

# Happy Cooking!



**BATES COLLEGE**

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**BATES COLLEGE**

## Commons Favorites *The Senior Cookbook*



**CONGRATULATIONS**  
Class of 2012

Brought to you by:

- *Christine Schwartz, Director of Dining*
- *Commons Chefs*
- *PAWS*

## Special Thanks

### Christine Schwartz:

Our remarkable director of dining. Because of her daily efforts and phenomenal staff, we have unlimited access to the most amazing collegiate food in the country. She is not only incredibly organized and a great leader, but also has a friendly demeanor. Even with her demanding schedule she finds time to make connections with her staff members. She is loved and respected by students and staff alike and will surely be missed by the Class of 2012. Thank you Christine for providing us with a healthy variety of food and for keeping our Bobcat bellies satisfied!

### Owen Keene, Mike Landry, Elizabeth Mersereau-Sears, Chris Davis & Roland Theriault

These wonderful people are some of the masterminds behind what we eat. Thank you to them for taking the time to make this cookbook possible by helping scale down these recipes for regular kitchen home cooking.

### Darlene Zupancic

Thank you to her for being a great resource for PAWS this year, for her organization, and for printing this cookbook.

### Olivia Coleman '13

For scaling down these recipes and compiling this cookbook.

## Notes

## Chicken Salad

Makes 13 oz.

### Ingredients

13 oz. Fresh Chicken Tenders

¼ tsp. Celery Salt

½ cup+2 Tbsp. Mayo

### Instructions

1. Cook chicken tenders in 325 degree oven for 18 minutes until internal temperature reaches 165 degrees.
2. Let cool in a refrigerator.
3. Use food processor to chop chicken to desired consistency.
4. Mix all ingredients and refrigerate immediately.

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*Fruit Pizza...Mac'n Cheese...Lentil Soup...OH MY!*

# Hey Good Lookin' Whatcha Got Cookin'?

Notes to the Chef:

- Always fully read through a recipe before starting it.
- These recipes have been scaled down from Commons size to regular kitchen size and hence may need a little TLC. If you think there needs to be a little more stock, a little salt, more flour, etc. then use your cooking intuition and adjust as necessary.
- If you have time, always make cookie dough 24 hours in advance to “allow the fat, usually butter, and the flour to get to know each other, you’ll end up with a better cookie!” -Elizabeth
- Taste food as you’re cooking and adjust seasoning based on your own taste buds.
- Don’t be afraid to make extra, refrigerator your leftovers, or freeze to save for a busy day!
- With all recipes be willing to experiment, add more chocolate chips, cook for less or more time depending on your equipment, add a different spice than is called for, or add a different vegetable...be brave in the kitchen bobcats!



## Gorgonzola & Caramelized Onion Piz- za

One 14" pizza

### *Ingredients*

2 Tbsp. Unsalted Butter  
 2/3 cup Onions, sliced thin  
 1 16 Oz. Pizza Dough Ball (your favorite)  
 2 tsp. light brown sugar  
 ¾ cup crumbled gorgonzola  
 ¾ cup crumbled sausage  
 ½ cup Pizza Sauce  
 1 ¼ cup Four Cheese Blend

### *Instructions*

1. Melt butter over medium heat.
2. Preheat oven to 425 degrees.
3. Roll out pizza dough.
4. Sauté onions until brown and soft about 15 minutes on low to medium/low heat.
5. Add brown sugar and cook 10-15 minutes longer.
6. Place sauce, cheeses, onions and sausage evenly on pizza crust.
7. Bake at 425 on a pizza stone or directly on an oven rack until done, approximately 15 minutes. Remove from oven and cut into slices.

\*Can substitute red grapes (1½ cups red grapes, sliced) for onions.

## Whole Wheat Fruit Pizza

One 14" pizza

### *Ingredients*

2 Tbsp. Water  
2 Tbsp. Sugar  
½ cup Frozen Blackberries  
1 16 Oz. Pizza Dough Ball (wheat)  
¼ + 2 Tbsp. cup Half & Half room temp  
2 oz. Cream Cheese room temp  
¼ cup Confectioners Sugar  
½ cup Shredded Cheddar Cheese  
1 Tbsp. Bunch Fresh Mint  
½ cup Four Cheese Blend  
2 cups Fresh Fruit

### *Instructions*

1. Heat water, sugar and frozen blackberries then puree into a simple syrup. Cool and set aside
2. Preheat oven to 425. Heat half and half and add cream cheese and confectionary sugar. Blend into a sauce.
3. Stretch fresh dough into a 14 inch round, evenly spread cream cheese sauce on top and lightly top with cheese. Cook in the brick oven until done.
4. Sprinkle assorted seasonal fresh fruit on top.(Kiwi, apples, and mandarin oranges work well) Drizzle simple syrup, warm in oven until heated through, then sprinkle with mint. Slice and enjoy.

# Bakery

Breads

Granola

Cakes

Bars

Pies

Cookies



## Oreo S'mores Bars

12 bars

### *Ingredients*

- 2 cups Golden Graham Cereal
- ½ cup Crushed Oreo Crumbs
- ½ cup Mini Marshmallows
- 5 Tbsp. Margarine
- ½ tsp. Vanilla Extract
- 2 cups Mini Marshmallows
- ½ cup Semisweet Chocolate Chips

### *Instructions*

1. Spray a large mixing bowl with vegetable spray
2. Add cereal, cookie crumbs, and marshmallows to mixing bowl and set aside.
3. Combine margarine and vanilla extract, marshmallows, and chocolate chips in a large heavy bottom saucepan, and heat over medium heat until melted and mixture is smooth, stirring frequently.
4. Pour mixture over cereal mixture and mix well to coat.
5. Press mixture into a greased full sheet pan, place a piece of parchment paper on top of the mixture and press with a rolling pin.
6. Let cool to room temperature, and enjoy.

## Macaroni & Cheese

Serves 6-8

### *Ingredients*

- 1 pound Elbow Macaroni, cooked until al dente

### *For topping:*

- 1 cup Panko Bread Crumbs
- 1 tsp. Ground Paprika
- 1 Tbsp. Butter
- 3 Tbsp. Grated Parmesan Cheese
- ¼ tsp. Celery Salt

### *For cheese sauce:*

- 1 ½ cup Milk
- 3 Tbsp. Butter
- 1/3 cup Bread flour
- 1 ¼ cup Four Cheese Blend (or your cheese of choice)
- ½ cup Parmesan Cheese
- 3 cups canned Cheddar Cheese Sauce or Alfredo
- ½ tsp. Ground White Pepper
- 2 tsp. Mustard
- ¼ tsp. Crushed Red Pepper
- ½ tsp. Salt

### *Instructions*

1. Melt butter and add remaining ingredients for topping. Set to the side.
2. Make sauce: In a large pot, melt butter, and add flour, whisking to make a roux.
3. At the same time heat milk in the microwave long enough to heat but not boil. Add to roux and stir well, keeping the heat on simmer.
4. Add cheeses and spices.
5. In a large bowl, mix cheese sauce with cooked macaroni until they are thoroughly combined.
6. Add to an 8 x 8 baking dish and top with bread crumbs made earlier.
7. Bake at 350 for 35 minutes.

