

Snow Canyon Middle School

Foods I



RECIPE BOOK

Kitchen Equivalents

1 gal.															
1 qt.				1 qt.				1 qt.				1 qt.			
1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.	
c.	c.														
1 c.															
1/2 c.								1/2 c.							
1/4 c.				1/4 c.				1/4 c.				1/4 c.			
1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.	
T.	T.														

1 c.																				
1/3 c.					1/3 c.					1/3 c.										
T.	T.	T.	T.	T.	$\frac{1}{3}$ T.	T.	T.	T.	T.	T.	$\frac{1}{3}$ T.	T.	$\frac{1}{3}$ T.							

1 c.															
T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.
t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.

Other Important Measurements

1 Stick Butter = 1/2 cup
 1/3 c. = 5 1/3 Tbsp.
 8 oz. = 1 c.
 2 c. = 1 pt.

2 pt. = 1 qt.
 1 qt. = 4 c.
 1 lb. = 16 oz.
 1/8 c. = 2 Tbsp.

Min. = Minute
 Doz. = Dozen
 C. = Cup
 Gal. = Gallon
 Tbsp. or T. = Tablespoon
 Pkg. = Package

Pt. = Pint
 lb. or # = Pound
 Hr. = Hour
 tsp. or t. = Teaspoon
 Oz. = Ounce
 Qt. = Quart

Kitchen Unit Organization

Master List-CHECK OFF SHEET

Cupboard 1:

- Tbsp./Tsp. Liquid Measuring Cup (Mini Shot-Glass Size)
 1 Cup Liquid Measuring Cup (Small)
 2 Cup Liquid Measuring Cup (Medium)
 4 Cup Liquid Measuring Cup (Large)

Staple Ingredients:

- | | |
|---------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> 1 Flour | <input type="checkbox"/> 1 Cooking Spray |
| <input type="checkbox"/> 1 Sugar | <input type="checkbox"/> 1 Vanilla |
| <input type="checkbox"/> 1 Salt Container | <input type="checkbox"/> 1 Baking Soda |
| <input type="checkbox"/> 1 Pepper Container | <input type="checkbox"/> 1 Baking Powder |
| <input type="checkbox"/> 1 Oil | <input type="checkbox"/> 1 Set Salt/Pepper Shakers |

Drawer 2:

- 4 Hot Pads (2 Squares & 2 Gloves)
 2 Cooling Racks
 2 Cutting Boards

Drawer 3:

- 1 Electric Mixer
 2 Beaters

Cupboard 4:

- | | |
|-------------------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> 1 Large Pot with Lid | <input type="checkbox"/> 1 Waffle Iron |
| <input type="checkbox"/> 1 Large Saucepan with Lid | <input type="checkbox"/> 1 Crepe Pan |
| <input type="checkbox"/> 1 Small Saucepan with Lid | |
| <input type="checkbox"/> 1 Large Deep Dish Skillet with Lid | |
| <input type="checkbox"/> 1 Medium Skillet | |
| <input type="checkbox"/> 1 Small Skillet | |

Cupboard 5:

- 1 Dish Soap
 1 Dish Drainer with Mat
 1 Sanitizer Spray Bottle
 2 Drain Plugs
 1 Roll of Garbage Bags
 1 Dish Scrub Brush

Cupboard 6:

- 5 Large Drinking Cups
 5 Mugs
 1 Pitcher
 5 Small Plates
 5 Medium Plates
 5 Large Plates
 5 Cereal Bowls
 5 Custard Cups
 1 Extra Blender Cup and Lid

Cupboard 7:

- 3 Metal Mixing Bowls
 4 Plastic Mixing Bowls
 4 Glass Mixing Bowls
 1 Colander
 1 Strainer
 1 Sifter
 1 Steamer
 1 Rice Cooker with Steamer Basket and Lid
 1 Pasta Machine
 1 Tortilla Press

Drawer 8:

- 2 Sets of Dry Measuring Cups-(Hooked Together)
(1/4 c., 1/3 c., 1/2 c., 1 c.)
 2 Sets of Measuring Spoons-(Hooked Together)
(1/8 tsp., 1/4 tsp., 1/2 tsp. 3/4 tsp., 1 tsp., 1 Tbsp.)
 2 Turners
 2 Spatulas
 2 Rubber Spatulas
 2 Mixing Spoons
 1 Whisk

Drawer 9:

- 1 Pair of Tongs
 1 Egg Separator
 1 Pastry Brush
 1 Rolling Pin
 1 Vegetable Scrubber/Brush
 1 Slotted Spoon
 1 Ladle
 1 Pasta Scoop
 1 Garlic Press
 1 Cookie Scoop
 1 Funnel

Cupboard 10:

- 1 Muffin Tin (6 count)
 1 Muffin Tin (12 count)
 1 Cookie Sheet
 1 Square Glass Dish
 1 Round Glass Dish
 1 Square or Rectangle Metal Pan
 1 Pizza Pan

Drawer 11:

- 1 Can Opener
 1 Pizza Cutter
 1 Apple Slicer with Guard Plate
 1 Grater
 1 Pastry Blender
 1 Vegetable Peeler
 3 Biscuit Cutters-(Small, Medium and Large)
 1 Pair of Kitchen Shears
 1 Thermometer with Cover

Drawer 12:

- 5 Butter Knives
 5 Salad Forks
 5 Spoons
 2 Extra Large Metal Serving Spoons
 1 Large Chopping Knife with Safety Shield
 1 Medium Serrated Knife with Safety Shield
 1 Small Paring Knife with Safety Shield

KitchenAid:

- 1 Sliver Bowl
 1 Flat White Paddle Attachment
 1 Wire Whisk Attachment
 1 Dough Hook Attachment

Blender:

- 1 Blender Base
 1 Blender Cup with Lid

Oven Drawer:

- 1 Electric Griddle with Plug

Table of Contents

Fruit Smoothies.....	5
Apple Crisp.....	6
Fresh Salsa Tasters Table.....	7
Fresh Salsa.....	9
Chocolate Chip Cookies.....	10
Beef Tacos with Homemade Corn Tortillas.....	11
Taco Ring.....	12
No Bake Cookies.....	13
Snickerdoodles.....	14
Oatmeal Chocolate Chip Cookies.....	15
Mystery Recipe.....	16
Italian Stuffed Shells.....	17
Bubble Bread.....	18
Caramel Popcorn.....	19
Calzones.....	20
Pumpkin Chocolate Chip Muffins.....	21
Buttermilk Biscuits.....	22
Pasta and Rice Tasters Table.....	23
Cinnamon Rolls-Part One.....	25
Cinnamon Rolls-Part Two.....	26
Low-Fat Potato Wedges.....	27
Low-Fat Fry Sauce.....	27
Low-Fat Chicken Fingers.....	28
Honey Mustard Dipping Sauce.....	28
Low-Fat Chocolate Cupcakes.....	29
Fettuccine Alfredo.....	30
Fresh Pasta.....	31
Italian Cheese Bread.....	32
Homemade Butter.....	33
Chicken Pillows.....	34
Cream Puffs.....	35
Marinara Sauce.....	36
Sausage Meatballs.....	37
Homemade Sports Drink.....	38
Buttermilk Pancakes.....	39
Buttermilk Waffles.....	40
Spinach Smoothie.....	41
Chicken and Vegetable Stir Fry.....	42
Fruit Pizza.....	43
Crepes.....	44
Orange Julius.....	45
Taco Salad Tasters Table.....	46
Taco Salad.....	48
Tomatillo Dressing.....	48
MyPlate Breakfast.....	49
Hawaiian Haystacks.....	51
Southwestern Egg Rolls.....	52
Hot Chocolate.....	53
Sweet and Sour Chicken.....	54
Breakfast Burritos.....	55

Fruit Smoothies

1 container strawberry yogurt
1/2 c. sugar
2 c. milk

1 c. frozen strawberries
2 c. ice cubes

Directions:

1. Put yogurt, sugar and milk in the blender. Blend for about 30 seconds to combine all ingredients.
2. Add frozen strawberries and ice cubes to blender and blend for about 1 minute, or until the entire mixture is smooth and there are no large lumps.
3. Serve and enjoy!

Equipment You Will Need On Your Tray

2 c. (medium) liquid measuring cup (for milk)
1 c. dry measuring cup
2 cereal bowls (one for strawberries, one for ice)

Apple Crisp

2 large apples
 1 tsp. lemon juice
 1 c. oatmeal
 1/2 c. flour

1 c. brown sugar
 1/4 tsp. nutmeg
 1 tsp. cinnamon
 1/4 c. margarine, melted

1. Preheat the oven to 400°.
2. Wash, peel and slice the apples thinly. Place the apples in a medium sized mixing bowl and toss with the lemon juice.
3. Spray the square glass pan with cooking spray and transfer the apple slices to the pan.
4. In a large mixing bowl, combine the oatmeal, flour, brown sugar, nutmeg and cinnamon.
5. Mix and combine these dry ingredients together with a pastry blender.
6. Melt the margarine in the microwave in a cereal bowl covered with a paper towel.
7. Add the melted margarine to the oatmeal mixture and use the pastry blender to mix until combined. The mixture should be somewhat crumbly.
8. Sprinkle the oatmeal mixture over the apples until evenly distributed.
9. Bake at 400° for 20-25 minutes.

Equipment You Will Need On Your Tray

Mini-liquid measuring cup (for lemon juice)
 Measuring spoons
 1 custard cup
 1 c. dry measuring cup
 Spatula
 1 small mixing bowl (for oatmeal and brown sugar)
 1 cereal spoon

Fresh Salsa Tasters Table

Kitchen 1

Canned Tomatoes:

- 4 cans diced tomatoes, (do NOT drain)
- 1 bell pepper, chopped

1. Open the cans of diced tomatoes and pour them directly into the large mixing bowl. Do NOT drain the tomatoes.
2. Cut open the bell pepper, remove the core and seeds. Chop the pepper into small pieces and add them to the large mixing bowl.
3. Be sure to clean up the kitchen and put all equipment back where they belong.

Kitchen 2

Fresh Tomatoes:

- 4 large tomatoes, chopped

1. Cut the core out of each tomato and then dice into small pieces.
2. Add the diced tomatoes to the large mixing bowl.
3. Be sure to clean up the kitchen and put all equipment back where they belong.

Kitchen 3

Onions:

- 1 yellow onion, chopped into small pieces
- 8 green onions, sliced

1. Remove the skin from the yellow onion and chop it into very small pieces. Add the chopped yellow onion to the large mixing bowl.
2. Cut the "hairy" ends off of the green onions and slice into small pieces. (Slice about half-way up the dark green stem.) Add the sliced green onion to the large mixing bowl.
3. Be sure to clean up the kitchen and put all equipment back where they belong.

Kitchen 4

Jalapeño Peppers:

- 4 small jalapeno peppers, chopped

1. Be sure to never touch your mouth, eyes or skin while working with the jalapeno peppers. Be sure to wear gloves
2. Cut off the stem end of the jalapeno peppers and carefully slice them open. Remove all of the seeds.
3. Chop the jalapeno peppers into very small pieces. Add the peppers to the large mixing bowl.
4. Be sure to clean up the kitchen and put all equipment back where they belong.

Kitchen 5

Fresh Tomatoes:

4 large tomatoes, chopped

1. Cut the core out of each tomato and then dice into small pieces.
2. Add the diced tomatoes to the large mixing bowl.
3. Be sure to clean up the kitchen and put all equipment back where they belong.

