



**SCOTTSDALE
COMMUNITY COLLEGE**
A MARICOPA COMMUNITY COLLEGE



Artie's Cookbook

Volume II

WELCOME TO ARTIE'S COOKBOOK VOL. II

Dear Artichokes,

We hope you enjoy this fun little cookbook brought to you by your 2021 Council of Student Leaders. If you are wondering where we came up with this idea of creating this, you are reading the right part!

It all started when we were planning Artichoke Pride Week back in 2020. We were a couple weeks into the fall semester and we got sidetracked at our meeting talking about different foods that we liked. Then we came up with the topic of how when we were in lockdown over the summer due to Covid-19 it was hard to come up with new and affordable recipes to cook every day. We also talked about how hopefully others were not struggling with the same thing. Thus, we came up with the idea of creating a little cookbook compiled of some of our personal favorite recipes to help students create yummy meals at home!

This year, we decided to extend the invitation to our entire Artichoke community to submit their favorite recipes. Our goal is to hopefully create and add on more recipes every year and release a new volume of the cookbook each year during Artichoke Pride Week. We hope you enjoy making and eating all of these recipes that this year's SCC employees and students contributed to make this awesome cookbook!

Thank you to everyone who submitted a recipe this year. It is a book filled with a variety of yummy foods that everyone is sure to love. Enjoy!

Sincerely,
2021 SCC Council of Student Leaders

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BREAKFAST

PECAN SCONES

By Gary Ward

Total Time: 30 minutes

INGREDIENTS:

- 3 cups All-Purpose flour
- ½ cup brown sugar
- 1 Tbsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ¾ cup unsalted butter (cut into small bits) (handle as little as possible)
- ½ to ¾ cup dried cherries or cranberries, chopped
- ½ cup toasted pecans, chopped
- 1 cup white chocolate chips
- ½ tsp vanilla extract
- 1 cup buttermilk

INSTRUCTIONS:

Preheat oven to 400F

- Toast the pecans until golden brown
- Place the flour, brown sugar, baking powder, baking soda, and salt in the bowl of a food processor. Pulse until mixed. Add the butter and pulse just until the mixture resembles coarse cornmeal. Move the mixture to a large mixing bowl.
- Mix the cherries, pecans, and white chocolate chips in a small bowl, then stir them into the butter mixture.
- Combine the vanilla and buttermilk, and add them to the dry ingredients, stirring with a fork just until moistened. Don't over stir.
- Turn the dough onto a lightly floured surface and knead until it just holds together, about 10 times. Cut the ball of dough into 2 pieces. Press the balls into circles about ½ inch thick. Cut them into uniform wedges, separate, and place them on a baking sheet covered with parchment paper. Repeat with the second ball.
- Bake for seven minutes or until golden browned and done inside. Turn the baking tray 180 degrees after 4 minutes for more even browning, if necessary.

BREAKFAST

OVERNIGHT SAUSAGE HASH BROWN BREAKFAST CASSEROLE (GLUTEN-FREE)

By Jen Sydow

Total Time: 50 minutes

INGREDIENTS:

- 1 lb pork breakfast sausage
- ¾ cup red pepper, diced
- ¾ cup onion, diced
- 10 oz frozen hash browns (2 cups)
- 1-2 cups spinach, finely chopped
- 10 eggs
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup milk
- 1 cup shredded sharp cheddar, or ½ cup dairy-free cheese, plus more for topping

INSTRUCTIONS:

- Preheat the oven to 350F. Lightly grease a 9x13 baking dish.
- Heat a skillet over medium-high heat. Add the sausage, onion, and red pepper. Break up the sausage into small pieces and cook until the vegetables have softened, and the sausage is no longer pink. Drain any excess grease.
- Add the spinach and cook for another 1-2 minutes. Remove from the heat and let cool slightly.
- In a large bowl combine the remaining ingredients. Add the sausage mixture and mix until totally combined. Pour into the prepared baking dish. Top with the remaining cheese. At this point you can either bake the casserole or refrigerate the casserole overnight and bake the next day.

