

Cornucopia Cool Chef Recipes



Week 1 - Soup

Lemony Chicken Orzo Soup

Nothing warms up the soul like chicken soup. Makes for a simple, nutritious meal any lunch or dinner all winter long. SERVINGS: 10-12 cups.

Ingredients:

1 Tbsp	Olive oil
1	Onion, finely chopped
2	Celery Stalks
2	Carrots, scrubbed and sliced
8 cups	Low sodium chicken broth
1	Bay Leaf
	Lemon, 1 long strip zest plus 2 Tbsp lemon juice
½ cup	Orzo, dry
2 cups	Cooked, shredded chicken

*Adapted from www.chopchopmagazine.org

Directions:

1. Cook orzo according to package instructions, subtracting 1 or 2 minutes from cook time. Strain and set aside.
2. Poach chicken breast by placing breasts in a pot, cover with water by 1", bring water to a boil, cover and simmer for 10-14 minutes or until thermometer registers 165.
3. Put large soup pot over medium heat. When it is hot (test by flicking some water on it - they should dance and evaporate), add oil. Add all veggies and cook for 10 minutes.
4. Add chicken broth and bay leaf, raise the heat to high and boil. Then lower heat to low and cook, uncovered until veggies are tender and no longer float to the top, about 30 minutes.
5. Add the cooked chicken, pasta, lemon juice and cook for 3 more minutes. Remove bay leaf and enjoy!

Crunchy Cheese Crackers

Cheez-Its step aside. These crunchy, satisfying crackers have a far shorter ingredient list, and more fiber thanks to white whole wheat flour. Yields: 8 servings

Ingredients:

2 cups	White whole wheat flour
½ tsp	Salt
¼ tsp	Black pepper
1 cup	Parmesan, grated
½ cup	Cold unsalted butter
½ cup	1% or 2% milk
optional	extra sea salt, dried herbs, grated cheddar for topping

*Adapted from kingarthurfLOUR.com

Directions:

1. Preheat oven to 400F. Get out several large baking sheets.
2. Whisk together flour, salt, pepper and parmesan.
3. Add cold butter, using hands to mix it in well so no large chunks remain.
4. Stirring all the while, mix in milk until the dough comes together. The entire ½ cup may not be needed.
5. Gather dough into a ball and then divide into 3 pieces.
6. With 1 piece of dough at a time, flatten it into a rough square on a floured work surface. Roll it out 1/8" thick. Then transfer dough onto parchment paper or aluminum foil and place on cooking tray. Use a pizza cutter or sharp knife, to cut dough into 1" squares. Repeat with other 2 pieces.
7. Sprinkle squares with additional ¼ tsp salt, dried herbs and/or ¼ cup cheddar.
8. Bake for about 15 minutes or until medium golden brown. Remove from oven and cool on the pan. Store in an airtight container.