sophie Fan, Angelica Anguiano, Bekah Desmond, Bridgette Bond

### For the Thai Sauce:

1/4 c. rice wine vinegar  
 2 Tbsp. lime juice  
 2 Tbsp. mayonnaise  
 2 Tbsp. creamy peanut butter  
 1 Tbsp. brown sugar  
 1 Tbsp. soy sauce  
 2 tsp. fresh minced ginger  
 1 tsp. sesame oil  
 1 tsp. Thai chili sauce  
 1 clove garlic, minced  
 3 Tbsp. canola oil  
 1/2 c. fresh cilantro, minced

### For the Chicken Filling:

1 large chicken breast, cooked and cubed  
 1 small red pepper, diced  
 1/2 c. green onions, chopped  
 1/2 c. shredded carrots  
 1/2 c. dry roasted peanuts, chopped  
 6 large lettuce leaves

### For the Serving Sauce:

1/4 c. sugar  
 1/2 c. water  
 2 Tbsp. soy sauce  
 2 Tbsp. rice wine vinegar  
 2 Tbsp. ketchup  
 1 Tbsp. lemon juice  
 1/8 tsp. sesame oil  
 1 Tbsp. hot or Dijon mustard  
 2 tsp. water  
 1 tsp. garlic and red chili paste

### For the Thai Sauce:

1. Combine all of the Thai sauce ingredients listed above, EXCEPT the canola oil and cilantro, into a blender.
2. Begin blending and while blending, gradually add the oil in a steady stream until emulsified.
3. Transfer the sauce to a small bowl and stir in the minced cilantro.

### For the Chicken Filling:

1. Cut the chicken breast into very small pieces. Season with salt and pepper if desired.
2. Cook the chicken in a large skillet until golden brown. Remove from heat.
3. Combine the cooked chicken, red pepper, green onions, carrots and half of the chopped peanuts into a medium sized mixing bowl.
4. Add the Thai sauce and toss to coat.
5. Distribute the chicken filling into the lettuce leaves.

### For the Serving Sauce:

1. Combine the sugar and water into a small bowl and stir until the sugar is dissolved.
2. Add the remaining sauce ingredients and stir until well combined.
3. Serve with the Thai chicken lettuce wraps.



## Hawaiian Teriyaki Chicken Skewers

Kitchen Group: Julia Call, Yokaira Hernandez, Emma Mitchell, Fran Maragliano, Jerryn Perez

3 chicken breasts, cut into large cubes	1/4 tsp. pepper	1 yellow bell pepper
1/2 c. brown sugar	1/2 tsp. salt	1 green bell pepper
1/2 c. soy sauce	1 Tbsp. cornstarch	1 red onion
1/4 c. pineapple juice	1 Tbsp. water	2 c. fresh pineapple, cut into large cubes
2 garlic cloves, minced	1 red bell pepper	2-3 green onions, sliced for garnish

### To prepare the Marinade/Sauce:

1. Combine the brown sugar, soy sauce, pineapple juice, garlic, salt and pepper into a small saucepan.
2. Combine the water and cornstarch in a cereal bowl. Then, slowly add the cornstarch mixture to the mixture in the saucepan.
3. Bring the sauce to a boil and cook for about 1 minute, or until the sauce begins to thicken. Stir constantly.
4. Remove the sauce from the heat. Reserve about 1/4 cup of the sauce to use later.
5. Allow the sauce to cool and then transfer to a large Ziplock bag. Add the chicken to the bag and allow the chicken to marinate for at least 1 day or longer.

### To Prepare the Skewers:

1. Cut the peppers, onion and pineapple into large pieces, about 1 inch pieces.
2. Soak the skewers in water for about 15 to 20 minutes to prevent them from burning while cooking.
3. Thread the marinated chicken, peppers, onion and pineapple alternately onto the skewers.

### To Cook the Skewers:

1. Preheat a grill to about 375°.
2. Grill the skewers for about 8 to 10 minutes or until the chicken is completely cooked.
3. Remove from the grill and baste in the reserved sauce. Garnish with sliced green onions and serve warm.



# Breaded Chicken Strips and Crispy Seasoned French Fries

Kitchen Group: Darcy Brackett, Aubree Rodgers, Kate Wilson, Zach Howard, Andrea Ginder

## Breaded Chicken Strips

### Chicken Strips:

2 large chicken breasts, cut into strips  
1/4 tsp. salt  
1/4 tsp. pepper  
1/3 c. Dijon mustard  
1/3 c. mayonnaise  
2 cloves garlic, minced  
2 c. bread crumbs

### Honey Mustard Dipping Sauce:

1/3 c. Dijon mustard  
1/3 c. honey  
1/3 c. mayonnaise  
1/2 tsp. poppy seeds

### For the Chicken Strips:

1. Preheat the oven to 450°. Line a baking sheet with parchment paper and set aside.
2. Season the chicken strips with the salt and pepper.
3. Combine the Dijon mustard, mayonnaise and minced garlic in a shallow dish to create a marinade.
4. Place the bread crumbs in a separate shallow dish.
5. Place the chicken strips in the marinade and coat well.
6. Then, roll each chicken strip in the bread crumbs and place on the parchment lined baking sheet.
7. Once all of the chicken is cooked, bake at 450° for 15 to 20 minutes, or until chicken is cooked through.
8. Serve warm.

### For the Dipping Sauce:

1. Combine the Dijon mustard, honey, mayonnaise and poppy seeds in a small bowl. Stir until well combined. Chill until ready to serve.

