

MAKE YOUR OWN DINNER

Fresh green beans with caramelized red onions

Skillet cauliflower mac and cheese

Stuffed summer bell peppers

Oven baked chicken tenders

Mountain of mud pies

FRESH GREEN BEANS WITH CARAMELIZED RED ONIONS

INGREDIENTS

- 2 lbs green beans, trimmed
- 2 large red onions, each cut in half, then sliced
- 2 tbsp butter
- 2 tsp fresh thyme leaves, chopped
- 2 tsp salt
- $\frac{1}{2}$ tsp ground black pepper

INSTRUCTIONS

- Fill large bowl with ice water to cool beans quickly after cooking; set aside. Heat 6- to 8-quart pot of salted water to boiling over high heat
- Add beans and cook 4 minutes or until beans are tender-crisp. With slotted spoon or sieve, transfer beans to bowl of ice water. Drain beans thoroughly.
- In nonstick skillet, combine onions, butter, thyme, $1 \frac{1}{2}$ tsp salt and $\frac{1}{2}$ tsp pepper. Cook over medium heat for 15-20 minutes or until onions start to brown, stirring occasionally.
- Reduce heat to medium-low and cook 5 to 7 minutes longer or until onions turn dark brown, stirring frequently
- Stir beans into onion mixture; heat through, stirring frequently

THINK LIKE A CHEF



SKILLET CAULIFLOWER MAC AND CHEESE

You can use any combination of colorful vegetables for this recipe. Buttery bread crumbs add crunch to the creaminess. If you like, skip the sauce and toss the pasta and veggies with extra-virgin olive oil, grated parmesan cheese, and fresh basil.

INGREDIENTS

- 1 small green zucchini, sliced
- 1 small yellow zucchini, sliced
- 2 tablespoons olive oil
- Salt and ground black pepper
- 2 Carrots, peeled and cut diagonally into thin slices
- 1 Tablespoon unsalted butter
- 1 cup dried bread crumbs
- 12 ounces Farfalle pasta
- 1 1/2 cups store-bought Alfredo sauce
- 1 cup cherry tomatoes, halved

INSTRUCTIONS

- Preheat oven to 400F degrees.
- Pile the green and yellow zucchini on a rimmed cookie sheet.
- Drizzle with 1 tablespoon of the oil, season with salt and pepper, and toss to coat. Spread the vegetables in a single layer.
- Roast, stirring halfway through, until tender, about 8 minutes.
- Remove the cookie sheet from the oven and transfer the vegetables to a large bowl.

- On the same cookie sheet, toss the carrots with the remaining 1 tablespoon oil, season with salt and pepper, and spread in single layer.
- Roast, stirring halfway through, until fork tender, about 12 minutes.
- Remove from the oven and transfer to the bowl with the zucchini.
- Set aside.
- Fill a large pot three-fourths full of water.
- Set the pot over high heat and bring the water to a boil.
- Meanwhile, place a frying pan over medium-high heat and add the butter.
- When the butter has melted, add the bread crumbs and stir to coat.
- Season with salt and pepper and cook, stirring often, until lightly toasted, about 2 minutes.
- Remove from the heat and set aside.
- Heat the Alfredo sauce in a small saucepan over medium-low heat, stirring until warmed through, about 5 minutes.
- Remove from the heat and set aside.
- Add 1 teaspoon salt and the pasta to the boiling water and cook until the pasta is al dente (tender but firm at the center);
- Check the package directions for the cooking time.
- Drain the pasta and add it to the bowl with the vegetables.
- Stir in the Alfredo sauce and the cherry tomatoes.
- Taste and season with salt and pepper.

Colorful and hearty, these flavorful peppers have something for everyone. In summer, make use of fresh peppers, corn, and tomatoes. In winter opt for canned tomatoes and Frozen corn. If you like a little spice, swap out the jack cheese for pepper jack.

INGREDIENTS

- 6 small red, orange, and/or yellow bell peppers (about two pounds total)
- Salt
- 1 ear corn, shucked, or 1/2 cup frozen corn, thawed
- 2 tablespoons olive oil
- 1/4 cup yellow onion, finely chopped
- 1 15 ounce can black beans, drained, rinsed, and drained again
- 1 large ripe tomato, cored and diced, or 1/2 cup canned diced tomatoes, with juices
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 Cup cooked rice
- 2/3 cup shredded Monterey Jack cheese
- 2 tablespoons minced fresh cilantro, plus more for garnish

INSTRUCTIONS

- To prepare the bell peppers, cut the tops off the peppers and then use a spoon to remove the seeds and ribs. Discard the tops.
- Rinse any remaining seeds off the peppers, and then lay the peppers out on paper towels and blot dry.
- Sprinkle the inside of the peppers with salt.
- Arrange the peppers standing cut side up in an 8-inch baking dish.
- Pour 1/4 cup water around the peppers, making sure no water goes into the peppers.
- Cover with aluminum foil and bake just until the peppers start to soften, about 15 minutes.
- Remove the baking dish from the oven and carefully remove the foil. Set aside.
- Put the oil in a large frying pan. Set the pan over medium heat.
- Add the onion, sprinkle with salt, and cook, stirring often, until the onion starts to soften, about 4 minutes.
- Stir in the beans, diced tomato with its juices, tomato paste, cumin, chili powder, 2 tablespoons water, and 1/2 teaspoon salt and cook until the mixture comes together and becomes fragrant, about 3 minutes.
- Reduce the temperature to medium-low if it starts cooking too quickly.
- Stir in the corn kernels, cooked rice, and 2 tablespoons water, and cook until warmed through, about 1 minute.
- Remove from the heat and stir in half of the cheese and cilantro.

OVEN BAKED CHICKEN FINGERS

INGREDIENTS

- 6 boneless, skinless chicken breasts
- 1/2 cup plain bread crumbs, either fresh or dry
- 1/4 cup grated Parmesan cheese
- 1 teaspoon garlic salt
- 1/2 cup butter, melted

INSTRUCTIONS

- Preheat oven to 400 degrees
- Line baking sheet with foil.
- Cut chicken into bite-size chunks.
- Mix bread crumbs with cheese and garlic salt.
- Dip chicken into butter.
- Roll in crumb mixture.
- Stick 3 chicken chunks on a skewer. Lay on foil-lined baking sheet.
- Bake 10-12 minutes.

THINK LIKE A CHEF

MUD PIE IN A JAR

INGREDIENTS

- 1 pint each of vanilla ice cream, caramel ice cream and chocolate ice cream
- 20-25 chocolate sandwich cookies with chocolate cream
- 2 (1 gallon) plastic zipper lock bags
- 4 tbsp butter or margarine, melted

INSTRUCTIONS

- Take ice cream out of freezer to soften
- Place cookies in a zipper lock bag. Close bag, then place it in a second zipper lock bag. Secure tightly.
- Crush cookies with a rolling pin or rubber mallet.
- Empty crumbs into a medium-sized mixing bowl and stir in melted butter or margarine
- Press an equal amount of crumbs in each of 4 mini mason jars
- Chill in freezer for about 15 minutes. Remove from freezer
- Scoop the softened vanilla ice cream into pans first. Top with the caramel ice cream, then top with the chocolate ice cream. Make sure to smooth the ice cream between each layer. This is your "mud." Sprinkle remaining chocolate crumb for a little more "dirt."
- Top it off with whipped cream and a drizzle of fudge ice cream topping
- Sprinkle with chopped nuts if you like. These are your "pebbles."

