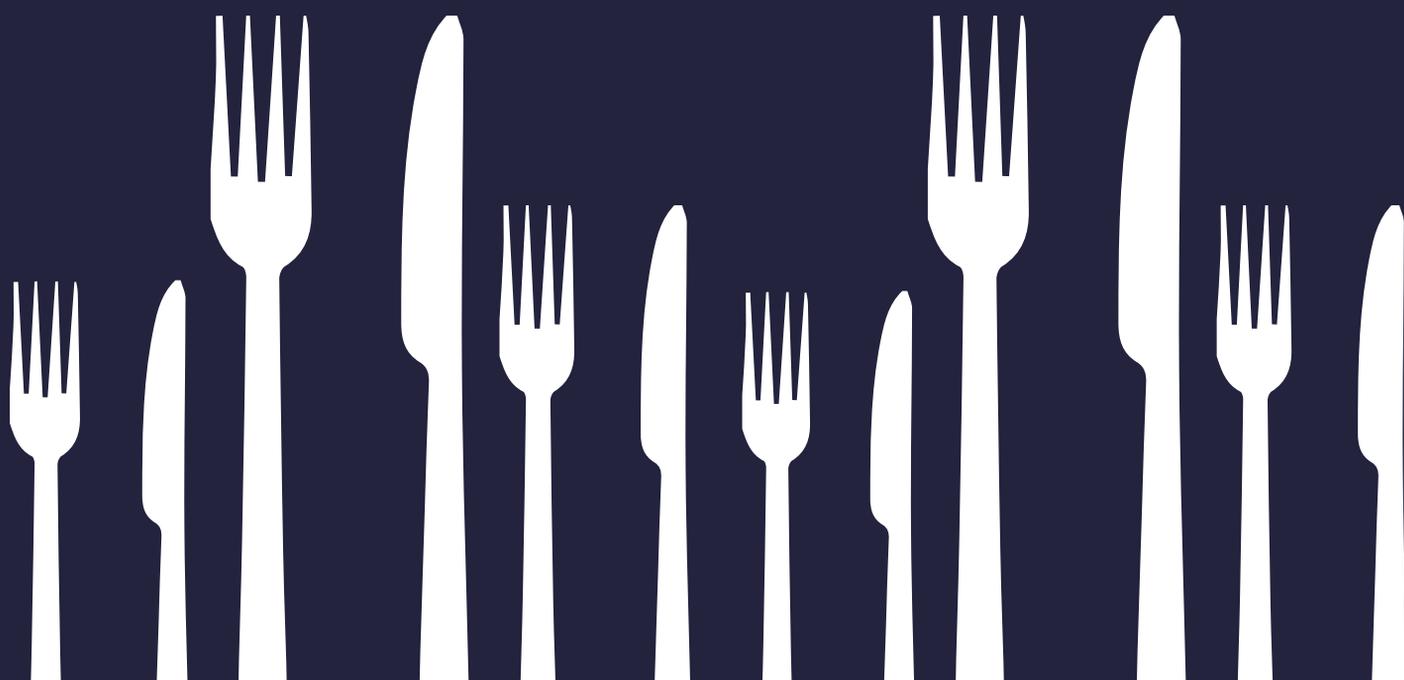


# COOKING CLUB RECIPE BOOK

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PREPARE, COOK, AND ENJOY



# 5-Minute Banana Smoothie

## Ingredients:

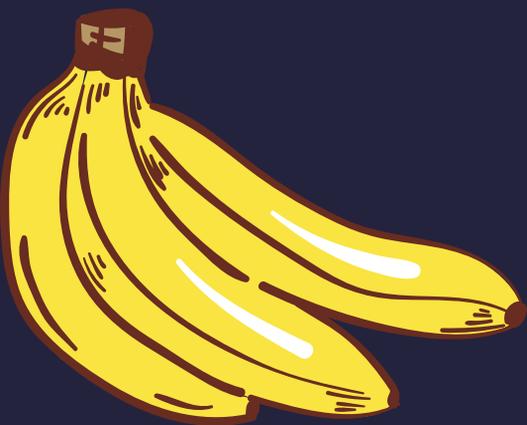
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- 1 banana
- 1/2 orange, peeled and quartered
- 1/3 cup Greek yogurt
- 1/4 cup water or milk (dairy or non-dairy)
- 1-2 teaspoons honey, optional

## Directions:

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1. Roughly chop banana and orange quarters then add to a blender.
2. Top with yogurt and the water (or milk).
3. Turn blender on and blend until creamy and smooth.
4. Taste then adjust with honey if needed.