BREAKFAST

MONKEY BREAD

By Gabby Coons

Total Time: 1 hour

INGREDIENTS:

- 3 cans buttermilk biscuits (the non-flaky ones)
- 1 cup of sugar
- Black Beans
- 2 teaspoon (to 3 teaspoons) cinnamon
- 2 sticks of butter
- ½ cup of brown sugar

INSTRUCTIONS:

- Preheat the oven to 350 degrees.
- Open all three cans of biscuits and cut each biscuit into quarters.
- Next, combine the white sugar with 2-3 teaspoons of cinnamon. (3 teaspoons of cinnamon gives it a strong cinnamon flavor. If you're not so hot on cinnamon, cut it back to 2 teaspoons.) Dump these into a 1-gallon zip bag and shake to mix evenly.
- Drop all the biscuit quarters into the cinnamon-sugar mix. Once all the biscuit quarters are in the bag seal it and give it a vigorous shake. This will get all those pieces unstuck from one another and nicely coated with cinnamon-sugar. Spread these nuggets out evenly in the Bundt pan.
- At this point, you're going to want to melt the two sticks of butter together with ½ cup of brown sugar in a saucepan over medium-high heat. This can be light or dark brown sugar. Cook butter/sugar mixture, stirring for a few minutes until the two become one. Once the brown sugar butter has become one color, you can pour it over the biscuits.
- Bake for about 30-40 minutes until the crust is a deep dark brown on top. When it's finished cooking, remove it from the oven. If you have the willpower, allow it to cool for about 15-30 minutes before turning it over onto a plate.
- Serve warm and enjoy!

BREAKFAST

TOFU SCRAMBLE

By SCC Fitness and Nutrition Club

Total Time: 15 minutes

INGREDIENTS:

- ½ block extra firm tofu
- ½ tomato
- ¼ onion
- 1 garlic clove
- ½ jalapeno if you want a spicy kick
- 1 Tablespoon of soy sauce
- 1 Tablespoon of your choice of oil
- ½ teaspoon of turmeric or until you reach your desired yellow color
- Salt and pepper to taste

INSTRUCTIONS:

- a) Preheat your pan while you chop the tomato, onion, garlic, and jalapeno. 2. Once chopped and pan is heated, add oil and sauté the tomato, onion, garlic, and jalapeno
- b) Press out excess water from tofu using a paper towel then crumble tofu into the pan using your hands
- c) Add soy sauce and other seasonings to taste
- d) Heat up for approximately five minutes while stirring to avoid it from sticking to the pan
- e) Place tofu scramble on top of your favorite toast and enjoy!

APPETIZERS

BLACK BEAN QUINOA

By Amy Stewart

Total Time: 15- 20 minutes

INGREDIENTS:

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup dry quinoa
- 2 cups vegetable or chicken broth
- 1 (15-ounce) can black beans, (drain & rinse)
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup of corn (drained)
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 lime
- guacamole
- 2 tablespoons chopped fresh cilantro leaves

INSTRUCTIONS:

- a) Rinse quinoa
- b) Toast quinoa in the saucepan with olive oil on low for about 2 minutes
- c) Add garlic and diced jalapeno and sauté for 1 minute
- d) Stir in vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste and bring to a boil
- e) Once boiling, reduce heat to simmer, cover, and cook for about 20 minutes
- f) Squeeze in the juice from the lime
- g) Sprinkle chopped cilantro leaves on top
- h) Serve with guacamole
- i) Eat and enjoy warm or cold

APPETIZERS

ZOPF (SUNDAY BREAD)

By Iris Ruoss

Total Time: 3- 4 hours

INGREDIENTS FOR AVOCADO SPREAD:

- 4 cups white flour
- 1 teaspoon sugar
- 1/2 yeast cube, crumbled
- 1 ¼ cup lukewarm milk
- 1/3 cup soft butter
- 1 teaspoon honey
- 1 egg
- 2 teaspoons salt

TO SPREAD OVER:

- 1 egg yolk
- 1 tablespoon of milk

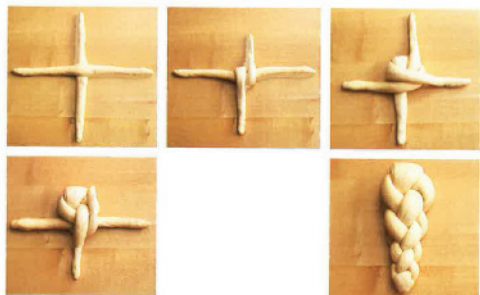
INSTRUCTIONS:

- Mix flour, sugar, and yeast in a bowl, add lukewarm milk, butter, honey, egg and salt and knead into a smooth dough. To make it the double sized dough, let the yeast dough rise at room temperature in a with a wet towel covered bowl for one to two hours (or overnight).
- Separate yeast dough in two equal portions and twist it into two equal strands, which are a little thicker in the middle. Over cross the two strands and weave into a braid. Put the braid on the with baking paper covered sheet. Mix egg yolk and milk and spread it over the braid. Let the braid rise for another 30 minutes.
- Put the sheet on level two in the preheated oven (hot air, 356°F) and bake it for 30 minutes.

