



Wake Forest University

Center for Global Programs and Studies

STUDY ABROAD COOK BOOK

WELCOME TO COOKING ABROAD!

The recipes in this book have been carefully chosen by the Center for Global Programs & Studies for your study abroad experience. While some recipes may look more complicated than others, we have the utmost confidence that you can make any of the recipes found in these pages. It may just take a little practice and a little patience.

Before you begin, make sure to check out the “Healthy Suggestions,” “Tips & Tricks” and other resource pages at the end of the book. These will help you once you begin cooking your meals and may inspire new ideas!

Remember, you don’t always need to follow the recipe exactly. Feel free to alter the ingredients to your liking and get creative. The best thing about cooking is the flexibility it offers—try to incorporate the local flavors into your meals.

Also, if you have any suggestions or new recipe ideas, make sure to let the GPS know. You can email studyabroad@wfu.edu. We would love to see pictures of you cooking abroad.

Bon Appétit!

The GPS Advising Team



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WAKE-UP SMOOTHIE

Serving Size: 1

Source: www.foodnetwork.com

Difficulty:

Prep time: 7 minutes

Cook time: 0 minutes

Ingredients

- Favorite fruits (strawberries, blue berries, black berries, raspberries, kiwi, bananas, pineapple, peach, mango, etc.)
- ¼ cup liquid (milk, juice, etc.)

Directions

Place all the ingredients in the blender and process on high speed until smooth, about 30 to 45 seconds. Pour into a glass and serve.

Variations & Healthy Additions

- *Substitute coconut water, almond or soy milk (vanilla or plain) for liquid*
- *Add 1 cup plain, vanilla or fruit flavored yogurt*
- *Add 2 tablespoons honey for a sweeter smoothie*
- *Add a scoop protein power*
- *Freeze fruits before blending for a more flavorful smoothie*
- *Add vegetables or greens, like spinach, to pack your smoothie with vitamins (the flavors from the fruit and honey will mask the taste of the vegetables)*



MEXICAN BREAKFAST TACOS

Serving Size: 4

Source: www.allrecipes.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 10 minutes**Ingredients**

- 6 ounces chorizo sausage (or your favorite breakfast meat)
- 8 (6 inch) corn or flour tortillas
- 6 eggs
- ¼ cup milk
- ½ teaspoon pepper
- ½ teaspoon salt
- 1 cup shredded Monterey Jack cheese
- 1 dash hot pepper sauce (i.e. Tabasco)
- ½ cup salsa

Directions

Crumble the sausage into a skillet over medium-high heat. Drain oil into a heat-proof container. Cook and stir until evenly brown. Set aside.

Heat one skillet over medium heat, and heat another skillet over high heat. In a medium bowl, whisk together eggs, milk, salt and pepper. Spray the medium heat skillet with some cooking spray and pour in eggs. Cook and stir until almost firm.

Meanwhile, warm the tortillas for about 45 seconds per side in the other skillet until they are hot and crispy on the edges, but still pliable. Remove from pan. Sprinkle a little shredded cheese on each tortilla while it is still hot. Top with some of the scrambled eggs and sausage, then add hot sauce and salsa to your liking.

WHOLE WHEAT PANCAKES

Serving Size: 4-6

Source: www.skinnytaste.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 15-20 minutes**Ingredients**

- 2 cups whole wheat all-purpose flour (can also use white all-purpose flour)
- 4½ teaspoons baking powder
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 2 teaspoons sugar
- 2 large eggs
- 2 cups + 2 tablespoons fat free milk
- 2 teaspoons vanilla
- Cooking spray
- Maple syrup

Directions

In a large bowl, mix all dry ingredients. Add wet ingredients to bowl and mix well with a spoon until there are no more dry spots; don't over mix.

Heat a large skillet on medium-low heat. Lightly spray cooking oil to coat skillet and pour ¼ cup of pancake batter into center of the pan. When the pancake starts to bubble you may add fruit, if you wish. When the bubbles settle and the edges begin to set, flip the pancake. Repeat with the remainder of the batter. Serve with maple syrup or topping of your choice.

Variations & Healthy Additions

- *Fill or top the pancake with your favorite fruit instead of maple syrup for a healthier option.*



FRENCH TOAST

Serving Size: 4

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 24 minutes**Ingredients**

- 1 cup milk (or soy milk)
- 3 large eggs
- 2 tablespoons honey, warmed in the microwave for 20 seconds
- ¼ teaspoon salt
- 8 (½ inch) slices day-old or stale bread, heavier breads work best
- 4 tablespoons butter

Directions

Preheat oven to 375°F (190°C). In a medium mixing bowl, whisk together milk, eggs, honey and salt. When ready to cook, pour mixture in a shallow bowl or pie pan.

Dip bread into mixture, allow to soak for 30 seconds on each side. Remove to a cooling rack, placing on a sheet pan, and allow to set for 1-2 minutes.

Over medium-low heat, melt 1 tablespoon of butter in a 10-inch nonstick sauté pan. Place 2 slices of bread at a time into the pan and cook until golden brown, about 2-3 minutes per side. Remove from pan and place on rack in oven for 5 minutes. Repeat with all 8 slices. Serve immediately with maple syrup, whipped cream or fruit.

Variations & Healthy Additions

- *Add cinnamon, vanilla or almond extract to the milk-mixture.*

SCRAMBLED EGGS

Serving Size: 2-4

Source: culinaryarts.about.com

Difficulty:

Prep time: 5 minutes**Cook time:** 5 minutes**Ingredients**

- 8 eggs
- ½ cup milk
- 2 tablespoons butter
- Salt & pepper to taste
- Herbs, cheese, breakfast meats (optional)

Directions

Crack eggs into a mixing bowl and beat them with a whisk until they turn pale yellow in color.

Heat a nonstick sauté pan over medium-low heat. Add the butter and let it melt.

Add the milk to the eggs and season to taste with salt & pepper. Whisk mixture vigorously (you may also use an electric mixer).

When the butter in the pan is hot enough to make a drop of water hiss, pour in eggs. Do not stir eggs, let the eggs cook for up to a minute or until the bottom starts to set.

With a heat resistant rubber spatula, gently push one edge of the egg to the center of the pan while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with other edges until there is no liquid left.

Turn off the heat and gently stir and turn the egg until the egg is fully cooked. If you would like to add optional ingredients, do this now.



BASIC OMELET

Serving Size: 1

Source: www.theveggietable.com

Difficulty: Intermedi-

Prep time: 5 minutes**Cook time:** 3-5 minutes**Ingredients**

- 2 eggs
- 1 teaspoon milk
- 1 tablespoon butter
- Salt & pepper to taste

Directions

Heat the butter in the saucepan over very low heat. While waiting for it to melt whisk the eggs with the milk and salt & pepper until they start to foam, about 2-3 minutes.

When the butter is melted and slightly bubbly, tilt the pan or use a spatula to spread the butter along the entire bottom and about ½ an inch up the sides of the pan.

Pour in the beaten eggs and cover the pan. Cook over medium-low heat for about 3-5 minutes, until the bottom is golden brown and the top is set, then fold the eggs in half with a spatula and remove from pan onto serving plate.

Variations & Healthy Additions

- *Once the top of the omelet is set, add vegetables and cheese to add variety to your omelet before you fold the eggs in half. Try any combination of the following:*
 - *Cheese (cheddar, cream, ricotta, bleu, feta, goat...)*
 - *Herbs (basil, rosemary, chives...)*
 - *Mushrooms, onions, peppers, spinach, tomatoes or salsa*

FRUIT YOGURT PARFAIT

Serving Size: 2

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 0 minutes (purchased granola) or 30 minutes (homemade granola)**Ingredients**

- 1 cup granola cereal (recipe follows or granola can be purchased from local store or market)
- 1½ cups of yogurt, plain or flavored
- 1 cup strawberries, sliced
- 1 cup blueberries

Directions

In serving glass, layer granola, yogurt and fruit as desired. Serve immediately or cover and chill up to two hours.

Granola Ingredients

- 4 cups old-fashioned oats
- 2 cups grated coconut
- 1 cup sliced almonds
- ¼ cup honey
- ¾ cup vegetable oil

Granola Directions

Preheat oven to 350°F (175°C). Toss all granola ingredients together in a mixing bowl. Spread mixture onto a baking sheet. Bake for 30 minutes. Allow granola to cool.

Variations & Healthy Additions

- *Use Greek yogurt for extra protein*
- *Use your favorite fruits to add variety*
 - *Drizzle layers with a small amount of honey*



TRAIL MIX

Serving Size: 8

Source: www.allrecipes.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 0 minutes**Ingredients**

- 1 cup combination diced dried fruit, such as prunes, apricots, pears & apples
- ½ cup raisins and/or dried cherries or cranberries
- 1½ cups unsalted sunflower seeds
- 1 cup unsalted dry-roasted peanuts

Directions

Mix all ingredients together and store in an airtight container.

Variations & Healthy Additions

- *Add pretzels for a sweet & salty snack*
- *Use honey-roasted peanuts instead of dry-roasted peanuts or substitute in your favorite nut*
- *Add more fruit or nuts to your liking, the measurements are not exact*
- *Add M&Ms, chocolate chips and/or marshmallows for a sweet treat*

BAKED ZUCCHINI STICKS

Serving Size: 4-6

Source: www.skinnytaste.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 20-25 minutes**Ingredients**

- 3 medium zucchinis, sliced into 3 inch x ½ inch sticks
- 1 large egg white
- ½ cup seasoned bread crumbs or panko
- 2 tablespoons grated Pecorino Romano or parmesan cheese
- Cooking spray
- ¼ teaspoon garlic powder
- Salt & pepper to taste

Directions

Preheat oven to 425°F (220°C). In a small bowl, beat egg white and season with salt & pepper. In a Ziploc bag, place bread crumbs, garlic powder and cheese. Shake well. Spray cookie sheet with cooking spray and set aside.

Dip zucchini sticks into eggs then place into bread crumb mixture, a few at a time and shake to coat. Place the breaded zucchini in a single layer and spray more cooking spray on top. Bake for about 20-25 minutes or until golden brown.

Variations & Healthy Additions

- *Add an herb like cilantro, dill or rosemary to the bread crumbs for a new flavor*
- *Add red pepper flakes to the bread crumbs to add spice*

Meal Suggestions

- *Serve with marinara sauce (p. 64) or ranch (p. 71)*



QUINOA PATTIES

Serving Size: 6-8

Source: www.cookrepublic.com

Difficulty: Intermediate to Advanced

Prep time: 20 minutes**Cook time:** 20 minutes**Ingredients**

- 2½ cups quinoa, cooked as instructed on package
- 5 eggs
- ½ cup grated Parmesan cheese
- ¾ cup bread crumbs
- ¼ cup chives, finely chopped
- 3 garlic cloves, finely chopped
- 1 large yellow onion, finely chopped
- 1 tablespoon fresh herbs (thyme, rosemary, dill, basil or your favorite herb)
- 1 teaspoon mild paprika
- Salt & pepper to taste
- Olive oil to pan fry

Directions

In a large bowl, mix all ingredients until thoroughly combined. Scoop a small amount of the mixture in the palm of your hand to shape the patties. Patties should be 2 inches in diameter and a ½ inch thick. You can adjust the patty size to your liking. If patties won't form or fall apart, add 1 tablespoon of flour to the mixture.

Heat one tablespoon of olive oil in a large frying pan on medium heat. Place 4-5 patties in pan and cook each side for 2 minutes. Repeat until all patties are cooked.

