

# Stuffed Mega Meatballs - Three recipes in ONE recipe – Meatballs, Marinara Sauce and Spaghetti!

## Meatball Ingredients:

½ lb lean ground beef	1 tbsp Worcestershire Sauce
2 mild Italian sausage (removed from casing)	1 egg (share with another kitchen!)
¼ cup breadcrumbs	½ tsp salt
1 tsp Montreal Steak Spice	½ tsp pepper
2 tbsp grated Parmesan Cheese	4 wedges of laughing cow herb cheese

## Spaghetti Ingredients

Spaghetti

2 tsp salt

1. Preheat oven to 350 F.
2. In a large stock pot filled 2/3 of water add 1 tsp salt. Bring water to a boil.
3. In a large bowl, combine the ground beef, sausage meat, breadcrumbs, parmesan cheese, Worcestershire sauce, egg and spices with your hands or a fork, mixing just until blended but not overworking it, which would result in tough meatballs.
4. Cut each wedge of cheese into 3 or 4. Shape small meatballs of the mixture around each piece of cheese, pressing to seal any gaps, making smooth meatballs about the size of golf balls.
5. Cover a cookie sheet with parchment paper and evenly place the rolled meatballs on the tray. Place the tray in the oven for about 35 mins (internal temperature should be 160F, use a meat thermometer to check, there should be no PINK!)
6. Add pasta to boiled water and cook until al dente. Do not rise with water, just drain.

## Marinara Sauce Ingredients

½ 28 oz can crushed tomatoes	½ tsp dried oregano
1 ½ tsp dried basil	½ tsp white sugar
1 tbsp canola oil	½ tsp salt
½ small onion	½ pepper
2 garlic	

1. Heat the oil in a large, heavy saucepan over medium heat. Add onions and garlic and sauté until very tender, about 12 minutes.
2. Stir in tomatoes, basil, oregano, and sugar. Bring to a simmer over a medium high heat. Decrease heat to medium and continue simmering until the sauce thickens slightly, stirring occasionally, about 10 minutes. Season the sauce to taste with salt and pepper.
3. Add cooked meatballs to sauce and keep heated until ready to eat. Serve over cooked noodles.

# Corn and Salsa Tortilla Soup

## Ingredients:

4 corn or flour tortillas cut into thin strips, about 2 inches long  
2 tbsp vegetable oil  
1 medium onions, thinly sliced  
2 cloves garlic, crushed  
1/4 cup cilantro, stems and leaves, chopped  
1-14 oz can tomatoes, drained  
1 tsp ground cumin  
1/2 tsp smoked paprika  
1/2 tsp chipotle powder  
2 cups low sodium chicken stock  
1/2 cup water  
1 large skinless, boneless chicken breast, cut into small bite size pieces  
1/2 can black beans, drained and rinsed  
1 cup frozen corn  
1 tsp salt  
1/2 tsp pepper  
1/4 cup cilantro, chopped  
1 avocado, pitted, peeled and diced  
1/2 cup monterey jack cheese, grated  
1 lime, juice of

## Directions:

1. Preheat oven to Convection Bake, 400F. Line a baking sheet with parchment paper and set aside. Cut the tortillas into thin strips and place on the baking sheet. Bake until crispy and golden brown.
2. Heat 2 tbsp of the oil over medium high heat in a large soup pot. Add the onion, garlic and half of the cilantro and sauté until golden brown, about 10 minutes.
3. Add the tomatoes, chicken stock and water to the sautéed mixture. Using a hand blender, carefully blend the mixture until smooth.
4. Add the cumin, smoked paprika, chipotle and sugar to the soup mixture. Bring the mixture to a simmer, about 5 mins.
5. Add the chicken, black beans and corn and cook for about 10 minutes until chicken is fully cooked. Season with salt and pepper.
6. Ladle the soup into bowls and garnish with cilantro, avocado, cheese, fresh lime juice & tortillas.

