

In Our Kitchen

612 MEAL PROGRAM COOKBOOK



Introduction

Iowa Homeless Youth Centers
A collection of recipes from the Youth Opportunity Center
612 Locust Street
Des Moines, IA 50309

Dear Reader,

This cookbook was created for our youth transitioning to more permanent housing. It was designed so that its reader feels the comfort of the youth center in their very own home. This cookbook has meals ranging from basic meals that you can create in a microwave to IHYC's most popular recipes.

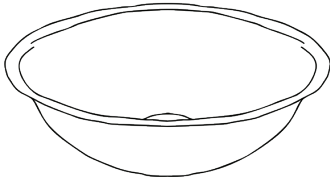
I became a chef because of the feeling of joy it brings me to cook for those I care for. I hope these recipes bring the same joy to you when you create these meals at home.

Kathryn Ryan
Youth Opportunity Center Meal Program Manager

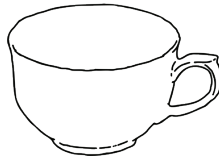
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Microwave



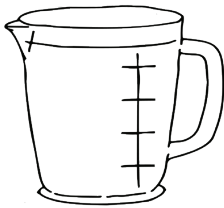
Microwave Safe
Bowl



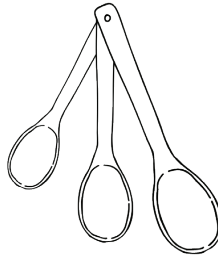
Microwave Safe
Mug



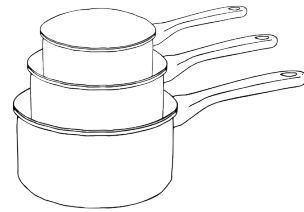
Microwave Safe
Plate



Wet Measuring Cup



Measuring Spoons



Dry Measuring Cups



Fork



Knife

Reformed Ramen



Utensils Needed for this Recipe:

- Microwave safe bowl

Ingredients Needed:

- 1 package of ramen noodles

Optional Additions:

- 1 carrot, sliced
- ½ cup of purple cabbage
- ½ cup of baby spinach
- Boiled egg
- Soy sauce
- Sriracha
- Peanuts
- Prepared protein - chicken, beef, pork, or tofu

Directions:

1. In a bowl, add two cups of water and microwave for 3 minutes. Add the noodles and microwave for another 5 minutes. If you're using carrots, add them to the bowl at this step.
2. Remove from the microwave and add seasoning or soy sauce. Add your choice of toppings and let sit for 2 minutes.
3. Top with hot sauce if desired.

Notes:

- Add in frozen vegetables (corn, carrots, etc.) before microwaving if fresh ones aren't available.

Mexican Street Corn



Utensils Needed for this Recipe:

- Microwave safe plate
- Small bowl

Ingredients Needed:

- 2 ears of corn on the cob
- 2 tablespoons of mayonnaise
- 1 tablespoon of sour cream (optional)
- A pinch of salt
- 2-4 tablespoons of Cotija or Feta cheese, grated
- ½ a teaspoon of smoked paprika or chili powder

Directions:

1. Place corn, unhusked, on a plate and microwave for 3 minutes. Allow to cool for a few minutes and shuck the corn.
2. In a small bowl, combine mayonnaise, sour cream, and salt in a bowl. Spread on the corn with a knife.
3. Sprinkle the cheese and seasoning on the corn.

Notes:

- Add lime juice to the mayonnaise mixture if desired.
- If you're cooking 3 or 4 ears of corn, cook for an additional 2 minutes.

Perfect Nachos



Utensils Needed for this Recipe:

- Microwave safe plate

Ingredients Needed:

- Your choice of tortilla chips
- ½ cup of shredded cheddar cheese

Optional toppings:

- Jalapeno, sliced
- ½ cup of cooked and seasoned ground taco meat or black beans
- ½ an avocado, diced
- Sour cream
- Salsa

Directions:

1. Arrange chips on a microwave safe plate and top with jalapeno, beef, and shredded cheddar cheese. Microwave for 1 minute. Add an additional minute if necessary.
2. Add choice of toppings to chips.

Notes:

- Taco seasoning packets for the ground meat can be found in the spice aisle.
- Leave toppings that are supposed to be cold (sour cream and avocado) off until you're ready to serve.

Baked Potato



Utensils Needed for this Recipe:

- Fork
- Microwave-safe plate

Ingredients Needed:

- 1 russet potato
- Oil
- Salt and pepper
- Choice of toppings

Directions:

1. Wash the potato to remove any dirt and pat dry
2. Pierce the potato with a fork - 4 or 5 times on each side
3. Rub the potato with oil, salt, and pepper
4. Place the potato on a dish and microwave for 5 minutes. Turn the potato over and microwave for another 3 minutes
5. Cut potato in half and add toppings

Notes:

- If you are cooking more than one potato at a time, cook for 5 minutes, turn, and cook for another 5 minutes.
- Suggested toppings include: butter, salt, chili, sour cream or plain Greek yogurt, bacon crumbles, and steamed broccoli.

Pizza Quesadillas



Utensils Needed for this Recipe:

- Microwave safe plate

Ingredients Needed:

- 2 flour tortillas
- ½ cup of shredded cheese
- ¼ cup of pepperoni
- 1 cup of pasta or pizza sauce

Directions:

1. Evenly spread out the cheese, pepperoni, and ½ a cup of sauce onto one tortilla. Place the second tortilla on top.
2. Place on a microwave-safe plate. Heat in the microwave for 30-60 seconds, or until cheese is melted.
3. Cut into quarters and use the rest of the sauce for dipping.

Notes:

- Top the quesadilla mixture with peppers and onions for a more flavorful and nutritious meal.
- Beef, Canadian bacon, Italian sausage and more can be used in place of pepperoni. Make sure to cook the meat before adding it into the pizza quesadilla.

Omelet in a Mug



Utensils Needed for this Recipe:

- Fork
- Microwave safe mug

Ingredients Needed:

- Cooking spray or oil
- 2 eggs
- 1 tablespoon of water or milk
- Salt and pepper
- Choice of fillings

Directions:

1. Spray mug with cooking spray or coat with oil.
2. Crack the eggs into the mug and add water. Whisk with a fork
3. Stir in salt and pepper, desired fillings, and microwave for 1-2 minutes or until eggs are cooked through.