## Crispy Seasoned French Fries

2 1/2 lbs. russet potatoes, peeled  
1 c. flour  
1 tsp. garlic salt  
1 tsp. onion salt

1 tsp. salt  
1 tsp. paprika  
1/2 c. water, or as needed  
1 c. vegetable oil for frying

1. Slice potatoes into French fries and place into a bowl of cold water so they won't turn brown while you prepare the oil.
2. Heat the oil in a large skillet over medium-high heat.
3. Place the flour, garlic salt, onion salt, regular salt and paprika into a medium sized mixing bowl. Slowly drizzle in the 1/2 cup water until the mixture can be drizzled from a spoon. You might not use all of the water.
4. Dip the French fries into the batter one at a time, allow to drip over the bowl, and then carefully place into the hot oil so that they are not touching each other.
5. Fry the French fries until golden brown and crispy. Remove from the oil and drain on paper towels. Serve warm.



## Crispy Sesame Chicken with a Sticky Asian Sauce

Kitchen Group: Zain Coleman, Isaac Lees Flores, Mireya Perchez, Keilen Washington, TJ Williams, Avery Moak



### Chicken:

2 large chicken breasts, cubed  
1/3 c. oil  
2 eggs, lightly beaten  
3 Tbsp. cornstarch  
3/4 c. flour  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. garlic salt  
2 tsp. paprika

### Sauce:

1 Tbsp. sesame oil  
2 cloves garlic, minced  
1 Tbsp. rice wine vinegar  
2 Tbsp. honey  
2 Tbsp. sweet chili sauce  
3 Tbsp. ketchup  
2 Tbsp. brown sugar  
1/4 c. soy sauce

### Rice:

1 c. white rice  
2 c. water

### Garnish:

2 Tbsp. sesame seeds  
2-3 green onions, sliced

### To Prepare the Rice:

1. Remove the white steamer basket from the rice cooker and plug it in. Add the 1 c. rice and 2 c. water and stir together.
2. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

### To Prepare the Chicken:

1. Cut the chicken into small bite sized pieces.
2. Heat the oil in a large skillet on medium-high heat.
3. Beat the eggs in a cereal bowl and set aside. Place the cornstarch in a separate cereal bowl and set aside.
4. Combine the flour, salt, pepper, garlic salt and paprika in a shallow dish.
5. Dredge the chicken pieces in the cornstarch. Then, dredge the pieces in the egg wash. Finally, dredge the pieces in the seasoned flour.
6. Add the chicken pieces to the hot oil and cook for 9-10 minutes, turning 2 or 3 times during cooking until cooked through. Be sure the chicken is fully cooked before removing from the pan. You may need to cook the chicken in batches. Do not crowd the pan.
7. Remove the cooked chicken from the pan and drain on paper towels.

### To Prepare the Sauce:

1. Combine all of the sauce ingredients listed above into a small saucepan.
2. Cook on medium-high heat until it reduces and turns somewhat thick.
3. Combine the sauce and the chicken together and toss until well coated.

### To Serve the Sesame Chicken:

1. Dish the cooked rice onto a serving plate.
2. Dish the chicken and sauce on top of the rice.
3. Garnish with sesame seeds and sliced green onions. Serve warm.



# A3 Foods and Nutrition I

## Meatball Parmesan Bake with Homemade Marinara

Kitchen Group: Breanna Graves, Emma Chuter, Sadie Roberts, Allie Johanson

1 1/2 lbs. ground beef	1/4 tsp. salt
6 cloves garlic, minced	1/4 tsp. pepper
1 c. Italian breadcrumbs	2-3 c. homemade marinara sauce
1/2 c. milk	1 1/2 c. mozzarella cheese, shredded
1/2 c. asiago cheese, grated	1 Tbsp. olive oil
1/2 c. parmesan cheese, grated	1/2 tsp. Italian seasoning
2 Tbsp. fresh parsley, finely chopped	Fresh basil, minced (for garnish)
2 eggs	Fresh parsley, minced (for garnish)

1. Preheat the oven to 400°. Line a cookie sheet with foil, spray with cooking spray and set aside.
2. Place the breadcrumbs and milk in a cereal bowl. Mix together and set aside.
3. In a medium sized mixing bowl, combine the ground beef, garlic, breadcrumb/milk mixture, asiago and parmesan cheese, 2 Tbsp. fresh chopped parsley, eggs, salt and pepper. Mix the meat mixture by hand until evenly combined.
4. Using your hands, roll the meat mixture into ping pong sized meatballs. Place the meatballs, evenly spaced, onto the foil lined cookie sheet.
5. Place the meatballs in the oven and bake for 20-25 minutes, or until no longer pink in the center.
6. Remove the meatballs from the oven and carefully loosen them from the foil, keeping them intact.
7. Lower the oven temperature to 375°.
8. Spread about 1/2 c. of the marinara sauce into the bottom of a square or rectangular baking pan. Place the meatballs into the baking pan in a single evenly spaced layer.
9. Pour the remaining marinara sauce over the top of the meatballs. Then, sprinkle the shredded mozzarella cheese over the top of the sauce.
10. Drizzle the olive oil over the top of the cheese and then sprinkle the Italian seasoning on top.
11. Cover the pan with tin foil and bake at 375° for 40 minutes, removing the tin foil the last 5 minutes.
12. Remove from the oven and serve warm. Garnish with chopped basil and parsley if desired.

## Marinara Sauce

1 medium yellow onion, chopped	1 (28 oz.) can diced tomatoes
2 Tbsp. olive oil	1/4 tsp. salt
1/4 tsp. chili flakes	1/4 tsp. pepper
2 cloves garlic, minced	1 Tbsp. sugar

1. Place the chopped yellow onion and 1 Tbsp. of the olive oil into a food processor and puree until smooth.
2. Place the remaining 1 Tbsp. of olive oil into a large skillet and then add the pureed onion. Sauté the onion, stirring frequently, until translucent.
3. Add the minced garlic and chili flakes to the skillet and sauté for about 1 minute.
4. Add the diced tomatoes, salt, pepper and sugar to the skillet. Combine together and simmer for about 20 minutes.



