

Recipe Assignment

A recipe must have:

1. A complete list of ingredients (with measurements)
2. Step-by-step directions / instructions.

Instructions:

A) Find a (magazine) recipe for each of the following:

1 - Recipe for an appetizer / hors d'oeuvres

2 - Recipe for a beverage

3 - Recipe for a snack

4 - Recipe for a side dish

5 - Recipe for an entree

6 - Recipe for a dessert / sweet / treat

7 - Recipe for a baked good

B) Neatly cut out the recipe and glue it onto a piece of paper.

C) Label which recipe it is.

D) Underline each ingredient that goes on the pyramid

E) Glue a pyramid next to the recipe

F) Complete the pyramid (circle the ingredients)

See sample on back

Set up your paper like this

Name _____

Date _____

Period _____

Recipe (Magazine) Assignment

Entrée

Broccoli Mac and Cheese Gratin

Blanched broccoli boosts the nutritional profile of a familiar cheesy pasta main dish. Besides lending color to the recipe, the green vegetable adds fiber, folate, and vitamin C.

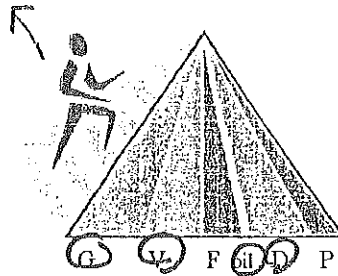
- 4 cups uncooked medium seashell ~~pasta~~ (about 12 ounces) **G**
- 6 cups broccoli florets (about 1 pound) **V**
- 1 tablespoon olive oil, divided **D**
- 2 garlic cloves, minced
- 1/3 cup finely chopped onion **V**
- 3 3/4 cups 1% low-fat milk, divided **D**
- 1/3 cup all-purpose flour (about 1 1/2 ounces) **G**
- 1 cup (4 ounces) shredded fontina cheese **D**
- 1/2 cup (2 ounces) grated Asiago cheese **D**
- 1/4 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground red pepper
- Dash of ground nutmeg
- Cooking spray
- 2 (1-ounce) slices white bread **G**

- 1 Preheat oven to 400°.
- 2 Cook pasta in boiling water 8 minutes; add broccoli. Cook 3 minutes or until pasta is done. Drain.
- 3 Heat 2 teaspoons oil in a Dutch oven over medium heat. Add garlic to pan; cook 45 seconds. Transfer garlic mixture to a small bowl; set aside.
- 4 Add remaining 1 teaspoon oil to pan; stir in onion. Cook 1 minute, stirring frequently. Remove from heat; stir in 3 cups milk. Lightly spoon flour into a dry measuring cup; level with a knife. Combine the remaining 1/4 cup milk and flour in a small bowl, stirring with a whisk. Add flour mixture to onion mixture. Return pan to medium-high heat, stirring constantly with a whisk; bring to a boil. Cook 1 minute or until thick, stirring constantly with a whisk. Remove from heat; stir in the cheeses, salt, black pepper, red pepper, and nutmeg. Add pasta mixture to milk mixture, tossing gently to coat. Pour mixture into a 13 x 9-inch baking

dish coated with cooking spray.

- 5 Combine garlic mixture and bread in a food processor; pulse 15 times or until fine crumbs measure 1 cup. Sprinkle breadcrumb mixture over pasta mixture. Bake at 400° for 18 minutes or until the top is brown. Yield: 8 servings (serving size: 1 1/2 cups pasta).

CALORIES 360 (26% from fat); FAT 10.4g (sat 5.2g, mono 3.4g, poly 0.7g); PROTEIN 19g; CARB 48.7g; FIBER 3.2g; CHOL 27mg; IRON 2.4mg; SODIUM 708mg; CALC 341mg



Side Dish

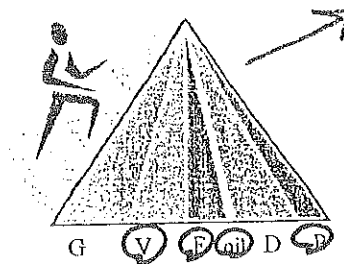
Spinach Salad with Grilled Red Onion Rings and Sesame Vinaigrette

The lutein from the spinach and the flavonols from the onion bolster the nutrition of this side dish. This versatile salad pairs well with grilled fish, chicken, or pork.

