From Our Plate to Yours

A Cookbook Written by College Students for College Students
This cookbook has been crafted with a love for food and family in mind. Our idea when creating this was to share our favorite recipes, many of which we grew up with. These dishes remind us of simpler times and family gatherings around the table. Our goal is that these dishes become a staple in your family too, and that as you flip through our recipes and family memories, you feel a sense of comfort and nostalgia. Grab your aprons and gather your family and friends, because these dishes are more than food; they are experiences, family traditions, and a part of our culture. From Our Plate to Yours, we hope that you enjoy your culinary journey through our fondest memories. Bon Appétit.
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### Dry Weights

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### Substitutions

- 1 tbsp ground flaxseed mixed + 3 tbsp water
- 1/4 cup applesauce
- 1/4 cup pumpkin puree
- aquafaba (chickpea water)
- almond milk
- oat milk
- coconut milk
- yogurt
- 1/2 cup heavy cream + 1/2 cup water
- 1 cup water + 1 1/2 tsp butter
- 1/4 cup melted butter + 3/4 cup milk
- 2/3 cup dairy free milk + 1/3 cup light olive oil
- 2 tbsp cornstarch + 1 cup milk (or milk alternative)
- coconut cream
- cream cheese
- jackfruit
tofu
tempeh
lentils
beans (chickpeas, black beans, garbanzo, etc)
raw soaked cashews with nutritional yeast
tofu
vegan cheese alternatives
unsweetened applesauce
ripe and mashed bananas
melted butter
ghee
margarine
pumpkin puree
yogurt
olive oil
greek yogurt
pumpkin puree
mashed bananas
coconut oil
applesauce

### Legend

1 whisk: beginner
2 whisks: novice
3 whisks: moderate
4 whisks: slightly advanced
5 whisks: advanced
4 Huevos Rancheros
5 Breakfast Tacos
6 Coconut Pandan Waffles/Breakfast Hash
7 Quiche
8 Migas
9 Arepas
10 Japanese Souffle Pancakes
HUEVOS RANCHEROS

Prep Time: 3 minutes  
Cook Time: 10 minutes

Huevos Rancheros was one of the first recipes I made when I moved to college. It is a simple recipe with staple ingredients that takes little time or skill. Additionally, the salsa itself can be used on any other dishes that need an extra kick. You can modify the salsa to a spice level you enjoy; for example, you can substitute the jalapeños for serrano peppers for a spicier salsa or use less jalapeños for a milder salsa.

By: Lizette Tavares

INGREDIENTS
2 tomatoes  
1/2 white onion  
2 jalapenos  
1 tbsp oil  
8oz tomato sauce  
water  
vegetable oil  
1/2 tsp cumin  
1/2 tsp onion powder  
1/2 tsp garlic powder  
salt & pepper to taste  
2-3 eggs (more if desired)

DIRECTIONS
1. Dice onions & tomatoes  
2. Slice jalapenos  
3. Add oil into a small pot and place on stovetop over medium heat  
4. Once the oil is hot, add your vegetables and cook until tender  
5. Add tomato sauce and bring to a simmer  
6. Fill the empty tomato sauce container with water and add to pot, bring to boil  
7. Add cumin, onion powder, garlic powder, salt, and pepper allow sauce to boil for 3-5 minutes then reduce heat to medium low  
8. Crack eggs into separate pan and cook them any style you prefer  
9. Add sauce over top and enjoy

TIPS
• Sauce (salsa) can be served immediately over other food or wait for sauce to cool down before placing it into a tight container to store in fridge for up to a week
POTATO & CHEESE BREAKFAST TACOS

Prep Time: 5 minutes  
Cook Time: 15 minutes

Ingredients:
- frozen diced potatoes
- olive oil
- salt & pepper to taste
- 2 eggs
- 2 flour tortillas
- shredded cheddar cheese
- ketchup

Directions:
1. Start by turning on two stovetops, one at medium heat and the other at medium to high heat.
2. Place a griddle on the stovetop that is at medium heat.
3. Place a frying pan on the stovetop that is placed at medium to high heat.
4. Measure out a half cup of frozen diced potatoes and place it on the frying pan.
5. Drizzle some olive oil on top of the diced potatoes.
6. Stir the potatoes with a silicone spatula to evenly spread the oil throughout the pan.
7. Allow the potatoes to sit for about 3 minutes until a golden brown hue appears on them.
8. Continue to stir around the cubes throughout the pan to cook them all around.
9. Repeat the previous two steps: allow the potatoes to sit for a few minutes then stir when a golden/crispier layer develops on the surface.
10. Season the potatoes with salt and pepper.
11. Crack two eggs on top of the potatoes and begin to scramble them throughout the pan.
12. Set the pan aside away from the stovetop.
13. Place two tortillas on the griddle to warm up.
14. Warm-up one side for at least 30 seconds to heat up then flip the tortillas over so the opposite side can be heated up as well, warm up the new side for an additional 30 seconds.
15. Place the tortillas on a plate.
16. Scoop a sufficient amount of the potato and egg scramble onto each tortilla.
17. Add shredded cheddar cheese to melt on top and drizzle ketchup on top of the taco.

By: Christopher Rangel

Ever since I was a child, my mother would always wake my brother and I up from bed and prepare us breakfast so we could go to school well-fed. One food item that I always craved and hoped that she would make every morning was her breakfast tacos. The soft buttery taste of her homemade tortillas accompanied alongside salty diced potatoes and peppered eggs created a combination of flavors that blended perfectly. Every time I have these breakfast tacos I am reminded of the times my mother made them for my brother and me, and now that I am in college, I prepare myself this dish whenever I feel homesick, or simply when I have no other ideas of what to cook. If you would like a taste of my childhood, then I urge you to create these breakfast tacos that I thoroughly enjoyed throughout my early years.

*PICTURED ON DIVIDER*
Coconut Pandan Waffles

Prep Time: 30 minutes  
Cook Time: 5 minutes

As I grew up in a Vietnamese family, my mom always strived to provide us with traditional dishes every week so that my siblings and I would never lose sight of our roots. These waffles are similar to traditional waffles, but include pandan flavor. Pandan extract appears as an emerald green color and consists of a rich mint vanilla and coconut flavor that deepens the flavor in any Vietnamese dessert. Having this waffle for breakfast not only helps me embrace my culture but also reminds me of home when I’m away for college.

Ingredients:

- 1/2 cup all purpose flour
- 1 cup sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 3 large eggs
- 13.5 fl oz coconut cream
- 2 drops of pandan artificial extract
- 1 tbsp vegetable oil

Directions:

1. In a medium mixing bowl, add all purpose flour, sugar, baking powder, and salt.
2. In a large mixing bowl, beat the eggs together.
3. Add the coconut cream, pandan extract, and oil.
4. Sift the dry ingredients into the wet ingredients and fold carefully to prevent from over mixing the batter.
5. Let the batter rest for at least one hour.
6. Using a disher or ladle, drop three to four scoops onto the waffle iron and cook (your waffle should be nice and golden brown with specks of green on the outside).
7. Remove your waffle and serve.

Breakfast Hash

Prep Time: 20 minutes  
Cook Time: 45 minutes

They say that breakfast is the most important meal of the day. While many people have early morning jobs, making a homemade breakfast is the last thing on their mind. This breakfast hash dish is a great way for someone with not a lot of time or has a big family to meal prep. The dish is loaded with carbs, protein, and dairy, all parts of a balanced breakfast. It can be made into tacos, be eaten on its own, or added to toast. This is a simple meal that is perfect for anyone that wants a great breakfast without the hassle.

Ingredients:

- 4 cups diced potatoes
- 12 oz package of bacon (or turkey bacon)
- 5 eggs
- 1 tbsp butter
- 16 oz package shredded cheddar cheese
- 16 oz package shredded colby jack cheese
- Salt & pepper to taste

Directions:

1. Preheat oven to 350 degrees.
2. Dice potatoes into small cubes (about 1/2 inch cubes).
3. Cut bacon into small pieces and cook until crispy, set aside & drain the grease.
4. Add butter to keep eggs from sticking to pan, scramble the eggs, and set aside.
5. In a casserole dish, layer the ingredients: potato, cheese, scrambled eggs, bacon, and repeat until dish is full.
6. Bake the dish for about 40 minutes or until the potatoes are cooked.

By: Amanda Nguyen

By: Carolyn Todd
QUICHE

Prep Time: 1 hour  
Cook Time: 35 minutes

I love this recipe because it tastes like being home for the holidays; my mom used to make breakfast quiche for our family every Christmas morning. Although this Quiche recipe looks intimidating, especially making the crust, it’s not that hard and is fun to do. The bacon and onion add a nice texture contrast to the eggs and cheese, and making your own crust from scratch is satisfying and something to be proud of.

By: Madeline Neff

INGREDIENTS

CRUST
1 1/4 cups flour
1/4 tsp salt
1/2 cup melted butter
4 tbsp ice water
9 inch pie plate

FILLING
14 strips of bacon (or turkey bacon)
1/2 cup shredded monterrey jack cheese
1/2 cup shredded sharp cheddar cheese
1/3 cup finely chopped white onion
4 large eggs
1/4 tsp sugar
2 cups heavy whipping cream
1/2 cup spinach

DIRECTIONS

1. Mix flour, salt, and butter
2. Gradually stir in ice water until dough holds together
3. Wrap in parchment paper and refrigerate for an hour
4. Preheat oven to 450 degrees
5. On a lightly floured surface, roll out the dough in a circle that is 1/8 of an inch thick then transfer to the pie plate
6. Trim the edges of the crust to 1/2 beyond the edges of the pie plate, pinch the edges of the crust
7. Cook for 10 minutes then take out and put on cooling rack
8. Reduce heat of oven to 375 degrees
9. Sprinkle bacon, cheese, spinach and onion evenly over the crust
10. Beat the rest of the ingredients together with an electric mixer until blended and then pour on top of the bacon, cheese, spinach and onions
11. Bake for 30 minutes
12. Use a knife and poke it into the center of the quiche. If the knife comes out clean, the quiche is done (If the knife comes out covered in filling, cook the quiche in 5 minute intervals, doing the knife test until it comes out clean)
13. Let the quiche cool for 10 minutes before eating
**MIGAS**

**Ingredients**
- 2 eggs
- 2 tbsp butter
- 4 oz vegetable oil
- salt & pepper to taste
- 2 corn tortillas

**Directions**
1. Heat the pan on medium heat and when the pan is hot, pour enough oil to cover the bottom half of the pan
2. Start prepping the eggs by whisking 2 eggs in a small bowl with a pinch of salt and pepper (or however much is preferred)
3. Cut the 2 tortillas into smaller pieces such as squares or triangles for the chip size
4. Add the corn tortilla pieces to the hot oil in the pan, Watch and take care of them by flipping them until they are a crispy golden color
5. Use a napkin to dab leftover oil or strain the oil in a glass jar
6. Lower the heat below medium to a 3 or 4 and add a pat of butter to the pan containing the chips
7. Slowly pour in the eggs to the pan and mix gently with the chips, wait until the eggs are fully cooked to plate

**Tips**
- The amount of oil used will depend on how many tortilla chips will be made
- When using the napkin method to soak up the oil, make sure to take safety precautions because the pan is hot

**By: Gwendolyn Lopez**

The term “migas” translates to “crumbs” in Spanish and originated from the Iberian Peninsula, which is closely associated with Spain. The dish was invented by people who were poor and could not afford to waste stale tortilla chips. They used the stale chips by frying them with their eggs for a warm breakfast meal that was usually made by shepherds and hunters. Migas is my favorite dish to make because it is inexpensive and easy for a college student.