Kitchen 6

Cilantro:

2 Tbsp. cilantro, chopped

1. Remove any bad cilantro leaves from the bunch and chop the cilantro into very small pieces.
2. Add the cilantro to the large mixing bowl.
3. Be sure to clean up the kitchen and put all equipment back where they belong.

Kitchen 7

Lemon/Lime Juice:

4 lemons, juiced

4 limes, juiced

1. Roll each of the lemons or limes on the counter to release the juices.
2. Cut each lemon or lime in half and squeeze the juice into a small bowl or custard cup. Be sure to remove any seeds.
3. Add the lemon and lime juice to the large mixing bowl.
4. Be sure to clean up the kitchen and put all equipment back where they belong.

Kitchen 8

Mixing and Seasoning/Cleaning the Mixing Bowl:

2 tsp. minced garlic

2 tsp. salt

2 tsp. pepper

1 tsp. cumin

1. Add the garlic, salt, pepper and cumin to the large mixing bowl. As each group brings their ingredients to the large mixing bowl, mix and coat each ingredient until well combined.
2. After the lab is finished, you will clean the large mixing bowl and the supply table.
3. Be sure to clean up the kitchen and put all equipment back where they belong.

Fresh Salsa

1 (14.5 oz) can diced tomatoes
2 large tomatoes, diced
1/4 of an onion (purple, yellow or white), diced or minced
2 green onions, sliced
1 very small jalapeno pepper, seeds removed and diced
1/4 bell pepper, (green, red or yellow), diced
1 clove (or ½ tsp. jarred) garlic, minced
1 tsp. fresh cilantro leaves, minced and bruised
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground cumin
1 lemon, juiced
1 lime, juiced
Hot pepper sauce/Tabasco (optional)

1. Prepare the first eight ingredients/vegetables as described above. Dice and mince the vegetables as small or large as desired. The vegetables can be chopped in a food process, or blended in a blender depending on how smooth or chunky you desire the outcome.
2. Do not touch your eyes, mouth or skin while handling the jalapenos. Wash your hands well after handling the jalapenos. If you like a hotter salsa, the seeds can be left in for more heat. Remember: the longer this sits, the hotter it gets!
3. Add the salt, pepper, cumin, lemon juice and lime juice. If desired, add a few drops of hot pepper sauce.
4. Cover the salsa with plastic wrap and chill in the refrigerator for 2 to 3 hours, or overnight, to allow the flavors to blend. Garnish the salsa with whole cilantro leaves. Serve the salsa with tortilla chips, or over any Mexican dish. Enjoy.

Chocolate Chip Cookies

1/2 c. butter, softened	1/2 tsp. baking soda
1/4 c. + 2 Tbsp. sugar	1/2 tsp. baking powder
1/4 c. + 2 Tbsp. brown sugar	1/4 tsp. salt
1 egg	1 1/2 c. flour
1 tsp. vanilla	1/2 c. chocolate chips

1. Preheat the oven to 350°.
2. Using the KitchenAid mixer and white flat paddle attachment, cream together the butter, sugar and brown sugar until smooth and fluffy.
3. Add the egg and vanilla and beat on medium speed for 2 minutes. Be sure to set a timer.
4. Add the baking soda, baking powder and salt. Mix until combined.
5. Gradually beat in the 1 ½ cups of flour, 1/2 c. at a time, until all of the flour is mixed in.
6. After adding all of the flour, **CHECK OFF YOUR COOKIE DOUGH WITH YOUR TEACHER BEFORE MOVING ON.**
7. Add the chocolate chips and mix until evenly combined.
8. Using a cookie scoop, scoop out round balls of cookie dough onto a greased cookie sheet, evenly spaced. Do not flatten the cookie dough.
9. Bake at 350° for 10 to 12 minutes. Bake until the edges of the cookies are set and the middles are still light and fluffy.
10. After they are done baking, let the cookies cool on the pan for 5 minutes. Be sure to set a timer. Then, with a turner, move the cookies onto a cooling rack. Let the cookies cool for about 2 more minutes. Then eat and enjoy!

Equipment You Will Need On Your Tray

1/2 c. dry measuring cup
 1/4 c. dry measuring cup
 Measuring spoons
 1 cereal spoon
 Spatula
 2 custard cups

Beef Tacos with Homemade Corn Tortillas

Tortillas:

2 c. instant corn masa flour
1 1/2 c. water
1 gallon sized Ziplock bag
2 parchment circles

Filling:

1/2 lb. hamburger
1/2 pkg. taco seasoning
1/2 c. water
1/2 c. refried beans

Toppings:

1/2 c. shredded cheese
1/2 c. shredded lettuce
1 small tomato, chopped
1/4 c. sour cream
1/4 c. salsa

1. Preheat the electric skillet to 400°.

To Make the Tortillas:

1. Put the corn flour and water into the bowl attachment of the Kitchen Aid mixer. Using the white flat paddle attachment, mix together the flour and water until combined. Set a timer and mix the dough for 1 minute.
2. After one minute of mixing, remove the dough from the Kitchen Aid and roll into a ball. Divide the dough into 10 to 12 small pieces and roll them into balls. Place the dough balls into the Ziplock bag and keep it sealed so that the dough does not dry out.
3. Open the tortillas press and place one of the parchment circles on the tortillas press. Place one of the dough balls in the center of the tortilla press and flatten slightly with your hand. Place the other parchment circle on top of the dough.
4. Press the top of the tortilla press over the dough and flatten the tortilla.
5. Carefully peel the parchment circles from the tortilla and place the tortilla on the warm electric skillet. Cook the tortilla for about 1 minute, or until golden brown. Then, flip the tortilla over and cook for an additional minute or until golden brown.
6. Repeat the process with all of the dough balls until all of the tortillas are cooked. Keep them on a plate under a couple of paper towels to keep them warm.
7. tortillas are cooked. Keep them on a plate under a couple of paper towels to keep them warm.

To Make the Filling:

8. Cook the hamburger in a skillet over high heat, breaking the meat into small pieces as it cooks. Cook until it is no longer pink inside and out.
9. Drain off the grease from the cooked hamburger by pushing the hamburger to one side of the skillet. Then, carefully tilt the skillet so that the grease drains to one side. Using a spoon, spoon the grease into an empty refried beans can. Leave the hamburger in the skillet and keep the heat on high.
10. Add the taco seasoning and the water to the hamburger in the skillet and cook for an additional 3-4 minutes. Try to get most of the water evaporated during the cooking process.
11. Place the refried beans in a cereal bowl and heat them in the microwave for about 30 seconds to 1 minute. Place a paper towel on top of the bowl while cooking to prevent splattering.

To Assemble the Tacos:

12. Spread the warm beans on each of the tortillas. Evenly distribute the hamburger mixture over the beans on each of the tortillas.
13. Top the tacos with the topping ingredients. Eat and enjoy!

Equipment You Will Need On Your Tray

1 Custard Cup	Spatula
1 Cup Dry Measuring Cup	Cereal Spoon
1/2 Cup Dry Measuring Cup	1 Cereal Bowl

Taco Ring

Filling:

1/2 lb. hamburger
 1/2 pkg. taco seasoning
 1/2 c. water
 1 pkg. refrigerated croissant rolls
 1/2 c. refried beans

Toppings:

1/2 c. shredded cheese
 1/2 c. shredded lettuce
 1 tomato, chopped
 1/4 c. sour cream
 1/4 c. salsa

1. Preheat the oven to 375°.
2. Cook the hamburger in a skillet over high heat, breaking it into small pieces as it cooks. Cook until it is no longer pink inside and out.
3. Drain the grease off from the cooked hamburger by pushing the hamburger to one side of the skillet. Then, carefully tilt the skillet so that the grease drains to one side. Using a spoon, spoon the grease into an empty refried beans can.
4. Add taco seasoning and water to the hamburger and cook an additional 3 to 4 minutes on high heat until all the water is cooked into the hamburger or evaporated. Remove from the heat.
5. Open the croissant rolls and lay them flat in a circle on a round, greased pizza pan with the points facing outward. (It will look kind of like a sun.)



6. On the wide part of each croissant triangle, place a spoonful of refried beans. Slightly flatten the beans with the back of the spoon. Then, add a spoonful of the hamburger mixture. Use all of your beans and hamburger! Do not waste any ingredients. Evenly distribute each of these two ingredients on all 8 of the croissant triangles.
7. Cover the ingredients by folding the pointed part of the croissant up and over the beans and meat. Press down slightly so that it doesn't come undone while baking.
8. Bake at 375° for 12 to 15 minutes, or until the croissants are golden brown.
9. Remove the taco ring from the oven when done baking. Remove individual pieces to plates. Add lettuce, cheese, tomato, sour cream and salsa. Eat and enjoy!

Equipment You Will Need On Your Tray

Custard cup (For taco seasoning)
 1/2 c. dry measuring cup
 Cereal spoon
 Spatula

No Bake Cookies

1/4 c. milk
1 c. sugar
1/4 c. margarine
2 Tbsp. light corn syrup
2 Tbsp. dry cocoa powder
1 1/2 c. quick cooking oats
1/2 tsp. vanilla

- 1. In a medium sized saucepan, combine milk, sugar, margarine and corn syrup.**
- 2. Bring to a boil and boil for 2 minutes, stirring constantly. (Make sure to set your timer to track the 2 minutes.)**
- 3. Remove from heat, and stir in cocoa, oats and vanilla.**
- 3. Drop by spoonfuls onto wax paper. Let cool for about 10 minutes.**
- 4. While the cookies are cooling, wash and dry all dishes and clean the kitchen area.**

Equipment You Will Need On Your Tray

1 c. liquid measuring cup (for milk)
Extra Small Liquid Measuring Cup (Shot Glass Size)
1 c. dry measuring cup
1/2 c. dry measuring cup
Cereal bowl (for oats)
Measuring Spoons
Spatula
1 custard cup

Snickerdoodles

Cookie Dough:

1/4 c. shortening
1/4 c. margarine
3/4 c. sugar
1 egg

1 1/2 c. flour
1 tsp. cream of tartar
1/2 tsp. baking soda
1/8 tsp. salt

Topping:

2 Tbsp. sugar
1 tsp. cinnamon

1. Preheat the oven to 400°.
2. In a mixing bowl of the KitchenAid mixer, cream together the shortening, margarine and 3/4 c. sugar until light and fluffy. Use the white flat paddle attachment.
3. Add the egg to the mixture, and beat with the KitchenAid again until smooth.
4. Add the cream of tartar, baking soda and salt to mixture and mix until combined. Add the flour to the bowl 1/2 c. at a time until all flour has been added and no dry ingredients are visible.
5. In a custard cup, combine the 1 tsp. cinnamon and 2 Tbsp. of sugar for the topping and stir until well combined.
6. WITH CLEAN HANDS roll cookie dough into balls about the size of golf balls. Then, roll the dough balls in the cinnamon/sugar mixture until evenly coated.
7. Place the cookies on a greased cookie sheet, evenly spaced and then place the cookie sheet in the oven.
8. Bake at 400° for 8 to 10 minutes.
9. After they are done baking, let the cookies cool on the cookie sheet for 2 minutes. Then, with a turner, move the cookies onto a cooling rack with a paper towel beneath them. Let the cookies cool for about 5 minutes then eat and enjoy!

