

## It Only Takes A Few Ingredients

**O**ne timesaving strategy when cooking entrées is to use recipes that employ only a few, simple ingredients. All of the recipes in this chapter use less than eight basic ingredients to simplify the cooking process. Rather than forcing you to manage a multitude of ingredients and components, these recipes are so refreshingly straightforward that you can literally throw a few items together, and the resulting dishes are still mouth-wateringly good. Also, because only a few ingredients are used, these recipes are budget-friendly and give you good bang for your buck.

This chapter demonstrates the importance of flavor combinations. Honey and soy sauce, prosciutto and asparagus, parmesan cheese and spinach, green chile and lime...these basic flavor pairs (to name a few) are the keys to efficient cooking while maintaining spectacular taste. Once you've built a library of basic flavor combinations, you can create and alter your own recipes with ease.

By the end of this chapter, you will:

- create dishes that are simple but flavorful
- use only a few ingredients to produce each dish
- learn which flavor combinations are the best for quick cooking
- learn how to use the grill and microwave to expedite the cooking process
- employ your child helpers in the kitchen and teach them cooking skills
- wow your kids with exciting food facts



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- make your grocery shopping even more efficient with our practical lists
- use your pantry as a great resource for limited-ingredient dishes
- rest assured that you have mastered a collection of easy, budget- and time-friendly dishes

## Honey & Garlic Spareribs

3 lbs.	pork spareribs
1/4 t.	garlic salt
1/2 c.	honey
3 T.	cider vinegar
1/4 t.	black pepper
1/4 c.	soy sauce
3 cloves	garlic, minced

Preheat the oven to 350°F. Season the spareribs with the garlic salt. Cut the spareribs into individual ribs and arrange in a 13" x 9" baking dish. Cover with foil and bake in the oven for an hour. Drain off the liquid. In a saucepan, combine the honey, cider vinegar, black pepper, soy sauce, and the garlic and simmer for 5 minutes. Pour this honey mixture over the ribs and bake uncovered for 30 minutes. Baste every 10 minutes. Makes 20 appetizer servings.



Kids can help with this recipe:

1. Measure the garlic salt and sprinkle it over the spareribs.
2. Arrange the cut spareribs in the baking dish.
3. Mince the garlic in a garlic press.
4. Measure the honey, cider vinegar, black pepper, and soy sauce. Combine all ingredients with the garlic in a saucepan.

### quick tip



To speed the cooking process, you can parboil the ribs in water and/or beer for 30 minutes, skipping the foil-covered baking step. After draining, bake for 30 minutes with the honey mixture.

## Your Shopping List:



- 3 lbs. pork spareribs



### From Your Pantry:

- garlic salt, honey, cider vinegar, black pepper, soy sauce, garlic, aluminum foil

## Savory Pork Roast

2 lbs.	pork loin roast, boneless
2 cloves	garlic, minced
1/2	yellow onion, chopped
1/2 c.	soy sauce
1/4 c.	chicken broth
1/4 t.	black pepper

Stab the pork roast on all sides with a fork. Mix together the garlic, onion, and soy sauce. Place the pork in a refrigerator container, pour the soy mixture over the meat, and then cover the meat with the black pepper. Refrigerate overnight. Preheat the oven to 350°F. Place the pork roast on a rack in a roasting pan and bake for approximately 1 hour or until the meat thermometer shows 135°F. Remove the meat from the oven. Let it sit for 15 minutes and then slice and serve. Makes 4 servings.



Kids can help with this recipe:

1. Stab the roast with a fork.
2. Mince the garlic with a garlic press.
3. Measure the chopped onion and soy sauce. Combine with the garlic. Pour over the roast.
4. Season the pork with black pepper.

### quick tip



For a quicker version of this recipe, substitute pork tenderloin or pork chops. These can be grilled for a faster finish.

