



WYAC
WYOMING YOUTH
ADVISORY COUNCIL

— Cookbook —

A collection of recipes from the WYAC Cabinet,
Advisors, Community Partners and More!



"Laughter is brightest
in the place where the
food is."
— IRISH PROVERB

"Food is memories."
— JOSÉ ANDRÉS

Check out the
Foster Care
Did You Know
(DYK) notes!



Photos of WYAC
members are
featured throughout
the cookbook!



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INTRODUCTION, TIPS, TOOLS + TERMS



OUR MISSION

The Wyoming Youth Advisory Council's mission is to represent Wyoming's foster youth's interests in various spheres, such as recommendations for policy changes, and to help influence program development and resource allocation. Represented by current and former foster youth, who are collaborating with state agencies, policymakers, and community stakeholders, WYAC is taking action to support and enhance the foster care system in Wyoming. Through their advocacy, they aim to ensure that the voices of foster youth are heard and valued in decisions that impact their lives. WYAC also focuses on promoting educational opportunities, improving access to mental health services, and fostering a sense of community and belonging among foster youth. By organizing events, workshops, and outreach programs, WYAC strives to empower foster youth with the skills and knowledge they need to thrive. Their efforts are creating sustainable changes that will benefit future generations of foster youth in Wyoming.

OUR VISION

The Wyoming Youth Advisory Council envisions a future where every foster youth in Wyoming is empowered, supported, and equipped to thrive. We aim to be a voice for change, advocating for policies and services that prioritize the well-being of foster youth. Through leadership, collaboration, and education, we strive to create a community where foster youth feel safe, valued, and prepared to lead fulfilling lives. Our goal is to inspire a lasting impact on Wyoming's child welfare system, ensuring that all foster youth have the opportunity to reach their full potential.

OUR VALUES

Advocacy – We amplify the voices of Wyoming's foster youth, ensuring their needs are heard and addressed.

Empowerment – We empower foster youth to lead, grow, and shape their futures.

Collaboration – We foster partnerships between foster youth, government agencies, and communities for lasting impact.

Inclusivity – We embrace diversity, ensuring all foster youth feel valued and represented.

Accountability – We hold ourselves to the highest standards of integrity and transparency in our mission to serve foster youth.

Innovation – We seek creative solutions to improve the foster care system and the lives of foster youth in Wyoming.

Leadership – We cultivate future leaders who advocate for change and inspire others to make a difference.



WYAC
WYOMING YOUTH
ADVISORY COUNCIL

THE WYAC COOKBOOK PROJECT

This Wyoming Youth Advisory Council cookbook is more than just a collection of recipes — it's a celebration of resilience, creativity, and community. Created by and for foster youth, it features affordable, easy-to-make meals that reflect the unique journeys and cultures of young people who have experienced the foster care system. Every dish tells a story, and together, these recipes offer more than nourishment — they offer connection, empowerment, and pride.

The idea behind this cookbook is to give foster youth a voice in the kitchen while also providing accessible meal ideas for families on a budget. It's also a fundraiser to support programs that uplift foster youth across Wyoming and beyond — helping fund leadership opportunities, peer support, and life skills development. We are honored to have the support and a special contribution from Wyoming's First Lady, Jennie Gordon, whose recipe and message of unity remind us that when we come together around food, we create something powerful. This is more than a cookbook — it's a movement.

Please note that the writing style of the recipes varies depending on the contributor. Efforts were made to make the specifications/abbreviations for ingredients and cooking temperatures consistent.

A NOTE FROM JENNIE GORDON

"The recipe I am sharing was one of my mother's, Gertrude Muir. My mother was an amazing woman who cared deeply about all children. As an only child, living in Vienna, Austria all through World War II, she came to the United States in 1950 and went on to raise ten children of her own. German was her native tongue and she taught herself English after coming to America. Although she spoke very little about the war, she did tell us how she was a foster child who finally was able to be reunited with her mother when she was 7.

Mom was a wonderful cook who knew how to stretch a dollar and did all of her cooking by scratch. She treasured her cookbooks, and we would find her conversions from cups and teaspoons into liters and grams in each of them.

This cookbook would have touched her heart knowing how the WYAC youth have memorialized their most comforting recipes. For her, food was love. I know you will feel the love of all of the youth who have shared their favorite recipes.

As my mother would say,
"Guten Appetit!"



Jennie Gordon
FIRST LADY OF WYOMING



Jennie (foreground, far right) and family.

see recipes on page 47

Building Your Pantry

BIGHORN & PARK COUNTY FOSTER CLOSET

NON-PERISHABLE BASICS

olive or avocado oil	cream of mushroom soup	diced green chilies (canned)
vegetable oil (liquid and spray)	pastas of your choice	veggies (canned) – corn, water chestnuts
coconut milk (canned)	rice(s) – quinoa, couscous, etc.	apple cider vinegar
chicken broth (beef, veggie too)	beans (canned or dry)	balsamic vinegar
cream of chicken soup	tomato sauce (canned, jar)	canned tuna or chicken
cream of celery soup		

NON-PERISHABLE BAKING

flour	baking soda	pancake mix
brown and white sugar	baking powder	syrup
powdered sugar	sweetened condensed milk	nuts (your choice)
vanilla	evaporated milk	dried fruit (craisins)
chocolate chips	pumpkin (canned)	coconut
cornstarch	cornbread mix	oatmeal

BASIC SEASONING

salt	cumin	oregano
pepper	paprika	cloves
garlic	italian seasoning	parsley flakes
onion	cinnamon	

PERISHABLE BASICS

bacon	jam/preserves	onions
bread	frozen fruit	potatoes (yellow or reds)
cheeses of your choice	frozen vegetables	sweet potatoes
butter	leafy greens of choice	lemons
eggs	protein of choice	yeast
peanut butter	milk or cream	

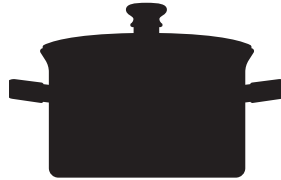
Kitchen Tools

THE FOLLOWING ITEMS ARE ESSENTIAL FOR FOOD PREP,
COOKING AND BAKING

COOKWARE



frying pan



stock pot



saucepan



glass baking dish



sheet pan

MISCELLANEOUS



hand
mixer



oven mitts
or potholders



cutting boards



prep/mixing bowls



colander



grater

UTENSILS



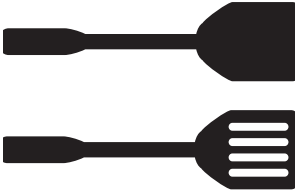
knives



peelers



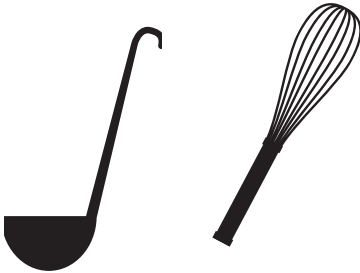
can opener



heat resistant
spatulas



wooden spoons



ladle

whisk



tongs



silicone
spatula



liquid measuring cup



measuring spoons



dry measuring
cups



rolling pin

Abbreviations

t = teaspoon	oz = ounce	lb = pound
tsp = teaspoon	pt = pint	# = pound
T = tablespoon	qt = quart	° = degrees
Tbsp = tablespoon	gal = gallon	F = Fahrenheit
c = cup		

Liquid and Dry Conversions

LIQUID VOLUMES

Ounces	Teaspoons	Tablespoons	Milliliters	Cups	Pints	Quarts
1 oz	6 tsp	2 Tbsp	30 mL	1/8 c	–	–
2 oz	12 tsp	4 Tbsp	60 mL	1/4 c	–	–
2 2/3 oz	16 tsp	5 Tbsp	80 mL	1/3 c	–	–
4 oz	24 tsp	8 Tbsp	120 mL	1/2 c	–	–
5 1/3 oz	32 tsp	11 Tbsp	160 mL	2/3 c	–	–
6 oz	36 tsp	12 Tbsp	177 mL	3/4 c	–	–
8 oz	48 tsp	16 Tbsp	240 mL	1 c	1/2 pt	1/4 qt
16 oz	96 tsp	32 Tbsp	470 mL	2 c	1 pt	1/2 qt
32 oz	192 tsp	64 Tbsp	950 mL	4 c	2 pr	1 qt

DRY WEIGHTS

Ounces	Tablespoons	Cups	Grams	Pounds
1/2 oz	1 Tbsp	1/16 c	15 g	–
1 oz	2 Tbsp	1/8 c	28 g	–
2 oz	4 Tbsp	1/4 c	57 g	–
3 oz	6 Tbsp	1/3 c	85 g	–
4 oz	8 Tbsp	1/2 c	115 g	1/4 lb
8 oz	16 Tbsp	1 c	227 g	1/2 lb
12 oz	24 Tbsp	1 1/2 c	340 g	3/4 lb
16 oz	32 Tbsp	2 c	455 g	1 lb

25 Cooking Terms Every Home Cook Should Know

BY HAYLEY SUGG PUBLISHED ON JULY 19, 2020 (ALLRECIPES.COM)

PREPPING

Before you start cooking, you need to prepare – or prep – your ingredients. If cut ingredients are needed, the recipe will state the exact size that's needed.

A **slice** is when a large ingredient — such as potatoes or onions — is cut into large, flat pieces of a similar size. Depending on your recipe, the slices can be thin or thick. For example, you'd want thinner slices for au gratin potatoes, but thicker slices for homemade cottage fries.

The most common prepping direction by far is to **chop**. This fairly generic term doesn't always refer to a size, so unless otherwise directed you can assume that "chop" means to cut similar sized square pieces that are roughly half an inch in diameter. When chopping a more tender food, such as greens or herbs, directions will often add a modifier such as "finely chop" which means to make the pieces super small, or "roughly chop" which indicates to leave the food in larger pieces.