## Mini Hamburgers

Kitchen Group: Jaiya Wells, Rachel Stock, Dallas Miner, Alex Lind

1/2 c. onion, chopped  
1 Tbsp. butter  
1 egg, beaten  
1/4 tsp. seasoned salt  
1/4 tsp. ground sage  
1/4 tsp. salt

1/8 tsp. pepper  
1 lb. ground beef  
40 mini buns, cut in half  
8 oz. American cheese slices, cut into small squares  
40 dill pickle slices

1. Preheat the oven to 350°.
2. Add the butter and chopped onion to a large skillet. Sauté the onion until translucent. After cooked, transfer the onion to a large mixing bowl.
3. Add the beaten egg, seasoned salt, sage, salt, pepper and ground beef to the mixing bowl with the onion.
4. With clean hands, mix the meat and seasonings together until well combined.
5. Place the bottom halves of the buns into a baking dish. Crumble the meat mixture over the bottom buns and spread until evenly distributed.
6. Replace the tops of the buns over the meat mixture and cover the pan with foil.
7. Bake the burgers at 350° for 20 minutes, or until the meat is no longer pink.
8. If desired, remove the tops of the burger, add the sliced cheese and pickles, replace the tops of the burgers and re-cover the pan with tin foil.
9. Return the pan to the oven for 5 more minutes, or until the cheese is melted. Remove from the oven and serve warm.



## Crazy Good Beef and Broccoli Over Rice

Kitchen Group: JadyN Gregerson, Kimber Seely, Julia Buck, Hi'ilani Dittmann, Lazaro Orellana

### Beef and Broccoli

1 lb. flank steak, sliced into thin strips  
 1/2 c. beef stock  
 5 cloves garlic, minced  
 2 Tbsp. cornstarch  
 1 Tbsp. oil  
 2 c. broccoli, cut into florets

### Sauce:

1/2 c. soy sauce  
 1/4 c. brown sugar  
 2 tsp. cornstarch

### Rice:

1 c. white rice  
 2 c. water

### To Prepare the Rice:

1. Remove the white steamer basket from the rice cooker and plug it in. Add the 1 c. rice and 2 c. water and stir together.
2. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

### To Prepare the Beef:

1. Place the sliced beef strips in a medium mixing bowl. Sprinkle with the 2 Tbsp. of cornstarch and toss until coated.
2. Place the oil in a large skillet and heat over medium heat. Add the sliced beef to the skillet and cook until it is cooked through.
3. Remove the cooked beef from the skillet, place on a plate and set aside.
4. Add the broccoli and garlic to the skillet and sauté on medium heat for about 3 minutes.
5. Add the beef broth to the skillet and allow the broccoli to simmer in the broth until the broccoli is tender, about 10 minutes, stirring occasionally.

### To Prepare the Sauce:

1. Combine the soy sauce, brown sugar and cornstarch in a cereal bowl.

### To Finish the Beef and Broccoli:

1. Add the sauce and the cooked beef back into the skillet. Cook on low until the sauce thickens, about 5 minutes.
2. Serve the beef and broccoli over the cooked rice.



## Taco Stuffed Peppers

Kitchen Group: Miale Rosales, Jocelyn Mancilla, Kristen Castillo, Tyler Fuchs

### Stuffed Peppers:

2 Tbsp. oil  
6 large bell peppers  
1 lb. ground beef  
1 medium yellow onion, diced  
1 can black beans, drained  
1/2 c. white rice  
1 c. water

1 c. frozen corn  
1 (16 oz.) jar salsa  
2 Tbsp. taco seasoning  
1 1/2 c. shredded cheese  
Guacamole (for garnish)  
Sour Cream (for garnish)

### Homemade Taco Seasoning:

2 tsp. chili powder    1/4 tsp. paprika  
1 tsp. cumin            1/4 tsp. garlic powder  
1/2 tsp. salt            1/4 tsp. onion powder  
1/2 tsp. pepper        1/8 tsp. cayenne pepper  
1/2 tsp. cornstarch    1/8 tsp. oregano

### To Prepare the Rice:

1. Remove the white steamer basket from the rice cooker and plug it in. Add the 1/2 c. rice and 1 c. water and stir together.
2. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

### To Prepare the Stuffed Peppers:

1. Preheat the oven to 350°.
2. Combine all of the spices for the homemade taco seasoning above and set aside.
3. Cut off the tops of the bell peppers and remove the seeds and membranes.
4. Place the peppers in a sprayed baking pan and place in the pre-heated oven for 20 minutes.
5. While the peppers are roasting, heat the oil in a large skillet over medium-high heat. Cook the ground beef until no longer pink. Drain any grease.
6. Sprinkle 2 Tbsp. of the taco seasoning mix over the ground meat and mix well until combined.
7. Add the diced onion to the hamburger and continue cooking until softened, about 4 to 5 more minutes.
8. Reduce the heat to medium. Mix in the drained black beans, 1 c. of cooked rice, frozen corn and salsa.
9. Add only 1 cup of the shredded cheese (reserving the other 1/2 c. for later). Stir until the cheese has melted then remove from the heat.
10. When the peppers are done roasting, fill each pepper with the hamburger mixture. Sprinkle the remaining 1/2 c. shredded cheese on top of each of the peppers.
11. Return the peppers to the oven and bake for an additional 15 minutes, or until all of the cheese has melted.
12. Remove from the oven and serve warm. Serve with guacamole and sour cream as a garnish if desired.