## Marcia's Zucchini and Pasta Sauté

Serves 6-8

### **Ingredients**

¾ cup Creamy Italian Dressing  
1 Fresh Zucchini, sliced  
1 Tbsp. Whole Oregano Leaves  
1 Tbsp. Fresh Basil  
½ tsp. Garlic Powder  
1 can Diced Tomato (15 oz)  
1 Tbsp. Tomato Paste  
1 pound Penne Pasta, cooked  
1 ½ cups Four Blend Cheese  
¼ cup Parmesan Cheese Grated

### **Instructions**

1. Preheat oven to 350 degrees.
2. Sauté zucchini in oil for 3-5 minutes or until tender.
3. Add dressing, tomato paste and diced tomato, parmesan cheese, and spices. Simmer for 5-7 minutes.
4. Toss in pasta, mix well.
5. Place in an 8 x 8 baking dish.
6. Top mixture with cheese mixture.
7. Bake, uncovered, for 2-3 minutes in oven, or until cheese is melted....do not burn.

## Chocolate Zucchini Bread

1 Loaf

### **Ingredients**

2 cups Bread Flour  
1 cup Sugar  
¼ cup Cocoa  
2 tsp. Ground Cinnamon  
¾ tsp. Salt  
1 ¾ tsp. Baking Soda  
½ cup + 2 Tbsp. Canola Oil  
2 Large Eggs  
1 cup Fresh Zucchini  
¼ cup Water

### **Instructions**

1. Shred zucchini and put aside.
2. In a large mixing bowl combine dry ingredients and mix.
3. Add wet ingredients next, including the zucchini and mix until incorporated.
4. Grease loaf pan with spray or unsalted butter and line the bottom of the pan with parchment paper.
5. Bake in pre-heated 350 degree oven in a loaf pan for 1 hour. (Check earlier by inserting a toothpick in the center to see if it comes out clean). Let cool in pan, remove, and chill.

## White Chocolate Chip Cookie Bars

16 bars

### **Ingredients**

½ cup Light Brown Sugar  
½ cup Granulated Sugar  
¾ tsp. Salt  
9 Tbsp. Margarine  
½ tsp. Baking Soda  
¼ cup + 1 tsp. Egg White  
1 cup Flour  
¾ cup Bread Flour  
1¼ tsp. Vanilla Extract  
½ cup White Chocolate Chips

### **Instructions**

1. Preheat the oven to 350 degrees.
2. Cream together sugars, salt, margarine and baking soda until fluffy.
3. Add eggs and combine.
4. Add flour and vanilla and combine well.
5. Add white chocolate chips until combined (don't over mix).
6. Spray pan well, bake for 20 minutes or until done.

## Wild Rice and Bean Salad

Yields 12 Portions

### **Ingredients**

#### *For Salda:*

2 Tbsp.+1¼ tsp. Wild Rice  
1¼ oz. White Kidney Beans  
1¼ oz. Black Beans  
2¼ tsp. Green Chili, Diced  
1¾ tsp. Celery  
½ Onion  
1 tsp. Cilantro

#### *For Dressing*

1 tsp. Olive Oil  
1 tsp. White Vinegar  
¼ tsp. Dry Mustard  
Dash of Black Pepper  
Dash of Salt  
⅛ tsp. Garlic, Chopped

### **Instructions**

1. In a large bowl, combine all salad ingredients and stir to combine.
2. In a small bowl, combine all dressing ingredients and mix well.
3. Pour dressing over salad and toss gently to coat.
4. Serve immediately.



## Almond Couscous Salad

**Yields 12 Servings**

### ***Ingredients***

- 1½ cups Couscous
- 1½ cups Dried Cranberries
- 1½ cups Green Beans
- ¼ cup Almonds, Sliced
- ¼ cup Scallions, Chopped
- ¼ cup Olive Oil
- 2 Tbsp. Balsamic Vinegar
- 1½ tsp. Garlic, Chopped
- ¾ tsp. Salt
- <sup>3</sup>/<sub>8</sub> tsp. Black Pepper

### ***Instructions***

1. Boil twice the amount of water for couscous. Pour over the couscous with a little olive oil, stir, and cover immediately.
2. Once water is absorbed, fluff with a fork and cool.
3. In a bowl, combine cooked couscous, dried berries, green beans, nuts, and scallions until well mixed.
4. In another bowl, whisk the balsamic vinegar, olive oil, and garlic until well blended. Pour over the couscous mixture.
5. Toss until well blended. Season with salt and pepper to taste.

## Flourless Chocolate Cake

**One 10" Cake, 16 Pieces**

### ***Ingredients***

- 3 1/3 cup Semisweet Chocolate
- 1 ¼ cup Unsalted Butter
- 1 Tbsp. Vanilla Extract
- 5 Large Eggs

### ***Instructions***

1. Preheat the oven to 400 degrees. Grease the bottom and sides of a 10 inch spring form pan with unsalted butter. Wrap the pan tightly in two layers of aluminum foil to keep the pan dry in the water bath.
2. Place the spring form pan in a large roasting pan, set aside.
3. In a double boiler, melt the unsalted butter and chocolate. Stir until smooth. Remove from the heat and stir in the vanilla.
4. In a med. bowl, beat the eggs. Set the bowl over a pan of simmering water and whisk the eggs until warm, about 3 min. Remove from heat and beat the eggs with an electric mixer at high speed until light and tripled in volume.
5. Transfer the chocolate mixer to a large bowl and add 2 eggs. Mix thoroughly to lighten the chocolate. Gently fold the remaining eggs into the chocolate.
6. Transfer immediately into the spring form pan. Pour hot water into the roasting pan until it reaches half way up the sides. Bake for 18 minutes; the center will be jiggy when removed from the oven. Remove from the water bath and cool for 45 min.

## Vegan Crunch-Top Applesauce Bars

12 bars

### **Ingredients**

#### *For Crunch-top:*

- 3 Tbsp.+ 2 tsp. Florida Crystals
- 1 Tbsp.+ 1½ tsp. Margarine
- ¾ cup+ 2 Tbsp. Corn Chex Cereal, crushed
- 3 Tbsp.+ 2tsp. Walnuts, small pieces

#### *For Bars:*

- 1½ cup Flour
- 1⅛ tsp. Ground Cinnamon
- ¾ tsp. Baking Soda
- ¾ tsp. Salt
- ⅛ tsp. Ground Nutmeg
- ⅛ tsp. Ground Cloves
- ¾ cup Florida Crystals
- ¾ tsp. Vanilla Extract
- ¼ cup+ 2½ tsp. Margarine
- ¾ cup Applesauce
- ¾ cup Seedless Raisins
- 3 Tbsp.+2 tsp. Walnuts, small pieces

### **Instructions**

1. Preheat oven to 350 degrees.

#### *For batter:*

2. Sift together flour, cinnamon, baking soda, salt, nutmeg and cloves together.
3. Cream margarine, sugar, and vanilla thoroughly. Stir in dry ingredients and applesauce.
4. Fold in raisins and nuts. Spread in an even layer in a greased sheet pan.

#### *For topping:*

5. Combine sugar and butter and stir in cereal and nuts.
6. Sprinkle mixture evenly over batter and bake for 25-30 minutes

## Carrot Raisin Salad

Yields 12 Servings

### **Ingredients**

- 4 lbs. Carrots, Shredded
- ¾ cup Seedless Raisins
- ¾ cup Mayonnaise
- 2½ oz. Lemon Juice
- ¼ cup Sugar
- ¼ tsp. Ground Nutmeg

### **Instructions**

1. Peel and shred carrots.
2. Add raisins, mayonnaise, and spices.
3. Mix well.

## Tomato Soup

**Yields 12 Servings**

### ***Ingredients***

- 1 12 oz. can Tomato Pomodorina Quattro
- 1 12 oz. can Marinara Sauce
- 1 Vegetable Bouillon Cube
- 1 quart Water
- Fresh Basil
- $\frac{1}{4}$  tsp. Garlic
- $1\frac{1}{4}$  tsp. Salt
- $1\frac{1}{8}$  tsp. Black Pepper

### ***Instructions***

1. Place tomato products in a large soup pot.
2. Mix vegetable bouillon with water and add to soup pot.
3. Bring tomatoes and stock to a boil, add seasonings, and reduce heat to a simmer.
4. Puree with blender.

