

## 8<sup>th</sup> Grade Recipes

### Grilled Cheese

2 slices of Bread  
1 slice American Cheese  
Butter or Margarine

Preheat non-stick frying pan on medium to medium-low heat for 4-5 minutes. Spread butter on one side of bread and place face down in heated pan, top with slice of cheese, top with second slice of buttered bread, buttered side facing up. When bread turns a nice golden brown, turn sandwich with turner. Cook until golden brown.

### Chocolate Chip Cookie

\*\*Preheat oven to 375°.

1/4 c. margarine  
1/4 c. shortening  
1/4 c. sugar  
1/2 c. brown sugar

\*\*Cream in kitchen-aid mixer with flat paddle.

1 egg  
1 tsp. vanilla

\*\*Add to creamed mixture

1 3/4 c. flour  
1/4 tsp. salt  
3/4 tsp. baking soda

\*\*Stir in a small bowl. Add to creamed mixture and blend well.

1/2 c. Chocolate Chips

\*\*Stir in chocolate chips. Drop by spoonfuls onto silicone lined cookie sheet. Bake for 10-12 minutes or until slightly browned on edges. Cool for 5 minutes on pan.

### Taco Salad

1 lb. Ground Beef  
1 head Lettuce  
1/2 medium Onion  
1-2 Tomatoes  
1 15 1/2 oz. Kidney Beans  
1/2 lb. Cheese  
8 oz. Black Olives  
1 lb. Bag of Corn Chips  
1 c. Salad Dressing (Catalina or Ranch)  
1 c. Salsa

Directions:

1. Chop onion on a cutting board into small irregular pieces.
2. Brown ground beef with chopped onion on medium heat in a skillet.
3. Chill ground beef.

4. Drain ground beef into an empty can or heat resistant container.
5. Wash and shred lettuce.
6. Wash and dice tomato.
7. Strain kidney beans and black olives together in a colander.
8. Slice olives using an egg slicer.
9. Grate cheese into a bowl.
10. Crush tortilla chips into bite size pieces.
11. Just before you're ready to serve the salad, put all ingredients in a large bowl.
12. Pour on dressing.
13. Toss ingredients together.

### Orange Julius

Directions: Double the ingredient amounts.

|                             |                      |
|-----------------------------|----------------------|
| _____ 6 oz. frozen juice    | _____ 1/4 c. sugar   |
| _____ 1 c. water            | _____ 1 tsp. vanilla |
| _____ 1/2 c. powdered milk* | _____ 2 c. ice       |

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

\*You can substitute the milk and water for 1 c. evaporated milk.

### Valentine Sugar Cookies

1 cup butter, softened  
3/4 cup sugar  
1 tsp. almond extract  
2 cups flour  
1/2 tsp. baking powder  
1/4 tsp. salt

\*\*\*Preheat oven to 400 degrees.

- 1-Mix butter, sugar and extract in a large bowl.
- 2-Beat until creamy, 1 to 2 minutes.
- 3-Add remaining ingredients. Beat 1 to 2 more minutes.
- 4-Roll dough into 1 inch balls.
- 5-Flatten a little with a glass dipped in sugar.
- 6-Shape into a heart.
- 7-Place 2 inches apart on cookie sheet
- 8-Bake at 400 for 7-9 minutes or until edges are very lightly browned
- 9.Cool for 1 minute.
- 10-Move to a wire rack.

Glaze

1 1/2 c. Powdered Sugar  
1 tsp. Almond Extract  
4-5 tsp. Milk or Cream  
1-2 drops Red Food Coloring  
Stir together glaze ingredients with a wire whisk.

## Unit 4 Recipes

### Spaghetti Sauce

¼ lb. Hamburger  
1/8 tsp. Garlic Salt  
Brown hamburger with garlic salt. Drain off fat. Add:  
1 c. Crushed, chopped, or pureed tomatoes  
½ c. Tomato Sauce  
¼ tsp. Italian Seasoning  
¼ tsp. Basil  
½ tsp. Salt  
Simmer with hamburger for 10-15 minutes.

### Spaghetti Noodles

8 c. Water  
1 tsp. Oil  
¼ tsp. Salt  
Place water, oil and salt in large pan. Cover. Turn on high and bring to a boil. Add:  
Spaghetti Noodles  
Add noodles and cook 8-10 minutes or until noodles are tender firm. Stir occasionally. DO NOT COVER WHILE COOKING. Drain in a colander and rinse with cold water to stop cooking. Serve with Spaghetti Sauce.

### Parmesan Pull-A-Parts

1/4 c. Parmesan Cheese  
1/2 tsp. Garlic Salt  
1 Tbsp. Parsley Flakes  
Preheat oven to 425. Place butter cut into chunks in round cake pan. Place in oven while preheating. Mix cheese, garlic salt and parsley flakes in a bowl and sprinkle over melted butter. Cut biscuits into fourths and drop biscuit pieces onto mixture and bake for 12-15 or until gold brown. Place a plate upside down over pan and flip with pot holders.

### Christmas Cookies

½ c. Sugar  
2 Tbsp. Shortening

2 Tbsp. Margarine  
\*\*Cream together in the kitchen-aid until smooth and creamy. Add:  
1 Egg  
1 tsp. Vanilla  
2 Tbsp. Sour Cream  
Mix until smooth and creamy and add:  
1 ½ c. Flour  
½ tsp. Baking Powder  
¼ tsp. Baking Soda  
¼ tsp. Salt  
Mix dry ingredients in a bowl and add to creamed mixture. Make into a dough ball and wrap in plastic wrap. Label it with your class period and kitchen number and refrigerate until next class.  
To Bake: Preheat oven to 375  
Roll out cookie dough, cut into same size shapes.  
Bake for 8-10 minutes.

### Kitchen 1 - Apple Dippers

4 medium apples, sliced  
2 tsp. Lemon Juice  
½ c. Peanut Butter  
½ c. Marshmallow Crème

WASH and dry apples. Slice with apple slicer. Brush with lemon juice. Combine peanut butter and marshmallow creme in a small mixing bowl. Put a small amount of dip on apple and put into serving cup and bring it up front on a place to taste test.

### Kitchen 2 - Cereal Snack Mix

4 cups Crispix cereal  
1 1/2 cup mini pretzels  
1 cup pecan halves (optional if there are allergies)  
1/4 cup honey  
1/3 cup butter

Mix crispix, pretzels and pecan halves and set aside. Melt butter and stir in honey. Pour over pretzel mix put on greased cookie sheet. Bake at 350° for 7 minutes. Stir. Bake additional 6 minutes. Divide in portion cups enough for whole class.

### **Kitchen 3 - Pizza Bites**

2 cans Refrigerator Biscuits  
¾ c. Mozzarella Cheese  
Pineapple Tidbits  
Mushrooms, cut up  
Olives, cut up  
¾ c. Pizza Sauce

Preheat oven to 425degrees F

Cut biscuits into half and shape each half into a small circle. Place on silicone lined cookie sheet. Spread about a teaspoon of pizza sauce on each circle. Place a teaspoon of cheese on sauce and top with cut up mushrooms, olives and pineapple. Bake for 10-12 minutes or until biscuits are golden brown on the side and cheese is melted. Makes 40.

### **Kitchen 4 - Kiddy Cheesecake**

1 pkg. Low-fat Graham Crackers  
1 pkg. Light or Fat-Free Cream Cheese, softened  
1 jar Simply Fruit

CAREFULLY break graham crackers along the 3 cracks into 4 sections. Spread softened cream cheese on a graham cracker section, spread jam on top and top with second section.

### **Kitchen 5 - Little Piggy's**

1 package lowfat or fat free hot dogs  
2 Pkgs. refrigerated biscuits  
10 slices individually wrapped cheese slices (cut in half)

Cut hot dogs into four pieces. Cut cheese into four pieces. Wrap each hot dog piece with cheese slice.

Cut biscuits in half, then stretch the biscuit and wrap it around the hot dog and cheese. Cook as directed by the biscuit package and UNTIL GOLDEN BROWN. Place on plate and bring it up front. Serve with ketchup, mustard, or BBQ sauce.

### **Kitchen 6 - Cinnamon Tortilla Crisps**

2 tablespoons granulated sugar  
1 teaspoon ground cinnamon  
5 (8-inch) whole wheat flour tortillas  
6 tablespoons butter, melted

In a small bowl combine sugar and cinnamon, set aside. Put margarine in glass cereal bowl and cover with a napkin. Microwave for 10 seconds at a time until melted. Brush tortillas with melted butter. Cut each into 8 pie shaped wedges. Arrange in single layer on baking sheet. Lightly sprinkle cinnamon mixture over. Bake in preheated 400°F oven for 15-20 minutes or until crispy. Place on a plate and bring it up front. Can be made ahead and keep in air tight container.

### **Kitchen 7 - Dinosaur Dip**

1/2 cup light sour cream  
1/2 cup plain yogurt  
2 Tbsp. dry ranch salad dressing mix  
Crackers

Combine ingredients. Let sit 20 minutes. Divide dip between cups and place 2 crackers in cup on top of dip.

## 8<sup>th</sup> Grade Recipes – Unit 1B

### French Bread Pizza

1/2 Loaf French Bread

1/2 c. Pizza Sauce

10 Pepperoni

3/4 c. Mozzarella Cheese

5 Olives, sliced

1 Pineapple Ring, cut into pieces

Preheat oven to 400 degrees. Pull out inside of soft part of bread. (you can eat that inside of the bread). Smash down bread to make it as flat as possible. Spread on pizza sauce. Sprinkle with cheese and rest of toppings. Place on silicone lined cookie sheet. Bake 20 minutes.

### PF Chang's Lettuce Wraps

1/4 head of iceberg Lettuce

#### Ingredients for Stir-Fry

1 large Chicken Breasts

1/2 tsp. Rice Vinegar

1 Tbsp. Brown Sugar

1 Clove Minced Garlic

1 Tbsp. Soy Sauce

1 Tbsp. Oil

1/2 can Water Chestnuts

2 Green Onions

1/2 c. Mushrooms

1/4 c. Grated Carrots

#### Ingredients for Special Sauce

2 Tbsp. Sugar

1 Tbsp. Ketchup

1/4 c. Water

1 Tbsp. Soy Sauce

1 Tbsp. Rice Vinegar

2 tsp. Lemon Juice

1-2 tsp. Sriracha Sauce

\*Rice

1. Fill up a medium saucepan, halfway with water. Place on stove on high heat. When water boils, place chicken breast in water for 20 minutes. Be sure to sanitize everything that touches the chicken or the chicken juices with soap and water (for dishes & hands), and 409 (for counters, stove).

2. Combine all ingredients for special sauce. These ingredients include sugar, ketchup, water, soy sauce, rice vinegar, and lemon juice and sriracha sauce. Put a lid on the bowl and set this aside.

3. Mince 1 clove garlic. Combine rice vinegar, brown sugar, minced garlic, soy sauce, and olive oil in a large skillet. Set aside.

