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# **Family and Consumer Sciences**

## **RECIPE LAB BOOK**

**By Utah FACS Teachers  
1998**

# **FAMILY AND CONSUMER SCIENCES**

## **Resource Guide RECIPE LAB BOOK**

### **ACKNOWLEDGMENTS**

This recipe lab book was made possible through the cooperative efforts of  
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# **Family and Consumer Sciences**

## **Recipe Lab Book**

### **Section One**

**By UTAH FACS TEACHERS  
November 1998**

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# Chapter 1

## Appetizers, Beverages, Dips



# Cheese Ball

---

- 16 ounces cream cheese
- 1/4 cup green bell pepper, finely chopped
- 1 8 oz. can crushed pineapple, drained
- 1 tablespoon savory salt
- 2 cups walnuts, chopped

## *Instructions*

Reserve 1 cup of nuts. Blend together ingredients. Form into a ball and roll in reserved cup of nuts. Refrigerate

## *Recipe Notes*

Gail Ferrin, Woods Cross High High School  
Food Service/Culinary Arts

## Dip - Caramel For Apples- Microwave

---

- 1 can sweetened condensed milk
- 1 cup butterscotch chips
- 1/4 teaspoon salt
- 2 teaspoons white vinegar
- 1 teaspoon cinnamon

### *Instructions*

Microwave on HIGH for 3 to 3/12 minutes the sweetened condensed milk, chips and salt.

Stir until blended then add the vinegar and cinnamon.

Serve with apples slices.

### *Recipe Notes*

Elaine Miller, Evergreen Junior High  
TLC

## Dip - Fancy Fruit

---

- 8 ounces cream cheese
- 10 ounces marshmallow cream topping
- 1 tablespoon orange juice
- 1 teaspoon orange peel, grated

### *Instructions*

Soften cream cheese in MICROWAVE oven on low for 20 seconds if it hasn't been left at room temperature. Stir in marshmallow cream. Add orange juice and peel. Chill and serve with fresh fruit.

### *Recipe Notes*

Elaine Miller, Evergreen Junior High  
TLC

## Dip - Hot Mexican

---

- 1 cup refried beans
- 1 pound ground beef
- 1 small onion, chopped
- 1/4 cup green chilies, chopped
- 1 cup cheddar cheese, grated
- 3/4 cup picante sauce
- 1/4 cup olive, chopped

### *Instructions*

Brown ground beef and onion together, drain

In a medium casserole dish layer  
refried beans  
ground beef/onion  
green chiles  
cheddar cheese  
picante sauce  
olives

Bake for 20 minutes at 350 degrees

Top with sour cream and serve with Doritos

Can be microwaved for 8 minutes instead of baking.

### *Recipe Notes*

Source: Jane W. Hatch, Rich High School  
Food for Life

## Dip - Hot Spinach

---

- 8 ounces cream cheese
- 1/4 cup mayonnaise
- 1/2 cup spinach, chopped
- 1/2 cup broccoli, chopped
- 2 tablespoons green onions, chopped
- 1/2 teaspoon basil
- 1/2 teaspoon garlic
- 1/2 cup parmesan cheese
- 1 cup monterey jack, shredded

### *Instructions*

Squeeze water out of frozen, chopped spinach.

Mix all ingredients together and put in oven-proof dish.

Bake 20-30 minutes until warm through and bubbly.

Serve with tortilla chips, sour cream and salsa.

### *Recipe Notes*

Source: Becky Cox, Lone Peak High School  
Food Service



## Dip - Mexican Layered

---

- 1/3 can refried beans
- 1/4 cup sour cream
- 1/2 avocado, diced
- 1/3 2 oz. can black olives, sliced
  - 1 small tomato, chopped
- 1/2 cup salsa
- 3/4 cup cheese
  - 2 tablespoons onions, chopped

### *Instructions*

In a small round casserole dish, layer the following ingredients in this order: refried beans, sour cream, avocado (1/4 cup guacamole or avocado dip could be substituted for avocado), onion, olives, tomato, salsa and grated cheese.

Serve with chips.

Note: Refried beans, onions and cheese could be placed in casserole dish and microwaved for 1 minute. Cold ingredients should be layered on top after first 3 ingredients have been microwaved.

### *Recipe Notes*

Source: Diane R. Anderson, East Food and Fitness

## Dip - Orange Fruit

---

- 1 egg, beaten
- 1/2 cup sugar
- 1 tablespoon orange peel, grated fine
- 1 tablespoon lemon juice
- 1 cup whipping cream

### *Instructions*

Heat for 5 minutes in a saucepan all ingredients but the whipping cream. Cool  
Beat the whipping cream to soft peaks. Fold cooled mixture into whipped cream. Dip  
fruit for a treat use mandarin oranges, oranges, bananas, apples, pears or fruit of  
your choice.

### *Recipe Notes*

Source: Laurie Giauque, Olympus High School  
Food and Fitness, Food and Science

## Dip - Seven Layer

---

- 1 8 oz. can refried beans
- 2 avocados
- 2 teaspoons lemon juice
- 3 drops Tabasco sauce
- 1/2 package taco seasoning
- 2 cups sour cream
- 1/2 cup cheese, grated
- 2 tomatoes, chopped
- 1/2 bunch green onion, sliced
- 1/2 can olives, sliced
- 1 package corn chip, 1 lb.

### *Instructions*

Peel and mash avocados. Sprinkle with lemon juice to prevent browning.

Add tabasco sauce for flavor. Combine taco seasoning with sour cream.

Spread refried beans evenly on a pizza pan.

Layer remaining ingredients as follows:

avocado  
sour cream  
cheese  
tomatoes  
green onions  
olives

Arrange chips around the dip and serve.

### *Recipe Notes*

Source: Connie Wyckoff, Northwest Middle School

## Dip - Spicy Broccoli

---

- 1 package broccoli, frozen, chopped, 10 oz.
- 1 jar processed cheese, 8 oz.
- 1 can cream of mushroom soup
- 1 teaspoon onion, instant minced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon hot pepper sauce

### *Instructions*

Place broccoli in a 1 quart casserole dish.

Cook, covered, on full power in the microwave for 5-7 minutes or until tender. Stir halfway through cooking time to break apart. Drain.

Stir in remaining ingredients.

Heat, covered on full power for 3 - 5 minutes or until heated through. Stir halfway through heating time.

Serve with crackers.

### *Recipe Notes*

Source: Connie Wycoff, Northwest Middle School

# Dip For Fruit

---

- 1 cup cool whip
- 8 ounces yogurt

## *Instructions*

Mix together yogurt (strawberry or any other flavor desired) with cool whip in a small mixing bowl, eat immediately or chill.

Crushed peppermint candy can be added to cool whip instead of yogurt for an easy peppermint dip.

## *Recipe Notes*

Elaine Miller, Evergreen Junior High  
TLC

# Fat Free Peach Milkshake

---

- 3 cups milk, skim
- 3 tablespoons sugar
- 1 1/2 teaspoons vanilla extract
- 7 peaches, frozen and quarters

## *Instructions*

Put everything into a blender and blend on high 1-2 minutes.

## *Recipe Notes*

Source: Lora Thompson, Centennial Middle School  
TLC

# Frosty Citrus Punch

---

- 2 cans limeade/lemonade, concentrate, 12 oz.
- 6 cups water, cold
- 6 cups lemon-lime soda, chilled (24 oz)
- 1 pint lemon or lime sherbet, softened

## *Instructions*

Mix limeade or lemonade concentrate and water, refrigerate until chilled.  
Just before serving, stir in soda.  
Pour into small punch bowl.  
Float scoops of sherbert on top.

## *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School  
Food and Fitness, Food for Life, Food and Science

# Fruit And Juice Shake

---

1 banana, peeled  
3/4 cup pineapple juice  
1/2 cup lowfat vanilla yogurt  
1/2 cup strawberries, stems removed

## *Instructions*

Place all ingredients in blender. Cover, blend until smooth. Serve immediately.  
Serves 2-3

## *Recipe Notes*

Source: Cathryn Davies, TH Bell Junior High School  
TLC



# Fruit Julius

---

- 1 cup milk
- 1 cup water
- 1/4 cup sugar
- 8 ice cubes
- 1 6 oz. can frozen juice

## *Instructions*

Combine ingredients in a blender and blend until a smooth, frothy mixture.

## *Recipe Notes*

Source: Cindy Gulbranson, Roy High School  
Food and Fitness

## Gourmet Fruit Slush

---

- 1/2 package strawberries, frozen, thawed
- 1 bunch grape, cut the grapes in half
- 1 can pineapple, crushed, include juice
- 1 cup blueberries, fresh
- 2 cups water
- 1 cup sugar
- 1/2 cup lemon juice
- 1 liter lemon lime soda

### *Instructions*

Mix all the ingredients together. Pour into 9 x 12 cake pan and cover it with foil. Freeze until it is solid.

Next day partially thaw the fruit mixture and mash it using a potato masher.

Put about 1/2 cup of the mashed fruit mixture in a 6 oz. cup and pour the lemon-lime soda over the fruit mixture.

### *Recipe Notes*

Source: Brighton High School

# Honey Butter

---

1 cup butter  
1 1/4 cups honey  
1 egg yolk

## *Instructions*

Beat together 10 minutes with electric mixer.  
Store in covered container in refrigerator.  
Will keep several weeks.

## *Recipe Notes*

Source: Barbara Harrison, Copper Hills  
Food and Fitness, Food Service/Culinary Arts

# Hot Cocoa Mix

---

- 2 1/2 cups milk, dry
- 1/2 cup cocoa, sweetened
- 1 1/2 cups sugar
- 1 cup nondairy creamer, dry

## *Instructions*

Combine all ingredients and mix well. Store in a covered container.  
To make cocoa, use 1/3 cup mixture for every cup of boiling water.

## *Recipe Notes*

Source: Laurie Giaouque, Olympus High School  
Food for Fitness, Food and Science

# Lemon Grape Cooler

---

- 2 cups water
- 16 ounces lemonade, frozen
- 1 1/2 cups white grape juice
- 1/4 cup honey
- 12 ounces lemon lime soda
- 12 each ice cubes

## *Instructions*

In a punch bowl combine water and lemonade concentrate, stir in white grape juice, lemon juice and honey. Slowly pour in carbonated beverage. Stir gently to mix. Float ice ring in punch bowl or serve over ice.

## *Recipe Notes*

Source: Brighton High School

# Lime Frappe

---

- 2/3 quart lime sherbet
- 2/3 quart vanilla ice cream
- 2 cups pineapple juice, unsweetened
- 2 cans lemon-lime soda

## *Instructions*

1. Combine lime sherbet, vanilla ice cream and pineapple juice together in a large bowl.
2. Mix with a pastry blender until well combined.
3. Spoon into glasses and add lemon-lime soda.

## *Recipe Notes*

Source: Vera Mock, Granite Park Jr.  
TLC, Food and Fitness

## Milk Drink - Breakfast In A Glass

---

- 1 cup milk
- 1 egg
- 1/2 each banana
- 1 teaspoon wheat germ, optional

### *Instructions*

Put all ingredients together and mix in a blender until the banana is pureed. You can substitute any kind of fruit.

### *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
Life Skills

# Milk Drinks

---

## *Instructions*

### Banana Milk Drink:

3/4 cup mashed, ripe banana

1/2 teaspoon vanilla

1/4 cup sugar

2 cup milk

Put all into a blender and mix until smooth. Add 1 cup vanilla ice cream. Beat again in blender until smooth.

### Cherry Pink Float:

1/2 cup sugar

2 1/2 cup milk

1/3 cup maraschino cherry juice

1/4 teaspoon almond extract

1 cup vanilla ice cream

Put into blender and mix until smooth. Put 4 scoops of vanilla ice cream into 4 tall glasses. Cover with the liquid. Top with maraschino cherry.

### Mint Cow:

1/2 cup chocolate syrup

1 cup vanilla ice cream

1/4 teaspoon mint extract

2 1/2 cup cold milk

Put into blender and mix until smooth. Put 4 scoops of vanilla ice cream into 4 tall glasses. Cover with mixture.

### Strawberry Mlst:

Put into a large bowl, 1 box frozen strawberries, 2 cups vanilla ice cream and 1 1/2 cup milk, blend. Scoop of vanilla ice cream for each glass. Add strawberry mixture.

### Purple Cow:

2 cups milk

1-6oz can grape or other frozen fruit juice

1 cup vanilla ice cream.

Beat ingredients with an electric beater until frothy. Put 4 scoops of vanilla ice cream into 4 tall glasses. Add mixture.

## *Recipe Notes*

Source: Margie Kunz, Freemont

Food and Fitness



# Orange Julius

---

- 1 6 oz. can orange juice concentrate
- 1 tablespoon sugar, to 1/3 cup
- 1 cup milk, cold, to 1 1/2 cups
- 1/2 teaspoon vanilla extract, to 1 teaspoon
- 6 ice cubes, or more

## *Instructions*

Place all ingredients in a blender. Make sure blender is put together correctly.

Fill blender with water just to the top line marked on blender container.

Cover blender. Turn to high power.

Blend for 20 seconds, or just until ice is in small chunks, but not melted.

Serve immediately.

TIP: This recipe can be made with any frozen fruit concentrate such as raspberry or strawberry. Add fresh bananas for an extra flavorful drink.

## *Recipe Notes*

# Orange Soda

---

- 1 cup orange sherbet, or 2 cups
- 1 cup gingerale

## *Instructions*

Add a large spoonful of sherbet to a chilled 16 oz glass. Fill half of the glass with chilled beverage; stir gently to mix. Add remaining sherbet to mixture. Fill with remaining chilled beverage.

## *Recipe Notes*

Source: Brighton High School

# Power Bars

---

- 1 cup oatmeal, or 6 grain mixture
- 2 tablespoons orange juice, or other fruit juice
- 1 tablespoon canola oil
- 2 tablespoons coconuts
- 2 tablespoons nuts
- 2 tablespoons raisins
- 2 tablespoons dried fruits
- 2 tablespoons sunflower seeds
- 2 tablespoons chocolate chips
- 2 tablespoons flour, white
- 1 teaspoon vanilla extract
- 1/8 teaspoon cinnamon

## *Instructions*

Mix the oatmeal or 6 grain mixture with the fruit juice and canola oil in a mixer until still crumbly.

Place in a blender coconuts, nuts, raisings, dried fruits, sunflower seeds and chocolate chips. These ingredients may vary. Add or delete whatever you would like. The total mxiture should be 1/2 - 1 cup.

Add the flour, vanilla and cinnamon

Pulse the mixture a few seconds until it is in small chuncks.

Mix all ingredients together in a mixing bowl. Add a little more juice until the mxture presses together with your hands.

Portion our about 2 T. into a sandwich baggie. Shape into bars and seal up. Store in freezer.

## *Recipe Notes*

Source: Sue Schumacher, Pleasant Grove High

# Salsa

---

- 1 quart canned tomatoes
- 2 tomatoes, chopped
- 1 small onion, chopped
- 1 4 oz. can green chilies, chopped
- 1/2 4 oz. can jalapeno pepper, chopped
- 1 teaspoon garlic salt
- 1/2 teaspoon red chili pepper, crushed
- 1/2 teaspoon salt

## *Instructions*

Drain and slightly blend to chop up tomatoes. Mix all to taste.  
More of anything can be added.  
Cilantro can also be added.

## *Recipe Notes*

Source: Becky Cox, Lone Peak High School  
Food Service Classes

# Salsa And Chips

---

- 6 tortillas, flour or corn
- 2 tablespoons vegetable oil
- 1/2 cup tomato sauce
- 2 green onions, chopped fine
- 1 tablespoon green chilies, chopped
- 1/2 green peppers, chopped
- 1 tablespoon vinegar
- 1 quart tomato

## *Instructions*

For chips:

Preheat oven to 350 degrees. Using a pastry brush, lightly brush one side of each tortilla. Stack the tortillas into two even piles. Cut each pile into 8ths. Separate tortillas and place them oiled sided up on a lightly greased cookie sheet. Bake in oven for 10 minutes. Remove from oven and cool.

For Salsa:

Chop up the tomatoes. Combine with the rest of the ingredients in a bowl.

Serve with the chips.

## *Recipe Notes*

Source: Nancy Fidler, West Lake Junior High School  
TLC, Food and Fitness

# Smoothie

---

1/4 cup blueberries, frozen  
1/2 cup peach slice, frozen  
1/2 banana  
1/4 cup pineapple  
5 strawberries

## *Instructions*

Choose two from the fruits listed above.  
Whirl in a blender until smooth.

To these blended fruits add the following:

1/2 cup of low fat or nonfat plain or vanilla yogurt  
1/2 cup of orange juice  
1/2 teaspoon vanilla  
1 tablespoon of honey or 2 tablespoons sugar  
1 cup of ice (you might want to add more)

Do each shake individually.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Strawberry Banana Smoothie

---

- 2 cups orange juice
- 1 cup milk
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 1/2 package strawberries, frozen
- 1/2 banana

## *Instructions*

Make the smoothie by adding all the ingredients except for the strawberries into the blender. Blend a few seconds.

Add the frozen strawberries to the blender a few at a time and blend.

Pour the drink into glasses.

## *Recipe Notes*

Source: Elizabeth Davis Evans, Sunset Junior High School  
TLC

# Strawberry Frosty

---

- 1/2 package strawberries, frozen
- 1 1/2 cups milk
- 8 ounces yogurt
- 3 tablespoons powdered sugar
- 4 ice cubes

## *Instructions*

Combine fruit, milk, yogurt and sugar.

Cover and blend until smooth.

With blender running, add ice cubes one at a time through opening in lid.

Blend till smooth.

## *Recipe Notes*

Source: Mary Christensen, Cedar High School  
Food and Fitness



# Strawberry Margaritas

---

- 1 cup strawberries, frozen
- 1 can lemonade, 16 oz.
- 1 lime
- 1/4 cup sugar
- 2 cups water

## *Instructions*

Extract the juice from one lime and blend ingredients until smooth, along with desired amount of ice.

## *Recipe Notes*

Source: Becky Cox, Lone Peak High School  
Food Service Classes

# Wassail

---

- 1 gallon apple cider
- 2 teaspoons allspice, whole
- 2 cinnamon sticks
- 2/3 cup sugar
- 2 teaspoons cloves, whole
- 2 oranges, studded with cloves

## *Instructions*

Heat all ingredients except oranges, to boiling in Dutch oven; reduce heat. Cover and simmer 20 minutes, strain. Pour into small punch bowl. Float oranges in bowl. Serve hot.

## *Recipe Notes*

Source: Marcie Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School  
Food and Fitness, Food for Life, Food and Science

# Yogurt Berry Shakes

---

- 1 cup strawberries, fresh or frozen
- 1 cup orange juice
- 1/3 cup dry milk
- 1/2 cup yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla cream pie
- 1 medium banana, sliced
- 1/2 cup ice cube, (optional)

## *Instructions*

Place all ingredients in blender and cover. Blend at high speed for 30 seconds or until smooth and creamy.

## *Recipe Notes*

Source: Lee Ann Bitner, Alta High  
Food and Fitness or Advanced Foods

# Chapter 2

## Bread - Quick



# Ableskivers

---

- 1 cup buttermilk
- 2 eggs
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup flour
- 1 tablespoon sugar
- 1/2 teaspoon baking soda

## *Instructions*

Separate eggs. Beat egg whites until stiff. Mix in buttermilk, egg yolks and dry ingredients.

Spray muffin pan with cooking spray; heat to medium.

Fill cups 1/2 full.

When batter starts to bubble, turn with a fork.

When Ableskiver is crisp on the outside, it should be done in the middle.

Dip Ableskiver in syrup, jam or powdered sugar.

## *Recipe Notes*

Source: Tricia Broadbent, South Jordan Middle  
8th Grade Life Skills, Food and Fitness

# Autumn Breakfast Bread

---

- 1/2 cup margarine
- 1/2 cup sugar
- 1 egg
- 2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2/3 cup milk
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon margarine, melted

## *Instructions*

Combine the 2 cups flour, baking powder and salt in a small bowl. In a larger bowl, blend margarine and sugar together until fluffy. Add egg to the margarine/sugar mixture and mix well. Stir the milk into the creamed ingredients, alternating with dry ingredients. Beat until smooth. Spread into a 9 x 9-inch cake pan. Sprinkle evenly with the topping made of brown sugar, cinnamon and melted margarine. Bake 20-25 minutes at 350 degrees. Cool on wire rack.

## *Recipe Notes*

Source: Vivien Brown, Lehi High  
Food and Fitness

# Banana Bread

---

- 1 cup sugar
- 1/2 cup shortening
- 2 each eggs
- 1 teaspoon vanilla extract
- 3 each bananas, ripe, mashed
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 3/4 cup walnuts, chopped, optional

## *Instructions*

Cream sugar and shortening. Add eggs and beat until fluffy. Add vanilla and blend in. Sift together dry ingredients. Add alternately with mashed bananas, beginning with the flour. Add nuts.

Grease baking loaf pan or spray with non-stick spray.

Bake at 350 degrees for 25-30 minutes and then at 325 for about 20 minutes - until a toothpick comes out clean.

Makes 1 large loaf or 6-7 small size (4 1/2 x 2 2 1/2 x 1 1/2 inches)

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food and Fitness

# Banana Bread - Quick

---

- 1 1/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup sugar
- 1 egg
- 1 banana, mashed
- 1/4 cup milk
- 2 tablespoons vegetable oil

## *Instructions*

Preheat oven to 400 degrees.

Grease four mini bread pans on the bottom only.

Mix the flour, baking powder, salt and sugar together by stirring.

Beat the egg in another bowl and add the milk, oil and banana.

Pour the liquids all at once into the middle of the dry ingredients.

Stir only until the flour is moistened. Batter should look lumpy.

Spoon batter 2/3 full into the bread pans.

Bake until golden brown, about 15 minutes.

## *Recipe Notes*

Source: Kamie Myers, Mt. Logan Middle



## Biscuits - Apple Breakfast

---

- 2 cups biscuit mix
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 small apple, minced
- 1/2 cup milk
- 1/2 cup powdered sugar
- 2 teaspoons milk

### *Instructions*

Preheat oven to 450 degrees.

Measure the biscuit mix, sugar, cinnamon, and nutmeg into a medium mixing bowl.

Remove skin from apple, core and mince.

Add the minced apple into mixing bowl.

Stir ingredients well.

Pour milk into mixture and stir with a wooden spoon till dry ingredients are wet.

Drop biscuit on a greased cookie sheet into 12 even humps.

Bake 10 minutes or till the biscuits are golden brown.

Combine powdered sugar and 2 teaspoon of milk. Drizzle over cooled biscuits.

### *Recipe Notes*

Source: Karrie Myers, Mount Logan Middle School  
Life Skills

## Biscuits - Barbecue

---

- 1 package biscuit, canned
- 1/4 pound ground beef
- 1/8 cup barbecue sauce
- 1 teaspoon onion, minced
- 2 teaspoons brown sugar
- 1/4 cup cheddar cheese, shredded

### *Instructions*

Heat oven to 400 degrees.

Brown beef in a frying pan. Drain grease into a can/cup. (Do not put down the drain).

Stir in barbecue sauce, minced onion and brown sugar.

Cook for 1 minute to blend flavors, stirring constantly.

Press 2 biscuits into greased muffin tins. Makes 5.

Spoon 1 large spoonful of meat mixture onto each biscuit. Sprinkle with cheese.

Bake for 10 minutes

OR

Place 1 biscuit in the muffin tin, spoon meat mixture on top, sprinkle with cheese, place the other biscuit on top.

### *Recipe Notes*

Source: Anita Jolley, Cedar Middle School  
8th Grade Life Skills

# Biscuits - Buttermilk

---

- 1 3/4 cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1/2 teaspoon baking soda
- 1/4 cup lard, or 5 T butter
- 2/3 cup buttermilk, up to 3/4 cup

## *Instructions*

Combine first five ingredients, cut in lard (or butter)

Add buttermilk

After lightly mixing, turn the dough onto a floured board

Knead it lightly for 1/2 minute

Pat the dough to the thickness of 1/2 inch

Cut with a biscuit cutter

Bake for 10-20 in 375 degree oven

Serve with pan gravy  
(See Pan Gravy recipe)

## *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness

# Biscuits - Cloud

---

- 1 1/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons sugar
- 1/3 cup shortening
- 1 small egg
- 1/4 cup milk

## *Instructions*

Sift dry ingredients together in a large mixing bowl.

Cut in shortening with a pastry blender until mixture is crumbly.

Combine milk and egg together.

Add the liquids and stir with a fork until all the flour is mixed in.

~~K~~nead on floured surface about ten times.

Roll out to 1/2 inch thickness and cut with a biscuit cutter and place on an ungreased cookie sheet.

Bake at 425 degrees for 8-10 minutes.

Serve with jam or jelly, or add a slice of ham and some cheese for a McMuffin type biscuit, or use on top of stew.

## *Recipe Notes*

Source: Box Elder Middle School

## Biscuits - Hardee's

---

- 3 1/2 cups flour
- 1/2 teaspoon salt
- 1 1/2 tablespoons baking powder
- 1/2 cup shortening, + 1 Tablespoon
- 1 3/4 cups buttermilk, adjust for consistency

### *Instructions*

When measuring the flour, tap the sides to pack the cup. Place the flour, baking powder, salt and shortening in a plastic bowl with a lid and seal tightly.

Shake up and down for 1 1/2 minutes and then burp the bowl. Do this twice. Add about 1/3 of the buttermilk and seal and bowl and shake in a circular motion. Repeat two more times until all the buttermilk is added.

Now open the bowl, you should have a ball of dough. If it is a little sticky dust with flour. Roll out 1/2 inch thick and cut out. DO NOT KNEAD. Bake 10-12 minutes. Brush with butter.

### *Recipe Notes*

Source: Chris Carrigan, Morgan High School

## Biscuits - Parmesan Refrigerator

---

- 1 can refrigerator biscuits
- 1/2 cup margarine, melted
- 1/2 cup parmesan cheese

### *Instructions*

Cut or tear each biscuit into three pieces, roll each piece into a ball. Dip the balls into the melted margarine then roll in the parmesan cheese. Place three balls together in each section of a well greased muffin tin.

Bake at 400 degrees for 8-10 minutes or until golden brown.

### *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High  
Food for Life

## Biscuits - Pull Apart - Microwave

---

- 1 can refrigerator biscuits
- 1/3 cup brown sugar
- 2 tablespoons butter
- 1 tablespoon water

### *Instructions*

In a round microwave dish, mix together the sugar, butter and water; cook 1 minute on high in the microwave. Add cut up biscuits and microwave 3 more minutes on high. Turn upside down on a plate and serve.

### *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High  
Food for Life

# Biscuits - Supreme

---

- 1 cup flour, sifted
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1/4 cup shortening
- 1/3 cup milk

## *Instructions*

Sift dry ingredients into bowl. Cut in the shortening until mixture resembles coarse crumbs. Make a well in mixture; add milk all at once. Stir quickly with fork just until dough follows fork around bowl. Turn onto lightly floured surface. (Dough should be soft). Knead gently 10 to 12 strokes. Roll or pat dough 1/2-inch thick. Dip 2 1/2-inch biscuit cutter in flour; cut dough straight down. Bake on ungreased baking sheet in very hot oven, 450 degrees, for 10 to 12 minutes. Makes about 8 medium biscuits.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills



# Breakfast Puff Balls

---

2 cups flour  
2 teaspoons baking powder  
1 teaspoon salt  
1/2 teaspoon nutmeg  
1/2 cup sugar  
1 cup milk  
2 eggs, unbeaten

## *Instructions*

Sift together dry ingredients.  
Stir in milk and eggs.  
Beat all together until very light.  
Fry scant tablespoonfuls in deep fat.  
Roll in sugar and serve while warm.

\*\*For best results, the batter should be stiff enough to hold the spoon upright and enough flour should be added to gain this result.

## *Recipe Notes*

Source: Chris Moore, Eisenhower Junior High School  
8th Grade Life Skills, 9th Grade Food & Fitness

# Breakfast Pull A Parts

---

- 2 tablespoons margarine
- 1/3 cup brown sugar
- 1 tablespoon orange juice concentrate
- 1 teaspoon lemon juice
- 1/4 teaspoon cinnamon
- 1 package refrigerator rolls

## *Instructions*

Set oven to 400 degrees. Put margarine in round cake pan and place in the oven; melt.

Put brown sugar, orange juice, lemon juice and cinnamon in melted margarine and stir together. Spread over the bottom of pan evenly. (This makes the topping for the rolls.)

Place 1 package of refrigerator rolls that have been cut into thirds on the topping in the pan.

Bake at 400 degrees for 20 minutes.

Let cool for 1 minute and then invert the rolls onto a serving dish.

## *Recipe Notes*

Source: Susan Patten, Lehi Junior High  
TLC

# Breakfast Ring

---

- 3 tablespoons butter
- 1/4 cup brown sugar
- 8 maraschino cherries, halved
- 8 pecans, halved
- 4 tablespoons butter
- 1/4 cup sugar
- 1 teaspoon cinnamon
- 1 can refrigerator biscuits

## *Instructions*

Preheat oven to 425 degrees.

Melt 3 Tbsp. butter in 9" round cake pan. Sprinkle 1/4 cup brown sugar over butter. Arrange cherries and pecans on sugar. Melt 4 Tbsp. butter in a small pan. Mix 1/4 cup sugar and cinnamon in small bowl. Dip each biscuit in butter then in the sugar mixture. Arrange biscuits in the pan.

Bake for 12-15 minutes or until golden brown on top.

## *Recipe Notes*

Source: Judith Rachford, Hillcrest Jr. High  
Food and Fitness

## Breakfast Rolls - Vanishing

---

- 8 biscuits, refrigerator
- 1 tablespoon margarine
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 4 large marshmallows, cut in half

### *Instructions*

Preheat oven to 375 degrees

Melt margarine in microwave for 20 seconds

Mix cinnamon and sugar

Cut marshmallows in half and roll in melted butter and cinnamon sugar mixture.

Pat each biscuit flat

Wrap the marshmallows in the biscuit. Seal the edges of the biscuits.

Do not get sugar on edges of biscuit or it will not seal.

Place biscuits on greased baking sheet

Bake 11-13 minutes or until lightly browned

### *Recipe Notes*

Source: Chris Carrigan, Morgan high School

Food and Fitness

# Butter Dips

---

- 1/4 cup butter
- 1 1/4 cups flour
- 2 teaspoons sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2/3 cup milk

## *Instructions*

Preheat oven to 450 degrees. Melt butter in the oven in a square baking pan. Do not burn! Remove pan from oven.

Measure flour, sugar, baking powder, and salt into bowl. Add milk and stir with a fork just until the dough forms a ball, about 30 strokes.

Turn the dough onto a well-floured board. Roll dough around several times to coat with flour. Knead lightly about 10 times and roll into an 8-inch square. With a floured knife, cut the dough in half, then cut each half into 9 strips.

Dip each strip into the melted butter, coating both sides. Arrange the strips close together in 2 rows in the pan. Sprinkle with garlic powder, garlic salt, and/or parmesan cheese before baking, if desired.

Bake 10-15 minutes or until golden brown. Serve hot.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Chewy Bread

---

- 2 cups brown sugar
- 1 stick butter, melted
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups flour
- 1 cup nuts, chopped, optional

## *Instructions*

Cream brown sugar and melted butter.  
Add eggs, one at a time beating well after each.  
Add flour and vanilla, mix well, fold in nuts.

Bake at 350 degrees for 25 minutes in a greased 9 x 13 pan.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School  
Food and Fitness, Food and Science

## Coffee Cake - Cranberry Nut

---

- 1/4 cup brown sugar, packed
- 1/2 cup walnuts, chopped
- 1/4 teaspoon cinnamon
- 2 cups Bisquick
- 2 tablespoons sugar
- 1 egg
- 2/3 cup water
- 2/3 cup whole cranberry sauce

### *Instructions*

Heat oven to 400. Grease square pan, 9x9x2 inches. Mix brown sugar, walnuts and cinnamon. Combine baking mix, granulated sugar, egg and water; beat vigorously 1-2 minutes. Spread in pan; sprinkle with nut mixture. Spoon cranberry sauce over top. Bake 20 to 25 minutes. While warm, spread with icing.

### ICING:

Blend 1 cup powdered sugar, 1/2 teaspoon vanilla and about 1 tablespoon water.

### *Recipe Notes*

Gail Ferrin, Woods Cross High School  
Food and Fitness

## Coffee Cake - Quick

---

- 1 cup flour, sifted
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup brown sugar, packed
- 1 egg
- 1/2 cup milk
- 3 tablespoons vegetable oil
- 1 teaspoon lemon peel
- 1 teaspoon orange peel

### *Instructions*

Preheat oven to 375 degrees.

Sift together flour, baking powder, salt and brown sugar. Add egg, milk, oil and lemon and orange peel. Mix until smooth.

Spread dough evenly into a 9-inch oiled pie pan, using a rubber spatula.

Cover with topping and bake for 25 minutes.

### TOPPING:

Mix together 1/2 cup brown sugar, 1 1/2 teaspoons cinnamon and 1/2 cup quick oats.

Cut 1/4 cup butter into the dry mixture until crumbly.

### *Recipe Notes*

Source: Chris Judd, Layton High School  
Food for Life



# Corn Bread - Buttermilk

---

- 2 sticks margarine
- 1 1/3 cups sugar
- 2 cups buttermilk
- 4 eggs
- 1 teaspoon salt
- 1 1/4 cups cornmeal
- 2 3/4 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda

## *Instructions*

Mix the first five ingredients together

Then add the remaining ingredients

Mix on medium speed of mixer until smooth

Put in a well greased and floured 13x9 inch pan. If you cut the recipe in half, bake in a 8 x 8 inch pan.

Bake at 375 for 30-35 minutes

## *Recipe Notes*

Source: Barbara Bushnell, Bountiful Jr. High  
Food and Fitness

# Corn Bread - Great

---

- 1 1/4 cups flour
- 3/4 cup corn meal
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk, skim
- 1/4 cup vegetable oil
- 2 egg whites or 1 egg, beaten

## *Instructions*

Heat oven to 400 degrees. Grease an 8 or 9-inch pan. Combine dry ingredients.

Stir in milk, oil and egg, mixing just until dry ingredients are moistened. Pour batter into prepared pan.

Bake for 20-25 minutes or until light golden brown and toothpick inserted in center comes out clean. Serve warm.

## *Recipe Notes*

Source: Aimee Beck, Gerry Fairbanks, Bingham High  
Food Service/Culinary Arts, Food and Fitness, Food for Life

## Corn Bread - Microwave

---

- 1/4 cup margarine
- 1/4 cup sugar
- 2 eggs
- 1 cup buttermilk
- 1 cup flour
- 2/3 cup yellow cornmeal, enriched
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt

### *Instructions*

Soften margarine or butter in large microwave safe bowl. Add sugar and eggs. Blend in buttermilk. Mix in dry ingredients. Microwave on HIGH for 6-7 minutes. Test for doneness with a toothpick.

### *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Foods and Fitness

## Corn Bread - Sweet

---

- 1 cup prepared yellow cake mix batter
- 1/2 cup yellow cornmeal, enriched
- 1/2 cup flour
- 1 tablespoon sugar, plus 1 tsp.
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons margarine, soft
- 1/2 cup milk
- 2 tablespoons eggs

### *Instructions*

Prepare cake mix according to directions. Set aside.

Combine cornmeal, flour, sugar, baking powder and salt in a bowl; mix well. Cut in margarine until well blended.

Beat egg and milk together. Add dry ingredients and blend slightly.

Add the 1 cup cake batter to cornbread mixture. Blend thoroughly. (Use the remaining cake batter for cupcakes, etc.)

Pour mixture into greased square pan. Bake at 375 for 20-25 minutes.

### *Recipe Notes*

## Corn Bread - With Buttermilk

---

- 3/4 cup yellow cornmeal, enriched
- 1 cup flour
- 1/4 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 egg
- 1/4 cup vegetable oil
- 1 cup buttermilk

### *Instructions*

In a mixing bowl, mix dry ingredients together.

Make a well in the middle, mix and add liquids.

Stir just until blended.

DO NOT OVER-MIX

Grease 8X8 pan. Bake 425 degree for 20-25 minutes.

### *Recipe Notes*

Source: Mardene Fernandez, Orem Junior High School  
Food Service/Culinary Arts, Food & Fitness, Food & Science

## Corn Bread - With Cake Mix

---

- 1 corn muffin mix
- 1 yellow cake mix
- 1 cup milk
- 2 eggs

### *Instructions*

Combine corn muffin mix and yellow cake mix in bowl. Add milk and eggs. Blend all ingredients 1-2 minutes with beater at medium speed. Batter may be slightly lumpy. Pour into a greased 9 1/2 x 11-inch pan. Let rest 3-4 minutes before placing in a 350 degree oven for 20-25 minutes. Serve with honey or honey butter.

### *Recipe Notes*

Source: LaDonna D. Davis, North Layton Junior High  
Food and Fitness

# Cottage Cake

---

1 1/2 cups flour  
1 cup sugar  
1/3 cup peanut butter  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 egg  
1/4 cup butter, softened  
2/3 cup milk  
1/2 teaspoon vanilla extract

## *Instructions*

Preheat oven to 375 degrees. Grease a 9-inch round baking pan.

Mix together 1/4 cup flour, 1/2 cup sugar and peanut butter with a fork until crumbly.

Measure 1 1/4 cups flour, 1/2 cup sugar, baking powder and salt into a bowl and stir together. Add egg, butter, milk and vanilla. Beat with an electric mixer for 2 minutes.

Pour batter into pan. Sprinkle peanut butter topping over the batter. Bake 25 minutes or until done, testing with a toothpick.

Can substitute a cake mix and then add the topping.

## *Recipe Notes*

Source: Jane Webecke, Davis Young Parents  
8th Grade Life Skills

# Crepes

---

- 3/4 cup flour
- 1 1/2 teaspoons sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup milk
- 1 egg
- 1/4 teaspoon vanilla extract

## *Instructions*

In a small bowl, combine flour, sugar, baking powder and salt.

In a blender mix together milk, egg, and vanilla.

Pour dry ingredients into blender with liquid, blend until smooth.

For each crepe, put small amount of butter in skillet. Heat over medium heat until butter is bubbly.

Pour about 1/4 cup of batter into skillet and rotate pan until batter covers bottom.

Cook until the top seems dry and the bottom just begins to brown.

Slide spatula under crepe and turn with a quick flip. Brown the other side lightly.

Remove to plate, while still warm spread with chosen filling.

Roll up, sprinkle with confectioner's sugar. add a spoonful of whipped cream to top, if desired.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School



# French Toast

---

- 2 eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 tablespoons butter or margarine
- 4 slices bread

## *Instructions*

Beat the eggs, milk, salt and nutmeg together with a fork in a small bowl.

Melt the butter or margarine in a skillet until it sizzles.

Pour the egg mixture into a shallow dish large enough for you to lay the bread flat, one slice at a time.

Put a slice of bread into the egg mixture, and gently turn it to cover both sides.

Place the bread gently into the hot skillet.

Turn the heat down to medium.

Cook until the bread turns light brown.

You can check by lifting up the edge of the bread with a turner.

Then turn the bread over, and cook the other side.

Coat the second slice of bread with the egg mixture, and cook it as you did the first piece.

Serve the french toast right away. Some people like to eat it with syrup, powdered sugar or jelly.

## *Recipe Notes*

Source Robin Gumbrecht, Sunset Junior High School;  
8th Grade Life Skills

# French Toast - Breakfast

---

- 2 eggs
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1/4 cup milk
- 6 slices white or whole-wheat bread

## *Instructions*

Break eggs into shallow dish. With fork, beat lightly; stir in salt, sugar and milk. Heat a little butter in skillet. Quickly dip bread slices, one at a time, into egg mixture; turn until just well coated. Brown at once on both sides.

Serve immediately with one of these:

Crisp bacon or fried ham

Buttered syrup, molasses, jelly, jam, marmalade, honey, maple syrup or applesauce

Confectioner's sugar and a sprinkling of lemon juice

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle

Food and Science, 8th Grade Life Skills

# Fried Bread

---

3 cups flour  
1 teaspoon salt  
1 1/2 teaspoons baking soda

## *Instructions*

Sift dry ingredients. Add water, mixing with hands until dough is stiff.

Add up to 1 cup more flour if needed. Be careful not to get the dough too stiff.

Heat oil in pan. Fry bread in hot oil.

## *Recipe Notes*

Elaine Miller, Evergreen Junior High  
8th Grade Life Skills, Food and Fitness

# Fry Bread

---

- 2 cups flour
- 1/4 teaspoon salt
- 1 tablespoon baking powder
- 1 tablespoon dry milk, optional

## *Instructions*

Preheat an cooking oil in an electric frying pan to 375 degrees.

While stirring the flour mixture, slowly add warm water until the mixture is the consistency of bread dough. (Add more flour if it is too sticky)

Divide the dough into 8-12 pieces. Using a rolling pin, roll each piece out until 1/4 " thick.

Carefully place the dough into the hot oil with tongs.

When dough is brown, flip and brown the other side. When both sides are brown remove the fry bread and place on paper towels to drain.

Serve with honey butter or syrup.

For tacos add chili, lettuce, cheese, tomatoes etc.

## *Recipe Notes*

Source: Shelly Percival, Union High  
Food for Life

# Fry Bread - For Tacos

---

3 3/4 cups milk  
9 cups flour, sifted  
4 1/2 teaspoons salt  
4 1/2 teaspoons baking powder  
6 tablespoons sugar

## *Instructions*

Mix gently until ingredients are combined, then knead dough with mixer for 5 minutes. (Note: dough should be elastic and soft in texture so that it is easy to roll out.)

Pinch off desired dough ball (for Indian tacos, pinch off a ball about 3-4 inches in diameter.)

Roll dough to 1/4 inch thickness on floured surface. Dust off extra flour.

Deep fat fry in 1 inch vegetable oil.  
Serve hot.

Top bread with hot refried beans, seasoned and browned ground beef, shredded lettuce, diced tomatoes, shredded cheese. Garnish with a couple slices purple onion, a few slices black olives. Top with sour cream and salsa.

## *Recipe Notes*

Source: Carol Spor, Dixie High School  
Food and Fitness, Food for Life, Food Service/Culinary Arts.

# Fry Bread - Great

---

- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups vegetable oil
- 1/3 cup warm water

## *Instructions*

1. Measure 2 cups oil and put into fry pan.
2. Plug in electric fry pan and turn to 375.
3. Measure and add flour, baking powder and salt into medium bowl. Stir together.
4. Measure and add warm water. Stir together until it forms a ball.
5. Roll into small balls of dough. Using a rolling pin, roll out each ball on a floured board until each ball is flat and thin.
6. Fry 1 or 2 at a time in hot oil until light brown, about 1 minute. Turn over with tongs to cook other side until brown, about 1 minute.
7. Remove from oil and drain on paper towel. Turn OFF electric fry pan and unplug from wall.

## *Recipe Notes*

Annette Adams, Bear River Middle School  
Food and Fitness

# Fry Bread - Navajo

---

6 cups flour  
1/3 cup sugar  
1 tablespoon salt  
2 tablespoons baking powder  
1/2 cup powdered milk  
2 3/4 cups warm water

## *Instructions*

Mix dry ingredients together. Add about 2 cups of water, mix and add more water as needed.

Put on a floured board and knead a few minutes. Pull off small balls of dough and stretch flat. Fry in hot oil until golden brown. Makes 12-15.

Layer with chili, lettuce, cheese, tomatoes, onions, olives, sour cream, salsa and guacamole

## *Recipe Notes*

Source: Becky Cox, Lone Peak High School  
Food Service Classes

# German Pancake

---

2/3 cup milk  
1/2 teaspoon salt  
4 eggs  
2/3 cup flour  
1 teaspoon vanilla extract

## *Instructions*

Preheat oven to 400 degrees.

Beat eggs well to whip in air.

Add milk then flour and salt.

Melt 1 tablespoon butter and spread in glass pan.

Pour in mixed batter and bake 20 minutes.

Enjoy with powdered sugar and syrup or your favorite topping.

## *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School  
8th Grade Life Skills



# German Pancakes

---

1/2 cup flour  
1/2 cup milk  
1 teaspoon salt  
3 each eggs  
1/4 cup butter

## *Instructions*

Preheat oven to 425 degrees.

Melt butter in a 9"x13" glass baking dish. In a medium bowl, mix together flour, milk and salt. Add eggs and continue mixing until eggs are incorporated in the mixture.

Pour batter into the baking dish. DO NOT stir batter into the butter.

Bake 15-20 minutes or until the top of the pancake is browned. Batter will rise and become fluffy.

Cut into desired amount of servings and top with powdered sugar or syrup. Serve hot.

## *Recipe Notes*

Source: Shelly Percival, Union High  
TLC, Life Skills, Food and Fitness, Food for Life

# German Pancakes - Easy

---

3 eggs  
1/2 cup milk  
1/2 cup flour  
1/4 teaspoon salt

## *Instructions*

1. Preheat oven to 450 degrees.
2. Whip eggs until thick and lemon color.
3. Add milk and stir.
4. Sift in flour and salt; mix well.
5. Heat 2 tablespoons margarine in a 9-inch square pan.
6. Pour in batter.
7. Bake 15 minutes at 450 degrees.
8. Top with powdered sugar or syrup.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

# German Pancakes - Great

---

- 6 eggs
- 1 cup milk
- 1 cup flour
- 1/2 teaspoon salt
- 5 tablespoons margarine

## *Instructions*

Heat oven to 450. Put a little margarine (or butter) in a 9 x 13 inch pan and put in the oven to melt. Cover bottom and sides of pan with the margarine. Whip eggs very well. Add milk, salt, and flour to the eggs and mix well. Pour into greased pan (it is a very thin batter). Bake 20 minutes. Cut into squares and serve with favorite syrup or topping.

## *Recipe Notes*

Gail Ferrin, Woods Cross High School  
Food and Fitness

# German Pancakes - Hootenanny

---

3 eggs  
1/2 cup milk  
1/4 teaspoon salt  
1/2 cup flour  
1/4 cup margarine

## *Instructions*

Heat oven to 425 degrees.

Cut margarine into four pieces and place in a 8" x 8" glass baking pan. Place in oven to melt margarine.

In large mixing bowl combine eggs, milk and salt. Whip until bubbly and fluffy. (About 2 minutes) (You can also use a blender or beater.)

Add flour to egg mixture and beat until fluffy.

When margarine starts to bubble in oven, remove pan from oven and pour in batter, return to oven immediately.

Bake for 15 minutes.

When done dish up for everyone and come get some syrup.

## *Recipe Notes*

Source: Trudy Benson, Cedar Middle School  
TLC

# Ham 'n Cheese Crescents

---

- 1 package refrigerated crescent rolls
- 4 slices ham, thinly sliced
- 4 slices American process cheese

## *Instructions*

Separate rolls along perforations.

Cut ham and cheese slices in half.

Place one piece of ham on wide end of roll. Top with one piece of cheese and roll, beginning at wide end, to form a crescent.

Place rolls on greased baking sheet.

Brush with melted butter

Sprinkle sesame or poppy seeds on top.

Bake in oven at 450 for 10 minutes.

## *Recipe Notes*

Source: Sandy Embry, South Summit Middle School

Compliments of Mountain Fuel

# Instant Brunch

---

- 2 each waffles, toasted
- 2 tablespoons cream cheese
- 2 tablespoons strawberry jam
- 2 tablespoons walnuts, chopped (optional)

## *Instructions*

Mix cheese, jam and walnuts. Spread on toasted waffle. Cover with second waffle. Cut into quarters and serve.

## *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
Life Skills

# Lemon Bread

---

3 tablespoons margarine  
1/2 cup sugar  
1 egg  
3/4 cup flour  
1/2 teaspoon baking powder  
1/2 pinch salt  
1/4 cup milk  
1/2 small lemon peel  
1/4 cup nuts, chopped  
4 tablespoons sugar  
1/2 cup lemon juice

## *Instructions*

Blend the margarine, sugar and egg.

Add the flour, baking powder and salt, blend well.

Add the milk, rind (finely grated) and nuts to the batter and blend.

Put in a greased and floured bread pan.

Bake 350 degrees for 45 minutes.

Mix 4 tablespoons sugar and 1/2 cup lemon juice. While bread is still hot pour over.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School  
Food and Fitness, Food and Science

# Muffins - Apple

---

1 1/2 cups flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 each egg  
1/2 cup milk  
1/4 cup vegetable oil  
1 cup apple, grated  
1/2 teaspoon cinnamon

## *Instructions*

Preheat oven to 400 degrees  
Prepare muffin tins with paper liners.

Stir flour, sugar, baking powder, salt and cinnamon. Mix egg and milk. Mix oil and grated apple and add to the egg mixture. Add flour mixture and stir only enough to moisten. Fill muffin tins 2/3 full.

Bake 15-20 minutes until golden brown. Immediately remove from pan and cool on wire rack.

Makes 12 muffins

## *Recipe Notes*

Source: Starr Jeppson, Springville High  
Food and Fitness



## Muffins - Apple And Cinnamon

---

- 1 egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 1/2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 cup apple, sliced or grated

### *Instructions*

Sift dry ingredients together. Combine liquids and add to the dry ingredients. Stir in apples. Place in muffin tins that have been lined with cupcake papers.

Bake at 400 degrees for 25 minutes

Makes 12

Optional: Top each muffin with the following mixture; 2 T. brown sugar, 1 t. cinnamon and 1/3 c. chopped nuts. Place on the top of the muffin before baking.

### *Recipe Notes*

Source: Jane Persons, Richfield High  
Food and Fitness

## Muffins - Apple Streusel

---

2 cups flour  
1/2 cup sugar  
3 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon lemon peel  
1 egg  
2/3 cup milk  
1 cup apple, diced  
2 tablespoons sugar, for topping  
1/2 cup butter

### *Instructions*

Stir together flour, 1/2 cup sugar, baking powder and salt in a large bowl. Cut in butter. Save 1/2 cup mix for the topping. Stir apple and 1/2 teaspoon lemon peel into remaining mixture in bowl. Beat eggs well and mix with milk. Make a well in the center of the dry ingredients and pour in egg and milk mixture. Stir just to moisten. Spoon mixture into lined muffin tins. Blend the reserved flour mix with 1/2 teaspoon lemon peel and the 2 tablespoons of sugar. Sprinkle over muffin batter. Bake at 425 degrees for 20 minutes. Makes 12 muffins.

### *Recipe Notes*

Source: Ann Stevenson, Weber High  
Food and Fitness

## Muffins - Banana Bran

---

- 1/2 cup flour
- 2 tablespoons flour
- 1/4 cup chili pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup buttermilk
- 2 tablespoons vegetable oil
- 2 tablespoons eggs
- 1/3 cup brown sugar
- 1/2 cup banana, mashed
- 2 tablespoons walnuts, chopped

### *Instructions*

Preheat oven to 400.

Spray muffin cups with Pam.

Place flour, cereal, cinnamon, baking powder, baking soda, and salt in bowl.

In another bowl, whisk together milk, oil and egg.

Stir in sugar and banana.

Pour liquid mixture into dry ingredients and stir with a fork just until moistened.

DO NOT OVERMIX.

Spoon batter into muffin cups.

Sprinkle tops with nuts.

Bake until golden brown and a toothpick in the center comes out clean.

### *Recipe Notes*

Source: Christine Campbell, Snow Canyon Middle  
Food and Fitness

## Muffins - Bran

---

- 1 1/2 cups all-bran cereal
- 1/2 cup water, boiling
- 1 cup buttermilk
- 1 cup flour, plus 2 tablespoons
- 1/4 teaspoon salt
- 1 1/4 teaspoons baking soda
- 1/4 cup sugar, plus 2 tablespoons
- 1/4 cup shortening
- 1 egg

### *Instructions*

Combine cereal, boiling water and buttermilk. Set aside for 5 minutes.

Cream together sugar and shortening.  
Beat in egg.

Stir together the flour, salt and soda.  
Mix the three mixtures together using a spoon.

Bake in muffin pan for 15-20 minutes at 400 degrees.

Serve with butter and honey.

### *Recipe Notes*

Source: Barbara Bushnell, Bountiful Jr.  
Food and Fitness

## Muffins - Bran Blueberry

---

- 1/2 cup water, very hot
- 1/2 cup 100% bran cereal
- 1/4 cup shortening
- 1/2 cup sugar
- 1 each egg
- 1 cup buttermilk
- 1 1/4 cups flour
- 1 1/4 teaspoons baking soda
- 1 cup bran flakes
- 3/4 cup blueberries, canned

### *Instructions*

Combine the hot water and bran cereal and let cool 5 minutes.

Cream the sugar, shortening and egg together. Add the bran mixture and stir in the buttermilk.

Mix the flour, baking soda and a dash of salt together in a separate bowl.

Combine the wet and dry ingredients and then add the bran flakes and blueberries.

Put in a plastic container with a tight lid. Put it in the refrigerator until you want to bake your muffins. (Keeps 3 weeks)

### Streusel Topping:

Mix 1/2 c. sugar, 1/3 c. flour, 1/2 t. cinnamon together. Cut in 1/4 c. margarine until crumbly. Sprinkle on top of muffins before baking. (You can put in a small container in refrigerator overnight.)

Bake at 400 degrees for 15 minutes.

This is a two-day lab. (50 min. classes)  
I also have them make the streusel on day one.

### *Recipe Notes*

Source: Debra Adams, Rocky Mt. Jr.  
Food and Fitness

## Muffins - Brown Sugar

---

1/2 cup butter  
1 cup brown sugar  
1 egg  
2 cups flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
1 teaspoon vanilla  
1 cup milk

### *Instructions*

Cream butter and brown sugar together. Add egg and beat well. Sift together dry ingredients. Add dry ingredients alternately with milk. Place in paper lined or well greased muffin tins.

Bake at 375 degrees for 15 minutes.  
Makes 18 muffins

### *Recipe Notes*

Source: Jane Persons, Richfield High  
Food and Fitness

# Muffins - Cornmeal

---

- 3/4 cup cornmeal
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 cup milk
- 1 1/2 cups flour
- 2 1/2 teaspoons baking powder
- 1 egg, beaten
- 3 tablespoons shortening, melted

## *Instructions*

Put in a bowl, all the ingredients except shortening.

Mix well.

Add the melted shortening, mix.

Divide batter into 12 greased muffin tins, may use paper cup cake cups.

Bake at 350 degrees for 20-25 minutes.

## *Recipe Notes*

Source: Linda Keeler, Hurricane High School  
Food and Fitness

## Muffins - Cranberry Applesauce

---

- 1 egg
- 2 tablespoons vegetable oil
- 1 1/2 cups applesauce
- 1 1/2 cups whole-grain wheat flour
- 1/2 cup 40% bran flakes
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1/2 tablespoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 cup dried sweetened cranberries
- 2 tablespoons sugar

### *Instructions*

Mix egg, oil, and applesauce in a bowl with a wooden spoon.

In another bowl, mix together the remaining dry ingredients stirring well. Add the dried sweetened cranberries (Craisins) and stir.

Add the egg, oil, applesauce mixture to the dry ingredients and stir with wooden spoon until moistened. Do not over mix.

Spoon muffin batter into well greased muffin cups about 2/3 full. Makes 12 regular size muffins or 36 mini muffins.

Bake in oven preheated to 375. Regular size - 20-25 minutes; mini size - 10-11 minutes.

Remove from muffin tins immediately and serve in a napkin lined basket.

Can be made, baked and served in one day if mini muffins are used.

### *Recipe Notes*

Source: Connie Felice, Churchill Jr. High  
TLC, Food and Fitness



## Muffins - Five Week Bran Date

---

- 1 1/2 cups flour, sifted
- 3/4 cup all-bran cereal
- 1/2 cup 40% bran flakes
- 1/4 teaspoon salt
- 3 tablespoons butter, or margarine
- 1/4 cup sugar
- 1 egg
- 1 1/4 teaspoons baking soda
- 1 cup buttermilk
- 1/4 cup dates, chopped

### *Instructions*

Cream butter and sugar. Add egg beating well. Blend and set aside the first 4 ingredients. Dissolve soda in buttermilk and add alternately with dry ingredients to the egg mixture. Drop by spoonfuls into greased muffin tins and bake 375 degrees for 12-15 minutes. Serve while hot with honey butter. May be stored up to five weeks in covered container in refrigerator.

Serve with honey butter  
(See Honey Butter recipe)

### *Recipe Notes*

Source: Barbara Harrison, Copper Hills  
Food and Fitness, Food Service/Culinary Arts

# Muffins - Healthy Whole Grain

---

- 1 cup unbleached flour
- 2 cups whole wheat flour
- 3 teaspoons cinnamon
- 4 teaspoons baking soda
- 1/2 teaspoon salt
- 3 well-ripened bananas
- 3/4 cup margarine
- 1 cup water
- 1 1/2 cups raisins
- 1/4 cup buttermilk
- 1 cup walnuts
- 1 1/2 cups brown sugar
- 3 eggs
- 3 1/2 cups rolled oats
- 1/2 cup wheat germ
- 1 cup chocolate chip

## *Instructions*

In mixing bowl combine flours, cinnamon, baking soda and salt. Set aside. Blend bananas in blender. Add margarine and continue to blend. Combine water and raisins in a microwave safe container and heat for 1 1/2 minutes in microwave. Add raisin/water mixture, buttermilk and walnuts to bananas and process on high until well blended.

Pour into a large mixing bowl and add brown sugar and eggs. Mix until combined. Add dry ingredients, oats, wheat germ and chocolate chips and mix until combined. Fill muffin tins 3/4 full and bake for 15-20 minutes at 350 degrees.

Makes 36

## *Recipe Notes*

Source: Chris Judd, Layton High School

Food for Life

This is a great recipe for the student to cut in 1/3.

## Muffins - Light As A Feather

---

- 1/4 cup vegetable oil
- 1/4 cup sugar
- 1 egg
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 3/4 cups flour
- 1 cup milk

### *Instructions*

Mix all ingredients together with a spoon or a fork until moistened.

The batter can be lumpy.

Spray muffin tins with Pam.

Spoon mixture into each muffin tin cup no more than 2/3 full. Bake at 400 degree for 15-20 minutes.

### *Recipe Notes*

Source: Barbara Bushnell, Bountiful Jr.

## Muffins - Microwave

---

- 4 tablespoons margarine
- 1 cup flour
- 3 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon orange peel
- 1/4 teaspoon salt
- 1/3 cup milk
- 1 teaspoon egg, beaten

### *Instructions*

Melt margarine in small cup. Place remaining ingredients in order in mixing bowl. stir only until moistened. Batter will still be lumpy. Blend in margarine. Fill muffin papers half full, cover with streusel topping and cook for 4 1/2-5 minutes, or until toothpick comes out clean.

### Streusel Topping:

Cut together with pastry blender until fine.

- 1/2 cup flour
- 2 tablespoons sugar
- 2 tablespoon margarine
- 1/2 teaspoon cinnamon

### *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Food and Fitness

# Muffins - Oats And Wheat Blueberry

---

- 1 cup quick-cooking rolled oats
- 1 1/4 cups lowfat buttermilk
- 1/2 cup honey
- 1/4 cup vegetable oil
- 1 egg, slightly beaten
- 1 cup whole-grain wheat flour
- 1/2 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup blueberries, frozen, or fresh

## *Instructions*

In large bowl, combine rolled oats and buttermilk; mix well. Let stand 5 minutes.

Heat oven to 375. Grease 12 muffin cups or line with paper baking cups.

Stir honey, oil and egg into rolled oats mixture; mix well. Lightly spoon flour into measuring cup; level off. In small bowl combine whole wheat flour, baking soda and salt; blend well. Add to rolled oats mixture; stir just until dry ingredients are moistened.

Gently stir in blueberries (may also use fresh blueberries). Fill greased muffin cups about 3/4 full.

Bake at 375 for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Makes 12 muffins.

## *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Muffins - Poppy Seed

---

1 cup flour  
1/2 cup sugar  
1 tablespoon poppy seed  
1 pinch salt  
1/4 teaspoon baking soda  
1 teaspoon lemon peel  
1 egg  
1/2 teaspoon vanilla extract  
1/2 cup lemon yogurt  
1/4 cup butter or margarine

### *Instructions*

Combine flour, sugar, poppy seeds, baking soda and lemon peel.

In a small bowl mix egg, vanilla, yogurt and melted butter.

Combine both bowls together and lightly stir. Batter will be lumpy.

Pour into greased muffin tins and bake at 400 degrees for 15 minutes.

### *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

## Muffins - Poppy Seed, Low-Fat

---

- 1 cup flour
- 1/2 cup sugar
- 1 tablespoon poppy seed
- 1 pinch salt
- 1/4 teaspoon baking soda
- 1 teaspoon lemon peel
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/2 cup non-fat lemon yogurt
- 1 tablespoon butter or margarine
- 3 tablespoons applesauce

### *Instructions*

Combine flour, sugar, poppy seeds, salt, baking soda and lemon peel. In a small bowl mix egg, vanilla, yogurt, melted butter and applesauce. Combine both bowls together and lightly stir. Batter will be lumpy. Pour into greased muffin tins and bake for 15 minutes at 400 degrees.

### *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

## Muffins - Pumpkin Chocolate Chip

---

- 1 cup sugar
- 1/3 cup vegetable oil
- 1 cup pumpkin, canned
- 2 eggs
- 1 cup flour
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1 1/4 teaspoons cinnamon
- 1/4 teaspoon cloves

### *Instructions*

Cream sugar, oil, pumpkin and eggs.