## Chocolate Chip Cookies

125 ml	softened margarine
125 ml	brown sugar
62 ml	white sugar
1	egg
5 ml	vanilla
250 ml	flour
2 ml	baking soda
2 ml	salt
250 ml	chocolate chips

1. Preheat the oven to 375 F.
2. In a large bowl, add the margarine and sugars and cream together using a wooden spoon.
3. Add in the vanilla and the egg. Beat with wooden spoon until fluffy (about 3 mins).
4. In a separate bowl, combine the flour, baking soda and the salt.
5. Gradually add the dry ingredients to the wet ingredients and cream together until there is no sign of the dry ingredients.
6. Stir in chocolate chips.
7. Cover baking sheets with parchment paper and drop dough by spoonfuls onto baking sheet (make sure that they are equal size or they won't bake evenly).
8. Bake at 375 F for 10-12 mins or until golden brown on the edges. **DO NOT OVERBAKE!**

## Knife Skills

**Ingredients**  
3 stalks celery  
2 carrots  
4 cloves of garlic



### Directions:

1. Wash celery & carrots. Peel carrots.
2. Remove casing from each clove of garlic.
3. Cut celery and carrots in half (widthwise). ----->
4. Each person in your group needs to make the following
  - a. Celery – slice into thin “U”s, julienne into sticks and dice
  - b. Carrots – slice into thin rondelles, julienne into sticks and dice
  - c. Garlic – mince
  - d. Place everything neatly in piles on your cutting board and call Ms. Bower over to see your work.
5. Begin clean up.



## Pico de Gallo

### Ingredients

3 Roma tomatoes, diced  
1/8 white onion, finely chopped  
1/2 lime, juiced  
2 tbsp cilantro, rinsed & finely chopped  
1 clove garlic, minced  
1/3 jalapeno, minced  
salt to taste ~ 1/2 tsp  
1/2 tsp sugar, more if desired

### Directions

1. In a medium bowl, combine the above ingredients. Stir until evenly combined. Let mixture sit for 15 minutes to allow the flavor to develop.
2. Serve with tortilla chips.

# Blueberry Muffins

## Ingredients:

3 cups (375g) all-purpose flour (very careful not to overmeasure)

4 teaspoons baking powder

1/2 teaspoon salt

1 teaspoon ground cinnamon

2 eggs, room temperature preferred

1 cup (200g) granulated sugar

1 cup (240ml) buttermilk

1/2 cup (120ml) canola oil (or vegetable or melted coconut oil)

1 teaspoon vanilla extract

1 and 1/2 cups (270g) fresh or frozen blueberries

coarse sugar for sprinkling (optional)

## Directions:

1. Preheat oven to 425F degrees. Line muffin tins with muffin liners. Set aside.
2. In a large bowl, gently whisk together flour, baking powder, salt, and cinnamon. Mix until all dry ingredients are combined - a 20 second whisk to disperse everything together. Set aside.
3. In a medium bowl, whisk together eggs and sugar until combined. Mix in milk, oil, and vanilla. Mixture will be pale and yellow. Fold wet ingredients into dry ingredients using a rubber spatula and mix everything together by hand. Avoid overmixing. Gently mix until all the flour is off the bottom of the bowl and no big pockets of flour remain. The batter will be VERY thick and somewhat lumpy. Fold in the blueberries.
4. Pour batter into prepared muffin tins, filling all the way to the top. Top with a sprinkle coarse sugar, if preferred. Bake at 425F degrees for 5 minutes. Reduce oven temperature to 375 and continue to bake for 25-26 minutes until tops are lightly golden and centers appear set. Allow to cool for 10 minutes in pan before enjoying.
5. Muffins taste best fresh the same day. Store muffins at room temperature in an airtight container for up to 5 days. Muffins freeze well for up to 3 months.

# Yummy Pizza Dip

## Ingredients:

- ½ cup chopped mushrooms
- ¼ cup minced red onions
- ¼ cup thinly sliced turkey pepperoni
- ¼ tsp dried oregano
- 4 oz light ranch flavored cream cheese
- ¼ cup light sour cream
- ½ cup shredded mozzarella cheese
- ¼ cup pizza sauce
- 1 tbsp minced green onions
- 2 whole grain pitas

## Directions:

1. Preheat oven to 350 F. Line a loaf pan with parchment paper and set aside.
2. Spray a small skillet with cooking spray. Cook mushrooms, onions, turkey pepperoni, and oregano in skillet over medium heat until vegetables are softened, about 5 mins. Remove from heat and set aside.
3. In a mixer using the paddle attachment, beat together cream cheese and sour cream until smooth. Stir in shredded cheese. Spread cheese mixture evenly over the loaf pan. Spread pizza sauce over the cheese layer. Spread vegetable pepperoni mixture over the sauce. Sprinkle with green onions.
4. Bake, uncovered for 25 mins, until mixture is hot and bubbly! Let cool for 5 mins before serving (it's hot!). Serve with toasted multigrain pita wedges.
5. While the dip is baking cut your 2 pitas into 8 equal pieces each and then separate into 16 pieces. Lie evenly on a cookie sheet and bake along side the dip for the last 15 mins. Flip pitas half way through the time allotted. They should be crispy so you can dip them when they are ready.