

A decorative border surrounds the central text box, featuring various food items like lemons, strawberries, mushrooms, and watermelon slices, along with the word 'YUM' in a stylized font.

# FREE SNACKS

## Key Lime Pie Dip

### INGREDIENTS

- ☐ 4 ounces cream cheese
- ☐ 14 ounces sweetened condensed milk
- ☐ zest from 3 limes
- ☐ juice from 3 limes
- ☐ graham crackers and fruit for dipping

### INSTRUCTIONS

1. Mix together cream cheese and condensed milk. Then add lime juice and half the lime zest; mix to combine.
2. Transfer to bowl and refrigerate for at least 2 hours. It tastes best if left overnight.
3. Garnish by sprinkling remaining zest on and crushed graham crackers on top before serving.

## Ms Barrow's Olive Dip

### INGREDIENTS

- ☐ 4 ounces cream cheese
- ☐ 3 Tablespoons of olives (with pits removed)
- ☐ Hot sauce (optional)
- ☐ Crackers and veggies for dipping

### INSTRUCTIONS

1. Mix together cream cheese and olives.
2. Add hot sauce, pepper, and other seasonings to make it your own (optional). Serve with crackers and/or veggies.

**Always refrigerated dairy products until serving.  
Stays fresh for 1 week.**

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# FREE SNACKS

## Three Bean Salad

### INGREDIENTS

For the salad:

- ☐ 1 (15-ounce) can cannellini beans, rinsed and drained
- ☐ 1 (15-ounce) can kidney beans, rinsed and drained
- ☐ 1 (15-ounce) can garbanzo beans, rinsed and drained
- ☐ 1/2 red onion, finely chopped (about 3/4 cup), soaked in water to take the edge off the onion
- ☐ 2 celery stalks, finely chopped (about 1 cup)
- ☐ 1 cup loosely packed, fresh, finely chopped flat-leaf parsley
- ☐ 1 teaspoon fresh finely chopped rosemary

For the dressing:

- ☐ 1/3 cup apple cider vinegar
- ☐ 1/4 cup granulated sugar (more or less to taste)
- ☐ 3 tablespoons extra virgin olive oil
- ☐ 1 1/2 teaspoons salt
- ☐ 1/4 teaspoon black pepper

### INSTRUCTIONS

**1. Make the salad:** In a large bowl, mix the 3 different types of beans, the celery, onion (drained of soaking water), parsley, and rosemary.

**2. Make the dressing:** In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.

**3. Chill and Serve:** Transfer the salad to the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing. Let come to close to room temperature to serve.



# FREE SNACKS

## Greek Salad

### INGREDIENTS

For the salad:

- ☐ 1 pt. grape or cherry tomatoes, halved
- ☐ 1 cucumber, thinly sliced into half moons
- ☐ 1 c. halved kalamata olives
- ☐ 1/2 red onion, thinly sliced
- ☐ 3/4 c. crumbled feta

For the dressing:

- ☐ 2 tbsp. red wine vinegar
- ☐ Juice of 1/2 a lemon
- ☐ 1 tsp. dried oregano
- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ 1/4 c. extra-virgin olive oil

### INSTRUCTIONS

**1. Make salad:** In a large bowl, stir together tomatoes, cucumber, olives, and red onion. Gently fold in feta.

**2. Make dressing:** In a small bowl, combine vinegar, lemon juice, and oregano. Season with salt and pepper. Slowly add olive oil, whisking to combine.

**3. Drizzle dressing over salad and enjoy!**





# FREE SNACKS

## Microwave Ice Tea

### INGREDIENTS

- ☐ Teabag
- ☐ Water
- ☐  $\frac{1}{3}$  Cup Sugar
- ☐ Ice

### EQUIPMENT

- ☐ Pitcher or big glass
- ☐ Microwave-safe cup

### INSTRUCTIONS

1. **Microwave 1 Cup of water** on high for 1 minute then carefully set it on the counter.
2. **Steep the tea.** Place the tea bag in the cup with the tag on the outside. Wait 3 minutes for the tea to steep, then remove the tea bag.
3. **Sweeten the tea.** Add  $\frac{1}{3}$  cup of sugar and stir gently.
4. **Dilute and chill.** Pour sweet tea mixture into the pitcher and fill it with water.
5. **Pour over ice and enjoy!**



# FREE SNACKS

## Microwave Rice Crispy Treats

### INGREDIENTS For SNACK SIZED TREATS

- ☐ 1 cup puffed rice cereal
- ☐  $\frac{3}{4}$  cup marshmallow
- ☐ 1 Tablespoon butter, margarine, OR coconut oil
- ☐ Grease for bowl

### INGREDIENTS For PARTY SIZED TREATS

- ☐ 9 cups puffed rice cereal
- ☐ 16 oz cup marshmallow
- ☐  $\frac{1}{2}$  cup butter, margarine, OR coconut oil
- ☐ Grease for bowl

### EQUIPMENT

- ☐ Microwave safe bowl
- ☐ Spoon
- ☐ Parchment Paper for smushing for SNACK SIZED TREATS
- ☐ Large (greased) dish for PARTY SIZED TREATS

### INSTRUCTIONS

1. GREASE a microwave safe bowl.
2. Add 1 Tablespoon of butter, margarine or coconut oil plus marshmallows to the bowl.
3. Microwave for 30 seconds. Check how melty it looks and stir. Keep microwaving and checking until it is JUST melted.
4. Stir in the cereal.
5. Pour it onto the square of parchment paper. Wrap the paper around it and press the treat into a bar.
6. (Try to) let it cool before eating.

The page is framed by a decorative border of hand-drawn food items including lemons, strawberries, mushrooms, and watermelon slices. Interspersed among these are several 'YUM' words in a bubbly, stylized font.