Dice means to cut ingredients into small, square-shaped pieces. This is done to ensure even cooking and allow for equal distribution of flavor and texture in the final dish. If a specific size isn't mentioned, a good rule of thumb to follow is that small dice is 1/8-inch, medium dice is 1/4-inch, and large dice is 1/2-inch.

Mince is the tiniest cut, basically referring to the smallest pieces you can create. It's commonly used on garlic, herbs, and ginger. To worry about each piece being precisely uniform. Simply run your knife over the ingredient in a back-and-forth motion until very fine.

MEASUREMENTS

Some recipes are precise, while others leave adjusting the seasonings up to the cook. These hazy terms can often lead to confusion.

A **dash** is roughly 1/8 teaspoon.

A **pinch**, based on the amount of spice you can literally "pinch" between your fingers, is around 1/16 teaspoon.

Barely worth mentioning, a **smidgen** is approximately 1/32 teaspoon. It's often used when the recipe creator is trying to add the tiniest note of flavor to a dish.

Seasoning to taste leaves the home cook in control of the final dish. This term commonly refers to salt and pepper since everyone's palates differ on how salty a dish tastes or whether it needs a little zing from black pepper. Be light-handed with these additions; you can always add more later.

OVEN COOKING

Most cooking in the oven is done with dry heat. This is when fat or air is used to transfer heat, instead of moisture (see Moist Cooking below).

Bake and **roast** refer to the same process, but with the latter at higher temperatures. When preheating your oven, the air inside warms to a temperature of your setting. This hot air cooks your food at an even rate by surrounding the roasting pan or baking dish on all sides. When cooking savory foods, such as cuts of meat or vegetables, it's often called roasting. But if you're making desserts, pastries, or breads, it's commonly referred to as baking.

Broil is similar to bake, but it cooks the food only on one side (the top) at a very high heat. This high temperature is used to create a golden brown top crust on casseroles or add caramelization to roasted veggies. It's very easy to burn dishes when broiling, so keep a watchful eye on your dish.

STOVETOP COOKING

These dry-heat cooking methods take place on the stovetop instead of the oven.

Sauté means to quickly cook food over high heat. This cooking method often includes oil or fat to evenly transfer the heat from the pan into the food. You'll need to occasionally stir or shake the pan you're cooking in to avoid burning the food and to promote even browning. Once food becomes fully cooked through and has a light browning on the exterior, you're done sautéing.

When you **sear** an ingredient, it's cooked for a brief period of time over high heat. This technique is also called **browning**. The food is cooked in a pan — often one piece at a time to avoid overcrowding — until fully browned on each side, with no stirring (unlike sautéing above). This technique is typically used on cuts of meat to seal in flavor and natural juices while giving each piece a crispy exterior.

Char is the most extreme type of stovetop heat. A charred ingredient walks the line between being burnt and delightfully blackened. It's often used on peppers - like bell peppers and jalapeños - to create a soft and smoky interior with a blackened skin that can be peeled away. Charring is achieved by cooking in a very hot pan or grill grate on the stovetop. You can also use your oven broiler. Keep an eye on your ingredients; once their exteriors darken and the food begins to bubble, it's done cooking. If the result smells acrid and overly smoky or has an overwhelming bitterness, you've crossed the threshold from charred to burnt.

FRYING

Despite seeming oxymoronic, frying is considered a dry heat cooking method. Oil is the heat conductor, not water, so it's considered "dry."

Deep fry is when your ingredient is fully submerged in hot oil. This creates an irresistibly crispy exterior on all sides. Your recipe should tell you what temperature to aim for when heating the oil, which can be monitored by using a candy or frying thermometer.

Pan fry is a little like combining deep frying and sautéing. A stovetop pan is filled with oil, often an amount specified in a recipe (such as "one inch of oil"), and heated to a frying temperature. A good rule of thumb is to make sure your pan has enough oil to come halfway up the side of what you're frying. Pan frying is great for when you want to use less oil or you're cooking delicate dishes like falafel or crab cakes.

BRAISING

A **braise** stands in its own category, since it's a pairing of both dry and moist cooking techniques. Braising is primarily used to prepare tougher cuts of meat. In a large pot, the meat is browned on all sides. Then it's covered with liquid and cooked low and slow until fall-off-the-bone tender. By searing the meat beforehand, you'll have all that caramelized taste but with a very succulent texture.

Stew is another name for braising - the main difference is size. For a larger cut of meat, it's referred to as braising. When the meat is cut into smaller pieces before being covered in liquid, it's called stewing.

MOIST COOKING

Since all of these techniques include water, they've earned the label of "moist cooking."

Boiling, a common introduction to moist cooking, is when water is heated to 212 degrees F. This makes the water produce bubbles and movement, which is why some recipes will instruct you to bring your water to a "rolling boil." Boiling is often used for cooking pasta, potatoes, and eggs.

Simmering describes when water, or other cooking liquids such as broth, are just below the boiling point. There won't be nearly as much movement as when boiling, but there should still be a small amount of bubbling. Simmering is typically utilized when cooking vegetables, soups, and sauces.

Poaching is all about gently cooking ingredients in water. The surface tension should only gently ripple with no bubbles. This technique is often used for delicate foods that would be torn apart by boiling, such as eggs or fish.

Steaming involves boiling water, but the food is never actually submerged. Instead, the ingredients are placed in a steamer basket held above the boiling water. This allows the steam to thoroughly cook the food through, without leaching out any of the flavor or nutrients into the water. Steaming is often used for cruciferous vegetables like broccoli and cauliflower or fish.

Blanching also uses boiling water and is a common method for helping veggies keep their bright color and creating a crisp-tender texture. The food is dipped into boiling water for a small amount of time, usually ranging from one to five minutes, before being plunged into an ice bath to stop the cooking process.

If you're unfamiliar with an **ice bath**, it's a large bowl filled with water and ice cubes. When hot food is submerged in the ice water, the cooking process immediately stops. This affords you more control over the final texture of dishes.

MAIN DISHES



Cheesy Eggs on a Tortilla for One

MIRIAM SUTPHIN

I made this recipe inspired by something I saw on TikTok. I made a more affordable version of this meal to fit comfortably into my budget. The recipe has room for add-ins such as veggies or other seasonings so spice it up however you like! I probably spent less than ten dollars on the ingredients for this recipe and it has fed me (in my single-person home) for about 2 weeks as I eat it often.

INGREDIENTS

2-3 eggs	butter
shredded cheese of your preference	salt and pepper
mini tortillas	

DIRECTIONS

Warm the pan on medium and put a spoonful of butter in the pan.

Once the pan is hot and the butter melts, crack an egg in the pan and add a sprinkle of salt and pepper.

Cook eggs individually. I like my eggs over easy for this recipe but you can cook the eggs however you like.

While the egg cooks, take your tortillas and add 2-3 onto a plate.

Sprinkle shredded cheese on the center of each tortilla. Top each tortilla with an egg and serve!

DYK that relatives can be a foster care placement option for youth entering foster care.

Pumpkin French Toast

AMANDA THOMS-HOOVER

I've made the whipped pumpkin butter with both honey and maple syrup. I prefer maple syrup when using it on pancakes, waffles and French toast, and honey when using it on rolls—use whichever you prefer! If you like your French toast on the sweeter side, add 1 tablespoon of brown sugar to the mixture. Sweet, perfectly spiced and topped with a swirl of homemade whipped pumpkin butter, this is the perfect fall breakfast recipe.

INGREDIENTS

4 eggs

$\frac{2}{3}$ cup milk (whole, low-fat or skim)

$\frac{1}{2}$ cup pumpkin puree

1 $\frac{1}{2}$ tsp vanilla extract

1 tsp ground cinnamon

1 tsp pumpkin pie spice

12 slices of bread: Texas toast, french bread, challah or croissant halves

Whipped Pumpkin Butter:

$\frac{1}{2}$ cup salted or unsalted butter (1 stick), room temperature

$\frac{1}{3}$ cup pumpkin puree

3 Tbsp maple syrup or honey

1 tsp vanilla extract

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{2}$ tsp pumpkin pie spice

DIRECTIONS

Set a large non-stick skillet set over medium heat, add a small amount of butter and melt.

In a rectangular baking dish, whisk together the eggs, milk, pumpkin puree, vanilla, cinnamon and pumpkin pie spice.

Dip the bread into the mixture, flip sides and then place on the hot skillet. Cook until each side is golden brown, about 2-3 minutes on each side. Repeat with remaining ingredients, serve hot with whipped pumpkin butter, maple syrup and toasted chopped nuts.

To make the pumpkin butter, in a small mixing bowl, add the softened butter and beat with a hand mixer for 2 minutes or until light and fluffy.

Add the pumpkin puree, maple syrup or honey, vanilla, cinnamon and

pumpkin pie spice. Beat for an additional minute or until fluffy.

Store in an air-tight container in the refrigerator for up to 5 days.

Southwest Breakfast Casserole

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

1 bag (8 oz) Cotija cheese (fine ground or shredded) or pepperjack or cheddar (shredded)

2 cups milk or half-and-half or table cream (the heavier the cream, the fluffier the bake)

16 oz (1 tube) ground sausage (if you like spicy, grab a spicy, if not, just get regular)

3-4 yellow gold or red potatoes

1 can black beans

7-8 eggs

1 small can diced green chilies

dash of salt, pepper, onion, cumin, garlic, paprika, chili powder (if you like hot)

DIRECTIONS

Preheat the oven to 350°F. Dice potatoes into a uniform bite-size shape and toss lightly in olive oil (this can also be an easy way to use up leftover baked potatoes or roast potatoes from dinner). Place on a cookie sheet in the oven and begin roasting at 350 for about 15 minutes. While potatoes are roasting, put your skillet at medium-high heat on the stove top and drizzle with olive oil, avocado oil, or vegetable oil (not too much, you are cooking sausage which is usually pretty fatty). Place sausage, diced onion, and garlic in skillet and proceed to brown sausage until no longer pink. If there are a couple pieces still pink, you are okay, because you are baking this whole dish later. Turn off the heat to the skillet.