Equipment You Will Need On Your Tray

3 Custard Cups
1/4 c. dry measuring cup
Measuring Spoons
Spatula
Cereal Spoon

Oatmeal Chocolate Chip Cookies

1/4 c. butter, softened	1/4 tsp. baking soda
1/4 c. shortening	1/4 tsp. salt
3/4 c. brown sugar	1/8 tsp. cinnamon
1 egg	1 1/4 c. flour
2 Tbsp. milk	1 1/2 c. rolled oats (uncooked)
1 tsp. vanilla	1/2 c. chocolate chips

1. Preheat the oven to 375°.
2. Using the KitchenAid mixer and the white flat paddle attachment, mix the butter and shortening together until well combined.
3. Add brown sugar and cream the mixture together.
4. Add the egg, milk and vanilla and mix until combined.
5. Add the baking soda, salt, cinnamon and flour and mix until combined.
6. Slowly add the rolled oats, about 1/2 c. at a time, until all of the oats are added. Be careful not to burn out your mixer. As the dough becomes more stiff, turn up the speed of the mixture.
7. CHECK OFF THE DOUGH WITH THE TEACHER BEFORE MOVING ON.
8. Add in the chocolate chips and blend until distributed through the dough. Remove the paddle attachment and bowl from the KitchenAid.
9. Using a cookie scoop or two spoons, scoop dough into golf-ball sized cookies.
10. Place the cookies on a greased cookie sheet and press them down slightly.
11. Bake at 375° for 12-14 minutes.
12. After they are done baking, let the cookies cool on the pan for 1 minute. Then, with a turner, move the cookies onto a cooling rack. Let the cookies cool for about 1-2 minutes then enjoy eating them.

Equipment You Will Need On Your Tray

1/2 c. dry measuring cup	Cereal spoon
<i>*Measure brown sugar before shortening</i>	Measuring spoons
1/4 c. dry measuring cup	Spatula
1 c. dry measuring cup	2 custard cups
Extra small liquid measuring cup (Shot glass size)	3 cereal bowls

Mystery Recipe

Instructions: Using the recipe listed on the left, DIVIDE all ingredients. Write the new measurements on your recipe evaluation. Prepare the new recipe. Make sure all ingredients are properly divided before you begin. This recipe will not turn out correctly if you are not careful.

Good luck!

1 1/4 c. margarine	
2 c. sugar	
2 tsp. vanilla	
4 eggs	
2/3 c. cocoa powder	
1 c. flour	

1. Preheat the oven to 350°. Grease the square glass pan.
2. In a medium sized mixing bowl, cream the margarine, sugar and vanilla together until light and fluffy with the hand-held electric mixer.
3. With the electric mixer, beat in the eggs, one at a time, until they are completely combined.
4. Remove the electric mixer and using a wooden spoon, stir in cocoa powder. Then, stir in the flour until combined.
5. Using a rubber spatula, scrape the batter into the prepared square glass pan. Spread the mixture out evenly.
6. Place the pan into the center of the oven. Bake at 350° for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
7. Allow the "Mystery" to cool for about 5 minutes. Then cut, eat and enjoy!

Equipment You Will Need On Your Tray

1/3 c. dry measuring cup
 Spatula
 Cereal Spoon

Italian Stuffed Shells

1 1/2 c. pasta sauce	1/2 tsp. pepper
1/4 c. cottage cheese	1/4 tsp. garlic powder
1/2 c. mozzarella cheese	1/2 tsp. salt
1/2 lb. ground beef	10 jumbo pasta shells

1. Preheat the oven to 350°.
2. Fill a large pot with about 8 cups of water and bring to a boil. Add pasta shells and stir occasionally so they don't stick to the bottom. When pasta is al dente, drain all water in a colander and rinse shells under COLD water so they don't stick together. Set aside in the colander.
3. While the pasta is cooking, place ground beef in a large skillet. Sprinkle beef with garlic powder, salt and pepper. Cook on medium-high heat until the beef is no longer pink. Drain all excess grease into the empty pasta sauce can.
4. In a small METAL OR GLASS mixing bowl, combine only 1 cup of the pasta sauce (reserving 1/2 c. of the sauce to use later), cottage cheese and only 1/4 c. of the mozzarella cheese (reserving 1/4 c. of the cheese to use later).
5. Add ground beef into the metal or glass mixing bowl with the sauce and cheese mixture. Stir until well combined.
6. Using a pastry brush, spread a small amount of the reserved sauce on the bottom and sides of the round glass dish. Spoon the meat mixture into each pasta shell. Evenly distribute all of the filling. Do not waste any. Place the stuffed shells, open side down, into the round glass dish. Repeat until all shells are full and placed in the dish. If you have remaining meat mixture, spread it in the dish between the shells.
7. Spread the remaining pasta sauce on top of the pasta shells, evenly covering each one. Sprinkle the remaining mozzarella cheese on top of the shells.
8. Place the stuffed shells into the oven on the top rack and cook for 10 minutes, or until the cheese is melted and bubbly. Remove from the oven and eat and enjoy!

Equipment You Will Need On Your Tray

2 c. (medium) liquid measuring cup (for pasta sauce)
 1/4 c. dry measuring cup (for cottage cheese)
 1/2 c. dry measuring cup (for cheese)
 Measuring spoons
 Spatula
 Cereal spoon
 1 custard cup (for garlic powder)
 1 cereal bowl (for pasta shells)

Bubble Bread

1/3 c. brown sugar
2 Tbsp. margarine
1 Tbsp. water
1 can refrigerated biscuits

- 1. In the round glass dish, place the brown sugar, margarine and water. Do not try to mix it together yet. Microwave on high for 1 minute. Remove dish from the microwave, USING HOT PADS, and stir ingredients with a metal spoon until evenly combined.**
- 2. Cut each biscuit into 4 pieces using the pizza cutter or the kitchen shears. Place the biscuit pieces on top of the melted brown sugar mixture. Some of them may overlap slightly.**
- 3. Microwave on high for 2 minutes or until the dough is not sticky to the touch.**
- 4. Remove from the microwave and allow for STANDING TIME, (about 2 minutes).**
- 5. To serve the bubble bread, use a fork to loosen the biscuits from around the edge of the bubble bread. Place a plate on top of the round dish and turn both upside down. Wait for the bubble bread to drop onto the plate. Do not pound the plate on the countertop. Pull the pieces apart with your fingers and enjoy eating.**

Equipment You Will Need On Your Tray

1/3 c. dry measuring cup
Cereal Spoon
Spatula

Caramel Popcorn

- 1/2 c. uncooked popcorn kernels OR 10 c. plain popped popcorn (2 microwavable bags)
- 15 large marshmallows
- 1/2 c. brown sugar
- 1/2 c. butter, sliced into pieces
- 1/8 tsp. baking soda
- 1 brown paper lunch bag for each group member

Directions:

1. Pop the popcorn into a large mixing bowl and set aside.
2. Place the brown sugar, butter and marshmallows in the largest GLASS mixing bowl.
3. Microwave for approximately 1 ½ minutes, but STOP immediately if you notice it beginning to boil. Also, watch the mixture carefully and don't let it go over the side of the bowl as it cooks.
4. Remove the bowl from the microwave with hot pads. Using a rubber spatula, stir and combine the mixture until it is evenly combined.
5. Return the mixture to the microwave and cook for 1 minute. (It is okay if the mixture boils now, just watch it carefully and open the microwave door if it gets close to boiling over the side of the bowl.)
6. Add the baking soda, stir, and then microwave for another 5 seconds.
7. Pour the caramel mixture over the popped popcorn and stir together with the rubber spatula or a large mixing spoon until evenly coated.
8. Evenly distribute the caramel popcorn into individual paper bags and clean the kitchen.

Equipment You Will Need On Your Tray

- 1/2 c. dry measuring cup
- 1 cereal spoon
- Spatula

Calzones

Dough Ingredients:

1 Tbsp. yeast
 1 tsp. sugar
 1 c. warm water (115° - 125°)
 1/4 tsp. salt
 2 Tbsp. oil
 2-3 c. flour

Filling Ingredients:

1/2 c. pizza sauce
 30 pepperoni slices
 1/4 c. sliced olives
 1/4 c. sliced mushrooms
 1/2 c. pineapple
 1 1/2 c. grated mozzarella cheese

1. Preheat the oven to 375°.
2. In the bowl attachment of the KitchenAid mixer, combine the yeast, sugar and warm water. (Be sure to use your thermometer to measure the temperature of the water. Also, be sure to take the cover off of the thermometer before using.) Stir to allow yeast to dissolve then cover with a large towel and allow it to activate.
3. After the yeast is activated, (it should be frothy and foamy), add the salt and oil.
4. Using the dough hook attachment, slowly add the flour, 1/2 c. at a time, mixing until it is ready to be kneaded on the countertop. You might not use all of the flour. Allow the dough hook to knead the dough for about 2 minutes. Be sure to turn the motor up to the appropriate speed.
5. Sanitize and lightly flour your countertop and knead the dough by hand for about 5 minutes. Don't add too much flour. Only add flour if it sticks to you or the countertop.
6. Divide the dough into equal pieces for each member of the group. Roll each section into a large circle.
7. Spread the pizza sauce onto 1/2 of the circle, leaving about 1/2-inch around the edge so you can seal it.
8. Layer the remaining filling ingredients onto the dough circle, (on top of the pizza sauce side). Evenly distribute all of the filling ingredients between all of the calzones before you close them up.
9. Fold the other half of the dough circle over the filling and seal the edge by pressing it together with a fork. Be sure to seal the edge securely so that none of the filling will leak out.
10. Poke holes or cut small slits in the top to allow the steam to escape.
11. Carefully transfer the calzones onto a greased cookie sheet.
12. Bake on the top rack of your oven at 375° for 20-25 minutes, or until golden brown.

Equipment You Will Need On Your Tray

Measuring Spoons

Spatula

1 c. dry measuring cup

1/2 c. dry measuring cup

1/4 c. dry measuring cup

Cereal Spoon

4 Custard Cups

1 c. (small) liquid measuring cup

Pumpkin Chocolate Chip Muffins

Dry Ingredients:

3/4 c. + 2 Tbsp. whole wheat flour
 1/2 c. sugar
 1 1/2 tsp. pumpkin pie spice
 1/2 tsp. baking soda
 1/8 tsp. baking powder
 1/8 tsp. salt

Liquid Ingredients:

1 egg
 1/2 c. pumpkin puree
 1/4 c. melted butter

Other Ingredients:

1/2 c. chocolate chips

1. Preheat the oven to 350°.
2. Combine all dry ingredients, (whole wheat flour, sugar, pumpkin pie spice, baking soda, baking powder and salt), into a large mixing bowl.
3. In a small cereal bowl, melt the margarine in the microwave. Be very careful and don't let the butter explode in the microwave.
4. In a SEPARATE, small mixing bowl, combine eggs, pumpkin puree and melted butter.
5. Using the back of a mixing spoon, make a well in the middle of the dry ingredients and pour the liquid ingredients into the center of the well.
6. Being careful not to over-mix, stir the batter with a mixing spoon until all of the dry ingredients are moistened.
7. Add chocolate chips and stir. Drop the batter into a 6-count muffin tin with paper muffin liners, until the batter is evenly distributed.
8. Place the muffin tin on the top rack of the oven and bake at 350° for 20-25 minutes. Test for doneness with a toothpick in the center of the largest muffin. If it comes out clean, they are done baking.
9. Remove the muffins from the oven and carefully remove the muffins from the tin and place them on a cooling rack and let cool.
10. Eat and enjoy.