# FREE SNACKS

Tuesday 7/7

## No-Bake Cookies

### INGREDIENTS

- ☐ 2 cups sugar
- ☐ 1/2 cup milk
- ☐ 1/4 cup(4 tablespoons) unsalted butter
- ☐ 1/4 cup unsweetened cocoa powder
- ☐ 3 cups old-fashioned rolled oats
- ☐ 1 cup smooth peanut butter
- ☐ 1 tablespoon pure vanilla extract
- ☐ Pinch kosher salt

### EQUIPMENT

- ☐ Baking Sheet or Large Plate
- ☐ Microwave safe bowl
- ☐ Spoon or scraper
- ☐ Measuring Cups and Spoons

### INSTRUCTIONS

1. Line a baking sheet or plate with wax paper or parchment.
2. Combine sugar, milk, butter and cocoa in a large microwave safe bowl.
3. Microwave on high for two minutes, then stir until the butter is melted and incorporated. Microwave for two additional minutes.
4. Quickly add the oats, peanut butter, vanilla and salt. Stir to combine.
5. Drop teaspoonfuls of the mixture onto the prepared baking sheet, and let it set in the freezer until firm.
6. Refrigerate in an airtight container for up to 3 days.



# FREE SNACKS

Tuesday 7/7

## Apple Pie Overnight Oats

### INGREDIENTS

For the apples:

- ☐ 1/2 cup chopped apple (about 1/2 a large apple)
- ☐ 1 teaspoon brown sugar (can substitute maple syrup)
- ☐ pinch of cinnamon

For the Oatmeal:

- ☐ 1/2 cup old fashioned oats
- ☐ 1/2 - 3/4 cup milk
- ☐ 1/4 cup plain Greek yogurt or coconut yogurt
- ☐ 2 teaspoons maple syrup, honey or sugar
- ☐ 1/2 teaspoon vanilla
- ☐ 1/2 teaspoon cinnamon (or apple pie spice)
- ☐ toppings: cinnamon apples, nut butter, chopped nuts, chia seeds

### EQUIPMENT

- ☐ Cutting Board and Knife
- ☐ Measuring Cup and Spoons
- ☐ Microwave safe bowl
- ☐ Cups bowl or jar for setting and serving

### INSTRUCTIONS

- 1. Prep cinnamon apples:** add chopped apple pieces, sugar and cinnamon in a small microwave-safe bowl. Stir to coat apples. Heat for 30 to 60 seconds, to soften the apples.
- 2. Prepare the oatmeal:** add oats, milk, yogurt, sugar, vanilla and cinnamon into a jar, cup or bowl. Stir ingredients together and about half of the cinnamon apples. Stir to combine. Place remaining apple mixture on top.
- 3. Let it set in the fridge overnight.** Feel free to add more toppings right before you eat it. Peanut Butter, nuts, crushed cookies, extra fruit or syrup sound good.

**MAKE IT YOUR OWN:** Overnight Oats can be reinvented with any flavor of fruit! Substitute bananas, berries, different yogurts and different sweeteners to make it your own! There are so many topping ideas and combinations!!

# FREE SNACKS

Wednesday 7/8

## Eggs 2 Ways and Potatoes

### INGREDIENTS

- ☐ Eggs
- ☐ Dash of Milk
- ☐ Butter or oil for frying
- ☐ Salt/pepper herbs of your choice
- ☐ Potato

### EQUIPMENT

- ☐ Frying Pan
- ☐ Flipper/Spatula
- ☐ Small mixing bowl
- ☐ Cutting Board + Knife

### INSTRUCTIONS

**1. POTATOES:** Slice potatoes. Place on a buttered or oiled pan and cook on medium. Add salt, pepper and spices of your choice.

**2. FRIED EGG:** HEAT 2 tsp. butter in nonstick skillet over medium-high heat until hot. Crack the egg into the pan and IMMEDIATELY reduce heat to low

COOK SLOWLY until whites are completely set and yolks begin to thicken but are not hard, 5 to 6 minutes. SLIDE turner under each egg and carefully FLIP it over in pan. COOK second side to desired doneness. SPRINKLE with salt and pepper. SERVE immediately.

**3. SCRAMBLED EGG:** Mix butter and eggs in a bowl, stirring until yolk and white are mixed thoroughly. Add to frying pan.

As eggs begin to set, gently **PULL** the eggs across the pan with a spatula, forming large soft curds. Add a spoonful of milk just as eggs are starting to look finished.

There are many variations of breakfast eggs! Don't be afraid to find the methods that work for you and create your own signature breakfast!



# FREE SNACKS

Thursday 7/9

## Pancakes with Apple Caramel Sauce

### INGREDIENTS

For the pancakes:

- ☐ Pancake Mix
- ☐ 1 cup Milk
- ☐ 1 Egg

For the Apple Caramel Sauce:

- ☐ 1 Large Apple
- ☐ 2 Tablespoons unsalted butter
- ☐ ¼ cup brown sugar
- ☐ 1 teaspoon of cinnamon
- ☐ 1 cup of applesauce
- ☐ ½ cup milk

### EQUIPMENT

- ☐ Large Mixing Bowl
- ☐ Mixing Spoon or scraper
- ☐ Cutting Board + Knife
- ☐ Measuring cups and spoons
- ☐ Frying Pan (1-2 depending on what you have at home)
- ☐ Spatula or Flipper








































































### INSTRUCTIONS

1. Combine the pancake mix with 1 cup of milk and 1 egg. Stir until blended. Set aside.
2. Slice your apple into thin slices. Add butter onto a heated frying pan then add the apples and cook until they begin to brown (about 5-7 minutes). Next add cinnamon, brown sugar and applesauce, stirring constantly to avoid hot-spots!
4. When the mixture has cooked into a lumpy sauce you are ready to add your milk. Milk can "break" when added to sugar and fruit so it is important to giggle the pan before and during mixing. Ms. Betsy will demonstrate.
5. Butter a skillet or frying pan.. Heat over medium-high heat. The surface is ready when a few drops of water sprinkled on it dance and disappear.
6. Pour about ¼ cups of pancake batter onto the hot griddle at a time and cook pancakes until golden brown.