## Beef Stroganoff

Kitchen Group: Jay Payne, Hector Valdivia, Jace Carlson, Tekao Tsosie, Larry Ochoa

1 1/2 lbs. beef sirloin steak, sliced 1/2 inch thick	1 1/2 c. beef broth
8 oz. mushrooms, sliced	1/2 tsp. salt
2 medium onions, thinly sliced	1 tsp. Worcestershire sauce
1 garlic clove, minced	1/4 c. flour
1/4 c. butter	1 1/2 c. sour cream
	3 c. cooked egg noodles

1. Fill a large pot with water and bring it to a boil. Add the egg noodles and cook until al dente.
2. When the noodles are done, drain into a colander and toss with 2 tsp. oil to prevent them from sticking.
3. Melt the butter in a large skillet over medium high heat. Add the sliced mushrooms, sliced onions and garlic to the skillet and cook until the onions are tender.
4. Remove the mushrooms and onions from the skillet and put in a bowl. Set aside.
5. Add the sliced beef to the large skillet and cook until no longer pink.
6. Add only 1 cup of the beef broth (reserving the other 1/2 c. for later), salt and Worcestershire sauce to the skillet and heat to boiling. Cover the pan and allow the mixture to simmer for about 15 minutes.
7. Combine the remaining 1/2 c. of beef broth and flour in a cereal bowl. Stir together until no lumps remain.
8. Pour the broth/flour mixture into the skillet and stir until combined. Add the mushrooms and onions back to the skillet and stir all together. Boil the mixture for 1 minute.
9. Remove the skillet from the heat and stir in the sour cream until evenly combined.
10. Serve the stroganoff over the noodles.



## Carne Asada Over Rice

Kitchen Group: John Holt, Easton Rigby, Sean Pifferi, Griffin Maher, Bryan Orozco

1 c. white rice	1/2 c. soy sauce
2 c. water	1 Tbsp. chili powder
2 lb. flank steak	1 Tbsp. cumin
3/4 c. orange juice	1 Tbsp. paprika
1/2 c. lemon juice	1 tsp. oregano
1/3 c. lime juice	1 Tbsp. pepper
4 cloves garlic, minced	1 bunch fresh cilantro, chopped
1 tsp. canned chipotle pepper, chopped finely	1/2 c. olive oil

### To Prepare the Rice:

1. Remove the white steamer basket from the rice cooker and plug it in. Add the 1 c. rice and 2 c. water and stir together.
2. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

### To Prepare the Marinade:

1. Combine the orange juice, lemon juice, lime juice, minced garlic, chipotle pepper, soy sauce, chili powder, cumin, paprika, oregano, pepper, cilantro and olive oil into a medium sized mixing bowl. Whisk rapidly until well combined.
2. Reserve 3/4 c. of the marinade and put in a separate sealed container to be used after the meat is cooked.
3. Add the rest of the marinade to a large Ziplock bag.
4. Place the flank steak in a separate Ziplock bag and seal. Use a meat mallet to pound the flank steak to about 1/4 inch in thickness. Transfer the pounded steak to the bag with the marinade and seal tight.
5. Place the Ziplock bag in the refrigerator and marinate the steak for at least 24 hours.

### To Prepare the Carne Asada:

1. Preheat a grill to about 400°.
2. Remove the steak from the marinade and place on the grill. Grill until it reaches the desired doneness. Discard the used marinade in the Ziplock bag.
3. When the meat is done cooking, remove from the heat and allow to rest for about 5 minutes before slicing to help it retain the juices.
4. Slice the meat across the grain and place slices over cooked rice.
5. Place the reserved marinade in the microwave for about 1 minute, or until warm. Pour some of the reserved marinade over the meat and rice before serving. Serve warm.



## Cheesy Crusted Spinach and Mushroom Steak Rolls

Kitchen Group: Branden Cisneros, Melissa Alarcon, Lesly Cedillo, Serina Urias, Janette Gomez

1 lb. sirloin steak	1/4 c. butter, divided in half
1/4 tsp. salt	2 to 3 cups of fresh baby spinach
1/4 tsp. pepper	6 to 8 slices of provolone cheese
1 1/2 c. mushrooms, diced	4 or 5 wooden skewers, broken in half
2 small red onions, diced	

1. Preheat the oven to 400°. Line a baking pan with tin foil. Spray the foil and set aside.
2. Place the sirloin steak into a large Ziplock bag. Using a meat mallet, pound the steak into a very thin layer, about 1/4 inch thick.
3. Remove the steak from the Ziplock bag and place flat on top of a layer of saran wrap.
4. Sprinkle the steak with the salt and pepper to season.
5. Melt only 2 Tbsp. of the butter in a large skillet, saving the rest of the butter to use later in the recipe. Then, add the diced onions and mushrooms to the butter and cook for about 2 to 3 minutes.
6. Remove the skillet from the heat and add the baby spinach. Stir the mixture until the spinach starts to wilt.
7. Spread the mushroom/spinach mixture on top of the pounded steak. Try not to get too close to the edges. Keep the skillet to use again later.
8. Layer the slices of provolone cheese on top of the mushroom/spinach mixture.
9. Begin rolling the steak over the filling as tightly as possible, tucking in the ends as you roll. Once rolled up, push the skewers through the seam all the way to the other side of the roll with about 2 inches between each skewer.
10. Carefully cut in between each of the skewers. Each steak roll should now have a wooden skewers through it to hold it together.
11. Return the skillet to high heat and add the remaining 2 Tbsp. of butter. Once the butter is melted, add the steak rolls to the skillet and cook for about 3 minutes on each side.
12. Remove the steak rolls from the skillet and put them into the foil lined baking pan. Place in the oven and bake at 400° for about 5 to 10 minutes, or until the steak is cooked through.
13. Remove from the oven and remove the skewers before serving. Serve warm.



