

WEED ELEMENTARY SCHOOL

Cooking Class

2016-2017



1ST QUARTER



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KITCHEN SAFETY RULES

1. Before you begin roll up long sleeves, tie hair and remove loose clothing that might get in the way or catch on something.
2. Wash your hands and dry them well.
3. If you can't quite reach the countertop, use a sturdy stool or wooden step to help.
4. Keep cabinet doors and drawers closed so you won't bump into them.
5. Wipe up spills as soon as they happen. Wet spots can be slippery.
6. Always use oven mitts to handle food on the stove, in the oven or microwave and under broiler.
7. When working with pots on the stove, be sure to hold the handle while stirring to prevent the pot from slipping off the burner.
8. Always pick up knives by their handle and do not point them at anyone. Be sure to only use a knife when an adult is close by and with permission.
9. Keep electrical cords away from the stove top, oven and sink.
10. Before leaving the kitchen, check that the oven and burners are all turned off.
11. If you burn yourself, tell an adult immediately
12. Don't put knives or other sharp objects in a sink full of water. Someone could reach in and get hurt.
13. Never put water on a cooking fire – it could make the fire bigger. Call for an adult to help and use baking soda or flour to put the fire out.
14. Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
15. Never add water to a pan with hot oil in it. It could splatter and burn someone.
16. Keep paper towels, dish towels and pot holders away from the stove top so they don't catch on fire.

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Apple CINNAMON BAKED OATMEAL CUPS

MAKES 12 OATMEAL CUPS



PREPARATION TIME – 15 MINUTES

COOKTIME – 25 MINUTES



INGREDIENTS

- 2 cups old fashioned oats
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup milk
- 1 egg
- 1/2 cup mashed banana
(about 1 1/2 medium bananas)
- 1 large apple, peeled, cored, and diced (Fuji)

STEPS

If you plan to bake these right away, preheat your oven to 375 degrees. If not, that part can wait until the morning.

In a large bowl, combine the oats, baking powder, salt, and cinnamon. Add the milk, egg, and mashed banana and mix until combined. Stir in the apple.

You can either put the mixture into the fridge overnight or continue with the directions and bake right away.

Grease a muffin tin and fill each cup with the oatmeal mixture to just about the top. Bake in a 375 degree oven for 20-25 minutes, until the cups are set. Store in the fridge or freeze. Enjoy!

TRY INSTEAD

- Instead of milk try coconut milk or almond milk .
- If you are making this for a baby used 1/8 teaspoon salt and 1/2 teaspoon cinnamon.



Apple Pie by GRANDMA Ople

MAKES A 9 INCH PIE



PREPARATION TIME – 30 MINUTES

COOKTIME – 60 MINUTES

INGREDIENTS

- 1 recipe pastry for a 9 inch double crust pie
- 1/2 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 8 Granny Smith apples - peeled, cored and sliced



STEPS

Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer.

Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.

Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 35 to 45 minutes, until apples are soft.

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BANANA MUFFINS

MAKES 12 MINI MUFFINS OR 6 LARGE



PREPARATION TIME – 10 MINUTES

COOKTIME – 25 MINUTES

INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 large bananas, mashed
- 3/4 cup white sugar
- 1 egg
- 1/3 cup butter, melted



STEPS

Preheat oven to 350 degrees F (175 degrees C). Coat muffin pans with non-stick spray, or use paper liners. Sift together the flour, baking powder, baking soda, and salt; set aside.

Combine bananas, sugar, egg, and melted butter in a large bowl. Fold in flour mixture, and mix until smooth. Scoop into muffin pans.

Bake in preheated oven. Bake mini muffins for 10 to 15 minutes, and large muffins for 25 to 30 minutes. Muffins will spring back when lightly tapped.

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BUTTERY SOFT PRETZELS

MAKES 12 PRETZELS



PREPARATION TIME – 2 HOURS

COOKTIME – 10 MINUTES



INGREDIENTS

- 4 teaspoons active dry yeast
- 1 teaspoon white sugar
- 1 1/4 cups warm water
(110 degrees F/45 degrees C)
- 5 cups all-purpose flour
- 1/2 cup white sugar
- 1 1/2 teaspoons salt
- 1 tablespoon vegetable oil
- 1/2 cup baking soda
- 4 cups hot water
- 1/4 cup kosher salt, for topping

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STEPS

In a small bowl, dissolve yeast and 1 teaspoon sugar in 1 1/4 cup warm water. Let stand until creamy, about 10 minutes.

In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into a dough. If the mixture is dry, add one or two more tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour.

Preheat oven to 450 degrees F (230 degrees C). Grease 2 baking sheets.

In a large bowl, dissolve baking soda in 4 cups hot water; set aside. When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is shaped, dip each pretzel into the baking soda-hot water solution and place pretzels on baking sheets. Sprinkle with kosher salt.

Bake in preheated oven until browned, about 8 minutes.

CHOCOLATE CHIP ZUCCHINI BREAD

MAKES 2 LOAVES



PREPARATION TIME – 15 MINUTES

COOKTIME – 50 MINUTES



INGREDIENTS

- 3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 3 eggs
- 2 cups white sugar
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped pecans
- 1 cup semisweet chocolate chips
- 1 tablespoon orange zest
- Whipped cream, for serving
- Zucchini ribbons, for serving

STEPS

Preheat oven at 350 degrees F. Grease (2) 9 by 5-inch loaf pans.

Sift together flour, baking powder, salt, spices and baking soda.

In a large bowl, beat eggs until light and fluffy. Add sugar, and continue beating until well blended. Stir in oil, vanilla, zucchini, pecans, chocolate chips, and orange zest. Stir in sifted ingredients.