# SPICES BY CUISINE

These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

MEXICAN	CARIBBEAN	FRENCH	NORTH AFRICAN	CAJUN	THAI
 CORIANDER  CUMIN  OREGANO  GARLIC POWDER  CINNAMON  CHILI POWDER	 ALLSPICE  NUTMEG  GARLIC POWDER  CLOVES  CINNAMON  GINGER	 NUTMEG  THYME  GARLIC POWDER  ROSEMARY  OREGANO  HERBES DE PROVENCE	 CARDAMOM  CINNAMON  CUMIN  PAPRIKA  TURMERIC  GINGER  RAS EL HANOUT	 CAYENNE PEPPER  OREGANO  PAPRIKA  THYME  ROSEMARY  BAY LEAVES  CAJUN SEASONING	 BASIL  CUMIN  GARLIC  GINGER  TURMERIC  CARDAMOM  CURRY POWDER
MEDITERRANEAN	INDIAN	MIDDLE EASTERN			
 OREGANO  ROSEMARY  THYME  BAY LEAVES  CARDAMOM  CINNAMON  CLOVES  CORIANDER  BASIL  GINGER	 BAY LEAVES  CARDAMOM  CAYENNE PEPPER  CINNAMON  CORIANDER  CUMIN  GINGER  NUTMEG  PAPRIKA  TURMERIC  GARAM MASALA  CURRY POWDER	 BAY LEAVES  CARDAMOM  CINNAMON  CLOVES  CUMIN  GINGER  CORIANDER  OREGANO  ZA'ATAR  GARLIC POWDER			

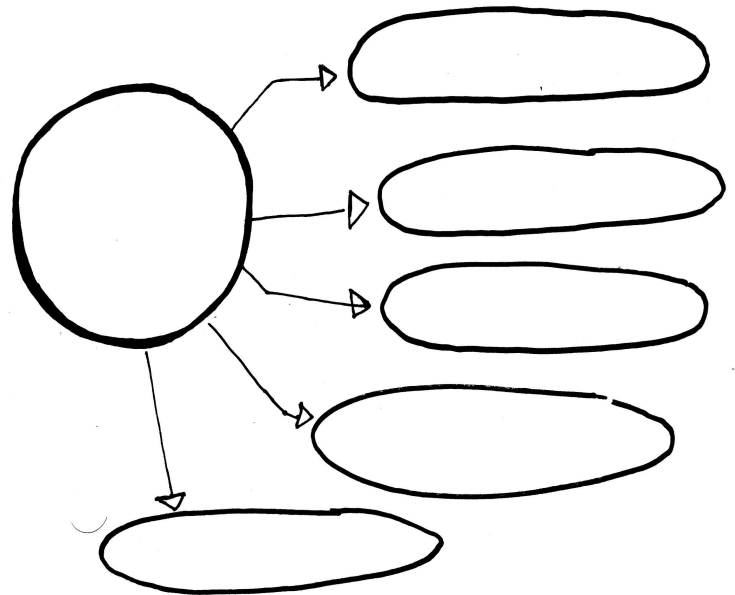
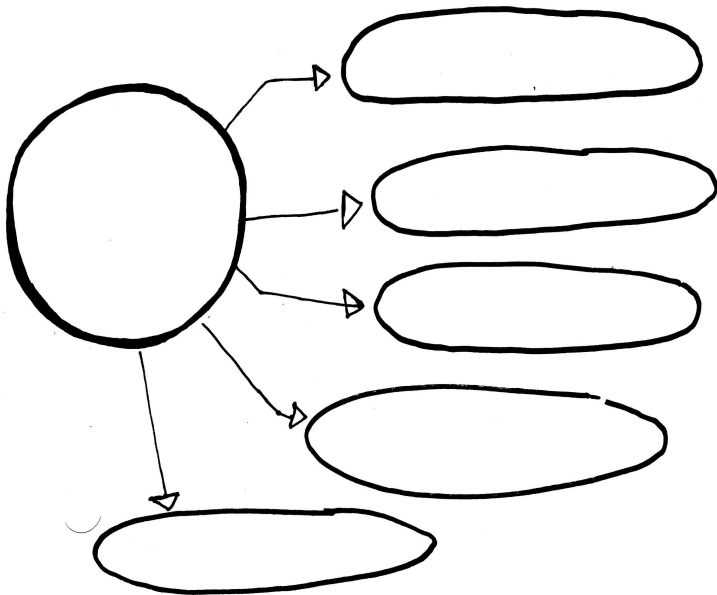
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To learn more about adding flavor to your meals visit [cooksmarts.com/flavor](https://cooksmarts.com/flavor)

## Spice Families And Your Family

How to use this worksheet: Talk with a member of your family who cooks meals. Ask them what what herbs and spices are used in your favorite or most frequently cooked foods. Write the name of the dish in the big, middle circle and the herbs and spices in the bubbles around it.



What connections or relationships do you see between the spice families in the chart and the herbs and spices your family likes?

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# FREE SNACKS

Tuesday 7/14

## Sofrito

### INGREDIENTS

- ☐ 1 medium onions (peeled)
- ☐ Half head of garlic (peeled)
- ☐ 2 medium bell peppers (stemmed and seeded)
- ☐ 1 large tomatoes
- ☐ Half bunch fresh cilantro leaves
- ☐ 1/4 bunch fresh parsley leaves

### EQUIPMENT

- ☐ Cutting Board + Knife
- ☐ STURDY Pot or Pan
- ☐ Spatula or Flipper

### INSTRUCTIONS

**1. Wash and Prepare your Veggies:** Peel and finely chop onions and garlic, Remove stems and seeds from green peppers and chop the tomato.

