

Cornucopia Cool Chef Recipes



Week 1 - Home Alone & Hungry Snackalicious Options

Perfect Pita Chips

Feel free to spice it up, adding parmesan cheese & oregano, cumin & garlic powder or sprinkle with cinnamon sugar for a sweet variety. SERVINGS: 36 triangles.

Ingredients:

1/3 cup Olive oil
6 Whole wheat pitas (6" across)
 Kosher or course salt

*Adapted from Katie Workman's [The Mom 100 Cookbook](#)

Directions:

1. Preheat oven to 350.
2. Lay pitas in single layer on large baking sheets.
3. Place olive oil in small bowl. Dip basting brush in oil and brush each side of every pita.
4. Sprinkle with salt (and any other seasoning of choice)
5. Bake until crisp, 5-7 minutes.
6. Remove from oven and cut each into 6 triangles. Serve warm or at room temperature.

Homemade Hummus

Simple to make and super nutritious to eat! For best results, use a high-powered blender like a Nutribullet or Vitamix. Other blenders can work but will yield a grainier consistency. Yields: 1.5 cups

Ingredients:

1 15.5oz can Garbanzo beans (low sodium)
1 clove Garlic, crushed
2 tablespoons Tahini (sesame seed paste, near nut butters, usually)
3 tablespoons Lemon juice
1/3 cup Extra virgin olive oil
1 teaspoon Salt

*Adapted from weelicious.com

Directions:

1. Place all ingredients except olive oil in high-powered blender and blend until liquid.
2. Use spatula to scrape down sides of blender. Add olive oil and puree until creamy. If texture is too thick, add a bit of water to desired consistency.

Granola Delight Parfaits

Beautiful to create and even tastier to eat. Mix up your own favorite combinations of layers of fruits, seeds, nuts or other cereals. You really can't go wrong. This recipe features homemade granola and organic mixed berries.

SERVINGS: 8 snack size parfaits with extra granola for keeps!

Granola Ingredients:

½ cup	Honey
½ cup	Maple syrup
¼ cup	Brown sugar
2 tablespoons	Butter
1 teaspoon	Salt
4 cups	Rolled oats
1 cup	Dried fruit (raisins and cranberries work great)

*Adapted from bodyandsoul.com

Directions:

1. Preheat oven to 325. Lightly coat a rimmed baking sheet with cooking spray.
2. Combine honey, maple syrup, brown sugar and butter in saucepan. Bring to a boil over medium heat; reduce and simmer for 5 minutes, stirring often.
3. In a large bowl, mix oats and salt. Pour the honey mixture on top and stir.
4. Spread granola evenly on the tray. Bake for 12 minutes
5. Remove from oven, stir in dried cranberries and raisins. Bake 8-10 additional minutes, until golden brown.
6. Remove from oven and cool.

Parfait Ingredients:

32oz	Lowfat plain and/or vanilla yogurt (to decrease sugar content, I recommend using plain or alternating plain with vanilla in the parfait layers)
4 cups	Frozen or fresh berries (raspberries and blueberries work great) Granola for sprinkling on top

NOTE: amounts are approximate as parfait cups vary in size.

Directions:

1. Line up 8 parfait glasses or any clear cups.
2. Simply layer scoops of yogurt with scoops of berries until desired height is reached, saving room for a generous sprinkling of granola on top!