

## Cornucopia Cool Chef Recipes



### Week 2 – SuperBowl Starters

#### Mozzarella Sticks

*Ooey gooey cheesy with a healthier twist. SERVINGS: 12.*

##### **Ingredients:**

12	Part-skim mozzarella string cheese
1	Egg
¼ cup	Flour
¼ cup	Italian seasoned breadcrumbs
¼ cup	Panko breadcrumbs (whole wheat, ideal)
2 tsp	Parmesan
1 Tbsp	Parsley, dried

\*Adapted from [www.thecomfortofcooking.com](http://www.thecomfortofcooking.com)

##### **Directions:**

1. Cut cheese sticks in half to yield 24 pieces. Freeze until hard and frozen, about 30 min.
2. In 3 shallow dishes, place egg, flour and breadcrumbs separately. Whisk egg. Add panko, parmesan and parsley to bread crumbs dish.
3. Line a large baking sheet with foil and spray with nonstick spray. Dip frozen cheese sticks in flour, shaking off the extra, then into the egg and then the breadcrumbs. Repeat for each stick, placing them on lined tray. Freeze the sheet again for at least 15 minutes or until ready to bake.
4. Preheat oven to 400F. Place oven rack in bottom 1/3<sup>rd</sup> of the oven.
5. Bake for 4-5 minutes, turn over and bake another 4-5min. Watch sticks closely so they do not melt. Serve with marinara sauce if desired or enjoy as is!

## Tomato Salsa

*Who can resist chips & salsa? The freshness of these homemade versions are irresistible. Yields: 8 servings*

### **Ingredients:**

4	Plum tomatoes, chopped
4	Scallions, sliced thin
½	Onion, medium-sized, minced
1	Garlic clove, minced
2 Tbsp	Cilantro, chopped
1	Jalapeno, seeded, chopped fine
1 ½ Tbsp	Lemon juice
to taste	Salt and freshly ground pepper

*\*Adapted from [Gourmet Meals in Minutes](#)*

### **Directions:**

1. Combine all the ingredients.
2. Let the salsa rest for 15 minutes before serving to allow flavor to develop. Adjust seasoning as needed.

## Mango Salsa

*A sweet and tropical variation on a favorite Yields: 8 servings*

### **Ingredients:**

2	Mangoes, peeled, pitted, chopped
1 cup	Green onions, minced
1 cup	Red bell pepper, chopped
1 cup	Corn kernels
2 Tbsp	Lime juice
2 Tbsp	Cilantro, chopped
4 tsp	Jalapeno, chopped

*\*Adapted from [epicurious.com](#)*

### **Directions:**

1. Combine all the ingredients.
2. Cover and refrigerate. Can be prepared up to 6 hours in advance.

## Guacamole

*Get some heart-healthy fats with this dip that's great with tortilla chips, and tasty on sandwiches and burgers too!*

*Yields: 4 servings*

### **Ingredients:**

2	Ripe avocados
½	Fresh tomato, washed, cored and chopped into thumbnail-size pieces
1	Scallion, chopped
1 heaping Tbsp	Cilantro leaves, chopped
½	Fresh lime, juiced
pinch	Sea salt

*\*Adapted from [chopchopmag.org](http://chopchopmag.org)*

### **Directions:**

1. Slice each avocado in half. Remove pit and scoop out insides into a bowl. Mash with a fork until chunky.
2. Add tomato, scallion, cilantro and juice from lime. Stir together (NOT too much. Guacamole should not be smooth).
3. Move to a serving dish and serve right away or put the avocado pit in the guacamole to keep from turning brown, cover with saran wrap and refrigerate.

## Homemade Tortilla Chips

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*It's always fun to see how commonly purchased snacks can be made at home...often with far fewer ingredients and additives. Yields: 6 servings*

### **Ingredients:**

12	6" Corn tortillas
1 Tbsp	Olive Oil
½ tsp	Sea salt

### **Directions:**

1. Preheat oven to 350. Place tortillas on clean surface. With a pastry brush, lightly coat each side of tortillas with olive oil. Sprinkle lightly with salt.
2. Using a pizza cutter or knife, cut each tortilla into 8<sup>ths</sup>. Lay chips onto baking sheet.
3. Bake until slightly golden and crispy, 12-15 minutes, rotating tray once for even cooking. Cool and serve.