- 1 large red onion, cut crosswise into 12 (1/4-inch-thick) rings (about 10 ounces) **V**
- 2 teaspoons dark sesame oil, divided **D**
- 1/2 tablespoons fresh lemon juice **F**
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon honey
- 10 cups baby spinach leaves (about 10 ounces) **V**
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 1 tablespoon sesame seeds, **P** toasted

- 1 Prepare grill.
- 2 Combine onion and 1/2 teaspoon oil, tossing to coat. Arrange onion on a grill rack; grill 9 minutes or until browned and tender, turning frequently.
- 3 Combine remaining 1/2 teaspoons oil, juice, soy sauce, and honey in a small bowl, stirring with a whisk.
- 4 Place spinach in a large bowl; sprinkle with pepper and salt. Add onions. Drizzle oil mixture over spinach, tossing gently to coat. Sprinkle with sesame seeds. Yield: 6 servings (serving size : 2 cups).

CALORIES 56 (35% from fat); FAT 2.2g (sat 0.3g, mono 0.9g, poly 0.9g); PROTEIN 1.7g; CARB 8.1g; FIBER 1.8g; CHOL 0mg; IRON 1.7mg; SODIUM 176mg; CALC 53mg



Reading A Recipe

Recipes are guides for cooking. It is important to read the whole recipe before you begin cooking. This helps you know how the dish is made. All recipes start with the name of the dish. Next will come the ingredients needed. They should be listed in the order in which they are used. The same ingredient may be listed in two or more places. This means you will use it more than once.

The next section of the recipe will include the directions for preparing the dish. Pay attention to the little words such as diced, seeded, chopped, sliced, drained, or cut in half. You may need special tools so pay attention to that as well.

Measuring correctly is an essential part of learning to

cook successfully. Here are a few hints:

- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup
- 8 liquid ounces = 1 cup
- 16 ounces = 1 pound
- 1 pint container = 2 cups



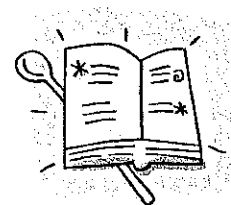
Learning cooking terms will help you understand what the instructions mean. For example:

- "1 cup of sifted flour" means to sift the flour and then measure 1 cup
- "1 cup of flour, sifted" means to measure 1 cup of flour and then sift it.
- "Sift together" means to add all of the dry ingredients to the sifter and then sift them.
- "Eggs beaten" means you

beat the eggs before adding them to the recipe.

- "Room temperature" means not cold.
- "Warm" means higher than room temperature.
- "Scald" means to heat liquid until bubbles just start to form around the margins of the pan.

After you read the whole recipe, make sure you have everything you need for cooking. Place the recipe where you can see it. Get all the tools and ingredients you need. Preheat the oven if needed, measure correctly and have fun cooking!



Recipe (magazine) Assignment

Apple-Cheddar Bagel Snack

We love just about any apple eaten out of hand. But for cooking, some are better than others. For a sweet taste, choose Gala, Fuji, or Golden Delicious. Want sweet and tart? Try Braeburn, Jonagold, or Jonathan. And for an extra-tart bite, nothing beats Granny Smith.

PREP 20 min. COOK 2 min.
BROIL 2 min.

- 2 cinnamon-raisin swirl bagels, split
- 2 Tbsp. butter, softened
- 8 tsp. cinnamon sugar*
- 4 crosswise slices cooking apple (such as Braeburn)
- 4 slices white cheddar cheese
- Fresh sage leaves (optional)

1. Preheat broiler. Toast bagels. Spread cut sides of bagels with 1 Tbsp. of butter. Sprinkle each bagel half with 1 tsp. cinnamon sugar.

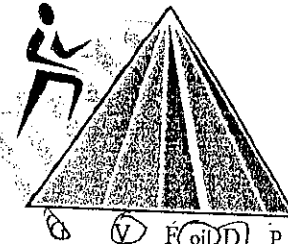
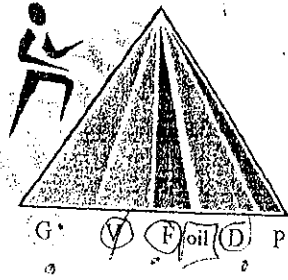
2. In a medium skillet melt remaining 1 Tbsp. butter over medium heat. Sprinkle apple slices with remaining cinnamon sugar. Cook apple slices 1 minute each side or until slices just start to brown.