## English Toffee Bar

**12 bars**

### ***Ingredients***

- $\frac{3}{4}$  cup Flour
- $\frac{3}{8}$  tsp. Ground Cinnamon
- $\frac{1}{8}$  tsp. Salt
- $\frac{1}{4}$  cup + 2 Tbsp. Margarine
- $\frac{1}{4}$  cup + 2 Tbsp. Light Brown Sugar
- 1 Large Egg
- $\frac{3}{8}$  tsp. Vanilla Extract
- $\frac{1}{2}$  cup Semisweet Chocolate Chips
- 1 Tbsp. +  $2\frac{1}{2}$  tsp. Chopped Pecans

### ***Instructions***

1. Preheat the oven to 275 degrees and sheet pan.
2. Sift flour, cinnamon, and salt together. Cream margarine, add sugar, and continue creaming until light and fluffy.
3. Beat egg yolk and vanilla. Stir dry ingredients into creamed mixture (a small amount at a time) and beat well after each addition.
4. Press mixture evenly into greased pan, brush top with slightly beaten egg white.
5. Bake for 35-40 minutes, until lightly browned.
6. Spread melted chocolate over the top while still hot, and sprinkle on nuts.

## Yogurt pound Cake

3 two pound bread pans

### *Ingredients*

1½ quart+¾ cup Granulated Sugar  
1¾ quart+½ cup Cake Flour  
2 cups Eggs  
1<sup>5</sup>/<sub>8</sub> tsp. Baking Soda  
1 Tbsp.+¼ tsp. Vanilla Extract  
1 lb+ 11oz. Butter  
1 lb+11 oz. Fat-Free Plain Yogurt

### *Instructions*

1. Preheat oven to 325 degrees, and grease and flour loaf pans
2. Cream butter and add sugar until creamy. Add eggs and beat well.
3. Gently fold in flour and remaining ingredients.
4. Pour into loaf pans.
5. Bake for 50-60 minutes or until top springs back.
6. Cool for 15 minutes before removing.
7. Place filling or desired fruit in bowl and serve on the side.

## Gluten Free Spicy and Sweet Potato and Lentil Soup

Yields 12 Servings

### *Ingredients*

1 Tbsp. Olive Oil  
2<sup>7</sup>/<sub>8</sub> tsp. Garlic, Minced  
2 oz. Onions, Diced  
2 oz. Celery, Diced  
¼ cup Red Peppers, Diced  
12 oz. can Tomato Pomodorina Quattro  
3¾ cup Water  
1<sup>1</sup>/<sub>8</sub> tsp. Ground Ginger  
Dash of Cayenne Pepper  
¾ tsp. Ground Cumin  
¾ tsp. Salt  
1 Tbsp. Cilantro  
7½ oz. Sweet Potato, Diced  
2 oz. Green Lentils

### *Instructions*

1. Dice the sweet potatoes, celery, onion, and pepper into medium sized pieces (approximately ¼"-½"). Steam for 10 minutes.
2. Rinse and cook the lentils in a steamer for 10 minutes, until tender.
3. Heat oil in large soup pot over medium-high heat.
4. Add garlic, celery, onion, and red pepper, and sauté for 10 minutes.
5. Mix water, tomatoes, and add to vegetables and bring to a boil. Reduce to a simmer for 10 minutes.
6. Add ginger, cayenne pepper, cumin, salt, cilantro, and cooked lentils and sweet potatoes. Simmer for 10 minutes more.

## Gluten Free Potato Pesto Soup

**Yields 12 Servings**

### ***Ingredients***

1 lb. +11 oz. Fresh Diced Potatoes  
1¼ oz. Butter  
3¾ oz. Onions, Diced ¼"  
1 Vegetable Bouillon Cube  
3¾ cups Water  
3 Tbsp.+2½ tsp. Pesto Sauce  
2 Tbsp.+1¾ tsp. Chives  
1½ tsp. Salt  
1½ tsp. Black Pepper  
1 Quart Half & Half

### ***Instructions***

1. Melt butter in a large soup pot.
2. Add water, vegetable bouillon, potatoes, salt, and pepper, and simmer until potatoes are soft.
3. Blend until smooth, and add pesto and chives.
4. Add cream and cook until hot.

## Chocolate Haystacks

**14 bars**

### ***Ingredients***

2 cups Chow Mein Noodles  
1¼ cup+3 Tbsp. Peanuts  
1 cup+1 Tbsp. Butterscotch Chips  
1 cup+1 Tbsp. Semisweet Chocolate Chips

### ***Instructions***

1. Melt butterscotch chips and chocolate chips slowly.
2. Mix in nuts and noodles.
3. Drop onto parchment paper, allow to harden before serving.

## Midnight Munchies

20 Bars

### Ingredients

6½ Tbsp. Soy Margarine  
¼ cup+ 2Tbsp. Corn Syrup  
¼ cup+ 2Tbsp. Florida Crystals  
1 Tbsp. +2½ tsp. Molasses  
⅓ cup Peanut Butter  
¾ tsp. Vanilla Extract  
3 cups Rice Crispy Cereal  
2<sup>3</sup>/<sub>8</sub> tsp. Cocoa  
2<sup>3</sup>/<sub>8</sub> tsp. Whole Wheat Flour

### Instructions

1. Combine soy margarine, corn syrup, Florida crystals, molasses, and peanut butter in a small saucepan and stir until comes to a boil.
2. Add whole wheat flour, and reduce heat to low, and let sit to thicken (not for more than 10 minutes).
3. Combine the mixture and the cocoa in a mixing bowl. Fold in Rice Crispys and mix well.
4. Line a pan with foil and pour the mixture into the pan.
5. Refrigerate—if you haven't already eaten the mixture—overnight.

## Lentil Soup

Serves 6

### Ingredients

½ cup Celery, chopped  
½ cup Onions, diced  
5 ½ cups Stock of your choice  
1 tsp. Marjoram Whole Leaf  
1 can Crushed Tomato (15 oz)  
½ cup + 3 Tbsp. Green Lentils  
½ cup + 3 Tbsp. Pearl Barley  
2 Garlic Cloves, chopped  
1 Tbsp. Oil Olive  
¾ tsp. Salt  
Freshly Ground Black Pepper

### Instructions

1. Heat oil in large pot. Add garlic, onions and celery. Sauté for 5 minutes over medium heat.
2. Add barley and lentils and sauté for 5 more minutes, mix in stock.
3. Add marjoram and crushed tomatoes to the pot.
4. Bring to a boil for 10 minutes and add salt and pepper.
5. Simmer for 15 more minutes or until barley and lentils are cooked, check seasoning.

## Curry Rice Soup

Makes 12 Servings

### Ingredients

1 Vegan Bouillon Cube  
 2<sup>3</sup>/<sub>8</sub> tsp. Curry Powder  
 5<sup>5</sup>/<sub>8</sub> tsp. Ground Turmeric  
 1/4 tsp. Salt  
 1/4 tsp. Ground Cumin  
 1/8 tsp. Cayenne Pepper  
 1 cup Coconut Milk  
 4 oz. Curry Paste  
 1 quart+3/4 cup Water  
 3 3/4 oz. Steamed White Rice  
 Cilantro

### Instructions

1. Fry curry paste in oil for 1-2 minutes.
2. Add coconut milk and vegetable stock and bring to boil.
3. Add spices, and thicken with curry spice/oil mix. Once thickened, add cooked white rice and salt, to taste.
4. Garnish with cilantro.

