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RICE PAPER EGGROLLS

INGREDIENTS

Rice wrappers:

2 packages

Non stick spray

1 cup of water

Filling:

½ large red cabbage, chopped

½ cup carrot, shredded

3 Green Onions, chopped

10 button mushrooms, chopped

16 oz of Vermicelli Noodles, chopped

2 tbsp of soy sauce

¼ cup of Cilantro, chopped

2.5 tbsp olive oil

¼ cup breadcrumbs

DIRECTIONS

- **Prep noodles:** Soak 16 oz of vermicelli noodles in cold water in a large bowl for ~10 minutes or until soft. Drain the noodles and set aside.
- **Prep vegetables:** Rinse all vegetables. Chop cabbage as finely as possible. Once cut, place in a large mixing bowl. Add 2 tbsp of salt in the bowl with the chopped cabbage. Set it aside for 20 minutes. After 20 minutes, squeeze out all the excess water and drain. While the cabbage is resting, chop the remaining vegetables (green onions, mushrooms, cilantro) and matchstick carrots.
- **Sautee Veggies:** In a large skillet pan, add in 2.5 tbsp of olive oil, 2 tbsp of soy sauce, chopped mushrooms, shredded carrots, and white parts of the green onion. Saute for 2-3 minutes until carrots become soft.
- **Make filling:** Mix the drained cabbage, sauteed veggies, chopped green onion and cilantro. Very finely chop noodles and add into the bowl of veggies. Stir.
- **Assemble eggrolls:** Dip finger into water and “paint” the entire surface area of the wrapper continuously until the wrapper is soft, pliable and see through. Place approx. half of their filling onto the bottom half of their wrapper, staying away from the edge. Fold up from the bottom over the filling then fold the top down to meet in the middle. Fold in the sides like a burrito and set aside while making another one.
- **Cook eggrolls:** Heats griddle to 400F. Place eggrolls on the griddle and spray with non stick spray and cook for approx. 5-6 minutes per side or until golden brown and crispy



CURRY BOWL WITH NAAN BREAD

INGREDIENTS

Naan dough (per person):

½ cup all-purpose flour
1 teaspoon baking powder
⅛ teaspoon salt
½ tablespoon whole milk
¼ cup plain whole-milk Greek yogurt

Curry:

1-2 tbsp olive oil
1 tbsp ginger (squeezy bottle)
2 cloves garlic
1 tbsp curry powder
1 onion
1 tsp salt
2, 15 oz cans chickpeas (drained and rinsed)
1 can crushed tomatoes (28oz can)
1, 8 oz bag fresh spinach
½ cup heavy cream

DIRECTIONS

- **Make naan bread dough:** In a bowl combine the dough ingredients. Mix with a spoon until it starts to come together as a dough. Move dough ball to a lightly floured cutting board and knead for 1-2 minutes. Shape into a ball and set aside. Rest dough for 10-15 minutes.
- **Make curry:** While the dough is resting: clean cutting boards and cut onion. Heat the frying pan to a medium heat with olive oil and sautee the onion.
- Add the garlic to the frying pan followed by ginger, curry powder and salt. Cook for 30 seconds.
- Add the chickpeas and crushed tomatoes and heat on high for 5-10 minutes, until some of the liquid has evaporated/thickened.
- Add ½ cup heavy cream and set to the lowest heat while rolling out naan breads.
- **Shape naan breads:** Using a rolling pin, roll dough into a round-oval shape, lightly dusting with flour if needed
- **Cook naan breads** Heat griddle to medium/high. When it's hot, spray with non-stick spray and place the first batch of the naan bread onto the griddle. Cook for 2-3 minutes per side or until golden brown. Repeat cooking naan breads in batches.
- **Serve the curry in the bowl and enjoy with your naan breads.**



CALZONES

INGREDIENTS

Dough (per person)

⅓ cup + 1 tbsp flour
2.5 tbsp water (warm)
½ tsp sugar
½ tsp yeast
½ tsp olive oil
Pinch salt

1 can of non-stick cooking
spray

Filling

1, 32 oz container ricotta cheese
1, 8 oz bag shredded mozzarella
½ cup grated parmesan
1 tsp salt
1 tsp garlic powder
2 tsp Italian Seasoning

