



Cook Book

From the Class of 2021





Cook Book

Meals Under \$5



MEAL UNDER \$5 : SPAGHETTI



\$2.49 / ea

Prego Italian Sauce
Flavored With Meat - 24 Oz

TOMATO SAUCE



\$0.99 / ea ~~\$1.49~~

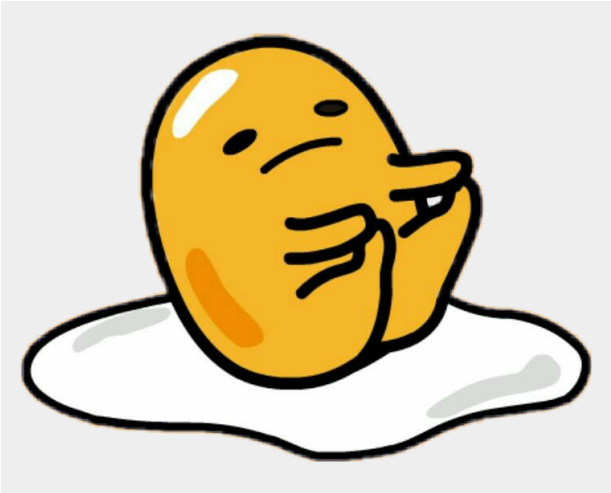
Signature SELECT Pasta
Angel Hair Box - 16 Oz

PASTA

THE STEPS :

1. BOIL YOUR WATER WITH SOME SALT AND OIL
2. START PREPARING YOUR SAUCE (RECOMMEND THAT YOU GET THE ONE WITH MEAT)
3. MIX THE PASTA AND THE SAUCE



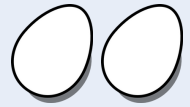


SCRAMBLED EGGS - 2 WAYS

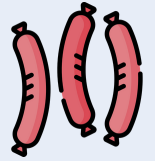
Affordable Meal Under \$5

INGREDIENTS

• **2 EGGS**

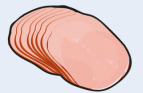


• **CHICKEN FRANKS/HOT
DOG OF CHOICE**



OR

• **HAM OF CHOICE**



OPTIONAL

Ketchup, hot sauce, toasted bread, tortillas

INSTRUCTIONS

1. Heat up a pan on medium heat with some oil or butter
2. Slice up your chicken franks/hot dog or slice ham into cubes
3. Sauté chicken franks/hot dog or ham until they've cook
4. While you wait for your chicken franks or ham to cook, crack 2 eggs in a bowl
5. Season with salt, pepper, garlic powder
6. Whisk eggs completely
7. Add whisked eggs and stir occasionally until egg is cooked thoroughly

Optional: Add ketchup or hot sauce to your eggs. You can also toast some bread or heat up tortillas to accompany your meal!

RECIPE

Potatoes with eggs.



Ready in **25-30minutes**

Serves **2**

Ingredients

- 2 Potatoes
- 2 Eggs
- Water
- Oil
- Seasoning

Preparation

1. Wash your potatoes
2. Boil over high heat your potatoes, for 10-15minutes (optional adding salt)
3. Drain potatoes, add cold water for easy peeling
4. Cut potatoes into cubes
5. Add oil to a pan and sautéed the potatoes
6. Whenever you think they're ready add your eggs and seasonings
7. Make sure your eggs are well done and enjoy!!!

You can eat them as you want !!! I personally eat them with refried beans and tortillas. Sometimes I add a little bit of cheese.

Tips

You can also make it into a burrito, with soft flour tortillas and add hot sauce.

0° RECIPE UNDER \$5°0

INGREDIENTS



- Shin Ramyun
(\$1.29)



0
- An egg
(\$0.59)



- Slice of Cheese
(\$1.89)



- Some Green Onions
(\$0.50)

TOTAL [= \$4.18]

1) Chop a few green onions for garnish (it's good to have them ready)



2) Boil some water and follow the instructions on the instant noodles packaging.



3) Add one egg a minute before the ramen is done so it cooks thoroughly.

if you want, you can use a a soup spoon to keep the yolk and egg whites together while it cooks



5) Right after the eggs, add the green onions so they have time to cook.



4) Once your noodles are cooked and you've turned off the stove, add as many slices of cheese as you like.



And presto! A upgrade to a standard instant ramen packet.

Shin Ramyun with an Egg

AFFORDABLE MEAL UNDER \$5

INGREDIENTS



Shin Ramyun packet

(or preferred ramen noodle soup)



An egg (can add more if desired!)