## Your Shopping List:



- 2 lbs. pork loin roast, boneless
- 1 small yellow onion
- 1 can of chicken broth



## From Your Pantry:

- garlic, soy sauce, black pepper

## Salmon with Hot Sweet Mustard

- |             |                          |
|-------------|--------------------------|
| 1 T.        | extra-virgin olive oil   |
| 5 to 6 lbs. | side of salmon           |
| 1/2 c.      | mayonnaise               |
| 3 T.        | hot sweet mustard        |
| 1 t.        | garlic, minced           |
|             | salt and pepper to taste |

Preheat the oven to 350°F. Lightly oil a large, shallow baking sheet. Wipe the salmon with damp paper towels. Place the fish on the baking sheet. Combine the mayonnaise, mustard, garlic, and salt and pepper and spread it evenly on both sides of the salmon. Bake for 20 minutes and then check for completion. Serve immediately. Makes 6 to 8 servings.



Kids can help with this recipe:

1. Wipe the salmon with damp paper towels.
2. Mince the garlic in a garlic press.
3. Measure and combine the mayonnaise, mustard, garlic, salt, and pepper.
4. Spread the mayonnaise mixture on the fish.

## quick tip



A quick way to check if your fish is ready is the knife test. Take a small knife and stick in the thickest part of the fish for several seconds. Carefully remove and place the knife blade on your upper lip. If the blade feels hot, then the fish is fully cooked. Another way to check is using an instant read thermometer. For moist fish, you will want an internal temperature of 125°F; drier fish has a temperature of 135°F.

**Teachable Moment:** Prepared mustard can be found in many forms and cultures. The color and heat of mustard depends on the type of mustard seed used. The hottest mustard is Chinese mustard; one of the mildest is American yellow mustard.

## Your Shopping List:



- 5 to 6 lbs. side of salmon



### From Your Pantry:

- extra-virgin olive oil, mayonnaise, hot sweet mustard, garlic, salt, pepper, paper towels

## Prosciutto-Wrapped Asparagus with Balsamic Vinaigrette

- |           |                                      |
|-----------|--------------------------------------|
| 1 lb.     | fresh asparagus spears, cleaned      |
| 16 pieces | prosciutto, thinly sliced            |
| 3 T.      | prepared balsamic vinaigrette        |
|           | freshly ground black pepper          |
| 12        | cherry tomatoes, halved or quartered |

Bring a large stockpot of water to a boil. Lower the asparagus into the water and cook for 1 minute until tender-crisp. Cook 2 minutes if the spears are thick. Immediately dip the asparagus in cold water to stop the cooking process and drain. Place one asparagus spear on top of a slice of prosciutto. Roll the prosciutto around the asparagus spear. Continue rolling until all asparagus spears have been wrapped in prosciutto. To serve, arrange the asparagus wraps on a platter and drizzle with the balsamic vinaigrette. Sprinkle with the freshly ground black pepper. Garnish with the cherry tomatoes. Makes 8 servings.



Kids can help with this recipe:

1. Clean the asparagus spears and snap off the tough ends.
2. Wrap the prosciutto around each asparagus spear.
3. Measure the balsamic vinaigrette and drizzle over the finished dish.
4. Measure and sprinkle the black pepper.
5. Garnish with the cherry tomatoes.

**Teachable Moment:** Asparagus is a unique vegetable that can be either green or white. When growing, each asparagus spear pokes up out of the ground and is harvested when tall enough. Asparagus spears that are covered when growing remain white whereas green asparagus spears are uncovered and have exposure to sunlight.

## Your Shopping List:



- 1 lb. fresh asparagus spears
- 16 pieces of prosciutto, thinly sliced
- 1 container of prepared balsamic vinaigrette
- 12 cherry tomatoes



### From Your Pantry:

- black pepper

## quick tip



Fire up the grill! Just rub the asparagus spears with extra-virgin olive oil, salt, and pepper. Throw the spears on a very hot grill – about 1 minute per side will suffice.

Remove the asparagus before they get too soft. Grilling asparagus is quick, simple, and imparts a delicious, smoky quality. Let the spears cool before wrapping with prosciutto.