Meal Suggestions

- *Quinoa is packed with protein and offers a healthy alternative to pasta and other grains, serve your patties with a dinner salad or Oven Baked Salmon (p. 44)*

GUACAMOLE

Serving Size: 2-4

Source: GPS Staff

Difficulty: Easy

Prep time: 10-15 minutes**Cook time:** 0 minutes**Ingredients**

- 2 avocados, peeled
- 1 small red onion, finely chopped
- 1 garlic clove, minced
- 1 tomato, seeded and diced
- 1 jalapeño, seeded and chopped
- 2 tablespoons fresh cilantro leaves, finely chopped
- Salt & pepper to taste
- 1 lime, for juice

Directions

In a medium bowl, mash avocados to the texture you desire. Stir in onion, garlic, tomato, jalapeño, cilantro and salt & pepper. Squeeze juice from the lime over the mixture and stir.

Chill for half an hour to blend flavors. Serve with tortilla chips.

Useful Tip

Keep one avocado pit in the guacamole to help prevent oxidation (browning).

Variations & Healthy Additions

- *Use as a spread on sandwiches and burgers instead of mayonnaise or ketchup*
- *Add a spoonful of Greek yogurt or sour cream to make a creamier dip*



PICO DE GALLO

Serving Size: 8

Source: recipes.sparkpeople.com

Difficulty: Easy

Prep time: 10-15 minutes**Cook time:** 0 minutes**Ingredients**

- 3 large tomatoes, seeded and diced
- 1 medium red or yellow onion, chopped
- ¼ bunch cilantro, stems removed and finely chopped (use more or less depending on your taste)
- ½ lime, juiced
- 1 garlic clove, minced
- 1 teaspoon salt
- 1-2 jalapeños, seeded and finely chopped
- 1 avocado, peeled and diced (optional)

Directions

In a large bowl, mix tomatoes, onion, cilantro, jalapeño and avocado until thoroughly combined.

Add salt, garlic and lime juice and stir. Serve with tortilla chips.

Useful Tip

The spice of the jalapeño is in the seeds, if you don't like spice, seed the pepper. If you prefer spice, leave the seeds in.

Variations & Healthy Additions

- *Add diced peaches, mangos or your favorite fruit to the salsa for a sweet and savory snack*
- *Roast the whole tomatoes in a skillet on medium high heat until the skin begins to break and split apart; remove from heat, let cool then dice*

BRUSCHETTA

Serving Size: 2-4

Source: GPS Staff

Difficulty: Easy

Prep time: 10-15 minutes**Cook time:** 30 minutes**Ingredients**

- 6 firm roma tomatoes, seeded (optional) and diced
- 1 garlic clove, minced
- 1 bunch fresh basil, chopped
- Olive oil
- 1 tablespoon balsamic vinegar
- Salt & pepper to taste
- Crostini, ciabatta or French bread, sliced
- Parmesan cheese, shredded (optional)

Directions

In a large mixing bowl, combine tomatoes, basil, garlic, salt, 2-4 tablespoons of olive oil and balsamic vinegar. Mix thoroughly.

Refrigerate until ready to serve. It is best to give the ingredients at least 30 minutes for the flavors to meld.

Preheat oven to 450°F (230°C). Place bread slices on a baking sheet, brush lightly with olive oil, then sprinkle parmesan cheese on top (optional). Bake for 5 minutes, or until cheese is melted and bread is crisp. Let cool.

Top bread with tomato mixture and serve.

Variations & Healthy Additions

- *Add red onion or mozzarella cheese to bruschetta*
- *For a lighter meal serve tomato mixture on pasta or chicken instead of using a sauce*



CHEESE QUESADILLAS

Serving Size: 4

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 15 minutes**Ingredients**

- 8 flour tortillas
- 2 cups cheddar cheese, shredded
- 2 cups mozzarella cheese, shredded
- Olive oil

Directions

Lightly brush 1 tortilla on one side with olive oil. Place the tortilla, oil-side down, in a large skillet set to medium-high heat. Top with cheese to taste and top with a non-oiled tortilla. Turn quesadilla when the bottom is browned and the cheese begins to melt. Brown on the other side. Repeat for the remaining tortillas. Serve hot.

Useful Tip

If you are in a rush, heat the quesadilla in the microwave for 1-2 minutes, or until cheese is melted

Variations & Healthy Additions

- *Serve with Guacamole (p. 14), Pico (p. 15), salsa, Greek yogurt or sour cream*
- *Use different cheeses such as feta, goat, bleu, etc.*
- *Add vegetables for a healthier quesadilla*
- *Add herbs, like cilantro, for a bolder flavor*
- *Add your favorite meat for protein*
- *Try making a Greek quesadilla by using feta cheese, spinach, red onion, bell peppers and olives*

CHEESY SPOON BREAD

Serving Size: 6-8

Source: *GPS Staff*

Difficulty: Easy

Prep time: 10-15 minutes**Cook time:** 45 minutes**Ingredients**

- 1 box Jiffy cornbread mix (recipe follows)
- 1½ cups whole kernel corn
- ½ cup butter, melted
- 1 cup milk
- 1 cup sour cream or Greek yogurt
- 1 egg, beaten
- 1 cup cheddar cheese, shredded and divided

Directions

Preheat oven to 350°F (175°C). In a large mixing bowl, combine all ingredients except ½ cup of shredded cheese, mix thoroughly.

Pour mixture in an 8x8 greased baking dish. Sprinkle the remaining cheese on top of the mixture and bake for 45 minutes. Serve warm.

Jiff Cornbread Mix (Source: www.food.com)

- 1 cup all-purpose flour
- ½ cup yellow corn meal
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt

Variations & Healthy Additions

- *Add a variety of herbs to complement your meal*
- *For a Mexican spoon bread, use Mexican cheese and add cilantro, onion, jalapeño and bell peppers.*



GARLIC MASHED POTATOES

Serving Size: 2-4

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 15 minutes**Cook time:** 25 minutes**Ingredients**

- 3 medium baking potatoes, peeled and chopped
- 1 teaspoon salt
- 4 tablespoons butter, at room temperature
- ¼ cup sour cream or Greek yogurt, at room temperature
- 1 garlic clove, finely minced
- 1 tablespoon (or more) milk, at room temperature
- Salt & pepper to taste

Directions

In a medium saucepan, cook the potatoes in salted water until tender, about 15 minutes. Pierce the potatoes with a fork to check if they are done. Drain the potatoes and return to saucepan.

Add butter, sour cream and garlic. Mash the potatoes with a potato masher or back of a fork, until the ingredients are blended well.

Add milk, 1 tablespoon at a time, until the potatoes are the desired consistency. Taste and add salt & pepper if needed.

Variations & Healthy Additions

- *Add more or less garlic to your preference*
- *Add herbs to complement your meal*
- *Leave a small amount of the skin on the potato when peeling for a different texture*

PARMESAN POLENTA STEAKSSource: www.biggirlsmallkitchen.com**Prep time:** 20 minutes and chill 2 hours or overnight**Cook time:** 10-15 minutes**Ingredients for Polenta**

- 1 cup polenta (yellow corn grits)
- 2 cups chicken or vegetable broth
- 1 cup milk
- ½ cup parmesan cheese, grated
- 1 tablespoon butter
- 1 tablespoon thyme (or your favorite herb)
- Salt to taste
- Olive or canola oil for frying

Ingredients for topping

- 4 slices prosciutto (optional)
- 3 tomatoes, seeded and chopped
- 2 ears of corn, kernels removed
- ¼ pound fresh mozzarella, shredded or chopped
- 3 tablespoons chopped basil
- 1 garlic clove, minced
- 1 small summer squash, quartered and thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 1 teaspoon salt



Serving Size: 4
Difficulty: Advanced

Directions

In a medium stock pot, bring water/broth and milk to a boil over medium-high heat. Slowly pour the polenta into the pot in a gentle stream, while whisking briskly. Turn the heat down to low and cook, stirring constantly, for 10 minutes or until almost all the liquid is absorbed. Add cheese and butter, whisk to combine. Add salt to taste.

Butter an 8x8 inch baking dish and evenly distribute the polenta. Cover tightly with plastic wrap and refrigerate for at least 2 hours, preferably overnight.

Once polenta is chilled, fill a large skillet or Dutch oven with an inch of oil and place it over high heat. Remove the polenta from the fridge and cut it into 4 squares. Pat each steak dry and add to the pan, two at a time. Fry each steak on both sides until brown and crispy, about 3-4 minutes per side. Remove steaks to a paper towel to drain.

While the oil is still hot, add the prosciutto, one slice at a time, and flash fry both sides, about 1 minute. Set aside on paper towel to drain.

In the meantime, combine all the ingredients for the topping in a medium mixing bowl. Toss until all the ingredients are well incorporated.

Arrange polenta steaks on a large platter, or individual plates, and top with salad mixture. Add a handful of crumbled crispy prosciutto on top (optional).

SPRING BEANS WITH GOAT CHEESE

Source: www.tastykitchen.com

Serving Size: 4
Difficulty: Easy

Prep time: 25 minutes

Cook time: 25 minutes

Ingredients

- 1 pound fresh green beans, ends snapped off
- 6 ounces goat cheese, crumbled
- 1 tablespoon balsamic vinegar
- 1 tablespoon lite soy sauce
- ½ teaspoon honey
- Salt to taste

Directions

Blanch the green beans for 5 minutes. Drain and let sit at room temperature to cool for 15-20 minutes.

While the beans are cooling, in a small bowl add the balsamic vinegar, soy sauce, honey and a dash of salt. Whisk well until fully incorporated.

In a large mixing bowl, add green beans and dressing. Toss until green beans are evenly coated. Add goat cheese to taste.

Meal Suggestions

- *Serve with Baked Chicken (p.36), Pan Seared Herb Chicken (p. 37), Baked Salmon (p. 44), Sautéed Tilapia (p. 45) or your favorite dish*



ROASTED VEGETABLES

Serving Size: 4

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 5-10 minutes**Cook time:** 25 minutes**Ingredients**

- 1 pound fresh vegetables (asparagus, cauliflower, broccoli, brussel sprouts, corn, etc.)
- Olive oil
- Salt & pepper to taste

Directions

Preheat oven to 400°F (200°C). Place vegetables on a baking sheet and drizzle with olive oil, then toss to coat completely.

Spread the vegetables in a single layer and sprinkle liberally with salt and pepper. Roast for 25 minutes or until the vegetables start to crisp.

Useful Tip

For an easier clean-up, line pan with parchment paper.

Variations & Healthy Additions

- *Sprinkle vegetables with your favorite herb*
- *Roast vegetables with 1-2 sliced garlic cloves, to add more flavor*
- *Roast cauliflower with garlic until tender and mash in a bowl with a tablespoon of milk for a mashed potato substitute*

Meal Suggestions

- *Serve with any of your favorite meals as a side item*
- *Toss roasted vegetables in with your favorite pasta and sauce (p. 64-67)*

BEANLESS CHILI

Serving Size: 4

Source: www.allrecipes.com

Difficulty: Easy

Prep time: 15 minutes**Cook time:** 1 hour**Ingredients**

- ½ pound ground beef, ground turkey or vegetarian sausage
- ½ green bell pepper, finely chopped
- 1 small yellow onion, finely chopped
- 1 garlic clove, minced
- 1 (8 ounce) can tomato sauce
- 1 (5.5 ounce) can tomato juice
- ½ cup beef or chicken broth
- 2 tablespoons chili powder
- ½ teaspoon dried oregano
- ½ teaspoon paprika
- ¼ teaspoon ground cumin
- 1 teaspoon salt

Directions

In a large saucepan, cook beef over medium heat until meat is no longer pink. Drain ½ the liquid into a heat-proof container. Add onion, cook for 3 minutes, add garlic, cook for 3 minutes then add green pepper. Stir in the tomato sauce, tomato juice, broth, chili powder, oregano, paprika, cumin and salt. Bring to a boil. Reduce heat; simmer uncovered for 45 minutes or to desired thickness.