Equipment You Will Need On Your Tray

2 each of the 1/2 c. dry measuring cups
 1/4 c. dry measuring cup
 Spatula
 Measuring Spoons
 2 custard cups (one for pumpkin pie spice, one for chocolate chips)
 Cereal bowl (for flour)
 Cereal Spoon

Buttermilk Biscuits

2 c. flour	1/2 tsp. baking soda
1 Tbsp. baking powder	1/2 c. shortening
1/2 tsp. salt	1 c. buttermilk

1. Preheat the oven to 425°.
2. In a large mixing bowl, combine flour, baking powder, salt and baking soda.
3. Using a pastry blender, cut the shortening into the flour mixture until it looks crumbly. Put the pastry blender in the sink. You will not use it again.
4. Add the buttermilk and mix with a mixing spoon until a dough forms.
5. Lightly flour your countertop and turn the biscuit dough onto the flour. Knead the dough for 3 minutes, only adding flour if the dough sticks to you or the countertop.
6. With a rolling pin, roll the dough out to 1/2 thick. Cut out the biscuits with the largest biscuit cutter.
7. Place all of the biscuits onto one greased cookie sheet.
8. Bake at 425° for 12 minutes.
9. Remove the biscuits from the oven and eat warm. Enjoy!

Equipment You Will Need On Your Tray

1 c. liquid measuring cup
Cereal spoon
Rubber Spatula
1/2 c. dry measuring cup
Spatula

Pasta and Rice Tasters Table

Kitchen 1

Whole Wheat Pasta

Prepare 1 box Whole Wheat Pasta according to package directions

1. Prepare the whole wheat pasta according to the package directions in the large pot.
2. When pasta has finished cooking, drain the pasta, place it back into the large pot, toss it with 1 Tbsp. of vegetable oil and bring it up to the supply table. Be sure to bring up hot pads to put underneath the pot to prevent the countertop from burning. Also, bring up two large serving spoons to serve the pasta.
3. After the Tasters Table is finished, be sure to pick up your pot, serving spoons and hot pads from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 2

Veggie Pasta

Prepare 1 box Veggie Pasta according to package directions

1. Prepare the veggie pasta according to the package directions in the large pot.
2. When pasta has finished cooking, drain the pasta, place it back into the large pot, toss it with 1 Tbsp. vegetable oil and bring it up to the supply table. Be sure to bring up hot pads to put underneath the pot to prevent the countertop from burning. Also, bring up two large serving spoons to serve the pasta.
3. After the Tasters Table is finished, be sure to pick up your pot, serving spoons and hot pads from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 3

Fun Shape Pasta

Prepare 1 bag Fun Shape Pasta according to package directions

1. Prepare the fun shape pasta according to the package directions in the large pot.
2. When pasta has finished cooking, drain the pasta, place it back into the large pot, toss it with 1 Tbsp. vegetable oil and bring it up to the supply table. Be sure to bring up hot pads to put underneath the pot to prevent the countertop from burning. Also, bring up two large serving spoons to serve the pasta.
3. After the Tasters Table is finished, be sure to pick up your pot, serving spoons and hot pads from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 4

Alfredo Sauce

Prepare 1 jar of Alfredo sauce

1. Pour the Alfredo sauce into a large saucepan. Heat the sauce while stirring constantly.
2. When the sauce is hot, bring it up to the supply table. Be sure to place some hot pads under the hot saucepan so that the counter does not burn. Bring a ladle to scoop the sauce.
3. After the Tasters Table is finished, be sure to pick up your saucepan, ladle and hot pad from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 5

Marinara Sauce

Prepare 1 jar of marinara sauce

1. Pour the marinara sauce into a large saucepan. Heat the sauce while stirring constantly.
2. When the sauce is hot, bring it up to the supply table. Be sure to place some hot pads under the hot saucepan so that the counter does not burn. Bring a ladle to scoop the sauce.
3. After the Tasters Table is finished, be sure to pick up your saucepan, ladle and hot pads from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 6

Apple Cinnamon Quinoa

Prepare 1 c. Quinoa, 2 c. Water, 2 tsp. Cinnamon, 1 large Apple (peeled & diced) and 1/4 c. Brown Sugar

1. Measure 1 c. of quinoa into a mesh strainer. Rinse the quinoa under cold water for about 1-2 minutes.
2. Place the 1 c. rinsed quinoa, 2 c. water, 2 tsp. cinnamon and diced apple into a rice cooker. Mix everything together and press the cook button. Allow the quinoa to cook until no liquid remains.
3. When the quinoa has finished cooking, transfer the quinoa into a small mixing bowl, stir in the brown sugar and take up to the supply table. Also, bring up two large serving spoons to serve the quinoa.
4. After the Tasters Table is finished, be sure to pick up your bowl and serving spoons from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 7

Wild Rice

Prepare 2 boxes Wild Rice according to package directions

1. Prepare the wild rice according to the package directions in a large saucepan.
2. When rice has finished cooking, bring the saucepan up to the supply table. Be sure to bring up hot pads to put underneath the saucepan to prevent the countertop from burning. Also, bring up two large serving spoons to serve the rice.
3. After the Tasters Table is finished, be sure to pick up your saucepan, serving spoons and hot pads from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs

Kitchen 8

Couscous

Prepare 1 Box of couscous according to package directions

1. Prepare the couscous according to the package directions in a large saucepan.
2. When the couscous has finished cooking, bring the saucepan up to the supply table. Be sure to bring up hot pads to put underneath the saucepan to prevent the countertop from burning. Also, bring up two large serving spoons to serve the couscous.
3. After the Tasters Table is finished, be sure to pick up your saucepan, serving spoons and hot pads from the supply table, wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Cinnamon Rolls-Part One

Ingredients:

Step One:

1 ½ tsp. yeast
 1 ½ tsp. sugar
 1/2 c. warm water
 (Between 115°F-125°F)

Step Two:

1/4 c. potato flakes
 1/2 c. warm water

Step Three:

1/3 c. sugar
 3/4 tsp. salt
 1/3 c. shortening
 1 egg

Step Four:

3 to 4 c. flour

Step One

1. Preheat the oven to 350°.
2. In the bowl attachment of the KitchenAid mixer, dissolve the ingredients listed under step one above: 1 ½ tsp. yeast, 1 ½ tsp. sugar & 1/2 c. warm water. (The water temperature should be between 115°F and 125°F. You may need to put the water in the microwave to get it warm enough.) Stir together with a spoon until well combined then cover with a large towel and set aside until yeast is activated.

Step Two

3. While yeast is activating, add the 1/4 c. potato flakes into the 1/2 c. warm water in the liquid measuring cup. Mix them together and allow the potato flakes to absorb all of the water until you have a mixture that looks like mashed potatoes. Set aside.

Step Three

4. After yeast is activated, (it will look frothy and foamy), add the ingredients listed under step three above: 1/3 c. sugar, 3/4 tsp. salt, 1/3 c. shortening and 1 egg. With the dough hook attachment, mix all ingredients together. The shortening will still be “chunky” at this stage.
5. Add the mashed potatoes to the mixture and blend again.

Step Four

6. Slowly add the flour, 1/2 cup at a time, while mixing with the dough hook. Every so often, stop the KitchenAid and scrape down the sides of the bowl with a rubber spatula. Then, mix again.
7. Continue to add flour until the dough forms. Be careful not to add too much flour. You want it to be soft, but not sticky. Also, be sure to turn the motor up on the KitchenAid as you add more flour so that you don't burn it out.
8. Allow the KitchenAid to “knead” the dough for about 2 minutes.
9. Turn the dough out onto the floured countertop. Knead by hand until the dough is smooth and elastic, (for about 2 minutes). Use just enough flour to keep the dough from sticking to you or the countertop.
10. **DO NOT MOVE TO THE NEXT STEP UNTIL YOU HAVE WATCHED THE TEACHER DEMONSTRATION.**

Step Five (Optional)

11. Using the rolling pin, roll the dough out into a thin rectangle shape.
12. Move onto Part 2 of the instructions.

Equipment You Will Need On Your Tray

Measuring Spoons
 Custard Cup
 Spatula

1/4 c. dry measuring cup
 1/3 c. dry measuring cup
 Cereal spoon

Cinnamon Rolls-Part Two

Ingredients:

Step One:

1/4 c. melted margarine

Step Two:

1/2 c. brown sugar

1 tsp. cinnamon

Step Three:

2 Tbsp. to 1/4 c. flour

Step Four:

1 c. powdered sugar

1 Tbsp. water

1 tsp. vanilla

Step One

1. Melt the 1/4 c. of margarine listed under step one in a custard cup and set aside. (Cover the margarine with a paper towel in the microwave to prevent it from splattering.)
2. Find the pastry brush and set it aside with the melted margarine.

Step Two

3. In a small cereal bowl, mix together the ingredients listed under step two: 1/2 c. brown sugar and 1 tsp. cinnamon. Using a fork to mix will help break up the brown sugar lumps. Set aside.

Step Three

4. Spread some of the melted margarine with your pastry brush until it reaches about one inch from each edge of the dough. (You might not use all of the margarine. If you have leftover margarine, pour into the garbage, NOT down the sink drain.)
5. Sprinkle the cinnamon/brown sugar mixture evenly over the melted butter. Press the sugar mixture into the dough with clean hands to set it in place.
6. Begin to roll the LONG edge of the dough into a cylinder, making sure to pinch the dough down as you go to prevent the cinnamon rolls from coming unraveled in the oven. Fold and pinch each end together to keep the filling inside.
7. Using some sewing thread or floss, cut each cinnamon roll into even slices. Place the cinnamon rolls on a sprayed cookie sheet. Place in the oven and bake at 350° for 15 to 20 minutes, or until the center is cooked through. Use a toothpick to test for doneness.

Step Four

8. As your cinnamon rolls are baking, combine the ingredients listed under step four: 1 c. powdered sugar, 1 Tbsp. water and 1 tsp. vanilla, in a small bowl. The glaze should be somewhat runny, but not watery. If it is too thick, add water 1 tsp. at a time until it reaches the correct consistency. Set aside.

Step Five

9. Remove the cinnamon rolls from the oven when they are cooked through. Place them on a plate and glaze them with the powdered sugar icing. Eat and enjoy!

Equipment You Will Need On Your Tray

Measuring Spoons

Custard Cup

Spatula

1 c. dry measuring cup

1/2 c. dry measuring cup

Cereal Spoon

Low-Fat Potato Wedges

<p>2 large (or 3-4 small) baking potatoes 2 tsp. olive oil 1/4 c. flour 2 tsp. onion powder</p>	<p>2 tsp. garlic powder 1 tsp. seasoned salt 1/2 tsp. pepper Tin foil and 1 large Ziplock bag</p>
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1. Preheat the oven to 450°.
2. Line a large cookie sheet with 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 potatoes 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.

Equipment You Will Need On Your Tray

Mini liquid measuring cup (for olive oil)	1 custard cup
Measuring spoons	

Low-Fat Fry Sauce

<p>1/2 c. low-fat mayonnaise 1/4 c. ketchup 1 tsp. dill pickle juice</p>	<p>1/8 tsp. paprika 1/8 tsp. salt 1/8 tsp. pepper</p>
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1. Combine all of the ingredients above in a small bowl.
2. Stir until completely combined.