To spice up the dish with a bit of flavor, I like to add tabasco sauce or any kind of salsa.

**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes  
**Difficulty:** 8

**Cook Time:** 15 minutes
VENEZUELAN AREPAS

Prep Time: 15 minutes  
Cook Time: 15 minutes

Arepas are culinary staples for Colombia and Venezuela. Not only are they simple to make, but they are a delicious and great way to help get rid of any leftover food in your fridge. My family would typically have them for a Sunday brunch and stuff them with eggs, black beans, avocado, ham, or serve them plain with some butter. They are a great dish to experiment with and their fillings are your own creativity. Whether they’re stuffed with leftovers from the fridge or something fresh, they are a guarantee to elevate any meal.

INGREDIENTS
2 cups masarepa  
2 cups water  
1 tsp salt  
Oil

DIRECTIONS
1. Mix the salt into the water until fully dissolved  
2. Add the masarepa and mix until it forms a smooth dough that should lightly spring back when poked  
3. Cover the dough and let it rest for 10 minutes.  
4. Once rested, divide the dough into 6 equal portions  
5. Roll them into balls and flatten out until they form a small patty.  
6. Add oil to a pan and heat to slightly above medium and cook the arepas for about 5 minutes on each side until golden brown  
7. If the middle is still undercooked, lower the heat and cover with a lid until cooked through

TIPS
- If your dough cracks easily when handled, add more water  
- If your dough feels too wet, add more masarepa (practice makes perfect)  
- If you can’t find masarepa, you can use masa harina  
- Try some iconic arepa combinations: Reina Pepiada (arepas stuffed with a chicken and avocado filling), Rellena (arepas stuffed with crumbled cheese with pulled meat), or Pabellón (arepas stuffed with shredded beef, black beans, crumbled white cheese, and fried plantains)

By: Sebastian Nolasco

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By: Sebastian Nolasco
These delicious and soft souffle pancakes are a great alternative to your traditional pancakes. The use of meringue helps achieve their shape, making them not only fluffy but aesthetically pleasing to the eye. Make sure that when you whip your egg whites to make the meringue, not to over whip them as it can affect your pancake’s structure and although the fresh whipped cream is optional to make, I recommend making it as it completes the dish, giving it that extra sweetness.

**PANCAKES:**
1. Separate egg whites and egg yolks into two different bowls then put the bowl with egg whites in the freezer for 15 minutes.
2. Add milk and vanilla to the egg yolks and whisk until thick and frothy.
3. Sift the cake flour and baking powder into the bowl.
4. Whisk to combine thoroughly (but do not over-mix) and set aside.
5. After 15 minutes, take out the bowl with egg whites from the freezer then start beating egg whites.
6. Gradually add in sugar (roughly 1/3 at a time) and continue to whip the egg whites.
7. Stop beating when the egg whites stand right up with stiff peaks from the mixer.
8. Heat the large non-stick frying pan over the lowest heat and brush with oil.
9. Take 1/3 of egg whites, add to the egg yolk mixture and whisk together.
10. Next, take half of the egg whites and add to the egg yolk mixture.
11. Using a whisk, gently fold in without breaking the air bubbles in the egg whites.
12. Now transfer the egg yolk mixture into egg whites and carefully fold in two mixtures together without breaking the air bubbles.
13. Remember each pancake gets roughly 4 scoops of batter, a total of 12 scoops for 3 pancakes.
14. Scoop the batter and place on the frying pan.
15. Using a small ladle, make a tall pancake, stack one more scoop to the first pancake and then move on to the next two pancakes giving each of them 2 small scoops.
16. When all 3 pancakes have 2 scoops and the surface of the batter is slightly dry, stack an additional scoop on top.
17. Set the timer for 6-7 minutes, add 1 tbsp of water in 3 empty spaces inside the pan and cover with a lid.
18. After 2 minutes have passed, open the lid, add one more scoop to each pancake and make sure to stack high, not wide.
19. After 6-7 minutes have passed, using a spatula, lift the pancake gently and flip.
20. Add water in empty spaces and set a timer for 4 to 5 minutes to cook the other side on the lowest heat.

**WHIPPED CREAM:**
1. Prepare an ice bath by putting ice cubes and water in a large bowl and placing a clean and dry mixing bowl over it.
2. Add heavy cream and sugar to keep cool.
3. Whisk on high speed until firm peaks form.
4. Keep it chilled until ready to be served on top of pancakes.

*By: Carolina Gallegos*
LUNCH

14 Zuppa Toscana
15 Mexican Cornbread
16 Margherita Pizza
17 Chipotle Mix
18 Spaghetti Squash & Thai Chicken
19 Chicken & Potato Empanadas
20 Tinga de Pollo
Zuppa Toscana is the perfect soup for any occasion- a chilly evening dinner, a birthday celebration lunch, or even a quick work lunch break. This soup has always been a family favorite for multiple reasons, including how versatile the dish is. Plus, the flavorful combination of sausage, potatoes, kale and spices creates a distinctive taste that makes my mouth water just thinking about it. A pro-tip from my sisters and me: get some French bread, lather it in butter, and dip it in the soup- unbeatable.

INGREDIENTS
1 pound Italian sausage
1 large onion, chopped
3-4 cloves garlic, minced
1/2 cup white wine to deglaze the pan
1 tsp red pepper flakes (or to taste)
1/2 tsp dried oregano
2 russet potatoes, peeled and cut into 1/2 inch cubes
2 cups fresh kale, chopped
3 cups chicken broth
2 1/2 cups water
1 cup heavy cream
Salt and pepper to taste

DIRECTIONS
1. In a large stockpot or Dutch oven on medium heat, crumble sausage into the pan and cook until well browned
2. Remove the cooked sausage from the pot with a slotted spoon and transfer to a bowl; set aside
3. Add chopped onion to the pan and saute until tender, about 5-7 minutes
4. Add the garlic and red pepper flakes and oregano to the pan and cook for a minute more, just until fragrant
5. Add the wine to the pot and stir, scraping the bottom of the pan to loosen any browned bits
6. Add the potatoes, kale, chicken broth, and water to the pot
7. Return the sausage to the pot
8. Increase the heat to medium-high, bring to a boil, and then reduce to a simmer on medium-low
9. Cover and let the soup simmer for about 30 minutes, or until the potatoes are fork-tender
10. Stir in the heavy cream and season with salt and pepper to taste

By: Megan Pish
MEXICAN CORNBREAD

Prep Time: 1 hour  
Cook Time: 45 minutes

INGREDIENTS

2 eggs  
2/3 cups milk  
2 packages of corn kit (box cornbread mix)  
2 cans cream style corn  
1 package black label bacon  
1 lb ground beef  
1 lb roll of jimmy dean mild sausage  
1 lb package grated sharp cheddar cheese

DIRECTIONS

1. Mix an egg, 2/3 cup of milk, and corn kit together, whisk until consistent in texture  
2. Pour the cornbread mix in an 8x11 pan.  
3. Drain the cans of cream style corn, then spread the corn over the cornbread mix.  
4. Preheat the oven to 425 degrees Farenheit.  
5. Cook the bacon and then add evenly over the cornbread mix.  
6. Brown the ground beef, then pour it evenly over the cornbread mix.  
7. Brown the sausage, then add it evenly over the cornbread mix.  
8. Sprinkle 2 1/2 cups of grated cheese over the top of the cornbread mix.  
9. Place the pan into the oven and set a timer for 15 to 20 minutes.  
10. Take the pan out of the oven and wait 5 minutes for the cornbread to cool, serve

TIPS

- Substitutes for milk include for heavy cream, half and half, or sour cream  
- Add chopped bell peppers, chopped jalapenos, onions, or even diced tomatoes  
- This cornbread goes great with pinto beans

I have a vivid memory of coming home from school and doing my homework to the smell of my mom’s Mexican Cornbread baking in the oven, a smell that gives me comfort and makes me feel restful. My mom first taught me how to make her iconic Mexican Cornbread when I was in middle school. While cooking with her, she explained to me that she found the original recipe on the back of a cornbread packet. She has made the recipe her own by making a bowl of pinto beans to complement the cornbread. This recipe has become a tradition in my home growing up.

By: Savannah Fleck
**M A R G H E R I T A P I Z Z A**

**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes

My first time having a Margherita pizza was when I was back in high school. My friends and I decided to visit a location called “Brasil” in Montrose. Here, they offered an array of food items for guests to enjoy as they listened to a live jazz band. I ordered the Margherita pizza and once I received this dish, I was mesmerized. The pizza looked fresh with its vibrant red cherry tomatoes, its blinding white mozzarella circles, and its vivid green basil leaves evenly spread across the pie. The tomatoes and basil provided the pizza with a newly harvested and bright taste that complemented the mozzarella and parmesan cheese. If you are ever in the mood to try out a new dish, I highly recommend trying a Margherita pizza.

By: Christopher Rangel

**INGREDIENTS**

Trader Joe’s Garlic Pizza dough  
1/2 cup parmesan cheese  
5oz mozzarella cheese  
pizza sauce  
5-6 basil leaves  
1 medium-sized tomato  
2 garlic cloves  
2 tablespoons salted butter

**DIRECTIONS**

1. Preheat the oven to 450 degrees Fahrenheit  
2. Prepare a baking pan by covering it with aluminum foil and spraying the top of the foil with any kind of oil  
3. Unwrap the pizza dough and place it on top of the tray and begin expanding it and shaping it into a rectangular shape with your hands until it is your desired length/size  
4. Prepare the garlic butter sauce by peeling 2 garlic cloves and mince them into fine pieces  
5. Once this is complete, obtain 2 tablespoons of butter and place it in a microwave-safe dip bowl with the minced garlic and place the dip bowl in the microwave and heat it up until the butter has fully melted  
6. Spread the melted garlic butter sauce on top of the pizza dough with a cooking brush until the entire surface is evenly covered with the garlic butter  
7. Place the pizza dough in the oven for 6-7 minutes or until slightly golden brown. Take out the dough and begin to prepare/place the toppings  
8. Open your pizza sauce, close it again then begin to shake the container to evenly mix the contents of it  
9. Open it once more and begin to pour it on the semi-cooked pizza dough and spread it with a spoon or silicone spatula  
10. Evenly coat the pizza sauce layer with your parmesan cheese, feel free to be generous with it  
11. Begin to tear out pieces of mozzarella cheese and evenly place it throughout  
12. Wash the tomato with water, and begin to slice it into circles of ¼ inch thickness and place the slices on top of the pizza  
13. Finally, place the pizza back in the oven for 7-8 minutes or until the crust and toppings are cooked in your preferred way. Once out of the oven, finish off your pizza with 5-6 basil leaves to add a touch of color and flavor.
**CHIPOTLE MIX**

Prep Time: 15 minutes  
Cook Time: 20 minutes

Chipotle Mix is a simple meal that can be made as a dish for lunch or as a dish to bring to a gathering due to it being an optional cooled or warmed food. The lemon juice and cherry tomatoes add a mouth-watering, tangy flavor to this dish while the beans and corn balance it out with a more delicate flavor. You can also make the Chipotle mix with an added protein such as beef or chicken to make it a more fulfilling meal.