## Striped Delight

13 slices

### Ingredients

#### For Cheesecake:

1 cup Graham Cracker Topping (1/2c. Graham cracker, 1/4 c. Granulate Sugar, 2 Tbsp. melted butter)  
 1 lb+1 oz. Cream Cheese  
 1 cup+1 Tbsp. Sour Cream  
 3/4 cup+1 Tbsp. Granulated Sugar  
 1 cup Eggs  
 1 Tbsp.+1/4 tsp. Vanilla Extract  
 1 Tbsp.+2 3/4 tsp. Lemon Juice

#### For Filling Pastry:

1 cup Graham Cracker Crumbs  
 3 1/4 cups Chocolate Pudding  
 1 cup+1 Tbsp. Butterscotch pudding  
 1 1/2 cups+2 Tbsp. Whipped Cream  
 1 cup+1 Tbsp. cream cheese

### Instructions

1. Preheat the oven to 350 degrees
- For Cheesecake Crust:
2. Spray pan with cooking spray, press down layer of graham crackers to form crust
3. In a mixing bowl, add cream cheese and beat on high until fluffy. Add sugar and beat until fluffy.
4. Scrape sides well and add sour cream. Beat until fluffy.
5. Add the remaining ingredients and combine well.
6. Fill pan.
7. Use 1" sheet pans, put two cheese cakes per pan and add water to fill sheet pan half way. Put in oven until done.
8. Let cheese cakes set at room temperature for at least one hour, refrigerate over night before removing from pans.

#### For Filling Pastry:

1. Make pudding as indicated
2. Whip the cream until forms stiff peaks and combine with cream cheese.
3. Line the bottom of a cake pan with graham cracker crumbs.
4. Add a layer of pudding
5. Add cream cheese layer
6. Another layer of graham crackers, add second pudding, an-

## Homemade Chocolate Chip Cookie

### 24 Cookies

#### **Ingredients**

$\frac{3}{4}$  cup Light Brown Sugar  
 $\frac{3}{4}$  cup Sugar  
 $\frac{1}{2}$  cup + 1 Tbsp. Butter  
2 Large Eggs  
1 tsp. Salt  
 $\frac{1}{2}$  tsp. Baking Soda  
1  $\frac{1}{3}$  cups Pastry/cookie Flour  
1  $\frac{1}{4}$  cups Bread Flour  
1  $\frac{1}{2}$  tsp. Vanilla Extract  
1  $\frac{1}{2}$  cups Semisweet Chocolate Chip

#### **Instructions**

1. Preheat oven to 350 degrees and line cookie sheets with parchment paper.
2. In a large bowl, cream together the butter, brown sugar and white sugar until light and fluffy.
3. Add the eggs, one at a time, beating well with each addition then stir in vanilla.
4. Combine the flours, baking soda and salt, gradually stir into the creamed mixture.
5. Fold in chocolate chips.
6. Scoop heaping tablespoons of cookie dough into the cookie sheets.
7. Bake in oven 8-10 minutes or until lightly brown. Allow cookies to cool on baking sheet for 5 minutes.

## Curried Squash Soup

### Yields 12 Servings

#### **Ingredients**

1 Tbsp.+ $\frac{3}{4}$ tsp. Butter  
1 Tbsp.+1 $\frac{3}{4}$  tsp. Onions, Diced  $\frac{1}{2}$ "  
 $1\frac{5}{8}$  tsp. Garlic, Chopped  
 $\frac{1}{2}$  tsp. Curry Powder  
1 tsp. Salt  
 $\frac{1}{8}$  tsp. Ground Turmeric  
 $\frac{1}{8}$  tsp. Ground Cumin  
Dash of Cayenne Pepper  
1 lb.+7 oz. Butternut Squash, Peeled  
 $1\frac{1}{2}$  quart+  $\frac{1}{4}$  cup Water  
1 Vegetable Bouillon Cube  
 $2\frac{3}{8}$  tsp. Heavy Cream  
2 Tbsp.+1 $\frac{1}{2}$  tsp. Cooking Sherry  
1 tsp. Cilantro

#### **Instructions**

1. In a large soup pot, melt butter over medium-high heat.
2. Add onions and cook until soft, about 4 minutes.
3. Add garlic, curry powder, salt, turmeric, cumin, and cayenne. Cook until fragrant.
4. Add squash and cook, stirring, for about 3 minutes.
5. Combine water and vegetable bouillon cube.
6. Add stock to above mixture and bring to a boil. Reduce heat, cover, and simmer, stirring occasionally until squash is soft (about 20-25 minutes). Remove from heat.
7. Puree, and add to cream.
8. Stir, and add chopped cilantro for garnish.



# Brick Oven, Soups, Salads and Deli

Crust

Roasted Garlic

Lentils

Alfredo

Meats

Cheese

Sandwich



## Toll House Cookie Pie One 9" Pie

### *Ingredients*

#### *Crust:*

- 1 cup Pastry/cookie Flour
- 1/3 cup Shortening
- 1/8 tsp. Salt
- 3 Tbsp. Very Cold Water

#### *Filling:*

- 1 1/3 cup Unsalted Butter
- 1/2 cup Brown Sugar
- 2 Large Eggs
- 1 cup + 2 Tbsp. Pastry/cookie Flour
- 1 cup Semisweet Chocolate Chips
- 1 cup Walnut Pieces (toasted if you like)

### *Instructions*

1. Preheat oven to 325 degrees
2. For crust: Mix flour, salt and shortening together by hand until you form crumbs. Add cold water and mix until just blended. (refrigerate if it's warm out)
3. For filling: Soften butter and add to mixing bowl. Cream with both sugars. Add eggs and mix until incorporated. Add flour and mix until it forms a dough.
4. Add chocolate chips and walnuts and mix.
5. Roll out dough on a floured surface until slightly larger than a 9 inch pie plate.
6. Line the pie pan with dough and then spread cookie mixture evenly.
7. Bake for 50 to 60 minutes.

## Death by Chocolate Chip Cookie

### 24 Cookies

#### *Ingredients*

- 2 ½ cups Semisweet Chocolate Chips
- 1 ½ White Chocolate Chips
- 2 Large Eggs
- 1/3 cup Unsalted Butter
- ¼ cup + 1 Tbsp. Light Brown Sugar
- ½ cup + 3 Tbsp. Pastry/cookie Flour
- 1 ¼ tsp. Vanilla Extract
- ¼ tsp. Baking Powder

#### *Instructions*

1. Preheat oven to 350 degrees.
2. Melt dark chocolate in double boiler. When melted add the unsalted butter and put in the mixing bowl.
3. Add sugar, eggs, vanilla and mix until the batter is smooth.
4. Add flour, baking powder, and white chips and mix just until the flour is incorporated.
5. Place heaping tablespoon sized drops onto a sheet pan lined with parchment paper and bake at 350 degrees just until the edges start to set up, 15 to 20 minutes.
6. Remove from oven and allow to cool completely. The cookie should be soft when cooled.