4. Wash the green onions with water. Chop water chestnuts and green onions. Mince mushrooms. Cut cooked chicken into small cubes.

5. Place skillet (containing the stir fry ingredients) on medium-high heat and cook the garlic, soy sauce, vinegar, brown sugar and oil for 1 minutes on medium heat. Add the minced mushrooms, the cooked & cubed chicken, and the chopped water chestnuts and green onions. Cook until mushroom is softened and stir-fry is heated thoroughly.

6. While stir-fry is cooking, pull apart the layers of the lettuce in whole pieces until gone. Wash lettuce with cold water and pat dry.

7. Place a spoonful of rice, the chicken mixture and special sauce in the middle of the lettuce and eat it like a taco! Enjoy!

### Microwave Apple-Cinnamon Cake

3 Tbsp Butter

1/2 cup brown sugar

1/2 tsp cinnamon

2 Tbsp. Water

\*In round glass baking dish, melt butter, brown sugar, cinnamon and 2 Tbsp. of water at 70% power for 3 minutes. Stir.

1 apple, peeled and sliced about 1/4" thick

\*Arrange apple slices over sugar mixture so they look attractive.

1 3/4 c. of a yellow or white cake mix

2 Eggs

2 Tbsp. Oil

2/3 c. Water

Prepare cake mix by using the hand mixer in the bottom drawer to mix together cake mix, eggs, oil and water for 2 minutes. Pour batter over apples. Microwave on high for 5 minutes. Let stand for 2 min. If it is not done in the center, cook for an additional one minute at a time until a toothpick inserted in the center comes out clean. Invert on a serving dish.

## 8<sup>th</sup> Grade Recipes – Unit 2

### French Bread Pizza

1/2 Loaf French Bread  
1/2 c. Pizza Sauce  
10 Pepperoni  
3/4 c. Mozzarella Cheese  
5 Olives, sliced  
1 Pineapple Ring, cut into pieces  
Preheat oven to 400 degrees. Pull out inside of soft part of bread. (you can eat that inside of the bread). Smash down bread to make it as flat as possible. Spread on pizza sauce. Sprinkle with cheese and rest of toppings. Place on silicone lined cookie sheet. Bake 20 minutes.

### Taco Salad

1/2 lb. Ground Beef  
1/3 head Lettuce  
1/8 medium Onion  
1/2 Tomatoes  
1/4 c. Kidney Beans  
1/2 c. Cheese  
5. Black Olives  
2 c. Tortilla Chips  
1/4 c. Salad Dressing  
1/4 c. Salsa

#### Directions:

1. *Chop* onion on a cutting board into small irregular pieces.
2. *Brown* ground beef with chopped onion on medium heat in a skillet.
3. *Chill* ground beef.
4. *Drain* ground beef into an empty can or heat resistant container.
5. *Wash* and *shred* lettuce.
6. *Wash* and *dice* tomato.
7. *Strain* kidney beans and black olives together in a colander.
8. *Slice* olives using an egg slicer.
9. *Grate* cheese into a bowl.
10. *Crush* tortilla chips into bite size pieces.
11. Just before you're ready to serve the salad, put all ingredients in a large bowl.
12. *Pour* on dressing.
13. *Toss* ingredients together.

### Microwave Apple-Cinnamon Cake

3 Tbsp Butter  
1/2 cup brown sugar  
1/2 tsp cinnamon  
2 Tbsp. Water  
\*In round glass baking dish, melt butter, brown sugar, cinnamon and 2 Tbsp. of water at 70% power for 3 minutes. Stir.  
  
1 apple, peeled and sliced about 1/4" thick  
\*Arrange apple slices over sugar mixture so they look attractive.

1 3/4 c. of a yellow or white cake mix  
2 Eggs  
2 Tbsp. Oil  
2/3 c. Water

Prepare cake mix by using the hand mixer in the bottom drawer to mix together cake mix, eggs, oil and water for 2 minutes. Pour batter over apples. Microwave on high for 5 minutes. Let stand for 2 min. If it is not done in the center, cook for an additional one minute at a time until a toothpick inserted in the center comes out clean. Invert on a serving dish.

## Unit 3 Recipes – 8<sup>th</sup> Grade

### Corn Bread Muffins

Yield: 29-35 mini muffins

A Double Recipe yields a 9" x 9" pan (Bake 35-40 minutes)

#### INGREDIENTS:

|                 |                     |
|-----------------|---------------------|
| 1/4 c margarine | 1/2 c sugar         |
| 1 egg           | 1 tsp baking powder |
| 1/2 c cornmeal  | 1/4 t salt          |
| 3/4 c milk      | 3/4 c flour         |

#### DIRECTIONS:

- 1- Preheat oven to 375° Bake.
- 2- Grease 2 - 24 hole mini-muffin tins.
- 3- Cream Margarine and sugar till fluffy.
- 4- Add egg and mix.
- 5- Beat in corn meal.
- 6- Stir baking powder, salt, and flour together in a separate bowl.
- 7- Add 1/2 of the milk to the batter.
- 8- Stir in 1/2 of the dry ingredients
- 9- Stir in the rest of the milk
- 10- Stir in the in the rest of the dry ingredients.
- 11- Spoon into muffin tins, filling 1/2 full.
- 12- Bake 8-10 minutes.

\*\*These are so sweet they don't need anything but butter

### Banana Muffins

|                    |                             |
|--------------------|-----------------------------|
| 1 1/2 c flour      | 3/4 c. sugar                |
| 1 t. baking powder | 1/4 c. oil                  |
| 1/2 t. baking soda | 2 eggs                      |
| 1/2 t. salt        | 2 large ripe bananas mashed |
| 1/2 t. cinnamon    | 1/4 c. skim milk            |
|                    | 1 t. vanilla                |

1. Preheat oven to 350°F.
2. Place paper muffin liners in metal muffin tin.
3. In medium bowl, mix flour, baking powder, baking soda, salt and cinnamon.
4. In large bowl, beat sugar, oil, egg whites, bananas, milk and vanilla with a spoon until well blended.
5. Stir in flour mixture until well blended.
6. Spoon into each muffin cup.
7. Bake 35 minutes or until knife comes out cleanly.
8. Cool 5 minutes; remove from pan to cooling rack.

### Veggie Burritos

Broccoli  
Cauliflower  
Tomatoes  
Mushrooms  
Lettuce  
Celery  
Tortillas, 1 per Person  
Ranch Dressing

Wash and cut up vegetables. Use your claw hand. Once vegetables are ready on a plate I will hand out tortillas and dressing. Fill middle of burrito up with vegetables and drizzle a small amount of ranch dressing on top. Fold in half and enjoy.

### Olivia's Bean Dip (plant protein)

- 1 c. refried beans
- 1/3 c. picante sauce
- 1/2 c. Cheddar Jack cheese, shredded
- 1/4 cup sour cream
- 2 oz cream cheese, softened
- 1 1/2 tsp. chili powder
- 1/2 tsp. ground cumin

In a glass casserole dish spray it with cooking spray. Mix all the ingredients in the dish. Cover and baked for 40 minutes at 375. Stir and serve with tortilla chips.

### Strawberry Blender Drink

- 1 c. Strawberries or Other Frozen Fruit
- 1/2 c. Sugar
- 2 tsp. Vanilla
- 2 c. Skim Milk
- 2 c. Ice Cubes

Blend frozen fruit, sugar, vanilla and milk in a blender for 2 minutes. Add ice cubes a half cup at a time until each is blended well.

### Chicken Stir-Fry

- 1 frozen chicken breast, boneless and skinless
- 2 tsp. Oil
- 1 carrot, sliced on the diagonal
- 1 celery stalk, sliced on the diagonal
- 1/4 small Onion, chopped
- Other oriental vegetables

#### Directions:

1. Place chicken breast on a plate and microwave for one minute. Chicken will still be partially frozen.
2. Cut chicken into bite size pieces.
3. Heat non-stick skillet with oil for a few minutes on medium high.
4. Stir fry cut up chicken in skillet until fattest piece is no longer pink in the center.
5. While chicken is cooking, cut vegetables.
6. Add vegetables and stir-fry with chicken for 3 minutes.

### Stir-Fry Sauce

- 1 c. water – cold
- 2 tsp. corn starch
- 1 tsp. soy sauce

Stir together well and add to chicken and vegetables. Cook to desired thickness. Serve over rice.

## Orange Julius

|  |  |
|--|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1/2 can (12 oz.) frozen orange juice concentrate</li><li>• 1 cup milk</li><li>• 1 cup water</li><li>• 1/4 cup sugar</li><li>• 1 teaspoon vanilla</li><li>• 12 ice cubes</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 1 c. Liquid Measuring Cup</li><li>• 1/4 c. Dry Measuring Cup</li><li>• 1 portion cup (vanilla)</li><li>• 2 cereal bowls (ice)</li><li>• Measuring Spoons</li><li>• Butter knife (leveling sugar)</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Place all ingredients into blender pitcher and cover with lid.</li><li>2. Press SMOOTHIE. Just let it run, it will stop when it has gone through the whole cycle.</li><li>3. Add more ice to thicken if desired.</li><li>4. Serve immediately.</li></ol> <p>*Makes approximately 5 one-cup servings.</p> |  |

## Orange Julius

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## Microwave Pineapple Upside Down Cake

### Ingredients:

#### Cake

- ¾ c. all-purpose flour
- ¾ t. baking powder
- 1/8 t. salt
- pinch ground nutmeg
- 3 T. butter, softened
- ¼ c. granulated sugar
- 1 large egg at room temperature
- ¼ c. milk, at room temperature
- ½ t. vanilla extract

#### Topping

- 4 pineapple rings
- ½ cup brown sugar
- ¼ c. butter
- 2 cherries, cut in half

### Measuring Equipment:

- Small mixing bowl (flour, baking powder, salt, nutmeg)
- 3 Cereal bowls (sugar, brown sugar, pineapple rings)
- Liquid measuring cup (milk)
- 2 Portion cups (vanilla, cherries)
- Measuring spoons
- Butter knife

### Directions:

#### Topping

1. Melt 1/4 c. butter in microwave for 30 seconds in a glass pie dish.
2. Add the brown sugar and mix with the melted butter.
3. Spread evenly around the pan.
4. Lay pineapple rings on brown sugar with cherry halves in ring centers.

#### Cake

5. In a small mixing bowl combine flour, baking powder, salt and nutmeg.
6. In a medium mixing bowl, beat 3 T. butter and white sugar until creamy.
7. Add egg to butter sugar mixture, beat well.
8. Gradually beat in half of flour mixture to butter mixture.
9. Gradually beat in milk and remaining flour mixture into butter mixture.
10. Spread batter evenly over pineapple layer.
12. Cook in microwave oven on high for 6-8 minutes.
13. Check with toothpick to see if center is done. If there is batter on the toothpick it is not done.
14. Remove from microwave with hot pads.
15. Place a large plate upside down over the cake and flip both the plate and the cake over so the cake comes out onto the plate with the pineapple rings up.



