CORN BREAD

**Equipment:**
- 1 set measuring spoons
- 1 set measuring cups
- 1 liquid measure
- 1 large spoon
- 1 mixing spoon
- 1 baking pan
- Oven

**Ingredients:**
- 1 1/4 cup flour
- 3/4 cup cornmeal
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoons salt
- 1 cup skim milk
- 1/4 cup vegetable oil
- 1 egg

**Directions:**
1. Heat oven to 400°F.
2. Grease an 8 or 9 inch square pan.
3. Combine dry ingredients.
4. Stir in milk, oil, and egg until evenly mixed.
5. Pour into pan.
6. Bake 20 to 25 minutes or until golden brown.

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PIZZA WITH HOMEMADE SAUCE

Equipment:
- 1 set measuring spoons
- 1 liquid measure
- 1 bowl
- 1 knife
- 1 cutting board
- 1 skillet
- Stove top
- 1 baking pan
- 1 cheese grater
- Oven

Ingredients:
- 4 cups bread flour
- 1 envelope instant or rapid-rise yeast
- 1 1/2 salt
- 2 tablespoons olive oil
- 1 1/2 cups water, warm
- 3 large tomatoes
- 2 cloves garlic
- 1 yellow onion
- 1 large block cheese
- 1 pepper
- 1 head broccoli
- 1 cup spinach

Directions:

Dough
1. Mix flour, the yeast, and salt together in a large bowl.
2. Add oil and warm water and stir with a rubber spatula until the dough comes together and looks shaggy.
3. Place dough onto a lightly floured counter and knead by hand to form a smooth, round ball for 10 to 15 minutes.
4. Transfer to a bowl, cover with plastic wrap, and let rise in a warm place until doubled in size, 1 to 1 1/2 hours or let slow rise overnight in the refrigerator.

Sauce
5. Chop tomatoes, garlic, and onion into small pieces.
6. Saute in skillet over medium heat until thick about 15 minutes.

Pizza
7. Preheat oven to 450°F.
8. Knead dough into 1-12 inch round crust or 2-6 inch crusts. Place on one or two greased baking sheets.
9. Grate cheese.
10. Chop pepper, broccoli, and spinach into small pieces.
11. Add sauce to dough.
12. Top sauce with grated cheese.
13. Add vegetable toppings.
14. Place baking sheets with pizza into oven. Bake for 10-15 minutes or until done.

Notes:
- If you do not wish to make your own sauce, you can use premade pasta sauce.
- Use any toppings you want; however, try to make them real foods and mostly plants.
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**SWEET POTATO BAKED FRIES**

**Equipment:**
1 knife  
1 cutting board  
1 set measuring spoons  
1 spoon  
2 baking sheets  
Oven

**Ingredients:**
3 large sweet potatoes  
1 tbsp olive oil  
1 tsp cumin  
dash cayenne pepper  
1/4 teaspoon paprika  
1/2 teaspoon salt

**Directions:**
1. Pre-heat the oven to 400°F.  
2. Cut sweet potatoes into thin strips. Set aside.  
3. In a large bowl, mix together all the spices.  
4. Add potatoes to bowl with spices.  
5. Mix until potatoes are evenly coated with oil and spices.  
6. Place potatoes on a single layer on a baking sheet and bake for about 30 minutes, or until done.  
7. Serve warm.

**Notes:**
» Experiment with other seasonings.  
» You can eat them plain or serve with ketchup, ranch dip, or barbecue sauce.
THREE BEAN CHILI

Directions:
1. Chop onion and green pepper.
2. Mince garlic.
3. In a large pot, heat olive oil.
4. Add onion, green pepper, and garlic to the pot. Cook, continuously stirring, until the onion, pepper, and garlic are soft.
5. Add all remaining ingredients to the pot.
6. Cover and cook on medium-high heat until mixture just begins to bubble, about 10 minutes. Stir occasionally.

Notes:
» If you would like a thicker chili, reduce the heat to low after the chili boils. Keep cooking until the chili reaches the desired thickness.