3. Top each bagel half with a slice of white cheddar cheese and an apple slice. Place bagels on a baking sheet. Broil 3 to 4 inches from heat for 2 to 3 minutes or until cheese begins to melt. Top with sage, if desired. Makes 4 servings.

*Cinnamon sugar can be found in the spice aisle. If you prefer to make your own, mix 1/4 cup granulated sugar with 1 Tbsp. cinnamon. Store in an airtight container.

EACH SERVING 278 cal, 13 g fat, 38 mg chol, 287 mg sodium, 31 g carbo, 1 g fiber, 9 g pro. ■

snack ↗



SPAGHETTI WITH BROCCOLI RABE AND GARLIC

SERVES 4 TO 6
ACTIVE TIME: 15 MIN START TO FINISH: 30 MIN

- 1 lb spaghetti
- 1 (1-lb) bunch broccoli rabe, hollow stems discarded and leaves and remaining stems cut into 2-inch pieces
- 1/2 cup olive oil
- 5 garlic cloves, finely chopped
- 1/2 to 3/4 teaspoon dried hot red-pepper flakes (to taste)
- 3/4 teaspoon salt

ACCOMPANIMENT: grated parmesan

► Cook pasta according to package instructions. When pasta is 5 minutes from finished, add broccoli rabe to pot and continue to cook until pasta is al dente. Drain in a colander and transfer to a large serving bowl. ► Meanwhile, cook remaining ingredients in a small heavy skillet over moderate heat, stirring frequently, until garlic is pale golden, 3 to 4 minutes. Pour over pasta and toss to combine.

Entrée

RECIPE	Ingred	Direct	Underline	Pyramid	Fill in	total
Appetizer hors d'oeuvres	1	1	1	1	1	5
Beverage	1	1	1	1	1	5
Snack	1	1	1	1	1/2	4 1/2
Side dish	1	1	1	1	1	5
Entrée	1	1	1	1	1	5
Dessert						
Sweet treat	1	1	1	1	1	5
Baked good	1	1	1	1	1	5

Total Points

30 1/2
35

← drink

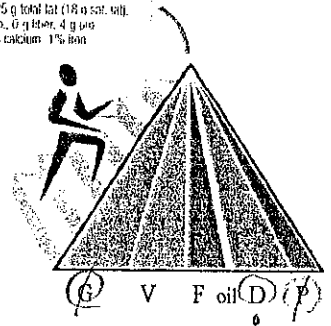
White Hot Chocolate

Start to Finish: about 15 minutes.
Makes 5 (6-ounce) servings

- 3 cups half-and-half or light cream
- 1/2 cup white baking pieces or chopped white chocolate baking squares
- 1 3/4-inch piece stick cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon vanilla
- 1/4 teaspoon almond extract
- Ground cinnamon (optional)

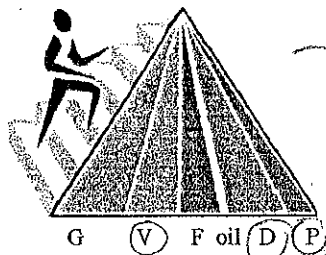
1. In a medium saucepan combine 1/2 cup of the half-and-half, the baking pieces, cinnamon, and nutmeg. Stir over low heat until baking pieces are melted. Add remaining half-and-half. Cook and stir until heated through. Remove from heat. Remove and discard cinnamon. Stir in vanilla and almond extract. If desired, sprinkle with ground cinnamon.

Nutrition Facts per serving: 361 cal., 25 g total fat (18 g sat. oil), 53 mg chol., 101 mg sodium, 29 g carbo., 0 g fiber, 4 g pro.
Daily Values: 12% vit. A, 2% vit. C, 15% calcium, 1% iron.
Exchanges: 2 Other Fat, 5 Fat



Ph 5

Appetizer



Stuffed Celery Bites

For easiest preparation, spread the cream cheese mixture in the celery first, then slice.

Prep: 30 minutes **Chill:** up to 4 hours

Nonstick cooking spray

2 Tbsp. pine nuts

1 clove garlic, minced

8 stalks celery

1 8-oz. tub cream cheese with dried tomato or cream cheese

1/4 cup shredded Italian cheese blend (1 oz.)