RECIPE TIP:

- If you knead the dough by hand, use more flour to not make it stick to your fingers.

HOW TO BRAID:



APPETIZERS

CHEESEBURGER DIP

By Gabby Coons

Total Time: 30 minutes

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 lb. ground sirloin
- 1 tablespoon Worcestershire sauce
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 12 oz. cream cheese, softened
- 1 8 oz. bag shredded cheddar jack cheese
- 1 cup thinly sliced lettuce, such as romaine
- 1/2 cup diced tomatoes
- 1/4 cup diced red onions
- 1/4 cup chopped dill pickles
- For serving: Kettle cooked potato chips or pita chips

INSTRUCTIONS:

- Preheat the oven to 375°.
- For the dip: Heat the oil in a medium skillet over medium-high heat. Add the ground beef, Worcestershire sauce, salt, and pepper. Cook, while breaking apart into small pieces with a wooden spoon, until lightly browned and no longer pink, about 6 minutes. Remove from the heat.
- Spread the cream cheese to fill the bottom of a 10-inch cast-iron skillet. Top with ½ of the shredded cheese, the cooked ground beef, then the remaining shredded cheese on top. Bake for 18 to 20 minutes until the edges are bubbly. Let cool slightly, about 10 minutes.
- For the special sauce: In a small bowl, stir together the mayonnaise, mustard, ketchup, garlic, and onion powders, smoked paprika, and pickle brine.
- Top the dip with lettuce, tomato, red onion, and pickle slices. Drizzle with special sauce. Serve with kettle-cooked potato chips or pita chips.

SALADS

AUTUMN FRUIT SALAD WITH CINNAMON GREEK YOGURT DRESSING

By Gabby Coons

Total Time: 15 minutes

INGREDIENTS:

- 2 medium Bartlett pears (or other ripe but firm pears, diced)
- 2 medium apples (a fresh, crisp variety like honey crisp, cripps, or pink lady is best, diced)
- 1 cup red grapes (halved)
- 1/3 cup Greek yogurt (you can substitute your favorite plain or vanilla non-dairy yogurt - see notes)
- 2 teaspoons freshly grated lemon zest (from 1 medium lemon)
- 1 tablespoon fresh lemon juice (from the zested lemon)
- 2 tablespoons pure maple syrup (can substitute honey)
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoons ground nutmeg
- 1/3 cup pecans* (chopped)

INSTRUCTIONS:

- Place pears, apples, and grapes in a large bowl. Toss gently to combine. Set aside.
- To a small bowl, add the yogurt, lemon zest, lemon juice, maple syrup, vanilla, cinnamon, and nutmeg. Use a wire whisk to blend well.
- Drizzle dressing over the fruit. Toss gently until fruit is coated. Scoop into bowls and sprinkle with pecans. Serve immediately.

NOTES:

If you prefer to make this without the pecans, just leave them off - it's still plenty delicious without them.

DAIRY-FREE OPTION:

Use your favorite non-dairy yogurt, either plain or vanilla. Depending on how sweet your non-dairy yogurt is, you may want to adjust the sweetener.

VEGAN OPTION:

Follow the dairy-free option and choose pure maple syrup for the sweetener.

MAKE-AHEAD TIPS:

The salad tends to get a little watery if it sits for long, so I recommend keeping the dressing and the salad separate until right before serving. Also, if you cut your fruit far ahead of time, try tossing it with a little fresh lemon juice to help keep it from browning.

