

Community Cookbook 2014

Toddler-Friendly Edition



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Basic Bread

from Kate in Virginia

1 and 1/3 c. Warm water

2 and 1/4 tsp. yeast

3 c. Flour (if using bread flour, subtract 2 Tbsp., if using all purpose, add 2 Tbsp.)

1/4 cup whole wheat flour

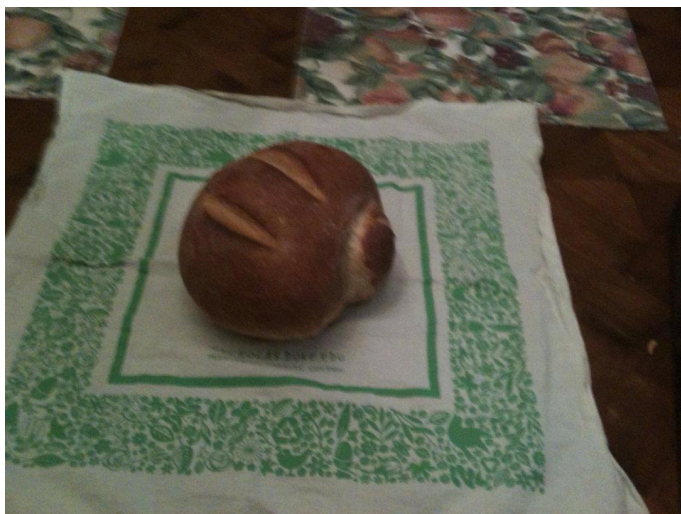
1 tsp. sweetener (honey or sugar or whatever)

1 and 1/2 tsp. salt

In a stand mixer, mix the water and yeast. Add flour, honey and salt and knead for about 10-15 mins. If you don't have a stand mixer, knead by hand until smooth and elastic. Let rise in bowl until doubled, about an hour. After rising, preheat oven to 475 degrees and shape the dough into a single round and let rise again another 30 mins. or so. Put some water in a pan or kettle to simmer (optional, for thicker, browner crust) After the second rise, slash the round with a sharp knife about 1/4 in. If using hot water, pour into a shallow pan and place in the oven, then put the loaf into the oven. Bake at 475 for 10 mins., then reduce the temperature to 425 and bake for about 20-30 mins. more, until golden brown on the outside, and to an internal temperature of 195 degrees (if you're into thermometers). Cool before eating.

Pizza crust variation: add 2 Tbsp. olive oil along with salt and sweetener. Makes 2 pizza crusts.

{More or less the Washington Post's recipe for No Better Basic Bread}



Carrot-Pineapple Slaw from Deanna, Southern Maryland



Recipe By: MyRecipes.com

Serving Size: 6

Ingredients:

1 cup diced fresh pineapple
1/2 cup raisins
1 (10-ounce) package matchstick-cut carrots
2 tablespoons canola oil
2 tablespoons fresh lemon juice
2 tablespoons maple syrup
1 tablespoon fresh pineapple juice
2 tablespoons chopped fresh flat-leaf parsley
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions:

Combine the first 3 ingredients in a large bowl. Combine oil and next 3 ingredients (through pineapple juice), stirring with a whisk. Add oil mixture to carrot mixture; toss well. Add parsley, salt, and pepper; toss well. Cover and chill.

Chicken and Black Bean Green Enchilada Rice Bake

From Deanna, Southern Maryland

Recipe By: Picky Palate

Serving Size: 6

2 cups white long grain rice
2 1/2 cups cooked, shredded chicken breast
One 15-ounce can mild green enchilada sauce
One 4-ounce can sliced black olives
One 15-ounce can diced tomatoes
1/2 cup sour cream
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 teaspoon Ground Cumin
One 15-ounce can black beans, drained and rinsed
2 cups shredded cheddar cheese

1. Preheat oven to 350 degrees F. and spray a 9×13-inch baking dish with non-stick cooking spray.
2. Cook rice according to package directions.
3. Place chicken, enchilada sauce, olives, tomatoes, sour cream, salt, pepper and cumin into a large bowl, mixing to combine. Pour cooked rice into prepared baking dish and layer beans on top of rice. Pour chicken mixture over rice and top evenly with cheddar cheese. Bake for 30 to 35 minutes, until cheese is melted and rice is hot.