# Quick and Easy French Toast

## Ingredients

- 1 egg
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup milk
- 4 slices of bread

## Directions

1. Beat egg, vanilla and cinnamon in shallow dish. Stir in milk.
2. Dip bread in egg mixture, turning to coat both sides evenly.
3. Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides. Serve with Easy Spiced Syrup (recipe follows), if desired.
4. Easy Spiced Syrup: Add 1 teaspoon Pure Vanilla Extract and 1/4 teaspoon Ground Cinnamon to 1 cup pancake syrup; stir well to mix. Serve warm, if desired.



# Scrambled Eggs in a Mug



## Ingredients

1 egg

1 tablespoon milk

1 pinch ground black  
pepper

## Directions

1. Crack egg into a microwave-safe mug; beat until even in color.
2. Pour in milk and beat until light yellow in color.
3. Heat in microwave until cooked through and fluffy, about 90 seconds. Sprinkle pepper over egg.



# Peanut Butter Cookie in a Mug

## Ingredients

- 1 tablespoon butter
- 1 tablespoon peanut butter
- 1 tablespoon brown sugar
- 1 tablespoon white sugar
- 1 pinch salt
- 1 egg
- 3 tablespoons all purpose flour



## Directions

1. Place butter and peanut butter in a microwave-safe mug.
2. Microwave until butter and peanut butter are melted, about 30 seconds.
3. Stir brown sugar, white sugar, and salt into butter mixture. Add egg; stir flour into mixture.
4. Cook in the microwave until cookie is set, 2 to 4 minutes.



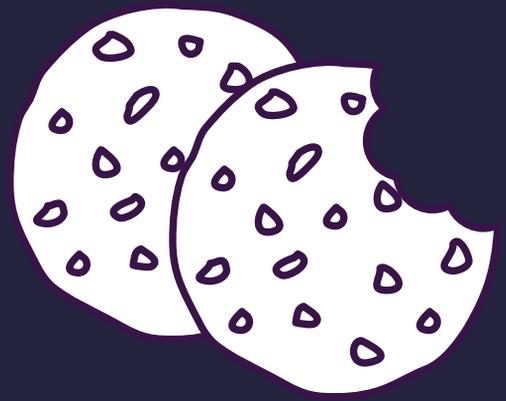
# Easy Sugar Cookies

## Ingredients

- 2 3/4 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 cup butter, softened
- 1 1/2 cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

## Directions

1. Preheat oven to 375 degrees F.
2. In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
3. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.
4. Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.



# Banana Bread

## Part 1

### Ingredients

- 1/2 cup butter, melted
- 2 eggs
- 1 1/2 teaspoons soda
- 2 cups sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 204 ripe bananas
- 2 cups milk
- 3 cups all-purpose flour

### Directions

1. Mix the first six ingredients together.
2. Mash the bananas and beat into the first mixture. Batter will be thin.
3. Alternatively add flour and milk.
4. Pour into 3 greased loaf pans



From newspaper clipping

# Banana Bread

## Part 2

### Topping Ingredients

1/2 cup brown sugar

1/2 cup flour

1 1/2 tablespoons melted butter

Nuts (optional)

### Topping Directions

1. Mix together topping ingredients.
2. Sprinkle over loaves.
3. Bake at 350 degrees for 50-60 minutes.
4. Yield: 3 loaves.



From newspaper clipping

# Banana Muffins

## Ingredients

- 1 1/2 cups of all purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 large bananas, mashed
- 3/4 cups white sugar
- 1 egg
- 1/3 cup butter, melted



## Directions

1. Preheat oven to 350 degrees F .Coat muffin pans with non-stick spray, or use paper liners.
2. Sift together the flour, baking powder, baking soda, and salt; set aside
3. Combine bananas, sugar, egg, and melted butter in a large bowl.
4. Fold in flour mixture, and mix until smooth.
5. Scoop into muffin pans
6. Bake in preheated oven. Bake mini muffins for 10 to 15 minutes, and large muffins for 25 to 30 minutes. Muffins will spring back when lightly tapped.