Equipment You Will Need On Your Tray

1/2 c. dry measuring cup	Spatula	1 cereal spoon
1/4 c. dry measuring cup	Measuring spoons	3 custard cups

Low-Fat Chicken Fingers

2 boneless, skinless chicken breasts, cut into strips	
4 c. cornflakes, crushed	1 tsp. basil
1 tsp. garlic powder	1 tsp. oregano
1 tsp. parsley	1/2 tsp. pepper

1. Preheat the oven to 425°.
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. Spray the foil with cooking spray.
3. Cut each chicken breast into strips. Set aside.
4. Place the corn flakes in a medium sized mixing bowl. Using the back of a measuring cup or the bottom of a drinking glass, crush the corn flakes until very crumbly.
5. Add the garlic powder, parsley, basil, oregano and pepper to the corn flakes and stir until combined.
6. Roll each piece of chicken in the corn flake mixture, coating each side. Place the chicken on the cookie sheet. You may need to press the corn flake mixture onto the chicken to get more to stick.
7. Bake the chicken strips at 425° for 15 minutes. Remove the pan from the oven. Using a pair of tongs or a turner, turn each chicken strip over.
8. Return the pan to the oven and bake for an additional 15-20 minutes, or until the chicken is no longer pink on the inside.
9. Serve warm.

Equipment You Will Need On Your Tray

1 c. dry measuring cup	Measuring spoons	1 custard cups
Medium mixing bowl (for corn flakes)	Spatula	

Honey Mustard Dipping Sauce

1/2 c. mayonnaise	2 Tbsp. mustard
2 Tbsp. honey	1 tsp. lemon juice

1. Combine all of the ingredients above into a small mixing bowl.
2. Stir until completely combined.

Equipment You Will Need On Your Tray

1/2 c. dry measuring cup	Measuring spoons
Mini liquid measuring cup (for honey)	1 custard cup

Low-Fat Chocolate Cupcakes

1/2 box (about 1 1/4 c.) chocolate cake mix
 3 eggs whites
 1/4 c. applesauce
 1/2 c. + 2 Tbsp. water
 12 paper muffin liners

1. Preheat the oven to 350°.
2. Using the KitchenAid mixer and the wire whisk attachment, combine the cake mix, egg whites, applesauce and water. Beat the mixture for about 2 minutes.
3. Place the muffin liners into a 12-count muffin tin. After the batter is prepared, evenly distribute the batter into the paper liners.
4. Bake the cupcakes for 15 to 20 minutes, or until toothpick inserted into the center comes out clean.
5. Remove the cupcakes from the oven and carefully remove them from the pans. Place the cupcakes on cooling racks until they are cooled down.
6. When the cupcakes are cool, frost them with the chocolate frosting. Eat and enjoy!

Equipment You Will Need On Your Tray

1 c. dry measuring cup	Spatula	Cereal Spoon
Two 1/4 c. dry measuring cups	Cereal Bowl	

Chocolate Frosting

3/4 c. powdered sugar
 3 Tbsp. cocoa powder
 2 Tbsp. butter or margarine, softened
 1/2 tsp. vanilla
 1 to 2 Tbsp. milk

1. Combine the powdered sugar, cocoa, butter, vanilla and milk (1 Tbsp. at a time) in a small mixing bowl.
2. With the handheld electric mixer, beat the mixture until smooth.

*If the mixture is too dry, add more milk, one tsp. at a time, until mixture is smooth.

*If the mixture is too runny, add more powdered sugar, one Tbsp. at a time, until mixture is stiff.

Equipment You Will Need On Your Tray

1/4 c. dry measuring cup	2 Custard Cups
1/2 c. dry measuring cup	Mini liquid measuring cup (for milk)
Measuring Spoons	

Fettuccine Alfredo

3/4 c. butter	1 1/4 c. whole milk
1/2 pkg. (4 oz.) cream cheese	1/4 c. parmesan cheese, shredded
2 Tbsp. + 1 1/2 tsp. flour	1 tsp. Italian seasoning
1/2 c. heavy whipping cream	1 tsp. salt (to season noodles)

To Cook Pasta:

1. Fill a large pot with water, about 3/4 full. Add 1 tsp. salt to the water, place pan on high heat and bring to a boil.
2. When water is boiling, slowly add pasta and cook until it reaches the al dente stage-(soft, but not soggy).
3. Turn off heat and allow noodles to sit in water until they are ready to be served.

To Cook Alfredo Sauce:

1. In a large saucepan, melt the butter over high heat. Watch this carefully! Do not let the butter burn.
2. Add the cream cheese to the butter and mix until cream cheese is somewhat melted. The mixture will look clumpy at this stage, but that is normal. The cream cheese will not fully combine with the butter.
3. Add the flour all at once. Mix with a WHISK until a paste forms. Allow the flour paste to cook for about one minute.
4. Add the 1/2 c. heavy whipping cream and whisk until smooth. Then add ONLY HALF of the milk. Save the other half of the milk to use later. Stir until smooth and allow to cook for 1 minute, or until mixture thickens slightly.
5. Add 1/4 c. grated parmesan cheese to the sauce and stir until melted. Then, add the final half of the milk until the sauce reaches the desired consistency. You might not use all of it. Add Italian seasoning and stir until everything is smooth and combined.
6. Drain the noodles, place the noodles back in the pot and then pour the Alfredo sauce over all of the noodles at once. Toss until the noodles are evenly coated.

Equipment You Will Need On Your Tray

- 1 c. (small) liquid measuring cup (for whipping cream)
- 2 c. (medium) liquid measuring cup (for milk)
- 1/4 c. dry measuring cup
- Measuring spoons
- Spatula
- 1 custard cup

Fresh Pasta

2 c. all-purpose flour

1/2 tsp. salt

3 large eggs (at room temperature)

2 Tbsp. olive oil

1 to 2 Tbsp. water (if needed)

1. Place the flour and salt into the bowl attachment of the Kitchen Aid stand mixer.
2. Use the white flat paddle to mix the flour and salt together on low.
3. Add the eggs and olive oil to the mixer and begin mixing on low. Continue mixing until a dough forms and pulls away from the sides of the bowl. If the dough is too dry, add water, 1 tsp. at a time, until the dough comes together.
4. Check your dough off with the teacher before moving on.
5. Turn the dough out onto the counter and knead by hand for about 3 minutes. Add flour if it becomes too sticky. Be careful to not add too much flour.
6. Wrap the dough in plastic wrap or put in a Ziplock bag and set aside for about 15 to 20 minutes at room temperature. Be sure the dough is sealed up tight.
7. When ready to make the pasta, cut the dough ball into 6 equal pieces. Be sure to keep the dough covered with plastic wrap or in an airtight Ziplock bag when you are not working with it or it will dry out.
8. Begin feeding one piece of the dough through the pasta machine rollers to flatten out the dough. (Follow the instructions for the pasta machine.)
9. When the dough is thin enough, use the pasta cutter attachment to cut fettucine noodles.
10. Cook the pasta in boiling water for about 3 to 5 minutes. Serve warm with your favorite sauce.

Equipment You Will Need On Your Tray

Cereal Bowl

Mini Liquid Measuring Cup (Shot Glass Size)

Italian Cheese Bread

Bread Ingredients:

2 to 2 1/2 c. flour	1 tsp. salt
1 Tbsp. yeast	1 c. hot water (Between 115° and 125°)
1 tsp. sugar	1 Tbsp. vegetable oil

Topping Ingredients:

1/4 c. Italian salad dressing	1/2 tsp. Italian seasoning
1/4 tsp. salt	1 Tbsp. grated Parmesan cheese
1/4 tsp. garlic powder	1/2 c. shredded mozzarella cheese

1. Preheat oven to 450°.
2. In the bowl attachment of the KitchenAid mixer, combine water, yeast and sugar and cover with a towel. Let the mixture sit for 3 to 5 minutes, or until yeast is activated. (It will look frothy and foamy.)
3. Add the oil and salt to the water and yeast mixture. Then, add the flour, 1/2 c. at a time, to the liquid ingredients. Using the dough hook attachment, mix until a dough forms. Don't add too much flour at a time, and only add flour until to dough is no longer sticky. Allow the dough hook to knead the dough for about 2 minutes being sure that the motor is set on the appropriate speed.
4. Turn out the dough onto a floured surface and knead by hand for 1 to 2 minutes, or until smooth and elastic.
5. Using the rolling pin, roll the dough out on the counter until you form a large circle.
6. Lift and place the dough on a greased pizza pan. Push the dough out until it forms a thin circle that reaches all the way to the edges of the pan. (It will look like pizza dough.)
7. Mix all topping ingredients and seasonings, MINUS both of the cheeses, into the Italian salad dressing. Spread the dressing mixture on top of the bread in an even layer, using the pastry brush. Then, sprinkle the 1/2 c. mozzarella and 1 Tbsp. parmesan cheese evenly on top of the bread.
8. Place on the top rack of the oven and bake for 15 minutes or until golden brown.
9. Remove the from oven, cut with a pizza cutter and serve warm.

Equipment You Will Need On Your Tray

Measuring spoons	1/2 c. dry measuring cup
Spatula	4 custard cups
1 c. (small) liquid measuring cup	

Homemade Butter

1/4 c. heavy whipping cream
dash of salt (less than 1/8 tsp.)
1/2 pt. glass jar
bread

1. Pour the heavy whipping cream into the 1/2 pt. glass jar and seal the lid very tightly.
2. Shake the jar for about 10-15 minutes until the mixture resembles a soft buttery spread.
3. Open the jar, sprinkle in a little bit of salt into the butter and stir together.
4. Eat the butter with a slice of bread.

Chicken Pillows

1 chicken breast, trimmed	1/2 tsp. onion powder
2 tsp. vegetable oil	1 can crescent rolls
8 oz. cream cheese, softened	1/3 c. crushed bread crumbs
1/2 tsp. dried chives	1/4 c. melted margarine
1/8 tsp. salt	1/2 can cream of chicken soup
1/8 tsp. pepper	1/4 c. water

1. Preheat the oven to 325°.
2. With a cutting board and chef's knife, trim and cut chicken into small, bite-sized pieces.
3. Add the vegetable oil to a large skillet. Add the chicken and cook on medium-high heat until brown and cooked throughout. Set aside.
4. With the handheld electric mixer or the KitchenAid (with the white flat paddle), whip the cream cheese until soft and creamy. Add dried chives, salt, pepper and onion powder and blend until combined.
5. With a wooden spoon, stir in cooked chicken. Set aside.
6. Open the crescent rolls and separate into individual triangles. Place the triangles onto a greased cookie sheet. Press out the triangles so that they are easier to fill.
7. Take a spoonful of the cream cheese/chicken mixture and place in the middle of each crescent roll until the entire mixture is evenly distributed before rolling up.
8. Starting at the wide end, roll the crescent triangle toward the narrow end, pinching the dough together as you go, until all of the mixture is covered by the dough. (Make sure that all of the cracks are pressed together so that the mixture does not melt out as it bakes.)
9. Roll the entire chicken pillow in the melted butter and then again in the crushed breadcrumbs.
10. Place each chicken pillow back on the greased cookie sheet, evenly spaced. Bake at 325° for 18 to 20 minutes, or until the crescent rolls are golden brown.
11. While the chicken pillows are cooking, in a small saucepan, combine the cream of chicken soup and water and whisk over medium heat until completely combined. It should be smooth, with no lumps. When chicken pillows are done, remove from the oven, place on individual plates and cover with the cream sauce. Eat and enjoy.