OPTIONAL

Cheese, sliced green onion

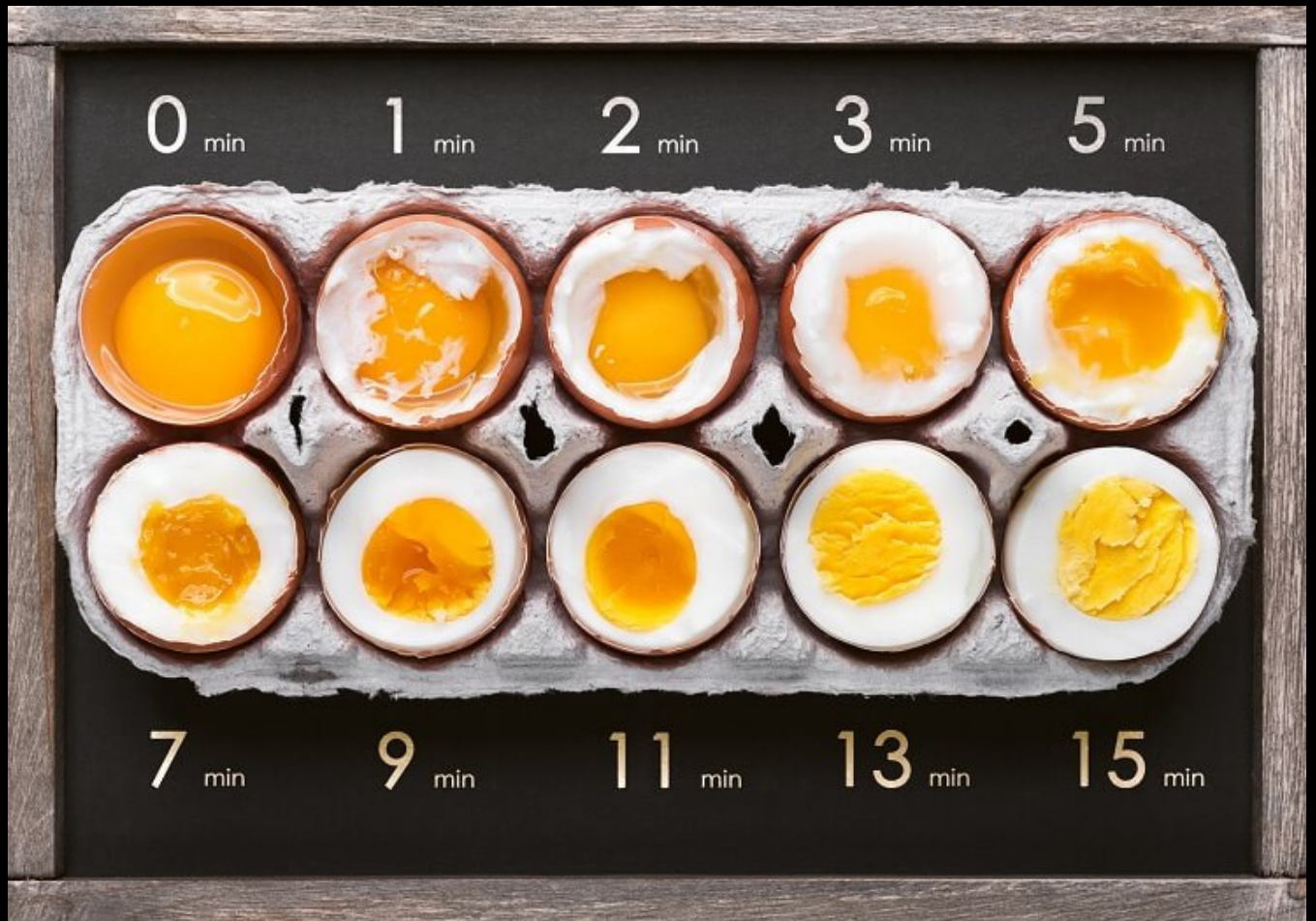


INSTRUCTIONS

1. Cook noodles according to the directions on the back
2. In a small pot, add water enough to cover an egg
3. Boil egg(s) in high heat
 - a. *Guide to a boiled egg will be in the next page!*
4. Once the egg(s) are boiled, add them in a ice water bath (makes it easier to peel)
5. In a bowl, add your cooked noodles, slice your egg in half and add it to the bowl

Optional: Add any type of cheese (American, shredded mozzarella, etc.) or sliced green onion as garnish :)