Notes:

- Suggested fillings include: shredded cheese, crumbled bacon, peppers, onions, spinach, or tomatoes

Coffee Cake in a Mug



Utensils Needed for this Recipe:

- Microwave safe mug
- Fork to mix batter

Ingredients Needed:

- 1 tablespoon of butter
- 2 tablespoons of sugar
- 2 tablespoons of applesauce
- $\frac{1}{4}$ cup of flour
- $\frac{1}{8}$ teaspoon of baking powder
- Pinch of salt

Directions:

1. In a mug, soften the butter by microwaving it for about 5 seconds. Add the sugar to the butter and mix well.
2. Add applesauce, flour, baking powder, and salt to the mug and stir.
3. Microwave for 60 seconds. If the cake is not set, microwave for another 10 seconds.

Notes:

- If you want a crisp topping, in a small bowl mix 1 tablespoon of butter, 2 tablespoons of flour, 1 tablespoon of brown sugar, and a few dashes of cinnamon. Before microwaving, add this to the top of the original batter.

Fruit Crisp



Utensils Needed for this Recipe:

- Medium mixing bowl
- 2 microwave safe bowls

Ingredients Needed:

- 2 peaches, medium dice
- ½ cup of raspberries
- 4 tablespoons of sugar, separated
- ½ cup of rolled oats
- 2 tablespoons of flour
- 2 tablespoons of butter, melted
- Whipped cream or ice cream for serving, if desired

Directions:

1. In a mixing bowl, combine peaches, raspberries, and 2 tablespoons of sugar. Place evenly in two bowls and microwave for 45 seconds and set aside.
2. In the same mixing bowl, combine the remaining 2 tablespoons of sugar, oats, flour, and butter and mix well.
3. Top the two bowls of fruit with the oat mixture and microwave for another 45 seconds.

Notes:

- Frozen or canned fruit can be used in place of fresh - use 2 cups of peaches.
- Fruit can be changed depending on tastes - ex: pear and cherry, apple and blueberry, strawberry and nectarine.

Brownie in a Mug



Utensils Needed for this Recipe:

- 2 small bowls
- Fork
- Microwave safe mug

Ingredients Needed:

- 2 tablespoons of butter, melted and not too hot
- $\frac{1}{4}$ cup of flour
- 2 tablespoons of cocoa powder
- $\frac{1}{4}$ cup of sugar, preferably brown sugar
- 1 $\frac{1}{2}$ tablespoons of water or milk
- 1 large egg
- $\frac{1}{2}$ teaspoon of vanilla extract (optional)
- Pinch of salt

Directions:

1. In a small bowl, combine the flour and cocoa powder.
2. In another small bowl, combine the butter, sugar, water/milk, egg, vanilla, and salt and whisk with a fork until blended. Pour the flour and cocoa powder into the bowl with the wet ingredients and mix well.
3. Carefully pour into a mug and microwave for 1 minute and 30 seconds.

Notes:

- Vanilla extract isn't necessary for this recipe, but it adds a nice flavor.
- Top the brownie with your favorite toppings like vanilla ice cream or sprinkles.

Stovetop



Microwave Safe
Bowl



Spatula & Rubber Spatula



Frying Pan



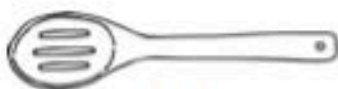
Large Pot



Small Pot



Wet Measuring Cup



Slotted Spoon



Large Spoon



Measuring Spoons



Dry Measuring Cups



Knife

Crème Brûlée French Toast



Utensils Needed for this Recipe:

- Medium mixing bowl
- Medium frying pan or electric griddle
- Spatula

Ingredients Needed:

- 4 large eggs
- 1 cup of whole milk
- 1 teaspoon of vanilla extract
- 2 tablespoons of brown sugar
- 1 pinch of salt
- ½ cup of sugar
- 8 slices of bread
- 1 tablespoon of butter to grease pan

Directions:

- Heat a medium size pan on medium heat.
- In a medium mixing bowl, mix together eggs, milk, vanilla, brown sugar, and salt with a fork. Dip both sides of the bread in the egg mixture.
- When you are ready to cook the bread put the butter in the hot pan. Place the bread on the pan and sprinkle one side of the bread with sugar.
- Cook both sides until lightly browned.

Notes:

- If you only have 1 type of sugar, brown or white sugar will work for both sugars in this recipe.
- You may need to continue to grease the pan as you cook. Cooking spray can also work instead of butter.

Crepes



Utensils Needed for this Recipe:

- Mixing bowl
- Medium skillet
- Rubber spatula

Ingredients Needed:

- 2 eggs
- 1 cup of milk
- 1 cup of all-purpose flour
- 2 teaspoons of sugar
- 2 tablespoons of melted butter or oil, plus more for greasing the pan
- A pinch of salt

Directions:

- Place all ingredients in a medium mixing bowl and mix until smooth. Scrape all sides and mix again until there are no lumps. Refrigerate for 1-2 hours.
- Heat a medium skillet over medium heat and coat pan with butter or oil. Using a measuring cup, scoop $\frac{1}{4}$ cup of batter and pour it slowly onto the pan. Tilt the skillet so that it spreads evenly across the pan.
- After about 15 seconds, carefully flip the crepe over with a spatula and cook for another 10 seconds.

Notes:

- Fill the crepes with your favorite toppings like whipped cream, strawberries, chocolate, and jam
- These can be made and refrigerated a day in advance.

Cajun Jambalaya



Utensils Needed for this Recipe:

- A small pot for rice
- A medium mixing bowl
- A large pot

Ingredients Needed:

- | | |
|--|-------------------------------------|
| • 1 cup of white rice | • 1 red bell pepper, diced |
| • 1 pound of sausage, cut into ½ inch rounds | • 2 ribs of celery, diced |
| • 1 pound of chicken, diced | • 4 ounces of canned diced tomatoes |
| • 2 tablespoons of Cajun seasoning | • 8 ounces of chicken stock |
| • 1 small yellow onion, diced | • 2 teaspoons of salt and pepper |

Directions:

1. Prepare rice - See “Basic Cooking Techniques” on page 37.
2. In a mixing bowl, combine chicken and Cajun seasoning. Mix well.
3. In a large pot, heat oil over medium heat and place onion, pepper, and celery and stir and cook for 3 minutes. Add garlic and tomatoes.
4. Add the chicken, sausage, and broth and cook until meat is cooked through. Add the rice and combine thoroughly. Season with salt, pepper, and more Cajun seasoning to taste.