**NOTE:** If using a blender or food processor you can leave the veggie pieces big and let the machine do the work for you. We'll be chopping supper-finely and then pulverizing our sofrito in a plastic bag with a pot or pan..

2. Once vegetables are finely chopped load them into a large plastic bag. **MAKE SURE THERE'S NO EXTRA AIR IN THE BAG!!! MAKE SURE THE BAGGIE IS SEALED!** Place the baggie on a cutting board. Press and beat lightly with a strong pot or pan.

3. When the mixture becomes a thick paste it is done.

Sofrito is instantly ready to use as a seasoning! It will keep in the refrigerator OR can be frozen in small portions to use whenever you'd like.



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# FREE SNACKS

Tuesday 7/14

## Stove-top Corn Salad with Sofrito

### INGREDIENTS

- ☐ 2 Tablespoons Sofrito
- ☐ 2-3 Cups of corn
- ☐ 1 serrano chile, thinly sliced, or
- ☐ 1 cup chopped cilantro
- ☐ Juice from 1/2 lime
- ☐ Olive Oil
- ☐ Kosher salt

### EQUIPMENT

- ☐ Cutting Board + Knife
- ☐ Frying Pan
- ☐ Spatula or Flipper
- ☐ Measuring Spoons

### INSTRUCTIONS

1 .Heat Oil over medium heat. Add 2 Tablespoons of sofrito and simmer for about a minute.

2. Add Corn to the pan and stir as it cooks. Corn will take up to 10 minutes to cook depending on whether it is fresh, frozen or canned. It tastes good when it is a little bit charred but never burnt! Add the chopped peppers and salt while the corn is cooking..

3. Remove from heat. Finish with lime juice and cilantro.

**MAKE IT YOUR OWN!** Add beans, tomatoes, fresh veggies, a drizzle of crema, or your favorite cheese.

The page is framed by a decorative border of hand-drawn sketches. At the top, there are lemons, a chili pepper, and a cookie, each with a 'YUM' speech bubble. On the left, there are more lemons, a strawberry, and a leaf. At the bottom, there are mushrooms, a slice of watermelon, and a sandwich. On the right, there are more mushrooms and a slice of watermelon. The word 'YUM' is repeated in various speech bubbles throughout the border.

# FREE SNACKS

Wednesday 7/15

## Hummus

### INGREDIENTS

- ☐ 1 (15 oz.) can garbanzo beans (chickpeas), drained and rinsed
- ☐ 2 Tablespoons tahini (sesame paste) can substitute peanut butter for nuttier taste
- ☐ 2 to 4 tbsp. water
- ☐ 2 tbsp. extra virgin olive oil
- ☐ 1 tbsp. lemon juice
- ☐ 2 garlic clove minced
- ☐ 3/4 tsp. ground cumin
- ☐ 1/4 to 1/2 tsp. salt

### EQUIPMENT

- ☐ Cutting Board + Knife
- ☐ Spoon or Spatula to stir with
- ☐ Measuring Spoons
- ☐ Food Processor, blender, fork or plastic bag and pan for mashing

### INSTRUCTIONS

1 .**Prepare:**Chop your garlic. Rinse the chickpeas.

2. Mash and season the chickpeas using the pulverizing method of your choice

Serve it with pita bread, crackers, carrots, bell peppers or cucumber slices.

**MAKE IT YOUR OWN!** Mix in fresh herbs, roasted peppers, minced olives and more to create your own favorite hummus.

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# FREE SNACKS

Thursday 7/16

## Mofongo

### INGREDIENTS

- ☐ 2-3 large green plantains, coarsely chopped
- ☐ 4 ounces of canned tomato sauce
- ☐ 3 tablespoons homemade sofrito
- ☐ 2 tablespoons olive oil, or to taste, divided
- ☐ 1 clove garlic, minced
- ☐ cilantro
- ☐ 1 teaspoon cumin
- ☐ ½ cup vegetable broth or water
- ☐ 1 pinch salt and ground black pepper to taste
- ☐ Bacon crumbles

### EQUIPMENT

- ☐ Cutting Board + Knife
- ☐ Pot or saucepan for boiling
- ☐ Spatula or Flipper

### INSTRUCTIONS

**1. Prepare:** Fill your pot with water and turn your stove top to high. Roughly chop the plantains so they fit into your pot. Clean your cilantro. Mince your garlic. Prepare the bullion cube by dissolving it in hot water. Set Aside.

**2. Boil:** Once your water has boiled add your plantains. Boil plantains with a pinch of salt until easily pierced with a fork, about 25 minutes.

**3.** Mash plantains with tomato sauce, cilantro, sofrito, 1 tablespoon olive oil, garlic, and cumin in a mortar or glass bowl. Incorporate the remaining 1 tablespoon olive oil and enough vegetable broth to ensure that mofongo sticks together but is dry enough to easily slip out of a container. Season with salt and pepper.

**4.** Shape Mofongo into a round dome shape (or whatever shape you want!).

**5.** Serve mofongo in a pool of vegetable broth in a bowl.



# FREE SNACKS

Tuesday 7/21

## Fancy-Pants Ramen

### INGREDIENTS

- ☐ 2 Packets of ramen noodles
- ☐ olive oil
- ☐ mushrooms
- ☐ 1 head of bok choy
- ☐ ½ small onion
- ☐ small nub of ginger
- ☐ soy sauce
- ☐ spring onion
- ☐ ½ lime
- ☐ hot sauce
- ☐ fried egg

### EQUIPMENT

- ☐ cutting board
- ☐ knife
- ☐ saucepan
- ☐ frying pan
- ☐ spatula
- ☐ tongs
- ☐ flipper

### INSTRUCTIONS

**1. Prepare:** Fill your pot with water, place it on the stove, and turn your stove top to high. Wash your greens. Chop your veggies.