## Pina Colada Smoothie

|  |   |
|--|---|
| <b>Ingredients:</b> <ul style="list-style-type: none"><li>• 1 1/2 cups pineapple juice</li><li>• 1/2 teaspoon dry lemonade</li><li>• 3 cups ice cubes</li><li>• 6 tablespoons sugar</li><li>• 2 tablespoons cream of coconut</li></ul> | <b>Measuring Equipment:</b> <ul style="list-style-type: none"><li>• 4 cup liquid measuring cup (pineapple juice)</li><li>• Measuring spoons</li><li>• 1 Portion cup (dry lemonade)</li><li>• 3 Cereal Bowls (ice, sugar, cream of coconut)</li><li>• Butter knife</li></ul> |
| <b>Directions:</b> <ol style="list-style-type: none"><li>1. Combine all ingredients in a blender and mix until smooth. Serves 4.</li></ol>   |   |

## Pina Colada Smoothie

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## Fried Scones

|   |   |
|---|---|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1/4 cup warm water (bath temperature)</li><li>• 1/2 tablespoon yeast</li><li>• 2 tbsp. sugar</li><li>• 1 cup warm milk</li><li>• 2 tbsp. shortening</li><li>• 1 teaspoon salt</li><li>• 3-4 cups flour</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 1 cup liquid measuring cup</li><li>• Measuring spoons</li><li>• 1 cup dry measuring cup</li><li>• Large Serving bowl</li><li>• 4 portion cups</li><li>• Butter knife for leveling</li></ul> |
| <p>Directions:</p> <p><u>Day 1</u></p> <ol style="list-style-type: none"><li>1. Mix warm water, yeast, and sugar in a silver mixing bowl and let sit for 5-10 minutes.</li><li>2. Add the shortening, warm milk, salt, and mix.</li><li>3. Using the dough hook on a slow speed, start slowly adding flour until a moderately stiff dough is formed (you can know when you have added enough flour if the dough pulls away from the side of the bowl and it is no longer sticky to the touch).</li><li>4. Knead for 5 minutes in a mixing bowl with dough hook).</li><li>5. Transfer to a lightly oiled medium sized mixing bowl, cover with plastic wrap, label with your class period and kitchen number, and place in fridge for tomorrow.</li></ol> <p><u>Day 2</u></p> <ol style="list-style-type: none"><li>1. Cut dough into serving sized pieces and shape with hands. Fry in 1/2 to 1 inch of oil on medium high heat until golden brown on both sides (if oil begins to smoke, TURN OFF HEAT).</li><li>2. Eat with honey butter, powdered sugar, jam, or other toppings of your choice.</li></ol> |   |

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## Taco Pockets

|   |   |
|---|---|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 4-5 canned biscuits</li><li>• ½ lb. ground beef</li><li>• 1 tbsp. taco seasoning</li><li>• 2 tbsp. water</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Measuring spoons</li><li>• 2 plates</li><li>• 1 portion cup</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Preheat oven to 375°F.</li><li>2. Brown ground beef in skillet. Drain fat into an empty can.</li><li>3. Add water and taco seasoning.</li><li>4. Press biscuits flat and out so they are about ¼ inch thick and 6 inches round.</li><li>5. Evenly divide the taco meat onto the biscuits.</li><li>6. Fold biscuits in half with meat inside creating half circle pockets. Press the edges with a fork to seal.</li><li>7. Bake for 11-15 minutes until biscuits are golden brown. Top with your favorite taco toppings.</li></ol> |   |

## Taco Pockets

|   |   |
|---|---|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 4-5 canned biscuits</li><li>• ½ lb. ground beef</li><li>• 1 tbsp. taco seasoning</li><li>• 2 tbsp. water</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Measuring spoons</li><li>• 2 plates</li><li>• 1 portion cup</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Preheat oven to 375°F.</li><li>2. Brown ground beef in skillet. Drain fat into an empty can.</li><li>3. Add water and taco seasoning.</li><li>4. Press biscuits flat and out so they are about ¼ inch thick and 6 inches round.</li><li>5. Evenly divide the taco meat onto the biscuits.</li><li>6. Fold biscuits in half with meat inside creating half circle pockets. Press the edges with a fork to seal.</li><li>7. Bake for 11-15 minutes until biscuits are golden brown. Top with your favorite taco toppings.</li></ol> |   |

## Fried Rice

### Ingredients:

#### Day 1

- 2/3 cup rice
- 1 1/3 cup water

#### Day 2

- 1/2 onion. chopped
- 2 eggs
- 2 tablespoons soy sauce
- 2 tablespoons oil
- 1 cup peas and carrots
- 1/3 cup ham

### Measuring Equipment:

- Measuring spoons
- 2 Portion cups
- dry measuring cups
- 2 cereal bowls

### Directions:

#### Day 1

1. Bring rice and water to boiling. Stir once and reduce heat.
2. Cover and simmer 14 minutes or until water has been absorbed.
3. Remove from heat.
4. Fluff rice lightly with fork.
5. Cover and let steam 5-10 minutes.
6. Refrigerate until cooled completely.

#### Day 2

1. Heat and sauté oil and onions.
2. Add cold rice and sauté.
3. Beat egg and soy sauce together and add to rice mixture, stirring constantly, add chopped vegetables and ham.
4. Stir until vegetables are warmed and slightly tender and ham is warm.

## Basic Muffins

|  |  |
|--|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1 ½ cups flour</li><li>• 2 teaspoons baking powder</li><li>• ½ cup milk</li><li>• 1/2 cup sugar</li><li>• 1/2 teaspoon salt</li><li>• 1 large egg</li><li>• 1/4 cup vegetable oil</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Dry Measuring cups</li><li>• Measuring Spoons</li><li>• 1 cup liquid measuring cup</li><li>• 3 cereal bowls</li><li>• 2 portion cups</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Preheat oven to 375 F.</li><li>2. In the medium white mixing bowl, stir together flour, sugar, baking powder and salt.</li><li>3. Make a well in the center of the dry ingredients.</li><li>4. In the small white mixing bowl, combine egg, oil, and milk.</li><li>5. Pour the liquid ingredients into the well in the dry ingredients and stir with a fork just until the dry ingredients are moistened. Be careful not to over mix. It's ok if the batter is lumpy.</li><li>6. Spoon batter into greased muffin tin. Fill each cup about 2/3 full.</li><li>7. Bake for 15-20 minutes or until the top is barely browned.</li></ol> |  |

## Basic Muffins

|  |  |
|--|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1 ½ cups flour</li><li>• 2 teaspoons baking powder</li><li>• ½ cup milk</li><li>• 1/2 cup sugar</li><li>• 1/2 teaspoon salt</li><li>• 1 large egg</li><li>• 1/4 cup vegetable oil</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Dry Measuring cups</li><li>• Measuring Spoons</li><li>• 1 cup liquid measuring cup</li><li>• 3 cereal bowls</li><li>• 2 portion cups</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Preheat oven to 375 F.</li><li>2. In the medium white mixing bowl, stir together flour, sugar, baking powder and salt.</li><li>3. Make a well in the center of the dry ingredients.</li><li>4. In the small white mixing bowl, combine egg, oil, and milk.</li><li>5. Pour the liquid ingredients into the well in the dry ingredients and stir with a fork just until the dry ingredients are moistened. Be careful not to over mix. It's ok if the batter is lumpy.</li><li>6. Spoon batter into greased muffin tin. Fill each cup about 2/3 full.</li><li>7. Bake for 15-20 minutes or until the top is barely browned.</li></ol> |  |

## Biscuits

|  |  |
|--|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1 3/4 cups flour</li><li>• 1 teaspoon salt</li><li>• 2 1/2 teaspoons baking powder</li><li>• 6 tablespoons shortening</li><li>• 3/4 cup milk</li></ul>   | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Dry measuring cups</li><li>• 2 Cereal bowls</li><li>• Measuring spoons</li><li>• 2 portion cups</li><li>• 1 liquid measuring cup</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Preheat oven to 450 F.</li><li>2. In the small white mixing bowl, stir together using a fork flour, baking powder, and salt.</li><li>3. Cut shortening into the flour mixture using the pastry blender until dough is the size of small breadcrumbs.</li><li>4. Stir in milk with fork until dough leaves sides of bowl and rounds up into a ball.</li><li>5. Lightly flour your counter and knead the dough 10 times.</li><li>6. Using the rolling pin roll out to 1/2 inch thick (roughly the thickness of your hand placed flat on the counter).</li><li>7. Cut circles out of dough with a water glass using the top of the glass.</li><li>8. Place circles on an ungreased cookie sheet about 1 inch apart.</li><li>9. Ball dough back up and repeat steps 7 and 8 until you have 12 biscuits.</li><li>10. Bake until golden brown-about 10-12 minutes.</li></ol> |  |

## Biscuits

|   |  |
|---|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1 3/4 cups flour</li><li>• 1 teaspoon salt</li><li>• 2 1/2 teaspoons baking powder</li><li>• 6 tablespoons shortening</li><li>• 3/4 cup milk</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Dry measuring cups</li><li>• 2 Cereal bowls</li><li>• Measuring spoons</li><li>• 2 portion cups</li><li>• 1 liquid measuring cup</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>11. Preheat oven to 450 F.</li><li>12. In the small white mixing bowl, stir together using a fork flour, baking powder, and salt.</li><li>13. Cut shortening into the flour mixture using the pastry blender until dough is the size of small breadcrumbs.</li><li>14. Stir in milk with fork until dough leaves sides of bowl and rounds up into a ball.</li><li>15. Lightly flour your counter and knead the dough 10 times.</li><li>16. Using the rolling pin roll out to 1/2 inch thick (roughly the thickness of your hand placed flat on the counter).</li><li>17. Cut circles out of dough with a water glass using the top of the glass.</li><li>18. Place circles on an ungreased cookie sheet about 1 inch apart.</li><li>19. Ball dough back up and repeat steps 7 and 8 until you have 12 biscuits.</li><li>20. Bake until golden brown-about 10-12 minutes.</li></ol> |  |

## Pancakes

|  |   |
|--|---|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1 egg</li><li>• 1 cup buttermilk*<br/>OR 1 tbsp. lemon juice then fill the liquid measuring cup to 1 cup</li><li>• 2 tablespoons oil</li><li>• 1 tablespoon sugar</li><li>• 1 teaspoon baking powder</li><li>• 1/2 teaspoon baking soda</li><li>• 1/2 teaspoon salt</li><li>• 1 cup flour</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 1 cup Liquid measuring cup</li><li>• 2 Cereal bowl</li><li>• Measuring spoons</li><li>• Portion cups</li><li>• Dry measuring cups</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Beat egg in the small white mixing bowl using a whisk.</li><li>2. Add the remaining ingredients in order: buttermilk, oil, sugar, baking powder, baking soda, salt, and flour.</li><li>3. Beat with a wire whisk until smooth.</li><li>4. Pour batter onto griddle using a ¼ cup dry measuring cup.</li><li>5. Turn pancakes as soon as they are puffed and full of bubbles, but before bubbles break.</li><li>6. Cook until golden brown on both sides.</li></ol> |   |