Notes:

- Add a tablespoon of Worcestershire sauce and hot sauce to the chicken for more flavor.
- Shrimp is a traditional ingredient that can be added in the second step.
- Use what kind of sausage you like. Traditionally, andouille sausage is used.
- Cajun Seasoning can be found in the spice isle of the grocery store.

Chicken Spaghetti



Utensils Needed for this Recipe:

- A medium pot
- A medium sauté/frying pan
- A slotted spoon

Ingredients Needed:

- | | |
|---|--|
| • 1 pound of chicken breast, cut into 1 inch strips | • 1 green pepper, diced |
| • Half a pound (half a package) of uncooked spaghetti, broken in 2 pieces | • ½ teaspoon of salt |
| • 1 tablespoon of vegetable oil | • 1 cup of shredded cheddar cheese |
| • 1 small yellow onion, diced | • 1 10 - ounce can of cream of chicken |
| | • 4 ounces of hot pepper queso |
| | • 3 ounces of rotel |

Directions:

1. Make shredded chicken – See page 39
2. Cook the pasta in the water that the chicken was cooked in according to the directions on the package.
3. While the pasta is cooking, heat a medium sauté pan on medium heat with oil and cook the onions and peppers for 7-10 minutes. Season with salt.
4. In a large dish, combine the shredded chicken, pasta, peppers, onions, cream of chicken, rotel, queso, and add half a cup of the water from the chicken pot. Stir well and add another half cup if desired. Add the cheese and stir well.

Notes:

- For a more economical version, use ground chicken or canned chicken instead of chicken breast

Cheeseburger Egg Rolls



Utensils Needed for this Recipe:

- Large frying pan
- Baking sheet
- Measuring spoons

Ingredients Needed:

- | | |
|--|---|
| <ul style="list-style-type: none">• 1 tablespoon of canola oil• 1 small onion, small dice• 2 cloves of garlic, minced• 1 pound of ground beef• 1 tablespoon of ketchup | <ul style="list-style-type: none">• 1 tablespoon of mustard• 1 cup of shredded cheddar• 1 package of egg roll wrappers• 1 egg• 1 tablespoon of milk |
|--|---|

Directions:

1. Preheat the oven to 350° and prepare a baking sheet with parchment paper (optional).
2. Add onion and garlic to a pan on medium heat with oil and sauté until soft (about 7 minutes). Add beef and cook until browned. Stir in the ketchup, mustard, and cheese.
3. Evenly spread out the egg roll wrappers on the sheet tray and scoop about 3 tablespoons of the cheeseburger mix onto the middle of each egg roll wrapper.
4. Once the cheeseburger mix is evenly distributed on the eggroll wrappers, start rolling them to make an egg roll shape (see below).
5. In a small bowl, mix the egg and milk with a spoon. Dip each egg roll in the egg wash. Bake in oven for 15 minutes or until golden brown.

Notes:

- Google “how to wrap an egg roll” for several informative videos.
- Add a tablespoon of Worcestershire sauce, ½ a teaspoon garlic powder and onion powder to the beef for a more flavorful dish.

\$5 Chili



Utensils Needed for this Recipe:

- Medium size pot

Ingredients needed:

- 1 tablespoon of butter
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- ½ a teaspoon of salt
- 1 packet of chili seasoning (found in the spice aisle)
- 1 14-ounce can of pinto beans, drained and rinsed
- 1 14-ounce can of black beans, drained and rinsed
- 1 14-ounce can of kidney beans, drained and rinsed
- 1 28-ounce can of diced tomatoes

Directions:

1. Heat a medium sized pot on medium heat and coat the bottom of the pan with oil and add onion, pepper, and salt. Add chili seasoning and mix well. Saute for 10 minutes.
2. Add the beans and crushed tomatoes and stir well. Bring the heat down to low and let the chili simmer for 30 minutes or until desired consistency.

Notes:

- Ground beef is a good addition to this recipe - sauté the beef along with the onion and pepper and follow directions as written.
- Chili seasoned canned beans can be used in place of black beans.

Collard Greens



Utensils Needed for this Recipe:

- A large pot
- Large spoon to stir

Ingredients Needed:

- 1 small onion, diced
- 2 tablespoons of vegetable oil or butter
- 16 ounces of collard greens
- 1 ½ teaspoons of salt

Directions:

1. Wash and trim greens by removing the stem and large vein that goes through the center of the leaf. Chop into small pieces.
2. In a large pot on medium heat, add olive oil to coat the bottom of the pot and add the onion. Cook for about 10 minutes or until onion is tender.
3. Add collard greens, salt, and 3 cups of water. Bring to a boil, reduce the heat to low, and simmer for 30 minutes or until the greens are tender.

Notes:

- If greens are looking slightly wilted prior to cooking, place them in a large bowl with cold water and ice.
- Bacon is a traditional ingredient in this recipe. The fat from the bacon can be used in place of oil or butter.

Ranch Pasta Salad



Utensils Needed for this Recipe:

- A medium pot
- A medium frying pan
- A slotted spoon
- Large bowl

Ingredients Needed:

- | | |
|---|--|
| • 1 pound of chicken breast, cut into 1 inch strips | • 1 large tomato, diced |
| • Half a pound of bacon | • 1 cup of ranch dressing, more if desired |
| • ½ a pound of pasta | • ½ teaspoon of salt |
| • 1 cup of frozen peas, thawed | • ½ teaspoon of black pepper |

Directions:

1. Make shredded chicken – See page 39
2. Cook the pasta in the water that the chicken was cooked in according to the directions on the package
3. In a frying pan, cook the bacon until crispy. When cool, cut into small pieces.
4. In a large bowl combine the chicken, pasta, peas, tomato, ranch dressing, salt, and pepper.

Notes:

- This recipe can be served hot or cold or prepared ahead of serving.
- Fresh tomatoes and peas can be used in place of canned and frozen.