**INGREDIENTS**

1 can of black beans  
1 can of corn  
1 avocado  
1 carton of cherry tomatoes  
2 lemons  
salt & pepper to taste  
1/2 tsp garlic powder  
tortilla chips

**DIRECTIONS**

1. Open the canned corn and canned black beans and add them to separate sauce pans  
2. Heat each sauce pan below medium to warm up the beans and corn  
3. Wash 1 carton of cherry tomatoes and then cut each of them in half  
4. Cut 1 avocado into slices  
5. Squeeze 2 lemons into a measuring cup.  
6. Add the cherry tomatoes, avocado slices, black beans, corn, and lemon juice to a large bowl  
7. Add the salt, pepper, and 1/2 tsp of garlic powder  
8. Mix everything together in the bowl

**TIPS**

- If needed, drain the black bean and corn if there is too much juice from the can.  
- Can be eaten with tortilla chips

By: Gwendolyn Lopez
I actually created this recipe one day when I hadn’t been to the grocery store in a week and had random ingredients at home. I really enjoy using spaghetti squash as a pasta alternative because in addition to being healthier, I think it tastes better too. Furthermore, the shredded seaweed and peanut sauce give this dish a kind of Pad-Thai feel. I hope this recipe inspires you to get creative with the ingredients you have leftover in your kitchen.

**INGREDIENTS**
- 2 chicken breasts
- 1 spaghetti squash
- olive oil
- salt & pepper to taste
- 12 strips dry seaweed, shredded
- 3/4 cup shredded carrots

**PEANUT SAUCE:**
- 3/4 cup peanut butter
- 2 tbsp soy sauce
- 1/2 tsp wasabi
- 3/4 tsp minced ginger
- 2 tbsp water

**DIRECTIONS**

**PREPPING SPAGHETTI SQUASH**
1. Preheat the oven to 450°F
2. Cut the spaghetti squash in half longways, use a spoon to scoop out as many seeds as possible into the trash
3. Drizzle olive oil and add salt and pepper as desired in each half of the squash
4. Put the squash face up on a baking sheet and bake in the oven for 30 minutes
5. When the squash is done, use a fork to scrape out the squash meat into a bowl

**PREPPING THE CHICKEN**
6. Drizzle olive oil in a pan and turn on the stove to medium heat
7. When the oil starts sizzling, season both sides of each chicken breast with salt and pepper then put them in the pan
8. Cook the chicken until the middle of each chicken breast is no longer pink
9. Cut the cooked chicken into cubes

**PEANUT SAUCE**
10. Add peanut butter and soy sauce to a small mixing bowl, mix until thick and creamy
11. Stir in wasabi and ginger
12. Add water and stir until consistency is more smooth and easy to pour

**FINISHING THE DISH**
13. Add chicken cubes to the bowl of spaghetti squash and mix
14. Pour peanut sauce into the bowl and mix
15. Tear 12 pieces of dry seaweed with hands and add to the bowl
16. Add shredded carrots and mix

*PICTURED ON DIVIDER*
Growing up in a Mexican family, I always regretted not learning Spanish. I missed out on family jokes and memories that were best explained in that language, but food (such as empanadas) were a way for all generations to relate to each other. Empanadas are pockets of sweet or savory fillings that involve a communal process of filling, folding, pinching, and gossiping. Though I don’t have memories of my grandparents laughing at my family’s jokes while my grandma mixed the tortilla dough, I still try to keep my grandparents’ memories alive. These empanadas are something I know they would have loved in a language that we all understand: the delicious language of food.

Prep Time: 15 minutes  
Cook Time: 15 minutes

**INGREDIENTS**

- 3 cups maseca
- 1 tbsp baking powder
- 3 cups warm water
- 8 oz chorizo
- 1/2 tsp garlic salt
- 1 tsp cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 5 white potatoes
- 1 cup mozzarella cheese, shredded
- canola oil for frying

**DIRECTIONS**

1. In a large bowl, mix together the maseca, baking powder, and all-purpose flour
2. Add in 5 cups of water and mix with your hand or a wooden spoon until incorporated (add extra water a little at a time, if needed, until a soft dough forms)
3. Knead dough until it no longer sticks to your hand
4. In a skillet over medium heat, cook your chorizo until browned
5. Chop potatoes into medium-sized cubes
6. Add chopped potatoes to skillet and season with garlic salt, cumin, onion powder and garlic powder (add more seasoning if desired)
7. Cook for about 15 minutes or until you can easily stick a fork through the potatoes
8. Stir in the mozzarella cheese and let cool while you prepare your dough
9. Grab your dough and form into thin discs – you can do this by rolling out the entire dough and using a large cookie cutter or separate dough into balls and flatten with a tortilla press or rolling pin
10. Add about 1-2 tablespoons of your chorizo and potato mixture into the middle of the discs
11. Fold one side of the circle to meet the other side and seal the edges with either with your fingers or a fork (repeat this step until you use all of your meat mixture)
12. In a shallow pan, heat up oil to about 350 degrees
13. Add in empanadas and fry until golden brown on each side (about 3-4 minutes each side)
14. Place the fried empanadas onto a paper towel to drain any excess oil
15. Serve with your choice of toppings

**Toppings**

- Cotija Cheese
- Shredded Lettuce
- Diced Tomatoes
- Mexican Crema
- Salsa

By: Bianca Diaz
**INGREDIENTS**

3 chicken breasts  
2 large white onions or 3 medium-sized onions  
4 tomatoes  
2 canned chipotle peppers  
2 cloves of garlic  
1 tablespoon of cilantro  
1 tablespoon of vegetable oil  
salt & pepper to taste  
2 1/2 teaspoons of chicken bouillon (knorr brand preferred)  
3 large chicken breasts  
1 1/2 cups of chicken broth (preferably from your cooked chicken)

**DIRECTIONS**

1. Boil your chicken breasts until fully cooked (it is recommended that you do this in a pressure cooker, however, any way will suffice)  
2. Once the chicken is ready, shred it (make sure you are not shredding it TOO thin)  
3. Oil a large saucepan with vegetable oil and set the stove to medium heat  
4. Peel all of your onions and slice off a third of one of the onions  
5. Cut the third of the onion in half and place one half into the blender, setting the other half aside on the cutting board  
6. Slice the rest of the onions into semi-thin slices  
7. Cut the slices in half and separate them so they are not stuck together as one ring  
8. Place a piece of onion in the saucepan to check if the oil is ready. You will know it is ready when the onion sizzles (make sure the heat is not too high, you do not want to burn or blacken your onions)  
9. Add the rest of your onions and lower the heat slightly, stir occasionally until the onions become soft and shiny  
10. Take one of your tomatoes and dice it into medium pieces  
11. Once the onions look ready (softened and shiny), incorporate the diced tomato  
12. Cut the rest of your tomatoes into pieces small enough to fit in the blender  
13. Grab your cilantro and chop it, taking off the stems  
14. Add the remaining tomatoes into the blender, along with the chopped cilantro, garlic, 1 chipotle pepper, salt and pepper to taste, chicken bouillon, and the leftover chicken broth  
15. Blend the mixture completely until a red, saucy liquid is formed  
16. Add the liquid to your saucepan, along with 1 chipotle pepper  
17. Cook the mixture until it begins to boil, stirring occasionally  
18. Once the mixture is boiling, add the shredded chicken and incorporate it into the mixture thoroughly  
19. Let the mixture continue to cook until it boils again, stirring occasionally  
20. Once it begins to boil, cover your saucepan, leaving a slight opening on the side  
21. Let the mixture boil for approximately 20 minutes (you will notice the color change from red to a lighter orange), taste after 20 minutes and add more chicken bouillon if desired  
22. Once the flavors are settled and it has finished cooking, turn off the heat and keep covered, let cool for 45 minutes then serve

**TIPS**

- Tinga is best served with a tortilla, tostada, or in a quesadilla  
- If you do not have leftover chicken broth, you can add water and a tbsp of chicken bouillon instead  

This recipe takes me back to Mexico City, waiting in line at the quesadilla stand on a windy day, watching the taquero stuff tortillas with spicy tinga, the chipotle and onion aroma filling the air. I bring Mexico to my plate by recreating this dish in my own kitchen. Tinga pairs wonderfully with tortillas, tostadas, and of course, quesadillas (with or without cheese).  

**Difficulty:** Easy  
**Cook Time:** 40 minutes  
**Prep Time:** 25 minutes  
**By:** Brittany Gidney
24 Flautas & Spanish Rice
25 Albondigas
26 Pork Adobo
27 Peach Marmalade Pork Chops
28 Shish Taouk & Rice
29 Chochoyotes
30 Texas Hash/Mole
31 Caldo de Res
FLAUTAS & SPANISH RICE

When I was growing up, my mom always cooked the best Mexican rice. It was the best because of the texture and the great mix of spices she always added. Once I moved away from home, my mom couldn’t cook for me all the time anymore. Thankfully, I live close to one friend, whose apartment I go to a few times a week. When we’re together, she typically teaches me how to make different Mexican foods. One of those foods is delicious flautas. The crunchiness of the tortilla and the rich taste of the chicken make it delightful. The two dishes go very well together and remind me of happy memories.

By: Jules Salinas

INGREDIENTS

FLAUTAS:
Chicken (meat or vegan meat of choice)
1 tbsp Garlic powder, or to taste
1 tbsp Salt, or to taste
1 tbsp Pepper, or to taste
1 tbsp Chicken Bouillon
Tortillas
Vegetable oil
Lettuce (optional)
Cheese (optional)

RICE:
1 cup of white rice
4-6 oz tomato sauce
1 tsp ground cumin, or to taste
1 tsp salt, or to taste
1 tsp pepper, or to taste
3 tbsp cooking oil, vegetable or canola

DIRECTIONS

1. Boil chicken for 14 minutes
2. Add spices throughout
3. Warm up tortillas (in pan or comal)
4. Finish boiling chicken and take out of pan
5. Let it cool so you can pull the chicken apart
6. Pull chicken apart
7. Place chicken inside warmed tortilla
8. Pin the tortilla closed (i use a toothpick)
9. Heat up vegetable oil until hot enough to fry
10. Using a tong, fry the chicken filled tortilla
11. Add spices throughout (i use chicken bouillon, salt, pepper)
12. Once the outside is a golden brown, take flouta out
13. If you’d like, you can add lettuce or cheese inside flouta and/or on top

RICE:
1. Heat oil in pan on high heat
2. Boil water
3. Add rice to pan until brown (don’t stir)
4. Add spices, tomato sauce, and boiling water, stir
5. Turn heat down to medium
6. Cover and let simmer for about 20 minutes
7. Add boiling water if necessary (do not add cold water)
8. Taste and season until you reach desired flavor

*PICTURED ON DIVIDER
Albóndiga Soup is a Mexican style of meatball soup I enjoy making when I miss my mom’s cooking. When the weather got colder, my mom would make this soup for our family. This comfort meal can be made with chicken or beef, but I prefer it with chicken. Add any vegetables to the soup to put your own twist on it. If you are tired of traditional chicken noodle soup, this recipe is perfect to give you that cozy, warm feeling.