Chicken Enchiladas

From Jessica in Virginia Beach

Ingredients

3 cups cooked chicken (shredded)
2 cups pepper jack cheese (shredded)
1/2 cup sour cream
1/3 cup chopped fresh cilantro
1 4.5 oz can chopped green chiles
8 flour tortillas
cooking spray
1 8oz container sour cream
1 8oz bottle verde sauce or green taco sauce
diced tomato
diced avocado
chopped green onions
sliced black olives

Stir together first five ingredients. Spoon mixture into tortillas and roll up. Arrange in slightly greased baking dish and coat tortillas with vegetable spray. Bake at 350 for 35-40 mins or until golden brown.

Stir together sour cream and green sauce and spoon over enchiladas. Sprinkle with toppings.

Coriander-Spiced Chicken Thighs with Sweet Potatoes and Bacon

From Amy in Rhode Island

3 tbsp. flour
4 slices thick-cut bacon
1 large onion, cut into 1-inch chunks
1 cup chicken broth
½ tsp. ground pepper
1 large sweet potato (about 1 lb). peeled and cut into 1-in chunks
1 to 2 medium zucchini or yellow squash, cut into 1/2-in thick half-moon slices
½ cup orange juice

1.5 lbs boneless skinless chicken thighs
4 tsp. ground coriander
1 tbsp. olive oil
½ tsp. thyme
½ tsp. salt

Mix the flour, coriander, thyme, salt and pepper. Coat chicken with flour mixture. Reserve remaining flour mixture.

Cook the bacon in a large saucepan on medium-high heat until crisp. Drain on paper towels and set aside. Reserve 2 tablespoons drippings in pot and add the olive oil. Add chicken to pot, cook on medium heat 5 minutes or until lightly browned, turning once. Remove from pot.

Stir onion into pot, cook a few minutes until tender. Mix broth and reserved flour mixture with wire whisk until smooth. Add to pot with sweet potatoes and mix well.

Bring to boil. Return chicken to pot.

Reduce heat to medium-low, cover and cook 15 minutes or until sweet potatoes are just tender. Add zucchini and orange juice. Return to boil. Cover and simmer 5 minutes or until chicken is cooked through and zucchini is tender.

Cut the bacon into pieces and sprinkle on top to serve.



Cranberry Almond Biscotti

From Emily in Colorado

2 ¼ cups all-purpose flour
1 cup granulated sugar (I often cut this in half and it's still delicious)
1 teaspoon baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
2 eggs
2 egg whites
1 tablespoon almond or vanilla extract
¾ cup sliced almonds
6 ounces sweetened dried cranberries

Heat oven to 325°F.

Combine dry ingredients in a medium mixing bowl.

Whisk together eggs, egg whites and extract in a separate mixing bowl. Add to dry ingredients, mixing just until moist, using an electric mixer on medium speed. Add dried cranberries and almonds, mix thoroughly.

On a floured surface, divide batter in half. Pat each half into a log approximately 14 inches long and 1 ½ inches wide. Place on a cookie sheet. Bake 30 minutes or until firm.

Cool on a wire rack.

Reduce oven temperature to 300°F. Cut biscotti into ½ inch slices. Stand biscotti upright on cookie sheet. Bake for an additional 20 minutes. Let cool. Store in a loosely covered container.



Crock Pot Chicken Creole from Carla in Delaware

1 packet/box of yellow rice, approx. 10 oz 1 15 oz can of diced tomatoes 1 pound of your preferred kind of chicken 4 bacon strips, fried* 1 med onion* Salt, pepper, rosemary* Approximately 1 cup of water

NB: any ingredient with an * can be left out for picky toddlers. You can make the meal more palatable for adults by adding salsa, guacamole, Siracha, etc. after it's done cooking.