Variations & Healthy Additions

- *Add beans for a heartier chili*

Meal Suggestions

- *Serve with Cheesy Spoon Bread (p. 18)*



CHICKEN NOODLE SOUP

Serving Size: 4

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 20 minutes**Cook time:** 20 minutes**Ingredients**

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 2 medium carrots, cut diagonally into ½ inch thick slices
- 2 celery ribs, halved lengthwise and cut into ½ inch thick slices
- 4 fresh thyme sprigs
- 1 bay leaf
- 2 quarts chicken broth
- 8 ounces dried wide egg noodles
- 1½ cups shredded cooked chicken (p. 36)
- Salt & pepper to taste
- 1 handful flat leaf parsley, finely chopped

Directions

Place a soup pot over medium heat and coat with the oil. Add the onion, garlic, carrots, celery, thyme and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned. Pour in chicken broth and bring to a boil.

Add the noodles and simmer for 5 minutes until tender. Stir in the chicken and continue to simmer for another couple of minutes to heat through; remove bay leaf and season with salt & pepper. Sprinkle with chopped parsley before serving.

GAZPACHO

Serving Size: 4

Source: 2012-2013 Recipe Contest 3rd Place, Jordan Schuler

Difficulty: Easy

Prep time: 30 minutes**Cook time:** 0 minutes**Ingredients**

- 2 ¼ lbs Roma Tomatoes, skinned and cut into chunks
- 1 Red Bell Pepper, seeded, cored and cut into chunks
- ½ Hothouse Cucumber, cut into chunks
- 1 Small White Onion, cut into chunks
- 1 Clove Garlic, minced
- 3½ cups of Water
- ½ cup Extra Virgin Olive Oil
- ¼ cup White Wine Vinegar
- Salt to taste

Directions

Place tomatoes, pepper, cucumber, onion and garlic in large mixing bowl. Add water, olive oil and vinegar to the bowl. Using an immersion blender or a food processor, blend ingredients until vegetables are finely chopped. Add salt to taste. Chill before serving.

Student's Story

My host family served gazpacho with most lunches and dinners throughout the week. In the first week of my program, the easiest conversation starter during a meal naturally was to ask about the food in front of me. When I finally got around to asking about the gazpacho towards the end of my first week in Spain, my host mother mentioned that it was her parents' long-time recipe and a typical, healthy drink often served during lunch or dinner. This first conversation about gazpacho led my host family to talk about their own families and their childhoods. My host parents wanted to learn about my family as well that night, and it seemed like the first unforced conversation we had during and after a meal. My host mother told me that she regularly makes gazpacho on Sundays so that it is ready to be served throughout the week. The following Sunday, I watched the process of making gazpacho. By the third Sunday, I was helping my host mother make the recipe.

Jordan Schuler**WFU Salamanca, Summer 2013**

BERRY GOAT CHEESE SALAD

Serving Size: 4

Source: www.wholefoodsmarket.com

Difficulty: Easy

Prep time: 10-15 minutes**Cook time:** 15-20 minutes**Ingredients**

- 1 medium red onion, sliced
- 1 tablespoon olive oil
- Pinch of salt & pepper
- 8 cups spring lettuce mix
- ¼ cup walnuts, roughly chopped
- ½ cup red or yellow grape tomatoes, halved
- 1 cup mixed seasonal berries (strawberries, blue berries, raspberries, blackberries, etc.)
- 4 ounces goat cheese, crumbled
- Raspberry vinaigrette (p. 70)

Directions

Preheat oven to 350°F (175°C). Toss onion with olive oil and a pinch of salt & pepper and place on a rimmed baking sheet. Roast until onion is soft and lightly browned, about 15-20 minutes. Set aside to cool.

Toss lettuce, walnuts, tomatoes, berries and raspberry vinaigrette in a large serving bowl, make sure lettuce is evenly covered with dressing. Add red onion and goat cheese. Serve immediately.

Variations & Healthy Additions

- Try using a lemon vinaigrette and dried cherries or cranberries for a more tart flavor

Meal Suggestions

- Serve with *Oven-Baked Salmon* (p. 44) or *Pan Seared Herb Crusted Chicken Breast* (p. 37) for a healthy meal

GREEK SALAD

Serving Size: 4-6

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 15 minutes + 30 minutes to marinate**Cook time:** 0 minutes**Ingredients**

- 3 vine ripe tomatoes, cut into chunks
- 1 red onion, sliced
- ½ European seedless cucumber, cut into bit-sized chunks
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1 banana pepper, seeded and chopped
- 1 cup Kalamata black olives
- ½ cup fresh flat-leaf parsley, coarsely chopped
- ¼ pound feta, sliced or crumbled
- Salt & pepper to taste
- Red wine vinaigrette (see p. 69)

Directions

In a large bowl, combine vegetables, olives and parsley. Pour dressing over the vegetables, season with salt & pepper and let the salad marinate until it is ready to serve, at least 30 minutes. Before serving, top with feta and serve with warm pita bread (optional).

Variations & Healthy Additions

- If you cannot find banana peppers, use sweet peppers instead

Meal Suggestions

- Serve with *Lemon Chicken* (p. 40), *Pan Seared Herb Crusted Chicken* (p. 37) or *Sautéed Tilapia* (p. 45)
 - Greek Salad goes great with hummus as a side to a Greek-themed meal



ASPARAGUS & TOMATO SALAD

Serving Size: 3

Source: www.tastykitchen.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 0 minutes**Ingredients**

- 1 bunch asparagus, ends trimmed and thinly sliced
- 1 pint cherry tomatoes, halved
- 3 tablespoons extra-virgin olive oil
- 1 lemon, juiced
- Salt & pepper to taste
- ½ cup parmesan cheese, shaved or shredded
- 2 tablespoons fresh parsley, chopped

Directions

In a medium bowl, combine asparagus and tomatoes. In a small bowl, whisk together olive oil, lemon juice and salt & pepper. Pour over asparagus and tomatoes. Toss to coat. Top with parmesan and parsley. Serve cold.

Variations & Healthy Additions

- *Add your favorite vegetable to create variety in your salad*
- *Top with your favorite cheese for a new flavor*
- *Roast the asparagus to bring out more flavor (p. 23)*

Meal Suggestions

- *Serve as a side salad with burgers or any other summertime meal.*

LEBANESE TABOULI SALAD

Serving Size: 2

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 20-30 minutes**Ingredients**

- ¼ cup bulgar (cracked wheat)
- 1 cup hot water
- 1 large tomato, seeded and diced
- 3 green scallions, finely chopped
- 1 bunch parsley, finely chopped
- 1 lemon, juiced
- ¼ - ½ cup olive oil
- 1 sprig mint, chopped
- Salt & pepper to taste
- 2 cups English cucumber, diced (optional)

Directions

Take bulgar and pour hot water over it until covered. Set aside while you prepare all the other ingredients (this is so the wheat will be soft).

In a large bowl, mix together parsley, tomato and scallions. Stir in lemon juice, olive oil, salt & pepper and mint. Drain excess water from wheat and pour the wheat into the mixture. Mix well with large spoon.

Variations & Healthy Additions

- *Substitute quinoa for bulgar for a healthier option; prepare quinoa as instructed on package then add to mixture as instructed*



CHICKEN SALAD

Serving Size: 2

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 40 minutes**Ingredients**

- 2 chicken breasts, with skin and bone
- Olive oil
- Salt & pepper
- ½ cup mayonnaise
- 1½ teaspoons dill (or your favorite herb)
- 1 cup celery, diced
- 1 cup grapes, cut in ½

Directions

Preheat oven to 350°F (175°C). Place the chicken breast, skin side up, on a sheet pan and rub them with oil. Sprinkle generously with salt & pepper. Roast for 35-40 minutes, until the chicken is cooked through. Set aside to cool.

When the chicken is cool, remove the meat from the bones and discard the skin and bones. Cut the chicken into small pieces,

In a medium bowl, mix chicken, mayonnaise, dill, celery, grapes and 1 to 2 teaspoons of salt and 1 teaspoon of pepper. Toss well. Serve over bread or a bed of lettuce.

Variations & Healthy Additions

- *Substitute Greek yogurt for some or all of the mayo*
- *Purchase, bake or pan sear the chicken (p. 36) opposed to roasting it*
- *Substitute dried cranberries or cherries for grapes*
- *Add onions and other veggies for flavor and texture*

TACOS

Serving Size: 4

Source: www.cooks.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 30 minutes**Ingredients**

- 1 pound ground beef
- 1 small onion, chopped
- 1 (8 ounce) can tomato sauce
- ¼ teaspoon chili powder
- ¼ teaspoon salt
- 1 garlic clove, minced
- 2-4 tablespoons hot sauce

Toppings

- Sour cream
- Lettuce
- Tomato
- Onion
- Taco shells, crunchy or soft

Directions

Brown beef and onion in a large skillet over medium heat. Stir occasionally to ensure meat does not stick to pan.

Once meat is browned, drain oil and stir in remaining ingredients. Cook over low heat for 15 minutes. Scoop one to two spoonfuls of meat into taco shell and garnish with your favorite toppings.

Variations & Healthy Additions

- *Substitute chicken (p.36) or vegetarian sausage for beef*

Meal Suggestions

- *Serve with Guacamole (p. 14), Pico (p. 15) and Cheesy Spoon Bread Mexican-style (p. 18)*



SHEPHERD'S PIE

Serving Size: 4-6

Source: www.iowagirleats.com

Difficulty: Intermediate

Prep time: 10-15 minutes**Cook time:** 1 hour**Ingredients**

- 4 cups mashed potatoes
- 1 pound ground beef or lamb
- 2 garlic cloves, minced
- 3 tablespoons flour
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 (14.5 ounce) can chicken broth
- 2 cups frozen corn or vegetable medley
- Salt & pepper to taste

Directions

Preheat oven to 400°F (200°C). Brown ground beef, onions and garlic in a large skillet on medium-high heat. When the meat is completely cooked, stir in flour and cook for 1-2 minutes.

Stir in tomato paste, Worcestershire sauce, soy sauce and broth. Simmer for 5-6 minutes, or until the sauce is thick. Turn the heat off and stir in vegetables and salt & pepper.

Pour beef mixture into a large, oven proof casserole dish. Top with mashed potatoes and smooth with spatula.

Place casserole dish on a large sheet pan in case the sauce overflows. Bake for 20-30 minutes, or until top is golden brown.

STUFFED PEPPERS

Serving Size: 6

Source: www.tastykitchen.com

Difficulty: Intermediate

Prep time: 20 minutes**Cook time:** 35-40 minutes**Ingredients**

- 6 whole bell peppers, any color (peppers should be able to stand on their own)
- 1 pound ground beef
- 1 small yellow onion, chopped
- 1 (14.5 ounce) can stewed tomatoes
- ½ cup instant brown rice or cooked quinoa
- 1 tablespoon Worcestershire sauce
- 1 cup cheddar cheese, shredded
- Salt & pepper to taste

Directions

Preheat oven to 350°F (175°C). Put a large pot of water on high heat and bring to a boil. Cut the tops off the peppers and remove seeds with a spoon. Cook the peppers for 5 minutes in the boiling water. Remove from water and set aside to drain.

In a skillet over medium heat, brown the ground beef and onion. Add a dash of salt & pepper and cook until the meat is browned. Drain off the grease into a disposable container to be thrown away when cool. Add stewed tomatoes, rice, Worcestershire sauce and cheese to beef mixture. Cook until the rice is tender.

Stuff peppers with the rice mixture and place the peppers into a baking dish. Bake for 25 minutes.

Variations & Healthy Additions

- Use beans or vegetarian sausage for a vegetarian meal



CHEESEBURGER

Serving Size: 4

Source: www.delish.com

Difficulty: Easy

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- 1½ pounds ground beef
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon Worcestershire sauce
- 1 large yellow onion, chopped
- 1 egg
- 4 slices cheddar cheese

Directions

In a medium bowl, mix ground beef, salt, pepper, onion, Worcestershire sauce and egg. Once thoroughly mixed, use your hands to form 4 equally-sized patties.