**2. Saute:** Drizzle about 1-2 Tablespoons of oil onto your pan. Heat your frying pan. Add onions, then mushrooms cook until onions are brown. Next add greens and ginger. Flavor with ginger and a dash of hot sauce, to your taste.

**3. Boil:** Once your water has boiled add your ramen noodles. Boil according to the directions on the packet.

**4. Simmer:** Add your cooked noodles to your frying pan full of vegetables. Add soy sauce. Stir until your noodles are coated in flavor. Move the mixture to a bowl or plate.

**5. Fry:** Cook a fried egg while your pan is still hot. Add the egg to the top of your ramen bowl. Garnish with spring onion.

**MAKE IT YOUR OWN:** Substitute almost any of these ingredients! Add greens, miso, broth, leftover meats from special meals. Try different preparations of eggs. Top with nuts or crushed red pepper. Find your favorite additions to make your best ramen!

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# FREE SNACKS

Wednesday 7/22

## Microwave Mug Cake

### INGREDIENTS

- ☐ 6 tbsp of cake mix
- ☐ 4 tbsp of water
- ☐ 2 tsp of canola or vegetable oil

### EQUIPMENT

- ☐ Large mug
- ☐ Fork for stirring

### INSTRUCTIONS

1. Find a nice large mug. Add the cake mix, water, and oil. Mix well with a fork.
2. Microwave the mug for 1 minute 30 seconds to 1 minute 45 seconds. Check to see if it's done by poking it with a toothpick or fork. When it comes out clean the cake is ready.
3. Top with whatever you like, such as frosting, sprinkles, powdered sugar, cocoa powder, chocolate chips, jelly, etc.

**MAKE IT YOUR OWN:** Get creative with toppings, try different cake flavors and even experiment with adding flavors to your cake!

# FREE SNACKS

Thursday 7/23

## Stovetop Mac and Cheese with Broccoli

### INGREDIENTS

For the Mac:

- ☐ 1 pound elbow noodles
- ☐ 1/2 cup salted butter
- ☐ 1/2 cup all-purpose flour
- ☐ 1 teaspoon salt
- ☐ 3 cups milk
- ☐ 8 ounces shredded cheddar cheese

### EQUIPMENT

- ☐ cutting board
- ☐ knife
- ☐ saucepan
- ☐ frying pan
- ☐ whisk or fork
- ☐ serving spoon
- ☐ strainer

For the Broccoli:

- ☐ 1 bunch broccoli
- ☐ 1 Tbs. olive oil
- ☐ 1 large garlic clove, thinly sliced
- ☐ 1/4 small onion, finely chopped

### INSTRUCTIONS

1. Fill a large saucepan with water and bring to a boil. Stir in the macaroni; cook until al dente. Be sure to read the directions on the box for timing. Drain well.
2. Meanwhile, cut the broccoli into small pieces, about 1-inch large. Peel and mince the garlic.
3. Heat a frying pan on medium heat and add olive oil, then add garlic and onions and cook for a few minutes until they begin to brown. Add the broccoli. Cook, stirring occasionally until broccoli is lightly browned and crisp-tender.
4. In another large saucepan, melt the butter over medium heat. Stir in the flour, salt, and other seasoning. Stir and cook 1-2 minutes.
5. Slowly pour in milk and whisk until smooth. Cook over medium-high heat, stirring constantly, for 3-5 minutes until the sauce starts to thicken and simmer. DO NOT LET IT BOIL! Turn off the heat and whisk in cheese until melted.
6. Combine cooked pasta into the cheese sauce and stir well to combine. Stir the broccoli into the mac and cheese and enjoy!

**MAKE IT YOUR OWN:** Add chicken, bacon or other proteins. Try adding spinach, tomatoes or flavoring it with italian seasoning, cajun flavors, mustard, red pepper, and more.



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# FREE SNACKS

Tuesday 7/28

## Homemade Marinara Sauce

### INGREDIENTS

- ☐ 28-ounce can of crushed tomatoes
- ☐ ½ onion
- ☐ ¼ cup extra-virgin olive oil
- ☐ 3 garlic cloves, peeled and slivered
- ☐ 1 teaspoon kosher salt
- ☐ ½ teaspoon dried oregano,
- ☐ small dried whole chile, or pinch crushed red pepper flakes
- ☐ 1 tablespoon of basil (add on top of warm sauce after cooking)

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐ frying pan

### INSTRUCTIONS

1. Finely chop your onion and garlic. Chop your basil leaves and set it aside.
2. Heat the oil in a large skillet over medium heat. When it is hot add onions. A few minutes later add garlic.
3. As soon as garlic is sizzling (do not let it brown), add the tomatoes. Add your salt, oregano, and chili. Stir.
4. Let the sauce simmer until thickened and oil on surface is a deep orange (about 15 minutes). Taste the sauce and add more seasoning if necessary.
5. Once the sauce has thickened place the basil on the surface and let it wilt into the sauce.

Marinara sauce will stay fresh in the refrigerator for up to 5 days and can be used on pizzas, pastas and more! It keeps in the freezer for a long time!

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# FREE SNACKS

Tuesday 7/28

## Pita Bread Pizza

### INGREDIENTS

- ☐ pita bread
- ☐ marinara sauce
- ☐ cheese
- ☐ toppings of your choice
- ☐ cooking oil or spray for your pan

### EQUIPMENT

- ☐ cutting board+knife
- ☐ spoon
- ☐ frying pan

### INSTRUCTIONS

1. Prepare your toppings. Wash and cut any veggies. Get your meats and cheeses lined up and ready for cooking. Heat your pan to medium. Add oil or cooking spray.
2. Place the pita directly into the warm pan. Add a few spoonfuls of sauce and spread it in a circular motion until it reaches the last  $\frac{1}{2}$  inch of the pita (remember to save room for the crust)!
3. Add a tablespoon or so of cheese, then toppings, then a bit more cheese to seal the toppings down.
4. Cook until the pita is crispy on bottom and soft on top and the cheese is melted. It's ok to check the bottom side once or twice to be sure it hasn't burned. The pizzas should cook in a few minutes.