Fry bacon until slightly underdone and set aside. Sauté the onion in the bacon grease, or in olive oil if you're looking for something slightly healthier. Dump all the ingredients in a crock pot, and set on high. Stir occasionally. It's usually done in about 3 hours.

Alternate ingredients: peppers, hot or bell; corn; beans; minced garlic; and extra can of tomatoes or leftover fresh ones. Spiced canned tomatoes also do well in this dish (with chilies or basil and oregano, etc.



Crusty Curry Pie from Jenny in Southern Maryland

Crusty Curry Pie: 2 cups cooked rice (hot), 1 tbsp butter, 1 onion, 2 dessert spoons of curry powder

Filling: 2 eggs • 1 cup milk • 120g salmon (I throw in the whole tin - usually double this amount) • 60g cheese

Line pie dish with butter, onion, curry and rice. Add filling and cook in oven 180 degrees Celsius for 60 minutes or until set.



Hamburger Casserole (Can be made into tuna casserole for pescatarians)
From Cheri in Colorado

1 pound box of pasta cooked
1 pound of hamburger browned
(Or 2 large cans of tuna drained)
1-26 ounce can of cream of mushroom soup

Combine the cooked pasta, browned hamburger, can of mushroom soup in a 9x13 pan and cover with cheese. Pop it in the stove just to melt the cheese and serve with whatever veggies you have on hand.



Lemon Curd from Shawn in Georgia

(You could substitute any citrus juice for the lemon)

Ingredients

- 6 egg yolks
- 1 cup sugar
- 3-4 meyer lemons, juiced (enough to provide 1/2 cup of strained juice)
- 1 stick of butter, cut up
- zest from the juiced lemons

Instructions

1. In a medium pot, over medium heat, whisk together the egg yolks and sugar. Add the lemon juice and stir continually for 10-15 minutes. Do not boil! You may need to adjust the heat to prevent boiling. Curd is done when it has thickened and coats the back of the spoon. Stir in butter, until melted
2. Strain curd through a fine sieve. Whisk in the zest.
3. Pour the curd into half-pint jars, leaving 1/2 inch of headspace. Process them in a boiling water canner for 20 minutes (start the time when the water returns to a boil).
4. Serve on pound cake, stir into yogurt, eat it straight from the jar. Whatever.

Makes 2 half-pints.



Mac and Cheese with Carrots from Deanna in Southern Maryland

Recipe By: Leite's Culinaria

Serving Size: 6

From Melissa Clark's "Cook This Now."

2 cups macaroni, preferably whole-wheat, 2 1/2 cups (about 8 smallish carrots) coarsely grated carrot, 3 cups grated sharp Cheddar cheese, 4 tablespoons (1/2 stick) unsalted butter, cut into pieces, plus more for the baking dish, 3/4 cup sour cream (not low-fat or non-fat), 1/4 cup whole milk, 2 large eggs, 1 teaspoon kosher salt, 3/4 teaspoon mustard powder, 1/4 teaspoon freshly ground black pepper, 1/4 cup finely grated Parmesan cheese

Directions:

1. Preheat the oven to 400° F (204°C). Adjust the oven rack to the top third of the oven. Butter an 8-inch square baking dish.
2. Cook the macaroni according to package instructions, adding the grated carrots about 3 minutes before the pasta is due to be done. Drain the pasta and carrots in a colander.
3. Dump the hot pasta and carrots back into the pot and stir in 2 1/2 cups of the Cheddar and all of the butter. In another bowl, whisk together the sour cream, milk, eggs, salt, mustard powder, and pepper, and then fold this mixture into the pasta. Scrape the cheesy pasta into the prepared dish and sprinkle with the remaining Cheddar and the Parmesan.
4. Bake the carrot mac and cheese casserole until it is firm to the touch and golden brown, about 30 minutes. Let it cool for a few minutes, then slice or scoop it straight from the baking dish.



