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BLACK BEAN BROWNIE TRIFLES

INGREDIENTS

Whipped Cream:

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

Fruit Layer:

- 1 large container of strawberries
- 1 can nonstick cooking spray

Black Bean Brownies:

- 2 (15-oz can) black beans rinsed and drained
- 3 large eggs
- 3 Tbsp vegetable oil
- 1 tsp vanilla
- ¼ cup unsweetened cocoa powder
- ⅔ cup sugar
- ½ tsp baking powder
- ¼ tsp salt
- ½ cup mini semi-sweet chocolate chips

DIRECTIONS

- **Preheat cake pop machine.**
- **Make black beans batter:** Drain and rinse can of beans. Mash the bean well with fork and add to large mixing bowl with all wet ingredients. Whisk until smooth. Measure and mix remaining ingredients into bowl. Gently fold in chocolate chips.
- **Cook brownies:** Spray the heated cake pop machine well with nonstick cooking spray. Spoon 1 tablespoon of batter into each well of the cake pop machine. Cook in batches for 5-6 minutes.
- **Make whipped cream:** Combine whipped cream ingredients in a large bowl. Using a hand-held mixer, beat the ingredients together, starting on low speed and increasing to high slowly as it begins to firm up. Beat for 60-90 seconds until stiff peaks form.
- **Assembly:** Dice strawberries and crumble up brownies. Layer brownie, strawberries, and whipped cream in a cup.



BLACK BEANS TACO WITH HOMEMADE TORTILLAS

INGREDIENTS

Toppings:

1 bunch cilantro
Salsa (leftover from filling)
1, 8 oz bag shredded Mexican cheese
3 avocado's
2 limes

1 can of non-stick cooking spray

Tortillas: (Per person)

$\frac{1}{3}$ cup flour
1.5 tsp olive oil
2 tbsp water
Pinch salt

Filling

2, 15 oz cans black beans, drained and rinsed
1 large white onion
2-3 tbsp olive oil
1 tbsp taco seasoning
2 garlic cloves
 $\frac{1}{2}$ cup mild salsa
 $\frac{1}{2}$ tsp salt

DIRECTIONS

- **Make the tortillas:** Mix the dry ingredients and then add water and oil. Use fork to gently mix all ingredients together until a shaggy dough is formed. Emptying dough onto a cutting board (lightly dusted with flour) and using hands to gently incorporate into a ball of dough. Knead the dough until smooth, adding more flour if sticky. Approx 2-3 minutes. Set dough aside (uncovered) to rest for approx. 10-15 minutes.
- **Make filling:** In a frying pan, to medium heat add 2-3 tablespoons of olive oil. Add all diced onion to frying pan with $\frac{1}{2}$ tsp salt, saute for 5-8 minutes until softened and slightly caramelized.
- Add garlic to frying pan and sautees for 30 seconds before adding black beans and 1 tbsp taco seasoning. Add more olive oil if needed. Saute black beans for 5 minutes until heated through. Turn off heat and mix in \sim $\frac{1}{2}$ cup salsa. Leave covered in the pan until ready to divide and use.
- **Shape and roll tortillas:** Break ball of dough in half and lightly dust cutting board with flour. Then use a rolling pin to roll out one dough ball into a thin circle
- **Cook tortillas:** Heat griddle to medium heat and spray with non-stick spray. Cook tortillas for approx 2 minutes per side, until golden brown and slightly puffy. If browning too fast, turn the heat down slightly.
- **Assembly:** Peel and mash your avocado and add lime and salt. Fill your tortillas with black bean filling, guacamole, salsa, cilantro, and cheese.