## Grilled Sriracha Bacon Meatball Skewers

Kitchen Group: Sairee Stafford, Jess Sunyich, Payten Bryant, Skylar Holiday

1 c. rice	2 tsp. ground coriander
2 c. water	1 tsp. salt
1 1/2 lbs. ground beef	1 tsp. pepper
5 slices of bacon	3/4 c. panko bread crumbs
1 small red onion, finely diced	2 Tbsp. sriracha
1 clove garlic, minced	8 to 10 wooden skewers
1/4 c. fresh cilantro or parsley, chopped	

### To Prepare the Rice:

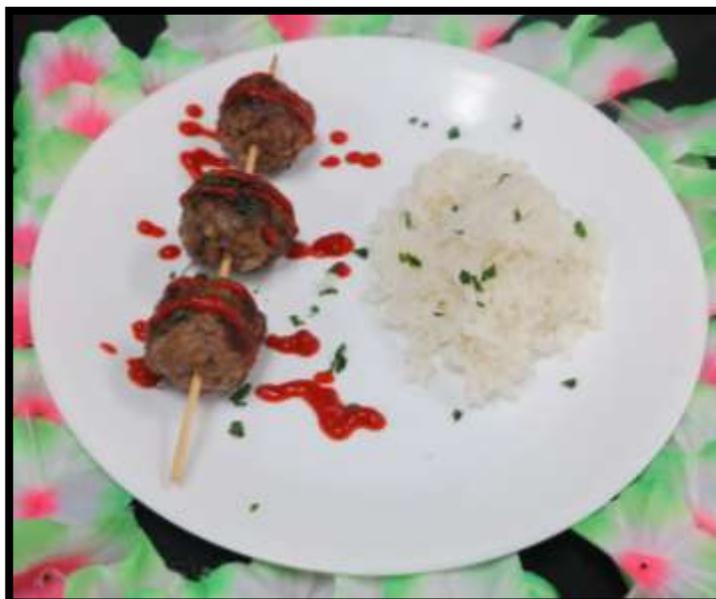
1. Remove the white steamer basket from the rice cooker and plug it in. Add the 1 c. rice and 2 c. water and stir together.
2. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

### To Make the Meatballs:

1. Preheat a grill to 375°.
2. Cook the bacon in a large skillet over medium high heat until cooked through and crispy. Remove from the skillet and drain on paper towels. When cooled, chop the bacon into small pieces.
3. Remove all but about 2 tablespoons of the bacon grease and throw away. Keep the remaining bacon grease in the large skillet.
4. Return the skillet to the heat and add the diced onion. Sauté the onion for about 3 minutes then add the minced garlic and coriander. Cook for an additional 1 minute and then remove from the heat.
5. In a large mixing bowl, combine the ground beef, chopped bacon, onion mixture, panko break crumbs, sriracha and only 2 Tbsp. of the chopped cilantro or parsley (reserving the other 2 Tbsp. for a garnish). Mix with clean hands until completely combined.
6. Shape the meat mixture into 12 large meatballs and carefully slide the meatballs onto the skewers.
7. Place the skewers onto the preheated grill and cook for 12 to 15 minutes, turning every 4 to 5 minutes, until cooked through and no longer pink.

### To Serve the Rice and Meatballs:

1. When the rice is cooked, spread a layer of rice on a serving plate. Place the meatball skewers over the bed of rice. Garnish with more sriracha sauce and the remaining chopped cilantro or parsley.
2. Serve warm.



# B3 Foods and Nutrition I

## Sweet and Sour Pork

Kitchen Group: Brenda Eustaquio, Ally Carmona, Andrew Ramirez, Alex Hernandez, Jovanny Montano

### Pork:

1/2 lb. pork loin  
1/4 c. cornstarch  
1/4 c. flour  
1 egg, beaten  
1/2 c. oil

### Sauce:

1/2 c. sugar  
1/4 c. ketchup  
1/3 c. pineapple juice  
1/4 c. white vinegar  
1 Tbsp. soy sauce  
1/8 tsp. garlic powder  
2 Tbsp. cornstarch  
1/3 c. cold water

### Vegetables/Toppings:

1 carrot, peeled & sliced  
1 green pepper, chopped  
1/4 onion, hopped  
1/2 c. pineapple tidbits

### Rice:

1 c. rice  
2 c. water

### Rice

1. Remove the white steamer basket from the rice cooker and plug it in. Add the rice and water and stir together. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.

### Pork

1. Using a chef's knife and cutting board, cut the pork into bite-sized pieces.
2. Beat the egg in a cereal bowl. Combine the cornstarch and flour in a separate bowl.
3. Dip the pork pieces in the egg and then coat in the flour/cornstarch mixture. Shake off excess powder.
4. Place the oil in a small skillet and heat over medium high heat. When the oil is heated, drop the pork pieces into the oil, keep them separated so they don't clump. Cook the pork, turning every so often, until completely cooked through.
5. You may need to cook the pork in batches to prevent overcrowding in the skillet.
6. When done cooking the pork, remove from the heat, put on a plate and set aside for later. Take the oil off the heat and allow to cool down before disposing of in the garbage.

### Vegetables

1. While the pork is cooking, wash and peel the carrot. Cut the carrot into small, thin, round pieces. Chop the bell pepper and onion into small bite sized pieces as well.
2. Add the carrot, bell pepper, onion and pineapple tidbits to a large skillet and cook for about 5 to 10 minutes, or until the carrot softens. If the vegetables start to stick, add a couple tablespoons of water to the skillet during the cooking process.