# Grilled Cheese and Peanut Butter Sandwich

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## Ingredients

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- 2 slices of bread
- 2 tablespoons of peanutbutter
- 1 slice cheddar cheese
- 2 teaspoons butter or margarine



## Directions

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1. Heat a skillet over medium heat.
2. Spread peanut butter on one slice of bread, lay a slice of cheese over the peanut butter, and top with the remaining slice of bread.
3. Spread butter on the outer sides of the sandwich, and place in the hot skillet.
4. Fry on each side until golden brown and cheese is melted, 3 to 5 minutes

# Bisquick Pancakes



## Ingredients

- 2 cups original Bisquick Mix
- 1 cup milk
- 2 eggs

## Directions

1. Stir ingredients until blended.
2. Pour slightly less than 1/4 cupfuls Onto hot greased griddle.
3. Cook until edges are dry. Turn; cook until golden.

\*for thinner pancakes, increase milk to 1 1/2 cups.

# Dairy-free Strawberry Smoothie

## Ingredients

8 medium frozen strawberries  
1/2 cup almond milk or soy milk  
1/2 cup plain dairy free yogurt  
3 tablespoons white sugar  
2 teaspoons vanilla extract

\*ice cubes are optional

## Directions

1. Put all ingredients in a blender. and blend
2. Enjoy



# Breakfast Scramble

## Ingredients

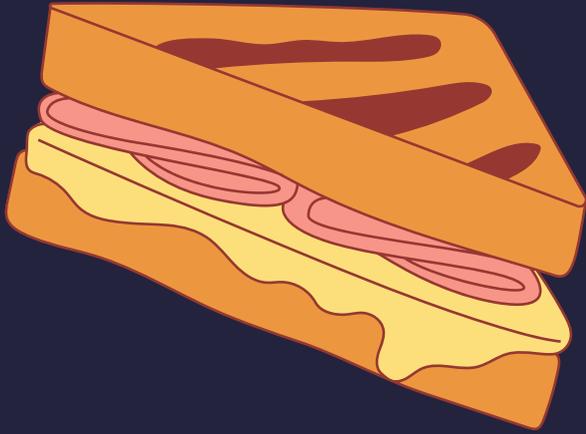
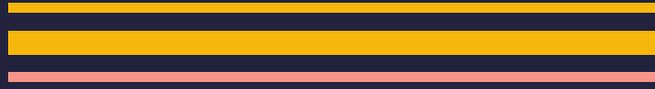
- 2 large eggs
- 1 cup spinach
- 1 cup mushrooms
- 2-3 teaspoons of olive oil



## Directions

1. Wash your spinach and mushrooms and set aside.
2. Slice mushrooms into bite sized pieces and set aside.
3. In a small bowl scramble the eggs and set aside.
4. Heat skillet/pan on medium heat on the stove. Place olive oil in skillet.
5. Place mushrooms in skillet and cook for about 2 minutes. Stir often.
6. Add spinach to skillet and cook for about 2-3 minutes.
7. Once veggies are cooked, add egg mixture to the skillet. Stir and flip egg and veggies so the egg is cooked.
8. Once cooked through, place on plate and enjoy.

# Rueben Sandwiches



## Ingredients

Butter

Rye Bread

Corned Beef Meat

Swiss Cheese

Sauerkraut

Thousand Island Dressing

## Directions

1. Wash your hands.
2. Gather ingredients.
3. Take out a flat gristle or electric skillet.
4. Butter outside of 2 slices of bread. (per sandwich)
5. Put 1 slice of buttered bread down on the skillet.
6. Layer meat and cheese and well as sauerkraut. Spread inside (non-butter) side of bread with Thousand Island Dressing.
7. Place buttered side of bread on outside of sandwich and begin to toast.
8. Toast on medium heat until crispy on the outside, about 7-10 minutes.
9. Remove from griddle, slice, and Enjoy!