## Pancakes

|  |   |
|--|---|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1 egg</li><li>• 1 cup buttermilk*<br/>OR 1 tbsp. lemon juice then fill the liquid measuring cup to 1 cup</li><li>• 2 tablespoons oil</li><li>• 1 tablespoon sugar</li><li>• 1 teaspoon baking powder</li><li>• 1/2 teaspoon baking soda</li><li>• 1/2 teaspoon salt</li><li>• 1 cup flour</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 1 cup Liquid measuring cup</li><li>• 2 Cereal bowl</li><li>• Measuring spoons</li><li>• Portion cups</li><li>• Dry measuring cups</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Beat egg in the small white mixing bowl using a whisk.</li><li>2. Add the remaining ingredients in order: buttermilk, oil, sugar, baking powder, baking soda, salt, and flour.</li><li>3. Beat with a wire whisk until smooth.</li><li>4. Pour batter onto griddle using a ¼ cup dry measuring cup.</li><li>5. Turn pancakes as soon as they are puffed and full of bubbles, but before bubbles break.</li><li>6. Cook until golden brown on both sides.</li></ol> |   |

## Fettuccini Alfredo

|   |  |
|---|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 6 ounces fettuccine, cooked and drained</li><li>• 1 1/2 tablespoons butter</li><li>• 1/4 teaspoon garlic</li><li>• 1 1/2 tablespoons flour</li><li>• 1 cup milk</li><li>• 1/2 teaspoon salt</li><li>• 3/4 cup Parmesan cheese</li><li>• 1 teaspoon parsley</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 4 Portion cups</li><li>• 2 cereal bowls 1 cup liquid measuring cup</li><li>• Measuring spoons</li><li>• Butter knife</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Prepare fettuccine noodles by bringing 12 cups water to a boil with a little salt. Add noodles and cook until al dente.</li><li>2. Place the colander in your sink and drain the noodles when cooked.</li><li>3. Meanwhile, melt butter in the medium sauce pan on medium heat.</li><li>4. Add garlic and sauté.</li><li>5. Reduce heat to low and add flour; stir until smooth.</li><li>6. Using the whisk stir in the milk and salt.</li><li>7. Turn up the heat to 3 and bring mixture to a boil stirring constantly to prevent burning the milk.</li><li>8. Remove from heat (turn off the stove) and stir in Parmesan cheese and parsley.</li><li>9. Pour over cooked noodles and serve immediately.</li></ol> |  |

## Fettuccini Alfredo

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|---|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 6 ounces fettuccine, cooked and drained</li><li>• 1 1/2 tablespoons butter</li><li>• 1/4 teaspoon garlic</li><li>• 1 1/2 tablespoons flour</li><li>• 1 cup milk</li><li>• 1/2 teaspoon salt</li><li>• 3/4 cup Parmesan cheese</li><li>• 1 teaspoon parsley</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 4 Portion cups</li><li>• 2 cereal bowls 1 cup liquid measuring cup</li><li>• Measuring spoons</li><li>• Butter knife</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Prepare fettuccine noodles by bringing 12 cups water to a boil with a little salt. Add noodles and cook until al dente.</li><li>2. Place the colander in your sink and drain the noodles when cooked.</li><li>3. Meanwhile, melt butter in the medium sauce pan on medium heat.</li><li>4. Add garlic and sauté.</li><li>5. Reduce heat to low and add flour; stir until smooth.</li><li>6. Using the whisk stir in the milk and salt.</li><li>7. Turn up the heat to 3 and bring mixture to a boil stirring constantly to prevent burning the milk.</li><li>8. Remove from heat (turn off the stove) and stir in Parmesan cheese and parsley.</li><li>9. Pour over cooked noodles and serve immediately.</li></ol> |  |



## Banana Bread

|  |  |
|--|--|
| <p>Ingredients:</p> <p>Day 1</p> <ul style="list-style-type: none"><li>• 1/2 cup sugar</li><li>• 1/4 cup oil</li><li>• 1 egg</li><li>• 1/2 cup mashed bananas</li><li>• 1/4 teaspoon salt</li><li>• 1/2 teaspoon lemon juice</li><li>• 2 tablespoons milk</li><li>• 1 cup Flour, sifted</li><li>• 1 teaspoon baking powder</li><li>• 1/4 teaspoon baking soda</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 3 cereal bowls</li><li>• 4 portion cups</li><li>• Dry measuring cups</li><li>• Measuring spoons</li><li>• Butter knife</li></ul> |
| <p>Directions:</p> <p>Day 1</p> <ol style="list-style-type: none"><li>1. In a bowl, combine sugar, oil, and egg.</li><li>2. Add the mashed bananas and blend thoroughly.</li><li>3. Add lemon juice and milk.</li><li>4. Sift salt, flour, baking soda, and baking powder together and add to the mixture.</li><li>5. Pour into 2 small greased loaf pans.</li></ol> <p>Day 2</p> <ol style="list-style-type: none"><li>6. Bake at 375°F for 30-35 minutes, or until crust is brown.</li><li>7. Remove from pan onto a cooling rack to cool.</li></ol> |  |

## Banana Bread

|   |  |
|---|--|
| <p>Ingredients:</p> <p>Day 1</p> <ul style="list-style-type: none"><li>• 1/2 cup sugar</li><li>• 1/4 cup oil</li><li>• 1 egg</li><li>• 1/2 cup mashed bananas</li><li>• 1/4 teaspoon salt</li><li>• 1/2 teaspoon lemon juice</li><li>• 2 tablespoons milk</li><li>• 1 cup Flour, sifted</li><li>• 1 teaspoon baking powder</li><li>• 1/4 teaspoon baking soda</li></ul>   | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 3 cereal bowls</li><li>• 4 portion cups</li><li>• Dry measuring cups</li><li>• Measuring spoons</li><li>• Butter knife</li></ul> |
| <p>Directions:</p> <p>Day 1</p> <ol style="list-style-type: none"><li>8. In a bowl, combine sugar, oil, and egg.</li><li>9. Add the mashed bananas and blend thoroughly.</li><li>10. Add lemon juice and milk.</li><li>11. Sift salt, flour, baking soda, and baking powder together and add to the mixture.</li><li>12. Pour into 2 small greased loaf pans.</li></ol> <p>Day 2</p> <ol style="list-style-type: none"><li>13. Bake at 375°F for 30-35 minutes, or until crust is brown.</li><li>14. Remove from pan onto a cooling rack to cool.</li></ol> |  |

## Twice-Baked Potatoes

### Ingredients:

#### Day 1

- 1 potato per person in group
- 1 piece of aluminum foil per potato

#### Day 2

- 1/3 cup milk
- 1/4 cup sour cream
- 1/2 teaspoon salt
- dash of pepper
- 1/3 cup shredded cheddar cheese
- 2 tablespoons bacon bits

### Measuring Equipment:

- Dry measuring cups
- Measuring spoons
- 1 cup liquid measuring cup
- 2 cereal bowls
- 3 portion cups

### Directions:

#### Day 1

1. Wash dirt off of potatoes
2. Poke with fork to allow steam to escape.
3. Bake at 375 F for 1 hour 15 minutes.

#### Day 2

4. Preheat oven to 400 F.
5. Cut potatoes in half lengthwise; scoop out inside, leaving a thin shell.
6. Mash potatoes until no lumps remain.
7. Beat in milk in small amounts (amount of milk needed to make potatoes smooth and fluffy depends on size of potatoes).
8. Add margarine, butter, or sour cream, and salt and pepper; beat vigorously until potatoes are light and fluffy.
9. Fold in bacon bits.
10. Fill shells with potatoes.
11. Sprinkle with shredded cheese.
12. Cook uncovered until cheese is melted, approx. 10-20 minutes.

## Halloween Popcorn Chex Mix

|   |   |
|---|---|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 2 cups chex cereal</li><li>• 2 cups popped popcorn</li><li>• 2 tablespoons butter</li><li>• 3 tablespoons brown sugar</li><li>• 1 tablespoon corn syrup</li><li>• 1/8 teaspoon vanilla</li><li>• 1/4 teaspoon pumpkin pie spice</li><li>• 1/4 cup candy corns</li><li>• 1/4 cup candy pumpkins</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Dry measuring cups</li><li>• Measuring spoons</li><li>• 3 cereal bowls</li><li>• Portion cups</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. In a large mixing bowl, mix together cereal and popcorn.</li><li>2. In the large servingbowl, combine butter, brown sugar, corn syrup, and vanilla.</li><li>3. Microwave the mixture in the small bowl for 1 minute, or until mixture is boiling.</li><li>4. Let sit for 30 seconds then stir.</li><li>5. Pour over cereal mixture and stir until evenly coated.</li><li>6. Microwave for 3 minutes stirring after each minute.</li><li>7. Spread on wax paper.</li><li>8. Sprinkle candy pieces over the top.</li><li>9. Let cool for 10 minutes.</li><li>10. Break into pieces and enjoy.</li></ol> |   |

## Halloween Popcorn Chex Mix

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| <p>Directions:</p> <ol style="list-style-type: none"><li>11. In a large mixing bowl, mix together cereal and popcorn.</li><li>12. In the large servingbowl, combine butter, brown sugar, corn syrup, and vanilla.</li><li>13. Microwave the mixture in the small bowl for 1 minute, or until mixture is boiling.</li><li>14. Let sit for 30 seconds then stir.</li><li>15. Pour over cereal mixture and stir until evenly coated.</li><li>16. Microwave for 3 minutes stirring after each minute.</li><li>17. Spread on wax paper.</li><li>18. Sprinkle candy pieces over the top.</li><li>19. Let cool for 10 minutes.</li><li>20. Break into pieces and enjoy.</li></ol> |   |

## Honey Whole Wheat Bread

### Ingredients:

- 1 to 2 cups all-purpose white flour
- 1 teaspoons salt
- 1/2 cup warm water (hand washing hot)
- 1/2 tablespoon active dry yeast (1 ½ teaspoons)
- 1 1/2 tablespoons shortening
- 1 cups whole wheat flour
- 1/2 cup milk
- 2 tablespoons honey
- 1 teaspoons sugar

### Measuring Equipment:

- Dry measuring cups
- Measuring spoons
- 1 cup Liquid measuring cup
- 4 portion cups
- 3 cereal bowls

### Directions:

#### Day 1

1. In a cereal bowl, combine water, yeast, and sugar. Set aside.
2. In a small saucepan, heat milk, honey, and shortening until WARM (shortening does not need to melt).
3. In the silver mixing bowl on the mixer, combine 1/2 cup white flour, 1/2 cup whole wheat flour, and salt.
4. Pour heated milk mixture into dry ingredients and mix using the paddle.
5. Add yeast to mixture and blend.
6. If using a mixer, change to dough hook.
7. Add another 1/2 cup of white flour and 1/2 cup of wheat flour.
8. Add additional white flour, a little at a time, until dough pulls away from the side of the bowl onto the dough hook.
9. Knead for 3-5 minutes with dough hook and mixer on speed 5.
10. Divide the dough into two equal portions.
11. Shape into loaves and place into a well-greased loaf pan.
12. Cover loaves with plastic wrap, mark with your class period and kitchen number, and place in the fridge.