In a large skillet, cook patties over high heat, 4 minutes for medium or 5 minutes for well-done, turning once midway through. Place 1 slice of cheese atop each burger and cook 1 more minute.

Remove patties from skillet and place on wire rack to drain, about 4-6 minutes. Top with condiments of your choice.

Variations & Healthy Additions

- *Try topping your burger with non-traditional condiments like bleu cheese instead of cheddar or top with Guacamole (p. 14)*
- *Use ground turkey instead of ground beef for a healthier burger*

BAKED CHICKEN

Serving Size: 2

Source: www.cooks.com

Difficulty: Easy

Prep time: 15 minutes

Cook time: 30-45 minutes

Ingredients

- 2 chicken breasts
- 2 teaspoons black pepper
- 2 tablespoons olive oil, divided

Directions

Preheat oven to 350°F (175°C). Line a deep 9x13 baking dish with foil. Drizzle the foil with 1 tablespoon olive oil. Make sure the entire layer of foil is coated to avoid sticking. Sprinkle foil with 1 teaspoon black pepper.

Lay the chicken breasts on the oil-seasoning mixture and drizzle lightly with the remaining olive oil. Use a brush or spoon to distribute the oil evenly on top of the chicken. Sprinkle the chicken with the remaining pepper.

Cover the pan with another layer of foil and seal the sides. Bake for 30-45 minutes, or until the center of the chicken is no longer pink.

Variations & Healthy Additions

- *Season with your favorite herbs and/or minced garlic and chopped onion*
- *Bake the chicken with a variety of vegetables*

Meal Suggestions

- *Shred or dice to use in wraps, salads or tacos (p. 32)*
 - *Top with Bruschetta (p. 16) for an Italian twist*
 - *Top with Guacamole (p. 14) or Pico (p. 15) for a Mexican-style meal*



PAN SEARED HERB CHICKEN

Serving Size: 2

Source: www.foodnetork.com

Difficulty: Intermediate

Prep time: 10 minutes**Cook time:** 13 minutes**Ingredients**

- 2 chicken breasts, skin on
- 3 tablespoons olive oil, divided
- Kosher salt
- Black pepper
- 6 sprigs fresh thyme, chopped
- 2 sprigs fresh rosemary, chopped
- 6 garlic cloves, chopped

Directions

Preheat oven to 400°F (205°C). Heat a skillet over medium heat. Drizzle the chicken breast with half the oil and then season with salt and pepper to taste.

Put chicken in the pan, skin side down, then add herbs and garlic. When the skin has a nice golden color turn it over and bake for 8 minutes, until the juice runs clear.

Variations & Healthy Additions

- *Cook without the skin for less fat content*
- *Try using different herbs*
- *For a parmesan-seared chicken, mix fresh grated parmesan cheese with herbs*

Meal Suggestions

- *Serve with Lemon Ricotta Pasta (p. 59), Spring Beans with Goat Cheese (p. 22), Roasted Vegetables, or on a dinner salad*

CHICKEN PARMESAN

Serving Size: 4

Source: www.southernfood.com

Difficulty: Easy

Prep time: 15 minutes**Cook time:** 30 minutes**Ingredients**

- 4 boneless chicken breasts, pounded to ½ inch
- 1 egg
- ½ cup milk
- Seasoned bread crumbs or panko
- Olive oil
- 8 slices of mozzarella cheese, or more to taste
- 1 (8 ounce) jar spaghetti sauce
- Parmesan cheese, shredded

Directions

Preheat oven to 350°F (175°C). Pour spaghetti sauce in the bottom of a 9x13 baking dish. Tilt pan so the sauce coats the entire bottom of the dish. If you prefer, you can wait to add the sauce to the chicken after it has baked.

In a medium mixing bowl, whisk together the egg and milk. Dip the chicken breasts in milk and egg mixture and then in bread crumbs. Heat olive oil in a large skillet over medium-high heat. Brown the chicken in the hot oil on both sides until golden, about 3 to 4 minutes on each side. Set chicken in a baking dish with sauce.

Place two mozzarella slices on each chicken breast. Sprinkle chicken with Parmesan cheese and bake for about 25 to 30 minutes, or until cheese is bubbly.

Meal Suggestions

- *Serve over your favorite pasta or with a salad*
- *Make your own marinara sauce (p. 64)*



CHICKEN & VEGETABLES

Serving Size: 2

Source: 2011-2012 Recipe Contest Winner Youjin Kim

Difficulty: Easy

Main Dishes: Chicken

Prep time: 20 minutes

Cook time: 15 minutes

Ingredients

- 1-2 tablespoons vegetable oil
- 4 chicken thighs, cut into bite-size chunks
- 1 bag bean starch vermicelli or other Asian noodle
- 1 stalk celery, chopped
- 1 spicy or sweet pepper
- 4 ounces tofu, cut into bite-size chunks
- 1 tablespoon soy sauce
- 1 teaspoon spicy pepper sauce (optional)
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- Salt & pepper to taste

Directions

In a medium pan, warm oil over medium-high heat. Sauté garlic and ginger for 1-2 minutes. Add in chicken and fry until the chicken is cooked through. Add celery, tofu and vermicelli. Sauté until noodles are tender. Add soy sauce, pepper sauce and salt & pepper.

Student Quote

"One of my favorite dishes that I've had in China is "Fried Chicken with Veggies (小炒鸡肉)." The first time I had it was at a local restaurant with friends. When I came home, I told my roommate how much I liked it, and she said she could make it, too. This was the first dish we cooked together, and I wanted to share the recipe that my roommate has taught me."

*Youjin Jennifer Kim
CET Beijing, China Fall 2011*

LEMON CHICKEN

Source: www.family.com

Prep time: 30 minutes

Cook time: 10 minutes

Ingredients for Chicken

- 2 chicken breasts, cut into bite-size chunks
- 1 teaspoon soy sauce
- 1 egg yolk
- 1½ teaspoons cornstarch
- 2-3 tablespoons cooking oil
- 4 scallions, thinly sliced

Ingredients for Lemon Sauce

- 1 lemon, juiced
- 1 teaspoon lemon zest
- 2 tablespoons sugar
- ¼ cup water
- 1 teaspoon cornstarch

Useful Tip

Before juicing lemon, roll it on the counter while pressing firmly to help release the juices



Directions

Put the chicken in a bowl and toss with soy sauce. Leave to marinate for 30 minutes, do not over marinate or the chicken will taste too salty.

While the chicken is marinating, make the lemon sauce. In a small sauce pan, whisk together the lemon juice, lemon zest, sugar, water and cornstarch. Bring to a boil, whisking constantly until the mixture thickens. Set aside, but keep warm.

In a small mixing bowl, whisk together the egg yolk and cornstarch to make a batter for the chicken. In a large skillet heat the oil. Toss the chicken in the batter and fry for 3-4 minutes on each side until golden and chicken is cooked through.

Transfer to a plate and spoon the warm lemon sauce over the chicken. Scatter the scallions over the dish before serving.

Variations & Healthy Additions

- *Instead of battering and cooking the chicken, try baking the chicken with the lemon zest, juice and favorite herb for a healthier option*
- *Coat the chicken with panko or bread crumbs instead of the batter*
- *Add basil or rosemary to the batter or breading for more flavor*

Meal Suggestions

- *Serve with a Greek Salad (p. 28), over rice or quinoa*

CHICKEN & BEAN BURRITO

Source: www.foodnetwork.com

Prep time: 15 minutes

Cook time: 10 minutes

Ingredients

- 4 teaspoons olive oil, divided
- 1 small yellow or white onion, diced
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- 1 (15 ounce) can white beans, rinsed and drained
- ½ cup chicken broth
- ½ teaspoon salt
- 2 cups romaine lettuce, shredded
- ½ cup cilantro leaves, chopped
- 2 teaspoons lime juice
- Ground black pepper to taste
- 4 whole wheat tortillas
- 2 cups cooked chicken, shredded (see p. 36)
- Toppings of your choice (sour cream, salsa, etc.)

Directions

In a medium skillet, heat 2 teaspoons oil over medium-low heat. Add onion and cook until translucent, about 3 minutes. Add garlic and cumin and cook for 30 seconds. Add beans, broth and salt. Cook for 2 minutes.

In a medium bowl, place lettuce, cilantro, remaining olive oil, lime juice, a pinch of salt & pepper and toss to coat. Wrap the tortillas in a paper towel and heat in the microwave for 30 seconds. Build your burrito with chicken, beans, lettuce mixture and favorite toppings.

Meal Suggestions

- *Top with Guacamole (p. 14) and/or Pico (p. 15)*



CHICKEN FRIED RICE

Serving Size: 3-4

Source: www.laaloosh.com

Difficulty: Easy

Prep time: 15 minutes**Cook time:** 15-20 minutes**Ingredients**

- Cooking spray
- 2 large eggs, scrambled
- ½ cup scallions, chopped
- 2 garlic cloves, minced
- 4 chicken breasts, cut into ½ inch cubes
- ½ cup carrots, diced
- 2 cups brown rice, cooked
- ½ cup frozen peas, thawed
- 2 tablespoons soy sauce

Directions

Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Add egg and cook, stirring frequently for about 3-5 minutes. Remove cooked scrambled eggs from pan and set aside.

Off heat, recoat skillet with cooking spray and place back over medium-high heat. Add scallions and garlic, sauté for 2 minutes. Add chicken and carrots, sauté until chicken is golden brown and cooked through, about 5 minutes.

Stir in reserved cooked eggs, cooked brown rice, peas and soy sauce. Cook until heated through, stirring once or twice, about 1-2 minutes.

Variations & Healthy Additions

- Use 4 egg whites instead of 2 large eggs for less calories

OVEN-BAKED SALMON

Serving Size: 4

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 15 minutes**Ingredients**

- 12 ounce salmon fillet, cut into 4 pieces
- Coarse-grained salt
- Fresh ground black pepper

Directions

Preheat oven to 450°F (230°C). Season salmon with salt and pepper. Place salmon, skin side down, on a nonstick baking pan with an oven-proof handle. Bake until salmon is cooked through, about 12-15 minutes.

Variations & Healthy Additions

- Season with an herb such as dill, basil, rosemary, or a combination of your favorite herbs, for a more diverse flavor
- Bake in lemon zest and juice for a citrus salmon

Meal Suggestions

- Serve with the Berry Goat Cheese Salad (p. 27), Lemon Ricotta Past (p. 59), Garlic Mashed Potatoes (p. 19) or Spring Beans with Goat Cheese (p. 22)



SAUTÉED TILAPIA

Serving Size: 1

Source: www.cookinglight.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 15 minutes**Ingredients**

- 1 tilapia fillet
- 1-2 garlic cloves, minced
- 2 tablespoons butter or olive oil
- ½ cup lemon juice (optional)

Directions

In a small pan, sauté garlic in butter/oil, about 2-3 minutes. Add tilapia to the pan, cook for two minutes and add lemon juice (if desired). Cook each side of the tilapia for about 5-7 minutes, until cooked through.

Variations & Healthy Additions

- *Season with your favorite herb, dill goes great on fish*

Meal Suggestions

- *Serve with Parmesan Polenta (p. 20), your favorite side or salad*
- *Try roasting asparagus or brussel sprouts (p. 23) for your side for a healthy meal*

FISH TACOS

Serving Size: 4

Source: www.foodnetwork.com

Difficulty: Intermediate

Prep time: 35 minutes**Cook time:** 25 minutes**Ingredients**

- 1 pound white flaky fish, such as mahi mahi or tilapia
- ¼ cup canola oil
- 1 lime, juiced
- 1 tablespoon chili powder
- 1 jalapeño, chopped
- ¼ cup fresh cilantro, chopped
- 8 tortillas
- Toppings (salsa, sour cream, onion, etc.)