Scotcheroos



Utensils Needed for this Recipe:

- 1 9x13 pan
- Large sauce pan

Ingredients Needed:

- Cooking spray
- 1 ½ cups of creamy peanut butter
- 2 cups of sugar
- 1 cup of light corn syrup
- 6 cups of toasted rice cereal (Rice Crispies or Cheerios)
- 1 bag of butterscotch chips (11 ounces)
- ½ a bag of chocolate chips (6 ounces)

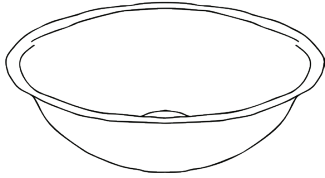
Directions:

1. Coat the pan with cooking spray. In the pot, mix the peanut butter, sugar, and corn syrup. Cook over medium-low heat, stirring often until the mixture is melted.
2. Take the pot off the heat and stir the cereal into the peanut butter mixture until the cereal is well coated. Press onto the bottom of the baking pan.
3. In the pot, mix the butterscotch and chocolate chips together on low heat until they are melted. Spread the butterscotch/chocolate mixture onto the cereal mixture.
4. Refrigerate for 15-20 minutes or until the topping is firm.

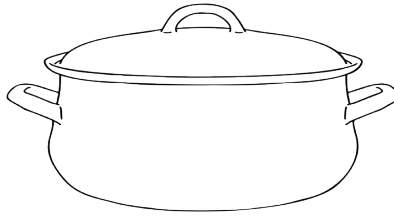
Notes:

- If you don't have cooking spray, a teaspoon of oil or butter spread on the pan with a paper towel will work as a substitution.

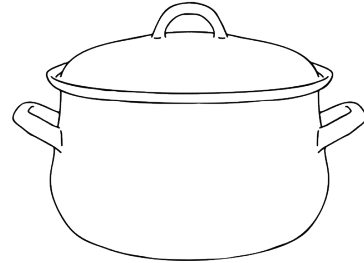
Oven



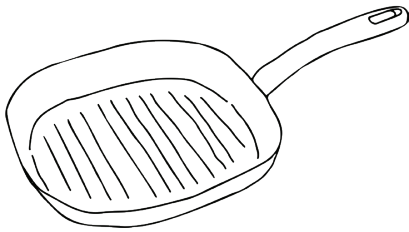
Mixing Bowl



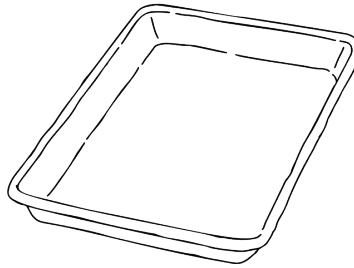
Casserole Dish



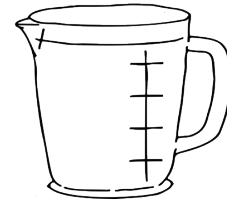
Large Pot



Frying Pan



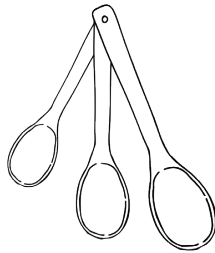
Baking Sheet



Wet Measuring Cup



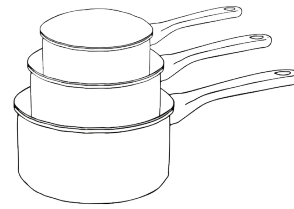
Knife



Measuring Spoons



Large Spoon



Dry Measuring Cups

Breakfast Casserole



Utensils Needed for this Recipe:

- Frying pan
- 9"x 13" casserole dish
- Large mixing bowl

Ingredients Needed:

- | | |
|---|--------------------------------|
| • Cooking spray | • ¼ cup of shredded mozzarella |
| • 1 pound of breakfast sausage | • 6 large eggs |
| • ½ of a 30 ounce bag of tater tots (15 ounces) | • 1 ½ cups of milk |
| • ¾ cup of shredded cheddar cheese | • ½ teaspoon of salt |

Directions:

- Preheat oven to 350° and grease a 9"x13" casserole dish with cooking spray.
- In a large frying pan, cook the sausage on medium-high heat until it is no longer pink. Drain fat.
- In a large mixing bowl, combine the tater tots, sausage, and cheeses. Pour into the greased casserole dish.
- With a fork, whisk together eggs, salt, pepper, and milk in a large mixing bowl. Pour over tater tot mixture.
- Bake uncovered for 50-60 minutes, or until eggs are no longer runny.

Notes:

- If you have spices available, add in ¼ teaspoon of garlic powder, ¼ teaspoon of onion powder, and ¼ teaspoon of black pepper to the eggs.
- If you only have one type of cheese available, replacing both cheeses with 1 cup of cheddar or mozzarella will work.

Chicken Wings



Utensils Needed for this Recipe:

- Baking sheet
- Large mixing bowl
- Pastry brush to coat wings with butter

Ingredients Needed:

- ¼ cup of flour
- 1 teaspoons of paprika
- ¼ teaspoon of garlic powder
- ½ teaspoon of salt
- ¼ teaspoon of black pepper
- ½ teaspoon of cayenne pepper
- 2 tablespoons of butter, melted
- 1 pound of chicken wings - about 8-10 wings

Directions:

- Preheat oven to 425°
- In a large mixing bowl, mix together flour, paprika, garlic powder, salt, black pepper, and cayenne. Add wings and coat well with the flour mixture.
- Remove wings from flour mixture and place on a baking sheet. Brush wings with melted butter.
- Bake for 15 minutes, turn wings over and bake for another 5-10 minutes or until they are cooked thoroughly and crispy.

Notes:

- If you don't have a pastry brush, try dipping each wing in the melted butter.
- Chicken must be cooked thoroughly to eat - it's safe to eat when the meat is white.

Beef Enchiladas



Utensils Needed for this Recipe:

- Large frying pan
- 9"x13" oven safe pan

Ingredients Needed:

- 1 pound of ground beef
- ½ cup of onion, chopped
- 2 cups of cheese
- 1 (20 ounce) can of enchilada sauce
- 8 flour tortillas

Directions:

1. Preheat the oven to 350°. In a large skillet on medium-high heat, sauté beef and onion until beef is browned.
2. Add 1 cup of cheese and 1 cup of enchilada sauce to the beef mixture.
3. Place filling evenly along the center of the tortillas. Roll each tortilla and place in a 9"x13" pan with the seam of the tortilla facing down. Pour the remaining sauce and cheese over the enchiladas.
4. Bake for 30 minutes.

Notes:

- Add your favorite vegetables to the beef mixture for a more flavorful enchilada.
- This recipe can easily be reduced by half.
- Ground pork or chicken can be used in place of ground beef.