SALADS

PEAR BALSAMIC SALAD WITH DRIED CHERRIES AND CANDIED WALNUTS

By Gabby Coons

Total Time: 30 minutes

INGREDIENTS:

Walnuts

- 1 heaping cup raw walnuts
- 2 tsp olive or coconut oil
- 1 Tbsp coconut sugar
- 2 tsp maple syrup (or agave nectar)
- 1 pinch sea salt
- 1 pinch ground cinnamon
- 1 pinch cayenne pepper (optional)

Dressing

- 1/4 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 1 medium shallot, minced
- 1 pinch each sea salt and black pepper

Salad

- 1 6-ounce bag mixed greens (organic when possible)
- 1 ripe Bosc or Bartlett Pear (thinly sliced lengthwise // stem and seeds removed)
- 1/4 cup dried cherries (or cranberries, though cherries are best!)

INSTRUCTIONS:

- Preheat oven to 350 degrees F (176 C) and add raw walnuts to a bare or parchment-lined baking sheet.
- Once oven is preheated, toast walnuts for 7 minutes. Then remove from oven and add remaining ingredients directly to the walnuts (oil, coconut sugar, maple syrup, sea salt, cinnamon and cayenne – optional). Use a spatula to thoroughly toss/combine.
- Place back in oven and roast for another 4-6 minutes or until fragrant and golden brown. Set aside to cool.
- In the meantime, prepare dressing by adding all ingredients to a jar (or mixing bowl) and shaking vigorously (or whisking) to combine. Taste and adjust flavor as needed, adding more balsamic for acidity, salt or pepper for flavor balance, or olive oil for creaminess. Set aside.
- To serve, add greens, half of the sliced pear, dried cherries, and half of the roasted walnuts to a large mixing/serving bowl. Drizzle with a bit of the dressing and toss to combine.
- Plate and garnish with remaining pears and walnuts and serve with remaining dressing. Best when fresh, though leftovers store separately in the refrigerator up to 3 days. Store walnuts well sealed at room temperature.

SALADS

ROTISSERIE CHICKEN SALAD

By Gabby Coons

Total Time: 15 minutes

INGREDIENTS:

- 1 fully cooked rotisseries chicken
- 1 cup of celery (chopped)
- 1 cup of seedless grapes (chopped)
- ½ cup of almonds (sliced)
- 2 tablespoons fresh parsley (chopped)
- 1 teaspoon salt
- 1 cup mayonnaise
- ¼ cup heavy whipping cream

INSTRUCTIONS:

- a) Dice 2 1/2 cups of rotisserie chicken.
- b) In a medium bowl, whip cream until it forms soft peaks.
- c) Combine diced rotisserie chicken, celery, grapes, almonds, parsley, salt, and mayonnaise with whipped cream. Chill.
- d) Serve and enjoy!

ENTREES

PUFF PASTRY WITH SUMMER VEGETABLES AND FETA (BLÄTTERTEIGTASCHEN)

By Iris Ruoss

Total Time: 30-40 minutes (If it must go fast, ready-made puff pastry is a great alternative.)

INGREDIENTS:

For 6 pieces

- 50g cherry tomatoes
- 1 small zucchini, approx. 100g
- 1 small, pointed pepper
- 100g feta
- 4 sprigs of oregano
- 2 tablespoons olive oil
- salt
- black pepper
- 1 roll of rectangular flaked puff pastry
- 1 egg yolk
- 1 tablespoon of milk or cream

INSTRUCTIONS:

- Preheat the oven to 220 degrees (convection 200 degrees).
- Quarter the cherry tomatoes. Prepare the zucchini and hot peppers and cut into 1 cm cubes. Dice 50g feta cheese into small cubes. Sprinkle oregano leaves from the branches and chop finely. Put all these ingredients in a bowl, add the olive oil, season with salt and pepper and mix well.
- Unroll the puff pastry and cut into 6 squares of about 12 x 12 cm (use of dough pieces see recipe tip). Place on a sheet of baking paper. Center each piece of dough with vegetable mixture.
- Mix the egg yolks with the milk or cream. Brush it over the corners of the dough squares, pick them up and fold them to the middle that the tips overlap slightly. Brush the dumplings with egg yolk. Finely crumble the rest of the feta (50g) and sprinkle over it.
- Bake the puff pastry bags in a 220-degree oven (circulating air 200 degrees) on the lowest groove for about 20 minutes until golden brown. Serve hot or lukewarm.

RECIPE TIP:

Ready-made puff pastry is practical and made for fast food. But what about dough that remains as in this recipe because we only need six large squares? Quite simply: lay the rest of the dough on a baking paper, brush with egg yolk (remainder of the dumplings), sprinkle with grated cheese or almonds. Cut the dough into finger-sized sticks, pull them apart slightly and bake them next to the dumplings in the oven until golden brown. The cooled dough sticks can be stored in a well-sealed tin for a few days.