Directions

Place fish in a medium-size dish. In a small bowl, whisk together oil, lime juice, chili pepper, jalapeño and cilantro. Pour over fish and let marinate for 15-20 minutes. Preheat grill or large skillet to medium-high heat.

Remove the fish from the marinade and place onto hot grill or skillet, flesh side down. Cook the fish for 4 minutes on one side and then flip. Remove fish once cooked through and let it rest for 5 minutes, then flank with a fork.

Warm the tortillas on the grill or in a skillet for 20 seconds. Divide fish among the tortillas and garnish with your favorite toppings.

Variations & Healthy Additions

- *Top with Guacamole (p. 14) or Pico (p. 15)*
- *Top with Greek Yogurt instead of sour cream*



BAKED SHRIMP SCAMPI

Serving Size: 6

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 30 minutes**Cook time:** 13 minutes**Ingredients**

- 2 pounds shrimp, peeled and deveined
- 3 tablespoons olive oil
- 2 tablespoons dry white wine
- Kosher salt & ground black pepper
- 12 tablespoons unsalted butter, softened
- 4 garlic cloves, minced
- ¼ shallots, minced
- 3 tablespoons fresh parsley, minced
- 1 teaspoon fresh rosemary, minced
- ¼ teaspoon red pepper flakes, crushed
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 extra large egg yolk
- ½ cup panko (bread crumbs)

Directions

Preheat oven to 425°F (220°C). Butterfly the shrimp, leaving the tails on. In a medium mixing bowl, toss shrimp, oil, wine, 2 teaspoons salt and 1 teaspoon pepper. Set aside. In a small bowl, mash butter with the garlic, shallots, parsley, rosemary, red pepper flakes, lemon zest, lemon juice, egg yolk, panko, ½ teaspoon salt and ¼ teaspoon pepper until combined.

In a baking dish, arrange shrimp in a single layer, cut side down. Pour the remaining marinade over the shrimp. Spread the butter mixture evenly over the shrimp. Bake 10-15 minutes until hot and bubbly. Serve over pasta.

GUACAMOLE GRILLED CHEESE

Serving Size: 2

Source: www.twopeasandtheirpod.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 5-7 minutes**Ingredients**

- Guacamole (p. 14)
- 4 slices crusty bread
- 4 slices cheddar cheese
- Butter

Directions

Prepare guacamole recipe (p. 14). Heat a pan or griddle to medium-high heat. Spread desired amount of guacamole on both sides of bread then top with cheese. Close sandwich. Butter outer sides of the bread and grill on one side for about 2 minutes or until golden and crispy. Flip the sandwich and repeat.

Variations & Healthy Additions

- *Change up your grilled cheese, try different cheeses, add onion, tomato and/or other vegetables*
- *Make a sweeter grilled cheese with goat cheese, apples and berries*

Meal Suggestions

- *Serve with a simple green salad or your favorite soup*



BLACK BEAN QUESADILLAS

Source: www.budgetbytes.blogspot.com

Serving Size: 5

Difficulty: Easy

Main Dishes: Vegetarian

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup frozen corn kernels
- ½ red onion, chopped
- 1 garlic clove, minced
- ¼ bunch fresh cilantro, chopped
- 2 cups cheddar cheese, shredded
- 1 packet of taco seasoning
- 10 tortillas

Directions

In a large mixing bowl, place beans, corn, cilantro, onion, garlic, cheese and taco seasoning. Stir everything until evenly mixed.

Place a ½ cup of the filling on one side of each tortilla and fold over. In a large nonstick skillet, over medium heat, cook both sides until brown and crispy and cheesy has melted.

Useful Tip

If you would like to freeze your quesadillas for future meals simply fill each one and place them on a baking sheet lined with parchment paper. Place in the freezer for one hour to solidify the ingredients then transfer to a freezer safe bag. To reheat either microwave or cook in the skillet on low heat (make sure to use low heat so the filling has time to thaw and melt).

Meal Suggestions

- *Serve with Guacamole (p. 14) and/or Pico (p. 15)*

BAKED QUINOA PATTIES

Source: www.101cookbooks.com

Prep time: 20 minutes

Cook time: 25 minutes

Ingredients

- 1½ cups cooked quinoa, at room temperature
- 5 large eggs, lightly beaten
- ½ teaspoon salt
- ½ cup chives, finely chopped (green parts only)
- ½ cup fresh dill, chopped
- 1 cup spinach or kale, finely chopped
- 1 yellow or white onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon baking powder
- 1 cup bread crumbs, more if needed
- Flour, if needed
- ½ cup feta cheese, crumbled
- 1 tablespoon extra-virgin olive oil
- Flour, if needed

Useful Tip

Cook the quinoa in vegetable or chicken broth instead of water. It will add more flavor to your quinoa!



Directions

Preheat oven to 400°F (200°C). In a medium bowl, combine cooked quinoa, eggs and salt. Mix thoroughly. Stir in chives, dill, spinach/kale, onion, garlic and cumin until fully incorporated.

Stir in baking powder and bread crumbs. Allow the mixture to sit for 3-5 minutes so the breadcrumbs can absorb the moisture then gently stir in the feta.

Form mixture into 12, 1-inch thick patties. If the mixture is too moist and will not form patties, add more bread crumbs or a tablespoon of flour.

If the mixture is too dry, add water or additional eggs. It is best to error on the side of over moist versus too dry.

Oil a baking sheet and arrange the patties with a bit of space between each. Bake for 20 minutes or until the bottoms are brown. Flip the patties and bake for an additional 5 minutes.

Variations & Healthy Additions

- Add lemon zest and a variation of chopped bell peppers to your mixture for a Greek-style quinoa patty
- Substitute your favorite herb for the dill for a new flavor

Meal Suggestions

- Serve with your favorite salad, soup or Roasted Vegetables (p. 23)

Prep time: 20 minutes

Cook time: 5 minutes

Ingredients

- 1 (15 ounce) container ricotta cheese
- 1 large egg
- 1 teaspoon olive oil
- 2 cups all-purpose flour
- Dash of salt & pepper

Directions

In a medium bowl, whisk together ricotta cheese, olive oil, egg and salt & pepper. Once fully incorporated, add flour ½ cup at a time, until it forms a soft sticky dough (about 1½ cups).

Over high heat, bring a large pot of water to boil. While waiting for water to boil, turn the dough out onto a floured surface and knead in another ½ cup of flour or until the dough no longer sticks to your hands. The dough should be very soft in texture.

Divide the dough into 6 pieces. Roll each piece out into a 1 inch thick rope. Cup the rope into 1 inch sections. If desired, roll each piece of dough on the back of a fork to give it a ridged texture.

When the water is at a rolling boil, drop the dough pieces into the water. As the gnocchi boil they will begin to rise to the surface. Once all the pieces are floating at the top, let them boil for about 30 seconds to ensure thorough cooking. Drain and serve with your favorite sauce (p. 64-67) or garlic butter and your favorite herbs.



LEMON & ASPARAGUS RISOTTO

Serving Size: 6

Source: www.tastykitchen.com

Difficulty: Intermediate

Prep time: 10 minutes

Cook time: 28 minutes

Ingredients

- 3 cups vegetable or chicken broth
- 1 pound asparagus, cut into 1-inch pieces at an angle
- 3 tablespoons butter, divided
- $\frac{1}{4}$ cup white onion, finely chopped
- 1 cup Arborio rice (or any short grain rice)
- 1 whole lemon, zested
- $\frac{1}{4}$ cup lemon juice, divided
- 1 tablespoon white wine
- $\frac{1}{2}$ cup Romano cheese, grated
- Salt & pepper to taste

Directions

In a medium saucepan, bring broth to a simmer. In another medium saucepan, with a steam basket, add water under the steam basket and place asparagus pieces in basket. Add a pinch of salt and cover to steam until tender, about 5-7 minutes. If you do not have a steam basket, roast the asparagus (p. 23). Set aside.

In a large skillet, melt 2 tablespoons butter over medium heat. Add onions and cook until slightly tender, about 3 minutes. Add in rice, 2 tablespoons lemon juice and wine. Stir until liquid is absorbed into rice. Add $\frac{1}{2}$ cup broth and stir until rice absorbs broth. Repeat until broth is gone.

Turn off heat and stir in remaining tablespoon of butter, remaining lemon juice, lemon zest, cheese and asparagus.

Main Dishes: Vegetarian

ITALIAN MACARONI & CHEESE

Source: 2012-2013 Recipe Contest 1st Place, Mary Ormond

Prep time: 30 minutes

Cook time: 25-30 minutes

Ingredients for Macaroni

- 6 Tablespoons butter
- $\frac{1}{2}$ pound pasta
- 6 Tablespoons all-purpose flour
- 3 cups whole or 2% milk
- 1 teaspoon salt
- $\frac{1}{4}$
- pinch ground red chili pepper
- pinch ground garlic
- $\frac{3}{4}$ c. grated gruyère cheese
- $\frac{3}{4}$ c. grated fontina cheese
- $\frac{2}{3}$
- $\frac{2}{3}$

Ingredients for Topping

- $\frac{2}{3}$
- 1 teaspoon ground garlic
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{3}{4}$ teaspoon ground red chili pepper
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon dried basil
- $\frac{1}{4}$ teaspoon dried thyme

Variations & Healthy Additions

- *Chop up your favorite vegetables and add to the casserole for nutritional value and texture*
- *Try using a combination of your favorite cheeses to change the flavor*
- *Top the casserole with fresh tomatoes*



Serving Size: 6-8
Difficulty: Intermediate

Main Dishes: Pasta

Directions

Preheat the oven to 350 degrees Fahrenheit. Butter a 2-quart baking dish with 1 Tablespoon of the butter. Set dish aside.

Bring a large pot of salted water to a boil. Add the pasta and cook until *al dente* (probably about 10 minutes). Drain cooked pasta in a colander and rinse under cold running water. Drain well and set aside.

Combine all the grated cheeses into a bowl and mix thoroughly.

Melt the remaining 5 Tablespoons of butter in a large, 3 quart saucepan over medium heat. Stirring constantly with a wooden spoon or whisk, add the flour. Keep stirring as the mixture cooks over medium heat for 3-4 minutes, being careful not to let the flour brown. Add the milk in a steady stream, and cook, continuing to stir constantly with a whisk until mixture is thick and smooth. After about 4 minutes, turn heat to low and add the 1 t. salt, ½ t. black pepper, pinch of ground red chili pepper, pinch of ground garlic, and 2 cups of the cheese mixture; stir well. After all the cheese has completely melted, add the cooked noodles and stir well. Pour into prepared dish.

In a mixing bowl, combine the remaining cheese with all of the ingredients for the topping. Mix well. Sprinkle this topping over the pasta and sauce that you have put in the pan and bake until golden brown and bubbling, about 25-30 minutes. Remove from the oven and let rest for 5 minutes before serving.

Student's Story

I chose this recipe because this was one of the favorites during my semester at Casa Artom. We had weekly family dinners at the Casa, and one week I worked with several other students to cook "American recipes with an Italian twist" for everyone, with this being one of the favorite dishes of the night. After that, if I went more than a couple weeks without making this, I would be getting requests from my fellow WFU Casa Artomians for some of this Mac 'n Cheese! I think this turned out to be such a hit because it reminded everyone of home, but still tasted like Italy, as all the ingredients I decided to use are easily found at any grocery store in Venice.