**MAKE IT YOUR OWN!** Substitute pita for bagels or tortillas! Pick your favorite pizza toppings! Be as creative as you like and create your signature pizza.

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# FREE SNACKS

Wednesday 7/29

## Caprese Salad

### INGREDIENTS

- ☐ 2 medium ripe tomatoes
- ☐ ½ pound fresh mozzarella cheese
- ☐ ¼ cup packed fresh basil leaves
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 tablespoon balsamic vinegar
- ☐ salt and pepper
- ☐ toast or crostini

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons

### INSTRUCTIONS

- 1. Prepare:** Wash your fruits and greens. Cut tomatoes into ¼ inch thick slices. Cut your mozzarella into ¼ inch slices. Look at your basil leaves. You may need to peel them from their stem and slice up the bigger leaves.
- 2. Slice the bread or open the crustini.** Arrange your tomatoes on and mozzarella on top of your toasts so they form a pretty little stack.
- 3.** Top with a sprinkle of basil leaves and drizzle with olive oil and balsamic.



# FREE SNACKS

Thursday 7/30

## Stove Top Stuffed Peppers

### INGREDIENTS

- ☐ 3 medium size bell peppers
- ☐ 2 Tablespoon cooking oil
- ☐ 1/2 onion
- ☐ 1 can of beans
- ☐ 1 cups long grain rice
- ☐ 1 cup of our homemade marinara
- ☐ small can of salsa or chilis in tomato
- ☐ 1 teaspoon cumin
- ☐ 1 teaspoon chile powder
- ☐ 1/2 teaspoon oregano
- ☐ cilantro
- ☐ lime

### EQUIPMENT

- ☐ cutting board + knife
- ☐ large saucepan or frying pan
- ☐ microwave safe bowl and plastic wrap or lid

### INSTRUCTIONS

1. **Prepare:** Wash your vegetables. Prepare your bullion cube by dissolving it boiling water. Drain and rinse your beans. Finely chop your onion. Cut the tops off the peppers, core and remove all seeds. Set aside.

2. **Make the sauce:** Heat your pan on medium, add cooking oil, then add onions. Let the onions brown. Stir in the marinara, chile powder, oregano, and cumin. Divide in half by ladeling sauce into a seperate bowl. Set bowl aside for serving

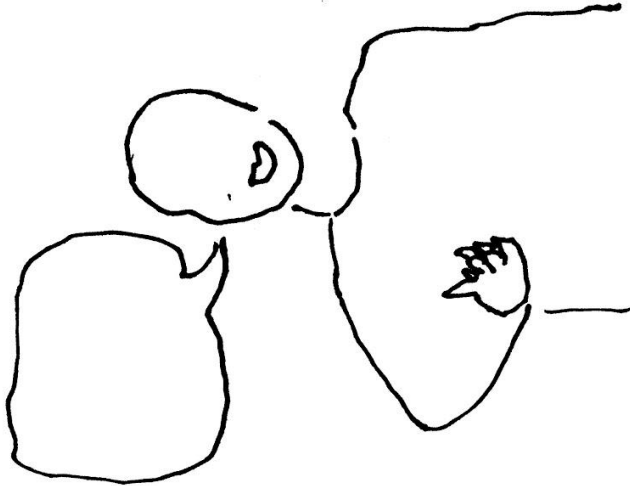
3. Add the rice, beans, salsa, and boullion to the pan. Bring to a boil, then reduce to medium low heat. Cover and cook for 20 minutes, stirring occasionally, until the rice is tender, adding more water if necessary. When the rice is tender, fold in 3/4 of the chopped cilantro, reserving some for garnish.

4. While the stuffing is cooking prepare the peppers. Sprinkle the inside of the peppers with a dash salt and place in a microwave safe dish with 1/4 cup water. Cover with plastic wrap and microwave for 5 minutes or until they soften but still hold their shape.

5. When the stuffing is done we can fill our peppers with the mixture. Be careful not to burn yourself! Garnish with cilantro and lime. Serve the peppers on top of the remaining sauce.

Make it your own! If you'd like to go the extra mile, you could bake this in the oven for 10 minutes before garnishing, or put them on the grill in foil for a cookout. You can add meat to the rice mixture and experiment with spices to make it yours!

6.



ORDINARY

WHAT WOULD YOU CHANGE ABOUT  
THE EXPERIENCE/WHAT WOULD YOU WANT  
TO ALWAYS BE THE SAME

WHAT IS YOUR FAVORITE FOOD? WHAT IS YOUR LEAST FAVORITE FOOD?

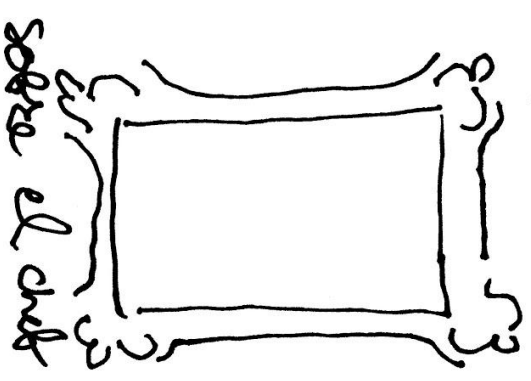
ABOUT  
the

EVENT

NAME:

My  
food

DIARY



FREE SNACKS  
NORTH-GRAND HIGH SCHOOL  
QUADRANTINE SUMMER 2020

# FREE SNACKS

Tuesday 8/4

## Cauliflower Curry

### INGREDIENTS

- ☐ cauliflower
- ☐ ½ onion
- ☐ 1-2 cloves of garlic
- ☐ 2 Tablespoons extra-virgin olive oil
- ☐ red curry paste
- ☐ 1 cup plain yogurt
- ☐ basmati or jasmine rice
- ☐ optional: peas or chickpeas
- ☐ lime

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐ saucepan AND frying pan

### INSTRUCTIONS

**1. Prepare:** Wash the cauliflower. Cut the cauliflower into bite size pieces. Chop the onion. Finely mince the garlic. Make the curry mixture by adding ¼ to ½ of the curry paste mixture to 1 cup of yogurt. Add more curry to make it more spicy OR more yogurt to cool it down.