INGREDIENTS
1 lb ground chicken
1 egg
1 cup of flour
2 carrots
2 potatoes
2 onions
3 tomatoes
2 zucchinis
1 cup rice
4 bay leaves
1 tbsp cumin seeds
1 tbsp salt
1 tbsp of pepper
1 tbsp of onion powder
1 tbsp of garlic powder
3 chicken bullion cubes

DIRECTIONS
1. Finely chop one carrot and one potato
2. Cube the remaining carrot, potato, onions, tomatoes, and zucchinis
3. Heat a large pot of water until the water starts boiling
4. Add salt and bay leaves to the boiling water as well as all the tomatoes and onions
5. In a bowl, mix the ground chicken, finely chopped carrots, finely chopped potatoes, half a cup of rice, one cup of flour, one egg, and seasonings
6. Shape the chicken mixture into small-sized meatballs, and set aside for later
7. Once the tomatoes and onions are tender, remove them carefully from the boiling water and blend them
8. Add the blended tomatoes and onions back into the water bath
9. Add the chicken meatballs, remaining half cup of rice, cubed potatoes, carrots, and zucchinis into the water
10. Add the chicken bullion cubes
11. Allow the newly-formed soup and chicken to boil for about 25 minutes (or until the chicken is thoroughly cooked)
12. Lower the heat to simmer the contents for 5 additional minutes
PORK ADOBO

By: Brittany Gidney

This spicy concoction is a staple in any Mexican kitchen – the dish that makes everyone in my family look forward to dinner time. The adobo complements the tender pork perfectly. For the best culinary experience, I recommend dipping a piece of white bread into the adobo sauce. There is only one downside to this dish: the stains. Steer clear of wearing white when you plan to enjoy this dish, as many of my childhood t-shirts serve as proof that adobo is not easy to wash out of your clothes. Despite this tiny downside, it is worth every single bite.

**INGREDIENTS**

- 2 lbs pork rib (meaty and fatty), cut into chunks
- 2 lbs chunks of pork leg
- To boil:
  - 4 ancho chile peppers deveined, no seeds, grilled, and later soaked in hot water
  - 6 guajillo chile peppers (no seeds and grilled the same way as the ancho peppers)
  - 2 tomatoes (optional)
  - 1/2 sliced onion, grilled
  - 3-4 cloves of garlic, grilled
  - 1/4 tsp grilled cumin (do not burn)
  - 1/4 tsp dry oregano leaves
  - Black pepper, pan-grilled to taste
  - Allspice (2-3), pan-grilled
  - 2 cloves, pan-grilled
  - A sprig of thyme
  - Chicken bouillon (Knorr Suiza brand preferred)

**DIRECTIONS**

1. Quickly wash the meat under running water; place it in a large pot with enough water to just barely cover it, salt, garlic, and a sprig of thyme
2. Cover the meat and leave it to cook (Note: Sometimes the meat is very tender and it doesn’t need much water at all, check the meat periodically so that it does not overcook)
3. When the meat is soft and tender, uncover it and let it dry, allow it to release its own fat (if the meat isn’t fatty enough, add additional pork manteca or oil, and lower the heat), let it cook until its texture becomes similar to that of carnitas, but do not overcook or it will dry out
4. Prepare the adobo sauce by blending the remaining ingredients, make sure it is completely blended, then strain it; empty the salsa into the pot of meat once the meat looks ready. If it has excess fat, make sure to remove this first
5. Mix the pork and the salsa together and leave it to cook. Season with salt or Knorr Suiza (chicken bouillon)
6. The food must boil and cook itself thoroughly on low heat, until the fat comes up to the surface
7. Serve as desired
If you’re looking for a way to spice up protein, this marmalade is definitely a good option. It has a sweet flavor that nicely balances the savory pork taste. I made this for my roommates one night and they admitted that they normally don’t like pork but that they loved this dish. I think this sentiment is something that is applicable to all dishes; if you don’t like a meat or a vegetable, then try preparing it in different ways until you find the flavor you like.

**INGREDIENTS**
- pork chops / pork chop bites (amount varies with group size)
- 1 onion
- 2 tbsp butter
- 4 cloves of garlic
- 1 12 oz jar of peach preserves
- 1/2 cup ketchup
- 2 Tbsp soy sauce
- 1/2 tsp ginger
- 1/4 cup of brown sugar
- salt & pepper to taste
- olive oil

**DIRECTIONS**
1. Rinse the pork chops and dry them
2. Season both sides of the pork with salt and pepper to taste
3. Drizzle olive oil in a pan and heat the pan at medium heat on the stove
4. Cook the pork chops until seared on both sides, it should look like a brown crust on the surface of the pork
5. Remove pork and keep on a plate while making the marmalade
6. Add the butter and onion to the pan, cook until onion browns and softens
7. Add the garlic and cook for about a minute
8. Add ketchup, soy sauce, peach preserves, brown sugar, and ginger
9. Add the pork chops back to the pan, taking care to fully coat each pork chop in the sauce
10. Cook for about 20 minutes or until the middle of the pork chops are no longer pink when cut into
11. Garnish the pork chops with chopped green onions

**TIPS**
- Peach marmalade pork chops go well with mashed potatoes, baked brussel sprouts, or pan seared asparagus

By: Madeline Neff
**INGREDIENTS**

**CHICKEN:**
- 1/2 tsp black pepper
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/2 a lemon
- 1 pinch of salt
- 1 tsp oregano
- 1 tsp pepper paste
- 1 tsp tomato paste
- 1 tbsp yogurt
- 2 tbsp olive oil
- 2 tbsp vegetable Oil
- 3 tbsp white vinegar
- 3 garlic cloves, crushed
- 4 boneless chicken breasts

**RICE:**
- 1 cup basmati rice
- 1 tbsp chicken bouillon
- Optional: 2 colored sweet peppers, and 8 large mushrooms

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**DIRECTIONS**

**1** To a clean bowl: add tomato paste, pepper paste, black pepper, coriander, cumin, oregano, white vinegar, lemon juice, crushed garlic, yogurt, olive oil, vegetable oil, and a pinch of salt

**2** Stir contents thoroughly

**3** Cube chicken breast (4 pieces) and add them to the mixture

**4** Stir the mixture around the chicken cubes

**5** Let marinate overnight

**6** Slice peppers and mushrooms into pieces of similar size as the chicken

**7** Skewer chicken and sliced vegetables in an alternating fashion

**8** Prepare basmati rice by adding 2 cups water, 1 cup rice, and 1 tablespoon chicken bouillon to an accommodating pot

**9** Let water reach a rolling boiling, then turn off heat and cover for 15-20 minutes

**10** In the meantime, grill skewers via an electric grill or barbecue until chicken is thoroughly cooked (make sure to rotate skewers midway and cover while cooking to retain moisture)

**11** Cover finished skewers and place them aside until ready to serve

**12** Serve with toum (page 47)

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**By: Ammar Al-Sayyed**
Chochoyotes are Mexican dumplings made out of masa and can be served in a variety of soups. Originating from Oaxaca, chochoyotes and the accompanying lentil soup are a perfect comfort meal to keep you warm during the winter. When I was growing up, my mom made chochoyotes when my siblings or I were feeling under the weather and till this day this dish is one of my favorite foods when I am craving a taste of home. The savory flavor and mixture of textures combine to make a unique dish that will have you going back for seconds. This meal is vegetarian friendly, and by replacing the manteca with vegetable shortening, vegans can enjoy this dish too.

### INGREDIENTS

**CHOCHOYOTES:**
- 1 cup instant masa flour
- 1 cup hot water
- Pinch of salt

**LENTIL SOUP:**
- 2 roma tomatoes
- Half white onion
- 2 garlic cloves
- 1 guajillo pepper
- 1 chipotle pepper
- 2 tsp adobo seasoning
- 4 tsp tomato bouillon
- 3 cups water
- Pinch of Mexican dry oregano
- 1/4 tsp salt

### DIRECTIONS

1. In a large bowl add flour and salt, then slowly add 1/2 the cup of hot water to form your masa. While kneading the masa, add the rest of the water as needed until the dough is soft and smooth
2. Create equal sized balls approximately 15 grams each
3. Using your thumb or knuckle, press the center of each masa ball, creating a bowl shape
4. Fill a large pot with water and bring it to a simmer, carefully place your chochoyotes in the pot and bring it to a boil, cook them for 10-15 minutes (you will know they are done when they float to the top)
5. Add all of the ingredients to a blender, and puree the mixture until is fully incorporated
6. Pour the soup mixture into a large pot, add 3 cups of water, and bring it to a slow simmer
7. Slowly add ¾ cup of rinsed lentils and cover the pot for 15-20 minutes, or until the lentils have cooked through
8. Finally add the chochoyotes to the lentil soup and serve
TEXAS HASH

**INGREDIENTS**
1 pound ground beef
2 large onions, sliced
1 large green pepper, chopped
1 can (16 ounces) tomatoes
1/2 cup uncooked regular rice
2 teaspoons salt
1/2 teaspoon chili powder
1/8 teaspoon pepper

**DIRECTIONS**
1. Heat oven to 350°
2. In large skillet, cook and stir meat, onion, and green pepper until meat is brown and vegetables are tender
3. Drain off fat
4. Stir in tomatoes, rice, salt, chili powder, and pepper; heat through
5. Pour into ungreased 2-quart casserole
6. Cover; bake 1 hour

**By: Faith Gaudlitz**

While I can’t claim this to be an original recipe, this is a staple dish of my family, passed down from my grandma to my mom, and holds many memories. Since my dad was in the military, my family often moved, traveling from the West Coast to the South and even the tropics. My mom kept this dish as a reminder of Texas, of her home, and of her childhood throughout the many relocations. Eventually she introduced it to us and now it is a part of my and my siblings’ memories and carries a piece of “home” for us too, no matter where we go.

MOLE

**INGREDIENTS**
2 lbs chicken
1 white onion
1 tsp black pepper
1 tsp cayenne pepper
1/2 tsp ground cinnamon
1 clove garlic
1 tomato
1/4 chocolate chips
1 cup chicken broth

**DIRECTIONS**
1. Add vegetable oil to a stove pot over medium heat
2. Add chicken pieces to pot and cook for 8-10 minutes
3. Set aside the cooked chicken, and add cayenne pepper, black pepper, cloves and cinnamon for about a minute
4. Add garlic and onion, and cook until translucent
5. Add chicken broth and tomatoes before bringing to a simmer
6. Stir in chocolate chips
7. Add chicken and simmer for about 15 minutes
8. Once chicken is tender, serve

**By: Kimberly Yanez**

Mole is a dish that tastes different for each person. The traditional Mexican sauce can be spicy or sweet, but its earthly flavor is the same for each version. This rendition leans toward the sweeter side of things, making a sharp contrast to the spiciness of other Mexican plates. Mole can be poured over some lean chicken creating an exquisite dinner dish.
Caldo de Res ("beef broth") is a dish served by Hispanic parents once the temperature drops a few degrees. Its counterpart, Caldo de Pollo, is more common, but I prefer the chewy and lean texture of beef to chicken. Vegetables are a major component of caldo, and you can pick and choose your favorites. Soups are usually side dishes, but this one can function as an entrée because of its generous vegetables and protein source.