2 Tbsp. dry-roasted shelled sunflower seeds

Celery leaves (optional)

1. Lightly coat a skillet with nonstick cooking spray. Add pine nuts and garlic. Cook over medium heat 3 to 5 minutes or until nuts are golden brown, stirring frequently. Set aside.

2. Remove tops and wide base from celery. Using a vegetable peeler, remove two thin strips from the rounded side of the celery, creating a flat surface.

3. In a small bowl combine the cream cheese and shredded Italian cheese. Spread or spoon cheese mixture into celery.

4. Cut each filled stalk of celery into 2-inch pieces. Sprinkle half the pieces with the pine nut mixture and half with the sunflower seeds. Top with celery leaves, if desired. Makes about 32 pieces (8 servings).

To make ahead: Stuff celery up to 4 hours before serving; cover and chill. Cut into 2-inch pieces and add nuts and seeds just before serving.

Nutrition facts per serving: 132 cal., 13 g total fat (7 g sat. fat), 31 mg chol., 152 mg sodium, 3 g carbo., 1 g fiber, and 4 g pro. Daily Values: 7% vit. A, 5% vit. C, 6% calcium, and 3% iron.



BONUS RECIPE!
Butternut Bread Pudding with Bourbon Caramel Sauce

PREP 30 min. BAKE 1 hr.
 OVEN 350°F COOL 10 min.

- 1 Tbsp. butter, softened
- 1 cup half-and-half or light cream
- 3 eggs
- 1 tsp. vanilla
- 3 cups ¾-inch cubes peeled butternut squash
- ¼ cup packed brown sugar
- 1 tsp. ground cinnamon
- 2 cups stale or dried whole wheat bread cubes
- 1 pear, peeled (if desired), cored, and cut into ¾-inch pieces
- ⅓ cup dried cranberries
- 1 pear, sliced and/or chopped
- Fresh mint and cranberries (optional)

Bourbon Caramel Sauce

- ¾ cup packed brown sugar
- ½ cup whipping cream
- ½ cup butter
- 2 Tbsp. light-colored corn syrup
- 2 Tbsp. bourbon
- 1 tsp. vanilla
- ½ tsp. salt

1. Preheat oven to 350°F. Brush a 1½-quart baking dish with softened butter. Prepare Bourbon Caramel Sauce; set aside to cool slightly.
 2. In a 4-cup liquid measuring cup combine the half-and-half, eggs, and vanilla; whisk to combine. Whisk in ¼ cup of the Bourbon Caramel Sauce. Set aside. In a large bowl toss squash with brown sugar and cinnamon. Add the whole wheat bread, pear, and cranberries; toss to combine. Place in prepared dish. Slowly and evenly pour egg mixture over top. Let stand for 5 minutes.

3. Bake bread pudding 1 hour. Remove from the oven and let cool 10 minutes. Top with fresh pear, mint, and cranberries, if desired. Reheat remaining sauce. Drizzle some sauce over bread pudding and pass remaining.

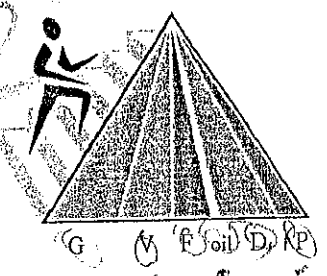
Bourbon Caramel Sauce In a heavy medium saucepan combine brown sugar, whipping cream, butter, and corn syrup. Bring to boiling over medium-high heat, whisking occasionally. Reduce heat to medium. Boil gently for 3 minutes; remove from heat. Stir in bourbon, vanilla, and salt. Makes 8 servings.

EACH SERVING 467 cal, 25 g fat, 136 mg chol, 367 mg sodium, 57 g carb, 4 g fiber, 6 g pro.

FREEZE IT

Any leftover cooked squash—either mashed or in cubes—can be frozen up to 3 months. To quickly cook squash for freezing, peel and cube the squash. Place chunks in a microwave-safe dish with 1 inch of water. Cover and microwave 7 minutes or until tender. Drain, cool, and place in a freezer container.

Baked good camp



DOUBLE-RASPBERRY MALT FOR TWO

Offer chocolate truffles alongside or afterwards, with coffee or more Champagne.