Optional: marinara sauce

DIRECTIONS

- **Make dough:** In a bowl, add yeast and warm water (not too cold, not too hot). Use a fork to gently mix for 10 seconds and then set aside for 5 minutes to bloom. After yeast has bloomed, add olive oil in the yeast bowl and mix together. Dump flour and salt bowl into yeast bowl and use a fork to mix until it forms a shaggy dough. Place dough into a bowl and loosely cover with a damp paper towel. Set aside for 30 minutes to proof.
- **Make filling:** In a large bowl, combine all filling ingredients and mix with spatula until combined. Keep in the fridge until ready to use.
- **Shape calzones:** After dough has risen, sprinkle cutting board with flour and use a rolling pin to gently roll the dough into a thin circle..
- **Assembly:** Use a spoon to place filling one one half of the dough. Calzones are going to be folded to make half moons. Using a bowl with water, dip finger into the water and use as “glue” to paint around the entire edge of the dough then fold one half over to meet the other edge and use a fork to press down and crimp the edge
- **Cook calzones:** Heat the griddle to ~300F. Spray with non-stick cooking spray and cook calzones in batches for about 4-5 minutes per side (can use a spatula to gently press down).
- **Serve with optional marinara sauce on the side**



GRANOLA CUPS

INGREDIENTS

Per person

½ banana

¾ cup quick oats

½ tbsp cocoa powder

1 tbsp maple syrup

Filling

1, 5.1 oz package Vanilla Instant Pudding, Jello brand **instant NOT cook & serve

1 quart low fat milk

Fresh fruit:

1 lb strawberries

4 bananas

4 ripe kiwis

1 can peach slices

DIRECTIONS

- **Make “dough”:** In a bowl, peel and then mash banana until baby food consistency with a fork. Add oats, cocoa powder and maple syrup.
- **Make granola cups:** Take a scoop of “dough” and press it into the silicone mold, pressing it up the sides so that it makes a cup.
- **Bake cups:** Preheats cupcake machine and bakes for approx 10 minutes per batch, should be firm enough to hold their shape but should not be taken out of liners until completely cool.
- **Make pudding:** Make the pudding according to package directions and set aside.
- **Select fruits and dice:** Select which fruits you want and dice them up into small pieces. Big pieces will not fit inside the granola cups.
- **Assembly:** Remove granola cups from liners. Put a small amount of pudding inside their granola cups and top with fresh fruit.



SWEET CHOCOLATE STUFFED PUPUSAS

INGREDIENTS

Whipped Cream:

- 2 cups heavy whipping cream
- ½ cup powdered sugar
- 1 teaspoon vanilla

Dough

- 3 cups masa harina
- 2 teaspoons salt
- 2 ¾ cups warm water

Filling (individual):

- 2 tablespoons hot fudge

DIRECTIONS

- **Make pupusa dough:** In a mixing bowl, combine masa harina and salt. Add the water and mix with the spoon until it thickens. Start kneading with your hands until a smooth dough forms. Let each child take turns kneading for ~30 seconds. Let it rest in the bowl covered with plastic wrap for 5 minutes
- **Shape the pupusas:** Divide the dough into the number of persons Then divide each of those into 2 balls. Mold each piece of dough into a ball and then gently flatten into a disc that is slightly cupped. Think about forming a pocket. With your hands form a pocket in the middle of the ball. Place ~½-1 tablespoon hot fudge in the center of the pupusa dough. Using the edges, cover the filling and form a ball once again. Flatten each filled ball into a thick disk shape.
- **Cook the pupusas:** Add a small amount of vegetable oil to the electric griddle and set to medium heat (300-350) Once hot, add the pupusas and cook for 3 minutes per side until it starts browning. About 7 minutes total for a pupusa.
- **Make whipped cream:** In a large bowl, place whipped cream ingredients. Have children take ~10-20 second turns using a hand-held mixer. Beat the ingredients together, starting on low speed and increasing to high slowly as it begins to firm up. When whipped cream reaches stiff peaks, set aside.
- **Serve pupusas with whipped cream.**