Sift together flour, soda, cinnamon, cloves, and salt in a separate bowl.

Add dry ingredients to creamed mixture and mix well.

Place in baking cups. Makes 12

Bake at 350 for 20-22 minutes.

### FROSTING (optional):

- 4 ounces cream cheese
- 1/4 cup butter
- 2 cups powdered sugar
- 1 tsp. vanilla

Cream together the cream cheese, butter, powdered sugar and vanilla until smooth.

### *Recipe Notes*

Pam Rock, Lakeridge Junior High  
Food and Fitness



# Muffins - Sampler

---

- 1/4 cup vegetable oil
- 1 egg
- 1/2 cup milk
- 1 1/2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt

## *Instructions*

Preheat oven to 400 degrees.

Break egg into a medium size bowl, stir in vegetable oil and milk.

In another bowl combine flour, sugar, baking powder and salt.

Stir with fork until mixed.

Add liquid ingredients to the dry ingredients.

Stir just until flour is moistened. Batter should look lumpy.

Choose the type muffin you want to make. You may use apple that has been peeled, cored and cut into small pieces or fold in 1/2 cup rinsed blueberries or you may put 2 teaspoon of jam on top of muffins before baking.

Fill paper lined muffin tins 2/3 full.

In a custard cup mix 1/4 cup brown sugar and 1 teaspoon cinnamon together and use as streusel topping, sprinkle it on top of muffins before baking.

Bake 20 minutes.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School

# Muffins - Six Week

---

2 cups water, boiling  
2 teaspoons baking soda  
4 cups all-bran cereal  
2 cups bran flakes, 40%  
2 cups dates, chopped, or raisins  
1 cup walnuts, chopped  
1 cup shortening  
2 cups sugar  
4 each eggs, beaten  
1 teaspoon salt  
1 quart buttermilk  
4 cups flour

## *Instructions*

Combine boiling water, all bran and 40% bran flakes, dates and nuts. Set aside to cool.

Cream shortening and sugar, add eggs, salt and buttermilk. Stir in flour. Combine with the above cooled mixture.

Store in refrigerator tightly covered. Do not stir refrigerated batter. Spoon mixture to fill muffin cups half full.

Bake in a conventional oven at 375 degrees for 20 minutes, or microwave in paper lined muffin cups 4-6 minutes. Rotate once.

## *Recipe Notes*

Source: Tami Rauzi, Northridge High

# Muffins - Surprises

---

- 1 1/4 cups flour
- 1/4 cup sugar
- 1/4 teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- 1/2 cup milk
- 1/4 cup vegetable oil

## *Instructions*

Preheat oven to 400 degrees.

Measure the dry ingredients into a mixing bowl.

In a separate mixing bowl, beat egg and add other liquid ingredients.

Pour liquids all at once into well of dry ingredients.

Stir only until flour is moistened. DO NOT use an electric hand mixer to stir ingredients together. Batter should look lumpy.

Place 12 paper liners into muffin tin. Spoon half the batter into the paper lined muffin cups till each cup is about 1/3 full.

Put a teaspoonful of jelly or jam on the batter in each cup.

Fill muffin cups with remaining batter.

Bake until golden brown, about 15 minutes. Remove muffin from pan and enjoy!

## *Recipe Notes*

Source: Teri Cullimore, Mount Logan Middle School  
Life Skills

# Pancakes

---

- 1 egg
- 1 cup buttermilk
- 2 tablespoons margarine, melted
- 1 cup flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

## *Instructions*

Blend egg, milk and margarine. Measure and blend dry ingredients together. Add to liquids: beat with a wire whip until all flour is moistened. (Batter will be slightly lumpy)

Put a small amount of margarine in a non-stick pan and heat on medium heat. Pour batter in pools slightly apart. Turn pancakes as soon as they are puffed and full of bubbles, but before bubbles break. Turn and brown on other side.

Serve immediately with butter and syrup.

Serves 4

## *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
TLC

# Pancakes - Buttermilk

---

- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 tablespoons sugar
- 3 eggs
- 2 cups buttermilk
- 3 tablespoons vegetable oil

## *Instructions*

Sift dry ingredients together into a bowl.

Combine well-beaten eggs, buttermilk and oil.

Add liquid ingredients to the dry ingredients only until the flour is barely moistened.

Fry in an electric skillet.

## *Recipe Notes*

Source: Karen Munson, Hunter High  
Food and Fitness

## Pancakes - Cheesy Fruit

---

- 3 eggs
- 1/2 cup flour, stirred and measured
- 1/2 cup rich milk
- 1/4 teaspoon salt
- 2 tablespoons butter or margarine
- 1/2 cup cheddar cheese, grated
- 1 cup sliced fresh fruit or berries

### *Instructions*

Preheat oven to 400 degrees. Set a 9-inch pie pan into hot oven on lowest oven shelf until very hot.

Meanwhile, beat together eggs, flour, milk and salt in small mixer bowl, blender or food processor until smooth, about 3 minutes.

Remove pan from oven. Place butter or margarine in pan and rotate pan until fat is melted. Immediately, add batter. Bake on lowest oven shelf for 20 minutes or until golden brown.

Serve immediately topped with sliced fresh fruit and sprinkled with powdered sugar.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food for Life

# Pancakes - Favorite

---

- 3/4 cup flour
- 1 1/2 teaspoons baking powder
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1 egg, beaten
- 1/2 cup milk
- 1 tablespoon oil

## *Instructions*

Sift together dry ingredients. Combine egg, milk and oil. Add to dry ingredients, stirring just until moistened. Bake on hot griddle. Makes 6-8 pancakes.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

## Pancakes - Wheat

---

- 1 1/2 cups whole wheat flour, sifted
- 1/2 cup powdered milk
- 1 tablespoon baking powder
- 3 tablespoons brown sugar
- 3/4 teaspoon salt
- 3 eggs, well beaten
- 1 1/4 cups water
- 3 tablespoons vegetable oil
- 1 cup vanilla yogurt
- 1 1/2 cups fresh fruit, sliced

### *Instructions*

Stir together dry ingredients. Combine eggs, water and oil; stir into flour mixture. Stir until dry ingredients are moistened. Do not overstir; batter will be lumpy. Bake on a lightly greased hot griddle until golden brown, then turn and bake second side. Serve hot topped with vanilla yogurt and any fresh fruit (peaches, pears, pineapples or grapes, strawberries, raspberries, blueberries or boysenberries.) Batter can also be baked on a waffle iron.

Note: For lighter pancakes or waffles, eggs may be separated; blend egg yolks with water and cooking oil for batter; beat egg whites until stiff and fold into batter just before baking.

### *Recipe Notes*

Source: Ann Hawes, Cottonwood High  
Food and Fitness



# Pancakes - Whole Wheat

---

- 1 cup wheat kernel
- 1 cup milk
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 teaspoon salt
- 2 eggs
- 1 tablespoon honey
- 1 tablespoon baking powder

## *Instructions*

In a blender jar, mix wheat kernels and 1 cup of milk together. Blend on high speed until well blended. Add the other 1/2 cup of milk, oil, salt, honey and eggs (can substitute 3 egg whites). Blend very well, maybe 5 minutes. Pour mixture in a large bowl. Add baking powder, stirring with a wire whisk. Spray pan with oil and heat. Pour on pan and cook until bubbles in pancake pop. Turn over for a short time and serve.

## *Recipe Notes*

LaDonna D. Davis, North Layton Junior  
Food and Fitness

# Pizza - Breakfast

---

- 1/4 cup shortening
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons sugar
- 3/8 cup water, (1/4 cup + 2 T.)
- 1 cup flour
- 1/2 teaspoon salt
- 3 tablespoons milk, dry

## *Instructions*

Preheat oven to 400 degree.

In small mixing bowl, combine flour, baking powder, salt, sugar, and dry milk.

Cut shortening into flour mixture with pastry blender until mixture resembles fine crumbs. Stir in water until dough leaves sides of bowl (dough will be soft and sticky).

Turn dough onto lightly floured surface. Knead lightly 10 times.

Lightly spray a pie plate with cooking spray.

Press dough into bottom of baking dish.

## FILLING

2 sausage patties

1/2 cup frozen potato rounds

3/4 cup beaten egg

1/2 cup shredded cheese.

Cook sausage on medium heat. Drain, blot with paper towel, and cut into bite-size pieces.

Cut potato rounds into bite size pieces, if desired.

Pour beaten egg over crust. Sprinkle on cooked sausage and potato rounds. Sprinkle with grated cheese.

Bake for 20 minutes until puffed and lightly browned.

## *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, and Arlene Lloyd, Jordan High School

Food and Science, Food and Fitness, Food for Life

# Poppy Seed Bread

---

3 cups flour  
1 1/2 teaspoons baking powder  
2 1/4 cups sugar  
3 teaspoons poppy seed  
1 1/2 teaspoons salt  
1 1/2 cups milk  
1 1/8 cups vegetable oil  
1 1/2 teaspoons vanilla extract  
1 1/2 teaspoons butter flavoring  
1 1/2 teaspoons almond flavoring  
3 eggs

## *Instructions*

Spray 2 medium bread pans with Pam

In large mixing bowl, mix flour, baking powder, sugar, poppy seeds, and salt together, then add 1 1/2 cups milk, oil, vanilla, butter and almond flavoring and eggs. Mix well.

Pour into greased and floured pans.

Bake at 350 degrees for 1 hour. Cool for 5 minutes. Pour icing on top.

Icing for Poppy Seed Bread:

1/4 cup orange juice

3/4 cup sugar

1/2 teaspoon vanilla extract

1/2 teaspoon butter flavoring

1/2 teaspoon almond flavoring

Mix together. Leave 10 minutes after pouring on icing to set. Do not slice when hot.

## *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

# Pumpkin Bread

---

- 4 tablespoons unsalted butter, at room temp.
- 1 tablespoon molasses
- 2/3 cup sugar
- 1 large egg
- 5 tablespoons orange juice or water
- 2/3 cup pumpkin or squash puree
- 1 cup flour, plus 2 tablespoons
- 1/8 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/3 cup raisins, optional

## *Instructions*

Preheat oven to 350 degrees. Butter one 9 x 5 x 3-inch loaf pan. Using an electric mixer, cream the butter, molasses and sugar until light and fluffy.

Beat in the egg and beat until lemon-colored. Add orange juice and pumpkin puree. Mix well. In a large bowl, sift all dry ingredients together. Add the dry mixture to the pumpkin mixture slowly and gently until gone. Do not overstir or bread will be dry. Stir in raisins.

Spoon into buttered pan. Bake for 30-40 minutes or until toothpick comes out clean. Cool for 10 minutes in pan. Then turn over onto rack to cool.

This bread freezes extremely well.

## *Recipe Notes*

Source: Aimee Beck, Gerry Fairbanks, Bingham High  
Food Service/Culinary Arts, Food and Fitness, Food for Life

# Scones - English

---

- 1/3 cup butter
- 1 3/4 cups flour
- 3 tablespoons sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, beaten
- 4 tablespoons milk, or half and half

## *Instructions*

Mix all dry ingredients together in a bowl. With a pastry blender cut the butter into the flour mixture. Mixture should be coarse and look like corn meal.

Stir in the egg, and the milk one tablespoon at a time.

Stir until the dough leaves the side of the bowl.  
Knead the dough for 10 times or turns. Do not over knead the dough.

Roll the dough to 1/2 inch thick.

Cut into triangle shapes. Place on ungreased baking sheet.

Brush with egg lightly on top.

Bake at 400 degrees for 10-12 minutes.

Serve warm.

You can make scones from Rhodes dough and compare them.

## *Recipe Notes*

Source: Janice Wuckert, Oquirrh Hills Middle School  
Food and Science, Food Service/Culinary Arts

# Sopapillas

---

2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 tablespoon shortening  
1/2 cup warm water

## *Instructions*

Sift dry ingredients together. Cut in shortening until mixture resembles cornmeal. Add water gradually, stirring mixture with fork. Dough will be crumbly. Turn dough out on a lightly floured surface; knead until smooth ball is formed. Divide in half; let stand for 10 minutes. Roll each half to 10 x 12 inch rectangle about 1/8 inch thick. Cut in 3 inch squares. Fry 3 to 4 squares at a time in deep fat at 400 degrees about 30 seconds on each side. Yield: 40 sopapillas

Serve as hotbreads with butter or smothered with honey, powdered sugar or syrup.

## *Recipe Notes*

Source: Linda Keeler, Hurricane High School  
Food and Fitness  
Mary Margaret Lyon, Bonneville High School

# Sticky Buns - Microwave

---

1 1/2 cups flour  
2 teaspoons baking powder  
3/4 teaspoon salt  
1/4 cup shortening  
1/2 cup milk  
1/2 cup brown sugar  
1/4 cup margarine  
2 tablespoons water

## *Instructions*

Mix together all the dry ingredients.

Cut in shortening with pastry blender until mixture resembles coarse meal.

Add milk then knead 10-15 times.

Roll out to 1/2" thick, and cut with drinking glass.

Combine brown sugar, margarine and water in round microwave pan. Microwave for 1/2-1 minute or until margarine melts.

Leave mixture in pan and stir. Place biscuits on top of mixture, cook at 70% for 4-5 minutes. Let set for 2 minutes.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Swedish Rosettes

---

- 1 egg
- 1 teaspoon sugar
- 1/2 cup milk
- 1/2 cup flour
- 1/4 teaspoon salt
- 1 1/2 teaspoons lemon extract

## *Instructions*

Beat egg slightly. Add sugar and then milk. Sift flour and salt. Stir into egg mixture and beat until smooth. (Should be about the consistency of heavy cream.) Add lemon extract.

Place enough salad oil into fryer to fill fryer about 2/3 full and heat to 400 degrees.

Dip rosette forms into hot oil to heat them. Drain excess oil on paper towels. Dip heated forms into batter to not more than 3/4 of their depth. If only a thin layer of batter adheres to forms, dip them again until forms are coated with a smooth layer.

Plunge batter-coated form into hot oil and cook until active bubbling ceases. (Shake rosette iron while cooking.) With a fork, ease rosettes off forms and onto paper towels to drain. While still warm, dip in powdered sugar.

I use an electric wok for frying. Do not dip irons completely in the batter. Dip about half way up or just to the edge.

## *Recipe Notes*

Source: Linda A. Stokes, South Jordan Middle  
8th Grade Life Skills



# Tortillas

---

3/4 cup flour  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
2 tablespoons shortening  
1/4 cup warm water

## *Instructions*

Put flour, baking powder, and salt into a medium size bowl and stir with a fork. Add shortening and use your hands and work in shortening until mixture is fine. Add the lukewarm water a tablespoon at a time to the flour mixture until dough is elastic but firm. Form dough into a ball. Grease a small bowl. Put dough into bowl and chill. Divide chilled dough into 6 balls. Roll out the balls of dough until they are as thin as possible. Heat a frying pan or an electric skillet to medium heat (260). Cook tortillas on both sides until lightly browned or "blistered." Spread with butter or margarine.

## *Recipe Notes*

Annette Adams, Bear River Middle School  
Food and Fitness

# Tortillas - Flour

---

- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon shortening
- 1/2 cup warm water, up to 3/4 cup

## *Instructions*

Mix together flour, salt and baking powder. Cut shortening into dry ingredients, using a pastry blender.

Add 1/2 cup warm water and mix together with a fork. If too dry, add more water, 1 tablespoon at a time.

Dough should form a ball. Knead dough about 20 times on a floured surface. Let dough rest until ready to cook.

Break into little balls and form a flat circle with your hands. Then roll flat and thin with a rolling pin on a floured surface.

Shake off as much flour as possible and cook on a hot ungreased griddle or skillet. Cook about 1 1/2 minutes on both sides or until golden brown.

(If skillet becomes covered with flour, which will burn, wipe it out with a paper towel sprayed with vegetable spray, using tongs to hold the paper towel.)

## *Recipe Notes*

Source: Pam Brinkerhoff, Wayne Middle  
8th Grade Life Skills

# Tortillas - Great

---

- 5 cups flour
- 3 teaspoons baking powder, leveled off
- 2 tablespoons shortening
- 1 tablespoon salt
- 2 1/4 cups warm water

## *Instructions*

Mix flour, baking powder, salt and shortening with hands. Add water, little by little, to form a dough. Knead like bread dough. (The dough will be sticky at first. If you add too much water, you will have to add more flour.)

Break into 12 little balls. Cover balls with a cloth. Remove one ball at a time from under cloth. Using a rolling pin, roll out as you would a pie crust. Cook on a hot griddle, turning two or three times.

Remove from griddle and immediately place tortillas in a dish towel. This will keep the tortillas soft and hot until ready to eat.

Serve with hamburger, beans, lettuce, tomatoes, cheese, green onions, sour cream and salsa.

## *Recipe Notes*

Source: LaDonna D. Davis, North Layton Junior High

# Tortillas - Quick

---

2 cups flour  
3/4 teaspoon salt  
2 teaspoons baking powder  
2 teaspoons lard, or butter  
1/2 cup warm water

## *Instructions*

Mix ingredients together.

Roll out with a well floured rolling pin on a floured board until very thin

Cut to desired size. For tacos; fry in heavy skillet in a slight amount of oil till brown.

For enchiladas or burritos: fry on a dry heavy skillet using NO oil.

## *Recipe Notes*

Source: Linda Keeler, Hurricane High  
Mary Margaret Lyon, Bonneville High School  
Food and Fitness

## Waffles - Wheat

---

- 1/4 cup egg
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1/2 tablespoon sugar
- 1 cup whole-grain wheat flour
- 1 1/3 cups milk
- 1 1/2 teaspoons baking powder
- 3 tablespoons wheat germ

### *Instructions*

Heat nonstick waffle iron, spray with non stick cooking spray.  
Beat egg whites with hand beater in medium bowl until foamy.  
Beat in remaining ingredients except wheat germ just until smooth.  
For each waffle, pour about 1/4 cup of batter onto the center of the hot waffle iron.  
Sprinkle with wheat germ.  
Bake 5 minutes or until steaming stops. Carefully remove.

### *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, and Arlene Lloyd, Jordan High School  
Food and Fitness, Food for Life, Food and Science

# Waffles - Whole Wheat

---

- 1 egg
- 1 cup buttermilk
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 tablespoons oil

## *Instructions*

Heat waffle iron. Beat eggs; beat in remaining ingredients with rotary beater until smooth. Pour about 1/2 cup batter from cup or pitcher onto center of hot waffle iron. Bake about 5 minutes or until steaming stops. Remove waffle carefully.

## *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

# Chapter 3

## Bread - Yeast



# Biscuits - Yeast

---

- 1 1/2 teaspoons yeast
- 2 tablespoons warm water
- 2 1/2 cups flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1 cup buttermilk

## *Instructions*

Dissolve yeast in warm water and set aside. Mix flour, sugar, baking powder, baking soda and salt in large mixing bowl. Add shortening, cutting into mixture with a pastry blender.

Add yeast mixture and buttermilk. Stir until dry ingredients are moistened. Knead on floured surface. Roll to 1/2 inch and cut with biscuit cutter. Place on greased cookie sheet. Bake at 425 degrees for 10-12 minutes.

## VARIATIONS:

Sesame Sticks - Shape as bread sticks. Coat with butter and sesame seeds.

Parmesan - Shape as bread sticks. Coat with butter and parmesan cheese.

Cinnamon Flowers - Cut all the way around to look like a flower.

Cheese Swirls - Roll like cinnamon rolls but use cheese.

Jewel Biscuits - Cut a thin biscuit. Stack a second biscuit with hole in the middle on top. Fill hole with jam.

Buttons and Bows - Use donut cutter to cut biscuits. Little middles become buttons. Twist rest to make a bow.

## *Recipe Notes*

Source: Diane R. Anderson, East  
Food and Fitness



# Bread Bowl - Soup

---

1 loaf Rhodes dough, thawed

## *Instructions*

Thaw dough until soft (about 5 hours at room temperature). Cut loaf into thirds. Form each third into a ball.

Place on cookie sheet that has been sprayed with non-stick cooking spray. Cover with plastic wrap that has also been sprayed.

Let rise until double. Usually one hour or more.

Remove wrap and bake at 350 degrees for 25 minutes or until golden brown.

Cool, slice off top and hollow out bread and fill with favorite dip or soup.

## *Recipe Notes*

Source: Box Elder Middle School

# Bread Sticks - Best

---

- 1 package yeast
- 1 tablespoon honey
- 1 1/2 cups warm water
- 1 tablespoon malted milk powder
- 1 teaspoon salt
- 3 cups flour

## *Instructions*

Soften yeast in warm water and honey. Add malted milk powder, salt and flour. Then knead to make a soft dough.

Divide into 12 pieces.

Roll each piece into a snake like rope. Place lengthwise on a greased baking sheet brushed with melted butter.

Sprinkle with desired topping such as poppy seeds, sesame seeds, parmesan cheese, garlic salt or whatever you would like.

Let rise for 20 minutes then bake it 400 degree oven for 15 minutes or until light brown.

Brush with butter before and after baking.

These are chewy and delicious!!

## *Recipe Notes*

Source: Mardene Fernandez, Orem Junior High School  
Food Service, Food and Fitness

# Bread Sticks - Easy

---

- 1 tablespoon yeast
- 1 1/2 cups warm water
- 2 tablespoons sugar
- 1/2 tablespoon salt
- 3 cups flour

## *Instructions*

Dissolve yeast in warm water.

Add sugar, salt and mix.

Add flour and knead or mix for 3 minutes.

Let rise for 10 minutes.

Melt 1 cube butter or margarine.

Roll dough out about 1-1 1/2 inch thick.

Cut into 1-1 1/2 inch strips.

Roll in butter and place on pan.

Sprinkle with garlic, salad supreme, parmesan cheese or parsley.

Bake for 15-20 minutes at 375 degrees.

## *Recipe Notes*

Source: Emalee Meyer, Bear River High School  
Food for Life

# Bread Sticks - Pizza

---

- 1 can Pillsbury Soft Bread Sticks
- 2 tablespoons parmesan cheese, grated
- 1/4 teaspoon garlic powder
- 24 slices pepperoni, thin
- 1/2 teaspoon Italian seasoning
- 1/2 cup pizza sauce, heated

## *Instructions*

Separate and unroll bread sticks. Place 3 pepperoni slices in single layer over one half of each bread stick.

Fold remaining half of bread stick over top, seal end and twist.

Place on ungreased cookie sheet.

Combine cheese, italian seasoning and garlic powder.

Sprinkle evenly over each bread stick.

Bake in preheated 350 degree oven for 15-20 minutes or until golden brown. Serve with heated pizza sauce.

## *Recipe Notes*

Source: Rebecca Irving, Hunter Junior High School  
8th Grade Life Skills

# Bread Sticks - Whole Wheat

---

- 1 1/2 cups flour
- 1 1/2 teaspoons active dry yeast
- 3 tablespoons brown sugar, packed
- 1 1/2 tablespoons margarine
- 3/4 cup water, plus 2 tablespoons
- 1/2 teaspoon salt
- 1 cup whole wheat flour

## *Instructions*

In medium bowl, combine 1 cup of all-purpose flour and the yeast. In saucepan heat and stir brown sugar, margarine, water, and salt until warm and margarine is almost melted. (Do not simmer!) Add to flour mixture.

Beat with an electric mixer on low speed for 30 seconds, scraping bowl constantly. Using a spoon, stir in whole wheat flour and as much remaining all-purpose flour as you can. Turn out onto lightly floured surface.

Knead in enough remaining white flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into ball. Place in a lightly greased bowl, turn once. Cover, label, and refrigerate.

## Day 2

Shape dough into bread sticks Place on parchment lined baking sheet. Sprinkle seasonings evenly on top of bread sticks.  
Bake at 375 for 15-20 minutes.

## SEASONING IDEAS

Parmesan cheese with garlic powder  
Seasoning salt  
Italian seasoning  
Cinnamon/sugar

## *Recipe Notes*

Sharon Monday, Hunter Junior High  
Food and Fitness

# Breadsticks

---

- 1 1/2 cups warm water
- 1 tablespoon yeast
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 3 cups flour

## *Instructions*

In mixing bowl combine warm water, yeast, sugar and salt. Allow mixture to sit until dissolved.

Add 1 1/2 cups flour to yeast and mix with electric mixer until smooth and elastic. Add remaining 1 1/2 cups flour, stirring in with a wooden spoon.

Flour countertop and knead for 3-5 minutes. Place in an oiled bowl and allow to raise for 10 minutes. Roll out on floured countertop into rectangle 1/2-inch thick.

Cut dough into 1-inch strips, fold in half and twist. Roll in melted margarine and place on a jelly roll pan or cookie sheet.

Sprinkle with any of these toppings: oregano, parmesan cheese, garlic salt or salad supreme.

Let rise for approximately 20 minutes until large. Then bake at 375 degrees for 20 minutes.

Can serve with pizza sauce.

## *Pizza Sauce*

Combine equal amounts of tomato sauce and tomato paste. Season to taste with oregano, oregano leaves, garlic salt and ground pepper. Mix and warm in microwave.

## *Recipe Notes*

Source: Val Huntington, Canyon View High School  
Anita Jolley, Cedar Middle School  
Life Skills, Food and Fitness, Food for Life

# Breadsticks - Yummy

---

- 1 package frozen bread dough
- 2 tablespoons parmesan cheese
- 2 tablespoons melted butter

## *Instructions*

Roll the thawed dough into a long snake shape, cut into 6 inch long strips.

Dip dough into melted butter and then the Parmesan cheese.

Place on greased cookie sheet and bake 10-12 minutes or until golden brown at 375 degrees.

May be made the night before.

Sauce for dips such as pizza sauce or ranch dressing.

## *Recipe Notes*

Source: Rachel Gonzales, Lakeridge Junior High  
TLC, Life Skills

# Buttermilk Rolls

---

- 1 cup buttermilk
- 3 tablespoons sugar
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3 cups flour
- 4 tablespoons vegetable oil
- 1 teaspoon baking powder
- 1 tablespoon yeast
- 1/4 cup warm water

## *Instructions*

First put the yeast in warm water sprinkle with a pinch of sugar.

Let it set while you measure the rest of ingredients.

Mix all ingredients together except for the flour.

Then add yeast, now add flour SLOWLY.

Knead the dough until soft and then roll it out in a circle. Cut into pie shaped pieces.

Roll them up, place on parchment paper with cut side down.

Spread melted butter on the top.

Let them proof for 10 minutes.

Then cook for 3 minutes. Turn 1/2 way around and cook for another 3 minutes.

Place on top of oven to cool.

Place a pair of tongs beside the pan to serve with.

## *Recipe Notes*

Source: Jaralee Wettstein, Layton High School  
Food Service/Culinary Arts



# Buttermilk Rolls - Fast

---

- 4 cups flour
- 2 packages yeast
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/4 cups buttermilk
- 1/2 cup water
- 1/2 cup shortening

## *Instructions*

In a large bowl combine 1 1/2 cups flour, yeast, sugar, salt and soda. Mix well. In a saucepan, heat buttermilk, water and shortening until warm (120 -130 degrees F. shortening does not need to melt). Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed.

Gradually stir in enough remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in a greased bowl, turned to grease top. Cover; let rise in warm place until light and doubled, about 20 minutes. Punch down and divide into 24 pieces.

Form into balls; place on greased baking sheet or 15 x 10 inch pan. Cover and let rise until almost doubled, about 20 minutes.

Bake at 400 degree for 15 - 20 minutes  
Remove from pan; brush with butter, if desired.

## *Recipe Notes*

Source: Diane Thurman, Clearfield High School  
Food Service/Culinary Arts  
These can be made in 90 minutes.

## Buttermilk Rolls - Quick

---

- 4 cups flour
- 2 packages yeast
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/4 cups buttermilk
- 1/2 cup water
- 1/2 cup shortening

### *Instructions*

In a large bowl combine 1 1/2 cups flour, yeast, sugar, salt and soda. Mix well. In a saucepan, heat buttermilk, water and shortening until warm (120 -130 degrees F. shortening does not need to melt). Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed.

Gradually stir in enough remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in a greased bowl, turned to grease top. Cover; let rise in warm place until light and doubled, about 20 minutes. Punch down and divide into 24 pieces.

Form into balls; place on greased baking sheet or 15 x 10 inch pan. Cover and let rise until almost doubled, about 20 minutes.

Bake at 400 degree for 15 - 20 minutes  
Remove from pan; brush with butter, if desired.

### *Recipe Notes*

Source: Diane Thurman, Clearfield High School  
Food Service/Culinary Arts  
These can be made in 90 minutes.

# Cinnamon Rolls

---

- 1 tablespoon dry yeast
- 1/4 cup warm water
- 1/4 cup sugar
- 3 tablespoons margarine
- 1 1/2 teaspoons salt
- 3/4 cup milk
- 1 egg
- 2 1/2 cups flour

## *Instructions*

Dissolve yeast in warm water. Set aside.

In a mixing bowl combine sugar, margarine (melted), salt and milk. Stir in egg and yeast. Gradually add flour to make a stiff dough.

Knead on a floured board for 5-8 minutes.

Place in a greased bowl and let rise in a warm place until doubled.

When raised, punch down, then roll out to 1/4 inch thick.

Spread dough with 3 tablespoons melted margarine.

Sprinkle on 1/2 teaspoon cinnamon and 1/3 cup brown sugar.

Let rise for 30-45 minutes or until double.

Bake at 375 degrees for 25 minutes.

While hot drizzle on glaze.

## *Glaze:*

1/2 cup powdered sugar

2 drops vanilla

1 tablespoon milk

Mix together all ingredients until smooth.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High School

# Cinnamon Rolls - One Hour

---

- 1 cup warm water, + 2 tablespoons
- 1/3 cup vegetable oil
- 1/4 cup sugar
- 2 tablespoons yeast
- 1 teaspoon salt
- 1 each egg, well beaten
- 3 1/2 cups flour

## *Instructions*

Mix the water, oil, sugar and yeast together.  
Let stand 10 minutes.

Add the salt, egg and flour. Stir well.

Roll out 1/2 " thick. Spread with butter, sugar and cinnamon.

Roll and cut with a string/thread.

Let raise 10 minutes.

Bakes at 425 degrees for 10-15 minutes.

This is a good yeast recipe because they can be done in one hour.

## *Recipe Notes*

Source: Sheree Lewis, Independence High  
Food and Fitness, Food and Science

# Cinnamon Rolls - Overnight

---

1/2 cup warm water  
2 tablespoons sugar  
2 teaspoons yeast  
2 tablespoons dry milk  
2 tablespoons shortening, melted  
1 egg, beaten  
1/2 teaspoon salt  
3/4 cup flour

## *Instructions*

Dissolve yeast in warm water, add sugar, and set aside.

Add to yeast mixture, milk, shortening, egg, salt and flour. Beat by hand until smooth. Gradually add another 1 cup flour. Make sure it is a soft dough, don't add too much flour. Turn dough out onto a lightly floured board. Knead for 5-10 minutes.

Roll dough into a rectangle. Spread 1 tablespoon margarine over the dough, within 1/4th inch of one side (this is the side you will seal).

Sprinkle with a cinnamon/sugar mixture.  
Raisins optional.

Roll up beginning with the longest side. Seal the edge. Divide roll into 9-12 pieces, using a piece of thread.

Place rolls in a greased 8x8 inch baking pan. Cover with plastic wrap.

Refrigerate overnight.

Bake in oven 20-25 minutes at 350 degrees.  
Cool slightly and drizzle with icing.

## *Recipe Notes*

Source: Nancy Gudmundson  
Alta High

## Cinnamon Rolls - Quick

---

- 1 tablespoon yeast
- 2 cups warm water
- 1/2 cup sugar, plus 1 tsp.
- 1/2 cup dry milk
- 1/4 cup oil
- 1 1/2 teaspoons salt
- 1 egg
- 4 cups flour
- 1 cup to 1 1/2 cups more flour, as needed
- 2 teaspoons cinnamon
- 2 tablespoons butter, softened
- 4 tablespoons sugar

### *Instructions*

Preheat oven to 200 degrees for 10 minutes. Mix 2 t. cinnamon and 4 T. sugar in bowl; set aside. Grease cookie sheet or use pastry liner on cookie sheet.

In mixing bowl, dissolve 1 teaspoon sugar in warm water; add yeast and stir until dissolved. Wait 1 minute for yeast to soften. Combine prepared yeast mixture, dry milk, 1/2 cup sugar, oil, salt, egg and 4 cups flour. Beat until smooth. Mix in enough flour to make dough easy to handle; soft, but not sticky. Don't add so much flour that dough becomes stiff. Let dough rest 5 minutes; turn onto lightly floured surface, kneading until smooth and elastic.

Roll dough into a rectangle 1/2-inch thick. Spread 2 T. softened butter over dough, then sprinkle cinnamon sugar mixture over surface of dough. Roll dough into a spiral. Using a piece of string, cut dough into pieces 1 1/2-inches thick. Lay rolls close together on cookie sheet if soft sides are wanted or far apart if crispy are wanted. Proof dough in 200 degree oven, letting it rise until double in size, about 15-20 minutes. Bake at 425 degrees for 10-15 minutes, depending on size of rolls, or until golden brown on top.

### *Glaze:*

Mix 1/4 cup melted butter, 1 1/2 cups powdered sugar and 1 teaspoon vanilla together. Stir in 2 tablespoons hot water, 1 tablespoon at a time until glaze is proper consistency. Drizzle glaze over hot rolls after removing them from the oven.

### *Recipe Notes*

Source: Ruth Dallas, Taylorsville High  
Food and Fitness

# Cinnamon Rolls Recipe

---

- 5 cups flour
- 1/4 cup sugar, plus 1 tablespoon
- 1 teaspoon salt
- 1/4 cup instant dry milk
- 1 tablespoon yeast
- 1 1/2 cups lukewarm water
- 2 eggs, beaten
- 1/2 cup vegetable oil

## *Instructions*

### Day 1:

First mix together flour, sugar, salt and milk; set aside. In a large bowl, dissolve yeast in lukewarm water. Blend in eggs and oil. Add flour mixture. Knead dough for at least 5 minutes until soft and smooth. Place in a lightly oiled ziploc bag.

### Day 2:

Take out dough and knead until smooth and elastic. Roll out dough to about 1/2-inch thick. Mix 2 tablespoons melted margarine, 1/2 cup brown sugar and 1 1/2 teaspoons cinnamon together and spread generously over dough.

Roll up dough like a jelly roll. Cut into even slices. Place on greased cookie sheet. Bake at 375 degrees for 20 minutes or until golden brown. Drizzle with a glaze made of 1 cup powdered sugar, 1 tablespoon water and 1 teaspoon vanilla extract.

## *Recipe Notes*

Source: Val Huntington, Canyon View High School  
Food and Fitness, Food for Life

Note: This is a two-day lab.

# Cinnamon Twists

---

- 1 Rhodes Texas roll
- 2 tablespoons margarine
- 1 tablespoon sugar
- 1 teaspoon cinnamon

## *Instructions*

Preheat oven to 200 degrees. Melt margarine in a small saucepan on medium heat. In a small bowl, mix cinnamon and sugar.

Grease cookie sheet by taking a paper towel and dipping it into shortening. Wipe a thin layer of shortening across the top of the cookie sheet.

Cut each roll in half. Roll each half into 12" rope.

Twist 2 ropes together, pinch ends and place on cookie sheet. Brush on both sides with melted margarine and sprinkle with sugar mixture.

Turn off oven and place twists in oven for 10 minutes to rise.

Turn oven to 350 degrees and bake twist for 15 minutes.

Remove from oven and enjoy.

## *Recipe Notes*

Source: Teri Cullimore, Mount Logan Middle School  
Life Skills 1



# Cinnamon Twists Recipe

---

- 1 egg
- 2 teaspoons yeast
- 1/2 cup warm water
- 2 tablespoons sugar, plus 2 tsp.
- 2 tablespoons oil, plus 2 tsp.
- 1 2/3 cups flour
- 1/4 teaspoon salt

## *Instructions*

### Day 1:

Add yeast to warm water. Beat eggs until foamy. Combine eggs with yeast mixture, oil, sugar and salt. Let rest 2 minutes (this is important). Add flour to mixture cup by cup, stirring with a spoon. This dough will be thin (not runny but not stiff). Let raise until double, cover and refrigerate 2 to 24 hours.

### Day 2:

Heat oven to 350-375 degrees. When ready, take about 1 1/2 teaspoons dough in fingers, dip into melted butter or margarine (about 1/4 cup), then into a mixture of sugar and cinnamon (about 1/2 cup sugar to 2 teaspoons cinnamon).

Give the dough a twist and place on cookie sheet, about 1/2 inches apart.

Bake about 10 minutes. Don't allow to remain unbaked on cookie sheet too long.

## *Recipe Notes*

Source: Shauna Flint, Syracuse Junior High  
Food and Fitness, Food for Life

Note: This is a two-day lab.

# Coffee Can Bread

---

- 3/4 cup evaporated milk
- 1/4 cup warm water
- 1 1/4 teaspoons yeast
- 2 1/4 cups flour
- 1/2 teaspoon salt
- 1 tablespoon sugar plus 1 1/2 teaspoons sugar
- 1/4 teaspoon ginger
- 1 tablespoon oil

## *Instructions*

Soften yeast in the water and milk. Add the rest of the ingredients.

Put into a well-greased 1 pound coffee can. Grease the lid too. Set where warm until the lid pops off.

Bake at 350 degrees for 45 minutes. Let cool for about 10 minutes. Then remove from can.

You can put it in the refrigerator overnight and then start baking it before class starts, or bake and then reheat it before eating in the microwave the next day.

## *Recipe Notes*

Source: Shari Combe, Roy Junior High  
Food and Fitness

# Cool Rise - Sweet Dough

---

- 1 cup flour
- 1 package yeast
- 1/4 cup sugar
- 3/4 teaspoon salt
- 1/4 cup margarine, softened
- 3/4 cup hot water
- 1 egg
- 1/2 cup flour

## *Instructions*

Combine flour, yeast, sugar, and salt in a bowl. Stir well and blend. Then add margarine. Next add hot tap water. Beat with an electric mixer at medium speed for two minutes. Scrape bowl occasionally.

Add egg and the remaining 1/2 cup flour. Beat with an electric mixer at high speed for about 1 minute or until thick and elastic. Gradually stir in just enough remaining flour with wooden spoon to make a soft dough which leaves sides of bowl.

Turn out onto lightly floured board. Knead 5-10 minutes or until dough is smooth and elastic. Cover with plastic wrap or a towel. Let rest 20 minutes on board. Then punch down dough. Divide dough and shape as desired.

## CINNAMON SPRINKLE

- 2 tablespoons margarine
- 1/2 cup brown sugar
- 1 1/2 teaspoon cinnamon
- 1/2 cup raisins
- 1/4 cup chopped nuts

## ICING

- 1 1/2 cup powdered sugar
- 1 tablespoon margarine
- 2 tablespoons milk
- 1/4 teaspoon vanilla

Mix together. If not thick enough, add more powdered sugar.

## *Recipe Notes*

Source: Kena Lee Winn, Juab High/Juab Middle  
TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

# Cool Rise Bread

---

- 6 cups flour
- 1 tablespoon yeast
- 1/2 cup warm water
- 1 3/4 cups milk, warm
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 3 tablespoons shortening

## *Instructions*

### Day 1

Measure 5 1/2 cups of flour into medium sized bowl and set aside. Sprinkle yeast into 1/2 c. warm water. Stir to dissolve. Warm milk in microwave for about 1-1 1/2 min. (warm not hot)

In a large bowl combine the following: warm milk, shortening, sugar, salt, the yeast/water mixture and 2 cups of flour. Beat on low speed until smooth (about 1 min.)

Add 1 more cup flour and beat at med/high speed until thick and elastic (2-3 min)

Using a wooden spoon, gradually stir in what is needed of the remaining flour, or more if needed, to make a soft dough that leaves the sides of the bowl.

Divide the dough into 4 equal portions. Have 4 students knead the dough until smooth and elastic (5-10 min)

On the counter, cover the dough with plastic wrap and then a towel. Let the bread dough rise for about 20 minutes while you are cleaning up the dishes. (skip if time is short)

Shape each portion into a rectangle as wide as your bread pan is long, using a rolling pin. Roll up the dough starting at a short end, tucking the sides as you go.

Place seam side down in a well greased loaf pan. Rub a thin layer of vegetable oil on top of the loaf and cover loosely with plastic wrap. Refrigerate 2-24 hours.

### Day 2

Allow the bread to stand at room temperature while pre-heating the oven. Puncture any surface bubbles before baking.

Bake at 400 degrees for 20-25 minutes or until done. Remove from pans immediately to cooling rack. Brush tops with margarine.

Serve warm with jam or honey butter.

## *Recipe Notes*

Source: Connie Felice, Churchill Jr. High  
Food and Fitness

# Cool Rise Cinnamon Rolls

---

1/4 cup margarine, softened  
1/2 cup brown sugar  
2 teaspoons cinnamon  
1/4 cup raisins  
1/4 cup walnuts

## *Instructions*

Day 1

Make one recipe of Cool Rise Bread (See Cool Rise Bread recipe)

Roll out the dough into a rectangle on a floured surface.

Spread softened margarine on the dough rectangle.

Sprinkle on evenly the brown sugar, cinnamon, raisins, and nuts. (Raisins and nuts are optional)

Roll up the dough tightly from the long side of the rectangle.

Cut evenly (using dental floss) into 12 rolls.

Space rolls evenly in a well greased 9 x 13 pan.

Cover loosely with plastic wrap and refrigerate 2-24 hours.

Day 2

Preheat oven to 375.

Bake about 20 minutes or until browned.

Frost with vanilla cream frosting if desired.

## *Recipe Notes*

Source: Connie Felice, Churchill Jr. High  
Food and Fitness

# Cool Rise Rapid-Mix Sweet Dough

---

- 4 cups flour
- 1 tablespoon yeast
- 1/4 cup sugar
- 1 1/4 teaspoons salt
- 1/3 cup margarine
- 1 cup milk, scalded
- 1/4 cup hot water
- 1 egg

## *Instructions*

### Day 1

Measure flour on a piece of waxed paper.

Combine 1 cup flour, yeast, sugar and salt in a large bowl. Stir well to blend. Add soft margarine.

Add hot milk and water to ingredients in bowl all at once.

Beat with electric mixer at medium speed for 2 minutes. Scrape sides of bowl occasionally.

Add egg and 1/2 cup or more flour. Beat with electric mixer at high speed for 1 minute or until thick and elastic. Scrape sides of bowl occasionally.

Stir in remaining flour, gradually. Stir with a wooden spoon until the dough leaves the sides of the bowl. (you want dough to be soft not stiff)

Place dough on a floured pastry cloth and knead dough for 5-10 minutes or until soft and elastic.

Place dough in an oiled bowl and cover with plastic wrap. Put in freezer.

### Day 2

Punch down dough and roll out for cinnamon rolls.

Place in a greased cookie sheet and place in freezer

### Day 3.

Bake at 375 degrees 15-20 minutes. remove from pan and ice with vanilla icing.

## *Recipe Notes*

Source: Anita Jolley, Cedar Middle School  
8th Grade Life Skills

# Focaccia Bread

---

- 1 cup warm water
- 2 tablespoons vegetable oil
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1 package dry yeast
- 3 cups flour
- 2 cloves garlic, minced
- 2 cups mozzarella, grated
- 2 tomatoes, sliced very thin
- 1 green bell pepper
- 1/2 cup mushrooms, or more
- 1/2 cup romano cheese, or parmesan cheese, grated

## *Instructions*

Combine water, oil, sugar and salt in a mixing bowl. Sprinkle yeast over the mixture, stirring until dissolved. Gradually add flour, mixing well after each addition. Turn dough out onto a lightly floured surface, and knead until smooth and elastic.

Preheat convention oven to 320 degrees. Dust cornmeal lightly on 2 pizza pans. Pat dough on each pan, it should be somewhat thick. Proof in proofing oven for 10 minutes.

Press garlic and spread evenly over crust. Grate some of the romano cheese over the crust. Sprinkle with some mozzarella then layer tomatoes, peppers, and mushrooms over dough top with remaining mozzarella and romano cheese.

Bake for 25-30 minutes. Slice like a pizza. Serve hot.

## *Recipe Notes*

Source: Terilee Herbon, Hunter High School

# Pizza - Favorite

---

- 2 1/2 cups flour, to 3 cups
- 1 tablespoon sugar
- 1 tablespoon yeast
- 1/2 teaspoon salt
- 1 cup warm water
- 2 tablespoons vegetable oil

## *Instructions*

Mix 1/2 cup flour, sugar, yeast, and salt. Add water and oil, mix well.

Add remaining flour as needed to make a soft dough.

Knead 5 minutes, let dough rest 5 minutes.

Use a pizza roller or use hands to roll dough about 1/4 inch thick on a lightly greased heavy pizza pan or baking sheet.

To prevent soggy crust, prebake at 500 degrees for 3-4 minutes, just until puffed but not brown.

After baking, spread dough with sauce and add desired toppings. Bake in a 500 degree oven for 10-12 minutes for a large pizza or 5-7 minutes for a medium or small pizza. (If pan is light weight lower baking temperature to 450 degrees.)

Suggestion: to a small can of tomato sauce add 1 teaspoon pizza seasoning spice or you can use a commercial pizza sauce.

## *Recipe Notes*

Source: Mardene Fernandez, Orem Junior High School  
Food Service/Culinary Arts, Food & Fitness



# Pizza Dough - Easy

---

1/2 cup milk  
1 tablespoon butter  
1 1/2 teaspoons sugar  
1 1/2 teaspoons yeast  
1 1/2 cups flour  
1/2 teaspoon salt  
1/8 teaspoon baking soda

## *Instructions*

In a saucepan heat till luke warm milk, butter and sugar.

Add yeast and stir till dissolved.

Add dry ingredients flour, salt, and soda stirring well. Knead 5 times. Cover let rise 10 minutes.

Oil fingers and pan. Spread dough thin.

Add toppings, saunce meat, cheese etc.

Bake for 20-25 minutes at 400 degrees.

## *Recipe Notes*

Source: Cheryl M. Moyle, Olympus High School  
Food and Fitness

# Pizza Dough - Recipe

---

- 1/4 cup warm water
- 1 tablespoon yeast
- 1 teaspoon sugar
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1/2 cup warm water

## *Instructions*

Dissolve yeast and sugar in 1/4 c. very warm water. Set aside.

Mix together flour and salt. Make a well and add oil and 1/2 c. water and yeast mixture.

Stir together.

Knead dough on floured board for 3 minutes. Put dough in covered greased bowl. Let rise in a warm oven until double in size. (about 5-7 minutes). Punch down. Spread dough on greased pan.

Bake at 400 degree for 10 minutes. Spread on sauce, cheese and toppings. Bake 10 minutes.

## *Recipe Notes*

Source: Starr Jeppson, Springville High  
Food and Fitness

For sauce, I use Hunt's traditional spaghetti sauce. This dough can be made one day and refrigerated overnight and then the pizza could be finished the next day.

# Pizza Dough / French Bread

---

- 1 tablespoon yeast
- 1/2 cup warm water
- 1 tablespoon sugar
- 2 tablespoons vegetable oil
- 1 1/2 teaspoons salt
- 1 cup warm water
- 4 cups flour, add slowly

## *Instructions*

Dissolve yeast in 1/2 cup warm water

Add other ingredients, and knead five minutes

Cover and put in a warm oven and let raise for 10 minutes

Take out and roll into a rectangle for sheet cake pan

Grease the pan and lightly sprinkle cornmeal on the bottom of pan

Place the dough in the pan and mold it into the corners so the pan is completely covered with dough

Cover with plastic wrap that has been sprayed with PAM

Refrigerate overnight and then place in a hot oven at 400 degrees for 10 minutes (place on bottom rack) or until the bottom of the dough is light brown

Remove and put on pizza toppings as desired and return to oven and bake until cheese is melted and meats are done.

If you are using pizza pans, cut the dough in half and make two pizza's.

It doesn't need to raise overnight if you have a 90 minute class. Proof in a warm oven for 15 minutes, then bake.

## *Recipe Notes*

Source: Mary Christensen, Cedar High School

Food for Fitness

# Pizza Dough And Sauce

---

- 2 tablespoons yeast
- 1 cup warm water
- 2 cups flour
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 cup tomato sauce
- 1/2 teaspoon basil
- 1/4 teaspoon oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon red pepper
- 1 teaspoon sugar

## *Instructions*

Stir the yeast into the warm water and let it sit 5 minutes.

Mix the flour, sugar and salt together.

Mix the yeast mixture with the dry ingredients.

You may need to add more flour to make a dough that doesn't stick. Knead 5 minutes.

Bake at 425 degree for 5-10 minutes or until barely brown. (It will finish baking the next day in class)

## *Sauce*

Mix the tomato sauce, basil, oregano, garlic powder, red pepper and sugar together. Spread on the partially baked pizza dough.

Toppings: Mozzarella cheese, parmesan cheese, pepperoni, canadian bacon, ham, onion, green pepper, olives, mushroom, pineapple chunks.

## *Recipe Notes*

Source: Debbie Adams, Rocky Mt. Jr.  
Food and Fitness

# Pizza Dough Recipe

---

1/4 cup water, warm  
4 1/2 teaspoons yeast  
1 1/2 teaspoons sugar  
1 cup hot water  
1 tablespoon sugar  
4 1/2 tablespoons vegetable oil  
1 teaspoon salt  
3 cups flour

## *Instructions*

Let the warm water, yeast, and sugar stand for a few minutes to dissolve the yeast and let it begin to rise.

Mix the hot water, sugar, oil and salt and then add it to the yeast mixture. Start with 1 1/2 cups of flour and add to the mixture. Add 1 1/2 to 2 cups more flour, a little at time, until you have a soft dough.

Pinch off a piece of dough about the size of a baseball. Roll into a circle. Place on a piece of tin foil (doubled). Bake at 450 degrees for about 15 minutes.

## **FAT BREAD**

Use one circle of dough.

Melt 1 cube of margarine, add 1/2 teaspoon garlic salt and 2 teaspoons parsley.

Spread on the dough. Sprinkle with salad supreme and parmesan cheese. Bake at the same temperature as the pizza.

## *Recipe Notes*

Source: Kena Lee Winn (Marilyn Kendall), Juab High/Juab Middle  
TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

# Pizza Yeast Dough

---

- 1/4 cup water, warm
- 4 1/2 teaspoons yeast
- 1 1/2 teaspoons sugar
- 1 cup hot water
- 1 tablespoon sugar
- 4 1/2 tablespoons vegetable oil
- 1 teaspoon salt
- 3 cups flour

## *Instructions*

Let the warm water, yeast, and sugar stand for a few minutes to dissolve the yeast and let it begin to rise. Mix the hot water, sugar, oil and salt and then add it to the yeast mixture. Start with 1 1/2 cups of flour and add to the mixture. Add 1 1/2 to 2 cups more flour, a little at time, until you have a soft dough. Pinch off a piece of dough about the size of a baseball. Roll into a circle. Place on a piece of tin foil (doubled). Bake at 450 degrees for about 15 minutes.

## **FAT BREAD**

Use one circle of dough.

Melt 1 cube of margarine, add 1/2 tsp. garlic salt and 2 tsp. parsley. Spread on the dough. Sprinkle with salad supreme and parmesan cheese. Bake at the same temperature as the pizza.

## *Recipe Notes*

Source: Kena Lee Winn (Marilyn Kendall), Juab High/Juab Middle  
TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

# Pretzel - Soft

---

- 2 cups warm water, 110-115 degrees
- 1 1/2 tablespoons yeast
- 1 1/2 teaspoons salt
- 3 1/2 cups flour
  - 1 tablespoon sugar
  - 2 quarts water, boiling
  - 1 egg white, beaten with 1 t. water

## *Instructions*

In a large mixing bowl combine the yeast, sugar and water. Let stand about 5 minutes, or until foamy.

Add the flour 1 cup at a time, stirring after each cup.

Knead the rest of the flour into the dough. Knead for 10 minutes.

Grease a metal bowl with Crisco and then roll your ball of dough in it. Cover with a damp towel and set in the oven to proof.

When the dough has risen, remove from the oven. Pinch off pieces of dough and roll out into "snakes" 14-16" long.

Shape the snakes into pretzels.

Beat the egg white mixed with 1 tsp water and brush onto the pretzels.

Sprinkle with salt, poppy seeds, sesame seeds, etc.

**IF YOU USE CINNAMON AND SUGAR DO NOT USE THE EGG WHITE!!! USE MELTED BUTTER.**

Bake at 400 degrees for 15 minutes until golden brown.

## *Recipe Notes*

Source: Brighton High School

# Pretzel Recipe - Soft

---

- 1 package yeast
- 1 1/3 cups warm water
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 4 cups flour
- 1 egg
- 1 tablespoon water

## *Instructions*

Preheat oven to 425 degrees. Grease 2 large baking sheets. In large bowl, sprinkle yeast over warm water and stir with rubber spatula until well blended. Gradually stir in salt, sugar and enough flour (3-3 1/2 cups) until a soft, slightly sticky dough forms. Knead the dough on a well floured board for 5-7 minutes, adding another 1/2 cup or more flour if necessary, until dough is smooth and elastic. Cut dough in half and cut each of the halves into stripes. On counter, roll pieces into long pieces and form pretzels. In separate bowl, mix egg and 1 tablespoon water together. Brush pretzels with egg mixture. Cook for 10-12 minutes. When cooked, brush with butter and salt as desired. Let cool.

Note: Margarita salt works well on pretzels.

## *Recipe Notes*

Source: Tami Flygare, Canyon View Junior High  
8th Grade Life Skills



# Pretzels

---

- 1 tablespoon yeast
- 1 1/2 cups water, warm
- 1 tablespoon sugar
- 4 cups flour
- 1 teaspoon salt
- 1 egg white, slightly beaten

## *Instructions*

In a large bowl mix the yeast in the water. Stir in the sugar.

Add the flour 1 cup at a time stirring until the dough no longer sticks to the side of the bowl.

Place dough on a floured breadboard (place a kitchen towel under the breadboard to prevent it from sliding). Knead dough, about 5 minutes.

Divide the dough into approximately 16 balls and let the creativity begin! On a floured surface, roll the balls into snakes about 12 inches long and make shapes and designs.

Place the pretzels on a well-greased cookie sheet and brush each pretzel with beaten egg white. Sprinkle kosher salt lightly on top. (Be sure not to overdo it on this step or the end product will be too salty.)

Bake in a 425 F oven for about 12-15 minutes until golden.

## *Recipe Notes*

Source: Kena Lee Winn, Juab High/Juab Middle  
TLC, 8th Grade Life Skills, Food and Fitness Food for Life

# Pretzels - Rhodes

---

## *Instructions*

Pretzels can be made the day ahead.

2 Rhodes Texas rolls per pretzel, thawed.

Roll thawed roll dough to a long rope, about 18 inches long. Twist into pretzel shape. Place on greased baking sheet. Allow to rise about 15-20 minutes.

Meanwhile, bring a pan of water to boil. Place pretzel in boiling water for 30 seconds. Remove, drain and return to baking sheet.

Bake in preheated 350 degree oven for 15 minutes.

To serve: warm from oven or microwave, dip in melted butter, sprinkle toppings as desired.

VARIATIONS: butter, garlic, salt, parmesan cheese, cinnamon and sugar.

DIPPING SAUCES: pizza sauce, macho cheese.

## *Recipe Notes*

Source: Cathryn Davies, TH Bell Senior High School  
TLC

# Pretzels - Soft

---

- 2 cups flour
- 1 1/2 teaspoons yeast
- 3/8 teaspoon salt
- 5/8 cup warm water
- 1 tablespoon honey
- 1 1/2 teaspoons water, cold
- 1 egg

## *Instructions*

Preheat oven to 425 degrees.

Combine 1 cup flour, yeast and salt.

Stir in hot water, honey and oil. Stir with a wooden spoon until combined. Add enough of the remaining 1 cup flour to make a soft dough.

Turn dough onto a flour surface and knead for 5 minutes, or until the dough is smooth and elastic.

Cut dough into 4 equal pieces. On lightly floured surface, roll each piece of dough into a smooth 15 inch rope. Form pretzels and place on greased baking sheet. Brush each pretzel with egg mixture (egg and cold water) and sprinkle with sesame seeds or coarse salt, if desired.

Bake 15-20 minutes or until lightly browned.

## *Recipe Notes*

Source: Nancy Gudmundson  
Alta High School

# Pretzels - Soft Baked

---

- 1 tablespoon yeast
- 1 1/2 cups warm water
- 1 teaspoon salt
- 1 tablespoon sugar
- 4 cups flour, sifted
- 1 egg, beaten

## *Instructions*

Dissolve yeast in water

Add salt and sugar

Blend in flour and knead dough on floured surface until smooth

Roll out and cut into strips

Roll strips into ropes and twist into pretzel-like shapes or other shapes, these are fun to do in children's initials

Place on greased cookie sheet; brush with beaten egg and sprinkle with coarse salt.

Bake at 425 degrees for 15 minutes or until brown

Serve warm

## *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness

# Pretzels - Yeast

---

- 1 tablespoon active dry yeast
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup warm water
- 2 teaspoons sugar
- 2 1/2 cups flour

## *Instructions*

### Day 1

Combine yeast, warm water, sugar, salt, and oil. Let sit for five minutes. Stir in flour.

Knead for 6 to 8 minutes until dough is smooth and elastic, adding more flour if dough is sticky.

Place dough in bowl with cooking spray, cover with plastic wrap. Label and place in refrigerator until the next day.

### Day 2

- 1 Tbsp. cool water
- 1 egg
- 1 Tbsp coarse salt

Preheat oven to 400. Grease baking sheet.

Cut dough into 12 equal pieces. On a lightly floured surface, roll each piece into a smooth 15 inch rope. Form the pretzels. Twist ends up and around to form knot shape. Attach ends to bottom of loop. Enlarge holes with your fingers (dough will contract as it rises).

Place each pretzel on greased baking sheet.

Measure 1 Tbsp. cool water in a small bowl and beat in 1 egg. Brush each pretzel with the egg mixture and sprinkle with coarse salt.

Bake 15 to 20 minutes or until lightly browned.

Yield: 12 small pretzels.

## *Recipe Notes*

Sharon Monday, Hunter Junior High  
Food and Fitness

# Roll Shapes

---

1 bread, dough

## *Instructions*

### **CRESCENTS:**

Roll the dough into an even circle, about 12 inches in diameter. Spread the dough with a little melted margarine or butter. Let the dough rest for a few minutes and then cut the circle into 16 pie-shaped pieces.

Roll each wedge up tightly. Beginning at the wide end. Seal the points firmly to the dough so the crescent does not unroll.

Place on the greased baking sheet with the point side down. Curve each one to form a crescent.

### **CLOVERLEAF ROLLS:**

Use both hands to shape the dough into a roll about 1 inch thick. Do this by rolling the dough as you would a stick. To keep the roll even in thickness, start rolling with both hands at the center of the piece. Roll toward the ends.

With a sharp knife or scissors, cut the dough into pieces 1 inch long. Shape into balls.

Place three balls in each greased muffin cup. Brush with melted butter or margarine.

## *Recipe Notes*

Source: Jaralee Wettstein, Layton High School  
Food Service/Culinary Arts

## Rolls - One Hour

---

- 2 tablespoons yeast
- 1 1/2 cups buttermilk, lukewarm
- 1/4 cup sugar
- 1/2 cup shortening, melted
- 1 teaspoon salt
- 4 1/2 cups flour
- 1/2 teaspoon baking soda

### *Instructions*

Dissolve yeast in 1/2 c. warm water.

Combine buttermilk, sugar, shortening and salt in a mixing bowl.

Stir yeast into buttermilk mixture.

Add flour and soda and mix well.

Cover with a towel and let stand for 10 minutes.

If sticky, add a little more flour until manageable.

Shape into rolls. Put onto a greased pan or muffin cups.

Cover and let rise for 30 minutes.

Bake at 400 degree for 15-20 minutes or until golden brown.

### *Recipe Notes*

Source: Karen Munson, Hunter High  
Food and Fitness, Food for Life

# Rolls - Overnight Crescent

---

- 2 packages yeast
- 1/4 cup warm water
- 1 cup milk
- 1 stick butter
- 1/2 cup sugar
- 4 cups flour
- 1 1/2 teaspoons salt
- 3 eggs
- 2 tablespoons sugar

## *Instructions*

Dissolve yeast with warm water.

Heat in a saucepan: milk, butter and 1/2 cup sugar. allowing this mixture to cool.

In a large bowl mix flour, salt, eggs and 2 tablespoon of sugar.

Mix the three mixtures together, the yeast, milk and the flour.

Stir and then knead well with your hands.

Put in refrigerator overnight.

Next day, roll out into a large circle. You may need to add a little more flour.

Optional: spread a thin layer of melter butter around on dough.

Using a pizza cutter, cut the circle into 16 pieces.

Roll each piece starting at the wide end and roll to the point!

Place roll on a greased cookie sheet with the point down.

Allow the rolls to rise until double in size.

This may take several hours because the dough is cold.

## *Recipe Notes*

Source: Barbara Bushnell

Bountiful Jr. High



## Rolls - Potato Dinner

---

1 1/2 cups warm water  
1 package yeast  
2/3 cup sugar  
2/3 cup shortening  
1 1/2 teaspoons salt  
2 eggs, beaten  
1 cup potato, mashed, lukewarm  
6 1/2 cups flour

### *Instructions*

Dissolve the yeast and warm water in a small bowl and set aside.