Open canned black beans, drain, and rinse. Open diced green chilies and drain fluid. In a separate bowl, crack 7-8 eggs and add the milk product of your choosing. Add a pinch of salt, pepper, cumin, and paprika. Whisk by hand until bubbly. Set aside. Check potatoes and they will usually be starting to form a "skin" that you can push through a bit with a fork. They won't be completely cooked and that is okay! Pull from the oven. Dump potatoes, black beans, and diced green chilies in a casserole dish. Check the level of fat in your sausage. If it is super fatty, drain some off into a jar (you can use it for cooking veggies later - super yummy). If it is not too fatty, pour the sausage and fat into the casserole dish too and stir around.

Mix your cheese into the egg/milk product quickly with a rubber spatula and dump this entire portion over the potatoes/beans/chilies/sausage in the casserole dish. Stir to disperse all the ingredients evenly. The egg mixture should fill in all around the potatoes/sausage/beans. If it doesn't, you may need to whip together another couple eggs with cream and dump in! Bake in the oven at 350°F for 45-50 minutes. The edges of the dish should set (kinda pull away from the sides of the casserole dish) and the center should be barely jiggy when you kinda shake the pan. If your "innards" of the dish spill out or are still runny, it needs more time.

Mexican Chicken Casserole

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

1 ½ lbs boneless chicken,
diced (can use cubed pork or
ground beef)

1 Tbsp vegetable oil

1 (15 oz) can black beans (rinsed
and drained)

1 (10 ¾ oz) can cream of chicken
soup

1 (14 ½ oz) can diced tomatoes
undrained (Rotel w/ green chili)

2 (4oz) cans diced green chilies
(if using Rotel, only add 1 can
green chilies)

1 cup cooked rice

¼ cup water

2-3 Tbsp salsa

1 tsp cumin

½ cup shredded cheese

DIRECTIONS

Brown chicken in oil in large skillet.

Add beans, soup, tomatoes, chilies, cooked rice, salsa and cumin.

Mix well then transfer to 2 quart baking dish. Top with cheese

Bake at 350°F, approximately 20-30 minutes.

Yummy Goulash

HEAVEN WILLIAMS-ERBAUGH

This meal was one of the first meals I ever made when I got to my foster home with other youth in the foster home. We would all pick a stick with a meal printed on it and then select the day we would want to cook it on. We would learn how to cook it and I'll be forever grateful for the lessons learned on how to cook this meal. Each meal needed to feed a lot of people and it's always left me with a very good feeling for being able to provide a meal for everyone in the foster home.

INGREDIENTS

1 lb ground beef	basil
1 package of elbow macaroni pasta	onion powder
1 white onion, diced	garlic powder
1 can of tomato sauce	pepper
1 can of diced tomatoes	Parmesan cheese
paprika	mushrooms (optional)
oregano	

DIRECTIONS

Heat ground beef in 12 inch pan on medium heat. Start to crumble meat and add in spices (measure with your heart). Throw in the cut onions with meat until golden brown.

Drain the grease from the meat and set to the side.

Bring medium pot of water to a boil and a sprinkle of salt. Once boiling, add pasta and stir occasionally for 6-8 minutes. When done, drain water.

Add the ground beef, tomato sauce, diced tomatoes, basil, oregano and pepper. Mix together over medium heat until it starts to simmer. Once it starts to simmer, remove from heat.

Dish out servings and sprinkle with parmesan cheese.

If you like, mushrooms can also be added (I love them).

Tuna Casserole

ERICA & MOLLY HOUTMAN

My sister and I have eaten this fast and easy meal since we were babies! We didn't grow up with a lot of money but these ingredients were just a few of the items that our parents could get from the foodbank. This tuna casserole recipe is a super affordable and fast meal that will leave the family with full bellies.

INGREDIENTS

1 can of tuna	6 cups of water
1 box white cheddar mac and cheese	1 can sweet peas
4 Tbsp. butter	1 tsp garlic powder
¼ cup milk	salt and pepper to taste

Double the recipe depending on family size.

DIRECTIONS

Bring water to a boil and add noodles once boiling. Boil noodles until soft, then drain. Stir in milk, cheese packet, and butter.

Open can of sweet peas and put in a separate pot. Add 1 teaspoon of butter and a dash of salt. Cook peas on medium heat for 2-3 minutes until crisp-tender and still bright green.

Drain sweet peas and add with tuna to pot of mac and cheese.

Stir all of the ingredients together.

It's all done and ready to eat!

DYK that the Wyoming Youth Advisory Council is always looking to recruit new members aged 14 and older to join their group in helping to make the foster care program better for all involved.

Pork Roast with Root Veggies

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

1 pork loin roast	1 diced apple or 1 cup apple juice (optional)
½ onion diced	
4-5 diced red potatoes	1 quart carton of vegetable, chicken, or beef broth
7-8 diced carrots	
3 bay leaves	1 Tbsp olive oil (if your cut of pork is lean)
dash of salt, pepper, garlic, thyme, rosemary	

DIRECTIONS

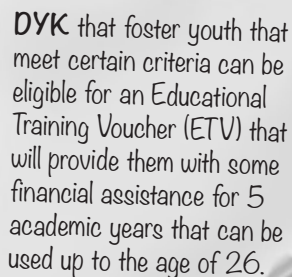
Place all ingredients in crockpot with spices.

Liquid should fill to cover many of the vegetables.

If you are packing the crockpot, add water.

Place on low for 6-8 hours or high for 4 hours.

Serve with crusty loaf of bread and warm butter.



DYK that foster youth that meet certain criteria can be eligible for an Educational Training Voucher (ETV) that will provide them with some financial assistance for 5 academic years that can be used up to the age of 26.

Loaded Baked Potato Chicken Casserole

AMANDA THOMS-HOOVER

This Loaded Baked Potato Chicken Casserole recipe is perfect for weeknight family dinners. It's a family-favorite and some serious comfort food!

INGREDIENTS

6 cups russet potatoes scrubbed and cut into ½-inch pieces (from about 5 medium potatoes)

8 oz bacon 1 ½ lbs boneless skinless breasts cut into 1-inch pieces

3 Tbsp melted butter

2 tsp paprika

1 ½ tsp garlic powder

½ tsp salt

½ tsp black pepper

2 cups shredded cheddar cheese

¼ cup green onion sliced thin (both green and white parts)

For Garnish: sour cream, sliced green onion

DIRECTIONS

Preheat the oven to 400°F. Spray a 9x13-inch pan (or other 3 quart pan) with nonstick cooking spray. Add potatoes to the pan. In a small bowl add butter, paprika, garlic powder, salt, and pepper. Stir until combined. Pour butter mixture over potatoes and toss until potatoes are evenly coated. Cook potatoes for 45-50 minutes, or until fork-tender.

While potatoes are in oven, Cut bacon into 1-inch pieces. Cook in a large skillet over medium heat until done, about 6-8 minutes, stirring occasionally. Drain on a paper towel-lined plate. Leave all but 1 tablespoon of bacon grease in the skillet. Cook chicken pieces on medium heat until fully cooked, about 8 minutes.

Remove potatoes from the oven, and turn off the oven. Sprinkle 1 cup cheese evenly over potatoes. Then layer chicken, bacon, and green onions on top. Sprinkle remaining cheese and return to the oven for 3-5 minutes, or until the cheese melts. Serve with sour cream and green onion.

Beef Pot Roast with Veggies

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

4-5 large chicken breasts or 5-6 chicken thighs (bone-in is okay)	1 can of coconut milk (see note)
4-5 red potatoes diced (Yukon gold is good too)	1 lemon, zest and juice
2-3 stalks celery diced	2 Tbsp Dijon or stone-ground mustard
2-3 cups green beans (frozen or fresh)	dash of salt, pepper, garlic, dill
1 quart carton of chicken broth	1 Tbsp olive or avocado oil

DIRECTIONS

Place all ingredients in crockpot except green beans.

Cook on low for 4 hours.

30 minutes from serving, add green beans to crockpot and stir.

Green beans are done when bright green.

Note: If you don't have coconut milk, you can add 1 cup of real cream and a chunk of cream cheese or mayonnaise about 40-45 minutes before serving.

Stir well.

Serve with crusty bread and warm butter.

Taco Spaghetti

PRINCESSPINKYGIRL.COM — SUBMITTED BY NATE WILLIAMS

Taco spaghetti is a delicious Mexican casserole that brings together two all-time favorite dishes, tacos and spaghetti with meat sauce. All made in one pan and ready in under 30 minutes.

INGREDIENTS

2 Tbsp olive oil	8 oz spaghetti noodles (uncooked)
1 lb ground beef	3 cups water
¼ cup yellow onions	4 oz cheddar cheese (shredded)
1 packet taco seasoning	chopped cilantro, about ¼ of a bunch
10 oz can Rotel tomatoes (undrained)	

DIRECTIONS

Heat olive oil in a large (12 inch) skillet over medium heat. Brown ground beef and onion in skillet until meat is no longer pink and onions are soft and translucent.

Add taco seasoning, Rotel tomatoes (including juice), spaghetti noodles, and water.

Bring to a boil over high heat. Once water comes to a boil, reduce heat to low, cover and simmer for 15 minutes. Remove from heat.

Sprinkle half of the cheese into the pan and stir to distribute the cooked spaghetti and cheese throughout the pan. Top with remaining cheese and cilantro.

Note: Store in an airtight container in the refrigerator for 3-4 days.

Cruz Pasta

STEPHEN AND LEAH ANDERSON

My wife Leah and I have been fostering for nearly 6 months now. We have discovered that babies transitioning to more solid foods love to eat pasta and watch as meals are being prepared.