Oatmeal Honey Bars from Kathryn in Southern Maryland

1/2 cup honey 1 tbsp coconut oil 1/3 cup peanut butter 1/2 tsp vanilla extract 1/4 tsp. cinnamon, ground 2 cups oats (I used Gluten Free Oats) 1/2 cup chopped honey roasted peanuts

Directions Preheat oven to 300 F Line an 8 x 8 pan with parchment paper, making sure the parchment paper hangs over the sides. In a microwave safe bowl, add honey, coconut oil and peanut butter. Microwave for 30 seconds, stir until mixture gets runny and peanut butter completely melted in. You may have to heat for another 20 seconds or so. Mix in vanilla extract and cinnamon. Add oats and peanuts, mix until everything is combined and the mixture is completely coated with honey and peanut butter mixture. Pour mixture into prepared pan and press down with a back of a spoon; bake in the oven for 20 -25 minutes until lightly brown. Once you take the bars out of the oven, press down with the back of a spoon to ensure the oats are pressed firmly together. Let the oat bars cool slightly and carefully take out bars by grabbing onto the parchment paper and cut into 16 slices. Let bars cool completely and harden at room temperature.

Store bars in an air tight container in the refrigerator. Makes 16 bars.

Nutritional Data Calories per bar: 157.2, Fat: 8., Cholesterol: 0, Sodium: 31, Potassium: 38, Carbs: 18.8, Fiber: 2, Sugar: 10.4, Protein: 3.9



Orecchiette with Mini Chicken Meatballs

From Susie in Southern Maryland

1 pound orecchiette pasta, 1/4 cup plain bread crumbs, 1/4 cup chopped fresh flat-leaf parsley
2 large eggs, lightly beaten, 1 tablespoon whole milk, 1 tablespoon ketchup, 3/4 cup grated Romano, 3/4 teaspoon salt, 3/4 teaspoon freshly ground black pepper, 1 pound ground chicken
1/4 cup olive oil, 1 1/2 cups low-sodium chicken stock (hot), 4 cups cherry tomatoes, halved
1/2 cup freshly grated Parmesan, 8 ounces bocconcini mozzarella halved, 1/2 cup chopped fresh basil leaves

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.

In a medium bowl, stir together the bread crumbs, parsley, eggs, milk, ketchup, Romano cheese, and the salt and pepper. Add the chicken and gently stir to combine.

Using a melon baller (or a teaspoon measure), form the chicken mixture into 3/4-inch pieces. With damp hands, roll the chicken pieces into mini meatballs.

In a large (14-inch) skillet, heat the oil over medium-high heat. Working in batches, add the meatballs and cook without moving until brown on the bottom, about 2 minutes. Turn the meatballs over and brown the other side, about 2 minutes longer. Add the chicken stock and tomatoes. Bring to a boil. Using a wooden spoon, scrape up the brown bits that cling to the bottom of the pan. Reduce heat to low and simmer until tomatoes are soft and meatballs are cooked through, about 5 minutes. Drain the pasta, reserving about 1 cup of the pasta water. Transfer pasta to a large serving bowl and add the Parmesan. Toss to lightly coat orecchiette, adding reserved pasta water, if needed, to loosen the pasta. Add the meatball mixture, mozzarella cheese, and 1/2 cup of the basil. Gently toss to combine. Garnish with the chopped basil.



Spinach and Pepper Strata (adapted from Rachael Ray) from Carla in Delaware

Ingredients:

1 box organic chopped frozen spinach (10 ounces) 1 tablespoon extra virgin olive oil (EVOO)
1.5-2 cups fresh or frozen bell peppers 2 tablespoons butter 1 onion, finely chopped 4 cloves
garlic, finely chopped Salt and freshly ground black pepper Freshly grated nutmeg 1/2 pound
stale white or French bread, cubed (7-8 cups) 12 eggs 2 cups milk or half-and-half 1/4 cup Dijon
mustard 2 cups shredded caciocavallo cheese or Parmigiano Reggiano cheese.