Equipment You Will Need On Your Tray

Measuring Spoons
 Spatula
 Custard Cup (for chives, onion powder-combine these together)
 Custard Cup (for bread crumbs)
 1/3 c. dry measuring cup
 Cereal Spoon
 Rubber Spatula
 Cereal Bowl (for cream of chicken soup)

Cream Puffs

Cream Puff Dough:

1/2 c. water
1/4 c. butter
1/2 c. flour
2 eggs

Filling:

1/2 pkg. pudding
1/2 c. milk
1/2 tsp. vanilla
1/2 container Cool Whip

Chocolate Glaze:

1 Tbsp. cocoa powder
2 Tbsp. butter
1 Tbsp. milk
1/2 c. powdered Sugar
1/2 tsp. vanilla

1. Preheat the oven to 400°.

For the Cream Puff Dough:

1. In a medium sized saucepan, combine the 1/2 c. water and 1/4 c. butter and bring to a rolling boil.
2. Reduce heat to low and then mix in 1/2 c. flour all at once over low heat. Mix with a wooden spoon until a dough ball is formed.
3. Remove the pan from the heat. Transfer the dough ball to a small mixing bowl and use the handheld electric mixer to beat in eggs, one at a time, until completely combined. This process may take a few minutes. Do not beat in your second egg until the first is completely combined.
4. When the dough is completely mixed, spoon the dough onto a lightly greased cookie sheet in medium sized balls.
5. Bake at 400° for 20 to 25 minutes. Remove the pan from the oven and let cool.

For the Filling:

1. With a clean and sanitized electric mixer, mix the pudding powder, milk and vanilla together. Place in the fridge for 5 minutes.
2. After the pudding is solid, fold-in Cool Whip with a rubber spatula until evenly combined. Do not beat.

For the Chocolate Glaze:

**Do not start making the chocolate glaze until there are about 5 minutes remaining on the timer for your cream puffs.*

1. In a small sized saucepan, melt the 2 Tbsp. butter over medium-high heat.
2. Add the cocoa powder and stir with a wooden spoon until combined.
3. Remove from heat and stir in milk, powdered sugar and vanilla. Set aside until the cream puffs are assembled.

To Assemble the Cream Puffs:

1. When cream puffs are cool, carefully cut across the tops. Spoon out the doughy filling and throw it away.
2. Fill each cream puff with the pudding filling. Place the tops back on the cream puffs.
3. Drizzle the chocolate glaze on top of each cream puff.
4. Eat and enjoy!

Equipment You Will Need On Your Tray

Filling:

1 c. (small) liquid measuring cup
1 custard cup (for pudding)
Rubber spatula
Cereal bowl (for cool whip)

Chocolate Glaze:

Measuring Spoons
1 custard cups (for cocoa powder)
Spatula
1/2 c. dry measuring cup
Cereal Spoon
Mini liquid measuring cup (for milk)

Marinara Sauce

2 tsp. olive oil	1/2 tsp. dried basil
1/4 onion, minced	1/2 tsp. dried oregano
1 clove garlic, minced	1/2 tsp. Italian seasoning
1 (15 oz.) can crushed OR diced tomatoes	1 Tbsp. sugar
1 (6 oz.) can tomato paste	1/4 tsp. salt
1 (6.5 oz.) can tomato sauce	1/4 tsp. pepper
1/2 c. water	1/2 pkg. spaghetti

1. Fill the large pot with water and put on the large burner on high. When the water is boiling, add the spaghetti to the water. Cook until al dente and then drain in a colander.
2. Reserve and set aside 2 Tbsp. of the minced onion to use in the sausage meatballs.
3. Peel the paper skin from the garlic if needed. Use the garlic press to mince the garlic.
4. In the LARGE SAUCEPAN, add the olive oil, onion and garlic. Sauté on medium-high heat until the onions are soft and translucent. Stir often with a mixing spoon to keep the onions from sticking to the bottom of the pot.
5. Add the crushed OR diced tomatoes, tomato paste, tomato sauce and water. Stir until all ingredients are smooth and well combined.
6. Stir in the basil, oregano, Italian seasoning, sugar, salt and pepper. Allow the sauce to simmer on medium-low heat for about 10 minutes, stirring occasionally to prevent sticking.
7. After draining the water from the spaghetti noodles, put the noodles back into the large pot, but **DO NOT** put the pot back on a hot burner. Pour the marinara sauce over the noodles and toss to coat the noodles to prevent the noodles from clumping. Serve warm.

Equipment You Will Need On Your Tray

Measuring Spoons
 Spatula
 Custard Cup
 Mini Liquid Measuring Cup (For Olive Oil)

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	

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.

Equipment You Will Need On Your Tray

Measuring Spoons
Spatula
2 Custard Cups
1/4 c. dry measuring cup
1/2 c. dry measuring cup

Homemade Sports Drink

1/2 c. sugar
1/8 tsp. salt
1/2 c. hot water
2 c. prepared orange juice
1/4 c. lemon juice
6 c. cold water

1. Add the sugar and salt to the bottom of a pitcher. Add the hot water and stir until dissolved.
2. Add the orange juice and lemon juice to the pitcher and stir. Then, add the cold water and stir.

Chill and serve.

Equipment You Will Need On Your Tray

1 c. liquid measuring cup
2 c. liquid measuring cup

Buttermilk Pancakes

1 1/2 c. flour

1 tsp. baking powder

1/2 tsp. baking soda

1/4 tsp. salt

1 Tbsp. sugar

1 c. buttermilk

3/4 c. water

1 large egg, beaten separately

1. Plug in and heat your electric skillet to about 350° to 375°. Do not spray the pan until you are about to pour some batter.
2. In a large mixing bowl, combine the flour, baking powder, baking soda, salt and sugar. Whisk these together until combined. Set aside.
3. In a cereal bowl, beat the egg with a fork until scrambled.
4. Add the beaten egg, buttermilk and water to the dry ingredients and whisk together until the batter is smooth. The batter will be somewhat thick.
5. Check off your batter with your teacher. It may need to be thinned down a little before you begin to make your pancakes.
6. TEST THE HEAT of the electric skillet by pouring a quarter-size circle of batter in the center of the skillet. Adjust the temperature until the pancakes cook evenly and do not burn. Then, start making small pancakes by pouring about 1/4 to 1/2 cup onto the skillet in a large circle.
7. Optional: Before flipping the pancakes the first time, sprinkle blueberries or chocolate chips in the center of the pancake.
8. Flip the pancakes when they have bubbly surfaces and are slightly dry on the edges. Cook until all of the raw batter has been cooked. Eat and enjoy!

Equipment You Will Need On Your Tray

2 c. liquid measuring cup

Buttermilk Waffles

2 c. flour	1 c. water
2 tsp. baking powder	2 eggs, beaten
1 tsp. baking soda	1/4 c. butter, melted
1 tsp. salt	2 tsp. vanilla
1 c. buttermilk	

1. Plug in and heat up the waffle iron. Do not spray the waffle iron until you are about to pour some batter. Be very careful not to burn yourself. The metal plates of the waffle iron are very hot.
2. In a large mixing bowl, combine the flour, baking powder, baking soda and salt. Whisk together until combined. Make a well in the center of the dry ingredients.
3. In a small mixing bowl, beat the eggs. Then add the buttermilk, water, melted butter and vanilla. Stir to combine.
4. Pour the liquid ingredients into the center of the dry ingredients and whisk together until combined and smooth.
5. Check off your batter with your teacher. It may need to be thinned down a little before you begin to make your waffles.
6. When ready to make the waffles, carefully open the waffle maker and quickly spray the top and bottom plates.
7. Pour some of the waffle batter into the center of the waffle iron and close the lid. DO NOT OVERFILL THE WAFFLE IRON. The batter should not reach all the way to the edges of the waffle plates. It will spread out as it cooks.
8. After closing the lid on the waffle iron, be sure the lid catches. Cook the waffles until the light indicator on top of the waffle iron shows they are done.
9. Remove the waffle carefully and remember to spray the plates between each waffle.
10. Eat warm with your favorite toppings.

Equipment You Will Need On Your Tray

- 1 c. liquid measuring cup
- 1 cereal bowl (for eggs)

Spinach Smoothie

- 1 c. milk
- 1 c. orange juice
- 1 container berry flavored yogurt
- 1 c. frozen berries
- 2 Tbsp. honey
- 2 tsp. fruit punch flavored powdered drink mix
- 1 large handful fresh spinach (stems removed)
- 2 c. cubed ice

1. Remove the stems from the spinach and wash the leaves. Combine all ingredients listed above, EXCEPT FOR THE ICE, in a blender.
2. Blend for 1 minute or until all spinach is completely blended throughout. Add the ice and blend again until smooth. Serve and enjoy!

Equipment You Will Need On Your Tray

- Blender cup (without the lid)
- 2 c. liquid measuring cup
- Measuring spoons
- Spatula
- 1 c. dry measuring cup
- 1 cereal bowl (for ice)
- Mini Liquid Measuring Cup (for honey)

Chicken and Vegetable Stir Fry

Rice:

1 c. rice
2 c. water

Vegetables:

1 c. broccoli
1 carrot
1 stalk of celery
1/4 of a large onion
1/4 c. water chestnuts
1/4 c. snow peas

Chicken:

1 chicken breast, (cut
into bite-sized pieces)
1 Tbsp. oil

Sauce:

1 bouillon cube
1 c. hot water
1/4 c. soy sauce
2 Tbsp. corn starch
1/4 tsp. minced garlic

Rice

1. Remove the white steamer basket from the rice cooker and plug it in. Add the rice and 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.

Vegetables

3. Wash and cut up: broccoli, carrot (remember to peel first), celery and onion into bit sized pieces. Cut the water chestnuts in half. Wash and trim snow peas. Keep your vegetables separated in bowls or custard cups. Do not combine them all together.
4. Add only the carrots and broccoli to the extra-large deep dish skillet and cook for about 5 minutes or until tender on medium-high heat. Add celery, onion, water chestnuts and snow peas and cook for an additional 10-15 minutes, or until all vegetables are tender, on medium-high heat. Add about 1/4 c. to 1/2 c. of water to the vegetables if they start to stick or burn while cooking. Stir the vegetables constantly and turn the heat down to low if they start to burn.

Chicken

5. Cut the chicken into bite-sized pieces. Add 1 Tbsp. oil and chicken pieces to a small skillet on the stovetop and cook over medium-high heat until cooked through and golden brown. Season the chicken with salt and pepper if desired while it is cooking.
6. When the vegetables are finished cooking, add the chicken to the deep dish skillet with the vegetables.

Sauce

7. In a small saucepan, combine 1 c. hot water and bouillon cube and bring to a boil. Stir until bouillon cube is dissolved.
8. In a cereal bowl, combine the soy sauce and cornstarch. Stir with a fork until completely dissolved and smooth. Add the minced garlic to the soy sauce mixture.
9. Add the soy sauce mixture to the saucepan with the dissolved bouillon and whisk the sauce mixture over medium-low heat until it thickens and turns dark brown. Remove from the heat and pour sauce over the vegetable/chicken mixture and stir until all ingredients are coated.

Putting It All Together

10. Divide the rice evenly onto serving dishes. Then, evenly divide the vegetable mixture on top of the rice. Eat and enjoy.

