

Cornucopia Cool Chef Recipes



Week 3 – Not so Junky Junkfood

Nachos

Baked nachos can be delicious and nutritious. Fresh ingredients, beans, and added vegetable as toppings are key.

SERVINGS: 4-6

Ingredients:

30-40	Tortilla chips (multi grain are best)
½-1C	Black beans, rinsed and drained
¼-½lb	Local grass fed beef
1 tsp	Olive oil
1 tsp	Chili powder, cumin, paprika
½ tsp each	
2 C	Shredded cheese (or more or less to your taste. We used a mix of light cheddar, Monterey with Jalapeno and orange Cheddar)

Topping ideas
Shredded lettuce
Chopped tomatoes
Gaucamole
Sour cream
Salsa
Black Olives

*Adapted from thrivinghomeblog.com

Directions:

1. Preheat oven to 350.
2. Cover 9x13 baking dish with foil (optional for easy cleanup) and spray with cooking spray. Spread chips in a single layer.
3. Shred block cheeses.
4. Heat oil in saucepan on medium high heat. Add beef and spices. Saute about 5 minutes until brown. Set aside.
5. Spread chips in single layer on tray. Cover with beans and beef (maybe split tray half and half for kids preferences). Top with cheese.
6. Bake for about 10 minutes until cheese is melted.
7. While nachos bake, dice tomatoes and shred lettuce.
8. Remove nachos from oven, and top with favorites.

Orangina Spritzer

Tasty homemade soda made with the natural sweetness of fruit juice. SERVINGS: 1

Ingredients:

2-3 oz Orange Juice
5-6 oz Seltzer water
Orange, lime, lemon slice, cherry (optional as a garnish)

Any combination of juices and seltzers works!

Directions:

1. Simply mix 2-3 oz juice with favorite seltzer water.
2. Garnish with some fresh or frozen fruit if desired. Voila!

Soft Pretzels

Great fun to make and eat, with 50% whole wheat too! Fun for kids to customize with different toppings as well, such as sesame seeds, poppy seeds, cinnamon sugar, nutritional yeast, sprinkles, etc. SERVINGS: 16

Ingredients:

2 cups Warm water (not hot)
1 tablespoon Sugar or honey
2 teaspoons Kosher salt
1 small packet Active dry yeast
4 ½ cups White whole wheat flour (or ½ whole wheat, ½ all purpose)
1 tablespoon Canola oil
2/3 cup Baking soda
10 cups Water
1 Egg yolk beaten with 1 tablespoon water
Pretzel salt

*Adapted from weeliscious.com and foodnetwork.com recipes

Directions:

1. In a large bowl, mix together water, sugar/honey and salt. Sprinkle yeast on top and let stand 10 min.
2. Slowly add flour and stir about 5 minutes until well combined into a soft ball.
3. Rinse out mixing bowl and grease with canola oil. Place dough back into greased bowl and turn to coat with oil. Cover bowl with a kitchen towel and leave at room temp. for 20-60 minutes. Meanwhile, preheat oven to 450 and lightly grease a large baking pan.
4. Bring 10 cups of water and baking soda to a rolling boil in a roasting pan or 8-qt saucepan.
5. Place dough on a lightly floured surface and knead 2-3 times to remove air bubbles.
6. Cut dough into 16 pieces and roll each into a 12" long rope.
7. Make a U shape with the dough rope, holding the ends of the rope cross them over each other and press into the bottom of the U to form a pretzel shape. Place temporarily on baking sheet.
8. Place pretzels, 1 by 1, into boiling water for 30 seconds. Remove them using a large flat spatula, returning to baking sheet.
9. Brush the top of each pretzel with egg yolk/water wash and sprinkle with coarse salt.
10. Bake 12-14 minutes until dark golden brown. Transfer to cooling rack for 5+ minutes before serving.

Buffalo Chicken Tenders

Deep fryers don't have much of a place when it comes to nutritious eats, but this baked recipe makes quite a tasty replacement. Serve with carrot and celery sticks for some extra veggies in your day! SERVINGS: 8

Ingredients:

For chicken

½ c	All purpose Flour
½ c	Panko bread crumbs
pinch	Garlic powder
pinch	Paprika
½ tsp each	Salt & Pepper
2	eggs
1 lb	Chicken tenders or boneless, skinless chicken breast cut in 1 inch strip

For Sauce

¾ C	Hot sauce
5 T	Butter
2 cloves	Garlic, minced

*Adapted from Katie Workman's *The Mom 100 Cookbook* and mensfitness.com recipes

Directions:

1. Preheat oven to 350°F. Line baking sheet with aluminum foil and spray with vegetable oil spray.
2. If using wooden skewers, soak in water for 15 minutes.
3. In a large Ziploc bag, combine panko, garlic powder, paprika, salt, and pepper. Close bag and shake.
4. Beat eggs in a shallow plate or bowl. Dip chicken tenders into egg one by one, shaking off extra, and then placing tender in the Ziploc bag. After all pieces are in the bag, lock it shut and shake well so all pieces are coated.
5. For the fun of eating off sticks, carefully pierce tenders with wet skewers to make kebobs.
6. Arrange skewers in single layer on prepared baking sheet and cook for 7 to 8 minutes. Next, flip them over and bake for 7 to 8 minutes more.
7. While chicken is cooking, make the Buffalo sauce by combining hot sauce, butter, and garlic in a small saucepan over medium heat. Stir well until butter melts and sauce thickens a bit.
8. Remove baking sheet from oven. Brush both sides of chicken well with Buffalo sauce. Return chicken to oven and bake for 3 minutes more.
9. Remove from oven, cool slightly and enjoy.