Cream the sugar and shortening. Mix the yeast mixture in. Add the remaining ingredients. Add 6 1/2 - 7 1/2 cups flour. Cover the dough and refrigerate for at least 8 hours. Roll dough into balls and shape, then set in an ungreased baking sheet. Let rolls rise until they are double in size.

Preheat oven to 375-400 degrees. Bake for 15 minutes.

Mix can be kept in the refrigerator for about 5 days, then you can take out what you wish to use daily.

### *Recipe Notes*

Source: Terilee Herbon, Hunter High School

## Rolls - Refrigerator

---

- 1/4 cup water
- 1 tablespoon milk, plus 1 1/2 teaspoons
- 1/4 cup potato flakes
- 1 1/2 teaspoons yeast
- 2 tablespoons warm water
- 2 tablespoons butter, softened
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon egg, plus 1 1/2 teaspoons
- 1/4 cup hot water
- 3/4 cup flour to 1 cup plus 2 tbsps. flour

### *Instructions*

#### Day 1:

Heat the 1/4 cup water on stove to boiling. Remove from heat, add milk and stir in potato flakes gently. Do not whip.

Dissolve yeast in warm water. Add butter, sugar, salt and mashed potatoes to hot water. When cooled, stir in yeast mixture and egg. Add enough flour to make a stiff dough. Turn out onto a lightly floured surface and knead well. Put in a greased bowl, cover and place in refrigerator. Dough will keep up to a week. However, the dough must be punched down as it rises in the refrigerator or it will sour.

#### Day 2:

When ready to use, remove dough from refrigerator and allow to warm to room temperature. Shape into rolls and place on greased cookie sheets or in muffin tins. Cover and let rise until doubled. Speed up by placing in a 200 degree oven for 5-10 minutes. Place a pan of water in the bottom of the oven to keep crust soft.

Bake in a 400 degree oven until browned and done, about 15-20 minutes. Watch closely so rolls do not overbake. Those in muffin tins will bake more quickly. Brush tops with butter while still hot.

### *Recipe Notes*

Source: Shauna Flint, Syracuse Junior High  
Food and Fitness, Food for Life, Food and Science

Note: This is a two-day lab.

## Rolls - Refrigerator Sweet

---

2 cups flour  
2 teaspoons yeast  
1/2 cup milk  
2 1/2 tablespoons sugar  
2 tablespoons margarine  
1/8 teaspoon salt  
1 cup flour  
1 egg

### *Instructions*

#### 1 st Day

Combine 1 cup flour and yeast.

Heat the milk, sugar, salt and margarine together.

Add the liquid mixture to the flour. Add the egg.

Beat with electric mixer on low speed 30 seconds scraping bowl. Beat on high speed 3 minutes.

Stir in 1 more cup of flour.

Turn out on lightly floured surface. Knead until smooth and elastic. Shape into a ball.

Place in a lightly greased bowl. Turn over so greased side is up.

Cover tightly with plastic wrap. Place in refrigerator.

#### 2nd Day

Roll dough into a 12 x 8 inch rectangle.

Melt 1 1/2 tablespoon margarine

Spread over dough

Combine 1/4 cup sugar and 1 teaspoon cinnamon

Spread over dough.

If desire, sprinkle with 1/4 cup raisins

Roll up from long edge. Seal seam. Cut into 12 rolls. Place in greased round cake pan.

Place in warm oven to rise. When almost double in size, place in 400 degree oven.

Bake 15 minutes or until golden brown and crust on top.

#### Glaze

Mix until smooth 1 cup powdered sugar, 1/4 teaspoon vanilla, 2 teaspoon milk or orange juice.

Spread over hot rolls.

### *Recipe Notes*

Source: Nancy Fidler, West Lake Junior High School  
Food and Fitness

# Scone Dough

---

2/3 cup warm water  
2 1/4 teaspoons yeast  
1 tablespoon oil  
1 tablespoon sugar  
1 1/2 cups flour  
1/2 teaspoon salt  
1 egg, beaten

## *Instructions*

Turn oven to 150 degrees or warm (the lowest temperature setting on your oven).

Combine water and yeast. Mix with a wooden spoon until yeast is dissolved.

Add sugar, eggs and oil and mix.

Add salt. With a wooden spoon mix in 1 1/2 to 2 cups of flour a little at a time until dough pulls away from sides of the bowl. Dough should be soft but not sticky.

Knead dough on lightly floured flat surface until smooth (about 8 minutes).

Turn off oven.

Put dough back in bowl, cover with a cloth and place in warm oven to rise.

Let dough rise for at least 15 to 20 minutes (longer is possible).

Five minutes before the dough is to come out of the oven, fill a frying pan or skillet halfway with oil.

Heat oil at medium to medium-high temperature.

Fry a small piece of dough. If it cooks too fast, reduce temperature. If it takes too long, increase temperature.

Shape dough into thin flat rounds about the size of your hand.

Deep fat fry scone-shaped dough 2 or 3 at a time until golden brown.

## *Recipe Notes*

Souce: Vivien Brown, Lehi High  
Food and Science

# Scones

---

2 cups buttermilk, milk or water  
1 tablespoon yeast  
1/4 cup water  
1 pinch sugar  
1 tablespoon sugar  
1 egg  
3/4 teaspoon salt  
3 tablespoons vegetable oil  
1 1/2 tablespoons baking powder  
1/4 teaspoon baking soda  
4 1/2 cups flour

## *Instructions*

Heat buttermilk until luke warm. Mix together warm buttermilk, yeast, warm water, and pinch sugar.

Add remaining ingredients and 2 1/4 cups flour. Mix. Add enough remaining flour to make a dough.

At this point dough can be refrigerated for 2 weeks. Punch down if it rises.

Roll out dough to 1/3 inch thickness. Cut into rectangles and flatten with hands.

Heat oil to 375 degrees and fry scones until brown. Serve with honey and butter.

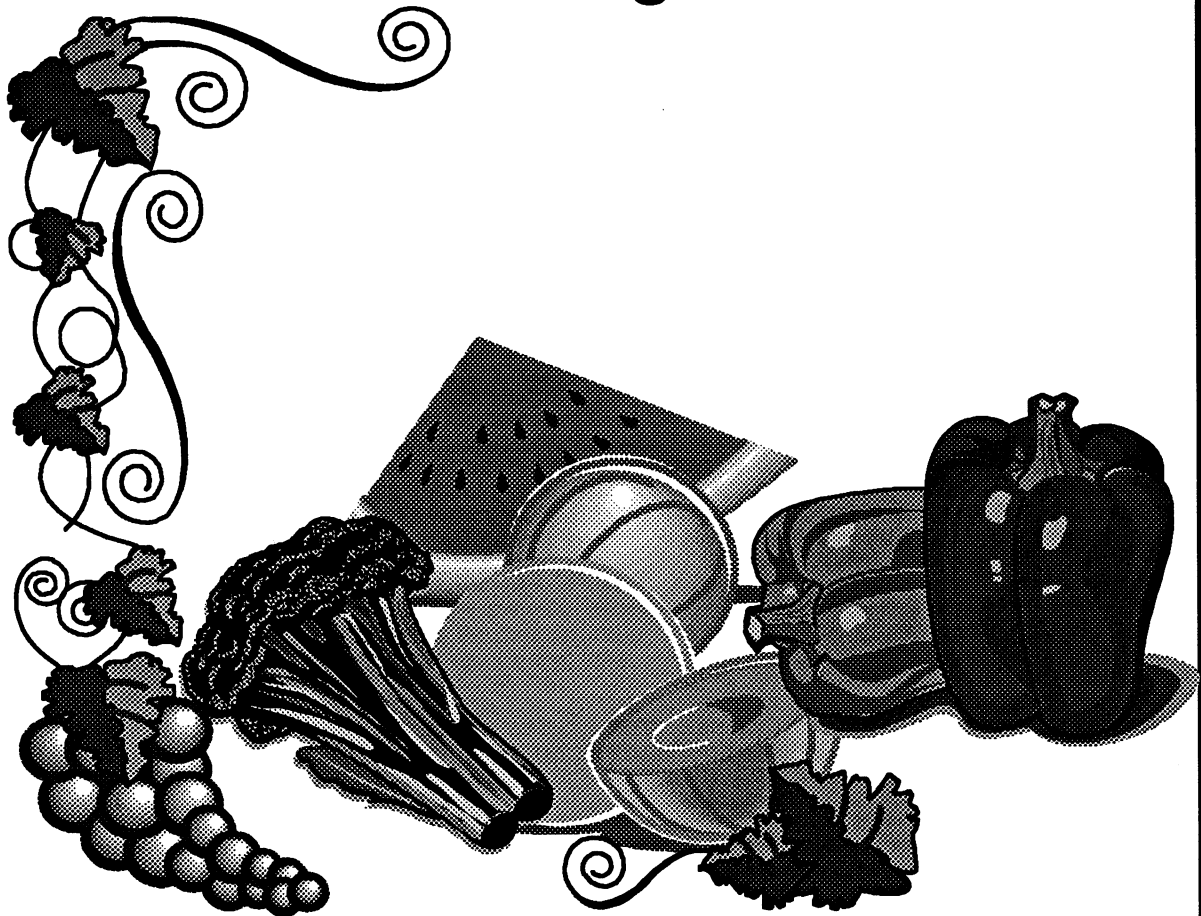
Use 1/4 recipe for each lab group in class.

## *Recipe Notes*

Source: Cheryl M. Moyle, Olympus High School  
Food and Fitness

# Chapter 4

## Fruits and Vegetables



# Applesauce

---

- 4 apples, cut into fourths
- 1/2 cup water
- 1/2 cup sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg

## *Instructions*

Peel apples and cut into fourths. Add water and boil over medium heat. Reduce heat. Simmer uncovered, stirring occasionally to break up apples until tender 5-10 minutes. Stir in remaining ingredients. Boil and stir 1 minute.

Serve cold or warm over spice cake.  
Class can split a cake mix and each unit bake their own cake.

Spice cake:

Make spice cake according to directions on box. Bake while making applesauce.  
Serve cake with applesauce.

## *Recipe Notes*

Source: Janice Wuckert, Oquirrh Hills Middle School  
Food and Science, Food Service/Culinary Arts

# Applesauce - Homemade

---

- 8 McIntosh or other cooking apples, peeled & cubed
- 1 1/2 cups water
- 3/4 cup sugar
- 1 pinch cinnamon

## *Instructions*

Combine apples, water, sugar and cinnamon in large saucepan. Bring to boil; reduce heat to medium/low, cover and cook until water is absorbed, usually about 20-25 minutes. Cool 10 minutes. Mash with potato masher or fork. Refrigerate overnight. Makes 4 1/2 cups.

## *Recipe Notes*

Source: Tami Flygare, Canyon View Junior High  
8th Grade Life Skills



# Breakfast Parfait

---

- 1 cup yogurt, plain
- 1 tablespoon lemon juice
- 2 teaspoons honey
- 3/4 cup granola
- 1 cup strawberries, or bananas

## *Instructions*

In a small bowl, combine yogurt, lemon juice and honey, stirring to blend.

In each 2 parfait glasses, layer 3 T. cereal, 1/4 c. yogurt and 1/4 c. sliced strawberries or banana. Repeat layers.

2 servings

## *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
Life Skills

## Breakfast Parfait - Fruity

---

- 2 cups pineapples, fresh and chopped
- 1 cup raspberry, frozen, thawed
- 1 cup lowfat vanilla yogurt
- 1 medium banana, peeled and sliced
- 1/3 cup raisins
- 1/4 cup almonds, sliced and toasted

### *Instructions*

In 6 ounce stemmed sundae glasses layer pineapple, raspberries, yogurt, banana, and raisins. Sprinkle the top with almonds  
Serve

### *Recipe Notes*

Source: Robin Gumbrecht, Sunset Junior High School  
8th Grade Life Skills

# Cabbage - Panned

---

- 2 tablespoons butter
- 1/8 teaspoon salt
- 2 tablespoons onions, chopped
- 2 cups cabbage, chopped
- 1 carrot, shredded
- 1/4 cup water

## *Instructions*

Place all of the ingredients in a large fry pan.  
Cover and cook for 10 minutes.

## *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness

## Cabbage - Sweet And Sour

---

1/2 head cabbage  
2 green onions  
1/2 teaspoon salt  
6 tablespoons sugar  
1/2 teaspoon celery seed  
1/4 teaspoon mustard, dry  
1/2 cup vinegar

### *Instructions*

Shred cabbage and onion  
Boil salt, sugar, celery seed, dry mustard and vinegar.  
Pour over cabbage

### *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness

# Cauliflower Deluxe

---

- 1 cauliflower
- 1/2 cup mayonnaise
- 1 1/2 teaspoons prepared mustard
- 1/2 cup grated cheese, or more

## *Instructions*

Leave cauliflower whole, wash well and cook in salted water until tender, approximately 15 minutes.

Combine mayonnaise and mustard; spread over cauliflower.

Top with grated cheese and bake in 350 degree oven until cheese melts.

## *Recipe Notes*

Source: Betty Woodruff, Alpine Life and Learning Center

# Cauliflower With Cheese Sauce

---

1 head cauliflower

## *Instructions*

Wash one head of cauliflower and remove the stem. Place in a microwave safe bowl and cover with plastic wrap or a tight fitting lid. Cook on high power for 8 minutes per pound until tender crisp.

## *Cheese Sauce:*

3 T. margarine

3T. Flour

1/8 t. salt

1 c. milk

1 c. grated cheese

In a microwave safe bowl, preferably a batter bowl, melt the margarine. Add the flour and salt, and stir with a wire whisk. Add milk and stir well. Cook on HIGH power for 3-4 minutes until thick, stirring a couple of times. Add cheese and stir till melted. Pour over cooked broccoli or cauliflower and serve immediately.

## *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Food and Fitness

# Country Baked Vegetables

---

- 4 cups rice krispies cereal, crushed
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon garlic salt
- 1/3 cup parmesan cheese
- 2/3 cup mayonnaise, light, reduced calorie
- 6 cups vegetables, raw, assorted, bite-size

## *Instructions*

Vegetable suggestions:

broccoli, carrots, cauliflower, mushrooms, green and red peppers, yellow squash and zucchini

In 1-gallon plastic bag, combine rice krispies, spices and cheese. Set aside

In second gallon plastic bag, place mayonnaise and vegetables  
Gently shake to thoroughly coat

Place half of vegetables in bag with cereal mixture. Shake to coat well

Remove coated vegetables from the bag and place in single layer on baking sheet coated with cooking spray

Repeat with remaining vegetables

Bake at 425 degrees about 10 minutes or until golden brown

Serve immediately

## *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness

# Crunchy Bananas

---

- 1 banana
- 1/4 cup wheat germ, or coconut, chop nuts, crushed
- 1/4 cup orange juice

## *Instructions*

Cut banana into one-inch thick slices. Push a fork or popsicle stick into a banana slice.

Dip it in orange juice, then roll in one of the crunchy foods.

May be frozen.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School  
Food and Fitness, Food and Science



## Garden Patch Corn - Microwave

---

- 1/3 cup butter
- 10 ounces frozen sweet whole kernel corn
- 1/2 cup green pepper, chopped
- 1/2 teaspoon basil, leaves
- 1/2 teaspoon salt
- 1/4 cup tomato, cubed
- 1/2 tablespoon parsley, chopped

### *Instructions*

In 2 quart saucepan melt butter. Stir in remaining ingredients except tomato and parsley.

Cover; cook over medium heat, stirring occasionally, until vegetables are crisply tender (10 to 12 minutes).

Remove from heat. Stir in tomato and fresh parsley. Cover; let stand 1 minute or until tomato is heated through.

### **MICROWAVE DIRECTIONS:**

In 1 1/2 quart casserole melt butter on HIGH (60 to 70 sec). Stir in remaining ingredients except tomato and parsley.

Cover; microwave on HIGH, stirring after half the time, until vegetables are crisply tender (5-8 min.), stir in tomato and parsley,

Cover; let stand 1 minute or until tomato is heated through.

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Garlic Mustard Asparagus Spears

---

- 1/2 pound asparagus spears, trimmed
- 2 tablespoons butter or margarine
- 1 cup fresh mushrooms, sliced
- 1 tablespoon country-style Dijon mustard
- 1/8 teaspoon pepper
- 1/2 teaspoon fresh garlic, minced
- 1 pinch salt

### *Instructions*

Place asparagus spears in a 10-inch skillet. Add enough water to cover. Bring to a full boil. Cook over medium heat until asparagus is crisply tender (5 to 7 min.) Drain; return to skillet. Add remaining ingredients, pushing asparagus to side just until butter is melted. Cook over medium heat, stirring occasionally, until heated through (5 to 7 min.)

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food for Life

# Glazed Carrots

---

- 1 package carrots, frozen
- 2 tablespoons butter
- 1/4 cup brown sugar
- 2 tablespoons water
- 1 1/2 teaspoons cornstarch

## *Instructions*

Place carrots, butter, and brown sugar in a casserole dish  
Cover and microwave for 9-11 minutes, stirring after 5 minutes  
Mix water and cornstarch until smooth. Stir into carrot mixture. Cover and microwave  
at high 2-4 minutes until thick. Stir before serving.

## *Recipe Notes*

Source: Vicki Bingham, South Davis Junior High School  
Food and Fitness

# Green Beans Almondine

---

- 1 can green beans
- 1 slice bacon
- 2 tablespoons almonds, slivered

## *Instructions*

This recipe can be done in large or small quantities. The bacon and almonds may be increased or decreased to taste.

While canned green beans are warming, add garlic powder and salt to the liquid.

Brown bacon, crumble into small pieces.

Drain liquid from beans when hot. Add bacon and toasted slivered almonds. Toss with melted butter.

Serve immediately.

## *Recipe Notes*

Source: Carol Spor, Dixie High School

Food and Fitness, Food for Life, Food Service/Culinary Arts

# Honey-Glazed Pea Pods, Carrots

---

- 3/4 cup water
- 2 cups carrots, sliced
- 8 ounces pea pods, fresh
- 3 tablespoons butter
- 1/2 teaspoon cornstarch
- 2 tablespoons honey

## *Instructions*

In 2 quart saucepan bring water to a full boil. Add steamer and carrots, sliced diagonally. Cover; cook over medium heat until carrots are crisply tender (10-12 min).

Wash pea pods and remove tips and strings; then add to steamer (two 6 oz pkg frozen pods can be substituted for 8 oz fresh pods).

Continue cooking until pea pods are crisply tender (1-2 min). Drain off water; set vegetables aside.

In same pan melt butter; stir in cornstarch. Add carrots, pea pods and honey. Cook over medium heat, stirring occasionally, until heated through (2-3 min).

## **MICROWAVE DIRECTIONS:**

Decrease water to 1/2 c. In 2 quart casserole, combine water and carrots. Cover; microwave on HIGH stirring after half the time, until carrots are crisply tender (8-10 min.).

Add pea pods. Cover; microwave on HIGH until pea pods are crisply tender (1-2 min).

Drain; set aside. In same casserole, melt butter on HIGH (50-60 sec). Stir in cornstarch.

Microwave on HIGH 1 min. Stir in carrots, pea pods, and honey. Cover, microwave on HIGH until heated through (1-2 min).

## *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Meringue Shells With Fresh Fruit

---

- 2 each egg whites, at room temperature
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon cream of tartar
- 1/2 cup sugar
- 1 each yogurt, low-fat fruit flavored, 8 oz.
- 2 cups strawberries
- 1 each kiwifruit, peeled and sliced

### *Instructions*

Line a large baking sheet with brown paper or parchment. Draw six 3-4 inch circles on the paper. Set aside.

For meringue - In a small mixing bowl beat egg whites, vanilla, cream of tartar with an electric mixer on medium speed until soft peaks form. Add sugar 1 T. at a time, beating on high speed until very stiff peaks form and sugar is almost dissolved. Spread or pipe mixture over circles on paper, building up sides of shells.

Bake at 300 degrees for 35 minutes. Turn off oven. Let meringue dry in oven with door closed for 1 hour. Do not open oven. Lift meringues off paper.

To serve spoon yogurt into shells and arrange fruit on top of the yogurt.

### *Recipe Notes*

Source: Tami Rauzi, Northridge High

# Parmesan Steamed Vegetables

---

- 2 each carrots
- 1/4 head cauliflower
- 1 stalk broccoli
- 1 tablespoon parmesan cheese, grated

## *Instructions*

Put 1 inch of hot water in the bottom of a saucepan; put steamer basket in saucepan. Peel and slice carrots ( about 1/4 inch thick) on the diagonal to make oval slices. Put carrot slices in the steamer. Cover. Bring to a boil. Reduce heat to medium and steam for about 5 minutes.

Remove core from cauliflower and cut into flowerets. Add cauliflower to basket and steam 5 minutes longer.

Cut broccoli flowerets and add to steamer. Cover and cook 5-7 minutes longer or until all vegetables are tender.

Put vegetables in a serving dish. Sprinkle with 1-2 tablespoon of grated parmesan cheese and a little lemon pepper if desired.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food and Fitness

# Pizza - Vegetable

---

- 1 package crescent rolls 8 oz.
- 6 ounces cream cheese
- 1 1/2 teaspoons ranch dressing mix
- 1/3 cup mayonnaise

## *Instructions*

Break apart package of crescent rolls. Fit together to form a rectangle. Pinch seams together. Prick dough with a fork to allow steam to escape. Bake in 350 degree oven for 8-10 minutes until golden brown. Cool on cooling rack.

Filling - Blend together the cream cheese, ranch dressing mix and mayonnaise. You can add up to 1/2 cup of mayonnaise if desired. ( Using the light cream cheese and light mayonnaise will reduce the fat content.) Spread on cooled crust. Leave 1/2 inch around the edge of crust if serving pizza slices. Spread to the edge if cutting into hor d'oeuvres.

Topping - Chop/dice vegetables such as: cucumbers, carrots, broccoli and red peppers into small pieces and sprinkle on filling.

Sprinkle with grated mild cheddar cheese if desired.

This is one of six vegetable dishes prepared in class. One or two groups make this recipe and then it is shared with the rest of the class.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High Food and Fitness



# Popover Veggies

---

- 1 egg
- 1/2 cup milk
- 1 cup Bisquick
- 2 tablespoons corn meal
- 1/4 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1/8 teaspoon cayenne pepper

## *Instructions*

Cut vegetables:

Onions into rings

Broccoli into small flowers

Cauliflower into small flowers

Zucchini into circles

Can use any vegetables you like

Heat deep fat to 375.

Beat egg and add to milk. Measure dry ingredients together. Add milk and eggs to dry ingredients.

Dip vegetables in batter. Drop in deep fat for 2 to 3 minutes or until golden brown.

We usually double the batter recipe.

## *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High

Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

# Potato Bar Party

---

8 large potatoes

## *Instructions*

Russet potatoes are a good choice because they bake up moist, fluffy and flavorful. Look for smooth, well shaped, firm potatoes free of blemishes and sprouts.

Prepare potatoes:

Scrub in cold water and dry, rub with shortening or oil and pierce with fork. If you like a steamed texture wrap potatoes in foil. Bake at 450 degrees for 45 minutes or until fork-tender, (400 degrees for 50-60 minutes).

Slash top of potato and squeeze to open. Serve with choice of toppings.

(See recipe for Basic White Sauce for Potato Bar Party)

A casual party which is easy on the budget as well as the hostess.

Plan on one potato per sperson, or maybe two if you have hearty eaters.

Variations:

After potato is cooked, slash top and scoop out potato.

Whip potato with milk and margarine. Squeeze through a pastry bag with large tip back into potato.

Another variation is to squeeze potato open and then mash margarine into it with a fork.

For dessert serve a plate of fresh fruit and assorted cheeses.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High School

# Potato Casserole - Low-Fat

---

- 6 medium potatoes
- 1/3 cup onion, finely chopped
- 1/2 cup cheese, shredded
- 1 cup plain yogurt
- 1 can cream of chicken soup

## *Instructions*

Boil potatoes until cooked. Peel; slice or grate. Add soup, yogurt, onion and cheese. Mix well. Pour over potatoes and mix lightly. Bake at 350 degrees for 20-30 minutes.

## *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

Note: This recipe can be used in a high fat/low fat comparison lab with Potato Casserole.

## Potato Casserole - Nauvoo

---

- 7 medium potatoes
- 1 can cream of chicken soup, canned
- 1/2 stick butter, melted
- 1/2 pint sour cream
- 1/4 cup green onion, chopped
- 3/4 cup cheddar cheese, grated

### *Instructions*

Boil potatoes in their jackets. Peel and grate into 9x13 cake pan.

Mix remaining ingredients together.

Pour over potatoes and cut in with knife.

Bake at 350 degrees for 25-30 minutes

Optional: Top with crushed corn flakes and 2 tablespoons melted butter.

### *Recipe Notes*

Source: Tamra Rauzi, Northridge High School  
Food for Fitness, Food for Life

# Potato Nachos

---

- 4 baking potatoes
- 1 teaspoon chili powder
- 1 teaspoon cumin, ground
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 tablespoon olive oil
- 1/2 cup cheddar cheese, grated
- 2 scallions, sliced thin
- 2 tablespoons fresh cilantro, chopped
- 1 cup salsa, optional

## *Instructions*

Preheat oven to 475 degrees. Butter large baking sheet. Cut potatoes lengthwise into 1/2 inch wedges.

Combine chili powder, cumin, salt and cayenne pepper. In a large bowl toss potato wedges with half the spice mixture. Drizzle with oil, toss with remaining spice mixture to coat well. Place potatoes, cut side down, on baking sheet.

Bake, turning once until tender and skins are crisp, about 20 minutes. Sprinkle with cheese, scallions and cilantro. Bake until cheese melts, about 2 minutes.

Serve with salsa.

## *Recipe Notes*

Source: Mary Margaret Lyon, Bonneville High School

## Potato Wedges - Garlic Roasted

---

- 6 large red potatoes
- 1/4 cup butter
- 1/2 cup parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

### *Instructions*

Cut potatoes in half lengthwise; cut each into 4 wedges. In 3 quart saucepan, place potato wedges; add enough water to cover. Bring to a full boil. Cook over medium heat until potatoes are tender (8 to 12 minutes); drain. In 9 x 13 inch baking pan melt butter in 425 oven (5 to 6 minutes). Stir in remaining ingredients. Add potato wedges; coat both sides with butter mixture. Bake for 10 minutes; turn potatoes. Continue baking for 10 to 15 minutes or until lightly browned.

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Potatoes - Brunch

---

- 3 eggs, beaten
- 1 cup half & half
- 1/2 teaspoon salt, seasoned
- 1 cup swiss cheese, grated
- 1 cup cheddar cheese, grated
- 1 cup ham, diced
- 1 cup butter, melted
- 24 ounces hash brown potatoes, frozen

### *Instructions*

Mix melted butter and hash browns and put into 9x13 pan.

Bake at 375 degrees for 20 minutes.

Remove from oven.

Mix remaining ingredients and pour over potatoes.

Bake an additional 35-40 minutes.

Cover loosely towards the end of baking time if necessary.

### *Recipe Notes*

Source: Brighton High

# Potatoes - Cheesy

---

- 2 pounds potatoes, frozen, or French fries
- 1 can cream of chicken soup
- 1/4 cup onion soup mix
- 1 1/2 cups sour cream
- 1 cup cheddar cheese, grated
- 2 tablespoons butter, melted
- 2 cups corn flakes, crushed

## *Instructions*

Put potatoes in glass square pan

Combine other ingredients except cheese, butter and corn flakes

Mix with potatoes

Mix corn flakes and butter, sprinkle over top of potatoes

Sprinkle cheese over top

Bake at 350 degrees for 35-40 minutes or 10-15 minutes in the microwave

Cool and serve

## *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School

8th Grade Life Skills



## Potatoes - Hash Brown

---

- 3 medium potatoes
- 1/4 cup onion, chopped fine
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 3 tablespoons margarine

### *Instructions*

Partially peel potatoes, shred.

Rinse, then pat dry with paper towels.

In a bowl toss potatoes with salt, pepper, garlic powder and onions.

In a large skillet melt margarine.

With pancake turner, pat potato mixture into skillet.

Cook over medium heat about 10 minutes or till bottom is crisp.

Cut into wedges, turn.

Cook another 10 minutes or until golden brown.

### *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Potatoes - Hashed Brown

---

- 4 medium potatoes, peeled, cooked & chilled
- 1 tablespoon onion, grated
- 1 teaspoon salt
- 1 dash pepper
- 3 tablespoons butter or margarine
- 3 tablespoons bacon fat

## *Instructions*

1. Using a medium grater, grate potatoes onto wax paper until you have 4 cups. With same grater, grate onion. Toss onion with potatoes, salt and pepper.
2. In 10-inch skillet over medium-high heat, heat butter with bacon fat. Add potatoes, pressing down well with turner and shaping into circle, leaving 1/2-inch trough of fat around edge.
3. Saute about 20 minutes or until crisp and brown on underside. (After 12 to 15 minutes lift edge to test brownness.)
4. When potatoes are golden on bottom, hold skillet with one hand; with turner cut through them from the far edge to center. Then with turner, fold these 2 cut quarters, in turn, toward you, onto uncut half.
5. Carefully run turner under potatoes, so they'll slide out of skillet easily. Then, using turner and holding skillet firmly in one hand, turn potatoes onto platter, with uncut side on top.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

# Potatoes - Parsley

---

- 3 potatoes
- 1/3 cup water
- 1/4 teaspoon salt, Lawry's seasoned
- 3 tablespoons margarine
- 1 tablespoon parsley

## *Instructions*

Peel potatoes, remove brown or spoiled spots.  
Cut into bite sized pieces.

Place in 1 1/2 quart glass dish with water.  
Cover with lid, microwave for 3 minutes, turn 1/4 turn, microwave 3 more minutes,  
turn again and microwave for 3 minutes.

Check with fork to see if tender and microwave 3 more minutes as needed.

Drain excess water and add margarine and parsley, stir.

Sprinkle with seasoned salt.

## *Recipe Notes*

Source: Shirley Taylor, Wahlquist Junior High School  
Food and Fitness

## Potatoes - Reduced Fat Yummy

---

- 3 medium potatoes, parboiled
- 1 cup low fat sour cream, lightly beaten
- 1/2 can low fat cream of chicken soup
- 3 tablespoons green onions, chopped
- 3/4 cup mozzarella, grated
- 1/3 cup corn flakes, crushed

### *Instructions*

Cook potatoes until tender; cool, peel and slice or grate. (Or use 1 lb. frozen hash browns, pre-cooked in microwave).

Combine soup and sour cream. Using a wire whip, remove all the lumps and whip until smooth. Stir in onion and cheese.

Place potatoes in a 8" baking pan or casserole. Pour soup mixture over top and lightly cover potatoes.

Sprinkle crushed corn flakes over casserole. Bake at 350 degrees for 45 minutes or place a piece of wax paper loosely over the top and micro-cook until sauce bubbles.

### *Recipe Notes*

Kathy Stevens, West Jordan High  
Food and Fitness

# Spicy Oven Fries

---

- 2 potatoes
- 1 tablespoon parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon oregano
- 1/8 teaspoon onion, salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon chili pepper
- 1 dash cayenne pepper

## *Instructions*

Scrub potatoes and cut into thin lengthwise strips.

Seasoning - Mix the remaining ingredients together.

(You can place the potatoes on a plate and microwave them for 4-5 minutes before putting them on a cookie sheet to hurry them along.)

Spread potatoes in a single layer on a cookie sheet. Spray with vegetable spray and sprinkle on half of the seasoning. Bake at 450 degrees for 12 minutes. Turn potatoes, sprinkle on the rest of the seasoning and bake another 12 minutes.

## *Recipe Notes*

Source: Lee Ann Bitner, Alta High School  
Food and Fitness

## Stuffed Mushrooms With Crab

---

- 26 medium mushrooms, firm
- 2 tablespoons butter or margarine
- 2 tablespoons green onions, minced
- 1 teaspoon lemon juice
- 1 cup crab, 6 1/2 ounces
- 1/2 cup bread crumbs, soft
- 1 egg, beaten
- 1/2 teaspoon dill, dried
- 3/4 cup monterey jack, shredded
- 3 tablespoons butter or margarine

### *Instructions*

Wash mushrooms, carefully remove stems. Chop the stems finely and save the caps. Saute onions and chopped mushroom stems in 2 T. butter for 3-5 minutes.

Remove from heat, stir in lemon juice, crab meat, bread crumbs, eggs, dill and 1/4 cup of the cheese. Blend well.

Place 3 T. of butter on baking sheet. Melt in oven. Roll mushroom in the melted butter, cavity side up.

Fill mushrooms, press firmly in and mound up. Sprinkle with remaining cheese.

Bake uncovered at 375 degrees for 15 minutes. Serve hot.

### *Recipe Notes*

Source: Terilee Herbon, Hunter High School  
Food Service/Culinary Arts

# Tempura - Vegetables

---

1 cup flour  
1/2 cup cornstarch  
1 1/3 cups water  
1 egg

## *Instructions*

Select vegetables and prepare. Make sure the vegetables are dry or the batter will not stick to them.

## Suggested vegetables

1 carrot, julienne  
1/4 onion, cut into rings  
1/2 zucchini, julienne  
4 mushrooms, quartered  
broccoli, cut into flowerettes  
green pepper, cut in long thin strips  
cauliflower

Mix the flour, cornstarch, water and egg together. Beat with a fork. Batter will be runny and lumpy.

Heat oil to 350-400 degrees. Dip a few vegetables into the batter, letting the excess batter drip off and fry until crisp. The batter will not brown. Drain on paper towels. Serve with dipping sauce.

## Dipping Sauce

1/2 cup water  
1 teaspoon cornstarch  
1 teaspoon vinegar  
2 tablespoons + 1 1/2 teaspoons soy sauce  
2 tablespoons sugar

Mix all ingredients, stirring constantly heat to a boiling. Boil and stir 1 minute.

## *Recipe Notes*

Source: Nancy Gudmundsen, Alta High School

# Veggie Squares

---

- 2 cans refrigerated crescent rolls
- 1 cup mayonnaise
- 8 ounces cream cheese
- 1 package ranch dressing mix

## *Instructions*

Roll the crescent rolls out on a 9 x 12-inch baking sheet sprayed with non-stick spray.

Bake at 400 degrees for 8 minutes. Let cool.

Mix mayonnaise, cream cheese and dressing mix. Spread over cooled crescent rolls. Top with fresh chopped vegetables. (Carrots, broccoli, onion and cauliflower are all good.) Sprinkle with grated cheese and chopped olives.

Can be eaten now or placed under the broiler briefly to melt the cheese. A little messy but great tasting!

Prepare one recipe for the class and use as a demonstration on preparing raw vegetables.

## *Recipe Notes*

Source: Ann Stevenson, Weber High  
Food and Fitness



# Zucchini

---

- 1 medium zucchini
- 1/2 medium onion
- 3/4 cup mushrooms
- 1 can whole tomato, canned
- 1 teaspoon oregano
- 1 1/2 teaspoons basil
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

## *Instructions*

Slice zucchini and onions into thin rings.

Cut mushrooms into thin slices.

Saute zucchini, onion and mushrooms together in pan.

Add whole tomatoes and spices.

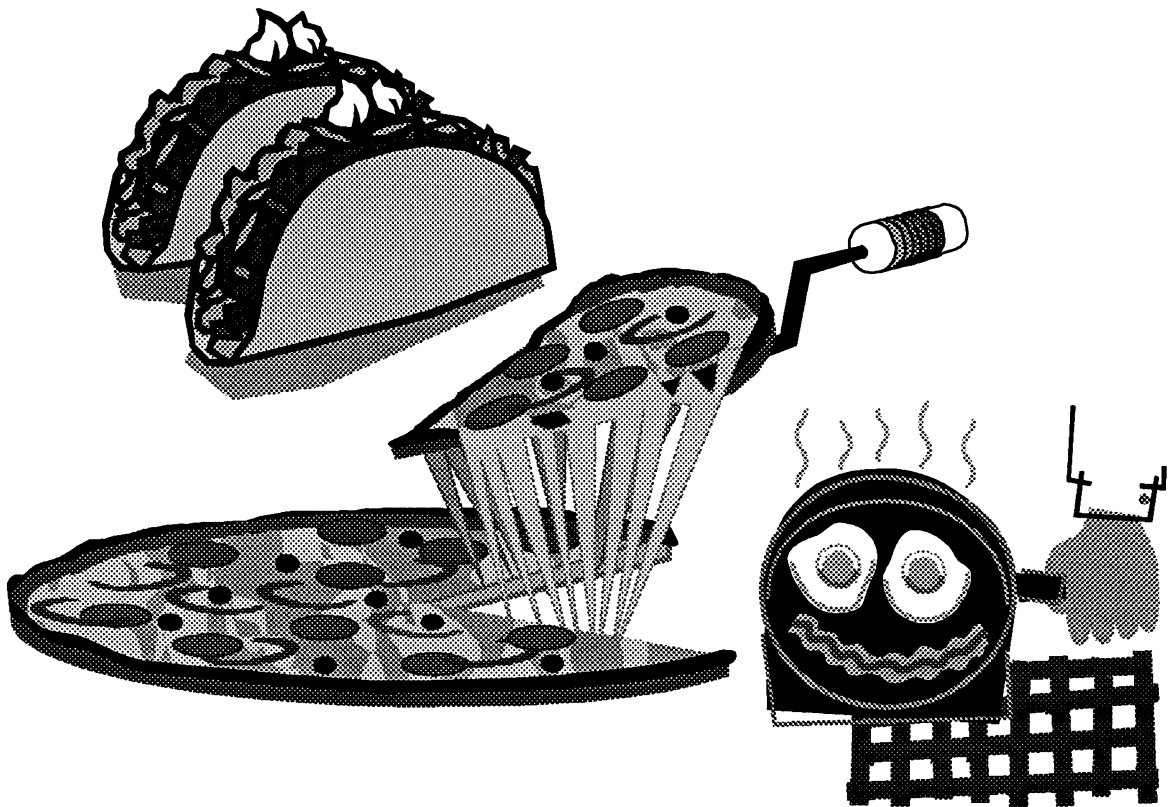
Cook and steam for 1/2 hour.

## *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

# Chapter 5

## Main Dish, Meat, Poultry and Eggs



# Baked Reuben Braid

---

- 1 loaf Rhodes dough
- 1/3 cup Thousand Island salad dressing
- 1/2 pound pastrami, turkey, thinly sliced
  - 1 small swiss cheese, brick, sliced
- 2 cups sauerkraut, canned, drained well
- 1 egg white, beaten
- 2 tablespoons caraway seeds

## *Instructions*

Thaw loaf in refrigerator overnight, or at room temp for 5-6 hours.

Allow refrigerated dough to warm at room temp for 1 hour.

On a floured surface, roll dough into 12x18 in rectangle.

Pour dressing down the center of the dough lengthwise. Layer pastrami, then slices of swiss cheese.

Top cheese with sauerkraut. Braid loaf together by making 1 inch intervals along sides of filling.

Alternating sides, fold at an angle across filling. Fold bottom end towards filling and finish by stretching last strip and tucking under bottom end.

Using both hands, lift onto a cookie sheet coated with non-stick spray. Brush with egg white and sprinkle with caraway seeds.

Bake at 350 degrees for 30 minutes or until browned.

Cool slightly before slicing.

## *Recipe Notes*

Source: Tamra Rauzi, Northridge High School  
Food for Life, Food and Fitness

## Beef - Texas Skillet

---

- 1/2 pound ground beef
- 1/3 cup onion, chopped
- 8 ounces canned tomatoes, cut-up
- 8 ounces kidney beans, canned
- 1/4 cup quick cooking rice
- 1/4 cup water
- 2 tablespoons green peppers, chopped
- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/2 cup cheese, shredded

### *Instructions*

In a skillet, cook ground beef and onion until meat is brown and onion is tender. Drain off fat.

Stir in the undrained tomatoes, beans, rice, water, green pepper, chili powder, salt and garlic salt. Bring to a boil. Then reduce heat. Cover and simmer for 15 minutes, stirring occasionally. Top with cheese. Cover and heat until cheese melts.

Sprinkle corn chips around the edges and serve.

### *Recipe Notes*

Source: Shari Combe, Roy Junior High  
Food and Fitness

# Beef Shish Kabobs

---

- 1/4 cup vegetable oil
- 3 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 3/4 teaspoon dry mustard
- 1/4 teaspoon garlic salt
- 1 dash pepper

## *Instructions*

Sprinkle meat with meat tenderizer. Pound both sizes of meat with mallets, about 5 minutes. Cut meat into 1 inch cubes. Prepare marinade.

Pour marinade over cubed beef. Let stand 10-15 minutes.

Thread skewers with beef, sliced onion and green pepper. Place on foil-covered baking sheet. Broil kabobs 4-5 inches below heating element.

Broil about 4-7 minutes, brushing 2 or 3 times with marinade. Turn kabobs over and broil another 4-7 minutes, brushing with marinade.

## *Recipe Notes*

Source: Nancy Gudmundsen, Alta High School

## Beef Stroganoff - Quick

---

- 1/2 pound round steak
- 1 clove garlic, minced
- 1/2 cup onion, chopped
- 1/2 package mushrooms, sliced
- 1 beef bouillon
- 1/2 can cream of mushroom soup
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/3 cup sour cream
- 1/2 teaspoon meat tenderizer
- 1 tablespoon oil

### *Instructions*

Sprinkle round steak with 1/2 teaspoon meat tenderizer and then pound with a mallet until tender.

Slice the steak into 1/8" strips.

Place in a plastic bag, and add wine marinade. Seal bag and knead a little to speed up the tenderizing.

Add 1 tablespoon oil to frying pan.

Place beef and minced garlic in medium hot skillet. Do not stir.

Let brown on one side, and then turn.

Place onions on top and let them start to cook. Add mushrooms.

Add to beef mixture beef bouillon, cream of mushroom soup, paprika and salt.

When mixture is bubbling add 1/3 cup sour cream. Stir until warm.

Serve over egg noodles.

### *Recipe Notes*

Source: Nancy Gudmundson, Alta High

# Breakfast - Quick And Easy

---

- 1 cup baking mix
- 1 cup cheese
- 1/2 cup milk
- 4 eggs
- 2 tablespoons milk

## *Instructions*

Make biscuits first.

### BISCUITS

Mix baking mix, 1/2 cup cheese and 1/2 cup milk in small mixing bowl using a fork.

Drop by spoonfuls on a greased cookie sheet.

Bake at 425 degrees for 12 minutes.

Makes 10 biscuits.

### EGGS

These eggs are made in a quart jar in the microwave.

Put the eggs, 2 tablespoons milk, 1/2 cup cheese and a little salt and pepper in quart jar and shake well.

Remove lid.

Cover with wax paper; microwave on high for 1 minute. Stir.

Microwave 2 more minutes, stirring after each minute.

Let stand 2 minutes before serving.

Caution: The jar will be hot, so use hot pads.

## *Recipe Notes*

Source: Lesley Kendrick, Alice C. Harris Intermediate  
7th Grade

# Breakfast Burritos

---

- 1/2 teaspoon vegetable oil
- 1 tablespoon onion, chopped
- 2 cups hashed brown potatoes
- 3 eggs
- 2 tablespoons milk
- 1/2 cup green chili salsa
- 2/3 cup cheddar cheese, grated
- 4 flour tortillas

## *Instructions*

Saute onion in oil until clear.  
Add potatoes, cook until brown.  
In a bowl combine eggs and milk.  
Pour egg mixture over potatoes.  
Add sausa.  
Scramble mixture until cooked.  
Spoon mixture onto a warmed tortilla.  
Sprinkle with cheese.  
Fold into a burrito.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School



# Breakfast Burros

---

2 eggs, scrambled  
1 each flour tortilla  
1/4 cup cheese

## *Instructions*

Warm tortilla in a non-stick skillet. Top tortilla with scrambled eggs and sprinkle with cheese. Fold and serve.

## *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
Life Skills

## Breakfast Casserole - Southern

---

- 2 cups grits, cooked
- 1 pound sausage, ground
- 6 eggs, beaten
- 1 cup milk
- 1 teaspoon Tabasco sauce
- 1 1/2 cups cheddar cheese, shredded
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup parsley, chopped

### *Instructions*

Preheat the oven to 350 degrees.

Cook the grits using the package directions then spread them in the bottom of 9x13 glass or aluminum casserole dish that has been greased.

Fry sausage until well done. Drain excess grease.

Mix eggs, milk, tabasco sauce, 1 cup cheese, salt and pepper pour over the grits.

Bake casserole for 25-30 minutes or until eggs are done.

Sprinkle the remaining cheese on top and bake another 5-10 minutes until the cheese is melted.

Allow to cool slightly and sprinkle parsley on top. Cut into slices and serve.

### *Recipe Notes*

Source; Brighton High

# Calzones

---

- 3 1/4 cups flour
- 1 package yeast
- 1 cup water, warm (120 to 130 degrees)
- 2 tablespoons vegetable oil
- 1 pound sausage, ground beef/pork, cooked
- 6 ounces pepperoni, sliced, or 1 c. cooked ham
- 1/2 cup green onion, sliced
- 1 cup mushrooms, sliced or chopped green pepper
- 2 1/2 cups mozzarella, shredded
- 1/4 teaspoon salt
- 1 can tomato sauce, 8 oz.
- 1 can tomato, canned, undrained and cut up
- 1/2 cup onion, chopped
- 1 tablespoon basil
- 1 teaspoon sugar
- 1 teaspoon oregano
- 2 cloves garlic, minced
- 1/4 teaspoon black pepper

## *Instructions*

**DOUGH** - In a large bowl combine 1 1/4 c. flour, yeast and 1/4 t. salt. Add warm water and oil. Beat on low for 30 seconds. Beat on high for 3 minutes. Using a spoon stir in as much of the remaining flour as needed. Turn out onto a lightly floured surface. Knead to make a moderately stiff dough. Divide in half. Cover and let rest 10 minutes.

**PIZZA SAUCE** - In a medium saucepan combine tomato sauce, undrained tomatoes, chopped onion, basil, sugar, oregano, garlic and pepper. Bring to a boil and reduce heat. Cover and simmer about 10 minutes. (If desired substitute one 15 oz. can of pizza sauce for homemade sauce.)

Grease two 12 inch pizza pans or baking sheets. If desired sprinkle with cornmeal. Roll out each piece of dough into a 13 inch circle. Transfer to pans. Spoon sauce and meat on half of each circle to within 1 inch of edge. Sprinkle with vegetables and cheese. Moisten edges of dough with warm water. Fold dough in half over filling. Seal edge by pressing with tines of a fork. Prick top. Brush top with milk. If desired, sprinkle with grated Parmesan cheese. Bake in a 373 degree oven for 30 to 35 minutes or until lightly browned.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High

# Casserole In A Pumpkin

---

- 2 cups rice, cooked
- 1/2 cup onion, chopped
- 1 tablespoon margarine
- 3/4 pound ground beef
- 4 mushrooms, sliced
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 1 can cream of chicken soup

## *Instructions*

Prepare rice according to package directions enough to make 2 cups cooked rice.

Remove from heat. Let stand covered for 5 minutes or until water is absorbed. Stir with fork to fluff it.

Add ground beef and chopped onions in skillet with margarine. Brown.

Add sliced mushrooms and cook in with meat and onions for about a minute.

Then add soy sauce, brown sugar, cream of chicken soup and the cooked rice.

Mix well.

Clean out inside of a small to medium pumpkin.

Put casserole mixture inside and bake for at least 1 hour at 350 degrees.

## *Recipe Notes*

Source: Box Elder Middle School

# Chicken - Lemon Kabobs

---

- 2 chicken breasts, boneless & skinless, cut in strips
- 8 cherry tomatoes
- 1 medium green bell pepper, cut 1" thick pieces
- 1 tablespoon parsley flakes
- 1/2 teaspoon thyme leaves
- 1/4 teaspoon salt
- 2 tablespoons lemon juice
- 4 slices lemons, cut in fourths
- 8 skewers

## *Instructions*

In a medium bowl, stir together all ingredients except lemon slices and skewers. Marinate 10 minutes. Create a broiler pan out of tin foil; spray foil with vegetable spray. On each skewer, place one piece of lemon. Alternate threading chicken strips and vegetables on each skewer. End with a lemon wedge. Place foil pan on cookie sheet or on boiler pan. Arrange chicken kabobs on foil and brush with marinade. Broil 2-4 inches from heat with oven on BROIL setting. Turn once and cook until chicken is fork tender (3-5 minutes). Serve with rice pilaff.

(See Rice Pilaff recipe)

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

## Chicken - Microwave

---

- 2 tablespoons margarine
- 1/4 cup bread crumbs
- 2 tablespoons parmesan cheese, grated
- 1/4 teaspoon garlic powder
- 1/8 teaspoon paprika
- 2 chicken breasts

### *Instructions*

Melt margarine in a custard cup covered by a napkin for 40 seconds or until melted.

Remove skin and bones from the chicken and cut in half lengthwise.

Brush one side of the chicken with melted margarine.

Combine other ingredients in a small bowl.

Coat the buttered side ONLY with the bread crumb mixture.

Place on a microwave safe rack in a medium microwave bowl with the crumb side up. Cover with the lid.

Microwave on high 6 minutes.

Rotate the bowl one half turn and cook 6 minutes longer.

Remove from the microwave and allow several minutes stand time before serving.

### *Recipe Notes*

Source: Vera Clark, East Carbon  
8th Grade Life Skills, Food for Life

# Chicken - Sesame

---

- 5 whole chicken breasts, boneless & skinless, cut into bite size
- 1/4 cup flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup peanut oil
- 1/4 cup sugar
- 1/4 cup soy sauce, preferably Japanese style
- 2 tablespoons sesame seeds
- 1/4 cup green onion, chopped

## *Instructions*

Dredge chicken pieces in flour seasoned with salt and pepper.

In a frying pan heat oil and cook chicken chunks until done. Keep warm and set aside.

Combine sugar and soy sauce in medium saucepan and heat until sugar dissolves.

Add chicken chunks. Toss chicken in sesame seeds and onions. Serve at once.

Serve over rice.

Be careful not to overcook chicken pieces, this will make them tough.

## *Recipe Notes*

Source: Tamra Rauzi, Northridge High School  
Food and Fitness, Food Service/Culinary Arts

# Chicken And Noodles - Asian

---

- 1 package ramen noodles, chicken flavored
- 1 package vegetable, stir fry, frozen
- 1 tablespoon vegetable oil
- 1 chicken breast, diced
- 1/4 cup stir fry sauce

## *Instructions*

Bring to a boil 2 cups of water in a large sauce pan. Add noodles and vegetables. Cook till water returns to a boil. Drain.

Meanwhile heat oil then add diced chicken. When chicken is completely cooked add noodles and vegetables.

Stir in seasoning mix from noodles and 1/4 cup stir fry sauce. Heat for about a minute and serve.

## *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness



# Chicken Barbecue - Microwave

---

- 4 chicken breasts
- 2 teaspoons barbecue sauce

## *Instructions*

In a non-stick skillet on the stove, brown 4 chicken breasts about 2-3 minutes on each side. Sprinkle with 2 teaspoon seasoning, cover with waxed paper, cook in a microwave safe dish at 30% power for 8-11 minutes. when ready to serve, slice diagonally.

Try cajun, frajita, marinara, salad dressing, lemon pepper, seasoning salt or other flavors.

Serve cut into salad or plain.

## *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Food and Fitness

## Chicken Breast - Herb Seasoned

---

- 3 chicken breasts, boneless & skinless
- 1/2 cup herb-seasoned stuffing mix
- 1 tablespoon orange juice
- 1 teaspoon butter or margarine, melted

### *Instructions*

Arrange chicken in lightly greased 9 x 9 inch baking dish. Sprinkle with stuffing mix, and drizzle with butter.

Pour orange juice over chicken.

Cover and bake at 350 degrees for 30 minutes.

Serve over wild rice with sweet orange sauce.

### *Wild rice*

- 2 1/3 cup water
- 1 tablespoon butter
- 1 6 oz box wild rice

Combine butter, water and rice in saucepan. Bring to a boil, cover tightly, reduce heat and simmer until all of the water is absorbed, about 25 minutes.

### *Sweet Orange Sauce*

- 2 oz frozen orange juice concentrate, thawed and undiluted
- 1 tablespoon orange marmalade
- 3 teaspoon steak sauce.

Combine all ingredients in a small sauce pan, cook over medium heat, stirring occasionally, until it boils.

Pour over prepared wild rice.

### *Recipe Notes*

Source: Tamra Rauzi, Northridge High School  
Food and Fitness, Food for Life

# Chicken Crescent Dumplings

---

- 3 ounces cream cheese
- 1 tablespoon mayonnaise
- 1 cup chicken, cooked
- 1/2 cup cheddar cheese, grated
- 1 teaspoon onion flakes, minced
- 1/4 teaspoon pretzels, stick
- 1 can Crescent Rolls
- 2 tablespoons butter, melted
- 1/4 cup bread crumbs
- 1/2 cup cream of chicken soup, or mushroom
- 1/4 cup milk

## *Instructions*

Preheat oven to 350 degrees.

Grate cheese and chop up chicken.

Mix all the ingredients, cream cheese, mayonnaise, chicken, grated cheese, onions, garlic salt, salt and pepper to taste, mix well. Taste to make sure there is enough salt in the mixture.

Open can of rolls and divide into 4 sections, so that you have 2 crescent rolls that make a square.

Place 1 heaping tablespoon of chicken mixture on the roll.

Pinch the edges together so it makes a tight seal.

Melt butter in microwave and roll the dumpling in the butter. Then roll in bread crumbs .

Place on ungreased cookie sheet.

Bake for 15 minutes or until light brown.

## Sauce

- 1/2 cup cream of chicken or mushroom soup
- 1/4 cup milk

Heat together and pour over dumplings.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High

# Chicken Divan

---

- 1 cup broccoli, frozen
- 1 cup chicken, diced
- 1/2 cup american cheese, grated
- 1/2 can cream of chicken soup, canned
- 3 tablespoons milk
- 1/2 can French Fried onions

## *Instructions*

Rinse broccoli with small amount of running water to remove ice.  
Drain and arrange broccoli in ungreased round casserole dish.  
Top broccoli with poultry and grated cheese.  
Cover with mixture of soup and milk.  
Bake uncovered 18-20 minutes.  
Sprinkle with French Fried onions and bake 3 minutes longer.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High

# Chicken Fajita

---

- 1/2 chicken breast
- 1/4 cup cheddar cheese, grated
- 1 tortilla, per person
- 1 tablespoon sour cream
- 1/2 tomato, chopped, or 1/3 cup salsa
- 6 olives
- 2 tablespoons onions, chopped
- 1 lettuce, wedge

## *Instructions*

Cut chicken into bite-sized pieces

Chop onion and olives

Spray frying pan with Pam

Saute onions in frying pan, add chicken

Fry until golden brown and white all the way through

Drain on paper towels

Grate cheese, chop tomatoes, cut lettuce

Heat tortilla in microwave 15-20 seconds

Top with fillings and enjoy

## *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School  
8th Grade Life Skills

# Chicken Fajitas

---

- 1 teaspoon vegetable oil
- 1/2 medium onion, sliced
- 1 half green pepper halves, sliced
- 1 teaspoon vegetable oil
- 1/2 pound chicken, cut in pieces
- 1 tablespoon fajita spices
- 2 tablespoons water
- 1/2 cup cheddar cheese, grated
- 1 medium tomato, diced
- 1 flour tortilla

## *Instructions*

Cook oil, onion, and green pepper in saucepan until tender.

At the same time, cook oil and chicken in the frying pan.

When chicken is no longer pink inside, add the fajita spices and water to the chicken. Simmer until water evaporates.

Add vegetables to the chicken.

Serve in warm tortillas with grated cheese, and diced tomatoes. You may warm the tortillas in the microwave or in the frying pan on the stove.

## *Recipe Notes*

Source: Vera Mock, Granite Park Jr.  
8th Grade Life Skills, Food and Fitness

## Chicken Fajitas - Great

---

- 1 pound chicken breast, skinned & boned
- 3 tablespoons lime juice
- 1 clove garlic, minced
- 1/4 teaspoon chili powder
- 1/4 teaspoon cumin
- 1 small green bell pepper, sliced
- 1 small onion, sliced
- 6 flour tortillas
- 1 medium tomato, chopped

### *Instructions*

Cut chicken into thin strips. Place in a 3 cup microwave-safe casserole. Combine lime juice with garlic, chili powder, and cumin; pour over chicken, mixing to coat evenly. Cover and refrigerate several hours or over night. Add green pepper and onion to chicken. Microwave, uncovered, on HIGH 6 to 7 minutes or until chicken is tender, stirring once. Wrap tortilla in a paper towel. Microwave on HIGH 45 to 60 seconds or until warm. Spoon chicken mixture into center of each tortilla. Top with tomato and yogurt salsa if desired. Fold up sides and ends to enclose filling.

### *Recipe Notes*

Annette Adams, Bear River Middle School  
Food and Fitness

# Chicken Fried Steak

---

- 1 each round steak, without bone
- 1 tablespoon milk
- 1 tablespoon vegetable oil
- 1 each egg
- 1/2 cup bread crumbs, or cracker crumbs

## *Instructions*

On a bread board, pound the round steak until it is half of its original thickness. Trim off any fat or connective tissue. Cut into serving size pieces.

Dip each piece briefly in the mixture of beaten eggs and milk and then into the crumbs. Shake gently to remove loose crumbs. Brown each piece in oil to a pleasing brown color on each side. Add salt and pepper to taste after browning each side. Add enough water to cover the bottom of the skillet. Cover. Reduce the heat to simmering and cook until the meat is fork tender.

Total braising time is 20 minutes to 1 hour depending upon the size of pieces. If the pan becomes dry, add more water.

## *Recipe Notes*

Source: Shelly Percival, Union High  
Food and Fitness



# Chicken Marsala

---

- 4 chicken breasts, boneless & skinless
- 1/2 cup flour
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 cup butter or margarine
- 1 pound mushrooms, sliced
- 1 cup water
- 2 tablespoons sugar
- 2 beef boullion cubes
- 2 chicken boullion cubes
- 1/4 cup cooking wine

## *Instructions*

Cut chicken into strips, like chicken tenders.

In a plastic or paper bag, place flour, pepper and salt. Shake bag to mix. Add chicken and shake. Massage the bag to coat the chicken.

Melt the butter in a large frying pan. Add the chicken and let it brown on medium heat. Turn only once. Don't stir the chicken, just let it brown.

Add the sliced mushrooms to the top of the browned chicken and let cook for 1 minute.

Mix the water, sugar, beef and chicken boullion cubes and cooking wine. Add to the chicken and mushrooms. Let simmer for 30 minutes or until the sauce reduces.

Serve over linguine.

## *Recipe Notes*

Source: Nancy Gudmudsen, Alta High

## Chicken Parmesan - Baked

---

- 12 chicken breasts
- 3 pints sour cream
- 4 packages Ritz crackers
- 1/2 cup parmesan cheese
- 1 tablespoon garlic salt
- 1 tablespoon accent
- 1 cup butter

### *Instructions*

Wash chicken breasts and pat dry.

Coat well with sour cream.

Combine crackers, parmesan cheese, garlic salt and accent.

Dip pieces in crumb mixture. Lay on jelly roll pan.

Drizzle with butter.

Bake 1 hour at 350 degrees. Uncover the last 20 minutes for crisper chicken.

### *Recipe Notes*

Source: Diane Thurman, Clearfield High School  
Food Service/Culinary Arts

# Chicken Pillows

---

- 3 ounces cream cheese, softened
- 2 tablespoons butter, melted
- 1/4 cup celery, chopped fine
- 1/3 can mushrooms, drained (cut small)
- 2 tablespoons onions, chopped fine
- 1 cup chicken, cooked and chopped
- 1/8 teaspoon pepper
- 1/2 teaspoon salt
- 1 can Crescent rolls, refrigerated

## *Instructions*

Preheat oven at 350 degrees

Carefully mix cream cheese and melted butter together, using an electric mixer.

Spoon in celery, mushrooms, onion, chicken, and seasonings and stir to blend.

Carefully open crescent rolls and lay each triangle out on the counter. Divide the chicken mixture up, putting about 2 tablespoons of chicken mixture on the wide end of the dough

Roll up and tuck in sides as you roll. Be sure there are no holes or openings where the filling can run out during baking. You will need to pinch the edges to seal them

Bake at 350 degrees on ungreased cookie sheet for 15 minutes or until the rolls are golden brown

Serve with sauce

Sauce:

Dilute 1/2 can cream of chicken soup (1/2 can is a scant 2/3 cup) with about 1/4 cup milk (depends on how thin or thick you want the sauce)

Heat to blend

Serve over Chicken Pillows

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School

Food for Life

# Chicken Pot Pie

---

- 4 tablespoons water, boiling
- 1 teaspoon salt
- 6 tablespoons butter or margarine
- 6 tablespoons flour
- 1/4 teaspoon pepper
- 1 3/4 cups chicken broth
- 2/3 cup cream, or half and half
- 2 cups chicken, cooked, cut up
- 1/2 cup vegetable
- 2 cups Bisquick
- 1/2 cup margarine

## *Instructions*

Melt the 6 T. margarine over low heat.

Blend in flour and salt, stirring over low heat until smooth and bubbly.

Remove from heat, add broth and cream.

Boil 1 minute, stirring constantly. Add chicken and vegetables.

Pour in a 1 1/2 quart greased baking dish.

Mix Bisquick and 1/2 cup softened margarine in a small bowl. Add boiling water, stirring vigorously until very soft dough forms.