Equipment:
1 knife
1 cutting board
1 large pot (with lid)
1 large spoon
1 can opener

Ingredients:
1 yellow onion, peeled
1 green bell pepper
2 cloves garlic, peeled
½ tbsp olive oil
1 can (15 ½ oz) kidney beans
1 can (15 ½ oz) chick peas
1 can (15 ½ oz) black-eyed peas
1 can (14 ½ oz) diced tomatoes
2-8 oz cans tomato sauce
½ tablespoons chili powder
1 teaspoons brown sugar
1 teaspoons dried basil
½ cup water
**VEGETABLE DUMPLINGS**

**Equipment:**
- 1 knife
- 1 cutting board
- 1 food processor
- 1 small bowl with water
- 1 large pot
- 1 slotted spoon

**Ingredients:**
- 1/4 small head purple cabbage
- 1 bunch scallions
- 2 cloves garlic, peeled
- 1/2 bunch broccoli
- 1 bunch swiss chard
- 2 large carrots
- water
- 1 package wonton wrappers

**Directions:**
1. Chop all vegetables into small pieces.
2. Place small pieces into a food processor. Process until finely grated.
3. Put all grated vegetables into a bowl. This is the dumpling filling.
4. In a large pot, boil water.
5. Wet edges of a wonton wrappers with water until sticky.
6. Add a little of the filling to the center of the wrapper.
7. Fold the edges of the wrapper together so the filling is covered by the wrapper. Be sure not to leave any holes.
8. Repeat steps 5 - 7 until all the wrappers have been filled.
9. Place up to 12 dumplings in the boiling water. Cook for 5 minutes.
10. Repeat step 9 until all dumplings have been cooked.
11. Serve with soy sauce or another dipping sauce.

**Notes:**
- You can change the vegetables to use ones that you like better or that are more available.
- If you do not have a food processor, you can use a grater and/or cut up all the vegetables very small by hand.
- Half moons are a common dumpling shape. It is made by folding the wonton wrapper in half.
VEGETABLE “FRIED” RICE

Equipment:
1 knife
1 cutting board
2 medium or large skillets
1 liquid measure
1 set of measuring spoons
1 mixing spoon

Directions:
1. Cook brown rice per directions on bag.
2. Chop pepper, onion, broccoli, and carrot into very small pieces.
3. Add 2 tablespoons olive oil to the first skillet. Heat.
4. Add cooked brown rice to the skillet and brown.
5. Add 2 tablespoons olive oil, pepper, onion, broccoli, carrot, peas, and salt to the second skillet. Saute until soft.
6. Add 1 cup of vegetables and a tablespoon of soy sauce at a time to the skillet with the rice. Mix.
7. Repeat until all the vegetables are added.
8. Add more soy sauce to taste.

Ingredients:
4 cups of brown rice, cooked (~2¼ cups rice, dry)
4 tablespoons olive oil
1 pepper
½ onion
1 broccoli heads
1 carrot
½ 15oz bag of frozen peas
Soy sauce

Notes:
» To make the rice extra crispy, pan fry in a skillet after cooking per the directions on the bag.
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### Equipment:
- 1 knife
- 1 cutting board
- 1 large pot (with lid)
- 1 large spoon
- 1 can opener

### Ingredients:
- 4 cups vegetable stock
- 1 (15 ounce) can kidney beans
- 2 (14.5 ounce) cans stewed tomatoes
- 1 large potato
- 1 onion
- 2 stalks celery
- 2 carrots
- 1 large head cabbage
- 2 tablespoons Italian seasoning
- 1 large zucchini, sliced
- 1 cup uncooked orzo pasta
- salt and pepper to taste

### Directions:
1. Chop all vegetables.
2. Open can of kidney beans and drain liquid.
3. In a large soup pot combine stock, beans, and undrained tomatoes. Bring to a boil.
4. Add potato, onion, celery, carrot, cabbage and Italian seasoning.
5. Bring to a boil and reduce heat. Simmer for about 15 minutes.
6. Stir in the zucchini and pasta.
7. Simmer for 10 to 15 more minutes until the vegetables are tender.
8. Season with salt and pepper.

### Notes:
- We sometimes use pastina (star shaped pasta) instead of orzo.
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APPLE CRISP

Equipment:
1 large baking pan
1 apple corer (optional)
1 knife
1 cutting board
1 mixing bowls
1 set measuring spoons
1 set measuring cups
1 spoon

Ingredients:
4 medium, tart cooking apples
3/4 cup brown sugar
1/2 cup all purpose flour
1/2 cup quick-cooking oats
1/2 cup stick butter, softened
3/4 teaspoon cinnamon
3/4 teaspoon nutmeg

Directions:
1. Pre-heat oven to 375°F.
2. Grease bottom and sides of large baking pan.
3. Chop apples in small pieces.
4. Arrange apples in pan.
5. Mix remaining ingredients in a small bowl to make the topping.
6. Sprinkle topping over apples.
7. Bake about 30 minutes or until topping is golden brown and apples are tender.
8. Serve warm.