# Peanut Butter Banana Smoothie

## Ingredients

1 cup almond milk or soy milk

1 medium sized banana

2-4 tablespoons of creamy peanut butter

1/4 cup old fashioned oats

## Directions

1. Place ingredients in a blender.
2. If there is a setting on the blender to “chop” or “grind” choose this for 10 seconds.
3. If there is only a setting to “blend” choose this and do it for 30-60 seconds until you have the consistency you want.
4. Pour into glass and enjoy.



# French Toast & Breakfast Links

## Part 1



## Ingredients

- 1 egg
- 1/2 teaspoon cinnamon (optional)
- 1/3 cup low-fat milk
- 1 teaspoon soft-tub margarine
- 2 slices of whole wheat bread
- 2 vegetarian or low-fat turkey breakfast links

## Directions

For Breakfast Links:

1. Wash your hands.
2. Place 2 links on microwave plate. Cover with paper towel.
3. Microwave on HIGH POWER for 45 seconds. With fork, turn links over. Microwave on HIGH for 30 seconds.

# French Toast & Breakfast Links

## Part 2



## Directions

For French Toast:

1. Wash your hands.
2. Break egg in mixing bowl. throw shells in trash.
3. Use fork to mix egg to make bubbles on top. Measure and add cinnamon if desired. Mix well.
4. Measure milk. Add to egg. Beat well.
5. Pour egg-milk mixture into pie plate.
6. Place skillet to stove. Melt margarine in skillet on LOW heat.
7. Place a slice of bread in pie plate to soak up egg-milk mixture.
8. Turn slice of bread over to other side.
9. Use turner to lift bread into skillet.
10. Cook each side for 3-5 minutes on MEDIUM heat. Repeat with second slice of bread. Turn off stove.
11. Serve with links and ENJOY!

# Homemade Sloppy Joes

## Ingredients

1/4 yellow onion, finely chopped  
1 garlic clove, minced  
1 t. Olive oil  
Ketchup  
Brown sugar  
2 lbs ground beef  
Mustard



## Directions

1. Turn stove on to medium heat. Place pan on stove.
2. Sauté onion and garlic in oil.
3. Add your ground beef.
4. Once cooked mix in all the reaming ingredients.
5. Put in to buns.

# Sloppy Joe Squares

## Ingredients

- 1 pound of ground turkey
- 1 can of sloppy joe sauce
- 2 cans of dinner rolls
- 2 cups shredded Cheddar cheese



## Directions

1. Wash your hands.
2. Get all ingredients together.
3. Preheat oven to 350 degrees.
4. Unroll 1 can of the dinner rolls into a 13x9 baking dish.
5. Press the dinner rolls into the bottom of the pan and a little up the sides.
6. In a frying pan, cook the turkey over medium heat for 8-10 minutes until cooked.
7. Drain the meat and stir in the sloppy joe sauce.
8. Spread the meat mix over the dough.
9. Sprinkle with cheese.
10. Unroll the 2nd can of dinner rolls and flatten them out.
11. Lay dinner rolls on top of the cheese.
12. Bake in the oven for 30 minutes until golden brown.
13. Cut into squares, serve, and enjoy!

# Pork Chop Apple Bake

## Ingredients:

Olive Oil

Boneless pork chops

Whole grain croutons

Parsley flakes

Dash of pepper

Chopped Onion

Medium Apples

Non-stick cooking spray

## Directions:

1. Wash your hands

2. Gather my ingredients

3. Preheat oven to 375 degrees.

4. Put oil in the skillet and then put the pork chops into the skillet.

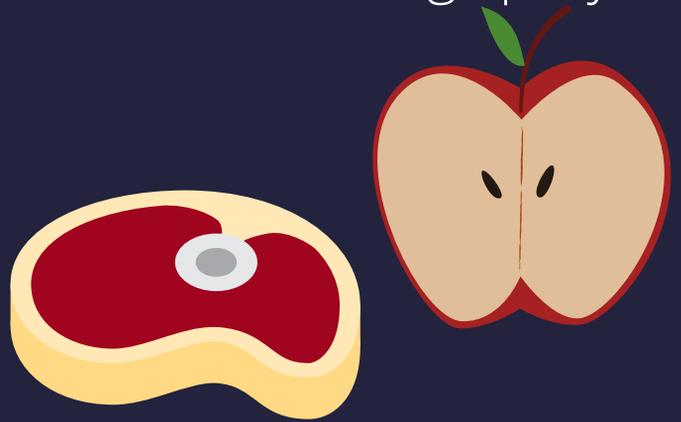
5. Cook the chops on medium heat and brown on both sides.