#### Day 2

13. Preheat the oven to 375 F. Bake the loaves about 25 to 30 minutes or until done.
14. Remove loaves from pans and enjoy.

## Macaroni and Cheese

### Ingredients:

- 2 cups macaroni
- 1/4 cup butter
- 1/4 cup flour
- 1/2 teaspoon salt
- 2 cups milk
- 1 cup shredded medium or sharp cheddar cheese

### Measuring Equipment:

- Serving bowl
- 2 cereal bowls
- 4 cup liquid measuring cup
- 1 portion cup

### Directions:

1. Bring 6 cups water to a boil in your large pot.
2. Add macaroni and cook until it is al dente.
3. Drain using the colander and return to the pot.
4. While noodles are cooking, in the medium saucepan, melt the butter.
5. Remove from heat.
6. Add flour and salt. Mix until well blended using a whisk.
7. Add milk and return to heat.
8. Bring to a boil, stirring constantly.
9. The mixture must boil for one minute so that it does not taste like flour.
10. Remove from heat and add grated cheese.
11. Stir until cheese is melted.
12. Pour sauce over the cooked noodles and, if desired, top with extra cheese, salt and pepper to taste.

## Macaroni and Cheese

### Ingredients:

- 2 cups macaroni
- 1/4 cup butter
- 1/4 cup flour
- 1/2 teaspoon salt
- 2 cups milk
- 1 cup shredded medium or sharp cheddar cheese

### Measuring Equipment:

- Serving bowl
- 2 cereal bowls
- 4 cup liquid measuring cup
- 1 portion cup

### Directions:

13. Bring 6 cups water to a boil in your large pot.
14. Add macaroni and cook until it is al dente.
15. Drain using the colander and return to the pot.
16. While noodles are cooking, in the medium saucepan, melt the butter.
17. Remove from heat.
18. Add flour and salt. Mix until well blended using a whisk.
19. Add milk and return to heat.
20. Bring to a boil, stirring constantly.
21. The mixture must boil for one minute so that it does not taste like flour.
22. Remove from heat and add grated cheese.
23. Stir until cheese is melted.
24. Pour sauce over the cooked noodles and, if desired, top with extra cheese, salt and pepper to taste.

### No Fail Pie Crust

**Ingredients:**

- 1 1/2 cup flour
- 3/4 cup shortening
- 1/4 cup + 1 tablespoons water
- 1/2 teaspoon salt
- 1/4 cup flour

**Measuring Equipment:**

- Dry measuring cups
- Butter knife
- 3 cereal bowls
- 1 portion cup

**Directions:**

1. Using a pastry blender, cut 1 1/2 cups flour and shortening into each other forming pea sized crumbs.
2. In a separate bowl, mix water, salt, and 1/4 cup flour together into a paste.
3. Fold paste mixture into shortening mixture. Knead 5-10 times until shaped into a ball.
4. Divide dough into 4 sections. Roll out into a large circles.
5. Place rolled dough into 2 pie tins.

### No Fail Pie Crust

**Ingredients:**

- 1 1/2 cup flour
- 3/4 cup shortening
- 1/4 cup + 1 tablespoons water
- 1/2 teaspoon salt
- 1/4 cup flour

**Measuring Equipment:**

- Dry measuring cups
- Butter knife
- 3 cereal bowls
- 1 portion cup

**Directions:**

1. Using a pastry blender, cut 1 1/2 cups flour and shortening into each other forming pea sized crumbs.
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### No Fail Pie Crust

**Ingredients:**

- 1 1/2 cup flour
- 3/4 cup shortening
- 1/4 cup + 1 tablespoons water
- 1/2 teaspoon salt
- 1/4 cup flour

**Measuring Equipment:**

- Dry measuring cups
- Butter knife
- 3 cereal bowls
- 1 portion cup

**Directions:**

6. Using a pastry blender, cut 1 1/2 cups flour and shortening into each other forming pea sized crumbs.
7. In a separate bowl, mix water, salt, and 1/4 cup flour together into a paste.
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9. Divide dough into 4 sections. Roll out into a large circles.
10. Place rolled dough into 2 pie tins.

## Angel Food Cake

### Ingredients:

- 1/3 cup flour
- 1/2 cup sugar, divided
- 4 egg whites
- Dash of salt
- 1/2 teaspoon vanilla
- 1/2 teaspoon cream of tartar

### Measuring Equipment:

- Dry measuring cups
- 3 cereal bowls
- 3 portion cups
- Fork, spoon, butter knife

### Directions:

#### Day 1

1. In the small white mixing bowl, sift together flour and 1/4 cup sugar with fork or whisk and set aside.
2. In the medium white mixing bowl, using the hand mixer beat the egg whites on high until foamy.
3. Add salt, vanilla, and cream of tartar to the foamy egg whites.
4. Continue beating while gradually adding other 1/4 cup of sugar to the egg whites.
5. Beat the egg whites to stiff peaks.
6. Sprinkle **half** of the flour-sugar mixture over the surface of the egg white meringue and fold in using the rubber spatula for 10 strokes.
7. Sprinkle the 2nd half of the flour-sugar mixture over the egg white mixture and fold in again with the rubber scraper for 10 more strokes.
8. Gently spoon batter with the scraper into 2 greased mini loaf pans.
9. Cover with plastic wrap mark with your class period and kitchen number and place in the back fridge.

#### Day 2

10. Bake at 375 F for 17-20 minutes.

## Angel Food Cake

### Ingredients:

- 1/3 cup flour
- 1/2 cup sugar, divided
- 4 egg whites
- Dash of salt
- 1/2 teaspoon vanilla
- 1/2 teaspoon cream of tartar

### Measuring Equipment:

- Dry measuring cups
- 3 cereal bowls
- 3 portion cups
- Fork, spoon, butter knife

### Directions:

#### Day 1

1. In the small white mixing bowl, sift together flour and 1/4 cup sugar with fork or whisk and set aside.
2. In the medium white mixing bowl, using the hand mixer beat the egg whites on high until foamy.
3. Add salt, vanilla, and cream of tartar to the foamy egg whites.
4. Continue beating while gradually adding other 1/4 cup of sugar to the egg whites.
5. Beat the egg whites to stiff peaks.
6. Sprinkle **half** of the flour-sugar mixture over the surface of the egg white meringue and fold in using the rubber spatula for 10 strokes.
7. Sprinkle the 2nd half of the flour-sugar mixture over the egg white mixture and fold in again with the rubber scraper for 10 more strokes.
8. Gently spoon batter with the scraper into 2 greased mini loaf pans.
9. Cover with plastic wrap mark with your class period and kitchen number and place in the back fridge.

#### Day 2

10. Bake at 375 F for 17-20 minutes.

## Apple Crisp

### Ingredients:

- 3 medium tart apples, pared, peeled and thinly sliced
- 1/3 cup oats
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar
- 1/2 teaspoon nutmeg
- 1/3 cup flour
- 1/4 cup butter or margarine, softened

### Measuring Equipment:

- 4 cereal bowl
- Dry measuring cups
- 2 portion cups
- Measuring spoons
- Butter knife for leveling

### Directions:

1. Place thin, peeled apple slices in 1 cereal bowl
2. In a separate bowl mix the dry ingredients.
3. Cut the butter into the dry mixture using the pastry blender.
4. Place in another cereal bowl
5. Cover both bowls with plastic wrap and place in fridge

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- 1/3 cup oats
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar
- 1/2 teaspoon nutmeg
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- 4 cereal bowl
- Dry measuring cups
- 2 portion cups
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- Butter knife for leveling

### Directions:

1. Place thin, peeled apple slices in 1 cereal bowl
2. In a separate bowl mix the dry ingredients.
3. Cut the butter into the dry mixture using the pastry blender.
4. Place in another cereal bowl
5. Cover both bowls with plastic wrap and place in fridge



### Vanishing Biscuits

#### Ingredients:

- 1 biscuit per person
- 1 tbsp. butter
- ½ marshmallow per person
- 2 tbsp. sugar
- ½ tsp. cinnamon

#### Measuring Equipment:

- 1 plate
- 1 cereal bowl
- Measuring spoons

#### Directions:

1. Preheat oven to 375°F.
2. Microwave butter in a cereal bowl for 30 seconds.
3. In a separate cereal bowl mix cinnamon and sugar.
4. Pat each biscuit flat.
5. Roll the marshmallows in the butter then the cinnamon and sugar mixture.
6. Wrap the marshmallows inside the biscuits sealing the edges well. Be careful not to get the cinnamon and sugar mixture on the edge or it won't seal.
7. Place on a cookie sheet and bake for 11-13 minutes or until lightly browned.

### Frozen Hot Chocolate

#### Ingredients:

- 2 cups ice
- 1 1/2 cups milk
- 1/4 cup hot chocolate mix
- 1/4 cup chocolate syrup

#### Measuring Equipment:

- Blender pitcher
- 4 cup liquid measuring cup
- Measuring spoons

#### Directions:

1. Place ingredients in blender.
2. Cover with lid and press the smoothie button. The blender will stop on its own.

## Chili

### Ingredients:

½ lb. ground beef  
⅛ onion, chopped  
⅛ green bell pepper, chopped  
Salt and Pepper to taste  
1/3 c. beans, drained  
1/3 c. chopped tomatoes  
½ c. tomato sauce  
2 tsp. chili powder  
¾ c. water

### Measuring Equipment:

- 2 Small plates
- 2 cereal bowls
- 2 portion cups

### Directions:

1. Brown ground beef in large skillet chopping with the pancake turner while cooking.
2. Drain grease into aluminum can.
3. While ground beef is browning chop onions and pepper with chef's knife on the large cutting board.
4. Add onions and green bell pepper to skillet with beef.
5. Cook until vegetables are tender.
6. Add remaining ingredients and simmer for 10 minutes.

## Chili

### Ingredients:

½ lb. ground beef  
⅛ onion, chopped  
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Salt and Pepper to taste  
1/3 c. beans, drained  
1/3 c. chopped tomatoes  
½ c. tomato sauce  
2 tsp. chili powder  
¾ c. water

### Measuring Equipment:

- 2 Small plates
- 2 cereal bowls
- 2 portion cups

### Directions:

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2. Drain grease into aluminum can.
3. While ground beef is browning chop onions and pepper with chef's knife on the large cutting board.
4. Add onions and green bell pepper to skillet with beef.
5. Cook until vegetables are tender.
6. Add remaining ingredients and simmer for 10 minutes.

