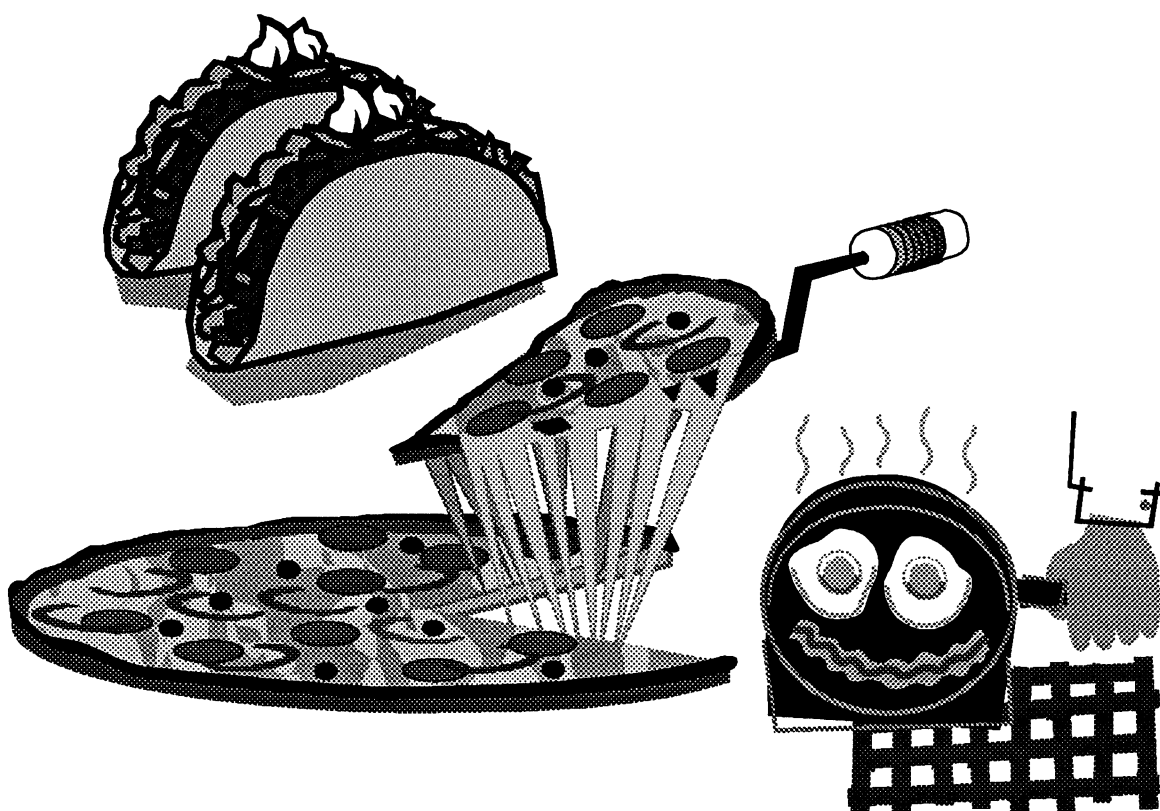


# Chapter 5

## 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 brocccoli 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 bouillon cubes
- 2 chicken bouillon 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 bouillon 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. Stirring 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, mayonnasie 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

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## *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 tablespoons 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