SUMMER HERB GNOCCHI

INGREDIENTS

Dough:

1 (32 oz) container whole milk ricotta
6 egg yolks
1 teaspoon salt
¼ teaspoon pepper
1 1/2 cups grated parmesan cheese
2-3 cups all purpose flour

1, 1 oz package fresh basil - chopped finely

1 lemon

Extra flour for rolling

Extra parmesan for serving

Marinara sauce for serving

DIRECTIONS

- **Prep the water:** In the large saucepan bring water to boil.
- **Make dough:** In a large mixing bowl, mix all the dough ingredients to combine. If the dough is too wet, add more flour a little bit at a time. Add chopped basil (very small pieces) and lemon's zest into the bowl's dough.
- **Roll out and cut the dough:** Place ~2 tablespoons of flour on a cutting board. Keep flour in a little pile in the corner of the cutting board. Spread about half of the flour on the cutting board. Roll out a chunk of the gnocchi dough into a log shape. Cut the roll into bite-sized pieces. Roll out a chunk of the gnocchi dough into a log shape. Cut the roll into bite-sized pieces. Remember flour helps things to not stick! If dough is sticking to the cutting board, add a bit more flour. If the dough is sticking to the knife, dip the knife blade into your pile of flour.
- **Boil the gnocchi:** Boil the gnocchi until they float and drain them. While boiling, place marinara in a small saucepan, warm it for serving.
- **Serve:** Serve immediately, tossed with the marina sauce. You can add parmesan and/or garlic powder to their gnocchi (optional).



MOZZARELLA BREADSTICKS

INGREDIENTS

Filling: 1 mozzarella cheese stick per breadstick
1 shaker Italian Seasoning

Dipping: Marinara sauce

Dough (per person):

1/3 cup + 1 tbsp flour
2.5 tbsp water (warm)
1/2 tsp sugar
1/2 tsp yeast
1/2 tsp olive oil
Pinch salt

DIRECTIONS

- **Make dough:** In a bowl, add yeast and warm water (not too cold, not too hot). Use a fork to gently mix for 10 seconds and then set aside for 5 minutes to bloom. After yeast has bloomed, add olive oil in the yeast bowl and mix together. Dump their flour and salt bowl into yeast bowl and use a fork to mix until it forms a shaggy dough. Sprinkle flour onto cutting board and use hands to shape dough into a ball
- **Knead the dough:** Knead dough for approx. 5 minutes, until dough is smooth and springy. Place dough into a bowl (with names written on the bottom) and loosely cover with a damp paper towel. Set aside for 30 minutes to proof.
- **Roll out and shape the dough:** After dough has risen, sprinkle cutting board with flour and cut dough in half. Roll out one ball of dough at a time to make a long rectangle (long enough to fit a cheesestick in the middle).
- **Filling the rectangle dough:** Place one cheese stick in the center of each rectangle and sprinkle a good amount of Italian seasoning on top. Paint" with water around the edges of the dough and fold like a burrito, sealing along the edges lengthways and folding in the sides.
- **Cook the breadsticks:** Heat the griddle to ~350F, spray with non-stick spray and cook breadsticks in batches and cook for about 5 minutes per side (can use a spatula to gently press down)
- **Serve:** Serve with optional marinara sauce on the side.



RICE PAPER DUMPLINGS (SPANOKOPITA)

INGREDIENTS

Rice paper wrappers

2 packages rice paper wrappers

Non stick spray

Filling:

2 tbsp olive oil

1 onion

2, 8 oz blocks cream cheese

1 cup ricotta

¼ cup parmesan

1 cup shredded mozzarella

1 tsp garlic powder

1 tsp salt

1, 10 oz frozen spinach (thawed & squeezed)

DIRECTIONS

- **Prepare the filling:** Heat frying pan to medium high heat and sautee diced onion with olive oil until slightly golden, 5-10 minutes. While onions are cooking, press the spinach into the colander to squeeze out all the liquid. Set aside.
- Use an electric mixer to combine cream cheese, ricotta, garlic powder and salt.
- Once onions are cooked, add into the cream cheese mixture along with spinach, parmesan and mozzarella cheeses. Use a spatula to mix gently.
- **Assemble dumplings:** dip finger into water and “paint” the entire surface area of the wrapper continuously until the wrapper is soft, pliable and see through. Do this on a cutting board so the wrapper doesn’t stick to the plate. Place approx ¼ of their filling into the center of wrapper.
- Fold up from the bottom over the filling then fold the top down to meet in the middle. Fold in the sides to make a compact square and set aside
- **Cook the dumplings:** Heats griddle to 400F. Spray with non stick spray and cook the dumplings for approx. 5-6 minutes per side or until golden brown and crispy.