CHOCOLATE ZUCCHINI CUPCAKES

INGREDIENTS

Frosting:

2 cups unsalted butter, softened (4 sticks)
6 cups powdered sugar
1 cup unsweetened cocoa powder
6 to 8 tablespoons milk
4 tsp vanilla extract
1/2 tsp salt

Per person (2 cupcakes):

3 tbsp of shredded zucchini
3 tbsp sugar
1 tbsp egg white
1/8 tsp vanilla
1 tbsp vegetable oil
3 tbsp of flour
1 tbsp cocoa powder
1/8 tsp baking soda

DIRECTIONS

- **Prep the zucchini:** Shred the zucchini, squeeze the moisture out using a paper towel, and put it in the big bowl.
- **Make batter:** In the separate bowl add 3 tbsp zucchini, 3 tbsp sugar, 1 tbsp egg white, 1/8 tsp vanilla, 1 tbsp vegetable oil, 3 tbsp of flour, 1 tbsp of cocoa powder, 1/8 tsp baking soda and mix the ingredients together.
- Fill each cupcake liner with half of the batter.
- **Cook cupcakes:** Cook cupcakes using the cupcake pop machine for 18 minutes
- **Make frosting:** Add the frosting ingredients to a large bowl.
- Use a hand mixer to mix all the ingredients together, will take a few minutes on high speed until fluffy and smooth.
- **Assembly:** Cupcakes must be cool before frosting. Divide out the frosting into 12.



FETTUCCINE AND MUSHROOM SAUCE

INGREDIENTS

Pasta (per person)

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

1, 8 oz parmesan shaker

Mushroom Sauce

- 1 small onion
- 2 tbsp butter
- 1 tbsp olive oil
- 12-14 oz sliced button mushrooms
- 2 cloves garlic
- 1 tsp italian seasoning
- 1.5 cups vegetable broth
- ½ cup heavy cream
- 1.5 tbsp cornstarch
- Salt to taste

DIRECTIONS

Step 1: Make pasta dough:

- In the mixing bowl, mix together flour and salt using fork. Make a well in the center of the bowl, pushing the flour to the side. In another bowl, separate egg yolk from white (discard egg white). In the well, add olive oil, and egg yolk. Scramble the egg 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 a Ziploc to rest for 30 minutes

- Make a mushroom sauce:** Dice onion and mushrooms. and set aside. Mince garlic and set aside. Melt 2 tbsp butter in skillet over medium high heat then add olive oil, diced onion, mushrooms and Italian seasoning. Sautee until softened and slightly caramelized then add garlic and cook for 1 minute. Add broth and cream and reduce heat to low to simmer

Step 3: Roll up and shape the pasta:

- 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 When dough is rolled large and thin, use a knife to cut into long, thin noodles

Step 4: Cook the fettuccine & serve

- 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. Strain the pasta directly into the mushroom sauce to prevent noodles from sticking together
- Serve with optional parmesan.



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. Mix all together until combined and sticky.
- **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.



SUNDRIED TOMATO MOZZARELLA FLATBREADS

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

Filling (per person)

2 tbsp chopped sundried tomatoes
3 tbsp ricotta
¼ cup shredded mozzarella
1 tbsp parmesan
½ tsp Italian seasoning
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 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:** Cut sundried tomato into small pieces. Add chopped tomato and remaining filling ingredients into a bowl. Mix together and set aside.
- **Roll out & shape the dough:** After dough has risen, sprinkle cutting board with flour. Roll out dough to make a large, wide square.
- **Assembly:** Spread filling in the center of the square (not close to the edges) and “paint” with water around the edges of the dough and fold to seal the filling
- **Cook flatbread:** Heat the griddle to ~350F. Spray with non-stick cooking spray and cook flatbread for about 10 minutes on one side and 5-10 minutes on second side (turn down to 300F if browning too soon).



BROWNIE JAM BITES

INGREDIENTS

Brownie (per person - makes 2)

2 1/2 Tablespoons unsalted butter, melted
1/4 cup light brown sugar, packed
1 large egg yolk
1/4 teaspoon vanilla extract
3 Tablespoons cocoa powder
1 Tablespoon all-purpose flour
pinch of salt
1 Tablespoon mini chocolate chips

Raspberry Chia Jam:(per person)

1/4 cup raspberries (frozen)
1 teaspoon chia seeds
1 tsp sugar

Whipped Cream:

1 pint (2 cup) heavy whipping cream
1/2 cup powdered sugar
1 tsp vanilla

DIRECTIONS

- **Make batter:** Measure 2.5 tablespoons of melted butter into their bowl. Add brown sugar and mix well until sugar has dissolved. Set aside.
- Separate egg yolk from the white. Place egg yolk into the bowl with melted butter and brown sugar, add vanilla. Mix with a spoon/fork well and until the mixture lightens in color slightly. Add in cocoa powder, flour, and salt. Use a spoon to fold together until no streaks of flour remain. Add the chocolate chips and fold to distribute. Divide batter between 2 silicone molds.
- **Bake brownie:** Bake brownies in batches until a fork inserted comes out clean, approx 15 mins.
- **Make whipped cream:** While the brownies are baking, combine whipped cream ingredients in a large bowl. Using an electric mixer, beat the ingredients together, starting on low speed and increasing to high slowly as it begins to firm up. Mix until stiff peaks form
- **Make chia seed jam:** Mash raspberries using fork until liquid. Add the remaining jam ingredients and mix everything together. Set aside.
- **Assembly:** Once brownies are cooled, either spread raspberry jam on top or use a spoon to scoop out a hole and fill it with jam, then top with whipped cream.



APPLE CHEESECAKE EGGROLLS

INGREDIENTS

2 packages rice paper wrappers
Non stick spray

1 box graham crackers

Filling:

8 large apples (peeled)

7 tablespoons butter

2 teaspoon lemon juice

1 cup granulated sugar

1 ½ teaspoons cinnamon

2, 8 oz cream cheese

DIRECTIONS

- **Make filling:** Rinse and peel apples. Cut them into small chunks. Melt butter in saucepan over low/medium heat and add the apples. Measure out lemon juice, sugar and cinnamon to add to the mixture. Cook, stirring frequently, until apples are softened (approx. 10 mins).
- While apples are cooking, use electric mixer to beat the cream cheese in a large bowl until smooth.
- Gently mix the apples and cream cheese together using a spoon
- **Crush graham cracker inside Ziploc bag.**
- **Assembly eggrolls:** 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. 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).
- **Cook eggrolls:** Heats griddle to 400F. Spray with non stick spray and cook for approx. 5-6 minutes per side or until golden brown and crispy.



WONTON QUICHE CUPS

INGREDIENTS

Wonton Dough:

- 4 cups flour
- 3 eggs
- 1 tsp salt
- 1 cup + extra ¼ cup cold water if needed

Filling:

- 1 egg per child
- ~1 tbsp cheese
- ½ tbsp of milk
- 1 Tbsp shredded spinach
- 1 tbsp of chopped broccoli

DIRECTIONS

- **Make dough:** In a large bowl mix together the flour, salt and eggs. Add 1 cup of water and mix with a spatula, will be very thick but should come together as a thick dough. Slowly add more water until the dough comes together and there is no flour left at the bottom of the bowl. Dough should be tacky to touch. You may not need to add all the water. Set aside and rest for 10 minutes.
- **Chop broccoli:** While dough is resting, chop broccoli into small pieces (size of peas) and shred spinach, either using hands or knife.
- **Knead the dough:** Divide dough as evenly as possible and knead for 10 minutes. Place dough in Ziploc bags to rest for 30 minutes at room temp.
- **Make filling:** While dough rests, crack egg into a bowl and whisk it together. Add ½ tbsp of milk, ¼ tsp of salt and pepper. Mix well.
- **Roll out & shape the dough:** Roll out into a large square and trim the edges then use knife to cut into 4 equal squares. Cut square in half lengthways. Place two rectangles in each of the silicone liners, draped as an X. Once the wonton wrappers are in the cups, divide egg mixture between the two cups as evenly as possible.
- **Cook wonton quiches:** Preheat cupcake machine. Cook the quiche cups for 14 minutes.



MOZZARELLA BREADTICKS

INGREDIENTS

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

Dipping: Marinara sauce (use leftovers from the week)

Dough (per person):

$\frac{1}{3}$ cup + 1 tbsp flour
2.5 tbsp water (warm)
 $\frac{1}{2}$ tsp sugar
 $\frac{1}{2}$ tsp yeast
 $\frac{1}{2}$ 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 cheese stick 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.