Roasted Vegetables



Utensils Needed for this Recipe:

- Large baking sheet
- Medium mixing bowl

Ingredients Needed:

- 4 potatoes – Yukon gold work well, diced into large pieces
- 2 cups of brussel sprouts, cut in half
- 2 carrots, sliced
- A crown of broccoli, cut into florets
- ¼ cup of olive oil, separated
- 1 teaspoon of salt, separated

Directions:

1. Preheat the oven to 425° and line a large baking sheet with parchment paper (if available).
2. In a medium mixing bowl, combine potatoes, brussel sprouts, 2 tablespoons of olive oil, and ½ a teaspoon of salt. Mix well and pour on prepared baking sheet. Place in oven for 20 minutes, remove, and stir with spatula.
3. In the same mixing bowl, add carrots, broccoli, remaining olive oil and salt. Add to the baking sheet with the potatoes and brussel sprouts. Bake for another 20 minutes.

Notes:

- This recipe can be modified by adding spices such as fresh rosemary and thyme.
- This recipe can be done with any vegetable, this is just a sample. TheKitchn.com has a great tutorial on how to roast any vegetable.

Spaghetti Pie



Utensils Needed for this Recipe:

- Large pot to cook spaghetti
- Large mixing bowl
- Oven safe casserole dish

Ingredients Needed:

- | | |
|--|-----------------------------------|
| • 1 tablespoon of vegetable oil or butter. | • 1 quart of marinara sauce |
| • 1 pound of pasta | • 1 pound of ground beef |
| • 3 eggs | • 1 teaspoon of salt |
| • 1 cup of parmesan cheese | • ½ teaspoon of black pepper |
| • 2 cups of mozzarella cheese, shredded | • 1 teaspoon of Italian seasoning |

Directions:

1. Preheat the oven to 350° and grease a pan with oil or butter.
2. Cook spaghetti according to the package, drain, and cut into small pieces.
3. Beat eggs in a large bowl, add spaghetti and mix well. Add parmesan cheese and combine well.
4. Form a crust with the spaghetti mixture. Layer the sauce, ground beef, and cheese on the spaghetti crust.
5. Cover with tin foil and bake for 30 minutes. Remove foil and bake for another 10 minutes or until the top layer of cheese is golden brown.

Notes:

- This recipe can be done with any kind of pasta. Small pieces, like penne or rotini, would eliminate the step of cutting the pasta.
- If the spaghetti is too hot to work with after draining, rinsing it in cool water will make it easier to handle.

Garlic Knots



Utensils Needed for this Recipe:

- Baking Sheet
- Microwave-safe bowl
- Knife and Cutting Board

Ingredients Needed:

- 3 cloves of garlic, chopped
- 4 tablespoons of butter
- 1 can of refrigerated breadsticks (dough)
- Salt & Pepper

Directions:

1. Heat oven to 375° and prepare a baking sheet with parchment paper if available.
2. In a small microwave-safe bowl combine garlic and butter. Microwave for 30 seconds or until butter is melted.
3. Unroll dough, separate the breadsticks, and twist each breadstick into a knot. Place each knot onto the baking sheet so that they are close together. Spoon the butter mixture evenly over the top of the knots of dough. Season with salt and pepper.
4. Bake for 15 minutes or until golden.

Notes:

- Marinara sauce can be used for dipping. Parmesan sprinkled on top would add more flavor.
- Add a teaspoon of dried parsley and basil to the melted butter mixture for more flavor.
- Search for garlic knots on YouTube for tutorials on how to knot the dough.

Glossary

Bake - To cook foods in an oven.

Beat - To mix rapidly to make a mixture smooth. Often times this term is used for eggs or batters for baked goods.

Blend - To mix two or more foods thoroughly.

Boil - To cook in liquid that is bubbling rapidly. Usually you bring a pot of water to a boil and then add the food item.

Bread - To coat with breadcrumbs.

Broil - To cook with intense heat from above. The oven has a setting for “Broil” and the heat source is either a gas flame or electric element. Watch item carefully because foods can burn easily on this setting.

Brown - Partially cooking food, such as meat, to give the outside a brown or crisp crust.

Chill - To place food item in the refrigerator to get it to a lower temperature.

Chop - To cut food solids into pieces with a knife. Often used to cut vegetables.

Dice - To cut food in small cubes that are the same size and shape.

Drain - To pour out extra liquid, usually water or fat, from the item being cooked.

Fry - Cooking food in an oil or fat over direct heat

Grate - To rub a food item, usually cheese or vegetables, on a metal grater to make into smaller pieces.

Grease - To put fat (butter or oil) on a pan to prevent sticking.

Marinate - To infuse flavor into pieces of food by soaking them in or brushing them with a liquid mixture of seasonings known as a marinade.

Mash - To crush food (often potatoes) until they become a smooth and even texture.

Mince - To cut food (often garlic or onion) into very small pieces.

Melt - To slowly bring a food (like butter or chocolate) to a liquid form over very low heat.

Mix - To combine ingredients by stirring.

Peel - To remove the outer skin of a fruit or vegetable.

Preheat - To heat the oven beforehand. Usually used in baking.

Roast - To cook in an oven, similar to baking, term is usually used for foods such as meats and vegetables that are tossed in oil.

Sauté - Cook quickly in a small amount of fat (ex: butter) or oil over medium-high heat.

Scramble - To heat food (usually eggs) on medium-high heat while stirring quickly.

Shred - To cut or tear in small, long, narrow pieces.

Simmer - To cook in liquid that is bubbling slightly, not quite boiling.

Steam - Boil water until the water begins to evaporate. Usually the food is kept separately from the water (in a strainer or steaming basket) with a lid to trap the steam.

Stew - To cook in a small amount of liquid, covered, on top of stove or in the oven, often used with pieces of vegetables or meat.

Stir - To move a spoon, or other utensil, in order to mix liquids and other substances thoroughly.

Stir Fry - To cook briefly on a stovetop over high heat in a small amount of fat (usually oil) in a large pan. Food is kept moving constantly by stirring.

Strain - To separate liquid from solids.

Wash - To clean a piece of food with fresh water, removing dirt and pesticides.

Whisk - To blend liquid quickly with a fork or whisk until air has been mixed in.