**INGREDIENTS**
- 2 lbs of beef
- 1 onion diced
- 1 tomato diced
- 3 cups of chicken broth
- 3 cups of water
- 2 carrots chopped in 1/2
- 1/2 cup of cilantro
- 1 potato chopped into quarters
- 2 corn chopped into quarters
- 1 squash chopped into quarters
- 2 tsp salt
- 2 tsp black pepper

**DIRECTIONS**
1. Cut meat from the bone, leaving some left on the bone
2. Heat a soup pot over medium heat and add oil
3. Add the bones and meat and season generously
4. Cook the meat until browned
5. Add tomatoes and beef broth
6. Decrease the heat and let soup simmer for an hour
7. Add 3 cups of water along with the carrots, cilantro, and squash
8. Cook for 10 minutes, then add potatoes, corn, and onion
9. Bring to a simmer until vegetables are tender, then serve
DESSERT

34  Banana Bread
35  Sopapilla Cheesecake
36  Coconut & Banana Ice Cream Bar
37  White Chocolate & Cranberry Bliss Bars
38  Tres Leches
40  Fresa Flan/Oatmeal Cookies
41  Lemon Bars
42  Cherry Dump Cake
43  Pumpkin Bars
This banana bread started out as a family friend’s recipe that was then given to my mom and has now been passed to me. Using old bananas for this recipe is a must as it allows the flavor of the bananas to become more powerful and develop a deeper flavor. Not only does it prevent food waste, but it is a recipe that allows for a lot of customization that makes it suitable for any occasion. My favorite combination has become dark chocolate chunks and chopped walnuts. The chocolate provides both a rich texture and deep chocolate flavor while the walnuts add a nice crunch.

**Prep Time:** 10 minutes  
**Cook Time:** 40 minutes

### InGREDIENTS
- 3 tbsp milk
- 1 tsp vanilla
- 1/2 cup butter
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 2 eggs
- 3 bananas (mashed)
- 2 cups flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp cocoa powder

### DiRCTIONS
1. Mix milk and vanilla.
2. Combine butter, sugar, eggs, and bananas and beat well (optionally add a teaspoon of espresso powder).
3. Mix flour, baking, soda, baking powder, salt, and cocoa powder until thoroughly combined.
4. Add the banana mixture to the dry ingredients and add in chopped dark chocolate (you can use other add-ins like chopped nuts as well).
5. Pour the batter into a loaf pan coated with non-stick spray and bake at 350 until golden brown.
6. Remove from the loaf pan and let it cool on a wire rack before serving.

### TIPS
- If you don’t have a non-stick pan or spray available, then you can line the inside of your pan with parchment paper before pouring it in to make removal easier.
- If you only have bananas that aren’t ripe enough don’t worry. Bake bananas at 300 Degrees Fahrenheit until their peels turn black (15-20 minutes).
If you need a dessert recipe for your next dinner party, Sopapilla Cheesecake is the way to go. This recipe mixes traditional cheesecake with flavors of Mexican Sopapillas, a popular cinnamon sugar pastry. The first time I tried this recipe, I fell in love with the strong cinnamon flavors and the buttery pastry crust. And the best part: the cheesecake base can be used for any flavor of cheesecake you enjoy by simply adding your own flavors, fruits, or toppings.

**INGREDIENTS**

- 3 8oz cream cheese blocks
- 1 1/2 cup sugar
- 1/2 stick unsalted butter
- 3 tbsp cinnamon
- 1 container of crescent rolls
- 1 tbsp vanilla extract

**DIRECTIONS**

1. Preheat your oven to 350
2. Leave out cream cheese blocks to soften
3. Add a cup on sugar to softened cream cheese
4. Add a tablespoon of vanilla extract or honey
5. Add two tablespoons of cinnamon and mix
6. Unroll your crescent roll onto an oven safe baking dish
7. Melt half a stick of butter with a tablespoon of cinnamon and 1/4 cup of sugar
8. Spread out your cheesecake mixture over the crescent rolls
9. Add your cinnamon sugar butter mixture on top and spread evenly
10. Preheat your oven to 350
11. Sprinkle remaining sugar and cinnamon on top and bake cheesecake for 30-35 minutes

**TIPS**

- Make sure cream cheese is completely softened to ensure the cheesecake texture is smooth.
- You can use honey instead of vanilla
This coconut ice cream bar recipe is a go-to dessert in my household because my sister has an egg-allergy which limits her from many desserts. As a result, my mom would make her traditional Vietnamese ice cream bar. This ice cream bar incorporates two simple items: coconut cream and bananas, and catered towards anyone who has an egg-allergy or is vegan. This recipe is special to me since it was something we could both enjoy together.

**INGREDIENTS**

1 tbsp salt  
1/2 cup unsalted peanuts  
1/3 cup desiccated coconut flakes  
3 cups of bananas peeled  
2 cups coconut cream  
1/2 vanilla extract  
1 tbsp condensed milk  
1/2 cup water  
3 tbsp sugar

**DIRECTIONS**

1. Add 1 tbsp salt to a small pan heated on a low-medium heat, then pour in the peanuts and stir until golden brown
2. Let the peanuts cool then pour them into a zip lock bag and crush the pieces using a rolling pin or mallet
3. Lightly toast the coconut shreds on a low heat until golden and set aside
4. Place a piece of baking paper on the counter and line the bananas up
5. Place another piece of baking paper on the bananas and press down on the bananas until they become 5mm (0.2”) thick
6. Bring a small pot to medium heat and pour in the coconut cream along with vanilla extract, salt, sugar, and condensed milk
7. Stir for 30 seconds or until fragrant
8. Line a baking tray with glad wrap and cover the base with cream
9. Sprinkle a layer of toasted peanuts and coconut shreds on top
10. Lay the flattened bananas over the toasted ingredients
11. Pour the remaining cream over the bananas and spread it across until the whole tray is covered
12. Top the final layer with the crushed peanuts and coconut
13. Cover the tray with another glad wrap film and freeze for 6 hours
14. Once frozen, cut into bars and serve
My mom and I have a bond unlike any other, although sometimes it’s hard to have moments where our schedules align. When those days do come, we always bond over a cup of coffee and treats. This recipe is a recreation of a classic dessert from a famous coffee shop that my mom and I adore. These bars remind me of the long parked-car-chats with my mom during COVID when the only option was drive thru. Though the tradition started at an unfortunate time, I am extremely fortunate to have positive pieces I will cherish forever: pieces of memories and delicious bars.

**Bliss Bars**

**Prep Time:** 15 minutes  
**Cook Time:** 20 minutes

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>DIRECTIONS</th>
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| **BARS:** | 1. Preheat oven to 350 degrees  
2. Line a 15x10 or 13x9 inch jelly roll pan or rimmed cookie sheet with parchment paper  
3. Beat together melted butter and brown sugar over medium speed with an electric mixer  
4. Add in eggs, orange extract, and vanilla extract and beat until mixed well  
5. Add in ground ginger, baking powder, salt, and flour, beating until just blended (don’t overmix)  
6. Stir in white chocolate chips and Craisins by hand  
7. Spread evenly into the bottom of prepared pan and bake for 18-22 minutes until set and golden brown at the edges (don’t overbake or bars will be hard)  
8. Remove from oven and place pan on a wire rack to cool, allow bars to cool completely before topping with frosting.  
| **FROSTING & TOPPING:** | 9. To make the frosting, beat cream cheese and powdered sugar together with an electric mixer until smooth and creamy  
10. Add orange extract and vanilla extract and mix well, top cooled bars with frosting  
11. Sprinkle with chopped Craisins and drizzle white chocolate over the top with a fork  
12. Chill for at least an hour, cut into triangles, and serve |

By: Bianca Diaz
With its irresistible milky flavor and hints of brandy, this tres leches cake has made an appearance at nearly every celebration. It reminds me of the early days of my childhood, when I would wake up early in the morning to help my dad mix ingredients and build the cake (and of course, lick the spoon). The smell of vanilla and sweetened condensed milk would fill the kitchen, making for a sweet family bonding experience. This cake is not only a family gem, but also a reflection of my Mexican culture. It is one of the most delicious ways that I stay true to my roots and remember the best moments of my childhood.

By: Brittany Gidney

INGREDIENTS

**CAKE BATTER:**
- 1 cup white sugar
- 1 cup cake flour
- 1/2 tsp baking powder
- A pinch of salt
- 6 egg yolks
- 6 egg whites
- 6 tbsp unsalted butter, melted and cooled to warm
- 1 tsp vanilla extract
- 6 drops lemon extract

**TRES LECHES:**
- 1 1/2 cups heavy whipping cream
- 1 can (12 ounces) evaporated milk
- 1 cup sweetened condensed milk
- 2 ounces Brandy (Presidente)

**TRES LECHES PREPARATION:**
- 1 1/2 cups heavy whipping cream
- 1 can (12 ounces) evaporated milk
- 1 cup sweetened condensed milk
- 2 ounces Brandy (Presidente)

**CAKE PREPARATION:**
- 1 Preheat the oven to 350 degrees
- 2 Line the bottoms of 2 non-stick 9-inch cake pans with parchment paper
- 3 Sift flour, baking powder, and salt into a medium bowl
- 4 Separate the egg whites and yolks into 2 large bowls
- 5 Add 1/4 of the sugar (1/4 of a cup) and beat the yolks on high with a mixer until they are bright yellow and ribbons form
- 6 Add the melted butter and beat it in with the mixer
- 7 Add the extracts and beat them in with the mixer
- 8 Add half of the dry ingredients and mix them in with a spoon until the flour is thoroughly incorporated
- 9 Add cream of tartar and remaining sugar (3/4 cup)
- 10 Using clean, dry beaters, beat on high until stiff peaks form but still shiny—do not over beat.
- 11 Add the contents from the whites bowl, along with the remaining flour, to the yolks bowl and gently fold together the contents until blended but still light and fluffy, do not over mix
- 12 Split the batter evenly between 2 cake pans and bake for 23 minutes, 1 pan at a time, and let cool for 1 hour each
- 13 Combine evaporated milk, sweetened condensed milk, heavy cream, and brandy into a medium bowl and whisk until well blended

**BUILD CAKE:**
- 14 You will need a deep pie plate or similar container that will hold both layers without any cake being above the top; the container needs to be able to hold liquids and fit closely
- 15 Add the first cake layer to the container, turning it upside down and removing the parchment paper from the bottom
- 16 Add the milk mixture into the pan until it just covers the top of the first layer (If desired, add a filling)
- 17 Add the second layer to the container, removing the parchment paper and placing it right side up on top of the first layer
- 18 Using a small fork, poke small holes in the top of the second layer, just enough to break the crust and add more milk mixture until the container is full
- 19 As the cake absorbs the milk mixture, keep adding more until all of the milk is gone
- 20 Tightly cover the container with stretch wrap and place it in the refrigerator for a minimum of 24 hours (the cake is best when aged 48 hours
- 21 Finish the cake with topping as desired

Cook Time: 40 minutes
Prep Time: 25 minutes

Difficulty: 38

By: Brittany Gidney
TRES LECHES

Cook Time: 40 minutes

Topping

1 cup heavy whipping cream
1/2 cup powdered sugar

1. Pour 1 cup of heavy whipping cream into a medium bowl
2. Add 1/2 cup of powdered sugar and whip the mixture until stiff peaks are formed (Do not over whip unless you prefer butter to whipped cream)
3. Keep chilled until ready to use
FRESA FLAN

By: Carolina Gallegos

Prep Time: 20 minutes  
Cook Time: 45 minutes

This recipe is traditionally made with a bottom layer of chocolate sponge cake and a top layer of flan. As my grandmother noticed, not many of her grandchildren preferred chocolate cake, so she decided to make it using a strawberry batter instead. This recipe can be altered so that you could use your preferred sponge cake flavor as the most important part of this recipe is to have two separate layers.