## Beef Tenderloin Steaks with Tarragon Cream Sauce

4	beef tenderloin steaks, 4 to 6 ounces each
	salt and cracked pepper to taste
2 T.	extra-virgin olive oil
2 T.	butter
1 small	white onion, chopped
1/2 c.	button mushrooms, sliced
2 t.	fresh tarragon, chopped (or 1/2 t. dried tarragon)
1/2 c.	heavy cream
	tarragon leaves for garnish

### quick tip



Make sure to buy the pre-sliced button mushrooms to save you an extra step. You can also use this tarragon cream sauce on other cuts of beef.

Sprinkle the steaks with salt and pepper. In a large skillet over medium heat, add the olive oil and butter. When the butter melts, turn up the heat and add the steaks. Sear the steaks for 5 minutes on each side; remove the steaks to a serving platter and keep warm.

Drain all the drippings except 2 tablespoons from the skillet. Sauté the onions and mushrooms in the skillet until tender. Add the tarragon. Gradually stir in the heavy cream, and cook until heated through. Do not allow the sauce to boil. Pour the sauce over the steaks to serve. Garnish with tarragon leaves. Makes 4 servings.



Kids can help with this recipe:

1. Sprinkle the steaks with salt and pepper.
2. Measure the olive oil and butter and add to the skillet.
3. Clean the mushrooms with a damp towel.
4. Measure the mushroom slices.
5. Clean and remove the tarragon leaves from the stems.
6. Measure the heavy cream.

## Your Shopping List:



- 4 beef tenderloin steaks, 4 to 6 ounces each
- 1 small white onion
- 1/2 c. button mushrooms
- 1 bunch of fresh tarragon (or dried tarragon)
- 1 pint heavy cream



### From Your Pantry:

- salt, black pepper, extra-virgin olive oil, butter, dried tarragon

## Texas-Style BBQ Roast & Red Rice

3 lbs.	beef chuck roast
1/2 t.	salt
1/2 t.	freshly ground black pepper
1/2 c.	brown sugar
2 c.	prepared barbecue sauce
1/2 c.	ketchup
1/4 c.	chili sauce
8 c.	hot, cooked long grain white rice

Place the roast in a large baking pan and season with salt and pepper. Cover with aluminum foil. Bake at 350°F for 1 hour. Drain the juices and discard. Cover the roast with a thin layer of brown sugar. In a small bowl, combine the barbecue sauce, ketchup, and chili sauce and pour over the roast. Bake, uncovered, at 325°F for 2 hours, basting occasionally with the sauce. To serve, pour the sauce over the hot rice and top with the roast beef. Makes 6 to 8 servings.



Kids can help with this recipe:

1. Measure the salt and pepper and sprinkle over the roast.
2. Measure the brown sugar.
3. Measure and combine prepared barbecue sauce, ketchup, and chili sauce.

## Your Shopping List:



- 3 lbs. beef chuck roast
- 1 18-oz. jar of prepared barbecue sauce
- 1 12-oz. jar of chili sauce
- 1 5-lb. package of long grain rice



### From Your Pantry:

- salt, black pepper, brown sugar, ketchup, aluminum foil



Instead of using brown sugar, ketchup, and chili sauce, you can use a prepared spicy honey barbecue sauce to baste the roast.



## Kielbasa & Potato Skillet

2 T.	vegetable oil
4 large	potatoes, peeled and cubed
1 lb.	cooked Polish kielbasa, cut into 1/2-inch thick slices
1	onion, sliced
1 t.	salt
1/2 t.	freshly ground black pepper
1 c.	frozen green peas, thawed and drained

Heat the oil in a large sauté pan and add the potatoes. Season with salt to taste. Cook over medium-high heat for 5 minutes or until browned. Turn once. Add the sausage and onion and continue cooking for 2 minutes. Sprinkle the sausage and onions with the salt and pepper and add the green peas. Cook for 2 to 3 minutes and serve immediately. Makes 4 servings.



Kids can help with this recipe:

1. Measure the vegetable oil and add to the skillet.
2. Older kids can, with supervision, peel the potatoes with a child-safe vegetable peeler.
3. Measure the salt, pepper, and green peas and add to the skillet.