Guide To Boiling Eggs





Cook Book

Meals Under \$10



Under \$10



Ingredients

Eggs .99

Salt .99

Oil 1.99

Butter .80

Tortillas 0.35

Cheese 2.00

Instructions

- 1) cut out tortillas in squared shaped (cut as many as you like)
- 2) In a pan put a little bit of cooking oil
- 3) After the oil has been put in the pan, put the cut out tortillas in the pan
- 4) let it sit there and cook
- 5) Depending on how crunchy or soft you want your cut out tortillas to be you can then do the next step
- 6) you then put some butter in the pan with your tortillas
- 7) you then put two eggs on the tortillas (you can put less or more depending on your preference)
- 8) add some salt
- 7) Your chilaquiles with Huevo are done



PIC•COLLAGE



SINCRONIZADAS

Ingredients:

- *Ham*
- *Flour Tortilla*
- *Shredded Cheese*

Steps:

1. *Spread the flour tortilla*
2. *Lay 2 pieces of ham on top of the flour tortilla*
3. *Top the ham with shredded cheese*
4. *Lay a tortilla on the top of everything or fold the first tortilla in half*
5. *Place the Sincronizada on the hot grill*
6. *Cook 2-3 minutes on each side*
7. *Enjoy!*

Banana Bread :)

What You Need:

- 9x5 inch loaf pan
- Large bowl(for liquid ingredients)
- Medium bowl(for solid ingredients)
- Measuring cups
- 1 whisk



Instructions:

- Pre-heat oven to 325F. Grease loaf pan and set it aside
- In a medium bowl, whisk the flour, cinnamon, baking soda, and salt
- In a large bowl, whisk eggs, oil, honey OR maple syrup, milk OR Greek yogurt, and vanilla for about 2 minutes
- Then stir in the mashed bananas, flour mixture, and chocolate chips(or any other add ins of choice) in the large bowl
- Pour batter into greased pan, sprinkle with some more cinnamon OR banana on top(optional)
- Bake for 50-55 minutes OR until a toothpick inserted comes out clean
- Cool for 10 minutes, slice and enjoy! :)



Ingredients:

- 2 Eggs
- 1/2 cup melted coconut oil OR olive oil
- 1/3 cup honey OR maple syrup
- 1/4 cup milk OR Greek yogurt
- 1 teaspoon vanilla extract
- 2-3 mashed ripe bananas
- 1 3/4 cup white wheat flour OR regular whole wheat flour OR plain all purpose flour
- 1/2 teaspoon ground cinnamon(optional)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup dark chocolate chips OR chopped walnuts, raisins(optional)
- Butter(to put on the pan)

*To make it gluten free: Use Bob's Red Mill gluten free flour
For dairy-free/vegan: Use almond milk and flax eggs and maple syrup.*

PIC•COLLAGE

Alfredo pasta



Ingredients:

- 1 box of pasta penne (about \$2)**
- 1 jar of Alfredo sauce (about \$3)**
- 1 bag of shredded parmesan cheese (about \$3)**
- Chicken or Shrimp (optional about \$5)**

Recipe

- boil the pasta in pot of salted water**
- when pasta is ready you should drain the pasta**
- pour the alfredo sauce and parmesan cheese into a pan stir until it's a good consistency**
- stir the sauce into the pasta or pour over the pasta**

Recipe under #10 : Chicken & Broccoli w/ dill sauce

* ingredients : 4 boneless skinless chicken breast halves¹, 1/2 teaspoon garlic salt²,
1/4 teaspoon pepper³, 1 tablespoon olive oil⁴, 4 cups fresh broccoli florets⁵, 1 cup chicken broth⁶,
1 tablespoon all-purpose flour⁷, 1 tablespoon snipped fresh dill⁸, 1 cup 2% milk⁹

* directions :

1. Sprinkle chicken w/ garlic salt and pepper. In a large skillet, heat oil over medium heat ; brown chicken on both sides. Remove from pan.

2. add broccoli and broth to same skillet ; bring to a boil. Reduce heat ; simmer, covered, until broccoli is just tender, 3-5 minutes. using a slotted spoon, remove broccoli from pan, reserving broth. Keep broccoli warm.

3. in a small bowl, mix flour, dill and milk until smooth ; stir into broth in pan. Bring to a boil, stirring constantly ; cook and stir until thickened, 1-2 minutes. Add chicken ; cook, covered, over medium heat until a thermometer inserted in chicken reads 165°, 10-12 minutes. Serve w/ broccoli.