**INGREDIENTS**
- 1 box strawberry cake mix
- 1 can evaporated milk
- 1 can condensed milk
- 4 eggs
- 1 tsp vanilla extract
- Homemade or store bought caramel sauce (optional)
- Strawberries, pecans or almonds (optional)

**DIRECTIONS**
1. Mix the cake mix according to the directions of the box and set aside
2. Start flan mixture in the blender by adding evaporated milk, condensed milk, eggs and vanilla extract
3. Spray the bottom of the cake pan with a nonstick spray (optional) add caramel sauce to the bottom of pan
4. Add the flan mixture then pour 3/4 of the cake mix on top of it
5. Bake at 350 degrees fahrenheit in a hot water bath for 45 minutes
6. Let it rest at room temperature then put it in the fridge without flipping. Chill for at least 5-6 hours.
7. Add any extra toppings such as caramel, fresh strawberries or nuts

*PICTURED ON DIVIDER

OATMEAL COOKIES

By: Professor Diane Abdo

Prep Time: 20 minutes  
Cook Time: 45 minutes

My Turkish parents, Rosemary and Sam Abdo, owned a grocery store in San Antonio for 50 years, so our family had ready access to fresh produce, meats, and cheeses. My mother is a wonderful cook, but my passion is baking. I found this oatmeal cookie recipe on the back of a Quaker Oats box several decades ago, and it has remained a favorite for summer outings and casual gatherings. It is compatible with coconut or nut additions--maybe even chocolate morsels on cooler days.

**INGREDIENTS**
- 1 cup shortening
- 3/4 cup firmly packed brown sugar
- 3/4 cup granulated sugar
- 1 egg
- 1/4 cup water
- 1 tsp vanilla
- 1 cup flour
- 1 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 3 1/4 cups Quick Oats
- Optional: 1/2 cup walnuts (or pecans) and 1/2 cup coconut

**DIRECTIONS**
1. Preheat oven to 350 degrees
2. Cream shortening in a large bowl
3. Add sugars gradually, beating until well blended
4. Beat in egg, vanilla, and water.
5. Stir in remaining ingredients and drop by teaspoons onto well-greased or parchment-lined cooking sheets (add nuts and coconut if desired)
6. Bake until golden, about 15 minutes (Yields 5 dozen)
LEMON BARS

Prep Time: 15 minutes  
Cook Time: 45 minutes

Lemon bars are a staple in our house for almost any occasion. This lemon dessert is a great recipe because all the ingredients get added together in one sauce pan, kind of like a one-pot dessert. Besides the fact that lemons are abundant, Lemon bars are a tasty dish as the acidity of the lemons combined with the sweetness of the sugar gives it a balanced taste. This dish has very few steps to make, which makes it even more appealing. If you are ever in a pinch, this recipe is a quick one that is sure to always be a crowd pleaser.

INGREDIENTS

CRUST:
1 1/4 cup all purpose flour
1/2 cup confectioners sugar
1/2 teaspoon salt
8 tablespoons of unsalted butter, cut into 8 small pieces, and softened

FILLING:
2 large eggs plus 7 egg yolks
1 cup plus 2 tablespoons of granulated sugar
1/4 cup lemon zest
2/3 cup lemon juice
Pinch of salt
4 tablespoons of unsalted butter, cut into 4 pieces
3 tablespoons heavy cream
Confectioners sugar for sprinkling on top

DIRECTIONS

1. Adjust oven rack to middle position and heat oven to 350 degrees
2. Make foil sling for 9-inch square baking pan by folding 2 long sheets of aluminum foil so each is 9 inches wide
3. Lay sheets of foil in pan perpendicular to each other, with extra foil hanging over edges of pan and push foil into corners and up sides of pan, smoothing foil flush to pan (grease foil)
4. Process flour, sugar, and salt in food processor until combined, about 3 seconds
5. Sprinkle butter over top and pulse until mixture is pale yellow and resembles coarse meal, about 8 pulses
6. Sprinkle mixture into prepared pan and press firmly into even layer
7. Bake until crust begins to brown, about 20 minutes, rotating pan halfway through baking. (crust must still be hot when filling is added)
8. Whisk eggs and yolks together in medium saucepan
9. Whisk in granulated sugar until combined then whisk in lemon zest and juice and salt
10. Add butter and cook over medium-low heat, stirring constantly, until butter is melted and mixture thickens slightly and registers 170 degrees, about 5 minutes.
11. Immediately strain mixture through fine-mesh strainer into bowl and stir in cream
12. Pour warm lemon curd evenly over hot crust
13. Bake until filling is shiny and opaque and center jiggles slightly when shaken, 10 to 15 minutes, rotating pan halfway through baking.
14. Let bars cool completely in pan on wire rack, about 2 hours.
15. Using foil overhang, remove bars from pan and cut into 16 pieces
16. Dust with confectioners’ sugar before serving. (Bars can be refrigerated for up to 2 days)
If you are craving something sweet and simple, this cherry dump cake is a quick solution to satisfy your appetite. This dish has become an indispensable part of my family functions and is adored by all age groups. This cost-friendly dessert is a perfect dish for beginner bakers and will make a great addition to your baking repertoire. While my mom originally found this recipe on a cooking blog when I was a kid, it has gone through a few adjustments over the years. If you would like to participate in our tradition of switching up the recipe, feel free to substitute the cherries for any other berry to customize your baking experience.

**DIRECTIONS**

1. Preheat the oven to 350 degrees
2. Dump the pitted tart cherries and cherry pie filling into a disposable 13x9 baking pan and mix them together
3. Cut the cream cheese block into thin strips and thoroughly cover the cherries with an even layer
4. Evenly cover the entire dish with the entire box of yellow cake mix
5. Cut the sticks of butter into thin strips and thoroughly cover the entire dish
6. Place the dish in the oven for 25 minutes or until the top of the dish is completely golden brown
7. Let the cake cool for 10 minutes before serving

**INGREDIENTS**

- 1 can pitted tart cherries
- 1 can cherry pie filling
- 1 8oz block cream cheese
- 1 stick butter
- 1 box yellow cake mix
C R E A M  C H E E S E
P U M P K I N  B A R S

By: Gabi Fisher

PUMPKIN BARS

CREAM CHEESE

FROSTING:

DIRECTIONS

Prep Time: 45 minutes  Cook Time: 40 minutes

INGREDIENTS

2 cups sugar
1 cup butter (2 sticks) at room temperature
2 cups canned pumpkin (1 15-oz can)
4 eggs at room temperature
2 cups flour
2 tsp baking soda
1 tsp: cinnamon, nutmeg, allspice, ginger, ground cloves
1/2 teaspoon salt

FROSTING:

3 ounces cream cheese at room temperature
1 stick butter at room temperature
1 tsp vanilla
1 tsp orange zest (optional)
2 cups powdered sugar

I live every day without structure or routine, but the one thing that’s stayed consistent throughout my life is my annual birthday dessert. For as long as I can remember, my mother has consistently made pumpkin bars for my birthday celebration. It’s a well-known fact to anyone who knows my family and I that these pumpkin bars will be our first taste of fall each year, on November 9th. In elementary school, my mom realized how much I loved these pumpkin bars and began to make an extra batch for me to bring to my classmates as well. My mom’s dishes are always exceptional, but it’s no secret that her pumpkin bars are by far my favorite, and hopefully yours too.

1. Preheat oven to 350 and lightly grease pan(s)
2. Sift the flour, baking soda, spices, and salt together and set aside
3. Add the pumpkin and eggs; beat until smooth
4. Add the dry ingredients and mix until well combined
5. Spread the mixture into a 15 x 10 1/2 x 1 inch pan
6. Bake for 20-25 minutes until the cake springs back when touched or a toothpick comes out clean
7. Place the cake in freezer to cool
8. Cool completely until ready to frost, cut into bars, and serve

TIPS

- Can freeze bars either unfrosted or frosted
- When freezing the bars unfrosted, put them in the freezer for 15-20 minutes uncovered, take them out and cover them with Heavy Duty Aluminum foil, and return them to the fridge until ready to frost and serve

By: Megan Pish

I live every day without structure or routine, but the one thing that’s stayed consistent throughout my life is my annual birthday dessert. For as long as I can remember, my mother has consistently made pumpkin bars for my birthday celebration. It’s a well-known fact to anyone who knows my family and I that these pumpkin bars will be our first taste of fall each year, on November 9th. In elementary school, my mom realized how much I loved these pumpkin bars and began to make an extra batch for me to bring to my classmates as well. My mom’s dishes are always exceptional, but it’s no secret that her pumpkin bars are by far my favorite, and hopefully yours too.

Cook Time: 40 minutes

Prep Time: 45 minutes

TIPS

- Can freeze bars either unfrosted or frosted
- When freezing the bars unfrosted, put them in the freezer for 15-20 minutes uncovered, take them out and cover them with Heavy Duty Aluminum foil, and return them to the fridge until ready to frost and serve
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<td>Loaded Baked Potato Soup</td>
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**SPINACH & ARTICHOKE DIP**

**INGREDIENTS**
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- 1/4 cup grated Romano cheese
- 1 clove garlic, peeled and minced
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic salt
- Salt and pepper to taste
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 10 oz frozen chopped spinach, thawed and drained
- 1/4 cup shredded mozzarella cheese

**DIRECTIONS**
1. Preheat oven to 350 degrees and lightly grease a small baking dish.
2. In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper.
4. Transfer the mixture to the prepared baking dish and top with mozzarella cheese.
5. Bake in the preheated oven for 25 minutes, until bubbly and lightly browned.

*By: Bianca Diaz*

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**JALAPEÑO DIP**

**INGREDIENTS**
- 3/4 cup sour cream
- 3/4 cup mayonnaise
- 1 packet of 1-oz dry ranch dip
- 1/4 tsp garlic salt
- 1/2 cup cilantro tightly packed
- 3/4 cup pickled jalapenos from a jar (up to 1 cup for extra spice) 1/2 cup buttermilk
- 2 tomatillos (optional)
- 2 tsp fresh lime juice

**DIRECTIONS**
1. In a medium mixing bowl, stir together the sour cream, mayonnaise, ranch dip packet, and garlic salt.
2. In a blender/food processor, puree the cilantro, tomatillos, and pickled jalapenos with juice.
3. Add the cilantro/tomatillo/jalapeno puree to mayo mixture.
4. Stir in the buttermilk until desired consistency is reached, and add in fresh lime juice.
5. Refrigerate until ready to serve.

*By: Megan Pish*
BACON-WRAPPED JALAPEÑO POPPERS

Bacon-Wrapped Jalapeno Poppers have to be one of my favorite side dishes to make when out grilling. To me, jalapeno poppers were always half-slices of pepper filled with melted cheddar, battered and fried to create a crispy outer layer — but until my parents started to make their own homemade jalapeno poppers, my entire view on this side dish transformed. The crispness from both the bacon and jalapeno make all the difference; the crunch makes eating them more enjoyable. Additionally, the taste of freshly cut peppers combined with cream cheese and bacon creates a flavor blended to perfection. So the next time you plan to grill, make sure to accompany your main dish with these flawlessly curated bacon-wrapped jalapeno poppers.