## Sugar Cookies

|  |  |
|--|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 3/4 cups white sugar</li><li>• 1/2 cup butter</li><li>• 1/2 cup sour cream</li><li>• 1/2 teaspoon vanilla</li><li>• 1/2 teaspoon baking soda</li><li>• 1/4 teaspoon salt</li><li>• 2 Tbsp. egg</li><li>• 2 1/4 cups of flour or more</li></ul>   | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 1 cup dry measuring cup</li><li>• 1/4 cup dry measuring cup</li><li>• Measuring spoons</li><li>• 4 portion cups</li><li>• 1 cereal bowl</li><li>• Serving bowl</li></ul> |
| <p>Directions:</p> <p><u>Day 1</u></p> <ol style="list-style-type: none"><li>1. Using the leaf paddle attachment, cream together sugar, butter and, sour cream in the silver mixing bowl on your stand mixer.</li><li>2. Add all ingredients EXCEPT the flour to the sour cream mixture.</li><li>3. Slowly add the flour until a soft, but not sticky, dough is formed.</li><li>4. Place in a bag labeled with your lab groups class period and kitchen number then place in the back fridge.</li></ol> <p><u>Day 2</u></p> <ol style="list-style-type: none"><li>5. Preheat the oven to 425°F.</li><li>6. Sprinkle counter lightly with flour.</li><li>7. Lightly flour the rolling pin and use it to roll the cookie dough to 1/4" thick.</li><li>8. Use the heart shaped cookie cutters and cut as many cookies as you can out of the rolled dough.</li><li>9. Ball up the remaining dough and repeat steps 6 and 7 until all the dough has been used.</li><li>10. Place cut cookies on baking sheets lined with parchment paper.</li><li>11. Bake for 5-7 minutes.</li><li>12. Allow cookies to cool for 5 minutes then removes from pan and move to paper towels.</li><li>13. Let cool completely then frost.</li></ol> |  |

## Buttercream Frosting (sugar Cookies Day 2)

|  |  |
|--|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1/4 C butter (softened)</li><li>• 1/2 C powdered sugar</li><li>• 1/2 tsp vanilla</li><li>• 1 tsp hot water</li></ul>   | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• 1/2 cup dry measuring cup</li><li>• Measuring spoons</li><li>• Small plastic mixing bowl</li><li>• 1 portion cup</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Using the hand mixer with beaters beat together the butter and sugar in the small plastic mixing bowl.</li><li>2. Once well combined, add the vanilla and water.</li><li>3. Beat until smooth and creamy.</li><li>4. Frost cooled cookies and decorate with sprinkles.</li></ol> |  |

### Breakfast Burritos

|  |  |
|--|--|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 2 tbsp. oil</li><li>• ¼ onion</li><li>• 1 c. frozen hash browns</li><li>• 2 tsp. chopped green chilies</li><li>• 2 large eggs</li><li>• ¼ lb. sausage</li><li>• 1 tortilla per person in your group</li></ul>  | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Measuring spoons</li><li>• 2 portion cups</li><li>• 1 cup dry measuring cup</li><li>• 3 cereal bowls</li><li>• 1 small plate</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Using a cutting board and your chef knife, chop the onion.</li><li>2. Meanwhile heat oil in your large skillet over medium heat.</li><li>3. Add onion to oil and sauté until tender using your pancake turner.</li><li>4. Add sausage and cook until browned.</li><li>5. Add hash browns and chilies and cook until hash browns are tender.</li><li>6. In a cereal bowl, scramble eggs with a fork.</li><li>7. Pour eggs into the skillet and cook.</li><li>8. Warm tortillas in microwave for 15 seconds.</li><li>9. Evenly distribute the sausage mixture on the tortillas.</li><li>10. Top mixture with desired toppings: cheese, sour cream, taco sauce, etc.</li><li>11. Roll up and enjoy.</li></ol> |  |

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|--|--|
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### St. Patrick's Day Popcorn Balls

|   |   |
|---|---|
| <p>Ingredients:</p> <ul style="list-style-type: none"><li>• 1 bag popcorn</li><li>• ½ cup butter (1stick)</li><li>• ½ cup brown sugar</li><li>• ½ tsp vanilla</li><li>• 10 marshmallows</li></ul>   | <p>Measuring Equipment:</p> <ul style="list-style-type: none"><li>• Dry Measuring cups</li><li>• 2 cereal bowls</li></ul> |
| <p>Directions:</p> <ol style="list-style-type: none"><li>1. Unwrap the plastic from your bag of popcorn; place bag in microwave.</li><li>2. Microwave popcorn for 3 minutes, or until pops are 1-2 seconds apart. Do not use "popcorn" button.</li><li>3. Put popcorn in your biggest white bowl. Remove all unpopped kernels.</li><li>4. Melt butter in your medium saucepan over medium heat. Add brown sugar, vanilla and marshmallows, and stir with wooden spoon until marshmallows are completely melted and mixed in. Add 4-5 drops of green food coloring.</li><li>5. Grease your wooden spoon with cooking spray. Pour caramel mix over popcorn, and stir with greased spoon until all popcorn is coated.</li><li>6. Allow mixture to cool for 5-10 minutes. When cool enough to handle, shape popcorn into balls (or other desired shapes). If necessary, grease hands with cooking spray to help with shaping.</li></ol> |   |

### St. Patrick's Day Popcorn Balls

|   |   |
|---|---|
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## Nutella Egg Nests

### Ingredients:

- 1/3 cup sweetened condensed milk
- 1 1/2 tablespoons egg whites
- 3/4 teaspoons vanilla
- pinch of salt
- 1 3/4 cups sweetened coconut
- (Pick up at demo table when cookies are baking)
- 1 teaspoon Nutella per nest
- 3 M&Ms per nest

### Measuring Equipment:

- Liquid measuring cup
- Rubber scraper
- Measuring spoons
- 3 portion cups
- 1 cereal bowl
- Dry measuring cups

### Directions:

1. Preheat the oven to 325°F.
2. Place parchment paper on one of your cookie sheets.
3. In the large white mixing bowl using a wooden spoon, stir together the sweetened condensed milk, egg white, vanilla extract, and salt until combined.
4. Add in the coconut and mix well.
5. With a small spoon, scoop up about 2 Tablespoons of the dough and place the dough onto the prepared baking sheet.
6. Form the cookies into the shape of a bird nest by pressing down the center with your thumb.
7. Bake cookies for 17 to 20 minutes, or until slightly golden brown.
8. Remove from the oven and press your thumb down in the center of the nests again.
9. Cool the cookies on the baking sheets for about 5 minutes or until they are firm and set and you can touch them.
10. Remove from pan using a pancake turner and place on paper towels.
11. Place about a tablespoon of Nutella in the center of each nest.
12. Place 3 egg candies in the center of the nest.

## Strawberry Sauce

### Ingredients:

- 6 Tablespoons sugar
- 1 Tablespoon cornstarch
- 2 Tablespoons cranberry juice
- 1/2 (16-ounce) bag frozen strawberries

### Measuring Equipment:

- Measuring spoons
- 2 cereal bowls
- 2 portion cups
- Butter knife

### Directions:

1. In the large skillet, combine sugar, cornstarch, and juice using a wooden spoon.
2. Add the strawberries.
3. Stir together and bring to a simmer over medium heat making sure to stir often.
4. Turn down heat to low and simmer for 5 minutes or until thickened.
5. Remove from heat and let cool slightly.
6. Pour over sliced angel food cake and top with whipped cream.

## Whipped Cream

### Ingredients:

- 1/2 cup whipping cream
- 1/2 teaspoon vanilla
- 1 tablespoon powdered sugar

### Measuring Equipment:

- 1 cup liquid measuring cup
- Measuring spoons
- 2 portion cups

### Directions:

1. In the small white mixing bowl, combine all ingredients.
2. Whip with the hand mixer until stiff.

## Snickerdoodles

|   |   |
|---|---|
| <b>Ingredients:</b> <ul style="list-style-type: none"><li>• 1/2 cup softened butter</li><li>• 1 teaspoons cream of tartar</li><li>• 3/4 cups sugar</li><li>• 1/2 teaspoon baking soda</li><li>• 1 eggs</li><li>• 1/8 teaspoon salt</li><li>• 1 cup + 6 tablespoons flour</li></ul>  | <b>Measuring Equipment:</b> <ul style="list-style-type: none"><li>• Measuring cups</li><li>• Measuring spoons</li><li>• 2 cereal bowls</li><li>• 3 portion cups</li><li>• Fork and butter knife</li></ul> |
| <b>Directions:</b><br>Day 1 <ol style="list-style-type: none"><li>1. In a small mixing bowl, cream together butter and sugar using the hand mixer.</li><li>2. Add eggs and mix.</li><li>3. Switch to a wooden spoon and add dry ingredients and mix until a soft dough forms.</li><li>4. Place in gallon size plastic bag and refrigerate until firm.</li></ol> Day 2 <ol style="list-style-type: none"><li>5. Roll dough into 1-inch balls and roll in a cinnamon-sugar mixture.</li><li>6. Place on an ungreased cookie sheet and gently press flat with fork or cup end dipped in cinnamon-sugar.</li><li>7. Bake at 400 F for 8-10 minutes.</li></ol> |   |

## Snickerdoodles

|  |   |
|--|---|
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| <b>Directions:</b><br>Day 1 <ol style="list-style-type: none"><li>8. In a small mixing bowl, cream together butter and sugar using the hand mixer.</li><li>9. Add eggs and mix.</li><li>10. Switch to a wooden spoon and add dry ingredients and mix until a soft dough forms.</li><li>11. Place in gallon size plastic bag and refrigerate until firm.</li></ol> Day 2 <ol style="list-style-type: none"><li>12. Roll dough into 1-inch balls and roll in a cinnamon-sugar mixture.</li><li>13. Place on an ungreased cookie sheet and gently press flat with fork or cup end dipped in cinnamon-sugar.</li><li>14. Bake at 400 F for 8-10 minutes.</li></ol> |   |



**Food Safety**

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

Today's lab will help us understand the basics of food safety and proper sanitation issues when working in the kitchens.

Questions for Learning

- What does the term "Cross-Contamination" mean: \_\_\_\_\_  
\_\_\_\_\_
- List 3 ways to avoid cross contamination in the kitchen?
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- What is the food borne illness that you can get from poultry products if it is not cooked and handled properly? \_\_\_\_\_

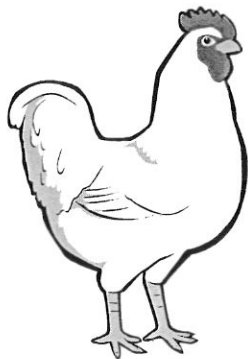
**Chicken Fajita Ingredients**

- 2 tablespoons vegetable or olive oil, divided
- 1 boneless, skinless chicken breast halves, cut across into strips
- Fajita Seasoning, 4 teaspoons
- 1/4 cup water
- 1/2 large onions, sliced
- 1/2 bell peppers (one each of green, yellow, and red is prettiest, but not essential), sliced
- fajita-size flour tortillas, wrapped in a cloth and warmed in the microwave 1 to 2 minutes
- Salsa (1 Tbsp), sour cream (1 Tbsp) and shredded cheese (1oz) for serving (optional)

1. Heat 1 tablespoon oil in a large skillet over medium heat until hot. Add chicken strips and cook, stirring a couple of times, until almost cooked through, 5 to 6 minutes. Add fajita seasoning and water (mixing well) and let chicken finish cooking.