Mary Ormond

WFU Casa Artom: Venice, Italy Spring 2013

LASAGNA

Source: www.foodnetwork.com

Prep time: 40 minutes

Cook time: 30 minutes

Ingredients for Lasagna

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 1½ pounds ground beef
- ½ pound lasagna noodles
- 15 ounces ricotta cheese
- 4 ounces creamy goat cheese, crumbled
- 1 cup parmesan cheese, grated
- ¼ cup parmesan cheese, grated for sprinkling on top
- 1 extra large egg, lightly beaten
- 1 pound fresh mozzarella, thinly sliced

Ingredients for Sauce

- 1 (28 ounce) can crushed tomatoes in tomato puree
- 1 (6 ounce) can tomato paste
- ¼ cup flat-leaf parsley, chopped and divided
- ½ cup basil leaves, chopped
- 2 teaspoons kosher salt
- ¾ teaspoon black pepper



Serving Size: 8
Difficulty: Intermediate

Main Dishes: Pasta

Directions

Preheat oven to 400°F (200°C). In a large skillet, heat the olive oil. Once hot, add the onion and cook for 5 minutes over medium-low heat, until translucent. Add the garlic and cook for 1 more minute. Add the meat and cook for 8-10 minutes, or until no longer pink.

Once meat is cooked, add tomatoes, tomato paste, 2 tablespoons parsley, basil, 1½ teaspoons salt and ½ teaspoon pepper. Simmer, uncovered, over medium-low heat for 15-20 minutes, until thickened.

While meat mixture is simmering, fill a large bowl with steaming-hot tap water. Add the noodles and allow them to sit in the water for 20 minutes then drain.

In a medium bowl, combine ricotta, goat cheese, 1 cup parmesan, egg, remaining parsley, remaining salt and remaining pepper. Set aside.

In a 9x13 baking dish, ladle of the meat sauce and spread it until it covers the bottom of the dish. Add additional layers as follows: half the pasta, half the mozzarella, half the ricotta mixture and another layer of meat sauce. Repeat with the remaining ingredients. Sprinkle the top of the lasagna with desired amount of parmesan cheese. Bake for 30 minutes, until the sauce is bubbling.

Variations & Healthy Additions

- Try using ground turkey or a melody of vegetables, like zucchini and squash, instead of ground beef for a healthier option

PENNE WITH ZUCCHINI & SPECK

Source: www.manusmenu.com

Serving Size: 4
Difficulty: Easy

Prep time: 15 minutes

Cook time: 5 minutes

Ingredients

- 1 (8-12 ounce) package penne
- 3 medium zucchinis, cut in 3x3 centimeter cubes
- 2 ounces Italian speck (prosciutto ham), thinly sliced
- ½ small onion, finely chopped
- 2 tablespoons extra-virgin olive oil
- ½ cup water
- Salt to taste
- ¾ cup thick cream
- Parmesan cheese, grated for serving
- Ground pepper, for serving

Directions

In a medium to large pot, cook speck and onion in the olive oil over a medium-low heat for 3-5 minutes, until onion is translucent. Then add zucchini and water. Cover and cook on low until the zucchini is soft and only a small amount of liquid remains.

Cook the penne as instructed on package, put the drained pasta in the pot with the zucchini and speck sauce, add cream and mix well over low heat for 1-2 minutes. Serve with parmesan cheese and pepper to taste.

Variations & Healthy Additions

- For a lighter sauce, use evaporated milk or fat-free Half & Half instead of cream



LEMON RICOTTA PASTA

Source: www.budgetbytes.com

Serving Size: 4

Difficulty: Easy

Main Dishes: Pasta

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients

- 1 (8 ounce) package pasta, any shape
- 1 cup frozen peas, thawed
- 15 ounces ricotta cheese
- 1 tablespoon butter
- 1 lemon, juiced and zested
- Salt & pepper to taste

Directions

Bring a pot of lightly salted water to a boil. Add the pasta and cook according to the package instructions.

While pasta is boiling, begin to make the sauce. In a large bowl, combine ricotta, butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper and lemon juice and zest. When the pasta is almost finished boiling, take $\frac{1}{2}$ cup of the hot, starchy pasta water and whisk it into the ricotta mixture to create a smooth sauce. Add salt & pepper, if needed.

Place the peas in a colander and pour the boiling pasta over them to drain (this speeds up the thawing process). When the pasta has drained and is still hot, stir the pasta and peas into the ricotta cheese sauce. Serve hot or cold.

Variations & Healthy Additions

- Add your favorite herbs to give your pasta a more diverse flavor
- Add minced, sautéed garlic to the ricotta sauce
- Add your favorite vegetables to the pasta with the peas

PIZZA CRUST, SAUCE & TOPPING OPTIONS

Source: GPS Staff

Crust

- English muffins
- Flat bread
- Pita bread
- Whole wheat (p. 62)
- Zucchini
- Store bought crust

Baking directions on p. 63

Sauce

- Alfredo (p. 65)
- Barbeque
- Garlic butter
- Hummus
- Marinara (p. 64)
- Pesto (p. 66)

Cheese

- Asiago
- Bleu
- Brie
- Cheddar
- Colby
- Feta
- Goat
- Gorgonzola
- Monterey jack
- Mozzarella
- Parmesan
- Ricotta
- Romano
- Smoked Gouda

Herb & Spice

- Basil
- Chili, dried or fresh
- Chives
- Cilantro
- Coriander
- Cumin
- Curry
- Dill
- Garlic
- Ginger
- Oregano
- Parsley
- Pepper
- Rosemary
- Red pepper flakes
- Thyme

Meat

- Bacon
- Canadian Bacon
- Chicken
- Chorizo
- Duck
- Egg
- Ham
- Hamburger
- Pepperoni
- Prosciutto
- Salami
- Sausage
- Steak
- Turkey



TOPPING OPTIONS (CONT.) & COMBINATIONS

Source: GPS Staff

Vegetable & Fruit

- Alfalfa sprouts
- Apple
- Asparagus
- Artichoke hearts
- Arugula
- Avocado
- Beans
- Bell peppers
- Broccoli
- Chile peppers
- Eggplant
- Jalapeño pepper
- Lettuce
- Mushrooms
- Olive
- Onion
- Pear
- Pineapple
- Potato
- Roasted cauliflower
- Roasted red peppers
- Scallions
- Shallots
- Spinach
- Sundried tomato
- Sweet corn
- Sweet peppers
- Tofu
- Tomato
- Watercress
- Yellow Squash
- Zucchini

Topping Combinations

- Pear, gorgonzola & prosciutto with white sauce
- Jalapeño, spinach, onion & feta with pesto sauce
- Bell peppers, broccoli, onion & feta with hummus
- Sausage, sweet peppers ricotta & mozzarella with garlic butter sauce
- Eggplant, sundried tomatoes & mozzarella with marinara sauce
- Artichoke, sundried tomatoes & mozzarella with pesto sauce
- Sweet corn, sweet peppers, scallions, cilantro & cheddar with garlic butter sauce

WHOLE WHEAT PIZZA CRUST

Serving Size: 2-4

Source: www.tablespoon.com

Difficulty: Advanced

Prep time: 15 minutes**Cook time:** 1 hour & 30 minutes**Ingredients**

- 2½ cups whole wheat flour, plus more for dusting
- 2¼ teaspoons active dry yeast
- ¾ teaspoon salt
- 1 cup warm water
- 1 tablespoon extra virgin olive oil
- 1 tablespoon sugar

Directions

Preheat oven to 500°F (260°C). In a small bowl, combine yeast, water and 1 teaspoon sugar. Let sit for five minutes. In a large bowl, combine 2 cups flour, salt and remaining sugar. Make a well in the center and add the yeast mixture and olive oil.

Stir using a spoon until the dough comes together, then knead, either by hand or in a standing mixer with a dough hook, for about 5 minutes (3-4 if using a standing mixer). Add remaining flour in 1 tablespoon increments, just until dough pulls away from sides of the bowl or is no longer sticky.

Shape dough into a ball, place in a lightly greased bowl and cover with lightly greased plastic wrap to rise until doubled, about 45 minutes to 1 hour.

Punch down risen dough, shape into a ball and place on a lightly floured counter top or pizza stone. Roll out into a circle to desired crust thickness and let rest about 10 minutes. During this time, top your pizza with your favorite toppings (p. 60 & 61). Bake 10-15 minutes.



TOMATO BASIL PIZZA

Serving Size: 2-4

Source: www.eatbetteramerica.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 10 minutes**Ingredients**

- Pesto sauce to taste (p. 66)
- Crust of your choice (p. 61)
- 1 tomato, thinly sliced
- 1 bunch of basil, chopped, more or less to taste
- 1 (12 ounce) bag mozzarella cheese, shredded

Directions

Heat oven to 425°F (220°C). Spread desired amount of pesto on crust. Add a layer of tomatoes and basil. Sprinkle cheese over top.

For English muffin crust: Place on a baking sheet and bake for 5-7 minutes

For flat bread pizza crust: Place directly on clean oven rack and bake for 7-10 minutes

For pita bread pizza crust: Place directly on clean oven rack and bake for 7-10 minutes

For zucchini pizza crust: Slice the zucchini lengthwise and, using a spoon, scoop out the flesh from the center. Top with pizza ingredients. Place on a baking sheet and bake for 20 minutes.

Useful Tip

Place your toppings under the cheese, it will help to make sure that your toppings are secure and do not slide off the pizza.

MARINARA SAUCE

Serving Size: 2 cups

Source: www.skinnytaste.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 25 minutes**Ingredients**

- 1 teaspoon olive oil
- 2 garlic cloves, smashed
- 1 (28 ounce) can crushed tomatoes
- 1 small bay leaf
- 1 teaspoon oregano
- 2 tablespoons fresh basil, chopped
- Salt & pepper to taste

Directions

In a medium sized pot, heat olive oil over medium heat. Add garlic and sauté until golden, about 2-3 minutes. Add crushed tomatoes, salt, pepper, oregano and bay leaf. Stir and reduce heat to low. Cover and let simmer about 15-20 minutes. Remove from heat and stir in fresh basil. Remove bay leaf before serving.

Variations & Healthy Additions

- *Add more or less garlic, oregano, basil or other herbs to your own personal taste*
- *Add finely chopped onions and/or peppers for additional flavor, sauté for 3-5 minutes prior to adding garlic to the pot*

Meal Suggestions

- *Use as a pizza sauce (p. 60-63)*
- *Serve with Baked Zucchini Sticks (p. 12) or Chicken Parmesan (p. 38)*
- *Serve sauce over your favorite pasta noodle with browned ground beef, Italian sausage or ground turkey*



ALFREDO SAUCE

Serving Size: 2 cups

Source: www.allrecipes.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 10 minutes**Ingredients**

- 2 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 garlic clove, minced
- 2 tablespoons fresh basil, minced
- ½ cup parmesan or Romano cheese, shredded

Directions

In a small saucepan, melt butter over medium-low heat. Stir in flour until thoroughly mixed. Slowly whisk in the milk, adding gradually. Stir in the remaining ingredients. Sauce will thicken upon standing. Add more or less milk for desired consistency.

Variations & Healthy Additions

- *Add more or less garlic, basil or other herbs to your own personal taste*
- *Roast the garlic on baking sheet, drizzled with olive oil, at 400°F for 20 minutes before adding to the sauce*
- *Use smoked gouda instead of parmesan*

Meal Suggestions

- *Use as a pizza sauce (p. 60-63)*
- *Serve sauce over your favorite pasta with Pan Seared Chicken (p. 39), Roasted Vegetables (p. 23) or on its own*
- *Serve over Ricotta Gnocchi (p. 52)*

BASIL PESTO SAUCE

Serving Size: 1 cup

Source: www.101cookbooks.com

Difficulty: Easy

Prep time: 20 minutes**Cook time:** 0 minutes**Ingredients**

- 1 large bunch basil, leaves only, washed & dried
- 3 medium garlic cloves
- 1 small handful raw pine nuts
- ¾ cup parmesan cheese, freshly grated and loosely packed
- Extra-virgin olive oil

Directions

Chop garlic and approximately ¼ of the basil leaves. Once this is loosely chopped, add more basil and continue chopping. Repeat until all the basil is finely minced. Add ½ the pine nuts, chop. Add the rest of the pine nuts and finely chop. Repeat with the parmesan cheese. In the end you want the mixture chopped so fine that you can press all the ingredients together into a "basil cake." Transfer the cake to a small bowl (not much bigger than the basil cake) and cover with a 2-3 tablespoons olive oil. Set aside, or in the refrigerator until ready to serve.