INGREDIENTS

8 oz stick of cream cheese	1 Tbsp crushed garlic or
½ stick butter	1 tsp garlic powder
16 oz heavy whipping cream	1 Tbsp salt (or to taste)
1 cup milk	16 oz fettuccine noodles (any noodles will work)
8 oz freshly grated parmesan, or ½ cup powder parmesan	2 lbs chicken breast, sliced to 1" thick pieces
1 Tbsp italian seasoning	2 Tbsp seasoning salt (or your preferred seasoning mix)
1 tsp white pepper	⅓ cup olive oil
½ tsp paprika	

DIRECTIONS

Sauce: Add heavy whipping cream, butter, cream cheese, milk, Italian seasoning, pepper, garlic and salt to a 2 quart pot and bring to a slow boil, stirring occasionally. Once boiling, lower heat and simmer for 5-10 minutes or until sauce begins to thicken. Stir in parmesan cheese and continue to simmer for 1-2 minutes.

Chicken: Drizzle the pan with olive oil and bring to medium high heat. Cut chicken to 1" thick slices and coat with remaining olive oil. Sprinkle both sides of chicken with seasoning salt and add to the pan. Cook each side 3-4 minutes or until the internal temperature reaches 165°F.

Noodles: Cook noodles according to box directions. When ready, drain noodles and quickly rinse with cool water to stop the cooking process (don't rinse so much as to make them cold, they should still be warm to the touch). Return to the pot and add 1 tablespoon olive oil and toss to keep noodles from sticking together.

Serve sauce over noodles with chicken on the side, or dice chicken and add to sauce.

Spaghetti and Sausage

KAYLA PINKLEY

I was a foster kid for 13 months when I was 8. My foster parents made a huge impact on my life and still are my support system today, 22 years later. My foster parents and my experience with the foster care system encouraged me to become a foster parent.

INGREDIENTS

8 oz spaghetti noodles (uncooked)

14 oz kielbasa sausage or 14 oz smoked sausage

2 qts water

Spaghetti sauce (Prego Traditional)

DIRECTIONS

Pour water into pot and bring to a boil. Once boiling, add spaghetti noodles. Boil for 8-10 minutes, stirring occasionally. Add pinch of salt.

Pour spaghetti sauce into a saucepan. Heat on low-medium heat, stirring frequently.

Prepare Sausage: Pan Fry. Cut sausage into ½ inch slices. Heat 7-9 minutes at medium temperature. Turn and heat 7-9 minutes longer.

Drain pasta into pasta bowl.

Place 2 oz of spaghetti on plate per serving. Drizzle spaghetti sauce as desired over noodles. Add sausage to your liking.

Enjoy!

Lasagna

KAYLEE PALUS

My aunt would home make this a lot. It was a quick thing to make, and it was always my favorite. This was great for us because we all were picky eaters, but this was something we all would eat. What is also great about this recipe is that you can take things out or add them depending on what you have. My aunt has made this several different ways and each way is great.

INGREDIENTS

- | | |
|-------------------------------------|--------------------------------------|
| 1 box lasagna noodles | 1 can of diced tomatoes and 2 cans |
| 1 ½ - 2 lbs. ground beef | tomato sauce or 2 jars prepared |
| 1 large container of cottage cheese | marinara sauce |
| 1 large bag of mozzarella cheese | Salt, pepper, and garlic powder |
| 1 green onion | Optional: olives or mushrooms |
| 1 green pepper | |

One 9 x 13 ceramic, glass or metal pan is needed.

DIRECTIONS

Boil pasta until soft. Drain and set aside.

Preheat the oven to 375°F.

Brown the beef with green pepper and onion. Drain any excess grease and add seasoning.

Add either tomatoes and sauce or 1 jar of marinara. Depending on your preference, save some sauce to go on top.

Assembly: In the baking dish, place a small amount of sauce on the bottom. Layer the noodles so they lay along the bottom and just touch each other. Layer meat, then cottage cheese followed by pasta. Do this one or two more times until the pan is full. Top with sauce and cheese.

Bake for 30-45 minutes until heated through and the cheese is melted. Feel free to take out or add anything you wish.

WYAC Chili

NATE WILLIAMS

This dish will serve ten to twelve individuals and the cost for 10 servings is \$3.46 per serving. This would be a great meal to freeze and pull out later when you have had a rough day and do not feel like cooking.

INGREDIENTS

2 packages sweet Italian sausage
or hot Italian sausage

1 package hamburger

2 cans chili beans

1 can kidney beans

2 small cans tomato sauce

2 small cans tomato paste, Italian

Optional: cheese, sour cream,
tortilla chips

DIRECTIONS

Cook hamburger and sausage to the temperature of 165°F.

Open chili beans and put them in a pot. Open kidney beans and rinse them. Add to chili beans. Open tomato sauce and paste, add to the pot of beans and cook to desired temperature.

Once meat is at the proper temperature then add the meat to the pot of beans.

DYK that all foster parents go through an extensive training program before they can start caring for youth placed in foster care.

COVID Stew

KATIE YIM

It was March of 2020 and my husband and I had planned the adventure of a lifetime, through Paris to Jordan and Israel, with a grand finale in Italy. As we were leaving the states, an epidemiologist friend of mine gave me some paranoid-sounding advice about stocking up my pantry and fridge for a world that was about to change. At first, I thought I would pay her no mind. But I realized there was no harm in buying things I would be buying eventually anyway. So, just in case, I stocked my pantry and my freezer before our trip. As you already guessed, we ended up hightailing it home halfway through our trip, paying through the nose to fly straight to the US. We had two weeks of vacation left, and we were not about to be "the ones" who brought this dreadful new disease to Wyoming, so we went straight home, and had no contact with anyone for those full two weeks. What a miracle that our pantry and freezer were so well stocked! As quarantine was coming to a close, I was reaching deep into the freezer. "Looks like we're going to be eating these soup bones my mom gave me ages ago." After perusing a few recipes on the Internet, I threw together this stew with what I could find in my home and named it "COVID stew." It is a favorite to this day! Now that I'm a mom, I especially love it because the kids love it and it has so many hidden veggies. And since it's made up anyway, it can be modified any which way and is very flexible!

INGREDIENTS + DIRECTIONS

In an extra large pot, cook 2 lbs ground meat; Drain and return to pot

Add:

lots of soup bones
(some with beef on
them)

bag of zucchini
noodles (frozen is
fine)

stick of butter

onion powder

marjoram

16 oz mushrooms

large bag of broccoli
(frozen is fine)

oregano

red wine vinegar

Fill to the top with stock; simmer 4 hours or more.

Add the following, and cook for one more hour:

1+ cup dry rice

corn starch mixed
with water

can or two of coconut
milk

Enjoy! Freezes well

Fajita Parchment-Baked Chicken

AMANDA THOMS-HOOVER

1 serving

INGREDIENTS

1 chicken breast	shredded cheese to taste
½ red pepper (sliced)	1 Tbsp olive oil
¼ onion sliced (optional)	salt and pepper to taste
3 Tbsp salsa	parchment paper
1 tsp taco seasoning	

DIRECTIONS

Preheat the oven to 400°F.

Fold the parchment paper in half, then open up.

Thinly slice the peppers and onion and lay them on one half of the parchment paper.

Drizzle on oil and sprinkle on salt and pepper.

Lay the chicken on the peppers. Season with taco seasoning, salt and pepper, and spoon on salsa. Top with cheese.

Fold the parchment paper over the chicken, and cinch the paper together by folding it over itself along the edges.

Bake for 25-30 minutes or until the internal temperature of chicken reaches 165°F (75°C).

Enjoy!

Instant-Pot Mac and Cheese

AMANDA THOMS-HOOVER

Serves 6

INGREDIENTS

1 lb elbow macaroni

1 tsp sea salt

$\frac{3}{4}$ cup heavy cream

1 cup freshly grated Parmesan cheese

2 cups shredded cheddar

Optional toppings: freshly cracked black pepper; peas or other cooked veggies; sriracha; bacon crumbles (recommended)

DIRECTIONS

In an Instant Pot, combine the macaroni, 4 cups water, and salt. Secure the lid, close the vent valve, and cook on high pressure for 4 minutes.

Manually release the steam to prevent the noodles from overcooking.

A very small amount of water should remain in the pot; drain if needed.

Add the cream, Parmesan, and cheddar. Stir to combine until the cheese is melted. Add pepper, bacon, peas and sriracha if using.

To serve, scoop into individual bowls. Enjoy!



DYK that there is a significant lack of foster care placement for teenagers aged 16 and older.

Easy White Chicken Chili

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

1 lb lean ground chicken, canned	1 tsp ground cumin
1 medium chopped onion	½ tsp dried oregano
2 cans (15 oz) cannellini beans, rinsed and drained	¼ tsp pepper
1 can (4oz) chopped green chilies	1 can (14 ½ oz) reduced-sodium chicken broth

DIRECTIONS

In saucepan, cook chicken and onion over medium-high heat, for 6-8 minutes until chicken is no longer pink

Break chicken into crumbles

Place one can of beans in a bowl; mash slightly

Stir mashed beans, remaining can of beans, chilies, seasonings, and broth into chicken mixture

Bring to a boil

Reduce heat; simmer w/ cover for 12-15 minutes

Serve with toppings as desired

Crockpot Stew

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

roast	2 cups water
potatoes	jalapeno slices or green peppers
carrots	garlic powder or minced garlic
onions	Italian seasoning
1 envelope of brown gravy mix	salt and pepper

DIRECTIONS

Place all ingredients in the crockpot.

Add water if needed so meat and vegetables are covered by water and the gravy mix.

Cook it on high for 4-5 hours, or on low for 8-9 until the meat is tender. You can leave it on warm for an additional hour or so if needed.

DYK that the Wyoming Youth Advisory Council meets at the State Capitol every year for a Legislative Day where they tour the facility and meet with representatives, legislators, the First Lady and the Governor.