2. Heat remaining 1 tablespoon oil in skillet over medium heat. Add onions and peppers; cook, stirring occasionally, until tender and some caramelized brown bits begin to show up in pan, 3 to 4 minutes. Stir vegetables into seasoned chicken. (Or serve the vegetables separately.)

3. Serve the fajita mixture on warm tortillas with salsa, cheese and sour cream.



**[FAJITAS]**

**[Microwave Cooking & Safety]** Name: \_\_\_\_\_ Period: \_\_\_\_ Date: \_\_\_\_

Questions for Learning- Today's lab will help us understand the basics of microwave cookery and safety when working in the kitchens.

- Explain how microwaves cook foods?

\_\_\_\_\_

- What is standing time and why is it important for microwave cooking?

\_\_\_\_\_

- What makes a microwave **safe** container or covering?

\_\_\_\_\_

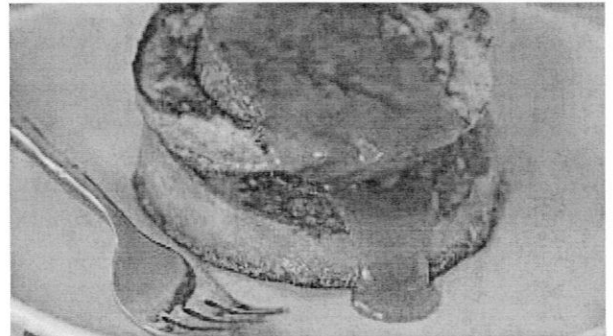
- What makes an **unsafe** microwave container or covering?

\_\_\_\_\_

## QUICK CARAMEL ROLLS for FOUR

### **Caramel Mixture**

1/4 cup butter (1/2 stick)  
1/2 cup firmly packed brown sugar  
1/2 tsp. Cinnamon  
2 Tablespoons light corn syrup  
2 Tablespoons whipping cream



### **Biscuit**

4 Pillsbury® Grands!® Refrigerated Buttermilk Biscuits

### **Step 1-Making the Caramel Sauce**

Place 1/4 cup butter in small microwave-safe glass bowl. Microwave covered on HIGH for 20 to 40 seconds. Add all remaining topping ingredients; mix well. Microwave covered on HIGH for 1 minute. Stir. Divide into mixture into 4 custard/ramekin containers or microwave safe bowls.

### **Step 2-Making the Biscuits**

Put 1 refrigerator biscuit, over topping of the caramel sauce, in each custard dish.

### **Step 3-Cooking the Biscuits**

Microwave each individual caramel roll on HIGH for 1 minute. Cool 2 minutes; flip over onto serving plate. Serve warm and enjoy.

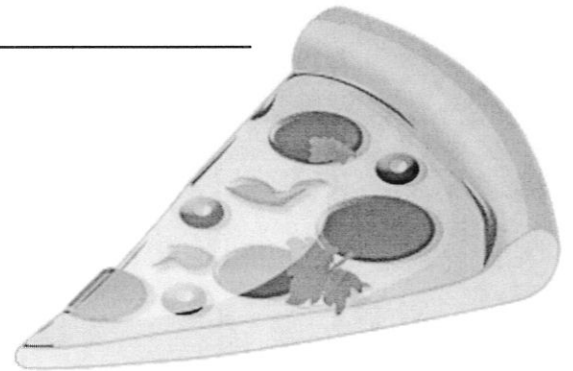
**Oven Safety**

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

Today's lab will help us understand the basics of oven safety and proper sanitation issues when working in the kitchens.

**Questions for Learning**

- What does the term "broil" mean? \_\_\_\_\_
- How hot does the oven get when you use the broil function? \_\_\_\_\_
- You should always wear \_\_\_\_\_ on your hands when you take food out of the oven.
- How can you put out a grease fire? \_\_\_\_\_



**Bagel Pizza Snacks**

- 1/2 bagel
- 2 Tbsp. pizza sauce
- 1 oz. mozzarella cheese

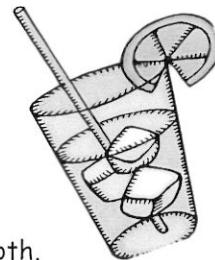
**Toppings**

1. Place bagels halves, crust-side down, on a cookie sheet. Position one piece of pepperoni over the hole of each bagel half.
2. Spread each bagel half with 2 Tbsp. pizza sauce. Top with your choice of toppings. Sprinkle each bagel half with 1 ounce mozzarella cheese.
3. Position broiler pan so the tops of the bagels are about 4 inches from the heat. Turn on broiler. Be sure to leave oven door slightly open.
4. Broil until cheese is bubbly, about 2-4 minutes, watch closely. Remove with oven mitt and serve hot.

**Razzmatazz Smoothie**

- 1 C. raspberry/cranberry fruit punch
- 1/2 C. milk
- 2 C. raspberry sherbet

1. Put liquids in blender first. Add sherbet and blend until smooth.
2. Serve.



Kool-Aid Slush

Name: \_\_\_\_\_ Period: \_\_\_\_\_

1 C. Water

1/2 C. Sugar

1 Packet Kool-Aid Mix

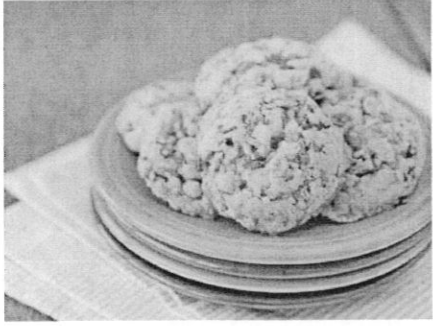
4-5 C. Ice

1. Put all ingredients into blender.
2. Blend until smooth.

Directions: Using the different blender pieces below put them in the correct order. Label each one. Starting with number 1 (closest to the counter) and number 5 being the last piece assembled.



Question: Why do you always put the liquid ingredients in the blender first?



## Rainbow Cookies

1 box (15.25 Oz) Yellow Cake Mix

½ cup Oil

¼ cup Water

1 Large Egg

3 cups Fruity Pebbles Cereal

Directions:

Preheat oven to 350 degrees F. Beat cake mix, oil, water, and egg in large bowl with wooden spoon until well blended. Add cereal; mix well.

Drop tablespoonfuls of dough, 2 inches apart, onto ungreased baking sheets.

Bake 9-11 minutes or just until cookies begin to brown. Cool on wire racks. Makes about 4 dozen cookies.

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½ cup Oil

¼ cup Water

1 Large Egg

3 cups Fruity Pebbles Cereal

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Bake 9-11 minutes or just until cookies begin to brown. Cool on wire racks. Makes about 4 dozen cookies.

# Surprise Muffins

Name: \_\_\_\_\_

FACS Grade 7-8

🔊 Grease muffin pan. Heat oven to 400°.

½ egg

½ cup milk

¼ cup vegetable oil

In a small bowl, beat one whole egg. Remove ½ of the egg and then stir in milk and oil.

1 cup flour

3 tablespoons sugar

1 ½ teaspoons baking powder

½ teaspoon salt

In a separate bowl, combine all dry ingredients.

Make a well in the center of the dry ingredients. Pour liquid ingredients into well.

Stir until dry ingredients are just moistened (batter will be lumpy).

Fill muffin cups about 1/3 full. Drop ½ teaspoon jelly into the center of each; top with batter to fill cup 2/3 full.

Bake for 20 minutes.

LAB MANAGER: \_\_\_\_\_ KITCHEN: \_\_\_\_\_ DAY: \_\_\_\_\_

| JOB                                  | NAME(S) |
|--------------------------------------|---------|
| Collect utensils. Preheat oven.      | (1)     |
| Grease muffin pan.                   | (1)     |
| Combine liquid ingredients.          | (2)     |
| Combine dry ingredients.             | (2)     |
| Combine liquid with dry ingredients. | (1)     |
| Fill muffin cups.                    | (1)     |
| Wash dishes.                         | (1)     |
| Dry dishes.                          | (1)     |
| Put away dishes.                     | (1)     |
| Clean counters. Dry sinks.           | (2)     |

Utensils Needed:

## Strawberry Banana Smoothie

1 ½ cups orange juice (frozen orange juice diluted with only 2 cans of water)

1 cup milk

1/3 cup sugar

½ pkg. Strawberries, frozen

1 tsp. vanilla

½ banana

1 cup ice cubes

1. Put all the ingredients into a blender except the strawberries. Blend a few seconds.
2. Add the strawberries a few at a time through the hole in the blender lid. Add the strawberries will the blender is turned on.
3. Pour into glasses and serve.

## Orange Banana Peach Smoothie

1-2 bananas, cut into chunks, peeled and frozen

1 cup frozen peaches

1 ½ cups orange juice (Orange juice diluted with only two cans water)

1 cup vanilla yogurt

1 cup ice

1. Place all ingredients in the blender in the order listed.
2. Blend on high until smooth. Taste.
3. Add a little sugar to taste if necessary. Blend again.
4. Serve

## Soft Pretzels

2 tsp. yeast  
3/4 cup lukewarm water  
1 egg, beaten  
1/4 cup vegetable oil  
3 cups hot roll mix\*  
1 tbsp. egg water mixture  
coarse salt

1. In Kitchen Aid mixer, dissolve yeast in warm water. To get warm water, measure 3/4 cup water in liquid measuring cup and heat in microwave oven for 20 sec.
2. Blend in egg, and oil.
3. Add 2 1/2 cups Hot Roll mix. Blend well with flat arrow attachment.
4. Change to dough hook and add enough hot roll mix to make a soft dough, but not too sticky.
5. Mix with mixer until the dough pulls away from the sides of the bowl and cleans the bowl.
6. Cut dough into 8 pieces and roll into ropes about 1/2 inches in diameter.
7. Form into pretzel shapes.
8. Place on lightly greased cookie sheets and if desired, brush with egg water mixture. Sprinkle with salt and bake at 425 degrees for 12 minutes.

## \*Hot Roll Mix

5 lbs. (or 18 1/2 cups flours) All-purpose flour  
1 1/4 cup sugar  
4 tsp. salt  
1 cup instant nonfat dry milk

Combine all ingredients in a large bowl. Stir together to distribute all ingredients evenly. Put in a large airtight container. Label. Store in a cool, dry place. Use within 6 to 8 months. Makes 22 cups of HOT ROLL MIX.