#### *Instructions*

1. Sprinkle the eggplant slices with salt and arrange the slices on a plate at an angle. Put weight on top to sweat the eggplant, allowing the juices to drain for 1 to 2 hours.
2. Transfer the eggplant to a colander in the sink, and rinse well under cold running water, dry with paper towels.
3. In a large bowl, mix together salt, breadcrumbs, oregano, thyme, and season with pepper.
4. Place the flour in a bowl. In another bowl, whisk the egg and milk together. Lightly coat the eggplant slices in the flour, then dip it in the egg, and finally dip into in the breadcrumb mixture, and shake off excess breading.
5. In a large straight-sided skillet, pour the oil to a depth of a half an inch. Heat the oil over medium heat until it registers 400 degrees.
6. Working in small batches, fry the eggplant slices, turning once, until golden brown, about 3 minutes per batch. Using tongs, transfer to a paper towel-lined baking sheet and season with salt to taste. Repeat with the remaining eggplant.
7. Drizzle with honey and sprinkle with sesame seeds and mint.

## Eggplant with Honey, Mint, & Sesame Seeds

### *Ingredients*

4 pounds Eggplant (3 large eggplants), cut into ¼ inch slices  
3 eggs  
1 cup of milk  
Vegetable oil for frying  
All Purpose Flour  
3 cups Fresh Bread Crumbs  
1 tsp. Salt  
1 Tbs. Dried Oregano  
1 Tbs. Dried Thyme  
1 Tbsp. Honey  
1 Tbsp. Toasted Sesame Seeds  
1 Tbsp. Fresh Mint chopped  
Salt and Pepper to taste

## Italian Almond Cookie

### 24 Cookies

### *Ingredients*

2 2/3 cups Pastry/cookie Flour  
1 cup Unsalted Butter  
¾ cup Sugar  
¾ cup Light Brown Sugar  
1 ¾ tsp. Vanilla Extract  
1 ¾ tsp. Almond Extract  
1 Large Egg  
1 tsp. Baking Soda  
1 tsp. Salt  
1 ½ Tbsp. Milk  
1 cup Confectioners Sugar  
Rainbow Jimmies and Toasted Sliced Almonds

### *Instructions*

1. Preheat oven to 300 degrees.
2. In a large bowl, cream together the unsalted butter, brown sugar and white sugar until light and fluffy.
3. Slowly add eggs, beating well with each addition then stir in 1 tsp. of both extracts.
4. Combine flour, baking soda and salt; gradually stir into the creamed mixture.
5. Place heaping tablespoon sized drops of the cookie dough onto sheet pans lined with parchment paper.
6. Bake in the oven for 12 to 14 minutes or until light brown. Allow to cool for 5 minutes. Make glaze.
7. Combine milk and the remaining almond extract and vanilla extract. Whisk in sugar until glaze is smooth. Generously drizzle over hot cookies with glaze and sprinkle with jimmies and almonds.

Note: Toast nuts in a dry pan on medium heat or in the oven at 350. This happens very quickly so keep an eye on them and immediately transfer them to a cool plate.

## No Bake Cookie

24 Cookies

### *Ingredients*

½ cup Unsalted Butter  
¼ cup + 2 Tbsp. Cocoa  
1 ¾ cups Sugar  
½ cup Milk  
3 ½ cups Quick Oatmeal  
½ cup Smooth Peanut Butter  
1 tsp. Vanilla Extract

### *Instructions*

1. Mix butter, cocoa, sugar, and milk on stove. Cook until it boils, 3 minutes only.
2. Take off stove add the remaining ingredients. Mix till combined.
3. Drop heaping spoonfuls on lined sheet pans. Allow to set.

## Vegan No Bake Cookies

24 Cookies

### *Ingredients and Instructions*

Use the recipe above with the following replacements:

Soy Margarine for Butter

Soy Milk for Milk

And use Organic Smooth Peanut Butter

## Gluten Free Chicken in Peanut Sauce

Serves 4

### *Ingredients*

1 pound Fresh Chicken Tenders  
1 cup Onions, chopped  
2 Tbsp. Lemon Juice  
2 Tbsp. Tomato Paste  
1/3 cup Creamy Peanut Butter  
1 Garlic Clove, minced  
2 cups Chicken Stock  
½ tsp. Ground Pepper  
1/8 tsp. Montreal Chicken Seasoning  
1/4 tsp. Crushed Red Pepper  
Fresh Parsley

### *Instructions*

1. Put garlic, onion, and seasoning into warm, oiled sauce pan. Sauté for 5 minutes, then add chicken and allow to cook for 15 minutes
2. Add tomato, lemon juice, and stock and season with salt and pepper.
3. Let simmer for 15 minutes or until chicken is thoroughly cooked.
4. Add peanut butter until the sauce becomes a creamy mixture that is thick enough to just coat the chicken.
5. with scallions and mint just before serving.

## Afghani Style Squash

**Yields 12 Servings**

### ***Ingredients***

2 lbs.+4 oz. Butternut Squash, Peeled  
½ Onion, Sliced  
1 tsp. Ground Cloves  
1 tsp. Ground Cinnamon  
½ tsp. Salt  
½ tsp. Black Pepper  
2 tsp. Olive Oil  
1 tsp. Scallions, Chopped  
1 tsp. Fresh Mint  
1 lb. Fresh Tomatoes, Cored

### ***Instructions***

1. Preheat oven to 325 degrees.
2. Prepare vegetables. Dice squash, wedge tomatoes, and slice onion.
3. Spray pans with canola spray and add all ingredients together and toss.
4. Bake in an oven for 20-25 minutes or until squash is tender.
5. Garnish with scallions and mint just before serving.

## Kolacky

**24 Cookies**

### ***Ingredients***

1 cup + 3 Tbsp. Sugar  
3 ½ cup Pastry/cookie Flour  
1/2 tsp. Salt  
1 ¾ tsp. Baking Powder  
1 ¾ cups Unsalted Butter  
1 ¾ cups Cream Cheese  
1 ¾ tsp. Vanilla Extract  
1 ¾ cups Raspberry Preserve

### ***Instructions***

1. Preheat oven to 350.
2. In a medium bowl, combine flour, sugar, unsalted butter, cream cheese, vanilla, baking powder and salt.
3. Line muffin pans with paper liners. Scoop dough into cups.
4. Make a deep, 1 inch wide indentation in each cookie center. Fill indentation with about one teaspoon of raspberry preserves, careful not over-fill.
5. Bake 13-15 minutes at 350 degrees or until pale golden brown on the bottom. Cool on racks.

# Vegan Bar

Rice & Pasta

Vegetables

Beans

Tofu

Seitan

Rice Noodles

Quinoa

Lentils

Hummus



## **Alfredo Sauce**

**Makes 3.5 cups**

### **Ingredients**

1 Quart+ $\frac{3}{4}$  cups Milk  
4 $\frac{3}{4}$  oz. Margarine  
4 $\frac{3}{4}$  Flour  
 $\frac{1}{4}$  tsp. Garlic  
 $\frac{1}{2}$  cup+2 Tbsp. Parmesan Cheese, Grated  
 $\frac{5}{8}$  tsp. Salt  
 $\frac{1}{4}$  tsp. White Pepper  
 $\frac{1}{8}$  tsp. Cayenne Pepper

### **Instructions**

1. Heat milk in a double boiler for 15 minutes.
2. Prepare a light roux from butter and flour, and thicken the milk with the roux.
3. Add garlic, and simmer for 15 minutes.
4. Add parmesan and the spices, and simmer for 5 more minutes.