### Sauce

1. To make the sauce, combine the following ingredients in a large saucepan: sugar, ketchup, pineapple juice, vinegar, soy sauce and garlic powder. Bring to a boil while stirring constantly with a whisk.
2. In a custard cup, combine the 1/3 c. cold water and 2 Tbsp. cornstarch. When the sauce is boiling, add the cornstarch mixture to the sauce and continue whisking until the sauce thickens up. After sauce is thick, set aside.

### Putting It All Together

1. When the rice is finished cooking, distribute the rice among the serving dishes. Then, combine the pork, vegetable mixture and sauce. Evenly distribute the pork mixture on top of the rice. Serve warm.





## Pork Dumplings with Fried Rice

Kitchen Group: Lauren Scott, Katie Langford, Reagan Bottoms, Tyler Mooring, Titali Haunga

### Pork Dumplings

#### Dumplings:

1 Tbsp. garlic, minced  
2 tsp. fresh ginger, minced  
2 tsp. sesame oil  
3-4 scallions, chopped  
12 oz. ground pork  
3 Tbsp. hoisin sauce

2 tsp. soy sauce  
1 tsp. Chinese Five Spice  
1 egg  
1 pkg. dumpling wrappers  
1 Tbsp. vegetable oil (for frying)  
1 c. water

#### Dipping Sauce:

1 c. soy sauce  
3 Tbsp. sriracha  
Juice from 3 lemons

1. Prepare the dipping sauce by combining the soy sauce, sriracha and lemon juice. Mix until well combined and set aside until ready to serve.
2. For the pork dumplings, place the minced garlic, ginger sesame oil and chopped scallions in a large non-stick skillet. Cook on medium-high heat until fragrant (about 1 to 2 minutes). Remove from heat and transfer the mixture to a large mixing bowl. Allow the mixture to cool for about 2 minutes.
3. Add the ground pork, hoisin sauce, soy sauce, Chinese Five Spice and egg to the garlic mixture in the bowl. Using clean hands, mix the meat mixture until it is evenly combined.
4. Working with the dumpling wrappers, start with the floured surface of the wrapper facing down. Place about 2 tsp. of the pork filling in the center of a wrapper.
5. Wet the edge of the dumpling with water, using your finger, and fold the circle in half without sealing, like a taco.
6. Pinch one end of the dumpling closed. Create pleats on one side using your thumb and forefinger, pressing against the other flat edge to seal as you go. Flatten the bottoms so they can get a nice pan fry on them.
7. Repeat until all the dumplings are filled. Keep the dumplings on a lightly-floured sheet tray to keep them from sticking, and cover with a slightly damp towel to keep them from drying out until you can cook them.
8. Heat the vegetable oil over high heat in the large non-stick skillet. Pan-fry the dumplings by placing them bottom-side down and frying them until golden brown, usually 1-2 minutes. Be careful not to let them burn.
9. Once the dumplings are golden brown, carefully pour 1 c. of water into the skillet, (or enough water to cover the dumplings halfway). Cover the skillet with a lid, leaving a small crack for steam to escape.
10. Cook until the water has evaporated, about 10 minutes.
11. Transfer the dumplings to a paper towel lined plate to soak up the excess oil and water. Serve warm with the dipping sauce.

### Fried Rice

3 c. cooked white rice  
2 Tbsp. sesame oil  
1 small onion, chopped  
1 c. frozen peas and carrots, thawed

2 to 3 Tbsp. soy sauce (more or less to taste)  
2 eggs, beaten  
2 Tbsp. green onions, sliced

1. Add the sesame oil, chopped onion, peas and carrots to a large skillet and heat to medium-high heat. Sauté until the onion is tender.
2. Push the onions, peas and carrots to one side of the skillet. Pour the beaten eggs into the other side of the skillet. Using a turner or wooden spoon, scramble the eggs. Once the eggs are cooked, mix them with the vegetable mixture.
3. Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined.
4. Add the sliced green onions and stir to combine right before serving. Serve warm.



## Korean Style Pork Chops

Kitchen Group: Tucker Bloxham, Konner Taylor, Koby Cook, Briana Bravo, Katherine Hernando

1 c. rice	4 cloves garlic, minced
2 c. water	2 tsp. sesame oil
4 pork chops	2 tsp. fresh ginger, minced
1 Tbsp. olive oil	1 tbsp. sriracha
1/2 c. soy sauce	1/4 tsp. pepper
1/4 c. honey	

1. To cook the rice, remove the white steamer basket from the rice cooker and plug it in. Add the rice and water and stir together. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.
2. Preheat to oven to 400°. Line a baking dish with tin foil. Spray the foil and set aside.
3. Combine the soy sauce, honey, garlic, sesame oil, ginger and sriracha in a small bowl and mix together to create a marinade.
4. Place the pork chops in a large Ziplock bag and then pour **ONLY HALF** of the marinade in the bag. Reserve the remaining marinade to use later. Marinate the pork chops for at least 20 minutes or longer. (The longer they are allow to marinate, the more flavor they will have.)
5. Heat the olive oil in a large skillet over medium-high heat. Remove the pork chops from the marinade and through the marinade away. Place the pork chops in the skillet and for about 5 minutes on the first side.
6. Flip the pork chops over in the skillet and cook for another 5 minutes on the second side.
7. Remove the pork chops from the skillet and transfer them to the foil lined dish.
8. Place the dish in the oven and bake for 10 to 12 minutes to complete the cooking process. Be sure the pork chops are cooked all the way through.
9. Remove from the oven. Place each pork chop on a bed of the cooked rice.
10. Warm up the reserved marinade in the microwave for about 1 minute and drizzle the warm marinade over the pork chop and rice. Serve warm.