DYK that someone who the youth is connected to (kinship) can be a foster care placement option for youth entering foster care.

Creamy Lemon and Dill Chicken with Potatoes

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

4-5 large chicken breasts or 5-6 chicken thighs (bone-in is okay)	1 can of coconut milk
4-5 red potatoes diced (Yukon gold is good too)	1 lemon, zest and juice
2-3 stalks celery diced	2 Tbsp Dijon or stone-ground mustard
2-3 cups green beans (frozen or fresh)	dash of salt, pepper, garlic, dill
1 quart carton of chicken broth	1 Tbsp olive or avocado oil

DIRECTIONS

Place all ingredients in crockpot. Place on low for 4 hours. 30 minutes from serving, stir add green beans to cook. Green beans are done when bright green.

If you don't have coconut milk, you can add 1 cup of real cream and a chunk of cream cheese or mayonnaise about 40-45 minutes before serving, stir well.

Serve with crusty bread and warm butter.

Bacon Chicken Tater Tots

AMANDA THOMS-HOOVER

Amanda Thom's-Hoover and her daughter created this recipe. We like tater tot casserole but we felt it needed a kick so we started playing around with the ingredients and added chicken and bacon to create a new flavor. We have also just used bacon for the meat only but when we only add bacon, it is a package of bacon. When we made this in cooking class everyone liked the recipe and wanted it. It fed seven people but that was with seconds for everyone. I have pre-made this recipe and popped it in the oven when I have not felt like cooking.

INGREDIENTS

1 package of chicken tenderloins, diced	2 cans of cheddar cheese soup	2 lb bag of tater tots 1 can of milk
1 package of real bacon bits	1 package of cream cheese	

Seasonings: salt, pepper, poultry seasoning, crushed rosemary, and dried chives

I usually serve with garlic bread and a vegetable.

DIRECTIONS

Season chicken and cook in a saucepan to internal temperature of 165°F

In a mixing bowl, blend cheese soup with cream cheese and milk

In a 9 by 9 inch cake pan, layer the ingredients as follows:

- Tater tots on the bottom of the pan
- Pour the blended mixture of cheese soup, milk and cream cheese on top of the tater tots
- Put cooked chicken and real bacon bits spaced evenly on top of the blended ingredients
- Top with shredded cheese

Cook at 375°F for 45 minutes

Quiche Lorraine

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

8 slices bacon	dash of salt, pepper,	1 Tbsp flour
½ cup Swiss or	garlic, onion, sage,	handful of spinach,
Parmesan cheese	rosemary, nutmeg	chopped (optional)
4-6 large eggs	2 cups half-and-half	

DIRECTIONS

Cook then dice bacon. In a separate bowl whisk eggs and milk/cream, seasoning, and flour. Add bacon, cheese (and spinach) to egg mixture.

Preheat oven to 375°F. Pour egg mixture into a prepared pie crust and bake for 45-50 minutes. Serve warm.

Reheats well in the microwave (1 min.) and is good in the fridge for up to one week, baked.

This dish can be modified in a number of ways to include various combinations of veggies, cheeses and meats:

- Chicken and cheddar and broccoli
- Sausage (ground pork) and Swiss
- Chicken and parmesan and tomatoes
- Southwest style with spicy sausage, bell peppers, jalapenos, pepperjack, corn
- Garden variety: squash, tomatoes, carrots, and any other veggie you have available
- Cheeseburger: burger, cheddar, bacon, onion

Mini Crustless Quiches

BIGHORN & PARK COUNTY FOSTER CLOSET

Same ingredients and prep directions as above.

Preheat oven to 375°F. Pour egg mixture into greased muffin tins and bake for 25 minutes, until they 'set' in the tins.

These reheat well in the microwave (1 min.) and are good in the fridge for up to one week, baked. These are an excellent quick, high-protein lunch.

Lamb Roast with Wild Rice Sweet Potato Hash

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

1 leg of lamb or lamb shoulder	dash of salt, pepper, sage, thyme, garlic
4-5 sweet potatoes or yams, diced	
5-6 multicolor carrots or parsnips, diced	½ cup wild rice
2-3 stalks of celery diced	½ cup pecans (optional)
1-quart carton of chicken, vegetable, or beef broth	2 Tbsp olive oil (if meat is lean)

DIRECTIONS

Place all ingredients except meat and broth in crockpot and stir thoroughly; add cut of meat; add broth (enough to cover veggies and rice; add water or more broth if needed).

Cook on low 4-6 hours (high if cut of meat is frozen).

Serve with a sprinkling of parmesan.

Sausage Rice Dinner

BIGHORN & PARK COUNTY FOSTER CLOSET

INGREDIENTS

1 kielbasa sausage

1 can cream of mushroom or
cream of chicken soup

½ small onion, diced

½ green pepper, diced

2 Tbsp oil

salt and pepper to taste

2 cups cooked rice

DIRECTIONS

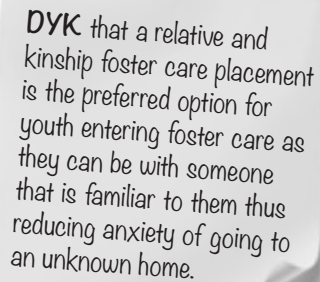
Cook rice per package directions.

Heat oil in skillet; add onion and green pepper to skillet until caramelized.

Cut kielbasa into ½" slices; add kielbasa to skillet and brown lightly.

Add soup plus ½ can -1 cup of water; stir until bubbling, turn heat down and simmer until sauce thickens.

Add cooked rice to skillet; mix well and serve.



DYK that a relative and kinship foster care placement is the preferred option for youth entering foster care as they can be with someone that is familiar to them thus reducing anxiety of going to an unknown home.

Healthy Chicken Nuggets

BRADY LANG

This recipe is a comfort food of mine. Everyone has a food that they loved growing up and like most kids I loved chicken nuggets. I used to make them by frying them in oil but not only is that unhealthy, it's also super messy. I like cooking and reheating everything I can with an air fryer, and chicken turns out well in them. Make sure to check the internal temperature to not get sick.

INGREDIENTS

2 chicken breasts	2 Tbsp red pepper flakes
bread crumbs	2 Tbsp paprika
2 Tbsp garlic powder	1 Tbsp olive oil
2 Tbsp onion powder	salt to your liking
2 Tbsp black pepper	

DIRECTIONS

Cut chicken breasts into bite size pieces and season them to your liking.

Toss chicken breasts with 1 Tbsp olive oil then coat them in bread crumbs.

Place in air fryer at 375° in 5 minute intervals until chicken breasts reach internal temperature of 165°.

Serve with your favorite sauces and sides.

Pro Tip: Use a liner for even less cleanup!

SIDE DISHES, SNACKS + SWEETS



Spaghetti Squash

BIGHORN & PARK COUNTY FOSTER CLOSET

DIRECTIONS

Cut spaghetti squash in half lengthwise. It's really hard to cut! Scrape out the pulp and seeds (like a pumpkin).

Drizzle a little olive oil on the squash. Place it face down in a baking dish. Poke holes in the skin with a fork for steam to escape.

Add about 1/4 to 1/2 inch of water in the dish.

The squash can be cooked in the microwave or oven. There is no difference in taste. Larger squash is best in the oven because the casserole dish can't turn in the microwave.

Microwave: Cook on high for 15 minutes. Based on size it may take longer.

Oven: Prepare the same as for the microwave but roast in 350 oven for 30-40 minutes.

The squash will be just like spaghetti noodles when you scrape with a fork when done.

Yellow Squash and Zucchini

BIGHORN & PARK COUNTY FOSTER CLOSET

You can peel or leave skin on. You can slice or grate then-freeze, add to casseroles with rice and pasta. You can make noodles out of them as well. You can grill, roast or eat them raw. Pick consistent color and smaller yellow squash. You also want it to be fairly firm.

DIRECTIONS

Slice squash into 1/4 inch disks. Put them in a hot skillet with 2 tablespoons of olive oil, 1 teaspoon of minced garlic, 1 tablespoon of lemon juice, 2 tablespoons of parsley, plus salt and pepper to taste.

Cook for about 7-10 minutes.

Mandarin Orange Jello Salad

ALLRECIPES.COM – SUBMITTED BY NATE WILLIAMS

Mandarin orange jello salad recipe has just 6 ingredients and takes minutes to prepare. Whipped topping, jello, fruit and more make this salad delicious.

INGREDIENTS

2 cups 1 - 16 oz container small curd cottage cheese

1 small box 3.4 oz orange jello

1 can 14 oz mandarin oranges, drained well

1 can 20 oz crushed pineapple, drained well

2 cups mini marshmallows

1 container 8 oz whipped topping, thawed

DIRECTIONS

Add cottage cheese to large bowl.

Sprinkle jello over cottage cheese and mix well.

Add mandarin oranges and pineapple, mix well.

Stir in mini marshmallows.

Fold in whipped topping.

Cover and chill at least 1 hour before serving, overnight is fine.

Serve with additional mandarin oranges or whipped topping, if you like.

Store leftovers in refrigerator.

The Perfect Summer-Time Dip

HOLLY LEBSACK

INGREDIENTS

1 can Shoepeg tender white corn
1 can blackeyed peas
1 bunch green onions or ½ a purple onion
3 tomatoes
3 avocados
1 jalapeno (optional)
cilantro, to your liking
1 pkg. Good Seasonings Italian Dressing Mix

DIRECTIONS:

Drain cans of corn and peas.
Cut tomatoes and avocados into chunky pieces.
Chop onions, jalapeno, cilantro.
Prepare dressing according to package instructions.
TIPS: use apple cider vinegar, heavy on the vinegar.
Mix everything together and enjoy!



DYK that any foster youth aged 14 and older are eligible for independent living services up until the age of 21.