Cook Book

3 Ingredients & a
Microwave



3 Ingredients and a Microwave

Crispin Lagunas



Yogurt and Fruit Parfaits

Ingredients

- 3 Cups of Vanilla Nonfat Yogurt
- 1 Cup of Fresh or Defrosted Frozen Strawberries in Juice
- 1 Pint of Fresh Blackberries, Raspberries or Blueberries (and/or) 1 Cup of Granola

Instructions

Layer 1/3 cup of vanilla yogurt into the bottom of a glass. You'll have leftovers since it makes 4 servings.

Combine defrosted strawberries and juice with fresh berries.

Alternate layers of fruit and granola with yogurt until your glass is filled to the top.



Scrambled Eggs

Ingredients

2 Eggs
1 Tablespoon of Milk
Salt and Pepper

Instructions

Grease a 10 – 12-oz. coffee mug.

Add eggs and milk to mug, season with salt and pepper and stir with a fork until well blended (be sure to break yolk or it can burst).

Microwave mixture on high for 30-40 seconds (should not get too puffy), then stir edges inward.

Microwave again for 20 seconds, then continue to cook as needed in 10-20 second increments or until eggs are just cooked through.



Chocolate Almond Clusters

Ingredients

1-2 Teaspoons of Coarse Sea Salt
12 Ounces of Almond Bark (Roughly Chopped)
2 Cups of Whole Raw Almonds
(May Substitute Cashews or Peanuts)

Instructions

Place foil or parchment paper on a surface, preferably with a baking sheet underneath.

In a heat safe bowl, microwave almond bark on high for 2 minutes. Take it out, give it a stir, then return to microwave for 30 seconds at a time. Stir after each time until creamy.

Add almonds to the bowl of melted chocolate. Scoop out almonds and chocolate, pouring it into a mound on the sheet (The chocolate will spread out a little).

Repeat process with remaining almonds and chocolate. Sprinkle with coarse sea salt. Allow clusters to cool completely.



Mac and Cheese

Ingredients

⅓ Cup of Macaroni

½ Cup of Water

¼ Cup of Whole Milk

½ Cup of Shredded Sharp White Cheddar Cheese
(Avoid Using Pre-Shredded)

Instructions

In a large microwave-safe bowl, combine the pasta and the water. Microwave on high for two minutes and then stir.

Microwave for two more minutes, stir again. Microwave for 1-2 more minutes or until the water is absorbed and the pasta is cooked.

Watch carefully so it does not burn.

Add milk and cheese, stir to combine. Return to microwave and heat in one minute intervals, stirring well between each interval until macaroni and cheese is thickened and creamy.





Chocolate Mug Cake

Ingredients

1 Egg

2 Tbsp of Cocoa Powder

2 Tbsp of Pure Maple Syrup

Optional: Whipped Cream, Chocolate Chips, Etc.

Instructions

In a coffee mug: Whisk together the egg, maple syrup, and cocoa powder.

Microwave the mug for 40 seconds, or until puffed up and fudgy looking.

Top with chocolate chips, whipped cream, or anything else you want.