Roll out and cover top of pie with Bisquick mixture.

Bake at 350 degrees for 20 minutes or until light brown.

## *Recipe Notes*

# Chicken Roll Ups

---

- 4 chicken breasts
- 1 can cream of mushroom soup
- 8 ounces cream cheese
- 1 cup cheese, shredded
- 16 crescent rolls

## *Instructions*

Boil or bake chicken.

Combine cream of mushroom soup and cream cheese in a large bowl.

Dice chicken.

Add chicken and shredded cheese to soup mixture.

Roll out crescent rolls.

Put a spoonful of chicken mixture on each roll and wrap dough around the filling.

Bake at 350 degrees for 20 minutes or until rolls are golden brown.

Serve hot with gravy poured over the top.

## *Recipe Notes*

Cindy Gulbranson, Roy High  
Food and Fitness, Food for Life

# Chicken Salad Pita

---

- 1 1/2 cups chicken, cubed
- 1/2 cup celery, diced
- 1/4 cup pineapple, canned
- 1/3 cup mayonnaise
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 dash pepper

## *Instructions*

Combine chicken, celery and fruit in bowl. (apple can be used to replace pineapple tidbits) Set aside

Mix mayonnaise, salt, garlic powder, and pepper.

Pour over chicken mixture. Stiring well.

In each pita place a lettuce leaf and slice of cheese, spoon in chicken salad.

Optional:

Add 1/4 cup of slivered almonds to chicken mixture.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Chicken Salad Pita Sandwich

---

- 1 head romaine lettuce, chopped
- 3 chicken breasts, baked
- 4 stalks celery, chopped
- 3 1/2 cups grapes, cut in half
- 1/2 cup sunflower seed
- 6 pieces pita bread, halved

## *Instructions*

Dice baked chicken breast and toss with lettuce, celery, grapes, and sunflower seeds.

Put on enough dressing to lightly coat the salad. (You Italian cheese or garlic dressing, or any other dressing you would like)

Fill pita bread with mixture. Should fill 10-12 pita bread halves.

## *Recipe Notes*

Source: Becky Cox, Lone Peak High School  
Food Service Classes

## Chicken Tenders - Low Fat

---

- 2 chicken breasts, boneless & skinless
- 1/3 cup milk, skim
- 1 cup corn flakes, crushed

### *Instructions*

Cut chicken into strips. Dip them in milk, then in crushed cornflakes. Place on a cookie sheet sprayed lightly with vegetable oil.

Bake at 400 degrees for 10-14 minutes, or until chicken is white in the middle when you cut it.

You can dip the chicken tenders in the chicken gravy with mushrooms recipe.

Serves 4

### *Recipe Notes*

Source: Debbie Adams, Rocky Mt. Jr.  
Food and Fitness



# Egg Brunch Casserole

---

- 8 slices bread, cubed
- 2 cups cheddar cheese, sharp, grated
- 1 pound sausage, browned and crumbled
- 6 eggs
- 2 1/2 cups milk
- 3/4 teaspoon dry mustard
- 1 can cream of mushroom soup
- 1/2 cup milk

## *Instructions*

Place bread in the bottom of a greased 9 x 12 inch dish.

Top with browned sausage and grated cheese. Beat eggs with the 2 1/2 cups milk and dry mustard. Pour over the above and set overnight in the refrigerator.

Dilute soup with 1/2 c. milk and spread over top of mixture.

Bake at 350 degrees for 30 minutes for until set.

## *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High  
Food for Life

## Egg Rolls - Beef

---

- 1 package crisply cooked bacon
- 1 cup cabbage, shredded
- 1/2 cup carrot, shredded
- 1/4 cup onion, chopped, or 1/4 teaspoon onion powder
- 1/2 pound ground beef, or 1/2 cup cooked chicken
- 1/2 cup apple juice
- 1/8 teaspoon garlic powder

### *Instructions*

Brown the ground beef or heat the cooked chicken. Add the cabbage, carrots, onion and garlic. Cook until tender. Add the juice and a dash of MSG.

Following egg roll package directions, place a small amount of the meat mixture in the center of each egg roll and seal using the drug store meat wrapping method.

Fry in hot oil seam side down until golden brown and serve with sweet and sour sauce, etc.

### *Recipe Notes*

Source: Chris Carrigan, Morgan High

# Egg Rolls - Chicken Or Turkey

---

- 1 pound ground turkey or chicken
- 1/4 cup shredded carrots
- 1/4 cup shredded cabbage
- 1/2 teaspoon salt
- 1/4 teaspoon onion salt
- 1/4 teaspoon garlic salt
- 1/4 teaspoon black pepper
- 1 tablespoon corn starch
- 2 egg yolks
- 1 package spring roll wrappers

## *Instructions*

Combine ground turkey or chicken, vegetables, salt, onion salt, garlic salt, black pepper, corn starch and 1 egg yolk in a bowl. Set aside.

Beat second egg yolk in a small bowl. Place 1 teaspoon meat mixture across center of each pastry square wrapper. Brush edges lightly with the beaten egg yolk. Roll up tightly around filling and pinch edges slightly to seal.

Heat cooking oil in a wok or large skillet on medium heat for 10-15 minutes. Cook 6-8 rolls at a time until golden brown and crisp, 3-5 minutes. Drain on paper towel.

Serve with sweet and sour sauce or Thai sauce if desired. Makes 50 rolls.

## *Recipe Notes*

Source: Tricia Broadbent, South Jordan Middle Food and Fitness, Food for Life

# Egg Sausage Casserole

---

- 1/3 pound sausage, cooked & drained
- 1/2 cup cheddar cheese, grated
- 5 eggs
- 1/4 cup milk
- 1/2 teaspoon carrots, chopped
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 3 green onions, chopped fine
- 1/4 cup green peppers, chopped, optional
- 1/2 can cream of mushroom soup
- 1/4 cup milk

## *Instructions*

Butter a square pan and line with bread slices. You will need to cut up the bread to fit in the bottom. (Like puzzle pieces).

Cover bread with meat and cheese.

Beat together and pour over the bread and meat, the rest of the ingredients.  
Place in refrigerator overnight.

Day 2. Before baking, mix together, and pour over the egg and bread mixture in the pan:

1/2 can of cream of mushroom soup and 1/4 cup milk.

Bake at 300 degrees with the foil on for 1 hour or until eggs are set. Remove foil towards the end.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

## Eggs - Deviled

---

- 4 eggs, cooked & peeled
- 1/4 cup mayonnaise
- 1 teaspoon mustard
- 1 teaspoon vinegar
- 1/4 teaspoon salt

### *Instructions*

Use one egg per person, This recipe is for 4 eggs.

Place eggs in saucepan. Add enough water to cover and bring to boil, then reduce heat so that the water is simmering.

Cook 10 minutes.

Remove from heat, run cold water over eggs for 2-3 minutes.

Peel eggs, cut in half lengthwise and remove yolks. Place yolks in a bowl and mash with a fork. Add the rest of ingredients and mix well. Stuff egg white halves with yolk mixture.

Sprinkle with paprika.

### *Recipe Notes*

Source: Nancy Gudmundson, Atla High

## Eggs - Deviled Best

---

6 each eggs  
1/3 cup mayonnaise  
1 teaspoon mustard

### *Instructions*

Cook eggs. Boil in cold water (1 inch over eggs) and 1/4 t. salt. Bring to boil on high.

Turn down to medium and cook 10 more minutes. (Eggs will spin if they are done)  
Peel and cut eggs in half lengthwise. Take out yolks and put them in a small mixing bowl.

Cream yolks, mayonnaise and mustard until smooth. Fill egg white halves with this mixture.

Garnish with paprika and parsley flakes.

### *Recipe Notes*

Source: Debbie Adams, Rocky Mt. Jr.  
Food and Fitness

## Eggs - Scrambled Enchilada Style

---

- 4 flour tortillas
- 1/2 tablespoon butter or margarine
- 1/4 cup onion rings, thinly sliced, separated
- 2 tablespoons milk
- 4 eggs, slightly beaten
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup monterey jack, shredded
- 1 cup tomato, diced
- 3/4 cup salsa
- 2/3 cup corn, whole kernel cooked
- 1/4 cup sour cream

### *Instructions*

Heat oven to 350 degrees. Wrap tortillas in aluminum foil. Bake for 8-10 minutes or until warm.

In skillet melt butter until sizzling; add onion. Cook over medium heat, stirring occasionally, until onion is tender (2 to 3 minutes).

In a medium bowl stir together milk, eggs, salt and pepper. Pour egg mixture over onion, stir to blend. Continue cooking, lifting and stirring portions with spatula so uncooked portion flows to bottom of pan, until eggs are set and scrambled (4 to 5 minutes). Sprinkle cheese and tomato over eggs; let stand until cheese is melted and tomatoes are heated through (2 to 4 minutes).

In small bowl stir together salsa and cooked corn. Place about 1/3 cup egg mixture on one side of each tortilla; roll up jelly roll style. Spoon about 1 tablespoon salsa mixture over each tortilla. Serve with sour cream.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

## Eggs Benedict With A Twist

---

- 1/2 english muffins, toasted
- 1 slice ham
- 1 slice tomato
- 1 1/2 cups cheese sauce

### *Instructions*

Cook the egg (omelet style, or any way you desire), and place the items in this order.

Top

Cheese Sauce

Egg

Tomato

Ham

English Muffin

Bottom

### *Cheese Sauce*

2 tablespoons flour

2 tablespoon butter

1/4 teaspoon salt

1/8 teaspoon pepper

1 cup milk

1/4 teaspoon dry mustard

1/2 cup of shredded cheddar cheese

1 1/2 teaspoon of white cooking wine (optional)

Melt butter in saucepan over low heat.

Blend in flour, salt, and pepper.

Cook over low heat, stirring until mixture is bubbly.

Stir in Milk.

Heat to boiling, stirring constantly.

Boil 1 minute. Stir in shredded cheese, mustard and wine.

Heat on low and stir until mixture is smooth.

If sauce is too thick then thin down with milk.

### *Recipe Notes*

Source: Nancy Gudmundson, Alta High



# Enchiladas

---

- 1 pound ground beef
- 1/2 cup cheddar cheese, grated
- 1 onion, chopped
- 3 chopped chili peppers

## *Instructions*

Brown meat, drain, add onions and peppers. Place this mixture in your prepared tortilla. Top with grated cheese. Roll up and place in pan. Pour sauce over and top with more cheese. Bake 350 degrees for 20-25 minutes.

Can use chicken also.

## Enchilada Sauce:

- 1 16 oz can tomato sauce
- 1 can water
- 1 teaspoon chili powder
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 2 tablespoon flour

Mix tomato sauce with water. Set aside 1/2 cup of sauce to use later. Bring to a boil the rest of the tomato sauce. Add all the seasonings to the boiled sauce. Add the 2 tablespoon flour to the 1/2 cup reserved sauce. Mix and add this to the hot tomato sauce. Cook slowly for 1-2 minutes. Set aside. May add bottled hot salsa to taste.

## *Recipe Notes*

Source: Linda Keeler, Hurricane High School  
Food and Fitness  
Mary Margaret Lyon, Bonneville High School

## Enchiladas - Beef

---

- 1/2 pound ground beef
- 1/4 cup onion, chopped
- 1/2 cup refried beans
- 1/2 cup cream of mushroom soup, canned
- 1/2 cup tomato soup, canned
- 1/2 cup enchilada sauce
- 6 flour tortillas, can use corn tortilla
- 1 cup cheddar cheese, grated
- 1 cup monterey jack, grated
- 1/4 head lettuce, shredded
- 2 tomatoes, diced
- 10 olives, sliced
- 1 green onion, sliced (white and green part)
- 1 cup sour cream

### *Instructions*

Brown ground beef and onion, drain off fat into can.

Add refried beans and heat through. Remove from heat and add 1/2 cup grated cheddar cheese and 1/2 cup jack cheese.

Make sauce by combining the soups and enchilada sauce.

Spoon meat mixture into tortilla and roll up.

Place in lightly greased (spray with Pam) 8 inch baking dish, seam side down. Pour sauce over and top with rest of grated cheeses.

Bake in 350 degree oven for 10-12 minutes, or microwave for 3 minutes, turn and microwave for 2-3 minutes longer.

Top with shredded lettuce, tomato, olives, green onion and sour cream.

### *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food for Life

# Enchiladas - Chicken

---

- 1 package flour tortilla
- 4 chicken breasts
- 2 cans cream of mushroom soup
- 1 cup sour cream
- 1 1/2 cups cheddar cheese, grated
- 1 can green chilies, chopped, 4 oz.
- 1/4 cup green onion, chopped
- 1 can olives, diced
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 2 teaspoons chili pepper

## *Instructions*

Combine all ingredients except for the cheese and tortilla's. Mix well.

Place 3-4 tablespoons of the mixture on each tortillas and roll up and place in a 9 x 13 baking pan. Top with any remaining sauce and cheese.

Bake at 350 degrees for 30-40 minutes.

## *Recipe Notes*

Source: Tami Rauzi, Northridge High

## Enchiladas - Sour Cream

---

- 2/3 pound ground beef
- 1/2 medium onion, chopped
- 1/8 teaspoon garlic, minced
- 1/2 can tomato sauce
- 1/2 cup mild enchilada sauce
- 1/2 bell pepper, chopped
  - 1 teaspoon salt
  - 4 medium flour tortillas
- 1/3 cup sour cream
- 1/2 can mushroom soup
- 1/2 cup cheese, grated

### *Instructions*

Brown ground beef in a medium saucepan. Drain excess fat.  
Add garlic, onions, salt and pepper to taste.  
Simmer on medium low heat until onions are tender.  
Add tomato and enchilada sauces. Simmer for 5 -10 minutes.  
Add bell pepper. Simmer for 5-10 more minutes.  
Place 1/3 cup filling along one edge of a flour tortilla and roll.  
Place rolled tortillas in baking pan.  
Mix sour cream and soup.  
Spread evenly on tortillas.  
Bake at 325 degrees for 20 minutes. After the first 15 minutes of baking, sprinkle with cheese and bake for 5 more minutes.

### *Recipe Notes*

Source: Viven Brown, Lehi High  
Food and Fitness

## Enchiladas - With Chicken

---

- 1/4 medium onion, chopped
- 1 tablespoon margarine
- 1/2 cup cream of mushroom soup, canned
- 1/2 cup cream of chicken soup, canned
- 1/2 cup chicken broth
- 1/4 cup green chilies, chopped
- 2 cups cheddar cheese, grated
- 1/4 cup sour cream
- 1 cup chicken, cooked and cut up
- 6 flour tortillas, 6" Fajita Size

### *Instructions*

Saute onions in butter. Add soups, chicken broth, and green chilies.

Heat until warm and bubbly, remove from heat.

Add one cup of cheese and the sour cream, stirring until blended.

Stir 3/4 cup sauce into the chicken or turkey. Soften tortilla in the microwave for 15 seconds (on a paper towel). Fill each tortilla with 3-4 tablespoons chicken mixture. Roll up and place in lightly greased (spray with Pam) 8 inch baking dish, seam side down.

Pour extra sauce over the top. Sprinkle with remaining cheese.

Can garnish with sliced olives and chives, if desired.

Bake at 350 degrees for 10-12 minutes or until bubbly. Or microwave 3 minutes, turn, and microwave 2-3 minutes longer, until bubbly.

### *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food for Life

# Hawaiian Haystacks

---

- 2 10 3/4 oz. cans cream of chicken soup, canned
- 1 cup chicken broth
- 2 cups chicken, cooked
- 4 cups long-grain white rice, cooked
- 1 can chow mein noodles, 9 1/2 oz.
- 3 medium tomatoes, sliced
- 1 cup cheddar cheese, grated
- 1/2 cup almonds, slivered
- 1 cup celery, chopped
- 1/2 cup green peppers, chopped
- 1/2 cup green onion, chopped
- 1 can pineapple chunk, 20 oz.

## *Instructions*

Combine soup and chicken broth in medium saucepan to make gravy. Stir to blend. Add chicken. simmer about 8-10 minutes.

## Layer:

rice, noodles, chicken gravy, tomatoes, celery, green pepper, and green onion.  
Top with pineapple chunks, grated cheese and almonds.

## *Recipe Notes*

Source: Jaralee Wettstein, Layton High School  
Food Service/Culinary Arts

# Hole In One

---

- 1 egg, per person
- 1 slice bread, per person
- 2 tablespoons butter, or margarine

## *Instructions*

Butter both sides of the bread. \*You may microwave the butter for 15 seconds to soften it if you need to.

Cut the centers out of the bread, using a cookie cutter.

Melt butter in skillet over medium heat. Watch the butter so it doesn't burn.

Place bread in the skillet. Crack egg into the hole.

Cook on each side until the egg is firm and the bread is golden.

## *Recipe Notes*

Source: Elizabeth Davis Evans, Sunset Junior High School

TLC

# Incredible Skillet Supper

---

- 2 tablespoons butter
- 1/2 cup onion, chopped
- 1/2 cup green peppers, chopped
- 8 eggs
- 1/4 cup milk
- 1/2 teaspoon salt, seasoned
- 1/2 teaspoon basil, crushed
- 1/4 teaspoon pepper
- 1 medium tomato, chopped
- 4 slices bacon, cooked and crumbled
- 1 cup colby cheese, grated

## *Instructions*

In large skillet over medium heat, cook onion and green pepper in butter until tender.

Mix eggs, milk and seasonings and pour over onions and green pepper. Add tomato. Put lid on pan and reduce heat to low.

When eggs have thickened, sprinkle bacon on top.

Add grated colby cheese.

Turn heat off and let mixture set for 5 minutes.

## *Recipe Notes*

Source: Box Elder Middle School



# Jambalaya

---

- 2 tablespoons corn oil
- 4 chicken breasts, boneless & skinless
- 6 ounces ham, cubed
- 1 onion
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 3 garlic, cloves minced
- 1 cup tomato, crushed
- 2 cups chicken stock
- 1 teaspoon cayenne pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon parsley
- 1 bay leaf
- 1 1/2 cups rice
- 4 scallions, chopped
- 1 pound sausage, cooked, sliced

## *Instructions*

Heat oil in a large skillet and cook the chicken and sausage until well browned. Stir in ham cubes and cook an additional 5 minutes.

Add onion, celery, bell peppers, garlic, cayenne, thyme, tomatoes, bay leaf and parsley. Bring to a boil stirring well.

Stir in rice, add salt and pepper to taste. When liquid returns to a boil reduce heat and cover pan tightly. Simmer 10 minutes.

Remove pan from heat and set aside without removing lid. Let sit for 20 minutes, to let the rice finish cooking. Discard the bay leaf and scatter scallions on top just before serving.

## *Recipe Notes*

Source: Morgan High School

# Lasagna - Reimer's

---

- 1 1/2 pounds ground beef
- 1 8 oz. can tomato sauce
- 2 tablespoons Italian seasoning
- 16 ounces cottage cheese, low fat
- 4 ounces lasagna noodles, uncooked
- 28 ounces tomatoes, chopped
- 1 tablespoon parsley flakes
- 1 1/2 teaspoons basil
- 1 teaspoon salt
- 1 cup mozzarella, grated
- 3/4 cup onion, chopped

## *Instructions*

Brown ground beef in skillet, rinse under hot running water. Return to skillet add salt and pepper to taste.

Add chopped onions to meat. Add tomato sauce and Italian seasoning.

Spread cottage cheese over meat mixture.  
Layer uncooked lasagna noodles over cottage cheese.

Combine tomatoes, parsley flakes, basil and salt in a bowl, mix. Spread over noodles. Sprinkle mozzarella cheese on top.

Cook at 225 degrees (low heat) for 25-30 minutes (or until noodles are tender) with cover on pan.

Allow to rest for 10 minutes before serving.

## *Recipe Notes*

Source: Carol Spor, Dixie High School  
Food and Fitness, Food for Life, Food Service/Culinary Arts

## Lasagna Roll Ups - Microwave

---

- 1/2 pound ground beef, cooked & drained
- 2 cups spaghetti sauce
- 1/2 cup cottage cheese
- 1/2 cup mozzarella, grated
- 1/4 cup parmesan cheese
- 5 lasagna noodles, cooked

### *Instructions*

Combine cooked ground beef and the spaghetti sauce. Set aside.

Combine cottage cheese, 1/4 c. mozzarella cheese and the parmesan cheese in a bowl.

Spread each noodle with 1/4 c. spaghetti sauce. Top with cheese mixture.

Starting at narrow end, roll up, being careful to keep filling inside. Place in glass casserole.

Top noodles with remaining sauce and 1/4 c. mozzarella cheese.

Microwave, covered with lid or plastic wrap, on 50% power or medium for 7-9 minutes.

May be baked at 350 degrees for 20 minutes.

### *Recipe Notes*

Food and Fitness

# Liver

---

- 2 slices beef liver
- 1 can onion soup
- 3 tablespoons vegetable oil

## *Instructions*

On a plate mix some flour with a little salt and pepper. Dust liver with flour mixture.

Heat oil in a skillet. Brown liver on both sides.

Place liver in a casserole dish. Cover dish and place in a preheated 350 degree oven. Let cook for 1 hour.

I usually prepare some in advance and demonstrate this for the class. I use this demonstration when we talk about iron.

## *Recipe Notes*

Source: Tonie Dee, Monument Valley High  
Food and Fitness

# Macho Nacho s

---

- 1/4 pound ground beef
- 1 tablespoon onion, chopped
- 1/2 cup corn, canned, drained
- 1/2 cup kidney beans, canned, drained
- 1/2 cup tomato, with juice
- 1/4 cup water
- 1 tablespoon Italian seasoning
- 1 cup cheddar cheese, grated
- 1 tablespoon sour cream, per person

## *Instructions*

Brown ground beef and onions in a frying pan. Add corn, kidney beans, tomatoes, water and taco seasoning. Simmer 10 minutes.

Serve in bowls and top with grated cheese and sour cream.

Scoop up and enjoy with corn chips.

## *Recipe Notes*

Source: Karrie Myers, Mount Logan Middle School  
8th Grade Life Skills

# Meatballs - Hawaiian

---

- 1 cup rice
- 2 cups water
- 1 teaspoon salt
- 1/2 pound ground beef
- 3 tablespoons eggs, beaten
- 1/4 cup oatmeal
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch

## *Instructions*

Heat rice, water and salt, if desired, to boiling, stirring once or twice, reduce heat. Cover and simmer 15-20 minutes. (Do not lift cover or stir!)  
Fluff rice lightly with fork, cover and let steam 5-10 minutes.

## MEATBALLS

Mix together ground beef, egg, oatmeal, soy sauce, and cornstarch and salt and pepper to taste, Form into 1 inch balls.

Cook in small amount of oil in large skillet on medium heat.

Make sure insides are done before serving (not pink in the middle).

## SAUCE

In small saucepan, combine cold water and cornstarch. Stir in chicken broth, sugar, vinegar, and soy sauce.

Heat to boiling, cook until thickened.

Add pineapple tidbits.

Pour sauce over cooked meatballs and serve on rice.

## *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School

Food for Fitness, Food for Life, Food and Science

## Meatballs - Sweet And Sour

---

- 1/2 pound ground beef
- 1 tablespoon soy sauce
- 1 egg
- 1 tablespoon corn starch
- 1/4 cup oatmeal

### *Instructions*

Mix together the above ingredients.

Form into 1" balls.

Bake in oven on a cookie sheet at 350 degrees until brown, about 15 minutes.

### Sauce

- 1 1/2 teaspoon oil
- 1/2 cup pineapple juice
- 2 teaspoons cornstarch
- 2 teaspoon soy sauce
- 2 teaspoon vinegar
- 3 tablespoons water
- 1/4 cup sugar

Mix ingredients together in a sauce pan until dissolved.

Cook stirring constantly, until boiling and thickens.

It will be the consistency of syrup.

### Vegetables

- 1/2 onion, chunked
- 1-2 carrots dliced on the diagonal
- 1/2 green pepper, chunked

Stir fry the vegetables in a small amount of oil. Barely cook, the vegetables should be crispy.

When the sauce, vegetables and meatballs are all completed, stir together.

Be careful not to break up the meatballs when stirring.

Serve over rice.

### *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Nacho - One Big

---

- 1 flour or corn tortilla per person
- 3 tablespoons refried beans per person
- 1 ounce grated cheese per person
- 1 tablespoon salsa per person
- 1 tablespoon sour cream per person

## *Instructions*

Spread refried beans on tortilla shell. Top with shredded cheddar cheese. Place on cookie sheet (spray with vegetable spray to prevent sticking) and bake in 400-degree oven for 5-10 minutes, or until cheese melts and tortilla is crisp. Or, place tortilla under broiler until cheese melts and tortilla is crispy. Top with salsa and sour cream as desired.

## *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness



# Omelet

---

- 2 eggs
- 2 teaspoons milk
- 1 tablespoon margarine
- 1 dash salt and pepper

## *Instructions*

Break eggs into a custard cup add 2 teaspoon of milk. Whip with a fork.

Melt butter in skillet, do not burn.

Pour egg mixture into the pan, rotate pan,

After egg sets add desired filling on half the egg, fold over. Let set for 1 minute.

Serve

## *Recipe Notes*

Source: Laurie Giaouque, Olympus High School

# Omelet - Basic

---

- 1 1/2 tablespoons butter or margarine
- 4 eggs
- 1/4 cup milk
- 1 dash salt and pepper

## *Instructions*

In a 9 or 10-inch skillet or omelet pan, melt margarine over medium-high heat, tilting pan to coat bottom.

Beat eggs, milk, salt and pepper in a small bowl; pour into skillet. Reduce heat to low and cook without stirring. As edges set lift edges to allow the uncooked egg to flow to bottom of pan, tilting pan as necessary. Cook until mixture is set, but top is still moist looking.

Add any desired filling to omelet. With spatula, loosen edges of omelet and fold in half as omelet slides from pan to serving platter.

TIP: For other size omelets, use 1 tablespoon milk or water for each egg and about 1 teaspoon butter for each egg.

FOR FILLED OMELETS: Use sauteed mushrooms, cooked crumbled bacon, cooked chopped ham, shredded cheese, cottage cheese, diced tomato or fruit. Add filling just before folding in half.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

# Omelet - Plain Or French

---

2 eggs  
2 tablespoons milk  
2 tablespoons margarine  
1/8 teaspoon salt  
1/8 teaspoon pepper

## *Instructions*

In a bowl, mix with a fork, the eggs, water, salt and pepper until blended.

In 8-inch skillet or omelet pan, heat butter or margarine over medium-high heat. As butter melts, tilt skillet in all directions to coat the bottom and sides thoroughly. Do not burn the butter/margarine getting it hot. Heat butter/margarine just until it is hot enough to sizzle a drop of water.

Quickly pour eggs all at once into skillet. Reduce heat to low. As the undersurface becomes set, start lifting it slightly with a straight-edge spatula or fork to let the uncooked portion flow underneath.

When all of the uncooked portion has been allowed to run underneath, sprinkle on any prepared topping or herbs as desired.

As soon as all of the mixture seems set, fold or roll it over in half. Serve immediately.

Variations: Just before folding omelet, sprinkle with one or more of the following.

3 slices bacon, crisply fried and crumbled  
1/4 cup grated cheddar cheese  
2 T. preserves  
1 T. snipped fresh chives  
1/4 cup finely minced cooked ham  
2 T. chopped onion  
2 T. chopped green pepper

(The onion and/or green pepper may be added to the egg mixture before pouring into the skillet so they cook a little.)

1 recipe for 2 students and I use this with the orange julius recipe on the same lab day.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food and Fitness

# Pizza

---

- 1/2 tablespoon yeast
- 2 tablespoons warm water
- 1/4 cup warm milk, plus 2 tablespoons
- 1 tablespoon shortening
- 1/2 teaspoon salt
- 1/2 tablespoon sugar
- 1 cup flour
- 1 8 oz. can tomato sauce
- 1/4 teaspoon green chilis
- 1/8 teaspoon oregano
- 1 teaspoon parsley flakes
- 1 teaspoon sugar
- 1/4 teaspoon garlic powder
- 1 pinch basil

## *Instructions*

### **Pizza Dough:**

Add yeast to warm water and let dissolve. Add warm milk and shortening to yeast mixture. Mix in salt and sugar. Gradually add 1 to 1 1/2 cups of flour to yeast mixture, mixing thoroughly. Dough should be stiff. Knead several times until dough is smooth. Let dough rest 15 minutes.

### **Pizza Sauce:**

Combine tomato sauce, onion salt, oregano, parsley flakes, 1 teaspoon sugar, garlic powder and basil in a small bowl and mix well. Makes enough for 2 small pizzas.

Grease pan. Pat dough out on pan to form an 8-inch circle. Top with sauce and toppings (1 cup cheddar cheese, 1 cup mozzarella cheese, 10 pepperoni, 1/2 cup various other toppings) and bake at 400 degrees for 20-25 minutes.

## *Recipe Notes*

Source: Cindy Gulbranson, Roy High  
Food and Fitness, Food for Life

# Pizza - Cheese

---

- 1/2 tablespoon olive or salad oil
- 1/2 medium onion, diced
- 1/2 clove garlic
- 8 ounces tomatoes
- 3 ounces tomato paste
- 3/4 teaspoon sugar
- 1/2 teaspoon Italian herb seasoning mix
- 1 dash red pepper, crushed
- 1/2 teaspoon salt

## *Instructions*

### Sauce

In 1-qt. saucepan over med. heat, cook onion and garlic in hot oil until tender. Add tomatoes and tomato paste. Stir to break up tomatoes. Add sugar, herb seasoning mix, red pepper and salt.

Heat to boiling, stirring continuously. Reduce heat to low, cover partially and simmer for 20 min. Cool slightly. Store until needed.

### Dough

In large bowl, combine 1 1/4 tsps. yeast, 1 cup flour and 1/2 tsp. salt. In 1-qt. saucepan over low heat, heat 3/4 cup water until very warm.

With mixer at low speed, blend water into dry ingredients. At med. speed, beat 2 min., occasionally scraping bowl with rubber spatula. Beat in 1/4 cup flour to make a thick batter. Beat 2 min. more. Stir in about 3/4 cup flour to make a soft dough. On floured surface, knead dough about 6 min., adding more flour if needed.

Shape into ball, place in greased bowl or large freezer bag, cover and let rise until double (about 1 hour or overnight in refrigerator). Punch down dough, turn onto lightly floured surface. Cover 15 min.

Preheat oven to 450 degrees. Grease large cookie sheet or 12-in. pizza pan. For crisp crust, lightly dust pizza pan or cookie sheet with corn meal.

With floured rolling pin, roll each dough half into 13-in. circle. Place onto pizza pan. Pinch up edges of dough circle to form rim; brush circle with olive or salad oil. Spread tomato sauce over dough; sprinkle with 8 ozs. shredded mozzarella cheese. Add other toppings as desired. Bake 20 min. or until crust is golden.

## *Recipe Notes*

Source: Louise B. Hulet, Tooele High  
Food for Life

# Pizza - Great

---

- 1 package active dry yeast
- 1 cup warm water
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 2 1/2 cups flour

## *Instructions*

Preheat oven to 425 degrees.

In mixer, dissolve yeast in water mixed with sugar. Allow mixture to grow.

Using standard attachment, stir in remaining ingredients. Mix well.

Knead until smooth. Let rest about 5 minutes.

Pat dough onto a large, round, lightly greased pizza pan.

Bake crust only in oven for 7 to 10 minutes. This only partially cooks crust so that it isn't doughy.

Spread 1 cup pizza sauce over partially cooked pizza dough. Sprinkle with grated mozzarella cheese. Top with pepperoni, green pepper, mushrooms, black olives and onions.

Cook at 425 degrees for 15 to 20 minutes or until cheese is light brown.

## *Recipe Notes*

Source: Ruth Dallas, Taylorsville High  
Food and Fitness

## Pizza - Mini

---

- 1 ball of dough per person
- 1/4 cup cheese
- 1/4 cup pizza sauce

### *Instructions*

Preheat oven to 400 degrees.

Lightly spray cookie sheet with cooking spray.

On cookie sheet, pat each ball of dough to the size of your hand.

Top with pizza sauce and toppings (pepperoni, black olives, green peppers, mushrooms and pineapple).

Bake in oven for 10-12 minutes. Pizzas are done when cheese is bubbly and the crust is brown on the edges.

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
TLC

# Pizza - Personal

---

2 biscuits, for each person

## *Instructions*

Use 2 biscuits for each person, plus the following items:

cheese  
mushrooms  
green peppers  
pizza sauce

Wash mushrooms and green peppers.

Using the salad shooter: Grate cheese and slice mushrooms and green peppers.

Flatten out biscuits with hand or rolling pin, place on a cookie sheet sprayed with pam.

Spread pizza sauce onto dough.

Each person can then make their own pizza with the items they like.

Bake for 10-12 minutes at 425 degrees.

## *Recipe Notes*

Source: Trudy Benson, Cedar Middle School  
TLC



# Pizza - Snack

---

- 1 package biscuit, canned
- 1/4 cup tomato sauce
- 1/2 teaspoon oregano
- 1/2 stick pepperoni

## *Instructions*

Preheat oven to 450 degrees. Grease 1 cookie sheet.  
Place on the cookie sheet, 2 biscuits per person.

Flatten each biscuit with the bottom of a glass, leaving a rim or an up-turned edge.  
(Dip glass in flour if dough sticks to it.)

Starting from the center of each biscuit, use your fingertips and push dough "out and around" to make it bigger and flatter. But be sure to leave the rim.

Spread on each biscuit;  
pizza sauce  
pinch of oregano

Add:  
grated cheese  
pepperoni slices

Bake 7-10 minutes or until bottoms of biscuits are lightly browned.

## *Recipe Notes*

Source: Teri Cullimore, Mount Logan Middle School

## Pizzas - Individual

---

### *Instructions*

Heat oven to 400 degrees.

Spray baking with non-stick cooking spray.

Roll thawed roll dough to a 5-inch circle and place on baking sheet.

Poke dough in several places with a fork.

Bake for 5 minutes. Meanwhile prepare toppings: grated cheese and sliced pepperoni.

Remove pizza from oven. Cover with pizza sauce, pepperoni and cheese.

Return to oven and bake 10 to 12 minutes.

### *Recipe Notes*

Source: Susan Patten, Lehi Junior High  
TLC

# Porkchops - Teriyaki

---

- 1/8 teaspoon garlic salt
- 1/8 teaspoon ginger, ground
- 4 pork loin, chops, about 1 lb.
- 1 small red bell pepper, or green
- 3/4 cup carrot, coarsely shredded
- 1/2 cup green onion
- 3 tablespoons teriyaki sauce, light
- 1 teaspoon cornstarch
- 1/4 teaspoon hot pepper sauce, bottled
- 3 cups rice, cooked
- 1/3 cup orange juice

## *Instructions*

In a bowl combine garlic salt, ginger and pepper. Trim fat from pork chops, sprinkle both sides of each chop with ginger mixture.

Preheat a heavy 10-inch skillet over high heat until hot. Add chops; reduce heat to medium. Cook chops 8-10 minutes or until the juices run clear, turning once. Remove from skillet; keep warm.

Add sweet pepper, carrot and green onion to the skillet. Cook over medium heat 2 to 3 minutes or until crisp tender, stirring often.

Combine orange juice, teriyaki sauce, cornstarch, and pepper sauce; add to vegetables. Cook and stir until thickened and bubbly; cook and stir 2 minutes more.

Serve pork chops over hot cooked rice.

## *Recipe Notes*

Source: LeAnn Behunin, Parowan High School

# Priazo

---

- 1/4 pound ground beef
- 1 small onion, chopped
- 1/2 small green pepper, chopped
- 1 loaf frozen bread dough, thawed
- 2 cups mozzarella or cheddar cheese, shredded
- 9 slices pepperoni
- 1/2 can sliced mushrooms, drained
- 1/2 can pizza sauce

## *Instructions*

### Day 1

Brown ground beef, onion and green pepper in skillet; drain. Divide one loaf of bread dough in half. Press one half over the bottom and up the sides of one 9-inch greased pie plate. Sprinkle with 1 1/2 cups of shredded cheese. Spoon beef mixture over cheese. Top with pepperoni and mushrooms.

Using flour and rolling pin, form second half of bread into a 10-inch pie circle. Cover pie with rolled-out dough. Crimp edges to seal. Spread pizza sauce over top of pie. Sprinkle with remaining grated cheese. Cover and refrigerate overnight.

### Day 2

Preheat oven to 400 degrees. Remove pizza from fridge and take off plastic wrap. Bake for 25-30 minutes.

Note: This is a 2-day lab.

## *Recipe Notes*

Source: Shauna Flint, Syracuse Junior High  
Food and Fitness, Food for Life

# Quesadillas

---

## *Instructions*

Place griddle on medium heat. Place tortilla<sup>on</sup> griddle. Top with olives, onions, tomatoes and cheese. Top with a second torilla. When cheese begins to melt, turn to other side. Continue cooking until cheese is melted. Cut into fourths and serve.

## *Recipe Notes*

Source: Starr Jeppson, Springville High  
Food and Fitness

# Sandwich Wraps

---

## *Instructions*

Use a torilla or large pita bread - preferably whole wheat as the basis of your wrap. Warm in a microwave, on medium heat, for about 30 seconds or wrap in foil and place in a 375 degree oven for about 5 minutes.

Greek style - top warmed pita bread with spinach leaves and slices of tomato, red bell pepper and onion. Spoon on some plain nonfat yogurt and sprinkle with small amounts of feta cheese, toasted pine nuts and ripe black olives.

Mexican style - spread a flour tortilla with reduced fat vegetarian refried beans. Top with cooked rice, shredded carrots, strips of green bell pepper, thin slices of onion and a little shredded, reduced- fat cheddar cheese. Roll up and microwave on medium heat until heated through. Serve with salsa and/or reduced-fat sour cream mixed with chopped green chilies.

French Salad Nicoise - top warmed pita bread with shredded lettuce and carrots, water-packed tuna, blanched green beans, sliced tomato, basil leaves and capers. Sprinkle with reduced-fat vinaigrette dressing, roll up and serve.

## *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
TLC, Life Skills

## Sausage - German Bratworst

---

- 1 pound ground pork
- 1 pound ground beef
- 1/4 teaspoon celery seed, ground
- 1/2 teaspoon caraway seed, ground
- 2 tablespoons instant powdered milk
- 1 egg
- 2 teaspoons onion powder
- 2 teaspoons pepper
- 2 teaspoons salt
- 1/4 cup water
- 1/2 lemon, squeeze
- 2 tablespoons parsley, chopped

### *Instructions*

Mix all ingredients and mix well. Stuff in casing or fry in skillet.

### *Recipe Notes*

Source: Chris Moore, Eisenhower Junior High School  
Food and Fitness, Food for Life

# Sausage - Italian

---

- 1 pound ground pork
- 1 teaspoon salt
- 1 clove garlic, crushed
- 1 teaspoon fennel seed
- 1 tablespoon parsley
- 1 teaspoon pepper
- 1/2 teaspoon pepper, coarsely ground
- 2 bay leaves, crumbled
- 1/4 cup water

## *Instructions*

Mix together well.

Stuff in casing or fry in skillet.

## *Recipe Notes*

Source: Chris Moore, Eisenhower Junior High School  
Food for Fitness, Food for Life



# Sausage - Mexican Chorizo

---

- 1 pound ground pork
- 1 teaspoon salt
- 2 tablespoons chili powder
- 1/4 teaspoon cloves, ground
- 1/2 teaspoon cinnamon, ground
- 1 tablespoon paprika
- 1 teaspoon oregano
- 2 tablespoons vinegar, white
- 1 tablespoon water
- 1 clove garlic, crushed

## *Instructions*

Mix together well.

Stuff in casing or fry in skillet.

## *Recipe Notes*

Source: Chris Moore, Eisenhower Junior High School  
Food and Fitness, Food for Life

## Sausage - Polish Kelbasa

---

- 2 pounds ground pork
- 1/2 pound ground beef
- 1 tablespoon salt, plus 1/4 teaspoon
- 1/4 teaspoon pepper, ground
- 2 cloves garlic, finely chopped

### *Instructions*

Mix all ingredients together well and stuff in casing or fry in skillet.

### *Recipe Notes*

Source: Chris Moore, Eisenhower Junior High School  
Food and Fitness, Food for Life

# Sausage Souffle

---

- 8 slices white bread, cubed
- 2 cups cheddar cheese, shredded
- 1 pound sausage
- 6 eggs
- 2 1/2 cups milk
- 3/4 teaspoon mustard, dry

## *Instructions*

In a 9 x 13 inch baking dish place 8 slices of white bread that has been cubed.

Spread cheese over bread.

Brown sausage and put over cheese.

Beat eggs mix with milk, and mustard. Pour over bread.

Refrigerate over night.

Bake 325 degrees for 30 minutes to 1 hour.

Serve hot.

Works good when baked in a dutch oven in the oven.

## *Recipe Notes*

Source: Connie C. Sorensen, Timpanogos High School  
Food for Life, Food and Fitness

# Spaghetti Crust Pie

---

- 6 cups water
- 6 ounces spaghetti
- 2 tablespoons margarine
- 2 eggs
- 1/2 pound ground beef
- 1/2 onion, chopped
- 1 cup pizza sauce
- 3 slices cheddar cheese

## *Instructions*

Turn oven to 350 degrees.

Measure water put into a large sauce pan. Put pan onto burner. Turn burner to high heat.

When water starts to boil, add spaghetti a little at a time. If you add it all at once the water will stop boiling.

Cook for 10-12 minutes or just till tender.

Drain spaghetti in strainer. Let spaghetti drain well. Put into large glass mixing bowl.

Measure margarine. Use rubber spoon spatula to stir margarine into hot spaghetti till melted.

Crack the eggs on the side of a small custard cup, pour into cup. Using a fork beat eggs lightly till yolks and whites of the eggs are mixed well. Pour egg mixture over spaghetti in bowl. Stir till mixed well.

Grease pie plate, (spray lightly with pan). Pour spaghetti mixture into the greased pie plate. Press spaghetti with the back of spoon to form it into crust, building up the sides.

Brown ground beef and onion in frying pan. Pour off the grease from the meat. Mix beef and onion and pizza sauce in medium glass bowl. Spoon mixture into spaghetti crust. Use back of spoon to spread mixture evenly over bottom of crust. Put pie into hot oven bake for 20 minutes.

Cut cheese into triangles. Remove pie after 20 minutes put cheese on top and then bake 5 more minutes.

Let pie stand for 5 minutes before serving.

## *Recipe Notes*

Source: Connie C. Sorensen, Timpanogos High School  
Food and fitness

## Stir Fry - Basic Chicken

---

- 1/2 cup water, boiling
- 1 chicken boullion cube
- 1 tablespoon cornstarch
- 1 small onion, chopped
- 2 carrots, sliced
- 1 cup broccoli
- 1 stick celery, sliced thin
- 1 chicken breast
- 1/2 teaspoon ginger
- 2 tablespoons soy sauce
- 1/2 cup cold water

### *Instructions*

Combine 1/2 cup boiling water and chicken boullion cube, set aside.

Combine and set aside, 1/2 cup cold water, corn starch, ginger and soy sauce.

Heat 2 tablespoon oil in Wok. Add 1 chicken breast (boned and cut into 1/4 inch slices), cook until white (2-3 minutes).

Add to the meat mixture, the vegetables and stir fry 3 minutes.

Add boullion, cover and steam 3 minutes. Add the cornstarch mixture, cook until thick.

Serve over cooked hot rice.

### *Recipe Notes*

Source: Linda Keeler, Hurricane High School  
Food for Fitness

# Stir Fry - Cashew Chicken

---

- 1 cup chicken breast, boneless & skinless
- 1 tablespoon peanut oil
- 3 tablespoons cashew nuts, dry roasted
- 1 tablespoon water
- 1 carrot
- 1 stalk celery, sliced on diagonal
- 6 snow peas
- 1 stalk green onion, sliced including greens
- 3 mushrooms
- 1/3 can water chestnuts, sliced or diced
- 1 cup chicken broth, or 1 cup water + 1 t. chicken
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce

## *Instructions*

On medium-high heat, heat oil, water and chicken. Cook chicken until white inside and out, stirring constantly. You may need to reduce heat. Remove chicken from pan. Add carrots, celery, onion, snowpeas and other desired vegetables such as broccoli and cauliflower. Cook 6-7 minutes until tender-crisp. Add mushrooms and sliced/diced water chestnuts. Just before adding the sauce, return the chicken to the pan.

## SAUCE

Dissolve the cornstarch in lukewarm water, using a wire whip. Add the chicken broth and soy sauce. *Stir*. Add the sauce mixture to vegetables and stir until the sauce thickens. Serve over rice or Chinese noodles.

## RICE

Bring 2 cups water and 1/2 t. salt to a boil. Add 1 cup rice and stir in. Put lid on and reduce heat. Cook 15 minutes without lifting lid. Stir with a fork after 15 minutes. Remove from heat and return lid and let rice sit to absorb any remaining liquid.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High Food and Fitness

# Stir Fry - Chicken

---

- 1 chicken breast
- 1 teaspoon vegetable oil
- 1 green onion
- 1 carrot
- 9 pea pods
- 9 active dry yeast
- 1 tablespoon soy sauce
- 1 teaspoon cornstarch
- 1/2 teaspoon chicken bouillon
- 1/4 cup cold water

## *Instructions*

Cut up chicken into small bite-size pieces.

Put oil in non-stick pan and stir fry chicken in oil until chicken is white with NO PINK parts.

Cut carrot on the diagonal.

Cut up green onion.

Add all vegetables to chicken and stir fry until pea pods are hot (can use frozen pea pods).

Mix the soy sauce, cornstarch, chicken bouillon granules and water in a small bowl and stir until there are no lumps.

Add soy sauce mixture to chicken and vegetables and stir fry for a minute.

Serve over white rice.

## *Recipe Notes*

Pam Rock, Lakeridge Junior High  
8th Grade Life Skills, Food and Fitness

## Stir Fry - Szechwan Beef

---

- 1 pound beef steak, (can also add chicken)
- 1/4 cup soy sauce
- 2 teaspoons vegetable oil
- 2 teaspoons sesame oil
- 1 tablespoon sugar
- 2 teaspoons cornstarch
- 1/2 clove garlic
- 1 tablespoon ginger
- 1/2 teaspoon red pepper, crushed
- 1 can corn, baby
- 1 package pea pod
- 1 small green bell pepper
- 1 package stir fry vegetables, frozen

### *Instructions*

Cut the meat into strips and pound it. Combine the oils, soysauce, garlic, cornstarch and ginger. Mix it with the meat. (You can marinate it overnight in a baggie for more flavor.) Heat a large wok and add 1 T. oil. Stir fry the meat until thoroughly cooked and then remove from the pan. Add the vegetables and cook until tender. Add the meat and heat through. Serve over cooked rice. Serves 6

It is fun to add cooked rice sticks to the top of the stir fry.

### *Recipe Notes*

Source: Morgan High  
Food Service/Culinary Arts



## Stir Fry - Three Ingredients

---

- 2 chicken breasts, boneless & skinless
- 10 ounces vegetables, frozen
- 2 cups rice, cooked and hot

### *Instructions*

Cut chicken into bite size pieces. Preheat a wok to high heat. Add oil.  
Stir fry the chicken for 2-3 minutes until done.  
remove from the wok.  
Stir fry frozen veggies in wok according to package directions.  
Stir in chicken and heat through.  
Serve over hot rice.

### *Recipe Notes*

Source: Brighton High School

# Stuffed Flank Steak

---

- 1 pound flank steak
- 1 cup seasoned stuffing mix
- 1 beef bouillon, cubed
- 3/4 cup water
- 2 tablespoons margarine
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1 can tomato soup, canned
- 1/2 teaspoon basil leaf

## *Instructions*

Pound steak with meat cleaver until tender. May sprinkle with meat tenderizer.

In sauce pan add the bouillon cube, water, margarine and 1/2 of the stuffing seasoning mix, bring to boil. reduce heat and simmer for 5 minutes.

Add stuffing and let stand for 2 minutes and then fluff with a fork.

Spread stuffing evenly on top of pounded steak, roll up, tucking in ends; tie with string.

Coat roll with flour.

In large skillet, brown roll, in 1 tablespoon of oil, remove and place in loaf pan. In the same skillet, cook until tender: onion, and garlic.

Add and stir until smooth and pour over meat, tomato soup and basil leaf.

Cover with foil

Bake at 350 degree for 1 hour, basting occasionally.

Serve sliced over cooked egg noodles.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Swiss Steak

---

- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 pound beef round steak, cut 3/4" thick
- 2 teaspoons oil
- 16 ounces canned tomatoes, cut-up
- 1/2 cup carrot, chopped
- 1/2 cup celery, finely chopped
- 1/2 teaspoon Worcestershire sauce

## *Instructions*

In a small mixing bowl, stir together flour and salt. Pound 2 tablespoons of flour mixture into beef round steak using a meat mallet. Cut the round steak into 6 serving-size portions.

In a large skillet brown meat portions on both sides in hot cooking oil. Transfer meat to a baking dish, reserving the drippings in skillet.

Stir remaining flour mixture into the reserved meat drippings in skillet. Stir in the undrained cut-up tomatoes, finely chopped celery, finely chopped carrot and Worcestershire sauce.

Cook and stir until the tomato mixture is thick and bubbly. Cook and stir 1-2 minutes more. Pour tomato mixture over meat portions in baking dish. Bake, covered, in a 350 degree oven for about 1 hour and 20 minutes or until meat is tender.

## *Recipe Notes*

Source: Chris Judd, Layton High School  
Food for Life

# Tacos

---

- 1/4 cup ground beef, lean
- 1/4 cup cheddar cheese
- 1/4 teaspoon taco seasoning
- 1/4 tomato
  - 1 lettuce, leaf
  - 1 flour tortilla
  - 1 tablespoon taco sauce

## *Instructions*

Brown ground beef in small frying pan, drain.

Add taco seasoning, stir

Heat tortilla on medium hot skillet, fill with ingredients and roll. Serve

Use the shredding disc to shred cheddar cheese, the slicing disc to slice lettuce and the steel blade to chop the tomatoes

## *Recipe Notes*

Source: Tamara Johnson, Mont Harmon Junior High School  
8th Grade Life Skills

# Tic Tac Toe Tostadas

---

- 1/2 green bell pepper
- 5 black olives
- 5 slices cheese
- 1 1/2 cups chili
- 5 tostada shells

## *Instructions*

Preheat oven to 350 degrees.

Using a cutting board, cut the green pepper into thin strips.

Cut olives into slices.

Cut each slice of cheese into 4 strips.

Spread chili onto shells.

Arrange cheese to look like a checker board.

Make Xs with pepper and Os with olives.

Bake 6 minutes until cheese begins to melt.

## *Recipe Notes*

Source: Lesley Kendrick, Alice C. Harris Intermediate  
7th Grade

## Tostada - California Style

---

- 1 pound hamburger
- 1 can tomato soup
- 2 cans water
- 1 6 oz. can tomato paste
- 1 teaspoon chopped onion
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon rosemary
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons sugar
- 2/3 cup rice, instant

### *Instructions*

Brown and drain hamburger. Add soup, water, tomato paste, onion, 1 to 3 teaspoons chili powder (to taste), cumin, rosemary, oregano, salt, pepper and sugar. Cook 10 minutes. Add rice and simmer 25 minutes more.

Serve with lettuce, corn chips, grated cheese, avocados, tomatoes and olives.

Serves 13-15.

To serve a class, double the recipe.

### *Recipe Notes*

Source: LaDonna D. Davis, North Layton Junior High  
Food and Fitness

# Turkey - Heavenly

---

- 1 cup turkey, cooked
- 1 cream of chicken soup, canned
- 1/2 cup mayonnaise
- 1/4 teaspoon curry powder
- 1/2 teaspoon lemon juice
- 1 package broccoli, frozen, chopped
- 1/2 cup cheddar cheese, grated

## *Instructions*

Cook broccoli without salt and drain. Make sauce by mixing the soup, mayonnaise, curry, and lemon juice.

In a greased 9 x 13 greased pan, layer ingredients in this order: broccoli, turkey, sauce, cheese and bread pieces. (bread pieces are made from 2 pieces of toast buttered on both sides and broken into small pieces).

Bake at 350 degrees for 25-30 minutes.

## *Recipe Notes*

Source: Mary Margaret Lyon, Bonneville High School

# Turkey And Stuffing

---

- 12 ounces sausages
- 1 medium onion, diced
- 1 cup celery, diced
- 1/2 cup margarine
- 1 cup milk
- 1 1/4 cups water
- 1 chicken bouillon cube
- 1 egg, beaten
- 1 package Pepperidge herb stuffing, 16 oz.

## *Instructions*

Cook till done: 12 oz. ground sausage. Saute till onion turns translucent: 1 cup diced celery, 1 medium onion, diced, 1 cube margarine.

Mix together: 1 cup milk, 1 1/4 cup water, 1 bouillon cube, 1 beaten egg. Add all of the above to 1 - 16 oz package Pepperidge Farm Stuffing mix.

Variations: choose one or more of the following: mushrooms, water chestnuts, 2 cups raw cranberries, nuts

## TURKEY

Preheat oven to 400 degrees.

Clean turkey both inside and out, pulling off all remaining feathers and any inners. Rinse well then pat dry with paper towels. Lightly pack stuffing in the turkey using both cavities (one by the neck/breast area where giblets are usually stored, and the other by the legs where the neck can be found stored).

Put into a bag to bake if desired, or into the roasting pan. Bake immediately for one hour at 400 degrees to get the turkey going and avoid the possibility of bacteria growing. Turn the oven down to 325 degrees for the remainder of the cooking time. Immediately after taking out of the oven, remove the stuffing. Let the turkey stand at room temperature for 20 minutes before cutting.

## TURKEY GRAVY

Skim off excess fat from the turkey broth, then add potato water and can milk. Heat till almost boiling. Mix one part flour to two parts cold water with a wire whisk until smooth. Proportions will vary according to the amount of liquid from the turkey and potatoes but a rule of thumb will be 2 T flour per cup of total liquid. Slowly add to the broth mixture, stirring with the wire whisk to avoid lumps. Season to taste with chicken bouillon, salt, and pepper. Continue cooking till thick and seasonings blended.

## *Recipe Notes*

Source: Mary Margaret Lyon, Bonneville High School



# Turkey Barbecue - Marinated

---

- 10 pounds 3/4-inch thick turkey steaks
- 2 liters 7up or Sprite (diet may be used)
- 1 pint Wesson oil
- 1 pint soy sauce
- 1 tablespoon horseradish
- 2 tablespoons garlic powder

## *Instructions*

Make marinade of 7up/Sprite, oil, soy sauce, horseradish and garlic powder.

Place turkey in marinade over night. Cook on electric or gas grill; baste while cooking. Cook until no longer clear or pink. Do not over cook.

Serve on hamburger buns with lettuce, tomato, grilled onions, ketchup, mustard or mayonnaise.

## *Recipe Notes*

Source: Dixie Badger, North Layton Junior High  
LaDonna Davis, North Layton Junior  
Food and Fitness

# Turkey Rolls

---

- 3 ounces cream cheese
- 1 dash chives, chopped fine
- 2 tablespoons margarine
- 1/8 teaspoon pepper
- 1 cup turkey, cubed
- 2 ounces mushrooms, canned
- 1/4 cup pecan, finely chopped
- 1 can biscuit
- 1/3 cup Pepperidge herb stuffing

## *Instructions*

Cream together cream cheese, butter and pepper. Fold in cooked and cubed turkey and mushrooms then set aside.

Form a rectangle with each canned biscuit. Place 1/4 cup turkey mixture into the center of each roll. Bring up opposite corners and seal above the mixture.

Dip rolls in 2 tablespoons melted butter, then roll in stuffing and nuts.

Bake at 325 degrees for 20 minutes. Top with gravy.

## *Gravy:*

1 cup stock from turkey or chicken

3/4 cup water and 1 teaspoon chicken bouillon.

Make a smooth paste with 1/4 cup water and 2 tablespoon cornstarch. Whisk paste into broth, heat, and boil 1 minute or until thick. Season with salt and pepper to taste if needed.

## *Recipe Notes*

Source: Mary Margaret Lyon, Bonneville High School

# Very Easy Pork Or Chicken Adobo

---

- 1 1/2 pounds boneless chicken or pork
- 2 cloves garlic, crushed
- 1 medium onion, sliced thin
- 1/2 teaspoon peppercorns
- 1/4 cup vinegar
- 1/4 cup soy sauce
- 3 each bay leaves
- 2 tablespoons oil
- 1 tablespoon flour

## *Instructions*

Brown pork or chicken in oil. Saute garlic until slightly brown; then add onion. Add remaining ingredients, except for flour. Simmer covered over low heat, stirring occasionally.

After 12-15 minutes, add flour and stir briskly. If the adobo is a little dry to your taste, add a bit of water.

Serve with steamed rice.

This recipe is from the Phillipines and could be used in a foreign foods unit. The amount of chicken or pork can be reduced to 1 pound.

## *Recipe Notes*

Source: LeAnn Behunin, Parowan High  
Food for Life

# Won Tons

---

- 1 package wonton wrapper
- 1/2 pound ground beef, or cooked chicken
- 1/8 teaspoon garlic, minced
- 1/4 teaspoon onion powder
- 1/3 cup apple juice, or white grape juice

## *Instructions*

Brown the ground beef with onion powder, add garlic, and apple juice. Simmer for 10 minutes.

Following the package directions on wonton wrappers, place 1 teaspoon of meat mixture on each wrapper and seal as directed.

In frying pan heat the oil and place the wonton wrappers in the oil seam side down. Fry until golden brown.

Drain on paper towels and serve with sweet and sour sauce.

## *Recipe Notes*

Source: Chris Carrigan, Morgan High School  
Food Service/Culinary Arts

# Chapter 6

## Pasta and Rice



## Curried Rice

---

- 1 tablespoon onion, finely chopped
- 2 tablespoons butter or margarine
- 1/2 teaspoon curry powder, to 1 teaspoon
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups rice, cooked, hot
- 1/4 cup almonds, toasted
- 1/4 cup olives, chopped

### *Instructions*

Cook and stir onion in margarine until onion is tender. Stir in curry powder, salt and pepper. Stir into hot rice. Sprinkle with almonds.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High School

# Egg Pasta

---

2 eggs  
2 cups flour

## *Instructions*

Beat eggs together in bowl. (Optional - One small jar of strained baby spinach or carrots can be added to pasta. If doing so, mix now with the eggs.)

Add 3/4 cup of flour to the eggs and mix together. (It is easiest to use your hands.) Continue to add flour until you have a dough that is not sticky. It may not be necessary to use the entire 2 cups of flour. (The amount of flour varies depending on whether or not you are making vegetable pasta or plain.)

Wash hands off so that you do not get dry mixture into your dough. Put dough out on pastry cloth and knead until it has a rough look but is smooth to the touch. Split into small balls and flour. Roll each small ball through the pasta roller/cutter on #1 twice. Flour again. Roll through once on #5 and #9 respectively. Flour again. Roll through the cutter of your choice. Lay out flat.

TIP: If you wish to prepare more than two servings, use one egg per person and approximately 1/2 to 1 cup of flour for each egg.

This pasta is laid out to dry overnight. It can also be used the day it is made. If a pasta-maker is not readily available, the pasta dough can be rolled-out on a floured surface very thin using a rolling pin and cut into 1/4 " strips. It can be made into various pasta dishes using a variety of sauces and methods.

## *Recipe Notes*

Source: Shauna Flint, Syracuse Junior High  
Food and Fitness, Food for Life

# Fettuccini Alfredo

---

- 1 package cream cheese, (8 oz.), cubed
- 3/4 cup parmesan cheese
- 1/2 cup margarine
- 1/2 cup milk
- 8 ounces fettuccine, cooked

## *Instructions*

In large saucepan, combine cream cheese, parmesan cheese, margarine and milk. Stir over low heat until smooth. Add fettuccine; toss lightly.

## *Recipe Notes*

Source: Diane Thurman, Clearfield High School  
Food Service/Culinary Arts



# Fettuccini

---

- 1 tablespoon margarine
- 2 tablespoons cream cheese
- 1 1/3 cups milk, skim
- 1 cup egg noodles
- 1 tablespoon flour
- 1 clove garlic
- 1/2 cup parmesan cheese, shredded

## *Instructions*

Put water in large (2 quart) saucepan. Bring to a boil, add a dash of salt. Add noodles. Cook about 8-10 minutes, or until noodles are soft. Drain noodles.

Melt margarine over low heat. Mince garlic clove and saute 1 minute in melted margarine. Stir in flour. Gradually add milk. Stir with wire whisk. Cook stirring constantly, 8 minutes or until thick.

Stir in cream cheese. Cook 2 minutes. Add parmesan cheese. Cook until melted. Serve over hot noodles.

## *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School

Food and Fitness, Food for Life, Food and Science

# Fried Rice

---

- 2 eggs, scrambled
- 1/2 cup peas, cooked & drained
- 3/4 can ham
- 1/2 cup onion, chopped fine
- 3 cups rice, cooked

## *Instructions*

Cook rice the day before and refrigerated so it is cold when it is added to the recipe.

Saute onion in a Wok, add cooked ham, vegetables, rice, scrambled eggs, soy sauce to taste and salt and pepper.

Other vegetables can be added such as, bean sprouts, celery and carrots.