Potato Dumplings

JENNIE GORDON

INGREDIENTS

6 medium potatoes	3 eggs	6 Tbsp flour	buttered crumbs
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DIRECTIONS

Boil potatoes and let stand overnight or a few hours in their jackets (skins). Peel the potatoes and mash them or put them through a potato ricer. Then add eggs and the flour and roll the mixture into little balls (about 1-2" in size). Chill in refrigerator for one hour before cooking.

Cook in lightly salted water that is just under boiling point. When the dumplings are done they will rise to the top. Serve hot with melted brown butter and crumbs.

Kugelhoph (Sweet Yeast Bread)

JENNIE GORDON

INGREDIENTS

2 packages dry yeast	4 cups flour	1 cup unsalted butter	5 eggs
1 cup warm milk	1 tsp salt	$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup blanched almonds

DIRECTIONS

In a small bowl, dissolve yeast in warm milk, add 1 cup flour and salt and mix. Cover with lightweight kitchen towel, let rise in a warm place about 20-30 minutes.

Cream butter, add sugar, add eggs one at a time, beat very good, add to the risen dough and the rest of the flour. Stir in almonds, raisins, beat until smooth. Turn into buttered pan, cover with plastic wrap and allow to rise for about 90 minutes.

Bake at 350°F for 45-60 minutes. Cool in pan for 10 minutes then invert onto cooling rack.

Caramel Chocolate Covered Pretzel Rods

AMANDA THOMS-HOOVER

INGREDIENTS

pretzel rods	chocolate almond bark
Kraft caramel squares	slivered almonds

DIRECTIONS

Melt caramel and chocolate bark in separate sauce pans.

Dip the pretzel rod halfway into the melted caramel. Let cool.

After the caramel, dip it in the melted chocolate bark, then roll it in the almonds. Lay them on wax paper to cool and harden.

Caramel Corn

HOLLY LEBSACK

INGREDIENTS

6-7 quarts popped popcorn	½ cup white corn syrup
2 cups brown sugar	1 tsp salt
2 sticks butter	¾ tsp baking soda

DIRECTIONS

Over medium heat melt brown sugar, butter, corn syrup and salt. Cook until soft boil stage of 242-244°F.

Remove from heat. Add soda and stir. It will become light and frothy from the soda.

In a large, buttered, oven-proof pan, pour caramel mixture over popcorn and stir well to coat.

Bake at 200°F for 1 hour, stirring well every 15 minutes.

Tips: I like mine chewy so I only bake for 30 minutes.

I buy the large, deep turkey roaster pans to put the popcorn in and bake.

Christmas Puppy Chow

NATE WILLIAMS

INGREDIENTS

8 cups Chex cereal
(divided equally)

½ cup creamy peanut butter
(divided equally)

1 Tbsp vegetable oil
(divided equally)

1 cup red candy melts

1 cup green candy melts

2 cups powdered sugar
(divided equally)

2 one-gallon ziplock bags

1 ½ cups Christmas M&Ms

DIRECTIONS

In a microwave safe bowl, combine the 1 up of red candy melts, 1/4 cup of peanut butter and 1/2 tablespoon of vegetable oil. Microwave on high for 30 seconds. Stir and cook in 15 second intervals until melted and smooth. (mine took about 60 seconds)

Meanwhile, pour 4 cups of Chex cereal in a large bowl

Pour the melted peanut butter and candy mixture over the cereal and quickly stir to coat

In a one gallon ziplock bag, pour the 1 cup powdered sugar. Then pour the coated cereal into the gallon bag. Seal close and shake to coat the cereal.

Pour onto parchment paper lined cookie sheet and allow to cool

Repeat the entire process with the green candy melts

Once the red and the green puppy chow are cooled

Sprinkle the Christmas M&Ms over the top and stir to combine the red and the green

Store in an airtight container for up to a week

Surprise Cookies

HOLLY LEBSACK

INGREDIENTS

1 cup butter	1 tsp salt
1 cup sugar (recipe calls for raw sugar but regular works)	2 cups cornflakes
1 cup brown sugar	1 ½ cups chocolate chips
2 eggs	1 cup walnuts (optional)
2 tsp vanilla	1 cup coconut
2 cups flour	1 cup quick oats
½ tsp baking powder	1 cup Rice Krispies
1 tsp baking soda	

DIRECTIONS

Cream butter.

Add sugars, eggs, and vanilla.

Mix flour, baking powder, soda and salt.

Add to the butter mixture.

Add the rest of the ingredients and stir until well mixed.

Drop by spoonful on a baking sheet.

Bake at 350 for around 13 minutes.

Make sure to not overcook.

I take mine out of the oven when barely brown and let them sit on the cookie sheet for a few minutes to set.

Enjoy!

DYK the Wyoming Youth Advisory Council assisted the Department of Family Services with revising the Wyoming Youth Bill of Rights.

Christmas Cookies

BONNIE WILLIAMS

Christmas cookies hold a cherished place in the heart of the Williams family, weaving a tapestry of sweet memories that span generations. Originally crafted by your grandmother with love, these cookies became a delectable tradition eagerly awaited by your dad and mom. The fragrant aroma of warm vanilla and spices, mixed with the tender touch of nostalgia, fills the kitchen each holiday season as the family gathers to continue the legacy. As each batch emerges from the oven, adorned with festive decorations and sprinkles of joy, it symbolizes more than just a treat; it represents the enduring ties of family and the timeless warmth of shared moments. Paired with homemade ice cream, this tradition is a celebration of love, togetherness, and the enduring sweetness of family bonds.

INGREDIENTS + DIRECTIONS

Cream:

1/2 cup shortening

1 cup sugar

Add and mix together:

2 well beaten eggs

3 ½ cups flour

2 Tbsp cream

2 tsp baking powder

1 tsp vanilla

Roll out dough to 1/4 inch thickness on a flat, lightly-floured surface; add flour on rolling pin if needed, so dough doesn't stick. Cut out using Christmas cookie cutters.

Arrange on greased baking sheets.

Bake at 350°F until brown around edges, check at 8-10 minutes.

Pumpkin Bars with Cream Cheese Frosting

NATE WILLIAMS AND AMANDA THOMS-HOOVER

INGREDIENTS

Bars:

2 cups granulated sugar	2 cups all purpose flour
1 cup vegetable or canola oil	2 tsp baking soda
15 oz can of pumpkin puree, (not pumpkin pie filling)	2 tsp pumpkin pie spice
4 eggs, room temperature	½ tsp salt

Frosting:

8 oz cream cheese, softened	1 tsp vanilla
½ cup butter, softened	⅛ tsp kosher salt
2 cups powdered sugar	

DIRECTIONS

Bars:

Preheat oven to 350°F and grease a 9 x 13-inch baking pan.

In a large bowl, beat together the eggs, sugar, oil, and pumpkin until well combined.

In a separate bowl, whisk together the flour, baking soda, pumpkin pie spice, and salt.

Add the dry ingredients to the wet and gently stir until combined.

Bake for 28-30 minutes or until a toothpick inserted in the middle comes out clean. Let cool completely.

Frosting:

Beat the cream cheese and butter on high until smooth. Beat in the powdered sugar, vanilla, and salt until smooth. Do not over-beat.

Spread on top of completely cooled bars. Cut into bars.

Grinch Brownies

KITCHENFUNWITHMY3SONS.COM – SUBMITTED NATE WILLIAMS

Grinch Brownies are anything but "grinchy." They're a mix of rich chocolate and mint that are guaranteed to make any Grinch's heart grow at least three sizes.

INGREDIENTS

1 box of brownie mix (for 9 x13 pan)	¼ tsp peppermint extract
26 Mint Oreo cookies, chopped	4 drops of leaf green food coloring
2 cups white chocolate chips	Red Hots candies
½ cup heavy cream	

DIRECTIONS

Preheat oven to 350°F.

Line 9x13 baking dish with parchment paper, set aside.

Prepare the brownie mix according to the directions on the package.

Chop 16 Oreo cookies into quarters and mix them into brownie batter.

Chop remaining Oreo cookies into quarters putting them into another bowl.

Spread the batter evenly in the pan.

Bake at 350°F for 30-35 minutes.

Check the brownies to see if they are completely cooked.

Once baked, put baking pan on a wire rack allowing the brownies to cool.

Ganache (topping):

Bring a saucepan filled with water to simmering.

Put a heat-safe bowl on top of the pot of simmering water.

Pour white chocolate and heavy cream in a bowl. Stir constantly until melted.

Take white chocolate chips/heavy cream mixture in the bowl off the heat.

Stir in the peppermint extract.

Now add a few drops of green food coloring. Stir well to combine. (You can add more mint extract, up to 1/2 teaspoon.)

Quickly pour the ganache on top of the brownies.

Sprinkle the remaining chopped Oreos on top of the ganache. Sprinkle on the red candies.

Chill the brownies, allowing the ganache to set for at least an hour.

Cut the brownies into bars.

Scotcharoos

AMANDA THOMS-HOOVER

Serves 20- 25

INGREDIENTS

6 cups rice crispy cereal

8 oz (1 cup) Karo syrup

jar of peanut butter, 16 oz

1 ½ cups milk or dark chocolate chips

1 ½ cups butterscotch chips

½ cup sugar

DIRECTIONS

Grease a 9 by 13 baking pan.

In a large pot, cook and stir together the Karo syrup, sugar, and peanut butter until melted. Bring to boil then remove from heat. Add rice cereal and stir until combined. Transfer to greased pan

Melt chocolate and butterscotch chips in a saucepan over medium heat.

Spread melted chips on top of bars. Cool 20 minutes

Pink Velvet Crumble Cookie

COOKINGWITHKARLI.COM – SUBMITTED BY NATE WILLIAMS

INGREDIENTS:

1 ½ cups salted butter softened
1 ½ cups granulated sugar
3 eggs
1 ½ tsp cake batter flavoring
4 ½ cups all purpose flour
3 tsp baking powder
pink food coloring

Vanilla Cream Cheese Frosting:

8 oz cream cheese room temperature
¼ cup butter softened
2 tsp vanilla extract
4 cups powdered sugar
milk to thin, if needed

DIRECTIONS

Preheat the oven to 350°.