6. Spray baking dish with cooking spray and then lay the pork chops into the baking pan.

7. Put the parsley, pepper, onions and croutons on tops of the porch chops.

8. On a cutting board cut the apples into wedges and lay them on top of the pork chops in the baking dish.

9. Cover with aluminum foil and bake for 40 minutes. Remove from the oven. Serve and ENJOY!



# Creamed Chicken Over Rice

## Part 1

### Ingredients:

Celery

Chopped Onion

Boneless skinless Chicken

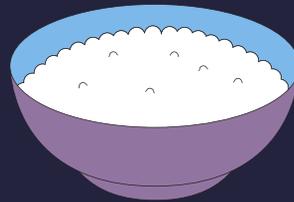
Breasts

Cream of Mushroom soup

Instant Brown Rice

Green onions, chopped

Olive Oil



### Directions:

1. Wash your hands. Gather your ingredients.
2. Wash the celery stalks. Cut with a knife on a cutting board and set aside in a small bowl.
3. Cut onion into a small dice and set aside in the bowl with the celery.
4. Open the chicken, cut the pieces into long thin strips, and then into small bite size pieces.

Directions continue on next page

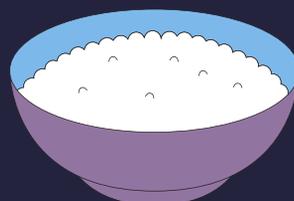
# Creamed Chicken Over Rice

## Part 2

### Directions

### Continued:

5. Put oil into the frying pan and cook the chicken about 7 minutes.
6. Add the celery and onion mixture to the chicken and cook it another 7 minutes until it is no longer pink in the middle.
7. Add the soup to the frying pan and mix well. Cover skillet and turn heat to LOW and cook another 15 minutes.
8. While the chicken is cooking cook the brown rice according to the box instructions.
9. To plate: put rice down in the middle and then spoon creamed chicken mixture over this and garnish with green onions. Serve and ENJOY!



# Mashed Potatoes & Carrots

## Ingredients

- 2 small whole potatoes (canned)
- 4 small baby carrots
- 2 tablespoons skim milk
- ¼ teaspoon dill weed
- ¼ teaspoon onion powder



## Directions

1. Wash your hands
2. Gather your ingredients
3. Put the potatoes into a microwave safe bowl and refrigerate any other leftover potatoes.
4. Add carrots to the bowl with the potatoes.
5. Cover with plastic wrap and microwave for 3-4 minutes.
6. Remove from microwave and mash carrots and potatoes with a fork.
7. Add remaining ingredients and then mash the mixture again.
8. Cover with plastic wrap and microwave for another 30 seconds.
9. Remove from microwave; mix well. Serve and ENJOY!



# Chicken Wraps



## Ingredients

1 ½ cups shredded cheddar cheese

Flour tortillas

Lettuce Leaves

Roma Tomatoes, cut thinly into slices

12 oz. smoked chicken breast

1 cup shredded carrots

Ranch Dressing

## Directions

1. Wash your hands
2. Gather your ingredients
3. Lay tortillas out flat on your table
4. Sprinkle cheese on each tortilla
5. Layer lettuce and tomato slices onto each tortilla
6. Add chicken and carrots onto the tortilla
7. Add 2 Tbsp. Ranch dressing over each wrap
8. Roll up tightly and serve. Enjoy!