## Your Shopping List:



- 4 large potatoes
- 1 lb. Polish kielbasa
- 1 medium onion
- 1 16-oz. package of frozen peas



### From Your Pantry:

- vegetable oil, salt, black pepper

## quick tip



Before cooking the potatoes in the sauté pan, place them in an ovenproof bowl, cover with plastic wrap, and pop them into the microwave. Cook them on high for 2 to 3 minutes to soften them. This will reduce the overall cooking time.

## Parmesan Turkey Tenderloin with Spinach

1 10-3/4 oz.	can condensed cream of mushroom soup
1/4 c.	half and half cream
1 10-oz.	pkg. frozen spinach, thawed and squeezed dry
6 large	slices turkey tenderloin
1/2 c.	Parmesan cheese, grated
	freshly ground black pepper to taste

Lightly coat a 9" x 13" baking pan with cooking spray. Combine the cream of mushroom soup with the half and half cream, and pour half of the mixture into the bottom of the pan. Arrange the spinach evenly over the soup and cover the spinach with the turkey slices. Pour the remaining soup mixture over the turkey. Spread the cheese over the turkey. Cover and bake at 350°F for 20 to 25 minutes or until the turkey is cooked completely through. Makes 4 to 6 servings.



Kids can help with this recipe:

1. Apply cooking spray to the baking pan.
2. Older kids can, with supervision, open the can of soup with a can opener.
3. Measure the cream and combine with the soup. Pour half of the mixture in the baking pan.
4. Arrange the spinach and turkey slices. Pour the remaining soup mixture on top of the turkey.
5. Measure the cheese and sprinkle on top of the dish.

**Teachable Moment:** Spinach is considered a “super vegetable” because of all the important nutrients it packs in! It contains plenty of vitamin A, C, fiber, and phytochemical lutein. Lutein is especially important to protect and maintain eyesight. Eat lots of spinach for strong eyes.

## Your Shopping List:



- 1 10-3/4 oz. can of condensed cream of mushroom soup
- 1 pint of half and half cream
- 1 10-oz. package of frozen spinach
- 6 large slices of turkey tenderloin
- 1 5-oz. container of freshly grated Parmesan cheese



## From Your Pantry:

- black pepper, cooking spray

## quick tip



You can ask your butcher to cut the turkey tenderloin into slices to expedite your recipe.

## Onion Baked Chicken & New Potatoes

6	new red potatoes, cut into chunks
8 pieces	chicken, as desired
1 10-3/4 oz.	can condensed cream of chicken soup
1/2 c.	chicken broth
1 1-1/2 oz.	pkg. dry onion soup mix

Place the potatoes in the bottom of a 9" x 13" baking pan. Arrange the chicken pieces over the potatoes. In a small bowl, mix together the soup, broth, and dry onion soup mix. Pour the soup mixture over the chicken and potatoes. Cover tightly with aluminum foil and bake at 375°F for 45 to 55 minutes or until the chicken is cooked through completely and the potatoes are tender. Makes 4 servings.



Kids can help with this recipe:

1. Place the potatoes and chicken pieces in the baking pan.
2. Older kids can, with supervision, open the cans of soup and broth with a can opener.
3. Combine the soup, broth, and dry onion mix in a small bowl. Pour over the chicken and potatoes.

## Your Shopping List:



- 6 medium new red potatoes
- 8 pieces of chicken
- 1 10-3/4 oz. can of condensed cream of chicken soup
- 1 14-oz. can of chicken broth
- 1 2-oz. package of dry onion soup mix



### From Your Pantry:

- aluminum foil

## quick tip



If you cut the potatoes into small pieces and use boneless chicken breasts or boneless chicken thighs, you can reduce the cooking time of this satisfying dish by 10 minutes.