MICROWAVE NACHOS



Ingredients

BBQ CHICKEN

Nachos

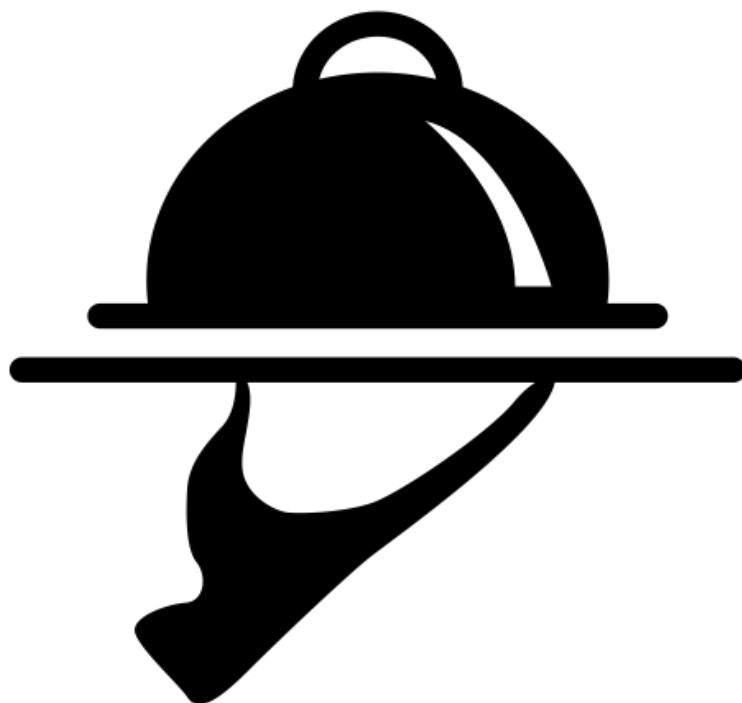
CHEESE


PUT THEM ALL TOGETHER
AND PUT IN THE MICROWAVE
TILL THE CHEESE START
BUBBLING NICELY



Cook Book

Eatin' Fancy





Salmon and purple sweet potato with asparagus and shallots

By Adrian

THE
TIT(JEM)

SALMON & PURPLE SWEET POTATO WITH SHALLOTS & ASPARAGUS, GARLIC (FETA CHEESE)(PARMESAN CHEESE)

SALMON FILLET, cut 2 lines, mid-way in the middle of THE FISH
EVENLY.

SEASONED WITH BLACK PEPPER, SAZON CON AZAFRAN (YELLOW PACKET)
(only sprinkle lightly) (use only a small amount)
Evenly Sprinkle on TOP of FISH

PUT FETA CHEESE INSIDE THE SLICED FISH

CUT ENOUGH GARLIC IN SMALL TINY PEICES TO PUT ON TOP OF SALMON

LET IT SIT & MARENATE UNTIL YOUR DONE CUTTING & SEASONING }
VEGGIES.

→ PLACE POTATO'S & VEGGIES IN A OVEN SAFE POT OR BAKING SHEET PAN

PURPLE POTATO, CUT IN TRIANGLES, & SEASON WITH EXTRA VIRGIN OLIVE
OIL

SMALL AMOUNT OF HIMALAYEN PINK SALT, & STEAK SEASONING

CUT SHALLOTS IN FOUR PEICES AS MANY AS YOU WANT.

MIX WITH PURPLE POTATO and seasonings in your oven safe COOK
WARE

ASPARAGUS, Simply cut HALF FINER LENGTH ON THE BOTTOM
OF ASPARAGUS.

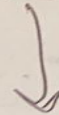
& LINE ASPARAGUS UP, ON TOP OF POTATO'S & SHALLOTS,

DRIZEE MORE OLIVE OIL ON TOP OF ASPARAGUS, TOP OFF WITH
PARMESAN CHEESE AS MUCH AS YOU WANT. TOP OFF WITH
SOME FETA CHEESE.

Cook
Fish

Cooking times VARY on
How much your making

SET OVEN TO 350° @ TOP OVEN TRAY
15 - 20 min



PURPLE POTATO, SHALLOTS ASPARAGUS 25 - 40 min

COOK IN OVEN ON BOTTOM TRAY (make sure to put
some water at the
bottom and cover
veggies with aluminum
to create steam so they
come out soft.)

veggies are good to go
when you can poke a knife
through easily.

SET YOUR TIMER on the oven so you dont
forget!

FISH COOKS very quickly

RECIPE: Budacabochers

From The Kitchen Of: Betty Dillhoff

Serves: 2 large
tupperwears

MIX + let

- 1 lb Real Butter
- 6 cups powdered sugar
- 8 cups flour
- 6 Eggs

For Topping → walnuts (ground), cinnamon, powdered sugar

- put aniseed on dough + roll

- use cookie cutters to cookie sheet

- paint w/ egg + sprinkle w/ topping

Bake 8-10min at 375°

Ingredients

- 3 lbs fresh pork neck bones NOT smoked
- 1 1/2 large yellow onion sliced (optional)
- 2 packets brown gravy mix (optional, not recommended)
- 3 tsp seasoning salt
- 1 1/2 tsp coarse black pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 3 cups vegetable broth
- 5 medium russet potatoes peeled, and sliced



Make sure that you clean the neck bones before anything else (don't skip out on this step!)
Now toss all of the neck bones into the slow cooker.
Sprinkle in the seasoning salt, black pepper, garlic powder, and onions powder.
Now sprinkle in the gravy packets, and toss in those sliced onions.
Pour in the vegetable broth.
Toss in the potatoes, then top the slow cooker with the lid (or on the stove if you can't wait)
Let cook for 6 hours on high.

When done, slather that sh*t with some Louisiana brand hot sauce and whewwww them potatoes and neck bones gone have you speaking in tongues.



Cook Book

From the Class of 2021