# Cream Cheese and Spinach Stuffed Chicken Breast

## Part 1

### Ingredients

- 4 chicken breasts
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon paprika
- 1 teaspoon salt, divided
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 4 ounces cream cheese, softened
- ¼ cup grated Parmesan
- 2 tablespoons mayonnaise
- 1 ½ cups chopped fresh spinach
- 1 teaspoon garlic, minced



# **Cream Cheese and Spinach Stuffed Chicken Breast**

## **Part 2**

### **Directions**

1. Wash your hands and preheat the oven to 350 degrees
2. Gather your ingredients
3. Cut a slit into your chicken breast that goes almost all the way through the breast but do not cut all the way through. You are making a pocket for the stuffing to fit.
4. Mix the cream cheese, spinach, parmesan, mayonnaise, garlic and other seasonings into a bowl until everything is combined.
5. Stuff the cream cheese mixture into each of the chicken breast and then place chicken breasts into a greased 13x9 baking dish.
6. Season the outside of the chicken breast with salt, pepper and paprika.
7. Bake in the oven at 350 degrees for 20-30 minutes or until chicken is no longer pink in the center
8. Let chicken rest for 5 minutes. Serve and enjoy!

# Pineapple Ginger Chops



## Ingredients



1 can pineapple tidbits

Orange Juice

Ground ginger

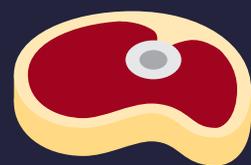
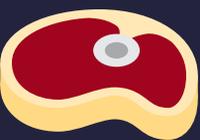
Cornstarch

Bone-in Pork chops

Salt and Pepper

Butter

Water



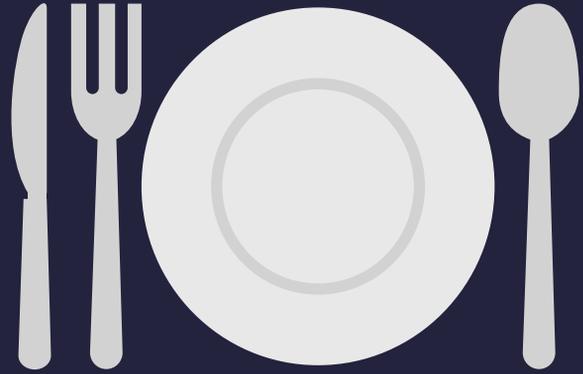
## Directions

1. Wash your hands. Gather your ingredients.
2. Drain pineapple and reserve the juice, set aside
3. Combine salt, pepper and ginger and rub both sides of the pork chops
4. In a skillet brown the pork chops in butter 2-3 minutes on each side
5. Add the orange juice and the pineapple juice to the skillet. Bring to a boil
6. Reduce the heat on the skillet and cover. Simmer for about 15-20 minutes
7. Remove pork chops and set aside.
8. In a small bowl combine the cornstarch and the water and stir this into the juices in the skillet.
9. Bring to a boil, cook and stir for another 2 minutes or until it becomes thick.
10. Serve sauce over the pork chops. ENJOY!

# Hawaiian Turkey Meat Loaf

## Ingredients

- 2 lbs. Ground Turkey
- 1 cup breadcrumbs
- Barbecue sauce
- Fresh Parsley
- 1 egg, beaten
- 1 tsp. ground ginger
- 20 oz. pineapple slices, drained



## Directions

1. Wash your hands. Gather your ingredients.
2. Preheat oven to 350 degrees.
3. Combine all ingredients (except the pineapple and the barbecue sauce) and then season mixture with salt and pepper.
4. Press the meat mixture into a loaf pan and then place it on top of a baking sheet.
5. Brush top of the meat loaf with  $\frac{1}{4}$  cup barbecue sauce and then place pineapple rings on top of the meatloaf.
6. Bake for 1 hour. Remove from oven and brush remaining barbecue sauce on the loaf and bake for another 15 minutes.
7. Remove carefully from oven, slice and serve. ENJOY!