## Tortellini Florentine

1 28-oz.	jar prepared spaghetti sauce
1 4-1/2 oz.	jar mushrooms, sliced
1 lb.	fresh cheese tortellini (you may substitute frozen, thawed tortellini)
1 10-oz.	pkg. frozen chopped spinach, thawed and squeezed dry
1/2 c.	Parmesan cheese, grated

Coat a 2-quart baking pan with cooking spray. Pour enough spaghetti sauce on the bottom of the pan to cover it. Add one half of the mushrooms. Layer one half of the cheese tortellini over the mushrooms and spread one half of the spinach over the tortellini. Pour one half of the remaining sauce over the spinach. Repeat the layers of mushrooms, tortellini, spinach, and sauce. Spread the Parmesan cheese over the sauce and bake, covered, at 350°F for 30 to 35 minutes or until heated through and bubbly. Makes 4 to 6 servings.

Kids can help with this recipe:

1. Apply cooking spray to the baking pan.
2. Open the jars of spaghetti sauce and mushrooms.
3. Layer the sliced mushrooms, cheese tortellini, spinach, and sauce as directed in the recipe.
4. Spread the Parmesan cheese over the final layer.



## Your Shopping List:



- 1 28-oz. jar of prepared spaghetti sauce
- 1 4-1/2 oz. jar of mushrooms
- 1 lb. fresh cheese tortellini (you may substitute frozen, thawed tortellini)
- 1 10-oz. package of frozen chopped spinach
- 1 5-oz. container of freshly grated Parmesan cheese



### From Your Pantry:

- cooking spray

## quick tip



Fresh cheese tortellini only takes minutes to cook and is a delicious timesaver. You could also use flavored tortellini, flavored ravioli, or cheese ravioli in this scrumptious dish.

## Shrimp Personal Pizza Squares

1 10-oz.	pkg. refrigerated pizza dough
4 medium	cherry tomatoes, cleaned and sliced
6 oz.	cooked shrimp, peeled, deveined, and halved lengthwise
1 T.	fresh oregano, chopped
1/8 t.	crushed red pepper
1 c.	mozzarella cheese, shredded

Preheat the oven to 425°F. Roll the pizza dough into a 13-1/2" x 9" rectangle on a lightly floured surface. Cut the dough into six 4-1/2-inch squares. Place the squares 1 inch apart on a lightly greased cookie sheet. Bake for 4 to 5 minutes. Remove from the oven and keep the squares on the cookie sheet. On each pizza square, place 3 to 4 tomato slices. Top each square with 4 to 6 pieces of shrimp. Sprinkle the top of the shrimp with oregano and red pepper. Top with the shredded mozzarella cheese. Put the pizza squares back into the oven and bake a few minutes more until the cheese melts. To serve, place the pizza squares on a serving platter. Makes 6 servings.



Kids can help with this recipe:

1. Place the pizza dough squares on the cookie sheet.
2. Wash the tomatoes and oregano.
3. Layer each pizza square with tomato slices and shrimp.
4. Measure oregano and crushed red pepper and sprinkle on the squares.
5. Measure the mozzarella cheese and place on the pizza squares.

## Your Shopping List:



- 1 10-oz. package of refrigerated pizza dough
- 1 basket of large cherry tomatoes or 4 Roma tomatoes
- 1/2 lb. small shrimp, peeled and deveined
- 1 bunch of fresh oregano
- 1 8-oz. package of shredded mozzarella cheese



### From Your Pantry:

- crushed red pepper

## quick tip



Your market's seafood department carries pre-peeled, deveined shrimp. What a quick cook's helper! Rather than peeling and cleaning the fresh shrimp yourself, just buy the needed amount for the recipe. Or you can buy a bag of cleaned, frozen shrimp, utilize what you need, and keep the remaining shrimp in the bag, ready to be used with the next seafood recipe.

## Green Chile Chicken Breasts

1 c.	vegetable oil
1/2 c.	lime juice
3 T.	green chilies, seeded and chopped
2 cloves	garlic, minced
1/4 t.	salt
6	boneless, skinless chicken breast halves prepared salsa

Combine the oil, juice, green chilies, garlic, and salt in a large, resealable plastic bag. Add the chicken halves and seal the bag. Refrigerate for 1 to 12 hours. Broil the chicken breasts for 6 minutes. Turn and broil for 6 more minutes or until cooked through completely. Serve with salsa. Makes 6 servings.