Variations & Healthy Additions

- *Parsley Pesto: parsley, pine nuts, parmesan, dash of salt & olive oil*
- *Scallion Pesto: scallions, sunflower seeds, lime juice, garlic, dash of salt & olive oil*
- *Red Pesto: sun-dried tomatoes, garlic, pepper flakes, thyme, dash of salt & olive oil*
- *Cilantro Pesto: cilantro, pine nuts, lime juice (optional) & olive oil*



FRESH HERB SAUCE

Serving Size: 2

Source: www.101cookbooks.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 5-7 minutes**Ingredients**

- ½ cup extra-virgin olive oil
- 1 teaspoon fresh rosemary leaves
- 1 teaspoon fresh thyme
- 1 teaspoon fresh oregano
- 2 teaspoons paprika
- 2 medium garlic cloves, smashed into paste
- 1 bay leaf, crumbled
- 1 pinch red pepper flakes
- ¼ teaspoon fine grain sea salt
- 1 tablespoon fresh lemon juice

Directions

In a skillet, warm the olive oil over medium-low heat. When hot, immediately remove from heat. While the oil is heating, finely chop the rosemary, thyme and oregano. If you have a mortar and pestle, lightly pound the spices. Stir in paprika, garlic, bay leaf, red pepper flakes and salt into the oil. Then add the herbs and lemon juice.

Useful Tip

You can serve this sauce immediately, but it tastes best after it has aged 2-3 days

Variations & Healthy Additions

- Add 2-3 tablespoons balsamic vinegar

Meal Suggestions

- Serve over your favorite pasta, use as a dipping sauce for bread or as a marinade for Baked Chicken (p. 36)

BALSAMIC VINAIGRETTE

Serving Size: 1 cup

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 0 minutes**Ingredients**

- ¼ cup balsamic vinegar
- 2 teaspoons dark brown sugar
- 1 clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- ¾ cup olive oil

Directions

In a medium bowl, whisk vinegar, sugar, garlic, salt and pepper until the sugar and salt dissolve. Then beat in oil only adding a tablespoon at a time, whisking constantly (or place all the ingredients into a screw-top jar and shake to combine). Taste and adjust seasoning as needed.

Useful Tips

If using a good quality balsamic vinegar, you should not need the sugar, but if using a lesser quality you may want the sugar to round out the dressing.

If not using immediately, cover and refrigerate dressing, whisking or shaking again before use.

Meal Suggestions

- Serve over a simple salad or use as a marinade
- Balsamic vinegar goes great with strawberries, add strawberries to your salad for a unique flavor
- Drizzle over Roasted Vegetables (p. 23) for added flavor



RED WINE VINAIGRETTE

Serving Size: ½ cup

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 0 minutes**Ingredients**

- ¼ cup extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon dried oregano, crushed

Directions

In a medium bowl, combine vinegar and oregano. Whisk until ingredients are fully incorporated while slowly adding olive oil (or place ingredients in a screw top jar and shake to combine).

Useful Tip

If not using immediately, cover and refrigerate dressing, whisking or shaking again before use.

Variations & Healthy Additions

- *Try using a variety of your favorite herbs for different flavors*

Meal Suggestions

- *Serve over Greek Salad (p. 28) or your favorite salad*
- *Serve over summer vegetables such as fresh green beans or broccoli*

RASPBERRY VINAIGRETTE

Serving Size: 2 cups

Source: www.wholefoodsmarket.com

Difficulty: Easy

Prep time: 5 minutes**Cook time:** 0 minutes**Ingredients**

- 2 tablespoons raspberry vinegar
- ¼ teaspoon lemon juice
- 1½ teaspoons sugar
- Salt & pepper to taste
- ¼ cup olive oil

Directions

In a medium bowl, whisk together vinegar, lemon juice, sugar and salt & pepper. Drizzle in the oil while continuing to whisk, until the vinaigrette thickens slightly and the olive oil and vinegar are fully incorporated (or place ingredients in a screw top jar and shake to combine).

Variations & Healthy Additions

- *Add more lemon juice and lemon zest for a more citrusy dressing*

Meal Suggestions

- *Serve over Berry Goat Cheese Salad (p. 27) or your favorite salad*



RANCH DRESSING

Serving Size: 4 cups

Source: www.foodrepublic.com

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 0 minutes**Ingredients**

- 1 cup 2% Greek yogurt
- 1 cup mayonnaise
- 1 cup cultured buttermilk
- 1 cup sour cream
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 heaping tablespoon black pepper
- 1 teaspoon kosher salt
- 1 tablespoon white vinegar
- 1 tablespoon lemon juice
- 3 tablespoons fresh parsley, finely chopped

Directions

In a large bowl, mix yogurt, mayonnaise, buttermilk and sour cream. Stir in garlic powder, onion powder and pepper. Then add salt, vinegar, lemon juice and parsley. Stir until fully combined. Cover and refrigerate until needed. Keeps for up to one week.

Variations & Healthy Additions

- *Add different herbs for other cream-based dressings, try finely chopping a handful of basil for a creamy-basil dressing*
- *Use fat-free milk and yogurt for less fat and calories*

Meal Suggestions

- *Use as a dipping agent with Baked Zucchini Sticks (p. 12) or raw vegetable such as carrots, broccoli, celery and cauliflower*

3-INGREDIENT PEANUT BUTTER COOKIES

Serving Size: 12

Source: 2012-2013 Recipe Contest 2nd Place, Maura Connolly

Difficulty: Easy

Prep time: 10 minutes**Cook time:** 15-20 minutes**Ingredients**

- 1 cup peanut butter
- 1 cup white sugar
- 1 egg

Directions

Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.

Combine the peanut butter, white sugar and egg. Mix until smooth.

Drop spoonfulls of dough onto the prepared baking sheet. Bake at 350 degrees F (175 degrees C) for 6 to 8 minutes. Do not over bake! These cookies are best when they are still soft and just barely brown on the bottoms.

Student's Story

A couple of my Jewish friends decided to host a Passover dinner to introduce us to (one aspect of) their religion and celebrate with them. Each guest was asked to bring a kosher dessert. To help us out, a link was posted on the event page with some suggestions. I chose this recipe because I didn't have time to make it to the grocery store, and I already owned all the ingredients!

Maura Connolly**IFSA-Butler University of Queensland Spring 2013**

APPLE CRISP

Serving Size: 8-12

Source: www.foodnetwork.com

Difficulty: Easy

Prep time: 20 minutes**Bake time:** 30-40 minutes**Ingredients for Filling**

- 5-8 large granny smith apples, peeled, cored and sliced
- 3 tablespoons all-purpose flour
- ½ cup brown sugar
- 2 tablespoons maple syrup
- 1 tablespoon lemon juice

Ingredients for Topping

- ¾ cup all-purpose flour
- ½ cup brown sugar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- 6 tablespoons butter, chilled, cut into pieces

Directions

Preheat oven to 350°F (175°C). In a large bowl, mix all the ingredients for the filling together. Place in a greased 9x13 baking pan.

On a medium bowl prepare the topping. Mix flour, brown sugar, cinnamon and salt. Blend butter into the mixture until it forms pea-size lumps. Sprinkle mixture over the filling.

Bake for 30-40 minutes. Allow 10 minutes to cool before serving.

Variations & Healthy Additions

- *Substitute peaches for apples for Peach Crisp*

SNICKERDOODLE BLONDIES

Serving Size: 8-12

Source: www.sorumblyinmytumbly.com

Difficulty: Easy

Prep time: 10 minutes**Bake time:** 30 minutes**Ingredients**

- ½ cup butter
- 1 cup sugar
- ¼ teaspoon salt
- 1 large egg
- 1½ teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- Cooking spray

Directions

Preheat oven to 350°F (175°C). Line an 8x8 inch baking pan with aluminum foil and spray with nonstick cooking spray.

In a large bowl, cream together butter and 1 cup sugar. Beat in salt, egg and vanilla extract until well combined. Add in flour and mix until fully incorporated. Pour dough into prepared baking dish and use a spatula or your hands to spread into an even layer.

In a small bowl, stir together 1 tablespoon sugar and cinnamon. Sprinkle evenly over the dough.

Bake for 30 minutes, until the bars are set and the edges are just very lightly browned. Cool in the pan before slicing.



BROWNIES

Serving Size: 12

Source: www.finecooking.com

Difficulty: Easy

Prep time: 10 minutes**Bake time:** 40 minutes**Ingredients**

- 1 cup butter
- 1 cup all-purpose flour
- 2 cups sugar
- 4 large eggs, at room temperature
- ½ teaspoon vanilla extract
- ¾ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- 1½ teaspoon salt

Directions

Preheat oven to 350°F (175°C). In a medium saucepan, melt the butter over medium heat. Remove pan from heat.

In a large mixing bowl, mix butter and sugar together, followed by eggs and vanilla. Stir in flour, cocoa, baking powder and salt. Stir until the batter is smooth and uniform, about 1 minute.

Pour batter into a nonstick or greased and floured 9x9 baking pan. Tap the pan on the counter to release any air bubbles. Bake for 35-40 minutes, until brownies are set. Let brownies cool in pan before serving.

FRUIT PIZZA

Serving Size: 8-12

Source: www.allrecipes.com

Difficulty: Easy

Prep time: 10 minutes**Bake time:** 8-10 minutes**Ingredients for Crust**

- ½ cup butter, softened
- ¾ cup sugar
- 1 egg
- 1¼ cups all-purpose flour
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- ¼ teaspoon salt

Ingredients for Topping

- 1 (8 ounce) package cream cheese
- ½ cup sugar
- 2 teaspoons vanilla
- Variety of fresh fruit, sliced

Directions

Preheat oven to 350°F (175°C). In a large bowl, cream together butter and ¾ cup sugar until smooth. Mix in egg. Add flour, cream of tartar, baking soda and salt until well blended. Press dough onto a prepared pizza pan. Bake for 8-10 minutes, until lightly browned. Cool.

In a large bowl, beat cream cheese, ½ cup sugar and vanilla until fully incorporated. Spread on cooled crust. Arrange desired fruit on top of filling. Chill 20 minutes or until ready to serve.

Variations & Healthy Additions

- Add lemon or orange zest to the filling for a citrus flavor topping



STRAWBERRY AVOCADO SALSA

Serving Size: 8-12

Source: www.myrecipes.com

Difficulty: Easy

Deserts

Prep time: 15 minutes

Bake time: 8-10 minutes

Ingredients for Chips

- Olive oil
- 6 (6-inch) whole-wheat flour tortillas
- 2 teaspoons sugar
- ½ teaspoon ground cinnamon

Ingredients for Salsa

- 2 avocados, peeled & finely chopped
- 1½ cups strawberries, finely chopped
- 2 tablespoons cilantro, minced
- 1 jalapeño pepper, seeded & minced
- 2 teaspoons lime juice
- 1 teaspoon salt

Directions

Preheat oven to 350°F (175°C). To prepare chips, brush oil evenly over one side of each tortilla. In a small bowl, combine sugar and cinnamon, sprinkle over oil covered side of each tortilla.

Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake for 8-10 minutes, until crisp.