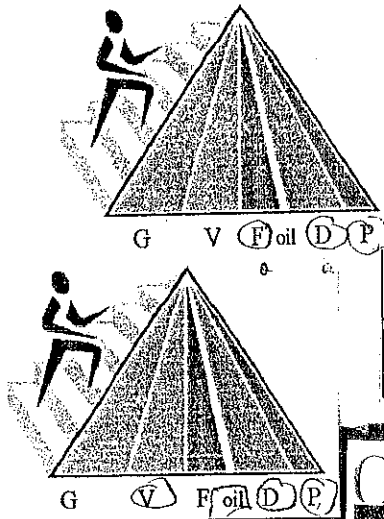
2 SERVINGS

- 1 6-ounce basket fresh raspberries
- ¼ cup whole milk
- ¼ cup malted milk powder
- 1 tablespoon sugar
- 1 cup vanilla ice cream
- 1 small scoop raspberry sorbet

Set aside 4 raspberries for garnish. Combine remaining raspberries, milk, malted milk powder and sugar in blender; blend until smooth. Add ice cream; blend until smooth, stopping once or twice to scrape down sides of blender, if necessary. Pour malted shake into fluted soda-fountain-style glass. Top with sorbet. Garnish malt with reserved berries.

Cookbook author Michael McLaughlin cooks up romance at his home in Santa Fe.

desert



CORN

SUCCOTASH

SERVES 6
 ACTIVE TIME: 35 MIN START TO FINISH: 45 MIN

Tender lima beans and fresh corn kernels straight off the cob team up to create a beautiful—and delicious—side dish that's perfect with almost any meal.

- 2 bacon slices (2 oz), cut crosswise into ¼-inch-wide strips
- 1 tablespoon unsalted butter
- 2 cups fresh corn kernels (from 3 to 4 ears)

"The pioneer was quick to appropriate corn and domesticate it in chowders, succotash, fritters."

- 1 lb fresh lima beans in pods, shelled (1½ cups), or 1 (10-oz) package frozen baby lima beans, thawed
- ½ cup diced (½ inch) green bell pepper
- 1 bunch scallions, cut crosswise into ½-inch pieces, keeping white and pale green parts separate from greens