Kids can help with this recipe:



1. Measure the vegetable oil.
2. Squeeze the limes for juice.
3. Mince the garlic in a garlic press.
4. Measure the salt.
5. Combine the oil, lime juice, green chilies, garlic, and salt in a large, resealable plastic bag.

**Teachable Moment:** After salt, chile is the most frequently used seasoning in the world. The heat of the chile is caused by capsaicin, which is found in the seeds and seed membranes of the chile pepper. When removing the seed and membranes of chiles, be very careful and make sure to wash your hands with soap and water afterwards. Some chile peppers are mild and others are dangerously hot. If you ever eat a chile pepper that is too hot, drink a glass of milk; the milk will help to counteract the capsaicin oil and cool down your mouth.

## Your Shopping List:



- 6 ripe limes\*
- 2 jalapeño chilies\*
- 6 boneless, skinless chicken breast halves
- 1 16-oz. jar of prepared salsa



### From Your Pantry:

- vegetable oil, garlic, large resealable plastic bag

(\*Or 1 16-oz. jar of chile verde)

## quick tip



Instead of using the oil, lime juice, green chilies, garlic, and salt, you can substitute the contents of a large jar of chile verde, which you can find in the Latino section of your grocery store. Though the flavorings are slightly different, it will still provide you with a spicy tanginess your family will enjoy.

## Cinnamon Apple Glazed Ham

1/4 c.	butter
1/4 c.	brown sugar
2 T.	Dijon mustard
1 c.	canned apple pie filling
1-1/2 lbs.	ham steaks, cut into 6 serving-sized portions

Melt the butter in a large skillet and add the sugar and mustard. Cook over low heat for 1 minute. Add the apple pie filling, and cook and stir over medium heat for 5 minutes. Place the ham steaks in the skillet and cover with the apple mixture. Cook over medium heat for 5 minutes or until the ham is heated through. Serve the ham with the sauce on top. Makes 6 servings.



Kids can help with this recipe:

1. Measure the butter and place in the skillet.
2. Measure the brown sugar and mustard and place in the skillet with the melted butter.
3. Older kids can, with supervision, open the can of apple pie filling with a can opener.
4. Place the ham steaks in the skillet.

## Your Shopping List:



- 1 21 oz. can of apple pie filling
- 1-1/2 lbs. ham steaks



### From Your Pantry:

- butter, brown sugar, Dijon mustard

## quick tip



Your butcher can come to the rescue. He or she will be happy to slice the ham steaks for you—just ask! In addition, if you have it on hand, you can substitute 1 cup of applesauce and 1/2 tsp. of cinnamon for the apple pie filling.

## Macaroni with Creamy Cheese Sauce

8 oz.	elbow macaroni, cooked and drained
2 c.	sharp cheddar cheese, shredded
1 10-3/4 oz.	can cream of mushroom soup
3/4 c.	milk
1 t.	salt
1 t.	black pepper
1/2 cup	freshly grated Parmesan cheese

Preheat the oven to 350°F. Grease or coat a large ovenproof serving pan with cooking spray. Combine the macaroni, cheddar cheese, and soup in the serving pan. Add the milk slowly along with the salt and pepper. Top with Parmesan cheese. Cover and bake for 30 to 35 minutes or until heated through and bubbly. Makes 6 servings.

Kids can help with this recipe:

1. Apply cooking spray to the serving pan.
2. Fill a large stockpot with water to cook the macaroni.
3. Older kids can, with supervision, open the can of soup with a can opener.
4. Measure the shredded cheddar cheese, milk, salt, and pepper.
5. Combine the macaroni, cheddar cheese, and soup in the serving pan.
6. Season with the salt and pepper.



## quick tip



You can also add chopped ham, turkey, chicken, or even small, frozen, pre-cooked meatballs to this dish for added flavor and protein.