## Chicken Montreal

Serves 12

### Ingredients

3 lbs. Fresh Chicken Tenders, Sliced to 2oz. Pieces  
 1¼ oz. Montreal Chicken Seasoning  
 6 oz. Onions  
 2 oz. Garlic, Minced  
 ¼ cup Olive Oil  
 2 Tbsp. Parsley, Chopped  
 3½ cups Alfredo Sauce (see next page)

### Instructions

1. Prepare onions and garlic and set aside.
2. Saute chicken, garlic, and onions until chicken is cooked and onions are translucent.
3. Add sauce and Montreal seasoning, and stir to incorporate. Cook for 10 minutes.
4. Garnish with Parsley.

## Gluten Free Black Bean Sauce with Broccoli

12 4 oz. servings

### Ingredients

#### For Black Bean Sauce:

1 can Black Beans in Brine  
 ¾ lb. Tofu  
 1 Tbsp. Ground Ginger  
 1 Tbsp. Chopped Garlic  
 ⅛ cup + 1 Tbsp. Olive Oil  
 ½ Tbsp. + 1¼ tsp. Cornstarch  
 ⅜ tsp. Toasted Sesame Oil  
 1 tsp. Crushed Red Pepper  
 1 tsp. Florida Crystals  
 ⅜ cup Water  
 ¼ cup Soy Sauce

#### For Broccoli:

1 lb. Broccoli, Cut into Florets

### Instructions

1. Blanche broccoli ala dante, set aside
2. Mix together soy sauce, sugar, red pepper, sesame oil, and water, and set aside.
3. Press tofu, and cut into 1 inch cubes, and set aside.
4. Dissolve cornstarch in water, set aside.
5. Heat oil over high heat, add garlic and ginger and cook until fragrant. Add cooked black beans and cook for 5 seconds. Add tofu and soy sauce mixture and cook for 2 minutes.
6. Add cornstarch and water to bean/tofu mix, cook for 1 minute
7. Add broccoli and cook just until coated.

## Eggplant and Red Bean Stew

12 servings

### Ingredients

- 1 Medium Eggplant, Diced
- 1 12 oz. can Tomato Pomodorina Quattro
- 1 Carrot, Sliced
- 1 8 oz. can Kidney Beans, Drained
- ½ Onion, Diced
- 1 Clove Garlic, Whole and Peeled
- 2 Ribs Celery
- 1 Vegan Bouillon Cube
- ½ cup Water
- 1 oz. Tomato Paste
- ¾ tsp. Fresh Basil, Chopped
- ¾ tsp. Whole Oregano Leaves
- 1 Bay Leaf, Whole
- ⅝ tsp. Crushed Red Pepper
- ⅛ tsp. Black Pepper
- ⅛ tsp. Salt
- 2¾ oz. Fresh Parsley

### Instructions

1. Prepare eggplant, carrot, onion, celery, basil, and oregano.
2. Combine eggplant, tomato, carrots, beans, onion, celery, and garlic in a large pot.
3. Combine water, vegetable bouillon, tomato paste, oregano, basil, crushed red pepper, bay leaf, salt, and pepper. Pour over vegetables.
4. Bring to a boil, reduce heat, and simmer for 35-40 minutes, until vegetables are tender.
5. Garnish with parsley, just before serving.

## Butternut Squash Cassarole

Yields 12 Servings

### Ingredients

- 5 lbs. Butternut Squash, Peeled
- ¼ cup Milk
- 5 oz. Margarine
- 4 Medium Eggs
- ½ tsp. Vanilla Extract
- ½ cup Granulated Sugar
- ¾ cup Bread Flour
- ½ tsp. Ground Cinnamon
- ⅜ tsp. Ground Cloves
- ¼ tsp. Salt

### For Topping:

- ⅜ Ground Nutmeg
- ½ cup Butter
- ½ cup Light Brown Sugar
- 1 Tbsp. Vanilla Extract
- 1¼ quart Bread Crumbs

### Instructions

1. Preheat oven to 350 degrees
2. Cook squash until tender, then beat until smooth.
3. Add milk, melted margarine, eggs, and vanilla. Mix well.
4. Blend in sugar, flour, cinnamon, ground cloves, and nutmeg. Mix well.
5. Pour mixture into a greased casserole dish. Cover with foil and bake for 20 minutes.

### For Topping:

1. Melt butter and add vanilla extract. Mix bread crumbs with brown sugar, then slowly mix in butter mixture.
2. Cover cooked casserole with topping, bake for additional 15 minutes, until golden brown.



## ***Pork Cuban Mojo***

**Yields 12 Servings**

### ***Ingredients***

3 lbs. Boneless Pork Butt  
¼ cup Orange Juice  
1 clove Whole Garlic  
2 tsp. White Wine  
2 tsp. Lime Juice  
Olive Oil

### ***Instructions***

1. Roast the pork with salt and pepper in a 275 degree oven for 4-5 hours, or until 185 degrees internally and pulls apart easily.
2. Shred pork with meat forks.
3. Combine orange juice, garlic, wine, and lime juice.
4. Sauté pork in olive oil and sauce and heat thoroughly.

## **BBQ Seitan with Vegetables**

**14 servings**

### ***Ingredients***

1¾ cup barbeque sauce  
¼ cup Olive Oil  
¼ cup Chopped Garlic  
1 Tablespoon Whole Oregano Leaves  
3 lbs. Seitan Bulk, cut into 2" pieces  
2 lbs. Onions, Diced ½"  
2 lbs. Green Peppers, Diced ½"  
1 lb. Red Peppers, Diced ½"  
1 Tbsp. Chili Powder  
1 Tbsp. Salt  
1 Tbsp. Black Pepper

### ***Instructions***

1. Preheat oven to 350 degrees.
2. Mix all ingredients together.
3. Evenly distribute into a pan.
4. Cover with foil and bake in pre-heated oven for 20-25 minutes.

## Tofu and Vegetable Cacciatore

12 servings

### **Ingredients**

1 lb. Spanish Onion, Diced ½"  
1 lb. Red Peppers, Diced ½"  
1 lb. Green Peppers, Diced ½"  
2 lbs. Tofu, Diced ½"  
1 Tbsp. Olive Oil  
Fresh Basil, Chopped  
1½ quart Marinara Sauce

### **Instructions**

1. Sauté peppers and onions in oil and marinara sauce and let simmer for 45 minutes.
2. Add tofu and fresh basil, simmering for 15 minutes.

## ***Ginger Pork Sauté***

**Yields 12 Servings**

### **Ingredients**

1 Tbsp. Fish Sauce  
1 Tbsp. Granulated Sugar  
¼ cup Lemon Juice  
1 Tbsp. Ginger Puree  
3 lbs. Boneless Pork Loin, Julienne ¼"  
2 oz. Scallions, Chopped  
⅓ head Fresh Red Cabbage  
⅓ head Fresh Green Cabbage  
4 oz. Onions, Sliced  
2 tsp. Olive Oil  
1.5 lbs. Lo Mein Noodles

### **Instructions**

1. Cook Lo Mein noodles, quickly boil and shock with ice. Set aside.
2. Mix the fish sauce with the sugar and lemon juice.
3. Cut the pork into strips and mix with marinade
4. Heat wok over medium-high heat, pour in oil and heat.
5. Stir-fry ginger, onions, and cabbage. Push to edges of the wok.
6. Stir-fry the pork over a high heat in the middle of the wok until browned. Add noodles and mix all ingredients together.
7. Cook for additional 2 minutes, garnish with scallions.