## Bacon Wrapped Stuffed Pork Tenderloin

Kitchen Group: Carston Herman, Kambrie Stuart, Mason Strong, Bretton Stone, Wesley Tauanuu

2 Tbsp. olive oil	1 Tbsp. Dijon mustard
1 medium apple, peeled and diced	1/8 tsp. salt
1/4 onion, chopped	1/8 tsp. pepper
1 Tbsp. fresh rosemary, chopped	1/2 lb. pork tenderloin
1 Tbsp. fresh thyme, chopped	8 strips of bacon
2 slices of thick bread	

1. Preheat the oven to 450°.
2. Line a cookie sheet with tin foil. Spray the foil with cooking spray and set aside.
3. To make the stuffing, add the olive oil, apple, onion, rosemary and thyme to a large skillet. Sauté over medium heat for about 8 minutes, or until softened. Meanwhile, tear the bread into small pieces and add them to a food processor. Pulse the bread until you make coarse crumbs. You should have about 1/2 c. of breadcrumbs.
4. Remove the skillet from the heat and add the breadcrumbs, mustard, salt and pepper. Stir until evenly combined. Set aside and allow to cool.
5. To butterfly the tenderloin, place the tenderloin on a cutting board and cut a deep lengthwise slit down the center of the tenderloin, stopping about 1/2 inch from the bottom of the loin. Open it up like a book. Place a large piece of plastic wrap on top of the tenderloin and gently pound with a meat mallet until it is all of even thickness.
6. Spread the stuffing in a line down the center of the meat. Bring the edges of the meat together to return it to its original shape. Secure with toothpicks.
7. Lay the bacon slices side by side on a separate cutting board, overlapping them slightly. Place the tenderloin on top of the bacon slices with the toothpicks facing up.
8. Removing the toothpicks as you work, wrap the bacon slices around the pork to seal the filling in tightly.
9. Place the bacon wrapped tenderloin, bacon seam side down, on the foil lined baking sheet.
10. Place the tenderloin in the oven and roast at 450° for 20 to 25 minutes, or until a thermometer inserted into the center of the meat registers at least 145°.
11. If the roast is cooked and ready before the bacon browns, place the tenderloin under the broiler for 3 to 5 minutes to brown the bacon.
12. Let the tenderloin rest for a few minutes before cutting it into slices. Serve with the pan juices spooned over the top if desired.



## Ground Pork Taco Salad

Kitchen Group: Danny Verespey, Zach Robinson, Tyler Reid, Cole Gonzalez

1 lb. ground pork	1/3 c. onion, chopped
1 pkg. taco seasoning	2 c. shredded cheddar cheese
1 (16 oz.) can kidney beans, drained	1/2 to 3/4 c. western salad dressing
3/4 c. water	Tortilla chips, crushed or taco salad shells
10 c. torn romaine lettuce	Sour cream (for garnish)
2 medium tomatoes, chopped	Guacamole (for garnish)

1. Cook the ground pork in a large skillet over medium high heat until cooked through. Drain any grease from the skillet.
1. Stir in the taco seasoning, kidney beans and water. Bring the mixture to a boil. Reduce the heat and simmer, uncovered, for about 5 minutes. Stir occasionally to prevent sticking. Remove from heat about 5 minutes before serving.
2. In a large bowl, combine the romaine lettuce, chopped tomatoes, onion and cheese. Stir in the pork mixture and drizzle the western salad dressing on top. Toss to coat and evenly combine the entire mixture.
3. Sprinkle the crushed chips on a serving plate and top with the pork taco salad mixture. Serve immediately with sour cream and guacamole as a garnish.

**Optional:** Instead of tossing the entire taco salad together, layer the lettuce, tomatoes, onion, cheese, meat and dressing on top of the crushed chips individually.



# Sausage Meatballs, Pulled Pork Nachos and Sausage Stuffed Potatoes

Kitchen Group: Anisha Darjee, Maddie Mathews, Mariah Longman, Kylie Braun, Korbin Perkins

## Sausage Meatballs

1/2 lb. pork sausage	1/2 tsp. black pepper
1/4 c. Italian bread crumbs	1/2 tsp. garlic powder
1/2 c. shredded mozzarella cheese	1 egg
2 Tbsp. onion, minced	Marinara sauce for dipping

1. Preheat the oven to 375°.
2. Line a cookie sheet with a piece of tin foil.
3. Combine all ingredients listed above in a medium sized mixing bowl. Combine the mixture with clean hands.
4. When the meatball mixture is evenly combined, roll and form the meatballs about 1" in diameter.
5. Place the meatballs evenly spaced on the cookie sheet.
6. Bake for 18-20 minutes or until golden brown. Be sure to check that there is no pink in the center of the meatballs before serving. Serve warm.

## Pulled Pork Nachos

### Slow Cooker Pork:

2 lb. pork roast	1/2 c. water
2 c. chopped celery	1 tsp. garlic powder
1 small onion, chopped	1 tsp. chili powder
1 c. BBQ sauce	1/2 tsp. salt
1 c. ketchup	1/4 tsp. pepper

### Pork Nachos:

2 to 3 cups shredded BBQ pork
1 bag of tortilla chips
1/4 c. red onion, sliced thinly
1 c. cheddar cheese, grated
1 c. Monterrey jack cheese, grated
2 to 4 Tbsp. BBQ sauce
2 to 4 Tbsp. ranch dressing (for garnish)

### To Slow Cook the Pork:

1. Combine the celery, onion, BBQ sauce, ketchup, water, garlic powder, chili powder, salt and pepper into a slower cooker. Mix together. Place the pork roast in the mixture.
2. Cook on low for 7 hours or on high for 5 hours. Shred the meat and return to the slow cooker and stir into the liquid. Cook for 1 more hour.