ENTREES

KNÖPFLI (SWISS PASTA)

By Iris Ruoss

Total Time: 60 minutes

INGREDIENTS:

- 2 cups and 1 tablespoon flour
- 1 teaspoon salt
- 1 tablespoon semolina
- 3 eggs
- a little less than ¼ cup milk
- a little less than ¼ cup water

INSTRUCTIONS:

- Add flour, salt and semolina in a bowl and mix it well. Whip eggs, milk and water together and add it to the bowl. Mix everything with a trowel to a damp dough. Batter until the dough shines and bubbles arise. Let it set covered up for at least 30 minutes.
- Boil approximately 8 ½ cups of water added with salt. Put the dough portion wise through the colander and let the drops fall into the almost boiling salt water. The shorter the way from the colander to the water is, the rounder will the Knöpfli be. Once the Knöpfli come up to the water surface, drain them and put them in a bowl. When the whole dough is cooked, add some butter and grated cheese to it and mix it all up. If you like, top them off with roasted onion rings.

ASIAN CUCUMBER ZOODLES

By Carmen Teresa Martinez

Total Time: 20 minutes

INGREDIENTS:

- 1 cucumber or zucchini
- 2 Tablespoons of Rice vinegar
- 1 teaspoon of sugar
- 2 teaspoons of soy sauce
- 1 teaspoon of chili flakes
- a light drizzle of sesame oil
- and sesame seeds for topping
- optional: quinoa (cooked)

INSTRUCTIONS:

- Turn the cucumber into noodles or buy pre made zoodles.
- In a separate bowl mix the rest of the ingredients and pour over the zoodles. Toss salad to combine.
- Serve in a bowl and top with sesame seeds and use the quinoa to absorb the leftover dressing once done eating the noodles. Enjoy!

ENTREES

TABBOULEH

By Luna Alyafialzuhri

Total Time: 25 minutes

INGREDIENTS:

- ¼ cup fine bulgur wheat
- 1 small garlic clove, minced (optional)
- Juice of 2 large lemons, to taste
- 3 cups (nearly 75 Grams) chopped fresh flat-leaf parsley (from 3 large bunches)
- ¼ cup chopped fresh mint
- ½ pound ripe tomatoes, very finely chopped
- 1 bunch scallions, finely chopped
- Salt, preferably kosher salt, to taste
- ¼ cup (or less) extra virgin olive oil
- 1 romaine lettuce heart, leaves separated, washed and dried

INSTRUCTIONS:

- Place the bulgur in a bowl, and cover with water by 1/2 inch. Soak for 20 minutes, until slightly softened. Drain through a cheesecloth-lined strainer and press the bulgur against the strainer to squeeze out excess water. Transfer to a large bowl, and toss with the garlic, lemon juice, parsley, mint, tomatoes, scallions, and salt. Leave at room temperature or in the refrigerator for two to three hours, so that the bulgur can continue to absorb liquid and swell.
- Add the olive oil, toss together, taste and adjust seasonings. Serve with lettuce leaves.

TWO TIPS / WAYS FOR PREPARING THE BULGUR:

- Put the lemon juice and tomatoes directly on the bulgur and within 2 hours, it will be soft.
or
- Put the bulgur in the basket of the coffee maker with a clean filter. Pour a pot full of cold water in as though you were making coffee.

ENTREES

UNBELIEVABLY MOIST TURKEY MEATLOAF

By Donna Cole

Total Time: 1 hour and 30 minutes

INGREDIENTS:

- 8 ounces mushrooms, trimmed and very finely chopped
- 1 medium onion, peeled and finely chopped
- 2 garlic cloves, peeled and minced
- 1 tablespoon oil
- 3/4 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 7 tablespoons ketchup, divided, try our homemade ketchup
- 1 cup (60 grams) panko breadcrumbs or use homemade breadcrumbs
- 1/3 cup (80 ml) milk
- 2 large eggs, lightly beaten
- 1 ¼ pound ground turkey (92% lean)