## ***Tina's Stuffed Mushrooms***

**Makes 24 Mushrooms**

### ***Ingredients***

24 Medium-Large mushrooms  
1 Tbsp. Butter  
1 Tbsp. Onions, Diced  
1 Tbsp. Celery, Minced  
1 Tbsp. Carrots, Minced  
1 tsp. White Wine  
1 clove Garlic, Chopped  
Dash of Black Pepper  
Dash of Salt  
½ tsp. Parsley  
¼ tsp. Parmesan Cheese, Grated  
4 oz. Ritz Crackers, crushed  
4 oz. Bread Crumbs

### ***Instructions***

1. Remove stems from mushrooms, and buffalo chop. Set to the side.
2. Sauté vegetables in butter with garlic and wine, including the chopped mushroom stems. Add seasonings.
3. Mix bread crumbs, Ritz crumbs, cheese, and parsley. Add cooled down veggies and mix.
4. Use the mix to stuff the mushrooms.

## **Zucchini Italian Bake**

**12 servings**

### ***Ingredients***

8 oz. Fresh Zucchini, Halved and Bias Cut  
1 12 oz. can Marinara Sauce  
1 Tbsp. Chopped Garlic  
Fresh Basil, Chopped  
½ cup Bread Crumbs  
1½ tsp. Whole Thyme, Chopped

### ***Instructions***

1. Preheat oven to 350 degrees.
2. Toss all ingredients together.
3. Place in a sprayed pan, cover with bread crumbs.
4. Bake in oven until bubbling.

## **Fresh Apple Cinnamon Hummus**

### **1 Pound**

#### ***Ingredients***

- 1 ½ cans Garbanzo Beans (21 oz)
- 1 Cortland Apple, cored and chopped
- ½ cup Light Brown Sugar
- 2 Tbsp. Apple Butter (or more to thin)
- 2 tsp. Ground Cinnamon

#### ***Instructions***

1. Place all ingredients in blender. Blend until smooth.
2. Refrigerate.

## ***Keeneland Stuffed Portobello Mushrooms***

**Makes 6 Mushrooms**

#### ***Ingredients***

- 6 Mushroom Tops
- 2 Tbsp. Olive Oil
- 1 lb. Onions, Diced
- ½ cup Sun-Dried Tomatoes
- 1 lb. Yellow Peppers, Cut in Strips
- ½ cup White Wine
- 2 Tbsp. Garlic, Chopped
- 3 Tbsp. Fresh Basil
- 3 Tbsp. Whole Oregano Leaves
- 1¼ tsp. Black Pepper
- 1¼ tsp. Salt
- ½ cup Fresh Parsley
- 1¾ tsp. Whole Thyme
- 3 oz. Bleu Cheese
- 3 Tbsp. Parmesan Cheese, Grated
- 3 oz. Feta Cheese
- 1 lb. Dry Bread Crumbs

#### ***Instructions***

1. Preheat oven to 375 degrees.
2. Remove stems from mushrooms and place caps on a greased sheet pan.
3. Dice onions, peppers, and tomatoes into ¼" pieces, and sauté in oil until soft. Add garlic and cook for 1 more minute.
4. Add wine, herbs, salt, and pepper, and remove from heat.
5. Place bread crumbs and cheeses in a bowl and add sautéed veggies and mix to make the stuffing.
6. Place equal amounts of stuffing into mushroom caps.
7. Bake for 20-25 minutes, until stuffing light brown and garnish with chopped parsley.

# Euro Bar

Chicken

Pork

Beef

Fish

Vegetables

BBQ

Herbs and Spices



## Tomato Dill Hummus

$\frac{3}{4}$  Pounds

### *Ingredients*

- 1 12 oz. can Garbanzo Beans
- 1 Tablespoon Sesame Tahini Sauce
- $\frac{1}{4}$  tsp. Salt
- $\frac{1}{2}$  Clove Garlic, Whole
- $\frac{1}{4}$  tsp. Black Pepper
- $\frac{5}{8}$  tsp. Lemon Juice
- $\frac{1}{4}$  cup Sundried Tomatoes
- $1\frac{1}{4}$  Dill Weed

### *Instructions*

1. Place all ingredients in blender. Blend until smooth.
2. Refrigerate.

## Plain Hummus

1 Pound

### **Ingredients**

- 1 12 oz. can Garbanzo Beans, drained
- 1 Tbsp. Olive Oil
- 1½ tsp. Sesame Tahini Sauce
- 2 Tbsp. Lemon Juice
- 1½ tsp. Chopped Garlic
- ½ tsp. Salt
- ¼ tsp. Ground White Pepper
- 2¼ tsp. Water
- ¾ tsp. Ground Cumin

### **Instructions**

1. Place all ingredients in blender. Blend until smooth.
2. Refrigerate.

## Pineapple Salsa

Makes 1.5 cups

### **Ingredients**

- 1 Pineapple
- 3 Tomatoes
- 1 Red Onion
- 1 tsp. Garlic, Chopped
- 1 tsp. Cilantro, Chopped
- 2 Tbsp. Cider Vinegar
- 1 Tbsp. Olive Oil
- 1 tsp. Salt
- 1 tsp. Hot Sauce
- 1 tsp. Ground Cumin

### **Instructions**

1. Peel, core and dice pineapple into ¼" cubes, and put into a bowl.
  2. Dice tomatoes, onions, and red peppers into ¼" cubes and add to pineapple.
  3. Add remaining ingredients and mix
- \*This should be prepared at least 2 hours in advance, and can be prepared as far as 24 hours in advance.

## ***Corn and Cilantro Salsa***

**Makes 1.5 cups**

### ***Ingredients***

5¼ oz. Frozen Corn, Thawed  
5¼ oz. Tomatoes, Diced ¼"  
1 Tbsp.+¼ tsp. Lime Juice  
1 Tbsp.+¼ tsp. Garlic, Minced  
Fresh Cilantro, Chopped  
2 tsp. Ground Cumin  
⅛ tsp. Salt

### ***Instructions***

1. Combine all ingredients and chill.
2. Enjoy!

## ***Marinated Cucumber Salad***

**Serves 6**

### ***Ingredients***

3 Fresh Cucumbers, sliced thin  
½ cup Onion, sliced thin  
½ tsp. Sugar  
2 Tbsp. Fresh Parsley, chopped  
2 ½ Tbsp. Olive Oil  
2 ½ Tbsp. White Wine Vinegar  
Salt, to taste  
Pepper, to taste

### ***Instructions***

1. Put all ingredients into a bowl and mix to combine.
2. Marinate for at least 2 hours in refrigerator.

## General Tso's Tofu

Serves 12

### Ingredients

2 lbs+ 12 oz. Tofu  
 1.5 cup Cornstarch  
 $\frac{1}{8}$  cup+ 1 Tbsp. Water  
 $\frac{1}{8}$  tsp. Crushed Red Pepper  
 $\frac{1}{8}$  cup+ $\frac{1}{4}$  tsp. Teriyaki Sauce  
 1 tsp. Garlic, Chopped  
 $\frac{5}{8}$  cup+ $\frac{1}{2}$  Tbsp. Florida Crystals  
 $\frac{3}{8}$  cup White Wine  
 $\frac{3}{8}$  cup White Wine Vinegar  
 $1\frac{1}{4}$  tsp. Ginger Puree  
 $\frac{3}{8}$  cup Soy Sauce  
 1 vegetable Bouillon Cube  
 $\frac{3}{4}$  quart Water  
 $\frac{1}{8}$  pint Corn Syrup  
 $\frac{3}{4}$  lb. Broccoli Florets, Chopped  
 $\frac{3}{4}$  oz. Carrot, Julienne  $\frac{1}{4}$ "  
 $\frac{1}{2}$  Tbsp. Bamboo Shoots, Drained

### Instructions

1. Preheat fryer to 350 degrees, and fry tofu until golden brown. Set aside
2. In a saucepan over medium heat, add garlic and ginger.
3. Combine vegetable bouillon cube with  $\frac{3}{4}$  quart water.
4. Pour in soy sauce, wine, vinegar, and bring to boil.
5. Mix cornstarch with remaining water, until creamy.
6. Pour into boiling sauce, stirring constantly until sauce thickens.
7. Ladle sauce over tofu and toss to coat. Garnish with chopped vegetables.