**Teachable Moment:** Macaroni and cheese is one of the most popular American comfort foods. “Wow” your child helper with this fun fact: Some historians think that Thomas Jefferson invented macaroni and cheese as we know it today. When he was president, Jefferson served it in the White House in 1802!

## Your Shopping List:



- 1 lb. package of elbow macaroni
- 1 8-oz. bag of shredded sharp cheddar cheese
- 1 10-3/4 oz. can of cream of mushroom soup
- 1 5-oz. container of freshly grated Parmesan cheese



## From Your Pantry:

- milk, salt, black pepper, cooking spray

## Smoked Salmon & Cream Cheese Quesadillas

4 10-inch	flour tortillas
6 oz.	cream cheese, softened
1 c.	smoked salmon, shredded
1	green onion, sliced

Preheat the oven broiler. Place the tortillas on a large baking sheet and cover each with cream cheese. On one half of each tortilla, scatter the smoked salmon over the cheese and sprinkle the green onion over the salmon. Fold the tortilla over to form a half-circle with the smoked salmon sandwiched between the two layers of cream cheese. Broil for 3 minutes or until the cream cheese starts to bubble. Do not overcook. Makes 4 servings.

Kids can help with this recipe:

1. Take the cream cheese out to soften to room temperature.
2. Measure the smoked salmon.



## quick tip



Quesadillas are a perfect quick food. In addition to this elegant recipe, you can also create quesadillas using any leftover meats and cheeses you may have. Fresh herbs also enhance the flavors of this Tex-Mex staple. In fact, for this recipe, try substituting herb-flavored cream cheese for the plain cream cheese.

3. Scatter the smoked salmon and green onions over the tortillas, as directed.
4. Fold each tortilla over to form a half-circle.

## Your Shopping List:



- 1 8-count package of 10-inch flour tortillas
- 1 6-oz. package of cream cheese
- 1 8-oz. package of smoked salmon
- 1 bunch of green onions

## Roasted Green Chile Sirloin Burgers

1/2 cup	red onion, finely chopped
3 tablespoons	roasted green chilies, chopped
1 t.	salt
1 t.	freshly ground black pepper
1/4 t.	hot pepper sauce
1-1/2 lbs.	beef ground sirloin

Combine all of the ingredients except the ground sirloin in a medium bowl and toss to mix well. Add the ground sirloin and gently toss for two minutes with the other ingredients. Do not over mix or the beef will become tough. Lightly pat the beef into four patties, each about 3/4- to 1-inch thick. Grill over medium coals for 4 minutes. Turn once and grill for 5 to 6 minutes or until grilled as desired. Serve on toasted sourdough bread with your choice of condiments and toppings. Makes 4 servings.

Kids can help with this recipe:

1. Measure the red onion, green chilies, salt, black pepper, and hot pepper sauce, and combine in a mixing bowl.
2. Help you prepare any hamburger condiments (i.e. leaf lettuce, tomato slices, etc.).



**Teachable Moment:** The hamburger is one of the truly “American” dishes. Although its name is derived from Hamburg, Germany, the hamburger as we know it (a ground beef patty between two buns) was invented in the United States in the late 1800’s. Many people have claimed they invented the hamburger, but no one knows for sure.

## quick tip



Instead of the various additions, you can simply add 1/4 cup of your favorite roasted salsa to the beef ground sirloin before forming the hamburger patties.

## Your Shopping List:



- 1 small red onion
- 1 7-oz. can of chopped roasted green chilies
- 1-1/2 pounds beef ground sirloin
- 1 package of sourdough rolls
- any favorite hamburger toppings (such as tomato and lettuce)



## From Your Pantry:

- salt, black pepper, hot pepper sauce, condiments

## Sicilian Grilled Chicken & Garlic

3 to 4 lbs.	roasting chicken, backbone split and wing tips removed
2 t.	ground oregano
2 t.	salt
2 t.	freshly ground black pepper
6 cloves	garlic, finely minced

Place the chicken in a large glass pan, pressing down to flatten it as much as possible. Mix together the oregano, salt, pepper, and garlic in a small dish. Spread the herbs and garlic over the chicken. Turn and press the chicken and spread the remaining rub over it. Cover tightly with plastic wrap and refrigerate for 1 hour or up to 4 hours.