Notes:
» The softer the butter, the more it will evenly mix with the other ingredients for the topping. This makes the topping more golden.
» The smaller the pieces of apple, the quicker the dish will cook.
**Directions:**

1. Chop apples into very small pieces.
2. Squeeze juice from lemon into a small bowl.
3. Add apples, lemon juice, sugar, water, and cinnamon to a large pot.
4. Cover and cook on medium heat for 15 to 20 minutes (or until apples are soft). Stir occasionally to keep apples from sticking to the pot.
5. Mash with a potato masher.
6. Serve warm or cold.

**Equipment:**

- 1 small bowl
- 1 large pot (with lid)
- 1 apple corer (optional)
- 1 knife
- 1 cutting board
- 1 set measuring spoons
- 1 set measuring cups
- 1 mixing spoon
- 1 potato masher

**Ingredients:**

- 1 to 2 pounds of apples
- 1/2 lemon
- 2 tablespoons brown sugar
- 3/4 cup water
- 1 tablespoon cinnamon

**Notes:**

» You can add ¼ cup of another fruit, like chopped strawberries, to give the applesauce a sweet flavor and to give it a bright color.

» You can leave on the apple skins or peel them.

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**Directions:**

1. Preheat oven to 350°F.
2. Slice butternut squash in half lengthwise. Scoop out and throw away the seeds.
3. Place squash halves flesh-side-up on a foil-lined baking sheet.
4. Sprinkle diced butter and brown sugar evenly on both halves.
5. Roast for 45-60 minutes or until the squash can easily be pierced with a knife.
6. Remove squash from the oven. Let cool for 10 minutes.
7. Scoop out the flesh and liquid. Place into your food processor or blender. Blend until it is reaches a creamy consistency.
8. Grease two loaf pans.
9. In a large bowl, mix together the butternut squash puree, eggs, oil, water and sugars until thoroughly combined.
10. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, and nutmeg.
11. Stir the dry ingredients into the butternut squash mixture. Combine just mixed. Do not over mix.
12. Pour into the prepared pans.
13. Bake at 350°F for 55-65 minutes or until a wooden skewer inserted into the center of the loaf comes out clean.

**Notes:**

» You can use pumpkin or other winter squashes in place of butternut squash

» Instead of loaf pans, you can use muffin tins. This recipe makes about 24 muffins.

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**Equipment:**

- 1 baking sheet
- 1 knife
- 1 food processor
- 1 set measuring cups
- 1 set measuring spoons
- 1 liquid measure
- 2 large bowls
- 2 loaf pans
- Oven
- Cooling rack

**Ingredients:**

- 1 large butternut squash
- 4 tablespoons unsalted butter; diced
- 1 tablespoon brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1/4 cup water
- 1 cup white sugar
- 1/2 cup brown sugar
- 1 3/4 cups flour
- 1 teaspoons baking soda
- ½ teaspoon salt
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
GRANOLA BARS

**Equipment:**
1 bowl
1 set measuring spoons
1 set measuring cups
1 large spoon
1 pan
Oven
1 knife or spatula

**Ingredients:**
4 1/2 cups rolled oats
1 cup all-purpose flour
1 teaspoon baking soda
1 teaspoon vanilla extract
2/3 cup butter, softened
1/2 cup honey
1/3 cup packed brown sugar
1/2 cup miniature semi sweet chocolate chip
1/2 cup raisins
1/2 cup sunflower seeds
1/2 cup dried cranberries

**Directions:**
1. Preheat oven to 325°F.
2. Lightly grease one 9x13 inch pan.
3. In a large mixing bowl, combine oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar.
4. Stir in the 2 cups of toppings - chocolate chips, dried fruit, and seeds.
5. Lightly press mixture into the prepared pan.
6. Bake for 18 to 22 minutes or until golden brown.
7. Let cool for 10 minutes then cut into bars with a knife or spatula.
8. Let bars cool completely in pan before removing or serving.

**Notes:**
» Be sure to let bars cool completely after cutting. If not, bars will not retain their shape.
» Use two cups of any toppings you wish. Try to make the real or little changed foods.
**TRAIL MIX**

**Equipment:**
- 1 set measuring cups
- 1 medium bowl
- 1 spoon

**Ingredients:**
- 1 cup dried fruit
- 1/2 cup sunflower seeds
- 1 cup granola
- 1/2 cup dark chocolate pieces

**Directions:**
1. Add all ingredients into a bowl.
2. Mix.

**Notes:**
- Dried fruit: You can use any kind of dried fruit and even mix different types. We used raisins and dried apricots. You could use dried cranberries, dried mangoes, dried pineapples, etc.
- Sunflower seeds: They give the trail mix a salty kick. You can substitute them with any type of nut.
- Granola: Try to use granola or any cereal that is crunchy and does not have added sugar.
- Eat the trail mix plain OR you can add it as a topping to yogurt. Also, some people like to add a little milk to theirs and eat it like cereal.