## *Recipe Notes*

Source: Linda, Keeler, Hurricane High School  
Foods for Fitness

## Fried Rice - Bacon

---

- 1 cup water
- 1/4 teaspoon salt
- 1 cup instant rice
- 3 slices bacon
- 1 egg
- 1 serving onion
- 1 serving pepper
- 1 serving celery
- 1 serving carrot
- 1 serving broccoli
- 1 serving peas
- 1 serving mushrooms

### *Instructions*

Bring water to a boil. Add salt and instant rice. Cover and remove from heat. Let stand at least 5 minutes, without looking into pan.

Cut 3 strips of bacon (with shears) into small pieces. Fry bacon in stir-fry pan and remove from pan. Leave only 1-2 tablespoons grease in pan and save the rest in case it is needed.

Saute onions, peppers, celery, carrots and broccoli (all cut small). Add peas and sliced mushrooms. Saute.

Add rice and bacon. Cook and stir for 5-10 minutes.

Beat egg with a fork. Fry egg, turning once, in a small frying pan that has been sprayed with vegetable spray and preheated. Cut into strips and add to rice mixture.

Season with soy sauce.

### *Recipe Notes*

Source: Diane R. Anderson, East Food and Fitness

# Fried Rice - Chipped Ham

---

- 1 green onion, sliced
- 1/2 package chipped ham
- 1 egg
- 1 cup minute rice, uncooked

## *Instructions*

In sauce pan bring 1 cup water to boil, then add 1 cup minute rice. Cover pan with a lid and allow to sit until other ingredients are ready.

In a frying pan place a small amount of oil (size of a quarter) and sliced onions. Saute. (Medium heat)

Add chipped ham cut into small pieces.

Add egg, scramble.

Add cooked rice, allow time to let it fry then add soy sauce to taste.

## *Recipe Notes*

Source: Anita Jolley, Cedar Middle School  
8th Grade Life Skills

## Fried Rice - Diced Ham

---

- 2 cups rice, instant
- 4 green onions, minced
- 4 ounces ham, diced, 1/4 inch cubes
- 2 tablespoons soy sauce
- 2 eggs, beaten slightly

### *Instructions*

Bring 2 cups water to a boil in a medium saucepan. Stir in rice and cover. Remove from heat. Let stand 5 minutes. Fluff lightly with fork.

Add 1 tablespoon oil to hot wok. then add rice, ham and onions. Stir fry until mixed slightly (about 30 seconds).

Add soy sauce. Stir and cook until all the rice looks the same color (30 seconds to 1 minute)

Add the beaten eggs and stir until the egg is cooked. (The egg will be mixed in with the rice mixture)

I use this as one recipe in a small appliance lab of 4 recipes. The other labs recipes are: chocolate waffle drops, chocolate swirl ice cream and apple crisp.

### *Recipe Notes*

Source: Jodi Willson, San Rafael Junior High School  
TLC, 8th Grade Life Skills, Food Service/Culinary Arts

## Fried Rice - Ham

---

- 1 cup rice, instant
- 1 cup water
- 1 green onion, chopped
- 1 egg
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 slice ham, precooked and chopped
- 1 tablespoon margarine
- 1 tablespoon soy sauce
- 1 dash pepper
- 1 tablespoon vegetable oil

### *Instructions*

Place instant rice and water into a glass casserole dish. Cover with lid and microwave on high for 4 minutes. Let stand for 3 minutes or until water is absorbed. Fluff with a fork.

Melt the margarine in a frying pan on medium heat. Beat the egg, salt, pepper and garlic powder with a fork in a small bowl until it is well mixed. Pour the egg mixture into the frying pan. Scramble 2-3 minutes until it is cooked. Put it on a plate to cool. In the frying pan, heat the oil. Saute the onions and the ham in the frying pan until they look done. Add the rice and scrambled egg. Cook and stir until the rice is heated through. Add the soy sauce and mix well.

### *Recipe Notes*

Source: Karrie Myers, Mount Logan Middle School  
8th Grade Life Skills

## Fried Rice - Lora's

---

- 3 cups rice, any kind cooked
- 2 tablespoons soy sauce
- 1/4 cup onion, chopped
- 1/4 cup ham, diced precooked pieces
- 1/2 cup cabbage, shredded
- 1/3 pound ground pork, unseasoned
- 1/3 cup carrot, finely chopped
- 1 egg
- 1/4 cup green peppers, chopped

### *Instructions*

In a frying pan brown pork (may use ground beef) until completely cooked and drain off most of grease.

Remove the meat and scramble the egg in the drippings.

Remove the egg and put 1/4 cup water in pan with the vegetables.

Add the rice, meat, soy sauce and egg and heat until warm and a little brown, serve.

### *Recipe Notes*

Source: Lora Thompson, Centennial Middle School  
TLC

## Fried Rice - With Brown Rice

---

- 2/3 cup brown rice, cooked, cold
- 1/3 cup white rice, cooked, cold
- 1/4 onion
- 2 carrots
- 1/3 cup peas, frozen
- 4 mushrooms
- 1 egg
- 1 tablespoon vegetable oil

### *Instructions*

Cut onion, carrots and mushrooms into slices.

Put 1 T. oil into a non-stick fry pan and heat on medium heat, then add onions and stir with a wooden spoon until tender about 4 minutes.

Add the carrots, peas, and mushrooms to the pan and continue stirring for 3 more minutes.

Add both kinds of rice to the pan and continue stirring gently until the rice is slightly fried. Season with salt, pepper and onion salt.

Place the fried rice on a plate.

Crack the egg and beat with a fork until the yolk breaks.

Pour egg into the frying pan and scramble. Add rice mixture back into the pan and stir gently.

Cooked ham or chicken can also be added to this dish.

### *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
Life Skills



# Macaroni And Cheese

---

- 6 cups water
- 1/2 teaspoon salt
- 1 1/2 cups macaroni
- 2 tablespoons margarine
- 1 cup milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup processed cheese

## *Instructions*

Bring water and 1/2 teaspoon of salt to a boil. Add macaroni gradually so water continues to boil. Boil uncovered stirring occasionally, until tender about 9-10 minutes. Drain macaroni in a colander and rinse in hot water if desired. (Rinsing washes away some starch, vitamins and minerals.) Return to pan or put into a bowl.

While macaroni is cooking, make cheese sauce.

Sauce - Cook and stir minced onion (optional) and margarine over low heat until margarine is melted and onion is slightly tender. Blend in flour to make a paste; stir until mixture is smooth and bubbly. Slowly stir in milk using a wire whip. Heat to boiling point, stirring constantly. Reduce heat; stir and cook one minute after mixture begins to boil. Remove from heat. Stir salt and pepper (can use white pepper) and grated cheese into the hot milk mixture; continue stirring until the cheese is melted. You can use up to 1/2 cup of grated cheese if desired. Stir cheese sauce into macaroni.

If desired, place macaroni mixture into baking dish (sprayed with baking spray). Bake at 375 degrees for 10-15 minutes, until hot and flavors are blended.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High Food and Fitness

# Manicotti Bake

---

- 1 pound ground beef
- 1/4 cup onion, minced
- 1 tablespoon olive oil
- 1 can tomato paste, small
- 2 cans water, use paste can to measure
- 2 cans tomato sauce
- 1 package spaghetti, seasoning mix
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon sugar
- 12 manicotti shells
- 1 pound cottage cheese
- 1/2 pound mozzarella, shredded

## *Instructions*

Saute beef and onion in olive oil; add tomato paste, water, tomato sauce, spaghetti seasoning mix, oregano, salt, pepper and sugar. Simmer for 30 minutes.

Boil manicotti in salted water for 5 minutes, drain well. Place on paper towels.

Combine cottage cheese and mozzarella cheese; fill shells.

Place in shallow casserole; cover with sauce.

Bake at 325 degree oven for 30-35 minutes.

Sprinkle with parmesan cheese before serving.

## *Recipe Notes*

Source: Chris Carrigan, Morgan High School  
Foods for Life

# Noodles - Homemade

---

- 1 egg
- 1 1/2 teaspoons oil
- 1 1/2 teaspoons water
- 1/4 teaspoon salt
- 1/2 cup flour
- 1 quart chicken broth
- 1 carrot
- 1 stalk celery
- 1 tablespoon chicken bouillon

## *Instructions*

Day 1:

(Using this recipe, each student will make their own noodles.)

Combine egg, oil, water, salt and flour in a small mixing bowl. Mix with a fork. Add a small amount of flour to mixture if necessary in order to make a stiff dough.

Knead 8 minutes. Let sit for 15 minutes. Cut into noodles. Place on tray covered with wax paper. Cover with clean dish towel.

Day 2:

Peel and chop carrot. Wash and chop celery. Add to boiling chicken broth. Add noodles.

Make sure the broth continues to boil gently.

Cook until noodles are done.

You can add yellow food coloring

## *Recipe Notes*

Source: Vera Clark, East Carbon  
8th Grade Life Skills, Food for Life

# Noodles - Homemade Egg

---

- 1 cup flour
- 2 tablespoons egg yolks
- 2 tablespoons eggs, whole
- 1/2 teaspoon salt
- 3 tablespoons water

## *Instructions*

Measure flour into bowl, make a well in the center and add egg yolks, whole egg, and salt.

With clean hands thoroughly mix egg into flour.  
Add water, 1 tablespoon at a time, mixing thoroughly after each addition.  
Add only enough water to form dough into a ball.

Turn dough onto well floured board, knead until smooth and elastic, about 10 minutes. Cover and let rest 5-10 minutes.

Divide dough into 2 equal parts. Roll dough, 1 part at a time, into paper thin rectangle, keeping remaining dough covered. Roll rectangle round rolling pin, slip out of rolling pin and cut crosswise into 1/8 inch strips for narrow noodles and 1/4 inch strips for wide noodles. Or, use Noodle Maker Machine to roll and cut noodles.

Place noodles on a dry towel on a large cookie sheet to dry. Noodles can be twisted for crinkly noodles.

Make about 2 cups.

Add noodles to hot soup and heat to boiling. Reduce heat and simmer 10 minutes or until noodles are tender.

(Can use with Soup - Chicken Noodle recipe)

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food for Life, Food and Fitness

# Noodles - Sesame

---

- 8 ounces egg noodles
- 1 carrot
- 1 stalk celery
- 3 green onions
- 1/2 cup bean sprouts
- 1 tablespoon vegetable oil
- 1/3 cup chicken broth
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1/2 teaspoon sesame oil

## *Instructions*

1. Cook noodles in large amount of boiling water until tender; drain. Rinse with cold water. Drain noodles well and set aside.
2. Cut carrot into thin matchsticks. Dice celery and green onions. Rinse the bean sprouts.
3. In a small bowl, combine the chicken broth, oyster sauce, soy sauce and sesame oil. Set aside.
4. Heat 1 Tbsp. cooking oil in wok. Add vegetables and stir-fry until tender-crisp. Remove from wok and add the sauce. Cook until bubbly. Add the noodles and vegetables. Stir-fry until thoroughly heated.

## *Recipe Notes*

Food and Fitness, Food for Life

## Pasta Shells

---

- 8 jumbo macaroni shells, about 4 oz.
- 1/2 pound ricotta cheese
- 2 ounces mozzarella, grated
- 1 egg
- 2 saltine crackers
- 3/4 teaspoon parsley, dried
- 1/4 teaspoon salt
- 1 cup spaghetti sauce, meatless
- 2 tablespoons parmesan cheese, grated
- 1 dash pepper

### *Instructions*

Fill a saucepan two-thirds full of water and bring to a rolling boil. Gently add shells and stir immediately to prevent sticking. Boil uncovered 12 to 15 minutes stirring occasionally. Use slotted spoon to remove shells from water. Place on paper towel to drain and cool.

While the pasta is cooking, combine ricotta cheese, mozzarella cheese, egg, crackers, parsley, salt and pepper in a bowl. Mix thoroughly.

Spoon filling into cooked shells. Cover the shells with spaghetti sauce. (Sauce can be drizzled over shells for an attractive presentation.) Sprinkle parmesan cheese over shells.

Bake 15 to 20 minutes or until warmed through.

### *Recipe Notes*

Source: Janet Maw, Skyview High  
Janet Froh, Riverview Jr. High  
Food and Fitness / Food for Life

## Pasta With Carbonara Sauce

---

- 4 eggs
- 1/4 cup butter or margarine
- 1/4 cup whipping cream
- 1/2 pound bacon, cut up
- 1 pound fettuccine, or spaghetti
- 1 cup parmesan cheese, grated, or 4 oz. Romano cheese
- 1/4 cup parsley, snipped

### *Instructions*

Melt the butter, add cream and eggs, mix well and simmer over low heat until thoroughly cooked.

In a skillet cook bacon till brown. Remove bacon and drain on paper toweling. Heat an ovenproof serving dish in 300 degree oven.

Add pasta to a large amount of boiling salted water. Cook 10-12 minutes or till tender but not firm, drain well.

Turn hot pasta into the heated serving dish, toss pasta until covered with butter. Pour egg mixture over and toss till pasta is well coated.

Add bacon, cheese, parsley, toss to mix.

Season to taste with pepper.

Serve immediately.

### *Recipe Notes*

Source: Chris Carrigan, Morgan High School  
Food for Life

# Pastae Fagoli

---

- 1 pound ground beef
- 1 onion, chopped
- 4 cups beef broth
- 28 ounces tomatoes, crushed or diced
- 16 ounces kidney beans, drained
- 16 ounces red beans, drained
- 1 cup carrot, julienned
- 1 cup celery, diced
- 1/2 teaspoon basil
- 2 large garlic, minced
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon oregano
- 1/2 teaspoon marjoram, dried
- 2 tablespoons parsley
- 1 cup macaroni, soup

## *Instructions*

Brown ground beef and onion together.

Then add the rest ingredients, saving macaroni until last.

For more taste double the spices.

## *Recipe Notes*

Source: Jaralee Wettstein, Layton High School  
Food Service/Culinary Arts



# Rice Pilaff

---

- 1 cup uncooked long-grain rice
- 1/2 onion, chopped
- 1/4 cup butter or margarine
- 2 1/4 cups water
- 2 chicken bouillon cubes
- 1 1/2 teaspoons parsley flakes
- 4 tablespoons slivered almonds, toasted

## *Instructions*

Saute rice and chopped onion in butter or margarine in skillet until rice is golden. Place bouillon cubes in 2 cups water and boil until cubes are dissolved. Combine with parsley and bouillon; pour into a greased 1-quart casserole dish.

Cover; bake at 350 degrees for 30 minutes or until all water is absorbed. Uncover at once.

To serve, fluff up rice with fork; spoon onto serving dish and sprinkle with toasted almonds.

Serve with lemon chicken kabobs.  
(See Chicken - Lemon Kabobs recipe)

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

## Savory Rice And Vegetables

---

- 1/2 cup uncooked long-grain rice
- 2 tablespoons vegetable oil
- 1/2 cup water
- 1 chicken boullion cube
- 1/2 teaspoon paprika
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup broccoli florettes
- 1/2 cup black olives, pitted
- 2 tablespoons green onions, chopped
- 1 tablespoon fresh parsley, chopped
- 1/2 medium tomato, cut in small wedges
- 1/2 medium green pepper, cut into strips
- 2 summer sausages, cut in slices

### *Instructions*

In an 8 or 10-inch skillet combine the rice and oil. Cook over medium-low heat, stirring occasionally, until rice is browned (5-8 minutes). Stir in water, bouillon, paprika, salt and pepper. Cover, continue cooking until liquid is absorbed (15-20 minutes). Meanwhile, in a large bowl, stir together the remaining ingredients. Pour into skillet with rice, stir to evenly distribute. Cover skillet and cook for another 5-10 minutes or until vegetables are just tender crisp and sausage is heated through.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

# Spinach Pasta

---

- 1 teaspoon olive oil
- 1/2 teaspoon garlic, (1-2 cloves)
- 2 cans Italian style stewed tomatoes
- 1 pound spinach, frozen
- 1 pound rigatoni
- 2 cups mozzarella, shredded

## *Instructions*

Boil the pasta for approximately 14 minutes (until tender). In a fry pan simmer the stewed tomatoes, spinach, garlic and olive oil for approximately 14 minutes (while the pasta cooks).

Grate the mozzarella cheese.  
Combine the sauce with the pasta.  
Sprinkle the cheese on top.  
Serve.

## *Recipe Notes*

Source: Brighton High

# Wild Rice With Sweet Orange Sauce

---

- 2 1/3 cups water
- 1 tablespoon butter
- 1 box long-grain brown rice, or white, 16 oz.

## *Instructions*

Combine water, butter and rice in a saucepan. Bring to a boil. Cover tightly and reduce heat to simmer. Simmer until all of the water is absorbed about 25 minutes.

## *Sweet Orange Sauce*

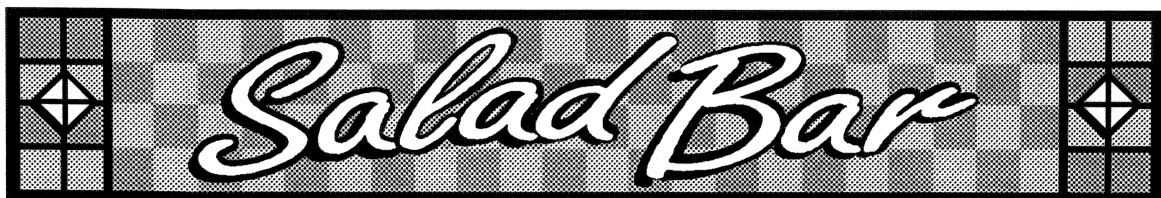
Combine 2 oz. thawed frozen orange juice concentrate, undiluted, 1 T. orange marmalade and 3 t. steak sauce in a sauce pan. Cook over medium heat, stirring occasionally until it boils. Set aside. Pour over prepared wild rice before serving.

## *Recipe Notes*

Source: Tami Rauzi, Northridge High

# Chapter 7

## Salads



# Apple-Grape Salad

---

- 1 envelope gelatin, unflavored
- 1/4 cup water
- 1 1/2 cups apple juice
- 1 cup apple, unpared, diced
- 1/2 cup red grapes, halved, seeded
- 1/4 cup celery, chopped

## *Instructions*

Soften gelatin in water for 5 minutes  
Heat gelatin over low heat, stirring constantly, until dissolved.  
Add apple juice. Chill until mixture begins to thicken.  
Stir in fruit and celery  
Pour into 3-cup mold  
Chill until set

## *Recipe Notes*

Source: Emalee Meyer, Bear River High School  
Food for Life

# Broccoli Salad

---

- 2 green onions
- 1/2 cup swiss cheese, grated
- 1 bunch broccoli, chopped fine
- 1/4 cup mayonnaise
- 2 tablespoons sugar
- 5 teaspoons canned milk
- 1/4 cup bacon, fried

## *Instructions*

Make dressing by mixing mayonnaise, sugar, and vinegar stirring well. Set aside  
Slice onions, mix them with swiss cheese, broccoli and bacon. Pour dressing over  
vegetables and stir.

## *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness

# Fruit Salad

---

- 1 apple
- 1 orange
- 1 pineapple, ring
- 1/2 banana
- 1/2 cup lemon-lime soda
- 1/2 cup yogurt, or whipped topping

## *Instructions*

Pare, quarter and slice the apple.

Peel, section and slice the orange into bite-size pieces.

Peel and slice the banana into bite-size pieces.

Cut pineapple ring into chunks.

Put all the fruit into a mixing bowl.

Pour lemon-lime soda or lemon-lime drink and yogurt mixture over the fruit.

Toss the fruit with forks to mix together with the dressing.

Add to this recipe kiwi, strawberries (in season) or grapes for color.

Instead of serving the Fruit Salad in bowls, when it comes time to mix in the yogurt, substitute it with a little sprite and a drop of your favorite color of food coloring.

Place the salad in parfait "fancy" glasses.

Top it off with a swirl of whip cream, a cherry on top, a lime wedge on the glass, colorful straws and or umbrellas.

## *Recipe Notes*

Source: Elizabeth Davis Evans, Sunset Junior High School  
TLC



## Fruit Salad - With Yogurt

---

- 1 apple
- 1/2 banana
- 1/2 cup pineapple chunks, plus some juice
- 1 orange
- 1/3 cup vanilla yogurt

### *Instructions*

Pare, quarter and core apple. Place apple slices in pineapple juice to prevent them from turning brown. Peel and slice banana and add them to the apples in the pineapple juice. Peel and slice orange into chunks. Combine all fruits into the pineapple juice. Stir gently. Drain the juice from the fruits through the colander. Place the drained fruit in a bowl and top with yogurt. Fold the fruit into the yogurt gently. Serve immediately.

TIP: If desired, cut orange in half. Clean out inside and save shells to use as bowls. Mix fruit as directed. Top with a spoonful of yogurt, chopped nuts and a maraschino cherry for a fruit sundae.

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
TLC

## Fruit Salad With Sauce

---

- 1 tablespoon cornstarch
- 1/4 cup pineapple juice
- 2 tablespoons sugar
- 1/4 cup water
- 1 apple, sliced
- 1/3 cup pineapple tidbits
- 1/2 cup marshmallow
- 1 banana, sliced
- 1/2 cup fruit cocktail
- 1/2 cup cool whip

### *Instructions*

Combine the first four ingredients together in a sauce pan over heat, mix well.

Bring to a boil then remove from heat.

When sauce is cool, add to the fruit filling and stir.

Add cool whip.

Serve

### *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School  
Life Skills

# Green Salad And Orange Dressing

---

- 1 head lettuce, red leaf
- 1 medium onion, bermuda, sliced into rings
- 2 oranges, peeled and thinly sliced
- 1 can mandrain oranges, 11 oz.
- 1 jicama, peeled, julienne strips
- 4 ounces almonds, sliced
- 3 tablespoons sugar

## *Instructions*

You may use fresh oranges or mandrain oranges.

Mix the lettuce, onions, oranges and jicama in a salad bowl. chill.

In a small skillet sprinkle sugar over the almonds and cook over medium heat until the almonds are coated and sugar has dissolved. (They brown quickly; do not burn)  
Place in a small bowl and allow to cool.

Mix dressing in a shaker jar. Chill. Pour dressing over chilled salad. Sprinkle almonds over, toss and serve.

## DRESSING

- 1/2 teaspoon grated orange peel
- 1/3 cup fresh orange juice
- 2 tablespoons red wine vinegar
- 1/4 cup oil
- 1/4 cup water
- 2 tablespoons sugar
- 1 tablespoon Good Seasons Dry Italian dressing mix

## *Recipe Notes*

Source: Tami Rauzi, Northridge High School

# Japanese Salad

---

- 1/2 head cabbage, shredded
- 2 green onions, chopped fine
- 1 package ramen noodles, broken up
- 1 packet ramen seasoning mix
- 1 tablespoon vegetable oil
- 1 tablespoon sugar
- 1/4 teaspoon pepper
- 5 tablespoons vinegar

## *Instructions*

Make dressing by adding packet of seasoning, oil, sugar, pepper, and vinegar in a medium bowl.

Mix cabbage, onion and broken up ramen noodles together.

Pour dressing over vegetables and toss.

## *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness

# Japanese Shredded Salad

---

- 1/2 head lettuce, shredded
- 2 green onions, chopped
- 2 tablespoons parsley, chinese, chopped
- 2 tablespoons sesame seeds, toasted
- 1/4 cup peanuts

## *Instructions*

Mix all ingredients. Add a small hand full of cold fried rice sticks.

Just before serving add dressing.

## DRESSING

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- dash of msg.
- 1 tablespoon sugar
- 1 tablespoon salad oil
- 1 tablespoon sesame see oil
- 1 tablespoon + 1 1/2 teaspoon vinegar

## *Recipe Notes*

# Macaroni - Frog Eye Salad

---

- 1 cup sugar
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 3/4 cups pineapple juice
- 2 eggs, beaten
- 1 tablespoon lemon juice
- 1 package acini de pepe macaroni, 16 oz.
- 3 cans mandarin oranges, 11 oz.
- 2 cans pineapple chunks, 20 oz.
- 1 can pineapple, crushed
- 1 can fruit cocktail, large
- 1 cup marshmallow, mini
- 1 cup coconut, shredded
- 8 ounces whipped cream toppings

## *Instructions*

Mix sugar, flour, salt, pineapple juice, eggs and lemon juice.

Cook until thick. Set aside to cool.

Cook macaroni in 3 quarts of water with 1 T. oil.

Drain and cool to room temperature.

Combine macaroni with sauce mixture and refrigerate.

Combine drained mandarin oranges, pineapple chunks, crushed pineapple and fruit cocktail. Refrigerate.

Combine fruit mixture with macaroni mixture. Add marshmallows, coconut and whipped topping.

Mix well and chill.

Can be kept for six weeks.

## *Recipe Notes*

Source: Tami Rauzi, Northridge High

# Macaroni Salad

---

- 3/4 cup macaroni, elbow or spiral uncooked
- 1/4 cup green peas, frozen, optional
- 1/2 cup cheddar cheese, shredded
- 1/2 cup mayonnaise, may use less
- 1/4 cup green onion, sliced with tops
- 3 tablespoons sweet pickle relish
- 1/2 teaspoon salt
- 1/2 cup celery, sliced
- 2 ounces ham, diced
- 1/8 head iceberg lettuce, torn into bite-size pieces
- 2 slices bacon, crisply cooked and crumbled

## *Instructions*

Cook macaroni as directed on package.

Rinse frozen peas under running cold water to separate; drain.

Mix macaroni, peas and remaining ingredients except lettuce and bacon.

Refrigerate until chilled.

Just before serving, toss macaroni mixture with lettuce and bacon.

Can use turkey ham.

This is 1/2 of the original recipe.

We don't have time to chill before serving.

## *Recipe Notes*

Source: Emalee Meyer, Bear River High School  
Food for Life

# Mandarin Orange Spinach Salad

---

- 6 ounces spinach, fresh
- 1/2 cup celery, thinly sliced
- 2 green onions, sliced
- 2/3 cup mandarin oranges
- 1 jicama
- 2 tablespoons almonds, slivered

## *Instructions*

Combine the spinach, celery, green onions, mandarin oranges and jicama in a salad bowl. Cover and chill. Just before serving, toss with dressing. Sprinkle with almonds.

## *Dressing*

1/4 c. vegetable oil, 2 T. sugar, 1 T. white vinegar, 1/2 t. salt, 1/4 t. pepper and 1/4 t. hot sauce.

Combine all ingredients in a shaking container with a tight lid. Shake until blended. Chill. Place on the salad just before serving.

## *Recipe Notes*

Source: Tami Rauzi, Northridge High



# Pasta Salad

---

- 3 ounces macaroni, uncooked
- 1/3 cup french salad dressing
- 1/2 cup cucumber, quartered lengthwise and slice
- 1/2 cup green peppers, chopped
- 1/3 cup onion, chopped
- 2 tablespoons parsley, snipped
- 1 cup cherry tomato, halved

## *Instructions*

Use corkscrew macaroni for this salad.

Reduced-calorie creamy cucumber or Italian salad dressing may also be substituted.

Cook pasta according to directions on package.

In a colander rinse cooked pasta with cold water, drain well.

In a large bowl combine the pasta and dressing. Toss to coat .

Quarter and slice cucumber. Chop green pepper and onion. Add the cucumber, green pepper, onion and snipped parsley to the cooked pasta mixture. Toss gently.

Cover and chill for 4-24 hours

Cut cherry tomatoes in half, before serving, stir in the cherry tomatoes.

## *Recipe Notes*

Source: Tamara Johnson, Mont Harmon Junior High School  
Food and Fitness

## Pasta Salad - Italian

---

- 1 package tri-color spiral pasta, drained
- 8 ounces Italian salad dressing
- 1/2 cup cucumber, diced
- 1/2 cup tomato, diced
- 1/2 cup broccoli, chopped
- 1/4 cup radish, sliced
- 1/4 cup green onion, diced
- 1/4 cup cheddar cheese, cubed
- 1/4 cup black olives, chopped
- 1/8 cup pepperoni, chopped

### *Instructions*

Toss cooked pasta, salad dressing, and other ingredients, serve.  
(Can be garnished with parmesan cheese and pieces of cold asparagus)

Note: Have each lab cook 1 bag of pasta and chop a few other ingredients, then they divide their own pasta in cereal bowls and bring all of the other ingredients up front in larger bowls. Each student can take 1 spoonful of any ingredient and add Italian dressing to create their own salad, this way many students find out they like pasta salad because they create their own salad. You may separate the fat free ingredients and put them on one table to let students choose if they are making an individual fat free salad.

### *Recipe Notes*

Source: Lora Thompson, Centennial Middle School  
TLC

## Pasta Salad - Meat

---

- 6 ounces uncooked pasta
- 2 cups raw vegetables, chopped
- 1/3 cup salad dressing
- 1/2 cup cheese, cut in cubes
- 1/3 cup cooked meat, chopped

### *Instructions*

Boil 2 quarts of water. Add a dash of salt and 1/2 teaspoon butter. Slowly add pasta. Boil uncovered for 7-9 minutes. Drain well and cool. Add cheese, meat and vegetables to cooled pasta. Toss with salad dressing. Sprinkle with salt, pepper or parmesan cheese, if desired.

I allow my students to choose their own vegetables, meat and dressing.

### *Recipe Notes*

Source: Ann Stevenson, Weber High  
Food and Fitness, Food for Life

## Potato Salad - Sunshine

---

- 4 large potatoes
- 1/2 cup mayonnaise
- 2 tablespoons canned milk
- 1/4 cup pickle juice
- 2 tablespoons mustard
- 1 dash salt
- 1 green onion, chopped
- 1 pickle, cubed
- 1 egg, hard cooked and peeled

### *Instructions*

Boil red or white potatoes, with jackets, (do not use baking potatoes as they fall apart easily), until potatoes are tender all the way through.

In a bowl combine mayonnaise, canned milk, pickle juice, yellow mustard, salt and mix well.

Combine with chopped green onion, cubed pickle and cooked potatoes that have been cooled and the skins removed and diced.

Add all ingredients together carefully.

Top with sliced hard cooked egg and sprinkle with paprika.

### *Recipe Notes*

Source: Linda Groves, Lone Peak High School

# Sarah's Salad

---

- 1 head iceberg lettuce
- 3 slices bacon
- 5 ounces peas, frozen
- 1/4 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup swiss cheese, shredded
- 2/3 cup green onion, chopped
- 1/4 cup mayonnaise
- 1/4 cup salad dressing

## *Instructions*

Wash and drain lettuce. Dry thoroughly. Dice bacon and saute until crisp. Drain on paper towels. Run hot water over the frozen peas and drain. Tear lettuce into bite-size pieces in a salad bowl. Sprinkle with sugar, salt and pepper. Add peas, cheese, onion, mayonnasie and salad dressing.

(These ingredients may be layered if desired, with the mayonnasie spread on last.)

Cover tightly and refrigerate overnight. Chill. Toss when ready to serve and garnish with bacon.

## *Recipe Notes*

Source: Tami Rauzi, Northridge High

# Spaghetti Salad

---

- 2 ounces spaghetti
- 1/2 carrot, peeled and grated
- 1/2 zucchini, cleaned and sliced
- 4 cherry tomatoes, halved
- 1/3 package pastrami, cubed (can use ham)
- 1/3 can cheddar cheese, cubed
- 1/3 cup Italian salad dressing

## *Instructions*

Cook spaghetti noodles until Al dente or tender, drain and rinse in cold water and place in mixing bowl, set aside.

Mix carrot, zucchini, tomatoes, meat, cheese and dressing in glass dish.

Mix spaghetti and vegetables together. Refrigerate overnight.

## *Recipe Notes*

Source: Shirley Taylor, Wahlquist Junior High School  
Food and Fitness

# Spinach Salad

---

- 1 package spinach, torn into bite-size pieces
- 1 can water chestnuts, sliced
- 1 can bean sprouts
- 1/4 pound bacon
- 2 hardboiled eggs, sliced
- 1/2 cup oil
- 1/4 cup sugar
- 1/4 cup catsup
- 1/4 cup vinegar
- 1/2 tablespoon Worcestershire sauce

## *Instructions*

### Salad:

Prepare spinach, water chestnuts, bean sprouts, bacon, and eggs.

Combine spinach, water chestnuts, bean sprouts and bacon in a bowl.

### Dressing:

Combine oil, sugar, catsup, vinegar, and Worcestershire sauce in a small bowl.

Chill.

Add to salad.

Garnish with sliced eggs.

## *Recipe Notes*

Source: Tonie Dee, Monument Valley High  
Food and Fitness

# Taco Salad

---

- 1/2 pound ground beef, lean
- 2 tablespoons onion soup mix
- 1/4 cup water
- 1/3 head iceberg lettuce
- 3 romaine lettuce leaves
- 2 cups tortilla chips
- 1/2 cup kidney bean, rinsed & drained
- 1/2 cup cheddar cheese, grated
- 1 tomato, cut in small wedges
- 1 green onion, chopped
- 1/2 cup black olives, sliced

## *Instructions*

In a small skillet or saucepan, brown ground beef over medium heat. Drain off grease and place beef in collander. Rinse with hot water. Return beef to pan; add soup mix and water. Simmer for 15 minutes or until water is evaporated. Meanwhile, wash and dry iceberg and romaine lettuces. Tear into bite-size pieces and place in a salad bowl. Add kidney beans, cheese, tomato and green onion. Just before serving, add hot beef and soup mixture to lettuce mixture and quickly toss to blend. Serve immediately over tortilla chips.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness



# Taco Salad - Easy

---

- 1/2 pound ground beef
- 1/4 onion, diced
- 1/2 cup crescent rolls 8 oz., drained
- 1 tomato, diced
- 1/2 head lettuce
- 4 ounces cheddar cheese, grated
- 2 cups tortilla chips, before crushing

## *Instructions*

Cook ground beef and onion. Drain fat off meat and put into a can. (Not down sink.)

Add beans to meat.

Wash and tear lettuce into bite-sized pieces.

Crumble tortilla chips.

Place lettuce on plate. Top with meat and beans, tomato, cheese and tortilla chips.

Add salad dressing or salsa, if desired.

## *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

# Taco Salad - Great

---

- 1 pound hamburger
- 1 can kidney beans, undrained
- 4 tomatoes, diced
- 1 onion, finely diced
- 4 ounces thousand island salad dressing
- 1 cup salad dressing
- 1 head lettuce, torn into bite-size pieces
- 8 ounces sharp cheddar cheese, grated
- 1 package tortilla chip, crumbled

## *Instructions*

Cook hamburger and drain grease. Add kidney beans, tomatoes, onion and dressings. Mix gently. Place a layer of shredded lettuce on a plate. Top with hamburger mixture. Sprinkle with grated cheese and tortilla chips.

## *Recipe Notes*

Source: Val Huntington, Canyon View High School  
Food and Fitness, Food for Life

# Chapter 8

## Soups and Sauces



# Barbecue Sauce

---

- 1/2 cup onion, chopped
- 1 pound tomato sauce, canned
- 1 teaspoon Worcestershire sauce
- 1/2 cup brown sugar
- 1 1/2 teaspoons hot pepper sauce
- 1/4 cup chili sauce
- 1/4 cup mustard
- 1/4 cup honey
- 2 tablespoons vegetable oil

## *Instructions*

Saute the onions in a non-stick frying pan.

Add the other ingredients and cook on low heat, stirring constantly until the mixture boils.

If you wish to thicken the sauce let it heat on simmer for 10-15 minutes and the sauce will thicken.

## *Recipe Notes*

Source: Brighton High School

## Basic White Sauce For Potato Bar

---

- 4 tablespoons margarine
- 1/4 cup flour
- 2 cups milk
- 1 pinch salt
- 1 pinch pepper

### *Instructions*

Melt Margarine over medium heat. Stir in flour, salt and pepper. Gradually add milk and stir constantly till thickened.

### *Variation*

Stir in browned and drained ground beef, ham, a can of drained clams or chipped beef.

Add 2 cups (8 oz) grated sharp cheddar cheese with 1-2 tablespoons green chilies or a couple dashes of cayenne pepper and dry mustard.

### *Sausage Topping*

Saute 1 chopped onion and 1 clove minced garlic in 1 tablespoon oil. Add 1 pound Italian sausage (casing removed) and 1/4 teaspoon crushed oregano. Cook on medium heat for 10 minutes stirring occasionally. Drain excess fat if desired. Makes about 2 cups.

### *Mushroom Topping*

Saute 1 pound sliced mushrooms in 1/4 cup margarine, salt and pepper to taste. Makes about 2 cups.

### *Steamed Vegetables*

Broccoli, cauliflower, carrots, celery, peas, mushrooms, onions, etc. Can serve individually or mixed together. Serve with grated cheese or a cheese sauce.

### *Meats*

Crumbled bacon, cubed ham, fried ground beef or sausage. Ground beef with taco seasoning.

### *Other Condiments*

Chili with a mixture of cheese sprinkled on last then microwaved to melt. Sour cream, parmesan cheese, sliced green onions or chives, diced tomatoes, or diced avocado.

### *Seasonings*

Basil, caraway seeds, celery seeds, chives, dill, onion or thyme.

(See Potato Bar recipe)

### *Recipe Notes*

Source: LeeAnn Bitner, Alta High School

# Cheddar Cheese Sauce

---

- 2 tablespoons margarine
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 dash cayenne pepper
- 1 dash vanilla
- 1 cup milk
- 1 cup cheddar cheese, sharp

## *Instructions*

Melt margarine in saucepan over low heat. Blend in flour and seasonings. Gradually add milk. Stirring constantly until thickened. Add cheese and continue to cook until cheese is melted.

You can add some jalapeno pepper to spice it up and serve with chips.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High  
Food and Fitness

# Cheese Fondue

---

- 1/2 cup cottage cheese
- 2 tablespoons milk
- 1 tablespoon margarine
- 2 teaspoons cornstarch
- 1 dash garlic powder
- 1 dash dry mustard
- 6 tablespoons milk
- 1/2 cup cheddar cheese, sharp, grated
- 1/4 cup swiss cheese, grated
- 1/2 loaf French bread

## *Instructions*

Mix cottage cheese with 2 T. of milk and blend until smooth. Melt margarine in a small saucepan. Stir in cornstarch, garlic powder and dry mustard. Mix well.

Add 6 T. milk and cook over medium heat, stirring constantly until thick. About 3 minutes.

Reduce heat. Don't add cheese until the sauce is thickened. Stir in cottage cheese mixture. Add remaining cheeses, stirring ONLY until cheeses are melted.

Serve with cubes of french bread for dipping.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High

## Chicken Gravy With Mushroom

---

- 1/4 cup margarine
- 6 tablespoons flour
- 1 can chicken broth, Swanson's no-fat 14 oz.
- 1/2 cup milk, skim
- 1 can mushrooms, drained, 4 oz. (optional)

### *Instructions*

Slowly melt margarine in a medium saucepan. stir in flour until smooth. Turn off heat.

Add broth and milk. Stir until there are no lumps.

Turn on heat to medium high. Stir constantly until thickened. Add drained mushrooms.

Serve over rice or dip chicken tenders in the gravy.

See chicken tenders recipe.

### *Recipe Notes*

Source: Debbie Adams, Rocky Mt. Jr.  
Food and Fitness



# Chile Con Queso Sauce

---

- 1/2 cup onion, chopped
- 1 tablespoon vegetable oil
- 2 cups velveeta cheese, grated
- 1 can chiles, chopped
- 1 tablespoon pimento, or chopped red peppers
- 1 pint sour cream

## *Instructions*

1. Saute the onion in oil until the onion is transparent.
2. Reduce the heat and add the processed cheese gradually, stirring constantly.
3. Pour in the chopped chiles, including the juice.
4. Add pimiento or chopped red peppers.
5. Remove the pan from the heat and stir in the sour cream until it is thoroughly mixed.
6. Salt and pepper to taste.

Do not use regular cheese or add salt until the end or the mixture will curdle.

## *Recipe Notes*

Source: Brighton High School

# Chili

---

- 1 can chili beans, 1 lb.
- 1 pound ground beef
- 1/2 teaspoon salt
- 1 1/2 tablespoons Worcestershire sauce
- 8 ounces tomato sauce
- 1 tablespoon chili powder
- 1/2 onion, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano

## *Instructions*

Brown ground beef with onion. Drain fat.

Add remaining ingredients including drained beans.

Cook until well blended and heated through.

You can substitute kidney beans for chili beans.

## *Recipe Notes*

Source: Nancy Fidler, West Lake Junior High School  
Food and Fitness

## Chili - Christmas Turkey

---

- 1 cup green pepper, diced
- 1 1/4 cups chopped onion
- 1/2 teaspoon garlic salt
- 3 tablespoons oil
- 2 cans kidney beans, drained, 15 1/2 oz.
- 1 28 oz. can tomato, stewed
- 10 mushrooms, sliced
- 1 cup tomato sauce
- 3 cups cooked turkey, chopped
- 1/2 teaspoon chili powder
- 1/2 teaspoon cilantro
- 1/2 teaspoon red pepper

### *Instructions*

In a 3-quart saucepan, saute green pepper and onion in oil over medium/high heat for about 5 minutes or until vegetables are crisp-tender. Add the rest of the ingredients and stir.

Increase the heat and bring mixture to a boil. Reduce heat and simmer uncovered for about 25 minutes. Garnish with onion or cheese.

For vegetarian chili substitute 3 cups of broccoli for the turkey.

### *Recipe Notes*

Source: Chris Judd, Layton High School  
Food for Life

## Chili - Quick And Yummy

---

- 1 pound ground beef
- 1 small onion, chopped
- 2 cans chili beans
- 1 can stewed tomato, large
- 1 can tomato, diced, large
- 1 teaspoon chili powder
- 1 package chili seasoning

### *Instructions*

Brown ground beef in a dutch oven.

Chop onion and add to ground beef. Cook until transparent Drain off grease.

Then add chili beans, stewed tomatoes, diced tomatoes, chili seasoning, and chili powder.

Cover with lid and simmer about 1 hour to blend flavors.

### *Recipe Notes*

Source: Box Elder Middle School

## Chili - White

---

- 4 cups chicken, cooked and diced
- 1 8 oz. can garbanzo bean, drained
- 1 8 oz. can great northern bean, white
- 1 onion, chopped
- 1 clove garlic, minced
- 1 teaspoon cumin
- 2 cans chicken broth
- 1 can green chilies
- 1 8 oz. can white hominy, drained

### *Instructions*

Saute chopped onion and garlic in a little chicken broth. Add the rest of the ingredients. Heat. Serve with grated cheese and sour cream.

### *Recipe Notes*

Source: Susan Schumacher, Pleasant Grove High

# Chowder

---

- 1 cup potato, finely diced
- 1/2 cup celery, finely diced
- 1/2 cup onion, finely chopped
- 1/2 cup butter
- 1/2 cup flour
- 2 cups milk
- 3/4 teaspoon salt

## *Instructions*

Combine potatoes, onions, and celery with enough water to cover. Bring to a boil and cook until tender. **DO NOT DRAIN OFF WATER.**

Meanwhile, melt butter in separate pan; stir in flour. **SLOWLY** add milk, stirring constantly. Cook over med-high heat until thick. Cream sauce will be quite thick.

When vegetables are done, combine the butter mixture and the potato mixture, without draining the vegetables.

Add one of the variations:

Clam: Add 1 can of minced clams plus liquid.

Corn: Add 1 can of cream style corn and strips of crisply cooked bacon.

Potato-Cheese: Add 1 can shredded cheese.

Broccoli: Cook one 10 oz package of chopped broccoli with the other vegetables.

## *Recipe Notes*

Food and Fitness

## Chowder - Bratten's Clam

---

- 2 cans minced clams
- 1 cup onion, chopped
- 2 cups celery, diced
- 2 cups potatoes, chopped

### *Instructions*

Put vegetables, chopped onions, diced celery, diced potatoes, in saucepan, pour in clams with juice and enough water to cover them. Cook 20 minutes.

Make white sauce, cook till thick.

### White Sauce

- 3/4 cup margarine
- 3/4 cup flour
- 1 quart half and half
- 1 1/2 teaspoon salt
- pepper to taste
- 1 1/2 teaspoon sugar

Add white sauce to vegetables and clams.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life and Learning Center

## Chowder - Clam

---

- 4 tablespoons butter or margarine
- 2 tablespoons flour
- 2 cups milk
- 1/2 teaspoon salt
- 1 cup potato, diced and cooked
- 1 can minced clams
- 1/2 can corn, or cream style
- 1 tablespoon parsley flakes
- 1 tablespoon onion, minced
- 1/2 teaspoon salt

### *Instructions*

Put butter into heavy sauce pan. Heat gently stirring until butter melts.

Add flour and blend. Let mixture bubble gently.

To this paste, called a roux, add milk in at least 2 or 4 installments, stirring gently but thoroughly until the mixture is smooth and boiling. (Use whip to remove lumps)

Season with salt.

Add potato (already cooked and diced), clams, corn, parsley flakes, minced onions and salt.

Return to a boil and serve piping hot.

### *Recipe Notes*

Source: Robin Gunbrecht, Sunset Junior High School  
Life Skills



## Chowder - Clams

---

- 1 can clams, chopped
- 1 cup half & half
- 1 cup milk
- 1 can cream of celery soup, canned
- 1/4 cup margarine
- 1 onion, diced
- 3 potatoes
- 1 stalk celery, sliced
- 2 tablespoons cornstarch

### *Instructions*

Saute the celery and onion in margarine. Barely cover the potatoes with water in a saucepan and add 1 t. salt. Boil the potatoes until they are fork tender. Drain off the water.

Add celery and onion to the potatoes. Add the clams and juice. Combine the celery soup, milk, half and half and cornstarch in a bowl.

Add to potato mixture and simmer (don't boil) for about 10 minutes. Chowder will thicken as it cooks.

### *Recipe Notes*

Source: Karen Munson, Hunter High  
Food and Fitness, Food for Life

## Chowder - Midwest

---

- 1 cup potato, diced
- 1/4 cup carrot, sliced
- 2 tablespoons chopped onion
- 1/4 cup celery, sliced
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3 tablespoons margarine
- 3 tablespoons flour
- 1 1/2 cups milk
- 1/2 cup cheddar cheese, grated
- 1/2 cup corn, cream style
- 1 tablespoon powdered cream

### *Instructions*

Combine potatoes, carrots, onion, celery, 1/2 teaspoon salt and pepper in a stockpot. Barely cover vegetables with water and bring to a boil, covering pot with a lid and cooking until tender. Cook for 10-15 minutes, watching to make sure vegetables don't boil dry. DO NOT DRAIN.

In large saucepan melt margarine. Remove from heat and blend in flour and 1/2 teaspoon salt using a wire whisk until a smooth paste is formed. Stir in milk until mixture is smooth. Cook over medium heat, stirring constantly until sauce is thick and has gently boiled for one minute.

With a slotted spoon, add the vegetables to the cream sauce. Save the liquid. Stir in cheese. Add corn and powdered cream. Stir in vegetable water if soup is too thick. Heat soup, but do not let it boil.

### *Recipe Notes*

Source: Diane R. Anderson, East  
Food and Fitness

# Easy Pizza Sauce

---

- 1 8 oz. can tomato sauce
- 2 tablespoons parmesan cheese
- 1/4 teaspoon oregano
- 1/4 teaspoon garlic salt
- 1/4 teaspoon salt

## *Instructions*

Combine all ingredients in small pan.  
Heat to boiling; simmer about 5 minutes.

## *Recipe Notes*

Source: Cheryl M. Moyle, Olympus High School  
Food and Fitness

# Marinade

---

- 1 cup lemon-lime soda
- 1/2 cup soy sauce
- 1/2 cup vegetable oil

## *Instructions*

Mix ingredients and add horseradish and garlic powder to taste. Use for turkey or chicken; also excellent for a barbeque, stir fry or fajitas. Marinade in a plastic container with lid for 15 minutes for a light flavor or over night to pieces of meat that are quite thick.

## *Recipe Notes*

Elaine Miller, Evergreen Junior High  
8th Grade Life Skills, Food and Fitness

# Meduim White Sauce

---

- 1 cup milk
- 2 tablespoons flour
- 2 tablespoons vegetable oil
- 1/4 teaspoon salt

## *Instructions*

Stir in saucepan or heavy frying pan, oil, flour and salt, blend until smooth. Remove from heat and add milk in small protions and blend thoroughly after each addition until all milk has been added. Place over direct heat: stir constantly, bring to a boil and boil for 2 minutes.

## Variations of white sauce:

### **Cheese sauce:**

To one cup meduim white sauce add one cup grated cheese. Serve hot over broccoli or cauliflower.

### **Egg sauce:**

To one cup meduim white sauce add 2 hard cooked eggs that have <sup>been</sup> sliced. Serve hot on toast.

### **Mushroom sauce:**

To one cup meduim white sauce add 3/4 cup sliced canned mushrooms and a few drops of onion juice.  
Serve with meats, broiled steak or meat loaf.

### **Creamed dishes:**

1 cup tuna fish, chipped or dried meat, 1 cup meduim white sauce  
Combine cooked vegetables, meat, fish, hard-cooked eggs, etc. with prepared white sauce.

## *Recipe Notes*

Source: Margie Kunz, Fremont  
Food and Fitness

# Pan Gravy

---

- 1/2 pound sausage, or bacon broken in small piece
- 2 tablespoons flour
- 1 1/2 cups milk
- 1 dash salt, and pepper to taste

## *Instructions*

Cook the bacon or sausage until well done.  
Remove the meat from pan. Place it where it will remain hot, pour off all drippings except for 2 tablespoons.

Blend together drippings and flour. Stir with a wire whisk until the flour has thickened and is well combined.

Continue to cook slowly and stir constantly, while adding milk, salt and pepper.

Continue to cook slowly, stirring often until mixture begins to bubble. If too thick, add a little more milk.

Add meat and serve over buttermilk biscuits

(See Buttermilk Biscuit recipe)

## *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness

## Soup - Beefy Mexican

---

- 1 pound ground beef
- 1/2 cup onion, chopped
- 1/4 cup green peppers, chopped
- 1 package Hamburger helper sauce mix, for chili tomato
- 5 cups water
- 1 teaspoon chili powder
- 1/2 teaspoon garlic salt
- 1/4 teaspoon salt
- 1 can tomato, canned, whole
- 1 can corn, canned, 8 oz.
- 2 tablespoons olives, sliced
- 1 package macaroni

### *Instructions*

Using a large kettle cook ground beef, onion and green pepper until beef is browned, stirring regularly. Drain grease.

Stir in sauce mix, water, chili powder, garlic salt, salt and tomatoes with liquid, breaking up the tomatoes with a fork. Heat mixture to boiling, stirring constantly; reduce heat. Cover and simmer, stirring occasionally for 10 minutes. Stir in macaroni, corn with liquid and olives. Cover and cook 10 more minutes or until macaroni is tender. Garnish with corn chips if desired.

### *Recipe Notes*

Source: Tami Rauzi, Northridge High

## Soup - Cheese Broccoli

---

- 4 quarts water
- 1/4 cup chicken bouillon
- 3 sticks butter or margarine
- 2 cups flour
- 1 pound velveeta cheese
- 1 pound broccoli, or frozen broccoli

### *Instructions*

Bring water and chicken bouillon to a boil. Cut up broccoli in bite size pieces, add to water and cook until tender. Remove broccoli from boiling broth,

In a separate saucepan melt margarine and add flour to make a roux. Add cooked roux to hot liquid. Stir until thickened and smooth, add cheese, stir until melted, gently add broccoli.

### *Recipe Notes*

Source: Terilee Herbon, Hunter High School



## Soup - Cheesy Potato

---

- 3/4 cup margarine
- 3/4 cup flour
- 2 cups milk
- 2 cups half & half
- 1 jar Cheez Whiz, 12 oz.
- 3 cups potatoes, cubed
- 1 cup carrot, cubed
- 1 cup celery, cubed
- 1/2 cup onion, chopped
- 1 teaspoon basil
- 3 cups water
- 4 chicken bouillon

### *Instructions*

Make a paste of margarine and flour. Cook over low heat until light and caramel color.

Remove from heat and add milk, half and half and Cheez Whiz.

Return to heat and cook slowly until the cheese melts and mixture thickens.

In another pan cook for about 15 minutes the potatoes, carrots, celery onion, basil, water and bouillon cubes.

Blend the two mixtures and heat through.

### *Recipe Notes*

Source: Kena Lee Winn, Juab High/Juab Middle  
Food and Fitness, Food for Life

## Soup - Chicken Noodle

---

- 3 pounds chicken
- 1 1/2 tablespoons salt
- 1/4 teaspoon pepper
- 2 bay leaves
- 1 stalk celery, chopped
- 1/4 onion
- 1 carrot, peeled and sliced
- 1/2 teaspoon parsley, dried
- 1/4 teaspoon basil
- 4 teaspoons chicken bouillon, granules
- 1 cup chicken, cooked and cubed
- 2 cups egg noodles, homemade

### *Instructions*

Cook chopped celery, onion, carrot, parsley, basil and chicken bouillon in chicken broth in medium saucepan for 5 minutes.

Add noodles. Heat to boiling. Reduce heat and simmer about 10 minutes or until noodles are tender.

If noodles are thick, cook entire time with vegetables.

Add chicken the last 5 minutes to warm through.

(See Homemade Egg Noodle recipe)

### *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food and Fitness, Food for Life

## Soup - Cream

---

- 1/4 cup onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup butter or margarine
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 teaspoons instant chicken bouillon
- 1 1/2 cups hot water
- 1 1/2 cups milk

### *Instructions*

In med. saucepan, saute onion and celery in margarine until tender. Stir in flour, salt and pepper. Cook 1 min., stirring constantly, until smooth and bubbly. Add bouillon to hot water, stir to dissolve and then combine with milk. Gradually add bouillon/milk mixture to saucepan, stirring constantly. Cook until slightly thickened. Do not boil. Use variations listed below.

**CAULIFLOWER DILL CREAM SOUP:** In med. saucepan cook 2 cups cut up cauliflower in 1/2 cup water and 1/2 tsp. salt until fork tender; drain. Add 1/2 tsp. dill weed. Add mixture to cream soup. Cook 1-2 min. more.

**POTATO CREAM SOUP:** In med. saucepan cook 2 cups diced potatoes in 3/4 cups water and 1 tsp. salt until fork tender; drain. Add potatoes to cream soup; add 2 tsps. Worcestershire sauce and 1/4 tsp. dry mustard. Cook 1-2 min. more.

**BROCCOLI CREAM SOUP:** In med. saucepan cook 2 cups broccoli florettes in 1/2 cup water and 1/2 tsp. salt until fork tender. Drain water and add 2 tsps. lemon juice and 1/4 tsp. garlic powder. Combine broccoli and cream soup. Cook 1-2 min. more.

**MUSHROOM CREAM SOUP:** In small frypan melt 2 tbsp. margarine; add 2 cups sliced fresh mushrooms and saute until tender. Add 1/2 tsp. finely crushed basil leaves and 1/4 tsp. garlic powder. Add mixture to cream soup. Cook 1-2 min. more.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High Food and Fitness

## Soup - Cream Of Potato

---

- 2 cups potatoes, peeled and diced
- 1 cup water
- 1/8 teaspoon pepper
- 1/4 teaspoon celery salt
- 1/4 teaspoon onion salt
- 2 tablespoons margarine
- 2 tablespoons flour
- 1/4 teaspoon salt
- 2 cups milk

### *Instructions*

Combine potatoes, water, pepper, celery salt and onion salt in a saucepan. Cover and bring to a boil. Reduce heat and boil for 10 minutes until fork tender.

Prepare a thin white sauce as follows:

Melt margarine in a heavy saucepan on medium heat. Add flour and salt to margarine and stir until smooth. Pour milk into mixture while stirring with a whip.

Cook mixture on medium heat to boiling, stirring constantly. Cook for 1 to 2 minutes after sauce begins to boil.

Combine white sauce, potatoes and potato water. Heat to serving temperature.

Can make the different lab units make the recipe with skim/nonfat dried milk, evaporated milk (1 cup milk plus 1 cup water), 2% and whole milk and then compare the soups.

### *Recipe Notes*

Source: Janet Anderson, Manti High  
Food and Fitness

## Soup - Gezpacho

---

- 5 tomatoes, diced
- 3 green bell peppers, diced
- 3 cucumbers, diced
- 2 onions, diced
- 2 1/2 cups tomato juice
- 1/2 cup vegetable oil
- 2 tablespoons vinegar
- 1 tablespoon salt
- 1/2 teaspoon Tabasco sauce
- 1/2 teaspoon basil
- 1 tablespoon lemon juice
- 1/2 teaspoon oregano

### *Instructions*

Mix all the ingredients together in a large bowl. Chill two hours before serving.

### *Recipe Notes*

Source: Tami Rauzi, Northridge High

## Soup - Hamburger Barley

---

- 1 1/2 pounds ground beef
- 6 cups water
- 3 bouillon cube
- 2 cups carrots, chopped
- 1 cup potatoes, chopped
- 1/2 cup celery, diced
- 1 cup onion, chopped
- 1/3 cup barley, uncooked
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon garlic, minced
- 2 bay leaves
- 1 can tomato soup, canned

### *Instructions*

Brown ground beef and drain.

Put into pan and add rest of ingredients.

Bring to boil, reduce heat and cover and simmer for one hour or until barley is done.

Remove bay leaves.

Serve with garlic french bread.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

## Soup - Potato

---

- 1/2 onion, chopped
- 2 medium potatoes
- 1 teaspoon chives, sliced
- 1 1/2 teaspoons bouillon
- 1 teaspoon salt
- 3 tablespoons margarine
- 3 tablespoons flour
- 1 1/2 cups milk

### *Instructions*

Place onion, potatoes, chives, bouillon and 1/2 teaspoon salt into a stockpot and barely cover with water. Bring to a boil, cover pot with a lid, and turn the heat down, cooking until tender. (Watch pot to make sure potatoes don't boil dry.) **DO NOT DRAIN.**

Melt margarine in large saucepan. Remove from heat. Using a wire whisk, stir in flour and 1/2 teaspoon salt until a smooth paste is created. Stir in milk until smooth. Then return to medium heat. Stir constantly until mixture is thick and has gently boiled for one minute.

Dip vegetables out of stockpot and into the cream sauce with a slotted spoon. Add as much vegetable water as needed to make soup.

Soup can be served with grated cheese, crackers, bacon bits, paprika or pepper.

### *Recipe Notes*

Source: Diane R. Anderson, East  
Food and Fitness

## Soup - Potato And Cheese

---

2 cups water  
2 cups potatoes, diced  
1/2 cup grated carrots  
1/2 cup onion, chopped  
1/4 cup butter  
1 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup flour  
2 cups milk

### *Instructions*

In large saucepan, bring water to a boil, add potatoes, carrots and onions. Cook until soft.

In another large pan, melt butter, add salt and flour. Cook and stir until bubbly. Add milk and cook until thickened. Add undrained vegetables to milk mixture.

Stir in grated cheddar cheese and chopped ham if desired. Heat thoroughly without boiling.

### *Recipe Notes*

Source: Jane Webecke, Young Parents Davis  
Food and Fitness, Food for Life



## Soup - Print Shoppe Cheese

---

- 5 stalks celery, chopped
- 20 ounces frozen peas
- 6 cups red potatoes
- 1 large yellow onion, diced
- 5 whole carrots, diced
- 1 cup butter
- 1 cup flour
- 6 chicken bouillon cubes
- 1 pound velveeta cheese, cubed

### *Instructions*

Place all the vegetables in a large stock pot and cover with water, cook until tender. Do not drain. Set aside.

In a sauce pan melt butter over low heat. Add flour and stir into the melted butter to make a thick paste. Remove from heat to prevent burning.

Add 6 bouillon cubes to 1 quart of water. Gradually add the bouillon water to the butter paste stirring the whole time. Cook until smooth. Add the velveeta cheese. Cook until melted.

Add the cooked vegetables to the cheese sauce.

Simmer, stirring occasionally so it does not burn.

### *Recipe Notes*

Source: Diane Thurman, Clearfield High School  
Used in Food Service/Culinary Arts

## Soup - Santa Fe Chicken

---

- 1/2 green peppers, chopped
- 1 tablespoon vegetable oil
- 1/4 red pepper, chopped
- 2 carrots, sliced
- 1/2 onion, chopped
- 1/2 teaspoon garlic
- 1 chicken breast, cut up
- 1 cup salsa
- 1/2 teaspoon cumin
- 1 cup corn
- 1 cup chicken broth
- 1 tablespoon lime juice
- 1 can kidney bean, optional

### *Instructions*

Brown cut up chicken in oil

Add peppers, carrots, onions and garlic and cook for 4-6 minutes.

Add salsa and cook together 5 more minutes

Add cumin, corn, and chicken broth. Then heat to a boil, reduce heat and simmer 10 minutes uncovered.

Stir in lime juice.

Serve over Lime'N Chile tortilla chips

### *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School  
Food and Fitness

## Soup - Sausage And White Bean

---

- 2 cups navy beans
- 8 cups chicken stock
- 1 large bay leaf
- 1/4 thyme
- 1/4 cup olive oil
- 1 1/2 cups onions, chopped
- 1/2 cup celery, diced
- 2 large carrots, sliced
- 1/4 large green peppers, chopped
- 1 1/4 pounds pork sausage, 12 links
- 2 cloves garlic, minced
- 1/4 cup red wine

### *Instructions*

Pick over beans and soak overnight, or use the quick soak method.

To use the Quick-Soak method do as follows: Place beans in a large pot. Add enough water to cover by 1 inch. Bring to a boil over high heat; turn back to a simmer and cook for 2 minutes. Remove from heat and allow to soak for 1 hour.