## Three Bean Chili

Serves 12

### Ingredients

1 Tbsp. Olive Oil  
 4 oz. Onion, Chopped  
 $\frac{1}{2}$  Green Pepper, Chopped  
 $\frac{5}{8}$  tsp. Garlic, Chopped  
 2 Tbsp. Green Chili, Diced  
 3 Tbsp. Tomato Paste  
 2 Tbsp. Chili Powder  
 $3\frac{1}{2}$  cup Tomato Pomodorina Quattro  
 $1\frac{1}{2}$  cup Black Beans in Brine, Rinsed and Drained  
 $1\frac{1}{2}$  cup Pinto Beans, Rinsed and Drained  
 $1\frac{1}{2}$  cup canned Kidney Beans, Rinsed and Drained  
 $1\frac{1}{2}$  cup Water  
 1 tsp. Salt  
 $\frac{1}{4}$  tsp. Black Pepper

### Instructions

1. Heat oil in a saucepan over medium heat. Add onion and peppers, cover and cook, stirring occasionally until tender (about 10 minutes).
2. Add garlic and chili and cook for about 1 minute.
3. Stir in tomato paste, chili powder, and tomatoes until well blended.
4. Add all the beans, water, salt, and pepper and simmer, stirring occasionally, until the liquid is reduced and the flavors are blended (30-40 minutes).



## Tofu Rancho Texicano

Serves 12

### *Ingredients*

1 pound Vacuum Packed Tofu  
2 Tbsp. Toasted Sesame Oil  
1  $\frac{3}{4}$  cup Onions  
2 cups Carrots, chopped  
2 cups Corn  
 $\frac{3}{4}$  cup Medium Picante Sauce (thick salsa)  
3 Tbsp. White Miso  
2  $\frac{1}{2}$  tsp. Arrowroot Powder or 2  $\frac{1}{2}$  tsp. Cornstarch in a slurry with 1 Tbsp. + 2 tsp. water  
 $\frac{1}{2}$  tsp. Ground Cumin  
 $\frac{1}{4}$  tsp. Cayenne Pepper  
 $\frac{1}{2}$  tsp. Chili Powder  
1 Scallion, chopped  
Fresh Cilantro, chopped

### *Instructions*

1. Heat oil in skillet. Sauté vegetables for 3 to 5 minutes and add spices.
2. Stir in tofu
3. Mix salsa, miso and arrowroot in a bowl.
4. Pour sauce over vegetables and tofu. Stir until the sauce thickens.
5. Simmer on low heat for 10 to 15 minutes.
6. Add chopped scallions, cilantro and serve.

## Quinoa Cakes

Serves 8

### *Ingredients*

2 cups Vegetable Stock  
1 cup Quinoa Grain  
 $\frac{1}{4}$  cup Jasmine Rice  
 $\frac{1}{3}$  cup Onions, diced small  
 $\frac{1}{3}$  cup Celery, diced small  
 $\frac{1}{2}$  cup Carrots, diced small  
1 tsp. Thyme  
3 Tbs. Olive Oil  
1 Bay Leaf  
Fresh Parsley, chopped

### *Instructions*

1. Cook jasmine rice and set aside.
2. Small dice onion, celery, and carrots.
3. In small soup pot pre-heated with olive oil. Add garlic and stir until garlic starts to turn brown, then add veggies. Sauté for 5 minute until onions become translucent.
4. Add vegetable stock and quinoa grain and mix well. Cover and let simmer for 15 minutes or until liquid is absorbed.
5. When liquid is absorbed remove from heat and fluff with a fork, add rice and form into 2 ounce patties. Garnish with parsley.

## Mashed Carrots w/ Roasted Red Onion

**Serves 8**

### ***Ingredients***

2 cups Carrots  
1 Tbsp. + 3/4 tsp Vegetable Stock.  
2 tsp. Soy Margarine  
½ cup Red Onions  
1 tsp. Oil Olive  
Salt Sea (to Taste)  
Pepper (to Taste)

### ***Instructions***

1. Peel and trim carrots, then diced into 1 inch slices.  
Place in boiling water to 15 minutes, or until tender.  
Strain.
2. Preheat oven to 325 degrees. Medium dice onions,  
and place in a baking dish coated with the oil. Roast  
in the oven for 10 minutes or until caramelized.
3. Using a hand blender, mix until mashed, then add  
stock, salt, pepper, and cooked onion. Mix until in-  
corporated. Check seasoning.

## Pone's Pad Thai Sauce

\*Depending on the brands of the following items you  
may need to adjust the amounts in this recipe to make  
it less salty or spicier!

### ***Ingredients***

3 Tbsp. Teriyaki Sauce  
1/3 cup Soy Sauce  
2 Tbsp. Lemon Juice  
4 Tbsp. Sugar  
3 tsp. Hoisin Sauce  
½ tsp. Garlic Chili Sauce  
1 tsp. Ground Ginger

### ***Instructions***

1. Combine all ingredients and mix well.

## Vegetable Pad Thai

Serves 8

### Ingredients

- 1 ½ Tbsp. Oil Olive
- 2 tsp. Chili Paste
- 1 cup Onions, sliced
- 1 pound Rice Noodles
- Pone's Pad Thai Sauce (recipe to follow)
- 2 Garlic Cloves, chopped
- 2 cups Fresh Broccoli, cut into florets
- 1 cup Bean Sprout Fresh
- 1 cup Fresh Red Peppers
- 2 Eggs, beaten (if not vegan)
- ¼ cup Fresh Cilantro, chopped
- ¼ cup Roasted and Salted Peanuts, chopped

### Instructions

1. Soak rice noodles in cold water for at least 5 hours or overnight. Make sure to drain well.
2. Heat oil and garlic in wok. Add chili paste, and onions, cook until lightly browned.
3. Add noodles, Pad Thai Sauce, and remaining vegetables except bean sprouts. Toss gently until thoroughly incorporated.
4. Add bean sprouts, stir, then move the noodles to the side and drop in eggs. Allow to set (15 seconds) then scramble in with the dish. Serve hot with peanuts and cilantro sprinkled on top.

You can really get creative with vegetables and add ins with this recipe...carrots, mini corn, tofu, chicken, shrimp, scallops, etc.

## Gluten Free Chana Masala

Serves 8

### Ingredients

- 24 oz canned Garbanzo Beans
- 1 Tbsp. Oil Olive
- 2 tsp. Ground Cumin
- 2 tsp. Ground Turmeric
- 1 ½ tsp. Crushed Red Pepper
- 3 Tbsp. Ginger, Pureed
- 1/3 cup Green Chili diced
- 2 Fresh Tomatoes, chopped
- ¼ cup Lime Juice
- ¼ cup Cilantro Fresh, chopped

### Instructions

1. Wash the garbanzo beans. Drain. Toss with oil.
2. In a saucepan over medium heat, add cumin, turmeric, red pepper and a dash of salt. Stir. Add beans. Cook until aromatic.
3. Remove from heat and sprinkle with lime juice, remaining ginger and cilantro. Check for seasoning.