# Apricot Curry Chicken

## Ingredients

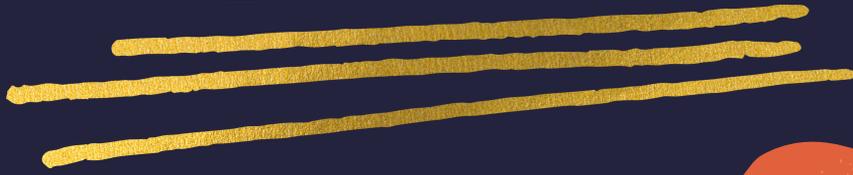
Boneless Chicken Breast  
6 ounces low-fat plain yogurt  
3 Tablespoons low-sugar apricot jam  
¼ teaspoon curry powder  
Nonstick cooking spray



## Directions

1. Wash your hands. Gather your ingredients.
2. Preheat oven to 350 degrees. Spray baking dish with cooking spray.
3. Take chicken out of wrapper and place in the baking dish. ALWAYS BE SURE TO WASH YOUR HANDS AFTER HANDLING RAW CHICKEN.
4. Cover baking dish with aluminum foil and put in oven. Set timer for 45 minutes.
5. Measure the yogurt, jam and curry powder and add them to a small bowl. Mix well. Set aside.
6. After the chicken has cooked, remove it from the oven and pour the sauce on top of each piece.
7. Put the chicken back in the oven, uncovered, and cook for another 5 minutes.
8. Remove chicken from the oven. Serve and ENJOY!

# BBQ Chicken



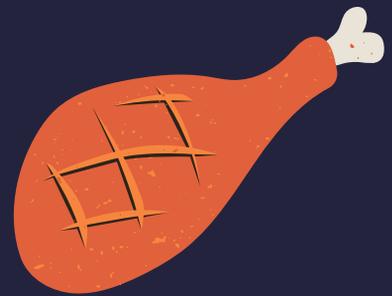
## Ingredients

Boneless skinless chicken breast  
Sliced Cheese (of your choice)  
1 cup BBQ sauce



## Directions

1. Wash your hands
2. Gather your ingredients
3. Carefully take a knife and slice a pocket into each chicken breast.
4. Fill each pocket in the chicken with sliced cheese.
5. Secure the meat inside tinfoil formed into a packet.
6. Grill the chicken over medium heat for 6-8 minutes on each side.
7. Once grilled open up the tinfoil pouch and baste with BBQ sauce and grill for another five minutes.
8. Remove chicken from tinfoil pouch. Serve and ENJOY!



# Dressed Up Steak

## Ingredients

Olive Oil  
Minced Garlic  
Dried Oregano  
Salt and Pepper  
Sirloin Steaks  
Catalina salad dressing



## Directions

1. Wash your hands
2. Gather your ingredients
3. In a small bowl, combine the oil, garlic, oregano and pepper.
4. Rub spice mixture over both sides of steaks, and then brush the steaks with  $\frac{1}{4}$ -cup salad dressing.
5. Place steaks on a broiler pan and broil 4 inches from the heat for 5-6 minutes on each side.
6. Serve steaks with remaining dressing. ENJOY!

# Creamy Parmesan Pork Chops

## Ingredients

Pork Chops

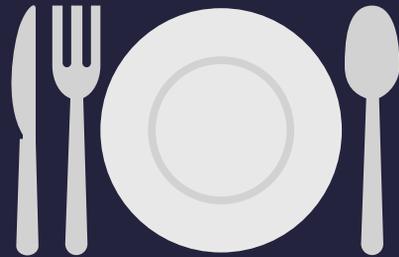
Butter

Minced Garlic

Heavy Cream

Flour

Grated Parmesan



## Directions

1. Wash your hands. Gather your ingredients.
2. Heat large skillet and allow butter to melt.
3. Season pork chops as desired.
4. Let pork chops cook for about 2-3 minutes and turn to other side. Cook this side for another 2-3 minutes. Remove the pork chops to a plate and keep them warm.
5. Heat pan to medium heat. Add the garlic and allow it to cook for one minute.
6. Add in the flour and cream and stir quickly to combine. Bring to a boil and then reduce to simmer. Simmer for about 2 minutes to thicken.
7. Add in the parmesan and then stir fully to combine. Add the pork chops back to the pan and coat with the sauce. Serve and ENJOY!