Drain and place beans, chicken stock, bay leaf and thyme in a large pot. Bring to a simmer and continue to cook, skimming as necessary, until beans begin to get tender and fall apart, 1 1/2 to 2 hours.

Add another 2 cups chicken stock or water.

Meanwhile, place olive oil in a large skillet and saute all the vegetables except the garlic until they start to brown. Scrape into a food processor and puree. Reserve this puree and add to the beans for the last 30 minutes of their cooking time.

Place sausage in a cold skillet and cook over high heat for 6 minutes, turning often. Pour off the fat. Add the garlic and red wine.

Simmer covered, for another 15 minutes. Cut the sausage into rings and add to the soup.

Degrease the pan with a few tablespoons of water or chicken stock, then add to soup.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

# Soup - Taco

---

- 1/2 pound hamburger, cooked & drained
- 2 tablespoons diced onion, cooked with hamburger
- 2 tablespoons taco seasoning
- 2/3 cup diced stewed tomato, with juice
- 1/2 cup pinto bean, drained
- 2/3 cup corn, drained
- 1 8 oz. can tomato sauce
- 1 1/2 cups water

## *Instructions*

Combine all of the ingredients in a large saucepan. Heat for 10 minutes. Serve with grated cheese, sour cream and corn chips.

## *Recipe Notes*

Source: Cindy Gulbranson, Roy High  
Food and Fitness, Food for Life

## Soup - Taco Easy

---

- 1/8 cup onion, diced
- 1/2 pound hamburger
- 2 tablespoons taco seasoning
- 1 can kidney beans, canned
- 1 can tomato, canned

### *Instructions*

Cook hamburger and onion. Drain. Add seasoning, beans, and tomatoes. Simmer 15 minutes. Serve with cheese, chips, avocado, and sour cream.

### *Recipe Notes*

Source: Kena Lee Winn, Juab High/ Juab Middle  
Food and Fitness, Food for Life

## Soup - Taco With Corn

---

- 1/2 pound ground beef
- 2 tablespoons onions, chopped
- 2/3 cup stewed tomato, diced, including juice
- 1/2 cup pinto bean, drained
- 2/3 cup corn, drained
- 1 8 oz. can tomato sauce
- 1 1/2 cups water
- 3 tablespoons taco seasoning

### *Instructions*

Brown ground beef in saucepan, season, drain off fat.

Saute onions with ground beef.

Heat all ingredients and simmer 10 minutes.

Serve with grated cheese, sour cream and corn chips.

### *Recipe Notes*

Source: Margie Kunz, Fremont  
Food and Fitness

## Soup - Taco With Fritos

---

- 1/2 pound ground beef
- 3/4 cup corn
- 1 cup tomato
- 2 teaspoons taco seasoning
- 1/4 cup sour cream
- 1/4 medium onion, chopped
- 1 cup beans
- 8 olives, sliced
- 4 ounces cheese, grated
- 1/2 cup tomato sauce

### *Instructions*

In a dutch oven, cooked ground beef and chopped onion. Add corn, beans, tomatoes, tomato sauce and taco seasoning.

Simmer for 20 minutes.

Serve over Fritos with a garnish of sour cream, olives and grated cheese.

### *Recipe Notes*

Source: Sue Schumacher, Pleasant Grove High

## Soup - Taco Fast

---

- 1/2 pound hamburger
- 2 cups stewed tomatoes
- 1 cup kidney beans, canned, with juice
- 2 cups water
- 1 tablespoon taco seasoning

### *Instructions*

Brown hamburger and drain. Add tomatoes (or salsa), beans, water and taco seasoning (1-2 Tbsp depending on taste); simmer for approximately 20 minutes.

Add taco chips, cheese, sour cream and avocado as garnish just before serving.

### *Recipe Notes*



## Soup - Turkey Noodle

---

- 1 cup turkey, cut in chunks
- 5 cups water
- 4 chicken boullion cubes
- 3 carrots, peeled & sliced
- 3 stalks celery, sliced
- 1/2 onion, chopped
- 1 dash pepper

### *Instructions*

#### HOMEMADE NOODLES

- 2 eggs, beaten
- 1 teaspoon salt
- 4 tablespoons canned milk or top cream
- 1 3/4 to 3 cups flour (start with less).

Knead to meduim dough and roll out. Roll paper thin, sprinkle flour on top, and roll up as a jelly roll. Cut 1/8 inch pieces. Unroll and drop into boiling soup. Cook 15-20 minutes, or until noodles are done and the vegetables are tender.

Add 1 cup of cut up turkey pieces to soup.

### *Recipe Notes*

Source: Mary Margaret Lyon, Bonneville High School

## Soup - Vegetable

---

- 1 potato, diced
- 1 carrot, sliced
- 1 stalk celery, chopped
- 1 teaspoon onion flakes
- 2 beef bouillon, cubes
- 2 1/4 cups water
- 1/4 teaspoon parsley flakes

### *Instructions*

Place potato, carrot, and celery in a covered microwave safe dish with 1/4 cup water. Cook on high for 5-7 minutes or til vegetables are tender. Let stand 2 minutes.

In a saucepan add 2 cups of water, bouillon cubes and onion flakes. Boil until cubes are dissolved.

Combine cooked vegetables, beef broth and parsley.

Serve with crackers.

### *Recipe Notes*

Source: Teri Cullimore, Mount Logan Middle School  
Life Skills

## Soup - Vegetable Beef

---

- 1/2 pound ground beef
- 1/4 cup onion, diced
- 2 potatoes, cubed
- 2 carrots, thinly sliced
- 2 stalks celery, chopped
- 32 ounces tomatoes
- 2 beef boullion cubes
- 1 vegetable boullion cube

### *Instructions*

Saute meat with onion. Rinse with hot water. Cook vegetables in just enough water to cover until tender. Add meat to vegetables and remaining water. Add tomatoes and boullion cubes. Season with salt and pepper. Add more water if needed.

### *Recipe Notes*

Source: Chris Judd, Layton High School  
Food-for Life

## Spaghetti Sauce - Joann's

---

- 2 pounds ground beef, lean
- 1/2 pound sausage, Italian, mild
- 2 1/2 cloves garlic, chopped
- 1/2 cup butter
- 1 can tomato puree, 30 oz.
- 1 can tomato paste, 12 oz.
- 4 cans water
- 1/4 cup parsley, chopped
- 2 teaspoons basil
- 1 teaspoon oregano
- 1/2 teaspoon rosemary
- 1/2 cup parmesan cheese
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 cans mushrooms, canned, 4 oz.
- 1 package spaghetti sauce
- 1 onion, chopped

### *Instructions*

Brown the ground beef, sausage onion and garlic and drain. In a saucepan mix remaining ingredients and heat until boiling. Turn down to simmer and add meat mixture to the sauce mixture. Cook down to half of the original amount. (About 8 hours) Serve over pasta.

### *Recipe Notes*

Source: Tami Rauzi, Northridge High

# Stew - White Bean

---

- 1 pound white beans, dried
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 2 carrots, chopped
- 1 stalk celery, diced
- 6 cloves garlic, minced
- 1 6 oz. can tomato paste
- 1/4 cup red wine vinegar
- 5 cups chicken broth, or water
- 1 tablespoon salt
- 2 bay leaves
- 6 slices French bread

## *Instructions*

Place beans in a bowl with enough water to cover by 3 inches and soak beans overnight in the refrigerator.

Heat oil in a large, heavy saucepan. Saute onion, chopped carrots, chopped celery and garlic for 5 minutes over medium-high heat until onions are translucent.

Drain and rinse beans, and stir into vegetables.

Stir in tomato paste, then vinegar and cook, stirring, for 2 more minutes.

Add enough stock or water to saucepan to cover the beans with 1 1/2 inches of liquid (about 5 cups).

Stir in salt and bay leaves, bring mixture to a boil, reduce heat and simmer for about 45 minutes, until beans are tender.

Cool beans, cover and refrigerate until ready to serve.

To serve, reheat beans.

Place a slice of bread into each bowl and ladle stew over bread.

Garnish with chopped parsley, if desired.

## *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

# Won Ton Sauce

---

- 1 cup pineapple juice
- 1 cup water
- 1 6 oz. can tomato paste
- 1 cup brown sugar
- 1/2 teaspoon monosodium glutamate

## *Instructions*

Combine all ingredients in a saucepan and bring to boil stirring occasionally.

Reduce heat and simmer until thickened about 15 minutes.

## *Recipe Notes*

Source: Chris Judd, Layton High School



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# **Family and Consumer Sciences**

## **Recipe Lab Book**

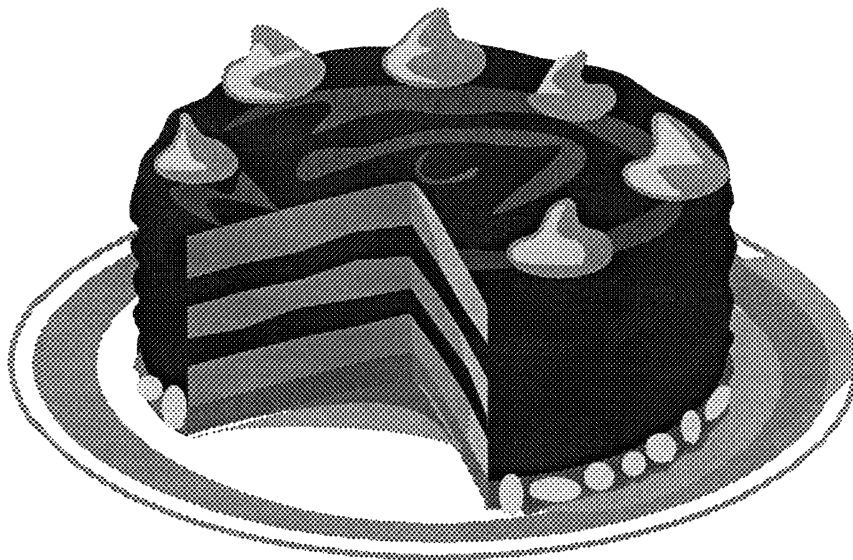
### **Section Two**

**By UTAH FACS TEACHERS  
November 1998**



# Chapter 1

## Cakes and Frostings



# Angel Fluff Cake

---

- 1 angelfood cake
- 1 large whipped cream topping
- 1 package lemon pudding mix, do not use instant
- 1 yogurt, carton

## *Instructions*

For this recipe use a 6 oz. package of lemon cook on stove pudding. One carton of Dannon or Yoplait lemon yogurt (any other brand will curdle).

Carefully slice the top off the cake approx 1 inch down.

Hollow out the center of cake leaving approx 1 inch in the bottom of the cake

Cook pudding and let cool. Spoon carefully into hollow of cake, saving a little for top.

Replace the top and frost with whipped topping that has been mixed with lemon yogurt.

Drizzle top with remaining pudding and place in fridge to chill for 1 hour.

Optional: Layer the cake into 3 to 5 layers (like a torte) and place pudding between layers instead of hollowing out.

## *Recipe Notes*

Source: Chris Carrigan, Morgan High School  
Food Service/Culinary Arts

# Angel Food Cake

---

1/2 cup sugar  
1/2 cup cake flour, plus 1 tablespoon  
3/4 cup egg white, about 6  
3/4 teaspoon cream of tartar  
1/4 teaspoon salt  
1/2 cup sugar  
1/2 teaspoon vanilla extract  
1/4 teaspoon almond flavoring

## *Instructions*

Preheat oven at 375 degrees

Sift flour and sugar together 3 times. Put the flour in the sifter before the sugar.

In a large mixing bowl, beat egg whites until foamy. Add cream of tartar and salt, and continue beating until egg whites are white, soft & fluffy (soft peak stage).

On medium speed, slowly beat in the 1/2 cup sugar (not the sifted flour/sugar mixture).

Then beat on high until egg white mixture reaches the stiff peak stage (glossy appearance, and peaks stand straight up).

Beat in vanilla and almond extract.

Fold the sifted flour/sugar mixture into the egg whites, 1/4 at a time.

Fold-in using 15 strokes after each addition. After the last addition add 10 extra strokes to blend well.

Pour into a thoroughly clean, dry pan (can be a bread loaf pan).

Cut through batter with a knife to release air bubbles.

Bake 35-40 minutes.

When done, put a clothes pin on each corner of loaf pan and invert the pan until cake is cold.

Loosen edges with a table knife and remove the cake from the pan.

Note: When working with egg whites, remember to use clean, grease-free utensils.

Separate egg, one at a time, in a small bowl. When it says "fold" do this gently with a slotted spoon, or a wire whisk.

Use Chocolate Toffee Angel Food Cake Frosting with this recipe.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food for Life

# Applesauce Cupcakes

---

- 1 1/4 cups flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/8 teaspoon cloves
- 1/2 teaspoon cinnamon
- 1/8 teaspoon mace, ground, optional
- 3 tablespoons shortening
- 1/2 cup sugar
- 1/2 egg
- 1/2 cup applesauce
- 1/4 cup chocolate chip

## *Instructions*

Preheat oven to 375.

Cream shortening, sugar and egg together for a full minute until light and fluffy.

Add applesauce and mix well.

Sift together flour, baking soda, salt, cloves, cinnamon, and mace (optional).

Slowly stir in dry ingredients to creamed mixture.

Stir in with a spoon the chocolate chips.

Pour into greased muffin cups or cupcake liners until 2/3 full.

Bake at 375 for 20 minutes.

Yield: 6 muffins

## *Recipe Notes*

Pam Rock, Lakeridge Junior High  
8th Grade Life Skills

# Bean Cake

---

1 package cake mix, any flavor

## *Instructions*

Using a cake mix of your choice follow the directions on the package except for the following change. Instead of the oil called for in the mix use TWO times the amount of white beans. (Puree the beans with the amount of water called for in the recipe). Use the mixture to replace the oil.

For example if the cake mix calls for 1/2 cup of water, 2 eggs and 1/3 cup oil you would mix 1/3 cup of water with 2/3 cups of white beans and puree them together. Add this to the cake mix and mix in the eggs as called for.

This recipe will reduce the fat of the cake and increase the fiber.

## *Recipe Notes*

Source; Sue Schumacher, Pleasant Grove High

# Butter Cream Frosting

---

- 1 cup white shortening
- 2/3 cup milk
- 1 teaspoon vanilla or other flavoring
- 2 1/2 pounds powdered sugar

## *Instructions*

Beat together shortening, milk, vanilla and powdered sugar until smooth and of spreading consistency.

Note: For another variation, substitute 1/2 cup shortening and 1/2 cup butter or margarine for the 1 cup of white shortening. This icing will not be pure white which will affect the true color of food colorings.

## *Recipe Notes*

Source: Annette Uhrhan, Kearns High  
Food and Fitness, Food for Life, Food Service/Culinary Arts

# Butter Cream Icing

---

- 1 1/2 teaspoons butter or margarine
- 1 1/2 teaspoons shortening
- 1 cup powdered sugar
- 1/4 teaspoon vanilla extract
- 1 dash salt
- 1 tablespoon milk

## *Instructions*

Melt the butter or margarine and shortening on low in a small saucepan on the stove, or place in a covered, glass custard cup in the microwave.

Heat 30 seconds on medium power.

Sift powdered sugar and salt together.

In a medium bowl, beat the powdered sugar, salt, butter and vanilla with an electric mixer.

Add milk, 1 tablespoon at a time, beating to the desired consistency.

Add food coloring and other flavoring, if desired.

Note: This recipe makes enough icing for the sugar cookie lab or a 9-inch round or square single-layer cake.

## *Recipe Notes*

Source: Shauna Flint, Syracuse Junior High  
TLC, 8th Grade Life Skills, Food and Fitness, Food for Life

# Buttermilk Sheet Cake

---

2 sticks margarine  
4 tablespoons cocoa  
1 cup water  
2 cups flour  
1 3/4 cups sugar  
1 teaspoon baking soda  
1/2 cup buttermilk  
2 eggs  
1 teaspoon vanilla extract  
1/2 cup margarine  
1/4 cup cocoa  
7 tablespoons buttermilk  
1 pound powdered sugar

## *Instructions*

Melt margarine and add cocoa and water. Bring to a boil.

Mix together in a large bowl: flour, sugar, baking soda. Pour the first mixture into the bowl. Stir well.

Add buttermilk, eggs, vanilla and nuts if desired. Mix well.

Pour into a well greased and floured sheet cake pan.

Bake at 400 degrees for 20 minutes.

Frost while still warm

## *Icing*

Melt the 1/2 cup margarine, 1/4 c. coca and 7 T. buttermilk. Cool. Stir in 1 box of powdered sugar.

Be sure it is cool before adding the powdered sugar. (Note: If the mixture is too hot it will require more powdered sugar which is not good.)

## *Recipe Notes*

Source: Jane Persons, Richfield High  
Food for Life



# Carrot Cake - Electric Frypan

---

- 1 cup butter or margarine
- 2 cups sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 4 eggs
- 1 1/2 cups carrots, finely grated
- 2/3 cup chopped nuts, optional
- 2 1/2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/3 cup water

## *Instructions*

Cream butter and sugar together until light and fluffy. Beat in cinnamon and nutmeg. Add eggs one at a time, beating well after each addition. Gradually stir in carrots and nuts. Sift together flour, baking powder and salt. Add dry ingredients and warm water to creamed mixture. Do not beat; fold in flour just until well moistened. Pour batter into a buttered 11 x 15-inch cake pan and bake in a preheated 350-degree oven for 35-40 minutes or until cake springs back when pressed lightly in center or bake in an electric frying pan using the following directions.

Cover frypan. Close vent. Preheat frypan to 250-275 degrees while mixing batter (about 4-5 minutes). Grease and flour preheated frypan. Add batter, cover, bake until top of cake is moist but not sticky (35-40 minutes). Loosen around edges with spatula. Invert on cake rack.

Let stand a few minutes before lifting off frypan. Cool. Cake may be cut in half and iced as layers, cut into squares to be used for individual servings or iced whole to be served as a sheet cake.

Frost with Cream Cheese Frosting.

## **CREAM CHEESE FROSTING**

Blend 3 ounces softened cream cheese, 1 tablespoon milk, 1 teaspoon vanilla and a dash of salt. Gradually add 2 1/2 cups powdered sugar to cheese mixture, beating until frosting is smooth and of spreading consistency. If necessary, stir in additional milk, 1 tablespoon at a time.

## *Recipe Notes*

Source: Louise B. Hulet, Tooele High Food and Fitness

# Chocolate Toffee Frosting

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- 1 cup whipping cream, whipped
- 2 tablespoons powdered sugar
- 1/4 cup chocolate syrup
- 1/2 cup toffee, crushed, (Heath or Score bar)

## *Instructions*

Whip the cream until nearly stiff, add 2 tablespoons powdered sugar.  
Continue beating until cream is stiff (but not turning to butter)  
Carefully fold in chocolate syrup  
Split angel food cake into 2 layers.  
Spread 1/3 of the whipped cream mixture on bottom layer, sprinkle with half of the crushed toffee.  
Replace top layer, frost top and sides of cake with remaining whipped cream.  
Sprinkle remaining toffee over the top of the cake  
Refrigerate several hours before serving  
Refrigerate any leftovers

Can use your own English Toffee  
(See English Toffee recipe)

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food and Fitness

## Crumb-Top Gingerbread - Microwave

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- 1 cup flour
- 1/2 cup brown sugar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 cup shortening
- 1 egg, beaten
- 1 tablespoon molasses
- 1/2 cup buttermilk

### *Instructions*

Combine dry ingredients. Cut in shortening with pastry blender until mixture is crumbly. Reserve 1/4 cup for topping. Combine remaining mixture with egg, molasses and buttermilk. Mix with a fork just until blended. Spread dough in an 8-inch glass dish lined with wax paper. Cook in microwave about 2 1/2 minutes. Let stand 10 minutes. Cut into squares. Serve with whipped cream.

### *Recipe Notes*

Source: Shari Combe, Roy Junior High  
Food and Fitness

# Easy White Cupcakes

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- 1 1/2 cups cake flour
- 3/4 cup sugar, plus 2 tablespoons
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup shortening
- 3/4 cup milk
- 2 egg whites
- 1/2 teaspoon vanilla extract

## *Instructions*

Sift or stir dry ingredients into bowl. Add shortening and 1/2 cup milk. Beat for 1 minute or until smooth. Stop and scrape bowl.

Add egg whites, remaining 1/2 cup of milk and vanilla. Beat until smooth and fluffy. Line muffin pan with paper liners. Spoon batter into muffin pan, filling each cupcake liner 2/3 full. Bake at 375 degrees for 15 to 20 minutes.

Frost with Buttercream Icing

Cream together 2 tablespoons shortening and 2 tablespoons margarine. Mix in 1/4 teaspoon vanilla.

Then gradually add 1 cup powdered sugar, beating well. Beat in 1 tablespoon milk until mixture is light and fluffy.

For chocolate frosting, add 2 tablespoons cocoa at the same time as the powdered sugar is added.

## *Recipe Notes*

Source: Janet Anderson, Manti High  
Food and Fitness

# Hawaiian Wedding Cake

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- 2 cups flour
- 2 cups sugar
- 2 eggs
- 2 teaspoons baking soda
- 1 can pineapple, crushed, 12oz can, use juice
- 1 cup coconut flakes
- 1 cup nuts, chopped

## *Instructions*

Mix all of ingredients together and stir until thoroughly mixer. Pour into greased 9x13 pan and bake at 350 for 30-40 minutes.

Cool completely before frosting. Frost with cream cheese frosting.

## *Frosting:*

1 square margarine or butter

1 8 oz. package cream cheese

1 teaspoon vanilla

1 box powdered sugar

Beat together until light and fluffy.

Spread on cooled cake and sprinkle with nuts.

## *Recipe Notes*

Source: Tamra Rauzi, Northridge High School  
Food for Fitness, Food for Life

# Pineapple Puddle Cake

---

- 1/2 cup brown sugar
- 1/4 cup margarine
- 2 tablespoons corn syrup
- 1/3 cup juice
- 1 cup baking mix
- 1/4 cup granulated sugar
- 1 egg
- 5 slices pineapples
- 5 maraschino cherries

## *Instructions*

Combine brown sugar, margarine and corn syrup in liquid measuring cup. Microwave 1 minute. Stir well and pour evenly into 5 custard cups.

Put a slice of pineapple into the cups and add a cherry to each.

Combine juice, baking mix, granulated sugar and egg in a mixing bowl. Beat by hand for 30 seconds. Pour into the custard cups.

Place cups in a circle in the microwave oven. Microwave 1 minute. Turn cups 1/2 turn. Microwave another 2 minutes. Let stand 5 minutes with the door open.

Carefully take out of microwave using a hot pad and turn each one upside down on a small plate.

Wait a few minutes before eating as the pineapple will be very hot.

## *Recipe Notes*

Source: Lesley Kendrick, Alice C. Harris Intermediate  
7th Grade

# pudding cake

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- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups granulated sugar
- 1 cup milk
- 1/4 cup shortening, melted
- 2 teaspoons vanilla extract
- 1/2 cup chopped nuts, optional
- 1 1/2 cups brown sugar
- 3 1/2 cups hot water

## *Instructions*

Combine the flour, baking powder and salt in a sifter and sift into a medium-size mixing bowl. Add the granulated sugar, milk, shortening, vanilla and nuts. Beat with an electric mixer until smooth. Pour into a greased 9 x 13-inch pan. Combine the brown sugar and water and stir until dissolved. Pour over the top of the cake batter. Bake at 350 degrees for 45 minutes. Serve hot topped with ice cream or cool topped with whipped topping.

## *Recipe Notes*

Source: Vera Clark, East Carbon  
Food for Life

# Royal Icing

---

- 3 egg whites (room temperature)
- 1 pound powdered sugar
- 1/2 teaspoon cream of tartar

## *Instructions*

Combine egg white and powdered sugar; beat well. Add cream of tartar. Continue beating until correct consistency.

Note: This icing is ideal for flowers and other decorative items that need to be hard. It can also be used for gingerbread houses.

## *Recipe Notes*

Source: Annette Uhrhan, Kearns High  
Food and Fitness, Food for Life, Food Service/Culinary Arts



# Sour Cream Pound Cake

---

- 3 1/2 cups sugar
- 3 1/2 cups flour
- 6 eggs
- 1 1/2 cups margarine
- 1 cup sour cream
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon lemon flavoring
- 1 tablespoon vanilla extract

## *Instructions*

Mix sugar and margarine together.  
Add eggs, one at a time.  
Add lemon and vanilla flavorings.  
Add flour; in last cup of flour add baking powder and salt.  
Mix sour cream into mixture by hand.  
Pour into greased and floured Bundt cake pan.  
Bake at 350 degrees for 1 hour.

## *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

# Strawberry Cream Torte

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- 1 cup sour cream
- 3/4 cup sugar
- 1/4 cup butter
- 1 egg
- 1 1/4 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 tablespoon cornstarch
- 1/2 cup pineapple juice
- 1 cup sour cream
- 2 pints strawberries
- 1/4 cup sugar

## *Instructions*

For the cake combine the first four ingredients beat for 2 minutes on high with wire beaters in mixer.

Add flour, baking soda, and salt and beat 3 more minutes.

Lightly spray Pam on Torte pan or square cake pan.

Pour in batter and bake at 325 degrees for 25-30 minutes.

For topping combine 1/4 cup sugar, cornstarch in medium saucepan, add the pineapple juice and stir constantly bringing to a boil. Boil 1 minutes, remove from heat. Cool in the freezer.

Add 1 cup sour cream.

For the strawberries wash, hull and slice add 1/4 cup sugar and set aside until ready to place on top.

Layer cake, top with topping and then add strawberries. Some dobs of topping or cool whip on top if desired.

## *Recipe Notes*

Source: Terilee Herbon, Hunter High School  
Food Service/Culinary Art

# Strawberry Shortcake

---

- 1 3/4 cups flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 3 tablespoons butter or margarine
- 3/4 cup milk
- 2 cups fresh strawberries, sliced
- 1 tablespoon sugar

## *Instructions*

Preheat oven to 450 degrees. Spray a baking sheet with vegetable cooking spray. Set aside.

In a large bowl, sift together the flour, 2 tablespoons sugar and baking powder. Using a pastry blender or 2 knives, cut the butter into the flour mixture until coarse crumbs form. Quickly stir in the milk until a soft dough forms.

On a lightly floured surface, roll out dough to a 1/2-inch thickness. Using a 2 1/2-inch biscuit cutter, cut out biscuits. Gather trimmings, reroll, and cut out more biscuits. Place on prepared baking sheet. Bake until golden, about 12 to 15 minutes. Place biscuits on a wire rack and cool slightly.

Combine strawberries and 1 tablespoon sugar in a large bowl. Mix well.

Split warm biscuits in half horizontally. Place bottom halves on serving plates. Top each with some of the strawberries. Cover with biscuit tops. Serve with remaining strawberries. Top with fresh whipped cream.

## *Recipe Notes*

Source: Tricia Broadbent, South Jordan Middle  
8th Grade Life Skills, Food and Fitness

# Strawberry Shortcakes

---

- 1 quart strawberries, sliced
- 1 cup sugar
- 1/3 cup shortening
- 2 cups flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup milk

## *Instructions*

Mix strawberries and 1 cup sugar, let stand 1 hour

Heat oven to 450 degrees

Cut shortening into flour, 2 tablespoons sugar, the baking powder and salt, until mixture resembles fine crumbs.

Stir in milk just until blended.

Gently smooth dough into a ball on lightly floured cloth-covered board.

Knead 20-25 times.

Roll to 1/2 inch thickness, cut with floured 3 inch cutter.

Place about 1 inch apart on ungreased cookie sheet

Bake until golden brown, 10-12 minutes.

Split crosswise while hot.

Spread with margarine, fill and top with whipped cream and strawberries.

Pat-in-the-Pan Shortcake:

Do not smooth dough into a ball. Pat in greased round pan 8 x1 1/2 inches. Bake 15-20 minutes.

## *Recipe Notes*

Source: Emalee Meyer, Bear River High School  
Food for Life

# Texas Fudge - Cake

---

- 2 sticks margarine
- 1/4 cup cocoa
- 1 cup water
- 2 cups flour
- 2 cups sugar
- 1/2 teaspoon salt
- 1/2 cup milk
- 2 eggs
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract

## *Instructions*

Preheat oven to 350 degrees. In mixing bowl mix flour, sugar, and salt together. In a medium saucepan, bring margarine (cut into 4 pieces), cocoa, and water to a boil. Slowly pour hot mixture over dry ingredients while beaters are going. Add milk, eggs, soda and vanilla. Blend well, but be careful not to over beat. Stir batter well with rubber scraper, making sure all ingredients are mixed in. Batter will be very wet. Pour into greased and floured (can use PAM) 16 x 12 inch jelly roll pan. Tap pan on counter 3-4 times to remove excess air bubbles. Bake for 25 to 30 minutes.

Measure all ingredients for frosting, but don't begin to cook it until the cake comes out of oven.

## ICING:

1/2 c. margarine, dash of salt, 6 T milk,

1/4 c. cocoa, 1 t. vanilla, 3 3/4 c. powdered sugar.

Measure margarine, milk, cocoa, salt and vanilla into saucepan. Measure powdered sugar into mixer bowl. Just as the cake comes out of the oven, begin to make the frosting. Bring mixture to a boil, heat should not be too high to avoid scorching. Slowly pour over powdered sugar with mixer going and beat until smooth. Then stir with rubber scraper to be sure everything on the bottom is mixed in well. Pour (frosting should be quite thin) over the cake 10 minutes after removing from oven (using rubber scrapper). Cool completely before cutting. (Can be put in refrigerator to quickly cool.) Cut into 24 squares.

Can use butter cream frosting and add 2 t. mint flavoring and 3/4 t. green food coloring. Splatter chocolate frosting over mint frosting if desired.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food Service/Culinary Arts

# Texas Fudge Cake

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- 2 cups butter
- 4 tablespoons cocoa
- 1 cup water
- 2 cups sugar
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup milk
- 1 1/2 teaspoons baking soda
- 1 teaspoon vanilla extract

## *Instructions*

Bring margarine, cocoa and water to a boil. Pour over the flour, sugar and salt. Add eggs, milk, baking soda and vanilla. Mix. Bake for 30 minutes at 375 degrees in a 9 x 13-inch greased and floured pan. Just before cake is done mix the topping.

## TOPPING

Bring 1/2 cup butter, 6 tablespoons milk, 4 tablespoons cocoa and 1 teaspoon vanilla to a boil. Pour mixture over 1 package of powdered sugar. Stir in 1 1/2 cups of chopped nuts. Pour topping over HOT Texas Fudge Cake as soon as it comes out of the oven.

## *Recipe Notes*

Source: Annette Uhrhan, Kearns High  
Food and Fitness, Food for Life, Food Service/Culinary Arts

## Upside Down Cake - Microwave

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- 2 tablespoons margarine
- 1 can cherry pie filling, canned
- 1 yellow cake mix

### *Instructions*

Microwave margarine in microwave cake pan until melted, about 30 seconds. Stir in 1/2 can pie filling, spread evenly. Prepare cake mix as directed on package, cutting the water by 1/4. Spoon over pie filling, spread to cover. Cook uncovered 9-11 minutes or until toothpick inserted near the center comes out clean. Loosen edge of cake; turn upside down on serving plate.

### *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Food and Fitness

## Upside Down Cake - Cherry Microwave

---

- 2 tablespoons butter
- 1/3 cup brown sugar
- 1 8 oz. can pineapple rings
- 1/4 cup pecan
- 1/4 cup maraschino cherries
- 2 1/2 cups yellow cake mix
- 1 egg
- 1/2 cup pineapple juice

### *Instructions*

Melt butter in 8 x 8 inch microwave pan.

Sprinkle brown sugar over butter.

Arrange pineapple on brown sugar.

Arrange cherries and nuts around pineapple.

Combine cake mix with egg in mixing bowl.

Stir in pineapple juice.

Pour batter into pan; spread.

Bake 4 minutes, 15 seconds in a microwave oven.

Remove cake; cover corners with foil.

Return to microwave oven; bake 4 min. 15 sec.

Remove, unmold onto plate. Serve.

### *Recipe Notes*

Source: Judith Rachford, Hillcrest Jr. High  
Food and Fitness



# Upside Down Cake - Chocolate Cherry

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- 2 unsweetened chocolate squares
- 1 can sweetened condensed milk
- 1/4 cup water
- 1 teaspoon vanilla extract
- 1/2 egg
- 1/2 cup water
- 1 1/2 teaspoons cherry juice
- 2 tablespoons vegetable oil
- 1/2 box cake mix
- 4 maraschino cherries, cut in half

## *Instructions*

### Frosting:

Melt chocolate in microwave dish, add water, milk, vanilla, and stir once every minute until blended. (In microwave)

Cut wax paper or saran wrap to line bottom of microwave baking dish and then put cherry halves on top of paper or wrap.

Pour chocolate mixture over cherries. Prepare cake batter and POUR over chocolate.

**DO NOT MIX FROSTING AND BATTER TOGETHER!**

### Batter:

Mix egg, 1/2 cup water, cherry juice, and oil.

Add cake mix and stir 3 minutes at high speed.

Cook for 4 minutes then turn dish half way around and cook for another 4 minutes.

When cake is done, turn it up side down and peel off paper.

## *Recipe Notes*

Source: Linda Groves, Lone Peak High School

# Upside Down Cake - Pineapple

---

- 1/4 cup butter or margarine
- 1/2 cup brown sugar
  - 1 pound pineapple rings, drained, 20 oz.
  - 8 maraschino cherries
- 1 1/4 cups flour, sifted
- 3/4 cup sugar
  - 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1/2 cup milk
  - 1 egg
  - 1 teaspoon vanilla extract

## *Instructions*

Preheat oven 350 degree. Melt butter in 8 or 9 inch pan in oven.

Blend in brown sugar, arrange pineapple slices over brown sugar mixture. Place a cherry or nut half in center of each pineapple slice.

Sift flour with sugar, baking powder and salt into mixing bowl. Add shortening and milk. Blend well at low speed of mixer.

Beat 1 1/2 minutes at medium speed or 225 strokes with a spoon. Add egg and vanilla extract, continue beating 1 1/2 minutes at low speed.

Spoon batter over fruit. Bake at 350 degrees for 40-50 minutes, until cake is golden brown and springs back when lightly touched in center.

Cool 5 minutes. Loosen sides with spatula and invert onto cake plate.

Let stand about 1 minute before removing pan.

Serve warm or cold with whipping cream.

For apricot upside-down cake substitute a 1- pound can apricot halves, drained.

For peach upside-cake cake substitute a 1- pound can sliced peaches, drained.

## *Recipe Notes*

Source: Robin Gumbrecht, Sunset Junior High School  
Food and Fitness

# Upside Down Cake - With Pineapple

---

- 1/2 yellow cake mix, prepared
- 2 tablespoons margarine
- 1/3 cup brown sugar
- 4 pineapple rings
- 4 maraschino cherries

## *Instructions*

In a microwave-safe bundt pan, melt the margarine.

Sprinkle the brown sugar on top of the melted margarine. Lay the pineapple rings and cherries in a decorative pattern on top of the brown sugar/butter.

Pour prepared cake batter on top of the fruit, filling the pan half full.

Place pan on an inverted plate in the center of the microwave.

Microwave on 50% (MEDIUM) power for 2-6 minutes during the cooking time.

Rotate the dish 1/4 turn every two minutes during the cooking time.

Microwave on HIGH power 2-6 minutes or until cake begins to pull away from the sides of the pan and bounces back when touched lightly with your finger.

Remove cake from the microwave. Cover with a plate. Let stand for 2-3 minutes.

Turn cake out onto a plate.

Let stand for 2-3 minutes before cutting so the cake is not too crumbly.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
TLC



# Caramel - Microwave

---

- 1 cup butter
- 1 cup brown sugar
- 1 cup sugar
- 1 cup light corn syrup
- 1 cup condensed milk, sweetened

## *Instructions*

In a large bowl melt butter.

Add other ingredients and stir until well mixed.

Cook uncovered on high for 15 minutes, stirring every 3 or 4 minutes.

Pour into a buttered 13 x 9 inch pan.

Students can prepare traditional caramels and this recipe and compare time factors, cost of equipment and product results.

## *Recipe Notes*

Source: Janet Maw, Sky View High

## Caramels - Mrs. Welling's

---

- 1 quart corn syrup
- 4 cups butter
- 2 cube butter
- 1 pint cream
- 1 can evaporated milk

### *Instructions*

Combine corn syrup and butter in a heavy saucepan. Stir and bring to a boil. Add butter; stir. Add cream; stir. Add evaporated milk; stir. Stir mixture continuously and cook to a softball stage (240 degrees).

Pour into a buttered jellyroll pan and let stand overnight.

Cut into 3/4-inch strips and then snip strips with kitchen shears into 3/4-inch squares. Wrap with squares of waxed paper. Twist ends. Store in an airtight container.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

# Cream Cheese Mints

---

- 3 ounces cream cheese, softened
- 1/2 teaspoon peppermint flavoring
- 3 cups powdered sugar

## *Instructions*

In a small mixing bowl combine softened cream cheese and peppermint flavoring. Gradually beat in powdered sugar with electric mixer until mixture is smooth. (Knead in the last of the powdered sugar with hands.)

Knead in food coloring till evenly distributed.  
Sprinkle small candy molds lightly with granulated sugar.

Press about 1/2 to 3/4 teaspoon into each mold.

Remove from mold or form sugar into 3/4 inch balls. Dip each ball into granulated sugar, place on waxed paper.

Flatten each with the bottom of a juice can or with the tines of a fork. Let dry overnight

These mints can be frozen for up to one month.

Makes 6-8 dozen molded mints or about 4 dozen patties.

## *Recipe Notes*

Source: Brighton High

# Divinity

---

- 2 1/2 cups granulated sugar
- 1/2 cup light corn syrup
- 1/2 cup water
- 1/4 teaspoon salt
- 2 egg whites (room temperature)
- 1 teaspoon vanilla extract
- 1/3 cup chopped nuts, optional

## *Instructions*

Combine sugar, syrup, salt and water in a 2-quart saucepan. Cook to hard ball stage (260 degrees) stirring only until sugar is dissolved. While sugar mixture is cooking, beat egg whites until stiff peaks form. Gradually pour syrup over egg whites beating at high speed with electric mixer. Add vanilla and nuts and continue beating until candy holds its shape. Drop from teaspoons onto waxed paper. Let cool. Store in an airtight container.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness



# English Toffee

---

- 1 cup butter
- 1 1/3 cups sugar
- 1/4 cup water
- 1 tablespoon light corn syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup nuts, finely chopped
- 1 cup chocolate chip, semi-sweet

## *Instructions*

Cover cookie sheet with foil and spread half of the nuts over the foil.

Combine butter, sugar, water, corn syrup, vanilla and salt in a 3-quart saucepan. Stir until the sugar is dissolved. Bring to a boil, stirring constantly.

Start out on high heat until the pan is warm and then turn down to medium-high heat.

When mixture boils, turn heat down to medium and cover for 3 minutes. This washes down the sugar crystals on the sides, so your toffee will not turn to sugar.

After 3 minutes, remove the lid and stir the mixture constantly until it reaches the hard-crack stage (290 degrees) and/or the mixture turns a caramel color. This may occur about 285 degrees. Watch closely. Stir constantly. Candy should continue to boil once it starts to boil.

Put toffee over nuts, pouring up and down, back and forth. It sets up fast. Put chocolate chips on and let them sit a few minutes to melt, then spread the chocolate with a knife. Sprinkle remaining nuts on top.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food for Life

## English Toffee - Easy

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- 1/2 cup butter, or margarine
- 1/2 cup sugar
- 1 1/2 teaspoons light corn syrup
- 1 1/2 tablespoons water
  - 2 tablespoons nuts, chopped, optional
  - 2 ounces chocolate, optional

### *Instructions*

In a heavy saucepan, melt butter. Add sugar and heat until dissolved. Add water and corn syrup and cook over medium heat, stirring often to soft crack stage, 280 degrees, (about 12 minutes).

Spread in a buttered baking dish or sheet. Immediately sprinkle chocolate evenly over top. Sprinkle with finely chopped nuts. Chill until firm. Break into pieces.

### *Recipe Notes*

Source: Aimee Beck, Gerry Fairbanks, Bingham High  
Food Service/Culinary Arts, Food and Fitness, Food for Life

## Fudge - Lora's Microwave

---

- 3 cups sugar
- 3/4 cup butter
- 3/4 cup chocolate chip
- 1 jar marshmallow cream topping, 7 oz
- 1 cup nuts, chopped
- 1 teaspoon vanilla extract

### *Instructions*

In a glass microwave safe bowl, melt butter

Add sugar and milk, stir

Microwave on high 8 minutes stirring every 2 minutes

Gradually stir in chips until melted, add creme, nuts and vanilla

Stir till mixed, pour into a 13 x 9 inch pan

Chill

### *Recipe Notes*

Source: Lora Thompson, Centennial Middle School

# Fudge - Microwave

---

- 2 packages chocolate chips, milk, 12 oz. package
- 1 can sweetened condensed milk
- 3 tablespoons butter or margarine
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup nuts, chopped

## *Instructions*

Cook first four ingredients on high for 3 minutes.

Remove from microwave and add vanilla and stir until creamy smooth,.

Add nuts and stir in. Spread in a buttered 9 x 13 inch dish. Cut into squares.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High School

## Fudge - Nicky's

---

- 2/3 cup evaporated milk, unsweetened
- 1 2/3 cups sugar
- 1/2 teaspoon salt
- 1 1/2 cups marshmallows
- 1 1/2 cups chocolate chips, milk
- 1 teaspoon vanilla extract

### *Instructions*

Cook over medium heat and bring to a boil, stirring constantly, milk, sugar and salt.

Cook 5 minutes, remove from heat and add: marshmallows, chocolate chips, and vanilla.

Stir until all ingredients are melted.

Pour into buttered pan and cool

### *Recipe Notes*

Source: Jane W. Hatch, Rich High School  
Food for Life

# Honey Candy

---

- 1 cup honey
- 2 cups granulated sugar
- 2/3 cup cream
- 1 teaspoon vanilla extract

## *Instructions*

Combine honey, sugar and cream in a heavy saucepan. Stir constantly until syrup reaches 280 degrees. Pour onto a buttered platter or board. Tuck in sides as they cool. When cool enough to handle, add vanilla and begin to stretch. Stretch until white and stiff. Twist and score. Break into chunks after candy has hardened.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

# Lollipops

---

- 2 cups sugar
- 2/3 cup corn syrup, light
- 1 cup water
- 1 teaspoon oil based flavoring, less if desire
- 5 drops food coloring

## *Instructions*

Combine sugar, corn syrup and water in sauce pan. Stir and heat (medium to medium high) until sugar dissolves.

Cook, without stirring to hard crack stage. (300 degrees) The liquid should be a clear color and not turn golden brown.

Remove saucepan from heat.

Quickly add oil flavoring (any kind) and food coloring (any color) and stir with wooden spoon.

Pour liquid into molds that have been sprayed with cooking spray, use excess for glass candy.

After about 5 minutes take suckers out of mold.

## *Recipe Notes*

Source: Tricia Broadbent, South Jordan Middle School  
8th Grade Life Skills

# Lollipops - Cinnamon

---

3/4 cup cinnamon candies  
1/3 cup corn syrup  
1/2 cup water

## *Instructions*

Butter bottom and sides of a 2 quart saucepan. In pan combine candies, syrup, water, and a pinch of salt. Cook, stirring constantly until candies dissolve and mixture boils.

Continue cooking, without stirring, until mixture reaches the hardball stage (300 degrees).

Remove from heat and put in buttered mold.

Makes 1 dozen lollipops.

You can also try lemon heads, cherry heads or orange heads to change the flavor.

## *Recipe Notes*

Sharon Monday, Hunter Junior High



# Meringue Kisses

---

- 3 egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon peppermint flavoring
- 1 dash salt
- 1 cup sugar

## *Instructions*

In kitchen aid mixer whip the above ingredients, except sugar, until soft form. Gradually add 1 cup sugar, about 1 tablespoon at a time until very stiff peaks form. Drop from a tablespoon 1 1/2 inch apart onto lightly greased cookie sheet. Press a chocolate kiss into each cookie. With knife bring meringue up and around candy. Swirl top. Sprinkle with red or green sugar. Bake at 275 degree over for 30 minutes, or until set. Immediately remove cookies to cool.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Molasses Taffy

---

- 2 cups granulated sugar
- 1 cup molasses
- 1/4 cup water
- 2 teaspoons vinegar
- 2 tablespoons butter or margarine
- 1/2 teaspoon baking soda

## *Instructions*

Butter sides of a heavy 2-quart saucepan. In it combine sugar, molasses and water. Cook slowly, stirring constantly, until sugar dissolves. Then bring to boiling; add vinegar and cook to softcrack stage (270 degrees). Remove from heat; add butter and sift in soda. Stir to mix.

Turn out (but don't scrape pan) on buttered platter or large shallow pan. For even cooling, use spatula to turn edges to center. Butter hands so candy won't stick. Pull the taffy while as warm as you can handle; use only fingertips to pull. When candy is light taffy color and hard to pull, cut in fourths and pull and twist each piece into a long strand, 1/2-inch thick. With buttered scissors, quickly snip in bite-size pieces. Wrap each piece in a 4-inch square of waxed paper.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

# O' Henry's

---

- 1/2 cup sugar
- 1/2 cup light corn syrup
- 1/2 cup peanut butter
- 2 1/2 cups rice krispies cereal
- 1/2 cup milk chocolate chips
- 1/2 cup butterscotch chips

## *Instructions*

Grease 8" x 8" cake pan

Put both chips in a microwave safe bowl.  
Microwave for 20 seconds and stir, repeat until melted.

In a saucepan mix sugar and corn syrup with a wooden spoon.

Bring sugar and corn syrup to a boil and boil 90 seconds. Take the pan off the heat and stir in the peanut butter.

Add rice krispies and stir, press into the pan.

Spread the melted chips on the top.

Cool, cut and eat. Store uncovered with plastic wrap.

## *Recipe Notes*

Source: Lora Thompson, Centennial Middle School  
TLC

# Peanut Brittle - Last Chance

---

- 2 cups granulated sugar
- 1 cup water
- 1 cup light corn syrup
- 1 cup raw peanuts
- 1 teaspoon baking soda
- 1 tablespoon butter
- 1 teaspoon vanilla extract

## *Instructions*

Combine sugar, water and corn syrup in a 3-quart saucepan. Boil together until syrup reaches 300 degrees (soft crack) on a candy thermometer.

At 300 degrees add raw peanuts and stir constantly to separate peanuts until syrup turns light brown.

Remove from heat and add in order: soda, butter, vanilla. Stir thoroughly and quickly while mixture foams.

Pour into a well-buttered 10-inch x 15-inch jelly roll pan which has been placed on a cooling rack.

Let candy stand without moving until it is completely cooled.

Break into dollar-size pieces.

This candy stores extremely well in an air-tight container.

Makes about 1 pound of candy.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

# Peanut Brittle - Microwave

---

- 1 cup sugar
- 1/2 cup white corn syrup
- 1 cup peanuts
- 1 tablespoon margarine
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda

## *Instructions*

Combine sugar, white corn syrup and peanuts in a large glass microwave bowl.

Stir and microwave for 5 minutes.

Stop at 3 minutes, stir and continue for another 2 minutes.

Add margarine and vanilla and microwave for 1 minute. Stir.

Microwave for an additional minute.

Add baking soda. Microwave for 30 seconds.

Quickly pour onto a greased cookie sheet or jelly roll pan.

Let cool and break into pieces.

## *Recipe Notes*

Source: Tonie Dee, Monument Valley High  
8th Grade Life Skills

# Peanut Brittle - Microwave Great

---

- 2 cups peanuts, roasted, salted
- 1 cup sugar
- 1/2 cup corn syrup
- 1 tablespoon margarine
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract

## *Instructions*

Generously grease a large cookie sheet with margarine, set aside.

Combine sugar, corn syrup in a microwave safe glass batter bowl.

Cook on high for 4 minutes.

Stir in peanuts. Microwave 3-5 minutes, stirring after 3 minutes, until syrup is lightly browned.

Stir in butter and vanilla and cook for 2 1/2 minutes.

Add baking soda; stir until mixture is light and foamy. Pour onto cookie sheet. Spread quickly to about 1/4 inch thick with the back of a wooden spoon.

As candy cools, stretch to a thin sheet, using palms of hands.

Cool completely before breaking into pieces.

## *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Food and Fitness

## Peanut Brittle - Microwave Terrific

---

1/2 cup peanuts, raw  
1/2 cup sugar  
1/4 cup corn syrup, white  
1 pinch salt  
1/2 tablespoon butter or margarine  
1/2 teaspoon baking soda  
1/2 teaspoon vanilla extract

### *Instructions*

Measure the above ingredients into a microwave safe glass casserole dish. Stir with wooden spoon.

Cook in microwave for 2 minutes--do not cover.

Stir well and cook 2 more minutes.

Stir in 1/2 tablespoon butter and cook for 30 seconds more.

Remove from microwave and quickly stir in:

1/2 teaspoon baking soda  
1/2 teaspoon vanilla

Pour onto a dinner plate that has been covered with tin-foil and generously coated with butter.

Place in refrigerator to cool for 5 to 10 minutes.

Once brittle has cooled break into bit size pieces.

### *Recipe Notes*

Source: Karrie Myers, Mount Logan Middle School  
Life Skills

# Popcorn - Microwave Caramel

---

- 1 cup brown sugar
- 1 stick margarine
- 1/4 cup corn syrup
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 8 cups popcorn

## *Instructions*

Combine brown sugar, margarine, corn syrup, and salt in a glass bowl and microwave on high for 4 minutes.

Remove and add 1/2 teaspoon baking soda.

Pour mixture over popped corn in a brown paper sack and mix well.

Microwave bag 1 1/2 minutes on high.

Shake bag and microwave for 1 1/2 minutes more.

Shake bag again and microwave for 30 seconds.

Remove popped corn from bag and lay flat until cool.

Store in airtight container.

## *Recipe Notes*

Source: Tamra Rauzi, Northridge High School  
TLC, Food and Fitness, Food for Life



# Salt Water Taffy

---

- 2 cups granulated sugar
- 1 cup light corn syrup
- 1 1/2 cups water
- 1 1/2 teaspoons salt
- 2 tablespoons butter or margarine
- 1/4 teaspoon oil of peppermint
- 7 drops red or green food coloring

## *Instructions*

Combine sugar, syrup, water and salt in 2-quart saucepan. Cook slowly, stirring constantly, until sugar is dissolved. Continue to cook to hard-boil stage (260 degrees) without stirring.

Remove from heat; stir in butter, flavoring and food coloring. Pour into buttered 15 1/2-inch x 10 1/2-inch jellyroll pan. Cool until comfortable to handle. Butter hands; gather taffy into a ball and pull. When candy is light color and gets hard to pull, cut in fourths; pull and twist each piece into long strands about 1/2-inch thick. With buttered scissors, quickly snip taffy into bite-size pieces. Wrap each piece in a 4-inch square of clear plastic or waxed paper. Makes 1 1/4 pounds of candy.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

# Suckers - Microwave

---

1 cup sugar  
1/2 cup light corn syrup

## *Instructions*

Mix sugar and corn syrup in 4 cup glass bowl. Cover with plastic wrap and microwave 3 minutes on high. Carefully remove plastic and stir.

**IMPORTANT:** Use new plastic wrap and wrap again. Microwave 3 minutes, remove from microwave and add flavorings and color. Pour into molds.

Flavorings: Root Beer - 1 tsp; Cinnamon - 1/8 tsp; Green Apple - 1/4 tsp.

## *Recipe Notes*

Source: Janet Maw, Sky View High  
Foods I and II

Students can compare this recipe with traditional suckers for time, cost of equipment and product results.

# Vinegar Taffy

---

2 cups sugar  
1/3 cup water  
2 tablespoons white vinegar  
2 tablespoons corn syrup  
1 teaspoon vanilla extract  
1/8 teaspoon salt

## *Instructions*

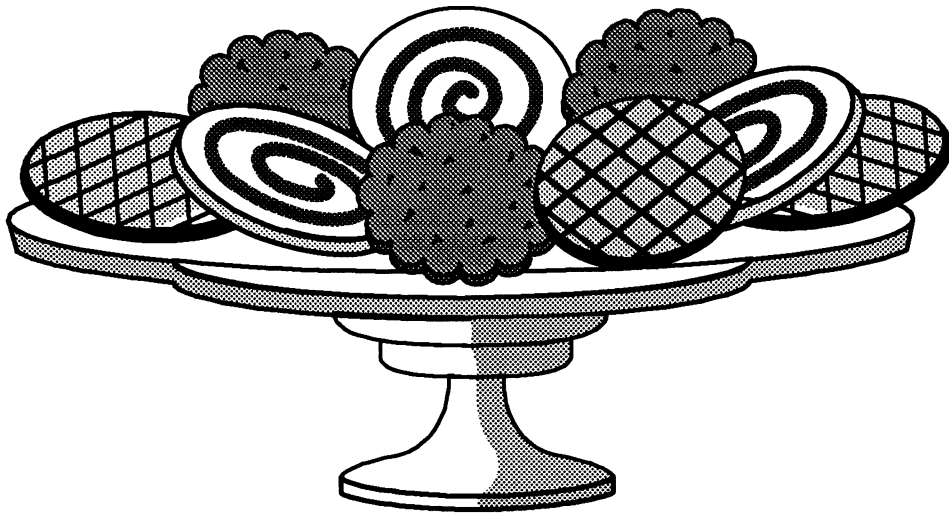
Put all ingredients into a heavy weight pan except the vanilla and butter. Stir over medium heat with a wooden spoon until the sugar dissolves. Remove spoon and continue cooking over medium high until the mixture reaches a hard ball stage (or spins a thread). Remove from heat without stirring and pour onto a buttered dinner plate with the vanilla placed on it. Do not scrap the pan! Let cool until it can be picked up with buttered hands and stretched until white. Make into a 1 inch rope and place on wax paper. Crease with a knife and when hard, crack along the creases into pieces.

## *Recipe Notes*

Annette Adams, Bear River Middle School  
Food and Fitness

# Chapter 3

## Cookies



# Banana Streusel Bars

---

2 eggs  
1 cup sugar  
1 teaspoon vanilla extract  
1/4 cup milk  
1/4 cup vegetable oil  
3 bananas, ripe  
2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
4 tablespoons butter or margarine  
1/2 cup flour  
1/4 cup sugar  
1/4 cup brown sugar

## *Instructions*

Preheat oven to 350 degrees.

Grease and flour a baking sheet with sides. In a large bowl mix 2 eggs, 1 cup sugar and 1 t. vanilla. Add milk and oil. Mix.

Mash the bananas with a fork in a medium bowl and add to the mixture. Sift flour, baking powder and salt in a bowl. Gradually add flour mixture to the banana mixture and mix well. Spread banana mixture evenly into prepared pan.

## Streusel Topping:

Use your fingers to combine 4 T. butter, 1/2 c. flour, 1/4 c. sugar and 1/4 c. brown sugar. Mix until crumbly.

Sprinkle sugar mixture over batter and bake 15-20 minutes or until a toothpick comes out clean.

## *Recipe Notes*

Source: Box Elder Middle School  
Life Skills

# Basic Cookie Mix

---

- 8 cups flour
- 2 1/2 cups granulated sugar
- 2 cups brown sugar, firmly packed
- 4 teaspoons salt
- 1 1/2 teaspoons baking soda
- 3 cups vegetable shortening

## *Instructions*

In a large bowl, combine flour, sugars, salt and baking soda until well blended. With mixer and dough paddle, cut in shortening until evenly distributed and mixture looks crumbly. Put in large airtight food storage container. Store in a cool dry place. Use within 10-12 weeks. Makes about 16 cups of mix. Use to make the following cookies.

**CHOCOLATE CHIP COOKIES:** Preheat oven to 375 degrees. Combine 3 cups basic cookie mix, 3 tablespoons milk, 1 teaspoon vanilla and 1 egg. Mix well. Stir in 1 cup chocolate chips. Bake for 10-15 minutes on greased cookie sheets until golden brown. Makes 2 dozen.

**PEANUT BUTTER COOKIES:** Preheat oven to 375 degrees. Combine 3 cups basic cookie mix, 1/4 cup firmly-packed brown sugar, 1 teaspoon vanilla, 2 eggs and 1/2 cup peanut butter in mixer and blend well. Shape dough into 1-inch balls. Place on greased cookie sheet and flatten with a fork or cookie press. Bake for 10-12 minutes until edges are lightly browned. Makes 3 dozen.

**SNICKERDOODLES:** Preheat oven to 400 degrees. Combine 2 1/2 cups basic cookie mix, 1/4 teaspoon baking soda, 1 teaspoon cream of tartar and 1 egg in mixer and mix well. Combine 2 tablespoons sugar and 1 teaspoon cinnamon in a small bowl. Shape dough into 1 1/2-inch balls. Roll balls in cinnamon and sugar coating and place 2 inches apart on ungreased cookie sheet. Flatten balls slightly with a cup. Bake 8-12 minutes, until lightly browned with cracked tops. Makes 2 dozen.

## *Recipe Notes*

Source: Annette Uhrhan, Kearns High  
Food and Fitness, Food for Life, Food Service/Culinary Arts

# Breakfast Cookies

---

- 2/3 cup butter
- 2/3 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups oatmeal
- 1 cup cheddar cheese, grated
- 6 pieces bacon, cooked
- 1/2 cup wheat germ

## *Instructions*

In a large bowl, cream the butter, sugar and then add the egg and vanilla.

Add the flour, salt and soda and beat well.

Stir in the oatmeal, cheese, crumbled bacon, and wheat germ (can substitute chopped nuts).

Drop by teaspoonfuls onto greased cookie sheet. Bake at 350 for 12 to 14 minutes.

## *Recipe Notes*

Source: Sandy Embry, South Summit Middle School  
Compliments of Mountain Fuel

# Brownie

---

- 1/2 cup butter or margarine
- 3 tablespoons cocoa
- 1 cup sugar
- 2 eggs
- 3/4 cup flour
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

## *Instructions*

Combine butter, cocoa and sugar; beat well. Add eggs, one at a time. Beat well. Add vanilla. Mix flour and salt together on wax paper. Add to mixture, one-half of the amount at a time. Grease a 9 x 9-inch pan. Place batter in pan and smooth out evenly. Bake 25-30 minutes at 375 degrees. Cool, cut and eat.

## *Recipe Notes*

Source: LaDonna D. Davis, North Layton Junior High  
8th Grade Life Skills



# Brownie - Caramel Cheesecake

---

- 1 package brownie mix, 8 oz.
- 5 ounces evaporated milk, unsweetened
- 16 ounces cream cheese, softened
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 14 ounces caramels

## *Instructions*

Preheat oven to 350 degrees.

Mix together brownie mix according to package directions for bar type NOT the cake like brownie.

Spread into a greased 9 inch square baking pan. Bake 10 minutes.

Melt caramels with milk in a microwave proof, large measuring cup or other bowl. To melt the caramels, heat at full microwave power in covered dish for 30-45 seconds then stir and repeat this process until all the caramels are melted.

Spread the caramel mixture over the baked brownies.

Beat cream cheese, sugar and vanilla in a large mixing bowl at medium speed with an electric mixer until it is well blended and smooth.

Add two eggs, one at a time, mixing well after each addition. Pour over caramel mixture in a pan.

Bake 25-30 minutes or until a toothpick comes out clean. Loosen the cake from the rim of the pan; cool before removing. Chill.

Heat reserved caramel in a small saucepan until warm spoon over the cheese cake. Drizzle with chocolate topping.

## *Recipe Notes*

Source: Brighton High

## Brownies - Big Dan's Microwave

---

- 2 eggs
- 1/4 cup margarine
- 1 cup sugar
- 1 teaspoon vanilla extract
- 3/4 cup flour
- 1/2 teaspoon salt
- 3 tablespoons cocoa
- 1 cup walnuts, chopped, optional

### *Instructions*

Cream together eggs, margarine and sugar. Add vanilla.

Mix flour, cocoa and salt together in another bowl. Add to egg mixture. Stir in walnuts if desired.

Microwave on high for 6 minutes in a well buttered glass 9 X 9" glass pan

### *Frosting:*

Beat together 3 T. margarine, 2T. milk, 2 1/2 c. powdered sugar and 1/2 t. vanilla.

You may want to substitute peppermint extract for the vanilla in the frosting. Color it green and teach them how to melt chocolate in the microwave to drizzel on the top for mint brownies.

### *Recipe Notes*

Source: Debra Adams, Rocky Mt. Jr.  
Life Skills, Food and Fitness

## Brownies - Caramel Layer

---

- 75 each caramels, (approx. 21 oz)
- 1/2 cup evaporated milk, unsweetened
- 1 package german chocolate cake mix
- 1/2 package german chocolate cake mix, 1 1/2 cups + 3 T
- 1 1/2 sticks margarine, melted
- 1/2 cup evaporated milk, unsweetened
- 1 1/2 cups semisweet chocolate chips

### *Instructions*

Preheat oven to 350 degrees.

Spray large (16 x 12 inch) jelly roll baking pan with Pam.

Combine caramels and 1/2 cup evaporated milk in 4-cup pyrex measuring cup. Microwave on high for 2 minutes. Stir vigorously. Microwave on high an additional 30 seconds, stirring after each heating, until caramels are melted. Set aside.

In a large mixing bowl, combine dry cake mix, melted margarine, 1/2 cup evaporated milk, and 1 1/2 cup nuts (optional). Stir until dough holds together. Press 1/2 of dough into baking pan. Reserve remaining dough for topping.