Equipment You Will Need On Your Tray

Measuring Spoons	1 cereal bowl (for rice)
Spatula	1 c. dry measuring cup (for rice)
1 c. (small) liquid measuring cup (for soy sauce)	2 custard cups (one for garlic, one for cornstarch)

Fruit Pizza

Sugar Cookie Dough:

1 egg
 1/4 c. butter
 1/2 c. sugar
 1/4 c. sour cream
 1/4 tsp. baking soda
 1/8 tsp. salt
 1/4 tsp. vanilla
 1 ¼ c. flour

Topping:

4 oz. cream cheese
 1/4 c. powdered sugar
 1 tsp. vanilla
 1/4 c. sugar
 1/4 c. whipping cream

Fruit:

1/2 apple, washed and chopped
 1/2 banana, sliced
 1 kiwi, peeled and sliced
 1 small bunch of grapes, washed and sliced
 1/4 c. mandarin oranges
 1-2 strawberries, sliced

1. Preheat the oven to 375°.
2. In the bowl attachment of the KitchenAid mixer, combine the sugar cookie dough ingredients, IN ORDER one by one, beating after each addition, using the flat paddle attachment. When the dough has been fully mixed, CHECK IT OFF WITH THE TEACHER before moving on.
3. Roll out the dough on a lightly floured countertop and then lift and place the dough onto a greased pizza pan or cookie sheet. Your group may choose to make one large fruit pizza, or small individual pizzas. If your group chooses to make individual fruit pizzas, be sure to bake them all at the same time on the same cookie sheet to make sure they get done in time.
4. Bake for 10 to 12 minutes, or until golden brown. Do not over-bake. Remove from the oven and allow to cool.
5. In a SMALL mixing bowl, beat the whipping cream with the handheld electric mixer until thick and stable. Set aside.
6. In a medium mixing bowl, beat cream cheese with the handheld electric mixer until smooth. Beat in powdered sugar, sugar and 1 tsp. vanilla.
7. Add whipped cream to the cream cheese mixture and beat until combined.
8. Spread the mixture onto the cooled cookie crust. Wash, peel and slice fruit to your liking. Arrange fruit on crust. Cut, serve and enjoy!

Equipment You Will Need On Your Tray

2 each of the 1/4 c. dry measuring cup
 Spatula
 1 c. (small) liquid measuring cup
 Cereal spoon

Crepes

Crepe Batter:

1 c. flour
 3 eggs
 1/4 tsp. salt
 2 Tbsp. butter, melted
 1 1/3 c. milk
 1 Tbsp. vanilla
 1 Tbsp. sugar

Filling:

4 oz. cream cheese, softened
 1/2 c. powdered sugar
 1 tsp. vanilla
 1/2 carton strawberries, sliced
 1/2 large banana, peeled and sliced

For the Batter:

1. Combine all of the batter ingredients in a blender. Blend for 30 seconds.
2. STOP THE BLENDER and using a rubber spatula, scrape the batter down the sides of the blender.
3. Replace the lid and blend again for 30 seconds to 1 minutes until smooth and combined.
4. Heat the crepe pan on the stove over low to medium heat, (between heat setting 5 and 6). Test the heat of the pan with a quarter sized amount of batter and adjust the temperature as needed.
5. Pour about 1/2 cup of the batter into the center of the pan. Swirl the batter around the bottom of the pan until it is evenly coated.
6. Cook the crepe for about 1 to 2 minutes, or until the edges of the crepe are cooked. Using a turner, loosen the edges of the crepe and flip it over to cook the other side until cooked through. They should be golden brown in color.
7. Fill the crepe with the desired filling.

For the Filling:

8. Combine the softened cream cheese, powdered sugar and vanilla in the bowl of the KitchenAid mixer. Using the wire whisk attachment, blend the ingredients together until smooth.
9. Wash and slice the strawberries. Peel and slice the banana.
10. When the crepes are cooked, spread some of the cream cheese filling and fruit in the center of the crepes and roll up.
11. Eat and enjoy.

Equipment You Will Need On Your Tray

2 c. liquid measuring cup
 1/2 c. dry measuring cup
 1 spatula
 2 cereal bowls (for eggs and fruit)

Orange Julius

6 oz. frozen juice (1/2 container)	1/4 c. sugar
1 c. water	1 tsp. vanilla
1 c. milk	2 c. ice

1. **Combine all ingredients listed above, EXCEPT FOR THE ICE, in a blender. Blend for 2 minutes. Add ice a little bit at a time, blending between each addition.**

Equipment You Will Need On Your Tray

Blender Top (without the lid)
Cereal Spoon
2 c. (medium) liquid measuring cup
1 c. dry measuring cup
Cereal bowl (for ice)

Taco Salad Tasters Table

Kitchen 1

- 2 lb. hamburger
- 2 pkg. taco seasoning
- 1 1/2 c. water

1. Cook 2 lb. of hamburger in a large skillet until it is no longer pink. Drain as much grease as possible into a grease can.
2. Add 1 ½ c. of water and 2 pkg. of taco seasoning to the skillet and cook until the liquid is cooked down. Transfer the taco meat to your largest metal mixing bowl and take it up to the supply table with a large serving spoon.
3. After the Tasters Table is finished, wash all dishes and clean up the supply table and your kitchen unit. Put all equipment back where it belongs.

Kitchen 2

- 2 lb. hamburger
- 2 pkg. taco seasoning
- 1 1/2 c. water

1. Cook 2 lb. of hamburger in a large skillet until it is no longer pink. Drain as much grease as possible into a grease can.
2. Add 1 ½ c. of water and 2 pkg. of taco seasoning to the skillet and cook until the liquid is cooked down. Transfer the taco meat to your largest metal mixing bowl and take it up to the supply table with a large serving spoon.
3. After the Tasters Table is finished, wash all dishes and clean up the supply table and your kitchen unit. Put all equipment back where it belongs.

Kitchen 3

- 1 can black beans
- 1 can pinto beans
- 1 can corn

1. Open and drain the black beans, pinto beans and corn. Place the black beans in a strainer and rinse them until the water runs clear. Then, rinse the pinto beans in the strainer until the water runs clear. Place each of the beans and corn in separate microwavable containers and microwave them on high for 2-3 minutes, or until they are each warm. Be sure to stir them throughout the cooking process.
2. When they are warm, take them up to the supply table with a large serving spoon in each one.
3. Wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 4

- 1 small block of cheese
- Clean Up

1. Grate the cheese and place in a small mixing bowl. When all the cheese is grated, take the bowl up to the supply table.
2. Wash all dishes and clean up the kitchen. Put all equipment back where it belongs.
3. After the Tasters Table, help the teacher clean up and organize the supply table at the end of class.

Kitchen 5

2 large tomatoes

1. Wash the tomatoes and carefully cut out the core. Chop each of the tomatoes into small pieces and place them in a small mixing bowl.
2. Take the tomatoes and a large serving spoon up to the supply table.
3. Wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 6

1 small onion

1 can olives

1. Peel the onion and, using the slap chopper, chop the onion into small pieces. Place them in a cereal bowl and take it up to the supply table with a large serving spoon.
2. Using a paring knife, slice the olives into small rings. Place them in a cereal bowl and take it up to the supply table with a large serving spoon.
3. Wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 7

2 heads of romaine lettuce

1. Tear the lettuce into individual leaves and wash them. Pat them dry with a few paper towels and begin tearing them into bite-sized pieces. Place all of the lettuce in the large silver mixing bowl.
2. When all of the lettuce is done, take the silver bowl and a pair of tongs up to the supply table.
3. Wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Kitchen 8

Tomatillo Dressing

1. Follow the directions below to make the dressing for the taco salad:

1 pkg. dry ranch dressing mix	2 tomatillos, husks removed and rinsed
1 c. mayonnaise	1/2 bunch fresh cilantro
1 c. buttermilk	Juice from 1 Lime
1 clove (1 tsp.) minced garlic	1 Jalapeno, with seeds removed

Combine all dressing ingredients above in a blender. Blend on high until all of the ingredients are combined and smooth. Pour the dressing into your largest liquid measuring cup and place on the supply table.

2. Wash all dishes and clean up the kitchen. Put all equipment back where it belongs.

Taco Salad

1 lb. hamburger	1 large tomato, chopped
1 pkg. taco seasoning	1 small onion, diced
3/4 c. water	1 small can sliced olives
1 can black beans, rinsed	1 head romaine lettuce, torn to pieces
1 can pinto beans, rinsed	1 small bag Fritos chips
1 can corn	Optional: Sour Cream, Salsa, Hot Sauce
1 c. shredded cheddar cheese	

1. Brown hamburger in a large skillet until no longer pink. Drain all grease.
2. Add 3/4 c. water and 1 pkg. taco seasoning to the hamburger and cook until most of the water has been cooked down.
3. Meanwhile, rinse black beans and pinto beans. Heat the black beans, pinto beans and corn until hot.
4. Build the taco salad with all of the ingredients above.

Tomatillo Dressing

1 pkg. dry ranch dressing mix	1 jalapeno, seeds removed
1 c. mayonnaise	1/2 bunch cilantro
1 c. buttermilk	1 lime, juiced
1 tsp. garlic, minced	2 tomatillos, husks removed and diced

1. Place all ingredients in a blender and blend on high until everything is smooth.

MyPlate Breakfast

*Preheat Oven to 400°

*Plug In and Preheat Waffle Iron or Electric Skillet (375°.)

Banana Waffles or Pancakes

1/2 c. all-purpose flour	1/8 tsp. salt	1/3 c. mashed banana (1/2 of a large)
1/2 c. whole wheat flour	1/8 tsp. ground cinnamon	1 slightly beaten egg
1 ½ tsp. sugar	3/4 c. milk	1 Tbsp. vegetable oil
1 ½ tsp. baking powder		

1. Preheat a waffle iron or electric skillet to 375°. Be sure that it is not touching any of the other appliances or electrical cords.
2. In a large bowl, stir together the flour, sugar, baking powder, salt and cinnamon. Set aside.
3. Using a fork or a pastry blender, mash the banana into a paste.
4. In a medium bowl, stir together the milk, mashed bananas, egg and oil. Add this to the flour mixture and stir until combined. (The batter will be a little lumpy.)
5. If making waffles, spray the top and bottom of the waffle iron heavily between each use. Spoon the waffle batter into the waffle iron being sure not to overfill it. Bake until they are golden brown and then remove from the waffle iron.
6. If making pancakes, test a quarter sized circle of batter on the electric skillet. Adjust the temperature if needed. Pour the batter into round circles, turning when each side is golden brown.
7. When all of your waffles or pancakes are made, unplug the waffle iron or electric skillet so that it can cool down enough for you to clean it.

Bacon

1 slice of bacon per person

1. Preheat the oven to 400°.
2. Line a cookie sheet with tin foil. Make sure the tin foil wraps up and over the edges of the cookie sheet. Place bacon strips on the tin foil and place in the oven.
3. Bake the bacon for 15-20 minutes or until crispy. Remove from the oven and transfer bacon to a plate with paper towels on it to drain the remaining grease. When the cookie sheet has cooled down, carefully wrap up the paper towels in the tin foil and throw the tin foil away. If any of the bacon grease leaked out onto your cookie sheet, be sure to clean it.