**2. Cook the rice:** When cooking any rice it's important to read the instructions and have the right ratio of water to rice. Jasmine or basmati rice usually needs 1 and 1/2 cups of water for every cup of rice. Bring the water to a boil in a medium saucepan. Stir in the rice and the salt; cover and reduce the heat to low. Simmer for 15 minutes until all of the water is absorbed. **DO NOT LIFT THE LID.**

**3. Cook the cauliflower:** Heat a frying pan on medium heat. Add oil. Next add the onions and cook for 5 minutes or until brown. Add garlic. Then add the cauliflower and cook until it softens and starts to have golden brown cook marks. Add peas or chickpeas if using and cook for 1 minute, until just warm. Reduce heat to medium low. Last of all we'll add our yogurt and curry mixture. Mix so the yogurt sauce covers the vegetables and simmer until the yogurt is slightly thickened.

**4. Serve:** Fluff the rice with a fork and serve the curry over the rice.

**\*Set aside half of the rice in a sealed container for Thursday. DO NOT THROW AWAY!! Older rice is perfect for frying!**





# FREE SNACKS

Tuesday 8/4  
Thursday 8/6

## Pressed and Marinated Tofu

### INGREDIENTS

- ☐ Firm Tofu
- ☐ 2 Tablespoons soy sauce
- ☐ hot sauce OR curry paste
- ☐ 1 Tablespoon sugar, brown sugar OR maple syrup
- ☐ 2 Tablespoons cooking oil
- ☐ Small chunk of ginger
- ☐ 1 clove garlic

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐ 2 plates
- ☐ shallow container with lid
- ☐ saucepan AND frying pan

### INSTRUCTIONS

**1. Press tofu:** Cut tofu into 1 inch thick blocks. Place on flat plate. Create a press by stacking a second plate on top and then loading a large can, flour sack or something heavy on top. Make sure it's sturdy. Let sit for about 1 hour. There will be water and moisture that leaks out of the tofu and the tofu will change texture.

**2. Marinate tofu:** Mix soy sauce, sugar, cooking oil, ginger and garlic in a small container with lid. After removing tofu from press add it to the container, put the lid on, and soak overnight OR until Thursday's class.

**3. Cooking on Thursday:** After the tofu has marinated for a few hours up to 2 days, heat a frying pan and coat it with a tablespoon of cooking oil. Place the tofu into the oil and pour the remaining marinade over the tofu and simmer. Flip the tofu when golden brown.

# FREE SNACKS

Wednesday 8/5

## Fruit + Yogurt Pie-Pops

### INGREDIENTS

- ☐ yogurt
- ☐ graham crackers
- ☐ jam + fresh fruit of your choice: berries, banana, mango, peach: get creative!
- ☐ optional: sugar, vanilla

### EQUIPMENT

- ☐ little cups + popsicle sticks
- ☐ measuring cups and spoons
- ☐ spoons for scooping and mixing
- ☐ small mixing bowls

### INSTRUCTIONS

**1. Prepare:** Crush 3 graham crackers. Mix  $\frac{1}{2}$  cup yogurt with 2 Tablespoons of jam. Cut the fresh fruit of your choice. Mix  $\frac{1}{2}$  cup of yogurt with 1 teaspoon of sugar and  $\frac{1}{2}$  teaspoon of vanilla (optional). Lay out your cups and popsicle sticks, making sure you have a stick for each cup.

**2. Filling the cups:** Create layers by adding small amounts of different colored fillings! Remember we're filling these in reverse so the first layer we add will be the top and the last will be the bottom.

Layer 1: jam

Layer 2: white yogurt

Layer 3: fruit

Layer 4: colorful yogurt

Layer 5: crushed graham crackers

**3. Add the popsicle stick:** Make sure it's in the center and standing up straight. Repeat until all of your yogurt mixtures are gone OR all your cups are full. It might be tasty to eat the leftover yogurts!

**4. Freezing:** Place on an even surface in the freezer and store until frozen. When you are ready to eat, run a little warm water over the outside of the cup (without getting it on the dessert), twist the cup to remove.

# FREE SNACKS

Thursday 8/6

## Vegetable Fried Rice

### INGREDIENTS

- ☐ marinated tofu (from Tuesday)
- ☐ leftover rice (from Tuesday)
- ☐ ½ onion
- ☐ seasonal fresh veggies, green peppers, asian greens, bok choy
- ☐ frozen peas and carrots
- ☐ make it your own by adding veggies or precooked meat.
- ☐ 3 Tablespoons cooking oil

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐ frying pan

### INSTRUCTIONS

**1. Prepare:** If using fresh produce make sure to wash it first! Cut onion and any other vegetables.

**2. Recook the rice:** Heat a frying pan on medium heat. Add oil. You will want slightly more oil than we usually use because we want our rice to be crispy and delicious. Next add the onions and cook for 5 minutes or until brown. If using green peppers cook them for about 3 minutes next. Add rice and other vegetables. Stir occasionally so that rice can partially char. It is done when the rice is cooked and all vegetables are thoroughly heated.

**3. Cook the marinated tofu:** After the tofu has marinated for a few hours up to 2 days, heat a frying pan and coat it with a tablespoon of cooking oil. Place the tofu into the oil and pour the remaining marinade over the tofu and simmer. Flip the tofu when golden brown.