Bake for 6 minutes. Take out of oven, and evenly sprinkle chocolate chips over baked crust. Dribble caramel over chips, leaving 1/2 inch around edges. Dot caramel with reserved cake mixture. Dot caramel with reserved cake mixture.

Bake 16-18 minutes. Cool slightly. Refrigerate for 30 minutes to set. Cut into squares.

### *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food Service/Culinary Arts

# Brownies - Cream Cheese

---

- 2 baking chocolate squares, unsweetened
- 6 tablespoons margarine
- 1 cup sugar
- 2 eggs
- 1/2 teaspoon vanilla extract
- 1/2 cup flour
- 1/2 cup nuts, coarsely chopped
- 4 ounces cream cheese
- 3 tablespoons sugar
- 1/2 egg
- 1 tablespoon flour

## *Instructions*

Heat oven to 350 degrees. Microwave chocolate and margarine in microwave safe bowl on high for 2 minutes or until margarine is melted. Stir until chocolate is completely melted.

Stir in 1 cup sugar into chocolate until well blended. Mix in 2 eggs and vanilla. Stir in 1/2 cup flour and nuts until well blended. Spread in GREASED 9 x 9 inch cake pan.

Beat cream cheese, the 3 tablespoon sugar, 1/2 egg and 1 tablespoon flour in same bowl until well blended. Spoon mixture over brownie batter. Swirl with a knife.

Bake 40 minutes or until toothpick inserted in center comes out with fudgy crumbs.

Do not overbake. Cool in pan, cut into squares. Makes 12 brownies.

## *Recipe Notes*

Source: Connie C. Sorensen, Timpanogos High School  
Food for Life

# Brownies - Double Chocolate Chip

---

- 12 ounces semi-sweet chocolate chips, divided
- 1 cup sugar
- 1/2 cup applesauce
- 2 tablespoons margarine
- 3 egg whites
- 1 1/4 cups flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/3 cup walnuts

## *Instructions*

Preheat oven to 350 degrees. Melt 1 cup chips, sugar, applesauce and margarine in large, heavy saucepan over low heat, stirring until smooth. Remove from heat.

Add egg whites; stir well. Stir in flour, baking soda, salt, and vanilla. Stir in remaining 1 cup of chips and nuts (optional). Spread into greased 9 x 13 baking pan.

Bake for 16-20 minutes or just until set. (For fudgier brownies, bake to minimum baking time.)

Cool completely; cut into 2-inch squares.

## *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life. Food and Science, Food Service/Culinary Arts

# Brownies - Fun

---

- 1/2 cup butter or margarine
- 3 tablespoons cocoa
- 1 cup sugar
- 2 eggs
- 3/4 cup flour
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

## *Instructions*

Combine butter, cocoa and sugar; beat well. Add eggs, one at a time. Beat well. Add vanilla. Mix flour and salt together on wax paper. Add to mixture, 1/2 amount at a time. Grease a 9 x 9-inch pan. Place batter in pan and smooth out evenly. Bake 25-30 minutes at 375 degrees. Cool, cut and eat.

## *Recipe Notes*

Source: LaDonna D. Davis, North Layton Junior High  
8th Grade Life Skills

# Brownies - Great

---

- 1 cup margarine
- 1/2 cup cocoa
- 3 cups sugar
- 6 each eggs
- 2 1/4 cups flour
- 1/2 teaspoon salt
- 1 cup walnuts, optional
- 1/4 cup water, hot

## *Instructions*

DO IN EXACT ORDER

Dilute cocoa in 1/4 cup hot water.

Whip sugar, eggs and margarine together.

Add cocoa to creamed mixture.

Stir in salt and flour.

Pour mixture into a large jelly roll pan which has been greased and floured. Bake at 350 degrees for 20-25 minutes.

## FROSTING

Cream 3 cups powdered sugar, 1/2 cup cocoa and 1/2 cup margarine. Add 1/4 t. salt, 1/2 t. vanilla, 3 T. corn syrup and 1/4 cup warm water and beat well.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High  
Food Service/Culinary Arts

## Brownies - Hurry Up Microwave

---

- 1 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine
- 2 ounces unsweetened chocolate
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup walnuts, chopped

### *Instructions*

Mix together flour, baking powder, and salt; set aside. Combine margarine and chocolate in 8-inch square glass baking dish. Microwave on MEDIUM for 3 minutes, or until melted, stirring twice. Stir in sugar. Add eggs and vanilla, beating well with a spoon. Gradually stir dry ingredients into chocolate mixture, blending well. Stir in nuts. Microwave on HIGH 5 minutes or until top is no longer wet, giving dish one-quarter turn twice. Cool in dish on heatproof counter. Cut in 2-inch squares. Makes 16.

### *Recipe Notes*

Sharon Monday, Hunter Junior High



## Brownies - Low-Fat

---

- 1/4 cup margarine
- 2/3 cup sugar
- 1/4 cup unsweetened cocoa powder
- 1 egg white
- 1/2 teaspoon vanilla extract
- 2 teaspoons powdered sugar
- 1/3 cup milk, skim
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/3 cup nuts, chopped
- 3/4 cup flour

### *Instructions*

Spray an 8 x 8-inch square baking pan with nonstick cooking spray. Melt margarine in medium saucepan or in a glass pan in the microwave.

Stir in sugar and cocoa powder until combined. Add egg white and vanilla to saucepan. Beat lightly until combined. Add flour, milk, baking powder and baking soda. Beat until combined. Stir in nuts and put in pan.

Bake in a preheated 350 degree oven for 16 to 18 minutes. Sprinkle with powdered sugar.

(Compare with Brownie - Regular recipe)

### *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

Note: This recipe can be used in a high fat/low fat comparison lab with Brownies 2.

## Brownies - Low-Fat Cake

---

- 3/4 cup sugar
- 3/4 cup applesauce, or bean puree
- 1/4 cup cocoa, unsweetened
- 1 egg
- 1/2 teaspoon vanilla extract
- 3/4 cup flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/2 cup milk
- 1/2 cup nuts, chopped

### *Instructions*

In a saucepan over medium heat, heat sugar, bean puree or applesauce, and cocoa until hot but not boiling, stirring constantly.

Remove from heat.

Add egg and vanilla. Beat lightly just until combined.

Combine flour, baking powder and baking soda. Add half the dry ingredients, beat. Add half the milk then beat. Repeat with the other half dry ingredients, then the milk. Beat well.

Stir in nuts if desired.

Pour into greased 8 inch square pan.

Bake at 350 degrees for about 20 minutes or until center is set.

Cool slightly. Frost with Fudge Frosting. Cut into bars.

Compare with Regular Cake Brownies  
(See Brownies- Regular Cake recipe)

### *Recipe Notes*

Source: Nancy Fidler, West Lake Junior High School  
Food and Fitness, Food and Science

# Brownies - Marshmallow

---

1/4 cup margarine  
1/4 cup cocoa  
1 cup sugar  
2 eggs  
1/2 teaspoon vanilla extract  
1/2 teaspoon salt  
1/2 package marshmallow, mini

## *Instructions*

Mix the sugar, margarine and cocoa together.

Add eggs and beat on high for 2-3 minutes.

Add salt, vanilla and flour and beat until batter is light and fluffy.

Place into a greased square pan and bake at 350 degrees for 20-25 minutes.

Take out of oven and cover with mini-marshmallows. Place back into the oven and bake until the marshmallows have puffed. About 3-5 minutes. DO NOT BROWN. Remove from oven.

After the brownies have cooled a little then frost with a thin layer of chocolate frosting.

## *Recipe Notes*

Source: Nancy Gudmundsen, Alta High School

# Brownies - Mint

---

2 1/4 cups flour  
3/4 cup cocoa  
3 cups sugar  
3/4 teaspoon salt  
6 eggs  
3 sticks margarine, do not melt  
3 teaspoons vanilla extract

## *Instructions*

Mix all ingredients together with a spoon, not a mixer. Grease a 1/2 size baking sheet.

Place baking paper in bottom of pan-spread batter.

Bake at 350 degrees for 25-30 minutes.

Cover with foil and freeze.

Frost with Mint Frosting

## *Mint Frosting*

3/4 cup butter or margarine

1/8 package powdered sugar

1 teaspoon peppermint flavoring

Add milk to make creamy, start with 1 tablespoon.

Spread icing on brownies. Put in freezer for 20 minutes.

Then melt together in a double boiler, just barely melted

6 squares semi sweet chocolate

1/4 cup butter or margarine

Take brownies out of freezer. Drizzle chocolate over icing creating a masterpiece.

Cut into 96 squares and put into papers. Keep refrigerated if possible.

## *Recipe Notes*

Source: Terilee Herbon, Hunter High School

Food Service/Culinary Arts

# Brownies - Regular

---

2 squares unsweetened chocolate  
1/3 cup shortening  
1 cup sugar  
2 eggs  
3/4 cup flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup chopped nuts

## *Instructions*

Heat oven to 350 degrees. Grease an 8 x 8-inch square baking pan. Melt chocolate and shortening in microwave in a glass bowl. Beat in sugar and eggs. Blend in flour, baking powder and salt. Spread in pan and bake 30 to 35 minutes. Cool and cut into squares.

Note: This recipe can be used in a high fat/low fat comparison lab with the Low-Fat Brownies recipe.  
(See Brownies - Low Fat )

## *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

## Brownies - Regular Cake

---

- 1 1/4 cups sugar
- 3/4 cup butter or margarine
- 1/2 cup cocoa, unsweetened
- 2 eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups flour, all purpose
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 cup milk
- 1 cup nuts, chopped

### *Instructions*

In a large saucepan heat sugar, butter or margarine, and cocoa over medium heat until butter or margarine melts, stirring constantly.

remove from heat. Add eggs and vanilla.

Beat lightly just until combined.

Combine flour, baking powder, and baking soda.

Add dry ingredients and milk alternately to the cocoa mixture, beating after each addition.

Stir in nuts.

Pour batter into a greased 15x10x1 inch baking pan.

Bake in a 350 degree oven about 20 minutes or until a toothpick inserted in the center comes out clean.

Cool in pan on a wire rack.

Frost with fudge frosting.

Cut into bars. Makes 36

Compare with Low Fat Cake Brownies.

(See Brownies - Low Fat Cake recipe)

### *Recipe Notes*

Source: Nancy Fidler, West Lake Junior High School  
Food and Science, Food and Fitness

## Brownies - With Mint

---

- 1/2 cup margarine
- 2 ounces unsweetened chocolate
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2/3 cup flour
- 1/4 cup margarine
- 1 1/2 cups powdered sugar
- 2 tablespoons milk
- 1 teaspoon mint flavoring

### *Instructions*

Grease a 9 x 9 x 2 inch baking pan. In a medium sauce pan melt the 1/2 c. margarine and chocolate over low heat. Stir in sugar, eggs, and vanilla. Using a wooden spoon, beat lightly by hand just until combined. Stir in flour. Spread batter in prepared pan. Bake in 350 oven for 20 minutes.

### Frost with MINT FROSTING

Beat the 1/4 c. margarine with the powdered sugar, milk and flavoring until smooth. Can be colored green.

### *Recipe Notes*

Source: Becky Cox, Lone Peak High School  
Food Service Classes

# Brownies - Spider Web

---

1 package brownie mix  
1 1/2 cups white fluffy frosting

## *Instructions*

Needed for decorations: chocolate ice cream topping in a squirt bottle and also a small plastic spider.

Mix and bake brownies according to instructions on box, bake in 2 round cake pans or 1 pizza pan.

Frost brownies with white frosting.

Start at the center of the circle squirt chocolate syrup out to the outer edge, keeping lines about 3/4 inches apart.

Using a toothpick or knife lightly draw pie shaped lines through the white frosting pulling the black spiral into spider web like points, place a small plastic spider in the web and serve.

## *Recipe Notes*

Source: Lora Thompson, Centennial Middle School  
TLC



# Candy Bar Cookies

---

- 1 cup sugar
- 1 cup brown sugar, firmly packed
- 1 cup margarine, softened
- 1 cup peanut butter
- 2 teaspoons vanilla extract
- 2 eggs
- 3 cups flour
- 1 teaspoon baking powder, double-acting
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 20 each snickers bars, or Reeses Peanut Butter Cups

## *Instructions*

Preheat oven to 375 degrees.

Unwrap candy cars and cut into thirds (60 pieces). If you use Reeses Peanut Butter cups, unwrap, but do not cut.

In mixing bowl combine granulated sugar, brown sugar, margarine, peanut butter, vanilla and eggs. Beat well. Lightly spoon flour into measuring cups. Level off. Add flour, baking powder, baking soda and salt. Mix well.

Using a #50 scoop, form dough into 60 balls. Wrap one ball of cookie dough around each 1/3 piece of candy bar, or around 1 fun size peanut butter cup, making sure the candy is completely covered.

Put cookies on ungreased cookie sheet 4 rows across and 4 rows down. Flatten slightly with the palm of your hand.

Bake for 10-11 minutes. Cool 2 minutes and then remove from cookie sheet to cooling racks. Cool completely.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food Service/Culinary Arts

# Carrot Cookies

---

3/4 cup brown sugar  
1 egg  
1 teaspoon baking powder  
1/2 teaspoon nutmeg  
1 carrot, grated  
5 tablespoons margarine  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1 1/4 cups flour

## *Instructions*

Preheat oven to 375 degrees.

Cream together the margarine, brown sugar, egg, and salt.

In a separate bowl mix flour, baking powder, cinnamon and nutmeg.

Stir half of the flour mixture in with the margarine mixture, stir in carrots, then stir in the remaining flour mixture.

Drop by spoonfuls onto a lightly greased cookie sheet,

Bake for 8-10 minutes.

## *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School

Food and Fitness, Food for Life, Food and Science

# Cat Cookies

---

- 1 1/2 cups chocolate cake mix
- 1/2 cup peanut butter, smooth
- 1 egg
- 2 tablespoons water

## *Instructions*

For this recipe you will also need candy corn and gum drops.

Mix together all the ingredients until it sticks together in a greasy ball. (if it doesn't stick together, add a teaspoon of water).

Divide dough into 12 pieces.

Roll each piece in the palms of your hands to make a ball.

Place on an ungreased cookie sheet.

Dip a glass in sugar and flatten ball.

Pinch two ears.

With the tines of a fork make whiskers.

Bake at 350 degrees for 10-12 minutes.

When done put a gum drop on for a nose and candy corn for the eyes.

Variation: Place popsicle sticks in cookies before baking.

## *Recipe Notes*

Source: Rachel Gonzales, Lakeridge Junior High  
TLC, 8th Grade Life Skills

# Cheesecake Cookies

---

- 4 ounces cream cheese
- 1 cup whipped cream topping
- 1/2 teaspoon lemon juice
- 2 tablespoons powdered sugar
- 4 graham crackers
- 2 tablespoons margarine
- 2 teaspoons sugar

## *Instructions*

Crush graham crackers in bag with rolling pin until very fine. Place in a small mixing bowl.

Melt margarine in microwave. Add margarine and sugar to crumbs. Toss with a spoon until evenly coated with margarine.

Place 8 cupcake papers in a muffin tin and evenly divide crumbs among cups. Press crumbs in the bottom.

Bake at 350 degrees for 5 minutes.

Cream together cream cheese, whipped topping, powdered sugar and lemon juice. Mix with electric mixer until smooth and creamy.

After crusts have cooled. Top with cream cheese mixture. Top with cherries.

Refrigerate.

## *Recipe Notes*

Source: Anita Jolley, Cedar Middle School  
8th Grade Life Skills

# Chocolate Chip Cookie

---

1/2 cup shortening  
1/2 cup brown sugar  
1/4 cup sugar  
1/2 teaspoon baking soda  
1 tablespoon hot water  
1/2 teaspoon vanilla extract  
1 egg  
1/2 teaspoon salt  
1 1/2 cups flour  
1/2 cup chocolate chip

## *Instructions*

Cream shortening, brown sugar, and sugar. Add baking soda which has been dissolved in hot water.

Add vanilla and egg. Stir in salt and flour. Add chocolate chips. Place on ungreased cookie sheet.

Bake at 350 degrees for 10-12 minutes.

\* Butter flavor Crisco is great in place of shortening.

## *Recipe Notes*

Source: Lee Ann Bitner, Alta High  
Food and Fitness

# Chocolate Chip Cookies

---

- 3/4 cup flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup brown sugar, packed
- 2 tablespoons sugar
- 1/4 cup margarine
- 1 tablespoon shortening
- 1 1/2 teaspoons water
- 1/2 teaspoon vanilla extract
- 2 tablespoons eggs
- 1/2 cup chocolate chip

## *Instructions*

Preheat oven to 375.

Cream shortening, margarine and sugars. Add egg, vanilla and water, mix well. Add dry ingredients and stir. Stir in chips. Drop onto cookie sheet. Bake 10-12 minutes.

## *Recipe Notes*

Source: Christine Campbell, Snow Canyon Middle  
8th Grade Life Skills

# Chocolate Chip Cookies - Mrs. A's

---

1/4 cup margarine  
1/3 cup shortening  
1/2 cup sugar  
1/2 cup brown sugar  
1 egg  
1 teaspoon vanilla extract  
1 3/4 cups flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup chocolate chip  
1/2 cup walnuts, chopped, optional

## *Instructions*

Cream together the margarine, shortening, sugars and egg. Add vanilla. In another bowl, mix flour, soda and salt.

Add the flour mixture one cup at a time to creamed mixture. (When it is too hard for the mixer to handle, use a spoon) Stir in chocolate chips and walnuts.

Drop by teaspoon 1 inch apart on an ungreased cookie sheet.

Bake at 375 degrees for 10 minutes or until just barely brown.

Double recipe for family size.

This is a two day (50 min.) lab. Put the dough in bag and refrigerate. You can roll this out in a log wrap with wax paper, then tin foil and freeze it. Thaw, slice and bake.

## *Recipe Notes*

Source: Debra Adams, Rocky Mt. Jr.  
Food and Fitness

# Chocolate Chippers

---

- 1/2 cup shortening
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/2 cup sugar
- 1 egg
- 1/2 teaspoon salt
- 1/2 cup brown sugar
- 1 1/2 cups flour
- 1/2 cup chocolate chip

## *Instructions*

Cream shortening, sugar and brown sugar.

Add vanilla and egg.

Measure and sift flour, soda and salt.

Add flour mixture to sugar/shortening mixture.

Stir in chocolate chips.

Bake at 350 degrees for 8-10 minutes

## *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School  
8th Grade Life Skills



# Chocolate Drop Cookies

---

- 1 cup sugar
- 1/2 cup margarine, softened
- 1 egg
- 2 unsweetened chocolate squares
- 1/3 cup buttermilk
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1 3/4 cups flour
- 1/2 teaspoon salt

## *Instructions*

Preheat oven to 400 degrees.

Cream sugar and margarine using electric hand mixer. Add egg and blend. Add cocoa, buttermilk and vanilla, blend well.

Stir in flour, baking soda, and salt using wooden spoon or large stirring spoon

Drop dough by round teaspoonfuls (using 2 spoons), about 2 inches apart onto ungreased cookie sheet (4 cookies across, 4 cookies down.)

Bake until almost no indentation remains when touched, about 8-10 minutes.

Immediately remove from cookie sheet to cooling rack.

Frost with chocolate frosting when cool

## Chocolate Frosting

- 1 square unsweetened chocolate
- 2 tablespoon margarine
- 3 tablespoons water
- 2 cups powdered sugar

In covered glass container melt margarine in microwave, 10-12 seconds.

Add cocoa and stir.

Add chocolate mixture to powdered sugar and water.

Beat with electric hand mixer until smooth and creamy.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High School  
Food for Life, Food and Fitness

## Chocolate Pumpkin Cookies

---

- 1/4 cup shortening
- 1/2 cup sugar
- 1 egg
- 1/2 cup pumpkin
- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon cloves
- 1/4 teaspoon allspice
- 1 cup chocolate chip

### *Instructions*

In a bowl, cream shortening, sugar and egg. Beat well with mixer.

Remove beaters, stir in pumpkin and dry ingredients.

Blend well with wooden spoon.

Add chocolate chips and mix well.

Drop by spoonfuls onto greased cookie sheet.

Bake at 375 degrees for 15 minutes.

Cool and serve.

### *Recipe Notes*

Source: Shirley Taylor, Wahlquist Junior High School  
Food and Fitness

# Chocolate Waffle Drops

---

1/4 cup margarine, softened  
1/2 cup flour, plus 2 tablespoons  
1 egg  
1/2 teaspoon baking powder  
1/4 teaspoon cinnamon  
1/2 cup sugar  
1/2 teaspoon vanilla extract  
2 tablespoons cocoa  
1/4 teaspoon salt

## *Instructions*

Cream together, butter and sugar until fluffy.  
Add egg and vanilla beat well.

Stir together flour, cocoa, baking powder, salt and cinnamon: stir into creamed mixture. (mixture will be stiff)

Drop by teaspoon 2 inches apart on preheated waffle baker. Bake until done about 1 1/2 minutes.

Remove to rack to cool.

Sift powdered sugar over cookies.

## *Vanilla Waffle Drops:*

Prepare chocolate waffle drops except omit cocoa and cinnamon.

I use this in an electrical appliance lab. I use it with fried rice, apple crisp, and chocolate swirl ice cream.

## *Recipe Notes*

Source: Jodi Willson, San Rafael Junior High School  
TLC, 8th Grade Life Skills

# Chocolate Waffle Iron Cookies

---

2 squares unsweetened chocolate, melted  
1/2 cup margarine  
3/4 cup sugar  
2 eggs  
1 teaspoon vanilla extract  
1 cup flour

## *Instructions*

Melt chocolate and margarine in saucepan over low heat stirring constantly.

Beat eggs; add sugar and vanilla.

Mix with melted chocolate and add to flour. Mix to make a soft dough.

Place drops of dough 3-inches apart on waffle iron. Bake.

Cut the recipe in half for class.

## *Recipe Notes*

Source: Chris Judd, Layton High School  
Food for Life

# Cookie Monster's Cookie Dough

---

- 3/4 cup butter or margarine
- 1 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt

## *Instructions*

### Day 1:

Cream together butter or margarine and sugar. Add eggs and vanilla to butter/sugar combination and blend together. Sift flour onto waxed paper and add to creamed mixture along with sifted baking powder and salt. Stir until completely mixed, cover and place in refrigerator to chill.

### Day 2:

Take dough from refrigerator. Preheat oven to 350 degrees. Roll dough by teaspoonfuls into balls and place on cookie sheet, 2 inches apart. Using floured bottom of a glass, press the dough rounds to 1/4 inch depth.

Sprinkle with decors. Bake at 350 degrees for about 10 minutes. Remove from oven and cool on cooling racks.

This recipe can be cut in half.

## *Recipe Notes*

Source: Shauna Flint, Syracuse Junior High  
TLC, 8th Grade Life Skills, Food and Fitness

## Cookie Recipe - \$250

---

- 1 cup butter
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup flour
- 2 1/2 cups oatmeal flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda

### *Instructions*

To make oatmeal flour put oatmeal through a blender.

Mix all together.

Add 12 ounces of chocolate chips.

Add 3 ounces of a shaved Hershey bar and 1 1/2 cups of nuts.

Bake 375 degrees for 6-8 minutes.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

# Cyclops

---

- 1 cup margarine, soft, or butter
- 1 cup peanut butter
- 1 cup sugar
- 1 cup brown sugar, firmly packed
- 2 eggs
- 2 teaspoons vanilla extract
- 3 cups flour
- 2 teaspoons baking powder, double-acting
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 65 milk chocolate kisses

## *Instructions*

Preheat oven to 375 degrees.

Using a mixer, beat butter or margarine and peanut butter on medium speed for about 1 minute, or until blended. Add the granulated sugar and the brown sugar and beat until fluffy. Add the eggs and vanilla. Beat well.

In a medium mixing bowl stir together the flour, baking powder, salt and baking soda. With mixer on low speed, gradually add flour mixture to peanut butter mixture, beating well. If necessary, cover and chill about 1 hour for easier handling (or add a little extra flour). If too dry, add a little milk.

Using a #50 scoop, shape dough into 1-inch balls. Roll in additional sugar. Place about 2 inches apart on ungreased cookie sheet.

Bake for 9-11 minutes. Remove from oven and immediately press a chocolate kiss atop each cookie. With a pancake turner, lift cookies onto cooling rack.

You may need to reduce time to 8-10 minutes depending on oven.

A cyclop is a make-believe giant with one eye in the middle of its forehead.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food Service/Culinary Arts

# Fudge Bars

---

- 1 cup sugar
- 1/2 cup shortening
- 1/2 teaspoon salt
- 2 egg yolks
- 2 squares unsweetened chocolate
- 1 cup flour
- 1/2 cup milk
- 1 teaspoon vanilla extract
- 2 egg whites
- 1 cup chopped walnuts, optional

## *Instructions*

Preheat oven to 350 degrees. Melt chocolate in a double boiler or in a microwave oven. Cream together shortening and sugar. Separate eggs, making sure not to get any yolk in the whites. Set aside the whites. Add the yolks, salt and melted chocolate to the sugar and shortening mixture. Stir in flour, milk and vanilla until well blended. Beat the egg whites to stiff peaks and fold egg whites and nuts into the mixture.

Spread the dough in a greased 13x9x2-inch pan, 1/2-inch thick. (For 1/2 recipe use an 8x8x2-inch pan). Bake at 350 degrees for 20 minutes (for 1/2 recipe, bake for 15 minutes or until bars spring back when lightly touched).

## *Recipe Notes*

Source: Louise B. Hulet, Tooele High  
Food and Fitness



# Ginger Snaps

---

- 3/4 cup shortening
- 1/4 cup molasses
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1 cup sugar
- 1 egg
- 2 cups flour
- 1/2 teaspoon ginger
- 1/2 teaspoon salt

## *Instructions*

Cream shortening and sugar. Add egg and molasses. Beat well.

Mix remaining ingredients. Roll into 1 1/2" balls. Roll balls in sugar.

Bake at 325 for approximately 8 minutes.

## *Recipe Notes*

# Gingersnaps - Soft

---

3/4 cup shortening  
1 cup brown sugar  
1 egg  
1/4 cup molasses  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1 teaspoon ginger  
1/2 teaspoon cloves  
1/2 teaspoon salt  
2 1/4 cups flour

## *Instructions*

Combine shortening and brown sugar in bowl. Cream together. Add egg and molasses. Beat together

Add the remaining dry ingredients. Beat with electric mixer.

Chill for 1 hour (We don't take time in class to chill)

Roll into small balls. Roll in granulated sugar. Place on cookie sheet.

Bake at 375 degrees for 10-12 minutes. Do not overbake

## *Recipe Notes*

Source: Laurie Hansen, Carbon High School  
TLC, 8th Grade Skills

# Molasses Sugar Cookies

---

- 1 cup sugar
- 3/4 cup shortening
- 1/2 cup molasses
- 1 egg
- 2 cups flour, plus 2 tbsp.
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon ginger

## *Instructions*

Cream together sugar, shortening, molasses and egg.

Add in several stages: flour, soda and spices.

Lightly flour fingers and roll walnut-size pieces of dough into balls. Roll balls in sugar.

Place on greased cookie sheet. Bake at 350 degrees for 8-10 minutes. Cookies spread while cooking.

If a crisper cookie is desired, bake longer. Soft cookies require less cooking.

## *Recipe Notes*

Source: Jane Webecke, Davis Young Parents  
Food and Fitness

# Monster Cookies

---

- 2 sticks margarine, soft
- 2 cups brown sugar
- 2 cups sugar
- 6 eggs
- 1 teaspoon vanilla extract
- 1/4 cup corn syrup
- 3 cups peanut butter
- 4 teaspoons baking soda
- 9 1/2 cups oatmeal, regular
- 1 1/2 cups chocolate chips
- 2 cups M&M's

## *Instructions*

Cream margarine and sugars. Add eggs and cream together.

Add vanilla and corn syrup and blend well. Add the peanut butter, baking soda, and oatmeal one at a time blending after each ingredient.

Add chocolate chips with a wooden spoon.

Using a size 40 scoop, make cookie ball and place on an ungreased baking sheet. (12 on a large sheet and 9 on a small sheet) Press cookie dough down with palm of hand. Press 4-5 M&M's into each cookie.

Bake 11-12 minutes at 350 degrees. Let cookies sit on the cookie sheet a minute before transferring to cooling racks.

Yield: 94 cookies

(Name of the recipe reflects size of the batch)

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food Service/Culinary Arts

# Neiman-Marcus Cookies

---

- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 1 cup flour
- 1 1/4 cups oatmeal
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 ounces Hershey Bar, grated
- 6 ounces chocolate chips
- 3/4 cup nuts, chopped

## *Instructions*

Measure oatmeal and blend in a blender to a fine powder.

Cream the butter and both sugars.

Add egg and vanilla.

Mix in flour, oatmeal, salt, baking powder, and soda.

Add chocolate chips, Hershey bar and nuts.

Roll into balls and place 2 inches apart on a cookie sheet.

Bake 10 minutes at 375 degrees.

## *Recipe Notes*

Source: Cindy Gulbranson, Roy High School  
Food and Fit, Food for Life

## No Bake Cookies - Microwave

---

- 1/3 cup peanut butter, smooth
- 1/2 package oatmeal flour
- 1 1/2 cups marshmallows
- 1 cup chow mein noodles

### *Instructions*

In microwave combine peanut butter and chips, heat for 30 seconds or until melted.

Combine with marshmallows and chow mein noodles and stir.

Drop onto wax paper and cool.

### *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School

# No-Bake Oatmeal Clusters

---

- 1/4 cup milk
- 1 cup sugar
- 1 cup plus 1/2 tablespoon cocoa
- 1/4 cup butter
- 1 1/2 cups oatmeal
- 1/2 cup coconut
- 1/4 teaspoon vanilla extract
- 1 dash salt

## *Instructions*

1. In a small saucepan, bring sugar, cocoa, milk and butter to a boil.
2. Boil for 1 minute. DO NOT OVERCOOK!
3. Remove mixture from heat.
4. Add oatmeal, coconut, vanilla and salt.
5. Mix just until well blended.
6. Drop by spoonfuls onto a foil-covered cookie sheet.
7. Work quickly so mixture doesn't set up in pan.
8. Let cookies cool for 10-15 minutes.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
TLC

# Nu Yums

---

- 1/2 cup corn syrup
- 1/2 cup brown sugar
- 1/2 cup peanut butter
- 1/2 cup corn chex
- 1/2 cup Cheerios cereal
- 1/2 cup Special K cereal
- 1/2 cup salted peanuts
- 1/2 cup pretzels, stick

## *Instructions*

Bring corn syrup, brown sugar and peanut butter to a boil.  
Add remaining ingredients.  
Press gently into a buttered 9X9 pan.  
Cool and cut into squares.

## *Recipe Notes*

Source: Nancy Gudmundson, Alta High



# Oatmeal Cookies - Grandma's

---

- 1/2 cup shortening
- 1 tablespoon margarine
- 1/3 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup oatmeal
- 1/2 teaspoon vanilla extract

## *Instructions*

Preheat oven to 350 degrees.

In a large mixing bowl, cream shortening, margarine, sugar and brown sugar.

Add flour, salt, baking soda, and baking powder and mix.

Then add oatmeal and fully mix all ingredients.

Roll into balls and place on cookie sheet. Flatten slightly with a fork or palm of hand.

Bake in center of oven for 8-10 minutes.

## *Recipe Notes*

Source: Teri Cullimore, Mount Logan Middle School  
Life Skills

# Oatmeal Fudge Bars

---

- 1 cup margarine, soft
- 2 cups brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 2 1/2 cups flour
  - 1 teaspoon baking soda
  - 1 teaspoon salt
- 3 cups oats, rolled, quick cooking
- 2 cups chocolate chips
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup walnuts, chopped (optional )
- 1 can sweetened condensed milk

## *Instructions*

### Fudge Filling

Warm the filling ingredients: 2 c. chocolate chips, 1 can sweetened condensed milk, 2 T. margarine, 1/2 t. salt, 2 t. vanilla and 1 c. chopped walnuts. Stir until smooth and chocolate chips are melted. Scorches easily, watch the temperature. Set aside to cool.

### Oatmeal Mixture

Cream together the margarine and brown sugar. Mix in eggs and 2 t. vanilla. Combine the flour, 1 t. salt and baking soda. Gradually add to the creamed mixture. Add oats, stirring well.

In the bottom of a greased and floured (can use Pam) jelly roll pan (16"x12"), spread 2/3 to 3/4 of the oatmeal mixture. Cover with the chocolate filling leaving a 1/2" edge. (The chocolate spreads during baking.) Then dot with remaining oatmeal mixture.

Bake in a pre-heated 350 degree oven for 15-20 minutes. Do NOT overbake. It should be lightly browned.

Cool completely before cutting. Yields 24.  
(They are very rich so they can be cut smaller.)

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food Service/Culinary Arts

# Oreo Cookie

---

- 1 package devils food cake mix
- 1/4 cup water
- 1/4 cup cocoa
- 2 eggs
- 1 cup shortening
- 3 cups powdered sugar
- 1/4 cup milk
- 2 teaspoons vanilla extract

## *Instructions*

Preheat oven to 375 degrees. Grease a large cookie sheet with shortening.

Pour cake mix in a bowl, and add water and cocoa. Break eggs in a cup, beat slightly and add to cake mixture. Stir together with a spoon. Dough should be sticky, not runny.

Take spoonfuls of dough and roll into balls. Place them on the greased cookie sheet. Repeat until dough is gone.

Bake for 5-8 minutes. Place cookie sheet on cooling rack. Lightly press each cookie with the bottom of a glass that has been dipped in flour. Remove cookies from sheet.

Put 2 spoons of filling on each cookie. Place another cookie on top and lightly press together.

## *Filling:*

- 1 cup shortening
- 3 cups powdered sugar
- 1/4 cup milk
- 2 teaspoon vanilla.

In a medium bowl, combine filling ingredients and mix with electric mixer until light and fluffy.

## *Recipe Notes*

Source: Box Elder Middle School  
Life Skills

# Oreo Cookies

---

- 1/2 package chocolate cake mix
- 1/4 cup shortening
- 1 egg
- 2 ounces cream cheese
- 1 tablespoon margarine
- 1 cup powdered sugar, + 2 tablespoons

## *Instructions*

Mix the cake mix, shortening and egg together. Roll into walnut size balls.

Bake at 350 degrees for 10 minutes. Cool. Put two cookies together with frosting.

Frosting: Mix the cream cheese, margarine and powdered sugar together.

I use this in a NO talking lab in classroom management. It shows the students how important working together is and reading the recipe.

## *Recipe Notes*

Source: Sheree Lewis, Independence High

TLC, Life Skills, Food and Fitness, Food for Life, Food and Science

# Oreo's

---

- 1 package cake mix, devil's food
- 2/3 cup shortening
- 2 each eggs
- 1/2 cup margarine
- 1/2 cup shortening
- 1 teaspoon vanilla extract
- 5 tablespoons evaporated milk, unsweetened
- 5 cups powdered sugar
- 1/4 cup corn syrup
- 1/4 teaspoon food coloring, green
- 1 teaspoon mint extract, optional
- 1/8 teaspoon salt

## *Instructions*

Cream 2/3 c. shortening and 2 eggs together until light and fluffy. Add cake mix gradually until blended. Mix well.

Using a # 60 scoop, make balls (slightly rounded on bottom) and put on an ungreased cookie sheet, 4 rows across and 4 rows down.

Bake for 10 minutes at 350 degree. When you remove the cookies they will be puffy and may not look done. Leave the cookies on the sheet for 1-2 minutes. Carefully remove cookies to a cooling rack.

When cool first one cookie with buttercream icing (using # 50 scoop) and then put another cookie on top. You can also fill with ice cream using a # 40 scoop.

Cookies can be frozed and filled at a later date. They don't break as easily that way.

Buttercream frosting: Cream the 1/2 c. margarine and 1/2 c. shortening together. Add salt and vanilla. Gradually add powdered sugar and the evaporated milk. Blend well.

Add coloring and flavoring if desired. Add corn syrup and beat 2-4 minutes.

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food Service/Culinary Arts

# Peanut Butter Balls

---

- 1/2 cup chunky peanut butter
- 1 cup powdered sugar
- 1 cup rice krispies cereal
- 3 tablespoons butter or margarine, melted
- 1 Hershey Bar

## *Instructions*

Combine peanut butter, powdered sugar and cereal in a large bowl and mix together with a fork.

Melt butter or margarine and pour over ingredients in mixing bowl.

Mold mixture in bowl into small 1-inch balls using your fingers.

Melt Hershey Bar in double-boiler on stove.

Dip each ball into melted chocolate.

Place balls on a plate and put plate in refrigerator to chill.

## *Recipe Notes*

Source: Linda A. Stokes, South Jordan Middle  
TLC

# Peanut Butter Bar Cookies

---

2 1/2 tablespoons margarine  
1/4 cup peanut butter  
1/4 cup sugar  
1/4 cup brown sugar  
1 egg  
1/4 teaspoon salt  
1/2 teaspoon vanilla extract  
2/3 cup flour  
1/2 cup oatmeal

## *Instructions*

Preheat oven to 375 degrees

Add ingredients in order of recipe

Combine ingredients in Kitchen Aid mixer, use flat beater

Spread in 9 x 9 inch square pan (sprayed)

Bake 10-12 minutes

Cool in freezer

Spread with melted chocolate or frosting

## *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School  
8th Grade Life Skills

# Peanut Butter Bars - Reeces

---

- 1/2 cup margarine
- 1 1/3 cups powdered sugar
- 1 1/3 cups peanut butter
- 2 teaspoons vanilla extract
- 12 ounces chocolate chips

## *Instructions*

Mix peanut butter, margarine and vanilla, cream well.

Add powdered sugar and mix until quite firm.

Melt chocolate, spread half in a 9 x 9 buttered pan.

Spread peanut butter mixture on top then cover with remaining chocolate.

## *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness



# Peanut Butter Cookies

---

1/2 cup shortening  
1/2 cup peanut butter  
1/2 cup sugar  
1/2 cup brown sugar  
1 1/3 cups flour  
1/4 teaspoon salt  
1/2 teaspoon baking powder  
3/4 teaspoon baking soda  
1 egg

## *Instructions*

Cream shortening and sugars together.  
Add egg and mix until smooth.  
Add dry ingredients and mix.

Roll dough into balls and smash with a fork.  
Place on cookie sheet.

Bake at 350 degree for 10-12 minutes.

## *Recipe Notes*

Source: Rebecca Irving, Hunter Junior High School  
8th Grade Life Skills

# Peanut Butter Fingers

---

- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup brown sugar, firmly packed
- 1 egg, unbeaten
- 1/3 cup peanut butter
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup flour
- 1 cup oats
- 6 ounces chocolate chips
- 1/2 cup powdered sugar
- 1/4 cup peanut butter
- 2 tablespoons milk, up to 4 tablespoons
- 1/2 teaspoon baking soda

## *Instructions*

Cream together butter, sugar, and brown sugar.

Blend in egg, 1/3 cup peanut butter, vanilla, soda, and salt. Stir in flour and oats.

Spread in greased 13x9 inch pan.

Bake at 350 degree for 20-25 minutes.

Remove from oven and sprinkle with chocolate chips. Let stand 5 minutes.

Combine powdered sugar, 1/4 cup peanut butter, and milk mixing well.

Spread chocolate chips evenly and drizzle with peanut butter frosting mixture.

Cool and cut into bars.

## *Recipe Notes*

Source: Jane W. Hatch, Rich High School  
Food for Life

# Ranger Rick Cookies

---

1/2 cup shortening  
1/2 cup sugar  
1/2 cup brown sugar  
1 egg  
1 cup flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon baking powder  
1/2 teaspoon vanilla extract  
1 cup oatmeal  
1 cup rice krispies cereal  
1/2 cup coconut

## *Instructions*

Cream shortening and sugars. Add egg. Beat well. Sift together dry ingredients and add to creamed mixture. Stir in remaining ingredients. Drop by teaspoonful onto greased cookie sheet. Bake at 350 degrees for 10-12 minutes. Makes 2 dozen.

## *Recipe Notes*

Source: Shari Combe, Roy Junior High  
8th Grade Life Skills

# Rice Krispy Treats

---

- 1/4 cup butter or margarine
- 10 ounces marshmallows, or 4 c. miniature marshmallows
- 5 cups rice krispies cereal

## *Instructions*

Melt margarine or butter in large saucepan over low heat.

Add marshmallows and stir until completely melted. Stirring constantly, cook 3 minutes longer over low heat.

Remove from heat.

Add cereal and stir until well-coated. Cool slightly but not completely.

Butter your fingers and press warm mixture into large, butter pan.

## *Recipe Notes*

Source: Robin Gumbrecht, Sunset Junior High School  
8th Grade Life Skills

## S'more Bars - Microwave

---

- 1/3 cup light corn syrup
- 1 tablespoon butter or margarine
- 6 ounces milk chocolate chips
- 1/2 teaspoon vanilla extract
- 4 cups Golden Grahams cereal
- 1 1/2 cups miniature marshmallows

### *Instructions*

Place corn syrup and butter in a 3-quart casserole dish. Microwave on High for 1 to 1 1/2 minutes or until boiling. Stir halfway through cooking.

Add chocolate chips and vanilla. Stir until chocolate is melted.

Gradually fold in cereal and marshmallows until completely coated with chocolate.

Microwave on HIGH for 15-30 seconds or until marshmallows begin to soften. Stir to blend.

Pour into a buttered 9x9x2-inch pan. Let stand at room temperature for 1 hour. Cut into bars.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food for Life

# Shamrock Cookies

---

3/4 cup butter, softened  
2/3 cup sugar  
1/4 teaspoon salt  
1 egg  
1/4 teaspoon vanilla extract  
5 drops green food coloring  
2 cups flour

## *Instructions*

Cream butter and sugar, add egg, salt, flavoring and coloring.

Stir in flour, divide dough into 3 equal parts.

Shape each part into a tube about 1" thick by 8" long.

Roll the tube in green sugar until covered. (Can be stored wrapped in fridge for a week)

Slice into 1/4" thick circles and arrange 3 together on ungreased cookie sheet like a 3 leaf clover, use a few circles to cut stems.

Bake at 350 degrees for 8 minutes, cool.

You can make colored sugar by putting a few drops of food coloring in a ziplock baggie, adding sugar mixing until sugar is evenly green.

## *Recipe Notes*

Source: Lora Thompson, Centennial Middle School

# Snicker Cookies

---

- 1 cup butter
- 1 cup sugar
- 1 cup brown sugar
- 1 egg
- 1 cup peanut butter, smooth
- 3 cups flour
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 package snickers bar, bite size

## *Instructions*

Cream butter.

Add eggs and sugars. Mix well.

Add dry ingredients, mix well.

Seal entire Snickers (bite size) with dough.

Bake 350 degrees until golden brown approximately 9 to 10 minutes.

Flatten cookie immediately with a spatula. Let cool.

## *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center

# Snicker Doodles

---

- 1 1/4 cups flour, plus 2 tablespoons
- 1/4 teaspoon salt
- 3/4 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 cup margarine
- 1 egg

## *Instructions*

Turn oven on to bake 400 degrees.

Cream together sugar and margarine with electric beaters.

Add egg and cream together.

Stir in flour, salt, baking powder, blend together.

Form dough into balls about the size of a walnut and roll in cinnamon and sugar (mix cinnamon and sugar in small custard cup).

Place on ungreased cookie sheet.

Bake 8-10 minutes.

When you take cookies out place on cooling rack so they can cool.

## *Recipe Notes*

Source: Connie C. Sorensen, Timpanogos High School

Trudy Benson, Cedar Middle School

TLC, Food and Fitness, Food for Life



# Sugar Cookie

---

- 3/4 cup margarine
- 1 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons vanilla
- 3 1/2 cups flour
- 3 eggs

## *Instructions*

Cream sugar, margarine, eggs and vanilla. In another bowl mix baking powder, salt, and flour together. Add the dry to the wet ingredients. Chill for 1 - 1 1/2 hours.

Bake at 350 degrees for 8-10 minutes

## *Recipe Notes*

Source: Debra Adams, Rocky Mt. Jr.  
Food and Fitness

# Sugar Cookies - Great

---

1/4 cup margarine  
1/4 cup shortening  
1/4 cup sugar  
1/4 cup powdered sugar  
3/4 teaspoon vanilla extract  
1 egg  
1 1/2 cups flour  
1/4 teaspoon baking soda  
1/4 teaspoon cream of tartar  
1/4 teaspoon salt

## *Instructions*

Cream margarine, shortening, sugar and powdered sugar together until creamy and fluffy. Combine vanilla and egg with sugar mixture. Beat until creamy.

Combine the flour, soda, cream of tartar and salt. Blend into the creamy mixture.

Form into small balls and roll in a sugar/cinnamon mixture. Place on an ungreased cookie sheet. (Cookies can be flattened or left as a ball to bake.)

Bake at 375 degrees for 8-10 minutes.

## *Recipe Notes*

Source: Pam Brinkerhoff, Wayne Middle  
TLC

# Sugar Cookies - Overnight

---

- 2/3 cup shortening
- 3/4 cup granulated sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 4 teaspoons milk
- 2 cups flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt

## *Instructions*

Cream together shortening and sugar in a large mixing bowl. Add the egg, vanilla extract and milk to the creamed mixture.

Sift together flour, baking powder and salt onto a sheet of waxed paper. Add dry ingredients to the creamed mixture, a little at a time, stirring well after each addition.

Put dough in an airtight container or wrap in plastic. Refrigerate overnight.

Preheat oven to 350 degrees. Divide dough, rolling out 1/2 at a time. Roll between wax paper to keep from sticking.

Cut out cookies with cookie cutters or cut dough into desired shapes. Pick up cookies with a pancake turner and place on a cookie sheet, 2 inches apart.

Bake for 10 to 12 minutes.

Remove from oven and carefully place on cooling racks. Ice and decorate.

Makes 2 dozen (depending on size of cookies).

## *Recipe Notes*

Source: Shauna Flint, Syracuse Junior High  
TLC, Life Skills, Food and Fitness, Food for Life

# Sugar Cookies - Soft

---

- 1/3 cup sugar, plus 1/4 cup
- 1/3 cup shortening
- 1 1/3 cups flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 large egg
- 1/2 teaspoon vanilla extract
- 1/3 cup milk, or cream

## *Instructions*

Preheat oven to 375 degrees.

In a large bowl, cream the sugar and the shortening. Then add the egg. Beat well. Add vanilla and milk or cream. Sift dry ingredients into liquid ingredients and mix.

Use cookie scoop and drop onto a lightly greased cookie sheet.

Bake 7-10 minutes.

Do not overbake-they should not get really brown on top. When cookies are done, cool on a wire rack and frost.

## *Frosting:*

Mix with an electric mixer 1/4 cup margarine and 1/4 cup shortening or a 3-oz cream cheese (softened)

Add 1 1/2 cups powdered sugar

1 tablespoon milk or cream

1 teaspoon vanilla

1/4 teaspoon lemon juice

Dash of salt

Blend on low speed to begin with, then mix until smooth, if too thick add 1/4 cup powdered sugar, if too thick to spread add a little more milk.

Frost cookies and then sprinkle with colored sugar or other sprinkles.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School

# Super Chip Cookie

---

- 1/2 cup butter or margarine, softened
- 1/3 cup brown sugar, firmly packed
- 1/4 cup granulated sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 1/2 cups flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup chocolate pieces

## *Instructions*

Preheat oven to 375 degrees. Grease a cookie sheet. Cream butter and sugars together until creamy.

Beat in egg until well blended. Then, beat in vanilla.

Stir in flour, baking soda and salt.

Stir in chocolate pieces.

Drop cookie dough by rounded tablespoon, 2 inches apart, onto greased cookie sheet.

Bake 10-12 minutes. Remove immediately when done and place on cooling racks. (If using two cookie sheets, stagger them so they are evenly spaced from one another and at least two inches from oven walls. This allows the hot air to circulate around pans.)

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
TLC

# The Any Chip Cookies

---

1/4 cup margarine  
1/4 cup shortening  
1/2 cup brown sugar  
1/4 cup sugar  
1 egg  
3/4 teaspoon vanilla extract  
1 1/4 cups flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup chocolate chip, or any other kind

## *Instructions*

Cream together, with electric beater, margarine, shortening, brown sugar, and sugar.

Add to sugar mixture and cream together, egg and vanilla.

Add the remaining ingredients and beat together.

Drop by spoonful onto an ungreased cookie sheet.

Bake at 375 degrees 10-13 minutes, or until golden brown.

## *Recipe Notes*

Source: Trudy Benson, Cedar Middle School  
TLC

# Yummy Balls

---

- 2/3 cup peanut butter
- 2 cups marshmallows
- 2 tablespoons margarine
- 2 1/2 cups Cheerios cereal, or cereal of your choice

## *Instructions*

Put peanut butter, margarine, and marshmallows in microwave bowl.  
Cook one minute on high power  
Remove and stir well.  
Microwave on high power 30 seconds more.  
Remove and stir again.  
Stir in cereal. Mix well.  
Form balls and place on waxed paper.

## *Recipe Notes*

Source: Barbara Bushnell, Bountiful Jr.  
TLC

# Yummy Cookies - Microwave

---

- 3 cups miniature marshmallows
- 1/2 cup margarine
- 1/4 cup brown sugar
- 6 cups Special K cereal
- 1/2 cup coconut
- 1/2 cup chocolate chip
- 1 teaspoon vanilla extract

## *Instructions*

Mix marshmallows, margarine and brown sugar in microwave safe bowl. Microwave for 1 minute.

Stir in Special K, coconut, chocolate chips and vanilla.

Spread into a pyrex dish and cool for 30 minutes. This may also be eaten immediately.

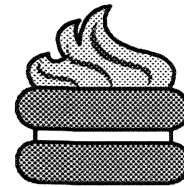
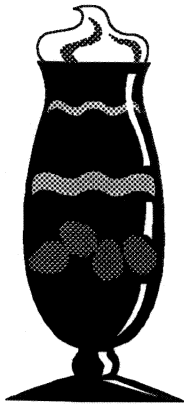
## *Recipe Notes*

Source: Val Huntington, Canyon View High School  
Food and Fitness, Food for Life



# Chapter 4

## Desserts





## Apple Crisp - Microwave

---

- 4 apples, peeled, sliced
- 1 cup brown sugar
- 1/2 cup flour
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 cup butter
- 1/2 cup oatmeal, quick

### *Instructions*

Mix everything except apples until crumbly

Grease a glass baking dish, layer apples in dish.

Sprinkle mixture on top, cover with plastic wrap.

Leave a small hole in wrap, microwave on high 7 minutes (check and see if apples are tender, if not microwave 3-5 minutes more).

Let stand 3 minutes, serve with cool whip or ice cream.

### *Recipe Notes*

Source: Lora Thompson, Centennial Middle School

# Apple Roll

---

- 2 cups flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons shortening
- 3/4 cup milk
- 1 1/2 cups sugar
- 2 cups water
- 3 cups apples, cut up
- 1 tablespoon butter
- 1/2 teaspoon cinnamon

## *Instructions*

Sift together flour, sugar, baking powder and salt. Finely cut in shortening

Slowly stir in milk enough to make soft dough.  
Set aside.

Place 1 1/2 cup sugar and 2 cups water in a metal 13x9 inch pan. Cook for 5 minutes or until sugar is dissolved.

Roll dough to 1/3 inch thick and spread with apples, dot with butter and sprinkle on the cinnamon. Roll into a long roll. Pinch edge into roll to seal.

Slice 1 1/2 inch pieces.

Place cut pieces side down in the pan of boiling syrup or lay entire roll in syrup.

Bake at 450 degrees for 20-25 minutes.

Serve warm with cream.

## *Recipe Notes*

Source: Terilee Herbon, Hunter High School  
Food Service/Culinary Arts

# Apple Crisp - Baked

---

- 5 medium apples, peeled, cored and sliced thin
- 1 tablespoon flour
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon
- 3/4 cup flour
- 1/2 cup sugar
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 1/4 cup vegetable oil

## *Instructions*

Preheat oven to 350 degrees.

Measure 3/4 cup flour and 1/2 cup sugar into a bowl. Measure baking powder and salt into the bowl. Add unbeaten egg and oil to dry mixture and mix with fork--if it is not crumbly add 1 tablespoon more of flour.

## *Filling:*

Wash, peel and core the apples then slice into thin slices into a glass bowl.

Add 1 tablespoon flour, 1 tablespoon sugar, cinnamon and stir. Cook in the microwave for approx. 2 minutes.

Put apples in 8 x 8 inch pan.

Sprinkle topping over apples in pan. Sprinkle cinnamon on top.

Cook for about 20-25 minutes.

Check after 20 minutes with a knife in the center, if it comes out clean and the apples are soft it is done.

## *Recipe Notes*

Source: Box Elder Middle School  
Life Skills

# Apple Crisp

---

- 3 medium apples, peeled, cored, quartered
- 1 tablespoon lemon juice
- 1/2 cup oats, quick
- 1/2 teaspoon cinnamon
- 1/4 cup flour
- 1/4 can margarine, chilled, cut into 6 pieces
- 1/4 cup brown sugar, plus 2 tablespoons

## *Instructions*

Preheat oven 375 degrees

Peel, core and quarter the apples  
Position disc in bowl with slicing side up and slice apples  
Empty apples into square baking pan  
Sprinkle lemon juice over apples  
Position knife blade in bowl

Measure and add remaining ingredients. Process until crumbly, about 10 seconds  
Crumble over apples

Bake until apples are tender about 30 minutes

Top with whipped cream

I use this with a small appliance unit. I use it with fried rice, chocolate swirl ice cream and chocolate waffle drops.

## *Recipe Notes*

Source: Jodi Willson, San Rafael Junior High School  
TLC, 8th Grade Life Skills, Food Service/Culinary Arts

## Apples - Old Fashioned Baked

---

- 4 apples
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon margarine

### *Instructions*

Wash and core apples.

Make shallow cut in skin completely around each apple, one inch from bottom (to keep skin from shrinking during cooking).

Place apples in casserole dish.

Combine ingredients, and stuff into the center of each apple.

Pour 1 cup water into the bottom of the casserole dish.

Cover.

Bake at 375 degree until tender about 45 to 60 minutes.

### *Recipe Notes*

Source: Connie C. Sorensen, Timpanogos High School  
Food and Fitness

# Baked Apples

---

- 6 apples
- 2 tablespoons pecans or walnuts, chopped
- 2/3 cup brown sugar
- 2 tablespoons raisins
- 6 tablespoons unsalted butter, cut into 6 pieces
- 6 cinnamon sticks, 3 inch

## *Instructions*

Preheat oven to 375 degrees.

Cut the top off each apple. Core and seed the apples; do not cut through the bottoms.

Blend together the nuts, brown sugar and raisins. Fill the apples with the mixture.

Dot with butter. Put a cinnamon stick in each apple.

Butter a baking dish. Put the apples in the dish and add 1/4 inch of water to the dish.

Bake until the apples are soft but still retain their shape (about 25 minutes).

Serve hot or warm with softly whipped cream.

## *Recipe Notes*

Source: Aimee Beck, Gerry Fairbanks, Bingham High  
Food Service/Culinary Arts, Food and Fitness, Food for Life



## Baked Apples- Microwave

---

- 4 medium cooking apples, washed and cored
- 4 tablespoons brown sugar
- 2 tablespoons margarine
- 1/4 teaspoon cinnamon

### *Instructions*

Make shallow cut in skin completely around each apple, one inch from bottom (to keep skin from shrinking during cooking).

Place each apple in custard baking cup.

Put brown sugar and butter in center of each apple.

Cover with wax paper. Microwave on High 3-4 minutes or until apples are tender.

### *Recipe Notes*

Source: Connie C. Sorensen, Timpanagos High School  
Food and Fitness

# Bird Nest Clusters

---

- 1 cup chocolate chip
- 1/4 cup peanut butter
- 2 cups chow mein noodles

## *Instructions*

Melt chocolate chips and peanut butter over low heat until completely melted. Add the chow mein noodles.

Mix the noodles with a fork until evenly coated with the chocolate/peanut butter mixture.

Lay a piece of wax paper on a cookie sheet.

Drop golf-ball size clusters on the covered cookie sheet to cool and set.

You may add a few colored candies as "eggs" to the nest.

## *Recipe Notes*

Source: Rebecca Irving, Hunter Junior High School  
8th Grade Life Skills

## Caramel Corn - Microwave

---

8 cups popped popcorn  
1/2 cup brown sugar  
2 tablespoons corn syrup  
1/4 cup margarine  
1/4 teaspoon salt  
1/4 teaspoon baking soda  
1/2 teaspoon vanilla extract

### *Instructions*

Combine brown sugar, corn syrup, margarine, and salt into a glass mixing bowl.

Microwave on HIGH for 45-90 seconds.

Stir.

Continue to microwave for 90 seconds, stirring every 30 seconds.

Add soda and vanilla to mixture and stir well.

Pour mixture over popcorn in the bag and shake well.

Microwave 45 seconds, shake bag.

Microwave 20 seconds more, shake.

Microwave 20 seconds more, shake.

Pour out on counter or cookie sheet to cool.

### *Recipe Notes*

## Caramel Corn - Miracle

---

- 2 gallons popcorn
- 1/2 cup margarine
- 1/2 cup light corn syrup
- 1 pinch baking soda
- 2 cups brown sugar
- 1 tablespoon water

### *Instructions*

Each student needs 2 medium-strength brown paper grocery bags. Place popped corn in the bottom of the 2 medium brown paper bags (1 bag has been placed inside the other). Bag should be about 1/3 full. Roll down the edges of the bag to the inside about 2 inches.

Melt butter in a saucepan; add brown sugar, corn syrup and water. Mix and place on medium/high heat. Stir constantly and bring to a hard boil. Add a pinch of soda. Remove immediately from heat and pour syrup over popped corn in paper bags. Close bag at top and shake carefully.

Then knead the bag with both hands over and over until the popcorn is well coated with syrup. The bag will get soggy but will last. Form into a ball or leave in a cluster.

Serve immediately or place in containers for storage. Popcorn may be frozen for several weeks.

### *Recipe Notes*

Source: Dixie Badger, North Layton Junior High

## Caramel Cream Dessert

---

- 5 ounces cream cheese
- 2 cups cool whip
- 1 jar caramel, topping
- 1/2 pound cake, cut into 1/2" cubes
- 1/2 cup pecan, chopped
- 1 can peach slice, canned, 30 oz.
- 1 package raspberry

### *Instructions*

In a large bowl, beat cream cheese until fluffy, add 1/2-3/4 cup caramel and whipped topping.

Beat together until well blended.

Use a trifle bowl. Place cubed pound cake in the bottom of the bowl until covered. Drizzle caramel over the cake.

Spread half of the cream cheese mixture over the pound cake and caramel. Place half of the peaches and raspberries over the cake.

### *Recipe Notes*

Source: Brighton High

## Cheesecake - New York High Fat

---

- 1 tablespoon margarine, melted
- 3 square graham crackers
- 3 ounces cream cheese
- 3 tablespoons sugar
- 1/4 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 egg

### *Instructions*

Preheat oven to 325 degrees

### **CRUST:**

Melt margarine in covered dish in microwave. In a plastic bag with a rolling pin, crush crackers into crumbs. Mix crumbs and margarine. Spray individually-sized pie tin with pan spray. Press crumb mixture evenly into bottom and up the sides of pie tin. Set aside.

### **FILLING:**

Place softened cream cheese in small bowl. With small electric mixer, beat in sugar, vanilla, and lemon juice. Blend until smooth. Add egg and beat well. Pour into crumb-lined pie tin. Set tin on a light cookie sheet and bake for 30 minutes.

Refrigerate several hours before serving.

Makes 1 individual cheesecake (4 slices); approximately 42 calories per slice.

Compare to Low Fat New York Cheesecake.

(See Cheesecake - New York Low Fat recipe)

### *Recipe Notes*

Kathy Stevens, West Jordan High  
Food and Fitness

## Cheesecake - New York Low Fat

---

- 1 square graham crackers
- 3 ounces light cream cheese
- 1/4 cup sugar
- 1/4 cup nonfat cottage cheese
- 1 tablespoon flour
- 1/4 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 tablespoon egg

### *Instructions*

Preheat oven to 325.

### CRUST:

In a plastic bag with a rolling pin, crush cracker into crumbs. Spray individual-sized pie tin with pan spray. Sprinkle crumbs into bottom of pie tin. Set aside.

### FILLING:

In a blender combine the cream cheese, sugar, cottage cheese, flour, vanilla and lemon juice. Process until smooth. Add egg and process until just blended. Slowly pour mixture over crumbs in pan.

Bake 30 minutes or until cheesecake is set so that knife comes out clean.

Refrigerate several hours before serving.

Makes 1 individual cheesecake (4 slices); approximately 7 calories per slice.

Compare to High Fat New York Cheesecake.

(See Cheesecake - New York High Fat recipe)

### *Recipe Notes*

Kathy Stevens, West Jordan High  
Food and Fitness

# Cheesecake - Quick Cherry

---

- 5 graham crackers, crushed
- 2 tablespoons margarine, melted
- 2 teaspoons sugar
- 4 ounces cream cheese
- 1 cup whipped cream topping
- 1/2 teaspoon lemon juice
- 2 tablespoons powdered sugar
- 1 can cherry pie filling, canned, or fresh fruit

## *Instructions*

Crush graham crackers and mix with melted margarine and 2 teaspoon sugar. Press firmly in bottom of 6 custard cups or an 8x8 inch pan. Bake 5 minutes in a 350 degree oven. Allow crust to cool before adding filling.