Grill the chicken over medium-low coals for 30 to 40 minutes. Turn the chicken every 15 minutes and avoid burning the skin. When the chicken is completely cooked, remove to a cutting board and let stand for 5 minutes. Carve the chicken and serve. Makes 4 servings.

Kids can help with this recipe:

1. Mince the garlic in a garlic press.
2. Measure the oregano, salt, and pepper. Combine with the garlic.
3. Rub the garlic mixture all over the chicken.

**Teachable Moment:** Garlic is indigenous to Siberia! It had to survive the extreme Siberian temperatures and a short growing season, so its cloves are actually practical storehouses of food for the plant. After its discovery thousands of years ago, garlic was dispersed throughout the world and is used in many ethnic cuisines. California is the world's largest producer of garlic, growing over 500 million pounds of garlic a year.

## Your Shopping List:



- 3 to 4 lbs. roasting chicken



### From Your Pantry:

- ground oregano, salt, black pepper, garlic, plastic wrap

## quick tip



Instead of applying to a whole split chicken, you can also use this Sicilian garlic rub on chicken pieces or even boneless chicken breasts.

## Bacon & Egg Breakfast Pitas

3 slices	Canadian bacon, diced
3	eggs
1 T.	chives, minced
1	whole-wheat pita bread
1/4 c.	cheddar cheese, grated

In a skillet over medium heat, brown the Canadian bacon. Place the cooked bacon on a paper towel to remove any excess fat. In a small bowl, lightly mix the eggs and chives. Return the skillet to the heat, and then scramble the eggs and the Canadian bacon together until set. Top the egg and bacon combination with cheddar cheese.

In a separate skillet, warm the pita bread on low. Remove the pita from the skillet and cut it in half. Fill each half with the egg and bacon scramble. Serve warm.

Makes 2 servings.



Kids can help with this recipe:

1. Wash the chives.
2. Crack open the eggs and blend with the chives.
3. Measure the cheddar cheese.

**Teachable Moment:** Your child helper will enjoy hearing about pita bread and its connection to the Middle East. Nomadic tribes in large caravans of camels, goats, and sheep would travel from place to place and could only take food that was easily transportable. Pita bread could be made in the camps and carried with them. It is made of flour, water, and a little salt, and it can be cooked in a pan over a campfire.

## Your Shopping List:



- 1 6-oz. package of Canadian bacon
- 3 eggs
- 1 bunch of chives
- 1 12-oz. package of whole wheat pita bread
- 1 8-oz. package of shredded cheddar cheese

### quick tip



Pita bread is a great base for many speedy dishes. You can stuff it with eggs and bacon (as in this recipe) or with lunchmeats, cheese, and vegetables for a low-carb sandwich. By adding salami, cheese, and tomato sauce, you can also create a quick stuffed pizza!

## Barbecue Hot Strips

4	boneless, skinless, chicken breasts, cut into strips
1-1/2 c.	prepared barbecue sauce
2 t.	dry onion flakes
	hot pepper sauce to taste

Spray a large skillet with cooking spray. Brown the chicken strips for 2 to 3 minutes on each side over medium heat, turning once and stirring occasionally. Add the barbecue sauce, onion, and hot pepper sauce to the skillet. Stir and simmer until the liquid is reduced by half and the sauce has thickened. Serve warm. Makes 8 servings.



Kids can help with this recipe:

1. Apply cooking spray to a large skillet.
2. Measure the barbecue sauce and dry onion flakes and add to the skillet.

## Your Shopping List:



- 4 boneless, skinless, chicken breasts



### From Your Pantry:

- prepared barbecue sauce, dry onion flakes, hot pepper sauce, cooking spray

## quick tip



You can save yourself the added step of cutting the chicken breasts into strips by simply buying a package of chicken tenderloins. Chicken tenderloins are an easy cut of poultry ideally suited for quick cooking. Use them to make chicken strips or cut them into smaller pieces for stir-fries.