While the oven is preheating, make the cookie dough. Cream together the butter and sugar until light and fluffy. Scrape the sides, add in the eggs, and cake batter flavoring. Beat until mixed. Scrape the sides and add in the flour, and baking powder. Mix until thoroughly combined.

Add a few drops of pink food coloring at a time to the dough as you continue to mix. Mix until combined, add a few more if needed.

Scoop out 1/3 cup of dough and roll into a ball. Repeat with remaining dough. Roll and flatten the cookie dough gently so it is in the shape of a hockey puck. Repeat with remaining dough.

Use the small amount of leftover dough to create one smaller cookie. Bake it alongside the other cookies, this will be used later.

Arrange 6 cookies per pan. Bake at 350°F for 9-11 minutes or until the centers of the cookies have puffed up and are no longer glossy.

While the cookies are cooling, make the frosting, by whipping the butter, cream cheese and vanilla until smooth. Add the powdered sugar, one cup at a time. Add milk a teaspoon at a time until you've reached your desired consistency.

Add frosting to a gallon sized zip top bag, cut the corner of the bag and use it to pipe the frosting onto the warm cookies in a spiral.

Serve warm!

Strawberry Cake Mix Cookies

MADABOUTFOOD.CO – SUBMITTED BY NATE WILLIAMS

INGREDIENTS

1 strawberry cake mix; we used Betty Crocker	¼ cup canola oil or vegetable oil
2 eggs	1 tsp pure vanilla extract

Strawberry Lemon Glaze:

2 cups powdered sugar	1 Tbsp lemon juice or water
⅓ cup strawberries, chopped	

DIRECTIONS

Preheat the oven to 350°F.

In large mixing bowl, combine strawberry cake mix, eggs, oil, and vanilla together and mix well (you can use a fork or a hand mixer).

Line a baking sheet with parchment paper and create 1 tablespoon cookie dough balls with a cookie scoop. Place the cookies about 2" apart on the baking sheet.

Bake for 10 minutes - or until the edges start to brown. Do not over bake.

Remove from the oven and let the cookies cool on the baking sheet while you make the glaze.

To make the glaze, blend strawberries and lemon juice together in a food processor or blender. Blend the strawberries to a puree, or leave larger chunks. Add strawberry mixture to powdered sugar and mix until smooth. (If the glaze is too thin, add powdered sugar; if it's too thick, add more lemon juice or water.)

Transfer cookies to a cooling rack and spoon glaze on top of cookies.

Once cooled, sprinkle with powdered sugar (optional).

Notes: Keep an eye on your cookies in the oven. You do not want to overbake these! Once they start to lightly brown on top, pull them out of the oven. They puff up nicely and taste best when they are chewy and soft.

You can sprinkle it with powdered sugar before or after you add the glaze. Either way works

Ice Cream in a Bag

FOOD.COM – SUBMITTED BY NATE WILLIAMS

INGREDIENTS

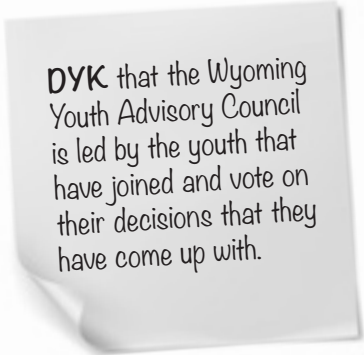
1 cup half-and-half	3 cups ice
2 Tbsp granulated sugar	$\frac{1}{3}$ cup Kosher salt
$\frac{1}{2}$ tsp pure vanilla extract	toppings of your choice

DIRECTIONS

In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Push out excess air and seal.

Into a large resealable plastic bag, combine ice and salt. Place a small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.

Remove from the bag and enjoy with your favorite ice cream toppings.



DYK that the Wyoming Youth Advisory Council is led by the youth that have joined and vote on their decisions that they have come up with.

Crumble Classic Pink Sugar Cookies

COOKINGWITHKARLI.COM – SUBMITTED BY NATE WILLIAMS

Looking for an easy recipe to replicate your favorite Crumbl Classic Pink Sugar Cookie? I've got you covered with this simple one-bowl, no-chill recipe that makes 12 large cookies complete with the pink almond-flavored frosting. You'll love munching these cookies whether you snag one fresh out of the oven or pop the frosted cookies in the fridge to serve "chilled" just like Crumbl! The size of these cookies is closer to Crumbl's "catering" cookies so they are easy to serve without any need for dividing them up!

INGREDIENTS

Batter:

8 Tbsp unsalted butter, very soft	½ tsp almond extract
¼ cup canola oil or vegetable oil	2 ¼ cups all-purpose flour
¾ cup confectioners' sugar	1 tsp baking powder
½ cup granulated sugar	¼ tsp salt
1 large egg, room temp	⅓ cup granulated sugar for rolling, optional
1 tsp vanilla extract	

Frosting:

6 Tbsp unsalted butter, softened	1 Tbsp heavy cream or whole milk
1 ½ cup confectioners' sugar	
¼ tsp almond extract	gel coloring in preferred color

BATTER DIRECTIONS

Preheat oven to 350°F. Prepare two large baking sheets by lining each tray with a sheet of parchment paper.

In a large bowl, use a hand mixer on low speed to cream together the butter and oil until smooth. Add the sugars and beat 2-3 minutes until the mixture is lighter in color and fluffy. Add in the egg, vanilla extract, and almond extract and beat until just combined.

Add the flour, baking powder, and salt to the dough and fold it all in using a spatula. Don't overmix here, just work the flour in until everything is

completely combined.

Divide dough into 12 cookies using a cookie scoop (about three tablespoons per cookie) or weighing the dough. Each cookie should be about 55g. Roll each cookie in a small bowl filled with 1/3 cup granulated sugar (optional).

Place the balls of cookie dough 3" apart on a baking sheet and gently press down with a small flat-bottom glass or your fingers until each cookie is about 3/4 inch thick.

Bake cookies one tray at a time for about 11-13 minutes until just barely starting to turn golden brown on the edges. The centers will still be soft.

Allow to cool completely on cooling racks before frosting.

FROSTING DIRECTIONS

In a medium bowl, beat the softened butter with a hand mixer on low speed for about 1 minute to loosen it up. Add in the confectioners' sugar in three or four additions, beating it in between additions.

Once the sugar is completely incorporated, add in the almond extract and a tiny pinch of salt. Now, turn the mixer up to medium-high speed and beat for 2-4 minutes until light and fluffy. Scrape bowl as needed to fully fluff all the frosting. Add in 1 tablespoon of cream (use slightly less if you are using whole milk) and beat until combined. Add more cream slowly in very small amounts if you'd like the frosting to be thinner. Taste frosting and add more almond extract if desired.

Add the gel coloring by poking a toothpick into your small jar of coloring (I use Wilton gel colors) and swirling it through the frosting. You may need to do this several times (use a fresh toothpick each time) to get enough pink color. Fold in the color in completely.

Frost each cooled cookie with a small amount of the frosting (there's enough for about 1 tablespoon per cookie) using a small off-set spatula or a butter knife. Store the frosted cookies in the fridge.

NOTES

Cookie size: These are 3½ inch cookies which are smaller than Crumbly cookies which are about 4-4½ inch. You can make the cookies slightly larger or smaller if you wish and adjust the cooking time accordingly (a minute or two either more or less respectively).

Frosting: This recipe coats the cookies with a reasonable, but thin, amount of frosting. If you'd like a thicker layer, follow the instructions in the recipe but use the following measurements (for one recipe of cookies): 8 tablespoons unsalted butter, 2 cups confectioners' sugar,

½ teaspoon almond extract, a pinch of salt, and about 1 ½ Tbsp heavy cream.

Storing the Cookies: Store frosted cookies in the fridge for about 3 days (unfrosted cookies can be stored at room temp or in the fridge). Cookies can also be frozen (frosted or unfrosted) for 1-2 months in freezer safe packaging.

INGREDIENT SUBSTITUTIONS

THEFOODNETWORK.COM

*The purpose of this guide of popular ingredient substitutions is to give you the freedom of flexibility. Instead of rushing out to the store (or scrapping the recipe), you should feel confident to off-road with the next best ingredient. The final appearance, taste and texture may be altered (especially in baking), but if you combine these suggestions with your own intuition and taste buds, you may make something even better than the original recipe. For tips on making substitutions relating to baking, dairy and eggs and herbs and spices see the end of this guide. **Note:** All substitutions suggested are one-to-one unless otherwise stated.*

All-Purpose Flour: For 1 cup, combine ½ cup bread flour and ½ cup cake flour.

Allspice: For 1 teaspoon, combine ¾ teaspoon ground cinnamon, a pinch of ground cloves and a pinch of grated nutmeg.

Apple Cider Vinegar: Lemon juice, unseasoned rice vinegar or white wine vinegar.

Baking Powder (double-acting): For 1 teaspoon, combine ½ teaspoon cream of tartar and ¼ teaspoon baking soda.

Baking Soda: For 1 teaspoon, use 3 teaspoons baking powder.

Balsamic Vinegar: For 1 tablespoon, combine 1 tablespoon white wine vinegar and ½ teaspoon granulated sugar, brown sugar or honey.

Basil: Tarragon, oregano or thyme.
Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Breadcrumbs: Crushed crackers, crushed pretzels or crushed potato chips. Alternatively, for ½ cup breadcrumbs, grind 1 slice of bread in a food processor.

Brown Sugar (light and dark):
Turbinado or muscovado sugar.
Alternatively, for 1 cup, combine 1 cup granulated sugar with 2 to 3 tablespoons molasses. (The resulting baked goods may be crunchier and sweeter.)