Serve the Tofu and sauce over the fried rice.

**Make it your own:** Choose veggies and meats of your choice. Experiment with different asian spices and peppers. See what happens if you add tofu to the rice pan. Your possibilities are endless.



The page is framed by a decorative border of hand-drawn sketches. At the top left, there's a lemon slice and a 'YUM' speech bubble. Moving right, there's a whole lemon, another 'YUM' bubble, and a lemon wedge. On the right side, there's a 'YUM' bubble, a whole lemon, and a 'YUM' bubble. At the bottom right, there's a 'YUM' bubble, a whole lemon, and a 'YUM' bubble. At the bottom left, there's a 'YUM' bubble, a whole lemon, and a 'YUM' bubble. The sketches include various fruits, vegetables, and the word 'YUM' in different styles and sizes.

# FREE SNACKS

Tuesday 8/11

## Homemade Falafel

### INGREDIENTS

- ☐ 1 (15-oz.) can chickpeas, drained
- ☐ 4 cloves garlic, roughly chopped
- ☐ ¼ onion
- ☐ 2 Tablespoon freshly chopped parsley
- ☐ 1 tsp. ground cumin
- ☐ 1 tsp. ground coriander
- ☐ 3 Tablespoon all-purpose flour
- ☐ vegetable oil, for frying

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐ mixing bowl + masher
- ☐ frying pan

### INSTRUCTIONS

1. **Prepare:** Wash your fresh parsley, chop it. Roughly chop the onion, mince the garlic.
2. Combine chickpeas, garlic, onion, parsley, cumin, coriander in a bowl and mash until chickpeas are coarsely mashed (not like a paste). Add flour salt and pepper.
3. Form mixture into falafel balls about 2" in diameter. Roll, press, and squeeze the falafel to form into balls.
4. Transfer to chill in the refrigerator while oil heats. In a pot, heat ¼ inch vegetable oil until a drop of water added to the oil sizzles and pops. Fry falafels until golden, then transfer to a paper towel-lined plate and season immediately with salt.

The page is framed by a decorative border of hand-drawn sketches. At the top, there are lemons, a cucumber, and a tomato, each with a 'YUM' speech bubble. On the right side, there are more lemons, a tomato, and a 'YUM' speech bubble. At the bottom, there are mushrooms, a tomato, and a sandwich. On the left side, there are lemons, a tomato, and a 'YUM' speech bubble. The word 'YUM' is also written in a large, stylized font on the right side of the page.

# FREE SNACKS

Tuesday 8/11

## Cucumber Salad with Quick-Pickled Onion

### INGREDIENTS

- ☐ cucumber
- ☐ feta
- ☐ 1 Tablespoon olive oil
- ☐ salt and pepper
- ☐ oregano, parsley, garlic, mustard, salt, pepper from your pantry (optional)
- ☐ red onions
- ☐ 4 Tablespoons red wine OR apple cider vinegar

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐ mixing bowl + masher
- ☐ frying pan

### INSTRUCTIONS

**1. Prepare:** Wash your fresh vegetables. Chop the cucumber into half moon shapes. Slice your onion into large, thin round slices. Cut the feta into cubes. Place cucumber and Feta into a bowl and set aside

**2. Making Quick Pickles:** Pour about 4 Tablespoons of vinegar into a small bowl. Submerge the onion slices into the vinegar so the vinegar covers the onion. Wait for about 5 minutes. The onion is "pickled" when the color changes to bright pink!

**3. Making a Vinaigrette:** Take the leftover bowl of vinegar and add 1 Tablespoon of olive oil. Next add the optional spices from your pantry. Stir together. Pour over the cucumber mixture to complete your salad!

# FREE SNACKS

Wednesday 8/12

## Caramel Banana Bread Pudding

### INGREDIENTS

- ☐ 1 cup cubed bread, fresh, or just slightly stale; about 2 slices of bread
- ☐ 1 large egg
- ☐ 1/3 cup (74g) milk
- ☐ 1/4 teaspoon vanilla extract (optional)
- ☐ 1 teaspoon cinnamon (optional)
- ☐ 2 to 3 tablespoons (25g to 35g) sugar
- ☐ Dulce de Leche

**MAKE IT YOUR OWN:** 1 to 2 tablespoons chocolate chips, butterscotch chips, dried fruit, cinnamon, or the garnish of your choice

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐ microwave safe bowl

### INSTRUCTIONS

**1. Prepare:** Cut your bread (a serrated knife works best) and place it in a microwave safe dish. The more shallow the dish the better). Measure your milk, slice your banana.

**2. Whisk** together the egg, milk, vanilla, and sugar. Pour over the bread in the bowl, stirring gently to combine.

**3.** Stir in **MAKE IT YOUR OWN INGREDIENTS** and Banana sprinkle with more sugar.

**4.** Microwave for 1 minute, uncovered. Check and see if it's there's still liquid. If it is, microwave in 30-second bursts, till there is no liquid left in the center

**5.** Remove from the microwave. Drizzle with Dulce de Leche and eat while still warm! Enjoy!



A decorative border surrounds the central text area, featuring various food items like lemons, strawberries, mushrooms, and sandwiches, along with the word 'YUM' in a stylized, bubbly font.

# FREE SNACKS

## Create Your Own Recipe

**Title:** \_\_\_\_\_

**Chef:** \_\_\_\_\_

### INGREDIENTS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐
- ☐

### INSTRUCTIONS

A decorative border surrounds the central text area, featuring various food items like lemons, strawberries, mushrooms, and sandwiches, along with the word 'YUM' in a stylized, bubbly font.

# FREE SNACKS

## Create Your Own Recipe

**Title:** \_\_\_\_\_

**Chef:** \_\_\_\_\_

### INGREDIENTS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### EQUIPMENT

- ☐ cutting board+knife
- ☐ measuring cups and spoons
- ☐
- ☐

### INSTRUCTIONS