Scrambled Eggs

4 large eggs
1/4 c. milk

1. Preheat the LARGE skillet on medium heat.
2. Crack eggs, one at a time, into a small mixing bowl. Whisk together until combined. Then, add milk and whisk until smooth.
3. When the skillet is preheated, spray with cooking spray and pour eggs into the hot skillet.
4. Using a turner, move egg mixture back and forth, breaking eggs into smaller pieces as they cook.
5. Continue to cook until all of the egg mixture has been cooked and there is no liquid remaining. Be careful not to let your eggs burn.
7. After cooking, remove from heat.

Hash Browns

1 c. frozen hash browns
2 Tbsp. oil

1. Place the oil in the SMALL skillet and turn it on high heat.
2. Carefully place the frozen hash browns in the oil in a flat layer.
3. Cover the hash browns with a lid and fry for about 5 minutes.
4. Remove the lid and turn the hash browns over to cook on the other side for about 5-8 more minutes.
5. Season with salt and pepper if desired and serve warm.

RECIPE CONTINUES ON NEXT PAGE....

Milk

When your group is ready to eat, each student may pour themselves a small glass of milk to drink.

Condiments/Toppings

When your group is ready to eat, bring your plate up to the supply table to get your condiments/toppings.

Syrup

Soft Serve Butter

Jam

Honey Butter

Equipment You Will Need On Your Tray**Waffles:**

1 Cereal Bowl (For Flour)
 1/2 c. dry measuring cup
 Measuring Spoons
 Spatula
 2 c. Liquid Measuring Cup
 1 Custard Cup

Bacon:

1 Large Dinner Plate

Scrambled Eggs:

1 c. Liquid Measuring Cup

Hash Browns:

1 c. Dry Measuring Cup

Hawaiian Haystacks

Haystacks:

1/2 can cream of chicken soup
 1 c. rice
 2 c. water
 1 chicken breast
 1 Tbsp. vegetable oil
 1 chicken flavored bouillon cube
 1/2 c. water

Toppings: (Served Buffet Style)

Celery, Chopped	Green Onions, Sliced
Cheddar Cheese, Shredded	Tomatoes, Diced
Pineapple	Red Bell Pepper, Chopped
Mandarin Oranges	Shredded Coconut
Sliced Olives	Chow Mein Noodles

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.
3. Using a cutting board and chef's knife, carefully cut the chicken into bite-sized pieces. Place the oil into a skillet and add chicken. Cook the chicken in the skillet on medium-high heat until no longer pink. (You may season with salt and pepper if desired.)
4. Place 1/2 c. water and the unwrapped bouillon cube into a small saucepan. Bring the water to a boil and stir until the bouillon cube is dissolved. Add the cream of chicken soup to the saucepan. Heat the sauce on medium-high heat until bubbles form. Add the cooked chicken to the sauce and stir until coated. Keep the sauce warm on low heat until ready to serve, stirring occasionally.
5. Prepare the toppings assigned to your kitchen:

<u>Kitchen 1</u> Wash and Chop 1/2 Bunch of Celery	<u>Kitchen 2</u> Shred 1/2 Block of Cheddar Cheese	<u>Kitchen 3</u> Shred 1/2 Block of Cheddar Cheese	<u>Kitchen 4</u> Open and Drain 1 Can of Pineapple and 1 Can of Mandarin Oranges
<u>Kitchen 5</u> Open, Drain and Slice 1 Can of Olives	<u>Kitchen 6</u> Wash and Slice 1 Bunch of Green Onions	<u>Kitchen 7</u> Wash and Dice 2 Large Tomatoes	<u>Kitchen 8</u> Wash, Seed and Dice 1 Red Bell Pepper

Place the prepared toppings into a cereal bowl or small mixing bowl and bring to the supply table with a large serving spoon.

6. On a large plate or in a cereal bowl, layer the rice, chicken and sauce, and desired toppings. Eat and enjoy!

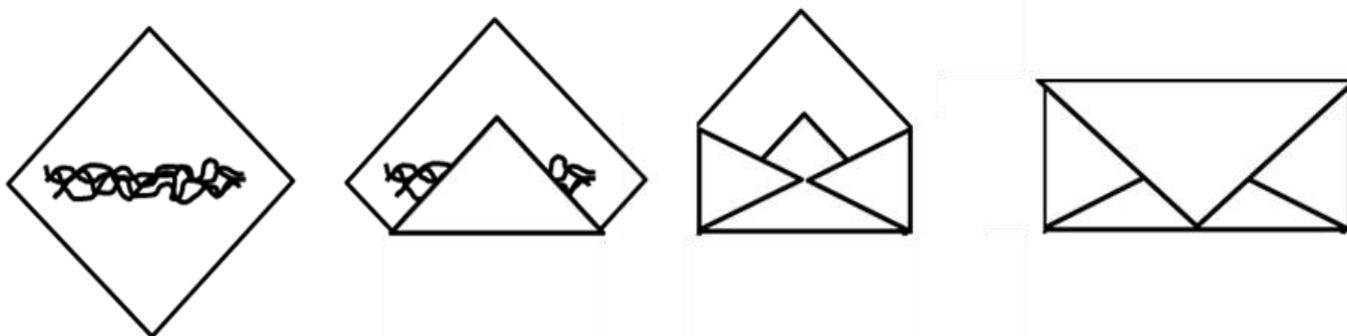
Equipment You Will Need On Your Tray

1 Custard Cup (For Cream of Chicken Soup)
 Cereal Spoon
 1 C. Dry Measuring Cup
 1 Cereal Bowl (For Rice)

Southwestern Egg Rolls

1/2 can corn, drained	1/8 tsp. chili powder
1/2 can black beans, drained	1/8 tsp. black pepper
1/4 pkg. frozen chopped spinach	1/8 tsp. salt
1/4 c. shredded cheese	1 egg
1 Tbsp. diced green chilies	5 large egg roll wrappers
1/4 tsp. ground cumin	

1. Preheat the oven to 425°.
2. Place the frozen spinach in a strainer (NOT a colander). Run it under cold water until the spinach is thawed out. Squeeze out the water and add it to a large mixing bowl.
3. Place the corn, black beans, cheese, green chilies, cumin, chili powder, salt and pepper in the large mixing bowl with the spinach. Stir until well combined.
4. With a fork, beat the egg in a small cereal bowl and set aside.
5. Separate the egg roll wrappers and using a pastry brush, brush the outside edges of each egg roll wrapper.
6. Distribute the filling down the center of each egg roll wrapper. Using the picture below, roll each egg roll tightly and place on a greased cooking sheet seam-side down. Distribute the filling in each egg roll wrapper before rolling so that none goes to waste.
7. Spray the tops of each egg roll with cooking spray and place in the oven.
8. Bake the egg rolls for 15-20 or until lightly golden brown. Serve warm with desired dipping sauce.



Equipment You Will Need On Your Tray

Medium mixing bowl
 1/4 c. dry measuring cup
 Measuring Spoons
 Spatula
 Cereal spoon

Hot Chocolate

- 3/4 c. heavy whipping cream**
- 1/2 can sweetened condensed milk (about 2/3 c.)**
- 3 c. milk**
- 1/2 tsp. vanilla**
- 1 c. milk chocolate chips**
- 1/2 c. mini marshmallows**

- 1. In the medium saucepan, combine all ingredients EXCEPT the mini marshmallows.**
- 2. Turn the heat to medium and stir CONSTANTLY with a wooden spoon so that the milk products do not scorch and the chocolate does not burn.**
- 3. Continue to heat the mixture until the chocolate is completely melted and is evenly distributed. Carefully pour the hot cocoa into individual drinking cups. Top with mini marshmallows and enjoy.**

Equipment You Will Need On Your Tray

- Medium Saucepan WITHOUT lid
- Rubber spatula
- 1 c. (small) liquid measuring cup (for heavy whipping cream)
- 4 c. (large) liquid measuring cup (for milk)
- 1 c. dry measuring cup
- 1/2 c. dry measuring cup
- Cereal bowl (for chocolate chips)

Sweet and Sour Chicken

Chicken Mixture:

1 chicken breast
 1 Tbsp. oil
 1/4 carrot
 1/4 green bell pepper
 1/4 onion
 1/2 c. pineapple tidbits

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

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.

Chicken

2. Using a chef's knife and cutting board, cut the chicken into bite-sized pieces. Place 1 Tbsp. oil into a large skillet and add chicken. Cook chicken on medium-high heat until no longer pink. Season the chicken with salt and pepper while cooking if desired.

Vegetables

3. While chicken 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.
4. When the chicken is cooked through, add the carrot, bell pepper, onion and pineapple tidbits to the skillet and cook for an additional 5-6 minutes, or until the carrot softens. If the chicken and vegetables start to stick, add a couple tablespoons of water to the skillet.

Sauce

5. 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.
6. 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

7. When rice is finished cooking, distribute rice among serving dishes. Then, evenly distribute chicken and vegetable mixture and top each dish with the sweet and sour sauce.
8. Eat and enjoy!

Equipment You Will Need On Your Tray

1/4 c. dry measuring cup
 1/2 c. dry measuring cup
 1 c. dry measuring cup
 Measuring Spoons
 1 c. liquid measuring cup

2 c. liquid measuring cup
 Spatula
 4 custard cups
 1 cereal bowl (for rice)

Breakfast Burritos

Ingredients:

6 eggs
 1/4 c. milk
 1 c. frozen hash-brown potatoes
 1/2 pkg. ground sausage

1/4 of a green pepper
 Flour tortillas (1 per person)
 1/2 c. shredded cheese

Equipment Needed:

Small liquid measuring cup
 1 c. dry measuring cup
 1/2 c. dry measuring cup

Scrambled Eggs

6 large eggs
 1/4 c. milk

1. Preheat a small skillet on medium high heat.
2. Crack eggs, one at a time, into a small mixing bowl. Whisk together until combined. Then, add milk and whisk until smooth.
3. When frying pan is preheated, spray with cooking spray and pour eggs into hot frying pan.
4. Using a turner, move egg mixture back and forth, breaking eggs into smaller pieces as they cook.
5. Continue to cook until all of the egg mixture has been cooked and there is no liquid remaining. Be careful not to let your eggs burn.
7. After cooking, remove from heat and set aside.

Hash-Brown Potatoes

1 c. frozen hash-brown potatoes
 2 Tbsp. oil

1. Preheat a medium skillet on high heat.
2. Combine the oil and frozen potatoes in a single layer. Place the lid on the skillet and allow potatoes to cook for about 5-8 minutes.
3. Lift the lid and turn the potatoes so that the uncooked sides are now being cooked in the oil. Replace the lid and allow the potatoes to cook until all sides are golden brown. Be sure to watch the potatoes to make sure they are not sticking to the pan or burning.
4. When the potatoes are fully cooked and golden brown, transfer them to a plate with a paper towel to absorb the excess oil.

Sausage

1/2 pkg. ground sausage

1. Preheat a large skillet on high heat.
2. Add the sausage to the frying pan and crumble while cooking.
3. Cook thoroughly until no longer pink. Drain any excess grease into a grease can and set sausage aside.
 *The sausage (after it is cooked) can also be mixed in with the scrambled eggs if desired.

Green Pepper

1/4 green pepper

1. Remove the seeds from green pepper and carefully cut it into small bit-sized pieces. Set aside.
 *The green pepper pieces can also be mixed in with the scrambled eggs if desired.

Assembling the Breakfast Burritos

Warm the tortillas in the microwave for 30 seconds to a minute. When they are warm, evenly distribute the scrambled eggs, potatoes, peppers, sausage and cheese. Top with salsa, hot sauce or ketchup if desired. Wrap ingredients tightly into a burrito and enjoy.