Butter: All baking: Greek yogurt, applesauce or oil. Non-baking: Canola oil, vegetable oil, olive oil, coconut oil or ghee.

Buttermilk: All baking: For 1 cup, combine 1 cup whole, low-fat or skim milk and 1 tablespoon lemon juice or white distilled or white wine vinegar. Non-baking such as mashed potatoes and salad or slaw dressings: Combine plain yogurt, sour cream or kefir with enough milk or water to create a pourable heavy-cream consistency.

Cake Flour: For 1 cup, measure 1 cup all-purpose flour, remove 2 tablespoons and replace with 2 tablespoons cornstarch.

Cardamom (ground): Ground cinnamon or half the amount of ground clove.

Cayenne Pepper: Twice the amount of crushed red pepper flakes.

Cheddar: Colby Jack cheese, Monterey Jack cheese, fontina or mozzarella.

Chevre (fresh goat cheese): Cream cheese or mascarpone loosened with a little yogurt.

Chicken Broth: Vegetable or beef broth. Alternatively, water seasoned with a little soy sauce, bouillon cubes or bouillon granules — or water by itself, if the recipe requires a cup or less.

Chili Powder: For 1 tablespoon, combine 1 teaspoon paprika, 1 teaspoon ground cumin, ½ teaspoon onion powder, ½ teaspoon garlic powder and a pinch of cayenne (optional).

Cilantro: Parsley, basil or a combination of both. Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Coconut Oil: For all (except baking): Unsalted butter, avocado oil, nut oils or extra-virgin olive oil.

Coriander (ground or whole): Ground or whole cumin.

Cornstarch: Best for all substitutions, including puddings, custards, sauces and batters: For 1 tablespoon, use 1 to 1 ½ tablespoons arrowroot, 2 teaspoons potato starch or 2 teaspoons rice flour. Best for breading and frying: For 1 tablespoon, use 3 tablespoons all-purpose flour.

Corn Syrup (light and dark): All baking (except candy-making): honey, agave, brown rice syrup, cane syrup, maple syrup or golden syrup. Alternatively, for 1 cup light corn syrup, combine 1 cup sugar and ¼ cup hot water. For candy-making: brown rice syrup or golden syrup.

Cream of Tartar: Lemon juice.

Cream Cheese: Neufchatel. Alternatively, pureed and strained cottage cheese or ricotta mixed with a pinch of salt and a squeeze of lemon. (Since these cheeses don't have the stabilizers of cream cheese, some curdling may occur.)

Crème Fraîche: Sour cream or Greek yogurt.

Cumin (ground): Taco seasoning, chili powder or ground coriander.

Dijon Mustard: Spicy brown mustard, honey mustard or stone-ground mustard. Alternatively, for 2 tablespoons, combine 1 tablespoon dry mustard, 1 tablespoon mayonnaise, 1 teaspoon white vinegar, 1 teaspoon water and a pinch of sugar.

Dutch-Process Cocoa Powder: For 3 tablespoons, combine 3 tablespoons natural cocoa powder and 1/8 teaspoon baking soda.

Eggs: Best for all baking and batters (example: pancakes): For 1 egg, use 3 tablespoons aquafaba (the viscous liquid from canned beans; chickpea aquafaba is preferred.) Best for muffins, quick breads and cakes: For 1 egg, combine 3 tablespoons vegetable oil and 1 tablespoon water. Alternatively, use ¼ cup applesauce, ¼ cup pureed silken tofu or ¼ cup canned pumpkin for every whole egg needed. (Homemade alternatives are not appropriate for omelets, souffles, frittatas and other egg-heavy dishes.)

Egg Whites: For all baking, batters and meringue (except Swiss, Italian and French buttercreams): For 1 egg white, use 2 tablespoons aquafaba (see above). (Homemade alternatives are not appropriate for omelets, souffles, frittatas and other egg-heavy dishes.)

Evaporated Milk: For all (except baking): Milk, half-and-half, heavy cream and mixed powdered milk.

Fish Sauce: Soy sauce or Worcestershire sauce.

Garam Masala: For 1 teaspoon, combine ¾ teaspoon ground cumin and ¼ teaspoon allspice, pumpkin pie spice or apple pie spice.

Granulated Sugar: Light or dark brown sugar, packed. Alternatively, turbinado or demerara sugar, finely ground in a food processor. (Baked goods may be moister and less sweet.)

Gruyere: Emmental, Jarlsberg, aged Cheddar or Fontina.

Half-and-Half: For 1 cup, combine a scant cup whole milk and 1 tablespoon melted butter. Alternatively, combine ¾ cup whole milk and ¼ cup heavy cream.

Heavy Cream: (Except for whipping) Coconut milk or unsweetened coconut cream.

Heavy Whipping Cream: (Except for whipping) Half-and-half. Alternatively, for 1 cup, combine ¾ cup milk and 4 tablespoons melted butter.

Hoisin Sauce: BBQ sauce. Alternatively, for ¼ cup, combine ¼ cup soy sauce and 1 to 2 tablespoons honey or molasses.

Honey: Maple syrup, light or dark corn syrup.

Kosher Salt: For ½ teaspoon, use ¼ teaspoon iodized (table) salt.

Lemon Juice: Orange juice or lime juice.

Marjoram: Sage, thyme, summer savory or basil. Alternatively, half the amount of oregano. Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Marsala Wine: Madeira, port or sherry. Alternatively, white wine with a splash of brandy.

Milk: Yogurt or sour cream thinned with water to a pourable consistency.

Mirin: For 1 tablespoon, combine 1 tablespoon white wine, dry sherry or rice vinegar with ½ teaspoon sugar.

Molasses: Dark corn syrup, maple syrup or honey. Alternatively, for 1 cup molasses, combine ¾ cup brown sugar (preferably dark) or ¾ cup granulated sugar with ¼ cup hot water.

Nutmeg (ground): Mace, allspice or pumpkin pie spice. Alternatively, half the amount of ground cinnamon or ground clove.

Oregano: Thyme or basil. Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Oyster Sauce: Soy sauce or hoisin sauce.

Paprika: Chili powder.

Parmesan: Pecorino Romano

Parsley: Basil, chervil or celery leaf.
Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Peanut Butter: Sunflower butter, almond butter and any other nut butter.

Red Wine Vinegar: Apple cider vinegar, white wine vinegar or distilled white vinegar.

Rice Vinegar or Rice Wine Vinegar: For 1 tablespoon, combine 1 tablespoon apple cider vinegar or white wine vinegar with 1 teaspoon sugar.

Rosemary: Thyme. Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Self-Rising Flour: For 1 cup, combine 1 cup all-purpose flour, 1 ½ teaspoons baking powder and ¼ teaspoon fine salt.

Sesame Oil: Any nut oil. Alternatively, for 1 cup, toast ¼ cup white sesame seeds and let sit in 1 cup neutral oil (vegetable or grapeseed) for 2 hours; strain before using. Refrigerate for up to 1 week.

Shallots: Red onion or scallion whites.

Sour Cream: Plain yogurt, Greek yogurt or creme fraiche.

Soy Sauce: For small amounts: Worcestershire sauce. For larger amounts (example: dipping sauce): Tamari, coconut aminos or liquid amino acids.

Table Salt: For ½ teaspoon, use ¾ teaspoon kosher salt.

Tarragon: Chervil. Alternatively, double the amount of basil. Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Thyme: Basil, marjoram, oregano or rosemary. Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.

Tomato Paste: For 1 tablespoon, simmer 3 tablespoons tomato sauce or pureed tomatoes until very thick, then cool.

Tomato Sauce: Tomato puree. Alternatively, canned tomatoes pureed in a blender or equal parts tomato paste and water combined.

Vanilla Extract: Maple syrup, bourbon, brandy or rum.

Vegetable Oil: Canola oil, olive oil, avocado oil, melted and cooled coconut oil or ghee.

Vegetable Shortening: Unsalted butter or coconut oil.

White Wine (dry): Broth or stock. Alternatively, water with a squeeze of lemon or a splash of vinegar.

White Wine Vinegar: Red wine vinegar, apple cider vinegar or distilled white vinegar.

Worcestershire Sauce: For 1 tablespoon, combine 2 teaspoons soy sauce, ¼ teaspoon lemon juice or vinegar, ¼ teaspoon sugar and a dash of hot sauce.

Xanthan Gum: For 1 tablespoon, combine 2 ½ teaspoons hot water and ½ teaspoon chia seeds or ground flax seed; let sit for a couple of minutes until thick.

Yogurt (Greek and plain): Sour cream or creme fraiche.

Additional Substitution Tips

Baking: Yes, baking is a science. But many recipes are forgiving when it comes to ingredient swaps (especially muffins and quick breads). Tweaked cookies, bars and cakes may have a different texture or flavor (for example, using granulated sugar with molasses in place of brown sugar will make crunchier and sweeter baked goods and vice versa) and egg subs are the most likely to change texture and even cooking times. So be sure to adjust expectations along with the recipe.

Dairy & Eggs: Some dairy is super easy to swap — sour cream, yogurt and creme fraiche are virtually interchangeable. And if you pay attention to consistency — like making half-and-half from a combo of milk and heavy cream or thinning yogurt out with a little water to stand in for milk — then finding ingredient substitutions isn't difficult. Eggs can be tricky and any substitutions will most likely affect final texture and cooking times.

Herbs & Spices: Running out of a spice or herb is an opportunity to experiment. Of all the substitutions, these are the easiest and the most flexible. Many of the warmer spices (like cinnamon, cardamom and apple pie spice) can confidently stand in for each other, and the same is true for the more pungent and savory ones (think cumin, paprika and chili powder). Herbs are also versatile: Tender and leafy varieties (basil, parsley, tarragon) are vastly interchangeable, as are woody herbs (rosemary, thyme, oregano).

Trust your taste buds to help make a successful swap.
(Note: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.)





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