**INGREDIENTS**

- Strips of bacon
- 6 Jalapenos
- Cream Cheese

**DIRECTIONS**

1. Preheat oven to 350 degrees
2. Wash the jalapeño peppers with water
3. Cut the peppers in half and scrape off the seeds with a spoon
4. Fill the peppers with cream cheese using a small spatula or spoon
5. Wrap the peppers with a strip of bacon and secure the bacon onto the pepper with toothpicks by inserting it through the bacon and jalapeño
6. Place jalapeños on a baking tray and set them down inside the oven to bake for about 15 minutes or until the bacon strips are crispy

**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes

PIGS IN A BLANKET

Imagine this: it’s a chilly evening in late November. Cold enough to see your breath and feel the tips of your toes start to freeze. Finally your timer on the oven goes off; you turn and open the oven. The scent of your baked pigs in a blanket hits you. You take the pan out of the oven and begin to dip them in a sizzling bowl of chili.

**INGREDIENTS**

- 1 package of mini smoked link sausages (you’ll need around 32)
- 3 cans of refrigerated crescent rolls
- 1lb bag of grated cheese

**DIRECTIONS**

1. Preheat the oven to 375 degrees
2. Open and unroll both cans of crescents, separate the triangles of dough
3. Place the sausages on the narrow ends of the triangle and roll it with the dough into the opposite point
4. Place all of the pigs in a blanket on a greased pan and place in the oven.
5. Bake the pigs in a blanket for 12 to 15 minutes or until golden brown
6. Take the pigs in a blanket out of the oven and serve warm

**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes

By: Savannah Fleck

Difficulty: 🔗

By: Christopher Rangel

Difficulty: 🔗
Ever since I had my first taste of toum in Al-Baik (a prominent fried chicken restaurant in Jeddah, Saudi Arabia), I look forward to any occasion that justifies the presence of this dipping sauce. Throughout my childhood, I would urge my mom to make toum so much so that she eventually developed a few procedures for making it. I would be asked to critique the results and we eventually settled on the one written here. Making it is an intensive process but one that is well worth the effort as fried or grilled chicken/french fries will never taste the same without the dipping sauce. As much as the taste of the toum is important, it is just as crucial that the texture comes out fluffy.

**Prep Time:** 5 minutes  
**Cook Time:** 30 minutes

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>DIRECTIONS</th>
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<tbody>
<tr>
<td>1/2 tsp salt</td>
<td>1. To a small pot, dissolve cornstarch in water</td>
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<tr>
<td>1/2 cup milk</td>
<td>2. Place on heat and continuously stir until solution becomes thick (texture should be very viscous)</td>
</tr>
<tr>
<td>1/2 cup mayonnaise</td>
<td>3. Once thick viscosity is achieved, remove from heat and cool completely (10-20 minutes)</td>
</tr>
<tr>
<td>1/2 cup cornstarch</td>
<td>4. In a blender, add cloves of garlic, the thick, room temperature cornstarch/water mixture, juice from one whole lemon, and salt and blend until homogenous</td>
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<tr>
<td>1 cup water</td>
<td>5. Add milk and mayonnaise and blend until homogenous</td>
</tr>
<tr>
<td>1 whole lemon</td>
<td>6. Perform a taste test and add salt/lemon juice if needed</td>
</tr>
<tr>
<td>3 garlic cloves</td>
<td>7. Add milk if too thick (keep in mind the toum will thicken slightly when chilled) and if too thin, dissolve cornstarch in water per step 1 (adjust proportions accordingly) and move along with steps 2 &amp; 3 then add to the blender</td>
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<tr>
<td></td>
<td>Optional: 8. Chill toum in the fridge</td>
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</tbody>
</table>

**TIPS**

- If final solution is too thick, add a little quantity of milk and blend until homogenous
- If final solution is too thin, repeat steps 1-3 and add to solution
If you are a fan of mozzarella sticks, this recipe is sure to be a hit for you. Tequeños are another traditional Venezuelan dish that consists of queso blanco wrapped in a dough that is then deep fried. It is a great finger food and is perfect for feeding lots of hungry guests. The gooey cheese is offset by the crisp, flaky pastry exterior. Its wonderful taste it is very versatile as a side to any dip, or it can be served with Guasacaca (a Venezuelan green sauce). This dish has been one of my favorites from the first bite, and I guarantee it will be for you.

**TEQUEÑOS**

*Prep Time:* 60 minutes  
*Cook Time:* 20 minutes

By: Sebastian Nolasco

**INGREDIENTS**

- 2 cup (300 grams) all purpose flour
- 1 tsp salt
- 6 tbsp butter
- 1 tbsp sugar
- 1 egg
- 4-6 tbsp cold water
- Oil of choice for frying
- 1 lb of Queso Blanco (white cheese)

**DIRECTIONS**

1. Prepare the cheese by cutting it into strips to your preferred size of tequeño
2. Add flour, sugar, 6 tablespoons of butter, and salt to a food processor.
3. Slowly pulse until the butter is broken down into pieces about the size of a pea
4. Transfer to a bowl and add the egg and water and knead until it forms a smooth ball
5. Wrap the dough in plastic wrap and refrigerate for 30 minutes
6. Roll the dough out into a square that it about 1/8 of an inch thick and cut into strips ¾ inch wide. Place the strip of dough on the tip of your cheese and wrap it around until it is fully covered. Make sure to overlap the dough so that the seams do not break. Repeat with the rest of your cheese
7. Heat about 1 inch of oil to 400 degrees Fahrenheit and fry tequeños for 3-5 minutes or until golden brown and crispy
8. Remove from the oil, transfer to a paper towel lined plate or baking sheet and let them cool for 2 minutes before serving

**TIPS**

- Make sure not to overcrowd whatever you’re frying in as this can not only be dangerous, but it can keep your food from frying correctly
- Use a thermometer to keep track of the oil temperature and check between batches as you fry
- If a fire were to happen, DO NOT USE WATER. Smother the flame instead, and if you have a lid, cover the flame with it

*PICTURED ON DIVIDER*
TORTILLAS

Prep Time: 40 minutes  Cook Time: 20 minutes

Tortillas are a staple side dish in Mexican homes of which complements most traditional meals. Growing up, making tortillas with my family was an enjoyable way to connect with each other and gave me the ability to participate in my culture. Whether you are making the tortillas for breakfast tacos, carne guisada, or eating the tortillas by themselves, this dish will add depth to any meal. When preparing this dish, make sure to keep your masa (tortilla dough) covered while you are rolling out each individual tortilla to keep in moisture. While a normal pan will suffice, using a traditional comal will cook the tortillas to perfection.

By: Gabi Fisher

INGREDIENTS

4 cups all purpose flour
1 1/2 tsp salt
1 1/2 tsp baking powder
Hot water
Heaping tbsp Manteca (Lard)

DIRECTIONS

1. In a large bowl, mix approximately 4 cups of flour, 1 1/2 teaspoons of salt, and 1 1/2 teaspoons baking powder
2. Slowly add a cup of hot water into the mixture and begin to knead until the water is completely incorporated
3. When the mixture starts to get sticky to the touch, incorporate a heaping tablespoon of manteca to the masa (dough)
4. Continue kneading until the masa is completely smooth and no longer sticky
5. Roll the masa into a ball and let it rest in the bowl for 15-30 minutes; put a linen kitchen towel in hot water, wring it out, and place the towel over the bowl
6. After the masa has risen, form 16-20 equal sized balls and start rolling them out on a lightly floured surface to the thickness of your liking
7. In a comal over medium heat, cook the tortillas as you stretch them out
8. After about 45 seconds the tortillas should start forming little air bubbles which is the indication to flip them over
9. Cook the tortillas on the other side for an additional 45 seconds to a minute and take it off of the comal (ideally, you should only flip a tortilla once while cooking it)
10. Wrap the tortillas in a dry linen kitchen towel as they come off the comal: this will allow for the tortillas to retain the moisture and heat before being served
A side of bread has been part of a complete meal for centuries. That is true even today; meals are usually accompanied by toast, garlic bread, rolls, etc. This particular recipe is one that I use quite often, sometimes for weeknight dinners but also for big meals such as thanksgiving and Christmas. It is simple to make and everyone loves them. There are so many variations that can be made to this recipe. You can eat the rolls just the way they are, add butter, garlic salt, jam, and so many other combinations. There is so much creative freedom with these rolls to make any meal complete.

**INGREDIENTS**

1 cup whole milk  
1/2 cup warm water  
1/4 cup, unsalted butter, melted  
1/4 cup sugar  
2 1/4 tsp active dry yeast  
1 1/2 tsp kosher salt  
2 large eggs  
Natural oil for greasing  
4 cups of flour  
sea salt for sprinkling

**DIRECTIONS**

1. In a liquid measuring cup or small bowl, combine the warm milk, warm water, melted butter, and sugar  
2. Sprinkle the yeast evenly over the wet ingredients, stir to combine, and let stand for 5 minutes, until foamy  
3. In a large bowl, combine the flour and salt, and stir to combine  
4. Beat 1 egg, then add to the bloomed yeast mixture  
5. Pour the wet ingredients into the flour and use a knife to stir until the mixture just comes together and forms a dough  
6. Turn the dough out onto a lightly floured surface and knead for 5-10 minutes, or until the dough becomes smooth  
7. Add more flour as needed to keep the dough from sticking  
8. To test if it’s done, tear off a small piece of dough and stretch into a thin layer, if the dough doesn’t rip, it’s ready or, press a finger into the dough to see if it bounces back  
9. Lightly grease a large glass bowl with oil  
10. Add the dough, cover with plastic wrap, and let rest for 1 hour, or until doubled in size  
11. Punch down the dough, then turn out onto a floured surface  
12. Knead for a few more minutes, just until the dough is smooth, about 2 minutes  
13. Divide the dough into 16 equal balls, roughly the size of tangerines.  
14. Knead the balls, gathering the edges of the dough toward the center to make a taut, round ball with a smooth top.  
15. Place the rolls on a parchment paper-lined baking sheet, cover with plastic wrap and let rise for 30 minutes  
16. Preheat the oven to 375 degrees  
17. Beat the remaining egg in a small bowl  
18. Uncover the rolls and brush with the egg wash  
19. Lightly sprinkle the rolls with sea salt.  
20. Bake for 25 minutes, or until the rolls have lightly browned and doubled in size.
By: Carolyn Todd

Potato soup is my favorite kind of soup because of the combination of soft potatoes and melted cheese, making for a pleasant aroma. This soup is my go-to side dish at restaurants, so I decided to try my hand at it. This recipe is easy, especially for beginners, although it requires many ingredients. Soup can be a tricky dish to make, but with enough practice and taste testing, this dish can result in a flavorful side to any entrée.