Basic Cooking Skills

Rice:

- Boil 2 cups of water, add rice, and place lid on pot. When cooking brown rice, use an additional $\frac{1}{4}$ cup of water.
- Bring heat down to a simmer for 16-18 minutes for white rice and 20-22 minutes for brown rice.
- Fluff with fork

Boiled eggs

- Boil water and gently add egg with a slotted spoon. Be sure the egg is covered with water. If the egg cracks upon placing in the water, bring the eggs to room temperature before adding to the water.
- For large eggs – Bring heat down to a simmer and cook for 6 minutes for a soft boiled egg, 8 minutes for medium boiled, and 10-12 minutes for hard boiled. Remove egg with a slotted spoon. If you are using a medium egg, reduce cooking times by one minute. If you are using a jumbo egg, add one minute to the cooking time.
- Place eggs in a bowl of cold water to stop the egg from continuing to cook

How to Dice an Onion

- Peel the onion and slice it in half so that the root is kept intact. Place the onion face down on the flat side.
- Cut off the tips and then cut about 3 horizontal slices along the part where the tip was.
- Cut about 5 vertical slices, still leaving the root intact.
- Cut about 4-5 vertical slices going the opposite direction of the original vertical slices.



Images from: http://www.waitrose.com/home/recipes/step_by_step/how_to_dice_an_onion.html

Salad Dressing

Making your own salad dressings can be significantly cheaper and reduce the number of calories in comparison to buying the store brand.

- Vinaigrette: 2 tablespoons of oil (such as canola or olive oil), 1 tablespoon of vinegar (such as balsamic or apple cider), $\frac{1}{2}$ teaspoon of mustard, $\frac{1}{2}$ teaspoon of sweetener (such as brown sugar), salt and pepper to taste.
- Creamy Dressing: 2 tablespoons of milk, 1 tablespoon of mayonnaise or plain yogurt, $\frac{1}{2}$ teaspoon of vinegar, $\frac{1}{4}$ teaspoon of seasonings such as basil, dried garlic, parsley, and oregano. Salt and pepper to taste.

Cooking Meat

Meat needs to be cooked to certain temperatures or colors for safety reasons. If you have a meat thermometer available, the following temperatures are recommended:

- Ground Beef – 160° – Color should be browned throughout.
- Fresh Beef (steaks, chops, and roasts) – 145° – Color should be brown on the outside and pink on the inside.
- Poultry (Chicken/Turkey) – 165° – Color should be opaque and white throughout without pink spots.
- Pork – 145° – Color should be opaque and white or pinkish.

How to Thaw Poultry - from the USDA

Properly thawing poultry is an important step when you are defrosting. Without proper thawing, foodborne illnesses can occur.

- Refrigerator - this is the recommended method - Planning ahead is the key to this method because of the lengthy time involved. A large frozen item like a turkey requires at least a day (24 hours) for every 5 pounds of weight.
- Microwave - This is the fastest method, but food must be cooked immediately after you thaw it when using a microwave or else foodborne illnesses can occur. Cooking the meat to proper temperatures will kill the potentially dangerous bacteria.
- Cooking without thawing - It is safe to cook foods from the frozen state, but the results may not be as tasty as thawing beforehand. The cooking will take approximately 50% longer than the recommended time for fully thawed or fresh meat and poultry.

Marinade

Tips:

- Marinades are used to add flavor to raw meat, poultry, or vegetable prior to cooking
- Marinate meat and store in the refrigerator to prevent the growth of harmful bacteria
- Pricking the meat with small holes or cutting the meat into smaller pieces before marinating will help the meat absorb as much flavor as possible
- After removing the meat from the marinade, the marinade is considered contaminated and is not to be saved for future uses

Marinating Times:

- Seafood: Up to 45 minutes
- Poultry and small pieces of meat: Up to 2 hours
- Whole chicken or large cuts of meat: Overnight, no more than 24 hours

Forms of Marinade:

- Liquid: Contains an acid (vinegar or citrus juice), an oil (vegetable/canola or olive oil), and herbs and spices. Can be used for almost any kind of meat or vegetable
- Brine: Salt and water solution. Best for pork, poultry, and shrimp
- Dry Rub: Mixture of salt, herbs, and spices (sometimes oil) rubbed onto meat or vegetables before cooking

How to Make Shredded Chicken

1. Bring a medium pot of water to a boil and add the chicken to the boiling water.
2. Boil the chicken for about 3 minutes, then reduce the heat to medium-low. Simmer for 20-30 minutes or until the chicken is white throughout.
3. Remove the chicken with a slotted spoon. Shred the chicken with forks.

Often time, recipes will call for a cup of water from the pot the chicken is cooking in to add flavor to the rest of the dish.

How to Butcher a Whole Chicken

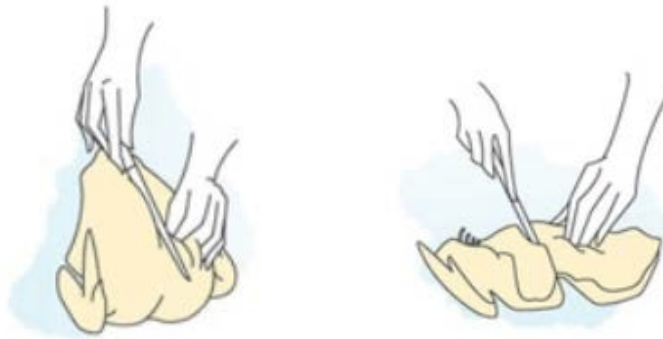
Images and adaptation from: "With Salt and Wit"

withsaltandwit.com/how-to-break-down-a-chicken-27-legs-thighs-wings-chicken-recipes/

1. Place the chicken breast side up on a clean cutting board with the legs facing you.
2. Pull on one of the legs and cut through the skin and flesh so that you can see where the leg connects to the body. Pop the joints and finish slicing through. Repeat on the other side.



3. Cut down along the sides of the backbone and through the rib bones. Repeat on the other side of the backbone. Remove the breast from each side of the rib bones.



4. Pull the wing joint out and cut along to remove the wing. Repeat on the other side.



5. The remaining parts can be used for stock.

Measuring for Baking

- Flour - Do not scoop flour out of the bag with a measuring cup. Spoon the flour into the measuring cup, and then level the flour off with a knife.
- Liquids - When measuring liquids like water or oil, measure at eye level. Bend down so that your eye is the same height as the measuring cup and fill exactly to the line.
- Sugar - Unlike flour, granulated white and brown sugar can be scooped from the bag and then leveled off with a knife.
- Confectioners' Sugar/Powdered Sugar - Must be measured the same way as flour, scoop and level.
- Baking Soda and Baking Powder - Lightly scoop from the container with the measuring spoon and level it off with a knife.