## *Filing:*

Cream together softened cream cheese and whipped topping. Add lemon juice and powdered sugar and mix with an electric mixer until smooth and creamy. Spread cream cheese mixture over the cooled graham cracker crust. Spoon pie filling or put fresh fruit on the top of cream cheese mixture.

## *Variation:*

### *Chocolate Cheese Cake*

Add 1 teaspoon cocoa or melted semi-sweet chocolate to cream cheese mixture.

### *Chocolate Crust;*

Use chocolate wafers instead of graham crackers to make the crust.

Use 10 individual chocolate wafers instead of 5 graham crackers.

## *Recipe Notes*

Source: Brighton High School



## Cheesecake - Sweet

---

- 8 ounces cream cheese
- 1 can sweetened condensed milk
- 1/2 cup lemon juice, bottled
- 1 teaspoon vanilla extract
- 1 9-inch graham cracker pie crust

### *Instructions*

Beat cream cheese until light and fluffy. Add sweetened condensed milk and blend in. Stir in lemon juice and vanilla. Pour into pie crust. Chill at least two hours or overnight if possible. Good served with canned cherries, apples or berries.

### *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

# Cheesecake Biscuits - Caramel Apple

---

- 1 roll of biscuits
- 3 ounces cream cheese, softened
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- 1/2 apple, peeled & chopped
- 2 tablespoons chopped nuts, optional
- 1/4 cup caramel topping

## *Instructions*

Preheat oven to 375 degrees. Roll each biscuit to 3 inches in diameter. Blend together cream cheese, sugar and vanilla until smooth. Spread cheese mixture on biscuits, sprinkle with apple and nuts and drizzle caramel topping across top of apples. Bake 15 minutes or until golden brown.

## *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

## Cheesecakes - Mini

---

- 6 each vanilla wafers
- 4 ounces cream cheese
- 3 tablespoons sugar
- 1 each egg
- 1/4 teaspoon vanilla extract
- 1 teaspoon lemon juice

### *Instructions*

Place one vanilla wafer in each of the six muffin cups in a muffin pan.

In a mixing bowl combine cream cheese with sugar, eggs, vanilla and lemon juice.

Beat until light and fluffy. Spoon cream cheese mixture on top of the vanilla wafers to 2/3 full.

Bake at 350 degree for 15-20 minutes.

Cool overnight in the refrigerator.

### *Recipe Notes*

Source: LeeAnn Bitner, Alta High

## Churros - Fritters

---

- 1 1/4 cups flour, sifted
- 1/2 cup butter
- 1 cup water
- 3 eggs, slightly beaten

### *Instructions*

Heat water and butter together to boiling.

Remove from heat and gradually add flour.

Return to heat stirring constantly, until dough no longer adheres to the spoon.

Remove from heat and gradually add eggs, blending thoroughly.

Put dough into a pastry bag or cookie super shooter, using a star tip.

Heat cooking oil in an electric wok.

Squeeze dough in lengths of 8 to 10 inches into hot oil.

Fry to a golden brown. Drain on a paper towel and sprinkle with sugar or cinnamon/sugar while warm.

### *Recipe Notes*

Source: Linda A. Stokes, South Jordan Middle  
8th Grade Life Skills, Food and Fitness

# Cold Peach Strawberry Soup

---

- 1 peach, peeled and sliced
- 1 cup strawberries, fresh or frozen, sliced
- 8 ounces yogurt, peach flavored
- 2 tablespoons sugar
- 2 tablespoons lemon juice

## *Instructions*

In food processor bowl with metal blade or blender container, combine all ingredients.

Process until smooth.

Pour into a medium bowl. cover and refrigerate 1-2 hours or until thoroughly chilled.

Spoon into soup bowls, garnish with lemon slices and or fresh mint springs.

## *Recipe Notes*

Source: Terilee Herbon, Hunter High School  
Food Service/Culinary Arts

# Cookie Basket

---

- 1/4 cup butter
- 1/4 cup brown sugar
- 1/4 cup corn syrup
- 3 1/2 tablespoons flour
- 1/2 cup almonds, finely chopped
- 1 teaspoon vanilla extract

## *Instructions*

Melt butter and add sugar and corn syrup.

Stir over high heat until it boils.

Remove from heat.

Add flour, almonds and vanilla.

Spray cookie sheet with pan.

Pour large spoonful of batter on diagonal corners of the cookie sheet.

Bake at 325 degree for 10 minutes.

Remove from oven and stand by while cookies begin to cool. As soon as it is moldable, shape over a small tupperware cup and cool.

Fill with scoop of ice cream and top with fruit or hot fudge.

## *Recipe Notes*

Source: Terilee Herbon, Hunter High School  
Food Service/Culinary Arts

# Corn Flake Easter Baskets

---

- 2 tablespoons butter or margarine
- 20 large marshmallows
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon green food coloring
- 2 cups corn flakes
- 15 jellybeans

## *Instructions*

In a large microwave safe bowl place 2 tablespoons butter or margarine and marshmallows. Microwave on HIGH for 30-40 seconds.

Remove from microwave and stir with a heavy plastic stirring spoon. Return to microwave and cook 20 seconds more. Stir.

If butter or marshmallows are not melted, microwave 10 seconds at a time until they are melted.

Add vanilla, food coloring and corn flakes to melted mixture. Quickly stir in.

Drop by spoonfuls onto a cookie sheet covered with wax paper and sprayed with vegetable spray.

Create a pile of corn flakes for each person in the group. Have each person grease their fingers before shaping piles into nests. Work quickly so mixture does not set up. Place three jelly beans in each nest. Set aside to finish cooling.

Note: Corn flake Christmas wreaths can be made using the same ingredients. Shape the corn flake piles into wreaths and place red hots on wreaths to look like berries.

## *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

# Crackerjacks

---

- 1 pound brown sugar
- 1/2 cup corn syrup
- 1/4 teaspoon salt
- 1/4 cup butter
- 1/2 teaspoon baking soda
- 2 quarts plain yogurt

## *Instructions*

Combine sugar, syrup, salt and butter. Boil for 5 minutes. Add baking soda and pour over popped corn. Place on a jellyroll pan. Bake at 250 degrees for 20 minutes. Cool.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness



# Dirt Cups

---

- 1 cup milk, cold
- 3 ounces instant pudding, chocolate
- 1 cup whipped cream topping
- 1 chocolate, cookie, per person

## *Instructions*

Crushed chocolate cookie one per person

One small cup per person

Pour cold milk into bowl. add pudding mix.

Beat with wire whisk until well blended. Let pudding stand 5 minutes.

Stir whipped topping into pudding until well mixed.

Fill small cup about 3/4 full with pudding mixture.

Top each cup with a crushed chocolate cookie.

Put cups into refrigerator to chill until set, about 1 hour.

Place gummy worm on top of dirt, serve.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School  
Food and Fitness, Food and Science

# Egg Custard

---

- 2 large eggs
- 1/2 cup sugar
- 1 dash salt
- 2 cups milk
- 1 teaspoon vanilla extract

## *Instructions*

In a small, but heavy saucepan, beat together eggs, sugar and salt.

Add milk to egg mixture.

Stirring constantly with a wooden spoon, cook custard 15-20 minutes over low heat until it coats the back of a metal spoon.

Remove from heat and add vanilla.

Place pan in a bowl of ice water and stir until cool.

## *Recipe Notes*

Source: Nancy Gudmundson. Alta High School

## Frozen Dessert

---

- 1 package graham cracker, crushed
- 2 tablespoons margarine, melted
- 1 tablespoon sugar
- 1 6 oz. can evaporated milk, unsweetened
- 1/2 teaspoon Kool-Aid, any flavor
- 1/2 cup sugar

### *Instructions*

To make crushed graham crackers, place in ziploc baggie and then crush with rolling pin.

Mix together crumbs, melted margarine, and 1 tablespoon sugar, spread in bottom of an 8 x 8 pan.

Reserve some crumbs to place on top of whipped milk

Whip CHILLED (make sure the canned milk is chilled or it will not whip) evaporated milk until foamy.

When foamy, add Kool-Aid and 1/2 cup sugar fold together. Do not over mix or you will lose the foam you created.

Spread over graham cracker crust

Sprinkle reserved crumbs over top

Place in freeze and freeze 4-6 hours or until firm.

### *Recipe Notes*

Source: Laurie Hansen, Carbon High School

# Fruit Baskets

---

- 2 large shredded wheat biscuits
- 1/4 cup coconut
- 1 tablespoon brown sugar
- 1/4 cup margarine, melted

## *Instructions*

Crumble shredded wheat biscuits; stir in coconut and sugar. Drizzle with melted margarine; toss to coat.

Line six 6-ounce muffin cups with foil. Press mixture onto the bottoms and up the sides of lined cups. Bake in a 350 degree oven about 10 minutes or until crisp. Cool in cups. Remove from cups by lifting foil. Peel foil off baskets.

Cut up fruit, if necessary (apples, bananas, pears, berries, plums, peaches, or melon). Top with vanilla yogurt (or banana-strawberry yogurt). Sprinkle sparingly with nutmeg or cinnamon (optional).

## *Recipe Notes*

Source: Sandy Embry, South Summit Middle School  
TLC, 8th Grade Life Skills, Food for Life

## Fruit Pizza - With Pineapple Glaze

---

- 1/2 cup margarine
- 3/4 cup sugar
- 1 egg
- 1/2 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 3/4 cups flour
- 8 ounces cream cheese, softened
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2 teaspoons pineapple juice
- 1 cup pineapple juice
- 1 tablespoon cornstarch

### *Instructions*

#### **Crust:**

Using an electric hand mixer, cream margarine and sugar. Add egg. Beat together. Combine soda, cream of tartar, and flour. Add to creamed mixture, using a wooden spoon. Press into a greased 12 or 14 inch pizza pan. Bake 15-17 minutes at 350 degrees.

#### **Filling:**

Using an electric hand mixer, mix together cream cheese, 1/2 c. sugar, 1 tsp. vanilla and 2 tsp. vanilla and spread on cooled crust. Arrange well-drained fruit in a decorative circular pattern on chilled filling, working from outside toward center.

#### **Glaze:**

Dissolve cornstarch in 1 cup pineapple juice, using wire whip. When completely dissolved, bring to a boil and cook until slightly thickened (about 1 minute). Pour over fruit. This keeps the fruit from turning brown. Chill before serving.

Light cream cheese may be used and you can omit the glaze to save time.

### *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High Food and Fitness

## Fruit Pizza - Easy

---

- 1 1/2 cups vanilla wafers, crumbs
- 1/3 cup powdered sugar
- 6 tablespoons margarine
- 1/2 cup whipped cream topping

### *Instructions*

Melt butter in microwave safe bowl.

In bowl, combine wafers, sugar and butter. Mix.  
Press mixture onto bottom of a pie pan.

Spread whipped topping over crust.

Arrange fresh or drained canned fruits in circles on topping.

### *Recipe Notes*

Source: Rebecca Irving, Hunter Junior High School  
8th Grade Life Skills

## Fruit Pizza - Fantastic

---

- 1/4 cup margarine
- 1/4 cup shortening
- 3/4 cup sugar
- 1 egg
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 cups flour, plus 2 tablespoons
- 1 teaspoon cream of tartar

### *Instructions*

Cream margarine, shortening, and sugar together.

Add remaining ingredients and mix with flat beater.

Press onto sprayed pizza pan and bake 8-10 minutes in a 375 degree oven.

Cool.

Top with whipped cream and fruit of your choice .

### *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School  
Food and Fitness

## Fruit Pizza - Fresh

---

- 1/2 box white cake mix, approximately 1 3/4 cups
- 2 tablespoons sugar
- 1 egg
- 2 tablespoons butter
- 2 tablespoons water
- 4 ounces cream cheese
- 8 ounces whipped cream toppings
- 1/4 cup sugar

### *Instructions*

Mix first five ingredients with a mixer and spread on a cookie sheet or pizza pan that has been sprayed with PAM

Bake at 350 degrees for 15-20 minutes or until light golden brown

Cool

When cool, mix cream cheese, whipped topping, and sugar and spread on top of crust

Top this with 3 different kinds of sliced fruit

### *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness



## Fruit Pizza - Great

---

- 1/4 cup butter
- 1/4 cup shortening
- 1/4 cup sugar
- 1/4 cup powdered sugar
- 1 egg (2 tablespoons)
- 3/4 teaspoon vanilla extract
- 1 cup flour, plus 2 tablespoons
- 1/4 teaspoon baking soda
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt

### *Instructions*

#### **Crust:**

Cream together butter, shortening, sugar, powdered sugar, egg and vanilla.

Add the rest of the ingredients. Mix together well.

Spread dough evenly on a 12-inch pizza pan.

Bake at 375 degrees for 10-12 minutes.

Allow to cool.

#### **Topping:**

Cover entire cookie with 3 ounces cream cheese. Layer will be very thin. Cover with whipped topping. Arrange fruit of your choice on top of pizza. Suggested fruits include: apples, oranges, mandarin oranges, pineapple, kiwi fruit, bananas, cherries, grapes, pears, peaches, melons, etc. Cut and serve pizza.

### *Recipe Notes*

Source: Cindy Gulbranson, Roy High  
Food and Fitness, Food for Life

## Fruit Pizza - Individual

---

- 2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup shortening
- 3/4 cup lowfat vanilla yogurt
- 1 large egg
- 2 tablespoons orange juice
- 2 tablespoons sugar

### *Instructions*

Cover baking sheet with parchment paper. Combine flour, 1/2 cup sugar, baking powder and salt. Stir in shortening until mixture resembles coarse crumbs. Combine yogurt and egg. Stir into flour mixture to form a soft dough. On floured surface pat dough to 1/2-inch thickness.

Cut eight shapes with 3 1/2-inch cookie or biscuit cutter. Arrange on baking sheet. Brush with egg and sprinkle with additional sugar.

Bake 13-15 minutes at 375 degrees until golden brown. Do not overbake. Cool.

Combine fruits (raspberries, blueberries, sliced strawberries, sliced peaches or others of choice), orange juice and sugar. To serve, hollow out centers of cakes and fill with fruits.

### *Recipe Notes*

Source: Dixie Badger, North Layton Junior High  
9th Grade Food and Fitness

## Fruit Pizza - With Cake Mix

---

- 1/2 package lemon cake mix
- 1/3 cup graham cracker crumbs
- 1/4 cup butter or margarine, softened
- 2 tablespoons eggs
- 4 ounces cream cheese, softened
- 1/3 cup sugar
- 1 cup whipped cream topping

### *Instructions*

Preheat oven to 350 degrees. Place about 4 large graham crackers in a plastic bag and crush with a rolling pin to make crumbs. Measure out 1/3 cup.

In a mixing bowl, combine cake mix, cracker crumbs and softened margarine. Beat at low speed until crumbly. Blend in egg. Press onto an ungreased pizza pan. Bake for 15 minutes or until golden brown. Put in refrigerator to cool.

Beat cream cheese until fluffy. Gradually add sugar. Carefully fold in cool whip. Spread on cooled pizza crust.

Choose 4 or 5 of the following fruits and arrange on top of the crust:

- 1 banana
- 1/2 red apple, sliced with skin still on
- 1/2 cup pineapple tidbits
- 1/2 kiwifruit
- 1/2 cup peach slices
- 1/2 cup strawberries
- 1/2 cup green grapes

Cut into wedges before serving.

### *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

## Fruit Pizza - With Fruit

---

- 2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup shortening
- 3/4 cup lowfat vanilla yogurt
- 1 large egg
- 2 tablespoons orange juice
- 2 tablespoons sugar

### *Instructions*

Cover baking sheet with parchment paper.

Combine flour, 1/2 cup sugar, baking powder, soda and salt. Cut-in shortening until mixture resembles coarse crumbs. Combine yogurt and egg. Stir into flour mixture to form a soft dough.

On floured surface pat dough to 1/2 inch thickness. Cut 8-10 shapes with a 3 1/2 inch cookie or biscuit cutter.

Arrange on baking sheet. Brush with egg and sprinkle with additional sugar.

Bake 13-15 minutes at 375 until golden. Do not overbake. Cool.

FRUIT: raspberries, blueberries, sliced strawberries, sliced peaches, mandarin oranges, pineapples, Kiwi, apple or others.

Combine fruits, orange juice and sugar. To serve, hollow out centers of cakes and fill with small amount of cheesecake filling, then top with fruits.

### CHEESECAKE FILLING:

- 12 ounce pkg cream cheese
- 1 can sweetened condensed milk
- 1/3 cup lemon juice

Beat all ingredients together.

### *Recipe Notes*

LaDonna D. Davis, North Layton Junior  
8th Grade Life Skills

# Fudgesicles

---

- 3 ounces chocolate pudding, (non-instant)
- 1/3 cup sugar
- 3 cups milk
- 1 cup whipping cream

## *Instructions*

Cook pudding, sugar and milk over a double boiler until slightly thickened. Remove from heat and add cream, cool slightly. Pour into molds and freeze.

## *Recipe Notes*

Source: Connie Wyckoff, Northwest Middle School  
TLC, 8th Grade Life Skills

# Ice Cream - Chocolate Swirl

---

- 1 cup whipping cream
- 1 cup half & half
- 1/2 cup sugar
- 2 teaspoons vanilla extract
- 1/4 cup chocolate syrup

## *Instructions*

Combine all ingredients. Stir until sugar is dissolved.

Freeze as follows:

Put freezer cover in place. Position cream canister in ice bucket.

Layer ice and salt solution as follows:

Pour 1 cup cold water into ice bucket.

Place 1 inch layer of ice around canister.

Sprinkle 1/4 cup rock salt on ice.

Continue layering ice and salt to the top.

Pour 1 cup cold water on top ice layer.

Remove freezing cover.

Insert paddle and put mixing cover in place.

Place ice bucket cover on ice bucket. Latch!

Turn on unit (canister should rotate easily.)

As ice melts, add more ice. For each 1 cup of ice cubes added, add 1/4 cup salt

Process until desire consistency is reached.

Do not let motor turn after canister stops. Motor will be damaged.

Add 1/4 cup chocolate syrup and let canister rotate one turn.

I use this in a small appliance lab. I use it with fried rice, apple crisp and chocolate waffle drops.

## *Recipe Notes*

Source: Jodi Willson, San Rafael Junior High School  
TLC, 8th Grade Life Skills

## Ice Cream - Country Style Vanilla

---

- 1 quart milk
- 2 cups sugar
- 1/4 cup flour
- 1 teaspoon salt
- 4 eggs
- 1 tablespoon vanilla extract
- 1 1/2 quarts half & half

### *Instructions*

Scald milk, stirring constantly with a wire whip. Mix sugar, flour and salt. Stir 1 cup hot milk into the sugar and flour mixture to make a thick paste. Slowly stir paste into hot milk.

Cook over low heat stirring constantly, until mixture thickens slightly, about 15 minutes.

Add 2 cups hot mixture to beaten eggs, stirring constantly. Slowly stir egg mixture into milk mixture. Stir and cook over low heat, stirring constantly until mixture thicken, about 2 minutes. (Using a wire whip for the entire process will help prevent scorching and lumps)

Cool quickly in the refrigerator or sink of cold water. Add vanilla and half and half to the cooked mixture and pour into freeze can. Fill only 2/3 full to allow room for expansion.

Freeze according to directions for your freezer.

Makes 1 gallon.

### Variations:

Chocolate - stir in 1 1/4 cups chocolate syrup with the half and half.

Strawberry - Increase sugar by 1/2 cup for a total of 2 1/2 cups. Stir in 26 ounces of frozen thawed strawberries with the half and half.

### *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High Food and Fitness

# Ice Cream - In A Can

---

- 1 cup milk
- 1 cup whipping cream
- 1/2 cup sugar
- 1/4 teaspoon vanilla extract
- 1/2 cup rock salt

## *Instructions*

Put the milk, whipping cream, sugar, vanilla and any nuts or fruit desired in a 1-pound coffee can with a tight plastic lid.

Place the can with ingredients inside a 3-pound can with a tight-fitting plastic lid.

Pack larger can with crushed ice around smaller can. Pour at least 1/4 cup rock salt evenly over ice. Place lid on 3-pound can.

Roll back and forth on a table or cement slab for 10 minutes.

Open outer can. Remove inner can with ingredients. Remove lid. Use a rubber spatula or knife to stir mixture; scrape sides of can. Replace lid.

Drain ice water from larger can. Insert smaller can, pack with ice and 1/4 cup more rock salt as before.

Roll back and forth for 5 more minutes.

Makes about 3 cups.

## *Recipe Notes*

Source: Ruth Dallas, Taylorsville High  
Food and Fitness



## Ice Cream - In A Tin Can

---

- 1 cup milk
- 1 cup whipping cream
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract

### *Instructions*

Put all ingredients in a 1-pound coffee can with a tight-fitting plastic lid. Place lid on can.

Place can with ingredients inside a #10 can with a tight-fitting plastic lid.

Pack larger can with crushed ice around smaller can.

Pour at least 3/4 cup of rock salt evenly over ice. Place lid on #10 can.

Roll back and forth on a table or cement slab for 10 minutes. Open outer can. Remove inner can with ingredients.

Remove lid. Use a rubber spatula to stir up mixture; scrape sides of can. Replace lid.

Drain ice water from larger can. Insert smaller can; pack with more ice and salt.

Roll back and forth for five more minutes.

Makes about 3 cups.

### *Recipe Notes*

Source: Teri Cullimer, Mount Logan Middle School  
Life Skills

# Ice Cream - Snow

---

- 1 cup powdered sugar, sifted
- 1 cup cream
- 1 tablespoon vanilla extract

## *Instructions*

Mix together and add enough new clean snow to make the consistency of ice cream. This ice cream is grainier than regular ice cream but has a great flavor.

I usually use this as a demonstration and give everyone a small taste.

## *Recipe Notes*

Source: Janice Wuckert, Oquirrh Hills Middle School  
Food and Science, Food Service/Culinary Arts

## Ice Cream - Strawberry

---

- 1 cup strawberries, crushed
- 1 egg
- 1/2 cup sugar
- 3/4 cup milk
- 3/4 cup whipping cream
- 1/8 teaspoon almond extract
- 1 pinch salt

### *Instructions*

In a large mixing bowl, beat egg until foamy. Gradually add sugar. Beat until thickened. Add milk, cream, almond extract and salt. Blend in strawberries. Chill. Churn and freeze.

### *Recipe Notes*

Source: Ruth Dallas, Taylorsville High  
Food and Fitness

## Ice Cream - Vanilla/ Mint Cho. Chip

---

- 8 eggs
- 4 1/2 cups sugar
- 6 cups whipping cream
- 3 tablespoons vanilla
- 1/2 teaspoon salt
- 12 cups milk
- 2 tablespoons peppermint extract
- 12 ounces chocolate chips, Hershey's mini choc. chips

### *Instructions*

Beat eggs and blend in sugar, whipping cream, vanilla, salt and milk. (Add peppermint extract if making mint chocolate chip)

Pour into ice cream freezer.

Using approximately 2 bags of ice and 4 c. of rock salt, alternate 2 inches of ice and a handful of rock salt. Turn on freezer.

Freeze 5 minutes and add chocolate chips.

Freeze until freezer stops. Cure (let sit in the ice) 20 minutes.

If you have some left, put it in a plastic container and freeze. It freezes well.

### *Recipe Notes*

Source: Debra Adams, Rocky Mt. Jr.

Food and Fitness

# Ice Cream -Tin Can

---

- 1 cup cream
- 1 cup milk
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract

## *Instructions*

Mix ingredients together in 1 quart zip-lock bag. If desired, add fruit for flavor. Put bag inside large can. Pack crushed ice around bag. Pour 1/2 cup rock salt over crushed ice. Secure lid over can. Roll for 10 minutes. Undo lid and mush bag with hands. Add more ice if needed, secure lid and roll for 5 more minutes. Cut hole in corner of bag after all salt has been removed. Squeeze ice cream out hole. Serve in cups.

## *Recipe Notes*

LaDonna D. Davis, North Layton Junior  
8th Grade Life Skills

## Ice Cream -Tuity Fruity

---

- 1/3 cup whipping cream
- 1 cup whole milk
- 1/3 cup evaporated milk
- 1/2 cup sugar
- 1/2 lemon, juice from
- 1/2 orange, juice from
- 1/4 cup crushed pineapple
- 1/2 banana, mashed
- 1/4 cup maraschino cherry, cut-up
- 1/2 cup strawberries, cleaned and mashed

### *Instructions*

Stir sugar and canned milk together in a large bowl.

Add the juice from the lemon and orange. Add all other fruit. Mix well.

Add whipping cream and milk. Pour into a clean ice cream freezer.

Chill. Churn and freeze.

### *Recipe Notes*

Source: Ruth Dallas, Taylorsville High  
Food and Fitness

# Lasagna - Apple Breakfast

---

- 1 cup sour cream
- 1/3 cup brown sugar
- 12 slices french toast, frozen
- 1/2 pound ham, sliced, broiled
- 2 cups cheese, Sarento 3 cheese blend
- 1 can pie filling, 20 oz. (apple)
- 1 cup granola, with raisins

### *Instructions*

In a small bowl blend sour cream and brown sugar, chill.

Place 6 slices of french toast in the bottom of a greased 9x13 inch baking pan. Layer ham, 1 1/2 cups of cheese and the remaining 6 slices of french toast. Spread apple pie filling over the top. Sprinkle with granola.

Bake at 350 degrees for 25 minutes. Top with remaining 1/2 cup cheese and bake 5 minutes or until cheese is melted.

Serve with the sour cream mixture.

### *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High  
Food for Life

# Layered Dessert

---

- 1/2 cup flour
- 1/4 cup margarine, soft
- 2 1/4 ounces whipped cream toppings
- 4 ounces cream cheese
- 1/2 cup powdered sugar
- 1 package instant pudding, small
- 1 cup whipped cream topping

## *Instructions*

This desert is made in four layers.

First layer: Combine flour and soft margarine. Press into an 8 x 8" pan. Bake at 325 degrees until light brown.

Second layer: Mix together 2 1/4 oz whipped topping , cream cheese and powdered sugar.

Layer cream cheese mixture onto cooled crust.

Third layer: Following directions on package mix up pudding. Layer pudding onto cream cheese mixture.

Fourth layer: Layer remaining whip topping onto pudding. Refrigerate until set, about 3 hours.

Cut and serve.

## *Recipe Notes*

Source: Connie Wyckoff, Northwest Middle School  
Life Skills



## Popcorn - Caramel Microwave

---

- 1 cup unpopped popcorn
- 1 cup brown sugar
- 1/2 cup corn syrup
- 1 cup margarine
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda

### *Instructions*

Pop the corn and put it in a double layer paper bag.

Place ingredients in glass bowl and microwave on HIGH until mixture boils (approximately 3 min. 20 sec). Stir, place back in microwave and boil for 2 more minutes. Remove from microwave and stir in baking soda until mixture is light and foamy, then immediately pour over popped popcorn in paper bag; shake thoroughly. Put paper bag in microwave and microwave on HIGH for 2 minutes. Remove and shake again. Place bag back in microwave and cook 2 more minutes. Remove from microwave and shake thoroughly. Pour popcorn onto lightly greased cookie sheet. Let cool. Popcorn will harden as it cools.

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

# Popcorn - Cinnamon

---

- 2/3 cup corn syrup
- 2/3 cup margarine
- 1 cup sugar
- 1/4 teaspoon cinnamon oil
- 1/4 teaspoon food coloring, red
- 1 dash salt
- 1 gallon popcorn, popped, non-buttered

## *Instructions*

Bring corn syrup, margarine, sugar and salt to a boil. Boil 1 minute.

Add oil of cinnamon and food coloring. Pour over a large bowl of non-buttered popped popcorn.

## *Recipe Notes*

Source: Debra Adams, Rocky Mt. Jr.  
Life Skills, Food and Fitness

# Popcorn - Pick And Choose

---

1/4 cup unpopped popcorn

## *Instructions*

Pop corn (approx. 4-6 cups popped).

Place popped corn in a large mixing bowl. Toss with one of the following seasonings:

**PARMESAN:** Stir together 2 Tablespoons melted margarine, 2 Tablespoons grated Parmesan cheese, and 1 tablespoon finely snipped parsley. Toss with warm, popped popcorn.

**TACO:** Stir together 2 tablespoons melted margarine, and 1 teaspoon taco seasoning mix. Toss with warm popped popcorn.

**CHEESE:** Stir together 2 tablespoons melted margarine and 1 tablespoon grated American cheese. Toss with warm popped popcorn.

Drop some Cheese Popcorn into the Taco Popcorn and voila - Taco-Cheese Popcorn!

## *Recipe Notes*

Source: Sandy Embry, South Summit Middle School  
TLC, 8th Grade Life Skills

## Popcorn Balls - Fruit Flavored

---

- 6 quarts popcorn
- 1 cup sugar
- 3 ounces Jello
- 1 cup corn syrup

### *Instructions*

Heat sugar, fruit-flavored jello, corn syrup and a dash of salt over medium heat, stirring constantly. Bring syrup to boil; boil 1 minute. Make sure sugar is dissolved. Pour over popped corn. Toss lightly. (Popcorn can be measured into a brown paper grocery bag. Then pour the syrup over it and shake the bag to mix.) Form into balls or press into buttered angel food cake pan.

### *Recipe Notes*

Sharon Monday, Hunter Junior High  
Elaine Miller, Evergreen Junior High

# Popcorn Balls - Grandma Waldram's

---

2 cups granulated sugar  
1 cup butter  
1/4 cup vinegar  
1/2 cup corn syrup  
2 tablespoons water  
5 1/2 quarts popcorn, popped

## *Instructions*

Combine sugar, butter, vinegar, syrup and water in a 3-quart saucepan.

Cook until syrup reaches a softball stage (240 degrees).

Pour over popped corn stirring constantly to evenly distribute.

Grease hands with butter and while syrup and corn are still fairly hot, shape into medium-size balls.

Place on wax paper and let cool completely.

Makes approximately 10-15 balls.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food and Fitness

## pudding - Apple

---

- 1/4 cup margarine
- 1 cup sugar
- 1 egg
- 1 cup flour
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon baking soda
- 2 1/2 cups raw apples, peeled & grated
- 1/2 cup chopped nuts
- 3 tablespoons hot water
- 1 teaspoon vanilla extract

### *Instructions*

Cream shortening and sugar. Add egg. Sift flour, salt, spices and soda together. Add to creamed mixture. Then add apples, water, nuts and vanilla to mixture.

Bake in a 9 x 9-inch pan at 375 degrees for 45 minutes. Serve warm with sauce.

Can top with whipped topping.

### *Sauce*

Combine 3 tablespoons butter, 1 cup water, 1 1/2 tablespoons cornstarch, 1/2 cup sugar, 1/4 teaspoon nutmeg, 1/4 teaspoon cinnamon and 1 teaspoon vanilla in a saucepan. Cook and stir all ingredients until thickened and clear.

### *Recipe Notes*

Source: Jane Webecke, Davis Young Parents  
Food and Fitness

## Rhubarb Crunch

---

- 4 cups rhubarb, cut 1" thick pieces
- 1/2 cup sugar
- 1 tablespoon flour
- 1 teaspoon orange peel, grated
- 3/4 cup flour
- 3/4 cup brown sugar
- 1 dash salt
- 1/4 cup butter or margarine
- 1/2 cup sour cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla extract

### *Instructions*

Combine rhubarb, white sugar, 1 tablespoon flour and orange peel. Place into an 8 1/4-inch by 1 3/4-inch baking dish.

Combine 3/4 cup flour, brown sugar and salt. Cut in butter. Sprinkle on top of rhubarb. Bake at 350 degrees for 40-45 minutes.

Serve warm. Combine sour cream, powdered sugar and vanilla. Spoon on top of each serving.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food for Life

## Sparkling Sorbet / Strawberry Sauce

---

- 1 cup sugar
- 1 1/2 cups water
- 1 1/4 cups sparkling wine
- 2 tablespoons lemon juice
- 2 pints strawberries, cleaned and de-stemmed
- 1/4 cup sugar
- 1 tablespoon cornstarch

### *Instructions*

Boil 1 cup sugar and 3/4 cup of water for 2 minutes. Cool.  
Add sparkling wine, 3/4 cup of water and lemon juice.  
Place mixture into chilled bowl and freeze.  
After frozen put mixture in food processor to blend until smooth. Refreeze.

### *Strawberry Sauce:*

Purée strawberries with a hand blender or food processor.  
Heat three-fourths of puréed strawberries and 1/4 cup sugar to a slow simmer.  
Mix cornstarch and remaining strawberries thoroughly.  
Add cornstarch mixture to heated mixture. Simmer until thickened.  
Cool. If needed, thin with a little sparkling wine.

To serve, spoon sauce in large wine glass. Place a scoop of sorbet in center.  
Garnish with mint sprig or fresh strawberry.

### *Recipe Notes*

Source: Barbara Harrison, Copper Hills  
Food and Fitness, Food Service/Culinary Arts



# Strawberry Trifle

---

- 2 1/2 tablespoons vanilla instant pudding
- 1/2 cup sour cream
- 1/2 cup milk
- 1 teaspoon orange peel, grated
- 1 cup whipping cream, whipped
- 1/4 10-inch tube angel food cake, cut in cubes
- 2 cups strawberries, sliced

## *Instructions*

In a large mixing bowl place instant pudding, sour cream, milk and orange peel. Beat at low speed, scraping bowl often, until thick and well mixed (1 to 2 minutes). By hand, fold in whipped cream. In glass bowl, place 1/2 of the cake pieces, 1/3 of sliced strawberries and 1/2 of pudding mixture. Repeat layers. Arrange remaining strawberries on top. Cover; refrigerate at least 2 hours.

## *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food for Life

# Surprise Lab

---

- 2 tablespoons margarine
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 4 large marshmallows
- 4 canned crescent rolls

## *Instructions*

Preheat oven to 400 degrees.

Grease a muffin pan with cooking spray.

Melt margarine in a small cup in the microwave.

In another cup, combine the sugar and cinnamon.

Roll the marshmallow in the melted margarine completely coating.

Next roll the marshmallows in the sugar/cinnamon mixture.

Wrap each marshmallow in a biscuit, hiding the marshmallow completely inside the biscuit. Seal the edges of the biscuit by pinching together.

Place the biscuit with the pinched edges down in the muffin cups.

Place a small sheet of foil under the pan in the oven to catch any spills which might occur during baking.

Bake at 400 degrees for 8-10 minutes or until biscuits are golden brown.

## *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
TLC

# Yogurt Cups

---

3/4 cup flour  
1/4 cup margarine  
3 tablespoons powdered sugar  
3 teaspoons water  
1 cup yogurt

## *Instructions*

Heat oven to 375 degrees.

Mix flour, margarine and powdered sugar until crumbly; sprinkle in water, 1 teaspoon at a time, stirring until dough forms.

Press about 3 tablespoons of dough in bottom and up side of each 4 ungreased 6 ounce custard cups to within 1/2 inch of top.

Bake until golden brown, 10 to 12 minutes; let cool 10 minutes.

Carefully remove from cups with a small metal spatula; let cool completely on wire rack.

Fill each cup with 1/3 cup of yogurt (any flavor); garnish with fresh fruit if you like.

## *Recipe Notes*

Source: Rachel Gonzales, Lakeridge Junior High  
TLC, 8th Grade Life Skills

# Yummy O's Nutritious Snack

---

2/3 cup peanut butter  
2 cups marshmallows  
2 tablespoons margarine  
2 1/2 cups Cheerios cereal

## *Instructions*

Put the peanut butter, marshmallows, and margarine in microwave safe mixing bowl and place in microwave oven for one minute on high power.

Remove from microwave and stir ingredients with the wooden spoon to blend. Return to microwave for 30 seconds more on high power.

Remove from microwave and stir ingredients until smooth.

Add cereal and stir.

Form mixture into 1 1/2 inch balls and place on waxed paper until cool.

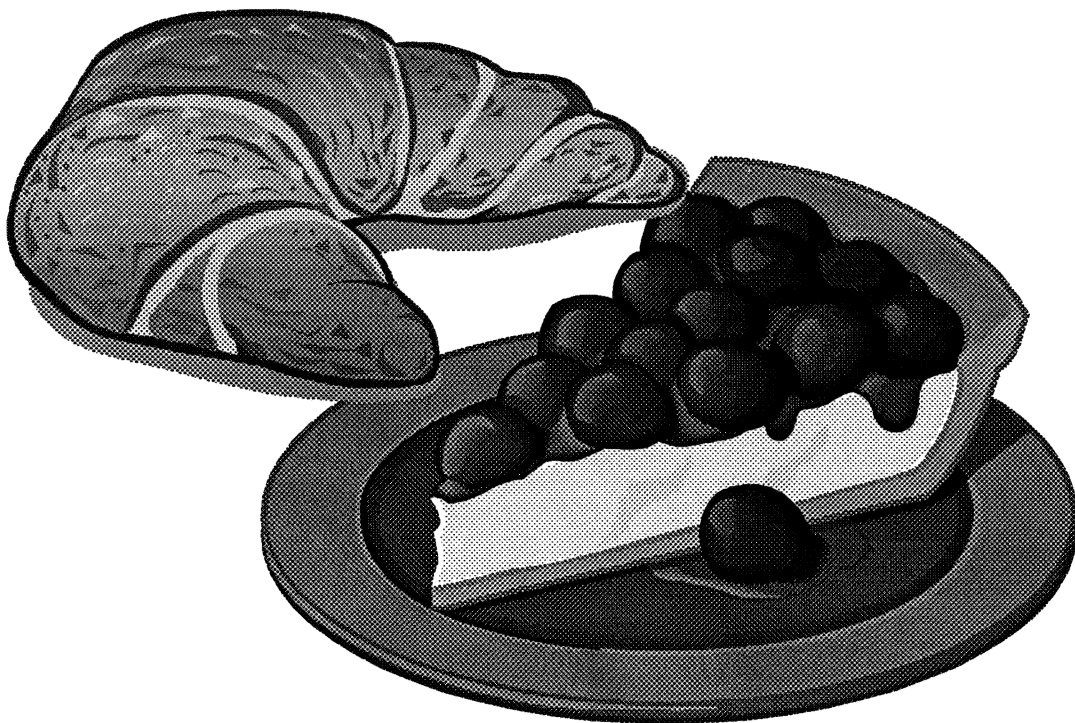
Variations--other ingredients can be added with the cereal: raisins, chocolate chips, etc.

## *Recipe Notes*

Source: Box Elder Middle School  
Life Skills

# Chapter 5

## Pastries, Pies, Puddings



# Eclairs

---

- 1/2 cup water
- 1/4 cup margarine
- 1/2 cup flour, unsifted
- 2 eggs
- 3 ounces instant pudding, vanilla or chocolate
- 1 cup milk
- 1/2 cup whipped cream topping
- 1/2 teaspoon vanilla extract
- 1 tablespoon cocoa
- 1 tablespoon butter
- 1 tablespoon milk
- 1/2 cup powdered sugar
- 1/2 teaspoon vanilla extract

## *Instructions*

Heat water and butter to rolling boil  
Stir in flour all at once over low heat  
Beat until ball is formed  
Take off heat, beat in eggs one at a time  
Spoon onto cookie sheet

Bake at 400 degrees for 35 minutes

## Filling:

Mix pudding, 1 cup milk and 1/2 teaspoon vanilla. Fold in whipped topping

## Chocolate Glaze

Melt cocoa and butter together  
Take off heat and stir milk, powdered sugar and vanilla  
Drizzle over eclair

## *Recipe Notes*

Source: Mary Christensen, Cedar High School  
Food and Fitness

# Pastry Shells - Puff

---

- 1 cup flour
- 1/8 teaspoon salt
- 1 tablespoon sugar
- 1 cup water
- 1/3 cup butter
- 3 eggs

## *Instructions*

Preheat oven to 400 degrees

Mix together the flour, salt, and sugar set aside.

Place in a heavy saucepan, water and butter.

Bring to a boil, add the flour mixture in one fell swoop and stir quickly with a wooden spoon. It looks rough at first, but suddenly becomes smooth at which point you stir faster. In a few minutes the paste becomes dry and does not cling to the spoon or the sides of the pan, and when the spoon is pressed on it light, it leaves a smooth imprint. DO NOT OVERCOOK OR OVERSTIR.

Remove from heat and add one egg at a time, beating vigorously after each egg is added (have the eggs at room temperature.)

Gently spoon on to cookie sheet or use a pastry tube.

Bake for 12 minutes then turn oven down to 375 degrees for 25 minutes.

## FILLING

Mix pudding using 1/4 cup less milk than recommended on box. (Optional: gently stirring whipped topping into mixed pudding) Fill puffs with pudding.

## FROSTING

1 cup powdered sugar

1/8 teaspoon salt

2 tablespoons butter

1 tablespoon cocoa

1 tablespoon water

Cream butter, salt and cocoa. Add powdered sugar and water. Add more or less water as needed.

## *Recipe Notes*

Source: Vickie Bingham, South Davis Junior High School

## Pastry - Crescent Cream Cheese

---

- 2 cans crescent roll dough
- 1 egg white, beaten
- 8 ounces cream cheese
- 1/2 cup sugar
- 1 teaspoon lemon juice
- 1 egg
- 1 can crushed pineapple, well drained

### *Instructions*

Remove dough from one can and place on a well-greased cookie sheet. Pinch the perforations together.

Mix together the cream cheese, sugar, lemon juice, egg yolk and crushed pineapple together.

Place half of the cream cheese mixture down the center of the dough.

Make 8-10 cuts about an inch apart on an angle on both sides of the dough.

Fold the dough slices alternately from side to side over the top of the cream cheese filling. Brush with the egg white to seal the slits. Sprinkle with a mixture of cinnamon and sugar.

Make a second roll with the other can of dough and the remaining cream cheese mixture.

Bake at 375 degrees for 15 minutes.

### *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High  
Food for Life



# Pie - Chocolate

---

- 1 package graham cracker
- 4 tablespoons sugar
- 6 tablespoons margarine
- 1 package instant pudding, vanilla
- 1 package instant pudding, chocolate
- 2 cups milk
- 2 cups vanilla ice cream

## *Instructions*

To make crust, crush the graham crackers and add sugar.

Melt the margarine and stir into graham cracker mixture.

Press into pie tin.

Bake at 350 degrees for 10 minutes

## **FILLING**

Mix 2 cups milk with pudding mixes.

Add ice cream, mix.

Pour into crust.

Top with whipped topping.

## *Recipe Notes*

Source: Mary Christensen, Cedar High School  
Food and Fitness

## Pie - Double Crust

---

2 1/2 cups flour  
1 cup shortening  
1/2 teaspoon salt  
1 egg  
1 teaspoon vinegar  
1/2 cup water

### *Instructions*

Turn oven to 425 degrees.

In a medium bowl stir flour and salt together.

Add shortening and cut in with pastry blender until mixture looks like small peas.

In a small bowl mix water, vinegar and egg.

Add water mixture to flour mixture. Mix carefully until it forms a ball.

Cut dough in half. Roll out on floured counter top. Carefully place in pie tin, trim dough to pie tin edge.

Put in fruit filling, spread evenly.

Roll out other half, fold and make slits for steam to escape.

Place on top of filling, trim dough leaving 1/2 inch overhang. Tuck extra dough under bottom crust. Scallop edges.

Bake for 30-35 minutes or until golden brown.

### *Recipe Notes*

Source: Anita Jolley, Cedar Middle School  
8th Grade Life Skills

# Pie - Fresh Strawberry

---

- 3 tablespoons cornstarch
- 2/3 cup sugar
- 1 package koolaid, strawberry flavored
- 1 cup water
- 2 boxes strawberries

## *Instructions*

Blend together the starch, sugar and koolaid. Stir in water. Bring to boil stirring constantly. Boil 1 minute.

Remove the pan from the heat and place into 4--5 inches of cold water in the sink to let cool.

Wash strawberries and remove hulls. Slice the large berries into 1/8 inch wide slices.

When thickened mixture is cooled stir in the strawberries, but reserve the smaller berries to place on the top.

Put the thickened strawberries into an 8 inch pastry shell and allow to setup.

Place the whole berries on top of pie.

Slice the pie and serve with mounds of whipped cream.

## *Recipe Notes*

Source: Emalee Meyer and Annette Adams, Bear River Food and Fitness, Food for Life

# Pie - Frozen Peanut Butter

---

- 1 Chocolate Crunch Crust
- 8 ounces cream cheese, softened
- 1 can sweetened condensed milk
- 3/4 cup peanut butter
- 2 tablespoons lemon juice, bottled
- 1 teaspoon vanilla extract
- 1 cup whipped cream topping

## *Instructions*

### CHOCOLATE CRUNCH CRUST

In heavy sauce pan, over low heat, melt 1/3 cup margarine and 1 (6 oz.) package semi-sweet chocolate chips.

Remove from heat, gently stir in 2 1/2 cup toasted rice cereal until completely covered.

Press on bottom and up side of buttered 9 inch pie plate. Chill 30 minutes.

### FILLING

In a large mixer bowl, beat cheese until fluffy, gradually beat in sweetened condensed milk then peanut butter until smooth.

Stir in lemon juice and vanilla.

Fold in whipped topping, turn into prepared crust.

Drizzle topping over pie.

Freeze 4 hours or until firm. Return leftovers to freezer.

Use chocolate fudge ice cream topping to drizzle.

## *Recipe Notes*

Source: Box Elder Middle School

# Pie - Lemon Meringue

---

- 1 cup sugar
- 1/4 cup corn starch
- 1 cup water
- 2 egg yolks
- 2 tablespoons margarine
- 1 teaspoon lemon peel
- 1/3 cup lemon juice
- 2 drops yellow food coloring

## *Instructions*

Heat oven to 400 degrees. Mix sugar and cornstarch in a saucepan. Gradually stir in water.

Cook over medium heat until mixture thickens and boils. Boil 1 minute. Gradually stir half the mixture into egg yolks which have been beaten. Add back to pan. Boil 1 minute.

Remove from heat; stir in butter, lemon peel, lemon juice and food coloring.

Pour into pie shell.

## Meringue

- 2 egg whites
- 1/4 teaspoon cream of tartar
- 1/4 cup sugar
- 1/4 teaspoon vanilla

Beat egg whites and cream of tartar until foamy. Beat in sugar, 1 tablespoon at a time. Continue beating until stiff and glossy.

Do not underbeat.

Beat in vanilla.

Spread over warm pie filling. Seal to crust.

Bake in 400 degree oven until peaks are golden brown.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High School

## Pie - Pecan

---

- 1 cup flour
- 1/3 cup shortening
- 1/2 teaspoon salt
- 4 tablespoons water
- 1/4 cup butter
- 2/3 cup light brown sugar
- 2/3 cup light corn syrup
- 2 beaten eggs, at room temp.
- 1 tablespoon flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 2/3 cup pecan

### *Instructions*

Unbaked pastry shell:

Mix 1 cup flour and salt together. Cut in shortening with pastry blender until particles are pea-sized. Add ice water 1 tablespoon at a time tossing lightly with a fork; don't stir. (If mixture is too dry to stick together, add another tablespoon of water.)

Form a ball with dough and roll out on lightly floured cloth to 1/8-inch thick. Fold in half and gently lay in 9-inch pan. Unfold; turn edges under and flute or crimp. Fill with pecan pie filling.

Pecan Pie Filling:

Cream together butter and brown sugar in large mixing bowl until light and fluffy. Add corn syrup to butter mixture and whip by hand. Add eggs to sugar mixture.

Combine flour, vanilla and cinnamon and add to sugar mixture. Pour into unbaked pastry shell. Arrange pecans on top of pie.

Bake at 350 degrees for 50 minutes.

### *Recipe Notes*

Source: Aimee Beck, Gerry Fairbanks, Bingham High  
Food Service/Culinary Arts, Food and Fitness, Food for Life

# Pie Crust And Cream Filling

---

- 1/3 cup shortening
- 1 cup flour
- 1/2 teaspoon salt
- 3 tablespoons cold water

## *Instructions*

In a medium mixing bowl, stir together flour and salt. With pastry blender, cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the water over the mixture; gently toss with a fork. Continue sprinkling water, 1 tablespoon at a time until mixture is moistened and forms into a ball when pressed together. Add 1 additional tablespoon of cold water if necessary.

On lightly floured surface roll out dough to 1/8 inch thick; transfer to pie pan. Make decorative edge if desired. Prick bottom and sides with a fork. Bake at 375 for 10-15 minutes or until edges are light brown.

## CREAM FILLING:

- 1 package instant pudding
- 1 1/2 cup milk
- 1 cup whipped topping

In medium bowl, mix together pudding mix and milk. Fold in whipped topping. Pour into pre-baked pie shell. Chill 10 minutes or until set. Serve.

(You may reserve some of the whipped topping to put on top of your finished pie.)

## *Recipe Notes*

Sharon Monday, Hunter Junior High

## Pie Filling - Fresh Strawberry

---

- 1 package Danish Dessert Pie Filling, strawberry flavored
- 1 2/3 cups water, cool
- 3 cups strawberries, sweetened, sliced
- 1 cup whipping cream, whipped

### *Instructions*

Wash, stem and slice strawberries. Sugar with powdered sugar to taste. Blend well.

Stir contents of package into 1 2/3 cups cool water in medium size (2 qt) saucepan. Bring to a full boil, stirring with a wire whip.

When the mixture begins to thicken, it will begin to change color (gets darker red).

At this point switch from using the wire whip to using a long handled spoon.

Turn the heat down so mixture won't splatter and boil 1 minutes, stirring constantly. Cool slightly. Fold in sliced strawberries.

Pour into baked and cooled pie crust.

Chill 3 to 4 hours or until firm. Garnish with whipped cream or whipped topping.

### *Recipe Notes*

Source: Louise Chamberlain, Wood Cross High School  
Food for Life, Food and Fitness



## Pie Filling - Vanilla Microwave

---

- 1 cup milk, scalded
- 1/2 cup milk, unscalded
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 1 dash salt
- 1/2 cup sugar
- 2 egg yolks
- 1 teaspoon vanilla extract
- 1 tablespoon butter or margarine

### *Instructions*

Remove dough from one can and place on a well-greased cookie sheet. Pinch the perforations together.

Mix together the cream cheese, sugar, lemon juice, egg yolk and crushed pineapple together.

Place half of the cream cheese mixture down the center of the dough.

Make 8-10 cuts about an inch apart on an angle on both sides of the dough.

Fold the dough slices alternately from side to side over the top of the cream cheese filling. Brush with the egg white to seal the slits. Sprinkle with a mixture of cinnamon and sugar.

Make a second roll with the other can of dough and the remaining cream cheese mixture.

Bake at 375 degrees for 15 minutes.

### *Recipe Notes*

Source: LeAnn Behunin, Parowan High  
Food and Fitness, Food for Life

# Pie Pastry

---

2 cups flour  
1 teaspoon salt  
2/3 cup shortening  
5 tablespoons water

## *Instructions*

Mix together flour and salt.

Cut in shortening with pastry blender until pieces look like small peas.

Sprinkle water, 1 tablespoon at a time over mixture. (May use up to 7 tablespoon of cold water).

Mix with a fork until it forms a ball.

Roll out and place in pie pan.

## *Recipe Notes*

Source: LeeAnn Bitner, Alta High School

## pudding - Chocolate

---

- 1/2 cup sugar
- 2 tablespoons cocoa
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 2 cups milk
- 2 teaspoons vanilla extract

### *Instructions*

In a double boiler combine sugar, cocoa, cornstarch and salt. Gradually blend in milk. Cook mixture over medium heat, stirring constantly until thick. Remove from heat and add vanilla. Chill, if possible.

### *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

## pudding - Chocolate Tapioca

---

2 tablespoons tapioca  
1 teaspoon cocoa  
2 tablespoons sugar  
1 dash salt  
1 egg, beaten with fork  
1/4 teaspoon vanilla extract  
1 1/2 cups milk

### *Instructions*

Put into a large sauce pan, tapioca and cocoa

Add and mix sugar and salt

Add beaten egg and vanilla

Stir in milk

Stir constantly over medium heat until tapioca comes to a full boil. Remove from heat. Cool

### *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness

## pudding - Rice

---

- 1 cup rice, regular long grain, uncooked
- 3 cups milk, low fat
- 2 tablespoons brown sugar, packed
- 2 tablespoons raisins, chopped
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/2 cup milk

### *Instructions*

Heat all ingredients except 1/2 cup milk to boiling in 2 quart saucepan, stirring occasionally; reduce heat to medium.

Cook 18-20 minutes, stirring occasionally, until rice is tender and all milk is absorbed; remove from heat.

Cover and let stand 5 minutes.

Stir in 1/2 cup milk.

Serve warm or chilled.

### *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, and Arlene Lloyd, Jordan High School

Food and Fitness, Food for Life, Food and Science

## pudding And Pie Filling - Cream

---

2 cups milk  
1/2 cup sugar  
1/4 teaspoon salt  
3 tablespoons cornstarch  
2 egg yolks  
1 tablespoon butter  
1/2 teaspoon vanilla extract

### *Instructions*

Scald 1 1/2 cups milk. Mix cornstarch with sugar and salt. Add remaining 1/2 cup cold milk and blend until smooth. Add some of the hot milk to the cold mixture, then stir cold mixture into hot milk. Cook over medium/high heat, stirring continuously until thickened.

Beat egg yolks slightly with a fork. Stir some of the hot pudding into the beaten egg yolk. Then stir egg mixture into rest of hot pudding. Return pudding to heat and stir continuously for 2-3 minutes. Add butter and vanilla and pour into individual dessert dishes to cool or into baked pastry shell.

Cover pudding with a piece of plastic wrap, letting the wrap touch the pudding while cooling to prevent skin formation on surface.

### VARIATIONS:

**Butterscotch** - Substitute 3/4 cup brown sugar for granulated sugar. Increase butter to 3 tablespoons. Color with 1/2 tablespoon caramel syrup or 1/2 teaspoon molasses, if desired.

**Chocolate** - Melt 1/2 oz. unsweetened chocolate in milk while it is being scalded. Beat with an egg beater to blend.

**Banana Cream** - Add 1 sliced banana to bowls or pie shell. Cool pudding slightly before pouring into bowls or pie shell.

**Coconut Cream** - Fold 1/2 cup moist shredded coconut into pudding before pouring into bowls or pie shell.

### *Recipe Notes*

Source: Janet Anderson, Manti High Food and Fitness

## pudding - Vanilla Cream

---

- 2 cups milk
- 3/4 cup sugar
- 1/3 cup flour
- 1/4 teaspoon salt
- 2 eggs, beaten
- 2 tablespoons margarine
- 1 teaspoon vanilla extract

### *Instructions*

Heat milk to scalding. While milk is heating, mix together sugar, flour and salt in a small bowl.

When milk is scalded, whip sugar mixture into milk using a wire whisk. Continue cooking milk mixture on medium heat, stirring continuously with a wooden spoon. Cook until mixture starts to boil.

Remove from heat. Using a wire whisk, whip about 1 cup of milk mixture into beaten eggs. Then pour egg mixture back into pan.

Whip constantly with wire whisk to prevent lumps. Then cook an additional 3 minutes stirring with the wooden spoon.

Remove from heat and stir in margarine and vanilla. Cool slightly and pour into bowl or pie shell.

Choose either bananas, chocolate chips or coconut to add to pudding after it is made.

### *Recipe Notes*

Source: Pam Brinkerhoff, Wayne Middle  
8th Grade Life Skills

# Tart - Cream Cheese

---

- 4 ounces cream cheese
- 3 tablespoons sugar
- 1/2 teaspoon lemon juice
- 1/2 egg, (about 1 tablespoon)

## *Instructions*

Place in mixing bowl and beat with mixer until fluffy and smooth.  
Place a vanilla wafer on bottom of cupcake paper in muffin tin.  
Place rounded side up. Spoon cheese filling on top, dividing equally to make 6.  
Bake at 350 for 15-20 minutes.  
Remove from heat and refrigerate.

For filling you make your own or use canned fruit. Place 1 tablespoon in each tart.

## *Recipe Notes*

Source: Shirley Taylor, Wahlquist Junior High School  
Food and Fitness



## Tarts - Refrigerator Biscuits

---

- 1 can refrigerator biscuits
- 1/2 cup margarine, melted
- 1 cup sugar, + 2 t. cinnamon
- 1 cup pie filling, canned

### *Instructions*

Preheat oven to 450 degrees.

Dip each biscuit into melted margarine, then roll in the cinnamon sugar mixture and place on a well greased cookie sheet.

With the bottom of a tablespoon press a well into the center of each biscuit on the cookie sheet. Fill with a teaspoon of pie filling. (cherry, apple, blueberry)

Bake for 8-10 minutes

### *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High

# Turnover

---

- 2 cups flour, sifted
- 1/2 cup butter
- 1 teaspoon salt
- 1/4 cup lard, or other solid fat
- 1/3 cup water, iced
- 1 egg
- 1 tablespoon milk

## *Instructions*

Preheat oven to 425 degrees.

In a large bowl place flour and salt. Cut the butter and lard into small chunks and drop into the flour. With a pastry blender or two knives cut the butter into the flour until the mixture resembles coarse meal.

Pour in the ice water, a tablespoon at a time, and with a fork gather the dough into a ball. If the mixture is crumbly, add more water, a teaspoonful at a time.

Roll dough into a large piece no more than 1/8 inch thick. With a pan lid (or cannister lid) as a pattern, cut the desired number of circles.

Place a circle on a baking sheet. Place 1 large tablespoon of canned fruit filling on one side of the circle. With a brush or fingertip, moisten the margin around the edge to secure the seal. Fold. Crimp the edge with the tines of a fork. Brush each pastry with the egg, beaten together with 1 tablespoon of milk glaze.

Bake 15-18 minutes.

Place on a metal rack to cool.

Drizzle glaze over top if desired. Serve warm with ice cream.

## *Recipe Notes*

Source: Laurie Hansen, Carbon High School  
Food and Fitness, Food and Science

# Turnovers - Apple

---

- 1/3 cup shortening
- 1 tablespoon margarine
- 1 cup flour
- 1/2 teaspoon salt
- 1 apple, Granny Smith
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1 tablespoon cornstarch

## *Instructions*

Place in a bowl, shortening, margarine, flour and salt, mix well with pastry blender till evenly mixed (small crumbly pieces).

Gradually add cold water (approx. 1/4 cup), 1 teaspoon at a time.

Stir with a fork to make dough form a ball.

Mixture will come together from sides of bowl.

Lightly flour counter or board and roll into a rectangle, 12 x 16 inches.

Cut to form turnovers. Fill and bake.

## *Filling:*

Peel, core and slice thin the cooking apple. Place the apple, sugar, cinnamon and cornstarch in a sauce pan and stir constantly with wooden spoon.

Cook over medium high heat till apples are soft and juices thicken slightly.

Spoon about 1 tablespoon filling onto each prepared section of pie crust.

Fold crust over, use small amount of water to seal 3 edges. Push in a fork to complete the sealing process.

Place aluminum foil on cookie sheet, spray with oil spray.

Set the 4 turnovers on prepared cookie sheet.

Bake at 400 degrees for 12-15 minutes, or till golden brown.

Remove and refrigerate.

## *Recipe Notes*

Source: Shirley Taylor, Wahlquist Junior High School  
Food and Fitness

## Turnovers - Fruit

---

1 1/2 cups flour  
1/2 teaspoon salt  
1/2 cup shortening  
4 tablespoons cold water  
3/4 cup powdered sugar  
1/4 teaspoon vanilla extract  
3 teaspoons milk

### *Instructions*

Sift flour, then measure. Sift together flour and salt. Cut in shortening.

Sprinkle in cold water one tablespoon at a time. Add 1 more tablespoon if needed  
Toss. Push dough to the side of the bowl.  
Form dough into a ball. Divide into four parts.

Roll each into circle. 1/8 inch thick.  
Place filling (apple, etc.) in the center.  
Fold dough in half.  
Flute edge with a fork.  
With a knife put three slits on the top of the turnover.

Place on a cookie sheet.  
Bake at 425 for 10-15 minutes.  
Cool 5 minutes.

Prepare icing using powdered sugar, vanilla, and milk. Stir together, adding milk one tsp. at a time, using 1-3 teaspoons milk.

Drizzle icing on top.

### *Recipe Notes*

Source: Christine Campbell, Snow Canyon Middle  
Food and Fitness

# Turnovers - Raspberry

---

- 1 cup flour
- 1/2 cup margarine
- 1 teaspoon orange peel, grated
- 1/2 teaspoon salt
- 3 ounces cream cheese
- 1/4 cup raspberry jam

## *Instructions*

Mix flour, margarine, orange peel, salt and cream cheese together with pastry blender until dough cleans sides of bowl and forms a ball. Cover and put in freezer for 15 minutes.

Divide dough in half; roll half out on a lightly floured surface. Cut dough into circles with glass dipped in flour. Put a teaspoon of jam on half the circle. With your finger put water on the edge to help seal. Fold dough in half and use a fork to seal the edges together. Repeat with other half of dough.

Place tart on an ungreased cookie sheet and bake at 425 for 8-10 minutes or until golden brown.

Remove from cookie sheet and drizzle with a glaze.

## GLAZE:

- 1/2 cup powdered sugar
- 2-3 tsp. of orange juice

Mix together - should be somewhat thick. Tart will melt glaze as it is drizzled on tart.

YIELD: 18 small tarts

## *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High  
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

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