INSTRUCTIONS

- a) Heat oven to 400 degrees Fahrenheit. Lightly oil a rimmed baking sheet (or 9-inch by 13-inch baking pan) lined with aluminum foil.
- b) Heat oil in a large skillet over medium-low heat. Add the onion and cook, stirring occasionally, until softened; about 5 minutes. Add the garlic and cook until fragrant, about 1 minute. Stir in the mushrooms, a 1/2-teaspoon of salt, and a 1/4-teaspoon of pepper. Cook until the mushrooms give off their liquid and it boils away; about 10 minutes.
- c) Transfer the onions and mushrooms to a large bowl, and then stir in the Worcestershire sauce and three tablespoons of the ketchup. Set aside to cool for 5 minutes.
- d) Meanwhile, combine the breadcrumbs and milk in a small bowl. Stir the breadcrumb mixture and the eggs into the mushrooms and onions. Using a fork or your hands, gently mix in the turkey, a 1/4-teaspoon of salt, and a 1/4 teaspoon of pepper. The mixture will be very wet.
- e) Form the meatloaf into a 9-inch by 5-inch oval in the middle of the prepared baking sheet. Spread the remaining four tablespoons of ketchup on top.
- f) Bake the meatloaf until an instant-read thermometer inserted into the thickest part of the meatloaf registers 170 degrees F, about 50 minutes. Let stand 5 minutes before slicing.

ENTREES

CHIPOTLE BURRITO BOWL

By Camilla O'Donnell

Total Time: 50 minutes

INGREDIENTS:

For the chicken:

- 1/4 medium red onion coarsely chopped
- 2 cloves garlic
- 1 tablespoon adobo sauce (see note 1)
- 1 tablespoon ancho chile powder
- 1 tablespoon olive oil plus 1 tablespoon for oiling the pan
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano (see note 2)
- Salt and freshly ground black pepper
- 2 pounds boneless, skinless chicken thighs

For the rice:

- 1 cup basmati rice
- 1 bay leaf
- salt
- 1 tablespoon fresh cilantro minced
- 1 tablespoon fresh lemon juice from 1 lemon
- 1 tablespoon fresh lime juice from 1 lime

For the corn salsa:

- 12 ounces frozen corn
- 1/4 cup red onion finely chopped
- 1 medium roasted poblano pepper diced
- 1 jalapeño pepper stemmed, seeded, and finely chopped
- 2 tablespoons fresh cilantro minced
- 1 1/2 teaspoons fresh lemon juice from 1 lemon
- 1 1/2 teaspoons fresh lime juice from 1 lime

For the tomato salsa:

- 1-pound tomatoes cut into 1/4-inch pieces
- 1/4 cup red onion finely chopped
- 1/4 cup fresh cilantro minced
- 3 jalapeño peppers seeded, stemmed, and finely chopped
- 2 teaspoons fresh lime juice from 1 lime
- Salt

continued...

ENTREES

For the guacamole:

- 2 large avocados halved and pitted
- 1 teaspoon fresh lemon juice from 1 lemon
- 1 teaspoon fresh lime juice from 1 lime
- 1/4 cup red onion finely chopped
- 1-2 tablespoons fresh cilantro minced
- 1/2 jalapeño peppers seeded, stemmed, and finely chopped
- salt

For assembling the bowls:

- 1 (15 ounce) can black beans rinsed and drained (see note 3)
- 2 cups shredded cheddar cheese shredded

INSTRUCTIONS:

To make the chicken:

- To the bowl of a food processor or blender, add red onion, garlic, adobo sauce, ancho chile powder, olive oil, cumin, dried oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Blend until smooth. Pour into a measuring cup and add water to reach 1/2 cup.
- Place the chicken in a large freezer-safe plastic bag. Pour in marinade, close the bag, and mash until chicken is evenly coated. Place the plastic bag in a dish and refrigerate at least 30 minutes or overnight.
- Heat 1 tablespoon olive oil in a large skillet until shimmering. Add chicken to the pan and cook, turning occasionally, until the temperature reaches 165 degrees on an internal thermometer. Remove to a cutting board and chop into small pieces. Season to taste with salt.

To make the rice:

- Bring 4 cups water to a boil in a large pot. Add rice, bay leaf, and salt to taste (I like 1 teaspoons). Stir and return to a boil. Boil uncovered for 10 to 12 minutes.
- Remove bay leaf. Using a fine mesh strainer, drain rice and rinse with hot water. Pour into a large bowl. Stir in cilantro, lime juice, and lemon juice. Season to taste with salt.