## German Pancakes

3 eggs

2/3 c. milk

½ tsp. vanilla

½ tsp. salt

2/3 c. flour

2 Tbsp. Margarine

1. Preheat oven to 400\*
2. Melt margarine in 8" glass square pan in the oven while it is preheating. (This is important to preheat the baking pan as well.)
3. Beat eggs in mixer with wire whip attachment.
4. Keep the mixer going and add milk, vanilla, salt, flour.
5. Pour batter into pan with melted margarine.
6. Bake 15-20 minutes.
7. Cut and serve with butter, jam or syrup

## Mini Cheesecakes

6 vanilla wafers  
4 ounces cream cheese  
3 tbsp. sugar  
1 egg  
1/4 tsp. vanilla extract  
1 tsp. lemon juice

1. Line six muffin cups with cupcake liners.
2. Place one vanilla wafer in each of these muffin cups.
3. In a the Kitchen Aid mixer, beat the cream cheese until it is soft and smooth.
4. Add the sugar and beat until smooth.
5. Then add the egg and vanilla and beat until fluffy.
6. Carefully spoon over the vanilla wafers, filling each cup no more than 2/3 full.
7. Bake at 350°F for 15 minutes.
8. Cool in the freezer (speed cooling)
9. Serve with fruit pie fillings.

## Chocolate Bunnana Blaster

2 ½ cups milk  
1 cup vanilla ice cream  
½ medium banana  
½ cup Chocolate Flavor Nestle Nesquick Powder

1. Place the milk, ice cream, banana and Chocolate flavor powder in a blender and cover.
2. Blend until smooth and serve

## Flaky Apple Foldovers

1 10 oz. Can Hungry Jack or other refrigerator biscuits

1/4 cup sugar-cinnamon-nutmeg mixture\*

1 large apple

2 tbsp. margarine, melted

1. Heat oven to 375 \*F
2. Peel and dice the apple
3. Separate the biscuits into individual biscuits. Roll out the biscuits into 4 inch circles.
4. On each biscuit, place about 1 tbsp. diced apples and 1 to 2 tsp. sugar mixture
5. Fold over each biscuit and seal the edges with a fork.
6. Dip each biscuit into the melted margarine and place on a foil-covered cookie sheet.
7. Sprinkle each foldover with the remaining sugar mixture.
8. Bake at 375\* F for 15 minutes.
9. Serve warm.

*\* Sugar mixture: 2/3 cup sugar, 3/4 tsp. cinnamon, 1/4 tsp. nutmeg*

## Corkscrew Macaroni Toss

|  |                            |
|--|----------------------------|
| 1 cup uncooked corkscrew macaroni            | 10 cherry tomatoes, halved |
| 2 small carrots, cut into 2" julienne strips | 1/4 cup Italian dressing   |
| 2 green onions, chopped                      | 2 tbsp. mayonnaise         |
| 1 stalk celery, sliced                       | 1/8 tsp. pepper            |
| 2 tbsp. chopped fresh parsley                |                            |

1. Bring 3 cups water to boil in your largest saucepan.
2. Add macaroni. Reduce heat a little to avoid a boil over.
3. Cook the macaroni for 7 to 9 minutes or until done. Drain. And rinse with cold water.
4. Cut the carrots into julienne strips. (Watch the demonstration.)
5. Chop the green onions.
6. Slice the celery. Chop the parsley.
7. Cut the cherry tomatoes in half.
8. Put the macaroni in a mixing bowl and toss with the remaining ingredients.
9. Chill if possible and serve.

## STIR FRY VEGETABLES

|                          |                          |
|--------------------------|--------------------------|
| 1/4 lb. hamburger        | 1/2 cup broccoli, cut-up |
| 1/4 onion, sliced        | 2 tsp. cornstarch        |
| 1 tbsp. vegetable oil    | 1 tbsp. soy sauce        |
| 1 stalk celery           | 1/2 cup water            |
| 1/4 green pepper, slices | 1/2 tsp. sugar           |
| 1 carrot, sliced         | 1 pkg. Ramen noodles     |

1. Brown hamburger in an electric skillet
2. Drain any excess grease in a can, **not in the sink**. Rinse the meat in a colander with hot water to remove any excess grease. Set aside.
3. Add the vegetable oil to the skillet. Allow it to heat up for about 1 minute.
4. Stir-fry the carrots and celery for 2 minutes. Then add the onion. Stir-fry for one minute. Then add the broccoli. Stir-fry for one minute. Then add the green pepper. Stir-fry for one minute.
5. Add the meat.
6. In a separate bowl, mix in the flavor packet from the noodles, cornstarch, soy sauce, water and sugar.
7. Add to the meat and vegetables. Cook 2 minutes and serve over cooked noodles.
8. Prepare noodles according to package directions. Boil 2 cups water. Add the noodles. Boil for 3 minutes. Drain off water.

## Sloppy Joes

1 lb. Lean ground beef  
½ cup chopped green bell pepper  
½ cup chopped onion  
1 tbsp. brown sugar  
1 tbsp. dry mustard  
1/8 tsp. pepper  
½ cup ketchup  
1 tbsp. vinegar  
1 tbsp. Worcestershire sauce  
1 (8 oz.) Can tomato sauce  
5-6 sandwich buns, split

1. In a large skillet, combine ground beef, bell pepper and onion.
2. Cook over medium heat until the beef is thoroughly cooked, stirring frequently.
3. Drain any excess grease.
4. Add remaining ingredients except the buns. Mix well.
5. Cover and simmer 5-10 minutes. Stir occasionally.
6. Serve on buns.

## Microwave Apple Crisp

1/4 cup butter or margarine,

1/2 cup quick cooking or old-fashioned oats

1/4 cup brown sugar

1/3 cup all-purpose flour

1/4 cup chopped walnuts (optional)

1 can (21 oz) apple fruit filling

1. In the Kitchen Aid mixer, combine oats, brown sugar, flour and walnuts. Add the butter and using the wire whip attachment, mix until it looks like coarse crumbs.
2. Spoon the apple filling into a 8"x8" microwaveable baking pan. Sprinkle oat mixture evenly over the fruit filling.
3. Microwave on HIGH for 4 minutes, or until hot.
4. Remove from the microwave.
5. To brown the topping, place the apple crisp in an oven set on broil. Broil for about 2 minutes.  
**WATCH CAREFULLY. IT WILL BURN FAST!**

## Chocolate Chip Cookies

|                     |                         |
|---------------------|-------------------------|
| 2/3 cup butter      | 1 egg                   |
| 1/2 cup white sugar | 1 1/2 cup flour         |
| 1/2 cup brown sugar | 1/2 tsp. soda           |
| 1 tsp. vanilla      | 1/2 tsp. salt           |
|                     | 1/2 cup chocolate chips |

1. In the Kitchen Aid mixer, using the **flat** attachment, cream butter, sugar and brown sugar.
2. Without turning off the mixer, add vanilla and the egg.
3. In a separate bowl, mix the flour, soda, and salt.
4. Carefully add to the shortening/sugar mixture. Add in small amounts so it doesn't get sprayed around your kitchen.
5. Stir in the chocolate chips.
6. Drop by teaspoons onto a greased cookie sheet.
7. Bake at 375°F for 9-11 minutes.
8. Yield: 1 dozen cookies

## Pizza

|   |                             |
|---|-----------------------------|
| 1 Rhodes Texas roll per person  | mushrooms                   |
| 1/2 cup pizza sauce   | green pepper                |
| 1 cup shredded cheese (cheddar and mozzarella combination works well) | onion                       |
| pepperoni   | olives                      |
|   | any other toppings you like |

1. Roll out the dough. You may either do them separately or combine them to make one large pizza.
2. Spread the pizza sauce on the dough.
3. Put on the toppings and cheese.
4. Bake in a 400 \*F oven for 13-15 minutes.
5. Serve



## CHICKEN ROLL-UPS

4 oz. Cream cheese

2 tbsp. margarine

1/8 tsp. salt

1/8 tsp. pepper

1/8 tsp. garlic salt

1 ½ cup cooked, cubed chicken

1 tbsp. milk

2 tbsp. chopped onion

1 can biscuits or crescent rolls

1/4 cup melted margarine

½ cup bread crumbs

1/3 cup water

½ can cream of chicken soup

1. Combine cream cheese, 2 tbsp. margarine, salt, pepper, garlic salt and milk. Mix until smooth.
2. Stir in chicken and onions.
3. Separate crescent rolls.
4. Divide chicken mixture between the rolls.
5. Bring the corners of each roll together and seal the edges.
6. Dip each roll in melted butter and then in the bread crumbs.
7. Bake at 375\* F for 20 minutes.
8. Serve topped with cream of chicken soup.

## Whole Wheat Pancakes

1 1/4 cups sifted whole wheat flour  
3 tsp. baking powder  
3 tbsp. brown sugar  
1/4 tsp. salt  
2-3 well-beaten egg yolks  
1 1/4 cup milk  
3 tbsp. oil  
2-3 stiffly beaten egg whites

1. Mix the dry ingredients together in one bowl and set aside.
2. Beat the egg whites in the Kitchen Aid Mixer with the whip attachment. When they are stiff, pour them into a separate bowl and set aside.
3. In the Kitchen Aid mixer, beat the egg yolks, add the milk and oil. Mix well.
4. Slowly add the flour to the egg yolk mixture.
5. When the flour and egg mixture are well-combined, carefully fold in the egg whites.
6. Bake in the electric skillet on 350°F until bubbles form on top and start to break. Then flip them over and bake until golden brown on the second side.
7. Serve with maple syrup, jam or my favorite: peanut butter and maple syrup.

## Strawberry Lemonade Freeze

6 oz. pink (or regular) lemonade  
1 1/2 cup water  
1 1/2 cup ice  
1 cup frozen strawberries  
1/2 banana  
2 Tbsp. sugar

Place all ingredients in blender and blend.

## Pumpkin Drop Cookies

1 cup flour

½ tsp. baking powder

½ tsp. cinnamon

1/4 tsp. baking soda

1/4 tsp. nutmeg

1/4 cup margarine

½ cup brown sugar

1 egg

¾ cup canned pumpkin

½ tsp. vanilla

½ cup chocolate chips

1/4 cup chopped walnuts (optional)

1. Preheat oven to 375\* F.
2. In one bowl, stir together flour, baking powder, cinnamon, soda and nutmeg.
3. In the Kitchen Aid mixer, beat margarine and brown sugar until fluffy.
4. Add the egg, pumpkin and vanilla. Beat well.
5. Add the flour (dry) mixture.
6. Beat until well combined.
7. Stir in the chocolate chips and the walnuts.
8. Grease a cookie sheet.
9. Drop by teaspoons, 2 inches apart, onto a greased cookie sheet.
10. Bake in a 375\* oven for 8 to 10 minutes.

## Microwave Apple Crisp 2

|   |                           |
|---|---------------------------|
| 3 large Granny Smith apples               | 1/4 cup flour             |
| 4 graham cracker squares (2 1/2 in. each) | 1/2 teaspoon cinnamon     |
| 1/4 + 1/8 cup packed brown sugar          | 1/4 teaspoon nutmeg       |
| 1/4 cup rolled oats                       | 1/4 cup margarine, melted |

1. Peel, core and slice apples.
2. Place in 8" square glass baking dishes.
3. Crush graham crackers.
4. Combine crumbs, sugar, oats, flour and spices.
5. Add melted margarine and mix well.
6. Spoon mixture over apple slices.
7. Microwave on High 8-10 minutes or until apples are tender;
8. Let stand 5 minutes.

Yield: 4 servings