In a large bowl, combine avocado, strawberries, cilantro, jalapeño, lime juice and salt. Stir gently. Serve with prepared cinnamon tortilla chips.

DICTIONARY

Baste: Keeping foods moist during cooking either by pouring liquid over them, or brushing liquid over the food with a brush.

Beat: Making a mixture smooth and creamy by whipping in a brisk motion, by hand or machine.

Blanch: Precooking food by briefly cooking it in boiling liquid. Blanching usually loosens the skin, and retains the original color of the food.

Boil: When a liquid is boiling rapid bubbles will form and break when they reach the surface of the liquid.

Braise: Browning meat quickly in a fat and then cooking it in a covered pan on the stove or in the oven. Liquid is optional.

Breading: Coating a raw food that has been dredged (dipped into, dragged through, soaked in) a liquid such as eggs, buttermilk, ranch dressing, or an egg/milk mixture with bread crumbs, crushed cereal or cracker crumbs.

Broil: Cooking a food by placing it on a rack in the oven that is directly under the heat source.

Butterfly: To split open and spread apart to resemble a butterfly.



DICTIONARY

Brown: Browning meat involves heating in a skillet with a small amount of oil. This process is repeated on each side of the cut of meat. The meat should only be cooked for 5 minutes or so on each side. In the case of ground beef, meat should be cook until no longer pink.

Chop: To chop is to cut into small pieces. The pieces don't have to be uniform or exactly the same.

Cream: Mixing one or more foods together until soft and *creamy*

Dice: Cutting food into small cubes of equal size and shape

Divide: separate into two portions to be used at different steps of the recipe .

Flash Fry: To cook in very hot oil for a short amount of time.

Fold In: Gently adding an ingredient to an already beaten mixture. Putting the ingredient on top of the mixture and gently bringing it down through the middle and brought back through and around the mixture.

Fry: Cooking food in a hot fat (ie. vegetable oil, canola oil or shortening).

DICTIONARY

Garlic Clove: one of the small bulbs that can be split off of the axis of a larger garlic head.

Grate: To shred food into small pieces with the use of a grater.

Marinate: Making foods more flavorful and tender by soaking them in a liquid for several hours or overnight. Generally marinades are made of oils, spices, vinegars or some combination of citrus and spices.

Mince: To chop food into very tiny pieces.

Parboil: Cooking food in a boiling liquid until it is only partially cooked.

Poach: To slowly simmer in a hot liquid.

Purée: Blending a cooked vegetable or fruit until is smooth

Roast: To oven-cook food in an uncovered pan. The food is exposed to high heat which produces a well-browned surface and seals in the juices.

Rolling Boil: When a liquid is boiling, and cannot be stirred down to below boiling point.

Sauté: Cooking a food quickly in melted butter until tender.



DICTIONARY

Dictionary

Sear: Browning meat rapidly by using extremely high heat.

Simmer: Cooking a food in a hot liquid just below boiling point. Bubbles will form slowly but will not reach the surface.

Steep: Simmering food in a liquid just below boiling point over a long period of time so that the flavor is extracted into the water.

Stew: Simmering slowly in a small amount of liquid, usually for several hours.

Temper an egg: Before adding beaten eggs to a hot mixture, slowly add some of the hot mixture bit by bit into the egg to bring it up nearer to the temperature of what it's being added to, then add the warm egg mixture into the entire dish...this prevents the egg from cooking and solidifying by itself when added.

Whip: Beating a food rapidly so as to add air to it.

Whisk: To whip with or as if with a wire whisk.

Zest: To remove the outermost skin layers of citrus fruit using a knife, peeler or zester. When zesting, be careful not to remove the pith, the white layer between the zest and the flesh, which is bitter.

HEALTHY SUGGESTIONS

- Use fat-free or low-fat yogurt, sour cream and mayonnaise when cooking to cut calories in your recipes. You can also substitute plain Greek yogurt for $\frac{1}{2}$ the mayonnaise called for in most recipes.
- Another way to decrease the amount of fat and calories in your recipes is to use fat-free milk or 1% milk instead of whole or reduced-fat (2%) milk. For extra richness, try fat-free half-and-half or evaporated skim milk.
- Prepare muffins and quick breads with less saturated fat and fewer calories. Use three ripe, very well-mashed bananas, instead of $\frac{1}{2}$ cup butter, lard, shortening or oil or substitute one cup of applesauce per one cup of these fats.
- Choose whole grain for part of your ingredients instead of highly refined products. Use whole-wheat flour, oatmeal and whole cornmeal. Whole-wheat flour can be substituted for up to half of all-purpose flour. For example, if a recipe calls for 2 cups of flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole-wheat flour.
- Prepared seasonings can have high salt content and increase your risk for high blood pressure. Replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.



HEALTHY SUGGESTIONS

- Canned, processed and preserved vegetables often have very high sodium content. Look for “low-sodium” veggies or try the frozen varieties. Compare the sodium content on the Nutrition Facts label of similar products (for example, different brands of tomato sauce) and choose the products with less sodium.
- Use herbs, vinegar, tomatoes, onions and fat-free or low-fat sauces or salad dressings for better health, instead of cream-based sauces.
- Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying.
- Use your time and your freezer wisely. When you cook once, make it last longer by preparing enough for several other meals. Freeze it and have a ready-made healthy treat for the next time you are simply too tired to bother.

Suggestions found on <http://www.heart.org>

Healthy Suggestions

TIPS & TRICKS

Shopping

Food purchased overseas does not contain nearly as many preservatives as food here in the U.S., thus the food will spoil quicker than you may be accustomed to. When grocery shopping, do not purchase a large amount of food at once, plan your meals for three to four days and purchase only what you need.

Ask the locals about nearby markets. You may be able to find fresher produce and spices for a better price in addition to enjoying the market experience!

Spices

Store spices in a cool, dark place, not above your stove. Humidity, light and heat will cause herbs and spices to lose their flavor.

After working with garlic, rub your hands vigorously on your stainless steel sink for 30 seconds before washing them. It will remove the odor.

When chopping herbs, toss a little salt onto the cutting board; it will keep the herbs from flying around.

Anytime you are using raw onions in a salsa and you are not going to eat that salsa in the next 20 minutes or so, be sure to rinse the diced onions under cold running water first, then blot dry. This will rid them of sulfurous gas that can ruin fresh salsa. It's really important in guacamole, too.

Pasta

Cook pasta 1 minute less than the package instructions and cook it the rest of the way in the pan with sauce.

After you drain pasta, while it's still hot, grate some fresh Parmesan on top before tossing it with your sauce. This way, the sauce has something to stick to.



TIPS & TRICKS

Vegetables

Mushrooms should be wiped off with a damp cloth and not washed under the faucet since they are like sponges and will absorb the water.

Don't overcrowd the pan when you're sautéing — it'll make your food steam instead.

When cooking root vegetables, try to cut them the same size so they will cook at the same rate.

If you do not have a potato masher, cut the pieces very small and boil for a bit longer. Then they will be soft enough for you to use a fork.

Miscellaneous

If you find you need more oil in the pan when sautéing, add it in a stream along the edges of the pan so that by the time the oil reaches the ingredient being cooked, it will be heated.

Invest in a bottle of high-quality olive oil. Just a small drizzle can really bring out the flavor of pizza, mozzarella, pasta, fish and meat.

However, you can use a less expensive olive oil for everyday cooking.

Recipes are only a guideline, not the law. Feel to adjust to fit your palate. If you like oregano but not thyme, use oregano.

Always use sharp knives. Not only is it safer but it will make your work much more efficient.

Prepare what you need before you start. It's how the pros do it and it simplifies the process when you are scrambling to put it all together.

Tips & Tricks from www.reluctantgourmet.com &

WEIGHTS OF COMMON INGREDIENTS IN GRAMS

Ingredient	1 Tbsp.	¼ cup	cup	½ cup	1 cup
Flour	15 g	30 g	40 g	60 g	120 g
Sugar	13 g	25 g	35 g	50 g	100 g
Brown sugar	23 g	45 g	60 g	90 g	180 g
Corn meal	20 g	40 g	50 g	80 g	160 g
Corn starch	15 g	40 g	40 g	60 g	120 g
Rice, uncooked	25 g	48 g	65 g	95 g	190 g
Macaroni, uncooked	17 g	35 g	45 g	70 g	140 g
Table salt	40 g	75 g	100 g	150 g	300 g
Butter	30 g	60 g	80 g	120 g	240 g
Chopped vegetables	20 g	40 g	50 g	75 g	150 g
Bread crumbs	8 g	15 g	20 g	30 g	60 g
Parmesan cheese	11 g	22 g	30 g	45 g	90 g

Measurement Conversion Charts

VOLUME MEASUREMENT COVERSION CHART

1 teaspoon	5 mL
1 tablespoon	15 mL
1/8 cup or 1 fluid ounce	30 mL
1/4 cup or 2 fluid ounces	60 mL
1/3 cup	80 mL
1/2 cup or 4 fluid ounces	120 mL
2/3 cup	160 mL
3/4 cup or 6 fluid ounces	180 mL
1 cup or 8 fluid ounces	240 mL
2 cups, 1 pint or 16 fluid ounces	475 mL
3 cups or 1 1/2 pints	700 mL
4 cups, 2 pints or 1 quart	950 mL
4 quarts or 1 gallon	3.8 L

WEIGHT MEASUREMENT CONVERSION CHART

1 ounce	28 g
4 ounces or 1/4 pound	113 g
1/3 pound	150 g
8 ounces or 1/2 pound	230 g
2/3 pound	300 g
12 ounces or 3/4 pound	340 g
16 ounces or 1 pound	450 g
2 pounds	900 g

RECIPE WEBSITES

ALLRECIPES.COM - All Recipes likes their readers to review their recipes and rate them. They make it easy for you to save and file your favorites:

<http://allrecipes.com/Recipes/Main.aspx>

RACHAELRAY.COM - Her website is similar to her TV program - simple ways to cook on a budget. But that's not all. Besides useful everyday recipes, there are cocktail ideas, party planning and travel ideas:

<http://www.rachaelray.com/>

FOODNETWORK.COM - This is the place to visit with all your favorite TV chefs. There's a section for cooking what's in season now, a healthy eating section, and links to the shows:

<http://www.foodnetwork.com/>

RECIPELAND.COM - Recipe Land leans toward international cuisine. A great site that allows you to create your own cookbook and menus. It also specializes in the use of herbs in cooking:

<http://www.recipeand.com/>

ADDITIONAL RESOURCES

TEMPERATURE CALCULATOR- this site will help you calculate your oven temperatures from Fahrenheit to Celsius:

<http://www.wbuf.noaa.gov/tempfc.htm>

FOODSUBS.COM- A great resource to check for ingredient substitutions:

<http://www.foodsubs.com/>

MAYOCLINIC.COM- Use this guide to see how you can make simple ingredient substitutions that will give your recipes a healthy boost:

<http://www.mayoclinic.com/health/healthy-recipes/NU00585>

GLOBALGOURMET.COM- This site offers a cooking calculator for any recipe:

<http://www.globalgourmet.com/food/resources/#axzz1epOahXs8>

MYRECIPES.COM - This site helps you count calories and eat right. You can subscribe to their newsletter and take advantage of their healthy diet suggestions:

<http://www.myrecipes.com/recipes/>

Recipe Sites & Additional Recourses

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TRANSLATIONS

Chicken: _____

Pork: _____

Beef: _____

Eggs: _____

Butter: _____

Cheese: _____

Milk: _____

Bread: _____

Salt: _____

Pepper: _____

Onion: _____

Garlic: _____

Flour: _____

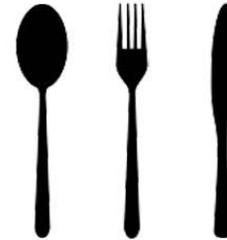
Sugar: _____

Food Allergies: _____

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