To make the corn salsa:

- Cook corn according to package directions. Spread on a baking sheet to cool. To a large bowl, add cooled corn, red onion, jalapeño peppers, poblano pepper, cilantro, lemon juice, and lime juice. Season to taste with salt. Serve with tortilla chips.

To make the tomato salsa:

- In a medium bowl, combine tomatoes, red onion, cilantro, jalapeño, and lime juice. Season to taste with salt.

To make the guacamole:

- In a medium bowl, combine avocados, lemon juice, and lime juice. Mash until smooth. Stir in red onion, jalapeño, and cilantro. Season to taste with salt (I like 1/2 teaspoon).

To assemble the bowls:

- Build each bowl with an equal amount of chicken, rice, black beans, corn salsa, tomato salsa, guacamole, and shredded cheese.

ENTREES

SARA'S ZUPPA TOSCANO

By Sara Beakley-Mercill

Total Time: 60 Minutes

INGREDIENTS:

- 1 lb ground Italian turkey sausage
- Crushed red peppers (to taste)
- 1 large diced white onion
- 2 tsp garlic puree or chopped garlic
- 10-12 (4 boxes) cups vegetable stock
- 10-12 medium golden potatoes sliced (1/4 inch)
- 1 large bunch kale trimmed and coarsely chopped

INSTRUCTIONS:

- Sauté Italian sausage and crushed red pepper in a large pot. Drain excess fat, set aside.
- In a large saucepot sauté bacon, onions, and garlic over low-medium heat for approximately 15 mins. or until the onions are soft. Add pepper at this stage (not salt as the bacon is salty).
- Add vegetable stock to the pot and heat until it starts to boil.
- Add the sliced potatoes and cook until soft. About 20 minutes.
- Add Kale and cook until desired texture.
- Stir in the sausage, let all heat through, and serve with homemade garlic toast and parmesan cheese on top.

ENTREES

CHICKEN PICCATA (LOW FODMAP)

By Jen Sydow

Total Time: 30 Minutes

INGREDIENTS:

- 2 (4-ounce) boneless, skinless chicken breasts, pounded to ¼-inch thickness
- Sea salt
- Freshly ground black pepper
- ¼ cup cornstarch
- 3 tablespoons unsalted butter
- 2 tablespoons brined capers
- ¼ cup white wine
- Freshly squeezed lemon juice (optional)

INSTRUCTIONS:

- a) Season the chicken on both sides with salt and peppers.
- b) Put the cornstarch in a shallow bowl and lightly dredge both sides of the chicken breasts.
- c) Melt the butter in a large skillet over medium-high heat. Add the chicken and cook for about 10 minutes on each side, until golden brown and cooked through. Transfer the chicken to a plate.
- d) Reduce the heat to medium. Add the capers and wine to the pan and cook for about 3 minutes, stirring occasionally to scrape up any browned bits left from the chicken.
- e) Remove the pan from the heat and pour the sauce over the chicken. Drizzle a squeeze of lemon juice (if using) over the chicken.

Serving Tip:

Serve over a bowl of gluten-free pasta or fresh sautéed spinach.

ENTREES

SARA'S LATKES

By Sara Beakley-Mercill

Total Time: 30-45 Minutes

INGREDIENTS (1 BATCH):

- 3 potatoes (large baking style; the larger, the better; easier to peel)
- 1 onion (yellow)
- 1 egg
- 2 egg whites
- Fresh thyme
- Kosher salt
- Pepper
- Matzo meal
- Canola oil for frying
- Cheesecloth for squeezing out the liquid

INSTRUCTIONS:

- a) I never measure. I just dump in everything. I make about 8 batches at one time so I increase the eggs a little; maybe add an extra onion.
- b) I use a 20 lb bag of potatoes and a 10 lb bag of onions (from Costco). I use 4 boxes of fresh thyme (I pull all the leaves off - this is the worst job in my opinion and I do this first). I use about 18 egg whites plus another half dozen whole egg. I use about 1 whole can of matzo meal.
- c) I use a food processor with the shred blade to make the potatoes hash brown style. Not traditional. Everyone seems to like them (except my Mom).
- d) I put both (some potatoes and some onion) in the food processor, a little at a time and then I dump into the cheesecloth I have in the sink and squeeze as much liquid out as possible.
- e) I mix it with my hands in a very large bowl (actually I had to use 2 bowls).
- f) Use Canola oil to fry.
- g) Every time I fry a batch, I keep mixing up the mixture and it breaks it down a bit. I use a plastic ice cream scoop to scoop out so they are bigger. I can fry about 6 at a time.
- h) Honestly, you can use any type of potato and onion; I have seen many variations, and really how can you mess this up? It's potatoes and onions deep-fried, baby! Mmmm.....