Pour into prepared loaf pans.

Bake for 50 minutes, or until a skewer inserted in the middle comes out clean. Remove loaves from pans and cool. Chill before slicing. Serve with whipped cream and ribbons of zucchini.



Fluffy Eggless Sugar Cookies

MAKES 12 COOKIES



PREPARATION TIME – 10 MINUTES

COOKTIME – 18 MINUTES



INGREDIENTS

- 1/2 cup sugar
- 1/2 cup butter
- 2 tablespoons milk
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 pinch salt
- 3 tablespoons flour
- 1/8 cup sugar

STEPS

Preheat oven to 350°F

Combine butter and sugar in a bowl, and mix until it gets lighter and fluffier. (Either microwave the butter for about 45 seconds or make sure it's soft enough to whisk).

Add vanilla and milk to butter/sugar mixture. (You can be flexible with the amount of vanilla you use).

Combine salt, flour and baking powder in a separate bowl.

Combine the dry and wet ingredients, using either a spatula or your hands. (Dough should be a little bit sticky at this point).

Add extra flour as needed until dough becomes less sticky (I used about 3 T.) You don't want dough to be too tough or sticky.

Form 12 equal-sized balls, flatten to about 1/2 - 2/3 inch in thickness. Coat one side with sugar. (Lay about 1/8 Cup sugar on flat surface and lay each flattened ball of dough on it, pressing gently).

Bake for 8-10 minutes, until bottom is lightly golden.

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HOMEMADE TORTILLAS

MAKES 8 TORTILLAS



PREPARATION TIME – 15 MINUTES

COOKTIME – 2 MINUTES EACH

INGREDIENTS

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 3/4 cup water
- 3 tablespoons olive oil



STEPS

In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes.

Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-in. circle.

In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm.

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OMELET

MAKES 1 OMELET



PREPARATION TIME – 2 MINUTES

COOKTIME – 5 MINUTES



INGREDIENTS

- 2 eggs
- 2 tablespoon water
- 1/8 teaspoon salt
- Dash pepper
- 1 teaspoon butter
- 1/3 cup filling, such as shredded cheese, finely chopped ham, mushrooms, green onion, bell pepper

STEPS

Beat eggs, water, salt and pepper in small bowl until blended.

Heat butter in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt pan to coat bottom. Pour in egg mixture. Mixture should set at edges.

Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.

When top surface of eggs is thickened and no visible liquid egg remains, place filling on one side of the omelet. Fold omelet in half with turner. With a quick flip of the wrist, turn pan and invert or slide omelet onto plate. Serve immediately.

TRY INSTEAD

- Beat egg yolk and egg whites. Mix in Parmesan cheese, Cheddar cheese, salt, red pepper flakes, garlic powder, nutmeg and pepper.
- **FILLING.** Heat oil in a large skillet over medium heat. Cook and stir mushroom, green onion and bell pepper until tender about 5 minutes.

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Quick, EASY SUGAR COOKIES

MAKES 24 COOKIES



PREPARATION TIME – 10 MINUTES

COOKTIME – 8 MINUTES

INGREDIENTS

- 2 3/4 cups flour (all purpose is fine)
- 1 1/2 teaspoons baking soda
- 1 cup butter (softened in microwave)
- 1 1/2 cups sugar
- 3 tablespoon oil
- 1 teaspoon vanilla extract

OPTIONAL

- 1 teaspoon cinnamon
- sugar (for rolling the dough balls in before baking)



STEPS

Preheat oven to 375°F. In a bowl, mix flour and baking soda.

In a larger bowl, cream sugar and softened butter until smooth. Mix in the egg and vanilla extract. Blend in the dry ingredients slowly until combined. I first made these with a fork instead of a mixer and it was fine. Hand roll into balls (teaspoon size) and place on an ungreased cookie sheet. **OPTIONAL:** Roll the dough balls in a mix of cinnamon and sugar before placing on the baking sheet.

Bake 8 - 10 minutes or until light golden brown. Let the cookies cool for 2 minutes away from the heat before devouring.

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100% WHOLE WHEAT PANCAKES

MAKES 12 PANCAKES



PREPARATION TIME – 15 MINUTES

COOKTIME – 45 MINUTES



INGREDIENTS

- 2 cups whole wheat flour
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 1/4 cups buttermilk
- 2 eggs
- 3 tablespoons vegetable oil

STEPS

Whisk whole wheat flour, sugar, baking powder, baking soda, and salt in a bowl. Whisk buttermilk, eggs, and vegetable oil in a separate bowl; pour buttermilk mixture into dry ingredients. Stir just until combined (batter may seem a bit thick).

Heat a cast iron skillet over medium-low heat for 5 minutes. Pour 1/3 cup of batter onto hot skillet and use a spoon to spread the pancake a bit. Cook until browned and bubbles appear on top, 1 1/2 to 2 minutes. Flip and cook until browned and set in the middle, about 2 more minutes. Repeat with remaining batter.

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YOGURT BARK

MAKES 12 SERVINGS



PREPARATION TIME – 10 MINUTES

FREEZING TIME – 4 HOURS

INGREDIENTS

- 32 oz of honey greek yogurt
- 1 cup of sliced strawberries



STEPS

Spread the yogurt in an 8x8 square pan.

Sprinkle the sliced strawberries on top of the yogurt.

Freeze the bark for at least 4 hours.

TRY INSTEAD

- You could also use 1 cup of any other fruit, nut, chocolate chips, or anything else you want in it.