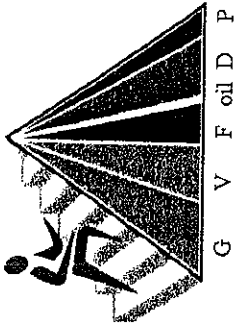
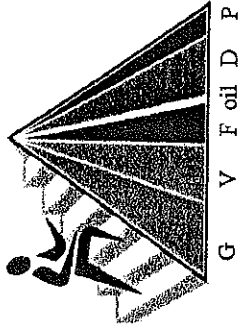
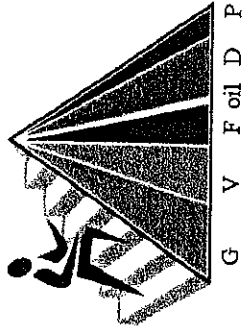
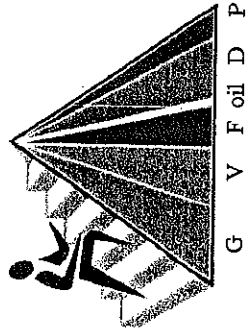
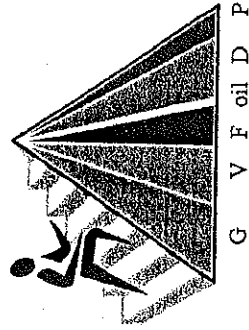
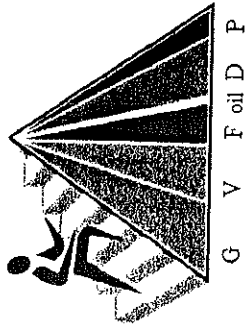
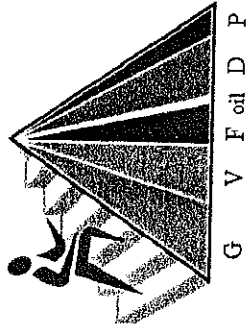
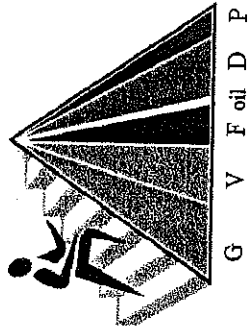
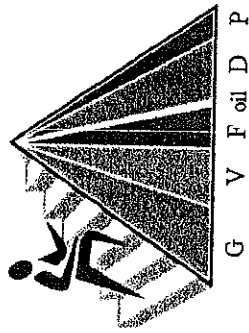
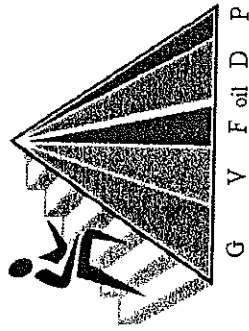
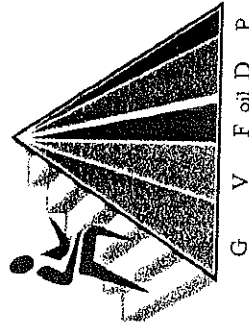
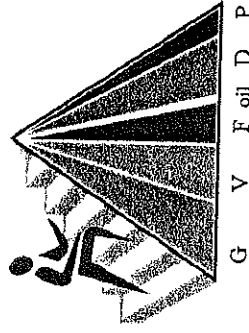
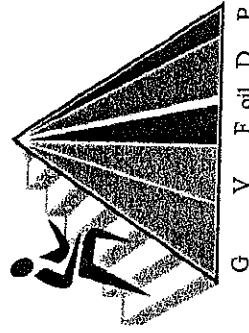
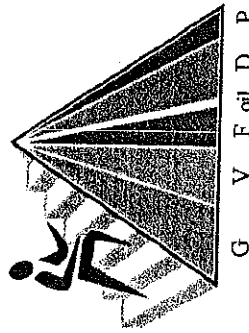
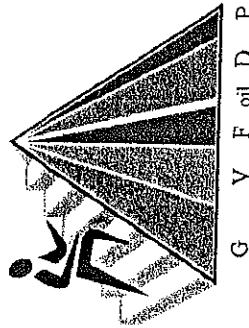
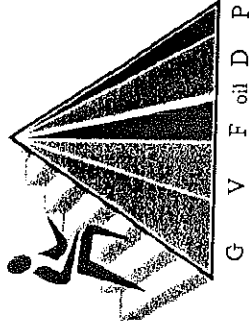
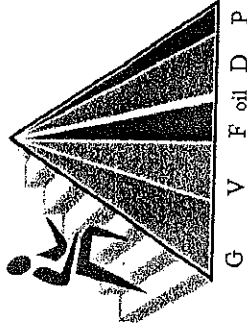
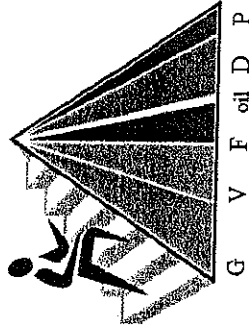
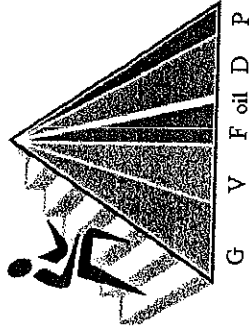
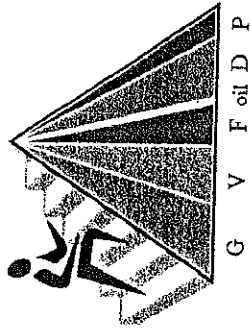
- ¾ cup heavy cream
- ¼ cup water
- ½ teaspoon salt
- ¼ teaspoon black pepper

► Cook bacon in a 10-inch heavy skillet over moderate heat, stirring frequently, until crisp, about 5 minutes. Transfer bacon with a slotted spoon to paper towels to drain, then add butter to fat in skillet and melt over moderate heat. Add corn, lima beans, bell pepper, and white and pale green parts of scallions and cook, stirring, 2 minutes. Add cream, water, salt, and pepper, then simmer, partially covered, until vegetables are tender, 10 to 15 minutes. Stir in bacon, scallion greens, and salt and pepper to taste.

COOKS' NOTE: Vegetables can be cut 2 hours ahead and chilled in a bowl, covered. (Chill scallion greens separately.)

side dish

oil →



Recipe (magazine) Assignment

First & last name
 period
 date

RECIPE	Ingred	Direct	Underline	Pyramid	Fill in	total
Appetizer hors d'oeuvres						
Beverage						
Snack						
Side dish						
Entrée						
Dessert Sweet treat						
Baked good						
Total Points						