

Recipes from the Pantry

Basic Salad Dressing

You'll Need

- 3 Tablespoons Olive Oil
- 1 Tablespoon Balsamic Vinegar
- Brown mustard to reach a consistency you like

Directions:

- Mix all the ingredients together.

Play with Your Food

- Add herbs or spices (oregano, garlic, cayenne, etc.)
- You may want to add a tad bit of honey.
- Try a flavored balsamic vinegar.
- Make your own dressing sticking with standard Components of a Dressing
 - Oil
 - Acid – wine, any type of vinegar, lemon juice, etc.
 - Binder or thickening Agent – mustard, egg yolk, sour cream, yogurt, miso etc.
 - Seasonings

Tortellini Soup

You'll Need

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, crushed
- 1, 10 ounce package frozen chopped spinach
- 2, 14.5 ounces of chicken broth
- 1, 14.5 ounce can of diced tomato or 1 fresh tomato, diced
- 1, 9 ounce package of cheese tortellini
- Pinch of crushed red pepper
- ½ tablespoon dried basil
- Salt and Pepper to taste
- Freshly grated Parmesan cheese(optional)

Directions

- In a large pot heat olive oil over medium heat.
- Add crushed red pepper to your liking and saute with the onion and garlic until fragrant.
- Next add the spinach, tomato and broth.
- Heat to boiling and then reduce heat to low. Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness.
- Season with the basil, salt and pepper.
- If you would like you can serve topped with some freshly grated Parmesan cheese.

Play with Your Food

- Use vegetable instead of chicken broth
- Try a mushroom or pesto filled tortellini
- Top with Romano or Asiago instead of Parmesan



Macaroni and Cheese

You'll Need

- 1 pinch of salt
- 1 splash extra-virgin olive oil
- 2 cups pasta
- 2 tablespoons unsalted butter
- 2 tablespoons flour
- ½ cup half-and-half
- 1 bay leaf
- Salt and pepper to taste
- 1(+) cups grated sharp cheddar cheese

Directions

To a medium sauce pan

Add the salt and olive oil to 4 cups of water. Bring it to a boil, and then add the pasta for about 6 – 7 minutes. The pasta should be almost, but not quite, tender when you strain it off.

While the pasta's Boiling

Melt the butter over medium heat in a second saucepan. Add the flour, mix them thoroughly together, and allow the roux to brown only slightly. Add the half-and-half, bring to a simmer with the bay leaf, salt, and pepper. Let these flavors bubble into each other for a few minutes. Remove the bay leaf and whisk until smooth. Then add the grated cheese to complete the sauce, and let it simmer until the pasta is done. Correct the seasoning.

To finish it off, just drain the pasta and then throw it back into the sauce. Turn them into each other over medium heat for ~2 minutes. That's it!

Tricks of the Trade

The only real trick to this is to remove the pasta from the water a bit underdone. It finishes cooking when you add it back to the sauce.

Play With Your Food

Try ½ cup of Parmesan instead of the cheddar.

Tip

If your kids are like most, they turn up their noses for the weirdest reasons-- like the color of the cheese sauce. If this is the case, try white cheddars, or yellow, or a combination. You could even let your child decide which is their "favorite".



Raspberry Oatmeal Bars

You'll Need

- 10 ounces frozen raspberries
- 2 tablespoons cornstarch
- 2 tablespoons sugar
- 1/3 cup butter
- 2/3 cup brown sugar
- 1 teaspoon vanilla
- 1 cup oats
- 1 cup all-purpose flour
- 1/2 teaspoon baking soda

Directions

Get the raspberries ready

- First thaw the raspberries over medium heat.
- Add in cornstarch and sugar. Heat until it's thick and bubbly.

Get the crust together

- Cream the butter and sugar together.
- Then add in the rest of the ingredients and blend them until it looks like a coarse meal.
- Press 2 cups of this into an 8x8 inch pan.

Baking

- Bake it for 12 minutes at 350.
- After crust comes out, spread the raspberry mixture of the crust.
- Next, sprinkle it over with the remaining dry mixture.
- Bake for 15 more minutes.

Play with Your Food

Try with strawberries instead of raspberries

Shrimp in Coconut-Curry Sauce

You'll Need

- 2 teaspoons curry powder
- ½ teaspoon black pepper
- ½ teaspoon salt
- ¼ teaspoon chili powder
- 1 tablespoon olive oil or coconut nut oil
- 2 jalapenos, seeds removed and chopped
- 5 garlic cloves, minced
- 1, 14 ounce can coconut milk
- 1 tablespoon of corn or potato starch
- 3 tablespoons chopped Italian or Thai basil (optional)
- 2 teaspoons grated or finely chopped fresh ginger
- 1 pound uncooked shrimp (peeled and deveined)
- Cooked rice

Directions

- In a medium bowl combine curry powder, pepper, ¼ teaspoon of salt, and chili powder. Add shrimp and toss to coat. Cover and chill for 1 hour.
- While shrimp is marinating, in a bowl stir together coconut milk, starch and ¼ teaspoon of salt. Set aside.
- Once shrimp had time to marinate, in a large skillet heat oil over medium-high heat.
- Add onion, garlic and jalapeno. Cook and stir until fragrant and slightly soft. Then remove mixture from skillet and set aside.
- Next add shrimp to skillet and cook until shrimp turns pink (do not overcook) and then remove from skillet.
- Now add coconut milk mixture to skillet. Cook on medium heat until slightly thickened.
- Then add in both onion and shrimp mixture. Finally add basil and ginger. Heat through. Taste and adjust seasonings as needed.
- Serve over rice.

Play with Your Food

- Use chicken instead of shrimp
- Use vegetables of choice instead of shrimp
- Use a different pepper than a jalapeno
- Add some veggies to the dish
- Add more chili powder