Preparation:

Defrost the spinach in the microwave, and then wring out any excess liquid. If using frozen
peppers, also wring them out. Heat the EVOO and/or butter in a skillet over medium-high heat.
To the skillet, add the onion and garlic and cook to soften, 5-6 minutes. Add the spinach and
peppers and season with salt, pepper and a little nutmeg. Arrange half of the bread in a casserole
dish. Whisk the eggs with the milk, Dijon and some salt and pepper. Scatter half of the sausage-
spinach mixture over the bread, top with half the cheese, pour over half the eggs; repeat.

Cover and store in the fridge. Bring the strata to room temperature for about 30 minutes before
you bake. Pre-heat the oven to 350°F with the rack in the center of the oven. Set the casserole on
a baking sheet and bake uncovered for 1 hour. Let stand 10 minutes and serve.

Modified “Swope Bread” from Andrea in Oregon

{From side of Bob's Red Mill 100% Stone Ground Whole Wheat Flour}

2 C whole wheat flour, 1 C unbleached white flour, 1/4 C sugar (I use less as the bread is pretty sweet)

1 tsp salt, 1 pint buttermilk*, 2 tsp baking soda

Preheat oven to 375.

Mix together flour sugar salt, set aside

Mix together baking soda and buttermilk

Stir together wet and dry ingredients

Pour dough into greased baking pan and smooth top

Turn oven down to 350, and bake for 50 minutes.

Let cool 5 minutes, then remove from pan and dry on wire rack.

I don't even use a mixer!

*If you don't have buttermilk, that is totally OK. I generally use a substitute. To replace 1 pint of buttermilk, mix 2 Tablespoons apple cider vinegar (you can also use lemon juice or white vinegar) with enough milk to equal 2 cups, and let sit for 5 minutes before adding baking soda. There are other substitutes I have heard of but never tried, such as 3/4 C plain yogurt and 1/4 C milk (to equal 1 C buttermilk); 1 3/4 tsp cream of tartar and 1 C milk (for 1C buttermilk).



White Bean and Kale Soup from Andrea in Oregon

1T olive/veggie/canola oil

4-6 cloves garlic

1 medium yellow onion, chopped

1 bunch (4+ C) raw kale

4C vegetable or chicken broth

2 (15oz) can white beans (cannellini or navy), rinsed and drained

1 can diced tomatoes

2 tsp. dried Italian herbs

Salt and pepper to taste

(optional shredded parmesan for the top)

In a large pot, heat olive oil. Add onion coat and cook for a few minutes, then add garlic; saute until soft.

Add kale and saute, stirring, until wilted.

Add broth, 1-1.5 can(s) of beans, 1 can tomato, and herbs. Simmer 5 or so minutes.

In a blender or food processor, mix the remaining beans until smooth, you may need to add water to get the right consistency. Stir into soup to thicken.

Simmer 15 minutes. Ladle into bowls; sprinkle with cheese.



Whole Wheat Oatmeal Cookies (Breakfast/Snack Cookies) from Andrea in Oregon

1 cup whole wheat flour
1 (rounded) teaspoon cinnamon
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup brown sugar (they are so sweet that we generally use only 1/2 – 3/4 C)
1/4 cup applesauce
2 egg whites (we use 1 whole egg)
2 tablespoons margarine
1 1/2 teaspoons vanilla
1 1/3 cups oats (we use 1C quick, 1/3C old-fashioned)
1/2 cup raisins or chocolate chips (optional)

Heat oven to 375.

Combine the flour, cinnamon, baking powder, baking soda, and salt in one bowl.

In another bowl, combine the brown sugar and margarine. Beat in egg. Add applesauce and vanilla.

Mix the dry ingredients and wet ingredients into one bowl.

Then add in the oats and raisins.

Drop rounded teaspoons of the dough onto a baking sheet. (Parchment works AMAZING!)

Cook for 10-12 minutes.