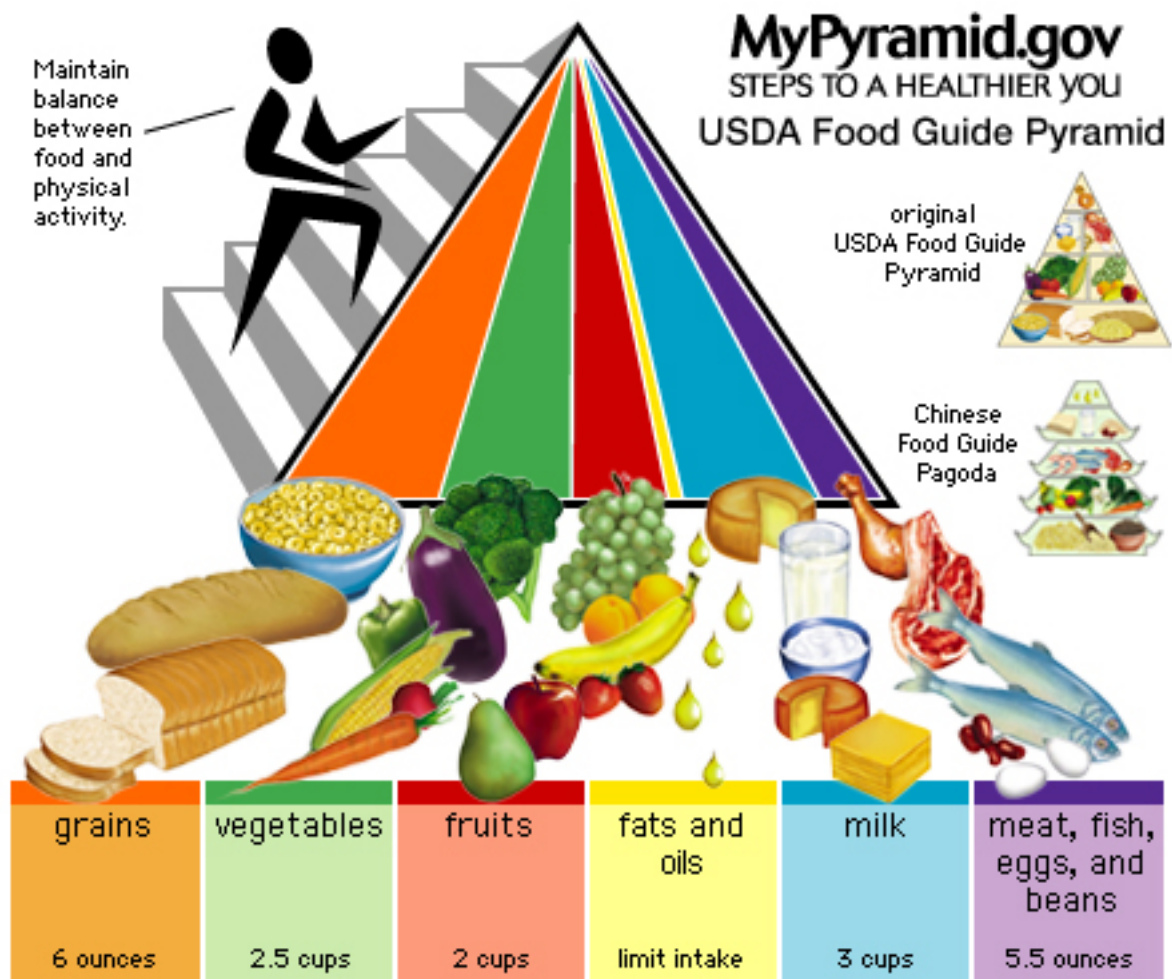
Measurements & Conversions

Measurement	Equals
Dash	1/16 teaspoon
Pinch	1/8 teaspoon
3 teaspoons	1 tablespoon
1/8 cup	2 tablespoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons plus 1 teaspoon
1/2 cup	8 tablespoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons
1 pound	16 ounces
8 fluid ounces	1 cup
1 pint	2 cups
1 quart	4 cups
1 gallon	16 cups

Note: Liquid ingredients (milk, water, oil) are measured differently than dry ingredients (flour, sugar, grains). Measuring cups specific to liquid have a spout and are usually clear, while dry measuring cups are flat on top so they can be leveled off. This is especially important when baking.