# Easy Cheese Quesadillas

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## Ingredients

Tortillas

Cheese (of your choice)

Non-stick cooking spray



## Directions

1. Wash your hands
2. Gather your ingredients
3. Preheat oven to 325 degrees
4. Spray cookie sheet with non-stick spray and lay tortillas across the sheet tray.
5. Measure out 1/3 cup of shredded cheese and spread evenly across each tortilla.
6. Lay another tortilla on top of the cheese tortilla and press lightly to seal closed.
7. Place cookie sheet in the oven and bake for 10-12 minutes or until bubbly and melted.
8. Remove from the oven, slice like a pizza and serve. ENJOY!



# Lunch Sandwich

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## Part 1

### Ingredients

2 pieces of bread

1 tablespoon of sriracha mayo  
or sauce of choice like mustard

1/2 cup of arugala or spinach

1 slice of cheese

1/2 of an avocado

Salt



**Directions on next page.**

# Lunch Sandwich Part 2

1. Wash your hands. Gather your ingredients.
2. Toast bread in toaster at whatever level you prefer. Take the toast and set the pieces side by side.
3. Use a cutting board and knife to slice the avocado in half. Then take one half of the avocado and slice out pieces or scoop out the avocado. Put the other half of avocado in storage container and put in refrigerator. You can use it for another day or recipe.
4. Take the avocado and mash it using a fork. Once mashed, spread the avocado on one piece of toast. Sprinkle salt to taste on top of mashed avocado.
5. Take your ½ cup of arugula or spinach and rinse it. Make sure to get all of the excess water off. Place the arugula or spinach on top of the mashed avocado.
6. Place one slice of cheese on top of the arugula.
7. On the plain piece of toast, spread about 1 tablespoon of sandwich sauce.
8. Take the piece of toast with the sauce side down on top of the toast with avocado, arugula or spinach, and cheese.
9. Enjoy!

# Chicken Breast Cacciatore Part 1

## Ingredients

8 oz. Tomato sauce

Italian Seasoning

¼ teaspoon garlic powder

½ cup breadcrumbs

¼ cup grated parmesan cheese

1 teaspoon parsley flakes

1 egg

6 boneless skinless chicken breast

2/3 cup shredded mozzarella cheese



# Chicken Breast Cacciatore Part 2

## Directions



1. Wash your hands
2. Gather your ingredients
3. In a small pan, combine the tomato sauce, Italian season, and garlic powder. Turn on low heat and simmer.
4. In a shallow bowl beat the egg up and set aside.
5. In another shallow bowl mix the bread crumbs, parmesan cheese, and parsley flakes.
6. Take your chicken breast, dip it into the egg mixture, and coat well. Make sure to shake off excess egg.
7. Next, take the chicken breast and coat it in the bread crumb mixture.
8. Set the prepared chicken breasts into a greased baking dish and bake at 350 degrees for 20 minutes.
9. Remove the chicken and spread the tomato sauce mixture over the chicken breasts and continue to cook for another 10-15 minutes depending on the size of your chicken breast.
10. Remove from oven. Serve and ENJOY!

# Buffalo Chicken Dip Part 1

## Ingredients

1 tablespoon unsalted butter

2 teaspoons minced garlic

2 cups cooked chicken shredded

1/2 cup Frank's Original Red Hot Sauce

8 oz (250g) g block cream cheese, softened

1/2 cup sour cream

1/2 cup white Cheddar cheese freshly shredded

1/4 cup American cheddar freshly shredded

1/4 cup crumbled blue cheese (optional to serve)

2 teaspoons green onions, sliced ( or chives)

Celery sticks carrot sticks, tortilla chips, crusty bread pieces, potato chips, for serving



# Buffalo Chicken Dip Part 2

## Directions

1. Wash your hands
2. Gather your ingredients
3. Preheat oven to 375 degrees
4. In an 8-inch cast-iron skillet (or an ovenproof pan), melt the butter over medium-high heat. Sauté garlic until fragrant or 30 seconds. Add the chicken and hot sauce and simmer until sauce has thickened and reduced by half (about 2 minutes).
5. Reduce heat to low and stir in cream cheese; mix until combined. Take off heat, stir through sour cream and top with both cheddar cheeses over the top.
6. Bake until bubbling around the edges and the cheese has melted (about 10 minutes). Broil for a further minute to brown on top.
7. Immediately garnish with blue cheese and green onions. Serve with vegetable sticks, chips, crusty bread pieces for dipping.