**INGREDIENTS**
- 2 golden potatoes
- 1 stick of unsalted butter
- 1/2 cup sour cream
- 4 tbsp all-purpose flour
- 3 cups whole milk OR (half-half cream)
- 3 cups chicken broth
- 1/2 cup cheddar cheese
- 1/2 lb of bacon
- 1/2 yellow onion

**DIRECTIONS**
1. Place soup pot on medium heat
2. Add vegetable oil
3. Chop bacon into bite sized bits, then add to the pot
4. While bacon is cooking, peel and dice potatoes and onion
5. Once bacon is cooked, remove it from the pot and place it in a separate bowl
6. Scoop out grease from pot
7. Add yellow onion and butter to sauté
8. Add 4 tbsp. of flour and stir until raw flour is no longer visible
9. Then add 3 cups of chicken broth and 3 cups of milk (or cream)
10. Season generously with salt, lemon pepper, and black pepper
11. Add potatoes and let simmer until potatoes are soft (about 15 minutes)
12. Add bacon back in, along with 1/2 cup of sour cream and 1/2 of cheddar cheese
13. Let simmer for an extra 5 minutes, then serve

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By: Kimberly Yanez

**BAKED POTATO SOUP**

Potato soup is my favorite kind of soup because of the combination of soft potatoes and melted cheese, making for a pleasant aroma. This soup is my go-to side dish at restaurants, so I decided to try my hand at it. This recipe is easy, especially for beginners, although it requires many ingredients. Soup can be a tricky dish to make, but with enough practice and taste testing, this dish can result in a flavorful side to any entrée.

**INGREDIENTS**
2 golden potatoes
1 stick of unsalted butter
1/2 cup sour cream
4 tbsp all-purpose flour
3 cups whole milk OR (half-half cream)
3 cups chicken broth
1/2 cup cheddar cheese
1/2 lb of bacon
1/2 yellow onion

**DIRECTIONS**
1. Place soup pot on medium heat
2. Add vegetable oil
3. Chop bacon into bite sized bits, then add to the pot
4. While bacon is cooking, peel and dice potatoes and onion
5. Once bacon is cooked, remove it from the pot and place it in a separate bowl
6. Scoop out grease from pot
7. Add yellow onion and butter to sauté
8. Add 4 tbsp. of flour and stir until raw flour is no longer visible
9. Then add 3 cups of chicken broth and 3 cups of milk (or cream)
10. Season generously with salt, lemon pepper, and black pepper
11. Add potatoes and let simmer until potatoes are soft (about 15 minutes)
12. Add bacon back in, along with 1/2 cup of sour cream and 1/2 of cheddar cheese
13. Let simmer for an extra 5 minutes, then serve
53 Vietnamese Fruit Cocktail
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**VIETNAMESE FRUIT COCKTAIL**

**Prep Time:** 30 minutes  
**Cook Time:** 5 minutes

This fruity drink recipe is the Vietnamese version of a similar Thai dessert that originated in Asia. This fruit cocktail incorporates many of the sweetest traditional fruits in Vietnam and is also commonly used as tapioca flavors in drinks today. This recipe was created for traditional family gatherings and has been passed down for generations in my family. This drink reminds me of my culture and how cultural foods bring people together.

**By: Amanda Nguyen**

### INGREDIENTS

- 1/2 cup Tapioca pearls
- 1 can of grass jelly
- 1 can jackfruit
- 1 can longan fruit
- 1 can lychee
- 1 quart of half and half
- Optional: Ice

### DIRECTIONS

1. Boil a pot with about two inches of water over medium-high heat and once water starts to boil add half cup of tapioca pearls
2. Let the tapioca pearls sit for about 15 minutes or until the pearls are at a soft chewy consistency
3. Strain the tapioca pearls out of the pot and put aside in a bowl to use later
4. Open the can of grass jelly and begin cutting the grass jelly into cubes
5. Put the cubes of grass jelly into a big bowl and begin opening the rest of the other cans of fruit
6. Place the lychee, longan, jack fruit and tapioca into the bowl one by one (slicing fruit to smaller portions is optional)
7. Pour Half and Half over the whole thing and take a ladle to mix the fruit and milk together. (if ice is preferred, add ice into the bowl before mixing)
8. Scoop the drink into a cup

*PICTURED ON DIVIDER*

### TIPS

- All fruit is optional; these are just traditional Vietnamese fruit
- The best place to find this canned fruit is at a local Asian market but there are similar canned fruits at any local grocery store
**PARTY PUNCH**

By: Faith Gaudlitz

Prep Time: 1 minute  
Cook Time: N/A

Party Punch is a simple and flavorful drink that comes from one of my childhood best friends. She introduced this drink to me at one of her birthday parties in middle school and I’ve loved it ever since. Its simplicity is a part of its charm and, paired with its interesting flavor combination, Party Punch makes for a great drink perfect for almost any occasion.

**INGREDIENTS**

- 1 2-liter of Ginger Ale
- 1 2-liter of Manzana soda
- 1-2 tsp vanilla extract

**DIRECTIONS**

1. Pour 1-part Ginger Ale and 1-part Manzana soda in a large container (don’t have to use entire 2-liter of each)
2. Add vanilla extract
3. Mix well
4. Serve

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**WHITE RUSSIAN**

By: Sebastian Nolasco

Prep Time: 10 minute  
Cook Time: N/A

This recipe is a great choice for the holiday season. The blend of vodka and cream creates a smooth and sweet drinking experience that serves as the perfect dessert cocktail. The meringue provides a light and fluffy texture with the shaved chocolate rounding out the tasting experience with its rich cocoa taste.

**INGREDIENTS**

- 1 2/3 oz Vodka
- 1 oz Cream
- 2/3 oz Coffee Liqueur

**MINI MERINGUE:**

- 2 Pasteurized egg whites
- 1/3 cup sugar
- 1 tsp vanilla extract
- Dark Chocolate for topping

**DIRECTIONS**

1. Pour vodka and liqueur over ice (optionally chilled glass), add cream.

**MINI MERINGUE:**

2. For the small batch meringue, whip the egg whites, sugar, and vanilla extract until it forms stiff peaks.

**COMBINING:**

3. Top the drink with the meringue and shave dark chocolate on top to garnish

**TIPS**

- If you are whipping your meringue by hand, chill your bowl to help with the process.
- You can also wrap a kitchen towel around the base of your bowl for extra stability.
- If coffee liqueur is unavailable or you would like to use less alcohol, substitute with cold brew or a chilled shot of espresso.
GREEN TEA

By: Jules Salinas

I am not a huge fan of alcohol; I don’t like to taste it whenever I’m drinking. My friend, who has her bartending license, is always trying to make new and different drinks. I am usually the one that tries them all. Boozy Green Tea is one of my favorites. This drink is the perfect combination of sweet and sour with a splash of alcohol – just the way I like it.

**INGREDIENTS**
- 1/4 full with ice shooter glass
- 1/2 oz Jameson’s Whiskey
- 1/2 oz Peach Schnapps Liquor
- 1/2 oz Sweet & Sour Mix
- 7Up (can use Mountain Dew or Sprite)

**DIRECTIONS**
1. Shake all ingredients together
2. Strain shaken drink
3. Top with a splash of 7Up

HOT COCOA

By: Faith Gaudlitz

I only stumbled upon this mouth-watering hot cocoa recipe, but I felt it deserved to be shared. The combination of butter and milk makes this particular drink a creamy indulgence - perfect for any cold winter’s night. It’s extremely customizable - make it as bitter or sweet as you like and feel free to experiment. Maybe add that dash of mint or cinnamon for extra flair and soon you’ll be nursing a perfectly warm and creamy mug of hot cocoa.

**INGREDIENTS**
- 2 tbsp butter
- 2-3 tbsp cocoa
- 1/4 cup - 1/2 cup sugar
- 1/4 cup milk

**DIRECTIONS**
1. Put all ingredients in a pot over medium heat
2. Mix until everything is combined
3. Gradually add more milk until there’s enough servings (if needed)
4. Make sure to stir consistently while heating

**TIPS**
- If too sweet, reduce sugar from 1/4 cup to 1/8 cup and limit butter to 1 tablespoon
- Milk and butter can be substituted for vegan alternatives
BAILEYS VANILLA TWIST

Prep Time: 5 minutes  
Cook Time: N/A

Calling all coffee and liquor lovers. This recipe is for a Baileys Vanilla twist, a drink with Baileys Irish Cream base with a vanilla vodka surprise. The Baileys has a nice strong espresso taste and the vodka adds a nice vanilla warmth. This is a simple but classic after dinner dessert drink.

By: Carolyn Todd

INGREDIENTS
3 oz Baileys Irish Cream  
1 oz Vanilla Vodka  
optional: ground cinnamon and cinnamon stick for garnish

DIRECTIONS
1. Fill a cocktail shaker half full with ice
2. Add Baileys and vodka to shaker
3. Cover and shake for about 30 seconds
4. Strain into a martini glass
5. Garnish with a sprinkle of ground cinnamon and a cinnamon stick

MARGARITA

Prep Time: 5 minutes  
Cook Time: 15 minutes

This refreshing drink is a great way to cool off. Whether it's a cookout, pool party, or just a casual night in, this one is sure to hit the spot and be a crowd pleaser. The combination of pineapple and mango give the drink a wonderful tropical taste and the recipe can be easily adjusted to your own tastes. As for tequila choice, try to stick with silver over gold.

By: Sebastian Nolasco

INGREDIENTS
1/2 cup frozen mango  
1/2 cup frozen pineapple  
1/2 cup ice  
2 oz Tequila  
1 oz Triple sec  
1 tbsp lime juice

DIRECTIONS
1. Dip the rim of your glass in lime juice and coat the rim with salt, sugar, or a spice blend such as tajin, or leave the rim bare (this is by preference)
2. Blend all the ingredients until smooth and pour into your glass.

TIPS
- You can optionally add xanthan gum as well; this ingredient will help thicken the drink and help prevent the separation between liquids
- Chill your glass for about 10 minutes beforehand
My first job during high school was working at a smoothie shop. Working there taught me different combinations of fruits and veggies that I never would’ve thought of. The three smoothies listed are my favorite smoothies that are refreshing and can contribute to a healthy lifestyle. There are multiple options for substitutions and different things you can add to your liking. Making smoothies is quick and easy, and not to mention each recipe is flexible.

### Greek Yogurt Blueberry Smoothie

**INGREDIENTS**
- base options: water, orange juice, milk, vanilla greek yogurt, strawberries, blueberries, ice

**DIRECTIONS**
1. Choose the liquid base and add about 5 oz of the liquid to the blender.
2. Add a spoonful of greek yogurt to the blender.
3. Wash the strawberries and blueberries before adding to the mix.
4. Add about 5 strawberries and a handful of blueberries to the blender.
5. Add a couple of ice cubes and blend together.

### Pineapple Spinach Smoothie

**INGREDIENTS**
- base options: water or pineapple juice, pineapples, baby spinach, ice

**DIRECTIONS**
1. Choose the liquid base and add about 5 oz of the liquid to the blender.
2. Cut open a pineapple or use frozen pineapple chunks and add a handful to the blender.
3. Wash the baby spinach and add about 8 leaves to the blender.
4. Add a couple of ice cubes and blend together.

### Peanut Butter Smoothie

**INGREDIENTS**
- base options: any kind of milk, or water, 1 banana, peanut butter, ice

**DIRECTIONS**
1. Choose the liquid base and add about 5 oz of the liquid to the blender.
2. Cut up one banana or simply peel and add the banana to the blender.
3. Add a spoonful of peanut butter to the mix.
4. Add a couple of ice cubes and blend together.

**TIPS**
- Add protein powder to this smoothie
- Add less ice if frozen fruit is used
- The more ice used, the thicker the smoothie; if the smoothie comes out too thick, add more liquid base to help achieve a smoother consistency
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