Nutrition Recommendations

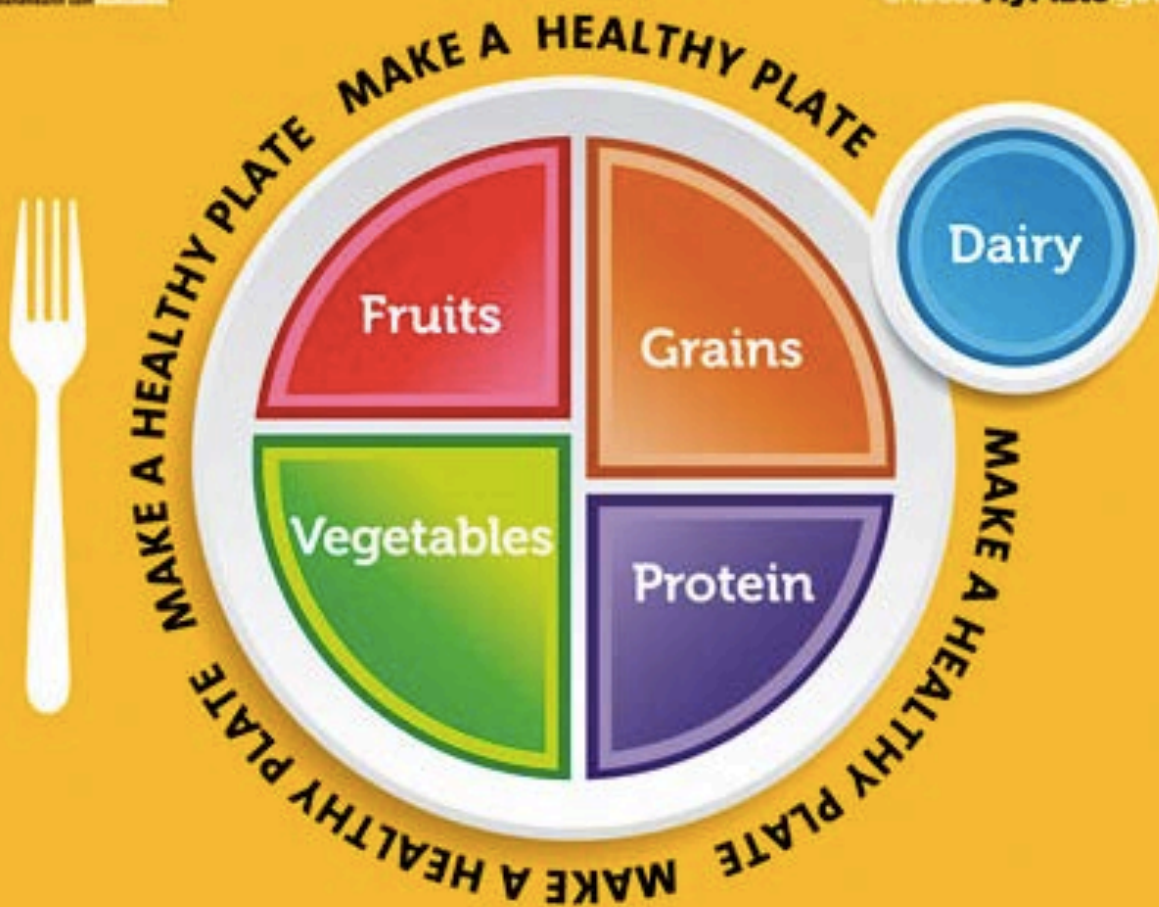
The following are examples of balanced diets that the government recommends. It's important to include variety and moderation, and recommended that there be a focus on vegetables and grains and limited fats and sugars.



Recommended daily intake for a 2,000-calorie diet.

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Source: U.S. Department of Agriculture



Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



Fruits

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.



Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



Dairy

Get your calcium-rich foods.

Remember to choose skim milk or 1% milk.

Nonfat yogurt is a good choice, too.

Keep choices low in fat, sodium and sugar.



Food Assistance and Discounts

SNAP (Iowa Supplemental Nutrition Assistance Program):

- SNAP used to be known as Food Stamps, and provides monthly funds for the purchase of groceries. SNAP can help you be more flexible with your food resources.
- WIC (Women, Infants and Children) is a supplemental nutrition assistance program that helps provides resources for low-income pregnant, breastfeeding and postpartum women, as well as infants and children up to age five who are at risk.
- Sign up at: dhs.iowa.gov/food-assistance (ask any staff at IHYC if you need assistance in applying)
- You can buy the following items with your Iowa EBT Card: Any food to be eaten at home by people, including baby food, non-alcoholic beverages, and seasonings. Also, seeds and plants to grow food for your own family's consumption.
- You cannot buy non-grocery items with the SNAP benefits, such as cleaning products, pet food, paper products, alcohol, or tobacco.
- Ongoing monthly benefits will be available from the 1st through the 10th day of each month based on the first letter of the cardholder's last name.

Stores in Des Moines that accept SNAP:

- | | |
|---|--------------------------|
| • Farmers' Markets throughout the city (Check on the Eat Greater Des Moines website if you would like a list of which markets do accept it) | • Fast Mart |
| • Aldi | • Gateway Market |
| • B&B Supermarket | • Git-N-Go |
| • Best Food Mart | • Hy-Vee |
| • Kmart | • Iowa Food Cooperative |
| • Casey's General Stores | • Kum & Go |
| • Dahls Foods | • La Tapatia |
| • Dollar General | • Papa Murphy's |
| • Dollar Tree | • Quick Trip |
| • Downtown Pantry | • Scavo Vegetable Market |
| • Family Dollar Store | • Shop N Save |
| • Fareway Stores | • Target |
| | • Wal-Mart |
| | • Walgreens |

Bus Routes:

RideDart.com has a list of local bus routes with comprehensive maps linked. Each map points out stores that are along the routes and close to stops. Check out MyDart in the app store on your phone for more details.

Food Bank of Iowa

Note: Before visiting a Food Pantry, Soup Kitchen, Meal Site, Shelter, Mobile Pantry, or School Pantry, please visit the Food Bank's website for locations and times at foodbankiowa.org. The following information has been obtained from their website. There are updated lists of local food pantries/hot meal sites and the times that they are open.

- **Food Pantries** are permanent sites that store and distribute groceries to people in need. Food pantries are commonly located at community centers, religious organizations or other sites. Many food pantries have set distribution hours, so it's best to call before you visit.
- **Soup Kitchens and Meal Sites** prepare and serve meals to people in need on a regular basis. Most soup kitchens and meal sites have set meal times on a daily or weekly basis, so be sure to call before you visit.
- **Shelters** include homeless shelters, domestic violence shelters and other places where people in need can find safety and a place to rest. Many provide meals to their residents, but not to the general public.
- **Mobile Pantries** are monthly, bimonthly or quarterly food distributions operated by the Food Bank of Iowa. We work with partners in communities throughout Iowa to set up farmers market-style distributions. Check our mobile pantry schedule for a list of all our mobile pantries, or find a mobile pantry near you on our food resources map.
- **School Pantries** work much like food pantries, with permanent stocks of food that students in need can access. Some school pantries are open to the public at certain times, but most are dedicated to that school's students and their families.

Student Discounts (with school ID)

- Arby's: Offers 10% off
- Buffalo Wild Wings: Many locations offer 10% off your meal
- Burger King: 10% off
- Chick-fil-a: Use your ID for a free soft drink.
- Chipotle: Free soft drink with your purchase
- Dairy Queen: Some locations offer 10% off a cone or blizzard
- Domino's: Certain locations offer student discounts
- McDonalds: 10% off
- Pizza Hut: Use your ID for a free soft drink.
- Qdoba: Purchase a meal and you'll receive a free drink to wash down that burrito
- Subway: 10% off a sandwich

Discounts/Specials

- LocalAnyDay.com – Provides several discounts and regular weekly specials to area restaurants and grocery stores
- Dealyete.com – this website has coupons available for websites, stores, and restaurants.

Acknowledgements

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