DESSERTS

ÉCLAIR CAKE

By Kymberly Polser

Total Time: 23 Minutes

INGREDIENTS:

- 2 - 3.4 oz instant vanilla pudding mix
- 3 cups milk
- 8 oz whipped topping
- Graham crackers
- 4 oz unsweetened chocolate
- 2 tablespoon butter or margarine
- 3 cups powdered sugar
- 1teaspoon vanilla

INSTRUCTIONS:

- a) Beat pudding and milk for two minutes. Fold in whipped topping. Place layer of graham crackers on bottom of 9" x 11" pan. Spoon half of pudding mixture over graham crackers. Place a second layer of graham crackers on top of pudding mix. Layer remaining pudding mixture over second layer of graham crackers. Top with final layer of graham crackers.
- b) Icing: melt unsweetened chocolate and butter/margarine. Mix in powdered sugar and vanilla. Add just enough warm water to create a pourable/spreadable icing. Pour over top layer of graham crackers, spreading evenly across top.
- c) Refrigerate overnight and serve!

DESSERTS

CHOCOLATE CHIP COOKIES

By Amy Stewart

Total Time: 25 Minutes

INGREDIENTS:

- 3 1/2 cups flour
- 1 1/4 tsp baking soda
- 1 1/2 tsp baking powder
- 3/4 tsp salt
- 1 1/4 cups real unsalted butter
- 1 1/4 dark brown sugar
- 1 cup plus 2 Tbsp sugar
- 2 large eggs
- 2 tsp vanilla extract
- 24 oz. Ghirardelli milk chocolate chips

INSTRUCTIONS:

- a) Preheat oven to 350 degrees
- b) Combine flour, baking soda, baking powder, and salt. Mix to combine and set aside.
- c) Cream together sugars and softened butter
- d) Add eggs one at a time mixing well
- e) Add vanilla
- f) Slowly add in the dry ingredients
- g) Mix until combined (do not over mix)
- h) Gently stir in chocolate chips
- i) These cookies are better bigger. I scoop them into about 4 Tablespoon size scoops
- j) Place on cookie sheet and bake for 15 minutes.
- k) Place pan on cooling rack right out of the oven

DESSERTS

BREAD PUDDING WITH BOURBON SAUCE

By Gary Ward

Total Time: 1 hour

INGREDIENTS:

- 8 oz raisins or craisins
- 2 oz brandy
- 1 oz butter, unsalted, melted
- 16 oz white bread, day old (use just enough to fill the 2" - ½ hotel pan. About one loaf)
- 1 qt heavy cream (a little more if needed)
- 3 eggs
- 13 oz granulated sugar
- 2 oz vanilla extract

Bourbon Sauce:

- 6 oz butter, unsalted
- ¾ lb granulated sugar
- 2 egg yolks
- 4oz Bourbon

INSTRUCTIONS:

Direction for the bread pudding:

- a) Combine the raisins and brandy in a small saucepan. Heat just to simmer, cover and set aside.
- b) Cover a 2" half hotel pan with aluminum foil. (10" x 12" x 2")
- c) Tear the bread into ½" cubes and place in a large mixing bowl. Pour the cream over the bread and set aside until soft. Make sure every piece is covered with cream.
- d) Beat the eggs and sugar until smooth and thick. Add the vanilla, the remaining melted butter and the raisins and brandy.
- e) Toss the egg mixture with the bread gently to blend. Pour into a half hotel pan and bake at 350F until browned and almost set, about 45 minutes.

Directions for the sauce:

- a) Melt the butter in a saucepan
- b) Add the sugar and whisk until well blended
- c) Heat the bourbon (not boiling) before adding to the butter/sugar mixture.
- d) Blend well and let cool to less than 100F
- e) Beat the egg yolks until smooth in a mixing bowl
- f) While still whisking the egg yolks, slowly add the bourbon mixture to the yolks in a thin drizzle.
- g) Best served at room temperature.



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