STREET TACOS WONTONS

INGREDIENTS

Toppings:

2 cans black beans (drained & rinsed)
1 jar mild salsa
1, 8 oz bag shredded Mexican cheese

Wonton Dough

4 cups flour
3 eggs
1 tsp salt
1 cup + ¼ cup cold water (**do not add all at once**)
Cornstarch for dusting/anti-stick
Non stick spray

DIRECTIONS

- **Make Wonton dough:** In a large bowl, mix together the flour, eggs and half the water using a spatula. Mixture will be thick. Slowly continue to add more water (you may not need it all) until there is no dry flour stuck to the bowl and dough forms a slightly sticky ball. Will be tacky to touch. Cover bowl with damp paper towels (not touching dough) and let rest for 10 minutes before kneading.
- **Make topping:** While dough is resting, in the bowl put rinsed black beans and mash them with a fork. You can then add a spoonful or two of salsa and mix together.
- **Shape the Wonton wrappers:** Use a knife to cut dough in half and half again, etc to create even balls of dough. Spread a dusting of cornstarch on cutting boards and knead dough for 10 minutes. Dough should smooth out. Place dough in ziploc bag to rest for 30 mins at room temp. use a rolling pin to roll out dough into a large square. Use cornstarch as needed to help roll, dough might be tacky. Should be very thin. Use a knife to cut large square into 4 smaller squares. Should be large enough to fit ~1 tbsp of mashed bean filling in the center. Evenly divide bean filling over the 4 wonton wrappers and press down with a fork so filling is flat and spread evenly over the entire wrapper.
- **Cook the Wonton wrappers:** Heat griddle 375 F. Spray with non-stick spray and cook for 3-4 minutes on the wrapper side (until golden and crispy) and 1 minute filling side down to heat through. You can sprinkle cheese on top of your warm filling.



FETTUCCINE WITH MARINA SAUCE

INGREDIENTS

Pasta (per person):

- 1 egg yolk
- 2 tbsp flour
- ½ tsp olive oil
- Pinch salt

Pasta Sauce

- 1 jar marinara sauce
- 1, 8 oz shaker parmesan

DIRECTIONS

Step 1

- **Make pasta dough:** In a bowl, add flour, salt, and use fork to mix the ingredients together. Make a well in the center of the bowl, pushing the flour to the side. Separate egg yolk from the white. Put olive oil and the yolk in the center of the flour bowl and discharge the white. Scramble the yolk first and then start to incorporate flour into egg. Will form a lumpy, sticky mess. Empty contents of bowl onto cutting board. Use hands to “squeeze” dough together to make a ball. Dough will be sticky, but if too sticky, add 1 spoonful flour. Try to incorporate all the flour, keep it as a ball “not a pancake”. Knead for a total of 10 minutes. Dough should be soft and springy.

Step 2

- Put the pasta dough in the Ziploc bag to rest at least 30 minutes

Step 3

- **Shape noodles:** Sprinkle and spread flour across entire cutting board, sprinkle flour on top of dough too. Using rolling pins in LONG motions while pressing down firmly, roll the dough up and down. Make sure to loosen the dough every few rolls to prevent sticking. Pasta should be very THIN and a long rectangle. When dough is rolled large and thin, use a knife to cut into long, thin noodles.

Step 4

- **Cook the pasta:** Bring a pan of water to boil. When pasta water is boiling, cook noodles in batches for 3-4 minutes per batch. Use a slotted spoon, spatula or fork to remove noodles.

Step 5

- **Assembly:** Put the cooked pasta in the plate, add the marina sauce, Serve with optional parmesan.