### To Prepare the Pork Nachos:

1. Preheat the oven to 400°. Line a cookie sheet with tin foil. Spray the tin foil.
2. Spread the tortilla chips out on the cookie sheet.
3. Warm up the pulled pork in the microwave until hot and then evenly distribute the pulled pork on top of the chips.
4. Sprinkle the cheddar and Monterrey jack cheese on top of the pulled pork then drizzle BBQ sauce on top of the cheese.
5. Place in the oven and bake for 5 to 10 minutes, or until the cheese is melted.
6. Place the nachos on serving plates and drizzle with ranch dressing as a garnish if desired.

## Sausage-Stuffed Potatoes

2 large baking potatoes (or 3 small)  
1/2 lb. pork sausage  
1 Tbsp. butter

2 Tbsp. parmesan cheese, grated  
1/8 tsp. pepper  
1/4 c. cheddar cheese, shredded

1. Preheat the oven to 400°.
2. Scrub and pierce the potatoes. Wrap the potatoes in tin foil and place in the oven. Bake for 1 hour, or until tender.
3. Place the sausage in a large skillet and cook until no longer pink. Remove from heat and drain any grease into the garage.
4. After the potatoes have cooled slightly, cut in half lengthwise. Scoop out the pulp and place it in a bowl.
5. Add the butter to the potato pulp and mash together until somewhat creamy. Stir in the parmesan cheese, pepper and cooked sauce. Spoon the mixture back into the potato shells.
6. Reduce the oven heat to 350°.
7. Line a baking pan with tin foil. Place the filled potato shells in the baking pan and place in the oven and bake at 350° for 20 to 25 minutes, or until heated through. Remove from the oven and sprinkle with the shredded cheddar cheese. Return to the oven and bake for an additional 5 minutes, or until the cheese is melted. Serve warm.



## Bacon Cheeseburger Sliders with Seasoned Potato Wedges

Kitchen Group: Hadley Arnold, Elle Horrocks, Braxton Lerner, Aidan Gardner, Sadee Delaney

### Bacon Cheeseburger Sliders

4 slices thick cut bacon, cut in half  
1 lb. ground beef  
1 1/2 tsp. olive oil  
1/2 tsp. garlic powder  
1/2 tsp. pepper  
1/8 tsp. salt  
1 egg, beaten

2 Tbsp. butter  
2 slices American cheese, quartered  
8 tsp. ketchup  
8 slider buns, split and toasted  
4 tsp. onion, finely minced  
8 lettuce leaves

1. Cook the bacon in a large skillet over medium heat until cooked through and crispy. Remove from the skillet and allow to drain on a paper towel lined plate.
2. Place the ground beef, olive oil, garlic powder, pepper, salt and beaten egg in a medium sized mixing bowl. With clean hands, combine the mixture together.
3. Divide the mixture into 8 equal portions and shape each portion into a 3-inch patty.
4. Place butter in a large skillet and melt over medium-high heat. Add the patties (in batches) to the skillet and cook on each side for about 3 minutes, or until the hamburger is completely cooked through and there is no pink remaining.
5. At the end of the cooking process, add a slice of cheese on top of each patty and cook until melted.
6. Spread 1 tsp. of ketchup on the top half of each bun. Place a lettuce leaf on the bottom half of each bun. Then, place the cooked patty on top of the lettuce leaf. Sprinkle the diced onion on top of the patty, then place the bacon on top of that.
7. Place the top of the bun on top of the burger and serve warm.

### Seasoned Potato Wedges

2 large (or 3-4 small) baking potatoes  
2 tsp. olive oil  
1/4 c. flour  
2 tsp. onion powder

2 tsp. garlic powder  
1 tsp. seasoned salt  
1/2 tsp. pepper  
Tin foil and 1 large Ziplock bag

1. Preheat the oven to 450°.
2. Line a large cookie sheet with a few layers of tin foil. Be sure to wrap the foil up and over the edges of the cookie sheet.
3. Pour the olive oil on the tin foil and spread around with a pastry brush to coat the tin foil.
4. Cut each of the potatoes in half lengthwise. Cut each half into 4 long wedges. You should now have 16 long wedges. Cut each long wedge in half across the middle. You should now have 32 small potato wedges.
5. Add the flour, onion powder, garlic powder, salt and pepper to the large Ziplock bag. Seal the bag and shake the mixture around until evenly mixed.
6. Add the potato wedges to the Ziplock bag in small batches. Seal the bag and toss the potato wedges in the flour mixture until evenly coated. Repeat this process until all of the potato wedges have been evenly coated.
7. Remove the potato wedges from the Ziplock bag and evenly distribute them on the cookie sheet.
8. Place the cookie sheet in the pre-heated oven and bake for 15 minutes. When the timer goes off, remove the cookie sheet, turn each of the potato wedges over, and return the pan to the oven and bake for an additional 20 minutes.
9. Remove from the oven and serve warm.



## Modenese Pork Chops

Kitchen Group: Bryce Latey, Brayden Wheeler, Isaiah Rubalcaba, Tyson Maury, Camron Tefertiller

1/4 c. butter

4 pork chops

1/2 c. chicken broth

1 tsp. salt

1/8 tsp. pepper

1/2 tsp. crushed rosemary

2 cloves garlic, minced

1. Melt the butter in a large skillet over medium heat.
2. Add the pork chops and cook on one side for about 5 to 6 minutes, or until golden brown. Turn the pork chops over and continue to cook for an addition 5 to 6 minutes, or until golden brown.
3. Add the chicken broth, salt, pepper, rosemary and garlic to the skillet. Simmer, uncovered, for about 20 minutes, or until pork chops are tender.
4. Transfer pork chops to serving plates and spoon sauce over the meat before serving.

